

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

185th Issue

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DeNoon, Richards-Kerr Top Racewalkers

Mulkey, Raschker Named Best 1993 T&F Athletes; Rodgers, McLatchie Top LDR Picks

Phils Also Sweep Multi-Event Awards; Harvey Named Top Administrator

Phil Mulkey, 60, of Atlanta, Ga., was named the outstanding age-40-and-over male track and field athlete of 1993 by the Masters Track and Field Committee of USA Track & Field, the national governing body for athletics in the United States.

Philippa (Phil) Raschker, 46, also of Atlanta, was voted the top female masters performer by the same group at the 15th annual convention of USATF in Las Vegas on December 2.

Mulkey and Raschker were also named the year's best multi-event athletes, while Mulkey won the award for the best single performance of the year for his 8546-point decathlon victory at the World Veterans Championships in Miyazaki, Japan.

Rex Harvey, 46, of Mayfield Heights, Ohio, was named the outstanding administrator of the year for the second straight year, while the top racewalking awards went to Don De-Noon, 50, of Carbondale, Ill., and Sally Richards-Kerr, 41, of Evergreen, Colo.

It was the first athlete-of-the-year award for Mulkey, who represented the USA as a decathlete on the 1960 Olympic team.

For Raschker, it was her seventh honor as female masters athlete of Continued on page 22

Matson, Filutze, Cummings, Green Among 22 Runners Honored by USATF at Convention

Bill Rodgers, 46, and Carol McLatchie, 41, were among 22 runners honored by the Masters Long Distance Running Committee of USA Track & Field at its 15th annual convention in Las Vegas on December 2.

The LDR Committee's awards are based on five-year age-group categories, rather than on an overall "best masters" runner.

Rodgers, of Sherbourne, Mass., dominated his M45 division in races from 5K to the half-marathon. He set four new U.S. M45 road records at 8K (24:32 in Boston on April 10), 10K (30:50 in Cleveland on May 16), half-marathon (1:08:05 in Kansas City on June 6), and 30K (1:39:18 in Hamilton, Ontario on March 28). His age-graded percentage average in the four races was a superb 96.1%.

McLatchie, 41, of Houston, was

voted the top U.S. W40-44 runner. In 1993, she recorded times of 16:51 (5K), 28:51 (8K), 34:17 (10K), 42:47 (12K), 53:19 (15K), and 1:14:49 (half-marathon). In addition, she won two world track titles in Miyazaki, Japan, in the 1500 and 5000. Through October, McLatchie was the top prizemoney winner among the world's female masters runners with \$15,900, more than double that of her nearest Continued on page 23



Phil Mulkey and Phil Raschker



Carol McLatchie



Bill Rodgers

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CONTENTS

DEPARTMENTS

USATF Officers2
Letters to the Editor4
NMN Sustainers4
Third Wind
Speaker's Corner
The Foot Beat8
Racewalking10
Training Advice11
Ten Years Ago
New Age-Group Athletes 11
Track & Field Report12
Five Years Ago12
Health and Fitness14
Profile - Reese
On The Run
WAVA Officers19
Masters Scene24
Schedule
All-American Standards27
Results

FEATURES

Athletes of The Year 1
National 15K
National 25K 5
Columbus Marathon5
Syosset Sprint8
National 8K X-C8
Outstanding Racewalkers10
Summary of T&F meeting 16
T&F Budget
Minutes of LDR Meetings 17
1994 National LDR Races 17
USATF Membership18
Outdoor T&F Schedule18
Outstanding T&F Athletes 22
Outstanding Administrators 22
Outstanding LDR Athletes 23
Prize Money Earnings26
Prize Money Earnings31

ENTRY FORMS/RACE & PRODUCT INFO

M-F Athletic Co3
NMN Subscription Form 4
Elite Health Products 5
Early Morning "R" Meet 9
Publications Order Form 13
Classifieds
Senior Softball15
Sports Travel International 20
Bill Adler Masters Tours 21
Kitt Travel21
T&F Rankings Book 23
Southern Indoor Meet 24
Age-Record Book
All-American Application 27
Track & Field News31
National Indoor Meet32



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The National Masters News is devoted exclusively to track & field, long distance running, and racewalking for men and women over age 30. Each month it delivers 24 to 48 pages of results, schedules, entry forms, age records, rankings, photos, articles, training tips, and all the inside scoops and information that affect the world of masters athletics competi-

Some masters events are sponsored by USATF, the national governing body for athletics in the USA. Some are sponsored by individuals, clubs or other senior organizations.

Generally, anyone age 30 or over may come to a masters event and participate. Some events are limited to ages 40+, 50+ or 55+; (please check the schedule for details). Some events require advance registration. Some require a current USATF card (\$7 to \$12 per year, depending on the region). To inquire about a USATF card, call USATF in your area, or 317/261-0500. There are no qualifying standards for most masters athletics events.

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Norm Green, Jr., 61, Wayne, Pa., winning the M60 race (54:47) and \$500 for the best agegraded performance, USATF National Masters 15K Championships.

Photo by Paul Murray

Green Tops Field in National 15K

by PAUL MURRAY

Norman Green, Jr., 61, Wayne, Pa., posted the top age-graded time of 43:35 in the USATF National Masters 15K Championships at the Schenectady Gazette Stockade-athon, Schenectady, N.Y., on Nov. 7, with a 54:47, which earned him \$500 in prize money. Vinny Reda, 41, Voorheesville, N.Y., was the first masters finisher, placing sixth overall in 49:38. His time was fourth (46:30) on the age-graded list, good for \$250.

Reda trailed Joseph Nzau, 44, currently living in Scotia, N.Y., for most of the race, but passed the Kenyan star with a strong kick in the last 300 meters. Nzau finished in 49:41, but was declared ineligible for the USATF awards because he does not have permanent resident status.

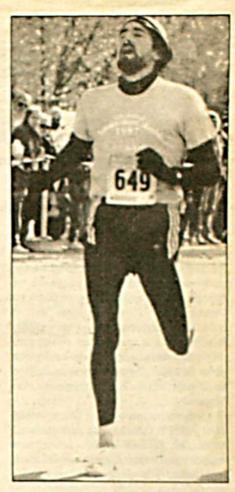
Ray Kneer, 51, Sunny Hill, N.Y., won the M50 bracket and pocketed \$400 for placing second (46:09) in the age-graded rankings with a 52:50. Ed Stabler, 61, North Syracuse, N.Y., had the third-best age-graded time (60:00/46:14), good for \$300. Fifth place in the age-graded competition and \$200 went to Atlaw Belilgne, 48, of NYC.

The first masters woman was Joan Continued on page 5



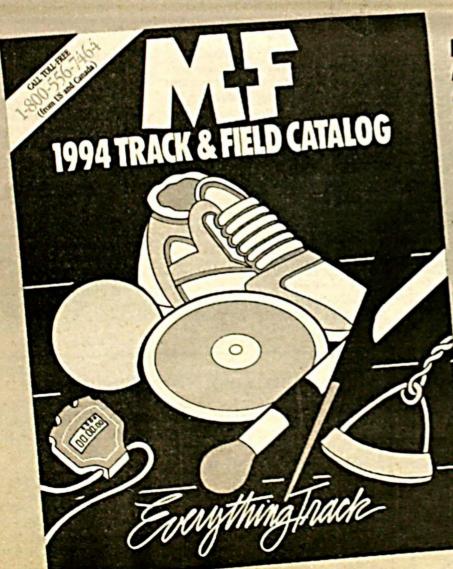
Joan Butler, 41. Cazenovia, N.Y., first masters woman (61:04), USATF National Masters 15K Championships.

Photo from Paul Murray



Vinny Reday, 41, Voorheesville, N.Y., first master runner (49:38), USATF National Masters 15K Championships.

Photo from Paul Murray



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WORLD CHAMPIONSHIPS

I wanted to compliment you on the outstanding coverage of the World Championships (Dec.).

Not only was the competition accurately and competently reported, but the feel of the meet and mood of the environment and the atmosphere of Japan was magnificently reproduced -much better than I thought that it could have been reproduced in writing. It really was a spectacular championship, and although I came back with silver instead of gold, it was a thrill to be a part of it and to participate at Miyazaki.

Thank you once again for you and your staff's outstanding reporting of Miyazaki, as well as your continued support and reporting of masters track and field. We all greatly appreciate your efforts.

Kenneth L. Popejoy Wheaton, Illinois (Popejoy will run a few of the indoor Runner's World Masters Mile races next spring and formally wind up his masters career at the USATF National Masters Indoor Championships on March 27 at Columbia, Mo. This will be his 30th year of track and field competition. -- Ed.)

AGE-GRADING

I am interested in the infatuation some in our sport seem to have for agegraded results. I don't need to "level the field" if I want to see how I would do against others in the 100/200 meters, all I need do is drop down one age group and let Hugo, Mathis, Weaver and others show me how I would fare.

That is not neccessary, however, as I get all the "recognition" I want when I compete against Harry Brown, Dick Marlin, Huel Washington, Bruce Springbett, Sanchez, Hitt, and a long list of others who have "slam dunked" me on occasion. The joy of this sport is to line up on a given day, and go against whoever is there - win or not.

I am not a 20-year old sprinter at Bradley U. any more, and I am not an open runner today. I am a 63-year old sprinter, who loves to compete against all who run my events.

No paper competition for me, give me the real thing please.

John S. Poppell Panama City, Florida

Given the opportunity to direct the biggest prize-money race in the Washington, D.C. area (the Central Fidelity 8K on Sept. 12), I took a hunk of the \$25,000 and put it to Masters, and further put it against the agegraded tables.

I truly think this is the wave of future running. I want to congratulate you, Norm Green, Rex Harvey, and others for the hard work it must have taken to create these tables. They are certainly accurate and, as I said at our press conference when I explained them to the audience, not soft. You have to be a real runner to do well on them.

It has certainly been an educational process, however. Incredible to me are the number of women masters who've

never heard of them and, once given the idea, do a math-panic at figuring out their times. Those over 45 are wild with excitement.

One master, about 41, doing well, called to refuse my invitation and a full-fare ticket to say running against the tables was (I quote her) "for shit." I wanted to say back, "sounds like you don't want to lose to a better runner," but I was nice and said we'd talk again when she was 50.

Some people don't get it. Once you accept the principle that you deserve money at all over age 40, you accept the whole bag. Anyway, being a race director isn't easy, although the athletes are mostly wonderful, especially the masters.

Kathrine Switzer Vienna, Virginia

I was interested to see the age grading of the events from the USATF National Masters Track meet in Provo. compiled in the October NMN. However, I noticed that in the event I raced, the 10,000 meters, some of the listed runners (including the "winner") were runners I do not remember seeing, and who do not appear in the meet results.

Even in age-graded competitions, I think it is only fair that actual participation be a requirement for placing. What are the true age graded results, after the ghosts are removed?

Roland T. Rust Nashville, Tennessee (Thank you for noticing, and we apologize for the error. The correct men's 10,000 results are: 1. Charles Williams (60, 31:21), 2. Darrell Natter (55, 31:43), 3. John Brennard (55, 31:54), 4. Norman Roper (35, 32:04), 5. Ken Valasquez (30, 32:10).)

STEVE REEVES

Mike Tymn's article on bodybuilder/actor Steve Reeves in the November 1993 issue of National

Masters News was interesting and informative. The accompanying photo of Reeves and Tommy Kono was a nice addition.

Kono, however, was not an Olympic diver but a weightlifter. Kono was a two-time Olympic champion, eighttime World champion, three-time Pan-American champion, and twelve-time U.S. champion. During his competitive career he set twenty-six world weightlifting records and in 1983 was voted the greatest weightlifter in history by the International Weightlifting Federation. Fred Lowe

Lansing, Michigan (The caption was a typesetting error by NMN, not Tymn. Thanks for the correction. -- Ed.)

GEORGE SHEEHAN

Masters runners will be forever indebted to George Sheehan. We both owe and share our inspiration in our sport with him.

Sheehan was one of us, sharing his own goals and pain. His words provided the inspiration of a teacher, to help us become something better than we thought possible. Because of him, we can share the excitement of new-found strength and the ease of cruising through our own personal barriers.

> Alan Banes West Los Angeles, California

KUDOS

Is it possible for you to send me a few dozen of the National Masters News postal cards with all the subscription information on the back?

My husband and I have been subscribing to your publication for over a year and truly enjoy and benefit from all the outstanding information made available.

We have travelled to several national meets -- most recently in Provo, Utah. and Kingsport, Tenn. -- and, no matter where we are, we tell our new and old friends about the wonderful National Masters News.

We will pass out the subscription cards everywhere we go.

Thank you again. We all appreciate what you are doing for us. Dolores Rogers

Alpharetta, Georgia (You're very kind. If anyone else would like to pass out subscription cards, let us know and we'll happily send you a bunch. -- Ed.)

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Special thanks this month go to:

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Hunter, Ireland Win National 25K

Mark Hunter, 42, Houston, Texas, and Mindy Ireland, 42, Encinitas, Calif., turned in masters firsts in the USATF National Masters 25K Championships, held along with the Mission Bay 25K, in San Diego on Nov. 20. Hunter, fifth overall in 1:29:36, left second place to Bob Hawker (40, 1:30:42), La Mesa, Calif., and third to M45 race winner Hayden Smith (45, 1:32:47), Tucson, Ariz.

Herb Phillips, 53, Burnaby, British Columbia, was first in the M50 division with a 1:32:51. Larry Worth, 55, Highland Village, Texas, won the M55 contest in 1:36:53. Pat Devine, 65, was the gold medalist in the M65 race with a 1:49:54.

Ireland, took the W40+ title in 1:42:14, with Sarah Rees (43, 1:42:47), San Diego, second. Cathy Kaechele, 47, San Diego, won the W45 race with a 1:53:17.

Phillips, among the men, and Ireland, for the women, produced the best age-graded performances with adjusted times of 1:19:47 and 1:25:07, respectively.

The race, run on a scenic, flat, fast course around Fiesta Island, and in its 27th year, was directed by Joni Shirley and hosted by the San Diego TC.



Winning W40 + team, Fleet Feet: (from left) Frances Clark, Barbara Ekstrom, Beverly Pritts, Nancy Photo by George Banker Smith, Karen Erb and Ecris Williams, Annapolis 10 Mile.

Sparks, Semer Age-Graded Bests in Columbus Marathon

by JERRY WOJCIK

Ken Sparks, 48, Chagrin Falls, Ohio, and Whayong Semer, 65, Fremont, Ohio, both won \$500 for the best M40+ and W40+ age-graded performances in the Columbus Marathon on Oct. 24.

Sparks won the M45-49 race in 2:32:55 for an age-graded 2:18:34. Semer, W65-69 winner in 3:36:57, won

her prize with an age-adjusted 2:42:44. Overall masters firsts Allen Choma, 40, Columbus, and June Schlabach, 45, Bexley, Ohio, both took secondplace, age-graded honors, worth \$300; Choma finishing in 2:27:30 (2:21:00)

and Schlabach in 2:58:51 (2:44:07). Running in moderate temperatures - 48° to 64° - and calm conditions, 3630 runners finished.

National 15K

Continued from page 3

Butler, 41, Cazenovia, N.Y., with a 61:04. Jayne Grout, 50, Niverville, N.Y., the second masters woman, finished in 64:36. Marieta Gill, 41, Saugerties, N.Y., placed third in 66:08. Gloria Brown, 61, Grand Island, N.Y., won the W60 division in 69:45 and

posted the top female age-graded time but did not crack into the top-ten cash prize winners.

The Troy RC won team titles in both the M40 and M50 divisions. The Syracuse Chargers won the M60 and M70 titles as well as the W40 team championship.

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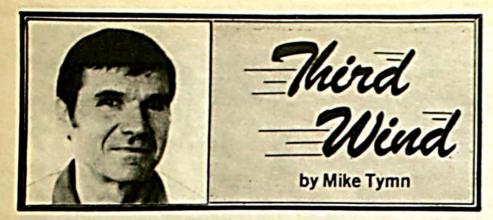
(Orange, Tropical, Lemon & Fruit Punch) Carbo Fuel (powder) - Retail \$19.99 1-\$15.99, 3-\$45.99

Phosfuel - Retail \$18.99 - 1-\$14.99, 3-\$41.99 Pro Optibol

Chocolate, Vanilla, Very Berry & Original Retail \$26.99 Our Price \$21.59, 6-\$19.99 each

Leppin Apple, Banana, Grape, Lemon-Lime, Peach, Pincapple, Strawberry & Vanilla Squeezy Box of 10 \$7.99 - Regular Price \$10.99

(Used by many world class athletes)
10 carbohydrate concentrate packets can be used before, during & after training and racing. Great for Carbo-Loading



Running a Race is not as Easy as Running in it

66 press '1' to get the menu in English; press '2' to get the menu in Japanese."

Those are the recorded instructions you'll get if you dial the number in the phone book for the Honolulu Marathon Association during the week preceding the race.

If you opt for the English menu, you'll be told to press '1' for information on registration, '2' for race and course information, '3' for packet pickup information, '4' for race week activities, '5' for travel and hotel information and '6' if you'd like to volunteer to help out.

If there is something else you'd like to ask about, leave your name and number and someone will call you.

All that is part of modern-day race administration for a big event.

I can recall when you needed only a few dozen tongue depressors with numbers on them, a clipboard with two sheets of paper, a stopwatch, a pocketful of medals, and three or four volunteers to put on a road race. Not any more. These days, the

Not any more. These days, the logistics of race administration are much more demanding and complex. A race director needs a truckload of equipment, an army of volunteers,

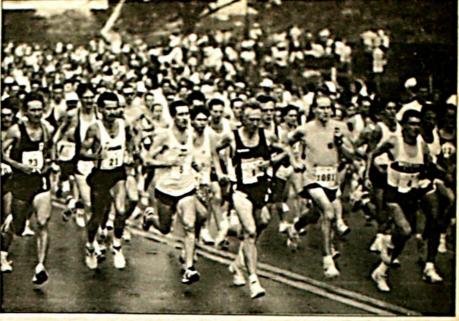
months of preparation, and some benevolent sponsors.

Crisis in Hawaii

As a result of increased demands placed upon race organizers, there appears to be a crisis of sorts here in Hawaii. We've had several popular races fail, not because of lack of interest, but because of lack of volunteers and/or sponsors. I've heard of similar problems on the Mainland, most recently the cancellation of next year's Cascade Runoff in Portland, Ore.

"The problem seems to be severe burnout among race organizers and administrators," said Tom Smyth, a retired Marine Corps colonel who has directed many races in Hawaii. "That, and a lack of a cadre of young people coming in to take the place of those leaving."

Scott Hamilton, a former national president of the Road Runners Club of



The early part of the Bowling Green 10K Classic held Oct. 16 in Bowling Green, Ky, Among the lead runners is Nick Rose (#1), the top-ranked masters distance runner in the world. He's running alongside John Doherty, who won the race in 28:43, Rose 41, a former All-America runner at Western Kentucky University, finished sixth overall in 29:43 and was the first masters runner.

Photo by Don Sergent

America and long a prime mover in the Hawaii running community, agrees with Smyth.

"It's administrative fatigue,"
Hamilton said. "What motivation is
there for someone to volunteer to help
out in a race? If you're a runner, you'd
probably prefer to run in the race than
run it. Administering a race is not that
much fun after you've done it a few
times; it's a chore. Who wants to get
up at 4:30 on a Sunday morning to go
out and set up cones along the road?
Then, if things don't come off perfectly, you get a lot of flack from the participants."

Directing is Time-consuming

Directing a major event these days involves much more than working the day of the race.

"You've got to start about six months in advance of race day," offered
Ruben Chappins, who directed a major
triathlon in Hawaii until the sponsor
pulled out. "As the race approaches,
you spend more and more time. Within
two months of the race, it becomes
pretty much a full-time job. Jon Cross
(Honolulu Marathon race director) is
my son's dentist, and he's not in his office a good month before the
marathon."

Cross, who has been connected with the Honolulu Marathon in one position or another for 10 years, admits that at the conclusion of the event every year he has reservations about serving again the following year. He admits to enjoying the association with the runners, but finds himself increasingly questioning himself as to whether that's enough to offset the headaches and the financial losses that are forced upon him by the needs of the event.

Lack of Volunteers

Jim Barahal, Honolulu Marathon Association president, said that the biggest problem in recent years is finding volunteers to assist in putting on the race. While there are seven board members who volunteer their time year round, the demands during race week far exceed the supply of volunteers.

"You can find people willing to put in a few hours here and there, but very few that will take the whole week off from their jobs to assist us," Barahal said. As a result, Barahal has had to fly in volunteers from the Mainland people who are willing to help out in exchange for a free trip to "Paradise."

No One Has a Solution

No one seems to have any solutions to the problem. I sure don't. It would be nice if all communities supported events as the Japanese did in Miyazaki, but I suspect that if the people of Miyazaki had to do it every year, they'd eventually tire of it and gradually withdraw support.

Even if the community rallied behind the major event of the year, what about all the smaller events? If all the support crews needed could be paid for their time, there might not be a problem. The problem there, however, is finding sponsors to do the funding, and there are just not enough of those around.

Then again, maybe I do have a solution: Take all the people receiving welfare payments and require them to serve in some capacity, such as handing out cups, cleaning up the streets, putting out the cones, serving as course marshalls, whatever. If they refuse or don't do it right, they don't get their next welfare checks.

Beyond that, we can only hope that more people press '6' to volunteer.

Some readers provide additional support to the National Masters News and to the Masters program by sending contributions of \$25, \$50 or \$100 a year. If you are able, we urge you to join them. All contributors will receive a free copy of the new Masters Age Record book and will be listed in the paper as a National Masters News sustainer.

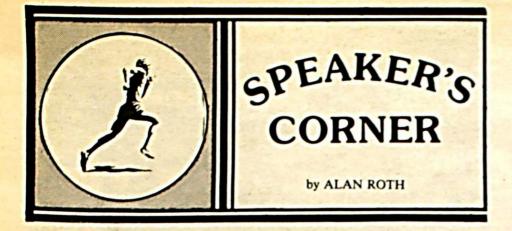
What It Takes to Put On A Road Race

If you're going to put on a road race in Hawaii and do it right, you must:

- Obtain a permit from the city to use the streets and/or a park.
- Have race applications printed and distributed throughout the state.
- Estimate the number of entrants and order T-shirts for all finishers.
- Purchase awards for about two dozen age groups.
- Chart the course and arrange for course certification.
- Hire off-duty police officers to control traffic.
- Procure liability insurance to protect yourself in case of an accident.
- Recruit (or beg for) dozens of volunteers to staff aid stations, the finish line, and to handle other duties.
- Arrange for a media vehicle and a pace vehicle with a digital clock mounted for the lead runners.

- Set up aid stations along the race route and be sure there is a selection of fluids.
- Have a doctor and nurse in attendance at the finish.
- Place cones, directional signs, course marshals and split timers along the route.
- Obtain the services of a computer company to handle the finish line and results.
- Hire an announcer to call out names at the finish line and act as an emcee during the award ceremony.
 - Set up finish-line chutes.
- Persuade some companies to donate prizes for drawings and/or refreshments for runners.
- Arrange for entertainment before the award ceremony.
- Clean up the mess after everyone has gone home.
- Finally, be prepared for all kinds of negative criticism if things don't go as planned.

-Mike Tymn



Running with the President

The invitation to run with the President was totally unexpected. The run was arranged by the New York headquarters of the Achilles Track Club. I was asked to join three New York Achilles members and a volunteer and to bring three members from the local chapter. We required that everyone from Achilles be able to run at least the first mile with the President. And we also wanted a good array of disabilities to fully represent the diverse membership of Achilles.

We were all cleared by the White House the week before the run. The schedule was for us to pass through security at 6:45 a.m. and be ready to run at 7 sharp. By 7:00 we were inside and ready but where was the President? An advance person showed up and explained that we were to run in East Potomac park (Haines Point) and the President would meet us there. We made our way down to the park and got ready to run.

When the President arrived, we were lined up at the side of the road for a formal introduction and hand shake. Then the President moved out to the road and we joined him as he started to run very slowly. Two large press vehicles were moving slowly in front of us and the Secret Service people brought up the rear.

The President explained that he starts out slowly as he has allergies and it takes a little time for him to adjust to running and the environment. The first few hundred yards were probably at a 10 minute pace. It was photo-op time for the press just in front of us. Then the press vehicles sped up and were quickly out of sight.

The President picked up the pace to about 9 minutes a mile and even our slower runners were still with us. The President gave a short history lesson on buildings we could see across the channel from the park.

We then talked with the President about the road we were on and the important role it plays in the Marine Corps Marathon, the Cherry Blossom 10 Miler and other local races. The President then asked the various Achilles members about their running experiences. Brenda Levy spoke of the gold medals she had just won at the Maccabiah Games in Israel. The President showed real interest in each individual.

As we neared Haines Point, we could see the press gathered for another photo-op. We had a near accident as our blind runner slightly tripped on the wheel of one of the wheelchairs just as the camaras were

shooting. I was moving to the outside to give more room next to the President for our members and slightly tripped as my right foot hit the curb. Of course the footage used on TV that night was of that wonderful moment.

We were now getting into mile two and the pace was about 8:30 to 8:45 per mile. Jeff Pledger, who is totally blind, was running alongside the President, Jeff was being guided by Andy Tisch who is on the Achilles Board of Directors and was instrumental in setting up the run with the President.

We spoke a bit about personal bests. Jeff is one of the nation's top blind runners with a 3:16 marathon, a 39:20 10K and a 19:30 5K. The President said he has done a 47:20 10K. He expressed his admiration for Jeff's accomplishments.

We were running along Ohio Drive with the Potomac River on our left. The two wheelchairs were just a little ahead. Jeff, Andy, Helene and I were running alongside the President and one Secret Service agent was running just behind us. That was it! It was an isolated area that went a little over a mile. Two more Secret Service agents were running about 20 yards behind us, and a Secret Service convoy was following them, but their presence was barely felt.

Our little running group gave us a very comfortable feeling. The President was completely with us. He was focused. The conversation was smooth and natural. We talked about running. The President said he was feeling a slight twinge in his thigh so he was not going to push the pace. He also explained that he had been in Arkansas the previous week for the Foster funeral and had not been able to run all week. Usually he runs five days a week and does about 4 to 5 miles. Today was a shorter run because he hadn't been training.

We asked him about the track that was built for him. He said he will sometimes warm up on it or use it to cool down after a run. Sometimes he does some sprinting on it, but for most of his runs, he likes to be out on the roads. If he is pressed for time, he will run on the mall. When he has a little more time, he'll go to the park.

There was about a minute's silence and I turned to him and said, "Here you are running with us and you must have a thousand things on your agenda today." I was implying "Don't you have more important things to do?" He answered, "Well, I do have to leave later this morning for Chicago." But clearly that was later, and he was totally with us now. I was so surprised how well he could focus on his running and on his running mates. That ability is probably one of his greatest assets. He wasn't carrying all of the troubles of the world out on his run with us. Later that day he would be dealing with the destruction of the Midwest Floods.

We were nearing Buckeye Drive where we would turn right and finish the loop we were on around the golf course. Andy was dropping back and I took over for him guiding Jeff. While Jeff had not been training much and was carrying around 30 lbs more than he should, he was not struggling at all. The pace was probably about 8 minutes per mile the last mile. The President also seemed to be doing fine. His face gets quite red when he runs, and since his skin is very white (no sign of a tan), it is a contrast.

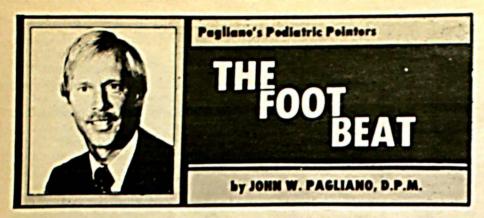
We finished about 1/4 mile from the area we started. The Secret Service vehicles were waiting for us as was the President's limo. After stretching, the President came over and invited us back to the White House. We were not expecting that. We waited a while for the other runners to come in. A Secret Service agent ran over and said that the President was already waiting for us in the Rose Garden. We hopped into a large Secret Service van and in less then five minutes we were back at the White House and joined the President in the Rose Garden. He spent about fifteen minutes with us there.

The White House photographer came out and took some formal pictures and finally we said goodbye. Heft with a very different picture of our President. Now I saw a man who was personable, caring about others, who took the time to listen to others and converse naturally with them. And he is a real runner!



President Clinton poses with members of the Achilles Track Club at the White House. Author Alan Roth is at the extreme left.

Photo from MCRRC



Compartment Syndrome of the Lower Leg

ne of the lesser-known running injuries is pain and swelling on the outside of the lower leg. It's called Compartment Syndrome, or, more specifically, Anterior Compartment Syndrome.

The malady is usually caused by increased fluid pressure within a closed space. This causes inflammation, reduced circulation, damage to muscle and nerves, and pain.

Exercise may cause a compartment syndrome, especially in the peroneal muscles and tendons of the lower leg. There may be a related numbness down into the top of the foot.

Upon resting, the athlete will notice a reduction in pressure. During exercise, pressure will rise.

The initial treatment is a reduction in mileage or complete rest for 6-8 weeks.

Anti-inflammatory medication may help.

If the pain persists, see your physician for more treatment. In severe cases, a fasciotomy is recommended to decompress the compartment.

Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American Col-

Masters Runners Shine in 12th Annual Syosset Sprint

by MIKE POLANSKY

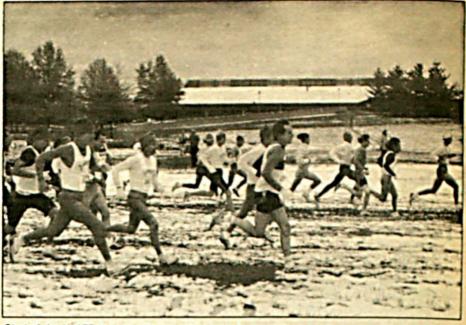
Some very impressive performances by local masters runners highlighted the 1993 edition of the Syosset Sprint Long Island's annual November celebration of running and physical fitness. Held on Nov. 20, it featured a new four-mile course through the roads of Syosset and Laurel Hollow, and the beautiful autumn morning provided just the right accent for a great event.

Top masters finisher was Paul Mascali, 41, third overall, with an impressive 20:47. Top female masters honors went to Diane Ditchfield, 40, second woman overall, with a 25:36.

Also finishing in the top ten on the women's side was the indomitable Maddy Harmeling, 48, easily capturing her age group by covering the hilly 4-mile course in 26:38. Delivering a great one-two-three punch in the men's 55-59 age group were Hilton Goring (24:38), Joe Cordero (25:29), and John Boyle (25:40), all well under a 6½ minute mile pace.

In the racewalk division, John Shilling, 57, posted a strong third place finish overall with a 38:00. □

lege of Sports Medicine. If you have a foot, ankle or Achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 2372, Van Nuys, CA 91404.



Start of the USATF National Masters 10K Cross-Country Championships, Louisville, Ky., Oct. 31. Clay Stenberg, M40, Seattle, Wash., (third runner), was overall winner in 33:01. Temperatures were in the 30°s.

Photo by Stan Denny

USATF Masters 8K Cross-Country Championships

by FRED TRESELER

The Boston Running Club played host for the second year to the largest USATF National Masters 8K Cross-Country Championships ever held, on a brisk Saturday afternoon Nov. 20 at Franklin Park in Boston.

This year's event, which was once again sponsored by Grand Circle Travel of Boston, attracted 363 athletes from over 15 states, almost doubling last year's entrants.

To further facilitate athletes travelling from out of town, the meet directors contracted a meet hotel, the Days Inn in Newton, which offered a special room rate to all athletes. The meet directors also provided a hospitality suite at the Days Inn Friday night before the event, which allowed for last minute entries, number, and T-shirt pick up, as well as a chance to mingle with other athletes from all over the United States.

One athlete expressed her appreciation, "The hospitality suite on Friday was an excellent addition and was certainly the place to hang out in town that night. I think it's great to have the

that night. I think it's great to have the

First master, Terry Elsey, 40, Farmington Hills, Mich., in 34:27, Thanksgiving Turkey Trot 10K, Detroit, Nov. 25. Photo by Phil Katz

opportunity to meet a few of the outof-town competitors."

The first race of the afternoon was the M40-49 race, which included a special guest athlete, the reknowned Bill Rodgers, among the 163 masters men who toed the starting line. Repeat winner, Charlie McMullen, 26:08, representing the Rochester TC of New York, took an early lead and was followed by a tight pack, which included Rodgers, who placed second overall in 26:30. Chris Farmer of the Sugarloaf Mt. Athletic Club followed Rodgers with a 26:36. Greater Lowell took the 40+ team championships by seven seconds over Maine "A" Masters.

High noon found the Boston Running Club's 50+ seniors team once again defending their title against challengers from Greater Lowell and the Hartford Track Club. Although Greater Lowell's Doug MacGregor won the overall race, the strong efforts by Roland Cormier (2), Chuck Keating (5), Gabriel Bernal (6), Kirk Randall (13), and Bob Clark (24) provided the outstanding depth for the BRC to win by two minutes.

The M55-59 race was won by Victory AC member, Bill Olrich, in a time of 30:00. He and his teammates had travelled quite a distance the night before, having experienced flight delays from Lexington, Kentucky, and still managed to reach the Hospitality Suite in time to register more teammates for the race.

Despite inclement weather during the men's 50 + race, the sun promptly reappeared in time for the day's third and final race, 60 + men and all women. From gun to tape, Joe Fernandez, M65, of the Greater New Bedford Track Club, and Rebecca Stockdale-Wooly, 42, of the Central Mass Striders keyed off one another and ran away from the field, averaging 6:18 and 6:19 per mile, respectively. Unfortunately, Fernandez had an incomplete team, and the Men's 60 + team title went to the Syracuse

Chargers with a total time of 1:40:04 followed by the Maine Masters in second, and the BAA in third

Stockdale-Wooly's CMS team of Sue Aronvitz and Peg Buxton captured the women's title by a comfortable six minutes over second-place Run to Win-Maine. Ann Igoe, returning to racing form, led the BRC team (Schmitt and Francis) with a swift 34:29. Miyazaki gold medalist Liz Szawlowski, who was still officially in "active rest," once again came away with gold, winning the W60 age group. This race also featured the meet's oldest competitors, Bob Boal, 81, from Wake Forest, N.C., and 80-year-old Bill Brobston from Saugerties, N.Y. BRC 40+ women's competitor, Anne Schmitt, commented after her finish, "I know that it is no easy task to put on multiple events and races, particularly as the competitors in each race need to feel that their event is as important as the ones that preceded it. The consideration we were given couldn't have been higher. There was plenty of water and fresh fruit at the finish, not to mention cheers for us and the older men throughout the race. This was definitely a first class event; the Boston Running Club should be proud!"

The meet directors and the host club took great pride in fine tuning the course layout as well as providing an abundance of course marshalls. One competitor recognized, "The course was extremely well-marked this year, with no chance of anyone taking a wrong turn. I felt all that yellow tape helped considerably."

Kirk Randall, team captain of the BRC 50+ team and USATF Masters LDR Chairman, commented, "I would like to pass along my appreciation to the meet directors and all the BRC volunteers who helped to make this championship a most successful event. It was undoubtedly the best National Masters Championship (LDR) of the year. Maybe we can attract a field of 500 next year; a worthy goal, don't you think?"

55 meter Burdles

35 meter Sprint

33 meter Burdies
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RIO Bill Jahver, So. St. Paul
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RIO George Labelle, Nam Lake
RIS Jim Peterson, Aithin
RIO Bmett Edwards, St. Paul
aRIS bob Marwick, Sc. (RO)
aRIO Rel Bachman, (RI)
WIO Cathy Gorecki, Brooklyn Center
VIO Rachel Lygo, Twin Cities
USS Bachel Lygo, Twin Cities
SIS Bachel Lygo, Twin Cities



S. U. M.

U. S. MASTERS/SENIOR OLYMPIC

Early Morning "R" Track and Field



"fitness & health thru friendly competition"

INDOOR RECORDS Minnesota resident-plus 12mos. *All-American Masters Performance Outstate National Champion

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"Blessed are the peacemakers..."

Richael Sharrett (42) John Bring (51) 48.3 (91) Bandy Cleven (48) Lloyd Cordner (47)

Dear God, Bless all thy little people who still believe in you-those who do and those who don't. And Father, Thank You for all you have sent our way. Amen

USMSO EM-R-TAP is not associated with any religious cuit. It is assoc, with "Bible Buddys" is telephone friendship prayer line began in 1973. It is dedicated to "Our Lord" of Lorda; as ancient greek olympians honored their gods. All faiths (or none) are Weicome.

Twin Cities 684 1(800)777-2232 1(800)221-2222 5



WINTER '96 FEBRUARY 13, 1PM BETHEL COLLEGE 3900 Bethel Dr.(1/4 mi. South 1-694 & Snelling-East of 35W)

U.S. MASTERSSENIOR OLYMPIC Early Morning "R" Track & Field

Purpose: to monitore nutratives drough friendly competition, to be highly competitive, but more of all these PUN. In give our people of positive image of physical spine. Dury medically Along with pool manners, while it these mesta-No deviate, pentate, facet, or quarter. The use of floridal STORADS (Do uses others as in promotif). In highly recommended

- A demonstration of physical perfection in form is less likely in morner measure serior olympical age groups, therefore, no one, up-ner 35 seriorities. Out of basedays shown are penalized by a reduction from release.
- Long and Triple Jumps are "Spot Measured" from the tor to to the furthest backfoot landing. (actual jumping distance)
- NO FALSE STARTS LISTEN APTER THE ORDER, "ON YOUR MARK"

 "P" == "Do NOT LOOK AT THE STARTER LISTEN FOR THE GUN
 SOUND BEFORE MOVING AND THE CANNOT FALSE START. TO
- To encourage diservery and revery in training, one limited entry for covers matter-ents unformed (& family)
- there are few American him or valued women hurders age of 50, naming from 36 4," spacing distance, however, without 80 meters, will remain a choice for women 50+, and
- Suggraver to the "You of no Loof" is the U.S.A., or whenever her to PRAISE and THANK GOO for the provinge to compres, in fact and farmers

1 Arnold Bing, MN, USMSO'S oldest competitor (104 April 21, '94) receives Congrats. from AZ Champion, M63, Budd Hamilton - '93.

WEATHER GOOD, BAD, OR FAIR, "R" MEETS HEVER CANCEL Suggested entry donation is \$3-one event, \$15-unlimited & family. For the 4x100 family fun relay list names and ages under one family name on buckside of entry, and include any track history you list names and ages under one family name on buckside of entry, and include any track history you

	ENTRY FORM	Pre-registrat
Name	Birthdate Age on 3/5/	94_W() M(
Pie	ase print	
Home address	City	
No P.O. please		
	. NO ENTRY PLE-	
Phone ()	(WOMEN SENIOR OLYMPIANS 55+)	400 Fasts
BESTMARK Y	2-91	
U.S. MASTERS-SENIOR my body's limitations, a	ndersigned, being of sound mind and physical cond OLYMPIC Early Morning "R" Track & Field Meets on and take full responsibility for my own health. I see to waive any future claims for injuries against	f my own Free Will. I ke have personal injury in
indirectly, as a result of	my activities in connection with the meets.	
	it I will not be publicly humiliated and assumed the cause, my US Constitutional Right of Privacy	
mare, without a reasonat	ne seem my co communione reput to three;	
		Davis



10th World Veterans Championships

(The following comments are from masters men. Women next month -E. W.)

DON DENOON (20K 1st overall & M50 gold medalist with a pending M50 American record time of 1:34:55; Temp: Around 85°, Humidity: 60%):

The race went off at 12:30 midday, and the heat and humidity were strong factors affecting everyone. There was a massive group at the start line because the course was very narrow. I think it was only nine meters wide and that included both going out and coming back. About 200 to 300 meters out, the course funneled down to about 4.5 meters. It was an English traffic course so we were walking on the left going out and coming back. It made it somewhat tough on the turns because in the U.S. our orientation is always to turn to the left, but here we were turning to the right. And the turns were miserably tight, a traffic cone type, so it was necessary to slow down.

At the beginning of the race the guy from Colombia took off like he was shot out of a cannon, and I just watched him go. I was in second place right from the start. At 600 meters, I went right by him. When we got to the first turn at the 1000 meter point, I could see everybody behind me, and at that particular stage, I had about a 40 meter lead. There were four 40-year-olds right there in a big pack. I was really feeling good and just said to myself, "Hey, go for it. It's what you want.

OUTSTANDING MASTERS RACE WALKERS

Presented to the outstanding male and female masters walkers.

Calastad by the TAC Man

Selected by the	TAC Masters
Track and Field C	ommittee.
Men	Women
1978 John Allen	
1979 Ron Laird	Lori Maynard
1980 None	BEST TO STATE OF THE STATE OF T
1981 Gordon Wallace	Lori Maynard
1982 Bob Mimm	Bonnie Dillon
1983 John Knifton	Beverly La Veck
1984 Larry Walker	Jeanne Bocci
1985 Bob Mimm	Ruth Leff
1986 Guilio de Petra	Beverly La Veck
1987 Max Green	Ruth Eberle
1988 Bob Mimm	Marie Henry
1989 Larry Walker	Joann Nedelco
1990 Eugene Kitts	Viisha Sedlak
1991 Max Green	Viisha Sedlak
1992 Ray Funkhouser	Elton Richardson
1993 Don De Noon	Sally Richards-Ke

Go for it!" So I kept pressing until I built up a 1:45 to 2:00 minute lead by the 15K marker.

At this point I made a cautious decision. There was one area on the course where either the same judge or a couple of judges showed me the paddle for loss of contact. I kept looking at the DQ board as I went by every 2500 meters and at 10,000 meters one red card went up. At 15K I said to myself, "Why screw it up right now and keep pressing like I am." So I dropped my center of gravity a bit and concentrated on technique and on where the competition was at each turn, to make sure they were not catching me. The guys in the pack behind me were competing against each other and put on a big surge the last 2500 meters. They closed one to one-half minutes of the distance between us. But I knew where they



John Shilling, 57, strides to 3rd place overall inthe Syosset Sprint 4-Mile Racewalk, Long Photo from Mike Polansky Island, Nov. 20.

were all along and just eased in. It felt really good to go across the finish line.

MAX GREEN (M60 20K gold medalist with a time of 1:52:34):

It was a good race, but there were people running. The judging was loose, but the medal winners were legal walkers. Sin Nakamichi of Japan was 2nd in the race, and Jack Bray was 3rd. Sin led for about 8K when Jack and I caught him. It went back and forth with the three of us changing position. The last lap, I was in the lead and had slowed up a little, but Sin and Jack had slowed up more. I thought I had a sufficient lead, but when I was nearing the final turn to the finish line, a Japanese man came up behind me and wanted to pass. Thinking it might be Sin, I didn't let him, but I also knew that I couldn't keep the speed up, and I was afraid to take the time to look at his number. When I finally saw that he was in the M55 age group and not the M60, I relaxed a little, and he did go by me.

Before the 5K race, the chief judge, an IAAF judge, came up to routinely give us the rules. He said he didn't want to disqualify anybody, and he told us about the DQ board. Then he said, "When you go by and look at the board, if you don't see your number say, 'Thank you, God.' If you see your number, say, 'God help me'."

JACK BRAY (5K gold medalist with a pending American M60 record time of 25:09):

In the 5K, there were close to 47 racewalkers in M60, so they split us into two heats. Because Max and I were anxious to race with the Japanese gold medal winner in Turku, we wrote a petition requesting this and gave it to Sandy Pashkin, our U.S. rep. She said she would do what she could. One hour before the race, all 47 of us are lined up, and we learn that Sin is in the first heat and we are in the second. Sin virtually raced by himself because he lapped the field many, many times finishing in an excellent time of 25:19, which broke the old American record of 25:43.

Max and I watched him in the first heat and, of course, knowing his finish time, knew exactly what we had to do to win. I pulled the pole position and Max was in the 4th position on the start line. I went through the first 220 and heard breathing over my right shoulder



Sally Richards-Kerr, 40, Evergreen, Colo., first W40 (50:50), 10K racewalk, 1993 USA National Masters T&F Championships, Provo, Utah, was named top female masters racewalker of the year,

and looked back. It was Max. I went through the 440 at 1:55, and again Max was right behind me. From that moment on, I said, "Oh, my God, I'm going to have a race on my hands." Max never let his breathing or footsteps leave my side at any time. He tried to pass me several times, and I felt the push, but had made a bond with myself not to let him pass. I said to myself, "I've come all this way. I didn't get the gold in the 20K. It's my turn."

When I heard the bell for the last lap, I pulled out all the stops and gave a spurt to lengthen the distance. Coming to the last 220, I kept telling myself, "I'm fine. I'm fine. I'm fine." I made the turn towards the finish line and gave it another little kick. I could see Max a little farther back. Then all of a sudden, he's right behind me as I cross the finish line. He almost caught me at the end. I did a 25:09 and Max did a 25:11.

OUTSTANDING RACEWALKERS — 1993

50	elected by the Masters Track &	k Field Committee of USATE
Event	Men	Women
30-34	Ian Whatley (SC)	Victoria Herazo (NV)
35-39	Albert Leibold (KS)	Peggy Miller (CO)
		Cindy Paffumi (CA)
40-44	Ray Funkhouser (NJ)	Sally Richards-Kerr (CO)
45-49	Norm Frable (TX)	Viisha Sedlak (CO)
50-54	Don DeNoon (IL)	JoAnn Nedelco (CA)
55-59	Paul Johnson (AR)	Bev LaVeck (WA)
60-64	Jack Bray (CA)	Ruth Eberle (MO
	Max Green (MI)	Main Everie (Mo
65-69	Bob Mimm (NJ)	Miriam Gordon (FL)
70-74	Don Gladding (AZ)	Ruth VanSandt (CA)
75-79	Richard Stark (NM)	Althea Jureidini (NY)
80-84	Giulio dePetra (CA)	Estelle Frendberg
90-94	George Conway (MA)	Estelle Freilaberg



Interval Training

by JON LOMAX

cientific research has proven that interval training is the single best way to improve running performance. What is it, and how is it done? Simply stated, interval training consists of alternating short bursts of fast running with easy jogging or walking. The system was developed in the late 1930s by a German coach in cooperation with a cardiologist.

There are five components to a workout, and it is the ability to vary these components that makes interval training such a powerful tool. The five variables are:

- 1. Distance: How far you run during each repeat.
- 2. Interval: How long you rest between repeats.
- 3. Repetitions: How many times you run each repeat.
- 4. Pace: How fast you run each repeat.
- 5. Rest: Whether you walk or jog during each interval.

Based on these five components, a sample workout might consist of five 400 meter repeats in 90 seconds, each with a 90-second jog between repeats.

- 1. Distance 200 and 400 meter repeats will help build your anaerobic capacity for more explosive speed, while 800 meters and up helps develop endurance. Runners need both to improve.
- 2. Interval The easiest method is to jog the same distance interval that you ran during the repeat. A more sophisticated method is to use your pulse rate to tell you when to run the next repeat.

- 3. Repetitions This number depends on your conditioning. Try these as a starting point and then adjust them as needed: 200s-8, 400s-5, 800s-3.
- 4. Pace Interval training is not allout running, but rather steady and controlled. Again, use these only as a starting point: 200s - 47 seconds, 400s -1:40, 800s - 3:30. Whatever pace you settle on, you should be able to run the last repeat just as fast as the first.
- 5. Rest Beginners may need to walk between repeats. But your goal should be an easy jog. Never stop completely, as this will defeat the purpose of the workout.

One of the great advantages of interval training is that it offers an endless variety of combinations which can be adjusted to match your particular conditioning and needs. For example, increasing the number of repeats will help build endurance, while running the same number of repeats but at a faster pace will improve your speed. As with all types of workouts, always jog and stretch before beginning.

Happy training. (Jon Lomax, 53, is President of the Southern California Striders.)



Top women masters, Maggie Valley Moonlight 8K, N.C., Nov. 9: from left, Carol McLatchie, second (29:00), Barbara Filutze, first (28:42), Diana Tracy, third, and Judith Hine, fourth

Photo from Carol McLatchie

Atlanta Marathon Turns 30

by JULIA EMMONS

The first Atlanta Marathon was run in March, 1963 when, six months before the Kennedy assassination, 10 schoolboys ran the regulation 26.2 miles, doing laps around a golf course. Those schoolboys, including Olympian Jeff Galloway, are now in their mid-40s, but time has done little to dim them or the event. Jeff ran this year, beating the time he posted so long ago; while the event itself, now held every Thanksgiving morning, flourishes brightly.

The marathon and the accompanying half-marathon lack pretension. Though meticulously organized, they are designed for local heroes, and put little stress on expansive media attention or deep prize purses. Nonetheless, the events continue to grow, with the half attracting a record 6000 + entrants and the full close to 900. Runners from 45 states and 13 foreign countries, took

As usual, both events attracted spritely competition from top area masters runners. Rich Schick, 44, a noted Atlanta ultra-marathoner, showed he could handle the shorter stuff as well by winning the marathon in 2:49:25. Distaff honors went to Atlantan Marsha Raeber, 41, who ran a solid

3:20:49. Top master in the halfmarathon was Josep-Maria Antentas, 47, of Barcelona, Spain. Antentas, who was the technical director of the 1992 Olympic Marathon, was in town on holiday. The women's masters field was also taken by a non-Georgian, with Florida's Karen Miles, 40, taking top honors in a fine 1:22:49.

TEN YEARS AGO January, 1984

- Jack Greenwood, 57, and Polly Clarke, 73, Named U.S Masters Track & Field Athletes-Of-The-Year. Jim Weed Voted Top Administrator
- At Age 54, Sister Marion Irvine Makes Olympic Trials By Running 2:51:01 Marathon
- John Knifton, Bev LaVeck Named Top U.S. Masters Racewalkers of 1983
- Bill Stewart, Cindy Dalrymple Voted Best Age 40-44 Long Distance Runners
- Jerry Donley Elected Chair-man of TAC Masters T&F Committee; Bob Boal Heads Masters LDR

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH JAN. 1994

ATHLETE (RESIDENCE) EDUARDO ASTOREKA (SPA) BILL BANGERT (ANAHEIM, CA) MIKE BOIT (KEN) ALAN BRADFORD (AUS) MANUEL RAMOS CAMBA (SPA) ALBERT CLARK (ORANGE, CA) DAN CONWAY (CHETEK, WI) GERALD COUNIHAN (US) BOB CREIGHTON (ATWOOD, KS) RAY HUGHES (MT. BALDY, CA) BARRY JAHN (SALEM, OR) J.A. JAMIESON (NZ) MERY JENKINSON (AUS) IVAN KABANOV (URS) ERKKI KNAPP (FIN) JACK KNEBEL (ORINDA, CA) YRJO LOIKKANEN (FIN) THOMAS MALIK (GREEN, SC) DUNCAN MCDONALD (KULA, HI) MAX MCKAY (AUS) CLIFF MCPHERSON (GUY) SAM NICHOLSON (LA CRESCENTA, CA) JAMES O'HARA (HADDON FIELD, NJ) EMIL PAWLIK (JACKSON, MS) TOM ROBINSON (SCARSDALE, NY) WILLI RUMIG (WG) JOHN SATTI (SAN FRANCISCO, CA) WOLFGANG SCHMIDT (FRG) EMIL SCHOTTLE (WG) DAVID WEE (NORTHFIELD, MN) CHARLES WIMBERLY (N. ORLEANS, LA) GRACE BUTCHER (CHARDON, IL) MARY CULLEN (HOUSTON, TX) JANET GLASSMAN (ALLENTOWN, PA) SALLY GOODHUE (WESTON, MA) PATRICIA HEWITT (MA) RAYE JOHNSON (TONOPAH, US) NINA KUSCSIK (US) CONNIE MANLEY (EUGENE, OR) MAE MAYHEW (HONOLULU, HI) MARY ANN MCBRAYER (HOUSTON, TX) JENNIE MORRIS (NAPLES, FL) ANN NEELEY (US) KAY PORTER (EUGENE, OR)	A STATE OF THE STA	The state of the
ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
EDUARDO ASTOREKA (SPA)	1-5-9 1-14-24 1-6-49	85-89
MILE BANGERI (ANAHEIM, CA)	1-14-24	70-74
ALAN BRADFORD (AUS)	1-0-49	45-49
PAUL BRIDGES (WICHITA, KS).	1-14-24 1-6-49 1-31-39 1-22-14 1-15-39 1-22-14 1-28-39 1-20-39 1-30-34	55-59 80-84 55-59
MANUEL RAMOS CAMBA (SPA)	1-15-39	55-59
DAN CONWAY (CHETER WILL	1-22-14	80-84 55-59
GERALD COUNTHAN(US)	1-20-19	55-59
BOB CREIGHTON (ATWOOD, KS)	1-30-34	55-59 60-64
RAY HUGHES (MT. BALDY, CA)	1-26-39	55-59
BARRY JAHN (SALEM, OR)	1-26-39 1-2-49 1-31-9 1-18-9 1-1-39	55-59 45-49 85-89 85-89
J.A. JAMIESON(NZ)	1-31- 9	85-89
MERV JENKINSON(AUS)	1-18- 9	55-59
IVAN KABANOV (URS)	1- 1-33	60-64
TACK ANEBET (OBTADY CV)	1-1-39 1-28-39 1-10-14 1-9-49 1-15-49 1-2-24 1-14-29 1-30-29 1-20-39	55-59
VPIO LOTKKANEN(EIN	1-10-14	80-84
THOMAS MALIK (CREEN SC)	1- 9-49	45-49
DUNCAN MCDONALD (KULA, HI)	1-15-49	45-49
MAX MCKAY (AUS)	1- 2-24	70-74
CLIFF MCPRERSON(GUY)	1-14-29	65-69 65-69 55-59 55-59
SAM NICHOLSON (LA CRESCENTA, CA)	1-30-29	65-69
JAMES O'HARA (HADDON FIELD, NJ)	1-20-39	55-59
EMIL PAWLIK (JACKSON, MS)	1-14-39	55-59
TOM ROBINSON (SCARSDALE, NY)	1-9-44 1-29-14 1-29-14 1-16-54 1-4-14 1-20-39 1-25-34	50-54
WILLI RUMIG(WG)	1-29-14	80-84
JOHN SATTI (SAN FRANCISCO, CA)	1-29-19	80-84
WOLFGANG SCHMIDT (FRG)	1-10-54	40-44 80-84
DAUTO WEE (NODTHETETO MAI)	1-20-19	55-59
CHAPTES WIMBERLY (N. ORLEANS LA)	1-25-14	60-64
CDACE BITTCHER (CHARDON, IL)	1-18-34	60-64
MARY CULLEN (HOUSTON, TX)	1- 6-39	55-59
JANET GLASSMAN (ALLENTOWN, PA)	1- 6-20	65-69
SALLY GOODHUE (WESTON, MA)	1-26-34	60-64
PATRICIA HEWITT (MA)	1-26-14 1-21-44 1-10-24 1-2-19 1-26-44	50-54
RAYE JOHNSON (TONOPAH, US)	1-10-24	70-74
NINA KUSCSIK (US)	1- 2-39	55-59
CONNIE MANLEY (EUGENE, OR)	1-26-44	50-54
MAE MAYHEW (HONOLULU, HI)	1= 1=34	90-94
MARY ANN MCBRAYER (HOUSTON, TX)	1- 1-34	60-64
JENNIE MORRIS (NAPLES, FL)	1-15-34	55-59
ANN NEELEY (US)	1-21-39	55-59
KAT PORTER EUGENE, OR	1-29-39	55-59
MARCIA COAPTH COOPTIAND NO	1-10-20	65-69
CALLY CTPATOTHE (NEW MIT POOD DA)	1-26-34	60-64
FILEN SWEET (TUCSON 12)	1- 5-44	50-54
WENDY WATSON (US)	1-16-44	50-54
WILLYE WHITE(US)	1- 1-39	55-59
CHRISTINE BATTERSBY (AUS)	1-14-44	50-54
JENNIE MORRIS (NAPLES, FL) ANN NEELEY (US) KAY PORTER (EUGENE, OR) MARY SCHANZLE (PALATKA, FL) MARCIA SPAETH (CORTLAND, NY) SALLY STRAZDINS (NEW MILFORD, PA) ELLEN SWEET (TUCSON, AZ) WENDY WATSON (US) WILLYE WHITE (US) CHRISTINE BATTERSBY (AUS) VIVIAN BEISTY (AUS) J. BYRNES (AUS) ROSAMUND DASHWOOD (CAN) NADEZHDA GUMEROVA (URS) EILEEN HINDLE (AUS)	1- 7-24 1-18-29 1-26-34 1- 5-44 1-16-44 1- 1-39 1-14-44 1-11-39 1- 5-44	55-59 50-54
J. BYRNES (AUS)	1- 5-44	50-54
ROSAMUND DASHWOOD (CAN)	1-11-24	70-74
NADEZHDA GUMEROVA (URS)	1-11-49	45-49
EILEEN HINDLE (AUS)	1- 2-49	45-49
NADIA LOZAINA (UKS)	1-21-49	45-49
PAI MCCRACKER(NE)	1-1/-29	65-69
MARCIA PETLEVINZI	1-11-29	65-69
INCERORG MELLO DE PREISS(ARC)	1-4-19	65-69 75-79
BRIGITTE SCHMITT (WG)	1- 5-19	55-59
NADEZHDA GUMEROVA (URS) EILEEN HINDLE (AUS) NADIA LOZKINA (URS) FAY MCCRACKEN (NZ) HELGI PEDEL (CAN) MARCIA PETLEY (NZ) INGEBORG MELLO DE PREISS (ARG) BRIGITTE SCHMITT (WG) ANNEMARIE SCHOLTEN (WG) FYL SCHIMACHER (WG)	1-11-49 1-2-49 1-21-49 1-17-29 1-21-24 1-13-29 1-4-19 1-5-39 1-17-34	60-64
EMI SCHUMACHER (WG)	1- 2-34	60-64
BETTY SMITH(NZ)	1-21-24	70-74
EMMA SULTER (FRA)	1-2-34 1-21-24 1-19-54	40-44
ADA TURCI(ITA)	1-17-24	70-74
MARIANNE WERNER (WG)	1- 4-24	70-74
BETTY SMITH(NZ) EMMA SULTER(FRA) ADA TURCI(ITA) MARIANNE WERNER(WG) THELMA WHARTON(AUS) TOKANO WANAGUGUI(IDN)	1-23-39	55-59
TOKIKO YAMAGUCHI (JPN)	1- 1-39	55-59
	and the same of th	



MASTERS TRACK & FIELD REPORT

by BARBARA KOUSKY
Masters T&F Chairman

Convention Report

enerally, I use my birthday in late October as a time to reflect back and to make my new year's resolutions. I didn't this year and instead found myself going through this process as I prepared for our week-long USA Track and Field Convention in Las Vegas.

This year I have logged too many air miles and, to be perfectly honest, I wasn't really enthusiastic about being gone for another week from my family and the office. I found myself looking at Convention as an obligation to get through, instead of an opportunity for revitalization.

I can't tell you the exact moment when my feelings changed, but they did, and I came away from this year's Convention excited again about track and field and the opportunities for our masters program. It could have happened when putting together the agenda: I realized again how much was accomplished in a year's time by a relatively small group of committed volunteers; and I knew we had three eager bidders for our indoor championships, when a few years back we had to practically beg for sites to host the championships. It might have been our first meeting at Convention when we sent around a sheet for people to indicate areas in which they would be willing to serve in 1994, and I realized I

would have to make choices in the various appointments, instead of twisting arms to get people to serve.

In retrospect, I believe it was a combination of factors that changed my feelings. There was a good mixture of new and old masters athletes in the meetings - we looked at and listened to new ideas, some of which were adopted, some of which were rejected. We kept in mind the needs of the athletes, as well as our resources, when we made our decisions. We combined the positions of indoor and outdoor coordinator and eliminated the position of Women's Representative. We added a Vice Chair position, and beginning in 1994 will inaugurate a Games Committee for our indoor and outdoor championships. Following discussion and a lot of preliminary work on the part of Jeff Schaller, we adopted a revised daily schedule for our outdoor championships.

In making appointments to the Masters Track & Field Committee, I tried to allow for a good mix of old and new representatives. I look forward to working with each member during the next two years.

The following persons were appointed to represent your interests. I encourage you to contact them with any issues where you want input.

Vice Chair (TBA) Secretary: Marilyn Mitchell Treasurer: Al Sheahen

Regional Coodinators: Haig Bohigian - East, Phil Mulkey and Phil Raschker - Southeast, Mel Larsen -Midwest, Tom Thorne - Mid-America, Danny Thiel - Southwest, Hugh Cobb -West, Marti Thielman - Northwest

Indoor/Outdoor Coordinator: Scott Thornsley

Multi-Event Coordinator: Rex Harvey

Weights Coordinator: Ken Weinbel Rankings: Jerry Wojcik Racewalking: Bev LaVeck Site Selection: Max Goldsmith Team Manager: Sandy Pashkin Awards: Don Austin Bylaws: Becky Sisley

Masters Track and Field Committee At-Large Members: Christel Miller, Randolph Williams, Max Goldsmith, Joan Stratton, Sandy Pashkin

USA Track and Field Board of Directors: Jerry Donley

Masters Representative to: Associations Committee: Ben Stowell

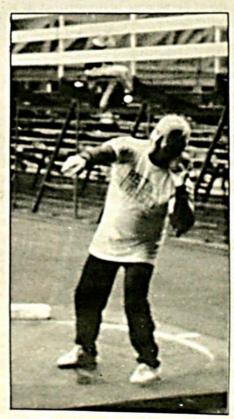
Budget & Finance Committee: Al Sheahen

Communications Committee: John Cosgrove

Law & Legislation Committee: Bob Fine

Member Services Committee: Roslyn Katz

Officials Committee: Eric Zemper



Ken Withee, 81, put the 4k indoor shot 30-4 at the 1993 Dartmouth Relays. A javelin thrower (165-0) as a young man, Withee, a resident of Hanover, N.H., now trains with Carl Wallin, who says of Withee, "He's a natural. He has developed a great technique and is a competitor." This year's meet will be held Jan. 7.

Photo by Carl Wallin

FIVE YEARS AGO January, 1989

- Gary Miller, 51, Stan Whitley,
 41, and Phil Raschker, 41,
 Named Top USA Masters
 T&F Athletes of The Year
- Bill Rodgers, 40, and Laurie Binder, 41, Chosen Outstanding Masters Long Distance Runners of 1988
- David Pain and Chuck Phillips Named Top T&F Administrators
- Bob Mimm, 60, and Marie Henry, 64, Picked as Best Racewalkers
- Bob Schlau (41, 2:19:48) and Laurie Binder (41, 2:42:29)
 Win National Masters Marathon Titles in Sacramento
- Patrick Devine, 60, and Gina Faust, 50, Turn In Best Age-Graded Times in National 15K X-C in Irvine, Calif.
- At Age 56, Norm Green Wins National Masters 20K Overall in Record 1:10:11 in East Meadow, N.Y.

Equipment & Facilities Committee: Eddie Seese

Records Committee: Pete Mundle Rules Committee: Graeme Shirley Coaching Education Committee: Sanford Kalb

Cultural Exchange Committee: Josephine Cross

Medical Services Committee: Joan Stratton

Sports Sciences Committee: Lewis Maharam

Masters Committee Express

Appreciation to Springbett and Miller

Prior to Convention, Bruce Springbett, who has served as Outdoor Coordinator for the past twelve years, resigned his position. Bruce, who underwent by-pass surgery in 1993, indicated in his letter that he is looking forward to "just being a competitor," starting with our Indoor Championships in '94.

We will miss Bruce on the Committee. We are glad he is once again healthy and will continue to be an active participant in our program. I consider Bruce a major part of the foundation of our program. I can think of no greater tribute to Bruce and our other early leaders, than for us to continue to expand on their ideas to make a stronger masters program.

The Women's Representative position was created at a time when it was important to have specialized representation on the Masters Committee. Christel Miller served in this position since its inception and during this time she coordinated activities directly related to women's participation. With the restructuring of the Committee it was felt this position was no longer necessary. We are indebted to Christel for her role as an advocate for women in our program. She will remain on the Committee, serving as a member atlarge.

A Sport For Everyone — For Life

"A Sport For Everyone — For Life" fits no other level of USATF better than the Masters. Masters is an important group within USA Track & Field — with a large membership, and with strong corporate and potential sponsorship ties. Masters is also the main group within the sport working as officials. Moreover, Masters events such as the Penn Relays 100 meters are starting to develop public interest.

The major challenge facing Masters is to educate the public and even those in the sport about Masters competition and where they participate. Tapping into the fact that America's population is growing older, Masters should work to showcase its relationship to fitness and health care and to attract new interest.

Over the next year, areas to explore include:

• Tying into the fitness and health care debate with "proactive" and "preventative" solutions; Masters should work to assemble a panel of experts to testify in congressional, state and local forums.

• Link up to groups such as the AARP and magazines such as Modern Maturity with the positive message of the sport.

 Utilize the strong in-roads Masters athletes have with corporations to find specialized sponsorship support.

 Attempt to use Masters in advertising campaigns, perhaps focusing on "lifelong fitness," with both Masters and youth athletes featured — making the linkage between the adults and youth.

• Examine how to expand Masters clubs and participation.□

-Statement from the USATF Report: Atlanta and Beyond, Part II, by David Morey and Eric Bass

CLASSIFIEDS

Classified ad rates are 75c a word. Count name and address as 5 words. Race notices are 50c per word. Prepayment required with copy. Deadline is the 10th of the month prior to the issue date. Send to NMN, PO Box 2372, Van Nuys, CA 91404.

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USA T&F CERT COACH will coach limited number of NMN subscribers free. 800m-3000m. Ross (714) 524-9966, Fax (614) 671-4503 or write c/o NMN.

Books for Runners, 250 titles. Free catalog Masters, Youth, Women in Sports, Training, Injuries, Distance, Track & Field, Nutrition. The CAVU Company, 386 Portlock Rd., Dept. NM, Honolulu HI 96825-2027.

PERSONAL TRAINER for the 400m/200m. Six time 400m ('81, '82 '85, '86, '87) and 3 time 200m ('81, '82, '85) champion at National Masters Championships. World Age Record Holder 400m (age 37, 47.6). Start with Fall training. For information call (213) 7-JUNKIE or write The Track Junkie, P.O. Box 62009, Dept. PT, L.A., Ca. 90062-2539.

27th Athens Marathon & 4th Half-Marathon. Sunday, April 10, 1994, 12 noon. Athens, Ohio. USATF certified, rural, out & back courses. Cash awards. Send SASE to Athens Marathon, 44 Grosvenor St., Athens, OH 45701 or call (614) 594-3042.



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 and advertising is the 10th of the month before date of issue. Send to National Masters News, P.O. Box 2372, Van Nuys, CA 91404.

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Quantity	Masters Age Records	Total (US\$)
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	and up, and for all racewalking events, age 40 and up, as of Oct. 31, 1992. 56 pages. Lists name, age, state and date of record. Compiled by Peter Mundle,	
	WAVA and USATF Masters T&F Records. \$4.00.	5
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	name, age, state and date of record. Compiled by Peter Mundle, WAVA and	
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	4 pages. \$1.50.	5
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	U.S. rules of competition for men and women for track & field, long distance running and racewalking — youth, open and masters. \$10.00.	S SWINDSHIPS
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	'Official world scoring tables for men's and women's combined-event competitions.	wir setur Line com
	\$12.00. Time Master Calculator	
	Ideal for use in age-graded scoring. Works directly in hours, minutes, seconds.	
MERCH	Acts as stop watch and calculator. \$45.00.	\$
	Guide to Prize Money Races and Elite Athletes 1993	
	Published by Road Race Management, the Guide includes elite athlete alphabetical listing (including masters) with over 800 contact addresses and	BUTS CAP ! HIS NOT
ontianno I	phone numbers, calendar and contacts for over 400 prize-money events, plus	
	WAVA Handbook	along the cap last
Sura State	Contains WAVA Constitution and By-Laws, a history of Veterans Athletics, and World Records as of April 15, 1992, 170 pages. \$5.00.	\$
四八十二十二	USATF Logo Patch. 3 color embroidered 4" x 3". \$4.50.	3
	USATF Race Walking Patch. 3-color embroidered 4" x 3" with gold trim. \$5.50.	S AND THE REAL PROPERTY.
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	ionships in masters competition; base fitness, improving with age, training smart,	San San Maria
	maintaining mobility, minimizing injury, motivation, diet, increasing your	ATTENDED OF
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-	Run Fast by Hal Higdon How to train for a 5K or 10K race. How to train smarter, enchance fun, build	Comment of
	strength, achieve endurance and run faster. \$14.95.	
-	Marathon by Hal Higdon The ultimate training and racing guide. \$14.95	\$
	Winning Secrets by Dr. Ladislay Pataki and Lee Holden	
Total Control	100 page paperback Confessions of a Soviet-Bloc Sports Scientist. Secrets of	
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	Bi monthly newsletter Contents include the latest scientific information on en-	and the latest the same of the
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Masters Health and Fitness

A Profile of the Masters Track and Field Athlete - Part II

by RUSSELL LaMAR ACEA

(Russell Acea is a masters athlete who lives in Seattle. His research paper: "A Profile of the Masters Track and Field Athlete" was accepted for presentation at the Northwest American College of Sports Medicine's annual meeting. In a two-part series, NMN presents excerpts from that paper. In Part I, Acea reviewed various surveys taken on older athletes. Part II reveals the results of Acea's own survey of 94 masters track and field athletes in 1991.)

ata on 74 male and 20 female masters track and field athletes were gathered during the 1991 summer track season at six masters meets:

1) TAC National Masters Decathlon/Heptathlon in Lincoln, Neb., June 22-23.

- 2) Northwest Summer Sports Festival in Seattle, July 5-8.
- 3) Big Sky State Games in Billings, Mont., July 20-21.
- 4) Northwest Senior Sports Festival in Billings, July 27-28.
- 5) The Montana Masters Meet in Bozeman, August 9-10.
- 6) The Rocky Mountain Games in Boulder, Colo., August 31-September 1.

Similar information was gathered from 36 male and 30 female non-masters competitors.

Subjects filled out a questionnaire and were measured for skinfold thickness.

The average age of the male masters was 48 and ranged from 30 to 95; the women's average age was 52, ranging from 31 to 76.

The average male body fat levels were: middle/long distance (10.5%), sprinter/jumper (13.1%), pentathlon/decathlete (13.9%), throwers (18.8%). The respective women's levels were 18.3%, 25.5%, 26.0%, and 30.3%. (See Tables 1 and 2.)

The average resting heart rate was 54.5 beats per minute (men) and 59.4 (women).

Only 10 (13.5%) of the men and five (25%) of the women answered, "yes," to the question: "Do you have a special diet?"

Most of those 15 said they were on low fat, low sugar and/or low calorie diets. A high percentage of athletes reported taking various vitamins, but a far smaller percentage were taking mineral supplements. (See Table 3.)

Only 7.4% smoked. The majority drank (69% of men; 85% of women).

Of the men, 63.5% competed in track & field in high school; 37.8% competed in both high school and college; 21.6% took up the sport for the first time as masters.

Eight (40%) of the women ran track in high school; only one (5%) ran in college.

Socialization and Good Health

Virtually none of the competitors said they were competing to win races or medals. The top three answers were socialization (57.1%), good health (47.1%), and enjoyment of competition (24.3%). A majority (70.6% of the men; 56.3% of the women) said be-

Continued on page 15

Survey of 1688 Masters Athletes

In a study of 1688 masters athletes at the World Masters Games in Toronto (1985), Kavanagh et al. (1988) found that most of the masters athletes began to exercise regularly in middle age, and were attracted to masters competition mainly for recreational and social reasons.

Less than half the subjects (42.1% of the men, 36.6% of the women) had participated in their chosen sport regularly since leaving school. The remainder had started training seriously for masters competitions at an average age of 39 for men and 38 for women. Types of training varied. Endurance training was done by 72% of men and 80% of women. Stretching was performed by 70% of men but only 19% of women. Weight training was done by 30% of men and 31% of women. The average weekly training period was 7.5 hours (men) and 6.8 hours (women).

The main medical problem for the

masters athletes was injury; 37% of men and 30% of women had sustained an injury over the course of their involvement with masters competition. Leg injuries occurred with 45% of men and 38% of women. The arms (26% and 32%) were the next major injury area.

The athletes were very health conscious. Most were concerned about the nature of the food they ate and attempted to follow a low-fat/low-cholesterol diet. A small number (5% of men; 10% of women) were vegetarians. A high percentage (31% of men and 40% of women) were taking multi-vitamins. Only 3% of men and 5% of women smoked. A total of 42% men and 38% women were exsmokers. The majority (83% of men and 60% of women) were currently married. The average age was 49 for men and 45 for women.

-Russell Acea

(%) n=74 33.8	(%) n=20 30.0
And the latest terminal termin	30.0
0.	
8.1	5.0
5.4	10.0
13.5	15.0
4.4	15.0
0.0	10.0
6.8	25.0
1.4	10.0
5.4	5.0
2.7	0.0
27	0.0
	13.5 4.1 0.0 6.8 1.4 5.4 2.7

Table 4.	Types of training systems used by Masters track & field athletes.		
misc.	8.1	5.0	
bee pollen	2.7	0.0	
ginseng	27	0.0	

	men	(n=74)	wom	cn(n=20)
training system	athle	er of les	number of athletes	
weights	50	67.6	12	60.0
sprint	47	63.5	7	35.0
jog	35	47.3	11	55.0
distance running	33	44.6	7	35.0
hill work	29	39.2	7	35.0
cycle	27	36.5	6	30.0
throw	26	35.1	5	25.0
jump	24	324	3	15.0
Fartlick	20	27.0	3	15.0
swim	15	20.3	7	35.0
aerobics	3	4.1	3	15.0
walking	0	0.0	2	10.0

Table 5. Location of injuries with Masters athletes due to training in last decade.

Injury site	number male athletes reportin (n=74)	s ng	number female athletes reportis (n = 20)	
hamstrings	19	25.7	(11-20)	3.0
foot (non-specific)	10	13.5	ò	0.0
knee	9	12.2	3	15.0
calf	8	10.8	Ö	0.0
ankle	7	9.5	0	0.0
achilles	7	9.5	1	5.0
heel	7	9.5	Ö	0.0
back	6	8.1	Ö	0.0
quadriceps	4	5.4	0	0.0
ilio-tibial band	4	5.4	0	0.0
hip	. 4	5.4	2	10.0
shins	3	4.1	i	5.0
groin	3	4.1	ò	0.0
elbow	3	41	Ö	0.0
shoulder	3	4.1	1	
abdominal	2	27	ò	5.0
pelvis	2	2.7	ő	0.0

Table 1.	Average anthropometric variables of 74 male. Masters competitors by event.								
event		n	øge	wt (kg)	ht (cm)		abdominal (mm)	thigh (mm)	fat (%)
middle/long distance	-	23	44.4	70.2	177.8	6.1	14.1	10.3	10.5
sprinter/jumper		22	49.1	72.7	177.9	7.0	16.5	12.8	13.1
pentathion/decathion		18	49.0	77.5	180.3	9.6	18.4	11.7	13.9
throwers		11	50.5	90.4	181.5	11.4	27.0	18.3	18.8

Table Z	2 Average anthropometric variables of 20 female Masters competitors by event.								
cvent		age	wt (kg)	ht (cm)	tricep (mm)	supra (mm)	thigh (mm)	fat (%)	
middle/long distance	7	54.0	50.6	160.7	13.6	10.7	183	18.5	
sprinter/jumper	6	42.0	58.8	164.7	14.0	12.8	25.5	22.2	
thrower	3	56.0	69.0	168.5	18.7	15.0	26.0	25.2	
race walker	4	63.5	59.3	163.2	18.8	13.8	30.3	26.1	

		isons between male tors and non-competit	ors
The Asia	(n=74)	(n=23)	(n=13)
age	48.4 yrs	44.2 yrs	62.5 yrs
height	178.96cm	179.79cm	176.48cm
weight	75.87kg	76.46kg	80.39kg
resting HR	54.5 bpm	63.9 bpm	77.4 bpm
resting BP	120.2/74.7	124.0/75.1	138.9/81.1
chestskinfold	8.04 mm	7.98 mm	12.35 mm
abdominal	17.88 mm	20.00 mm	25.23 mm
thigh	12.58 mm	13.72 mm	18.12mm
skinfold sum	38.50mm	41.70 mm	55.70 mm
percent body fat	13.44%	14.33%	19.24%
hrs/wk training	7.30	6.07	0.38
smoke cigarettes	6.8%	8.7%	38.3%
drink alcohol	67.5%	82.6%	69.2%
married*	743%	45.5%	50.0%

	Table 7 Compa	risons between Icmale itors and non-competit	ors
Per Light Co.	(n=20)	(n=15)	(n=15)
age	52.6 yrs	48.6 yrs	66.1 yrs
height	163.56cm	165,10cm	162.62cm
weight	57.56kg	68.52kg	75.86kg
resting HR	59.4 bpm	59.7 bpm	69.2 bpm
resting BP	114.8/70.3	120.8/78.2	133.5/76.0
tricep skinfold	15.50 mm	24.07 mm	26.60mm
uprailium	12.60 mm	19.03 mm	21.60 mm
thigh	24.00 mm	36.53 mm	38.00 mm
skinfold sum	52.10mm	76.63 mm	86.20 mm
percent body fat	22.13%	30.28%	32.09%
hrs/wk training	6.43	4.04	0.30
moke cigarettes	10.0%	20.0%	The state of the s
drink alcohol	85.0%	73.3%	7.7%
married •	50.0%	53.3%	69.2% 33.3%

* Widowed counted as unmarried.

PROFILE

Ten Million Steps — The Paul Reese Adventure

or ordinary runners, one or two marathons a year is quite enough. The event is too demanding, and it can take weeks to fully recover from the beating that running 26.2 miles inflicts upon the body.

But Paul Reese is no ordinary runner. Three-and-a-half years ago, at the age of 73, Reese averaged 26 miles a day — a marathon a day — for 124 consecutive days as he covered 3,192 miles in crossing the continental United States.

Reese's adventure run was reported in some length in the December 1990 issue of National Masters News. Now, the full story is available in Ten Million Steps, a 218-page book written by Reese along with well-known running writer Joe Henderson and published by WRS Publishing of Waco, Texas.

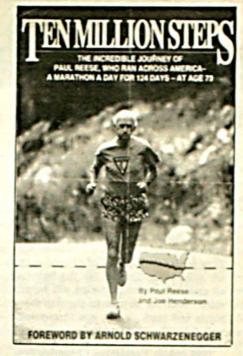
"Each day as I went across the country, a different drama played out," Reese writes. "Each day was awash with suspense, action, and the conflict of dealing with weather, traffic, and bad roads."

But Reese wrote the book not so much as a journal of the challenges facing him on his cross-continent trek, but more to hopefully demonstrate to people over 65 that they don't belong in rocking chairs, that they are capable of more physical activity than they realize.

Moreover, you don't have to be a superjock to accomplish such a goal. Reese did it in spite of a bad back and treatment for prostate cancer.

Further, there are messages of marital harmony and spirituality related by Reese.

Reese tells the story day by day. On day 88 he observed: "I'd rate young men as the most alert drivers... young women as driving beyond their capabilities, often misjudging speed and curving... old ladies as dangerous because of their poor reaction time, judgment of distance and tendency to panic. As for old men, their driving spans so wide a range — from the downright dangerous to being on a par with young men — that they can't be



categorized."

On day 98, he noted: "As I made my morning assessment of aches and pains, I philosophized that if I run into trouble it will first be because of joints, second because of bones, third because of tendons, and fourth because of muscles."

Back to day 64: "Elaine and I have noticed that all the Kansas farmers have a standardized wave as they drive past. The hand barely leaves the steering wheel as they hoist two fingers, a gesture which expends a modicum of energy."

There are numerous observations, anecdotes, yarns, experiences, and discoveries made by Reese, who, with Henderson's help, tells it in such a way

Softball For Senior Players

Senior Softball-USA News, is the leading publication for senior softball players (from age 50 on up). The largest circulated senior softball publication in the country, the SS-USA News, a quarterly tabloid-size newspaper, enjoys a distribution among more than 12,000 senior softball players and, as its motto declares, is: "Dedicated to informing and uniting the senior softball players of America and the world."

Regular features include general news, interesting and unusual News Briefs, information on upcoming softball-playing international tours, SS-USA Health Report, Our Featured Team, Our Featured Player, a listing of senior softball tournaments throughout the USA, pre- and post-coverage of Senior Softball World Championships, and sparkling humor in Heard in the Dugout quips, as well as "how to play the game better" hints and suggestions.

To subscribe, send \$6 for one year or \$15 for three years, plus legibly-printed name, age, and mailing address, to: Senior Softball-USA News, 9 Fleet Court, Sacramento, CA 95831.

that you find it hard to put down the book once you've started. It's both inspiring and entertaining. —Mike Tymn

Master's Health and Fitness

Continued from page 14

ing healthy was their main goal. The next most popular goal was being able to set personal records (24.0%). Only 7.4% of the men and 12.5% of the women said that one of their goals was to win. Only three of the men, and none of the women, said that a goal was to lose weight.

The average number of training days per week was 4.4 (men) and 4.7 (women.) The men spent an average of 7.3 hours per week training, while the women spent 6.4 hours. Weight training, distance running, and sprinting were the most widely used training systems. (See Table 4.)

Injuries hit 78.4% of the men and 30% of the women in the past 10 years. The most common men's injury was with hamstrings (25.7%). (See Table 5.)

Non-Competitors

Of the 36 male non-competitors who volunteered for this study, 23 were regular exercisers, ranging in age from 30 to 75. Of the 30 female non-competitors, 15 regularly exercised, age 30-77. See Tables 6 and 7 for comparison between the masters athletes and the non-competitors. The percent body fat in the non-exercisers was 19% (men) and 33% (women).

Caution must be used in the inter-

pretation of data due to the small sample size, and because the average age of the non-exercisers is 15 years higher than the masters athletes.

The mean income for the male athletes was \$44,910, far above the national mean income for males (\$24,054). Economic status may play an important role in an individual's ability to compete in masters meets. The mean income for women (\$29,500) was well above the mean national income for women (\$12,311).

Helps Slow Increases in Body Fat

Comparitive data from this study as well as from other studies suggest that track & field competition helps slow down increases in body fat associated with aging.

Weight training was the most widely chosen training technique used by the athletes. In this study, 67.6% of the men and 60% of the women used weight training. That's a much higher figure than that found by Kavanagh et al. (1988), who found only 30.2% of the men and 31.0% of the women used weight training among 1688 masters athletes of various sports.

It may be that track & field athletes value weight training as more productive to their sport than do athletes involved in swimming, cycling and other sports.

The risk of hamstring injury is higher when an imbalance between the quadriceps and hamstrings exists. The hamstring muscles should be 60% to 70% of the quadricep muscle's strength. Subjecting the hamstrings to rapid eccentric movements during sprinting by a much stronger quadricep can cause injury to the hamstring muscle. Hamstring strains or pulls have a reputation for recurring and becoming chronic. Considerable atrophy and weakness of the hamstring muscle groups occur following a hamstring injury. Athletes have been made aware of the importance of hamstring stretching and flexibility after an injury. However, many athletes concentrate their efforts on stretching and not on strengthening. The solution for the chronic hamstring pull is a comprehensive rehabilitation program utilizing both stretching and strengthening techniques.

Recommendations

 Further long term prospective studies of masters track & field athletes need to be completed to better determine the retarding effects on aging.

 A survey of track & field athletes during their scholastic and collegiate careers should be completed to determine the interest in post-graduate competition. More track & field competition should be available for the non-elite post-collegiate/pre-masters-level athlete as an incentive for continuous competition.

4) Insurance companies should provide more definitive criteria for health behaviors to provide the incentive for lower rates for those who qualify.

 More articles should be written in masters track & field publications.

6) Regular training clinics should be held at track meets regarding proper muscle rehabilitation and improvements in muscle strength, endurance and flexibility.



There are no small victories in the fight against heart disease.

American Heart Association

© 1992 American Heart Associatio

15th Annual Convention

Las Vegas, Nev. — Novembe

Summary of Masters Track & Field Committee Meetings

Barbara Kousky, Chair, presiding.

USATF allocated \$32,000 to the committee for 1994, a 13% increase over 1993's \$30,000 (see separate chart). Overall USATF revenues for 1994 are projected at \$9.6 million, a 27% increase over 1993's \$7.5 million, due mainly to a joint marketing venture between the 1996 Atlanta Olympic Committee and all NGBs.

1994 Indoor Championships

The meet is set for Columbia, Mo., on March 25-27. Meet director Don Dobson said Columbia is a 11/2 hour drive from St. Louis or 2:15 from Kansas City. TW Express and Lone Star Air fly directly to Columbia. Rick McGuire, USATF's Sports



Christel Miller, California, Women's Representative, and Pete Mundle, California, Records Coordinator, at the 1993 USATF Convention,

Outdoor Coordinator
 Indoor Coordinator

5. Regional Coordinators:

Multi-Events Coordinator

Chairman

a. East

f. West

Treasurer

b. Southeast

g. Northwest

Team Manager

Meet Manual

25. Market Research

21. Vice-Chair

Totals

18. Printing Brochures 19. Microfilm Recrods

c. Midwest d. Mid-America

Southwest

Records Chairman

Rankings Coordinator

10. Women's Representative 11. Racewalking Coordinator 12. Awards Coordinator

Board of Directors

Miscellaneous Site-Selection Coordinator

20. Site Selection - WAVA '95

22. Indoor Games Committee

Category Summary:

Meet support Awards

Miscellaneous

Records

Rankings

Travel & lodging

Secretarial help

Postage, phone, fax, etc.

Convention Registration

23. Outdoor Games Committee

By-Laws Preparation

Psychology head, will hold a seminar. The entry form is on the back page of this issue.

1994 Outdoor Championships

The meet will be held in Eugene, Oregon, on August 11-14, the week following the WAVA North American T&F Championships in Edmonton, Canada. Meet director Tom Jordan said 400 U. of Oregon rooms are available at \$39/day (single) including all meals. Free transportation will be provided from the airport to the downtown hotels and track, which is a three-minute walk from the residence halls.

1994 Indoor Pentathlon Championships

The event is set for Proviso West High School in Chicago on March 5.

1994 Outdoor Pentathlon

Championships

To be held in conjunction with the nationals in Eugene.

1994 Decathlon/Heptathlon

Set for Missouri State College in Joplin on July 16-17.

1994 Weight Pentathlon

USATF MASTERS TRACK & FIELD COMMITTEE BUDGETS - 1993/1994

1993

Budget

\$4900

1100

1900

1100

1100

1100

1100

1100

1100

1100

1900

1400

1000

400

500

500

100

450

500

250

400

\$30,000

900

Set for Chicago in mid-to-late

1994 Weight Throw Championships

1993

Expenses

\$4986.58

532.14

900.00

1850.00

1100.00

1100.00

1100.00

1100.00

1000.00

2300.00

1900.00

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1994

Budget

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2100

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1300

1300

1300

1300

2000

2000

2000

1450

950

250

500

700

350

700

600

650

200

1500

\$34,000

Seattle defeated South Carolina, 20-4, for the right to host these championships on August 20.

1995 Indoor Championships

Scott Thornsley, Indoor Coordinator, said indoor meets are content to break even, since the meet brings in tourist dollars to the local area. Columbia, Mo., and Reno, Nev., bid for 1995, with Reno winning, 26-8. The meet will be held on February 24-26, with Saturday's action running from 4 p.m. to 10 p.m., following a college meet.

1995 Outdoor Championships

The Committee awarded the 1995 meet to the only bidder, East Lansing, Mich. The Committee voted, 18-11, to hold the meet one week before the XI WAVA World Veterans T&F Championships, slated for Buffalo, July 13-23, to enable hundreds of foreign athletes to participate. Michigan agreed, and the meet will be held at Michigan State U. on July 6-9, 1995. Free shuttle bus service will be provided from the hotels to the track. Hundreds of University residence halls will be available at low cost.

1996 Indoor Championships

Three cities - Columbia, Mo., Reno, and Greensboro, N.C. - bid for 1996. Greensboro (March 29-31) won with 26 votes to four for Reno and three for Columbia. Greensboro offered a new facility. It's 300 miles from both Washington and Atlanta.

1996 Outdoor Championships

Spokane, Wash., site of the 1992 Outdoor Nationals, was the sole and successful bidder. The meet is planned for the first or second weekend in August with a budget of \$100,000. The Spokane organizers promised they would solve the 1992 problems of lack of transportation to the stadium, lack of hotel space and lack of rental cars. The 100° heat, however, would be out of their

Joint Meeting With Masters LDR (See minutes of Masters LDR Meetings.) 1995 WAVA World Championships

To avoid a conflict with the IAAF World T&F Championships in Goteborg, Sweden, August 4-13, the dates of the WAVA World Veterans Championships in Buffalo have been changed to July 13-23. Buffalo offers 3000 hotel rooms, most within walking distance of the tracks. The U. of Buffalo residence halls are enclosed in an "Athlete's Village," within walking distance of both tracks. Niagara Falls is a 20-minute drive. Toronto is a 90-minute drive.

Contrary to previous reports, the second track is eight lanes, not six. A shuttle will operate between the tracks, which are about a mile apart.

Records

Chairman Pete Mundle announced WAVA will only recognize automatic times for world records in distances of 400 meters or less, beginning July 1, 1994. This conforms to U.S. policy adopted in 1989.

Racewalking Chair Bev LaVeck announced the racewalking course in Miyazaki has been certified by USATF, so records set there will be accepted.

Vice-Chair

The Committee agreed the Chair has authority to appoint a Vice-Chair, and approved a line-item budget expense for the

A motion for the Chair to appoint a sub-

committee to write by-laws was approved.

Gwilvm Brown Award

The annual award for Masters Athlete of the Year has long been called the Gwilym Brown Award. By a vote of 15-4, the group voted to change the name to one more closely associated with the masters program. Several names were proposed, and it was agreed a survey would be taken of athletes through the National Masters News to choose a suitable person's name for the award.

Rules

Rule changes are only made in evennumbered years. Anyone who wants to propose a rule change should write Graeme Shirley, Rules Chairman, before Sept. 30, 1994. Two suggestions were to establish a platform for older steeplechase competitors, and to exempt masters from the 'use any implement" rule.

Spectator Charge

Should national meets charge fees for spectators? A motion to provide a free pass for "athletes' spouses" was defeated, 20-4. A motion to provide one free "family pass" to each competitor, beginning in 1997, passed.

All-American Standards

Rex Harvey volunteered to chair a committee to revise the All-American Standards, since Gary Miller, the former head of the AA Committee, is no longer active in the program. Roz Katz, Marti Thielmann, George Mathews and Al Sheahen agreed to assist.

Rankings

Jerry Wojcik, Rankings Coordinator, said all 1993 indoor rankings were published in the National Masters News. Outdoor 1993 rankings will be published in the annual Rankings Book, available in March,

Meets in Cuba and Russia

An independent tour operator is attempting to schedule multi-sport masters meets in Havana and St. Petersburg, but the Committee showed no particular interest.

Multi-Events

Rex Harvey reported attendance at 1993 multi-event championships was: Indoor Pentathlon: 32 men, 8 women; Weight Pentathlon: 18 men, 6 women.

Membership

A total of 24,122 over-age-40 athletes are registered with USATF - 19,277 men (80%) and 4845 women (20%). T&F: 8750; LDR: 18,002; RW: 2334 (many sign up for more than one sport). Total USATF membership: 92,917. Thus, masters registrants comprise 26% of the total. (see

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Additional Highlights of Masters T&F Meetings:

Complete minutes will be mailed to all attendees who indicated address on sign-in sheets at Convention, and will be available to all others from the Secretary (address on page 2).

Age-Grading

Rex Harvey and Al Sheahen completed

Continued on page 18

n of USA Track & Field nber 30-December 4, 1993

Minutes of Masters LDR Committee Meetings

Tue. Nov. 30 - 9 a.m.

Chairman Chuck Des Jardins presiding.

The site of our next Masters LDR executive meeting will either be Washington, D.C., just prior to the RRCA Convention. April 7-10, or at the National Masters Indoor T&F Championships in Columbia, Mo., March 26.

Tue. Nov. 30 - 6 p.m.

Chairman's Report: Chuck attended eight USATF executive meetings and two Masters LDR executive meetings in 1993. He was also active in the Balmoral group. made up of LDR leaders from across the country, who meet to discuss the future of the sport with regard to economy and health. A large-scale planning meeting will take place in Washington, D.C. in February.

Chuck reported on the many good experiences from Miyazaki - friendly hosts. good off-time activities, special frivolities but said some essential services were lacking (translators not knowledgable about the sport, distance events not spaced out, rigid decision-making). He will pass these lessons along to the 1995 Buffalo

Chuck said he was approached to ask our Committee to change our 1995 marathon championship from Twin Cities to the WAVA Marathon to be held in Buffalo. He was unwilling to ask for such a change.

Law and Legislation: A motion was passed to reject a Law & Legislation item which would allow USATF's Executive Committee to set new athlete membership fees instead of decision by the general assembly.

Championship: Bill Nault of Louisville, Ky., reported the turnout at the Oct. 31 National 10K X-C Championships was not representative of a national championship. He said we should perhaps have only one national X-C event, instead of a 5K, 8K and 10K. Jerry Crockett said we have the same problem in all our championships, not just X-C. Ruth Anderson suggested making our races into a Grand Prix series might help attendance. Another idea was to have regional championships, like track & field, which might or might not lead to a national event. No action was taken.

Wed. Dec. 1 - 1 p.m.

Awards: John Boyle and Ruth Anderson presented the men's and women's nominees for outstanding athletes of 1993. Reps and athletes are urged to send in results for next year's possible nominees. (See separate chart for winners.)

Thu. Dec. 2 - 8:30 a.m.

Mick Midkiff presented the bids for 1994 championships. (See separate chart.)

Miyazaki: Norm Green critiqued the LDR events from Miyazaki, agreeing that some services to athletes were not good. He reported on a "deal" that WAVA made with the Miyazaki organizers that Japanese entrants who entered only the marathon or cross-country would only have to pay \$7.50 WAVA fee, instead of \$15. A motion passed to direct WAVA not to allow such "deals" again.

Go Metric: Chuck announced the U.S. will go completely "metric" by 1996, so we'd better start practicing our centimeters.

Thu. Dec. 2 Joint Session LDR and T&F

Atlanta & Beyond: A presentation was made by David Morey and Eric Bass, who did the Atlanta and Beyond project for USATF. The goal of Part One had been to resolve an internal conflict of confidence and to build a strategic foundation for promoting all aspects of the sport. Part Two, released at this convention, stresses grassroots development and promotional marketing. The bottom line is that we don't promote ourselves enough, and specifically, masters don't get enough assistance from the national organization. The report lists 30 recommendations for achieving the overall goals of USATF.

WAVA T&F in Buffalo: Chuck reported Thomas McLean from the National Office was extremely helpful in the bid process for Buffalo. Barbara Kousky, T&F Chair, said that USATF gave banners, etc., to give as gifts in Japan, and she thanked all those who helped promote the U.S. bid.

Vito Girrello briefly reviewed some aspects of the bid. The Buffalo delegation consisted of nine people who stayed 10 days in Japan and were the only bidders to host a reception. The meet will be held July 13-23 at the University of Buffalo, and will use 3000 dorm rooms and 3000 hotel rooms. There will be complimentary shuttle service to/from the airport and to/from all venues, Niagara Falls will be a major tourist attract tion, and Toronto a major airport.

Dick Barry, University of Buffalo track coach, said there are two tracks on campus. The main stadium, which was built for the World University Games this year, seats 17,000, and houses the field events inside (though not on the infield). The second track has 4000 seats, but no shower facilities. The cross-country course is about a 20-minute drive, and has grass, trails, and roads. Both the racewalk course and marathon will go through Niagara Falls. Competition entry packets will be ready in June, 1994.

WAVA Reports: Sandy Pashkin, team leader in Miyazaki, reviewed her experiences in Turku as a liaison between athletes and organizers, and in Japan as the athlete rep for team events. It was difficult to get athletes entered on the proper teams, because of the rigid way the procedure was

Rex Harvey, President of NCC WAVA, listed the three events slated for next summer: July 30-31 WAVA Road Championships in Toronto, Ontario; August 4-7 NCC WAVA Regional T&F Championships in Edmonton, Alberta; and the USATF Masters T&F Championships in Eugene, Oregon on August 11-14. The Edmonton meet will include a men's and women's outdoor pentathlon and a weight pentathlon (official WAVA event). Over 300 competitors are expected. NCC WAVA elections will take place.

Ruth Anderson, rep to the WAVA women's committee, announced that group's newly elected delegate to the WAVA council is Hannelore Guschmann from Belgium (Jacques Serruys' wife). Since it was an election year, not much 'business' was conducted by the women's committee, but Ruth tried to promote ultra running, which is her first love in this sport.

Norm Green, as NCC WAVA's non-

stadia chairman, reviewed the main problems with the road walk, the marathon, and the cross-country races in Miyazaki. Basically, there was a scheduling problem because the Japanese did not use the normal WAVA schedule, races were conducted in the heat of the day with no shower amenities, and there was a basic lack of communication, especially with regard to awards. The next non-stadia event will be the WAVA World Veterans Road Championships in Scarborough, near Toronto, on July 30-31, 1994, with a 10K run on Saturday, and a 25K and 20K racewalk on Sunday. The non-stadia events scheduled for the NCC WAVA meet in Edmonton, August 4-7, 1994, include a 15K road run, an 8K cross-country run, and a 10K road racewalk.

In 1996, the World Road Championships will be held in Brugge, Belgium. The proposal to hold a world championship veterans event at the IAAF World Cross Country Championships was withdrawn.

Barbara Kousky presented an overview of the relationship between WAVA and the U.S. Unlike our organization's democratic procedure for making rules, WAVA's Stadia (technical) Committee has been given that responsibility. Barbara would like to see a more democratic rule change procedure within WAVA, as well as better follow-up on contracts (e.g., the Japanese not paying the full \$15.00 WAVA fees) and other promises (drug testing). These comments initiated a discussion on drug testing at world championships.

Phil Mulkey suggested that all gold medalists go into a pool for testing with a specified number to be actually tested, depending on funds available, and that only performance-enhancing drugs be tested for. Marilyn Mitchell asked why the IAAF didn't pay for the testing in Miyazaki, as they were supposed to. Bob Fine, WAVA Executive V-P, explained that testing was not done because of the expense; it would have cost \$250 per test, and only 5 tests were actually scheduled by WAVA. Another problem was that some athletes had permission to be on certain medications, but knowing which amounts were allowable was too complicated. In Buffalo,

50 tests are being scheduled, but Bob warns that once IAAF testing begins, the athletes must be willing to live by the mandatory bans imposed by the IAAF. Barbara conducted a straw vote, which passed unanimously, that our organization make a formal request to WAVA that drug testing

Al Sheahen as WAVA Treasurer offered to work on rule changes. The current process is for the Stadia Committee to make recommendations to the 14-member Council. By voice vote in our joint meeting, it was agreed that USATF Masters request that WAVA adopt a process where the General Assembly would vote on rule changes, not just the Council. The next meeting of the Council is in Buffalo in April of 1994. Marilyn Mitchell proposed a WAVA bylaw change, but no action was taken. Instead, both masters executive committees will propose any changes to the WAVA Council.

Barbara also asked for more equity in paying rights fees for WAVA championships. In 1989, Eugene paid \$12,000 in rights fees yet only made \$10,000 profit, while Turku in 1991 paid only \$6,000 in rights fees yet profited \$250,000. Miyazaki and Buffalo will each pay \$15,000 in rights fees. To end the WAVA topics on a positive note, Barbara reiterated that the people of Japan were very friendly and

Age-Grading: Rex Harvey and Al Sheahen have worked with 25 other people around the world to revise the age-graded tables. In Rex's words, "The principle of decreasing performance in an increasing manner." The main change is that the standards for age 75 + have been eased, and for age 30-39 they are tougher.

National Masters News: Owner and editor, Al Sheahen, gave a report on the status of the newspaper. For 13 years, it has been an independent publication, even though it is an "official" publication of USATF and WAVA. It operates slightly in the black, with 68% of revenues coming from subscriptions and 13% from advertising. A new advertising director has just been hired to hopefully upgrade and in-

Continued on page 23

1994 USATF NATIONAL MASTERS LDR CHAMPIONSHIPS

RACE	DATE	SITE
5K Road 5K X-C 8K Road 8K X-C	October 2 November 6 November 19	Syracuse, NY Columbus, OH Boston, MA
10K Road 10K X-C 15K Road Half-marathon	October 16 November 13 June 26	Canandaigua, NY Schnectady, NY Fairfield, CT
25K Road Marathon 50 Mile 100K	October 2 February 12	Minneapolis, MN Sacramento, CA
24-Hour	September 17	Sylvania, OH
*** Possibly D	ecember 4 in S	t. Louis

1995 USATE NATIONAL MASTERS LDR CHAMPIONSHIPS

Las Vegas, NV February 4 Minneapolis, MN October 1 Marathon

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T & F Meetings

Continued from page 16

new age-graded tables which were used at the WAVA Championships in Miyazaki in October, 1993. Single-age standards and the new book should be available in early

Award Certificates

Would the following please contact Barbara Kousky, Chairman, for their award certificates from past years: Diane Friedman, Susan Hughes, Martin Krule, Margaret White.

Demographic Study

At the request of Scott Thornsley, the Committee decided to appropriate money for a demographic study of the athletes, which would facilitate obtaining sponsorship for the nationals and other activities.

Law and Legislation

Unknown to our Committee, a piece of legislation went into effect in January, 1993, which changed the definition of eligible relay team members, enabling masters to have national teams, though this was contrary to the prevailing philosophy of the majority of the Committee. Therefore, the Committee amended that item, restoring the former concept of club and relay team eligibility, as the only major piece of legislation affecting Masters Track and Field in this session. The new item was passed decisively by our Committee, accepted by the Law and Legislation Committee, and by the Convention body without comment.

Committee Structure

As it was felt that women seem to have achieved parity with men in the U.S. program on the track and on the field, it was determined that the position of Women's Coordinator was unnecessary and the budgetary line item was omitted from the

At the same time in an unrelated matter, Bruce Springbett rendered his resignation as Outdoor Coordinator, whereupon the positions of Indoor Coordinator and Outdoor Coordinator were merged and the

LAKE ERIE

ILLINOIS

OZARK ARKANSAS

SOUTHERN

GULF
SOUTHWESTERN
OKLAHOMA
MISSOURI VALLEY
NEBRASKA
MINNESOTA

was unanimous in wishing to go on record in expressing their gratitude and appreciation for the past service given by both Ms. Miller and Mr. Springbett.

Respectfully submitted by Marilyn J. Mitchell, Secretary

Outdoor Events Schedule

by JEFF SCHALLER, Inland Northwest USATF Masters Rep.

A year and a half ago, after noticing continued events scheduling inconsistencies on my entry form and attending the '92 Spokane Championships meet, I decided to do an event scheduling study, which gained in importance after the Provo meet.

My resulting recommendations for changes were then sent to our national chair, Barbara Kousky, who then had a meeting with Phil Mulkey, Philippa Raschker, Marilyn Mitchell, Eddie Seese, and Max Goldsmith on the first day of this year's USATF Convention to look over and refine my recommended schedule.

That evening, at the first executive committee meeting, both the original and revised proposals were presented and discussed, and, later that evening in general committee session, the following Outdoor Championships schedule was adopted:

The first day: the 5000m run will start earlier (during cooler temps), allowing for an earlier start for the 800m trials and more rest time between the 800m and the 400m trials, with the women's pentathlon starting later.

The mid and long distances: aside from the earlier starts for the 5k run and the 1500m finals, there are virtually no changes in these events.

The throws: because the hammer has conflicted with the pentathlon, it has been moved to the 2nd day, while the men's shot put was moved from the 2nd to the 4th day. The women's shot put was moved from day 4 (a long day when combined with the m. shot), to day 1, along with the women's javelin (from day 2 - conflict with the ham-

92.917

KENTUCKY
NEW NEXICO
SOUTH TEXAS
SAN DIEGO-IMPERIAL
GEORGIA
CENTRAL CALIFORNIA
MEST TEXAS
ARIZONA
NEVADA
WYONING
MEST VIRGINIA
DAKOTA
BORDOF

BORDER

SHAKE RIVER SOUTH CAROLINA

GRAND TOTALS

ALASKA UNIQUE ASSOCIATION NATIONAL MEMBERSHIP CE

Day 1

7am	5k Run	5pa	(after W. Per
8am	M. Pent.	-	Shot Put
11am	W. Pent.		(W90+-50)
noon	800m T.		Javelin
5cm	400m T.		(W49-30)

	Day	2
Sk Walk		Harmer
High Hurd.	8am	Long Jump
100m T.		(W. M90+ -60)
1500m T.	9am	Pole Vault
400m F.		(M69-60)
Steeplech.		High Jump
June Precuir		(MS9-30)
	1 pm	Pole vault
		(M44-40)

Day 3

	_	
10k Run		Discus
Long Hurd.	Sam	Long Jump
800m F.		(MS9-30)
100m F.	9:30	Pole Vault
200m T.		(MS9-50)
Reg. Relay		High Jump
P. W. P. P.	Salte	(03- 400M,W)
General Mtg.	1pm	Pole Vault

	Day	A THE REAL PROPERTY.
Rondwalk 1500m F.	8em	Triple Jump
200m F. lunch	9am	Pole Vault (W,M90+-70)
Age-Gr. 100m	1pm	Pole Vault (M39-30)
4X100m R. 4X400m R. 4X800m R.	8em	Javelin (M90+-60) Shot Put (M59-30)
100		Javelin (MS9-30)

Shot and javelin age groupings are supposts Tent. starting time, 1500m finals.- 9:30 am bent, starting time, 200m finals - 11:30 am es, ages indicated in order of competition

Shot Put (M90+-60)

the throws are finished in three days.

The jumps: this category of events is the most radically changed, with competition in each event spread over more time to shorten days (particularly the 2nd) and minimize conflicts between events, such as the long jump and sprints, as well as between the jumps themselves.

At the Provo meet, I polled the triple



Ric Banning (52:27) and Linda Banning (65:18), Alexandria, Va., were first masters in the Army 10 Mile, Washington, D.C., Oct. 17. Photo by George Banker



Max Goldsmith (I), Texas, Masters T&F Site Selection Coordinator, and Eddie Seese, California delegate, discuss strategy, 1993 USATF Convention, Las Vegas.

Photo by Jerry Wojcik

jumpers who also long jump and found a definite desire for running the long jump first (by 2 to 1 over the triple jump 1st), as is reflected in the new schedule. This change also brings us in line with virtually all other championship meets in track and field, including the Masters World Championships.

The sprints and hurdles: the sprints have been shifted, so that the 100m finals are on day 3 rather than 2, and the 200m finals fall on day 4, instead of day 3, to produce a number of improvements. First, it shortens day 2, the length of which has been a problem. It also eliminates hangups involving determination of finals after the prelims, which caused problems in Provo such as the delay of some finals races.

Many sprinters have expressed the definite preference for running the 200m finals in a different time frame from the trials. By now running the 200m finals on day 4, performances should be enhanced, and participation in the relays could increase. Overall, the sprints should also be more audience-friendly by being less lengthy.

Along with solving basic problems, our goals were to enhance opportunities for higher levels of participation and performance through minimization of event conflicts, while considering facility variations and the needs of organizers and officials.

It should, however, be understood by all athletes that, although event scheduling conflicts can be minimized, the results can never be perfect; there will always be some athletes whose desires cannot be fully met. This is a fact of life for a group of athletes that is as events diverse as masters athletes tend to be.

While the throws scheduling, for example, is now a day shorter, there have been compromises made that make the schedule work.

And while the sprints are now improved for management and competition, the compromise is a one day sprints extension.

Although individual costs and participation (event entry levels, at all levels of competition) are of great importance to masters track and field and this meet, it is the National Championships Meet, with its accompanying objectives of quality competition and high performance levels.

I believe that our new events schedule is a good balance of the involved interests that will positively contribute to the success of our future Championship meets, including Eugene '94, where an analysis during and after the meet will evaluate its problems and successes.

P.S. Special thanks to the aforementioned convention sub-committee for their added expertise in refining my recommendations.

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door Coordinato	r. Scott Tho	rnslev.	iavelin (a	less likely dou	ble with non
The Masters Trac					
The Masters Trac	ck and Field	Committee	conflicting	throwing sectors	s) are paired an
		MEMBERSHIP S	TATISTICS		THE
USATF HEMBERSHIP	STATISTICS AS	F OCTOBER 31, 19	93	REP: 02 93/11/02	
ASSOCIATION #	GRAND TOTALS			A plant of the	100 m
MEMBERS PER CATEGOR					TOTAL
SPORT EVENT	20-39 1-19		0-39 1-19 40		19 40+ TOTAL
MUMBER OF MEMBERS	20140 22034		8791 17830 484		64 24122 92917
TRACK & FIELD	8925 20997		3623 17093 164		
LONG DIST RUNNING			6537 3651 357		
NO SPORT	1181 1255 1193 227	1617 4053		7 2354 1777 22	
mo srow!	11173 661	1031 2431	581 156 23	6 973 1774 3	83 1267 3424
				** REP: 02 93/	11/02
ASSOCIATIO		TOTALS BY ASSOCI			
S NEV E		900		ONTANA	377
3 ADIRO		1,260		OLORADO	1,764
4 WIAGA		1,434		OUTHERN CALIFORNIA	4,343
5 CONNEC		2,184		LAND EMPIRE	1,194
	POLITAN	12,925		ACIFIC MORTHLEST	883
7 NEV JI		5,954		REGON MONTHIEST	1,636
	TLANTIC	2,320		ACIFIC	1,862
9 ALABA		763		IIAWA	4,565
10 POTON	AC VALLEY	2,188		OMA	1,172
11 THREE	RIVERS	1,117		ENTUCKY	566
12 VIRGII	ATA	673		EN MEXICO	1,187
	CAROLINA	1,567		OUTH TEXAS	427
14 FLORIS		2,575		AN DIEGO-IMPERIAL	1,058
15 TENNE		293	45 G	EORGIA	2,479
16 INDIA	NA	1,002	46 CI	ENTRAL CALIFORNIA	573

5,956 2,320 763 2,188 1,117 673 1,567 2,575 2,575 1,002 3,367 1,316 1,381 1,017 2,955 917 153



World Vets Marathon Needs Changes **Before Buffalo**

ouring the marathon course by bus on Saturday, the day before that race at the World Veterans Championships in Miyazaki, Japan, I feared doom and disaster, not only for myself as a competitor, but for others in the crowded field. I also felt the World Veterans Athletics Association had abdicated its responsibility in failing to instruct the otherwise well-organized Japanese hosts in how to do their job.

First, there was the starting line on a relatively narrow, four-lane street, which might have proved adequate for most previous World Vets marathons, but in Miyazaki, early 6000 had entered the race!

Second, was the course, which in its first few kilometers suffered two quick turns and progressively narrowed from four to three to two to one lane, then offered a U-turn with runners heading back at each other, one lane each.

Third, was the starting time of 9:00 a.m., convenient for marshalling volunteers, but difficult for marathoners, most of whom would be finishing after noon in expected hot and humid weather.

Fourth, was the arrangement of water stations at five-kilometer intervals with sponges at equal intervals between. Those intervals conform with international regulations, but while an elite runner can cover that 5K gap in 15 minutes, a slower master might be forced to run (and/or walk) anywhere from 30 to 60 minutes without relief, particularly if fading in the closing

stages on a hot day.

Riding in the seat opposite me on the bus were two individuals charged with

1995. Resignedly, I told them, "I hope you do a better job with your marathon than what I expect will happen tomorrow."

They responded by promising an earlier (7:00 a.m.) start, but I wondered if they, or WAVA, understood the totality of the problem in staging a marathon in which all participants are masters?

The next day's race proved both better and worse than I had expected.

Crowded Starting Line

The starting line did prove crowded, but volunteers stood on the grid holding signs indicating predicted finishing times. Runners were on their honor to respect those signs while choosing a place on the grid, but even arriving 15 minutes before the gun, you could line up near the front. After that, it became very crowded, although I suspect that fewer appeared than the 6000 entered.

Not wishing to lose time getting to the line, yet also not willing to stand in front of faster runners, I used an aging road runner's trick. I started outside the grid on the sidewalk despite invitations by a half dozen officials to join the jam. Other than one other runner. who appeared to be Finnish, nobody



The USA M40 400-meter relay team placed second (44.71) in Miyazaki, Japan. From left: Randy Kruse, Robert Bowen, Tom Thompson and Robert Hahn.



The USA delegation marches in at the opening ceremonies in Miyazaki.

mitted me to start even with the front line, then, after some weaving around pedestrians, rejoin the pack on the street once they had begun to thin out.

After the race, I spoke with Ruth Anderson, who had less luck at the start. Positioning herself on the grid, honestly, next to the sign showing her predicted time, Ruth lost two minutes before crossing the starting line, then spent the first several kilometers unable to run full speed because of the crowd around her.

Yet, the central four lanes at the start were bracketed by narrow grassy areas with extra lanes on each side. On the course tour, we had been told that those extra lanes also would be utilized, but they were not. Why wasn't WAVA watching?

The out-and-back, however, proved less a problem than I had anticipated. We U-turned back on ourselves near 16 kilometers; by that time the field had strung out enough so that I never had to break stride because of crowds around me. Others behind might have

had different experiences.

Late Starting Time

Concerning the starting time, a bad case of sunburn suffered by me serves as evidence that it should have been earlier. Running at high noon is no fun, and a 9:00 start guarantees that anyone failing to break three hours will be on the course at noon.

At the Honolulu Marathon, with weather conditions similar to those in Miyazaki (and with more Japanese than American runners), the race begins in the dark at 5:30 a.m. to limit time in the sun.

Ironically, if the World Vets marathon had begun at 1:00 p.m., we would have run the race in a cooling rain, which began around then. As it happened, all that rain did was chill us afterwards.

Not Enough Water

Getting water was more of a problem, particularly because of crowding at the stops. Volunteers seemed to have trouble getting cups on the table fast

Continued on page 20

PRESIDENT:

Cesare Beccalli P.O. Box 76 37010 Assenza di Brenzone (Vr) Italy

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On the Run

Continued from page 19

enough. Because of the out-and-back feature of the course, they only offered water from one side instead of two.

Tea was available at the sponge points, but it probably suited Japanese tastes better than mine. Toward the end of the race, as heat and cramps forced me to drift backwards in the field, I arrived at several water points to find them out of water. Ruth Anderson said the same, and we finished in the top quarter of the field! Woe to those behind.

Air Pollution

Another problem I had not anticipated was air pollution. My lungs began to burn almost from the beginning. Cars ran beside us in nearby lanes, although it may have been less their exhaust that caused my breathing problems than the general poor air quality of the Japanese city. Masters coach Cathy Twomey Bellamy also commented about air pollution. Controlling emissions is not WAVA's duty, although seeking courses that can be closed to adjacent vehicle traffic might help.

Advice for Buffalo

Given the experiences of the marathon in Miyazaki, what can we anticipate in Buffalo? What advice can I offer the organizers from that city who were beside me on the tour bus?

1. Starting Line: Eliminate the mass start in favor of a wave start divided by age groups. This sounds radical, but wave starts are common in triathlons and international cross-country ski races in which I have competed, as well as a select number of road races.

I feel strongly about this for competitive reasons as well as to alleviate crowding. The major attraction of master sports is that it allows us to compete against our age peers. But in a mass start marathon, you may not even be able to see, much less identify, your competition.

By adopting a wave start, each age group starts together with an appropriate interval between groups. Eventually in a race 26 miles long, runners will come together, but by that



New Zealanders Judy Chandler (left) and Margaret Orman. Chandler won the W55 800 (2:43.49), while Orman captured the W50 800 (2:28.97), 1500 (5:13.26), and 2000SC (7:46.90).



Teams from Australia (3rd), Great Britain (1st) and the USA (2nd) on the victory stand for the M40 1600 relay. Photo by Shirley Dietderich

time you will know your relative position in the field, and you won't need to suffer the delay experienced by Ruth Anderson.

The Bolder Boulder 10K race in Colorado features a wave start with computers sorting out who finished where and when. Cincinnati has a 15K that divides its field into four start times. Other road races have done the same, but the Buffalo organizers might best spend time seeking guidance next February in Hayward, Wisconsin at the American Birkebeiner, America's largest cross-country ski race with 6000 starters. The Birkie utilizes a dozen waves with three-minute gaps. I've skied the Birkie on numerous occasions, and its organizers have finetuned their starting procedures. We need to borrow their expertise.

At Miyazaki, I spoke with WAVA officials Bob Fine and Norm Green about shifting to a wave start in the marathon. Both Bob and Norm seemed receptive to the idea. WAVA should mandate a wave start for marathons at all its future championships, not merely Buffalo.

2. The Course: This should be less a problem in 1995, where the marathon course will be the same as that used annually for the Skylon Marathon as well as the 1980 and 1984 Olympic Trials.

I attended the 1984 Trials and remember a course that starts in Buffalo, but quickly crosses into Canada across the Peace Bridge, with most of its route on a tree-shaded parkway along the Niagara River, ending near the Falls. The parkway, I am told, will be closed to traffic. Pollution should not be a problem.

Nobody expects 6000 runners to enter the marathon in 1995, but why not? If the event is planned, organized and promoted properly, why wouldn't masters runners throughout North America want to attend?

Regardless of numbers, WAVA needs to assume control to assure adequate course design at all future championships. During the selection for the 1995 and 1997 Championships at the WAVA General Assembly in Miyazaki, president Cesare Becalli pointedly and repeatedly informed each bidder publicly before their presentation that WAVA will control the running of its championships. Bravo, Cesare: Just do it!

3. Starting Time: The 9:00 a.m. start at Miyazaki in October proved unacceptable. Is 7:00 a.m. in Buffalo in July much better? Marginally so, but the sun rises early in mid-summer, and Buffalo's northern latitude (and promised cooler weather) may not be enough to ensure a safe or comfortable race. It's less a problem for those contending for medals, but slower masters

Continued on page 21



Oregon's Carol Jackson took 8th in the W45 10,000 in 44:43 in Miyazaki, and came back to run the 5000 in 20:44.

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Avril Douglas, 47, of Vancouver, B.C. medaled in the 400 (bronze, 60.46) and 800 (silver, 2:18.75) in the World Veterans Championships Miyazaki.



Chile's Jorge Alzamora, WAVA South American delegate and decathlete, models the WAVA jacket with flags of many nations.

On the Run

Continued from page 20

may require five to six hours to finish.

Not everybody likes getting up in the middle of the night to either race or provide support for a race. Starting in the dark poses its own problems. Given a wave start, starting older (and slower) runners first might offer one option, except it's no fun being continually passed by faster runners.

Buffalo's organizers need to give a start earlier than 7:00 a.m. serious consideration, and WAVA should guide them in their deliberations.

4. Water Stations: Water was provided at precise five-kilometer points to conform with, what I suspect, are IAAF standards. That's fine for elite runners, but most major marathons in the U.S. that cater to the masses offer water, and other liquids, more frequently.

If international regulations now dictate where water can be offered, WAVA needs to adopt rules relevant to its constituency. One rule I'd like to see eliminated is that you cannot offer fluids except at official stations. This prohibits what the South Africans refer to as "seconding," where individuals offer support beyond that at official points.

The reason is to place everybody at an equal level, particularly runners who might not have friends or relatives with transport who could conveniently serve as seconds. Yet, the nature of the Buffalo course might make seconding in various forms a viable option, particularly for those far back. I'd like to see an army of sprinters and javelin throwers on rented bicycles accompanying their marathoning comrades. If we don't see seconding in Buffalo, maybe we'll see it in South Africa. In the meantime, relax the regulations

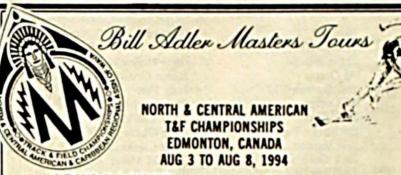


that prohibit such support.

Will the officials from Buffalo who sat across the aisle from me during the course tour in Miyazaki learn from what they saw before and during the race? They seemed willing, but every two years there's a new world championships and a new marathon and a new set of officials. WAVA needs to

take control so that future marathoners at its world champion-ships find a race worth running.

Hal Higdon is a Senior Writer for Runner's World and a regular contributor to National Masters News. About his time and place in the marathon at Miyazaki, he says, "Don't even ask."



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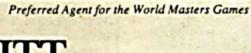
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T&F Awards

Continued from page 1

the year. She also won in 1982, 1987, 1988, 1989, 1990, and 1992.

Mulkey won five gold medals in the U.S. National Masters Indoor Championships in Bozeman, Mont., in the 60-64 age group, and won seven gold medals in the National Masters Outdoor Championships in Provo, Utah.

In Miyazaki, the retired businessman-turned-motivational-speaker captured four world championship M60 titles in the 100m hurdles, high jump, pole vault, and decathlon. During the year, he set U.S. M60 shot put records twice, and established M60 world marks in the 100 hurdles (twice) and decathlon (three times).

Raschker, an accountant, won seven gold medals in each of the National Indoor, National Outdoor and World Championships, collecting a record total of 10 medals in Miyazaki. She set a new world W45 pole vault record of 3.14m (10-31/4), and set several indoor and outdoor world and U.S. marks throughout the year.

Harvey was honored for his outstanding work as national multi-events coordinator, for helping to establish



Medalists in the 1993 Masters Indoor Pentathlon Championships: (from left) Ken Troy, Seattle; Rex Harvey, Cleveland Heights, Ohio; Fred Johnston, Fremont, Calif.; and Tom Thorne, Neosha, Mo. The 1994 Indoor Championships will be held near Chicago, March 5.

Photo by Chuck Sochor

OUTSTANDING MASTERS TRACK AND FIELD ATHLETES
Selected by the USATF Masters Track & Field Committee

GWILYM BROWN AWARD

Presented to the outstanding male and female track & field athletes in the masters program.

masters	program.					
Year	Men		Women			
1978	George Ke					
1979	Ernie Billu		Irene Obera			
1980	Al Oerter		Joann Grisson	m		
1981	Jim Burne	tt	Judy Fox			
1982	Al Oerter	Mary State of the last	Phil Raschker	ALL PROPERTY OF		
1983	Jack Green	nwood	Polly Clarke			
1984		Parry O'Brien	Irene Obera			
1985	Jim Burne		Polly Clarke			
1986	Jack Green		Christel Mille	7		
1987	Tom Patsa		Phil Raschker			
1988		r/Stan Whitley	Phil Raschker			
1989	Jack Green	The Sales Control of the Control of	Phil Raschker			
1990	Larry Alm	Control of the Contro		r/Phil Raschker		
1991	Jack Gree		Betty Vosbur			
1992	Stan Whit			n/Phil Raschker		
1993						
OU	ISTANDING SI	NGLE PERFOR	MANCE DURIN	NG THE YEAR		
1985	Brian Oldf	ield, 40	Shot put, 70'	3"		
1986	Jack Green			100m hurdles, 14.98		
1987	John Powe		Discus, 236' (
1988	Larry Stua		Javelin, 215'			
1989	Al Oerter,		Discus, 205' 1			
1990	Larry Alm		Mile, 4:06.70			
1991	Payton Joi		100, 12.91			
	Jack Green		300H, 45.20			
	Philippa R	aschker, 44	PV, 9'10"			
1992	Payton Joi	rdan, 75	100, 13.4			
	Shirley Ma	itson, 51	10,000, 37:39			
1993	Phil Mulke	ey	Decathlon, 8546 points			
	OUTSTA	NDING MULTI	-EVENTS ATHI	ETE		
1985	Boo Morce		1986 Gary Mi			
1987	Gary Mille	of the latest terms of the		1988 Gary Miller		
1989	Rex Harve		1990 Christel	Miller		
1991		y/Betty Vosburg		com/Phil Raschker		
1993		ey/Phil Raschke				
		993 AGE-GROU				
Age	Track	Field	Track	Field		
30	Peter Grimes	Mark Jaqua	Deborah Yurth	Debbie Eckhardt		
35	Ben James	Jim Barrineau	Irene Thompson			
40	Ken Popejoy	Dennis Umshler	Carol McLatchie	Joan Stratton		
46	Tom Thompson	Day Manuar	Dhil Darchker	Phil Parabbas		

1773		y/ I III Kasciikei		
	The state of the s	993 AGE-GROU	P AWARDS	
Age	Track	Field	Track	Field
30	Peter Grimes	Mark Jaqua	Deborah Yurth	Debbie Eckhardt
35	Ben James	Jim Barrineau	Irene Thompson	Carol Finsrud
40	Ken Popejoy	Dennis Umshler	Carol McLatchie	Joan Stratton
#2 # E	Tom Thompson			
45	Stan Whitley	Rex Harvey	Phil Raschker	Phil Raschker
	Ken Brinker			A DESCRIPTION OF
50	Steve Robbins	Tom Gage	Linda Upton	Joann Grissom
55	Larry Colbert	Joe Keshmiri	Carolyn Cappetta	Christel Miller
				Joann Grissom
60	Marion Sanchez	Phil Mullkey	Liz Szawlowski	Lucy Anne Brobst
65	Jim Law	Al Brenda	Johnnye Valien	Leonore McDaniels
	Chuck Sochor			AND THE STATE OF
70	Walter Dahlin	Ed Lukens	Louise Adams	Margaret Hinton
75	Dan Bulkley	Jim Vernon	Pearl Mehl	Betty Jarvis
100		Manuel White		
80	Bob Boal	Claude Hills		
	Fred White			
85	Russell Randall	Burt DeGroot	Marilla Salisbury	
90	Paul Spangler	Buell Crane		
95	SAME PROPERTY.	Everett Hosack		and the second

the weight pentathlon as an official event, and for aiding the effort to revise the WAVA multi-event scoring system and age-graded tables. He also won a gold medal in Japan in the M45 pole vault, and placed second in the decathlon in both Provo and Miyazaki.

DeNoon set U.S. M50 records in the 3000, 5000, 5K, 10K and 20K. He won the National M50 5K, 10K, and 20K, and was first overall in the WAVA 20K in Miyazaki. His place in the Mobil USATF Open 20K Championships qualified for the U.S. team.

Richards-Kerr set W40 AR's in the 5K, 10K, and 15K, and won the U.S. W40 5000, 5K, and 10K. Her place in the Mobil USATF Championships also qualified for the U.S. team.

The Awards were coordinated by Don Austin (track & field) and Bev LaVeck (racewalking). The winners were announced at USATF's Awards Luncheon at the Riviera Hotel in Las Vegas. Personalized plaques will be presented to each winner at the 27th annual National Masters T&F Championships in Eugene, Ore., on August 13

The Committee also selected outstanding T&F athletes in each fiveyear age division for both men and women in track, field, and racewalking categories. (See separate charts). Those winners will receive personalized certificates at the Nationals in Eugene.

MASTERS TRACK & FIELD ADMINISTRATOR OF THE YEAR

1978 Pete Mundle

1979 Al Sheahen

Kathy Brieger

1980 Bob Fine Ruth Anderson

1981 Bruce Springbett

Fred Mannis

1982 George Hatzfeld Jack Kelly

1983 Jim Weed

1984 Jerry Donley

1984 Jerry Donie

1985 Gary Miller

1986 Pete Mundle

1987 Frank & Dorothy Anderson

1988 David Pain

Chuck Phillips

1989 Jim Puckett

1990 Barbara Kousky

1991 Jerry Wojick Nate & Evelyn White

1992 Rex Harvey

1993 Rex Harvey



The Three Amigos (from left): Bob Broadbent, M70; Sami Daniels, W65; and Floyd Riddle, M55; winners of 13 medals, 1993 New Mexico Senior Games, Las Vegas.

Photo by Bernadette Riddle

LDR Meetings

Continued from page 17

crease revenues. Al's goal is to be the publisher, not the editor. He would also like to include more articles on training and nutrition.

Bob Fine suggested that Al get the newspaper incorporated and sell stock to reduce liability risks. Another suggestion was to have an editorial board; several people volunteered. John Boyle offered to pass along any input from us to USATF's new communications committee. Al is willing to sit down with Chuck and Barbara to work on other improvements. Joint session adjourned: 6 p.m.

Fri. Dec. 3 - 3:30 p.m.

The Committee approved records recommended by Basil and Linda Honikman of the Road Running Information Center. A motion passed to approve six 20-mile split marks at the 1990 Twin Cities Marathon. Basil reported that seven courses failed validation procedures in 1993, so those marks were rejected. Courses certified more than 10 years ago will not be kept on the permanent RRTC list, though the course can be re-listed after communication between the race director and RRTC.

Treasurer's Report: George Vernosky distributed copies of our 1994 budget, explaining that our request was cut \$4000 in the funding for Bob Boal's IAAF Veteran Committee expenses; USATF will now pick up the cost, as it does with other IAAF committees.

Administrative	\$3,970
Awards	1,200
Championship support	7,000
National governing body meetings	14,070
WAVA meetings and coordination	3,420
RRCA convention	805
IAAF coordination	4,000
Championship statistics	1,000
Association workshops	1,340
Develop award guidelines	1,610
Amount requested	\$38,415
Granted	\$34,000

Special Resolution: Jerry Donley from Masters T&F asked for our approval of a joint masters resolution to be presented to the general meeting on Saturday. The gist of the resolution as passed: because of the many contributions Dr. George Sheehan made to our sport before his death on November 1, USATF should convey our sympathy to his family.

Association Report: Jerry Crockett summarized three new programs from the

LDR Awards

Continued from page 1

U.S. rival, Francie Larrieu-Smith (\$7900).

Other award winners included Shirley Matson (51, CA), Barbara Filutze (47, PA), Paul Cummings (40, UT), and Norm Green (61, PA).

The complete awards by five-year age groups are listed on this page. The awards were coordinated by John Boyle (men) and Ruth Anderson (women). Final choices were made by the Committee at the convention and were announced at USATF's Awards Luncheon.

A special "ultra running" award went to Sue-Ellen Trapp, 44. The Otto Essig Award for meritorious service went to Charles Des Jardins, Chairman of the Committee.

Associations Committee. There will be a new insurance category for clubs, which will include liability coverage for meetings, clinics, and social runs. A new sanction fee option will be available for clubs that put on a lot of races. Because applications were never out in a timely manner for investment trust funds, a three-month lead-time requirement will soon be in effect.

Sat. Dec. 4 - 10 a.m.

Communications Committee: One mandate from Atlanta and Beyond was to improve communications within USATF, so a new committee was formed last year, and John Boyle is our representative. He and chairman Steve Anderson will work with National Masters News to improve the promotion of masters sports and the sports information network. It is the current goal of many groups to create a healthy lifestyle, and masters athletes can be in the forefront. If masters news gets put on the "wire" it can be picked up and printed by local newspapers. The communications committee can do a lot to promote the sport.

Sports Medicine: Teddy Foy reported this committee has added a "psychology" dimension which has been helpful to athletes. It focuses on eating disorders, erratic performance, loss of bone calcium, success of the East Germans and Chinese because of early training techniques and no competition until after the growth spurt, the problems inherent when young athletes are pushed into early competition, and premature psychological burnout.

New Business: Midkiff suggested our sport standardize the names for various age divisions (e.g. masters vs. veterans, etc.). We should make proposals for next year's convention.



Sue Ellen Trapp, 44, was named the outstanding Ultra-Runner of 1993 by USATF at its Las Vegas convention. She set a new world 48 hour road record of 223.7 miles in November in Sacramento.

Norm Green's motion (at the request of Hal Higdon) that our committee recommend to the Buffalo organizers that there be an age-group wave start in the 1995 WAVA Marathon passed, 16-1.

Committee Appointments: Chuck made the following appointments:

Board of Directors (besides chairman): Bob Boal:

At-large voting members to our committee: Bill Nault, Dudley Healy, Evelyn White, Teddy Foy, and Rick Recker;

Associations Committee: Jack Moran; Budget and Finance: George Vernosky; Communications Committee and Cultural Exchange: John Boyle;

Law & Legislation: Norm Brand; Member Services: Bob Langenbach; Officials: John White;

Equipment and Facilities Specifications: Jim Grey:

Jim Grey; Records: Basil Honikman; Rules: George Kleeman;

Coaching Education: Pat Vigil;

Medical Services Subcommittee and Sports Sciences: Teddy Foy:

RRTC: Norm Green;

WAVA Delegates: Norm Green and Ruth Anderson;

Ultra Committee: Ruth Anderson, Dick Good, and Roy Pirrung;

Athletes Advisory: Ruth Anderson, Rae Clark, Carol McLatchie, Pat Vigil;



Dee Nelson, 50, Gaithersburg, Md., first W40 + (19:05), Run With Lynn Jennings Cross-Country 4K, Rockville, Md., Nov. 13.

Photo by George Banker

Men's LDR Rep: Jerry Crockett. Meeting adjourned: 11:45 a.m.

Respectfully submitted, Carole Langenbach, Secretary

OUTSTANDING LONG DISTANCE RUNNERS — 1993 Selected by the Masters Long Distance Running Committee of USATF

Age	Men		Women	
40-44	Paul Cummings	UT	Carol McLatchie	TX
45-49	Bill Rodgers	MA	Barbara Filutze	PA
50-54	Sal Vasquez	CA	Shirley Matson	CA
55-59	Jim O'Neill	ОН	Barbara Betz	NY
60-64	Norm Green	PA	Gloria Brown	NY
65-69	John Keston	OR	Helen Dick	CA
70-74	Warren Utes	IL	Ellen McCoy	MN
75-79	Dudley Healy	NJ	Hedy Marque	VA
80-84	Bill Brobston	NY	Anne Clarke	IL
85-89	John Kelley	MA	Susie Hughes	
90-94	Paul Spangler	CA	Ruth Rothfarb	FL

Special Ultra-Running Award: Sue-Ellen Trapp Otto Essig Award: Charles Des Jardins

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IMASTERS SCENE

NATIONAL

- The 15th annual USATF convention drew nearly 1200 delegates to Las Vegas, Dec. 1-5, up from the 900+ that came to Louisville in 1992. Joni Shirley, 47, of San Diego, was first woman overall in the delegates' 5K race.
- Twelve activists received USATF's prestigious President's Award, including masters meet directors Tom Jordan and Dixon Farmer.
- Gail Devers edged Michael Johnson and Mark Plaatjes for open athlete-of-the-year honors, while Mac Wilkins, Rod Milburn, Stan Wright, and Jean Shirley Newhouse were inducted into the National Track & Field Hall of Fame.
- Correction to the names of USA runners of the winning (69.39) W65 400 relay in the WAVA results, p. 41, December issue: Valien, Barnes, Dietderich, and McDaniels (not Onodera-Leonard, who withdrew because of injury). Also, in that issue, the caption for the W65 1600 relay, gold-medalists picture, p. 18, should read Johnnye Valien, Diane Friedman, Marian Gordon, and Sumi Onodera-Leonard.
- Leon Joslin, 81, Seattle, was incorrectly identified as Leon Jarvis in the National Weight Pentathlon Results, p. 25, November issue. Joslin was high scorer in his division with a 3361.
- Dr. Norman Green, Jr., was elected to his third year as president of the American Running and Fitness Association (ARFA). Green, of Valley Forge, PA, is a multiple U.S. record holder in the M50, M55, and M60 age groups.

EAST

- . Michael Zeigle, 42, Sun Prairie, WI, and Sandra Jensen, 44, Milwaukee, WI, took 40 + firsts in the Marine Corps Marathon, Washington, DC, Oct. 24. Zeigle, 28 of some 13,000 finishers, captured his title in 2:34:32. Jensen, with a 3:01:45, finished in the 472nd spot. The race, in its 18th year, was marred by tragedy and controversy when Julius Becza, 58, of New Jersey, an education professor at Monmouth College, collapsed at the 23-mile mark and was airlifted to the Washington Hospital Center. where he was pronounced dead at about 1:30. Becza was the third runner to die while running in the MC marathons. The controversy arose after the winner, Dominique Bariod, 29, of France, was observed cutting corners at several points. Race officials decided that Bariod shaved only a few seconds from his time in the race. which he won by 23 seconds in 2:23:52, and he was awarded the victory.
- Jim Disciullo (40, 36:00), Columbia, MD, and Patty Shackleton (42, 40:16), Vienna, VA, ran to masters victories in the 2nd Friends of the Vietnam Veterans Memorial 10K, Washington, DC, Nov. 14. Bernie Gallgher, 53, Rockville, MD, was top M50 + in 37:11. Almost 1700 runners showed their support for the FVVM.
- A two-day masters relay meet, with a Penn Relays format, is planned for June 18-19, in Middletown, CT, at Wesleyan U. Michael Augeri, meet director, hopes to include an invitational mile, an age-graded 100, featuring ex-Olympians, and a walkers relay, with events in 10-yr, age groups.
- On November 21, a brisk 37 sunny morning in Central Park, Ernesto Ayala (42, 28:23) and Suzanne Rohr (43, 33:48) gobbled up top honors in the Turkey Classic 5-miler. William Fortune, 65, also finished very strongly with a division-winning 32:27.
- Topping the masters field in the Computer Run 5-miler, Central Park, November 7, were Paul Mascali (41, 25:32) and Cheryl Ralya (47, 32:22). Toshika E'Elia, 60, also continued her division-winning ways posting a 37:37, and John McManus, 70, steamrolled over his competitors with an outstanding 34:24.

- Peter Blomquist (2:35:26) and Jan Vermilye (3:04:45) outdistanced the masters field at the Rhode Island Marathon, Providence, October 31. Both runners also placed ninth overall.
- James Moreland (40, 14:59), Rockville, MD, and Dee Nelson (50, 19:05), Gaithersburg, MD, nabbed 40+ firsts in the Run With Lynn Jennings 4K Cross-Country, Rockville, MD, Nov. 13.

SOUTHEAST

- Pete Farmer, M40, two-time Olympian, threw the 16-lb. hammer 187-7 in the USATF South Carolina Weight Pentathlon, Florence, Dec. 4. His throw would have won that event at the recent WAVA Games in Miyazaki, Japan.
- On January 22, six legendary milers will compete against one another in the Miami Mile. A handicapping system will be used based on each runner's current training time. Staggered starts along Biscayne Boulevard should give this unique field equal footing, despite disparity in age and fitness. The invited runners are Rod Dixon, Marty Liquori, Jim Ryun, Frank Shorter, Peter Snell, and Wilson Waigwa. This race celebrates the 40th anniversary of Roger Bannister's breaking the 4-minute mile on May 6, 1954. In addition to the featured race, there will be an elite men's and women's mile as well as a "people's" 5K, according to race director Mike Marcus.

MIDWEST

Terry Elsey (40, 34:27), Farmington Hills, MI, and Vickie Putnam (45, 41:30), Dearborn, MI, flew to master victories in Detroit's Thanksgiving Day Turkey Trot. About 4500 runners contested in 34° weather.

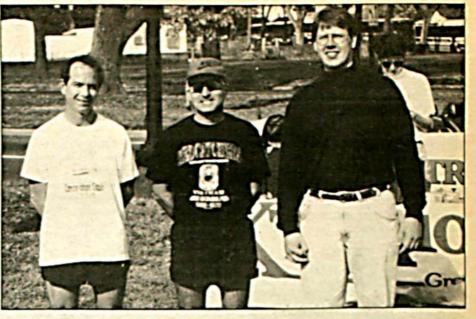
MID AMERICA

 Two Kansas age-group records were set in late fall races, when Jim Peller, Pittsburgh, KS, set a new mark of 17:57 in the M50-54 bracket in the Jingle Bell 5K, Overland Park, and Paul Heitzman, Eudora, KS, established a record of 11:44 for the M60-64 group in the Turkey Trot Two Mile, Wichita.



James Moreland, 40, Rockville, Md., first M40 + (14:59), Run With Lynn Jennings Cross-Country 4K, Rockville, Nov. 13.

Photo by George Banker



Jim Disciullo, 40, Columbia, Md., first masters runner (36:00), Friends of Vietnam Veterans Memorial 10K, Washington, D.C., Nov. 14, with Bob Oberti, 46, Waldorf, Md., second (36:17), and Jerry Stagmaier of the FVVM.

Photo by George Banker

SOUTH WEST

- Tim Murphy, 71, Irving, TX, who, with his wife, Hermia, traveled to Miyazaki for the WAVA Championships, where he took a silver in the M70 100 and a gold in the 400 relay, met a Mr. Chuhei Nambu, 90, in Japan, who said he had been in the 1932 Los Angeles Olympics. Upon returning home and checking the Olympic history, Murphy discovered that Nambu was not only in the triple jump but set a WR of 51-7. Murphy, busy getting the word out on masters T&F, has been interviewed on three different TV stations in the Dallas area.
- Masters marathoners are cashing in at the finish lines in Texas. Last month, the Dallas White Rock Marathon offered a \$750 first prize to the first 40+ man and woman. On Jan. 16, the Houston-Tenneco Marathon offers a total of \$7500 through the top five 40+ men and women. The Motorola Austin Marathon, March 6, has a \$6500 total purse for the first three men and women 40-and-over, plus \$1200 in prizes for the first three m&w ages 60-and-up.

WEST

- Jack Miller, 48, Spences Bridge, BC, scampered to a masters victory with a 2:35:18 in the California International Marathon, Sacramento, Dec. 5. Sandra Mewett, 44, Smith Parish, Bermuda, took the W40+ race in 2:51:36. Herb Phillips, 53, Burnaby, BC, was third 40+ in 2:37:39.
- Bess James, 83, whose W75 WR for 3000 (17:37.2) still stands after eight years, is

residing in the Point Loma Convalescent Hospital in San Diego. If you'd like to write, the address is 3202 Duke St., San Diego, CA 92110.

NORTHWEST

 The Cascade Run Off 15K, a 16-year-old Portland, OR race and the first to openly give prize money to road racers, has folded for lack of sponsorship.

INTERNATIONAL

 The 13th Juan J. Lopez Veterans Meet in Montevideo, Uruguay, drew 227 participants, Nov. 13-14. The host country led in number of participants (91), but Brazil, with 78 athletes, led in gold medals (77).



Southern Masters Indoor Championships

Saturday, February 12, 1994 - Decatur, Alabama

Come to north Alabama for the inaugural Southern Championships for athletes age 30 and over on a super fast 200 meter banked board track.

Full age-divisions for both men and women with awards in all divisions & events Events: 55m, 200m, 400m, 800m, Mile, 3000m, 5000m, 55m Hurdles, 4x200, 4x400, High Jump, Pole Vault, Long Jump, Triple Jump & Shot Put. Auto timing.

For entry information call John Jarmon at (205) 871-9100.

An age-group championship for athletes 29 and under will also be held.

Come Experience The Thrill Of Running On The Boards

schedule

Track and field events feature competition for men and women over 30 unless otherwise noted. 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. 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 2372, Van Nuys, CA 91404.



TRACK & FIELD

March 5. USATF National Masters Men's & Women's Indoor Pentathlon Championships. Proviso West HS (near O'Hare Airport), Chicago. 3 p.m. Jeff Watry, 24320 77th St., Paddock Lake, WI 53168. 414/843-3567 (h); 708/473-3700.

March 25-27. USATF National Masters Indoor Championships, Columbia, Mo. Don Dobson, U. of Missouri, 344 Hearnes Center, Columbia, MO 65211. 314/882-4087, 882-6501. June 17-19. USNSO Senior Open,

Washington U., St. Louis. 55+. No local qualifying required. USNSO, 14323 S. Outer Forty Rd., Suite N300, Chesterfield, MO 63017. 314/878-4900.

July 16-17. USATF National Masters Decathlon/Heptathlon Championships, Joplin, Mo. Tom Thorne, 417/451-7417. August 11-14. 27th USATF National

Masters Championships, Eugene, Ore. Tom Jordan, PO Box 10826, Eugene, OR 97440. 503/687-1989.

August 20. USATF National Outdoor Weight & Superweight Throw Champion-ships, U. of Washington. Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206/932-3923.

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

January 7. 25th Dartmouth Relays, Leverone Field House, Hanover, N.H. Carl Wallin, meet director, Dartmouth College, Alumni Gym, Hanover, NH 03755. 603/646-2848; 646-2540.

January 7-April 7. Syracuse U. Noontime Indoor Running League, Manley Field House. Different event weekly. Patti Ford, 2458 Swift Rd., Lafayette, NY 13084-9576. January 9. Philadelphia Masters Indoor Development Meet, Swarthmore College. 10 am. Karl Castor, 44 N. Penn St., Hatboro, PA 19040. 215/441-8584.

January 9, 23, 30, February 20. DC Road Runners Indoor Track Meet Series, 8:30 a.m. Thomas Jefferson Community Center. D.C. Road Runners Club, P.O. Box 1352, Arlington, VA 22210. 703/241-0395.

January 13. West Penn TC Indoor Championships, Slippery Rock U. 9 a.m. Ray Sanchas, 428 Center Ave., Carnegie, PA 15106. 412/281-4136 (d); 429-1410(e). January 16. Greater Rochester RC Indoor Meet, U. of Rochester Fieldhouse. 3 pm. Rick Guido, 6 Timber Lane, Fairport, NY 14450. 716/425-3116 (h); 359-5257 (w). January 16. Brown U. Masters Indoor Championships, Providence, R.I. Send SASE to Neil Steinberg, 46 Roberta Ave.,

Pawtucket, RI 02860.

January 22. 27th annual Hartshorne Masters Mile, Cornell U., Ithaca, N.Y. M40+/W30+. Rick Hoebeke, director, 2706 Agard Rd., Trumansburg, NY 14886. 607/255-6530(d); 387-6431(e).

February 13. New Jersey USATF Indoor Championships, Fairleigh Dickinson U., Hackensack. M&W30+. SASE to James Manno, 792 Schaefer Ave., Oradell, NJ 07649. Featuring the George Sheehan Memorial Invitational Mile.

February 13. Philadelphia Masters Indoor, Kutztown. Full schedule/Tom Robinson Mile. 10 a.m. Karl Castor, 44 N. Penn St., Hatboro, PA 19040. 215/441-8584.

March 5. Philadelphia Masters Indoor Games, Haverford College. Karl Castor, 44 North Penn St., Hatboro, PA 19040. 215/441-8584.

April 28-30. Penn Relays, Philadelphia. Thurs.: age-graded PV; Fri.: 4x100 (M40+, M50, other) /100 (M60, M50, M40); Sat.: 4x400 (M50+, M40+, other); 100 (M75+). Karl Castor, 44 N. Penn St., Hatboro, PA 19040. 215/441-8584. Runners World Masters Mile, 30th, Marc Bloom, 908/308-9701.

June 5. New Jersey USATF Sub-masters/Masters Championships, TBA. Sanford Kalb, 22 Addison Rd., Howell, NJ 07731. 908/363-5426.

June 18-19. Masters Relay Meet, Mid-dletown, Conn. Wesleyan U. Invitational masters mile. Age-graded 100m, featuring ex-Olympians. 10-year age groups. Michael Augeri, 468 Mile Lane, Middletown, CT 06457. 203/632-2378.

June 26. Garden State AC International Submasters/Masters Meet, Randolph HS. Morton Hahn, 19 Bedminster Rd., Randolph, NJ 07869, 201/625-1764.

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

January 23. USATF Southeast Regional Masters Indoor Championships, Mur-freesboro, Tenn. SASE to Randall Brady, 2709 Linmar Ave., #5, Nashville, TN 37215. 615/383-6733.

February 12. Southern Indoor Championships, Decatur, Ala. Not regional championships. 200m, banked-board surface. Automatic timing/USATF officials. John Parks, 205/956-5009.

May 6-8. Southeastern Masters Invitational, North Carolina St. U., Raleigh. New t&f facility. Pentathlon/weight pen-tathlon/5K & 20K walks. SE USA Masters, Inc., Box 590, Raleigh, NC 27602. Ray Fulghum or Dale Smith, 919/831-6640, M-F 9-5, Eastern time.

May 21. Birmingham TC Classic, Samford U. Gordon Seifert, 1514 Ridge Rd., Birmingham, AL 35209, 205/879-8031.

May 28-29. USATF Southeast Regional Masters Championships, Knoxville, Tenn. Pentathlon/weight pentathlon on 28th; all other events on 29th. Dean Waters, 615/483-7743 (e).

June 25. Southeastern Masters Classic Greenville, S.C. Dick Bloomfield, 103 Crestwood Dr., Greer, SC 29651. 803/879-7839.

July 16. Nashville TC Open & Masters, Tennessee Prep School. Randall Brady, 2709 Linmar Ave. #5, Nashville, TN 37215. 615/383-6733

MIDWEST Indiana, Kentucky, Michigan, Ohio, Wisconsin, West Virginia.

January 9. Lake Erie Association Indoor Championships, Baldwin-Wallace College, Berea, Ohio. Lake Erie Indoor Meet, 1595 Elmwood Ave., Lakewood, OH 44107. Ed. Wilson, 216/792-5472; Joann Kitchen, 216/221-6689.

January 15. Athlete's Foot Masters Indoor Meet, Augustana College, 639 38th St., Rock Island, Ill. Pete Stopoulos, 1029 16th Ave., East Moline, IL 61244. 309/755-2655

March 5. USATF Illinois Masters Indoor Championships. Proviso West HS, Hillside. USATF Illinois, 111 W. Butterfield Rd., Elmhurst, IL 60126. 708/833-7303.

March 19. USATF Midwest Regional Masters Indoor Championships, Glenbrook HS, Glenview, Ill. Bruce Mills, 395 Catbird Ln., Deerfield, IL 60015. 708/541-3905.

May 29. Wolfpack Pentathlon, Upper Arlington HS, Columbus. John White, 4865 Arthur Place, Columbus, OH 43220. 614/459-2547.

July 30. Midwest Masters Championships, Marshall U. (not regional championships). David Stooke, 119 Cheyenne Tr., Ona, WV 25545. 304/736-8474.

SOUTHWEST Louisiana, Mississippi, Texas. Arkansas, Oklanoma

February 13. USATF Oklahoma Masters/Open Indoor Meet. Mosier Fieldhouse. U. of Okla-Norman. 11 a.m. Rick Rosser, 212 S. Trail Ridge Rd., Edmond, OK 73034. 405/341-0164.

WEST Arizona, California, Hawaii, Nevada

December 19, January 2, February 13, March 5-6. Pacific Association Indoor Pole Vault Development Grand Prix, Horace Crow PV Center, 2317 Central Ave., Alameda, Calif. Eddie Seese, 1144 Holly Alameda, CA 94502-7061. 510/523-8618.

January 8-February 26. Los Gatos Winter All-Comers. Los Gatos HS. Every Sat., 11 a.m. Willie Harmatz, 20 High School Ct.,

Los Gatos, CA 95032. 408/354-7365.

January 29. College of the Desert Meet,
Palm Springs, Calif. Mike Castaneda, 619/321-9299.

February 11-20. California Senior Olympics, Palm Springs. 50 + . Mizell Sr. Center, 480 S. Sunrise Way, Palm Springs, CA 92262. Douglas Brown, 619/322-4475.

February 12. Inner-City Outdoor Meet, Los Angeles City College Stadium, 10 a.m. \$3.00. 6-lane brick/clay surface. Divisions: open, masters, novice, youth, etc. Events: 5000, 55, 55H, 1000, 400, 3000, 300H, 4x400, 8x200, JT, HJ, SP, LJ, DT, TJ. Mary Thompson, 213/666-9126.

February 19. KELfield Throws Series #25. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060, 408/458-0202.

March 12, (tentative), John Ward Masters Invitational, Rancho Santiago College. Al Siddons, Rancho Santiago College, 17th & Bristol, Santa Ana, CA 92706. 714/564-6936.

March 19. Inner City Relays, Los Angeles City College. Marv Thompson, 213/ 662-1062.

April 23. Bob Watanabe Memorial Meet. UCLA. Bill Adler, 619/325-6307.

April 24-May 7. Crown Valley (Pasadena) Senior Games, Occidental College. 50+. Christel Miller, t&f director, Cynthia Vaughn, Pasadena Sr. Center, 85 E. Holly

ON TAP FOR JANUARY

TRACK AND FIELD

The 25th Dartmouth Indoor Relays on the 7th play host to a large contingent of masters. The Philadelphia Masters Meet at Swarthmore, and the Lake Erie Association Championships at Baldwin-Wallace College, Berea, Ohio, take place indoors on the 9th. The Athlete's Foot Masters Indoor, Augustana College, Rock Island, Ill., is scheduled for the 15th. The Brown U. Masters Indoor is set for the 16th in Providence. The 22nd lists an indoor meet in Eugene, Ore., and the 27th annual Hartshorne Masters Mile at Cornell, Ithaca, N.Y. The 29th shows the SC Striders Midwinter Classic in Palm Spr-

LONG DISTANCE RUNNING

The slate includes the 87th Jackson Day 9K, New Orleans, on the 9th; the Paramount World Masters 10K in California on the 15th; and the Walt Disney World and Houston-Tenneco marathons on the 16th. The 30th offers two Super Bowl Sunday 10Ks, one in Redondo Beach, Calif., and the other in Las Vegas, Nev.

RACEWALKING

Most of the t&f meets, indoor and outdoor, include a racewalk, as do many of the LDR events.

St., Pasadena, CA 91103. 818/795-4331: 397-4062

May 14. Southern Calif. Striders Meet, CSU-Long Beach. Hugh Cobb. 619/436-7696.

May 21. Visalia Classic, Sunkist Stadium, Bob Higginbotham, 1026 W. Princeton, Visalia, CA 93277. 209/732-8030.

May 29. Dan Aldridge Memorial Meet, UC-Irvine, Calif. Mac McCormick, 714/586-9982(eve).

June 11. USATF-SCA Championships, Occidental College. Christel Miller, 818/843-2139.

June 11. Los Gatos Pacific Classic, Los Gatos HS. Rick Mylem, meet director, c/o Athletic Performance, 55 W. Main St., Los Gatos, CA 95030. 408/354-7365.

July 2-3. USATF West Regional Masters Championships, site TBA. Hugh Cobb, 619/436-7696.

July 10. Trojan Masters Meet, USC, Los Angeles, Russ Reabold, 818/917-6289.

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

January 22. Eugene Indoor Meet, Lane County Fairgrounds, Oregon. 6 p.m. Registration at site. Larry Norris, 503/687-0588.

June 11. Volcano Classic, St. Helens HS. Emil Torquato, 28 Sunset Place, St. Helens, OR 97051. 503/397-4102(eve).

July 9. Helena Masters/Seniors Meet, Vigilante Stadium. Manuel/Helen White, P.O. Box 5058, Helena, MT 59604. 406/227-5020.

Continued on next page

Continued from previous page

INTERNATIONAL.

March 12-13. WAVA South American Regional Championships, Kali, Colombia. Easter, 1994. Australian Veterans Championships, Sydney. Kerry & Jean Thew, (047) 841761.

April 21-23. WAVA African Regional Championships, Durban, South Africa. July 2-12. WAVA European Regional Championships, Athens, Greece. Europeans only.

July 11-16. WAVA Oceania Regional Championships, Fiji.

August 4-7. WAVA North American Regional Championships, Edmonton, Alberta, Canada. Liz McBlain, 10427 21st Avenue, Edmonton, Alberta, Canada, TJ6 5E9. 403/438-2911.

September 4-October 8, 1994. Third International Masters Games, Brisbane, Australia. 3rd International World Masters Games, Locked Bag 1994, GPO Brisbane, Queensland, Australia 4001. 617/405-0999. TBA. WAVA Asian Regional Championships, Jakarta, Indonesia.

LONG DISTANCE RUNNING NATIONAL

February 12. USATF National Masters 100K Championships, Sacramento, Calif. Norm Klein, 11139 Mace River Ct., Rancho Cordova, CA 95670. 916/638-1161.

Cordova, CA 95670. 916/638-1161. June 26. USATF National Masters Half-Marathon Championships, Fairfield, Conn. Stephen Lobdell, 69 Beverly Ln., Fairfield, CT 06430. 203/374-7759.

FAST

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

February 27. Hudson Mohawk Marathon, Albany, N.Y. Carl Poole, P.O. Box 1026, Albany, NY 12201. 518/783-1729.

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

January 16. Walt Disney World Marathon, Orlando. 407/827-7200.

January 22. Miami Mile-Legends of Running (invitational), also "People's" 5K. Rick Stern, 305/384-7521.

February 27. Metro-Dade Miami Marathon/Half-Marathon. Miami RC, Michael Peyton, Tropical Park Stadium, 7920 S.W. 40th St., Miami, FL 33155. 305/227-1500.

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

February 13. Columbus Roadrunners Winter 15 Mile/3 Mile, Judith Asmus, 1457 Crest St., Reynoldsburg, OH 43068. 614/759-7654.

March 13. Nike Sportmart Shamrock 8K, downtown Chicago. Jan Canepa/Carolyn Cannady, The Eventors, Inc. 312/944-6667.

SOUTHWEST Arkansas, Louisiana, Mississippi,

January 9. 87th annual Jackson Day 9K. New Orleans TC, PO Box 52003, New Orleans, LA 70152. 504/482-6682;

468-1488.

January 16. Houston-Tenneco Marathon.

Marathon, 5900 Memorial Dr., Ste. 200,

Houston, TX 77007, 713/864-9305

Houston, TX 77007. 713/864-9305. January 22. Mardi Gras Marathon. New Orleans TC, PO Box 52003, New Orleans, LA 70152. 504/482-6682; 468-1488.

THE COMPETITIVE ROAD RACER DECEMBER 1993 P.O. BOX 1765 BROOKLINE, MA 02146

Masters Winning Prize Money In Open USA Women 1983

Portonaki, Bernadina	NZL	\$10,900	Boston	26.22	02.41.10	13
Bondarchuck, Irina	RUS	85,500	Boston	26.22	02:49:15	15
Portenski, Bernadine	NZL	85,000	Twin Cities	26 22	02:41:25	
Pay Buzanne	AK	85,000	Twin Cities	26.22	02 46 22	13
Larrieu-Bmith, Francie	TX	83,200	Felmouth	7.1	00:30:42	15
Virga Carol	FL	83,000	Charlotte	8.21	02:55:40	
Lerrieu-Smith Frencie	TX	82,600	Charlotte 10K	8.21	00:34:55	
Beurskens Carls	HOL	82,000	Cascade	9.33	00:51:06	4
Lerrieu-Bmith Frencie	TX	81,500	Peschtree	8.21	00 33 49	
Claverella Claudia	TN	81,400	Charlotte	8.21	09:02:10	
Filutze, Berbers	PA	81,400	New Heven	12 44	01:14:27	
Greyoon Nancy	MI	81,225	Perkersburg	13.11	01:20:32	11
Gereeu Jeogueline	CAN	81,200	River Run	0.33	00:54:50	10
MoLatchia, Carol	TX	81,200	Charlots 100	8.21	00:35:44	
McLatchie, Carol	TX	61,000	Bloomeday	7.45	00:43:19	14
MoLetchie, Carol	TX	\$1,000	Bay To Breek	7.45	00 42 47	7
Greyeon Nenoy	MI	8500	Hospital Hill	13 11	01:20:45	4
	Bondarohuok, Irina Portenaki, Bernadina Pay, Suzanna Lerrieu-Bmith, Francia Virga, Carol Lerrieu-Bmith, Francia Bourakena, Caria Lerrieu-Bmith, Francia Cisvarella, Cisudia Filutza, Barbara Grayeon, Nanoy Gareau, Jacquelina MoLatchia, Carol MoLatchia, Carol	Bonderchuck, Irina PUB Portenski, Bernadine NZL Nzs. Buzzanne AK Lerrieu-Bmith, Francie TX Virga, Cerol FL Lerrieu-Bmith, Francie TX Beurekena, Caria HCL Lerrieu-Bmith, Francie TX Cisvarella, Cisudia PA Greyson, Nancy MI Qareau, Jacqueline CAN MoLatchie, Carol TX	Bondarchuck, Fina PUB 85,500 Portanaki, Bernadine NZL 85,000 Pey, Suzanne AK 85,000 Lerrieu-Smith, Francie TX 82,800 Virga, Carel FL 83,000 Lerrieu-Smith, Francie TX 82,800 Bourskana, Carla HOL 82,000 Lerrieu-Smith, Francie TX 81,800 Clavaratia, Claudia TN 91,400 Clavaratia, Claudia TN 91,400 Grayson, Nanoy MI 91,225 Garceu, Jacqueline CAN 81,200 MoLatchie, Carol TX 81,000 MoLatchie, Carol TX 81,000 MoLatchie, Carol TX 81,000	Bonderchuck, Irina RUS 85,500 Boston Portenski, Bernadine NZL 85,000 Twin Cities Pay, Suzanne AX 85,000 Twin Cities Larriou-Smith, Francie TX 83,200 Falmouth Virga, Carol FL 83,000 Charlotts Larriou-Smith, Francie TX 82,600 Charlotts Larriou-Smith, Francie TX 81,500 Charlotts Larriou-Smith, Francie TX 81,500 Charlotts Larriou-Smith, Francie TX 81,500 Charlotts Clavarsia, Claudis TN 81,400 Charlotts Filutza, Berbars PA 81,400 New Heven Greyson, Nancy MI 81,225 Perkarsburg Gareau, Jacqueline CAN 81,200 River Run McLatchia, Carol TX 81,200 Charlotts 10X McLatchia, Carol TX 81,000 Bloomedsy McLatchia, Carol TX 81,000 Bay To Break	Bondarchuck, Fina PUB 85,500 Boston 26,22 Portanaki, Bernadine NZL 85,000 Twin Cities 26,22 Pay, Buzanne AK 85,000 Twin Cities 26,22 Larrieu-Bmith, Francis TX 83,200 Falmouth 7,1 Vrga, Carol FL 83,000 Charlotte 62,1 Larrieu-Bmith, Francis TX 82,600 Charlotte 10X 8,21 Bourskana, Carla HOL 82,000 Cascade 8,39 Larrieu-Bmith, Francis TX 81,800 Paschtree 8,21 Clavaretia, Claudia TN 81,400 Charlotte 6,21 Filutze, Berbars PA 81,400 New Heven 12,44 Creyson, Nancy MI 81,225 Partaraburg 13,11 Qarceu, Jacqueline CAN 81,200 River Run 8,33 MOLatchie, Carol TX 81,000 Biomeday 7,45 MoLatchie, Carol TX 81,000 Biomeday 7,45 MoLatchie, Carol TX 81,000 Bay To Break 7,45 MoLatchie, Carol TX	Bondarchuck, Irina RUB 85,500 Boston 26,22 02,43,15 Portanaki, Barnadina NZL 85,000 Twin Cities 26,22 02,41,25 Rey, Suzanna AK 85,000 Twin Cities 28,22 02,41,25 Rey, Suzanna AK 85,000 Twin Cities 28,22 02,46,22 Lerrieu-Bmith, Francia TX 83,200 Palmouth 7,1 00,39,42 Virga, Carel FL 83,000 Charlotta 10X 8,21 00,34,55 Bourskens, Carla HOL 82,000 Cascade 8,39 00,51,06 Lerrieu-Bmith, Francia TX 81,500 Paschtres 8,21 03,34,55 Clavaratia, Claudia TN 81,400 Charlotta 8,21 03,32,10 Filutas, Berbara PA 81,400 New Heven 12,44 01,14,27 Caresu, Jacquelina CAN 81,200 River Run 8,33 00,54,56 MoLatohia, Carol TX 81,000 Biomeday 7,45 00,43,18 MoLatohia, Carol TX 81,000 Bay To Break 7,45 00,42,18

THE COMPETITIVE ROAD RACER 817-869-8869

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	Kurte Doug	MI	87,000	Grandma's	MAR	02:18:39	1	
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	Neverro, Artemio	MEX		Twin Cities	MAR	02 17 07		
	Cummings Paul	UT		Twin Cities	MAR	02 20 14	13	
	Kurtie Doug	MI	84,000	Fox Cities	MAR	02 20 34		
	Birnie Tom	NZL	83,750	Las Veges	MAR	02:20:44		
	Kurtle Doug	MI	83,000	Pitteburgh	MAR	02:29:45	12	
	Levises Pierre	FRACO	82,750	Old Kent Bank	25K	01:10:24		
	Kurtie Doug	MI	82,500	Detroit	MAR	02:22 46	•	
	Rose Nick	GBA	82,100	Cooper River	10k	00:30:21		
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	Kurtia Doug	MI		Auetin	MAR	02:10:07		

WEST Arizona, California, Hawaii, Nevada

January 15. Paramount 10K, Paramount, Calif. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648, 714/841-5417.

January 15. Paramount 10K World Masters Division. Pre-registration only, by Jan. 9. Must meet qualifying standards: M40 34:00/M45 36:00/M50 38:00/M55 40:00/M60 43:00/M65 47:00/M70 52:00/M75 65:00/M80 90:00/M85 100:00/M90 110:00/W40 40:00/W45 42:00/W50 44:00/W55 47:00/W60 52:00/W65 60:00/W70 75:00/W75 90:00/M80 100:00. See Jan. 15 above.

January 23. Tucson Parks & Recr. Sr. Olympics 5K/10K. 602/791-4865.

January 30. Redondo Beach Super Bowl Sunday 10K Run/5K Walk, Redondo Beach, Calif. Deke Houlgate Enterprises, 21311 Hawthorne Blvd., #102, Torrance, CA 90503. 310/540-5001.

January 30. Super Bowl Sunday 10K, Las Vegas, Nev. Green Valley AC. Call TRI-A-RUN at 702/870-8269.

February 5. 28th Las Vegas Marathon/ Half-Marathon/5-Person Marathon Relay. Masters money. Las Vegas Marathon, Al Boka, director, PO Box 81262, Las Vegas, NV 89180. 702/876-3870.

February 6. Long Beach Marathon. Robert Fernald, director, 1825 Redondo Ave., Long Beach, CA 90804. 310/494-7089; 494-2664.

March 6. Los Angeles Marathon. L.A. Marathon, 11110 W. Ohio Ave., No. 100, Los Angeles, CA 90025-3329. 310/444-5544.

INTERNATIONAL

January 14-16. Bermuda International Race Weekend (marathon/half-marathon/mile). The Bermuda Marathon Secretary, PO Box DV397, Devonshire DV BX, Bermuda. 809/238-2333.

July 30-31. 2nd WAVA Road Racing Championships, Scarborough (Toronto), Ontario, Canada. 10K, 30th/25K & 20K RW, 31st. WAVA RR Championships, 1220 Sheppard Ave. East, Rm 218, Willowdale, Ontario, Canada, M2K 2X1.

RACE WALKING

January 1-December 31. One-Hour Postal Racewalk. Shore AC, Elliot Denman, 1-Hour Postal RW Coordinator, 28 N. Locust Ave., West Long Branch, NJ 07764. 908/222-9080.

February 3-6. ARWA Training Camp, Puerto Vallarta, Mexico. All levels. Beginners welcome. ARWA, 303/447-0156. April 24. Crown Valley (Pasadena) Senior Olympics. See April 24, T&F schedule.



Marcia Trent, 75, Anchorage, Alas., and her running pal, Karen Ide, 43, Reno, Nev., finished the Big Sur Trail Marathon in 8 hours, 11 minutes, Oct. 30. John Trent, 75, is on the left, and Gary Ide, 43, who ran the half-marathon, is on the right.

Masters Age Records 1992

(1993 Edition)

Compiled by WAVA and TAC Masters T&F Records Chairman Pete Mundle with Rex Harvey, Shirley Dietderich, Beverly LaVeck and Alan Wood.

- Men's and Women's World and U.S. Age Bests for all Track & Field Events, age 35 and up, as of Oct. 31, 1992.
- U.S. Age bests for Men & Women for all racewalking events, age 40 and up, as of Oct. 31, 1992.
- Men's U.S. Masters Indoor & Outdoor Championship Records.
- 56 pages. Thousands of entries. Lists name, age, state, and date of record.

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City	State	Zip
City		Markey Water
Address	7.55	Contract the
Name		

RECIPIENTS OF CERTIFICATES/PATCHES AS ALL-AMERICANS FOR ACHIEVING U.S. STANDARDS OF EXCELLENCE

W35-59 Annella Smith	SK RM	15:45	9/25/93
W70-74 Jean Cotner	5000M RW	59:25	9/17/93
M30-34 Bailey Harris	400M Hurdles	57.4	6/12/93
Michael W. Brown	110M HH 110M HH	17.6	6/26/93 7/25/93
Johnnie Thomas Tom Thompson	110M HH 100M 100M 200M 400M	17.26 11.55 11.2 23.04 51.47	8/12/95 8/22/95 10/07/95 10/07/95 10/07/95
M45-49 Michael Dove	5000M 10,000M 1500M	16:57 55:57 4:51.4	4/25/95 5/02/95 6/12/95
Thomas Light Bob Sager	5000M Mile High Jump 35# Weight	16:40.4 4:49.2 1.70 12.00	6/12/95 7/30/95 8/11/95 10/16/95

M50-54			
Hans W. Ehrnstrom	35# Weight	11,18	2/28/95
	35# Weight	11.00	3/07/95
	354 Weight	10.76	6/06/93
	35# Weight	10.77	6/27/95
	Shot Put	40-11 3/4	
		40-11 3/4	
	Shot Put		
	Shot Put	40-9	7/28/95
The second second	35# Weight	15.54	8/22/95
Denny Faler	35# Weight	10.45	9/18/95
Tom O'Hora	400M	55.5	8/11/95
Ken Winters	Triple Jump	11.54	8/11/95
	100M HH	16.25	8/11/95
	400M IMH	66.22	8/11/95
M55-59			
Wayne Bennett	100M	12.05	5/22/95
	200M	24.75	5/22/95
	400M	59.15	6/15/95
Jay Edwards	Shot Put	11.62	8/22/95
Jack Miller	800M	2:19.12	8/14/95
Richard W. Otzman	Long Jump	19-2 1/2	8/20/95
Charlie Richard	200M	26.99	4/50/95
William L. Smith	Discus	127-2	6/27/95
Bob Warren	35# Weight	9.60	4/17/95
	56# Weight	6.58	4/17/95

M60-64	Note the last		
Bill Brazelton	Javelin	145-5	6/12/95
Stan Giles	1001	15.4	9/12/95
Robert T. Litton	Triple Jump	29-7 1/2	8/13/92
Mark R. Richards	100M Hundles	19.9	9/01/91
	100M Hurdles	19.4	7/05/92
	100M Hundles		8/22/95
M65-69	The same of the same of the same of		Contract of the last
Ton Maloy	High June	4-5	8/06/95
Harold W. Willis	Steeplechase		8/12/95
	31200100.001		
H70-74	FRANK 811	50:07	8/19/92
Donald Cotner	5000M RV		9/17/95
	1500M RV	8:52	8/27/95
Robert V. Hinkle	Javelin	102-2	5/22/93
Rod Mariott	Discus	106-8	5/22/95
	Javelin	114-6	5/22/95
The second second	Hanner	106-4	
Ken Wheeler	High June	4- 1/2	8/11/95
H75-79			
Donald D. Hull	High Jump	1.27	9/25/93
	Hammer	52.25	9/25/95
M85-89			
Harold E. Hoffmann	High June	3-4	6/12/95
	Shot Put	21-10	6/12/95
	Discus	61-8	6/12/95
		_	

	Section 191											
	U.S	. MA	STE	RS ST	TANI	DARI	DS O	F EX	CEL	LEN	CE	
200					FO	R ME	N					
Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.5	18.0	20.0
400	51.0	52.5	54.0	25.1 56.0	26.0 58.5	61.5	65.0	70.0	76.5	35.8	39.8	105.0
800	2:01	2:04	2:08	2:13	2:19	2:27	2:37	2:49	3:06	3:27	3:54	4:24
1500 Mile	4:11	4:15	4:22	4:53	4:45 5:07	5:02	5:24	5:47	6:22	7:03	7:59 8:42	9:15
5000	15:30	15:42	16:06	16:44	17:30 36:15	18:24	19:36	21:08	23:30	26:00 54:30	29:00	37:30
10000 110H	15.3	32:35	17.75	18.75	Section 1	36:10	40130	**113	*0:30	34130	01.13	THE REAL PROPERTY.
100H					18.0	19.0	20.0	21.3				
80H 400H	57.6	59.7	62.0	64.4	67.2	70.6			18.0	21.0	25.0	30.0
300H					48.0	51.0	55.0	60.0	66.5	74.5	84.0	95.0
3K-SC 2K-SC	10:00	10:20	10:55	11:40	12:30	13:20	9:30	10:30	12:00	14:00	16:30	19:30
нл	1.94	1.85	1.76	1.68	1.59	1.50	1.41	1.32	1.23	1.13	1.02	.92
	6-45	6-3/4	5-94	5-6	5-24	4-11	4-75	4-4	4-4	3-8	3-4	3-1
PV	14-5%	4.15 13-7k	3.90	3.60	3.30	3.05	2.80 9-24	2:55 8-44	7-64	6-85	1.80 5-11	1.50 4-11
- W	6.55	6.20	5.85		5.10	4.75	4.40	4.00	3.65	3.35	3.00	2,65
TJ	21-6	12.65	19-24	17-104	10.40	9.65	8.90	8.20	7.50	6.80	9-10	8-84 5.50
all plants	43-95	41-6	39-5	36-7	34-14	31-8	29-24	26-11	24-74		20-4	18-5
Shot	15.20	14.10	13.00	12.00	12.40	11.20	12.00	10.80 35-54	10.00	8.80	7.65	6.50
Disque	44.80	42.60	40.60	38.00	40.00	36.40	40.00	36.80	31.60	26.40	21.40	16.20
	147-0	139-9	133-2	124-8	131-3	119-5	131-3	120-9	103-8	86-7	70-24	53-2
Ramer	155-0	145-0	41.14 135-0	38.10	38.40	36.00	36.00	33.00	29.00	25.00 82-0	73-10	18.00
Jav	62.00	57.00	52.60	48.00	43.00	38.50	40.00	35.00	29.00	24.00	19.00	15.00
	203-5	187-0	170-7	157-6	141-1	126-4	131-3	114-10	95-2	78-9	62-4	49-2
25 Nt.	15.00	14.00	13.00	12.00	10.00	9.00	11.00	10.00	9.00	8.00	7.00	6.00
SONE.	9.50	9.00	8.50	8.00	6.00	5.00	4.50	4.00	3.50	3.00	2.50	2.00
Pen			2600									
THE RESIDENCE	: 1) 100	standa	de are	for auto	mette ti	me; use	et ander	d conve	reton fe			
E7.53	2) Sho	ert hurd	es: 30-	19: 39";	50-59:	36";	60-69:	13": 70	. 10".			
	4) Sho	t pat:	30-	19: 7.26	1 (160): 30-59:	50-59	: 6k; 6	0-69: 5	70+:	44.		
100	6) Hom 7) Jav		30-	9: 7.26	k (16#);	50-59			70+:	44.		
STATE	A) Net	ric heis	hte and	distanc	es sre t	he stan	dard: [et and	nchee 1	lated fo	r conve	eleace.
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	Section 1					N	EN	500				100	
Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-9
1500	6:42	6153	7:03	7:15	7:29	7145	8:04	8126	9:04	9:49	11:00	11:45	13:0
Mile	7:12	7124	7136	7:49	8:04	8:21	8:41	9:18	9:42	10:30	11:48	12:36	14:0
3000	13:59	14:23	14:46	15:12	15:36	16:12	16:54	18:00	19:00	20:30	23:00	24:36	27:1
2Mile "	15:04	15:30	15:54	16:24	16:54	17:30	18:12	19:24	20:27	22:06	24:48	26:30	29:2
5000	23:36	24:13	24:48	25:33	26:24	27:18	28:24	30:24	31:54	34:33	38:42	41,24	45,5
21.45		Page 400							X.				
10K	48:38	49:10	50127	51:54	53:33	55:26	59:06	63:21	66:30	70:09	78:36	84106	93:1
15K	1:12	1:14	1:16	1:19	1:23	1:27	1:31	1:35	1:40	1:47	1:58	2110	212
20K	1:38	1:40	1:43	1:47	1:52	1:57	2:02	2:09	2:17	2127	2:40	2:55	3:1
50K	4:30	4:36	5:00	5:09	5:20	5:41	5:53	6:20	6:48	7:12			
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1500	7,25	7:39	7:53	8:08	8,26	8:45	9:08	10:39	11:15	11:58	12:50	14:17	15:3
Mile	8:00	8:15	8:30	8:45	9:03	9:42	10:18	11:30	12:09	12:54	13:48	15:21	16:4
3000	15:30	16:00	16:30	17:00	17:33	18:48	20:06	22:12	23:33	25:00	26:48	29:48	32:3
2Mile	16:44	17:15	17:46	18:18	18:54	20:12	21:36	24:00	25:21	26:54	28:54	32:09	35:0
5000	26:13	26:56	27:42	28:33	29:36	31:33	33:48	37:30	39:36	42:06	45:09	50:18	55:1
10K	53:25	54:41	56:12	58:00	63:12	65:48	70:33	76:06	82:42	87:54	94:12	1:42	1:5
15K	1:24	1:26	1:29	1:32	1:35	1:39	1:46	1:55	2:04	2:13	2:22	2:33	2:4
20K	1:54	1:57	21.1	2:05	2:09	2:14	2:23	2:34	2:47	3,00	3,13	3:38	3:4
50K							6:41						

nt 6.5	â		17/93					Shot P Discus		61-8		12/93
	W.	U.S.	MAS	TER	S ST/	ND.	ARD!	S OF	EXC	ELL	ENC	Ε
FOR WOMEN												
Eve	nt	30-34	35-39	40-44	45-49	50-54	53-59	60-64	65-69	70-74	75-79	80-84
	00	13.8	14.2	14.6	15.0	15.6	16.2	16.9	17.8	18.8	20.0	21.2
and the second second	00	28.0	29.2	30.3	69.5	32.5	34.0	35.7	83.7	90.0	96.5	103.3
	00	2:32	2:35	2:40	2:46	2:54	73.5	3:19	3:36	3:56	4:09	4:35
	00	5:10		5:29	5:40	3:58	6:20	6:48	7123	8:04	8:52	9:48
	le	5:34	5:44	5:55	6:07	6:26	6:49	7:19	7:46	8:47	9:39	10:45
50	00	19:45	20:30	21:20	22:16	23:12	24:16	26:08	28:08	30108	32:21	34:26
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	OH	17.2	18.2			1						
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	OH		A STATE OF		-	66.0	72.0	79.0	87.0	96.0		
La sidilli	HJ	1.42	1.35	1.27	1.19	1.12	1.07	1.02	.97	.92	.89	.84
71 3		4-8	4-5%	4-2	3-11	3-8	3-64	3-44	3-2k		2-11	2-9
MONEY	PV	2.70	2.40	2.10	1.80	1.50	1,20	1.10	. 00	2.00	0.40	0.70
436			7-104		5-11	4-11	3-11	3-7%	3-34	0.90 2-11	2-74	
The same			4					harls.				
4-1	ш	5.00	4.60	4.25	3.90	3.55	3.20	2.85	2.60	2.35	2.10	2.00
17-10	-	16-5		13-11%			10-6	9-44	8-64	7-64	6-11	
4	IJ	10.00	9.20	8.60		7.18	6.40	5.70	5.20	4.70	4.20	12-54
Sh	-	10.30	9.30	8.40	Contract to the	Carle Co	7.20	6.50	5.80	5.25		Mary Mary Street, Stre
3111	DE	33-95	30-64	27-7	7.70 25-34	7.95	23-75	21-4	3.80 19-0k		4.70	13-114
1		29.50	33.50		21.50	25.00	19.00	18.00	16.00	The Park	14.00	13.50
		129-7	109-11		70-64	82-0	62-4	39-1	32-6	49-2	43-11	44-4
Disc	us	30.0	27.8	26.0	24.0	22.0	20.0	18.0	16.0	15.0	14.0	13.5
		98-5	91-2	85-4	78-9	72-2	65-8	59-1	32-6	49-2	45-11	44-4
Hamm	er	35.0	32.5	30.0	25.0	23.0	22.0	20.0	18.0	14.0	12.0	9.0
			114-10	98-5	82-0	75-6	72-2	65-8	59-1	45-11		29-7
200	it.	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.50	3.25	3.00	2.75
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ASSAULT OF THE		a) snot	LE parer		- 34: 33	4041	30"					and time.
	3) Shot put: 30-49: 4k; 50+: 3k.											
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APPLICATION FOR AN				
ALL-AMER	ICAN CERTIFICA	ATE/PAT	TCH	
NAME	AGE-GROUP			
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If you have equaled or bette completely. A copy of your results or a company this application. Please send \$10 for a certifiand year. The cost for both a certifiand year.	note stating in which issue you	our results appe	ared MUST ac-	

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 2372, Van Nuys, CA 91404.

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.

800m

TRACK & FIELD RESULTS Please send results to: National Masters News, P.O. Box 2372, Van

Nuys, CA 91404. 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.

EAST

Dartmouth Weight Meets Hanover, NH; Aug. 29

Shot Put	
Don Filkins 39	38-2
Carl Wallin 51 16#	46-5
Hanner	
Carl Wallin 51 16#	135-0
Carl Wallin 51 6k	147-7
Discus	
Don Filkins 39	113-0
Sept. 5	

Sept. 5	
16# Shot Put	
Carl Wallin 51	47-9-3/4
Bob Mead 49	44-115
Don Filkins 39	39-51
Shot Put	
C Wallin 51 6k	51-11
Don Filkins 39 6k	43-3/4
Bill Garrahan 64 5k	39-5 3/4
Denise Houseman 31	36-5 3/4
16# Hammer	a a side
Bob Mead 49	148-1
C Wallin 51	138-3
	137-7
Denise Houseman 314)	
C Wallin 51 6k	150-8
Discus	HANNE BAR
Bill Garrahan 64	150-11
Bob Mead 49	132-8
Don Filkins 39	125-5
Donday Ususana 31	

Denise Houseman 31	107-
Ed Daniels 41	104-
Sept. 25	
Shot Put	
Carl Wallin 51 6k	53-61
(single-age WR)	100
C Wallin 16#	48-3
Don Filkins 39 16#	35-10
16# Hammer	
Mike Grisko 46	144-3

The state of the s		
Mike Grisko 46	144-	3
C Wallin 51	138-	i
C Wallin 51 6k	155-	
Discus	the Name of Street and Street Street	2
C Wallin 51 1.5	5k 142-	3
Mike Grisko 46	2k 120-2	2
Don Filkins 39	2k 113-3	3
Oct.	3	
Shot Put		

DIOC TUC	
C Wallin 51 16#	46-94
Bob Mead 49 16#	46-3I
Don Filkins 39 16#	38-51
Denise Houseman 31	4k36-7 3/
C Wallin 51 6k	51-104
35# Weight	
Bob Mead 49	50-11
Mike Grisko 46	46-1
Cliff Blair 63	45-64
(single-age WR)	
16# Hammer	
Bob Mead 49	155-3
C Wallin 51	137-8
Mike Grisko 46	136-2
C Blair 63	133-10
Denise Houseman 31	4k124-8
THE RESERVE AND THE PARTY OF TH	

Oct. 9
Weight Pentathlon (SP/UT/
HT/WT/JT)
Carl Wallin 52 (*16.04/41.12/
47.82/15.11/37.54) 3581
Pia Iacova 32 (12.18/46.66/
40.46/13.44/16.15) 2832
Denise Houseman 31 (11.10/
32.26/40.72/12.57/18.26)2451
Nike Grisko 46 (10.71/35.64/
39.56/13.89/26.58) 2749
C Wallin 16# SP *47-10½
Cliff Blair 63 35#WT*48-4
*single-age WR Oct. 9

Golden Games Tenafly, NJ; Oct. 24

100m	
M55 Ken Baker	13.02
M60 Oscar Taylor	13.06
200m	
M55 Ken Baker	26.03
M60 Alex Johnson	26,92
W75 Martha Parry -	57.2
400m ×	
MSS Ken Baker	62.0
M60 Alex Johnson	70.0
M65 Kelsey Brown	80.0
The second secon	00.0
800m	-
M55 Ken Baker	2:26
M60 Joe LaBruno	3:07
M70 Jim Manno	3:27
Mile	
M55 Frank Haviland	6:02
Long Jump	
MSS Ctan Foldman	6-3
Frank Haviland	6-3
M60 Mike Murphy	7-2
WOO WIKE WITTEN	1-2

M65 Ed Kirwan	6-9
M70 James Vislocky	6-2
M75 Len Vandermark	
M80 Frank Bernstein	5-0
W55 Glenda Murphy	5-3
W75 Martha Parry	4-1
Shot Put	
M55 Irv Smith	29-9
M60 Jonas Cowles	35-7
M65 Ed Kirwan	33-6
M70 Ted Dostanko	36-9
M75 John Isaacs	29-9
M80 F Bernstein	22-4
W55 Glenda Murphy	19-1
W60 Joan Dash	24-5
W65 G Vislocky	15-1
W70 Annie Ryan	24-11
Discus	
M55 John Hnath	74-1
M60 George Chiavelli	110-6
M65 Ed Kirwan	61-4
M70 Ted Dostanko	119-0
M75 John Isaac	50-6
M80 Frank Bernstein	41-0
W55 Glenda Murphy	37-5
W60 Joan Dash	63-9
W65 Genevive Vislocky	34-5
W70 Ann Ryan	24-1
Mile Racewalk	
M60 Joe LaBruno	10:4
M65 John Nervetti	9:0
M70 Al Rubenstein	13:1
M75 Len Vandermark	11:3
W60 Jos Fracolossis	13:3
W65 Minna Charles	12:1
W70 Edith Reich	16:3

Syracuse University Noontime Indoor Running League Manley Field House; Nov. 19

15:29

W75 Martha Perry

3000m	
M30 Bob Brenner	9:07.
Robin Wheeless	9:22.1
Bruce Sweeney	9:57.
Dan Bernhofen	11:19.
M35 Terry McConnell	10:05.
Kevin Reynolds	10:48.
Philip Griffin	11:00.
M40 Rick Cleary	10:21.
Stephan Nix	10:26.0
John. View	11:24.0
Peter McClure	11:29.
M45 Jim Ascioti	10:31.
Jeff Straussman	11:17.
Paul Jewell	11:19.
Bob Micho	11:58.
Paul Willsey	12:09.
M50 John Allen	11:32.
Joe Mautz	12:44.
Doug Frost	12:52.
Allen Drew	12:57.
M55 Rene Wilett	11:40.
Karl Barth	12:04.
B. Fredrikson	12:08.
John Baldwin	12:10.
Tom Fondy	13:41.
M65 Tom Walnut	13:07.
H. MacMillan	13:23.
W30 Karen Bedard	13:38.
W35 Patti Ford	10:15.
Sheila O'Hara-C	
Irene Thompson	14:39.
W40 Karen Carrino	14:56.
Name and Address of the Owner, where the owner, which is the owner, where the owner, which is the owner, where the owner, which is the owner, which is the owner, where the owner, which is the owner, where the owner, which is the owner, which is the owner, which is the owner, which is the	

Syracuse Noontime Indoor Running League Manley Field House; Dec. 3

The street of th	
1500 meters	
M20 John Corso	4:20.5
M25 Z. Yimmouyimnnis	5:14.0
M30 Bruce Sweeney	4:26.9
Daniel Bernhofen	5:05.5
Ron Levis	5:09.9
Phil Driscoll	5:30.5
Matthew Clark	6:32.0
M35 Terry McConnell	4:35.2
Kevin Reynolds	4:45.5
Philip Griffin	4:57.0
Kamal Jabbour	5:57.5
M40 Rick Cleary	4:44.1
Bob Klinetop	4:56.2
John Condon	4:58.0
Peter McLure	5:18.0
Ken Hinman	5:20.0
Gary Dismond	5:29.9
M45 Larry Nafie	4:49.0
Steve Murphy	4:54.0
Jeff Straussan	5:06.0
Paul Willsey	5:48.5
M50 John Allen	5:12.6
Tim Colline	5:14.0
Allen Drew	5:48.5
Doug Frost	6:02.5

M55 Rene Wilett	5:17.0
B. Fredrikson	5:40.7
Karl Barth	5:42.8
John Baldwin	5:44.8
Ton Fondy	5:55.5
Phil Rice	6:11.0
Martin Fried	6: 12.0
M60 Ed Stabler	5:20.0
Wally McRae	5:20.8
Fred Schlereth	
Marty Rothenbe	
M65 Howard MacHill	
W30 Karen Bedard	6:11.8
W35 Patti Ford	
	4:44.2
I. SLaquidar	
S. O'hara Coug	
Irene Thompson	6:39.0
W40 Barbara Blasza	
Kathy Thompson	6:06.0
Karen Carrino	6:34.0
W50 Yvonne Tasker	5:53.8
W60 Barbara Mautz	10:28.0

SOUTHEAST

USATF South Carolina Weight Pentathlon Championships Florence; Dec. 4

	I for erice, Dec. 4	
M35	David Vandergriff	2954
No.	Russ Smith	2297
	Peter Farmer	3261
M50	Mike Valle	2804
M55	Howard Murphree	1769
M60	Bill Patrick	1885
M65	John Snaden	1136
H70	Carl Bock	1711
	The state of the same of the	

Phoenix Seniors City Meet Oct. 30

OCL. 30	CONTRACTOR OF THE PARTY OF THE
1500m Racewalk	
M50 Robert Eckhoff M55 Wayne Donnay	8:31
M55 Wayne Donnay	7:44
M60 Ray Anderson	8:36
M60 Ray Anderson M65 M. Machnicki	8:56
M70 Don Gladding	8:39
M75 Paul Smith	11:21
M75 Paul Smith M80 Kurt Straus	10:43
WSO Iscani Charlin	
W50 Jacqui Choplin W55 Lillie Salazar	10:37
W55 Lillie Salazar	11:02
W60 Ella Vaughn	10:51
W65 Marion Mahoney	
W70 Bethal Baker	10:45
W80 Est. Frendberg	1-1:04
50m	
M50 Jim Swayze	6.65
M55 Norb Wedepohl	6.68
M60 Bassett Nix	7.25
M65 J. Sarris	7.36
M70 M. Silverstein	7.40
M75 Ev Penrod	0.45
M/3 EV Penrod	9.65
W50 Ann Butterfly	10.58
W60 Babs Neal	8:51
W70 Helen Coyte	12.67
W75 Kate Bauer	11.33
100m	
M50 Jim Swayze	12.66
M55 Norb Wedenobl	12.24
M60 Basset Nix M65 Gerald Doucet	14.73
M65 Gerald Doucet	13.65
M70 Milt Silverstein	13.61
M75 Everett Penrod	18.30
W50 Ann Butterfly	
W60 N. Babs Neal	21.90
WOON, Dans Neal	16.61
W70 Nona Todd	32.28
W75 Kate Bauer	23.13
200m	
M50 Gene Hoskovec M55 Norb Wedepohl	27.24
M55 Norb Wedepohl	25.90
M60 Basset Nix	28.70
M65 Gerald Doucet	28.85
M70 Milt Silverstein	28.56
M75 Everett Pearod	39.77
W60 Joan Doucet	35.70
W70 Nona Todd	1:09.43
W75 Kate Bauer	52.32
400m	32.32
M50 Don Pocock	1-00 44
M55 Cliff Bedell	1:08.66
MAA Dana Mar	1:00.71
M60 Doug McFetters	1:08.10
M65 Alan Cohen M70 Bill Barringer	1:13.97
M70 Bill Barringer	1:31.76
W50S. Crittenden	1:36.66
WAN Ione Donner	1.20 40

W60 Joan Doucet

W75 Kate Bauer

1:20.40

2:03.06

800m	
M50 Don Pocock	2.38 3.02
M55 Sid Joseph M60 Frank Patania	2.55
M70 Bill Barringer	3.39
W50S. Crittenden	3.49
W 60 Esther Gerson	3.45
W75 Kate Bauer	5.16
	3.10
1500m	
M50 Don Pocock	5:16
M55 Cliff Bedell	5:00
M60 Frank Patania	5:45
M65 Darrell Stewart	6:54
M70 Bill Barringer	7:34
W50S. Crittenden	7:49
W60 Esther Gerson	7:56
W65Evelyn Arnold	8:15
Long Jump	
M50 Jim Swayze	165.5
MSS Robert Cinader	13'04
M60 George McGrady M65 Gerald Doucet	13'3.5
M65 Gerald Doucet	14'4.5
M70 Charles Obye	12'11
M75 Paul Hall	8.06
W 60 Joan Doucet	1025
W70 A. McCormick	67.75
High Jump	013
M50 Andy Almarez	4'10
M55 Harold Creson	4'10
M60 Marion Frock	4.00
M65 Gerald Doucet	4'04
MOS Gerald Doucet	
M70 Charles Obye	4'06
M75 Charles Roloff	3.06
M80 Carol Johnston	3.06
Pole Vault	
M50 Don Pocock	7'10
M55 George Mcgrady	6.06
M70 Tom De Vaughn	7'06
M80 Carol Johnston	7.00
Javelin	
M50 Bufe Morrison	109'11
M55 Harold Creson M60 Robert Pearson	115'07
M60 Robert Pearson	83'02
M65Alan Cohen	94'08
M70 Hugh Hackett	87'00
W50 Sherron Pearson	35'08
W60 N. Filiatrault	45'09
W70 Adele McCormic	k 75'00
Shot Put	
M50 Duane Thompson	36.11
MSS Bob Beck	40.01
M60 Ben Clark	42'01
M65 Wes Goodwin	34'10
M70 Hugh Hackett	33'07
M75 Hod Lundeen	27'11
W60 N. Filitrault	27'11
W70 Adele McCormic	K 20.08
Discus	
M50 Bob Osterhoudt	119'11
M55 Bob Beck	121'02
M60 Ben Clark	136'05
MOS Wes Goodwin	121'00
M65 Wes Goodwin M70 Stan Sodofsky M75 Roy Clark	110.07
W70 Adele McCormic	78'05
" TO Adele McCormic	k 28.00
A SHARWAY AND A SHARWAY	of superior
Long Beach Senior Of	ympics
Long Beach, CA: No	

Long Beach, CA; Nov. 13

	ter Run	
M-55	Dick Glasgow	0:06.50
	John McConnell	0:07.20
	James Shaw	0:09.40
M-60	Johnnie Perea	0:06.80
	Samuel Flory	0:06.90
	Tony Nasralia	0:06.90
	William Anderson	0:07.10
	Cande Lopez	0:07.30
	Archie Vickers	0:07.40
No. of Street, or other Persons	Allen DeSaegher	0:07.80
100	Jerry Fuller	0:08.60
M-65	The second second	0:06.60
	Ted Leonard	0.06.80
	Jock Jocoy	0:06.90
	Gene Merlino	0:07.10
	Taki Nagao	0:07.10
	Gerald Cocks	0:08.70
	James Walker	0:09.80
M-70	Baruch Elias	0:07.80
	Charles McFate	0:07.90
	Robert Crawford	0:08.20
	Jimmie Okura	0:08.20
	John Roderiquez	0:08.60
M-12	Clarence Killion	0:07.70
	Clarence Trahan Charles Ukita	0:07.80
		0:08.70
M en	Shepard Schwartz Ben Kronmal	0:19.30
F-55		0:09.20
F-60		0:08.60
	Louise Martin	0:09.50
F-65	Joan Gunn	0:10.30
	Margreta Klassen	0:10.30
F-70	Helen Robinson	0:11.60
	Lucile Adney	0.11.60

F-75 Lucile Adney

100 M	eter Run	Octob Carl
	Dick Glasgow	0:12.70
	Theron Nelsen	0:13.30
	John McConnell	0:15.70
M-60	Harold Love Cande Lopez	0:13.20
	Tony Nasralla	0:13.70
	Samuel Flory	0:14.30
	Archie Vickers	0:14.70
M-65	Ted Leonard	0:13.80
	Jock Jocoy Louis Beadle	0:14.00
	Thomas Miller	0:14.90
	Johnny Carney	0:16.70
	Gerald Cocks	0:19.00
M-70	Thomas Pico	0:15.70
	Charles McFate John Roderiquez	0:16.00
	Robert Crawford	0:16.90
M-75	Clarence Killion	0:15.40
	Clarence Trahan	0:16.00
	Robert Wells	0:18.00
M-80		0.20.70
F-55		0:17.60
	Patricia Willis Joann Bally	0:20.00
		0.20.10
F-60	Mary Herse Juanita Grogan	0.21.30
1-00	Louise Martin	0:19.50
F-65	Johnnye Valien	0:17.20
	Joan Gunn	0:23.50
F-70	Helen Robinson	0:26.40
F-75	Lucile Adney	0:37.50
	leter Run	and the second
M-33	Dick Glasgow	0:27.10
	Theron Nelsen Fred Hartman	0:28.10
M-60	Tony Nasralla	0:29.00
	Al Sheahen	0:30.90
M-65	Louis Beadle	0:29.50
3 1 3	Jock Jocoy	0:30.30
	Ted Leonard	0:31.20
	Thomas Miller	0:32.70
M-/0	Thomas Pico Charles McFate	0:35.10
	John Roderiquez	0:36.20
M-75	Clarence Killion	0.33.80
100	Pete Ganahl	0:38.40
F-55		0:39.60
F-60		0:44.30
F-65	Johnnye Valien	0:36.60
	Joan Gunn	1:01.80
400 N	leter Dun	MIN TO A
M-55	Ross Henry	01:09.10
7 37	Bruce Lin	01:10.00
M-60	Tony Nasralla	01:05:20
	Al Sheahen Bill Anderson	01:06.90
M-65	Louis Beadle	01:11.30
No.	Irving Saratoff	01:41.60
M-70	John Roderiquez	01:38.20
	Pete Ganahl	01:24.40
F-55	Patricia Willis	01:57.30
	Audrey Hauth	01:33.00
F-65	Antoinette Hill Bonnie Veening	01:44.90
1./3	Donnie veening	02.37.00
800 N	leter Run	STATE OF THE PARTY OF
	Bruce Lin	02:38.80
	Fred Hartman	02:48.80
11.00	Henry Ross	02:57.80
M-60	Bill Anderson Irving Saratoff	03:01.10
M-70	John Roderiquez	03:38.30
F-60	Audrey Hauth	03:31.60

	Bruce Lin	02:38 80
M-33		
	Fred Hartman	02:48.80
	Henry Ross	02:57.80
M-60	Bill Anderson	03:01.10
M-65	Irving Saratoff	03:38.30
M-70	John Roderiquez	04:00.60
F-60	Audrey Hauth	03:31.60
F-65	Antoinette Hill	03:44.70
1500	Meter Run	
	Bruce Lin	05:30:20

M-33	Bruce Lin	05:30.20
M-60	Bill Anderson	06:35.70
M-65	Parker Tsuhako	06:30.90
M-70	John Roderiquez	08:38.20
F-55	Patricia Willis	09:04.50
5000	deter Run	
M-55	Bruce Lin	20:08.50
M-65	Parker Tsuhako	24:24.90
	Irving Saratoff	25:10.30
1.00	Jerome Lienhard	31:46.50
	Thomas Lienhard	31:47.00
M-70	John Roderiquez	28:35.40
	Ed Fong	29:24.80
	Audrey Hauth	25:35.70
F-70	Mem Howe	30:51.20

F-70 Mem Howe	30:51.20
High Jump	
M-55 Jerry Sullivan	410.0
Joe Durrenberger	4'00.0"
M-60 Robert Harms	3'08.0"
M-65 Edward Failor	310.0
William McCabe	310.0
Donald Roser	3'08.0"
Charlie Sarver	3'08.0"
M-70 Charles McFate	400.0
Victor Jones	400.0
M-80 Bob Boucke	3'04.0"
F-55 Mary Herse	3'04.0"
F-65 Johnnye Valien	3'04.0"
Lone lumn	

I'm oo boo books	300.0
F-55 Mary Herse	3'04.0"
F-65 Johnnye Valien	3'04.0"
Long Jump	
M-55 Henry Ross	1302.8
M-60 Archie Vickers	13'11.0"
Tony Nasralla	13'04.3"
Samuel Flory	1300.0*
Bill Anderson	12'04.3"

	Jerry Fuller	1009.5*
	Robert Harms	06'02.0"
	M-65 Dewey Vroom	1207.5
	Edward Failor	
		1205.8"
	Taki Nagao	11'07.0"
	Gene Merlino	11'05.5"
	William McCab	e 1003.5"
	Phillip Aguna	11700.5
	M-70 Baruch Elias	1010.0
	Thomas Pico	1000.8"
	Jimmie Okura	0901.3*
	M-75 Clarence Traha	
	Robert Wells	ALCOHOL: NO CONTRACTOR OF THE PARTY OF THE P
		10'00.5
	Shepard Schwa	
	M-80 Ben Kronmal	08.01.2.
	Bob Boucke	07'08.8"
	F-60 Johnnye Valien	09'04.8"
	Shot Put	
	M-55 Wayne Cassity	3303.0
	Joe Durrenberg	
	Robert Eldridge	
	Don Starler	25'05.0"
	M-60 Archie Vickers	26'06.8"
	Walter de Rothn	e 26'05.0"
	Keith Brown	25'01.5"
	M-65 Phillip Brusca	41'04.0"
	Dewey Vroom	3400.5
	Charlie Sarver	
		3208.8"
	Edward Failor	29'05.3"
	James Walker	29'04.5"
	M-70 Jimmie Okura	30'08.0"
	Victor Jones	29'03.0"
	Charles McFate	
	M-75 Charles Ukita	2501.0
	M-80 Bob Boucke	
	Dan Minde	29'07.0"
	Ray Minnich	1602.8"
	F-55 Mary Herse	25'01.3"
	F-65 Johnnye Valies	1905.3"
F	Discus Threw	No. of the last of
ı	M-55 Bill Abbott	10502.0
r		
g.	Robert Eldridge	89'07.0"
2	Wayne Cassity	76'10.0"
6	Don Starler	74'07.0"
3.	Leon Barette	73'10.0"
g,	M-60 Walter deRothn'e	73'10.0"
Ŋ,	Grant Cotter	72'00.0"
ī	Keith Brown	55'02.0"
Ē.		
5	M-65 Phillip Brusca	132'03.0"
1	Dewey Vroom	116'05.0"
F	Chartie Sarver	12001.0
	Edward Failor	LOTOL OF
		103'06.0"
ğ,	Donald Roser	96'03.0"
	Donald Roser M-70 Charles McFate	96'03.0° 72'04.0°
200	Donald Roser M-70 Charles McFate M-80 Bob Boucke	96'03.0"
	Donald Roser M-70 Charles McFate M-80 Bob Boucke Javelia	9603.0° 72'04.0° 71'09.0°
	Donald Roser M-70 Charles McFate M-80 Bob Boucke Jarelin M-55 Don Starler	96'03.0° 72'04.0° 71'09.0°
	Donald Roser M-70 Charles McFate M-80 Bob Boucke Jayelin M-55 Don Starler Leon Barette	9603.0° 7204.0° 7109.0° 74'00.0° 65'03.0°
	Donald Roser M-70 Charles McFate M-80 Bob Boucke Javella M-55 Don Starler Leon Barette M-60 Grant Cotter	9603.0° 7204.0° 7109.0° 7400.0° 6503.0° 7809.0°
1000000000000000000000000000000000000	Donald Roser M-70 Charles McFate M-80 Bob Boucke Javelin M-55 Don Starler Leon Barette M-60 Grant Cotter Carl Herzog	9603.0° 7204.0° 7109.0° 7400.0° 6503.0° 7809.0° 5801.0°
	Donald Roser M-70 Charles McFate M-80 Bob Boucke Javelia M-55 Don Starler Leon Barcite M-60 Grant Cotter Carl Herzog M-65 Phillip Brusca	9603.0° 7204.0° 7109.0° 7400.0° 6503.0° 7809.0° 5801.0° 12010.0°
	Donald Roser M-70 Charles McFate M-80 Bob Boucke Javella M-55 Don Starler Leon Barette M-60 Grant Cotter Carl Herzog M-65 Phillip Brauca Donald Roser	9603.0° 7204.0° 7109.0° 7400.0° 6503.0° 7809.0° 5801.0° 12010.0° 10107.0°
	Donald Roser M-70 Charles McFate M-80 Bob Boucke Javella M-55 Don Starler Leon Barette M-60 Grant Cotter Carl Herizog M-65 Philip Brusca Donald Roser Edward Failor	9603.0° 7204.0° 71'09.0° 74'00.0° 65'03.0° 78'09.0° 58'01.0° 120'19.0° 101'07.0° 80'01.0°
The state of the s	Donald Roser M-70 Charles McFate M-80 Bob Boucke Javelin M-55 Don Starler Leon Barette M-60 Grant Cotter Carl Herzog M-65 Phillip Brusca Donald Roser Edward Failor James Walker	9603.0° 7204.0° 7109.0° 7400.0° 6503.0° 7809.0° 5801.0° 12010.0° 10107.0°
The second secon	Donald Roser M-70 Charles McFate M-80 Bob Boucke Javella M-55 Don Starler Leon Barette M-60 Grant Cotter Carl Herizog M-65 Philip Brusca Donald Roser Edward Failor	9603.0° 7204.0° 71'09.0° 74'00.0° 65'03.0° 78'09.0° 58'01.0° 120'19.0° 101'07.0° 80'01.0°
では、 一日の	Donald Roser M-70 Charles McFate M-80 Bob Boucke Javelin M-55 Don Starler Leon Barette M-60 Grant Cotter Carl Herzog M-65 Phillip Brusca Donald Roser Edward Failor James Walker	9603.0° 7204.0° 7109.0° 7400.0° 6503.0° 7809.0° 5801.0° 12010.0° 10107.0° 8001.0° 7901.0°
The state of the s	Donald Roser M-70 Charles McFate M-80 Bob Boucke Jayelin M-55 Don Starler Leon Barette M-60 Grant Cotter Carl Herzog M-65 Phillip Brusca Donald Roser Edward Failor James Walker M-70 Harry Watson Victor Jones	9603.0° 7204.0° 7109.0° 7400.0° 6503.0° 7809.0° 5801.0° 12019.0° 8001.0° 7901.0° 8903.0° 6003.0°
は 一日	Donald Roser M-70 Charles McFate M-80 Bob Boucke Javella M-55 Don Starler Leon Barette M-60 Grant Cotter Carl Herzog M-65 Phillip Brusca Donald Roser Edward Failor James Walker M-70 Harry Watson Victor Jones M-75 Wayne Robinson	9603.0° 7204.0° 7109.0° 7400.0° 6503.0° 7809.0° 5803.0° 12019.0° 8001.0° 7901.0° 8903.0° 5708.0°
The second secon	Donald Roser M-70 Charles McFate M-80 Bob Boucke Jayelin M-55 Don Starler Leon Barette M-60 Grant Cotter Carl Herzog M-65 Phillip Brusca Donald Roser Edward Failor James Walker M-70 Harry Watson Victor Jones M-75 Wayne Robinson Dale Brown	9603.0° 7204.0° 7109.0° 7400.0° 6503.0° 7809.0° 5801.0° 12010.0° 10107.0° 8001.0° 7901.0° 8903.0° 6003.0° 5708.0° 4101.0°
The state of the s	Donald Roser M-70 Charles McFate M-80 Bob Boucke Javelia M-53 Don Starler Leon Barcite M-60 Grant Cotter Carl Herizog M-65 Phillip Brusca Donald Roser Edward Failor James Walker M-70 Harry Watson Victor Jones M-75 Wayne Robinson Dale Brown M-80 Bob Boucke	9603.0° 7204.0° 7109.0° 7400.0° 6503.0° 7809.0° 5801.0° 12010.0° 10107.0° 8001.0° 7901.0° 8903.0° 6003.0° 5708.0° 4101.0°
	Donald Roser M-70 Charles McFate M-80 Bob Boucke Jayelin M-55 Don Starler Leon Barette M-60 Grant Cotter Carl Herzog M-65 Phillip Brusca Donald Roser Edward Failor James Walker M-70 Harry Watson Victor Jones M-75 Wayne Robinson Dale Brown M-80 Bob Boucke Ray Minnich	9603.0° 7204.0° 7204.0° 7109.0° 7400.0° 6503.0° 7809.0° 5801.0° 12010.0° 10107.0° 8003.0° 6003.0° 5708.0° 4101.0° 4105.0° 3610.0°
	Donald Roser M-70 Charles McFate M-80 Bob Boucke Jayrilia M-55 Don Starler Leon Barette M-60 Grant Cotter Carl Herzeg M-65 Phillip Brusca Donald Roser Edward Failor James Walker M-70 Harry Watson Victor Jones M-75 Wayne Robinson Dale Brown M-80 Bob Boucke Ray Minnich F-60 Carol McDonald	9603.0° 7204.0° 7109.0° 7400.0° 6503.0° 7809.0° 58001.0° 12019.0° 8001.0° 7901.0° 8903.0° 4101.0° 4101.0° 4105.0° 3610.0° 4602.0°
The second secon	Donald Roser M-70 Charles McFate M-80 Bob Boucke Jayelin M-55 Don Starler Leon Barette M-60 Grant Cotter Carl Herzog M-65 Phillip Brusca Donald Roser Edward Failor James Walker M-70 Harry Watson Victor Jones M-75 Wayne Robinson Dale Brown M-80 Bob Boucke Ray Minnich F-60 Carol McDonald F-65 Johnnye Valien	9603.0° 7204.0° 7204.0° 7109.0° 7400.0° 6503.0° 7809.0° 5801.0° 12010.0° 10107.0° 8903.0° 6903.0° 5708.0° 4101.0° 4105.0° 3610.0° 4602.0° 3811.0°
	Donald Roser M-70 Charles McFate M-80 Bob Boucke Jayelia M-53 Don Starler Leon Bareite M-60 Grant Cotter Carl Herizog M-65 Phillip Brusca Donald Roser Edward Failor James Walker M-70 Harry Watson Victor Jones M-75 Wayne Robinson Dale Brown M-80 Bob Boucke Ray Minnich F-60 Carol McDonald F-65 Johnnye Vallen Margreta Klassen	9603.0° 7204.0° 7204.0° 7109.0° 7400.0° 6503.0° 7809.0° 5801.0° 12010.0° 10107.0° 8903.0° 6903.0° 5708.0° 4101.0° 4105.0° 3610.0° 4602.0° 3811.0°
	Donald Roser M-70 Charles McFate M-80 Bob Boucke Jayelin M-55 Don Starler Leon Barette M-60 Grant Cotter Carl Herzog M-65 Phillip Brusca Donald Roser Edward Failor James Walker M-70 Harry Watson Victor Jones M-75 Wayne Robinson Dale Brown M-80 Bob Boucke Ray Minnich F-60 Carol McDonald F-65 Johnnye Valien	9603.0° 7204.0° 7204.0° 7109.0° 7400.0° 6503.0° 7809.0° 5801.0° 12010.0° 10107.0° 8903.0° 6903.0° 5708.0° 4101.0° 4105.0° 3610.0° 4602.0° 3811.0°
	Donald Roser M-70 Charles McFate M-80 Bob Boucke Jayelin M-55 Don Starler Leon Barette M-60 Grant Cotter Carl Herzog M-65 Phillip Brusca Donald Roser Edward Failor James Walker M-70 Harry Watson Victor Jones M-75 Wayne Robinson Dale Brown M-80 Bob Boucke Ray Minnich F-60 Carol McDonald F-65 Johnnye Vallen Margreta Klassen F-70 Helen Robinson	9603.0° 7204.0° 7204.0° 7109.0° 7400.0° 65703.0° 78709.0° 58703.0° 12010.0° 10107.0° 8001.0° 79701.0° 89703.0° 41703.0° 41703.0° 41703.0° 41703.0° 41703.0° 41703.0° 41703.0° 41703.0° 41703.0° 41703.0° 41703.0° 41703.0° 41703.0° 41703.0° 41703.0° 41703.0° 41703.0°
	Donald Roser M-70 Charles McFate M-80 Bob Boucke Javelia M-53 Don Starler Leon Bareite M-60 Grant Cotter Carl Herizog M-65 Phillip Brusca Donald Roser Edward Failor James Walker M-70 Harry Watson Victor Jones M-75 Wayne Robinson Dale Brown M-80 Bob Boucke Ray Minnich F-60 Carol McDonald F-63 Johnnye Valien Margreta Klassen F-70 Helen Robinson 1500 Meter Race Walk	9603.0° 7204.0° 7204.0° 7109.0° 7400.0° 6503.0° 7809.0° 5801.0° 12010.0° 10107.0° 8001.0° 7901.0° 8703.0° 4101.0° 4105.0° 3610.0° 4402.0° 3811.0° 2310.0° 2908.0°
	Donald Roser M-70 Charles McFate M-80 Bob Boucke Jayella M-55 Don Starler Leon Barette M-60 Grant Cotter Carl Herzog M-65 Phillip Brusca Donald Roser Edward Failor James Walker M-70 Harry Watson Victor Jones M-75 Wayne Robinson Dale Brown M-80 Bob Boucke Ray Minnich F-60 Carol McDonald F-65 Johnnye Vallen Margreta Klassen F-70 Helen Robinson 1500 Meter Race Walk M-55 Joe Durrenberger	9603.0° 7204.0° 7204.0° 7109.0° 7400.0° 6503.0° 7809.0° 5801.0° 12010.0° 10107.0° 8001.0° 7901.0° 8903.0° 6003.0° 5708.0° 4101.0° 44105.0° 3811.0° 2310.0° 2908.0°
	Donald Roser M-70 Charles McFate M-80 Bob Boucke Jayelin M-55 Don Starler Leon Barette M-60 Grant Cotter Carl Herzog M-65 Phillip Brusca Donald Roser Edward Failor James Walker M-70 Harry Watson Victor Jones M-75 Wayne Robinson Dale Brown M-80 Bob Boucke Ray Minnich F-60 Carol McDonald F-65 Johnnye Valien Margreta Klassen F-70 Helen Robinson 1500 Meter Race Walk M-55 Joe Durrenberger M-60 Otto Hefner	9603.0° 7204.0° 7204.0° 7109.0° 7400.0° 6503.0° 7809.0° 5801.0° 12010.0° 18001.0° 7901.0° 8903.0° 6003.0° 5708.0° 4101.0° 4105.0° 3610.0° 4602.0° 3811.0° 2310.0° 2908.0°
	Donald Roser M-70 Charles McFate M-80 Bob Boucke Jayella M-55 Don Starler Leon Barette M-60 Grant Cotter Carl Herzog M-65 Phillip Brusca Donald Roser Edward Failor James Walker M-70 Harry Watson Victor Jones M-75 Wayne Robinson Dale Brown M-80 Bob Boucke Ray Minnich F-60 Carol McDonald F-65 Johnnye Vallen Margreta Klassen F-70 Helen Robinson 1500 Meter Race Walk M-55 Joe Durrenberger	9603.0° 7204.0° 7204.0° 7109.0° 7400.0° 6503.0° 7809.0° 5801.0° 12010.0° 18001.0° 7901.0° 8903.0° 6003.0° 5708.0° 4101.0° 4105.0° 3610.0° 4602.0° 3811.0° 2310.0° 2908.0°
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	Donald Roser M-70 Charles McFate M-80 Bob Boucke Jayelia M-53 Don Starler Leon Bareite M-60 Grant Cotter Carl Herizog M-65 Phillip Brusca Donald Roser Edward Failor James Walker M-70 Harry Watson Victor Jones M-75 Wayne Robinson Dale Brown M-80 Bob Boucke Ray Minnich F-60 Carol McDonald F-65 Johnnye Vallen Margreta Klassen F-70 Helen Robinson 1500 Meter Race Walk M-55 Joe Durrenberger M-60 Otto Hefner Walter de Rothn'e Grant Cotter	9603.0° 7204.0° 7204.0° 7109.0° 7400.0° 6503.0° 7809.0° 5801.0° 12010.0° 10107.0° 8001.0° 7901.0° 8703.0° 4101.0° 4105.0° 3610.0° 4602.0° 3811.0° 2310.0° 2910.0° 10.40.90 09.12.40 10.39.80 11:25.80
	Donald Roser M-70 Charles McFate M-80 Bo Boucke Javella M-55 Don Starler Leon Barette M-60 Grant Cotter Carl Herizog M-65 Phillip Brusca Donald Roser Edward Failor James Walker M-70 Harry Watson Victor Jones M-75 Wayne Robinson Dale Brown M-80 Bob Boucke Ray Minnich F-60 Carol McDonald F-65 Johnnye Valien Margreta Klassen F-70 Helen Robinson 1500 Meter Race Walk M-55 Joe Durrenberger M-60 Otto Hefner Walter de Rothn'e Grant Cotter M-65 Johnny Carney	9603.0° 7204.0° 7204.0° 7109.0° 7400.0° 6503.0° 7809.0° 5801.0° 12010.0° 10107.0° 8001.0° 7901.0° 8703.0° 6703.0° 5708.0° 4101.0° 4402.0° 3811.0° 2310.0° 2310.0° 2908.0° 10.40.90 09.12.40 10.39.80 10.11.50
	Donald Roser M-70 Charles McFate M-80 Bob Boucke Jayelin M-55 Don Starler Leon Barette M-60 Grant Cotter Carl Herzog M-65 Phillip Brusca Donald Roser Edward Failor James Walker M-70 Harry Watson Victor Jones M-75 Wayne Robinson Dale Brown M-80 Bob Boucke Ray Minnich F-60 Carol McDonald F-65 Johnnye Valien Margreta Klassen F-70 Helen Robinson LS00 Meter Race Walk M-55 Joe Durrenberger M-60 Otto Hefner Walter de Rothn'e Grant Cotter M-65 Johnny Carmey M-65 Johnny Carmey M-70 Robert Crawford	9603.0° 7204.0° 7204.0° 7109.0° 7400.0° 6503.0° 7809.0° 5803.0° 12010.0° 12010.0° 12010.0° 8903.0° 5708.0° 4101.0° 4105.0° 3610.0° 4602.0° 3811.0° 2310.0° 2908.0° 10-40.90 09.12.40 10.39.80 11:25.80 10:11.50 11:49.20
	Donald Roser M-70 Charles McFate M-80 Bob Boucke Jayrelin M-55 Don Starler Leon Barette M-60 Grant Cotter Carl Herzog M-65 Phillip Brusca Donald Roser Edward Failor James Walker M-70 Harry Watson Victor Jones M-75 Wayne Robinson Dale Brown M-80 Bob Boucke Ray Minnich F-60 Carol McDonald F-65 Johnnye Vallen Margreta Klassen F-70 Helen Robinson 1500 Meter Race Walk M-55 Joe Durrenberger M-60 Otto Hefner Walter de Rothn'e Grant Cotter M-65 Johnny Carney M-70 Robert Crawford M-75 Robert Wells	9603.0° 7204.0° 7204.0° 7204.0° 7400.0° 65703.0° 7809.0° 58703.0° 12010.0° 10107.0° 8903.0° 6903.0° 5708.0° 4101.0° 4105.0° 3610.0° 4602.0° 3811.0° 23*10.0° 23*10.0° 23*10.0° 20*10.0° 10-40.90 09.12.40 10.39.80 11:25.80 10:11.50 11:49.20 10.41.10
	Donald Roser M-70 Charles McFate M-80 Bob Boucke Jayelia M-53 Don Starler Leon Bareite M-60 Grant Cotter Carl Herizog M-65 Phillip Brusca Donald Roser Edward Failor James Walker M-70 Harry Watson Victor Jones M-75 Wayne Robinson Dale Brown M-80 Bob Boucke Ray Minnich F-60 Carol McDonald F-65 Johnnye Vallen Margreta Klassen F-70 Helen Robinson 1500 Meter Race Walk M-55 Joe Durrenberger M-60 Otto Hefner Walter de Rothn'e Grant Cotter M-65 Johnny Carney M-70 Robert Crawford M-75 Robert Wellis Harley Priddy	9603.0° 7204.0° 7204.0° 7109.0° 7400.0° 6503.0° 7809.0° 5801.0° 12010.0° 10107.0° 8001.0° 7901.0° 8903.0° 4101.0° 4105.0° 3610.0° 4400.0° 3811.0° 2310.0° 2908.0° 10.40.90 09.12.40 10.39.80 11:25.80 10.11.50 11:49.20 10.41.10 13.48.80
	Donald Roser M-70 Charles McFate M-80 Bob Boucke Javelin M-55 Don Starler Leon Barette M-60 Grant Cotter Carl Herzog M-65 Phillip Brusca Donald Roser Edward Failor James Walker M-70 Harry Watson Victor Jones M-75 Wayne Robinson Dale Brown M-80 Bob Boucke Ray Minnich F-60 Carol McDonald F-65 Johnnye Valien Margreta Klassen F-70 Helen Robinson 1500 Meter Race Walk M-55 Joe Durrenberger M-60 Otto Hefner Walter de Rothn'e Grant Cotter M-65 Johnny Carney M-70 Robert Crawford M-75 Robert Crawford M-75 Robert Wells Harley Priddy M-85 Alfred Fanti	9603.0° 7204.0° 7204.0° 7109.0° 7400.0° 6503.0° 7809.0° 5803.0° 12019.0° 10107.0° 8001.0° 7901.0° 8903.0° 6003.0° 5708.0° 4101.0° 4402.0° 3811.0° 2310.0° 2908.0° 10.40.90 09.12.40 10.39.80 11:25.80 10:11.50 11:49.20 10.41.10 13:48.80 12:54.80
	Donald Roser M-70 Charles McFate M-80 Bob Boucke Jayelin M-55 Don Starler Leon Barette M-60 Grant Cotter Carl Herzog M-65 Phillip Brusca Donald Roser Edward Failor James Walker M-70 Harry Watson Victor Jones M-75 Wayne Robinson Dale Brown M-80 Bob Boucke Ray Minnich F-60 Carol McDonald F-65 Johnnye Valien Margreta Klassen F-70 Helen Robinson 1500 Meter Race Walk M-55 Joe Durrenberger M-60 Otto Hefner Walter de Rothn'e Grant Cotter M-65 Johnny Carmey M-70 Robert Crawford M-75 Robert Crawford M-75 Robert Wells Harley Priddy M-85 Alfred Fanti Adam Hefner	9603.0° 7204.0° 7204.0° 7109.0° 7400.0° 6503.0° 7809.0° 5801.0° 12010.0° 10107.0° 8001.0° 7901.0° 8903.0° 4101.0° 4105.0° 3610.0° 4400.0° 3811.0° 2310.0° 2908.0° 10.40.90 09.12.40 10.39.80 11:25.80 10.11.50 11:49.20 10.41.10 13.48.80
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	Donald Roser M-70 Charles McFate M-80 Bob Boucke Jayelia M-55 Don Starler Leon Barette M-60 Grant Cotter Carl Herzog M-65 Phillip Brusca Donald Roser Edward Failor James Walker M-70 Harry Watson Victor Jones M-75 Wayne Robinson Dale Brown M-80 Bob Boucke Ray Minnich F-60 Carol McDonald F-65 Johnnye Vallen Margreta Klassen F-70 Helen Robinson 1500 Meter Race Walk M-55 Joe Durrenberger M-60 Otto Hefner Walter de Rothn'e Grant Cotter M-65 Johnny Carney M-70 Robert Crawford M-75 Robert Wells Harley Priddy M-85 Alfred Fanti Adam Hefner F-55 Joann Bally	9603.0° 7204.0° 7204.0° 7204.0° 7109.0° 6503.0° 7809.0° 5803.0° 12010.0° 12010.0° 18003.0° 5708.0° 4101.0° 4105.0° 3610.0° 4602.0° 3811.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 2310.0° 231
	Donald Roser M-70 Charles McFate M-80 Bob Boucke Jayelia M-55 Don Starler Leon Barette M-60 Grant Cotter Carl Herzog M-65 Phillip Brusca Donald Roser Edward Failor James Walker M-70 Harry Watson Victor Jones M-75 Wayne Robinson Dale Brown M-80 Bob Boucke Ray Minnich F-60 Carol McDonald F-65 Johnnye Vallen Margreta Klassen F-70 Helen Robinson 1500 Meter Race Walk M-55 Joe Durrenberger M-60 Otto Hefner Walter de Rothn'e Grant Cotter M-65 Johnny Carney M-70 Robert Crawford M-75 Robert Wells Harley Priddy M-85 Alfred Fanti Adam Hefner F-55 Joann Bally Patricia Willis	9603.0° 7204.0° 7204.0° 7204.0° 7109.0° 6503.0° 7809.0° 5803.0° 12019.0° 10107.0° 8001.0° 7901.0° 8903.0° 6003.0° 5708.0° 4101.0° 4105.0° 3610.0° 4602.0° 3811.0° 2310.0° 23908.0° 10.40.90 09.12.40 10.39.80 11.25.80 10.11.50 11.49.20 10.41.10 13.48.80 10.12.10 10.16.80
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	Donald Roser M-70 Charles McFate M-80 Bob Boucke Jayelia M-55 Don Starler Leon Barette M-60 Grant Cotter Carl Herzog M-65 Phillip Brusca Donald Roser Edward Failor James Walker M-70 Harry Watson Victor Jones M-75 Wayne Robinson Dale Brown M-80 Bob Boucke Ray Minnich F-60 Carol McDonald F-65 Johnnye Vallen Margreta Klassen F-70 Helen Robinson 1500 Meter Race Walk M-55 Joe Durrenberger M-60 Otto Hefner Walter de Rothn'e Grant Cotter M-65 Johnny Carney M-70 Robert Crawford M-75 Robert Wells Harley Priddy M-85 Alfred Fanti Adam Hefner F-55 Joann Bally Patricia Willis	9603.0° 7204.0° 7204.0° 7204.0° 7109.0° 6503.0° 7809.0° 5803.0° 12019.0° 10107.0° 8001.0° 7901.0° 8903.0° 6003.0° 5708.0° 4101.0° 4105.0° 3610.0° 4602.0° 3811.0° 2310.0° 23908.0° 10.40.90 09.12.40 10.39.80 11.25.80 10.11.50 11.49.20 10.41.10 13.48.80 10.12.10 10.16.80
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	Donald Roser M-70 Charles McFate M-80 Bob Boucke Jayrilla M-55 Don Starler Leon Barette M-60 Grant Cotter Carl Herzog M-65 Phillip Brusca Donald Roser Edward Failor James Walker M-70 Harry Watson Victor Jones M-75 Wayne Robinson Dale Brown M-80 Bob Boucke Ray Minnich F-60 Carol McDonald F-65 Johnnye Vallen Margreta Klassen F-70 Helen Robinson 1500 Meter Race Walk M-55 Joe Durrenberger M-60 Otto Hefner Walter de Rothn'e Grant Cotter M-65 Johnny Carney M-70 Robert Crawford M-75 Robert Wells Harley Priddy M-85 Alfred Fanti Adam Hefner F-55 Joann Bally Patricia Willis F-70 Marjorie Tinder F-75 Bonnie Veening S000 Meter Race Walk M-60 Otto Hefner Gwyn Phillips Walter de Rothn'e	9603.0° 7204.0° 7204.0° 7204.0° 7109.0° 65703.0° 7809.0° 58703.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0° 120710.0°
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	Donald Roser M-70 Charles McFate M-80 Bob Boucke Jayrilin M-55 Don Starler Leon Barette M-60 Grant Cotter Carl Herzog M-65 Phillip Brusca Donald Roser Edward Failor James Walker M-70 Harry Watson Victor Jones M-75 Wayne Robinson Dale Brown M-80 Bob Boucke Ray Minnich F-60 Carol McDonald F-65 Johnnye Valien Margreta Klassen F-70 Helen Robinson 1500 Meter Race Walk M-55 Joe Durrenberger Walter de Rothn'e Grant Cotter M-65 Otto Hefner Walter de Rothn'e Grant Cotter M-65 Johnny Carmey M-70 Robert Crawford M-75 Robert Wells Harley Priddy M-85 Alfred Fanti Adam Hefner F-55 Joann Bally Patricia Willis F-70 Marjorie Tinder F-75 Bonnie Veening S000 Meter Race Walk M-60 Otto Hefner Gwyn Phillips Walter de Rothn'e Grant Cotter	9603.0° 7204.0° 7204.0° 7204.0° 7109.0° 6503.0° 7809.0° 5803.0° 12019.0° 10107.0° 8001.0° 7901.0° 8903.0° 6003.0° 5708.0° 4101.0° 4101.0° 4101.0° 4101.0° 4101.0° 2310.0° 2311.0° 2310.0° 2908.0° 10.40.90 09.12.40 10.39.80 11:25.80 10:11.50 11:49.20 10.41.10 13:48.80 12:10.40 10:12.10 10:16.80 11:52.30 12:10.40 40:52.70 41:57.20
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NORTHWEST

F-60 JosephineMetoyer 52:22.40 F-70 Marjorie Tinder 41:27.00

Huntsman Chemical's Senior Games St. George, UT; Oct. 20-22

Om	17 1 2	The same		
	Jim Sway			6.76
	Harold (6.84
	Ted Hans		100	6.97
165	Lex Marc	usen	B	7.72
	Cont	inued on	next	page

January, 1991				
Continued from previous page	M75 Cleon Tucker 8-5%	W50 Donna Wooldridge 22:26	W50 Iris Santos 19.7	W70 Marlis Flechner 13.30 M50 Hector Diamante 16:09
M70 Milton Silverstein 7.24	W50 Iris Tolley 8-6%	Iris Tolley 24:47	Intermediate Burdles	W75 Carolina Bizzotto 3.46 M55 Joan Domingos 18:11
M75 Cleon Tucker 11,42	W55 Jean Wheatley 10-3-3/4	Karin Harris 32:14	M40 Pedro Negelisky 61.6	3000m Racewalk W40 Helenice Lopes 22:47
M80 Frank Herrelko 10.26	W60 Betty Vickers 9-11%	W55 Marie Rouse 26:51	MSS Ervin Rusch 97.6	M45 Jose Odorico 15:05 W45 Olga Buitrago 17:11
W50 Iris Tolley 8,96	W70 Margaret Hinton 11-1 W75 Ivy Browne 5-64	Manice Bluth 35:26 W60 Elaine Stuart 30:02	M60 San Aquiar 53.2	
W55 Jean Wheatley 8.76	Triple Jump	Ruth Payne 31:34	4x100m Relay m40-49 Brazil 47.6	Professional Company of the Company
W60 Betty Vickers 9.45	M50 John Lawson 35-1	W35 Velma Earl 29:34	Argentina nta	Please send results to: National Masters
W70 Margaret Hinton 8.82	M55 Larry Carter 29-3%	W80 Ivy Granstrom 37:49	Gruguey 51.8	LONG Piezse send results for National Masters News, P.O. Box 2372, Van Roys, CA
W80 Ivy Granstrom 14.02	M60 Ten Hansen 33-14	10K Roadrace	W35-44 Uruguay 55.9	\$1404. To been information current, we
M50 Robert Leeds 13.46	MGS Dean Nelson 27-5	M50 H Van Blaricum 41:46	Brazil 59.8	DISTANCE generally do not publish results more than 3 months sid. Results that are typed
A J Billings 13.65	M70 Brady Walker 25-64	Ken Pierce 41:54	W45-54 Uruguay 67.6	UIDINITUL than 3 months old. Results that are typed
Lee Courkamp 14.11	MBO Frank Herrelko 15-2	Tom Miller 43:06	Brazil 77.3	DECULIE TO Instrinum 25 spaces/24" wide) in our
M55 Dwaine Horton 13.02	W50 Leona Shurtliff 23	M55 Tony Gee 40:55 Wayne Chesney 46:56	W55-65 Oroguay 74.7 4x400m Relay	RESULTS Institute 22 spaces Con. Deadline is
Harold Creson 13.24	W55 Jean Wheatley 22	Mel Miles 47:29	H40 Uruguay 4:05.3	the 10th of the month prior to issue date.
larry Carter 13.36	W60 Betty Vickers 18-9%	M60 Paul Nance 40:01	MSO Argentina 4:21.2	The control of the co
M60 Ted Hansen 13,28	W70 Margaret Hinton 19-11% W75 Ivy Browne 10-7	Bob Welo 45:35	M60 Brazil 4:17.3	
Darwin Grimm 13.33 Joe Summerlin 13.33	Shot Put	Duane Brinton 49:18	Righ Jump	NATIONAL N75 sob Natteson 84:32
Joe Summerlin 13,33 M65 Carl Orndoff 14.45	M50 Larry Pratt 43-9	M65 John cahill 42:30	M40 Luis Moraes 1.30	NATIONAL N75 sub Matteson 84:32 Duffley Healy 93:54
Lex Marcusen 14.46	M55 Bob Beck 40-6	Charles Payne 50:00	M45 Juan Berger 1.45	ronel mari
Greed Haymond 14.67	M60 Fred Shanaman 39-8-3/4	Mel Granttham 55:30	M50 Rodolfo Diaz 1.45	USATF National Masters 15K M80+Bill Brobston 86:15
M70 Milton Silverstein 14.04	Victor Vartoughian 35-34	M70 Woodrow Evans 1:00:16	MSS Bugo Hernandez 1.40	Championships W40 Joan Butler 61:04 Schenertady NY: Nov 7 Marieta Gil 66:08
Hair McParlane 14.51	M65 Charlie Sarver 33-7-3/4	Ben Heath 1:01:43	M60 Joaquin Meineke 1.40 W35 Maria Eufrasio 1.35	Schenectady, NY; Nov. 7 Marcis Whitney 68:47
Keith Schofield 15.88	Don Rudloff 30-3/4	John Rodriquez 1:12:13	W40 Maria Richter 1.25	M40 Vinny Reds 49:38 W45 Sherry Dixon 73:41
M75 Cleon Tucker 18.45	M70 Brady Walker 37-5%	MSO+LaGrand Nielsen 1:13:11 WSO Donna Woodridge 45:45	W45 Teresa Baptiste 1.25	Chip Button 50:43 anne Trela 81:10
M80 Frank Herrelko 21.50	M75 Toolson Burns 27-94		WGO Maria Arias 1.15	Mark Sepkowski 51:33 W50 Jayne Grout 64:36
W50 Marquita Molina 17.69 Iris Tolley 18.17	M75 Toolson Burns 27-9% M80 Walter Brooks 19-9	Iris Tolley 51:41 Marilyn Nuffer 1:16:49	Pole Vault	M45 Atlaw Belilgne 52:11 Gerry Mancino 86:41
	Di scus	W55 Marie Rouse 55:26	M40 Gary Drennen 3.30	Pat Glover 53:03 Conni Geradi 96:15
W55 Jean Wheatley 16.76 W60 Ida Ruttler 18.67	M50 Larry Pratt 166-2	Janice Bluth 1:17:41	M45 Jose de Aragao 2.10	Ron Bagnoli 53:47 W55 Connie LaSalle 86:41
W70 Margaret Hinton 17.84	Glenn Passey 165-9	W60 Elaine Stuart 1:04:02	M50 Hector Garcia 3.20	MSO Ray Kneer 52:50 W60 Gloria Brown 69:45 Dennis Coletta 54:50 Anny Stockman 74:27
W80 Ivy Granstrom 26.36	M55 Dwaine Horton 114-10	W65 Velma Earl 1:01:48	MSS Hector Acosta 2.00	
200n	Bob Beck 114	W80 Ivy Granstrom 1:14:24	M60 Jorge Alzamora 2.40	MSS Dick Haines 57:03 W65 Delores Quinn 84:31 W70 Loretta Sheehan 89:18
M50 Dennis Duffy 26:04	MGO Walter Badorek 165-6		Long Jump	Daniel Ophen 58:33
Robert Leeds 27,40	Royd Shumway 134	INTERNATIONAL	M40 Luiz Moraes 5.68 M45 Anibal Pardeiro 4.92	Lee Wilcox 59:52
Ralph O'Neal 27.83	M65 Charlie Sarver 123-7		MSO Julio Ciuffo 3.85	M60 Norm Green Jr 54:47 Teams:
M55 Harold Creson 27,49	Arthur Brandt 108-8	13th Juan J. Lopez Meet	NSS Mario Gomes 4.64	Ed Stabler 60:00 M40 Troy RC/Belle Watling/
Dwaine Horton 27.76	M70 Dale Buysse 116-1 Brady Walker 112-9	Montevideo, Uruguay	M60 Miguel Ribeiro 4.37	Gerald Barney 60:16 Syracuse Chargers
larry Carter 28.12	M75 Burns Toolson 71-7	Nov. 13-14	M65 Prrancisco Abadd 3.52	M65 Sandy Buene 68:37 M50 Troy RC/Syracuse Charg/
M60 Darwin Grimm 27.67 Jack Coy 27.76	M80 Frank Herrelko 51-3	100m	W35 Maria Eufracio 4.05	Richard Sullivan 69:51 Hartford TC
Jack Coy 27,76 Ted Hansen 27,81	W50 Leona Shurtliff 68-7	M40 Luis Fagundes 11.9	W40 Alicia Gogluska 4.25	Jack O'Sullivan 70:02 M60 Syracuse Charg/Bella M70 Ed Buckley 74:08 Watling
M65 Rodney Brown 30.43	W55 Dorothy O'Neal 66-8	M45 Pablo Burity 11.8	W45 Edith Rostagnol 4.03	N70 Ed Buckley 74:08 Watling Nate White 74:52 M70 Syracuse Chargers
Lex Marcusen 30.63	W60 Barbara Brandt 67-1	M50 Francisco Veracruz14.7	W50 Iris Santos 3.84	L Russell Moore 85:26 W40 Syracuse Chargers
Carl Orndoff 30,99	W70 Adele McCormick 60-2	MSS Cesar Cabrera 13.3	W60 Maria Aris 3.17	The state of the s
M70 Milton Silverstein 29.76	W75 Ivy Browne 40-5	M60 Sam Aguiar 13.5 M65 Washington Flores 14.3	Triple Jump M40 Luis Morais 11.54	USATF 15K Championships
Blair McFarlane 30,33	Javelin WSA 1994 to Laborate 1879	M85 Luis Jauge 21.6	M45 Carlos Rosales 12.52	Age-Graded Results
M80 Sam Monastero 50,60	M50 Uldis Lebedevs 1574 Keith Heber 138-3-3/4	W35 Margarita Grun 13.6	M50 Juan Mocero 7.22	Actual Age-Graded
W50 Marquita Molina 38,20 Iris Tolley 38,38	M55 Dwaine Horton 111-44	W40 E Martiarena 15.6	MSS Mario Gomes 10.41	Name Age Time Time Prize
W55 Jean Wheatley 35.98	Harold Creson 109-2-3/4	W45 Marisa Fernandez 14.9	M60 Miguel Ribeiro 9.50	1 Norm Green Jr 61 54:47 43:35 \$500
W60 Ida Ruttler 40.61	M60 Bob Horlacher 117-11	W50 Shirlei Baptista 14.8	W45 Arlette Niske 6.93	2 Ray Kneer 51 52:50 46:09 \$400
W70 Margaret Hinton 40.27	Ted Hansen 1124	W55 Gladis Badin 17.7	W60 Maria Arias 7.01	3 Ed Stabler 64 60:00 46:14 \$300
W80 Ivy Granstrom 56.84	M35 Ralph Roylance 159-5%	W60 Ana Tebes 17.7	Shot Put	4 Vinny Reda 41 49:38 46:30 \$250
400m	M70 Dale Buysse 97-4	W65 Sara Madera 23.0 200m	M40 Jose Arrambide 10.43 M45 Nicanor Missagia 10	5 Atlaw Belilgne 48 52:11 46:38 \$200
M50 Ralph O'Neal 1:02.70	M75 Burns Tolson 67-2	M40 Miguel Degoraro 24.0	MSO Hector Garcia 10.40	6 Mark Sepkowski 44 51:33 47:22 \$175 7 Chip Button 41 50:43 47:31 \$150
Robert Leeds 1:03.27 M55 Harold Creson 1:02.53	MSO Walter Brooks 36-5 W50 Leona Shurtliff 60-10%	M45 Emilio Juri 26.4	MSS Daniel Beatricci 9.61	7 Chip Button 41 50:43 47:31 \$150 8 Patrick Glover 48 53:03 47:45 \$100
M60 Jack Coy 1:03.65	Jane Mills 48-5	M50 F Veracruz 29.9	M60 Joaquin Meineque 9.83	9 Gerald Barney 61 60:16 47:57 \$75
MB5 Rodney Brown 1:09.00	W55 Jean Wheatly 61-7	M55 Artigas Flores 29.3	M65 Francisco Abad 7.26	10 Dick Haines 55 57:03 48:08 \$50
Lex Marcusen 1:11.74	Dorothy O'Neal 59-4	M60 Gregorio Sousa 27.6	M70 C Delegrave 1 9.00	
M70 Keith Schofield 1:33.23	Dorothy O'Neal 59-4 W30 Barbara Brandt 86-61	M65 Washington Flores 29.9	M75 Ernesto Gundlach 8.72	USATF National Masters 8K Hargie Podgajny 34:05
M70 Keith Schofield 1:33.23 M80 Sam Monastero 1:51,70	Dorothy O'Neal 59-4 W30 Barbara Brandt 86-6's W70 Adele McCormick 69-11-3/4	M65 Washington Flores 29.9 M70 A Madeira 33.7	M75 Ernesto Gundlach 8.72 M85Luis Jauge 5.67	USATF National Masters 8K Cross-Country Championships W45 Kathleen Beebee 33:14
M70 Keith Schofield 1:33.23 M80 Sam Monastero 1:51.70 W50 Iris Tolley 1:29.88	Dorothy O'Neal 59-4 W30 Barbara Brandt 86-6's W70 Adele McCormick 69-11-3/4 W75 Ivy Browne 30-8	M65 Mashington Plores 29.9 M70 A Madeira 33.7 M75 A Palacios 40.4	M75 Ernesto Gundlach 8.72 M85Luis Jauge 5.67 W35 Sonia Russo 8.90	USATF National Masters 8K Cross-Country Championships Boston, MA; Nov. 20 Margie Podgajny 34:05 Kathleen Beebee 33:14 Robin Beery-Rappa 33:54
M70 Keith Schofield 1:33.23 M80 Sam Monastero 1:51.70 W50 Iris Tolley 1:29.88 W60 Ida Ruttler 1:37.07	Dorothy O'Neal 59-4 W00 Barbara Brandt 86-6's W70 Adele McCormick 69-11-3/4 W75 Ivy Browne 30-8 1500n RW	M65 Mashington Flores 29.9 M70 A Madeira 33.7 M75 A Palacios 40.4 W35 Margarita Grum 27.2	M75 Ernesto Gundlach 8.72 M85Luis Jauge 5.67 W35 Sonia Russo 8.90 W40 Maria Richter 7.63	USATF National Masters 8K Cross-Country Championships Boston, MA; Nov. 20 M40 Charles McMullen 26:08 M45 Kathleen Beebee 33:14 Robin Beery-Rappa 33:54 Anne Schmitt 34:50
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M70 Keith Schofield 1:33.23 M80 Sam Monastero 1:51.70 W50 Iris Tolley 1:29.88 W60 Ida Ruttler 1:37.07 W65 Velma Earl 1:50.69 M80 Ivy Granstrom 2:10.12 800m M50 Donnis Duffy 2:22.36 Ralph O'Neal 2:29.03 M55 Bob Bush 3:07.64 M60 Royd Shumway 2:46.53	Dorothy O'Neal 59-4 86-6's 86-6's 87-6's 87-6's 87-6's 87-6's 87-6's 87-6's 87-6's 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5	M65 Washington Flores 29,9 M70 A Madeira 33,7 M75 A Palacios 40,4 W35 Margarita Grum 27,2 W40 E Martiarena 32,0 W45 Joaquina Moranda 30,8 W50 Gema Mosqueira 31,4 W55 Sofia Erguis 38,3 W65 Ana Tebes 38,3 400m M40 Raul Faat 55,2	M75 Ernesto Gundlach M85Luis Jauge 5.67 W35 Sonia Russo 8.90 W40 Maria Richter 7.63 M45 Maria Ribeiro 7.86 W50 Elvira Garcia 8.97 W55 Odette Valentinos 11.02 W60 Dirce Sosa 7.12 W65 Sara Rosello 6.16 W70 Marlis Flechner 5.06 W75 Dora Carter 4.45	USATF National Masters 8K Cross-Country Championships Boston, MA; Nov. 20 M40 Charles McMaillen 26:08 Chris Farmer 26:36 Michael Galge 26:37 Tim McMallen 26:39 Vlad Krivoy 26:34 Phil Riley 26:54 Danny Paul 27:04 Joe Stanley 27:13 Wasque Podgajny 34:05 Kathleen Beebee 33:14 Robin Berry-Rappa 33:54 Anne Schmitt 34:50 Peg Buxton 35:02 Regina Wright 36:37 Mardi Reed 36:43 W55 Mary Barada 41:13 Sarah Mae Berman 46:08
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M70 Keith Schofield 1:33.23 M80 Sam Monastero 1:51.70 W50 Iris Tolley 1:29.88 W60 Ida Ruttler 1:37.07 W65 Velma Earl 1:50.69 W80 Ivy Granstrom 2:10.12 800m M50 Dennis Duffy 2:22.36 Ralph O'Neal 2:29.03 M55 Bob Bush 3:07.64 M60 Royd Shumway 2:46.53 M65 Rodney Brown 2:46.57 M70 Ben Heath 3:53.17	Dorothy O'Neal S9-4 86-6½ 86-6½ 86-6½ 86-6½ 87-6½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5½ 87-5	M65 Mashington Flores 29.9 M70 A Madeira 33.7 N75 A Palacios 40.4 W35 Margarita Grum 27.2 W40 E Martiarena 32.0 W45 Joaquina Moranda 30.8 W50 Gema Mosqueira 31.4 W55 Sofia Erguis 38.3 W65 Ana Tebes 38.3 400m M40 Raul Faat 55.2 M45 Miguel Ribeiro 58.4 M50 Joao Dos Santos 64.3	M75 Ernesto Gundlach M85Luis Jauge 5.67 W35 Sonia Russo 8.90 W40 Maria Richter 7.63 M45 Maria Ribeiro 7.86 W50 Elvira Garcia 8.97 W55 Odette Valentinos 11.02 W60 Dirce Sosa 7.12 W65 Sara Rosello 6.16 W70 Marlis Flechner 5.06 W75 Dora Carter 4.45 Discus M40 Nestor Taylor 29.92	USATF National Masters 8K Cross-Country Championships Boston, MA; Nov. 20 M40 Charles McMullen 26:08 Chris Farmer 26:36 Michael Gaige 26:37 Tim McMullen 26:39 Vlad Krivoy 26:44 Phil Riley 26:54 Danny Paul 27:04 Joe Stanley 27:13 Bob Colantoono 27:22 M45 Bill Bodsers 26:30 M40 Hargie Podgajny 34:05 Kathleen Beebee 33:14 Robin Bmery-Rappa 33:54 Anne Schmitt 34:50 Peg Buxton 35:02 W50 Carrie Parsi 34:59 Regina Wright 36:37 Mardi Reed 36:43 Sarah Hae Berman 46:08 M60 Liz Szawlowski 43:02 Cinnie Pulenwider 49:34 M40 Teams
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M70 Keith Schofield 1:33.23 M80 Sam Monastero 1:51.70 W50 Iris Tolley 1:29.88 W60 Ida Ruttler 1:37.07 W65 Velma Earl 1:50.69 W80 Ivy Granstrom 2:10.12 BOOm M50 Donnis Duffy 2:22.36 Ralph O'Neal 2:29.03 M55 Bob Bush 3:07.64 M60 Royd Shumway 2:46.53 M65 Rodney Brown 2:46.97 M70 Ben Heath 3:53.17 M80 Sam Monastero 4:05.23 W50 Iris Tolley 3:33.94 W60 Ida Ruttler 3:58.49 W65 Velma Earl 4:08.27 W80 Ivy Granstrom 5:04.60 I500m M50 Dennis Duffy 5:32.75 H Van Blaricum 5:35.36 M55 Wayne Chesney 6:40.27 M60 Russell Allen 5:57.41 M65 John Cahill 5:56.20 M70 Ben Heath 8:57.08 M80 Sam Monastero 8:32.93 W60 Ida Ruttler 8:47.49	Dorothy O'Neal 86-64 86-64 86-64 86-64 86-64 86-64 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875 875	M65 Mashington Flores 29.9 M70 A Madeira 33.7 N75 A Palacios 40.4 W35 Margarita Grum 27.2 W40 E Martiarena 32.0 W45 Joaquina Moranda 30.8 W50 Gema Mosqueira 31.4 W55 Sofia Erguis 38.3 W65 Ana Tebes 38.3 400m M40 Raul Faat 55.2 M45 Miguel Ribeiro 58.4 M50 Joao Dos Santos 64.3 M55 Luis Andreani 64.1 M60 Samuel Aguiar 65.0 M65 Federico Biroz 82.8 M70 Adhemar Madeira 77.1 W45 Edith Rostagnol 75.9 W50 Celeste Alves 75.4 B00m M40 P Negelsinski 2:15.9 M40 P Negelsinski 2:15.9 M45 Raul Martinez 2:24.2 M55 Ruben Sanchez 2:33.9 M60 Horts Bonetti 3:21.6 M75 A Palacios 3:40.4	M75 Ernesto Gundlach M85Luis Jauge 5.67 W35 Sonia Russo 8.90 W40 Maria Richter 7.63 M45 Maria Richter 7.63 M45 Maria Richter 7.86 W50 Elvira Garcia 8.97 W55 Odette Valentinos 11.02 W60 Dirce Sosa 7.12 W65 Sara Rosello 6.16 W70 Marlis Plechner 5.06 W75 Dora Carter 4.45 Discus M40 Nestor Taylor 29.92 M45 Juan Berger 32.56 M50 Walter Morandi 35 M55 Hector Acosta 30.22 M60 Jorge Alzamora 32.08 M65 Miguel Herrera 25.18 M70 C Delegrave 23.56 W75 Ernesto Gundlach 24.44 W35 Sonia Russo 30.84 W40 Geila Reich 20.30 W45 C Gomes 18.50 W50 Elvia Garcia 28.88 W55 Odette Domingos 38.96 W60 Pirce Cohello 20.86 W55 Sara Rosello 13.44 W70 Marlis Flechner 12.26 W75 Dora Carter 10.82	USATF National Masters 8K Cross-Country Championships Boston, MA; Nov. 20 M40 Charles Mchallen 26:08 Chris Farmer 26:36 Michael Galge 26:37 Tim Mchallen 26:39 Vlad Krivoy 26:44 Phil Riley 26:34 Danny Paul 27:04 Joe Stanley 27:13 Bob Colantuono 27:22 M45 Bill Rodgers 26:30 Al Swenson 26:40 Laurence Olsen 26:42 Barold Nolan 27:24 Barold Nolan 27:24 Barold Nolan 27:24 Barold Nolan 27:24 Bob Ball 27:52 Stoddard Melhado 27:52 Stoddard Melhado 27:53 K50 Doug McCregor 28:27 Roland Cormier 29:16 Doug Kenefick 29:24 Charles Kellogg 29:29 Chuck Keating 29:29 Chuck Keating 29:29 Colman Nooney 29:56 Jim Lambert 29:58 M55 All Olrich 30:00 Marqie Podgajny 34:05 Kathleen Beebee 33:14 Robin Beery-Rappa 33:54 Anne Schmitt 34:50 Peg Buxton 35:02 Carrie Parsi 34:59 Regina Wright 36:37 M60 Liz Szawlowski 43:02 Cinnie Pulemvider 49:34 M60-Liz Szawlowski 43:02 Cinnie Pulemvider
M70 Keith Schofield M80 Sam Monastero M80 Sam Monastero M80 Isam Monastero M80 Iris Tolley M80 Ida Ruttler M80 Ivy Granstrom M80 Royd Shumway M85 Rodney Brown M80 Royd Shumway M80 Iris Tolley M80 Sam Monastero M80 Iris Tolley M80 Iris Tolley M80 Ivy Granstrom M80 Ivy Granstrom M80 Ivy Granstrom M80 Ivy Granstrom M80 Dennis Duffy M80 Ivy Granstrom M80 Dennis Duffy M80 Ivy Granstrom M80 Russell Allen M85 Wayne Chesney M80 Kam Monastero M80 Sam Monastero M80 Samyze/Horton/	Dorothy O'Neal 86-64 86-64 86-64 86-64 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-67 86-	M65 Mashington Flores 29.9 M70 A Madeira 33.7 N75 A Palacios 40.4 W35 Margarita Grum 27.2 W40 E Martiarena 32.0 W45 Joaquina Moranda 30.8 W50 Gema Mosqueira 31.4 W55 Sofia Erguis 38.3 W65 Ana Tebes 38.3 W65 Ana Tebes 38.3 W65 Miguel Ribeiro 58.4 M50 Joao Dos Santos 64.3 M55 Luis Andreani 64.1 M60 Samuel Aguiar 65.0 M65 Federico Biroz 82.8 M70 Adhemar Madeira 77.1 M75 A Palacios 94.2 W40 Rogelia Pussetti 72.1 W45 Edith Rostagnol 75.9 W50 Celeste Alves 75.4 B00m M40 P Negelsinski 2:15.9 M55 Ruben Sanchez 2:33.9 M60 Horts Bonetti 2:36.6 M75 A Palacios 3:40.4 W40 Rogelia Pucetto 3:50.4	M75 Ernesto Gundlach M85Luis Jauge 5.67 W35 Sonia Russo 8.90 W40 Maria Richter 7.63 M45 Maria Ribeiro 7.86 M50 Elvira Garcia 8.97 W55 Odette Valentinos 11.02 W60 Dirce Sosa 7.12 W65 Sara Rosello 6.16 W70 Marlis Flechner 5.06 W75 Dora Carter 4.45 Discus M40 Nestor Taylor 29.92 M45 Juan Berger 32.56 M50 Walter Morandi 35 M55 Hector Acosta 30.22 M60 Jorge Alzamora 32.08 M65 Miguel Herrera 25.18 M70 C Delegrave 23.56 M75 Ernesto Gundlach 24.44 W35 Sonia Russo 30.84 W40 Gella Reich 20.30 W45 C Gomes 18.50 W55 Odette Domingos 38.96 W55 Odette Domingos 38.96 W55 Sara Rosello 13.44 W75 Marlis Flechner 12.26 W75 Dora Carter 10.82 Javelin	USATF National Masters 8K Cross-Country Championships Boston, MA; Nov. 20 M40 Charles McMullen 26:08 Chris Farmer 26:36 Michael Gaige 26:37 Tim McMullen 26:39 Vlad Krivoy 26:44 Phil Riley 26:54 Danny Paul 27:04 Joe Stanley 27:13 Bob Colantuono 27:22 Cinnie Pulerwider 49:34 Bill Rodgers 26:30 Al Swenson 26:40 Laurence Oisen 26:42 Barold Nolan 27:24 Barold Nolan 27:28 Bob Ball 27:42 Bob Ball 27:42 Jerry Learned 27:52 Stoddard Melhado 27:53 Stoddard Melhado 27:53 K50 Doug MacGregor 28:27 Roland Cormier 29:16 Charles Kellogg 29:29 Chuck Keating 29:42 Charles Kellogg 29:29 Chuck Keating 29:42 Colman Mcxoey 29:56 Jim Lambert 29:56 Jim Lambert 29:56 M55 Bill Olrich 30:00 Ken Mueller 30:29 Marqie Podgajny 34:05 Kathleen Beebee 33:14 Robin Bnery-Rappa 33:54 Anne Schmitt 34:59 Peg Buxton 35:02 Carrie Parsi 34:59 Regina Wright 36:37 Mardi Reed 36:43 Sarah Mae Berman 46:08 M60 Liz Szawlowski 43:02 Cinnie Pulerwider 49:34 M40* Teams 1 GTR Lowell RR (Krivoy/ Riley/Colantuono/Ikall/ Melhado) 2:16:35 Zambridge Sports U2:20:05 S Shore AC 2:22:16 M550* Teams 1 Boston RC (Cormier/Reating/ Bernal/Lambert/Randall) 2:29:03 Text Lowell RR 2:31:44 McMaegan Striders 2:38:55 M60* Teams 1 Syracuse Chargers (Brock/ Stabler/Rubin) 1:40:04
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Nov. 20 M40 Charles McMullen 26:08 Chris Farmer 26:136 Chris Farmer 26:136 Michael Galge 26:17 Tim McMullen 26:19 Vlad Krivoy 26:44 Phil Riley 26:54 Danny Paul 27:04 Joe Stanley 27:13 Ecb Colantuono 27:22 M55 Bill Rodgers 26:10 Al Swenson 26:40 Laurence Olsen 26:40 Laurence Olsen 26:42 Barold Nolan 27:24 Barold Nolan 27:24 Barold Nolan 27:25 Stondard Melhado 27:25 Stondard Melhado 27:25 Stondard Melhado 27:26 Churles Kellogg 29:26 Churk Keating 29:16 Churles Kellogg 29:27 Chuck Keating 29:42 Churles Kellogg 29:29 Chuck Keating 29:58 Jin Lambert 29:58 Jin Lambert 29:58 M55 Bill Olrich 30:00 Ken Mueller 30:29 Frank Kagner 30:31 Jerry Levassour 31:25 Lee Milcox 31:26 Rob Reagan 31:31 Rob Reagan 31:31 Rob Reagan 31:34 Joe O'Chrisor 33:26 George Crear 33:37 Russ Cornors 33:41 M60 Brock 20:59 September 30:31 M60 Brock 30:50 M65 Joe Fernandez 31:11 Rosard Rubin 33:54 John Nottle 36:55 Feter Scontras 37:19 Sid Tosbe 39:05 San Diego, CA; Nov. 20
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M70 Keith Schofield M80 Sam Monastero M80 Sam Monastero M80 Iris Tolley M80 Ida Ruttler M80 Ida Ruttler M80 Ida Ruttler M80 Ivy Granstrom M80 Ivy Granstrom M80 Dannis Duffy M80 Royd Shumway M80 Iris Tolley M80 Iris Tolley M80 Iris Tolley M80 Iris Tolley M80 Ivy Granstrom M80 Dannis Duffy M80 Ivy Granstrom M80 Ivy Granstrom M80 Sum Monastero M80 Sum Bonastero M80 Rissell Allen M81 Sohn Cahill M83 John Cahill M85 Swan Monastero M80 Sum Monastero M	Dorothy O'Neal 86-6% 86-6% 87-6% 87-6% 87-6% 87-6% 87-5 87-6% 87-5 87-6% 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-5 87-	M65 Mashington Flores 29.9 H70 A Madeira 33.7 H75 A Palacios 40.4 W35 Margarita Grum 27.2 W40 E Martiarena 32.0 W45 Joaquina Moranda 30.8 W50 Gema Mosqueira 31.4 W55 Sofia Erguis 38.3 W65 Ana Tebes 38.3 W65 Ana Tebes 38.3 W60 M40 Raul Faat 55.2 H45 Miguel Ribeiro 58.4 H50 Joao Dos Santos 64.3 M55 Luis Andreani 64.1 M60 Samuel Aguiar 65.0 M65 Federico Biroz 82.8 H70 Adhemar Madeira 77.1 H75 A Palacios 94.2 W40 Rogelia Pussetti 72.1 W45 Edith Rostagnol 75.9 W50 Celeste Alves 75.4 B00m H40 P Negelsinski 2:15.9 H50 Al Elizalde 2:24.2 M55 Ruben Sanchez 2:33.9 H60 Horts Bonetti 2:36.6 H65 Dan Mietlick 3:21.6 H75 A Palacios 3:40.4 W40 Rogelia Pucetto 2:50.4 W50 Marisa Cruz 2:40.0 1500m H40 Jose Olivieri 4:37.6 H45 Paulo Baltasar 4:35.8 H50 Al Elizalde 5:02.8 H50 Marisa Cruz 2:40.0 1500m H40 Jose Olivieri 4:37.6 H45 Paulo Baltasar 4:35.8 H50 Al Elizalde 5:02.8 H55 Mario Diaz 5:27.8 H60 Duarte Mendo 5:30.3 H65 B DePaula 5:39.1 H70 Adhemar Madera 6:48.6 H75 A Palacios 7:15.2 5000m H40 Wilson Alves 15:35 H45 Raul Hartinez 17:31 H50 F Dos Santos 18:20 H55 Mario Diaz 20:14 H60 Orlando Almada 21:22 H65 Dan Mietlick 23:28 H05 Mario Diaz 44:07 H60 Jose Ma. Dominquez46:43 H65 Bm Mietlick 51:43 H65 Bm Mietlick 51:43 H65 Bm Mietlick 51:43	M75 Ernesto Gundlach M85Luis Jauge 5.67 W35 Sonia Russo 8.90 W40 Maria Richter 7.63 M45 Maria Ribeiro 7.86 W50 Elvira Garcia 8.97 M55 Odette Valentinos 11.02 W60 Dirce Sosa 7.12 W65 Sara Rosello 6.16 W70 Marlis Flechner 5.06 W75 Dora Carter 1.45 Discus M40 Nestor Taylor M55 Hector Acosta M65 Juan Berger M55 Hector Acosta M65 Miguel Herrera M65 Miguel Herrera M75 Ernesto Gundlach M40 Geila Reich M55 Odette Domingos M60 Dirce Cohello M65 Sara Rosello M65 Narlis Flechner M65 M60 Pirce Cohello M65 Sara Rosello M75 Ernesto Gundlach M76 Cohello M77 Ernesto Gundlach M77 Marlis Flechner M78 Dora Carter M79 Dora Carter M79 Dora Carter M79 Dora Carter M79 Dora Carter M75 Dora Carter M77 Marlis Flechner M78 Newsaglia M79 Daquin Meinenke M79 Dora Carter M79 Dora Carter M79 Dora Carter M79 Dora Carter M70 Valmor Giovanella M77 Marlis Flechner M75 Maria Fibedner M75 Dora Carter M75 Ernesto Gundlach M75 Ernesto Gundlach M75 Dora Carter M79 Marlis Flechner M79 Dora Carter M79 Marlis Flechner M79	USATF National Masters 8K Cross-Country Championships Boston, MA; Nov. 20 M40 Charles Rchuillen 26:08 Chris Farmer 26:16 Chris Farmer 26:17 Tim Mchullen 26:19 Wild Krivoy 26:44 Phil Rilley 26:54 Danny Paul 27:04 Donarny Paul 27:04 Donarny Paul 27:04 Sarah Mas Berman 46:08 M60 Liz Szawlowski 43:02 Cirnie Fulerwider 49:14 M60 Teams 1 Cirnie Fulerwider 49:14 M60 M6
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M70 Keith Schofield M80 Sam Monastero M80 Iris Tolley M80 Ida Ruttler M80 Velma Earl M80 Sam Monastero M80 Ida Ruttler M80 Ivy Granstrom M80 Ivy Granstrom M80 Ivy Granstrom M80 Royd Shumway M80 Ida Ruttler M80 Sum Monastero M80 Ivy Granstrom M80 Royd Shumway M80 Ivy Granstrom M80 Ivy Gra	Dorothy O'Neal 86-63 86-64 86-64 86-64 86-64 86-65 87-74 875 Ivy Browne 30-8 1500m RW M50 H Van Blaricum 7:15.03 Lee Courkamp 9:08.94 M55 Gaylen Nelson 8:49.10 James Osterud 8:51.50 M60 Frank Welch 9:42.63 M65 Mel Granttham 9:12.06 George Caron 9:31.59 M70 Tom Bishop 9:59.71 Joseph Perrin 10:03.47 M80 Phil Lawrence 9:50.32 W50 Karin Harris 15:35.36 W55 Murtha Yale 9:53.16 W65 Paulette Caron 9:21.62 W65 Daisy Morgan 12:57.69 W70 Gladys Sajwaj 11:57.38 W80 Isabell Lawrence 13:29.59 5000m RW M50 H Van Blaricum Earl Cowell 30:30 Ray Johnson 48:23 M65 Mel Granton 30:31 James Osterud 30:35 Gaylen Nelson 30:31 James Osterud 30:35 Gaylen Nelson 30:35 M75 Joseph Perrin 35:49 M80 Jank Paulman 37:55 M75 Joseph Perrin 35:49 M80 Janne Parsons Rune Wallin 37:57 M70 Tom Bishop 30:20 Jack Paulman 37:55 M81 Lawrence 35:49 M80 Janne Parsons Rune Wallin 37:57 M70 Tom Bishop 30:20 Jack Paulman 37:55 M81 Lawrence 35:49 M85 Martha Yale 37:07 W60 Paulette Caron 30:49 Joan Blue 39:35 M80 Isabell Lawrence 35:49 M80 Isabell Lawrence 35:49 M85 Martha Yale 37:07 M80 Paulette Caron 30:49 Joan Blue 39:35 M80 Isabell Lawrence 35:49 M80 Is	M65 Mashington Flores 29.9 M70 A Madeira 33.7 M75 A Palacios 40.4 W35 Margarita Grum 27.2 W40 E Martiarena 32.0 W45 Joaquina Moranda 30.8 W50 Gema Mosqueira 31.4 W55 Sofia Erguis 38.3 W65 Ana Tebes 38.3 W60 M60 M60 M60 M60 M60 M60 M60 M60 M60 M	M75 Ernesto Gundlach M85Luis Jauge 5.67 W35 Sonia Russo 8.90 W40 Maria Richter 7.63 M45 Maria Ribeiro 7.86 W50 Elvira Garcia 8.97 W55 Odette Valentinos 11.02 W60 Dirce Sosa 7.12 W65 Sara Rosello 6.16 W70 Marlis Flechner 5.06 W75 Dora Carter 4.45 Discus 5.26 M50 Nalter Morandi 35 M55 Hector Acosta 30.22 M60 Jorge Alzamora 32.08 M65 Miguel Herrera 25.18 M70 C Delegrave 23.56 M75 Ernesto Gundlach 24.44 W35 Sonia Russo 30.84 W40 Geila Reich 20.30 W45 C Gomes 18.50 W50 Elvia Garcia 28.88 W55 Odette Domingos 38.96 W60 Pirce Cohello 20.86 W60 Pirce Cohello 13.44 W70 Marlis Flechner 12.26 W75 Dora Carter 10.82 Javelin M40 Valmor Giovanella 37.74 M45 Nivessaglia 42.62 M50 Alberto Kraefft 42.12 M55 Mauricio Iglesis 45.96 M60 Joaquin Meinenke 35.28 M60 Joaquin Meinenke 35.28 M65 Washington Flores 28.20 M70 C Dallegrave 21.60 M75 Ernesto Gundlach 20.50 W55 Odette Domingos 28.68 W65 Sara Rosello 14.86 W75 Dora Carter 9.86 W35 Sonia Russo 24.94 W47 Dora Carter 9.86 W35 Sonia Russo 24.94 W49 Geila Reich 31.58 W45 Naria Ribeiro 19.00 W50 Milka Vega 17.02 Bammer 40 Jose Arrambide 24.90 M45 C Jane Berger 22.60 M55 Livira Garcia 36.78 M65 Niguel Herrera 17.52 M70 C Dallegrave 21.88 M75 Ernesto Gundlach 32.52 M60 Jorge Alzamora 36.78 M65 Niguel Herrera 17.52 M70 C Dallegrave 21.88 M75 Ernesto Gundlach 32.52 M60 H61 Reich 31.58 M45 Naria Ribeiro 19.00 M50 Hilka Vega 17.02 Bammer 17.02 Bammer 17.02 Bammer 17.03 Bammer 17.04 M45 C Gomes 15.04 M50 Elvira Garcia 36.78 M65 Elvira Garcia 36.78	USATF National Masters 8K Cross-Country Championships Boston, MA; Nov. 20 M40 Charles McMullen 26:19 Chris Farmer 26:16 Michael Gaige 26:17 Tin McMullen 26:19 Vlad Krivoy 26:44 Phil Riley 26:54 Danny Paul 27:14 Joe Stanley 27:13 Bob Colantuono 27:22 M45 Bill Rodyers 26:30 Al Swenson 26:40 Laurence Olsen 26:42 Barold Nolan 27:24 Barold Nolan 27:24 Barold Nolan 27:25 Bob Ball 27:42 Jerry Learnel 27:53 K50 Doug MscCregor 28:27 Roland Cormier 29:16 Doug Kenefick 29:24 Charles Kellogg 29:29 Chuck Keating 2

K75	nob Matteson	84:32
	Duiley Healy	93:54
M80+	Bill Brobston	86:15
W40	Joan Butler	61:04
	Marieta Gil	66108
	Marcis Whitney	68:47
W45	Sherry Dixon	73:41
	arme Trela	81:10
M50	Jayne Grout	64:36
	Gerry Mancino	86:41
	Conni Geradi	96:15
W55	Cornie LaSalle	86:41
1060	Gloria Brown	69:45
	Anny Stockman	74:27
W65	Delores Quinn	84:31
	Loretta Sheehan	89:18

hampionships ad Results

		Actual	Age-Graded	
Name	Age	Time	Time	Prize
1 Norm Green Jr	61	54:47	43:35	\$500
2 Ray Kneer	51	52:50	46:09	\$400
3 Ed Stabler	64	60:00	46:14	\$300
4 Vinny Reda	41	49:38	46:30	\$250
5 Atlaw Belilgn	48	52:11	46:38	\$200
6 Mark Sepkowsk	44	51:33	47:22	\$175
7 Chip Button	41	50:43	47:31	\$150
8 Patrick Glove	48	53:03	47:45	\$100
9 Gerald Barney	61	60:16	47:57	\$75
10 Dick Haines	55	57:03	48:08	\$50

W60 Liz Szawlowski 43:02
Cinnie Fulerwider 49:34
M40+ Teams
1 CTR Lowell RR (Krivoy/
Riley/Colantuono/Hall/
Melhado) 2:16:35
2 Maine "A" Masters 2:16:42
3 Rochester TC 2:18:32
4 Central Mass Strid2:19:51
5 Cambridge Sports U2:20:05
6 Shore AC 2:22:16
MSO · Teams
1 Boston RC (Cormier/Keating/
Bernal/Lambert/Randall)2:29:07
2 GTR Lowell RR 2:31:44
3 Hartford TC 2:38:15
4 Mohegan Striders 2:38:55
MGO+ Teams
1 Syracuse Chargers (Brock/
Stabler/Rubin) 1:40:04 2 Maine Masters 1:44:26
2 Maine Masters 1:44:26
W40+ Texans
1 Central Mass Strid (Stock-
dale Wooll/Aronovitz/ Buxton) 1:40:27
2 RunToWin-Maine 1:46:42
3 Maine Masters 1:47:16 W50+ Teams
1 Liberty AC (Parsi/Wright/ Read) 1:48:19
Reed) 1:48:19
MATERIAL PROPERTY OF SHAPE OF
USATF National Masters 25K
THE RESERVE AND THE PARTY OF TH
Championships
(Mission Bay 25K)
San Diego, CA; Nov. 20
JOH DICEO, CA, 1904. 20

	perfect the second	A STATE OF THE STA
Over	rall	
Rei	Yamada 32	1:24:56
	Сатро 38	1:39:45
M40	Mark Hunter	1:29:36
	Bob Hawker	1:30:42
	Andy Mackay	1:35:00
	Kevin Heaton	1:40:07
	Don Wanamaker	1:43:42
	Steve Fick	1:43:55
	Neal Lund	1:44:10
	Bob Boyoe	1:45:21
	Continued o	n next page

--Half-Marathon--

-	Section (Section Section)	
Con	tinued from prev	ious page
M45	Hayden Smith	1:32:47
	Peter Stern	1:33:52
	Hal Goforth	1:34:03
	Steve Dornish	1:35:46
	Gordon Lutes	1:40:12
	Herm Fountain	1:41:29
	Ken Moody	1:48:17
	Larry Fimon	1:49:35
M50	Herb Phillips	CAN1:32:51
	Chuck Long	1:45:28
	Larry Pontinen	1:45:54
	Cecil Smith	1:48:03
	Charles Adair	1:48:57
TV SA	Ken McIntyre	1:53:09
M55	Larry Worth	1:36:53
Bulletin.	Ron Pattinson	1:42:49
	Tom Brown	1:45:12
	Don Van Dyke	1:46:42
	Edward Lang	1:54:33
M60	Jim McDade	1:54:29
	Frank Ferrone	2:02:09
M65	Pat Devine	1:49:54
1103	Ted Horner	2:12:52
	Harry Zimmer	3:03:16
W70		
M70	Tom Edwards John Burton	2:09:16
		2:09:17
	Luis Ojeda	2:17:30
W40	Mindy Ireland	1:42:14
	Sarah Rees	1:42:47
	Vanessa Butler	1:46:16
W45	Cathy Kaechele	1:53:17
	Karen Chettle	2:11:09
THE STATE OF	Carolyn Dolen	2:31:05
	Eileen Pue	1:58:49
	Ursula Rains	2:09:28
	Willma Lang	2:25:39
W70	Gerry Davidson	2:41:19
	Factored Result	
	rb Phillips 53	(1:32:51/
	:47)	
	rry Worth 55 (1	:36:53/
1:21	:47)	
	rk Hunter 42 (1	:29:36/
1:23	:26)	
	1 Goforth 49 (1	:34:03/
	:27)	TENNEN WEETEN
	t Devine 65 (1:	49:54/
	:46)	
	ndy Ireland 42	1st A-P W
(1:4	2:14/1:25:07)	
D. Marie		Company of the Party
	EACT	A PART OF THE

New Jersey USATF Masters 10K Championships

East Brunswick; Oct. 7		
M48	Dan Brannen	34126
	Roger Price	35:83
	Jaime Fonseca	35:11
H45	Rolando Castro	34:17
	Hugh Sweeny	34122
	Steve Jaros .	35152
H50	Victor Cruz	35155
	Pat Cosgrove	36113
	Jelf Martin	37124
H55	Felcha Pereira	20118
	kenneth Baker	38172
	George Kelly	48:48
H68	Stan Chodnicki	43:40
	Bill Engle Joe Lauruno	43143
M65	Oddvar Ask	45142
1102	Bill O'Brien	56152
	Bob Nucci	59146
H78	Fred Ely (78)	50:89
West !	Santee Tallia	52:33
N48	Karen Thornton	41145
	Linda Ferrara	46126
	Faul D/Taylor	46146
W45	Natalie Grabow	46119
	Elizabth Melhorn	58121
	Sylvia Freedman	51114
W50	Madeline Bost	44122
	MaryAnn Walker	61.57
	384 Finishers	
100	A SECTION OF THE PARTY OF THE P	

Long Beach Island 10 Mile

	New Jersey, Oc	1. 10
H48	Geoff Schroedr	
Section .	Robt Griffin	
HSD	Nick Manzani	1:54:02
usu	Gunnar Svendse	11158145
	Dave Beale	2101157
HAD	Butch Pivano	2184131
Mark Street	Paul Fiocco	2131118
	Harry Berner	5172129
H48	Alice Griffin	2140130
	Hollie Laspi	21 30145
	Joann Harburge	r2:31:54
W58	Janet Johnson	2127118
	Ruth Wloczewsk	12:38:42
	Jen Margulies	2142146
NOB	Patricia Gilas	m3:17:34
100	Melva Murray	3:36:22
W/0	Becky Yenchar	183136145
	784 Finisher	

Giralda Farms 10K Madison, NJ; Oct. 10

H48	Mark Sepkonski	34116
	Ton Cusinano	37:59
	Kenneth Krah	39:16
H45	Hector Vargas	34135
	Ton Guthrie	37128
	Gary Rosenberg	37:27
H50	Bill Hagman	36144
	Jeff Martin	30:33
	Scott Harsh	38:43

Geoff Green 43:4 Fred Loosen 44:3	4 1 1
Fred Loosen 44:3	1
	1
	1
M60 Jie Miller 47:2	
Ed Hill 40:1	6
Doug Dickerson 48:1	
M65 William Draper 53:2	8
Anthony Aguanno 5912	
Edeund Berdela 6211	1
M48 Jane Parks 4214	4
Pan Schottenfeld 43:33	
Gloria Averbuch 4313	
M45 Natalie Grabow 4612	1
Lynda Raydin 48:3	_
Alana Middleton 4915	
WSB Lynn Rose 5314	
Margaret Thomas 55:8	
Carol Tiffany 63:1	
A STATE OF THE PARTY OF THE PAR	9
547 Finishers	ľ
New Jersey USATF Masters	

5K Championships Paramus; Oct. 10

	Paramus; Oct. 10	
H40	David Dunne	16:28
	Roger Gutzwiller	17:14
	Bob Hyde	17:18
H45	Rolando Castro	17102
	Bob Hansen	18:48
	Janes Pfaff	18:41
H58	Pat Cosgrove	17:16
	Victor Cruz	17:17
	Daniel Kirsch	19:53
H55	Bill Loughran	18:51
	Don Bozzone	21:48
	Edward Schlasp	23130
H68	Stan Chodnicki	28136
	Walt McConnell	21122
	Joe Brescher	23:09
H65	Oddvar Ask	22:87
H/8	Len Cheringal	27182
11/6	Jim McGilvray	25145
W48		26144
	Paula D/Taylor Ilana Weiss	21124
	Lily Kosaka	22109
W45	Debbie Adams	22140
1	Arlene Decker	24131
	Susan Passaro	24138
W50	Helene Samuelson	24:59
	Jeantte Ciccone	27123
	Pat Crompton	28:53
W55	Maryanne Abad	26:48
3000	Lorraine Suslak	31:30
	619 Finishers	
		A

Mohawk-Hudson River

Marathon		
Sch	nenectady-Albany;	Oct. 24
M40	Celio Hernandez	2:47:58
-	Mike Mason	2:50:38
3000	Jack Afarian	2:52:52
M45	Bob Ellison	2:57:43
	Cecil Bakalor	3:00:41
50.700	Jim Haggett	3:04:27
M50	Ray Kneer	2:51:42
	Peter Jeffers	3:01:11
- 100	Dave Beale	3:07:11
M50	Jim O'Toole	3:16:42
	Richard Berndt	3:20:29
Journ L.	William Beyer	3:24:52
M60	George Reilly	3:45:45
	George Verwys	3:49:29
	Ed Slapcoff	4:12:02
M65	Konstantine Chaks	
	Sam Gratch	5:00:15
W40	Deborah Briggs	3:34:59
	Char Davidson	3:37:50
	Janet Piez	3:40:45
W45	Pat Fitzimmons	4:16:24
	Ruth Ripley	4:20:07
WEG	Jo-Anne McDonald	
W50	Barb McArthur	3:50:35
	Mary Phillips	4:02:32
E A	Margaret Kelley	5:16:15

Marine Corps Marathon

W	ashington, DC; O	ct. 28
Over	all	
	nique Bariod 29	2:23:52
	y Ebert 32	2:48:04
M40	Mike Zeigle	2:34:32
	David Dunne	2:38:42
	Chuck Moeser	2:40:34
	Dave Elgerc	2:41:57
	Kevin Brown	2:42:01
	John Nelson	2:44:53
	Jim Moreland Charles Martel	2:46:33
MAS	Jacques Gagnon	2:46:48
uas	Stephen Greer	2:42:21
	Tim Sponseleer	2:48:37
	Ken Royston	2:48:53
	John Saylor	2:51:07
	Lucius Anderson	
M50	John Kirkpatric	
	Gerry Ives	2:50:39
	Ed Geisendaffer	
	Curtis Crews	2:55:46
	Robert Wright	2:57:08
N55		2:48:11
	Mel Williams	2:49:08
	Kirk Davies Joe Dilorio	3:05:17
M60		3:06:49
1100	Burr Grim	3:08:35
	Joe McReynolds	3:10:10
	Frank Dudley	3:14:08
M65	James Parks	3:20:21
	Bill Galbrecht	3:26:39
	Ed Roginski	3:29:51

H70	Anthony Napoli	3:30:56
	Harry Kirsch	3:41:47
50.0	Mike Webb	3:58:48
M75	Karl Hackbarth	3:55:23
	Bill Haggerty	
W40		3:01:45
195	Eunice Phillips	
	Anne Veling	3:11:14
	Pat Donohue	3:14:05
100	Ann Meckley	3:15:10
-		
w45	Ann Davies	3:09:19
	Joy Hampton	3:20:01
	Cynci Calvin	3:23:18
	Fran Lanciault	3:24:20
W50	Janet Newburgh	3:35:42
250	C Swanson	3:41:35
0.000	Susan Peters	3:41:42
W55	Wen Shi-Yu	3:24:14
	Rita Alles	3:39:49
	Pat Rhode	3:59:05
W60	Mary Wilson	3:18:20
	Doris Dean	3,45,11
	Gail Nichols	4:05:14
	AlexanderBarnet	
MOD	Patti Hecht	3:46:15
	Sheila Barnett	4:20:43
W70	Edith Farias	4:40:23
	M W Hagerty	5:23:50
W75	Donietta Bickle	y5:47:28
-		

Upstate New York Cross-Country Series 3.25 Miles

Bethany; Oct. 31	
Overall -	
Dennis Cullinane	17:0
Stacy Prey	19:3
M40 Chas McMullen	17:5
Tim McMullen	18:4
Rick Hoebeke	18:5
M50+Dick Telarico	23:1
Dave Winn	23:1
M40+ Team: Blade Run	rs 0
Cats AC	1
(35°/snow/mud)	

Rhode Island Marathon Providence, RI; Oct. 31

Over		
	Harding	2:18:24
	-Lynn Currier	2:43:25
M40	Peter Blomquist	2:35:26
	Charles White	2:49:14
	Georges Trepanier	2:51:36
-	Terry Haaland	2:52:18
	John Unger	2:52:36
	Richard Boretti	2:53:00
	Richard Regan	2:55:50
Der la	Mark Uliasz	2:58:08
	Vincent Ricciardi	2:59:05
	Steven McLaughlin	
	Roger Goulet	3:08:16
	Butch Pivano	3:09:58
	Joseph Salerno	3:11:45
	Kazumaska Oda	3:12:17
	Fred Tanner	3:13:46
	Bob Patenaude	3:14:15
	Richard Robinson	3:14:22
M60	Harry Elgar	3:24:10
	Siegfried Puesche	
	Al Becken	3:27:31
	Richard Fedion	3:33:30
	Douglas Rogers	3:36:13
W40	Jan Vermilye	3:04:45
	Rosalyn Randall	3:28:37
1	E Amato-Visley	3:31:04
	Judy Blood	3:32:16
	Paula Hagerty	3:32:43
1- 50	Sharon Boyle	3:33:17
W50	Wen-Shi Yu	3:42:36
	Peter Gill	3:50:00
	Carolyn Sunderman	4:32:41
Salar	and a state of the state of	A CHARLES N

Computer Run 5 Mile Central Park, NYC; Nov. 7

Central Fark, NTC, NOV	
Overall	
Pedro Rojas 35	24:03
Stella Castro 35	27:25
M40 Paul Mascali 41	25:32
Michael Batista 41	27:47
Ernesto Ayala 42	28:29
Keith Sullivan 42	28:32
Rigar Sandoval 41	28:50
Luis Medeizos 43	29:27
M50 Witold Bialokur 58	30:20
Ralph Walde 50	30:23
Justino Valentin 51	32:31
Louis Nicoll 54	32:36
Alan Fairbrother 57	32:45
Nevio Dobry 54	33:57
MGO William Fortune 65	32:00
Joseph Burns 64	33:01
Bric Seiff 60	34:21
Leon Selig 60	35:55
Max Schindler 61	36:23
George Thompson 67	37:22
M70 John McManus 70	34:24
Sab Koide 70	40:02
Wallace Cutler 70	40:45
Wilfredo Rios 77	45:37
Mel Freidel 73	47:50
Frank Brownstein 75	
W40 Cheryl Ralya 47	32:22
Mary Ryan 47	32:31
Sylvie Kimche 46	32:51
Michelle Nero 40	34:29
Gloria Averbuch 42	34:43
Carolyn D. Moore	35:18
W50 Erika Abraham 55	35:17

Ourol Johnston 50	36:06	K70 F
P L Parmalee 53	36:28	
Harriet Oster 51	36:46	7
May D Chou 57	40:04	
Susanna Beltrandi50	40:06	
W60 Toshiko D'Elia 63	37:37	3
Janine Maltas 67	46:10	MB0 1
Daley Klein 68	49:01	1
Bertha McGruder 65	49:12	
Annie Zinker 61	53:00	M40 I
R K Warshawsky 60	53:54	
W70 Althea Wetherbee 74	51:28	
Althea Jureidini 75	57:25	1
Syracuse University Noo	ntime	,
Running League 4th An		W50

	Liverpool, NY; No	v 13
15k	Liver poor, 111, 110	
W35	Patti Ford	58:29
MAD	Stanban Niv	50.22

M40 Stephan Nix	58:22
M45 Steve Murphy	59:42
Larry Nafie	60:17
Jeff Straussman	67:45
M50 Joe Mautz	69:39
10k	
W30 Keren Bedard	52:25
W35 Sheila O'Hara-	C 51:39
W40 Karen Carrino	59:42
W60 Mary Ann Carri	no 85:17
M15 Bob Micho	44:47
M55 Jack Ucci	45:43
8k	The second
M55 Rene Wilett	32:54
5k	CALL PROPERTY.
W10 Kathy Thompson	23:30
M40 John Condon	19:18
M50 Louis Lantzy	27:29
M55 Sam Graceffo	19:05

Run With Lynn Jennings Cross-Country 4K Rockville, MD; Nov. 13

24:35

M70 Nate White

Overall	
Brian Schilling 23	13:25
Lynn Jennings 33	13:40
M40 James Moreland 40	14:59
Will Vehrs 40	16:20
M50 Art Morey 55	17:13
Don Kohler 56	17:36
M60 Jack McMahon 62	18:05
Copley Smoak 60	18:34
M70+Frank Pierce 71	22:13
W40 Chris Stockdale 49	19:51
W50 Dee Nelson 50	19:05
W60 Kay Morrison 67	24:54

Vietnam Veterans Memorial

Washington, DC; Nov. 14		
Overall		
Darrell General 27	29:53	
Senoria Clarke 29	36:14	
M40+		
Jim Disciullo 40	36:00	
Bob Oberti 46	36:17	
Bernie Gallagher 53	37:11	
Ed Horn 40	37:30	
Joe Composto 43	37:43	
William Knowlton 46	37:49	
Bradford Loo 43	37:57	
John Bly 42	38:16	
Chan Robbins 56	38:25	
Tom Jamison 46	38:49	
W40+		
Patty Shackleton 42	40:16	
Judy Ferrier 40	46:57	
Frona Hall 47	46:58	
Pat Banks 47	49:55	
Hillary West 49	49:55	
Betsey O'Neill 46	49:56	

New York City Marathon Nov. 14

	Overall	
7	Andres Espinosa 30 2:	10:04
	Uta Pippig 28 2:	26:24
	M40 Pierre Levisse 41	2:20:17
	Pete Gschwend 40	2:24:34
9	Pete Gschwend 40	2:25:16
	Claudio Padilha 4	72:31:31
	J J Rubio 41 Remo Stafficci 40	2:34:11
	W Muenzel 40	2:35:17
)	W Muenzel 40 Tom Bernard 45	2:37:26
	T PlaMaravilla 40	2:38:17
	Humberto Clavijo 4:	32:38:53
		2:39:50
	Didier Renard 46	2:39:50
	Sammy Sanchez 40	2:40:19
,	MichelPringagalt 4	12.40.31
	Jerry Miller 41	2:42:21
)	M50 Annibale Albiero 50	
	Alej Ulloa 50	2:46:56
	Sam Skinner 51 Alan Turner 50	2:50:39
	Rai Lafuente 50	2:51:41 2:51:46
	Pete Teachout 53	2:52:52
2	Dan Hamner 53	2:54:10
	Julian Berrera 51	2:55:43
	H Fankhauser 53	2:56:40
	Ben Dyer 50	2:57:18
,	M60 B Reinhold 60	3:03:25
,	Torleif Reffebo	3:05:54
	Gerd Papcke 60	3:09:41
	Peter Keel 60	3:12:21
	Leo Hohmann 60	3:13:24
	C Feraille 62	3:19:32
'	F Chapdelaine 61	
5	F Porcheddu 66	
	Claude Jacquet60	3:22:40
	H August-Etinne	3:24:17

K70 F W Werner 71	3:59:26
Desi Valdes 77	4:02:11
Pierre Dubrevil	4:02:36
Moritz Stern 78	4:03:00
G H Peterson 74	4:05:20
Peter Mahta 71	
MBO Rudy Seydler 81	5:04:32
B Fredricksson8	05:24:12
Gerhard Theunes	
W40 Ellen Gibson 42	2:50:17
Judith Hine 44	
Diane Legare 42	
MaritzaMartnz 4	
DanieleGeffroy	
Barb Anderson 4	
W50 S Rae Baymiler5	
Henrite Gerard	
Renee Choppin 5	
Wen-Shi Yu 58	
C Glauser 54	
W60 Ursula Schmitze	
Thelma Wilson	
Sieglade Wind	
Joy Johnson 66	
W70 Vreni Niklaus 70	
J Saintemarie 70	
Loretta Shehan	
W80 MavisLindgren86	7:20:47

MiO Paul Mascali	20:47
M45 Jack Porzio	23:22
M50 Alex Flyntz	25:25
M55 Hilton Goring	24:38
M60 Geza Feld	26:04
M65 Colin Harris	26:21
M70+Sid Platt	34:15
W40 Diane Ditchfield	25:36
W45 Maddy Harmeling	26:36
W50 Joan Fischer	34:22
W55 Nancy Fraser	32:20
W60 Chickie O'Toole	34:36

Nifty Fifty Mile New England Championships

21
:38:25
:31:58
:56:01
17:42
29:42
41:32
56:47
57:18

Turkey Classic 5 Mile Central Park, NYC; Nov. 21

Overall Pedro Rojas

redio no jan	91:01
Gordon Bakoulis	
M40 Ernesto Aya	la 28:23
John Costa	28:46
Tom Bernhar	
M45 Robert Doug	las 30:35
Steven Yurg	el 31:11
Jack Frame	31:17
M50 Samuel Skin	
Maury Dean	28:37
Jeremiah O'	
M55 Richard Mur	phy 30:59
James Filli	
George Hirs	
M60 Joseph Burn	
Hans Hunzik	
Jerry Stoll	s 39:28
M65 William For	tune 32:27
Jack Haar	36:07
Richard Gor	don 46:23
M70 John McManu	s 70 36:22
Wallace Cut	ler 70 42:54
James Keene	y 77 43:19
W40 Suzanne Roh	r 33:48
Mary Anne H	blowaty 34:05
Diane Hawki	
W45 Flora Flore	s 35:59
Carol Ann Z	anoni 36:27
Arlene Deck	
W50 Patty Lee P	
Riith Jones	37:03
Karin Kuhla	ind 38:40
W55 May D Chou	38:52
Joan Bondel	1 40:32
Susan Kosso	wsky 45:15
W60 Toshiko E'E	lia 37:23
Ludmi la Sur	
Melva Murra	
W65 Adelaide Co	
Bertha McGr	
Daisy Klein	

SOUTHEAST

Atlanta Marathon/Half-Marathon Atlanta, GA; Nov. 25

M40+	
Rich Shick 44	2:49:25
Jeff Calloway 48	2:50:39
George Whitley 44	2:53:20
Joel Majors 43	2:59:06
Guy Lapierre 41 CAN	3:01:53
W40+	
Marsha Raeber 41	3:20:49
Ann Wright 49	3:21:38
Vickie Johnson 45	3:25:41
Michele Young 43	3:43:08
Jan Bowen 44	3:43:09

(70	F W Werner 71 3:59:26
	Desi Valdes 77 4:02:11
	Pierre Dubrevil 4:02:36
	Moritz Stern 78 4:03:00
	G H Peterson 74 4:05:20
	Peter Mahta 71 4:23:16
680	Rudy Seydler 81 5:04:32
	B Fredricksson805:24:12
	Gerhard Theune805:51:07
440	Ellen Gibson 42 2:50:17
	Judith Hine 44 2:52:31
	Diane Legare 42 3:00:32
	MaritzaMartnz 413:03:11
	DanieleGeffroy483:05:10
	Barb Anderson 413:08:34
W50	S Rae Baymiler502:53:53
	Henrite Gerard513:09:39
	Renee Choppin 593:18:15
	Wen-Shi Yu 58 3:34:28
	C Glauser 54 3:35:18
W60	Ursula Schmitz613:35:02
	Thelma Wilson 623:52:07
	Sieglade Wind 614:07:07
	Joy Johnson 66 4:20:27
W70	Vreni Niklaus 70 4:16:12
	J Saintemarie70 4:42:05
	Loretta Shehan704:56:45

MIDWEST

Columbus Marathon Columbus, OH; Oct. 24

	Columbus, OH; C	Oct. 24
	Overall	
	Brad Hudson 27	2:16:33
-	Jennifer Martin 33 M40 Allen Choma	
	Donald Ocana	2:27:29 2:46:04
	Donald Ocana Bill Ditch	2:46:17
	Mike Marr	2:47:28
	David Hunter	2:49:39
	Pat Gannon Bill Ecoff	2:49:44
	Don Slusser	2:49:51 2:50:25
	Steve Bogner	2:50:37
	John Austin	2:50:43
	M45 Ken Sparks	2:32:55
	Terry McCluskey Fred Waybright R Frid	2:39:31
	R Frid	2:41:42
	Ron Plantz	2:43:16
-	Ken Hedrick	2:44:48
	Chris Thieke	2:51:09
	Chris Riley	2:52:19
	M50 Gary Lafler John Lydon	2:50:53
ŀ	Juera Haberner	2:55:56
H	Juerg Habegger Bill Curtin	2:58:29
B	William Tobin	2:58:32
3	Bobby Terrel	3:00:26
Ì	M55 Vic Bell	2:49:14
	David Whitten	2:58:24
	Phil Mann	2:59:38
	Ron Chrichton M60 Jack Capot	3:00:56
1	Ralph Miller	3:12:21
1	James Roche	3:20:45
ı	MOD MALL MORETS	3:31:35
ı	Jordan Bisceglia	3137138
١	Paul Gionfriddo7	04:20:13
1	W40 Ruta Kunevicius	3:11:35
ı	Shirley Reed	3:17:01
۱	W45 June Schlabach	3:17:18
	M70-Earl Tyler 70 Paul Gionfriddo? W40 Ruta Kunevicius Shirley Reed Carole Tsylor W45 June Schlabach Nina Bovio	3:21:25
	Sue Carnes W50 Judy Carroll	3:22:30
	W50 Judy Carroll	3:21:50
	Nancy Dietrich	3:40:00
	Sally Jorania	4:19:56
1	W60 Mauree Hewitt	4:34:56
	W50 Judy Carroll Nancy Dietrich W55 Peggy Drauglis Sally Joranko W60 Mauree Hewitt W65 Whayong Semer Ace-Graded Results M	3:36:56
-	THE RESIDENCE OF THE PERSON NAMED IN COLUMN 2 IS NOT THE OWNER, THE PERSON NAMED IN COLUMN 2 IS NOT THE OWNER, THE PERSON NAMED IN COLUMN 2 IS NOT THE OWNER, THE PERSON NAMED IN COLUMN 2 IS NOT THE OWNER, THE PERSON NAMED IN COLUMN 2 IS NOT THE OWNER, THE PERSON NAMED IN COLUMN 2 IS NOT THE OWNER, THE PERSON NAMED IN COLUMN 2 IS NOT THE OWNER, THE PERSON NAMED IN COLUMN 2 IS NOT THE OWNER, THE PERSON NAMED IN COLUMN 2 IS NOT THE OWNER, THE PERSON NAMED IN COLUMN 2 IS NOT THE OWNER, THE PERSON NAMED IN COLUMN 2 IS NOT THE OWNER, THE PERSON NAMED IN COLUMN 2 IS NOT THE OWNER, THE PERSON NAMED IN COLUMN 2 IS NOT THE OWNER, THE PERSON NAMED IN COLUMN 2 IS NOT THE OWNER, THE PERSON NAMED IN COLUMN 2 IS NOT THE OWNER, THE PERSON NAMED IN COLUMN 2 IS NOT THE OWNER, THE PERSON NAMED IN COLUMN 2 IS NOT THE OWNER, THE PERSON NAMED IN COLUMN 2 IS NOT THE OWNER, THE PERSON NAMED IN COLUMN 2 IS NOT THE OWNER, THE PERSON NAMED IN COLUMN 2 IS NOT THE OWNER, THE PERSON NAMED IN COLUMN 2 IS NOT THE OWNER, THE PERSON NAMED IN COLUMN 2 IS NOT THE OWNER, THE PERSON NAMED IN COLUMN 2 IS NOT THE OWNER, THE PERSON NAMED IN COLUMN 2 IS NOT THE OWNER, THE PERSON NAMED IN COLUMN 2 IS NOT THE OWNER, THE PERSON NAMED IN COLUMN 2 IS NOT THE OWNER, THE PERSON NAMED IN COLUMN 2 IS NOT THE OWNER, THE PERSON NAMED IN COLUMN 2 IS NOT THE OWNER, THE PERSON NAMED IN COLUMN 2 IS NOT THE OWNER, THE PERSON NAMED IN COLUMN 2 IS NOT THE OWNER, THE PERSON NAMED IN COLUMN 2 IS NOT THE OWNER, THE PERSON NAMED IN COLUMN 2 IS NOT THE OWNER, THE PERSON NAMED IN COLUMN 2 IS NOT THE OWNER, THE PERSON NAMED IN COLUMN 2 IS NOT THE OWNER, THE PERSON NAMED IN COLUMN 2 IS NOT THE OWNER, THE PERSON NAMED IN COLUMN 2 IS NOT THE OWNER, THE PERSON NAMED IN COLUMN 2 IS NOT THE OWNER, THE PERSON NAMED IN COLUMN 2 IS NOT THE OWNER, THE PERSON NAMED IN COLUMN 2 IS NOT THE OWNER, THE PERSON NAMED IN COLUMN 2 IS NOT THE OWNER, THE PERSON NAMED IN COLUMN 2 IS NOT THE OWNER, THE PERSON NAMED IN COLUMN 2 IS NOT THE OWNER, THE PERSON NAMED IN COLUMN 2 IS NOT THE OWNER, THE PERS	The state of the s
ı	1 Ken Sparks 48 \$500	(2:32:56/
	2:18:34) 2 Allen Choma 40 \$30	0 (2-27-20)
	2:21:00)	0 (2:2/:30/
١	3 Vic Bell 55 \$200 (2:49:15/
	2:24:51)	
	T	
	1 Whaynog Semer 65 \$ (3:36:57/2:42:44)	500
	2 June Schlabach 45	
	(2:58:51/2:44:07)	
	3 Judy Carroll 51 (3	:21:40/
	2:56:27)	
	and the second s	A STATE OF THE PARTY OF THE PAR

Turkey Trot 10K Detroit; Nov. 25

AND DESCRIPTION OF THE PARTY OF	
Overall	
Steve Voltaw 23	31:04
Lisa Weidenbach 32	35:03
M40+Terry Elsey 40	34:27
Randy Bulla 46	34:59
Mike Unger 43	35:35
John Scott 42	35:43
Larry Hromek 43	36:07
Paul Olmstead 47	36:15
Eduardo Palomino 4	436:19
Ron Ruffin 46	36:26
Jim Simpson 41	36:50
Ralph Evans 45	36:51
W40+Vickie Putnam 45	41:30
Nino Bovio 47	42:50
Joan MurphyWalker4	
Lywdall Miller 43	44:35
Maggy Zidar 43	45:08
Susan Buxton 44	45:45
The state of the s	

MID AMERICA

Turkey Trot 2 Mile Wichita, KS; Nov. 20

veral1	
teve Heffernan ennifer Hillier	9:14 10:49

Continued on next page

Janua	ry, 1994				
Continu	ed from previou	s page	1 Jir	ngle Bell 5K	
M40 Joh	John Kedzuf 11:58 Overland Park, KS:			ec. 5	
	Peluso	13:02	Over Billion Bridge		
M45 C11	ff Roderick	11:32	0		
	nk Stecklein	12:04	Overall		4
	1 Jones	12:25	Mark Curp		14:
	1 Topinka	12:25	Cindy Bla		18:
M55 Bob		17:04	M40 Glen M45 Rick		17:
	n Troutman	17:40	H50 Joe S		19:
	Flickinger	14:05	M55 Jim P		17:
	cee Weeks	12:39		Kincald	18:
	y Cox	14:55	M60 Paul		18:
	a Burton	13:53	H65 Frank	Creason	241
	ol Giltner	14:16	W40 Marci	a Dowling	18:
W50 Rot	vena Hinshav	16:16	W45 Hary		241
Lo	ra Topinka	17:48	W50 Nancy		231
	rolyn Buckner	15:52		Proetting	271
W60 Fa	ith Thornton	18:05	W60 Ann N	11111000	24
	15th /		ud Light Stadiu is, MO; Oct. 2	ım Run	
			HAND I CAPPED	HAND1 CAP	ACT
PLACE	NAME, AGE		TIME	(MINUTES)	TI
. 1	John Mosner,		29:11	12.5	41:
2	Jack Gentry,		29:20	11.0	40:
3	Ignacio Jime		29:32	3.5	33:
4	Dick Wilson,		29:43	8.5	38:
. 5	Helissa Sape	, 13f	30:29	7.0	37:
6	Leon Fennell		30:40	8.5	39
7	Gordon Benfi		31:13	2.5	33
8	Dan Rooney,	33	31:17	1.0	32:
9	Dave Daum, 4		31:34	2.5	34
10	Larry McMaho		31:46	3.0	34:
11	Mark Hoster,	46	31:49	4.0	35
12	Ernie Hirsch			11.5	43
13	Dick Hessler	. 52	32:02	5 5	17.

32:02 32:15 32:25 32:29 32:30 32:31 32:36 32:51 32:55 33:07 33:08 33:09 33:10 33:11 33:15 33:15 33:21 33:38 33:41 33:43 33:41 33:45 33:57

33:58

34:01 34:06 34:10 34:12 34:13 34:16 34:18 34:20 34:20 34:22

Joe Howell

M50 Larry Pontinen Jack Bianchi

Jack Bianchi 1:27:36
Vic Birtalan 1:27:41
M55 John Ayres 1:34:56
Pat Higgins 1:36:14
M60 Hugh Pendleton 1:41:56
M65 Saul Meyer 2:20:39
M70+Frank Dawson 742:09:40
W40 TerriLee Weerberl:44:48
W45 Mimi Baranowski 1:42:14

W50 Joanne Barker 1:55:39 W55 Gaby McQuitty 1:53:21 W65 Margie Withrow 2:50:46

Dick Hessler, 52
Mike Toolen, 48
Wendy Halamicek, 33F
Richard Ebel, 48
Dennis Wallach, 36
Doug Pohlman, 35
Ed Altman, 11
Bill Schmitt, 71
Marion DeMuri, 65
Louise Kobin, 25F
Paul Aucoin, 48
Joe Bozarth, 65
Don White, 42
Darrell Hielke, 30
Meil Ackerman, 47
Bernie Candy, 45
Michael Nelson, 12
Wayne Wheeler, 54
Ed Tulin, 12
Frank Tate, 43
Renzo Dreon, 52
Gholam Peyman, 55
Larry Ziegler, 48
Dave Worful, 48
Vernon Bradshaw, 59
Tony Murray, 52
Wayne Shoak, 37
Curt Larson, 39
Louis Gassmann, 36
Carol Bellora, 46F
Stephen Salerno, 25
Derek Redmore, 55
Mike Frigerio, 31
Don Kinnison, 43
Pam Campbell, 35F
David Eatwell, 35
Jim Norval, 56

Tom Engleson, 33

WEST

Oracle Run 10K

Oracle, AZ; Oct. 30

45:36

40:00 48:24 51:21

45:36

57:39

91:27

1:24:40

1:26:02

Overall Jerry Laws Linda Some M40 Gustav

Overall
Andy Almodova
Paula Dobler W40
M40 Tom Smith
M45 Ken Cook

M50+Adelio Percic Yolker Beer

W40 Paula Dobler

Lori Russell 29 M40 Doug Davis Bill Mason Frank Ogilvie M45 Bill Norman

Overall Jeff Jaco

W45 Laura Orrey W50+Shirley Hester Sue Smith

Santa Barbara Half-Marathon

Santa Barbara, CA; Nov. 6

	Bill Sharp	2:48:00
	Mike Sosnovski	2:48:12
	Tim Frawley	2:48:27
4:46	M50 Berb Phillips	2:37:39
8:26	Jon MacPherson	2:47:41
7:24		2:52:05
18:10	Skip Houk	2:53:10
17157	Mike Hawkes	
18:38	M55 Bob Glazier	2:53:20
18:53	George Hirach	2:59:33
24:45	Bernard Hollander	
18:46	Ron Kovaca	3:07:20
24:52	David Whitaker	3:14:06
23:50	M60 Jean-LouisPelegra	
24:52		3:51:42
	Lee Rhodes	3:56:38
	Mack Martinez	
		3:57:50
	M65 Richard Cotsord	3:48:24
	Randy Schachtili	
ACTUAL		4:03:14
TIME	W40 Sandra Mewett	2:51:36
41:41	Janet Jordan	3:07:24
40:20		3:07:59
33:02	Julie CarrascoMin	
38:13	W45 Christina Olson	
37:29	Cynci Calvin	3:19:21
39:10	Charlotte Hartwig	
33:43		3:24:26
32:17		3:28:32
34:04	MaryJo Feeney	
34:46	W55 Tudhope Khartoon	3:48:09
35:49	Gloria Dake	4:09:15
43:20	M McColligan	4:21:51
37:32	W60 Myra Rhodes	3:51:59
36:45	Joyce Zytkoskee	4:14:45
36:55	Juanita Kniffen	4:42:23
36:56	W65 Rhoda Dawson	4:18:52
33:59	Po Adams	5:29:06
33:30		- 11 - 11 - 11 - 11
39:01	RACE WAL	K AY
47:06		

M45 Jack Miller

Coconut Creek 5K Racewalk

Coconut Creek, FL; Or	ct. 30
Overall	
Eric Schmook 28	25:22
Sara O' Bannon	28:51
M40 none	
M45 Dale Nelson	26:22
Dana Sanders	33:21
M50 Sterling Kerr	28:32
M55 Bob Cella	28:34
M60 Bob Fine	28:39
Gerald Gomes	29:52
M65 Jerry Kauffman	35:32
M70 Summer Shafmaster	33:18
M75 Sol Tannenbaum	41:09
M85 Sam Gadless	38:36
W40 Elizabeth Nelson	29:21
Bonnie Laso	38:28
W45 Linda Stein	28:57
W50 Diane Dettmering	36:10
W55 June Ranofsky	34:26
W60 June Marie Provos	£30:01
W65 Miriam Gordon	32:28
W70 Blanche Waldman	44:11
W75 Rose Gargano	48:07
Best Age Graded	
	32:28
June M Provost 60	30:01
B Fine 62	28:39
_	-0.33

Park Racewalkers 5K Grand
Prix #1 Racewalk
Central Park, NYC; Nov. 28

Overall	
Michael Korol 34	23:50
Susan Burke 43	32:14
M40 Ron Dupre 41	30:10
M50 Jim Skinner 50	34:07
M60 Mort Malkin 61	31:46
M70 Jay Charles 71	40:55
W40 Susan Burke 43	32:14
W50 Kitty Donohue 5	937:29
W60 Minna Charles 6	940:54
W70 Queene Thompson	7138 - 13

California International **USATF South Carolina 10K** Marathon Racewalk Championships Sacramento; Dec. 5 Florence; Dec. 4

rall ry Lawson 27 da Somers 32 Gustavo Figueroa	2:10:27 2:34:11 2:36:19	Overall Floyd Haines Donna Pekar W35 M65 Clint Edwards	69:24 60:34 69:27	
Robert Bender Dale Magnin Tom Cushman	2:40:03 2:43:45 2:47:01	M70 E B Lloyd W35 Donna Pekar W45 Brenda Bauer M35 Guy Gauvrit	74:21 60:34 63:24	
Steve Watanabe	2:47:29	HIJ GUY GAUVITE	75:20	

Description	1333	NDOOK IN	ANKINGS CHANG					
EVENT	MARK	CHANGE	W35 Danis Willett	60.91	lst	10	9	
-55m/60y-			M75 Bob Matteson	3:08.05	3rd	of	4	
M50 Steve Robbins	6.78	1st of 20	-1500-					
-200a-		200 01 20	N75 Bob Matteson	6:523.68	2nd	of	2	
MSO Ed Small	25.20	3rd of 20	-Hile-					
M65 Bill Bowers	29.35	6th of 19	M50 Vic Heckler	4:40.6	lst	of	12	
W35 Danis Willett	27.17	2nd of 8	-High Jump-					
-400a-			M35 Jim Taylor		not	K	0-34	
M50 Ed Small	56.3	3rd of 21	-Shot Put-					
M75 Bob Matteson	78 74	2nd of 4	M35 Jim Taylor		not	K	0-34	

43:51 36:25 37:37

44:07 36:08 33:39 37:10 36:41 38:42 39:15 38:51 36:31 39:08

39:41 38:14 38:23 41:27 39:28 35:59 36:01 35:36 42:10 34:10 40:12 34:43 37:16 39:18 35:50 40:50

35:22

1:27:36



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	Prize Money Le Masters		63	
RNK	NAME	ST/N	1905 \$	
1 K	urtie,Doug	MI	\$43,450	17
2 L	opezium	CRC	\$17,300	
3 A	ose, Nick	GBA	\$14,325	11
40	herbonnel, Jean - M	FRA	\$10,500	1
5 L	evises,Plarre	FRACO	88,950	1
	leigme Wilson	KENTX		11
7 T	bedulm Domingo	COLINY		
	evero, Artemio	MEX	88,700	7
	zeu Joseph	KENWY		
	ummings, Paul	UT	84,000	1
	ore Menuel	MEX	84,700	1
	rnie, Tom	NZL.	82,050	1
	IcMutten, Charles	NY	82,600	•
	eyre, Rio	08	82, 950	-
	aicha Kassa	ETHAM		1
	odgers, Bill	MA	82,075	
	letes, Nigel III, Leonard	OBA	81,000	1
	omesser, Gary	IN	\$1,750	
	wons.Earl	GA.	81,750	
	meed Chuck	co	\$1,700 \$1,500	
	loseyev, Leonid	RUS		
	ohiau Bob	90	\$1,500	
	laLead Mike	GBA	81,250	
	lender Bedot	TN	\$1,200	
1000000	erges Miguel	MEX	\$1,000	
	echwend Peter	BUI	\$1,000	
	igil Pablo	co	8950	
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	ietter, Derrell	NA	\$300	
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	homa Allen	ОН	6300	
	lerminghem John	NA	\$300	
	locker, Bob	NA	\$300	
1 77 5	Critzler, Bruce	FL	\$300	
1 22	Villama, Bobby	MO	\$300	

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1 MoLatohia Carol	TX	\$16,900	17
2 Portenski, Bernedine	NZL.	\$12,900	
3 Filutes, Berbers	PA	\$10,950	12
4 Lameu-Smith, Franc		88,800	
8 Greyeon Nency	MI	\$7,050	10
6 Bondershuck, Irine	NUS	\$7,000	:
7 Rey, Buzenne	AK	86,850	
8 Paretneki, Bernedine	NZL	85,000	
• Hine, Judin	NIL	85,100	•
10 Gereeu Jeoqueline	CAN	85,000	
11 Vrga Carol	PL	84,900	•
12 Blackford,Karen	MI	84,050	
13 Gibeon, Ellen	UT	83,000	1
14 Bourskons Carls	HOL	82,500	:
18 Roden,Anne		82,250	
16 Sanderson Danielle	CA	82,000	
17 Meteon Bhirley	AUS	\$1,900 \$1,900	:
18 Fairfax Louise 18 Cievarella Claudia	TN	\$1,000	
20 Tracy Diana	CA	\$1,700	•
21 Dodge, Cendy	CA	81,500	•
21 Marchant Dina	988	\$1,500	i
23 Binder Laurie	CA	\$1,300	•
24 Hutchison, Jane	MO	\$1,250	i
25 Kidd Christians	-	\$1,000	
25 Hall Shart	NA	\$1,000	•
27 Weigh Princille	GBAC		
20 Coker Lori	CA	8800	
29 LeGare Diane	CAN	8700	
30 Nalege Ruth	TX	8000	•
31 Carroll Judy	OH	8550	
32 Ottowey, Joan	CA	8525	
33 MacHarg Karen	PL	8500	•
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33 Holiman Lens	NA	8500	1
33 Jones Marine	NA	\$500	1
33 Ray- Bmth Andres	NA	8500	1
33 Stockdale - Wolley, A	CT	8500	
33 Semer, Whayong	OH	8500	1
40 Fenell, Petricia	NA	\$400	1
41 Jordan Janet	OR	8400	
42 Bowmen, Jessie	TX	\$350	
42 Brown, Glorie	NA	8350	
44 Lampa, Card	NA	8300	
44 Shee, Christel	NA	8300	1
44 Muller, Judith	M	8300	1
44 Coreo, Jene	NA	8300	1
44 Lymilaura	CAN	\$300	
44 Wesver, Pamela	IN	\$300	1
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