

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

January 2006 \$3.00 329th Issue

Pawlik, O'Connor Named Best 2005 T&F Athletes Ayala-Troncoso, DeReuck, Hussein Top LDR Picks

T&F Honors Go to Donley, Larsen, Lewis, Vaill, and Pashkin

Emil Pawlik, 66, Gleukos Masters Athlete of the Year, and Nadine O'Connor, 63, were selected as the Outstanding Male and Female Masters for 2005 by the Masters T&F Committee of USA Track & Field, the governing body for athletics in the U.S., at its annual meeting in Jacksonville, Fla., Nov. 30-Dec. 4.

They were recognized along with other award winners at the Awards Breakfast Buffet on Saturday, Dec. 3, at the Grand Ballroom of the Hyatt Regency Jacksonville Riverfront.

Pawlik, Jackson, Miss., won 10 national championships (high jump, long jump, short hurdles, and pentathlon in both indoor and outdoor championships; indoor heptathlon; and decathlon, with a world record), and the decathlon (another world record) and 100m hurdles in the WMA World Championships in Spain. His indoor

Torsten Carlius

Former WMA President and recently elected WMA Secretary suffers fatal heart attack in China (see p. 20).

pentathlon score and wins in the indoor and outdoor hurdles were U.S. records.

Adding awards to his list of championships, he also received the 2005 Outstanding Combined-Events Award and was selected M65 Track Athlete of the Year. He won the Outstanding Combined-Events Award in 1999, 2000, 2002, 2003, and 2004.

O'Connor, Del Rey, Calif., won five national championships: 200 indoor (world record 29.51, an age-graded 95.9%); pole vault indoor (world record 2.90); and 100, 200 and pole vault outdoor (world record 3.00). She subsequently set another pole vault record of 3.10, an age-graded 99.1%.

She was also the W60 Field Athlete of the Year. In 2004, she was awarded the Outstanding Single Performance

Keston, Borla, Bedard Among 24 Runners Honored by USATF

Carmen Ayala-Troncoso, 46, Colleen DeReuck, 41, and Mbarak Hussein, 40, were among the 24 runners honored by the Masters Long Distance Running Committee of USA Track & Field at its 27th annual meeting in Jacksonville, Fla.

The Athletes of the Year for the class of 2005 were distinguished by being among the most prolific U.S. record-setters of any class. They were headed by repeat winner DeReuck, W40, of Colorado, who established new marks in the Gate River 15K, New Haven 20K, Fifth Third River Bank 25K, and La Salle Bank Marathon in Chicago. She also won the Masters 10K Championships at Heritage Oaks, Paso Robles, Calif.

Following close behind, after a four-year hiatus from the awards list, was Toshiko d'Elia, W75, New Jersey, who set new standards in the 5K at the d'Elia Ridgewood Run, the 15K at the Utica Boilermaker, and the 20K at New Haven. She also won the Masters 5K Championship at Freihofer's.

Hussein, of New Mexico, was one of a number of winners who established two new standards. He set marks in the Philadelphia Distance Run Half-Marathon and the Fifth Third River Bank 25K. He also won the masters championships at the Twin Cities Marathon.

Carmen Ayala-Troncoso, W45, Texas, returning after an absence of six years, established marks in the NYRR 8000 and the Rodeo Run 10K, as well as winning the Masters 5K Championships

John Keston, M80, Oregon, after an absence of three years, set marks at the Lilac Bloomsday 12K and Earth Day Half-Marathon. Barbara Miller, W65, Calif., repeat winner of the award, set records at the Rocklin Run 12K and HP Houston Marathon, as well as winning her division in the Masters 10K Championships.

Single-record setters were returning Continued on page 8







Emil Pawlik



Carmen Ayala-Troncoso

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If you are able, we urge you to join them.

All contributors will be listed in the paper as a National Masters News sustainer.

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Tentative as o FRIDAY MARC 8:00 AM Penta Pentathlon Order of Event 60 M Hurdles

SCHEDULE O

January 2006

Long Jump 800 Meters 9:00 AM 9:15 AM 10:15 AM 11:00 AM 12:30 PM

High Jump Shot Put

2:00 PM Gene Track Events 4:00 PM 3000 4:45 PM 3000 5:05 PM Throws Sched

3:00 PM Wei Wei 4:00 PM 4:30 PM 5:15 PM Weig 6:15 PM Wei Jumps Schedu 3:15 PM Pole

All times are adjusted after received. Updated sched

2006 NATIONA

Last Name

First Name __

City State Country (if not Telephone_ F-mail address Event Pentathlon (cou

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SIGNATURE

SCHEDULE OF EVENTS SATURDAY MARCH 25 Tentative as of December 10, 2005 7:30 AM Registration Track Events Schedule FRIDAY MARCH 24 9:00 AM 60 Meters Preliminaries 8:00 AM Pentathlon - Registration and Trials, All Pentathion 10:00 AM 60 Meters Finals, All 11:45 AM Mile Order of Events All Women Women Men 12:15 PM Mile 60 M Hurdles 60 M Hurdles 2:00 PM 400 Meters Timed Finals, High Jump Long Jump All Shot Put Shot Put 4:30 PM 4 x 800m Relay All Long Jump 800 Meters High Jump 5:00 PM 60 M Hurdles Trials and 1000 Meters Finals, All Throws Schedule O-OO AM M60+ 9:00 AM Shot Put Women 70+ 9:15 AM All Women Shot Put Men 50-59 10:15 AM M50-59 10:00 AM Shot Put Women 60-69 11:00 AM M40-49 Men 40-49 11:00 AM Shot Put 12:30 PM M30-39 Women 50-59 Shot Put 12:30 PM Shot Put Women 30-49 2:00 PM General Registration 1:00 PM Shot Put Men 30-39 Track Events Schedule 1:45 PM Shot Put Men 60-64 4:00 PM 3000 Meters All Women 4:45 PM 3000 Meters M70+ 2:15 PM Shot Put Men 80+ 2:30 PM Weight Men 50-59 5:05 PM 3000 Meters All remaining Shot Put 3:15 PM Men 70-79 4:30 PM men Shot Put Men 65-69 Throws Schedule 4:30 PM Weight Men 30-49 Women 50-59
Women 60+
Women 30-49
Men 75+

430 PM Weight
Jumps Schedule
9:00 AM Long Jumps Schedule
9:00 AM Long Jumps Schedule
10:00 AM Long Jumps Schedule 3:00 PM Weight Weight Long Jump Men 30-39 4-00 PM Weight Pole Vault Men 50-59 Weight 4:30 PM Long Jump Men 40-49 Men 70-74 5-15 PM Weight 12 noon High Jump Men 30-49 Men 60-69 6:15 PM Weight High Jump Men 70+ Jumps Schedule Jumps Schedule
3:15 PM Pole Vault Men 60+ and 1:30 PM Long Jump Men 70+ All Women, Together 1:30 PM High Jump Men 60-69 Pole Vault Men 30-49 All times are tentative and may be 2:00 PM 2:00 PM 3:00 PM 3:00 PM High Jump Men 50-59 Long Jump Men 60-69 4:30 PM Long Jump Women, All Updated schedule will be posted on www.usatfne.org on March 22, 2006 Athletes General Meeting to Follow Last Event



		455
	MARCH 26 Registration	
	nts Schedule	Transit II
	200 Meters	Trials, All
10:15 AM	800 Meters	Timed Final
		All Women
10:30 AM	800 Meters	Timed Final
The said		All Men
	200 Meters	
	3000m Race	
1:30 PM		
	Walks 4 x 400	Om Relay All
Throws S		
10:00 AM		
	Superweight	
	ht Men 30-69	may take
place outd		
Jumps Sc		
	High Jump	Women, All
10:00 AM	Triple Jump	Men 30-39
	C September 1	AND M60+
11:30 AM		
12:30 PM	Triple Jump	Men 50-59
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2006 NATIONAL MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS - ENTRY FORM Male/Female Date of Birth Age (as of 3/24/06) Address Club/Affiliation _ State _____ Zip ____ ___ Citizenship (if not USA) ____ _ 2006 USATF Number _ Country (if not USA) (USATF number is required!) Telephone E-mail address Fee Event **Best Recent Performance** Pentathlon (counts as first event) (\$65) (\$35) _ (\$18) (\$15) (\$15) _ (\$15) _ _ (\$15) ____ Late Fee for entries postmarked after 3/13/06, number of events_____ @ \$12 each: Total Entry Fees: *Masters Committee Surcharge (see note below) \$ 10.00 T-shirt Order (pre-event only) Total number of T-shirts _____ @ \$14 each: _ _XL Friend of the National Masters Championships Contribution (\$250/100/50/25 /other): TOTAL AMOUNT ENCLOSED: \$ *The National Masters Track & Field Committee requires the Committee Surcharge. All such funds are forwarded to the Committee and will be used for Games Committee representatives to attend and assist at Championship meets. All fees must be paid prior to the meet. Faxed entries will not be accepted. Street:

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

SIGNATURE	DATE:
OIOI WITOILE	

2006 NATIONAL MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS

Reggie Lewis Track and Athletic Center Boston, Massachusetts March 24 - 26, 2006 Presented by USA Track & Field - New England

FACILITY/IMPLEMENTS

Six-lane, lightly banked 200 meter Mondo Track, nine lane straightaway. Use of starting blocks is restricted to those provided by the facility for the straight sprints/hurdles; personal blocks may be used on the 200m oval

All shoes will be checked, with only 1/4" pyramid spikes or flats permitted, no hexagonal elements. Acceptable spikes will be available at the meet.

There will be one weight and two shot circles, throwing onto a synthetic surface. Only certified soft-shell shot puts and bag weight implements will be allowed for the indoor competitions. Superweight (men 30-69) may be contested outdoors.

Starting heights will be determined by facility equipment limitations and by the Games Committee. Minimum High Jump height will be 2 feet 8 inches; minimum Pole Vault height will be approx. 4 feet. Pole vaulters should bring their own poles

COMPETITION ORDER

For track events the order is women followed by men, oldest to youngest. Age groups may be combined to fill sections. If the number of entrants in an age group does not exceed the number of available lanes, preliminary rounds of the 60 meters, 60 meter hurdles, and 200 meters will be eliminated; finals only will be run as scheduled. The Championships will not be delayed for any reason. NOTE: field event starting times may need to be adjusted due to the number of entrants.

DECLARATIONS

All track athletes, after picking up their number, must check in at the clerks' table prior to their event. Declarations must be completed no less than one hour before the listed starting time for the event. No exceptions! The final seeding will then be done and sections will be drawn.

Field event competitors must check in with the officials at their field event area. Any athlete who has not checked in prior to the first attempt will not be allowed to enter the competition.

Competition is open to all men and women 30 years of age and older, including non-US citizens. Individuals will compete in five-year age groups, relays in 10-year age groups. The meet will be run in accordance with USATE Competition Rules and Regulations. A 2006 USATF membership will be required for all US residents and card must be shown at number pick-up. Membership may be obtained on-line at www.usatf.org, through local associations, or on-site at the meet for \$20.

Early entry deadline is Monday, March 13, 2006. Entry fee is \$35 for the first event, \$18 for the second and \$15 for each additional event. Entry fee for the Pentathlon is \$65 (the pentathlon does count as a first event). After March 13 a late fee of \$12 per event will be charged. Late entries, additions and/or

changes must be received by Monday, March 20, 2006. Relay registration will take place on-site only at \$20 per team. Admission to the facility is free for competitors and guests. Final instructions will be posted on March 1st at www.usatfne.org/masters.

USATF Championship medals will be awarded to the top three places in each age group of each event final. Foreign athletes will receive a duplicate award. Championship patches will be presented to winners of individual events, with a limit of one patch per participant.

HEADQUARTERS HOTEL

Headquarters hotel is The Marriott Copley Place Boston, 110 Huntington Avenue, Boston - \$129 single/double and \$139 triple occupancy, 1-888-236-2427 or 1-617-236-5800. To get the special rates reservations must be made by March 13, 2006; mention the National Masters Championships at the time of making your reservation.

FRIENDS OF THE NATIONAL MASTERS CHAMPIONSHIPS

Help ensure the high quality of the Championships and future meets with a donation. All contributors will be listed in the official meet program and on the USATF-NE web site. Please consider one of the following:

Platinum - \$250 - Platinum level contributors will receive an event bag, polo shirt,

Gold - \$100 - Gold level contributors will receive an event polo shirt and pin.

Silver - \$50 - Silver level contributors will receive a meet T-shirt and pin.

Bronze - \$25 - Bronze level contributors will receive a pin.

AYMENT: Entry fee for all events must accompany your application. Make hecks payable to USATF-NE. US funds only, drawn on a US bank. All fees oust be paid prior to the meet.

MAIL TO: National Masters Indoor Championships USATF-NE, P.O. Box 1905, Brookline, MA 02446

2001 Beacon Street, Suite 207, Brighton, MA 02135

ONLINE REGISTRATION: WWW.USATF.ORG

A list of entrants will be posted beginning on March 1st (617) 566-7600 office@usatfne.org

www.usatfne.org



Third Wind

By MIKE TYMN

Is a 30-foot Long Jump Pure Twaddle?

66 Tnever said it was possible, I only said it was true." - Sir William Crookes Imagine yourself a track and field official judging the long jump competition. A competitor walks up to the take-off board and stands stationary on it for several seconds while balancing on one foot. He appears to go into a trance, then rises a foot or two into the air, floats 30 feet or more and gently touches down at the end of the pit. Would it be a legal "jump"? Would it be a new world record?

"Ridiculous!" you say. Perhaps not. While Daniel Dunglas Home (pronounced "Hume" or "Hoom"), who was born in Scotland in 1833 and raised in Troy, New York, may not have performed such a feat in the athletic arena, he was observed levitating and floating through the air by a number of credible people, including one of the world's leading scientists.

His most famous levitation is said to have taken place on December 16, 1868, on the third floor of Ashley House, the London mansion of Lord Lindsay. It was witnessed by Lord Lindsay, Lord Adare, and Captain Charles Wynne.

On the Outside Looking In

After the three men and Home were seated, Home slumped in his chair and went into a trance. He then got up and walked out of the room. The three men apparently didn't know what to make of the departure and remained seated. They then heard the sound of a window in the adjoining room being raised. They looked out the window in their room and saw Home standing on air, three stories above the ground. Home then floated to the closed window out of which they were looking, opened it, stepped into the room, went to his chair, and sat down, still in a trance state.

As the three men questioned what they had seen and wondered how Home got out the window in the adjoining room, which was open only a foot or so, Home got up from his chair, walked to the other room, went through the open space, head first, and then floated back in the same window, feet

On March 4, 1869, Adare, Wynne, and Adare's father, the Earl of Dunraven, accompanied Home on a tour of the ruins of Adare Abbey. There they observed Home leave the ground and float horizontally for, according to Adare, "at least ten or twelve yards." (The first 30-foot long jump?)

Balderdash!

Most who heard the stories dismissed it as so much humbug, suggesting that Home was either a magician or hypnotist, or that the witnesses had had too much to drink. However, there were so many other stories about Home that Sir William Crookes, one of England's most distinguished scientists, decided to investigate him.

A Fellow of the Royal Society, Crookes studied and taught at the Royal College of Chemistry before becoming a meteorologist at the Radcliffe Observatory, Oxford. In 1861, he discovered the element thalli-



Daniel Dunglas Home

um, and later invented the radiometer. the spinthariscope, and the Crookes tube, a high-vacuum tube which contributed to the discovery of the X-ray. He was founder and editor of Chemical News and later served as editor of the Quarterly Journal of Science.

Scientific Investigation

Knighted in 1897 for his many contributions to science, Crookes was not someone to be easily duped, as he assumed was the case with those people reporting on Home's levitations and other strange phenomena coming from him. In fact, Crookes undertook his investigation intent on demonstrating fraud.

He opined that the increased employment of scientific methods would drive such stories into the unknown limbo of magic and necromancy.

But upon closely observing and studying Home, Crookes changed his views. "The most striking cases of levitation which I have witnessed have been with Mr. Home," Crookes wrote after 28 "sittings" with Home over a two-year period (1870-71), stating that he saw Home levitated on three different occasions, and that there were at least a hundred recorded instances of Home rising from the ground in the presence of many credible witnesses.

In one of the levitations, Crookes passed his hands under Home's feet and over his head to rule out any kind of invisible wires, as was suggested by some of Crookes' scientific colleagues.

Unseen Forces

Crookes referred to Home "being levitated" rather than Home having the ability to levitate himself, as Home claimed his "spirit controls" were lifting him. In fact, when levitating in the upright position, Home's arms were usually rigid and drawn above his head, as if he were grasping the unseen power raising him from the floor. When he went horizontal, it was as if invisible hands were supporting his

In addition to levitations, Crookes and his guests witnessed floating tables, luminous "spirit hands," and beautiful music coming from an accordion floating in the air, while also hear-ing the spirit voices. In one sitting, Ellen Crookes, Sir William's wife, was levitated while sitting in a chair. All of it took place in clear light.

Crookes asked the communicating spirits why there was so much tomfoolery and they explained that they had just learned how to produce such phenomena and were experimenting on their side just as Crookes was on his side. Voices were sometimes heard in which one invisible being seemed to be instructing another invisible being on how to effect the levitation.

Distinguished Defenders

Many affluent and distinguished people were among the observers at the Crookes home, including Dr. Alfred Russel Wallace, co-originator with Charles Darwin of the natural selection theory of evolution. (In fact, the "survival of the fittest" concept came from Wallace, not Darwin.)

On one occasion, Wallace and Crookes, two of the world's most famous scientists, were crawling around on their hands and knees under a levitating table searching for some

kind of physical explanation.

In his book, Perspectives in Psychical Research, Wallace, defended Crookes against attacks by other scientists who had concluded that Home was a magician and that Crookes had been duped.

One of the critics, Sir David Brewster, sat with Home and saw a table levitate right in front of him, but still concluded that since there was no natural explanation for what he saw that Home had to be a magician. Brewster scoffed at the idea that spirits played a part in it and saw no other explanation beyond sleight of hand that was beyond his understanding.

"To reject the recorded evidence on this subject is to reject all human testimony whatever; for no fact in sacred or profane history is supported by a stronger array of proofs," Crookes wrote, stating that he took every possible precaution to rule out fraud.

Demonic Influences

Scientific fundamentalists were not the only scoffers. Religious fundamentalists joined in, calling it demonic. The Rev. William Stainton Moses, a minister of the Church of England and English Master at University College, called the reports on Home the "dreariest twaddle" he had ever come across.

Not long after making that statement, Moses found himself being levitated. His levitations were also witnessed by credible people, including his best friend, Dr. Stanhope Templeman Speer, who had earlier referred to such phenomena as "stuff

Sir William Barrett, professor of

physics at Royal College of Science in Dublin and a pioneer in the commercial development of the telephone and transformers, also investigated similar phenomena and reported observing a heavy table being levitated some 18 inches off the ground.

He climbed on the table and sat on it to try to force it back to the floor, but the table "swayed to and fro" with Barrett on it until he fell off. The table then inverted itself on the floor and Barrett found that he could not budge it. When Barrett ceased his effort, the table righted itself on "its" own accord. All the while, Barrett could hear an "amused intelligence."

Sir Oliver Lodge, a distinguished British physicist and pioneer in electricity and radio, observed and verified similar phenomena in his investigation of the paranormal. So did Dr. Charles Richet, a Nobel Prize winner in medi-

Athletic Applications

So if such things are possible, why haven't we seen them in the athletic arena? Why doesn't some modern day D.D. Home long "jump" 30 or 40 feet or perhaps high jump 10 feet? The answer to this question may have been explained by Home, as he came to understand it from his "spirit controls."

As Home told Crookes and others, he could perform only when both his mind and those of the people around him achieved a certain harmony. If there was too much doubt, there was no power. When ego or material gain was the objective, the power left him. (Home considered it an insult if anyone offered to pay him).
Negative Vibes

When the "vibes" were essentially negative, nothing happened. One such day was May 28, 1873, Derby Day in London. Home was told by his spirits that the moral atmosphere was so negatively charged from all the gambling and drunkenness that no phenomenon of any kind could be generated.

Considering the moral atmosphere in the world today, it seems safe to say that we won't be seeing any superhuman world records produced in the immediate future.

(Mike Tymn can be contacted at METGAT@aol.com)

FIVE YEARS AGO January 2001

- James Stookey, 70, and Phil Raschker, 53, Selected as Top Masters T&F Athletes for 2000 at USATF Meeting in Albuquerque
- Judi St. Hilaire, 41, and John Tuttle, 42, Among 25 LDR Runners Honored
- Jack Starr, 72, and Victoria Herazo, 41, Named Racewalkers of the Year
- Johnny Gray, 40, and Oneithea Lewis, 40, Win Outstanding Single Performance Awards
- Becky Sisley Named T&F Administrator of the Year

By RON N ROSEVIL a blustery da with gusts re registered ru annual Big I just north of were masters Numbers

January 20

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tures hover Considering sleet, rain, a veteran runn Big Bird. W There wer 10K - all wi the overpasse

Race starts w ers could also which a few i A compara recent Big Bi a negative ef

much as one



Big Winds at Big Bird Runs

By RON MARINUCCI

ROSEVILLE, Mich., Nov. 13 - On a blustery day - high wind advisories with gusts reaching 40-45 mph - 751 registered runners met for the 27th annual Big Bird Runs in this suburb just north of Detroit. Of these, 322 were masters runners.

Numbers were down from one of southeast Michigan's most popular races. Race director Tony Lipinski surmised, "I believe that the weather reports about rain and high winds kept people away."

The forecast rain was nowhere to be seen, but the wind showed up - big time! Fortunately, Lipinski said nothing about any runners being blown off the pedestrian overpass on the course that crosses I-696 twice.

But the day was dry, mostly sunny, and unseasonably warm, with temperatures hovering near 60 degrees. Considering past Big Birds with snow, sleet, rain, and even stronger winds, veteran runners could joke, "It's the Big Bird. What did you expect?"

There were three races - mile, 4K, 10K - all with flat courses except for the overpasses in the marquee 10K. Race starts were staggered so one-milers could also run either the 4K or 10K, which a few masters did.

A comparative glance at results from recent Big Birds showed the wind had a negative effect on most times, by as much as one to three minutes in the

Masters runner Todd Kelly, 44, was third in the mile (5:12), returning to pace all masters again in the 4K, with a 13:52, good for fourth overall.

A new arrival to the masters division, Paul Aufdemberge served notice that he'll be a force in the future. Considering the wind - "It was bad out there; we had to run together" - his 32:15 (age-graded 31:00) was even more impressive. It was good for second overall by a mere nine seconds. Tim Emmett, 59, ran a 37:49.

Cathy Dean, 49, paced the masters women in 44:51, while Ellen Nitz, 65, finished in 53:44 (AG 40:20).

Joe Thornburg, 89, continued his impressive string of finishes, winning the M85 division in 1:30:55. Eightyfour-year-old James Lovat's 1:11:03 was good enough to win his age-group.

The M60 division attracted attention with some remarkable times, considering the wind and a spill that affected the runners.

Doug Goodhue, 63, was the grandmasters champion in 38:14 (30:34), exactly what he posted in 2004. He was chased by Gerard Malaczynski, 63, who finished in 38:27 (30:46). Jim Carlton, 62, ran a 40:20 (32:34), and Das Campbell (60) was right after that in 40:45 (33:56). Whew!

Of course, what would the Big Bird be without Darrell McKee, who has run all 27 Big Birds? Afterward, he said hoarsely, "I'm really sick. Any other race I wouldn't have run. It's still the



GEORGE BANKER Alisa Harvey, first W40 (17:48), PVI Runfest 5K,

big race." He added, "but it was awful windy." He noted that Russ LaBarge "also finished. He's run 'em all, too."

McKee, who's 71, praised race director Lipinski. "Tony does a great job, really a remarkable job with age-

Age-group awards went up to 85-89,



Ken Bohan, 43, first master (17:09), Rob's Run

with three to five given out per catego-McKee said it's great that the Big Bird recognizes the older runners.

You still give it all you got. And we're [the old guys!] still out there [racing]."

(Ron Marinucci can be reached by email at ron_marinucci@comcast.net)

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PAGLIANO'S PODIATRIC POINTERS

The Foot Beat

By JOHN W. PAGLIANO, D.P.M.

Sports Massage - Is it Therapeutic?

Pollowing is a topic I'm sure most of us don't want to question. Is sports massage after exercise therapeutic? Does it do us any good? Jonhague and associates at the Section of Sports Orthopedic Surgery, Stockholm, Sweden, studied 16 athletes in an effort to answer this question.

Each athlete underwent eccentric contractions of the quadriceps muscle. Massage was performed on one leg while the other leg served as a control. Functional tests on a dynamometer were performed as a visual analog to record pain.

Results showed no effect of massage on muscular performance. In other words, the researchers did not find that sports massage of the quadriceps muscle had any effect on local recovery after exercise. Nor did they find any effect on pain or soreness that normally follows this kind of exercise.

Since this was a small study, I think we can continue with sports massage in case a larger study shows that it does some good!

(Dr. John Pagliano can be reached by e-mail at thefootbeat@aol.com)



Peter Magill (r), M40, and Scott Bagley, M40, at the finish line in the USA National Club XC Championships 10K. Magill was declared the winner, with both timed in 32:46.

Order subscriptions and publications on-line at www.nationalmastersnews.com

Men's Title Goes Down to the Wire

Club NW, Team Runners High Winners in National Cross-Country Championships

By BILL QUINLISK

ROCHESTER, N.Y. – The USATF National Club Cross-Country Championships moved to the East Coast this year as the Genesee Valley Harriers Running Club hosted the event on a dry, sunny, 45° cool day on Nov. 26.

Billed as the "Feast in the East," this year's event featured a field of over 900 runners including 300+ masters athletes. With 49 complete masters teams, this year's event was the largest ever in terms of the number of scoring teams. Masters men ran 10K, with the masters women going 6K on the 2000m loop course at Genesee Valley Park

In the women's race, Carmen Ayala-Troncoso, Austin, Texas, took command of the course from the gun, winning overall in 21:44, and claiming the

According to Ayala-Troncoso, "Winning doesn't get old, but it gets harder and harder. It was windy, but it was a beautiful day. I think I ran the first half a little too fast because I wanted to warm up. I was doubting myself between two and four kilometers, but it turned out okay. I'm ecstatic to win another national title." She was also the age-graded women's champion with her winning time equating to an 89.7%.

Other women's national age-group titles were won by Karen Steen, W40; Cathy Utzschneider, W50; Carolyn Smith-Hanna, W55; Mary Shaver, W60; Carrie Parsi, W65; and Mary Harada, W70.

Seattle's Club Northwest, led by Regina Joyce's second-overall finish, packed four runners in the top eight to successfully defend its W40-49 team title, defeating the host Genesee Valley Harriers, 11 points to 26. The Genesee Valley Harriers won team titles in the W50-59 and W60-69 divisions.

The masters men's race saw Pete Magill, South Pasadena, Calif.; 1984 Olympic marathoner John Tuttle, Atlanta, Ga.; and Scott Bagley, Pittsford, N.Y., in a fierce battle over the last 100 meters, with Magill emerging victorious with a lean at the tape over Bagley in the identical time of 32:46.

Tuttle's 32:49 was good for the M45 national title and was the age-graded best (91.3%). The finish was so close that a Lynx camera was used to call the victor.

After the race, Magill said, "Last year in Portland, I tripped in the middle of the race and had to fight just to get third. When I hit that last stretch with Tuttle and Bagley, I thought, I'm not going to wait another year to do this, I'm going to give everything I've got to get it this year.

get it this year.

"I didn't know over the last 20 yards whether I was going to win the race or fall on my face. Every third step, I felt that my legs were about to give out on me. Scott's team (host Genesee Valley Harriers) and my team (Team Runner's High) are in a heck of a battle right now. This is the club championships, and that's what it's all about."

Additional men's national age-group titles were won by Tom Ryan, M50; Terry McCluskey, M55; Terry Delph, M60; Bill Borla, M65; Ray Parrella, M70; and Richard Sullivan, M75. Team Runner's High from the Southern California Association won the M40-49 title.

Age-group team winners were Derby City AC, M50-59; Raritan Valley, N.J., M60-69; and Belle Watling, N.Y., M70+.

The 2006 Club Cross-Country Championships will be held Dec. 9 in San Francisco, Calif., at Golden Gate Park.

USATF National Masters LDR Championships

Happy New Year from the staff at NMN

T. Control	A Committee of the Comm	Pitcher Hills and Armen as a little
Date	Event	Location
	2006	CONTRACTOR OF THE SE
Feb. 4-5	Rocky Racoon 100 Mile Trail	Huntsville, TX
Feb. 18	8K XC	New York, NY
March 5	Long Island 50K Road	Long Island, NY
June 3	Teva Mountain Games 10K Trail	Vail, CO
June 17	Mt. Washington Hill Climb	Gorham, NH
July 29	White River 50 Mile Trail	Crystal Mountain, WA
Aug. 26	Headlands 50K Trail	Sausalito, CA
Sept. 23	Heritage Oaks 10K	Paso Robles, CA
Oct. 1	Twin Cities Marathon	Minneapolis, MN
Oct. 15	DuPont Forest Trail Marathon	Asheville, NC
Oct. 15	5K XC	Saratoga Springs, NY
Dec. 9	Club XC/M-10K & W-6K	San Francisco, CA
	2007	THE RESERVE THE PROPERTY OF THE PARTY OF THE
March 4	Long Island 50K Road	Long Island, NY
Aug. 25	Headlands 50K Trail	Sausalito, CA
Oct. 14	DuPont Forest Trail Marathon	Asheville, NC

LDR Awards

Continued from page 1

Athletes of the Year Ginette Bedard, W70, New York, in the New York City Marathon, and Hedy Marque, W85, Virginia, at the Cherry Blossom Run 10 Mile.

Bill Borla, M65, Connecticut, ran a record in the New Milford Moonlight Run 5K, and Ray Parrella, M70, Indiana, set a new mark at the Rodes City Run 10K.

The remaining female winners welcomed two newcomers, Marie-Louise Michelsohn, W60, New York, who won the Masters 5K and 10K Championships, and Evelyn Cockerham, W90, Texas. The remaining female winners were repeats from last year: Kathryn Martin, W50, New York, who won the Masters 8K Championship in Hawaii, as well as

the 5K Championship; Gloria Jansen, W55, Minnesota; and Helen Klein, W80, California.

The male runners included two more rookies: Terry McCluskey, M55, Ohio, and Don Coffman, M60, Kentucky.

Repeaters from last year included Gary Romesser, M50, Indiana, who won the Masters 10K Championships, and Henry Sypniewski, M85, New York. Runners reclaiming their athlete-of-the-year mantle after an absence were John Tuttle, M45, Georgia; Jerry Johncock, M75, Michigan, who won the Masters Marathon Championship; Dudley Healy, M90, New Jersey; and Abraham Weintraub, M95, New York.

Recipients of the Paul Spangler Athlete of the Year award, presented to the oldest award winners, were Cockerham and Weintraub. The Otto Essig Award for meritorious service to Masters Long Distance Running was given to the Twin Cities Marathon.

-Don Lein

open space sur his girlfriend, Lisa Gold

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Mountain, Ultra, Trail Honors **Masters at USATF Annual Convention**

The USATF MUT (Mountain, Ultra. Trail) Council Awards were presented on Dec. 3 at the USATF annual meeting breakfast banquet. Masters Mountain Runners of the Year are Bernie Boettcher and Lisa Goldsmith. Masters Ultrarunners of the Year are William Emerson and Tania Pacev.

Boettcher, 43, Silt, Colo., was second masters runner in the USATF Trail Championships and the top American at the Masters World Mountain Running Championships in Keswick, England, in September, where he finished 20th M40 (26th overall in the world against all masters).

He was the Trail Runner Trophy Series Masters Champion in 2004 and showed his prowess in snowshoe racing as the top master at the North American Snowshoe Championships, placing third overall.

Boettcher says of his involvement in mountain and trail running, "I believe my relentless promotion of the sport has inspired others to run more. I've tried to do it through example.'

Boettcher is a columnist for Trail Runner magazine and an accomplished artist working in media as diverse as sculpture and oil painting. He designs all of the Teva Vail Mountain Trail Running series T-shirts. Boettcher spends time running near the trails and open space surrounding his home with his girlfriend, Jeanne Blatter.

Lisa Goldsmith, 41, Nederland,

Colo., had a stellar year in 2005. She started the year with a win at the Maui Run to the Sun (her first ultramarathon), following up with a win at the Pikes Peak Ascent and second place (first master) at the Barr Trail Mountain Race.

Goldsmith was the first master at the USATF 10K Trail Championships, the Northfield Mountain Race, and the Teva Vail Hill Climb. Her successful season extends from races to hosting numerous clinics in support of the sport. She is a licensed massage thera-

William Emerson, 41, Portland, Ore., is a repeat winner of this award, having earned masters honors in 2004.

Emerson posted many top finishes in 2004-2005, including wins at the Ron Herzog 50K, the Hunter S. Thompson 50K, the Hilo to Volcano 50K, and the Quad Dipsea 28 Miler.

He was fourth overall and first master at the McDonald Forest 50K, second overall and first master at the Siskiyou Outback 50K, and second overall at the USATF 50 Mile Trail Championships White River 50, and masters national champion. He finished third overall and was masters champion at the USATF 50K National Trail Championships.

Emerson serves on the USATF MUT Council.

Pacev, 46, Littleton, Colo., finished ninth in the world at the IAU World



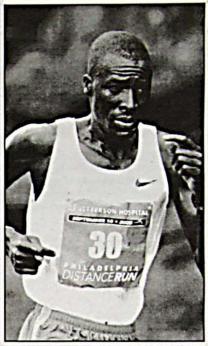
Steve Forman, first M65 (21:08), PVI Funfest 5K, Fairfax, Va. Cup 100K in Lake Saroma, Japan, with

an 8:29:19 and, along with her team-

mates, won the gold medal in team

competition. With her top-10 finish, Pacev was named to the 2006 100K World Team. slated to compete in South Korea in October 2006. She is the winner of the Trail Runner Trophy Series Marathon

& Shorter Division. She was top master at the Leadville



Wictor Saller / PHOTO RUN Mbarek Hussein, M40 LDR Runner of the Year for 2005.

Trail 100 Miler (third overall), top finisher at the Goblin 50K and Greenland 50K, set a new record at the Spring Desert Ultra 50 Miler, and placed second at the Sunmart Texas Trail 50 Miler.

She represented the U.S. at the World Masters 100K Championships in Argentina on Dec. 11. Pacev is a realtor with Re/Max 100, Inc., in the Denver area.

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The 8th Annual Sprint Mardi Gras Mambo 10K and 1 mile Fun Run February 18, 2006

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Stay at the premier downtown headquarter hotel of the Sprint Mardi Gras Mambo, the Baton Rouge Sheraton and receive \$ 18.00 Race Day their special Sprint Mardi Gras Mambo Rate! See the website for more information.

Registration Information Cost is \$ 12.00 Pre-registered (Entries postmarked by 2/4/06) \$ 15.00 Feb. 5 - Feb. 17



The Baton Rouge Area Sports Foundation and Club South Runners are hosting the 8th Annual Sprint Mardi Gras Mambo 10k and 1-mile fun run & walk. Race participants can expect to run a flat fast course starting from the Argosy Atrium, to the Louisiana State University Campus and returning to downtown Baton Rouge via the historic River Road. After the race, stay and watch the Krewe of Orion and Mystique Mardi Gras Parades. Last year the Mambo had runners from all over the United States coming from as far as Washington and Maine Contact us at 225-382-3596 or visit www.mardigrasmambo10K.com for more info and race form. Visit www.active.com/active to register online.



Masters Racewalking

By ELAINE WARD

Racewalkers Recount Experiences at Championships - Part IV

s most of you know, August was the month of the Nationals in Honolulu, Hawaii, and the World Championships in San Sebastian, Spain. This, the fourth column in a series, reflects more comments received from those attending these races. The USA medal count at the World Championships: 8 gold, 7 silver and 5 bronze individual medals; 5 gold, 1 silver and 2 bronze team medals. -ew

John Backlund, M65. Nationals: 5K, 1st, 30:47.25; 10K, 1:05:04. Worlds: 5K, 16th, 31:20.28; 20K, 11th, 2:09:54 (bronze medal 20K team -Backlund 2:09:54; Ted Moore 2:13:54, Bernie Finch 2:32:03, total 6:55:51

I would not return to Hawaii for a racewalk. The organization was poor, although it did improve later in the meet. Spain was great. I started training for the world 20K in January. I knew my chance in the 5K for a medal was a non-starter. I did a lot of distance work and switched over to more speed work in July. I ended up by injuring myself three weeks before the National Championships and walked very little before Hawaii.

As my 5K time in Hawaii wasn't so good, I was concerned about the 5K in Spain. There were 30 of us on the track and I did not feel ready when the race

I did feel ready for the 20K. We had chips, but it was the gun time that counted. So I got in the front row even though I worried about being run over, as I like to start slow. Not a problem.

Team Medal

I had a good effort and received my

first medal, a team bronze. Made it worth all the time and effort.

Except for the inconsistent judging, the World Championships in Donostia-San Sebastian was well run. Everything was on time and everyone knew what to expect. The facilities were much better than Puerto Rico (my only other world championships).

The road course was well marked, but had varying, uneven surfaces which caused some to fall. Darlene (Backlund) and I would definitely go back to San Sebastian, and if they bid again, I would support their efforts.

Darlene Backlund, W55 & W60. Nationals, W55: 5K, 3rd, 34:34.93; 10K, 3rd, 1:12:43; Worlds, W60: 5K, 13th, 34:28.21; 10K, 15th, 1:11:07.

I can sum up the World Masters Championship in Spain in two words: "Absolutely fantastic!"

Super Venue

The venue was superb, and with the two stadiums so close together, it was easy to watch different events. The weather in Spain was much more conducive to racing than the high humidity in Hawaii, and the games were very well organized.

We stayed in Old Town in San

Sebastian where the activity continued most nights until 3 a.m. It definitely is the tourist mecca of Spain and understandably so. The scenery is spectacu-

The most exciting race for me was the 10K. Before the race, when we were having photos taken of the USA women, it was impressive to see how many women from other countries wanted their picture taken with us.

Then, being at the start line with about 160 women gave me goose bumps due to the excitement. I could not have hoped for a better ending.

Golden Achievement

I managed to be the third USA woman in my age group which was my goal. Jolene Steigerwalt, Kathy Frable and I were sure we had a medal, but didn't know which one. When I learned we had gold, I cried due to the ecstatic feeling it gave me. I definitely like the feeling of being on a team and appreciate being a member with two women I highly respect.

Besides receiving a gold medal and standing on the podium, the thing I will remember most is the opening ceremonies. To walk into the stadium to the sound of the huge cheering crowd was overwhelming. I could just imagine how our Olympic athletes must feel.

In Favor of Uniforms

When filling out the application for Spain, I was extremely pleased to see that we were required to purchase a singlet so that all USA participants would have the same uniform. My only other experience of world competition was in Puerto Rico, where I thought the USA team looked really poor since we didn't have matching uniforms.

I purchased the shorts to match the

walker for 2005.

"Spiderman" singlet, thinking it would add to the uniformity. However, when we got to the Games and saw that we didn't all have the same uniform, I was very disappointed.

It seems that the USA Masters Track & Field organization should be able to come up with a masters uniform that would stay the same year after year. I admit feeling embarrassed about how the USA looked.

(Elaine Ward can be contacted by email at narwf@sbcglobal.net. - ew)

OUTSTANDING MASTERS MALE & FEMALE **RACEWALKERS**

Selected by the USATF Masters Track & Field Committee

Men

Women

1978	John Allen	RESERVACE.
1979	Ron Laird	Lori Maynard
1980	None	reun O cita
1981	Gordon Wallace	Lori Maynard
1982	Bob Mimm	Bonnie Dillon
1983	John Knifton	Beverly LaVeck
1984	Larry Walker	Jeanne Bocci
1985	Bob Mimm	Ruth Leff
1986	Giulio de Petra	Beverly LaVeck
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 DeNoon	Sally Richards-Kerr
1994	Don DeNoon	Elton Richardson
1995	Max Green	Elton Richardson
1996	Jonathan Matthews	Bev LaVeck
1997	Dave Romansky	Jane Dana
1998	Dave Romansky	Lyn Brubaker
1999	Jonathan Matthews	Lyn Brubaker
2000	Jack Starr	Victoria Herazo
2001	Paul Johnson	Gayle Johnson
2002	Paul Johnson	Sherry Brosnahan
2003	Jack Bray	Shirley Dockstader
2004	Jack Starr	Teresa Vaill

2005 Ray Sharpe/Paul Johnson Teresa Vaill

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TEN YEARS AGO January 1996

- Warren Utes, 75, John Keston, 70, and Rae Baymiller, 51, Among 25 LDR Runners Honored at USATF Meeting in Atlanta
- Steve Robbins, 52, and Phil Raschker, 48, Named Top 1995 U.S. Masters T&F Athletes
- Max Green, 63, and Elton Richardson, 56, Voted Best U.S. Masters Racewalkers
- James Barrineau, 40, Wins Best Single Performance for His 2.11/6-11 Long Jump
- Sandy Pashkin Named Outstanding T&F Administrator

Leon Stasionowski, M60 Outstanding Race-

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Date	Event	Site
January 15	30K RW	Chula Vista, CA
February 12	50K Masters/Open	Clermont, FL
March 26	3000m Indoor	Boston, MA
May 7	15K	Riverside, CA
August 4	5000m (track)	Charlotte, NC
August 6	10K	Charlotte, NC
September 10	40K Masters/Open	Ocean Township, NJ
October 15	1-Hour Masters/Open	Waltham, MA
November 12	20K	Clermont, FL

USATF National Masters Racewalking Championships - 2006

Outstanding Racewalkers - 2005

Selected by the Masters Track & Field Committee of USATF

	Age-Grou	p Awards
Age	Women	Men
30	Deb Herberty	Tim Seaman
35	Jolene Moore	Kurt Clausen
40	Teresa Vaill	Bill Vayo
45	Heidi Hauch	Ray Sharpe
50	Lynn Tracy	Steve Pecinovsky
55	Kathy Frable	Max Walker
60	Jolene Steigerwalt	Leon Jasionowski
65	Elton Richardson	Paul Johnson
70	Grace Moreman	Jack Bray
75	Claire Elkins	Jack Starr
80	Miriam Gordon	Bob Mimm
85	Fan Benno-Caris	Troy Grove

Masters T&F Awards Committee Report

By PHIL BYRNE Chair, Masters T&F Awards Committee

The Masters Track & Field Awards Committee met this year at the USATF Annual Meeting. The winners' names were posted on the Internet shortly after they were announced, and further details are provided in an accompanying article. Thus, this seems like an appropriate time to review again the policies and procedures that we follow in selecting the winners.

Eligible athletes are U.S. citizens age-30-and-over competing as masters in at least one masters meet or in the masters event of all-comers meets.

We then look at all the performance marks for those athletes. We look at all U.S meets that we believe are well run (properly timed, measured, etc.), as well as major masters meets conducted outside the U.S., such as the WMA World Championships and the World Masters Games.

We are looking at track meets, not road racing, and do not include relays, since an individual athlete's performance there is generally not reported. We include performance in preliminary heats, when reported and helpful to the athlete.

We are aware that some marks may have been wind-aided and would not qualify for a record, and count on the knowledge of the committee to advise us of such factors so that we can treat the mark appropriately.

The basic source of the data base we compile is the Rankings data base compiled by Dave Clingan and Larry Patz. Therefore, we use marks for the current

year only.

That information is re-worked into a file for Awards Committee use, and is pruned down to include the best marks for the top four to eight athletes in each five-year age group for men and women in track and in field.

The file is also compared to the Records Committee report on approved records, so that our file has annotation of both approved records and conditional "records" that have not (yet)

been approved.

We include information on both one-year and five-year age-graded perfomances using the new 2002 standards. We include performance data to the beginning of the meeting, but that means marks achieved in December are not counted. We are not aware of any cases where such a mark would have changed a decision.

Considerable time and effort is spent confirming any marks that appear erroneous, and confirming the age and citizenship of potential winners. We also welcome nominations for and from anyone, but that is not at all necessary.

The Awards Committee of 12-15 people includes a cross-section of athletes from all ages, different parts of the country, and disciplines.

The common denominator is that they are at the Annual Meeting, willing to spend several hours going carefully through the data, and are both knowledgeable and objective.

The proceedings are open to observers, and anyone interested in serving on the committee should contact me (see p. 2).

The factors considered in selecting winners include actual performance, age-graded performance, national and world championships, U.S. and world records, head-to-head competition, range and consistency of performance, quality of competition beaten or records surpassed, etc. No single factor determines a winner.

Different members may have different opinions given the volume of data to be considered, but, in the end, the majority vote wins. In very close cases, a majority in favor of declaring co-winners sometimes emerges, and that is the final decision.

This year, proceedings revealed a few minor errors in some of the early versions of the new (2002) age-grading standards that had been published (and possibly entered into various software programs).

We would urge meet directors and others involved in using these factors to make sure they have the latest, corrected versions.

We understand that people not seeing all the data available to the committee may not understand or agree with the decisions of the committee, but I believe those present are doing their level best to be fair and objective and to reach the best decision.

This year the full Masters Track & Field Committee voted to adopt two new policies to be implemented by the Awards Committee starting in 2006. First, the only meets whose marks will be considered for award purposes will be USATF-sanctioned meets.

The vast majority of well-run meets have been sanctioned in the past, but that decision needs to be made again each year by meet organizers. The principal exceptions to the sanctioning practice have been many of the State Senior Games, and the National Senior Games.

Athletes for whom awards are important may want to ask meet directors whether a meet is sanctioned and/or encourage meet organizers to have the meet sanctioned.

The second change is that only those athletes who are members of USATF will be eligible for these awards. Membership can be obtained at any time during the year by contacting USATF in Indianapolis, IN, at 317-261-0500 or www.usatf.org/member

These policies have been in effect for some time in both Masters Racewalking and Masters LDR, and were overwhelmingly approved in Jacksonville. We recognize they may constitute a problem for a few athletes, but we believe they are appropriate policies for the sport.

I'd like to thank all the people who served on this committee and all those who helped in compiling the data - especially Dave and Larry. It's a lot of work for a lot of people, but we think it's worth the effort.

I'd also like to congratulate all of this year's winners, and wish them and everyone else - continued good health and great results in 2006.



W70 Field Athlete of the Year Award. Donley is also the Outstanding Female Combined Events Athlete.



Robert Thomas, M35 Track Athlete of the Year.

Order subscriptions and publications on-line at www.nationalmastersnews.com

46th ANNUAL MASON - DIXON GAMES MASTERS & OPEN INDOOR CHAMPIONSHIPS Broadbent Arena - Louisville, Kentucky Friday, March 3, 2006

RUN ON THE SAME BOARDS THAT WILMA RUDOLPH, BILLY OLSON, RENALDO NEHEMIAH, RALPH BOSTON, STEVE SCOTT COMPETED ON.

ENTRIES: Must be 2006 member of USA Track & Field. Register on-line at www.usatf.org. ENTRY FEES: \$20 per person by Feb. 15. \$30 late fee by Feb.28. \$40 late fee on site. (Please do not send cash.) Make checks payable to: Mason-Dixon Athletic Club.

MEET HEADQUARTERS HOTEL: Holiday Inn Airport/South on Fern Valley Rd. 502-964-3311.

(Ask for Mason Dixon Games room rate.)

PERTINENT INFORMATION WILL BE POSTED ON THE KTCCCA WEBSITE www.ktccca.org

Entry Form-Mason Dixon Games Masters/Open Division

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LIABILITY STATEMENT & SIGNATURE NEEDED

LIABILITY STATEMENT & SIGNATURE NEEDED

WAIVER: I understand that competing in a track/field meet can be a potentially dangerous activity. I verify that I am physically fit and have trained for this competition. I assume all risks associated with running this event including, but not limited to falls, contact with other participants, all risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting ventry, I, for myself and anyone entitled to act in my behalf, waive and release Mason Dixon Athletic Club, USATF Kentucky, Kentucky Fair & Exposition Center, and Kentucky Track & Cross Country Coaches Association and all sponsors and officials from all claims of any kind arising out of my participation in the above track meet. I grant full permission to use photos/records of these events. I grant permission for emergency medical treatment by competent medical personnel on the indicated date. List allergies and current medications, if any:

Mail to: Mason Dixon Games, 319 Erin Way, Frankfort, KY 40601 For more information call (502) 875-2904 • Email fmiklavcic@aol.com



On The Run

By HAL HIGDON

Senior Marathon Training Program

enior Marathon Training Program: What does that mean? Is the schedule below designed only for older runners? Not necessarily, although if you have been running marathons for a number of years, you may have been searching for a program with relatively low mileage and less of a time commitment that will allow you to continue to race 26-milers without getting burned out. Same if you've followed my novice schedule before and are looking for some variation - particularly a program that will allow you time to do some cross-training.

USATF Masters Long Distance Running Committee

Athletes of the Year 2005

State

CO

NY

MN

CA

NY

NJ

CA

VA

TX

NY

Paul Spangler Athlete of the Year: Evelyn Cockerham, Abraham Weintraub

Mountain Runners of the Year: Bernie Boettcher, 43; Lisa Goldsmith, 41

Otto Essig Award: Twin Cities Marathon, Minneapolis, MN

X-C Athletes of the Year: Carmen Ayala-Troncoso, David O'Keeffe

Ultrarunners of the Year: William Emerson, 43; Tania Pacev, 46

If you're a Clydesdale, you also may have come to the conclusion that high-mileage weeks raise the risk of injury too much. You need more rest time. Finally, if you like to run a lot of marathons a year (and it's up to you to define "a lot"), you realize it's impossible to fit more than a couple of 18-week build-ups into your schedule and still have time for recovery between.

If any of the above describes you, this Senior Marathon Training Program may be just what you need. It features only three days running a week, but you get to run a fair amount of distance on each of those

It features two days of rest a week - and you need your rest, since all of the long runs on the weekend are 12 miles or more.

It features two days that you can use for stretching and strength training or maybe some cycling and swimming, if that's your fancy. You need that too, because you enjoy exercising, even if you've discovered that three days a week running is more than enough to keep you in shape.

The Program

Age

Group

40

45

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75

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85

90

Monday: This is always a good day of the week to rest, particularly

Women

Carmen Ayala-Troncoso TX

Marie-Louise Michelsohn NY

Colleen DeReuck

Kathryn Martin

Gloria Jansen

Barbara Miller

Ginette Bedard

Toshiko d'Elia

Hedy Marque

Evelyn Cockerham

Abraham Weintraub

Helen Klein

if you ran long over the weekend. All of the Mondays in the schedule below are designed as days of rest, but if you want to do some extra stretching and strengthening today, be my guest.

Tuesday: Modifying a term that I use in my other marathon training programs, let's call this our Sorta-Short Day. You're still recovering from your weekend long run, so don't go too far.

I suggest that in Weeks 8, 6, 4 and 2, you run four miles at your marathon pace - or faster. In other words, run short but at a good speed, and I'm not going to define what is a good speed. You being an experienced runner should know how fast you want to run, or if you want to run fast at all.

In Weeks 7, 5, 3 and 1, run six miles but at a comfortable pace, one during which you can converse easily with a training partner if you

Wednesday: Today's workout is Stretch & Strengthen (S&S), because that again is a term I've used frequently in other training programs to designate semi-rest days on which you do some alternate training, but not too much.

In honesty, I don't care what you do today as long as it is not running.

Men

John Tuttle

Mbarak Hussein

Gary Romesser

Terry McCluskey

Don Coffman

Ray Parrella

John Keston

Dudley Healy

Jerry Johncock

Henry Sypniewski

Bill Borla

State

NM

GA

IN

OH

KY

CT

IN

MI

OR

NY

NJ



VICTOR SAIL FR / PHOTO BUIN Colleen DeReuck, 41, 2005 W40 LDR Athlete

experienced runners.

If you would rather run long today, that's okay. In fact, feel free to juggle all the workouts to suit your particular lifestyle. And you don't need to always run the same three days all eight weeks of the program. Just maintain the regular pattern, and you'll be okay.

Sunday: Run long. Today you do your Long Run, and you'll notice that the build-up in this senior program goes from 12 to 20 miles, not the 6 to 20 miles in my 18-week novice program. That's because you're an experienced runner. You train regularly 52 weeks of the year and never get out of shape, so doing a 12-miler is no big deal.

I've prescribed that distance for Weeks 8, 6, 4 and 2 with longer runs Weeks 7, 5 and 3 leading up to the marathon in Week 1.

Only one 20-miler? Do you really want to run more than one? Do so in the odd-numbered weeks. Important: Do all of your long runs slower than your marathon pace. Don't overtrain!

Here are some additional points to consider:

Racing: As an experienced runner, you probably enjoy going to the starting line more than two or three times a year.

If you want a race to test your fitness and give you an idea of what to expect in the marathon, Week 4 might be a good time for a somewhat long race of anywhere from 15K to a half-marathon.

And if you want a shorter speed test, you could fit in a 5K or a 10K in Week 6 in place of the 12-miler that weekend.

If you want to run more than three days a week, you should have chosen another program. Cross-training is an option today too: cycling, swim-ming, even walking. Or some combination of that with work in the gym.

Thursday: This is your Sorta-Long Day, balancing the Sorta-Short Day on Tuesdays. The mileage varies from six to eight miles most weeks with a single 10-miler thrown into the middle of the program just to prove you can do it.

Running these Sorta-Long Runs at an easy, conversational pace makes the most sense to me. However, if you feel you need some extra fast running, consider converting the sixmiler in Weeks 7, 5 and 3 into a "3/1 run," a term I use in many of my intermediate and advanced training programs.

Run the first three-fourths of the run (4.5 miles) at a comfortable pace, then finish the final fourth of the distance (1.5 miles) at an up tempo. You don't need to sprint in; just run somewhat faster.

Friday: Another Stretch & Strengthen day. Do something similar to the workout prescribed for Wednesdays. This might mean that if you cycled or swam on Wednesday, you might want to walk today or simply spend your time in the gym hopping from machine to machine.

Saturday: This is your second rest day. With a long run planned for each weekend, you want to make sure you have plenty of time to rest both before and after.

In this schedule, I've prescribed doing your long runs on Sunday, because that's a popular day for

Senior Marathon Training Schedule Week Sun Rest 4 m pace 6 m easy 12 m easy 14 m easy 12 m easy 16 m easy 8 m easy 6 m easy 8 m easy 6 m easy Rest 4 m pace 6 m easy Rest Rest Rest Rest Rest Rest Rest 4 m pace 6 m easy 12 m easy 6 m easy 20 m easy 12 m easy 8 m easy Marathon

VICTOR SAILER / PHOTO RUN

Kathy Martin, W50, won both the 2005 LDR Runner of the Year and Track Athlete of the Year awards.

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Editor for R out more tr www.halhigd

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 Norm Benhan Masters

 Eugen Sedlak, Masters

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Continued on page 13

On the Run

Continued from page 12

Don't worry about doing fewer miles. If you were interested in logging miles in your training diary, you would have selected a different training schedule.

Speedwork: I enjoy doing speedwork, and so do a lot of experienced runners. I'm trying to keep this program simple, so I'm not going to prescribe tempo runs, hill repeats or interval training as I do in several of my other programs.

If you want to do speedwork, choose your own brand of poison. Tuesday would be a good day for this type of training, because I'd like you going long and sorta-long on the other two days of the week.

If your club has a regular day for speed workouts where everybody meets at the track, juggle the schedule to accommodate what's available locally.

Taper: Given the fact that I'm asking you to do a 20-miler at the end of Week 3, that allows you only two weeks to taper before the race.

Don't you need a three-week taper period? Oh, come on! You've been around long enough to know that two is probably plenty. It's not that I'm beating you over the head with high mileage.

You'll do fine in the marathon tapering two weeks, but notice also that the final week before the marathon features only a single, easy run of six miles, then mostly rest.

Do you have more than eight weeks before your marathon? Do you have less? If the former, you can modify the program by either repeating weeks or adding weeks up front with slightly lower mileage. If the latter, do your countback from Week 1, and improvise.

This Senior Marathon Training Program is for experienced runners, and I trust you to make the right choices. Just follow the pattern I've laid out for you, and you'll be okay. (The eight-week training schedule is on p. 12.) Good luck with your training.

(Hal Higdon, is a Contributing Editor for Runner's World. Check out more training information at www.halhigdon.com.)

January 1991

- Larry Almberg, 43, Christel Miller, 55, and Phil Raschker, 43, Named Top 1990 U.S. Masters at TAC Meeting in Seattle
- Norm Green, 58, and Ed Benham, 83, Voted Best Masters LDR Performers
- Eugene Kitts, 43, and Visha Sedlak, 42, Named Top U.S. Masters Racewalkers
- Barbara Kousky Picked as Best T&F Administrator

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The Weight Room

By JERRY WOJCIK

Heavy Metal in Jacksonville

hese are the proposals, approved at the USATF annual meeting, that will have an effect on masters throwers' events:

Shot Put, Hammer and Discus for Athletes Aged 80+

The 3kg shot and 3kg hammer for men age-80-and-over, adopted at the 16th World Masters Athletics meeting in San Sebastian, Spain, was approved by the Masters T&F Committee and will go into effect on Jan. 1, 2006. The 750 gram discus for women age-80+, also adopted by WMA in Spain, was not approved for 2006.

The shot and hammer were approved because specifications are available, since those implements are already in use by W50+ age groups. Specifications for the 750g discus are not readily available.

Ultra Weight Championships

The proposal, which had been approved in 2004 but was slighted over, to add an Ultra Weight Championships to the list of masters championships was accepted by USATF, so that it be defined as a viable event before approval.

The event consists of five weight events, starting with the specified weight throw for an age group, then the superweight and the next three heaviest weights. For instance, the 30-49 male throwers would start with their designated 35# weight for those age divisions and continue with the 56# superweight, and the 98#, 200#, and 300# ultra weights.

Throw-a-Thon to Masters Championships

A proposal to introduce a throw-athon for masters was introduced by Ray Feick. The event consists of athletes throwing different weight implements, e.g., the 2kg/1.5kg/1kg discus, with their marks scored by age-grading, the highest total determining the winner for each age group. The proposal had been introduced last year, but was tabled.

A motion to remove the tabling was passed. Feick will introduce the event next year, a rules year, so that it can be accepted to be defined as an event.

Replacing the 56# Superweight With the 44#

A proposal, introduced by George Mathews, to change the superweight for men age-50-to-69 from 56# to 44# was amended to exclude men in the 50 and 55 age groups, and approved.

The event, 44# for M60-69, can be offered at meets as an option to the use of the 56# for those two divisions.



Bob Ward, 2005 M70 Field Athlete of the Year.

DEADLINE

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

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



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17110; Thrower60@aol.com



WWW.LONGANDSTRONG.COM

2006 Masters Invitational Program Off to a Fast Start

The fields for the 200m events for masters men and women in the USA Open Championships in Boston in February, will be determined by which ten-year age group age-grades out the fastest. Eight athletes are needed to

NATIONAL CONVENTIONS

TAC

Atlanta

Reno

Las Vegas

Philadelphia

1979

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1982

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3

SITES OF

5	1983	Indianapolis
6	1984	San Diego
7	1985	Houston
8	1986	Tampa
9	1987	Honolulu
10	1988	Phoenix
11	1989	Washington, D.C
12	1990	Seattle
13	1991	New Orleans
14	1992	Louisville
		TICATE
15	1993	USATF
16		Las Vegas
	1994	St. Louis
17	1995	Atlanta
18	1996	San Francisco
19	1997	Dallas
20	1998	Orlando
21	1999	Los Angeles
22	2000	Albuquerque
23	2001	Mobile
24	2002	Kansas City
25	2003	Greensboro
26	2004	Portland, Ore.
27	2005	Jacksonville
28	2006	Indianapolis
29	2007	Honolulu
30	2008	Reno
31	2009	Indianapolis
22		- and and a

Virginia Beach, Va.

submit entries in each ten-year age group, in order for that ten-year age group to be considered for the race.

Qualifying standards are on the Masters Invitational web page for age-groups 40-49, 50-59, 60-69, and 70-79. (The web page address is www.usatf.org, click on Masters Athletes, then click on Masters Invitational Program, then click on 2006 events, and finally on Application information.) Entry deadline is Feb. 2.

Once submissions are received for eight athletes in a ten-year age group, the top six times from that group are age-graded to determine the average the age group with the highest group average gets the event.

The women's 200m is scheduled for 3:44 p.m., and the men's 200m for 3:53 p.m. on Sunday, Feb. 26

Drake Relays Invitational Mile Late breaking news is that the Masters Invitational Mile at the Drake Relays had been taken out of the meet for 2006, but, after rallying several of the top milers like Tony Young, John Hinton, Peter Magill, Kevin Paulk, and Peter Hagelbach for the April race, it appears that the race will be contested again in 2006 - with the finest field yet.

If Anselm LeBourne can be persuaded to commit to the race, that will make seven of the top ten men in the U.S.

Go to the Masters Invitational Program web page for all the information and on-line entry. If you are over 40 and can run under 4:40 for a mile, your entry is welcome. All qualifying times must have been run in 2005/2006 seasons. The event will be run on April 29.

Under consideration are a 40+ 400m for women and 100m for men at the Outdoor Open Championships in Indianapolis.

> - Mark Cleary Masters Invitational Program

January 2000 USATF

Another six masters athletes **USATF** Masters actives are Charl Franklin (Bud) Barbara Jordan. The old-timers ar Filutze, Lori McFadden, and

The Hall now 88 men, of whor pline of track & racewalking.

Charles Allie from Pittsburgh, U.S. and two wo set. A five-tim holds 17 indoor **USATF** national past eight Penn I firsts, one second graded performan

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Franklin (Bu Calif., set a world 1953 and is en Track & Field H masters athlete, h and vault, winn both indoors and

Bigelow, Vicki Billups, Ernie Boal, Bob Boas, Konrad Bowermaster, Mary Braceland, George Braceland, George Bradley, Fay Bright, Norm Brobston, Bill Brown, Gloria Brown, Harry Bulkley, Dan Cappetta, Carolyn Carter, Ross Caselli, Jaclyn Chapson, Harold Chapson, Harold Clarke, Anne Clarke, Anne Clarke, Polly Colbert, Larry Collins, Bill Conley, Philip Corbitt, Ted Donley, Jerry Druckrey, Stan Eberle, Ruth Fine, Robert Fitzgerald, Bill Gage, Tom Gist, Burl Gorman, Miki Green, Max Green, Norman Greenwood, Jack Grissom, Joan Harvey, Rex Hatton, Ray Hatton, Ray Healy, Dudley Heffernan, Michae Franklin (Bud) He Higdon, Hal Hilliard, Vaness Hills, Claude Jackson, Dave

USATF Masters Hall of Fame Adds 11 Names

Another six active and five old-timer masters athletes have been elected to the USATF Masters Hall of Fame. actives are Charles Allie, Vicki Bigelow, Franklin (Bud) Held, Sid Howard, Barbara Jordan, and Stephen Robbins. The old-timers are Gloria Brown, Barbara Filutze, Lori Maynard, Winfield McFadden, and Tim Murphy.

The Hall now contains 41 women and 88 men, of whom 81 represent the discipline of track & field, 37 LDR, and 10 racewalking.

Charles Allie, a 58-year-old sprinter from Pittsburgh, Pa., currently holds one U.S. and two world records of the six he set. A five-time world champion, he holds 17 indoor and 12 outdoor firsts in USATF national championships. In the past eight Penn Relays 100m, he has six firsts, one second, and one third with agegraded performances of 93% or better.

Vicki Bigelow, 70, San Lorenzo, Calif., set six world and four U.S. records over the past 25 years. From 800 to 10,000 on the track, from 8K to 15K on the roads, she has excelled at world, regional, and national levels.

Franklin (Bud) Held, 78, Del Mar, Calif., set a world record in the javelin in 1953 and is enshrined in the National Track & Field Hall of Fame (1987). As a masters athlete, he taught himself to jump and vault, winning the M75 pole vault both indoors and outdoors this year.

Sid Howard, 66, New York, N.Y., set one world record and still holds six U.S. records in the 800/1500 and mile. In his 21-year career, he won eight outdoor and 25 indoor championships, plus finishing in the top three six times in WMA world championships.

Barbara Jordan, 70, South Burlington, Vt., still holds seven of the two world and nine U.S. records she set in short and long hurdles and the pentathlon. She has 33 national outdoor titles and 19 indoor titles to her credit. When not competing, Barbara has taught health and physical education for more than 40

Stephen Robbins, 62, Seattle, Wash., is another sprinter with six world, four regional, 10 indoor, and six outdoor titles. He has set three world and two U.S. records - all exceeding 95% on the agegraded tables. His career has spanned the past 15 years.

Gloria Brown, 73, Grand Island, N.Y., was a long distance runner with a 1500 to half-marathon range. She won her age group 14 times in national LDR championships, before arthritis ended her career in 1997.

Barbara Filutze, 59, Erie, Pa., ran few championships but many quality races. She still holds five of the 12 U.S. records she set more than a dozen years ago at distances from 3000 to the marathon. Masters LDR named her Runner of the

Year six times.

Lori Maynard, 69, Redwood City, Calif., was a pioneer racewalker, a longterm record-keeper, and outstanding racewalk official. She competed from 1977 to 1991 and has eight national racewalk titles to her credit. Maynard maintained women's racewalk bests (before official records) from 1979 to 1992 and has IAAF certification to judge international racewalk competition, and officiated at the Sydney Olympics.

Winfield McFadden, 100, San Diego, Calif., was a jumper who occasionally threw, sprinted, hurdled, racewalked, and won a national decathlon M80 championship in a 20-year career. He won eight WMA championships and 24 U.S. nation-

al championships.

Tim Murphy, 84, Irving, Texas, was a sprinter who excelled indoors. He placed in the top three at WMA world games five times, twice in WMA regional games, 15 U.S. national indoor championships, and 13 outdoor national championships. Carotid artery and triple by-pass surgeries in 1985 with follow-up stents in the bypass in 1995 caused his doctor to forbid further running by fall 1998.

The results of this year's balloting were compiled by Jerry Donley, Bev LaVeck, Mel Larsen, Shirley Matson, and Joan Ottaway of the Masters Hall of Fame Committee, supplemented by Ruth Anderson, Jerry Crockett, George Mathews, and Len Olson on the Old-Timers Committee. The announcement



JERRY WOJCIK Franklin (Bud) Held, 78, newly-elected member of the USATF Masters Hall of Fame.

was the highlight of the joint meeting of Masters T&F and Masters LDR held Dec. 2 at the USATF annual meeting.

Two hundred and eight ballots had been distributed to listed members of the two masters committees plus previous Hall of Fame honorees. Of these, 140 returned ballots, casting 1279 votes. Each person elected received a majority of the votes cast.

- Norm Green, Masters Hall of Fame

Female

Male Female Male

Male

Male

Male

Female Male

Female

Male Male Male Male

Male

Female

Male Female Male

Male

Male

Male Female Male

Female

Male

Male

Male

Male Female Male

Male

Male

Athlete

Athlet

Athlete/Admin

Athlete/Admin

TAF

Female

Female

Male

USATF MASTERS HALL OF FAME

Weinbel, Ken Whitley, Stan

Whitley, Stan Wojcik, Jerry

			USA	AIL MASIE
Name	Discipline	Category	Gender	Status
Adams, Louise	T&F	Athlete	Female	Elected '01
Allie, Charles	T&F	Athlete	Male	Elected '05
Andberg, Bill	LDR	Athlete	Male	Old-Timer '00
Anderson, Herb	T&F	Athlete	Male	Old-Timer '98
Anderson, Ruth	LDR	Athlete/Admin.	Female	Elected '96
Baker, Thane	T&F	Athlete	Male	Old-Timer '99
Benham, Ed	LDR	Athlete	Male	Elected '97
Bigelow, Vicki	T&F/LDR	Athlete	Female	Elected '05
Billups, Ernie	LDR	Athlete	Male	Old-Timer '00
Boal, Bob	LDR	Administrator	Male	Elected '98 ·
Boas, Konrad	T&F	Athlete	Male	Old-Timer '03
Bowermaster, Mary	T&F	Athlete	Female	Elected '99
Braceland, George	LDR/T&F	Athlete	Male	Old-Timer '01
Bradley, Fay	LDR/Admin	Athlete	Male	Elected '03
Bright, Norm	LDR	Athlete	Male	Old-Timer '00
Brobston, Bill	LDR/T&F	Athlete	Male	Old-Timer '02
Brown, Gloria	LDR	Athlete	Femae	Old-Timer '05
Brown, Harry	T&F	Athlete	Male	Elected '03
Bulkley, Dan	T&F	Athlete	Male	Elected '99
Cappetta, Carolyn	T&F	Athlete	Female	Elected '00
Carter, Ross	T&F	Athlete	Male	Elected '98
Caselli, Jaclyn	T&F	Athlete	Female	Old-Timer '03
Chapson, Harold	T&F	Athlete	Male	Old-Timer '98
Clarke, Anne	LDR	Athlete	Female	Old-Timer '00
Clarke, Polly	T&F	Athlete	Female	Old-Timer '98
Colbert, Larry	T&F	Athlete	Male	Elected '02
Collins, Bill	T&F	Athlete	Male	Elected '03
Conley, Philip	T&F	Athlete	Male	Old-Timer '04
Corbitt, Ted	Ultra	Athlete	Male	Old-Timer '99
Crane, Buell	T&F	Athlete	Male	Old-Timer '02
	LDR	Athlete	Female	Elected '96
D'Elia, Toshiko	T&F	Athlete	Female	Elected '03
Daprano, Jeanne	LDR/T&F	Athlete	Female	Elected '03
Davidson, Gerry	LDR	Athlete	Male	Old-Timer '98
Davies, Clive	T&F	Athlete	Male	Old-Timer '01
Deacon, Bud	RW	Athlete	Male	Elected '04
DeNoon, Don	T&F	Athlete/Admin.	Male	Elected '99
Donley, Jerry	T&F	Athlete	Male	Elected '01
Druckrey, Stan	RW	Athlete	Female	Old-Timer '03
Eberle, Ruth	LDR	Athlete	Female	Old-Timer '05
Filutze, Barbara	RW	Athlete/Admin.	Male	Elected '02
Fine, Robert	T&F	Athlete	Male	Old-Timer '00
Fitzgerald, Bill	T&F	Athlete	Male	Elected '01
Gage, Tom	T&F	Athlete	Male	Elected '01
Gist, Burl		Athlete	Female	Elected '96
Gorman, Miki	LDR	Athlete	Male	Elected '98
Green, Max	RW	Athlete	Male	Elected '96
Green, Norman	LDR	Athlete	Male	Elected '97
Greenwood, Jack	T&F	Athlete	Female	Elected '99
Grissom, Joanne	T&F	Athlete/Admin.	Male	Elected '00
Harvey, Rex	T&F		Male	Old-Timer '01
Hatton, Ray	LDR/T&F	Athlete		Elected '03
Healy, Dudley	LDR/T&F/Ad.	Athlete	Male	Old-Timer '04
Heffernan, Michael	LDR/T&F	Athlete	Male	Elected '05
Franklin (Bud) Held	T&F	Athlete	Male	Elected '99
Higdon, Hal	LDR	Athlete/Admin.	Male	
Hilliard, Vanessa	T&F	Athlete	Female	Elected '01
Hills, Claude	T&F	Athlete	Male	Elected '99
Hinton, Margaret	T&F	Athlete	Female	Elected '03
Holland, Bernice	T&F	Athlete	Female	Elected '01
Hosack, Everett	T&F	Athlete	Male	Elected '02
Howard, Sid	T&F	Athlete	Male	Elected '05
Hunt, Robert	T&F	Athlete	Male	Old-Timer '04
Irvine, Marion	LDR	Athlete	Female	Elected '98
Jackson, Dave	T&F	Athlete	Male	Old-Timer '02

Jarvis, Betty Johnston, Carol Jordan, Barbara Jordan, Payton Keston, John Athlete Athlete Athlete Athlete Athlete T&F LDR/T&F Kiddy, Sandra Klein, Helen Lance, Dale LaVeck, Bev Athlete Ultra Athlete Larsen, Mel T&F T&F Law Jim Athlete Law, Jill Lukens, Ed Matson, Shirley Maynard, Lori McDaniels, Leonore Athlete Athlete Athlete Athlete McDermott, Tom McFadden, Winfield Athlete Athlete Mehl, Pearl Mendyka, Edith Athlete Messenger, Archie Miller, Christel T&F Athlete Athlete/Admin Miller, Gary Mimm, Bob Athlete Morcom, Boo Athlete Mulkey, Phil Mundle, Pete Murphy, Tim Newton, Milton Athlete Athlete/Admin T&F T&F LDR/T&F Athlete Athlete O'Neil, Jim Athlete Obera, Irene Oerter, Al Olson, Len Athlete Athlete Athlete/Admin Ottaway, Joan Pain, David Palmer, Wendell Patsalis, Tom Pawlik, Emil LDR/T&F Athlete Administrator Athlete/Admin Athlete Peterson, Pat T&F LDR Athlete Peterson, Pat Pirrung, Roy Raschker, Phil Ratelle, Alex Richardson, Elton Robbins, Stephen Athlete T&F LDR RW T&F Athlete Athlete Athlete Romansky, Dave Shaheed, Nolan Sheahen, Al Sheehan, George Athlete LDR/T&F Athlete LDR Administrator Sisley, Becky Spangler, Paul Stookey, James Stuart, Larry T&F Athlete/Admin LDR/T&F Athlete Athlete Sutton, James Athlete Trapp, Sue-Ellen Trent, Marcie Utes, Warren Athlete LDR Athlete Valentine, Rudolph T&F T&F Athlete Valien, Johnnye Athlete Vasquez, Sal Vernon, Jim Vosburgh, Betty Wallace, Gordon Athlete T&F T&F RW Athlete

Elected '04 Elected '03 Elected '96 Elected '01 Old-Timer '02 Elected '99 Elected '04 Elected '96 Elected '96 Elected '00 Old-Timer '01 Elected '00 Elected '98 Old-Timer '05 Elected '00 Old-Timer '02 Old-Timer '05 Elected '99 Old-Timer '99 Elected '01 Elected '97 Elected '99 Elected '97 Elected '00 Elected '98 Old-Timer '05 Elected '04 Elected '98 Elected '96 Old-Timer '99 Elected '02 Elected '00 Elected '97 Elected '04 Old-Timer '03 Elected '04 Elected '98 Elected '01 Elected '97 Old-Timer ' Elected '03 Elected '05 Elected '02 Elected '04 Elected '98 Old-Timer '98 Elected '01 Elected '97 Elected '02 Elected '99 Elected '02 Elected '04 Old-Timer '01 Elected '99 Old-Timer '04 Old-Timer '04 Elected '02 Elected '04 Old-Timer '02 Elected '02 Old-Timer '03 Elected '02 Elected '00 Elected '00

27th Annual Convention of USA Track & Field

Meeting Highlights - Masters Track & Field

(The following is an unofficial review by Jerry Wojcik of the Masters T&F Committee sessions, USATF 27th Annual Meeting, Jacksonville, Fla. The official minutes by Lester Mount, secretary, will appear on the USATF and NMN websites.)

Dec. 1, 10 - 12 a.m.

Masters T&F Committee

George Mathews, Masters T&F Chair, presided. The roll call of voting delegates was followed by the election of 17 active athletes. Becky Sisley was voted by the active athletes to be their representative. Delegates-at-large, nominated by Mathews, were Barbara Kousky, Carroll DeWeese, Sandy Pashkin, and Tim Edwards.

Phil Byrne, parliamentarian, explained the rules of discussion and for making

Bob Fine, representing Tom Light, the Law & Legislation Chair (not present), presented to the body the proposed by-law changes in Item 18 regarding restructuring of USATF. A motion was passed that Mathews, as MT&F Chair, indicate disapproval of restructuring to the USATF Board, because the results could mean loss of influence for masters.

Harry Brooks of the Media Sub-Committee, representing Bob Weiner, reported on the budget request for \$3000 and received \$1500.

Dec. 2, 8 a.m. - 1 p.m. Masters T&F Committee

Name Chair

Secretary Vice-Chair

Treasurer Site Inspections

Rankings SE Region NW Region West Region

Eastern

Midwest

Media

Records

Weights

Awards

Team Manager Hall of Fame

Administrative

NMN Grant

Diversity Meet Manual

TOTAL

Masters Invitational Program

Racewalking Combined Events Marketing Campaign*

Age 30-39 Rankings

Demographic Study

Contingencies Strategic Plan – Meeting

Strategic Plan - Implementation

*Direct Mail - National & Regional Championships

Southwest

Mid-America

Games Committee

Ken Weinbel, Site Selection Committee Chair, explained the site selection procedures. Jim Murphy, of the Inland NW Association, presented the bid for the 2008 Outdoor Championships, which is sponsored by the Spokane Regional Sports Commission. The bid for the meet, to be held in the last week of July 2008, was

Jay Riddell and Kim Haines were introduced as directors. Spokane held the USA National Masters Championships in 1992 and 1996. The track at the meet site, Spokane Falls T&F Complex, was resurfaced in March 2005.

Spokane also was awarded the 2007 Weight Pentathlon Championships, a oneday event to be held probably two weeks after the National Championships in

Lee Hess and John Oleski led a bid for the 2008 Indoor Championships in Boston, also approved. The event will be held in the Reggie Lewis Center, which was the site for the Indoor Championships for six years until 2005 (Boise, Idaho), and is the venue for the 2006 Championships. The 2007 Championships will be held in New York City.

Gordon Edwards, meet director of the 2006 Outdoor Championships, Charlotte, N.C., discussed the site, housing, food plans, transportation, and amenities, and answered questions.

Robert Hill reported on housing, transportation, and the facility (the New York Armory) for the 2007 Championships.

Mark Cleary, Masters West Region Coordinator, informed the group that the Southern California Association would be bidding for the 2009 Masters Outdoor Championships.

Phil Byrne, Masters T&F Awards Chair, explained the procedures for giving awards and named the winners (see p. 19). He noted that the majority of men and women voted for in both track and field awards were not named last year.

A motion was passed, stating that starting next year, award winners must be USATF members in the year of the event.

Surcharge

Fund

\$ 19,985

Total \$ 4,700 \$ 1,500 \$ 1,500 \$ 1,500 \$ 1,000 \$ 3,000 \$ 1,300 \$ 1,300 \$ 1,300 \$ 1,300 \$ 1,300 \$ 1,300

1,300 6,000 2,000 3,000 750 1,000 1,000 1,000 1,165 4,000 5,000 750 300 1,500 710 710 710

\$ 57,485

USATF MASTERS TRACK AND FIELD COMMITTEE

2006 Budget

Programs

\$ 420 \$ 2,065 \$ 750 \$ 1,000

2,500 1,000 1,000 1,800 500

\$ 16,200

Committee \$ 4,700 \$ 1,500

1,300 1,300 1,300 1,300 1,300 1,300

\$ 1,300 \$ 3,000

\$ 21,300

A motion affirming the masters policy that marks considered for awards must be made in USATF sanctioned meets was also passed.

Sandy Pashkin, the U.S. and world agegroup records overseer, explained the pro-cedures for record consideration, noting, for instance, that at least three participants must be in a meet for national and world record approval. Pending national records are posted on the USATF website as soon as possible and are approved once a year at the USATF annual meeting. Pending world records are posted on the WMA website two weeks after being received.

Pashkin's request for a motion to approve the outdoor and indoor records, with exceptions, was made and approved.

Mark Cleary, Masters Invitational Program Chair, told the group that masters will have events at the open indoor and outdoor championships, and he will get the events and requirements on the USATF website as soon as he has worked out the prerequisites. In response to questions about those masters events, he explained that the selection of events for masters is confined to those events prescribed by USATF and meet directors, generally from the 100m to the mile.

A panel of hurdlers discussed the proposed study of the need to alter the present hurdles specifications or leave them untouched. The panel consisted of Jeff Brower, Joy Upshaw-Margerum, Phil Byrne, Ken Brinker, and Stan Druckrey, with Rex Harvey, WMA Vice-President Stadia, acting as moderater.

Opinions were relatively evenly divided among the panelists, as well as in the body, after much discussion. Harvey noted that WMA has charged its affiliates to come up with information on the possibility of hurdle specification revisions to determine what's best for the athletes. Brower was named to chair a hurdles committee.

Dec. 2, 2 - 4 p.m. Joint Masters T&F and LDR Committees

Norm Green, Masters LDR Committee Chair, presided. Charles DesJardins told the group of the death of Torsten Carlius, WMA Secretary, and that the WMA Council can select the WMA secretary by appointment. He said that WMA determines one's citizenship by the last country for which the athlete competed.

Phil Greenwald, Masters T&F Manager, reminded the body that entry forms for the WMA World Indoor Championships, Linz, Austria, are due at the USATF office by Jan. 10, 2006. It was clarified that the 8K XC, 10K racewalk, and half-marathon to be held in Linz, will be championship events.

Rex Harvey stated that the revised agegraded tables are essentially done, except for final formatting, and the next step will be printing by the National Masters News.

Sandy Pashkin, NCCWMA Vice-President, reported on the NCCWMA Championships scheduled for Guatemala City, Guatemala, this summer.

Marilyn Mitchell, WMA Women's delegate, gave the numbers of the U.S. medal winners at the WMA Championships in Spain by region (62% gold, 68% silver, 75% bronze) and world (10% gold, 6% sil-



Jeff Brower addresses the meeting on changes

ver, 11% gold). She noted that the NCCW-MA women's organization needs to make more contacts in the Latin countries.

Becky Sisley advised the group that WMA has developed its own doping measures, and that a survey on women's pentathlons, which differ in individual events from the men's, will be made to determine possible changes in the event.

Green advised the group that all three LDR divisions (men, women, masters) oppose adding men 35-39 to the WMA official age groups.

Jerry Wojcik and Suzy Hess gave their annual report for the National Masters News. Wojcik reviewed the important meets and races covered in 2005 and thanked all of the contributors who provided information, articles, and photographs to the NMN during the past year, and asked them to continue with concern for accuracy. He also recruited volunteers to distribute free copies of the NMN to races and meets for the forthcoming year.

Hess stated that the NMN will continue to be a hard copy publication and will not become a webste subscription. She thanked both committees and the athletes for their support.

Bob Fine's motion that "The joint USATF Masters T&F and LDR Committees express support and appreciation of the National Masters News as the official organ of communication among masters" passed unanimously.

Dec. 3, 10 a.m. - 2 p.m. Masters T&F Committee

George Mathews presided. The meeting opened with much discussion concerning the acceptance by LDR and racewalking of the newly-adopted WMA M35-39 age group. Bob Fine's motion that masters racewalking accept the M35-39 was successful (21-Yes/16-No/2-Abstain).

Sandy Pashkin's motion that LDR and RW reduce their men's age groups to 35-39, and, if not, for the Masters T&F Committee to take the matter to the floor at the closing session on Sunday was approved. (At the closing session, representatives of the three divisions of LDR

Continued on page 17

Dec. 1, 10:1 Call to order by N Don Lein, Awards summaries of race voters on age-group Despite all his work,

cies in the process re

from doing a better j

These are the m lems in collecting us do not report result (USATF says they w this work), and peo weren't reported or courses.

He then took non Essig Award. The nor Cities Marathon, the Glavin/the Genessee last nomination wa before voting.

Green, Chair's R problem of replacing solved. We are working plish the functions it

So far, Jim Estes, tion of LDR Coordin focused on Open LI for the 2008 Maratho the new LDR Divisio little attention to us. T their rules to define and older.

We are compelled to conform at som change is something **Executive Committee** to prevent its immed This transition will b schedule, especially a

Motion: Nominees of Fame must be at Passed unanimously.

Green continued Directors has spent r dealing with the flawe last convention, which

Masters T&

Continued from page 16

met outside the cl returned with the deci accept the M35-39 2011, citing cont through 2010, with ar WMA/IAAF to drop tion.)

Dexter McCloud, on Diversity Chair, o Masters Committee 2 Diversity booklet dis present and asked for on the Committee.

Marilyn Mitchel aspects of diversity. the Diversity and Le addressed the group Mission Statement: nities to promote the letes and committee variety of backgrou ductively and make as possible to our or Bob Fine repo

Legislation items an with residency ex

- Jacksonville, Florida - Nov. 30-Dec. 4, 2005

Highlights of Minutes - Masters Long Distance Running

Dec. 1, 10:10 a.m.

Call to order by Norm Green, Chair.

Don Lein, Awards Chair, handed out his summaries of race results to inform our voters on age-group Athletes of the Year. Despite all his work, he noted that deficiencies in the process remain and prevent him from doing a better job.

These are the most noteworthy problems in collecting useful data: many races do not report results, the RRIC is gone (USATF says they will start doing some of this work), and people claim efforts that weren't reported or weren't on certified

He then took nominations for the Otto Essig Award. The nominees were the Twin Cities Marathon, the Tulsa Run, and Pete Glavin/the Genessee Valley Harriers. The last nomination was later withdrawn, before voting.

Green, Chair's Report: The general problem of replacing the RRIC is unresolved. We are working on ways to accomplish the functions it provided to us.

So far, Jim Estes, in the new staff position of LDR Coordinator, has been mostly focused on Open LDR and site selection for the 2008 Marathon Trials. Fred Finke, the new LDR Division Chair, has also paid little attention to us. The IAAF has changed their rules to define all masters as age 35 and older.

We are compelled by USATF By-laws to conform at some point. This major change is something he (Green) and the Executive Committee oppose, and we hope to prevent its immediate implementation. This transition will be a challenge on any schedule, especially at the association level.

Motion: Nominees for the Masters Hall of Fame must be at least 50 years old. Passed unanimously.

Green continued: The Board of Directors has spent most of the last year dealing with the flawed elections during the last convention, which selected our Vice

President and Secretary. He has been embarrassed to be on the Board during some of their acrimonious meetings.

The Board spent most of the rest of its time on high performance issues. Masters and youth, comprising the vast majority of members, are as unimportant as ever to most of the Board. Next year, at the Annual Meeting, delegates will decide on restructuring the Board, which is likely to proceed. The Board would then be approximately 12 members, with none representing a specific constituency.

Mary Rosado: Review of pertinent L&L proposals, including restructuring, RRTC, and Reg. 7.

Noon

Recess.

Dec. 2, 12:08 p.m. Call to order.

Lein conducted voting for Athlete of the Year in each age group (see p. 12).

John Boyle, Championships: No new bids. Only the marathon and 10K championships are currently scheduled for 2006. At this point, we could take bids by mid-January for races after August 2006.

Green: Brief review of our budget. The Budget Committee has approved \$33,000 vs. Chair's request of \$34,000, a result which he considers quite satisfactory. He expects this to be accepted in the closing General Session.

Lein, with the assistance of Linda Honikman, conducted a review of record applications that have been recommended for approval by the Records Committee. We confirmed their recommendations for the General Session to ratify, from the 2005 Annual Meeting Reports beginning on page 152, items 14, 19 (time corrected to 16:18:00), 26, 27, 33, 34, 47, 48, 51, 52, 67, 68, 75, 78, 79, and 89. We recommended to ratify, pending course validation before 2006, items 13, 43, 46, 49, 50, 55, 58, 77, 84, 85, 86, and 87.

1:55 p.m.

Recess. Dec. 3, 2:05 p.m. Call to order

Bill Quinlisk, XC Council: Carmen Ayala-Troncoso and David O'Keeffe are Master Harriers of the Year. The 2006 Winter National Championships will be in the New York City area in February. The 2006 Fall National Club Championships will be in San Francisco. Masters 5K championships will again be held in Saratoga Springs; N.Y., in October. For 2007, the Winter Nationals will be in Boulder, Colo.

Sue Cordero, ADA: The Association of Disabled Athletes recently held their first XC championships. They may contact the XC Council to discuss holding joint events.

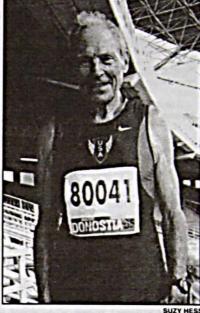
Green hears no objection to his proposal to continue the current Executive Committee. This comprises Green, Boyle (Vice Chair), and Lloyd Stephenson (Secretary) as Officers, and Charles DesJardins, Lorraine Gersitz, David Katz, Don Lein, Bill Quinlisk, and Mary Rosado.

Discussion of possible action by committee if revised item 49 of the L&L proposals is approved. This relates to champi-

onship team scoring and residency.
Fred Finke, LDR Division Chair: L&L item 28, Lucas/RRTC, has been tabled. RRTC Chair has resigned as of 12/31/2005, new chair to be appointed by President as this is an administrative post. Lucas has agreed to work on finding a course certifier in each association.

RRIC ended as of 10/31/2005. The USATF office possesses all the accumulated data from it, and will perform most of the functions it did, including validating new age-group records. However, they will not maintain single-year age records. Results should go to results@usatf.org. Jim Estes said he will manage paperwork on possible new records after receipt of

Finke agrees that lack of results from



SUZY HESS John Keston, M80, won both the LDR Runner of the Year and Track Athlete of the Year awards for

races is a large and chronic problem. Record approval process will be similar or the same. The USATF race results database is accessible, or will be.

Green: He plans, tentatively, to use some of our committee budget to maintain single-age records. He will try to contract with an interested and capable party.

Quinlisk: We should add to our championship guidelines some procedures for chip timing. He showed photos of chip errors from a recent championship involving placement difference between first foot across finish line and torso.

3:47 p.m. Meeting adjourned. Submitted by Lloyd Stephenson, Secretary

Masters T&F Committee Minutes

Continued from page 16

met outside the closing session and returned with the decision that LDR would accept the M35-39 group on January 1, 2011, citing contractual obligations through 2010, with an attempt to persuade WMA/IAAF to drop the W35-39 adop-

Dexter McCloud, Masters Committee on Diversity Chair, discussed the USATF Masters Committee 2006 Strategic Plan on Diversity booklet distributed to members present and asked for volunteers to serve on the Committee.

Marilyn Mitchell discussed various aspects of diversity. Evie Dennis, Chair of the Diversity and Leadership Committee, addressed the group and amplified on the Mission Statement: To facilitate opportunities to promote the ability of masters athletes and committee members from a great variety of backgrounds to cooperate productively and make as great a contribution as possible to our organizational goals.

Bob Fine reported on Law and Legislation items and said Item 49, dealing with residency exceptions, had been

Sandy Pashkin explained club scoring, noting that non-citizen residents of the U.S. can score points for a national club; foreign clubs cannot score points. An ad hoc committee was established to study club scoring and advise the Masters T&F Committee before the Aug. 1, 2006, deadline for rule changes.

The matter of association transfers will be presented in 2006, a rules year.

An issue of great interest was the General Competition Committee report regarding an increase in USATF membership fees. Much discussion ensued, with some members voicing disagreement with the Chair's position of favoring a fee increase. Todd Taylor's motion that the Masters T&F Committee support an increase of \$10 for adults with a 20% increment to go to masters was approved by a vote of 25-Yes/11-No.

Mathews announced the establishment of an ad hoc committee to study contingency plans for possible changes in the restructuring of the USATF Board in 2008.

Becky Sisley said that the enormous task of compiling a meet manual for regional and association meets is nearing completion, with the draft document having been distributed to several representatives for review. Plans are to have the completed manual on the MTF website and also available on disk. She projects a completion date by March 1.

A committee to study the events in the women's pentathlon and recommend possible changes was formed, with the following members: Sisley, Mary Trotto, Phil Raschker, Joanne Petkus, and Christel

Another group will examine the discrepancy in numbers between the LDR team managers, who have to organize teams for three events, and T&F team managers, who are responsible for 25.

The delegates to the WMA Indoor Championships, Linz, Austria, are George Mathews, as Masters T&F Chair, and elected delegates Bob Fine, 20 votes, Robert Thomas, 19 votes, and Marilyn Mitchell, 13 votes, alternate delegate.

Craig Masback, USATF CEO, spoke to the committee, commending masters for their 2005 accomplishments. He said that the proposed restructuring of the USATF Board was mandated by the USOC. He stated that the masters movement is at the heart of the biggest growing segment of the U.S. population, and that eventually corporate CEOs will wake up to that fact.

Masters track and field participation presents the "most incredible imagery that can be offered," he said. However, our numbers are not as big as long distance running is, in business terms. He said he favors a membership fee increase, perhaps a two-tiered one for youth and adult, but one that reflects a return to the groups that experience the increase. He mentioned that membership should be a 12-month membership, not an annual one, and that runners in large road races that do not require USATF membership may be induced to buy a one-day membership.

Todd Taylor, Strategic Plan Facilitator. discussed the six-page USATF Masters Committee-2005 Strategic Plan Summary that was given to the committee.

(Note: copies of annual reports by masters committees and officers, regional coordinators, and other masters programs, such as rankings, were made available to members of the Masters T&F Committee before, during, and after the annual meet-

The regular Women's Committee meeting of the World Masters Association (WMA) was called to order at 5:05pm in the Paulino Uzkudun Room at Anoeta Stadium in San Sebastian, Spain, by Marina Hoernecke-Gil, Chairwoman. Chairwoman, Ms. Hoernecke-Gil, volun-

teered to translate from English into Spanish and French and NCCWMA Women's Representative, Marilyn Mit-chell, performed the tasks of the secretary.

Thirty-eight women signed-in on the meeting roster as attendees, but the actual number of attendees fluctuated, as people entered and departed the room during the meeting, including several men. Everyone was invited to partici-

Africa Edmond, Absent: May Representative, was not in attendance but sent her report to be read.

Present: Marina Hoemecke-Gil, Committee Chairwoman; Glory Barnabas, Asia Representative; Iris Menza, South American Representative; Marilyn Mitchell, NCCWMA Representative; Helen Tobin, Oceania Representative; Selma Türkkal, Europe Representative.

Approval of the Minutes

Ms. Hoemecke-Gil, summarized the 2003 minutes of the meeting held during the championships in Carolina, Puerto Rico, prior to their approval.

Motion to approve: Becky Sisley, USA Second to motion: Christel Donley, USA The minutes were approved by voice vote. Chairwoman's Report

Ms. Hoemecke-Gil, was pleased that 735 of the 2638 registered athletes at the first-time indoor WMA championships in Sindelfingen, Germany were women. She further noted that the regional representatives were active in their respective regions in both attendance at regional championships and/or in devising and circulating surveys to solicit input from their female ath-letes. Ms. Hoernecke-Gil finally expressed her satisfaction with the committee, its work during the four years since her election in Brisbane Australia, and with the support she has received from the WMA Council.

Regional Reports

The regional representatives summarized their written reports, which had previously been submitted in dossier form to the WMA Council and which are available free-of-charge to anyone who so requests. Requests should be made to Marina Hoemecke-Gil for copies of regional reports, which will be mailed free-of-charge (email address: marhoer @putput.es).

A. Asia, Glory Barnabas. The 13th Asian Masters Championships were held in Bangkok, Thailand, in December 2004, with more than 1200 participating athletes. Of those, 415 participants were women, for an almost 50% participation level, with 36 Asian records set by women, most of them in the older age groups. The host country, Thailand, had 101 women and India was second, with 74 women. Five other countries sent 30 or more female athletes each.

Additionally, Bill Purvis (Hong Kong), sent Ms. Barnabas a report indicating the following outstanding performances by Hong Kong female

- 1. Two Hong Kong masters women were first and second overall in the 50K racewalk, held in conjunction with the WMA 100K championships in November 2003, beating all the
- A Hong Kong masters woman won the open women's section of two AIMS marathons in 2003, Macau Marathon, and the Coast of China Marathon.
- A Hong Kong master's woman topped the open rankings for women at the 5K, 10K, halfmarathon and marathon distances.
- 4. A Hong Kong masters woman won the master's woman's title at the Rotterdam
- A Hong Kong woman won the W35 cate-gory in the Tokyo Women's Marathon.
- B. Europe, Selma Türkkal. The European region (EVAA) now has 43 affiliates participating in meets, with the most recent additions of Azerbaijan, Croatia and Liechtenstein. The level of female competition is very high both in terms of quantity and quality.

One of the major problems facing the region

is the poverty in the eastern countries, which either have no veterans' federations and/or receive little or no support from their federations and veterans' federations. The Balkan Athletics Veterans Association (BAVA) was formed in March 2000 in order to address some of these concerns, but there were administrative changes in the structure of BAVA and Ms. Türkkal has withdrawn her support from, and participation in, the organization because the promised and expected support for veterans' athletics has not materialized.

On the non-stadia side the non-stadia championships held in Portugal in May 2005 had 235 female participants from 23 countries.

North America/Central America/ Caribbean, Marilyn Mitchell. Ninety-five of the total 333 participants at the North America/Central America/Caribbean WMA (NCCWMA) championships held in Dorado, Puerto Rico, were women, for a 28.5% participation level. The women tended to not specialize and in general competed on average in more events than did the men.

The top age-graded performance of the regional meet was turned in by a woman, Olga Kotelko (Canada), with her W85 0.94 mark in the high jump.

Two significant awards were made during the period to female veteran athletes:

 Kathryn Martin (USA), age-group 50-54, received an award from a well-known sponsor which was awarded at the federation's awards ceremony with the other top Olympic and world athletes and Kathy appears in a Nike television commercial as well.

2. Philippa Raschker (USA), known as Phil, was one of the five finalists in Sullivan Award Competition, the only track and field athlete to be so honored in 2004. The Sullivan Award is one of the most prestigious sports awards for amateur sports in the United States and the finalists and winner are chosen by more than 800 spots writ-

D. Oceania, Helen Tobin. The 12th Oceania regional veterans championships, held in Raro-tonga, Cook Islands, in October 2004, were very successful, with 270 participating masters athletes. All events were held, except for the pole vault, which was not staged for technical reasons. It was not possible to transport the poles to

Women athletes accounted for almost 50% of the participants, with most of the women con-centrated in the older age groups. The 30-34 and 35-39 age groups attracted only five competitors. As usual, Australia and New Zealand accounted for the majority of the athletes, but the level of participation and enthusiasm of women from the host country was well-noted and was a testament to the training program undertaken by Jim Blair

as part of the Oceania development program.

Women widely participated as officials in all areas, including the starter on the track, the provider of timekeeping services, the referee, the provider of computer/data management for results as well as performing various other offi-ciating, ceremonial and administrative duties. Many of the athletes doubled as volunteer officials and/or administrators, which is quite a common occurrence in this part of the world, and which works.

The disparity in income and vast distances between and among the countries of the region creates a continuing challenge and, as a result, the regional council has determined that development is a continuing high priority.

The top female veteran athlete of the year 2004, as chosen by the IAAF, was Jeanette Flynn (Australia) with world records in the 800 meters and the mile. It was the first time that IAAF had selected an outstanding male and female veteran athlete of the year, and Ms. Türkkal (Turkey) was kind enough to include the information in her report, even though the athlete was from a part of the world other than her own.

E. Latin America, Iris Menza. Approximately 1630 athletes participated in the South American championships, of which 232 participants were women. The highest number of athletes were from Argentina (379), followed very closely by Chile, with 374 athletes, and Uruguay, with 367 athletes

Several seminars were offered free-of-charge

at the conclusion of the competition in Spanish, but video presentations made the content of the seminars easily understandable even to non-Spanish speaking attendees. Most of the 173 seats were occupied, with additional athletes standing.

The championships also featured social and cultural events free-of-charge, such as a tango festival and an orchestra concert at a theater renowned both architecturally and for the famous musicians who have performed there in the past, including Enrico Caruso and Arturo

The women's meeting resulted in several conclusions, including but not limited to, the fol-

1. There is very little official support in any

of the countries in the region.

2. There is an increase in both quantity and quality of certain of the women's performances, as evidenced by the records.

3. There is an increase in women taking positions in the administration and governance of the sport and the importance of electing or selecting women based upon their competence and not by a quota system.

4. There is a need to have more officials and technical personnel for masters meets; 5. The importance of having seminars and

developmental training sessions. 6. The need for distribution of athletics infor-

mation in Spanish to athletes in the region.

F. Africa, May Edmond. Not present, but sent report to be read.

The Mauritian and Reunionese women participated in a Grand Prix cross country series, comprised of four races held in Jan. and Feb. 2004, with overall champions designated in fiveyear age groups. Some of the additional competitions during the period covered were a 10K cross country in Reunion Island in May 2004, the Mauritius International Marathon (June 2004), where May Edmond was first in her agegroup, a couple of cross country meets in Aug. and Sept. 2004, a road race relay which included two teams from England (Oct. 2004), a semimarathon (Dec. 2004) and a national meet.

One difficulty in representing the women in

this region is the lack of response...Ms. Edmond does not receive any response from her various attempts at correspondence with other parts of

Another major problem is funding...there are no funds to promote women athletes in Africa and all travel and expense is paid for from the Women's Representative's own personal funds. Medical & Doping Committee

Stan Perkins (Australia), WMA Oceania Delegate, gave a brief report from the WMA Medical & Doping Committee and most of the subsequent discussion concerned doping issues.

Doping Previously positive drug tests from WMA athletes were given to the IAAF, but under the new policy, positive drug tests would be the responsibility of WMA.

2. The discussion which followed indicated that some areas of the world have not had much information on the drug policy and testing pro-cedure, this being particularly true in Latin

3. Bridget Cushen (U.K.) felt that the seminars in Riccione would not be helpful because they would not be well-attended. She also reiterated that the athletes were not well-informed

4. Mr. Perkins indicated that he would invite the World Anti-Doping Agency (WADA) to set up an information center at the next world championships and he indicated that the WADA website, which lists banned substances, is updated every 28 days. It was also mentioned that there will be a series of seminars on doping at the 2007 championships in Riccione.

5. Doping control seems to be conducted in national championships in France and Uruguay. It was reported that of the approximately 10-15 tests conducted in the South American championships, only one was positive.

 Vitamin supplements were mentioned as an issue, with Mr. Perkins mentioning that approximately 75% of the submitted medical forms indicated vitamins and/or vitamin supplements.

B. Medical - Lack of ice at the current com-



USATF Masters Hall of Fame.

petition sites was a concern which was noted by Medal Awards in Weight Pentathlon

There was very little discussion on the issue, because the issue was apparently not going to be brought to the floor of the General Assembly. However, Iris Menza (Uruguay) wanted the minutes to register her opposition to team medal awards in this event, because many countries are

not conducting the weight pentathlon.
Women's Discus

Discus: Original proposal to lower 1kg weight discus to 600 grams for women 60+.

Australia (Wilma Perkins). Ms Perkins gave a formal presentation and rationale from results of a study she conducted, and made an argument for decreasing the weight of the discus to 750g or 800g (instead of 600g), because the 750g and 800g implements were already available. Hereafter, discussion seemed to focus on the 750g implement.

Because the biggest break is in age 75+, Ms. Perkins favored a change at age 75+, but mentioned that some members of the Stadia Committee wanted to work in round numbers for the age break-point, so change in implements would probably be at age 80+ instead of age 75+.

Ms. Perkins herself felt that age 60+ was too young to reduce the weight, and therefore suggested that there would be an amendment to the original proposal.

France (Eliane Clamaran-Danzelle): Ms. Clamaran-Danzelle thought it would be more fair to have the age-change at age 70+, because the men have a gradual drop in weight at that

Uruguay (Iris Menza): Ms. Menza wanted to sit at the table with experts, such as doctors and medical personnel, and ask questions concerning the impact of throwing events with regard to age and weight before making any decisions.

Switzerland (Margaritha Dähler-Stettler): Ms. Dähler-Stettler suggested that throwers usually start fitness training early and maintain their fitness throughout their throwing careers and, as a result, age 60 would be too young to commence diminishing the weight of the discus.

Ms. Dähler-Stettler would agree with the 750g implement with the decrease at age 80+. Women's Pentathlon

Substantial time was devoted to discussion of potential changes to the Women's Outdoor Pentathlon. Women's representatives and athletes attending the meeting gave a summary of the pentathlon as contested in their respective areas of the world and/or respective countries and a chart is attached at the end of this document with a summary of the discussion. Pentathlon discussion took place just prior to discussion on the discus, but is presented in minutes at the end of the

Continued on page 19

January 2006 WMA Wom

Continued from page

report so that the summ the pentathlon can be Discussion indicat

tathlon was a champi replaced by the her national championshi retained the women's be contested in one da ficient money to ho must be contested over

An informal, non determine the overal hurdles in the wom overall sense of the r events should retain Events: With hurdle Perkins vote): 1; Abs USA (Becky Sist

indoor versus outdo the agenda for two y long throw instead o

Marilyn Mitchell

Summary of Wom

ASIA Athletes are not EUROPE France: France

tathlon in current for present no problem Switzerland: N tathlon with hurdles

Turkey: Curren Slovakia: Curre Czech Republi

Great Britain: Latvia: Has per Portugal: Has retain hurdles, wan Germany: Has

want to replace hur NORTH AME AMERICA/ C USA: Has pen whether to retain h with 100 meter das

Canada: Calga with hurdles, but th to prefer replacing meter dash

SOUTH AME Costa Rica: Ha

Puerto Rico: I

Uruguay: Has with hurdles and r hurdles. OCEANIA

Has pentathlor many athletes do n AFRICA Cameroun: H

happy with current Mauritius: Do TWENTY

> Jan Jim Bun Clarke, 75 U.S. Maste

Houston Bob Mim

55, Name Racewalk · Gary Mil

Administra Boo Mor

Performe

WMA Women's Meeting

Continued from page 18

report so that the summary page of comments on the pentathlon can be at the end of the report. Discussion indicated that the women's pen-

Discussion indicated that the women's pentathlon was a championship event until it was replaced by the heptathlon. However, the national championships in many countries have retained the women's pentathlon because it can be contested in one day and there often is insufficient money to hold the heptathlon, which must be contested over a two-day period.

An informal, non-binding vote was held to

An informal, non-binding vote was held to determine the overall opinion on retaining the hurdles in the women's multi-events and the overall sense of the meeting was that the multi-events should retain the hurdles: Combined Events: With hurdles: 21; No hurdles (Wilma Perkins vote): 1; Abstentions: 2

USA (Becky Sisley): Ms. Sisley wants the indoor versus outdoor pentathlon to be put on the agenda for two years from now and wants a long throw instead of a short throw.

Marilyn Mitchell, Acting Secretary

Summary of Women's Outdoor Pentathlon Discussion

ASIA

Athletes are not doing the pentathlon. EUROPE

France: France would like to retain pentathlon in current form, have hurdles and hurdles present no problem.

Switzerland: No opinion, they contest pentathlon with hurdles.

Turkey: Currently has no pentathlon. Slovakia: Currently has no pentathlon.

Czech Republic: Currently has no pentathlon.

Great Britain: Has pentathlon with hurdles.
Latvia: Has pentathlon, no problems.
Portugal: Has pentathlon, would like to

Portugal: Has pentathlon, would like to retain hurdles, want no change.

Germany: Has pentathlon, not sure if they want to replace hurdles with the 100 meter dash. NORTH AMERICA/CENTRAL

AMERICA/ CARIBBEAN

USA: Has pentathlon, no clear opinion on whether to retain hurdles or to replace hurdles with 100 meter dash.

Canada: Calgary conducts the pentathlon with hurdles, but the remainder of Canada seems to prefer replacing the hurdles with the 100 meter dash

SOUTH AMERICA

Costa Rica: Has the pentathlon without hur-

Puerto Rico: Has the pentathlon with hur-

Uruguay: Has the pentathlon in all regions, with hurdles and no problems, happy with the hurdles.

OCEANIA

Has pentathlon without hurdles because many athletes do not have access to hurdles.

AFRICA

Cameroun: Has pentathlon with hurdles,

happy with current pentathlon.

Mauritius: Does not do the pentathlon.

TWENTY YEARS AGO January 1986

- Jim Burnett, 45, and Polly Clarke, 75, Named Top 1985 U.S. Masters at TAC Meeting in Houston
- Bob Mimm, 61, and Ruth Leff, 55, Named Top U.S. Masters Racewalkers
- Gary Miller Named Best T&F Administrator
- Boo Morcom Tops Multi-Event Performers



Bill Collins, 2005 M50 Track Athlete of the Year, and Sandy Pashkin, Masters T&F Administrator

Visit the National Masters News Web Site at:

MASTERS TRACK & FIELD ADMINISTRATOR OF THE YEAR

www.nationalmastersnews.com

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 Donle

1984 Jerry Donley 1985 Gary Miller

1986 Pete Mundle 1987 Frank & Dorothy Anderson

1988 David Pain Chuck Phillips

1989 Jim Puckett 1990 Barbara Kousky

1991 Jerry Wojcik Nate & Evelyn White

Nate & Evel 1992 Rex Harvey

1993 Rex Harvey 1994 Bill Busby

1995 Sandy Pashkin 1996 Scott Thornsley

1997 Don Austin 1998 Ken Weinbel

1999 Suzy Hess 2000 Becky Sisley 2001 George Mathews

2001 George Ma 2002 Phil Byrne 2003 Larry Patz

2004 Dave Clingan 2005 Sandy Pashkin **OUTSTANDING MASTERS TRACK AND FIELD ATHLETES**

Selected by the USATF Masters Track & Field Committee

Presented to the outstanding male and female T&F athletes in the masters program.

Year	Men	Women
1978	George Ker	
1979	Ernie Billups	Irene Obera
1980	Al Oerter	Joann Grissom
1981	Jim Burnett	Judy Fox
1982	Al Oerter	Phil Raschker
1983	Jack Greenwood	Polly Clarke
1984	Ed Burke/Parry O'Brien	Irene Obera
1985	Jim Burnett	Polly Clarke
1986	Jack Greenwood	Christel Miller
1987	Tom Patsalis	Phil Raschker
1988	Gary Miller/Stan Whitley	Phil Raschker
1989	Jack Greenwood	Phil Raschker
1990	Larry Almberg	Christel Miller/Phil Raschker
1991	Jack Greenwood	Betty Vosburgh
1992	Stan Whitley	Shirley Matson/Phil Raschker
1993	Phil Mulkey	Phil Raschker
1994	Ross Carter	Phil Raschker
1995	Steve Robbins	Phil Raschker
1996	James Stookey	Mary Libal
1997	Bill Collins	Phil Raschker
1998	James Stookey	Leonore McDaniels
1999	Mel Larsen	Phil Raschker
2000	James Stookey	Phil Raschker
2001	Nolan Shaheed	Johnnye Valien
2002	Larry Colbert	Phil Raschker
2003	Bill Collins	Leonore McDaniels
2004	Roderick Parker	Kathryn Martin
2005	Emil Pawlik	Nadine O'Connor

OUTSTANDING SINGLE PERFORMANCE DURING THE YEAR

1985	Brian Oldfield, 40	Shot Put, 70-3
1986	Jack Greenwood, 60	100m Hurdles, 14.98
1987	John Powell, 40	Discus, 236-6
1988	Larry Stuart, 50	Javelin, 215-9
1989	Al Oerter, 52	Discus, 205-10
1990	Larry Almberg, 43	Mile, 4:06.70
1991	Payton Jordan, 74	100m, 12.91
	Jack Greenwood, 65	300 Hurdles, 45.20
	Phil Raschker, 44	PV. 9-10
1992	Payton Jordan, 75	100m, 13.4
	Shirley Matson, 51	10,000m, 37:39
1993	Phil Mulkey, 61	Decathlon, 8546 points
1994	Ross Carter, 80	Shot Put, 12.27 (40-3)
	Phil Raschker, 47	Pentathlon, 4715 points
1995	James Barrineau, 40	High Jump, 6-11 (2.11m)
	Mary Libal, 45	400m, 56.82
1996	Walt Butler, 55	100m Hurdles, 14.49
	Vanessa Hilliard, 55	Hammer, 156-8 (47.76m)
1997	Glen Conley, 40	High Jump, 7-0 1/2 (2.15m)
	Vanessa Hilliard, 56	Hammer, 155-6 (47.4m)
1998	Larry Stuart, 60	Javelin, 213-10 (65.18m)
	Leslie Lehane, 35	2000m SC, 6:30.83
1999	Mel Larsen, 75	80m Hurdles, 13.68
	Irene Obera, 65	100m, 14.29
2000	Johnny Gray, 40	800m, 1:52.42
-	Oneithea Lewis, 40	WT, 49-9 1/4 (15.17m)
2001	Lad Pataki, 55	WP, 5366 points
	Vanessa Hilliard, 60	12# WT, 57-0 1/4 (17.38m)
2002	Hal Smith, 65	SP, 49-7 1/4 (15.12)
	Oneithea Lewis, 42	HT, 182-8 (55.68)
2003	Robert Ward, 70	WP, 5291 points
	Oneithea Lewis, 43	WP, 5261 points
2004	Roderick Parker, 85	200m, WR 34.41
	Nadine O'Connor, 62	PV, WR 3.05
2005	Mel Larsen, 80	80m Hurdles, WR 14.75
2003	Oneithea Lewis, 45	Weight Pentathlon, WR 5521

OUTSTANDING COMBINED-EVENTS ATHLETES

1985	Boo Morcom	1986	Gary Miller
1987	Gary Miller	1988	Gary Miller
1989	Rex Harvey	1990	Christel Miller
1991	Rex Harvey/Betty Vosburgh	1992	Boo Morcom/Phil Raschker
1993	Phil Mulkey/Phil Raschker	1994	Phil Mulkey/Phil Raschker
1995	Dale Lance/Phil Raschker	1996	Rex Harvey/Johnnye Valien
1997	Stan Vegar/Phil Raschker	1998	Armando Ricciardi/Leonore McDaniels
1999	Emil Pawlik/Phil Raschker	2000	Emil Pawlik/Phil Raschker
2001	Phil Byrne/Johnnye Valien	2002	Emil Pawlik/Phil Raschker
2003	Denver Smith/Oneithea Lewis	2004	Emil Pawlik/Flo Meiler
2005	Emil Pawlik/Christel Donley		

2005 AGE-GROUP AWARDS

	Men		Women	
Age	Track	Field	Track	Field
30	Jake Jensen		Sonja Friend-Uhl	Sheila Rae Smith
35	Jim Sorensen/	Pat Manson	Lisa Daley	Clare Look-Jaeger
	Robert Thomas			
40	David Ashford	Paul Babits	Mary Grene	Regina Richardson
45	Anselm LeBourne	Bruce McBarnette	Carmen Ayala-Troncoso	Oneithea Lewis
50	Bill Collins	Mike Brown	Kay Glynn	Kay Glynn
55	Nolan Shaheed	Robert Kouvolo	Jeanette Groesz	Phil Raschker
60	Donald Neidig	Matti Kilpelainen/	Marie-Louise Michelsohn	Nadine O'Connor
		George Mathews		
65	Emil Pawlik	Edward Burke	Kathy Bergen/	Kathy Bergen
			Barbara Jordan	
70	Bobby Whilden	Bob Ward	Vicki Bigelow/	Christel Donley/
1			Irene Obera	Audrey Lary
75	Jim Stookey	Jim Stookey	Ethel Lehmann	Ethel Lehmann
80	John Keston/Mel Larsen	Richard Mulkern	Gerry Davidson	Johnnye Valien
85	Roderick Parker	Ralph Maxwell	Molly Mackown	Helen Beauchamp
90	Max Springer	Donald Pellmann	Estelle Frendberg	Juanita Brookover
95		Trent Lane		

By BRIDGET CUSHEN

Averil McClelland, mother of a young family, and a doctor working three days per week, concludes another track and field season at the top of the W45 ranking list.

Her 8.20 for the 60m indoor is only one hundredth of a second slower than the fastest W35 over the same distance. Her 25.74 for the 200 is faster than the best W40. After British outdoor 100/200 and European indoor titles in Sweden in March, and running seemingly endless heats at the World Championships in San Sebastian, Spain, she came home with two individual gold medals, two relay golds and a 400 bronze.

Other notable rankings are those of Carole Ann Powell, topping the W50 200 (27.36) and the 400 (59.87), British and European records.

Ireland was the venue this year for the annual British & Irish Masters International Cross-Country Races held Nov. 12 on the beautiful grounds surrounding the palatial Santry Demesne in Dublin. The host nation fielded their strongest teams, winning the W35/W40 individual and team agegroup races and, surprisingly, also the W50 team title.

Niamh O'Sullivan retained her W40 trophy and evergreen Pat Gallagher led Wales to victory in the W60 race. Karen Marshall, running in the colors

of Northern Ireland, won the W50 race, coming in sixth, and continuing her unbeaten sequence through the W45 age-group in one of the most competi-

title and led England home. Northern Ireland got another medal when Alan McCullough came in a close second. Mike Hager's winning time in the M55

Scotland got one gold medal as Bob

The BMAF 10 mile road race was held in freezing early morning fog at Bishop's Stortford, Nov. 20. The twisting course may have slowed times slightly, but it was a good race for each age category title with M40s Matt Flannery and Richard McCormack get-

Run faster as you get older appears and warm weather training.
Sharon Gannon, W40, was first

woman (61:43). Sue Cariss continues to achieve remarkably consistent and super fast times on the road over distances from 5K to the marathon. Here she just missed out on another British



Bruce McBarnette, M45 Field Athlete of the

TWENTY-FIVE YEARS AGO January 1981

- U.S. Masters Divide into T&F and LDR at TAC Meeting in
- Jim Weed Voted Masters T&F Chairman
- Ken Bernard Re-elected Masters LDR Chairman
- Jim Bowers Sets M40 25K AR (1:22:39) in Brooks Masters Run
- Herb Lorenz Wins National Masters 15K XC

tive races on the calendar.

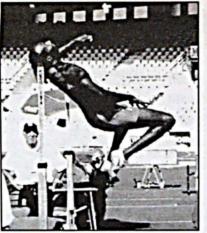
Guy Amos also retained his M40 race was the best of the day.

Young raced away with the M60 title.

ting home in under 55 minutes.

to be the successful motto of Northerner Derek Howarth. Better known for his 800/1500 runs in international events, he notched up a British M75 road best here in 74:08, before setting off to Cyprus for more racing

best, taking the W55 race (64:54). \square



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Finalists in the M60 200 (I to r): Neville McIntyre, AUS; Jorma Mannine, FIN; Peter Crombie, AUS, third (25.13); Roger Pierce, USA, fourth (25.37); Glyn Sutton, GBR, first (24.65); Gerold Schmidt, GER; and Stephen Robbins, USA, second (24.87), 16th WMA World Championships, San Sebastian, Spain.

Former WMA President Torsten Carlius Dies of Heart Attack at Age 66

Torsten Carlius, 66, suffered a fatal heart attack while in Shanghai, China. Carlius, of Sweden, had held the office of WMA President for the last eight years, and had been elected as WMA General Secretary at the 16th WMA General Assembly in San Sebastian/ Donostia, Spain, last August.

Carlius was active all his life in athletics and held various offices in the

Swedish Athletic Association and its regional association for about 40 years.

On the international level, he had been leader for Swedish youth and junior national teams, and a Swedish delegate at European Calendar Congres-

ses and at the European Junior Champ-

At the time of his death, Carlius was a member of the Board of Governors of IMGA (International Masters Games Association), co-opted member of the Council of EVAA (European Veterans Athletic Association), and member of the IAAF Masters Committee.

His home club was IFK Helsingborg one of the biggest athletic clubs in

Carlius graduated from the School of Economics at the University of Lund and had been the chief financial officer at the municipal housing company Helsingborg since 1985.
"It is with great sorrow that we hear

this news. Torsten was a wonderful colleague and friend, who devoted all his life to our sport and who will be sadly missed," commented Istvan Gyulai, IAAF General Secretary.

The funeral for Carlius was held in Helsingborg on Dec. 15. His family requested that people contribute to the Carlius Foundation, started by his father, Nils, to support young talented athletes in Helsingborg.

Contributions can be made to: Carlius Foundation, Skanes Provins-bank, Sweden, Account No. 1207-14-07199, DABASESX; code: IBAN:SE4712000000012071407199. □

was the M35 division, won by Lance

Docken, Edgewood, Wash. Third place

went to American Turtle Van Dalen. The

Canadian Masters Take Back Fleischmann Cup

By CAROLE LANGENBACH

On Nov. 13, the U.S. masters men made a great showing against the Canadians on their home turf in the Annual Cross-Country Challenge, but the Canadians took back the perpetual trophy Fleischmann Cup by winning the women's division overwhelmingly and scoring the least amount of points overall.

Ten men and two women represented the U.S. in White Rock, B.C., under semiclear skies on a wet and muddy course through Crescent Park. The men ran an 8K and the women a 6K.

The race was won by American Kevin Olsen, of Bellingham, Washington's Fairhaven Runners, in 28:30. Teammate Jay Sloane finished behind Olsen in the M40 division, giving the U.S. a three to seven victory.

In cross-country, low score wins, and in the challenge, each five-year division is scored separately.

The M45 division was a clean sweep by Americans Chuck Dooley, John Rowley and Patrick Kenworthy, giving the U.S. six points and the Canadians 15.

Newly welcomed into masters ranks

U.S. had no runners in the M50, so we had to score two ghost runners behind two Canadians. The U.S. was represented by Peter O'Neil in the M55, so the Canadians could only score one runner also, and since he placed second, they beat us only one to three. Roger Dean, U.S., placed fifth in the

M65, and Ben Grevstad was second in M70+, enabling the U.S. to tie with the Canadians at 33 each. It was a satisfying outcome, but

despite the success of Sue Grigsby winning the W45, and Patricia Rowley placing third in that division, the rest of the women's divisions were won by the Canadians, giving them the overall victo-

The annual challenge began in 1977 and has missed only one year, 2000, the year founder Don Farquharson passed away. Next year, the challenge will be back on the East Coast.

(For more information, contact Carole Langenbach at pntf@wolfenet.com)

January 2006

• The 2007 St Games - The Seni June 22-July 8 in L pate, athletes mus State Games durin complete list of s their contact infor selecting the "Sta left-hand menu www.nsga.com.
Bill Collins, I named Geezerjoc

the Year. Collins 400 at the 20 Championships in Masters Games, E · Allen Jone 12.824m for top | Championships, J Leon Jasionsow 11.550m. Dorit for 10,253m for be

• Terry McKe M50 wins in the 55 Chuck Shields, and Terry Shum the weight, Phila Albright College, Kathy Mar

female overall 31 M40, with a 28:12 LITF Championsh 8K, Ronkonkoma Keenan, M60, Horstmann, W60 Masters. Richar race in 37:51.

• John Noons

Warner, M45, 55 the Stockade-at NY, Nov. 13. Bill in 58:03. Canad be 75 on March Benson, W40, 61:22. Anny S

(1:24:11). • Chris Chish in 25:05, and Kar MA, in 28:09, wer Manchester Ro Manchester, CT, 45, Arlington, N (26:22) in the 10 Bob McCusker, the M50-59 race Granby, CT, wor

46:33. • Eric Morse, was the winner Championships, Calidonna, 50, M50+ by three si Leinbach, 50, Bo onds over Tom I Borla, 65, Moose winners were M Greater Springfi Moose Milers & * Alfonso Fl

the men's field a XC Classic 15 Bronx, Nov. 27. 1:12:25, led the Michelsohn, 64 with a strong 1:1

* Howard Ni
first out of 235 u

Kennedy 50 Mil Nov. 19, nearly second-place f ters women w 7:20:12.

Gerald V

for the SP w Carolina Thro **UNC-Charlotte**

Masters Scene

NATIONAL

 The 2007 Summer National Senior Games - The Senior Olympics will be held June 22-July 8 in Louisville, KY. To partici-pate, athletes must qualify at an NSGA State Games during calendar year 2006. A complete list of state organizations with their contact information is available by selecting the "State Games" tab on the left-hand menu on the NSG website: www.nsga.com.

· Bill Collins, M50 Texas sprinter, was named Geezerjock magazine's Athlete of the Year. Collins won the 100, 200, and 400 at the 2005 National Masters Championships in Hawaii, and the World Masters Games, Edmonton, Canada.

 Allen Jones, M40, measured off
 12,824m for top M40+, USA 1-Hour RW Championships, Jacksonville, FL, Dec. 3. Leon Jasionsowski, M60, finished with 11,550m. Dorit Attias, W40, accounted for 10,253m for best W40+.

 Terry McKechnie, M50, blazed to M50 wins in the 55m (7.4) and 220y (28.9); Chuck Shields, M45, ran a 4:47.9 mile; and Terry Shuman, M55, hit 13.28 with the weight, Philadelphia Masters Meet, Albright College, Reading, PA, Dec. 4.

* Kathy Martin, W50, with a first

female overall 31:13, and James Murray, M40, with a 28:12, were first masters in the LITF Championships/Elite Sports Medicine 8K, Ronkonkoma, NY, Nov. 13. Patrick Keenan, M60, 34:34, and Betty Horstmann, W60, 37:26, were top Senior Masters. Richard Murphy took the M70

John Noonan, M45, 55:09, and Mark Warner, M45, 55:48, were 1-2 masters in the Stockade-athon 15K, Schenectady, NY, Nov. 13. Bill Borla won the M65 race in 58:03. Canada's Ed Whitlock, soon to be 75 on March 6, ran a 59:43. Anne Benson, W40, was first W40+ with a 61:22. Anny Stockman took the W70

(1:24:11).

*Chris Chisholm, 43, Farmington, CT, in 25:05, and Karen Smyers, 44, Lincoln, MA, in 28:09, were first masters in the 69th Manchester Road Race 4.748 Mile, Manchester, CT, Nov. 24. Chris Spinney, 45, Arlington, MA, was second M40+ (26:22) in the 10-year age-division race. Bob McCusker, 53, Simsbury, CT, won the M50-59 race in 27:33. Bill Tribou, 84, Granby, CT, won the M80+ race with a

* Eric Morse, 40, Central MA Striders was the winner of the USATF-NE 8K XC Championships, Boston, Nov. 6. Steve Calidonna, 50, Taconic RR, was the first M50+ by three seconds (27:44) over Ken Leinbach, 50, Boston AA, and seven seconds over Tom Ryan, 50, Dirigo AC. Bill Borla, 65, Moose Milers, led all 60+. Team winners were M40+ Dirigo AC; M50+ Greater Springfield Harriers; and M60+ Moose Milers & Marathoners

Moose Milers & Marathoners.

* Alfonso Florence, 43, 55:08, aced the men's field at the NYRR Pete McArdle XC Classic 15K, Van Cortlandt Park, Bronx, Nov. 27. Suzanne Hughes, 43, Bronx, Nov. 27. Suzanne Hughes, 43, 1:12:25, led the W40+, with Marie-Louise Michelsohn, 64, nabbing her age-group with a strong 1:14:50.

* Howard Nippert, 40, 5:51:28, placed

first out of 235 ultra runners at the John F. Kennedy 50 Mile Race, Hagerstown, MD, Nov. 19, nearly 25 minutes ahead of the second-place finisher. Leading the masters women was Connie Gardner, 42,

SOUTHEAST

 Gerald Vaughn broke the M70 WR for the SP with a 14.91/48-11 in the Carolina Throwers Convention Meet, UNC-Charlotte, Nov. 19. The present

record is 14.80/48-6 1/4 by T. Von Wachenfeldt, SWE, in 2000. Myrle Mensey, who upped the W55 AR for the 16# weight (13.47/44-2 1/2) in the Nevada Senior Games, increased the AR for the 25# superweight with an 8.77/28-9 1/4.

Joyce Taylor has the record at 8.34/27-4

Rich Garcia, M40, 30:39, and Lynn Pinyerd, W45, 32:07, scored masters firsts, USATF-GA XC Championships 4.8 Mile, Magnolia State Park in Millen, Nov. 12. Judith Hine won the W55 race in 33:47, and Casey Jones, M70, steamed to a 36:26 division win.

*John Tuttle, 47, Villa Rica, GA, with a 32:21, and Lori Goldweber, 42, Home-AL, in 42:14, blazed to masters wins, Vulcan 10K, Birmingham, AL, Nov. 5.
Yo Setser, 68, Weave, AL, was the W65
winner (62:30). Wes Wessely, 57, Clermont, GA, 38:30, and Dale Porfitt, 56,
Birmingham, AL, 38:52, were 1-2 in the

M55 race.

* Brian Pope, M40, 31:46, and Lisa Drew, W40, 38:30, hastened to masters. firsts in the Senior Bowl Charity 10K, Mobile, AL, Nov. 5. Rick Walton took the M55 encounter in 39:39. Terry Mahr won the W55 race in 40:38.

 George Alteri, 47, Clermont, FL, with a third-place 59:46, and Teresa Calio, 44, Apopka, FL, 1:12:40, crackled to masters wins, Thanksgiving 10 Miler, DeLand, FL, Nov. 24. Ric Banning, 52, Altamonte Springs, FL, 61:52, and Ann Kahl, 76, Apopka, FL, 1:58:57, were among the divi-sion winners. In the 5K, Elton Jones, 40, Orlando, FL, 18:09, and Pamela Hanson-Peterson, 46, Port Orange, FL, with a second-woman overall 21:04, were masters firsts. Virgil Williams, 50, Palm Coast, FL, won the M50 race in 18:15.

* Steve Mandel, 40, scored a first over-

all in 73:37, Brandon, FL, Half-Marathon, Dec. 4. Denise Fairbanks, W40, took the W40+ race (93:52). Chung Yoo won the

M65 contest in 1:43:23.

• Masters were at the top of their game at the Governor's Land 5K, Williamsburg, VA, Nov. 19. Rob Hinkle, 41, 16:00, was the men's overall winner, and Valerie Plyler, 46, 19:42, was first W40+ and second overall. Larry Coley, 57, 19:16, and Dale Abrahamson, 56, 19:20, duked it out in their division, with Joan Coven, 64, 23:13, a dominant winner in her division.

 Masters once again prevailed overall at the Space Coast Marathon, Cocoa, FL, Nov. 27. Timothy Johnson, 40, was first in 2:59:21, and Kimberly Bruce, 42, 3:13:28, took the women's race. In the accompanying half-marathon, the masters champions were Roger Travis, 47, 1:27:41, and Janet Canfield, 45, 1:39:43.

 Strutting their stuff at the Times Turkey Trot 5K, Clearwater, FL, Nov. 24, were masters winners Keith Sawayada, M40, 16:26, and Carol Wilson, W40, 19:27. In the accompanying 10K, Steve Mandel, M40, 33:50, and Mary Ann Protz, W45, 38:11, led the masters to

strong finishes. At the Atlanta Half-Marathon, Nov. 24, John Tuttle, 47, 1:10:47, was just a few strides behind overall winner Dennis Bauer, 27, 1:10:36. Barbara Jamigan, 40, 1:27:31, topped the W40+ field. In the marathon, masters honors went to Mark Coughlin, 41, 2:41:21, and Naomi Hasegawa, 40, 3:19:24.

MIDWEST

 Kari Chandler, 53, was first W40+ in 22:40, and Eric Stuber, 42, was sixth overall in 17:26, Lansing Turkeyman Trot 5K, Lansing, MI, Nov. 24. Jim Forshee,

79, won his division with a 28:33.

One day later, on Nov. 25, Stuber, of Lansing, traveled the short distance south to Howell, MI, to take the masters crown in the Howell Fantasy Five-K with a better

second-place 17:04. Krys Brish, 42, Milford, MI, won the W40+ race in 20:33. Top Grandmasters (50+) were Vic Mead, 51, Aurora, IL, 19:30, and Maggy Zidar, 55, Pontiac, MI, 23:29.

*Jo Ann Jessie, 43, Louisville, KY, out-legged the female field with a first-woman 34:48, Iroquois Hill Runners Thanksgiving Day 5 Mile, Louisville, Nov. 24. Jim Schneider, 43, Louisville, was first M40+ with a third-place 28:50. Ray Parrella, 70, Jeffersonville, IN, burned up the course with a 34:42 win

MID-AMERICA

Phil Kauder, 44, Cascade, IA, in 38:53, and Cynthia Brochman, 40, Maplewood, MN, in 47:50, churned out masters firsts in the 27th Living History Farms 10K, Urbandale, IA, Nov. 19. Grandmasters firsts were Steve Riley, 51, Lawrence, KS, 41:34, and Kathi Dellaca, 53, Windsor Heights, IA, 53:37. Dwight Beavers, 68, Mason City, IA, won the M65 race with a quick 50:10. Marge Nielsen, 70, Spencer, IA, won the W70+ title in 78:10. A record number 4379 finished the race, the largest XC race in the U.S., run in the cold and over hilly terrain and icy

WEST

 Raphael Rodriguez, 40, Las Vegas, NV, in 2:33:21, and Claudette Augert, 41, Edmonton, Alberta, CAN, in 3:07:46, hit the masters jackpot with wins in the Las Vegas Marathon, Dec. 4. Richard Mangold, 51, Ottawa, IL, won the M50 race in 3:02:33. Al Becken, 77, San Antonio, TX, took the M75 race with a 5:13:13. The race started on the Las Vegas Strip and coursed north through the Fremont Street Experience.

 Dan Arsenault, 43, in 15:32, and
 Ceci St. Geme, 42, featherfooted to mas-Masters 5K, Dana Point Turkey Trot Masters 5K, Dana Point, CA, Nov. 24. Nolan Shaheed won the M55 race (16:40), Alan Wakeling, the M65 (20:41), and Denise Jenneck, the W50 (20:24). In the Turkey Trot 10K, Peter Magill, M40, 31:53, and Beverly Owen, W40, 38:18, gobbled up the masters fields for firsts. Magill had to outrun Danny Reed, M45 winner, who finished in 31:56. Elaine Rutkowski won the W50 contest in 43:40.

Scott Deardorff, 43, Santa Barbara CA, 80:17; Shigy Suzuki, 47, Ventura, CA, 80:33; Conal Tepper, 42, Los Angeles, 80:46; and Clyde Matsumara, 45, Santa Monica, were 15-16-17-18 overall in the Santa Barbara News-Press Half-Marathon, Nov. 5. Susan Petronio, 42, Crested Butte, CO, won the W40+ race in 92:53. The first runner 60+ was Betty Jory, 61, Lompoc, CA, with an age-graded 84.1%

1:45:59. • Roberto Leonardo, 43, bested the whole field with a first overall 2:43:45 in the Santa Clarita Marathon, Santa Clarita, CA, Nov. 6. Helayne Lehman, W45, was the W40+ winner (3:13:52). marathon, M45s Greg Garman (1:23:48) and Gary Cohen (1:23:52) were a close and Gary Conen (1:23:32) were a close first and second M40+. Claude Bruni won the M65 race (1:36:22). The first two W40+ were also in the 45-49 division, Diana Rush (1:35:54) and Leslie Oliver

(1:37:07).
• Debbie Knickman, 41, in 41:39, Nina • Debbie Knickman, 41, in 41:39, Nina Greenberg, 42, in 42:36, and Adrianne Webb, 41, in 43:28, were 1-2-3 women overall, Calabasas Classic 10K, Calabasas, CA, Nov. 13. Steve Schuman, 42, was first M40+ with a 35:53. Richard Bouton, 51, won the M50 race in 39:59. In the adjunct 5K, Conal Tepper, 42, 17:39, and Amanda Nowakoski, 40, 21:01, were and Amanda Nowakoski, 40, 21:01, were masters firsts. Yoko Eichel, 57, was sixth female overall (21:58). Michael McDonell, 69, won the M65 race with a 23:15. A younger Leonard Malts, 75, 29:25, took the M70+ race from Milo Sather, 77, 29:54.

NORTHWEST

* Bob Daniel, 42, logged an overall first with a 1:21:48, City of Trees Half-Marathon, Boise, ID, Nov. 6. Nancy Hatfield, W45, claimed the W40+ crown with a 1:42:12. In the marathon, Michael Carlson, M45, was second overall in 2:42:00. Christa Koot, W45, took the W40+ race in 3:29:36.



Oneithea Lewis, 45, winner of the Outstanding Female Single Performance of the Year for her world record 5521 in the weight pentathlon.

Gunhild Swanson won the W60 race with a 3:54:05. Dan Archambeau was the M70 winner with a 3:52:19.

CANADA

 Paul McCloy, 42, 26:51, won the Canadian XC Championships 8K, Vancouver, BC, Dec. 3. Best age-graded performance was by Herb Phillips, 65 with an 87.0% 31:19. Maureen de St. Croix, 52, was first W35+, with a women's best A-G 86.2% 31:52. The Prairie Inn Striders won the M40-49 team title. The Kajaks TFC took the M50-59 title, led by the team's first-place finisher de St. Croix. Etobicoke Huskies Striders won the W40-49 title

INTERNATIONAL

The new WMA Committees for 2005-2007 have been appointed and can be accessed at "Addresses" and "Commit-tees" on the WMA website: www.worldmasters-athletics.org

* With seven weeks to go, Percy Hirsch, LOC-chief of the WMA World Indoor Championships, Linz, Austria, March 15-20, reports enormous amounts of inquiries by e-mail as well as via the Linz websites each day: www.linz2006.com; office@linz2006.com. So far, three federatives (Alacria, Movice, and Nilogria) have ations (Algeria, Mexico, and Nigeria) have sent in entries. More than 6000 brochures were distributed at the WMA Championships, San Sebastian, Spain.

OBITUARY

 Essie Kea, Cleveland, Ohio, passed away from a brain tumor on Oct. 28. She was born Sept. 22, 1937. I had known Essie for almost 20 years. She was a wonderful competitor in the sprints and high jump. Although we lived in different regions of the country and only saw each other a couple of times a year, she was a dear friend, totally unassuming and humble about her considerable athletic abilities. We would generally meet every year ies. We would generally meet every year in May at the Southeastern Masters Championships, Raleigh, NC, go out to dinner and catch up on news. This past July, I stayed at her home while participating in the Combined-Events Championships, and she took great delight in showing me around the area and the park where she trained. Although she was having some trouble with her knee at the time, she came to the track and assisted her teammates at Over The Hill TC with the meet. This was typical of Essie. If someone needed help, she'd be there. Retired from a nursing career, she was teaching a practical nursing course part-time, "because they really need my help." Although she won many national championship medals, one of her greatest achievements was taking the bronze medal in the 200 at the 2003 Puerto Rico WMA World Championships. A gentle woman, but a fierce competitor, Essie was also a great trumpet player. She will be remembered fondly by all whose lives she touched.

-Ann Carter

CORRECTION

* Flo Meller should have been liste as fifth of six in the 2004 Masters M65 Indoor HJ (1.02).

Schedule

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

TRACK & FIELD

NATIONAL

February 25. Masters Invitational Program Men's & Women's 200m, USA Indoor Championships, Reggie Lewis Center, Boston, Mark Cleary, 949-589-0242; runner

mark@cox.net
March 4-5. USA National Masters Indoor
Heptathlon Championships, Carthage College,
Kenosha, WI. Jeff Watry, 3224 CR 2700E, Penfield, IL 61862. 217-367-8438, x152

March 24-26. USA National Masters Indoor Championships, Reggie Lewis Center, Boston, MA. USATF-NE, 617-566-7600; office@usatf ne.org; www.usatfne.org/masters April 29. Masters Invitational Program Men's

Mile, Drake Relays, Des Moines, IA. Mark Cleary, 949-589-0242; runnermark@cox.net June 22-25. Masters Invitational Program, Event TBA, USA Outdoor Championship Indianapolis, IN. Mark Cleary, 949-589-0242; runnermark@cox.net

July 15-16. USA National Masters Decathlon & Heptathlon Championships, Seattle, WA.

www.usatf.org August 3-6. 39th USA National Masters Championships, Charlotte, NC. Pentathlon on 3rd. Gordon Edwards, 10029 Withers Rd., Charlotte, NC 28278; 704-588-6885 (after 8:00 pm); gedwards@carolina.rr.com August 19. USA National Masters Weight

Pentathlon, Sager Ranch, Wilsall (Bozeman), MT. Bob Sager, 406-578-2080(w); 578-9870(h); hammerbeef@aol.com

September 9. USA National Masters Weight & Superweight Championships, Seattle, WA. Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206-938-3895; kweinbel@com cast.net

EAST

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

January 6-8. Dartmouth Relays, Leverone Field House, Hanover, NH. Carl Wallin, Meet Director, Dartmouth College, Alumni Gym, NH 03755. www.lancertiming.com

January 7 & 14. Boston U. Developmental Meets, Boston, MA. Bruce LeHane, 617-353-2911: lehane@bu.edu

January 8. USATF-LI Indoor Meet, Suffolk CC, Brentwood Campus. 9:00 am. 516-349-

9157; www.long-island.usatf.org

January 8. Philadelphia Masters All-Comers Indoor Meet, Swarthmore College, Swarth-more, PA. Joel Dubow, 484-437-9463; joel dubow@usa.net; www.pmtf.net

January 8 & 22. Potomac Valley TC Indoor Meets, Jefferson Community Center, Arlington, VA. 7:45 pm. 703-218-2726; www.pvtc.org January 12 & 26. NYRR Thursday Night at the Races, New Balance T&F Center, NYC. Ian Brooks, 212-860-4455; ibrooks@nyrr.org January 14. Philadelphia Masters All-Comers Indoor Meet. Ursinus College. Collegeville, PA. See Jan. 8.

January 15. Syracuse Chargers Indoor Meet, Manley Field House, Syracuse U. Registration 8-9 am; throws 7:30 am.

January 15. USATF Adirondack Indoor Meet, U. of Albany RACC Arena. 2 pm. Clinic at 1 pm. www.usatfadir.org; rdo3_2000@yahoo.com January 15 & 20. Sportsplex All-Comers

Indoor Meet, Landover, MD. 301-583-2661; www.pvtc.org/pg.html

January 16. Finger Lakes RC Indoor Meet, Ithaca, NY. www.fingerlakesrunners.org January 21. 39th Annual Hartshorne Memorial

Masters Mile, Cornell U., Ithaca, NY. W30+; M40+. Prize purse for Men's and Women's Elite Mile; bonus for new record (M & W40+). 10 a.m. Rick Hoebeke, 2706 Agard Rd., Trumansburg, NY 14886. 607-255-6530 (d), 387-6431 (e).

January 22. Philadelphia Masters All-Comers Indoor Meet, The Glen Mills Schools, Glen Mills, PA. See Jan. 8.

January 22. Greater Boston TC Invitational Indoor Meet, Harvard U. 617-282-5537;

www.gbtc.org
January 22. MAC Y/M/O Meet, New Balance T&F Center, NYC. Jude Massilion, 718-488-5711; usatfmetro@yahoo.com

February 5. USATF Adirondack Indoor Meet, U. of Albany RACC Arena. 2:00 pm. www.usatfadir.org; rdo3_2000@yahoo.com February 5. Finger Lakes RC Indoor Meet, Ithaca, NY. www.fingerlakesrunners.org

February 5. Philadelphia Masters All-Comers Indoor Meet, Albright College, Reading, PA. Joel Dubow, 484-437-9463; joeldubow@usa. net; www.pmtf.net

February 5. Potomac Valley TC Indoor Meet, Jefferson Community Center, Arlington, VA. 7:45 pm. 703-218-2726; www.pvtc.org February 9 & 23. NYRR Thursday Night at

the Races, New Balance T&F Center, NYC. Ian Brooks, 212-860-4455; ibrooks@nyrr.org February 11. USATF-LI Indoor Champion ships, Suffolk CC, Brentwood Campus. 3:00 pm. 516-349-9157; www.long-island.usatf.org February 12. Syracuse Chargers Indoor Meet, Manley Field House, Syracuse U. Registration

8-9 am; throws 7:30 am.
February 12. USATF-NJ Masters & Open Indoor Championships, Jersey City Armory New, fast 200m mondo track, usatfnj@usatfnj. org; 973-334-8900; http://www.usatfnj.org. February 19. USATF-NE Indoor Championships, Harvard U., Boston, MA. 617-566-7600; office@usatfne.org; www.usatfne.org/ masters

February 19. Sportsplex Masters Champion-ships, Landover, MD. 301-583-2661; www. pvtc.org/pg.html
February 25. Mid-Atlantic USATF Masters &

Open Indoor Championships, Lehigh U., Bethlehem, PA. Joel Dubow, 484-437-9463; joeldubow@usa.net; www.pmtf.net

February 26. Sportsplex All-Comers Indoor Meet, Landover, MD. 301-583-2661; www.

pvtc.org/pg.html
March 3. MAC Masters Championships, New Balance T&F Center, NYC. www.mactrack.org March 5. USATF Adirondack Indoor M&O Championships, U. of Albany RACC Arena. 2 pm. www.usatfadir.org; rdo3_2000@yahoo.com March 12 & 19. Finger Lakes RC Indoor Meets, Ithaca, NY. www.fingerlakesrunners.org March 18. USATF East Regional Masters Indoor Championships, Susquehanna U., Selingsgrove, PA. rayfeick@peoplepc.com; www.MAUSATF.ORG

March 19. Syracuse Chargers Indoor Meet, Manley Field House, Syracuse U. Registration 8-9 am; throws 7:30 am.

July 22. USATF East Regional Masters Championships, Springfield, MA. USATF-NE, 2001 Beacon St., Ste. 207, Brighton, MA 02135-7787; 617-566-7600.

SOUTHEAST

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

January 21. Winter Sun Meet #1, NTC, Clermont, FL. Javelin clinic, 352-241-7144, x4206; www.usa

February 25-March 12. Polk Senior Games, Polk County, FL. M&W50+. 863-533-0055; www.polk

seniorgames.org
February 18. Winter Sun Meet #2, NTC, Clermont, FL. 352-241-7144, x4206; www.usantc.com March 18. Spring Fling #1, NTC, Clermont, FL. 352-241-7144, x4206; www.usantc.com April 8. Spring Fling #2, NTC, Clermont, FL. 352-241-7144, x4206; www.usantc.com May 27. Florida AC Classic, NTC, Clermont,

FL. 352-24 -7144, x4206; www.usantc.com June 10. USATF Florida Championships, Clermont, FL. 352-241-7144, x4206; www.usa

MIDWEST

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

January 7 & 20. U. of Michigan Indoor Open Meets, Ann Arbor. David Kaiser, 734-615-3364; kaiserd@umich.edu

January 13 & 20. Oakton RC All-Comers Indoor Meets, Skokie, IL. Chris Vivone, 847-626-2810; chrviv@niles-hs.k12.il.us

January 14, 21 & 28. Midwest Indoor Meets, Sterling, IL. Dale Smith, 815-622-6201; west wood@coiinc.com

January 20. UW-Milwaukee Development Meet. Neal Schuster, schustnr@matc.edu February 11 & 18. Midwest Indoor Meets, Sterling, IL. Dale Smith, 815-622-6201; west

wood@coiinc.com

February 18. U. of Michigan Indoor Open Meet, Ann Arbor. David Kaiser, 734-615-3364; kaiserd@umich.edu

February 19. Illinois Indoor Championships, Sterling. Dale Smith, 815-622-6201; west wood@coiinc.com

March 3. Mason-Dixon Games Masters & Open Indoor Championships, Broadbent Arena, Louisville, KY. 502-875-2904; fmilav cic@aol.com. Application in January issue. March 5. USATF Midwest Regional Masters Indoor Championships, Carthage College, Kenosha, WI. PV on 4th. Steve Cohen, scohen @komdr.com; Jeff Watry, 217-367-8438, x152 July 16-21. Gay Games, Chicago, IL. www. gaygameschicago.org

MID-AMERICA

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

February 11. Colorado School of Mines All-Comers, Golden. Al Siemers, asiemers@

February 26. USATF Mid-America Regional Masters Indoor Championships/Colorado Championships, US Air Force Academy, Colorado Springs. Jerry & Christel Donley, 2354 Wood Ave., Colorado Springs, CO 80907; 719-635-1264; jadonley@adelphia.net; Jim Weed, 303-451-8727.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

January 14. USATF Southwest Regional Masters Indoor Championships, Texas Tech U., Lubbock. 806-742-3355 X249; joe.walker@

April 8. Acadiana District Senior Games, UL-Lafayette track. M&W40+. Charlie Richard, 337-262-5990, x13.

April 22. El Paso Senior Games Meet, Irvin HS, El Paso, TX. Julie Belcher, 1800 Byron St., El Paso, TX 79930. 915-562-4268.

WEST

Arizona, California, Hawaii, Nevada, New Mexico

January 7. Sierra Vista Arizona Senior Games. 9am. 520-458-7922.

January 7 & 21. UC-Riverside Meets, Riverside, CA. 11:30 a.m. registration; \$5.00 unlimited events. http://www.athletics.ucr.edu/trackfield/ tffront.html

January 7, 14, 21, 28. LGAA/Mizuno All Comer Meets, Los Gatos, CA. \$4 entry fee, unlimited events. All ages. Rick Milam, 408-275-9448; 241-6578.

January 14 & 22. New Mexico Indoor All-Comers Meets, Albuquerque. Scott Steffan, 505-836-3653.

January 21. Tucson Senior Games, Pima CC. 520-791-4931; e-mail: Laura.Duran@tucson

January 21. Team Thor USA Throws & PV Meet, UC-San Diego, LaJolla. Scott Sargeant, 619-920-3469; www.teamthor.com January 26-27. New Mexico Indoor Heptath-

lon & Pentathlon, Albuquerque. Scott Steffan, 505-836-3653.

January 27-28. Yuma Arizona Senior Games. 928-373-5243; www.ci.yuma.az.us/parksand February 4, 11, 18, 25. LGAA/Mizuno All

ON TAP FOR JANUARY

TRACK AND FIELD

The indoor season swings into action with the Dartmouth Relays, Hanover, NH, on the 6th-8th, followed by the USATF SW Regional Masters Indoor Championships, Lubbock, TX, on the 14th. The 39th Hartshorne Memorial Masters Mile will be run on the 21st at Cornell U. Additional action is available in NYC; Syracuse, Ithaca and Albany, NY; Ann Arbor; Skokie, IL: Milwaukee; Philadelphia; Arlington, VA; Land-over, MD; Boston, MA; Bozeman, MT; Albuquerque; and on Long Island. For outdoor meets, head for Florida, Arizona and California.

LONG DISTANCE RUNNING

Marathons in the Sun Belt start early with the Disney World Marathon, Lake Buena Vista, FL, and OC Marathon, Newport Beach, CA, on the 8th. The Paramount 10K near Los Angeles takes off on the 14th. The 15th includes the Maui; Carlsbad, CA; Houston; and Phoenix Rock 'N' Roll marathons. The Gulf Beaches Marathon, Clearwater, FL; Naples Daily News Half-Marathon, Naples, FL; NYRR Frostbite 7 Mile; and Louisiana 30K Championships, New Orleans, take up the 22nd. Boulder, CO, offers the Best XC Race on the Planet 8K on the 28th, with the Miami Marathon and 3M Half-Marathon, Austin, TX, on the books for the 29th.

RACEWALKING

The USA National 30K RW Championships will march off on the 15th in Chula Vista, CA.

Comers Meets, Los Gatos, CA. \$4 entry fee, unlimited events. All ages. Rick Milam, 408-275-9448; 241-6578.

February 9-12. Palm Desert Senior Games, Palm Desert, CA. Kevin Kalman, 45-871 Clinton St., Indio, CA 92201; 760-347-3484;

kevin@cvrpd.org
February 12 & 22. New Mexico Indoor All-Comers Meet, Albuquerque. Scott Steffan, 505-836-3653

February 18-19. Arizona Senior Olympics State Games, Phoenix. T-18/F-19. Irene L. Stillwell, 602-534-3500; irene.stillwell@phoe February 18-25. UC-Riverside Meets, River-

side, CA. 11:30 a.m. registration; \$5.00 unlimited events. http://www.athletics.ucr.edu/track field/tffront.html March 12. Team Thor USA Throws & PV

Meet, UC-San Diego, LaJolla. Scott Sargeant, 619-920-3469; www.teamthor.com

March 13 (Mon.). Green Valley Seniors Meet, Green Vallley, AZ. Karen Rans, 520-625-3440, x216; karen@gvrec.org April 9. Team Thor USA Throws & PV Meet,

UC-San Diego, LaJolla. Scott Sargeant, 619-920-3469; www.teamthor.com

May 14. Team Thor USA Throws & PV Meet, UC-San Diego, LaJolla. Scott Sargeant, 619-920-3469; www.teamthor.com

June 10. Team Thor USA Throws & PV Meet, UC-San Diego, LaJolla. Scott Sargeant, 619-920-3469; www.teamthor.com

NORTHWEST

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

January 29. BTC Indoor All-Comers, Bozeman, MT. Dave Skelton, 406-587-7698. \$5 late fee after Jan. 22.

February 25. The Outside in Arena Throws Meet, Connell (between Tri-Cities & Spokane), January 2006

WA. Outdoor Implemen plus Ultra Weight Penta PO Box 308, Connell. 8606; ksellereite@centu June 10-11. Portland M Association Champions Gresham. Paul Stepa Gresham, OR 97030; pan@yahoo.com June 24-25. 25th Hay

Northwest Regional Ma Eugene, OR. Dick Lan Eugene, OR 97405; brer July 22. Inland NW N berry Track, WSU, Pulln 435 SW State St., Pulln 332-3148; jeffschaller@ August 12. Bend Maste

INTERNA

January 14-21. 13t Championships, Christo Canterbury Masters, PC church, New Zealand; v e-mail: bkjago@paradise February 11-19. Intern Masters Games, Hamilto 838 3596; www.spmg.or March 15-20. 2nd Championships, Linz,

com/eng July 8-9. BMAF Champ England. www.bmaf.org July 19-30. European Association Champion www.evacs2006.pl August 24-27. NCCW ships, Guatemala City, C September 4-15, 2007 on the 3rd.) 17th WMA Riccione, Italy. www.ric March 12-17, 2008. 3r Championships, Clerm July-August, 2009. Championships, Lahti, F

LONG DI RUNI NATI

February 6-8. Runnin Conference for the R Diego, CA. Registra USA.active.com

February 4-5. USA Na Rocky Racoon 100 Mile jprusaitis@austin.rr.com trailrunners.com/raceRo Febuary 18-19. USA ionships, Van Cortlandt 8K on the 18th. usatf.o

860-4455. March 5. USA Nationa Island 50K Road, Long @aol.com; www.glirc.o March 8-12. 49th RR tion, Hyatt Regency, He

houston06.org
June 3. USA Nationa Mountain Games Spri Vail, CO. mortiz@s mountaingames.com
June 17. USA Nation

Washington Hill Climb time@gsrs.com; www.g July 29. USA National River 50 Mile Trail, C searunco@aol.com; ww August 26. USA Na Headlands 50K Trail, S er@headlands50K.org; September 23. US

September 23. Championships/Herita Robles, CA. www.l www.usatf.org October 1. USA Natio

ships/Twin Cities Mara www.twincitiesmaratho October 15. USA N Championships, Sarato Regan, george@usatfa October 15. USA N DuPont Forest Trail N gregw@mchsi.com;

County.org
December 9. USA N Championships, Go Francisco. M-10K/ billq@frontiernet.net; WA. Outdoor Implements inside. SP/WT/SW, plus Ultra Weight Pentathlon. Ken Sellereite, PO Box 308, Connell. WA 99326. 509-234-

8606; ksellereite@centurytel.net
June 10-11. Portland Masters Classic/Oregon Association Championships, Mt. Hood CC, Gresham. Paul Stepan, 3011 NE Linden, Gresham, OR 97030; 503-666-8950(h); Iste pan@yahoo.com

pan@yahoo.com
June 24-25. 25th Hayward Classic/USATF
Northwest Regional Masters Championships,
Eugene, OR. Dick Lamster, P.O. Box 51532,
Eugene, OR 97405; brem@uoregon.edu
July 22. Inland NW Masters Classic, Mooberry Track, WSU, Pullman, WA. Jeff Schaller,
435 SW State St., Pullman, WA 99163. 509332-3148; jeffschaller@turbonet.com
August 12. Bend Masters Meet, Bend, OR.

INTERNATIONAL

January 14-21. 13th Oceania Masters Championships, Christchurch, New Zealand. Canterbury Masters, PO Box 12256, Christchurch, New Zealand; www.omac2006.org.nz; e-mail: bkjago@paradise.net.nz February 11-19. International South Pacific

Masters Games, Hamilton, New Zealand. 07

838 3596; www.spmg.org.nz March 15-20. 2nd WMA World Indoor Championships, Linz, AUT. www.linz2006.

July 8-9. BMAF Championships, Birmingham,

England. www.bmaf.org
July 19-30. European Veterans Athletics
Association Championships, Poznan, POL. www.evacs2006.pl

August 24-27. NCCWMA Stadia Champion-

ships, Guatemala City, Guatemala.
September 4-15, 2007. (Opening ceremonies on the 3rd.) 17th WMA World Championships, Riccione, Italy. www.riccione .wma2007.org March 12-17, 2008. 3rd WMA World Indoor Chammpionships, Clermont-Ferrand, France. July-August, 2009. 18th WMA World Championships, Lahti, Finland.

LONG DISTANCE RUNNING

NATIONAL

February 6-8. Running USA 2006 National Conference for the Running Industry, San Diego, CA. Registration at www.Running

USA.active.com
February 4-5. USA National Championships/ Rocky Racoon 100 Mile Trail, Huntsville, TX. jprusaitis@austin.rr.com; www.hillcountry trailrunners.com/raceRockyraccoon.html Febuary 18-19. USA National XC Champ-

ionships, Van Cortlandt Park, NYC. Masters 8K on the 18th. usatf.org; Andrea Haver, 212-860-4455.

March 5. USA National Championships/Long Island 50K Road, Long Island, NY. spolansky

@aol.com; www.glirc.org March 8-12. 49th RRCA National Convention, Hyatt Regency, Houston, TX. www.rrca

houston06.org
June 3. USA National Championships/Teva
Mountain Games Spring Runoff 10K Trail, Vail, CO. mortiz@vailrec.com; www.teva

mountaingames.com June 17. USA National Championships/Mt. Washington Hill Climb, Gorham, NH. race

time@gsrs.com; www.gsrs.com
July 29. USA National Championships/White River 50 Mile Trail, Crystal Mountain, WA.

River 50 Mile Trail, Crystal Mountain, WA. searunco@aol.com; www.whiteriver50.org
August 26. USA National Championships/
Headlands 50K Trail, Sausalito, CA. guypalm
er@headlands50K.org; www.headlands50k.org
September 23. USA National Masters
Championships/Heritage Oaks 10K, Paso
Robles, CA. www.heritageoaksbank.com;
www.usatf.org
October 1. USA National Masters Championships/Twin Cities Marathon, Minneapolis, MN.
www.twincitiesmarathon.org: www.usatf.org

www.twincitiesmarathon.org; www.usatf.org October 15. USA National Masters 5K XC

Championships, Saratoga Springs, NY. George

Regan, george@usatfadir.org
October 15. USA National Championships/
DuPont Forest Trail Marathon, Asheville, NC. www.ymcahenderson gregw@mchsi.com;

December 9. USA National Masters Club XC Championships, Golden Gate Park, San Francisco. M-10K/W-6K. Bill Quinslisk, billq@frontiernet.net; www.usatf.org

EAST

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

January 1. Milton 5 Mile, Lltchfield, CT. 11:00 am. lyonpride@charter.net

January 1. Winfield Mile, Winfield, MD. 12 noon. 410-549-1873; franpob@carr.org January 22. NYRR Frostbite 7-Miler, Central Park, NYC. 212-860-4455; www.nyrr.com

January 29. NYRR 10 Mile, Central Park, NYC. 212-860-4455; www.nyr.com February 5. Maine TC Mid-Winter 10 Mile, Cape Elizabeth. 207-892-4526; www.maine trackclub.com

April 17. 110th BAA Boston Marathon. www.baa.org

SOUTHEAST

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

January 1. DeLeon Springs Half-Marathon & 5K, DeLeon Springs, FL. 386-736-0002;

www.altavistasports.com

January 5-8. Disney Disney World Marathon Weekend, Lake Buena Vista, FL. 407-939-

January 7. Charlotte Run for Peace 5K & 10K, Charlotte, NC. 704-641-5148; www.ac tivezach.com

January 7. Boca Raton 10K, Boca Raton, FL. racer5K@aol.com

January 14. St. Pete Beach Classic 10K & 5K, St. Petersburg, FL. 727-367-RACE; stpete beachclassic.com

January 14. Mississippi Marathon, Clinton, MS. 601-620-7651; www.mstrackclub.com January 15. Legg Mason Marathon & Half-Marathon, Mobile, AL. 251-476-8732; www.firstlightmarathon.com

January 21. Panther Pride 5K, Mobile, AL. 251-473-7223; www.pcpacers.org
January 22. Florida Gulf Beaches Marathon,

Clearwater, FL. 727-347-4440; www.florida

marathon.com
January 22. Naples Daily News Half-Marathon, Naples, FL. 239-434-9786; www.

naplesnews.com
January 28. Winter Flight 8K/RRCA State Championships, Salisbury, NC. 704-857-3036; salisburyrowanrunners.com

January 29. Lady Track Shack 5K, Winter

January 29. Miami Marathon & Half-Marathon. 305-278-8668; www.runmiami.com
February 10-12. Mercedes Marathon & Half-Marathon. 305-278-8670, 2771. Marathon, Birmingham, AL. 205-870-7771; mercedesmarathon.com

mercedesmaration.com
February 11. Battle of Mobile Bay 5K, Dauphin
Island, AL. 251-473-7223; www.pcpacers.org
February 16-19. Myrtle Beach Marathon,
Myrtle Beach, SC. 843-293-RACE; www.MB

Marathon.com
February 19. Pensacola Marathon & Half-Marathon, Pensacola, FL. 850-435-9222; www.pensacolamarathon.com

February 25. Outback Distance Classic 12K,

Orlando, FL. www.trackshack.com February 25. Silver Comet Ultra Runs, 50K & 100K, Rockmart, GA. Ragan Petrie, 404-242-6099; www.getguts.com February 25-26. Bank of America Gasparilla

Marathon, Half-Marathon, 15K, & 5K, Tampa, FL. 813-254-7866; www.tampabayrun.com February 26. Anheuser-Busch Colonial Half-Marathon, Williamsburg, VA. 757-229-7375; www.tribeclub.com

March 4. SEEDS Classic Rock 5K, Mobile, AL. 251-473-7223; www.pcpacers.org March 5. Sarasota Marathon, Sarasota, FL. 941-266-8546; www.sarasotamarathon.com

MIDWEST

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

January 1. New Year's Day 5K, Chicago. 11:00 am. www.chicagoevents.com January 14. Portland Winter 5K, Portland, MI. portlandrunningclub.homestead.com January 15. Samson Stomp 5K, Milwaukee, WI. 414-771-3040. January 28. Paint Creek 50, Rochester, MI. 248-646-7277.



JERRY WOJCIK Trent Lane, 2005 M95 Field Athlete of the Year

MID-AMERICA

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

January 14. Heart of Winter 6K & 12K, Redwood Falls, MN. edwardsj@ci.redwood falls.mn.us

January 14. St. Louis TC Frostbite Series 20K & 5K, Forest Park, St. Louis, MO. 314-781-3926

January 21. Topeka-Auburn Half-Marathon, Topeka, KS. 785-273-6331

January 28. The Best XC Race on the Planet 6K, Boulder, CO. Julian Peer, 303-554-9486.

January 28. St. Louis TC Frostbite Series Half-Marathon & 4 Mile, Forest Park, St. Louis, MO. 314-781-3926

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

January 1. Texas Marathon, Kingwood. steveboone@aol.com

January 15. Chevron Houston Marathon, Half-Marathon & 5K. 713-957-3453; www.chevron houstonmarathon.com*

February 5. Mardi Gras Marathon, Half-Marathon & 5K, New Orleans. 866-454-6561; www.mardigrasmarathon.com

February 18. Sprint Mardi Gras Mambo 10K & Mile, Baton Rouge, LA. 225-382-3596; www.mardigrasmambo10k.com; www.active. com/active

February 19. Freescale Austin Marathon Half-Marathon, Austin, TX. www.freescaleaustin marathon.com

WEST

Arizona, California, Hawaii, Nevada, New Mexico

January 8. OC Marathon, Half-Marathon & 5K, Newport Beach, CA. 949-222-3327; www.OCMarathon.com

January 8. Redding Marathon, Redding, CA. 530-243-4501; www.sweatrc.com

January 14. Paramount 10K, Paramount (Los Angeles), CA. Oscar Rosales, 714-841-5417.

January 15. Rock 'N' Roll Marathon & Half-Marathon, Phoenix, AZ. 800-311-1255; www.rnraz.com

January 15. Embarcadero 10K, San Francisco. Janet Nissenson, 415-978-0837. January 15. Maui Half-Marathon & 5K, Kapalua-Lahaina. 530-544-7095; www.maui surfandsandhalf.com

January 15. Carlsbad Marathon & Half-Marathon, Carlsbad, CA. 760-692-2900. January 15. Calico Trail Run 50K & 30K, Calico Ghost Town, CA. www.calicotrail

run.org January 29. Kiwanis 5K & 10K, Palm Springs, CA. 760-324-7069. February 5. San Francisco Half-Marathon & 5K. 415-333-4780; www.pamakids.org

February 11. Great American Adventure Run



SUZY HESS

Jolene Steigerwalt, W60 Outstanding Racewalker of the Year.

2.8 Mile & 4.8 Mile, Huntington Beach, CA.

2.8 Mile & 4.8 Mile, Huntington Beach, CA. Oscar Rosales, 714-841-5417. February 12. Golden Gate Bridge Vista Run 5 Mile, San Francisco. Janet Nissenson, 415-978-0837.

March 5. Napa Valley Marathon/RRCA National Championships, Napa, CA. 707-255-2609; www.napavalleymarathon.org March 19. L.A.Marathon XXI, Los Angeles. 310-444-5544; lamarathon.com

NORTHWEST

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

January 1. Club NW Resolution 5K, Seattle. www.promotionevents.com
January 8. ORRC Y2K6 20.06K & 10K,

January 14. Bridle Trails Winter Trail Running Festival, Kirkland, WA. 5 Mile; 10 Mile; 50K solo; & 50K relay or pairs. 206-329-1466; www.seattlerunningcompany.com February 11. Walk 4 the Heart 5K & 10K, Lakewood WA. 253.376-5737; humanmulti

Lakewood, WA. 253-376-5737; humanmulti sportspnw.org
February 12. Truffle Shuffle 2 Mile & 4 Mile,

Eugene, OR. swarren@committedpartners.org

INTERNATIONAL

January 29. Osaka International Ladies Marathon, Osaka, Japan. www.osaka-mara thon.jp March 5. BMAF XC Championships, Bournemouth, England. 7 Sandford Court, 32 Belle Vue Road, Bournemouth BH6 3DR, England; www.bmaf.org.uk September 23-24, 2006. WMA/WRMA

Mountain Running Championships, Saillon, SUI. www.world-masters-athletics.org

RACEWALKING

January 15. USA National 30K RW Championships, Chula Vista, CA. Philip Dunn, 619-574-0683; www.usatf.org February 12. USA National Masters/Open 50K

RW Championships, Lake Louisa, Clermont, FL. Also South Region Masters 15K RW Champion-ships. 352-241-7144, x4206; www.usantc.com March 26. USA National Masters Indoor RW Championships, Boston, MA. 3000m-women;

5000m-men. See T&F-National above. May 17. USA National Masters 15K RW Championships, Riverside, CA. Dave Snyder,

lyndavel@juno.com August 4 & 6. USA National Masters RW Championships, Charlotte, NC. 5000m on 4th/10K on 6th

September 10. USA National Masters/Open 40K RW Championships, Ocean Township, NJ. Elliott Denman, 732-222-9080. October 15. USA National Masters/Open 1-Hour RW Championshipsk, Waltham, MA.

Steve Vaitones, office@usatfne.org

November 12. USA National Masters 20K RW Championships, Clermont, FL. Don DeNoon, 352-241-7144, x4206; noon walk_992yahoo.com

M35-39 Trent Hagler

M40-44 Trent Hagler

James O'Donnell

Michael Cain Stephen Winkel James Chinn

60m 100 200

10K Pent 100

60m

11.26

52.00 23.27 7.58 11.57

23.32 53.26 52.94

35:20 3201 11.61 7.52

11/5/05

8/4/05 5/7/05

3/12/05

Tom Sharples Dan Hansman

George LaBelle John Sloan

Delbert Camp

M65-69

M70-74

10/08/05

5/7-8/04

5/7-8/04 5/16/04 5/7-9/04 5/7-9/04

29:50

5.35 14.66 8.25 7.82

5K RW

RECIPIENTS OF ALL-AMERICAN AWARDS 9/17/05 3/19/05 11/13/05 114-8 26-11 13-5 E LT T John Harshbarger 10/4/05 포종단 Bob Blackburn Don Filkins 2/10/01 5/19/01 5/19/01 M50-55 Alan Raynor 9/25/05 8/4/05 Paul Evans Don Grosh 23.02 1.93 DT M80-84 100 JT 8/28/05 Patrick Lyons Terry Medjo 125 7/27/02 M55-59 7/27/02 7/13/02 9/31, 9/1/02 3/6-7/04 6/26/04 6/26/04 8/5-8/04 7/24/05 8/11/05 4/30/05 DT 13.04 6/19/05 11/26/05 W50-54 Lynn Dow Wayne Hansen 100 Mile 200 400 PV 100 Jim Noone Glen Schmehl 10/2/05 27.86 1:04.38 Susan Gehrke 7/24/05 7/24/05 5/21/05

9/10/05

10/2/05 7/2-3/05 6/26/05

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Panseluta Geer

Lillian Snaden

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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
55		6.8	6.9		7.2	7.4	7.9	8.1	8.4	8.9	9.4		11.8	1
60		7.4	7.55		7.85	8.05	8.5	9.0	9.25	9.5	10.0	11.2	12.8	1
100		11.0	11.3		11.9	12.2	12.6	13.2	13.8	14.6	16.0	18.0	23.0	
200		22.4	23.2		24.6	25.5	27.0	27.9	29.5	32.0	35.0	40.2	52.0	
400		51.5	52.5		56.0	57.5	62.0	65.0	69.0	75.0	88.0	98.0	120.0	
800		2:02	2:04		2:11	2:16	2:25	2:35	2:45	3:06	3:35	3:55	4:30	
1500		4:20	4:22		4:35	4:45	5:10	5:20	5:45	6:30	7:20	8:10	9:20	
Mile		4:40	4:40		5:00	5:10	5:30	6:00	6:15	6:55	8:20	8:45	10:15	
3000		9:25	9:40		10:25	10:45	11:15	11:50	12:45	13:40	15:50	19:10	23:00	2
5000		15:45	16:00		16:45	17:30	18:25	19:30	21:00	23:30	26:00	29:00	32:30	
10000		32:30	32:50	33:30	36:00	38:00	39:00	40:30	44:00	48:30	54:30		68:30	
55H		8.6	8.7	9.0	9.5	10.0	10.3	10.6	10.9	11.2	11.6	12.5		
60H		9.0	9.3	9.4	9.8	10.3	10.6	10.9	11.1	11.4	12.0			
110H		15.4	16.5	17.8	18.8				1000					
100H		13.4	10.3	17.0	10.0	18.0	19.0	20.0	21.0					
80H						10.0		20.0	2	18.0	21.0	25.0	30.0	
400H		58.0	60.0	62.0	64.0	68.0	71.0						Line	
		58.0	60.0	02.0	04.0	48.0	51.0	55.0	60.0	67.0	75.0	85.0	95.0	
300H					40.40	13:30	14:00	35.0	00.0	07.0	75.0	00.0	30.0	
3K-SC		10:10	10:30	11:45	12:40	13:30	14.00	9:30	10:30	12:00	14:00	16:30	19:30	
2K-SC						4.00	1.50	1.45	1.38	1.25	1.15		0.80	
HJ		1.90	1.85	1.76	1.68	1.60							2-71/2	
-		6-21/4	6-1/4	5-91/4	5-6	5-3	4-11	4-9	4-61/4	4-11/4	3-91/			
PV		4.40	4.10	3.95	3.70	3.55	3.05	2.70	2.40	2.30	2.00		1.30	
		14-51/4		12-11%	12-11/4	11-7%	10-0	8-101/4	7-10%	7-61/4	6-61/4		4-31/4	
W		6.50	6.10	5.85	5.60	5.40	4.90	4.50	4.20	3.80	3.35		2.20	
		21-4	20-1/4	19-21/4	18-41/2	17-81/4	16-1/4	14-9	13-91/4	12-51/	10-11%		7-21/4	
TJ		13.20	12.60	11.50	10.80	10.40	9.50	8.90	8.20	6.96	6.50		5.51	
	100	43-31/4	41-41/4		35-51/4	34-11/4	31-2	29-21/4	26-11	22-10	21-4		18-1	
Shot		14.50	14.02		12.62	13.10	12.00	12.80	11.50	11.00	9.00		6.00	
		47-7	46-0		41-5		39-41/4	42-0	37-81/4	36-11/4	29-61/		19-81/4	
Discus		44.80	42.80		37.50		41.00	42.00	39.00	34.00	26.00		15.24	
		147-0	140-5		123-0		134-6	101-0	127-11	111-6	85-4		50-0	
lammer		47.24	44.20		39.00	39.00	36.00	36.00	32.00	30.00	24.00		17.07	
		155-0	145-0	131-3	127-11	127-11	118-1	118-1	105-0	98-5	78-9		56-0	
Javelin		62.00	56.00	48.76	47.00	43.00	41.00	39.00	35.00	31.00	24.00		14.02	
		203-5	183-9	160-0	154-2	141-1	134-6	127-11	114-10	101-8	78-9		46-0	
35#Wt.		15.00	14.00	13.00	12.00	10.00	9.00			6.00	5.00			
		19-21/	45-111/4	42-8	39-41/4	32-9%	29-61/2	- Service	也是至	19-81/4	16-41/		Marin	
Weight		15.00	14.00	13.25	12.50	14.25	13.25	14.00	13.25	13.50	11.75		8.75	
137.77	4	19-21/	45-111/4	43-51/4	41-01/4	46-9	43-51/4	45-111/4	43-51/4	44-31/	38-61/		28-81/1	19
Sup.Wt.		9.50	9.00	8.50	8.00	6.00	5.50	5.00	4.50	3.50	3.00		2.00	
(56#)		31-2		27-10%	26-3	19-81/4	18-1/2	16-41/4	14-9	11-51/4	9-10		6-61/4	
Pent.		2800	2600	2600	2600	2600	2600	2600	2600	2600	2400		2000	
Decath.		5500	5250	5250	5000	5200	5000	4500	5000	4800	4200		2500	
L Pent		2800	2700	2800	3000	3000	3000	3000	3000	2600	2700	3000	3000	
Vt. Pent.	1)	2800	2700		3000	3000 itic time; u						3000	3000	
	2)	Short	hurdles			9";		-59: 36		-69: 33		0-79 30";	80+:	
	3)	Long	hurdles	: 30	-49: 3	6";	50-	59: 33	"; 60	-69: 30	"; 7	0+: 27"		
	4)	Shot				26k (16#);	50-	-59: 6k	60	-69: 5k	: 7	0+: 27"		
	5)		s throw			kg:			kg; 60		okg;			
	6)	Hami				.26k (16#);		59: 6k		-69: 5k		0+: 4k		
												0-79: 500g	80+:	
	7)	Jave				00g;								
	8)	Weig				50		-59: 25		-69: 20		0-79: 16#	80+:	12
	9)	Supe	rweight:)-69: 5	60	70-	-79: 35	80	+: 25				
	10)		Dec/Wt.P		-39 1/	AAF pts.; 4								

							OMEN					
	1.5K	Mile	3K	5K	8K	10K	15K	20K	25K	30K	40K	50K
W30	7:13	7:47	14:50	25:38	42:04	52:43	1:21:56	1:52:06	2:24:43	2:59:15	4:08:45	5:37:30
W35	7:22	8:03	15:18	26:27	43:11	53:56	1:23:29	1:53:32	2:26:51	3:01:53	4:12:21	5:42:23
W40	7:37	8:21	15:53	27:26	44:47	55:56	1:26:37	1:58:06	2:32:33	3:08:56	4:22:13	5:55:48
N45	8:03	8:41	16:32	28:33	46:35	58:10	1:30:08	2:03:00	2:38:56	3:17:00	4:33:31	6:11:25
V50	8:25	9:05	17:15	29:49	48:36	1:00:41	1:34:08	2:08:30	2:46:11	3:26:08	4:46:23	6:29:09
N55	8:55	9:31	18:05	31:14	50:54	1:03:33	1:38:40	2:14:48	2:54:26	3:36:33	5:01:03	6:49:24
N60	9:17	10:01	19:01	32:51	53:32	1:06:50	1:43:51	2:21:54		3:48:29	5:17:54	7:12:43
W65	9:48	10:35	20:06	34:43	56:33	1:10:37	1:49:50	2:30:12	3:14:51	4:02:20	5:37:25	7:39:46
N70	10:26	11:15	21:22	36:54	1:00:02	1:15:01	1:56:49	2:39:54	3:27:38	4:18:30	6:00:18	8:11:30
N75	11:10	12:01	22:51	39:28	1:04:10	1:20:14	2:05:05	2:51:18	3:42:50	4:37:46	6:27:35	8:49:28
V80	12:03	12:58	24:41	42:37	1:09:13	1:26:38	2:15:15	3:05:24	4:01:36	5:01:39	7:01:26	9:47:3
N85	13:13	14:15	27:05	46:45	1:15:50	1:35:01	2:28:37	3:24:00	4:26:20	5:33:10	7:46:16	10:39:1
W90	14:56	16:06	30:36	42:14	1:25:30	1:47:18	2:48:13	3:51:12				
						STATE OF BRIDE	MEN					
M30	6:31	7:01	13:21	23:05	37:57	47:49	1:13:10	1:38:18	2:05:12	2:32:17	3:27:30	4:31:0
M35	6:43	7:14	13:47	23:46	38:55	48:53	1:14:28	1:39:43	2:06:56	2:34:14	3:30:17	4:34:5
M40	6:58	7:29	14:16	24:24	40:15	50:32	1:17:03	1:43:13	2:11:29	2:39:47	3:37:53	4:44:4
M45	7:13	7:46	14:47	25:31	41:44	52:25	1:19:58	1:47:10	2:16:35	2:46:05	3:46:36	4:56:2
M50	7:33	8:05	15:23	26:33	43:25	54:32	1:23:14	1:51:37	2:22:20	2:53:13	3:56:29	5:09:2
M55	7:50	8:26	16:04	27:43	45:19	56:55	1:26:56	1:56:38	2:28:52	3:01:19	4:07:41	5:24:2
M60	8:13	8:51	16:50	29:02	47:28	59:38	1:31:10	2:02:23	2:36:20	3:10:33	4:20:30	5:41:2
M65	8:38	9:19	17:43	30:33	49:56	1:02:45	1:36:01	2:08:58	2:44:53	3:21:11	4:35:15	6:01:0
M70	9:08	9:50	18:44	32:18	52:46	1:06:21	1:41:37	2:16:35	2:53:56	3:33:31	4:52:23	6:23:5
W75	9:43	10:28	19:55	34:20	56:04	1:10:35	1:48:13	2:25:34	3:05:02	3:48:05	5:12:40	6:50:5
081	10:26	11:14	21:22	36:50	60:06	1:15:44	1:56:15	2:36:31	3:20:50	4:05:57	5:37:34	7:24:1
M85	11:21	12:13	23:14	40:04	65:20	1:22:26	2:06:43	2:50:48	3:39:31	4:29:18	6:10:11	8:07:5
100	12:41	13:39	25:58	44:45	72:52	1:32:08	2:21:52	3:11:28	4:06:38	5:03:17	6:57:43	

STIE .	U.S	. MA	ST	ERS	AI	L-A	ME	RIC	AN	STA	NDA	KD	5
		Altasa.	NAME OF			FOR	WOM	EN					
Event	30-34	35-39	40-44	45-49	50-54	55-59		65-69			80-84	85-89	90-94
55	8.0		8.50	8.80	9.10	9.40	9.80	10.30	10.80	11.50	12.30	13.40	14.80
60	8.60		9.10	9.50	9.90	10.20	10.60	11.10		12.40	13.40	14.40	15.90
100	13.8		14.4	15.0	15.5	16.4	16.8	18.6	19.8	22.0	25.0		
200	28.0		30.0	31.6	33.0	35.0		39.0	420	48.0	52.0		
400	63.5		68.0	70.0	78.6	80.0		84.0	86.0		104.0		
800	2:33		2:40	2:46	2:54	3:10		3:36	3:56		5:40		
	5:10		5:30	5:40	6:00	6:20		7:30	8:00	8:50	10:10		
1500			6:10	6:30	6:50	7:00		8:10	8:50	9:40	10:45		
Mile	5:40							16:00	18:30	20:00	23:00		
3000	11:30		12:00	12:30	14:00	14:30				34:00	36:00		
5000	19:45		21:00	22:00	23:30	24:50		28:00	30:00				
10000	41:30		44;00	48:00	50:00	52:00	56:00	60:00	66:00	76:00	85:00		
100H	17.2	18.2				40 149							
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0		
400H	75.0	79.0	84.0	88.0									
300H					66.0	72.0		87.0		110.0	120.0		
2K-SC	8:20	8:35	9:00	9:30	10:00	10:25	11:00	11:55	12:50				
HJ	1.40		1.27	1.22	1.12	1.07	1.02	0.97	0.92	0.89	0.84		
	47		4-2	4-0	3-8	3-6	34	3-21/4	3-01/4	2-11	2-9		
PV	2.70		2.10	1.80	1.50	1.20		1.00	0.90	0.80	0.70		
	8-10%		6-10%	5-10%	4-11	3-111/4		3-31/4	2-11%	2-7/4	2-31/4		
W	4.60		4.04	3.81	3.40	3.20	3.10	2.60	2.30	2.10	1.50		
w	15-1		13-3	12-6	11-1%	10-6	10-2	8-61/4	7-6%	6-10%	4-11	2 3	
71				7.49	7.01	6.40		6.00	5.50	4.50	3.89		
TJ	9.50		8.43			21-0		19-8'4	18-1/4	14-9	12-9		
	31-2		27-8	24-7	23-0				6.00	5.20	4.30		
Shot	10.30		8.51	8.40	8.00	7.77	7.50	6.60	19-8%	17-1/4	14-1%		
diam's	33-91/		27-11	27-61/4	26-3	25-6	24-7/4	21-8 17.00	16.00	15.00	12.00		
Javelin	35.00		28.00	25.00	23.00	22.15	20.00				39-41/4		
		109-11	91-10	82-0	75-5%	72-8	65-7%	55-9'/4	52-6	49-21/4			
Discus	32.00		25.00	24.00	22.00	21.00	18.00	16.00	14.00	13.00	11.00		
	105-0		82-0	78-9	72-21/4	68-10%	59-1/4	52-6	45-11%	42-8	36-11/4		
lammer	35.00		30.00	25.00	23.00	22.00	21.00	18.00	14.00	12.00	9.00		
THE REAL PROPERTY.	114-10		98-5	82-0	75-5%	72-21/4		59-1/4	45-111/4	39-41/2	29-61/4		1
Weight	10.00		9.00	8.00	9.00	8.00	9.50	8.75	7.75	6.50	5.50	4.25	3.50
	32-9%	32-9%	29-6'h	26-3	29-61/	26-3	31-2	28-81/4	25-51/4	21-4	18-0%	15-7	11-5%
Sup.Wt.	6.50		5.50	5.00	5.25	5.00	4.75	4.50	4.00	3.50			
ALTON A	21-4	19-81/4	18-1/4	16-41/4	17-2%	16-41/4	15-7	14-9	13-1%	11-5%			
Vt.Pent.	2600	2500	2500	2500	2800	2600	2600	2500	2500	2400	2300		
Notes:	1)	100 sta	andard	s are	for auf	tomatic	time;	use sta	andard	conve	rsion fo	r hand	time
	2)	Short I	nurdle	s: 30	-39: 3	33":	40-59	9: 30)"	60+:	27"		
		Long h				30":	60+:	27					
		_											
		Shot p				tk;	50+:	3k		NAME OF TAXABLE	A STATE		
	4)	Javelin	1:	30	-49: 6	; p006	50-59	9: 50)0g;	60+:	400g		
		Hamm	er.	30		lk:	50+:	3k			Automobile .		
										en	10#		
		Weight			-49: 20		50-59		5#;	60+:			
1	7)	Superv	veight	: 30	-49: 3	15#;	50-79	9: 25	#	80+:	20#		
	8)	Metric	heigh	ts and	distar	ices ar	e the s	tandar	d: feet	and in	ches lis	ted for	
1			neign		uistan	ices ar	e the S	lanuar	u, leet	and in	ciles ils	red 10	,

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

NAME	AGE-G	ROUP	
ADDRESS		_SEX: M	F
CITY		STATEZIP_	
MEET	DA	ATE OF MEET	
MEET SITE		HE REPORT	
EVENT	MARK		
HURDLE HEIGHT	WEIGHT OF	IMPLEMENT	
1 CERTIFICATE	1 PATCH	1 PATCH	TAG

- 1. If you have equaled or bettered the standard of excellence, please fill out this application, completely.
- 2. A copy of your results or a note stating in which issue your results appeared MUST accompany this application.
- 3. Please send \$10 for a certificate, \$10 for a patch, and \$10 for a patch tag showing event and year. The cost for both a certificate and patch ordered at the same time is \$15.
- 4. Send to: All-American, National Masters News, P.O. Box 50098, Eugene OR 97405. 5. A 3-color, 8" by 10" certificate, suitable for framing, and/or a 3-color, 3" by 4" patch will be mailed to you within six weeks. Allow eight weeks for a patch tag.

SUUC mercant

January 2006

TRACK

lease send results ugene, OR 97405; e-

EAST

Greater Baltimore Weight Penta Towson U., MD;

Bill Kuegler 68 26.81/10.81/31.00/27 Jack McDonald 67 22.41/8.55/26.16/25. Gerry Snyder 70 23.04/10.16/26.15/20 Bill Bergen 72 19.79/8.51/25.46/23. Evelyn Wright 67 20.17/7.81/18.62/19.3 Audrey Lary 70 19.02/6.77/20.25/18.6 Sharon Good 73 8.48/4.18/9.53/7.38/5

> Philadelphia M Indoor Me Reading, PA; D

M45 Lovell Butler M50 Terry McKechnie Gary Arend Nick Helfrich M75 Joe Granahan W70 Gloria Krug 220y M45 Jeff Kramer M50 Terry McKechnie Gary Arend W60 Barbara Leightor W60 Barbara Leighton

M30 Kyle Lanier M45 Chuck Shields M55 Gary Tompkins George Sanders M70 Jim Sutton M30 Kareem Lanier

M45 Chuck Shields M55 George Sanders 2 Mile M45 Chuck Shields High Jump M30 Cardwe vell Wootter M60 Fred Riley Long Jump M30 Cardwell Wootte

M45 Lovell Butler Triple Jump M30 Cardwell Wootte Shot Put M45 Jeff Woodward M50 Nick Helfrich W40 Heather Scanlor W70 Gloria Krug Weight Throw M50 Nick Helfrich

W40 Heather Scanlor M45 Larry Schiller SOUTHEA

M55 Terry Shuman Dan Folk

The Carolinas Ti Convention, Charlotte, NC; I

60m M40 John Allen M45 Michael Kountze Brian Magerkurt Charles Johnso Robert Fulton Richard Simpso

M50 Anthony Searle Martin Spencer Wayne Fisher William Farris

Kevin Rumble M55 Bob Rockwell Steve Doerter Stefan Walterm

M60 Sam Hall **Darrell Huston**

M65 William Burch George LaBelle W40 Regina Richard W60 Ann Carter

TRACK & FIELD RESULTS
e send results to: National Masters News, P.O. Box 5009
e, OR 97405; e-mail: natmanews@aol.com. To keep inform rrent, we generally do not pesults typed and measuring e preference. Deadline

EAST **Greater Baltimore Masters** Weight Pentathlon Towson U., MD; Oct. 30

Bill Kuegler 68 3189 26.81/10.81/31.00/27.87/10.31 Jack McDonald 67 2650 2653 Jack McDonald 67 2653 22.41/8.55/26.16/25.36/9.81 Gerry Snyder 70 2751 23.04/10.16/26.15/20.40/10.07 Bill Bergen 72 2499 19.79/8.51/25.46/23.63/9.47 Evelyn Wright 67 3443 20.17/7.81/18.62/19.34/11.19 Audrey Lary 70 3791 19.02/6.77/20.25/18.62/10.65 Sharon Good 73 1584 Sharon Good 73 8.48/4.18/9.53/7.38/5.10

Philadelphia Masters Indoor Meet Reading, PA; Dec. 4

ricading, 1 A, De	100
55m	
M45 Lovell Butler	6.8
M50 Terry McKechnie	7.4
Gary Arend	7.5
Nick Helfrich	9.2
M75 Joe Granahan	10.3
W70 Gloria Krug	9.9
220v	1 2
M45 Jeff Kramer M50 Terry McKechnie	33.4
M50 Terry McKechnie	28.9
Gary Arend	29.6
Gary Arend M70 Jim Sutton	33.5
W60 Barbara Leighton	37.3
440y	FILL SIZE
W60 Barbara Leighton	1:28.3
880y	
M30 Kyle Lanier	2:07.3
M45 Chuck Shields	2:11.5
M55 Gary Tompkins	2:35.1
George Sanders	3:07.4
M70 Jim Sutton	2:37.7
Mile	
M30 Kareem Lanier	4:41.1
M45 Chuck Shields	4:47.9
M55 George Sanders	7:04.4
2 Mile	
M45 Chuck Shields	10:29.2
High Jump	
M30 Cardwell Wootten	5-2
M60 Fred Riley	3-10
Long Jump	- 70
M30 Cardwell Wootten	5.76
M45 Lovell Butler	5.35
Triple Jump	10.05
M30 Cardwell Wootten Shot Put	12.25
	0.00
M45 Jeff Woodward M50 Nick Helfrich	9.09
	8.70
W40 Heather Scanlon	6.92
W70 Gloria Krug	0.92
Weight Throw M50 Nick Helfrich	10.93
M55 Terry Shuman	13.28
Dan Folk	8.25
W40 Heather Scanlon	7.78
Mile RW	7.70
M45 Larry Schiller	8:26.8
mas carry scrimer	3.20.0

SOUTHEAST

The Carolinas Throwers Convention, UNC Charlotte, NC; Nov. 19

60m	
M40 John Allen	7.82
M45 Michael Kountze	7.45
Brian Magerkurth	8.23
Charles Johnson	8.51
Robert Fulton	8.80
Richard Simpson	9.16
M50 Anthony Searles	7.43
Martin Spencer	7.90
Wayne Fisher	8.02
William Farris	8.42
Kevin Rumble	9.40
M55 Bob Rockwell	8.36
Steve Doerter	8.55
Stefan Waltermann	9.11
M60 Sam Hall	7.70
Darrell Huston	9.43
M65 William Burch	8.77
George LaBelle	9.00
W40 Regina Richardson	8.42
W60 Ann Carter	10.86

ublish results more than 3 in 2-1/4" wide in metric in our street 10th of the month pr	nonths format
and roun or the month pr	
60m Hurdles M40 Dave Oman	11.40
M45 Jim Russ M50 Jim Broun	9.67
Anthony Searles	9.04 9.35
M55 Steve Doerter M65 George LaBelle	10.89
W40 Regina Richardson W60 Ann Carter	9.50
200m	WO.
M40 John Allen Todd Haire	25.70 27.77
M45 Chris DiVetta Brian Magerkurth	25.80
Robert Fulton	27.52 27.58
M50 Anthony Searles	28.17 25.55
Wayne Fisher William Farris	26.89 28.01
William Farris Spencer Martin Ken Bender	28.05 28.99
M55 Stefan Waltermann	29.92
M60 Sam Hall Darrell Huston	27.64 32.61
M65 William Burch George LaBelle	29.71
W50 Loretta Woodward	30.52
M35 Eric Crichlow	51.01
M40 Robert Cousar 1 M45 Michael Kountze	:02.68 55.84
Chris DiVetta	56.20
M50 Wayne Fisher 1	:01.92
William Farris 1	:03.14
M55 Stefan Waltermann 1	:05.99
W45 Lesley Swann 1	:04.24
W50 Loretta Woodward 1 800m	:12.80
	20.37
M50 Ken Bender 2	33.95
W45 Lesley Swann 2	25.17
Mile M45 Chris DiVetta 5	:17.20
W45 Lesley Swann 5 Shot Put	:28.90
M40 John Allen M45 Richard Simpson	8.27 7.90
M50 Chuck Baer	13.29
George Otte M55 Dan Linker	10.59
M60 Tom Steed Malcolm Reese	13.17
Charles MacDonald M65 Stephen Cohen	7.45
William Burch	9.37
M70 Gerald Vaughn WR (T von Wachenfeldt SWE/1	
1998; Arnie Gaynor/13.55/1 Bill Gramley	999) 10.88
M80 Floyd Simmons	7.74
W55 Myrle Mensey Hammer Throw	10.97
M40 John Allen M55 Mike Thomason	23.36 40.75
M60 Tom Steed M65 George LaBelle	35.93
M70 Tim Twomey	20.10 37.36
Bill Gramley W55 Myrle Mensey	35.25 30.45
Discus Throw M40 John Allen	31.64
M50 Chuck Baer	48.19
Kevin Rumble George Otte	32.40 31.59
M55 Dan Linker M60 Tom Steed	33.40 40.22
Malcolm Reese M65 Stephen Cohen	37.56 41.64
Fred Weber	39.46
M70 Bill Gramley M80 Floyd Simmons	38.05 19.10
W55 Myrle Mensey Javelin Throw	27.33
M30 Eric Lander M50 Ray Mushinski	60.77 44.90
M55 Bob Kouvolo	51.65
Terry Martin Chris Baylies	30.76 24.01
M65 George LaBelle William Burch	30.89 22.61
Weight Throw	
M40 John Allen M55 Mike Thomason	8.46 13.82
M60 Tom Steed M65 George LaBelle	13.18 9.85
M70 Tim Twomey	15.07

M60 Tom Steed M65 George LaBelle M70 Tim Twomey Bill Gramley

	Natio	nal N
ř	W55 Myrle Mensey	12.24
	Superweight Throw	
·	M35 Eric Rouse	7.21
ı	M45 Scott Medlin	6.34
1	M55 Terry Martin M65 Mike Valle	2.80
1	M65 Mike Valle	4.75
1	George LaBelle	3.79
,	M70 Tim Twomey	9.26
	Bill Gramley	7.47
	W55 Myrle Mensey AR	8.77
	Weight Pentathlon	-
	M35 Eric Rouse	2538
	M40 David Speaks	2381
		2223
	M45 Bryan Stewart	3068
	Scott Medlin	2282
	Beasey Hendrix	722
	M60 Tom Blythe	2789
	M55 Terry Martin	2534
	Cary Miller	2030
	M55 Terry Martin Cary Miller M65 Mike Valle	4103
	Long Jump	4103
	M40 John Allen	4.98
	M45 Anthony Bailay	5.69
à	Beasey Hendrix	1 11
E		1.11 5.36
	Anthony Searles	3.68
	M55 Bob Rockwell	
	Chris Baylies	4.73
ŧ.	Terry Martin	4.39
	MCE Coores La Palla	4.12
	M65 George LaBelle Triple Jump	3.72
	M40 John Allen	10.07
	M55 Bob Rockwell	10.37
	Chris Baylies	10.42
		9.25
	M65 George LaBelle	7.30
	W40 Regina Richardson	11.28
	W60 Ann Carter	6.36
П	High Jump	
	M40 John Allen	1.47
	M55 Bob Rockwell	1.47
	Henry Jordan	1.42
	Johnnie Dye	1.32
	Chris Baylies	1.32
	M65 George LaBelle	1.17
	Mike Valle	1.17
	Pole Vault	
	M40 Todd Haire	3.50
	M45 Brian Magerkurth	3.65
	M55 Henry Jordan	3.50
ı	Johnnie Dye	3.35
1	COUTHWEST	ALC: N
1	SOUTHWEST	
١	Name of the last o	annual in
- 1		

Texas State Senior Games

Austin; Sept. 24-25		
(Corrections		
50m	A HOUSE	
M70 John Pieper	8.01	
M75 Wilford Scott	7.86	
M80 Bob Wingo	9.16	
W70 Martha Long	9.10	
100m		
M50 Dave Nelson	12.3h	
M70 John Pieper	15.41	
M75 Wilford Scott	15.03	
M80 Bob Wingo	17.63	
W70 Martha Long	20.77	
200m		
M55 K G Raggio	27.89	
M60 Pete Clark	28.12	
M75 Wilford Scott	31.85	
M80 Bob Wingo	41.32	
400m		
M50 Charles Pitts	1:04.20	
M55 R G Raggio	1:08.59	
800m	1.00.00	
M60 Frank Crockett	2:35.92	
1500m	2.00.02	
M60 Dick Wilkowski	5:59.7h	
M75 Granville Coggs	10:15.67	
W/ 5 Clanville Coggs	10.13.07	
Liona Theorem		

Lions Throws Meet/Weight Pentathlon

Austin, TX; Nov. 19		
Shot Put		
M40 Rik Reed	11.47	
Dave Rothenbury	11.08	
M45 James Nicholopoulos		
David Bolles	9.78	
Arny Ferrando	9.72	
M50 Dan Roloff	12.20	
John Stilbert	9.75	
Michael Amaral	8.49	
M55 Dannis Scholl	10.25	
M60 Jeff Harrell	11.47	
Dave Moore	9.60	
M65 Pete LaBarge	10.23	
Harold Crater	8.62	
M70 Doug Tomlinson	10.53	
James Carney	9.67	
M75 Jim Gerhardt	10.83	
Tom Allison	10.24	
W45 Lida Reed	7.00	
W60 Diana Schultz	5.78	
Discus		
M40 Dave Rothenbury	37.77	
Rik Reed	35.81	
M45 Marty Wright	34.43	
Arny Ferrando	30.26	
Ally Fortaliou	00.20	

David Bolles	29.74	M65 Stanley Kuroda	15.57
James Nicholopoulos		M70 Paul Oshiro	16.74
M50 John Stilbert	36.09	M75 Leslie Davies	16.17
Michael Amaral	34.02	M80 Naoto Inada	24.92
Dan Roloff M55 Dennis Scholl	33.10 25.94	M85 Lloyd Namihira M90 Bob Terukina	26.50
M60 Jeff Harrell	47.51	W45 Joni Chin	54.13 18.79
Dave Moore	35.31	W50 Britta Staub	17.87
M65 Pete LaBarge	33.62	W55 Florence Chan	20.66
Harold Crater	25.95	W65 Brenda Andrieu	18.05
M70 Doug Tomlinson	33.49	W75 Jan Newhart	30.72
James Carney	26.97	W80 Polly Bailey-McCa	rthy 38.84
M75 Jim Gerhardt	36.94	200m	
Tom Allison	30.15	M40 Duke Ota	27.34
Clay Krames W45 Lida Reed	27.02 19.85	M50 Vince Costello M55 Allen Ng	28.35
W60 Diana Schultz	15.64	M60 Ted Draper	29.59 31.13
Hammer	13.04	M65 Stanley Kuroda	
M40 Dave Rothenbury	42.65	M70 Paul Oshiro	36.61
Rik Reed	33.01	M75 Leslie Davies	35.61
M45 Arny Ferrando	34.27	M80 Naoto Inada	56.21
David Bolles	33.11	M85 Lloyd Namihira	1:00.81
M50 John Stilbert	32.02	M90 Bob Terukina	1:59.73
Dan Roloff	30.16	W45 Joni Chin	41.00
Michael Amaral M55 Dennis Scholl	16.53	W50 Britta Staub W55 Florence Chan	37.25 46.01
M60 Dave Moore	26.03	W65 Brenda Andrieu	41.10
M65 Pete LaBarge	35.40	W75 Jan Newhart	1:07.45
Harold Crater	22.52	400m	
M70 Doug Tomlinson	30.61	M40 Duke Ota	58.30
M75 Tom Allison	27.36	M45 Phil Oyape	1:00.57
Jim Gerhardt	25.46	M60 Ted Draper	1:11.20
W60 Diana Schultz Javelin	14.42	M65 Stanford Kuroda M70 Bill Cunningham	1:16.39
M40 Dave Rothenbury	36.50	M75 Alex Shkuratoff	1:28.62
Rik Reed	31.29	M80 Naoto Inada	2:18.86
M45 Arny Ferrando	45.75	M85 Lloyd Namihira	2:35.03
David Bolles	38.50	M90 Bob Terukina	4:24.37
M50 Dan Roloff	32.80	W45 Joni Chin	1:34.65
John Stilbert	29.62	W50 Britta Staub	1:21.27
Michael Amaral	20.82	W70 Diane Stowell	1:51.44
M55 Dennis Scholl M60 Dave Moore	28.63	W75 Jan Newhart	2:30.03
M65 Pete LaBarge	16.61	800m M55 Archie Hapai	3:27.46
Harold Crater	15.08	M60 Jack Karbens	3:15.87
M70 Doug Tomlinson	26.06	M70 Bill Cunningham	
M75 Jim Gerhardt	30.82	M75 Alex Shkuratoff	3.57.14
Tom Allison	27.60	M80 Naoto Inada	5:35.78
W45 Lida Reed	21.67	W50 Britta Staub	3:13.58
W60 Diana Schultz	20.41	W70 Diane Stowell	3:49.16
Weight Throw M40 Dave Rothenbury	14.16	W75 Jan Newhart 1500m	5:21.72
Rik Reed	10.34	M55 Archie Hapai	7:14.04
M45 Arny Ferrando	9.99	M70 Cliff Youth	7.26 20
David Bolles	9.39	M80 Naoto Inada	12:19.78
M50 John Stilbert	10.32		
Dan Roloff Michael Amaral	9.93 8.11	W70 Diane Stowell W75 Jan Newhart	7:57.42
	10.48	3000m	11.14.52
	12.79	M55 Gerry Lundgren	11:45
Harold Crater	7.56	M70 Cliff Youth	16:21
M70 Doug Tomlinson	12.50	M75 Alex Shkuratoff	17:40
M75 Jim Gerhardt	11.74	M80 Bob Henninger	18:23
Tom Allison	11.06	W75 Jan Newhart	22:03
W45 Lida Reed Diana Schultz	7.19 7.55	5K Racewalk W70 Felicer Isip	58:12
Superweight	7.55	M60 Peter Chan	37:27
M40 Rik Reed	6.60	W55 Florence Chan	37:27
M45 David Bolles	5.31	High Jump	-
M50 Dan Roloff	5.54	M40 Grant Muroda	1.37
M55 Dennis Scholl	4.82	M50 Darryl Wong	1.67
M75 Jim Gerhardt	6.00	M55 Daniel Fields	1.22
W60 Diana Schultz	6.23	M60 Ron Schaedel	1.37
Pentathlon	- 15	M65 Stanford Kuroda M70 Lee Thomas	1.17
HT/SP/DT/JT/WT M40 Dave Rothenbury	3307	M75 Ed Failor	1.02
42.65/11.08/37.77/36.50/1		W65 Brenda Andrieu	1.07
	2758	Pole Vault	
33.01/11.47/35.81/31.29/1		M60 Ron Schaedel	2.13
M45 Arny Ferrando	2785	Long Jump	
34.27/9.72/30.26/45.75/9.		M40 Grant Muroda	4.64
	2584	M50 Darryl Wong	5.03
33.11/9.78/29.74/38.50/9.3		M55 Daniel Fields	4.36
M50 Dan Roloff 30.16/12.20/33.10/32.80/9	2695	M60 Ron Schaedel M65 Stanford Kuroda	4.20 3.38
John Stilbert	2598	M70 Paul Oshiro	2.87
			2.01
			0.98
32.02/9.75/36.09/29.62/10 M55 Dennis Scholl		M85 Shoichi Tanouye W65 Brenda Andrieu	0.98 2.95

1	David Bolles 2	584
1	33.11/9.78/29.74/38.50/9.39)
1	M50 Dan Roloff 2	695
	30.16/12.20/33.10/32.80/9.9	93
4	John Stilbert 2	598
1	32.02/9.75/36.09/29.62/10.3	32
١	M55 Dennis Scholl 2	204
1	21.12/10.25/25.94/38.63/10	.48
1	M65 Pete LaBarge 3	009
1	35.40/10.23/35.62/40.76/12	.79
ı	Harold Crater 1	935
j	22.52/8.62/25.95/15.08/7.56	6
	M70 Doug Tomlinson 3	439
1	30.61/10.53/33.49/26.06/12	.50
	M75 Jim Gerhardt 4	
ř	25.46/10.83/36.94/30.82/11	.74
d	Tom Allison 3	845
9	27.36/10.24/30.15/27.60/11	
ı	W60 Diana Schultz 1	
9	14.42/5.78/15.64/20.41/7.5	5
j	WEET	

WEST

Hawaii Senior Olympics Cooke Field, Nov. 19 100m M40 Duke Ota M45 Phil Oyape M50 Vince Costello M55 Allen Ng M60 Ted Draper

28.63	W75 Jan Newhart	2:30.03
16.61 40.76	M55 Archie Hapai	3:27.46
15.08	M55 Archie Hapai M60 Jack Karbens M70 Bill Cunningham	3:15.87
26.06	M70 Bill Cunningham	3:27.25
30.82	M75 Alex Shkuratoff	3.57.14
27.60	M80 Naoto Inada	3.57.14 5:35.78
21.67	W50 Britta Staub	3:13.58
20.41	W70 Diane Stowell	3:49.16
14.16	W75 Jan Newhart	5:21.72
10.34	M55 Archie Hapai	7:14.04
9.99	M70 Cliff Youth	7:36 38
9.39	M80 Naoto Inada	12:19.78
9.93	W50 Britta Staub	6:54.60
8.11	W75 Jan Newhart	11:14.52
10.48	W50 Britta Staub W70 Diane Stowell W75 Jan Newhart 3000m	
12.79	M55 Gerry Lundgren	11:45
7.56	M70 Cliff Youth	16:21
12.50	M70 Cliff Youth M75 Alex Shkuratoff M80 Bob Henninger W75 Jan Newbart	17:40
11.74	W75 Jan Newhart	18:23 22:03
11.06 7.19	TV/55ail Newitail	22.00
7.55	W70 Felicer Isip	58:12
7.00	M60 Peter Chan	37:27
6.60	M60 Peter Chan W55 Florence Chan High Jump	37:27
5.31		
5.54	M40 Grant Muroda M50 Darryl Wong M55 Daniel Fields M60 Ron Schaedel M65 Stanford Kuroda	1.37
4.82	M50 Darryl Wong	1.67
6.00	M55 Daniel Fields	1.22
6.23	M65 Stanford Kuroda	1.37
	M70 Lee Thomas	1.02
3307	M75 Ed Failor	1.07
14.16	M75 Ed Failor W65 Brenda Andrieu	1.07
2758	Pole Vault	2.13
10.34		2.13
2785 .99	M40 Grant Muroda	4.64
2584	M50 Darryl Wong	5.03
39	M55 Daniel Fields	4 36
2695		
9.93	M65 Stanford Kuroda	3.38
2598	M70 Paul Oshiro	2.87
0.32	M85 Shoichi Tanouye	0.98
2204	W65 Brenda Andrieu Triple Jump	2.95
3009	M40 Grant Muroda	10.85
12.79	M50 Darryl Wong	10.61
1935	M55 Allen Nakasone M60 Jack Karbens	8.84
56	M60 Jack Karbens	6.82
3439	M70 Lee Thomas W65 Brenda Andrieu	4.67
12.50		4.83
4163 11.74	Discus MSS Billy Book	30.57
3845	M55 Billy Rees M60 Jack Karbens	32.96
11.06	M70 Ed Van Pelt	38.00
1245	M75 Ed Failor	32.96
.55	M75 Ed Failor M85 Shoichi Tanouye W50 Britta Staub	8.50
and the same		15.81
	W65 Brenda Andrieu	
ics	W80 Polly Bailey-McCa Shot Put	rthy 7.28
19	M40 Grant Muroda	7.42
1000	M55 Billy Rees	8.99
12.58	M60 Robert Larson	10.09
12.75	M70 Lee Thomas	9.34
13.72	M75 Ed Failor	7.31
13.92	M85 Shoichi Tanouye	4.52
14.55	W80 Polly Bailey-McCa	rthy 3.95

Javelin	
M55 Billy Rees	24.92
M60 Robert Larson	28.53
M60 Jack Karbens	31.82
M70 Lee Thomas	23.48
M75 Ed Failor	27.05
M85 Shoichi Tanouye	6.13
W50 Britta Staub	15.90
W65 Brenda Andrieu	16.11
W80 Polly Bailey-McCar	thy 7.95
Hammer	
M60 Jack Karbens	31.27
M70 Robert Husic	27.53
M75 Ed Failor	9.58
W65 Brenda Andrieu	18.95

CANADA

Friendship Games Regina, Saskatchewan Dec. 3

60m	
W40 Laurie Meloche	nta
M50 Gary Miller	nta
200m	
W40 Laurie Meloche	28.22
W60 Carol LafayetteBoyd:	
M70 Ted Rowan	nta
Pole Vault	
M60 Doug Renwick	2.45
High Jump	1
M60 Roland Delhomeau	1.25
Long Jump	
W60 Carol LafayetteBoyd	4.21
M60 Roland Delhomeau	3.48
M65 Bob Edwards	3.22
Triple Jump	
M60 Doug Renwick	8.43
Roland Delhomeau	8.09
M65 Bob Edwards	7.03
Shot Put	
W60 Carol LafayetteBoyd	7.26
M65 Bob Edwards	9.44
Weight Throw	
M65 Bob Edwards	7.92
*	

INTERNATIONAL

North Island T&F Championships Wellington, New Zealand

Н	Weilington, New Zea	alanu	
	*North Island best performance		
	100m		
d	M35 Graham McPhail	12.01	
	John Turner	12.41	
ı	Rod Plimmer	12.66	
ı	M40 Mark Macfarlane	12.49	
ı	Gavin Jensen	12.66	
ı	M45 Gary Rawson	12.04	
ı	Shaun McCarthy	12.85	
ı	Kevin Watson	14.47	
ı	M50 Dennis O'Leary	12.69	
ı	Stephen Luketina	14.53	
ı	M55 Paul Sharland	13.02	
ı	Ross McBeth	13.73	
ı			
ı	Jos Pols	16.56	
ı	M65 Malcolm Fraser	13.95	
ı	Bruce McPhail	33.59	
ı	M70 Max Wood	14.85	
ı	Allan Roberts	15.89	
ı	Tony Tolhurst	16.08	
ı	M80 Bruce Wotherspoon	18.61	
ı	Bill Nicholson	19.64	
ı	W40 Penny Reid	14.50	
ı	W50 Veronica Gould	14.49	
ı	W60 Chris Waring	15.09	
ı	W65 Frances Bayler	17.37	
ı	W70 Margaret Peters	15.63	
ı	200m		
ı	M35 Graham McPhail	25.07	
ı	Rod Plimmer	25.88	
ı	M40 Mark Macfarlane	25.20	
ı	Gavin Jensen	25.70	
ı	David Creamer	26.19	
ı	M45 Gary Rawson	25.37	
ı	Kevin Watson	32.30	
ı	M50 Dennis O'Leary	26.71	
ı	Stephen Luketina	30.31	
ı	M55 Paul Sharland	28.01	
ı	Ross McBeth		
ı	Rob James	29.00	
ı		29.52	
ı	M65 Malcolm Fraser	29.22	
ı	Stewart Foster	31.30	
ı	M70 Max Wood	32.07	
ı	Allan Roberts	35.21	
ı	M80 Bruce Wotherspoon		
ı	W40 Penny Reid	30.81	
ı	W55 Veronica Gould	31.71	
ı	W60 Chris Waring	32,13	
١	W70 Margaret Peters *	33.22	
١	400m	1	
١	M55 Rob James	63.37	
ı	Viv Parke	67.79	
١	M65 Malcolm Fraser *	64.56	
١	M70 Max Wood	71.84	
1	W60 Chris Waring *	74.77	
١	M50 Dennis O'Leary	61.47	
1	Stephen Luketina	65.09	
١	M35 Rod Plimmer	58 24	

27

M35 Rod Plimmer

10

MAS David Creamer 57.91 Gavin Jenson 58.96 MAS Shaun McCarthy 58.90 MAS Jann Thomas 61.42 MSS Jose Polts 9.87 MSS Jose Polts 9.80 MSS Dave Polts 9.80 MSS Jose Polts 9.80 MSS Dave Polts 9.80 MSS Jose Polts 9	page 26		
MAS Shaun McCarthy 58.90 Allan Thomas 61.42 MOM Do David Creamer 219.85 MSD Jose Porticol 9.87 M4S Allan Thomas 219.85 MSD Boe Porticol 9.80 MSD Steve Prowne 219.85 MSD Boe Porticol 9.80 MSD Steve Plowne 219.85 MSD Boe Rose 9.80 MSD Mill Micholson 1.81 MSD Boe Rose 9.80 MSD Mill Micholson 8.81 MSD Boe Rose 9.80 MSD Mill Micholson 8.81 MSD Bill Nicholson 5.88 MSD More Mill Michael Browne 3.31.28 MSD Hard Harson 6.03 WAS Melanie Watson 6.03 WAS Melanie Watson 6.03 WAS Melanie Watson MSD John Fall 8.13 MSD John Fall 8.13 MSD John Fall 8.13 MSD John Fall 8.13 MSD John Fall 8.04 MSD John Fall 8.04 <td< th=""><th></th><th></th><th></th></td<>			
Allan Thomas 61.42 M55 Jos Pols 9.87 M55 Jos Pols 9.80			
Miso David Creamer	Allan Thomas 61.	42 M50 Joe Bradley	
M55 Steve Piowman 224.47 M55 Trevor Oglive M55 Trevor Oglive M50 Febre Hanson 2.18.06 M50 Febre Hanson 3.12.86 M75 Michael Browne 3.12.	M40 David Creamer 2.19.	85 M60 Bo Cox	11.09
Moray Clarkson 2.15.92			
W45 Melanie Watson	M55 Trevor Ogilvie 2.15.	92 M70 Richard Harris	11.33 N
Wis Parker			
Mod Part	Viv Parker 2.44.	98 W50 Heather Ward	
Helen Willis		28 Katy Tapling	6.19
Veronica Gould Vero			The second secon
M50 David Creamer S.12.89 M54 Allan Thomas 4.43.95 John Read 44.9.88 Kevin Watson 6.02.51 M55 Trevor Cglivie M198 M197 Ellis Goodyear Jim Tobin 7.29.18 M55 Mroy Stansfield 5.40.90 W40 Anne Harem 4.44.52 Robyn Stansfield 5.43.73 W50 Vicky Adams 5.38.89 M50 Sieve Piowman 20.13 M55 Sieve Piowman 20.13 M65 Sieve Piowman 20.13 M65 Sieve Piowman 20.13 M65 Sieve Piowman 20.13 M65 M55 Trevor Cglivie 1.03.8 M65 M56 Road Run M60 Robert Stephens M80 Mark Maclarlane M80 Road Run M60 Robert Stephens M50 M60 Robert Stephens M50 Melanie Watson M60 Robert Stephens M60 Robert St	W50 Vicky Adams 2.51.	1 Veronica Gould	8.13 1
MAG David Creamer 51.289 W75 Colleena Blair 6.40 M MAS Allan Thomas 4.49.85 John Read 4.49.88 Kevin Watson 6.50 M Wini Pepene 6.05 M Min Watson 6.50 M Mor Watson M M			
John Read 44.98 Mexim Watson 49.98 Murar Watson 40.98	M40 David Creamer 5.12.	89 W75 Colleena Blair *	6.40
MSS Trevor Ogilvie 44.98		88 Discus	V
Murray Clarkson 5, 00, 84 and Blyth 18, 18 and Blyth 18, 18 and Blyth 19, 19, 19, 19, 19, 19, 19, 19, 19, 19,			
MS5 Jeremy Griffiths 5.88.00 M70 Elius Goodyear J. 29.18 M50 Jos Pols J. 30.84 W75 Michael Browne Peter Thomas 7.15.41 M50 Keith Bade 33.66 M50 Keith Bade 30.66 Keith	Murray Clarkson 5.00.	84 Mike Ward	22.26 V
M75 Cilis Goodyear 6.44.96 M75 Michael Browne 7.12.06 M95 Cilis Made 33.66 M87 Michael Browne 7.12.06 M90 Cilis Made 7.12.06 M90			
Month Mont	M70 Ellis Goodyear 6.44.	96 Viv Parker	
W35 Kristine Reid 5.20.90 W40 Anne Harem 4.44.52 Robyn Stansfield 5.43.73 W50 Vicky Adams 5.38.89 S000m 17.04.8 Kevin Watson 20.58.8 M50 Steve Plowman 20.17.3 M55 Trevor Oglivie 16.58.3 Jan Blyth 20.28.2 John Skinnon 10.35 M65 Jeremy Griffiths 27.01.1 John Skinnon 27.27.4 M70 Eliis Goodyear 24.20.1 M75 Peter Thomas 66.19.1 M66 Robert Stephens 66.19.1 M60 Roban Stephens 43.06 M50 Mike Winsborough 43.06 M50 John Tines 85.21 W80 Jorky Adams 30.0 M50 Mike Winsborough 80.5 M50 Jor Parker 10.5 M50 Mike Winsboro			33.55
WAD Anne Harem			
WSO Vicky Adams 5.38.89 5000m 300m M45 John Read 17.04.8 Kevin Watson 20.17.3 MSD Steve Plowman 20.17.3 M55 Trevor Oglivie 16.58.3 Jan Blyth 20.28.2 John Skinnon 21.03.5 M65 Jeremy Griffiths 27.00.1 John Hines 27.27.4 M75 Peter Thomas 26.19.1 M60 Rober Staptens 21.23.5 M60 Rober Stephens 43.06 M50 Mike Winsborough 43.06 M60 Robert Stephens 85.21 W60 Fay McKenzie 28.21 W60 Robert Stephens 85.21 W60 Fay McKenzie 68.11 200m Steeplechase M60 Robert Stephens M60 Robert Stephens 8.57.4 3000m Steeplechase 8.47.4 M60 Stewart Foster 31.40 M55 Tevor Oglivie* 11.14.20 M65 Stewart Foster 31.40 M55 Viv Parker 1.23.79 300m Hurdles 30.9 M65 Stewart Fos	W40 Anne Harem * 4.44.	52 Jim Blair	24.77
MSD John Read			
Kevin Watson 22.05.8 Katy Tapling 16.02 MSO Steve Plowman MSS Trevor Oglivie 16.58.3 MSS Trevor Oglivie 16.58.3 MSS Trevor Oglivie 16.58.3 Variable March MSS Jul Evans 22.27 Anne Hunter 18.99 MS MSS Deremy Griffiths 27.01.1 John Hines MST Colleena Blair 15.18 Wini Pepene 12.73 MTS Peter Thomas Michael Browne 27.12.2 MST Colleena Blair 15.18 Wini Pepene 12.73 Harmer MSO MR Corbin Stender 27.12.2 MST Colleena Blair 15.18 Wini Pepene 12.73 Harmer MSO MR Corbin Stephens 43.12 MST Own McKenzie 43.02 MST Own McKenzie 43.12 MST Own McKenzie 43.12 MST Own Mekenzie 43.12 MST Wini Pepene 16.61 Jase Materia 43.12 MST Wini Pepene 16.61 Jase Materia	5000m	W50 Heather Ward	18.91
M55 Trevor Ogilvie 16.58.3 Ian Blyth 20.28.2 John Skinnon 21.03.5 M65 Jeremy Griffiths 27.02.1 John Hines 27.27.4 M70 Ellis Goodyear 24.20.1 M75 Peter Thomas 26.19.1 Michael Browne 27.27.4 M70 Ellis Goodyear 24.20.1 M75 Peter Thomas 26.19.1 Michael Browne 27.21.2 M75 Ellis Goodyear 24.20.1 M75 Peter Thomas M80 Job Bradley 34.13 M80 Job Bradley 34.1		5.8 Jenny Hastie Katy Tapling	
Lan Blyth			10.00
M65 Jeremy Griffiths John Hines 27.01 John Hines 27.01 Win Pepene 15.18 Win Pepene 12.73 Win Pepene 12	lan Blyth 20.28	.2 W60 Barbara Austin	19.21
John Hines 27,27.4 Wini Pepene 12,73 Hammer Michael Browne 24,20.1 Michael Browne 26,19.1 Michael Browne 26,19.1 Michael Browne 27,12.2 Michael Browne 26,19.1 Michael Browne 27,12.2 Michael Browne 27,12.2 Michael Browne 27,12.2 Michael Browne 27,12.2 Michael Browne 27,13.5 Michael Browne 27,12.2 Michael Browne 27			
Michael Browne	John Hines 27.27	.4 Wini Pepene	
Michael Browne 27.12.2 W35 Kristine Reid 19.40.0 W40 Robyn Stansfield 21.23.5 W60 Fay McKenzie 32.44.8 10K Road Run M40 Brendan Magill 30.88 M50 Mike Winsborough 43.06 M60 Robert Stephens 43.12 M65 Jeremy Griffiths 48.29 John Hines 58.21 M65 Pay McKenzie 8.55.6 M50 Nick Vadams 8.55.6 M50 Vicky Adams 8.55.6 M50 Vicky Adams 8.57.6 M50 Trevor Oglivie 11.14.20 Francis Campkin 13.44.91 M65 Stewart Foster 31.40 M65 Stewart Foster 31.40 M55 Viv Parker 30.0m M65 Stewart Foster 1.02.37 M55 Viv Parker 1.23.79 M65 Stewart Foster 1.02.37 M65 Stewart Foster 1.02.37 M65 John Turner 1.61 R06 Dilminer 1.61 M65 Stewart Foster 1.02.37 M65 Stewart Foster 1.02.37 <td></td> <td></td> <td>34.13</td>			34.13
W40 Robyn Stansfield	Michael Browne 27.12		
100		.5 M60 Bo Cox	
MA0 Brendan Magill 38.08 M50 Mike Winsborough 43.02 M50 Robert Stephens 43.12 M55 Jeremy Griffiths 48.29 John Hines 58.211 W50 Fay McKenzie 68.11 2000m Steeplechase M60 Robert Stephens M50 Robert Stephensse 8.47.4 M50 Brendan Magill 10.56.17 M55 Trevor Oglivie * 11.14.20 Francis Campkin 13.44.91 100m Hurdles M55 Stewart Foster 31.40 M55 Stewart Foster 31.40 M55 Stewart Foster 31.40 M55 Trevor Oglivie * 11.14.20 M65 Stewart Foster 31.40 M55 Joshn Turner 20.60 400m Hurdles M55 Viv Parker M55 Viv Parker 1.02.37 M65 Stewart Foster 1.02.37 M65 Stewart Foster 1.02.37 M55 John Turner * 1.61 R65 Stewart Foster 1.02.37 M15 John Turner * 1.61 R05 Pols 2.5 M60 Burbara Austin 2.0			
M65 Robert Stephens 43:12 M65 Jeremy Griffiths 48:29 John Hines 48:29 S8:21 W60 Fay McKenzie 48:29 W75 Will Evans 25:98 W65 W50 Vickly Adams* 48:11 W60 Barbara Austin 23:47 W60 Barbara Austin 23:47 W60 Barbara Austin 23:15 W65 W75 Will Pepene* 16:61 Javelin 48:11 W60 Barbara Austin 23:15 W65 W65 W65 W65 W65 W65 W65 W65 W65 W6	M40 Brendan Magill 38:	08 W45 Melanie Watson	17.98
M65 Jeremy Griffiths John Hines 58:21			
W50 Fay McKenzie 68:11 2000m Steeplechase W60 Rabert Steephens 8.55.6 W50 Vicky Adams* 8.47.4 W60 Barabara Austin 23.47 W65 W75 Wini Pepene* 16.61 Javelin 3000m Steeplechase M40 Brendan Magill 10.56.17 M55 Trevor Ogilvie* 11.14.20 Francis Campkin 13.44.91 M55 Jose Pols M35 Rod Plimmer 31.50 M45 Mike Ward 29.45 Gary Rawson 27.48 M55 Jose Pols 23.58 M65 Stewart Foster 31.40 M55 Jose Pols 23.58 M65 Dos Pols M55 Jos Pols 23.58 M65 Dos Pols M65 Jos Pols M65 Jos Pols 23.58 M65 Dos Pols M65 Jos Pols M65 Jos Pols 32.55 M75 Wini Pepene M65 Jos Pols M75 Will Bade 19.99 M65 Jos Pols M65 Fred Goodall 32.55 M60 Bo Cox Keith Bade 19.99 M75 Will Pepene M65 Jos Pols M75 Will Pepene 17.25 M60 Barliar M65 Jos Pols M75 Will Pepene 17.25 M60 Barliar M65 Jos Pols M75 Will Pepene 19.06 M75 Will Pepene 19.06 M75 Will Pepene <t< td=""><td>M65 Jeremy Griffiths 48:</td><td>29 Katy Tapling</td><td>18.63</td></t<>	M65 Jeremy Griffiths 48:	29 Katy Tapling	18.63
M60 Robert Stephens 8.55.6 W75 Wini Pepene * 16.61 Javelin W50 Vicky Adams * 8.47.4 3000m Steeplechase M40 Brendan Magill 10.56.17 M55 Trevor Ogilive * 11.14.20 Francis Campkin 13.44.91 M55 Trevor Ogilive * M45 Mike Ward 29.45 Gary Rawson 27.48 M55 Mike Ward 29.45 M55 Mike Ward 29.40 M55 Mike Ward 29.40 M55 Mise Ward 29.40 M55 Mike Ward 29.40 M55 M65 Stewart Foster 31.40 M55 Jos Pols 23.58 M60 Bo Cox 24.04 M65 Stewart Foster 20.07 M65 Fred Goodall 32.55 M60 Bo Cox 24.04 M67 Wallace Opperman 10.88 M67 Wallace Opperman 10.88 M67 Wallace Opperman 10.88 M67 Wallace Opperman 10.88 M69 Will Will Wallace Opperman 10.88 M69 Will Wallace Opperman 10.80 Will Wallace Opperman 10.30 W75 Will Pepene * 19.02 Wallace Opperman 14.30 Will Pepene * 19.02 Wallace Opperman 14.30 Will Pepene * 19.36 Will Wallace Opperman 14.30 Will Pepene * 19.36 Will Wallace Opperman 14.30 Will Pepene * 19.36 Will Wallace Opperman 14.00 Wallace Opperman<	W60 Fay McKenzie 68:	11 Veronica Gould	23.47
W50 Vicky Adams	M60 Robert Stephens 8.55		
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M55 Trevor Ogilvie * 11.14.20 Francis Campkin 13.44.91	M40 Brendan Magill 10.56.1	17 M45 Mike Ward	29.45
100m Hurdles 31.40 M55 Stewart Foster 31.40 M60 Bo Cox 24.04 24.04 M65 Bo Cox 24.04 24.04 M65 Bo Cox 24.04 Aceith Bade 19.99 M65 Gary Rawson* 20.07 M55 John Turner M65 Fred Goodall 32.55 M70 Jim Blair 29.10 M70 Jim Blair 29.10 M70 Jim Blair 29.10 M65 Fred Goodall 32.55 M70 Jim Blair 29.10 M65 Fred Goodall 32.55 M70 Jim Blair 10.237 M70 Jim Blair 10.237 M80 Bill Nicholson 17.25 W50 Heather Ward 19.02 M55 Jill Evans 25.76 W50 Heather Ward 19.02 M65 Stewart Foster 1.02.37 M80 Bill Nicholson 17.25 W50 Heather Ward 19.02 M65 Stewart Foster 1.23 W60 Barbara Austin 21.21 W65 Judy Hammond 14.30 W75 Wini Pepene* 19.36 Colleena Blair 15.49 W65 Judy Hammond 14.30 M75 Wallare Macdarlane 1.40 M60 Bo Cox* 14.38 M60	M55 Trevor Ogilvie * 11.14.2	20 Gary Rawson	
M45 Gary Rawson	100m Hurdles	M55 Jos Pols	23.58
M35 John Turner 20.60 400m Hurdles M55 Viv Parker 1.23.79 M55 Viv Parker 1.23.79 300m Hurdles M55 Viv Parker 1.23.79 M65 Stewart Foster 1.02.37 4x100 Relay K5 Jill Evans 25.76 Mixed W55 Jill Evans 25.76 Wellington Masters 55.98 W60 Barbara Austin 21.21 Wisp Jump W65 Judy Hammond 14.30 M55 John Turner 1.50 W60 Barbara Austin 21.21 W60 Barbara Austin 21.21 W65 Judy Hammond 14.30 W75 Wini Pepene 1.50 W60 Barbara Austin 15.49 W60 Barbara Austin W1.30 W75 Wini Pepene 15.49 W60 Joe Bradley 12.39 M75 Woll Pepene 12.39 M55 Jos Pols 1.35 M60 Bo Cox 14.38 M60 Bo Cox 14.38 M60 Bo Cox 14.38 M70 Mark Mactarlane 2.80 M55 Jos Pols M57 Wellane Ward 8.57 M60 Bor Cox 2.80 M55 Veronica Goul	110m Hurdles	Keith Bade	
400m Hurdles M55 Viv Parker 1.23.79 M55 Stewart Foster 1.02.37 M65 Stewart Foster 1.02.37 4x100 Relay W50 Heather Ward 19.02 Katy Tapling 10.30 Wellington Masters 55.98 High Jump W55 Jill Evans 25.76 M35 John Turner * 1.61 Rod Plimmer 1.50 M40 Mark Mactarlane 1.58 W55 Judy Hammond 14.30 M45 Gary Rawson 1.45 Weight Throw M55 Ian Blyth 1.35 Jos Pols 1.15 M70 Jim Blair 1.15 M60 Bo Cox * 14.38 M70 Jim Blair 1.15 M60 Bo Cox * 14.38 M40 Mark Mactarlane 2.80 Mike Burkinshaw 4.91 M55 Jos Pols 2.80 W55 Welalace Opperman 1.40 Long Jump W50 Heather Ward 8.57 M55 Gary Rawson 2.80 W55 Veronica Gould 9.00 M55 Ros McBeth 4.48 M60 Borbara Austin * 11.51 M55 Gary Rawson 5.37	M45 Gary Rawson * 20.0	7 M65 Fred Goodall	32.55
300m Hurdles M65 Stewart Foster 1.02.37 M65 Stewart Foster 1.02.37 4x100 Relay WS5 Jill Evans 25.76 Mixed W60 Barbara Austin 21.21 Wellington Masters 55.98 W65 Judy Hammond 14.30 Mixed W65 Judy Hammond 14.30 W75 Wini Pepene * 19.36 Colleena Blair 15.49 W65 Judy Hammond 14.30 W75 Wini Pepene * 19.36 M40 Mark Mactarlane 1.58 M60 Bor Cox * 12.39 M65 Judy Hammond 14.30 M55 Jan Blyth 1.35 M60 Bor Cox * 14.38 M65 Jos Pols 11.48 M55 Jan Blyth 1.35 M60 Bor Cox * 14.38 M65 Bor Cox * 14.38 M70 Jim Blair 1.15 M60 Bor Cox * 14.38 M65 Bor Cox * 14.38 M70 Jim Blair 1.15 M60 Bor Cox * 14.38 M70 Richard Harris * 9.02 W55 Jusy Palman 2.80 M55 Jos Pols 8.57 Jenny Hastie 6.40 Katy Tapling 6.35 <t< td=""><td>400m Hurdles</td><td>M75 Wallace Opperman</td><td></td></t<>	400m Hurdles	M75 Wallace Opperman	
M65 Stewart Foster 1.02.37		79 M80 Bill Nicholson W50 Heather Ward	
4x100 Relay Wised WS5 Jill EVans 21.21 Wellington Masters 55.98 W60 Barbara Austin 21.21 M35 John Turner * 1.61 Colleena Blair 15.49 M40 Mark Mactarlane 1.58 Weight Throw 15.49 M45 Gary Rawson 1.45 Kevin Watson 1.20 M55 Ian Blyth 1.35 M55 Jos Pols 11.48 M70 Jim Blair 1.15 M60 Bo Cox * 14.38 M70 Jim Blair 1.15 M60 Bo Cox * 14.38 M70 Jim Blair 1.15 M60 Bo Cox * 14.38 M80 Bill Nicholson 0.85 Weight Throw M55 Jos Pols 11.48 M70 Jim Blair 1.15 M60 Bo Cox * 14.38 M80 Bill Nicholson 0.85 Weight Throw 4.91 M40 Mark Mactarlane 2.80 Wis Melanie Watson 6.96 M45 Gary Rawson 2.80 W55 Veronica Gould 9.00 M45 Gary Rawson 5.17 Wini Pepene 7.34 M55 Ross McBeth 4.48 M60 Barbar	M65 Stewart Foster 1.02.3	37 Katy Tapling	10.30
Wellington Masters 55.98 W65 Judy Hammond 14.30 Migh Jump M35 John Turner* 1.61 Rod Plimmer 1.50 M40 Mark Mactarlane 1.58 Weight Throw 15.49 M45 Gary Rawson 1.45 Weight Throw 12.39 M55 Jan Blyth 1.35 M55 Jos Pols 11.48 M70 Jim Blair 1.15 M60 Bo Cox* 14.38 M70 Jim Blair 1.15 M70 Richard Harris* 9.02 W45 Melanie Watson 6.96 W50 Heather Ward 8.57 Pole Vault M40 Mark Mactarlane 2.80 W55 Veronica Gould 9.00 M55 Jos Pols 2.20 M75 Wallace Opperman 1.40 Katy Tapling 6.35 M56 Bory Rawson 5.17 W60 Barbara Austin* 11.51 W75 Co		W60 Barbara Austin	
M35 John Turner * Rod Plimmer 1.61 Rod Plimmer Colleena Blair 15.49 Weight Throw M40 Mark Mactarlane 1.58 M50 Joe Bradley * 12.39 M55 Jos Pols 11.48 M55 Jos Pols 11.48 M55 Jos Pols 11.48 M55 Jos Pols 11.48 M60 Bo Cox * 14.38 M65 Bor Cox * 14.38 M60 Bor Cox * 14.40 Mark Mactarlane * 15.40 M60 Bor Cox * 18.35 M	Wellington Masters 55.	98 W65 Judy Hammond	14.30
M40 Mark Macfarlane	M35 John Turner * 1.0	61 Colleena Blair	
Mean	Rod Plimmer 1.	50 Weight Throw	10.00
Mean	M45 Gary Rawson 1.	45 M55 Jos Pols	11.48
Delivation			
Delivation	Jos Pols 1.	35 Mike Burkinshaw	4.91
Delivation	M80 Bill Nicholson 0.	85 W45 Melanie Watson	6.96
M40 Mark Mactarlane 2.80 M45 Gary Rawson 2.80 M55 Jos Pols 2.20 M75 Wallace Opperman Long Jump 1.40 M35 Rod Plimmer John Turner 4.89 M40 Mark Mactarlane 5.37 M45 Gary Rawson Schwin Walson 5.44 M55 Ross McBeth 4.48 M70 Tony Tolhurst 3.58 M80 Bill Nicholson 2.42 W55 Veronica Gould 3.83 W65 Judy Hammond 2.78 Frances Bayler 2.52 W75 Colleena Blair 9.33 M45 Gary Rawson 2172 M45 Rayson 1540 Weight Pentathlon M45 Laurence Voight M85 Judy Hammond 2.78 Frances Bayler 2.52 W75 Colleena Blair 1835 Frances Bayler 2.52 W75 Colleena Blair 10.67 Frances Rayler 2.52 W75 Colleena Blair 10.67 W65 Jayr Rawson 1756 M70 Rora Wason 10.67 M5 Gary Rawson			8.57
M55 Jos Pols 2.20 M75 Wallace Opperman 1.40 Long Jump W60 Barbara Austin * 11.51 M35 Rod Plimmer John Turner 4.89 M40 Mark Macfarlane 5.37 M45 Gary Rawson 5.19 Kevin Watson 3.44 M55 Ross McBeth 4.48 M70 Tony Tolhurst 3.58 M80 Bill Nicholson 2.42 W55 Veronica Gould 3.83 W65 Judy Hammond 2.78 Frances Bayler 2.52 W75 Colleena Blair 2.60 Triple Jump 10.38 M35 John Turner 10.38 M40 Mark Macfarlane 2.74 W65 Barbara Austin * 2.184 M40 Mark Macfarlane 2.172 M80 Bill Nicholson 1540 Weight Pentathlon M45 Laurence Voight 1835 Gary Rawson 1356 M55 Jos Pols 2060 M60 Bo Cox 2554 Keith Bade 1756 M70 Richard Harris 2174 <td< td=""><td>M40 Mark Macfarlane 2.</td><td>80 Katy Tapling</td><td></td></td<>	M40 Mark Macfarlane 2.	80 Katy Tapling	
M75 Wallace Opperman Long Jump 1.40 W60 Barbara Austin * 11.51 M35 Rod Plimmer John Turner 4.89 Wini Pepene 7.34 M40 Mark Mactarlane Kevin Watson 5.97 M45 Gary Rawson 2172 M55 Ross McBeth 4.48 4.48 M55 Ross McBeth 4.48 Weight Pentathlon M45 Laurence Voight Gary Rawson 1356 1835 M80 Bill Nicholson 2.42 W55 Veronica Gould 3.83 W65 Judy Hammond 2.78 M55 Jos Pols 2060 W75 Colleena Blair 7.40 3.58 M55 Jos Pols 2060 W65 Judy Hammond 5.74 3.83 M55 Jos Pols 2060 W75 Colleena Blair 7.40 3.64 M80 Bill Nicholson 1540 Weight Pentathlon M45 Laurence Voight Gary Rawson 1356 M55 Jos Pols 2060 M55 Jos Pols 2060 M60 Bo Cox 2554 Keith Bade 1756 1756 M70 Richard Harris 2174 Jim Blair 1889 W35 Kathryn Fraser W504 W50 Heather Ward 2475 Katy Tapling 1531 Jenny Hastie 1521 M70 Toroy Tolhurst 7.15 W55 Jill Evans 3124	M45 Gary Rawson 2.	80 W55 Veronica Gould	
M35 Rod Plimmer John Turner 5.07 4.89 M40 Mark Macfarlane 5.37 M45 Gary Rawson 5.37 M45 Gary Rawson M40 Mark Macfarlane 2184 M40 Mark Macfarlane M55 Ross McBeth 4.48 M55 Ross McBeth 4.48 M55 Ross McBeth 4.48 M55 Gary Rawson Weight Pentathlon M80 Bill Nicholson 2.42 W55 Veronica Gould 3.83 M65 Judy Hammond 2.78 Frances Bayler M55 Jos Pols 2060 M60 Bo Cox 2554 Keith Bade 1756 M70 Richard Harris 2174 Jim Blair 1889 M70 Richard Harris 2174 Jim Blair 1889 M55 Kathryn Fraser 1604 W50 Heather Ward 2475 Katy Tapling 1531 Jenny Hastie 1521 M55 Jill Evans 3124	M75 Wallace Opperman 1.	40 W60 Barbara Austin *	11.51
Dokument			
M45 Gary Rawson 5.19 M45 Gary Rawson 2172 Kevin Watson 3.44 M80 Bill Nicholson 1540 M55 Ross McBeth 4.48 Weight Pentathlon M70 Tony Tolhurst 3.58 Weight Pentathlon M80 Bill Nicholson 1356 M85 Veronica Gould 3.83 M55 Jos Pols 2060 W65 Judy Hammond 2.78 M55 Jos Pols 2060 Frances Bayler 2.52 Keith Bade 1756 W75 Colleena Blair 2.60 M70 Richard Harris 2174 Jim Blair 1889 M35 John Turner 10.38 W35 Kathryn Fraser 1604 W50 Heather Ward 2475 Katy Tapling 1531 M55 Ross McBeth 9.47 W55 Jill Evans 3124	John Turner 4.	89 Pentathlon	PERMIT I
Kevin Watson 3.44 M80 Bill Nicholson 1540 M55 Ross McBeth 4.48 Weight Pentathlon M70 Tony Tolhurst 3.58 M80 Bill Nicholson 1835 M80 Bill Nicholson 2.42 M55 Jos Pols 2060 W55 Veronica Gould 3.83 M55 Jos Pols 2060 M60 Bo Cox 2554 Keith Bade 1756 Frances Bayler 2.60 Keith Bade 1756 W75 Colleena Blair 2.60 M70 Richard Harris 2174 Jim Blair 1889 M35 John Turner 10.38 M35 Kathryn Fraser 1604 M40 Mark Macfarlane 10.67 M50 Heather Ward 2475 Katy Tapling 1531 Jenny Hastie 1521 M70 Toron Tolhurst 7.15 W55 Jill Evans 3124	M45 Gary Rawson 5.	19 M45 Gary Rawson	2172
M70 Tony Tolhurst 3.58 M45 Laurence Voight 1835 M80 Bill Nicholson 2.42 Gary Rawson 1356 W55 Veronica Gould 3.83 M55 Jos Pols 2060 W65 Judy Hammond 2.78 M60 Bo Cox 2554 Frances Bayler 2.52 Keith Bade 1756 W75 Colleena Blair 2.60 M70 Richard Harris 2174 Triple Jump Jim Blair 1889 M40 Mark Macfarlane 10.67 W50 Heather Ward 2475 M45 Laurence Voight 1835 Gary Rawson 1356 M57 Colleena Blair 2.60 M60 Bo Cox 2554 Keith Bade 1756 M70 Richard Harris 2174 Jim Blair W35 Kathryn Fraser 1604 W50 Heather Ward 2475 Katy Tapling 1531 Jenny Hastie 1521 W55 Jill Evans 3124	Kevin Watson 3.	44 M80 Bill Nicholson	
W55 Veronica Gould 3.83 M55 Jos Pols 2060 W65 Judy Hammond 2.78 M60 Bo Cox 2554 Frances Bayler 2.52 Keith Bade 1756 W75 Colleena Blair 2.60 M70 Richard Harris 2174 Triple Jump Jim Blair 1889 M35 John Turner 10.67 W35 Kathryn Fraser 1604 W40 Mark Macfarlane 10.59 Katy Tapling 1531 M55 Ross McBeth 9.47 Jenny Hastie 1521 M70 Torov Tolhurst 7.15 W55 Jill Evans 3124	M70 Tony Tolhurst 3.	58 M45 Laurence Voight	
W65 Judy Hammond 2.78 M60 Bo Cox 2554 Frances Bayler 2.52 Keith Bade 1756 W75 Colleena Blair 2.60 M70 Richard Harris 2174 Jim Blair 1889 M35 John Turner 10.38 W35 Kathryn Fraser 1604 M40 Mark Macfarlane 10.67 W50 Heather Ward 2475 M45 Gary Rawson 10.59 Katy Tapling 1531 M55 Ross McBeth 9.47 Jenny Hastie 1521 M70 Tony Tolhurst 7.15 W55 Jill Evans 3124	M80 Bill Nicholson 2.	42 Gary Rawson 83 M55 Jos Pols	
W75 Colleena Blair 2.60 M70 Richard Harris 2174 Triple Jump 1889 1889 M35 John Turner 10.38 W35 Kathryn Fraser 1604 M40 Mark Macfarlane 10.67 W50 Heather Ward 2475 M45 Gary Rawson 10.59 Katy Tapling 1531 M55 Ross McBeth 9.47 Jenny Hastie 1521 M70 Tony Tolhurst 7.15 W55 Jill Evans 3124		78 M60 Bo Cox	2554
Triple Jump Jim Blair 1889 M35 John Turner 10.38 W35 Kathryn Fraser 1604 W35 Kathryn Fraser 1604 W50 Heather Ward 2475 W50 Heather Ward 2475 Katy Tapling 1531 W55 Jim Blair 1889 W35 Kathryn Fraser 1604 W50 Heather Ward 2475 W50 Heather Ward 1521 W55 Jim Blair 1889 W35 Kathryn Fraser 1604 W55 Heather Ward 1604 W50 Heather	W75 Colleena Blair 2	60 M70 Richard Harris	
M40 Mark Macfarlane 10.67 W50 Heather Ward 2475 M45 Gary Rawson 10.59 Katy Tapling 1531 M55 Ross McBeth 9.47 Jenny Hastie 1521 M70 Tony Tohurst 7.15 W55 Jill Evans 3124	Triple Jump	Jim Blair	1889
M45 Gary Rawson 10.59 Katy Tapling 1531 M55 Ross McBeth 9.47 Jenny Hastie 1521 M70 Tony Tolhurst 7.15 W55 Jill Evans 3124		67 W55 Kathryn Fraser W50 Heather Ward	2475
M70 Tony Tolhurst 7.15 W55 Jill Evans 3124	M45 Gary Rawson 10.	59 Katy Tapling	1531
WAE Molania Watson E 99 I WEO Barbara Austin 1 9400	M70 Tony Tolhurst 7.	15 W55 Jill Evans	3124
VV45 Melanie VValson 5.00 VV00 barbara Austin 3422	W45 Melanie Watson 5.		3422

	Natio	nal M	asters No
75	Wini Pepene *	3580 3328	Jon M Elliott
000	Colleena Blair	5.28.92	David Craig
	Eric Kemsley 15	5.02.16	Brian
55	Peter Baillie 15	5.29.87	Steve Stephe
	David Barrett 18	8.26.25 9.02.18	M50 Tom F
40	Vanessa Lowl 17	7.13.57	Steve Mark
45		7.20.75 1.43.65	James
55		3.59.89 5.46.27	Emil M Rich B
65		1.21.64	Dave Tomm
OK	Road Walk		Mark John
55	Eric Kemsley Peter Baillie	54.08 55.56	Stan (
	Mike Burkinshaw 1	1.07.02	Matth Gerar
		1.02.53	Terry Craig
55	Margaret Bray	1.25.45	Barry Paul (
05	and the same of th	1.14.36	Rober
d	LONG		Larry Jimm
	DISTANCE	E	Thom Jim H
١	RUNNING	7	Tim M Ron E
			Lee Z Hank
	NATIONAL		John
ati	ional Club XC Ch inships (M10K/W	namp- (6K)	Brian Nabo
	chester, NY; No		M55 Terry
40	Peter Magill	32:46	Roger Reid I
	Scott Bagley Michael Payson	32:46 32:51	David
	Brian Pope Kevin Kelly	32:53 32:59	Tom I Rober
	Andrew Ames	33:05	Thom Jim M
	John Carroll Chester County	33:29	Richa
	Dan Franek Lance Denning	33:35 33:36	David Patric
	Andy Diconti Pete Bottomley	33:54 34:07	Walt I Samu
	Timothy Ensign	34:18	Bruce Roger
	Scott Anderson Michael Platt	34:21 34:25	Larry David
	Norman Bouthillier Brian Spangenberg	34:38 34:40	Micha
	Peter Hegelbach Carl Johnston	34:40 34:45	Paul I Larry
	Jim Quadros John O'Hearn	34:52 34:53	M60 Terry Rich
	Angel Roman	34:56	Milton Paul
	Alan Evans Cliff Lentz	35:00 35:04	Willia Doug
	Jeff Terry Andrew Atkeson	35:06 35:10	Don E
	Lance Winders David Watkins	35:12 35:13	Arthu Herbe
	David Matherne Scott King	35:20 35:21	Jerry John
	Tim Wallen	35:23	Peter Thom
	Gary Griffin Richard Grimm	35:26 35:28	Peter
	Richard Dissly Erik Grimm	35:28 35:31	Jeffre Willian
	lain Mickle Dan Mancini	35:38 35:38	Bobby John
	Bruce Davie	35:39	David Thom
1	Jeffrey Nelson Scott Williams John Tuttle	35:47 35:55	M65 Bill Bo Jon B
45	John Tuttle David O'Keeffe	32:49 32:57	Jerry M70 Ray P
	Douglas Martyn Thomas Dalton	33:32 34:04	Donal
	Greg Caulle Paul Hammond	34:29	Othma Ted S
	Charles Shields	34:49 35:03	M75 Richa Roger
	Michael Slavin Kenneth Botting	35:31 35:35	W40 Karen
	Bob Nugent Charlie Andrews	35:51 36:02	Sarah Rebe
	Timothy Dolen Eric Putnam	36:37 36:49	Miche Miche
	Chris Spinney	36:59	Sheri Linda
	Randy Sightler Robert Whetten	37:00 37:01	Beth /
	Mac Allen James Waldron	37:03 37:04	Gail C Sandr
	Tim Dwyer Gary Moore	37:20 37:29	Christ Deboi
	Gary Radford	37:42	Jeane Patric
	Christopher Burke Dennis Moriarty	37:48 37:57	Sherri
	S Mark Courtney David Walch	38:33	Deb F Lucino
	Don Seitz Richard Makin	38:52 39:00	Patric R Nor
	James Roche	39:05	Susie W45 Carme
	Paul Ashbarry Dennis Vankerkhov	39:33 e39:55	Regin
	Timothy Riccardi Michael Cudlip	40:12 40:15	Kelly Donna
			Angel

		D-Lists Flanings	26:07
Jon McCullough	40:24	Patricia Flanigan Jane Wright	26:20
Elliott Drumright David Miller	40:29	Susan Rowley	26:26
Craig McGowan,	40:59	Ruth Yanai	26:42
Brian Gaus	41:03	Marilyn Zygo	26:49
Steve Ketchum	41:34	Suzanne Sarto	27:54 27:57
Stephen Starkweather	41:42	Susan Devlin Laura Clark-Taylor	27:59
Paul Organ Tom Ryan	35:23	Cindy Samok	28:12
Steven Calidonna	35:25	Linda Glowacki	28:20
Mark Billett	35:35	Maryanne Hinkes	28:42
James Robinson	35:47	Marie White	28:53
Emil Magallanes	36:02	Joannie Essler	29:52
Rich Burns	36:11	Mickey Piscitelli Michele Dobson	29:54 30:38
Dave Clingan	36:17		25:26
Tommy Smith Mark Rybinski	36:35 36:38	Patricia Ford	26:23
John Wellerding	36:53	Karen Cossaboon-Holm	
Stan Clark	36:54	Sharon Moore	28:21
Matthew Yeo	36:56	Jeanne Herrick	28:41
Gerard Irving	37:34	Beth Scott	29:08
Terry Stanley	37:38	Anne Procopio	32:03 25:59
Craig Holm	37:46	W55 Carolyn Smith-Hanna W60 Mary Shaver	29:32
Barry Ross Paul Cook	37:50 38:06	Carolyn Kriesen	31:52
Robert Kessler	38:16	W65 Carrie Parsi	29:30
Larry Litscher	38:32	Dorothy Little	31:19
Jimmy Brigance,	38:37	Lenis Tucker	31:38
Thomas Wheeler	38:39	Lois Hotchkiss	33:51
Jim Howard	38:43	Patricia Scheiber W70 Mary Harada	36:48
Tim McMullen Ron Blackmore	38:50	Elizabeth Szawlowski	
Lee Zelkowitz	39:07	Edna Hyer	43:38
Hank Lawson	39:12	10K Team Scores	
John Tarkowski	39:13	M40-49	
Brian Dodge	39:15	Team Runners High	64
Nabor Gomez	39:21	(Magill/Olds/Diconti/	
Larry Legrand Terry McCluskey	39:23 37:32	Spangenberg/Roman) Genesee Valley	68
Roger Price	38:45	(Bagley/O'Keeffe/Platt/	00
Reid Harter	39:35	Johnston/Evans)	
David Peterson	40:28	Whirlaway R T	87
Tom Derderian	40:59	(Martyn/Anderson/Bout-	
Robert Kulwicki	41:32	hillier/Hammond/Quadros	
Thomas Lamme	41:42	Dirigo R C	100
Jim May	41:49	Boulder R R	106
Richard Perry David Blake	42:18	Chester County Chattanooga T C	131 146
Patrick Riccardi	42:40	New Bal, Excelsion	181
Walt Hitt	42:49	Genesee Valley B	267
Samuel Benedict	43:06	West Penn T C	298
Bruce Watson	43:11	Front Line R T	304
Roger Howe	43:24	Checkers A C	312
Larry Zygo	43:37	Team Jock Stop	349
David Bowser Michael Reif	43:52	F F Sports - Y J Syracuse T C	364
Paul Duttge	44:20	Grtr Rochester	433
Larry Eastman	45:51	M50-59	
Terry Delph	38:17	Derby City A C	50
Rich Myers	39:17	(Smith/Wellerding/Clark/	
Milton Schumacher	40:55	Ross/Brigance)	-
Paul Jensen William Hagman	41:00	Team Runners High (Burns/Clingan/Cook/	54
Douglas Brown	42:02	Kessler/Wheele)	
Don Brown	42:27	Genesee Valley	72
Arthur Roberts	43:29	(Robinson/Rybinski/Mc-	
Herbert Engman	43:51	Mullen/Blackmore/Dodge	
Jerry Smith	44:27	Asics Aggie R C	81
John Nowatkowski Peter Szawlowski	44:53 45:46	Checkers A C West Penn T C	125 153
Thomas Montemagn			172
Peter Leonard	47:18	Grtr Springfield Genesee Valley B	232
Jeffrey Martin	47:34	Syracuse T C	261
William Delph	47:43	Grtr Rochester	268
Bobby Miller	48:51	M60-69	
John Blanchard	48:52	Raritan Valley	12
David Sek Thomas Carr	49:03	(Myers/Hagman/Brown) Moose M & M's	15
Bill Borla	40:21	(Borla/Schumacher/	13
Jon Bixler	47:01	Szawlowski)	
Jerry Levasseur	50:50	Grtr Springfield	22
Ray Parrella	45:42	(Jensen/Roberts/Monte-	
Donald Gill	53:05	magni)	
Othmar Freyler Ted Sullivan	55:24	Fleet Feet /Brooks	36
Richard Sullivan	58:48 55:24	(Parrella//Delph/Miller) Grtr Rochester	48
Roger Whalley	60:51	(Leonard/Blanchard/Perry	
Karen Steen	22:54	Genesee Valley	53
Sarah Krakoff	22:57	(Sek/Carr/Volk)	
Rebecca Heuer	23:20	M70+	
Michelle Rohl	23:44	Belle Watling	6
Michelle Neal Sheri Wright	23:59 24:25	(R.Sullivan/T.Sullivan/ Whalley)	
Linda Grossman	24:25	Whalley)	
Beth Anne Deciantis		6K Team Scores	
Gail Geiger	25:33	W40-49	
Sandra Gregorich	25:36	Club Northwest	- 11
Christina Ashby	25:42	(Joyce/Steen/Neal)	The same
Deborah Conley	25:55	Genesee Valley	26
Jeaney Garcia Patricia Pirnie	26:13	(Heuer/Grossman/	
Sherrie Felton	26:15	Deciantis) F F / Boulder: R W	20
Deb Hilton	26:44	(Krakoff/Wright/Conley)	28
Lucinda Rettke	27:08	Rogue Running A	37
Patricia Warth	27:44	Genesee Valley B	64
R Noreen Verdoliva		Wisconsin T C	73
Susie Riccardi Carmen Ayala-Troncoso	28:28	Checkers A C	79
Regina Joyce	22:45	Genesee Valley C Syracuse Chargers	83
Kelly Kruell	24:09	Grtr Rochester	86 95
Donna Moore	24:19	Syracuse T C	97
Angela French	25:24	Rogue Running B	104

January 20	006
W50-59 Genesee Valley (Smith-Hanna/Ford/	6
Cossaboon-Holm) Genesee Valley B (Moore/Herrick/Scott) W60-69	15
Genesee Valley	10
(Shaver/Kriesen/Hotchkiss) Liberty A C (Parsi/Harada/Szawlowski)	11
EAST	
USATF-NE Masters 8K Championships, Bost Nov. 2	
Mike Payson DRC 2 Dan Franek DRC 2 ScottLundquist CAM 2	5:32 5:46 6:40 6:42 6:45
M45 Doug Martin WRT John Waldron CAM Robert Collins BAA Ken Botting DRC 2	6:55 7:15 7:34 8:15 8:22

M40 Eric Morse CMS 25:33	2
Mike Payson DRC 25:4	6
Dan Franck DRC 26:44	0
ScottLundquist CAM 26:43	2
Kei Tumbleton HRC 26:4	_
M45 Doug Martin WRT 26:5	
John Waldron CAM 27:15	
Robert Collins BAA 27:34	
Ken Botting DRC 28:15	
PaulCorcoran HFC 28:22	
	_
M50 StevCalidonna TRR 27:44	•
KenLeinbach BAA 27:43	
Tom Ryan DRC 27:5	•
Phil Riley GLR 29:33	
M55 WayneAlukonis una 31:20	
Rich Puckerin BTC 32:01	
TomDerderian BTC 32:04	•
Henry Finch CAM 33:50	
M60 Ron Kita MMM 31:37	
MiltSchumach MMM 31:45	
Paul Jensen GSH 31:46	
M65 Bill Borla MMM 31:03	
Bill Spencer MMM 35:09	
Jerry Levasse MMM 38:17	
Teams	
M40 Dirigo RC 32	
Taconic RR 68	
Cambridge Sports Un 75	
Greater Lowell RR 82	
Greater Springfield Ha142	
HFC Striders 155	
Moose Milers & Mara 172	
Green Mountain AA 178	g
M50 Greater Springfield Ha 25	
Moose Milers & Mara 32	
M60 Moose Milers & Mara 6	
Greater Springfield Ha 15	

Gazette Stockade-athon

Nov. 13 Overall Kevin Collins 34
Kevin Collins 34 47:22 Jessica Manzer 23 56:19 M40 David Hettrich 56:31 Thomas Kracker 57:02 David Putney 57:54 Chuck Racey 58:09 M45 John Noonan 55:09 Mark Warner 55:48 Jim Maney 57:11 John Parisella 58:29 Rocco Serafini 59:11 M50 John Crawford 57:48 Dennis Fillmore 57:48 Mike Kodya 57:54 Robert Colborn 58:50 Tony Maddaloni 59:21 M55 Tim Haley 57:36 Patrick Glover 58:53 Phil Jessen 1:00:25 Rick Morse 1:04:40 Juergen Reher 1:06:30 M60 John Camelio 58:01 David Hayes 1:07:20 Dan French 1:09:06 Carlos Cuprill 1:11:14 M65 Bill Borla 1:00:25 Bob Husted 1:12:33 Charles Bishop <t< th=""></t<>
Jessica Manzer 23 M40 David Hettrich Thomas Kracker David Putney Chuck Racey Ed Menis M45 John Noonan Mark Warner Jim Maney John Parisella Rocco Serafini M50 John Crawford Dennis Fillmore Mike Kodya Robert Colborn Tony Maddaloni M55 Tim Haley Juergen Reher Mike Morse Juergen Reher M60 John Camelio David Hayes Dan French Carlos Cuprill M65 Bill Borla Jim Moore Bob Husted Charles Bishop 157:54 1:00:25 1:0
M40 David Hettrich Thomas Kracker 56:31 Thomas Kracker 57:02 David Putney 57:54 Chuck Racey 58:05 Ed Menis 58:09 M45 John Noonan 55:09 Mark Warner 55:48 Jim Maney 57:11 John Parisella 58:29 Rocco Seratini 59:10 M50 John Crawford 57:40 Dennis Fillmore 57:40 Mike Kodya 57:54 Robert Colborn 58:50 Tony Maddaloni 59:21 M55 Tim Haley 57:36 Patrick Glover 58:53 Phil Jessen 1:00:25 Rick Morse 1:04:40 Juergen Reher 1:06:30 M60 John Camelio 58:01 David Hayes 1:07:20 Dan French 1:09:56 Carlos Cuprill 1:11:14 M65 Bill Borla 58:03 Jim Moore 1:10:05 Bob Husted 1:24:05 Charles Bishop <td< td=""></td<>
Thomas Kracker David Putney Chuck Racey Ed Menis M45 John Noonan Mark Warner John Parisella Rocco Serafini M50 John Crawford Dennis Fillmore Mike Kodya Robert Colborn Tony Maddaloni M55 Tim Haley Patrick Glover Phil Jessen Phil Jessen Rick Morse Juergen Reher M60 John Camelio David Hayes Dan French Carlos Cuprill M65 Bill Borla Jim Moore Bob Husted Chuck Racey S8.03 S7.54 S9.21 S8.53 S9.21 S8.53 S9.21 S8.53 S8.01 S8.01 S8.01 S8.03 Jim Moore Bob Husted 1:233 Charles Bishop 1:24:05
David Putney Chuck Racey Ed Menis 57:54 58:05 58:09 Ed Menis 58:09 M45 John Noonan Mark Warner 55:48 Jim Maney 57:41 58:29 John Parisella Rocco Serafini 59:10 M50 John Crawford Dennis Fillmore 57:48 Mike Kodya 57:48 67:48 Mike Kodya Robert Colborn Tony Maddaloni 59:21 59:21 M55 Tim Haley 57:36 59:21 67:36 79:
Chuck Raceý Ed Menis St.09 M45 John Noonan Mark Warner John Parisella Rocco Serafini M50 John Crawford Dennis Fillmore Mike Kodya Robert Colborn Tony Maddaloni M55 Tim Haley Patrick Glover Phil Jessen Phil Jessen Rick Morse Juergen Reher M60 John Camelio David Hayes Dan French Carlos Cuprill M65 Bill Borla Jim Moore Bob Husted Charles Bishop St.04 St.01 St.01 St.01 St.01 St.02 St.03 St.0
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Rocco Serafini 59:10
M50 John Crawford Dennis Fillmore Mike Kodya Robert Colborn Tony Maddaloni M55 Tim Haley Patrick Glover Rick Morse Juergen Reher Juergen Reher David Hayes Dan French Carlos Cuprill M65 Bill Borla Jim Moore Bob Husted Charles Bishop 157:40 57:40 57:40 57:40 57:40 57:40 57:40 57:40 57:40 57:40 57:40 57:40 57:40 57:40 58:53 59:54 5
Dennis Fillmore 57:48 Mike Kodya 57:54 Robert Colborn 58:50 Tony Maddaloni 59:21 M55 Tim Haley 57:36 Patrick Glover 58:53 Phil Jessen 1:00:25 Rick Morse 1:04:40 Juergen Reher 1:06:30 M60 John Camelio 58:01 David Hayes 1:07:20 Dan French 1:09:06 Carlos Cuprill 1:11:14 M65 Bill Borla 58:03 Jim Moore 1:10:05 Bob Husted 1:24:05 Charles Bishop 1:24:05
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Robert Colborn 58:50 Tony Maddaloni 59:21 M55 Tim Haley 57:36 Patrick Glover 58:53 Phil Jessen 1:00:25 Rick Morse 1:06:30 M60 John Camelio David Hayes 1:07:20 Dan French 1:09:06 Carlos Cuprill 1:11:14 M65 Bill Borla Jim Moore Bob Husted 1:2:33 Charles Bishop 1:24:05
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Patrick Glover 58:53 Phil Jessen 1:00:25 Rick Morse 1:04:40 Juergen Reher 1:06:30 M60 John Camelio 58:01 David Hayes 1:07:20 Dan French 1:09:06 Carlos Cuprill 1:11:14 M65 Bill Borla 58:03 Jim Moore 1:10:05 Bob Husted 1:12:33 Charles Bishop 1:24:05
Phil Jessen 1:00:25 Rick Morse 1:04:40 Juergen Reher 58:01 David Hayes 1:07:20 Dan French 1:09:06 Carlos Cuprill 1:11:14 M65 Bill Borla 58:03 Jim Moore 1:10:05 Bob Husted 1:2:33 Charles Bishop 1:24:05
Phil Jessen 1:00:25 Rick Morse 1:04:40 Juergen Reher 58:01 David Hayes 1:07:20 Dan French 1:09:06 Carlos Cuprill 1:11:14 M65 Bill Borla 58:03 Jim Moore 1:10:05 Bob Husted 1:2:33 Charles Bishop 1:24:05
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Jim Moore 1:10:05 Bob Husted 1:12:33 Charles Bishop 1:24:05
Bob Husted 1:12:33 Charles Bishop 1:24:05
Charles Bishop 1:24:05
Wade Stockman 1:13:57
Leonard Guere 1:25:55
Chuck Hyson 1:28:16
M75 Ed Doucette 1:28:02
Hart Anway 1:28:47
W40 Anne Benson 1:01:22
Karen Mohr 1:01:58
Mary Buck 1:04:54
Nancy Nicholson 1:05:16
W45 Nancy Taormina 1:03:16
Kathleen Newton 1:03:43
Beth Stalker 1:04:57
C Hartung 1:05:26
W50 Martha Degrazia 1:09:31
Judy Phelps 1:10:53
Susan Burns 1:12:26
Cathy Sliwinski 1:12:47
W55 Laney Lutzker 1:16:18
M Collins Finn 1:18:08
Kathleen Collins 1:19:08
1.19.08

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Cecily Dexter W60 K Briar-Law Linda Stow Susan Fassett Susan Fassett Linda Keeley W65 Sally Rusby Betty Langevin Eiko Bogue W70 Anny Stockn Joan Corrigan W75 D Schlamow

January 200

LITF 8K Cham Elite Sports M Ronkonkoma,

Overall
Michael Scott
Kathy Martin W50
W40 Michelle LaB
Carolyn Dom
Jennifer Elsh
M40 James Murra M40 James Murra Martin Knapp Chris Paolillo W45 Kim Solomir JoAnn Santo Evelyn Kenig M45 Ed Reagan Paul Bonann John McGorn W50 Kathy Martin Linda Ottaual Jane McGray Jane McGrav M50 Kevin Carroll Ted Truett John Daly W55 Elizabeth Per Christine Brai Sherry Bellov M55 Peter Martin Larry Eastma Larry Eastmai Glenn Morse W60 Betty Horstma Hilory Bouche Sarah Pettina M60 Patrick Keena Joseph Lazza Michael Servic W65 Daisy Mendez M65 Joe Cordero Jose Mendes Mel Cowgill W70 Alexandra Fin M70 Richard Murp Geza Feld

M75 Bert Jablon Odd Sangesla M80 George Dennis Masters Racewalk W40 Pat Motschwill M40 Jim McGrath NYRR Cross-0 Championsh Van Cortlandt P Nov. 13

Geza Feld Carlos Morale

Overall
Atilla Sabahoglu 27
Nicole Blood 17
M40 Michael Trunk
M45 Chuck Shields
M50 Paul Mascali
M55 Joseph Porcari
M60 Edward Lynch
M65 Sidney Howard
M70 Eric Seiff
M80 Sab Koide M70 Eric Seiff M80 Sab Kolde W40 Alyson Llerandi W45 Jane Lundy W50 Regina Cahill W55 Judith Tripp W60 M-L Michelsohr W65 Rillia Moten W65 Billie Moten

JFK 50 M Hagerstown, MD

Oyerall
Howard Nippert 40
Anne Lundblad 39
M40 Howard Nipper
S England-Arbi
John Anderson
M50 Tim Hewitt
Christopher Gib
Les Michalak
M60 Frank Brobst
Ed Ayres
Jim Becker
M70 Leon Bierbowe M70 Leon Bierbowe Ojars Stikis Nova Demone W40 Connie Gardne Ann Heaslett Kim Martin W50 Carole Smith

Janet Bodle Margaret Sher

W60 Sally Squier

Cecily Dexter	1:19:21
W60 K Briar-Lawson	1:44:16
Linda Stow	1:50:21
Susan Fassett	1:52:23
Linda Keeley	1:52:45
W65 Sally Rusby	1:43:11
Betty Langevine	1:45:25
Eiko Bogue	1:53:12
W70 Anny Stockman	1:24:11
Joan Corrigan	1:51:13
W75 D Schlamowitz	1:48:44
LITF 8K Champion	nships/

Elite Sports Medicine 8K Ronkonkoma, NY; Nov. 13

	and their
Overall	
Michael Scott	26:46
Kathy Martin W50	31:13
W40 Michelle LaBiento	34:28
Carolyn Domstaude	34.20
Carolyn Domstaude	20.40
Jennifer Elshizly	36:18
M40 James Murray	28:12
Martin Knapp	28:34
Chris Paolillo	29:58
W45 Kim Solomine	36:53
JoAnn Santorelli	37:03
Evelyn Kenigsberg	37:48
M45 Ed Reagan	29:47
Paul Bonanni	31:42
John McGorry	32:41
W50 Kathy Martin	31:13
Linda Ottauano	35:35
Jane McGraw	37:53
M50 Kevin Carroll	29:05
Ted Truett	29:37
John Daly	30:52
W55 Elizabeth Penagos	42:21
Christine Brakel	42:38
Sherry Bellovin	46:37
M55 Peter Martin	33:54
Larry Eastman	34:51
Glenn Morse	34:57
W60 Betty Horstmann	37:26
Hilory Boucher	40:03
Sarah Pettinato	43:06
	34:34
M60 Patrick Keenan	
Joseph Lazzaro	36:43
Michael Service	36:57
W65 Daisy Mendez	63:09
M65 Joe Cordero	35:23
Jose Mendes	36:17
Mel Cowgill	37:41
W70 Alexandra Finger	51:53
M70 Richard Murphy	37:51
Geza Feld	41:57
Carlos Morales	47:35
M75 Bert Jablon	44:36
Odd Sangesland	48:52
M80 George Dennis	60:57
Masters Racewalkers	4
W40 Pat Motschwiller	50:48
M40 Jim McGrath	53:34

NYRR Cross-Country Championships 5K Van Cortlandt Park, NYC Nov. 13

Overall	10.04
Atilla Sabahoglu 27	16:04
Nicole Blood 17	18:11
M40 Michael Trunkes	17:16
M45 Chuck Shields	17:27
M50 Paul Mascali	18:16
M55 Joseph Porcaro	19:12
M60 Edward Lynch	22:26
M65 Sidney Howard	22:46
M70 Eric Seiff	25:07
M80 Sab Koide	34:14
W40 Alyson Llerandi	21:14
W45 Jane Lundy	21:07
W50 Regina Cahill	24:13
W55 Judith Tripp	26:12
W60 M-L Michelsohn	22:56
W65 Billie Moten	34:37

JFK 50 Mile

Hagerstown, MD;	Nov. 19
Overall	
Howard Nippert 40	5:51:28
Anne Lundblad 39	6:29:42
M40 Howard Nippert	5:51:28
S England-Arbon	n 6:36:48
John Anderson	6:40:54
M50 Tim Hewitt	6:51:28
Christopher Gibso	n 7:27:19
Les Michalak	7:51:33
M60 Frank Brobst	8:25:35
Ed Ayres	8:47:49
Jim Becker	9:07:31
M70 Leon Bierbower	10:59:06
Ojars Stikis	11:36:00
Nova Demoney	12:25:25
W40 Connie Gardner	7:20:12
Ann Heaslett	7:26:46
Kim Martin	8:04:56
W50 Carole Smith	10:27:24
Janet Bodle	10:40:46
Margaret Sherror	
W60 Sally Squier	11:45:21
voo Sally Squier	11.45.21

Thomas G. Lebrecque Classic 4-Mile Washington, DC; Nov. 20

18:50

Overall

Isaac Arusel 29

Tatiana Hladyr 30	24:07
M40 Jim Hage 47	22:05
Paul Legere 42	25:08
Vincent McDonald 46	
M50 Mike Hart 50	23:04
David Webster 52	23:59
Mick Slonaker 56	24:42
M60 Jordan Jay 60	29:50
Bill Sollers 67	30:38
Jim Verdier 63	
	31:60
M70 Michael Frankfurt 70	36:20
Philip Zenchoff 78	49:30
W40 Alisa Harvey 40	22:46
Rebecca Nathan 40	
Patricia Cuff 41	28:13
W50 Alice Franks 47	28:57
Renee West 50	29:47
Lynn Salvo 56	32:02
W60 Barbara Stark 62	35:35
	44:03
Angela Elkins 61	46:43
W70 Jacqueline O'Neil 74	46:18
Lillian Wolf 72 1	09:17
W80 Laura Simonson 86 1	
	-1-0

NYRR Race to Deliver 4-Mile Central Park NYC

wile, Central Park	, NTC
Nov. 20	
Overall	
Anthony Famiglietti 27	19:47
Julia Stamps 27	22:48
M40 Alfonso Polania	21:29
M45 Jerry Macari	22:08
M50 John Lombardi	24:50
M55 Edgar Sandoval	24:43
M60 David Pitches	27:13
M65 Edigio Bernardo	34:10
M70 George Hirsch	29:59
M75 Leo Schonhaut	40:29
M80 Sab Koide	43:10
M85 Doug Barrett	24:49
W40 Lilian Kroner	25:09
W45 L Branche	27:07
W50 Ann Hyman	30:54
W55 Lily Kosaka	32:49
W60 M-L Michelsohn	27:27
W65 Sandra Krystal	35:59
W70 Joan Rowland	49:10
W80 Edith Farias	1:08:01
W85 Ann Driver	1:43:26

Philadelphia Marathon Philadelphia, PA; Nov. 20

ı	Over	all		
J		ph Nderita	2:21:	
ı		Kroshus	2:43:	07
1		Louis Garnier	2:31:	
ı		Tom Gudas	2:39:	
ı		Alfonao Gonzalez	2:40:	
١		Piotr Karasiewicz	2:41:	
١	183	Steve Metraux	2:42:	
١	MAE		2:34:	
1		Bob Schwelm	2:41:	
ı		Alan Moore		
١		Greg Diamond	2:45:	
ı	12.	Jeffrey Painter	2:45:	
ı	-	Jon Flaherty	2:53:	
ı	M50	Peter Mathias	2:59:	
١	Marie Co.	Paul Moyse	3:01:	11
ı		Rick Engel	3:02:	24
ı	5.33	Duane Kennedy	3:06:	05
١	M55	Benoit Jadoul	3:01:	35
ı	200	Alain Moureaux	3:10:	
ı	1	Dave Hunter	3:11:	
ı	1000	Perry Francis	3:12:	
ı	MAGO	John Samsel	3:11:	
ı	IVIOO	Tom Jennings	3:29:	
ı	100		3:31:	
ı		Stephan Farrah		
ı	M65	Fulgen Anton	3:41:	
ı		Fred Bostrom	3:52:	
		Benito Vazquez	3:59:	
	M70-	Richard Williams	3:46:	
1		Richard Williams	3:39:	
ı	W40	Megan Burns	2:51:	
١	300	Stephanie Hodge	2:56:	
ı		Mary Lee Bolich	2:59:	
		Sharon Stubler	3:06:	33
ı	200	Patricia Dalconzo	3:09:	44
ı	W45	Lee Dipietro	2:54:	28
ı	and the same of	Christine Ganz	2:59:	
1	1 85	Christie Lammers	3:00:	
I	2.30	Maureen Burns	3:00:	
ı		Nancy Kleinrock	3:17:	
ı	WEO	Louise Voghel	3:13:	
ı	**30	Karen Provensher		
		Linda Jennings	3:17:	23
ı	1345		3:18:	
١		Marilyn Huot		
	W55	Udon Beidler	3:47:	
١	-	Eileen Portz	3:50:	
	1000	Jane Poole	3:56:	
	200	Mary Shea	4:06:	
	Wen	Ruth Liebowitz	4-26	30

Jane Poole Mary Shea W60 Ruth Liebowitz Sue Pappas Lynn Deluca

W65 Sandra Weber

4:26:39 4:49:38 4:56:54

69th Manchester Road Race 4.748 Miles Manchester, CT: Nov. 24

Manchester, CI; No	v. 24
Overall	
Nick Willis 22	21:50
Kim Smith 24	24:23
M40 Chris Chisholm 43	25:05
Chris Spinney 45 Mike Hebert 40	26:22
Mike Hebert 40	26:47
Jim Zoldy 43	27:05
Kevin McCusker 48 M50 Bob McCuckers 53	27:08
Tim Brown 52	27:33 29:49
Ed Drew 50	30:01
Ray Wise 50	30:20
Bill Bedard 53	30:35
M60 Robert Sutton 60	31:41
Lance Magnuson 61	31:55
Mark Turkington 56	
James Best 62	33:51
George Walker 62	34:47
M70 Robert Thorp 73	39:57
Willi Frederich 71	40:48
Joseph Riccio 71	41:08
Kenneth Beyer 70 M80+Bill Tribou 84	42:49 46:33
Ray Greene 80	67:43
W40 Karen Smyers 44	28:09
ZofiWieciorkowsk42	28:51
Cindy Pomeroy 44	29:34
Kris-Anne Kane 41	30:55
W50 Sharon Mendes 51	34:50
Barbara Deubel 54	35:00
Jill Ahern 50	36:18
Allison Laudati 54	37:38
W60 Lynette Walker 65	35:46
Linda Beizer 64	38:42
Nicki Hall 62 AnnmariDemonte65	42:49 44:38
W70 Ann Gillis 71	49:09
Jeanette Cyr 71	53:18
Joan Powers 71	58:15
W80 Betty Hutchinson 85	71:42

NYRR Knickerbocker 60K Central Park, NYC

Nov. 26	
Overall	
Michael Arnstein 28	4:34:28
Kristy Delacruz 31	5:13:26
M40 Jan Lustgarten	5:57:17
M45 Gary Allen	4:37:29
M50 Bob Oberkehr	5:32:08
M55 Miguel Deleon	5:39:05
M60 Paul Davis	7:34:25
M65 Roland Ratmeyer	7:18:20
W40 Gail Marino	5:49:15
W50 Rita Ferreira	7:26:15
W55 Sohyang Kim	7:28:54
W60 Ruth Liebowitz	6:57:33

Cow Chip 5K XC Trumbull, CT; Nov. 26

Overell	JV. 20
Overall Scott Larson, 35	17:24
	23:32
Teren Allison, 40	23:32
M40-49	00.40
Joe Skelly	20:13
Alan MacDougall	20:26
Robert Peattie	22:04
M50-59	
Bruce Goulait	24:09
Edd Gorecki	24:32
Charlie Redmond	24:48
M60-69	1
Watt White	27:54
Paul Couzelis	29:53
Jean Fogarty	33:13
M70+	
Boris Araonson	36:27
W40-49	
Elaine Romano	25:52
Catherine Sancho	27:08
Stacey Sullivan	27:29
W50-59	
Barbara Pearce	27:50
Susan Leslie	30:43
Mai Browne	33:58
W60+	
Monica Roche	36:20
Pob'e Pun SK	YC

Rob's Run 5K XC Syosset, NY; Nov. 27

THE RESIDENCE OF STREET, SAN THE PARTY OF STRE	
Overall	
Chris Mammone, 22	16:1
Lyndsey Webber, 23	19:1
M40 Ken Bohan	17:0
Guillermo Fuentes	17:5
Martin Knapp	18:1
M45 Michael Robles	17:5
Ed Reagan	18:3
Bill Gironda	19:3
M50 Chris Webber	17:1
Jaime Palacios	18:0
John Daly	18:3
M55 Alan Oman	19:0
William Backe	20:5
David Graham	21:2
M60 Bob Pike	22:0
Mike Bonasia	26:3

1	Kenneth Reilly	26:36
8	M65 Joe Cordero	23:05
1	Bob Frank	24:45
j	John Wallace	24:55
ļ	M70 George Devoe	30:53
á	Frank Martin	36:33
3	Howard Kestenbaum	
ì	M80 John McManus	38:52
į	W40 Bea Peterson	20:00
ì	Karen Cotty	21:14
i	Susan Murray	21:26
ì	W45 Barbara Gubbins	19:30
į	Mary Grace Saule	23:02
i	Dolores Doman	23:46
Ŋ	W50 Linda Ottaviano	23:08
1	Christina Fortunat	24:11
į		24:35
ì	Peggy Tuttle	
į	W55 Mary Wagner	24:54
1	Eileen Hession	25:47
١	Christine Brakel	26:51
1	W60 Betty Horstmann	24:35
1	Sarah Pettinato	30:49
i	Helma Clavin	31:05

NYRR Pete McArdle XC

Classic 15K, Bronx	, NYC
Nov. 27	
Overall	
Alfonso Polania 43	55:08
Natalie Florence 23	58:39
M40 Alfonso Polania	55:08
M45 George Buchanan	56:39
M50 Fred Miller	1:04:11
M55 Edgar Sandoval	1:04:46
M60 David Pitches	1:11:57
M65 Sidney Howard	1:13:16
M70 Noel Byrne	1:34:55
M80 Sab Koide	2:03:32
W40 Suzanne Hughes	1:12:25
W45 Emmy Stocker	1:12:49
W50 Françoise Levinson	
W55 Louise Callahan	1:34:54
W60 M-L Michelsohn	1:14:50

NYRR Holiday 4-Mile Central Park, NYC; Dec. 3

Overall	
Elmustafa McHkirate	20:44
Erin Boyle 25	23:53
M40 Antonio Martinez	21:56
M45 Stuart Calderwood	22:58
M50 Tom Phillips	23:51
M55 Edgar Sandoval	24:38
M60 John Samsel	35:54
M65 Eduard Fedossov	29:10
M70 George Hirsch	29:57
M75 Leslie Clark	50:38
M80 Sab Koide	41:04
W40 Gordon Bakoulis	25:14
W45 J Chodnicki-Stemm	25:25
W50 Kathryn Martin	24:41
W55 Roslyn Schloss	30:38
W60 M-L Michelsohn	29:01
W65 Sandra Krystal	35:26
W70 Naomi Vogel	40:45
W75 Toshiko D'Elia	40:41
W85 Renee Dailey	43:59

Brian's Run 10K & 5K West Chester, PA; Dec.

09	10K	
32	Overall	
48	Vyacheslav Shabunin, 36	
	Jackline Okemwa, 27	34:25
54	M40 Kevin Kelly	33:46
53	Jeff Devlin	34:08
13	Steve Metraux	34:23
	Kevin Matthews	34:37
27	Jon Schappell	34:44
	M45 Raymond Bentley	36:09
52	Brian Driscoll	37:02
80	Greg Vitali	37:50
29	Steve Noone	37:59
	Stephen Gibbons	39:44
50	M50 Hugh Biggin	39:50
43	Bob O'Brien	40:25
58	Larry Fitz	40:40
4	Bill Plough	40:55
20	M55 Ivan Avendano	41:26
	Mike Clarke	41:35
	Jim Dearlove	42:18
	Bruce Apfelbaum	43:19
	M60 Louis Coppens	41:53
	Art Burger	42:16
10	William Silva	44:34
11	M65 Roberto Carrara	51:05
09	Jim Forsythe	59:02
53	M70 Mort Bauer	60:38
11	John Schultz	62:37
58	W40 Ann Tierney	39:00
34	Julie Hankin	40:23
34	Lorraine Jasper	43:53
12	Marianne Krupa Donna Bushey	45:29
06	W45 Donna Casey	44:23
35	Cheryl Bellaire	44:57
00	Betty Lou Douglas	47:48
52	Joan Affleck	47:50
28	Jamie Davidson	48:14
09	W50 Nicola Rodger	49:59
36	1130 Micola Hougel	43.55

Jeri Myers Helene Gregory Shirley Weber W55 Sharon Lachall Diane McManus 50:29 52:02 53:48 50:02 57:21 60:01 W60 Barbara Burger Mary McCoy W65 Gerry Fitch 5K 84:59 63:37 5K Overall James Burns, 17 Mary Tuttle, 16 M40 Charlie Dabundo Bill Weber Jeff Harris Mike Piorkowski Steve Miller 16:00 21:20 18:31 21:07 23:36 21:14 22:19 M45 Carl Berkman Grant Everhart Christophe McKinney John Trepanowski Philip Silveri M50 Richard Ladow Paul Silver 23:19 24:01 25:06 19:39 20:08 20:39 21:38 21:23 Gary Jastrzab Richard Uslan M55 Lou Fillippo Luciano Bianco Paul Greco M60 Tim Tullio Dick Kitchen Fred Smith 25:11 26:44 22:44 23:08 28:00 M65 Sam Duncan Larry Dangelo Bill Erb 29:13 29:35 35:48 M70 Bill Butler John Schultz Bert Cass W40 Michele Burkholder Joan Silveri 24:28 29:14 30:41 25:06 Diane Lokey Rosie Gilroy Kathy Dabundo W45 Terri Joran Debbie McKinney 28:34 28:40 28:55

Cynthia Gleason Mary Ellen Densm W55 Lynn Wildrick Judith Poley Katie Conroy W60 April Hubbard

Mary Ann Bassett Sue Carter W65 Nancy Stockwell

Joy Pancoast Sue Jianino Leslie Natalie

W50 Tracey Walsh Joyce Kruse

26:06 26:13 26:51 27:27

30:39 re30:55 37:20 42:51

45:54 31:40 34:21 36:12 52:15

SOUTHEAST Senior Bowl Charity 10K Mobile, AL; Nov. 5

:01	Mobile, AL; No	v. 5
:26	Overall	15000
:45	Dathan Ritzenhein 22	28:11
41	Katie McGregor 28	32:51
:59	M40 Brian Pope	31:46
	Joey Warner	35:34
悪	Kennon Drew	. 39:33
	M45 Mark Koch	40:00
4	Bruce Coldsmith	40:21
	Roy Duncan	41:31
	M50 Paul Bergman	39:27
	Hank Brown	39:50
:07		
:25	Chris Needham	40:21
:46	M55 Rick Walton	39:39
:08	Peter Hunt	41:09
:23	Marshall McMillan	43:16
:37	M60 David Jeffrey	38:53
44	Don Wright	43:59
:09	Winston Howell	48:14
:02	M65 Neil Hall	46:00
:50	Heinz Drewing	47:18
	Marion Matchett	48:18
:59	M70 Harold Russell	58:31
:44	Joe McReynolds	1:01:31
:50	Don Cheatham	1:04:28
:25	M75 John Tucker	1:31:34
:40	Alex Lankford	1:33:56
:55	George Tobias	1:39:17
:26	M80 Jimmy Matthews	1:31:27
:35	W40 Lisa Drew	38:30
:18		
:19	Kristin Babington	41:47
:53	Melanie Baker	45:34
:16	W45 Lisa Wood	48:09
:34	Gayle Moore	48:22
:05	Dana Sims	48:51
:02	W50 Carole Smith	44:00
:38	Alesa Ryals	47:39
:37	Susan Jones	51:57
:00	W55 Terry Mahr	40:38
:58	Marian Loftin	49:20
:23	Sara Horn	53:24
	W60 Carol Cowan	1:02:42
:53	Peggy Black	1:05:21
:29	Jane Givens	1:10:15
:23	W65 Luise Mitchell	1:05:29
:57	Betty Lamberth	1:11:44
:48	Mary Watson	1:25:07
:50	W70 E Bertolino	1:39:30
:14	W/O E Bertolino	1,39,30

W80 Daphne Dvorak

Vulcan 10K Mobile, AL; Nov. 5

Middle, AL, NOV	
Overall	
Stephen Kirul 21	31:21
Janet Cherobon 27	36:53
M40 Glenn Ross	36:57
Tim Lee	38:23
Kirk Mueller	39:35
M45 John Tuttle	32:21
John Kissane	37:56
James Bonner	39:01
M50 Paul Bonds	40:03
Ken Harkless	42:50
Norman Pless	43:55
M55 Wes Wessely	38:30
Dale Porfitt	38:52
Sherman Stanford	40:13
M60 Tad Jurgens	41:42
Donald Brown	42:07
Earl Jackson	43:41
M65 John Conroy	47:50
Sammy Morris	50:29
M70 Dewayne Morris	52:14
Oscar Cook	52:15
M75 none	
M80 Jim Howell	69:47
Arthur Black	94:14
M85 Claudis Hawkins	2:32:35
	42:14
Leigh Sisson	43:25
Susan Hales	44:06
W45 Amy Weber	46:13
Brooke Nelson	48:14
Mickie Haralson	48:18
W50 Naomi Abe	46:29
Mona Stanfield	47:18
Athena Naugher	47:22
W55 Jody Coombs	53:19
Linda Lazar	56:56
Sue Love	59:20
W60 Christin Hulten	68:01
W65 Yo Setser	62:30
Priscilla Davis	63:43
Edgemoor EK	- State of the

Edgemoor 5K

80

Bethesda, MD; Nov. 6		
Overall		
Chris Bowie 16	16:49	
Moana Haddad 43	22:29	
M40 Ted Poulos	17:23	
M45 David Andrews	18:44	
M50 Patrick Garvey	19:52	
M55 Ben Beach	20:45	
M60 Lou Shapiro	22:07	
M65 Ben Sollers	24:41	
M70 Tony Measham	26:12	
W40 Janine Gregory	23:59	
W45 Sarah Buckheit	23:51	
W50 Susan Garges	34:06	
W55 Elizabeth Sadoff	26:27	
W60 Janet Newbergh	29:53	
W65 Soula Caris	29:52	

USATF-Georgia Assoc. 4.8M XC Championships Magnolia Springs State Park, Millen, GA; Nov. 12

	M40 Rich Garcia	30:39
ı	Andy Carr	31:59
١	Richard Bink	32:50
١	Derek Hooper	33:32
	David Scott	34:57
	Bill Crawford	37:58
١	M45 Danny Gleason	31:05
	Toby Davis	36:32
	John Pinyerd	39:44
	Rex Hodges	40:14
	Ken Williams	41:50
1	Micah Ward	42:19
	M50 A.J. Hart	36:35
	M55 Herb Taskett	32:34
	Rick Umpleby	36:40
	M60 John Bragg	39:54
١	John Torpy	40:23
	M70 Casey Jones	36:26
1	W40 Helen Welle-Graf	37:02
١	Terri Humphrey	37:59
١	W45 Lynn Pinyerd	32:07
	Debbie McDonald	43:20
	Catherine Ward	57:12
	Sharon Smith	79:00
	W50 Mary Richards	36:13
	W55 Judith Hine	33:47
	Mary Woodruff	35:24
	W60 Arlene Dahlberg	48:37

Sun Trust Marathon/8K Richmond, VA; Nov. 12

The same

Marathon	
Overall	
Andrei Gordeev 32	2:14:32
Marina Bychkova 29	2:42:40
M40 Gilbert Rutto	2:35:56
Gerrit Labuschang	e2:49:59
Rudolph Johannes	2:55:31
Patrick Bowler	2:56:19
Luigi Buttone	2:56:59
M45 Keith Winn	2:49:42
Henry Gleisberg	2:53:42
John Podolak	3:00:31
Robby Christianse	n3-02-54

MSD David Couper 25307 Joseph Salwan 25113 Richard King 30334 MSD All Large Sharmon 20113 Richard King 30345 MSD All Large Sharmon 20113 Richard King 30354 MSD All Large Sharmon 20113 MSD All Large Sharmon 20113 MSD All Large Sharmon 20114 MSD	Constitution of the Consti						_
Most David Couper 2-5307 Joseph Salwan 25-513 Richard King 30.3-54 Most Mos	der 2:10:15	Larry Neider	24:02	M65+Tom Ray 72	3:02:58	Jack Morrison	
Joseph Salvan Chem	pling 2:14:18	M70+Bengt Espling					M50
Richard King							14100
Al Bourpools 3 30-455 Most Shewart 3 10-55 Most Most Davis 2 30-55 Mos	2:24:40						
Mask Minister 21-36							
Mark Whisler 321-36 John Davis 32-36 John Davis 32-36 Clord Sylominski Clore Lord Sylominski John Munclay Mark Whisler 32-34 John Munclay 40-804 John Munclay 40-804 John Munclay 40-804 Mys Barbar Mathewson 21-93 John Munclay 40-804 Mys Barbar Mathewson 21-94 John Munclay 40-804 Mys Barbar Mathewson 21-94 John Munclay 40-804 Mys Barbar Mathewson 21-94 Mys Barbar Barbar Mathewson 21	2:37:13						MSS
John Davis 328-50 Edson Sarches 328-50 Edson Sarches 328-50 Edson Sarches 327-36 M55 Mise Rucker 40-420 John Munday 408-04 Parinck Gibrall 420-35 M55 Mise Rucker 40-420 John Munday 408-04 Parinck Gibrall 420-35 M75 Danald Lamarre 428-43 M75 Donald Lamarre 428-43 W40 Learner 428-							IVISS
Edson Sanches 328.02 MiSO Lewis John Loughran 328.35 Most Deep Lewis Mos							
Model		Andrea Lanerrier					
John Loughyan 328.35 Bud Bettler 33.35 Bud Bettler 404.20 John Munday 408.20 Williams 428.41 Williams 428.42 Williams 428.43 Williams 428.44 Williams 428.44 Williams 428.45 Williams 428							
M55 Mich Rucker							M60
Most Mike Rucker 404.20 John Minday 40.04 Patrick Gibrall 420.31 Patrick Gibrall 420							
Aprick Gloral 408.04 Parick Gloral 408						Bud Bettler	
Patrick Gibrail 420.31	1:43:40		21:19	W55 Barbar Mathewson	4:04:20	5 Mike Rucker	M65
Patrick Gibrail 420.31	1:44:39		r 24:04	Patty O'Brien-Dorne	4:08:04	John Munday	
Month Mont	edvidofsky 1:29:53	W40 Deanna Medvidofs	25:25	Brenda Mitchell	4:20:31		
M75 Donald Lamare 4.27-32 M75 Donald Christon 3.25-32 Jacks Lamare 4.27-32 M75 Donald Lamare 4.	Frasier 1:34:44	Angelika Frasier	23:13	W60 Joan Coven			M70
Wish Standed Says Wesh Stander Says Wesh Stander Says Wesh Stander Says Wesh Stander Says Wesh S							10110
Wheeler Stanteld 523-88 WAD N Slabodchkova 25-88 Dack							MATE
Vash							MI/S
Jackie Horvath 308.24 Jeanie Trent 308.24 Jeanie Trent 308.24 Jeanie Trent 3.05.51 Susie Kinnecoma 3.25.51 Susie Kinnecoma 3.25.51 Susie Kinnecoma 3.18.25 Melisas Edebum 319.22 Mary Malin 3.25.21 Susan Prevoznak 3.25.20 Steve Key 20.55 Stev							14140
Jeanie Trent 312-52 Ruth Olson 323-56			50.12	Paula Hougen 65			W40
Ruth Olson 320.51 Susie Kinnecome 3.19.45 Melissas Edeburn 3.19.45 Andre Jansen 3.24.25 Andre Jansen 3.24.25 Andre Jansen 3.24.25 Andre Jansen 3.24.25 Mary Malonomak 3.20.0 W50 Cecil Astrop 3.29.25 Mary Malonomak 3.20.0 W50 Cecil Astrop 3.29.25 Mary Malonomak 3.20.0 W50 Cecil Astrop 3.29.25 Carol Talley 3.44.09 Kaby Cashman 4.05.45 Kaby Cashman 4.05.45 May Winston 3.65 Pamela Stevens 4.14.23 W55 BJ Derming 4.05.44 Derphy Forber 4.13.36 Pamela Stevens 4.14.23 W55 Darie Ratizel 6.75 Pamela Stevens 4.14.23 W55 Surven Gallup 4.05.45 Pamela Stevens 4.14.23 W55 Surven Gallup 4.05.45 Pamela Stevens 4.14.23 W55 Surven Gallup 4.05.45 Pamela Stevens 4.14.23 W55 Surven Mary 1.20.12 W55 Connie Ratizel 6.75 Pamela Stevens 4.14.23 W55 Surven Mary 1.20.12 W55 Connie Ratizel 6.75 Pamela Stevens 4.14.23 W55 Surven Mary 1.20.12 W55 Connie Ratizel 6.75 Pamela Stevens 4.14.23 W55 Surven Mary 1.20.12 W55 Connie Ratizel 6.75 Pamela Stevens 4.14.23 W55 Darie Ratizel 6.75 Pamela Stevens 4.14.23 W55 Darie Ratizel 6.75 W57 Surven Mary 1.20.12 W55 Connie Ratizel 6.75 W57 Surven Mary 1.20.12 W55 Surven Mary 1.20.12 W55 Connie Ratizel 6.75 W57 S			A Company	ARREST MAY THE PROPERTY.			
Susie Kinnecome 323-56 M45 Deb Bernardes 3-19-25 Andre Jansen 3-29-29 Mary Malin 3-25-29 Mary Malin 3-25-29 Mary Minston 3-25-29 Mary Winston 3-25-29 Mary Winston 3-25-20 W50 Sus Prevozaka 3-25-20 Kathy Cashman 3-44-02 W55 J Derring 4-18-00 Rathy Cashman 3-44-02 W55 Lord Berly Mintelon 4-13-46 Berly Brothera 4-13-46 Berly Brothera 4-13-46 Berly Brothera 4-13-46 Berly Brothera 4-13-46 Burbara Moyer 4-16-00 Barbara Moyer 4-16-00 W55 Connie Ratzel 6-07-57 W70 Pat Ewell 5-23-22 W75 Inis Vinegar 3-12-22 W75 Inis Vinegar 3-12-22 W75 Inis Vinegar 3-12-22 W75 Inis Vinegar 4-16-00 Barbara Moyer 4-16-00 Barbara Moyer 4-16-00 W55 Connie Ratzel 6-07-57 W70 Pat Ewell 5-23-22 W75 Inis Vinegar 3-12-22 W75 Inis Vi			XC	USATF Florida 5K	3:12:52	Jeanie Trent	
Susie Kinnecome 3/23-56 Melissa Edebury 3/19-25 Mary Malin 3/25-21 Susan Prevoznak 3/20-00 Mary Winston 3/25-21 Susan Prevoznak 3/20-00 Mary Winston 3/25-25 Mary Winston 3/25-26 Mary Winston 3/25-25 Mary Mary Winston 3/25-25 Mary Winston 3/25-25 Mary Winston 3/25-25 Mary Winston 3/25-25 Mary Mary Minston 3/25-25 Mary Minston 3/25-25 Mary Mary Minston 3/25-25 Ma			ships	Masters Champion	3:20:51	Ruth Olson	
Melisas Acidebum 319-22 Andrie Jansen 319-23 Andrie Jansen 319-24 May Winston 329-25 May Winston 329-25 May Winston 329-25 May Winston 329-25 Carol Talley 3-44-09 Kathy Cashman 44-09 Kathy Cashman 44-09 Kathy Cashman 44-09 Kathy Cashman 44-09 May Britten 4-18-18 Bery Brothera 4-18-18 Bery Brothera 4-18-18 Bery Brothera 4-18-23 WSD Burane Gallup 4-18-23 WSD Burane May Washer 4-18-23 WSD Inst Vincer 4-18-23 WSD Burane May Washer 4-18-23 MSD Burane May Washer 4-					3:23:56	Susie Kinnecome	
Melicsa Edeburn 3-19-25 Andre Jansen 3-29-25 Andre Jansen 3-29-25 Andre Jansen 3-29-25 Andre Jansen 3-29-25 Andre Jansen 3-25-25 Andre Jansen 3			ALCOHOL:	Ciermon, nov.	3:18:46	5 Debi Bernardes	W45
Andre Jansen 324-29 Mary Malin 325-21 Susan Prevoznak 3.32-00 WSO Gedi Astrop 329-25 Mary Winston 338-39 Mary Winston 34-34 Mary Winston 41-34 Betty Brothera 41-34 Betty Brothera 41-34 Betty Brothera 41-34 W60 Suzanne Gallup 41-60 Barbara Moyer 41-7-60 Mary Winston 51-7-11 Mary Barbary Mary Mary Mary Mary Mary Mary Mary M		Melody Sallette	18:50	MAN Loopard Forman	3:19:25		
Sieve Prof. Sieve Prof.	er 1:41:15	Julie Hager					
Susan Prevoznak 3.32.00 WSO Cecil Astrop a.32.20 Mary Winston 3.36.59 Carol Talley 3.44.09 Kathy Cashman 3.44.09 WSS J Derring 4.13.46 Bethy Brotherne 4.13.46 Bethy Brotherne 4.13.46 Bethy Brotherne 4.13.46 Bethy Brotherne 4.13.46 WSO Suzanne Galiup 4.16.00 Barbara Moyer 4.82.20 WSS Connie Ratzel 6.07.57 W70 Pat Ewell 5.23.22 WTS Ins Vinegar 8.12.21 BY Sins Vinegar 8.12.21 BY Sins Vinegar 8.12.22 WTS WINEGARD 9.12.22 WTS W	Geiken 1:42:32	Caroline Geiken					
Wash							
May Winston 33.55 Carol Talley Ash May Michael McCorkie 23.55 May S p J Derring 43.40 Ms J Derri	ans 1:48:32	Donna Evans					MIEC
Mary Winston 3-9-92 Misco Michael McCorkie 23-55 Carol Taley 22-21 M75 Jim Blount 22-22 M75 Jim Blount 22-22 M75 Jim Blount 22-22 M75 Jim Blount 22-22 M75 Jim Mrie Public M75 Jim Blount 22-22 M75 Jim Winth M75 Jim Blount M75 Ji				M45 Trevor King			WSC
March Marc				M50 Michael McCorkie			
Kathy Cashman 344.92 W55 J Derring 4.13.46 Terry Milleton 4.13.46 Bethy Brotherne 4.13.48 Bethy Brotherne 4.14.23 W50 Suzanne Galiup 4.16.20 Barbara Moyer 4.82 W50 Suzanne Galiup 4.16.20 W50 Connis Ratzel 6.07.57 W50 Salva Malace 2.23.23 W75 Ins Vinegar 8.23.23 W75							
W55 B J Derring					The state of the s		
Terry Miffleton							W55
Betty Brothera						Terry Miffleton	
Paméla Stevens			07.70	Troo Doora Traisir			
W65 Suzanne Gailup 4:16:00 Orecriteville, V4; Nov. 24 Theresa Coomes 1: Hayacinth Bohlinger 1: Carol Fitzsimmons 2: W5 first Vinegar 6:12:21 Corterville, V4; Nov. 24 Theresa Coomes 1: Hayacinth Bohlinger 1: Susan Walface 2: W5 Mary Nov. 24 Theresa Coomes 1: Hayacinth Bohlinger 1: Susan Walface 2: W5 Mary Nov. 24 Theresa Coomes 1: Hayacinth Bohlinger 1: Susan Walface 2: W5 Mary Nov. 24 Theresa Coomes 1: Hayacinth Bohlinger 1: Susan Walface 2: W5 Mary Nov. 24 Theresa Coomes 1: Hayacinth Bohlinger 1: Susan Walface 2: W5 Mary Nov. 24 Theresa Coomes 1: Hayacinth Bohlinger 1: Susan Walface 2: W5 Mary Am Or Cond. 1: Add The W5 Mary Am Or Cond. 2: W6 Mary Am Or Cond. 2: W6 Mary Am Or Cond. 3: W5 Mary Mary Am Or Cond. 3: W5 Mary Am Or Cond. 3: W5 Mary Am Or Cond. 3: W5 Mary Am Or Cond. 3: W6 Mary Mary Mary Mary Mary Mary Mary Mary			Trot EV	Vissinia Dun Turker			
Mes Conno Ratzel Centreville, VA; Nov. 24 Wes Constraint Bohlinger 1: Wis Constraint Bohlinger 1: Wis Constraint Bohlinger 1: Wis Carl Wis Constraint Bohlinger 1: Wis Carl Wis Carl Wis Constraint Bohlinger 1: Wis Carl Kneeter Vis Carl Wis Carl Wis Carl Kneeter Vis Carl Kneeter	Coomes 1:49:20	Theresa Coome					Wen
West Conner Ratzel			v. 24	Centreville, VA; No			*****
W75 prail Ewell				Shippy Harrison Parlian			MICE
A				Overall			
Alsa Harvey 40 17-44 Why Ted Poulos 17-14 Why Ted Poulos 17			15:50				
More Piersol More					6:12:21	5 Iris Vinegar	
Shabunin Vyachselav 36 23.03						District to the same	
Staboth Nyatorial State	Koubek 2:02:10	W65 Marilynn Kouber					
Telyana Hiadyr 30	AND THE PERSON NAMED IN	presidently retaring			36 23:03		
M40 Henry Loving Crist Christ Samley Steven Menzies Steven Menzies 28-14 M45 Kevin Lounsbury 29-43 Myart Cutchins 30-56 Bolling Lewis 31-01 M50 Jeffrey Stone 31-01 M50 Jeffrey Stone 31-01 M50 Jeffrey Stone 31-01 M55 Jefrey Stone 31-02 M60 Daniel Murray 30-11 Ben Dyer 33-31 Dennis Lamountain 34-44 M65 Cal Fowler 33-31 Dennis Lamountain 34-44 M65 Cal Fowler 33-31 Dennis Lamountain 34-44 M65 Cal Fowler 33-31 Dennis Lamountain 34-45 M55 John Masterson Jack Silva John Putnam M55 John Putnam Joyce M55 John Putnam M55 John Pu	y Trot 5K/10K	Times Turkey Tro					
Chris Samley 27:32 Sleven Menzies 28:14 M45 Kevin Lounsbury 29:43 M70 Richard Williams 24:16 M50 Dixon Hemphill Wey Mart Cutchins 30:56 Bolling Lewis 31:01 M80 Dixon Hemphill W4:53 M70 Richard Levasseur 31:05 M45 Sharon Griffing 20:06 M40 Roth Plath 31:59 M65 Cal Fowler 32:36 M66 Cal Fowler 32:46 Skip Mullaney 34:06 Ray Myers 37:37 M70 Armand Zambardi 39:26 Ron Henry 45:02 Dennis Lucas 45:57 M75+Bill Briggs 49:04 Salvador Santory 48:58 Ron Henry 45:02 Dennis Lucas 45:57 M75+Bill Briggs 49:04 Salvador Santory 48:58 M75 Janah M85 Richard Izquierdo 107:49 M40 Kimberly Moore 33:58 Amy Sperry 34:00 Deborah McLaughlin 35:13 W55 Janah Mite 23:04 Claire Lau 37:01 W50 Linda Gulick 34:39 Jean Bone 38:58 Diane Jones 40:08 W55 Joan Gustafson Myers 42:42 Mary Kate Berglund 44:10 Dris Birdsong 10:118 W70 Nancy Weiker 53:24 Ruth Whay 1:15:18 W70 Nancy Weiker 53:25 John Donahue 18:17 Wyatt Cutchins 19:00 M50 Steve Chantry 16:39 Brichard Landsman 1:34:52 Nancy 16:30 Ruth Mark							
Steven Menzies 28:14 M45 Feet michands 28:28 M45 Feet michands 29:44 M45 Feet michands 29:41 M50 Leftrey Stone 31:06 M50 Deftrey Stone 31:06 M50 Deftrey Stone 31:06 M50 Deftrey Stone 31:07 M50 Leftrey Stone 31:06 M50 Deftrey Stone 31:07 M50 Leftrey Stone 31:06 M50 Deftrey Stone 31:07 M50 Leftrey Stone 31:07 M50 Leftrey Stone 31:07 M50 Leftrey Stone 32:07 M60 Daniel Murray 30:11	, , , , , , , , , ,	Cical water, 1 L, 1	24:22	M60 Carl Knoettner			
M45 Kevin Lounsbury		FV	26:28	M65 Pat Branch			
Wyart Cutchins So.56 Bolling Lewis 31.01 More Piersol 31.05 Richard Levasseur 31.07 Morre Piersol 31.43 M55 Rick Platt 29.11 Timothy Heath 31.59 Dan Scott 32.30 M60 Daniel Murray 30.11 Ben Dyer 30.11 Ben Dyer 30.11 Ben Dyer 32.46 Skip Mullaney 34.06 Ray Myers 37.37 M70 Armad Zambardi 39.26 Ron Henry 45.02 Dennis Lucas 45.57 M75+Bill Briggs 49.04 Salvador Santory 48.58 Richard Izquierdo 1.07.49 M90 Kimberly Moore 33.58 Amy Sperry 34.00 Deborah McLaughlin 36.13 Sharon White 36.44 M45 Linda Kidder 36.39 Sharon White 36.44 M55 Linda Guilick 34.39 Jean Bone 38.58 Diane Jones 40.08 M55 Joan Gustafson 38.05 Linda Peters 38.39 Sally Tirs 41.11 M60 Mary Bonetz 41.56 Sharon Myers 42.42 Mary Kate Berglund 44.10 W65 Judy Kirchofter 54.18 Joyce Warren 58.14 Doris Birdsong 1.01.18 W70 Rome Rasch 122.40 M50 Mary Ronetz 41.56 Sharon Myers 42.42 Mary Kate Berglund 44.10 W65 Judy Kirchofter 54.18 Joyce Warren 58.14 Doris Birdsong 1.01.18 W70 Nancy Welker 53.24 Ruth Whay 1.15.18 W70 Rome 1.07.49 W70 Rome 1.07.40			24:16	M70 Richard Williams			MAE
Way Linda Foley 20.06 Way Sharon Griffing 24.24 Way Sharon Griffing 25.07 Morrie Piersol 31.43 Way Sharon Griffing 25.07 Morrie Piersol 31.45 Way Sharon Griffing 25.07 Morrie Piersol 31.45 Way Morrie Piersol 32.30 Morrie P	Charles of the last of the las						
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Steven Lerner 20:05 Richard Landsman 1:34:52 Dennis Bauer 27 2: Mile Asia 22:37 Frank Frazier 1:40:36 Donna Garcia 37 3:	27 2.27.40						M50
Mike Asin 22:37 Frank Frazier 1:40:36 Donna Garcia 37 3:			1:34:52	Richard Landsman			The sales
			1:40:36	Frank Frazier	22:37	Mike Asip	
M55 Larry Coley 19:16 John Deantonis 1:42:24 M40 Mark Coughlin 2:							MEE
Dale Abrahamson 19:20 Harvey Warnock 1:45:29 Joe Bowman 2							MISS
Dale Abrahamson 19:20 Harvey Wallock 1:43:29 Doug Rose 3		Doug Ross					
Hobert Wilson 20:15 Mos Hoger Houlier 1:28:34 M45 William Wood 3:							
Mb0 James Johnson 21:05 Mait hoss 1.51.55 Dan McCormick 3							M60
Jimmy Williamson 23:35 Jack Hayes 1.54:50 Byron Finley 3:					n 23:35		
Puron Adams 24:28 Dan Macdonald 2:00:27			2:00:27	Dan Macdonald	24:28		

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Larry Neider 2:10:15	Jim Manley 3:25:02	5K
M70+Bengt Espling 2:14:18	Robert Wildes 3:41:09 M55 Robert Harper 3:27:38	Sam
John Aimone 2:19:44 Bob Carr 2:24:40	Zdzisław Krawczynski 3:30:04	Debl
Bill Zipperer 2:27:08	Richard Schick 3:37:08	M30 M40
Al Saffer 2:37:13 W35 Eileen Torres 1:24:40	M60 Al Barker 3:44:36 Ed Kopiak 4:25:21	M45
Denise Metzgar 1:29:29	Ed Livingston 4:31:43	M50
Andrea Laperriene 1:32:58 Beth Mullaney 1:33:30	M65 Don Clark 4:04:30 Thomas Chestnut 4:15:12	M55 M60
Pam Murphy 1:33:58	Fred Motz 4:33:44	M65
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Laura Williams 1:36:09	W50 Paula May 3:59.32	W65
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Caroline Lee 1:36:30 W45 Cinda Hart 1:32:55	Teresa Ward 4:10:46 Donna Garrison 4:47:03	200
Elizabeth Diamond 1:37:06	W60 Linda Taylor 4:51:26	Ove
Ann Campbell-Hays 1:39:23	Half-Marathon	Time
Melody Sallette 1:40:07 Julie Hager 1:41:15	Overall Dennis Bauer 27 1:10:36	Kimi M40
Caroline Geiken 1:42:32	Donna Garcia 37 1:20:41 M40 Carl Nordhielm 1:20:10	141.40
Mille Tanner 1:46:19 Donna Evans 1:48:32	M40 Carl Nordhielm 1:20:10 Jim Fullarton 1:20:25	M45
W50 Dorli McWayne 1:35:15	Christoph Zenker 1:21:49	10145
Stephanie Griffith 1:43:39 Donna Vandervelde 1:43:39	M45 John Tuttle 1:10:47 Ken Youngers 1:15:09	M50
Marcia Baker 1:52:08	Zeferino Carreno 1:20:31	MISC
Diane Jacobs 1:53:27	M50 Wes Wessely 1:30:58 Alon Stewart 1:32:01	
Leslie Hague 1:55:44 W55 Carolyn Mather 1:48:01	Sam Benedict 1:32:36	M55
Theresa Coomes 1:49:20	M55 Bob Dalton 1:18:25 Sam Norman 1:24:29	
Hyacinth Bohlinger 1:50:38 Carol Fitzsimmons 2:00:03	Sam Norman 1:24:29 Mike Wien 1:28:38	M60
W60 Elfreida Wyner 1:46:23	M60 Donald Brown 1:28:50	100
Susan Wallace 2:10:20 Pheona Kaiser 2:15:18	Joe Carter 1:36:53 Tom Clelland 1:37:18	M65
W65 Marilynn Koubek 2:02:10	M65 Jim Cowart 1:51:27	W40
The second secon	Ron Mastin 1:54:21 Kent Bishop 1:59:16	
Times Turkey Trot 5K/10K Clearwater, FL; Nov. 24	Kent Bishop 1:59:16 M70 Lloyd Chambers 1:48:07	W4
Clearwater, FL, NOV. 24	Casey Jones 1:53:52	***
5K	Charles Teague 1:55:51 M75+Clarence Hartley 1:57:44	
Overall Jeff Masterson 19 15:40	Donald Krueger 2:12:23	W5
Jackie Wachtel 26 17:55	Morton Silver 2:43:23 W40 Barbara Jarnigan 1:27:31	1900
M40 Keith Sawayda 16:26 Dave O'Meara 16:43	Sue Kelly 1:29:05	W7
Tony Lahnston 17:10	K Lowe-Colenbaugh 1:29:22	Ove
M45 Bobby DeSantis 17:19	W45 Mary Sweeney 1:31:05 Lynn Pinyerd 1:32:49	Kev
Paul Hough 17:30 Tim Doran 18:07	Nancy Stewart 1:34:52	Jen M40
M50 John Masterson 17:57	W50 Cecile Chang 1:41:43 D Price-Alexander 1:41:43	Tris
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W50 Shelia Haire 20:51	Kathleen Loudin 2:20:04 Joyce Hodges-Hite 2:47:50	
Maggie Miller 21:35 Judy Hensley 22:36	W70 Eliz. McConnell 3:21:24	M60
W60 Bonnie Theall 23:54	Ann Sanderson 4:14:05 W75 Tinha Anderson 2:52:39	
10K Overall	1	M65
Joey Zins 26	Thanksgiving 10 Miler &	M70
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W50 Peg Elmer • 45:50	Chief Ten Bears 75:32	W70
Sheila Haire 45:51 Maggie Miller 47:00	M65 Stuart Olson 98:47 Horace Brannon 1:50:27	distant.
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Atlanta Marathon/Half-	Rick Snyder 1:54:38	Ja
Marathon, Atlanta, GA Nov. 24	M75 Epifanio Agosto 93:30 W40 Teresa Calio 72:40	Ove
14UV, 24	Shirley Pratt 74:08	Step
Marathon	Helen Cox 76:30 W45 Ingrid Cordell 84:16	Ove
Overall Dennis Bauer 27 2:37:43	Deborah Milford 88:05	Mich
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MAO Mark Couphlin 2:41:21	/ 1 44	

Jim Manley 3:25:02 Robert Wildes 3:41:09	5K Overall
M55 Robert Harper 3:27:38	Samuel Vasquez 21 16:01
Zdzislaw Krawczynski 3:30:04 Richard Schick 3:37:08	Debbie Tillman 36 17:49 M30+Kurt Jones 36 18:35
M60 Al Barker 3:44:36	M40 Elton Jones 18:09
Ed Kopiak 4:25:21 Ed Livingston 4:31:43	M50 Virgil Williams 18:15
M65 Don Clark 4:04:30	M55 Mark Brier 25:07 M60 Silky Sullivan 21:30
Thomas Chestnut 4:15:12 Fred Motz 4:33:44	M65 Hugh Wilson 21:43
W40 Naomi Hasegawa 3:19:24	M70+Jerry Lardinois 23:59 W40 PamHansonPeterson21:04
Angela Sloman 3:33:35 Nicole Borman 3:42:09	W45 Anna Rodriguez 24:04
W45 Amy McClenathan 3:23:32	W50 Kit Doughney 22:07 W55 Joyce Pharr 26:15
Patti Minton 3:47:27	W60 Karen Kester 30:37
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W55 Vickie Johnson 3:29:14 Teresa Ward 4:10:46	Space Coast Marathon/ Half-Marathon
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W60 Linda Taylor 4:51:26 Half-Marathon	Overall Timothy Johnson 40 2:59:21
Overall Dennis Bauer 27 1:10:36	Kimberly Bruce 42 3:13:28
Donna Garcia 37 1:20:41	M40 Timothy Johnson 2:59:21 Dan Cochran 3:16:12
M40 Carl Nordhielm 1:20:10 Jim Fullarton 1:20:25	Carl Metzger 3:30:00
Christoph Zenker 1:21:49	Thom Green 3:39:49
M45 John Tuttle 1:10:47 Ken Youngers 1:15:09	William Archer 3:58:40 M50 Matt Mahoney 3:26:38
Zeferino Carreno 1:20:31	Peter Lewia 3:50:58
Alon Stewart 1:32:01	James Ryder 4:03:45 M55 Malcolm Oliver 3:41:15
Sam Benedict 1:32:36 M55 Bob Dalton 1:18:25	Samuel Neal 3:45:51
Sam Norman 1:24:29	David Farrall 3:51:59 M60 Ray Green 4:14:49
Mike Wien 1:28:38 M60 Donald Brown 1:28:50	Harry Hoffman 5:03:12
Joe Carter 1:36:53	Chester Kalb 5:03:45 M65 Albert Miclette 3:52:43
Tom Clelland 1:37:18 M65 Jim Cowart 1:51:27	Juergen Kuhlmey 4:38:27
Ron Mastin 1:54:21	W40 Kimberly Bruce 3:13:28 Helen Cox 3:44:10
Kent Bishop 1:59:16 M70 Lloyd Chambers 1:48:07	Marcia Strauss 4:14:00 W45 Kim Graham 3:49:15
Casey Jones 1:53:52	Donna Kraft 4:33:42
M75+Clarence Hartley 1:57:44	Katie Cumming 4:48:30 W50 Debra Ryder 4:10:27
Donald Krueger 2:12:23 Morton Silver 2:43:23	Peggy Whitlock 5:16:09
W40 Barbara Jarnigan 1:27:31	Susie O'Connell 5:36:40 W70 Pat Dixon 5:24:20
Sue Kelly 1:29:05 K Lowe-Colenbaugh 1:29:22	Half-Marathon
W45 Mary Sweeney 1:31:05	Overall Kevin Beck 35 1:13:53
Lynn Pinyerd 1:32:49 Nancy Stewart 1:34:52	Jennifer Meacham 27 1:32:46
W50 Cecile Chang 1:41:43	M40 Robert Acosta 1:30:32 Dave Hernandez 1:34:18
D Price-Alexander 1:41:43 Margaret Taylor 1:43:43	Tom Gillespie 1:38:47 M45 Roger Travis 1:27:41
W55 Judith Hine 1:41:44 Jane Thompson 1:49:24	Art Anderson 1:30:42
Carolyn Spillman 1:50:19	George Haddad 1:40:07 M50 Michael Miller 1:37:38
W60 Gloria Cofer 2:18:49 Virginia Garmon 2:28:10	Jerry Bird 1:38:12
Mary Platt 2:28:17	Bob Olenek 1:44:16 M55 Miguel Lopez 1:40:52
W65 Ann Akers 1:54:30 Kathleen Loudin 2:20:04	Alan Tudor 1:48:19
Joyce Hodges-Hite 2:47:50 W70 Eliz. McConnell 3:21:24	M60 Dennis Testa 1:45:50
Ann Sanderson 4:14:05	David Griffith 1:58:53 Gary Castner 2:36:59
W75 Tinha Anderson 2:52:39	M65 Steve Aikenhead 1:47:30
Thanksgiving 10 Miler &	John Ouweleen 1:58:35 M70 Don Hawkinson 2:11:17
5K, DeLand, FL; Nov. 24	Larry Larson 2:16:15 Rick Snyder 2:36:46
Overall Michael Anderson 31 58:25	W40 Anne O'Connor 1:44:58
Michael Anderson 31 58:25 Yvonne Gnirss 37 62:21	Becca Marsden 1:46:49 Lori Kruger 1:50:33
M35 Daniel McCarthy 61:44 M40 Allen Notkin 64:38	W45 Janet Canfield 1:39:43
Dennis Cobb 73:12	Elizabeth Ring 1:59:10
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Bruce Geise 64:10	Nancy Huy-Perry 2:02:49
M50 Ric Banning 61:52 Rick Ingerson 71:03	W55 Mary Ramba 2:17:12 Gerda Kalb 2:19:49
Dale Glaze 72:10 M55 Kevin O'Connor 73:02	Marilyn Whisner 2:24:32
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Adam Rafalski 79:02 M60 PatrickGriffith 63:34	Mary McManus 3:26:02 W65 Joan Mahoney 3:13:40
Alan Kossow 73:38	Julie Kurtz 3:40:47
Chief Ten Bears 75:32 M65 Stuart Olson 98:47	W70 Del LaFrance 2:57:05
Horace Brannon 1:50:27 M70 John Rapp 1:44:02	Festival of Lights 5K
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M75 Epifanio Agosto 93:30 W40 Teresa Calio 72:40	Overall 16:19
Shirley Pratt 74:08	Justin Jacobs 16:18 Stephanie Paulk 18:53
Helen Cox 76:30 W45 Ingrid Cordell 84:16	Overall Masters
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W50 Susan Briers 78:44	M40 Bill Koch 20:43
Bridget Gallagher 96:05 Hye Cho 97:36	Robert Devers 20:59
W55 Jody Mahonick 2:01:02	M45 Nick Rousis 19:57 Scott Meier 20:49
W60 Fredericka Rapp 2:07:47 W65 Barbara Troy 1:59:37	Ronnie Williams 21:03
W75 Ann Kahl 1:58:57	M50 Bob Redfern 20:27 Stephen Beard 20:28
	20.28

	Januar
No.	Bob Kennedy
16:01	M55 Manny Toro Roderick Smith
17:49	William Castelli
18:35 18:09	M60 John Fields John Gauer
21:08	Paul Smith
18:15 25:07	M65 Hugh Wilson Gordon Slater
21:30	M70 Everett Crum
21:43	Bill Walker
23:59 n21:04	M75+Joe Connolly, 8 Bob Thomas, 79 George Obi, 75
24:04	George Obi, 75
22:07	W40 Tammy Carey Rosa Haslie
26:15 30:37	Jakki Allen
29:51 49:17	W45 Barbara Whitter Alice Jones
10.11	KC Padget
hon/	W50 Sharon Lucie Diane Jacobs
27	Suzan Schumach
	W55 Holly Hosch Susan Cervante
2:59:21	Cheryl Rogers
2:59:21	W60 Susan Wallace Dana Moser
3:16:12	Betty Alix
3:30:00	W65 Diane Ricketts
3:39:49	Patt McEvers W70 Barbara Green
3:58:40	AND DESCRIPTION OF THE PARTY OF
3:50:58	Brandon Half-Ma
4:03:45	Brandon, FL;
3:41:15 3:45:51	Steve Mandel 40
3:51:59	Heather Gollnick 35
4:14:49 5:03:12	M35 Dror Vaaknin Jaime Larrosa
5:03:45	M40 S Mandel
3:52:43	Wil Oliver
4:38:27 3:13:28	Jon Docs John Devine
3:44:10	M45 Bob Hammond
4:14:00	Mark Lanzillo David Delong
3:49:15 4:33:42	M50 lan Jackson
4:48:30	Jack Silva
4:10:27 5:16:09	John Voorhis M55 Joseph Siever
5:36:40	Nicholas Saputo
5:24:20	M60 Tommy Hyde Bill Lee
	M65 Chung Yoo
1:13:53 1:32:46	Ray Goetz M70 Richard Mines
1:32:46	Jim Standridge
1:34:18	M75+Bill Hayes 76
1:38:47 1:27:41	W40 Denise Fairbank Dorcas White
1:30:42	Lisa Dougherty
1:40:07	W45 B GalvinYalowick MichelleLaPointe
1:37:38 1:38:12	Jill Voorhis
1:44:16	W50 Marianne Krame
1:40:52	Maria Anderson June Leland
1:48:19 1:49:37	W55 Abby Dyer
1:45:50	Lynn Scott
2:36:59	MIDWES
1:47:30 1:58:35	
2:11:17	Sycamore Challe
2:16:15	Cincinnati, OH;
2:36:46	When product the special production
2:36:46	M35 DON WILKYMACK
2:36:46 1:44:58 1:46:49	M35 DON WILKYMACK M40 DOUG OLBERDIN M45 STEPHEN CHAMB
2:36:46 1:44:58 1:46:49 1:50:33	M35 DON WILKYMACK M40 DOUG OLBERDIN M45 STEPHEN CHAMB M50 STEPHEN STOLL
2:36:46 1:44:58 1:46:49 1:50:33 1:39:43 1:53:42	M35 DON WILKYMACK M40 DOUG OLBERDIN M45 STEPHEN CHAMB M50 STEPHEN STOLL M55 BILL ATKINSON M60 BILL HOPKINS
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В		20:4
9	M40 DOUG OLBERDING	
	M45 STEPHEN CHAMBERS	19:3
3	M50 STEPHEN STOLL	20:0
3	M55 BILL ATKINSON	21:3
	M60 BILL HOPKINS	22:4
2	M65 DICK DYSON	26:2
		23:3
3		27:1
		25:2
9		21:1
2	W45 DANA GIOVIS	23:4
2	W50 ANNA ALLEN	23:5
5 1		
		28:0
9		33:4
3	W65 ANN RHODA	29:3
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5	Big Bird 10K, 4K & I	Mile
2		
	Roseville, MI; Nov.	13
5	Overall	

Big Bird 10K, 4K & Roseville, MI; Nov.	
Overall	13
	20.00
Trent Briney 27	32:06
Adrian Dent 17	41:43
M35 Mark Sheehan	39:25
M40 Paul Aufdemerge	32:15
David Watkin	35:18
John Springer	36:32
M45 Kevin Hanson	34:58
Kris Warszawski	36:30
Michael Frank	38:07
M50 Tim Emmett	37:49
John Tarkowski	39:36
James O'Brien	
	42:17
M55 Michael Capraro	41:59
Marty Povirk	42:46
Henry Osier	43:18
M60 Doug Goodhue	38:14
Gerard Malaczynski	
Jame Carlton	40:20
- Daniel	70.20

b Kennedy	21:56
anny Toro	20:12
derick Smith	22:37
illiam Castelli	23:10
hn Fields	25:42
hn Gauer	25:52
aul Smith	26:46
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ordon Slater	29:55
verett Crum	23:35
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oe Connolly, 81	39:15
b Thomas, 79	40:45
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mmy Carey	20:51
osa Haslie	21:07
kki Allen	23:27
arbara Whitter	24:58
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C Padget	25:22
naron Lucie	23:45
ane Jacobs	24:01
uzan Schumacher	
olly Hosch	31:50
usan Cervantes	32:06
heryl Rogers	32:24
usan Wallace	29:20
ana Moser	36:24
etty Alix	38:20
iane Ricketts	44:56
att McEvers	47:55
orbora Groon	40.07

49:07

don Half-Marathon andon, FL; Dec. 4

Overall	
Steve Mandel 40	73:3
Heather Gollnick 35	85:2
M35 Dror Vaaknin	74:2
Jaime Larrosa	81:1
M40 S Mandel	73:3
Wil Oliver	81:0
Jon Docs	87:40
John Devine	89:42
M45 Bob Hammond	85:27
Mark Lanzillo	85:33
David Delong	86:15
M50 lan Jackson	81:28
Jack Silva	83:03
John Voorhis	87:52
M55 Joseph Siever	1:48:46
Nicholas Saputo	1:49:27
M60 Tommy Hyde	1:51:34
Bill Lee	1:56:35
M65 Chung Yoo	1:43:23
Ray Goetz	1:53:14
M70 Richard Mines	2:09:16
Jim Standridge	2:11:54
M75+Bill Hayes 76	2:18:34
W40 Denise Fairbanks	93:52
Dorcas White	97:23
Lisa Dougherty	1:43:4
W45 B GalvinYalowich	
MichelleLaPointe	1:46:0
Jill Voorhis	1:50:5
W50 Marianne Kramer	1:43:1
Maria Anderson	1:44:3
June Leland	1:53:0
W55 Abby Dyer	2:10:4
Lynn Scott	2:31:4

MIDWEST more Challenge 5K

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135	DON WILKYMACKY	20:42
140	DOUG OLBERDING	18:56
145	STEPHEN CHAMBERS	19:35
150	STEPHEN STOLL	20:02
155	BILL ATKINSON	21:32
160	BILL HOPKINS	22:49
165	DICK DYSON	26:28
170	HOWARD HUGHES	23:36
175	JERRY HOFFMAN	27:10
V35	BARB WALLACE	25:23
V40	MIMI MCGRATH	21:15
V45	DANA GIOVIS	23:49
V50	ANNA ALLEN	23:53

10K, 4K		
lle, MI; N	10V. 13	W55
y 27	32:06	A COLOR

Adrian Dent 17	41:43
M35 Mark Sheehan	39:25
M40 Paul Aufdemerge	32:15
David Watkin	35:18
John Springer	36:32
M45 Kevin Hanson	34:58
Kris Warszawski	36:30
Michael Frank	38:07
M50 Tim Emmett	37:49
John Tarkowski	39:36
James O'Brien	42:17
M55 Michael Capraro	41:59
Marty Povirk	42:46
Henry Osier	43:18
1400 D	10.10

M65 David Lee
Richard Lizle
Steffen Kamre
M70 Ken Isherwoo
Marvin Stever
Darrell McKer
M75 Fred Hagen
M80 James Lovat
M85 Joe Thornbur
W35 Michelle Sebs
W40 Kathleen Mos
Polly Wilson
Mary Smith
W45 Cathy Dean
Sandy Schub
Marie Rivard
W50 Beth Hall
Joan McDona

January 200

Joan McDona Joan McDona Jean McDona W55 Donna Olson Maggy Zidar Cindy Goodh W60 Shirley Torrar Veronica Cole W65 Ellen Nitz

4K Overall Nick Krus 20 Marcela Micheloni M40 Todd Kelly M45 Paul Baldes M50 Ben Fondren M55 Dan Stultz M60 Phil Morell M65 Gerald Bocci M70 Jon Desenbe W40 Rosie Maran W45 Annette Robt W50 Robin Large W55 Noreen Baile W60 Anne Reneau W65 Sandra Stude Mile

Overall
Ryan Reiterman
Danielle Paniccia
M40 Todd Kelly M50 Ron Vannest M60 James Elwar M80 Herbert Lega W40 Kristin Hendr W45 Doris August W50 Jeanice Dagl W60 Gay Huston W65 Diane Flatt W70 Aldona Zynda W80 Ann Olen

Iroquois Hill Thanksgiving Louisville, KY Overall

Joshua Gentry, 24
Jo Ann Jessie, 43
M40 Jim Schneide
Bill Hague
Doug White
M45 Tom Milliman Cliff Speers Joe Nail Joe Nail
M50 Bill Geraghty
Gary Peak
Hao-Ming Siu
M55 Gary Cobbs
Bruce Baldwi
Thomas Chai
M60 Bill Delph

Glenn Leach Larry Breedin M65 Robert Higgir M70 Ray Parrella William Thorn Dale Rose M75 Owen Comer W40 Jo Ann Jessir Roberta Mey Caryn Steffey W45 Linda Morgar Tammy Giller Lisa Mullins W50 Jill Force Janet Green

Janet Green Donna Young Charlotte The Sharon Shep Susan Brown W60 Pam Ashley W65 Barbara Cox W75 Christine Bal

Lansing Turke Mile, Lansing,

Overall
Nathan Usher, 23
Leah Nilsson, 27
Overall Masters
Eric Stuber, 42
Kari Chandler, 68
M35 Tim Becker
Michael Nicl
Travie Subre. Travis Sybro

M65 David Lee	47:46
Richard Litzler	50:44
Steffen Kamroe	52:06
M70 Ken Isherwood	57:16
Marvin Stevenson	57:49
Darrell McKee	61:56
M75 Fred Hagen	56:23
M80 James Lovat	71:03
M85 Joe Thornburg	90:55
W35 Michelle Sebaly	44:25
W40 Kathleen Moss	48:16
Polly Wilson	49:30
Mary Smith	50:22
W45 Cathy Dean	44:51
Sandy Schubert	47:40
Marie Rivard	49:44
W50 Beth Hall	46:38
Joan McDonald Jean McDonald	49:50
Jean McDonald	55:37
W55 Donna Olson	46:56
Maggy Zidar	50:20
Cindy Goodhue	56:58
W60 Shirley Torrance	58:01
Veronica Coleman	63:02
W65 Ellen Nitz	53:44
4K	
Overall	
Nick Krus 20	12:49
Marcela Micheloni 14	16:34
M40 Todd Kelly	13:59
M45 Paul Baldes	15:49
M50 Ren Fondren	14:50
M50 Ben Fondren M55 Dan Stultz	19:28
M60 Phil Morell	19:23
M65 Gerald Bocci	24:48
M70 Jon Desenberg	23:51
W40 Rosie Marano	17:30
W45 Annette Robb	20:23
W50 Robin Large	24:40
W55 Noreen Bailer	27:41
W60 Anne Reneau	27:26
W65 Sandra Studebaker	31:1
Mile	
Overall	
Ryan Reiterman 17	4:44
Danielle Paniccia 16	6:43
M40 Todd Kelly	5:12
M50 Ron Vanneste M60 James Elwarner	8:07
M60 James Elwarner	15:32
M80 Herbert Legato	19:53
W40 Kristin Hendren	13:00
W45 Doris August	9:44
W50 Jeanice Dagher	15:02
W60 Gay Huston	13:36
W60 Gay Huston W65 Diane Flatt	15:37
W70 Aldona Zynda	18:22
W80 Ann Olen	18:28
and the second s	
Iroquois Hill Runn Thanksgiving Day 5	

Louisville, KY; Nov. 24

Overall	
Joshua Gentry, 24	27:45
Jo Ann Jessie, 43	34:48
M40 Jim Schneider	28:50
Bill Hague	29:27
Doug White	31:10
M45 Tom Milliman	30:34
Cliff Speers	30:47
Joe Nail	31:04
M50 Bill Geraghty	34:58
Gary Peak	35:18
Hao-Ming Siu	35:38
M55 Gary Cobbs	33:49
Bruce Baldwin	34:33
Thomas Chapman	35:50
M60 Bill Delph	37:01
Glenn Leach	37:12
Larry Breeding	39:16
M65 Robert Higgins	60:31
M70 Ray Parrella	34:42
William Thomas	48:09
Dale Rose	49:30
M75 Owen Comer	1:17:30
W40 Jo Ann Jessie	34:48
Roberta Meyer	36:31
Caryn Steffey	39:45
W45 Linda Morgan	39:47
Tammy Gillenwate	rs 41:53
Lisa Mullins	43:41
W50 Jill Force	38:36
Janet Green	40:15
Donna Younger	43:06
W55 Charlotte Theiler	39:13
Sharon Shepherd	43:21
Susan Brown	49:36
W60 Pam Ashley	49:57
W65 Barbara Cox	1:13:18
W75 Christine Bates	60:38

Lansing Turkeyman Trot 5 Mile, Lansing, MI; Nov. 24

Overall	
Nathan Usher, 23	16:20
Leah Nilsson, 27	19:13
Overall Masters	
Eric Stuber, 42	17:26
Kari Chandler, 68	22:40
M35 Tim Becker	21:00
Michael Nicholas	21:21
Travis Sybrowsky	21:28

The second second second		Haut	,,,,
M40 Brian Jones	19:29	M45 Kevin Haas	1
Robert Cook	19:36	Paul Giannobile	1
Mike Fisk	21:45	M50 Dan Morse	1
M45 Jeff Crowe	20:54	Jerry Beutel	1
Joseph Lerczak	22:11	M55 Albert Anderson	2
John Farguhar	23:13	W40 Bonnie Sims	1
M50 John W. Coleman	21:07	Laurie Hanscom	,
James Robinson	21:12	W45 Pam Weier	2 2
Michael Burnett	21:16	Rose Flato	2
M55 Larry McCaskey	24:10	W50 Suzanne Ray	2
Jack Levely	24:11	WSO Suzarine Hay	2
Don Baer	25:27	Lynae Larson	2
M60 Jack Carlton	23:34	W55 Diane Stoneking	2 2 2 2
Dennis Beals	25:04	Mary Hiatt	3
Silviano Fulgencio	25:22	W65 Siglinde Moore	3
M65 Bill Keller	23:27	A STATE OF THE PARTY OF THE PAR	-
Ed Torrance	30:07	Living History Farm	
M70 Harrison Hensley	30:18	Urbandale, IA; No	v. 1
William Rude	37:10	The first of the second second	
M75 Jim Forshee	28:33	Overall	
		Henry Dennis 31	3
John Minsky	36:20	Sarah Gall 26	4
Dick Young	38:43	M40 Phil Krauder	3
W35 Kelly Hocquard	25:22	Craig Christians	3
Debbie Hense	25:41	Bill Field	4
Carla Dudash-Mion	26:24	M45 Rene Englehardt	4

Ruth Thelen Shirley Torrance W65 Joy Ferguson Carol Fulgencio Howell Fantasy 5K Run Howell, MI; Nov. 25

W40 Kittie Lynch 23:26 Christine Sanches 26:02 Susan Treadway 26:45

W50 Susan Rook 26:35 Shawn Witherspoon 26:56

29:06 29:00

36:09 52:31

24:25

26:40 28:16

32:20

W45 Barb Evans Mary Broughman

Katherine Tucker W55 Joyce Curtis

Connie Kelly Sherry Corwin

W60 Sharon Dolan

Overall Matt French, 22 Suzanne Larsen, 28

Kim Ramm

١	Suzanne Larsen, 28	18:29
١	Overall Masters	47.04
١	Eric Stuber, 42	17:04
	Krys Brish, 42	20:33
١	Overall Grandmasters	
١	Vic Mead, 51	19:30
ı	Maggy Zidar, 55	23:29
ı	M35 Brad Abendroth	17:18
ı	Eric Larsen	18:20
1	Rob Basydio	18:38
ı	M40 Gary Brimmer	18:01
١	Matt Bedford	19:18
١	Joel Van Styke	19:28
١	Marty Alward	19:47
ı	Patrick Miller	19:57
	M45 Ray Jeffery	20:09
	Robert McLane	20:31
	John Johnson	20:58
	Terry Carmean	21:03
	M50 Mike Keck	21:55
	Bill Wilson	22:42
	Phillip Leja	23:03
	Larry Barnett M55 Tony Hubbarth	23:16
	M55 Tony Hubbarth	21:07
	Ron Carpenter	21:20
	Mark Cryderman	22:28
	Thomas Claflin	22:29
	M60 Doug Goodhue	19:45
	James Lawson	24:23
	George White	25:08
	M70 Robert Bloomquist	28:21
	Marvin Stevenson	28:43
	Haerrison Hensley	29:50
	W35 Leslie Muha	25:53
	Myra Haloren	26:20
	Laura Egnash	26:25
	W40 Marie Campbell	23:29
	Ann Kurtis	24:00
	Jenny Everal	24:56
	Heather McNamara	25:12
	Sheila Reynaert	25:27
	W45 Marit Jense	23:35
	Joyce Segedi	24:40
	Amy Kostflewa	24:48
	Joanne Gray	25:54
	W50 Joann Bonnewell	27:09
	Marilyn Reichenback	27:13
	Barbara Littlefield	27:47
	Linda Shearing	28:59
	W55 Sue Stefanski	25:16
	loan lannasch	26-02

MID-AMERICA

Shirley Larsen Louise Zachmann

26:02

31:24

35:39

Jean Jannasch Nancy Branstetter W60 Dorothy Johnson

W70 Nancy Schwarz

USATF Minnesota XC 5K Championships Apple Valley; Nov. 12

40	Pat Billig	17:33 17:57
	Chris Celichowski	17:57

M45 Kevin Haas	16:5
Paul Giannobile	17:5
M50 Dan Morse	19:0
Jerry Beutel	19:3
M55 Albert Anderson	24:2
W40 Bonnie Sims	19:0
Laurie Hanscom	21:1
W45 Pam Weier	21:0
Rose Flato	26:5
W50 Suzanne Ray	22:3
Lynae Larson	23:0
W55 Diane Stoneking	24:1
Mary Hiatt	27:0
W65 Siglinde Moore	35:3

10K

Orbandale, IA, NOV	. 19
Overall	
Henry Dennis 31	33:52
Sarah Gall 26	41:02
M40 Phil Krauder	38:53
Craig Christians	39:20
Bill Field	40:20
M45 Rene Englehardt	41:01
Thomas Novak	42:13
Mike Evans	43:08
M50 Steve Riley	41:34
Joseph Haynes	41:52
Dan Kuhlman	43:11
M55 Don Utsinger	47:57
James Jacobsen	47:58
Richard Guffy	48:32
M60 Brian Cummings	58:34
Denis Kruger	64:13
Jan Dilley	67:07
M65 Dwight Beavers	50:10
Jim Matthews	55:27
Robert Kisser	67:24
M70+Alvin Ravenscroft7	261:27
Glen Zirbel 75	84:27
Delmar Holtz 74	95:07
W40 Cynthia Brochman	47:50
Stanneta Svoboda	50:41
Dana Kramer	51:03
W45 Beth Henriksen	53:10

Dana Kramer	51:03
W45 Beth Henriksen	53:10
Peggy Noid	61:28
Kim Heffernan	61:45
W50 Kathi Dellaca	53:37
Jane Wickman	54:40
Andriette Wickstrom	54:47
W55 Mary Anne Gibson	69:52
Carol Lee	73:01
W60 Mariana Phipps	62:19
Anne Medeiros	68:56
W65 Carol Hartman	88-15

Sara Risser

W70+Marge Nielsen 70 78:10 **SOUTHWEST**

2:00:31

San Antonio Marathon & Half-Marathon, San Antonio, TX; Nov. 13

	ACTOR DESCRIPTION
Overall	1990
Ismael Leon	2:34:34
Liza Hunter-Galvan	2:48:02
Male Masters	May a series
Jaime Perez Zuniga	2:56:16
Andrew Loizeaux	3:01:00
Lupe Rodriguez	3:04:45
M35 Juan Garcia	3:01:08
M40 Mitchell Finnie	3:08:03
M45 Willem Maas	3:19:30
M50 Gerardo Leal	3:27:37
M55 Frank Hughes	3:38:14
M60 Mike Verschelden	3:40:00
M65 Don Winkley	4:14:27
M70+Dan Shuff	4:09:40
Jesse Real	4:24:58
Female Masters	STATE OF THE STATE
Rose Rhoton	3:29:22
Paloma Farias	3:45:28
Jean Perez	3:46:37
W35 Martha Conroy	3:29:48
W40 Lorenza Farias	3:53:06
W45 Luti Vela-gude	3:53:29
W50 Lesa Hasan	3:48:24
W55 Judy Cole	4:06:33
	5:32:36
W60 Carol Goslin	
W70+Beryl Kerwick	6:27:44
Half-Marathon	00117
Overall	
Gabriel Lucido	1:13:02
Eliz Malesich	1:25:18
M35 Randall Wood	1:25:59
M40 Julian Rodriguez	1:35:02
M45 Esteban Mejorada	1:15:30
M50 Clent Mericle	1:25:56
M55 J CamarenaLopez	1:27:02
M60 Chriss Lloyd	1:53:54
M65 Don Smith	1:55:45
M70+Joe McGlothlia	2:06:52
W/3E Achley Goliber	1:36:58
W35 Ashley Goliher W40 Diana Vicker	1:40:16
W45 Nora Wilson	1:45:01
W50 Kim Dennis	1:48:43
W55 Rebecc Gonzalez	1:44:24
W60 Diana Camero	2:23:27
W65 Kay Duplichan	2:13:14
W70+Mickie Aguilar	2:49:21
THE RESERVE AND ADDRESS OF THE PARTY OF THE	The second secon

Oklahoma Marathon Tulsa, OK; Nov. 19 Overall

	ica Tranchina, 28	3:10:16
M40	Russell Sears	2:37:41
THE PARTY	Rob Gallant	3:04:11
1	Gregg Weldon	3:09:06
M45	Joel Everett	3:18:23
1000	Tom Pavletic	3:21:40
1000	Philip Mittnight	3:22:46
M50	Bob Woods	3:24:53
	Steve Collen	3:30:28
1000	Randy Ellis	3:33:57
M55	Jim Mayo	3:18:00
71000	George Nichols	3:44:28
PE	James Morella	3:50:11
M60	Rick Karampatsos	3:50:21
Danie	Ron Hartwig	4:02:20
200	Mike Fleming	4:05:30
M65	James Kalas	3:59:41
AMOUNT.	Cliff Burgess	4:39:07
	Tom Podruchny	5:07:35
M70	Charlie Gregory	5:10:18
- Battle	Milton Taylor	5:33:57
A STATE OF THE PARTY OF THE PAR	Norm Franks	7:10:43
M75	Peter Hui	5:57:35
W40	Karen Plucinski	3:23:17
	Rhonda Smith	3:57:43
1000	Rosemarie Ornellas	4:11:59
W45	Becky Lowrance	3:21:15
-	Bridget Smith	3:59:24
W. F.	Mary Fischi	4:12:39
W50	Gloris Linares	4:03:34
1000	Cheryl Jeffries	5:34:55
104000	Alice Dyer	6:10:37
W55	Charlotte Hartwig	4:02:20
BA PE	Kelly Kietzke	4:05:35
	Rae Mohrmann	4:11:24

Dallas Turkey Trot 8 Mile Run, Dallas TX; Nov. 24

Logan Sherman, 19 40:43.05 Michelle McGoldrick, 33 45:57.85

Overall Masters Winners
William Moore, 44 42:35.35
Margo Braud, 47 52:48.65

Overall

1	Marg	o Braud, 47	52:48.65
1	M40	Shawn Gardner	44:26.75
1		John Runyon	46:39.45
1		Chris Crawford	46:53.95
1		Scott Steffen	47:30.15
1		Gerald Jackson	48:46.05
1		Russ Stukel	49:45.05 50:38.85
1		Barry Trickey	51:00.90
1		Ruben Saguil Robert Reveal	51:00.90
1		Ken Rizer	51:23.05 51:34.45
	M45	Chris Phelan	47:11.65
1		Jeff Roth Dallas	47:11.85
1		Kraig Lungstrom	47:21.85
1		Steve Mudgett	48:55.40
ı		Victor Salinas	49:12.80
1		Bob Smeby	49:40.10
ı		Dave Emerson	51:11.90
1		Stewart Van	51:18.50
١		James Drumm	52:09.90
1		Richard Auchus	52:22.95
1	M50	Rick Christensen	
1		Howard Richardson	
١		Bud Wilder	51:04.10
1		Steve Standifer	51:10.50
١		Wally Manaugh	52:24.70
١		J Santos Perez	53:31.60
1		John Holderman	55:50.65
1		Gerry Feldhake	56:28.85
1	M55	Jerry Henderson	
1		Steven Conly	52:53.55
1		Mike Fields	53:00.20
ı		Robert Benson	53:06.65 53:25.40
ı		Steve Shopoff	54:39.05
1		John McGehee Jose Robledo	55:08.65
1		David Cromer	55:33.75
١	M60	Luis Roias	46:09.15
١		Bill Shaw	52:51.45
١		Wayne Jones	58:02.20
1		Shing Ou	59:44.75
1			:01:03.10
1			:02:21.30
1	M65	Bill Blackburn	59:07.45
ı		Bill Johnson 1	:03:49.65
١		S Haliman 1	:05:06.25
1			:08:04.75
١		Bob Freeman 1	:12:14.55
1	1	Luther Bernstein 1	:14:19.00
1	M70		:07:28.35
1			:08:51.95
1			:15:30.15
1			:22:09.00
1	M/5	Ed Jackson 1	:08:47.80
1			
1		Jim King 1 Richard Widener 1	:33:07.80
1	1400		:06:19.80
1		Yolanda Hopping	
1	1140	Lydia McMahan	55:22.90
1		Leana Sloan	56:36.45
1		Jungwon Ko	58:00.00
1		Sonia Soprenuk	
1		C Hawthorne	59:08.90
•		_ , ,	

Colleen Musielak 59:45.55 Lisa Holzwarth 59:58.45 W45 Catherine Burns 55:00.60 Gail Leveque 56:42.50 Jennifer Sullivan 57:42.45 Teresa Sellers 59:19.25 Christie Rambin 59:30.65 Jean O'Leary 59:43.95 Juli Baldwin 1:00:02.55 Juli Baldwin 1:00:02.55 Gillian Glengarry 1:00:07.80 W50 Linda Kelly 59:15.65 Ann Strawn 1:01:30.70 Sunao Salto 1:02:32.15 Ann Dannis 1:03:51.80 Fillis Friedman 1:03:59.95 Marina Dooley 1:05:52.70 W60 Marylyn Patrick 1:01:56.95 Maria Fuentes 1:13:08.90 Nikki Deshazo 1:13:27.65 W65 Mary Kennard 1:06:00.70 Sharon Lucas 1:48:07.75 W70 Margaret Moore 1:13:24.35 Sharon Lucas 1:48:07.75 W70 Margaret Moore 1:13:24.35 Julie Anderson 1:31:03.45 W75 Jan Richards 1:28:41.25 W90 Meredith MacKey 1:14:04.90

WEST

Santa Clarita Marathon/Half-Marathon Santa Clarita, CA; Nov. 6 Overall Roberto Leonardo 43 2:43:45

		e Maracci 35	3:07:16
	M40	R Leonardo	2:43:45
		Jamie Ortiz	2:48:41
		Javier Cruz	3:05:35
	M45	Chuck Teixeira	2:48:31
		Ron Paquette	3:04:05
		Nicholas Florio	3:07:07
	M50	Takashi Yagisawa	2:58:27
		Barry Wellman	2:59:13
		Steven Watanabe	3:07:27
	M55	Joe Ogata	3:34:37
		Keith Noren	3:40:09
l		David Dassey	3:42:37
ŀ	M60	Leo Rutten	3:35:51
l		Trini Espinoza	3:38:08
l		Mike Rosner	3:46:24
ı	M65	Freddie Perez	3:26:42
ı		Philo Short	4:10:52
ı	M70	Edward Salkin	5:10:46
ı		James Render	5:35:32
ı	1000	Moses Christian	6:22:54
ı	W40	Linda Rosenthal	3:28:03
ı		Julie Jaross	3:29:31
ı	17772	Carrie Blakemore	3:32:51
	W45	Helayne Lehman	3:13:52
		Nancy Ottmann	3:34:31
		Elizabeth Chait	3:34:59
	W50	Bereth Velaszquez	
		Cecelie Ramos	4:01:14
		Arlene Lewis	4:01:29
	W55	Linda Swartz	4:17:33

Sherry Bellouin 4:17:35 Sherry Bellouin 4:56:43 Tina Kim 5:02:20 W60 Shelly Galinsky 5:05:15 W70 Kathleen Calloway 6:08:52 Half-Marathon Overall Rafeal Ramos 39 Becky Flowers 29 M40 Hector Seria 1:22:31

2 22 08 2 25 25

	M40 Hector Seria	1:25:27
	Fernando Mehia	1:26:27
	Troy Monges	1:27:32
ı.	M45 Greg Garman	1:23:48
	Gary Cohen	1:23:52
	Gustavo Mena	1:26:59
-	M50 Javier Tapa	1:28:48
	Mark Hughes	1:30:03
	William Fischer	1:30:03
	M55 Roberto Perez	1:29:09
	Jim Dawson	1:36:43
F	Allen Smith	1:38:56
	M60 Marcos Vasquez	1:40:28
	Jose Michel	1:47:34
ī	Daniel Tou	1:50:40
Н	M65 Claude Bruni	1:36:22
	Arnold Orgolini	1:43:36
	Louie Martinez	2:00:59
	M70 Tom Maxwell	1:52:26
	Bob Gold	2:08:29
	M75 Bob Koch 78	2:00:20
	W40 Kim Brettler	1:42:10
ī	Rebecca Peters	1:44:26
H	Amy Berkin	1:45:14
ì	W45 Diana Rush	1:35:54
i	Leslie Oliver	1:37:07
21	Helen Cox	1:39:13
	W50 Elvia Frank	1:44:23
ì	Marie Edstrom	1:50:41
3	Trish Manduca	1:57:47
	W55 Myung Kim	1:40:31
5	Chu Shin	1:47:27
ř	Nicki Broyles	1:55:52
	WEO Willia Toth	2-22-08

W60 Willie Toth Diane Thomas

Diane Thomas
Susan Hamusek
Susan Hamusek
2:42:17
W65 Becky Whitehead
2:20:17
Joan Maxwell
1:48:52

Calabasas Classic 10K & 5K, Calabasas, CA Nov. 13

Overall	TO U.S.
Rusty Snow 35	33:04
Debbie Knickman 41	41:39
M40 Steve Schuman	35:53
Mont Huettle	36:58
Robert Franks	37:34
M45 Jeff Snyder	37:06
Dennis Donahue	40:09
Mark Helm	41:18
M50 Richard Bouton	39:59
David Edgar	40:05
Jon Sutherland	42:03
M55 Michael Williams Glenn Cook	47:07
Jeff Urband	54:20 57:49
M60 Will Armendariz	59:57
Ken Kochakji	60:48
Jeff Hoffman	72:39
M65 Lee Forman	51:58
M70+Irving Ornstein 74	69:43
W40 D Knickman	41:39
Nina Greenberg	41:39 42:36
Adrianne Webb	43:28
W45 Diane Lawrence	57:20
Dee Paul	61:25
W50 Doris Madden	62:56
Deb Brownstone	63:29
W55 Denise Mountain	59:04
5K	
Overall	
Joe Nitti 38	16:23
Many Colburn 26	18:03
M40 Conal Tepper	17:39
Robert Franks	18:33
Richard Person	18:52
M45 Daniel Barry	18:48
Mark Helm	19:13
Jim Newman	20:04
M50 Murray Greenberg	20:56
Robert McEnroe	22:44
Randall Kennedy	23:02
M55 Larry Rubenstein	22:42
Rich Almack	23:41
Larry Norton	24:10
M60 Miles Mattenson	25:15
Kenneth Solso M65 Michael McDonnell	47:09
M65 Michael McDonnell	23:15
Irving Cohen	33:18
M70+Leonard Walts 75	29:25
Milo Sather 77	29:54
W40 Amanda Nowakowsk	
Caroline Lettieri	22:12
Susan Gentry	22:34
W45 Allison Stein	24:00
Randi Weiser	28:14
Patricia Schewe	29:16
W50 Georgina Lomedico Sandra Benakote	30:30
Sue McKinnon	31:24
W55 Yoko Eichel	21:58
Maryann Burcham	24:44
W60 Barbara Cozad	39:15
Twila Plank	39:16
W65 Diane Sharlin	51:42
W70+Marilyn Moriana 70	
Trofficially in Monaria 70	00.11
Las Vegas Turkey	Trot

as Vegas Turkey Trot 10K & 5K, Las Vegas, NV Nov. 18

Overall	
Jeff Gardner	33:48
Michele Oehler	45:21
M35 Donald Williams	41:41
M40 Ned Busch	38:53
M45 Russell Brown	49:12
M50 Tony Allison	45:10
M55 Ed Hoffman	45:50
M60 Bart Smith	40:10
M70 Paul Flanagan	48:23
M75 Ed Dobson	67:58
W35 Ana Jaramillo	52:41
W40 Eve Marie Smith	50:03
W45 Jolene Mitchell	50:20
W50 Bette Brickman	52:17
W55 Geri Henry	56:28
W60 Leslie Zuckerman	82:11

W50 Bette Brickman	52:17
W55 Geri Henry	56:28
W60 Leslie Zuckerman	82:11
5K	
Overall	
Nick Meis	16:18
Rachael Schulte	20:26
M35 Michael Garrow	22:45
M40 James Blaine	20:54
M45 Marco Arteaga	18:45
M50 Nick Leyva	22:42
M55 Gregorio Bravo	21:2
M60 Jim Tebockhorst	26:33
M65 John Hamm	27:45
M70 Paul Flanagan	24:4
W35 Vanessa Callahan	27:0
W40 Shari Gargano	24:13
W45 Denise Goshorn	
	26:12
W50 Marijane Martinez	24:49
W55 Naomi Flink	56:24
W60 Connie Ruiz	45:43
W70 Vera Vann-Wilson	33:42
W80+MarybelleRussell	47:10

W50-59

page 30		
Dana Point Turkey	Trot	Erika Aklufi M40-49
10K & Master's Dana Point, CA; No		Martin Schmitt
10K		Bruce Kirch
Overall Ben Bruce 23	29:44	Harold Vance M50-59
Sylvia Mosqueda 39	33:15	Stan Justice
M40 Peter Magill Mark Donaldson	31:53	John Weems
John Jacobson	35:32	M60-69
M45 Danny Reed John Aroujo	31:56 35:33	Mervyn Cooper John Williams
William Scarff	39:31	M70+
M50 Martin Ellison Dave Parker	34:54 36:46	Harold Vance Loren Leonard
lan Carlson	37:46	W40-49
M55 Chris Johnson	40:17	Raquel Serafin Jackie Tedeski
Kenneth Sayles Jim Bechtold	41:29	Sue Schmitt
M60 Robert Sullivan Bill Pascual	42:40 46:25	W50-59 Joanie Matheson
Jay Scollick	48:17	W60-69
M65 Gamma Chavez Luis Varga	45:21 47:09	Amy Galbraith
Tony Norris	48:22	Overall
M70 Jerry Jefferson Don Moore	47:39 53:17	Oliver Martin Nina Greenberg
Dave Ballentyne	53:26	M40-49
M75 Bob Koch 78 Allen Bergman 78	52:40 74:26	Oliver Martin David Bezaire
W40 Beverly Owen	38:18	Edmundo Navar
Sue Zihlmann Debra Ocano	41:07 42:01	M50-59 Randall Kennedy
W45 Rozanne Strong	42:58	Leslie Caldera
Susan McCaffery Robyn Bergoon	45:24 45:37	Richard Ross M60-69
W50 Elaine Rutkowski	43:40	Allen Ross
Kathi Guiney Candice Beck	46:47 46:53	Michael Belman M70+
W55 Jean Schlesinger	44:20	Milan Fiala
Carmel Vrabel Beverly Peterson	50:27 52:23	W40-49 Nina Greenberg
W60 Judy Gilbert	52:54	Amy Hunter
Lucille Harrison Nancy Thweatt	53:40 57:28	Caroline Lettieri W50-59
W65 Carol Hemus 68	54:02	Judith Hardenbro
Mary Ann Johnson 68 Mickie Shapiro 69	55:30 60:46	W60-69
Masters 5K	00.40	Susan Baker 5K
Overall Dan Arsenault 43	15:32	Overall
Ceci St. Geme 42	16:54	Richard Rodrigue Leslie Comstock
M40 Andy Diconti Ken Ernst	15:57 16:08	M40-49
Jose Ortiz	16:17	Kevin Wright Adam Chidekel
M45 Sal Garcia Mark Cleary	17:07	M50-59
John Aroujo	17:29 17:55	Daniel Smith M60-69
M50 Bob Morris Vincent Fleming	17:57 18:13	Edward Saxey W40-49
Ian Carlson M55 Nolan Shaheed	18:56	Lourdes Bartlett
Bill Sumner	16:40 18:59	Linda Brulce Josie Betancourt
Jose Acervantes	19:19	W50-59
M60 Ian Baillie Gary Gustafson	23:03 23:49	Allyson Thurber
Paul Bush	26:16	Pamela Courtright Silvia Molina
M65 Alan Wakeling Dutch O'Hoy	20:41 22:18	W60-69
Bob Norton	23:03	Lynn Saxey
M70 Roy Nelson Henderson Cleaves	25:22 26:08	Run to the Fa
Don Moore	26:49	5K, San Fran
M75 David Rich Harold Willis	31:13 37:26	10K Nov.
Peter Balselis	39:58	Overall District Of
M80 James Brown 80 Ira Miller 89	34:45 60:20	Richie Boulet, 32 Magdalena Boule
William Abersmann 92	61:30	M40-49
W40 Kathleen Evans Tess Joyce	20:15 21:16	Scott Robertson Thomas Neupau
Caren Ware	21:26	Tim Sheeper
W45 Anet Cooperman Yayoi Liu	19:36 20:43	Steve Kollars Lawrence McKer
Jennifer Buckley	20:57	Tom Knauer
W50 Denise Jenneck Sheila Nicholas	20:24	John Lundy Peter Hsia
Candice Beck	24:20	M50-59
W55 Jeanie Leitner Carol Schertzer	23:43 24:57	John Hirschberg Rick Trachok
Anna Knowles	25:31	Bobby McKee
W60 Susan Hampson Teresa Ross	28:27	Roy Clarke Bob Bowman
Penny Collins W65 Lois Austin	33:09	Christopher Poh
Winnie Rich	28:18 31:27	Artie Alvidrez Dick Cordone
Marilyn Latzmark	43:13	M60-69
W70 Anna Matson Patty Sperry	30:06 38:48	Robert Schmitt John Roos
Willa Porter	52:28	Hans Schmid
W75 Mary Jane Brown Betty Eaton	34:46 50:11	Goetz Klopfer Tim Rostege
Bennie Payne	50:11 55:30	Barry Hotchkies
W80 Marise Sisson 80 Amata Brooks 80	45:07 45:42	W40-49 Lisbet Sunshine
Alice Ellis 82	47:37	Lorna Thomson
Topanga Turkey Tro	t 15K.	Shari Tracy
10K & 5K	THEFT	Pat School
Topanga, CA; Nov	. 26	Mimi Winsberg Tina Chase
Overall		Rhonda Holden
Jeff Caiola	1:11:31	Shelley Clark

Erika Aklufi M40-49	1:12:09
Martin Schmitt Bruce Kirch	1:57:03 2:00:53
Harold Vance M50-59	2:12:56
Stan Justice Luis Espinosa John Weems	1:54:06 1:58:25
M60-69	2:04:55
Mervyn Cooper John Williams M70+	1:59:24 2:16:32
Harold Vance Loren Leonard	2:02:49 2:18:45
W40-49	2:10:53
Raquel Serafin Jackie Tedeski Sue Schmitt	2:12:38 2:38:47
W50-59 Joanie Matheson	2:11:39
W60-69 Amy Galbraith 10K	1:56:23
Overall Oliver Martin	48:36
Nina Greenberg M40-49	54:49
Oliver Martin David Bezaire	48:36 54:58
Edmundo Navarro M50-59	55:02
Randall Kennedy Leslie Caldera	1:01:56 1:02:09 1:07:21
Richard Ross M60-69	1:07:21
Allen Ross Michael Belman M70+	1:10:18
Milan Fiala W40-49	1:34:07
Nina Greenberg Amy Hunter	54:49 1:00:10
Caroline Lettieri W50-59	1:00:10
Judith Hardenbrook W60-69	THE RESERVE
Susan Baker 5K	1:46:37
Overall Richard Rodriguez	33:54
Leslie Comstock M40-49	36:33
Kevin Wright Adam Chidekel M50-59	44:49 48:39
Daniel Smith M60-69	49:25
Edward Saxey W40-49	1:45:47
Lourdes Bartlett Linda Brulce	41:21 41:29
Josie Betancourt W50-59	47:44
Allyson Thurber Pamela Courtright Silvia Molina	45:26 47:23
W60-69	48:48
Run to the Far Side	1:15:10 e 10K &
Run to the Far Side	o, CA
10K Overall	
Overall Richie Boulet, 32 Magdalena Boulet, 32	31:57 35:00
M40-49 Scott Robertson	36:27
Thomas Neupauer Tim Sheeper	36:34 36:44
Steve Kollars Lawrence McKendell	36:53 37:18
Tom Knauer John Lundy	37:36 37:44
Peter Hsia M50-59	38:10
John Hirschberger Rick Trachok Bobby McKee	37:15 38:03 39:05
Roy Clarke Bob Bowman	39:05 39:24 42:16
Christopher Pohl Artie Alvidrez	42:25 42:54
Dick Cordone M60-69	43:08
Robert Schmitt John Roos	42:18 42:45
Hans Schmid Goetz Klopfer	44:08 44:11
Tim Rostege Barry Hotchkies W40-49	45:49 45:58
Lisbet Sunshine Lorna Thomson	37:23
Kimberly Fanady Shari Tracy	40:02 43:09 43:12
Pat School Mimi Winsberg	44:13 45:00
Tina Chase	45:56
Rhonda Holden Shelley Clark	46:50

W50-59			ames Bostwick
Penelope Douglas	48:04		irt Goetzke
Janet Cain	49:54		D Ma Court
Jo Anne Rowland	50:09		nton Erjavec an Kasper
Susan Virta	53:19 53:27		om Neuman
Maggie Ward Debbye Harmer	54:09		ric Dees
W60-69	54.05		lichard Hafner
Trudi Hofmann	54:11	K	evin Cassidy
Heather Yeowell	55:17		eon Deitlaf
Barbara Smith	56:09		like McGee
Mercedes Escobedo	57:32		eslaw Zych
Katie Martin	57:33 57:42		an Black ruce Pulford
Carol Turner W70-79	57:42		Mark Plucinski
Barbara Robben	1:02:22		raig McBride
Shirley Pierce	1:38:39		like Rassier
Patricia Traylor	1:46:55	M55 G	eorge Neil
Rosanne Strucinski	1:53:28		ob Ulloa
5K			ulio Aguirre
Overall			leil Wakelin
Sergio Reyes, Lancast	ter 14:48		layden Smith
Erin Nehus	16:38		Villiam Elberson
M40-49	16:01		rank Hamman Vayne Mitchell
Jeffery Hildebrandt Tim Wallen	16:20		avid Harrell
Robert Pickens	16:57		homas Balzola
Tony Coffey	17:17		tan Curtiss
Ken Wilner	17:37		lay Nelson
Richard Johnson	17:44	F	lichard Wallen
Danny Hernandez	18:11		loger Roufosse
Mike Magoire	18:23		aul Straub
M50-59			avid Russer
Doug Steedman	17:53	M75 B	ob Mahoney
Martin Brook	19:47		renda Graham Gray loberta McGraw
Dan Ramos	20:06		hris Gibbons
Kevon Cottrell Robert Darling	20:09		anet Howard
Robert McLean	21:10		aren Plucinski
David Wool	21:24		athie Schellenberg
Melvin Jay	22:02	P	eg Rusconi
M60-69		P	am Reed
Alphonzo Jackson	18:56		atti Jordan
Robert Gormley	20:16	N	lancy Ottmann
Wolf Hillensheim	20:30	D	awn Eskau
Doug Braasch	21:13	T	eresa Donley
Craig Edwards	21:53	K	aren FitzGerald
Jim Denham	22:14	P	atty Smith
Michael Conroy	22:22		eanie Grooms
Gil Moreno	22:32		isa McDuff
M70-79			onnie Arlt
Bill Buchanan	30:04	K	athy Grauer
Don Woodrow	30:37		arah Lin-Aamod
George Carvalho	33:20		arb Bumann
Harry Scott Jerry Wendt	34:03		amela Roberts
Jerry Wendt	37:11 38:03		laine DeVries
Donald Dougherty M80+	38.03		athy Roberts ane Davey
Ken Crain	43:43		Shannon Shen
Fred Shimasaki	45:04		velyn Carter
David Cole		14100	eleste Fondaco
David Cole	48:06	I W60 C	eleste rondaco
W40-49	48:06	W60 C	Susan Siderman
	48:06 19:56	- 5	Susan Siderman
W40-49	19:56 20:05	W65 P	Susan Siderman Slice Carr Patricia Delaney
W40-49 Polly St. Geme Jody Heyman Kyoung Lee	19:56 20:05 20:15	W65 P W70 C	Susan Siderman Alice Carr Patricia Delaney Biovanna Schaefe
W40-49 Polly St. Geme Jody Heyman Kyoung Lee Lynn Pidoli	19:56 20:05 20:15 20:37	W65 P W70 C Half-N	Susan Siderman Alice Carr Patricia Delaney Biovanna Schaefe Marathon
W40-49 Polly St. Geme Jody Heyman Kyoung Lee Lynn Pidoli Tricia Wallace	19:56 20:05 20:15 20:37 21:18	W65 P W70 C Half-N Overa	Susan Siderman Alice Carr Patricia Delaney Biovanna Schaefe Marathon
W40-49 Polly St. Geme Jody Heyman Kyoung Lee Lynn Pidoli Tricia Wallace Holly Enzler	19:56 20:05 20:15 20:37 21:18 21:23	W65 P W70 C Half-N Overa Christi	Gusan Siderman Alice Carr Patricia Delaney Siovanna Schaefe Marathon II Ian Hesch
W40-49 Polly St. Geme Jody Heyman Kyoung Lee Lynn Pidoli Tricia Wallace Holly Enzler Vicky Boyd	19:56 20:05 20:15 20:37 21:18 21:23 21:24	W65 P W70 C Half-N Overa Christi Nili Ab	Busan Siderman Alice Carr Patricia Delaney Biovanna Schaefe Barathon III an Hesch Bramski
W40-49 Polly St. Geme Jody Heyman Kyoung Lee Lynn Pidoli Tricia Wallace Holly Enzler Vicky Boyd Diane Prater	19:56 20:05 20:15 20:37 21:18 21:23	W65 F W70 G Half-N Overa Christi Nili Ab M40 F	Jusan Siderman Jice Carr - Patricia Delaney Jatricia Delaney Jatricia Delaney Jarathon II Jan Hesch Jan Hesch Jan Hesch Jan Hesch Jan Hesch Jan Hesch Jan Hesch Jan Hesch Jan Hesch Jan Hesch
W40-49 Polly St. Geme Jody Heyman Kyoung Lee Lynn Pidoli Tricia Wallace Holly Enzler Vicky Boyd Diane Prater W50-59	19:56 20:05 20:15 20:37 21:18 21:23 21:24 21:54	W65 P W70 G Half-N Overa Christi Nili Ab M40 F	Jusan Siderman Lice Carr Zatricia Delaney Biovanna Schaefe Iarathon II an Hesch Jornest Newman Jans Muller
W40-49 Polly St. Geme Jody Heyman Kyoung Lee Lynn Pidoli Tricia Wallace Holly Enzler Vicky Boyd Diane Prater W50-59 Liz Gottlieb	19:56 20:05 20:15 20:37 21:18 21:23 21:24 21:54	W65 P W70 G Half-N Overa Christi Nili Ab M40 F	iusan Siderman lice Carr - latricia Delaney liovanna Schaefe larathon II an Hesch Iramski orrest Newman lans Muller eff Neuschwande
W40-49 Polly St. Geme Jody Heyman Kyoung Lee Lynn Pidoli Tricia Wallace Holly Enzler Vicky Boyd Diane Prater W50-59 Liz Gottlieb Kim Rupert	19:56 20:05 20:15 20:37 21:18 21:23 21:24 21:54 18:09 19:59	W65 P W70 G Half-N Overa Christi Nili Ab M40 F H	iusan Siderman lice Carr - 'atricia Delaney siovanna Schaefe farathon II an Hesch ramski orrest Newman lans Muller eff Neuschwande ob Van Langenhove
W40-49 Polly St. Geme Jody Heyman Kyoung Lee Lynn Pidoli Tricia Wallace Holly Enzler Vicky Boyd Diane Prater W50-59 Liz Gottlieb	19:56 20:05 20:15 20:37 21:18 21:23 21:24 21:54 18:09 19:59 23:15	W65 P W70 G Half-N Overa Christi Nili Ab M40 P H	iusan Siderman lice Carr latricia Delaney siovanna Schaefe larathon ll lan Hesch ramski orrest Newman lans Muller eff Neuschwande lob Van Langenhove lon Bodine
W40-49 Polly St. Geme Jody Heyman Kyoung Lee Lynn Pidoli Tricia Wallace Holly Enzler Vicky Boyd Diane Prater W50-59 Liz Gottlieb Kim Rupert Susan Cronk	19:56 20:05 20:15 20:37 21:18 21:23 21:24 21:54 18:09 19:59	W65 P W70 G Half-N Overa Christi Nili Ab M40 F J	idusan Siderman lice Carr latricia Delaney la
W40-49 Polly St. Geme Jody Heyman Kyoung Lee Lynn Pidoli Tricia Wallace Holly Enzler Vicky Boyd Diane Prater W50-59 Liz Gottlieb Kim Rupert Susan Cronk Monika McCool Sue Reinhardt Karen Bonnett	19:56 20:05 20:15 20:37 21:18 21:23 21:24 21:54 18:09 19:59 23:15 25:01	W65 P W70 G Half-N Overa Christi Nili Ab M40 F H B B B B B	iusan Siderman lice Carr latricia Delaney siovanna Schaefe larathon ll an Hesch ramski orrest Newman lans Muller eff Neuschwande lob Van Langenhove lon Bodine leoff Bastow lill Cobler inthony Davitt
W40-49 Polly St. Geme Jody Heyman Kyoung Lee Lynn Pidoli Tricia Wallace Holly Enzler Vicky Boyd Diane Prater W50-59 Liz Gottlieb Kim Rupert Susan Cronk Monika McCool Sue Reinhardt Karen Bonnett Kat Powell	19:56 20:05 20:15 20:37 21:23 21:24 21:54 18:09 19:59 23:15 25:01 25:46 26:07 26:40	W65 P W70 G Half-N Overa Christia Nili Ab M40 F F G G M45 A	iusan Siderman lice Carr latricia Delaney siovanna Schaefe larathon II an Hesch ramski forrest Newman lans Muller eff Neuschwande ob Van Langenhove lon Bodine licobler unthony Davitt untoni Niemczak
W40-49 Polly St. Geme Jody Heyman Kyoung Lee Lynn Pidoli Tricia Wallace Holly Enzler Vicky Boyd Diane Prater W50-59 Liz Gottlieb Kim Rupert Susan Cronk Monika McCool Sue Reinhardt Karen Bonnett Kat Powell Barbra Goodrich	19:56 20:05 20:15 20:37 21:18 21:23 21:24 21:54 18:09 19:59 23:15 25:01 25:46 26:07	W65 F W70 G Half-N Oyera Christi Nili Ab M40 F F G G B M45 A	iusan Siderman lice Carr latricia Delaney liovanna Schaefe larathon III an Hesch laramski orrest Newman lans Muller eff Neuschwande lans Muller eff Neuschwande lob Van Langenhove lon Bodine lieoff Bastow lill Cobler inthony Davitt lintoni Niemczak chris Clark
W40-49 Polly St. Geme Jody Heyman Kyoung Lee Lynn Pidoli Tricia Wallace Holly Enzler Vicky Boyd Diane Prater W50-59 Liz Gottlieb Kim Rupert Susan Cronk Monika McCool Sue Reinhardt Karen Bonnett Kat Powell Barbra Goodrich	19:56 20:05 20:15 20:37 21:18 21:23 21:24 21:54 18:09 19:59 23:15 25:01 25:46 26:07 26:40 26:52	W65 P W70 G Half-N Overa Christi Nili Ab M40 F F G G M45 A	iusan Siderman lice Carr lice Carr latricia Delaney lavanna Schaefe larathon ll lan Hesch laramski larest Newman lans Muller leff Neuschwande lob Van Langenhove lon Bodine leff Bastow lill Cobler lantony Davitt lantoni Niemczak lan Murphy
W40-49 Polly St. Geme Jody Heyman Kyoung Lee Lynn Pidoli Tricia Wallace Holly Enzler Vicky Boyd Diane Prater W50-59 Liz Gottlieb Kim Rupert Susan Cronk Monika McCool Sue Reinhardt Karen Bonnett Kat Powell Barbra Goodrich W60-69 Barbara Miller	19:56 20:05 20:15 20:37 21:18 21:23 21:24 21:54 18:09 19:59 23:15 25:01 25:46 26:07 26:40 26:52	W65 P W70 G Half-N Oyera Christi Nili Ab M40 F F J J B B M45 A	idusan Siderman lice Carr latricia Delaney siovanna Schaefe larathon II an Hesch larathor III an Hesch larathor III an Hesch larathor III an Hesch larathor III larathor
W40-49 Polly St. Geme Jody Heyman Kyoung Lee Lynn Pidoli Tricia Wallace Holly Enzler Vicky Boyd Diane Prater W50-59 Liz Gottlieb Kim Rupert Susan Cronk Monika McCool Sue Reinhardt Karen Bonnett Kat Powell Barbra Goodrich W60-69 Barbara Miller Lucina Vernazza	19:56 20:05 20:15 20:37 21:18 21:23 21:24 21:54 18:09 19:59 23:15 25:01 25:46 26:07 26:52 21:55 24:31	W65 F W70 G Half-N Oyera Christi Nili Ab M40 F F G G B M45 A M45 A	iusan Siderman lice Carr latricia Delaney siovanna Schaefe larathon II an Hesch laramski orrest Newman lans Muller eff Neuschwande ob Van Langenhow ton Bodine sieoff Bastow lill Cobler anthony Davitt antoni Niemczak chris Clark lan Murphy leith Witthauer ules Magda
W40-49 Polly St. Geme Jody Heyman Kyoung Lee Lynn Pidoli Tricia Wallace Holly Enzler Vicky Boyd Diane Prater W50-59 Liz Gottlieb Kim Rupert Susan Cronk Monika McCool Sue Reinhardt Karen Bonnett Kat Powell Barbra Goodrich W60-69 Barbara Miller Lucina Vernazza Rose O'Brien	19:56 20:05 20:15 20:37 21:18 21:23 21:24 21:54 18:09 19:59 23:15 25:01 25:46 26:07 26:52 21:55 24:31 33:07	W65 F W70 G Half-N Oyera Christi Nili Ab M40 F H B B B B M45 A	idusan Siderman dice Carr latricia Delaney diovanna Schaefe larathon ll an Hesch diarathon ll an Hesch diarathon ll an Hesch diaramski diarest Newman lans Muller eff Neuschwande do Van Langenhove don Bodine deoff Bastow dill Cobler dintoni Niemczak dintoni Niemczak drischris Clark dan Murphy deith Witthauer des Wagda dary Cohen
W40-49 Polly St. Geme Jody Heyman Kyoung Lee Lynn Pidoli Tricia Wallace Holly Enzler Vicky Boyd Diane Prater W50-59 Liz Gottlieb Kim Rupert Susan Cronk Monika McCool Sue Reinhardt Karen Bonnett Kat Powell Barbra Goodrich W60-69 Barbara Miller Lucina Vernazza Rose O'Brien Fran Smith	19:56 20:05 20:15 20:37 21:18 21:23 21:24 21:54 18:09 19:59 23:15 25:01 25:46 26:07 26:40 26:52 21:55 24:31 33:07 33:59	W65 P W70 G Half-N Oyera Christi Nili Ab M40 F P G G M45 A M45 A	iusan Siderman lice Carr lice Carr latricia Delaney latricia D
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	James Bostwick	2:57:44	W40 Zinnia Lopez
	Kirt Goetzke	2:58:41	Rachel Atchley
	JD Ma Court	2:59:23	Patti Stewart-Ga
45	Anton Erjavec	2:56:42	Lisa Goldsmith
	Dan Kasper	3:00:33	Lisa Rainsberge
	Tom Neuman	3:01:38	Alma Arredondo
	Eric Dees	3:05:07	Lisa Veneziano
	Richard Hafner	3:04:52	Nankeith Frates
	Kevin Cassidy	3:05:41	W45 Kimber Sinclair
	Leon Deitlaf	3:07:47	Jean Lampert
	Mike McGee	3:09:04	Debbie Shetlar
50	Leslaw Zych	3:04:05	Anne Kilgorre
	Dan Black	3:05:36	Sherry Buckner
	Bruce Pulford	3:07:04	Cheryl Zwarkow
	Mark Plucinski	3:14:11	W50 Michele Hill
	Craig McBride	3:16:09	Brenda Hawley
	Mike Rassier	3:16:46	Lynn Kleiman
55	George Neil	3:09:53	Becky Lee
	Bob Ulloa	3:16:04	Karen Rothbaue
	Julio Aguirre	3:18:20	Judy Kopp
	Neil Wakelin	3:18:23	W55 Susan Humphri
	Hayden Smith	3:24:28	Judy Warick
	William Elberson	3:25:40	Lorraine Hoyle
60	Frank Hamman	3:20:48	Isabel Martinez
	Wayne Mitchell	3:25:03	W60 Fran Smith
	David Harrell	3:47:48	Shirley Weaver Mary Rodeberg
	Thomas Balzola	3:47:53	Mary Rodeberg
65	Stan Curtiss	3:49:40	W65 Shirley Blush
	Ray Nelson	3:48:59	Freida Reutter
	Richard Wallen	3:50:28	Shirley Carter W70 Chieko Allwein
70	Roger Roufosse	4:22:25	W70 Chieko Allwein
	Paul Straub	4:46:24	Martha Kinsing
	David Russer	4:46:52	Wilma Parker
75	Bob Mahoney	5:29:36	W75 Yukiz Mochida
	Brenda Graham Gray	2:54:17	Miyoko O'Hara
	Roberta McGraw	3:09:29	Nancy O'Neill
	Chris Gibbons	3:18:11	5K
	Janet Howard	3:21:24	Overall
	Karen Plucinski	3:28:33	Jeff Gardner
	Kathie Schellenberg	3:30:02	Roslyn Alexander
	Peg Rusconi	3:36:25	M40 Ken Carlson
	Pam Reed	3:38:11	Bryan Porter
45	Patti lordon		
45	Patti Jordan	3:31:24	Michael Monsty
	Nancy Ottmann	3:37:24	M45 Jeff Gardner
	Dawn Eskau	3:37:41	Jose Quimbiulo
	Teresa Donley	3:44:26	William Sullivar
	Karen FitzGerald	3:44:39	M50 Claude Grenier
	Patty Smith	3:44:11	Gary Townsend
	Jeanie Grooms	3:46:21	Terry Stockdale
	Lisa McDuff	3:46:45	M55 Patrick Bradford
50	Bonnie Arlt	3:49:54	Dan Reardon
-	Kathy Grauer	3:52:17	Harvey Brown
	Sarah Lin-Aamodt		M60 Michael Smith
	Barb Bumann	4:07:26	Peter Torre
	Pamela Roberts	4:17:41	Leroy Sanborn
	Elaine DeVries	4:19:59	M65 Ray Nelson
	Kathu Daharta	3:53:48	
33	Kathy Roberts		Floyd Light
	Jane Davey	3:55:42	Willie Blaylock
	Shannon Shen	4:03:03	M70 William Puls
-	Evelyn Carter	4:14:50	Carlos Morales
60	Celeste Fondaco	4:23:58	EDUARDO DIA
	Susan Siderman	4:30:11	M75 David Johnsen
	Alice Carr	4:32:08	M80+Justyn Raymo
65		5:19:23	W40 Toni Medvetz
	Giovanna Schaefe	6:37:48	Bernadette Wie
	-Marathon		Dorothy Smith
vei	rall		W45 Jeanie Grooms
	stian Hesch	1:06:20	Linda Sanborn
	Abramski	1:15:55	Brenda Wilson
40	Forrest Newman	1:12:21	W50 Sandi Reardon
	Hans Muller	1:17:59	Carolyn Schroe
	Jeff Neuschwander	1:19:40	Mari-Jane Mart
	Bob Van Langenhove	1:19:50	W55 Dorothy Stewar
	Ron Bodine	1:20:04	Billie Large
	Geoff Bastow	1:20:33	Pauline Smith
	Bill Cobler	1:21:18	W60 Sandra Miller
	Anthony Davitt	1:22:18	Karla Sorenson
45	Antoni Niemczak	1:12:18	Shirley Schoele
	Chris Clark	1:15:48	W65 Betsy Light
	Dan Murphy	1:19:52	Katu Masuyama
	Keith Witthauer	1:20:53	
	Jules Magda	1:21:05	W70 Marian Burns
	Gary Cohen	1:21:42	
	John Kane	1:21:42	Elizabeth Thom
	Edgar Brade	1:22:53	W80+Marybelle Rus
	Edgar Breda	1:23:13	get and more and the
	Bobby Williams	1:20:07	Tucson Maratho
	Robert Wilson	1:20:29	Marathon, Tucs
	James Jeffrey	1:21:31	Dec. 4
	Mike Fairley	1:23:53	Marathon
	Michael Jeffrey	1:25:24	Overall
	Jack Ankrum	1:26:42	Michael Digennaro,
55	David Blankenship	1:22:51	Lauren Burawski, 26
	Sherman Stanford	1:24:45	M40 Art Fagan
	Dennis Swick	1:27:08	
	Douglas Brown	1:28:20	Tyrone Black
	Bill Summer	1:29:04	Raymond Greenle
4	Bart Smith	1:29:21	M45 Bentino Gonzali
60	Don Coffman	1:23:00	Steve Olafson
T	Michael Smith	1:31:35	Fred Roberts
	Roger Cobbledick	1:33:04	M50 Paul Nicholson
	Michael Mullaley	1:38:17	David Louks
65	Jack Meegan	1:42:50	Barry Wallman
100	Rodger Goodwin	1:44:58	M55 Duane Morse
	Lee Parker		
70	Dave Bernal	1:45:05 1:53:58	Andy Lawrence John Towart
	Dave Demal	1.03.56	M60 Ray Hampton
	John Livingston		
	John Livingston	1:56:25	Harold Jackson
75	Warren Reutter	1:56:25 2:00:30	Harold Jackson Tom Boomer
75	Warren Reutter Orville Bingley	1:56:25 2:00:30 2:42:40	Harold Jackson Tom Boomer
	Warren Reutter Orville Bingley Jack Rienks	1:56:25 2:00:30	Harold Jackson

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Marathon	ALC: A CONTRACTOR
Overall	The state of
Michael Digennaro, 27	2:28:16
Lauren Burawski, 26	2:53:03
M40 Art Fagan	2:49:59
Tyrone Black	2:51:28
Raymond Greenlaw	2:51:45
M45 Bentino Gonzaliz	2:48:30
Steve Olafson	2:53:35
Fred Roberts	2:54:02
M50 Paul Nicholson	2:50:58
David Louks	2:55:42
Barry Wallman	2:55:55
M55 Duane Morse	3:25:30
Andy Lawrence	3:27:29
John Towart	3:28:16
M60 Ray Hampton	3:23:45
Harold Jackson	3:24:11
Tom Boomer	3:33:40
M65 Mark Stockslager	3:49:08
Raymond Prizgintas	
Frank Roberts	4:25:19
M70 Jim Grindley	4:05:44

4:28:40

Tony Alvarez

3:03:39 3:01:34

ADDRESS:	Richard Spira	4:53:47
	Frank Chen	4:38:06
	Julia Cassidy	3:04:39
Santana:	Lisa Loughran	3:13:56
	Denise Jackson	3:21:26
WAS	Dianne Sharpe	3:21:24
4445	Jean Watson	3:24:15
	Cutain Calleon	
	Sylvia Callsen Frannie Tennant	3:38:33
W50	Frannie Tennant	3:15:07
Service.	Donna Pierson	3:23:08
	Deborah Rudis	3:32:14
W55	Sandy Montgomery	3:49:25
Section 1	Marygail Brauner	3:53:31
	Robin St Clare	4:03:02
W60	Joyce Ashimine	
	Sharon Wentworth	4:33:23
Aller to	Judie Shyman	4:37:18
MICE	Terttu Barsch	4:40:39
		F-00-0
	Martha Walker	5:23:2
	Marathon	
Ove	all	
Clint	Verran, 30	1:04:25
Beth	Ellickson, 38	1:19:19
	Victor Rudolph	
PROPERTY.	Eric Swager	1:14:22
1000	Doug Kelly	1:22:43
MAE	Mark Holland	1:10-5
11143		1:18:52
2000	Kevin Tuck	1:19:00
	Robert Steele	1:22:03
M50	Dave Hill	1:16:37
1200	Stephen La Berge	1:25:21
	Stuart Hancock	1:26:42
M55		1:29:21
links.	Ed Mraz	52 6:5
Charles of the last	Celestino Fernandez	
Men		1:36:47
IVIOU	Keith Paris	1:37:34
120	Keith Mayhew	1:39:29
Track y	R G Bakron Barron	
M65	Dennis Muirhead	1:36:58
1000	Roy Reisinger	1:40:30
72	Paul Huyffer	1:41:28
M70	Pierce Cornelius	1:46:27
	Donald Huffman	1:57:32
200	Alfred Anderson	
MATE		2:09:07
W1/5	Bob Koch	2:02:17
	Ed Nutt	2:22:34
M80	Sully Sullivan	3:10:27
W40	Dana Clemens	1:26:34
AND	Laura Marshall	1:36:33
	Susan Paige	1:41:37
WAS	Caroline Gardiner	1:30:49
1145	Mimi Ford	
KING S		1:38:04
14/50	Louise Smith	1:39:23
W50	Adrienne Gelfer	1:40:17
A STATE OF		1:42:44
1335	Michele Hill	1:49:54
W55	Kathi Hanley	1:56:38
Sales.	Colette Meltzer	2:01:07
1	Catherine Braman	2:05:42
MICO	Angie Navarrette	2:00:56
***	Chirley Hester	
- 3	Shirley Hester	2:01:02
1	Sandra Heater	2:01:39
W65	Diane Pereles	2:10:26
All Park	Patricia Nuh	2:33:03
1100	Ann Klosterman	2:38:10
W70	Kathy Wong	2:28:32
	Beverly Coffin	2:36:28
(A)		3:06:38
14	Carol Tahse	2:40:00
W/5	Dorothy Wilhelmsen	2:40:32
	Geri Sullivan	3:41:12
4	Kathleen Triplett	4:58:30
-	MODTHWES	S. Cigar.

NORTHWEST

City of Trees Marathon & Half-Marathon Boise, ID; Nov. 6

The Control of the Co	
Overall	
Patrick Murray 28	2:36:28
Angie Radosivech 30	2:59:07
W35 Candy Blocker	3:20:03
W40 AudreChristiansen	
W45 Christa Koot	3:29:36
W50 Susan Hollins	4:15:27
W55 Cathy Pickert	4:14:36
W60 Gunhild Swanson	3:54:05
M35 Stephen Bruner	2:50:47
M40 Don Denetiades	3:00:07
M45 Michael Carlson	2:42:00
M50 Steve Bremner	3:02:29
M55 Allen Nicholson	3:5516
M60 Pete Hjellen	3:46:26
M65 Ted Collins	4:52:59
M70 Dan Archambeau	3:52:19
Half-Marathon	3.52.19
Overall Bob Daniel 42	1.01.10
The state of the s	1:21:48
Kelsey Jones 24 W35 Donna Braunbeck	1:23:42
W40 Sandra McMurrey	1:46:58
W45 Nancy Hatfield	1:42:12
W50 Kerry Jones W55 Andrea Parnett	1:42:49
	1:52:59
W60 Ann Dusseau	2:15:33
W65 Margaret Conner	2:21:22
M35 Paul Lind	1:28:25
M40 B Daniel	1:21:48
M45 Richard Wiggins	1:32:51
M50 Manuel Perez	1:34:35
M55 Kenn Zahn	1:43:54
M60 Carlos Morales	1:52:47

January 200

M65 Jim Stiltz M70 none M75 Jack Kaufm

Turkey St Springfield, (

Overall Jason Walker 27 Heike McNeil 31 M40 Patrick Wag Kyle Gee Brent Halse M45 Scott Abram Jerry Hamm David Bater M50 Ed Spinney Mike Ignatiu Rick Russel M55 Deigh Bates Michael Cal Larry Thom Holis Gunte Richard Sm M65 Joe Waters Jack Holt M70 Arthur Dietz Donn Kirk M75 Bill McChes Henry Dizne W40 Mary Johns Leah Jeske

W55 Sharon Gerl Anne Vivian Sarah Kerr-W60 Sally Staffor Connie Man Marie String W65 Jane Dods Suzanne Ro Nellie Rue Seattle Marati

Marathon, Se

Nov.

C Hayward-Terry-Lynn L W50 Marilyn Nipp Jane McCle Sandy Itzko

Kristine Hen W45 Kit Sundling

Overall Uli Steidl, 33 Sara Otepka, 29 M40 Cliff Richard Raymundo (David Millet Martin McMa Matt Session Gregg Walch Erasmo Arro Craig Layma M45 Rich Hanlon Pete Hanser Daniel Laste Daniel Kears Tony Covarr Kevin Martir

Craig Schiel Bill Buley M50 H John Mar Ken Nelson Brian Roby Dan Menar Kent Sizer Ruben Cont M55 Rhys Harris Doug Arcus

Bernard Cli Brent Spilst Charles Co David Jone M60 Hallillou D-2 Neil Felgen Gary Otheir

Gary Otheir Gary Otheir M65 Larry Carro Richard Bo Phil Damor Robert Fitcl M70 Mel Preedy Don James

HJ Prohl W40 Ann Armstr Jeanne Hars Kathy Tiern Alicia Britt Veronica G Cindy Luni Olivia Gill Stephanie

W45 Jill Baniste G Toozs-H Alice Eator May Jung Barb Blum

M65 Jim Stiltz 1:52:47	0		
	Susan Looi 3:40:36	StephenReding CAN 31:57	Peter Giles 1:03:04
M70 none M75 Jack Kaufman 3:06:16	Wendy Jones 3:43:19 Dylene Deans 3:48:32	Jos Debrincat CAN 34:41	Robert Young 1:03:32
A THE RESIDENCE	W50 Amy Yanni 3:25:08	M45 Chuck Dooley USA 32:24 John Rolwey USA 32:41	M65 Harold Dobson 1:05:39
Turkey Stuffer 5K	Janet Green 3:40:42	Pat Kenworthy USA 32:41	Fred Gibbs 1:06:24 John Firth 1:08:02
Springfield, OR; Nov. 24	Alix McLauchlan 3:50:31	Walter Kwan CAN 35:59	M70 Walter McCaskey 1:12:06
	M Von Beckmann 3:55:24 Kathleen Wendel 3:59:45	Mike Ward CAN 36:15	John Steed 1:12:24
Overall Jason Walker 27 15:24	Cheri Gillis 4:04:26	John Singh CAN 40:10 Nigel Barrett CAN 41:39	Leonard Parrott 1:14:17
Heike McNeil 31 18:47	W55 Lucja Bourgeois 3:55:22	Nigel Barrett CAN 41:39 James Eso CAN 42:19	M75 Derek Howarth 1:14:08 Tom Horne 1:19:15
M40 Patrick Wagner 17:06	Unha Lee 4:08:45	Chris Mathisen CAN 45:54	William Davies 1:19:44
Kyle Gee 17:35	Bobbie Metrokin 4:35:41	M50 StephHosford CAN 33:45	M80 Frank Dobson 1:46:43
Brent Halse 18:45	Soon Gaal 4:39:12 Yumiko Uchino 4:39:45	Bill Wilson CAN 37:26	W35 Nicki Nealon 1:01:48
M45 Scott Abrams 15:52 Jerry Hammitt 18:13	Cheryl Lyall 4:40:23	M55 Jim Swadling CAN 31:25 Peter O'Neil USA 36:42	Clare Read 1:06:07 W40 Sharon Gannon 1:01:43
David Bateham 18:56	W60 Judy Fisher 4:00:48	Jim Cornish CAN 36:46	W40 Sharon Gannon 1:01:43 Celia Findlay 1:08:54
M50 Ed Spinney 18:11	Julia Froble 4:58:01	Jim Hastie CAN 37:12	Jackie Perry 1:11:28
Mike Ignatius 19:06	Sylvia Wiegand 5:10:32	Werner Schultz CAN 39:29	W45 Larraine Daglish 1:14:53
Rick Russell 20:20 M55 Deigh Bates 20:11	W65 Irene Neave 4:17:19 Madelyn Rawlinson 4:59:54	Ross Davidson CAN 48:06 R M Sarrazin CAN 48:31	Karen Dodsworth 1:22:11
M55 Deigh Bates 20:11 Michael Caley 21:22	Willie Toth 5:22:59	M60 Jake Madderon CAN 36:01	Sharon Crowley 1:25:22 W50 Lynn Tanner 1:10:48
Larry Thompton 21:30	A STREET WATER TO SERVICE THE PARTY OF THE P	J J Schmidt CAN 37:26	Gail Coverly 1:12:21
M60 Jack Anderson 22:43	Half-Marathon	M65 Herb Phillips CAN 32:48	Pat Halstead 1:14:45
Holis Gunter 24:45 Richard Smith 25:29	Overall John Hill, 37 1:11:28	Jim Thomson CAN 38:09	W55 Sue Cariss 1:04:54
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John Bailey 28:59	John Washenberger 1:23:32	Ken Boxall CAN 51:03	DAGGWALKING
Donn Kirk 38:16	Bret Lane 1:26:21 Thomas Fuchs 1:26:35	George Agnew CAN 52:50 M70 Roger Davies CAN 41:10	RACEWALKING
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W40 Mary Johnson 21:33	Bob Ultsch 1:28:06	George Reily CAN 53:37	Gran Prix #1 5K RW
Leah Jeske 21:53	M45 Bruce Cyra 1:21:20	Women: CAN-16/USA-33	Central Park, NYC Nov. 27
Kristine Henderson 23:08	Brent Biggar 1:23:14	W35 Ter Nightingale CAN 23:06	Overall Nov. 27
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W50 Marilyn Nippold 22:01	Martin Meyer 1:26:08	W50 MauDeStCroix CAN 23:08	M40 Bill Vayo 26:01
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Nov. 27	Bill Lindesmith 1:41:39	The second secon	Barbara Shimasaki 34:27 Ruth Gersh 35:01
(unofficial results)	Earl Fenstermacher 1:43:14 M60 Wayne Bayer 1:25:28	M40 Paul McCloy 26:55	Avery Ross 42:12
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Uii Steidl, 33 Sara Otepka, 29 M40 Cliff Richards Raymundo Cruz David Millet Martin McMahon Matt Sessions Gregg Walchli Erasmo Arroyo Craig Layman Pete Hansen Daniel Laster Daniel Laster Daniel Kearns Tony Covarrubias Kevin Martinell Craig Schieber Bill Buley M50 H John March Ken Nelson Bill Buley Bill Buley M50 H John March Ken Nelson Bill Buley Bill Buley M50 H John March Ken Nelson Bill Buley Bill Buley M50 H John March Ken Nelson Bill Buley Bill Buley M50 H John March Ken Nelson Bill Buley M50 H John M60 H Signer M50 M60 Hallillou D-Z-A Neil Felgenhauer Gary Otheim M57:45 M65 Larry Carroll M66 Hallillou D-Z-A Neil Felgenhauer M67 M68 Preedy M68 Hallillou D-Z-A Neil Felgenhauer M69 M60 Hallillou D-Z-A Neil Felgenhauer M60 Hallillou M10	Paul Caisse Marvin Negrin 1:44:09 Marvin Negrin 1:44:19 M65 Warren Ohlrich 1:42:05 Jack Granahan 1:45:02 Lee Parker 1:55:16 M70 Bill Iffrig 1:38:11 Lionel Wildridge 1:53:47 France Cokan 1:57:29 M75 Slade Gorton 2:49:09 M80 Andrew Milligan 3:09:38 W40 Cindy Okrane 1:23:34 Mary Hanna 1:27:13 Rhonda Glass 1:30:51 Colleen Allen 1:30:56 Helena Watting 1:31:09 Cheryl Gavin 1:35:58 Jacqueline Vanallen 1:30:56 Helena Watting 1:31:09 Cheryl Gavin 1:35:58 Jacqueline Vanallen 1:30:34 Kelly Schwarting 1:40:58 W45 Catriona Dowling 1:26:40 Barbaran Mallory 1:33:46 Janie Crist 1:34:57 Selly Capeloto 1:40:17 H Stibbard-Terrell 1:40:36 Barbara Stackhouse 1:40:37 Kimberly Anderson 1:41:09 Fawn Freeman 1:43:33 W50 Mary Steinberg 1:39:02 Jeannie Debari 1:40:16 Laurelee Welder 1:47:03 Ann Rinehart 1:47:32 Polly Fabian 1:48:28 W55 Phyllis Nelson 1:51:31 Cindy Rach 1:57:49 Jane Parrish 1:59:16 W60 Jane Wintermute 1:50:59 Wendy Watson 1:54:14 Cass Newell 2:05:03 W75 Nancy Olsen 2:56:08 June Curry 3:26:22 CANNADA Canada vs. USA Masters XC Challenge M8K/W6K White Rock, BC; Nov. 13	Todd Healy 27:28 M45 Rob Longergan 26:55 John Holliday 27:46 Art Boileau 28:42 M50 Paul Reimer 29:21 Cliff Russell 30:13 M55 Jim Swalding 30:48 Murray Hale 32:06 Fred Pauluk 34:40 M60 Jake Madderom 35:31 Alex Jamieson 35:40 M65 Herb Phillips 31:19 Gunther Bauer 36:46 M70 Roger Davies 36:45 Tom Chisolm 40:47 M75 Frank Kurucz 41:31 W35 Rhona Clark 32:40 Kim House 33:41 Jenny Godley 34:17 W40 Janice Patterson 31:41 Colleen Hopkins 32:09 Teresa Nightingale 32:58 W45 Lynda DeBoer 31:45 LorMitchinsnBailey 33:10 Jackie Holloway 33:16 W50 MaureendeStCroix 31:52 Doreen Klause 34:51 Clara Northcott 36:02 W55 MarciaStromsmoe 45:36 INTERNATIONAL British Masters 10 Mile Champlonships Bishop's Stortford, Herts. Nov. 20 M40 Matt Flannelly 54:40 Richard McCormick 54:58 Kevin Spilman 55:20 M45 Alex Rowe 55:24 M Gamble-Thompson 56:15 Nigel Paul Arnold 56:26 M50 Martyn Flower 55:50 Dave Cox 57:26 Phil Jones 57:55	W60 Maria Cox
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ATHLETES WHO ENTER A NEW DIVISION THIS MONTH – JANUARY 2006

THIS MONTH - JANUARY					
ATHLETE NAME (RESIDENCE)	BIRTH	GROUP			
CHRISTINE HESSLER(GER) SANDRA MYERS(SPA)	1- 8-61 1- 9-61	45-49 45-49			
VERONICA AMARASEKARA(CUCAMONGA,CA)	1-16-61	45-49			
ELAINE IBA(DOVE CANYON,CA) MIKE VALENTI(PEMBROKE PINES,FL)	1-21-61	45-49 45-49			
ANTHEA JAMES(RSA) LEVINA THERON(NAM)	1-23-61	45-49 45-49			
RUTH WELDING(CULVER,IN)	1- 4-56	50-54			
STEPHEN GALLAGHER(WINTER PARK,FL) INGRID THYSSEN(GER)	1- 5-56	50-54 50-54			
JOZEF EYCKMANŠ(NEĎ) MARIA LEAUT-REBELO(FRA)	1-10-56	50-54 50-54			
DARLENE AULENBACK(CAN)	1- 3-51	55-59			
NIKOLAI SAVKIN(URS) KARIN FUNKE(GER)	1- 5-51	55-59 55-59			
MARJA METSANKYLA(FIN) BETTY CLAIR-SEARCY(BRONX,NY)	1- 6-51	55-59 55-59			
CHRISTINE SCHULTZ(AUS)	1-9-51	55-59 55-59			
ED LIPSCOMB(PORTLAND,OR) MARTHA GREEN(US)	1-11-51	55-59			
FITA LOVIN(ROM) JESSE NORMAN(BUSHKILL,PA)	1-14-51	55-59 55-59			
UNNUR STEFANSDOTTIR(IRL) JARMILA KRATOCHVILOVA(CZE)	1-18-51	55-59 55-59			
NICOLE LEVEQUE(FRA)	1-27-51	55-59			
SINIKKA KESKITALO(FIN) SVELLANA MELNIKOVA(RUS)	1-29-51	55-59 55-59			
INGELA BLUHM(DEN) BRIGITTE PAULS(GER)	1- 5-46	60-64 60-64			
MARGARET AUGUST(NZL)	1-10-46	60-64			
DOROTHY CRUYSSEN(USA) BEV SAVAGE(NZL)	1-10-46	60-64 60-64			
MARY LOU PLATIS(MUNSTER,IN) EVELYN MCNELIS(IRL)	1-21-46	60-64 60-64			
KLAUS LIEDTKE(GER) GENE ZUBRINSKI(CA)	1- 5-41	65-69 65-69			
TIMOTHY JOSLIN(SEATTLE,WA)	1-10-41	65-69			
TOM RICHARDS(SANTA ANA,CA)	1-12-41	65-69 65-69			
JOYCE KAMMER(US)	1-21-41	65-69 65-69			
JIM STEPHENS(TALLAHASSEE,FL) KHRISTOS PAPANIKOLAOU(GRE)	1-23-41	65-69			
JOY MACDONALD(FT.LAUDERDALE,FL) SHARON MARTIN(EVERGREEN,CO)	1-25-41	65-69 65-69			
LUIGINA ANGELI(ITA) LILLIAN LEVINE(NY)	1-28-41	65-69 65-69			
SIBYLLA MEILI(SUI)	1-29-41	65-69			
ROSI O'NEIL(NEWPORT BEACH,CA) MAL SPENCE(JAM)	1-30-41	65-69 70-74			
SUMITHRAMA VIJAYALAKS(IND) ANN SMITH(TORRANCE,CA)	1- 2-36	70-74 70-74			
PORKY GADIENT (BETTENDORF, IA) DOROTHY CARLIN (US)	1- 6-36 1- 6-36	70-74 70-74			
HORST MANDL(AUT)	1-8-36	70-74			
ANNE C. MARTIN(GBR) NANCY HELYER(WA)	1- 9-36 1- 9-36	70-74 70-74			
TAISIJA TCHENTCHIK(RUS) ASTRID NILSSON(SWE)	1-10-36	70-74 70-74			
POOCHI PARTHASARATHY(IND)	1-16-36	70-74			
FRANK HOLLIER(CA)	1-20-36	70-74 70-74			
BRUNA MINIOTTI(ITA) MARY BELLING(WAUKESHA,WI)	1-30-36	70-74 70-74			
SHIRLEY HARRIS(AUS) JUNE MACHALA(SPOKANE,WA)	1- 1-31 1- 1-31	75-79 75-79			
YURI NIKULIN(URS)	1-8-31	75-79			
Carlos Blumenfeldt(CHL) CASEY JONES(ATLANTA,GA)	1-10-31	75-79 75-79			
NICKI HOBSON(SAN DIEGO,CA) FRAN STEVENSON(LOS ALTOS,CA)	1-16-31	75-79 75-79			
GALINA ZIBINA(URS)	1-22-31	75-79			
VASSILI R MATVEEV(RUS) KATSUMI HORIUCHI(JPN)	1- 5-26	80-84 80-84			
PENTTI SAARIKOSKI(FIN) JEAN CLEATOR(CAN)	1-13-26	80-84 80-84			
HILDE RUTKOWSKI(DAYTON,OH)	1-24-26	80-84			
ALAIN MIMOUN(FRANCE) RICHARD PARKINSON(INDIO,CA)	1- 1-21	85-89 85-89			
HANS R SIEDER(GER) VIOLET LEONARD(MORGANTOWN,WV)	1-16-21	85-89 85-89			
WALTER DAHLIN(CHICO,CA) ROBERT FOUTZ(PHOENIX,AZ)	1-20-21	85-89 85-89			
MARIO MINAFRA(YORKTOWN HTS.,NY)	1-20-21	85-89			
MAURI MERTAKIVI(FIN) MARY WIXEY(GBR)	1-21-21	85-89 85-89			
ERIK OSTBYE(SWÉ) JONATHON SHARP(MORRISON,CO)	1-25-21	85-89 85-89			
LEOPOLDO ULLOA(MEX)	1-26-21	85-89			
PAUL SCHMITZ(GER) GEORGINA DESCHAMPS(BEL)	1-29-21	85-89 85-89			
MELANIE RESKE(SPRINGFIELD,OR) ED LOWELL(TARZANA,CA)	1-31-21	85-89 90-94			
BILL PACHECO(HONOLULU,HI)	1-2-16	90-94			
EMILIO FERRERO(ITA) EINAR FLYDAHL(NOR)	1-14-16	90-94 90-94			
REINO TASKINEN(FIN) BOB KROGER(RIVERSIDE,CA)	1-18-16	90-94 90-94			
FRIEDRICH MEYER(GER) SAJJAN SINGH(IND)	1-26-16	90-94 95-99			
VIRGIL MCINTYRE(PRESCOTT,AZ)	1-20-11	95-99			
EDWIN MALAN(RSA)	1-27-11	95-99			
Compiled by Pete Mundle					
pmundle@ juno.com					

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