NATIONAL MASTERS NEWS

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Wilson, Rosenblatt Win Again in Rocket City Marathon

By JIM OAKS

HUNTSVILLE, Ala. – Steve Wilson and Cheri Rosenblatt were repeat masters winners at the *Huntsville Times* Rocket City Marathon here on Dec. 9, but each took a vastly different approach in preparation for their returns to first place.

Since last year's Rocket City win, Wilson, who lives in Indiana or Florida – depending on the season – had finished nine marathons, seven half-marathons, a 30K, a 25K and 15 other shorter races. His best marathon was a 2:18:30 at Austin last February and his 2:22:20 as the top U.S. finisher at Twin Cities in October gave him the 2000 USATF masters title. He had finished the Memphis Marathon in 2:26:24 six days before Rocket City. He called that a "training run." By contrast, Rosenblatt, who with

By contrast, Rosenblatt, who with her husband operates an outdoor sports store in Pisgah Forest, N.C., ran only one other marathon during the whole year.

But on a near ideal morning for a race, no one from the usual solid masters fields could challenge these two 41-year-old runners.

Wilson faced a field that included two former masters winners, Jeff Martin, Huntington Woods, Mich., and Gary Romesser, Indianapolis, Ind.; new master Jim Flint, Centerville, Ohio; and former Olympian and top U.S. master for the past two years, John Tuttle, Douglasville, Ga.

Although Tuttle stayed in the chase for nine miles, neither he nor the others could stay with the seemingly tireless and steady stride of Wilson as he won the masters title and took fourth place overall in 2:24:23. Flint was second in 2:31:08, Martin third in 2:35:00, Romesser fourth in 2:36:04 and John Taylor, Atlanta, Ga., fifth in 2:42:58.

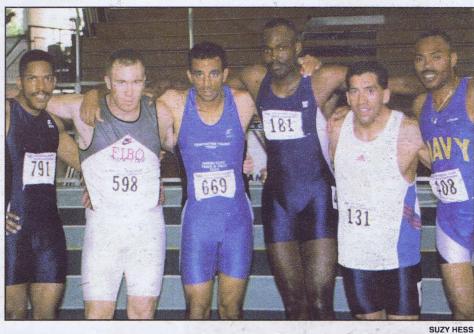
Tuttle, who dropped out at 12 miles, did not have strong expectations for the race, but made the relatively short trip to Huntsville with a friend who was running.

"I learned today that I need more than one long training run for a marathon," Tuttle said after the race. "I felt pretty good during a two-hour run a week before the race. Maybe I should have just run the marathon without the two-hour run."

During the race, Wilson had to deal with an asthma attack that might have cost him a shot at the overall race win. He led the race at the 10K mark.

"I was running a good race, and had a full-blown asthma attack," he said after finishing, his face and neck

Continued on page 8



Finalists in the M30 200 in the 2000 USATF National Masters Indoor Championships, Boston, (I to r): Gregory Torry, Jason Wensel, Rudy Huber (third, 23.04), Tracy Fox (first, 22.36), Matthew DeGaentanto, and George Onyenyeonwu (second, 23.00). This year's championships are scheduled for March 23-25 in Boston.

Buss, 40, Overall Winner in 50K Smindak, Brooking First Masters in Sunmart 50 Mile

By JOHN WELCH

HUNTSVILLE, Texas – Masters runners distinguished themselves at the Sunmart Texas Trail Endurance Runs at Huntsville State Park on Dec. 9. From the outset of the 50-mile race, however, the park seemed to belong to Charl Mattheus, a 35-year-old native of Johannesburg, South Africa, who now lives and trains in Conifer, Colo.

But while Mattheus was setting the overall pace in a new course record winning effort of 5:20:25, Joe Smindak, the day's top master, was also running a pretty good race himself. Smindak, a 40-year-old senior project manager for environmental restoration from Dayton, Ohio, covered the scenic, tree-lined park in 6:13:16. Smindak, who had previously set masters records at four events since July, missed the over-40 record of 6:10:47 at the Sunmart by only 2 minutes, 29 seconds.

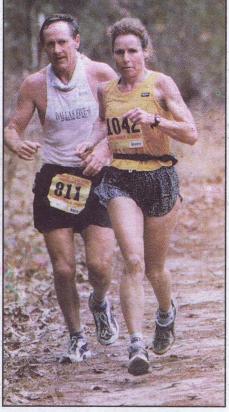
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"Being from Southern Ohio, it did get a little warm for me, since I

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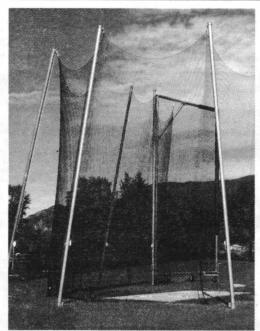
JOHN WELCH Chrissy Ferguson, 40, first W40 (4:25:05), and Steve Shopoff, 53, fourth M50 (4:23:52), Sunmart Texas Trail 50K, Huntsville, Dec. 9.

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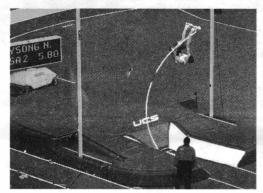


Cheri Rosenblatt, #60, W40+ first (2:50:49) and Mary Sweeney, #54, W40+ second (2:51:49), in the early stages of the Huntsville Times Rocket City Marathon, Dec. 9.

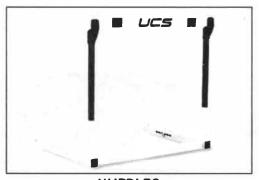
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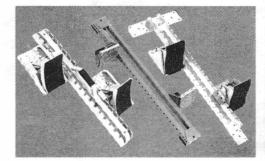
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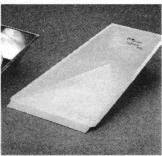
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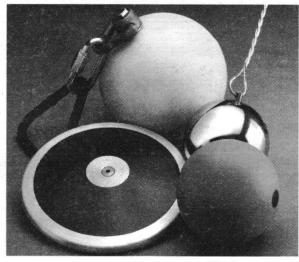
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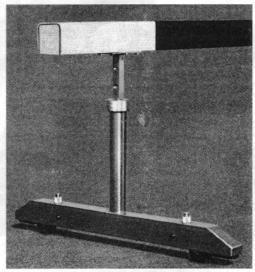
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VATIONAL MASTERS NEV

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GEORGIA SENIOR OLYMPICS

Because of the interest shown by USA Masters Track & Field in partnering with the National Senior Games Association, I entered the Georgia Golden Olympics, held each year at the Warner Robbins Air Force Base, to check out the organizational end of the event in my capacity as USATF Georgia Masters Chair.

The purpose of the event was not to showcase the abilities of individuals who excel in their events, but to entertain seniors who are not expected to excel in any event. In some sports, such as the frisbee throw, football throw, and checkers, volunteers were showing participants how to play.

There were virtually no qualified officials. Instead, harried volunteers had to deal with problems and equipment failures. There was no chronometer and no qualified timers. A whistle was used to start each race. Competition was by 10-year instead of 5-year age groups. One of the 5K runners cut three blocks off the course, but his time was declared official, anyway.

The meet served as a qualifier for the National Senior Games. But because of the problems, I feel the USATF Georgia Masters Championships should serve as the NSGA qualifier. It's a sanctioned event with proper timing and equipment, and USATF certified officials.

Joyce Hodges-Hite USATF Georgia Masters Chair

(The main reason NSGA wants to partner with USATF is because it recognizes the officiating at many Senior Games is sub-par. USATF encourages state and local USATF officials to help out at Senior Games in their area. Your idea of being able to qualify for the National Senior Games at USATF meets is being seriously considered by both bodies. – Ed.)

DOPING

For those present at the 1999 NSGA event in Orlando, it was obvious there were competitors who were using performance-enhancing drugs (PEDs). As an athlete competing in the 65 years and younger group, I realize the sun will still come up tomorrow, regardless of how I place in an event. However, it is very disheartening to perform well and still not even be close to the standards that can obviously be attained by using PEDs. I refer you to the Seoul Olympics and those who tried to race with Ben Johnson in the 100 meters.

I understand that there are drawbacks to drug testing – cost and accuracy being obvious. But to competitors who don't "cheat" there is little sense in competing when the deck is stacked against you. Something must be done to even the odds. Until then, I will refrain from competing in the NSGA events.

Being in good health is the ultimate reward, but organized events are certainly not needed to attain that. Athletes enjoy being able to show their stuff by competing in open, fair competition. Let's take a cue from other sports organizations and implement some form of drug testing so *all* competitors have a fighting chance.

Loretta Watson Dripping Springs, Texas

AGE-GRADING

It appears that to some, age-graded standards make it easier for sprinters to attain world-class level than long distance runners.

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It is an oversimplification to apply the same percentage standard to both types of runner.

Long distance running has very little in common with sprinting. The anatomical and physiological factors being tested in these athletes in racing conditions are very different.

In addition, psychological factors are a very important determinant of a long distance runner's achievement; much less so for the sprinter. Is it harder to run 100 meters 90% as fast as the world record holder, or run 90% as fast and with 90% of the guts of the corresponding long distance world record holder?

If the number of "world class" sprinters is disproportionate to the long distance runners achieving this status, it is obvious that an additional factor accounting for distance should be included. For example, for every 400 meters shorter than 1600 meters, subtract 1% from the performance percentage.

Above 400 meters, you're on your own, baby. No guts, no glory.

Dennis O'Brien St. James, New York

In response to the letter by Bill Benson (Dec. NMN), I agree that sprinters usually score higher in age-graded standards. Intuitively, it does not seem right to use percentages of world record speed to determine the best performances in different events ranging from sprints to long distances.

It seems that it is much easier to achieve a higher percent of world record in a shorter distance. I'm not sure exactly why this is so, but it may have something to do with different energy pathways (aerobic vs. anaerobic, etc.). An exercise physiologist may be able to explain the reason. Nevertheless, the following will illustrate the point.

If you look at examples of performances at 75% of world record speed in the open class, you would have approximately a 13-second 100m, 4:56 mile, and a 2:47 marathon. Now a 13-second 100m will probably be bringing up the rear in a high school track meet, while a 4:56 mile will win many dual meets. A 2:47 marathon is a very good time.

The various scoring tables recognize this difference and that the fall-offs in performance in different distances follow different curves. In other words, the same percentages of world record speed in the 100m and the marathon do not represent the same performance levels.

If you look at the scoring tables in Gardner and Purdy's *Computerized Running Training Programs*, a 100m time of 13 seconds is worth 470 points, a 4:56 mile 620 points, and a 2:47 marathon 550 points. Based on these tables, you would need to run 100m in about 11.8 seconds to perform at the same level as a 2:47 marathon.

The bottom line is that a simple percentage of world record speed is not a good indication of performance, especially if you are comparing different distances.

3	Norm Ambos
	Phoenix, Arizona

OLDER COMPETITORS

In response to Jack Doorlay's letter (Sept. NMN) concerning the ease with which older athletes win medals with poor performances because of a lack of competition, I have other thoughts to his solution of minimum standards. I am also in the M75 division, soon to move to M80, and look forward to continuing to compete in track & field.

The Senior Games' motto is: "It is better to compete than to win," and sometimes I wonder if an older competitor doesn't deserve to earn a medal just for being able to show up and compete. I can't run or jump any more, so I got interested in the throws, and boned up on technique. I do strength and aerobic work, and for a large part of the year work out two or three times a week. I throw for 45 minutes, do 25 minutes on the treadmill, and lift for 45 minutes.

In meets, sometimes I win, sometimes not. Just getting together with other masters is a big lift to my senior years, and if it were not for the meets, I probably wouldn't work out at all.

The real prize is that my wife thinks I look great.

George Brown Montpelier, Vermont

NEW SPORTS COMPLEX

National Masters News readers should be aware of a new "play toy" we have here in the Washington, D.C., area: the Prince George's Sports and Learning Complex, which opened in May in Landover, Md. I competed there twice in December, and it is by far the best indoor facility I have ever seen.

It is large, well-lighted, and has dual areas for most events, including two 60m straights for the dash and hurdles, one separate from the 200m oval track, two pole vault runways, two long jump/triple jump pits, 'and plenty of close seating and a terrific score board.

Boston is a fine facility, but this is bigger, better, and faster. The East Regional Championships will be held here a week before the Nationals in Boston. I believe that a bid to hold the National Masters Indoor Championships may be made in the not too distant future.

This is what a few million dollars bought, so the Washington Redskins could build their new stadium next door. James Stookey Dickerson, Maryland

VISALIA CLASSIC

Thank you to Bob Higginbotham and the many volunteers who help make the Visalia Masters Classic a success every year.

The outstanding staff executes a well run meet while also promoting a warm and friendly atmosphere. It's always one of my favorite meets of the year with the sunny May weather and outstanding Sunkist Stadium facilities. In addition, the central California location draws a good competitive mixture of both southern and northern California athletes.

I encourage everyone to participate and to experience this enjoyable meet. Elaine Iba

Trabuco Canyon, California



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30 Days – Having Fun

y first 30 days in office have been very busy. Even with eight days vacation squeezed in, I have been able to get my hands around many of the duties of your chair.

Regarding appointments, some people had expectations that I would make all the changes quickly after the convention. I can only say that these decisions are too important to make quickly, and I have held discussions with numerous people in arriving at my choices.

I hope you all support the new as well as the continuing officers. None can do their jobs alone. They need more volunteers to reach their goals. I have given each of them the freedom to pick their own team members. That way it's *our* team and not *my* team.

Website

As most of you know, the USATF masters website is operational and in the process of being revamped.

I again want to thank Dave Clingan and Rex Harvey, our new website coordinator, for getting the site up and running. Thanks also to all the other contributors on the website committee and Keith Lively, multimedia coordinator at the USATF national office.

WAVA 2005 Championships

The USATF Board of Directors has instructed the USATF executive staff to submit a letter of intent to WAVA that the U.S. wants to bid for the 2005 WAVA Championships. The letter will state that we have several cities interested in bidding, including Sacramento and Baton Rouge.

The site inspection team of Rex Harvey, Al Sheahen and myself reviewed the excellent facilities at Sacramento, December 19-20. We are planning site visits to Baton Rouge and other cities interested in bidding.

When all bid evaluations are complete, I will seek the input of the masters executive committee on which bid we want to support.

WAVA Constitution Suggestions

It has occurred to me that the U.S. delegation in Brisbane will not have suggestions for changes to any of the rules and bylaws of WAVA. I assume that means that we are happy with everything WAVA does. If not, I would like to hear suggestions.

One important proposed change that



TESH TESHIMA Erwin Jaskulski, 98, estab an M95 pending 400 world record 2 35 37. Hawaii Senior Olympics, Honolulu, Nov 10.



Barbara Cleveland waits as officials measure her W60 world record pole vault of 2.54 at the Florida State Senior Championships in Poinciana, Dec. 2.

was narrowly defeated in Gateshead was a proposal to change the word "Veterans" to "Masters." This cannot come up for voting again in Brisbane unless it is submitted by the WAVA council

I personally would like to suggest the word "Seniors" instead of "Masters" or "Veterans." I think we know what a vet-

eran is in the U.S. It isn't someone over 40 years of age pushing their heart rate up by running, jumping or throwing. What is a master anyway? I'd like to hear opinions on this.

National Indoor Championships

On the Saturday evening of this year's championships we will have a non-business meeting at the Boston Sheraton at 8:00 p.m. We would like

everyone to attend. Please submit topics you wish to discuss.

Anti-doping

Kathy Jager's two-year suspension has been upheld after review by WAVA. In some ways, WAVA feels the U.S. has not done a good enough job in educating our athletes on the rules of the IAAF anti-doping policies.

In response, I am asking National Masters News and our webmaster to provide prominent information on these rules and on our home page. Rose Monday and her committee will continue to work on other ways to educate our athletes and suggest rule changes needed by our masters athletes.

As former New York Mayor Koch would say, "Howmidooin?"

Masters, Veterans, or Seniors?

In his column this month, USATF Masters T&F Chair George Mathews asks your opinion on whether we should change the name of our sport from *Masters* to *Seniors*.

For 33 years, we've struggled with the issue of our name. WAVA calls us *Veterans*, but some want to change it to *Masters* for marketing reasons.

Well, perhaps *Seniors* is a better marketing name. Nobody outside the running community has a clue as to what *Masters* means, except maybe it's a golf tournament in Georgia. In many countries, including the USA, *Veterans* implies military service. *Seniors*, on the other hand, generally means someone 50-and-up.

So what's the answer? We don't know. Send your opinion to Mathews (address on page 3) with a copy to NMN. We'll publish excerpts of the letters in our next issue in time for athletes to discuss the matter at the Indoor T&F Championships in Boston in March, and in time for the USA to submit a proposal to WAVA if desired by the majority.

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Ed Whitlock Validates the Age-Graded Tables

fter looking at the age-graded marks of the men and women competing in the 1500, 5000 and 10,000 at the nationals in Eugene last August, I wondered if the standards are too high for us old folks. Even though there were many impressive performances in those events, only three runners exceeded 90%. Shirley Matson, 59, scored a 92.9% for her 40:03.46 in the 10,000, while Paul Heitzman, 69, got a 90.9% for his 19:09.03 in the 5000. At 90.3% for his 17:31.59 in the 5000, Bill Borla, 60, was the only other person in the three longest events to score 90% or better.

No one – man or woman – bettered 90% in the 1500, while no male reached that level in the 10,000. Borla's 36:28.56 was the highest at 89.7% with Heitzman second at 89.0%.

I didn't have long to think about it, however, when I read that 69-year-old Ed Whitlock of Ontario, Canada, did a 55:04 in the Utica Boilermaker 15K a month earlier, on July 9. The age-graded tables show that 55:06 equals 100% for a 69-year-old male; therefore, Whitlock was a small fraction above 100%.

If we consider that Whitlock, born March 6, 1931, was actually four months into his seventieth year at the time of the performance, and interpolate, we find that 55:17 would have been a more accurate standard for him, meaning he was even a greater fraction above 100%.

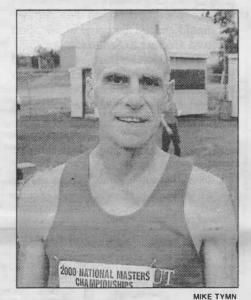
Soft Standards

All it takes is one man to score 100% to give credibility to the age-graded tables. If anything, Whitlock's performance indicates that the standards are a bit too soft for older runners. But let's carry the examination a little further.

Whitlock did 36:11 (99.9%) in a 10K two weeks before the Utica race and 17:34 (99.5%) for 5K two weeks after Utica, thereby giving further credence to his performances and the relationship of distances on the age-graded tables. His 2:52:47 in the Columbus Marathon on October 29 measured against a 2:47:30 (interpolated between 2:46:17 for age

TWENTY YEARS AGO February 1981

- 2400 from 44 Nations Compete in IV World Veterans Championships in Christchurch, New Zealand
- Antonio Villanueva Sets 10K M40 World Best of 30:34.2
- Joan Ullyot Establishes New W40 World Best for 25K in 1:46:20



Bill Borla, top age-graded time in 10,000 for men, Eugene.

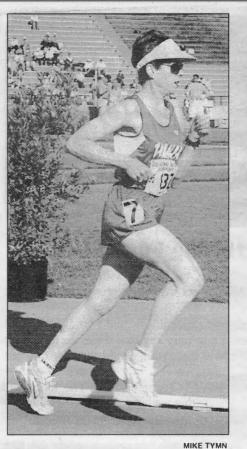
69 and 2:48:11 for age 70) figures to be a 96.9% effort. From that we might conclude that Whitlock is more suited for the shorter distances or that he did not train enough for the marathon distance. Perhaps, he just had a "bad" day or the conditions were not right.

Don't Wait Too Long

It does appear, though, that Whitlock, barring any serious physical problems between now and the 2001 Columbus Marathon, which he says will be his next one, should easily become the first person 70 or over to break three hours in the marathon. He shouldn't wait too long after his March 6 birthday to do it, though. According to the tables, he'll lose roughly a minute in the marathon between his March birthday and the October marathon. The 100% standard for age 70 is 2:48:11, while for age 71 it is 2:50:19, meaning a loss of 2:08 for the year.

Then again, according to the agegraded tables, it is theoretically possible for a man in his 76th year to break three hours in the marathon as the standard for age 75 is 2:59:24 and for age 76 is 3:02:04.

If any adjustments are necessary in the age-graded tables, it would appear to be in raising the 100% level for openclass. If 100% should equal the world record in the event, then modifications



Shirley Matson strides out in the 1500 at Eugene.

might be needed. It depends on whether we are considering the world records on the track or on the road.

For example, to achieve 100% in the 10,000, a young man in his 20s or early 30s must run 26:58.4. That is a bit faster than the current road record of 27:20, but somewhat slower than the track record of 26:22.75. The same goes for the 5000, where the 100% standard is 12:58.4. The road record is 13:00, while the track world record is 12:39.36. The marathon standard is 2:06:50, the former world record, but that record is now down to 2:05:42.

Women's Standards

The standards for women, however, are a little tougher. The marathon factors are based on 2:18:51, whereas the fastest marathon run by a woman is 2:20:43. No doubt this is because the women's records are still considered a little soft.

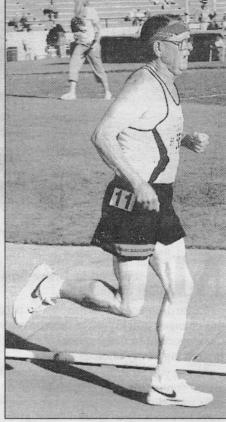
In retrospect, the performances at Eugene, when converted to peak year times, are about what you'd expect for a national open championship. Matson's 10,000 time is equal to a 32:12.14, while Borla's converts to a 30:02.50. Heitzman's 19:09.03 in the 5000 equals a 14:16.25. The best age-graded time in the 1500 was 4:50.17 by 61-year-old Dan McCormack. That converts to a 3:51.32.

The age-graded tables book suggests that 90% is the threshold for world class times. That does seem a bit generous. I would draw the line at about 92.5%.

Food for Thought

Here are some other interesting observations from the age-graded tables:

Eamonn Coghlan's 3:58.13 mile at age 41 converts to a 3:44.41 mile, some five seconds faster than his best. That seems to indicate that either Coghlan never realized his full potential when he was younger or the age-graded tables are a little soft in that age category.



February 2001

Paul Heitzman on his way to victory in the 1500 at Eugene.

MIKE TYMN

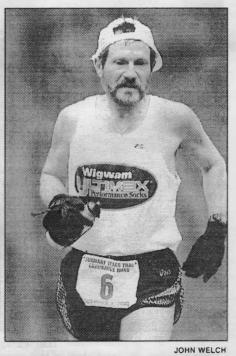
Priscilla Welch's 2:26:51 marathon at age 42 converts to a 2:20:47, just four seconds over Tegla Laroupe's world best.

Erik Ostybe's 2:27:05 marathon, at age 56, converts to a 2:07:42, while Piet van Alphen's 2:22:14, at 52, is equal to a 2:07:46. John Campbell's 2:11:04, at 41, is equal to a 2:07:58.

Derek Turnbull's 16:38.8 for 5000, at 65, figures to be a 12:58.46, while his 34:42 for 10,000, also at 65, converts to 27:11.

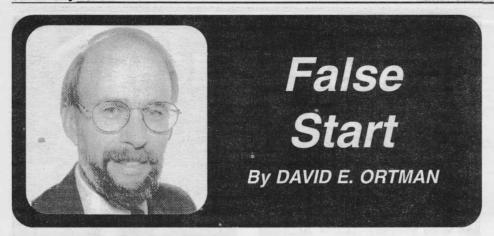
Evy Palm's 32:34.05 for 10,000, at 46, is the equivalent of a 29:40.53.

Theoretically, the oldest age at which a woman should be able to break three hours in the marathon is 64, as the 100% factor for women is 2:59:10 at 64 and then jumps to 3:01:16 at 65. As near as I can determine, the oldest woman to go under three hours is Rae Baymiller, who did a 2:52:14 at 55 in 1998.



Roy Pirrung, 52, first M50 (7:12:40), Sunmart Texas Trail 50 Mile, Huntsville, Dec. 9.

National Masters News



Recount!

Il the hanging chads have finally been counted, all the lawyers stripped down to their last briefs, the Supremes have sung and a U.S. Presidential inauguration has taken place in January after all, although someone has reported a new book in the works: *The Bush/Gore Recount – The Early Years*.

But there are elections and there are elections. According to my last USA Track & Field membership card, "By signature below, I, a prospective member of USA Track & Field, agree to abide by the applicable USATF Bylaws, Operating Regulations, and Rules of Competition for my level(s) and category(ies) of membership."

At the USATF 22nd Annual Meeting in Albuquerque, N.M., elections were held for National Masters Officers of USA Track and Field. The results: Chair: George Mathews; Vice-Chair:

Sunmart Texas Trail Runs

Continued from page 1

haven't been doing any of my training above 45 degrees," said Smindak after finishing amid a 60-degree temperature, which was fanned by a humid breeze. "But I liked the route, because it was a lot like where I train in Ohio. I usually opt for more difficult courses with large climbs like the ones they have in Virginia and North Carolina."

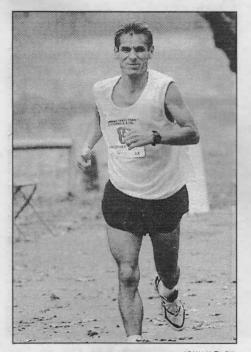
Leo Torres, 47, Cordova, N.M., was the second master and fifth place overall finisher at 6:33:48.

The women's masters winner for the second consecutive year was Sally Brooking, 44, Marietta, Ga. Brooking, who ran the first two of four 12.5 mile loops through the park with her boyfriend Marty Coleman, a 45-yearold telecommunications worker, was gunning for her second consecutive Sunmart masters win. As it turned out, success was in the cards as Brooking was timed in 7:37:49 for fourth place overall in the race. Coleman stopped the clock at 8:11:57.

"After the first two loops, he (Coleman) told me to get going," said Brooking, a legal assistant. "The weather was perfect, and I really like the course at Sunmart, because it's good for first-time ultra marathoners."

Beverly Buss, 40, Houston, Tex., was the overall women's winner and the top master in the 50K at 4:00:54. Robert Clementz, 41, Dallas, was the men's masters winner at 3:42:49, behind overall winner Charles Hubbard, 39, Bloomington, Minn., who covered the route in 3:16:04.

More than 900 runners from 44 states and three countries made the 11th annual event the largest ultra marathon in the United States.



JOHN WELCH Leo Torres, 47, first M45 (6:32:48), Sunmart Texas Trail 50 Mile, Huntsville, Dec. 9.



JOHN WELCH Dawn Obrecht, 51, first W50 (5:37:44), Sunmart Texas 50K. Huntsville, Dec, 9.

Suzy Hess; Secretary: Bob Cahners; Treasurer: Frank Lulich, with the last three positions unopposed. But these positions are non-paying and require considerable time and effort, so hats off to those currently serving.

You Must Be Present.....

Just as voters seemed startled to learn that the Electoral College selects the President and Vice-President, masters track and fieldsters are often surprised to learn that membership dues do not allow them to vote in USATF elections, or on proposed rule changes, unless they attend the annual convention and pay \$145 in addition to travel and lodging. This is generally known as keeping voters away from the polls (only 58 delegates voted in the Chair election). But it is legal, because limiting members' right to vote to those who attend the annual meeting is in the USATF bylaws, which can only be changed by, you guessed it, the folks who show up at the annual meeting.

As one USATF official has pointed out, "USATF really isn't a democracy. It's a lot like the U.S. Government – a representative democracy. People on the local level control the selection of delegates, who vote at the national level. Even we don't have a true national popular election – it's the Electoral College."

Concerns have been expressed about turning elections into a popularity contest with campaigns and perhaps giving name familiarity an unfair advantage (although it didn't help Al Gore).

Voting Ain't Easy

Some of the other barriers to direct voting include the fact that USATF mails out a thin publication (*Fast Forward*) to members twice a year only. There are not enough issues in which to run an election, and sending out special mailings would likely require an increase in membership fees.

But proposed rule changes and committee reports could be made available, either on a website or in NMN, prior to the annual conventions.

Still, it is an odd way to run a membership organization, if you want to generate more interest in masters track & field. The *National Masters News* masthead says it is "an official publication of USA Track & Field and of the World Association of Veteran Athletes," but it is a separate subscription and does not come with USATF membership.

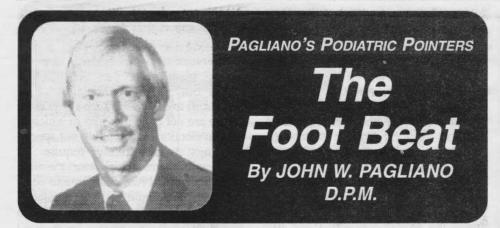
USATF members are not asked for their input into budgets, or rule changes. For example, would masters accept an increase in membership fees if they knew that the \$30,000 masters budget for 2001 is less than it was in 1994?

Perhaps most masters track & fieldsters are content to pay their dues, run around in their shorts and have no say in how their sport is run. But perhaps not.

The 2001 National Convention will be in Mobile, Ala. At least it's not in Florida.



National Masters News



Long Distance Running and Anterior Knee Pain

In a recent review of sports medical literature I came across some interesting facts that may prove valuable for future investigation. A study by Wake Forest University Department of Health and Exercise looked at the etiological factors associated with anterior knee pain in distance runners. The purpose of the study was to develop specific hypotheses concerning risk factors for injury that will be tested later in a prospective observational study.

The study looked at 70 long distance runners with anterior knee pain. The study looked at training patterns, rear foot motion, anthropometric variables, ground reaction forces, muscular strength, and endurance variables. Researchers studied the relationships among these measures in an injured group and a well group. A high speed video graph was used as well as a force platform to assess rear foot motion, ground reaction forces, and knee muscular strength and endurance.

The conclusion was that there were significant variables in each of the five separate functional analyses; four variables were significant discriminators between the two groups. Runners who were most likely to be afflicted with anterior knee pain had higher arched feet, replaced their shoes more frequently, pronated less through the first stance phase of gait, and had weak knee extensors.

Thus, it seems that higher-arch individuals have a greater risk of

knee problems than those with normal or flat feet. This would make some sense as there is less shock absorption in a high arch foot, and it is more "rigid." From this study, we could hypothesize that those with high-arch feet may do better with a softer, non-controlling type of running flat. Also, knee and quadriceps strengthening may be indicated.

An interesting point concerned the shoe replacement factor. It would appear that if high-arch people change shoes frequently, this may aggravate the anterior knee. Perhaps this is because newer shoes are stiffer and more controlling than a worn-out shoe.

(Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or Achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 50098, Eugene, OR 97405. He can also be reached by e-mail at TheFootBeat@aol.com.)



Age-graded winners at the Huntsville Times Rocket City Marathon: Gary Romesser (front), 50, \$2000; back (I to r): Tom Mayfield, 62, \$750; Thys Bax, 54, \$500; Brenda Lynch, 50, \$400; James Carlton, 57, \$300; Jerry Johncock, 72, \$200; Carol Hogan, 50, \$150; Jerry McGath, 50, \$50; and Paul Jensen, 50, \$50.

Rocket City Marathon

Continued from page 1

streaked with mucus. "Cold, dry air. I can't run in the stuff. Maybe I'll go to Brazil and run there."

Wilson said his asthma problem could be related to asbestos exposure some 20 years ago while he was in the Navy.

Rosenblatt's main challengers this year were Lee Dipietro, Ruxton, Md., and Mary Sweeney, Atlanta. Both had been Olympic trials qualifiers and had run in Columbia, S.C., last February.

Dipietro was the third overall woman seed in the race, and by the second mile (12:07) she was running in that place. By then she had opened a 25-second lead over Rosenblatt and Sweeney. Sweeney began to drop off Rosenblatt's pace by the fifth mile as the defending champion gave chase to Dipietro.

"I had a pretty good race all the way," Rosenblatt said. "And this time I felt decent toward the end."

By mile 15, when the race turns north to head back to the finish, Dipietro was tiring and Rosenblatt moved into the masters lead and third place overall where she remained, finishing in 2:50:49. Sweeney also caught the tiring Dipietro between miles 22 and 25 to finish second master in 2:51:49. Dipietro was third in 2:53:40. Masters winner in 1998, Jeanne Olash, Louisville, Ky., was fourth in 2:56:58 and Michelle Rupe, Courtland, Ohio, fifth in 3:08:17.

Rosenblatt ran almost four minutes faster than last year and became the fifth fastest master on the course in the race's 24-year history. She credited her improvement this year to an extra long (four-hour) run and more taper for the race than last year.

Olash, now 43, had a personal best by more than two minutes.

"After I won the masters title in 1998, I have run this course faster each year, but ended up fourth both times," Olash said.

Last year was the first time four masters women had finished under three hours at Rocket City. The top four repeated the feat this year, all faster than the top four last year.

Top masters prize money of \$1500 was awarded to both Wilson and Rosenblatt. Wilson earned an additional \$250 for his fourth overall, and Rosenblatt's total equaled the open winners when the \$500 was added for being third among the women.

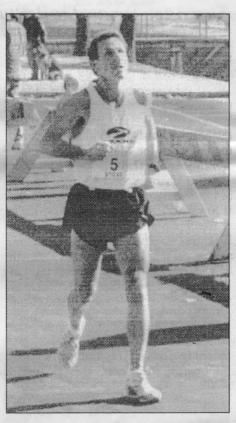
However, Romesser was the biggest money winner by taking the Grandmasters age-graded competition in record time. There was a \$1000 bonus for breaking the age-graded record that Barbara Miller established in this race last year when, as a 60year-old, she set a W60-64 world best with a 3:14:50, an age-graded 2:23:48.

When Romesser's 2:36:04 at age-50 was converted, the 2:22:29 equivalent gave him the extra \$1000 to go with the \$1000 that this race pays to



RAY SHEPPARD

Cheri Rosenblatt, 41, defends her masters title (2:50:49), Huntsville Times Rocket City Marathon, Dec. 9.



CARL SENKBEIL

Steve Wilson, 41, wins his second straight masters title (2:24:23). Huntsville Times Rocket City Marathon, Dec. 9.

the top age-graded Grandmaster. He also won \$250 as fourth master, so his payday was greater than the top master or the two open winners' prizes.

Tom Mayfield, 62, Marshall, Ark., won \$750 with his 2:58:26 that converted to a 2:26:38. Other age-graded winners are shown in the results.

Total entries for the race were up to 1229 and the number of finishers (1014) was the highest in recent years. More than half the finishers (569) were masters runners.

NMN columnist, Hal Higdon, was the clinic speaker for the race weekend, and the crowd for his Friday night presentation was one of the largest in the 24-year history of the race.

National Masters News

Book Review by JERRY WOJCIK

Masters T&F History: All You Wanted to Know and More

ost amateur athletes don't get an opportunity to make sports history, especially if they're weekend warriors and age-40-or-over, but some did that about 30 years ago and many more are doing it now as masters track & field athletes. Now you can read about the origins, development and present status of the masters movement in *Masters Track and Field: A History*, by Leonard T. Olson.

Olson is a long-time thrower, both in the open and masters ranks, which he joined in the early 1970s. He has held age-group and single-age records in the shot and is among the topranked weight pentathletes in the world in the M65-69 age division.

After the preface, in which Olson traces his introduction into masters track & field and shows his technical writing background by giving a short synopsis of each chapter, he relates how the movement unfolded from "Masters Miles" in open meets to the initial Masters Track & Field Championships in San Diego's Balboa Stadium in July 1968, primarily under the auspices of David Pain, considered the Father of the Masters Movement.

Pioneer Portraits

Other chapters deal with the spread of masters track & field throughout the U.S. by region and the world; portraits of masters pioneers, such as Pain, Bob Fine, Al Sheahen, Don Farquharson, and others instrumental in the growth of the movement; and the future of masters track & field as influenced by the Internet, the proposed relationship with the National Senior Games Association, and the participation of women.

The chapter on the 1972 U.S. and Canadian Masters European tour is a detailed description of a ground-breaking event in international masters competition, enriched by excerpts from the diary of Canadian Roger Ruth, past world-record-holder in the pole vault. The list of the 152 athletes on the tour reads like a pantheon of masters icons, including organizers David and Helen Pain, UC-Irvine Chancellor Dan Aldrich, Senator Alan Cranston, Bill Gookin (of Gookinade), Pete Mundle (USATF records guru), Phil Partridge (creator of the Partridge Tables), Boo Morcom, Viola Stock, Bud Deacon, and Hal Higdon.

Several years in the making, the book contains bits of information that are outdated, but as the editor of the *National Masters News* responsible for squeezing accurate results from the directors of meets and races barely a month old, I applaud his success in acquiring the data of meets, in some instances, 30 years old. Reading the results of meets from the '70s and '80s, I was more intrigued by the



Race Director Malcolm Gillis (r) introduces Hal Higdon, NMN columnist, as the clinic speaker at the Huntsville Times Rocket City Marathon.

names of participants than by their marks.

Anecdotal Highlights

The book's bare facts and figures are balanced by entertaining anecdotes and vignettes from the experiences of masters athletes, like David Pain's brush with the law as a jogger on a golf course; Alfred Guidet's account of a "hair-raising" tale of a sprint finish; and the Fiji meet during a masters South Pacific tour led by the Pains.

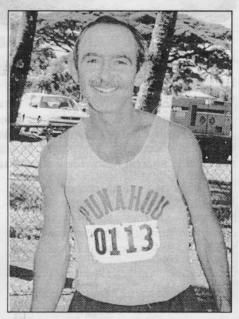
Olson supplies information on the origin of certain masters basics that we now take for granted: the reasoning behind the age determination of masters as 40 for men and 35 for women; how Pete Mundle, the present USATF masters records keeper, got his start; the history of the *National Masters News*; and the advent of age-grading.

Worldwide Perspective

His sections on politics, such as the professionalism taint and the problems of South Africa's apartheid, should prove enlightening to researchers of the masters phenomenon, as well as to those involved. His summaries of the WAVA Championships, from the first in Toronto in 1975 to Gateshead in 1999, are invaluable in understanding the worldwide growth of masters track & field.

I came into the movement in Southern California, the birth place of masters, in 1972, about the same time Olson did, and have been with the NMN for almost 20 years; yet, I learned much that I was unaware of from the book, and, perhaps best of all, it revived some memories.

For masters scholars, Olson has documented his research with 312 footnotes. Published by McFarland & Company, Inc., the book (ISBN 0-7864-0889-8) has 320 pages, with 64 photographs, numerous tables, appendices, and index, and sells for \$65 (see Publications Order Form, p. 13).



TESH TESHIMA

Michael George, 48, won (2:54) the 2000 Big Island International Marathon, Hilo, Hawaii, for the third straight year.



National Masters News

February 2001



Racewalking Continues to Attract New Athletes

By Bev LaVeck

irst, let me say how fortunate we are that Rod Larsen has stepped forward as the new USATF Masters Racewalk Coordinator. When Elaine Ward asked if I'd like to write a final year-end summary of masters racewalking, I realized I couldn't. The sheer increase in participants, clubs, officials, and nationwide interest has made a simple summary far too difficult a task.

Perhaps it's most meaningful to look at participation in the 5000m racewalk at our masters outdoor championships at a single site over the years. In 1984 there were 18 male and eight female competitors at the championships in Eugene. In 1987 there were 54 male and 27 female competitors in the 5000 in Eugene. Another huge jump occurred between 1987 and 1994, when we had 161 racewalkers registered for the 5000 in Eugene.

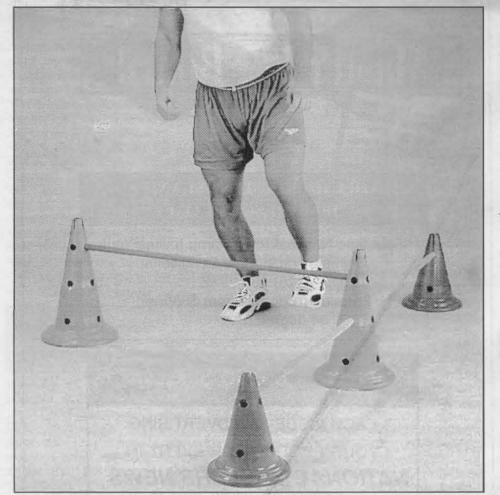
Leveling Off

However, participation has apparently leveled off more recently: there were 131 racewalkers in the Eugene

5000 in 2000. There has been a corresponding growth in participation throughout the masters outdoor events, with 5000m racewalkers representing 8-11% of total participation (9%) in 2000.

Of particular interest to me is the change in male/female participation over the years. Initially female racewalkers were almost a rarity. In 2000, women outnumbered the men 71 to 60 in the 5000. There has also been a trend toward greater participation in older age groups. The pig is moving in the python!

At one time racewalkers in their



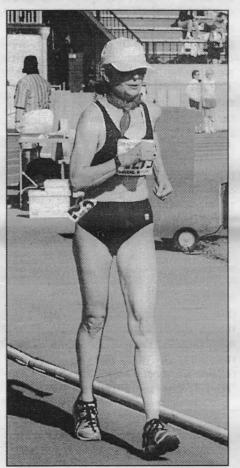
Hurdle Cones and Hurdle Poles are a new concept that offers you unlimited ways to use cones for training and rehab. These cones are designed with multiple holes positioned at 6" increments. Poles attach horizontally or vertically to create different types of agility drills. Use for plyometric training or in rehab for walking and stepping drills. Cones are available in 12" (\$5.95) or in 18" (\$8.95) heights and poles are available in 39" (\$4.95) or in 60" (\$6.95) lengths. Hurdle Cones and Hurdle Poles are one of the new training ideas in the 2001 Perform Better Catalog. For more information on this product or for your free copy of the Perform Better Catalog call toll-free 1-800-556-7464 or write Perform Better, P.O. Box 8090, Cranston, RI 02920-0090.

40s were the largest group. Now, in the 5000 outdoor, the largest groups are women in their 50s and men in their 60s

Women Opt for 10K

In 2001, men and women will both walk 10K in masters outdoor championships, in addition to the 5000. It will be interesting to see if men's participation increases. In 1987 there were 16 women and 40 men in the road walks in Eugene, when both walked 20K together. The women's distance was changed after the 1989 WAVA Championships in Eugene, when many women realized they'd rather walk 10K. In 2000, women walking 10K outnumbered men walking 20K 52 to 45.

Please allow a couple of reflections. I believe the mission of masters racewalking (and masters t&f) is to encourage people in an activity that brings health and other benefits to their lives, and that competition,



JERRY WOJCIK Jolene Steigerwalt, winner of the W55 5000 RW (31:08.12) and 10K RW (63:33), 2000 National Masters Championships, Eugene, Ore.

FIFTEEN YEARS AGO February 1986

- Don Coffman, 42, Captures Third Straight Rocket City Marathon Masters Title in 2:27:42
- Otto Essig Pledges \$25,000 to Help Bring the 1989 World Games to the U.S.
- Sandra Kiddy, 49, Sets U.S. Women's 100-Mile Record in 15:12:54



JERRY WOJCIK Fred Seewerker, M60, finished the 5000 RW in 32:21, 2000 Hayward Meet, Eugene, Ore.

records, faster times, etc., are sec-ondary. In this connection, I think we should be looking at ways to welcome participation by walkers not currently served in our championships program. **More Challenging Events**

Specifically, I'd like to see a system of challenging, longer distance "nonrunning" events, perhaps conducted in connection with the Senior Games organization. Do I dare say I'd like to keep the pig in the python?

A personal reflection comes from the 2000 WAVA regional meet in Kamloops, Canada, and our Eugene championships. I've had many championships and records (and I'm not quitting!), but those kinds of 'achievements" aren't what keep me going. I think the real blessings of our sport come from celebration, or affirmation, of life that comes from a challenge or hard effort, and the bonds of friendship with those who share that experience.

(Bev Laveck, who until this year had long served as USATF's Racewalking Coordinator, remains a champion both in and of the sport and a great source of racewalking expertise and wisdom.)

Subscription Problems? Moving?

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National Masters News

Alan Cranston

by KEN STONE

San Diego Union-Tribune

In early 1984, when he was among eight Democrats running for president, Sen. Alan Cranston could be found sprinting in hotels. At the Holiday Inn in Keokuk, Iowa, "Cranston (then 69) sprinted barefooted down the 40-meter hallway, walked back, and repeated the exercise for some 40 minutes," observed the San Diego Tribune's Ron Roach. "His favorite hotel, the O'Hare Hilton in Chicago, has 250-meter hallways."

Cranston's White House ambitions would soon be spiked, but he remained a dreamer – and a devoted track fan – until his death on December 31 at his home in Los Altos Hills, Calif., at age 86. A preliminary autopsy by the Santa Clara County Coroner's Office determined that he suffered from hardening of the arteries and that he died of heart failure.

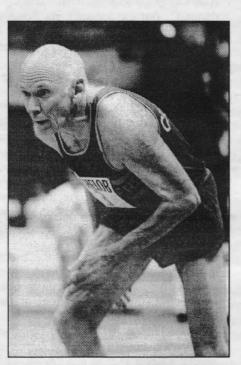
A memorial service was held Jan. 17 at San Francisco's Grace Cathedral.

His obituaries properly focused on his careers in journalism, politics and world statesmanship – his efforts to banish the threat of nuclear war. But except for a sentence or two (usually mentioning his 12.6 world record for the 100-yard dash at age 55), these long front-page pieces gave short shrift to the place track held in his heart.

I met Cranston only once (at the Atlanta Olympics in 1996), but I think sprinting deserves more than a dash of credit for his success in public life.

"I learned a lot from participating in track," Cranston told his hometown newspaper, the *Los Altos Town Crier*, in May 1999. "I learned about the need to focus. I should have been in the Olympic Games in 1936, but I didn't quite make it. I was good enough to do it, but I just, in effect, goofed off.

"I didn't concentrate enough. That taught me a great big lesson that has stayed with me through my lifetime:



RICHARD LEE SLOTKIN Senator Alan Cranston out of the blocks in the Legends 60y, Sunkist Invitational, Los Angeles, January 14, 1986.

success isn't a matter of coincidence or happenstance. You need to be disciplined and focused."

Cranston, a world-class quartermiler at Stanford in the mid-1930s, resumed sprinting at age 55 in 1969 – at the second U.S. Masters National Championships at San Diego's Balboa Stadium.

By the time the editor of *Track & Field News* caught up with Cranston in Washington in 1972, he'd already competed in many meets. "Now and then he breaks away from his Senate office for a session alongside the Reflecting Pool," wrote that editor, Bert Nelson. "There, after a quick warm-up, including a session of high knee lifts, he likes to run a 660. 'That's just 20 feet short of the full length of the pool,' Cranston said, 'and I have run it as fast as 1:54.'"

Nelson also wrote: "More than one meet, eager to have the publicity which surrounds the participation of a prominent U.S. senator, has been quick to add a special race." That included meets in Los Angeles, San Francisco, and the San Diego Indoor Games at the Sports Arena.

San Diego's David Pain, who organized those 1969 masters outdoor championships, recalls: "I honestly think (meet director Al) Franken put in a 60-yard race (for Cranston) to capitalize on the publicity."

In the spring of 1972 Cranston ran his senior-best 12.4 for 100 yards at the Penn Relays. And that summer, he managed to be in Europe on Senate business. It just so happened that Pain was leading a U.S. and Canadian masters track tour of the Continent – and Cranston found time to compete.

When I met Cranston in a lounge at Georgia State University in 1996, I mainly was interested in whether Cranston had beaten prostate cancer, which he had cited as the reason not to seek a fifth term in 1992. His reputation had been sullied by his association with Charles H. Keating, Jr., and the Lincoln Savings & Loan scandal in the late 1980s.

Happily, he was clear of cancer, he told me, his ruddy and tanned face glowing with the health track had provided. I got his autograph and posed for a picture with him. A prized possesIn the day's following his death, I've learned that Cranston kept lifting those knees until his mid-80s. He ran stairs at Stanford University until recently, said his daughter-in-law.

sion.

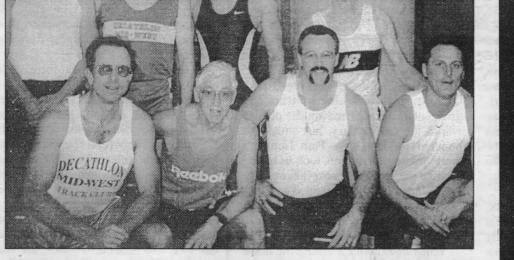
Cranston was a champion of many causes – environmentalism, civil rights, freedom of the press. But in the end, I picture him the same way Nelson did in that February 1972 profile – as a champion of the sprints.

"The competitive spirit remains strong," Nelson wrote, "and when Cranston concluded an interview, his final words were: 'How do I get in more meets?' "

TEN YEARS AGO February 1991

- John Campbell and Barbara Filutze Win Third Annual Sorbothane/USRA Masters Circuit Grand Championship 8K in Florida
- Ken Judson, 40, Sets Stillstanding USA 40+ Record of 2:17:01 in Rocket City Marathon
- Charlotte Observer Races
 Draw 6000





Participants in an age-graded masters 100m at the Cyclone Holiday Classic Indoor Meet, Iowa State, Arnes, Dec. 8 (standing, I to r): Ed Dieleman, 55; Mike Kitchell, 50; Marek Wenzel, 32; Mel Larsen, 75, first; (kneeling, I to r): Alan Russell, 51, second; Norm Robinson, 69, third; Ben Lee, 42; and Mark Twedt, 40.

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National Masters News



New Zealand: Theme Park for Distance Runners

I still have memories of running the soft floors of the Redwood Forest in Rotorua. Competing in a downhill, wind-at-my-back marathon in New Plymouth. Hiking the incredibly scenic Kepler Track at Te Anau. "Good as gold!" That's the best way to describe running in this marvelously friendly two-island country near the bottom of the world.

My wife Rose and I visited New Zealand in March 1997. I had not traveled Down Under seeking competition – although I did participate in four running events during our three-week stay. My first race was a 5K in Hamilton, with 23 starters. I also ran 5000 meters in a masters track meet in Dunedin with only slightly more in the field. Somewhat larger was the Mountain to Surf Marathon in New Plymouth with 500 competitors.

I enjoyed each competition and the camaraderie of meeting new friends with strange accents, but I relished even more jogging and hiking on scenic trails through forests and across beaches and up mountains. New Zealand is like a theme park for distance runners. Forget Disney World: If you love to run, head Down Under. I had the feeling that if everybody moved to New Zealand and trained on the courses I ran, we all could set PBs. That's PB for Personal Best – equivalent to the American PR for Personal Record.

An Ideal Time for Touring

Although some areas get up to 300 inches of rain a year, we encountered sunny weather nearly every day during our three-week visit in March, an ideal time for touring. In winter (our summer), you can go skiing in the mountains and surfing off the beaches, often on the same day. Sir Edmund Hillary, first to ascend Mount Everest, came from New Zealand.

Our first destination was Hamilton, two hours south of Auckland, and site for the Millennium Marathon. During our flight from Los Angeles, we had crossed the International Date Line, moving one day forward in time. New Zealand was the first major country to see the sun rise on the first day of the year 2000.

Organizer Andy Galloway told me that interest was so high in the Millennium Marathon that every hotel room in Hamilton had already been booked by tour operators. Andy also tipped me to a road race that evening sponsored by the Hamilton Road Runners. When I arrived at a shopping center to register, an official looked startled when I identified my residence as Indiana: "Long way to come for a race, mate."

We jogged to a nearby park. Back home in Indiana, my neighbors were shoveling snow, but I wore shorts and T- shirt. The course followed tree-lined paths beside the Waikato River.

No Excuses

Two days later, I was in Egmont National Park with Mount Taranaki in the background. Taranaki is a pyramidshaped peak, volcanic in origin, that dominates the horizon of New Plymouth much the way Mount Hood dominates Portland. The Mountain to Surf Marathon begins on its slopes.

The day was cool. A stiff wind promised to push us downhill to the finish line. The Mountain to Surf Marathon course drops from 1200 feet to sea level, perfect for setting PBs. I was running only the first 13.1 miles as part of a twoman relay team with Roger Robinson, a professor at the University of Wellington. Roger had entered us as the "Literary Lopers," although I had suggested, "Roger and Me." My opening leg followed country roads with mostly cattle and sheep as spectators. I yielded to Roger at the town of Inglewood. He finished at Waitara Beach on the Tasman Sea. With the tailwind and downhill, it was what Roger called a "no-excuses" day. Anyone wanting to qualify for Boston should have been there and done that.

Sunday, Rose and I drove Roger back to Wellington, where he lives with his wife, Kathrine Switzer, organizer of the Avon race series throughout the world. The couple jet back and forth between two hemispheres; Kathrine was still in the US, having done TV commentary for the Los Angeles Marathon.

Hiking the Tracks

Our goal the next morning was Abel Tasman National Park, specifically the Coastal Track, a hiking trail that begins near Marahau and winds 45 kilometers beside the water's edge to Whariwharangi Bay. (When Kiwis say "Track," they are less likely to be talking 400-meter oval and more likely to be talking about one of the hundreds of hiking trails scattered over both their major islands.)

Most famous is the Milford Track, because of the spectacular scenery in Fiordland National Park. We originally wanted to do Milford, but learned that guided hikes took six days and cost near \$1000. It might have been possible to run Milford's 50K length in a single day. (World masters marathon record-holder John Campbell once did so in 4 hours 58 minutes!) But the logistics involving a week long hike defeated us. Rose and I settled for a series of one-day hikes on different tracks.

On the Coastal Track, we hiked an hour out and an hour back. High on the bluffs, we could look down on kayakers tracing the same route by sea. Heading southward down the South Island's West Coast the next day, we hiked to the edge of the Franz Josef Glacier. Guided groups clambered over the ice above. We were in sight of Mount Cook, the highest mountain (12,726 feet) in New Zealand's Southern Alps.

A Night on the Farm

Our next destination was the sheep farm of Derek Turnbull. Derek lives with his wife Pat and 5000 sheep near Invercargill, toward the bottom of the South Island. They have a Bed & Breakfast connected with the farm, so we stayed overnight. I saw the names of several runners in their guest book.

I knew Derek from competition in the World Veterans Championships, where he has won two dozen gold medals. He ran 2:41:47 in the 1992 London Marathon, a world record for age 65-69.

Travels North

Heading north up the East Coast, we stopped in Dunedin to visit another friend, Jim Flynn. Dunedin was settled by Scots, and its street names are identical to those back in Edinburgh.

Years ago, Jim had run cross-country and track with me at the University of Chicago. I was number one; Jim, number two. We also ran on a club team that placed second in the National AAU Cross-Country Championships. Jim later moved to New Zealand, and we lost touch for a while.

Jim runs three times a week and competes sporadically, but had entered us in the 5000m at the New Zealand Veteran Track & Field Championships. Jim said he expected to finish behind me, as always. At the start, however, he shot ahead. I ran faster than my 5K in Hamilton, but never caught him.

Volcanic Locale

Travelling on to Rotorua, fascinating because of its recent volcanic past, we met with Dennis Kenny, organizer of the Fletcher Challenge Marathon. Kenny explained how the race got started: "Lake Rotorua is 26 miles around, so it seemed logical to run a marathon around it." New Zealand's largest marathon, Rotorua attracts between 3000 and 6000 runners.

Fletcher Challenge is a forest products company whose offices are beside a grove of California redwoods, planted within the last century, but with trees hundreds of feet high. Pam Denny, a world masters champion, took us hiking through the redwood grove whose huge trees blotted out the sunlight. The forest floor was soft with redwood residue. Here is where Jack Foster had trained before his record races.

While in Rotorua, I visited the home of Foster, one more of New Zealand's legendary runners. Starting as a bike racer, Jack didn't start running until age 33, but eight years later placed second in the marathon at the 1974 Commonwealth Games with a time of 2:11:19, then a world masters record. Foster now cycles more than runs.

Pilgrimage to Owairaka

Moving from the redwood grove to Round The Bays, reportedly the world's largest running event, seemed like going from the sublime to the ridiculous. I puzzled why 80,000 people would be attracted to an event over such an odd distance as 8.4 kilometers in such a small country.

The day before Round The Bays, I made a pilgrimage to Coach Arthur Lydiard's 22-mile training course in the hills above Auckland. I ran part of the course with John Davies, who regaled me with tales of training there with Olympic champs and world record holders.

The course begins in Owairaka, the Auckland suburb where Lydiard once lived. Sundays, his runners would gather at his house for long training runs. Much of the route today consists of suburban sprawl, but three decades ago, Lydiard's runners ran through farmlands. Going out, they climbed a series of ascents that tested their aerobic capacities. Midway, they crested on a scenic loop through the Waitakere Ranges with scenic overviews of Auckland. The return allowed them to stretch their legs, running downhill at increasingly faster speeds.

Davies eventually set PBs of 3:56.8 for the mile and 3:39.6 for the 1500 meters (his time winning the Olympic bronze medal). Running in Davies' company in the footsteps of Snell and other New Zealand greats, I knew why they had run so well.

Round the Bays

I had one final race to run before departing New Zealand. But was Round the Bays a serious race? Roger Robinson warned: "You can't race Round the Bays. It's too crowded." John Davies agreed: "There's no winner, no prizes, and people jump in front of you – so the fast runners stay away."

Roger and John can be excused for their biases. They're used to associating with speedy runners. But Round the Bays is not about competition. It's a "Fun Run." That's one reason why so many people appear each year to trundle 8.4 kilometers along the Auckland waterfront. This event vies with San Francisco's Bay to Breakers each year for the title: World's Largest Running Event.

If anyone wonders about the event's attraction, you need only to see the road winding along Auckland Harbor, across Hobson Bay to Okahu Bay to Mission Bay. Sidewalks beside the Harbor are crowded morning and evening with walkers and joggers and bikers and roller-bladers. Blue sky over blue water. Modern skyscrapers framed by green hills. It's the scenery!

Gray clouds had threatened us at the start, but by the time we had collected our gear and headed to buses, the sun had taken command of a cloudless sky, a perfect ending to our visit to a land that proved "Good as gold!"

Harvey Williams				-
	PUBLIC	ATIONS ORDER F	ORM	
The Seattle Masters T&F Club lost one of its most colorful and enthusias-			Quantity	Total (US\$)
tic members on Dec. 6, when Harvey	Masters Age Records (2000 Edition) Men's and women's world and U.S. age	bests for all track & field events age 35		
Williams passed away at the age of 76,	and up, and for all racewalking events, a			
after a prolonged battle with cancer. Harvey and his wife, Helen, were	pages. Lists name, age, state and date of			1.1.1.1
childhood friends in Spokane, Wash.	WAVA and USATF Masters T&F Records Masters Track & Field Rankings (1999		\$_	
When they reached high school, Helen	Men's and women's 1999 U.S. outdoor to			
remembers that Harvey was a "six let-	Coordinated by Jerry Wojcik, USATF Ma	sters T&F Rankings Chairman. All T&F		
ter" man and played on a state cham- pionship baseball team. He was	events, including mile, relays, weights, ra		\$_	
awarded a scholarship by the	McMahon Family Trust Masters Track Indoor rankings for 2000. 4 pages. \$1.50		\$	
University of Idaho, but his father was	Masters Age-Graded Tables			
in the service and Harvey rejected the		ge 8 to 100 for men and women for every	Republic of Second	
additional schooling to be with his mother.	common track & field, long distance runn	w to keep track of your progress over the		
For 13 years he was a civilian	years. Compares performances of different			
employee of the Air Force, during	pages, including samples and charts. Co		Station and states	
which time he received the highest civilian award for the rescue of a pilot	Veteran Athletes. \$6.00.		\$.	
from a burning plane.	Masters 5-Year Age-Group Records Men's and women's official world and U.	S. outdoor 5-year age group records for		
Harvey liked people, and masters	all track & field and racewalking events,			
will remember him between events	8 pages. Lists name, age, state and da			
roaming the field "chewing the fat" with old friends. He was a great kidder	WAVA and USATF Masters T&F Records Masters 5-Year Indoor Age-Group Rec		\$_	
and always hungry. If you had any	Same as above, except indoor records (I			
food in your packet, he was willing to	and December 3, 2000 (USA). 4 pages.	\$1.50.	\$_	
help you consume it. His appetite was	Competition Rules tor Athletics (2000			
remarkable, but he never seemed to gain weight.	U.S. rules of competition for men and wo ning and racewalking—youth, open and		\$	
Harvey's events were the discus,	USATF Directory (1999/2000)			AND REAL OF
javelin and shot put. He excelled in		s and staff, board of directors, sport and		
each of these, and was at the top of his age group in all events.	administrative committees, association of USATF Governance Handbook (2000)	ficers and addresses, etc. \$12.00.	\$	
He leaves a son, two daughters,	U.S. Bylaws and operating regulations, for		- an a Lanatur 7 mill	
seven grandchildren and one great	records, course measurement, etc. 152 p	bages. \$12.00.	\$	to anno.
grandchild. He continually encour-		17 wemen's individual events. All events		
aged them to participate in track. At his memorial, his children and grand-		17 women's individual events. All events, an e included: decathlon, heptathlon, indoor &	A statistic contraction	UP PROUNTAINS
children participated with heartfelt	outdoor pentathlon, indoor heptathlon, and	I weight pentathlon. Brief scoring instruction	s, aut of the law and the second	ALL WELL REAL
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lives. He will be missed. - Leon and Betty Joslin	automatic times are included. In English a Masters Racewalking	nd German. Pocket size (472 x 6).\$12.00.	\$	
- Leon and Berry Josin		are ideas on Technique, Training and Rac	ing.	
when a the model and one with it	This book is a unique and complete reso		\$_	
Some readers provide addi-	USATF Logo Patch 3 color embroidered USATF Race Walking Patch. 3-color em			
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tributions of \$25, \$50 or \$100	back with military clutch). \$5.50.		\$_	
a year. If you are able, we urge you to join them. All contribu-	USATF Decal. 3-color. 3" x 2-1/2". \$2.00. Guide to Prize Money Races and Elite		\$_	
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the new Masters Age Records	alphabetical listing (including masters) w			
book and will be listed in the	phone numbers, calendar for over 400 pr Running Research News	rize money events, and more. \$64.00.	\$_	
paper as a National Masters News sustainer.	Bi-monthly newsletter. Contents include t	he latest scientific information on en-		
	durance training, sports nutrition, and inju	ury prevention. \$35.00 per year.	\$_	- and a start of
	Masters Track and Field: A History, by			
	Olson, a masters competitor since 1970, from its start in San Diego in the late 196	Sos to its expansion into present-day world		
NEED	championships, with emphasis on the pe			
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Help is Just Around the Corner

I hast November's column, I mentioned an e-mail from a woman with concerns about her powerlifter husband, 42, who had decided to take up the shot or hammer. She was seeking instruction and competition information for him, and asked for help.

My call for responses resulted in more letters and e-mails from throwers seeking advice than from those offering it. One response was interesting in that the writer, Bob Chase, offered advice and noted a scarcity of throwers in that area of Arizona where he is snowbirding from Maine, giving me the impression that he might appreciate some coaching or company himself. I sent him the names of a couple of Arizona throwers.

The Path to T&F

One of the reasons I asked him for permission to publish his letter is that I think it reflects, in some ways, the path many people, and not just throwers, take to get into masters track and field. Before I bought a hammer, I practiced with a 16# shot wrapped in a beach towel in my back yard in hopes of getting the feel of the event.

Another reason is that he, soon to be 80, has regained his appetite for the sport. Here is Chase's letter:

"I am a self-taught hammer thrower, starting when I was 13 and weighed

> 2001 Weight Pentathlon Needs Site

By DICK HOTCHKISS USATF Masters Weight Events Coordinator

Wanted: Eastern site for the 2001 Weight Pentathlon Championships. Facility should have multiple rings to accommodate men's and women's events simultaneously. Order of events is hammer, shot, discus, javelin, and weight throw.

Intersecting impact areas are not acceptable. Grass javelin runways are OK. Expect at least 60 participants. September is an ideal time frame, but other options are fine.

We take care of scoring. You provide USATF officials, sanctions, implement scales, and awards. Post-meet food is traditional but optional. Contact me, or Rex Harvey (see addresses on p. 3). 135 lbs. As a senior in high school I stood $6^{-1/2}$ and weighed 155. My best toss was 172-0 with the 12#. In college my best with the 16# was a few inches over 162. I then still weighed 155. I say this only to establish my bonafides. Neither my high school nor college coach had ever picked up a hammer. I will be 80 next April.

"Last October, I decided to take up throwing again, 58 years after winning the Yale meet in May 1942 and entering the service. I bought a 16# and began. I am now up to 70-0 with it, plus or minus a few – more minus than plus. My turns leave much to be desired.

"I offer the following for what it may be worth. Hammer throwing requires certain basics which any natural athlete has: balance, coordination, timing, strength, and desire. The speed of rotation of the ball depends entirely on these four and is the primary element deciding the distance of the throw. Very elemental.

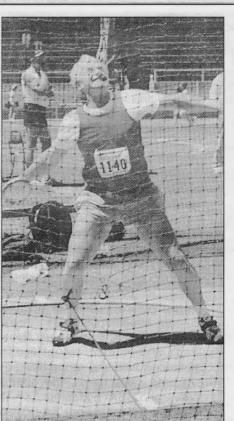
Beyond the Basics

"But there are other factors. The low point of the ball is very important in the swing. Only constant trial and error can determine this for each individual, as it will determine the distance, along with speed of rotation, as well as ease of turning. I stress constant trial. Timing of release is also determined through trial and error. Pay

Coaching/Training List to be Updated

An updated Masters Coaching/Training list will be published in the March issue. The list contains contact information of individuals and groups who offer coaching and training advice to masters men and women in track & field, long distance running, and racewalking.

Additions and changes should be sent to the National Masters News, P.O. Box 50098, Eugene, OR 97405, or natmanews@aol. com, before the Feb. 10 deadline.



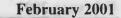
JERRY WOJCIK Lad Filip, 2000 M70 national champion in the weight pentathlon (4737).

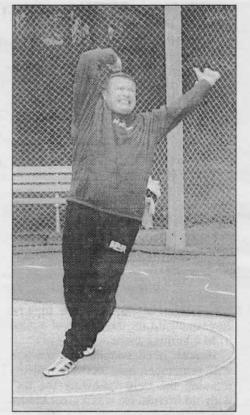
attention to feel here. It develops over time.

"I have always used the heel-andtoe method of turn. It worked for me. There may have been recent developments in this that I am not aware of. I assume toe-to-toe is the only other method for turns.

"Practice, practice, practice is the only way I know of improving. As a weightlifter, the competitive powerlifter referred to in your November column understands that implicitly. His wife can camcorder his practice, and he can decide what doesn't look right for balance and coordination. I wish him luck and hope he finds it as satisfying physically and mentally in the challenge as I do."

Potential masters and those already in the loop can find support from other





JERRY WOJCIK

Ken Jansson, 2000 M40 national champion in the weight (18.10) and superweight (11.58), Seattle, Wash.

sources. A list of masters or mastersfriendly clubs is published twice a year in the NMN. The last was in the December 2000 issue. Some are thrower-specific; most are LDR oriented, but might be able to refer you to throwers (and jumpers) in their areas. A Masters Coaching and Training list is also published by the NMN twice a year, the latest in September 2000.

Both lists are available on the NMN web site: natmanews@aol.com. The Internet is another source for training advice; much of it, however, does not focus on masters. The increasingly, and, sadly, obsolescent public library is still a good track & field resource.

If all else fails, contact me and maybe I can point you in the right direction, as long as you don't ask me for coaching advice. I need some myself.



The 2001 Edition of the M&F Everything Track and Field Catalog has just been published and is available upon request. In addition to track and field basics such as vaulting poles, javelins, throwing implements of all hurdles, starting types, blocks, pits and more, this year's edition offers a special 14 page strength and conditioning section aimed at improving agility, balance, speed/quickness, strength and power. For your copy, call toll-free 1-800-556-7464 or toll-free fax 1-800-682-6950. Also available by mail, write M-F Athletic, P.O. Box 8090, Cranston, RI 02920-0090.

Masters to Compete at National Meets

By JOHN COSGROVE

Coordinator, Masters Legend Committee

Since 1997, a group of masters track enthusiasts has been working to get masters races included in various open national track and field competitions. Last year they were successful in having two handicapped women's masters races included in the Olympic Trials. This year the following outdoor races are being negotiated with the meet directors of these events:

• Indoor National Championships -Friday 6:30 p.m., March 2, Atlanta, Ga.

M40 Mile } see sidebar • Mt. SAC Relays - April 15, Los

Angeles, Calif. W 100 distance handicapped

W 800 time handicapped

M 800 time handicapped (tentative) M40+ 100 race, organized separately by Stan Whitley.

• Prefontaine Classic - May 27, Eugene, Ore., is a possibility to follow up last year's W40 800. This is still being discussed with nothing definite until meet director Tom Jordan approves the plan. If a race were approved, it would likely be an M40 middle distance event.

 USATF Outdoor Championships – June 21-24, Eugene, Ore.

W 100 distance handicapped

W 800 time handicapped M 100 distance handicapped M 800 time handicapped

(Not all of these races may be held. The two women's races were held last year at the Olympic Trials and were well received. The meet directors have not yet approved the races or indicated how much time the masters races will be allotted in the schedule.)

In general, all participants will have to provide their own transportation to the meets. In the past, we have been successful in getting supporters to provide housing in private homes, but this is not guaranteed. The committee is attempting to locate sponsors to provide prize money purses for at least some of the races. This is being negotiated, and it is still uncertain which races, if any, will offer prize money.

The invited participants will be those who have demonstrated that they would be competitive in the handicapped races. In order to provide the opportunity to participate to as many masters runners as possible, we are soliciting names of potential runners. If you are interested in competing, please send your name and most recent times in the distance you are interested in to Jackson Steffes at JTSteffes@worldnet.att.net. The competitors will be selected from the list of respondents by a committee of the people who have been arranging the competitions.

Master Miles Scheduled for Open Indoor Championships

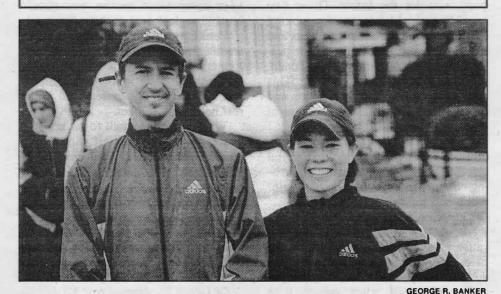
Men and women masters will run in exhibition mile races at the USATF Indoor Championships in Atlanta on Friday, March 2. Mark Cleary of the Masters Legend Committee is putting together fields for the event. "We have a few spots left and are looking specifically for masters men who can do 4:30 for better. Women need to be capable of a 5:30 or better. The maximum for each field will be 12, but we will not take anyone who cannot meet the minimum standards."

To date, the men's field consists

of Anselm LeBourne, Graeme Fell, Jamin Aasum, Noland Shaheed, Steve Nearman, Kevin Ostenberg, Dave Clingan, and Dave Van Houten. Johnny Gray has voiced an interest but is not confirmed.

The women's field so far has Madelyn Noe, Patty Ford, Janice Mora, Carolyn Smith-Hanna, Robinson, and Rose Sabrina Monday.

Interested runners who can meet the standards are urged to contact Cleary at runnermark@home.com, or 949-589-0242.



Chris Fox, 42, overall winner (25:11), adidas Stripe Route 1 8K, Gaithersburg, Md., Nov. 12, with Christine Junkerman, first female overall.



Age-group winners in the 55-59 divisions with Santa Claus (standing, from I): Sarah Pettinato, Irene Robinson, S. Claus, Helma Clavin; (kneeling, from I): John Rau and Dan Badalament, Ho Ho Ho Holiday 5K, Bethpage, N.Y., Dec. 17

Masters National Championship Grants

by DOUG SCHNEEBECK

Although masters national championships occur in a variety of locations around the U.S., travel, even within the region where the championships meet is held, can be prohibitively expensive. For financial resons alone, many active athletes have never had the opportunity to compete in a national meet.

USATF's Masters Committee is moving forward with plans to launch a donation-based program, which will provide partial and/or complete financial assistance for selected athletes to attend national championship meets. The committee hopes to develop application and selection criteria on a timetable which will allow the application and fund raising process to occur in time to provide grant funding for this summer's National Masters Championships in Baton Rouge, La.

Initially, the Committee plans to look to individual donors to support the program, but sponsorship opportunities will be offered. All contributions to the program will be tax deductible, and administrative expenses, if any, are expected to be minor. The Committee hopes to identify representatives from each region to help establish selection criteria, and to develop and implement the initial application and selection process. If you are interested in helping, please contact me by e-mail (DGS@mod rall.com) or phone (505-848-1869).

Boyd Wins Trip to Hungary

Marie Boyd has won herself an allexpenses-paid trip to Budapest, Hungary. As the masters winner of the Avon Running National Championship 10K in Phoenix, Ariz., Dec. 10, Boyd will join six other Avon open and employee athletes for a chance to vie for the Avon Global Championship 10K title in Hungary on Oct. 14.

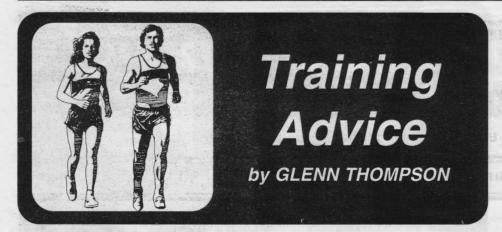
Boyd outduelled a strong masters

field in Phoenix, including invited racers from numerous regional Avon events. Her 35:41 was good for 8th overall, and \$100 in masters prize money. Sabrina Robinson, 43, Tempe, Ariz., 35:55, was the masters runner-up.

Over 1000 runners participated in Phoenix's day of racing, which included a 5K and a half-mile Santa Sprint for children.

National Masters News

February 2001



A Blueprint for Throwing Success

t 37 years of age (with 38 fast approaching), I still have a zeal for tossing inanimate objects. There's something about a clear day in the mid-70s with a slight crosswind from the left and getting a pull on the discus that feels like it's starting in the next zip code, then letting it rip and belting out that roar that only comes when you really hit one.

The year 2000 ended a string of four years where I had PR'ed in the shot put and discus, all in my mid-30s. Included in that string was a PR (61-3) that qualified me to compete at the 1999 USATF Championships in the shot at age 36 with the likes of Godina, Bloom, Hunter and Nelson.

I seek not to blow my own horn, as I don't consider myself remarkable. In many ways I am quite average, and that's why I think I can offer you a few tips on how to maximize both your abilities and time.

The place to begin is with an honest self-assessment. Let's look at a couple of key factors:

Commitment: How much time do you have for throwing? Take a good look at your schedule and determine how many evenings, hours, and after-

JERRY WOJCIK Becky Sisley, Eugene, Ore., Northwest Regional Masters Coordinator, was voted 2000 Masters Administrator of the Year by the Masters Awards Sub-Committee at the annual meeting in Albuquerque. noons are available to you. A consistent approach will lead to maximizing your abilities.

General Physical Preparedness: In short, what kind of shape are you in? Although throwing lends itself to carrying a few extra pounds, 40 or 50 pounds of excess bodyweight will limit your performance and lead to injury and physical distress.

The old adage, "train smart, not hard" must have its origin with some sage masters thrower. In a world where more is better, for a masters athlete that can lead to disaster.

During the teenage years and into young adulthood, athletes respond positively to almost all stimuli. But as the years pass, (strategically) less is often more.

Event Training

At some point you have to pick up that shot, javelin, discus, hammer, or weight and practice. How often should you throw? This can depend on several factors. As a general guideline, a minimum of twice a week is a must to maintain some technical sharpness. Any less and muscle memory fades and your nervous system must retrain itself. Three times a week is more beneficial in this respect, including competition. If you throw four or more times a week consistently, you run the risk of joint soreness and diminishing returns.

If you are actively participating in all the events (such as in a weight pentathlon), you have a serious balancing act to maintain technical sharpness while not running yourself into the ground.

As a rule of thumb, each time out to the circle or runway you should eagerly anticipate that workout, rather than viewing it as a chore. If your body is telling you, "I'm not ready to throw today," it's time for the brain to listen.

Always have a plan. That is, every time you head out to practice you should have one or two technical points to work on. The same carries over to every attempt.

Vary the Implements

Do not be afraid to use varied weight implements. As the shot is my primary focus, my favorite implement is the 14# shot. I use it almost exclusively in practice, often only throwing the 16# in competition. To me, the lighter implement feels much the same as the 16# does on meet day when the competitive juices have kicked in. I firmly believe that crushing a big throw in practice with the 14# leads to the same in competition. My practice throwing is geared toward explosiveness, much the same as my weight training, which I will discuss later. Heavy implements have their best value in the off-season and during the spring before the outdoor season.

When something clicks, be sure to make a few notes on paper. Experienced throwers know they spend more time out of the groove than in. Having a reference point to fall back on can save you hours, days, weeks, months, and even years of frustration.

The only thing better than notes is a camcorder. It's amazing how you think you are executing something perfectly, yet when you see yourself on film it's downright awful. The majority of my throwing sessions are solo, and I consider any session not filmed as wasted. You begin formulating key points for your next session as soon as you pop that tape in the VCR.

Lift To Throw, Don't Lift to Lift I don't know who said that first, but its beauty is in the simple message. With the exception of those adventurous folks who find joy in the weight events, the heaviest implement thrown will be from 16# to 3kg, based on your gender, age and event. Throwing is an explosive, ballistic pursuit. Everything you do should be geared toward accelerating that implement. While having a 450-pound bench and a 600-pound squat are admirable accomplishments, they don't necessarily guarantee success as a thrower.

I am a proponent of the Louie Simmons system. Louie is a powerlifter from Ohio who squatted over 900 pounds at age 52. With all variables being equal, Simmons is stronger at age 52 than at 42, at 42 stronger than at 32, and so on. Simmons espouses an approach that is equal parts maximal lifting and explosive development.

Weekly training is essentially divided into four sessions, two for the upper body, two for the lower. Those two sessions are split into one for moving max weights in partial movements and assistance exercises, and one for performing the core exercises (bench, squat) as explosively as possible. This dual development of brute force and sheer speed is ideal for the typical thrower.

I don't have the space here to fully outline the Simmons program, but you can find out more on the web by visiting http://deepsquatter.com/strength/ archives/louie/.

One note, many find that the four workouts per week are excessive and cause breakdown. Should that be the case, you may want to alternate max weight and speed weeks. This is especially important when mixed with throwing practice in-season.

I haven't mentioned them specifi-



JERRY WOJCIK

Joan Ottaway, broke W55 world records in the mile (5:49.42) and 3000 (11:25.05), 2000 National Masters Indoor Championships, Boston. This year's championships will be held March 23-25 in Boston.

cally, but do not leave out the Olympic lifts. Power cleans and snatches are explosive in nature and promote the total body system working in sequence.

Plan Ahead

For the non-indoor competitors, after busting your humps all fall and winter, it's time to compete. Now your challenge is to get the most out of yourself. You need to take a look at your competition calendar and determine when you plan to throw the farthest. It is physically impossible to be at your maximum capabilities every time out. Depending on the length of your competition season, you should be able to peak two or three times.

Peaking involves shifting your training focus to lighter weights and lighter implements to maximize explosiveness. It also involves additional rest. Give yourself at least 48 hours rest before a big meet.

While it is important to set realistic goals, never sell yourself short. Train smart, not hard, and your next PR is just around the corner. I'm already envisioning mine!

(Glenn Thompson is Editor/ Publisher of the Long & Strong Throwers Journal, a quarterly print publication focusing on technique, training, pro-files, and throwing news. Cost is \$20 per year, payable to LSTJ, 3604 Green St., Harrisburg, PA 17110. Visit the web site at www.longandstrong.com) ewski exception isochisti

NATIONAL MASTERS NEWS

The official world and U.S. publication for Masters track & field, long distance running and race walking

Records Section

76 9

February 2001

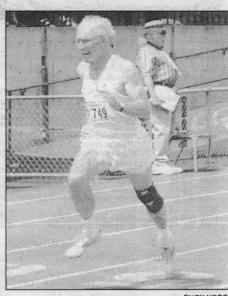


No hand times recorded after May 1, 1994 (world) or Jan. 1, 1991 (USA) for races of 400 meters or less are considered for five-year age-group records. However, hand times achieved prior to those dates will continue to be included in the lists until broken by a superior time.

The official USATF record form is printed on this page. U.S. athletes and officials should use this form when applying for a U.S. or world record.

Non-USA athletes should use the WAVA record form, which is published in the WAVA Handbook and the April 2000 issue of NMN. It will again be printed in the April 2001 NMN along with the new list of outdoor records.

Both the world and USA Records Committees are working to prepare one uniform record form to be used in the future. \Box



SUZY HESS Mel Larsen, of Iowa, set the M75 world indoor record (8.67) in the 60m at the 2000 Boston National Championships.

STARTER'S CERTIFICATE

9. I hereby certify that I was the starter for the event above-mentioned, that it was a fair start and no advantage was given to or taken by the claimant. (Refer to Rules)

(Signature of Starter) (Address or USATE Official's Registration Number)
A newspaper clipping and marked program should be attached and made part of the application.

10. Measurers' Certificate for Track and Field Events (a or b)

(Signature of Starter) (Address or USATE Official's Registration Number) (Signature of Starter) (Address or USATE Official's Registration Number)

(a) Track Events

The above certify that we measured, with a metric steel tape, the course over which the above event was held and that the exact distance was:

_____meters _____centimeters, or _____miles ____yards _____feet ____inches, the length of one lap was _____meters _____centimeters or ____yards _____feet ____inches, that there was a 2 inch raised border on the inner edge of track, and that the maximum allowance for lateral inclination did not exceed 1:100 and the running direction 1:1000. (b) Field Events

The above certify that the lateral inclincation of the runway or circle did not exceed 1:100 and in the running direction 1:1000. (Refer to Rules, in case of world record.)

THROWING EVENT IMPLEMENT CERTIFICATION

11. I certify that I weighed and measured the implement(s) used in making the throwing event distance mentioned above, and that said implement(s) were in strict accordance with the existing rules of the Interational Amateur Athletic Federation.

(Checker of Implements	s)	(Address or USATF Official's Registration Number)
J	UDGES' CERTIFICATE	(FIELD EVENT)
measured with a metric tap	e (Judges and Referee shall	osite our respective signatures is exact as read measurement.) unway complied with the IAAF specifications
(Distance or Height)	(Signature of Judge)	(Address or USATF Official's Registration Number
(Distance or Height)	(Signature of Judge)	(Address or USATF Official's Registration Number
(Distance or Height)	(Signature of Judge)	(Address or USATF Official's Registration Number
CI	ERTIFICATION OF FOR	M (Shot, Javelin, Walks)
13. I hereby certify that pro-	oper form was used in the re-	ecord performance hereby applied for.
(Event Chief Judge)	(Add	ress or USATF Official's Registration Number)
	GUARANTEE BY	REFEREE
		this form is accurate, and that all the Federation were complied with.
(Signature of Referee)		ddress or USATF Official's Registration Number)

Age Records

Masters

New Indoor Age-Group Records Compiled

In this issue are the new world and U.S. five-year age-group track and field records for men and women. The world marks are those compiled and approved as of July 20, 2000, by the Records Committee of the World Association of Veteran Athletes (WAVA). The U.S. records are those compiled and approved, as of Dec. 3, 2000, by the Masters Track and Field Records Sub-Committee of USA Track & Field (USATF). Both committees are headed by Peter Mundle.

THIS FORM SHALL BE USED FOR AMERICAN AND WORLD RECORDS IT MAY BE USED FOR COLLEGIATE OR OTHER JURISDICTIONAL PERFORMANCES

APPLICATION FOR RECORDS

Send to:

Pete Mundle, Chairman, USATF and WAVA Records Committee, 4017 Via Marina, #C-301, Venice CA 90291, USA.

The second second second

To THE RECORD COMMITTEE:

Application is hereby made for a record in support of which the following information is submitted:

Description of Record:

(Chief Timekeeper)

World American Association_ _ Championship ____ Collegiate__ Age____ Group____ Masters____ Junior (All applications for Junior, Age Group, or Masters records must be accompanied by copy of birth certificate or other proof of age) (Indicate) 1. Event_ Men/Women 2. Date and Time of Day 3. Record claimed (state, time, distance, height or points achieved)______ Indoor/Outdoor 4. Where held (Arena, Town and Country)____ 5. Force of following wind ____ Anemometer___ Attendants Signature 6. Name of Competitor, Club and Country_ (print)

(In relay events, the full names of the competitors should be printed in their running order)

AUTOMATIC TIMING

(If fully automatic timing was used, complete this section, regardless of the distance of the race and attach a print of the photo) 7. A fully automatic timing device, made by ______, was used The time recorded was _______, and this was the official time.

(Photo Evaluator) (Address or USATF Official's Registration Number)

(Address or USATF Official's Registration Number)

TIMEKEEPER'S CERTIFICATES

8. I, the undersigned official timekeeper of the event above mentioned, do hereby certify that the time set opposite my signature was the exact time recorded by my watch, and that the watch used by me has been certified and approved by my National Association. (Refer to Rule).

Time	2	be fish Pents in a	fine and many in this is
Time	35 ¹ · · · · ·	(Signature of Timekeeper)	(Address or USATF Official's Registration Numbe
Time _	in the	(Signature of Timekeeper)	(Address or USATF Official's Registration Number
Time _	1.	(Signature of Timekeeper)	(Address or USATF Official's Registration Number

(Signature of Timekeeper) (Address or USATF Official's Registration Numb I confirm that the above Timekeepers exhibited their watches to me and that the times as stated are correct.

(Signature of Referee or Chief Timekeeper)

World Track & Field Indoor Age-Group Records

Approved by the Records Committee of the World Association of Veterans Athletes as of July 20, 2000

Men's World Indoor Records				High Jump	NAME(COUNTRY)	AGE		400 Meters DIV. MARK NAME(COUNTRY)	AGE MEET DATE
60 Meters DIV. MARK M40 6.97 M45 7.02 M50 7.34 M55 7.53 M60 7.7 M65 7.8 M70 8.39 M75 8.67 M85 9.39 M85 11.00	NAME(COUNTRY) Eddie Hart(USA) Stan Whitley(USA) James E. St-Cyr(USA) Hugo Hartenstein(USA) Payton Jordan(USA) Cecil Paul(CAN) John O'Neill(CAN) Melvin Larsen(USA) Roderick Parker(USA) Wiktor Burgren(SWE) Karl Trei(CAN)	40 45 51 55 60 66 70 75 80 85	MEET DATE 3-24-90 3-23-91 1-16-00 3-24-90 1-07-78 3-08-86 3-05-94 3-25-00 3-27-99 3-07-98	M40 2.10 M45 1.92 M50 2.00 M55 1.76 M60 1.65 M65 1.62 M70 1.49 M75 1.38 M80 1.27 M85 1.06 M90 0.89 M95 0.86	Dwight Stones(USA) Mark Chelnov(URS) Thomas Zacharas(GER) Mark Zhelmov(UKR) Jim Gilcrist(USA) Nils-Bertiv Nevrup(SWE) Rolf Gustavsson(SWE) Esko Kolhonen(FIN) James Elliot(USA) Karl Trei(CAN) Everett Hosack(USA)	40 48 50 55 62 65 70 75 81 85 90 95	3-25-94 3-18-90 3-02-97 2-26-00 3-19-93 1-12-97 3-07-92 3-19-95 3-27-99 3-27-99 3-27-99 3-02-97	W35S3.13Nadez Olizarenko(URS)W4056.82Tilly Verhoef-Jacobs(NED)W4559.86Caroline Marter(GBR)W5065.63Marjorie Hocknell(GBR)W5567.38Diane Palmason(CAN)W6070.69Carolyn Cappetta(USA)W6576.56Audrey Lary(USA)W7088.79Patricia Peterson(USA)W7082.503Pearl Mehl(USA)W802:25.03Pearl Mehl(USA)W852:39.23Ivy Granstrom(CAN)800Meters	35 2-25-89 40 2-02-97 46 3-02-97 50 3-20-94 56 2-25-95 60 1-05-96 65 3-26-90 71 3-28-98 75 3-22-97 80 2-25-95 87 3-27-99
M90 13.64 M95 16.96 DIV. MARK M40 22.19 M45 22.57 M50 23.76 23.76 M55 24.09 M60 25.10 M65 26.41 M70 27.40 M75 29.57	Karl Tre(CAN) Everett Hosack(USA) Bill Collins(USA) Bill Collins(USA) Harold Monoka(CAN) Charles Allie(USA) Stephen Robbins(USA) Larry Colbert(USA) Charles Williams(USA) Allan Meddings(GBR) Melvin Larsen(USA)	90 95 AGE 44 48 50 51 55 61 66 70 75	3-27-99 3-01-97 MEET DATE 2-26-95 2-14-99 3-21-93 3-28-99 2-15-98 3-29-98 3-02-97 3-01-98 3-26-00	Pole Vault DIV. MARK M40 5.18 M45 4.77 M50 4.29 M55 4.05 M60 3.91 M65 3.42 M70 3.15 M75 2.82 M80 2.44 M85 1.67	NAME(COUNTRY) AGE Earl Bell(USA) Wolfgang Ritte(GER) Jerry Cash(USA) Hans Lagerqvisit(SWE) Dale Lance(USA) Jerry Donley(USA) Boo Morcom(USA) Carol Johnston(USA) Carol Johnston(USA) A.E. Pitcher(USA)	MEE1 40 46 51 58 60 65 71 76 82 86	F DATE 8-26-95 3-08-99 2-08-09 3-06-99 3-27-98 2-25-95 1-08-93 3-19-88 3-25-94 3-19-88	DIV. MARKNAME(COUNTRY)W35 2:01.49Doina Melinte(ROM)W40 2:01.59Y Potkopayeva(URS)W45 2:19.7Caroline Marter(GBR)W50 2:25.6Pat Gallagher(GBR)W55 2:37.34Gerda van Kooten(NED)W65 2:56.63Jean Horne(CAN)W70 3:28.75Toshiko d'Elia(USA)W75 3:46.79Louise Adamst(USA)W80 5:16.53Ivy Granstrom(CAN)W85 5:59.98Ivy Granstrom(CAN)1500 Meters	AGE MEET DATE 35 3-11-92 41 2-08-94 46 2-01-97 51 2-01-97 55 1-29-95 60 3-17-96 65 3-29-98 70 2-13-00 75 3-23-97 84 3-31-96 87 3-28-99
M80 32.9 M85 39.14 M90 p68 6 M95 66.78 400 Meters DIV. MARK M40 49.14 M45 49.89 M50 52.72 M55 54.36	Barry Ivers(USA) Bert Morrow(CAN) Mikko Salonen(FIN) Everett Hosack(USA) NAME(COUNTRY) Elvis Ford(BAR) Fred Sowerby(USA) Harold Monoka(CAN)	80 85 90 95 AGE M 40 45 52 56	3-17-91 3-29-98 87 4-06-97 MEET DATE 2-18-00 1-29-94 2-25-95 3-27-99	Long Jump DIV. MARK M40 7.52 M50 6.50 M50 6.50 M55 6.34 M60 5.58 M65 5.31 M70 5.05 M75 4.31 M80 3.63 p.3.77	NAME(COUNTRY) Barrington Williams(GBR) Tapani Taavitsainen(FIN) Pertti Ahomaki(FIN) Stig Backlund(FIN) Dick Richards(USA) Melvin Larsen(USA) Melvin Larsen(USA) Melvin Larsen(USA) Thomas Walsh(USA) Aate Lehtimek(FIN)	AGE 40 45 51 55 61 68 70 75 81 80	MEET DATE 3-02-96 2-03-90 3-23-97 3-19-95 3-22-97 1-13-91 2-25-95 3-25-00 3-15-98 3-11-00	DIV MARK NAME(COUNTRY) W35 4:03.08 Mary Slaney(USA) W40 4:05.19 Y Podkopayeva(URS) W45 4:44.0 Pat Gallagher(GBR) W55 4:51.8 Pat Gallagher(GBR) W55 5:20.29 Gerda van Kooten(NED) W60 5:54.62 Brigitta Eklund(SWE) W65 6:14.16 Joselyn Ross(GBR) W70 6:50.6 Jose Waller(GBR) W75 7:43.3 Pearl Mehl(USA) W80 12:37.13 Pearl Mehl(USA)	AGE MEET DATE 38 3-01-97 44 3-09-97 45 1-17-90 52 2-08-98 56 3-17-96 61 3-07-99 65 3-20-94 70 3-20-93 75 4-01-89 80 2-25-95
M60 56.32 M65 59.53 M70 61.31 M75 69.59 M80 75.58 M85 1:40.86 M90 p2:47.3 800 Meters	Larry Colbert(USA) Earl Fee(CAN) Earl Fee(CAN) Gote Lindblad(SWE) Rodenck Parker(USA) Russell Randall(USA) Mikko Salonen(FIN)		3-22-97 2-25-95 3-27-99 3-07-99 3-27-99 3-20-93 87 MEET DATE	M85 ³ .12 M90 2.49 Triple Jump DIV. MARK M40 16.08 M45 14.82 M50 13.72 M55 12.92 M60 12.49	Kari Trei(CAN) Kari Trei(CAN) NAME(COUNTRY) Ray Kimble(USA) Milan Tiff(USA) Stig Backlund(FIN) Stig Backlund(FIN) Stig Backlund(FIN)	85 90 AGE 40 46 50 59 60	3-04-95 3-26-99 MEET DATE 294 2-26-95 3-04-90 3-06-99 3-12-00	One Mile DIV. MARK NAME(COUNTRY) W35 4:59.28 C Urish-McLatchie(USA) W40 4:57.71 Patty Blanchard(CAN) W45 5:20.76 Kathryn Martin(CAN) W50 5:40.1 Mila Kania(USA) W56 6:59.89 Joan Ottaway(USA) W60 6:35.55 Jeanne Hoagland(USA) W65 6:59.89 Toshiko d'Elia(USA) W70 7:29.22 Pearl Mehl(USA) W75 8:26.79 Louise Adams(USA)	AGE MEET DATE 35 3-28-87 41 3-28-99 48 3-25-00 51 3-20-83 56 3-25-00 62 3-28-99 67 3-22-97 73 3-228-87 75 3-23-97
M40 1 54 68 M45 1 57 32 M50 2 03 55 M55 2 08 15 M60 2 14 75 M65 2 16 80 M70 2 20 45 M75 2 42 35 M85 3 13 39 M85 3 46 96	Anseim Lebourne(USA) Peter Browne(GBR) Notan Shaheed(USA) Reginald Phipps(GBR) Sidney Howard(USA) Earl Fee(CAN) Earl Fee(CAN) James Todd(GBR) Roderick Parker(USA) Vincent Malizia(USA)	40 45 50 56 60 65 70 75 80 85	2-15-00 1-29-95 3-26-00 1-17-99 2-26-99 3-27-94 3-28-99 3-02-97 3-28-99 3-26-00	M65 10.92 M70 9.99 M75 9.38 M80 8.10 M85 6.67 M90 5.18 Shot Put (35-4 DIV. MARK	Arfelio Compri(ITÁ) Vaciav Barti(SWE) Ed Lukens(USA) Esko Kolhonen(FIN) Karl Trei(CAN) Karl Trei(CAN) 49: 16#; 50-59: 6Kg; 60- NAME(COUNTRY)	65 70 75 81 85 90 69: 5K	3-03-90 3-23-96 3-21-97 3-19-95 3-25-94 3-28-99 g; 70+: 4Kg) MEET DATE	W80 12:05.93 Ivy Granstrom(CAN) W85 13:00 96 Ivy Granstrom(CAN) 3000 Meters Ivy Granstrom(CAN) DIV. MARK NAME(COUNTRY) W35 8:39.14 Regina Jacobs(USA) W40 9:15.91 Nicole Leveque(FRA) W45 9:11.67 Nicole Leveque(FRA) W50 10:17.53 Pat Gallagher(GBR) W50 11:25.05 Joan Ottaway(USA) W60 12:08.8 Molly Turner(CAN)	84 3-30-96 87 3-28-99 AGE MEET DATE 35 3-05-99 44 2-26-95 45 2-11-96 51 1-04-97 55 3-24-00 60 3-05-94
1500 Meters DIV. MARK M40 3.45.3 M45 4.03.69 M50 4.14.73 M55 4:27.01 M60 4.37.80 M65 4:47.11 M70 5:27.4 M75 5:37.28 M80 6:19.34 M85 8:16.73	NAME(COUNTRY) Eamonn Coghlan((RL) John Potts(GBR) John Potts(GBR) John Potts(GBR) Barl Fee(CAN) Austin Newman(USA) Rune Bergman(SWE) Ernie Warwick(GBR) Vincent Malizia(USA)	AGE 40 45 50 55 61 65 70 75 80 85 90	MEET DATE 2-26-93 3-09-90 2-26-95 2-14-00 3-20-94 3-28-94 3-23-86 3-12-00 3-02-96 2-06-00	M55 15.74 M60 16.83 M65 15.28 M70 14.39 M75 12.88 M80 11.58 M85 9.68	Brian Oldfield(USA) Ed Hill(USA) Ladislav Pataki(USA) Joe Keshmiri(USA) Reino Nokelainen(FIN) Vortto Elo(FIN) T VonWachenfeldt(SWE) Vortto Elo(FIN) Franz Meier(SWI) Ross Catter(USA) Vaino Sirula(FIN) Everett Hosack(USA)	40 45 52 56 60 67 71 75 81 85 91 97	3-19-88 2-14-99 2-25-95 	W65 13:09.42 Joselyn Ross(GBR) W70 14:13.7 Jose Waller(GBR) W75 15:43.66 Louise Adams(USA) W80 23:41.32 Ivy Granstrom(CAN) W85 25:57.92 Ivy Granstrom(CAN) BOW WARK WARK NAME(COUNTRY) W30 8.04 Y. Chernyshova(RUS) W40 8.8 Judy Vernon(GBR) W45 9.18 Phil Raschker(USA) W50 9.38 Phil Raschker(USA)	65 3-20-94 70 3-20-93 75 3-21-97 84 3-29-96 87 3-26-99 AGE MEET DATE 35 1-27-93 40 1-04-86 48 2-25-95 50 4-06-97 59 3-06-99 61 3-13-93
M90 14:28.4 One Mile DIV. MARK M40 3.58.13 M45 4:21.90 M50 4:35.51 M55 4:52.81 M60 5:01.76 M65 5:13.3 M70 5:32.4	Mikko Salonen(FIN) Eamonn Coghlan(IRL) Albin Swenson(USA) Nolan Shaheed(USA) Victor Heckler(USA) Dan Conway(USA) Earl Fee(CAN) Scotty Carter(USA)		88 MEET DATE 2-20-94 2-26-93 3-25-00 12-13-97 3-27-98 3-23-96 3-15-87 2-26-00	M45 12.38.71 M50 12.34.9 M55 13.51.46 M60 14.34.28 M65 15:39.67 M70 17:03.33	alk NAME(COUNTRY) Ray Funkhouser(USA) Donald Denoon(USA) James Carmines(USA) Dave Romansky(USA) George Chaplin(GBR) Jack Starr(USA) Chico Scimone(ITA) James Grimwade(GBR)	AGE 42 49 50 55 60 65 70 75 80	MEET DATE 1-10-93 2-20-93 2-04-94 3-27-99 3-27-99 3-02-96 3-27-99 2-14-87 3-20-93	W55 10.98 Rietje Dukman(NEÚ) W60 10.86 Asta Larsson(SWE) W65 11.24 Asta Larsson(SWE) W70 14.98 Leonore McDaniets(USA) High Jump DiV. MARK DIV. MARK NAME(COUNTRY) W35 1.94 Y. Panikarovskikh(RUS) W40 1.72 Debbie Brill(CAN) W45 1.58 Phil Raschker(USA) W55 1.48 Renate Vogel(GER) W50 1.32 C. Schmalbruch(GER)	65 2-28-97 70 4-05-98 AGE MEET DATE 35 2-08-95
M75 6:27.16 M80 7:04.2 M85 8:33.11	John Hosner(USA) Paul Spangler(USA) Vincent Malizia(USA)	85	3-18-79 3-25-00		NAME(COUNTRY)			W40 1.72 Debole Brill(CAN) W45 1.58 Phil Raschker(USA) W50 1.53 Phil Raschker(USA) W50 1.53 Phil Raschker(USA) W50 1.53 Phil Raschker(USA) W60 1.32 C. Schmalbruch(GER) W65 1.23 Christa Happ(GER) 1.23 Elsa Enarsson(SWE) 1.23 Leonore McDaniels(USA) W70 1.19 Leonore McDaniels(USA) W75 1.00 Margaret Hinton(USA) W85 0.80 Margareta Sarvana(FIN)	41 2-25-95 48 2-25-95 50 3-23-97 55 3-06-99 62 3-06-99 65 12-10-95 65 3-21-93 70 3-07-98 77 3-27-99 82 3-26-00 85 1-26-94
DIV MARK M40 8:20.16 M45 8:36.64 M55 9:23.43 M60 9:43.88 M65 9:11.160 M70 11:08.49 M75 12:12.72 M80 14.10.79 M85 18:54.49	NAME(COUNTRY) Nigel John Gates(GBR) Klaus Goldammer(GER) Les Presland(GBR) Stephen James(GBR) Andrew Brown(GBR) Ed Whitlock(CAN) James Todd(GBR) James Todd(GBR) Gordon Porteous(GBR) Dudley Healy(USA)	40 460 566 652 725 80 85	MEET DATE 1-23-94 1-24-99 3-31-90 3-20-94 3-20-94 3-20-94 3-20-94 2-28-97 3-20-94 3-20-94 3-24-00		NAME(COUNTRY) harlene Ottey(JAM) enise Foreman(USA) hil Raschker(USA) runhide Hoffmann(GER) ene Obera(USA) sta Larsson(SWE) oan Ogden(GBR) bunni Svensson(SWE) hary Bowermaster(USA) lora Wedemo(SWE)	448 555 665 705 885	MEET DATE 2-21-99 3-22-97 2-25-95 3-01-97 1-26-97 3-25-94 2-01-97 2-28-98 3-23-96 3-25-00 2-13-99	Pole Vault DIV. MARK NAME(COUNTRY) W35 4.25 Gabriella Mihalcea(ROM) W40 3.20 Jennifer Cunnane(GBR) W45 3.31 Phil Raschker(USA) W50 3.06 Phil Raschker(USA) W55 2.44 Joy McDonald(USA) W60 2.50 Barbara Cleveland(USA) W65 1.99 Leonore McDaniels(USA) W70 2.09 Leonore McDaniels(USA) W75 1.40 Margaret Hinton(USA)	AGE MEET DATE 35 2-13-99 40 2-08-98 49 3-17-96 53 3-24-00 57 3-27-98 60 3-24-00 65 3-06-93 70 4-05-98 77 3-26-99
60 Meter Hur DIV. MARK M40 7.96 M45 8.43 M50 8 47 M55 8.63 M60 9.41 M65 9.8 M70 9.89 M75 11.05 M80 12.68 M85 14.36	dles NAME(COUNTRY) Karl Smith(USA) Stan Druckrey(USA) Wat Butler(USA) Courtland Gray(USA) Emil Pawlik(USA) Buck Bradberry(USA) James Stookey(USA) Edwin Lukens(USA) Reino Taskinen(FIN) Karl Trei(CAN)	AGE 40 45 51 55 60 66 70 76 80 85	MEET DATE 3-25-94 3-20-93 2-14-99 3-26-00 2-20-93 3-25-00 3-28-98 3-31-96 3-04-95	W35 23.04 Sar W40 25.58 Tilly W45 26.06 Phi W50 26.52 Phi W55 29.62 Bru W60 30.39 Irer W65 32.0 Joa W70 33.11 Joa W70 40.52 Gu W80 46.03 Nor	ME(COUNTRY) ndra Myers(SPA) y Verhoef-Jacoba(NED) I Raschker(USA) I Raschker(USA) nhilde Hoffmann(GER) ne Obera(USA) in Ogden(GBR) nn Ogden(GBR) nni Svensson(SWE) ra Wedemo(SWE) ra Wedemo(SWE)	AGE 35 41 47 50 57 60 65 70 78 80 85	MEET DATE 2-17-96 1-25-98 3-25-94 3-02-97 3-02-97 3-25-94 3-20-93 2-28-98 3-07-99 2-05-94 1-31-99	Long Jump DIV. MARK NAME(COUNTRY) W35 6.81 Lyudmila Ninova(AUT) W40 5.61 Phil Raschker(USA) W50 5.75 Phil Raschker(USA) W55 4.50 Brunhilde Hoffmann(GER) W60 4.58 C. Schmalbruch(GER) W65 3.92 Asta Larsson(SWE) W70 3.40 Leonore McDaniels(USA) W75 3.10 Mary Holland(USA) W80 2.49 Mary Bowermaster(USA)	AGE MEET DATE 35 2.14.96 40 3.28.87 47 3.05.94 50 3.01.97 55 1.26.97 62 3.06.99 65 11.17.96 70 3.28.98 76 3.25.00 82 3.26.00 30

February 2001		National Masters N	lews		page 19
W35 13.85 Yolanda Chen(RUS) W40 10.78 Phil Raschker(USA) W45 11.02 Danielle Desmier(USA) W50 10.49 Phil Raschker(USA) W55 8.89 Rietje Dukman(NED) W60 9.45 C. Schmalbruch(GER) W65 8.12 Audrey Lary(USA) W70 6.93 Leonore McDaniels(USA)	GE MEET DATE 35 2-08-97 40 3-20-88 47 3-02-97 50 3-21-97 59 3-07-99 62 3-07-99 65 2-13-00 70 3-07-98 75 10-27-96 82 3-20-99	Shot Put (35-49: 4Kg; 50+: 3Kg) DIV. MARK NAME(COUNTRY) W35 21 47 Helena Fibingerova(CZE) W40 19.16 Antonina Ivanova(URS) W45 14.88 Ingrid Miller(SWE) W50 12.66 Joanne Grissom(USA) W55 12.57 Karen Illgen(GER) W60 11.97 Evaun B. Williams(GBR) W65 10.13 Galina Zybina(RUS) W70 8.02 C. Wippersteg(GER) W75 7.75 Ilse Pleuger(GER) W80 6.30 Mary Bowermaster(USA) p.6.53 Margareta Sarvana(FIN) W85 5.29 Margareta Sarvana(FIN)	AGE MEET DATE 35 2-09-85 41 2-24-74 45 1-31-87 51 3-25-90 55 2-28-97 61 3-05-99 66 4-03-98 61 3-05-99 66 4-03-98 71 3-05-99 75 3-05-99 82 3-25-00 8088 87 3-30-96	3000 Meter Walk DIV. MARK NAME(COUNTRY) W35 12:28.76 Dana Vavracova(CZE) W40 13:33.1 Olena Veremiychuk(UKR) W45 14:43.70 Sally Richards(USA) W50 15:11.2 Vieno Heikkila(FIN) W55 15:58.47 Waltraud Seiler(GER) W60 17:22.44 Josette Sommier(FRA) W60 17:22.44 Mary Worth(GBR) W70 16:26.5 Beryl Randle(GBR) W70 16:26.5 Beryl Randle(GBR) W75 22:17.08 Millie Crews(USA) W80 24:28.00 Nora Wedemo(SWE) W85 28:47.11 Dorothy Robarts(USA)	AGE MEET DATE 35 3-04-90 40 2-26-00 47 3-26-00 52 2-28-91 55 3-01-97 61 3-01-97 66 2-12-95 70 3-06-99 75 3-24-90 83 3-01-97 85 2-24-95
				aroup Recoid as of December 3, 2000	New York Water and States
Men's U.S. Indoor Recor	ds	3000 Meters DIV. MARKNAME(STATE)	AGE MEET DATE	Weight Throw (35-59: 35#; 60+: 25#	AGE MEET DATE
M35 6.98 Mitchell Lovett(NY) M40 6.97 Eddie Hart(CA) M45 7.02 Stan Whitley(CA) M50 7.34 James E. St-Cyr(CO) M55 7.53 Hugo Hartenstein(CO) M60 7.75 Harold Tolson(CA) 7 7 Pardon Lordar(CA)	GE MEET DATE 36 3-28-98 40 3-24-90 45 3-23-91 51 1-16-00 55 3-24-90 60 3-28-98 60 1-07-78 65 3-23-91 70 3-25-00 75 3-25-00 80 3-27-99	M40 8:33.68 Craig Fram(NH) M45 8:49.79 Ken Leinbach(MA) M50 9:03.82 Noian Shaheed(CA) M55 9:33.4 Victor Heckler(IL) M60 10:01.96 Dan Conway(MN) M65 10:50.40 Paul Hertzman(KS) M70 11:27.6 Scotty Carter(MA) M75 13:10.84 Alfred Funk(MT) M80 14:42.91 Austin Newman(NJ) M85 18:54.49 Dudley Healy(NJ)	40 3-26-99 45 2-18-00 50 3-24-00 55 3-07-98 60 3-26-99 67 3-27-98 70 3-15-87 78 3-21-93 80 3-29-96 85 3-24-00 AGE MEET DATE	DIV. MARK NAME(STATE) M35 78-3½ 23.86 Lance Deal(US) M40 73-10% 22.52 Ed Burke(CA) M45 64-3 19.58 Harold Connolly(CA) M50 64-1% 19.54 Bob Backus(MA) M55 51-8% 15.76 Tom Gage(MT) M60 59-6% 18.14 Stewart Thomson(CA) M65 50-8% 15.46 Bob D Ward(TX) M70 41-8 12.70 Ken Weinbel(WA) M75 37-3% 11.37 Manual White(MT) M80 28-1 8.56 Tom McDermott(CT) M85 22-1 6.73 Leon Joslin(WA) M90 15-10½ 4.84 Everett Hosack(OH) M95 12-0½ 3.67 Everett Hosack(OH)	AGE MEEL DATE 38 1-22-200 43 1-08-84 45 1-08-77 51 2-24-78 56 3-25-00 62 2-18-96 66 3-24-00 70 2-15-98 78 2-26-95 80 3-27-98 85 2-15-98 92 1-08-95 95 3-23-97
M85 11.31 Clarence Trahan(CÅ) M90 17.47 Everett Hosack(OH) M95 p16.96 Everett Hosack(OH) 200 Meters DIV. MARK NAME(STATE) Ar M35 22.04 Mitchell Lovett(NY) Ar M45 22.57 Bill Collins(TX) M45 22.57 M50 23.76 Charlie Allie(PA) M55 24.09 Stephen Robbins(CA)	85 3-25-00 94 3-30-96 95 3-01-97 GE MEET DATE 36 3-29-98 44 2-26-95 48 2-14-99 51 3-28-99 55 2-15-98	DIV. MARK NAME(STATE) M35 7.56 Greg Foster(US) M40 7.96 Karl Smith(MD) M45 8.54 Stan Druckrey(WI) M50 8.47 Walt Butler(CA) M55 8.63 Courtland Gray(LA) M60 9.14 Phil Mulkey(GA) M65 9.99 Clarence Tnnkner(WI) M70 9.89 James Stookey(MD) M75 11.05 Edwin Lukens(NY) M80 13.60 Frank Finger(VA) M85 18.45 James Eiliot(MI)	35 3-04-94 40 3-25-00 46 2-25-95 51 3-20-93 55 2-14-99 60 3-20-93 65 3-22-97 70 3-25-00 76 3-28-98 80 3-30-96 85 3-27-99	Super Weight Throw (35-69: 56#; 7 DIV. MARK NAME(STATE) M45 28-0 8.53 Carl Reichard(CT) M55 32-4% 9.86 Tom Gage(MT) M65 21-7% 6.58 Vernon Spencer(CO) M70 33-0% 10.07 Ken Weinbel(WA) M75 226-1% 7.96 William Walmroth(MI) M80 20-8% 6.31 Tom McDermott(CT)	AGE MEET DATE 47 3-26-00 56 3-26-00 65 3-26-00 70 3-29-98 75 3-28-99 80 3-27-98
M65 26.87 Paul Johnson(TX) M70 27.75 Harry Brown(IL)	61 3-29-98 65 3-29-00 70 3-26-00 75 3-26-00	High Jump DIV. MARK NAME(STATE) M35 7-0% 2.14 Jim Barrineau(VA)	AGE MEET DATE 37 3-21-93	Women's U.S. Indoor F	Records
M80 33.87 Barry Ivers(ME) M85 39.79 Russell Randall(CO) M90 76.4 Herb Kirk(MT) M95 66.78 Everett Hosack(OH) 400 Meters DIV. MARK NAME(STATE) M35 48.58 Mitchell Lovett(NY) M40 49.90 Ray Blackwell(DE) M45 49.89 Fred Sowerby(NV) M50 52.87 Charlie Allie(PA)	81 4-05-92 86 3-21-93 91 1-11-87 95 4-06-97	M40 6-9% 2.06 Jim Barrineau(VA) M45 6-1% 1.86 Walden Curry(LA) M50 6-0% 1.85 John Hartield(TX) M55 5-7% 1.71 John C. Brown(MO) M60 5-5 1.65 Jim Gilcrist(FL) M65 5-4 1.62 Jim Gilcrist(FL) M70 4-6% 1.38 Billy Simmons(OH) M75 4-1% 1.25 Ed Lukens(NY) M80 4-0 1.22 Wesley Ward(iN) M85 3-5% 1.06 James Elliot(MI) M95 2-9% 0.85 Everett Hosack(OH)	40 3-30-96 45 3-28-98 51 3-29-96 56 1-11-86 62 3-24-90 65 3-19-93 70 4-11-99 75 3-22-97 82 2-15-92 85 3-27-99	60 Meters DIV. MARK NAME(STATE) W35 7.88 Charlene Landrum(NY) W40 8 01 Denise Foreman(WA) W45 8.02 Phil Raschker(GA) W50 8.05 Phil Raschker(GA) W55 8.98 Kathy Bergen(CA) W60 9.05 Irene Obera(CA) W65 9.64 Audrey Lany(MD) W70 10.36 Mary Bowermaster(OH) W75 11.08 Mary Holland(MI) W80 11.52 Mary Bowermaster(OH)	AGE MEET DATE 35 3-27 99 40 3-22-97 48 2-25-95 50 3-01-97 55 2-25-95 61 2-25-95 65 3-25-00 71 4-01-89 76 3-25-00 82 3-25-00
M60 56.32 Larry Colbert(MD) M65 60.67 Jarmes Law(NC) M70 65.27 Rodney Brown(UT) M75 71.84 John Alexander(TX) M80 75.58 Rodenck Parker(AR) M85 1:40.86 Russell Randall(CO) M90 2:54.0 Herb Kirk(MT)	60 3-22-97 65 3-23-91 71 3-27-98	Pole Vault DIV. MARK NAME(STATE) M35 16-8 5.08 Gary Hunter(US) M40 17-0 5.18 Earl Bell(AR) M45 15-3 4.65 Ed Lipscomb(OR) M50 14-0% 4.29 Jerry Cash(OR) M55 13-2% 4.02 Boo Morcom(PA) M60 12-10 3.91 Dale Lance(OK) M65 11-2% 3.42 Jerry Donley(CO) M70 10-4 3.15 Boo Morcom(PA) M75 9-3 2.82 Carol Johnston(CA) M80 7-10% 2.40 Carol Johnston(CA) M85 5-6 1.67 A.E. Pitcher(IN)	AGE MEET DATE 36 4-04-92 40 8-26-95 47 3-01-98 51 2-06-00 5981 60 3-27-98 65 2-25-95 71 1-08-93 76 3-19-88 80 4-04-92 86 3-19-88	200 MetersDIV.MARKNAME(STATE)W3525.04Alethea Morris(NY)W4025.67Denise Foreman(WA)W4526.18Phil Raschker(GA)W5026.52Phil Raschker(GA)W5530.00Adlin Mair(NY)W6031.03Kathy Bergen(CA)W6533.74Audrey Lary(MD)W7035.58Pat Peterson(NY)W7540.59Mary Holland(MI)W8057.61Pearl Mehl(CO)	AGE MEET DATE 35 3-26-00 40 2-08-97 48 2-26-95 50 3-02-97 55 3-23-97 60 3-26-00 65 3-26-00 71 3-29-98 75 3-28-99 81 3-31-96
M45 1:57.81 Ken Sparks(OH) M50 2:03.55 Nolan Shaheed(CA) M55 2:08.9 Ken Baker(NJ) M60 2:14.75 Sidney Howard(NJ) M65 2:26.3 Archie Messenger(NY) M70 2:36.52 Jim Beail(MI) M75 2:54.83 Archie Messenger(NY) M80 3:13.39 Rodenck Parker(AR) M85 3:46.96 Vincent Malizia(CA) 1500 Meters DIV. MARK NAME(STATE)	45 3-25-90 50 3-26-00 55 3-22-92 60 2-26-99 65 1-06-89 70 2-6-00 75 3-28-99 80 3-28-99 85 3-26-00	Long Jump DIV. MARK NAME(STATE) M40 23-1 7.03 Stan Whitley(CA) M45 21-8% 6.62 Stan Whitley(CA) M50 20-8% 6.31 Shirley Davisson(CA) M55 19-3% 5.58 Dick Richards(CA) M60 18-3% 5.58 Dick Richards(CA) M65 17-5% 5.31 Melvin Larsen(IA) M70 16-6% 5.05 Melvin Larsen(IA) M75 14-1% 4.31 Melvin Larsen(IA) M75 14-1% 4.31 Melvin Larsen(IA) M70 11-9 3.58 Clarence Trahan(CA)	AGE MEET DATE 40 2-22-86 45 3-23-91 50 3-29-80 55 3-13-77 62 3-22-97 66 1-13-91 70 2-25-95 75 3-25-00 81 3-30-96	400 Meters DIV. MARK NAME(STATE) W35 56.66 Alethea Morris(NY) W40 57.67 Denise Foreman(WA) W45 62.55 Dee Dee Grafius(CA) W50 66.61 Phil Raschker(GA) W55 67.39 Carolyn Cappetta(MA) W60 70.69 Carolyn Cappetta(MA) W65 76.56 Audrey Lary(MD) W70 88.79 Pat Peterson(NY) W75 1:41.15 Louise Adams(CO)	AGE MEET DATE 35 3-25-00 40 1-25-97 46 2-18-96 53 3-25-09 59 2-25-95 60 1-05-96 65 3-25-00 71 3-28-98 75 3-22-97
M40 3:56.7 Ken Popejoy(IL) M45 4:04.80 Ken Sparks(OH) M50 4:15.64 Albin Swenson(CT) M55 4:28.5 Victor Heckler(IL) M60 4:43.75 James Sutton(PA) M65 5:05.5 Archie Messenger(NY) M70 5:27.4 Austin Newman(NJ) M75 6:01.6 Austin Newman(NJ) M80 6:35.4 Austin Newman(NJ) M85 8:16.73 Vincent Malizia(CA) M90 14:34.2 Herb Kirk(MT)	40 3-16-91 45 3-24-90 51 3-15-98 61 3-07-93 65 3-18-89 70 3-23-86 75 2-24-91 80 2-11-96 85 2-06-00 91 1-11-87	M85 10-2 3.10 Clarence Trahan(CA) M90 6-9% 2.06 Everett Hosack(OH) Triple Jump DIV. MARK NAME(STATE) M40 52-9% 16.08 Ray Kimble(US) M45 48-7% 14.82 Milan Tiff(CA) M50 40-7% 12.38 Dave Jackson(CA) M55 37-3% 11.37 Frank Struna(MT) M60 36-3% 11.08 Ed Lukens(NY) M65 35-7% 10.86 Tom Patsalis(CA)	AGE MEET DATE 40 294 46 2-26-95 51 3-27-83 58 1-28-00 63 3-24-85 66 3-29-87	W80 2:25.03 Pearl Mehl(CO) 800 Meters DIV. MARK V35 2:14.94 Nancy Shafer(OH) W40 2:22.7 Barbara Pike(MA) 2:22.67 Patti Ford(NY) p2:22.46 Sue Parks(US) W45 2:23.33 Dee Dee Grafius(CA) W50 2:34.42 Linda Upton(MA) W50 2:44.22 Carolyn Cappetta(MA)	80 2-25-95 AGE MEET DATE 35 2-20-87 41 2-5-83 44 3-26-00 40 3-23-97 46 2-17-96 50 1-23-94 55 3-31-96 61 3-17-96
M40 4:11.00 Bill Stewart(M) M45 4:21.90 Albin Swenson(CT)	GE MEET DATE 40 1-22-83 46 2-26-93 50 3-25-00	MT0 32-8% 9.97 Ed Lukens(NY) MT5 30-9% 9.38 Ed Lukens(NY) M80 22-10% 6.98 Benjamin Fox(AZ) M85 20-0% 6.11 Clarence Trahan(CA)	70 3-19-93 75 3-21-97 81 3-29-87 85 3-24-00	W65 3:12.78 Grace Butcher(OH) W70 3:28.75 Toshiko d'Elia(NJ) W75 3:48.79 Louise Adams(CO) W80 5:19.86 Pearl Mehl(CO)	65 3-28-99 70 2-13-00 75 3-23-97 82 3-31-96
M55 4:53.14 Dan Conway(MN) M60 5:01.76 Dan Conway(MN) M65 5:26.58 Ino Cantu(TX) M70 5:32.4 Scotty Carter(MA) M75 6:27.16 John Hosner(VA) M80 7:04.2 Paul Spangler(CA)	50 3-25-00 56 2-25-95 60 3-27-99 66 3-25-00 70 3-15-87 75 2-26-00 80 3-18-79 85 3-25-00	Shot Put (35-49: 16#; 50-59: 6Kg; 60 DIV. MARK NAME(STATE) M40 65-10% 20.07 Brian Oldfield(IL) M50 53-4% 16.27 Ladislav Pataki(CA) M55 51-7% 15.74 Joe Keshmin(NV) M60 51-9 15.77 Joe Keshmin(NV) M65 43-2% 13.16 Bob D Ward(TX) M70 44-5% 13.55 Arnie Gaynor(CA) M75 40-4% 12.30 Ross Carter(OR) M80 37-6% 11.45 Ross Carter(OR) M80 37-6% 11.45 Ross Carter(OR) M90 16-6% 5.05 Everett Hosack(OH) M95 13-4 4.06 Everett Hosack(OH)	Supervised and supervised	1500 Meters DIV. MARK NAME(STATE) W35 4:36.12 Cindy Bremser(WI) W40 4:48.40 Kathy McIntyre(NY) W45 5:05.82 Robin Villa(NY) W55 5:46.0 Beryl Sketton(NY) W60 5:55 Glona Brown(NY) W60 5:54.55 Toshiko d'Elia(NJ) W70 6:51.24 Toshiko d'Elia(NJ) W75 7:43.3 Pearl Mehl(CO) W80 12:37.13 Pearl Mehl(CO)	AGE MEET DATE 37 3-23-91 41 2-20-90 46 2-03-90 50 2-25-95 56 3-17-85 61 3-07-93 67 3-09-97 70 2-13-00 75 4-01-89 80 2-25-95 antinued on next page

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page 20								
Continued from previous page								
One Mile DIV. MARK NAME(STATE) W35 4:59.28 C. Urish-McLatchie(TX) W40 5:02.56 Christine Gregorek(MA) W45 5:25.4 Marilyn Harbin(CA) W50 5:40.1 Mila Kania(NY) W55 5:49.42 Joan Ottaway(CA) W60 6:35.55 Jeanne Hoagland(CA) W65 6:59.89 Toshiko d'Elia(NJ) W70 7:29.22 Pearl Mehl(CO) W75 8:26.79 Louise Adams(CO) W80 13:27.51 Pearl Mehl(CO)	AGE ME 35 40 48 51 56 62 67 73 75 82	ET DATE 3-28-87 3-25-00 3-02-84 3-20-83 3-22-83 3-22-97 3-22-97 3-28-87 3-23-97 3-30-96						
3000 Meters DIV. MARK NAME(STATE) W35 9:34.08 Lesile Lehane(MA) W40 10:04.93 Patti Ford(NY) W45 11:06.77 Joni Shirley(CA) W50 10:44.0 Joan Ottaway(CA) W55 11:25.05 Joan Ottaway(CA) W60 12:38.36 Gloria Brown(NY) W65 13:39.60 Toshiko d'Elia(NJ) W75 15:43.66 Louise Adams(CO) W80 26:53.20 Pearl Mehl(CO)	AGE ME 35 44 45 50 56 61 67 70 75 82	ET DATE 3-27-98 3-24-00 4-05-92 2-12-95 3-24-00 3-07-93 3-21-97 3-24-91 3-24-91 3-29-96						
60 Meter Hurdles DIV. MARK NAME(STATE) W35 9.43 Anne Jennings(MA) W40 9.60 Phil Raschker(GA) W45 9.18 Phil Raschker(GA) W50 9.38 Phil Raschker(GA) W55 11.47 Christel Miller(CA) W60 12.38 Christel Miller(CA) W65 14.26 Leonore McDaniels(VA) W70 14.98 Leonore McDaniels(VA)	AGE ME 36 43 48 50 55 62 65 70	ET DATE 3-25-00 2-16-91 2-25-95 4-06-97 3-25-90 3-22-97 3-20-93 4-05-98						
High Jump DIV. MARK NAME(STATE) W35 5-7 1.70 Anne Jennings(MA) W40 5-1 1.55 Kimberly Harrell(TN) W45 5-2% 1.58 Phil Raschker(GA) W50 5-0% 1.53 Phil Raschker(GA) W55 4-1% 1.25 Christel Miller(CA) W60 4-1% 1.25 Leonore McDaniels(VA) 4-1% 1.25 Evelyn Wright(MD) W65 4-0% 1.23 Leonore McDaniels(VA) W70 3-9% 1.15 Leonore McDaniels(VA) W75 3-3% 1.00 Margaret Hinton(TX) W80 2-11% 0.90 Mary Bowermaster(OH)	AGE MI 36 40 48 50 55 63 60 62 65 70 77 82	EET DATE 3-26-00 3-25-95 3-23-97 3-25-90 3-24-91 3-26-00 3-24-93 3-29-98 3-27-99 3-26-00						
Pole Vault DIV. MARK NAME(STATE) * W40 8-6½ 2.60 Donna Schultz(OR) W45 10-10½ 3.31 Phil Raschker(GA) W50 10-0½ 3.06 Phil Raschker(GA) W55 8-0 2.44 Joy Macdonald(FL) W60 8-2½ 2.50 Barb. Cleveland(FL) W65 6-6½ 1.99 Leonore McDaniets(VA) W70 6-10½ 2.09 Leonore McDaniets(VA) W75 4-7 1.40 Margaret Hinton(TX)	AGE M 41 49 53 57 60 65 70 77	EET DATE 2-20-99 3-17-96 3-24-00 3-06-93 3-06-93 4-05-98 3-26-99						
Long Jump DIV. MARK NAME(STATE) W35 20-2½ 6.16 Willye White(US) W40 18-5 5.61 Phil Raschker(GA) W45 18-10½ 5.75 Phil Raschker(GA) W55 12-3% 3.75 Betty Vosburgh(GA) 12-3% 3.75 Joane Grissom(IN) W60 12-10% 3.92 Barb, Cleveland(FL) W65 12-2 3.71 Leonore McDaniets(VA) W70 11-2 3.40 Leonore McDaniets(VA) W75 10-2 3.10 Mary Holland(MI) W80 8-2 2.49 Mary Bowermaster(OH)	26	EET DATE 3-03-75 3-28-87 3-05-94 3-01-97 3-23-91 3-30-96 3-25-00 3-25-00 3-25-00 3-25-00 3-25-00						
Triple Jump DIV. MARK NAME(STATE) W35 35-0% 10.69 Phil Raschker(GA) W40 35-4% 10.78 Phil Raschker(GA) W45 35-6 10.82 Phil Raschker(GA) W50 34-5 10.49 Phil Raschker(GA) W55 26-7% 8.11 Lucy Ann Brobst(NC) W60 26-10 8.18 Evelyn Wright(MD) W65 26-7% 8.12 Audrey Lary(MD) W60 26-10 8.18 Evelyn Wright(MD) W60 22-3% 6.80 Leonore McDaniels(VA) W75 17-4% 5.30 Margaret Hinton(TX)	AGE MI	EET DATE 3-18-84 3-20-88 3-19-93 3-21-97 4-03-92 3-24-00 2-13-00 3-27-98						
W35 42-41/4 12.91 Oneithea Lewis(NY) W40 38-101/6 11 85 Joanne Grissom(IN)	39 41 45 51 55 61 65 71 77	EET DATE 2-13-00 1-25-80 3-25-90 2-05-94 1-23-00 4-05-92 4-02-89 3-26-99 3-25-00						
Weight Throw (35-49: 20#; 50+: 16#) DIV. MARK NAME(STATE) W35 44-8% 13.63 Oneithea Lewis(NY) W40 40-7% 12.38 Joan Stratton(CA) W45 39-11% 12.17 Joan Stratton(CA) W50 50-7 15.42 Vanessa Hilliard(FL) W55 49-2% 14.99 Vanessa Hilliard(FL) W60 36-7% 11.16 Carol Young(MI) W65 31-4% 9.56 Bernice Holland(CH) W70 27-7% 8.42 Libby Hagemann(MA) W75 20-2% 6.15 Libby Hagemann(MA) W80 16-6% 5.04 Betty Jarvis(NC)	00	EET DATE 3-24-00 3-30-96 2-16-97 3-30-96 3-21-97 3-24-00 4-04-92 3-07-93 3-30-96 3-24-00						
Super Weight Throw (35-59: 35#; 60- DIV MARK NAME(STATE) W35 26-5% 8.07 Oneithea Lewis(NY) W40 p24-5 7.44 Ruth Weiding(IN) W60 25-9% 7.86 Carol Young(MI) W65 21-8 6.60 Audrey Lary(MD) W70 17-9 5.41 Lillian Snaden(SC)	+: 25#)	EET DATE 3-26-00 3-28-99 3-26-00 3-26-00 3-26-00 3-26-00						

in

MEN'S WORLD INDOOR RELAY MASTERS BESTS (as of Aug. 1, 2000) 4X200 (Ross-Caines-Oliver-Peters) (Barratt-Ayling-Steede-Townley) (Schmitz-Lange-Otto-Neumann) (Meinsen-Herbst-Fischer-Selzer) 1:32.60 1:40.50 1:47.69 2:02.45 Birmingham Birmingham Malmo Malmo 40-49 50-59 60-69 70-79 GBR GBR GER GER 3-02-97 3-02-97 3-07-99 3-07-99 4X400 40-49

40-49	3:33.3 c3:31.04	USA USA	(Gaton-Small-Shane-O'Neal) (Allah-Gonera-Schiro-Blackwell)	3-29-80 3-26-00	Syracuse,NY Boston,MA
50-59	3:47.32	USA	(Small-Rizzo-Shane-Burrell)	4-05-92	Columbus.OH
60-69	4:29.74	USA	(Ambrose-Harte-Watanabe-Greenwood)	4-02-89	Columbus.OH
100	p4:15.48	USA	(3-28-99	Boston,MA
4X800	North State				
40-49	8:07.6	USA	(Dalton-Serafini-Nearman-Lebourne)	4-01-00	New York,NY
50-59	8:56.69	USA	(Duffy-Mason-Franklin-Thomas)	3-28-94	Columbia, MO
60-69	10:32.8	USA	(Haviland-Bernstein-Chase-MacDonald)	3-14-99	New York,NY
4X160	0				and the second
50-59	20:47.8y	USA	(O'Brien-Irland-Bodine-Stabler)		Syracuse,NY
60-69	27:30.0y	USA	(Kent-More-Deschambault-White)	12-12-81	Syracuse,NY
Sprint	Medley				
70-79	6:41.4	USA	(Sirninger-Mloek-Hosack-Fike)	1-09-83	Maple Hts.,OH
Distar	ice Medi	ev	AND DESCRIPTION OF A DE		
40-49	11:01.4	USA	(Hiedholm-Bernard-Lampman-Sleeman)	1-22-83	Ann Arbor, MI
40-49	11.01.4	USA	(mediom-benard-campinali-Sieeman)	1-22-00	

WOMEN'S WORLD INDOOR MASTERS RELAY BESTS (as of Aug. 1, 2000)

4X200					
35-39 40-49 50-59 60-69	1:44.92 1:53.02 2:00.79 2:21.21	GER HOL GBR SWE	(Stopka-Grissmer-Seidel-Moritz) (Akkerman-Roelands-Klomp-Oost) (Nuttal-Axtell-Hocknell-Priestman) (Holm-Larsson-Soderstrom-Eklund)	3-07-99 3-07-99 3-02-97 3-07-99	Malmo Malmo Birmingham Malmo
4X400					
40-49 p 50-59 60-69	5:18.96 5:14.23 6:28.02	USA USA USA	((Riordan-Cappetta-Reed-Gustafson) (Burguess-Hals-Hareda-Hays)	3-28-99 3-26-00 3-26-00	Boston,MA Boston,MA Boston,MA
4X800			Parent C. M. D. ALCON CONTRACTOR - 175		
40-49 50-59 60-69	10:26.5 13:04.54 16:08.7	USA USA USA	(Stoneking-Larson-Janssen-Day) (Trotto-Michelson-Horstman-Cook) (Finger-Kileen-Delaney-Stanjones)	7-24-94 3-25-00 2-25-00	Blaine, MN Boston, MA Long Island, NY
4X1600			i i i i i i i i i i i i i i i i i i i		
40-49	25:06.6y	USA	(Betz-Booker-Rusby-Blakely)	12-12-81	Syracuse,NY
Sprint	Medley		the second brands and the vite		1
30-39	6:07.66	USA	(Ogletree-Cotten-Kea-Nichols)	1-09-83	Maple Hts.,OH

MEN'S U.S. MASTERS RELAY BESTS (as of Aug. 1, 2000)

	41000	100				
. 81	4X200	3.5				
	40-49	1:37.9	NYPC	(Small-Rizzo-Williams-Johnson)	1-2-86	New York,NY
	4X400	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1		telling of the state of the state of the		
	40-49	3:33.3	NYPC	(Gaton-Small-Shane-O'Neal)	3-29-80	Syracuse,NY
		c3:31.04	USA	(Allah-Gonera-Schiro-Blackwell)	3-26-00	Boston,MA
	50-59	3:47.32	NYPC	(Small-Rizzo-Shane-Burrell)	4-05-92	Columbus,OH
	60-69	4:29.74	LAV	(Ambrose-Harte-Watanabe-Greenwood)	4-02-89	Columbus,OH
		p4:15.48	USA	()	3-28-99	Boston,MA
	4X800					
	40-49	8:15.29	WVTC	(Mason-Thomas-Franklin-Barnett)	3-19-88	Baton Rouge, LA
	10 10	8.07.6	USA	(Dalton-Serafini-Nearman-Lebourne)	4-01-00	New York, NY
	50-59	8:56.69	WVTC	(Duffy-Mason-Franklin-Thomas)	3-28-94	Columbia,MO
	60-69	10:32.8	SAC	(Haviland-Bernstein-Chase-MacDonald)	3-14-99	New York,NY
	4X160	00				
	50-59	20:47.8y	SCTC	(O'Brien-Irland-Bodine-Stabler)	12-12-81	Syracuse,NY
	60-69	27:30.0y		(Kent-More-Deschambault-White)	12-12-81	Syracuse,NY
		t Medlev		Alexandre and a second s		
	70-79	6:41.4	OHTC	(Sirninger-Mloek-Hosack-Fike)	1-09-83	Maple Hts.,OH
				(onthinger-miock-riosdek-rike)		
	Dista	nce Medi	ey			
	40-49	11:01.4	AATC	(Hiedholm-Bernard-Lampman-Sleeman)	1-22-83	Ann Arbor, MI

WOMEN'S U.S. MASTERS RELAY BESTS (as of Aug. 1, 2000)

	4X200 40-49 50-59 4X400	1:45.52 2:24.23	USA USA	(Peterson-Bell-Rosado-Raschker) (Michelsohn-Trotto-Hill-Jones)	3-02-97 3-14-99	Birmingham, Eng. New York,NY
10		p 5:18.96 5:14.23 6:28.02	USA LAC USA	(Riordan-Cappetta-Reed-Gustafson) (Burguess-Hals-Hareda-Hays)	3-28-99 3-26-00 3-26-00	Boston,MA Boston,MA Boston,MA
		p 11:01.44 10:26.5 13:04.54 16:08.7	ATC PSTC BTC BTC	(Best-Morris-??????-Vega) (Stoneking-Larson-Jansen-Day) (Trotto-Michelson-Horstman-Cook) (Finger-Killeen-Delaney-Stanjones)	3-25-00 3-24-94 3-25-00 2-25-00	Boston,MA Blaine,MN Boston,MA Long Island,NY
	4X160	0				5
	40-49	25 06 6y	FLRC	(Betz-Booker-Rusby-Blakely)	12-12-81	Syracuse,NY
	Sprint	Medley	- Harrison		-396	
	30-39	6:07.66	OHTC	(Ogletree-Cotten-Kea-Nichols)	1-09-83	Maple Hts.,OH

Note: Club records are listed before USA team records

OHTC: Over the Hill Track Club SAC: Shore AC LAV: Los Angeles Valley TC PSTC: Prairie Striders TC AATC: Ann Arbor TC LAC: Liberty AC

NYPC: New York Pioneer Club WVTC: West Valley TC SCTC: Syracuse Chargers TC FLRC: Finger Lakes Running Club BTC: Bohemia TC ATC: Atom Track Club



Enlightened Views Needed by Old Guard

Isewhere in this issue you will see a column by WAVA President Torsten Carlius offering his explanation as to why he chose to reject much ing reinstatement request.

By way of simple background, the reinstatement was requested after I was suspended from competition for two years. I was suspended because I tested positive for trace elements of a (banned by IAAF) synthetic testosterone - contained within a hormone replacement therapy medicine (Estratest) prescribed by my physician. The medicine is used by hundreds of thousands of women as an effective post-menopausal therapy.

For those members of the WAVA Council who were consulted before the decision, I now am informed that this group either was not given, or chose to ignore, these highly relevant facts:

1. The current IAAF ban on the medicine exists completely apart from any medical foundation. It is in place because of the failure (whether by simple negligence, or by inability, is in dispute) by testing organizations to establish a "threshold" criterion for testing. Such criterion would distinguish (a) high levels of externally administered testosterone from (b) trace elements of synthetic testosterone widely recognized - and widely prescribed – as necessary for many post-menopausal women.

2. There never has been, nor is there now, any direct connection established between this medicine and athletic performance enhancement. The Estratest medicine is used to alleviate severe symptoms associated with post-menopausal problems. There is no evidence submitted that supports any perception that the medicine's ingredients have any other effect or give an athlete any unnatural advantage. Medical tests show conclusively that my personal testosterone levels are low; this medicine is prescribed to help bring those levels into a normal, healthy balance.

3. Previously provided official statements affirm that no suitable alternate medicines to this physicianprescribed medicine exist for me. This is not peculiar to my case; that is often why physicians prescribe this medicine as a medical and health maintenance solution for thousands of women.

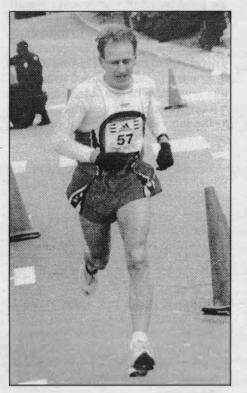
Outdated Policies

I don't relish talking about my personal situation in such a public manner. But how else are outdated, irrelevant policies to be opened up for review and modernization? The issue is, of course, of very great personal concern with me. And while this story, at least at this time, affects me most

directly, the issue is not one that my fellow competitor friends should ignore. Its significance for the masters athlete - and I mean both men and women – shouldn't be discounted.

For more than a year, I, along with others - including several specialists in the field – have worked forthrightly and openly with USATF, IAAF, and WAVA to provide them current information and expert testimony on the subject of post-menopausal requirements. All of these bodies have, by their own admission, never dealt with a case like this before. In spite of their ignorance and lack of experience, there is a monstrous reluctance for most of the members (particularly in the IAAF and WAVA) to be educated on the subject. This latest example of myopic, tradition-bound "evaluation" is yet another example of an abiding disregard of relevant facts.

No Room for Drug Abuse Moreover, I have gone on record



GEORGE R. BANKER Dan Lawson, 45, first M45 (26:50), adidas Stripe Route 1 8K, Gaithersburg, Md., Nov. 12.

repeatedly announcing my distaste for drug abuse in sports. I am a strong advocate for testing of athletes, where warranted, both in and out of competition. But my convictions are based on the presumption that we operate with enlightened drug policies, free of bias for all athletes. So I reject the proposition that any masters female athlete using prescription medicine for postmenopausal distress, a medicine which has absolutely no connection to performance enhancement - must be punished by giving up the competition she loves, and the medals she has won.

We clearly can't rely on our regulatory masters to initiate necessary reforms. Masters athletes themselves will need to be the assertive ones in bringing the old guard into the 21st Century. We need to work hard, internationally, to make these rules correct

and contemporary. What ideas do you have?

(Kathy Jager can be contacted by e-mail at kjfasttrack@juno.com)

FIVE YEARS AGO February 1996

- Robert Yara (40, 2:30:46) and Joyce Deason (40, 2:53:49) First Masters in Rocket City Marathon
- Paul Mascali (42, 16:04) and Kathy Martin (44, 18:50) Win in Record Field in L.I.'s Ho Ho Ho 5K
- Senior Games/Senior Olympics Lower Competition Age from 55 to 50

ATHLETES WHO ENTER A NE	W DIVISION THIS MOR	NTH, FEB. 2001
ATHLETE (RESIDENCE) ROBERT WEIR (US) JOY UPSHAW-MARGERUM(KAMUH DIMITRIOS KATTIS (GRE) ELMA BRONKHORST (RSA) NADJA IZVEKOVA (URS) SUE NORTON (BOULDER, CO) GARY HUNTER (FORT WAYNE, IN APRIL CAPWILL (ERIE, PA) ANNIE BELLANGER (FRA) BEATRICE WALDNIS (SUI) GERALD LANDZETTLE (AUT) ANGELLA HEARN (GBR-NEW YOF MAGGIE GOVENDER (GBR) KJEL-ERIK STAHL (SWE) PAMELA CALVERT (MANCHESTEN PERTTI AHOMAKI (FIN) SINIKKA TOROPAINEN (FIN) DOROTHY BROWNE (AUS) INGRID SCHATTNER (GER) FRANK STRUNA (MISSOULA, MT) MARGUERITA GIROUARD (FRA) MATTI VUOREMMAA (FIN) KEITH FORMAN (TACOMA, WA) IRIS HOLDER (GBR) LORI MAYNARD (REDWOOD CITY TONY ELUE (AUS) MYRNA SORENSON (ORANGE, CA) EDWARD JEFFERIS (RSA) EARL ELLIS (SEATTLE (WA) FRED BEST (WESTFIELD, NJ) JIM MOORE (CA) KIMIKO KAWANO (JPN) HENRY DAVENPORT (CHARLES T KEITH WHITAKER (GB) SID WING (WESTLAKE VILLAGN URRIG SCHATH (LOS ANGELES, JEAN THEW (AUS) MYRNA SORENSON (ORANGE, CA) EDWARD JEFFERIS (RSA) EARL ELLIS (SEATTLE (MA) FRED BEST (WESTFIELD, NJ) JIM MOORE (CA) KIMIKO KAWANO (JPN) HENRY DAVENPORT (CHARLES T KEITH WHITAKER (GB) SID WING (WESTLAKE VILLAGN ULRICH KAEMPH (LOS ALTOS, C JACK ERICKSON (GRAND PRAR) DENIS COVENEY (CAN) PAUL HEITZMAN (EUDORA, KS) JACK SCOTT (JOLIET, IL) JOHN NOBLE (SO. PASADENA, C KIO SHIK SONG (KOR-CA) MONICA SHONE (GBR) PHILLIP CLARKE (VAN NUYS, C HIGO SCHLEGEL (WG) ALICE OLSON (NZL) FRANK HARRISON (CA) HANS SCHUFFENHAUER (WG) JOCK JOCCY (DEL MAR, CA) BOB RICHARDS (SANTO, TX) FLORENCE REARDON (OREGON, C EDITH KOKERNOT (HOUSTON, TX) BRIAN FREEMAN (SAN DIEGO, C T. MCNEL (GB)	ELA, HI) ELA, H	ATE AGE GROUP 611 40-44 40-44 656 455-49 555 556 455-49 555 556 555 555 555 555 555 555 555 555 555 555 555 556 455 555 556 555 555 555 555 555 555 555 555 555 555 555 556 555 555 555 555 555 555 555 555 556 555 555 557 555 555 556 555 555 557 555 555 665 555 555 665 665 665 665 665 665 665 665 665 665 665 6
JIM MOORE (CA) KIMIKO KAWANO (JPN) HENRY DAVENPORT (CHARLES T KEITH WHITAKER (GB) SID WING (WESTLAKE VILLAGI ULRICH KAEMPH (LOS ALTOS, (C) JACK ERICKSON (GRAND PRART DENIS DEVALLANCE (AUS) NANCY TIGHE (NEW YORK CITY JAMES MCGRATH (AUS) SINCLAIR KALKHOF (BALA CYN DENNIS COVENEY (CAN) PAUL HEITZMAN (EUDORA, KS) JACK SCOTT (JOLIET, IL) JOHN NOBLE (SO. PASADENA, (C) KIO SHIK SONG (KOR-CA) MONICA SHONE (GBR) PHILLIP CLARKE (VAN NUYS, (C) HUGO SCHLEGEL (WG) ALICE OLSON (NZL) FRANK HARRISON (CA) BOB RICHARDS (SANTO, TX) FLORENCE REARDON (OREGON, (C) DICK JOCOY (DEL MAR, CA) BOB RICHARDS (SANTO, TX) FLORENCE REARDON (OREGON, (C) DITH KOKERNOT (HOUSTON, T2) BRIAN FREEMAN (SAN DIEGO, (C) T. MCNEIL (GB) MATTI JARVINEN (FIN) DOROTHY MARTIN (TUSCON, AZ) ELOF VIKLUND (WG) MATHIAS BERGSETH (NOR) TIBOR MIHALY (HUN) ELOF WIKLUND (SWE) ROBERT CROUCH (SAN CLEMENT ALGENE WILLIAMS (PARK FORE CHARLES DILLON (CAN) ERNIE WARWICK (GBR) DON BRADLEY (ENCINITOS, CA) TOIVO PERTTU (FIN) ERICH KRUZYCKI (WG) RUTH UPDEGROVE (HONOLULU)	2-1- 2-13- 2-15- 2-20- 2-23- 2-23- 2-27- 2-55, 1L) 2-5- 2-9- 2-19- 2-20- 2-23- 2-19- 2-23- 2-18-	$\begin{array}{l} 65-69\\ 65-74\\ 47\\ 700-74\\ 700-74\\ 700-74\\ 700-74\\ 700-74\\ 700-74\\ 700-74\\ 700-74\\ 700-74\\ 700-74\\ 700-74\\ 700-74\\ 700-74\\ 700-74\\ 700-74\\ 8888888\\ 8855-889\\ 999\\ 88855-889\\ 999\\ 999\\ 999\\ 999\\ 999\\ 999\\ 999\\$
Compiled by Pete Mundle, Worl	d and U.S. Masters T&F	Records Chairman



nly five months remain until the Fourth-of-July opening of the 14th WAVA World Veterans Athletics Championships in Brisbane, Australia. Entry deadline for USA athletes is March 1. The 11-day biennial event is expected to draw nearly 6000 participants from up to 80 nations. There are no qualifying standards to enter except that men must be at least age 40 and women at least age 35 on July 4, 2001.

Entry forms may be obtained from any of the masters travel agents listed on these pages, or from USA team managers Don Austin or Charles DesJardins (addresses on page 3), or directly from Brisbane. Complete entry details were given in last month's "Countdown" column.

New Offices in Brisbane

The office and staff were relocated on January 2 to ANZ Stadium, the main venue for the Championships. The email and postal addresses remain the same with new phone and fax numbers (see "Contact Info" below).

ANZ Stadium

The multi-million dollar construction of the new athletics facility is under way with the original field ripped up. The new facility will contain a nine-lane track with ten-lane straight, and double jumps on each side.

Non-Stadia Events

The road walks will be held on a road bordered by trees and the Brisbane River. The marathon will be a flat, one-loop course starting and finishing at South Bank Parklands. The cross-country races will be run at St. Lucia Golf Course, 6K from the city center, offering both hilly and flat areas, creeks and gullies.

Banquet

The traditional official banquet will be held on Tuesday, July 10. It will fea-

ture unique flavors of food cooked in wood ovens with traditional Australian music and performances.

5K Fun Run/Walk

A 5K fun run/walk, with the emphasis on having fun, meeting new friends, and renewing old acquaintances, will be held throughout the inner city on Tuesday, July 3, the day prior to the start of the events. It will be open to all accredited athletes, accompanying persons and officials. A participation medal will be awarded to all finishers.

Sports Medicine

Sports Medicine Australia will provide all medical services, including physiotherapists and doctors, who will be on hand for every minute of the competition.

Warm-up Meet

There may be a pre-championships warm-up meet at the Gold Coast on Sunday, July 1.

Transport

Travel on the championships transport service is free to all registered athletes, registered accompanying persons, officials and other accredited personnel. For those accompanying persons who do not register, travel on the championships service will be charged at regular Brisbane Transport fares.

Free Admission

Entry to the venues will be free to

XIV WAVA CHAMPIONSHIPS - BRISBANE, AUSTRALIA JULY 4-14-2001 (OPTION SIDETRIP NEW ZEALAND & SYDNEY)

TRAVEL TOGETHER AND SAVE!!!!!!!

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To secure your space, please send deposit now.

Ski & Travel International, INC. PO Box 1816, Detroit Lakes, MN 56502-1816 Telephone & Fax: 218-847-0410 E-Mail: skiescape@lakesnet.net Web site: www.ski-escape.com SUZY HESS In colorful costume, the only athlete from Nigeria at the 13th WAVA World Veterans Athletics Championships, Gateshead, England, marches in the Opening Ceremonies. Nigeria was one of 74 countries represented at the championships.

all. This includes the opening ceremony on Saturday, July 7, at ANZ Stadium, where all athletes are invited to march in with their country-mates.

Visas

Visitors entering Australia must secure a visa from the Australian government, which may reject any person deemed dangerous. Team managers need not worry about checking an athlete's visa status.

70+ Rule

The government requires a letter from a medical professional to confirm the good health of visitors over age 70. Australia has many visitors each year over 70 and up to 100+. In most cases this will be a relatively easy procedure. Travel insurance, including health insurance, is recommended to all visitors regardless of age. Medical care in a foreign country is generally charged to the individual traveller if he or she does not have proper insurance.

Brisbane

Brisbane is the capital city of the State of Queensland, centrally located on Australia's east coast. Located on the banks of the meandering Brisbane River, the region boasts a population of 1.6 million people. Its vibrant, yet relaxed, atmosphere has earned Brisbane the title of "Australia's most livable city." The climate is temperate. The average daily July temperature is 70°F (20.6°C). The days are generally sunny with mild evenings. The City's air pollution and crime are among the lowest in the world, and its medical infrastructure is world class.

Shopping

In the heart of the city is the Queen Street Mall, with seven different shop-

ping precincts, over 500 individual boutiques, street performers, the aroma of fresh coffee and three major department stores. Right off the mall is the Myer Centre, with over 200 specialty shops, cafes, a food hall, eight cinemas, and a roller coaster. The Wintergarden has over 150 stores which concentrate on local and international trends and fashion. Most city shops are open seven days a week – Fridays till 9 p.m.

Sporting Events

The weekend before the championships will see major sporting events in Brisbane – including football (soccer) and rugby.

Aussie Lingo

Fair dinkum – honest, genuine Frog and toad – road She'll be apples – everything will be okay It's chock-a-block – something is

full

Vegies - vegetables

Snag – sausage

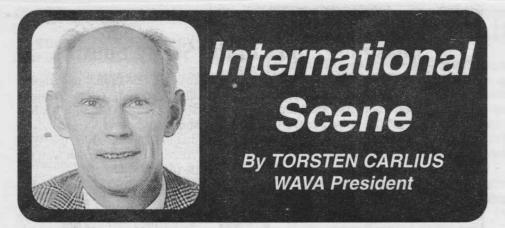
Crack a tinnie – open a beer can Away with the pixies – day dreaming

Contact Info

We want to make Brisbane 2001 the best WAVA World Championships ever. We will endeavor to provide plenty of information about the championships and about Brisbane and Queensland, so feel free to contact us if you have a question. Postal address: PO Box 7889, Waterfront Place, Queensland 4001, Australia. Telephone: +61 7 3343 3000; fax +61 7 3343 3040. E-mail: wavainfo@qlde ventscom.au.

- Jacey Octigan, Events Manager

National Masters News



2003 Championships Will Be Moved

n unexpected development makes it virtually impossible to stay with Kuala Lumpur for the WAVA 2003 World Veterans Championships. The WAVA Council has consequently contacted Puerto Rico, second in the voting in Gateshead, to establish the possibility of moving these championships to Puerto Rico.

It is, of course, too early to confirm or not as the LOC in Puerto Rico must have a fair chance to evaluate the offer and check all contract liabilities, but contact has been established and we await an answer.

Brisbane

We are just six months away from the 14th WAVA World Championships Stadia and while the home straight will be challenging, I am confident that David Lloyd and his team will offer the best championships ever. He and his staff have moved into new premises in the ANZ Stadium and my daily thoughts are for their success and entries surpassing expectations.

Regionals

In Europe, veterans athletes will have both their 3rd Indoor European Championships in Bordeaux, France, the second weekend of March, and their 7th European Non-Stadia Championships in Malta the last weekend of April. It is my sincere hope that these Championships will also develop in our other five regions, giving all veterans the same opportunities to compete and meet old friends.

Candidates for 2005

The General Assembly in Brisbane will listen to presentations by candidates bidding to host the 2005 WAVA World Veterans Championships Stadia. Tom Jordan, our WAVA Executive Vice President, and Monty Hacker, our Secretary, have announced their intent to bid. Vying for this honor are Helsinki, Finland; Puerto Rico; San Sebastian, Spain; and possibly Sacramento or Baton Rouge, USA.

These are very viable sites, and there is no doubt it will be a tough contest. I dare not express any opinion, and, along with everyone else, look forward to seeing the programs presented by the candidates.

The next step is for WAVA representatives to visit the candidates to inspect the respective facilities, accommodations and transportation options. Further we will discuss the LOC composition in order to safeguard against sudden surprises. The candidates will also sign the preliminary contract and we shall agree upon the letter of credit and how the sanction fee will be regulated. All this is to be done before the General Assembly so that everything is settled before the Assembly.

Proposals/Nominations

WAVA Secretary, Monty Hacker, has sent out considerable information re our meetings in Brisbane, including deadlines regarding affiliate proposals for amendment to the WAVA Constitution, By-laws and Rules of Competition, as well as for the elections at the General Assembly.

The Constitution states that such proposals/nominations shall be in the hands of the WAVA Secretary no later than 90 days before the opening date of the General Assembly. As the General Assembly will be held on July 11, this means that the last day for proposals/nominations to reach the Secretary is April 10.

The Council has used its right to nominate candidates for the elections and has nominated all outgoing officers for a second four-year term, i.e., President: Torsten Carlius, Sweden; Executive Vice President: Tom Jordan, USA; Vice President – Stadia: Jim Blair, New Zealand; Vice President – Non-Stadia: Ron Bell, Great Britain; Secretary: Monty Hacker, South Africa; and Treasurer: Giuseppe Galfetti, Switzerland.

Kathy Jager

Kathy Jager's appeal for early reinstatement was not approved, which means that her suspension for doping will endure for the two years decided previously.

This is not the place for deep discussion, but let me just say that WAVA, when asked about its opinion re the appeal, could not take any other decision than rejection following the IAAF rules on drug testing and suspension. The case has been handled by IAAF



and we have the agreement that future cases – which we sincerely hope to avoid – shall be handled in the same way, but in close cooperation with the WAVA Doping and Medical Committee.

If there appear to be necessary exceptions from the present IAAF rules vis-a-vis veterans, this is something the Council will discuss at its next meeting; however, talks with the IAAF medical representatives have so far not given any reason to set up special rules for veterans. I do sincerely hope that, however sad it is for Kathy Jager, hers will remain the one and only case we will ever have.

I finish as I began this column, hoping 2001 will bring us all success and happy memories from our beloved sport. I look forward to our meeting and participating in a very successful championships event in Brisbane. Until then, good health.

CORRECTION

The e-mail address for Chuck DesJardins, the USATF LDR Team Manager for Brisbane, was transposed in the Countdown to Brisbane column, p. 22, January 2001. His address is CRDJ@iqemail.com.



SUZY HESS Heinrich Gutbier, M75, Germany, finished with gold medals in the 5000, 10,000, 10K Cross-Country, Marathon, and a team bronze in the Marathon Relay, 13th WAVA World Veterans Athletics Championships, Gateshead, England.

It's never too early to think Brisbane* ...Or any other Masters event in

which you plan to compete!

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* WAVA World Veterans' Athletics Championships July 4–14, 2001 Brisbane, Queensland, Australia page 23

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WAVA web site: http://www.wava.org

"BRISBANE DOWN UNDER"

1403 Delmenville South Africa Fax: 27-11-827-7590

NORTH AMERICA Brian Oxley 259 McDougall Road Parry Sound, Ontario Canada P2A 2W7 brianoxley@sympatico.ca Phone: 705-746-4942 Fax: 705-746-9748

Report from Britain **SOUTH AMERICA**

Splashing Times in the Soggy South

By BRIDGET CUSHEN

As Britain continues to endure one of its wettest winters on record, competitors in the BVAF 10-Mile Road Race on Dec. 10 were happy to switch from sodden cross-country to the traffic-free paths in Brockwell Park in south London. Bearded Alex Rowe, M40, led for the first two laps of the three-lap course, splashing his way through overflowing lakes and ceaseless rain. Following closely was Nigel Gates, 47, who went on to win in 53:57 from Rowe (54:24).

In the second race for M50+, Neil Robson, M50 winner (59:29) and Fred Gibbs, M60 first, traveled all the way from Yorkshire, while the oldest finisher, Frank Copping, 75, came down from Norfolk.

There was a great race for the W35

title between international marathoner and mother of young twins, Danielle Sanderson, and Alison Fletcher. Sanderson won by just six seconds in 61:07. Joanne Jenkins took the W40 title in 70:26; Josie Heffernan won the W45 title (68:10).

The Epsom 10-Mile is another popular, but testing, road race and incorporates the Veterans AC 10-Mile Championships. Starting parallel with the famous derby horse race course, it winds out through very hilly Surrey villages to finish back just past the grandstand. Bill Gristwood, M40, was first in 55:53. Martin Rouse won the M50 race in 59:10. Phyllis Flynn, W35, was first masters woman, with a 64:47. The W45 race went to S. Martin-Clarke in 66:31.

			WOME	1	and the second of	Add Street of
Age Group	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	No. of Hurdles
30-39	100m	.840m 33"	13.00m 42'8'/2"	8.5m 27'10'/2"	10.5m 34'5"	10
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	8
50-59	80m	.762m 30"	12.00m	7.0m	19.00m	Station of the
60+	80m	.686m 27"	39'4"	22'11'/2"	62'4"	ni bilizz z bri vi i izz z bri
30-39 40-49	400m	.762m 30"	45.00m 147'7 ³ /4"	35.00m 114'9'/2"	40.00m 131'2'/2	
50-59	300m	.762m 30"	50.00m	35.00m	40,00m	7
60+	300m	.686m 27"	164'0'/2"	114'9'/2"	131'2'/2	
	199. 14. 64	61	MEN	5650 (201 PH	R ELDS DRY	and shares
<u>30-39</u> 40-49	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
50-59	100m	.914m 36"	13.00m 42'8"	8.50m 27'10'/2"	10.50m 34'5"	10
60-69	100m	.840m 33"	16.00m 52'6"	8.00m 26'3"	12.00m 39'4"	10
70-79	80m	.762m 30"	12.00m	7.0m	19.0m	8
80+	80m	.686m 27"	39'4"	22'11'/2"	62'4"	
30-49	400m	.914m 36"	45.00m	35.00m	40.00m	6.00
50-59	400m	.840m 33"	147'7'/2"	114'9'/2"	131'2'/2	" 10
60-69	300m	.762m 30"	50.00m	35.00m	40.00m	
70+	300m	.686m 27"	164'0'/2"	114'9'/2"	131'23/4	
	<u> </u>		IMPLEMEN	NTS	2110 2	
AGE GROUP	SHOT PUT	DISCUS	HAMMER	JAVELIN	WEIGHT" WAVA USATF	SUPER WEIG
Women 30-49	1	1.00k	4.00k	600 000	20# 20#	35#
50-59	4.00k 3.00k	1.00k	3.00k	600 gms. 500 gms.*	20# 20# 16# 16#	25#
60+	3.00k	1.00k	3.00k	400 gms.	12# 16#	25#
Men	7.001 (1011	0.001	7.001.(10.11)	000	054 054	
30-49	7.26k(16 lbs.)	2.00k 1.50k	7.26k (16 lbs.)	800 gms. 700 gms.*	35# 35#	56#
50-59 60-69	6.00k 5.00k	1.50K	6.00k 5.00k	700 gms. 600 gms.	25# 35# 20# 25#	56# 56#
70-79	4.00k	1.00k	4.00k	500 gms.*	16# 25#	35#
80+	4.00k	1.00k	4.00k	400 gms.*	12# 25#	35#
Steep	echase: men	30-59: 3000r	n/36" (.914m); m	en 60+ and v	vomen: 2000m	/30" (.762m)

JOIN US AT THE WORLD VETERANS' CHAMPIONSHIPS

Northwest Event Management, Inc., tour operators to the WAVA Championships since 1991, now has packages available to Australia's "Garden City", one of the world's most beautiful.

Packages include roundtrip non-stop airfare from Los Angeles to Brisbane on Qantas Airlines, 13-nights First Class hotel or dormitory accommodations, all transfer fees/taxes, hospitality program, and post-tour opportunities.

Packages range from \$1775.00 to \$2240.00.

To receive more information about the Brisbane Down Under tour, contact NEM, Inc. at 1-800-392-1369 or e-mail us at NEM@nwevent.com

National Masters News

page 25

Masters Scene

EAST

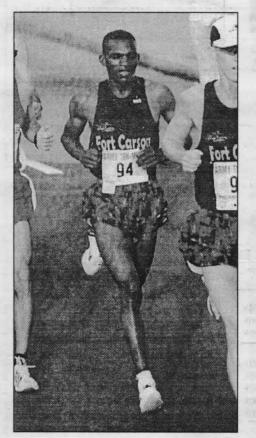
• Two local masters teams recorded pending world indoor bests in the 4x1600 relay at the Boston U. All-Comers, Jan. 6. The M60-69 Gate City Striders, based in Nashua, NH, scorched a 24:55.7 to better the 27:30.0 by the Syracuse Chargers in 1981. Team members were **Bill Engle**, 69, 6:38.2. **Eldon Birkinshaw**, 62, 6:16.3, **Jack Kick**, 68, 6:08.9, and **Bill Spencer**, 64, 5:52.3. Liberty AC's W50-59 quartet, from the Greater Boston area, of **Deb Bullerjahn**, 51, 6:18.9; **Anne Igoe**, 51, 7:05.3; **Andrea Hatch**, 57, 7:36.3; and **Regina Wright**, 58, 7:01.9, established a world best 28:02.4.

• Madelyn Noe, W40, was first female overall in 61:05, USATF NJ 10 Mile Championships, Picatinny Arsenal, Rockaway, NJ, Dec. 10. Shawn Gallagher, M40, 56:14, outdueled Jeremy Stratton, M40, 56:26, for the M40+ title. Guenter Erich, M65, 77:22, and Betty Shonts, W50, 71:04, posted impressive division winning times.

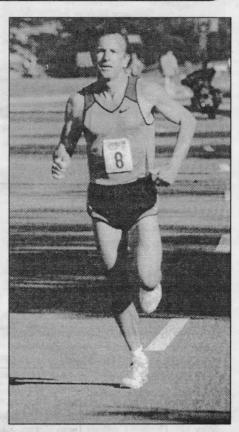
· Chris Fox, 42, Shepherdstown, WV, was declared the overall winner after defending champion Lemma Bonssa of Ethiopia was disqualified for running on the sidewalk and cutting the course in the adidas Stripe 3 Route 1 Corridor 8K, College Park, MD, Nov. 19. After the race, Fox, who finished a few yards behind Bonssa with a 25:11, said "I think I stepped up to a level I did not have before. After three miles, I thought I could win. If I gave Bonssa two or three yards, it was because I let him.,! look forward to racing him again. It was aggravating with him cutting the course. I did mention it to him three times earlier when he did it." Fox collected a \$250 first prize. Roberta Leopold, 42, Washington, DC, was first 40+ in 36:57. Tami Graf, 64, Lusby, MD, was third W40+ in 41:07.

• Larry Sayers, 41, Bellows Falls, VT, was declared winner at the Concord (NH) Jingle Bell Run for Arthritis, Dec. 2, by a reindeer's nose length. His 15:40 tied the time of runner-up Rod Vien, 33, Sunapee, NH.

• Rudy Afanador, 42, 4:19:49, aced the entire field by nearly 10 minutes to win the



GEORGE BANKER Sam Ngatia #94, 41, overall winner (48:50) with the leaders, 2000 Army 10 Miler, Washington, D.C.



GEORGE BANKER Jon St. Clair, 42, Fort Collins, Colo., third M40+ (31:36), 2000 Sallie Mae 10K, Washington, D.C.

men's title at the NYRRC Knickerbocker 60K, Van Cortlandt Park, NY, Nov. 25. Admas Belilgne, 47, 5:42:07, captured the women's masters title.

• Jerry Macari, 41, 51:07, and Dominique Jean, 43, 1:05:31, were first masters to cross the line at the NYRRC Hot Chocolate 15K, Central Park, NYC, Dec. 2. Joanna Fair, 81, turned in a strong 1:49:33.

SOUTHEAST

• Paul Okerberg, 42, St. Johns Island, SC, swept away with the overall crown at the Kiawah Island (SC) Marathon, Dec. 9, 2:36:46. Second overall went to John Walton, 41, Charlotte, NC, 2:40:38. Mame Emmrich, 40, Charlotte, NC, 3:09:26, was first W40+ and fourth woman overall. In the half-marathon, first place woman overall was Rietta Couper, 42, Chapel Hill, NC, 1:25:57, followed immediately by Susi Smith, 41, Taylors, SC, 1:26:32. David Couper, 46, Chapel Hill, 1:16:06, held off Dan Hyde, 44, Matthews, NC, 1:16:15, for the masters win.

• Sam Ngatia, 41, Ft. Carson, CO, placed second overall in the first Tennessee Memphis Marathon, Dec. 3, in 2:23:36, matching the time of winner Mark Newman, 38, Germantown, TN. Steve Wilson, 41, Lafayette, IN, was second M40+ and fourth overall in 2:26:24. Mary Burns Prine, 43, San Diego, was the pride of the W40+ field in 2:54:43, and second woman overall.

SOUTHWEST

• Oklahoma Runner magazine named John Stukey, 47, of Broken Arrow, the 2000 Oklahoma Runner of the Year, which marks the third consecutive year the award has been won by a masters runner. Stukey also won the award in 1995, making him the only masters runner to win it twice. Norman Roper, OKC, was the 1998 winner; Pete Orban, Claremore, was the 1999 winner.

• The Dallas Masters T&F Club has produced a 2001 calendar to publicize itself and masters t&f. It contains short bios of club members and dates of important meets, and sells for \$6.95, including p/h. Proceeds go to the club. Contact **Wayne Bennett**, 1501 W. Lavender Lane, Arlington, TX 76013; 817-274-0448.

WEST

• Jutta McCormick, W60, Cupertino, CA (5:34/23:04), Jim Hampton, M50, Belmont, CA (4:43/18:54), and Richard Caine, M70, San Carlos, CA (6:54/26:26) were each age-group winners in both races at the Miracle Mile and Christmas Classic 5K in San Francisco, CA, Dec. 17.

• Johnny Gray, 41, who retired for several months last year after failing to make his fifth Olympic team in the 800 meters, won the 600 yard run in 1:12.21, leading every step of the way, at the L.A. Invitational T&F Indoor Meet, Jan. 20.

NORTHWEST

• Jim McGill, 52, Seattle, WA, was the top A-G performer at Seattle's Jingle Bell Run 5K, Dec. 10, with an 85.8% 17:12. Mark Billett, 47, Seattle, was first M40+ in 16:48 (84.5%), and Gail Hall, 41, Bothell, WA, was first W40+ and second woman overall in 18:14 (83.6%).

• Robin Manning, 47, Portland, OR, won the overall women's title at the Portland Jingle Bell Run for Arthritis 8K, Dec. 3, with a 30:58 (84.7%). Denise Foote, 41, won the accompanying 5K, in 20:31.

INTERNATIONAL

• Athletes from Ukraine, Belarus, Moscow, St. Petersburg, and Russia, competed in the 2000 Indoor Match of Five, Moscow, Dec. 9. **Sviatoslav Sauliak**, 54, Moscow, took agegraded honors in the 60m with a 96.8% 7.6h. **Valery Uchov**, 60, Moscow, was second A-G with a 94.7% 8.1h. **Vladimir Zharikov**, 46, Belarus, just missed the M45 high jump indoor WR of 1.92 with a 1.90. **Rifhat Sultanov**, 56, Russia, was best performer in the 5000 RW with a 23:54.1h.

CORRECTIONS

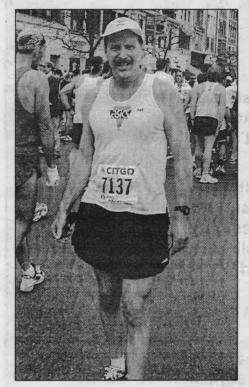
•	Rankings	Adjustments:	
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1999 Outdoor M40 100: Malcolm Owen ranks 24th of 89 with an 11.76.

M40 200: Malcolm Owen ranks 24th of 69 with a 24 09

2000 indoor

W55 Shot Put: Karen Wright ranks 2nd of 3 with a 7.60.



JERRY WOJCIK Barry Wallman, 48, Camarillo, Calif., after running a 3:18:32, 2000 Boston Marathon.

ON TAP FOR FEBRUARY

TRACK AND FIELD

The two-day USATF Masters Indoor Heptathlon Championships starts on the 9th at Lewis College, near Chicago. State association championships are set for Michigan at Allendale, on the 4th; New Jersey at Hackensack, the 11th; Arizona at Flagstaff, the 18th; and on the 25th, Ohio at Findlay U., and Colorado at USAF Academy. Other offerings include Illinois meets on the 10th and 24th, and the Long Island Association Championships (track only) and Roger Messenger Masters Mile in the Upstate NY Distance Festival on the 25th. The British Championships have at it on the 17th, and the Barbados Winter Training session starts on the 19th.

LONG DISTANCE RUNNING

A cross-country championships in February? Yep, the USATF Masters 10K at Fort Vancouver, Wash., on the 17th. The Hampton, Va., Coliseum Half-Marathon opens the month on the 3rd, followed by the Mardi Gras Marathon, New Orleans: Conoco 10K Rodeo Run, Houston; and Las Vegas Marathon & Relay on the 4th. Columbia, S.C., hosts the Carolina Marathon on the 10th. The next weekend finds the Myrtle Beach, S.C., Marathon; Outback Steakhouse 12K. Orlando; and Third Olympiad Memorial Marathon, St. Louis, on the 17th; and on the 18th, the Washington, D.C., Birthday Marathon; Miami Tropical Marathon; and Motorola Marathon, Austin. Month-ending marathons include the Last Train to Boston, Edgewood, Md.; Blue Angel, Pensacola, Fla.; and Cowtown, Fort Worth, on the 24th; and the Cape Cod on the 25th. The festive Gasparilla 15K envelops Tampa on the 24th and the Colonial Half-Marathon is set for the 25th in Williamsburg, Va.

RACEWALKING

The Mall 3K RW "Championships" hits Milford, Conn., on the 18th. Most T&F and LDR events listed in the schedule include a racewalk.

DEADLINE

NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material, results, schedule items, and advertising is the 10th of the month before date of issue. Send to National Masters News, P.O. Box 50098, Eugene OR 97405

National Masters News

Illin

1715 Alamo Ave., Colorado Springs, CO 80907; 719-635-1264.

March 10. USATF Minnesota Indoor Championships, Bethel College, Arden Hills. J/O/M. 2:00 pm. MN Indoor Championships, 1115 20th Ave. NE, Minneapolis, MN 55418. Phil Glover, 612-789-3614; gloverph@aol.com

May 30-June 3. New Mexico Senior Olympics, Las Cruces. 505-623-5777.

June 23-24. Missouri State Senior Games, Columbia. Jack Miles, U. of Missouri, 11-5 Carrie Francke Dr., Rm. 01, Columbia, MO 65211. 573-882-1462.

September 1-2. Rocky Mountain Masters Games, Potts Field, U. of Colorado, Boulder. SASE: Sue Norton, 401 Arkansas Mt. Rd., Boulder, CO 80302. 303-443-2695, or Jim Weed, 507-726-2452.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

February 10. U. of Houston/Runsport All-Comers Indoor Meet, UH Athletics/Alumni Center, 3100 Cullen Blvd., UH Campus. 11:00 a.m. deadline/entry fee \$10. Masters sections if enough interest. WT. Mike Takaha, 713-743-9466.

March 31. Lions/Waterloo Meet, Austin, Texas. Seth Brower, sethbrower@earth link.net

May 19. 12th annual Lions/Waterloo Meet, Nelson Field, Austin, Texas. 10 am-6 pm. Seth Brower, sethbrower@earth link.net

June 2. USATF Southwestern Association Masters & Open Championships, Dallas, Texas. Lester Mount, 13410 Mill Grove Ln., Dallas, TX 75240. 972-661-1551; lestermount@yahoo.com

July 7. Texas Masters Championships, Dallas. Wayne Bennett, 817-274-0448; vwrunner@aol.com

WEST Arizona, California, Hawaii, Nevada

February 3-11. Tucson Senior Olympic Festival, Tucson, Ariz. Open to out-ofstate. www.tucsonseniorgames.org

February 10. KelField Throws Meet #91, Santa Cruz, Calif. 831-458-0300; kelfield @aol.com

February 17-March 4. Arizona Senior Olympics, Phoenix. 602-261-8765; 495-5490.

February 18. USATF Arizona M/O/Y Indoor Championships, Flagstaff. 480-949-1991; usatfaz@worldnet.att.net

March 3. KelField Throws Meet #92, Santa Cruz, Calif. 831-458-0300; kelfield @aol.com

March 10. Saddleback Relays, Saddleback College, Mission Viejo, Calif. SASE to Doug Smith, 26063 Saratoga Ave., Laguna Hills, CA 92653. E-mail: smitheld@home.com

March 18-25. Drayson Center Senior Games, Loma Linda, Calif. Mikki Medina, 909-558-4399, x82275.

March 31. KelField Throws Meet #93, Santa Cruz, Calif. See March 3.

March 31-April 1. Phoenix Invititational, Glendale CC, Glendale, Ariz. USATF-AZ, Bob Flint, 8436 E. Hubbell, Scottsdale, AZ 85257. 480-949-1991.

April 8. John Ward Masters Games, Rancho Santiago College, Santa Ana, Calif. M&W 25+. Al Siddons, 714-564-6936.

May 5. Arizona Masters Invitational, Glendale CC, Glendale. USATF-AZ, Bob

Continued on page 27



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

TRACK & FIELD

NATIONAL

February 9-10. USATF National Masters Indoor Heptathlon Championships, Lewis College, Romeoville (just south of Chicago on I-55), Ill. 1st day: 60m/LJ/SP/HJ; 2nd day: 60mH/PV/1000. Jeff Watry, 24302 77th St., Paddock Lake, WI 53168. E-mail: JWatry@hycor.com

March 23. USATF National Masters Indoor Pentathlon Championships, Boston. Men: 60mH/LJ/SP/HT/1000m; women: 60H/HJ/SP/LJ/800m. See below.

March 23-25. USATF National Masters Indoor Championships, Reggie Lewis Center, Boston, Mass. Steve Vaitones. USATF NE Association, 617-566-7600; 617-332-3919; www.tracs.net; Email: tracks2@earthlink.net

June 16-17. USATF National Masters Decathlon/Heptathlon Championships, Tacoma, Wash.

July 14-28. National Senior Games, LSU Bernie Moore Stadium, Baton Rouge, La. M&W65-100+, 14th-17th; M&W50-64, 18th-21st. Practice dates: 13th & 17th. National Senior Games Association: www.nationalseniorgamesassociation.org; 225-925-5678; fax: 216-7552.

July 25-28. 34th annual USATF National Masters Championships, Baton Rouge, La. Baton Rouge Sports Foundation, Vince Trinidad, PO Box 4149, 730 North Boulevard, Baton Rouge, LA 70821. 225-334-2437; fax: 382-3588; www.brasf.com September TBA. USATF National Masters Weight & Superweight Championships, Seattle, Wash.

EAST

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

February 2. Millrose Games, NYC. Masters 4x400 relay.

February 4. New Balance Invitational, Reggie Lewis Arena, Boston. Masters mile. February 11. New Jersey Masters Indoor Championships, Fairleigh Dickinson U., Hackensack. 30+. Out-of-state welcome. Open mile. SASE to Jim Manno, 792 Schaefer Ave., Oradell, NJ 07649-2429. 201-261-7756.

February 11. Potomac Valley TC Indoor Meet, Jefferson Community Center, Arlington, Va. 7:45 am. PVTC hotline: 703-671-2520.

February 23. USATF Long Island Masters & Open Indoor Championships, Suffolk CC, Brentwood, N.Y. Track events. 516-349-9157; office@litf.org February 25. Roger Messenger Masters Mile in the Bank of Geneva Upstate Indoor Distance Festival, Bristol Fieldhouse, Hobart & Smith College, Geneva, N.Y. Pete Glavin, gvh@fron tier.net

March 3. USATF Long Island Masters & Open Indoor Championships, Suffolk, CC, Brentwood, N.Y. Field events. 516-349-9157; office@litf.org

March 3. Potomac Valley Association USATF Indoor Championships, Prince George's Sports Complex, Landover, Md. PVTC Hotline: 703-671-2520; www.pvtc. org

March 4. MAC Open & Masters Indoor Championships, 168th St. Armory T&F Center, Manhattan, N.Y. MAC, 212-227-0071 (9-5 pm Eastern); www.mactrack.org; Roz Katz, 718-358-6233 (7-9 pm Eastern). March 10. Philadelphia Masters Indoor Championships Meet, Haverford College, Haverford, Pa. 3:00 pm. Joel Dubow, 610-792-3177; Tom Yunker, phillymasters@ netreach.net

March 17. 29th annual USATF East Regional Masters Indoor Championships, Prince George's County Sports Complex, Landover, Md. Sam Caldwell, 301-249-6966 (after 4 p.m. Eastern); Maryland elite@aol.com; www.marylandelite.org

April 26-27. Penn Relays, U. of Pennsylvania, Philadelphia. Masters relays & 100. Phil Felton, 413 Alexander St., Princeton, NJ 08540. 609-685-4115; felton@princeton.edu

May 19-20. Long Island Senior Games, Suffolk CC, Garden City, N.Y. Eleanor Scott, PO Box 1024, Smithtown, NY 11787. 631-265-2966; eleanors@ix.net com.com; entry form at longislandsenior games.com

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

February 4-March 11. Polk Senior Games, Polk County, Fla. PSG, 515 E. Boulevard St., Bartow, FL 33830. 863-533-0055.

March 2-3. Masters M&W 200/USATF National Open Indoor Championships, Georgia Dome, Atlanta. Phil Raschker, stabhoch@aol.com

March 3. Virginia State Masters Indoor Championships, VMI Fieldhouse, Lexington, Va. For entry info send SASE to John Tucker, Meet Director, Dept. of Athletics, Washington & Lee U., Lexington, VA 24450. 540-463-8667; http://ome.wlu. edu/~tuckerj

April 21. USATF Georgia Masters Championships, Savannah St. U., Savannah. Jim Hite, PO Box 717, Millen, GA 30442. Phone/fax: 478-982-4881; jimjoyce@jchs.com May 4-6. 31st annual Southeastern U.S. Masters Meet, N.C. St. U., Raleigh. Pentathlon, WP, 5K & 20K RWs, & Relays. Southeastern US Masters, Box 590, Raleigh, NC 27602. Dale Smith, 919-831-6640 (M-F, 9 am-5 pm, Eastern time). May 16-19. South Carolina Senior Sports Classic, Florence. 803-772-0363. May 30-June 2. Virginia Senior Games,

Richmond. 804-730-9447.

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s,	Indiana, Ke	ntucky.	Michigan,	O
	Wisconsin,	West V	irginia	

February 4. USATF Michigan Association Masters & Open Indoor Championships, Grand Valley St. U., Allendale (11 miles west of Grand Rapids). Schedule includes mile, 3000 RW, and WT. Jerry Baltes, GVSU, Office 97, Allendale, MI 49401. 616-895-3360.

February 9 & 16. Grand Valley St. U. Indoor Meets, Allendale, Mich. www.gvsu. edu

February 10. Midwest Indoor Meet III, Westwood Sports Center, Sterling, III. Theresa DePellegrin, 815-622-6201.

February 24. Midwest Indoor Meet IV, Westwood Sports Center, Sterling, Ill. See Feb. 10.

February 25. USATF Ohio M/O/J Indoor Championships, U. of Findlay. 1-800-472-9502, x4674; arce@mail.findlay.edu

March 10. USATF Midwest Regional Masters Indoor Championships, Lincoln Way HS, Central Campus Field House, Rt. 30, New Lenox, III. Mike Davis, 605 Lambeth Ln., New Lenox, IL 60451. 815-485-2879.

April 7. Masters & All Comers Open Meet/North Region Youth Championships, Proviso West HS, Hillside/Chicago, Ill. USATF Illinois, PO Box 7019, Villa Park, IL 60181; 630-953-2052.

June 9. USATF Illinois Masters Championships/All Comers Open Meet, Wilde Field, Lisle, Ill. USATF Illinois, PO Box 7019, Villa Park, IL 60181; 630-953-2052.

MID-AMERICA

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

February 4. 21st Century Ageless Games, Bethel Seminary, St. Paul, Minn. Registration at noon. Rachel Lyga, 763-574-9661.

February 25. USATF Colorado Masters & Open Indoor Championships, USAF Academy, Colorado Springs. SASE to Sue Norton, 401 Arkansas Mt. Rd., Boulder, CO 80302; 303-443-2695, or Jerry Donley,



Brian Manghanm, 47, first M40+ (17:58), Ho Ho Ho Holiday 5K, Bethpage, N.Y., Dec. 17.

ature competition for men and women ov

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Flint, 8436 E. Hubbell, Scottsdale, AZ 85257; 480-949-1991, or Pat Fahy, 8650 E. Roma, Scottsdale, AZ 85251; 480-946-7135.

May 6. Southern California Striders Meet of Champions, CSU-Long Beach. Hugh Cobb, 760-436-7696.

May 18-19. USATF Arizona Championships, Glendale CC, Glendale. See Bob Flint, May 5.

May 19. Visalia Classic, Visalia, Calif. Bob Higginbotham, 1026 W. Princeton, Visalia, CA 93277. 559-732-8030.

May 27. Dan Aldrich Memorial Meet, UC-Irvine. Mac McCormick, 949-305-2358; cmccormick13@home.com; www. coachr.org/Dan Aldrich Track.htm

June 3. Mark Grubi Masters Meet, UC-Berkeley Edwards Field. Don Rose, phone/fax: 415-457-8177; donrose43262 @cs.com

June 22-23. Arizona Multi-Event Championships, Westwood H.S., Mesa. USATF-AZ, Bob Flint, 8436 E. Hubbell, Scottsdale, AZ 85257. 480-949-1991.

October 6. 28th annual Club West Meet, Santa Barbara, Calif.

October 21. Sri Chinmoy Masters Games, CSU-Long Beach, Calif. M&W40+.

NORTHWEST

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

February 3 & 17. MacDonald's Indoor All Comers meets, Kibbie Dome, Moscow, Idaho. Yogi Weigel, 208-885-0251; yogi@ uidaho.edu

February 4, 11, 18, 25. Oregon TC Masters Clinics, Hayward Field, Eugene. 2:00 pm. Larry or Teresa Pine, 541-895-5420; pine@ pond.net

February 10. Kirby Nagelhout High Desert Indoor Meet, Deschutes County Expo Center, Redmond, Ore. USATF Oregon, runjumpthrow@compuserve.com

February 10. Inland Northwest Association Indoor Meet, Eastern Washington U., Cheney. Ruth Van Kuren, 509-235-4762.

March 4, 11, 18, 25. Oregon TC Masters Clinics, Hayward Field, Eugene, 2:00 pm. Larry or Teresa Pine, 541-895-5420; pine@pond.net

May 26. Oregon Senior Olympics, Silverton. Silverton RC, Box 783, Silverton, OR 97381. Amy Castle, 503-873-8577(h). June 9-10. Hayward Masters Classic, Eugene, Ore. Oregon TC Masters, 590 W. 29th Ave., Eugene, OR 97405, 541-687-9675; RuthBremiller@oregon.uoregon.edu; www.haywardclassic.com

June TBA. USATF Oregon Masters & Open Championships, McMinnville.

June 2. Seattle Park Dept. Masters Meet, West Seattle Stadium. Dennis Cook, 206-684-7094.

June 23-24. USATF Northwest Regional Masters Championships, Mt. Hood CC, Oregon (Portland area). Paul Stepan, 3011 NE Linden, Gresham, OR 97030. 503-666-8950; Istepan@yahoo.com

July 7-8. State Games of Oregon, Mt. Hood CC (Portland area). Keith Maneval-T&F, 503-667-7140.

July 20-22. Big Sky Games, Billings, Mont. T&F contact: Karen Sanford Gall, 406-254-7426; www.bigskygames.org. State residents only.

August 16-18. Wyoming Senior Olympics, Evanston. Steve Liechty, 307-789-1770; www.eprd.net. Open to out-of-state.

August 17-18. Seattle Masters Games, West Seattle Stadium. Some events Fri. evening. Ken Weinbel, 206-932-3923;

kweinbel@ aol.com

CANADA

March 3. Ontario Masters Indoor Championships, York U., Toronto. Brian Keaveney, 426 Valermo Dr., Etobicoke, Ontario, M8W 2L9, Canada. masters@ sympatico.ca; www3.sympatico.co/ontario. masters

INTERNATIONAL

February 2-11. International Master Athlete Winter Games, Barrie & Orilla, Toronto, Canada. Limited t&f indoor events, 2nd-4th. 2001 International Master Athlete Winter Games, Barrie City Hall, PO Box 400, Barrie, Ontario L4M 4T5, Canada. 877-371-2001; www.master athletewintergames2001.com

February 3-11. New Zealand Masters Games, Wanganui. NZMG, PO Box 500, Wanganui, New Zealand.

February 17-18. British Veterans Indoor Championships, Cardiff. Sue Hooper, 150 Woodland Ave., Pencoed, Mid Glam., CF35 6UP, Wales. Entries close Jan. 27. February 19-March 5. Barbados Winter Training, National Stadium, Bridgetown. Masters training: sprints, middle-distance, hurdles & horizontal jumps. Masters Sports International, 60 Glenham St., Springfield, MA 01104; 413-746-1739. March 8-12. European Veterans Indoor Championships, Bordeaux, France. Federation Français d'Athletisme, 38 Avenue Pierre de Coubertin 75640, Paris, France. CEDEX 13; fax: +33 1-45-81-44-66. March 24-25. Russian Veterans Indoor Championships, Penza. Vadim Marshev, fax: 7-095-5734150; marshev@cs.msu.su May 12-15. Russian Veterans Throwing Championships, Toliatty. Vadim Marshev,

fax: 7-095-5734150; marshev@cs.msu.su July 4-14. 14th WAVA World Veterans Championships, Brisbane, Australia. M40+, W35+. David Lloyd, WVAC, PO Box 7889, Waterfront Place, Brisbane, Queensland 4001, Australia. Phone: 61 7 3222 1000. Fax: 61 7 3221 1684. Email: wavainfo@qldevents.com.au. Website:

www.worldvac2001.com.au. **August 11-12.** Russian Open Masters Games (t&f dates), Moscow. Vadim Marshev, fax: 7-095-5734150; marshev@ cs.msu.su

September 28-30. Russian Veterans Championships, Krasnodar. Vadim Marshev, fax: 7-095-5734150; marshev@ cs.msu.su

October 5-14. Australian Masters Games, Newcastle, NSW. AMG, PO Box 1599, Newcastle West, 2302, NSW. www.nh events.com.au

OPEN

Aug. 3-12. IAAF World Championships VIII, Edmonton, Canada.

LONG DISTANCE RUNNING

NATIONAL

February 17. USATF National Masters 10K Cross-Country Championships, Fort Vancouver, Wash. Al Beck, 39400 Pioneer Blvd. #11, Sandy, OR 97055. 541-676-9601. March 24. USATF National Masters 100K Championships, Pittsburgh, Pa. Chris Gibson, 412-824-4508(h).

April 1. USATF National Masters Men's 5K

Championships/Carlsbad 5000, Carlsbad, Calif. Tracy Sudlun, 10509 Vista Sorrento Pkwy, #102, San Diego, CA 92121. 619-450-6510.

May 2-6. Road Runners Club of America National Convention, Albuquerque, N.M. RRCA, 1150 S. Washington St., Suite 250, Alexandria, VA 22314. 703-836-0558; www.rrca.org

June 2. USATF National Masters Women's 5K Championships/Freihofer's, Albany, N.Y., George Regan, 233 Fourth St., Troy, NY 12180, 518-273-0267.

July 28. USATF National Masters 50-Mile Trail Championships, White River, Wash. Scott McCoubrey, 919 E. Pine St., Seattle, WA 98122. 206-329-1466.

September 15-16. USATF National Masters 24-Hour Championships, Sylvania, Ohio. Tom Falvey, 3743 Woodmont Rd., Toledo, OH 43613. 419-475-0731.

October 7. USATF National Masters Marathon Championships/Twin Cities, Minneapolis/St. Paul, Minn. Dan Finanger, 708 N. First St., #CR-33, Minneapolis, MN 55401. 612-673-0778.

October 27. USATF National Masters 15K Championships/Tulsa Run, Tulsa, Okla. Jack Wing, 4038 E. 48th St., Tulsa, OK 74135. 918-292-1939.

November 4. USATF National Masters 8K Cross-Country, Rochester, N.Y. Peter Glavin, 160 Laney Rd., Rochester, NY 14620. 716-242-9031.

November 18. USATF National Masters 5K Cross-Country, DeLand, Fla. John Boyle, PO Box 1700, DeLand, FL 32721. 904-736-0002. December 1. USATF National Masters 6K Cross-Country, Mobile, Ala. Steve Schoenwald, 6509 Timbers Dr., Mobile, AL 36695. 334-470-7730.

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

EAST

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

February 18. Washington's Birthday Marathon & Relay, Greenbelt, Md. Patrick Brown, 703-241-0395/DCRRC; PBrown@ mitretek.org

February 24. Last Train to Boston Marathon, Edgewood, Md. Brad Roberts, 410-638-1091; lasttrain@ieee.org

February 25. Cape Cod Times Marathon, Half-Marathon, & 5K, Hyannis, Mass. Kevin Petrovek, 508-775-8877; www.cape codtimesmarathon.org

March 3. Hudson Mohawk Marathon, Albany, N.Y. 518-435-4500; www.hmrc.com March 11. Massachusetts Law Enforcement Half-Marathon, Melrose. Tony Pallotta, Runners Edge, 781-662-0091; www.run edge.com

March 18. New Bedford Half-Marathon, New Bedford, Mass. Jim Ryan or Ed Talbot, 508-998-5068; www.NBHALF.com

April 8. Nortel Networks Cherry Blossom 10 Mile, Washington, D.C. 6000 entrant limit, usually filled by early January. Cherry Blossom, PO Box 5366, Rockville, MD 20848. www.nortelnetworks.com/cb

April 16. 105th Boston Marathon. Entries accepted to March 1, 2001, or until maximum field of 15,000 is reached. 508-435-6905; www.bostonmarathon.org

April 29. New Jersey Shore Marathon, Long Branch. Art Castellano, 732-578-1771; www.njshoremarathon.org

May 6. Long Island Marathon, East Meadow. LIM, Sports Unit, Eisenhower Park, East Meadow, NY 11554.

May 6. UPMC Health System/City of Pittsburgh Marathon, Pittsburgh, Pa. 412-647-7866; www.upmc.edu/pghmarathon

May 27. Vermont City Marathon, Burlington. Andrea Sisino, 800-880-8149; vcm.org

June 4. Merry Heart 5K, Eisenhower Middle School, Roxbury, N.J. Madeline Bost, PO Box 458, Ironia, NJ 07845; 973-584-0679. Hotline: 973-584-9302.

SOUTHEAST

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

February 3. Pomoco Group Hampton Coliseum Half-Marathon & 5K, Hampton, Va. 757-728-3235; www.hampton.va.us/coliseum February 3. Gulf Winds TC 30K, Tallahassee, Fla. David & Judy Waters, 850-421-0469; dwaters@mailer.fsu.edu

February 10. Pensacola News Journal Double Bridge Run 15K & 5K, Pensacola, Fla. 850-434-2800; www.pensacolasports. com/running/bridge.htm.

February 10. Carolina Marathon, Columbia, S.C. Donna DesPortes, 803-929-1996; fax: 929-1926; www.carolina marathon.org

February 17. Myrtle Beach Marathon, Myrtle Beach, S.C. 843-293-7223; www. coastal.edu/mbmarathon

February 17. Outback Steakhouse Distance Classic 12K, Orlando, Fla. 407-898-1313; www.trackshack.com

February 17. Withlacoochee Rails to Trails 100K/RRCA Southern Region Championships, Brooksville, Fla. John Holmes, 727-546-9399; croomtrailrunner@juno.com

February 17. Edison Festival of Light 5K, Fort Myers, Fla. Edison Festival 5K, Fort Myers TC, PO Box 60131, Ft. Myers, FL 33906. 941-334-2999.

February 18. Miami Tropical Marathon, Miami, Fla. 305-252-3235; www.sbr-mul tisport.com

February 24. Bank of America Gasparilla Distance Classic 15K & 5K, Tampa, Fla. Susan Harmeling, 813-229-7866; www. doitsports.com/gasparilla

February 24. Blue Angel Marathon, Half-Marathon, & 5K, Pensacola, Fla. 850-452-4391; www.signmeupsports.com

February 24. Lumber River Run 5K, Lumberton, N.C. Robeson RRC, 308 W. 25th St., Lumberton, N.C. 28538. Maria Parker, 910-739-2400; mpp85@yahoo. com

February 25. Anheuser Busch Colonial Half-Marathon, Williamsburg. Colonial H-M, PO Box 399, Williamsburg, VA 23187. 757-221-3363; 221-1599.

March 3. Chattahoochee RR 10K/RRCA Southern Region Championships, Atlanta, Ga. Marlene Atwood, 770-497-4208; atfed wood@email.msn.com

March 4. Knight trail 50K, Sarasota, Fla. Dave Siegwald, 941-377-1772. siegwald @prodigy.net

March 10. Gate River Run 15K, Jacksonville, Fla. Doug Alred, 904-731-3676; www.lstplacesports.com

March 11. Hope for Children 10K/RRCA Florida Championships, Naples, Fla. Fran Fidler, race director, 941-430-0799; fax: 436-6780; NaplesHope10K@aol.com

March 17. Shamrock Sportsfest Marathon, 8K, Masters 8K, & 5K Walk, Virginia Beach, Va. SASE to Shamrock Sportsfest, 2308 Maple St., Virginia Beach, VA 23451. www.shamrocksports Continued on next page

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fest.com

March 17. Unicorn Classic 5K/RRCA Southern Region Championships, Largo, Fla. Pete Pfannerstill, 727-393-9987; www. runwestflorida.com

March 24. Azalea Trail Run 10K, Mobile, Ala. ATR 10K, PO Box 6427, Mobile, AL 36660. www.pcpacers.org

April 7. Cooper River Bridge 10K, Charleston, S.C. 843-792-0345; www.bridgerun. com

April 8. 7K Road Race for Sickle Cell/RRCA Southern Region Championships, College Park, Ga. J.T. Franks, 2421 Poole Rd., Atlanta, GA 3031. 404-344-0045. April 21. Charlotte Observer Half-Marathon, 5K & 10K, Charlotte, N.C. 704-358-5425; racefest@charlotteobserver.com April 28. Country Music Marathon, Nashville, Tenn. 800-311-1255; www. cmmarathon.com

May 27. Wickham Park Marathon, 50, 100, & 200 Mile Fun Runs, Melbourne, Fla. Matt Mahoney, matmahoney@yahoo. com; http://mahoney4.home.netcom.com/ scr/wikham.htm

MIDWEST

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

April 1. The LaSalle Bank Shamrock Shuffle 8K, Chicago, Ill. 312-666-9836; www. cararuns.org

April 8. Athens Marathon, Athens, Ohio. 740-594-3825; www.athensohio.com

April 22. Glass City Marathon, Toledo, Ohio. Tom Falvey, 419-475-0731; www.ToledoRoadrunners.org

April 28. Kentucky Derby Fest Mini-Marathon, Louisville. 800-928-3378; www.kdf.org

April 29. CVS/pharmacy Cleveland Marathon & 10K, Cleveland, Ohio. 800-467-3826; fax: 216-378-0143; www.cleve landmarathon.com

April 29. Michigan Trail Marathon, Ann Arbor. Running Fit, 734-769-5016; www.runningfit.com

May 5. Indianapolis Life 500 Festival Mini-Marathon & AmerUS Group 5K. 317-237-3404; www.500festival.com

May 6. Cincinnati Flying Pig Marathon/ RRCA Central Region Championships, Cincinnati, Ohio. Rich Williams, 513-721-7447; www.flyingpigmarathon.com

May 26. Ogden Newspapers 20K Classic (formerly Big Boy Classic), Wheeling, W. Va. Hugh Stobbs, 304-242-7322; fax: 242-8941; bigboy20K@aol.com

May 27. Bayshore Marathon, Traverse City, Mich. Dave Taylor, 231-941-8118; www.users.northlink.net/tctc

MID-AMERICA Colorado, Iowa, Kansas, Minnesota, Missouri, New Mexico, N. Dakota, Nebraska, S. Dakota

February 17. Third Olympia Memorial Marathon, St. Louis, Mo. Marathon Sports, 13453 Chesterfield Plaza, Chesterfield, MO 63017. 314-434-9577.

April 21. 32nd Annual Longest Day Marathon, Relay, Half-Marathon, 10K, 5K, & 5K RW, Brookings, S. Dak. Jack Youngberg, 605-696-2433; www.brook ings.com/striders

April 27. Arbor Day 5K, Brookings, S.Dak. Steve Britzman, 605-697-9058; www.brook ings.com/striders

April 28. Get in Gear 10K, Minneapolis, Minn. 651-722-9004; www.getingear10K. com May 6. Lincoln Marathon, Lincoln, Nebr. 402-435-3504; www.lincolnrun.org May 6. Presbyterian/NMZS 10K Run for the

Zoo/RRCA 10K National Championships, & 5K, Albuquerque, N.M. Amber Gray-Fenner, 1320 Iron S.W., Albuquerque, NM 87102. 505-764-6280; www.run4zoo.org

May 27. Med-City Relays & Marathon, Rochester, Minn. 507-282-1411; www.med citymarathon.com

May 28. Bolder Boulder 10K, Boulder, Colo. Cliff Bosley, 303-444-7223; www.bolder boulder.com

June 3. Steamboat Marathon, Steamboat Springs, Colo. 970-879-0880; steamboat marathon.com

June 16. Grandma's Marathon, Duluth, Minn. GM, PO Box 16234, Duluth, MN. 218-727-0947; www.grandmasmarathon.com

SOUTHWEST Arkansas, Louisiana, Mississippi, Oklahoma, Texas

February 3. White Rock Mountain Classic 25K & 50K, Fayetteville, Ark. Joe Fennel, director, 501-521-0337, or Brad Wimberly, 501-667-3641.

February 4. Mardi Gras Marathon, Half-Marathon, & 5K, New Orleans. NOTC, 504-482-6682; www.runNOTC.org

February 4. 3M Half-Marathon & 5K, Austin, Texas. 512-984-RACE; www.3m .com/races

February 10. Conoco 10K Rodeo Run, Houston, Texas. 713-293-4395; www.rodeo run.conoco.com

February 18. Motorola Marathon, Austin, Texas. 877-601-6686; www.MotorolaMara thon.com

February 24. Cowtown Marathon, Fort Worth, Texas. Beverly Weiss, 817-735-2033; www.cowtownmarathon.org

March 10. Bayou City Classic 10K, Houston, Texas. Bayou City 10K, 9019 Briar Forest Dr., Houston, TX 77024. www.bayou cityclassic.org

April 1. Statesman Capitol 10,000, Austin, Texas. 512-445-3598; http://cap10k.austin 360.com

April 29. Oklahoma City Memorial Marathon. 405-525-4242; www.okcmara thon.com

WEST Arizona, California, Hawaii, Nevada

February 4. 35th Las Vegas Marathon & Half-Marathon. 5K Friendship Run on Feb. 3. Las Vegas Marathon, PO Box 81262, Las Vegas, NV 89180. Phone/fax: 702-876-3870; www.lvmarathon.com

February 4. San Dieguito Half-Marathon & 5K, Rancho Santa Fe, Calif. 619-298-7400; fax: 298-7448; www.kathyloperevents.com February 10. The Great American Adventure 2.8 Mile & 4.8 Mile Cross-Country Runs, Huntington Beach, Calif. SASE to Finish Line, 7846 Connie Dr., Huntington Beach, Calif. 92648. 714-841-5417.

February 18. Valley of the Sun Marathon, Queen Creek, Ariz. w.ww.valleyofthesun marathon.com

February 18. Desert Classic Marathon, Scottsdale, Ariz. Arizona RR, 602-954-8341; www.arizonaroadracers.com

March 4. City of Los Angeles Marathon. William Burke, 310-444-5544; www.lamara thon.com

March 4. Sutter Home Napa Valley Marathon/RRCA Club Championships, Napa Valley, Calif. Rich Benyo, PO Box 4307, Napa, CA 94558-0430. 707-255-2609; fax: 257-6515; www.napamarathon.com

March 17. Catalina Marathon, Two Harbors,

Calif. 714-978-1528; www.pacificsportsllc .com

March 18. Maui Marathon, Hawaii. 3000 limit. 808-871-6441; www.mauimarathon. com

March 18. Fifty-Plus Fitness Association 18th annual 8K/USATF Pacific Association Championships, Stanford U., Palo Alto, Calif. M&W50+. Also 5K Race & Fitness Walk. Mark Winitz, wintz@earthlink.net, or 650-323-6160; fax: 323-6119; fitness@ix.net com.com; www.50plus.org

March 24. 5K Spring Into Health Run, So. California U. of Health Sciences, Whittier. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648; 714-841-5417; nealand.com/finishline

April 7. Ulis C. Williams 5K & 10K Run, 5K Walk, Compton, Calif. SASE to Finish Line, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417.

April 7. Golden Gate Marathon, Sausalito, Calif. Enviro-Sports, 415-868-1829; www. envirosports.com

April 29. Big Sur International Marathon, Carmel, Calif. Wally Kastner, 831-625-6226; www.bsim.org

April 29. Russian River Marathon/RRCA Western Region Championships, Ukiah, Calif. Dottie Deerwester, PO Box 518, Ukiah, CA 95482. 707-468-8024; rdysetgo@rdyset go.com

May 6. Avenue of the Giants Marathon, Weott, Calif. Gaylou Gilchrist, 707-443-1226; www.humboldtl.com/~avenue

May 19. Palos Verdes Marathon, Palos Verdes (L.A. suburb), Calif. W2 Promotions, 310-828-4123; www.active.com

May 20. 90th annual Examiner Bay To Breakers 12K, San Francisco. Paulette Stracuzzi, 415-777-8742; www.baytobreak ers.com

June 3. Suzuki Rock 'N' Roll Marathon, San Diego. Elite Racing, Inc., 858-450-6510; Limited to 20,000. www.mrmarathon.com

NORTHWEST

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

May 6. 25th Lilac Bloomsday 12K, Spokane, Wash. LB 12K, PO Box 1511, Spokane, WA 99210. April 13 deadline.

www.bloomsdayrun.org May 20. Capital City Marathon, Olympia,

Wash. 360-786-1786; capitalcitymarathon. org

May 26. Up the Lazy River/ORRC Masters 10K Championships, Mary S. Young Park, West Linn, Ore. ORRC, 4840 SW Western Ave., Beaverton, OR 97005. 530-291-8699; fax: 520-0242; www.active.com

May 27. Wyoming Marathon, Medicine Bow Half-Marathon, & Rocky Mountain Double Marathon 52.4 Miles, Laramie. Brent Weigner, 307-635-3316; www.active.com

CANADA

February 11. First Half Half-Marathon, Vancouver, B.C. Pacific RR, 604-515-2488; www.wi.be.edu/firsthalf

March 25. Around the Bay Road Race 30K & 5K, Hamilton, Ontario. 905-574-8982; info2@aroundthebayroadrace.com

May 6. Vancouver International Marathon, Half-Marathon, & 5 Miler. 604-872-2928; www.vanmarathon.bc.ca

May 13. National Capital Marathon, Ottawa, Ontario. 613-234-2221; www.ncm.ca

INTERNATIONAL

March 11. Kyoto City Half-Marathon, Japan. (81) 75-315-1235; isono@runners.co.jp March 24. City Pier Half-Marathon, The Hague, The Netherlands. 31-174-517273;

www.cpcloop.nl March 25. Rome Marathon, Italy. 39 06 40 65 064: www.maratonadiroma

65 064; www.maratonadiroma April 1. Berlin Half-Marathon, Germany. (49) 30-302-5370; www.berlin-marathon. com; info@berlinmarathon.com

April 8. Paris International Marathon, France. www.parismarathon.com; info@ parismarathon.com

April 22. Flora London Marathon, England. (44) 171-620-4117; www.london marathon. co.uk; Marathon Tours, 617-242-7845.

April 28-29. 7th European Veterans Athletics Non-Stadia Championships, Qormi, Malta. 10K RR, 30K Men's RW, 20K Women's RW-28th; Half-Marathon-29th; non-Championships 4x3000 relay-May 1. EVAA Championships, PO Box 36, Qormi, Malta. Tel/fax: (00356) 247675, 487704, 432402; email: maaa@global. net mt: www.global.net.mt/maaa

net.mt; www.global.net.mt/maaa May 18-19. Russian Veterans Non-Stadia Championships, Cheboksari. Vadim Marshev, fax: 7-095-573-4150; marshev@ cs.msu.su

June 9. Stockholm Marathon, Sweden. SM, Box 10023, SE-10055 Stockholm, Sweden. www.marathon.se

August 26. Gzhel International Cup (Long Distance & Racewalking), Gzhel (Moscow area). Vadim Marshev, fax: 7-095-573-4150; marshev@cs.msu.su

RACEWALKING

February 17. Presidents' Day Indoor 3000 Racewalk & Run, Bethel College, Minnesota. Gary Westlund, 3054 Arthur St., Minneapolis, MN 55418. 763-712-9417(h); 612-782-9620(w).

February 18. 2001 Mall Odyssey/11th annual 3K Indoor Mall RW Championship, Connecticut Post Mall, Milford. Gus Davis, CT RWers, 789 Donna Dr., Orange, CT 06477. 203-384-3157(w); fax: 384-3237; pgdavi@bpthosp.org

February 18. Beach Walk 5K, South Padre Island Convention Center, Texas. 800-657-2373.

March 25. USATF National Masters Indoor 3000 RW Championships, Boston, Mass. See T&F schedule.

April 22. Northwest Regional 10K RW Championships, Seattle. Bev LaVeck, 206-524-4721; bevlaveck@aol.com

June 3. USATF National Masters 15K RW Championships, Evansville, Ind. Rick Williams. 515 E. Jennings St., Newburgh, IN 47630. 812-858-0333, x140.

July 26. USATF National Masters 5000 RW Championships, Baton Rouge, La. See T&F schedule.

July 28. USATF National Masters 10K RW Championships (M&W), Baton Rouge, La. See T&F schedule.

September 9. USATF National Masters 40K RW Championships, Ft. Monmouth, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. 732-222-9080.

September 22. USATF National Masters 5K RW Championships, Kingsport, Tenn. Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37660. 423-349-6406.

October 7. USATF National Masters One-Hour RW Championships, Worcester, Mass. Justin Kuo, 39 Oakland Rdt, Brookline, MA 02445. 617-731-9889.

October 27. USATF National Masters 100K Track RW Championships, Yellow Springs, Ohio. Vince Peters, 607 Omar Circle, Yellow Springs, OH 45387. 937-767-7424.

November 4. USATF National Masters 20K RW Championships, Coconut Creek, Fla. Bob Cella, 7199 NW 44th Pl., Ft. Lauderdale, FL 33319. 954-747-9465. **National Masters News**

RECIPIENTS OF ALL-AMERICAN AWARDS

1. T					1.52.4			
M40-44				-	SW	26-8	7-17-99	
Lovell Butler	100	11.3	7-30-00		31	47-42	6-12-99	
	LJ	5.85	7-30-00		-			
	100	11.08	6-2-00	and the second s	J	49.43	6-5-99	
	LJ	6.07	6-2-00	M50-54				
Tim Mock	3000	9:45.6	5-20-00	Daniel Cole	HJ	1.70	8-10-00	
Thin mock	0000	0.45.0	0 10 00	Tommy Dodd	10K	37.05	11-18-00	
M45-49				Buzz Gagne	J	151-7	8-20-00	
Bob Berke	PV	12-1 3/4	12-11-00	Don Loewe	3000	10:37	10-12-00	
				Carl Schulhof	3000	10:44.0	5-20-00	
Paul Marcel	3000	10:11.2	5-20-00	Herbert Taakett	3K SC	12:27.13		
Wally Marantette	3000	10:37.0	5-20-00	Herbert laakett	JK SC	12.21.15	0 10 00	
Richard Watson	WP	3331	11-13-99	M55-59				
	3	161-11	11-13-99	Rolille Cavaletto	3000	10:51.9	5-20-00	
	WP	3342	9-25-99	Ritchie Gelael	3000	9:59.3	9-16-00	
	J	50.36	8-29-99	Dennis Mihora	3000	10:59.2	5-20-00	
	WP	3352	8-21-99	Dennis Minora	3000	10.30.2	0.10.00	
	J	48.68	8-6-99	M60-64				
	WP	3158	8-8-99	Mark Adama	5K RW	28:57	10-1-00	
		48.44	8-4-99	mark Availie	1500 RW		9-16, 17-00	
		48.22	7-30-99	and the second se	3K RW	15:12.84	5-27-28-00	
	WP	3372	7-17-99	John Brennand	3000	10:47.7	5-20-00	
	W	42-6	7-17-99			3001	11-18-00	
		42-0	1-11-00	Robin Heron	WP	3001	11-10-00	

U.S. MASTERS ALL-AMERICAN STANDARDS

	J.J. 1	VIAS		ND A				HIN	314		AN	03
Event	30-34	35-39	40-44	45-49	50-54	FOR ME 55-59	60-64	65-69	70-74	75-79	80-84	65-69 90-94
55	6.8	6.9	7.1	7.2	7.4	7.9	8.1	8.4	8.9	9.4	10.4	11.8 13.5
60	7.4	7.55	7.7	7.85	8.05	8.5	9.0	9.25	9.5	10.0	11.2	12.8 16.6
100	11.0	11.3	11.5	11.9	12.2	12.6	13.2	13.8	14.6	16.0	18.0	23.0
200	22.4	23.2	23.8	24.6	25.5	27.0	27.9	29.5	32.0	35.0	40.2	52.0
400	51.5	52.5	53.8	56.0	57.5	62.0	65.0	69.0	75.0	88.0	98.0	120.0
800	2:02	2:04	2:06	2:11	2:16	2:25	2:35	2:45	3:06	3:35	3:55	4:30
1500	4:20	4:22	4:24	4:35	4:45	5:10	5:20	5:45	6:30	7:20	8:10	9:20
Mile	4:40	4:40	4:50	5:00	5:10	5:30	6:00	6:15	6:55	8:20	8:45	10:15
3000	9:25	9:40	10:00	10:25	10:45	11:15	11:50	12:45	13:40	15:50	19:10	23:0026:00
5000 10000	15:45 32:30	16:00 32:50	16:15	16:45 36:00	17:30	18:25	19:30	21:00 44:00	23:30 48:30	26:00 54:30	29:00 61:15	32:30 68:30
55H	8.6	8.7	33:30 9.0	9.5	38:00 10.0	39:00 10.3	40:30	10.9	11.2	11.6	12.5	00.30
60H	9.0	9.3	9.4	9.8	10.0	10.5	10.0	11.1	11.4	12.0	13.6	
110H	15.4	16.5	17.8	18.8	10.0	10.0	10.5			12.0	10.0	
100H					18.0	19.0	20.0	21.0				
80H									18.0	21.0	25.0	30.0
400H	58.0	60.0	62.0	64.0	68.0	71.0						
300H					48.0	51.0	55.0	60.0	67.0	75.0	85.0	95.0
3K-SC	10:10	10:30	11:45	12:40	13:30	14:00						
2K-SC					121756		9:30	10:30	12:00	14:00	16:30	19:30
HJ	1.90	1.85	1.76	1.68	1.60	1.50	1.45	1.38	1.25	1.15	1.00	0.80
1.1.1.1	6-23/4	6-3/4	5-91/4	5-6	5-3	4-11	4-9	4-61/4	4-11/4	3-91/4	3-31/4	2-71/2
PV	4.40	4.10	3.95	3.70	3.55	3.05	2.70	2.40	2.30	2.00	1.80	1.30
	14-51/4		12-111/2	12-11/2	11-7%	10-0	8-101/4	7-101/2	7-61/2		5-103/4	4-31/4
LJ	6.50	6.10	5.85	5.60	5.40	4.90	4.50	4.20	3.80	3.35	2.85	2.20
	21-4		19-21/4	18-41/2	17-81/2	16-3/4	14-9		12-51/2		9-41/4	7-21/2
TJ	13.20 43-3 ³ /4	12.60	11.50 37-8 ³ / ₄	10.80 35-5 ¹ / ₄	10.40	9.50	8.90 29-2 ¹ / ₂	8.20 26-11	6.96	6.50 21-4	5.94 19-6	5.51 19-5 ³ /4
Shot	14.50		13.41		34-1 ¹ / ₂ 13.10	31-2	12.80	11.50	22-10	9.00	8.00	6.00
Shot	47-7	46-0	44-0		42-11%	39-41/2	42-0			29-61/2		19-81/4
Discus	44.80	42.80	39.50	37.50	42.00	41.00	42.00		34.00	26.00	22.00	15.24
	147-0	140-5	129-7	123-0	137-9	134-6		127-11	111-6		72-21/4	50-0
Hammer	47.24	44.20	40.00	39.00	39.00	36.00	36.00	32.00	30.00	24.00	20.00	17.07
100.000	155-0	145-0	131-3	127-11	127-11	118-1	118-1	105-0	98-5	78-9	65-71/2	56-0
Javelin	62.00	56.00	48.76	47.00	43.00	41.00	39.00	35.00	31.00	24.00	19.00	14.02
	203-5	183-9	160-0	154-2	141-1	134-6	127-11	114-10	101-8	78-9	62-4	46-0
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00			6.00	5.00	4.00	3.00
	49-21/2	45-111/4	42-8	39-41/2	32-93/4	29-61/2			19-81/4	16-43/4		9-10
25#Wt.					NT :		11.50	10.00	9.00	7.30	5.30	4.50
56#Wt.	9.50	9.00	0.50	8.00	6.00	5.50	37-8 ³ /4	4.50	3.50	23-11 ¹ / ₂ 3.00	2.50	14-9 2.00
50#111.	31-2	29-61/2	8.50	26-3	19-8'/4	5.50 18-1/2	16-43/4		11-5%	9-10	8-21/2	6-63/4
Pent.	2800	2600	2600	2600	2600	2600	2600	2600	2600	2400	2200	2000
Decath.	5500	5250	5250	5000	5200	5000	4500	5000	4800	4200	3000	2500
Wt. Pent.	2800	2700	2800	3000	3000	3000	3000	3000	2600	2700	3000	3000
Notes: 1						e standard					0000	
2) Short	hurdles:	30-	49: 39":		50-59:	36";	60-69:	33":	70+:	30''	
34		hurdles: put:	30-	49: 36" 49: 7.26	k (16#);	50-59: 50-59:		60+: 60-69:	30" 5k;	70+:	4k	
5) Discu	s throw:	30-	49: 2kg		50-59:	1.5kg;	60+:	1.0kg			
6			30-		ik (16#);	50-59: 60+:	6k; 600g	60-69:	5k;	70+:	4k	
7) Metri	c heights	and dist	ances ar	e the stan	dard; feet	and incl			venience.		
9		ec/Wt.Pe				+ WAVA fa				-	-	
115	MASTE	DC AL	AME	DICAN		ADDE	OFEN	CELLE	NCEE		CEWA	LKERS
0.5.	MASIE	AS AL	C-AWE	AICAN	STANL	WOMEN		CELLE	ACE F	UK KA	CEWA	LALAS
1.5	5K Mil	e 31	(5H	(8	IK 1		15K	20K	25K	304	4	ок 50К
W30 7:	13 7:4	7 14:50	25:30			43 1:21	:56 1:	52:06 2	:24:43	2:59:15	4:08:	45 5:37:30
	22 8:0					56 1:23						
	37 8:2		3 27:20									13 5:55:48
	03 8:4		2 28:33									31 6:11:25
	25 9:0		5 29:49									23 6:29:09
												03 6:49:24
W60 9:												54 7:12:43
W65 9:												25 7:39:46
W70 10: W75 11:												18 8:11:30 35 8:40:28
												35 8:49:28 26 9:47:35
												16 10:39:15
W90 14:										5.00.10		10 10.03.15
14.	0.0	5 30.30	42.11			MEN						

1.1			39				MEN					
M30	6:31	7:01	13:21	23:05	37:57	47:49	1:13:10	1:38:18	2:05:12	2:32:17	3:27:30	4:31:00
M35	6:43	7:14	13:47	23:46	38:55	48:53	1:14:28	1:39:43	2:06:56	2:34:14	3:30:17	4:34:53
M40	6:58	7:29	14:16	24:24	40:15	50:32	1:17:03	1:43:13	2:11:29	2:39:47	3:37:53	4:44:49
M45	7:13	7:46	14:47	25:31	41:44	52:25	1:19:58	1:47:10	2:16:35	2:46:05	3:46:36	4:56:24
M50	7:33	8:05	15:23	26:33	43:25	54:32	1:23:14	1:51:37	2:22:20	2:53:13	3:56:29	5:09:29
M55	7:50	8:26	16:04	27:43	45:19	56:55	1:26:56	1:56:38	2:28:52	3:01:19	4:07:41	5:24:22
M60	8:13	8:51	16:50	29:02	47:28	59:38	1:31:10	2:02:23	2:36:20	3:10:33	4:20:30	5:41:23
M65	8:38	9:19	17:43	30:33	49:56	1:02:45	1:36:01	2:08:58	2:44:53	3:21:11	4:35:15	6:01:01
M70	9:08	9:50	18:44	32:18	52:46	1:06:21	1:41:37	2:16:35	2:53:56	3:33:31	4:52:23	6:23:51
M75	9:43	10:28	19:55	34:20	56:04	1:10:35	1:48:13	2:25:34	3:05:02	3:48:05	5:12:40	6:50:54
M80	10:26	11:14	21:22	36:50	60:06	1:15:44	1:56:15	2:36:31	3:20:50	4:05:57	5:37:34	7:24:11
M85	11:21	12:13	23:14	40:04	65:20	1:22:26	2:06:43	2:50:48	3:39:31	4:29:18	6:10:11	8:07:50
M90	12:41	13:39	25:58	44:45	72:52	1:32:08	2:21:52	3:11:28	4:06:38	5:03:17	6:57:43	9:11:37
Age-g	raded	time/.8	for mid	-point of	each 5	-year inte	rval (e.g.	, age 32,	37, 42, 47	', etc.).		Care and Care

Jerry LeVasseur	2000 SC	9-13-22	8-11-00		W35-39				
Lionel Low	TJ	9.95	8-20-00		Eisina Iba	LJ	5.06	8-10, 13-0	0
	LJ	15.0 1/2	10-8-00		Gae McLenathen	3000	11.38.1	5-20-00	
	D	4523	10-28, 28	-00	Holly Oliver	10K RW	53:44	5-13-00	
James Tineill	J	133-4	10-8-00			5K RW	26:22	5-13-00	
	PV	9-3	10-8-00		W40-44				
Thom Weddle	mile	5:15.50	6-28-00	1 × 1 × 1	Elleen Barnes Corley	10K	41:12.2	9-16-00	
	10K	38:43.54	8-12-00		Dianna Hall	3000	11:24.4	5-20-00	
	1500	4:54.06	8-13-00		Patty Weisner	3000	11:52.5	5-20-00	
	5 K	18:07.61	8-10-00						
	800	2:26.84	7-02-00	1000	W45-49				
					Deborah Florea	3000	11:44.3	5-20-00	
M65-69					Diane Sacoea	mile t	6:03.37	3-27-99	
Gordon McLenathen	3000	12:27.4	5-20-00			3000 1	11:45.15	3-26-00	
William Pattiaon	10K	43:34	9-24-00		Elaine Triplett	3000	11:22.4	5-20-00	
	5 K	21:23	7-4-00	1000					
					W50-54				
M75-79				the second s	Teri Van Cott	3000	11:38.9	5-20-00	
Massaahi Noritake	20K RW	2:23:28	8-13-00	_	Gall Ward	3000	13:48.8	5-20-00	
	5K RW	34:06.49	6-11-00	_	dan ward				
	15K RW	1:47:57	5-21-00						
	10K RW	1:09:36.4	4-9-00	12					

U.S. MASTERS ALL-AMERICAN STANDARDS FOR WOMEN Event 100 200 30-34 13.8 28.0 50-54 55-59 60-64 65-69 70-74 75-79 60-84 35-39 <u>40-44</u> 14.4 45-49 14.1 15.0 31.6 16.8 37.0 15.5 16.4 18.6 19.8 22.0 25.0 52.0 28.8 30.0 42.0 48.0 35.0 33.0 39.0 400 800 63.5 65.5 68.0 70.0 78.6 80.0 83.0 84.0 86.0 98.0 104.0 2:35 2:33 2:40 2:46 2:54 3:20 3:56 5:40 3:10 3:36 4:30 1500 5:10 5:20 5:30 5:40 6:00 6:20 6:45 7:30 8:00 8:50 10:10 7:00 14:30 Mile 5:40 5:50 6:10 6:30 6:50 7:40 8:50 9:40 10:45 8:10 15:00 16:00 18:30 20:00 23:00 3000 11:30 11:50 12:00 12:30 14:00 24:50 52:00 5000 19:45 20:15 21:00 22:00 23:30 26:00 28:00 30:00 34:00 36:00 48:00 85:00 10000 41:30 42:40 44:00 50:00 56:00 60:00 66:00 76:00 100H 17.2 18.2 18.7 28.0 15.0 15.8 16.5 17.6 20.2 22.2 25.0 80H 400H 75.0 79.0 84.0 88.0 120.0 66.0 96.0 300H 72.0 79.0 87.0 110.0 1.40 4-7 1.12 3-8 1.02 3-4 HJ 1.35 1.27 1.22 1.07 0.97 0.92 0.89 0.84 4-2 4-0 3-21/4 4-5 3-6 3-01/4 2-11 2-9 2.10 1.80 1.50 PV 2.70 2.40 1.20 1.10 1.00 0.90 0.80 0.70 7-101/2 6-103/4 5-103/4 4-11 3-111/4 3-71/4 3-31/4 2-31/2 8-101/4 2-111/2 2-71/2 LJ 2.30 2.10 1.50 4.60 4.42 4.04 3.81 3.40 3.20 3.10 2.60 8-6¹/₄ 6.00 7-6¹/₂ 5.50 14-6 13-3 12-6 11-1% 10-6 10-2 6-103/4 4-11 15-1 6.20 4.50 3.89 TJ 9.50 9.09 8.43 7.49 7.01 6.40 27-8 8.51 24-7 8.40 21-0 7.77 20-4¹/₄ 7.50 29-10 23-0 18-1/2 14-9 12-9 31-2 19-81/4 8.00 6.00 5.20 4.30 Shot 10.30 9.32 6.60 30-7 33.50 27-6³/₄ 25.00 26-3 23.00 14-1¹/₄ 12.00 33-91/2 27-11 25-6 24-7% 21-8 19-81/4 17-% 17.00 16.00 15.00 22.15 35.00 28.00 20.00 Javelin 109-11 30.00 55-9¹/₄ 16.00 114-10 91-10 82-0 75-51/2 72-8 65-71/2 52-6 49-21/2 39-41/2 25.00 24.00 22.00 21.00 18.00 11.00 14.00 13.00 Discus 32.00 78-9 25.00 72-2¹/₄ 68-10³/₄ 23.00 22.00 105-0 98-5 82-0 59-3/4 52-6 45-11% 42-8 36-1% 32.50 30.00 9.00 35.00 21.00 14.00 12.00 18.00 lammer 114-10 106-7 98-5 82-0 75-51/2 72-21/4 68-103/4 59-3/4 45-11% 39-41/2 29-61/2 9.00 7.01 10.00 8.00 20#Wt. 32-9% 29-61/2 26-3 23-0 8.00 7.00 26-3 22-11³/₄ 5.18 17-0 5.00 16-4³/4 4.75 15-7 6.00 5.54 18-2 16#Wt 19-8% 6.50 21-4 5.25 5.00 17-2³/₄ 16-4³/₄ 4.75 15-7 Sup.Wt. 6.00 5.50 5.00 4.50 4.00 3.50 3.00 18-1/2 16-43/4 14-9 11-5% 9-10 19-81/4 13-11/2 Wt.Pent. 2600 2500 2500 2500 2800 2600 2600 2500 2500 2400 2300

lotes:	1)	100 standards ar	eforauto	matic time; u	se standard	d conversion for hand time.
	2)	Short hurdles:	30-49:	33";	40+:	30"
	3)	Shot put:	30-49:	4k;	50+:	3k
	4)	Javelin:	30-49:	600gm;	50+:	400gm
	5)	Hammer:	30-49:	4k;	50+:	3k
	6)	Metric heights ar	d distanc	es are the sta	andard; feet	and inches listed for convenier

7) Superweight: 30-49: 35-lb; 50+: 25-lb

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

NAME	AGE-GROUP	
ADDRESS	SEX: MF	
CITY	STATEZIP	-2-
MEET	DATE OF MEET	
MEET SITE		
EVENT	MARK	_
HURDLE HEIGHT	WEIGHT OF IMPLEMENT	
	РАТСН РАТСН ТАС	G

1. If you have equaled or bettered the standard of excellence, please fill out this application, completely.

2. A copy of your results or a note stating in which issue your results appeared MUST accompany this application.

3. Please send \$10 for a certificate, \$10 for a patch, and \$10 for a patch tag showing event and year. The cost for both a certificate and patch ordered at the same time is \$15. 4. Send to: All-American, *National Masters News*, P.O. Box 50098, Eugene OR 97405.

5. A 3-color, 8" by 10" certificate, suitable for framing, and/or a 3-color, 3" by 4" patch will be mailed to you within six weeks. Allow eight weeks for a patch tag.

TRACK & FIELD RESULTS Please send results to: National Masters News, P.O. Box 50098, Eugene OR 97405. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maxi-mum 28 spaces / 2-1/4" wide) in metric in our format receive preference. Deadline is the 10th of the month prior to issue date.

EAST		M45 To M50 Vid
Philadelphia Masters	Meet	St
Germantown Academ		M55 Hu Jo
Oct. 29		W30 Jo
Runner's Pentathion 3000m/800m/200m/1500m	n/400m	W50 Ma
@ 30 minutes apart (age-g		55m H M45 Jo
Karl Castor 49	343.83	W35 Ph
(14:08.8/2:56.0/26.1/6:58.7 Brad Kell 42	7/1:02.9) 338.25	High J M30 Ok
(13:27.6/2:38.1/26.3/6:45.3		Kir
Barbara Leighton 55		M50 Da Pole V
(14:36.4/3:32.1/35.4/7:19.2		M35 Mi
Tom Yunker 42 (12:42.0/2:45.1/29.9/5:56.2	325.15	M45 Do
George Blyn 81	308.68	M55 Je M60 Ge
(17:55.2/4:25.9/49.6/8:40.8		No
Kathy Harte 39 (13:55.0/3:13.1/32.3/6:54.6	301.12	Long J
Thrower's Triathlon	5/1.20.9)	M40 Jua Ro
Discus/Shot Put/Javelin	224	M50 Mic
Ray Feick 68	202.25	Da W35Da
(33.6m/10.39m/33.1m) Terry Shuman 54	190.45	W35Da
(46.38m/11.95m/27.00m)	150.45	Shot P
Len Overbeck 65	187.20	M40 To M45 Jim
(36.5m/10.98m/26.70m)	470.40	M50 De
Tom McNaney 62 (37.78n/11.54m/25.40m)	179.49	Ric
Tom Rice 72	165.16	Jet
(25.40m/8.54m/25.40m)	100	W35 Da
Eric Schad 40	155.95	1 Mile M35 Jol
(35.66m/10.37m/45.68m) Jerry Sullivan 60	151.19	M55 Ga
(28.82m/9.45m/29.10m)	101.10	M65 Bo
George Taylor 70	134.54	Syra
Dan Folk 52 (29.52m/9.22m/22.66m)	133.82	Syr
,		55m M40 Tor
MAC Masters Me Manhattan, NYC: De		M60 Tor
55m		M70 How
M40 Paul Augello	7.71 7.93	W30 Ang
Robert Feliciano M45 Ed James	7.07	W40 List W60 Ler
David Gritz	7.44	800m
CD Cook Hugh Kelsey	7.48 7.67	M35 Da
Joe Serdnkowski	7.93	Mic
M50 Rick Lapp	7.24 7.76	M40 Rid
Oscar Henry Michael Garrity	8.04	Ga
David Friedman	8.53	M45 Te Ke
M55 Gene Ballard M60 Roosevelt Weaver	7.98 7.92	M55 Pa
Dick Camp	7.95	S
John Lewis M65 Tom Talbott	8.31 9.90	M60 To
300m	3.80	M65 R0 W30 Ar
M30 David Drucker	43.29	1500m
M35 Kevin Ellis M40 Val Barnwell	38.64 27.68	M30 D
Keith Royster	38.99	M35 Mi Da
Rob Doran	43.93 40.70	Ke
M45 Hugh Kelsey Ed James	40.81	M40 B
Dennis Brown	41.71	C
M50 Rick Lapp Errol Lee	39.44 40.64	Bi M45 Ti
Warren Graff	41.51	D
Noah Perlis	46.11 40.69	K
M55 Ron Johnson Jonathan Tetherly	40.69	M50 B
M60 John Lewis	48.01	Al Ji
M65 Tom Talbott W35 Charlene Landrum	1:03.05 41.74	M55 D
Alethea Morris	42.87	Jo
Phyllis Spencer W40L Clark-Feaster	47.45 47.44	S M80 N
600m	47.44	W35 R
M40 J Rodriguez Jr	1:46.09	W45 P
M45 Hugh Kelsey M55 J Tetherly	1:35.00	Pole Va
M60 John Hurley	2:28.22	M50 Ji
M70 Joseph Kernan	2:45.08	Long Ju M35 Ed
W35 Caryl Senn Dawn Best	1:46.33 1:51.63	W45 Ire
1 Mile		Shot Pu
M40 Rich Agnello	4:48.92	M40 Bi
William Adams Anthony Watson	4:58.77 5:07.18	M55 Jo M70 Ho
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current, we generally Results that are type etric in our format	/ do not d (maxi- receive
nonth prior to issue da	ate.
45 Tony Plaster 50 Victor Diaz	5:17.99 5:20.37
Stan Cohen	6:52.21
55 Hugh Sweeney	5:23.13
John Kuhi 30 Jo-Ann Houstan	5:59.54 5:41.07
50 Mary V Rosado	6:31.59
5 m Hurdles 45 Joe Seddakowski	10.75
35 Phyllis Spencer	9.61
gh Jump	
30 Oleg Mysikov Kimke Nakatake	1.60 1.55
50 David Friedman	1.25
ol e Vault 35 Mike Lawrye	0.64
45 Don Severn	3.64 3.79
55 Jeff Tindall	3.05
60 Gerald Counihan Norm Cyprus	3.34
ng Jump	2.77
O Juan Castro	5.18
Rob Doran 50 Michael Garrity	4.61 4.07
David Friedman	3.73
35 Dawn Best	3.93
not Put	
10 Tony Ciccone	12.51
15 Jim Mazza 50 Dennis Chandler	8.95
Rich Dunphy	10.52
Michael Garrity	9.71
Jeffrey Copland 35 Darlene Nelson	9.08 8.93
Mile RW	A
35 John Soucheck 55 Gary Null	7:17.92
65 Bob Barrett	8:33.13
Syracuse Charger	s Meet
Syracuse, NY; De	c. 17
	9.2
0 Tom LaRose 0 Tom Fondy	7.7
0 Howard MacMillan	9.0
0 Angela Scott	7.5
0 Lisa Weil 60 Lennie Tucker	11.3 9.9
Om	5.5
5 David Carroll	2:15.47
Michael Boni	2:17.24 2:27.05
Sam Sampere O Richard Petrie	2:31.57
Gary Burak	2:39.65
45 Terry McConnell	2:19.43
Kevin Morrisroe 55 Paul Stelmaszyk	2:30.66 2:47.24
S Simmonds	3:06.52
60 Tom Fondy	2:55.73
65 Roger Hahn	3:08.79 2:40.41
30 Angela Scott 500 m	2:40.41
30 Don Miller	4:47.80
35 Michael Boni	4:32.52
Dave Carroll Kevin Nelson	4:43.83 4:49.28
40 Bob Carroll	4:49.20
Casey Carlstrom	4:20.57
Brendan Jackson	4:24.13
45 Tim McMullen Don Densmore	4i20.62 5:05.84
Kevin Morrisroe	5:09.33
50 Bob Nicholson	6:03.83
Allan Wilson Jim Miner	7:52.55 8:00.10
Jim Miner 55 Don Masterson	5:19.63
Joe Reynolds	5:35.52
S Simmonds	6:20.52
80 Nate White /35 Rebecca Heuer	9:00.50 4:47.28
45 Patti Ford	4:51.38
ole Vault	
150 Jim Kelly	9-6
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ro noward macmilian	7.02

	Irene Thompson	8.87
	ht Throw Bill Bates	5.66
	Pat Lynn	11.08
	Philadelphia Ma	
Swar	Indoor Mee thmore College, I	
55m	annore conege,	A, DC0. 11
M35	Glenn Patterson	6.5
MAO	Clifton Vassell Steve Galetta	7.0 6.9
	Rob Doran	7.2
	Don Passman Karl Castor	7.1 7.4
	William Bittner	8.1
M70	Tom Rice	8.5
	Jackie Blake Hurdles	7.9
	Nate Bvrd	10.6
300 m		
M35	Glenn Patterson Clifton Vassell	39.4 45.6
M40	Warren Brown	42.2
	Rob Doran	44.2
M45	Tony Natale Karl Castor	40.0 42.2
	Phil Felton	42.7
	Jackie Blake	44.8
500 п M40	Doug Finley	1:14.0
	Robert Hill	1:24.2
M45	Tony Natale Don Passman	1:15.7 1:26.3
M50	Fred Dedrick	1:26.3
800m	1	1.000
M35	Bryan Carr David Byrne	2:12.1 2:23.3
W40	Chuck Shields	2:12.9
	Keith Davies	2:17.1
M45	Russ Patton Michael Murray	2:14.1 2:20.1
M50	Dick Green	2:17.1
	Steve Rook	2:23.6
W35 Mile	Lorraine Jasper	2:27.8
	Marshall Bowen	5:21.4
	Bryan Carr	4:52.7
M40	Keith Davies Marc Giavere	4:58.1 5:17.9
M50	Steve Rook	5:11.9
	Dick Green	5:14.7
M55 3000	Jim McFadden	6:21.8
M30	Joe Turchetti	10:40.6
	Bryan Carr Chuck Shields	10:34.0 10:02.9
MAU	Keith Davies	10:02.9
	Joel Hoffsmith	10:14.3
M50	Art Brown Carl Grossman	11:55.1
W50	Diane McManus	12:37.9 15:11.9
High	Jump	
	Rob Doran Tom Randolph	4-8 4-8
	George Bracelan	3-2
	Bob Detweiler	2-5
	Kimiko Nakatake Vault	4-6
M35	Duncan Littlefield	14-6
	Bob Reese	8-0
	g Jump Tom Rice	3.69
M85	George Bracelan	1.96
	e Jump George Bracelan	4.33
	Put	4.55
M70	Tom Rice	9.30
	Jack Doorlau George Bracelan	8.16 6.27
Mile	•	0.21
	Joel Dubow	11:14.3
	Carl Kane Ed Ganwicki	11:02.6 10:25.6
	George Bracelan	13:22.7
W60	Lana Kane	11:32.4
	MAC Holiday Cl	
60m	anhattan, NYC;	100
M35	Glenn Patterson	7.25 7.40
	Alex Rivera Terry Williams	7.86 8.24
M40	Rob Doran Robert Feliciano	8.40 8.43
M45	Gary Jacuet Jesse Norman	9.51 7. 88
	David Gritz	8.04

AN IVA	usters rews	
8.87	Hugh Kelsey	8.16
0.01	M50 Michael Garrity Noah Perlis	8.55 8.67
5.66	M55 Gene Ballard M60 Roosevelt Weaver	8.59 8.80
11.08	Ed Joyce M65 Tom Talbott	11.23 10.57
5	M85 Jeremiah Gaines	12.90
ec. 17	W35 Dawn Best W40 S Krogstad-Hill	9.05 9.26
Es.	800m M30 Daavid Drucker	2:27.61
6.5	M35 David Bynoe M40 Rich Agnello	2:20.20 2:07. 88
7.0 6.9	James McFarlane	2:12.40 2:17.64
7.2	Cralg Plummer Herbie Medina Jr	2:21.28
7.1	M45 Hugh Kelsey Tony Plaster	2:13.05 2:33.41
7.4 8.1	M50 Bill Indek M60 John Hurley	2:48.95 3:15.40
8.5	M75 John McManus	3:19.99
7.9	W40 S Krogstad-Hill Jackie Saunders	2:41.57 3:08.07
	1500m M45 Harry Lichtenstein	5:35.66
10.6	Tom Allen M50 Stan Cohen	5:41.05 6:13.76
39.4	M75 John McManus	6:53.40
45.6	W40 Barbara Gubbins 3000m	5:02.85
42.2	M35 Alan Sangeap M40 Jorge Hernandez	10:44.11 9:25.56
44 .2 4 0.0	Keith Davies Chuck Shields	9:31.93 9:51.54
42.2	Anthony Watson	10:25.97
42.7	60m Hurdles	
44.8	M35 Kevin Turner M40 Rob Doran	10.30 11.20
:14.0	High Jump M60 Gerald Counihan	1.50
:24.2	John Hurley Pole Vault	1.10
:15.7	M40 Don Severn	3.81
:26.3	Rob Doran M60 Gerald Counihan	2.59 3.35
:13.1	Norm Cyprus	2.44
:12.1	M35 Terry Williams Kevin Turner	5.28 5.05
:23.3	M40 Rob Doran	4.96
:12.9 :17.1	M50 Michael Garrity W55 Dawn Best	4.21 4.27
:14.1	Tina Whitehead Triple Jump	3.40
:20.1	M35 Terry Williams M50 Joe McMahon	10.40
:17.1	W35 Tina Whitehead	8.13 8.05
:23.6	Shot Put M40 Tony Ciccone	13.12
	Thomas Lanzalotto M50 Rich Dunphy	12.29
:21.4	Michael Garrity	9.61
March 1		
:52.7	Jettrey Copeland	9.35 10.02
:52.7 :58.1 :17.9	Jeffrey Copeland M60 Ed Joyce M85 Jeremiah Gaines 1 Mile RW	9.35 10.02 5.62
:58.1 :17.9 :11.9	Jeffrey Copeland M60 Ed Joyce M85 Jeremiah Gaines	9.35 10.02
:58.1 :17.9 :11.9 :14.7	Jettrey Copelánd M60 Ed Joyce M85 Jeremlah Gaines 1 Mile RW M35 Allen Sangeap M65 Bob Barrett	9.35 10.02 5.62 7:59.54 8:34.10
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258.1 217.9 211.9 214.7 221.8 2240.6 234.0 202.9 204.2 2014.3 1255.1 2237.9 5211.9 4-8	Jeffrey Copeland M60 Ed Joyce M85 Jeremiah Gaines 1 Mile RW M35 Allen Sangeap M65 Bob Barrett SOUTHWE Louisiana Senior O Games Baton Rouge, LA; C 50m M50 Danny Thiel M55 Robert Baker M60 James Paddie M65 Charlie Richard	9 35 10.02 5 62 7:59.54 8:34.10 SST Jympic Oct. 6-7 6.34 6.72 6.51 7.08 7.26 8.20
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58.1 17.9 11.9 14.7 21.8 0:40.6 0:34.0 0:02.9 0:04.2 1:55.1 2:37.9 0:14.3 1:55.1 2:37.9 0:14.3 1:55.1 2:37.9 0:14.3 1:55.1 2:37.9 0:14.3 1:55.1 2:37.9 0:14.3 1:55.1 2:37.9 0:14.3 1:55.1 2:37.9 0:14.3 1:55.1 2:37.9 0:14.3 1:55.1 2:37.9 0:14.3 1:55.1 2:37.9 0:14.3 1:55.1 2:37.9 0:14.3 1:55.1 1:55.1 2:37.9 0:14.3 1:55.1	Jeffrey Copeland M60 Ed Joyce M85 Jeremiah Gaines 1 Mile RW M35 Allen Sangeap M65 Bob Barrett SOUTHWE Louisiana Senior O Games Baton Rouge, LA; O 50m M50 Danny Thiel M55 Robert Baker M60 James Paddie M65 Charlie Richard M70 John Poppell M75 Tom Kennell M80 Frank Knaus M85 Dan Mestayer W50 Vicki Politz W55 Judy Bordelon W60 Judy Graham W65 M N Schweinfurth W75 Puddin Kelley M50 M50 Danny Thiel M55 Robert Baker M60 James Paddie M65 Charlie Richard M70 Sam Ascani M75 Tom Kennell M80 Frank Knaus M50 Danny Thiel M55 Robert Baker M60 James Paddie M65 Charlie Richard M70 Sam Ascani M75 Tom Kennell M80 Frank Knaus M85 Bill Dominigues W50 Vicki Politz W55 Judy Bordelon W60 Judy Graham W65 Berice Bordelon W60 Judy Graham W65 Berice Bordelon W70 Burtie Smith W75 Puddin Kelley 200m M50 Danny Thiel M55 Robert Baker M60 James Paddie	9 35 10.02 5 62 7:59.54 8:34.10 CST lympic Det. 6-7 6.34 6.72 6.51 7.08 7.26 8.20 9.50 12.03 7.42 8.81 8.89 9.33 9.47 11.33 12.26 12.53 12.50 13.99 15.02 15.82 17.99 18.66 14.87 17.49 17.55 19.37 19.09 24.49 24.83 26.72 27.14 29.40 33.01 35.53
58.1 17.9 11.9 14.7 21.8 0:40.6 0:34.0 0:02.9 0:04.2 0:04.2 0:04.2 1:55.1 2:37.9 0:14.3 1:55.1 2:37.9 0:14.3 1:55.1 2:37.9 0:14.3 1:55.1 2:37.9 0:14.3 1:55.1 2:37.9 0:14.3 1:55.1 2:37.9 0:14.3 1:55.1 2:37.9 0:14.3 1:55.1 2:37.9 0:14.3 1:55.1 2:37.9 0:14.3 1:55.1 2:37.9 0:14.3 1:55.1 2:37.9 0:14.3 1:55.1 2:37.9 0:14.3 1:55.1 1:55.1 2:37.9 0:14.3 1:55.1 1:4-6 8-0 3.69 1.96 4.33 9.30 8.16 6.27 1:32.4 2:9 7.25 7.40 7.86	Jeffrey Copeland M60 Ed Joyce M85 Jeremiah Gaines 1 Mile RW M35 Allen Sangeap M65 Bob Barrett SOUTHWE Louisiana Senior O Games Baton Rouge, LA; O 50m M50 Danny Thiel M55 Robert Baker M60 James Paddie M65 Charlie Richard M70 John Poppell M75 Tom Kennell M80 Frank Knaus M85 Dan Mestayer W50 Vicki Politz W55 Judy Bordelon W60 Judy Graham W65 M N Schweinfurth W75 Puddin Kelley M50 M50 Danny Thiel M55 Robert Baker M60 James Paddie M65 Charlie Richard M70 Sam Ascani M75 Tom Kennell M80 Frank Knaus M85 Bill Dominigues W50 Vicki Politz W55 Judy Bordelon W60 James Paddie M65 Charlie Richard M70 Sam Ascani M75 Tom Kennell M80 Frank Knaus M85 Bill Dominigues W50 Vicki Politz W55 Judy Bordelon W60 Judy Graham W65 Bernice Bordelon W70 Burtie Smith W75 Puddin Kelley 200m M50 Danny Thiel M55 Robert Baker M60 James Paddie	9 35 10.02 5 62 7:59.54 8:34.10 XST lympic oct. 6-7 6.34 6.72 6.51 7.08 7.26 8.20 9.50 12.03 7.42 8.81 8.89 9.33 9.47 11.33 12.26 12.53 12.50 13.99 15.02 15.82 17.99 18.66 14.87 17.49 17.55 19.37 19.07 10.07 10.07 10.07 10.07

W55 Wanda Whitman 41.39 W60 Betty Taylor 52.7 W65 Bernice Bordelon 45.43 W70 Burtie Smith 41 10 W75 M E Norckauer 55.28 400m M50 Danny Thiel 57.30 M60 Mike Boudreaux 1:03.80 M65 Sid Montecino 1:30.24 1:17.7 M70 Wayne Hanson M75 Foster Anderson 1:26.5 M80 Frank Knaus 1:30.32 W50 Marion Robinson 1:29.82 W55 Wanda Whitman 1:52.20 M60 Diane Bromstead 1:43.2 W65 Evelyn Taylor W75 M C Norckauer 3:19.5 2:15.2 800m M55 Bill Leach 2:30.1 M60 Mike Witkin 2:41.9 M65 Charlie Wimberly 2:35.5 M70 Wayne Hanson 3:16.0 M75 Foster Anderson 3:26.9 M80 John Boots 3:31.9 W50 Marion Robinson 3:30.8 W55 Wanta Whitman 5:54.8 W60 Sandra Garlington 4:59.1 W75 M E Norckauer 5:07.9 1500m M50 Pat Hambrick 4:36.5 M55 Bill Leach 5:13.8 M60 Mike Witkin 5:20.5 M65 Charlie Wimberley 5:31.9 M70 Wayne Hanson 6:08.2 M75 Foster Anderson 7:20.8 M80 John Boots 7:57.5 High Jump M50 Lee Landry 44 M55 Pappy Smith M60 James Paddie 4-8 5-0 M65 Charlie Richard 4-0 M70 Sam Ascani 3-8 3-4 3-2 M75 Benny Bruse M80 Frank Knaus M85 Dan Mestayer 2-8 W50 Linda Palermo 3-10 W65 Bernice Bardelon 3-2 Pole Vault M50 Bob Bienvenu 6-0 M55 Marter Spence 8-0 M60 Roger Chassay 9-0 M65 Hugh Manning 7-0 M70 Bill Noonan 5-6 M75 Jeff DeBlanc 5-0 M80 Ted Yenari 6-0 Long Jump M50 Ted Latch 15-6 M55 Robert Baker 16-1 M60 Paddie James 15-0 M65 Charlie Richard 15-5.75 M70 Sam Ascani 12-4 11.50 M75 Tom Kennell M80 Frank Knaus 8-5 M85 Dan Mestayer 6-3 W50 Joyce Dakin 9-3 W55 Judy Bordelon W60 Sandra Garlington 10.50 7-6 W65 Bernice Bordelon 94 W75 M E Norckauer 6-6.50 Triple Jump M55 Robert Baker 32-8.50 M65 Charlie Richard 32-3.50 M70 Sam Ascani 25-6.50 19-10 M75 Benny Cruse M80 Ted Yenari 18-5 W65 M N Schweinfurth 15-8 W75 M E Norckauer 16-9 Shot Put M50 Dave Saltich 41-5.50 35-7.25 M55 Vince Breaux 37-2.50 M60 Don North M65 Milton Brady 30-9 M70 Joe Quartano 34-7.50 M75 Jack Blalock 30-2 M80 Frank Knaus 22-11 M85 John Tubb W50 Joyce Dakin 21-2 26-10 W55 Tanya Green 27-1.25 W60 Fay Richard 23-6.25 W65 Evelyn Taylor 19-8.50 W70 Thais Lacrouts W75 Millie Buchert 20-9.50 14-7 W80 Mae Copes 16-8.50 W85 Marnie Evans 14-5.75

W50 Marion Robinson

	I CIVI CIUI	1 -001
38.82	Discus	-
41.39	M50 Ernest Monceaux	141-6
52.73	M55 Richard Stagg	119-4
45.43	M60 Don North	135-2
41.10	M65 Jerry Griffin	144-11
55.28	M70 Roland Clement	102-11
-	M75 Jack Blalock	88-3
57.30	M80 Wes Johnson	54-3
:03.80	M85 John Tubb	58-9
1:30.24	W50 Joyce Dakin	70-9
:17.71	W55 Marilyn Duvall W60 Doris Polak	64-3
1:20.55	W65 Theresa Fontana	56-6 39-7
1:29.82	W70 Babe English	57-2
1:52.20	W75 M E Norckauer	49-6
:43.24	W80 Betty Waggoner	37-0
3:19.50	W85 M A Mestayer	29-10
2:15.24	Hammer	
-	M50 Paul Bowman	76-0
2:30.13	M55 Vince Breaux	93-8
2:41.90	M60 Don North	88-2
2:35.50	M65 Milton Brady	83-5
3:16.00	M70 Jack Haller	73-8
3:26.94 3:31.94	M75 Don Dreyer W75 M E Norckauer	55-7 51-2
3:30.89	Javelin	51-2
5:54.81	M50 Richard Sander(800	a) 177-2
4:59.17	M55 Delmon McNabb()172-10
5:07.99	M60 Charles Cannon	137-10
	M65 Charlie Richard	131-2
4:36.50	M70 Joe Quartano	105-6
5:13.87	M75 Burt Beadle	83-8
5:20.58	M80 Ed Aucoin	45-0
5:31.99	M85 John Tubb	54-0
6:08.22	W50 Joyce Dakin	54-1
7:20.83	W55 Marilyn Duvall	70-1
7:57.50	W60 Fay Richard	73-0
	W65 Beth McNemar W70 Joyce Ourso	48-9
4-4 4-8	W75 M E Norckauer	45-5 57-10
5-0	W80 Mae Copes	28-3
4-0	W85 Mary Ann Mestayer	
3-8	Weight Throw	
3-4	M50 Paul Bowman	33-8.50
3-2	M55 Vince Breaux	41-8.50
2-8	M60 Don North	40-4
3-10	M65 Milton Brady	36-6.25
3-2	M70 Jack Haller	27-4.50
6.0	M75 Don Dreyer	22-5
6-0 8-0	W75 M E Norckauer	19-7.50
9-0	1500m RW M50 Jon Benedict	9:43.07
7-0	M55 Vince Salito	9:30.86
5-6	M60 Bill Elrod	8:58.13
5-0	M70 Andrew Hebert	13:18.70
6-0	M75 Cy Buchert	10:44.72
	W50 Jewel Gipson	11:41.11
-6	W55 Gail Bordelon	11:02.57
5-1	W60 Dianne Heise	12:13.44
-0	W65 Martha Tolbird	12:32.47
-5.75	W70 Murdis Juneau	15:29.16 11:50.49
.50	W75 M E Norckauer	11.30.49
-5	Waterloo/Lions Track	& Field
-3	Relays	
-3	Austin, TX; Oct	. 21
).50	100m	
-6	M35 Rick Garza	11.87
4	M40 Bryan Shilcutt	11.53 11.53
-6.50	M50 T H Wilson, Sr M55 Jim Cawley	11.53
0.000	M60 Tony Garza	13.82
2-8.50	M75 Bob Wingo	17.51
2-3.50 5-6.50	W30 Sarah Boyd	14.17
9-0.50 9-10	W40 Debra Stuart	15.90
3-5	W45 Cincy Steenbergen	12.84
5-8	W50 Rene Moryl	15.69
5-9	W65 Phyllis Provost	19.19
1	200m	00.00
1-5.50	M30 John Burrus	23.93
5-7.25	M35 Rick Garza	28.13 26.80
7-2.50	M60 Don Denson M75 Bob Wingo	26.80
0-9		34.70
4-7.50	W40 Debra Stuart W45 Cindy Steenbergen	27.81
0-2	800m	21.01
2-11	M50 TH Wilson, Sr	3:21.15
1-2	M60 David Larson	3:32.14
5-10	M75 Bob Wingo	3:47.83
7-1.25	W65 Phyllis Provost	3:49.77
3-6.25	Short Hurdles	4
9-8.50)-9.50	M40 Jeff Brower	15.53
1-9.50 1-7	M55 Jim Cawley	19.11
5-8.50		18.96
-5.75	Continued on	next page

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Continued from previous page 4x100m M30 Double Trouble NTA (T Garza/R Garza/A Garza/ M Garza) W30 Cool Runnin' NTA (S Judge/J Judge/S Boyd/ N MacLaine) High Jump M40 Jeff Brower M50 Joe Goetz 5-8 4-6 M75 Bob Wingo 3-6 W60 Mary Lou Bradford 3-2 W65 Phyllis Provost 3-2 Long Jump 14-8 17-0 M50 Joe Goetz M60 Don Denson M75 Bob Wingo 8-7.75 W65 Phyllis Provost 6-9 Shot Put M35 David Rothenbury 37-3 M40 David Bolles 33-5 M50 Ed Forester 41-4.50 M55 John Conniff 36-2 M60 Many Longoria 42-0 Discus M35 Dave Rothenbury M50 Ed Forrester 130-5 133-3 M55 John Conniff 129-2 M60 Howard Zingg 120-10 W60 Mary Lou Bradford 45-10 W65 Phyllis Provost 48-3 Javelin M40 David Bolles 130-2 M50 Joe Goetz 95-6 167-2 M55 Arthur Lawrence M60 Howard Zingg 91-4 M75 Bob Wingo 66-1 W60 Mary Lou Bradford W65 Lu Quast 61-9 53-8 Weight Throw M40 David Bolles 48-6 M60 Howard Zingg 32-11 Superweight M40 David Bolles 21-0 M60 Howard Zingg 16-1 **WEST** KelField Throws Series #89 Santa Cruz, CA; Dec. 16 Shot Put M40 Mike Venning M50 Lad Pataki 33-6.5 51-1.75 Gary Kelmenson 34-5.5 M60 Dick Hotchkiss 34-7.25 R Terhunne Young 34-6.25 M65 Stew Thomson M70 Tom Allison 40- 075 38-4 25 Discus M50 G Kelmenson 113-1 146-11 M60 D Hotchkiss R TerhuneYoung 129-4 T Allison 105-7 M70 T Allison Hammer M30 Matt Cavender 137-6 M40 M Venning M50 L Pataki G Kelmenson 140-0 172-1 130-10 M60R TerhunneYoung 146-9 D Hotchkiss 140-6 M65 S Thomson M70 T Allison 138-6 94-0 Javelin M60 R TerhunneYoung 130-8 D Hotchkiss M70 T Allison 16# Weight 77-3 114-5 M70 T Allison 20# Weight M60 D Hotchkiss 40-1 55-2 R TerhunneYoung54-10.5 25# Weight M50 G Kelmenson M60 D Hotchkiss 46-1 48-10 R TerhunneYoung46-1 35# Weight M30 Matt Cavender 44-11 44-11 M40 M Venning M50 L Pataki 41-2 50-4.5 56# Weight M40 M Venning M50 L Pataki 29-5 34-5.25 G Kelmenson 24-1 M60R TerhunneYoung18-5.5 Weight Pentathion (marks above; done WP order) M60 R TerhunneYoung 4138 D Hotchkiss 3852 M70 T Allison 3853

-		1. P. 1.
Н	lawaii Masters We	ight
	Pentathlon	
1440	Honolulu; Dec. 1 Kevin Kruszona	7
	Thomas Reppun	2253 1745
	Jack Karbens	2974
M60	Lionel Low	1532
λ	ODTUWE	ST
$\sim \Gamma$	ORTHWE	51
	man World Senio	
St.	George, UT; Oct.	12-13
100m		
M50	Mac Azuogu	12.14
	Christopher Jensen Robert Hugie	12.67 14:31
M55	Charles Brocato	12.88
10100	Ronnie Jordan	13:15
	Andy Pitas	13.38
M60	Gary Sims	13.56
	Larry Beck	14.32
	Ned Myers	14.42
M65	Ronald Brown	14.06
	George Zoolakis Frank Welch	14.33 14.93
M70	James Stookey	13.90
1011 0	Ted Hansen	15.00
	Lawrence Anderson	15.03
M75	Wilfred Wright	18.45
	Glenn Burgess	18.78
	Jerry Glazier	20.65
M80	Milton Silverstein	15.68 19.28
M85	Myron Dover Everett Penrod	22.85
	Marg Raddiffe	16.35
	Wendy Dickson	20.86
	Pauline Ross	21.86
W60	Hannelor Boemer	16.79
	Guadalupe Simons	17.59
MICE	Mary Ann Clare Barbara Jordan	19.99 16.37
COAA	Ruth Neff	18.88
	Barbara Rothwell	19.98
wio	Patricia Peterson	17.21
	Louise Martin	25.85
W75		18.74
	Traudel Thieleker	19.07
14/00	Annie Bakjer Olga Kotelko	24.87 22:04
	Velma Jacobs	25.71
**05	Ivy Granstrom	39.89
200n		and the second second
M50	Mac Azuogu	24.21
	Christopher Jensen	25.35
	Bill Fitzpatrick	26.98 26.76
M55	Charles Brocato Ronnie Jordan	20.76
	Ken Warnick	28.33
M60	Harold Tolson	25.50
	Gary Sims	27.04
100	Larry Beck	28.84
M65		30.39
	Frank Welch	30.52 32.36
M70	Ted Sjogren James Stookey	32.30
1411 0	Rodney Brown	31.61
	Lawrence Anderson	
W50	Liz McBlain	36.37
W55	Marg Radcliffe	34.41
	Pamela Ong	41.95 1:10.24
WED	Margaret Marshall Hannelore Boerner	1:10.24 34.44
	Joan Schempp	35.91
	Mary Ann Clare	46.15
W65	Barbara Jordan	34.14
	Barbara Rothwell	42.08
14/70	Mary Harada Patricia Peterson	45.45 36.10
•••	Flor Wong	36.10 51.56
	Louise Martin	58.50
W75	Mary Holland	39.82
	Johnnye Valien	42.22
	Olga Kotelko	48.47
	Velma Jacobs	56.68
400m M50	Christopher Jensen	56.84
UCIVI	Bill Fitzpatrick	59.52
	Don Hemme	1:00.47
M55	Carl Etter	1:00.47
	Ken Warnick	1:02.59
	Steven Cottle	1:03.66
M60	Gary Sims	1:03.61 1:15.35
M65	Spencer Parrish Alfred DuBois	1:15.35
14100	William Perry	1:16.85
	Clinton Baxter	1:27.59

-	the second se	
M70	Rodney Brown	1:12.41
	Milo Sather John Wijtowicz	1:23.23
M75	Logan McGinness	1:30.59
	Henry Kuric	1:41.16
	Liz McBlain	1:21.91
W55	Marg Radcliffe Linn Smith	1:19.74
W60	Ingeborg Siegers	1:38.94
	Mary Harada	1:37.2
	Patricia Peterson	1:34.81
W75	Mary Holland Traudel Thieleker	1:40.41
W85	Ivy Granstrom	1:40.72
800r		0.01.11
M50	Bill Fitzpatrick	2:19
MEE	Tim Payne Steven Cottle	2:22
CCIM	Ken Warnick	2:18h 2:41h
	Kenneth Pierce	3:01
M60	Garlan Fitzgarrald	2:46
	Harlan VanBlaricum	3:04
M65	Ralph Reiche Alfred DuBois	3:27h 3:07h
14105	Steve Smith	3:10
	William Kelley	3:42h
M70	Milo Sather	3:14h
	John Wojtowicz	3:55h
M75	Bill Bogdan Logan McGinness	4:48h 3:46h
	Wong Sui Mui	4:38h
	Linn Smith	3:23h
	Margaret Marshall	6:62h
W60	Ingeborg Siegers	3:45h
MICE	Fong Timm Chee	4:46h
W70	Mary Harada Flora Wong	3:28h 5:23h
1500		5.2511
M50	Tim Payne	4:54.63
	Ron Baker	5:19.23
	Michael Moore	8:30.08
M55	Steven Cottle Kenneth Pierce	5:33.01 6:09.92
	Steve Wood	6:30.30
M60	Doug Woollen	5:39.82
	Hans Sinkovec	5:42.20
	Garlan Fitzgarrald	5:51.55
MD5	Steve Smith William Kelley	6:36.19 7:41.03
M70	Milo Sather	6:39.15
	David Rider	6:53.37
	John Wojtowicz	7:30.44
M75	Logan McGinniss	7:15.07
	Henry Kuric Woodrow Evans	9:19.29 9:51.29
W50	Yoko Eichel	6:02.70
	Linn Smith	6:52.45
W60	Ingeborg Siegers	7:55.20
	Mary Harada	7:02.13
3200	m Ron Baker	13:03.3
	Kenneth Pierce	14:09.1
	Harlan VanBlaricum	14:08.5
	Mark Maline	14:51.2
	Valdemar Schultz	15:09.1
	Philip Lewis III John Wojtowicz	19:37.6 17.17.2
MITU	Bill Bogdan	23.13.0
M75	Logan McGinness	16:53.6
W50	Yoko Eichel	13:51h
	Diane Hall	19:07h
	Jump Paul Harker	4-4
14130	Larry Hambleton	4-0
M55	Emmette Graham	5-2
	Carl Etter	4-6
	Ron Tienhaara	4-4
MOU	Dwaine Horton Don Collins	4-8 4-8
	Bob Bergfeldt	4-0
M65	Doug Spainhower	4-6
	Wayne Mishler	4-6
	Frank Michalek	4-2
M70	James Stookey Grant Twitchell	4-4 3-10
	Jack Fischer	3-10
M75	Charles Obye	3-10
	Brady Walker	3-8
	Art Holland	3-0
M80	Gil Splaine Daniel Bulkley	3-8 3-6
	Floyd Waite	3-6
M85	Leland McPhie	3-6
	Everett Penrod	3-2
	Virgil McIntyre	2-8

Ster	SITEWS	
W50	Liz McBlain	4-2
	Sharon Raham	3-4
W55	Marg Raddiffe	3-10
	Jeanne Hallin	3-6
W60	Ingeborg Siegers	3-8
	Elizabeth Heywood	3-2
W65	Barbara Jordan	3-6
1105		3-2
	Joan Graves	
	Johnnye Valien	3-2
	Olga Kotelko	3-2
Pole	Vault	
M50	Bruce Perkins	7-8
	Fred Dillemuth	7.4
10100	Robert Gent	7-4
M60	David Servis	9-0
NOU		
	Gary Isham	8-4
	John Steinman	8-4
M65	Don Gray	9-4
	Duane Rykhus	8-4
	Arthur Thomassen	7-8
M70	David Rider	7-0
M75		7-4
M/J	Art Holland	5-0
		5-0
	Jump	
M50	Roger Trujillo	16-4.50
	Paul Harker	13-8
	Richard Eyre	12-7
M55		17-4
	Roy Coston	15-7.50
	Andy Pitas	15-2
M60		
MOU	Bob Bergfeldt	14-6
	Darrel Short	14-5.50
	Larry Beck	14-0
	Bill Kelley	14-0
M65	Doug Spainhower	14-8
	Wayne Mishler	14-3.50
	Frank Michalek	13-4
M70	,	15-6
	Ted Hansen	14-4.75
100	Grant Twitchell	11-11.5
M75	Charles Obye	11-9.50
	Art Holland	9.50
	Henry Kuric	8.50
M80	Milton Silverstein	11-9
MOU		
	Gil Splaine	10-7.25
1500	Floyd Waite	10-4
M85	Everett Penrod	8-3
121	Leland McPhie	8.75
	Virgil McIntyre	5-1.50
W50	Liz McBlain	11-3.75
**50	Sharon Raham	10-8.50
-		
W55	Marg Radcliffe	11-5.25
	Leona Shurtliff	11-3
	Carmel Miller	10-2.75
W60	Guadalupe Simons	12-2
	Ingeborg Siegers	11-2.25
	Hannelor Boemer	10-3.50
MICE	Barbara Jordan	11-2.75
COAA		
	Joan Graves	8-8
12.310	Barbara Rothwell	8-2
	Louise Martin	5-2.50
W75	Johnnye Valien	10-0
	Mary Holland	9-4.75
	Traudel Thieleker	7-2.50
WRO	Evelyn Lercher	5-8
	Ivy Browne	3.50
		5.50
		20.0
M50	Roger Trujillo	36-6
	Roger Gaston	18-5.25
M55	John Lawson	31-9.50
	Richard Eyre	30-5
	Robert Gent	26-11
M60	Bob Bergfeldt	30-5.25
	Bill Kelley	29-10
	Darrell Short	28-8
MOR	Darren Short	
M05	Doug Spainhower	30-2.50
	Gordon Scheffner	24-10
	Frank Welch	19-8
M70	James Stookey	33-2.75
	Ted Hansen	30-6
	Carlos Martinez	21-4
M75	Charles Obye	26-3.25
M8 0	Floyd Waite	21.50
	Milt Silverstein	18-11.2
M85	Leland McPhie	17-5.50
W50	Liz McBlain	25-3
	Sharon Raham	23-6
W55	Leona Shurtlif	23-3
	Jeane Hallin	16-2
MED	Barbara Jordan	24-5.50
4400		
	Ruth Neff	21-6.75
Shot		-
M50	Steve Filipski	47-1
	Robert Martin	31-3
M55	Doug Schoenwetter	39-9

-		
	Ron Tienhaara	32-7.50
	Mike Foster	31-1
M60		48-1
10100	Riley O'Neil	39-9
	Dean Schmidt	39-4.25
M65	Gerald Vaughn	44-6.50
	Bob Lawson	37-8
	Clint Nielson	34-0
M70	Chuck Darling	36-11.50
	Wes Goodwin	36-8
	Charlie Sarver	36-7.50
M75	Glenn Gurgess	32-1.50
	Brady Walker	28-0
	Art Holland	26-3
M80	Dale Buysse	33-2.50
	Floyd Waite	24-11
	Daniel Bulkley	24-6
M85	Leland McPhie	25-7.50
	Everett Penrod	22-1
	Jim Murray	20-4
W50	Liz McBlain	31-6
	Sharon Raham	23-11.50
-	Nancy Cornwall	23-9
W55		28-6
	Carmel Miller	28-5.50
14.000	Leona Shurtliff	27-7
W60		23-3
W65	Jane Mari Mills Joan Graves	22-5 25-4
COAA	Janice Wolowicz	19-3
	Charlotte Ambrose	19-3
14/70		21-4.50
44/0	Mary Birgenheier Maxine Smallwood	21-4.50
	Pat Scott	16-1
W75	S Strongbull	19-3
WRO	Olga Kotelko	18-2
	Ivy Browne	13-2
Disc		10.2
	Steve Filipski	143-0
11100	Richard Eyre	84-5
	Robert Martin	73-1
M55	Larry Pratt	159-10
11100	Doug Schoenwetter	
	David Sears	114-0
M60		169-11
	Ronald Anderson	161-8
	Riley O'Neil	131-4
M65	Grove Bolles	141-2
	Bob Lawson	138-4
	Don Gray	103-7
M70	Charlie Sarver	114-6
	Wes Goodwin	113-0
	Stan Hayes	103-11
M75	Brady Walker	88-4
	Glenn Burgess	88-0
	John Jensen	80-7
M80	Dale Buysse	98-2
	Floyd Waite	85-2
	Myron Dover	82-0
M85		61-6
	Jim Murray	59-1
14/50	Walter Brooks	36-7
	Sharon Raham Connie Sarvel	66-7 76-4
CCAA	Leona Shurtliff	70-4
	Wendy Dickson	65-6
W65	Janice Wolowicz	44-7
	Marilyn Gray	42-7
	Sallie Wesaw	42-6
W70	Mary Birgenheier	44-8
	Maxine Smallwood	43-4
W75	Annie Barker	37-3
	Olga Kotelko	50-3
Jave		
M50	Ray Milojevich	132-8
1	Robert Martin	82-5
M55	Jerry Ransdell	128-11
	Michael Murray	120-7
	Ron Tienhara	108-7
M60	Dwain Horton	130-4
	Roger Taylor	128-9_
	Larry Beck	121-10
M65	C Gary Loosti	127-6
	Bob Lawson	123-10 88-8
M70	Don Gray David Wilson	
W1/0	Marvin Woodbury	105-6
	Stan Hayes	101-7.50
M75	Charles Obye	76-1
C/IVI	Brady Walker	76-1 75-3
	Arthur Hamburgen	75-3
M80		78-10
	Dale Buysse	74-6
	Daniel Bulkley	60-7
M85	Leland McPhie	56-9

	Walter Brooks	31-5
	Virgil McIntyre Sharon Raham	27-0 75-10
	Nancy Cornwall	55-6
	Carmel Miller	98-0
	Marg Radcliffe Connie Sarver	78-10 74-8
W60	Shirley Lambert	71-8
	Romy Sullivan	64-2 40-9
W65	Jane Mari Mills Janice Wolowicz	40-9 33-10
	Sallie Wesaw	29-3
	Marilyn Gray	28-2
	Maxine Smallwood Dorothy Morgan	44.50 56-5
	Johnnye Valien	51-6
	Willie Gatza	50-9
W80	Olga Kotelko Ruth Talley	58-1 28-8
	Ivy Brown	16-2
	mRW	7 40 54
M50	Gene Opheim Steven Hedges	7:40.54 7:54.35
	Chuck McCallon	9:27.70
M55	Daryl Meyers	8:24.89
	Mike Freeman Wid Slick	9:06.81
M60	Harlan VanBlaricum	7:45.06
	Spencer Parrish	9:33.46
	Ralph Reiche	10:29.27
M65	Alfred DuBois Theodor Sagar	8:02.02 8:47.49
	Cliff Elkias	9:29.03
M70	John Kelley	9:35.83
	Rick Hansen	10:31.34
M75	Milo Sather George Caron	11:17.23 10:34.36
M85	Virgil McIntyre	13:14.91
	Frank Herrelko	13:18.28
W50	Yoko Eichel	8:20.39
	Wung Sui Mui C Suan Cheng	11:42h 14:01h
W55	Kerstin Meyers	10:50h
	Sharon Conlan	11:19h
MED	Sisu Steinschulte Rita Sinkovec	11:53h 8:41.42
AAOO	Diane Teece	10:38.98
	Lynne Lund	10:39h
W65	Mari Ann Von Ohlen	11:20h
	B Neuenswander Neusa Cabral	13:05h 14:51h
W70	Paulette Caron	10:02h
W70	Maxine Smallwood	10:02h
	Maxine Smallwood Emily Sheffield	
5K R	Maxine Smallwood Emily Sheffield W	10:02h
5K R	Maxine Smallwood Emily Sheffield W Gene Opheim Steven Hedges	10:02h 11:03h 29:20.9 31:43.5
5K R M50	Maxine Smallwood Emily Sheffield W Gene Opheim Steven Hedges Dane Steck	10:02h 11:03h 29:20.9 31:43.5 33:08.6
5K R M50	Maxine Smallwood Emily Sheffield W Gene Opheim Steven Hedges Dane Steck Daryl Meyers	10:02h 11:03h 29:20.9 31:43.5 33:08.6 29:54.7
5K R M50	Maxine Smallwood Emily Sheffield W Gene Opheim Steven Hedges Dane Steck Daryl Meyers Mike Freeman	10:02h 11:03h 29:20.9 31:43.5 33:08.6
5K R M50 M55	Maxine Smallwood Emily Sheffield W Gene Opheim Steven Hedges Dane Steck Daryl Meyers Mike Freeman Spencer Parrish Alfred DuBois	10:02h 11:03h 29:20.9 31:43.5 33:08.6 29:54.7 32:51.3 37:34.9 29:45.0
5K R M50 M55 M60	Maxine Smallwood Emily Sheffield W Gene Opheim Steven Hedges Dane Steck Daryl Meyers Mike Freeman Spencer Parrish Alfred DuBois Theodor Sager	10:02h 11:03h 29:20.9 31:43.5 33:08.6 29:54.7 32:51.3 37:34.9 29:45.0 31:05.4
5K R M50 M55 M60	Maxine Smallwood Emily Sheffield W Gene Opheim Steven Hedges Dane Steck Daryl Meyers Mike Freeman Spencer Parrish Alfred DuBois Theodor Sager Cliff Elkins	10:02h 11:03h 29:20.9 31:43.5 33:08.6 29:54.7 32:51.3 37:34.9 29:45.0 31:05.4 33:04.7
5K R M50 M55 M60 M65 M70	Maxine Smallwood Emily Sheffield W Gene Opheim Steven Hedges Dane Steck Daryl Meyers Mike Freeman Spencer Parrish Alfred DuBois Theodor Sager Cliff Elkins John Kelley Rich Hansen	10:02h 11:03h 29:20.9 31:43.5 33:08.6 29:54.7 32:51.3 37:34.9 29:45.0 31:05.4 33:04.7 33:08.4 35:56.6
5K R M50 M55 M60 M65 M70 M70	Maxine Smallwood Emily Sheffield W Gene Opheim Steven Hedges Dane Steck Daryl Meyers Mike Freeman Spencer Parrish Alfred DuBois Theodor Sager Cliff Elkins John Kelley Rich Hansen George Caron	10:02h 11:03h 29:20.9 31:43.5 33:08.6 29:54.7 32:51.3 37:34.9 29:45.0 31:05.4 33:04.7 33:08.4 35:56.6 34:53.5
5K R M50 M55 M60 M65 M70 M70 M75 W55	Maxine Smallwood Emily Sheffield W Gene Opheim Steven Hedges Dane Steck Daryl Meyers Mike Freeman Spencer Parrish Alfred DuBois Theodor Sager Cliff Elkins John Kelley Rich Hansen George Caron Sharon Conlon	10:02h 11:03h 29:20.9 31:43.5 33:08.6 29:54.7 32:51.3 37:34.9 29:45.0 31:05.4 33:08.4 33:08.4 33:08.4 35:56.6 34:53.5 40:25.7
5K R M50 M55 M60 M65 M70 M70 M75 W55	Maxine Smallwood Emily Sheffield W Gene Opheim Steven Hedges Dane Steck Daryl Meyers Mike Freeman Spencer Parrish Alfred DuBois Theodor Sager Cliff Elkins John Kelley Rich Hansen George Caron	10:02h 11:03h 29:20.9 31:43.5 33:08.6 29:54.7 32:51.3 37:34.9 29:45.0 31:05.4 33:04.7 33:08.4 35:56.6 34:53.5
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5K R M50 M55 M60 M65 M70 M75 W55 W60	Maxine Smallwood Emily Sheffield W Gene Opheim Steven Hedges Dane Steck Daryl Meyers Mike Freeman Spencer Parrish Alfred DuBois Theodor Sager Cliff Elkins John Kelley Rich Hansen George Caron Sharon Conlon Rita Sinkovec Diane Teece Gloria Reynolds MariAnn VonOhlen	10:02h 11:03h 29:20.9 31:43.5 33:08.6 29:54.7 32:51.3 37:34.9 29:45.0 31:05.4 33:04.7 33:08.4 35:56.6 34:53.5 40:25.7 30:54.4 34:19.3 38:46.5 46:53.6
5K R M50 M55 M60 M65 M70 M75 W55 W60	Maxine Smallwood Emily Sheffield W Gene Opheim Steven Hedges Dane Steck Daryl Meyers Mike Freeman Spencer Parrish Alfred DuBois Theodor Sager Cliff Elkins John Kelley Rich Hansen George Caron Sharon Conlon Rita Sinkovec Diane Teece Gloria Reynolds MariAnn VonOhlen Paulette Caron	10:02h 11:03h 29:20.9 31:43.5 33:08.6 29:54.7 32:51.3 37:34.9 29:45.0 31:05.4 33:04.7 33:08.4 35:56.6 34:53.5 40:25.7 30:54.4 34:19.3 38:46.5 46:53.6 32:37.0
5K R M50 M55 M60 M65 M70 M75 W55 W60	Maxine Smallwood Emily Sheffield W Gene Opheim Steven Hedges Dane Steck Daryl Meyers Mike Freeman Spencer Parrish Alfred DuBois Theodor Sager Cliff Elkins John Kelley Rich Hansen George Caron Sharon Conlon Rita Sinkovec Diane Teece Gloria Reynolds MariAnn VonOhlen	10:02h 11:03h 29:20.9 31:43.5 33:08.6 29:54.7 32:51.3 37:34.9 29:45.0 31:05.4 33:04.7 33:08.4 35:56.6 34:53.5 40:25.7 30:54.4 34:19.3 38:46.5 46:53.6
5K R M50 M55 M60 M65 M70 M75 W55 W60 W65 W70	Maxine Smallwood Emily Sheffield W Gene Opheim Steven Hedges Dane Steck Daryl Meyers Mike Freeman Spencer Parrish Alfred DuBois Theodor Sager Cliff Elkins John Kelley Rich Hansen George Caron Sharon Conlon Rita Sinkovec Diane Teece Gloria Reynolds MariAnn VonOhlen Paulette Caron Emily Sheffield Margaret Long	10:02h 11:03h 29:20.9 31:43.5 33:08.6 29:54.7 32:51.3 37:34.9 29:45.0 31:05.4 33:08.4 33:08.4 33:08.4 35:56.6 34:53.5 40:25.7 30:54.4 34:19.3 38:46.5 46:53.6 32:37.0 33:44.0 40:05.4
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5K R M50 M55 M60 M65 M70 M75 W55 W60 W65 W70	Maxine Smallwood Emily Sheffield W Gene Opheim Steven Hedges Dane Steck Daryl Meyers Mike Freeman Spencer Parrish Alfred DuBois Theodor Sager Cliff Elkins John Kelley Rich Hansen George Caron Sharon Conlon Rita Sinkovec Diane Teece Gloria Reynolds MariAnn VonOhlen Paulette Caron Emily Sheffield Margaret Long	10:02h 11:03h 29:20.9 31:43.5 33:08.6 29:54.7 32:51.3 37:34.9 29:45.0 31:05.4 33:04.7 33:08.4 35:56.6 34:53.5 40:25.7 30:54.4 34:19.3 38:46.5 46:53.6 32:37.0 33:44.0 40:05.4 NALL por Meet
5K R M50 M55 M60 M65 M70 M75 W55 W60 W65 W70	Maxine Smallwood Emily Sheffield W Gene Opheim Steven Hedges Dane Steck Daryl Meyers Mike Freeman Spencer Parrish Alfred DuBois Theodor Sager Cliff Elkins John Kelley Rich Hansen George Caron Sharon Conlon Rita Sinkovec Diane Teece Gloria Reynolds MariAnn VonOhlen Paulette Caron Emily Sheffield Margaret Long CERNATIO Match of Five Indoa ine/Belarus/Mosc	10:02h 11:03h 29:20.9 31:43.5 33:08.6 29:54.7 32:51.3 37:34.9 29:45.0 31:05.4 33:08.4 35:56.6 34:53.5 40:25.7 30:54.4 38:46.5 46:53.6 32:37.0 33:44.0 40:05.4 NALL DOT Meet Cow/St. a)
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5K R M50 M55 M60 M65 M70 M75 W55 W60 W65 W70 W65 W60 W65 W70 W65 W70 W65 W60 W65 W60 W65 W70 W65 W60 W65 W70 W65 W60 W65 W70 W65 W60 W65 W70 W65 W60 W65 W70 W65 W60 W65 W70 W65 W60 W65 W60 W65 W70 W65 W60 W65 W70 W65 W60 W65 W70 W60 W65 W60 W65 W70 W60 W65 W70 W60 W65 W70 W60 W60 W70 W60 W60 W70 W60 W70 W60 W70 W60 W70 W60 W70 W60 W70 W60 W70 W70 W70 W70 W70 W70 W70 W70 W70 W7	Maxine Smallwood Emily Sheffield W Gene Opheim Steven Hedges Dane Steck Daryl Meyers Mike Freeman Spencer Parrish Alfred DuBois Theodor Sager Cliff Elkins John Kelley Rich Hansen George Caron Sharon Conlon Rita Sinkovec Diane Teece Gloria Reynolds MariAnn VonOhlen Paulette Caron Emily Sheffield Margaret Long CERNATIO Match of Five Indea ine/Belarus/Most Petersburg/Russi Doslav Sauliak 54 M Uchov 60 M derKrekoten 36 F el Ostashevski 42 U Normanov 64 F e Nikolaev 55 M Allkueva 38 M Zaitceva 35 F Legezo 59M	10:02h 11:03h 29:20.9 31:43.5 33:08.6 29:54.7 32:51.3 37:34.9 29:45.0 31:05.4 33:08.4 33:08.4 33:08.4 33:08.4 35:56.6 34:53.5 40:25.7 30:54.4 34:19.3 38:46.5 46:53.6 32:37.0 33:44.0 40:05.4 NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NALL NAL NAL NAL NAL NAL NAL NAL NAL NAL NAL NAL NAL NAL NAL NAL NAL NAL NAL NAL NAL NAL NAL NAL NAL NAL NAL NAL NAL NAL NAL NAL NAL NAL NAL NAL NAL NAL NAL NAL NAL NAL NAL NAL NAL NAL NAL NAL NAL NAL NAL NAL NAL NAL
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Continued from prev	vious page	Nikolay Leschenko	57 M 3.00	St. Mary's School for Chi	Idren 5K
800m	10	Boris Noskov	65 M 3.30	Syosset, NY; Nov.	25
Sergey Milionkov	42 M 2:07.2	Long Jump	1.000	Overall	
Dmitry Akishev	42 R 2:07.3	Sviatoslav Sauliak	54 M 5.53		15:48
Vasily Grinev	48 R 2:14.7	Ivan Faichak	61 U 4.97		18:08
Nadejda Sokolova	34 R 2:27.2	Vadimir Popov	68 M 4.58	M40 Doanld Didonato	16:04
Helen Veremeichuk	41 U 2:59.4	Valentina Krepkina	35 U 5.43		17:14
Valentina Shapkina	69 M 3:59.4	Helen Alikueva	38 M 5.42		
3000m		Tatiana Potapova	46 R 5.14	Steven Gerrardi	17:44
Konstantin Lebedev	43 U 9:01.3	Triple Jump Valery Zvezdkin	47 R 13.16	M45 Robert Anastaso	16:53
Gavriil Nochtunsky	43 R 9:01.4	Vitaly Stabrovsky		Brian Manghan	17:08
Nikolay Chumakov	47 R 9:06.5	Madimir Roitman	53 R 12.77 63 M 11.08	Chris McKnight	18:20
Galina Leghava	36R10:24.7	Valentina Krepkina	35 U 11.72	M50 Dennis O'Brien	17:50
Nadejda Zacharova	55M12:51.5	Marina Skvotcova	37 B 10.56	David Schneider	18:52
60mH		Kaleria Gomberadze	72 M 6.21	Julio Aguire	19:05
Nikolav Leschenko	57 M 9.6		12141 0.21	M55 Chuck Bleifeld	19.48
Ivan Faichak	61 U 9.8	Alexey Zenkin	54 B 14.11	Daniel Badalament	19.54
Valery Uchov	60 M 9.7	Anatoly Ermakov	61 M 12.31		20.08
Valentina Krepkina	35 U 9.3	Nikolay Metelkin	74 B 9.77		20:44
Alla Zhichareva	41M11.3	Natalia Zubechina	49 R 10.89		
High Jump		Antonina Ivanova	68 M 9.77	Domenick Potenza	
Yury Shevchenko	40 U 1.85	Kaleria Gomberadze	72M 7.05		23:28
Vladimir Zharikov	46 B 1.90	5000m Racewalk	200		22:31
Alexander Abramov	56 S 1.55	Sergey Usov	45 R 23:49.9	Antonio Blanco	23:54
Helen Gridasova	45 M 1.50	Vadimir Kalugin	46 M 24:12.3	John Toner	25:22
Ludmila Maltceva	45 M 1.40	Rifhat Sultanov	56 R 23:54.1	W40 Eileen Barnes Cortey	19:13
Galina Kovalenskaya	66 M 1.00	Helen Veremeichuk	41 U 25:06.2	Elizabeth Ratner	19:51
Pole Vault		Vera Antonova	46 M 27:10.5	Lori Harfenes-Melnici	20.21
Alexander Fetisov	48 M 3.60	Lubov Legezo	59 M 30:34.7	W45 Catherine Oehlein	
				the oddition to oon on	

LONG DISTANCE RESULTS Please send results to: National Masters News, P.O. Box 50098, Eugene, OR 97405. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces / 21/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

NATIONAL

AVC	DN Running Natio	nal 10K
	Championshi	D
	Phoenix, AZ; Dec	. 10
Over		
	A GLUSAC 25	33:40
W40	MARIE BOYD	35:43
	SABRINA ROBINSON	35:55
	JUDY MAGUIRE	36:15
W45	MARCELLA TERAN	38:15
	KARENKUNZ	40:36
	CAROL BENNETT	43:40
W50	TERRY MAHR	39:04
	GLORIA JANSEN	43:50
	KAREN DAVIS	48:40
W55	JOSIE CHALMERS	47:10
	MARY ORR	51:04
	JUDI HERK	52:48
W60	JOAN ULLYOT	46:27
	SANDRA SHELDON	53:36
	JUDY ALLARD	59:46
W65	THERESA FRANK	56:10
	ROBERTA PARKER	1:12:00
	R. WARSHAWSKY	1:22:15
W70	CLAIRE ELKINS	1:25:42
W80	ROSE STEWARD, 82	1:58:19

EAST

Baystate Marathon	and Half-
Marathon	
Tyngsboro, MA; (Oct. 22
Overall	
TJ Hesler	2:39:54
Danyelle Wood	3:07:11
M40 David Dobrzynsk	
Rhys Bowen	2:55:26
Don Henderson	2:56:19
Peter Kenyon	2:57:48
M45 Mark Steege	2:45:55
John Snyder	2:51:27
Frank Tai	2:51:59
M50 Peter Vadala	3:02:05
Scott Butterfield	3:11:35
Thomas Norton	3:16:12
M55 Richard Connor	3:14:33
Bill Kelley	3:19:32
Pete Stringer	3:24:58
M60 Hans Thamhain	3:33:59
Martin Duffy	3:43:57
M65 Hollis French	3:39:05
George Leslie	4:31:04
M70+Wallace Herman 74	3:54:51
Don Ross 70	4:01:21
W40 Ann Bums	3:23:52
Elaine Daniels	3:37:19
Nancy Willis	3:42:47
Margaret Malone	3:42:57
W45 Nancy Byrne	3:26:13
T. Graham-Sirois	3:30:16
Gloria Martinez	3:49:37
W50 Peg Webber	3:28:48
Aline Kenney	3:59:30
Deane Marchbeir	
W55 Ann Cleaveland	4:04:37
Rose Marie Davis	
Barbara Owens	6:38:00

3 months old. Results 1/4" wide) in our format	erally do that are
of the month prior to iss	ue date.
	-
Half-Marathon	
<u>Overall</u> David Hinga	1:06:53
Lisa Senatore	1:21:40
M40 James Hanmueller	1:15:40
Khamfeua Haleudeth Chris Spinney	1:18:46 1:19:41
M45 Thomas Astolfi	1:19:50
Richard Stockdale	
Judge Jones * M50 Paul Peckham	1:22:19 1:24:43
Cameron Kerry	1:26:05
Brian Byrne	1:27:30
M55 Ron Kita	1:26:22 1:38:12
Al Nagel Richard Paulsen	1:39:09
M60 Dick Hoyt	1:34:18
Ronald McDougald	1:36:41
M65 Maurice Ferrigno James Brady	1:49:12 2:04:03
M70+Jim Lynch 70	1:57:37
John Noftle 73	2:33:23
W40 Miae Jacobs	1:26:53
Jodi-Lyn Couture Susan T-Burgess	1:29:15 1:31:18
W45 Carol Hogan	1:26:45
Peg Donovan	1:29:45
Nancy De Roma W50 Rosalyn Randall	1:32:29 1:44:35
Elizabeth Waldman	1:50:20
Sharon Dobbyn	1:50:54
W55 Jane Lavesque Marjorie Kos	1:46:56
Dolly LeMoine	2:01:43
W60 Carol Washburn	2:36:54
Helen Ferrigno W70+Marjorie Rosiello 72	3:05:13
	3:06:54
adidas Route One Co	orridor
Classic 8K	
Classic 8K Hyattsville, MD; No	
Classic 8K Hyattsville, MD; No Overall	v. 19
Classic 8K Hyattsville, MD; No Overall Chris Fox 42	v. 19 25:10
Classic 8K Hyattsville, MD; No Overall	v. 19 25:10
Classic 8K Hyattsville, MD; No <u>Overall</u> Chris Fox 42 Christine Junkerman 28 M40 Chris Fox Dave Berardi	v. 19 25:10 28:20 25:10 26:08
Classic 8K Hyattsville, MD; No Overall Chris Fox 42 Christine Junkerman 28 M40 Chris Fox Dave Berardi Joe Abemathy	v. 19 25:10 28:20 25:10 26:08 26:29
Classic 8K Hyattsville, MD; No Overall Chris Fox 42 Christine Junkerman 28 M40 Chris Fox Dave Berardi Joe Abernathy M45 Dan Lawson Rusty Moore	v. 19 25:10 28:20 25:10 26:08
Classic 8K Hyattsville, MD; No Overall Chris Fox 42 Christine Junkerman 28 M40 Chris Fox Dave Berardi Joe Abemathy M45 Dan Lawson Rusty Moore Tim Holtz	25:10 28:20 25:10 26:08 26:29 26:49 29:29 34:01
Classic 8K Hyattsville, MD; No Overall Chris Fox 42 Christine Junkerman 28 M40 Chris Fox Dave Berardi Joe Abemathy M45 Dan Lawson Rusty Moore Tim Holtz M50 Bob Oberti	v. 19 25:10 28:20 25:10 26:08 26:29 26:49 29:29 34:01 31:58
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Classic 8K Hyattsville, MD; No Overall Chris Fox 42 Christine Junkerman 28 M40 Chris Fox Dave Berardi Joe Abemathy M45 Dan Lawson Rusty Moore Tim Holtz M50 Bob Oberti William Scott M55 Patrick Griffith John Haubert	v. 19 25:10 28:20 25:10 26:08 26:49 29:29 34:01 31:58 32:44 30:21 33:06
Classic 8K Hyattsville, MD; No Overall Chris Fox 42 Christine Junkerman 28 M40 Chris Fox Dave Berardi Joe Abemathy M45 Dan Lawson Rusty Moore Tim Holtz M50 Bob Oberti William Scott M55 Patrick Griffith John Haubert M60 Phil Burkhalter	v. 19 25:10 28:20 25:10 26:08 26:29 26:49 29:29 34:01 31:58 32:44 30:21 33:06 41:03
Classic 8K Hyattsville, MD; No Overall Chris Fox 42 Christine Junkerman 28 M40 Chris Fox Dave Berardi Joe Abernathy M45 Dan Lawson Rusty Moore Tim Holtz M50 Bob Oberti William Scott M55 Patrick Griffith John Haubert M60 Phil Burkhalter Bill Sollers M65 John Sabel	v. 19 25:10 28:20 25:10 26:08 26:49 29:29 34:01 31:58 32:44 30:21 33:06
Classic 8K Hyattsville, MD; No Overall Chris Fox 42 Christine Junkerman 28 M40 Chris Fox Dave Berardi Joe Abemathy M45 Dan Lawson Rusty Moore Tim Holtz M50 Bob Oberti William Scott M55 Patrick Griffith John Haubert M60 Phil Burkhalter Bill Sollers M65 John Sabel Rich Schrader	v. 19 25:10 28:20 25:10 26:08 26:29 26:49 29:29 34:01 31:58 32:44 30:21 33:06 41:03 42:12 40:08 42:01
Classic 8K Hyattsville, MD; No Overall Chris Fox 42 Christine Junkerman 28 M40 Chris Fox Dave Berardi Joe Abemathy M45 Dan Lawson Rusty Moore Tim Holtz M50 Bob Oberti William Scott M55 Patrick Griffith John Haubert M60 Phil Burkhalter Bill Sollers M65 John Sabel Rich Schrader W40 Roberta Leopold	v. 19 25:10 28:20 25:10 26:08 26:29 26:49 29:29 34:01 31:58 32:44 30:21 33:06 41:03 42:12 40:08 42:01 36:56
Classic 8K Hyattsville, MD; No Overall Chris Fox 42 Christine Junkerman 28 M40 Chris Fox Dave Berardi Joe Abemathy M45 Dan Lawson Rusty Moore Tim Holtz M50 Bob Oberti William Scott M55 Patrick Griffith John Haubert M60 Phil Burkhalter Bill Sollers M65 John Sabel Rich Schrader W40 Roberta Leopold Alice Rorrer-Sosa Helen Webster	v. 19 25:10 28:20 25:10 26:08 26:29 26:49 29:29 34:01 31:58 32:44 30:21 33:06 41:03 42:12 40:08 42:01
Classic 8K Hyattsville, MD; No Overall Chris Fox 42 Christine Junkerman 28 M40 Chris Fox Dave Berardi Joe Abemathy M45 Dan Lawson Rusty Moore Tim Holtz M50 Bob Oberti William Scott M55 Patrick Griffith John Haubert M60 Phil Burkhalter Bill Sollers M65 John Sabel Rich Schrader W40 Roberta Leopold Alice Rorrer-Sosa Helen Webster W45 Kathy Hennes	v. 19 25:10 28:20 25:10 26:08 26:29 26:49 29:29 34:01 31:58 32:44 30:21 33:06 41:03 42:12 40.08 42:01 36:56 39:30 44:59 41:21
Classic 8K Hyattsville, MD; No Overall Chris Fox 42 Christine Junkerman 28 M40 Chris Fox Dave Berardi Joe Abernathy M45 Dan Lawson Rusty Moore Tim Holtz M50 Bob Oberti William Scott M55 Patrick Griffith John Haubert M60 Phil Burkhalter Bill Sollers M65 John Sabel Rich Schrader W40 Roberta Leopold Alice Rorrer-Sosa Helen Webster W45 Kathy Hennes Irene Gill	v. 19 25:10 28:20 25:10 26:08 26:29 26:49 29:29 34:01 31:58 32:44 30:21 33:06 41:03 42:12 40:08 42:01 36:56 39:30 44:59 41:21 42:15
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Classic 8K Hyattsville, MD; No Overall Chris Fox 42 Christine Junkerman 28 M40 Chris Fox Dave Berardi Joe Abemathy M45 Dan Lawson Rusty Moore Tim Holtz M50 Bob Oberti William Scott M55 Patrick Griffith John Haubert M60 Phil Burkhalter Bill Sollers M65 John Sabel Rich Schrader W40 Roberta Leopold Alice Rorrer-Sosa Helen Webster W45 Kathy Hennes Irene Gill Laurie Fisher	v. 19 25:10 28:20 25:10 26:08 26:29 29:29 34:01 31:58 32:44 30:21 33:06 41:03 42:01 36:56 39:30 44:59 41:21 42:15 43:39 42:06

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	Syosset, NY; Nov.	
Ove		
	e Guastella 30 na McMahon	15:48 18:08
	Doanld Didonato	16:04
141-46	John Dicamillo	17:14
	Steven Gerrardi	17:44
M45	Robert Anastaso	16:53
	Brian Manghan	17:08
MEC	Chris McKnight Dennis O'Brien	18:20 17:50
MOU	David Schneider	17.50
	Julio Aguire	19:05
M5	Chuck Bleifeld	19:48
WISC	Daniel Badalament	
	Michael Service	20:08
M60	Jose Mendez	20:44
	Domenick Potenza	
	Richard Chester	23:28
M65	Geza Feld	22:31
	Antonio Blanco	23:54
141.40	John Toner	25:22
W4(Eileen Barnes Cortey Elizabeth Ratner	19:51
	Lon Harfenes-Melnic	
W45	Catherine Oehlein	21:11
	Minam Mulvey	22:29
	Jacqueline Seltzar	22:32
W50	Melissa Kennedy	22:17
	Andrea Otto	23:02
	Diane Birkel	23:29
W55	Helma Clavin	26:05
	Karen Potenza	28:42
MO	Joan Ackerman	30:42 24:50
WOL) Patricia Cataldo Ellen Duffy	24:50
	Maureen Donohue	
W6	Roselle Lauth	44:24
NY	RRC Knickerbock	er 60K
	Cortlandt Park, NY;	NOV. 25
Overa		
	Afanador 42	4:19:49
	McCurtin 33	5:07:39
M30	B Alvarez-Backus 36	4:29:06
	Spencer Ellis 30	5:17:05
-	T Henderson 31	5:26:43
M40	Jose Alpizer	5:20:43
	Andre Ambroggi	5:27:24
	Scott Cohen	5:47:08
M45	Paul Rosin	5:01:28
	Rimas Jakelaitis	5:18:19
	Bob Oberkehr	5:34:05
M50	Bob Oberkehr Luis Rios	5:34:05 5:38:16
M50		
M50	Luis Rios	5:38:16
M50	Luis Rios Nicholas Palazzo	5:38:16 5:46:02
	Luis Rios Nicholas Palazzo Edward Barry	5:38:16 5:46:02 5:53:03
	Luis Rios Nicholas Palazzo Edward Barry James Hudick Robert Falk	5:38:16 5:46:02 5:53:03 5:28:26 5:46:12
M55	Luis Rios Nicholas Palazzo Edward Barry James Hudick Robert Falk Tim Ryan	5:38:16 5:46:02 5:53:03 5:28:26 5:46:12 6:09:50
M55 M60	Luis Rios Nicholas Palazzo Edward Barry James Hudick Robert Falk Tim Ryan Domenic Bolognini	5:38:16 5:46:02 5:53:03 5:28:26 5:46:12 6:09:50 6:04:41
M55 M60	Luis Rios Nicholas Palazzo Edward Barry James Hudick Robert Falk Tim Ryan Domenic Bolognini Guenter Erich	5:38:16 5:46:02 5:53:03 5:28:26 5:46:12 6:09:50 6:04:41 6:16:08
M55 M60 M65	Luis Rios Nicholas Palazzo Edward Barry James Hudick Robert Falk Tim Ryan Domenic Bolognini Guenter Erich William Gutman	5:38:16 5:46:02 5:53:03 5:28:26 5:46:12 6:09:50 6:04:41 6:16:08 7:38:53
M55 M60	Luis Rios Nicholas Palazzo Edward Barry James Hudick Robert Falk Tim Ryan Domenic Bolognini Guenter Erich William Gutman Gail Marino 39	5:38:16 5:46:02 5:53:03 5:28:26 5:46:12 6:09:50 6:04:41 6:16:08 7:38:53 5:17:50
M55 M60 M65	Luis Rios Nicholas Palazzo Edward Barry James Hudick Robert Falk Tim Ryan Domenic Bolognini Guenter Erich William Gutman Gail Marino 39 Ann Dirksen 32	5:38:16 5:46:02 5:53:03 5:28:26 5:46:12 6:09:50 6:04:41 6:16:08 7:38:53 5:17:50 5:45:29
M55 M60 M65 W30	Luis Rios Nicholas Palazzo Edward Barry James Hudick Robert Falk Tim Ryan Domenic Bolognini Guenter Erich William Gutman Gail Marino 39 Ann Dirksen 32 M J Baptiste 37	5:38:16 5:46:02 5:53:03 5:28:26 5:46:12 6:09:50 6:04:41 6:16:08 7:38:53 5:17:50 5:45:29 6:29:58
M55 M60 M65 W30	Luis Rios Nicholas Palazzo Edward Barry James Hudick Robert Falk Tim Ryan Domenic Bolognini Guenter Erich William Gutman Gail Marino 39 Ann Dirksen 32 M J Baptiste 37 Antana Locs	5:38:16 5:46:02 5:53:03 5:28:26 5:46:12 6:09:50 6:04:41 6:16:08 7:38:53 5:17:50 5:45:29 6:29:58 5:54:27
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M55 M60 M65 W30 W40 W45 UV45 UV45 UV45 M40 M60 M65 M70 W40 W50 W40 W50	Luis Rios Nicholas Palazzo Edward Barry James Hudick Robert Falk Tim Ryan Domenic Bolognini Guenter Erich William Gutman Gail Marino 39 Ann Dirksen 32 M J Baptiste 37 Antana Locs Manna Yu Evelyn Deliz Admas Balilgne Barbara Saldick Deborah Redding Gwelda Fairweather Baryl Powell e Bell Run for Artt Concord, NH; Dec all Sayars 41 Molloy 30 Larry Sayers Randy Waterman Tom Walton Tim Kemple Douglas Macgregor Bob Murphy Tom Bernett Ronald Foster +Kenneth Folsom 75 John Noftle 73 Ken Marshall Margaret O'Reilly Hattie Bernstein Rita Labella Beverty Smith Lois Foss	5:38:16 5:46:02 5:53:03 5:28:26 5:46:12 6:09:50 6:04:41 6:16:08 7:38:53 5:17:50 5:45:29 6:29:58 5:54:27 7:28:55 7:30:04 5:45:29 6:29:58 5:54:27 7:28:55 7:30:04 5:42:07 6:06:53 7:30:06 8:18:28 9:59:59 pritis 5K 2 15:40 18:29 15:40 18:29 15:40 18:24 20:08 20:09 21:55 27:19 48:15 26:20 30:22 20:13 22:23 22:23 48:15 26:29 31:11 43:56 e 15K
M55 M60 M65 W30 W40 W45 W55 Jingl Over Lan Kara M40 M50 M60 M65 M70 W40 W50 W40 S0 W40	Luis Rios Nicholas Palazzo Edward Barry James Hudick Robert Falk Tim Ryan Domenic Bolognini Guenter Erich William Gutman Gail Marino 39 Ann Dirksen 32 M J Baptiste 37 Antana Locs Manna Yu Evelyn Deliz Admas Baligne Barbara Saldick Deborah Redding Gwelda Fairweather Baryl Powell e Bell Run for Artt Concord, NH; Deci all Sayers 41 Molloy 30 Larry Sayers Randy Waterman Tom Walton Tim Kemple Douglas Macgregor Bob Murphy Tom Bernett Ronald Foster +Kenneth Folson 75 John Noftle 73 Ken Marshall Margaret O'Reilly Hattie Bernstein Rita Labella Beverly Smith Lois Foss	5:38:16 5:46:02 5:53:03 5:28:26 5:46:12 6:09:50 6:04:41 6:16:08 7:38:53 5:17:50 5:45:29 6:29:58 5:54:27 7:28:55 7:30:04 5:45:29 6:29:58 5:54:27 7:28:55 7:30:04 5:42:07 6:06:53 7:30:06 8:18:28 9:59:59 pritis 5K 2 15:40 18:29 15:40 18:29 15:40 18:24 20:08 20:09 21:55 27:19 48:15 26:20 30:22 20:13 22:23 22:23 48:15 26:29 31:11 43:56 e 15K
M55 M60 M65 W30 W40 W45 UV55 UV55 M40 M60 M60 M60 W50 W40 W50 W40 W50 W40 W50 W40 W50 W50 W50	Luis Rios Nicholas Palazzo Edward Barry James Hudick Robert Falk Tim Ryan Domenic Bolognini Guenter Erich William Gutman Gail Marino 39 Ann Dirksen 32 M J Baptiste 37 Antana Locs Manna Yu Evelyn Deliz Admas Balilgne Barbara Saldick Deborah Redding Gwelda Fairweather Baryl Powell e Bell Run for Artt Concord, NH; Dec all Sayars 41 Molloy 30 Larry Sayers Randy Waterman Tom Walton Tim Kemple Douglas Macgregor Bob Murphy Tom Bernett Ronald Foster +Kenneth Folsom 75 John Noftle 73 Ken Marshall Margaret O'Reilly Hattie Bernstein Rita Labella Beverly Smith Lois Foss RRC Hot Chocolat	5:38:16 5:46:02 5:53:03 5:28:26 5:46:12 6:09:50 6:04:41 6:16:08 7:38:53 5:17:50 5:45:29 6:29:58 5:54:27 7:28:55 7:30:04 5:45:29 6:29:58 5:54:27 7:28:55 7:30:04 5:42:07 6:06:53 7:30:06 8:18:28 9:59:59 pritis 5K 2 15:40 18:29 15:40 18:29 15:40 18:24 20:08 20:09 21:55 27:19 48:15 26:20 30:22 20:13 22:23 22:23 48:15 26:29 31:11 43:56 e 15K
M55 M60 M65 W30 W40 W45 UV55 UV55 M40 M60 M60 M60 W50 W40 W50 W40 W50 W50 W50 W50 W50 W50 W50 W50 W50 W5	Luis Rios Nicholas Palazzo Edward Barry James Hudick Robert Falk Tim Ryan Domenic Bolognini Guenter Erich William Gutman Gail Marino 39 Ann Dirksen 32 M J Baptiste 37 Antana Locs Manna Yu Evelyn Deliz Admas Balilgne Barbara Saldick Deborah Redding Gwelda Fairweather Baryl Powell e Bell Run for Artt Concord, NH; Dec all Sayars 41 Molloy 30 Larry Sayers Randy Waterman Tom Walton Tim Kemple Douglas Macgregor Bob Murphy Tom Bernett Ronald Foster +Kenneth Folsom 75 John Noftle 73 Ken Marshall Margaret O'Reilly Hattie Bernstein Rita Labella Beverly Smith Lois Foss RRC Hot Chocolat Intral Park, NYC; D	5:38:16 5:46:02 5:53:03 5:28:26 5:46:12 6:09:50 6:04:41 6:16:08 7:38:53 5:17:50 5:45:29 6:29:58 5:54:27 7:28:55 7:30:04 5:45:29 6:29:58 5:54:27 7:28:55 7:30:04 5:42:07 6:06:53 7:30:06 8:18:28 9:59:59 pritis 5K 2 15:40 18:29 15:40 18:29 15:40 18:29 15:40 18:29 27:19 48:15 26:20 30:22 20:13 22:23 22:23 22:24 48:15 e 15K pec. 2 48:51
M55 M60 M65 W30 W40 W45 UV55 UV55 M40 M60 M60 M60 W50 W40 W50 W40 W50 W50 W50 W50 W50 W50 W50 W50 W50 W5	Luis Rios Nicholas Palazzo Edward Barry James Hudick Robert Falk Tim Ryan Domenic Bolognini Guenter Erich William Gutman Gail Marino 39 Ann Dirksen 32 M J Baptiste 37 Antana Locs Manna Yu Evelyn Deliz Admas Balilgne Barbara Saldick Deborah Redding Gwelda Fairweather Baryl Powell e Bell Run for Artt Concord, NH; Dec all Sayars 41 Molloy 30 Larry Sayers Randy Waterman Tom Walton Tim Kemple Douglas Macgregor Bob Murphy Tom Bernett Ronald Foster +Kenneth Folsom 75 John Noftle 73 Ken Marshall Margaret O'Reilly Hattie Bernstein Rita Labella Beverly Smith Lois Foss RRC Hot Chocolat	5:38:16 5:46:02 5:53:03 5:28:26 5:46:12 6:09:50 6:04:41 6:16:08 7:38:53 5:17:50 6:29:58 5:54:27 7:28:55 7:30:04 5:45:29 6:29:58 5:54:27 7:28:55 7:30:04 5:42:07 6:06:53 7:30:06 8:18:28 9:59:59 Dritis 5K 2 15:40 18:29 15:40 18:29 15:40 18:24 15:40 18:46 18:34 20:09 21:55 26:20 30:22 20:13 22:23 22:14 26:29 31:11 43:56 e 15K bec. 2

aster	SITCHS	
M30	R Veras Luna 30	49:23
12.00	Prisco Huerta 33	50:12
	Liam Kinsella 30	50:14
M40	Jerry Macari	51:0
0.3	Alan Ruben Noel Comess	51:1 55:0
M45	Hal Tozer	56:2
1.2	Richard Shaver	1:00:1
0.5	Peter Petre	1:02:19
M50	Thomas Hall	55:40
1111	Julio Aguirre Jean-Claude Periac	59:4
M55	Samuel Skinner	1:01:3
10100	John Samsel	1:00:1
1.4	Michael Hudick	1:01:13
M60		1:04:1
11.5	Martin Radner	1:07:4
MEE	Ramon Ruiz Witold Bialokur	1:08:33
COM	David Denny	1:17:1
1.1	Brian Fitzpatrick	1:23:3
M70	Kenneth Jones	1:09:4
	Lso Schonhaut	1:20:2
	Joseph Coco	1:26:0
M75	Leonard Scheer Edward Finkelstein	2:00:5
1	Orlando Gonzalez	2:05:20
M80	Mel Freidel	2:04:2
	Allison Sokaris 33	1:01:2
and the	Kathleen Coughlin 33	
	Audrey Kingsley 31	1:02:22
W40	Dominique Jean	1:05:3
1000	Terri Sonenclar	1:05:40
WAS	S Chubb Sauvayre Marie Wickham	1:06:5
1145	Regina Birch Walzer	
1000	Chihiro Yamauchi	1:08:0
W50	Lee Saroken	1:10:2
19.50	I Jackson-Schon,	1:11:1
IX D	Terri Guadi	1:14:0
W55	Eva Borsody-Das	1:17:0
COT.	Ruth Fairbrother Barbara Charles	1:17:12
W60	Evelyn Davis	1:15:3
	Patty Parmalee	1:15:4
-	Edith Jones	1:20:4
W65	Lisa Praskins	1:15:4
W65	Joy Rose	1:29:5
-	Joy Rose Naomi Vogel	1:29:5
-	Joy Rose Naomi Vogel Toshiko D'Elia	1:29:5 1:31:5 1:27:0
-	Joy Rose Naomi Vogel Toshiko D'Elia Pearl Jones	1:29:5
W70 W75	Joy Rose Naomi Vogel Toshiko D'Elia Pearl Jones	1:29:5 1:31:5 1:27:0 2:39:1
W70 W75 W80	Joy Rose Naomi Vogel Toshiko D'Elia Pearl Jones Edith Farias	1:29:5 1:31:5 1:27:0 2:39:1 1:40:4 1:49:3
W70 W75 W80	Joy Rose Naomi Vogel Toshiko D'Elia Pearl Jones Edith Farias Joanna Fair	1:29:5 1:31:5 1:27:0 2:39:1 1:40:4 1:49:3 un
W70 W75 W80	Joy Rose Naomi Vogel Toshiko D'Elia Pearl Jones Edith Farias Joanna Fair Snowball 5 Mile R Wantagh, NY; Dec	1:29:5 1:31:5 1:27:0 2:39:1 1:40:4 1:49:3 un . 9
W70 W75 W80 Overall Carlos	Joy Rose Naomi Vogel Toshiko D'Elia Pearl Jones Edith Farias Joanna Fair Snowball 5 Mile R Wantagh, NY; Dec I Castro 32	1:29:5 1:31:5 1:27:0 2:39:1 1:40:4 1:49:3 un . 9 26:0
W70 W75 W80 Overall Carlos Donna	Joy Rose Naomi Vogel Toshiko D'Elia Pearl Jones Edith Farias Joanna Fair Snowball 5 Mile R Wantagh, NY; Dec I Castro 32 McMahon 30	1:29:50 1:31:50 1:27:00 2:39:11 1:40:44 1:49:33 un . 9 26:00 29:4
W70 W75 W80 Overall Carlos Donna M40Do	Joy Rose Naomi Vogel Toshiko D'Elia Pearl Jones Edith Farias Joanna Fair Snowball 5 Mile R Wantagh, NY; Dec I Castro 32	1:29:5 1:31:5 1:27:0 2:39:1 1:40:4 1:49:3 un . 9 26:0
W70 W75 W80 Overall Carlos Donna M40Do Joi Don	Joy Rose Naomi Vogel Toshiko D'Elia Pearl Jones Edith Farias Joanna Fair Snowball 5 Mile R Wantagh, NY; Dec I Castro 32 McMahon 30 onald Didonato hn Dicamillo on Murphy	1:29:5 1:31:5 1:27:0 2:39:11 1:40:44 1:49:3 un . 9 26:0 29:4 26:2 28:0 28:1
W70 W75 W80 Overall Carlos Donna M40Do Jol Do M45Ro	Joy Rose Naomi Vogel Toshiko D'Elia Pearl Jones Edith Farias Joanna Fair Snowball 5 Mile R Wantagh, NY; Dec I Castro 32 McMahon 30 onald Didonato hn Dicamillo on Murphy obert Anastasio	1:29:5 1:31:5 1:27:0 2:39:11 1:40:44 1:49:3 un . 9 26:0 29:4 26:2 28:0 28:1 27:2
W70 W75 W80 Overall Carlos Donna M40Dw Jol Do M45Ro Jol	Joy Rose Naomi Vogel Toshiko D'Elia Pearl Jones Edith Farias Joanna Fair Snowball 5 Mile R Wantagh, NY; Dec I Castro 32 McMahon 30 onald Didonato hn Dicamillo on Murphy obert Anastasio hn McLaughlin	1:29:54 1:31:54 1:27:00 2:39:11 1:40:44 1:49:33 un . 9 26:00 29:44 26:24 28:10 28:11 27:22 29:4
W70 W75 W80 Overall Carlos Donna M40Do Joi Doo M45Ro Joi Gr	Joy Rose Naomi Vogel Toshiko D'Elia Pearl Jones Edith Farias Joanna Fair Snowball 5 Mile R Wantagh, NY; Dec I Castro 32 McMahon 30 onald Didonato hn Dicamillo on Murphy obert Anastasio	1:29:5 1:31:5 1:27:0 2:39:11 1:40:44 1:49:3 un . 9 26:0 29:4 26:2 28:0 28:1 27:2
W70 W75 W80 Overall Carlos Donna M40Dx Joi Dc M45Rc Joi Gr M50AJ Dc	Joy Rose Naomi Vogel Toshiko D'Elia Pearl Jones Edith Farias Joanna Fair Snowball 5 Mile R Wantagh, NY; Dec Castro 32 McMahon 30 onald Didonato hn Dicamillo on Murphy obert Anastasio hn McLaughlin egory Rodriguiz Ian Oman ennis O'Brien	1:29:54 1:31:54 1:27:00 2:39:11 1:40:44 1:49:33 un . 9 26:00 29:44 26:22 28:00 28:11 27:22 29:44 29:55 29:00 29:11
W70 W75 W80 Overall Carlos Donna M40Dx Joi Dc M45Rc Joi Gr M50AJ Dc	Joy Rose Naomi Vogel Toshiko D'Elia Pearl Jones Edith Farias Joanna Fair Snowball 5 Mile R Wantagh, NY; Dec I Castro 32 McMahon 30 onald Didonato hn Dicamillo on Murphy obert Anastasio hn McLaughlin egory Rodriguiz Ian Oman	1:29:54 1:31:54 1:27:00 2:39:11 1:40:44 1:49:33 un . 9 26:00 29:44 26:22 28:00 28:11 27:22 29:44 29:55 29:00 29:11 30:4
W70 W75 W80 Overall Carlos Donna M40De Joi Donna M40De Joi Gr M50Al De Juli M55Da	Joy Rose Naomi Vogel Toshiko D'Elia Pearl Jones Edith Farias Joanna Fair Snowball 5 Mile R Wantagh, NY; Dec I Castro 32 McMahon 30 onald Didonato hn Dicamillo on Murphy obert Anastasio hn McLaughlin egory Rodriguiz Ian Oman ennis O'Brien io Aguirre aniel Badalament	1:29:54 1:31:54 1:27:00 2:39:11 1:40:44 1:49:33 un . 9 26:00 29:44 26:22 28:00 28:11 27:22 29:44 29:55 29:00 29:11 30:44 32:33
W70 W75 W80 Overall Carlos Donna M40Do Joi Do M45Ro Joi Gr M50Al De Juli M55Da W3	Joy Rose Naomi Vogel Toshiko D'Elia Pearl Jones Edith Farias Joanna Fair Snowball 5 Mile R Wantagh, NY; Dec Castro 32 McMahon 30 onald Didonato hn Dicamillo on Murphy obert Anastasio hn McLaughlin egory Rodriguiz ian Oman ennis O'Brien io Aguirre aniel Badalarnent arren Steinert	1:29:54 1:31:54 1:27:00 2:39:11 1:40:44 1:49:33 un . 9 26:00 29:44 26:24 28:00 29:44 26:24 28:00 28:11 27:22 29:44 29:55 29:00 29:11 30:44 32:33 32:44
W70 W75 W80 Overall Carlos Donna M40Dx Joi Do M45Ro Joi Gr M50AJ De Juli M55Da Wi M1	Joy Rose Naomi Vogel Toshiko D'Elia Pearl Jones Edith Farias Joanna Fair Snowball 5 Mile R Wantagh, NY; Dec Castro 32 McMahon 30 onald Didonato hn Dicamillo on Murphy obert Anastasio hn McLaughlin egory Rodriguiz lan Oman ennis O'Brien io Aguirre aniel Badalament arren Steinert ichael Service	1:29:54 1:31:54 1:27:00 2:39:11 1:40:44 1:49:33 un . 9 26:00 29:44 26:22 28:00 28:11 27:22 29:44 29:55 29:00 29:11 30:44 32:33
W70 W75 W80 Overall Carlos Donna M40Do Joi Do M45Ro Joi Gr M50Al Dc Juli M55Do Juli M55Do M45 M50Al Dc Juli M55Do	Joy Rose Naomi Vogel Toshiko D'Elia Pearl Jones Edith Farias Joanna Fair Snowball 5 Mile R Wantagh, NY; Dec Castro 32 McMahon 30 onald Didonato hn Dicamillo on Murphy obert Anastasio hn McLaughlin egory Rodriguiz ian Oman ennis O'Brien io Aguirre aniel Badalarnent arren Steinert	1:29:54 1:31:54 1:27:00 2:39:11 1:40:44 1:49:33 un . 9 26:00 29:44 26:24 28:00 29:44 29:54 29:54 29:50 29:11 30:44 32:33 32:44 33:55 35:33
W70 W75 W80 Overall Carlos Donna M40De Joi Doc M45Re Joi Gr M50Al De Juli M55Da Wi M55Da Wi M55Da M55Da Juli M55Da M55DA	Joy Rose Naomi Vogel Toshiko D'Elia Pearl Jones Edith Farias Joanna Fair Snowball 5 Mile R Wantagh, NY; Dec I Castro 32 McMahon 30 onald Didonato hn Dicamillo on Murphy Obert Anastasio hn McLaughlin regory Rodriguiz Ian Oman mis O'Brien io Aguirre aniel Badalament arren Steinert ichael Service ise Mendez ector Santiago hn Wallace	1:29:54 1:31:54 1:27:00 2:39:11 1:40:44 1:49:33 un . 9 26:00 29:44 26:24 28:00 29:44 26:24 28:00 29:44 29:55 29:00 29:11 30:44 32:33 32:44 33:54 33:44 33:54 35:53 36:00
W70 W75 W80 Overall Carlos Donna M40Dx Joi Doc M45Rc Joi Doc M45Rc Joi Doc M45Rc Joi M50Al De Jui M55Da W3 M1 M55Da M2 M2 M2 M5 M2 M2 M5 M2 M2 M2 M2 M2 M2 M2 M2 M2 M2 M2 M2 M2	Joy Rose Naomi Vogel Toshiko D'Elia Pearl Jones Edith Farias Joanna Fair Snowball 5 Mile R Wantagh, NY; Dec I Castro 32 McMahon 30 onald Didonato hn Dicamillo on Murphy Obert Anastasio hn McLaughlin regory Rodriguiz Ian Oman mis O'Brien io Aguirre aniel Badalament arren Steinert ichael Service ise Mendez ector Santiago hn Wallace 'alter McCartby	1:29:54 1:31:54 1:27:00 2:39:11 1:40:44 1:49:33 un . 9 26:00 29:44 26:24 28:00 29:44 26:24 28:00 29:44 29:55 29:00 29:11 30:44 32:33 32:44 33:54 35:53 36:00 40:22
W70 W75 W80 Overall Carlos Donna M40De Joi Donna M40De Joi Gr M50Al De Juli M55Da Wa M55Da Wa M55Da Wa M60Jo He Joi M65W Kc	Joy Rose Naomi Vogel Toshiko D'Elia Pearl Jones Edith Farias Joanna Fair Snowball 5 Mile R Wantagh, NY; Dec I Castro 32 McMahon 30 onald Didonato hn Dicamillo on Murphy obert Anastasio hn McLaughlin egory Rodriguiz ian Oman ennis O'Brien io Aguirre aniel Badalament arren Steinert ichael Service se Mendez ector Santiago hn Wallace alter McCarthy evin Connors	1:29:54 1:31:54 1:27:00 2:39:11 1:40:44 1:49:33 un . 9 26:00 29:44 26:24 28:00 29:44 26:24 28:00 29:44 29:55 29:00 29:11 30:44 32:33 32:44 33:54 33:44 33:54 35:53 36:00
W70 W75 W80 Overall Carlos Donna M40Do Joi Do M45Ro Joi M55Do Gr M55Do M60Jo He Joi M65W Kc Gu	Joy Rose Naomi Vogel Toshiko D'Elia Pearl Jones Edith Farias Joanna Fair Snowball 5 Mile R Wantagh, NY; Dec I Castro 32 McMahon 30 onald Didonato hn Dicamillo on Murphy Obert Anastasio hn McLaughlin regory Rodriguiz Ian Oman mis O'Brien io Aguirre aniel Badalament arren Steinert ichael Service ise Mendez ector Santiago hn Wallace 'alter McCartby	1:29:50 1:31:50 1:27:00 2:39:11 1:40:44 1:49:33 un . 9 26:00 29:44 26:20 28:10 29:42 28:00 29:44 26:20 29:44 29:55 29:00 29:14 30:44 32:33 32:44 33:55 35:33 36:00 40:22 40:34 43:00 38:55 39:555 39:555 39:555 39:555 39:555 39:555 39:555 39:555 39:555
W70 W75 W80 Overall Carlos Donna M40Do Dob Dob M45Ro Join M45Ro M40 M45 M40 M40 M40 M40 M40 M40 M40 M40 M40 M40	Joy Rose Naomi Vogel Toshiko D'Elia Pearl Jones Edith Farias Joanna Fair Snowball 5 Mile R Wantagh, NY; Dec I Castro 32 McMahon 30 onald Didonato hn Dicamillo on Murphy obert Anastasio hn McLaughlin egory Rodriguiz ian Oman ennis O'Brien io Aguirre aniel Badalament arren Steinert ichael Service se Mendez ector Santiago hn Wallace alter McCarthy evin Connors is Likos uy Froehlig ert Jablon	1:29:54 1:31:54 1:27:00 2:39:14 1:40:44 1:49:33 un . 9 26:00 29:44 26:20 29:44 26:20 28:10 29:44 29:55 29:00 29:14 30:24 32:24 33:24 33:25 35:33 36:00 40:22 40:44 43:30 88:55 43:35 45 45 45 45
W70 W75 W80 Overall Carlos Donna M40Do Joi Do M45Ro Joi Gr M50Al De Juli M55Da Wi M55Da Wi M60Joo He Joi M65W Kc Gu M70G Be Da	Joy Rose Naomi Vogel Toshiko D'Elia Pearl Jones Edith Farias Joanna Fair Snowball 5 Mile R Wantagh, NY; Dec I Castro 32 McMahon 30 onald Didonato hn Dicamillo on Murphy obert Anastasio hn McLaughlin egory Rodriguiz lan Oman ennis O'Brien to Aguirre aniel Badalament arren Steinert tichael Service se Mendez ector Santiago hn Wallace falter McCarthy evin Connors us Likos uy Froehlig ert Jablon wson Hunter	1:29:54 1:31:54 1:27:00 2:39:11 1:40:44 1:49:33 un . 9 26:00 29:44 26:24 28:00 29:44 29:54 29:00 29:14 30:44 32:33 32:44 33:55 35:33 36:00 40:22 40:44 43:00 38:55 43:33 47:00 29:55 29:00 29:14 29:56 29:10 29:14 29:56 29:14 29:56 29:14 29:56 29:14 29:56 29:14 29:56 29:14 29:56 29:14 29:56 29:14 29:56 29:14 29:56 29:14 29:56 29:14 29:56 29:14 29:56 29:14 29:56 29:14 29:56 29:14 29:56 29:14 29:56 29:14 29:56 29:14 29:56 29:14 29:56 29:14 30:44 33:55 35:33 36:00 40:22 40:34 43:36 43:36 43:36 43:36 43:36 44 43:05 44 43:06 44 43:05 44 44 45 45 45 45 45 45 45 4
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W70Helen Peterson

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55:40	John Parker 57:29
59:49	M45 Randall White 59:02
1:01:39	Daniel Murphy 59:56 Steve Kohorst 60:58
59:32 1:00:19	Herman Richards 61:00
1:01:13	Ken Krah 61:08
1:04:17	M50 Bill Bosmann 61:03
1:07:47	Bruce Langenkamp 61:36 Gary Wallace 62:03
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1:27:00	
	SOUTHEAST
1:27:00 2:39:19	SOUTHEAST 28th Annual Governor's Cup
1:27:00 2:39:19 1:40:48 1:49:33	SOUTHEAST
1:27:00 2:39:19 1:40:48 1:49:33	SOUTHEAST 28th Annual Governor's Cup Half-Marathon Columbia, SC; Oct. 21 Overall
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1:27:00 2:39:19 1:40:48 1:49:33	SOUTHEAST 28th Annual Governor's Cup Half-Marathon Columbia, SC; Oct. 21 Overall
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February	2001
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Polly Stout	2:13:35
Helen Andrew W55 Joan Mulvihill	2:18:01
Cathy McCall	2:16:09
W60 Patricia Rhode	2:01:40
W65 EK Tolley-Bees	100 million - 100 million
Hargray Hilton Head	d Bridge
8K Run Hilton Head Island, S	C: Nov. 4
Overall	
Irv Batten 37	26:25
Michelle LaFleur 28 M40 Brendan Vasher	28:13 28:44
Clyde Sanders	29:14
Gary Ledford M45 George Taylor	29:22 30:29
Jeff Rabin	30:29
Shawn Nettles	32:20
M50 Bruce Evans Frank Phillips	32:39 33:02
Larry Collins	34:44
M55 Anson Clapcott Chuck Barton	28:48 33:33
Gary Melville	35:33
M60 Warren Newton	39:40
Andy Edwards M65 Alex Kasten	40:31 38:55
Larry Penrod	40:10
M70 Paul Mitchell	61:44
W40 Mary O'Brien Kim Fennessey	32:54 35:07
Amy Matthews	37:48
W45 Bonnie Sotire Donna Garske	36:34 41:08
Martha Scarboro	41.08
W50 Jenny Kyle	33:57
Mildred Bethea Jacqueline Johns	39:13 son41:06
W55 Joan Mulvihill	40:56
Joanie Landry	44:56 45:15
Bonnie Webster W60 Pat Thompson	45.15
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First Tennessee Me Marathon	emphis
Memphis, TN; De	ec. 3
Overall Mark Newman 38	2.22.26
Tammy Slusser 35	2:23:36 2:51:11
M40 Sam Ngatia	2:23:36
Steve Wilson Kirk Baird	2:26:24 2:40:04
Chris Spinney	2:40:57
Alan Van Meter	2:41:38
M45 Don Slusser Reagan Rice	2:59:47
Reagan Rice Mark Hughes	2:59:47 3:10:53 3:11:22
Reagan Rice Mark Hughes Ricky Russell	2:59:47 3:10:53 3:11:22 3:18:13
Reagan Rice Mark Hughes	2:59:47 3:10:53 3:11:22
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Leslie Trammell	
	TN 3:48:52
	TN 3:49:58
	AR 3:53:45
Alesa Kissane W50	AL 3:59:21
Brenda Lynch	MI 3:10:00
Carol Hogan	ME 3:13:24
Callie Edmundson	VA 3:31:29
Kathi Peck	CT 3:43:28
Julie Bridgforth	AR 3:46:24
Mary Brookshire	TM 3:22:03
Nancy Nail	AL 3:55:17
Annette CHowatt	WI 4:18:23
W55 Marie Threadgill	TN 3:56:34
Mary Thompson	SC 4:14:11
Janet Newburgh	MD 4:32:30
Pheona Kaiser	FL 4:39:23
Jeannette Roostai	CA 4:55:58
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Age Graded Av	
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Gary Romesser 200	
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Kiawah Island N	arathon &
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Kiawah Island,	SC; Dec. 9
Overall	
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James Riggin	
Gary Griffith	2:57:03
M45 Thomas Gillm	
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Jeffrey Kaplar Vem Lineberg	
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John Price M50 George Neil Larry Snider Bob Neely M55 Genry Camer Robert Wingh Charles Stoyl M60 Donald Siefer Charlie Raper Tom Schuma M65 William Beckw Ray'd. Scharehb W40 Marne Emmin Cinda O'Deli Nancy Farley Laurel Baker W45 Jo Hauberreis Kathleen Parth Vickie Midkiff Patricia Knigh Mary Algier W50 Charlotte Har Jan Loftus Penny McCre W55 Merte Hilles Susan Gosta Sharon Kerss W60 Donna Lea Brow Supatra Cam W65 EK Tolley-Ber W75 Margaret Hagy Haff-Marathon Overall Jamey Yon 34 Rietta Cooper 42 M40 Dan Hyde David Bourge John Bost George Dunil Rusty Smith M45 David Coupe	3:07:39 3:03:06 3:12:13 3:20:19 3:02:34 4: 3:14:34 e 3:21:49 s 3:32:45 cher3:54:32 with 4:52:34 roc 5:30:27 ch 3:09:26 3:10:14 3:30:21 3:33:03 ser 3:36:16 ker 3:51:39 3:52:43 at 3:56:47 3:57:14 twig 3:44:51 4:27:32 3:47:29 ge 4:52:56 on 5:37:51 wn 5:40:52 pbell6:04:00 ason 4:37:10 gerty6:26:48 1:09:02 1:25:57 1:16:15 sois 1:21:17 1:22:16 eavy 1:23:50 1:24:52 r 1:16:06
John Price M50 George Neil Larry Snider Bob Neely M55 Gerry Camer Robert Wrigh Charles Stoyl M60 Donald Siefer Charlie Raper Tom Schuma M65 William Becky Ray'd. Scharenb W40 Mame Emmin Cinda O'Deli Nancy Farley Laurel Baker W45 Jo Hauberreis Kathleen Parl Vickie Midkiff Patricia Knigh Mary Algier W50 Charlotte Har Jan Loftus Penny McCre W55 Merte Hines Susan Gosta Sharon Kerss W60 Donna Lea Brow Supatra Cam W65 EK Tolley-Ber W75 Margaret Hag Half-Marathon Overall Jamey Yon 34 Rietta Cooper 42 M40 Dan Hyde David Bourge John Bost George Dunil Rusty Smith M45 David Coupe Tom Deming	3:07:39 3:03:06 3:12:13 3:20:19 3:02:34 a 3:14:34 e 3:21:49 s 3:32:16 3:32:45 cher3:54:32 with 4:52:34 roc 5:30:27 ch 3:09:26 3:10:14 3:30:21 3:30:32 ser 3:36:16 ker 3:51:39 3:52:43 nt 3:56:47 3:57:14 twig 3:44:51 4:27:32 sight 4:29:32 3:47:29 ge 4:52:56 on 5:37:51 win 5:40:52 pbell6:04:00 gerty6:26:48 1:09:02 1:25:57 1:16:15 sois 1:21:17 1:22:16 eavy 1:23:50 n 1:24:52 r 1:16:06 1:18:21
John Price M50 George Neil Larry Snider Bob Neely M55 Gerry Camer Robert Wrigh Charles Stoyl M60 Donald Siefer Charle Raper Tom Schuma M65 William Beckt Ray'd. Scharenb W40 Marne Emmin Cinda O'Deli Nancy Farley Laurel Baker W45 Jo Hauberreis Kathleen Parl Vickie Midkiff Patricia Knigh Mary Algier W50 Charlotte Har Jan Loftus Penny McCre W55 Merle Hines Susan Gosta Sharon Kerss W60 Donna Lea Brow Supatra Cam W65 EK Tolley-Bet W75 Margaret Hage Half-Marathon Overall Jamey Yon 34 Rietta Cooper 42 M40 Dan Hyde David Bourge John Bost George Duni Rusty Smith M45 David Coupe Tom Deming Paul Dawsor	3:07:39 3:03:06 3:12:13 3:20:19 3:02:34 t 3:14:34 e 3:21:49 s 3:32:16 - 3:32:45 cher3:54:32 with 4:52:34 roc 5:30:27 ch 3:09:26 3:10:14 3:30:21 3:30:32 ser 3:36:16 ker 3:51:39 3:52:43 nt 3:56:47 3:57:14 twig 3:44:51 4:27:32 eight 4:29:32 3:47:29 ge 4:52:56 on 5:37:51 with 5:40:52 pbell6:04:00 gerty6:26:48 1:09:02 1:25:57 1:16:15 eois 1:21:17 1:22:16 eavy 1:23:50 1:24:52 r 1:16:06 1:18:21 n 1:19:14
John Price M50 George Neil Larry Snider Bob Neely M55 Genry Camer Robert Wrigh Charles Stoyl M60 Donald Siefer Charles Stoyl M60 Donald Siefer Charles Raper Tom Schuma M65 William Becky Ray'd. Scharenb W40 Marne Emmin Cinda O'Deli Nancy Farley Laurel Baker W45 Jo Hauberreis Kathleen Parl Vickie Midkiff Patricia Knigh Mary Algier W50 Charlotte Har Jan Loftus Penny McCre W55 Merle Hilles Susan Gosta Sharon Kerso W60 Donna Lea Brow Supatra Cam W65 EK Tolley-Bed W75 Margaret Hag Haff-Marathon Overall Jamey Yon 34 Rietta Cooper 42 M40 Dan Hyde David Bourge John Bost George Duni Rusty Smith M45 David Coupe Tom Deming Paul Dawsor Steve Daffro	3:07:39 3:03:06 3:12:13 3:20:19 3:02:34 4: 3:14:34 e 3:21:49 s 3:32:16 - 3:32:45 cher3:54:32 with 4:52:34 with 4:52:35 with 4:52:3
John Price M50 George Neil Larry Snider Bob Neely M55 Genry Camer Robert Wrigh Charles Stoyl M60 Donald Siefer Charle Raper Tom Schuma M65 William Becky Ray'd. Scharenb W40 Marne Emmin Cinda O'Deli Nancy Farley Laurel Baker W45 Jo Hauberreis Kathleen Parl Vickie Midkiff Patricia Knigh Mary Algier W50 Charlotte Har Jan Loftus Penny McCre W55 Merle Hilles Susan Gosta Sharon Kerso W60 Donna Lea Broo Supatra Cam W65 EK Tolley-Bed W75 Margaret Hag Haff-Marathon Overall Jamey Yon 34 Rietta Cooper 42 M40 Dan Hyde David Bourge John Bost George Duni Rusty Smith M45 David Coupe Tom Deming Paul Dawsor Steve Daffro	3:07:39 3:03:06 3:12:13 3:20:19 3:02:34 4: 3:14:34 e 3:21:49 s 3:32:16 - 3:32:45 cher3:54:32 with 4:52:34 rcc 5:30:27 ch 3:09:26 3:10:14 3:30:21 3:47:29 ge 4:52:56 on 5:37:51 wn 5:40:52 pbell6:04:00 ason 4:37:10 gerty6:26:48 1:09:02 1:22:57 1:16:15 asois 1:21:17 1:22:16 asoy 1:23:50 1:24:52 r 1:16:06 1:18:21 n 1:19:14 n 1:19:39 r 1:21:59
John Price M50 George Neil Larry Snider Bob Neely M55 Genry Camer Robert Wrigh Charles Stoyl M60 Donald Siefer Charles Stoyl M60 Donald Siefer Charles Raper Tom Schuma M65 William Becky Ray'd. Scharenb W40 Marne Emmin Cinda O'Deli Nancy Farley Laurel Baker W45 Jo Hauberreis Kathleen Parl Vickie Midkiff Patricia Knigh Mary Algier W50 Charlotte Har Jan Loftus Penny McCre W55 Merle Hilles Susan Gosta Sharon Kerso W60 Donna Lea Brow Supatra Cam W65 EK Tolley-Bed W75 Margaret Hag Haff-Marathon Overall Jamey Yon 34 Rietta Cooper 42 M40 Dan Hyde David Bourge John Bost George Duni Rusty Smith M45 David Coupe Tom Deming Paul Dawsor Steve Daffro	3:07:39 3:03:06 3:12:13 3:02:34 3:12:13 3:02:34 3:12:14 9:3:02:34 3:14:34 9:3:21:49 1:3:32:45 cher3:54:32 with 4:52:34 roc 5:30:27 ch 3:09:26 3:10:14 3:30:21 3:22:45 2:25:57 1:16:15 sois 1:21:17 1:22:16 sois 1:21:17 1:22:159 3:21:159 3

M55 Michael Hammig	1:34:15
Gary Melville	1:37:26
Larry Seavers M60 James Adams	1:39:00 1:31:02
Charley Denney	1:38:00
William Wood	1:38:03
M65 Joe Nettles Nick Cooley	1:35:32
Ken Walis	1:55:22
M70 William Boulter	1:42:36
Robert Gray	1:46:29
David Anderson W40 Rietta Cooper	2:00:18 1:25:57
Susi Smith	1:26:32
Jan Hargett	1:28:59
Lynn Vocelka	1:31:05
Aprille Shaffer W45 Dian Ford	1:31:47 1:27:15
Catherine Lempes	
Sue Porter	1:42:25
Catherine Burton Heidi Sherman	1:44:04 1:44:15
W50 Doll Miller	1:38:43
Lyn Hammond	1:42:25
Myma Meehan	1:42:36
W55 Joan Mulvihill Deborah Stone	1:48:56
Sandra Noragon	1:57:49
W60 Rebekah Stepher	1:53:56
Joyce Huguelet	2:00:00
Patricia Rhode W70 Marge Hoffman	2:00:19 1:58:29
Jacksonville Marathon	on & Half-
Marathon Jacksonville, FL; D	Dec. 16
Overall	13.50
	2:37:08
	3:06:06 2:44:49
	2:44:49 2:49:06
Frank Sutman	2:52:51
	2:59:18
Scott Peterson M45 Alan Swigler	3:00:36 2:56:52
Jeff Douglas	3:03:43
Lars Leader	3:11:17
Steven Day	3:12:11
M50 Bruce Holmes Jerry Armstrong	3:05:00 3:07:51
Bernie Candy	3:25:07
Jeffrey Johnson	3:25:47
M55 John Wamsley John Stephans	3:01:26 3:17:48
Russ Brown	3:17:48 3:27:26
M60 Robert Pope	3:24:38
Andrew Kotulski	3:30:22
Bob Buzzetti M65 Dick Green	3:32:17 3:39:35
Dan Shuff	3:51:35
M70 August Leone	4:38:07
Bob Carr M75 Wally Herman	4:47:12 5:48:26
W40 Cynthia Washam	
Jane Vamell	3:37:18
Martha Viehaber	
Cindy Hagen W45 Janet Lavoie	3:45:18 3:33:26
Susan Wallis	3:33:20
Loretta Haycook	3:54:32
W50 Nancy Homan	
W55 Nancy Pullo Ann Macarthur	4:38:35
W60 Terttu Barsch	
Overall	4:26:03
Joseph Zepherinus 30	4:26:03
Joseph Zepherinus 30 Kim Pawelek 26	4:26:03 1:08:14 1:18:11
Joseph Zepherinus 30	4:26:03
Joseph Zepherinus 30 Kim Pawelek 26 M40 Anthony Truitt Joel Richards Brian Pate	4:26:03 1:08:14 1:18:11 1:23.44 1:25:21 1:25:59
Joseph Zepherinus 30 Kim Pawelek 26 M40 Anthony Truitt Joel Richards Brian Pate Davis Ely	4:26:03 1:08:14 1:18:11 1:23.44 1:25:21 1:25:59 1:29:22
Joseph Zepherinus 30 Kim Pawelek 26 M40 Anthony Truitt Joel Richards Brian Pate	4:26:03 1:08:14 1:18:11 1:23:44 1:25:21 1:25:59 1:29:22 1:32:06
Joseph Zepherinus 30 Kim Pawelek 26 M40 Anthony Truitt Joel Richards Brian Pate Davis Ely M45 Dennis Atchison David Galatioto Steven Kleinfeldt	4:26:03 1:08:14 1:18:11 1:23:44 1:25:21 1:25:59 1:29:22 1:32:06 1:36:03 1:36:23
Joseph Zepherinus 30 Kim Pawelek 26 M40 Anthony Truitt Joel Richards Brian Pate Davis Ely M45 Dennis Atchison David Galatioto Steven Kleinfektt John Uleski	4:26:03 1:08:14 1:18:11 1:23:44 1:25:21 1:25:59 1:29:22 1:32:06 1:36:03 1:36:23 1:37:16
Joseph Zepherinus 30 Kim Pawelek 26 M40 Anthony Truitt Joel Richards Brian Pate Davis Ely M45 Dennis Atchison David Galatioto Steven Kleinfektt John Uleski M50 Jesse Poe	4:26:03 1:08:14 1:18:11 1:23:44 1:25:21 1:25:59 1:29:22 1:32:06 1:36:03 1:36:23 1:37:16 1:30:07
Joseph Zepherinus 30 Kim Pawelek 26 M40 Anthony Truitt Joel Richards Brian Pate Davis Ely M45 Dennis Atchison David Galatioto Steven Kleinfektt John Uleski M50 Jesse Poe Patrick Gaughan	4:26:03 1:08:14 1:18:11 1:23:44 1:25:21 1:25:59 1:29:22 1:32:06 1:36:03 1:36:23 1:37:16
Joseph Zepherinus 30 Kim Pawelek 26 M40 Anthony Truitt Joel Richards Brian Pate Davis Ely M45 Dennis Atchison David Galatioto Steven Kleinfeldt John Uleski M50 Jesse Poe Patrick Gaughan Mike Mahaney M55 Richard Horton	4:26:03 1:08:14 1:18:11 1:23:44 1:25:21 1:25:59 1:29:22 1:32:06 1:36:03 1:36:23 1:37:16 1:30:07 1:32:46 1:37:17 1:44:14
Joseph Zepherinus 30 Kim Pawelek 26 M40 Anthony Truitt Joel Richards Brian Pate Davis Ely M45 Dennis Atchison David Galatioto Steven Kleinfeldt John Uleski M50 Jesse Poe Patrick Gaughan Mike Mahaney M55 Richard Horton David Griffith	4:26:03 1:08:14 1:18:11 1:23:44 1:25:21 1:29:22 1:32:06 1:36:03 1:36:03 1:36:23 1:37:16 1:30:07 1:32:46 1:37:17 1:32:46 1:37:17 1:44:14 1:44:50
Joseph Zepherinus 30 Kim Pawelek 26 M40 Anthony Truitt Joel Richards Brian Pate Davis Ely M45 Dennis Atchison David Galatioto Steven Kleinfeldt John Uleski M50 Jesse Poe Patrick Gaughan Mike Mahaney M55 Richard Horton David Griffith Barry Sales	4:26:03 1:08:14 1:18:11 1:23:44 1:25:21 1:25:59 1:29:22 1:32:06 1:36:03 1:36:23 1:37:16 1:30:07 1:32:46 1:37:17 1:34:45 1:44:50 1:44:10
Joseph Zepherinus 30 Kim Pawelek 26 M40 Anthony Truitt Joel Richards Brian Pate Davis Ely M45 Dennis Atchison David Galatioto Steven Kleinfeldt John Uleski M50 Jesse Poe Patrick Gaughan Mike Mahaney M55 Richard Horton David Griffith Barry Sales M60 Roy Clarke	4:26:03 1:08:14 1:18:11 1:23:44 1:25:59 1:29:22 1:32:06 1:36:03 1:36:03 1:36:23 1:37:16 1:30:07 1:32:46 1:37:17 1:44:14 1:44:50 1:36:10 1:36:18 1:46:10
Joseph Zepherinus 30 Kim Pawelek 26 M40 Anthony Truitt Joel Richards Bnan Pate Davis Ely M45 Dennis Atchison David Galatioto Steven Kleinfeldt John Uleski M50 Jesse Poe Patrick Gaughan Mike Mahaney M55 Richard Horton David Griffith Barry Sales M60 Roy Clarke Matt Ross Jim Pollock	4:26:03 1:08:14 1:10:11 1:23:44 1:25:59 1:29:22 1:32:06 1:38:03 1:36:23 1:37:16 1:30:07 1:32:46 1:37:17 1:44:14 1:44:50 1:36:10 1:36:10 1:52:10
Joseph Zepherinus 30 Kim Pawelek 26 M40 Anthony Truitt Joel Richards Brian Pate Davis Ely M45 Dennis Atchison David Galatioto Steven Kleinfektt John Uleski M50 Jesse Poe Patrick Gaughan Mike Mahaney M55 Richard Horton David Griffith Barry Sales M60 Roy Clarke Matt Ross Jim Pollock	4:26:03 1:08:14 1:18:11 1:23:44 1:25:59 1:29:22 1:32:06 1:36:03 1:36:03 1:36:23 1:37:16 1:30:07 1:32:46 1:37:17 1:44:14 1:44:50 1:45:10 1:52:10 1:52:10
Joseph Zepherinus 30 Kim Pawelek 26 M40 Anthony Truitt Joel Richards Brian Pate Davis Ely M45 Dennis Atchison David Galatioto Steven Kleinfeldt John Uleski M50 Jesse Poe Patrick Gaughan Mike Mahaney M55 Richard Horton David Griffith Barry Sales M60 Roy Clarke Matt Ross Jim Pollock W40 Claudia Kasen Kim Ball	4:26:03 1:08:14 1:18:11 1:23:44 1:25:21 1:25:59 1:29:22 1:32:06 1:36:03 1:36:23 1:36:23 1:37:16 1:30:07 1:32:46 1:37:17 1:44:14 1:44:50 1:45:10 1:36:18 1:46:10 1:52:10 1:24:04 1:31:54
Joseph Zepherinus 30 Kim Pawelek 26 M40 Anthony Truitt Joel Richards Brian Pate Davis Ely M45 Dennis Atchison David Galatioto Steven Kleinfektt John Uleski M50 Jesse Poe Patrick Gaughan Mike Mahaney M55 Richard Horton David Griffith Barry Sales M60 Roy Clarke Matt Ross Jim Pollock	4:26:03 1:08:14 1:18:11 1:23:44 1:25:59 1:29:22 1:32:06 1:36:03 1:36:03 1:36:23 1:37:16 1:30:07 1:32:46 1:37:17 1:44:14 1:44:50 1:45:10 1:52:10 1:52:10
Joseph Zepherinus 30 Kim Pawelek 26 M40 Anthony Truitt Joel Richards Brian Pate Davis Ely M45 Dennis Atchison David Galatioto Steven Kleinfeldt John Uleski M50 Jesse Poe Patrick Gaughan Mike Mahaney M55 Richard Horton David Griffith Barry Sales M60 Roy Clarke Matt Ross Jim Pollock W40 Claudia Kasen Kim Ball Bunny Cannon Kim Streit	4:26:03 1:09:14 1:18:11 1:23:44 1:25:59 1:29:22 1:32:06 1:36:03 1:36:23 1:37:16 1:30:07 1:32:46 1:37:17 1:44:14 1:44:50 1:45:10 1:36:18 1:46:10 1:52:10 1:52:10 1:52:10 1:52:52 1:33:39 1:45:06
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Joseph Zepherinus 30 Kim Pawelek 26 M40 Anthony Truitt Joel Richards Bnan Pate Davis Ely M45 Dennis Atchison David Galatioto Steven Kleinfeldt John Uleski M50 Jesse Poe Patrick Gaughan Mike Mahaney M55 Richard Horton David Griffith Barry Sales M60 Roy Clarke Matt Ross Jim Pollock W40 Claudia Kasen Kim Ball Bunny Cannon Kim Streit W45 Stephanie Griffith Elaine Altemus	4:26:03 1:08:14 1:18:11 1:23:44 1:25:21 1:25:59 1:29:22 1:32:06 1:36:03 1:36:03 1:36:23 1:37:16 1:30:07 1:32:46 1:37:17 1:44:14 1:44:50 1:45:10 1:52:10 1:52:10 1:52:10 1:52:10 1:52:59 1:45:06 1:45:32 1:47:59

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Michael Hammig 1:34:15	W55 Ginny Christie 2:20:38	
Gary Melville 1:37:26 Larry Seavers 1:39:00	Susan Carroll 2:26:45 Marie Bendy 2:32:57	M
James Adams 1:31:02	W60 Patt McEvers 2:32:56	141
Charley Denney 1:38:00	W65 Ruth Frye 2:53:02	N
William Wood 1:38:03	W70 Doris Campbell 3:03:19	
5 Joe Nettles 1:35:32 Nick Cooley 1:53:30	MIDWEST	
Ken Walis 1:55:22	and the second	
William Boulter 1:42:36	Festival of Lights 5K Ann Arbor, MI; Jan. 6	W
Robert Gray 1:46:29	and the second	
David Anderson 2:00:18	Overall John Dorsch 25 15:44	
Rietta Cooper 1:25:57 Susi Smith 1:26:32	Laurel Park 37 18:17	
Jan Hargett 1:28:59	M40 Josh Scully 17:43	14
Lynn Vocelka 1:31:05	Jerome Meredith 17:51	W
Aprille Shaffer 1:31:47	Keith Peterson 19:30	
Dian Ford 1:27:15	M45 Doug Kurtis 17:08 Robert Hermann 18:01	
Catherine Lempesis1:35:59 Sue Porter 1:42:25	Rick Straub 18:06	N
Catherine Burton 1:44:04	M50 Ron Carpenter 19:17	
Heidi Sherman 1:44:15	Ron Olson 20:46	
Doll Miller 1:38:43	Tom Henderson 20:52	W
Lyn Hammond 1:42:25	M55 Wally Herrala 17:53 Doug Goodhue 18:19	
Myma Meehan 1:42:36	Robert Knapp 22:24	
Joan Mulvihill 1:48:56 Deborah Stone 1:53:48	M60 Jerry White 23:20	N
Sandra Noragon 1:57:49	John Wehrly 23:37	0
Rebekah Stephen1:53:56	Paul Hatley 25:31 M65 Bob Littky 33:25	Č
Joyce Huguelet 2:00:00	M65 Bob Littky 33:25 M70 Jim Forshee 74 21:59	D
Patricia Rhode 2:00:19	W40 Wanda Gunderson 20:24	N
Marge Hoffman 1:58:29	Julie Winter 20:45	
sonville Marathon & Half-	Cheryl Fairbrother 21:03	
Marathon	W45 Lori Safford 23:15 Susan Jones 23:42	
icksonville, FL; Dec. 16	Nancy Nowlan 24:06	N
	W50 Maggy Zidar 22:06	
t Kane 29 2:37:08 ey Bartos 32 3:06:06	Kay Heinrich 23:04	
David Allison 2:44:49	Cindy Goodhue 25:39	
Jeff Ansley 2:49:06	W55 Mary Steinhauser 29:12 Deanna Beyer 32:20	N
Frank Sutman 2:52:51	Alice Huesmann 32:32	IN
John Arbab 2:59:18	W60 Ellen Nitz 23:02	
Scott Peterson 3:00:36 Alan Swigler 2:56:52	Carol Krupp 28:10	
Jeff Douglas 3:03:43	W65 Chris Swanson 26:52	
Lars Leader 3:11:17	MID-AMERICA	N
Steven Day 3:12:11		
Bruce Holmes 3:05:00 Jerry Armstrong 3:07:51	Last Chance 2.4 Mile	
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W55 Tish Torpey 51:58 53:57 Carole Kilgore W60 Carol Zarzana 65:52 W65 Barbara Dougan 60:52 5K Overall David Frank 38 17:54 20:31 Denise Foote 41 M40 Davaid Harding M45 Mike Mollahan 19:20 27:25 M50 Tom Crowley 29:02 M55 Joseph Gulaskey 25:22 M60 Leroy Miller 34:17 M65 Richard Olafson 25:29 M70+Dave Harrison 71 25:53 W40 Denise Foote 20:31 W45 Janet Campbell 25:41 W50 Gayla Whitman W55 Jeanne Mills 40:27 32:20 W60 Mary Lou Laws W65 Barbara Olafson 39:41 32:52 2000 Jingle Bell Run 5K Seattle, WA; Dec. 10 Overall Nick Rogers 25 15:16 Bonnie McReynolds 36 18:10 M40 John Martin 17:27 Gary Gill 18:09 Al Kirsininkas 18:15 Steve Angell 18:40 Lee Adams 18:49 M45 Mark Billelt 16:48 Andrew Lyle Jim Berka 16:56 18:37 Douglas MacLean 18:49 Jay Gainer M50 Jim McGill 18:58 17:12 18:57 **David Harris** David Jones 19:57 Earl Fenstermacher20:01 Ted Coulson M55 Alan Murray 20:37 21:12 Tom Clark 21:33 21:58 Steve Moe Don Cox 22:56 Fred Fleischmann 23:03 M60 Ronald Brinton 20:09 Lee Parker 21:39 23:46 Lorenzo Patelli Albert Penta 24:39 Jack McHale 26.32 M65 Mel Preedy Bob Eaton 23:02 27:46 Ken Siegfried Neil McRennolds 27:57 28:29 William Springman M70+Fred Frreman 71 29:46 27:39 Roelie Laughlin 78 John McGinnis 73 29 46 29:57 Harry Rutstein 71 Ward Squires 76 30:03 31:51 W40 Gail Hall 18:14 Kimball Bender 18.29 20 36 Cyndy Holtz **Dorothy Curtin** 20:56 21:19 Wendy Jones W45 Sharon Kane 21.26 22:48 Kathy Cole Ki Kilcher 22:57 23:33 Ann Rinehart Deborah Rudis W50 Camille Rimmer 23:34 24:44 Candi Steams 25:07 Deborah Fleming 25.21 Dode Hutchison 25:30 **Cinnie Tomlinson** 25:39 W55 Judi Fisher 24:38 Sally Jerome Joyce Smits 26:52 27 57 Mary Ann Safford Liz Tonkin 28.41 28:50 W60 Jenepher Spurr 32:13 32:24 Judy Hannah Kayanne Wendel 33:31 Jeanette Corkery 34:48 Barbara Aamodt 35:00 W65 Wilma Parker 29:19 Lynda Hamilton 32:34 Nancy Olsen 36:06 Sylvia Odom 36:25 Catherine Corley W70 Louise Youngs 73 38:05 50:18 Pat Simone 70 51:37 Perle Goodman 79 52:00 Carolyn Matthews 71 54:43 Yvonne Bockelie 75 58:40 Run into One 5K Eugene, OR; Jan. 1 Overall 15:42 **Rob Vermilion** 16:54 nette Peters

February 2001

	47.07
Kevin Myers	17:37
M50 John Olsen	18:38
Gene Solomon	18:54
M60 Joseph Berg	32:41
M70+Henry Dizney	36:27
W40 Katrine Sundling	21:38
Vickie Hunt	22:34
W50 Mary Burnham	25:30
W60 Suzanne Rodkey	28:32
W70+Dawn Russell	34:09
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RACEWALK	ING
Intel milli	
Bob Fine Internation	nal 15K
Racewalks	
Tradewinds Park, FL	. Oct 21
Hadewinds Faik, IL	, 001. 21
North American Champio	onships
Overall	
	4.40.40
Paul Johnson 63	1:10:19
Carol Simonds 45	1:22:57
M60 Paul Johnson	1:10:19
M65 Bob Fine	1:23:08
M70 Robert Perraud	1:41:31
W60 Joanne Elliott	1:45:02
W65 June-Marie Provost	1:38:42
Florida State Champions	hine
	suiha
Overall	1000
Paul Johnson 63	1:20:19
Carol Simonds 45	1:22:57
M40 Janos Szalas	1:34:24
M65 Bob Fine	1:23:08
M70 Robert Perraud	1:41:31
W60 Joanne Elliott	1:45:02
Allen Ranofsky Invita	
Tradewinds Park, FL	.; Nov. 5
Florida State	1.1.1
10K RW Championships	
Overall	
Bruce Ihrman 51	57:28
Sarah Perry 30	59:37
M50 Bruce Ihrman	57:28
M55 Gary Null	56:56
M60 Paul Johnson	59:33
M65 Robert Fine	1:02:22
M70 Danny DeMauro	1:11:57
W45 Carol Simonds	59:48
	1:07:57
W60 Joanne Elliott	
W65 June Ranotsky	1:16:07
W70 Ruth Ferraud	1:17:53
W75 Miniam Gordon	1:12:53
	1.12.00
Southeast Regional	1.12.00
	1.12.00
Southeast Regional 10K Championships	1.12.00
Southeast Regional 10K Championships Overall	
Southeast Regional 10K Championships Overall Dave McGovern 35	47:26
Southeast Regional 10K Championships <u>Overall</u> Dave McGovern 35 Sarah Perry 30	47:26 59:37
Southeast Regional 10K Championships Overall Dave McGovern 35 Sarah Perry 30 M50 Bruce Ihrman	47:26 59:37 57:38
Southeast Regional 10K Championships <u>Overall</u> Dave McGovern 35 Sarah Perry 30	47:26 59:37
Southeast Regional 10K Championships Overall Dave McGovern 35 Sarah Perry 30 M50 Bruce Ihrman M55 Daniel Koch	47:26 59:37 57:38 1:05:07
Southeast Regional 10K Championships Overall Dave McGovern 35 Sarah Perry 30 M50 Bruce Ihrman M55 Daniel Koch M60 Paul Johnson	47:26 59:37 57:38 1:05:07 59:33
Southeast Regional 10K Championships Overall Dave McGovern 35 Sarah Perry 30 M50 Bruce Ihrman M55 Daniel Koch M60 Paul Johnson M65 Robert Fine	47:26 59:37 57:38 1:05:07 59:33 1:02:22
Southeast Regional 10K Championships Overall Dave McGovern 35 Sarah Perry 30 M50 Bruce Ihrman M55 Daniel Koch M60 Paul Johnson M65 Robert Fine M70 Danny DeMauro	47:26 59:37 57:38 1:05:07 59:33 1:02:22 1:11:57
Southeast Regional 10K Championships Overall Dave McGovern 35 Sarah Perry 30 M50 Bruce Ihrman M55 Daniel Koch M60 Paul Johnson M65 Robert Fine M70 Denny DeMauro W45 Carol Simonds	47:26 59:37 57:38 1:05:07 59:33 1:02:22 1:11:57 59:48
Southeast Regional 10K Championships Overall Dave McGovern 35 Sarah Perry 30 M50 Bruce Ihrman M55 Daniel Koch M60 Paul Johnson M65 Robert Fine M70 Danny DeMauro W45 Carol Simonds W60 Joanne Elliott	47:26 59:37 57:38 1:05:07 59:33 1:02:22 1:11:57
Southeast Regional 10K Championships Overall Dave McGovern 35 Sarah Perry 30 M50 Bruce Ihrman M55 Daniel Koch M60 Paul Johnson M65 Robert Fine M70 Danny DeMauro W45 Carol Simonds W60 Joanne Elliott	47:26 59:37 57:38 1:05:07 59:33 1:02:22 1:11:57 59:48 1:07:57
Southeast Regional 10K Championships Overall Dave McGovern 35 Sarah Perry 30 M50 Bruce Ihrman M55 Daniel Koch M60 Paul Johnson M65 Robert Fine M70 Danny DeMauro W45 Carol Simonds W60 Joanne Elliott W65 June Ranofsky	47:26 59:37 57:38 1:05:07 59:33 1:02:22 1:11:57 59:48 1:07:57 1:16:07
Southeast Regional 10K Championships Overall Dave McGovern 35 Sarah Perry 30 M50 Bruce Ihrman M55 Daniel Koch M60 Paul Johnson M65 Robert Fine M70 Danny DeMauro W45 Carol Simonds W60 Joanne Elliott W65 June Ranofsky W70 Ruth Perraud	47:26 59:37 57:38 1:05:07 59:33 1:02:22 1:11:57 59:48 1:07:57 1:16:07 1:17:53
Southeast Regional 10K Championships Overall Dave McGovern 35 Sarah Perry 30 M50 Bruce Ihrman M55 Daniel Koch M60 Paul Johnson M65 Robert Fine M70 Danny DeMauro W45 Carol Simonds W60 Joanne Elliott W65 June Ranofsky	47:26 59:37 57:38 1:05:07 59:33 1:02:22 1:11:57 59:48 1:07:57 1:16:07
Southeast Regional 10K Championships Overall Dave McGovern 35 Sarah Perry 30 M50 Bruce Ihrman M55 Daniel Koch M60 Paul Johnson M65 Robert Fine M70 Denny DeMauro W45 Carol Simonds W60 Joanne Elliott W65 June Ranofsky W70 Ruth Perraud W75 Miniam Gordon	47:26 59:37 57:38 1:05:07 59:33 1:02:22 1:11:57 59:48 1:07:57 1:16:07 1:17:53 1:12:53
Southeast Regional 10K Championships Overall Dave McGovern 35 Sarah Perry 30 M50 Bruce Ihrman M55 Daniel Koch M60 Paul Johnson M65 Robert Fine M70 Denny DeMauro W45 Carol Simonds W60 Joanne Elliott W65 June Ranofsky W70 Ruth Perraud W75 Miniam Gordon USATF South Region	47:26 59:37 57:38 1:05:07 59:33 1:02:22 1:11:57 59:48 1:07:57 1:16:07 1:17:53 1:12:53 One-Hour
Southeast Regional 10K Championships Overall Dave McGovern 35 Sarah Perry 30 M50 Bruce Ihrman M55 Daniel Koch M60 Paul Johnson M65 Robert Fine M70 Denny DeMauro W45 Carol Simonds W60 Joanne Elliott W65 June Ranofsky W70 Ruth Perraud W75 Minam Gordon USATF South Region Racewalk Champio	47:26 59:37 57:38 1:05:07 59:33 1:02:22 1:11:57 59:48 1:07:57 1:16:07 1:17:53 1:12:53 One-Hour onships
Southeast Regional 10K Championships Overall Dave McGovern 35 Sarah Perry 30 M50 Bruce Ihrman M55 Daniel Koch M60 Paul Johnson M65 Robert Fine M70 Denny DeMauro W45 Carol Simonds W60 Joanne Elliott W65 June Ranofsky W70 Ruth Perraud W75 Minam Gordon USATF South Region	47:26 59:37 57:38 1:05:07 59:33 1:02:22 1:11:57 59:48 1:07:57 1:16:07 1:17:53 1:12:53 One-Hour onships
Southeast Regional 10K Championships Overall Dave McGovern 35 Sarah Perry 30 M50 Bruce Ihrman M55 Daniel Koch M60 Paul Johnson M65 Robert Fine M70 Denny DeMauro W45 Carol Simonds W60 Joanne Elliott W65 June Ranofsky W70 Ruth Perraud W75 Minam Gordon USATF South Region Racewalk Champio	47:26 59:37 57:38 1:05:07 59:33 1:02:22 1:11:57 59:48 1:07:57 1:16:07 1:17:53 1:12:53 One-Hour onships
Southeast Regional 10K Championships Overall Dave McGovern 35 Sarah Perry 30 M50 Bruce Ihrman M55 Daniel Koch M60 Paul Johnson M65 Robert Fine M70 Denny DeMauro W45 Carol Simonds W60 Joanne Elliott W65 June Ranofsky W70 Ruth Perraud W75 Miniam Gordon USATF South Region Racewalk Champion Myrtle Beach, SC; I	47:26 59:37 57:38 1:05:07 59:33 1:02:22 1:11:57 59:48 1:07:57 1:16:07 1:17:53 1:12:53 One-Hour onships Nov. 18
Southeast Regional 10K Championships Overall Dave McGovern 35 Sarah Perry 30 M50 Bruce Ihrman M55 Daniel Koch M60 Paul Johnson M65 Robert Fine M70 Denny DeMauro W45 Carol Simonds W60 Joanne Elliott W65 June Ranofsky W70 Ruth Perraud W75 Miniam Gordon USATF South Region Racewalk Champio Myrtle Beach, SC; I Overall Ian Whatley 41	47:26 59:37 57:38 1:05:07 59:33 1:02:22 1:11:57 59:48 1:07:57 1:16:07 1:17:53 1:12:53 One-Hour nships Nov. 18 <u>meters</u> 13,367
Southeast Regional 10K Championships Overall Dave McGovern 35 Sarah Perry 30 M50 Bruce Ihrman M55 Daniel Koch M60 Paul Johnson M65 Robert Fine M70 Danny DeMauro W45 Carol Simonds W60 Joanne Elliott W65 June Ranofsky W70 Ruth Perraud W75 Minam Gordon USATF South Region Racewalk Champio Myrtle Beach, SC; I Overall Ian Whatley 41 Kathie Goodwin 56	47:26 59:37 57:38 1:05:07 59:33 1:02:22 1:11:57 59:48 1:07:57 1:16:07 1:17:53 1:12:53 One-Hour onships Nov. 18 <u>meters</u> 13,367 8349
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Southeast Regional 10K Championships Overall Dave McGovern 35 Sarah Perry 30 M50 Bruce Ihrman M55 Daniel Koch M60 Paul Johnson M65 Robert Fine M70 Denny DeMauro W45 Carol Simonds W60 Joanne Elliott W65 June Ranofsky W70 Ruth Perraud W75 Minam Gordon USATF South Region Racewalk Champion Myrtle Beach, SC; I Overall Ian Whatley 41 Kathie Goodwin 56 M35 Keith Luoma Curtis Gourley M40 I Whatley	47:26 59:37 57:38 1:05:07 59:33 1:02:22 1:11:57 59:48 1:07:57 1:16:07 1:17:53 1:12:53 One-Hour onships Nov. 18 <u>meters</u> 13,367 8349 12,399 10.329 13,367
Southeast Regional 10K Championships Overall Dave McGovern 35 Sarah Perry 30 M50 Bruce Ihrman M55 Daniel Koch M60 Paul Johnson M65 Robert Fine M70 Denny DeMauro W45 Carol Simonds W60 Joanne Elliott W65 June Ranofsky W70 Ruth Perraud W75 Miniam Gordon USATF South Region Racewalk Champio Myrtle Beach, SC; I Overall Ian Whatley 41 Kathie Goodwin 56 M35 Keith Luoma Curths Gourley M40 I Whatley	47:26 59:37 57:38 1:05:07 59:33 1:02:22 1:11:57 59:48 1:07:57 1:16:07 1:17:53 1:12:53 One-Hour onships Nov. 18 <u>meters</u> 13,367 8349 12,399 10.329 13,367 8350
Southeast Regional 10K Championships <u>Overall</u> Dave McGovern 35 Sarah Perry 30 M50 Bruce Ihrman M55 Daniel Koch M60 Paul Johnson M65 Robert Fine M70 Denny DeMauro W45 Carol Simonds W60 Joanne Elliott W65 June Ranofsky W70 Ruth Perraud W75 Miniam Gordon USATF South Region Racewalk Champio Myrtle Beach, SC; I <u>Overall</u> Ian Whatley 41 Kathie Goodwin 56 M35 Keith Luoma Curtis Gourley M40 I Whatley M50 Doug Brown M60 Heinrich Looser	47:26 59:37 57:38 1:05:07 59:33 1:02:22 1:11:57 1:16:07 1:17:53 1:12:53 One-Hour onships Nov. 18 <u>meters</u> 13,367 8349 12,399 10,329 13,367 8350 9696
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2001 NATIONAL MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS







at the Reggie Lewis Athletic Center in Boston, MA

First Name	Entry Form Male/Female Age (as of 3/22/01)	
Last Name	Date of Birth	
Address		
City	2001 USATF Number	
State Zip	Citizenship (if not USA)	
Resident Alien (if not US citizen) – yes/no	Telephone	
E-mail address		
Check here if you DO NOT want your nam	e listed on the entrant list on the internet: 📮	
Event	Best Recent Performance	Fee
Pentathlon (counts as first event)	(\$50)	
1	(\$30)	
2.	(\$15)	
3		-
4	(\$15)	55
5	(\$15)	_
6	(\$15)	-
Late fee for entries po	stmarked after 3/9/01, # events @ \$10 each:	-
	TOTAL ENTRY FEES:	
	Masters Committee Surcharge (\$5.00*, see note)	_\$5.0
T-shirt Order (pre-event only)	Total # of shirts @ \$12 each:	_

S__M__L__XL__XXL__

Friends of the National Masters Championships (\$250 - \$100 - \$50 - \$25)

TOTAL AMOUNT ENCLOSED.....

*The National Masters Track and Field Committee requests the Committee Surcharge. All such funds are forwarded to the Committee and are used for Committee representatives to attend and assist at Championship meets.

WAIVER AND RELEASE: In consideration of your accepting this entry into the National Masters Indoor Track & Field Championships, I hereby for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have against USATF. USATF- New England, TRACS, Inc., its employees, agents, officers, the Reggie Lewis Track and Athletic Center, Roxbury Community College, the sponsors, the volunteers and their representatives, successors and assigns for any and all injuries suffered by me in said event, or as a result of my travel to and from the competition. I attest and certify that I am physically fit and have sufficiently trained for the competition and that my date of birth is as stated on this application. I authorize meet personnel and its agents permission to request emergency medical treatment or care as necessary to insure my well being. I agree not to cover or alter my competitor number in any way on pain of disqualification, and I acknowledge that my entry fee is non-refundable, including if the event is cancelled.

SIGNATURE

DATE:

PLEASE MAKE ALL CHECKS PAYABLE TO NMIC 2001 AND MAIL COMPLETED ENTRIES WITH CHECKS TO : NMIC, 79 MANET RD, CHESTNUT HILL, MA 02467

MEET HOTEL: The official meet hotel will be the Sheraton Boston, located in the heart of Boston in the Prudential Center. Meet management has reserved special rates at this hotel especially for the Championships. To take advantage of these rates, simply call the Sheraton at 1-800-325-3535 and mention that you are with the National Masters Indoor T&F Championships. In order to receive the special rate, you must make your reservations by Spin EST March 1st, 2001.

FOR UP TO DATE INFORMATION, ENTRANT LISTS AND OTHER INFORMATION CHECK OUT THE NATIONAL MASTERS INDOOR CHAMPIONSHIPS LINK AT <u>WWW.TRACS.NET</u>, E-MAIL US AT <u>TRACS2@EARTHLINK.NET</u> OR CALL (617) 332-3919.

ALL FEES MUST BE PAID PRIOR TO THE MEET

EVENTS FRIDAY – MARCH 23 9:00am Pentathlon Registration 9:30am Women Men 70+ 10:00am Men 60, 50 10:30am Men 40, 30 **Order of Events** Women Men 60M Hurdles 60M Hurdles High Jump Long Jump Shot Put Shot Put Long Jump High Jump 800 Meters 1000 Meters 2:00pm General Registration **Track Events** 4:00pm 3000M Women 4:45pm 3000M Men 70+ 5:05pm 3000M Men - remaining oldest to youngest **Field Events** 3:00pm Weight Throw Women 3:00pm Pole Vault Women AND Men 60+ Together 5:00pm Weight Throw Men 60+ **SATURDAY-MARCH 24** 8:00am Registration **Track Events** 9:00am 60M Prelims/Frials ALL 11:00am 60M Finals, ALL 11:45am Mile Women 12:15pm Mile Men 2:00pm 400M Timed Finals, ALL 4:30pm 4x800M Relay, ALL 5:00pm 60M Hurdles Trials and Finals. ALL **Field Events** 9:00am Shot Put Women 9:00am Shot Put Men 50-59 9:00am Long Jump Men 30-39 9:30am Pole Vault Men 50-59 10:00am Long Jump Men 40-49 11:00am Shot Put Men 40-49 11:00am Shot Put Men 70+ 12:00pm High Jump Men 30-39 12:00pm High Jump Men 70+ 12:00pm Pole Vault Men 40-49 12:00pm Long Jump Men 50-59 1:00pm Shot Put Men 60-69 1:00pm Shot Put Men 30-39 1:30pm High Jump Men 40-49 1:30pm High Jump Men 60-69 **1:30pm** Long Jump Men 70+ **2:30pm** Weight Men 50-59 3:00pm Pole Vault Men 30-39 3:00pm Long Jump Men 60-69 3:00pm High Jump Men 50-59 4:30pm Weight Men 40-49 4:30pm Long Jump Women, ALL 6:00pm Weight Men 30-39 **SUNDAY – MARCH 25** 8:00am Registration

2001 SCHEDULE OF

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Track Events 9:00am 200M Trials, ALL 10:30am 800M Timed Finals, ALL 12:00pm 200M Finals, ALL 1:00pm 3000m Racewalk Women 1:45pm 3000m Racewalk Men 3:00pm 4x400m relay ALL

Field Events

10:00am High Jump Women, ALL 10:00am Superweight Women 60+ - Women 30-59 to follow - Men 70+ to follow

- Men 70+ to follow 10:00am Triple Jump Men 30-39 and Men 60+

- 11:00am Superweight Men 60-69 (outdoors) - Men 50-59 (outdoors) to
 - follow

Men 40-49 (outdoors) to follow

11:30am Triple Jump Men 40-49 12:30pm Triple Jump Men 50-59 and Women

Eligibility

Competition is open to all men and women 30 years of age and older, including non-US citizens. Individuals will compete in five-year age groups, relays in ten-year age groups. The meet will be run in accordance with **USATF** Competition Rules and Regulations. A 2001 USATF membership will be required for all US residents and your card must be shown at number pick-up. Membership may be obtained through local associations or on-site at the meet for \$15. Any athlete setting age group records, proof of Date of Birth will be required.



Presented By

Friends of National Masters Championships This program, started in 1997, helps to ensure the high quality of this, and future Championships. All contributors will be listed in the official meet program as a "Friend of the National Masters Championships". Please consider donating at one of the following levels:

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Bronze \$25. Bronze level donors will receive a lapel pin.

February 2001

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