

# MasterTrack.com

# Meets&Results

**USATF 1996 National Masters Outdoor Track & Field Championship**  
**Hosted by Spokane Sports Unlimited**  
**Spokane Falls Community College - Spokane, WA**  
**Thursday Aug 15, 1996 to Sunday Aug 18, 1996**

## National Masters Results - Men

M30+ 100 Meter Dash AGE GRA.

Finals Results - Sunday 08/18/96

PLACE ATHLETE NAME AGE HOMETOWN TIME AGE-GRADED MARK

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1 Stan Whitley M50 Alta Loma, CA 10.38 1.3 9.27 106.36%
2 Milton Silverstein M76 Tuscon, AZ 10.73 1.3 7.83 125.91%
3 James Stookey M66 Dickerson, MD 10.92 1.3 8.78 112.36%
4 Kevin Morning M40 Orangevale, CA 10.93 1.3 10.43 94.51%
5 Marion McCoy M46 Atlanta, GA 11.40 1.3 10.53 93.68%
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M30+ 100 Meter Dash FINALS

Finals Results - Saturday 08/17/96

PLACE ATHLETE NAME AGE HOMETOWN TIME HT AGE-GRADED MARK

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----- Men 30 -----
- *Paul Scarlett M33 Portland, OR 11.01 1.5 11 11.01 89.55%
1 David Barmer M32 Glendale, CO 11.03 1.5 11 11.03 89.39%
2 Brett Lawler M32 Sarasota, FL 11.35 1.5 11 11.35 86.87%
3 Joe Ngassa M32 Provo, UT 11.52 1.5 11 11.52 85.59%
4 Richard Washington M33 Scotch Plains, NJ 11.89 1.5 11 11.89 82.93%
5 Gregory Font M34 Mount Lake Terrace, WA 12.20 1.5 11 12.20 80.82%
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----- Men 35 -----

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1 Martin Krulee M39 Campbell, CA 11.03 -1.1 10 10.88 90.66%
2 Derek Holloway M35 Sicklerville, NJ 11.22 -1.1 10 11.07 89.13%
3 Eugene Vickers M35 Bel Air, MD 11.26 -1.1 10 11.11 88.81%
4 Noah Levingston M37 Reno, NV 11.49 -1.1 10 11.34 87.03%
5 Wayne Iba M37 Lake Forest, CA 11.77 -1.1 10 11.61 84.96%
6 Jay Mathis M37 Ellendale, TN 12.52 -1.1 10 12.35 79.87%
- Michael Waller M38 Kirkland, WA DQ NWI 10
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----- Men 40 -----

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1 Kevin Morning M40 Orangevale, CA 11.35 -5.5 9 10.84 91.01%
2 Thomas Jones M42 Baltimore, MD 11.58 -5.5 9 11.05 89.21%
3 Edward Gonera M44 Bardonia, NY 11.78 -5.5 9 11.25 87.69%
4 Robert Bowen M44 Hagerstown, MD 11.79 -5.5 9 11.26 87.62%
5 Charles Hunter M40 Marietta, GA 12.17 -5.5 9 11.62 84.88%
6 Keith Miles M40 San Diego, CA 12.20 -5.5 9 11.65 84.67%
7 Scott Shaughnessy M40 Marina Del Rey, CA 12.28 -5.5 9 11.72 84.12%
8 Kirk Burgess M41 Wichita, KS 12.30 -5.5 9 11.74 83.98%
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----- Men 45 -----

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1 Marion McCoy M46 Atlanta, GA 12.16 1.1 8 11.23 87.83%
2 Thoburn Hatten M47 Northridge, CA 12.40 1.1 8 11.45 86.13%
3 Roger Parnell M47 Chico, CA 12.46 1.1 8 11.51 85.71%
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- \*Philip Felton M47 Princeton, NJ 12.47 1.1 8 11.52 85.65%  
 4 David Anderson M48 Tarbord, NC 12.69 1.1 8 11.72 84.16%  
 - \*Roy Chubb M46 Scarborough, ON 13.03 1.1 8 12.03 81.96%

----- Men 50 -----

1 Stan Whitley M50 Alta Loma, CA 11.44 -2.5 7 10.22 96.50%  
 2 Stephen Robbins M53 Seattle, WA 11.70 -2.5 7 10.45 94.36%  
 3 Peter Crombie M51 Manly, NS 12.37 -2.5 7 11.05 89.25%  
 4 Dan Durante M52 Los Gatos, CA 12.63 -2.5 7 11.28 87.41%  
 - \*David Naylor M52 Sacramento, CA 12.84 -2.5 7 11.47 85.98%  
 5 Dale Herring M50 Mission Viejo, CA 12.94 -2.5 7 11.56 85.32%  
 6 Paul Montgomery M50 Woodbury, MN 13.05 -2.5 7 11.66 84.60%  
 7 Will Leslie M51 Issaquah, WA 13.42 -2.5 7 11.99 82.27%

----- Men 55 -----

1 Walter Butler M55 Altadema, CA 12.55 -1.1 6 10.85 90.92%  
 2 Wayne Bennett M59 Arlington, TX 13.10 -1.1 6 11.32 87.10%  
 3 James Paddie M57 Shreveport, LA 13.14 -1.1 6 11.36 86.83%  
 4 Dale Lance M58 Tulsa, OK 13.15 -1.1 6 11.37 86.77%  
 5 Ronald Kirkpatrick M58 Los Alamos, NM 13.45 -1.1 6 11.62 84.83%  
 - \*Norman Reynolds M57 Edmonton, AB 13.85 -1.1 6 11.97 82.38%

----- Men 60 -----

1 Bobby Thomas M61 Sacramento, CA 12.63 -4.7 5 10.55 93.51%  
 2 Dick Richards M62 Encinitas, CA 12.81 -4.7 5 10.70 92.19%  
 3 Bill Wright M62 13.16 -4.7 5 11.00 89.74%  
 4 Bob Dobbs M62 St. Albans, NY 13.26 -4.7 5 11.08 89.06%  
 5 Norbert Wedepohl M60 Prescott, AZ 13.35 -4.7 5 11.15 88.46%  
 - \*Monty Hacker M61 Johannesburg 13.59 -4.7 5 11.36 86.90%  
 6 Fred Biederman M61 Deephaven, MN 13.86 -4.7 5 11.58 85.21%  
 7 Ray Graves M62 Scottsdale, AZ 13.87 -4.7 5 11.59 85.15%

----- Men 65 -----

1 James Stookey M66 Dickerson, MD 13.42 -6.4 4 10.79 91.43%  
 2 John Poppell M65 Eugene, OR 13.62 -6.4 4 10.95 90.09%  
 3 Jack Coy M65 Tillamook, OR 13.88 -6.4 4 11.16 88.40%  
 4 Dick Cottingham M68 Brookings, OR 15.14 -6.4 4 12.18 81.04%  
 5 Frank Kishi M65 Los Angeles, CA 15.43 -6.4 4 12.41 79.52%  
 - David Cady M65 Ennis, MT DQ NWI 4

----- Men 70 -----

1 Bill Carter M73 Marlow, OK 14.88 -3.1 3 11.44 86.22%  
 2 Robert Higginbotham M70 Visalia, CA 15.42 -3.1 3 11.86 83.20%  
 3 Thomas Miller M72 Woodland, CA 16.07 -3.1 3 12.36 79.84%

----- Men 75 -----

1 Milton Silverstein M76 Tuscon, AZ 14.63 -2.4 2 10.68 92.34%  
 2 Charles Mercurio M76 Hawthorne, CA 17.76 -2.4 2 12.96 76.07%  
 3 Albert Fairchild M78 Mountain View, CA 19.58 -2.4 2 14.29 69.00%  
 - Konrad Slaughter M77 Campbell, CA DQ NWI 2

----- Men 80 -----

1 Frank Finger M81 Charlottesville, VA 16.45 -5.4 1 11.30 87.29%  
 2 Bert Morrow M84 San Marcos, CA 18.66 -5.4 1 12.81 76.96%  
 3 Andy Anderson M81 Spokane, WA 21.57 -5.4 1 14.81 66.57%  
 4 Ed Andrysiak M82 Plymouth, MI 23.67 -5.4 1 16.25 60.67%

----- Men 85 -----

1 Anthony Castro M87 Glendale, CA 18.60 -5.4 1 11.89 82.96%

M35-69 100 Meter Dash PRELIMS

## Finals Results - Friday 08/16/96

PLACE ATHLETE NAME AGE HOMETOWN TIME HT AGE-GRADED MARK

=====

## ----- Men 35 -----

1 Martin Krulee M39 Campbell, CA 11.18 2.3 13 11.03 89.45%  
 2 Eugene Vickers M35 Bel Air, MD 11.19 -1.3 12 11.04 89.37%  
 3 Derek Holloway M35 Sicklerville, NJ 11.36 -1.3 12 11.21 88.03%  
 4 Niah Levingston M37 Reno, NV 11.54 2.3 13 11.39 86.66%  
 5 Wayne Iba M37 Lake Forest, CA 11.71 2.3 13 11.56 85.40%  
 6 Michael Waller M38 Kirkland, WA 11.74 -1.3 12 11.59 85.18%  
 7 Warren Washington M36 Miramar, FL 12.33 2.3 13 12.17 81.10%  
 8 Jay Mathis M37 Ellendale, TN 12.43 2.3 13 12.27 80.45%  
 9 Greg Wright M35 Seattle, WA 12.46 -1.3 12 12.30 80.26%

## ----- Men 40 -----

1 Kevin Morning M40 Orangevale, CA 11.42 -0.4 11 10.90 90.46%  
 2 Thomas Jones M42 Baltimore, MD 11.55 -2.0 10 11.03 89.44%  
 3 Edward Gonera M44 Bardonia, NY 12.01 -0.4 11 11.46 86.01%  
 4 Robert Bowen M44 Hagerstown, MD 12.10 -2.0 10 11.55 85.37%  
 5 Kirk Burgess M41 Wichita, KS 12.12 -0.4 11 11.57 85.23%  
 6 Scott Shaughnessy M40 Marina Del Rey, CA 12.25 -0.4 11 11.69 84.33%  
 7 Charles Hunter M40 Marietta, GA 12.28 -2.0 10 11.72 84.12%  
 8 Keith Miles M40 San Diego, CA 12.32 -2.0 10 11.76 83.85%  
 9 Steve Cummings M40 Corona, CA 12.34 -2.0 10 11.78 83.71%  
 10 William Rea M44 Eustis, FL 12.55 -2.0 10 11.98 82.31%  
 11 John Zittercob M41 Spokane, WA 12.92 -0.4 11 12.33 79.95%  
 12 Scott Thornsley M44 Camp Hill, PA 12.93 -0.4 11 12.34 79.89%  
 13 Fred James M43 Las Vegas, NV 12.99 -0.4 11 12.40 79.52%  
 14 Don Grubbs M41 Spokane, WA 13.15 -2.0 10 12.55 78.56%

## ----- Men 50 -----

1 Stan Whitley M50 Alta Loma, CA 11.71 -1.0 9 10.46 94.28%  
 2 Stephen Robbins M53 Seattle, WA 12.04 -1.3 8 10.76 91.69%  
 3 Peter Crombie M51 Manly, NS 12.23 -1.0 9 10.93 90.27%  
 4 Dan Durante M52 Los Gatos, CA 12.61 -1.3 8 11.27 87.55%  
 - \*David Naylor M52 Sacramento, CA 12.67 -1.0 9 11.32 87.13%  
 5 Dale Herring M50 Mission Viejo, CA 12.96 -1.0 9 11.58 85.19%  
 6 Paul Montgomery M50 Woodbury, MN 13.04 -1.3 8 11.65 84.66%  
 7 Will Leslie M51 Issaquah, WA 13.18 -1.0 9 11.77 83.76%  
 8 Ron Jensen M53 Lynnwood, WA 13.25 -1.0 9 11.84 83.32%  
 9 Larry Armstrong M54 Tucson, AZ 13.96 -1.3 8 12.47 79.08%  
 10 Paul Gilbert M53 Hidden Hills, CA 14.58 -1.3 8 13.02 75.72%

## ----- Men 55 -----

1 Walter Butler M55 Altadena, CA 12.90 -0.7 6 11.15 88.45%  
 2 James Paddie M57 Shreveport, LA 13.26 -0.3 5 11.46 86.05%  
 3 Wayne Bennett M59 Arlington, TX 13.29 -0.7 6 11.49 85.85%  
 3 William Knocke M56 Huntington Beach, CA 13.29 -0.3 5 11.49 85.85%  
 5 Hugh Adams M56 Clovis, CA 13.31 -0.9 7 11.50 85.73%  
 6 Dale Lance M58 Tulsa, OK 13.50 -0.9 7 11.67 84.52%  
 7 Ronald Kirkpatrick M58 Los Alamos, NM 13.53 -0.3 5 11.69 84.33%  
 - \*Norman Reynolds M57 Edmonton, AB 13.55 -0.9 7 11.71 84.21%  
 - \*Marco Bonne Foi M55 Corpus Christi, TX 13.73 -0.7 6 11.87 83.10%  
 8 Paul Stepan M58 Gresham, OR 13.99 -0.9 7 12.09 81.56%  
 9 Thomas Hunt M57 Wenatchee, WA 14.55 -0.7 6 12.57 78.42%  
 10 Don Baumberger M57 Nine Mile Falls, WA 14.77 -0.3 5 12.76 77.25%  
 11 Jim Hill M57 Moscow, ID 15.51 -0.3 5 13.40 73.57%  
 11 Ed Arnold M57 Denver, CO 15.51 -0.9 7 13.40 73.57%

## ----- Men 60 -----

1 Dick Richards M62 Encinitas, CA 12.67 1.3 4 10.59 93.21%  
 2 Bobby Thomas M61 Sacramento, CA 12.68 1.0 3 10.60 93.14%  
 3 Bill Wright M62 12.82 1.3 4 10.71 92.12%  
 4 Norbert Wedepohl M60 Prescott, AZ 13.09 1.0 3 10.94 90.22%  
 - \*Monty Hacker M61 Johannesburg 13.20 1.0 3 11.03 89.47%  
 5 Bob Dobbs M62 St. Albans, NY 13.24 1.3 4 11.06 89.20%  
 6 Ray Graves M62 Scottsdale, AZ 13.62 1.3 4 11.38 86.71%  
 7 Fred Biederman M61 Deephaven, MN 13.67 1.0 3 11.42 86.39%  
 8 William Jankovich M62 Racine, WI 13.72 1.0 3 11.46 86.08%  
 9 Jim Schlewitz M62 Albany, OR 14.35 1.3 4 11.99 82.30%  
 - \*Heraclio Chandeck M63 Panama 15.01 1.3 4 12.54 78.68%  
 10 Ralph Riddick M64 Spokane, WA 15.59 1.0 3 13.03 75.75%

## M30+ 200 Meter Dash FINALS

Finals Results - Sunday 08/18/96

PLACE ATHLETE NAME AGE HOMETOWN TIME HT AGE-GRADED MARK

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## ----- Men 30 -----

1 Kettrell Berry M33 St. Louis, MD 21.86 1.0 11 21.86 90.21%  
 2 Jeffery Yale M31 Yankton, SD 22.12 1.0 11 22.12 89.15%  
 3 Brett Lawler M32 Sarasota, FL 22.30 1.0 11 22.30 88.43%  
 4 David Barmer M32 Glendale, CO 22.34 1.0 11 22.34 88.27%  
 - \*Paul Scarlett M33 Portland, OR 22.92 1.0 11 22.92 86.04%  
 5 Joe Ngassa M32 Provo, UT 23.32 1.0 11 23.32 84.56%  
 6 Richard Washington M33 Scotch Plains, NJ 25.83 1.0 11 25.83 76.35%

## ----- Men 35 -----

1 Derek Holloway M35 Sicklerville, NJ 22.15 2.0 10 21.77 90.61%  
 2 Eugene Vickers M35 Bel Air, MD 22.69 2.0 10 22.30 88.45%  
 3 Tyrone Williams M37 Southfield, MI 23.08 2.0 10 22.69 86.96%  
 4 Wayne Iba M37 Lake Forest, CA 23.69 2.0 10 23.29 84.72%  
 5 Michael Waller M38 Kirkland, WA 23.73 2.0 10 23.33 84.58%  
 6 Noah Levingston M37 Reno, NV 23.77 2.0 10 23.37 84.43%  
 7 Anthony Krainik M37 Litchfield Park, AZ 24.21 2.0 10 23.80 82.90%  
 8 Jay Mathis M37 Ellendale, TN 24.67 2.0 10 24.25 81.35%

## ----- Men 40 -----

1 Kevin Morning M40 Orangevale, CA 22.30 -0.2 9 21.16 93.18%  
 2 Thomas Jones M42 Baltimore, MD 22.95 -0.2 9 21.78 90.54%  
 3 Gerry Krainik M44 Oak Forest, IL 23.22 -0.2 9 22.04 89.49%  
 4 Edward Gonera M44 Bardonia, NY 23.23 -0.2 9 22.05 89.45%  
 5 Robert Bowen M44 Hagerstown, MD 23.31 -0.2 9 22.12 89.15%  
 6 Mike Pannell M42 Los Alamos, NM 29.17 -0.2 9 27.68 71.24%

## ----- Men 45 -----

1 Frederick Sowerby M47 Las Vegas, NV 23.98 -0.2 8 21.97 89.78%  
 - \*Philip Felton M47 Princeton, NJ 24.81 -0.2 8 22.73 86.78%  
 2 Alex Constantinou M45 Bayside, NY 24.85 -0.2 8 22.77 86.64%  
 3 Marion McCoy M46 Atlanta, GA 25.23 -0.2 8 23.11 85.33%  
 4 Roger Parnell M47 Chico, CA 25.52 -0.2 8 23.38 84.37%  
 - \*Norman Lewis M46 Pullman, WA 25.61 -0.2 8 23.46 84.07%  
 - \*Roy Chubb M46 Scarborough, ON 26.38 -0.2 8 24.17 81.61%  
 5 Turran Harper M45 Southfield, MI 27.39 -0.2 8 25.09 78.61%

## ----- Men 50 -----

1 Stan Whitley M50 Alta Loma, CA 23.07 1.0 7 20.40 96.71%  
 2 Peter Crombie M51 Manly, NS 24.00 1.0 7 21.22 92.96%  
 3 Dan Durante M52 Los Gatos, CA 25.40 1.0 7 22.46 87.83%  
 - \*David Naylor M52 Sacramento, CA 25.88 1.0 7 22.88 86.21%

4 Dale Herring M50 Mission Viejo, CA 26.49 1.0 7 23.42 84.22%  
 5 Paul Montgomery M50 Woodbury, MN 26.55 1.0 7 23.48 84.03%

----- Men 55 -----

1 Charley Miller M59 Bedford, TX 25.54 2.0 6 21.79 90.52%  
 2 Wayne Bennett M59 Arlington, TX 25.97 2.0 6 22.16 89.03%  
 3 James Paddie M57 Shreveport, LA 26.79 2.0 6 22.86 86.30%  
 - \*Norman Reynolds M57 Edmonton, AB 27.87 2.0 6 23.78 82.96%  
 4 Paul Stepan M58 Gresham, OR 27.99 2.0 6 23.88 82.60%  
 5 Thomas Hunt M57 Wenatchee, WA 30.16 2.0 6 25.73 76.66%

----- Men 60 -----

1 Bobby Thomas M61 Sacramento, CA 25.27 1.1 5 20.79 94.86%  
 2 Dick Richards M62 Encinitas, CA 26.05 1.1 5 21.43 92.02%  
 - \*Monty Hacker M61 Johannesburg 26.90 1.1 5 22.13 89.11%  
 3 Norbert Wedepohl M60 Prescott, AZ 27.58 1.1 5 22.69 86.91%  
 4 Ray Graves M62 Scottsdale, AZ 28.11 1.1 5 23.13 85.27%  
 5 Fred Biederman M61 Deephaven, MN 28.70 1.1 5 23.61 83.52%  
 6 Harold Hitt M63 Clackamas, OR 28.98 1.1 5 23.84 82.71%

----- Men 65 -----

1 James Stookey M66 Dickerson, MD 27.68 -2.0 4 21.86 90.25%  
 2 Don Cheek M66 Atascadero, CA 28.03 -2.0 4 22.13 89.12%  
 3 John Poppell M65 Eugene, OR 28.20 -2.0 4 22.27 88.58%  
 4 Jack Coy M65 Tillamook, OR 28.40 -2.0 4 22.43 87.96%  
 5 David Cady M65 Ennis, MT 31.26 -2.0 4 24.68 79.91%  
 6 Dick Cottingham M68 Brookings, OR 31.36 -2.0 4 24.76 79.66%  
 7 Frank Kishi M65 Los Angeles, CA 32.91 -2.0 4 25.99 75.90%  
 8 Jim Moorhead M68 Salmon, ID 36.62 -2.0 4 28.92 68.21%

----- Men 70 -----

1 Manny Herscher M70 White Plains, NY 32.93 1.5 3 24.78 79.59%  
 2 Thomas Miller M72 Woodland, CA 34.26 1.5 3 25.79 76.50%  
 3 Tedd Parrish M74 Spokane, WA 35.90 1.5 3 27.02 73.01%

----- Men 75 -----

1 Milton Silverstein M76 Tuscon, AZ 30.82 0.2 2 21.94 89.91%  
 2 Walter Dahlin M75 Chico, CA 33.49 0.2 2 23.84 82.74%  
 3 Konrad Slaughter M77 Campbell, CA 39.14 0.2 2 27.86 70.80%  
 4 Albert Fairchild M78 Mountain View, CA 44.57 0.2 2 31.72 62.17%

----- Men 80 -----

1 Milo Lightfoot M82 Warsaw, IN 37.79 0.7 1 25.20 78.27%  
 2 Bert Morrow M84 San Marcos, CA 39.00 0.7 1 26.00 75.85%  
 3 Andy Anderson M81 Spokane, WA 45.44 0.7 1 30.30 65.10%  
 4 Ed Andrysiak M82 Plymouth, MI 52.03 0.7 1 34.69 56.85%

----- Men 85 -----

1 Anthony Castro M87 Glendale, CA 41.47 0.7 1 25.60 77.04%

M30-69 200 Meter Dash PRELIMS

Finals Results - Saturday 08/17/96

PLACE ATHLETE NAME AGE HOMETOWN TIME HT AGE-GRADED MARK

=====

----- Men 35 -----

1 Eugene Vickers M35 Bel Air, MD 23.49 -8.5 18 23.09 85.44%  
 2 Derek Holloway M35 Sicklerville, NJ 23.65 -5.6 16 23.25 84.86%  
 3 Noah Livingston M37 Reno, NV 23.82 -5.6 16 23.42 84.26%  
 4 Tyrone Williams M37 Southfield, MI 24.04 -8.5 18 23.63 83.49%  
 4 Wayne Iba M37 Lake Forest, CA 24.04 -5.0 17 23.63 83.49%  
 6 Michael Waller M38 Kirkland, WA 24.40 -5.6 16 23.99 82.25%

7 Anthony Krainik M37 Litchfield Park, AZ 24.42 -8.5 18 24.00 82.19%  
 8 Stephen Winkel M38 Memphis, TN 24.75 -5.6 16 24.33 81.09%  
 9 Jay Mathis M37 Ellendale, TN 25.22 -5.0 17 24.79 79.58%  
 10 Douglas Schneebeck M36 Tijeras, NM 26.13 -5.6 16 25.69 76.81%  
 11 Daniel Taylor M38 Winter Park, FL 26.34 -5.0 17 25.89 76.20%  
 12 Bob Good M38 Woodinville, WA 26.59 -5.0 17 26.14 75.48%

----- Men 40 -----

1 Kevin Morning M40 Orangevale, CA 23.37 1.4 14 22.18 88.92%  
 2 Gerry Krainik M44 Oak Forest, IL 23.58 0.8 13 22.38 88.13%  
 3 Robert Bowen M44 Hagerstown, MD 23.74 1.4 14 22.53 87.53%  
 4 Keith Miles M40 San Diego, CA 24.17 0.8 13 22.94 85.97%  
 5 Kirk Burgess M41 Wichita, KS 24.20 0.8 13 22.97 85.87%  
 6 Mike Pannell M42 Los Alamos, NM 24.40 0.8 13 23.16 85.16%  
 7 David Ortman M43 Seattle, WA 24.46 1.4 14 23.21 84.96%  
 8 Scott Shaughnessy M40 Marina Del Rey, CA 24.51 0.8 13 23.26 84.78%  
 9 Edward Gonera M44 Bardonia, NY 24.63 -3.1 15 23.37 84.37%  
 10 Steve Cummings M40 Corona, CA 24.71 0.8 13 23.45 84.10%  
 11 Thomas Jones M42 Baltimore, MD 24.75 -3.1 15 23.49 83.96%  
 12 William Rea M44 Eustis, FL 25.52 0.8 13 24.22 81.43%  
 13 Dennis Nelson M41 Fargo, ND 25.89 1.4 14 24.57 80.26%  
 14 Fred James M43 Las Vegas, NV 26.16 -3.1 15 24.83 79.43%  
 15 Vince Costello M43 Honolulu, HI 26.31 -3.1 15 24.97 78.98%

----- Men 45 -----

1 Frederick Sowerby M47 Las Vegas, NV 25.05 -3.2 11 22.95 85.95%  
 - \*Philip Felton M47 Princeton, NJ 25.11 -3.2 11 23.00 85.74%  
 - \*Norman Lewis M46 Pullman, WA 25.80 -2.8 12 23.64 83.45%  
 2 Marion McCoy M46 Atlanta, GA 25.80 -2.8 12 23.64 83.45%  
 3 Roger Parnell M47 Chico, CA 26.13 -2.8 12 23.94 82.40%  
 4 Alex Constantinou M45 Bayside, NY 26.19 -3.2 11 23.99 82.21%  
 - \*Roy Chubb M46 Scarborough, ON 26.45 -2.8 12 24.23 81.40%  
 5 Turran Harper M45 Southfield, MI 26.67 -3.2 11 24.43 80.73%  
 6 Philip Gnesin M46 Los Angeles, CA 28.77 -3.2 11 26.36 74.83%  
 7 David Horace M45 Albion, MI 29.52 -3.2 11 27.04 72.93%

----- Men 50 -----

1 Stan Whitley M50 Alta Loma, CA 24.26 0.0 8 21.45 91.96%  
 2 Stephen Robbins M53 Seattle, WA 25.51 -0.4 9 22.56 87.46%  
 3 Dan Durante M52 Los Gatos, CA 25.64 0.0 8 22.67 87.01%  
 4 Peter Crombie M51 Manly, NS 25.75 -5.8 10 22.77 86.64%  
 - \*David Naylor M52 Sacramento, CA 25.87 0.0 8 22.87 86.24%  
 5 Paul Montgomery M50 Woodbury, MN 26.32 -0.4 9 23.27 84.76%  
 6 Dale Herring M50 Mission Viejo, CA 26.79 -5.8 10 23.69 83.28%  
 7 Theo Viltz M53 Long Beach, CA 26.80 0.0 8 23.70 83.25%  
 8 Ron Jensen M53 Lynnwood, WA 26.83 -5.8 10 23.72 83.15%  
 9 Will Leslie M51 Issaquah, WA 27.91 0.0 8 24.68 79.94%  
 10 Larry Armstrong M54 Tucson, AZ 28.01 -0.4 9 24.77 79.65%  
 11 Jack Karbens M54 Honolulu, HI 29.12 -0.4 9 25.75 76.61%  
 12 Paul Gilbert M53 Hidden Hills, CA 29.76 -5.8 10 26.31 74.97%  
 13 John Shenk M53 Sarasota, FL 30.01 -0.4 9 26.53 74.34%  
 14 William Hendricks M52 Aptos, CA 35.33 0.0 8 31.24 63.15%

----- Men 55 -----

1 Walter Butler M55 Altadema, CA 25.54 NWI 6 21.79 90.52%  
 2 Charley Miller M59 Bedford, TX 25.68 2.1 7 21.91 90.03%  
 3 Wayne Bennett M59 Arlington, TX 26.87 2.1 7 22.93 86.04%  
 - \*Marco Bonne Foi M55 Corpus Christi, TX 27.20 NWI 6 23.21 85.00%  
 4 James Paddie M57 Shreveport, LA 27.29 NWI 6 23.29 84.72%  
 5 Paul Stepan M58 Gresham, OR 28.45 NWI 6 24.28 81.27%

- \*Norman Reynolds M57 Edmonton, AB 28.73 2.1 7 24.51 80.47%  
 6 Thomas Hunt M57 Wenatchee, WA 30.29 NWI 6 25.85 76.33%  
 7 Don Baumberger M57 Nine Mile Falls, WA 30.49 2.1 7 26.02 75.83%  
 - Ronald Kirkpatrick M58 Los Alamos, NM DNF NWI 7

----- Men 60 -----

1 Bobby Thomas M61 Sacramento, CA 26.29 1.3 4 21.63 91.18%  
 2 Dick Richards M62 Encinitas, CA 26.63 -2.7 5 21.91 90.01%  
 3 Norbert Wedepohl M60 Prescott, AZ 27.07 -2.7 5 22.27 88.55%  
 - \*Monty Hacker M61 Johannesburg 27.46 NWI 3 22.59 87.29%  
 4 Ray Graves M62 Scottsdale, AZ 28.00 NWI 3 23.04 85.61%  
 5 Bob Dobbs M62 St. Albans, NY 28.15 1.3 4 23.16 85.15%  
 6 Fred Biederman M61 Deephaven, MN 28.18 NWI 3 23.19 85.06%  
 7 Harold Hitt M63 Clackamas, OR 29.06 -2.7 5 23.91 82.48%  
 8 Jim Schlewitz M62 Albany, OR 29.74 NWI 3 24.47 80.60%  
 9 Ray Everson M61 Mooresville, IN 34.01 NWI 3 27.98 70.48%

M30+ 400 Meter Dash FINALS

Finals Results - Friday 08/16/96

PLACE ATHLETE NAME AGE HOMETOWN TIME HT AGE-GRADED MARK

=====

----- Men 30 -----

1 Kettrell Berry M33 St. Louis, MD 49.19 10 49.19 88.01%  
 2 Jeffery Yale M31 Yankton, SD 49.60 10 49.60 87.28%  
 3 Brett Lawler M32 Sarasota, FL 49.89 10 49.89 86.77%  
 4 Vaughan Kastor M31 Calabasas, CA 50.37 10 50.37 85.94%  
 5 Larry Robinette M33 Spokane, WA 1:01.77 10 1:01.77 70.08%

----- Men 35 -----

1 Ray Blackwell M38 Philadelphia, PA 49.21 9 47.70 90.75%  
 2 Derek Holloway M35 Sicklerville, NJ 50.04 9 48.51 89.25%  
 3 Eugene Vickers M35 Bel Air, MD 50.62 9 49.07 88.23%  
 4 Tyrone Williams M37 Southfield, MI 50.82 9 49.26 87.88%  
 5 Stephen Winkel M38 Memphis, TN 52.67 9 51.06 84.79%  
 6 Anthony Krainik M37 Litchfield Park, AZ 53.10 9 51.47 84.11%  
 7 Brent Cottong M39 Belmont, CA 53.90 9 52.25 82.86%

----- Men 40 -----

1 Edward Gonera M44 Bardonia, NY 51.45 8 48.29 89.66%  
 2 Julio Reyes M40 San Antonio, TX 51.48 8 48.31 89.61%  
 3 Robert Bowen M44 Hagerstown, MD 52.06 8 48.86 88.61%  
 4 Mike Pannell M42 Los Alamos, NM 52.56 8 49.33 87.77%  
 5 Gerry Krainik M44 Oak Forest, IL 53.43 8 50.14 86.34%  
 6 Keith Miles M40 San Diego, CA 54.12 8 50.79 85.24%  
 - \*Kostie Killas M42 W. Vancouver, BC 54.45 8 51.10 84.72%  
 7 Reggie Mason M41 Atlanta, GA 55.31 8 51.91 83.40%

----- Men 45 -----

1 Frederick Sowerby M47 Las Vegas, NV 52.62 7 47.74 90.69%  
 - \*Philip Felton M47 Princeton, NJ 54.31 7 49.27 87.87%  
 2 Alex Constantinou M45 Bayside, NY 55.10 7 49.99 86.61%  
 3 Burke Grandjean M47 Laramie, WY 55.71 7 50.54 85.66%  
 - \*Norman Lewis M46 Pullman, WA 57.32 7 52.00 83.25%  
 4 Kent Eggleston M45 Coeur d'Alene, ID 1:01.40 7 55.70 77.72%  
 5 Philip Gnesin M46 Los Angeles, CA 1:02.20 7 56.43 76.72%

----- Men 50 -----

1 Peter Crombie M51 Manly, NS 54.85 6 48.00 90.19%  
 2 Richard Tucker M51 Yakima, WA 56.43 6 49.39 87.67%  
 3 Ron Jensen M53 Lynnwood, WA 59.80 6 52.34 82.73%  
 4 Kingsley Clarke M53 Chicago, IL 1:01.26 6 53.61 80.75%

5 Glenn Govertsen M51 Missoula, MT 1:01.94 6 54.21 79.87%  
 6 Garry Cox M53 Phoenix, AZ 1:05.16 6 57.03 75.92%  
 7 Larry Armstrong M54 Tucson, AZ 1:08.44 6 59.90 72.28%  
 - Don Parker M53 Los Angeles, CA DNF 6

----- Men 55 -----

- \*Frank Hearn M55 Malahide, DU 56.97 5 47.97 90.24%  
 - \*Bill McIlwaine M57 Thunder Bay, ON 58.25 5 49.05 88.26%  
 1 Eric Owers M55 Scottsdale, AZ 58.78 5 49.50 87.46%  
 2 Ronald Kirkpatrick M58 Los Alamos, NM 58.84 5 49.55 87.37%  
 3 Wayne Bennett M59 Arlington, TX 1:00.80 5 51.20 84.56%  
 4 Paul Stepan M58 Gresham, OR 1:05.39 5 55.06 78.62%  
 - William Knocke M56 Huntington Beach, CA DNF 5  
 - Walt Schafer M57 Chico, CA DNF 5

----- Men 60 -----

1 Bobby Thomas M61 Sacramento, CA 57.90 4 46.75 92.61%  
 2 Harold Hitt M63 Clackamas, OR 1:05.13 4 52.58 82.33%  
 3 Jerry Jefferson M63 San Juan Capistrano, CA 1:05.91 4 53.21 81.35%  
 4 Ken Ogden M60 Salem, OR 1:07.44 4 54.45 79.51%  
 5 Hector Cisneros M62 Austin, TX 1:09.26 4 55.92 77.42%  
 6 Jim Schlewitz M62 Albany, OR 1:11.61 4 57.82 74.88%  
 7 Ralph Riddick M64 Spokane, WA 1:14.60 4 1:00.23 71.88%  
 - Donald Kane M64 Hillrboro, OR DQ 4

----- Men 65 -----

- \*Earl Fee M67 Mississauga, ON 1:00.17 3 46.36 93.39%  
 1 Don Cheek M66 Atascadero, CA 1:00.97 3 46.98 92.16%  
 2 Jack Coy M65 Tillamook, OR 1:03.78 3 49.14 88.10%  
 3 Paul Heitzman M65 Eudora, KS 1:04.34 3 49.57 87.33%  
 4 Rodney Brown M69 Cedar City, UT 1:07.53 3 52.03 83.21%  
 5 Jim Moorhead M68 Salmon, ID 1:07.95 3 52.35 82.69%  
 6 Walter Gale M65 Windsor Locks, CT 1:08.62 3 52.87 81.89%  
 7 Chuck Sochor M68 Gowen, MI 1:23.41 3 1:04.26 67.37%

----- Men 70 -----

1 Harold Johnson M70 Jasper, GA 1:11.32 2 52.11 83.08%  
 2 Archie Messenger M73 Kattskill Bay, NY 1:12.80 2 53.19 81.39%  
 3 John McManus M73 Sunnyside, NY 1:13.29 2 53.55 80.84%  
 4 Bill Sleeth M71 Spokane, WA 1:21.96 2 59.88 72.29%

----- Men 75 -----

1 Michel Kagan M75 Arlington, TX 1:25.26 1 58.59 73.89%  
 2 Robert Hunt M76 Anaheim, CA 1:53.57 1 1:18.04 55.47%

----- Men 80 -----

1 Bob Matteson M80 Bennington, VT 1:24.19 1 53.79 80.50%  
 2 Milo Lightfoot M82 Warsaw, IN 1:29.84 1 57.39 75.43%  
 3 Maxwell Springer M82 Knoxville, TN 1:34.14 1 1:00.14 71.99%  
 4 Vincent Malizia M81 Northridge, CA 1:35.48 1 1:01.00 70.98%

M35-69 400 Meter Dash PRELIMS

Finals Results - Thursday 08/15/96

PLACE ATHLETE NAME AGE HOMETOWN TIME HT AGE-GRADED MARK

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----- Men 35 -----

1 Derek Holloway M35 Sicklerville, NJ 52.36 11 50.76 85.29%  
 2 Tyrone Williams M37 Southfield, MI 52.58 11 50.97 84.94%  
 3 Eugene Vickers M35 Bel Air, MD 53.08 11 51.46 84.14%  
 4 Brent Cottong M39 Belmont, CA 53.31 11 51.68 83.77%  
 5 Ray Blackwell M38 Philadelphia, PA 53.36 12 51.73 83.70%



6 Anthony Krainik M37 Litchfield Park, AZ 54.09 12 52.43 82.57%  
 7 Stephen Winkel M38 Memphis, TN 55.19 12 53.50 80.92%  
 8 Chris Sherwood M37 Walnut Creek, CA 1:00.36 12 58.51 73.99%  
 - Sal Allah M36 Piscataway, NJ DNF 12

----- Men 40 -----

1 Gerry Krainik M44 Oak Forest, IL 52.61 10 49.37 87.68%  
 2 Edward Gonera M44 Bardonia, NY 53.50 9 50.21 86.22%  
 3 Julio Reyes M40 San Antonio, TX 53.53 9 50.24 86.18%  
 4 Keith Miles M40 San Diego, CA 53.56 9 50.27 86.13%  
 5 Mike Pannell M42 Los Alamos, NM 53.60 9 50.30 86.06%  
 6 Robert Bowen M44 Hagerstown, MD 53.83 10 50.52 85.70%  
 - \*Kostie Killas M42 W. Vancouver, BC 54.24 10 50.90 85.05%  
 7 Reggie Mason M41 Atlanta, GA 54.71 9 51.34 84.32%  
 8 Steve Cummings M40 Corona, CA 54.99 9 51.61 83.89%  
 9 Thomas Hartshorne M42 Brooklyn, NY 56.14 10 52.69 82.17%  
 10 Dave Iremonger M41 Newark, CA 56.63 10 53.15 81.46%  
 11 Ron Fisher M42 Galt, CA 57.05 10 53.54 80.86%  
 12 George Hall M43 Tulsa, OK 57.74 10 54.19 79.89%

----- Men 50 -----

1 Peter Crombie M51 Manly, NS 57.61 7 50.42 85.87%  
 2 Richard Tucker M51 Yakima, WA 57.99 7 50.75 85.31%  
 3 Don Parker M53 Los Angeles, CA 59.37 8 51.96 83.32%  
 4 Ron Jensen M53 Lynnwood, WA 1:00.55 8 52.99 81.70%  
 5 Glenn Govertsen M51 Missoula, MT 1:00.83 7 53.24 81.33%  
 6 Kingsley Clarke M53 Chicago, IL 1:02.03 7 54.29 79.75%  
 7 Larry Armstrong M54 Tucson, AZ 1:03.77 8 55.81 77.58%  
 8 Garry Cox M53 Phoenix, AZ 1:04.25 8 56.23 77.00%  
 9 John Shenk M53 Sarasota, FL 1:05.00 7 56.89 76.11%  
 - \*Garth Huck M51 Calgary, AB 1:06.85 7 58.51 74.00%

----- Men 60 -----

1 Bobby Thomas M61 Sacramento, CA 59.70 4 48.20 89.82%  
 2 Harold Hitt M63 Clackamas, OR 1:05.13 3 52.58 82.33%  
 3 Jerry Jefferson M63 San Juan Capistrano, CA 1:05.93 3 53.23 81.33%  
 4 Donald Kane M64 Hillrboro, OR 1:08.31 4 55.15 78.50%  
 5 Hector Cisneros M62 Austin, TX 1:08.40 4 55.22 78.39%  
 6 Ken Ogden M60 Salem, OR 1:10.39 4 56.83 76.18%  
 7 Jim Schlewitz M62 Albany, OR 1:10.56 3 56.97 75.99%  
 8 Ralph Riddick M64 Spokane, WA 1:11.95 3 58.09 74.52%  
 9 Larry Wright M60 Puyallup, WA 1:14.56 4 1:00.20 71.92%

M30+ 800 Meter Run FINALS

Finals Results - Saturday 08/17/96

PLACE ATHLETE NAME AGE HOMETOWN TIME HT AGE-GRADED MARK

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----- Men 30 -----

1 Vaughan Kastor M31 Calabasas, CA 2:01.28 10 2:01.28 83.88%  
 2 Larry Beatty M32 Spokane, WA 2:02.27 10 2:02.27 83.20%  
 3 Garth Merrill M30 2:12.02 10 2:12.02 77.06%  
 4 Larry Robinette M33 Spokane, WA 3:04.56 10 3:04.56 55.12%

----- Men 35 -----

1 Paul Fragua M39 Albuquerque, NM 2:02.37 9 1:58.92 85.54%  
 2 Mark Cleary M37 Rancho Santa Margari, CA 2:05.52 9 2:01.99 83.40%  
 3 Tad Gotting M36 Portland, OR 2:05.80 9 2:02.26 83.21%  
 4 Joel Hope M38 Corona, CA 2:09.53 9 2:05.88 80.82%  
 5 Jose Cabrera M39 San Francisco, CA 2:09.74 9 2:06.09 80.68%  
 6 Marty Kruger M39 Santa Cruz, CA 2:10.74 9 2:07.06 80.07%

7 Jeffrey Endres M36 Grand Rapids, MI 2:21.05 9 2:17.08 74.21%

----- Men 40 -----

1 Peter Mogg M41 Simi Valley, CA 1:59.41 8 1:52.12 90.74%  
 2 Daniel Barry M40 Calabasas, CA 1:59.91 8 1:52.59 90.36%  
 3 Julio Reyes M40 San Antonio, TX 1:59.92 8 1:52.60 90.35%  
 4 Rick Barbero M42 Eugene, OR 2:01.16 8 1:53.76 89.43%  
 5 Dave Clingan M42 Portland, OR 2:02.63 8 1:55.14 88.36%  
 6 David Jansen M40 Flagstaff, AZ 2:04.27 8 1:56.68 87.19%  
 7 Thomas Hartshorne M42 Brooklyn, NY 2:04.28 8 1:56.69 87.18%  
 8 Michael Johnson M40 Monterey, CA 2:07.08 8 1:59.32 85.26%

----- Men 45 -----

1 Bill Codd M45 Spokane, WA 2:05.94 7 1:54.06 89.19%  
 2 Randy Taylor M48 Little Rock, AR 2:06.02 7 1:54.13 89.14%  
 3 David Salzner M45 Cedar Crest, NM 2:06.58 7 1:54.64 88.74%  
 4 Turran Harper M45 Southfield, MI 2:09.27 7 1:57.07 86.90%  
 5 Byron Dyce M48 Brooklyn, NY 2:10.43 7 1:58.12 86.12%  
 6 Wayne Morris M46 Fresno, CA 2:10.48 7 1:58.17 86.09%  
 7 William Fitzpatrick M45 Long Beach, CA 2:12.73 7 2:00.21 84.63%

----- Men 50 -----

1 Stan Mathes M50 Fond du Lac, WI 2:10.22 6 1:53.50 89.63%  
 2 Richard Tucker M51 Yakima, WA 2:10.35 6 1:53.62 89.54%  
 3 Jim Gibbons M52 Willits, CA 2:11.00 6 1:54.18 89.10%  
 4 Al Beck M50 Heppner, OR 2:11.95 6 1:55.01 88.46%  
 5 Bob O'Conner M50 Oak Park, IL 2:12.06 6 1:55.11 88.38%  
 - \*Jake Madderom M51 Burnaby, BC 2:18.43 6 2:00.66 84.32%  
 6 Glenn Govertsen M51 Missoula, MT 2:20.72 6 2:02.66 82.94%  
 - Don Parker M53 Los Angeles, CA DNF 6

----- Men 55 -----

1 Stephen Lyons M55 San Quentin, CA 2:13.43 5 1:51.62 91.14%  
 - \*Frank Hearn M55 Malahide, DU 2:13.50 5 1:51.68 91.09%  
 2 Eric Owers M55 Scottsdale, AZ 2:13.66 5 1:51.81 90.98%  
 3 Robert McMillan M55 Portland, OR 2:15.34 5 1:53.22 89.86%  
 4 William McMillen M56 San Jose, CA 2:16.19 5 1:53.93 89.29%  
 5 Sid Howard M57 Plainfield, NJ 2:16.70 5 1:54.35 88.96%  
 6 Desmond O'Rourke M57 Pullman, WA 2:20.49 5 1:57.52 86.56%

----- Men 60 -----

1 James Aneshansley M61 Brooklyn, NY 2:27.68 4 1:58.12 86.13%  
 2 John Conner M61 East Hampton, NY 2:29.88 4 1:59.88 84.86%  
 3 Jerry Jefferson M63 San Juan Capistrano, CA 2:34.46 4 2:03.54 82.34%  
 4 Ken Ogden M60 Salem, OR 2:35.34 4 2:04.25 81.88%  
 5 Donald Kane M64 Hillrboro, OR 2:41.34 4 2:09.04 78.83%  
 6 Larry Wright M60 Puyallup, WA 2:46.15 4 2:12.89 76.55%  
 7 Don Slocomb M62 Alpine, TX 2:52.12 4 2:17.67 73.90%  
 8 Field Ryan M64 Bremerton, WA 2:57.07 4 2:21.63 71.83%

----- Men 65 -----

- \*Earl Fee M67 Mississauga, ON 2:21.23 3 1:47.47 94.67%  
 1 Jim Sutton M65 Reading, PA 2:24.79 3 1:50.18 92.34%  
 2 Paul Heitzman M65 Eudora, KS 2:28.95 3 1:53.34 89.76%  
 3 Tom Brinton M68 Eugene, OR 2:33.62 3 1:56.89 87.03%  
 4 Jim Selby M68 Fallbrook, CA 2:39.67 3 2:01.50 83.74%  
 5 Walter Gale M65 Windsor Locks, CT 2:40.07 3 2:01.80 83.53%  
 6 Rodney Brown M69 Cedar City, UT 2:43.39 3 2:04.33 81.83%  
 7 Efrian Sanchez M67 Highland, CA 2:55.53 3 2:13.57 76.17%  
 8 Jack Nyhan M65 Weymouth, MA 3:10.21 3 2:24.74 70.29%

## ----- Men 70 -----

1 Archie Messenger M73 Kattskill Bay, NY 2:45.66 2 1:59.13 85.40%  
 2 John McManus M73 Sunnyside, NY 2:48.44 2 2:01.13 83.99%  
 3 Avery Bryant M72 Rancho Palos Verdes, CA 2:50.03 2 2:02.27 83.20%  
 - \*Arthur Wilson M72 Cambridge 3:08.95 2 2:15.88 74.87%  
 - William Fix M70 Spokane, WA DNF 2

## ----- Men 75 -----

1 Bill Tribou M75 Granby, CT 3:05.53 1 2:04.98 81.40%  
 2 Daniel Bulkley M79 Phoenix, OR 3:20.63 1 2:15.15 75.27%  
 3 Michel Kagan M75 Arlington, TX 3:21.27 1 2:15.58 75.03%

## ----- Men 80 -----

1 Bob Matteson M80 Bennington, VT 3:29.06 1 2:10.31 78.07%  
 2 Vincent Malizia M81 Northridge, CA 3:29.23 1 2:10.42 78.01%  
 3 Maxwell Springer M82 Knoxville, TN 3:47.57 1 2:21.85 71.72%

## M35-69 800 Meter Run PRELIMS

Finals Results - Thursday 08/15/96

PLACE ATHLETE NAME AGE HOMETOWN TIME HT AGE-GRADED MARK

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## ----- Men 40 -----

1 Rick Barbero M42 Eugene, OR 2:01.94 13 1:54.49 88.86%  
 2 Julio Reyes M40 San Antonio, TX 2:02.62 13 1:55.13 88.36%  
 3 Daniel Barry M40 Calabasas, CA 2:03.18 13 1:55.66 87.96%  
 4 Dave Clingan M42 Portland, OR 2:05.20 14 1:57.56 86.54%  
 5 Thomas Hartshorne M42 Brooklyn, NY 2:05.32 13 1:57.67 86.46%  
 6 Peter Mogg M41 Simi Valley, CA 2:07.07 12 1:59.31 85.27%

## M35-69 800 Meter Run PRELIMS (Continued)

Finals Results - Thursday 08/15/96

PLACE ATHLETE NAME AGE HOMETOWN TIME HT AGE-GRADED MARK

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7 David Jansen M40 Flagstaff, AZ 2:07.15 12 1:59.39 85.21%  
 8 Tom Aspel M41 Russellville, AK 2:07.89 12 2:00.08 84.72%  
 9 Michael Johnson M40 Monterey, CA 2:09.22 14 2:01.33 83.85%  
 10 Arny Stonkus M41 Seattle, WA 2:09.70 13 2:01.78 83.54%  
 11 Daniel Winzenried M43 North Freedom, WI 2:10.77 13 2:02.78 82.86%  
 12 Randy Ware M40 Boise, ID 2:12.46 12 2:04.37 81.80%  
 13 Kent Hoffmeyer M40 Coram, MT 2:13.19 13 2:05.06 81.35%  
 14 Steve Cummings M40 Corona, CA 2:24.15 14 2:15.35 75.16%  
 15 Stephan Huda M42 Littleton, CO 2:27.75 12 2:18.73 73.33%

## ----- Men 45 -----

1 Bill Codd M45 Spokane, WA 2:06.69 10 1:54.74 88.67%  
 2 David Salzner M45 Cedar Crest, NM 2:07.37 10 1:55.35 88.19%  
 3 Turran Harper M45 Southfield, MI 2:08.08 10 1:55.99 87.70%  
 4 Wayne Morris M46 Fresno, CA 2:09.40 10 1:57.19 86.81%  
 5 Duane Green M45 East Meadow, NY 2:10.48 11 1:58.17 86.09%  
 6 Byron Dyce M48 Brooklyn, NY 2:12.23 11 1:59.75 84.95%  
 7 Randy Taylor M48 Little Rock, AR 2:12.33 11 1:59.84 84.89%  
 8 William Fitzpatrick M45 Long Beach, CA 2:12.60 11 2:00.09 84.71%  
 9 Kent Eggleston M45 Coeur d'Alene, ID 2:15.47 10 2:02.69 82.92%  
 10 David Elhoff M46 Coronado, CA 2:16.05 11 2:03.21 82.57%  
 11 Lindsay Bodden M48 Orlando, FL 2:19.29 11 2:06.15 80.64%  
 12 Anthony Hanson M47 Redmond, WA 2:36.60 10 2:21.82 71.73%

## ----- Men 50 -----

1 Don Parker M53 Los Angeles, CA 2:10.35 7 1:53.62 89.54%  
 2 Stan Mathes M50 Fond du Lac, WI 2:14.53 9 1:57.26 86.76%  
 3 Bob O'Conner M50 Oak Park, IL 2:14.70 9 1:57.41 86.65%  
 4 Al Beck M50 Heppner, OR 2:14.75 9 1:57.45 86.62%  
 5 Glenn Govertsen M51 Missoula, MT 2:15.69 9 1:58.27 86.02%  
 6 Jim Gibbons M52 Willits, CA 2:16.86 7 1:59.29 85.28%  
 7 Richard Tucker M51 Yakima, WA 2:18.34 8 2:00.58 84.37%  
 - \*Jake Madderm M51 Burnaby, BC 2:18.77 8 2:00.96 84.11%  
 8 Kingsley Clarke M53 Chicago, IL 2:23.72 7 2:05.27 81.21%  
 9 Marty Stitsel M50 North Bend, WA 2:24.29 7 2:05.77 80.89%  
 10 William Hendricks M52 Aptos, CA 2:25.98 8 2:07.24 79.96%  
 - \*Garth Huck M51 Calgary, AB 2:31.26 9 2:11.84 77.17%  
 11 Larry Smith M51 Cooperstown, NY 2:31.53 9 2:12.08 77.03%  
 12 John Shenk M53 Sarasota, FL 2:41.18 7 2:20.49 72.42%

----- Men 55 -----

- \*Frank Hearn M55 Malahide, DU 2:16.15 5 1:53.89 89.32%  
 1 Sid Howard M57 Plainfield, NJ 2:16.22 5 1:53.95 89.27%  
 2 Robert McMillan M55 Portland, OR 2:16.61 5 1:54.28 89.02%  
 3 William McMillen M56 San Jose, CA 2:17.21 5 1:54.78 88.63%  
 4 Stephen Lyons M55 San Quentin, CA 2:17.43 6 1:54.97 88.49%  
 5 Desmond O'Rourke M57 Pullman, WA 2:18.92 5 1:56.21 87.54%  
 6 Eric Owers M55 Scottsdale, AZ 2:21.00 6 1:57.95 86.25%  
 - \*Bill McIlwaine M57 Thunder Bay, ON 2:23.60 5 2:00.13 84.69%  
 7 Walt Schafer M57 Chico, CA 2:28.34 6 2:04.09 81.98%  
 8 James Huffman M55 Florence, KY 2:29.47 6 2:05.04 81.36%  
 9 Josef Fodor M58 Bath, OH 2:36.97 6 2:11.31 77.47%

----- Men 65 -----

1 Paul Heitzman M65 Eudora, KS 2:31.21 1 1:55.06 88.42%  
 2 Jim Selby M68 Fallbrook, CA 2:35.09 1 1:58.01 86.21%  
 3 Tom Brinton M68 Eugene, OR 2:36.48 1 1:59.07 85.44%  
 4 Walter Gale M65 Windsor Locks, CT 2:39.89 1 2:01.67 83.62%  
 5 Rodney Brown M69 Cedar City, UT 2:41.80 1 2:03.12 82.63%  
 6 Bill Fortune M68 Pearl River, NY 2:47.51 1 2:07.46 79.82%  
 7 Jim Sutton M65 Reading, PA 2:56.63 2 2:14.40 75.69%  
 8 Jim Moorhead M68 Salmon, ID 2:58.15 2 2:15.56 75.05%  
 9 Jack Nyhan M65 Weymouth, MA 3:07.60 2 2:22.75 71.27%  
 10 Donn Kirk M65 Pleasant Hill, OR 3:14.43 2 2:27.95 68.77%

M30+ 1,500 Meter Run FINALS

Finals Results - Sunday 08/18/96

PLACE ATHLETE NAME AGE HOMETOWN TIME HT AGE-GRADED MARK

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----- Men 30 -----

1 Dave Parker M30 4:16.69 9 4:16.69 80.91%  
 2 Lee Noble M31 Scottsdale, AZ 4:23.65 9 4:23.65 78.78%

----- Men 35 -----

1 Paul Fragua M39 Albuquerque, NM 4:13.27 8 4:08.64 83.54%  
 2 Mark Cleary M37 Rancho Santa Margari, CA 4:16.15 8 4:11.47 82.60%  
 3 Jeffrey Rahn M37 Spokane, WA 4:16.26 8 4:11.58 82.56%  
 4 Tad Gotting M36 Portland, OR 4:17.99 8 4:13.27 82.01%  
 5 Joel Hope M38 Corona, CA 4:24.43 8 4:19.60 80.01%  
 6 David Harding M36 Portland, OR 4:29.41 8 4:24.48 78.53%  
 7 Jose Cabrera M39 San Francisco, CA 4:39.56 8 4:34.45 75.68%  
 8 Andrew Shields M38 Spokane, WA 6:00.94 8 5:54.34 58.62%

----- Men 40 -----

1 Peter Mogg M41 Simi Valley, CA 4:11.52 7 3:58.42 87.12%  
2 Tom Aspel M41 Russellville, AK 4:12.25 7 3:59.11 86.87%  
3 Kenneth Leinbach M41 Watertown, MA 4:13.67 7 4:00.46 86.38%  
4 Julio Reyes M40 San Antonio, TX 4:15.77 7 4:02.45 85.67%  
5 Garry Reitler M40 Olmsted Twp., OH 4:16.55 7 4:03.19 85.41%  
6 Guy Gadomski M40 Kirtland, OH 4:23.06 7 4:09.36 83.30%  
7 Arny Stonkus M41 Seattle, WA 4:23.41 7 4:09.69 83.19%  
8 Brad Hurst M43 Chelmsford, MA 4:26.40 7 4:12.53 82.25%  
9 Michael Allison M44 Seattle, WA 4:26.89 7 4:12.99 82.10%  
10 Randy Ware M40 Boise, ID 4:32.37 7 4:18.18 80.45%  
11 Kent Hoffmeyer M40 Coram, MT 4:35.22 7 4:20.89 79.62%  
12 Stephan Huda M42 Littleton, CO 5:04.66 7 4:48.79 71.92%

----- Men 45 -----

- \*Roly McSorley M45 Fredericton, NB 4:14.06 6 3:52.14 89.47%  
1 David Salzner M45 Cedar Crest, NM 4:19.64 6 3:57.24 87.55%  
2 Jim Gorman M47 Palo Alto, CA 4:20.36 6 3:57.90 87.31%  
3 Ken Bell M45 Valley, WA 4:20.38 6 3:57.91 87.30%  
4 Randy Taylor M48 Little Rock, AR 4:30.78 6 4:07.42 83.95%  
5 Wayne Morris M46 Fresno, CA 4:39.71 6 4:15.58 81.27%  
6 Bob Pertak M45 West Harrison, NY 4:41.10 6 4:16.85 80.87%  
7 David Elhoff M46 Coronado, CA 4:48.59 6 4:23.69 78.77%  
8 Lindsay Bodden M48 Orlando, FL 4:50.15 6 4:25.12 78.35%  
- Byron Dyce M48 Brooklyn, NY DNF 6

----- Men 50 -----

1 Al Beck M50 Heppner, OR 4:27.48 5 3:55.07 88.36%  
2 John Jordeth M50 Seattle, WA 4:28.35 5 3:55.83 88.08%  
3 Stan Mathes M50 Fond du Lac, WI 4:30.73 5 3:57.92 87.30%  
4 Jim Hampton M50 San Rafael, CA 4:33.47 5 4:00.33 86.43%  
5 Jim Gibbons M52 Willits, CA 4:36.23 5 4:02.76 85.56%  
6 Joseph Nelson M51 Richland, WA 4:36.59 5 4:03.07 85.45%  
7 Richard Murray M50 Ipswich, MA 4:38.12 5 4:04.42 84.98%  
- \*Jake Madderm M51 Burnaby, BC 4:47.19 5 4:12.39 82.30%  
8 Jim Verdier M54 Indianapolis, IN 5:04.02 5 4:27.18 77.74%  
9 Joe Henry M51 Federal Way, WA 5:05.49 5 4:28.47 77.37%  
- \*Garth Huck M51 Calgary, AB 5:11.00 5 4:33.31 76.00%  
10 Larry Smith M51 Cooperstown, NY 5:13.94 5 4:35.90 75.29%  
11 John Shenk M53 Sarasota, FL 5:57.19 5 5:13.90 66.17%

----- Men 55 -----

1 Stephen Lyons M55 San Quentin, CA 4:42.86 4 3:58.40 87.12%  
2 Eric Owers M55 Scottsdale, AZ 4:44.16 4 3:59.50 86.73%  
3 James Williams M55 Novato, CA 4:44.33 4 3:59.64 86.67%  
4 Sid Howard M57 Plainfield, NJ 4:49.75 4 4:04.21 85.05%  
5 Desmond O'Rourke M57 Pullman, WA 4:51.72 4 4:05.87 84.48%  
6 Josef Fodor M58 Bath, OH 5:03.32 4 4:15.64 81.25%  
7 Bobby Kincaid M59 Farley, MO 5:03.87 4 4:16.11 81.10%  
8 Frank Hamilton M56 Spokane, WA 5:30.84 4 4:38.84 74.49%  
9 John Hurley M59 Oneonta, NY 5:47.96 4 4:53.27 70.82%  
- E. 'doc' Murdock M55 San Pedro, CA DNF 4

----- Men 60 -----

1 Bernard Hollander M60 Novato, CA 5:07.74 3 4:07.80 83.82%  
2 James Aneshansley M61 Brooklyn, NY 5:08.09 3 4:08.08 83.73%  
3 John Conner M61 East Hampton, NY 5:13.89 3 4:12.75 82.18%  
4 Derek Mahaffey M62 Woodinville, WA 5:18.84 3 4:16.73 80.90%  
5 Ken Ogden M60 Salem, OR 5:21.31 3 4:18.72 80.28%  
6 Bailey Abernathy M61 Starkville, MS 5:25.58 3 4:22.16 79.23%  
7 Don Slocumb M62 Alpine, TX 5:26.78 3 4:23.13 78.94%

8 Larry Wright M60 Puyallup, WA 5:33.63 3 4:28.64 77.32%  
 9 Field Ryan M64 Bremerton, WA 6:02.08 3 4:51.55 71.24%

----- Men 65 -----

1 Jim Sutton M65 Reading, PA 4:58.62 2 3:48.57 90.87%  
 2 Paul Heitzman M65 Eudora, KS 5:03.30 2 3:52.15 89.47%  
 3 James Beall M67 Waterford, MI 5:19.13 2 4:04.27 85.03%  
 4 Tom Brinton M68 Eugene, OR 5:22.66 2 4:06.97 84.10%  
 5 Walter Gale M65 Windsor Locks, CT 5:30.91 2 4:13.28 82.00%  
 6 Jack Keener M65 Portland, OR 5:36.70 2 4:17.72 80.59%  
 7 Donald Ross M66 Marblehead, MA 5:47.39 2 4:25.90 78.11%  
 8 Efrian Sanchez M67 Highland, CA 5:57.37 2 4:33.54 75.93%  
 9 Donn Kirk M65 Pleasant Hill, OR 6:42.32 2 5:07.94 67.45%

----- Men 70 -----

1 John McManus M73 Sunnyside, NY 5:46.38 1 4:10.33 82.97%  
 2 Archie Messenger M73 Kattskill Bay, NY 5:54.73 1 4:16.37 81.02%  
 3 Avery Bryant M72 Rancho Palos Verdes, CA 6:01.05 1 4:20.94 79.60%

----- Men 75 -----

1 John Boots M77 Slidell, LA 5:59.38 1 4:03.05 85.46%  
 2 Bill Tribou M75 Granby, CT 6:35.90 1 4:27.75 77.57%

----- Men 80 -----

1 Vincent Malizia M81 Northridge, CA 7:12.69 1 4:30.48 76.79%  
 2 Bob Matteson M80 Bennington, VT 8:07.25 1 5:04.58 68.19%  
 3 Maxwell Springer M82 Knoxville, TN 8:17.69 1 5:11.11 66.76%  
 4 Dudley Healy M82 Chatham, NJ 8:20.45 1 5:12.84 66.39%

M60+ 2,000 Meter Steeplechase

Finals Results - Friday 08/16/96

PLACE ATHLETE NAME AGE HOMETOWN TIME AGE-GRADED MARK

=====

----- Men 60 -----

1 Don Slocomb M62 Alpine, TX 8:48.65 10:15.57 78.32%  
 2 Bailey Abernathy M61 Starkville, MS 9:07.93 10:38.01 75.56%  
 - \*Ron Johnson M64 Auckland 9:12.69 10:43.56 74.91%

----- Men 65 -----

1 Jim Selby M68 Fallbrook, CA 9:28.53 10:19.13 77.86%  
 - \*Luis Torres Resa M68 Las Piedcas 9:47.50 10:39.79 75.35%  
 2 Efrian Sanchez M67 Highland, CA 10:09.61 11:03.87 72.62%  
 3 John Nelson M65 Milwaukie, OR 12:15.92 13:21.42 60.15%

----- Men 70 -----

1 Avery Bryant M72 Rancho Palos Verdes, CA 9:32.26 9:37.53 83.47%

----- Men 75 -----

1 Daniel Bulkley M79 Phoenix, OR 12:03.14 11:07.90 72.18%

M30-59 3,000 Meter Steeplechase

Finals Results - Friday 08/16/96

PLACE ATHLETE NAME AGE HOMETOWN TIME HT AGE-GRADED MARK

=====

----- Men 30 -----

1 Christopher Yorges M30 Eugene, OR 9:53.17 2 9:53.17 81.27%  
 2 Patrick Wagner M34 Oak Harbor, WA 10:28.49 2 10:28.49 76.70%  
 3 Bill Brist M32 Kalispell, MT 11:39.06 2 11:39.06 68.96%

----- Men 35 -----

1 Steven James M36 Seattle, WA 9:43.90 2 9:27.38 84.97%  
 2 Jack Prestrud M39 Seattle, WA 10:32.83 2 10:14.93 78.40%  
 3 David Harding M36 Portland, OR 10:39.95 2 10:21.84 77.52%  
 4 Brent Cushenbery M37 Yaba City, CA 12:13.16 2 11:52.42 67.67%

----- Men 40 -----

1 Daniel Winzenried M43 North Freedom, WI 10:56.66 2 10:10.11 79.02%  
 2 Scott Kessler M42 Portland, OR 11:36.44 2 10:47.07 74.50%  
 3 Warrick Yeager M42 29 Palms, CA 11:47.77 2 10:57.59 73.31%  
 - \*Doug Smith M44 Toronto, ON 12:20.36 2 11:27.87 70.08%  
 4 Tom Hoisington M40 Yakima, WA 12:25.98 2 11:33.10 69.56%  
 5 Neal Bojko M40 N. Hollywood, CA 12:33.34 2 11:39.93 68.88%

----- Men 45 -----

1 Don Chadez M49 Yorba Linda, CA 11:37.33 1 10:17.91 78.02%  
 2 Gary Hanson M45 12:26.87 1 11:01.81 72.84%  
 3 Searcy Barnett M49 Oakland, CA 12:34.73 1 11:08.77 72.09%

----- Men 50 -----

1 Gale Pfueller M53 Bellingham, WA 11:55.65 1 10:02.87 79.97%  
 2 Larry Norris M51 Eugene, OR 12:00.98 1 10:07.36 79.37%  
 3 Rollie L. Cavaletto M52 Nipomo, CA 12:58.02 1 10:55.41 73.55%  
 4 George Linn M54 Denver, CO 13:07.44 1 11:03.34 72.67%  
 5 Jim Peterson M51 Richland, WA 14:37.70 1 12:19.38 65.20%  
 6 Luigi Schiavo M53 Vancouver, WA 15:32.64 1 13:05.66 61.36%  
 - Carroll DeWeese M52 Birmingham, MI DNF 1

----- Men 55 -----

1 Wally Brawner M57 Kansas City, KS 12:37.91 1 10:04.51 79.75%  
 2 Jim Bevins M58 Applegate, CA 13:19.06 1 10:37.34 75.64%  
 3 John Hurley M59 Oneonta, NY 14:47.43 1 11:47.82 68.11%

M30+ 5,000 Meter Run

Finals Results - Thursday 08/15/96

PLACE ATHLETE NAME AGE HOMETOWN TIME HT AGE-GRADED MARK

=====

----- Men 30 -----

1 Stan Holman M31 Spokane, WA 15:45.88 5 15:45.88 82.29%  
 2 Lee Hurren M31 Reno, NV 16:56.83 5 16:56.83 76.55%  
 3 Bill Brist M32 Kalispell, MT 17:05.54 5 17:05.54 75.90%  
 4 Lewis Watkins M30 Couer D'Alene, ID 18:09.10 5 18:09.10 71.47%  
 5 Michael Fenton M34 Spokane, WA 21:03.05 5 21:03.05 61.63%

----- Men 35 -----

1 David Harding M36 Portland, OR 16:25.17 5 16:21.53 79.30%  
 2 Mark Cleary M37 Rancho Santa Margari, CA 17:01.85 5 16:58.07 76.46%  
 3 Luciano Camponolo M35 Vancouver, WA 17:44.31 5 17:40.38 73.41%  
 4 Jeffrey Endres M36 Grand Rapids, MI 18:35.99 5 18:31.87 70.01%  
 5 Benjamin Berriochoa M37 Spokane, WA 18:42.15 5 18:38.00 69.62%

----- Men 40 -----

1 Anthony Rodiez M40 New Berlin, WI 15:38.45 4 15:03.17 86.18%  
 2 Kenneth Leinbach M41 Watertown, MA 15:43.01 4 15:07.56 85.77%  
 3 Daniel Gruber M41 Aptos, CA 15:47.71 4 15:12.08 85.34%  
 4 Marty Higginbotham M40 Lander, WY 15:58.55 4 15:22.51 84.38%  
 5 Steve Blum M41 Ventura, CA 16:00.98 4 15:24.85 84.16%  
 6 Joe Winegardner M40 Gunnison, CO 16:04.62 4 15:28.36 83.85%  
 7 Thomas Cushman M42 Chico, CA 16:25.77 4 15:48.71 82.05%  
 8 Galen Martinez M40 Acoma Pueblo, NM 16:50.02 4 16:12.05 80.08%  
 9 Michael Allison M44 Seattle, WA 16:51.10 4 16:13.09 79.99%

- \*Gerry Holliday M42 Mindemoya, ON 16:51.37 4 16:13.35 79.97%  
 10 Garry Reitler M40 Olmsted Twp., OH 16:54.64 4 16:16.49 79.71%  
 11 John Dickey M42 Brentwood, MO 18:56.95 4 18:14.21 71.14%  
 - \*Doug Smith M44 Toronto, ON 20:05.90 4 19:20.56 67.07%  
 - Brad Hurst M43 Chelmsford, MA DNF 4

----- Men 45 -----

1 Richard O'Brien M47 Selah, WA 16:11.52 3 15:01.67 86.33%  
 2 Roger Price M47 Piscataway, NJ 16:47.22 3 15:34.81 83.27%  
 3 Don Kardong M47 Spokane, WA 17:09.98 3 15:55.93 81.43%  
 4 John Schulte M47 Spokane, WA 18:11.47 3 16:53.00 76.84%  
 5 Ronald Crawford M48 Moscow, ID 18:22.56 3 17:03.29 76.07%  
 6 Phillip Codd M47 Spokane, WA 19:12.18 3 17:49.34 72.79%

----- Men 50 -----

1 John Jordeth M50 Seattle, WA 16:43.81 3 14:56.51 86.83%  
 2 Jeff Corkill M53 Spokane, WA 16:51.93 3 15:03.76 86.13%  
 3 Richard Murray M50 Ipswich, MA 17:04.08 3 15:14.61 85.11%  
 4 Al Beck M50 Heppner, OR 17:18.27 3 15:27.28 83.94%  
 5 Jerry Graham M53 Spokane, WA 17:52.07 3 15:57.47 81.30%  
 6 Rich Friedlander M52 Chesterfield, MO 17:54.70 3 15:59.82 81.10%  
 7 Victor Sipes M53 Detroit, MI 18:41.90 3 16:41.97 77.69%  
 8 Neil Felgenhauer M50 Spokane, WA 20:05.67 3 17:56.79 72.29%  
 9 Neal Stoddard M53 Burien, WA 23:39.94 3 21:08.15 61.38%  
 10 Robert Edwards M53 Federal Way, WA 25:41.38 3 22:56.61 56.54%

----- Men 55 -----

1 James Williams M55 Novato, CA 18:07.47 2 15:31.97 83.52%  
 2 Bobby Kincaid M59 Farley, MO 18:33.58 2 15:54.34 81.56%  
 3 Chuck Keating M55 Wellesley, MA 18:43.56 2 16:02.90 80.84%  
 4 Josef Fodor M58 Bath, OH 18:49.55 2 16:08.03 80.41%  
 5 James Turner M56 Menlo Park, CA 19:11.71 2 16:27.02 78.86%  
 6 Ron Kelling M58 Spokane, WA 20:06.39 2 17:13.88 75.29%

----- Men 60 -----

1 Bill Iffrig M62 Everett, WA 18:01.16 2 14:45.80 87.88%  
 2 David Pitkethly M60 Bellevue, WA 18:27.96 2 15:07.76 85.75%  
 3 Oleg Morozov M61 Gladstone, MO 18:32.64 2 15:11.59 85.39%  
 4 Bernard Hollander M60 Novato, CA 19:14.92 2 15:46.23 82.26%  
 5 Derek Mahaffey M62 Woodinville, WA 19:35.37 2 16:02.99 80.83%  
 6 Mel Preedy M63 Ravensdale, WA 19:45.05 2 16:10.92 80.17%  
 7 Ken Ogden M60 Salem, OR 20:00.57 2 16:23.63 79.13%  
 8 Larry Wright M60 Puyallup, WA 20:25.60 2 16:44.14 77.52%  
 9 Gordon McClenathen M62 Goleta, CA 20:58.92 2 17:11.44 75.47%  
 - \*Mike Webster M61 Edmonton, AB DNF 2

----- Men 65 -----

1 Jim Sutton M65 Reading, PA 19:07.28 1 14:54.20 87.05%  
 2 Paul Heitzman M65 Eudora, KS 19:08.40 1 14:55.07 86.96%  
 3 James Beall M67 Waterford, MI 20:12.58 1 15:45.09 82.36%  
 4 Bill Fortune M68 Pearl River, NY 20:39.29 1 16:05.91 80.59%  
 5 Donald Ross M66 Marblehead, MA 20:56.30 1 16:19.17 79.50%  
 - \*Luis Torres Resa M68 Las Piedcas 23:32.12 1 18:20.61 70.72%  
 6 Jack Nyhan M65 Weymouth, MA 23:35.79 1 18:23.47 70.54%  
 7 Donn Kirk M65 Pleasant Hill, OR 24:20.70 1 18:58.47 68.37%  
 8 Peter Mundle M68 Venice, CA 24:58.24 1 19:27.73 66.66%

----- Men 70 -----

1 Jim Forshee M70 Ann Arbor, MI 20:04.15 1 14:46.98 87.76%  
 2 Jim O'Neil M71 La Jolla, CA 21:34.70 1 15:53.68 81.62%



## ----- Men 75 -----

1 Michel Kagan M75 Arlington, TX 24:30.82 1 16:55.02 76.69%  
 2 Denman Stanfield M77 Harlingen, TX 35:34.27 1 24:32.86 52.85%

## ----- Men 80 -----

1 George Boulden M80 Spokane, WA 24:40.88 1 15:45.99 82.28%  
 2 Bob Matteson M80 Bennington, VT 29:15.72 1 18:41.56 69.40%  
 3 Dudley Healy M82 Chatham, NJ 30:04.03 1 19:12.42 67.54%

## M30+ 10,000 Meter Run

Finals Results - Saturday 08/17/96

PLACE ATHLETE NAME AGE HOMETOWN TIME HT AGE-GRADED MARK

=====

## ----- Men 30 -----

1 Stan Holman M31 Spokane, WA 32:23.57 3 32:23.57 83.27%  
 - \*Gerard Pearlberg M33 Santa Cruz, CA 34:19.18 3 34:19.18 78.59%  
 2 Irvin Daratha M32 Spokane, WA 35:21.78 3 35:21.78 76.27%  
 3 Christopher Yorges M30 Eugene, OR 35:53.28 3 35:53.28 75.16%

## ----- Men 35 -----

- \*Randy Bullerwell M39 Halifax, NS 32:26.87 3 32:26.87 83.13%  
 1 David Harding M36 Portland, OR 34:19.46 3 34:19.46 78.58%  
 2 John Sweeney M35 Moscow, ID 34:43.79 3 34:43.79 77.67%  
 3 Luciano Camponolo M35 Vancouver, WA 36:13.89 3 36:13.89 74.45%  
 - Joel Hope M38 Corona, CA DNF 3

## ----- Men 40 -----

1 Anthony Rodiez M40 New Berlin, WI 32:42.40 3 31:39.41 85.20%  
 2 Steve Blum M41 Ventura, CA 32:48.19 3 31:45.02 84.95%  
 3 Daniel Gruber M41 Aptos, CA 32:50.22 3 31:46.98 84.87%  
 4 Marty Higginbotham M40 Lander, WY 32:58.11 3 31:54.62 84.53%  
 5 Thomas Cushman M42 Chico, CA 33:34.09 3 32:29.44 83.02%  
 6 Jesse Sturgeon M41 San Antonio, TX 33:59.02 3 32:53.57 82.00%  
 7 Joe Winegardner M40 Gunnison, CO 34:04.48 3 32:58.86 81.78%  
 8 Robert Schneider M41 Monticello, MN 34:35.98 3 33:29.35 80.54%  
 9 Galen Martinez M40 Acoma Pueblo, NM 35:02.97 3 33:55.47 79.51%  
 10 Al Schurman M42 Spokane, WA 35:29.64 3 34:21.28 78.51%  
 - \*Gerry Holliday M42 Mindemoya, ON DNF 3

## ----- Men 45 -----

1 Richard O'Brien M47 Selah, WA 33:27.50 2 31:13.60 86.38%  
 2 Roger Price M47 Piscataway, NJ 34:38.41 2 32:19.79 83.43%  
 3 Gary Wallace M47 Rockaway TWP, NJ 35:50.74 2 33:27.29 80.63%  
 4 John Schulte M47 Spokane, WA 37:41.65 2 35:10.80 76.67%  
 5 Don Chadez M49 Yorba Linda, CA 38:45.76 2 36:10.64 74.56%  
 6 Gary Hanson M45 39:27.37 2 36:49.47 73.25%  
 7 Douglas Sturm M47 Seattle, WA 49:33.77 2 46:15.42 58.31%

## ----- Men 50 -----

1 Jeff Corkill M53 Spokane, WA 34:55.99 2 31:22.20 85.98%  
 2 Bob Krummert M51 Lakewood, OH 36:04.03 2 32:23.30 83.28%  
 3 Rich Friedlander M52 Chesterfield, MO 36:18.08 2 32:35.92 82.74%  
 4 Jerry Graham M53 Spokane, WA 36:29.91 2 32:46.54 82.30%  
 5 Victor Sipes M53 Detroit, MI 39:59.35 2 35:54.62 75.11%  
 6 Neil Felgenhauer M50 Spokane, WA 40:27.41 2 36:19.82 74.24%  
 7 Nick Zilka M52 Liberty Lake, WA 41:44.73 2 37:29.25 71.95%  
 8 Neal Stoddard M53 Burien, WA 50:36.89 2 45:27.13 59.34%

## ----- Men 55 -----

1 Chuck Keating M55 Wellesley, MA 38:21.52 2 33:02.99 81.61%  
 2 Bobby Kincaid M59 Farley, MO 38:21.68 2 33:03.13 81.61%

3 James Turner M56 Menlo Park, CA 40:10.41 2 34:36.81 77.93%  
 4 Wally Brawner M57 Kansas City, KS 40:13.55 2 34:39.52 77.82%

----- Men 60 -----

1 Oleg Morozov M61 Gladstone, MO 37:49.53 1 31:09.19 86.58%  
 2 Bill Iffrig M62 Everett, WA 38:21.60 1 31:35.60 85.38%  
 3 Robert Ruggeri M60 Walla Walla, WA 40:42.82 1 33:31.91 80.44%  
 4 Larry Wright M60 Puyallup, WA 42:06.31 1 34:40.67 77.78%  
 5 Mel Preedy M63 Ravensdale, WA 43:10.46 1 35:33.51 75.86%

----- Men 65 -----

1 Paul Heitzman M65 Eudora, KS 40:05.86 1 31:24.76 85.87%  
 2 James Beall M67 Waterford, MI 40:19.20 1 31:35.21 85.39%  
 3 Patrick Devine M67 Rancho Palos Verdes, CA 43:23.82 1 33:59.84 79.34%  
 4 Donald Ross M66 Marblehead, MA 43:30.89 1 34:05.38 79.12%  
 5 Bill Fortune M68 Pearl River, NY 44:16.11 1 34:40.80 77.78%  
 6 Jack Nyhan M65 Weymouth, MA 48:57.78 1 38:21.46 70.32%  
 7 Peter Mundle M68 Venice, CA 54:53.94 1 43:00.48 62.72%

----- Men 70 -----

1 Jim Forshee M70 Ann Arbor, MI 41:52.88 1 31:00.29 87.00%  
 2 Jim O'Neil M71 La Jolla, CA 44:08.11 1 32:40.40 82.55%

----- Men 75 -----

1 Michel Kagan M75 Arlington, TX 52:16.70 1 36:15.31 74.40%  
 2 Denman Stanfield M77 Harlingen, TX 1:13:17.20 1 50:49.46 53.07%

----- Men 80 -----

1 Dudley Healy M82 Chatham, NJ 1:02:32.30 1 40:08.61 67.19%

M70+ 80 Meter High Hurdles

Finals Results - Friday 08/16/96

PLACE ATHLETE NAME AGE HOMETOWN TIME AGE-GRADED MARK

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----- Men 70 -----

1 Robert Higginbotham M70 Visalia, CA 14.51 -1.5 14.60 88.49%

----- Men 75 -----

1 Walter Dahlin M75 Chico, CA 16.09 -1.5 14.87 86.82%  
 2 Daniel Bulkley M79 Phoenix, OR 16.94 -1.5 15.66 82.47%

----- Men 80 -----

1 Frank Finger M81 Charlottesville, VA 17.34 -1.5 14.48 89.22%  
 2 Bert Morrow M84 San Marcos, CA 20.44 -1.5 17.06 75.68%

----- Men 50 -----

1 Theo Villtz M53 Long Beach, CA 14.85 0.4 4 14.17 91.11%  
 2 Fred Johnston M50 Pleasanton, CA 15.51 0.4 4 14.80 87.23%  
 3 James Hollister M51 Turlock, CA 16.09 0.4 4 15.35 84.09%  
 4 Bob Osterhoudt M54 Mesa, AZ 17.21 0.4 4 16.42 78.62%  
 - \*Kenneth Underdahl M51 Victoria, BC 19.43 0.4 4 18.54 69.63%  
 - Robert Baker M51 Metairie, LA DQ NWI 4

----- Men 55 -----

1 Walter Butler M55 Altadema, CA 14.62 3.1 3 13.24 97.54%  
 2 Hugh Adams M56 Clovis, CA 15.60 3.1 3 14.12 91.41%  
 3 Dale Lance M58 Tulsa, OK 15.82 3.1 3 14.32 90.14%  
 4 Charley Miller M59 Bedford, TX 15.94 3.1 3 14.43 89.46%  
 5 Bruce Mills M57 Lake Bluff, IL 19.19 3.1 3 17.37 74.31%  
 6 Jim Hill M57 Moscow, ID 22.06 3.1 3 19.97 64.64%  
 - Emil Pawlik M57 Jackson, MS DNF NWI 3

## ----- Men 60 -----

1 Dave Klicker M61 Walla Walla, WA 16.15 -1.6 2 14.43 89.54%  
 2 Clarence Trinkner M64 Janesville, WI 16.45 -1.6 2 14.69 87.90%  
 3 Hector Cisneros M62 Austin, TX 19.05 -1.6 2 17.01 75.91%  
 4 William Jankovich M62 Racine, WI 20.06 -1.6 2 17.92 72.08%

## ----- Men 65 -----

1 James Stookey M66 Dickerson, MD 17.42 0.0 1 14.59 88.52%  
 2 Chadwick Bolender M65 Seattle, WA 22.11 0.0 1 18.52 69.74%  
 3 Albert Brenda M68 Turlock, CA 22.59 0.0 1 18.92 68.26%

## M30-49 110 Meter High Hurdles

Finals Results - Friday 08/16/96

PLACE ATHLETE NAME AGE HOMETOWN TIME HT AGE-GRADED MARK

=====

## ----- Men 30 -----

1 Kettrell Berry M33 St. Louis, MD 14.95 -6.7 3 15.18 85.08%  
 2 Larry Beatty M32 Spokane, WA 16.05 -6.7 3 16.29 79.25%

## ----- Men 35 -----

1 Lylod Jeremiah M38 NW Washington, DC 15.67 -6.7 3 15.26 84.62%  
 2 Douglas Schneebeck M36 Tijeras, NM 16.29 -6.7 3 15.87 81.40%  
 3 Dan Cook M35 Ozona, TX 16.79 -6.7 3 16.36 78.98%  
 4 Cory Yost M37 Spokane, WA 20.26 -6.7 3 19.73 65.45%

## ----- Men 40 -----

1 Robert Zahn M42 Mequon, WI 16.71 -7.1 2 15.59 82.82%  
 2 Dennis Nelson M41 Fargo, ND 17.51 -7.1 2 16.33 79.04%  
 3 Mark Johnson M42 Mechanicsburg, PA 17.60 -7.1 2 16.42 78.64%  
 4 David Ortman M43 Seattle, WA 17.85 -7.1 2 16.65 77.54%  
 5 Vince Costello M43 Honolulu, HI 18.57 -7.1 2 17.32 74.53%  
 6 George Hall M43 Tulsa, OK 18.76 -7.1 2 17.50 73.77%

## ----- Men 45 -----

1 Don Roberts M46 Santa Cruz, CA 18.00 -2.9 1 16.04 80.50%  
 - \*John Solms M48 South Africa 21.09 -2.9 1 18.80 68.71%  
 2 Terry Wardrobe M49 Spokane, WA 21.77 -2.9 1 19.40 66.56%  
 - Jon Heimbigner M48 Spokane, WA DQ NWI 1

## M60+ 300 Meter Int Hurdles

Finals Results - Saturday 08/17/96

PLACE ATHLETE NAME AGE HOMETOWN TIME HT AGE-GRADED MARK

=====

## ----- Men 60 -----

1 Clarence Trinkner M64 Janesville, WI 50.38 3 56.22 83.23%  
 2 William Jankovich M62 Racine, WI 52.68 3 58.79 79.59%  
 3 Don Slocomb M62 Alpine, TX 55.80 3 1:02.27 75.14%  
 4 Hector Cisneros M62 Austin, TX 1:03.88 3 1:11.28 65.64%  
 - Hal Smith M60 Tarzana, CA DNF 3

## ----- Men 65 -----

- \*Earl Fee M67 Mississauga, ON 48.48 2 50.94 91.85%  
 1 James Stookey M66 Dickerson, MD 48.86 2 51.34 91.14%  
 2 Jack Lance M66 Greendell, NJ 58.43 2 1:01.39 76.21%  
 3 Chadwick Bolender M65 Seattle, WA 58.61 2 1:01.58 75.98%

## ----- Men 70 -----

1 Robert Higginbotham M70 Visalia, CA 57.23 1 56.16 83.30%  
 2 Manny Herscher M70 White Plains, NY 1:03.24 1 1:02.06 75.38%

## ----- Men 75 -----

1 Daniel Bulkley M79 Phoenix, OR 58.10 1 52.67 88.83%  
 2 Walter Dahlin M75 Chico, CA 1:02.28 1 56.46 82.87%

## M30-59 400 Meter Int Hurdles

Finals Results - Saturday 08/17/96

PLACE ATHLETE NAME AGE HOMETOWN TIME HT AGE-GRADED MARK

=====

## ----- Men 30 -----

1 Larry Beatty M32 Spokane, WA 56.76 5 56.76 82.42%

## ----- Men 35 -----

1 Ray Blackwell M38 Philadelphia, PA 57.34 5 55.34 84.55%  
 2 Douglas Schneebeck M36 Tijeras, NM 58.19 5 56.16 83.31%  
 3 Stephen Winkel M38 Memphis, TN 59.92 5 57.83 80.91%  
 4 Brent Cottong M39 Belmont, CA 1:02.15 5 59.98 78.00%  
 5 Cory Yost M37 Spokane, WA 1:12.62 5 1:10.08 66.76%  
 - Daniel Taylor M38 Winter Park, FL DNF 5

## ----- Men 40 -----

1 Mike Pannell M42 Los Alamos, NM 58.14 4 53.63 87.24%  
 2 David Ortman M43 Seattle, WA 59.91 4 55.27 84.66%  
 3 Russell Jacquet-Acea M43 Seattle, WA 1:01.22 4 56.47 82.85%  
 - \*Greg Rees M40 Calgary, AB 1:02.77 4 57.90 80.80%  
 4 Dennis Nelson M41 Fargo, ND 1:03.23 4 58.33 80.22%  
 5 George Hall M43 Tulsa, OK 1:04.46 4 59.46 78.68%  
 6 Vince Costello M43 Honolulu, HI 1:05.43 4 1:00.36 77.52%  
 7 Mark Johnson M42 Mechanicsburg, PA 1:10.00 4 1:04.57 72.46%

## ----- Men 45 -----

1 Rick Lapp M47 Coram, NY 1:01.74 3 54.30 86.17%  
 2 Don Roberts M46 Santa Cruz, CA 1:05.06 3 57.22 81.77%  
 3 Terry Wardrobe M49 Spokane, WA 1:20.36 3 1:10.67 66.20%

## ----- Men 50 -----

1 Larry Norris M51 Eugene, OR 1:05.49 2 55.44 84.39%  
 2 Robert Baker M51 Metairie, LA 1:08.01 2 57.57 81.27%  
 3 Grant Lamothe M52 Langley, BC 1:14.45 2 1:03.02 74.24%  
 4 Jack Karbens M54 Honolulu, HI 1:31.93 2 1:17.81 60.12%

## ----- Men 55 -----

1 Terry Rowan M56 San Diego, CA 1:12.74 1 58.27 80.29%  
 2 Bruce Mills M57 Lake Bluff, IL 1:15.04 1 1:00.11 77.83%  
 3 Jim Hill M57 Moscow, ID 1:27.26 1 1:09.90 66.93%

## M30+ 5,000 Meter Race Walk

Finals Results - Friday 08/16/96

PLACE ATHLETE NAME AGE HOMETOWN TIME HT AGE-GRADED MARK

=====

## ----- Men 35 -----

1 Michael Blanchard M35 Castle Rock, CO 25:46.91 4 25:03.60 72.83%  
 - Douglas Ermini M39 Bellingham, WA DQ 4

## ----- Men 40 -----

1 Warrick Yeager M42 29 Palms, CA 22:20.24 4 21:00.63 86.86%

## ----- Men 45 -----

1 Stan Chraminski M48 Seattle, WA 25:10.67 4 22:51.39 79.85%  
 2 Gene Opheim M49 Tallahassee, FL 25:25.02 4 23:04.42 79.09%

3 Steven Hedges M48 Cedar City, UT 26:25.48 4 23:59.30 76.08%  
 4 Shoja Torabian M47 Larkspur, CA 27:15.43 4 24:44.65 73.75%  
 5 Andrew Smith M46 Whitter, NC 28:43.01 4 26:04.15 70.01%  
 6 David Kolva M49 Pullman, WA 32:38.60 4 29:38.02 61.59%  
 - Steve Petrakis M46 Albuquerque, NM DNF 4  
 - Art Grant M47 Point Hope, AL DQ 4

----- Men 50 -----

1 James Carmines M53 New Cumberland, PA 24:36.17 3 21:29.59 84.91%  
 2 Norman Frable M51 McKinney, TX 26:00.60 3 22:43.35 80.32%  
 3 Victor Sipes M53 Detroit, MI 26:57.38 3 23:32.95 77.50%  
 - \*David Crabb M51 Las Vegas, NV 27:34.36 3 24:05.25 75.77%  
 4 David Bickel M54 Bismark, ND 29:47.98 3 26:01.98 70.10%  
 5 Gary Bower M53 La Honda, CA 31:28.72 3 27:29.99 66.36%  
 6 Eric Hedges M50 Columbia, MO 32:28.33 3 28:22.07 64.33%

----- Men 55 -----

1 John Elwarner M57 Sterling Hgts, MI 26:04.92 3 21:51.41 83.50%  
 2 John Schulz M57 San Rafael, CA 28:18.05 3 23:42.97 76.95%  
 3 Bernie Finch M56 Pepin, WI 29:30.76 3 24:43.90 73.79%  
 4 Calvin Brown M59 Spokane, WA 29:58.53 3 25:07.17 72.65%  
 5 Stuart Sonne M58 Aurora, CO 32:17.14 3 27:03.33 67.45%  
 6 John Backlund M56 Ephrata, WA 33:15.63 3 27:52.34 65.48%  
 7 Fredrick Seewerker M58 Tualatin, OR 33:41.17 3 28:13.75 64.65%  
 - Paul Johnson M58 Fort Smith, AR DQ 3  
 - Frederick Belt M56 Placerville, CA DQ 3  
 - Edgar Kousky M55 Eugene, OR DQ 3  
 - Gerald Bocci M58 Grosse Pointe Park, MI DQ 3

----- Men 60 -----

1 Jack Bray M63 Greenbrae, CA 25:15.20 2 20:13.68 90.22%  
 2 Max Green M64 Taylor, MI 25:21.93 2 20:19.07 89.82%  
 3 Dick Petruzzi M63 Carmichael, CA 28:20.00 2 22:41.70 80.41%  
 4 Carl Acosta M62 NO. Hollywood, CA 28:47.69 2 23:03.88 79.13%  
 5 Ray Everson M61 Mooresville, IN 28:57.78 2 23:11.97 78.67%  
 6 Ed Lane M60 Mill Valley, CA 30:33.80 2 24:28.88 74.55%  
 7 Paul Kaald M63 Issaquah, WA 30:44.57 2 24:37.51 74.11%  
 8 Lloyd McGuire M64 San Diego, CA 32:22.35 2 25:55.83 70.38%  
 - \*John Weston M63 West Vancouver, BC 33:57.06 2 27:11.69 67.11%

----- Men 65 -----

1 Jack Starr M68 Newark, DE 28:59.31 2 22:06.40 82.55%  
 2 Vanee Genzlinger M67 Bloomfield, MI 29:40.19 2 22:37.58 80.66%  
 3 Robert Eisner M67 Carmichael, CA 29:58.01 2 22:51.17 79.86%  
 4 Edward Gawinski M69 Wilmington, DE 30:07.82 2 22:58.65 79.43%  
 5 Robert Fine M65 Delray Beach, FL 30:12.10 2 23:01.91 79.24%  
 6 Bill McClaren M67 Kalispell, MT 34:51.74 2 26:35.17 68.65%  
 - \*Jack Castle M66 Toronto, ON 44:22.88 2 33:50.72 53.92%  
 - William Kinder M67 Ridgefield, WA DQ 2

----- Men 70 -----

1 Masashi Noritake M72 Los Angeles, CA 35:08.90 1 25:24.32 71.84%  
 2 John Carroll M74 Denver, CO 35:16.06 1 25:29.49 71.59%  
 3 Mel Lees M73 San Luis Obispo, CA 36:04.91 1 26:04.80 69.98%  
 4 Arthur Clevenger M73 Yakima, WA 37:49.92 1 27:20.70 66.74%  
 5 John Snaden M70 Florence, SC 38:28.03 1 27:48.25 65.64%  
 - Robert Davidson M73 Fallbrook, CA DQ 1

----- Men 75 -----

1 Paul Geyer M76 Rochert, MN 36:31.70 1 24:53.87 73.30%

2 Herm Arrow M76 Greenbrae, CA 37:13.18 1 25:22.14 71.94%  
 3 Richard Stark M79 Las Cruces, NM 37:43.89 1 25:43.07 70.96%  
 - Herb Appell M77 Russell, PA DQ 1  
 - John Levinsohn M75 Greenbrae, CA DQ 1

----- Men 80 -----

1 Bill Tallmadge M80 Berea, KY 40:07.20 1 25:36.28 71.28%

M30+ 20,000 Meter Race Walk

Finals Results - Sunday 08/18/96

PLACE ATHLETE NAME AGE HOMETOWN TIME HT AGE-GRADED MARK

=====

----- Men 30 -----

1 Colin Peters M34 Seattle, WA 1:46:46.0h 8 1:46:46.00 73.60%

----- Men 35 -----

1 Michael Blanchard M35 Castle Rock, CO 1:47:35.0h 8 1:47:24.03 73.17%  
 2 Douglas Ermini M39 Bellingham, WA 2:05:57.0h 8 2:05:44.16 62.50%

----- Men 40 -----

1 Warrick Yeager M42 29 Palms, CA 1:38:55.0h 8 1:35:29.65 82.29%

----- Men 45 -----

1 Stan Chraminski M48 Seattle, WA 1:48:39.0h 7 1:41:09.19 77.69%  
 2 Shoja Torabian M47 Larkspur, CA 1:52:23.0h 7 1:44:37.74 75.11%  
 3 Steve Petrakis M46 Albuquerque, NM 1:57:02.0h 7 1:48:57.49 72.12%  
 4 Andrew Smith M46 Whitter, NC 2:02:09.0h 7 1:53:43.30 69.10%  
 5 Art Grant M47 Point Hope, AL 2:03:14.0h 7 1:54:43.82 68.49%

----- Men 50 -----

1 James Carmines M53 New Cumberland, PA 1:45:48.0h 6 1:34:42.10 82.98%  
 2 Norman Frable M51 McKinney, TX 1:48:09.0h 6 1:36:48.31 81.18%  
 - \*David Crabb M51 Las Vegas, NV 1:52:48.0h 6 1:40:58.04 77.83%  
 3 David Bickel M54 Bismark, ND 2:08:12.0h 6 1:54:45.11 68.48%  
 4 Gary Bower M53 La Honda, CA 2:12:53.0h 6 1:58:56.64 66.07%

----- Men 55 -----

1 John Elwarner M57 Sterling Hgts, MI 1:56:47.0h 5 1:40:09.91 78.45%  
 2 Calvin Brown M59 Spokane, WA 2:07:54.0h 5 1:49:41.99 71.63%  
 3 Bernie Finch M56 Pepin, WI 2:14:19.0h 5 1:55:12.21 68.21%  
 4 Robert Ferrier M58 Las Vegas, NV 2:16:19.0h 5 1:56:55.13 67.21%  
 5 Stuart Sonne M58 Aurora, CO 2:29:26.0h 5 2:08:10.14 61.31%  
 - Paul Johnson M58 Fort Smith, AR DQ 5  
 - Gerald Bocci M58 Grosse Pointe Park, MI DQ 5  
 - Edgar Kousky M55 Eugene, OR DQ 5

----- Men 60 -----

1 Max Green M64 Taylor, MI 1:49:30.0h 4 1:29:39.52 87.65%  
 2 Jack Bray M63 Greenbrae, CA 1:52:23.0h 4 1:32:01.17 85.40%  
 3 Carl Acosta M62 NO. Hollywood, CA 2:02:08.0h 4 1:40:00.17 78.58%  
 4 Ray Everson M61 Mooresville, IN 2:06:14.0h 4 1:43:21.60 76.03%  
 5 Paul Kaald M63 Issaquah, WA 2:11:17.0h 4 1:47:29.69 73.10%

----- Men 65 -----

1 Robert Eisner M67 Carmichael, CA 2:10:18.0h 3 1:41:25.54 77.48%  
 2 Bill McClaren M67 Kalispell, MT 2:10:38.0h 3 1:41:41.10 77.28%  
 3 Vanee Genzlinger M67 Bloomfield, MI 2:12:29.0h 3 1:43:07.51 76.20%  
 4 Edward Gawinski M69 Wilmington, DE 2:17:05.0h 3 1:46:42.34 73.64%  
 - Jack Starr M68 Newark, DE DQ 3

----- Men 70 -----

1 William Flick M70 Corry, PA 2:07:10.0h 2 1:33:39.50 83.90%  
 2 Masashi Noritake M72 Los Angeles, CA 2:25:26.0h 2 1:47:06.70 73.37%  
 3 John Carroll M74 Denver, CO 2:27:53.0h 2 1:48:54.97 72.15%  
 - Mel Lees M73 San Luis Obispo, CA DQ 2  
 - John Snaden M70 Florence, SC DQ 2

----- Men 75 -----

1 Paul Geyer M76 Rochert, MN 2:39:21.0h 1 1:50:26.73 71.15%  
 - Richard Stark M79 Las Cruces, NM DQ 1  
 - Herb Appell M77 Russell, PA DQ 1

----- Men 80 -----

- Bill Tallmadge M80 Berea, KY DQ 1

M30+ 4x100 Meter Relay FINALS

Finals Results - Sunday 08/18/96

PL RELAY AFFILIATION TIME

== =====

----- 30-39 -----

1 WEST "D" Western 41.83  
 1) Martin Krulee 39 3) Kettrell Berry 33  
 2) Kevin Morning 40 4) Noah Levingston 37  
 2 EAST "B" Eastern 42.26  
 1) Eugene Vickers 35 3) Thomas Jones 42  
 2) Lylod Jeremiah 38 4) Derek Holloway 35  
 3 WEST "C" Western 43.59  
 1) Charles Hunter 40 3) David Barmer 32  
 2) Michael Streeter 33 4) Joe Ngassa 32

----- 50-59 -----

1 WEST Western 49.01  
 1) \*David Naylor 52 3) Dan Durante 52  
 2) Dale Herring 50 4) Bobby Thomas 61  
 2 WEST "B" Western 50.72  
 1) Jim Swayze 55 3) Ray Graves 62  
 2) Emmette Graham 54 4) Norbert Wedepohl 60

----- 60-69 -----

1 EAST Eastern 55.31  
 1) James Stookey 66 3) Bob Dobbs 62  
 2) Jack Lance 66 4) John Conner 61  
 2 PMTC Portland Masters TC 58.99  
 1) Jim Schlewitz 62 3) Harold Hitt 63  
 2) Jack Coy 65 4) Donald Kane 64

----- 30-39 -----

1 MIDA Mid-Atlantic 3:30.36  
 1) Eugene Vickers 35 3) Lylod Jeremiah 38  
 2) Derek Holloway 35 4) Ray Blackwell 38

----- 40-49 -----

1 EAST Eastern 3:39.38  
 1) Edward Gonera 44 3) Thomas Jones 42  
 2) Alex Constantinou 45 4) \*Philip Felton 47  
 2 SOCA Southern California 3:42.19  
 1) Steve Cummings 40 3) Danny Goldman 41  
 2) Neal Bojko 40 4) Daniel Barry 40

----- 60-69 -----

1 WEST Western 4:23.12

- 1) Jerry Jefferson 63 3) Bobby Thomas 61
- 2) Jim Selby 68 4) Don Cheek 66
- 2 PMTC Portland Masters TC 4:45.52
- 1) Jim Schlewitz 62 3) Harold Hitt 63
- 2) Jack Coy 65 4) Donald Kane 64

## M30+ 4x800 Meter Relay FINALS

Finals Results - Sunday 08/18/96

PL RELAY AFFILIATION TIME HT

== =====

----- 30-39 -----

- 1 WEST "C" Western 8:22.10 2
  - 1) Mark Cleary 37 3) Vaughan Kastor 31
  - 2) David Jansen 40 4) Patrick Wagner 34
- 2 INNW Inland Northwest 8:33.02 2
  - 1) Jeffrey Rahn 37 3) Irvin Daratha 32
  - 2) Larry Beatty 32 4) Stan Holman 31
- 3 MIAM Mid-America 8:36.08 2
  - 1) Paul Fragua 39 3) Douglas Schneebeck 36
  - 2) David Salzner 45 4) Mike Pannell 42

----- 40-49 -----

- 1 CALI California 8:18.13 2
  - 1) Peter Mogg 41 3) Richard Burns 41
  - 2) Daniel Barry 40 4) Danny Goldman 41

----- 50-59 -----

- 1 NW Northwest 9:01.10 1
  - 1) Al Beck 50 3) Larry Norris 51
  - 2) Robert McMillan 55 4) Richard Tucker 51

----- 60-69 -----

- 1 SNOH Snohomish Track Club 11:01.62 1
  - 1) Bill Iffrig 62 3) Field Ryan 64
  - 2) Mel Preedy 63 4) Derek Mahaffey 62
- 2 WEST Western 11:33.13 1
  - 1) Jim Selby 68 3) Jerry Jefferson 63
  - 2) Efrian Sanchez 67 4) Avery Bryant 72

## M30+ High Jump

Finals Results - Friday 08/16/96

PLACE ATHLETE NAME AGE HOMETOWN MARK AGE-GRADED MARK

=====

----- Men 30 -----

- 1 David Turnbull M30 Bend, OR 1.90m 6'02.75 1.93m 78.84%
- 2 Michael Jaqua M33 Portland, OR 1.70m 5'07.00 1.72m 70.54%

----- Men 35 -----

- 1 Jeff Helton M35 Reno, NV 1.85m 6'00.75 1.98m 80.79%
- 2 Alan Wardsworth M35 Tekoa, WA 1.65m 5'05.00 1.76m 72.05%

----- Men 40 -----

- 1 Keith Nelson M41 Torrey Pines, CA 1.95m 6'04.75 2.20m 89.86%
- 2 Ric Teller M44 Kent, WA 1.92m 6'03.50 2.16m 88.48%
- 3 Stephan Miller M41 Bainbridge Island, WA 1.75m 5'08.75 1.97m 80.65%
- 4 Donald Rasmussen M41 Spokane, WA 1.70m 5'07.00 1.92m 78.34%
- 5 David Ortman M43 Seattle, WA 1.70m 5'07.00 1.92m 78.34%
- 6 Joseph Hippensteel M42 Decatur, GA 1.70m 5'07.00 1.92m 78.34%
- 7 Steve Banton M43 Bend, OR 1.55m 5'01.00 1.75m 71.43%
- 8 Richard Watson M43 Yuma, AZ 1.45m 4'09.00 1.63m 66.82%
- Kenneth Bacon M42 Mill Creek, WA NH



## ----- Men 45 -----

- \*John Hawkins M47 West Vancouver, BC 1.85m 6'00.75 2.20m 89.81%  
 1 James Sauers M48 Stone Mountain, GA 1.85m 6'00.75 2.20m 89.81%  
 2 Charlie Rader M48 Moreno Valley, CA 1.70m 5'07.00 2.02m 82.52%  
 3 Kevin Carper M45 Hastings, NE 1.65m 5'05.00 1.96m 80.10%  
 4 Thomas Light M48 Chugiak, AK 1.60m 5'03.00 1.90m 77.67%  
 5 Dick Clintworth M49 Renton, WA 1.55m 5'01.00 1.84m 75.24%  
 - \*John Solms M48 South Africa 1.55m 5'01.00 1.84m 75.24%  
 6 Michael Walker M46 Memphis, TN 1.50m 4'11.00 1.78m 72.82%  
 7 Turran Harper M45 Southfield, MI 1.45m 4'09.00 1.72m 70.39%

## ----- Men 50 -----

1 Roberto Pozzi M50 Chatsworth, CA 1.65m 5'05.00 2.07m 84.62%  
 2 Emmette Graham M54 Paradise Valley, AZ 1.60m 5'03.00 2.00m 82.05%  
 2 Stephen Robbins M53 Seattle, WA 1.60m 5'03.00 2.00m 82.05%  
 4 Jim Kolva M50 Spokane, WA 1.55m 5'01.00 1.94m 79.49%  
 5 Norman Frable M51 McKinney, TX 1.55m 5'01.00 1.94m 79.49%  
 6 Pat Shober M51 Richland, WA 1.45m 4'09.00 1.82m 74.36%  
 7 Mark Chapman M53 Houston, TX 1.45m 4'09.00 1.82m 74.36%  
 7 Robert Baker M51 Metairie, LA 1.45m 4'09.00 1.82m 74.36%  
 - \*Kenneth Underdahl M51 Victoria, BC 1.45m 4'09.00 1.82m 74.36%  
 9 William Wood M51 Santa Clara, CA 1.45m 4'09.00 1.82m 74.36%  
 10 Larry Armstrong M54 Tucson, AZ 1.45m 4'09.00 1.82m 74.36%  
 11 Frank Condon M54 Chico, CA 1.40m 4'07.00 1.75m 71.79%  
 12 Grant Lamothe M52 Langley, BC 1.30m 4'03.25 1.63m 66.67%

## ----- Men 55 -----

1 Emil Pawlik M57 Jackson, MS 1.62m 5'03.75 2.14m 87.57%  
 2 James Paddie M57 Shreveport, LA 1.57m 5'01.75 2.07m 84.86%  
 3 Hugh Adams M56 Clovis, CA 1.47m 4'09.75 1.94m 79.46%  
 4 Bert Bergen M58 La Canada, CA 1.42m 4'07.75 1.87m 76.76%  
 5 Bruce Mills M57 Lake Bluff, IL 1.37m 4'06.00 1.81m 74.05%  
 6 Thom Jones M57 Los Gatos, CA 1.27m 4'02.00 1.68m 68.65%

## M30+ Pole Vault

Finals Results - Friday 08/16/96

PLACE ATHLETE NAME AGE HOMETOWN MARK AGE-GRADED MARK

=====

## ----- Men 40 -----

1 Jeff Kingstad M43 Winchester, WI 4.40m 14'05.25 5.05m 82.24%  
 2 Jim Williams M44 Campbell, CA 4.30m 14'01.25 4.94m 80.37%  
 3 Steve Banton M43 Bend, OR 3.70m 12'01.50 4.25m 69.16%  
 4 B. Rodney Doshier M43 Sandpoint, ID 3.30m 10'10.00 3.79m 61.68%  
 5 Richard Watson M43 Yuma, AZ 2.80m 9'02.25 3.21m 52.34%

## ----- Men 60 -----

1 Raymond Fitzhugh M61 Irvine, CA 2.90m 9'06.25 4.40m 71.78%  
 2 Duane Rykhus M61 Brookings, SD 2.90m 9'06.25 4.40m 71.78%  
 3 John Steinman M60 Carson City, NV 2.70m 8'10.25 4.10m 66.83%  
 4 Hector Cisneros M62 Austin, TX 2.70m 8'10.25 4.10m 66.83%  
 5 William Jankovich M62 Racine, WI 2.50m 8'02.50 3.80m 61.88%  
 - \*Ron Johnson M64 Auckland 2.30m 7'06.50 3.49m 56.93%  
 - Hal Smith M60 Tarzana, CA NH

## ----- Men 65 -----

1 Jerry Donley M66 Colo. Springs, CO 3.00m 9'10.00 4.89m 79.58%  
 2 Albert Brenda M68 Turlock, CA 2.90m 9'06.25 4.72m 76.92%  
 - Tom Hinkes M67 Madison, WI NH

## M30+ Long Jump

Finals Results - Friday 08/16/96

PLACE ATHLETE NAME AGE HOMETOWN MARK AGE-GRADED MARK

=====

## ----- Men 60 -----

1 Dick Richards M62 Encinitas, CA 5.47m -0.5 17'11.50 8.06m 90.12%  
 2 William Jankovich M62 Racine, WI 4.68m -0.5 15'04.25 6.90m 77.10%  
 3 Raymond Fitzhugh M61 Irvine, CA 4.25m 0.2 13'11.50 6.26m 70.02%  
 - \*Heraclio Chandeck M63 Panama 4.08m -0.5 13'04.75 6.01m 67.22%  
 - \*Ron Johnson M64 Auckland 3.91m -0.4 12'10.00 5.76m 64.42%

## ----- Men 65 -----

1 James Stookey M66 Dickerson, MD 4.91m -0.8 16'01.50 7.74m 86.60%  
 2 Albert Brenda M68 Turlock, CA 4.12m NWI 13'06.25 6.49m 72.66%  
 3 Jim Moorhead M68 Salmon, ID 4.05m NWI 13'03.50 6.38m 71.43%  
 4 Jim Selby M68 Fallbrook, CA 3.97m -0.7 13'00.25 6.26m 70.02%  
 5 Jack Lance M66 Greendell, NJ 3.94m -0.8 12'11.25 6.21m 69.49%  
 - Darrold Skartvedt M65 Seattle, WA FOUL NWI

## ----- Men 70 -----

1 Robert Higginbotham M70 Visalia, CA 4.12m 1.6 13'06.25 6.95m 77.74%  
 2 Bill Carter M73 Marlow, OK 4.01m 0.7 13'02.00 6.76m 75.66%  
 3 Kenneth Yahiro M70 Park Ridge, IL 3.86m 3.6 12'08.00 6.51m 72.83%  
 4 Manny Herscher M70 White Plains, NY 3.50m -5.8 11'05.75 5.90m 66.04%  
 5 Jim Johnson M74 Millbrae, CA 3.49m 1.7 11'05.50 5.88m 65.85%  
 6 Arnold Scott M74 Missoula, MT 3.37m 2.6 11'00.75 5.68m 63.58%

## ----- Men 75 -----

1 Milton Silverstein M76 Tuscon, AZ 4.10m -1.1 13'05.50 7.39m 82.66%  
 2 Kenneth Wheeler M75 Honolulu, HI 3.10m 2.7 10'02.00 5.59m 62.50%  
 3 Armando Ricciardi M76 Reno, NV 3.03m 1.3 9'11.25 5.46m 61.09%  
 4 Carl Beck M76 Beaufort, NC 2.82m -2.6 9'03.00 5.08m 56.85%

## ----- Men 80 -----

1 Leon Joslin M84 Seattle, WA 2.37m NWI 7'09.50 4.57m 51.08%

## ----- Men 85 -----

1 Ted Hatlen M85 Santa Barbara, CA 2.54m 1.2 8'04.00 5.43m 60.77%

## M30+ Triple Jump

Finals Results - Sunday 08/18/96

PLACE ATHLETE NAME AGE HOMETOWN MARK AGE-GRADED MARK

=====

## ----- Men 30 -----

1 David Turnbull M30 Bend, OR 11.87m -0.6 38'11.50 11.87m 66.05%  
 2 Daniel Powell M33 Rathdrum, ID 11.03m 2.4 36'02.25 11.03m 61.38%

## ----- Men 35 -----

1 Vincent Martin M37 Spokane, WA 12.95m 1.0 42'06.00 12.98m 72.27%  
 2 Dwayne Deckard M37 Spokane, WA 11.24m 2.9 36'10.50 11.27m 62.72%

## ----- Men 40 -----

1 Mike Lariza M40 Gresham, OR 13.78m 1.7 45'02.50 14.85m 82.66%  
 2 David Quick M40 Bakersfield, CA 13.38m 3.2 43'10.75 14.42m 80.26%  
 3 Joseph Smith M40 Lindon, UT 12.38m 4.6 40'07.50 13.34m 74.27%  
 4 Scott Thornsley M44 Camp Hill, PA 11.58m 3.9 38'00.00 12.48m 69.47%

## ----- Men 45 -----

1 Roger Trujillo M46 Dinuba, CA 12.00m 3.7 39'04.50 13.90m 77.37%

2 David Horace M45 Albion, MI 11.01m 1.4 36'01.50 12.75m 70.99%  
 3 Taylor Weatherbee M45 Maryville, TN 10.89m 4.0 35'08.75 12.61m 70.21%  
 4 James Manor M48 Modesto, CA 10.89m 3.8 35'08.75 12.61m 70.21%  
 5 David Anderson M48 Tarbord, NC 9.52m 0.5 31'03.00 11.03m 61.38%

----- Men 50 -----

1 Ray Shaw M50 Santa Barbara, CA 11.40m 3.8 37'05.00 14.20m 79.00%  
 2 Kenneth Troy M50 Mount Lake Terrace, WA 11.31m 2.5 37'01.25 14.08m 78.38%  
 3 James Hollister M51 Turlock, CA 10.95m 1.7 35'11.25 13.64m 75.88%  
 4 Robert Baker M51 Metairie, LA 10.81m 3.6 35'05.75 13.46m 74.91%  
 5 William Wood M51 Santa Clara, CA 10.01m 3.1 32'10.25 12.46m 69.37%  
 - \*Kenneth Underdahl M51 Victoria, BC 9.97m 3.9 32'08.50 12.41m 69.09%  
 6 Grant Lamothe M52 Langley, BC 8.55m 3.0 28'00.75 10.65m 59.25%  
 7 Jack Karbens M54 Honolulu, HI 8.49m 2.7 27'10.25 10.57m 58.84%

----- Men 55 -----

1 Frank Struna M55 Missoula, MT 11.42m 3.8 37'05.75 15.29m 85.10%  
 2 Terry Rowan M56 San Diego, CA 9.62m 2.7 31'06.75 12.88m 71.68%  
 3 Kenneth Medley M55 Albuquerque, NM 9.42m 2.2 30'11.00 12.61m 70.19%

----- Men 60 -----

1 Tom Langenfeld M61 Edina, MN 9.97m 1.7 32'08.50 14.34m 79.82%  
 - \*Angelo Giumanini M61 Italy 9.17m 1.4 30'01.00 13.19m 73.42%  
 2 William Jankovich M62 Racine, WI 8.63m 4.6 28'03.75 12.42m 69.10%  
 3 Roberts Smullens M60 Cooperstown, NY 5.68m 3.3 18'07.75 8.17m 45.48%

----- Men 65 -----

1 James Stookey M66 Dickerson, MD 10.30m 2.5 33'09.50 15.93m 88.64%  
 2 Jim Moorhead M68 Salmon, ID 9.19m -6.4 30'02.00 14.21m 79.09%  
 3 Albert Brenda M68 Turlock, CA 8.77m 3.9 28'09.25 13.56m 75.47%  
 4 Jack Lance M66 Greendell, NJ 8.38m 1.7 27'06.00 12.96m 72.12%

----- Men 75 -----

1 Charles Mercurio M76 Hawthorne, CA 7.03m 1.5 23'00.75 12.56m 69.95%  
 2 Ted Yenari M76 Metairie, LA 6.65m 1.2 21'10.00 11.88m 66.17%  
 3 Carl Bock M76 Beaufort, NC 5.96m 2.6 19'06.75 10.65m 59.30%

----- Men 80 -----

1 Maxwell Springer M82 Knoxville, TN 6.15m 2.5 20'02.25 11.81m 65.78%

M30+ Shot Put

Finals Results - Sunday 08/18/96

PLACE ATHLETE NAME AGE HOMETOWN MARK AGE-GRADED MARK

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----- Men 30 -----

1 John Taylor M34 Denver, CO 13.86m 45'05.75 13.86m 62.43%  
 2 Michael Bennett M30 Spokane, WA 12.78m 41'11.25 12.78m 57.57%

----- Men 35 -----

1 Timothy Crawford M36 Newport, RI 15.68m 51'05.50 15.68m 70.63%  
 2 Michael Hambrick M37 New Castle, PA 13.98m 45'10.50 13.98m 62.97%  
 3 Curtis Silvester M37 Twin Falls, ID 11.67m 38'03.50 11.67m 52.57%  
 4 Curt Ransford M38 Spokane, WA 11.53m 37'10.00 11.53m 51.94%  
 5 Robert Hartmann M39 Aurora, IL 11.10m 36'05.00 11.10m 50.00%  
 6 Jeff Crothers M37 Joseph City, AZ 10.36m 34'00.00 10.36m 46.67%

----- Men 40 -----

1 Mark Neal M43 Bothell, WA 13.96m 45'09.75 14.79m 66.67%  
 2 Bob Gunn M43 Burlington, NC 13.13m 43'01.00 13.91m 62.70%  
 - \*Greg Rees M40 Calgary, AB 12.30m 40'04.25 13.03m 58.74%  
 3 Richard Watson M43 Yuma, AZ 10.67m 35'00.25 11.31m 50.96%

## ----- Men 45 -----

1 Craig Shumaker M47 Glenmoore, PA 14.10m 46'03.25 16.65m 75.00%  
2 Gary Bills M49 Pocatello, ID 12.80m 42'00.00 15.11m 68.09%  
3 Bruce Hedendal M48 Delray Beach, FL 12.19m 40'00.00 14.39m 64.84%  
4 Dennis Chandler M48 Denville, NJ 11.66m 38'03.25 13.77m 62.02%  
- \*Murray Hall M45 Abbotsford, BC 11.03m 36'02.25 13.02m 58.67%  
5 Bob Sager M48 Wilsall, MT 10.98m 36'00.25 12.96m 58.40%  
- \*Ron Chmielewski M47 Coaldale, AB 9.99m 32'09.50 11.79m 53.14%  
- \*John Solms M48 South Africa 9.64m 31'07.50 11.38m 51.28%

## ----- Men 50 -----

1 Tom Gage M53 Billings, MT 15.59m 51'01.75 18.65m 84.00%  
2 Ladislav Pataki M50 Los Gatos, CA 14.46m 47'05.25 17.29m 77.91%  
3 John Allamano M51 Seattle, WA 13.79m 45'03.00 16.49m 74.30%  
4 Rick Stowell M50 Missoula, MT 13.73m 45'00.50 16.42m 73.98%  
5 Doug Wells M52 Carson, CA 13.64m 44'09.00 16.31m 73.49%  
6 Mark Chapman M53 Houston, TX 11.77m 38'07.50 14.08m 63.42%  
7 Bill Berg M53 Spokane, WA 11.44m 37'06.50 13.68m 61.64%  
- \*Ian Percy M51 Greeley, CO 11.21m 36'09.50 13.41m 60.40%  
8 M. Brown M50 Schenectady, NY 10.48m 34'04.75 12.53m 56.47%

## ----- Men 55 -----

1 Glen Johnson M57 Bristol, TN 13.76m 45'01.75 18.34m 82.64%  
2 John Conniff Jr. M55 Dripping Springs, TX 12.80m 42'00.00 17.06m 76.88%  
3 Frank Carl M58 Springfield, IL 12.03m 39'05.75 16.03m 72.25%  
4 Lawrence Lundgren M57 Kennewick, WA 10.68m 35'00.50 14.23m 64.14%

## ----- Men 60 -----

1 Wendell Palmer M64 Pampa, TX 13.94m 45'09.00 18.89m 85.16%  
2 Hal Smith M60 Tarzana, CA 13.81m 45'03.75 18.72m 84.36%  
3 Gerald Vaughn M60 Charlotte, NC 13.68m 44'10.75 18.54m 83.57%  
4 Leonard Rosen M62 Salem, NH 12.44m 40'09.75 16.86m 75.99%  
5 Neil Saling M60 Portland, OR 12.19m 40'00.00 16.52m 74.47%  
6 John Tansley M60 McCall, ID 10.88m 35'08.50 14.75m 66.46%  
- \*Angelo Giumanini M61 Italy 9.27m 30'05.00 12.56m 56.63%

## ----- Men 65 -----

1 Leonard Olson M65 Daytona Beach Shores, FL 13.44m 44'01.25 20.30m 91.43%  
2 Sam Adams M65 Santa Barbara, CA 13.00m 42'08.00 19.63m 88.44%  
3 Harry Hawke M67 San Diego, CA 12.00m 39'04.50 18.12m 81.63%  
4 Jim Gerhardt M67 Houston, TX 11.79m 38'08.25 17.80m 80.20%  
5 William Garrahan M67 Narragansett, RI 10.66m 34'11.75 16.10m 72.52%  
6 Reed Quinn M66 Livingston, TX 10.52m 34'06.25 15.89m 71.56%  
7 Harold Wallace M68 Donnelly, ID 10.50m 34'05.50 15.86m 71.43%

## ----- Men 70 -----

1 Michael Orlich M70 Zephyr Cove, NV 12.61m 41'04.50 18.98m 85.49%  
2 Vince Sempronio M70 Medford, OR 11.61m 38'01.25 17.47m 78.71%  
3 Bill Bangert M72 Anaheim, CA 11.40m 37'05.00 17.16m 77.29%  
4 Edward Holmes M71 Sewanee, TN 10.74m 35'03.00 16.16m 72.81%  
5 Arnold Scott M74 Missoula, MT 10.08m 33'01.00 15.17m 68.34%  
6 Harvey William M71 Mountlake Terrace, WA 10.01m 32'10.25 15.06m 67.86%  
7 Kenneth Yahiro M70 Park Ridge, IL 9.35m 30'08.25 14.07m 63.39%  
8 John Snaden M70 Florence, SC 8.11m 26'07.25 12.20m 54.98%  
9 Jacob Stein M72 Louisville, KY 7.29m 23'11.00 10.97m 49.42%

## ----- Men 75 -----

1 Donald Cumley M76 Sparks, NV 11.82m 38'09.50 19.82m 89.34%  
2 Leo Chapman M77 Clay Center, KS 9.70m 31'10.00 16.27m 73.32%

3 Kenneth Wheeler M75 Honolulu, HI 8.96m 29'04.75 15.02m 67.72%  
4 Jim Sullenger M77 LaVerne, CA 8.89m 29'02.00 14.91m 67.20%  
5 Armando Ricciardi M76 Reno, NV 8.81m 28'11.00 14.77m 66.59%  
6 Myron Dover M76 Eagle Point, OR 8.58m 28'01.75 14.39m 64.85%  
7 Gerald Cysewski M78 Seattle, WA 8.21m 26'11.25 13.77m 62.06%  
8 Carl Bock M76 Beaufort, NC 7.53m 24'08.50 12.63m 56.92%

----- Men 80 -----

1 Ross Carter M82 Eugene, OR 10.71m 35'01.75 20.01m 90.15%  
2 Manuel White M80 Helena, MT 9.73m 31'11.25 18.18m 81.90%  
3 Leon Joslin M84 Seattle, WA 8.53m 28'00.00 15.94m 71.80%  
4 Andy Anderson M81 Spokane, WA 6.31m 20'08.50 11.79m 53.11%

----- Men 85 -----

1 Ted Hatlen M85 Santa Barbara, CA 6.79m 22'03.50 14.99m 67.56%

M30+ Discus Throw

Finals Results - Saturday 08/17/96

PLACE ATHLETE NAME AGE HOMETOWN MARK AGE-GRADED MARK

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----- Men 30 -----

1 Michael Bennett M30 Spokane, WA 48.44m 158'11.00 48.44m 68.11%  
2 John Taylor M34 Denver, CO 38.78m 127'03.00 38.78m 54.53%

----- Men 35 -----

1 Michael Hambrick M37 New Castle, PA 50.62m 166'01.00 50.62m 71.18%  
2 Curt Ransford M38 Spokane, WA 39.42m 129'04.00 39.42m 55.43%  
3 Curtis Silvester M37 Twin Falls, ID 38.28m 125'07.00 38.28m 53.82%  
4 Robert Hartmann M39 Aurora, IL 35.06m 115'00.00 35.06m 49.30%  
5 Jeff Crothers M37 Joseph City, AZ 27.46m 90'01.00 27.46m 38.61%

----- Men 40 -----

1 Mark Neal M43 Bothell, WA 42.86m 140'07.00 42.86m 60.26%  
2 Kevin Bennett M44 Moscow, ID 38.40m 126'00.00 38.40m 53.99%  
3 Steve Banton M43 Bend, OR 37.52m 123'01.00 37.52m 52.76%  
4 John Price M41 San Francisco, CA 35.74m 117'03.00 35.74m 50.25%  
5 Richard Watson M43 Yuma, AZ 32.40m 106'03.00 32.40m 45.56%  
6 Edward Daniels M44 Concord, NH 29.98m 98'04.00 29.98m 42.15%  
- Terry Hollard M44 Eugene, OR FOUL

----- Men 45 -----

1 Valentino Martinez M47 Ballwin, MD 40.34m 132'04.00 44.16m 62.10%  
2 Bruce Hedendal M48 Delray Beach, FL 40.28m 132'02.00 44.10m 62.01%  
3 Tim Edwards M48 Commerce City, CO 39.78m 130'06.00 43.54m 61.24%  
- \*Murray Hall M45 Abbotsford, BC 39.66m 130'01.00 43.42m 61.05%  
4 Dennis Chandler M48 Denville, NJ 35.36m 116'00.00 38.70m 54.43%  
5 Jerry Crowe M48 Eugene, OR 35.34m 115'11.00 38.68m 54.40%  
6 Bob Sager M48 Wilsall, MT 31.32m 102'09.00 34.28m 48.21%  
- \*John Solms M48 South Africa 30.68m 100'08.00 33.58m 47.23%  
- \*Ron Chmielewski M47 Coaldale, AB 28.96m 95'00.00 31.70m 44.58%  
- \*Roy Chubb M46 Scarborough, ON 16.54m 54'03.00 18.10m 25.46%  
- John Gallen M48 Sacramento, CA FOUL  
- \*John Hawkins M47 West Vancouver, BC FOUL

----- Men 50 -----

1 Lloyd Higgins M54 Los Angeles, CA 52.20m 171'03.00 56.30m 79.17%  
2 Ladislav Pataki M50 Los Gatos, CA 50.78m 166'07.00 54.76m 77.02%  
3 Doug Wells M52 Carson, CA 47.12m 154'07.00 50.82m 71.47%  
4 Tom Gage M53 Billings, MT 45.14m 148'01.00 48.68m 68.47%  
5 James Jones M52 Morristown, NJ 43.04m 141'02.00 46.42m 65.28%

6 Richard Ashland M54 Fridley, MN 43.00m 141'01.00 46.38m 65.22%  
 7 Rick Stowell M50 Missoula, MT 40.48m 132'10.00 43.66m 61.40%  
 8 M. Brown M50 Schenectady, NY 39.48m 129'06.00 42.58m 59.88%  
 - \*Ian Percy M51 Greeley, CO 37.72m 123'09.00 40.68m 57.21%  
 9 Fred Johnston M50 Pleasanton, CA 37.30m 122'04.00 40.22m 56.58%  
 10 Bill Berg M53 Spokane, WA 36.78m 120'08.00 39.66m 55.79%  
 11 Bob Osterhoudt M54 Mesa, AZ 35.60m 116'09.00 38.40m 54.00%  
 12 Don Baker M51 Deer Park, WA 33.88m 111'02.00 36.54m 51.39%  
 13 Mark Chapman M53 Houston, TX 33.62m 110'04.00 36.26m 50.99%  
 14 Luigi Schiavo M53 Vancouver, WA 32.46m 106'06.00 35.00m 49.23%  
 15 Jack Karbens M54 Honolulu, HI 29.84m 97'11.00 32.18m 45.26%

----- Men 55 -----

1 Glen Johnson M57 Bristol, TN 47.80m 156'10.00 57.46m 80.83%  
 2 John Conniff Jr. M55 Dripping Springs, TX 45.08m 147'11.00 54.20m 76.23%  
 3 Frank Carl M58 Springfield, IL 36.08m 118'04.00 43.38m 61.01%  
 4 Thom Jones M57 Los Gatos, CA 26.86m 88'01.00 32.28m 45.42%

----- Men 60 -----

1 Wendell Palmer M64 Pampa, TX 52.72m 172'11.00 58.90m 82.83%  
 2 Stephen Holmes M60 West Moreland, NH 49.20m 161'05.00 54.96m 77.30%  
 3 Bob Humphreys M60 Camarillo, CA 48.44m 158'11.00 54.12m 76.10%  
 4 Neil Saling M60 Portland, OR 45.40m 148'11.00 50.72m 71.33%  
 5 Edward Van Pelt M63 Kailua - Kona, HI 44.10m 144'08.00 49.26m 69.29%  
 6 Leonard Rosen M62 Salem, NH 40.38m 132'06.00 45.12m 63.44%  
 7 John Tansley M60 McCall, ID 39.92m 131'00.00 44.60m 62.72%  
 8 Phillip Lord M61 Salt Lake City, UT 39.06m 128'02.00 43.64m 61.37%  
 9 Hal Smith M60 Tarzana, CA 38.52m 126'04.00 43.04m 60.52%  
 - \*Angelo Giumanini M61 Italy 29.58m 97'00.00 33.04m 46.47%  
 - \*Ron Johnson M64 Auckland FOUL  
 - Tom Wesselowski M61 Wichita, KS FOUL  
 - Dick Wright M61 Whitefish, MT FOUL

----- Men 65 -----

1 Leonard Olson M65 Daytona Beach Shores, FL 46.62m 152'11.00 58.06m 81.66%  
 2 Sam Adams M65 Santa Barbara, CA 45.58m 149'06.00 56.76m 79.84%  
 3 Harry Hawke M67 San Diego, CA 44.32m 145'05.00 55.20m 77.63%  
 4 William Garrahan M67 Narragansett, RI 40.46m 132'09.00 50.40m 70.87%  
 5 Darrold Skartvedt M65 Seattle, WA 39.82m 130'08.00 49.60m 69.75%  
 6 Harold Wallace M68 Donnelly, ID 39.12m 128'04.00 48.72m 68.52%  
 7 Jim Gerhardt M67 Houston, TX 38.06m 124'10.00 47.40m 66.67%  
 8 Bob Fisher M67 Kennewick, WA 37.66m 123'07.00 46.90m 65.97%  
 9 Reed Quinn M66 Livingston, TX 36.26m 118'11.00 45.16m 63.51%  
 10 William Brazelton M67 Ft. Smith, AR 32.22m 105'08.00 40.12m 56.44%

----- Men 70 -----

1 Ed Hooker M70 Tulsa, OK 44.30m 145'04.00 61.50m 86.51%  
 2 Bill Bangert M72 Anaheim, CA 33.72m 110'07.00 46.82m 65.85%  
 3 Harvey William M71 Mountlake Terrace, WA 33.54m 110'00.00 46.56m 65.50%  
 4 Michael Orlich M70 Zephyr Cove, NV 33.32m 109'04.00 46.26m 65.07%  
 5 Bill Carter M73 Marlow, OK 30.70m 100'09.00 42.62m 59.95%  
 6 Edward Holmes M71 Sewanee, TN 30.66m 100'07.00 42.56m 59.87%  
 7 Don Tavalacci M71 Billings, MT 30.60m 100'05.00 42.48m 59.75%  
 8 Jacob Stein M72 Louisville, KY 30.02m 98'06.00 41.68m 58.62%  
 9 Kenneth Yahiro M70 Park Ridge, IL 24.50m 80'04.00 34.02m 47.84%  
 10 Robert Davidson M73 Fallbrook, CA 19.28m 63'03.00 26.76m 37.65%  
 - Arnold Scott M74 Missoula, MT FOUL

----- Men 75 -----

1 Wilbur Thompson M75 Los Alamitos, CA 35.22m 115'07.00 54.52m 76.67%

2 Donald Cumley M76 Sparks, NV 32.22m 105'08.00 49.88m 70.13%  
 3 Jim Sullenger M77 LaVerne, CA 29.60m 97'01.00 45.82m 64.43%  
 4 Myron Dover M76 Eagle Point, OR 28.54m 93'08.00 44.18m 62.12%  
 5 Armando Ricciardi M76 Reno, NV 25.42m 83'05.00 39.34m 55.33%  
 6 Robert Hunt M76 Anaheim, CA 25.34m 83'02.00 39.22m 55.16%  
 7 Gerald Cysewski M78 Seattle, WA 24.84m 81'06.00 38.44m 54.07%  
 8 Jim Minah M76 Des Moines, WA 24.08m 79'00.00 37.28m 52.42%  
 9 Kenneth Wheeler M75 Honolulu, HI 22.42m 73'07.00 34.70m 48.80%  
 10 Leo Chapman M77 Clay Center, KS 22.34m 73'03.00 34.58m 48.63%  
 11 Carl Bock M76 Beaufort, NC 22.20m 72'10.00 34.36m 48.32%

----- Men 80 -----

1 Ross Carter M82 Eugene, OR 32.08m 105'03.00 55.36m 77.85%  
 2 Manuel White M80 Helena, MT 31.74m 104'01.00 54.78m 77.02%  
 3 Leon Joslin M84 Seattle, WA 24.74m 81'02.00 42.70m 60.03%  
 4 Charles Roloff M81 Phoenix, AZ 24.52m 80'05.00 42.32m 59.50%  
 5 Milo Lightfoot M82 Warsaw, IN 22.78m 74'09.00 39.30m 55.28%  
 6 Andy Anderson M81 Spokane, WA 19.50m 64'00.00 33.64m 47.32%

----- Men 85 -----

1 Ted Hatlen M85 Santa Barbara, CA 19.10m 62'08.00 38.98m 54.82%

M30+ Hammer Throw

Finals Results - Friday 08/16/96

PLACE ATHLETE NAME AGE HOMETOWN MARK AGE-GRADED MARK

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----- Men 30 -----

1 Edwin Tyler Jr. M31 Colbert, WA 53.40m 175'02.00 53.40m 64.13%

----- Men 35 -----

1 Kenneth Jansson M36 Wichita, KS 58.64m 192'05.00 58.64m 70.42%  
 2 Michael Hambrick M37 New Castle, PA 48.32m 158'06.00 48.32m 58.03%  
 3 Robert Hartmann M39 Aurora, IL 44.04m 144'06.00 44.04m 52.89%  
 4 Curt Ransford M38 Spokane, WA 32.88m 107'10.00 32.88m 39.49%  
 5 Jeff Crothers M37 Joseph City, AZ 32.58m 106'11.00 32.58m 39.13%

----- Men 40 -----

1 David Vandergriff M41 Florence, SC 50.90m 167'00.00 56.44m 67.80%  
 2 Anthony Chioccarelli M42 Sarasota, FL 47.56m 156'00.00 52.74m 63.35%  
 3 Carl Reichard M44 Noank, CT 47.24m 155'00.00 52.38m 62.93%  
 4 Edward Daniels M44 Concord, NH 37.34m 122'06.00 41.40m 49.74%  
 5 Richard Watson M43 Yuma, AZ 32.46m 106'06.00 36.00m 43.24%

----- Men 45 -----

1 Tim Edwards M48 Commerce City, CO 40.56m 133'01.00 49.92m 59.96%  
 2 Bob Sager M48 Wilsall, MT 38.48m 126'03.00 47.36m 56.89%  
 3 Bruce Hedendal M48 Delray Beach, FL 38.32m 125'09.00 47.16m 56.65%  
 - \*John Solms M48 South Africa 37.72m 123'09.00 46.42m 55.77%  
 4 Dennis Chandler M48 Denville, NJ 27.62m 90'07.00 34.00m 40.83%

----- Men 50 -----

1 Tom Gage M53 Billings, MT 61.68m 202'04.00 76.60m 92.00%  
 2 George Mathews M53 Seattle, WA 45.80m 150'03.00 56.88m 68.32%  
 3 Bob Osterhoudt M54 Mesa, AZ 39.42m 129'04.00 48.96m 58.80%  
 - \*Ian Percy M51 Greeley, CO 31.22m 102'05.00 38.76m 46.57%  
 4 Jack Karbens M54 Honolulu, HI 27.50m 90'03.00 34.14m 41.02%  
 5 Mark Chapman M53 Houston, TX 21.06m 69'01.00 26.14m 31.41%

----- Men 55 -----

1 Frank Carl M58 Springfield, IL 32.50m 106'07.00 44.80m 53.81%

## ----- Men 60 -----

1 Bob Humphreys M60 Camarillo, CA 46.92m 153'11.00 65.52m 78.70%  
 2 Wendell Palmer M64 Pampa, TX 42.20m 138'05.00 58.94m 70.78%  
 - \*Udo Grady M62 Cranbrook, BC 38.22m 125'05.00 53.38m 64.11%  
 - \*Angelo Giumanini M61 Italy 28.06m 92'01.00 39.18m 47.06%

## ----- Men 65 -----

1 Joseph Chadbourne M65 Chagrin Falls, OH 47.36m 155'04.00 73.40m 88.16%  
 2 Leonard Olson M65 Daytona Beach Shores, FL 39.70m 130'03.00 61.54m 73.90%  
 3 Ken Weinbel M68 Seattle, WA 36.82m 120'09.00 57.06m 68.54%  
 4 Harry Hawke M67 San Diego, CA 36.72m 120'06.00 56.92m 68.35%  
 5 Jerry Wojcik M66 Eugene, OR 33.74m 110'08.00 52.30m 62.81%  
 6 Reed Quinn M66 Livingston, TX 28.20m 92'06.00 43.70m 52.49%

## ----- Men 70 -----

1 Bill Bangert M72 Anaheim, CA 34.00m 111'06.00 52.32m 62.83%  
 2 Vince Sempronio M70 Medford, OR 28.42m 93'03.00 43.72m 52.52%  
 3 Jacob Stein M72 Louisville, KY 26.96m 88'05.00 41.48m 49.82%  
 4 John Snaden M70 Florence, SC 18.66m 61'03.00 28.70m 34.49%

## ----- Men 75 -----

1 Jim Minah M76 Des Moines, WA 34.14m 112'00.00 58.30m 70.03%  
 2 Armando Ricciardi M76 Reno, NV 31.68m 103'11.00 54.10m 64.98%  
 3 Leo Chapman M77 Clay Center, KS 22.34m 73'03.00 38.14m 45.83%  
 4 Carl Beck M76 Beaufort, NC 19.56m 64'02.00 33.40m 40.12%

## ----- Men 80 -----

1 Manuel White M80 Helena, MT 28.74m 94'03.00 54.46m 65.42%  
 2 Leon Joslin M84 Seattle, WA 22.10m 72'06.00 41.88m 50.31%  
 3 Andy Anderson M81 Spokane, WA 18.18m 59'08.00 34.46m 41.38%

## M30+ Javelin Throw

Finals Results - Sunday 08/18/96

PLACE ATHLETE NAME AGE HOMETOWN MARK AGE-GRADED MARK

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## ----- Men 30 -----

1 Kenneth Hall M30 Mnt. View, CA 67.08m 220'01.00 67.08m 69.88%  
 2 Rich Paull M33 Spokane, WA 56.42m 185'01.00 56.42m 58.77%

## ----- Men 35 -----

1 Ralph Howe M38 Mt. View, CA 67.74m 222'03.00 72.92m 75.96%  
 2 Tomas Silva M37 Martinez, CA 65.20m 213'11.00 70.18m 73.11%  
 3 Michael Janusey M39 McMurray, PA 59.76m 196'01.00 64.32m 67.01%  
 4 John Hansen M38 Watsonville, CA 56.62m 185'09.00 60.94m 63.49%  
 5 Christopher Clark M39 Louisville, KY 55.60m 182'05.00 59.84m 62.35%

## ----- Men 40 -----

1 Tom Walker M41 Lewiston, ID 59.88m 196'05.00 70.82m 73.78%  
 - \*Michael Finkbeiner M42 Burlington, ON 54.64m 179'03.00 64.62m 67.32%  
 2 Richard Watson M43 Yuma, AZ 47.98m 157'05.00 56.74m 59.12%  
 - \*Greg Rees M40 Calgary, AB 45.78m 150'02.00 54.14m 56.41%

## ----- Men 45 -----

1 Edwin Morland M48 Westmoreland, KS 64.04m 210'01.00 83.24m 86.72%  
 2 Dennis Chandler M48 Denville, NJ 53.12m 174'03.00 69.04m 71.93%  
 - \*John Solms M48 South Africa 43.86m 143'11.00 57.00m 59.39%  
 3 Bruce Hedendal M48 Delray Beach, FL 38.52m 126'04.00 50.06m 52.16%  
 - \*Ron Chmielewski M47 Coaldale, AB 36.88m 121'00.00 47.94m 49.94%  
 - \*Roy Chubb M46 Scarborough, ON 30.50m 100'01.00 39.64m 41.30%  
 4 John Gallen M48 Sacramento, CA 27.70m 90'10.00 36.00m 37.51%



## ----- Men 50 -----

1 Richard Sander M50 Metairie, LA 54.94m 180'03.00 78.48m 81.76%  
 2 Lloyd Higgins M54 Los Angeles, CA 45.88m 150'06.00 65.52m 68.27%  
 3 Richard Warwick M50 Oakesdale, WA 45.78m 150'02.00 65.38m 68.13%  
 - \*Ian Percy M51 Greeley, CO 45.60m 149'07.00 65.12m 67.86%  
 4 Louis Christensen M51 Eagle, ID 45.46m 149'02.00 64.92m 67.65%  
 5 James Jones M52 Morristown, NJ 39.88m 130'10.00 56.96m 59.35%  
 6 Bill Berg M53 Spokane, WA 37.18m 122'00.00 53.10m 55.33%  
 7 Jack Karbens M54 Honolulu, HI 31.76m 104'02.00 45.36m 47.26%

## ----- Men 55 -----

1 Gary Reddaway M55 Oregon City, OR 51.04m 167'05.00 80.12m 83.47%  
 2 John Burns M55 Lafayette, CA 47.12m 154'07.00 73.96m 77.06%  
 3 Tony Dumay M55 Missoula, MT 46.06m 151'01.00 72.30m 75.32%  
 4 John Conniff Jr. M55 Dripping Springs, TX 42.52m 139'06.00 66.74m 69.53%  
 5 Paul Taylor M57 Chandler, AZ 33.92m 111'03.00 53.24m 55.47%

## ----- Men 60 -----

1 Stephen Holmes M60 West Moreland, NH 48.90m 160'05.00 77.70m 80.96%  
 2 Phil Conley M61 Woodside, CA 47.16m 154'09.00 74.94m 78.08%  
 3 Robert Youngs M62 Somers, CT 44.72m 146'09.00 71.06m 74.04%  
 4 Malcolm Russell M60 Idaho Falls, ID 44.04m 144'06.00 69.98m 72.91%  
 5 Phillip Lord M61 Salt Lake City, UT 41.84m 137'03.00 66.48m 69.27%  
 6 John Tansley M60 McCall, ID 41.04m 134'08.00 65.22m 67.95%  
 7 Gary Correll M60 Nine Mile Falls, WA 39.04m 128'01.00 62.04m 64.64%  
 8 Murdo Campbell M63 Helena, MT 36.60m 120'01.00 58.16m 60.60%  
 9 Hal Smith M60 Tarzana, CA 33.76m 110'09.00 53.64m 55.89%  
 10 Chuck Coutts M63 Malibu, CA 31.82m 104'05.00 50.56m 52.68%  
 11 William Jankovich M62 Racine, WI 30.54m 100'02.00 48.52m 50.56%  
 12 Jim Schlewitz M62 Albany, OR 28.96m 95'00.00 46.02m 47.95%  
 13 Roberts Smullens M60 Cooperstown, NY 27.16m 89'01.00 43.16m 44.97%

## ----- Men 65 -----

1 Delfs Pickarts M69 Ventura, CA 46.76m 153'05.00 81.66m 85.06%  
 2 William Brazelton M67 Ft. Smith, AR 42.26m 138'08.00 73.80m 76.88%  
 3 Leonard Olson M65 Daytona Beach Shores, FL 40.92m 134'03.00 71.46m 74.44%  
 4 Reed Quinn M66 Livingston, TX 34.26m 112'05.00 59.82m 62.32%  
 5 John Nelson M65 Milwaukie, OR 26.88m 88'02.00 46.94m 48.90%

## ----- Men 70 -----

1 Don Tavalacci M71 Billings, MT 31.90m 104'08.00 61.22m 63.77%  
 2 Robert Higginbotham M70 Visalia, CA 31.54m 103'06.00 60.52m 63.05%  
 3 Kenneth Yahiro M70 Park Ridge, IL 29.34m 96'03.00 56.30m 58.66%  
 4 Arnold Scott M74 Missoula, MT 26.82m 88'00.00 51.46m 53.62%  
 5 Jacob Stein M72 Louisville, KY 23.88m 78'04.00 45.82m 47.74%

## ----- Men 75 -----

1 Armando Ricciardi M76 Reno, NV 24.52m 80'05.00 51.70m 53.87%  
 2 Myron Dover M76 Eagle Point, OR 23.90m 78'05.00 50.40m 52.50%  
 3 Jim Minah M76 Des Moines, WA 23.50m 77'01.00 49.56m 51.63%  
 4 Kenneth Wheeler M75 Honolulu, HI 23.30m 76'05.00 49.12m 51.19%  
 5 Leo Chapman M77 Clay Center, KS 21.90m 71'10.00 46.18m 48.11%  
 6 Carl Bock M76 Beaufort, NC 21.36m 70'01.00 45.04m 46.92%  
 7 Albert Fairchild M78 Mountain View, CA 17.68m 58'00.00 37.28m 38.84%

## ----- Men 80 -----

1 Manuel White M80 Helena, MT 33.76m 110'09.00 78.24m 81.51%  
 2 Charles Roloff M81 Phoenix, AZ 22.52m 73'11.00 52.18m 54.37%  
 3 Milo Lightfoot M82 Warsaw, IN 21.70m 71'02.00 50.28m 52.39%

----- Men 85 -----

1 Ted Hatlen M85 Santa Barbara, CA 14.34m 47'00.00 38.42m 40.02%

M30+ Outdoor Pentathlon

Finals Results - Thursday 08/15/96

PLACE ATHLETE NAME AGE HOMETOWN PTS

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----- Men 35 -----

- Michael Janusey M39 McMurray, PA 3144
- Stephen Winkel M38 Memphis, TN 3088
- Scott Chadbourne M35 Houston, TX 2270

----- Men 40 -----

- \*Greg Rees M40 Calgary, AB 3336
- Vince Costello M43 Honolulu, HI 2883
- Stephan Miller M41 Bainbridge Island, WA 2810
- Russell Jacquet-Acea M43 Seattle, WA 2688
- Del Barrett M42 Woodland Hills, CA 2584
- Richard Watson M43 Yuma, AZ 2372

----- Men 45 -----

- Rick Lapp M47 Coram, NY 3362

----- Men 50 -----

- Rex Harvey M50 Mayfield Hights, OH 3350
- Geoffrey Hughes M51 Eugene, OR 2960
- Emmette Graham M54 Paradise Valley, AZ 2680
- Grant Lamothe M52 Langley, BC 2669
- Jack Karbens M54 Honolulu, HI 2523
- \*Fred Clark M52 Cranbrook, BC 2172
- Luigi Schiavo M53 Vancouver, WA 1953
- Jim Peterson M51 Richland, WA 1694

----- Men 55 -----

- Emil Pawlik M57 Jackson, MS 3675
- Jim Swayze M55 Phoenix, AZ 3312
- Philip Byrne M56 Charlstown, MA 2985
- Bob Sheedy M55 Port Angeles, WA 2328
- Brad Wilson M57 Everett, WA 2121

----- Men 60 -----

- William Jankovich M62 Racine, WI 3172
- \*Ron Johnson M64 Auckland 2782
- Raymond Fitzhugh M61 Irvine, CA 2557

----- Men 65 -----

- Darrold Skartvedt M65 Seattle, WA 3333
- Ray Propst M67 Astoria, OR 2750
- John Nelson M65 Milwaukie, OR 2250

----- Men 70 -----

- Bill Carter M73 Marlow, OK 3111
- Manny Herscher M70 White Plains, NY 2641
- William Fix M70 Spokane, WA 2203

----- Men 75 -----

- Daniel Bulkley M79 Phoenix, OR 2733
- Armando Ricciardi M76 Reno, NV 2322
- Kenneth Wheeler M75 Honolulu, HI 2243

## National Masters Results - Women

W30+ 100 Meter Dash AGE GRA.

Finals Results - Sunday 08/18/96

PLACE ATHLETE NAME AGE HOMETOWN TIME AGE-GRADED MARK

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|   |                      |     |                      |       |     |       |         |
|---|----------------------|-----|----------------------|-------|-----|-------|---------|
| 1 | Mary Libal           | W46 | Corvallis, OR        | 11.81 | 0.2 | 10.76 | 100.08% |
| 2 | Kathy Bergen         | W56 | La Canada, CA        | 12.14 | 0.2 | 10.24 | 105.11% |
| 3 | Patricia Peterson    | W70 | Albany, NY           | 12.50 | 0.2 | 9.20  | 117.04% |
| 4 | Cindy Steenbergen    | W42 | Fort Worth, TX       | 12.57 | 0.2 | 11.89 | 90.53%  |
| 5 | Sumi Onodera-Leonard | W68 | Huntington Beach, CA | 12.84 | 0.2 | 9.95  | 108.18% |
| 6 | Rita Kerr            | W61 | Palo Alto, CA        | 13.01 | 0.2 | 10.55 | 102.08% |
| 7 | Margaret Hinton      | W75 | Baytown, TX          | 13.39 | 0.2 | 9.27  | 116.06% |
| 8 | Pearl Mehl           | W82 | Boulder, CO          | 17.27 | 0.2 | 11.14 | 96.58%  |

## W30+ 100 Meter Dash FINALS

Finals Results - Saturday 08/17/96

PLACE ATHLETE NAME AGE HOMETOWN TIME HT AGE-GRADED MARK

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----- Women 30 -----

|   |                 |     |                   |       |      |   |       |        |
|---|-----------------|-----|-------------------|-------|------|---|-------|--------|
| 1 | Dana Baumgarten | W34 | Longwood, FL      | 13.66 | -6.1 | 9 | 13.66 | 78.77% |
| 2 | Karen Johnson   | W34 | South Holland, IL | 13.69 | -6.1 | 9 | 13.69 | 78.60% |

----- Women 35 -----

|   |                     |     |                  |       |      |   |       |        |
|---|---------------------|-----|------------------|-------|------|---|-------|--------|
| 1 | Joy Upshaw-Margerum | W35 | Kamuela, HI      | 12.71 | -4.8 | 8 | 12.49 | 86.15% |
| 2 | Susan Smith         | W35 | Spanaway, WA     | 13.57 | -4.8 | 8 | 13.33 | 80.69% |
| 3 | Angela Neazy        | W35 | Indianapolis, IN | 13.60 | -4.8 | 8 | 13.36 | 80.51% |
| 4 | Shellie Banks       | W38 | Los Angeles, CA  | 14.20 | -4.8 | 8 | 13.95 | 77.11% |
| 5 | Elaine Iba          | W35 | Dove Canyon, CA  | 14.39 | -4.8 | 8 | 14.14 | 76.09% |

----- Women 40 -----

|   |                        |     |                |       |      |   |       |        |
|---|------------------------|-----|----------------|-------|------|---|-------|--------|
| 1 | Cindy Steenbergen      | W42 | Fort Worth, TX | 12.76 | -0.4 | 7 | 12.07 | 89.18% |
| 2 | Denise Foreman         | W40 | Seattle, WA    | 13.15 | -0.4 | 7 | 12.44 | 86.54% |
| 3 | Denise McField         | W40 | St. Louis, MO  | 13.32 | -0.4 | 7 | 12.60 | 85.44% |
| 4 | Jacqueline Board       | W43 | Normandy, MO   | 13.42 | -0.4 | 7 | 12.70 | 84.80% |
| 5 | Marsha Hamilton        | W42 | Lolo, MT       | 14.11 | -0.4 | 7 | 13.35 | 80.65% |
| - | *Alison Pratt-Shelling | W42 | Palo Alto, CA  | 14.16 | -0.4 | 7 | 13.40 | 80.37% |
| 6 | Sue Norton             | W40 | Boulder, CO    | 14.68 | -0.4 | 7 | 13.89 | 77.52% |
| 7 | Linda Lanker           | W40 | Spokane, WA    | 14.96 | -0.4 | 7 | 14.16 | 76.07% |

----- Women 45 -----

|   |                  |     |                |       |     |   |       |        |
|---|------------------|-----|----------------|-------|-----|---|-------|--------|
| 1 | Mary Libal       | W46 | Corvallis, OR  | 13.15 | 1.0 | 6 | 11.98 | 89.89% |
| - | *Rhona Trott     | W47 | Hamilton, ON   | 14.64 | 1.0 | 6 | 13.34 | 80.74% |
| 2 | Suzanne Williams | W47 | Tulsa, OK      | 14.84 | 1.0 | 6 | 13.52 | 79.65% |
| - | *Avril Naylor    | W49 | Sacramento, CA | 14.85 | 1.0 | 6 | 13.53 | 79.60% |
| 3 | Teddie Bell      | W49 | Valley, WA     | 16.56 | 1.0 | 6 | 15.09 | 71.38% |

----- Women 50 -----

|   |                   |     |                  |       |     |   |       |        |
|---|-------------------|-----|------------------|-------|-----|---|-------|--------|
| 1 | Nadine Lowenstein | W51 | Clinton, NY      | 14.87 | 1.2 | 5 | 13.04 | 82.58% |
| 2 | Nadine O'Connor   | W54 | Del Mar, CA      | 14.92 | 1.2 | 5 | 13.08 | 82.31% |
| 3 | Rosalie Carman    | W52 | Portland, OR     | 15.23 | 1.2 | 5 | 13.35 | 80.63% |
| 4 | Mary Robinson     | W54 | Gahanna, OH      | 15.48 | 1.2 | 5 | 13.57 | 79.33% |
| 5 | Marlene Sachs     | W52 | Norwich, VT      | 15.67 | 1.2 | 5 | 13.74 | 78.37% |
| 6 | Caroline Cooney   | W50 | Vancouver, WA    | 15.85 | 1.2 | 5 | 13.90 | 77.48% |
| 7 | Nina Bryant       | W54 | Midwest City, OK | 16.30 | 1.2 | 5 | 14.29 | 75.34% |
| 8 | Ann Carter        | W54 | Aiken, SC        | 17.52 | 1.2 | 5 | 15.36 | 70.09% |

----- Women 55 -----

1 Kathy Bergen W56 La Canada, CA 14.45 -2.8 4 12.19 88.30%  
 2 Kemisole Solwazi W56 Fresno, CA 14.58 -2.8 4 12.30 87.52%  
 3 Joy MacDonald W55 Ft Lauderdale, FL 16.33 -2.8 4 13.77 78.14%  
 4 Louise Tricard W59 Cape Canaveral, FL 17.30 -2.8 4 14.59 73.76%  
 5 Laura Stepan W56 Gresham, OR 20.15 -2.8 4 17.00 63.33%

----- Women 60 -----

1 Rita Kerr W61 Palo Alto, CA 16.23 -3.2 3 13.16 81.82%  
 - \*Louise Reed W61 Richmond, BC 16.43 -3.2 3 13.32 80.83%  
 2 Anne Yudell W63 Charlotte, NC 16.52 -3.2 3 13.39 80.39%  
 3 Fei-Mei Chou W61 Sunnyvale, CA 17.17 -3.2 3 13.92 77.34%  
 4 Carole Onderdonk W61 Louisville, CO 18.12 -3.2 3 14.69 73.29%  
 5 Dorothy O'Neal W61 Grants, NM 24.30 -3.2 3 19.70 54.65%

----- Women 65 -----

1 Sumi Onodera-Leonard W68 Huntington Beach, CA 17.26 -1.7 2 13.38 80.48%  
 2 Shirley Dietderich W69 Berkeley, CA 19.59 -1.7 2 15.19 70.90%

----- Women 70 -----

1 Patricia Peterson W70 Albany, NY 17.20 -2.6 1 12.66 85.06%  
 2 Johnnye Valien W71 Los Angeles, CA 17.77 -2.6 1 13.07 82.33%  
 3 Mary Holland W72 Comstock Park, MI 18.57 -2.6 1 13.66 78.78%  
 4 Josephine Sullivan W71 Greer, SC 18.75 -2.6 1 13.80 78.03%

----- Women 75 -----

1 Margaret Hinton W75 Baytown, TX 19.50 -2.6 1 13.50 79.69%  
 2 Diane Friedman W75 Cleveland, OH 20.11 -2.6 1 13.93 77.27%

----- Women 80 -----

1 Pearl Mehl W82 Boulder, CO 28.51 -2.6 1 18.39 58.51%

W40-54 100 Meter Dash PRELIMS

Finals Results - Friday 08/16/96

PLACE ATHLETE NAME AGE HOMETOWN TIME HT AGE-GRADED MARK

=====

----- Women 40 -----

1 Cindy Steenbergen W42 Fort Worth, TX 12.90 0.0 3 12.21 88.22%  
 2 Denise Foreman W40 Seattle, WA 13.15 0.0 3 12.44 86.54%  
 3 Denise McField W40 St. Louis, MO 13.21 -3.0 4 12.50 86.15%  
 4 Jacqueline Board W43 Normandy, MO 13.45 -3.0 4 12.73 84.61%  
 5 Marsha Hamilton W42 Lolo, MT 14.14 -3.0 4 13.38 80.48%  
 - \*Alison Pratt-Shelling W42 Palo Alto, CA 14.23 0.0 3 13.47 79.97%  
 6 Sue Norton W40 Boulder, CO 14.53 -3.0 4 13.75 78.32%  
 7 Linda Lanker W40 Spokane, WA 15.00 0.0 3 14.19 75.87%  
 - \*Mette Fossberg W44 Edmonton, AB 15.15 -3.0 4 14.34 75.12%  
 8 Joy Cordell W41 Seattle, WA 16.38 0.0 3 15.50 69.47%  
 9 Mileah Loeb W41 Boulder, CO 18.59 -3.0 4 17.59 61.22%

----- Women 50 -----

1 Nadine Lowenstein W51 Clinton, NY 15.02 0.0 1 13.17 81.76%  
 2 Rosalie Carman W52 Portland, OR 15.31 0.0 1 13.42 80.21%  
 3 Mary Robinson W54 Gahanna, OH 15.45 -5.3 2 13.55 79.48%  
 4 Nadine O'Connor W54 Del Mar, CA 15.62 -5.3 2 13.69 78.62%  
 5 Marlene Sachs W52 Norwich, VT 15.65 0.0 1 13.72 78.47%  
 6 Caroline Cooney W50 Vancouver, WA 15.94 -5.3 2 13.97 77.04%  
 7 Nina Bryant W54 Midwest City, OK 16.27 0.0 1 14.26 75.48%  
 8 Ann Carter W54 Aiken, SC 17.42 0.0 1 15.27 70.49%  
 9 Rose Schlewitz W54 Albay, OR 17.68 -5.3 2 15.50 69.46%  
 10 Erika Szanto W52 Olmsted Falls, OH 20.33 -5.3 2 17.82 60.40%

## W30+ 200 Meter Dash FINALS

Finals Results - Sunday 08/18/96

PLACE ATHLETE NAME AGE HOMETOWN TIME HT AGE-GRADED MARK

=====

## ----- Women 30 -----

1 Dana Baumgarten W34 Longwood, FL 28.03 0.0 9 28.03 77.20%  
 2 Diana Moore W34 Aptos, CA 28.20 0.0 9 28.20 76.74%

## ----- Women 35 -----

1 Joy Upshaw-Margerum W35 Kamuela, HI 25.73 0.0 8 25.18 85.97%  
 - \*Jennifer Fisher W36 Sandys 26.04 0.0 8 25.48 84.95%  
 2 Susan Smith W35 Spanaway, WA 27.72 0.0 8 27.13 79.80%  
 3 Angela Neazy W35 Indianapolis, IN 28.83 0.0 8 28.21 76.73%  
 4 Shellie Banks W38 Los Angeles, CA 28.88 0.0 8 28.26 76.59%  
 5 Elaine Iba W35 Dove Canyon, CA 30.66 0.0 8 30.00 72.15%

## ----- Women 40 -----

1 Cindy Steenbergen W42 Fort Worth, TX 26.75 1.4 7 25.15 86.06%  
 2 Denise McField W40 St. Louis, MO 27.17 1.4 7 25.54 84.73%  
 3 Denise Foreman W40 Seattle, WA 27.19 1.4 7 25.56 84.66%  
 4 Jacqueline Board W43 Normandy, MO 27.39 1.4 7 25.75 84.05%  
 - \*Alison Pratt-Shelling W42 Palo Alto, CA 29.25 1.4 7 27.50 78.70%  
 5 Sue Norton W40 Boulder, CO 29.69 1.4 7 27.91 77.53%  
 - \*Mette Fossberg W44 Edmonton, AB 30.81 1.4 7 28.96 74.72%  
 6 Mileah Loeb W41 Boulder, CO 41.06 1.4 7 38.60 56.06%

## ----- Women 45 -----

1 Mary Libal W46 Corvallis, OR 26.44 -1.7 6 23.87 90.70%  
 - \*Rhona Trott W47 Hamilton, ON 30.03 -1.7 6 27.11 79.85%  
 - \*Avril Naylor W49 Sacramento, CA 32.15 -1.7 6 29.02 74.59%

## ----- Women 50 -----

1 Nadine Lowenstein W51 Clinton, NY 30.61 -0.8 5 26.52 81.61%  
 2 Mary Robinson W54 Gahanna, OH 32.99 -0.8 5 28.58 75.72%  
 3 Caroline Cooney W50 Vancouver, WA 33.74 -0.8 5 29.23 74.04%  
 4 Nina Bryant W54 Midwest City, OK 35.89 -0.8 5 31.09 69.60%

## ----- Women 55 -----

1 Kemisole Solwazi W56 Fresno, CA 29.82 1.2 4 24.78 87.32%  
 2 Kathy Bergen W56 La Canada, CA 30.11 1.2 4 25.02 86.48%

## ----- Women 60 -----

1 Rita Kerr W61 Palo Alto, CA 33.24 1.4 3 26.46 81.80%  
 - \*Louise Reed W61 Richmond, BC 33.97 1.4 3 27.04 80.04%  
 2 Fei-Mei Chou W61 Sunnyvale, CA 35.89 1.4 3 28.57 75.76%  
 3 Carole Onderdonk W61 Louisville, CO 45.49 1.4 3 36.21 59.77%

## ----- Women 65 -----

1 Sumi Onodera-Leonard W68 Huntington Beach, CA 35.97 -2.0 2 27.28 79.32%  
 - \*Nessie Hollicky W65 Calgary, AB 36.84 -2.0 2 27.94 77.44%  
 2 Shirley Dietderich W69 Berkeley, CA 43.03 -2.0 2 32.64 66.30%

## ----- Women 70 -----

1 Patricia Peterson W70 Albany, NY 35.54 -2.0 2 25.48 84.95%  
 2 Johnnye Valien W71 Los Angeles, CA 37.79 -2.0 2 27.10 79.89%  
 3 Josephine Sullivan W71 Greer, SC 40.57 -2.0 2 29.09 74.41%

## ----- Women 75 -----

1 Margaret Hinton W75 Baytown, TX 44.48 4.8 1 29.88 72.44%  
 2 Diane Friedman W75 Cleveland, OH 45.07 4.8 1 30.27 71.49%

## ----- Women 80 -----

1 Pearl Mehl W82 Boulder, CO 1:00.50 4.8 1 37.64 57.50%  
 - \*Ivy Granstrom W84 Vancouver, BC 1:04.87 4.8 1 40.36 53.63%

## W30+ 400 Meter Dash FINALS

Finals Results - Friday 08/16/96

PLACE ATHLETE NAME AGE HOMETOWN TIME HT AGE-GRADED MARK

=====

## ----- Women 30 -----

1 Liisa Nichols W30 Pacific Grove, CA 1:02.17 6 1:02.17 77.05%  
 2 Diana Moore W34 Aptos, CA 1:03.07 6 1:03.07 75.95%

## ----- Women 35 -----

1 Sheree Robertson W39 Madison, WI 1:02.96 6 1:00.73 78.88%  
 2 Susan Smith W35 Spanaway, WA 1:03.94 6 1:01.68 77.67%  
 3 Carla Hoppie W39 Las Vegas, NV 1:04.46 6 1:02.18 77.04%

## ----- Women 40 -----

1 Denise Foreman W40 Seattle, WA 1:00.45 5 56.15 85.31%  
 2 Jacqueline Board W43 Normandy, MO 1:01.95 5 57.54 83.24%  
 - \*Marne McMillan W44 Vancouver, BC 1:03.14 5 58.65 81.68%  
 3 Paula Dickson-Taylor W43 West Orange, NJ 1:04.88 5 1:00.27 79.49%  
 - \*Anne Mullins W40 Ottawa, ON 1:05.50 5 1:00.84 78.73%  
 4 Sue Norton W40 Boulder, CO 1:07.14 5 1:02.36 76.81%

## ----- Women 45 -----

1 Mary Libal W46 Corvallis, OR 59.90 4 53.48 89.58%  
 2 Jane Treleven W47 Gig Harbor, WA 1:06.34 4 59.23 80.89%  
 3 Suzanne Williams W47 Tulsa, OK 1:06.41 4 59.29 80.80%  
 4 Debbie Stiles W47 St. Louis, MO 1:08.32 4 1:00.99 78.54%  
 5 Joni Shirley W49 San Diego, CA 1:12.80 4 1:04.99 73.71%

## ----- Women 50 -----

- \*Avril Douglas W50 Richmond, BC 1:03.32 3 54.20 88.38%  
 1 Nadine Lowenstein W51 Clinton, NY 1:09.50 3 59.49 80.52%

## ----- Women 60 -----

- \*Jean Horne W63 Kitchener, ON 1:13.53 2 57.25 83.68%  
 1 Rita Kerr W61 Palo Alto, CA 1:15.60 2 58.86 81.39%  
 - \*Louise Reed W61 Richmond, BC 1:17.54 2 1:00.37 79.35%  
 2 Anne Yudell W63 Charlotte, NC 1:21.36 2 1:03.34 75.63%

## ----- Women 65 -----

- \*Nessie Hollicky W65 Calgary, AB 1:24.85 2 1:02.52 76.62%

## ----- Women 70 -----

1 Patricia Peterson W70 Albany, NY 1:26.21 1 59.68 80.27%  
 - \*Hazel Cameron W72 Vancouver, BC 1:29.15 1 1:01.71 77.62%  
 2 Louise Adams W74 Boulder, CO 1:39.38 1 1:08.80 69.63%

## ----- Women 75 -----

1 Gerry Davidson W75 Fallbrook, CA 1:45.95 1 1:08.23 70.21%  
 2 Diane Friedman W75 Cleveland, OH 1:59.50 1 1:16.95 62.25%

## ----- Women 80 -----

- \*Ivy Granstrom W84 Vancouver, BC 2:17.19 1 1:21.06 59.10%  
 1 Pearl Mehl W82 Boulder, CO 2:20.51 1 1:23.02 57.70%

## 800 M FINAL Saturday

## ----- Women 30 -----

1 Liisa Nichols W30 Pacific Grove, CA 2:26.22 6 2:26.22 77.20%  
 2 Christine Hackman W32 Longmont, CO 2:41.93 6 2:41.93 69.71%

----- Women 35 -----

- \*Jennifer Fisher W36 Sandys 2:16.17 5 2:11.65 85.75%  
 1 Sue Grigsby W39 Everett, WA 2:22.86 5 2:18.12 81.73%  
 2 Miriam Ney W37 Atlanta, GA 2:26.38 5 2:21.53 79.76%  
 3 Carla Hoppie W39 Las Vegas, NV 2:26.73 5 2:21.86 79.57%  
 4 Mary Russell W39 Salem, OR 2:33.69 5 2:28.59 75.97%  
 5 Debbie Barraza W39 San Juan Capistrano, CA 2:39.86 5 2:34.56 73.04%  
 6 Debbie Selby W39 Fallbrook, CA 3:36.89 5 3:29.69 53.83%

----- Women 40 -----

- \*Maureen de St. Croix W43 North Gower, ON 2:18.36 4 2:08.53 87.83%  
 - \*Marne McMillan W44 Vancouver, BC 2:26.51 4 2:16.10 82.94%  
 - \*Anne Mullins W40 Ottawa, ON 2:28.82 4 2:18.24 81.66%  
 1 Paula Dickson-Taylor W43 West Orange, NJ 2:33.60 4 2:22.68 79.11%

----- Women 45 -----

1 Jane Treleven W47 Gig Harbor, WA 2:27.92 3 2:11.74 85.69%  
 2 Suzanne Williams W47 Tulsa, OK 2:33.83 3 2:17.01 82.40%  
 3 Kate Fulkerson W48 Durham, NC 2:38.86 3 2:21.49 79.79%  
 4 Debbie Stiles W47 St. Louis, MO 2:39.32 3 2:21.90 79.56%  
 5 Mary Hartzler W47 Gahanna, OH 2:48.34 3 2:29.93 75.29%

----- Women 50 -----

- \*Avril Douglas W50 Richmond, BC 2:27.48 3 2:05.60 89.88%  
 1 Bonnie Frankel W51 Santa Monica, CA 2:44.23 3 2:19.86 80.71%  
 2 Ann Makoske W51 Melbourne, FL 2:48.02 3 2:23.09 78.89%

----- Women 55 -----

1 Jane Arnold W55 Bloomfield, CT 2:32.33 2 2:03.62 91.31%  
 2 Marilyn Morehead W56 Detroit, MI 3:00.58 2 2:26.55 77.03%  
 3 Madeline Bost W57 Ironia, NJ 3:10.13 2 2:34.30 73.16%

----- Women 60 -----

- \*Jean Horne W63 Kitchener, ON 2:51.87 2 2:12.31 85.32%  
 1 Margaret Carinci W60 Richmond Hill, NY 3:19.35 2 2:33.46 73.56%

----- Women 65 -----

- \*Nessie Hollicky W65 Calgary, AB 3:19.79 1 2:25.03 77.83%  
 1 Lois Filreis W66 Springfield, NJ 3:27.87 1 2:30.90 74.81%

----- Women 70 -----

- \*Hazel Cameron W72 Vancouver, BC 3:33.22 1 2:24.80 77.96%  
 1 Louise Adams W74 Boulder, CO 3:49.45 1 2:35.82 72.44%

----- Women 75 -----

1 Gerry Davidson W75 Fallbrook, CA 3:54.72 1 2:27.55 76.50%

----- Women 80 -----

1 Pearl Mehl W82 Boulder, CO 5:55.48 1 3:23.80 55.39%

W30+ 1,500 Meter Run FINALS

Finals Results - Sunday 08/18/96

PLACE ATHLETE NAME AGE HOMETOWN TIME HT AGE-GRADED MARK

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----- Women 30 -----

1 Liisa Nichols W30 Pacific Grove, CA 5:03.33 4 5:03.33 75.98%  
 2 Christine Hackman W32 Longmont, CO 5:21.31 4 5:21.31 71.73%

## ----- Women 35 -----

1 Kim Jones W38 Spokane, WA 4:23.90 4 4:17.78 89.40%  
 - \*Jennifer Fisher W36 Sandys 4:49.17 4 4:42.47 81.59%  
 2 Sue Grigsby W39 Everett, WA 4:56.07 4 4:49.21 79.69%  
 3 Miriam Ney W37 Atlanta, GA 4:56.45 4 4:49.58 79.59%  
 4 Debbie Barraza W39 San Juan Capistrano, CA 5:27.81 4 5:20.21 71.97%  
 5 Sherrie Bowman W37 Spokane, WA 5:45.26 4 5:37.25 68.33%  
 6 Debbie Selby W39 Fallbrook, CA 7:39.95 4 7:29.28 51.29%

## ----- Women 40 -----

1 Carol McLatchie W44 Houston, TX 4:58.79 3 4:40.30 82.22%  
 - \*Marne McMillan W44 Vancouver, BC 5:08.38 3 4:49.30 79.66%  
 2 Paula Dickson-Taylor W43 West Orange, NJ 5:26.66 3 5:06.44 75.21%  
 3 Joy Cordell W41 Seattle, WA 5:27.21 3 5:06.96 75.08%

## ----- Women 45 -----

1 Suzanne Williams W47 Tulsa, OK 5:30.80 3 4:57.39 77.49%  
 2 Joni Shirley W49 San Diego, CA 5:33.23 3 4:59.58 76.93%  
 3 Kate Fulkerson W48 Durham, NC 5:34.09 3 5:00.35 76.73%  
 4 Mary Hartzler W47 Gahanna, OH 5:50.18 3 5:14.82 73.21%

## ----- Women 50 -----

1 Ann Makoske W51 Melbourne, FL 5:41.10 3 4:53.08 78.64%  
 2 Bonnie Frankel W51 Santa Monica, CA 5:49.76 3 5:00.52 76.69%  
 3 Rose Schlewitz W54 Albay, OR 7:52.18 3 6:45.70 56.81%  
 - Jeanne Bocci W53 Grosse Pointe Park, MI DNF 3

## ----- Women 55 -----

1 Jane Arnold W55 Bloomfield, CT 5:25.86 2 4:26.66 86.43%  
 2 Madeline Bost W57 Ironia, NJ 6:03.64 2 4:57.57 77.45%  
 3 Marilyn Morehead W56 Detroit, MI 6:10.55 2 5:03.23 76.00%  
 4 Laura Stepan W56 Gresham, OR 7:59.90 2 6:32.71 58.69%

## ----- Women 60 -----

- \*Jean Horne W63 Kitchener, ON 6:00.79 2 4:39.91 82.34%  
 1 Clair Ingraham W62 Boise, ID 6:14.37 2 4:50.44 79.35%  
 2 Suzi MacLeod W62 Bend, OR 6:14.71 2 4:50.71 79.28%  
 3 Margaret Carinci W60 Richmond Hill, NY 6:48.07 2 5:16.59 72.80%

## ----- Women 65 -----

- \*Nessie Hollicky W65 Calgary, AB 6:38.46 1 4:51.32 79.11%

## ----- Women 70 -----

- \*Hazel Cameron W72 Vancouver, BC 7:18.65 1 4:59.82 76.87%  
 - \*Dorly Brechbuehl W71 Etobicoke, ON 7:29.92 1 5:07.53 74.94%  
 1 Dawn Russell W72 Springfield, OR 7:37.30 1 5:12.57 73.73%  
 2 Louise Adams W74 Boulder, CO 7:46.14 1 5:18.61 72.33%

## ----- Women 75 -----

- \*Lenore Marvin W76 Surrey, BC 7:42.34 1 4:52.30 78.85%

## ----- Women 80 -----

1 Pearl Mehl W82 Boulder, CO 13:17.32 1 7:39.34 50.17%

## W30+ 2,000 Meter Steeplechase

Finals Results - Friday 08/16/96

PLACE ATHLETE NAME AGE HOMETOWN TIME AGE-GRADED MARK

=====

## ----- Women 30 -----



1 Laurie Ticknor W34 Spokane, WA 9:10.18 9:10.18 65.43%

----- Women 35 -----

- \*Jennifer Fisher W36 Sandys 7:43.02 7:28.63 80.25%

1 Angela Krainik W37 Litchfield, AZ 10:25.86 10:06.40 59.37%

----- Women 55 -----

1 Madeline Bost W57 Ironia, NJ 9:40.58 7:31.46 79.74%

#### W30+ 5,000 Meter Run

Finals Results - Thursday 08/15/96

PLACE ATHLETE NAME AGE HOMETOWN TIME HT AGE-GRADED MARK

=====

----- Women 30 -----

1 Janine Franz W34 Spokane, WA 21:07.41 2 21:07.41 68.15%

----- Women 35 -----

1 Kim Jones W38 Spokane, WA 16:18.54 2 16:10.03 89.04%

2 Denise Foote W37 Beaverton, OR 18:16.87 2 18:07.33 79.43%

3 Cheryl Yoke W35 Spokane, WA 20:00.66 2 19:50.22 72.57%

4 Debbie Barraza W39 San Juan Capistrano, CA 20:20.97 2 20:10.35 71.36%

----- Women 40 -----

1 Carol McLatchie W44 Houston, TX 18:01.03 2 17:09.69 83.88%

2 Laura Caldwell W43 Lake Oswego, OR 18:05.31 2 17:13.76 83.55%

- \*Mary Beth Gorey W41 Fredericton, NB 20:03.22 2 19:06.07 75.36%

3 Lorna Squyer W42 Nemo, SD 20:58.07 2 19:58.32 72.08%

4 Elisa Kissinger W40 Spokane, WA 30:36.17 2 29:08.96 49.38%

- \*Cathy Tedford W43 Willowdale, ON 30:36.49 2 29:09.26 49.37%

----- Women 45 -----

1 Judy Brannan W47 Coeur d'Alene, ID 20:08.36 2 18:23.60 78.26%

- \*Lau Fung Ling W48 West Point Hong Kong, HK 25:00.89 2 22:50.77 63.01%

----- Women 55 -----

1 Christine Curtis W58 Seattle, WA 21:35.07 1 17:58.02 80.12%

----- Women 60 -----

1 Clair Ingraham W62 Boise, ID 23:33.65 1 18:36.51 77.36%

2 Peggy Ainslie W64 Seattle, WA 23:35.35 1 18:37.85 77.26%

----- Women 65 -----

1 June Machala W65 Spokane, WA 22:15.84 1 16:35.21 86.79%

- \*Nessie Hollicky W65 Calgary, AB 24:55.00 1 18:33.78 77.55%

----- Women 70 -----

- \*Dorly Brechbuehl W71 Etobicoke, ON 27:33.89 1 19:13.26 74.89%

1 Louise Adams W74 Boulder, CO 29:10.47 1 20:20.61 70.76%

----- Women 75 -----

- \*Lenore Marvin W76 Surrey, BC 27:34.38 1 17:48.57 80.83%

#### W30+ 10,000 Meter Run

Finals Results - Saturday 08/17/96

PLACE ATHLETE NAME AGE HOMETOWN TIME AGE-GRADED MARK

=====

----- Women 30 -----

1 Esther Holman W32 Spokane, WA 49:41.16 49:41.16 60.21%

----- Women 35 -----

1 Dori Robertson W35 Chattaroy, WA 42:08.88 42:02.31 71.17%

## ----- Women 40 -----

1 Lorna Squyer W42 Nemo, SD 42:52.37 41:05.62 72.80%  
 - \*Cathy Tedford W43 Willowdale, ON 1:07:34.10 1:04:45.86 46.19%

## ----- Women 45 -----

- \*Lau Fung Ling W48 West Point Hong Kong, HK 50:50.32 46:43.86 64.02%

## ----- Women 50 -----

1 Jeanne Bocci W53 Grosse Pointe Park, MI 1:00:30.30 53:11.76 56.24%

## ----- Women 55 -----

1 Janet Baumann W57 NY, NY 1:27:41.50 1:13:29.67 40.71%

## ----- Women 65 -----

1 June Machala W65 Spokane, WA 45:42.98 34:18.61 87.19%

## ----- Women 70 -----

1 Dawn Russell W72 Springfield, OR 58:33.56 41:08.98 72.70%

## ----- Women 80 -----

- \*Ivy Granstrom W84 Vancouver, BC 1:20:55.60 48:08.60 62.14%

## W40+ 80 Meter High Hurdles

Finals Results - Friday 08/16/96

PLACE ATHLETE NAME AGE HOMETOWN TIME HT AGE-GRADED MARK

=====

## ----- Women 40 -----

1 Marsha Hamilton W42 Lolo, MT 13.30 -6.6 2 15.08 80.98%  
 2 Kimmie Allegre W41 Keizer, OR 15.17 -6.6 2 17.20 71.00%  
 3 Linda Lanker W40 Spokane, WA 15.24 -6.6 2 17.28 70.67%

## ----- Women 50 -----

1 Marlene Sachs W52 Norwich, VT 16.28 -0.8 1 16.78 72.79%  
 2 Ann Carter W54 Aiken, SC 19.03 -0.8 1 19.62 62.27%

## ----- Women 55 -----

1 Becky Sisley W57 Eugene, OR 17.87 -0.8 1 17.35 70.40%  
 2 Joann Grissom W58 Indianapolis, IN 18.89 -0.8 1 18.34 66.60%

## W30-39 100 Meter High Hurdles

Finals Results - Friday 08/16/96

PLACE ATHLETE NAME AGE HOMETOWN TIME AGE-GRADED MARK

=====

## ----- Women 30 -----

1 Pamela Reynolds W32 Portland, OR 18.08 -0.4 18.08 67.53%

## ----- Women 35 -----

1 Joy Upshaw-Margerum W35 Kamuela, HI 15.11 -0.4 14.36 85.04%

## W30-49 400 Meter Int Hurdles

Finals Results - Saturday 08/17/96

PLACE ATHLETE NAME AGE HOMETOWN TIME AGE-GRADED MARK

=====

## ----- Women 35 -----

1 Joy Upshaw-Margerum W35 Kamuela, HI 1:04.40 1:01.92 85.19%

## ----- Women 40 -----

1 Linda Lanker W40 Spokane, WA 1:17.93 1:11.21 74.07%

## ----- Women 45 -----

- \*Liz McBlain W48 Edmonton, AB 1:22.99 1:11.84 73.42%

## W30+ 5,000 Meter Race Walk

Finals Results - Friday 08/16/96

PLACE ATHLETE NAME AGE HOMETOWN TIME HT AGE-GRADED MARK

=====

## ----- Women 30 -----

1 JoAnni Cole-Hansen W33 Boise, ID 29:11.69 3 29:11.69 69.48%  
2 Camille Johnson W32 Coursegold, CA 34:27.05 3 34:27.05 58.88%

## ----- Women 35 -----

1 Kelly Murphey-Glenn W35 Kuna, ID 26:24.96 3 25:40.59 79.00%  
2 Teresa Aragon W35 Santa Fe, NM 27:58.04 3 27:11.06 74.61%  
3 Jackie Kerby-Moore W35 Albuquerque, NM 28:50.02 3 28:01.58 72.37%  
4 Robin Helm W39 Tacoma, WA 32:32.35 3 31:37.69 64.13%  
- Marjory McClaren W37 Kalispell, MT DQ 3

## ----- Women 40 -----

1 Phyllis Hansen W44 Fords, NJ 26:43.12 3 25:03.73 80.93%  
2 Peggy Miller W42 Lakewood, CO 27:04.88 3 25:24.14 79.85%  
3 Virginia Fong W41 San Rafael, CA 31:00.84 3 29:05.47 69.72%  
4 Cindy Algeo W44 Spokane, WA 31:56.20 3 29:57.40 67.71%  
- \*Liesbeth Matthieu W43 Mill Valley, CA 35:57.57 3 33:43.81 60.13%

## ----- Women 45 -----

1 Marianne Martino W46 Littleton, CO 27:21.64 3 24:41.75 82.13%  
2 Jeanette Smith W47 Indianapolis, IN 27:43.06 3 25:01.08 81.08%  
3 Gayle Johnson W47 Columbia, MO 28:26.68 3 25:40.45 79.00%  
4 Sandy Womack W48 Sunnyvale, CA 29:13.98 3 26:23.15 76.87%  
5 Brenda Carpino W49 Oakland, CA 29:59.34 3 27:04.09 74.93%  
6 Victoria Velkoff W47 Palo Alto, CA 39:40.41 3 35:48.56 56.64%

## ----- Women 50 -----

1 Kathleen Frable W51 McKinney, TX 29:58.11 2 25:56.81 78.17%  
2 Lani LeBlanc W53 Sausalito, CA 30:17.63 2 26:13.71 77.33%  
3 Judy Heller W50 Portland, OR 31:08.04 2 26:57.35 75.25%  
4 Jeanne Bocci W53 Grosse Pointe Park, MI 32:18.73 2 27:58.56 72.50%  
5 Darlene Backlund W50 Ephrata, WA 34:33.44 2 29:55.19 67.79%  
- Julia Wing W54 Chewelah, WA DQ 2

## ----- Women 55 -----

1 Elton Richardson W57 New York, NY 29:35.86 2 24:29.71 82.81%  
2 Roberta Hatfield W55 Las Vegas, NV 31:51.16 2 26:21.68 76.94%  
3 Doris Cassels W57 San Rafael, CA 32:00.15 2 26:29.12 76.58%  
4 Beth Young-Grady W59 Michigan City, IN 32:00.87 2 26:29.72 76.55%  
5 Phyllis Abbate W55 San Rafael, CA 35:53.67 2 29:42.38 68.28%  
6 Anne Whitaker W59 Portland, OR 37:30.18 2 31:02.25 65.35%  
- Ruth Everson W58 Mooresville, IN DQ 2

## ----- Women 60 -----

1 Bev LaVeck W60 Seattle, WA 29:02.88 1 22:53.39 88.61%  
2 D. JoAnne Parks W63 Lapeer, MI 30:16.58 1 23:51.47 85.02%  
- \*June-Marie Provost W63 London, ON 30:55.83 1 24:22.40 83.22%  
3 Shirley Dockstader W63 Mill Valley, CA 31:35.79 1 24:53.89 81.47%  
4 Margaret Seewerker W61 Tualatin, OR 35:51.06 1 28:15.04 71.80%

## ----- Women 65 -----

1 Ruth Eberle W65 St. Charles, MT 30:01.91 1 22:26.03 90.41%  
2 Charlotte Walker W69 Pollock Pines, CA 37:06.66 1 27:43.32 73.17%

3 Lois McClaren W66 Kalispell, MT 39:24.93 1 29:26.61 68.89%

----- Women 70 -----

1 Joan Rowland W70 New York City, NY 35:11.24 1 24:47.58 81.81%

----- Women 75 -----

1 Jane Dana W75 Redlands, CA 36:18.97 1 23:59.87 84.52%

- \*Lenore Marvin W76 Surrey, BC DQ 1

----- Women 85 -----

1 Dorothy Robarts W86 Mill Valley, CA 44:47.39 1 25:18.38 80.15%

W30+ 10,000 Meter Race Walk

Finals Results - Sunday 08/18/96

PLACE ATHLETE NAME AGE HOMETOWN TIME HT AGE-GRADED MARK

=====

----- Women 30 -----

1 Helen Storrs W30 Sacramento, CA 1:08:01.0h 7 1:08:01.00 61.65%

2 Camille Johnson W32 Coursegold, CA 1:10:09.0h 7 1:10:09.00 59.78%

- Lori Brewer W32 Nine Mile Falls, WA DQ 7

----- Women 35 -----

1 Kelly Murphey-Glenn W35 Kuna, ID 54:11.0h 6 53:22.89 78.55%

2 Jackie Kerby-Moore W35 Albuquerque, NM 58:53.0h 6 58:00.72 72.28%

3 Teresa Aragon W35 Santa Fe, NM 59:32.0h 6 58:39.14 71.49%

4 Robin Helm W39 Tacoma, WA 1:03:13.0h 6 1:02:16.87 67.33%

5 Laura Cribbins W39 Santa Clara, CA 1:03:19.0h 6 1:02:22.78 67.22%

6 Marjory McClaren W37 Kalispell, MT 1:03:38.0h 6 1:02:41.50 66.89%

----- Women 40 -----

1 Phyllis Hansen W44 Fords, NJ 55:14.0h 5 52:32.61 79.81%

2 Peggy Miller W42 Lakewood, CO 55:56.0h 5 53:12.57 78.81%

3 Virginia Fong W41 San Rafael, CA 1:03:14.0h 5 1:00:09.24 69.71%

4 Cindy Algeo W44 Spokane, WA 1:05:38.0h 5 1:02:26.22 67.16%

- \*Liesbeth Matthieu W43 Mill Valley, CA 1:13:17.0h 5 1:09:42.87 60.15%

----- Women 45 -----

1 Marianne Martino W46 Littleton, CO 56:07.0h 4 51:23.84 81.59%

2 Jeanette Smith W47 Indianapolis, IN 57:28.0h 4 52:38.03 79.67%

3 Gayle Johnson W47 Columbia, MO 58:44.0h 4 53:47.64 77.95%

4 Brenda Carpino W49 Oakland, CA 1:01:37.0h 4 56:26.09 74.30%

5 Sandy Womack W48 Sunnyvale, CA 1:01:57.0h 4 56:44.41 73.90%

----- Women 50 -----

1 Lani LeBlanc W53 Sausalito, CA 1:03:06.0h 3 55:27.90 75.60%

2 Judy Heller W50 Portland, OR 1:04:11.0h 3 56:25.03 74.33%

3 Kathleen Frable W51 McKinney, TX 1:05:16.0h 3 57:22.17 73.09%

4 Georgia Cutler W53 Eugene, OR 1:08:27.0h 3 1:00:10.06 69.69%

5 Julia Wing W54 Chewelah, WA 1:12:03.0h 3 1:03:19.92 66.21%

- Reo Baumberger W54 Nine Mile Falls, WA DQ 3

- Jeanne Bocci W53 Grosse Pointe Park, MI DQ 3

----- Women 55 -----

1 Elton Richardson W57 New York, NY 1:01:09.0h 2 51:24.17 81.58%

2 Roberta Hatfield W55 Las Vegas, NV 1:05:39.0h 2 55:11.13 75.99%

3 Beth Young-Grady W59 Michigan City, IN 1:06:10.0h 2 55:37.19 75.39%

4 Ruth Everson W58 Mooresville, IN 1:06:16.0h 2 55:42.23 75.28%

5 Doris Cassels W57 San Rafael, CA 1:08:12.0h 2 57:19.74 73.15%

6 Phyllis Abbate W55 San Rafael, CA 1:10:45.0h 2 59:28.35 70.51%

## ----- Women 60 -----

- \*June-Marie Provost W63 London, ON 1:03:42.0h 1 51:00.28 82.21%  
 1 D. JoAnne Parks W63 Lapeer, MI 1:03:59.0h 1 51:13.89 81.85%  
 2 Shirley Dockstader W63 Mill Valley, CA 1:04:43.0h 1 51:49.12 80.92%

## ----- Women 65 -----

1 Charlotte Walker W69 Pollock Pines, CA 1:15:21.0h 1 57:12.80 73.29%  
 2 Lois McClaren W66 Kalispell, MT 1:20:03.0h 1 1:00:46.92 68.99%

## ----- Women 70 -----

1 Joan Rowland W70 New York City, NY 1:13:24.0h 1 52:35.03 79.75%

## ----- Women 75 -----

1 Jane Dana W75 Redlands, CA 1:19:53.0h 1 53:40.90 78.11%

## W30+ 4x100 Meter Relay FINALS

Finals Results - Sunday 08/18/96

PL RELAY AFFILIATION TIME

== =====

## ----- 30-39 -----

1 EXHI Exhibition 52.02  
 1) Denise McField 40 3) Dana Baumgarten 34  
 2) Jacqueline Board 43 4) Angela Neazy 35

## ----- 50-59 -----

1 NW Northwest 1:07.11  
 1) Becky Sisley 57 3) Rose Schlewitz 54  
 2) Rosalie Carman 52 4) Caroline Cooney 50

## ----- 60-69 -----

1 WEST Western 1:10.47  
 1) Sumi Onodera-Leonard 68 3) Johnnye Valien 71  
 2) Shirley Dietderich 69 4) Fei-Mei Chou 61

## W30+ 4x400 Meter Relay FINALS

Finals Results - Sunday 08/18/96

PL RELAY AFFILIATION TIME

== =====

## ----- 30-39 -----

1 WEST Western 4:32.88  
 1) Diana Moore 34 3) Elaine Iba 35  
 2) Debbie Barraza 39 4) Joy Upshaw-Margerum 35

## W30+ 4x800 Meter Relay FINALS

Finals Results - Sunday 08/18/96

PL RELAY AFFILIATION TIME

== =====

## ----- 30-39 -----

1 BRRC Bloomsday Road Runners 11:08.58  
 1) Dori Robertson 35 3) Laurie Ticknor 34  
 2) Esther Holman 32 4) Cheryl Yoke 35

## W30+ High Jump

Finals Results - Saturday 08/17/96

PLACE ATHLETE NAME AGE HOMETOWN MARK AGE-GRADED MARK

=====

## ----- Women 30 -----

1 Anne Jennings W33 Cambridge, MA 1.70m 5'07.00 1.72m 82.52%  
 2 Lisa Doyon W33 Ipswich, MA 1.55m 5'01.00 1.57m 75.24%

## ----- Women 35 -----

1 Martha Mendenhall W37 Federal Way, WA 1.35m 4'05.00 1.45m 69.59%

----- Women 40 -----

- \*Debbie Brill W43 Burnaby, BC 1.70m 5'07.00 1.95m 93.41%

1 Kimmie Allegre W41 Keizer, OR 1.15m 3'09.25 1.31m 63.19%

----- Women 45 -----

- \*Becky Willis W48 Vancouver, BC 1.50m 4'11.00 1.82m 87.72%

- \*Liz McBlain W48 Edmonton, AB 1.40m 4'07.00 1.70m 81.87%

1 Barbara Stratton W49 Fremont, CA 1.10m 3'07.25 1.34m 64.33%

----- Women 50 -----

1 Marlene Sachs W52 Norwich, VT 1.25m 4'01.25 1.62m 77.64%

2 Caroline Cooney W50 Vancouver, WA 1.20m 3'11.25 1.55m 74.53%

----- Women 55 -----

1 Kathy Bergen W56 La Canada, CA 1.30m 4'03.25 1.79m 85.53%

2 Becky Sisley W57 Eugene, OR 1.20m 3'11.25 1.65m 78.95%

3 Joann Grissom W58 Indianapolis, IN 1.10m 3'07.25 1.51m 72.37%

4 Madeline Bost W57 Ironia, NJ 1.05m 3'05.25 1.44m 69.08%

5 Janice Condon W55 Chico, CA 0.90m 2'11.50 1.24m 59.21%

----- Women 60 -----

1 Christel Miller W61 Glendale, CA 1.20m 3'11.25 1.76m 84.51%

2 Fei-Mei Chou W61 Sunnyvale, CA 1.05m 3'05.25 1.54m 73.94%

----- Women 65 -----

1 Shirley Kinsey W67 La Crescenta, CA 0.95m 3'01.25 1.48m 70.90%

----- Women 70 -----

1 Johnnye Valien W71 Los Angeles, CA 1.00m 3'03.25 1.65m 79.37%

1 Patricia Peterson W70 Albany, NY 1.00m 3'03.25 1.65m 79.37%

3 Josephine Sullivan W71 Greer, SC 0.95m 3'01.25 1.57m 75.40%

----- Women 75 -----

1 Margaret Hinton W75 Baytown, TX 1.01m 3'03.75 1.78m 85.59%

#### W30+ Pole Vault

Finals Results - Sunday 08/18/96

PLACE ATHLETE NAME AGE HOMETOWN MARK AGE-GRADED MARK

=====

----- Women 30 -----

1 Pamela Reynolds W32 Portland, OR 2.80m 9'02.25 2.83m 63.64%

2 Laurie Ticknor W34 Spokane, WA 2.15m 7'00.50 2.17m 48.86%

----- Women 35 -----

1 Angela Neazy W35 Indianapolis, IN 2.51m 8'02.75 2.73m 61.52%

----- Women 50 -----

- \*Petra Pletersen W52 Groenkloof 2.25m 7'04.50 3.06m 69.02%

----- Women 55 -----

1 Joy MacDonald W55 Ft Lauderdale, FL 2.45m 8'00.50 3.60m 80.86%

2 Becky Sisley W57 Eugene, OR 2.45m 8'00.50 3.60m 80.86%

3 Madeline Bost W57 Ironia, NJ 1.85m 6'00.75 2.71m 61.06%

----- Women 65 -----

1 Shirley Kinsey W67 La Crescenta, CA 1.85m 6'00.75 3.15m 70.88%

----- Women 70 -----

1 Johnnye Valien W71 Los Angeles, CA 1.55m 5'01.00 2.85m 64.05%

----- Women 75 -----

1 Margaret Hinton W75 Baytown, TX 1.45m 4'09.00 2.87m 64.44%

#### W30+ Long Jump

Finals Results - Friday 08/16/96

PLACE ATHLETE NAME AGE HOMETOWN MARK AGE-GRADED MARK

=====

----- Women 30 -----

1 Pamela Reynolds W32 Portland, OR 4.72m -0.3 15'06.00 4.72m 62.77%

----- Women 35 -----

1 Joy Upshaw-Margerum W35 Kamuela, HI 5.36m -0.3 17'07.00 5.76m 76.57%

2 Susan Smith W35 Spanaway, WA 5.13m -0.9 16'10.00 5.51m 73.29%

3 Elaine Iba W35 Dove Canyon, CA 4.78m 1.2 15'08.25 5.13m 68.29%

----- Women 40 -----

- \*Mette Fossberg W44 Edmonton, AB 4.21m -0.2 13'09.75 4.86m 64.67%

1 Kimmie Allegre W41 Keizer, OR 4.07m -0.6 13'04.25 4.70m 62.52%

----- Women 45 -----

- \*Becky Willis W48 Vancouver, BC 4.56m 2.4 14'11.50 5.66m 75.25%

- \*Liz McBlain W48 Edmonton, AB 4.04m 1.1 13'03.25 5.01m 66.67%

- \*Avril Naylor W49 Sacramento, CA 3.82m 3.5 12'06.50 4.74m 63.04%

1 Barbara Stratton W49 Fremont, CA 3.25m 1.9 10'08.00 4.03m 53.63%

----- Women 50 -----

1 Nadine O'Connor W54 Del Mar, CA 4.07m 2.8 13'04.25 5.43m 72.16%

2 Marlene Sachs W52 Norwich, VT 3.90m 1.5 12'09.50 5.20m 69.15%

3 Rosalie Carman W52 Portland, OR 3.72m 1.9 12'02.50 4.96m 65.96%

- \*Petra Pleterssen W52 Groenkloof 3.69m 0.9 12'01.25 4.92m 65.43%

4 Caroline Cooney W50 Vancouver, WA 3.65m 1.0 11'11.75 4.87m 64.72%

- \*Ursula Grady W52 Cranbrook, BC 3.27m 2.5 10'08.75 4.36m 57.98%

5 Ann Carter W54 Aiken, SC 3.07m 3.1 10'01.00 4.09m 54.43%

6 Erika Szanto W52 Olmsted Falls, OH 3.02m 3.2 9'11.00 4.03m 53.55%

----- Women 55 -----

1 Becky Sisley W57 Eugene, OR 3.71m -1.0 12'02.25 5.32m 70.80%

2 Joann Grissom W58 Indianapolis, IN 3.64m -1.0 11'11.50 5.22m 69.47%

----- Women 60 -----

1 Fei-Mei Chou W61 Sunnyvale, CA 3.10m -1.0 10'02.00 4.77m 63.52%

----- Women 70 -----

1 Johnnye Valien W71 Los Angeles, CA 3.28m -0.9 10'09.25 5.84m 77.73%

2 Josephine Sullivan W71 Greer, SC 2.98m -0.4 9'09.50 5.30m 70.62%

3 Mary Holland W72 Comstock Park, MI 2.75m -0.7 9'00.25 4.89m 65.17%

----- Women 75 -----

1 Margaret Hinton W75 Baytown, TX 2.86m NWI 9'04.75 5.47m 72.77%

2 Diane Friedman W75 Cleveland, OH 1.49m -0.5 4'10.75 2.85m 37.91%

#### W30+ Triple Jump

Finals Results - Sunday 08/18/96

PLACE ATHLETE NAME AGE HOMETOWN MARK AGE-GRADED MARK

=====

----- Women 35 -----

1 Joy Upshaw-Margerum W35 Kamuela, HI 10.21m -2.2 33'06.00 10.47m 69.36%

2 Elaine Iba W35 Dove Canyon, CA 8.62m 2.4 28'03.50 8.84m 58.56%

----- Women 45 -----

- \*Liz McBlain W48 Edmonton, AB 8.18m 1.1 26'10.00 9.86m 65.28%  
 - \*Avril Naylor W49 Sacramento, CA 7.72m 1.8 25'04.00 9.30m 61.61%  
 1 Barbara Stratton W49 Fremont, CA 7.22m 0.7 23'08.25 8.70m 57.62%

----- Women 50 -----

- \*Petra Pletersen W52 Groenkloof 7.46m 1.1 24'05.75 9.74m 64.53%  
 1 Ann Carter W54 Aiken, SC 6.81m 1.1 22'04.25 8.89m 58.91%

----- Women 55 -----

1 Joann Grissom W58 Indianapolis, IN 7.62m -2.7 25'00.00 10.79m 71.48%  
 2 Becky Sisley W57 Eugene, OR 6.94m -2.0 22'09.25 9.82m 65.10%

----- Women 60 -----

1 Fei-Mei Chou W61 Sunnyvale, CA 6.30m 0.9 20'08.00 9.67m 64.02%

----- Women 70 -----

1 Josephine Sullivan W71 Greer, SC 6.22m 0.5 20'05.00 11.21m 74.31%

----- Women 75 -----

1 Margaret Hinton W75 Baytown, TX 5.99m 2.9 19'08.00 11.70m 77.59%

W30+ Shot Put

Finals Results - Thursday 08/15/96

PLACE ATHLETE NAME AGE HOMETOWN MARK AGE-GRADED MARK

=====

----- Women 35 -----

1 Carol Finsrud W39 Lockhart, TX 13.05m 42'09.75 13.05m 60.84%  
 2 Karen Miller W35 Spokane, WA 10.59m 34'09.00 10.59m 49.37%  
 3 Peta Bird W39 Manly, NS 8.43m 27'08.00 8.43m 39.30%  
 4 Liz Wardsworth W35 Tekoa, WA 8.04m 26'04.50 8.03m 37.48%  
 5 Sue Hallen W39 Elk Grove Village, IL 7.56m 24'09.75 7.56m 35.24%  
 6 Deborah Ecklund W36 Rochester, NY 7.43m 24'04.50 7.43m 34.64%

----- Women 40 -----

1 Ruth Welding W40 Culver, IN 10.72m 35'02.00 11.45m 53.41%  
 - \*Svetlana Yesayam W40 Armenia 10.03m 32'11.00 10.72m 49.98%  
 2 Kimmie Allegre W41 Keizer, OR 9.16m 30'00.75 9.79m 45.64%  
 3 Cheryl Mellenthin W40 Houston, TX 6.83m 22'05.00 7.29m 34.03%

----- Women 45 -----

1 Pauline Thomas W47 Kent, WA 9.19m 30'02.00 11.26m 52.51%  
 2 Mary Hartzler W47 Gahanna, OH 8.53m 28'00.00 10.45m 48.74%  
 3 Sue Hinz W48 Pullman, WA 7.73m 25'04.50 9.47m 44.17%  
 4 Sandra Harrison W47 Mesa, AZ 7.69m 25'02.75 9.42m 43.94%

----- Women 50 -----

1 Erika Szanto W52 Olmsted Falls, OH 9.59m 31'05.75 11.67m 54.43%  
 2 Marlene Sachs W52 Norwich, VT 8.53m 28'00.00 10.38m 48.41%  
 3 Karen Huff W54 Wilmette, IL 8.52m 27'11.50 10.37m 48.35%  
 4 Roslyn Katz W54 Flushing, NY 7.88m 25'10.25 9.59m 44.72%  
 5 Rosalie Carman W52 Portland, OR 7.38m 24'02.50 8.98m 41.88%

----- Women 55 -----

1 Vanessa Hilliard W55 St. Petersburg, FL 12.33m 40'05.50 17.21m 80.27%  
 2 Joann Grissom W58 Indianapolis, IN 11.98m 39'03.75 16.72m 77.99%

----- Women 60 -----



1 Christel Miller W61 Glendale, CA 8.64m 28'04.25 13.83m 64.53%  
2 Anne Cirulnick W61 North Babylon, NY 8.44m 27'08.25 13.51m 63.03%  
- \*Mae Turek W64 Vancouver, BC 8.13m 26'08.25 13.02m 60.72%  
3 Judy Fetherston W64 Albuquerque, NM 7.68m 25'02.50 12.30m 57.36%  
4 Dorothy O'Neal W61 Grants, NM 6.94m 22'09.25 11.11m 51.83%  
5 Ikuko Fitzhugh W64 Irvine, CA 4.34m 14'03.00 6.95m 32.41%

----- Women 65 -----

1 Lillian Snaden W67 Florence, SC 5.64m 18'06.00 10.36m 48.29%  
2 Bernice Wagner W67 Phoenix, AZ 5.30m 17'04.75 9.73m 45.38%

----- Women 70 -----

1 Johnnye Valien W71 Los Angeles, CA 6.88m 22'07.00 14.49m 67.58%  
2 Renee Roloff W73 Phoenix, AZ 5.43m 17'09.75 11.43m 53.34%

----- Women 75 -----

1 Margaret Hinton W75 Baytown, TX 6.72m 22'00.75 16.23m 75.68%  
2 Katharine Gradick W78 Marathon, FL 6.08m 19'11.50 14.69m 68.47%  
3 Melanie Reske W75 Springfield, OR 5.49m 18'00.25 13.26m 61.82%

----- Women 80 -----

1 Betty Jaruis W81 Tahlequah, OK 4.81m 15'09.50 13.32m 62.14%

W30+ Discus Throw

Finals Results - Saturday 08/17/96

PLACE ATHLETE NAME AGE HOMETOWN MARK AGE-GRADED MARK

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----- Women 30 -----

1 Elana Bavel-Goldberg W34 Prairie Village, KS 42.08m 138'01.00 42.08m 56.96%

----- Women 35 -----

1 Carol Finsrud W39 Lockhart, TX 50.12m 164'05.00 50.12m 67.85%  
2 Karen Miller W35 Spokane, WA 33.46m 109'09.00 33.46m 45.30%  
3 Sue Hallen W39 Elk Grove Village, IL 22.94m 75'03.00 22.94m 31.05%  
4 Deborah Ecklund W36 Rochester, NY 22.44m 73'07.00 22.44m 30.38%  
5 Liz Wardsworth W35 Tekoa, WA 18.08m 59'04.00 18.06m 24.48%

----- Women 40 -----

1 Ruth Welding W40 Culver, IN 37.24m 122'02.00 39.46m 53.42%  
- \*Svetlana Yesayam W40 Armenia 33.84m 111'00.00 35.86m 48.54%  
2 Cheryl Mellenthin W40 Houston, TX 21.04m 69'00.00 22.28m 30.18%

----- Women 45 -----

1 Pauline Thomas W47 Kent, WA 27.86m 91'05.00 33.34m 45.16%  
2 Mary Hartzler W47 Gahanna, OH 24.76m 81'03.00 29.64m 40.14%  
3 Sue Hinz W48 Pullman, WA 23.82m 78'02.00 28.52m 38.61%  
4 Sandra Harrison W47 Mesa, AZ 18.54m 60'10.00 22.18m 30.05%

----- Women 50 -----

1 Rosalie Carman W52 Portland, OR 22.86m 75'00.00 30.92m 41.87%  
2 Erika Szanto W52 Olmsted Falls, OH 21.26m 69'09.00 28.76m 38.94%  
3 Roslyn Katz W54 Flushing, NY 21.20m 69'07.00 28.68m 38.83%  
4 Karen Huff W54 Wilmette, IL 20.14m 66'01.00 27.24m 36.89%  
5 Katherine Crowe W50 Eugene, OR 15.82m 51'11.00 21.40m 28.97%

----- Women 55 -----

1 Vanessa Hilliard W55 St. Petersburg, FL 31.84m 104'05.00 48.66m 65.89%  
2 Joann Grissom W58 Indianapolis, IN 16.14m 52'11.00 24.66m 33.40%

----- Women 60 -----

- \*Mae Turek W64 Vancouver, BC 22.84m 74'11.00 39.44m 53.41%  
 1 Christel Miller W61 Glendale, CA 20.68m 67'10.00 35.72m 48.36%  
 2 Anne Cirulnick W61 North Babylon, NY 18.70m 61'04.00 32.30m 43.73%  
 3 Dorothy O'Neal W61 Grants, NM 18.30m 60'00.00 31.60m 42.80%  
 4 Fei-Mei Chou W61 Sunnyvale, CA 17.64m 57'10.00 30.46m 41.25%

----- Women 65 -----

1 Mavis Lorenz W69 Missoula, MT 18.98m 62'03.00 37.04m 50.16%  
 2 Shirley Dietderich W69 Berkeley, CA 17.08m 56'00.00 33.34m 45.14%

----- Women 70 -----

1 Renee Roloff W73 Phoenix, AZ 13.62m 44'08.00 30.04m 40.67%

----- Women 75 -----

1 Margaret Hinton W75 Baytown, TX 15.78m 51'09.00 39.32m 53.24%  
 2 Melanie Reske W75 Springfield, OR 14.32m 47'00.00 35.68m 48.31%  
 3 Katharine Gradick W78 Marathon, FL 13.38m 43'11.00 33.34m 45.14%  
 4 Diane Friedman W75 Cleveland, OH 10.18m 33'05.00 25.36m 34.35%

----- Women 80 -----

1 Betty Jarvis W81 Tahlequah, OK 13.50m 44'03.00 38.00m 51.47%

W30+ Hammer Throw

Finals Results - Friday 08/16/96

PLACE ATHLETE NAME AGE HOMETOWN MARK AGE-GRADED MARK

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----- Women 30 -----

1 Elana Bavel-Goldberg W34 Prairie Village, KS 33.10m 108'07.00 33.10m 55.17%  
 2 Melissa Tyler W30 Colbert, WA 32.88m 107'10.00 32.88m 54.80%  
 3 Nicki Luper W34 Vancouver, WA 31.50m 103'04.00 31.50m 52.50%

----- Women 35 -----

1 Marcia Mecklenburg W39 Cheney, WA 39.24m 128'09.00 39.56m 65.95%  
 2 Carol Finsrud W39 Lockhart, TX 30.96m 101'07.00 31.22m 52.03%  
 3 Sue Hallen W39 Elk Grove Village, IL 23.58m 77'04.00 23.76m 39.63%  
 4 Deborah Ecklund W36 Rochester, NY 17.80m 58'05.00 17.94m 29.92%

----- Women 40 -----

1 Ruth Welding W40 Culver, IN 35.48m 116'05.00 39.52m 65.87%  
 2 Cheryl Mellenthin W40 Houston, TX 15.64m 51'04.00 17.42m 29.04%

----- Women 45 -----

1 Pauline Thomas W47 Kent, WA 28.74m 94'03.00 35.36m 58.95%  
 2 Sue Hinz W48 Pullman, WA 25.42m 83'05.00 31.28m 52.14%  
 - \*Liz McBlain W48 Edmonton, AB 21.68m 71'01.00 26.68m 44.47%  
 3 Sandra Harrison W47 Mesa, AZ 18.22m 59'09.00 22.42m 37.37%

----- Women 50 -----

1 Roslyn Katz W54 Flushing, NY 29.18m 95'09.00 34.34m 57.26%  
 2 Georgia Cutler W53 Eugene, OR 21.92m 71'11.00 25.80m 43.01%  
 3 Suzy Hess W54 Eugene, OR 20.64m 67'08.00 24.30m 40.50%

----- Women 55 -----

1 Vanessa Hilliard W55 St. Petersburg, FL 46.90m 153'10.00 61.00m 101.67%  
 2 Joann Grissom W58 Indianapolis, IN 29.96m 98'03.00 38.96m 64.95%

----- Women 60 -----

1 Judy Fetherston W64 Albuquerque, NM 26.36m 86'06.00 37.86m 63.14%  
 2 Anne Cirulnick W61 North Babylon, NY 23.52m 77'02.00 33.78m 56.34%  
 3 Christel Miller W61 Glendale, CA 19.90m 65'03.00 28.58m 47.66%

## ----- Women 75 -----

1 Melanie Reske W75 Springfield, OR 14.22m 46'08.00 27.54m 45.92%  
 2 Katharine Gradick W78 Marathon, FL 10.20m 33'05.00 19.76m 32.94%

## ----- Women 80 -----

1 Betty Jarvis W81 Tahlequah, OK 15.22m 49'11.00 32.56m 54.30%

## W30+ Javelin Throw

Finals Results - Thursday 08/15/96

PLACE ATHLETE NAME AGE HOMETOWN MARK AGE-GRADED MARK

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## ----- Women 30 -----

1 Shaney Redmon W32 Spokane, WA 44.34m 145'06.00 45.46m 56.85%  
 2 Lisa Doyon W33 Ipswich, MA 32.20m 105'08.00 33.02m 41.28%  
 3 Laurie Ticknor W34 Spokane, WA 26.26m 86'02.00 26.92m 33.67%

## ----- Women 35 -----

1 Peta Bird W39 Manly, NS 29.26m 96'00.00 34.10m 42.63%  
 2 Deborah Ecklund W36 Rochester, NY 19.78m 64'11.00 23.04m 28.82%  
 3 Sue Hallen W39 Elk Grove Village, IL 18.82m 61'09.00 21.92m 27.42%

## ----- Women 40 -----

1 Kate Schmidt W42 Los Angelos, CA 43.58m 143'00.00 57.70m 72.15%  
 2 Kimmie Allegre W41 Keizer, OR 35.08m 115'01.00 46.44m 58.08%  
 3 Ruth Welding W40 Culver, IN 26.80m 87'11.00 35.48m 44.37%  
 4 Cheryl Mellenthin W40 Houston, TX 17.58m 57'08.00 23.28m 29.11%

## ----- Women 45 -----

1 Pauline Thomas W47 Kent, WA 23.76m 77'11.00 35.74m 44.70%  
 2 Teddie Bell W49 Valley, WA 23.66m 77'07.00 35.60m 44.51%  
 3 Sandra Harrison W47 Mesa, AZ 17.26m 56'07.00 25.96m 32.47%

## ----- Women 50 -----

1 Karen Huff W54 Wilmette, IL 27.00m 88'07.00 39.26m 49.09%  
 2 Rosalie Carman W52 Portland, OR 26.34m 86'05.00 38.30m 47.89%  
 3 Marlene Sachs W52 Norwich, VT 21.70m 71'02.00 31.56m 39.45%  
 4 Erika Szanto W52 Olmsted Falls, OH 19.06m 62'06.00 27.72m 34.65%  
 5 Rose Schlewitz W54 Albay, OR 17.80m 58'05.00 25.88m 32.36%

## ----- Women 55 -----

1 Becky Sisley W57 Eugene, OR 32.26m 105'10.00 53.32m 66.65%  
 2 Vanessa Hilliard W55 St. Petersburg, FL 29.28m 96'01.00 48.38m 60.50%  
 3 Joann Grissom W58 Indianapolis, IN 29.02m 95'02.00 47.96m 59.96%

## ----- Women 60 -----

1 Christel Miller W61 Glendale, CA 27.82m 91'03.00 52.24m 65.32%  
 2 Dorothy O'Neal W61 Grants, NM 16.18m 53'01.00 30.38m 37.99%

## ----- Women 65 -----

1 Mavis Lorenz W69 Missoula, MT 22.22m 72'11.00 47.42m 59.28%  
 2 Shirley Dietderich W69 Berkeley, CA 18.00m 59'01.00 38.42m 48.03%  
 3 Lillian Snaden W67 Florence, SC 10.40m 34'01.00 22.18m 27.75%

## ----- Women 70 -----

1 Renee Roloff W73 Phoenix, AZ 16.60m 54'05.00 40.26m 50.33%

## ----- Women 75 -----

1 Margaret Hinton W75 Baytown, TX 16.52m 54'02.00 45.52m 56.93%  
 2 Katharine Gradick W78 Marathon, FL 15.96m 52'04.00 43.98m 55.00%

3 Diane Friedman W75 Cleveland, OH 11.90m 39'00.00 32.80m 41.01%

----- Women 80 -----

1 Betty Jaruis W81 Tahlequah, OK 10.66m 35'00.00 33.38m 41.74%

# W30-39 Outdoor Pentathlon

Finals Results - Thursday 08/15/96

PLACE ATHLETE NAME AGE HOMETOWN PTS

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----- Women 30 -----

- Anne Jennings W33 Cambridge, MA 3387

- Lisa Doyon W33 Ipswich, MA 2852

# W40+ Outdoor Pentathlon

Finals Results - Thursday 08/15/96

PLACE ATHLETE NAME AGE HOMETOWN PTS

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----- Women 45 -----

- \*Becky Willis W48 Vancouver, BC 3595

- \*Liz McBlain W48 Edmonton, AB 3157

----- Women 50 -----

- Marlene Sachs W52 Norwich, VT 3321

----- Women 70 -----

- Johnnye Valien W71 Los Angeles, CA 3324