

# NATIONAL MASTERS NEWS

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

282nd Issue

February 2002

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## Rocket City's Silver Anniversary Edition Dominated by Masters



JIM CALL

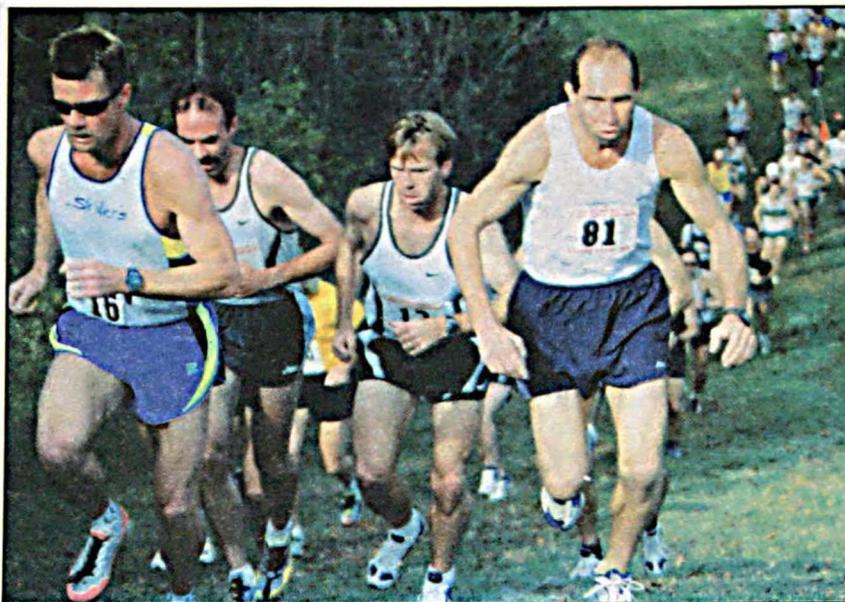
Ken Brewer, M60 winner (3:06:26), Rocket City Marathon, Huntsville, Ala.

By JIM OAKS  
HUNTSVILLE, Ala. – When Andrey Kuznetsov arrived for this year's Huntsville Times Rocket City Marathon, he was considered a serious contender for the overall win, not just the masters title. His 29:55 in a 10K race in Pennsylvania the previous weekend indicated the Russian dynamo was ready to run well in Alabama, and his recent best marathon time made him the top seed for the race.

However, the 44-year-old Kuznetsov was not the only Russian master in Huntsville for the 2001 race on Dec. 8. He brought along two other relatively new 40-year-old Russians, Gennady Temnikov and Alevtina Naumova.

When the race was over, these two not only won the respective masters titles but each also took the overall wins in the 25th running of Alabama's first and oldest marathon. Temnikov clocked 2:20:21, the third best masters time on the course. Naumova lowered the women's masters course record to 2:39:38 while running the fourth fastest

Continued on page 9



LYNN KRYNSKI

Creeping the hill at the 2001 USATF National Masters 8K Cross-Country Championships, Rochester, N.Y. (from l): Steve Hulst, Michigan Striders, 7th M45; Rich Coughlin, Adirondack AC, 3rd M40; Kevin Williams, Adirondack AC, 5th M40; and Dominic Wyzomirski, West Penn TC, 4th M40. The National Masters Winter 6K Championships will be held Feb. 9 at Fort Vancouver, Wash.

## Masters Slog To Muddy Wins In Sunmart 50K and 50 Mile Runs

By JOHN WELCH  
HUNTSVILLE, Texas – A quadrumvirate of masters runners distinguished themselves at the 2001 Sunmart Texas Trail Endurance Runs, Huntsville State Park, on Dec. 8. Masters champions fared no worse than seventh-place overall in both the men's and women's 50-Mile and 50K, held at the popular park 60 miles north of Houston.

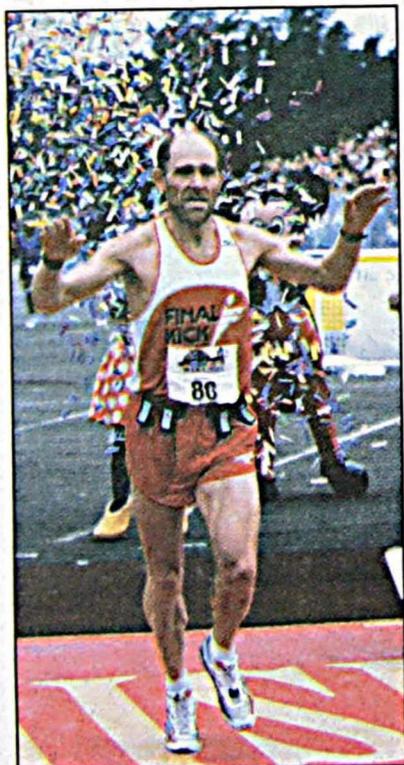
Over 1000 runners from 40 states and 13 countries – the largest in Sunmart's 12-year history – were nearly upstaged by probably the worst conditions Mother Nature has ever given the event, which came in the form of a cold, steady rain and ankle-deep mud.

Little daunted by the environment, Tania Pacev, 42, Littleton, Colo., ruled the day for the W40+ set in her initial Sunmart attempt with a first-place overall finish in the 50-Mile in 7:07:13. The next two slots also belonged to masters runners: Sally Brooking, 45, Marietta, Ga., 7:45:53,

followed by perennial Sunmart favorite, Chrissy Ferguson, 41, Conway, Ark., 7:55:46.

Continued on page 11

## Roberts Wins Disney Marathon



VICTOR SAILER / PHOTO RUN

Dai Roberts, 40, overall winner (2:32:38), Walt Disney World Marathon.

Scotsman Dai Roberts, 40, Virginia Beach, Va., a British Naval officer working for NATO in Virginia, won his first marathon, Jan. 6, at the Walt Disney World Marathon, Lake Buena Vista, Fla., in 2:32:38.

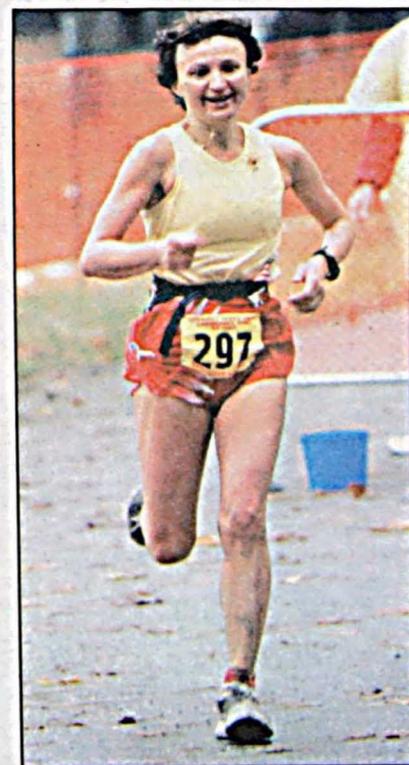
The win required a good degree of fortitude, distance notwithstanding, as Roberts did not take over the lead until the 25½ mile mark, when he passed Coconut Creek, Fla.'s Andrew Greenridge, 36. Greenridge held on, though, and Roberts' win was by a mere sprint-on-tired-legs eight-second margin.

Carol Postigo, 40, Miami, led the masters women in 3:08:21.

A total of 18,500 runners stepped up to the line for the tenth running of the Disney Marathon, which features a pancake-flat course and various entertainments. Cooling rains met most runners for a good hour during the middle of the race, and started up again after the leaders had finished.

The accompanying half-marathon featured a strong 1:23:51 run by Nancy Frey, 41, Boca Raton, Fla. Russell Wogan, 46, South Portland, Me., made the long trip worth his while with the masters win in 1:21:33. □

– from reports by Larry Eder/runnetwork.com, and disneyworldsports.com

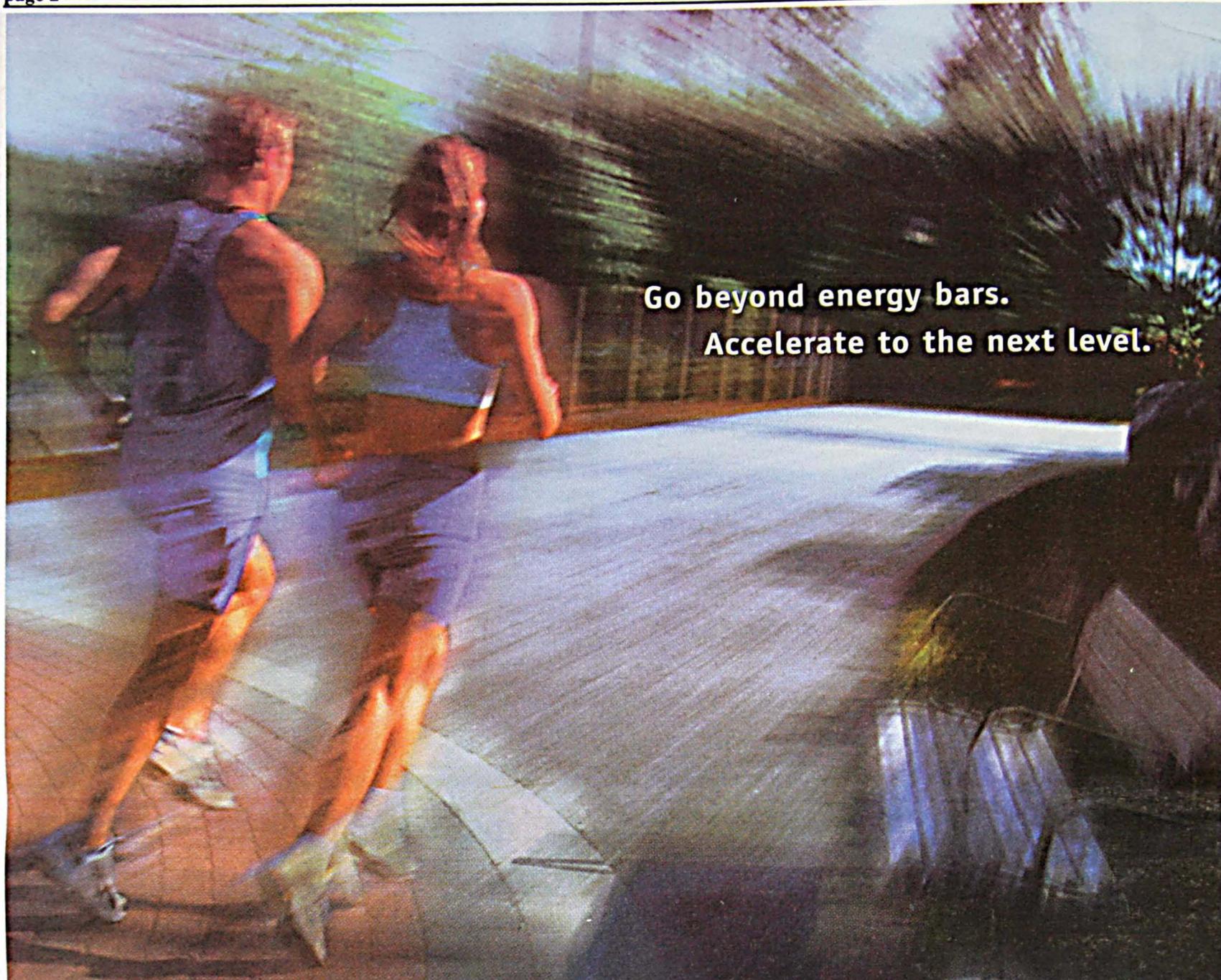


JOHN WELCH

Tania Pacev, 42, Littleton, Colo., first woman overall (7:07:13), Sunmart Texas Trail 50 Mile.

### INSIDE:

- World and USA Indoor T&F Records – pages 15-18
- Shirley Matson Profile – page 7
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### SUBMASTERS

I wanted to respond to the possible dissolution of the submasters group as mentioned in the January issue of NMN. I am a 33-year-old runner and, not too surprisingly, am very much against any such change. I am most curious as to the reasoning behind the movement.

While fairly new to the masters scene, I have competed in four National Championships. They are the highlight of my running year. In my limited experience, I have noticed that some treat the "under 40" group as a nuisance, but I'm not sure why.

I ran track in college and struggled to stay motivated through my 20s (another situation noted in NMN). When I learned of the masters opportunity, I was immediately interested. It has completely re-energized my training. In Baton Rouge in July, I ran my fastest 400 in the last 10 years. That would not have happened without the M30 opportunity. I was not an individual national champion last year, but the pursuit of that goal is one of the strongest motivators I have.

I don't know what the reasoning is for this need to drop the 30-39 group. I genuinely hope it is not just a way for the older groups to separate themselves from the "young guys." Also, what is gained by letting us compete, but not allowing us to claim a national championship? It has been clear to me for quite some time that if you were not an "elite" runner while in your 20s, most organizations didn't need you around. Now it appears as though the masters group doesn't need the guys in their 30s around. What organizations are left between college and 40?

I am a collegiate track coach and a life-long track fan. I might add that I have many valued friends of all ages at the masters level. I don't want to throw a blanket over all the "older" groups because it appears as though the idea of dropping the 30-39 group is a minority viewpoint at this time.

Marek Wensel  
from e-mail

### RACEWALK AWARDS

In NMN's January issue, an article appeared describing the procedure used to determine Master of the Year Awards. If this was the method used, I do not agree with the selection of the outstanding racewalker of the year in the M80-84 group.

We are amateurs, and we who have



JERRY WOJCIK  
Bill Jankovich, Wisconsin, M75 Masters Indoor Pentathlon Champion in 2001.



MIKE POLANSKY

Award winners (from l): Irene Robinson, first W55; Jose Mendez, first M60; Lutz Hoffman, second M55; and John Wallace, third M60; Ho Ho Ho Holiday 5K, Bethpage, N.Y., Dec. 22.

been competing all our lives are proud to be able to continue as such at our age. We travel long distances to get to all National Masters, WMA Regional, and WMA World Championships.

I called Herb Appell to congratulate him on receiving the M80 Outstanding Racewalker of the Year Award. He said he wondered why he had received it as he attended only some small races in Pennsylvania and didn't attend any national competitions. Did this justify the award? It is a big discouragement for those of us who do much more.

Here is my record for 2001: January, Minneapolis, 1 mile indoor - 1st; March, Minnesota Indoor Championships, 3000 - 1st; March, Boston, 3000 - 2nd; June, Evansville, 15K - 1st; July, Brisbane, 5K - 3rd & 20K - 1st; August, Baton Rouge, 5000 & Road 10K - 1st; September, Kingsport, Road 5K - 1st.

I am proud of my accomplishments, and I like the sport well enough to become Chair of Minnesota Racewalking in a state that doesn't recognize racewalking in most of its events, which I am trying to change. I believe awards should be based on results only.

Paul Geyer  
Rochert, Minnesota

(The selection criteria stated by Phil Byrne in his article on the Athlete of the Year Awards in the January issue apply to track & field athletes, exclusive of racewalkers. The race-

walking awards were done by members of the Masters Racewalk Committee, not by the Masters Track & Field Awards Subcommittee - Ed.)

### VOLUNTEERS

At the USATF Annual Meeting in Mobile, Ala., I took the opportunity to thank each of the officers individually for the marvelous jobs they have been doing. They have put in a lot of time and effort to help improve the Masters T&F movement, and to help it grow.

I also think that all the members of each of the Masters T&F committees and subcommittees deserve thanks. George Mathews has worked hard gathering people willing to work to keep the sport going and growing. They, in turn, have spent their time and, in many cases, their own money to achieve this end.

In a recent issue of NMN, Mathews asked for volunteers. Unfortunately he didn't get much of a response. I think too many people forget that t&f services (meets, races, associations, etc.) provided for masters are done by us as a volunteer organization.

I would hope that the next time athletes complain about the size of a medal, or the late start of an event, they'd stop to think that maybe there would be no medals or meets without the people who volunteer to put on these events. Better yet, maybe they'll volunteer to help to maintain the sport.

Roz Katz  
East Regional Coordinator  
Flushing, New York

### TIMOTHY SIMPSON

On Dec. 7, 2001, Timothy Simpson, 2001 M65 National Masters Indoor Champion in the 800 and mile, had surgery for a malignant brain tumor. He is recovering well and is receiving radiation and chemotherapy. With any luck, he'll be running by spring.

Although Tom will not be competing in Boston this March, he will be thinking of all the runners he has met and competed with, especially Sid Howard, and wishes all of them well. He often speaks of the respect and friendliness of other runners and would love to hear from them. He can be reached at 149 Simpson Dr., Lyndonville, VT 05851, or e-mail: Simpson@king.con.com

Sara Simpson  
Lyndonville, Vermont

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- Steve Scott (40, 4:15) and Kim Campo (41, 5:07) Win National Mile Road Titles in San Diego
- Doug Kurtis (M40, 2:22:55) and Joyce Deason (W40, 2:59:46) First in Rocket City Marathon
- Leo Torres (43, 6:16:26) and Diane Ridgway (47, 7:30:57) First in USATF Masters 50 Mile; Steve Mahieu (49, 3:35:19) and Paulette Dow (40, 4:23:03) in 50K

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## T&F Report

By **GEORGE MATHEWS**  
Chairman, USATF Masters  
Track & Field

### Convention Wrap-Up

Everyone should be aware that the minutes that appeared in last month's issue of *National Masters News* were not the official minutes. Due to deadlines, the official minutes were not ready, and Jerry Wojcik did a great job of reporting what happened at the convention. The official minutes will appear on the USATF Masters Web page and in the official convention booklet. I will comment on some of the differences in the reports and selected happenings.

#### Team Manager

With the election of Sandy Pashkin as our new team manager and her ability to appoint two assistant managers, we will hopefully provide the assistance athletes need at all venues during international competition.

#### Legends Events

Legends events are now the Masters Invitational Program. Many thanks to John Cosgrove for the great work he did in getting this program going. He promises to still work on some of the meets that he has in the past. Mark Cleary will take over and focus on masters participation in USATF Indoor and Outdoor Championships. We will put our limited financial resources into those areas in which we get the best return.

#### 2005 WMA Championships

Rex Harvey reported that WMA is taking the threat of terrorism very seriously at the 2005 Championships in San Sebastian, Spain. After Sept. 11, what is going on in that part of the world takes on a whole different meaning and is now of greater concern for everyone. We have just learned that Seville, Spain, has backed out of holding the IMGA World Games in 2005 for contract reasons. We don't know if this will help or hurt participation in the San Sebastian meet.

#### 2007 WMA Championships

The WMA General Assembly is now requiring to know the bidding cities 180 days prior to the next General Assembly, which will be in July 2003 at the Carolina, Puerto Rico, Championships. This means that the USA must decide on a representative city by early September of this year.

You will recall the final recommendation on all International Track and Field competition comes from the Board of Directors of USATF with the recommendation of the Masters LDR and Track and Field committees. These committees will be working closely with the National Office to solicit proposals from U.S. cities and conduct site visits where necessary.

The Masters Track and Field Executive Committee will have to make its recommendation since the entire Masters Track and Field Committee won't meet again until

December. We need as much input as possible from all members, especially delegate members of the masters committees. We are working on a timetable that will appear on the USATF Masters Web page.

#### Masters Web Site

Rex Harvey brought up the need for more volunteers at the convention. We have learned that the National Office is putting together a new comprehensive, integrated plan for the USATF Web site, which includes the Masters section. We will rely increasingly on this form of communication as time goes on.

#### Records

Thanks to Mary Trotto for the great job she did filling in for Pete Mundle, the Masters Records Coordinator. The Masters T&F Committee's approval to give certificates to those who break U.S. records is a great step forward. These people deserve to have some significant, lasting recognition for their accomplishments.

#### Active Athlete Representative

Congratulations to Dave Clingan on his election as an Active Athlete Representative on the Executive Committee. He will be a great contributor and communicator to everyone.

#### Meet Manual

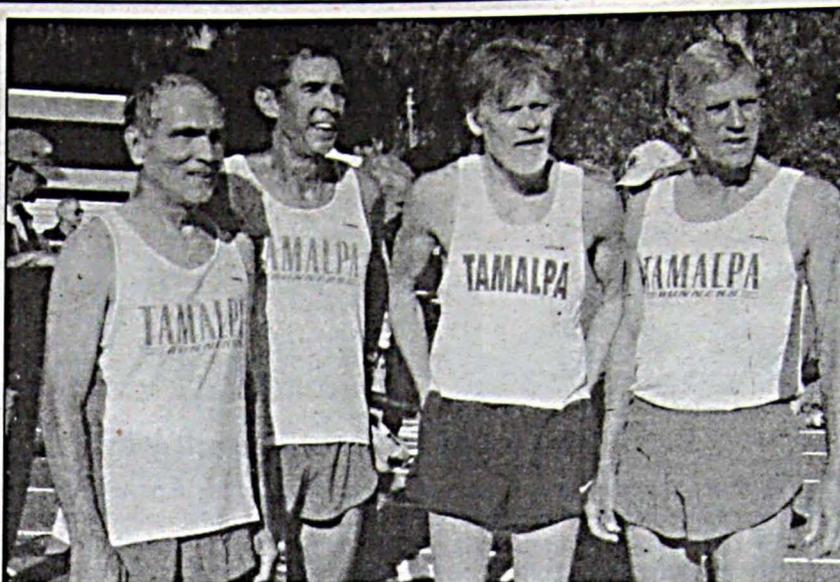
We should give thanks to Ken Weinbel for finishing this important document.

#### Regional Coordinators and Awards Committee

These groups worked really hard at the convention and made significant

### TWENTY YEARS AGO February 1982

- Jim Burnett, 41, and Judy Fox, 40, Named 1981 Outstanding T&F Athletes at TAC Convention in Reno
- Clive Davies, 65, and Sister Marion Irvine, 52, Chosen Top 1981 LDR Athletes
- Gordon Wallace and Lori Maynard Voted Outstanding Racewalkers



FROM JIM WILLIAMS

Marin County, California's Tamalpa Runners M60-69 squad that set three world records in 2001 for the 4x1600 (21:40.2), 4x1500 (20:32.62), medley relay (12:41.24) (from l): Robert Gormley, Steve Lyons, Jon MacPherson, and Jim Williams.

progress.

#### Emerging Elite Athletes

There will be great opportunities for us with emerging elite athlete participation in masters meets as proposed by Craig Masback.

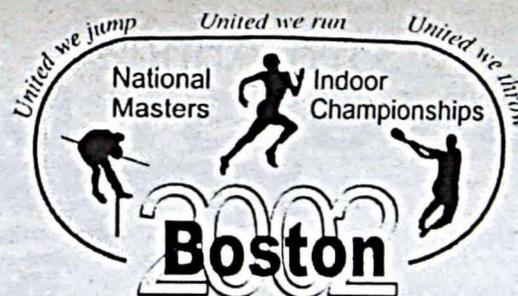
#### 30-39 Athletes

Much was written last month about the 30-39 age groups. Did everyone know that sub-masters are under the jurisdiction of the Open Committee?

The Masters Committee includes them in our meets on a non-championship basis and keeps unofficial records. This group must break open records to be official!

#### Marketing

Welcome aboard to Jeff Stamp as head of our Marketing Committee. This professional should really help us get the recognition and rewards we deserve. □



## USATF NATIONAL MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS

Reggie Lewis Track & Athletic Center  
Boston, Massachusetts  
March 22 - 24, 2002

Open to all men and women 30 years of age and older. Individuals will compete in five-year age groups, relays in 10 year age groups.

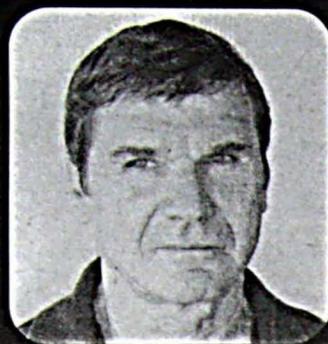
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## Third Wind

By MIKE TYMN

### Is There Really Pain in Running?

When the emergency room admitting clerk asked me to describe the pain I was experiencing on a scale of 1-10, with 10 being the worst possible pain, I was forced to struggle mentally as well as physically. I asked him how bad it has to be before it is considered a 10. How does one know when he has reached 10? When the clerk reacted with a perplexed smile, I knew he didn't have the answer and that I would have to come up with my own gauge.

I quickly reasoned that being nailed to a cross or burned at the stake had to be 10. If so, I couldn't very well call my pain anything close to that. And yet, it was unbearable, torturing, tormenting, excruciating. I figured the clerk must have been asking for a relative figure. But if I had never experienced anything higher than a 3 or 4 previously, how could I know where I stood on the pain scale?

I finally reasoned that if the pain got any worse I would request Dr. Kervorkian, not an ER physician. Therefore, I must have "maxed out." I

told him that I was at "three" at that very moment, but that every 4-5 minutes it would jump to a 10 for about 30 seconds before subsiding again.

Runners talk about the pain they must endure in order to succeed. "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," writes sports philosopher George Leonard in his classic book, *The Ultimate Athlete*, of the distance running experience.

If that type of experience is called

"pain," then I would have to rate my most "painful" running experiences at about a "one" on that scale of 10, at least in comparison with my recent physical trauma. I'd call the running experience mere discomfort, not pain. However, based on my running experiences and a somewhat macho attitude when it came to getting poked with needles, I had always thought I had something of a high pain threshold. I'm not so sure anymore. In fact, I'm wondering if I even clear the "wimp" section of the scale.

#### Points of Reference

To me, pain was always identified by my youthful experiences at the dentist, before they were using anesthetics. Perhaps I have been lucky compared with most people who have lived 65 years.

I badly cut my arm on the broken window of my Uncle Alvin's 1932 Essex when I was about six years old, but I didn't even realize it was cut until I noticed blood pouring from my deep wound some seconds later and looked at my arm all the way down to the bone. I recall being surprised that there was no pain with such a deep cut.

When I broke my arm about 15 years ago, I remember a complete lack of sensation in my hand and wrist, as if it had been totally severed from me, but I would not call that real pain, just numbness. When the doctor "set" the arm, I did experience a split-second of what must have been pain, as I remember a definite "shock" and almost blacking out.

When I was attacked by a swarm of "killer" bees in the jungles of Guam about 30 years ago and suffered more than 40 bee stings, I recall only something akin to an electrical shock, an instant "zap." They all seemed to sting at exactly the same time.

I've had my share of emotional pain, but I think different scales have to be used for emotional and physical pain.

Nothing had prepared me for the recent painful experience, which involved having a full bladder and not being able to void one ounce of it. My plumbing system had completely shut down as a result of a urinary tract infection, and while it was gradual over a three-day period, I didn't realize how bad it was until there was complete shutdown and the pain really set in.

#### A New Standard

My wife rushed me to the ER, but the



JOHN WELCH

Steve Webster, 48, first M45 (6:48:13), Sunmart Texas Trail 50 Mile, Huntsville, Texas.

pain continued there for another hour as I waited in line for attention. A catheter seemingly as round as a milk shake straw brought immediate relief, but the insertion of the catheter without anesthetic brought pain worse than that I had been experiencing every 4-5 minutes. That was my new standard for 10, the full bladder issue having to be reduced to a 9.5.

Exactly how the duration of the pain plays into it is something else to be considered. Is a 9.5 for 30 seconds worse than a 10 for 10 seconds?

When I later described my pain to a friend, he said it sounded like the time he had a kidney stone. His doctor told him then that kidney stone pain was considered worse than that of giving birth. In thinking back upon it, I must have looked like a woman in the throes of childbirth. I know I was arching my back and breathing or blowing rhythmically as hard as I could.

#### Too Long "On Hold"

My problem seems to have begun with covering the Honolulu Marathon for *The Honolulu Advertiser* while riding in a cramped pickup truck for 2 hours 15 minutes. There was also 30 minutes of sitting in the truck before the start and 30 minutes of interviews immediately after the race, during which time I was fighting off the urge. The urologist concluded that those three-plus hours combined with a lack of proper hydration in my everyday diet, somehow gave birth to the infection.

Proper hydration is something I had failed to learn over the years. While my wife would constantly tell me I needed to drink more water, I concluded that if my body wanted more water, my thirst glands would send the proper message. But it apparently doesn't work that way.

A 10 on the pain scale should definitely help me to remember to better hydrate in the future. □

(You can reach Mike Tymn by e-mail at METGAT@aol.com)

## 33rd Annual LONGEST DAY

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Half Marathon  
5K  
5K Race Walk  
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Kurt Osborne—Co-chair  
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Andy Stockholm—Co-chair  
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### FIFTEEN YEARS AGO February 1987

- Don Coffman (2:30:36) and Cindy Dalrymple (2:52:53) Are Top Masters in Rocket City Marathon
- Boo Morcom, 66, Wins National Masters Indoor Pentathlon With 4772 Points
- Al Oerter Sets M50 Discus WR With 65.30 Heave in Florida's Holiday Weight Pentathlon



Shirley

By SUSANNA

To most readers, news from the U.S. masters running community is a 29 U.S. and five world time Californian, preneur now calls W60-64 mile, 5:50 San Francisco. The tips to other runners

When did you start jogging?

I started jogging about age 32. A friend asked him how I started walking and jogging until I got tired again. He said I should walk less, run more, complete a three-mile run in Oakland.

I followed his advice and how it felt. I was able to jog three miles the greatest fitness is the same advice one who asks.

I continued to jog and off for several years entered some races of friends:

1977: First race over 10 miles, I was over 10 miles before that.

1978: Two half marathons.

1980: First marathon in 3:30:00, race weekly. Ran 100 miles, Lowered 10K to 30 minutes.

How has your running changed over the years?

Less mileage, warm-ups and stretching, more fatigue, more frustration. It's hard that every year I have the energy used to do. I have "cle" and am running since my first race from injuries (five years) have caused I have never co where I dropped

What do you remember most?

# PROFILE

## Shirley Matson: Setting Masters Records for Over 20 Years

By SUSANNAH BECK

**T**o most readers, USATF Masters Hall of Famer Shirley Matson hardly needs introducing here. For those of you who are reading National Masters News for the first time, however, Shirley Matson is the unofficial doyenne of U.S. masters running, and has been for almost as long as women have been running publicly in this country. In her 20-year 40+ career, Matson, 61, has set 29 U.S. and five world age-group records from the mile to the marathon. A lifetime Californian, the retired home economist, nutritional consultant, and entrepreneur now calls the hills of Marin County home. Her most recent WR was the W60-64 mile, 5:58.69, set Sept. 16, 2001, at the Champions Run for Children in San Francisco. The following is from an interview with Shirley on her career and tips to other runners.

### When did you start running? What got you started?

I started jogging in the early 1970s, about age 32. A friend of mine ran and I asked him how to do it. He said to start walking and, when I felt like it, jog until I got tired and felt like walking again. He said to alternate walking and jogging and eventually I would walk less, run more, and be able to complete a three-mile run around Lake Merritt in Oakland.

I followed his directions exactly and immediately listened to my body and how it felt. It was fun and exciting to see how I was able to gradually walk less and run more. In a few weeks I was able to jog three miles. His advice was the greatest for a beginner, and it is the same advice I now give to anyone who asks.

I continued to run three miles on and off for several years. Then I entered some races at the encouragement of friends:

**1977:** First race, 5K, in 19:27, second woman overall. The next day I raced my first 10K in 41:29, again second woman overall. I had never run six miles before that race.

**1978:** Two half-marathons (1:44:55; 1:38:20).

**1980:** First marathon, 3:58:34.

**1981:** This was the year I decided to start running seriously. I ran a second marathon in 3:30:03 and then started to race weekly. Ran 35 races for the year. Lowered 10K to 38:28.

### How has your training and competing changed over the years?

Less mileage, less speed, longer warm-ups and recoveries. More injuries, more fatigue, more rest, more icing, more mental depression and frustration. It's hard to accept the fact that every year I get slower and don't have the energy to do as much as I used to do. I have now gone "full circle" and am running my slowest times since my first race in 1977. Layoffs from injuries (from five months to two years) have caused major setbacks and I have never come back to the level where I dropped off.

### What do you consider your most memorable meet or race?

I have so many, it's hard to pick. But here are two memorable races. First, qualifying for the first women's Olympic Trials Marathon in 1984. Just three years after racing seriously, Tim Murphy (before he started Elite Racing) suggested I try to qualify for the first women's Olympic Marathon Trials, saying it would be historic.

I decided to try. My training consisted of alternating hard 12-mile, hilly runs (6:50 pace), with 8-mile easy, flat runs. My personal friend/coach was an advocate of quality, not quantity, and convinced me to "keep my legs fresh." I was afraid I wasn't getting enough long runs in, so I sneaked in two 14-milers!

I continued to race 10Ks and ran two PRs (35:58, 35:56) three weeks before the marathon. My goal pace was 6:25 for a 2:48 marathon, leaving a three-minute cushion to meet the qualifying time of 2:51.

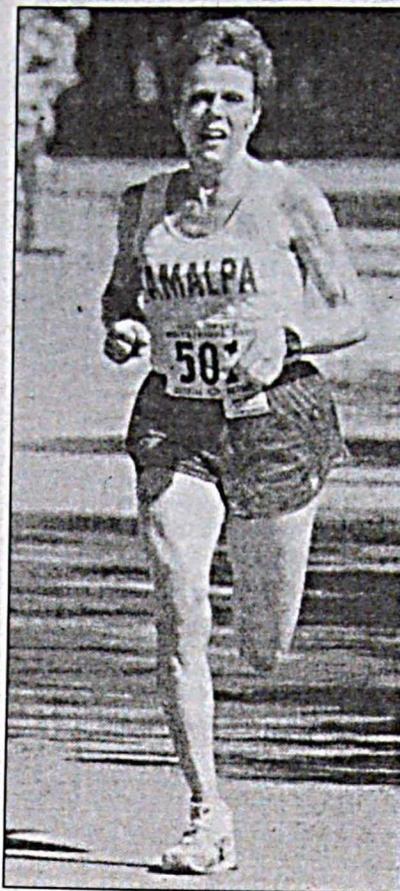
I felt fit and ready to race, but somewhat concerned because I hadn't done many long runs. I even overheard some runners say, "She won't be able to do it, because she hasn't done any long runs."

### Goal Pace

On the day of the Mission Bay Marathon in San Diego, January 15, 1984, the air was cool and crisp. I wore my regular training shoes and my regular training gear, just so I would feel "at home." I hit the first mile in exactly 6:25 and felt fine. Right on pace.

Again I overheard some runners saying, "She's going too fast," as they slowed down. But I was on goal pace. The next few miles I actually picked up the pace and was ahead of schedule and hit the half in 1:23:34 (6:22 pace).

I didn't have a lot of practice drinking water on the run, so I devised a clever scheme. I tied a straw around my neck and tucked it into my singlet. I figured I could easily sip water as I came to the aid stations. Never having practiced this technique, I soon realized this was a big mistake. The first thing you get when you sip through a straw is air! After a number of unsuccessful attempts, and not getting any significant water, I abandoned the idea.



Shirley Matson

PAM WENDELL

But it was too late and the damage was done. By the half marathon point I had the worst side-stitch and felt I couldn't continue. I yelled to my friend on the sidelines and said I would have to drop out. He said to keep going, slow down, breathe, and it would go away. Don't give up.

I slowed to 6:28 and 6:31 for the next two miles. It took quite a while for the pain to subside, and then I was too afraid to take water. So I didn't. At 20 miles I was exactly on 6:25 pace (2:08:10), and then the real struggle began.

With no water, I slowed down for the last six miles (6:42, 6:33, 6:47, 6:55, 6:47, and 7:00) and wondered if I could hang on to the finish line. Somehow I did, and ran a PR in 2:50:03 to qualify for the first women's Olympic Marathon Trials. A memorable marathon and a big lesson learned: practice drinking water!

### Peachtree 10K

My second memorable race was the Peachtree 10K, also in 1984, when I beat two-year undefeated top master, Cindy Dalrymple. I was programmed to go for second place, because no one had beaten Cindy in 75 races. But then a friend said that I could beat her, that I was in shape to do so, and it was all mental at this point.

I had serious doubts and questioned his thinking. He emphasized the importance of the mental attitude when the physical abilities were almost equal. I visualized all night long how I could possibly beat Cindy. I came up with a plan, and when the gun went off, the race unfolded exactly as I had imagined.

### Closing In

At five miles, with Cindy ahead by 100 yards, I began to close the gap. At six miles I was on her shoulder. Even though a little voice inside said, "Who do you think you are, no one has beaten Cindy before," I answered, "I've already done it, so just do it." With that I sprinted so fast I thought my legs would give out.

I crossed the line in 35:59 and Cindy came in 36:03 to everyone's surprise, especially mine! I won \$1000, a bouquet of roses and a beautiful hand made trophy. The race proved to me the power of the mind.

### Advice to Beginners

When I am asked how to get started running, my advice is the same as that given to me when I began. "Start out walking and jogging, according to what feels comfortable to you." Set a realistic time goal (30-45 minutes) or a distance goal (1-3 miles). Go easy and listen to your body. Complete your goal.

Continue your walking and jogging program until you are able to jog the complete distance (or time goal). Keep doing it until it becomes easy and comfortable. If it was too challenging, adjust your goal so you can meet it.

You may wish to start with every other day, then work up to five days per week. When you can do that consistently and comfortably, then you can gradually increase your distance. Start to build a base, a strong foundation. You must build endurance before you can tackle speed.

Running is more than crossing the finish line. It is a personal journey. So enjoy your journey, and as your fitness improves, celebrate your accomplishments with a little self talk, "I did great today." Don't put undue pressure or place unrealistic expectations on yourself, and don't be in a rush.

Patience and perseverance are not only virtues, they are requirements for a successful training and racing program. Remember to be consistent, be dedicated, be disciplined, and be determined.

### Running as a Habit

The hardest part is putting on your shoes (get a good pair!) and getting out the door. Running has to become a habit, just like brushing your teeth. It's not a question of "Do I want to run today?" You just plain do it. Unless, of course, you are sick, injured, or have pressing family/business concerns.

Rest is a very important component to your training regime, to allow your body to recover and repair damage done with the hard efforts. Listen to your body. If you feel tired, rest...without guilt! Most of us are willing to do the hard work, and feel that the harder we work, the more benefits we will receive. But as we age, we need more rest and recovery time.

As you build your endurance and begin to feel stronger, you can integrate a little "speed play" to improve your leg turnover. On your runs, decide to "pick it up" for a minute, two minutes, four minutes, or from this tree

Continued on page 12



PAGLIANO'S PODIATRIC POINTERS

## The Foot Beat

By JOHN W. PAGLIANO  
D.P.M.

### Hip and Knee Injuries

Researchers at the University of Helsinki studied 1321 former elite athletes to evaluate their hip and knee disabilities. We have been told, over the years, that running and jumping are risk factors for lower limb osteoarthritis.

However, in their review, it was noted that risk factors were greater for older than younger subjects, and for those with a higher body mass than those with a lower body mass.

The review concluded that little is known about the effects of physical activity on lower limb function. However, it is known that among those with disability and pain, the legs respond well to aerobic or resistance exercise programs.

In the study, former male endurance and track & field athletes, and all athletes combined, reported less hip disability than did the control subjects.

The researchers' conclusion is that aerobic activity, especially with its many health benefits and low risk of injury, can be recommended to maintain health and disability-free life in old age.

But then, we knew that. □

*(I will be starting a review of the top 10 running injuries soon, starting with the No. 1 complaint, plantar fasciitis, and working through each injury, giving treatment suggestions, protocols, etc.)*

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

### TEN YEARS AGO February 1992

- Benji Durden (40, 2:32:48) and Jane Hutchison (41, 2:51:42) Win in Rocket City Marathon
- Larry Stride (40, 25:59) and Carol McLatchie (40, 29:41) First in National 8K X-C
- Nick Rose (40, 29:57) and Nancy Grayson (41, 36:48) Tops in Charlotte 10K

### Subscription Problems? Moving?

To determine the status of your subscription, or to let us know of your new address, call or fax Circulation Director, Sonia Avila, at 818-760-8983; fax 818-985-1213. Or write to NMN, PO Box 16597, North Hollywood CA 91615.

## Three U.S. Centenarians Plan to Compete

This year, the M100-104 division will be a bit more crowded when John Whittemore is joined by two more active U.S. athletes, as Everett Hosack and Erwin Jaskulski move into this age group.

Whittemore, 102, a resident of Montecito, Calif., has been competing in the M100 division alone since reaching 100 on Nov. 10, 1999. In the throws, his specialty, he holds the M100 world records in the javelin (6.69/21-11), shot put (3.15/10-4), and discus (7.38/24-2), plus numerous single-age world and U.S. records, two coming in the 2001 Club West Meet, Santa Barbara, Calif., in the discus and javelin.

From a conversation she'd had with Whittemore, Beverley Lewis, Club West president, quoted him as saying, "One hundred was all right, but 102 is pretty tough."



John Whittemore

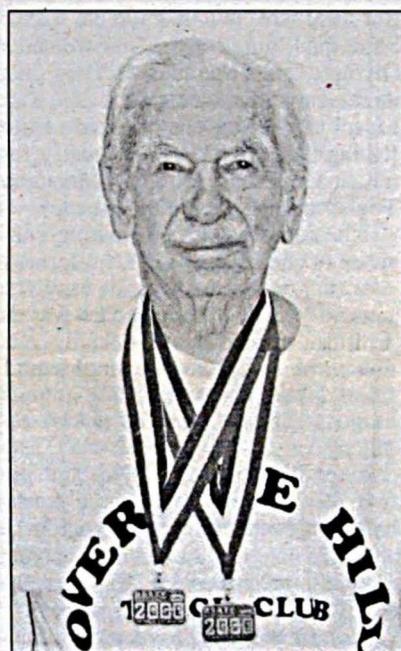
Senior Olympics and the Aloha State Games and an acquaintance of Jaskulski, commented, "Erwin is planning on competing again, so that he can establish records in the M100 age group as well.

"He is slowing down a little - his 100 meter time is about three seconds slower than his world record of two years ago. He still runs every day in the hallway of his apartment building. It is about 50 meters from one end of the building to the other, and he runs back and forth six times every day. That way he doesn't have to put shoes on."

The chances of all three competing in the same meet are slight. Whittemore and Jaskulski compete primarily on their home turf - Whittemore in Santa Barbara, and Jaskulski in Honolulu.

At their present ages, when one of them shows up for a meet, it becomes a local media event. If all three made an appearance as M100-104 athletes in the same meet, it would be worthy of international coverage. □

- Jerry Wojcik



Everett Hosack

Hosack, of Highland Heights, Ohio, will turn 100 on Feb. 28, and is planning on competing in the Masters Indoor Championships a month later in Boston.

Blessed with a little more youthful versatility and closer proximity to indoor venues than Whittemore and Jaskulski, Hosack owns the M95 world record in the indoor 60m (16.96), 200 (66.78), and shot put (4.06), and U.S. 25# weight (3.67/12-0½) and 35# superweight (3.13/10-3¼). He holds the M95 U.S. records for the 100 (38.66), hammer (10.60/34-9), and superweight (2.78/9-1½). He also owns 16 world age records, primarily in the weights.

Jaskulski, an Austrian citizen residing in Honolulu, will be 100 on Sept. 24, 2002. A sprinter, he holds the M95 world record in the 100 (24.01) and 200 (57.58). Last November, in the Hawaii Senior Olympics, Honolulu, he ran the 100 in 31.68 and 200 in 72.34.

Mark Zeug, president of the Hawaii



Erwin Jaskulski

## Rocket C

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# Rocket City Marathon

Continued from page 1  
overall time.

Naumova, who had celebrated her 40th birthday in January 2001, a month later ran 2:37:45 at the Motorola Austin Marathon. After some summer races in Russia she returned to the U.S. in October for the Twin Cities Marathon, where her time was 2:39:48.

Temnikov became a master in September and ran 2:23:25 in October, finishing first master and fourth overall at the Baltimore Marathon. On Nov. 18 he was the overall winner at the Philadelphia Marathon in 2:21:07.

This year's male masters field included two-time defending champion Steve Wilson, Lafayette, Ind., and Maryland's Jim Hage. Lee Dipietro, Ruxton, Md., and former masters winner Joyce Deason graced the women's master field. However, it was evident early in the race that none of these would challenge the Russian contingent.

Through the first two miles, Wilson and Hage stayed with Kuznetsov and Temnikov in the lead pack, but by the six-mile mark, only the two Russians were still in the chase for Kefah Keraro, the 31-year-old Kenyan leader. As the race progressed, two other open runners joined Temnikov and Kuznetsov in the chase pack behind Keraro, who had opened a 30-second gap by the 13.1-mile mark.

The two Russian masters worked together, dropped the two younger runners and caught the leader in the 22nd mile. There Temnikov surged ahead and took a 30-second lead over Keraro by mile-24 with Kuznetsov trailing the Kenyan by another 30 seconds. In the final two miles, Kuznetsov caught the tiring Keraro and beat him to the finish in 2:22:01, a 13-second margin. Hage was sixth overall in 2:29:59 and Wilson followed in 2:30:52, giving masters runners four of the top seven finish places.

The women's race was over by the second mile, which Naumova passed in 12 minutes flat. She then continued on at a sub six-minute pace through 13.1 before slowing in the last half of the race for her record 2:39:38 performance. Dipietro was running second with a 12:30 at the two-mile mark and maintained that overall position for half the race until caught by a younger Russian, Elvira Kolpakova, winner in 1999 and second overall last year. Dipietro maintained third through 24 miles, before losing one more spot to a younger runner and finished fourth overall in 2:53:53. Deason took the third W40+ in 3:11:16.

Naumova, who had flown from Moscow on Wednesday to arrive in Huntsville on Thursday, was well rewarded for the trip and her solo effort on the course. She won \$2000 for the overall win, \$1500 for first master, and collected a \$1000 bonus for breaking Cindy Keeler's masters course record of 2:44:09. Temnikov enjoyed a \$3500 payday for his double win. Second place masters received \$750 and places 3-6 won \$250 each.



ELLEN HUDSON, HUNTSVILLE TIMES  
Alevtina Naumova, 40, first woman overall (2:39:38), Rocket City Marathon, Huntsville, Ala., Dec. 8.

For the third year, age-graded money was distributed to grandmasters. This year Terry McCluskey, 53, Vienna, Ohio, won the \$1000 first prize for his 2:47:06 performance. Gary Romesser, 51, Indianapolis, last year's age-graded winner, was right behind McCluskey in 2:47:16, good for third place (\$500) age-graded money. Don Coffman, 58, Stamping Ground, Ky., ran 2:56:27 for second place (\$750) age-graded. Coffman won the masters title here on five different occasions in the mid-1980s.

Under the able direction of Malcolm Gillis, the race experienced significant growth again this year, up from 1229 in 2000 to 1397. Part of the growth is attributed to this year's cancellation of the Memphis Marathon. The Memphis race had been scheduled for the first weekend in December, so Huntsville drew more entrants from Arkansas,



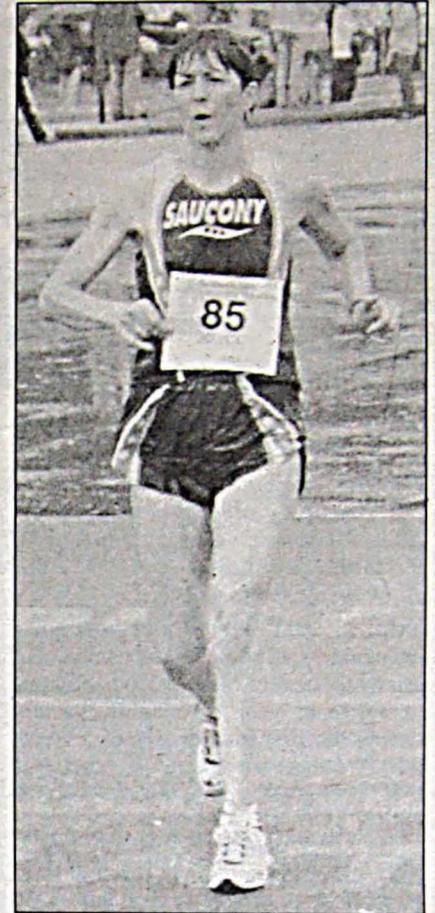
ELLEN HUDSON, HUNTSVILLE TIMES  
Gennady Temnikov (r), 40, winner overall (2:20:21) and Andrey Kuznetsov, 44, second overall (2:22:01), Rocket City Marathon.

Missouri and western Tennessee than normal.

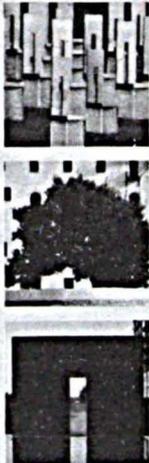
For a rainy day, the number of finishers was high. Of the approximate 1252 starters, 1175 finished. This 94% finish rate was the second highest in the 25-year history of the race, and the finish total was only exceeded in 1981 and '82, two years when 1985 and 1938 runners registered.

The oldest finisher was Ed Burnham, 82, Kansas City, Mo. The WWII Air Force veteran told a reporter on Friday that he expected his time to be around seven hours, based on his 7:19 finish in Tulsa a few weeks before. However, the rain must have kept Burnham's engine cool. He finished in 6:48:38, accompanied by a pretty 20-year-old lass from Tennessee. Burnham didn't start running marathons until he turned 70 and retired from his job with the Veterans of Foreign Wars. Since then he has completed 124 marathons in all 50 states and Mexico.

Friday's feature story in the *Huntsville Times* was on local runner James Foreman, who at age-67 was one of three runners who had completed all 24 of the previous Rocket City Marathons. Foreman made it through one more on Dec. 8, this time in 4:32:53. Joining Foreman with perfect 25-year participation were Dean Godwin, 62, Aiken, S.C. in 3:42:22, and Garry Elkins, 59, Gadsden, Ala., in 3:45:34. □



ELLEN HUDSON, HUNTSVILLE TIMES  
Joyce Deason, first W45 (3:11:16), Rocket City Marathon.



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# Masters Racewalking

By ELAINE WARD

## Sore Shins

The following is taken from a lively discussion on the Internet about a conditioning problem known to most racewalkers as "sore shins." Coach Jake Jacobson, [www.coachjake.com](http://www.coachjake.com); Coach Gary Westerfield; and Jack Mortland, Editor of the Ohio Racewalker, [jmortlan@columbus.rr.com](mailto:jmortlan@columbus.rr.com), were three of the many participants.

**Q:** I would like to know how other racewalkers strengthen their shins. I'm relatively new to racewalking and have experienced very sore shins, usually during the first mile or two of a workout. Are there any particular exercises that strengthen the shins to prevent pain?

**A:** Some walkers, especially beginners, develop soreness in the shin muscles. It is common to call any pain around the front, inside or outside portion of the lower leg "shin splints." Medical specialists consider "shin splints" a garbage term for it is not specific enough. Muscle soreness or myositis should not be confused with injury. Actual shin splits is a very serious injury on the medial side of the shinbone where the fascia separates from the bone. It happens mostly to runners, not walkers.

When a walker reaches for the ground with the heel down (heel plant) and the toe up, the action is called dorsiflexion. Dorsiflexion uses the shin muscles and the extensor muscles just above the instep. These muscles are apt to be weak because they are minimally used in regular walking. In making a concerted effort to plant the heel, new walkers may lift their toes very high and suddenly start working their shin muscles. This is tiring and can cause discomfort and pain.

Shin pain can also occur with experienced walkers if they suddenly increase their mileage. For example, if you are used to working out six miles and jump to 10 miles, you may experience soreness. As with other muscles, the shins will adapt and grow stronger.

When your shins scream "back off," slow your pace and don't lift your toe so high before heel plant. Shorten your stride. Most walkers get over this problem with a bit of teeth-gritting. You won't do any damage, and there seldom is any residual soreness afterwards, that is until you are a half-mile or mile into your workout the next day. As to when this pain stops altogether, it seems to vary with individuals. It can last anywhere from a few days to several weeks or even a few months.

Occasionally, shin pain can be a chronic condition. A walker of 13 years, is still bothered by shin splits on



JERRY WOJCIK  
Stan Chraminski, Seattle, Wash., second M50 (26:40.78) 5000 racewalk, 2001 Northwest Regional Masters Championships, Gresham, Ore.

and off even though she is strong. There is no pattern. Some days are pain-free and some days the pain is there. Doctors have not come up with an explanation.

### Stretching Solutions

If you have tight calf muscles, your shins have to work against them. Stretching can ease their workload.

- With your feet together and your arms at shoulder height, lean into a wall or tree keeping the heels on the ground; feel your calf muscles bulge.

- In the same position, perhaps closer to the wall, bend at the knees keeping the heel on the ground; feel the lower calf above the back of the ankle stretch.

When you feel the shins tighten up while walking, stop and do these stretches. You will feel immediate

relief.

Another workout solution is to stretch the shin muscles themselves.

- Stop walking, place the tops of your toes against the ground behind you, and pull forward until you feel your shin muscles stretch. This stretch will relieve the spasm in your shins.

### Strengthening Solutions

- Walk around barefoot as much as possible.

- Jog barefoot slowly in sand at the beach or in a long jump pit.

- Walk downstairs heel first, but be sure to do this very slowly as it takes a while to adjust to it.

- Toe tap.

- Jump rope (100 skips per training mile).

- Place a weight on your toes and raise them while keeping the heel on the floor.

### Leg-press Platform Machine

This machine has a platform on which to put your feet as you press for quad and glute strength. For the shins, put your heels on the top of the platform and press. The real advantage of such a machine is that you can add weight progressively and build measurable strength. □



JERRY WOJCIK  
Bob Novak, M50 first (27:12.04) 5000 racewalk, 2001 Hayward Classic, Eugene, Ore.

## Keshmiri Honored in His Hometown

A few years ago, a nameless individual went onto the football field at Reno High School with a 4-wheel drive vehicle, tearing up the turf and causing considerable damage. The field was circled by a dirt track, which also suffered but not as badly.

A few inspired individuals took it upon themselves to repair the damage and upgrade the track facilities. Two of the upgraders were Dan Anderson, a track coach at the school, and Skip Houk, an alumni of Reno High and U. of Nevada-Reno, where he was an outstanding runner. Many others — individuals, alumni, local companies, professionals, etc. — contributed money.

The football field has been totally renovated. The track has been redone and is now a first-class facility with an 8-lane rubberized surface. Two discus rings were constructed (a 300-footer

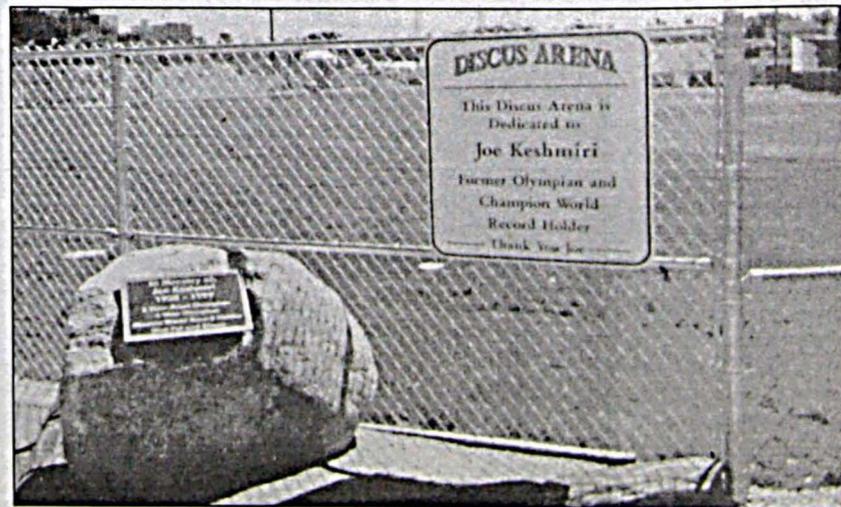
for men and a shorter one for women), plus two shot put rings, extending 65 feet.

The throwing facilities are dedicated to Joe Keshmiri, a Reno resident and businessman, who, as most weight people know, passed away recently and was one of the most outstanding masters throwers ever and still holder of world and U.S. records in the shot and discus.

Keshmiri was very supportive of these new facilities. It's too bad that he didn't live long enough to take advantage of them. I, luckily, am able to use them, probably one of the best venues in the country for workouts.

Many throwers have a difficult time finding places to practice, so I feel very fortunate. Unfortunately, they don't improve my performances, but they are a pleasure to use. □

— Mike Orlich



MIKE ORLICH  
One of the throwing areas dedicated to the late Joe Keshmiri at Reno High School, Reno, Nev., to honor his contribution in renovating the vandalized track and his accomplishments as a masters thrower.



SUZEELEY  
Suzy Seeley, 42, Sp (4:31:16), Sunmart Texas.

## HU

By SUSANNA

Why would a Trail race in North 29? And why would you know? And why would you know?

These are the USATF National Running Championships in the week of the Huntington 10 Kilometer Trail race. Probably asked the race. Because to its reputation as a freakin' run, and Westford, Mass., one of the gnarlier.

The conditions say, wintry. No California wintry, Indiana wintry. Really morning of Reservoir, "war degree weather) for a mile loop course a difficult course mostly trail with rings, and only a coming in at 32.4

Of course, the blowing up the inch of snow on the which was a blessing year when 18 runners, and slow times by as much.

Several of the runners made an National Champion Garcia, and Ch Bloomington, Mi

Garcia came 2001 100K titlist. ber of the U.S. while Hubbard is winning streak a



JOHN WELCH

Suzy Seeley, 42, Spring, Texas, first W40+ (4:31:16), Sunmart Texas Trail 50K, Huntsville, Texas.

## Garcia and Hubbard HUFF-and-Puff for 50K Trail Title

By SUSANNAH BECK

Why would anyone hold a 50K Trail race in Northern Indiana on Dec. 29? And why would anyone consent to run it? You know it's going to be cold. And windy. And snowy.

These are the questions entrants in the USATF National 50K Trail Running Championships asked themselves in the weeks leading up to the Huntington Ultra Frigid Fifty Kilometer Trail Race (HUFF). And probably asked themselves again during the race. Because HUFF lived up to its reputation as one bad-ass, gnarly, freakin' run, and Jim Garcia, 43, Westford, Mass., showed himself to be one of the gnarlier ultra guys out there.

The conditions were, needless to say, wintry. Not just Alabama or California wintry, either. Northern Indiana wintry. Racers gathered in the early morning dark at Huntington Reservoir, "warming up" (in 15-degree weather) for the three-lap, 10.8 mile loop course around the lake. Not a difficult course per se: pretty flat, mostly trail with a few stream crossings, and only a bit longer than 50K, coming in at 32.4 miles.

Of course, there was a good wind blowing up the Wabash, but only an inch of snow on the trail, and some ice, which was a blessing compared to last year when 18 inches of snow greeted runners, and slowed the usual winning times by as much as two hours.

Several of the U.S.'s strongest ultrarunners made an appearance for the National Championships, among them Garcia, and Charles Hubbard, 40, Bloomington, Minn.

Garcia came to the event as the 2001 100K titlist and seven-time member of the U.S. 100K National Team, while Hubbard is known for a 17-race winning streak at 50K, only recently

## Sunmart Runs

Continued from page 1

"I was ahead of the other women from the beginning of the race," said Pacev, who finished fourth at the U.S. 50-Mile Championships last summer. "Since this was my first race at sea level, I was going to run very conservatively. During the first lap, I was on pace, but on the second lap, the pace was most difficult because of the hard rain and all the mud. It was also very crowded during the race, and I am a little disappointed with the time, but I used this as training for a marathon I am doing in the Sahara Desert later next year."

Making a splash for himself, literally, in the 50-Mile was M40+ winner, Steve Webster, 48, West Olive, Mich., who finished fifth-place overall in 6:48:13. Tim Twietmeyer, 43, Auburn, Calif., was eighth overall in 6:52:25 to capture the second masters slot. Mark Henderson, 41, Houston, Texas, was ninth and third master in 6:59:55.

halted. The two had never met or competed against one another before — amazing, considering the smallness of the world of competitive ultrarunning.

Garcia took the day, but only barely, with a 3:39:13 win to Hubbard's 3:41:02. Garcia's plan to run a strong second lap resulted in a 30-second lead by the time he came to the 20K aid station, but turned into a 30-second deficit to Hubbard exiting the aid station, thanks to taking time to ingest a large number of calories. He soon found himself a full minute in arrears.

Said Garcia, "I didn't know if I was going to catch him. But then I got within 30 seconds, and even though I felt pretty bad, I was closing in. When I caught him at the last aid station (three miles from the finish), he just stopped, looked at me, and said, 'Go ahead, Garcia, get up there where you belong.' He just let me go."

Hubbard was having a difficult race, and wasn't even aware that he was in the lead. "I thought Jim was ahead of me and when I turned and saw him come into the aid station, I said, 'What the hell are you doing here?' After that, it was just a matter of trying to hold onto second place."

Dennis Poolheco, 41, Glendale, Ariz., was the third M40+, finishing 10th overall, 3:59:59, very strong considering his lack of cold-weather acclimation training.

Holly Neault-Ziznow, 41, White-water, Wisc., led the 40+ women with her 4:47:32. She was eighth woman overall.

The HUFF 50K is organized by the Fort Wayne TC and race director Mitch Harper. There were 189 intrepid finishers. □

— From reports by Brett S. Hess of [www.Huff50K.com](http://www.Huff50K.com), Jay Hodde, and Brian Wieck.

Mark Godale, a 31-year-old art director for a Cleveland, Ohio, communications firm, was the overall men's winner in 6:03:52.

Charles Hubbard, 40, Bloomington, Minn., was setting his sights on a double play — the overall win and the masters title — having won the 50K in both 1999 and 2000. But a nasty spill over a slippery bridge at 16-miles plummeted him to fourth place overall in 3:31:52.

Steve Barlow, 40, San Antonio, Texas, was the second master at 3:54:16, followed by the third master, Brian Buchanan, 44, West Olive, Mich., who finished at 3:57:52. Sergey Karasev, a 36-year-old St. Petersburg, Russia, native, who trains in Austin, Texas, was the overall winner in 3:13:11.

"I was in the lead till the 16-mile mark, but I fell down crossing a bridge over a swampy section of the course," Hubbard said. "The Russian caught up to me just as I fell down, and he actually offered to help me up, but I just told him to go on ahead and run his race."

Suzy Seeley, 42, Spring, Texas, finished seventh overall in 4:31:16 to claim the women's 50K masters title. Kathy Misiti, 44, Round Rock, Texas, was eighth overall and second master in 4:44:17.



JOHN WELCH

Helmut Linzbichler, 60, Harbor Springs, Mich., third M60 (10:43:15), Sunmart Texas Trail 50 Mile, Huntsville, Texas.

Albina Gallyamova, Krasev's 37-year-old countrywoman from Austin, was the overall winner in a new course record time of 3:41:40.

Odino Soligo, 80, Thornhill, Ontario, Canada, set a new M70+ world 50K trail best time of 6:27:39. □

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## On The Run

By HAL HIGDON

### My 7-7-70 Quest: Almost Over The Rainbow

The morning before the Honolulu marathon, photographer Georg Deussen positioned us on Waikiki Beach for a family photo. We were sixteen: three children (and spouses), eight grandchildren plus Rose and myself. This would be our Christmas card.

Despite a mostly sunny sky, a light rain brushed my face. I looked behind. A rainbow began to form, arching into the ocean. A good omen for next day's run. I was running the sixth of seven marathons in seven months to celebrate my 70th birthday and help raise \$700,000 for seven separate charities.

To assist me in my 7-7-70 Quest, my family decided to attend one of the marathons. What better choice than Honolulu? Luckily, Rose and I had enough frequent flyer points to assist everybody in reaching the Hawaiian Islands.

#### Rebellious Fashion

Rose and I love seeing our grandkids. Our first morning in Honolulu, grandson Jake, age seven, appeared with a wicked grin on his face. "Turn around and show Grandpa," instructed his mother. Jake spun, revealing the numbers "7-7-70" cut into the back of his hair. I'm not a fan of rebellious fashion, but I gave Jake a pass on this one.

Friday night we attended a party at the home of Jack Scaff, M.D., the cardiologist who founded the Honolulu Marathon in 1973. Jack has run each one since. His wife Donna demonstrated her hula dancing ability by teaching the movements to two of our granddaughters, Angela and Holly. The next morning she sent a pair of hula skirts to our hotel for the girls to show-and-tell their schoolmates after returning home.

#### Mixed Results

While I can't match Jack's total, I had run Honolulu ten times, more than any other marathon except Boston. I've had mixed results: running 2:35 one year,

dropping out the next. My slowest was 5:50 several years ago while leading one of the *Runner's World* pacing teams.

I arrived in Hawaii with no time goals; I just wanted to finish my sixth marathon and move on to number seven: Disney World, four weeks later. Son-in-law Pete Sandall from Plymouth, Minn., planned to pace me. I warned: "I'm going to arrive late at the start, line up way back, and not worry about walkers blocking me."

#### Spectacular Start

Honolulu features the most spectacular start in road racing with skyrockets exploding overhead at 5 a.m. Along to enjoy the scene were two grandkids: Kyle, 13, and Wesley, 10. They had been instructed by their father, Kevin, to, "run behind Grandpa, and don't get in his way!"

They followed instructions perfectly, peeling off at 5 miles as we came past our Waikiki hotel. My other son, David, joined us then, running through Kapiolani Park and up the slope of Diamond Head before turning back at 8 miles. Alas, Pete and I got separated about that point; it would be 10 more miles before I saw him again.

#### Four Stages

Looking back, my race could be broken down into four stages. There was the race in the dark. There was the race in the wind. There was the race in the sun. Finally, there was the race of survival.

The race in the dark carried me those first 8 miles to Diamond Head. I enjoyed running in the pre-dawn hours, since I couldn't see my watch to know how slow I was going. Nobody around me seemed in a hurry either.

The race in the wind started as we headed through Kahala and onto the Kalaianaoale Highway. We bucked a stiff wind through 15 miles. But this helped cool us. I ran my fastest mile splits into the wind.

As we returned on the other side of the highway with the wind at our backs, the race in the sun began. No more cooling, plus the sun rose higher in a rainbowless sky. Like a pig at a luau, I was about to be cooked.

Thus began the race for survival. I caught Pete at 18 miles, but at 20 shifted into walking mode, letting him go. Despite my slow pace, there were as many behind as before me. I would finish 10,918th out of 19,236 official finishers, my time slower than my fastest, but faster than my slowest.

#### Cheering Section

My family cheered from the sidelines as I ran past heading for the finish line where a volunteer hung a shell lei around my neck. Jake of the weird hairdo offered a hug. I spent the fol-



TESH TESHIMA

Takako Suzuki, of Japan, W60 winner (3:59:58) and Diane Wallach, West Hills, Calif., third (4:23:02), Honolulu Marathon, Dec. 9.

lowing week with my family on the Big Island, relaxing after my run. No rainbow at the end of my sixth marathon, but maybe I will find one in my seventh coming up. □

(Hal Higdon is a Senior Writer for *Runner's World*. More on his 7-7-70 Quest can be found on his web site: [www.halhighdon.com](http://www.halhighdon.com). He can be reached by e-mail at [halhighdon@attbi.com](mailto:halhighdon@attbi.com).)

### Profile: Shirley Matson

Continued from page 7

to that tree. Play around with varying speeds and recoveries.

You can't go wrong if you go according to how you feel. The main thing is that you run faster than your normal easy run. You will undoubtedly feel invigorated and energized. Alternate hard days with 1-2 easy days.

#### Sustained Distances

Later on you can run a sustained three miles at a "comfortable/hard" pace. You will know what that is. It's

hard, but not all out. You can handle it, but you won't be carrying on a conversation. This is a good run to do alone, or with someone of your ability who has the same goals in mind. Start with a one- or two-mile warm up and finish with a mile cool down.

Weekends are the time for a nice enjoyable long run. It means longer than you normally run. If your longest run during the week is 3 miles, try to go 4-6. If you can run 8 easily, go 10-12, etc. Again, listen to your body and run at a comfortable, conversational pace. This is the best time to share the joy of running with your friends or running club.

Enter some local races - 5K races are great tune-ups to push yourself to your limit and see what you can do. It will provide you with motivation to see others, older and younger, running faster or slower than you run. You'll be inspired to get out there and keep up with your training program.

Wear a stopwatch and time your runs. Keep a running log to monitor your progress. It can be as simple as a spiral notebook. Mark several columns with date, time, distance, comments, and fill it in every day after your run. Highlight your races and PRs for easy reference.

But most of all, remember, "It's fun to run." So enjoy the sport, the fitness benefits and the camaraderie of other runners. If you are blessed with good health, don't waste it... use it or lose it. □



NOREEN SEARLS

The Reebok Aggies winning M40-49 team (from l): Jeff Shaver, Kevin Searls, Joe Fabris (rear), Tim Minor, Carmelo Rios, Emil Magallanes, Terence Boynton, and Tom Cushman. USATF National Masters 6K Cross-Country Championships, Mobile, Ala., Dec. 1.

### FIFTEEN YEARS AGO February 1987

- Don Coffman (2:30:36) and Cindy Dalrymple (2:52:53) Are Top Masters in Rocket City Marathon
- Boo Morcom, 66, Wins National Masters Indoor Pentathlon With 4772 Points
- Al Oerter Sets M50 Discus WR With 65.30 Heave in Florida's Holiday Weight Pentathlon

### NSGA E Har

In a report Games Associ Neumann, Cha Directors, painte the organization

Among the fi noted that the NSGA headquar had been cut t salaries were n stated, "It is clea sorships at the but disappeari "LaurusHealth that they were te ment as of that and thus are not payment of \$33 2002."

The report e were being made situation, such a cant financial as USOC Foundati Foundation in

"...working to r sionate relief f other creditors."

Finally, the senior athletes a who "want a r with a center Games...will hav them," the supp of a mandatory example, a \$25 p would split \$10 organization, \$ office, and \$5 fo tion, a monthly n and data mainten

Neumann clos plea: "Please gi joint state/natio a step in the righ 'our way out' of difficulties." □



Runners of the Weste ond straight M50+ t Cross-Country Chal 10 (from l), front: Ca Banks; rear: Dave Bo Joe Silverio.

# NSGA Experiencing Hard Times

In a report to National Senior Games Association affiliates, Jack Neumann, Chair, NSGA Board of Directors, painted a gloomy picture of the organization's fiscal position.

Among the finance items, the report noted that the staff work week at the NSGA headquarters in Baton Rouge had been cut to four days and that salaries were reduced 20%. It also stated, "It is clear that corporate sponsorships at the national level are all but disappearing." For example, "LaurusHealth (VHA) informed us that they were terminating their agreement as of that date (Dec. 10, 2001), and thus are not liable for their final payment of \$333,333 due June 10, 2002."

The report explained that efforts were being made to improve the fiscal situation, such as seeking "...significant financial assistance through the USOC Foundation and the Pennington Foundation in Baton Rouge," and "...working to realize some compassionate relief from Bank One and other creditors."

Finally, the report proposed that senior athletes and state organizations who "want a national organization with a centerpiece of National Games...will have to share support of them," the support coming in the form of a mandatory membership fee. For example, a \$25 per member fee, which would split \$10 to the member's state organization, \$10 for the national office, and \$5 for membership promotion, a monthly newsletter, Pacesetters, and data maintenance.

Neumann closed the report with this plea: "Please give consideration to a joint state/national membership fee as a step in the right direction for finding 'our way out' of our present and future difficulties." □

-Jerry Wojcik

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### Masters 5-Year Age-Group Records

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 August 1, 2000; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$2.00.

\_\_\_\_\_ \$ \_\_\_\_\_

### Masters 5-Year Indoor Age-Group Records

Same as above, except indoor records (M40+, W35+) as of May 25, 2001 (world) and November 30, 2001 (USA). \$1.50.

\_\_\_\_\_ \$ \_\_\_\_\_

### Competition Rules for Athletics (2001 Edition)

U.S. rules of competition for men and women for track & field, long distance running and racewalking—youth, open and masters. \$12.00.

\_\_\_\_\_ \$ \_\_\_\_\_

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Names and addresses of national officers and staff, board of directors, sport and administrative committees, association officers and addresses, etc. \$12.00.

\_\_\_\_\_ \$ \_\_\_\_\_

### USATF Governance Handbook (2001)

U.S. Bylaws and operating regulations, forms for membership, race sanction, records, course measurement, etc. 152 pages. \$12.00.

\_\_\_\_\_ \$ \_\_\_\_\_

### International Scoring Tables

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 weightlifting. 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.

\_\_\_\_\_ \$ \_\_\_\_\_

**How to be A Champion from 9 to 90.** Earl W. Fee, world-record-holder in the M65 and M70 300H, reveals his secrets that enabled him to achieve over 30 world records in 15 years of running. 420 pages, 25 chapters, 100s of excellent references.

US\$19.25/CAN\$28.50, plus postage & handling.

\_\_\_\_\_ \$ \_\_\_\_\_

### Masters Track and Field: A History, by Leonard Olson

Olson, a masters competitor since 1970, traces the development of masters t&f from its start in San Diego in the late 1960s to its expansion into present-day world championships, with emphasis on the personalities and events that helped shape this historic movement in sports. 64 photographs, tables, appendix, bibliography, and index. 320 pp. \$65.

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\_\_\_\_\_ \$ \_\_\_\_\_

### 2001 Road Race Management Directory

Published by Road Race Management, this book combines the Guide to Prize Money & Races with the Running Industry Resource Directory – two books in one – listing elite athletes (including masters) with over 1000 addresses and phone numbers, prize money structures for 400 events, Internet services, retailers, publications, TV contacts, and more. \$75.00.

\_\_\_\_\_ \$ \_\_\_\_\_

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BETH HARWICK

Runners of the Western Penn TC won their second straight M50+ team title, Pittsylvania 8K Cross-Country Challenge, Pittsburgh, Pa., Nov. 10 (from l), front: Captain George Carroll, Jim Banks; rear: Dave Bowser, Jacob Sedmak, and Joe Silverio.



## National Masters Indoor Championships Update

The entry form (see p. 5 of NMN's Jan. issue) for the 2002 National Masters Indoor Championships (NMIC), March 22-24, Boston, Mass., provides most of the important information regarding this meet. Additional information is also available on the meet Website which is updated regularly ([www.usatfne.org](http://www.usatfne.org)). There are a few items, however, that we thought worthy of special mention as they involve changes or additions designed to offer enhancements over previous years.

### Meet Headquarters Hotel

USATF-NE England, the Local Organizing Committee, has negotiated a three-year contract with the Westin Copley Place Hotel to serve as the meet headquarters hotel for 2002-2004. This is a four-star, four-diamond hotel rated as one of the finest in Boston, located in Copley Square in the heart of the Back Bay. For 2002, the rate for a single/double room will be \$99/night, with a rate of \$109 for a triple, and \$119 for a quad. (Note: the

"rack rate" for these rooms is \$599/night.)

The same special rates will be available from March 19-26 for those arriving in Boston early or staying late. Guests can upgrade their rooms to a junior suite for \$40/night. Parking will be at a special reduced rate of \$10/night with unlimited in/out privileges (normally \$30/night). It will be on a space available basis, but we expect there to be plenty of room.

Guests who are members of the Starwood Preferred Guests (SPG) program will receive double points for this stay. The hotel is one block from the MBTA Orange line from which it is three stops to the track. It is also just a few blocks from the Amtrak Back Bay station where trains coming from the south (New York City, etc.) stop.

Guests should make their own reservations by calling 800-WESTIN-1 or 617-262-9600, and referring to the National Masters Indoor Championships. Reservations may be cancelled without penalty up to 24 hours before check-in, and departure dates may be changed at check-in without penalty. The reservation deadline for the special rates is 6 p.m., March 7.

We feel very fortunate to be guests of this outstanding hotel at such exceptional rates, and we hope it will prove popular with those attending the meet.

### Matching Roommates

We will operate a "matching roommates" service for those looking for one or more additional roommates at the Westin. Call 617-242-8822 or e-mail [pmb02129@aol.com](mailto:pmb02129@aol.com). We cannot guarantee results, but we'll do our best.

### Athletes Meeting

In the past, the Athletes Meeting at the NMIC has been held on Saturday at 8 p.m. For obvious reasons, this has not been a convenient time for most people, so attendance has been low. This year we will have the meeting on Saturday, at approximately midday. We regret that some athletes will have events going on at that time, but we believe this time will be much more convenient for the majority. The meeting will be held in the gymnasium adjoining the track, and should last about 45 minutes. We plan to give out the annual awards for 2001 at this meeting.

### Evening Social and Dinner

Last year we organized an unofficial "Pentathletes Party" for athletes, guests, organizers, officials, volunteers, media, etc., on the night before the meet began. We are doing this again and invite everyone to attend.

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 *Masters Age Records* book and will be listed in the paper as a *National Masters News* sustainer.



Pole vaulters wait for a practice vault, 2001 Masters Championships, Boston. The 2002 Championships will be held again in Boston, March 22-24.

The dinner will be held on Thurs., March 21, at Bertucci's Restaurant, 43 Stanhope St., one block from the hotel, and will include soft drinks, rolls, salad, three pasta selections, coffee/tea, tax and tip for \$20. Social sign up 6:30 p.m.; dinner at 7:30 pm. Please sign up and pay for this on the meet entry form.

### Friends of the Meet

As in the past, we invite attendees to become "friends" of the meet at the platinum, gold, silver or bronze level. In addition to the items listed on the entry form for these supporters, plat-

inum level Friends will receive an upgrade to a junior suite at the meet headquarters hotel (two nights maximum).

### Local Transportation

We continue to explore the issue of buses and/or MBTA tokens for transportation between the Westin and the track, and will have more to say on this as soon as possible. There will be shuttle buses running to the airport on Sunday afternoon.

—Phil Byrne  
USATF-NE Chair  
Indoor Championships

## Masters To Be Showcased at Open Championships

Top masters men and women competitors will be featured in marquee events in 2002 at both the Indoor Open Championships at the Armory in New York City, March 1-2, and the Outdoor Championships at Stanford on June 21-23.

The featured masters events at the Indoor Championships will include an invitational women's 400 and an invitational men's mile, both scheduled for the Saturday session, March 2. The 400 is scheduled for 12:48 p.m., and the mile for 12:53 p.m. Qualifying standards have been set at 69.0 for the women and 4:30 for the men.

This showcase field is the first of three events that are the focus of the Masters Invitational Program headed up by Mark Cleary. "There will be many exciting opportunities ahead for talented masters athletes to show the world their extraordinary abilities, which will touch the hearts of many spectators and athletes alike," Cleary explained. "We will work toward gaining support of the USATF National Office to obtain duplicate medals for our masters competitors. They gave duplicate medals to the top three who

competed in the Outdoor Open Nationals in Eugene last year," he added.

Besides serving as coordinator of the masters fields for the Open Championships, Cleary has also worked hard with Mark Kostek, Director of the Drake Relays, to field a featured Masters Men's Mile that will race in front of a sell-out crowd of over 15,000 on Saturday, April 27.

Interested masters athletes over 40 can contact Mark Cleary at runner mark@cox.net for more information on these races and official entry forms, or submit their best times for the 2001 season. These times will be verified and invitations to compete will be issued to the athletes with the fastest times until the field is filled.

For the Indoor Championships in NYC, there will be a field of six for the women's 400 and 12 for the men's mile along with four alternates for each race. All participants will be required to pay all meet expenses including entry, travel, and lodging. The deadline for submitting entries for the March 2nd Indoor Nationals event is Feb. 15. □



JERRY WOJCIK

Marcia McChesney, of Oregon, W70 3000 first (17:40.35), 2001 Masters Indoor Championships. Boston's Reggie Lewis Center will host the 2002 Championships.

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## Records Section

WORLD MASTERS



## New In

In this issue field records approved as Athletics (WMA) 30, 2001, by the Field (USATF).

THIS IT MAY BE US

Pete M

To THE RECO Application is here

Description of Rec World \_\_\_\_\_ Amer Junior \_\_\_\_\_ Age (All applications for Junior)

1. Event \_\_\_\_\_
3. Record claimed \_\_\_\_\_
4. Where held (Area) \_\_\_\_\_
5. Force of following \_\_\_\_\_
6. Name of Competitor \_\_\_\_\_

(If fully automatic) 7. A fully automatic The time recorded \_\_\_\_\_

(Photo Evaluation)

(Chief Timekeeper)

8. I, the undersigned, time set opposite by me has been checked

Time \_\_\_\_\_

Time \_\_\_\_\_

Time \_\_\_\_\_

I confirm that

# NATIONAL MASTERS NEWS

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

Records Section

February 2002

page 15




## Masters Age Records

### New Indoor Age-Group Records Compiled

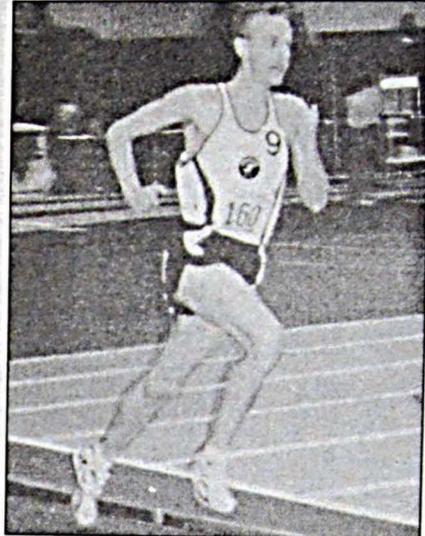
In this issue are the new world and U.S. indoor five-year age-group track and field records for men and women. The world marks are those compiled and approved as of May 25, 2001, by the Records Committee of World Masters Athletics (WMA). The U.S. records are those compiled and approved, as of Nov. 30, 2001, 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 WMA record form, which is published in the WMA Handbook and the April 2001 issue of NMN. It will again be printed in the April 2002 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.



SUZY HESS  
Denis Daly, New York, M60 3000 winner (11:36.66), 2001 National Championships, 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 WMA Records Committee,  
4017 Via Marina, #C-301, Venice CA 90291, USA.

#### To THE RECORDS 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)

1. Event \_\_\_\_\_ 2. Date and Time of Day \_\_\_\_\_ Men/Women \_\_\_\_\_
3. Record claimed (state, time, distance, height or points achieved) \_\_\_\_\_ Indoor/Outdoor \_\_\_\_\_
4. Where held (Arena, Town and Country) \_\_\_\_\_
5. Force of following wind \_\_\_\_\_ Anemometer \_\_\_\_\_ Attendants Signature \_\_\_\_\_
6. Name of Competitor, Club and Country \_\_\_\_\_ (print)

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

#### AUTOMATIC TIMING

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

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

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

\_\_\_\_\_  
(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)

Continu  
M55 1  
M60 1  
M65 1  
M70  
M75  
M80  
M85

# World Track & Field Indoor Age-Group Records

Approved by the Records Committee of World Masters Athletics (WMA) as of May 25, 2001

## 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	7.34	James E. St-Cyr(USA)	51	1-16-00
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	8.67	Melvin Larsen(USA)	75	3-25-00
M80	9.39	Roderick Parker(USA)	80	3-27-99
M85	11.00	Wiktor Burgen(SWE)	85	3-7-98
p10.86		Ahiti Pajunen(FIN)	86	1-20-96
M90	13.64	Karl Trei(CAN)	90	3-27-99
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	22.57	Bill Collins(USA)	48	2-14-99
M50	23.76	Harold Morioka(CAN)	50	3-21-93
M55	24.09	Charles Allie(USA)	51	3-28-99
M60	25.10	Stephan Robbins(USA)	55	2-15-98
M65	26.41	Larry Colbert(USA)	61	3-29-98
M70	27.40	Charles Williams(USA)	66	3-2-97
M75	29.57	Allan Meddings(GBR)	70	3-1-98
M80	32.9	Melvin Larsen(USA)	75	3-26-00
M85	39.14	Barry Ivers(USA)	80	3-17-91
M90	p68.6	Bert Morrow(CAN)	85	3-29-98
M95		Mikko Salonen(FIN)	90	- -87
		Everett Hosack(USA)	95	4-6-97

400 Meters	DIV. MARK	NAME(COUNTRY)	AGE	MEET DATE
M40	49.14	Elvis Forde(BAR)	40	2-18-00
M45	49.89	Fred Sowerby(USA)	45	1-29-94
M50	52.72	Harold Morioka(CAN)	52	2-25-95
M55	54.36	Harold Morioka(CAN)	56	3-27-99
M60	56.32	Larry Colbert(USA)	60	3-22-97
M65	59.53	Earl Fee(CAN)	65	2-25-95
M70	61.31	Earl Fee(CAN)	70	3-27-99
M75	69.59	Gote Lindblad(SWE)	75	3-7-99
M80	75.58	Roderick Parker(USA)	80	3-27-99
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	1:48.81	Johnny Gray(USA)	40	3-2-01
M45	1:57.32	Peter Browne(GBR)	45	1-29-95
M50	2:03.55	Nolan Sheehy(USA)	50	3-26-00
M55	2:08.15	Reginald Phipps(GBR)	56	1-17-99
M60	2:14.75	Sidney Howard(USA)	60	2-26-99
M65	2:16.80	Earl Fee(CAN)	65	3-27-94
M70	2:20.45	Earl Fee(CAN)	70	3-28-99
M75	2:42.35	James Todd(GBR)	75	3-2-97
M80	3:13.39	Roderick Parker(USA)	80	3-28-99
M85	3:46.96	Vincent Malizia(USA)	85	3-26-00

1500 Meters	DIV. MARK	NAME(COUNTRY)	AGE	MEET DATE
M40	3:45.3	Eamonn Coghlan(IRL)	40	2-26-93
M45	4:03.69	John Potts(GBR)	45	3-9-90
M50	4:14.73	John Potts(GBR)	50	2-26-95
M55	4:27.01	John Potts(USA)	55	2-14-00
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	5:37.28	Rune Bergman(SWE)	75	3-12-00
M80	6:19.34	Ernie Warwick(GBR)	80	3-2-96
M85	8:16.73	Vincent Malizia(USA)	85	2-6-00
M90	14:28.4	Mikko Salonen(FIN)	90	- -88

One Mile	DIV. MARK	NAME(COUNTRY)	AGE	MEET DATE
M40	3:58.13	Eamonn Coghlan(IRL)	41	2-20-94
M45	4:21.90	Albyn Swenson(USA)	45	2-26-93
M50	4:27.14	Nolan Sheehy(USA)	51	3-3-01
M55	4:52.81	Victor Heckler(USA)	55	12-13-97
M60	5:01.76	Dan Conway(USA)	60	3-27-98
M65	5:13.3	Earl Fee(CAN)	67	3-23-96
M70	5:32.4	Scotty Carter(USA)	70	3-15-87
M75	6:27.16	John Hosner(USA)	75	2-26-00
M80	7:04.2	Paul Spangler(USA)	80	3-18-79
M85	8:33.11	Vincent Malizia(USA)	85	3-25-00

3000 Meters	DIV. MARK	NAME(COUNTRY)	AGE	MEET DATE
M40	8:20.16	Nigel John Gates(GBR)	40	1-23-94
M45	8:36.64	Klaus Goldammer(GBR)	46	1-24-99
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	11:08.49	James Todd(GBR)	72	3-20-94
M75	12:12.72	James Todd(GBR)	75	2-28-97
M80	14:10.79	Gordon Porteous(GBR)	80	3-20-94
M85	18:54.49	Dudley Healy(USA)	85	3-24-00
p16:41.3		Marti Laiho(FIN)	85	2-10-95

60 Meter Hurdles	DIV. MARK	NAME(COUNTRY)	AGE	MEET DATE
M40	7.96	Karl Smith(USA)	40	3-25-00
M45	8.43	Sean Druckrey(USA)	45	3-25-94
M50	8.47	Walt Butler(USA)	51	3-20-93
M55	8.63	Courtland Gray(USA)	55	2-14-99
M60	9.14	Phil Mulkey(USA)	60	3-20-93
M65	9.8	Buck Bradberry(USA)	66	2-20-93
M70	9.89	James Stookey(USA)	70	3-25-00
M75	10.09	Melvin Larsen(USA)	76	1-19-01
M80	12.68	Reino Taskinen(FIN)	80	3-31-96
M85	14.36	Karl Trei(CAN)	85	3-4-95

High Jump	DIV. MARK	NAME(COUNTRY)	AGE	MEET DATE
M40	2.10	Dwight Stones(USA)	40	3-25-94
M45	1.92	Mark Chelnov(URS)	46	3-18-90
M50	2.00	Thomas Zacharas(GBR)	50	3-2-97
M55	1.76	Mark Zhelnav(GBR)	55	2-26-00
p1.81		Asko Pesonen(FIN)	56	3-18-00
M60	1.65	Jim Gilchrist(USA)	62	3-24-90
M65	1.62	Jim Gilchrist(USA)	65	3-19-93
M70	1.49	Nils-Bertil Nevrup(SWE)	70	1-12-97
M75	1.38	Rolf Gustavsson(SWE)	75	3-7-92
p1.40		Esko Kolhonen(FIN)	75	4-1-89
M80	1.27	Esko Kolhonen(FIN)	81	3-19-95

M85	1.06	James Elliot(USA)	85	3-27-99
M90	0.89	Karl Trei(CAN)	90	3-27-99
M95	0.86	Everett Hosack(USA)	95	3-2-97

Pole Vault	DIV. MARK	NAME(COUNTRY)	AGE	MEET DATE
M40	5.18	Earl Bell(USA)	40	8-26-95
M45	4.77	Wolfgang Ritte(GBR)	46	3-6-99
M50	4.30	Wayne Lambert(USA)	54	2-20-01
M55	4.05	Hans Lagerqvist(SWE)	58	3-6-99
M60	3.91	Dale Lonce(USA)	60	3-27-98
M65	3.42	Jerry Danley(USA)	65	2-25-95
M70	3.15	Bob Marcom(USA)	71	1-8-93
M75	2.82	Carol Johnston(USA)	76	3-19-88
M80	2.44	Carol Johnston(USA)	82	3-25-94
M85	1.67	A. E. Pitcher(USA)	86	3-19-88

Long Jump	DIV. MARK	NAME(COUNTRY)	AGE	MEET DATE
M40	7.52	Barrington Williams(GBR)	40	3-2-96
M45	6.90	Tapani Taavitsainen(FIN)	45	2-3-90
M50	6.50	Pertti Ahomaki(FIN)	51	3-23-97
M55	6.34	Stig Backlund(FIN)	55	3-19-95
M60	5.58	Dick Richards(USA)	61	3-22-97
p5.80		Stig Backlund(FIN)	60	11-13-99
M65	5.31	Melvin Larsen(USA)	66	1-13-91
M70	5.31	Dick Richards(USA)	66	2-25-01
M75	5.05	Melvin Larsen(USA)	70	2-25-95
M75	4.31	Melvin Larsen(USA)	75	3-25-00
p4.41		Heikki Simola(FIN)	75	3-7-87
M80	3.63	Thomas Walsh(USA)	81	3-15-98
p3.77		Aate Lehtimäki(FIN)	80	3-11-00
M85	3.12	Karl Trei(CAN)	85	3-4-95
M90	2.49	Karl Trei(CAN)	90	3-26-99

Triple Jump	DIV. MARK	NAME(COUNTRY)	AGE	MEET DATE
M40	16.08	Ray Kimble(USA)	40	2- -94
M45	14.82	Milan Tiff(USA)	46	2-26-95
M50	13.72	Stig Backlund(FIN)	50	3-4-90
M55	12.92	Stig Backlund(FIN)	59	3-6-99
M60	12.49	Stig Backlund(FIN)	60	3-12-00
p12.53		Stig Backlund(FIN)	60	11-13-99
M65	10.92	Amelia Compriti(ITA)	65	3-3-90
M70	9.99	Vaclav Bartl(SWE)	70	3-23-96
M75	9.38	Ed Lukens(USA)	75	3-21-97
p9.40		Heikki Simola(FIN)	75	3-8-87
M80	8.10	Esko Kolhonen(FIN)	81	3-19-95
M85	6.67	Karl Trei(CAN)	85	3-25-94
M90	5.18	Karl Trei(CAN)	90	3-28-99

Shot Put (35-49: 16g; 50-59: 6kg; 60-69: 5kg; 70+: 4kg)	DIV. MARK	NAME(COUNTRY)	AGE	MEET DATE
M40	20.07	Brian Oldfield(USA)	40	1-17-86
M45	15.78	Ed Hill(USA)	45	3-19-88
M50	16.27	Ladislav Pataki(USA)	52	2-14-99
M55	15.74	Joe Keshmiri(USA)	56	2-25-95
M60	16.83	Reino Nokelainen(FIN)	60	- -81
M65	15.28	Voitto Elo(FIN)	67	- -82
M70	14.39	T. Von Wachenfeldt(SWE)	71	3-22-98
M75	12.88	Voitto Elo(FIN)	75	3-3-90
p12.92		Erik Eriksson(FIN)	75	1-31-99
M80	11.58	Franz Meier(SWI)	81	3-6-99
M85	9.68	Ross Carter(USA)	85	3-26-99
M90	5.45	Vaino Sirula(FIN)	91	3-20-94
M95	4.06	Everett Hosack(USA)	97	3-26-99

## Women's World Indoor Records

60 Meters	DIV. MARK	NAME(COUNTRY)	AGE	MEET DATE
M35	7.01	Marlene Ottey(JAM)	38	2-21-99
M40	8.01	Denise Foreman(USA)	40	3-22-97
M45	8.02	Phil Raschker(USA)	48	2-25-95
M50	8.05	Phil Raschker(USA)	50	3-1-97
M55	8.98	Brunhilde Hoffmann(GBR)	55	1-26-97
M60	9.01	Irene Obera(USA)	60	3-25-94
M65	9.34	Asta Larsson(SWE)	65	2-1-97
M70	10.12	Joan Ogden(GBR)	70	2-28-98
M75	10.91	Gunn Svansson(SWE)	75	3-23-96
M80	11.52	Mary Bowermaster(USA)	81	3-25-00
M85	12.58	Nora Wedemo(SWE)	85	2-13-99

200 Meters	DIV. MARK	NAME(COUNTRY)	AGE	MEET DATE
M35	23.04	Sandra Myers(SPA)	35	2-17-96
M40	25.58	Tilly Verhaef-Jacobs(NED)	41	1-25-98
M45	26.06	Phil Raschker(USA)	47	3-25-94
M50	26.52	Phil Raschker(USA)	50	3-2-97
M55	29.62	Brunhilde Hoffmann(GBR)	57	3-2-97
M60	30.39	Irene Obera(USA)	60	3-25-94
M65	32.0	Joan Ogden(GBR)	65	3-20-93
M70	33.11	Joan Ogden(GBR)	70	2-28-98
M75	40.52	Gunn Svansson(SWE)	78	3-7-99
M80	46.03	Nora Wedemo(SWE)	80	2-5-94
M85	52.01	Nora Wedemo(SWE)	85	1-31-99

400 Meters	DIV. MARK	NAME(COUNTRY)	AGE	MEET DATE
M35	53.13	Nadez Ollazarenko(URS)	35	2-25-89
M40	56.82	Tilly Verhaef-Jacobs(NED)	40	2-2-97
M45	59.86	Caroline Marler(GBR)	46	3-2-97
M50	63.21	Caroline Marler(GBR)	50	2-4-01
M55	67.38	Diane Palmason(CAN)	56	2-25-95
M60	70.69	Carolyn Cappetta(USA)	60	1-5-96
M65	76.56	Audrey Lary(USA)	65	3-26-00
M70	88.79	Patricia Peterson(USA)	71	3-28-98
M75	1:41.15	Louise Adams(USA)	75	3-22-97
M80	2:25.03	Pearl Mehl(USA)	80	2-25-95
M85	2:39.23	Ivy Granstrom(CAN)	87	3-27-99

800 Meters	DIV. MARK	NAME(COUNTRY)	AGE	MEET DATE
M35	2:01.49	Doina Melinte(ROM)	35	3-11-92
M40	2:01.59	Yekaterina Podkopayeva(URS)	41	2-6-94
M45	2:19.7	Caroline Marler(GBR)	46	2-1-97
M50	2:25.6	Pat Gallagher(GBR)	51	2-1-97
M55	2:37.34	Gerda van Kooten(NED)	55	1-29-95
M60	2:44.22	Carolyn Cappetta(USA)	60	3-17-96
M65	2:56.63	Jean Horne(CAN)	65	3-29-98
M70	3:28.75	Toshiko D'Elia(USA)	70	2-13-00
M75	3:46.79	Louise Adams(USA)	75	3-23-97
M80	5:16.53	Ivy Granstrom(CAN)	84	3-31-96
M85	5:59.98	Ivy Granstrom(CAN)	87	3-28-99

1500 Meters	DIV. MARK	NAME(COUNTRY)	AGE	MEET DATE
M35	4:03.08	Mary Slaney(USA)	38	3-1-97
M40	4:05.19	Yekaterina Podkopayeva(URS)	44	3-9-97
M45	4:44.0	Pat Gallagher(GBR)	45	11-17-90
M50	4:51.8	Pat Gallagher(GBR)	52	2-8-98
M55				



Continued from previous page

W55	12.57	Karen Illgen(GER)	55	2-28-97
W60	11.97	Evaun B. Williams(GBR)	61	3-5-99
W65	10.13	Galina Zybrina(RUS)	66	4-3-98
W70	8.02	C. Wippersteg(GER)	71	3-5-99
W75	7.75	Ilse Pleuger(GER)	75	3-5-99
W80	6.30	Mary Bowermaster(USA)	82	3-25-00
W85	5.29	Margareta Sarvana(FIN)	87	3-30-96

3000 Meter Walk

F35-39	12:28.76	D Vavracova	4 MAR 90	G
F40-44	13:26.52	S Griesbach	22 FEB 87	
F45-49	14:43.70	S Richards	26 MAR 00	
F50-54	15:04.35	G Johnson	10 FEB 00	
F55-59	15:58.47	W Seilor	1 MAR 90	

7:15.24	E.Richardson	20 FEB 00	New York	FRA
46.25	R.Eberle	8 FEB 97	Carbondale	USA
47.87	M.Gordon	31 MAR 96	Greensboro	USA
48.58	M.Gordon	25 MAR 01	Boston	USA
49.74	N.Wedemo	1 MAR 97	Birmingham	SWE
50.14	D.Roberts	24 FEB 95	Reno	USA

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Men's U.S. 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	3-28-98
M45	7.02	Stan Whitley(CA)	45	3-28-98
M50	7.23	Bill Collins(TX)	50	3-24-99
M55	7.53	Hugo Hartenstein(CO)	55	3-24-99
M60	7.75	Harold Tolson(CA)	60	1-7-78
M65	8.14	James Law(NC)	65	3-23-91
M70	8.41	Harry Brown(IL)	70	3-25-00
M75	8.67	Helvin Larsen(IA)	75	3-25-00
M80	9.39	Roderick Parker(AR)	80	3-27-99
M85	11.31	Clarence Trahan(CA)	85	3-25-00
M90	11.84	Ted Hatlen(CA)	90	3-24-01
M95	16.96	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	22.57	Bill Collins(TX)	48	2-14-99
M50	23.47	Bill Collins(TX)	50	3-4-01
M55	24.09	Stephen Robbins(CA)	55	2-15-98
M60	25.10	Larry Colbert(MD)	61	3-29-98
M65	26.64	Paul Johnson(TX)	66	3-25-01
M70	27.75	Harry Brown(IL)	70	3-26-00
M75	29.57	Helvin Larsen(IA)	75	3-26-00
M80	32.85	Jim Manno(NJ)	80	3-25-01
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	49.62	Roy Blackwell(DE)	42	3-24-01
M45	49.89	Fred Sowerby(NV)	45	1-29-94
M50	52.78	Bill Collins(TX)	50	3-24-01
M55	55.40	Roger Pierce(MA)	55	1-23-00
M60	56.32	Larry Colbert(MD)	60	3-22-97
M65	60.39	Paul Johnson(TX)	66	3-24-01
M70	63.71	Harry Brown(IL)	70	3-25-00
M75	71.84	John Alexander(TX)	75	2-25-95
M80	75.58	Roderick Parker(AR)	80	3-27-99
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	Johnny Gray(CA)	35	2-19-96
M40	1:54.68	Anselm Lebourne(NJ)	40	2-12-00
M45	1:57.81	Ken Sparks(OH)	45	3-25-90
M50	2:02.88	Nolan Shaheed(CA)	51	3-25-01
M55	2:08.9	Ken Baker(NJ)	55	3-22-92
M60	2:14.75	Sidney Howard(NJ)	60	2-26-99
M65	2:24.12	Frank Haviland(NH)	66	3-25-01
M70	2:36.52	Jim Beall(MI)	70	2-6-00
M75	2:54.83	Archie Messenger(NY)	75	3-28-99
M80	3:13.39	Roderick Parker(AR)	80	3-28-99
M85	3:46.96	Vincent Malizia(CA)	85	3-26-00

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
M85	8:16.73	Vincent Malizia(CA)	85	2-6-00
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	4:27.14	Nolan Shaheed(CA)	51	3-3-01
M55	4:53.14	Dan Conway(MN)	56	2-25-95
M60	5:01.76	Dan Conway(MN)	60	3-27-99
M65	5:26.58	Ino Cantu(TX)	66	3-25-00
M70	5:32.4	Scotty Carter(MA)	70	3-15-87
M75	6:27.16	John Hosner(VA)	75	2-26-00
M80	7:04.2	Paul Spangler(CA)	80	3-18-79
M85	8:33.11	Vincent Malizia(CA)	85	3-25-00

3000 Meters	DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40	8:32.52	Craig Fram(NH)	42	3-23-01
M45	8:49.79	Ken Leinbach(MA)	45	2-18-00
M50	8:48.26	Richard Burns(CA)	45	3-24-00
M55	8:54.73	Nolan Shaheed(CA)	51	3-23-01
M60	9:33.4	Victor Heckler(IL)	55	3-7-98
M65	10:01.96	Dan Conway(MN)	60	3-26-99
M70	10:50.40	Paul Heitzman(KS)	67	3-27-98
M75	11:27.6	Scotty Carter(MA)	70	3-15-87
M80	13:10.84	Alfred Funk(MT)	78	3-21-93
M85	14:42.91	Austin Newman(NJ)	80	3-29-96
M85	18:54.49	Dudley Healy(NJ)	85	3-24-00

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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	15-8 1/4	4.78 Gary Hunter(US)	45	3-24-01
M50	14-1 1/4	4.30 Wayne Lambert(CA)	53	2-20-00
M55	13-2 1/2	4.02 Boo Marcom(PA)	59	4-81
M60	12-10	3.91 Dale Lance(OH)	60	3-27-98
M65	11-2 3/4	3.42 Jerry Donley(CO)	65	2-25-95
M70	10-4	3.15 Boo Marcom(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 Davison(CA)	50	3-29-80
M55	19-3 1/4	5.87 Boo Marcom(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(IA)	66	1-13-91
M70	16-6 3/4	5.05 Melvin Larsen(IA)	70	2-25-95
M75	14-1 3/4	4.31 Melvin Larsen(IA)	75	3-25-00
M80	11-9	3.58 Clarence Trahan(CA)	81	3-30-96
M85	10-2	3.10 Clarence Trahan(CA)	85	3-25-00
M90	7-0 1/4	2.14 Ted Hatlen(CA)	90	3-24-01

Triple Jump	DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40	52-9 1/4	16.08 Roy Kimple(US)	40	2-94
M45	48-7 1/2	14.82 Milan Tiff(CA)	46	2-26-95
M50	46-7 1/2	12.38 Dave Jackson(CA)	51	3-27-83
M55	37-3 3/4	11.37 Frank Struna(MT)	58	1-28-00
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	20-0 1/2	6.11 Clarence Trahan(CA)	85	3-24-01

Shot Put (35-49: 16#; 50-59: 6#; 60-69: 5#; 70+: 4#)	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
M50	53-4 1/2	16.27 Ladislav Pataki(CA)	52	2-14-99
M55	51-7 3/4	15.74 Joe Keshmiri(NV)	56	2-25-95
M60	51-9	15.77 Joe Keshmiri(NV)	60	3-28-98
M65	45-11 3/4	14.01 Gerald Vaughn(NC)	65	2-25-01
M70	44-5 1/2	13.55 Arnie Gaynor(CA)	71	3-26-99
M75	40-4 1/4	12.30 Ross Carter(OR)	76	3-24-90
M80	37-6 3/4	11.45 Ross Carter(OR)	80	2-25-95
M85	31-9 1/4	9.68 Ross Carter(OR)	85	3-26-99
M90	21-9 1/2	6.64 Ted Hatlen(CA)	90	3-24-01

Weight Throw (35-59: 35#; 60+: 25#)	DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	78-3 1/2	23.86 Lance Deal(US)	38	1-22-00
M40	73-10 3/4	22.52 Ed Burke(CA)	43	1-8-84
M45	64-3	19.58 Harold Connolly(CA)	45	1-8-77
M50	61-1 1/4	19.54 Bob Backus(CA)	51	2-24-78
M55	51-8 1/2	15.76 Tom Gage(MT)	56	3-25-00
M60	59-6 1/4	18.14 Stewart Thomson(CA)	62	2-18-96
M65	50-8 3/4	15.46 Bob D Ward(TX)	66	3-24-00
M70	41-8	12.70 Ken Weinbel(WA)	70	2-15-98
M75	37-3 3/4	11.37 Manual White(MT)	78	2-26-95
M80	28-1 1/2	8.56 Thomas McDermott(CT)	80	3-27-98
M85	22-1	6.73 Leon Joslin(WA)	85	2-15-98
M90	15-10 1/2	4.84 Everett Hosack(OH)	92	1-8-95
M95	12-0 1/2	3.67 Everett Hosack(OH)	95	3-23-97

Super Weight Throw (35-69: 56#; 70+: 35#)	DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	41-10 1/2	12.76 Ken Jansson(KS)	38	3-31-96
M40	35-8 1/2	10.88 Dave Vandergriff(SC)	40	3-31-96
M45	34-2	10.41 Jim Wetenhall(OH)	46	3-25-01
M50	35-10 1/2	10.93 Tom Gage(MT)	51	2-26-95

5000 meters	DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35-39	11:29.87	Jonathan Matthews	Boston, MA	1/22/94
M40-44	12:25.9	Ray Funkhouser	Princeton, NJ	1/10/93
M45-49	12:38.71	Don DeNoon	Hillside, IL	2/20/93
M50-54	12:34.9	Jack Starr	Carbondale, IL	2/4/94
M55-59	13:09.0	Don DeNoon	Carbondale, IL	2/13/99
M60-64	14:34.28	Dave Romansky	Boston, MA	3/29/99
M65-69	15:41.41	Jack Bray	Boston, MA	3/29/98
M70-74	17:03.33	Jack Starr	Boston, MA	3/29/99
M75-79	19:12.96	Bob Mimm	Boston, MA	3/25/01
M80-84	21:39.16	Bill Patterson	Greensboro, NC	3/31/96
M85-89	22:29.58	Bill Patterson	Boston, MA	3/25/01

6000 meter walk	DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35-39	11:29.87	Jonathan Matthews	Boston, MA	1/22/94
M40-44	12:25.9	Ray Funkhouser	Princeton, NJ	1/10/93
M45-49	12:38.71	Don DeNoon	Hillside, IL	2/20/93
M50-54	12:34.9	Jack Starr	Carbondale, IL	2/4/94
M55-59	13:09.0	Don DeNoon	Carbondale, IL	2/13/99
M60-64	14:34.28	Dave Romansky	Boston, MA	3/29/99
M65-69	15:41.41	Jack Bray	Boston, MA	3/29/98
M70-74	17:03.33	Jack Starr	Boston, MA	3/29/99
M75-79	19:12.96	Bob Mimm	Boston, MA	3/25/01
M80-84	21:39.16	Bill Patterson	Greensboro, NC	3/31/96
M85-89	22:29.58	Bill Patterson	Boston, MA	3/25/01

5000 meters	DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35-39	20:01.50	Jonathan Matthews	Atlanta, GA	3/5/94
M40-44	20:43.20	Jonathan Matthews	Atlanta, GA	2/28/98
M50-54	21:42.71	Donald DeNoon	Atlanta, GA	3/5/94

Women's U.S. Indoor Records

60 Meters	DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	7.88	Charlene Landrum(NY)	35	3-27-99
W40	8.01	Denise Foreman(WA)	40	3-22-97
W45	8.02	Phil Roschker(GA)	48	2-25-95
W50	8.05	Phil Roschker(GA)	50	3-1-97
W55	8.98	Kathy Bergen(CA)	55	2-25-95
W60	9.05	Irene Adams(CA)		

Continued from previous page

W55	12.57	Karen Illgen(GER)	55	2-28-97
W60	11.97	Vaun B. Williams(GBR)	61	3-5-99
W65	10.13	Galina Zybin(RUS)	66	4-3-98
W70	8.02	C. Wippersteg(GER)	71	3-5-99
W75	7.75	Ilse Pleuger(GER)	75	3-5-99
W80	6.30	Mary Bowermaster(USA)	82	3-25-00
W85	5.29	Margareta Sarvana(FIN)	87	3-30-96

3000 Meter Walk

F35-39	12:28.76	D Vavracova	4 MAR 90	Glasgow	CZE
F40-44	13:26.52	S Griesbach	22 FEB 87	Lievin	FRA
F45-49	14:43.70	S Richards	26 MAR 00	Boston	USA
F50-54	15:04.35	G Johnson	10 FEB 01	Parkside	USA
F55-59	15:58.47	W Seilor	1 MAR 97	Birmingham	GER

F60-64	17:15.24	E Richardson	20 FEB 00	New York	FRA
F65-69	17:46.25	R Eberle	8 FEB 97	Carbondale	USA
F70-74	20:35.87	M Gordon	31 MAR 96	Greensboro	USA
F75-79	21:24.68	M Gordon	25 MAR 01	Boston	USA
F80-84	24:28.00	N Wedemo	1 MAR 97	Birmingham	SWE
F85-89	28:47.11	D Roberts	24 FEB 95	Reno	USA

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# USA Track & Field Indoor Age-Group Records

Approved by the Records Committee of USA Track & Field as of November 30, 2001

## Men's U.S. 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	7.23	Bill Collins(TX)	50	3-24-01
M55	7.53	Hugo Hartenstein(CO)	55	3-24-90
M60	7.75	Harold Tolson(CA)	60	3-28-98
M65	8.14	James Law(NC)	65	3-23-91
M70	8.41	Harry Brown(IL)	70	3-25-00
M75	8.67	Helvin Larsen(IA)	75	3-25-00
M80	9.39	Roderick Parker(AR)	80	3-27-99
M85	11.31	Clarence Trahan(CA)	85	3-25-00
M90	11.84	Ted Hatlen(CA)	90	3-24-01
M95	16.96	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	22.57	Bill Collins(TX)	48	2-14-99
M50	23.47	Bill Collins(TX)	50	3-4-01
M55	24.09	Stephen Robbins(CA)	55	2-15-98
M60	25.10	Larry Colbert(MD)	61	3-29-98
M65	26.64	Paul Johnson(TX)	66	3-25-01
M70	27.75	Harry Brown(IL)	70	3-26-00
M75	29.57	Helvin Larsen(IA)	75	3-26-00
M80	32.85	Jim Manno(NJ)	80	3-25-01
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	49.62	Roy Blackwell(DE)	42	3-24-01
M45	49.89	Fred Sowerby(NV)	45	1-29-94
M50	52.78	Bill Collins(TX)	50	3-24-01
M55	55.40	Roger Pierce(MA)	55	1-23-00
M60	56.32	Larry Colbert(MD)	60	3-22-97
M65	60.39	Paul Johnson(TX)	66	3-24-01
M70	63.71	Harry Brown(IL)	70	3-25-00
M75	71.84	John Alexander(TX)	75	2-25-95
M80	75.58	Roderick Parker(AR)	80	3-27-99
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	Johnny Gray(CA)	35	2-19-96
M40	1:54.68	Anselm Lebourne(NJ)	40	2-12-00
M45	1:57.81	Ken Sparks(OH)	45	3-25-90
M50	2:02.88	Nolan Shaheed(CA)	51	3-25-01
M55	2:08.9	Ken Baker(NJ)	55	3-22-92
M60	2:14.75	Sidney Howard(NJ)	60	2-26-99
M65	2:24.12	Frank Haviland(NM)	66	3-25-01
M70	2:36.52	Jim Beall(MI)	70	2-6-00
M75	2:54.83	Archie Messenger(NY)	75	3-28-99
M80	3:13.39	Roderick Parker(AR)	80	3-28-99
M85	3:46.96	Vincent Malizia(CA)	85	3-26-00

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
M85	8:16.73	Vincent Malizia(CA)	85	2-6-00
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	4:27.14	Nolan Shaheed(CA)	51	3-3-01
M55	4:53.14	Dan Conway(MN)	56	2-25-95
M60	5:01.76	Dan Conway(MN)	60	3-27-99
M65	5:26.58	Ino Cantu(TX)	66	3-25-00
M70	5:32.4	Scotty Carter(MA)	70	3-15-87
M75	6:27.16	John Hosner(VA)	75	2-26-00
M80	7:04.2	Paul Spangler(CA)	80	3-18-79
M85	8:33.11	Vincent Malizia(CA)	85	3-25-00

3000 Meters	DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40	8:32.52	Craig Frach(NM)	42	3-23-01
M45	8:49.79	Ken Leinbach(MA)	45	2-18-00
M50	9:08.26	Richard Burns(CA)	45	3-24-00
M55	8:54.73	Nolan Shaheed(CA)	51	3-23-01
M60	9:33.4	Victor Heckler(IL)	55	3-7-98
M65	10:01.96	Dan Conway(MN)	60	3-26-99
M70	10:50.40	Paul Heitzman(KS)	67	3-27-98
M75	11:27.6	Scotty Carter(MA)	70	3-15-87
M80	13:10.84	Alfred Funk(MT)	78	3-21-93
M85	14:42.91	Austin Newman(NJ)	80	3-29-96
M85	18:54.49	Dudley Healy(NJ)	85	3-24-00

60 Meter Hurdles	DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	7.56	Greg Foster(US)	35	3-4-94
M40	7.96	Karl Smith(MD)	40	3-25-00
M45	8.54	Stan Druckrey(WI)	46	2-25-95
M50	8.47	Walt Butler(CA)	51	3-20-93
M55	8.63	Courtland Gray(LA)	55	2-14-99
M60	9.14	Phil Mulkey(CA)	60	3-20-93
M65	9.99	Clarence Trinker(WI)	65	3-22-97
M70	9.89	James Stookey(MD)	70	3-25-00
M75	10.09	Helvin Larsen(IA)	76	1-19-01
M80	13.60	Frank Finger(VA)	80	3-30-96
M85	18.45	James Elliot(MI)	85	3-27-99

High Jump	DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	7-0 1/4	2.14 Jim Borneau(VA)	37	3-21-93
M40	6-9 1/4	2.06 Jim Borneau(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 Hartfield(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	3-10-93
M70	4-6 1/4	1.38 Billy Simmons(OH)	70	4-11-99
M75	4-4 3/4	1.34 Bill Wambach(MI)	75	3-24-01
M80	4-0	1.22 Wesley Ward(IN)	82	2-15-92
M85	3-5 3/4	1.06 James Elliot(MI)	85	3-27-99
M90	3-3	0.99 Ted Hatlen(CA)	90	3-24-01
M95	2-9 3/4	0.85 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	15-8 1/4	4.78 Gary Hunter(US)	45	3-24-01
M50	14-1 1/4	4.30 Wayne Lambert(CA)	53	2-20-00
M55	13-2 1/2	4.02 Boo Marcom(PA)	59	1-81
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 Marcom(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 Davison(CA)	50	3-29-80
M55	19-3 1/4	5.87 Boo Marcom(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(IA)	66	1-13-91
M70	16-6 3/4	5.05 Melvin Larsen(IA)	70	2-25-95
M75	14-1 3/4	4.31 Melvin Larsen(IA)	75	3-25-00
M80	11-9	3.58 Clarence Trahan(CA)	81	3-30-96
M85	10-2	3.10 Clarence Trahan(CA)	85	3-25-00
M90	7-0 1/4	2.14 Ted Hatlen(CA)	90	3-24-01

Triple Jump	DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40	52-9 1/4	16.08 Roy 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	37-3 3/4	11.37 Frank Struna(MT)	58	1-28-00
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	20-0 1/2	6.11 Clarence Trahan(CA)	85	3-24-00

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
M50	53-4 1/2	16.27 Ladislav Patak(CA)	52	2-14-99
M55	51-7 3/4	15.74 Joe Keshmiri(NV)	56	2-25-95
M60	51-9	15.77 Joe Keshmiri(NV)	60	3-28-98
M65	45-11 3/4	14.01 Gerald Vaughn(NC)	65	2-25-01
M70	44-5 1/2	13.55 Arnie Gaynor(CA)	71	3-26-99
M75	40-4 1/4	12.30 Ross Carter(OR)	76	3-24-90
M80	37-6 3/4	11.45 Ross Carter(OR)	80	2-25-95
M85	31-9 1/4	9.68 Ross Carter(OR)	85	3-26-99
M90	21-9 1/2	6.64 Ted Hatlen(CA)	90	3-24-01

Weight Throw (35-59: 35#; 60+: 25#)	DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	78-3 1/2	23.86 Lance Deal(US)	38	1-22-00
M40	73-10 3/4	22.52 Ed Burke(CA)	43	1-8-84
M45	64-3	19.58 Harold Connolly(CA)	45	1-8-77

Continued from previous page

One Mile	DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	4:59.28	Carol Urish-McLatchie(TX)	35	3-28-87
W40	4:59.90	Ruth Wysoki(CA)	39	2-3-96
W45	5:18.10	Madelyn Noe(MA)	40	2-8-01
W50	5:22.92	Patti Ford(NY)	45	1-20-01
W55	5:49.42	Carolyn Smith-Hanna(NY)	50	3-3-01
W60	6:35.55	Joan Ottaway(CA)	56	3-25-00
W65	6:59.89	Jeanne Hoagland(CA)	62	3-27-99
W70	7:19.44	Toshiko d'Elia(NJ)	67	3-22-97
W75	8:26.79	Toshiko d'Elia(NJ)	71	3-24-01
W80	13:27.51	Louise Adams(CO)	75	3-23-97
		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	10:03.53	Madelyn Noe(MA)	40	3-23-01
W45	11:06.77	Jani Shirley(CA)	45	4-5-92
W50	10:44.0	Joan Ottaway(CA)	50	2-12-95
W55	11:25.05	Joan Ottaway(CA)	56	3-24-00
W60	12:38.36	Gloria Brown(NY)	61	3-7-93
W65	13:39.60	Toshiko d'Elia(NJ)	67	3-21-97
W70	14:07.09	Toshiko d'Elia(NJ)	71	3-4-01
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	8.96	Charlene Landrum(NY)	36	3-24-01
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	13.91	Barbara Jordan(VT)	65	3-24-01
W70	14.98	Leonore McDaniels(VA)	70	4-5-98
W75	16.01	Johnnye Valien(CA)	75	3-24-01

High Jump	DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	5-7	1.70 Anne Jennings(MA)	36	3-26-00
W40	5-1	1.55 Kimberly Harrell(TN)	40	3-26-00
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	4-2	1.27 Evelyn Wright(MD)	63	3-25-01
W65	4-0 1/2	1.23 Leonore McDaniels(VA)	65	3-21-93
W70	3-9 1/4	1.15 Leonore McDaniels(VA)	70	3-29-98
W75	3-3 1/4	1.00 Margaret Hinton(TX)	77	3-27-99
W80	2-11 1/2	0.90 Mary Bowermaster(OH)	82	3-26-00

Pole Vault	DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W40	8-6 1/4	2.60 Donna Schultz(OR)	41	2-20-99
W45	10-10 1/4	3.31 Phil Raschker(GA)	49	3-17-96
W50	10-0 1/2	3.06 Phil Raschker(GA)	53	3-24-00
W55	8-0	2.44 Joy Macdonald(FL)	57	3-27-98
W60	8-2 1/2	2.50 Barbara Cleveland(FL)	60	3-24-00
W65	6-6 1/4	1.99 Leonore McDaniels(VA)	65	3-6-93
W70	6-10 1/4	2.09 Leonore McDaniels(VA)	70	4-5-98
W75	4-11 3/4	1.52 Johnnye Valien(CA)	75	3-23-01

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
W60	12-3 3/4	3.75 Joanne Grissom(IN)	55	3-30-96
W65	12-10 1/2	3.92 Barbara Cleveland(FL)	60	3-25-00
W70	12-2 1/2	3.72 Flo Weller(VT)	65	1-7-00
W75	11-2	3.40 Leonore McDaniels(VA)	70	3-28-98
W80	10-2	3.10 Mary Holland(MI)	76	3-25-00
		2.49 Mary Bowermaster(OH)	82	3-25-00

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	26-10	8.18 Evelyn Wright(MD)	62	3-24-00
W65	26-7 3/4	8.12 Audrey Lary(MD)	65	2-13-00
W70	22-3 3/4	6.80 Leonore McDaniels(VA)	70	3-27-98
W75	18-2 1/2	5.55 Johnnye Valien(CA)	75	3-25-01

Shot Put (35-49: 4kg; 50+: 3kg)	DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	42-4 1/4	12.91 Oneitha Lewis(NY)	39	2-13-00
W40	45-7	13.89 Oneitha Lewis(NY)	40	3-24-01
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	36-7 1/2	11.16 Joanne Grissom(IN)	61	1-23-00
W65	30-1	9.17 Mary Roman(CT)	65	2-11-01
W70	25-5 1/2	7.76 Mary Bowermaster(OH)	71	4-2-89
W75	22-7 1/4	6.89 Johnnye Valien(CA)	75	3-24-01
W80	20-8	6.30 Mary Bowermaster(OH)	82	3-25-00
W85	14-8	4.47 Betty Jarvis(NC)	85	3-24-01

Weight Throw (35-49: 20#; 50+: 16#)	DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	44-8 3/4	13.63 Oneitha Lewis(NY)	39	3-24-00
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	37-1 3/4	11.32 Carol Young(MI)	61	3-23-01
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	16-6 1/2	5.04 Betty Jarvis(NC)	84	3-24-00
W85	17-8 3/4	5.40 Betty Jarvis(NC)	85	3-23-01

Super Weight Throw (35-59: 35#; 60+: 25#)	DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	26-7 1/4	8.11 Sarah Boslaugh(NY)	39	3-31-96
W40	29-0 1/2	8.85 Oneitha Lewis(NY)	40	3-25-01
W45	24-4 1/4	7.42 Joan Stratton(CA)	45	3-23-97
W50	37-5 3/4	11.42 Vanessa Hilliard(FL)	53	3-31-95
W55	36-9 1/2	11.21 Vanessa Hilliard(FL)	55	3-23-97
W60	26-8 1/4	8.13 Carol Young(MI)	61	3-25-01
W65	21-8	6.60 Audrey Lary(MD)	65	3-26-00
W70	17-9	5.41 Lillian Snaden(SC)	70	3-26-00
W75	14-4	4.37 Margaret Hinton(TX)	79	3-25-01
W80	10-7 3/4	3.24 Ivy Brown(CA)	80	3-26-95

3000 meter walk	MARK	NAME	RESIDENCE	DATE
F35-39	13:09.55	Maryanne Torrellas	Atlanta, GA	3/2/96
F40-44	13:46.73	Maryanne Torrellas	Boston, MA	3/29/99
F45-49	14:43.70	Sally Richards	Boston, MA	3/26/00
F50-54	15:04.35	Gayle Johnson	Parkside, WI	2/10/01
F55-59	17:35.06	Elton Richardson	Columbia, MO	3/25/94
F60-65	17:15.24	Elton Richardson	New York, NY	2/20/00
F65-69	17:46.25	Ruth Eberle	Carbondale, IL	2/8/97
F70-74	20:35.87	Miriam Gordon	Greensboro, NC	3/31/96
F75-79	21:24.68	Miriam Gordon	Boston, MA	3/25/01
F85-89	28:47.11	Dorothy Roberts	Reno, NV	2/24/95

Men's World Indoor Masters Relay Bests (as of May 1, 2001)

(4X200)	40-49	1:32.60	GBR	(Ross-Caines-Oliver-Peters)	3-2-97 Birmingham, Eng
	50-59	1:38.88	USA	(Johnson-Norman-Lee-Brown)	3-4-01 New York, NY
	60-69	1:47.69	GER	(Schmitz-Lange-Otto-Neumann)	3-7-99 Malmo
	70-79	2:02.45	GER	(Meisen-Herbst-Fischer-Selzer)	3-7-99 Malmo
(4X400)	40-49	3:33.3	USA	(Gaton-Small-Shane-O'Neal)	3-29-80 Syracuse, NY
	50-59	3:43.43	USA	(Johnson-Lee-Brown-Green)	3-25-01 Boston, MA
	60-69	4:29.74	USA	(Ambrose-Harte-Watanabe-Greenwood)	4-2-89 Columbus, OH
(4X800)	40-49	8:07.6	USA	(Dalton-Serafini-Nearman-Lebourne)	4-1-00 New York, NY
	50-59	9:08.74	USA	(Price-Myers-Brown-Green)	3-28-99 Boston, MA
		p8:56.69	WVTC	(Duffy-Mason-Franklin-Thomas)	3-28-94 Columbia, MO
	60-69	10:32.8	USA	(Haviland-Bernstein-Chase-MacDonald)	3-14-99 New York, NY
(4X1600)	50-59	20:47.8y	USA	(O'Brien-Ireland-Bodine-Stabler)	12-12-81 Syracuse, NY
	60-69	24:55.7	USA	(Engle-Burkinshaw-Kick-Spencer)	1-6-01 Boston, MA

Women's World Indoor Masters Relay Bests (as of May 1, 2001)

(4X200)	35-39	1:44.92	GER	(Stopka-Grissmer-Seidel-Moritz)	3-7-99 Malmo
	40-49	1:53.02	HOL	(Akkerman-Roelands-Klomp-Oost)	3-7-99 Malmo
	50-59	2:00.79	GBR	(Nuttal-Axtell-Hocknell-Priestman)	3-2-97 Birmingham
	60-69	2:21.21	SWE	(Holm-Larsson-Soderstrom-Eklund)	3-7-99 Malmo
(4X400)	35-39	6:21.80	USA	(Iba-Selby-Chou-Bergen)	3-26-00 Boston, MA
	40-49	5:48.29	USA	(Eichel-Selby-Chou-Naftel)	3-25-01 Boston, MA
	50-59	5:13.44	USA	(Michelson-Trotto-Clark-Warren)	3-25-01 Boston, MA
	60-69	6:28.02	USA	(Burgess-Hals-Hareda-Hays)	3-26-00 Boston, MA
(4X800)	35-39	10:29.15	USA	(Best-Morris-Zebuth-Long)	3-24-01 Boston, MA
	40-49	10:26.5	USA	(Stonking-Larson-Janssen-Day)	7-24-94 Blaine, MN
	50-59	12:49.94	USA	(Reed-Igoe-Wright-Bullerjahn)	3-24-01 Boston, MA
	60-69	16:08.7	USA	(Finger-Killeen-Delaney-Stanjones)	2-25-00 Long Island, NY
(4X1600)	40-49	25:06.6y	USA	(Betz-Booker-Rusby-Blakely)	12-12-81 Syracuse, NY
	50-59	28:02.5	LAC	(Bullerjahn-Igoe-Hatch-R.Wright)	1-6-01 Boston, MA

Men's American Indoor Masters Relay Bests (as of May 1, 2001)

(4X200)	40-49	1:37.9	NYPC	(Small-Rizzo-Williams-Johnson)	1-2-86 New York, NY
		1:34.69	USA	(Schiro-Gonera-Allah-Crain)	3-5-01 New York, NY
	50-59	1:38.88	USA	(Johnson-Norman-Lee-Brown)	3-4-01 New York, NY
(4X400)	40-49	3:33.3	NYPC	(Gaton-Small-Shane-O'Neal)	3-29-80 Syracuse, NY
	50-59	3:47.32	NYPC	(Small-Rizzo-Shane-Burrell)	4-5-92 Columbus, OH
		3:43.43	USA	(Johnson-Lee-Brown-Green)	3-25-01 Boston, MA
	60-69	4:25.55	SAC	(MacDonald-Byrd-Bernstein-Haviland)	3-4-01 New York, NY
(4X800)	35-39	8:51.09	ADIR	(Devitt-McKenzie-Murphy-Kitzrow)	3-25-00 Boston, MA
	40-49	8:15.29	WVTC	(Mason-Thomas-Franklin-Barnett)	3-19-88 Baton Rouge, LA
		8:07.6	USA	(Dalton-Serafini-Nearman-Lebourne)	4-1-00 New York, NY
	50-59	9:20.1	SAC	(Nolan-Brockwell-Senkowski-Kuhi)	3-14-99 New York, NY
		9:08.74	USA	(Price-Myers-Brown-Green)	3-28-99 Boston, MA
		p8:56.69	WVTC	(Duffy-Mason-Franklin-Thomas)	3-28-94 Columbia, MO
	60-69	10:32.8	SAC	(Haviland-Bernstein-Chase-MacDonald)	3-14-99 New York, NY
(4X1600)	50-59	20:47.8y	SCTC	(O'Brien-Ireland-Bodine-Stabler)	12-12-81 Syracuse, NY
	60-69	24:55.7	GCS	(Engle-Burkinshaw-Kick-Spencer)	1-6-01 Boston, MA

Women's American Indoor Masters Relay Bests (as of May 1, 2001)

(4X200)	40-49	1:45.52	USA	(Peterson-Bell-Rosado-Raschker)	3-2-97 Birmingham, Eng
	50-59	2:24.23	USA	(Michelson-Trotto-Hill-Jones)	3-14-99 New York, NY
(4X400)	35-39	6:21.80	CCTC	(Iba-Selby-Chou-Bergen)	3-26-00 Boston, MA
	40-49	5:48.29	USA	(Eichel-Selby-Chou-Naftel)	3-25-



# International Scene

By **TORSTEN CARLIUS**  
WAVA President

## WMA Holds High Hopes for World Athletics in 2002

After a very successful 2001 for WMA, I have very great expectations for 2002, but am fully aware that our achievements depend on our ability to work together sincerely and do our best to promote the masters athletics movement. I will do my best and trust that I and the Council will have your support.

Much has happened since December as you will see from my following comments.

### Webmaster/Logo

After an extensive search, we are pleased to announce that WMA has a new webmaster. He is Nicholas (Nick) Russi from Switzerland. He has his own company, MediaSprint. Nick is an experienced webmaster who for many years has been responsible for the EAA (European Athletic Association) and "Weltklasse" (Zurich IAAF Grand Prix Gala) websites.

We have signed a one-year contract with Nick, but expect our relationship to continue over the next years. Our new WMA website, which should be operational as you read this, will be available at either [www.masters-athletics.org](http://www.masters-athletics.org) or [www.world-masters-athletics.org](http://www.world-masters-athletics.org). If one does not give you access, try the other.

### WMA is also working on a new logo. Stadia Championships

San Sebastian, Spain, was awarded the 2005 WMA World Championships - Stadia by an overwhelming majority at the General Assembly in Brisbane. We hope to visit San Sebastian this month to meet with the LOC and sign the contract.

I must comment that I was disheartened on becoming aware of a sudden and unexpected statement that WMA is considering a withdrawal of these Championships from San Sebastian

and awarding them to Helsinki, Finland. I want to take this opportunity to underline strongly that any such statement is an error. There are no such discussions going on and, as far as the Council is concerned, we intend to have the contract with San Sebastian signed as soon as possible so we can start the preparations with the LOC. San Sebastian will be our host city for 2005.

### World Masters Games

The 2002 World Masters Games will take place in Melbourne, Australia, in October. The 2005 World Masters Games, according to the IMGA Annual Meeting's decision, suddenly have no host city. I previously informed you that the 2005 World Masters Games would be awarded to Seville, Spain, posing the problem of competition for our own Championships in San Sebastian. However, in December came the announcement that Seville has withdrawn as host city, meaning that there is currently no host city for these Games in 2005.

Thus the competition - and possible cooperation - in Spain between the World Masters Games and our WMA World Championships no longer exists, enhancing our chances of a highly successful event in San Sebastian. The IMGA Board of Governors will, of course, now be seeking a new host city for the 2005 World Masters Games, but

Continued on page 20

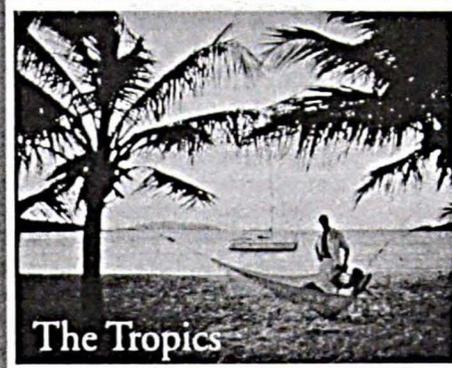


JERRY WOJCIK

Finalists in the M50 100, WAVA-Brisbane (from l): P. Polglase, AUS; H. Van Bavel, AUS; L. Malcolmson, NZL; J. Naab, ARG, 3rd, 11.85; V. Vybstok, SVK; W. Collins, USA, 1st, 11.39; J. Van Stappen, AUS, 2nd, 11.84; and Thierry Boucquey, USA.

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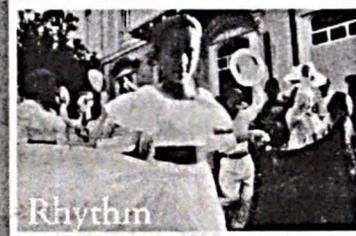
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## International Scene

Continued from page 19

it is too early to speculate on where this will be.

### Africa

The Africa Delegate on the WMA Council, Hannes Booysen, of South Africa, has over the last several years been very hesitant to pursue development of masters athletics on this vast continent. We have a good stronghold in the southern nations, but only individual athletes from various other countries. It has been difficult to raise an interest over the whole continent.

The WMA Council has decided to try launching a development program for Africa. At a meeting in November with IAAF and some Africa NGBs it was decided to use the 2002 Africa Veterans Championships in Mauritius



Johnnye Valien (l), W75, and Christel Miller, W65, both gold medalists in the heptathlon, WAVA-Brisbane.

as a starting point. Athletes from eight to 10 countries will be invited and, during the Championships, a seminar will be held on how a development program could be set up. We feel this is the only way to meet the athletes, and hope the initiative will lead to the development of masters athletics at least in some other parts of Africa.

### Non-Stadia Championships

This year's World Championships are the Non-Stadia Championships in Riccione, Italy, during the last week-end of May. As preparations continue, we have every reason to expect our best Non-Stadia World Championships ever with a great number of athletes in attendance. I trust that all those interested will visit the LOC website at [www.riccione2002wma.org](http://www.riccione2002wma.org).

### Stadia Championships

Our inspection visit in November to Puerto Rico, site of the 2003 World Championships - Stadia, showed that the LOC is doing a very good job. The organization has been established and most posts already filled by competent committee members. The WMA Council will hold its next Council meeting in Puerto Rico, the first week of March, during which final decisions will be made on a number of issues such as the daily program, transportation, entry booklet, etc. The mayor of the host city, Carolina, has promised that a new main stadium will be built to accommodate these Championships and we are creating our program accordingly.

I began this column with hopes and expectations for the new year. I will finish by saying that I hope to see many of you during the coming year and express here my best wishes to you all for a successful 2002. □



JERRY WOJCIK

Finalists in the M60 100, WAVA-Brisbane (from l): Harold Tolson, USA; Reginald Austin, AUS; John Cooper, AUS, (3rd, 12:41); Paul Edens, USA, (2nd, 12:41); Gerold Schmitt, GER, (1st, 12:30); Arno Hamaekers, GER; Eldo Bueno, BRA; and Theodor Lenk, GER.

## WMA Women's Committee Report

By MARINA HOERNECKE-GIL  
WMA Women's Representative

Several months have passed since the foundation of the WMA Women's Committee, and I am very proud to say that it all is going well. Contact with Helen Tobin, Oceania; Iris Menza, South America; Hella Kuppe, Africa; Glory Barnabas, Asia; and Selma Türkkaal, Europe, has been very frequent, and I'm waiting for a reply from the North & Central America & Caribbean delegate, Monica Tang.

My thanks to those who offered their help on behalf of the U.S., Suzy Hess, Bev LaVeck, Mary Rosado, and Ruth Anderson, and all others from the different regions. My suggestion to be in contact with the other women who are represented in other WMA committees, like Sandy Pashkin, Wilma Perkins, Barbara Dunsford, and Colleen Blair, was approved. Any other women who want to contribute should contact their area delegate, or me directly.

The delegates to the WMA committee know very well that this does not "change the rules." The fact that I was the European Women's Representative for ten years gave me the opportunity to meet a lot of other women, and I do not want to lose them as friends.

With the aim to present a good dossier in March, when the WMA Council meets in Puerto Rico, each

member of the Women's Committee was sent a questionnaire with 12 questions, covering various events and areas to give an idea on what might be a start to an overall orientation. The second step will be to give each of the delegates a certain task or field of activity she likes most or thinks she can be more useful at accomplishing within the committee.

I proposed this with the idea of creating better communication among all of us. Instead of presenting their reports every two years, representatives are now obliged to do so every six months and send them to me. I will coordinate them, add my input, and send them to interested parties and the WMA Council Members to keep everybody informed. The better we can present our work, the more the Council will be convinced that there is a need for this Committee, and that it was worth founding. Once I return from Carolina, Puerto Rico, I will report on the WMA meeting.

My congratulations to the newly elected members to the U.S. Masters Hall of Fame, particularly to the women: Louise Adams, Vanessa Hilliard, Bernice Holland, and Becky Sisley, and to the family of Marcie Trent, who recently passed away.

My best regards, good luck, and best of health, and thanks to all of you for your kindness and friendship. □

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• Oneithe the 2001 W40 by breaking tw U. Master Championship of NYC, upper 13.89 to 13.9 weight mark of 16.79.

• Mary-Lou NY, was name Jan. 7, after s age-graded at Brentwood, L record is 5:54.1 March 1999. Athlete of the ognize outstan honoree is nam USATF Web s performances week.

• USATF Vaitones was the 25th anni Boston, Mass. by the event a long-term serv region.

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• Noe-S Stratton, M40 USATF NJ Orange, Dec Bergman, M 80:42.

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• Kathy I overall fema Bohemia, N soared to 1 O'Brien, roc Dec. 8, DiDe W40, 31:02, Wantagh, N M50, 27:51.

• Dan La with a first Arthritis 8K, 50, Sterling, 41, Ashburn with Sandra 33:55. Larr 37:46. On D winning stre Jingle Bell J on the victo

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# Masters Scene

## NATIONAL

• **Johnnye Valien**, 76, 2001 Masters Outstanding Female Athlete-of-the-Year, was included in the Faces in the Crown feature section, *Sports Illustrated Women*, February 2002, for her wins in the Senior Olympics for skiing and gold medals at WAVA-Brisbane. Her response to how she felt about winning, "I don't like the hula-hoo because now everybody knows my age."

## EAST

• **Oneitha Lewis** confirmed her election as the 2001 W40 Female Masters Athlete of the Year by breaking two U.S. indoor records in the Brown U. Masters Invitational/USATF NE Championships, Providence, RI, Jan. 13. Lewis, of NYC, upped her own SP record of 2001 from 13.89 to 13.97, and hugely increased the 20# weight mark of 12.38 by **Joan Stratton** in 1996 to 16.79.

• **Mary-Louise Michelsohn**, 60, Stony Brook, NY, was named USATF's Athlete of the Week for Jan. 7, after setting a W60 1500 WR of 5:50.2, age-graded at 91.5%, in the LITF Indoor Meet, Brentwood, Long Island, Jan. 6. The present record is 5:54.62 by **Brigitta Eklund** of Sweden in March 1999. In its second year, the USATF's Athlete of the Week program is designed to recognize outstanding performers at all levels. A new honoree is named each week and featured on the USATF Web site. Selections are based on top performances and results from the previous week.

• USATF NE Managing Director **Steve Vaitones** was presented the Will Cloney Award at the 25th annual Bill Rodgers Jingle Bell Run, Boston, Mass. The award is presented annually by the event and Bill Rodgers Running Center for long-term service to the sport in the New England region.

• **Madelyn Noe-Schlentz**, 41, broke her recently approved W40 AR (10:03.53) for the 3000 with a 9:58.88/A-G 88.5%, at the Joe Yancey Invitational, 168th St. Armory, NYC, Jan. 4. She also holds the present W40 indoor mile record at 4:59.9.

• **Noe-Schlentz**, in 61:22, and **Jeremy Stratton**, M40, in 55:53, took masters titles in the USATF NJ 10 Mile Championships, South Orange, Dec. 9. Division winners included **Don Bergman**, M70, 79:11, and **Imme Dyson**, W65, 80:42.

• The Whirlaway Racing Team, Methuen, MA, squad of **Mike Cooney**, 4:28.9, **Paul Hammond**, 4:28.2, **Doug Martyn**, 4:27.8, and **Craig Fram**, 4:26.6, established an M40-49 world indoor best of 17:51.3 for the 4x1600, Boston U., Jan. 5.

• **Kathy Martin**, 50, Northport, NY, flew to an overall female first 29:41, MacArthur Airport 8K, Bohemia, NY, Nov. 18. **Don DiDonato**, M40, soared to the M40+ win in 27:05. **Dennis O'Brien**, rocketed to the M50 victory in 27:37. On Dec. 8, **DiDonato**, 27:12, and **Elizabeth Ratner**, W40, 31:02, rolled to 40+ wins, Snowball 5 Mile, Wantagh, NY. Division winners included **O'Brien**, M50, 27:51, and **Betty Horstmann**, W55, 35:32.

• **Dan Lawson** 46, Gaithersburg, MD, rang in with a first overall 27:04, Jingle Bell Run for Arthritis 8K, Reston, VA, Dec. 1. **Chuck Moeser**, 50, Sterling, VA, was third in 28:51. **Julie Hayden**, 41, Ashburn, VA, clocked a second-female 32:56, with **Sandra Adams**, 52, Winchester, VA, fourth in 33:55. **Larry Dickerson**, 70, Burke, VA, ran a 37:46. On Dec. 16, **Lawson** continued his holiday winning streak with another first place, in 27:13, Jingle Bell Jog 8K, Rockville, MD, and was joined on the victory stand by overall-first female, **Linda Wack**, 45, Germantown, MD, who ran a 33:29. Masters runners-up were **Sharon Dolan**, 59, Gaithersburg, MD, 36:32, and **Peter Kirk**, 44, Rockville, 28:58.

• **Paul Mascall**, 49, Manhasset, NY, with an eighth-place 16:38, and **Kathy Martin**, 50, with a

second-female overall 18:13, dashed to 40+ wins in the Ho Ho Ho Holiday 5K, Bethpage, NY, Dec. 18. **Randall White**, 46, Upper Saddle River, NY, followed **Mascall** in 16:41. **Marion Stanjones**, 63, Northport, NY, bested the W60 field in 23:41. Proceeds from the event, which boasted 400 more finishers than the 2000 edition, went to the "Bretton Bowl" Fund for local needy families, and the Maurer Foundation for Breast Health Education.

• **S. Mark Courtney**, 45, Grove City, PA, three-time masters winner, finally won the whole enchilada with an overall first 2:42:12, Northern Central Trail Marathon, Sparks, MD, Nov. 24. **Ronald Hess**, 40, Baltimore, MD, was sixth (2:56:11). **Nadine Taylor-Tolbert**, 45, Montgomery Village, MD, was first W40+ in 3:25:26.

• **Mike Cobb**, 42, West Hartford, CT, 38:11, and **Bill Thramann**, 41, Avon, CT, 38:40, finished 2-3 in the Joe Vailonis 10K, West Hartford, NY. First W40+ was **Lynette Walker**, 61, Simsbury, CT, in 48:37.

• Masters sparked in the DCRR Greenbelt 20 Mile & 10 Mile, Greenbelt, MD, Dec. 29, taking three of the four firsts. **Jim Hage** 43, Lanham, MD, in 58:58, and **Beth McCann**, 42, Falls Church, VA, in 73:53, nabbed top prizes in the 10 Mile. In the 20 Mile, **Doris Windsand-Dausman**, 45, Richland, WA, hastened to the women's victory in 2:23:42. **Keith Winn**, 44, Richmond, VA, was first M40+ (2:09:54).

• **Jerry Macari**, 42, 33:59, and **Kim Griffin**, 40, 37:11, prevailed at the Joe Kleinerman 10K, Central Park, NYC, Dec. 9. **Kenneth Jones** 70, turned in an impressive 44:33.

• First masters at the Fred Lebow Classic 8K, Central Park, NYC, Jan. 6, were less than a minute apart. **Jaime Cuitiva**, 42, posted a 27:45, with **Gordon Bakoulis**, 40, overall women's winner, posting a 28:38.

• Top masters honors in the Frostbite 10 Mile went to **Conor O'Driscoll**, 40, 55:43, and **Gillian Horovitz**, 45, 1:05:14. Age-group standouts included **Leah Whipple**, 50, 1:13:14, and **Sab Kolde**, 78, 1:36:04.

## SOUTHEAST

• **Tom Ward**, 41, Winter Park, FL, scored an overall first in 81:47, DeLeon Springs Half-Marathon, DeLeon Springs, FL, Dec. 30. **Scott Griffith**, 45, Winter Springs, FL, followed in third-place (83:27). **Roger Rouiller**, 63, Ft. Pierce, FL, won the M60 race with an impressive 92:08. **Sheila Haiare**, 46, DeLand, FL, took the W40+ race in 95:49. In a companion 5K, **Ken Lowmeyer**, 50, Pompano, FL, in 18:32, and **Suzanne O'Malley**, 41, Pt. Orange, FL, with a second-female 18:39, took the masters contests. **Pat Beidelshies**, 55, Orange City, FL, won the W55 race clearly in 23:42.

• Two W40+ competitors showed winning stamina in the Jacksonville Marathon & Half-Marathon, Dec. 15. **Kim Donaldson**, 40, was first female in the marathon with a 3:01:19; **Suzanne O'Malley**, 41, was her counterpart in the half-marathon with an 87:18 win. **Frank Sutman**, M40, 2:57:12, and "Doctor Radical," M45, 80:10, were M40+ firsts.

## MIDWEST

• **Nancy Cassel**, 51, Northville, MI, broke 40:00 with a fourth-female 39:56 to win the W40+ race, Thanksgiving Parade Turkey Trot 10K, Detroit, Nov. 22. **Bryan Alfonso**, 42, Clarkston, MI, took the M40+ contest in 35:06, with second-M40+ **Tim Emmett**, 46, Royal Oak, MI, finishing in 35:13.

## MID-AMERICA

• **Perry Bach**, 45, 16:28, and **Tony Schiller**, 43, 18:57, featherfooted to masters firsts, Marsh Turkey Trot 5K, Minnetonka, MN, Nov. 3. **Michael**

**Seaman**, 51, was second M40+ in 16:33. **Kathryn Benhardus**, 54, led a strong trio of W50s to the finish with a 24:06.

## SOUTHWEST

• January 1 was a good day for masters runners in Oklahoma. **Ron Wall**, 44, Tulsa, OK, was first overall in the Tulsa Resolution Run with a 17:21. **Priscilla Godl**, 40, Broken Arrow, OK, was the overall female winner in 19:32.

• **Chris Crawford**, M40, in 2:34:52, and **Kim Bricker**, W40, 3:11:06, registered 40+ firsts, Dallas White Rock Marathon, Dec. 9. **Martin Ellison**, M45, was second M40+ in 2:41:43. **Barbara Luciano** took the W50 race in 3:15:56.

## WEST

• **David Olds**, 40, motored to an overall first (68:40), 24th Lasse Viren 20K Trail Race, Malibu, CA, Dec. 9. **Dave Parsel**, 46, was second master (73:46). **Byron Melendy**, 60, was first of all the M60+ contestants. **Ruth Vomund**, 43, nabbed the W40+ first (89:12). **Elaine Triplett**, 50, was first among all the W50+ finishers in 93:48.

• **Bill Kissell**, 48, logged a third-place 3:46:23, and **Ann Trason**, 41, was top female, with a fourth-place 3:47:17, Over The Hill TC High Desert 50K, Ridgecrest, CA, Dec. 9. Of the 198 who started, a remarkable 198 finished.

• **Scott Hajicek**, 46, Lakewood, CO, with a 2:41:12, and **Susan Hawkins**, 40, Portland, OR, with a 2:59:34, blazed to masters firsts, Tucson Marathon, Dec. 9. **Brian Waterbury**, 53, San Luis Obispo, CA, was top age-graded master with an 84.8% 2:47:56. In the half-marathon, **M. Pena**, 40, Tucson, in 80:32, and **Jean Herbert**, 45, Albuquerque, NM, in 82:09, finished 3-4 overall. **Miles Baron**, 42, Los Alamos, NM, took the M40+ race in 71:51. **Tom Burnett**, 53, Durango, CO, was top A-G, 87.7% 77:03.

• In late season action at the Southland Senior Olympics, Long Beach, CA, in November, **Rodney Brown**, who turned 75 on Oct. 11, 2001, dashed to an age-graded 97.2% 13.9 in the 100 and a 32.4 in the 200. The M75 WR for the 100 is 13.72 by **Payton Jordan**. **Larry Barnum**, M55, covered the 400 in 57.0. Sprinter **Kathy Bergen**, W60, soared to a 1.22 HJ. **Hal Smith**, whose 47-7% was approved as an M65 AR at Mobile, had to settle for a 45-0.

• **Jim Reed**, 40, Rancho Palos Verdes, CA, 17:00, and **Carrie Kissel**, 40, Hermosa Beach, CA, 18:59, cruised to masters wins, Village Runner Christmas 5K, Redondo Beach, CA, Dec. 8. **John Hunter**, 55, Torrance, CA, 18:51, and **Sharon Lotesto**, 51, Redondo Beach, 20:53, were clear division winners.

• The Saddleback Masters Relays, originally set for March 2, have been rescheduled for June 8 at Saddleback College, Mission Viejo, CA. The

facility has been refurbished. Says Meet Director **Doug Smith**, "The college installed a completely new t&f facility this summer, and it is awesome! The track is going to be fast."

• **Rachel Portner**, 48, reeled off a 12:27.8 for the women's overall win, Downtown 2 Mile, Honolulu, Jan. 6. **Duncan McDonald**, 52, ex-Olympian, sailed through the course, which went around the state capital buildings, Iolani Palace, and past City Hall, in 10:35.6 for the M40+ crown. **Mollie Chang** took the W65 race in 17:18.3.

• **Yoshihisa Hosako**, M50, 2:38:41, and **Sachiko Kano**, W40, 3:02:27, breezed to masters firsts, Honolulu Marathon, Dec. 9. **Takao Aoi** won the M60 race with a sturdy 2:54:19.

## NORTHWEST

• **Odin Sanders**, 42, Eugene, OR, opened the New Year with an overall first 15:47, equal to an A-G 14:47, Run On One 5K, Eugene, Jan. 1. **Kit Sundling**, 45, Eugene, was first W40+ (20:54). Division winners included **Marilyn Nippold**, 50, Eugene, in 22:08, and **Richard Leutzinger**, 62, Eugene in 22:32.

• **Meghan Arbogast**, 40, was female winner with a rapid 1:22:09, a national-class 82.9%, Cascade Half-Marathon, Turner, OR, Jan. 13. **Ed Bomber**, M40, burst to the M40+ first in 1:17:53. **Bill McCall**, M50, recorded a 1:26:38 age-group win.

## CANADA

• **Gordon Christie** 40, in 28:19, and **Patty Blanchard**, 44, in 32:45, hastened to masters firsts, Canadian X-C 8K Championships, Moncton, NB, Dec. 1. Division winning standouts were **Michael Secker**, 50, 30:30, and **Janet Takahashi**, 45, 34:04. **Earl Fee**, 72, topped all performances with an overall fifth-place 29:40.

## INTERNATIONAL

• **Ruth Frith**, 92, New South Wales, AUS, established a pending W90 WR 4180 in the WP, AAVAC National Winter Throwing Championships, Canberra, Sept. 2001. Frith holds WRs in the W80 TJ and W85 LJ, TJ, SP, DT, and WP (3624). Frith did not compete in the WAVA-Brisbane Championships, having withdrawn on the death of her husband, Ray, a few days before the World Championships.

• **Ian Anderson** was elected as President of the Oceania Association of Veteran Athletes when **Jim Tobin** stood down after serving the maximum allowable three terms in this role. Rarotonga was confirmed as the venue for the 2004 OAVA Championships (October), and Christchurch New Zealand was confirmed for the 2006 Championships in January of that year.

## OBITUARIES

• **Donald "Coach" Cumley** passed away on Nov. 30, 2001, in Carson City, Nev. He was born on June 3, 1920, in Wray, Colo. Cumley served in the U.S. Army in the South Pacific during WWII. After the war, he attended Colorado State College of Education, and played professional football for the N.Y. Yankees in 1946-47. He retired after coaching for 23 years at Sacramento St. U. Cumley competed in the throws, specializing in the shot put and discus, winning gold medals in masters and Senior Olympic meets; he also enjoyed fishing and golf.

• **Otto Essig** died on Dec. 21, 2001, in Westfield, Mass., at age 95. Born in Stuttgart, Germany, he was founder and president of Berkshire Industries in Westfield. In 1983, he broke the age-69 WR for the mile (5:54.2), three-mile, and one-hour run. He was an avid soccer player and supporter of the game in Westfield. He was a member of the Planetary Society, an organization dedicated to the promotion of space exploration and travel. Essig was also recognized for his generous financial support for many years to Masters LDR, which enabled it to engage in special projects. He is immortalized by the Otto Essig Award for meritorious service given every year since 1977 by the Masters LDR Committee. The 2001 honoree was the retiring Masters LDR Chair, **Jerry Crockett**.



Rose Monday, 41, 800 gold medalist (2:18.38), WAVA - Brisbane, carrying the Olympic torch, in San Antonio, Texas, on its way to the Winter Olympics in Salt Lake City.

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

## TRACK & FIELD

### NATIONAL

**March 1-2.** Masters Invitational Events at USATF National Open Indoor Championships, Armory Center, NYC. Women's 400 & Men's Mile only. Mark Cleary, Masters Coordinator, 949-589-0242; runnermark@cox.net

**March 2-3.** USATF National Masters Indoor Heptathlon Championships, Carthage College, Kenosha, Wisc. Jeff Watry, 24302 77th St., Paddock Lake, WI 53168. jwatry@parkson.com

**March 22.** USATF National Masters Indoor Pentathlon Championships, Boston. Men: 60H/LJ/SP/HJ/1000; women: 60H/HJ/SP/LJ/800. See below.

**March 22-24.** USATF National Masters Indoor Championships, Reggie Lewis Center, Boston. Steve Vaitones, USATF NE Association, 617-566-7600; fax: 734-6322; www.usatfne.org; email: office@usatfne.org

**July TBA.** USATF National Masters Decathlon & Heptathlon Championships, City TBA, NJ. Jeff Watry, 24302 77th St., Paddock Lake, WI 53168. jwatry@parkson.com

**August 8-11.** 35th annual USATF National Masters Championships, U. of Maine, Orono. Rolland Ranson, U. of Maine, Memorial Gymnasium, Orono, ME 04469. 207-581-1077; mainetrack\_field@yahoo.com; http://www.ume.maine.edu/track/trackfield.html

**September 7.** USATF National Masters Weight & Superweight Championships, West Seattle Stadium. Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206-932-3923; kweinbel@attbi.com

**November 9.** USATF National Masters Weight Pentathlon Championships, St. Amant, La. Jeff Baty, 321 E. Josephine St., Gonzales, LA 70737. 225-644-6930.

### EAST

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

**February 3, 10, 23.** LITF Indoor Meets, Nassau CC, Garden City, N.Y.; 10th Suffolk CC, Brentwood, N.Y. 9:00 am. www.litf.org

**February 7, 21.** Thursday Night at the Races, 168th St. Armory, Manhattan, NYC. 212-923-1803, x12.

**February 9.** Boston U. Invitational Indoor, Boston, Mass. 617-353-2911.

**February 10.** U. of Maryland-PVA Indoor Series, Prince George's Complex, Landover, Md. Tim Baker, 301-588-4426;

tbake03@attglobal.net

**February 10.** New Jersey Masters Indoor Championships, Fairleigh Dickinson U., Hackensack. 30+. Out-of-state welcome. SASE to Jim Manno, 792 Schaefer Ave., Oradell, NJ 07649. 201-261-7756.

**February 15.** MAC Multi-Event Championships, 168th St. Armory, NYC. 718-358-6233.

**February 17.** USATF NE Open Championships, Harvard U. Masters separate sections if numbers warrant. Usatfne@ix.netcom.com

**February 22.** MAC Association O&M Championships, 168th St. Armory, Manhattan, NYC. 6 pm. Non-Association competitors welcomed. MAC, 718-488-5711 (9 am-5 pm Eastern); www.mac track.org; Roz Katz, 718-358-6233 (7-9 pm E).

**March 1.** LITF Indoor Meet, Suffolk CC, Brentwood, N.Y. 6:30 pm. www.litf.org

**March 3.** USATF Long Island Indoor Championships, Brentwood, N.Y. 516-349-9157; Spolansky@aol.com

**March 3.** LITF Association Indoor Championships, Suffolk CC, Brentwood, N.Y. 9:00 am. www.litf.org

**March 9.** USATF Maine Championships, Bowdoin U., Brunswick. M/O. www.meusaf.org

**March 11.** Maryland Senior Olympics Indoor Meet, Towson U. Open to non-state. Phil Adams, Sr. Olympics, Towson U., Unit 1939, Towson, MD 21252. 410-704-4456; www.towson.edu/solympics.

**March 16.** Philadelphia Masters Indoor Championships, Haverford College. 3:00 pm. phillymasters@netreach.net

**March 16.** Potomac Valley Association Indoor Championships, Episcopal HS, Alexandria, Va. Tim Baker, 301-588-4426; tbake03@attglobal.net

**April 6.** West Penn TC Legends Mile, Carnegie Mellon U., Pittsburgh, Pa. M&W40+. 5:30 pm. John Harwick, 348 Morris St., Clymer, PA 15728. 724-254-2369.

**May 15-19.** Long Island Senior Games, Suffolk Community College, Brentwood, N.Y. LISG, PO Box 1024, Smithtown, NY 11787. 631-265-2966; fax: 265-5239; www.longislandseniorgames.org

**June 29.** West Penn TC Pittsylvania Mile, Carnegie Mellon U., Pittsburgh, Pa. 9:00 a.m. John Harwick, 348 Morris St., Clymer, PA 15728. 724-254-2369.

### SOUTHEAST

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

**February 10.** Birmingham TC Indoor Mini-Meet, Birmingham, Ala. 205-942-0907.

**February 16.** Texas Tech Indoor Championships, Lubbock. Joint HS &

Masters Meet. M40+/W35+. Paul Johnson, 806-795-5226; fax: 795-5226; www.dallasmasters.com

**February 23-March 10.** Polk Senior Games, Bartow, Fla. Qualifier for Florida Sr. Games Championships. PSG, 515 E. Boulevard St., Bartow, FL 33830. 863-533-0055.

**March 2.** Virginia Masters Indoor Championships, Virginia Military Institute, Lexington. SASE to John Tucker, Meet Director, Dept. of Athletics, Washington & Lee U., Lexington, VA 24450. http://home.wlu.edu/~tuckerj

**May 3-5.** 32nd annual Southeastern U.S. Masters Meet, NC St. U., Raleigh. Pent/WP/5K & 20K RWs/Relays. SE US Masters, Box 590, Raleigh, NC 27602. 919-831-6640; www.geocities.com/southeastermasters

**June 8.** Birmingham TC Classic/Southeast Police & Fireman Championships, Samford U., Birmingham, Ala. Glenn Ross, 205-942-0907; gross@jssc.cc.al.us. Entry form in April NMN.

**June 15.** Middle Tennessee St. U. Masters Meet, Murfreesboro. 615-851-2630.

### MIDWEST

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

**February 2.** Illinois Masters Championships, Westwood Sports Center, Sterling, IL. Theresa DePellegrin; 815-622-6201; www.SterlingParkDistrict.com

**February 3.** USATF Michigan Indoor Championships, Grand Valley St. U., Allendale. Jerry Baltes, GVSU, Office 97-Field House, Allendale, MI 49401. 616-895-3360; Baltes@gvsu.edu

**February 8.** Mike Lints Laker Challenge, GVSU, Allendale, Mich. 616-895-3360.

**February 15.** Grand Valley St. U. Indoor Meet, Allendale, Mich. 616-895-3360.

**February 24.** Ohio Indoor Championships. Findlay. 800-472-9502; arce@mail.findlay.edu

**March 9.** USATF Midwest Regional Masters Indoor Championships, Lincoln-Way Central HS, Central Campus Field House, Rte. 30, New Lenox, Ill. Mike Davis, 605 Lambeth Ln., New Lenox, IL 60451. 815-485-2879 (eve. & weekends).

**April 6.** USATF North Region Masters Indoor Invitational & All Comers Meet, Proviso West HS, Hillside/Chicago. USATF Illinois, PO Box 7019, Villa Park, IL 60181-7019. 630-953-2052; www.usatfillinois.org

**April 6.** USATF Illinois Meet, Hillside. M/O/Y. 630-953-2052.

**June 9.** USATF Indiana Championships, Indiana St. U., Terre Haute. Mark Rodriguez, Arena-Track Office, Indiana St. U., Terre Haute, IN 47809. 812-237-4044; web.indstate.edu/athletic/track/usasch02.html

### MID-AMERICA

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

**February 23-24.** USATF Mid-America Regional Masters Indoor Championships, Colorado St. U., Fort Collins. Jim Weed, 1166 Eagle Rd., Broomfield, CO 80020. 303-469-5607; wleslie9@qwest.net

**March 9.** USATF Minnesota Indoor Championships, Bethel College, Arden Hills. USATF MN Indoor Championships, 1115 20th Ave. NE, Minneapolis, MN 55418.

**April 27.** Drake Relays Masters Men's Invitational Mile, Drake U., Iowa. Mark Cleary, runnermark@cox.net. Entry dead-

## ON TAP FOR FEBRUARY

### TRACK AND FIELD

The Mid-America Regional Indoor Championships are scheduled for Fort Collins, Colo., on the 23rd-24th. Additional masters indoor meets include the Illinois Championships, on the 2nd; Michigan Championships, on the 3rd; New Jersey Championships, on the 10th; Texas Tech Championships, on the 16th; MAC Championships, NYC, on the 22nd; and the Ohio Championships on the 24th.

### LONG DISTANCE RUNNING

Last chance to get in a Cross-Country race at the USATF National Masters 6K Winter Championships, Ft. Vancouver, Wash., on the 9th. On the roads, offerings range from the Hampton Coliseum Half-Marathon, Hampton, Va., on the 2nd; the Las Vegas, Nev., Marathon, and 3M Half-Marathon, Austin, Texas, on the 3rd; to the Mardi Gras Mambo 10K, Baton Rouge, La., and the Myrtle Beach, S.C., Marathon and Gasparilla 15K, Tampa, Fla., on the 9th; the Edison Festival of Light 10K, Fort Myers, Fla., on the 16th; the Chinese New Year 10K, San Francisco; and the Cowtown Marathon, Fort Worth, Texas, on the 23rd.

### RACEWALKING

The All American City 10K is set for Edinburg, Texas, on the 2nd, and the 3K Mall Walk Championships go off in Connecticut on the 10th. Most indoor meets usually schedule a 1500, 3000, or mile racewalk. □

line March 31. Travel expenses for top 3 seeds; race purse structure determined in March. Entry standard 4:30 or better. European athletes welcome. Travel expenses will not be covered for foreign athletes among top 3 seeds.

### SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**February 16.** Texas Tech Indoor Meet, Lubbock. Masters/HS. Paul Johnson, 806-795-5226; fax: 795-0362; pjoh128034@aol.com; www.dallasmasters.com

**March 30.** Lions Waterloo Meet, Lake Travis HS (near Austin), Texas. lionswaterloo@earthlink.net

**April 13.** USATF Mardi Gras Weight Pentathlon, St. Amant HS, St. Amant, La. Plus superweight and ultraweights. Jeff Baty, 321 E. Josephine St., Gonzales, LA 70737. 225-644-6930; louisianatrack\_field@hotmail.com

**July 27.** Texas Masters Championships, site TBA. Wayne Bennett, vwrunner@aol.com; www.dallasmasters.com

**September 19-22.** Arkansas Senior Olympics

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T&F Events  
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T&F Events, Hot Springs. Qualifying for 2003 NSGA Championships. AR Sr. Olympics, PO Box 3377, Hot Springs, AR 71914. 502-321-1441; email: arsolym@hotsprings.net

**WEST**

Arizona, California, Hawaii, Nevada

**February 9.** KelField Throws Meet #102, Santa Cruz, Calif. G. Kelmenson, 831-458-0300; email: kelfield@aol.com  
**February 16-17.** Arizona Senior Olympics, Tempe. 602-261-8765.  
**February 17.** USATF Arizona Indoor Classic, North Arizona U., Flagstaff. 480-949-1991; usafaz@worldnet.att.net  
**March 2.** Grand Canyon State Winter Games, Tempe, Ariz. 480-949-1991; usafaz@worldnet.att.net  
**March 9.** KelField Throws Meet #103, Santa Cruz, Calif. G. Kelmenson, 831-458-0300; email: kelfield@aol.com  
**March 16.** Arizona Regulation Meet, Glendale CC. See March 2.  
**April 5-7.** Palm Desert Senior Games, Palm Desert, Calif. Coachella Valley Recr. & Park District, 45-571 Clinton St., Indio, CA 92201. Chrystal Arceneaux, 760-568-2560; www.cvrpd.org. See ad on p. 11.  
**April 6.** KelField Throws Meet #104, Santa Cruz, Calif. G. Kelmenson, 831-458-0300; email: kelfield@aol.com  
**April 6-7.** Phoenix Invitational, Glendale, Ariz. 480-949-1991; email: usafaz@worldnet.att.net  
**April 20.** Arizona Regulation Meet, Chandler HS. See April 6-7.  
**April 27.** Arizona Masters Invitational, Glendale CC. Pat Fahy, 480-946-7135; Bob Flint, 480-939-1991.  
**May 17-18.** USATF Arizona Championships, Glendale CC, 480-949-1991; usafaz@world.att.net  
**May 18.** USATF Central California Association Championships, Visalia, Calif. Bob Higginbotham, 1036 W. Princeton, Visalia, CA 93277. 559-732-8030.  
**June 8.** Saddleback Masters Relays, Saddleback College, Mission Viejo, Calif. SASE to SM Relays, 26063 Saratoga Ave., Laguna Hills, CA 92653-6295.

**NORTHWEST**

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

**February 22-24.** Northwest PV Festival, Randall Gym, Clackamas CC. Willamette Striders PV Club, 13732 SE Foster, Portland, OR 97236. 503-762-0861.  
**March 9.** Connell Hammer Festival, Connell, Wash. 10:00 am. Ken and Sharon Sellereite, 509-234-8606; sellersj@bossig.com  
**April 13.** U. of Oregon Mini-Meet, Hayward Field, Eugene. frleugene@aol.com  
**May 4.** Spring Fling Throwers Meet, West Seattle Stadium. Ken Weinbel, 206-932-3923; kweinbel@attbi.com  
**May 25.** Oregon Senior Olympics, Silverton. Silverton RC, Box 783, Silverton, OR 973381. Amy Castle, 503-873-8577(h)  
**June 1.** Seattle Parks Department Masters Meet, West Seattle Stadium. Dennis Cook, 206-684-7094.  
**June 14-15.** Montana Senior Olympics, Bozeman. Open to out-of-state. MSG, 2200 Bridger Dr., Bozeman, MT 59715. Kay Newman, 406-586-5543.  
**June 23-24.** Portland Masters Classic/Oregon Association Championships, Mt.

Hood CC (Portland area). Paul Stepan, 3011 NE Linden, Gresham, OR 97030. 503-666-8950; lstepan@yahoo.com

**June 29-30.** Hayward Masters Classic, Eugene, Ore. Chuck Hammonds, 541-344-3000; info@haywardclassic.com; www.haywardclassic.com

**July 13-14.** State Games of Oregon, Mt. Hood CC (Portland area). General info: 503-520-1319; t&f: Keith Maneval, 503-667-7140.

**July 19-20.** USATF Northwest Regional Masters Championships, East HS, Salt Lake City, Utah. (Fri.-Sat. meet).

**July 19-20.** Big Sky Games, Billings, Mont. MT residents only. General info: 406-254-7426; www.bigskygames.org

**July 20.** Inland Northwest Masters Meet, Pullman, Wash. Jeff Schaller, 435 SW State St., Pullman, WA 99163. 509-332-3148(h); jeffschaller@turbonet.com

**July 27.** Seattle Masters Classic, West Seattle Stadium. Ken Weinbel, 206-932-3923; kweinbel@attbi.com

**August 8-11.** Wyoming Senior Olympics, Evanston. Open to out-of-state. Steve Liechty, Evanston Parks & Recr., 275 Saddleridge Rd., Evanston, WY 82930. 307-789-1770; www.eprd.net

**CANADA**

**March 2.** 33rd Ontario Masters Indoor Championships, York U., Toronto. Brian Keaveney, 426 Valermo Dr., Etobicoke, ON M8W 2L9, Canada.

**INTERNATIONAL**

**February 2-11.** New Zealand Masters Games, Dunedin. 0800-303-500; www.nzmastersgames.com

**February 9-10.** Australian Masters National Decathlon/Heptathlon Championships, Brisbane. (07) 3273 5792; president@mastersathletes.com.au

**February 9-10.** Swedish Veterans Indoor Championships, Malmo. Fax: 040 641 83 69; ik.pallas@mail.bip.net

**March 29-April 1.** Australian Masters National Championships, Adelaide, SA. (08) 8258-1969; colinhai@senet.com.au

**April 13-14.** Argentina Masters of the Americas Meet, Mar del Plata. Confederacion Atletas Veteranos de la Republica Argentina (CAVRA), Los Platanos 773 (7600) Mar del Plata, Bs.As. Argentina. Tel/fax: 54-223-4819717; veteranos@yahoo.com

**May 4-5.** VIII Elbio D. Porta Meet, Santa Fe, Argentina. CAVRA, tel/fax: 54-223-4819717; veteranos@yahoo.com

**August 15-25.** 13th European Veterans Athletics Championships, Potsdam, Germany. Leichtathletik-Verband Brandenburg e.V. Am Luftschiffhafen 2. D-14471 Potsdam. 0331-900100; fax: 0331-900101; www.LV-Brandenburg.de

**August 20-24.** North & Central American & Caribbean WMA Regional Championships, Leon, Mexico.

**October 5-13.** World Masters Games, Melbourne, Australia. Multi-sport. WMG, Locked Bag 2002, South Melbourne, VIC 3205, AUST. E-mail: info@2002worldmasters.org; www.2002worldmasters.org

**November 3-10.** 11th South American Championships, Cochabamba, Bolivia. Pablo Vera, PO Box 24, Cochabamba, Bolivia. 591-4 4263068; fax: 591-4 4119200; anambol2002@yahoo.com

**July 2-13, 2003.** 15th World Masters Athletics Championships, Carolina, Puerto Rico. www.puertorico2003.org

**LONG DISTANCE  
RUNNING****NATIONAL**

**February 9.** USATF National Masters 6K Cross-Country Championships, Fort Vancouver, Wash. Al Beck, 39400 Pioneer Blvd., #11, Sandy, OR 97055. 541-676-9601; karal@centurytel.net; www.USATF-Oregon.org. Masters money.

**March 23.** USATF National Masters Championships/GNC 50K, Pittsburgh, Pa. Chris Gibson, 1475 Laurel Dr., Pittsburgh, PA 15235. 412-560-6406; Chrisgnc50@yahoo.com

**May 2-5.** RRCA 45th Annual National Convention, Norfolk, Va. RRCA, 703-836-0558; www.rrca.org. Elizabeth River Run 10K/RRCA National Championships, May 4.

**June 1.** USATF National Masters Women's Championships/Freihofers 5K, Albany, N.Y. George Regan, 233 Fourth St., Troy, NY 12180. 518-273-0267.

**July 27.** USATF National Masters Championships/White River 50 Mile Trail, Crystal Mountain, Wash. Scott McCoubrey, 919 E. Pine St., Seattle, WA 206-325-4800; www.whiteriver50.org

**August 24.** USATF National Masters Championships/Headlands 50K Trail Race, Sausalito, Calif. Peter Franks, PO Box 26052, San Francisco, CA 94126. 415-636-4655; www.headlands50k.org

**September 14-15.** USATF National Masters 24-Hour Championships, Olander Park, Sylvania, Ohio. Dan Brannen, 4 Strawberry Ln., Morristown, NJ 07960. 973-898-1261; danbrannen@earthlink.net

**September 29.** USATF National Masters Marathon Championships/Twin Cities, Minneapolis/St. Paul, Minn. Dan Finanger, 708 N. First St., #CR-33, Minneapolis, MN 55401. 612-673-0778.

**October 19.** USATF National Masters Championships/Edmund Fitzgerald 100K, Duluth, Minn. Sue Olson, 157625 Judicial Rd., Burnsville, MN 55306. 952-892-1108; www.edmundfitz.com

**October 26.** USATF National Masters 15K Championships/Tulsa Run, Okla. Jack Wing, 4038 E. 48th St., Tulsa, OK 74135. 918-292-1939.

**November 3.** USATF National Masters 8K Cross-Country Championships, Rochester, N.Y. Peter Glavin, 160 Laney Rd., Rochester, NY 14620. 716-242-9031; www.gvh.net

**November 24.** USATF National Masters 5K Cross-Country Championships, Holmdel, N.J. Madeline Bost, PO Box 10120, New Brunswick, NJ 08906. 732-296-0006; www.usatf.org/assoc/nj

**December 14.** USATF National Masters 10K Cross-Country Championships, Rocklin, Calif. Joe Rubio, Venue Sports, 4035 S. Higuera, San Luis Obispo, CA 93401. joe@venuesports.com; www.resultzone.com/xcnatls

**EAST**

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

**February 3.** MTC Midwinter 10 Mile, Cape Elizabeth, Me. 207-892-4526.

**February 16.** Martha's Vineyard 20 Miler, Martha's Vineyard, Mass. Kathy Sullivan, 508-696-6203; net/org/mvmraces

**February 17.** Washington's Birthday Marathon, Greenbelt, Md. 703-241-0395; www.dcroadrunners.org/gwmarathon

**February 24.** Sheraton Hyannis Marathon & Half-Marathon, Hyannis, Mass. 508-775-0143; www.clydesdale.org/onlineapplications/hyannis/index.html

**February 24.** Hudson Mohawk Winter Marathon, Albany, N.Y. HMRRCC, 518-435-4500; www.hmrrc.com

**February 25.** Cherry Tree 10 Mile, Brooklyn, N.Y. 718-595-2049.

**March 2.** Little Cow Harbor 4 Mile, Greenlawn, L.I., N.Y. LITF, 516-349-9157; www.litf.org

**March 9.** Runnin' of the Green 4 Mile, Green Island, N.Y. 518-435-4500; www.hmrrc.com

**March 10.** Boston Beanery 5K, Uniontown, Pa. 724-437-6050, x239; www.fcaa.org

**March 10.** Massachusetts Law Enforcement Half-Marathon, Melrose, Mass. 781-662-0091 www.runedge.com/raceboard

**March 17.** Kings Park 15K, Kings Park, L.I., N.Y. See March 2.

**March 17.** New Bedford Half-Marathon, New Bedford, Mass. NBH-M, PO Box 79546, North Dartmouth, MA 02747. 508-998-5068.

**March 24.** Washington, D.C., Marathon. 703-528-8176; www.washingtondcmarathon.com

**April 6.** Nationwide Run for Aspire 10K/USATF LI Championships, Plainview, N.Y. LITF, 516-349-7646; www.litf.org

**April 7.** Nortel Cherry Blossom 10 Mile, Washington, D.C. 301-320-3350; www.cherryblossom.org

**April 15.** BAA 106th Boston Marathon. www.bostonmarathon.org

**April 21.** Runner's World Half-Marathon & 5K, Allentown, Pa. www.runnersworld.com/halfmarathon

**April 21.** Penn Relay Carnival Distance Classic 20K & 5K, Philadelphia. Runners Advocate, 2005 Country Club Dr., Doylestown, PA 18901.

**April 28.** New Jersey Shore Marathon, Long Branch. 732-578-1771; njshoremrathon.org

**SOUTHEAST**

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

**February 2.** Battle of Mobile Bay 5K, Mobile, Ala. Port City Pacers, PO Box 6427, Mobile, AL 36660. 251-473-7223.

**February 2.** Pomoco Group Hampton Coliseum Half-Marathon & 5K, Hampton, Va. 800-800-2202; www.hamptoncoliseum.org

**February 2.** Uwharrie Trail 40 Mile Adventure Run, Troy, N.C. Bob Boeder, 910-424-8901.

**February 9.** Bank of America Gasparilla 15K & 5K, Tampa, Fla. 813-229-RUNN; www.doitsports.com/gasparilla

**February 9.** Myrtle Beach Marathon, Myrtle Beach, S.C. 843-293-7223; www.active.com

**February 10.** Mercedes Marathon, Birmingham, Ala. 800-266-5426; www.mercedesmarathon.com

**February 16.** Edison Festival of Light 10K, Fort Myers, Fla. 941-334-2999; edisonfestival.org

**February 16.** Withlacoochee Rails to Trails 10K/RRCA Southern Regional Championships, Brooksville, Fla. 727-939-8038; ediet@gte.net

Continued on page 24



Continued from page 23

**February 23.** On the Bay 5K, Sarasota, Fla. 941-374-2929.

**February 23.** Outback Distance Classic 12K, Orlando, Fla. 407-898-1313; www.trackshack.com

**February 23.** Blue Angel Marathon, Half-Marathon, & 5K, NAS, Pensacola, Fla. 850-452-3806, x313/340; www.mwr-pcola.navy.mil

**February 23.** Carolina 10K, Columbia, S.C. Jaime G. Lomas, 803-929-1996; www.carolinamarathon.org

**February 24.** Anheuser-Busch Colonial Half-Marathon, Williamsburg, Va. 757-221-3362; tmspar@wm.edu

**March 2.** Reedy River Run 10K/USATF South Carolina Championships, Greenville. 864-467-5780; www.greenvilletrackclub.com

**March 9.** Gate River Run 15K/USATF Open Championships & 5K, Jacksonville, Fla. www.1stplacesports.com

**March 10.** Hope for Children 10K/RRCA Florida Championships, Naples, Fla. 941-574-3399; fax: 436-6780; www.hopeforchildren10k.org

**March 16.** Shamrock Sportsfest Marathon, 8K, Masters 8K, & 5K RW, Virginia Beach, Va. 866-742-6762; www.shamrocksportsfest.com

**March 17.** Unicorn Classic 5K/RRCA Southern Regional Championships, Largo, Fla. 727-733-5063; colmike@tapmurphy.rr.com

**March 23.** Azalea Trail Run 10K, Mobile, Ala. SASE to Azalea 10K-Reg. FN, PO Box 6427, Mobile, AL 36660. 251-473-7223.

**March 24.** Germantown Half-Marathon/RRCA Southern Regional Championships, Germantown, Tenn. Harry Scott, PO Box 17384, Memphis, TN 38187. 902-212-2618.

**March 30.** WFYRC 50 Mile Fools Run/RRCA Southern Regional Championships, Brooksville, Fla. 727-535-8468; ediet@gte.net

**April 6.** Cooper River Bridge 10K & 8K Walk, Charleston, S.C. 843-792-0345; www.bridgerun.com

**April 27.** Country Music Marathon & Half-Marathon, Nashville, Tenn. 800-311-1255; www.cmmarathon.com

**MIDWEST**

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

**February 3.** Winterfest 5K, Kankakee, Ill. 815-949-1551.

**February 10.** Valentines 5K Run, Valparaiso, Ind. 219-548-3694.

**March 23.** Martian Marathon, Northville, Mich. 248-347-4568; www.martianmarathon.com

**March 24.** LaSalle Bank Shamrock Shuffle 8K, Chicago. www.shamrockshuffle.com

**April 21.** West Bloomfield Half-Marathon, W. Bloomfield, Mich. 248-738-2500; balewski@twp.west-bloomfield.mi.us

**April 27.** Kentucky Derby Festival Mini-Marathon & Marathon, Louisville. 502-584-6383; kdf.org

**April 28.** Michigan Trail Marathon, Ann Arbor. 734-769-5016; trailmarathon.com

**April 28.** Cleveland CVS Marathon, Cleveland, Ohio. 800-467-3826; clevelandmarathon.com

**MID-AMERICA**

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

**February 2.** St. Paul Winter Carnival Frozen Half-Marathon, St. Paul, Minn. 651-223-4700; www.winter-carnival.com

**February 2.** Iowa Winter Games 5K, Dubuque. Darrell Zmolek, 824 Southern Ave., Dubuque, IA 52003. 563-582-6838.

**February 10.** Red Flannel 8K, Des Moines, Iowa. 515-471-8529.

**February 24.** Olympiad Memorial Half-Marathon, St. Louis, Mo. 314-434-9577.

**April 20.** 33rd annual Longest Day Marathon, Half-Marathon, 5K, 5K RW, & Relays, Brookings, S. Dak. Charles Roberts, 2034 Monarch Ln., Brookings, SD 57006. www.prairiestriders.net

**April 21.** Glass City Marathon, Toledo, Ohio. 419-385-7520; www.ToledoRoadrunners.org

**April 27.** Get-In-Gear 10K, Minneapolis, Minn. 612-722-9004; www.getingear10k.com

**SOUTHWEST**

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**February 2.** Rocky Raccoon 100 Mile Trail Run, Huntsville State Park, Texas. Mickey Rollins, 198 Country Place, Unit 2, Pipe Creek, TX 77063. 830-535-6492.

**February 3.** 3M Half-Marathon, Austin, Texas. 512-984-RACE; www.3m.com/races

**February 9.** Conoco Rodeo 10K, Houston, Texas. 281-293-2447.

**February 9.** Nextel Mardi Gras Mambo 10K/Louisiana Senior Olympics, Baton Rouge, La. BR Area Sports Foundation, 225-382-3596; www.brasf.com

**February 17.** Nokia Sugar Bowl Mardi Gras Marathon & Relay, Half-Marathon, & 5K, New Orleans. 504-454-8687; www.mardigrasmarathon.com

**February 17.** Motorola Marathon, Austin, Texas. 877-601-6686; www.MotorolaMarathon.com

**February 23.** Cowtown Marathon & Relay, 10K, & 5K, Fort Worth, Texas. 817-735-2033; www.cowtownmarathon.org

**March 9.** Bayou City Classic 10K, Houston, Texas. 713-784-3915; www.bayoucityclassic.org

**April 7.** Austin American-Statesman Capitol 10,000, Austin, Texas. 512-445-3598; statesman.com/cap10k

**April 21.** New Orleans Marathon. 504-443-

2400; neworleansmarathon.com

**April 28.** Oklahoma City Memorial Marathon, Oklahoma City, Okla. Marathon, relays, walks. 405-525-4242; www.okcmarathon.com

**WEST**

Arizona, California, Hawaii, Nevada

**February 3.** Las Vegas Marathon and Half-Marathon, Las Vegas, Nev. Las Vegas Marathon, P.O. Box 81262, Las Vegas, NV 89180. 702-876-3870; web: www.lvmarathon@aol.com; e-mail: lvmarathon@aol.com

**February 3.** Davis Stampede Half-Marathon, Davis, Calif. 530-757-2012; www.changeofpace.com

**February 10.** Firecracker 5K & 10K, Los Angeles. 323-256-1363; www.firecracker10k.org

**February 12.** Great American Adventure Run 2.8 Mile & 4.8 Mile Cross-Country, Huntington Park, Calif. 714-841-5417; www.nealand.com/finishline

**February 16.** Jed Smith 50 Mile, Sacramento, Calif. Ron Peck, 4718 Storrow Way, Sacramento, CA 95842.

**February 17.** Chinese Year 10K, San Francisco, Calif. 415-576-9622.

**February 17.** Palm Springs Half-Marathon, Palm Springs, Calif. 760-320-1341; greg@kleinclarksports.com

**February 18.** Great Aloha 8.2 Mile, Honolulu. 808-528-7388.

**March 3.** Los Angeles Marathon. 310-444-5544; www.lamarathon.com

**March 3.** Sutter Home Napa Valley Marathon/RRCA National Championships, Napa, Calif. Dave Hill, PO Box 4307, Napa, CA 94558-0430. 707-255-2609; www.napa-marathon.com

**March 10.** Leigh and Lucy Steinberg Spirit 10K, Newport Beach, Calif. Kinane Events, 949-451-4520; www.kinanevents.com

**March 10.** Valley of the Sun Marathon & Half-Marathon, Phoenix, Ariz. 480-657-5373; www.valleyofthesunmarathon.com

**March 17.** Fifty-Plus 8K, Palo Alto, Calif. Also 5K RW, Fitness Walk, & Generation Relays. Mark Winitz, 50+ Fitness Association, Box 20230, Stanford, CA 94309. 650-323-6160; www.50plus.org

**April 6.** Santa Anita Derby Days 5K, Arcadia, Calif. Masters - 7:45 am. Kinane Events, 760-434-1601; www.kinanevents.com

**April 7.** Carlsbad 5000, Carlsbad, Calif. Separate races for M40+ & W40+. Elite Racing, 858-450-6510; www.eliteracing.com

**April 21.** Jimmy Stewart Relay Marathon, Los Angeles. 310-829-8968; stjohns.org

**April 28.** Big Sur International Marathon, Carmel, Calif. 831-625-6226; www.bsim.org

**June 16.** Platinum Performance State Street Mile, Santa Barbara, Calif. Meghan Reinschild, 805-568-2316; www.sbmile.com

**NORTHWEST**

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

**February 2.** Super Bowl Dash 10K & 5K, Olympia, Wash. 360-273-9684; www.ontherun.com

**February 10.** Truffle Shuffle 4 Mile, Eugene, Ore.

**March 24.** Mercer Island Half-Marathon & 8K, Mercer Island, Wash. 206-236-5323, x920; www.RaceCenter.com

**April 6.** Yakima River Canyon Marathon, Ellensburg, Wash. Bob & Lenore Dolphin, 425-226-1518; www.ontherun.com/yrcom

**INTERNATIONAL**

**February 17.** The World's Best 10K, San Juan, Puerto Rico. 787-767-2000; www.worldbest10k.com

**March 16-17.** Argentina National Masters Cross-Country Championships, Olavarria. CAVRA, tel/fax: 54-223-4819717; veteranos@yahoo.com

**March 24.** Rome Marathon. 800-444-4097; www.marathontour.com

**March 30.** Two Oceans 56K & Half-Marathon, Cape Town, South Africa. www.TwoOceansMarathon.org.za

**April 7.** Paris Marathon. 800-444-4097; www.marathontour.com

**April 14.** London Marathon. 800-444-4097; www.marathontour.com

**April 28.** Maraton Popular de Madrid, Madrid, Spain. www.mapoma.es

**May 24-26.** WMA Non-Stadia Championships, Riccione, Italy (s. of Venice). www.riccione2002wma.org

**June 8-9.** Argentina National Masters 10K & Marathon Championships, Bahia Blanca. CAVRA, tel/fax: 54-223-4819717; veteranos@yahoo.com

**June 23.** Brugge Veterans Race, Brugge, Belgium. Jacques Serruys, Kammakerstraat 37, 8000 Brugge, Belgium. 0032-50-341781; fax: 0032-50-334325; email: evaa.serruys@skynet.be

**RACEWALKING**

**February 2.** All American City 10K Judged RW, Edinburg, Texas. 956-381-5631.

**February 10.** Connecticut Racewalkers Indoor Mall 3K Championships, Westfield Shoppingtown CT Post Mall, Milford. Gus Davis, CT Rwers, 203-795-6441; pgdavi@pol.net

**March 24.** USATF National Masters Indoor RW Championships, Boston. See National T&F Schedule.

**April 7.** USATF Missouri Valley 5K & 20K RW Championships, Columbia, Mo. 573-6675.

**April 20.** Regional 10K RW Championships, Seattle. Bev LaVeck, 206-524-4721; bevlaveck@aol.com

**May 5.** USATF National Masters 30K RW Championships, Sacramento, Calif. Ann Gerhardt, Buffalo Chips Club. PO Box 19910, Sacramento, CA 95819. 916-457-3466; fax: 457-0151.

**June 2.** USATF National Masters 15K RW Championships, Evansville, Ind. Mike Hudson, Southern Indiana RWers, 1005 Meadowbrook Dr., Evansville, IN 47712. 812-477-0304; fax: 477-5836.

**August 8-11.** USATF National Masters 5000 (9th) & 10K (11th) RW Championships, Orono, Me. See National T&F Schedule.

**September 1.** USATF National Masters 40K Championships, Ft. Monmouth, N.J. Elliott Denman, Shore AC, 28 N. Locust St., W. Long Branch, NJ 07764. 732-222-9080; elliottden@aol.com

**September 21.** USATF National Masters 5K RW Championships, Kingsport, Tenn. Bobby Baker, 318 Twin Hill Dr., Kingsport, TN 37660. 423-349-6406; bbaker@preferred.com

**September 28.** USATF National Masters One-Hour RW Championships, St. James, N.Y. Michael Roth, Walk USA, 185 Lake Ave., St. James, NY 11780. 631-584-9824; mjroth@IX.netcom.com

**October 20.** USATF National Masters 20K Championships, Coconut Creek, Fla. Dan Koch, Florida AC, 3331 N.W. 22nd St., Coconut Creek, FL 33066. 954-970-9634; fax: 970-0382; racewalker@cyberagency.net



GEORGE BANKER

Julie Hayden, 41, second overall (32:56), Jingle Bell Run 8K for Arthritis, Reston, Va., Dec. 1.

M30-34  
Todd Adelgr  
Ben Crouch  
Brad Dittma

Mark Wense

M35-39  
Steve Bunn  
Ted Poulos  
Ben Crouch

Angel Roma

U.S.

Event	3
55	4
60	5
100	6
200	7
400	8
800	9
1500	10
Mile	11
3000	12
5000	13
10000	14
55H	15
60H	16
110H	17
100H	18
80H	19
400H	20
300H	21
3K-SC	22
2K-SC	23
HJ	24
6	25
4	26
PV	27
14	28
LJ	29
6	30
TJ	31
43	32
Shot	33
14	34
Discus	35
44	36
14	37
Hammer	38
47	39
15	40
Javelin	41
62	42
20	43
35#Wt.	44
15	45
49	46
25#Wt.	47
56#Wt.	48
3	49
Pent.	50
2	51
Decath.	52
5	53
Wt. Pent.	54
2	55
Notes:	1)
2)	2)
3)	3)
4)	4)
5)	5)
6)	6)
7)	7)
8)	8)
9)	9)

U.S. MA

1.5K	1
W30	7:13
W35	7:22
W40	7:37
W45	8:03
W50	8:25
W55	8:55
W60	9:17
W65	9:48
W70	10:26
W75	11:10
W80	12:03
W85	13:13
W90	14:56

M30	6:31
M35	6:43
M40	6:58
M45	7:13
M50	7:33
M55	7:50
M60	8:13
M65	8:38
M70	9:08
M75	9:43
M80	10:26
M85	11:21
M90	12:41
Age-graded	

# RECIPIENTS OF ALL-AMERICAN AWARDS

<b>M30-34</b>				
Todd Adelgren	SP	50-3	7-22-01	
Ben Crouch	800m	2:01.93	3-10-01	
Brad Dittmar	400hh	55.90	7-14-01	
	800	2:00.71	7-27-01	
Mark Wensel	60m I	7.30	3-24, 25-01	
	400	49.42	7-25, 28-01	
<b>M35-39</b>				
Steve Bunn	100	11.3	6-23-01	
Ted Poulos	3000m	9:28	7-19-01	
Ben Crouch	400	51.90	6-23-01	
	800	2:03.01	6-2-01	
Angel Roman	1500	4:00.99	5-6-01	
	800	1:58.01	6-2-01	
	1 Mile	4:24.43	3-24-01	

<b>M40-44</b>				
James Singleton	TJ	12.27	7-25, 28-01	
Angelo Decollibus	1 Mile	4:45.34	5-27-01	
	3000	9:28.03	4-30-01	
	1500	4:20.23	6-23-01	
<b>M45-49</b>				
James McFarlane	1 Mile	4:58.72	12-23-01	
<b>M50-54</b>				
David Cotner	100	11.68	9-30-01	
	200	24.53	9-30-01	
John Johnson	10K	37.08	10-27-01	
Mark Johnson	100hh	17.5	7-15-01	
Randy Olson	100hh	16.28	7-20-01	
Michael Shlars	SP	15.65	10-12-01	

<b>M55-59</b>				
Leon Savenas	400	60.32	7-14, 21-01	
<b>M60-64</b>				
Mark Adams	1500 RW	7:36.58	8-13-01	
	3K RW	16:33.1	1-14-01	
	1 Mile RW	8:45.0	3-12-01	
Phillip Byrne	Dec.	7607	7-4-01	
Don Denson	100	12.89	6-16-01	
	200	26.42	6-16-01	
	LJ	16-8	6-18-01	
David Galligan	3000	11:45.7	1-05-02	
George LaBelle	100hh	18.46	6-23-01	
<b>M65-69</b>				
Ronald Brown	100	13.77	7-7-01	
	200	28.33	10-9-01	

<b>M65-69</b>				
Bob Humke	100	13.5	9-8-01	
	200	28.2	9-8-01	
Walter Schlereth	800	2:38.90	7-14, 21-01	
John Schreiber	100hh	19:27	5-9-01	
	100	13.78	9-26-98	
	LJ	4.29	5-8-99	
	300hh	59.12	5-9-98	
<b>M80-84</b>				
Adrien Pronovost	SW	17-10	10-18-01	
<b>W35-39</b>				
Sinead Foran	1500	5:15.70	6-23-01	
<b>W60-64</b>				
Harriet Mair	D	70-9	9-30-01	
	J	69-2 1/2	9-30-01	

## 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	90-94
55	6.8	6.9	7.1	7.2	7.4	7.9	8.1	8.4	8.9	9.4	10.4	11.8	13.5
60	7.4	7.55	7.7	7.85	8.05	8.5	9.0	9.25	9.5	10.0	11.2	12.8	16.6
100	11.0	11.3	11.5	11.9	12.2	12.6	13.2	13.8	14.6	16.0	18.0	23.0	
200	22.4	23.2	23.8	24.6	25.5	27.0	27.9	29.5	32.0	35.0	40.2	52.0	
400	51.5	52.5	53.8	56.0	57.5	62.0	65.0	69.0	75.0	88.0	98.0	120.0	
800	2:02	2:04	2:06	2:11	2:16	2:25	2:35	2:45	3:06	3:35	3:55	4:30	
1500	4:20	4:22	4:24	4:35	4:45	5:10	5:20	5:45	6:30	7:20	8:10	9:20	
1 Mile	4:40	4:40	4:50	5:00	5:10	5:30	6:00	6:15	6:55	8:20	8:45	10:15	
3000	9:25	9:40	10:00	10:25	10:45	11:15	11:50	12:45	13:40	15:50	19:10	23:00	26:00
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	
55H	8.6	8.7	9.0	9.5	10.0	10.3	10.6	10.9	11.2	11.6	12.5		
60H	9.0	9.3	9.4	9.8	10.3	10.6	10.9	11.1	11.4	12.0	13.6		
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	6-1/2	5-9/16	5-6	5-3	4-11	4-9	4-6	4-1/4	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	
14-5/8	13-5/8	12-11/16	12-1/2	11-7/8	10-4	8-10/16	7-10/16	7-6/16	6-6/16	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	20-1/4	19-2/4	18-4/8	17-8/16	16-1/2	14-9	13-9/16	12-5/16	10-11/16	9-4/16	7-2/16		
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	41-1/4	37-8/16	35-5/16	34-1/16	31-2	29-2/16	26-11	22-10	21-4	19-6	19-5/16		
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	42-11/16	39-4/16	42-0	37-8/16	36-1/16	29-6/16	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	85-4	72-2/16	50-0		
Hammer	47.24	44.20	40.00	39.00	39.00	36.00	36.00	32.00	30.00	24.00	20.00	17.00	
155-0	145-0	131-3	127-11	127-11	118-1	118-1	105-0	98-5	78-9	65-7/16	56-0		
Javelin	62.00	56.00	48.76	47.00	43.00	41.00	39.00	35.00	31.00	24.00	19.00	14.02	
203-5	183-9	160-0	154-2	141-1	134-6	127-11	114-10	101-8	78-9	62-4	46-0		
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00			6.00	5.00	4.00	3.00	
49-2 1/2	45-11/16	42-8	39-4/16	32-9/16	29-6/16				19-8/16	16-4/16	13-1/16	9-10	
25#Wt.						11.50	10.00	9.00	7.30	5.30	4.50		
						37-8/16	32-9/16	29-6/16	23-11/16	17-4/16	14-9		
56#Wt.	9.50	9.00	8.50	8.00	6.00	5.50	5.00	4.50	3.50	3.00	2.50	2.00	
31-2	29-6/16	27-10/16	26-3	19-8/16	18-1/16	16-4/16	14-9	11-5/16	9-10	8-2/16	6-6/16		
Penl.	2800	2600	2600	2600	2600	2600	2600	2600	2400	2200	2000		
Decath.	5500	5250	5250	5000	5200	5000	4500	5000	4800	4200	3000	2500	
Wt. Pent.	2800	2700	2800	3000	3000	3000	3000	3000	2600	2700	3000	3000	

Notes: 1) 100 standards are for automatic time; use standard conversion for hand time.  
 2) Short hurdles: 30-49: 39"; 50-59: 36"; 60-69: 33"; 70-79: 30"; 80+: 27"  
 3) Long hurdles: 30-49: 36"; 50-59: 33"; 60-69: 30"; 70+: 27"  
 4) Shot put: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 27"  
 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; 50-59: 700g; 60-69: 600g; 70-79: 500g 80+: 400g  
 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	
100	13.8	14.1	14.4	15.0	15.5	16.4	16.8	18.6	19.8	22.0	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	
400	63.5	65.5	68.0	70.0	78.6	80.0	83.0	84.0	86.0	98.0	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	
1500	5:10	5:20	5:30	5:40	6:00	6:20	6:45	7:30	8:00	8:50	10:10	
1 Mile	5:40	5:50	6:10	6:30	6:50	7:00	7:40	8:10	8:50	9:40	10:45	
3000	11:30	11:50	12:00	12:30	14:00	14:30	15:00	16:00	18:30	20:00	23:00	
5000	19:45	20:15	21:00	22:00	23:30	24:50	26:00	28:00	30:00	34:00	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	
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	
4-7	4-5	4-2	4-0	3-8	3-6	3-4	3-2 1/2	3-0 1/2	2-11	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	
8-10 1/4	7-10 1/4	6-10 1/4	5-10 1/4	4-11	3-11 1/4	3-7 1/4	3-3 1/4	2-11 1/4	2-7 1/4	2-3 1/4		
LJ	4.60	4.42	4.04	3.81	3.40	3.20	3.10	2.60	2.30	2.10	1.50	
15-1	14-6	13-3	12-6	11-1 1/4	10-6	10-2	8-6 1/4	7-6 1/4	6-10 1/4	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	
31-2	29-10	27-8	24-7	23-0	21-0	20-4 1/4	19-8 1/4	18-1 1/4	14-9	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	
33-9/16	30-7	27-11	27-6 1/4	26-3	25-6	24-7 1/4	21-8	19-8 1/4	17-7 1/4	14-1 1/4		
Javelin	35.00	33.50	28.00	25.00	23.00	22.15	20.00	17.00	16.00	15.00	12.00	
114-10	109-11	91-10	82-0	75-5/8	72-8	65-7/8	55-9/16	52-6	49-2 1/4	39-4 1/4		
Discus	32.00	30.00	25.00	24.00	22.00	21.00	18.00	16.00	14.00	13.00	11.00	
105-0	98-5	82-0	78-									

# 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 metric in our format receive preference. Deadline is the 10th of the month prior to issue date.

## EAST

### MAC Indoor Meet 168th St. Armory, NYC; Dec. 14

300m	
M30 James Melton	39.53
M40 Darnell Gating	36.93
M45 Julio Rodriguez, Jr	43.60
M50 Errol Lee	40.93
M55 Warren Graff	42.09
M60 Richard Rizzo	44.99
W35 Alethea Morris	41.00
W45 Paula Dickson-Taylor	47.14
600m	
M60 John Hurley	2:29.97
M65 Jim Aneshansley	1:58.59
W30 Lisa Daley	1:53.29
W35 Dawn Best	1:51.19
W40 Caryl Senn	1:48.51
1000m	
M30 Larry Glazer	2:56.90
M40 Craig Plummer	3:00.49
M45 Joe Bolster	3:18.92
M50 Hugh Sweeney	3:13.78
M60 John Hurley	4:19.84
W35 Ann Vazquez	3:30.71
W40 Lisa Donlan	3:39.30
W45 Regina Cahill	3:39.59
W50 Mary Rosado	3:51.04
2 Miles	
M45 Harry Lichtenstein	12:30.68
M50 Hugh Sweeney	11:30.60
M60 Denis Daly	13:40.00
1600 Sprint Medley	
M40 Aura	4:28.59
High Jump	
M50 David Friedman	1.22
M55 Eddie Harris	1.31
W40 Caryl Senn	1.41
Long Jump	
M30 James Melton	5.98
M35 Oleg Mysikov	5.62
M40 Greg Foster	7.04
Craig Plummer	6.57
M50 Gerard Dunne	4.88
David Friedman	3.66
W35 Dawn Best	4.32
Shot Put	
M30 James Melton	9.06
M40 Craig Plummer	8.71
M50 Rich Dunphy	10.06
Jeffrey Copland	8.14
M60 Ed Joyce	10.05
W40 Oneitha Lewis	13.71
W55 Roslyn Katz	7.71
1500m RW	
M40 Allen Sangeap	8:15.49

### Philadelphia Masters Indoor Meet Haverford College; Dec. 16

55m	
M35 Clifton Vassell	7.50
M40 Tony Fulton	6.80
M45 Steve Bubb	7.70
M50 Gary Arend	7.40
M60 Bill Bittner	8.00
200m	
M35 Dave Richard	25.40
M40 Tom Yunker	29.60
M45 John Maloney	28.00
M50 Phil Felton	27.70
M65 Dawson Pratt	29.20
M70 Jim Stookey	29.70
400m	
M35 Pat Shannon	61.03
M40 Tony Fulton	57.80
M45 Russ Patton	59.50
800m	
M35 Jim O'Neill	2:30
M40 Chuck Shields	2:10
M55 Carl Lands	2:37
M65 Bruce Gilbert	2:51
W40 Lorraine Jasper	2:33
1 Mile	
M35 Craig Lowther	6:21
M40 Tom Yunker	5:37
M45 Tony Plaster	5:17
M55 Carl Lands	5:51
M65 Bruce Gilbert	6:11
M70 Jim Sutton	5:47

### W40 Lorraine Jasper 5.45

3000m	
M30 Chris Carroll	9.54
M40 Tom Yunker	11.47
M45 Joel Highsmith	9.59
M50 Ron Salvio	13.04
W40 Lorraine Jasper	12.21
55m	
M60 Nate Byrd	9.70
High Jump	
M50 Ron Salvio	1.32
M70 Jim Stookey	1.27
M85 Geo Braceland	1.02
Claude Hills	0.81
Long Jump	
M35 Terry Williams	4.93
M40 Lovell Butler	5.38
M50 Ibrain Medina	4.80
M70 Jim Stookey	4.34
M85 Geo Braceland	1.86
Claude Hills	1.40
W65 Audrey Lary	3.51
Triple Jump	
M35 Terry Williams	10.52
M50 Ibrain Medina	10.85
M70 Jim Stookey	8.78
M85 Geo Braceland	4.05
W65 Audrey Lary	7.47
Shot Put	
M30 Rich Costello	12.04
M50 Ron Salvio	6.59
M70 Bill Bergen	8.46
M85 Geo Braceland	5.66
1 Mile Racewalk	
M55 Chas MacDonald	13.01
M70 Ed Gawinski	10.45
W35 E Druckenmiller	10.00
W45 Jane Pratt	11.51
W65 Mary Stookey	12.27

### Long Island T&F Indoor Meet Brentwood, NY; Dec. 16

60m	
M35 Jim Reilly	6.9
M40 Richard Prussen	8.0
M45 John Davis	8.0
M50 Stu Deitel	8.2
M55 David Malloy	8.0
M60 David Rosenthal	9.2
M65 K M Thomas	8.3
W40 Jackie Saunders	8.9
200m	
M30 Michael Roux	25.1
M35 Marc Nesbitt	27.0
M40 Steve Shaugen	28.2
M45 James McFarlane	28.6
M50 Stu Deitel	31.7
M55 David Molloy	29.3
M60 David Rosenthal	36.3
W40 Jackie Saunders	35.3
800m	
M35 Marc Nesbitt	2:09.1
M40 John Down	2:24.3
M45 James McFarlane	2:17.1
M60 Rich Rizzo	2:39.2
W40 Barbara Gubbins	2:33.6
W50 Mary Trotto	3:25.5
1500m	
M60 John Shilling	9:15.8

### Syracuse Chargers Indoor Meet Syracuse, NY; Dec. 16

55m	
M45 Adam Mozeleski	7.7
M50 Gary Geiger	7.2
M60 Tom Fondy	7.9
M70 Ed Cox	8.3
W45 Irene Thompson	7.6
800m	
M30 Mark Gaffney	2:01.7
M40 Robin Wheelless	2:09.7
M50 Bob Micho	2:37.6
M55 Paul Steimaszyk	2:39.9
M60 Tom Fondy	2:55.9
1500m	
M30 Mark Gaffney	4:11.4
M35 Roger Janezic	4:34.8
M40 Jim Vandermolen	4:31.2
M45 Dave Worden	4:28.4
M50 Leo O'Connor	5:19.7
M80 Nate White	9:16.8
Shot Put	
M40 Bob Bolton	2:08.54
M50 Pat Lynn	8.85

### M60 Gary Crawford 10.55

M65 Chuck Yost	10.22
Weight	
M50 Pat Lynn	13.16
M60 Gary Crawford	13.34
M65 Chuck Yost	8.61
MAC Indoor Meet 168th St. Armory, NYC; Dec. 23	
60m	
M35 Costas Philippides	7.56
Robert Thompson	7.58
Howard Lindsay	7.58
M45 Neville Hodge	7.30
John Brooks	7.68
Julio Rodriguez, Jr	8.30
M50 Jesse Noman	7.95
Ivan Black	8.69
Jimmy Hill	9.45
M55 Gene Gallard	8.66
M60 David Rosenthal	10.80
W30 Nadena West	8.66
W40 Louise Clark-Feaster	8.84
500m	
M30 David Bynoe	1:12.43
M40 Clement Easton	1:12.40
M50 Noah Perlis	1:23:13
W30 Alethea Morris	1:19:20
W40 Mary Diver	1:51.45
1 Mile	
M35 Manuel Chinchilla	5:00.70
Larry Glazer	5:03.17
M40 Tad Hawkins	5:37.24
Bola Awefeso	5:40.90
Brian Barry	5:57.02
M45 James McFarlane	4:58.72
Tony Plaster	5:12.59
Seth Okerd	5:39.18
M50 Bob Glover	6:01.18
M60 Jack Brennan	5:42.27
Pat Cosgrove	5:50.35
W35 Ann Vazquez	5:47.74
Elaine Foster	8:02.38
W40 Susan Menz	5:46.10
Caryl Senn	5:55.00
W45 Paula Dickerson	6:02.33
Short Hurdles	
W40 Caryl Senn	9.84
4x200m Relay	
M40 Aura	1:38.31
Pole Vault	
M35 Duncan Littlefield	4.40
M40 Don Severn	3.65
M50 Ty Lewis	3.50
Triple Jump	
M30 Terry Williams	10.99
M40 Nick Mitchell	10.44
M50 Ivan Black	9.59
M60 David Rosenthal	7.13
W30 Dawn Best	7.74
Shot Put	
M40 Thom Lanzalotto	12.56
Nick Mitchell	11.71
M50 Rich Dunphy	10.05
Jeffrey Copland	7.85
W30 Janine Dodd	11.67
W40 Caryl Senn	8.76
W50 Roslyn Katz	7.66
1 Mile RW	
M60 Bob Barrett	8:34.79

### MAC Indoor Meet 168th St. Armory, NYC; Dec. 30

60m	
M35 Charles James	7.79
Leon Winder	7.82
M40 Tony Fulton	7.48
Tony Ringlow	8.12
M45 John Brooks	7.72
David Gritz	8.23
Julio Rodriguez, Jr	8.37
M50 Ty Lewis	8.05
Bob Davis	8.06
Gene Ballard	8.67
M60 K Thomas	9.03
200m	
M35 Leon Winder	25.20
Terry Williams	28.27
M40 Darnell Gating	23.01
Tony Fulton	23.75
Tony Ringlow	26.89
M45 John Brooks	24.02
Keith Royster	24.50
Raphael DeValle	29.19
M50 Jesse Norman	24.74
Ty Lewis	26.00
Reggie Brown	26.96
W30 Nadena West	30.25
Elaine Foster	34.26
W40 Susan Krogstad-Hill	30.14
400m	
M35 Kevin McKenna	1:00.18
M40 Ray Blackwell	51.84
Keith Royster	55.14
M45 Francis Schiro	56.17
Adrien Sterrett	57.94
M50 Rick Lapp	55.89
Noah Perlis	1:02.43
M60 Richard Rizzo	1:03.28
W30 Lisa Daley	1:02.86
W40 Susan Krogstad-Hill	1:07.04
Laurie Clark	1:07.83
Jane Erbe	1:13.19
W50 Christine Murphy	1:19.40
800m	
M40 Chuck Shields	2:11.66
Craig Plummer	2:17.70
Darryl Smith	2:21.00
M45 James McFarlane	2:12.62
Seth Okrend	2:18.73
M50 Tony Plaster	2:15.52
M55 John Kuhl	2:36.35
Bob Glover	2:38.40
M60 Rich Colasuonno	2:35.49
Jack Brennan	2:38.91
Norman Goluskin	2:41.66
W40 Lynn Johnson	2:50.70
Shelley Glover	2:51.77
W45 Mary Edwer	3:10.80
1500m	
M40 James McFarlane	4:44.34
Craig Plummer	4:50.16

### USATF Niagara Indoor Championships Geneva, NY; Dec. 29

55m	
M50 Wayne Spitz	8.03
John Hopf	8.65
W45 Irene Thompson	7.94
200m	
M35 Bill Ferris	27.73
M50 Wayne Spitz	29.10
Ken Rasmussen	29.55
400m	
M40 Scott Williams	60.34
W35 Joann Rogers	69.02
W45 Irene Thompson	65.09
W50 Carolyn Smith Hanna	69.44
800m	
M40 Bob Bolton	2:08.54
W50 C Smith Hanna	2:35.73

1500m	
W35 Joann Rogers	6:01.85
1 Mile	
M40 Scott Williams	4:48.34
Mark Raybuck	5:03.02
Pete David	5:17.94
M45 Gary Moore	5:25.21
Bill McMullen	5:25.24
M55 Herb Engram	5:37.04
3000m	
M30 Mike Gargan	10:24.33
M35 John Trowse	8:56.84
Dan Rohnke	9:33.95
Allen Mead	9:46.47
M40 Scott Williams	9:50.24
Pete David	10:08.47
M45 Mark Rybinski	9:47.48
Gary Moore	9:49.81
Gary Radford	10:01.18
M50 John Penamonte	12:31.31
M55 Herb Engram	10:57.68
W30 Debi James	12:40.03
W35 Joann Rogers	12:09.82
55mH	
M30 Diane Thompson	9.19
Pole Vault	
M35 Roggie Henderson	12-0
M50 Dan McBride	8-0
M55 Tom Rauscher	11-0
Long Jump	
W45 Irene Thompson	15-2
Triple Jump	
W45 Irene Thompson	28-5
Shot Put	
M35 Hank Pearson	34-3.5
3000m Racewalk	
M50 Larry Naukam	22:43.98
W35 Pattie Jones	17:12.53

### MAC Indoor Meet 168th St. Armory, NYC; Dec. 30

60m	
M35 Charles James	7.79
Leon Winder	7.82
M40 Tony Fulton	7.48
Tony Ringlow	8.12
M45 John Brooks	7.72
David Gritz	8.23
Julio Rodriguez, Jr	8.37
M50 Ty Lewis	8.05
Bob Davis	8.06
Gene Ballard	8.67
M60 K Thomas	9.03
200m	
M35 Leon Winder	25.20
Terry Williams	28.27
M40 Darnell Gating	23.01
Tony Fulton	23.75
Tony Ringlow	26.89
M45 John Brooks	24.02
Keith Royster	24.50
Raphael DeValle	29.19
M50 Jesse Norman	24.74
Ty Lewis	26.00
Reggie Brown	26.96
W30 Nadena West	30.25
Elaine Foster	34.26
W40 Susan Krogstad-Hill	30.14
400m	
M35 Kevin McKenna	1:00.18
M40 Ray Blackwell	51.84
Keith Royster	55.14
M45 Francis Schiro	56.17
Adrien Sterrett	57.94
M50 Rick Lapp	55.89
Noah Perlis	1:02.43
M60 Richard Rizzo	1:03.28
W30 Lisa Daley	1:02.86
W40 Susan Krogstad-Hill	1:07.04
Laurie Clark	1:07.83
Jane Erbe	1:13.19
W50 Christine Murphy	1:19.40
800m	
M40 Chuck Shields	2:11.66
Craig Plummer	2:17.70
Darryl Smith	2:21.00
M45 James McFarlane	2:12.62
Seth Okrend	2:18.73
M50 Tony Plaster	2:15.52
M55 John Kuhl	2:36.35
Bob Glover	2:38.40
M60 Rich Colasuonno	2:35.49
Jack Brennan	2:38.91
Norman Goluskin	2:41.66
W40 Lynn Johnson	2:50.70
Shelley Glover	2:51.77
W45 Mary Edwer	3:10.80
1500m	
M40 James McFarlane	4:44.34
Craig Plummer	4:50.16

Clement Easton	4:50.87
M50 Stan Cohen	6:23.48
M55 Frank Handelman	5:10.83
W30 Elaine Foster	7:21.85
3000m	
M40 Jim Juliano	10:29.31
M45 S Schallenkamp	10:26.96
M50 Cjros Sicaras	11:42.59
M55 Hugh Sweeney	10:19.51
Bob Glover	11:21.52
M60 Pat Cosgrove	11:24.93
Short Hurdles	
M50 Mark Johnson	10.52
4x200m Relay	
W30 Aura	1:49.82
4x400m Relay	
W30 Aura	4:09.07
W40 Aura	5:00.79
High Jump	
M50 Mark Johnson	4.05
Long Jump	
M35 Terry Williams	5.38
M40 Craig Plummer	4.29
M50 Ty Lewis	5.49
Mary Johnson	4.59
Gerard Dunne	4.08
M65 K Thomas	3.91
Triple Jump	
M35 Terry Williams	11.15
M50 Gerard Dunne	7.92
M60 Richard Rizzo	8.17
M65 K Thomas	7.70
Shot Put	
M45 Tony Ciccone	11.56
M50 Rich Dunphy	10.19
Carl Levine	8.69
W55 Roslyn Katz	7.89
3000m RW	
M65 Bob Barrett	16:29.57

### Maryland-PVA Invitational Landover, MD; Jan. 5

60m	
M45 Keith Mathis	8.63
M50 Chuck Williams	8.36
M55 Melvin Fields	7.94
M60 Jim Kenney	8.70
M70 W G Glenarden	10.34
W30 Jennifer Stephens	9.90
W50 Hillen Stubendorff	9.67
W60 Evie Wright	10.25
400m	
M40 Jeff Stone	

Continued from previous page

M65 Dan Siegel	32.46
M70 James Stookey	30.22
Pat Ferraro	30.22
Wm Bergen	38.56
M75 Y M Naci	37.90
M80 Vern Mattson	61.05
W35 Sarah Lawson	28.07
W50 Margaret Curtis	31.47
W65 Audrey Lary	34.18
Barbara Jordan	34.35
Flo Meiler	37.77

400m	
M40 David Newman	55.72
M50 Carroll Blake	56.73
M70 Wm Bergen	95.52
W35 Sarah Lawson	64.85
W60 Hannelore Boerner	82.01

800m	
M35 Manuel Chinchilla	2:10.29
M40 Michael Deluz	2:24.20
M45 Harvey Blonder	2:28.74
Ray Olivier	2:40.57
Richard Pierce	2:44.20
M50 Carroll Blake	2:22.06
M55 Brad Johnson	2:28.10
Jonathan Tetherly	2:34.98
M60 David Galligani	2:41.30
Ken Skinner	2:46.97
Fred Bertelsen	3:04.81
M65 Chris Rush	2:41.21
Art Conro	2:42.45
M75 Y M Naci	3:53.26
Tim Sugrue	4:39.41

1 Mile	
M35 Will Nuwsham	4:42.99
Mel Gonsalves	4:46.30
Rodney Furr	4:58.04
M40 Thomas Dalton	4:28.20
Joe Waldron	4:47.14
Jim Tharp	5:11.75
M45 Harvey Blonder	5:18.63
M55 Brad Johnson	5:19.83
M60 David Galligani	6:07.79
M75 Tim Sugrue	9:55.47
W40 Karen Lein	6:42.38

3000m	
M30 Peter Oviatt	9:09.47
M35 Rodney Furr	9:48.28
M45 Paul Fendler	10:05.83
Ray Olivier	12:32.74
M50 Kevin Petrovek	11:04.54
M55 Bill Lord	11:38.28
W40 Karen Lein	13:38.47
W45 Tina Vargas	12:22.64

55mH	
M40 Robert Johnson	8.38
M45 Joe Serdakowski	10.22
M50 Stephen Davis	11.16
M55 Michael Milove	10.00
M60 Phil Byrne	10.3--
George LaBelle	18.0--
M65 Joe Carozzi	12.6--
M70 James Stookey	9.6--
W65 Flo Meiler	12.43
Barbara Jordan	12.44

High Jump	
M40 Rick Schultz	5-2
John Waldron	4-8
M50 Stephen Davis	4-8
M55 James Brady	4-10
M60 Phil Byrne	4-8
Jim Kenney	4-6
George LaBelle	4-0
M65 Joe Carozzi	4-0
W30 Kimiko Nakatake	5-0
W65 Flo Meiler	3-8

Pole Vault	
W65 Flo Meiler	6-0
Long Jump	
M40 Rick Schultz	16-8
M50 John Oleski	14-1
M55 Michael Milove	16-0
M60 Jim Kenney	14-11.5
George LaBelle	11-5.5
M65 Joe Carozzi	12-1
M70 James Stookey	14-10.5
Donald Hudson	11-8
M80 Vern Mattson	5-6
W30 Kimiko Nakatake	14-9
W65 Audrey Lary	11-8.5
Barbara Jordan	10-11.5
Flo Meiler	10-2.5
W75 Ann McGowan	6-7

Triple Jump	
M40 Rick Schultz	33-3
M50 Stephen Davis	31-5
M55 Michael Milove	32-5.5
M60 Jim Kenney	30-5.5
George LaBelle	24-4
M70 James Stookey	30-2.5
M85 Robert Sorlien	12-3.5
W30 Kimiko Nakatake	30-11

W65 Audrey Lary	25-7
Barbara Jordan	23-2.5
Flo Meiler	20-10
W75 Ann McGowan	12-2
Shot Put	
M35 Mark Stephenson	10.13
M45 Carl Reichard	11.47
Bob Cedrone	9.89
M50 Stephen Davis	10.12
M55 Ed Root	10.08
M60 George LaBelle	9.73
M65 Len Rosen	11.82
Joe Carozzi	10.31
George Cormey	9.96
M70 Ray Feick	11.96
Wm Bergen	8.63
M80 Vern Mattson	4.53
W40 Oneitha Lewis	AR13.97

(Lewis/13.89/2001)	
W55 Patricia Fogg	7.93
Roslyn Katz	7.42
W65 Mary Roman	8.63
Audrey Lary	8.01
Flo Meiler	6.29
W70 Harriet Patch	6.16
W75 Ann McGowan	4.51
Weight	
M35 Mark Stephenson	10.95
M45 Bob Cedrone	14.07
Carl Reichard	13.15
M55 Ed Root	10.04
M60 George LaBelle	9.15
M65 George Cormey	10.06
M70 Ray Feick	14.64
Wm Garrahan	12.69
Donald Hudson	12.37
W40 Oneitha Lewis	AR16.79

(Stratton/12.38/1996)	
W55 Roslyn Katz	10.26
Patricia Fogg	7.08
W65 Mary Roman	10.33
W70 Harriet Patch	6.06
W75 Ann McGowan	4.92
Racewalk	
M50 Joe Light	8:08.32
M55 Chas Mansbach	9:49.12
M60 Thomas Knight	8:47.72
M65 Robert Beaudet	10:07.91
M70 Bill McCann	10:50.66
Chas Dolecki	11:15.41
W40 Maryanne Torrelas	7:57.26
W45 Lee Chase	8:23.73
Chris Anderson	9:30.21
W65 Mary Alice Stookey	12:47.75

WEST	
Southland Senior Olympics	
Long Beach, CA; Nov. 2001	
50m	
M50 Robert Stockton	6.9
M55 Lance Pierce	7.4
M60 Francis Nakano	7.6
M65 Ross Thomas	9.0
M70 Richard Ludlow	7.4
M75 Dewey Vroom	7.8
M85 Clarence Trahan	10.1
M90 Brenda Matthews	7.4
W55 Terrie Godfrey	8.8
W60 Kathy Bergen	7.6
W65 Ellen Brannigan	10.2
W70 Magdalena Kuehne	9.5

100m	
M30 Jeff Krause	12.48
M60 Dave Egan	18.52
M70 Don Marshall	20.24
M80 Nat Heard	24.05
W60 Joanne Egan	24.06
200m	
M30 Jeff Krause	25.87
M60 Dave Egan	41.44
M65 Kent Morgan	37.03
M70 Don Marshall	51.46
M80 Nat Heard	56.36
W60 Joanne Egan	46.40

400m	
M30 Jeff Krause	60.2
M35 Philip Yoder	60.7
M45 Millard Yoder	74.0
M55 J C Shenk	65.0
M60 Dave Egan	92.0
M65 Kent Morgan	85.0
W60 Joanne Egan	2.02
800m	
M55 J C Shenk	2.43
M60 Dave Egan	3.13
M65 Kent Morgan	3.11
M70 Mo Joyce	5.19
W35 Bethany Heslam	2.34
W60 Joanne Egan	4.35

1600m	
M35 Philip Yoder	5:16
M45 Millard Yoder	6:05
M55 Richard Quevillon	6:51
M60 Dave Egan	7:07
M65 Kent Morgan	7:01
M75 Carl Hammen	7:43
W60 Joanne Egan	10:23
3200m	
M40 Bob Ruiz	14:57
M55 Richard Quevillon	11:58
M60 Dave Egan	14:05
M65 Kent Morgan	14:36
M70 Mo Joyce	21:27
W30 Danielle O'Donnell	15:09
W35 Bethany Heslam	11:35
W40 Sharon Byers	15:52

400m	
M40 Roger Davis	4.95
M45 Rick Easley	5.26
M50 Jim Dolezel	5.12
40yH	
M40 Ken Ellis	5.85
M50 Jim Dolezel	6.65
200m	
M40 Roger Davis	25.73
M45 Rick Easley	25.73
M50 Jim Dolezel	28.14
400m	
M40 Roger Davis	60.94
M45 Rick Easley	55.88
Pole Vault	
M40 David Sweezy	14-6
Ken Ellis	14-0
Shot Put	
M35 Mark Keppart	28-0
M40 Walt Hamilton	38-5
Ken Ellis	34-8
M45 Ray Surrell	29-6
M50 Jim Dolezel	25-7
M60 Miles Sheppard	39-9
M70 Engel Grow	33-9

High Jump	
M65 Kent Wiley	1.14
3000m Racewalk	
M70 Don Marshall	27:33
W40 Sharon Byers	20:40
W55 Jewel Shank	27:27

**SOUTHWEST**

ORU Christmas Indoor Meet  
Tulsa, OK; Dec. 15

40y	
M40 Roger Davis	4.95
M45 Rick Easley	5.26
M50 Jim Dolezel	5.12
40yH	
M40 Ken Ellis	5.85
M50 Jim Dolezel	6.65
200m	
M40 Roger Davis	25.73
M45 Rick Easley	25.73
M50 Jim Dolezel	28.14
400m	
M40 Roger Davis	60.94
M45 Rick Easley	55.88
Pole Vault	
M40 David Sweezy	14-6
Ken Ellis	14-0
Shot Put	
M35 Mark Keppart	28-0
M40 Walt Hamilton	38-5
Ken Ellis	34-8
M45 Ray Surrell	29-6
M50 Jim Dolezel	25-7
M60 Miles Sheppard	39-9
M70 Engel Grow	33-9

**WEST**

Southland Senior Olympics  
Long Beach, CA; Nov. 2001

50m	
M50 Robert Stockton	6.9
M55 Lance Pierce	7.4
M60 Francis Nakano	7.6
M65 Ross Thomas	9.0
M70 Richard Ludlow	7.4
M75 Dewey Vroom	7.8
M85 Clarence Trahan	10.1
M90 Brenda Matthews	7.4
W55 Terrie Godfrey	8.8
W60 Kathy Bergen	7.6
W65 Ellen Brannigan	10.2
W70 Magdalena Kuehne	9.5

100m	
M50 Tom Scott	11.6
John Tomaschke	11.9
Robert Stockton	12.1
M55 Michael Blakeman	15.1
M60 Maynard Morris	13.4
M65 Ross Thomas	16.6
Reed Thomas	24.3
M70 Richard Ludlow	13.2
Jim Selby	13.5
Bob Frier	14.8
M75 Rodney Brown	13.9
Thomas Pico	16.4
Ray Crawford	17.0
W50 Brenda Matthews	12.9
W55 Terrie Godfrey	15.5
Peggy Andrews	15.7
W60 Kathy Bergen	13.2
Ann Austin	25.1
W65 Ellen Brannigan	18.6
W70 Magdalena Kuehne	16.2
Louise Martin	22.8
W75 Johnnye Valien	17.5

200m	
M50 John Tomaschke	26.4
Guy Hunter	33.8
M55 Bruce Underhill	39.7
Michael Blakeman	40.8
M60 Maynard Morris	31.3
George Decottes	37.7
M65 Ray Archibald	39.8
M70 Louis Beadle	31.3
Jim Selby	31.7
Bill Vaughn	39.2
M75 Rodney Brown	32.4
Ray Crawford	45.7
Walter Atcheson	48.0
W50 Beverly Hicks	36.0
W55 Peggy Andrews	48.3
W60 Ann Austin	57.9
W70 Louise Martin	59.6

400m	
M50 John Tomaschke	59.3
Bruce Dybens	71.12
M55 Larry Barnum	57.0
Bruce Underhill	66.6
M60 Jim Lyons	76.6
George Decottes	80.7
M65 Ray Archibald	87.0
Ross Thomas	95.0
M70 Jim Selby	70.2

500m	
M50 Larry Lloyd	1.43
Warren Lieberman	1.17
M55 Al Valera	0.92
M60 Bert Bergen	1.37
Art Ogawa	1.17
M65 Ray Fitzhugh	1.32
Ross Thomas	1.22
Ray Archibald	1.12
M75 Donald Rorer	1.07
Robert Bonnell	1.07
W60 Kathy Bergen	1.22
W65 Ellen Brannigan	0.92
W75 Johnnye Valien	0.97

Louis Beadle	72.1
Milo Sather	86.6
M75 Rodney Brown	70.2
Walter Atcheson	94.3
Igor Jaremenko	1:49.6
W50 Beverly Hicks	81.6
W55 Peggy Andrews	2:02.1
W60 Ann Austin	1:59.4

800m	
M50 Bert Sandoval	2:41.6
M55 Larry Barnum	2:24.3
M60 Fred Mascorro	2:47.5
M65 Ray Archibald	3:15.8
Don Nickles	4:00.6
Reed Thomas	4:28.4
M70 Jim Selby	2:59.00
Milo Sather	3:28.7
M75 Walter Atcheson	3:58.7

1500m	
M50 Mike Sandoval	5:51.7
M55 Dave Lance	6:28.9
M60 C G Steck	6:46.7
Ken Purucker	6:53.1
M65 Roy Benstead	6:28.00
Ray Archibald	6:55.6
M70 Jim Selby	6:20.00
Milo Sather	7:02.5
W50 Beverly Hicks	7:18.6
5000m	
M60 Jim Lyons	24:04.6
Ken Purucker	34:32.6
M65 Dale Headley	22:27.4
Roy Benstead	24:32.8
Duke Welliver	26:25.00
M70 Gene Connor	39:02.3
W75 Mary Coropoff	44:52.1

High Jump	
M50 Larry Lloyd	1.43
Warren Lieberman	1.17
M55 Al Valera	0.92
M60 Bert Bergen	1.37
Art Ogawa	1.17
M65 Ray Fitzhugh	1.32
Ross Thomas	1.22
Ray Archibald	1.12
M75 Donald Rorer	1.07
Robert Bonnell	1.07
W60 Kathy Bergen	1.22
W65 Ellen Brannigan	0.92
W75 Johnnye Valien	0.97

Long Jump	
M50 Guy Hunter	4.01
Warren Lieberman	3.27
James Poague	1.75
M55 Bruce Underhill	4.51
Richard Tanger	4.42
Al Valera	1.67
M60 Art Ogawa	3.64
Bernard Andrade	3.16
Otis Williams	3.14
M65 Clifton Alexander	3.46
Ross Thomas	2.74
Don Nickles	2.38
M70 Jim Selby	3.50
Bill Vaughn	2.02
Grant Cotter	1.44
M75 Dewey Vroom	3.39
Taki Nagao	3.08
Thomas Pico	2.90
M80 Fred Fleck	1.28
M85 Clarence Trahan	2.45
W50 Brenda Matthews	3.56
W55 Terrie Godfrey	2.50
W60 Ann Austin	2.13
W65 Ellen Brannigan	2.18
W70 Magdalena Kuehne	2.98
Louise Martin	1.72

Shot Put	
M50 James Poague	27-0
M55 Jorge Juarez	29-6
Floyd Craig	28-0
M60 Brian Spiegel	37-3
Hal Sheakley	34-11
Richard Martin	32-9
M65 Hal Smith	45-0
Bob Humphreys	36-7
Robert Eldridge	31-8
M70 Fred Lochner	35-7
Grant Cotter	21-3
Bill Fox	20-3
M75 Robert Bonnell	30-9
Thomas Pico	27-6
Dewey Vroom	31-7
M80 Art Sherman	22-1
Fred Fleck	16-11
M85 Neel Buell	21-9
W50 Ardiennette Tucker	31-0
W55 Pat Hunter	22-3
W60 Marnie Heidecke	16-0
W70 Dolly Scott	16-5
Barbara Moore	15-5
W60 Wilma Davenport	18-3
Dicus	
M55 Mike Woodward	37.78

Continued from previous page
W70 Dolly Finkelstein 50:11

Northern Central Trail Marathon
Sparks, MD; Nov. 24

Overall
S. Mark Courtney 45 2:42:12
Angela Plamondon 36 2:58:58
M40 Ronald Hess 2:56:11
Roger Plamondon 2:58:18
Steven Thorne 2:59:31
M45 S M Courtney 2:42:12
John Whitman 3:01:43
George Bergman 3:05:28
M50 Earl Swartzendruber 3:02:47
Louis Pilsch 3:20:59
Doug Preston 3:20:59
M55 Arthur Burger 3:08:04
Ronnie Wong 3:16:40
Pete Shanno 3:34:35
M60 John Pitara 3:25:24
Edward Brown 3:26:14
Bradford Keelter 3:38:08
M65 Robert Slingerlan 4:55:24
M75 Walt Washburn 4:33:02
W40 Susan Rodocanachi 3:29:09
Susan Foley 3:33:40
Sharon Brand 3:36:12
W45 Nadine Taylor Tolbert 3:25:26
Pamela Goodling 3:33:58
Linda Bottger 3:53:14
W50 Donna Olson 3:53:21
Anne Viviani 3:56:54
W55 Barbara Burger 4:48:37
W60 Nancy Linck 4:11:44
(from George Banker)

Snowball 5-Mile
Wantagh, NY; Dec. 8

Overall
Jacob Perez Rubio 26 27:05
Jean Coleman 17 30:27
M40 Don DiDonato 27:12
Alan Porter 28:45
Ed Von Bevern 29:58
M45 Brian Manghan 27:43
Pete McNeil 27:58
John Dicamillo 28:03
M50 Dennis O'Brien 27:51
Alan Oman 28:49
Philip Roth 32:06
M55 Julio Aguirre 29:51
Lutz Hoffman 32:09
Michael Service 32:56
M60 Joe Cordero 32:59
Jose Mendez 33:51
M65 Hilton Goring 36:16
Geza Feld 36:39
M70 Guy Froehlig 39:19
Roger Williams 39:58
M75 John McManus 48:58
George Dennis 52:3
W40 Elizabeth Ratner 31:02
Vicki Dalton 34:20
Nancy Katz Johnson 34:31
W45 Lori Harfenes Melnik 31:53
Margarita Marascia 33:06
Diane Gordon 34:30
W50 Melissa Kennedy 35:10
Terri Gaudi 36:25
W55 Betty Horstmann 35:32
Nancy Tischler 38:13
W60 Ellen Duffy 43:17
Nike Mizelle 44:20
W65 Alexandra Finger 50:46
W70 Helen Peterson 67:48

USATF New Jersey 10 Mile
Championships
South Orange, Dec. 9

Overall
David Slavinski 30 51:45
Jodie D'Ariano 31 61:04
M40 Jeremy Stratton 55:53
Peter Allen 56:24
Jose Guzman 57:32
Henry Correa 57:33
M45 Randall White 56:36
Dan Murphy 60:33
Thomas Keating 60:41
Dante Ciolfi 63:36
M50 Bill Bosman 61:16
Steve Kohorst 61:48
Bruce Langenkamp 63:38
Gary Wallace 64:52
M55 Ed Smith 64:23
Bill Hagman 64:32
Feliciano Pereira 65:35
M60 Pat Cosgrove 69:08
Hilary Peterlin 70:28
Henrique Matos 73:20
M65 Patrick Brady 91:28
M70 Don Bergman 79:11

Mark Lannigan 81:58
M75 Lester Ridings 87:09
W40 Madelyn Noe Schlentz 61:22
Janice Morra 64:32
Wendy Locke 65:13
W45 Marie Quinn 68:55
Jane Parks 69:24
Judith Christian 71:42
W50 Betty Shonts 73:14
Kuniko Hurley 76:51
W55 Pat O'Hanlon 84:45
Eileen Holzman 85:35
W60 Annette Johnson 1:48:38
Jane Van Eeuwen 2:09:08
W65 Imme Dyson 80:42
W70 Toshiko d'Elia 97:52

NYRR Joe Kleinerman 10K
Central Park, NYC; Dec. 9

Overall
Peter Sherry 33 31:37
Rebecca Wassner 26 37:05
M40 Jerry Macari 33:59
M45 Amador Ybanez 34:15
M50 John Costa 37:07
M55 Julio Aguirre 37:51
M60 Sidney Howard 39:38
M65 Witold Bialokur 41:07
M70 Kenneth Jones 44:33
M75 Kab Koide 56:38
M85 Wilfredo Rios 1:23:20
W40 Kim Griffin 37:11
W45 Debra Kenney 41:44
W50 Judy Harrigan 44:13
W55 M Greeley Walsh 45:58
W60 Evelyn Davis 50:25
W65 Ginette Bedard 54:22
W70 Dolly Finkelstein 1:09:42
W75 Grace Salant 1:41:20

Jingle Bell Jog 8K
Rockville, MD; Dec. 16

Overall
Dan Lawson 46 27:13
Linda Wack 45 33:29
M40 Peter Kirk 4th 28:58
Marty Horan 29:17
M45 D Lawson 27:13
Dave Bollinger 30:21
M50 James Reamer 35:14
John Palks 37:17
M55 Walter Brown 35:07
Chuck Raper 36:38
M60 Warren Prunella 34:00
M65 Robert Smith 39:22
M75 Bill Osburn 46:27
M80 Alvin Gutttag 82 87:00
W40 Connie Barton 37:25
W45 L Wack 33:29
Renee West 36:44
W50 Judith Moran 45:41
W55 Sharon Dolan 5th 36:32
Priscilla Prunella 42:04
W60 Anna Berdahl 42:47
Kathy Guerneri 52:05

NYRR Hot Chocolate 15K
Central Park, NYC; Dec. 16

Overall
Paul Mwangi 34 47:20
Leteyesus Berhe 23 54:18
M40 Conor O'Driscoll 50:35
M45 Amador Ybanez 52:10
M50 Alston Brown 54:37
M55 Julio Aguirre 57:01
M60 Jack Brennan 1:01:26
M65 Alfred Finger 1:04:00
M70 Kenneth Jones 1:09:16
M75 Sab Koide 1:27:26
M80 Mel Freidel 1:59:24
M85 Wilfredo Rios 2:13:41
W40 Corinna Cortes 1:04:45
W45 Admas Belligne 1:07:22
W50 Irene Jackson 1:08:51
W55 Marjorie Kos 1:15:33
W60 Patty Parmalee 1:15:49
W65 Rosa Nales 1:31:59
W70 Bertha McGruder 1:48:09
W75 Edith Farias 1:33:59

Ho Ho Ho Holiday 5K
Bethpage, NY; Dec. 18

Overall
Jose Zayas 23 15:29
Brooks Carney 25 17:58
M40 John McKim 16:55
Alan Porter 17:30
Michael Robles 18:01
M45 Paul Mascali 16:38
Randall White 16:41
John Del Maestro 17:15
Robert Giambalvo 16:56
Dennis O'Brien 17:02

Alan Oman 17:56
Julio Aguirre 18:12
Lutz Hoffman 19:50
Bob Haavne 20:01
Jose Mendez 20:35
Martin Radner 22:25
John Wallace 22:40
Michael Goldman 21:48
Hilton Goring 22:22
Geza Feld 22:24
Bert Jablon 25:21
George Marr 25:57
Jack Dwyer 28:33
John McManus 27:11
Sab Koide 27:31
George Dennis 32:07
Sid Young 30:11
William Beason 34:55
Shelly Glover 20:23
Robin Tarpinian 21:17
Nancy Katz-Johnson 21:18
Lori Harfenes-Melnik 19:53
Margarita Marascia 20:51
Sharon Zuboski 22:11
Kathryn Martin 18:13
Miriam Mulvey 22:59
Dorothy Nathan 25:54
Irene Robinson 26:45
Nancy Geygan 28:03
Diana Leifels 32:42
Marion Stanjones 23:41
Nike Mizelle 27:31
Astrid Georgea 28:08
Sally Schuckman 33:43
Ruth Sturgess 35:38
Patricia Rochon 52:46
Josephine Curtin 37:57
Mildred O'Neill 45:21
Mary Ludemann 45:21

Joe Vallonis 10K
West Hartford, CT; Jan. 1

Overall
Todd Brown 37 37:33
Shannon Lindberg 21 44:58
M40 Mike Cobb 42 2nd 38:11
Bill Thramann 41 3rd 38:40
M50 Dave Condit 53 43:19
M60 Jon Sonstroem 64 49:28
W40 Peggy Powers 43 53:57
W50 Barbara Kream 53 52:06
W60 Lynette Walker 61 2nd 48:37

NYRR Fred Lebow Classic 8K
Central Park, NYC; Jan. 6

Overall
Ryan Grote 27 25:08
Gordon Bakoulis 40 28:38
M40 Jaime Cuitiva 27:45
M45 Amador Ybanez 27:18
M50 Bob Hermesch 30:10
M55 Julio Aguirre 30:03
M60 Howie Brown 35:10
M65 Alfred Finger 33:13
M70 Kenneth Jones 35:54
M75 Sab Koide 44:50
M85 Wilfredo Rios 1:05:34
W40 Gordon Bakoulis 28:38
W45 Gillian Horowitz 33:43
W50 Judy Harrigan 34:31
W55 Sylvie Kimche 34:21
W60 Anna Thomhill 36:36
W65 Imme Dyson 38:46
W70 Dolly Finkelstein 52:45
W75 Muriel Merl 47:11
W80 Althea Jureidini 1:21:49

NYRR Frostbite 10-Mile
Central Park, NYC; Jan. 13

Overall
Juan Torrealba 35 44:42
Bec Wassner 27 1:03:53
M40 Conor O'Driscoll 56:43
M45 Luis Chaglia 1:02:22
M50 Rick Boyle 1:03:17
M55 Julio Aguirre 1:02:44
M60 Lawrence Diggs 1:19:18
M65 K Modzelewski 1:19:34
M70 Joseph La Bruno 1:26:15
M75 Sab Koide 1:36:04
M85 Wilfredo Rios 2:29:20
W40 Mary Evans 1:07:18
W45 Gillian Horowitz 1:05:14
W50 Leah Whipple 1:13:14
W55 Laurie Baker 1:25:15
W60 Patty Parmalee 1:24:32
W65 Naomi Vogel 1:40:17
W70 Bertha McGruder 2:03:43
W75 Joan Rowland 2:12:56

SOUTHEAST

Jingle Bell Run for Arthritis 8K
Reston, VA; Dec. 1

Overall
Dan Lawson 46 27:04
Susanna Kvasnicka 29 31:25
M40 Mark Calhoun 29:49
Kevin Finnegan 30:30
David Austin 31:18
M45 D Lawson 27:04
Daniel Cosner 34:31
M50 Chuck Moser 28:51
Richard Adams 30:10
Dan Eddy 31:38
M55 Bob Chase 33:19
Chuck Raper 35:43
Carl Knoethner 36:28
Nancy Katz-Johnson 21:18
M60 Chan Robbins 33:52
Steve Forman 34:43
Bob Eldridge 38:36
M65 Alan Rider 38:14
Richard Williams 38:28
M70 Larry Dickerson 37:46
W40 Julie Hayden 32:56
Sarah Buckheit 34:28
Dedee Loughran 35:48
W45 Susan Rodis Jones 36:49
Wendy Everett 38:45
Mary Delaney 40:00
W50 Sandra Adams 33:55
Dana Ann Scheurer 38:52
Leslie Stanfield 40:12
W55 Mary Market 47:19
Jan Harper 47:33
W60 Karen Lovelace 55:49
Abbie Edwards 55:52
W65 Marjorie Lane 56:37
W70 Terry Hamilton 65:25

Huntsville Times Rocket City
Marathon
Huntsville, AL; Dec. 8

Overall
Gennady Temnikov 40 2:20:21
Alevtina Naumova 40 2:39:38
M40 G Temnikov 2:20:21
Andrey Kuznetsov 2:22:01
Jim Hage 2:29:59
Steve Wilson 2:30:52
Dave Berardi 2:40:23
Bill Valenzano 2:41:31
David Allison 2:42:07
Lance Denning 2:45:55
Chuck Schlemmer 2:46:27
Davy Kenamer 2:53:01
Greg Johnson 2:54:14
Scott Lyles 2:55:01
Larry Gutierrez 2:56:51
Volodymyr Tomilov 2:57:44
D'Arcy Hart 2:58:07
M45 Dave Johnson 2:38:55
Thomas Shinnick 2:51:19
Dan Rindfleisch 2:58:36
Charles Reagan 3:01:18
Terry Strawser 3:09:55
Richard Johnson 3:12:44
Tom Guise 3:13:31
Kevin Felton 3:15:58
Carlos Kingston 3:16:10
Steve Shepard 3:17:26

Top 20 Age-Graded Times: Rocket City Marathon

PLACE NAME AG S Time Adj. Ti.
1 Terry McCluskey 53 M 2:47:06 2:28:53
2 Don Coffman 58 M 2:56:27 2:30:34
3 Gary Romesser 51 M 2:47:16 2:31:30
4 Tom Mayfield 63 M 3:07:56 2:32:55
5 Ken Brewer 60 M 3:06:26 2:36:14
6 Martha Degrazia 50 F 3:17:07 2:38:57
7 Paul Jensen 58 M 3:09:10 2:41:25
8 Jerry Johncock 73 M 3:42:31 2:41:30
9 David Jones 50 M 2:56:56 2:41:32
10 Paul Ford 58 M 3:11:46 2:43:38
11 Jeff Hawkins 54 M 3:05:46 2:44:09
12 Bill Zehner 62 M 3:21:44 2:45:47
13 Jim Redmill 54 M 3:08:32 2:46:35
14 Jerry McGath 63 M 3:25:20 2:47:05
15 Warren Heiser 55 M 3:10:58 2:47:21
16 Henry Hawk 64 M 3:27:54 2:47:29
17 Michie Pitts 50 F 3:28:02 2:47:46
18 Bill Fitch 56 M 3:17:09 2:51:14
19 Charlotte Hartwig 55 F 3:44:02 2:52:20
20 Charles Gray 62 M 3:30:12 2:52:45

Forrest Callicutt 3:19:45
Bob Hunt 3:21:33
M50 Terry McCluskey 2:47:06
Gary Romesser 2:47:16
David Jones 2:56:56
Jeff Hawkins 3:05:46
Jim Redmill 3:08:32
Terry Lueders 3:14:50
Iman Majid 3:15:36
Dewey Richards 3:16:49
Mike Marchant 3:16:57
Rex Piercy 3:17:00
William Grether 3:17:11
Steve Olson 3:17:39
Doug Blackford 3:21:42
M55 Don Coffman 2:56:27
Paul Jensen 3:09:10
Warren Heiser 3:10:58
Paul Ford 3:11:46
Bill Fitch 3:17:09
Bob Furnish 3:26:10
James Thomas 3:27:16
Jerry Brumfield 3:27:24
M60 Ken Brewer 3:06:26
Tom Mayfield 3:07:56
Bill Zehner 3:21:44
Jerry McGath 3:25:20
Henry Hawk 3:27:54
Charles Gray 3:30:12
Eduard Fedosov 3:31:30
Sammy Morris 3:31:44
M65 Tom Briggs 3:45:21
Richard Cumming 3:47:12
Don Clark 3:50:42
Duane Correll 3:57:00
Jim Woodring 3:58:00
Malcolm Gillis 3:59:40
M70 Jerry Johncock 3:42:31
Gresh Downs 4:50:04
Bill Chubb 5:31:38
M75+Paul Gionfriddo 7:05:00:53
Ed Burnham 82 6:48:38
W40 A Naumova 2:39:38
Lee DiPietro 2:53:53
Carol Cobble 3:21:38
Ann Spellman 3:31:29
Lisa Kelley 3:35:48
Judy Riestra 3:36:49
Suzanne Swafford 3:37:56
Peg Martinez 3:39:40
W45 Joyce Deason 3:11:16
Sandy Mayfield 3:21:51
Betty Hardin 3:35:52
Fillis Friedman 3:39:16
Susan Elderbroom 3:42:09
Kathy Lindstrom 3:49:52
W50 Martha DeGrazia 3:17:07
Michie Pitts 3:28:02
Angie Ransom 3:41:16
Barbara McKinley 3:59:13
Nancy Nail 4:00:45
W55 Charlotte Hartwig 3:44:01
Mary Thompson 4:13:23
Brenda Cooter 4:14:57
Bonnie Partridge 5:04:26
W60 Anne Park 4:20:43
Virginia Farneman 4:57:05
Joan Maney 5:02:22
Dot Richter 5:06:33
W65 Helen Reed 4:32:35
(www.HuntsvilleTrackClub.org)

Huntsville Times Rocket City
Marathon
Huntsville, AL; Dec. 8

Overall
Gennady Temnikov 40 2:20:21
Alevtina Naumova 40 2:39:38
M40 G Temnikov 2:20:21
Andrey Kuznetsov 2:22:01
Jim Hage 2:29:59
Steve Wilson 2:30:52
Dave Berardi 2:40:23
Bill Valenzano 2:41:31
David Allison 2:42:07
Lance Denning 2:45:55
Chuck Schlemmer 2:46:27
Davy Kenamer 2:53:01
Greg Johnson 2:54:14
Scott Lyles 2:55:01
Larry Gutierrez 2:56:51
Volodymyr Tomilov 2:57:44
D'Arcy Hart 2:58:07
M45 Dave Johnson 2:38:55
Thomas Shinnick 2:51:19
Dan Rindfleisch 2:58:36
Charles Reagan 3:01:18
Terry Strawser 3:09:55
Richard Johnson 3:12:44
Tom Guise 3:13:31
Kevin Felton 3:15:58
Carlos Kingston 3:16:10
Steve Shepard 3:17:26

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7 Paul Jensen 58 M 3:09:10 2:41:25
8 Jerry Johncock 73 M 3:42:31 2:41:30
9 David Jones 50 M 2:56:56 2:41:32
10 Paul Ford 58 M 3:11:46 2:43:38
11 Jeff Hawkins 54 M 3:05:46 2:44:09
12 Bill Zehner 62 M 3:21:44 2:45:47
13 Jim Redmill 54 M 3:08:32 2:46:35
14 Jerry McGath 63 M 3:25:20 2:47:05
15 Warren Heiser 55 M 3:10:58 2:47:21
16 Henry Hawk 64 M 3:27:54 2:47:29
17 Michie Pitts 50 F 3:28:02 2:47:46
18 Bill Fitch 56 M 3:17:09 2:51:14
19 Charlotte Hartwig 55 F 3:44:02 2:52:20
20 Charles Gray 62 M 3:30:12 2:52:45

Jacksonville Marathon &
Half-Marathon
Jacksonville, FL; Dec. 15

Overall
Rick Patterson 31 2:37:35
Kim Donaldson 40 3:01:19

M40 Frank Sutman 2:57:12
M45 Ken Miller 2:59:04
M50 Bernie Candy 3:02:51
M55 Robert Irvin 3:26:11
M60 Jim Pollock 3:56:48
M65 Dick Green 3:48:08
M70+Patrick Sweeney 3:58:31
W40 Kim Donaldson 3:01:19
W45 Maryanne Protz 3:22:17
W50 Toni Cruz 3:43:02
W55 Linda Crismond 4:24:48
W60 Terttu Barsch 4:38:01
Half-Marathon
Overall
Matthew Cianciulli 18 1:14:53
Suzanne O'Malley 41 1:27:18
M40 Anthony Truitt 1:23:18
M45 Doctor Radical 1:20:10
M50 Paul Peckham 1:26:12
M55 Reuben Dias 1:31:16
M60 William Goss 1:46:16
M65 Larry Penrod 1:58:31
M70+Bo Holub 2:02:53
W40 Suzanne O'Malley 1:27:18
W45 Susan Breeding 1:38:41
W50 Paulette Butler 1:38:30
W55 Elfreida Wyner 1:46:48
W60 Delores Horn 1:58:20
W65 Marguerite Begumo 2:04:57

DeLeon Springs Half-Marathon
& 5K
DeLeon Springs, FL; Dec. 30

Overall
Tom Ward 41 81:47
Heather Butcher 29 85:03
M40 T Ward 81:47
Kyle Flicker 87:42
Fernando Morelos 87:57
Scott Gomez 88:01
M45 Scott Griffith 3rd 83:27
Dave Dunn 84:20
Glenn Vincent 86:22
M50 Mike Cooper 85:22
William Smith 1:42:00
Kevin Donnelly 1:43:12
M55 Pete Weishaar 96:51
Peter Kramer 1:40:48
M60 Roger Rouiller 92:08
Paul Hargrave 97:35
Bob Buzzetti 1:40:20
M65 Frank French 2:45:06
M70 Greg Prom 1:46:00
Pat Sweeney 1:49:44
M75 Bart Ross 2:10:56
W40 Denise Dailey 1:50:41
Marie Criot 1:54:07
Kathy Hatfield 1:59:29
W45 Sheila Haire 95:49
Kitty Sokoll 99:11
Celia Bertola 1:40:40
W50 Diane Miller 1:43:55
M A Schindler 1:50:10
Jeanie Burgess 1:52:07
W55 Mary Ramba 1:56:53
W60 Glendaa Walker 1:51:48
W70+Hildy Fosse 73 2:13:13
--5K--
Overall
Samuel Vasquez 17 16:52
Brianna Harrington 23 18:33
M40 John Healy 19:47
Paul J Croce 22:25
M45 Peter Kiernan 20:10
Chas Coleman 22:00
M50 Ken Lohmeyer 18:32
Adam Rafalski 20:24
David Frank 20:47
M60 Hugh Wilson 21:28
Horace Brannon 26:07
M65 Jerry Lardinois 21:40
M70+Richard Grove 75 33:19
W40 Sue O'Malley 2nd 18:39
Laura Milera 28:42
W45 Nancy Toth 24:01
W50 Linda Kline 26:02
W55 Pat Beidelshies 23:42
W60 Donna Hiatt 26:01
W65 Terry Hickey 34:43
www.altavistasports.com

Walt Disney Marathon &
Half-Marathon
Lake Buena Vista, FL; Jan. 6

Overall
Dai Roberts 40 2:32:38
Ilda Santos 26 2:48:38
M40 Dai Roberts 2:32:38
Perry Small 2:42:37
David Collins 2:43:24
Greg Diamond 2:44:05
Terry Williams 2:48:08
Kyle Borland 2:48:53
Bill Thramann 2:51:09
Continued on next page

Visit the National Masters News Website at:
www.nationalmastersnews.com

February
Continued fr
M45 Andre Ch
Real T
Greg B
John v V
Robin I
M50 Eames
Michae
Robert
John D
John C
M55 Mark
David
Rod A
Josep
Roger
M60 Josepl
Georg
Georg
Robert
Malcol
M65 Albert
Thom
Friedb
Ruedi
Richar
M70 Don K
August
Oliver
Thomi
John I
M75 Josep
Edgar
Wally
Samu
Elo Se
W40 Carol
Glenn
Marie
Suzan
Patti V
Claud
W45 Dawn
Joseph
Debor
Bngitt
Karen
W50 Franci
Rita C
Linda
Fran
W55 Sue F
Kay C
Dee E
Manly
W60 Judith
Hugu
Pam L
Willy
Nanc
W65 Shirle
Elean
Wend
Joyce
Don
W70 Julia
Jo Pr
Jean
Marg
Katy
Half-Mara
Overall
Gonica R
Monica R
M40 Jose
Paul
Denn
Kevin
Gary
M45 Russ
Dave
Rich
Juan
Willy
Way
M50 Way
Tem
Bill I
Ian I
Bob
M55 Pat
Jake
Mich
John
Pete
M60 Rich
Joe
Edw
Jam
Ge
M65 Rob
Jarr
Don
Mar
Jac

Continued from previous page

M45 Andre Chandonnet	2:48:33
Real Tetreault	2:59:50
Greg Bilby	2:59:58
John v Valkenburgh	3:02:40
Robin Ruston	3:03:06
M50 Ernest Mitchell	2:59:14
Michael Menovitch	2:59:35
Robert Dozoretz	3:00:39
John Dicarlo	3:04:39
John Cretzmeyer	3:10:07
M55 Mark Vanderstelt	3:20:37
David Cabeceiras	3:24:28
Rod Allard	3:27:12
Joseph Lazzaro	3:30:18
Roger Perry	3:30:53
M60 Joseph Burgasser	3:04:17
George Lopes	3:12:04
George Kasierski	3:21:25
Robert Pope	3:28:27
Malcolm Pain	3:34:42
M65 Albert Mickle	3:31:56
Thomas Hathaway	3:51:52
Friedt Katzenberger	3:56:11
Ruediger Einhorn	4:28:09
Richard Gonzalez	4:28:35
M70 Don Krueger	4:30:23
August Leone	4:57:08
Oliver Bragg	5:40:35
Thomas Peeler	5:55:50
John Kalinoski	6:00:20
M75 Joseph Coco	4:54:02
Edgar Driver	5:01:15
Wally Herman	5:38:48
Samuel Maxwell	6:35:00
Elo Sexton	6:38:17
W40 Carol Postigo	3:08:21
Glennys Disney	3:12:49
Marie Romero	3:14:41
Suzanne O'malley	3:16:53
Patti Warr	3:17:22
Claudia Reed	3:20:04
W45 Dawn Ciccone	3:30:11
Josephine Costero	3:32:09
Deborah Lazaroff	3:34:54
Brigitte Geiger	3:35:56
Karen Lui	3:36:14
W50 Francine Lanciault	3:27:59
Rita Clark	3:40:01
Linda Ball	3:49:59
Francine Lepage	3:53:11
W55 Sue Reinhardt	3:57:52
Kay Chemoff	4:05:26
Dee Bays-Dean	4:06:15
Manlynn Denison	4:27:03
W60 Judith Daniel	4:25:12
Huguette Mickle	4:30:15
Pam Mckenzie	4:30:42
Willy Moolenaar	4:34:40
Nancy Pullo	4:57:41
W65 Shirley Blush	4:15:20
Eleanor Shaw	5:11:11
Wendy Williams	5:39:39
Joyce Duval	6:13:45
Donna Brown	6:21:46
W70 Julia Barrett	6:21:59
Jo Presser	6:46:09
Jean Odonnell	7:03:17
Margaret Hagerty	7:08:48
Katy Stone	7:18:17
<b>Half-Marathon</b>	
<b>Overall</b>	
Gabriel Rodriguez	23 1:09:07
Monica Hostetler	25 1:17:34
M40 Joseph Monks	1:22:42
Paul Powell Jr.	1:23:53
Dennis Craig	1:24:12
Kevin Hanson	1:25:15
Gary Cohen	1:25:30
M45 Russell Wogan	1:21:33
Dave Ragsdale	1:25:26
Richard Franklin	1:27:17
Juan Hernandez	1:27:33
Wilford Germino	1:28:13
Raymond Lees	1:28:15
M50 Wayne Jolley	1:25:06
Terry Wiese	1:25:20
Ian Rodger	1:27:17
Bill Lee	1:29:18
Bob Richards	1:32:10
M55 Patrick Griffith	1:27:08
Jake Mahoney	1:30:55
Michael Service	1:36:29
John Jones	1:36:32
Peter Semple	1:39:36
M60 Richard Stames	1:30:53
Joe Cordero	1:39:14
Edward Bown	1:39:37
James Duguay	1:39:53
Gene Holen	1:45:04
M65 Robert Palsha	1:40:48
Jerry Lardinois	1:43:19
Don Magyari	1:53:06
Maurice Ferrigno	1:53:44
Jacob Cooter	2:01:04

M70+ Dick Wilson	1:34:46
John Cahill	1:47:55
John Yost	1:58:36
Benjamin Fredrick	2:04:57
Harold Chittum	2:14:24
W40 Nancy Frey	1:23:51
Lisa Dorfman	1:31:38
Ann Sick	1:31:58
Maria Moulton	1:32:48
Erica Szilagyi	1:34:04
Debbie Townsend	1:35:17
W45 Kathy Ward	1:34:58
Ibis Quintero-Garcia	1:38:36
Barb Leininger	1:41:42
Nancy Young	1:45:34
Francine Fischer	1:46:32
W50 Barb Jacobson	1:35:22
Mira Bedo	1:40:51
Carol Virga	1:41:18
Sandra Sullivan	1:42:21
Debbie White	1:43:34
W55 Brenda Cooter	1:52:20
Sharyn Slick	1:52:29
Dottie Foster	1:56:36
Ercilia Williams	2:03:21
Gerda Kalb	2:05:15
W60 Annette Frisch	2:00:51
Ruth Coscarelli	2:05:07
Jean Connors	2:11:12
Edey Radice	2:11:46
Rita Schafer	2:12:18
W65 Gwen Carlson	2:24:06
Lois Balafas	2:31:05
Elizabeth Shipley	2:42:13
Maisie Cromie	2:45:32
Carolyn Hathaway	2:49:05
W70 Yuku Hudak	2:24:29
Sylvia Weiner	2:27:53
Alberta Tompkins	2:33:10
Diane Goulett	2:47:10
Margaret Fry	3:05:51

**MIDWEST**

**Hangover Classic 10 Miler**  
Louisville, KY; Jan. 1

<b>Overall</b>	
James Mutuse	23 51:45
Shannon Price	16 1:03:00
M40 Johnny Marks	1:01:00
M45 Stan Clark	55:07
M50 David Hendrich	1:04:58
M55 Dan Coffman	58:55
M60 Dan Place	1:09:50
M65 Ray Parrella	1:07:58
M75 Jim Cissell	1:46:40
M80 Al Wagner	1:47:47
W40 Linda York	1:12:55
W45 Cheryl McGinnis	1:08:22
W50 Linda Melky	1:16:10
W55 Diane Ernst	1:23:52
W60 Sally O'Connor	1:45:26
W65 Bernice Martin	1:33:58

**MID-AMERICA**

**Marsh Turkey Trot 5K**  
Minnetonka, MN; Nov. 3

<b>Overall</b>	
Vincent Temu	30 15:29
Bonnie Sons	36 17:56
M40 David Kleingarn	17:00
Kirt Goetzke	17:02
Paul Giannobile	17:05
M45 Perry Bach	16:28
Bobby Paxtn	16:37
Del Rose	19:24
M50 Michael Seaman	16:33
A BraatenLee	19:47
M55 Jared Mondry	19:39
Mrka Cryderman	19:57
M60 David Rosen	21:02
David Erickson	22:23
M65 Rich Roeder	31:23
M70 Bill Fraser	23:58
M75 Reid Burns	31:53
M80+ Steve Bartz	29:53
W40 Tony Schiller	18:57
Jan Guenther	20:09
W45 Molly Bremer	24:09
Debra Wagner	24:24
W50 Kathy Benhardus	24:06
Charlene Barron	24:13
Deedee Anderson	24:19
W55 Rosemary Hamly	26:41
W60 Karen Connelly	28:04
W70 Jean Midthun	36:49

**SOUTHWEST**

**Sunmart Texas Trail Endurance**  
50 Mile & 50K

<b>Overall</b>	
Mark Goodale	31 6:03:52
Tania Pacev	42 7:07:13
M40 Tim Twietmeyer	6:52:25

Mark Henderson	6:59:55
John Geesler	7:00:47
Larry Yost	7:10:36
Paul Schoenlaub	7:10:36
Robert King	7:23:12
M45 Steve Webster	6:48:13
Randy Albrecht	7:48:53
John Lopatzie	8:03:30
Mark Fraser	8:32:26
M50 Vicente Ledesma	7:31:34
Ted Bidwell	7:44:16
Steve Burrows	8:05:09
Victor Aguirre	8:38:14
M55 John Hargrove	10:21:37
Bob Williams	10:28:56
M60 Tim Lang	9:07:24
Richard Sitter	9:23:31
HelmtLinzbichler	10:43:15
M70+WmHoolihan	7:10:29:14
W40 T Pacev	7:07:13
Chrissy Ferguson	7:55:46
Barbara Hitzfeld	8:16:49
Laura Nanda	9:24:54
W45 Sally Brooking	7:45:53
Barbara Bellows	8:31:33
Andriet Wickstrom	8:49:27
W50 Linda Musil	8:39:19
Kathy Weix	9:27:47
W55 Ellen Vitro	11:44:40

**Overall**

Sergey Karasev	36 3:13:11
Albina Gallyamora	37 3:41:40
M40 Charles Hubbard	3:31:52
Steve Barlow	3:54:16
Brian Buchanan	3:57:52
Fred Miller	3:58:14
Pen Clark	4:04:52
Mike McHaffey	4:05:23
John Hierholzer	4:08:24
M45 Dmitry Voldman	4:01:05
Bill Patience	4:11:35
Kevin Browne	4:17:53
Paul Nicolaidis	4:18:01
Les Ellsworth	4:20:56
M50 Miguel Lopez	4:00:22
Roger Boak	4:09:19
Steve Shopoff	4:27:37
Paul Paese	4:39:46
Bob Wuest	4:52:01
M55 Richard Vega	4:27:29
Phil Cutrara	4:42:03
Michael Chicka	4:46:27
Peter Evans	4:54:44
Tom Crull	5:17:20
M60 Larry Lindeen	5:08:03
Edward Fras	5:20:01
Jay Norman	5:46:10
M65 Ray Boytim	6:01:31
Cliff Wilson	6:03:28
Gene Groff	6:07:38
M70+Odino Soligo	80 6:27:39
Roger Hauge	70 6:45:16
W40 Suzy Seeley	4:31:16
Kathy Misiti	4:44:17
Julie Parker	5:02:28
Jan Hadad	5:02:34
Margaret Harper	5:04:03
W45 Barbara Rowe	4:53:19
Eva Moldovanyi	5:03:03
Eva Luckey	5:11:54
Sheila Kennedy	5:19:44
Dianna Hager	5:20:07
W50 Sue Yates	5:45:10
Austela Whittington	5:48:21
Janet Kromer	6:06:01
W55 Kim Coe	5:38:14
Jane Truesdale	6:47:20
Judy Christides	7:37:56
W60 Betty Leverton	7:37:06
Glenda Daugherty	8:14:02
W65 Deette Anderson	8:44:26
Carol Cain	9:00:42
W70+S Greenman	70 10:12:18

**Resolution Run 5K**  
Tulsa, OK; Jan. 1

<b>Overall</b>	
Ron Wall	44 17:21
Priscilla Godi	40 19:32
M40 Ron Wall	17:21
M Hornbrook	18:06
Darryl Stillson	19:01
M45 Jack Connolly	20:23
Peter Mayo	20:29
Al Rouch	20:36
M50 R Chillingworth	20:25
Dennis Calkins	20:32
John Fisher	20:57
M55 Mike Beda	19:26
Robert Maddy	20:27
Dan Vasicek	22:42
M60 Wendell Tisdale	21:39
Andy Hogan	22:00
M65 David Mitchell	24:49
Richard Irons	26:18
M70 Paul Heitzman	20:40
Mike Waller	25:15
W40 Priscilla Godi	19:32
Deb Gendreau	24:47
L Huddleston	25:56
W45 Mary Doyle	23:17
Claudia Brierre	24:11
Ann Miracle	24:35
W50 Yoko Pepera	23:45
Grace McCoy	24:02
M Morton	25:42
W55 Judy Bomer	25:04
D Montgomery	26:39
Marge Gadd	28:25
W60 Sherry Morgan	29:41
Mary Wagner	33:07
W65 Faith Walkwitz	25:50
Joan Whitmire	32:09
W70 M Thompson	38:55

**WEST**

**Village Runner Christmas 5K**  
Redondo Beach, CA; Dec. 8

<b>Overall</b>	
Jason Kolb	24 15:08
Kelly Flathers	30 17:21
M35 Eduardo Macias	15:59
M40 Jim Reed	17:00
Carl Maravilla	17:18
Richard Heber	18:46
M45 Mike Delgado	18:42
Chuck Kaminski	18:55
Richard Bouton	19:18
M50 John Combs	18:45
Shoji Takahashi	20:25
David Wilson	20:34
M55 John Hunter	18:51
Anthony Mruk	20:25
Jim Hayashi	24:26
M60 Pat Wickens	21:09
Mike Ishikawa	21:47
Jim Malpede	21:51
M65 Robert Lyons	21:27
Sonny Monioz	22:21
M70 Milo Sather	24:31
Ellis Revness	25:43
M75+Richard Scully	75 30:31

M60 Sam Carey	3:20:55
Dwayne Vanbesien	3:30:09
Enrique Ordonez	3:32:43
M65 Ray Nelson	3:29:25
Robert Fletcher	3:44:31
Bill Gillett	3:53:15
M70 Robert Coffey	3:53:36
Don Sanderson	3:59:41
Marvin Engels	4:21:18
W40 Kim Bricker	3:11:06
Vickie Oxenreiter	3:16:09
Trina Brock	3:19:22
Carolyn Tovar	3:25:56
Mary McDonald	3:27:56
W45 Cheryl Hart-Moginnis	3:15:38
Deb Lazaroff	3:30:04
Kathy Phillips	3:36:22
Joanne Jackson	3:37:33
Nancy Bemacki	3:38:29
W50 Barbara Luciano	3:15:56
Silva Ordaz	3:32:29
Sandra Hanson	3:38:57
W55 Jane Hutchison	3:32:53
Marilyn Patrick	3:40:47
Ann Schrader	4:03:10
W60 Mary Kennard	3:57:47
Rachel Boggess	4:43:34
Judith Keen	6:03:34
W65 Mary Ann Miller	5:02:58
Betty Forsvall	6:23:42
W70 Mary Otte	6:30:32

**Tucson Marathon & Half-Marathon**  
Tucson, AZ; Dec. 9

<b>Overall</b>	
Bassirima Soro	32 2:20:00
Miho Izumikawa	29 2:52:33
M35 Martin Kennedy	2:38:40
Rich Heilman	2:42:12
Matt Kelly	2:43:50
M40 Antonio Arreola	2:46:17
Patrick Rini	2:48:48
Frank Davidson	2:52:31
M45 Scott Hajicek	2:41:12
Mark Penn	2:52:23
Tim Gallegos	2:53:37
M50 Brian Waterbury	2:47:56
Jerry Martinez	2:49:11
Greg Bouck	2:59:03
M55 Chuck Cammack	2:59:28
Neville Pearson	3:02:28
Doug Saari	3:11:40
M60 Mike Hawkes	3:20:48
David Whitten	3:30:33
M65 Paul Robilla	3:19:52
Lionel Wilridge	3:33:52
M70 Pierce Cornelius	3:26:51
Howard Rittenger	4:05:22
W35 Jacquelin VanAllen	3:04:00
Jill Vantiel	3:08:18
Susie Meyers	3:10:03
W40 Susan Hawkins	2:59:34
Lee Savidge	3:02:37
Christa Koot	3:08:29
W45 Kathy Johnson	3:15:42
Marilyn Huot	3:20:28
PegCurranHays	3:31:25
W50 Carol Richardson	3:24:45
Alicia Brawn	3:47:07
W55 Sue Carnes	3:46:56
Irene Taylor	3:57:13
W60 Janet Wallen	4:09:39
Laura Wells	5:15:30

**Half-Marathon**

<b>Overall</b>	
Jayson Fultz	29 66:28
Kelly Ryan	32 78:22
M35 Simon Gutierrez	70:24
Taha Mahmood	71:38
Mel Petersen	73:10
M40 Miles Baron	71:51
Rick Fenno	72:05
Steve Greenspan	73:52
M45 EmmanuelKatsanis	78:43
David Ingram	81:50
Randy Gimblett	82:49
M50 Tom Burnett	77:03
Ed Mraz	82:53
Buck Lentzer	82:54
M55 Doug Goodhue	81:51
Keith Paris	86:57
Robert Barron	90:20
M60 Dennis Muirhead	92:16
Robert Tafelski	94:21
M65 Bert Grapin	1:41:20
Thomas Cross	1:54:56
M70 Wilfred Potter	1:46:00
Dale Goering	1:49:08
M75+Jim Sullivan	78 2:38:23
W35 D Baker-McGu	

Continued from previous page

W80 Bonnie Kolsum 29:49.4

**NORTHWEST**

Jingle Bell 5K  
Cottage Grove, OR; Dec. 8

**Overall**

Steve Kretsinger 42 17:08  
Annie Pogue 22 19:17  
M40 S Kretsinger 42 17:08  
Larry Pine 49 18:00  
Bob Coll 40 18:56  
M50 Tom Jefferson 53 19:19  
John Olsen 51 21:11  
M60 Rod Wood 67 27:12  
W40 Kit Sundling 45 21:10  
Terry Falkenstern 45:25:58  
W50 Marilyn Nippold 50 21:53  
W60 Jane Dods 65 27:21

Run On One 5K  
Eugene, OR; Jan. 1

**Overall**

Odin Sanders 42 15:47  
Laura LeMena Coll 35 18:31

M40 O Sanders 42 15:47  
Daniel Wojcik 46 17:22  
M50 John Olsen 51 18:55  
Tom Jefferson 53 19:37  
M60 Rich Leutzinger 62 22:32  
Robt Bogomolny 64 27:25  
M70+ Henry Dizney 75 38:21  
W40 Kit Sundling 45 20:54  
Janet Kiese 40 23:25  
W50 Marilyn Nippold 50 22:08  
Karen Meats 55 31:29  
W60 Virginia Berg 61 31:58

Cascade Half-Marathon  
Turner, OR; Jan. 13

**Overall**

Steve Schaefer 20 1:15:27  
Meghan Arbogast 40 1:22:09  
M40 Ed Bomber 1:17:53  
M45 Rick Woods 1:26:38  
M50 Bill McCall 1:23:26  
M55 Joe Craig 1:35:11  
M60 Gary Zimmerman 1:41:25  
M65 Al Oppliger 1:58:05  
W40 Meghan Arbogast 1:22:09  
W45 Christine Nile 1:36:44  
W50 Phyllis McCall 1:40:24  
W55 Charlotte Hartwig 1:49:32

**CANADA**

Canadian X-C  
Championships 8K  
Moncton, NB; Dec. 1

M35 Vincent Friel 30:42  
M40 Gordon Christie 28:19  
Al Reimer 28:44  
Luis Renteria 28:59  
M45 Joe Lehmann 30:55  
George Atkin 31:10  
Norman Drolet 31:21  
M50 Michael Secker 30:30  
Roly McSorley 31:38  
Iain Fisher 32:24  
M55 Alex Jamieson 33:52  
Charlie Upshall 35:47  
M60 Herb Phillips 36:24  
Vern Christensen 40:10  
M65 Ron Crichton 37:15  
M70 Earl Fee 29:40  
W35 Tammy Hiscock 35:05  
Shelley Keeling 35:23  
Eliz Seiffert 36:11  
W40 Patty Blanchard 32:45  
Pam Currie-Yarr 33:46  
Michelle Carr 34:19  
W45 Janet Takahashi 34:04  
Nanci Sweazey 38:13  
W50 Linda Findley 37:32  
Pat Hinton 43:05

**ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, FEB. 2002**

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
ANTONELLA CAPIOTTI (ITA)	2-4-62	40-44
KORY TARPENING (EUGENE, OR)	2-27-62	40-44
CHERYL ALSTON (PLAINFIELD, NJ)	2-2-57	45-49
REGINA JOYCE (LYNNWOOD, WA)	2-7-57	45-49
CLAUDIA KASEN (ORLANDO, FL)	2-7-57	45-49
LYN BRUBAKER (US)	2-19-57	45-49
CAROL FINSRUD (AUSTIN, TX)	2-20-57	45-49
JENNIFER CUNNANE (GBR)	2-23-57	45-49
HETTY EVERHARDUS (NED)	2-23-57	45-49
TAMARA KOBA (UKR)	2-23-57	45-49
THERESA HAYNES (AUBURN, WA)	2-24-57	45-49
STELLA ORECHIA (BOTHELL, WA)	2-24-57	45-49
ROB DE CASTELLA (AUS)	2-27-57	45-49
YASHA D WATKINS (AUS)	2-5-52	50-54
MARINA JONES (RSM, CA)	2-8-52	50-54
CARLA BEURSKENS (NED)	2-10-52	50-54
HENRY RONO (KEN)	2-12-52	50-54
LINDA ROWE (BLOOMFIELD, IA)	2-15-52	50-54
THOMAS WESSINGHAGE (FRG)	2-22-52	50-54
LISA KIRSCH (AUS)	2-27-52	50-54
JANA KASPAROVA (CZE)	2-4-47	55-59
CARLOS LOPES (POR)	2-8-47	55-59
MARGARET AUERBACK (GBR)	2-8-47	55-59
LORRAINE TUCKER (HARTSDALE, NY)	2-11-47	55-59
MICHAEL MARIE HILL (PRINCETON, NJ)	2-13-47	55-59
JOHNNIE HILL-HUDGINS (PRINCETON, NJ)	2-13-47	55-59
RICHARD WEEKS (NASHVILLE, TN)	2-17-47	55-59
GREG MIGUEL (MANHATTON BCH, CA)	2-18-47	55-59
NINA NIKANOROVA (URS)	2-18-47	55-59
CAROL JACKSON (EUGENE, OR)	2-20-47	55-59
PHIL RASCHKER (ATLANTA, GA)	2-21-47	55-59
CATHERINE ROBERTS (CAN)	2-22-47	55-59
JOHANNA VAN ANHOLT (NED)	2-22-47	55-59
NELSON KEYES (LAURELTON, NY)	2-24-47	55-59
LEE EVANS (LOS ANGELES, CA)	2-25-47	55-59
SUZANNE WESTBROOK (AUS)	2-8-42	60-64
MARTHA BEHRENDT (GER)	2-10-42	60-64
MIKE MANLEY (EUGENE, OR)	2-14-42	60-64
MARG RADCLIFFE (CAN)	2-14-42	60-64
RICHARD ASHLAND (FRIDLEY, MN)	2-22-42	60-64
BEV HARJU (CA)	2-23-42	60-64
ROSLYN KATZ (FLUSHING, NY)	2-26-42	60-64
DARL LOCKE (ALBUQUERQUE, NM)	2-27-42	60-64
RITVA OLSSON (SWE)	2-1-37	65-69
ED OLEATA (LA JOLLA, CA)	2-2-37	65-69
MIMI LERNER (ST. JAMES, NY)	2-3-37	65-69
GASTON ROELANTS (BEL)	2-5-37	65-69
LARRY COLBERT (LANHAM, MD)	2-6-37	65-69
UTA REINACHER (GER)	2-8-37	65-69
LEENJE SIGAR (INA)	2-10-37	65-69
GERHOLD WOHLFARTH (GER)	2-11-37	65-69
VASANTHA SAMUEL (IND)	2-11-37	65-69
LORRAINE WOODMAN (AUS)	2-13-37	65-69
ARTHUR GATON (JAMAICA, NY)	2-15-37	65-69
PERICLES PINTO (POR)	2-15-37	65-69
RICHARD RIZZO (MASTIC, NJ)	2-16-37	65-69
YOSHIKO ISHIMARU (JPN)	2-19-37	65-69
GINA FAUST (SANTA CLARITA, CA)	2-23-37	65-69
GERTRAUD SCHONAUER (AUT)	2-27-37	65-69
EDWARD PODWYSOCKI (POL)	2-28-37	65-69
PAY CARSTENSEN (SPRING HILL, FL)	2-1-32	70-74
RAY HATTON (BEND, OR)	2-4-32	70-74
JAN SMIDING (SWE)	2-4-32	70-74
ARNIE GREEN (NEW YORK, NY)	2-11-32	70-74
WIM VAN WEENEN (AUS)	2-11-32	70-74
JOHN HEPNER (SPRINGFIELD, OR)	2-13-32	70-74
PATRICIA CARR (AUS)	2-18-32	70-74
HAL BROSSMAN (TEMPLE, PA)	2-20-32	70-74
LAWRENCE PRATT (CINNAMINSON, US)	2-21-32	70-74
VIC COOK (WOODLAND HILLS, CA)	2-22-32	70-74
BERTIL TALLBERG (SWE)	2-25-32	70-74
LIESELOTTE ROLLFING (GER)	2-25-32	70-74
JOAN TYKSINSKI (ALMEDA, CA)	2-28-32	70-74
JUDY FEATHERSTON (ALBUQUERQUE, NM)	2-29-32	70-74
WILLIAM DAPRANO (RIVERDALE, GA)	2-2-27	75-79
ROGER VERHEUEN (BELGIUM)	2-2-27	75-79
LORNA THOMPSON (AUS)	2-3-27	75-79
GUNNEL LUNDKVIST (SWE)	2-7-27	75-79
HANNY KLEIN (NEW ROCHELLE, NY)	2-12-27	75-79
BUNNY HUNTER (NEW ORLEANS, LA)	2-27-27	75-79
BERNICE HOLLAND (CLEVELAND, OH)	2-28-27	75-79
FRANCIS ALBAUGH (ERIE, PA)	2-3-22	80-84
RICHARD CORT (ORANGE, CA)	2-17-22	80-84
EILER NYGARDSETER (NOR)	2-25-22	80-84
GERIDA BERGMAN (CO)	2-3-17	85-89
EINAR SAETER (NOR)	2-6-17	85-89
JOHN WOODS (US)	2-6-17	85-89
LISELOTTE DEZENTER (GER)	2-11-17	85-89
DONALD JOHNSON (LITTLE SILVER, NJ)	2-14-17	85-89
DICK GANSLER (AK)	2-15-17	85-89
EWA ERIKSSON (SWE)	2-15-17	85-89
HAROLD HOLTOM (CHARLOTTE, NC)	2-16-17	85-89
WILLIAM FAIRBANK (MENLO PARK, CA)	2-24-17	85-89
ENGELBERT WEITZ (GER)	2-11-12	90-94
THORVALD WILHELMSSEN (NOR)	2-14-12	90-94
BJARNE BYRNTESEN (NOR)	2-23-12	90-94
LONGINO PEREZ (MEX)	2-20-2	100-104
EVERETT HOSACK (HIGHLAND HTS., OH)	2-28-2	100-104
LUIS RIVERA (MEX)	2-28-2	100-104

**WMA/USATF Hurdles and Implements Specifications**

**HURDLES**

**WOMEN**

Age Group	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	No. of Hurdles
30-39	100m	.840m 33"	13.00m 42'8 1/2"	8.5m 27'10 1/2"	10.5m 34'5"	10
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	8
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
60+	80m	.686m 27"				
30-39	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
40-49	400m	.762m 30"				
50-59	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
60+	300m	.686m 27"				

**MEN**

30-39	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
40-49	100m	.914m 36"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34'5"	10
50-59	100m	.840m 33"	16.00m 52'6"	8.00m 26'3"	12.00m 39'4"	10
60-69	100m	.840m 33"				
70-79	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.0m 62'4"	8
80+	80m	.686m 27"				
30-49	400m	.914m 36"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
50-59	400m	.840m 33"				
60-69	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
70+	300m	.686m 27"				

**IMPLEMENTS**

AGE GROUP	SHOT PUT	DISCUS	HAMMER	JAVELIN	WEIGHT	SUPER WEIGHT
Women						USATF
30-49	4.00k	1.00k	4.00k	600 gms.	20#	35#
50-59	3.00k	1.00k	3.00k	500 gms.	16#	25#
60+	3.00k	1.00k	3.00k	400 gms.	12#	25#
Men						
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.	35#	56#
50-59	6.00k	1.50k	6.00k	700 gms.	25#	56#
60-69	5.00k	1.00k	5.00k	600 gms.	20#	56#
70-79	4.00k	1.00k	4.00k	500 gms.	16#	35#
80+	4.00k	1.00k	4.00k	400 gms.	12#	35#

Steeplechase: men 30-59: 3000m/36" (.914m); men 60+ and women: 2000m/30" (.762m)  
WMA weights are used for USATF weight pentathlons.  
Note: The 55m and 60m indoor hurdle races use the same heights, distance to first hurdle, and distance between hurdles as the outdoor hurdle races for the respective age groups.  
For all age-groups indoors, 5 hurdles are run.

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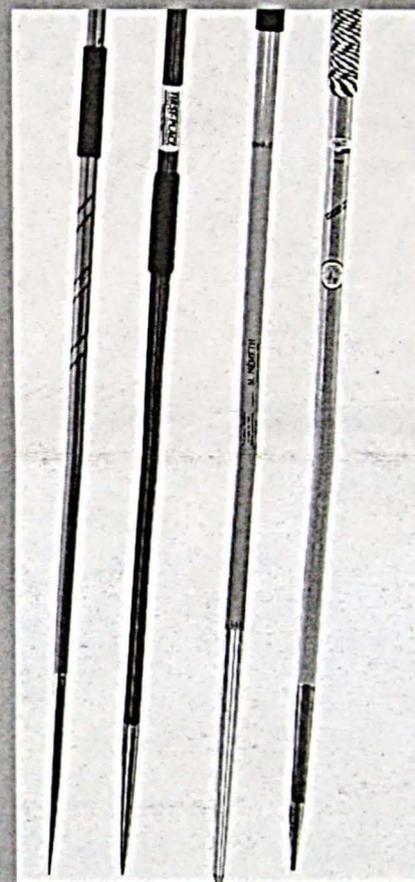
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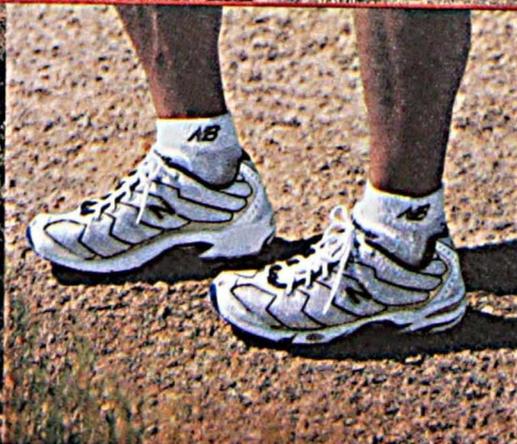
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