

# NATIONAL MASTERS NEWS

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

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## Martin, Olash Win by More than an Eyelash in Rocket City Marathon

by JIM OAKS

HUNTSVILLE, Ala. – The WZYP Rocket City Marathon, conducted each winter by the Huntsville Track Club, has a long history of high quality and outstanding masters fields. But in recent years it has gained an unwanted reputation for less-than-ideal weather conditions. Saturday morning, Dec. 12, 1998, was no exception.

However, the cold rain and late-race head wind were not significant problems for 40-year-old Jeff Martin, Huntington Woods, Mich., nor 41-year-old Jeanne Olash, Louisville, Ky. Martin, in his first race in Huntsville, took the male masters title in 2:34:11. Olash improved her 1997 performance by one position to win the female masters crown in 3:01:05. Each won \$1500 for their efforts.

Martin, a native of Canada, teaches exercise and sport psychology at Wayne State University in Detroit. His race in Huntsville produced his second

masters title in three months. He had won the Detroit Free Press Marathon in 2:35:18 in October.

Martin's competition in Huntsville was stronger than he had faced in Detroit. The line-up included three former Rocket City winners: Robert Yara, 43, San Antonio; Doug Kurtis, 46, Northville, Mich.; and Gary Romesser, 48, Indianapolis, Ind.; along with one of the top current Southern masters runners, John Taylor, 41, Atlanta.

Even though Kurtis does not now consider himself a "serious" marathon competitor, he still had Martin guessing in the early stages of the race.

"I caught Doug around the five-mile mark and told him I thought he had retired from marathoning," Martin said.

Kurtis was not the only master who led Martin. At the halfway point, Yara and Taylor were both about a minute up on Martin, who was then running

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JIM OAKS

These four runners have completed all 22 WZYP Rocket City Marathons: (l to r) Gary Elkins, Gadsden, Ala.; Dean Godwin, Aiken, S.C.; James Foreman, Huntsville, Ala.; and Ray Giles, Birmingham, Ala. Note the first name of each runner, printed on each number again this year.

## Hamalainen, 52, Takes Masters First in National 50-Miler

by JOHN WELCH

HUNTSVILLE, Texas – Masters athletes made quite a splash for themselves, literally, in the mud at the Sunmart Texas Trail Endurance 50-Mile & 50K/USATF National Masters Championships at Huntsville State Park, located 60 miles north of Houston, on Dec. 12.

With a sizable number of masters among the 977 entrants from 41 states and six foreign countries, the competition took on a new sense of urgency on a day nearly perfect for ultramarathoning, with temperatures in the mid-40s and a negligible wind.

Albeit a bit muddy from several days of soaking rain prior to the event, the altered route, designed by Race Director Norm Klein, seemed to be right up Jussi Hamalainen's alley. The Finnish-born Hamalainen fin-

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GEORGE BANKER

Dixon Hemphill, 73, Fairfax Station, Va., M70 winner (48:33), Jingle Bell Run For Arthritis 10K, Washington, D.C., Dec. 13. (Story on p. 5.)

## Third ILC Starts to Take Shape

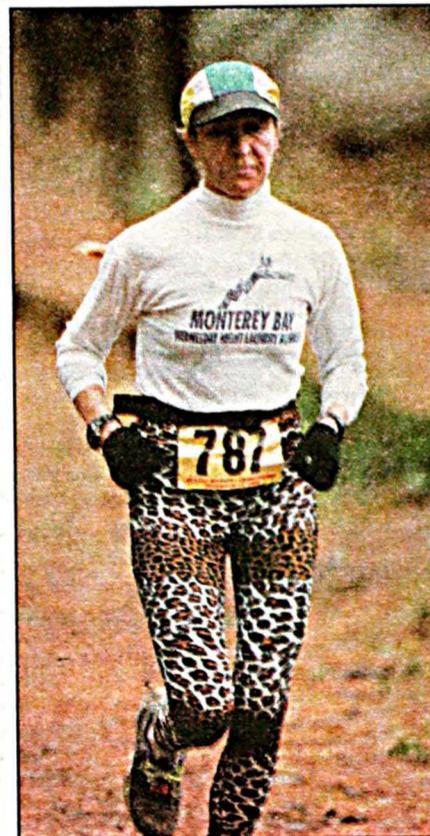
The Indy Life Circuit, sponsored by the Indianapolis Life Insurance Company, returns for its third year in 1999 with a slate of eight races and \$76,600 in race prize money (masters overall and age-graded), plus a \$50,000 grand prix purse. The Outback Classic 12K, Orlando, Fla., on Feb. 20, opens the 1999 ILC season. More races are expected to be added to the Circuit shortly.

Like last year, the distances will range from 5K to the marathon; each Circuit race will offer at least \$2500 in masters prize money per gender, and there will be a \$50,000 grand prix purse – \$22,000 masters division and \$28,000 age-graded division. For 1999, the grand prix prize money will be available to more runners – four deep in the masters overall standings and ten deep in the age-graded standings (top eight in 1998). See Schedule, National LDR, for ILC races.

### ILC Scoring Rules

1) To score ILC points, an athlete must be: a) a member of USA Track & Field prior to the competition, b) 40 years of age or older and must provide

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JOHN WELCH

Sally Smith, 48, Pacific Grove, Calif., finished the Sunmart Texas Trail 50K/USATF National Masters Championships in 6:40:39, Huntsville, Texas, Dec. 12.

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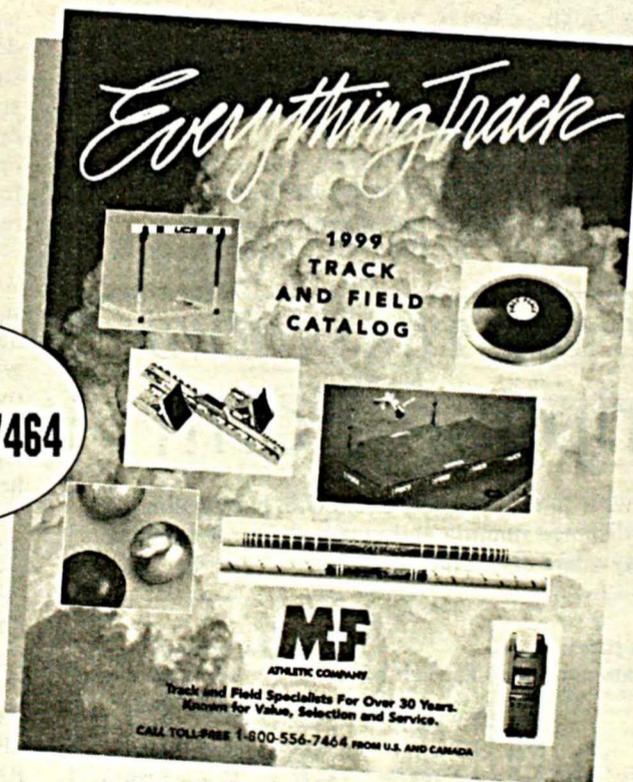
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### DRUG TESTING

The question was raised in the January *Write-On* that an *On The Run* column by me suggested there was no drug testing at the WAVA World Veterans Championships in Durban.

I didn't mean to imply there was no drug testing in Durban or Buffalo, only that the testing was inadequate and more likely to catch the innocent than the guilty.

We're only now learning what the East Germans were doing back in the 1970s. And who knows what the Chinese have been doing?

The much more organized procedures used to detect drug use by Olympic-level athletes fails to catch the most sophisticated cheaters. Passing a drug test conducted every other year when you expect it doesn't prove much. Money spent by WAVA to placate the IAAF is like pissing down a rat hole. I'd rather see the cash used to promote the sport than for a system proven not to work.

Hal Higdon  
Long Beach, Indiana

### RESURRECTION OF A TRADITION

The Delray Beach, Fla., Holiday Weight Pentathlon is a tradition which had lapsed. This year's Len Olson Holiday Weight Pentathlon on Dec. 27 resurrected the tradition.

Weight pentathlon pioneer Phil Partridge started the tradition in the early '80s when he retired and moved to Delray Beach from New York. He figured that many throwers would be

off work between Christmas and New Year and might want to vacation in Florida, especially with an attractive competition to lure them to the winter sun. He teamed up with Randy Cooper, the vice-principal at Atlantic High School.

It was successful in drawing many throwers from out of state, including such competitors as Bob Richards, Al Oerter, Brian McKenna, Len Olson, Pay Carstensen, and others. The annual tradition continued until about seven years ago. Partridge, suffering some physical incapacities from his 80 years, discontinued the holiday meets.

This year, Partridge decided to resurrect the tradition, naming the meet for competitors. He chose Len Olson as the namesake for this year's meet. Appropriately, Olson's 4694 points was the high score among the nine competitors. Partridge was unable to attend due to illness of his wife, Elizabeth, but Randy Cooper directed the meet. A worthy tradition was reborn.

Lorraine Quinn  
Leesburg, Florida

### TIM DICKENS

Tim Dickens died on Dec. 21 at the age of 51. Charming, urbane, kind, and gentle, Tim was a psychiatrist with a special interest in the adolescent. He was also a fine competitor in the 200 through the 800.

He'd undergone surgical enucleation of one eye because of ocular melanoma several years ago.

In 1996, the cancer spread to his

liver. Still, Tim continued to see patients, to train and compete, to become president of the Philadelphia Masters, and, in general, to keep acting as if nothing had happened. After the eye surgery, for example, he'd asked whether there were any races for "one-eyed runners."

Tim's final track performances were remarkable. On Jan. 11, 1998 he ran the 300m indoors at Swarthmore College in "45 and change." Afterwards, Tim told me quite proudly that his time wasn't bad for someone with metastatic cancer.

On July 1, Tim ran a brilliant 26.6 seconds in the 200 at Germantown Academy in Fort Washington, Pa. But in the fall he declined rapidly, and when I saw him on Oct. 25 at the Philadelphia Masters runners' pentathlon he was dreadfully thin (he didn't compete).

On Dec. 13, Tim was taken to the Philadelphia Masters indoor meet at Haverford College. He was in a wheelchair. Eight days later he died peacefully at his home in Blue Bell, Pa.

As a runner, Tim was intense but elegant, smooth, and in love with the sport. He was very British in speech, despite 25 years in this country, tall, handsome, and the father of three wonderful sons. Best of all, he radiated joy and spread goodness. His warm, effusive greeting, whether on the telephone or in person, his kindness, and his wide interests, from reggae music to birds, from agoraphobia to poetry, were all remarkable.

Tim appeared to perform good works with no effort, whether helping someone get needed medical care, rendering some sage advice about coping with life's problems, or winning over an athletic director who might be skeptical of the masters - it didn't matter. I imagine he secretly thrilled when he thought of all the good he did, just as I know his heart rejoiced when he arrived at a track meet, whether as a competitor or observer.

At Tim's memorial service on Dec. 27, in the spacious chapel of the Chestnut Hill Academy in Philadelphia, they ran out of seats for those who gathered to remember, to mourn, and to sing his praises. Remembrances in his name may be made to the Wissahickon Hospice, 8835 Germantown Avenue, Philadelphia, PA 19118.

Peter Taylor  
Fairfax, Virginia

### OUTSTANDING ATHLETE

As always, I truly appreciate reading about my fellow competitors, but was surprised by the USATF Masters Track

& Field Committee's selection of the 1998 M30-34 outstanding athlete.

Curtis Wilson, Jr., was a solid selection with his two firsts in the 400 and 800. But did everyone forget about Chris Yorges, a four-time national champion this past year?

Chris was national champion in the indoor mile and placed second in the 3000 in Boston. He then went on to take first in the toughest middle-distance triple of the 5000, 3000 steeplechase, and 1500. In each race, Chris took on all-comers regardless of age or stature and demonstrated true grit. His races in the steeple and 1500 were some of the most competitive battles at Orono, Me.

Congratulations to Curtis Wilson and the rest of the selectees. And way to go, Chris Yorges - your toughness at the Outdoor Nationals was truly inspirational and did not go unnoticed.

Pat Wagner  
Oak Harbor, Washington

### SAN JUAN IN 2003

A group of sportsmen has been organized in Puerto Rico with the purpose of bringing the XV World Masters Track and Field Games to the San Juan metropolitan area in the year 2003. This will be an opportunity for all my masters friends around the world to spend a glorious vacation in Puerto Rico with their families.

Please talk to your respective country delegates to select San Juan, Puerto Rico, as the site to celebrate the XV WAVA Veterans Games.

Gilberto Gonzalez Julia  
San Juan, Puerto Rico

### END OF THE TRAIL

Upon returning home from the Nationals at Orono, Me., I had my yearly heart check-up. The results were very upsetting. The right aortic valve had closed down to a point where my doctor told me to quit not only running, but all heavy exercise.

After a week or two, Hermia, my wife and I made the decision to stop running and enjoy life. The thrill of running, the few rare times when everything comes together when sprinting, whether in practice or in a race, is a high that only a sprinter knows, and will be missed, along with all the friends we made along the way in 13 years of running.

The good news was on Sept. 22, 1998, I was honored to be inducted into the Texas Seniors Hall of Fame. My records will be broken - but the Hall of Fame is forever. We will miss all of you.

Tim and Hermia Murphy  
Irving, Texas

### MASTERS HALL OF FAME

I would like to express my thanks and gratitude to the members of the Committee which recently elected me to the USATF Masters Hall of Fame. It is quite an honor, and I greatly appreciate the recognition.

Al Sheahen  
Los Angeles, California

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## Shull First Overall in Jingle Bell 10K

by GEORGE BANKER

Rain didn't deter Santa or starters in the Jingle Bell Run For Arthritis 10K and 5K in Washington, D.C., at Freedom Plaza on Dec. 13. Patti Shull, 40, Ashburn, Va., splashed home with a first female overall, smashing the masters record of 39:00, set in 1989, with a 37:53.

"I felt strong and was hoping to break 37:00," said Shull. "I wasn't challenged. I will be doing the Houston Marathon next month. I really want to qualify for the Olympic Trials. I never did run in school or have a coach," she added.

Shull was runner-up and first master in last October's Marine Corps Marathon in 2:55:17. A sub-2:50:00 is needed to qualify.

Ofelia Perotti, 42, Kingstowne, Va., was second in 43:52. Sandra Adams, 49, Winchester, Va., defending masters winner, was third in 43:57.

Develand Campbell, 46, Lusby, Md., was first M40+ with a seventh-place 35:35. Steven Giorgis, 43, Herndon, Va., took second in 36:17. Fay Bradley, 60, Washington, D.C., was third with the best masters age-graded time of 38:21 for 85.4%. Dixon Hemphill, 73, Fairfax Station, Va., won the M70 race in 48:33.

In the 5K, Curtis Davis, 41, Gaithersburg, Md., set a masters record of 18:13. Jay Wind, 48, Arlington, Va., was second in 18:47. Nancy Glover, 48, Burke, Va., won the W40+ race with a 24:15.

Santa was spotted buying an umbrella.

### Coaching List

The Masters Coaching/Training list will be updated in the March issue. Changes and additions should be submitted before February 10th.

### FIFTEEN YEARS AGO February 1984

- Fred (49, 3:16:12) and Sandra (47, 3:32:34) Kiddy Set 50K Records in Tallahassee
- Bill Reilly, 40, and Shirley Matson, 43, Win National 10K X-C in New York City; Snohomish of Seattle Takes Team Title
- Jan Ahlberg (M45, 35:16) and Josie Fox (W40, 39:24) First in National 10K in Phoenix

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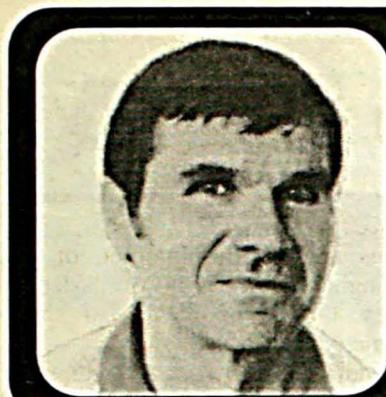
The entry fee of \$40 is good until January 23, 1999. No registration forms postmarked after that date will be accepted. Registration after that date can be made at the Motorola Marathon Expo and with a fee of \$50.

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**MOTOROLA**



## Third Wind

by MIKE TYMN

### Marathon is More Demanding These Days

There was a time when the Honolulu Marathon was a fairly easy event. In recent years, however, the challenges have become significantly greater. I faced my greatest and most memorable challenge ever in the 25th annual Honolulu Marathon in 1997. About 150 yards from the finish line, I could see the race clock approaching 2:11:43, the race record set by Ibrahim Hussein of Kenya in 1986.

As the crowd stirred in anticipation of greeting the winner, I found myself hooked up in a fierce duel with Filbert Bayi of Tanzania, the former world-recordholder in the mile. I glanced over my shoulder and saw defending champion Erick Kimaiyo of Kenya closing rapidly on us. Bayi surged, but I fought back. I could see the anguish in Bayi as he struggled to maintain his composure over those final yards. Yet, I doubted I could hang on. The finish line was so close, yet so far.

#### Death at the Finish

It has been said that a runner has not given everything of himself unless he dies upon reaching the finish line. I felt the last of the life-giving oxygen leaving my body and thought I might expire before even reaching the finish line.

The words of philosopher George Leonard came to mind: "To play like this with pain that is unbearable yet is being borne, to summon up the presence of death itself, is to become a high-wire artist at some lofty place in human existence, one who balances precariously and triumphantly at the edge of unknown possibilities."

Somehow I had to outlast Bayi while holding off Kimaiyo. The pace increased and the pain became more threatening. "Why go on?" a voice inside me screamed. "It's not that important." But I would not be seduced. Somehow I was able to reach deep down and find one last bit of sustenance, one last gear.

I moved ahead of Bayi and out of the side of my eye saw him surrender to my courageous move. Kimaiyo was still a good 30 seconds behind.

What a thrill it was to outkick a man of Bayi's reputation! Who would have thought a man of 60 capable of such an effort?

#### A Mad Scramble

Unfortunately, for me, it didn't count for anything, since we weren't in the official race. Bayi, now the Tanzanian national coach, and I were on the media truck that had stopped a half-mile up the road from the finish. In order to make it to the finish area before Kimaiyo was to break the tape in 2:12:17, all of the reporters had to scramble out of the truck and have their

own separate race to the finish. Some of them didn't make it.

The mad dash from the media vehicle to the finish line is just one of the added challenges that have come about in recent years. I'm not referring to the challenges of running in the event, but to covering it. Few people realize the demands placed on a reporter. Having reported on the last 21 Honolulu Marathons, I can attest to how much more difficult things are these days.

To begin with, the reporter must crawl out of bed around 3 a.m. in order to get to the starting line before 4 a.m., when the police begin closing the streets to traffic in preparation for the 5 a.m. start of the race. That takes real desire, dedication, and discipline. In the early years, the race started at 6:30 and the streets were not closed to traffic.

#### Scaling the Rails

The media truck, a large flatbed with eight-foot high rails, is also something of a challenge, especially for those of us in our senior years. One must have the flexibility of a gymnast in order to climb over those rails and then maneuver into one of the roped-off stalls.

Since the truck moves along ahead of the runners, the best view is from one of the rear stalls; however, those stalls are always the smallest. Only some Japanese reporters can fit into them. The disgruntled reporter who ends up in the second row must then spend the entire race listening to the Japanese reporter talking on a cellular phone while giving some kind of race commentary.

What the Japanese reporter is saying is always something of a mystery, since the truck is so far ahead of the lead runners that it is impossible to see anything. Moreover, the TV people get a special truck and their vehicle blocks the view of the lowly print-media reporters.

Last year, the first time anyone on the print-media vehicle really got a view of what was going on was somewhere around the ninth mile, after the vehicle had made a right turn. That allowed a right angle view of the leaders. While it was still impossible to identify any of them in the early morning darkness, one could make out that there were seven Africans and two

Asians. The Africans move along with long, loping strides, the Asians with short and faster choppy strides.

#### What Was the Question?

It's really not until dawn breaks, somewhere around mile 22, that the reporters begin to see the leaders. On many occasions, the race has been pretty much won by that time.

Since many of the winners in recent years speak limited or no English, the next big challenge is finding someone who can interpret. After the reporter gives the question to the interpreter, the interpreter might spend an entire minute translating to the winner's language. Then, the reply is often a simple "yes" or "no" to a question that doesn't have a yes-or-no answer.

Writing the story presents still another challenge, especially for a reporter

who wants to be accurate and is a semanticist of sorts. For example, you can't write that 25,000 "runners" lined up for the start when there are so many joggers, plodders, trotters, frolickers, walkers, strollers, and meanderers. How do you classify the field? It would not be accurate to call very many of them "competitors" or "athletes." And it doesn't seem proper to refer to those who walk it as "marathoners," even though they consider themselves as such. The best a reporter can do is to call them all "participants."

Reporting is by no means easy these days. But having the opportunity to outkick the great Filbert Bayi makes it all worth it for me. So what if Bayi had a cast on his arm and wasn't aware that I was racing him. I was giving away 17 years. □

### Indy Life Circuit

Continued from page 1

proof of age when requested, and c) either a U.S. citizen or a green card holder (permanent resident status).

2) Per gender at each event, eligible masters athletes earn grand prix points in two categories: finish place and age-graded performance.

3) The first ten finishers will earn points as follows: first place (15 points), second (12), third (10), fourth (8), fifth (6), sixth (5), seventh (4), eighth (3), ninth (2) and tenth (1).

4) The top age-graded finishers will be assigned points as follows: first place (50 points), second (47), third (44), fourth (42), fifth (40), sixth (39), seventh (38) and so on down to possibly 44th place (1).

5) Age-graded scoring will be based on the 1994 WAVA tables and at a level of 70% or higher.

6) The points earned in the Twin Cities Marathon and Indianapolis Life 500 Half-Marathon will be multiplied by factors of 1.5 and 3.0, respectively. For example, the first eligible master at Twin Cities will earn 22.5 points (15 x 1.5), the top age-graded 75 points (50 x 1.5).

7) For the grand prix standings, a maximum of six races per athlete will be used. An athlete may run more than six races, but the six best performance totals per category will be used.

8) The total amount of masters prize money for each individual race is at the discretion of the race directors as long as the minimum requirements are met (i.e., at least \$2500 per gender in masters prize money). Race directors, however, are encouraged to consider allowing athletes to receive monies in either the finish place category or the age-graded competition, but not both categories.

9) Athletes can accumulate points in the overall finish place and age-graded categories throughout the season. However, athletes can earn grand prix money in only one category (i.e., no double-dipping is allowed). In the case where an athlete must decide from which grand prix category to receive

## INDY LIFE CIRCUIT

prize money, athletes ranked below the aforementioned in the opposite category will move up accordingly.

Grand Prix Prize Money Breakdown:

Finish Place	Men	Women
First	\$6000	\$6000
Second	\$3000	\$3000
Third	\$1500	\$1500
Fourth	\$500	\$500

#### Age-Graded

First	\$4000	\$4000
Second	\$2500	\$2500
Third	\$2000	\$2000
Fourth	\$1500	\$1500
Fifth	\$1250	\$1250
Sixth	\$1000	\$1000
Seventh	\$750	\$750
Eighth	\$500	\$500
Ninth	\$300	\$300
Tenth	\$200	\$200

10) The Circuit winners will be announced at the 1999 USATF Convention in Los Angeles, in December.

For updates and standings on the Indy Life Circuit, visit the USATF Road Running Information Center's website at [www.usaldr.org](http://www.usaldr.org).

The Indianapolis Life Insurance Company, the Circuit sponsor, is dedicated to providing the best in insurance coverage and service. Indianapolis Life offers a unique product called Runner'sEdge, which features significant premium discounts for runners. Runner'sEdge 10, 15, 20 or 30-year guaranteed level premium term plans are available to individuals who complete a 5K or longer race within a specified time. Runner'sEdge is not available in all states. For more information, call toll free (888) RUN-EDGE (786-3343) or visit their website (<http://www.runnersedge.net>). □

— Information from the Road Running Information Center



## The Weight Room

by JERRY WOJCIK

### On and Off the Track

**A**fter a so-so season and a lacklustre performance at the Nationals in Orono, Me., I watched the M60+ steeplechasers and said to myself, "I could do that. It's only 2000m and the barriers are a mere 30 inches, so you get a little wet, but you're not just running in a circle, plus you've got an audience."

Carrying it further, I mused that I had run 5Ks in the smog in Pasadena and on the dusty fire roads of Griffith Park in L.A. (not, however, in the infamous race which used nude men and women for mile markers, darn it). I ran fairly decent 1500s when I did pentathlons years ago.

The way I train and throw does little for my cardio-vascular system. I'm 10-15 pounds overweight because I believe that size does matter, as do other throwers I know, even though some of the bulk may not be muscle, and those steeplechasers were lean.

I started my training regimen by going out with my grandson after school three days a week. Big mistake. An 11-year-old who enjoys running can do so for 18 days without stopping, except to watch *The Simpsons*. I lasted two weeks, using the encroaching darkness and the imminent Eugene drizzles as excuses to cop out. I also found a yardstick and measured 30" alongside my leg. Higher than I'd imagined.

On closer examination, I realized that the siren song of the steeplechase was amplified by my being at the top of the M65 age group, right now bulging with some of the best throwers in the land. Monthly, the New Age Group List injects another standout into the group.

But, I could see a light at the end of the tunnel. When I stumble into the M70 division, four of the implements are lighter. The shot and hammer are 4kg; the weight in the weight pentathlon is 16-lb. instead of 25-lb. used in the regular weight event; and the gargantuan superweight of 56-lbs. becomes a 35-pounder. All to my advantage. I readily admit to not being of great strength, relying primarily on my quickness, which I hope lasts for a couple more years.

When I hit 70 in the year 2000, the Nationals will be held here at Eugene's Hayward Field. Consequently, invigorated with images of stellar performances in a year or so, I signed up for six months at the local health club to develop a little more strength with the weights and work on my cardio-vascular on the walk and bike machines. Why not? A hammer and steeplechase dou-

ble is not beyond the realm of possibility. □

### Bill Rodgers to Return to Cherry Blossom

Bill Rodgers, four-time winner of the Nortel Networks Cherry Blossom 10-Mile Race as well as four-time victor at the Boston and New York City marathons, confirmed that he will be back in Washington to try again for the U.S. 10-mile record for men 50-and-up.

Rodgers, who turned 51 on Dec. 23, ran 53:06 last year, narrowly missing the current world M50 best of 52:53 set in the 1983 Cherry Blossom by Norm Green.

Rodgers, who was champion here from 1978 to 1981, will conduct a free clinic on Sat., April 10. The race is scheduled for Sun., April 11, during

the National Cherry Blossom Festival.

"Bill was disappointed last year when a head wind over the last half of the course prevented him from getting the record," said event coordinator Phil Stewart. "This year, the participants and spectators alike can cheer Bill's latest attempt, and everyone hopes the weather will cooperate." □



ANDREW LARABEE  
Tom McDermott, of Florida, M80 Masters Field Athlete of the Year.

### Sponsor Sought For Indoor Rankings

by JERRY WOJCIK, *Masters T&F Indoor Rankings Coordinator*

The indoor rankings are looking for an "angel." Before the corporations became involved in the Broadway scene, theatrical companies sought a sponsor, called an "angel," to help fund the production of a play or musical. I would like to find a sponsoring "angel" – an individual, organization, or company – to help subsidize the compilation of the 1999 indoor rankings.

In exchange, the sponsor will be given title rights to the indoor rankings, so that any time those rankings are referred to, in print or orally, they will be preceded by the sponsor's name. For instance, the four-page indoor rankings insert generally published in the August issue, will be

titled the "ABC Widget Co. 1999 USATF Masters Indoor Rankings." They will also be listed that way in the Publications Order Form (see p. 11), and when they are referred to in other places in the NMN or other publications and on the Internet, or when brought up at meetings of masters athletes. Other possibilities of sponsor name exposure also exist.

Individuals or groups interested in discussing a title rights sponsorship for the indoor rankings can contact me at P.O. Box 50098, Eugene, OR 97405; 541-683-8566; fax: 541-345-2436; e-mail: natmanews@aol.com.

\*\*\*

Athletes whose indoor marks do not appear in the NMN results by the May issue should send their marks, with documentation, to the rankers listed below before May 15.

55m/60m/200/400/55mH/60mH:  
Larry Patz, 534 Gould Hill Rd.,  
Contoocook, NH 03229.

SP/LJTJ: James Gerhardt, 834  
Thornvine Lane, Houston, TX 77079.

Marks for events not listed should be sent to me at the NMN.

I need a volunteer to do both the high jump and pole vault, and another to do at least two of the following: 800, 1500, mile, and 3000. □

Master The Board

for more information  
contact lisa fronti  
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Pagliano's Podiatric Pointers

# The Foot Beat

by JOHN W. PAGLIANO  
D.P.M.

## Plantar Fascial Tear

**I** am a 69-year-old man who recently started running the sprints for the first time since my college days. I had been running long distance until this year. While working out two months ago, I was running a 320 when a flash of pain hit me in the arch of my left foot to my heel. It continues to hurt, particularly while walking. I have put off seeing a doctor, but may have to do so soon. It felt like a strain, but now feels like a bone spur.

It sounds like you gave a plantar fascial tear or strain. This is a common injury in runners. In fact, it occurs in 14% of all the runners we see. With the

older runner, there could also be a bone spur. This is called bone spur-plantar fasciitis syndrome.

Don't worry too much about the spur. Your pain is probably coming from the partial tear to the plantar fascial insertion at the heel spur site. Obviously, you should see a sports podiatrist to determine if there is a bone spur. This is done through x-ray. You will also need an accurate diagnosis.

If it is plantar fasciitis, there are several things you can do. One is rest. Although one has to rest several weeks, most runners will not tolerate this. I

### Need Back Issues?

Most back issues of the *National Masters News* are available for \$2.50 each, plus \$1.50 postage and handling for each order.

Send to:

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P.O. Box 50098 Eugene, OR 97405

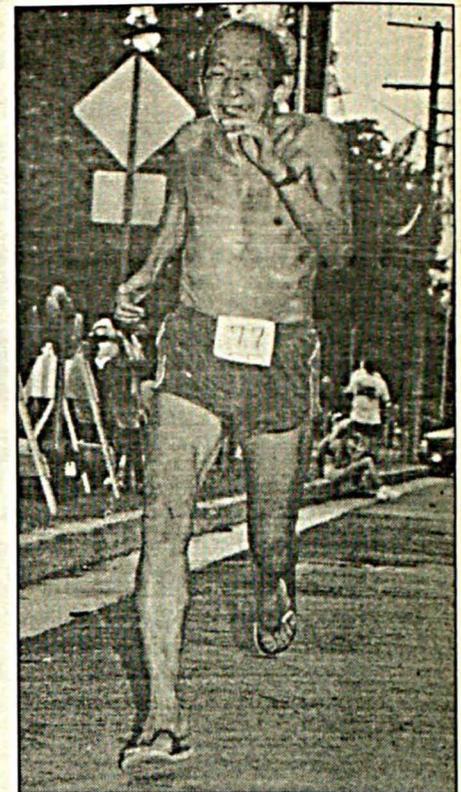
would first try some physical therapy. This would include heat and ultrasound. Stretching the Achilles is good, as is a night splint.

Hot water soaks on a daily basis bring blood into the area and stretch out the fascia. You should have your podiatrist show you how to tape strap your foot. This will relieve the strain to the fascia.

If all else fails, we have very good results with steroid and Lidocaine injections into the scar tissue area of the fascial tear.

Once the symptoms have reduced, you may have a biomechanical examination performed to see if there is any type of foot deformity aggravating the fascia. Often, a good running orthosis will reduce pain and allow you to continue your running program. You will need a good pair of training flats to cushion and protect the heel area. If all else fails, a surgical release of the fascia can be performed. □

(Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or Achilles question, write to Dr. John Pagliano, *The Foot Beat*, NMN, Box 50098, Eugene, OR 97405.)



TESH TESHIMA

Naoto Inada, first M75+ (29:58), Sam Martz Memorial 5K, Honolulu, Dec. 6. Inada races in rubber slippers, called zori, saying, "I feel more comfortable in them."

## Official USATF Uniform Chosen

England and Associates/ON TRACK were chosen as official suppliers of USATF masters uniforms at the USATF Convention held in Orlando in December. The group was awarded the bid on the merits of an apparel line that stays the same year after year, a sharp design presentation, and the ability to distribute from a known track and field supplier who processes both cash and credit cards.

The new uniforms are manufactured by INSPORT of Beaverton, Ore., and will be distributed by direct mail from ON TRACK based in Burbank, Calif. The line consists of six pieces of competition apparel, including a warm-up suit, competition singlet, running silks, muscle tights, and bun huggers.

There will also be five accessory

pieces including team T-shirt, sweat shirt, polo shirt, baseball cap and shoulder bag. A new USA Masters Track and Field logo has been designed by renowned designer Paul Kennedy. It will be featured throughout the line in both silk screen and embroidery.

ON TRACK (1-800-697-2999) is taking pre-production orders now and hopes to be at the Indoor Nationals in March with apparel to sell. ON TRACK accepts Visa and Master Card or prepayment by check. No CODs. Allow 4 to 6 weeks for delivery, Express delivery will be available on any in-stock items at an up-charge. Add \$4.50 for shipping and handling per order. Add \$5.50 for the sweatshirt and shoulder bag. □ - Gary England

## Darrold Skartvedt

Darrold Skartvedt passed away Dec. 7, in Seattle, Wash., of cancer. He was 67. Skartvedt graduated from the U. of Washington in 1955, where he competed in track and was once the Pacific Coast League long jump champion. He completed a tour of duty in the U.S. Air Force, attaining the rank of captain in the reserve.

He was employed by The Boeing Corp. as an engineer for 30 years until

1986, when he opted for early retirement. Survivors include his wife, Mary, and two children, Brett and Stacie.

Skartvedt was an active masters athlete, winning age-group championships in both the decathlon and pentathlon. He held five single-age world records for the 42" 110m hurdles and in 1997 was ranked fourth in the M65 javelin with a throw of 129-10. □

## M. Lloyd Houston

M. Lloyd Houston, 85, Albuquerque, N.M., passed away Dec. 24. He served as a staff sergeant cryptographer during World War II on the island of Trinidad from October 1942 to February 1946. He worked for the U.S. Forest Service for 35 years.

He was an active masters sprinter who won many medals, and was written up in *New Mexico* magazine and *Runner's World*. Survivors include his wife of 49 years, Norma Jean Houston, children and grandchildren. □

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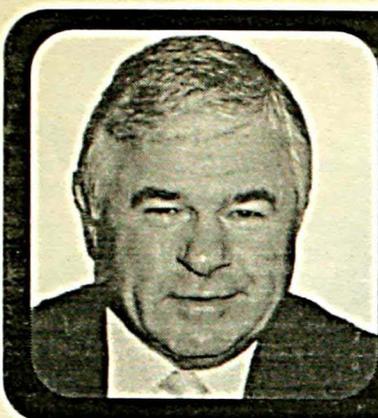
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## Track and Field Report

by **KEN WEINBEL**,  
Chairman, Masters T&F

### Restructuring Under Way for a Dynamic Future

This year will witness worldwide preparation for the new millennium. Everyone is readying everything for a change to make the next one hundred years better. As a result of the diligent efforts of President Pat Rico, USATF jump-started with a restructuring of the national governing body to improve operational efficiency, and CEO Craig Masback has been restaffing and reassigning areas of responsibility within the national office. Positive results are already evident.

It is important that our elected leadership fulfill campaign promises for change within USATF. As an elected administrator, I would have been remiss not to evaluate and identify areas of the masters program that could benefit from change and "restructuring."

When I campaigned for the chairmanship in December '96, I spoke of improving communication between national, regional and association levels and promoting visibility and image. I stated that it was time to put our masters organization on a business level and to develop a nationwide program to attract media attention for more comprehensive coverage of our accomplishments.

In the past two years, we have made some wonderful progress in pursuit of achieving those goals. Our committee's presence on the USATF Board of Directors is guaranteed in the new restructuring plan. We have strengthened our own committee representation within, by appointing the seven regional coordinators to our executive committee.

The committee's adoption and financial support of the Legends program headed by John Cosgrove is helping to create positive visibility and recognition of the fine athletes participating in the masters program.

At the annual meeting in Orlando, we took a major step toward growth, visibility and financial stability by supporting a program to pursue partnering with the National Senior Games Association. No one action has more potential to move the program in a positive direction than the cooperative partnership of the two organizations.

As I stated in my January '97 column, our membership is composed of dynamic, competent individuals. It is important to tap this source of expertise, experience and energy as we progress for the future betterment of masters track and field. As chair, I have identified such individuals in the past two years and have encouraged active participation in their areas of competence and will continue to pursue others.

I have made some changes in administrative positions, and with the guidance and support of members of the executive committee and others,

will continue to evaluate, to develop an energetic and harmonious administrative team that will best serve the program.

One such change is the appointment of Scott Thornsley to the USATF Board of Directors, replacing George Mathews. Scott will also chair a new Championships Operational Committee, which will be responsible for the conduct of our championships. George Mathews is appointed Coordinator of Championships Site Selection.

I have also appointed Gary Miller, newly elected Vice Chair, to head up a committee responsible for producing the meet manual for championship events.

I plan to announce various committee appointments next month, and encourage all who have an interest in becoming more involved in the operational aspects of masters track and field and who are willing to devote the time and effort, to write me. (Address on p. 2) □

#### REGIONAL USA TRACK & FIELD OFFICES

This is a list of the various USA Track & Field associations and the office phone/fax, or membership chair phone (if no office), as per the 1998 Governance Handbook.  
NATIONAL OFFICE INDIANAPOLIS 317-261-0500

Adirondack	Troy, NY	518-273-5552; Fax 518-273-0647
Alabama	Mobile, AL	334-208-7809; Fax 334-208-7956
Alaska	Anchorage, AK	907-786-7431; Fax 907-786-7401
Arizona	Scottsdale, AZ	602-949-1991; Fax 602-994-1748
Arkansas	Little Rock, AR	501-378-1217; Fax 501-378-1146
Border	El Paso, TX	915-833-9991; Fax 915-833-9476
Central California	Wasco, CA	805-758-5719; Fax 805-758-3329
Colorado	Lakewood, CO	303-988-5930; Fax 303-989-3613
Connecticut	Stamford, CT	203-655-8411; Fax 203-655-8411
Dakotas	Wahpeton, ND	701-671-2388; Fax 701-671-2388
Florida	Kissimmee, FL	407-944-0026; Fax 407-943-7931
Georgia	Stone Mountain, GA	770-498-7416
Gulf	Houston, TX	713-666-8133; Fax 713-668-9104
Hawaii	Honolulu, HI	808-521-0400; Fax 808-521-0597
Illinois	Villa Park, IL	630-953-2052; Fax 630-953-2053
Indiana	Indianapolis, IN	317-261-0500; Fax 317-261-0481
Inland Northwest	Cheney, WA	509-235-4762
Iowa	Ames, IA	515-294-3065
Kentucky	Louisville, KY	502-368-7482
Lake Erie	Lyndhurst, OH	216-473-0636
Maine	Canaan, ME	207-474-8876
Metropolitan	New York, NY	212-227-0756; Fax 212-227-0756
Michigan	Milford, MI	248-685-0043
Mid-Atlantic	Wayne, PA	610-644-4053
Minnesota	Minneapolis, MN	612-799-1750; Fax 612-333-3002
Missouri Valley	Kansas City, MO	816-842-3311; Fax 816-842-3020
Montana	Missoula, MT	406-543-7673
Nebraska	Lincoln, NE	402-423-4345
Nevada	Las Vegas, NV	702-657-5058
New England	Brookline, MA	617-566-7600; Fax 617-734-6322
New Jersey	Highland Park, NJ	732-296-0006; Fax 732-296-0040
New Mexico	Los Lunas, NM	505-865-8612; Fax 505-865-8612
Niagra	Grand Island, NY	716-773-6274
North Carolina	Cary, NC	919-481-1257
Ohio	Dayton, OH	937-455-9274; Fax 937-276-5121
Oklahoma	Oklahoma City, OK	405-942-6733; Fax 405-946-3091
Oregon	Sandy, OR	503-668-0998
Ozark	Town & Country, MO	314-434-3397
Pacific	Folsom, CA	916-983-4622; Fax 916-983-4624
Pacific Northwest	SeaTac, WA	206-762-2754; Fax 206-433-8868
Potomac Valley	Bethesda, MD	301-652-5051; Fax 301-913-9520
San Diego-Imperial	San Diego, CA	619-275-6542
Snake River	Boise, ID	208-386-9392
South Carolina	Spartanburg, SC	864-582-0129
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Southern	Baton Rouge, LA	504-275-1855
Southern California	Downey, CA	310-869-4574; Fax 310-862-2048
Southwestern	Dallas, TX	1-800-30-GO-Run
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Three Rivers	Glenshaw, PA	412-487-2917; Fax 487-5860
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Virginia	Richmond, VA	804-353-9348; Fax 804-278-9555
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West Virginia	Huntington, WV	304-523-6046; Fax 304-523-1662
Wisconsin	Madison, WI	608-274-4270
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## OTTAWA CITIZEN National Capital Race Weekend

**WHEN:** May 8 & 9, 1999

**WHERE:** Ottawa, Canada

**EVENTS:** Running Room Marathon, Scotiabank Half Marathon, MDS Nordion 10k, Sprint Canada 5k, Scotiabank Family 2k, In-Line Skate 10k and Marathon and Wheelchair events

**Marathon designated as the Canadian Masters Marathon Championship**

**PRIZE MONEY:** \$34,000 Open and Masters Division

Cash prizes to first 5 male/female (open/Master) finishers in Marathon  
Cash prizes to top 3 male/female finishers in other events except 5k/2k

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**ACTIVITIES:** Seminars conducted all day Saturday, May 8, 1999. Special Guests include Joe Henderson, Author and Runner's World Columnist, and John Stanton, Owner and President of the Running Room.

**Pasta Dinner:** Friday, May 7, 1999 at 6:00 p.m.

**RACE COURSE:** flat, scenic course that travels along the Historic Rideau Canal and the Canadian Tulip Festival route. Entertainment along the route.

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## Masters Racewalking

by ELAINE WARD

### Gretchen Eastler on Physical Therapy

**G**retchen Eastler is a national team member and certified physical therapist. She is the daughter of Tom Eastler, who was in charge of the racewalks at the 1998 Masters National Outdoor Championships in Maine. Below, Gretchen addresses various physical therapy procedures that athletes can use for rehabilitation from injury.

As athletes, we probably know our bodies better than the average person. I believe it is the job of every athlete who seeks treatment for an injury to be educated on treatment purposes, effects and alternative options. The purpose of my writing is to provide basic knowledge about physical therapy. I am not a sports physical therapist. I work mostly with unhealthy geriatric patients. However, many therapeutic treatments have universal applications.

#### Ultrasound

Ultrasound is a term heard often in the medical community. It is a name given to sound waves that are not detectable by the human ear. In physical therapy, ultrasound is a treatment technique used for soft-tissue shortening (joint contracture, scar tissue), subacute and chronic inflammation, and painful conditions such as muscle guarding and trigger/tender points. Ultrasound can also be used for wounds and warts.

Sound waves are capable of reflection, refraction, penetration, and absorption. When applied to humans, the sound waves are absorbed by various tissues with the production of heat. The advantage of ultrasound vs. superficial heat is that ultrasound can penetrate up to 5 cm. beneath the level of the skin to reach deep tissues otherwise not affected by superficial heat. In addition to the therapeutic effects of heat, ultrasound also produces non-thermal effects from vibration of molecules produced by the sound waves. These effects include:

1. Separation of collagen fibers, which increases the extensibility of connective tissue, such as the joint capsule, ligaments, and tendons. (Heat also plays a role in this process.)

2. Increased membrane permeability, allowing for increased ionic exchange (nutrients, metabolites, etc.).

#### Fast Treatment

The advantages of ultrasound include the deep heating effect, the ability to treat a very local area, and short treatment times. The average treatment time, depending on the size of the area treated, is five minutes. One disadvantage is that there is very little sensation with sound waves, which makes treatment dosages difficult to monitor. Therapists work within ranges of intensity widely accepted to be beneficial. Another disadvantage is that pressure from the sound head can sometimes aggravate tender areas.

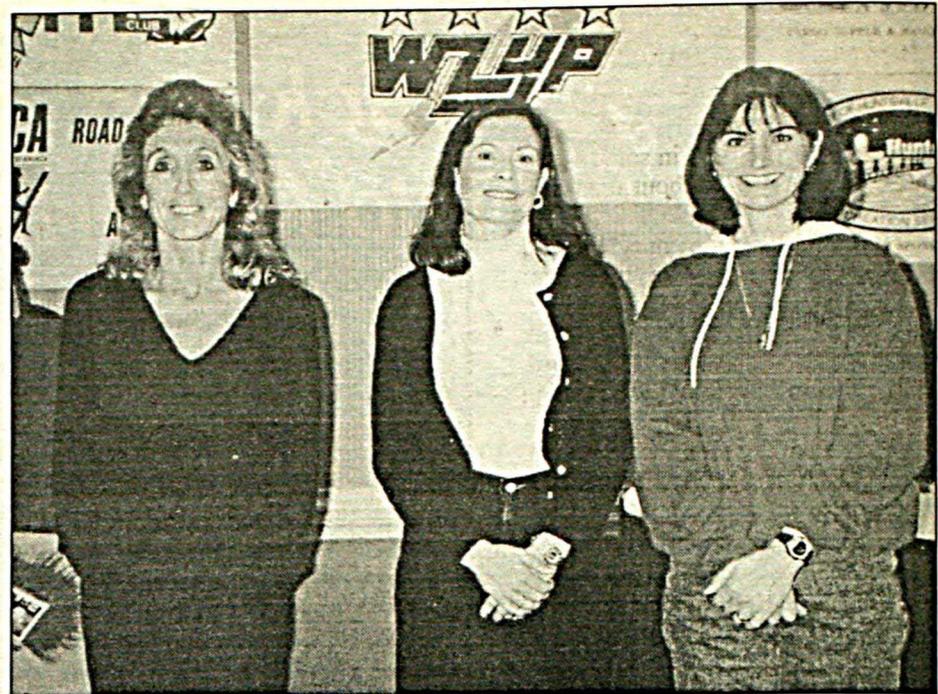
It is possible to use ultrasound without the effects of heat by decreasing the duty cycle of the sound waves. You

would not want a heating effect if you were treating a tendinitis, as the effects of heat would aggravate this condition. Conversely, the heating effects of continuous ultrasound work really well for relaxing very tight muscles (muscle guarding) such as in low back pain.

It is impossible to explain the intricacies of ultrasound briefly, but this gives you some insight into what those probes are doing. Of course, if you are receiving ultrasound, you should ask your therapist "why" it is being used on you. A good therapist will always give you a reason for the treatment technique being used. □



JIM OAKS  
Jeff Martin, M40, Huntington Woods, Mich., WZYP Rocket City Marathon masters winner (2:34:11), Huntsville, Ala., Dec. 12, with Race Director Malcolm Gillis.



JIM OAKS

Three of the top five women masters, WZYP Rocket City Marathon, Huntsville, Ala., Dec. 12 (l to r): Judith Hine, first W45 (3:09:04); Jeanne Olash, first W40 and masters winner (3:01:05); and Jeanne Geurin, fourth W40.

### Rocket City Marathon

Continued from page 1

with 50-year-old Terry McCluskey, Brookfield, Ohio. Rosmesser was trailing in fifth place and would drop out before the finish. Michael Fuller, Chesapeake, Va., and Kurtis were next.

As the race turned north at mile 15, Martin's fresher legs began to pay off, and he reeled in Yara and Taylor to take the title. Taylor moved past Yara in the late stages of the race to take second in 2:35:58 and the runner-up prize of \$750. Yara's third place time of 2:36:59 would have earned \$250, but he chose to take second place age-graded money, worth \$400. Fuller finished fourth in 2:45:14, and McCluskey was fifth in 2:46:06.

Race director Malcolm Gillis added five age-graded awards to the prize money structure for masters this year, with \$500 going for the best performance. Thys Bax, 52, Carmi, Ill., was the age-graded winner with a time of 2:47:41, that equated to a 2:30:37 performance.

Overall masters prize money winners could not "double dip" in the age-graded money, but had the option of taking the larger amount. The awards ceremony reminded one of the TV show *The Price is Right*, as masters studied the ceremony structure to see what offered the better deal. Next year Gillis plans to limit the age-graded money to masters 50 and over. That should offer more incentive to grandmasters to enter the race, and cut down on some of the confusion at awards.

Martin, a former Canadian National Marathon team member, participated in the 1985 and 1987 World Cup Marathons for Canada. He has won 13 marathons ranging from Charlotte, N.C., to Milan, Italy, and has run nine sub-2:20 marathons. His personal best is 2:16:04.

Last year, Jeanne Olash's second

place finish in this race was overshadowed by the outstanding performance of 40-year-old Cindy Keeler, who was the overall female winner in a new masters record time of 2:44:09.

This year the Louisville housewife and mother of three only had to contend with former two-time winner Joyce Deason, Shreveport, La., whom she beat to the finish by more than a minute. New Zealander Judith Hine was third in 3:09:04; Sheri Segal, Virginia Beach, Va., fourth in 3:12:06; and Jeanne Geurin, Mount Vernon, Ind., fifth in 3:18:04.

Olash began running after graduating from Catherine Spalding College in Louisville and has been racing about 14 years. She was born in Birmingham, Ala., but has lived in Louisville since junior high school. This was her sixth marathon. She ran her PR of 2:59:29 in her second-place finish at Rocket City in 1997.

"During the race I had no idea where the other masters were," Olash said. "A friend (Suzanne Klapheke) and I ran together for about 19 miles. She knew who Joyce Deason was and pointed her out to me. Suzanne went by her first and then I passed her, but I did not know what the rest of the masters field was like. My time goal was between 2:58 and 3:00, and we were pretty much on target around the half. We were right around 1:29. The two splits that killed me were miles 24 and 25. I had a 7:25 for mile-24 and that was too much to make up."

• Entries grew by eight percent at Rocket City this year. Of the 1086 entrants, 866 made it to the finish line with more than half this number masters. Among the 476 masters finishers, 21 percent (100) were women. An increase in female race participation has been noted in all HTC races for the

Continued on page 11

## Rocket City Marathon

Continued from page 10

past two years. The field in some of the shorter races has been about one-third women runners.

• Two 78-year-old runners shared the title of oldest finisher this year: John Laughlin (5:23:54), Charlotte, Tenn., and Tony Azzaro (5:55:45), Oak Lawn, Ill. Lynn Edwards, 75, Brevard, N.C., was the oldest female finisher in 5:50:46.

• The Huntsville TC's Joe Francica, Richard Rodenhausen, and Steve Rice defeated the Atlanta TC's entry of Malcolm Adams, Sam Norman, and Jim Struve for the male masters team title. The HTC's female team of Cheryl Ibarra, Janet Haenisch, and Barbara Meyer was unopposed.

• Jane Hutchison, Webb City, Mo., a five-time masters winner at this race, just missed the overall prize money with a sixth place finish in 3:19:32. However, this performance by the 52-year-old elementary teacher earned \$200 in the age-graded category.

• Masters runners can accept additional overall prize money if they finish in the top 10 overall. Olash and Deason earned an additional \$250 each for their eighth and ninth place finishes among the women.

• The top local female this year was 39-year-old Barbara Saunders of nearby Harvest, Ala. She ran 3:00:40 for seventh place and should be one of the favorites for the masters title next year. □

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

## NMN Expands Web Site

*National Masters News* has expanded our web page and now has a private domain. We now include a home page, both the WAVA and USATF officers, All American Standards charts and applications, a review of back issues, the Publications Order Form, an application for a subscription, coaches list, and links to other sites of interest. People can sign on from the world wide web. The page may be viewed by entering the address: <http://www.national-mastersnews.com>

# PUBLICATIONS ORDER FORM

Quantity		Total (US\$)
_____	<b>Masters Age Records (1998 Edition)</b> Men's and women's world and U.S. age bests for all track & field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 1997. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$5.00.	\$ _____
_____	<b>Masters Track &amp; Field Rankings (1997)</b> Men's and women's 1997 U.S. outdoor track & field 5-year age group rankings. 52 pages. 125-deep in some events. All T&F events. Compiled by Jack Lance, USATF Masters T&F Rankings Chairman. \$7.00.	\$ _____
_____	<b>Masters Track &amp; Field Indoor Rankings (1998)</b> Same as above, except indoor rankings for 1998. 4 pages. \$1.50.	\$ _____
_____	<b>Masters Age-Graded Tables</b> Single-age factors and standards from age 8 to 100 for men and women for every common track & field, long distance running, and racewalking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 60 pages, including samples and charts. Compiled by the World Association of Veteran Athletes. \$6.00.	\$ _____
_____	<b>Masters 5-Year Age-Group Records</b> Men's and women's official world and U.S. outdoor 5-year age group records for all track & field and racewalking events, age 35 and up, as of March 1, 1998; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$1.50.	\$ _____
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_____	<b>Competition Rules for Athletics (1998 Edition)</b> U.S. rules of competition for men and women for track & field, long distance running and racewalking—youth, open and masters. \$12.00.	\$ _____
_____	<b>USATF Directory (1998/99)</b> Names and addresses of national officers and staff, board of directors, sport and administrative committees, association officers and addresses, etc. \$12.00.	\$ _____
_____	<b>USATF Governance Handbook (1998)</b> U.S. Bylaws and operating regulations, forms for membership, race sanction, records, course measurement, etc. 152 pages. \$12.00.	\$ _____
_____	<b>IAAF Scoring Tables</b> Official world scoring tables for men's and women's combined-event competitions. \$12.00.	\$ _____
_____	<b>IAAF Handbook</b> 1996/1997 rules and regulations handbook. \$15.00.	\$ _____
_____	<b>International Scoring Tables</b> Complete scoring tables for 21 men's and 17 women's individual events. All events, and the event orders, in normal multi-events are included: decathlon, heptathlon, indoor & outdoor pentathlon, indoor heptathlon, and weight pentathlon. Brief scoring instructions, age factors for the common WAVA multi-events, and instructions for hand times and automatic times are included. In English and German. Pocket size (4 1/2 x 6). \$12.00.	\$ _____
_____	<b>Masters Racewalking</b> Thirty American coaches and athletes share ideas on Technique, Training and Racing. This book is a unique and complete resource. Edited by Elaine Ward. \$15.00.	\$ _____
_____	<b>USATF Logo Patch</b> 3 color embroidered 4" x 3". \$4.50.	\$ _____
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_____	<b>USATF Decal</b> . 3-color. 3" x 2-1/2". \$2.00.	\$ _____
_____	<b>National Road Race Encyclopedia 1997</b> Lists 100 of the nation's most popular road races, with race entry information, top 100 all-time men & women each race, top 20 all-time age divisions each race, 41,000 performer and champion listings, 300+ photos, 100 full-page maps, race histories and trivia, and guide to national running organizations. Compiled by Mike Weddington & Barry Perilli. \$24.95	\$ _____
_____	<b>Guide to Prize Money Races and Elite Athletes 1998</b> Published by Road Race Management, the Guide includes elite athlete alphabetical listing (including masters) with over 800 addresses and phone numbers, calendar for over 400 prize money events, and more. \$60.00.	\$ _____
_____	<b>Running Research News</b> Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. \$35.00 per year.	\$ _____
_____	<b>Back Issues of National Masters News</b> Issues: \$2.50 each.	\$ _____
	<b>Postage and Handling</b>	\$ 1.50
	<b>Overseas Air Mail (add \$5.00 per book)</b>	\$ _____
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## On The Run

by HAL HIGDON

### I Just Can't Wait To Be King

Checking into Disney's Caribbean Resort Hotel, we discovered our room in Building 26. At Disney's Animal Kingdom the next morning we found a parking space in Row 26. And on Sunday, I would complete the string of 26's by running that many miles in the Disney World Marathon.

#### Setting the Pace

I had come to Orlando, Florida to lead one of the *Runner's World* pacing teams in the marathon. I was in charge of the 4:30 group, meaning I would churn along at a steady 4:30 pace (10:18 per mile), and anyone wanting to finish in that time could join me. The magazine has been providing pacing teams in select marathons since 1995, and runners love them.

I was uncertain about my own finishing ability. Despite being in shape for shorter distance events, I hadn't put in the miles to get ready for a marathon. Longest runs of 10-12 miles are okay if you're running 1500 meters (as I did at the NCCWAVA meet in Barbados in November), but not much help if you're planning to go 26 miles 385 yards.

Still, I didn't want to pass on a trip to Disney in January. I figured I could keep people on pace for 20 miles, after which everyone was on their own. As insurance, I recruited Leesa Weichert, coordinator of pacing teams for The LaSalle Banks Chicago Marathon, to run with me.

#### Tourism First

My wife Rose and I arrived early to act as tourists before business intruded. Over the years we've visited most of the Disney theme parks, but hadn't seen Animal Kingdom, a new section inspired by the success of *The Lion King*.

Central to the park is a safari where you ride through a jungle and see various African animals. I tried to convince Rose that the animals were Disney robots, but she wasn't fooled. After our attendance at the World Veterans Championships in South African two summers ago, we had spent several days at Hsluhsuwe Nature Reserve. Seeing animals in a theme park doesn't quite match the experience of having a real elephant threaten your Land Rover,

but it comes close.

We also enjoyed the theatrical production, *Festival of the Lion King*, a slam-bang half hour of dancing and singing, featuring music from that film. "I just can't wait to be king" would beat in my head for days afterwards.

Friday at the Expo I helped lead a clinic at Disney's Wide World of Sports complex for runners interested in joining a pacing team. Everyone wanted to know how to find the teams at the start and how they function. We had signs with various times from 3:00 to 5:00 identifying each group and wore bright-colored hats to be more easily spotted, particularly after aid stations where it's easy to get split from the group.

I told everyone my strategy was to walk through each aid station (19 in all) and afterwards start a chant so people could find us.

**Me:** Who are we?

**Everyone:** 4:30!

**Me:** What are we?

**Everyone:** Best looking!

As an additional aid, Leesa planned to run wearing Mickey Mouse ears.

#### Dressed For Success

That evening we met Dana and Mary Jane Summers at Pebbles Restaurant for dinner. Dana is an editorial cartoonist for the Orlando *Sentinel* and also draws two comic strips: *Bound and Gagged* and *The Middletons*. Like many of today's runners, Dana and Mary Jane had started walking for health and enjoyment, then graduated upwards to running the marathon.

Joining us at dinner were Jim and Sandy Kirwin. Jim planned to run the race dressed as Pinocchio, complete with long nose. At Saturday's pacing team clinics, I got off several jokes at Jim's expense, suggesting that the nose might cause people to mistake him for Bill Clinton.

Before the clinics, I loosened up by



jogging on the nine-lane track that will be the site in August for the USATF National Masters Track & Field Championships. Beside the track are grassy fields, perfect for warming up. There is also a cross-country course on the grounds, although I didn't test it.

#### Maybe I Will

Because the Nationals come after the World Veterans Championships in England, I hadn't planned to participate, but having now seen the facilities in Orlando, I may change my mind. I spoke to a USATF official manning a booth at the Expo. He said they hadn't yet finalized the schedule for the Nationals, but suspected that distance races would be conducted early morning. Rainstorms are common in late August, so they need to program time in the schedule for possible delays.

The marathon started at 6:00 a.m. on Sunday, requiring me to set my alarm for 4:00 and settle on a Power Bar for breakfast. Chaos reigned in the starting area, but most runners seemed to find us. Leesa Weichert arrived wearing a cap with Mickey Mouse ears. Jim Kirwin as Pinocchio arrived with several other runners dressed as characters in that movie.

#### Closing the Gap

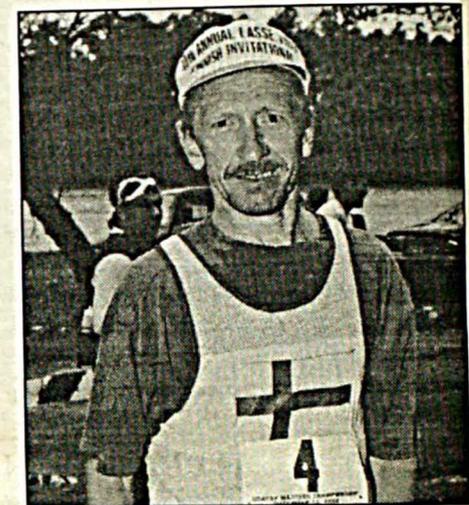
With 13,000 runners on a narrow course, we lost three minutes off our planned 10:18-per-mile pace, but I brought our group through the half marathon point within a few seconds of 2:15. With a large group in tow, I still had everybody chanting that we were "best looking," but around 20 miles the chant got weaker. People started to drift away, both to go ahead and drop back. I had done my job, but despite plans to drop out at that point, I kept going, focusing on Leesa's mouse ears to keep on pace.

Leesa finished in 4:29:46; I crossed in 4:30:27, having lost half a minute between miles 22 and 25. I felt exhilaration at a task well done.

Since our visit to Animal Kingdom, the lyrics to "I just can't wait to be king" had been playing through my mind like a broken record. Past the finishing chute, a volunteer hung a medal around my neck. It was a Mickey Mouse medal, complete with the distinctive ears. That was a crown worthy of any king. □

(Hal Higdon, Senior Writer for *Runner's World*, will be leading another

pacing team at the 1999 La Salle Banks Chicago Marathon. For training schedules leading to that and other races, visit his web site at: [www.halhigdon.com](http://www.halhigdon.com).)



JOHN WELCH

Jussi Hamalainen, 52, first masters runner, with a third overall 6:27:49, in the Sunmart Texas Trail 50 Mile/USATF Masters National Championships, Huntsville, Texas, Dec. 12.

### 50-Mile

Continued from page 1

ished third overall in the 50-mile to capture the USATF masters first in 6:27:49.

"I worried before the race that it would be too muddy, but it wasn't that bad," said Hamalainen, 52, a Los Angeles massage therapist. "Some places on the course were really muddy, but I liked running in it because it was fun. I'm originally from Helsinki, so I like cold weather."

Katrine Sundling-Hunt, 42, Portland, Ore., came in 26th overall, finishing first W40+ for the second consecutive year in the 50-mile with a 7:37:52.

The oldest finishers in the 50-mile were John Stowers, 70, Austin, Texas, in 12:25:42, and Helen Klein, 76, Rancho Cordova, Calif., in 12:25:25.

Clement Grum, 43, Elm Grove, Wisc., was the first USATF registered master in the 50K with a 3:48:46. Donna Sterns, 45, Sugar Land, Texas, was the 50K women's masters champion with a 43rd overall in 4:31:13.

Liese Rapozo, 71, Pacifica, Calif., was the W70 division winner in 8:51:29. Ross Waltzer, 76, Tulsa, Okla., took the M75 race in 8:20:25. □



# NATIONAL MASTERS NEWS

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

Records Section

February 1999

page 13



## Masters Age Records

### New Indoor Age-Group Records Compiled

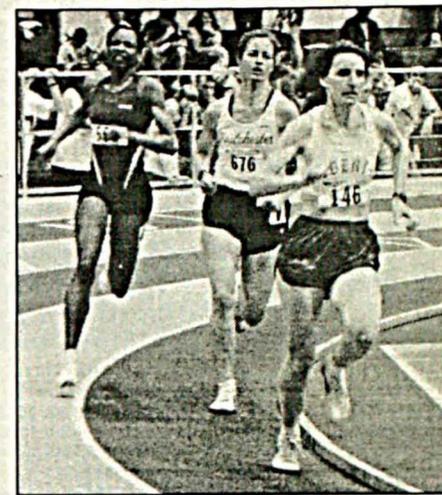
In this issue are the new world and U.S. five-year indoor age-group track and field records for men and women. The world marks are those compiled and approved as of January 1, 1999, by the Records Committee of the World Association of Veteran Athletes (WAVA). The U.S. records are those compiled and approved, as of December 4, 1998, by the Masters Track and Field Records Sub-Committee of USA Track & Field (USATF). Both committees are headed by Peter Mundle.

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

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

Non-USA athletes should use the WAVA record form, which is published in the WAVA Handbook and the April 1998 issue of NMN. It will again be printed in the April 1999 NMN along with the new list of outdoor records.

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



JERRY WOJCIK

Alda Cossi held her lead to win the W40 800 (2:29.25). Sheree Robertson (#551) passed Eileen Troy (2:32.57) to take second (2:30.04), 1998 USATF National Masters Championships. The 1999 Championships will be held March 26-28 in Boston.

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

### APPLICATION FOR RECORDS

Send to:

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

#### To THE RECORD COMMITTEE:

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

#### Description of Record:

World \_\_\_ American \_\_\_ Association \_\_\_ Championship \_\_\_ Collegiate \_\_\_  
Junior \_\_\_ Age \_\_\_ Group \_\_\_ Masters \_\_\_

(All applications for Junior, Age Group, or Masters records must be accompanied by copy of birth certificate or other proof of age)

- Event \_\_\_\_\_
- Date and Time of Day \_\_\_\_\_ (Indicate Men/Women)
- Record claimed (state, time, distance, height or points achieved) \_\_\_\_\_ Indoor/Outdoor
- Where held (Arena, Town and Country) \_\_\_\_\_
- Force of following wind \_\_\_\_\_ Anemometer \_\_\_\_\_ Attendants Signature \_\_\_\_\_
- Name of Competitor, Club and Country \_\_\_\_\_ (print)

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

#### AUTOMATIC TIMING

(If fully automatic timing was used, complete this section, regardless of the distance of the race and attach a print of the photo)

7. A fully automatic timing device, made by \_\_\_\_\_, was used.  
The time recorded was \_\_\_\_\_, and this was the official time.

(Photo Evaluator)

(Address or USATF Official's Registration Number)

(Chief Timekeeper)

(Address or USATF Official's Registration Number)

#### TIMEKEEPER'S CERTIFICATES

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

Time \_\_\_\_\_ (Signature of Timekeeper) (Address or USATF Official's Registration Number)

Time \_\_\_\_\_ (Signature of Timekeeper) (Address or USATF Official's Registration Number)

Time \_\_\_\_\_ (Signature of Timekeeper) (Address or USATF Official's Registration Number)

I confirm that the above Timekeepers exhibited their watches to me and that the times as stated are correct.

(Signature of Referee or Chief Timekeeper)

#### STARTER'S CERTIFICATE

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

(Signature of Starter)

(Address or USATF Official's Registration Number)

A newspaper clipping and marked program should be attached and made part of the application.

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

(Signature of Starter)

(Address or USATF Official's Registration Number)

(Signature of Starter)

(Address or USATF Official's Registration Number)

(a) Track Events

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

\_\_\_\_\_ meters \_\_\_\_\_ centimeters, or \_\_\_\_\_ miles \_\_\_\_\_ yards \_\_\_\_\_ feet \_\_\_\_\_ inches,  
the length of one lap was \_\_\_\_\_ meters \_\_\_\_\_ centimeters or \_\_\_\_\_ yards \_\_\_\_\_ feet \_\_\_\_\_ inches,  
that there was a 2 inch raised border on the inner edge of track, and that the maximum allowance for lateral inclination did not exceed 1:100 and the running direction 1:1000.

(b) Field Events

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

#### THROWING EVENT IMPLEMENT CERTIFICATION

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

(Checker of Implements)

(Address or USATF Official's Registration Number)

#### JUDGES' CERTIFICATE (FIELD EVENT)

12. We hereby certify that the measurement stated opposite our respective signatures is exact as measured with a metric tape (Judges and Referee shall read measurement.)

We also certify that the implements used and circle or runway complied with the IAAF specifications.

(Distance or Height) (Signature of Judge) (Address or USATF Official's Registration Number)

(Distance or Height) (Signature of Judge) (Address or USATF Official's Registration Number)

(Distance or Height) (Signature of Judge) (Address or USATF Official's Registration Number)

#### CERTIFICATION OF FORM (Shot, Javelin, Walks)

13. I hereby certify that proper form was used in the record performance hereby applied for.

(Event Chief Judge)

(Address or USATF Official's Registration Number)

#### GUARANTEE BY REFEREE

14. I hereby certify that all the information recorded in this form is accurate, and that all the appropriate rules of the International Amateur Athletic Federation were complied with.

(Signature of Referee)

(Address or USATF Official's Registration Number)

# World Track & Field Indoor Age-Group Records

Approved by the Records Committee of the World Association of Veteran Athletes as of January 1, 1999

n = notworthy mark, p = pending verification of date of birth, wind velocity, etc.

## Men's World Indoor Records

60 Meters			
DIV.	MARK	NAME(COUNTRY)	AGE MEET DATE
M40	6.97	Eddie Hart(USA)	40 3-24-90
M45	7.02	Stan Whitley(USA)	45 3-23-91
M50	7.37	Harold Morioca(CAN)	50 3-20-93
M55	7.53	Hugo Hartenstein(USA)	55 3-24-90
M60	7.7	Payton Jordan(USA)	60 1-7-78
M65	7.8	Cecil Paul(CAN)	66 3-8-86
M70	8.39	John O'Neill(CAN)	70 3-5-94
M75	8.95	Tim Murphy(USA)	75 3-1-97
M80	9.81	Fred White(USA)	80 3-20-93
	9.81	Herbert Liedtke(SWE)	80 3-1-97
M85	11.10	Bert Morrow(CAN)	85 3-28-98
M90	17.47	Everett Hosack(USA)	94 3-30-96
M95	16.96	Everett Hosack(USA)	95 3-1-97
200 Meters			
DIV.	MARK	NAME(COUNTRY)	AGE MEET DATE
M40	22.19	Bill Collins(USA)	44 2-26-95
M45	22.77	Viv Oliver(GBR)	46 3-1-98
M50	23.76	Harold Morioca(CAN)	50 3-21-93
M55	24.09	Stephen Robbins(USA)	55 2-15-98
M60	25.10	Larry Colbert(USA)	61 3-29-98
M65	26.41	Charles Williams(USA)	66 3-2-97
M70	27.40	Allan Meddings(GBR)	70 3-1-98
M75	30.12	John Alexander(USA)	75 2-26-95
M80	32.9	Barry Ivers(USA)	80 3-17-91
M85	39.14	Bert Morrow(CAN)	85 3-29-98
M90	p68.6	Mikko Salonen(FIN)	90 - -87
M95	66.78	Everett Hosack(USA)	95 4-6-97
400 Meters			
DIV.	MARK	NAME(COUNTRY)	AGE MEET DATE
M40	50.15	Fred Sowerby(ANT)	43 2-22-92
M45	49.89	Fred Sowerby(USA)	45 1-29-94
M50	52.72	Harold Morioca(CAN)	52 2-25-95
M55	56.17	James Mathis(USA)	56 3-23-91
M60	56.32	Larry Colbert(USA)	60 3-22-97
M65	59.53	Earl Fee(CAN)	65 2-25-95
M70	66.03	John Alexander(USA)	70 3-24-90
M75	71.84	John Alexander(USA)	75 2-25-95
M80	79.6	Aleksander Ernesaks(CAN)	80 3-7-92
M85	1:40.86	Russell Randall(USA)	86 3-20-93
M90	p2:47.3	Mikko Salonen(FIN)	90 - -87
800 Meters			
DIV.	MARK	NAME(COUNTRY)	AGE MEET DATE
M40	1:55.5	Ken Popejoy(USA)	42 1-30-93
M45	1:57.32	Peter Browne(GBR)	45 1-29-95
M50	2:05.8	Ken Baker(USA)	50 1-17-88
M55	2:08.9	Ken Baker(USA)	55 3-22-92
M60	2:16.64	Earl Fee(CAN)	62 1-18-92
M65	2:16.80	Earl Fee(CAN)	65 3-27-94
M70	2:42.0	Austin Newman(USA)	70 3-23-86
M75	2:42.35	James Todd(GBR)	75 3-2-97
M80	3:20.57	Austin Newman(USA)	80 3-31-96
M85	5:51.29	Charles Espy(USA)	85 3-31-96
1500 Meters			
DIV.	MARK	NAME(COUNTRY)	AGE MEET DATE
M40	3:45.3	Eamonn Coghlan(IRL)	42 2-26-93
M45	4:03.69h	John Potts(GBR)	45 3-9-90
M50	4:14.73	John Potts(GBR)	50 2-26-95
M55	4:28.5	Vic Heckler(USA)	55 3-15-98
M60	4:37.80	Maurice Morrrell(GBR)	61 3-20-94
M65	4:47.11	Earl Fee(CAN)	65 3-26-94
M70	5:27.4	Austin Newman(USA)	70 3-23-86
M75	5:42.26	James Todd(GBR)	75 3-2-97
M80	6:35.4	Austin Newman(USA)	80 2-11-96
M85	8:41.47	John Farrell(GBR)	85 2-22-97
M90	14:28.4	Mikko Salonen(FIN)	90 - -88
3000 Meters			
DIV.	MARK	NAME(COUNTRY)	AGE MEET DATE
M40	8:20.16	Nigel John Gates(GBR)	40 1-23-94
M45	8:46.80	Renato De Palmas(ITA)	45 3-9-85
M50	8:58.8	Les Presland(GBR)	50 3-31-90
M55	9:23.43	Stephen James(GBR)	56 3-20-94
M60	9:43.88	Andrew Brown(GBR)	61 3-20-94
M65	10:11.60	Ed Whitlock(CAN)	65 3-9-96
M70	11:15.72	William Marshall(GBR)	70 2-28-98
M75	12:12.72	James Todd(GBR)	75 2-28-97
M80	14:10.79	Gordon Porteous(GBR)	80 3-20-94

60 Meter Hurdles			
DIV.	MARK	NAME(COUNTRY)	AGE MEET DATE
M40	8.15	Stan Druckrey(USA)	40 4-1-89
M45	8.54	Stan Druckrey(USA)	46 2-25-95
M50	8.47	Walt Butler(USA)	51 3-20-93
M55	8.91	Emil Pawlik(USA)	56 2-25-95
M60	9.14	Phil Mulkey(USA)	60 3-20-93
M65	9.8	Buck Bradberry(USA)	66 2-20-93
M70	10.23	Melvin Larsen(USA)	73 4-5-98
M75	11.05	Edwin Lukens(USA)	76 3-28-98
M80	13.37	Ahti Pajunen(FIN)	80 3-3-90
M85	14.36	Karl Trei(CAN)	85 3-4-95
High Jump			
DIV.	MARK	NAME(COUNTRY)	AGE MEET DATE
M40	6-9 1/4	2.06 Jim Barrineau(USA)	40 3-30-96
M45	6-3 1/2	1.92 Mark Chelnov(URS)	46 3-18-90
M50	6-6 3/4	2.00 Thomas Zacharas(GBR)	50 3-2-97
M55	5-7 1/4	1.71 John C. Brown(USA)	56 1-11-86
M60	5-5	1.65 Jim Gilchrist(USA)	62 3-24-90
M65	5-4	1.62 Jim Gilchrist(USA)	65 3-19-93
M70	4-9	1.45 Esko Kolhonen(FIN)	71 - -86
M75	4-5 1/4	1.35 Esko Kolhonen(FIN)	76 3-3-90
M80	4-1 3/4	1.26 Esko Kolhonen(FIN)	80 3-19-94
M85	3-5 1/4	1.05 Karl Trei(CAN)	85 3-4-95
M90	2-7 1/2	0.80 Everett Hosack(USA)	94 3-29-96
M95	2-10	0.86 Everett Hosack(USA)	95 3-2-97
Pole Vault			
DIV.	MARK	NAME(COUNTRY)	AGE MEET DATE
M40	17-0	5.18 Earl Bell(USA)	40 8-26-95
M45	15-3	4.65 Ed Lipscomb(USA)	47 3-1-98
M50	14-0	4.27 Larry McIntyre(USA)	50 3-28-98
M55	13-2 1/2	4.02 Boo Morcom(USA)	59 - -81
M60	12-10	3.91 Dale Lance(USA)	60 3-27-98
M65	11-2 3/4	3.42 Jerry Donley(USA)	65 2-25-95
M70	10-4	3.15 Boo Morcom(USA)	71 1-8-93
M75	9-3	2.82 Carol Johnston(USA)	76 3-19-88
M80	7-10 1/2	2.40 Carol Johnston(USA)	80 4-4-92
M85	5-6	1.67 A. E. Pitcher(USA)	86 3-19-88
Long Jump			
DIV.	MARK	NAME(COUNTRY)	AGE MEET DATE
M40	24-8	7.52 Barrington Williams(GBR)	40 3-2-96
M45	22-7 3/4	6.90 Tapani Taavitsainen(FIN)	45 2-3-90
M50	21-2 3/4	6.47 Stig Backlund(FIN)	50 3-3-90
M55	19-3 1/4	5.87 Boo Morcom(USA)	55 3-13-77
M60	18-3 3/4	5.58 Dick Richards(USA)	61 3-22-97
M65	17-5 1/4	5.31 Melvin Larsen(USA)	66 1-13-91
M70	16-6 3/4	5.05 Melvin Larsen(USA)	70 2-25-95
M75	14-1 1/4	4.30 Ed Lukens(USA)	76 3-28-98
M80	11-11	3.63 Thomas Walsh(USA)	81 3-15-98
M85	10-3	3.12 Karl Trei(CAN)	85 3-4-95
M90	6-9 1/4	2.06 Everett Hosack(USA)	94 3-2-96
Triple Jump			
DIV.	MARK	NAME(COUNTRY)	AGE MEET DATE
M40	52-9 1/4	16.08 Ray Kimble(USA)	40 2- -94
M45	48-7 1/2	14.82 Milan Tiff(USA)	46 2-26-95
M50	45-0 1/4	13.72 Stig Backlund(FIN)	50 3-4-90
M55	40-0 1/4	12.20 Olavi Neimi(FIN)	58 3-18-90
M60	39-9 1/2	12.13 Amelio Compri(ITA)	60 3-9-85
M65	35-10	10.92 Amelio Compri(ITA)	65 3-3-90
M70	32-8 1/2	9.97 Ed Lukens(USA)	70 3-19-93
M75	30-9 1/4	9.38 Ed Lukens(USA)	75 3-21-97
M80	26-1	7.95 Esko Kolhonen(FIN)	80 3-19-94
M85	15-10 1/4	4.83 Konrad Boas(USA)	85 3-31-89
M90	p12-6 1/2	3.82 Mikko Salonen(FIN)	90 - -87
Shot Put (35-49: 16#; 50-59: 6Kg; 60-69: 5Kg; 70+)			
DIV.	MARK	NAME(COUNTRY)	AGE MEET DATE
M40	65-10 1/4	20.07 Brian Oldfield(USA)	40 1-17-86
M45	51-9 1/2	15.78 Ed Hill(USA)	45 3-19-88
M50	52-7 1/2	16.04 Ladislav Pataki(USA)	51 2-15-98
M55	51-7 3/4	15.74 Joe Keshmiri(USA)	56 2-25-95
M60	55-2 1/2	16.83 Reino Nokelainen(FIN)	60 - -81
M65	50-1 1/2	15.28 Voitto Elo(FIN)	65 - -82
M70	43-5	13.23 Ross Carter(USA)	71 3-30-85
M75	42-3	12.88 Voitto Elo(FIN)	75 3-3-90
M80	37-6 3/4	11.45 Ross Carter(USA)	80 2-25-95
M85	24-9 3/4	7.56 Leon Joslin(USA)	85 2-15-98
M90	17-10 1/2	5.45 Vaino Sirula(FIN)	91 3-20-94
M95	13-2	4.01 Everett Hosack(USA)	95 3-22-97
3000 Meter Walk			
DIV.	MARK	NAME(COUNTRY)	AGE MEET DATE
M40	12:25.9	Ray Funkhouser(USA)	42 1-10-93
M45	12:38.71	Donald Denoon(USA)	49 2-20-93
M50	12:34.9	Donald Denoon(USA)	50 2-4-94
M55	14:22.40	Ed Kousky(USA)	55 3-31-96
M60	14:44.51	Max Green(USA)	60 4-4-92
M65	15:39.67	George Chaplin(GBR)	65 3-2-96
M70	17:31.6	Pauli Makinen(FIN)	70 3-9-90
M75	18:35.8	Chico Scimone(ITA)	75 2-14-87
M80	17:41.4	James Grimwade(GBR)	80 3-20-93

## Women's World Indoor Records

60 Meters			
DIV.	MARK	NAME(COUNTRY)	AGE MEET DATE
W35	7.80	Jocelyn Kirby(GBR)	36 3-20-94
W40	8.01	Denise Foreman(USA)	40 3-22-97
W45	8.02	Phil Raschker(USA)	48 2-25-95
W50	8.05	Phil Raschker(USA)	50 3-1-97
W55	8.90	Brunhilde Hoffmann(GBR)	55 1-26-97
W60	9.05	Irene Obera(USA)	61 2-25-95
W65	9.40	Joan Ogden(GBR)	66 3-20-94
W70	10.12	Joan Ogden(GBR)	70 2-28-98
W75	11.45	Mary Bowermaster(USA)	78 3-30-96
W80	14.39	Pearl Mehl(USA)	80 2-25-95
200 Meters			
DIV.	MARK	NAME(COUNTRY)	AGE MEET DATE
W35	25.29	Jocelyn Kirby(GBR)	35 1-8-93
W40	25.67	Denise Foreman(USA)	40 2-8-97
W45	26.18	Phil Raschker(USA)	48 2-26-95
W50	26.52	Phil Raschker(USA)	50 3-2-97
W55	29.62	Brunhilde Hoffmann(GBR)	57 3-2-97
W60	31.6	Joan Ogden(GBR)	61 3-26-89
W65	32.0	Joan Ogden(GBR)	65 3-20-93
W70	33.11	Joan Ogden(GBR)	70 2-28-98
W75	41.70	Mary Wixey(GBR)	76 3-2-97
W80	48.42	Nora Wedemo(SWE)	83 3-2-97
400 Meters			
DIV.	MARK	NAME(COUNTRY)	AGE MEET DATE
W35	57.47	Irena Gazda-Sagolla(GBR)	35 3-2-97
	p54.48	Adina Valdez(USA)	35 3-22-97
W40	57.67	Denise Foreman(USA)	40 1-25-07
W45	59.86	Caroline Marler(GBR)	46 3-2-97
W50	65.63	Marjorie Hocknell(GBR)	50 3-20-94
W55	67.38	Diane Palmason(CAN)	56 2-25-95
W60	70.69	Carolyn Cappetta(USA)	60 1-5-96
W65	80.38	Toni Borthwick(GBR)	66 3-2-97
W70	88.79	Patricia Peterson(USA)	71 3-28-98
W75	1:41.15	Louis Adams(USA)	75 3-22-97
W80	2:25.03	Pearl Mehl(USA)	80 2-25-95
800 Meters			
DIV.	MARK	NAME(COUNTRY)	AGE MEET DATE
W35	2:03.2	Ileana Silai(ROM)	36 2-7-78
W40	2:01.59	Yekaterina Podkopayeva(URS)	41 2-6-94
W45	2:19.7	Caroline Marler(GBR)	46 2-1-97
W50	2:25.6	Pat Gallagher(GBR)	51 2-1-97
W55	2:37.34	Gerda van Kooten(HOL)	55 1-29-95
W60	2:44.22	Carolyn Cappetta(USA)	60 3-17-96
W65	2:56.63	Jean Horne(CAN)	65 3-29-98
W70	3:39.55	Louis Adams(USA)	71 3-21-93
W75	3:46.79	Louis Adams(USA)	75 3-23-97
W80	5:16.53	Ivy Granstrom(CAN)	84 3-31-96
1500 Meters			
DIV.	MARK	NAME(COUNTRY)	AGE MEET DATE
W35	4:05.4	Ileana Silai(ROM)	36 3-17-87
W40	4:09.29	Yekaterina Podkopayeva(URS)	40 3-14-93
W45	4:44.0	Pat Gallagher(GBR)	45 11-17-90
W50	4:51.8	Pat Gallagher(GBR)	52 2-8-98
W55	5:20.29	Gerda van Kooten(HOL)	56 3-17-96
W60	5:58.55	Gloria Brown(USA)	61 3-7-93
W65	6:14.16	Joselyn Ross(GBR)	65 3-20-44
W70	6:50.6	Jose Waller(GBR)	70 3-20-93
W75	7:43.3	Pearl Mehl(USA)	75 4-1-89
W80	12:37.13	Pearl Mehl(USA)	80 2-25-95
One Mile Best Performances			
DIV.	MARK	NAME(COUNTRY)	AGE MEET DATE
W35	4:59.28	Carol Urish-McLatchie(USA)	35 3-28-87
W40	5:03.6	Erna Kozak(CAN)	41 1-11-87
W45	5:25.4	Marilyn Harbin(USA)	46 3-2-84
W50	5:40.1	Mila Kanja(USA)	51 3-20-83
W55	5:51.0	Margaret Miller(USA)	55 2-22-81
W60	6:55.59	Grace Butcher(USA)	62 3-30-96
W65	7:35.0	Marie Stafford(USA)	68 1-30-88
W70	7:29.22	Pearl Mehl(USA)	73 3-28-87
W75	8:26.79	Louise Adams(USA)	75 3-23-97
W80	12:05.93	Ivy Granstrom(CAN)	84 3-30-96
3000 Meters			
DIV.	MARK	NAME(COUNTRY)	AGE MEET DATE
W35	8:43.49	Ileana Silai(ROM)	36 3-7-87
W40	9:52.8	Rita Marchisio(ITA)	40 3-4-90
W45	10:41.0	Dot Fellows(GBR)	45 3-31-90
W50	10:17.53	Pat Gallagher(GBR)	51 1-4-97
W55	11:42.90	Gerda van Kooten(HOL)	57 2-28-97
W60	12:08.8	Molly Turner(CAN)	60 3-5-94
W65	13:09.42	Joselyn Ross(GBR)	65 3-20-44
W70	14:13.7	Jose Waller(GBR)	70 3-20-93
W75	15:43.66	Louis Adams(USA)	75 3-21-97
W80	23:41.32	Ivy Granstrom(CAN)	84 3-29-96
60 Meter Hurdles			
DIV.	MARK	NAME(COUNTRY)	AGE MEET DATE
W35	8.20	Clova Court(GBR)	

Continued from previous page

High Jump			
DIV.	MARK	NAME(COUNTRY)	AGE MEET DATE
W35	5-9 1/4	1.76 Leslie Eastwick(CAN)	35 3-1-96
W40	5-7 3/4	1.72 Debbie Brill(CAN)	41 2-25-95
W45	5-2 1/4	1.58 Phil Raschker(USA)	48 2-25-95
W50	5-0 1/4	1.53 Phil Raschker(USA)	50 3-23-97
W55	4-3 1/4	1.30 Rosemary Chrimes(GBR)	55 3-26-89
W60	4-3 1/4	1.30 Rosemary Chrimes(GBR)	63 3-1-97
W65	4-0 1/2	1.23 Leonore McDaniels(USA)	65 3-21-93
W70	3-10 3/4	1.19 Leonore McDaniels(USA)	70 3-7-98
W75	3-1	0.94 Katrina Smildzina(URS)	76 3-1-97
W80	2-7 1/2	0.80 Margareta Sarvana(FIN)	81 3-4-90

Long Jump			
DIV.	MARK	NAME(COUNTRY)	AGE MEET DATE
W35	20-2 1/2	6.16 Willye White(USA)	36 3-3-75
W40	18-5	5.61 Phil Raschker(USA)	40 3-28-87
W45	18-10 1/2	5.75 Phil Raschker(USA)	47 3-5-94
W50	16-5	5.00 Phil Raschker(USA)	50 3-1-97
W55	14-9 1/4	4.50 Brunhilde Hoffmann(GBR)	55 1-26-97
W60	12-7 3/4	3.85 Edith Gray(CAN)	60 3-30-96
W65	12-7 3/4	3.85 Betty Vosburgh(USA)	64 3-30-96
W70	11-2	3.71 Leonore McDaniels(USA)	65 3-6-93
W75	8-10 3/4	3.40 Leonore McDaniels(USA)	70 3-28-98
W80		2.71 Mary Wixey(GBR)	76 3-1-97

Shot Put (35-49: 4Kg; 50+: 3Kg)			
DIV.	MARK	NAME(COUNTRY)	AGE MEET DATE
W35	44-1 1/2	13.45 Bronwin Carter(GBR)	35 3-27-87
W40	45-1 1/4	13.75 Janis Kerr(GBR)	42 - -89
W45	38-10 1/4	11.84 Mariet Thomas(HOL)	45 3-17-96
W50	41-6 1/2	12.66 Joanne Grissom(USA)	51 3-25-90
W55	41-2	12.55 Antonia Ivanova(URS)	56 3-19-89
W60	38-3	11.66 Rosemary Chrimes(GBR)	63 2-28-97
W65	30-3 3/4	9.24 Joan Ogden(GBR)	65 3-20-93
W70	25-5 1/2	7.76 Mary Bowermaster(USA)	71 4-2-89
W75	23-2	7.06 Irja Sarnama(FIN)	77 - -83
W80	18-10 1/2	5.75 Katharine Gradick(USA)	80 3-28-98

Pole Vault			
DIV.	MARK	NAME(COUNTRY)	AGE MEET DATE
W35	8-0	2.44 Phil Raschker(USA)	35 3-14-82
W40	10-6	3.20 Jennifer Cunnane(GBR)	40 2-8-98
W45	10-10 1/4	3.31 Phil Raschker(USA)	49 3-17-96
W50	10-0	3.05 Phil Raschker(USA)	50 3-2-97
W55	8-0	2.44 Joy McDonald(USA)	57 3-27-98
W60	6-6 3/4	2.00 Dorothy McLennan(IRL)	61 3-2-97
W65	6-6 1/4	1.99 Leonore McDaniels(USA)	65 3-6-93
W70	6-10 1/4	2.09 Leonore McDaniels(USA)	70 4-5-98

Triple Jump			
DIV.	MARK	NAME(COUNTRY)	AGE MEET DATE
W35	39-3 1/4	11.97 Agni-Agnes Georgiou(GRE)	36 3-2-97
W40	35-4 1/2	10.78 Phil Raschker(USA)	40 3-20-88
W45	36-2	11.02 Danielle Desmier(USA)	47 3-2-97
W50	34-5	10.49 Phil Raschker(USA)	50 3-21-97
W55	28-1 1/2	8.57 Rosemary Chrimes(GBR)	55 3-26-89
W60	26-5 3/4	8.07 Audrey Lary(USA)	64 3-27-98
W65	25-0 3/4	7.64 Magdalena Kuehne(USA)	65 3-29-96
W70	22-9	6.93 Leonore McDaniels(USA)	70 3-7-98
W75	16-11 1/2	5.17 Mary Wixey(GBR)	77 2-21-98

3000 Meter Walk			
DIV.	MARK	NAME(COUNTRY)	AGE MEET DATE
W35	13:09.55	Maryanne Torrellas(USA)	37 3-2-96
W40	14:23.33	Viisha Sedlak(USA)	43 4-4-92
W45	15:52.71	Ann Lewis(GBR)	45 3-2-96
W50	15:35.7	Giuseppina Migliasso(ITA)	52 3-3-90
W55	15:58.47	Waltraud Seiler(GBR)	55 3-1-97
W60	17:22.44	Josette Sommer(FRA)	61 3-1-97
W65	19:06.8	Ruth Leff(USA)	65 4-4-92
W70	20:35.87	Miriam Gordon(USA)	70 3-31-96
W75	22:17.08	Millie Crews(USA)	75 3-24-90
W80	24:28.00	Nora Wedemo(SWE)	83 3-1-97
W85	28:47.11	Dorothy Roberts(USA)	85 2-24-95

# USA Track & Field Indoor Age-Group Records

Approved by the Records Committee of the USA Track & Field as of December 4, 1998

## Men's American Indoor Records

60 Meters			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M35	6.98	Mitchell Lovett(NY)	36 3-28-98
M40	6.97	Eddie Hart(CA)	40 3-24-90
M45	7.02	Stan Whitley(CA)	45 3-23-91
M50	7.40	Steve Robbins(WA)	50 3-20-93
M55	7.40	Stan Whitley(CA)	52 3-28-98
M60	7.53	Hugo Martenstein(CO)	55 3-24-90
M65	7.75	Harold Tolson(CA)	60 3-28-98
M70	7.7n	Payton Jordan(CA)	60 1-7-78
M75	8.14	James Law(NC)	65 3-23-91
M80	8.45	Melvin Larsen(IL)	70 3-4-95
M85	8.95	Tim Murphy(TX)	75 3-1-97
M90	9.81	Fred White(TX)	80 3-20-93
M95	11.33	Russell Randall(CO)	86 3-20-93
M99	17.47	Everett Hosack(OH)	94 3-30-96
M95	p16.96	Everett Hosack(OH)	95 3-1-97

200 Meters			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M35	22.04	Mitchell Lovett(NY)	36 3-29-98
M40	22.19	Bill Collins(TX)	44 2-26-95
M45	22.89	Bill Collins(TX)	46 3-23-97
M50	23.86	Steve Robbins(WA)	52 2-26-95
M55	24.09	Stephen Robbins(CA)	55 2-15-98
M60	25.10	Larry Colbert(MD)	61 3-29-98
M65	26.92	James Law(NC)	65 3-24-91
M70	28.00	Payton Jordan(CA)	72 4-2-89
M75	30.12	John Alexander(TX)	75 2-26-95
M80	33.87	Barry Ivers(ME)	81 4-5-92
M85	39.79	Russell Randall(CO)	86 3-21-93
M90	76.4	Herb Kirk(MT)	91 1-11-87
M95	66.78	Everett Hosack(OH)	95 4-6-97

400 Meters			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M35	48.58	Mitchell Lovett(NY)	36 3-28-98
M40	50.15	Fred Sowerby(NV)	40 2-22-92
M45	49.89	Fred Sowerby(NV)	45 1-29-94
M50	52.87	Charlie Allie(PA)	50 3-28-98
M55	56.17	James Mathis(TN)	56 3-23-91
M60	56.32	Larry Colbert(MD)	60 3-22-97
M65	60.67	James Law(NC)	65 3-23-91
M70	66.03	John Alexander(TX)	70 3-24-90
M75	71.84	John Alexander(TX)	75 2-25-95
M80	83.61	Robert Matteson(VT)	81 3-28-98
M85	1:40.86	Russell Randall(CO)	86 3-20-93
M90	2:54.0	Herb Kirk(MT)	91 1-11-87

800 Meters			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M35	1:49.79	Ken Popejoy(IL)	35 2-19-96
M40	1:55.5	Ken Sparks(OH)	42 1-30-93
M45	1:57.81	Ken Sparks(OH)	45 3-25-90
M50	2:05.8	Ken Baker(NJ)	51 1-17-88
M55	2:08.9	Ken Baker(NJ)	55 3-22-92
M60	2:16.87	Mack Stewart(TX)	60 3-29-98
M65	2:26.3	Archie Messenger(NY)	65 1-6-89
M70	2:42.0	Austin Newman(NJ)	70 3-23-86
M75	2:55.5	Austin Newman(NJ)	75 2-24-91
M80	3:20.57	Austin Newman(NJ)	80 3-31-96
M85	5:51.29	Charles Espy(FL)	85 3-31-96

1500 Meters			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M40	3:56.7	Ken Popejoy(IL)	40 3-16-91
M45	4:04.80	Ken Sparks(OH)	45 3-24-90
M50	4:15.64	Albin Swenson(CT)	51 3-15-98
M55	4:28.5	Victor Heckler(IL)	55 3-15-98
M60	4:43.75	James Sutton(PA)	61 3-7-93
M65	5:05.5	Archie Messenger(NY)	65 3-18-89
M70	5:27.4	Austin Newman(NJ)	70 3-23-86
M75	6:01.6	Austin Newman(NJ)	75 2-24-91
M80	6:35.4	Austin Newman(NJ)	80 2-11-96
M90	14:34.2	Herb Kirk(MT)	91 1-11-87

One Mile			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M40	4:11.00	Bill Stewart(MI)	40 1-22-83
M45	4:21.90	Albin Swenson(CT)	46 2-26-93
M50	4:37.57	Albin Swenson(CT)	51 3-28-98
M55	4:53.14	Dan Conway(MN)	56 2-25-95
M60	5:13.38	Henry Hawk(AR)	61 3-28-98
M65	5:27.65	Paul Heitzman(KS)	65 3-30-96
M70	5:32.4	Scotty Carter(MA)	70 3-15-87
M75	6:54.8	Byron Fike(OH)	75 3-20-83
M80	7:04.2	Paul Spangler(CA)	80 3-18-79

3000 Meters			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M40	8:43.71	Steve Gallagher(FL)	40 1-7-96
M45	8:59.14	Domingo Tibaduiza(NV)	45 2-26-95
M50	9:13.40	Harry Nolan(NJ)	50 3-21-97
M55	9:33.4	Victor Heckler(IL)	55 3-7-98
M60	10:31.4	James Sutton(PA)	61 1-3-93
M65	10:50.40	Paul Heitzman(KS)	67 3-27-98
M70	11:27.6	Scotty Carter(MA)	70 3-15-87
M75	13:10.84	Alfred Funk(MT)	78 3-21-93
M80	14:42.91	Austin Newman(NJ)	80 3-29-96
M85	26:12	Herb Kirk(MT)	87 2-5-83

60 Meter Hurdles			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M35	7.56	Greg Foster(US)	35 3-4-94
M40	8.15	Stan Druckrey(WI)	40 4-1-89
M45	8.54	Stan Druckrey(WI)	46 2-25-95
M50	8.47	Walt Butler(CA)	51 3-20-93
M55	8.91	Emil Pawlik(MS)	56 2-25-95
M60	9.14	Phil Mulkey(GA)	60 3-20-93
M65	9.99	Clarence Trinkner(WI)	65 3-22-97
M70	10.23	Melvin Larsen(IL)	73 4-5-98
M75	11.05	Edwin Lukens(NY)	76 3-28-98
M80	13.60	Frank Finger(VA)	80 3-30-96

High Jump			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M35	7-0 1/4	2.14 Jim Barrineau(VA)	37 3-21-93
M40	6-9 1/4	2.06 Jim Barrineau(VA)	40 3-30-96
M45	6-1 1/4	1.86 Walden Curry(LA)	45 3-28-98
M50	6-0 3/4	1.85 John Hartield(TX)	51 3-29-96
M55	5-7 1/4	1.71 John C. Brown(MO)	56 1-11-86
M60	5-5	1.65 Jim Gilchrist(FL)	62 3-24-90
M65	5-4	1.62 Jim Gilchrist(FL)	65 3-19-93
M70	4-6	1.37 Burl Gist(CA)	71 3-23-91
M75	4-1 1/4	1.25 Ed Lukens(NY)	75 3-22-97
M80	4-0	1.22 Wesley Ward(IN)	82 2-15-92
M85	3-3 1/4	1.00 A. E. Pitcher(IN)	86 2-18-90
M90	3-3 1/4	1.00 Bob Boal(NC)	86 3-28-98
M95	2-9 3/4	0.86 Everett Hosack(OH)	95 3-2-97

Pole Vault			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M35	16-8	5.08 Gary Hunter(US)	36 4-4-92
M40	17-0	5.18 Earl Bell(AR)	40 8-26-95
M45	15-3	4.65 Ed Lipscomb(OR)	47 3-1-98
M50	14-0	4.27 Larry McIntyre(TX)	50 3-28-98
M55	13-2 1/2	4.02 Boo Morcom(PA)	59 - -81
M60	12-10	3.91 Dale Lance(OK)	60 3-27-98
M65	11-2 3/4	3.42 Jerry Donley(CO)	65 2-25-95
M70	10-4	3.15 Boo Morcom(PA)	71 1-8-93
M75	9-3	2.82 Carol Johnston(CA)	76 3-19-88
M80	7-10 1/2	2.40 Carol Johnston(CA)	80 4-4-92
M85	5-6	1.67 A. E. Pitcher(IN)	86 3-19-88

Long Jump			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M40	23-1	7.03 Stan Whitley(CA)	40 2-22-86
M45	21-8 3/4	6.62 Stan Whitley(CA)	45 3-23-91
M50	20-8 1/2	6.31 Shirley Davissom(CA)	50 3-29-80
M55	19-3 1/4	5.87 Boo Morcom(PA)	55 3-13-77
M60	18-3 3/4	5.58 Dick Richards(CA)	62 3-22-97
M65	17-5 1/4	5.31 Melvin Larsen(IL)	66 1-13-91
M70	16-6 3/4	5.05 Melvin Larsen(IL)	70 2-25-95
M75	14-1 1/4	4.30 Ed Lukens(NY)	76 3-28-98
M80	11-9	3.58 Clarence Trahan(CA)	81 3-30-96
M85	8-8 3/4	2.66 Russell Randall(CO)	86 3-21-93
M90	6-9 1/4	2.06 Everett Hosack(OH)	94 3-2-96

Triple Jump			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M40	52-9 1/4	16.08 Ray Kimble(US)	40 2- -94
M45	48-7 1/2	14.82 Milan Tiff(CA)	46 2-26-95
M50	40-7 1/2	12.38 Dave Jackson(CA)	51 3-27-83
M55	36-4	11.07 Phil Mulkey(GA)	55 3-20-88
M60	36-3 1/2	11.06 Ed Lukens(NY)	63 3-24-85
M65	35-7 3/4	10.86 Tom Patsalis(CA)	66 3-29-87
M70	32-8 1/2	9.97 Ed Lukens(NY)	70 3-19-93
M75	30-9 1/4	9.38 Ed Lukens(NY)	75 3-21-97
M80	22-10 3/4	6.98 Benjamin Fox(AZ)	81 3-29-87
M85	15-10 1/4	4.83 Konrad Boas(NY)	85 3-31-89

Shot Put (35-49: 16#; 50-59: 6Kg; 60-69: 5Kg; 70+: 4Kg)			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M40	65-10 1/4	20.07 Brian Oldfield(IL)	40 1-17-86
M45	51-9 1/2	15.78 Edward Hill(AL)	45 3-19-88

Continued from previous page

**Women's American Indoor Records**

60 Meters			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
W35	8.09	Joy Upshaw-Margerum(HI)	35 3-30-96
W40	8.01	Denise Foreman(WA)	40 3-22-97
W45	8.02	Phil Raschker(GA)	48 2-25-95
W50	8.05	Phil Raschker(GA)	50 3-1-97
W55	8.98	Kathy Bergen(CA)	55 2-25-95
W60	9.05	Irene Obera(CA)	61 2-25-95
W65	10.03	Patricia Peterson(NY)	65 4-4-92
	10.03	Nikki Ryan(WA)	65 3-22-97
W70	10.36	Mary Bowermaster(OH)	71 4-1-89
W75	11.45	Mary Bowermaster(OH)	78 3-30-96
W80	14.39	Pearl Mehl(CO)	80 2-25-95

200 Meters			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
W35	26.91	Denise Foreman(WA)	38 2-26-95
W40	25.67	Denise Foreman(WA)	40 2-8-97
W45	26.18	Phil Raschker(GA)	48 2-26-95
W50	26.52	Phil Raschker(GA)	50 3-2-97
W55	30.00	Adlin Mair(NY)	55 3-23-97
W60	33.25	Betty Vosburgh(GA)	64 3-31-96
W65	35.08	Patricia Peterson(NY)	66 3-21-93
W70	35.58	Pat Peterson(NY)	71 3-29-98
W75	44.39	Millie Crews(WI)	76 3-24-91
W80	57.61	Pearl Mehl(CO)	81 3-31-96

400 Meters			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
W35	54.48	Adina Vaidez(NY)	35 3-22-97
W40	57.67	Denise Foreman(WA)	40 1-25-97
W45	62.55	Dee Dee Grafius(CA)	46 2-18-96
W50	72.86	Linda Upton(MA)	50 1-7-94
W55	67.39	Carolyn Cappetta(MA)	59 2-25-95
W60	70.69	Carolyn Cappetta(MA)	60 1-5-96
W65	83.06	Sumi Onodera-Leonard(CA)	68 3-22-97
W70	88.79	Pat Peterson(NY)	71 3-28-98
W75	1:41.15	Louise Adams(CO)	75 3-22-97
W80	2:25.03	Pearl Mehl(CO)	80 2-25-95

800 Meters			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
W35	2:12.07	Adina Vaidez(NY)	35 3-23-97
W40	2:22.7	Barbara Pike(MA)	41 2-5-83
	2:22.46	Sue Parks(US)	40 3-23-97
W45	2:23.33	Dee Dee Grafius(CA)	46 2-17-96
W50	2:34.42	Linda Upton(MA)	50 1-23-94
W55	2:39.54	Jane Arnold(CT)	55 3-31-96
W60	2:44.22	Carolyn Cappetta(MA)	61 3-17-96
W65	3:13.74	Toshiko D'Elia(NJ)	67 3-9-97
W70	3:39.55	Louise Adams(CO)	71 3-21-93
W75	3:46.79	Louise Adams(CO)	75 3-23-97
W80	5:19.86	Pearl Mehl(CO)	82 3-31-96

1500 Meters			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
W35	4:36.12	Cindy Bremser(WI)	37 3-23-91
W40	4:48.40	Kathy McIntyre(NY)	41 2-20-90
W45	5:05.82	Robin Villa(NY)	46 2-3-90
W50	5:12.43	Joan Ottoway(CA)	50 2-25-95
W55	5:46.0	Beryl Skelton(NY)	56 3-17-85
W60	5:58.55	Gloria Brown(NY)	61 3-7-93
W65	6:24.59	Toshiko D'Elia(NJ)	67 3-9-97
W70	7:17.7	Louis Adams(CO)	71 3-20-93
W75	7:43.3	Pearl Mehl(CO)	75 4-1-89
W80	12:37.13	Pearl Mehl(CO)	80 2-25-95

One Mile			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
W35	4:59.28	Carol Urish-McLachie(TX)	35 3-28-87
	4:59.20	Ruth Wysocki(CA)	39 2-3-96
W40	5:12.4	Barbara Pike(MA)	40 3-14-82
W45	5:25.4	Marilyn Harbin(CA)	46 3-2-84
W50	5:40.1	Mila Kania(NY)	51 3-20-83
W55	5:51.0	Margaret Miller(CA)	55 2-22-81
W60	6:55.59	Grace Butcher(OH)	62 3-30-96
W65	6:59.89	Toshiko D'Elia(NJ)	67 3-22-97
W70	7:29.22	Pearl Mehl(CO)	73 3-28-87
W75	8:26.79	Louise Adams(CO)	75 3-23-97
W80	13:27.51	Pearl Mehl(CO)	82 3-30-96

3000 Meters			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
W35	9:34.08	Leslie Lehane(MA)	35 3-27-98
W40	10:19.8	Barbara Filutze(PA)	43 2-11-90
W45	10:43.72	Kathryn Martin(NY)	46 3-27-98
W50	10:44.0	Joan Ottoway(CA)	50 2-12-95
W55	12:23.13	Wawa Mosbrucker(WI)	55 3-24-91
	12:15.71	Carrie Parsi(MA)	55 3-21-97
W60	12:38.36	Gloria Brown(NY)	61 3-7-93
W65	13:39.60	Toshiko D'Elia(NJ)	67 3-21-97
W70	15:15.10	Ellen McCoy(MN)	70 3-24-91
W75	15:43.66	Louise Adams(CO)	75 3-21-97
W80	26:53.20	Pearl Mehl(CO)	82 3-29-96

60 Meter Hurdles			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
W35	9.57	Denise Foreman(WA)	38 2-25-95
W40	9.60	Phil Raschker(GA)	43 2-16-91
W45	9.18	Phil Raschker(GA)	48 2-25-95
W50	9.38	Phil Raschker(GA)	50 4-6-97
W55	11.47	Christel Miller(CA)	55 3-25-90
W60	12.38	Christel Miller(CA)	62 3-22-97
W65	14.26	Leonore McDaniel(VA)	65 3-20-93
W70	14.98	Leonore McDaniel(VA)	70 4-5-98

High Jump			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
W35	5-4	1.62 Skipper Clark(NY)	36 3-24-84
W40	5-0 3/4	1.54 Phil Raschker(GA)	43 2-16-91
W45	5-2 1/4	1.58 Phil Raschker(GA)	48 2-25-95
W50	5-0 1/4	1.53 Phil Raschker(GA)	50 3-23-97
W55	4-1 1/4	1.25 Christel Miller(CA)	55 3-25-90
W60	4-1 1/4	1.25 Leonore McDaniel(VA)	63 3-24-91
W65	4-0 1/2	1.23 Leonore McDaniel(VA)	65 3-21-93
W70	3-9 1/4	1.15 Leonore McDaniel(VA)	70 3-29-98
W75	3-0	0.91 Vivian Nelson(PA)	75 3-5-88

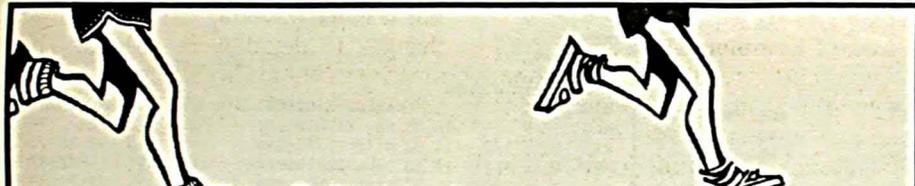
Pole Vault			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
W40	8-0 1/2	2.45 Phil Raschker(GA)	44 2-16-92
W45	10-10 1/4	3.31 Phil Raschker(GA)	49 3-17-96
W50	10-0	3.05 Phil Raschker(GA)	50 3-2-97
W55	8-0	2.44 Joy Macdonald(FL)	57 3-27-98
W60	5-5 3/4	1.67 Leonore McDaniel(VA)	64 2-20-93
W65	6-6 1/4	1.99 Leonore McDaniel(VA)	65 3-6-93
W70	6-10 1/4	2.09 Leonore McDaniel(VA)	70 4-5-98

Long Jump			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
W35	20-2 1/2	6.16 Willye White(US)	36 3-3-75
W40	18-5	5.61 Phil Raschker(GA)	40 3-28-87
W45	18-10 1/2	5.75 Phil Raschker(GA)	47 3-5-94
W50	16-5	5.00 Phil Raschker(GA)	50 3-1-97
W55	12-3 3/4	3.75 Betty Vosburgh(GA)	59 3-23-91
	12-3 3/4	3.75 Joanne Grissom(IN)	55 3-30-96
W60	12-7 1/4	3.84 Betty Vosburgh(GA)	64 3-30-96
W65	12-2	3.71 Leonore McDaniel(VA)	65 3-6-93
W70	11-2	3.40 Leonore McDaniel(VA)	70 3-28-98
W75	8-5 1/2	2.58 Mary Bowermaster(OH)	78 3-30-96

Triple Jump			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
W35	35-0 3/4	10.69 Phil Raschker(GA)	37 3-18-84
W40	35-4 1/2	10.78 Phil Raschker(GA)	41 3-20-88
W45	35-6	10.82 Phil Raschker(GA)	45 3-19-93
W50	34-5	10.49 Phil Raschker(GA)	50 3-21-97
W55	26-7 1/4	8.11 Lucy Ann Brobst(NC)	58 4-3-92
W60	26-5 3/4	8.07 Audrey Lary(MO)	63 3-27-98
W65	25-0 3/4	7.64 Magdalena Kuehne(CA)	65 3-29-96
W70	22-3 3/4	6.80 Leonore McDaniel(VA)	70 3-27-98
W75	14-1 3/4	4.31 Libby Hagemann(MA)	75 3-29-96

Shot Put (35-49: 4Kg; 50+: 3Kg)			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
W35	40-6 1/4	12.35 Joan Stratton(CA)	37 4-2-89
W40	38-10 1/2	11.85 Joanne Grissom(IN)	41 1-25-80
W45	35-9 1/2	10.91 Joan Stratton(CA)	45 1-12-97
W50	41-6 1/2	12.66 Joanne Grissom(IN)	51 3-25-90
W55	38-11 3/4	11.88 Joanne Grissom(IN)	55 2-5-94
W60	33-1 1/4	10.09 Bernice Holland(OH)	63 3-25-90
W65	28-1 1/2	8.57 Bernice Holland(OH)	65 4-5-92
W70	25-5 1/2	7.76 Mary Bowermaster(OH)	71 4-2-89
W75	21-2 1/2	6.46 Libby Hagemann(MA)	76 3-22-97
W80	18-10 1/2	5.75 Katharine Gradick(FL)	80 3-27-98

Weight Throw (35-49: 20#; 50+: 16#)			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
W35	41-0 1/2	12.51 Sarah Boslaugh(NY)	38 2-11-95
W40	40-7 1/2	12.38 Joan Stratton(CA)	44 3-30-96
W45	39-11 1/4	12.17 Joan Stratton(CA)	45 2-16-97
W50	50-7	15.42 Vanessa Hilliard(FL)	54 3-30-96
W55	49-2 1/4	14.99 Vanessa Hilliard(FL)	55 3-21-97
W60	32-11 3/4	10.05 Bernice Holland(OH)	63 3-24-90
W65	31-4 1/2	9.56 Bernice Holland(OH)	65 4-4-92
W70	27-7 1/2	8.42 Libby Hagemann(MA)	72 3-7-93
W75	20-2 1/4	6.15 Libby Hagemann(MA)	75 3-30-96
W80	13-9	4.19 Ivy Brown(CA)	80 2-26-95



**30th Annual LONGEST DAY**

Marathon, Half Marathon, 10K, 5K, and 5K Race Walk

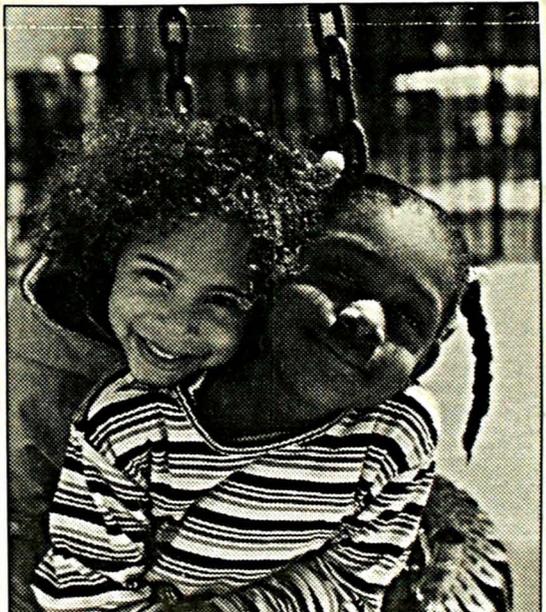
**Saturday, April 17, 1999**  
Brookings, S.D.

Contact:  
**Brenda Algood**  
46731 210th Street  
Brookings, S.D. 57006  
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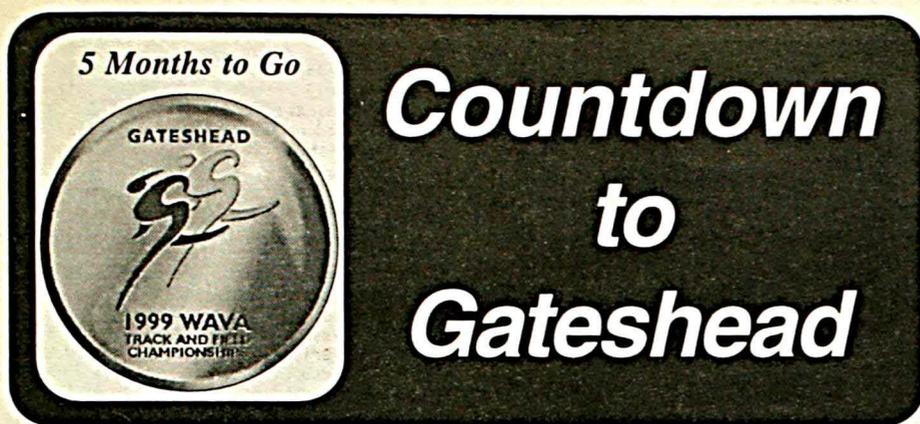
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## Sightseeing in Great Britain

Organizers of the XIII WAVA World Veterans Athletics Championships now expect up to 9000 participants to come to Gateshead, England from July 29 to August 8. Three stadiums will be used to handle the track and field activity while the road racewalk, marathon, and cross-country events will be held on well-suited courses nearby.

The biennial event will bring together many of the top veteran athletes in the world. Competition will be held in the traditional five-year age groups, starting at age 40 for men and 35 for women. There are no qualifications to enter except to be at least the minimum age. Everyone is invited to attend.

Gateshead is located in the north-east of England, not far from the Scottish border. There will be many organized tours available, both during the time of the Championships and afterwards.

- **The Castles:** The castles and market town of Northumbria feature British history and the picturesque villages of Northumberland.

- **York:** A famous historical English city, with its famed cathedral, cobbled streets and antique shops.

- **Beamish:** An open-air heritage museum, which shows the history and culture of Northeast England.

- **Holy Island and Bamburgh:** Reputedly, the finest castle in the area with a trip to the holy island of Lindisfarne. The island is accessed by causeway and offers magnificent coastal scenery with the seal and nature islands clearly visible.

- **Durham:** A historical city close to Newcastle and only minutes from the Riverside stadium.

- **Edinburgh, Royal Yacht and Tattoo:** This will likely be the most popular tour. Visit the world famous royal yacht Britannia with its luxury suites, including the honeymoon suite used by Prince Charles and Princess Diana. See Princess Street for sightseeing and shopping. In the evening, go to the castle for the world famous Tattoo with its marching bands and displays.

Blank entry forms are available from the Gateshead organizers, from any of the U.S. masters travel agents, or from the U.S. team manager, Sandy Pashkin, at 301 Cathedral Pkwy, #6U, New York, NY 10026.

All USA athletes must send their completed entry forms to Pashkin no later than April 19. She will process each entry, making sure that birthdate, citizenship and USATF membership are correct.

Athletes looking for pre- or post-meet competition can find it in Edinburgh on July 17-18 for the British Veterans T&F Championships, and near Dublin, Ireland on Sat., August 14 for the Irish Veterans T&F Championships. See schedule for details. □



JERRY WOJCIK

Milan Pivonka, Czech Republic, third M55 in the 5K walk (30:21.55), 1998 Nike World Masters Games, Eugene, Ore.

### 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

## Four-Day WAVA Non-Stadia Championships Proposed

A proposal to change the WAVA Non-Stadia Championships from a two-day to a four-day schedule will be made by the WAVA Non-Stadia Committee to the WAVA Council and General Assembly in Gateshead, England, in July.

The idea was approved by the Committee at its annual meeting, Oct. 25, in Philadelphia, Penn.

"The committee had been charged by the Council to find ways of increasing the number of participants at the Non-Stadia Championships," said Great Britain's Ron Bell, chairman of the Committee.

Following a "brain-storming session," the following action was approved:

- Thursday: Cross-country relay (5x4K for men 40-59, and 3x4K for men 60+ and all women). Also 50K walk and run.

- Friday: Ekiden at marathon distance, possibly on 5K loops.

- Saturday: 10K run.

- Sunday: Half-marathon; 20K walk for women; 30K walk for men.

The committee also agreed that:

- 1) Altitude be restricted to 800 meters.

- 2) Fees should be flat fee of \$25 or \$25/\$37 as at present.

- 3) Prize money be paid based on age-graded performance.

- 4) Cross-country must remain an event in the WAVA T&F Championships.

### Kobe Championships

The group agreed there were some problems with the 1998 World Non-Stadia Championships in Kobe, such as congestion on the bridge and lack of non-Japanese runners, but the finishing system was highly efficient.

"The Kobe Championships had far too many runners who treated the event as a fun run by their dress and attitude," Bell said. "WAVA should address this in the future, as well as having the courage to stand by its contracts and withdraw its support if cities do not adhere to them."

Bell cited the example of Kobe staging both running events on the same day as unacceptable, and said wave starts should not be used without WAVA's okay.

### Cross-country Distances

WAVA cross-country championships are held at the 10K distance for both men and women. The committee noted the IAAF distances are 8K for women and 12K for men. No decision was reached other than to support the principle of gender equality, whatever the distance run.

### WAVA Financial Assistance

Members felt all Non-Stadia committee members should attend the annual meetings. It was agreed that full financial support should be sought for all members in even-numbered years. It was agreed the East Coast of the U.S. offers the best access for most members.

### Valladolid 2000

An encouraging report was given re the progress for the 2000 WAVA Non-Stadia Championships in Valladolid, Spain.

(Note: On Dec. 1, Bell visited Valladolid and met with Felipe Mendez, meet director; Josep Antentas, European Non-Stadia delegate; and Marina Hoernecke-Gil, EVAA Secretary.)

"I am convinced all competitors will be delighted with the start area, course and finish areas," Bell said. "Such is the planning that only minor changes to detail were needed. The finish area in the City Square is one of character and beauty with its majestic town hall; and I feel we will experience our best ever Non-Stadia Championships."

There are many local attractions and a social/sightseeing package will be available for competitors.

"Even though my visit was short," Bell said; "I felt I had experienced the real Spain compared to the tourist Spain. It's my desire to make Valladolid a true world championship

Continued on page 18

## XIII WAVA CHAMPIONSHIPS GATESHEAD, ENGLAND

July 29-August 8, 1999

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## Report From NCCWAVA Meeting at the Regional Championships in Barbados

by RUTH ANDERSON

Since 1998 was designated by the IAAF as The Year of the Woman in Athletics, I'd like to focus on the programs which encouraged women's participation. A great deal of interest was generated by the Avon Global Series of 10K races and 5K runs and walks. Eleven U.S. cities and 10 additional countries put on these events. Toronto, Canada, for instance had a total of 940 participants, and Mexico City had 1138.

The second year of the Indianapolis Life Circuit in the U.S. has also contributed opportunities for women's participation in numbers and quality of performances. At the end of the ILC, 200 men and 126 women had score points with a minimum required per-

formance level of 70% based on WAVA age-grading tables. The world-class level of 90% and over was achieved by an average of five per event.

The USATF National Masters Championships drew 1061 competitors to Orono, Me., July 30-Aug. 2. Eight world and 27 U.S. records were set. Racewalkers vied with the field event athletes for the most records. Lyn Brubaker's mark for the WOY performance award is given below. Leonore McDaniels, W70, won five events.

The Nike World Masters Games, Eugene, Ore., Aug. 10-22, produced 11 world marks and 13 U.S. records. Twenty-one were field event marks. High jumper Debbie Brill, 45, of Canada, set a world-record 1.75 (5-8<sup>3</sup>/<sub>4</sub>).

WAVA has proposed that an award be given to the outstanding performance by a woman veteran from each of the WAVA Regions to honor the IAAF Year of the Woman in Athletics. The following list of nominees was selected of candidates from track, field, racewalking, and LDR, by a screening panel, which considered age-grading rankings, records, and the competitive nature of the events. Preference for 1998 marks has been suggested. The final decision is to be decided by NCCWAVA General Assembly vote. □

### Non-Stadia

Continued from page 17

with participants from many different countries.")

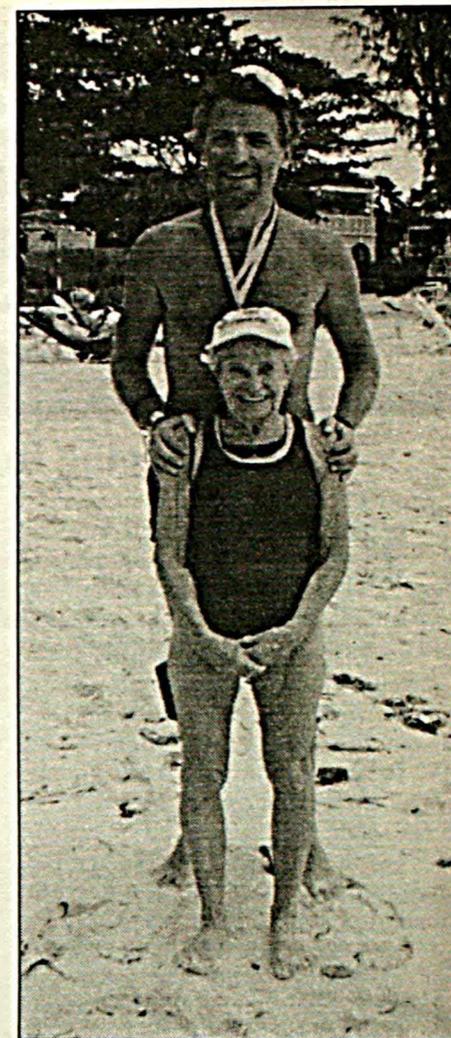
#### 2002 Championships

No written applications have been received. Interested parties are New Zealand (Auckland), Czech Republic, and Colombia.

#### The Chip

A long debate revealed some parties are totally committed to the use of the chip with others having concerns about the net time vs. gun time. Since the chip is little used in England and its cost is very high, it will not be used in Gateshead," Bell said.

Present at the meeting were Ron Bell, Chair; Norm Green, Jim Tobin, Josep Antentas, Brian Keaveney, Ruth Anderson, Barbara Dunsford, Charles



Louise Adams, W70, USA, and Doug Smith, M45, Canada, on the beach in Barbados, during the NCCWAVA Championships.

DesJardins, and Rex Harvey. □  
- Al Sheehen

#### 1998

Rae Baymiller, 55 2:52:14 (U.S. record), 94.43% AG, Marathon LaSalle Banks Chicago Marathon, 10/11/98  
Lyn Brubaker, 41 23:28 (U.S. record), 92.8% AG, 5000 Racewalk USATF National Masters Championships, 7/30/98  
Shirley Matson, 57 30:42 (U.S. record), 94.06% AG, 8K Road Fifty Plus, Stanford, CA, 3/29/98  
Debbie Brill, 45 1.75m (World record), 100% AG, High Jump World Masters Games, 8/10-22/98

#### 1997

Vanessa Hilliard, 55 49.48/162-4 (World record), 100% AG, Hammer Throw Naples, FL, 4/5/97  
Ruth Wysocki, 40 4:08.69 (U.S. best), 98.8% AG, 1500 Track, 5/18/97

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(XIII WAVA CHAMPIONSHIPS)

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

# Masters Scene

## EAST

• Of the 31,539 finishers in the 1998 NYC Marathon, about 43% were aged 40+ (10,621 men/2850 women). New York (8257) and New Jersey (1951) were 1-2 in supplying runners. Surprisingly, California (826) was third, Massachusetts fourth (689). The largest occupation category was "Administrator/Manager" with 1639 (1216m/423w), with "Teacher/Educator" second at 1288 (669m/619w); "Politicians" was the smallest with 14 (13m/1w). The largest number of international entrants came from France with 2816 (2350m/466w), followed by Great Britain at 2103 (1622m/481w). Switzerland had 776 runners (598m/178w).

• **John Williams**, 42, Freeport, NY, continued to dominate the masters ranks on Long Island with a seventh overall 16:18 in the Ho Ho Ho Holiday 5K, Bethpage, NY, Dec. 19. **Kathy Martin**, 47, Northport, NY, scored a fifth female overall in 18:24. Second M40+ was **John Del Maestro**, 43, Woodbury, NY, in 17:41. A record 1309 runners and walkers crossed the finish line in the race, staged by the Plainview-Old Bethpage RRC, which became the Greater Long Island RC on Jan. 1. Proceeds from the race went to the Bretton Bowl Fund for Needy Families in Bethpage, and the ASPIRE Program for the rehabilitation of young amputees.

• **Mark Courtney**, 42, Grove City PA, with a 2:44:20, and **Paul Peterson**, 43, Bethesda, MD, in 2:47:13, were 2-3 overall, Northern Central Trail Marathon, Sparks, MD, Nov. 28. **Fred Carlson**, 55, Fallston, MD, was fourth M40+ in 3:08:10. **Janet Labue**, 47, Quebec, Canada, won the W40+ race in 3:22:39.

• **Rebecca Strode**, 43, Springfield, VA, turned in a first female overall with a 95:04, DCRRC Belle Haven Half-Marathon, Alexandria, VA, Dec. 5. **Lloyd MacDonald**, 43, of Columbus, GA, and the US Army, captured the M40+ first with an 80:50. **Jay Wind**, 48, Arlington, VA, was runner-up M40+ in 81:32. **Tami Graf**, 62, Lusby, MD, finished eighth W40+ in 2:03:36.

• The Potomac Valley TC continues its annual summer All Corners Meets at Williams HS, Alexandria, VA, starting April 18 and continuing through Aug. 22. For details, contact **Michael Kozeliski**, PVT publicity director, at 702 4th St. SE, Washington, DC 20003. 202-543-3145 (h); cell: 202-957-8012; mike.kozeliski@mail.house.gov

• **Walter Dupont**, 43, 17:02, and **Janice Morra**, 40, 21:00, scored masters firsts in the NYRRC Cross-Country Championships, Van Cortland Park, Nov. 15. First 50-59s over the 5000m course were **Bernard Wright**, 51, 18:42, and **Anna Thornhill**, 58, 22:47. First 60+ were **Witold Bialokur**, 63, 20:57, and **Althea Juredini**, 80, 45:00. First 40+ teams were the men's Central Park TC, and the women's Moving Comfort NY.

• **Dr. Charles Covino**, Far Hills, NJ, was recently inducted into the Manhattan College's Athletic Hall of Fame. "Doc" Covino has had a history of outstanding performances from his high school, college, US Army, and masters careers. In 1995 at the Indoor Championships, he established a WR for the SW. In the 1998 Indoor Championships in Boston, he celebrated the 50th anniversary of marriage to his wife, **Sylvia**, by placing third in the M70 shot. Covino, now in the M75 ranks, plans on competing in the 1999 championships in Boston.

• **Jim Miller**, 40, 2:28:43, and **Gail Case**, 41, 3:19:29, cruised to masters wins at the Hartford Marathon, Hartford, CT, Oct. 10. Half-marathon winners were **Russell Blatt**, 41, 1:14:44, and **Cathi Koehler-Cote**, 41, 1:33:52.

• The DCRRC hosted 10- and 20-mile races in Greenbelt, MD, Dec. 27. In the 20-miler, **Paul Peterson**, 44, outran the entire field, coming in first overall in 2:06:55. **Rebecca Strode**, 43,

claimed the masters crown for the women. **Ed Benham**, 76, set a single-age record in 2:48:18. The 10-mile masters champs were **Dante Cioffi**, 43, 60:57 (third overall) and **Bernadette Flynn**, 41, 75:34.

• Coming out on top in the Sweetwood Halloween Scamper 5K for 50+, **Williamstown, MA**, Oct. 31, were **William Dixon**, 20:14, and **Ginger Hunt**, 30:55. The hilly cross-country course was a challenge for all.

## SOUTHEAST

• Second overall **Chris Cooper**, 41, Orlando, FL, in 74:47, and **Janet La Voie**, 44, Jacksonville, FL, with a 1:43:31, were masters firsts, DeLeon Springs Half-Marathon, DeLeon Springs, FL, Jan. 3. **Jim Blount**, 69, Bushnell, FL, won the M65 race in 97:53. **Virgil Williams**, 43, Palm Coast, FL, in 19:02, and **Sheila Haire**, 41, DeLand, FL, took masters wins in the 5K.

• **Linda Kidder**, 41, Williamsburg, VA, vanquished the women's field with an overall first in 19:48, Hospice 5K At Ford's Colony, Williamsburg, Nov. 8. **Rick Samaha**, 40, Williamsburg, took the M40+ race in 16:54.

## WEST

• **John Brennand**, 63, was the top M40+ A-G performer in the New Year's Resolution 5K, Santa Barbara, CA, Jan. 1, with an 84.5% 19:18. **Elaine Triplett**, 48, topped all females with an 82.0% 19:45. Best A-G performances overall in the 10K went to masters **Greg Horner**, 44, also first male overall with an 87.2% 32:53, and **Jean Wise**, 59, with a 76.0% 48:59. Masters racewalkers went 1-2 in the 5K walk, with **Tony Chapman**, 60, first in 31:25, and **Sandy Ross**, 42, first female in 41:26.

## CANADA

• **Jerry Kooymans**, 43, in 28:18, and **Jen Ditchfield**, 39, 34:06, were the first masters in the Ontario Masters 8K Cross-Country Championships, Toronto, Nov. 1. **Peter Hasse**, 52, 30:20, and **Linda Findley**, 50, 35:04, finished with the frontrunners.

## INTERNATIONAL

• WAVA's South America region held its regional assembly in Porto Alegre on Nov. 5. **Hugo Barbieri**, ARG, was elected new President while the former President, **Walter Kupper**, BRA, was elected Vice-President. **Jorge Alzamora**, CHI, was reelected as Secretary while **Jose Figueras**, URU, was elected new regional delegate to the WAVA Council.

• **Ludvik Danek** died on Sept. 15 in Homi Bevca, Czech Republic, of a suspected heart attack. He was 61. He won the Olympic discus in Munich in 1972. He placed second to **Al Oerter** in the 1964 Olympic discus, and third to Oerter in the 1968 Games. The two renewed their rivalry, both at age 40, in the 2nd WAVA World Veterans T&F Championships in Goteborg, Sweden, in 1977, where Oerter again emerged victorious.

• Capturing the men's masters crown at the South African 10K Road Running Championships, Port Elizabeth, Nov. 11, was **Stephen Seema**, M40, 31:35. The women's masters title went to **Sonya Laxton**, W40, 37:22.

• Sports Travel International of San Diego, CA, has gone out of business following the death of its founder, **Helen Pain**, on Oct. 8, 1998. The travel agency conducted masters tours to WAVA World Veterans Championships for more than 20 years. Pain's son, **Bruce**, who was heading the agency during his mother's ill-

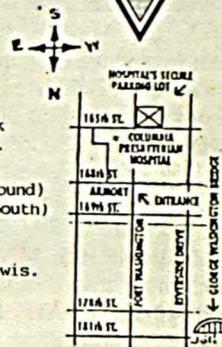
ness, decided, along with the rest of the family, to close the operation as of Dec. 31.

## CORRECTIONS

• The pending WR times attributed to M80 **Don Pellman** for the 100 (14.05) and 400 (72.02) in the Arkansas Senior Games results, December 1998, were erroneously reported to the NMN. **Rod Parker**, 79, actually ran those times, which are both age WRs. **William Bell** bettered the age-76 WR for the PV with a 9-11.

• **Don Cumley**, 78, was the M75 winner (3170 points) in the 1998 USATF National Masters WP Championships, not **Armando Ricciardi**, 78, 1998 Outstanding Male Multi-Event Award recipient, as noted in the January issue. Ricciardi was second.

## 1999 27TH USATF EASTERN MASTERS INDOOR REGIONAL TRACK AND FIELD CHAMPIONSHIPS



DATE: Sunday, March 14, 1999 10:00 A.M. Track - 10:00 A.M. Field  
 SITE: 168th Street Armory, Fort Washington Ave, Manhattan, New York  
 DIRECTIONS: Take the I, 9 or A train to 168th St. Station at Bway. Walk one block west to Ft. Wash., turn right for entrance between 168th & 169th Sts. By car, G. Wash. bridge to 178 St. exit (East bound) right (South) onto Ft. Wash.; or X-Bx Exp to 181 St. exit right (south) onto Ft. Wash.; or Riverside Drive north to 165th Street right up to Ft. Wash. right into secure parking facility. SEE MAP.  
 FACILITY: New 6-lane Mondo banked surface - like Boston's Reggie Lewis. Pyramid spikes only - maximum 1/4". Dual jumping pits. Shot indoors - soft shell only.  
 TIMING: All running events will be FAT (Fully automatic timing).

AWARDS: New USATF Eastern Regional medals to 1st, 2nd, 3rd in each event by five year age divisions. Commemorative to all and place ribbons for 4th, 5th, 6th place in each event by 5 year age divisions. Only one USATF Eastern patch per winning athlete. DIVISIONS: Five year age groupings for men and women (30 - 90+).  
 TEAM AWARDS: Total scores for men & women in 5-year age groups combined into ten year divisions: 30-39, 40-49, 50-59, 60-69, 70 Plus, & Overall. Scoring - 1=5, 2=3, 3=2, 4=1.

ENTRY FEES: Pre-entries are \$25 for the first event, \$20 for the second event, \$15 for the third event, \$10 each for the fourth and fifth events, or \$90 total maximum fee for five or more events. Relays are \$40. Entries must be received with fees by Friday, March 5, 1999. Entry fees received after March 5th need to pay a \$15 late fee and must be paid in cash, money order, bank, postal or traveler's checks. POST ENTRY FEES: Entries received after March 5th up to the day of the meet must pay a \$15 late fee, provided additional heats or flights are not needed.

USATF REGISTRATION: Post entrants must show a current USATF card or buy one at the meet for \$15. USATF insurance and sanction requirements demand compliance. USATF SANCTIONED AND OFFICIATED. MEET DIRECTOR: HAIG BOHIGIAN, EAST REG. COORD.

### TRACK EVENT ORDER (FAT) FIELD EVENT SCHEDULE

60 M Hurdles	10:00	EVENT/GROUP	30-39	40-49	50-59	60-69	70PLUS	WOMEN
60 M (Trials/Finals)	10:40	Long Jump	11:00	2:00	12:00	3:00	1:00	1:00
3,000 M Race Walk	12:00	Triple Jump	1:00	1:00	3:00	2:00	11:00	11:00
1,500 Meter Run	1:00	High Jump	3:00	3:00	2:00	1:00	12:00	12:00
400 Meter Dash	1:45	Pole Vault	12:00	12:00	11:00	10:00	10:00	10:00
Official's Break*	2:15	Shot Put	10:00	11:00	1:00	12:00	2:00	3:00
4 x 200 Meter Relay	2:30	Weight Throw	Due to the configuration of the new track the WT cage would not fit, thus there is no weight throw. For example, Men 50-59 will TJ from 3 to 4 P.M. Any proposal weight throwers come up with will be considered.					
3,000 Meter Run	2:45	FIELD ATHLETES WILL HAVE TO COMPETE WITH THEIR AGE GROUPS. PLAN AND ENTER ACCORDINGLY. NO EXCEPTIONS.						
800 Meter Dash	3:30	* Also athletes' meeting. ONE FALSE START PERMITTED, BUT ATHLETES ARE URGED TO RESIST "GAMING" SINCE IT TAKES AT LEAST \$600 PER HOUR OR \$10 PER MINUTE TO RUN THE MEET. TRACK EVENTS TAKE PRECEDENCE. TIMES ARE BEST ESTIMATES. TIMES WILL BE ADVANCED IF POSSIBLE - KEEP ADVISED. PLEASE COOPERATE AND DON'T ASK FOR EXCEPTIONS.						
200 Meter Dash	4:00	PLEASE PRINT ALL SPIKES WILL BE CHECKED. USING THE WRONG SPIKES MEANS INSTANT DISQUALIFICATION. NO APPEALS. NO EXCUSES. NO REFUNDS. 1/4" PYRAMID SPIKES FOR SALE AT THE ARMORY STORE.						
4 x 400 Meter Relay	4:15	NAME _____ PHONE _____ SEX _____						
4 x 800 Meter Relay	5:00	ADDRESS _____ CITY & STATE _____ ZIP _____						
Other relays upon request.		AGE (ON 3/14/99) _____ BIRTHDATE _____ CLUB _____ USATF# _____						

PRE-ENTRY MAKE CHECK PAYABLE TO:  
 AMOUNT 1st event \$25.00 USATF EASTERN MASTERS AND MAIL TO:  
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 5th or more events @ \$10.00

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 USATF Eastern Colored T-shirt @ \$15.00 CIRCLE SIZE: M L XL XXL  
 Late Fee or Post Entry (After March 5th) \$5.00 Limited quantities, order in advance  
 TOTAL AMOUNT ENCLOSED \_\_\_\_\_

WALIVER: In consideration of your accepting this entry, I do hereby legally bind myself, my heirs, executors, and administrators to waive, release, and discharge any and all rights, claims and damages that I may have against United States Track & Field, East Masters Regional Coordinator, the Masters Track & Field Committee, The Armory High School Sports Foundation, The City and the State of New York, their Agents, Representatives, Assignees, Trustees, Officers, Employees, or Sponsors for any and all injuries, damages and/or claims which I might otherwise have arising out of said event. I attest and verify that I am physically fit, and sufficiently trained for this competition.

DATE: \_\_\_\_\_ SIGNATURE \_\_\_\_\_

# 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 generally limited to men over 40 and women over 35. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 50098, Eugene OR 97405.

## TRACK & FIELD

### NATIONAL

**March 26.** USATF National Masters Indoor Pentathlon Championships (M&W), Boston, Mass. Held in conjunction with the Indoor Championships. See below.

**March 26-28.** USATF National Masters Indoor Championships, Reggie Lewis Center, Boston, site of the 1997 & '98 Championships. TRACS, Inc., 79 Manet Rd., Chestnut Hill, MA 02467. 617-332-3919; e-mail: tracs@earthlink.net.

**April 10-11.** USATF National Masters Indoor Heptathlon Championships (M&W), Proviso West H.S., Hillside/Chicago. Ray Vandersteen, USATF Illinois, P.O. Box 7019, Villa Park, IL 60181-7019. 630-953-2052; fax: 953-2053.

**June 12.** USATF National Masters Weight Pentathlon Championships, U. of Northern Colorado, Greeley (50 miles n. of Denver). Scott Hall, UNC Head Track Coach, 970-351-1721; fax: 351-2018. Tim Edwards, 6440 Magnolia St., Commerce City, CO 80022. 303-315-9107; email: tedwa851@concentric.net

**July 3-4.** USATF National Masters Decathlon/Heptathlon Championships, Grass Valley, Calif. Richard Hotchkiss, 14005 Meadow Dr., Grass Valley, CA 95945. 530-273-3660.

**August 26-29.** 32nd annual USATF National Masters Championships, Orlando, Fla. Kelly Strong, 407-938-3462; fax: 938-3479. Disney Wide World of Sports, PO Box 692349, Orlando, FL 32869-2349.

**September TBA.** USATF National Masters Weight & Superweight Championships, Seattle, Wash.

**October 20-29.** National Senior Games - Senior Olympics, Orlando, Fla. National Senior Games Association, 445 North Boulevard, Suite 2001, Baton Rouge, LA 70802. 504-379-7337; fax: 379-7343.

### EAST

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

**February 14.** New Jersey Submasters & Masters Indoor Championships, Fairleigh-Dickinson U., Hackensack. Out-of-state welcome. Prize purses for open mile. SASE to Jim Manno, 792 Schaefer Ave., Oradell, NJ 07649. 201-261-7756.

**February 20.** 4th annual Upstate New York Indoor Mile Championships, Hobart College, Geneva. Inaugural "Roger Messenger Memorial Masters Mile" with prize money; M50+ race with prize money; prize money for W40+ record.

Peter Glavin, 716-242-9031; email: gvh@frontiernet.net

**February 26.** MAC Masters Indoor Championships, Armory T&F Center, 168th St. & Fort Washington Ave., Manhattan. 212-227-0071 (MAC Office, 9-5, M-F). Business-size SASE to Roz Katz, 170-11 65th Ave., Flushing, NY 11365.

**March 14.** 27th annual USATF East Regional Masters Indoor Championships, Armory T&F Center, 168th St. & Fort Washington Ave., Manhattan. 10 am. Haig Bohigian, 225 Hunter Ave., Sleepy Hollow, NY 10591. 914-631-1547 (10 a.m.-8 p.m.).

**September 4-5.** Potomac Valley TC Games, Alexandria, Va. PVTC, 3515 Slate Mills Rd., Sperrville, VA 22740. 540-547-4355; corrallo@erols.com

### SOUTHEAST

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

**February 27-March 14.** Polk Senior Games, Bartow, Fla. 50+. Limited track events. Feb. 12 deadline. Denna Wilbur, 941-533-0055.

**March 6.** 18th annual Virginia Masters Indoor Championships, Washington & Lee U. Send SASE to John Tucker, Meet Director, Dept. of Athletics, Washington & Lee U., Lexington, VA 24450. 540-463-8667. Download entry/info at <http://madison.wlu.edu/~tucker>

**June 6.** Atlanta TC Masters Men's 100xMile Relay. ATC, 3097 E. Shadowland Ave., Atlanta, GA 30305. 404-231-9064, x17.

**June 12.** Atlanta TC Masters Meet. See June 6.

### MIDWEST

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

**February 7.** USATF Michigan Indoor Championships, Grand Valley State U., Allendale (Grand Rapids area). Jerry Elkins, 616-895-3360; Chuck Sochor, 616-984-5358; fax: 984-2809.

### MID-AMERICA

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

**February 7.** Ageless Games, Minneapolis, Minn. Rachel Lyga, 122 NE 63 1/2 Way, Minneapolis, MN.

**February 21.** Colorado Indoor Championships, U.S. Air Force Academy. 1/6 mile track. Jerry Donley, 1715 Alamo Ave., Colorado Springs, CO 80907. 719-635-1264; fax: 471-1163.

**February 27.** USATF Minnesota Indoor

Championships, Bethel College, Arden Hills. Feb. 23 deadline. USATF-MN Indoor Championships, 5429 Wooddale Ave., Edina, MN 55424.

**May 14-15.** Western Slope Senior Games, Montrose, Colo. 50+. Out-of-state welcome. Evelyn Lawson, PO Box 730, Montrose, CO 81402. 970-249-2000; 800-873-0244.

**June 12.** USATF Mid-America Regional Masters Championships, Wichita St. U., Wichita, Kansas. Bill Butterworth, 314 S. Clifton, Wichita, KS 67218. 316-684-2192; FaxL 687-9400; Susan Cooper, WSU T&F office, 316-978-3362; fax: 978-3388.

**June 26-27.** Missouri State Senior Games, Columbia. 50+. Out-of-State welcome. Jack Miles, U. of Missouri, 1105 Carrie Franke Dr., Rm 01, Columbia, MO 65211. 573-882-1462.

**September 4-5.** Rocky Mountain Masters Games, U. of Colorado, Boulder. Jim Weed, PO Box 889, Lake Crystal, MN 56055; Tim Edwards, 303-315-9107; Sue Norton, 303-443-2695.

### WEST

Arizona, California, Hawaii, Nevada

**February 13-14, 21.** Palm Springs Senior Olympics. 10K on 21st. Ben Green, Mizell Sr. Center, 480 S. Sunrise Way, Palm Springs, CA 92262. 760-323-5689; fax: 320-9373; email: mizell@cyberg8t.com.

**February 14.** Silver State Masters Indoor Classic, Reno, Nev. Entry form in January issue. Silver State Masters, PO Box 21171, NV 89515. 702-852-4428; email: jwmann@ix.netcom.com; www.silverstatestridders.com

**February 20.** Kel Field Throws Meet, Santa Cruz, Calif. No fees charged. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 832-458-0202; email: kelfield@aol.com

**May 1.** Arizona Masters Invitational, McClintock HS, Tempe. Bob Flint, 8436 E. Hubbell, Scottsdale, AZ 85257. 602-949-1991. Clifton McKenzie, meet director, 602-777-8503.

**May 8.** Southern California Striders Meet, Cal State-Long Beach. Jim Selby, 39777 Cathy Dr., Fallbrook, CA 92028. 760-723-2466.

**May 15.** Visalia Classic Masters Meet, Visalia, Calif. Bob Higginbotham, 1026 W. Princeton, Visalia, CA 93277. 209-732-8030.

**May 23.** Dan Aldrich Memorial Meet, UC Irvine, Calif. Mac McCormick, 949-586-9942.

**June 6.** Crown Valley Senior Games, Occidental College, Los Angeles. Cynthia Vaughn, 85 E. Holly St., Pasadena, CA 91103. 626-685-6724. Christel Miller, meet director, 818-242-8484 (until 9 pm).

**June 12.** USATF Southern California Association Championships, Occidental College, Los Angeles. SASE to SCA Championships, 1740 Grandview Ave., Glendale, CA 91201-1263. 818-242-8484 (until 9 pm).

**June 19.** USATF West Regional Championships, UC-San Diego. Ed Oleata, 619-453-4570.

### NORTHWEST

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

**February 5-6.** Great Northwest Indoor Meet, Portland, Ore. 503-668-0998;

## ON TAP FOR FEBRUARY

### TRACK AND FIELD

The indoor season gets into high gear, starting on the 7th with the Michigan Championships, Grand Rapids, and the Ageless Games, Minneapolis. Sun and warmth should be plentiful at the Palm Springs Senior Olympics on the 13th-14th. Back indoors, meets on the 14th range from the New Jersey Championships, Hackensack, to the Silver State Masters Meet, Reno. The 20th features an indoor mile at Hobart College, in upstate N.Y., and the 21st shows the Colorado Championships at the USAF Academy's fine facility in Colorado Springs. Masters will converge on the NYC Armory T&F Center on the 26th for the MAC Championships. The Minnesota Championships will be held at Bethel College on the 27th.

### LONG DISTANCE RUNNING

On the 13th in Tacoma, the USATF National Masters 6K/4K Cross-Country Championships is also the U.S. vs. Canada match-up. The Outback Distance Classic 12K on the 20th in Orlando is a triple whammy, serving as the National Masters Championships and the first Indy Life Circuit Race. Other important events include the Carolina Marathon, Columbia, S.C., on the 6th; Las Vegas Marathon/Relay & Half-Marathon on the 7th; Motorola Austin Marathon on the 14th in Texas; Gasparilla 15K, Tampa, on the 20th; Colonial Busch Half-Marathon, Williamsburg, Va., on the 21st; and the Cowtown Marathon, Fort Worth, Texas, on the 27th.

### RACEWALKING

Most t&f meets and many road races include a racewalk. Check with the meet or race directors for specifics. □

email: runjumpthrow@compuserve.com  
**May 29.** Oregon Senior Olympics, Silverton. Amy Castle, Silverton RR, Box 783, Silverton, OR 97381. 503-873-8577(h).

**June 5.** Seattle Park Dept. Masters Meet, West Seattle Stadium.

**June 11-12.** Montana Senior Olympics, Helena. Open to out-of-state. Don Tavalacci, 406-252-2795; Evelyn King, 406-542-1868.

**June 12-13.** Portland Masters Classic, Portland, Ore. Paul Stepan, 3011 NE Linden Ave., Gresham, OR 97030. 503-666-8950(h); 234-4811(w).

**June 19.** Inland Northwest Age Group Championships, Pullman, Wash. All ages. Mike Hinz, 509-335-3325; email:

Continued from previous page

mhinz@wsu.edu

**June 19-20.** Hayward Classic Masters Meet, Eugene, Ore. Geoff Hughes, 1600 Russet Dr., Eugene, OR 97401. 541-484-1275(h); 343-6511(w).

**July 10-11.** State Games of Oregon, Mt. Hood Community College. Keith Maneval, T&F, Mt. Hood CC, 503-667-7140.

**July 16-18.** Big Sky Games, Billings, Mont. Karen Sanford Gall, Box 7136, Billings, MT 59103. 406-254-3923.

**July 17-18.** USATF Northwest Regional Masters Championships, West Seattle Stadium. Ken Weinbel, 4103 Hillcrest Ave., S.W., Seattle, WA 98116. 206-832-3923; fax: 932-3917.

**July 30-August 1.** Wyoming Senior Olympics, Laramie. Open to out-of-state. Paul Harrison, 307-721-5269.

**October 2-3.** Octoberfest Throws & Weight Pentathlon, Helena, Mont. Manuel White, PO Box 5058, Helena, MT 59604. 406-227-5020.

## CANADA

**March 6.** Ontario Masters Indoor Championships, York U., Toronto. Brian Keaveney, 426 Valermo Dr., Etobicoke, Ont. M8W 2L9. 416-252-7047. masters@sympatico.ca

**June 12-13.** Ontario Masters Outdoor Championships, York U., Toronto. Doug Smith, 58 Newmarket Ave., Toronto, Ont. M4C 1V9. 416-699-5818. douglasj.smith@sympatico.ca

## INTERNATIONAL

**March 5-7.** European Veterans Indoor Championships, Malmo, Sweden.

**March 12-15.** New Zealand Veterans Championships, Queen Elizabeth 2nd Stadium, Christchurch, New Zealand. Jim Blair, 43 Emslie Rd., Pinchaven, Upper Hutt, New Zealand. Fax: 64-4-528-5250.

**March 13-14, 20.** New South Wales State Championships, Sydney, Australia. Pent. & 5000 on 20th. Alec Walker, PO Box 3059, Waverley, NSW 2024, Australia.

**March 19-21.** Western Australia State Championships, Perth. Brian Foley, 8 Habgood, Freemantle, Western Australia 6158.

**March 20-21, 27-28.** Queensland State Championships, Brisbane, Australia. Pent. & 5000 on 20th/WP on 21st. Judy Cooper, 6 Visser Court, Rochedale, Queensland 4123, Australia.

**April 2-4.** Russian Veterans Indoor Championships, Moscow. Foreign athletes welcome. Vadim Marshev, 14-6 Pervomaiskaya St., Himki, Moscow Region, 141400, Russia. 7-095-535-3308; fax: 7 095-573-4150.

**April 2-5.** Australian National Championships, Canberra. Alan Wilson, GPO Box 2356, Canberra, ACT 2601, Australia.

**April 4-7.** 2nd European Veterans Indoor Championships, Malmo, Sweden. Europeans only.

**May 15.** International Veterans Throwing Cup, Toliatty, Russia. Foreign athletes welcome. Vadim Marshev, 14-6 Pervomaiskaya St., Himki, Moscow Region, 141400, Russia. 7 095-535-3308; fax: 7 095-573-4150.

**July 17-18.** BVAF Open Championships, Meadowbank Stadium, Edinburgh,

Scotland. Ian Steedman, 33 Grange Loan, Edinburgh, Scotland EH9 2ER Tel: 44-131-667-1416.

**July 23-25.** Russian Veterans Championships, Moscow. Foreign athletes welcome. Vadim Marshev, 14-6 Pervomaiskaya St., Himki, Moscow Region, 141400, Russia. 7 095-535-3308; fax: 7 095-573-4150.

**July 29-August 8.** XIII World Veterans Athletics Championships, Gateshead, England. XIII WAVA Championships, PO Box 18, Gateshead NE8 IEA, England.

**August 14.** Irish Veterans Athletics Association Championships, Tullamore, County Offaly (60 miles west of Dublin). Martin Kelly, 353-1-235-2364; Fax: 353-1-235-2726.

## LONG DISTANCE RUNNING

### NATIONAL

**February 13.** USATF National Masters 6K/4K Cross-Country Championships (also U.S. vs. Canada), Tacoma, Wash. M40+ 6K/W35+ 4K. Carole Langenbach, 4261 S. 184th St., SeaTac, WA 98188. 206-433-8868; <http://www.pntf.org/usaxc> 99.

**February 20.** USATF National Masters 12K Championships/Outback Distance Classic/ Indy Life Circuit Race, Orlando, Fla. Jon Hughes, 1102 N. Mills Ave., Orlando, FL 32803. 407-898-1313.

**March 28.** USATF National Men's 5K Championships/Carlsbad 5000, Carlsbad, Calif. Tracy Sundlun, 10509 Vista Sorrento Pkwy #102, San Diego, CA 92121. 619-450-6510.

**March 28.** Shamrock Shuffle 8K/Indy Life Circuit Race, Chicago. David Patt, Chicago Area Runners, 203 N. Wabash, #1104, Chicago, IL 60601. 312-666-9836.

**April 29-May 1.** National RRCA Convention, Spokane, Wash. <http://www.bloomofdayrun.com>

**May 1.** USATF National Masters Half-Marathon/Indy Life Circuit Race, Indianapolis, Ind. Don Carr, 4314 Matrea More Ct., Indianapolis, IN 46254. 317-328-1632. (3 x points).

**June 5.** USATF National Masters Women's 5K Championships/Freihofers 5K/Indy Life Circuit Race, Albany, N.Y. George Regan, 233 Fourth St., Troy, NY 12180. 518-273-0267.

**August 21.** Crim Festival Of Races 10 Mile/Indy Life Circuit Race, Flint, Mich. Anne Gault, 110 Mott Foundation Bldg., Flint, MI 48502. 810-235-7130.

**September 11.** Riverfest Run By The River 5K/Indy Life Circuit Race, Clarksville, Tenn. Joe Huber, Events & More, PO Box 3899, Clarksville, TN 37043. 615-647-3855.

**October 3.** USATF National Masters Championships/Twin Cities Marathon/Indy Life Circuit Race, Minneapolis/St. Paul, Minn. John Carnahan, 708 N. First St., #CR-33, Minneapolis, MN 55401. 612-673-0778. (1.5 x points).

**October 9.** USATF National Masters 5K Cross-Country Championships, Holmdel, N.J. USATF-NJ, PO Box 10120, New Brunswick, NJ 08906. 732-296-0006.

**October 24.** USATF National Masters 8K Cross-Country Championships, Louisville, Ky. Bob Ullrich, 1879 Douglass Rd., Louisville, KY 40205. 502-459-6820.

**October 30.** Tulsa Run 15K/Indy Life

Circuit Race, Tulsa, Okla. Jack Wing, PO Box 1319, Tulsa, OK 74101-1319. 918-587-8786.

### EAST

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

**February 14.** NYRRRC Valentine's Day 5K, Central Park. NYRRRC, 9 E. 89th St., NY, NY 10128. 212-860-4455. <http://www.nyrrc.org>.

**February 28.** 25th annual D.H. Jones 10 Mile/USATF-NE Championship, Amherst, Mass. Dave Martula, 277 Bay Rd., Hadley, MA 01035-9780. 413-586-8002.

**February 28.** NYRRRC Knickerbocker 60K, Central Park. See Feb. 14.

**March 14.** Law Enforcement Half-Marathon/USATF-NE Championship, Melrose, Mass. Tony Pallotta, Runners Edge, 401 Main St., Melrose, MA 02176. 781-661-0092; email: [runedge@aol.com](mailto:runedge@aol.com)

**March 21.** New Bedford Half-Marathon, New Bedford, Mass. NBHM, PO Box 79546, North Dartmouth, MA 02747. 508-998-5068; email: [nbhalf@aol.com](mailto:nbhalf@aol.com)

**April 11.** Cherry Blossom 10 Mile, Washington, D.C. SASE to Cherry Blossom, PO Box 5366, Rockville, MD 20848. Email: [entries@cherryblossom.org](mailto:entries@cherryblossom.org).

**April 19.** 103rd Boston Marathon. SASE to Boston AA, The Starting Line/One Ash St., Hopkinton, MA 01748-1897. <http://www.bostonmarathon.org>

**May 2.** Pittsburgh Marathon, Pittsburgh, Pa. 412-647-7866.

**May 2.** long Island Marathon, East Meadow. SASE to Marathon, Sports Unit Eisenhower Park, East Meadow, NY 11554. 516-572-0248/0249.

**May 6.** Healthy Heart 5K/USATF NJ Masters Championships, Morristown, N.J. Masters purse money based on WAVA age-grading - NJ only. Madeline Bost, PO Box 458, Ironia, NJ 07845. 973-584-9302.

**May 22.** Bedford, N.H., Rotary Club 12K/USATF-NE Championships. Bill Gere, 17 Patten Rd., Bedford, NH 03110-6122. 603-669-1329.

**June 12.** Market Square Day 10K/USATF-NE Championships, Portsmouth, N.H. Kent LaPage, 236 Union St., Portsmouth, NH 03801. 603-431-5388.

### SOUTHEAST

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

**February 6.** Carolina Marathon/Women's Open 8K National Championships, Columbia, S.C. CM, PO Box 5092, Columbia, SC 29250.

**February 7.** Hampton Coliseum/Pomoco Half-Marathon & 8K, Hampton, Va. Masters money. Hot line: 757-728-3235; 757-229-7375.

**February 13.** Gasparilla Distance Classic 15K, Tampa. SASE #10 to GDCA-RJ, PO Box 1881, Tampa, FL 33601-1881. 813-229-7866.

**February 20.** Clearwater Pass Bridge Run 5K, 10K, and Mile. Sertoma Bridge Run, PO Box 665, Clearwater, FL 33757. Stu Johnson, 727-595-2586.

**February 20.** Edison Festival Of Light Classic 5K, Ft. Myers, Fla. Edison Festival 5K, Ft. Myers TC, PO Box 60131, Ft. Myers, FL 33906. 941-334-2999.

**February 21.** Colonial Busch Half-Marathon, Williamsburg, Va. Rick Platt, 757-229-7375; email: [rickplatt@juno.com](mailto:rickplatt@juno.com).

**February 27.** Myrtle Beach Marathon.



KAREN HUFF

John Whittmore, Montecito, Calif., wearing his number and age, won the M95 javelin and discus, 1998 Club West Masters Meet, Santa Barbara, Calif.

MBM, PO Box 8780, Myrtle Beach, SC 29578-8780. 843-293-7223.

**February 27.** Blue Angel Marathon, Pensacola, Fla. BAM MWR, Code 22000, 190 Radford Blvd., NAS Pensacola, FL 32508-5217. 850-452-4391; 452-3318.

**March 6.** Gate River Run 15K/USATF Open Championships, Jacksonville. 1st Place Sports, 3853 Baymeadows Rd., Jacksonville, FL 33601. 904-739-1917.

**March 20.** Shamrock Sportsfest Marathon, Masters 8K, Open 8K, and 5K Racewalk, Virginia Beach, Va. SASE to Shamrock Sportfest, 2308 Maple St., Virginia Beach, VA 23451.

**March 20.** Spring Fever Chase 10K, Fairhope, Ala. Miriam Bailey, 334-621-3615; Sherry Sullivan, 334-990-1598.

**March 27.** Cooper River Bridge 10K & 10K RW, Charleston, MUSC Harper Student Center, 45 Courtenay Dr.,

Continued on next page

## TEN YEARS AGO February 1989

- Bill Rodgers, 41, and Priscilla Welch, 44, Win ICI/USRA National 8K in Naples, Fla.

- Don Coffman (45, 2:30:56) and Jane Hutchison (42, 2:53:34) Take Masters Firsts in Rocket City Marathon

- Kjell-Erik Stahl (42, 2:19:59) and Laurie Binder (41, 2:44:57) Each Take Home \$10,000 in Twin Cities Marathon

Continued from previous page  
Charleston, SC 29401. 803-792-0345.  
**March 27.** Ford's Colony 8K Run For Shelter, Williamsburg, Va. Rick Platt, Colonial RR, 113 Anthony Wayne Rd., Williamsburg, VA 23185. 757-229-7375; email:rickplatt@juno.com

**March 27.** Azalea Trail Run 10K, Mobile. SASE to Azalea 10K, PO Box 6427, Mobile, AL 36660.

**March 28.** Haven Of Youth 10K, Naples, Fla. Masters money. HOY 10K, PO Box 712, Naples, FL 34106.

**April 3.** Fort Eustis 10K, Fort Eustis, Va. Peninsula TC hotline: 757-868-3975.

**April 10.** Charlotte Observer Marathon & 10K. Don King, PO Box 30294, Charlotte, NC 28230. 704-358-5425.

**July 4.** Peachtree 10K, Atlanta. SASE (before March 1) to Atlanta TC, 3097 E. Shadowland Ave., Atlanta, GA 30305. 404-231-9064, x17.

**MIDWEST**

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

**April 24.** Kentucky Derby Festival Mini-Marathon, Louisville. Kentucky Derby Festival, 1001 S. Third St., Louisville, KY 40203. 1-800-928-FEST.

**May 2.** Cleveland Marathon & 10K, Cleveland, Ohio. 800-467-3826.

**May 9.** Cincinnati Flying Pig Marathon. CFPM, 644 Lynn St., Suite 835, Cincinnati, OH 45203. 513-721-7447.

**May 30.** Madison Marathon, 5K, & 10K. MM, 10 Birchwood Circle, Madison, WI 53704. 608-256-9922.

**MID-AMERICA**

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

**April 17.** 30th annual Longest Day Marathon, Marathon Relay, Half-Marathon, 10K, 5K, and 5K RW, Brookings, S. Dak. Brenda Algood, 46731 210th St., Brookings, SD 57006-6214. 605-692-6294, or Kurt Osborne, 605-696-2479; fax: 696-2330.

**April 23.** Arbor Day 5K, Brookings, S. Dak. Steve Britzman, 319 5th Ave., Brookings, SD 57006. 605-697-9058.

**April 24.** Get In Gear 10K/USATF Minnesota Championships, St. Paul. SASE to Get In Gear, PO Box 6727, Minneapolis, MN 55406-0727. 612-722-9004.

**May 2.** Lincoln Marathon & Half-Marathon. LM, 882 N. Lakeshore Dr., Lincoln, NE 68528. 402-435-3504.

**May 30.** Rocky Mountain Double Marathon (52.4 miles), Wyoming Marathon, & Half-Marathon, Cheyenne. Brent Weigner, 402 W. 31st St., Cheyenne, WY 82001. 307-635-3316; fax: 635-5297.

**SOUTHWEST**

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**February 7.** Austin Half-Marathon, 2-Person Relay, & 5K. Matt Fagan, 3M, 6801 River Place Blvd., Austin, TX 78726. 512-984-RACE.

**February 13.** Conoco 10K Rodeo Run, Houston. Conoco 10K, PO Box 4584, Houston, TX 77210. 281-293-2447.

**February 14.** Motorola Austin Marathon &



GEORGE BANKER

Ecris Williams, 60, Reston, Va., first W60 (42:38), Jingle Bell 8K Run For Arthritis, Reston, Dec. 6.

Relays, Austin, Tex. Motorola Austin Marathon, P.O. Box 684587, Austin, TX 78768-4587. 512-505-8304.

**February 27.** Cowtown Marathon & 10K Fort Worth, Texas. CM, PO Box 9066, Fort Worth, TX 76147-2066. 817-735-2033; email: cowtown@startext.net

**April 11.** Capitol 10,000, Austin, Texas. Capitol 10,000, PO Box 2936, Austin, TX 78768. 512-445-3598.

**WEST**

Arizona, California, Hawaii, Nevada

**February 7.** 33rd Las Vegas International Marathon, Half-Marathon, & 5K, Las Vegas, Nev. New course. SASE to Las Vegas Marathon, Al Boka, Director, PO Box 81262, Las Vegas, NV 89180. Phone/fax: 702-876-3870; Web: <http://www.LVMarathon.com/>

**February 13.** Great American Adventure Cross-Country Run (2.8 miles & 4-8 miles), Huntington Beach, Calif. SASE to Oscar Rosales, Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417.

**March 7.** Napa Valley Marathon, Napa, Calif. NVM, PO Box 4307, Napa, CA 94558-0430. 707-225-2906; fax: 257-6515.  
**March 14.** Los Angeles Marathon. LAM, 11110 W. Ohio Ave., #100, Los Angeles, CA 90025-3329. 310-444-5544.

**March 21.** Fifty-Plus Fitness Paul Spangler Memorial 8K, Stanford U., Palo Alto, Calif. M&W50+/Open 8K. 50+ Fitness Association, Box D, Stanford, CA 94309. 650-323-6160; fax: 323-6119; email: fitness@ix.netcom.com; <http://www.50plus.org>  
**April 3.** Ullis C. Williams 5K & 10K, Compton Community College, Calif. 8 am. Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417.

**April 25.** Big Sur International Marathon. BSM, PO Box 222620, Carmel, CA 93922-2620. 831-625-6226.

**May 2.** Avenue Of The Giants Marathon & 10K, Weott, Calif. SASE to R.G., 281 Hidden Valley Rd., Bayside, CA 95524.

**May 8.** Southern California Hillsea (7.57 miles), Huntington Beach, Calif. Overall winner chosen by age/sex time scoring system. Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417.

**May 23.** Rock 'n' Roll Marathon, San Diego, Calif. Elite Racing, 5452 Oberlin Dr., Suite B, San Diego, CA 92121. 619-450-6510; fax: 450-6905.

**NORTHWEST**

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

**May 2.** Lilac Bloomsday 12K, Spokane. Lilac Bloomsday Assn., PO Box 1511, Spokane, WA 99210. April 13 deadline.

**August 27-28.** Hood To Coast Relay, Mt. Hood to Seaside, Ore. 12-person/195 miles. Also shorter Portland To Coast Walk Relay. SASE to HTC Relay, 5319 SW Westgate Dr., Suite 262, Portland, OR 97221. 503-292-4626; email: htrcleay@teleport.com

**CANADA**

**May 8-9.** Ottawa Citizen National Capital Race Weekend. Marathon, Half-Marathon, 10K, 5K, 2K, In-Line Skate 10K & Marathon, Wheelchair events. Ph: 613-234-2221; email: ncm@storm.ca; web: [www.ncm.ca](http://www.ncm.ca)

**INTERNATIONAL**

**April 3.** Two Oceans Ultra-Marathon (56K) & Half-Marathon, Cape Town, South Africa. T-O Marathon, PO Box 2276, Clareinch 7740, Cape Town, South Africa. 27-21-61-9407; email: twooceans@iafrica.com

**RACEWALKING**

**February 14.** Connecticut Racewalkers Indoor Mall 3K, Connecticut Post Mall, Milford, Conn. Gus Davis, CT Rwers, 789 Donna Dr., Orange, CT 06477. 203-384-3159.

**February 20.** Ramblin' Rage USATF Florida 20K Championships and 10K Racewalk. Tradewinds Park, Coconut Creek, Fla. Bob Cella, 7199 NW 49th Pl., Ft. Lauderdale, FL 33319. 954-572-4392.

**March 27.** USATF National Masters Indoor 3000m RW Championships, Boston, Mass. See T&F schedule.

**May 23.** USATF National Masters 15K RW Championships, Diane Graham-Henry, 442 W. Beldon, Chicago, IL 60614. 773-327-4493.

**August 27.** USATF National Masters 5000 (track) RW Championships, Orlando, Fla.

**August 29.** USATF National Masters Men's 20K & Women's 10K RW Championships, Orlando, Fla.

**September 19.** USATF National Masters 40K RW Championships, Ft. Monmouth, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. 732-222-9080.

**September 25.** USATF National Masters 5K RW Championships, Kingsport, Tenn. Bobby Baker, 318 Twin Hill Dr., Kingsport, TN 37660. 423-349-6406.

**October 3.** USATF National Masters One Hour RW Championships, Worcester, Mass. Justin Kuo, 39 Oakland Rd., Brookline, MA 02445. 617-566-7600.

**November 13.** USATF National Masters Men's 10K RW Championships, Ft. Lauderdale, Fla. John Fredericks, 10825 Mystic Circle, #303, Orlando, FL 32836. 407-238-9688.

**1999 Race for the Cure Series Sites January-September 1999**

Dates subject to change: call contact number to verify

Jan. 30	West Palm Beach, FL	561-655-9800
Feb. 7	El Paso, TX	915-566-9745
March 6	Miami, FL	305-377-9922
March 20	Las Vegas, NV	702-822-2324
April 3	San Antonio, TX	210-829-8873
April 17	Fayetteville, AR	501-587-1463
April 17	Fort Worth, TX	817-370-1493
April 17	Indianapolis, IN	317-469-2873
April 18	Tucson, AZ	520-318-3144
April 24	Detroit, MI	313-833-0715
May 2	Daytona Beach, FL	
May 8	New Britain, CT	860-224-5900
May 8	Ottumwa, IA	515-682-8679
May 8	Peoria, IL	309-691-6906
May 8	Richmond, VA	804-553-8718
May 8	Salt Lake City, UT	801-484-0349
May 8	Tyler, TX	877-566-3648
May 8	Sacramento, CA	916-492-6474
May 9	Minneapolis, MN	612-941-2582
May 9	Philadelphia, PA	215-627-4447
May 9	Pittsburgh, PA	412-521-2873
May 15	Columbus, OH	614-224-1964
May 15	Helena, MO	406-449-7865
May 15	Syracuse, NY	315-656-7976
May 23	Elmira, NY	607-734-8157
May 29	Madison, WI	608-833-8892
June 5	Plano, TX	972-867-5667
June 5	Raleigh/Durham, NC	919-493-2873
June 5	Washington, DC	703-848-8884
June 12	Davenport, IA	319-388-5433
June 19	St. Louis, MO	314-458-2648
June 26	Decatur, IL	217-876-2105
July 3	Greeley, CO	970-392-1707
July 17	Aspen, CO	970-920-0250
July 24	Fresno, CA	209-449-2085
July 25	Manchester, VT	802-867-2284
Aug 8	Kansas City, MO	816-842-4444
Aug 14	Cheyenne, WY	307-632-2991
Sept 11	Boston, MA	617-783-4000
Sept 11	Monroe, LA	318-255-6625
Sept 11	Scranton, PA	717-963-6750
Sept 12	Cincinnati, OH	513-825-7223
Sept 12	Colorado Springs, CO	719-476-1675
Sept 12	New York, NY	212-293-0570
Sept 12	Seattle, WA	206-667-6700
Sept 12	Toledo, OH	419-471-4081
Sept 18	Birmingham, AL	205-870-5644
Sept 18	Greenville, SC	864-467-3719
Sept 18	Little Rock, AR	501-202-4009
Sept 18	Shreveport, LA	318-458-7150
Sept 19	Bangor, ME	207-843-6177
Sept 19	Chicago, IL	312-920-6363
Sept 19	Tulsa, OK	918-743-2222
Sept 19	Portland, OR	503-242-1874

**NOTICE**

**LOST:**

Results of 1st U.S. Masters T&F Championships Held in July 1968, San Diego, California.

**IF FOUND:**

Contact David Pain  
5643 Campanile Way  
San Diego California, 92115  
(619) 582-3816  
FAX (619) 582-5769

**FIVE YEARS AGO February 1994**

• Bob Schlau (46, 2:33:27) and Jane Hutchison (47, 2:55:38) First Masters in Rocket City Marathon

• Dwight Stones Breaks Masters World Indoor High Jump Record with a 6-7½

• Eamonn Coghlan, 41, Hopes for First Masters Sub-4:00 in Millrose Games

# RECIPIENTS OF ALL-AMERICAN AWARDS

<b>M35-39</b>			
Chuck Gaudette	Pent	2920	8-10, 21-98
<b>M40-44</b>			
Michael Jaqua	PV	4.11	6-13, 14-98
Bob Cedrone	HT	148-2	10-4-98
	WT	43-4	10-4-98
Mark Jakubowski	110HH	17.52	6-13-98
<b>M45-49</b>			
Tom Cunningham	400	55.86	6-20-98
Bill Spaet	TJ	11.27	6-6-98
<b>M50-54</b>			
Dave Walter	400	53.24	7-31-98
	200	24.40	8-2-98
	100	11.8	8-8-98

<b>M55-59</b>			
Lionel Low	TJ	10.33	1-29-98
	LJ	16-2 1/2	11-29-98
Gerard Malaczynski	10K	36:29	11-8-98
	5K	17:40	11-28-98
<b>M60-64</b>			
James Hart	DT	45.34	7-18, 19-98
	WP	3934	8-22-98
	SP	13.07	9-5-98
	HT	40.60	8-22-98
	WT	12.86	8-29-98
	SW	6.29	12-19-98
Michael Murphy	100	13.2	6-11, 14-98
	200	22.99	6-11, 14-98
Armand Zahn	HJ	4-8	8-20-98
	SP	36-6 1/2	8-20-98
Jack Pritchard	100	13.80	9-18-98

<b>M70-74</b>			
Thomas Page	200	31.69	10-3-98
<b>W35-39</b>			
Teresa Aragon	Mile RW	7:59.97	6-27, 28-98
Elaine Iba	100	13.56	8-11-98
	TJ	9.49	8-19-98
<b>W45-49</b>			
Lauren Mueller	5K	21:47	6-6-98
Diane Sardes	1500	5:35.06	7-25-98
	5000	20:46.17	7-25-98
Lynn Tracy	5K RW	28:17	5-3-98
<b>W55-59</b>			
Cheryl Stevenson	SP	9.51	6-27-98
Walda Tichy	10K	63:19	9-27-98

The All-American tables have been changed to reflect current marks set by athletes all over the nation. The changes were made by the All-American Standards Committee; however, the old tables may be used for one year until people have adjusted to the newer version. This was not done to make it more difficult for the athlete, but to make it more equitable after analyzing all the data. All-American Standards Committee

## U.S. MASTERS ALL-AMERICAN STANDARDS

FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100	10.95	11.3	11.5	11.9	12.2	12.6	13.2	13.8	14.6	16.0	18.0	23.0
200	22.4	23.2	23.8	24.6	25.5	27.0	27.7	29.5	32.0	35.0	40.2	52.0
400	51.5	52.5	53.8	56.0	57.5	62.0	65.0	69.0	75.0	88.0	98.0	120.0
800	2:02	2:04	2:06	2:11	2:16	2:25	2:35	2:45	3:06	3:35	3:55	4:30
1500	4:16	4:18	4:20	4:32	4:40	5:02	5:20	5:45	6:30	7:20	8:10	9:20
Mile	4:35	4:40	4:55	5:00	5:10	5:30	5:55	6:15	6:55	7:50	8:45	10:15
5000	15:45	16:00	16:15	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	61:15	68:30
110H	15.4	16.5	17.8	18.8								
100H					18.0	19.0	20.0	21.0				
80H									18.0	21.0	25.0	30.0
400H	58.0	60.0	62.0	64.0	68.0	71.0						
300H					48.0	51.0	55.0	60.0	67.0	75.0	85.0	95.0
3K-SC	10:10	10:30	11:45	12:40	13:30	14:00						
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30
HJ	1.90	1.85	1.76	1.68	1.60	1.50	1.45	1.38	1.25	1.15	1.00	0.80
	6-2 1/2	6-7/8	5-9/16	5-6	5-3	4-11	4-9	4-6	4-1 1/2	3-9/16	3-3/4	2-7/8
PV	4.40	4.10	3.95	3.70	3.55	3.05	2.70	2.40	2.30	2.00	1.80	1.30
	14-5 1/2	13-5/8	12-11/16	12-1 1/2	11-7/8	10-0	8-10/16	8-4/8	7-6/8	6-6/8	5-10/16	4-3/4
LJ	6.50	6.10	5.85	5.60	5.40	4.90	4.50	4.20	3.80	3.35	2.85	2.20
	21-4	20-7/8	19-2 1/2	18-4/8	17-8/16	16-1	14-9/16	13-9/16	12-5/8	10-11/16	9-4/8	7-2/8
TJ	13.20	12.60	11.50	10.80	10.40	9.50	8.90	8.20	6.96	6.50	5.94	5.51
	43-3/4	41-4/8	37-8/16	35-5/8	34-1/8	31-2	29-2/8	26-11	22-10	21-4	19-6	18-1
Shot	14.50	14.02	13.41	12.62	13.10	12.00	12.80	11.50	11.00	9.00	8.00	6.00
	47-7	46-0	44-0	41-5	43-1	39-4	42-0	37-8/16	36-1/8	29-6	26-3	19-8/16
Discus	44.80	42.80	39.50	37.50	42.00	41.00	42.00	39.00	34.00	26.00	22.00	15.24
	147-0	140-5	129-7	123-0	137-9	134-6	137-9	127-11	111-6	98-5	72-2 1/2	50-0
Hammer	47.24	44.20	40.00	39.00	39.00	36.00	37.00	32.00	30.00	24.00	20.00	17.07
	155-0	145-0	131-3	127-11	127-11	118-1	118-1	105-0	98-5	78-9	65-7/8	56-0
Javelin	62.00	56.00	48.76	47.00	43.00	41.00	39.00	35.00	31.00	24.00	19.00	14.02
	203-5	183-9	160-0	154-2	141-1	134-6	127-11	114-10	101-8	78-9	52-4	46-0
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00			6.00	5.00	4.00	3.00
	49-2 1/2	45-11/16	42-8	39-4/8	32-9/16	29-6/16			19-8/16	16-5	13-1/8	9-10
25#Wt.							11.50	10.00	9.00	7.30	5.30	4.50
							37-6/16	32-9/16	29-6/16	23-11/16	17-4/8	14-9/16
56#Wt.	9.50	9.00	8.50	8.00	6.00	5.00	4.50	4.00	3.50	3.00	2.50	2.00
	31-2	29-6/16	27-10/16	26-5	19-8/16	16-5	14-9	13-1/8	11-5/8	9-10	8-2/8	6-6/8
Pent.	2800	2600	2600	2400	2600	2600	2600	2600	2600	2600	2600	2600
Decath.	5500	5250	5250	5000	5200	5000	4500	5000	4800	4200	3000	2500
Wt. Pent.	2800	2700	2800	3000	3000	3000	3000	3000	2600	2700	3000	3000

- Notes: 1) 100 standards are for automatic time; use standard conversion for hand time.  
 2) Short hurdles: 30-49: 39"; 50-59: 36"; 60-69: 33"; 70+: 30"  
 3) Long hurdles: 30-49: 36"; 50-59: 33"; 60+: 30"  
 4) Shot put: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k  
 5) Discus throw: 30-49: 2kg; 50-59: 1.5kg; 60+: 1.0kg  
 6) Hammer: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k  
 7) Javelin: 30-49: 800g; 60+: 600g  
 8) Metric heights and distances are the standard; feet and inches listed for convenience.  
 9) Pen/Dec/Wt.Pent: 30-39 IAAF pts.; 40+ WAVA factoring (new WAVA).

## U.S. MASTERS ALL-AMERICAN STANDARDS

FOR WOMEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100	13.8	14.1	14.4	15.0	15.5	16.4	16.8	18.6	19.8	22.0	25.0	25.0
200	28.0	28.8	30.0	31.6	33.0	35.0	37.0	39.0	42.0	48.0	52.0	52.0
400	63.5	65.5	68.0	70.0	78.6	80.0	83.0	84.0	86.0	98.0	104.0	104.0
800	2:33	2:35	2:40	2:46	2:54	3:10	3:20	3:36	3:56	4:30	5:40	5:40
1500	5:10	5:20	5:30	5:40	6:00	6:20	6:45	7:30	8:00	8:50	10:10	10:10
Mile	5:40	5:50	6:10	6:30	6:50	7:00	7:40	8:10	8:50	9:40	10:45	10:45
5000	19:45	20:15	21:00	22:00	23:30	24:50	26:00	28:00	30:00	34:00	36:00	36:00
10000	41:30	42:40	44:00	48:00	50:00	52:00	56:00	60:00	66:00	76:00	85:00	85:00
100H	17.2	18.2										
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	79.0	87.0	96.0	110.0	120.0	
HJ	1.40	1.35	1.27	1.22	1.12	1.07	1.02	0.97	0.92	0.89	0.84	0.84
	4-7	4-5 1/2	4-2	4-0	3-8	3-6	3-4	3-2 1/2	3-0 1/2	2-11	2-9	2-9
PV	2.70	2.40	2.10	1.80	1.50	1.20	1.10	1.00	0.90	0.80	0.70	0.70
	8-10 1/2	7-10 1/2	6-7	5-10 1/2	4-11	3-11 1/2	3-7 1/2	3-3 1/2	2-11 1/2	2-7 1/2	2-3 1/2	2-3 1/2
LJ	4.60	4.42	4.04	3.81	3.40	3.20	3.10	2.60	2.30	2.10	1.50	1.50
	15-1	14-6	13-3	12-6	11-1 1/2	10-6	10-2	8-6 1/2	7-6 1/2	6-10 1/2	4-11	4-11
TJ	9.50	9.09	8.43	7.49	7.01	6.40	6.20	6.00	5.50	4.50	3.89	3.89
	31-2	29-10	27-8	24-7	23-0	21-0	20-4 1/2	19-8 1/2	18-1/2	14-9	12-9	12-9
Shot	10.30	9.32	8.51	8.40	8.00	7.77	7.50	6.60	6.00	5.20	4.30	4.30
	33-9/16	30-7	27-11	27-8 1/2	26-3	25-6	24-7 1/2	21-8	19-8 1/2	17-1/2	14-1 1/2	14-1 1/2
Javelin	35.00	33.50	28.00	25.00	23.00	22.15	20.00	17.00	16.00	15.00	12.00	12.00
	114-10	109-11	91-10	82-0	75-5 1/2	72-8	65-7 1/2	55-9 1/2	52-6	49-2 1/2	39-4 1/2	39-4 1/2
Discus	32.00	30.00	25.00	24.00	22.00	21.00	18.00	16.00	14.00	13.00	11.00	11.00
	105-0	98-5	82-0	78-9	72-3 1/2	69-0	59-1/2	52-6	45-0	42-8	36-1 1/2	36-1 1/2
Hammer	35.00	32.50	30.00	25.00	23.00	22.00	21.00	18.00	14.00	12.00	9.00	9.00
	114-10	106-7	98-5	82-0	75-5 1/2	72-2 1/2	68-0	59-1/2	46-0	39-4 1/2	39-6 1/2	39-6 1/2
20#Wt.	10.00	9.00	8.00	7.01								
	32-9/16	29-6/16	26-3	23-0								
16#Wt.					8.00	7.01	6.00	5.54	5.18	5.00	4.75	4.75
					26-3	23-0	19-8 1/2	18-2	17-0	16-5	15-7	15-7
Sup.Wt.	6.50	6.00	5.50	5.00	5.25	5.00	4.75	4.50	4.00	3.50	3.00	3.00
	21-4	19-8 1/2	18-2 1/2	16-5	17-2 1/2	16-5	15-7	14-9 1/2	13-1 1/2	11-5 1/2	9-10	9-10
Wt.Pent.	2600	2500	2500	2500	2800	2600	2600	2500	2500	2400	2300	2300

## APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

NAME \_\_\_\_\_ AGE-GROUP \_\_\_\_\_  
 ADDRESS \_\_\_\_\_ SEX: M \_\_\_\_\_ F \_\_\_\_\_  
 CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
 MEET \_\_\_\_\_ DATE OF MEET \_\_\_\_\_  
 MEET SITE \_\_\_\_\_  
 EVENT \_\_\_\_\_ MARK \_\_\_\_\_  
 HURDLE HEIGHT \_\_\_\_\_ WEIGHT OF IMPLEMENT \_\_\_\_\_  
 CERTIFICATE       PATCH       PATCH TAG

- If you have equaled or bettered the standard of excellence, please fill out this application, completely.
- A copy of your results or a note stating in which issue your results appeared MUST accompany this application.
- 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.
- Send to: All-American, National Masters News, P.O. Box 50098, Eugene OR 97405.
- A 3-color, 8" by 10" certificate, suitable for framing, and/or a 3-color, 3" by 4" patch will be mailed to you within six weeks. Allow eight weeks for a patch tag.

# TRACK & FIELD RESULTS

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

**NOTICE:** The National Masters News will no longer process results that are submitted handwritten.

## EAST

MAC Powerbar Classic, Armory T&F Center, Manhattan, NYC; Dec. 11

<b>60m</b>	
M30 Will Holland	7.51
Joseph Bencivenga	8.16
M35 Alex Rivera	7.77
M40 Val Barnwell	7.29
Vance Jordan	7.91
M45 Dennis Brown	7.87
David Gritz	8.14
M50 Eddie Watson	8.39
Michael Dejesus	9.01
M55 David Rosenthal	10.15
M60 Richard Rizzo	8.56
W30 Beverly Timonthy	8.92
W35 Edna Crawley	9.28
Fran Davis	10.52
W40 Nejlja Mitchell	10.14
W50 Skipper Clark	9.26
<b>200m</b>	
M30 Will Holland	24.65
Joseph Bencivenga	26.55
M40 David Cherry	23.95
Val Barnwell	23.97
M45 Jesse Norman	24.62
Dennis Brown	25.52
M50 Ron Johnson	24.73
Thaddeus Morris	25.97
M55 Keith Bennett	28.00
David Rosenthal	35.61
M60 Richard Rizzo	28.23
John Hurley	36.17
W30 Amy Stuart	29.04
Dawn Best	29.53
W35 Charlene Landrum	27.12
Edna Crawley	30.63
W40 L Clark-Feaster	29.50
Nejlja Mitchell	35.15
<b>400m</b>	
M40 David Cherry	54.49
Adrian Snerrett	57.52
M45 Tony Plaster	1:01.36
Don Hodge	1:02.87
M50 Ron Johnson	57.08
John Kuhl	1:07.30
M60 Bob Dobbs	1:03.58
Frank Haviland	1:05.37
W30 Dawn Best	1:06.48
Beverly Timothy	1:10.97
W40 Stephanie Vega	1:03.20
W45 P Dickson-Taylor	1:11.48
<b>Mile</b>	
M35 Rich Agnello	4:53.19
Doug Miller	4:57.08
M40 Anthony Watson	5:10.00
Alex Angwey	5:36.24
M50 Victor Diaz	5:16.96
Tom Byrnes	5:48.40
W35 Laura Frisch	5:51.62
<b>Long Jump</b>	
M40 Vance Jordan	5.02
M55 David Rosenthal	2.30
W30 Dawn Best	3.91
W35 Edna Crawley	4.01
<b>High Jump</b>	
M40 Vance Jordan	1.63
Rob Doran	1.42
M50 Michael Dejesus	1.42
W35 Edna Crawley	1.30
<b>Pole Vault</b>	
M40 Rob Doran	2.74
M45 Joe McMahon	2.44
<b>Shot Put</b>	
M40 Rob Doran	9.56
Vance Jordan	7.86
M50 Rich Dunphy	10.91
Francis Neller	7.85
M55 Edward Fox	11.08
Carl Levine	9.17
W40 Sarah Boslaugh	9.74
W50 Skipper Clark	8.04

Philadelphia Masters Indoor Meet  
Haverford College; Dec. 13

<b>55m</b>	
M35 Derek Holloway	6.6
M40 Tony Fulton	6.9
M45 Tony Natale	7.2
M60 Earl Mege	8.6
M65 Jim Stookey	7.7
M70 Tom Rice	8.6
M80 Champion Goldy	9.5
M85 George Braceland	12.6
W40 Renee DiGiacomo	8.7
W60 Audrey Lary	9.0
<b>200m</b>	
M30 Derrick Butler	28.4
M35 Derek Holloway	23.5
M40 Bill Austin	24.8
M45 Thomas Jones	24.7
M50 Melvin Fields	27.0
M55 Dave Rosenthal	37.1
M60 Nate Byrd	30.5
M65 Bill Clark	30.5
M70 Bill Bergen	33.9
M75 George Blyn	48.0
M80 Champion Boldy	37.3
W40 Renee DiGiacomo	33.8
W60 Audrey lary	35.0
<b>M400</b>	
M30 Derrick Butler	1:01.0
M35 George Ridley	53.2
M40 Joe Varrone	55.3
M45 Tony Natale	54.4
M50 Ron Shamwell	1:05.3
M55 Larry Simmons	1:14.0
M75 George Blyn	1:47.0
<b>800m</b>	
M35 Craig Lowthert	2:09.3
M40 Steve Shaklee	2:10.0
M45 Bill Bixler	2:11.4
M50 Dick Green	2:11.1
M75 George Blyn	3:58.6
M80 Ed Powers	4:17.3
W35 Kathy Harte	2:55.5
<b>Mile</b>	
M30 Peter Bittinger	4:59.4
M35 Curt Nelson	5:00.9
M40 Steve Shaklee	4:40.6
M45 Gary Comfort	5:05.9
M50 Dick Green	4:56.8
M55 Joel Dubow	5:46.0
W35 Kathy Harte	6:32.4
<b>3000m</b>	
M30 Eric Holte	10:50.9
M35 Curt Nelson	10:17.8
M40 Tom Yunker	11:25.4
M50 Tom Cook	11:00.3
M55 Joel Dubow	11:46.9
<b>55m Hurdles</b>	
M45 Ken Kring	9.5
M60 Nate Byrd	9.8
M65 Jim Stookey	9.7
<b>High Jump</b>	
M40 Bill Brown	5
M50 Bill Walsh	4-8
M55 Fred Riley	4-2
M60 Jim McGrath	4-4
M65 Jim Stookey	4-2
M85 George Braceland	3-6
<b>Long Jump</b>	
M40 Ken Kring	5.11
M50 Bill Walsh	4.40
M60 Earl Mege	3.76
M65 Jim Stookey	4.15
M70 Tom Rice	3.90
M85 George Braceland	2.29
W60 Audrey Lary	3.34
<b>Triple Jump</b>	
M50 Bill Walsh	9.60
M65 Jim Stookey	9.18
M85 George Braceland	4.78
W60 Audrey Lary	7.86

## Shot Put

M45 Ken Kring	35-5
M50 Bill Walsh	37-4.50
M70 Bill Bergen	28-4
M80 Champion Goldy	22-11.50
W60 Audrey Lary	25-5
<b>Mile RW</b>	
M55 Larry Simmons	11:50.0
M85 George Braceland	12:57.0
W60 Mary Stookey	11:51.0

## SOUTHEAST

Len Olson Holiday Weight Pentathlon  
Delray Beach, FL; Dec. 27

<b>(HT/SP/D/T/JT/WT)</b>	
M50 Bruce Hedendal	4128
(46.06/13.17/46.92/40.05/16.39)	
Jerry Bookin-Weiner	3524
(40.12/11.97/39.81/35.02/14.40)	
John von Rohr	2183
(41.82/12.73/37.38/11.07)	
M55 Bob Cahners	3171
(36.63/9.46/29.85/24.14/14.23)	
M60 Cliff (Jack) Hunter	3113
(29.06/10.26/35.14/31.37/11.07)	
M65 Len Olson	4694
(40.59/12.85/44.44/35.36/15.57)	
Pay Carstensen	3841
(38.65/10.72/30.97/27.37/14.92)	
Reed Quinn	3761
(31.68/10.42/38.67/29.78/13.09)	
M75 Jack Stein	3370
(29.35/8.16/29.17/22.22/10.63)	

## SOUTHWEST

Team Oklahoma Indoor Meet  
Tulsa; Dec. 19

<b>40y</b>	
M30 Gregory Williams	4.96
M45 George Hall	5.83
M55 George Marchetti	5.49
W40 Debi Emery	7.41
<b>200m</b>	
M40 Ken Ellis	25.44
M45 George Hall	30.03
M55 George Marchetti	28.34
<b>400m</b>	
M40 Rick Easley	54.98
M45 Leo Bochnia	67.51
M55 George Marchetti	63.51
W40 Debi Emery	95.29
<b>800m</b>	
M40 Rick Easley	2:04.18
M45 Leo Bochnia	2:30.66
M50 Rob Perry	3:07.45
M55 George Marchetti	2:30.00
W40 Debi Emery	3:29.47
<b>Mile</b>	
M40 Matt Pile	5:01.21
M55 George Marchetti	5:26.99
W40 Debi Emery	7:36.50
<b>40yH</b>	
M40 Ken Ellis	5.85
M45 George Hall	7.48
M50 Rob Perry	9.66
<b>Pole Vault</b>	
M40 Ken Ellis	4.11
M50 Rob Perry	2.21

## WEST

Kelfield Throws Series #66  
Santa Cruz, CA; Dec. 19

<b>Shot Put</b>	
M40 Andy Miller	40-5
M45 Gary Kelmenson	33-6.5
M60 Jim Hart	42-4
<b>Discus</b>	
M40 Andy Miller	156-3
M45 Gary Kelmenson	103-4
M60 Jim Hart	140-5
<b>Hammer</b>	
M40 Andy Miller	140-3
M45 Gary Kelmenson	122-5
M60 Jim Hart	124-7
Don Hughes	92-4
<b>35# Weight</b>	
M40 Andy Miller	52-9.5
M45 Gary Kelmenson	42-3
M60 Jim Hart	35-3.25
Don Hughes	29-7.5
<b>56# Superweight</b>	
M40 Eric Hodgdon	25-2
M45 Gary Kelmenson	26-11.5
M60 Don Hughes	20-10
Jim Hart	20-4

Happy Valentine's Day from NMN

## INTERNATIONAL

Colombian National Championships  
Medellin, Oct. 9-12

<b>100m</b>	
M30 Humberto Arnedo	11.06
M35 Yamil Machado	11.02
M40 Armando Herrera	11.05
M45 T Cordoba	11.05
M50 Luis Gutierrez	12.03
M55 Moises Martinez	12.07
M60 Alejandro Harris	12.09
M65 Fernando Galindo	13.08
M70 Angel Montoya	14.09
M75 Otoniel Ortega	16.05
M80 Vinicio Echeverri	21.03
W30 Felisa Rodallego	13.02
W35 Yolanda Moreno	13.08
W40 Raquel Obregon	13.08
W45 Cecilia Montana	15.00
W50 Elvira Diaz	15.06
W55 Lucia Avendano	16.04
W60 Matilde Marin	17.02
W65 B Renteria	16.07
W70 Fredes Torres	19.02
W75 Bertha Leal	21.03
W85 Julia Izquierdo	28.04
<b>200m</b>	
M30 Humberto Arnedo	24.37
M35 Yamil Machado	23.01
M40 Armando Herrera	23.55
M45 T Cordoba	24.24
M50 Jairo Duque	25.52
M55 Moises Martinez	26.16
M60 Alejandro Harris	27.08
M65 Fernando Galindo	28.74
M70 Angel Montoya	34.41
M75 Otoniel Ortega	35.97
M80 Pedro Hurtado	48.69
W30 Felisa Rodallego	27.33
W35 Yolanda Moreno	28.40
W40 Raquel Obregon	28.63
W45 Cecilia Montana	31.24
W50 Elvira Diaz	32.49
W55 Lucia Avendano	35.42
W60 Matilde Marin	35.70
W65 Maria Londono	38.33
W70 Emilia de Garcia	44.47
W75 Silvia Gonzales	48.86
<b>400m</b>	
M30 Juan Benites	51.98
M35 Yamil Machado	51.69
M40 Luis Miranda	54.08
M45 Carlos Loaliza	54.31
M50 Jairo Duque	55.91
M55 Moises Martinez	58.18
M60 Pedro Guerrero	1:06.50
M65 F Galindo	1:07.80
M70 Angel Montoya	1:24.09
M80 Pedro Hurtado	1:55.67
W30 Gladys Solano	1:06.30
W35 Yolanda Moreno	1:06.30
W40 Raquel Obregon	1:04.10
W45 Rusaury Rincon	1:12.40
W50 Elvira Diaz	1:14.70
W55 Clara Triana	1:18.30
W60 Matilde Marin	1:28.40
W65 Abigail Carrillo	1:46.70
W70 Emilia de Garcia	1:50.40
<b>800m</b>	
M30 Juan Benitez	2:10.80
M35 Angel Riasco	2:05.50
M40 Napoleon Pino	2:08.90
M45 Carlos Loaliza	2:05.50
M50 Jairo Duque	2:15.20
M55 Moises Martinez	2:17.40
M60 Hector Velez	2:40.30
M65 Jorge Builes	2:44.08
M70 Carlos Guerrero	3:30.07
M75 J Garcia	3:48.05
M80 Pedro Hurtado	4:22.09
W30 Ana Gamboa	3:12.04
W35 Yolanda Moreno	2:35.04
W40 Carmen Rojas	2:44.06
W45 Gloria Barrios	2:42.00
W50 Rita Diaz	2:59.00
W55 Fanny Rodriguez	2:58.08
W60 Rocio Jaramillo	3:28.02
W65 Ana Rodriguez	3:19.01
<b>1500m</b>	
M30 C Duque	4:27.06
M35 G Giraldo	4:22.03
M40 Jose Bautista	4:16.07
M45 Gabriel Bautista	4:30.00

M50 Jose Ramirez	4:51.02
M55 Luis Luna	4:55.04
M60 Hector Velez	5:18.05
M65 M Velasquez	5:40.02
M70 Carlos Guerrero	6:46.04
M75 J Garcia	8:04.04
W30 Yanet Vargas	6:09.03
W35 Adriana Suarez	5:47.06
W40 Elsa Paloma	5:45.07
W45 Gloria Barrios	5:49.06
W50 Rita Diaz	6:07.03
W55 Clara Triana	6:35.08
W60 Elvia Navas	7:40.05
W65 Rosalba Bautista	6:54.04
<b>5000m</b>	
M35 Sergio Sanchez	16:24.60
M40 Jose Bautista	15:58.90
M45 G Betancur	16:50.30
M50 Carlos Soler	17:30.00
M55 H Barreneche	18:05.60
M60 B Cardona	19:00.40
M65 M Velasquez	21:35.50
M70 Antonio Correa	24:87.80
M75 J Garcia	30:37.70
W30 Natalia Botero	20:00.30
W35 Carmen Jimenez	19:28.20
W40 Gloria Jaramillo	20:31.80
W45 Gladys Rueda	22:17.70
W50 Bibiana Correa	26:04.80
W55 Marina Restrepo	25:23.40
W60 Mariela Restrepo	26:52.30
W65 Rosalba Bautista	26:16.00
W70 Maria Forero	33:08.30
<b>10,000m</b>	
M30 Carlos Miranda	37:23.00
M35 Dorian Cantillo	33:41.08
M40 Jose Bautista	33:42.05
M45 Bernardo Gil	34:32.03
M50 Carlos Soler	36:49.04
M55 H Barreneche	37:33.04
M60 B Cardona	40:23.08
M65 M Velasquez	45:15.06
M70 A Correa	56:05.00
W30 Natalia Botero	42:31.03
W35 Elisa Rodriguez	43:50.00
W40 Gloria Jaramillo	42:45.02
W45 Gladys Rueda	46:05.09
W50 Socorro Ocana	53:33.00
W55 Marina Restrepo	52:02.05
W60 Mariela Restrepo	54:50.08
W65 Ana Rodriguez	53:15.07
<b>Short Hurdles</b>	
M30 Cesar Rivera	19.56
M35 E Contreras	20.16
M40 Jose Gonzalez	20.09
M50 Segundo Ferrin	17.55
M55 Gustavo Delgado	19.96
M60 Alejandro Ortiz	18.84
M65 Fernando Galindo	18.18
M75 Stella Sepulveda	21.42
W60 Oliva Cuevas	24.45
<b>Long Hurdles</b>	
M30 Cesar Rivera	1:09.70
M35 Olmes Rios	1:07.58
M40 Jose Gonzalez	1:07.17
M45 Fabio Munoz	1:09.47
M50 Raul Moreno	1:21.98
M55 R Monsalve	1:23.45
M60 Alejandro Ortiz	54.59
M65 Eduardo Escobar	1:05.29
<b>2000m Steeplechase</b>	
M60 A Bustamante	9:07.51
M65 A Llanos	10:59.89
<b>3000m Steeplechase</b>	
M30 J Arrendondo	10:55.66
M35 Jose Millan	11:37.00
M40 W Velandia	13:00.80
M45 Fabio Munoz	11:55.88
M50 Jose Ramirez	12:31.12
M55 Luis Luna	12:41.77
<b>4x100m Relay</b>	
M30 Agricola San Luis	45.27
M40 Azucareros	51.05
M50 Independiente	52.35
M60 Pera del Otun	1:00.43
W30 Parque el Lago	58.82
W40 Independiente	58.92
W50 Triangulo de Oro	1:09.21
W60 Triangulo de Oro	1:14.33
W70 Triangulo de Oro	1:33.50
<b>4x400m Relay</b>	
M30 Agricola San Luis	3:42.03
M40 Limaster Bolivar	3:50.07
M50 Pilsen	4:06.86
M60 Peria del Otun	5:02.75

W30 Pilsen	4:44.88
W40 Independiente	5:14.31
W50 Triangulo de Oro	6:14.72
W60 Triangulo de Oro	6:42.44
W70 Triangulo de Oro	8:52.72
<b>High Jump</b>	
M35	



Continued from previous page

W55 Teresa Masmela	22.45
W60 Maria Mejia	18.10
W65 Armelia Gonzalez	17.10
W70 Ethel Ospina	13.27
W75 Bertha Leal	11.67
W80 Cecilia Jimenez	9.33
W85 Mercedes Pedraza	8.82
<b>Hammer</b>	
M30 Rodrigo Pinzon	15.35
M35 Wilson Castro	36.22
M45 Miguel Galarza	33.91
M50 A Villareal	27.69
M55 Hugo Sucerquia	25.51
M60 Pedro Pachon	24.77
M70 Alain Rodriguez	21.24
M75 Saul Pelaez	26.68
M85 Pedro Villanueva	24.65
W35 C Rodriguez	19.41
W40 Evelina Cotes	31.08
W45 Olga Fajardo	18.56
W50 Elvia Sanchez	22.21
W55 Emelina Abril	24.45
W60 N Castebianco	21.77
W65 Mariela Perez	20.10
W70 Ethel Ospina	16.51
W75 Bertha Leal	10.66
W85 Mercedes Pedraza	10.12
<b>Javelin</b>	
M35 Horacio Duque	41.56
M40 Luis Martinez	58.88
M45 Miguel Galarza	31.06
M50 Noel Loret	37.08
M55 H Mondragon	23.21
M60 Julio Torres	28.04
M65 Pedro Pachon	24.37
M70 Ricardo Tobar	26.58
M75 Rafael Cotes	20.08
M80 Jose Castillo	5.13
M85 Pedro Villanueva	17.61
W35 C Rodriguez	13.72
W40 Evelina Cotes	33.65
W45 Olga Fajardo	18.76
W50 Lucien Criollo	19.25
W55 Teresa Masmela	30.00
W60 Maria Mejia	20.15
W65 Armelia Gonzalez	20.50
W70 Ethel Ospina	12.78
W75 Bertha Leal	11.91
W80 Cecilia Jimenez	7.95

W85 Mercedes Pedraza	6.72
<b>5000m RW</b>	
M30 E Sanchez	23.55.50
M35 Ruben Possu	24.25.90
M40 Francisco Soto	26.00.40
M45 Victor Vasquez	34.46.60
M50 Ernesto Alfaro	25.30.60
M55 E Vanegas	30.34.80
M60 Dario Ramirez	25.47.90
M65 Asnoralo Llanos	36.06.50
M70 Alain Rodriguez	32.06.10
W35 Maria Figueroa	24.30.10
W40 Amparo Garcia	27.30.40
W45 Maria Arbelaez	33.37.60
W50 Ana de la Cruz	35.15.90
W55 Luz Parraga	35.16.00
W60 Alba Munoz	36.35.10
W65 Ligia Correa	35.23.50
W70 Maria Forero	37.07.20
<b>10,000m RW</b>	
M30 Edilson Sanchez	46.08
M40 Franxico Soto	52.36
M45 Jairo Vera	1:01.30
M50 Ernesto Alfaro	52.02
M55 Enrique Vanegas	1:03.41
M60 Dario Ramirez	54.20
M70 Hernando Sierra	1:15.00
W35 Maria Figueroa	57.20
W40 Amparo Garcia	1:02.46
W45 Maria Arbelaez	1:09.20
W50 Ana de la Cruz	1:13.05
W55 Luz Parraga	1:14.34
W60 Maria Medina	1:22.23
W65 Ligia Correa	1:15.36
W70 Maria Forero	1:21.96
<b>Half-Marathon</b>	
M30 Cristobal Duque	1:14.25
M35 Sergio Sanchez	1:13.33
M40 Jose Bautista	1:13.10
M45 Gustavo Betancur	1:15.04
M50 Carlos Soler	1:20.02
M55 H Barreneche	1:20.10
M60 Baudilio Cardona	1:17.39
M70 Antonio Correa	1:48.47
W30 Natalia Botero	1:34.15
W35 Carmen Jimenez	1:26.50
W40 Gloria Jaramillo	1:38.04
W45 Gladys Rueda	1:40.53
W50 Miriam Arango	1:59.50
W55 Marina Restrepo	1:57.26

Cathy Troisi	10:45:13
W55 Thelma Richardson	10:50:07
W70+Helen Klein	12:25:25
<b>--50K--</b>	
<b>Overall</b>	
James Lawrence Jr	29:32:16
Tracy Rose	3:58:49
M40 Rob Lang	3:48:11
Tim Twietmeyer	3:48:11
Clement Grum	3:48:46
M45 Dmitry Voldman	3:49:02
Ralph Tuttle	4:17:26
CharlieGreenwell	4:20:36
M50 Frank Bozanich	3:51:26
Michael Duhs	4:22:56
Fred Pilon	4:25:05
M55 Jimmie Jones	4:25:48
Edward Fras	4:39:51
Richard Teitz	4:45:49
M60 Jim Bevins	6:02:46
Jack Swanson	6:14:18
Fred Bagnall	6:27:15
M65 Ray Boytun	5:38:05
Peter Butler	6:48:59
Dick Twietmeyer	7:16:14
M70+Ross Waltzer	8:20:25
GeorgeBashen	7:48:53:40
WallaceRapoza	7:09:08:14
W40 Norberta Valdez	4:34:47
Sylvia McKinney	4:41:49
Beth Davis	4:51:23
W45 Donna Sterns	4:31:13
Patricia Hensley	4:47:24
Sharon Grant	5:01:55
W50 Missy Rodey	5:32:35
Mary Mettenbrink	5:52:00
Dafna Lotan	5:53:46
W55 Diane Eastman	5:48:01
Bonnie Allison	6:30:54
Judy Christians	6:49:25
W60 R Larsen	7:34:04
W65 Sadie Greenman	7:58:03
Ruth Anderson	8:24:59
W70+Liese Rapoza	7:18:51:29

<b>EAST</b>	
<b>Greater Hartford Marathon, Half-Marathon, and 5K Hartford, CT; Oct. 10</b>	
<b>Marathon</b>	
<b>Overall</b>	
Juan Gonzales	37 2:19:29
Lisa Vaill	35 2:46:29
M40 Jim Miller	40 2:28:43
Glen Marttila	40 2:39:58
Don Slusser	46 2:43:40
Bobby Bonadies	43 2:48:17
Jim Adams	41 2:49:31
M50 Larry Spires	50 3:03:52
Alan Graham	50 3:07:36
CharlesBuzinsky	52 3:08:59
Howard Cohen	50 3:12:23
J Courtmanche	56 3:16:02
M60 Ben Mathews	60 3:27:53
Dick Green	64 3:42:18
Fred Savage	66 3:48:42
George Stump	61 3:48:51
Rogelio Vianzon	66 4:15:16
M70 Bob Williams	71 5:23:46
W40 Gail Case	41 3:19:29
Emmy Stocker	40 3:24:56
Megan Goldstein	49 3:26:47
Carol Gruhle	41 3:36:11
Jan Prenoveau	42 3:39:27
W50 Mel McCloskey	50 4:03:45
Rene Collins	57 4:04:38
Ann Cleaveland	53 4:09:14
Ruth Ripley	51 4:19:20
Linda Rocco	50 4:25:59
W60 Jeannette Cyr	64 4:29:37
Judith Dye	60 6:10:39

<b>Half-Marathon</b>	
<b>Overall</b>	
Joseph Kariuki	28 1:04:32
Margaret Kagiri	29 1:16:00
M40 Russell Blatt	41 1:14:44
Joe Banas	41 1:17:29
Jim Mas	40 1:19:16
George Garney	40 1:22:14
Dennis Bardne	43 1:22:52
M50 Guy Pulino	53 1:28:11
Ralph Morelli	51 1:28:44
Bob Pawloski	50 1:32:29
Morgan Shipway	56 1:32:35
Ted Phillips	57 1:32:56
M60 Hector Santiago	61 1:36:52
Aldo Frascarelli	68 1:38:35
Joseph Riccio	64 1:42:49
Myron Genel	62 1:46:59
Miller Brown	61 1:48:02
M70 Warren Elmslie	71 1:50:52
Harold Holly	74 1:57:38
Peter Pantelis	72 2:08:09
Ray Markham	70 2:29:11

W40 Cathi Cote	41 1:33:52
Barb Carpenter	43 1:36:20
Maura McDonald	40 1:40:29
Theresa Moylan	41 1:41:43
Nancy Muller	41 1:41:46
W50 Jo Marchetti	55 1:43:25
Judith Argazzi	52 1:45:40
Patricia O'Hanlon	55 1:50:59
Barrie Pianka	52 1:51:58
Ingrid Gamm	52 1:53:32
W60 Janice Partyka	60 1:50:23
E Sparkowski	62 2:15:30
Gloria Ranney	60 3:25:44
Jan Prenoveau	42 3:39:27
<b>5K</b>	
<b>Overall</b>	
Mohammed Taouzani	25 15:38
Kerry Arsenault	33 17:36
M40 Ed Sparkowski	43 16:19
Steve Gates	44 16:22
Anibal Rivera	42 16:43
Robert Peattie	42 17:35
Steven Morse	46 17:54
M50 Jerry Augustine	53 19:26
Sam McClendon	57 20:53
Ramon Ruiz	58 21:07
Kirby Hendrix	51 21:14
Bill Williams	57 22:41
M60 Donald Wojtyna	61 24:23
Wus Rhibwio	69 25:31
Dan Laffin	65 26:11
Lester Dietz	60 26:14
R Gouldsbrough	63 27:26
M70 George Brown	73 27:08
Henry Day	74 40:27
M80 Hugh Hamilton	84 34:45
W40 Patricia Rickart	43 21:37
Karen Plevyak	41 23:28
Joan McGuire	44 23:35
D VanDerkoef	43 25:30
Terri Nesta	41 25:40
W50 Judith Pierson	53 23:59
Linda Zavalick	52 24:03
Betsy Piskorski	56 24:28
Jan McKeown	51 25:37
Barbara Segaloff	53 25:45
W60 Barbara Frasca	60 28:28
Pat Murray	60 29:44
Irene Burke	61 30:01
Diane Stuart	63 32:15
Carol Sweeney	61 39:06
W70 Eileen Fisher	72 44:51
Kathryn Rodgers	75 45:08
W80 Mary Haines	84 45:10
<b>Relay</b>	
<b>Overall</b>	
Deslongcamps	2:47:41
<b>Mens Masters</b>	
Herminators	3:35:52
<b>Mixed Masters</b>	
Silk City Cruisers	2:54:27
Happy Harriers	3:49:44

<b>Rockville 5K &amp; 10K Rockville, MD; Oct. 18</b>	
<b>--5K--</b>	
<b>Overall</b>	
Joe Abernathy	39 16:05
Wendy Ponvert	36 20:43
M40 Peter Kirk	2nd 16:17
Dave Bollinger	18:00
Peter Clardy	18:14
M45 Ken Umbarger	16:55
Scott Winston	18:24
Tim O'Keefe	18:54
M50 Charlie Adams	19:31
Jim Murphy	20:17
Paul Cartson	21:41
M55 Charles Raper Jr	20:09
Keith Ord	21:28
Jim Mullen	31:01
M60 Charles Ross	19:55
Maurice Ornstein	23:00
Kevin Kasunic	29:50
M65 none	
M70+Bill Osburn	75 23:57
W40 Carol Pescatore	24:07
Terry Shelton	25:02
Cindy McGrew	27:24
W45 Maria Shields	23:16
Jackie Painter	23:37
Anne Forsha	26:00
W50 Mary Kuta	25:52
Diane Fogash	27:53
Mary Jamison	30:10
W55 Kathy Price	25:02
Eileen Curran	41:31
Barbara Prokop	41:33
W60 Kerstin Anderson	31:15
Sharron Telesetsky	39:29
W65 none	
W70+MonicaFriedman	7129:24
<b>--10K--</b>	
<b>Overall</b>	
Mark Hoon	34 33:24

Anita Freres	33 37:59
M40 Peter Darmody	37:36
Elias Tinta	38:33
M45 Earl Swatzenruder	37:47
James Moreland	38:27
M50 Eric Gyaki	40:09
Walter Brown	42:41
M55 Warren Prunella	40:46
Fred Shanklin	46:48
M60 Roger Burkhart	52:51
Walt Telesetsky	52:59
M65 Ray Campbell	56:11
Hal Dorin	77:45
W40 Marynta Dunlavy	40:30
Bernadette Flynn	41:14
W45 Elise Heumann	46:09
Susanna Horner	47:05
W50 Priscilla Prunella	49:03
Penny Bodine	51:14
W55 Dee Nelson	49:03
Janet Newburgh	51:20
<b>Sweetwood Halloween Scamper 5K for 50+ Williamstown, MA; Oct. 31</b>	
<b>Overall</b>	
William Dixon	20:14
Ginger Hunt	30:55
M50 William Dixon	20:14
John Babington	20:24
Bill Lord	21:23
M55 John Pelton	20:37
Russ Tew	22:38
James Dami	23:21
M60 Larry Jowett	21:59
Peter Hettrich	22:02
Jerry LeVasseur	23:29
M65 Birger Vignes	24:24
Ed Doucette	24:32
Bob Davidson	25:36
Joe Fernandez	22:22
Jonathan Tobey	24:44
Douglas Blanchard	24:49
M75 Robert Knowlton	33:14
Dan Geer	36:19
William Stern	36:43
M80 Phil Campbell	33:13
W50 Pamela Rappazzo	32:05
W55 Ginger Hunt	30:55
W60 Joan Corrigan	42:06
W65 Janet Perrett	37:41
Marion Beverly	39:07
W70 Florence Dagata	42:09
Julie Christo	48:49
W75 Louise Rossetti	38:10
Mary Sarvis	54:11

<b>Ocean State Marathon Warwick, RI; Nov. 8</b>	
<b>Overall</b>	
Andrey Kutznetsov	2:17:58
Madina Bikiagirova	2:36:21
M40 Andrey Kutznetsov	2:17:58
Andrezei Witczak	2:28:12
Jim Miller	2:32:48
Guy Gordon	2:35:36
Scott Mason	2:40:30
Paul Days-Merrill	2:42:14
Mark Steege	2:48:35
M50 Brent MacDonald	2:38:40
Rafael Perez	2:44:30
Stephen Reed	2:48:30
Ty Schmalz	2:49:26
Jean Levesque	2:53:10
M60 William Riley	3:04:16
Leo Tomasetti	3:16:54
Jim O'Toole	3:18:01
Fred Silverblatt	3:29:26
Americo Fiore	3:35:57
W40 Lee DiPietro	2:51:24
Mary Burns-Prine	2:52:44
Cathy Johnson	3:26:49
Mary Camire	3:29:30
Jean Kerr	3:32:04
Maria Casas	3:34:18
Meg Kerr	3:35:04
W50 Mary Preisel	3:15:16
Beaulieu Ghislaine	3:37:10
Julian Angelone	3:46:34
Anne Hennessey	3:47:12
C Schermerhorn	3:57:29

<b>Turkey Trot 5 Mile Alexandria, VA; Nov. 26</b>	
<b>Overall</b>	
Ray Pugsley	29 24:08
Naoko Ishibe	29 29:04
M40 Jim Hage	25:43
Robert Briggs	27:00
Ed Sheehan	28:58
M45 Ken Umbarger	27:45
Paul Ryan	28:02

Jay Wind	29.37
M50 Ken Shipp	31.09
Robert Trost	31.13
Peter Rodenbaugh	31.44
M55 Chas Raper Jr	33.01
James Medas	33.58
Klaus Hirtes	34.05
M60 Richard Williams	35.47
Maynard Weyers	36.28
Chan Robbins	38.27
M65 Jack McMahon	37.36
Don McCarten	37.45
Mitch Garwolinski	40.13
M70 Dixon Hemphill	36.33
Paul Nonte	50.36
M75 Henry Heymann	70.16
W40 Patti Shull	29.18
Bernadette Flynn	32.15
Kathi Canese	33.27
W45 Betty Blank	36.33
Anne Viviani	37.08
MaryAnn Roberts	39.00
W50 Tucker Maney	37.18
Deb Gebhardt	37.53
MaryEllen Gonyea	39.27
W55 Janice Stoodley	34.31
Linda Yahn	43.54
Pat Yanosek	44.47
W60 Tami Graf	41.26
Pat Hyland	60.00
W65 Anne Jones	70.15
W70 Sister Maria	78.26

<b>Northern Central Trail Marathon Sparks, MD; Nov. 28</b>	
<b>Overall</b>	
Mark Jones	37 2:43:13
Joanna Zieger	28 2:47:25
M40 Mark Courtney	2:44:29
Paul Peterson	2:47:13
Bill Peeling	3:09:38
M45 George St. Onge	3:00:48
Doug Pickett	3:08:26
Steven Milton	3:10:45
M50 Ronnie Wong	3:10:11
Harry Smith	3:28:44
M55 Fred Carlson	3:08:10
Calvin Loomis	3:13:54
Roger Cobbledick	3:26:57
M60 Kirk Davies	3:18:48
Rich Jamborsky	3:32:21
M65 Geo Yannakakis	3:42:51
M75 Paul Gionfriddo	5:00:19
W40 Cathy Bartholomew	3:44:04
Ginger Stockton	3:48:28
W45 Janet Labue	

Continued from previous page

Charlie Baker	47:54
Don Smith	49:38
M65 Richard Williams	57:20
Thomas Jones	57:33
Henry Metzger	57:47
M70 Dixon Hemphill	48:33
Ray Blue	52:39
Marcel Bitoun	55:39
W40 P Shull	37:53
Otelia Perotti	43:52
Sylvia Travaglione	45:21
W45 Sandra Adams	43:57
Diane Hill	47:16
Val Campbell	49:35
W50 Nancy Crippen	47:25
Miaman Pinkard	49:39
Priscilla Prunella	50:10
W55 Janet Newburgh	54:14
Patti Taylor	61:17
Suzanne Willett	66:09
W60 Tami Graf	52:51
W65 Doralie Segal	53:42

-5K-

**Overall**

John Cosgriff 23	18:03
Claire Conron 15	22:52
M40 Curtis Davis	18:13
Gregory Price	19:14
M45 Jay Wind	18:47
M50 John Smeby	22:34
M55 Bill Sollers	23:41
M60 Anthony Measham	27:19
M65 Albert Tyree	43:11
M70 Randy Renken	45:34
W40 Ellen Plewacki	24:31
Kathy Hamilton	24:56
W45 Nancy Glover	24:15
W50 Jane Mullen	25:40
W55 Gail Coughlin	31:15
W60 Jamie Wollard	31:44
W65 Lillian Wolf	42:17

**Ho Ho Ho 5K Run**  
Bethpage, L.I., NY; Dec. 19

**Overall**

Scott Brown 36	15:32
Barbara Gubbins 38	17:46
M40 John Williams	16:18
John Del Maestro	16:48
John Di Camillo	17:30
M45 Ted Truet	17:19
Jim Walsh	17:25
Alan Orman	17:29
M50 Hugh Sweeny	17:40
Kieran Kelly	17:41
Julip Aguirre	17:49
M55 Maury Dean	17:55
Seth Kaminsky	18:58
Dan Badalament	19:21
M60 Joe Cordero	19:35
Denis Daly	20:01
Jose Mendez	20:22
M65 Geza Feld	20:57
Cuy Froehlig	23:45
George Marr	23:56
M70 John Corrigan	23:55
Bert Jablon	24:01
M75+John McManus 75	24:14
Sab Koide	27:32
Bill Benson	30:47
W40 Linda Ottaviano	20:01
Anastasia Stekas	20:11
Erin O'Driscoll	20:19
W45 Kathy Martin	18:24
Diane Gordon	20:26
Cathy Gehrlein	21:12
W50 MaryAnneGoldman	21:33
Flora Flores	23:10
Hilory Boucher	23:14
W55 Marie-L. Michelsohn	22:51
Wendy Burns	23:55
Helma Clavin	26:35
W60 Pat Catalo	26:25
Nancy Fraser	26:59
Astrid Georges	27:56
W65 Thelma Wilson	24:30
Dolly Finkelstein	30:35
Sandra Roppolo	32:44
W70 Marie Abrams	44:14
Rita Tarry	48:41
W75+Blanche Ascher	75:44:18

**DCRR Greenbelt**  
10 and 20 Milers  
Greenbelt, MD; Dec. 27

**10 Miler**

**Overall**

Ted Poulos 37	1:00:20
Dolly Ginter 35	1:02:58
M40 Dante Ciolfi	1:00:57
M45 Jay Wind	1:03:33
M50 Ron Griswold	1:13:35

M55 Gerry Ives	1:06:13
M65 Jim Keat	1:31:37
M75 Bill Osburn	1:33:45
W45 Maria Shields	1:25:15
W50 Ruth Criscio	1:26:12
W60 Tami Graf	1:33:36

**20 Miler**

**Overall**

Paul Peterson 44	2:06:55
Suzanne Scroggin 43	2:26:43
M40 Paul Peterson	2:06:55
M45 Bob Platt	2:34:57
M50 Louis Pilsch	2:43:46
M55 Hans Moenning	2:49:31
M75 Walt Washburn	3:14:37
W40 Rebecca Strode	2:29:22
W45 Sandy Salazar	2:53:15

**SOUTHEAST**

**Crestar Richmond Marathon**  
Richmond, VA; Nov. 7

**Overall**

Tim Covington	2:23:51
Senoria Clarke	2:48:51

**Mens Masters**

Daniel Kolb	2:44:09
Michael Fuller	2:45:48
Lionel Scatliffe	2:54:41

**Womens Masters**

Debi Bernardes	3:01:37
Cecil Astrop	3:17:56
Jeanine Best	3:19:06
M40 Peter Peterman	2:55:30
Greg Guinther	2:56:31
Reggie Moore	2:58:48
Bill Butzner	2:59:51
John Beck	3:00:15
M45 Dennis Holman	2:54:52
Steve Thompson	2:57:41
Shah Mehrahi	3:02:38
David MacLeod	3:07:06
John Bly	3:11:26
M50 Kenneth Greenwell	3:02:28
John Loughran	3:02:35
Daniel Turner	3:08:18
Bob Reed	3:13:22
John Bell	3:22:53
M55 Patrick Lackey	3:17:25
Bobby Bruce	3:18:25
Lewis Jones	3:19:17
Charles Jones	3:22:14
Bruce Nystrom	3:24:43
M60 Dick Green	3:42:21
Robert Slingerland	4:05:53
Jim Giles	4:09:57
Thomas Humphrey	4:17:03
Walter Pharr	4:18:55
M65 William Graham	3:58:17
Gene White	4:09:49
Edward Jefferson	4:35:56
Brad Chapman	4:46:06
John Tiller	5:21:55
W40 Michelle Lybarger	3:27:51
Nancy Ferris	3:31:45
Kathryn Scourby	3:45:55
Ruth Via	3:46:07
Sue Sheppard	3:47:00
W45 Nancy Walz	3:32:47
Therese Willis	3:32:54
Lynn McAteer	3:35:35
BJ Derring	3:47:11
Debbie Thompson	3:47:31
W50 Betty Scott	3:35:45
Lynn Jamieson	3:42:42
Barbara Brady	4:05:42
Linda Peters	4:05:49
Linda Willett	4:16:44
W55 Sharon Giese	3:30:31
Janice Hicks	4:02:46
Linda Cooke	4:11:52
Sally Squier	4:30:36

**Hospice 5K At Ford's Colony**  
Williamsburg, VA; Nov. 8

**Overall**

John Piggot 33	16:04
Linda Kidder 41	19:48
M40 Rick Samaha 2nd	16:54
Mike Fields	17:23
M45 none listed	
M50 Peter Sim	18:51
M55 Bob Spencer	20:06
M60 John Essery	21:10
M65+Andy Polansky 70	22:05
John Cholish Jr 69	23:35
W40 L Kidder	19:48
W45 Shirley Loftus	23:25

**Outback Distance Classic**  
Half-Marathon  
Jacksonville, FL; Nov. 26

**Overall**

Ronnie Holassie 29	1:04:22
Svetlana Zakharova 28	1:11:51

M40 James Rasch	1:13:47
Doctor Radical	1:14:46
Jeffrey Delie	1:17:42
Robert Thomas	1:17:56
Mathew Ausmus	1:18:31
M45 Jack Lunsford	1:23:59
Robert Torchia	1:24:49
Bob Fernee	1:26:42
Mario Sclafani	1:29:44
Mungai Kamiti	1:30:13
M50 Bernie Candy	1:22:28
Larry Todd	1:28:57
Robert Irvin	1:30:22
Tom Hoffman	1:30:29
Jim Tully	1:30:37
M55 Frank Frazier	1:32:03
Roy Clarke	1:35:46
Patrick Zier	1:36:40
Thomas Henkel	1:37:48
Jerry Hartly	1:41:24
M60 Joe Beams	1:40:19
Tomasz Radzikowski	1:41:09
Charles Desvosier	1:52:19
Dan Cook	1:52:44
Clay Sanders	1:55:23
M65 Joe Nettles	1:35:24
Arnold Mueller	1:52:02
John Aimone	1:54:20
Bo Holub	2:02:44
Paul Stackpole	2:05:07
M70 Robert Moffitt	1:44:46
PK Sheldon	1:46:53
Joe Connolly	1:52:08
Bob Carr	1:54:26
Joe Conrad	2:03:35
W40 Laura Vancleave	1:33:13
Donna Vandervelde	1:35:58
Stacie Hernandez	1:37:12
Lisa Bunker	1:37:36
Barbara Edwards	1:38:41
W45 Gwen Torchia	1:33:09
Paulette Gavan	1:39:53
Jan Taylor	1:42:25
Becky Deal	1:46:12
Adrian Crement	1:47:13
W50 Patt Sher	1:39:35
Theresa Coomes	1:49:06
Susie Miller	2:04:49
Millie Milligan	2:09:03
Mary Taylor	2:10:35
W55 Judith Daniel	1:46:29
Barbara Vitsky	1:58:42
Marilynn Koubek	2:05:51
Nancy Pullo	2:13:24
Arlene Olson	2:16:37
W60 Faun Peters	2:16:06
Kathy Witkowski	2:51:57
W65 Willa Owen	2:30:20
Dottie Burris	2:43:19
Norma Wasson	2:50:53
W70 Maryruth Johnson	2:30:11
Irene Herbertson	2:33:08

**Jingle Bell 8K Run For Arthritis**  
Reston, VA; Dec. 6

**Overall**

Bryce Wendel 22	27:23
Suzanne Scoggin 35	30:12
M40 Spark Rogers	29:14
Steve Donahue	30:09
Robert Costanza	30:20
M45 Jay Wind	29:36
Glenn Klenk	31:48
Bob Hersh	32:31
M50 Howard Campbell	32:36
Phil Sipka	32:58
Carl Knoettner	34:02
M55 Janet Newburgh	41:51
Pamela Seater	45:31
Sam Robey	46:09
M60 Maynard Weyers	35:28
Ken Quincy	36:13
Richard Williams	36:25
M65 Charles Day	42:21
Lowell Owsley	57:22
M70 Ray Blue	43:04
Oliver Bragg	50:36
M75 Bill Osburn	40:03
W40 Otelia Perotti	34:21
Heather Sanders	35:31
Melanie Levin	35:51
W45 DanaAnnScheurer	39:00
Sandra Bernardi	39:21
Barbara Footer	41:33
W50 Julie Trapp	41:25
Mary Gaziano	42:26
Denise Mansheim	42:27
W55 Janet Newburgh	41:51
Pamela Seater	45:31
Sam Robey	46:09
W60 Ecris Williams	42:38
Joanna D'Arc Roe	48:57
W65 Marjorie Lane	48:56
Marge Stahl	58:33
W70 Terry Hamilton	61:49

**WZYP Rocket City Marathon**  
Huntsville, AL; Dec. 12

**Overall**

Elly Rono, 28, Kenya	2:19:13
Chris Allwine, 29	2:48:18
M40 Jeff Martin	MI 2:34:11
John Taylor	GA 2:35:58
Robert Yara	TX 2:36:59
Michael Fuller	VA 2:45:14
Jess Koski	MN 2:53:00
Joe Franca	AL 2:54:44
Malcolm Adams	GA 2:55:00
Rich. Rodenhausen	AL 2:56:21
Mike Getton	TN 2:58:48
Doug Kerton	FL 2:58:55
Davy Kennamer	AL 2:59:22
Chuck Babin	AL 3:00:24
Michael Allen	AL 3:00:44
Glen Henthorn	WI 3:04:38
Forrest Callicutt	AL 3:08:53
Greg Beachy	KY 3:09:05
R. Kuchenbrod	IL 3:09:33
Tracy Pool	AL 3:09:37
Geary Fults	TN 3:10:37
Curtis Weems	AL 3:12:10
M45 Doug Kurtis	MI 2:46:33
Steve Rice	AL 2:57:14
Steve Westead	AL 3:02:32
Sam Norman	GA 3:05:57
Gene Doran	TN 3:06:37
Louis Harshman	MO 3:06:38
Iman Majid	AL 3:06:41
Jim Struve	GA 3:07:20
Larry Gordon	GA 3:10:26
Steve Kerley	AL 3:13:39
Gary Grace	AL 3:13:48
Eric Henson	IL 3:18:50
M50 Terry McCluskey	OH 2:46:06
Thys Bax	IL 2:47:41
Dewayne Key	AL 2:55:06
Jeffrey Hawkins	AL 3:04:49
John Minton	TN 3:12:32
Ronnie Beard	AL 3:15:29
Harold Puzey	IL 3:15:37
Craig Kelly	TN 3:23:21
Rh. De Cample	WA 3:25:14
Lee Weinhold	MN 3:27:24
Tony George	TN 3:28:07
M55 Dwight McPherson	TN 3:18:56
Jerry Harris	NC 3:20:23
Peter Warner	NC 3:26:31
James Adams	SC 3:26:34
John Tally	AL 3:29:56
William Fenton	CN 3:31:03
Bud Wiseman	TN 3:33:23
Frank Tuckerman	IN 3:33:25
Dewey Spence	IN 3:34:52
Bob Boeder	NC 3:35:57
Stephen Mills	GA 3:38:32
M60 Joe Beams	AL 3:27:54
Paul McCain	AL 3:31:22
Bobby Chandler	SC 3:32:54
Kelly Stinson	AL 3:33:59
Dean Whitehead	TN 3:34:25
Don Clark	GA 3:40:59
Ray Langton	TN 3:43:45
Cecil Hester	AL 3:43:48
Gaylon Dodson	AL 3:44:51
Rodger Goodwin	IN 3:46:12
M65 John Renaud	MI 3:45:27
Cresh Downs	AL 3:45:30
Ted Hartshorn	IN 4:07:54
Jim Blount	FL 4:10:41
Grady Edwards	AL 4:41:12
M70 Robert Gray	SC 3:56:00
Joe Killeen	TN 4:07:17
Burt Carlson	MN 5:09:20
M75 Ken Robinson	TN 5:11:11
John Laughlin	TN 5:23:54
Tony Azzaro	IL 5:55:45
W40 Jeanne Olash	KY 3:01:05
Joyce Deason	LA 3:02:38
Sheri Segal	VA 3:12:06
Jeanne Geuria	IN 3:18:04
Sandy Mayfield	GA 3:28:22
Patti Minton	GA 3:33:42
Ali Stout	IL 3:36:25
Gail Jope	AL 3:40:06
Molly Gerke	VA 3:43:07
Naomi Abe	AL 3:43:29
Kathy Holt	LA 3:43:35
Karen Khobadadi	AL 3:46:21
W45 Judith Hine	GA 3:09:04
Susan Puzey	IL 3:26:34
Marcie White	MS 3:33:14
Nancy Nail	AL 3:50:09
Janet Puzey	IL 3:53:06

Heidi Sherman	NC	3:53:39
Barbara Cohen	GA	3:53:51
Kay C. McVey	MO	3:57:34
Terry Hooks	AL	3:58:02
Cathie Johnson	TN	4:04:17
Cheryl Ibarra	AL	4:10:55
Sharon Neas	TN	4:11:38
W50 Jane Hutchison	MO	3:19:32
Mary Prisel	TN	3:23:56
Merle Hines	IN	3:39:36
Gail McCaslin	NC	3:41:30
Connie Friend	VA	3:46:11
Kaye Kriz	VA	3:47:58
Sarah McGinley	TN	3:50:40
Susan Magher	CN	3:56:34
Vivian Hammond	AL	4:26:49
W55 Patricia Denton	TN	3:51:50
Heather Yeowell	NC	3:58:31
Mary Thompson	SC	4:00:44
Eva Epps	SC	4:17:59
Elizabeth Sadler	TN	4:43:48
Brenda Norred	FL	4:52:32
W60 Dot Richter	AL	4:30:46
Barbara Meyer	AL	4:35:38
W75 Lynn Edwards	NC	5:50:46

**Age Graded Awards**

Thys Bax	\$500	52	2:47:41
Robert Yara	400	43	2:36:59
Jeff Martin	*	40	2:34:11
Terry McCluskey	300	50	2:46:06
John Taylor	*	41	2:35:58
Judith Hine	*	49	3:09:04
Doug Kurtis	*	46	2:46:33
Joyce Deason	*	43	3:02:38
Michael Fuller	*	43	2:45:14
Jeanne Olash	*	41	3:01:05
Jane Hutchison	200	52	3:19:32
Dewayne Key	100	50	2:55:06

\* Won more money for master finish

**DeLeon Springs Half-Marathon**  
DeLeon Springs, FL; Jan. 3

**Overall**

Rick Shapic 34	73:51
Marie Cinot 37	94:21
M40 Chris Cooper	74:47
Peter Hopfe	77:01
Rich Newman	77:28
Dave Dunn	84:10
M45 Bob Dozoretz	82:33
Danny Stevens	84:00
Mike Cooper	85:11
M50 Pete Weishaar	85:44
Vic Beninate	90:41
Ron Raymond	91:10
M55 Ron Lamed	9

Continued from previous page

Edward Mantini	18:41
Danny Yamazaki	19:04
M50 Dan Allshouse	18:52
Joseph Rizza	20:12
Victor Haluska	26:23
M55 John Doyle	19:34
Ted Noller	19:46
Susumu Niimi	20:53
M60 Mike Ishikawa	20:24
Francois Mazure	23:42
John Marshall	24:01
M65 Leroy Carter	22:42
James Render	26:17
William Clark	31:44
M70 Ralph Furnes	30:56
M75 Frank Endo	29:13
Mel Schewe	31:34
Jack Mehلمان	37:06
W40 Jane Lieberman	30:37
Jeanne Sather	21:22
Kim Baker	28:31
W45 Patty Greenwood	24:19
Margaret Levy	32:47
Maxine Axelrod	34:18
W50 Patricia Bates	22:51
Cheryl Williams	23:59
Patty Fogerson	24:44
W55 Kate Budlong	33:55
Sally Osborne	36:53
Pat Downing	36:56
W60 Atsuko Fujimoto	25:52
Willie Blaylock	25:59
Greta Jones	31:05
W65 Chieko Allwein	25:16
Bee-Jay Keel	36:36
Inga Engberg	40:19

**10K Overall**

Jamie Lewis 29	31:23
Tania Fischer 32	35:39
M40 Frank Tai	35:07
Jon Horowitz	36:21
Jeff Press	36:21
M45 Arthur Cookson	37:58
Scott Minium	39:41
Danny Yamazaki	42:40
M50 Ken Desmet	38:49
Jose Paez	41:37
Frankie Dowey	42:40
M55 John Doyle	42:55
Rex Peters	43:56
Jim Malpede	45:13
M60 Sonny Monioz	41:03
Claude Bruni	44:35
John Marshall	48:58
M65 Walter Keller	47:46
Rex May	50:48
Loren Leonard	56:36
M70 Milo Sather	48:49
Ellis Revness	50:51
John Cairns	52:54
M75 Steve Bathias	1:02:09
M80 Vincent Malizia	1:03:04
W40 Deborah Hafford	42:55
Jeanne Sather	47:37
Julia Fretschl	49:19
W45 Irma Garcia-Gabbie	55:44
Eva Cohen	56:31
Ruth Nelson	56:37
W50 Wendy Watson	44:51
M Brauner	46:43
Patricia Bates	49:31
W55 Sandra Harris	1:01:52
Gina Haris	1:07:17
Diana Arcery	1:08:46
W60 Marilyn Clark	53:42
Ana Monteil	1:28:03
W65 Marion Robinson	1:20:35

**Resolution Day 5K & 10K Santa Barbara, CA; Jan. 1**

-5K-

**Overall**

Bryan Dansworth 28	15:17
Suzan Cox 37	18:39
M40 Jim Triplett	16:07
M45 Jim Kornell	18:09
M50 Joseph Banach	18:37
M55 Rollie Cavalletto	19:18
M60 John Brennand	19:18
M65 GordnMcClenathen	22:49
M70+Gene Welch 71	27:57
W40 Dianna Hall	20:33
W45 Elaine Triplett	19:45
W50 Stephanie Welch	24:43
W55 Judy Alexander	30:02

W60 Lisa Norcutt	28:46
W65 Ann Chadwick	36:28
<b>Racewalk</b>	
1 Tony Chapman 60	31:25
2 Sandy Ross W42	41:26
4 Mike Spota 49	41:28
6 Roberta Kramer 60	46:08
-10K-	
<b>Overall</b>	
Gregg Horner 44	32:53
Marci Steelman 30	39:41
M40 G Homer	32:53
LeogumixJuvenal 35:20	
M45 Don Delaney	38:40
M50 Alvaro Vela Vela	39:47
M55 Barry Cappelo	50:00
M60 Pat Higgins	48:47
M70+StanleyCoombs75	57:04

**CANADA**

**Ontario Masters 8K Cross-Country Championships Toronto; Nov. 1**

M35 Gordon Christie	27:51
Rick Cornelissen	28:48
Jamie Black	28:50
M40 Jerry Kooymans	28:18
Tim Wood	28:23
Mike Vidito	28:33
M45 John Craig	29:00
George Aitkin	29:04
Dave Yaeger	30:24
M50 Peter Hasse	30:20
Bob Knuckey	31:44
Mike Sheridan	33:01
M55 Robert Moore	30:41
Mike Billington	34:22
Brian Drewett	35:22

M60 Jack Geddes	32:52
Ron Crichton	35:38
M65 Morgyn Paterson	39:34
Ken Morris	52:36
M70 Rich Sullivan	42:04
Ralph Lang	42:09
W30 N Greenidge	35:08
W35 Jen Ditchfield	34:06
Sheila Robinson	35:43
L Soucy-Fraser	36:49
W40 Lynn Kobayashi	34:29
Pearl Ing	34:35
Jean MacKenzie	34:38
W45 Adele Emo	38:10
Christine Guy	41:15
Brenda Cassel	47:37
W50 Linda Findley	35:04
Nancy Wells	38:43
W55 Joan Christensen	42:49
W70 - Dory	53:57
Tammy Cathey	1:48:37
W55 Mary Kennard	1:54:13
Mary Salter	2:02:15
W60 MaryAnn Miller	1:59:06
Joyce Agre	2:29:06
W65 none	
W70+Jan Richards	2:07:24
Audrey Melvin	2:50:36

**INTERNATIONAL**

**South African 10K Road Running Championships Port Elizabeth; Nov. 11**

M40 Stephen Seema	31:35
A Nyabanyaba	31:40
David Thaate	31:53

M50 Paulus Masilela	33:14
Simon Mokone	34:39
Siph Mthimkulu	34:60
M60 Harold Dobson	37:08
S Mostert	38:28
Keith Jolly	38:41
W40 Sonja Laxton	37:22
Jean Rayner	38:49
Nancy Will	38:59
W50 Sonya Laxton	37:22
Jenny Allebone	40:51
Pixie Sparg	42:37
W60 Marina Odendaal	49:18

**British & Irish International Cross-Country Championships St. Asaph, N. Wales; Nov. 21**

M40 Jim Estall GBR	35:35
Michael HassettIRE	35:47
John Rye GBR	35:58
M45 Nigel Gates GBR	35:17
Mike Hager GBR	36:06
A Jenkins SCO	36:46
M50 Peter Hyde GBR	37:17
John Buckley IRE	37:57
H Matthews GBR	38:02
M55 Les Davies GBR	40:11
Bob Young SCO	40:51
Martin Ford GBR	41:05
M60 Steve James GBR	40:31
Fred Gibbs GBR	41:53
Harry Clayton GBR	43:12
M65 Willie Neeman IRE	NT
Ron Higgs GBR	NT
Gery Spink GBR	NT

W35 M Steadman GBR	19:31
Trudi ThomsonSCO	19:42
Frances Gill WAL	20:01
W40 Joan Hough IRE	20:17
Sheila Allen GBR	20:17
Mags Greenan IRE	20:20
W45 Karen Marshall IRE	20:12
Gill Dean GBR	20:33
ZenaMarchantGBR	20:34
W50 Pat Gallagher WAL	20:53
Jane Davies GBR	21:36
Linda White GBR	21:53
W55 Val Hancock GBR	23:38
D Tsakirianos GBR	24:09
Pam Jones GBR	24:37

**RACEWALKING**

**USATF South Region One-Hour Racewalk Conway, SC; Nov. 7**

<b>Meters</b>	
M45 Rick Austin	8755
M55 Heinrich Looser	9485
M65 Al Clowser	8508
Tom Buis	8076
M70 Clint Edwards	8160
Pete Dunagan	7575
M75 E B Lloyd	8084
J Biersteker	7380
M80 Bill Patterson	7639
W40 Denise Shepard	7558
W50 Delia Austin	6421
W60 I Looser	8053
W65 Miriam Dye	7252

**Alan Ranofsky Invitational Racewalks Cooper City, FL; Nov. 14**

**10K Overall**

Jay Dash 55	1:07:30
Donna Pape 46	1:01:08
M55 Jay Dash	1:07:30
M65 Sig Kurz	1:26:40
M70 S Shafmaster	1:27:04
W40 Cathy Edelman	1:16:53
W45 Donna Pape	1:01:08
W60 Barbara Grand	1:07:44
W65 J M Provost	1:07:05
W70 Miriam Gordon	1:16:52

**20K Overall**

John Frederick	1:58:33
Sandra Gegura	2:29:06
M45 Jaun Yanes	2:01:16
M50 Dana Sanders	2:35:34
M55 Daniel Koch	2:18:15
M65 Bob Fine	2:25:24
W45 Judy Wordell	2:43:27
W50 Pat Baran	2:34:21
W55 Kay Cella	2:43:21
W70 Ruth Perraud	2:41:52
W70 Miriam Gordon	1:16:52



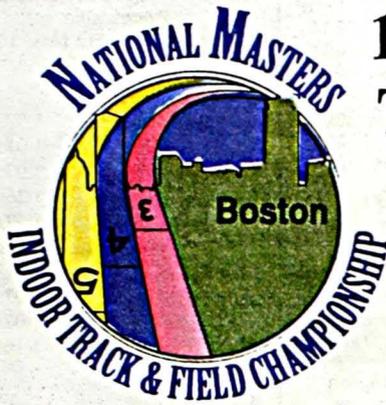
**ATHLETES WHO ENTER A NEW DIVISION, FEBRUARY 1999**

ATHLETE (RESIDENCE)	BIRTHDATE	AGE	GROUP
ALVIS ANDREWS (CA)	2-10-34	65	65-69
PETE BEAMER (KAILUA, HI)	2-2-14	85	85-89
PHILIP BRADY (DENVER, CO)	1-10-34	65	65-69
PETER BROWNE (GBR)	2-4-49	50	50-54
MATT BROWN (EDISON, NJ)	2-5-34	65	65-69
JOHN CAMPBELL (NZ)	6-6-49	50	50-54
HECTOR CISNEROS (AUSTIN, TX)	2-8-34	65	65-69
LEWIS COLLIER (NASHVILLE, TN)	1-28-34	65	65-69
BERRE COLLARD (FRANCE)	1-18-24	75	75-79
OSCAR HARRIS (PA)	1-16-24	75	75-79
PAUL HOBE (ALLIANCE, OH)	2-28-34	65	65-69
SIDNEY HOWARD (PLAINVIEW, NJ)	2-24-34	65	65-69
KAMEO JIN (JPN)	2-24-49	50	50-54
VLASTIMIL KOCA (CZE)	1-13-4	85	85-89
ERNST KORTE (WG)	6-14-4	85	85-89
ALBERT LASCH (WG)	1-11-39	60	60-64
GEORGE MATHE (RSA)	1-14-24	75	75-79
JAMES MCDONAGH (BRONX, NY)	2-25-4	95	95-99
RUSSELL MEYERS (PENSACOLA, FL)	7-24	75	75-79
IRV MONDSCHHEIN (HAVERLAND, PA)	0-14	85	85-89
FRANK MURPHY (VAN NUYS, CA)	1-19	80	80-84
HAROLD PARSONS (CAN)	2-9	90	90-94
FRITZ PHILIPPS (WG)	2-14	85	85-89
GORDON PORTEOUS (GB)	2-49	50	50-54
JAMES PRESS (PALO ALTO, CA)	14-39	60	60-64
ULO PUSS (URS)	24-24	75	75-79
DONALD REID (VA)	24-34	65	65-69
TOM ROBERTS (AUS)	7-39	60	60-64
JAMES ROUNTREE (US)	7-29	70	70-74
NOBUYOSHI SADANAGA (JAP)	2-39	60	60-64
KARL SCHRODER (WG)	9-29	70	70-74
BARNARD STEVENS (US)	1-13-44	55	55-59
HUGH SWEENEY (NEWARK, NJ)	1-17-44	55	55-59
GENE TIMBERLAKE (HOUSTON, TX)	1-15-49	50	50-54
WILSON WAIGWA (KEN-SAN DIEGO, CA)	1-19	80	80-84
KURT WERNER (WG)	2-24-29	70	70-74
VIRGIL YEHNERT (AKRON, OH)	2-21-54	45	45-49
ROBERT ZAHN (MEQUON, WI)	2-22-49	50	50-54
MARIE BURLESON (COLUMBUS, OH)	2-1-44	55	55-59
MARGARET DAVIS (OVERLAND PARK, KS)	1-19	80	80-84
PAT DIXON (BEND, OR)	1-19-34	65	65-69
DOROTHY DORION (JACKSONVILLE, FL)	2-6-59	40	40-44
RUTH DROEGE (US-TORONTO)	4-4-44	55	55-59
EVELYNN ELLIS (STATE COLL., PA)	7-24	75	75-79
VICKI FOLTZ (MONROE, WA)	7-24	75	75-79
MARJ HANNICKEL (LOOMIS, CA)	7-24	75	75-79
BERNIE HOLT (EUGENE, OR)	7-24	75	75-79
CHERYL KNIGHT (GARDENA, CA)	7-24	75	75-79
CHIZANNE KNOTT (RODSIDE, CA)	7-24	75	75-79
SHANNE MALLETT (ROCKSIDE, MD)	7-24	75	75-79
KATIE MARTIN (SAN ANSELMO, CA)	7-24	75	75-79
NANCY MIESZCZAK (HOUSTON, TX)	7-24	75	75-79
ETHELBERT PETERS (MA)	7-24	75	75-79
CATHERINE SEELEY (GRESHAM, OR)	7-24	75	75-79
GRETCHEN SNYDER (BERKELEY, CA)	7-24	75	75-79
DOROTHY STOTSENBERG (MALIBU, CA)	7-24	75	75-79
PAULINE THOMAS (KENT WA)	7-24	75	75-79
MARGARET ANDERSON (NZL)	7-24	75	75-79
GALINA BISTROVA (URS)	7-24	75	75-79
LEILA BOELLI (GER)	7-24	75	75-79
ISOBEL CUNNINGHAM (CAN)	7-24	75	75-79
ANNE KATHRIN ERIKSEN (GER)	7-24	75	75-79
ELIZABETH HASSEL (AUS)	7-24	75	75-79
ULIJA JANSSON (SWE)	7-24	75	75-79
MILDE KADE (EST)	7-24	75	75-79
LILLI KALMBACH (GER)	7-24	75	75-79
BIRUTE KERSULIENE (LIT)	7-24	75	75-79
SILKE MATTELSON (GER)	7-24	75	75-79
VERA NOVOSILTSEVA (URS)	7-24	75	75-79
ERIKA ROST (GER)	7-24	75	75-79
MARGARET RUSSELL (AUS)	7-24	75	75-79
ISABEL SAUMIER (CAN)	7-24	75	75-79
RENATE SCHADEN (AUT)	7-24	75	75-79
ZSUZZANA SEREDI (HUN)	7-24	75	75-79
ELSIE SHORT (RSA)	7-24	75	75-79
LILLIAN THOMAS (AUS)	7-24	75	75-79
MOLLY TURNER (CAN)	7-24	75	75-79
ANITA R. UHLIG (GER)	7-24	75	75-79
JUDY WARICK (CAN)	7-24	75	75-79
SUSANNE WARU (NZL)	7-24	75	75-79
ROSE WESTERHOLT (GER)	7-24	75	75-79
ZSUZZANNA WISSINGER (HUN)	7-24	75	75-79

Compiled by Pete Mundle, World and U.S. Masters T&F Records Chairman

**ATHLETES WHO ENTER A NEW DIVISION, JANUARY 1999**

ATHLETE (RESIDENCE)	BIRTHDATE	AGE	GROUP
EDUARDO ASTOREKA (SPA)	1-5-9	90	90-94
BILL BANGERT (ANAHEIM, CA)	1-14-24	75	75-79
MIKE BOIT (KEN)	1-6-49	50	50-54
ALAN BRADFORD (AUS)	1-31-39	60	60-64
PAUL BRIDGES (WICHITA, KS)	1-23-14	85	85-89
MANUEL RAMOS CAMBA (SPA)	1-23-39	60	60-64
ALBERT CLARK (ORANGE, CA)	1-23-39	60	60-64
GLEN CONLEY (WEST POINT, NY)	1-23-39	60	60-64
DAN CONWAY (CHATEAU, WI)	1-23-39	60	60-64
GERALD COUNIHAN (US)	1-23-39	60	60-64
BOB CREIGHTON (ATWOOD, KS)	1-23-39	60	60-64
COURTLAND GRAY (US)	1-23-39	60	60-64
RAY HUGHES (MT BALDY, CA)	1-23-39	60	60-64
BARRY JAHN (SALE, OR)	1-23-39	60	60-64
J A JAMESON (NZ)	1-31-49	50	50-54
MERV JENKINSON (AUS)	1-18-1	80	80-84
IVAN KABANOV (URS)	1-1-39	60	60-64
ERKKI KNAPP (FIN)	1-1-39	60	60-64
JACK KNEBEL (ORINDA, CA)	1-28-44	55	55-59
YRJO LOIKKANEN (FIN)	1-10-14	85	85-89
THOMAS MALIK (GREEN SC)	1-9-49	50	50-54
DUNCAN MCDONALD (KULA, HI)	1-1-49	50	50-54
MAX MCKAY (AUS)	1-2-24	75	75-79
CLIFF MCPHERSON (GUY)	1-14-29	70	70-74
PETER MOLLOY (GBR)	1-8-49	50	50-54
SAM NICHOLSON (LA CRESCENTA, CA)	1-30-29	70	70-74
JAMES O'HARA (HADDON FIELD, NJ)	1-20-39	60	60-64
EMIL PAWLK (JACKSON, MS)	1-14-39	60	60-64
DUSAN PREZELJ (SLO)	1-2-49	50	50-54
ALBERT RIEKE (NEW ORLEANS, LA)	1-2-59	40	40-44
TOM ROBINSON (SCARSDALE, NY)	1-2-44	55	55-59
WILLI RUMIG (WG)	1-2-14	85	85-89



# 1999 NATIONAL MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS

## March 26 - 28, 1999 at the Reggie Lewis Track & Athletic Center, Boston, MA



### Directed by TRACS, Inc.

### Hosted by the Boston Running Club

### In cooperation with USATF-New England



## MEET SCHEDULE

### FRIDAY, MARCH 26 MEN'S PENTATHLON

Order of Events

Hurdles

High Jump

Shot Put

Long Jump

800 Meter Run

### WOMEN'S PENTATHLON

Order of Events

Hurdles

Long Jump

Shot Put

High Jump

1000 Meter Run

### FIELD EVENTS

3:00 Weight (M60+, all W)

3:30 Shot Put (W60+, M65+)

3:30 Pole Vault (W, M70+)

3:30 Long Jump (M60+, all W)

3:30 High Jump (M50-59)

### TRACK EVENTS

2:00 3K Run

6:30 60m Trials

7:30 60m Semifinals

8:00 400m Prelims

### SATURDAY, MARCH 27 FIELD EVENTS

9:00 Shot Put (W30-59)

9:00 Shot Put (M60-64)

9:00 Long Jump (M50-59)

9:30 High Jump (all W)

9:30 Pole Vault (M60-69)

10:00 Long Jump (M40-49)

11:00 Shot Put (M50-59)

11:00 Long Jump (M30-39)

12:00 High Jump (M70+)

12:00 Shot Put (M40-49)

12:30 Pole Vault (M50-59)

1:30 High Jump (M60-69)

2:00 Triple Jump (W)

2:00 Shot Put (M30-39)

3:30 Weight (M30-59)

4:00 Pole Vault (M40-49)

4:30 High Jump (M30-39)

### SATURDAY, MARCH 27 TRACK EVENTS

9:00 Mile

11:30 60m High Hurdles

Semifinals and Finals

12:45 60m Finals

2:15 400m Finals

3:30 3K Racewalk

6:00 800m Prelims

7:00 200m Trials

### SUNDAY, MARCH 28 FIELD EVENTS

9:00 Triple Jump (M60+)

10:30 Super Weight (all)

10:30 Triple Jump (M50-59)

11:00 High Jump (M40-49)

11:00 Pole Vault (M30-39)

12:00 Triple Jump (M40-49)

1:30 Triple Jump (M30-39)

### TRACK EVENTS

10:00 200m Semifinals

11:30 800m Finals

1:00 200m Finals

2:30 4x800m Relay

3:00 4x400m Relay

### GENERAL INFORMATION

**ELIBILITY** Competition is open to ALL men & women 30 years of age & older, including non-US citizens. Age on March 26, 1999 will determine a competitors age group. Individuals will compete in 5-year age groups starting at age 30, relays in 10-year age groups. Proof of date of birth is required from all competitors in advance of the competition. Please include a photocopy of your birth certificate or passport with your completed entry form. All U.S. Citizen competitors must have a valid 1999 membership in USA Track & Field. 1999 USATF memberships will be available at the meet for \$15. We encourage you to obtain this membership in advance of the meet, through your local association. USATF cards must be presented at packet pick up. Athletes from other countries may compete as guests with no USATF membership.

**ENTRY** Deadline is March 1, 1999. Fees: PENTATHLETES: \$35 for the Pentathlon, \$30 for the 1st additional event, \$15 for subsequent events. ALL OTHER ATHLETES: \$30 for the first event, \$15 for each additional event. RELAYS: \$40 per team, payable on-site only, by 7:00 p.m. the day before the competition. LATE FEE: is \$25 for all entries received after March 1st. No entries accepted after March 19. Relays register on-site only (\$40). Entry fees are non-refundable and must be included with entry application. Fee includes: admission for 2 to the Championships, additional tickets \$5/day, children under 12 free. No additions/changes after entry deadline. Please make checks payable to TRACS, Inc. Entry packet pick up information will be available on our web site (www.tracs.net) as the event approaches. Confirmed entrants names will be posted on the website upon receipt. One week prior to the event, a list of competitors by event can be found on the website.

**AWARDS** USATF Championship medals will be awarded to the top three (3) U.S. Citizens in each age division of each championship final event. Foreign guest competitors finishing in the top three (3) will receive a non-championship medal. Awards will be presented in a timely fashion once the event has been completed and all results have been tabulated and verified.

**FACILITY & IMPLEMENTS** Reggie Lewis Track and Athletic Center features a 6 lane, lightly banked 200 meter Mondo track, with 8 lanes on the straight-aways. Starting blocks will be provided, but pole vaulters must bring their own pole. There will be two shot/weight circles throwing onto a synthetic surface, three high jump pits, and two long jump runways. Only soft shell shot and bag weight implements will be used for throws, except for 56 # Superweight, which will be contested outdoors.

The High Jump will begin at 2'8" and will be raised in increments published prior to the event. Only 1/4" pyramid spikes or flats permitted, no hexagonal elements. All shoes will be checked, and acceptable spike implements will be available at the meet (\$3 per set). The track must remain clear at all times during the competition. Only athletes actually competing at that time will be allowed on the track/infield. USATF competition rules will apply.

**RELAYS** Relay teams must consist of members of a single club/team or region. All members of U.S. relay teams must have a valid 1999 USATF membership card. All relay participants must have proof of age in the form of a photocopy of a birth certificate or passport. Relays will be contested in 10-year age groups. Registration for all relay events will take place at on-site registration only. Entry fee for all relays is \$40 per team, to be paid at registration by 7:00 p.m. the evening prior to the event.

**COMPETITION ORDER** Competition will proceed as follows: women followed by men, oldest to youngest, unless otherwise indicated in the schedule. Preliminary rounds of the 60m Hurdles, 60M & 200M will NOT be run if the number of entrants in an age group does not exceed the number of available lanes; the event will be run as a Final at the designated time. The Championships will not be delayed due to accidents, late wake-ups or any other unforeseen reasons.

### DIRECTIONS

**BY CAR:** Take I-95 to Rte 128 South to I-93 North to Mass Ave/Roxbury Exit; go straight off ramp through lights (Mass Ave) on to Melnea Cass Blvd; follow 1 mile to Tremont St; go left & follow 1/2 mile to the Reggie Lewis Track & Athletic Center. For more information call (617) 541-3535.

### PUBLIC TRANSPORTATION:

Take the Orange line of the MBTA, get off at the Roxbury Crossing station. Reggie Lewis Track and Athletic Center is located across Tremont Street from the station.

### SHUTTLE BUS SERVICE:

A complimentary shuttle bus service will be provided between the meet hotel and the event on competition days. On Sunday, March 28th, a shuttle bus service will be provided at a nominal fee between the competition site and Boston Logan Airport. Registration for this service will occur at packet pick up.

**RESULTS** Official results will be mailed to all competitors following the competition. Results may also be obtained on-line at <http://www.tracs.net>. At the competition, fully automated timing with electronic scoreboard results will be used.

**SOUVENIRS** A wide variety of meet apparel & memorabilia will be available, including event shirts, pins, and meet booklets.

**MEET HOTEL** The official meet hotel of the 1999 National Masters Indoor Track & Field Championships is the Seaport Hotel, (888) 982-4683, One Seaport Lane, Boston 02210. The Seaport Hotel is a brand new world class hotel located on Boston's vibrant and historic waterfront. Amenities include free shuttle service to and from meet facilities, as well as to various points in downtown Boston. TRACS has secured rooms at an incredibly discounted rate of 50% off the regular room charge. To take advantage of this offer, call the Seaport Hotel and mention your affiliation with National Masters Indoor Track & Field Championships. Reservations must be made by February 25, 1999 to take advantage of this special rate. The Seaport Hotel is a \$15 - \$20 cab ride from Logan Airport.

**FRIENDS OF THE NATIONAL MASTERS CHAMPIONSHIPS** Help ensure the high quality of this Championship and future meets with a donation. There are three levels from which to choose: PLATINUM \$250, GOLD \$100, SILVER \$50, BRONZE, \$25. PLATINUM level contributors will receive a warm up suit, a polo shirt, a meet tee shirt, and a lapel pin. GOLD level contributors will receive an event polo shirt and pin. SILVER level contributors receive a meet T-shirt and lapel pin. BRONZE level contributors receive a pin. All contributors will be listed in the official meet program and receive a full set of meet results.

For additional information, call (617) 332-3919, E-mail us at [tracs@earthlink.net](mailto:tracs@earthlink.net), or fax us at (617)-964-8356.

### ENTRY APPLICATION

Name:(last, then first) \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Country \_\_\_\_\_  
Ph(W): \_\_\_\_\_ Ph(H): \_\_\_\_\_ Fax: \_\_\_\_\_  
Email: \_\_\_\_\_ Male / Female: \_\_\_\_\_ Age (as of 3/26/99): \_\_\_\_\_  
Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ 1999 USATF# \_\_\_\_\_ Team / Club: \_\_\_\_\_  
US Citizen Yes No If No, Country of Citizenship \_\_\_\_\_ Resident Alien \_\_\_\_\_  
Please enclose a copy of your birth certificate or passport with this entry form

### EVENT FEES

Pentathlon - \$35, 1st Event - \$30, Subsequent Events -\$15	
Pentathlon (Note this does not count as your 1st event).....	\$35
1st Event.....	\$30
Subsequent Events.....	# _____ @ \$15 each \$
1 <sup>st</sup> Event Name _____	Recent Performance _____
2 <sup>nd</sup> Event Name _____	Recent Performance _____
3 <sup>rd</sup> Event Name _____	Recent Performance _____
4 <sup>th</sup> Event Name _____	Recent Performance _____
5 <sup>th</sup> Event Name _____	Recent Performance _____
6 <sup>th</sup> Event Name _____	Recent Performance _____
Late fee (For entries after 3/1/99).....	\$25
Championship Tee Shirt.....	# _____ @ \$12 each \$
Please indicate size: S _____ M _____ L _____ XL _____	
<b>Friends of the National Masters Championships</b>	
Platinum Donation.....	\$250
Gold Donation.....	\$100
Silver Donation.....	\$50
Bronze Donation.....	\$25
Masters Committee Surcharge (mandatory*).....	\$5
TOTAL DUE.....	\$

\*National Masters Committee Surcharge: This new mandatory fee will supplement the budget allocated to the National Masters Committee by USATF. These monies will be used by the National Masters Committee to support regional programs.

Clip and mail this completed entry form along with a check for payment in full for entry fees to TRACS, Inc., 79 Market Road, Chestnut Hill, MA 02467. All entries must be received by March 1, 1999, or must be accompanied by a late fee of \$25. No entries will be accepted after March 19, 1999. Entry must include full payment to be valid.

**Assumption of Risk**  
I hereby declare that I am in good health and properly conditioned for the competitions and that I am the stated age on this application. I also verify that I am a member of USATF. In consideration of my entry in the National Masters Indoor Track & Field Championship in Boston, MA, I do hereby, for myself and anyone entitled to act in my behalf, waive and release TRACS, Inc., BRC, Fila, Seaport Hotel, USATF-NE, Reggie Lewis T&A C, Roxbury Community College and all sponsors, volunteers and their representatives and successors for all claims and or liabilities of any kind which may arise or be occasioned as a result of my travel and participation in this competition. I authorize meet personnel and its agents permission to request emergency medical treatment of care as necessary to insure my well being.  
Applicant Signature: \_\_\_\_\_ Date: \_\_\_\_\_