The official world and U.S. publication for masters track a new, long account

\$3.00 294th Issue February 2003

### **Masters Still Rule at Rocket City**



Dennis Simonaitis, 40, overall winner (2:22:02), The Huntsville Times Rocket City Marathon, running comfortably in sixth place near the five-

By JIM OAKS

HUNTSVILLE, Ala. - There's no point in telling Dennis Simonaitis or Ramilia Burangulova that 40 years of age should hamper their running success. For the second straight year, the overall winners of the Dec. 14 Huntsville Times Rocket City Marathon were masters, with Simonaitis, 40, taking the men's title in 2:22:02, and Burangulova, 41, running 2:41:44 for the women's crown.

Kenneth Judson proved that a masters runner could win the Rocket City Marathon when the 40-year-old attorney from Pittsburgh set the U.S. M40 record with a 2:17:01 on the course in 1990. Then, last year, Russian masters Gennady Temnikov and Andrey Kuznetsov finished one-two overall in the race.

Simonaitis, a products planning manager for Utah Medical Products in Draper, Utah, ran a controlled and cal-culated race. He stayed in the lead pack from the start and was one of four runners still in front at the 10-mile mark. By mile 16, it became a twoman race between Simonaitis and 35year-old lawyer Byrne Decker from Continued on page 4

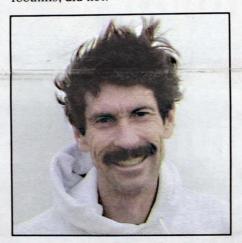
Meister-Meridith Sprints to W40+ Victory

# Olds Wins U.S. 10K Cross Country

By JERRY WOJCIK

ROCKLIN, Calif. - Winds up to 45 mph, and one of the strongest and largest fields ever for a masters 10K cross-country championships, were the dominant factors in the USATF Championships held at Sierra College in the Sacramento suburb of Rocklin on Dec. 14.

A torrential storm on Friday, which flooded the area and knocked out power, muddied the course of five 2K loops through the college's campus, but the rain held off on Saturday until the open championships, the final race of the day. The wind, measured at 100+ mph in the nearby Sierra Mountain foothills, did not.



JERRY WOJCIK A wind-blown Leonard Hill, 50, top age-graded performer with a 35:27, National Masters 10K Cross Country Championships.

Masters men finishers numbered 262 and made up 21 M40-49, eight M50-59, four M60-69, and two M70+ teams. Fifty masters women finished Continued on page 6



David Olds, 41, winner (33:46), National Masters 10K Cross Country Championships.

### **Sunmart Texas Trail Runs Draw 1100**

By JOHN WELCH

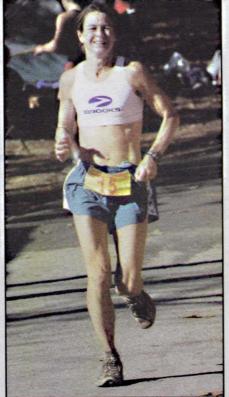
HUNTSVILLE, Texas – Almost 1100 runners from 40 states and seven countries made the 13th annual Sunmart Texas Trail Endurance Runs 50 Mile and 50K races the largest ultra marathon event in the United States.

Despite a chilling 30-degree temperature at the starting line, and a sea of mud along the route, masters runners showed their moxie in the event held at Huntsville State Park, on Dec.

Yiannis Kouros, 46, of Greece, who holds almost every track and road world record for races longer than 100 miles, was the overall winner in the 50 Miler in 6 hours, 9 minutes. Kouros also holds world records for 12-, 24-, and 48-hour, 6-day, 10-day and 1000mile races. A professional runner, he currently splits his time between Athens, Greece, and Melbourne, Australia.

Mark Godale, 32, an art director from Aurora, Ohio, the 2001 Sunmart 50 Mile champion, was the runner-up in 6:18:17. Erik Solof, 35, a U.S. Postal Service employee from Denver,

Joy Smith, 40, second woman overall (7:30:13), Continued on page 19 Sunmart Texas Trail 50 Mile.



JOHN WELCH

Boston to Host Its 7th Indoor Nationals

Masters athletes will return to Boston's Reggie Lewis Track & Athletic Center for the seventh consecutive year to compete in the USA Track & Field National Masters Indoor Championships on March 28-

Competition, in five-year age groups, is open to all men and women age 30+, including non-U.S. citizens. No qualifying is necessary to enter. The only eligibility requirement for U.S. citizens is USATF membership, available at the site. Athletes are urged to register before the meet.

Non-U.S. citizens compete as guests, receive duplicate awards, but do not displace U.S. citizens. Entry deadline without penalty is March 14. No entries or changes will be accepted after March 24.

In 2002, 810 masters broke 26

world and 18 U.S. indoor records at the Lewis Center, which features a lightly banked 200m Mondo track, with an eight-lane straightaway in the center for the 60m and hurdles. Highlights of the meet were the establishment of two world and two U.S. records by 100-year-old Everett Hosack, and five W55 world records by Phil Raschker.

The meet opens with the National Continued on page 13

#### INSIDE:

- · World and USA Indoor T&F
- pages 15-18 Records
- Training Advice - page 19
- African Championships

- page 21

The Best Reasons Are All Spelled Out.

Everything Track & Field

alk to Knowledgeable People

Information on Latest Training Techniques, Equipment Rules

Selection for High School/College Competition at the Right Price

is Immediate, Usually the Day Your Order Is Received

Otal
Satisfaction.
Our Guarantee.

#### **OUR 2003 CATALOG**

Just off the press and loaded with all that's new and proven effective for top track & field or cross-country performance. Call toll-free 1-800-556-7464 for your FREE copy.



M-F ATHLETIC COMPANY P.O. Box 8090, Cranston, RI 02920-0090 Fax: 1-800-682-6950

International Fax No. (401) 942-7645

Toll-Free 1-800-556-7464

www.mfathletic.co



**SHOES** We have the men's and women's track, cross-country, training and throws shoes you need. Nike, Adidas, Reebok, Asics...for jumpers, throwers, sprinters as well as mid and long distance runners. See the great selection in our catalog or call us to talk shoes.



**DISCUS** Many consider us Discus Headquarters because our in-stock selection is so varied and complete. All top quality — OTE, UCS, Pacer, Nelco, Hollowood and First Place. Choose Very High Spin and High Spin models for advanced throwers. Choose Low Spin models for intermediate throwers and Center Weighted models for beginners. Call toll-free for assistance. We'll get it to you on time.



#### CONTENTS

#### DEPARTMENTS

USATF Officers	. 2
Letters to the Editor	. 4
NMN Sustainers	. 4
Third Wind	. 6
The Foot Beat	. 8
Rankings Report	. 8
Five Years Ago	. 8
Masterscope	.9
Racewalking	10
Ten Years Ago	10
LDR Report	11
Profile - Claudia Kasen	12
Twenty Years Ago	12
The Weight Room	14
Fifteen Years Ago	14
Indoor Age Records	15
Trainining Advice	19
Countdown to Puerto Rico	20
WMA Officers	
International Scene	
Report From Britain	21
Masters Scene	22
Schedule	
All-American Standards	
Results	
New Age-Group Athletes .	31

#### **FEATURES**

Rocket City Marathon	1
National 10K X-C	. 1
Texas Trail Runs	. 1
Indoor Nationals Preview	
Gay Games	

#### **ENTRY FORMS/RACE &** PRODUCT INFO

M-F Athletic	. 2
NMN Subscription Form	. 4
Pataki Training System	. 5
Georgia T&F/Pentathlon	. 5
National Half-Marathon	.7
Saddleback Meet	. 9
Cold X	10
Palm Desert Sr. Games	11
Publications Order Form	13
Long & Strong Journal	14
Ski & Travel Int'l	21
WMA - Puerto Rico	32



# YONAL MASTERS NEWS



Publisher: Suzy Hess Editor: Jerry Wojcik

Editor-at-Large: Al Sheahen Associate Editor: Angela Egremont

Assistant Editors: Susannah Beck, Jane Dods,

Erich Reed

National Masters News Office

PO Box 50098 Eugene, OR 97405 541-343-7716, Fax: 541-345-2436

e-mail: natmanews@aol.com

Masters Web Sites:

www.nationalmastersnews.com

www.usatf.org www.masterstrack.com

www.usaldr.org

w.world-masters-athletics.org

Schedule: Jerry Wojcik, jerrywoj@aol.com

Advertising Representative: Suzy Hess 541-343-7716

Production: Carol Covey, Kim McGill

Printing: American/Foothill Publishing Co. Track & Field Records: Pete Mundle

Long Distance Records:

Road Running Information Center Racewalking Records: Bev LaVeck

Track & Field Rankings: Dave Clingan

Contributing Editors: Hal Higdon,

Dr. John Pagliano, Mike Tymn, Elaine Ward Correspondents: Ruth Anderson (CA), George Banker

(MD), Maury Dean (NY), Bob Fine (FL), Paul Heitzman desired. (KS), Bob Koch (CA), Carol Langenbach (WA), Ron Marinucci (MI), Marilyn Mitchell (NY), Phil Mulkey (GA), the National Masters News are believed to be from

Phil Raschker (GA), Ken Stone (CA), Pete Taylor (VA), Mike Tymn (HI).

International Correspondents: Jorge Alzamora (CHI), Ron Bell (GBR), Leo Benning (RSA), Torsten Carlius (SWE), Bridget Cushen (GBR), Martin Duff (GBR), Jim Tobin (NZL).

Photographers: George Banker (MD), Suzy Hess (OR), Mike Polansky (NY), Vic Sailer (NY), Tesh Teshima (HI), Thom Weddle (MN), Jerry Wojcik (OR). Creative Art: Eugene Paasinen, Herb Parsons

The National Masters News (ISSN-07442416) is published monthly, with an annual subscription rate of \$28.00. Main office address: 14155 Magnolia Blvd. #338, Sherman Oaks, CA 91423. Periodicals postage paid at Van Nuvs, CA 91409.

The National Masters News is an official publication of USA Track & Field and of World Masters Athletics. As an independent publication, its editorial policy is not necessarily that of USATF or WMA

Executive Officers of USATF: Bill Roe, President; Craig Masback, Executive Director,

To inquire about a USATF card, call USATF in your area, or 317-261-0500.

NMN welcomes contributions - results, schedule info., photos, letters, articles, and opinions. Manuscripts should be typed, doubled-spaced, but legibly handwritten material is also acceptable. Results should be typed, single-spaced. Please include a stamped, self-addressed envelope if return is

Disclaimer: All advertisements and articles printed in Paul Murray (NY), Jim Oaks (AL), Mike Polansky (NY), reliable sources. However, the opinions expressed by

individuals or advertisers are their own. No state ments made in any advertisement or article are to be necessarily construed as a recommendation or an endorsement by NMN.

Advertising information and rates: Please call 541-343-7716 and request current rate card. Send all printed material and ad copy to: Carol Covey, Foothill Publishing, 10001 Commerce Ave., Tujunga, CA 91042. Closing date for all copy and ad space reservations is the 10th of the month prior to the cover date.

Mailing: The issue is mailed the last week of the month prior to the cover date.

Postmaster: Send address changes to: National Masters News, P.O. Box 16597, No. Hollywood, CA 91615

Subscriptions: A one-year subscription (12 issues) is \$28.00 (mailed 2nd class). Add \$17 for 1st class (USA & Canada) or \$20 for foreign air mail. Please send all correspondence on subscriptions to NMN, P.O. Box 16597, No. Hollywood, CA 91615. 818/760-8983

Address change: At least four weeks is required for a change of address. Please furnish your new address and an old label from a recent issue to the subscription Dept.

No part of this publication may be reproduced. stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior written permission of the publisher.

National Masters News Copyright © 2002 by National Masters News. All rights reserved.

#### NATIONAL MASTERS OFFICERS OF USA TRACK & FIELD Web Site Chair

George Mathews 6623 Santa Isabel, #115 Carlsbad, Ca. 92009 760-602-9599 (H) 760-602-9449 (F) georgem@nwlink.com ice-Chair

Chair

Vice-Chair Suzy Hess, PO Box 5272 Eugene, OR 97405 541-343-7716 (W) 541-345-2436 (Fax) mtfvicechair@aol.com

Bob Cahners 4535 Lighthouse Lane Naples, FL 34112 941-793-4574 (H)

941- 793-5744 (W) mtfsec@aol.com

Treasurer Frank Lulich 2315 Shields Eugene, OR 97405 541-343-8604 (H)

mtftreas@aol.com Regional Coordinators

Roz Katz 170-11 65th Ave. Flushing, NY 11365 718-358-6233

throwercfa@aol.com Mid-America Jerry Bookin-Weiner 1920 Navajo Drive Fort Collins, CO 80525-1528 970-482-0616 (H) 970-482-5135 (F)

idammtfcoord@aol.com

Midwest Gerry Krainik 15124 Hillside Ave Oak Forest, IL 60452 708-687-2124

gkrainik@attbi.com

Becky Sisley 310 East 48th Eugene, OR 97405 541-342-3113 (H) 541-346-3383 (W) 541-346-3583 (Fax) bsisley@oregon.uoregon.edu

Southeast

Bob Fine 3250 Lakeview Blvd. Delray Beach, FL 33445 561-499-3370 bobfine@aol.com

Southwest

Lester Mount 6750 Hillcrest Plaza Dr., #221 Dallas, TX 75230 214-766-2854 lestermount@yahoo.com

Mark Cleary 18 Charca Rancho Santa Margarita, CA 92688 949-589-0242 runnermark@cox.net www.xro.com/cleary.html

Active Athletes Representative

Dave Clingan 1849 SE 20th Portland, OR 97214 503-231-6345 xroads@xro.com

All American Standards Len Olson

Len Olson 3 Oceans West Blvd., #5C4 Daytona Beach, FL 32118-5991 Tedodiscus@aol.com Awards Phil Byrne

55 Constellation Wharf Charlestown, MA 02129 617-242-8822 pmb02129@aol.com

Championships Games Sandy Pashkin 301 Cathedral Pkwy #6U New York, NY 10026 212-666-8603 spashkin@aol.com

Championships Sites Ken Weinbel 4103 Hillcrest Ave., S.W. Seattle, WA 98116 206-938-3895 (H))

Combined-Events Jeff Watry 24304 77th Street Paddock Lake, WI 53168 262-843-3567 (H) 217-367-8438 (W) iwatry@gillathletics.com

Law Chair

Tom Light P.O. Box 1550 Chugiak, AK 99567 907-694-4623 (H) 907-786-7431 (W) 907-786-7401 (Fax)

Masters Invitational Program Mark Cleary (see West above)

Racewalking

acewalking Rod Larsen 104 Eleventh Ave. Windermere, FL 34786 407-876-4467 (H) 407-876-5843 (Fax) larsenrod@aol.com

Rankings Dave Clingan

(address above) Records Pete Mundle

3955 Bentley Ave. Culver City, CA 90232 310-836-6950 pmundle@juno.com

**Rules Coordinator** Graeme Shirley 11212 Via Carro San Diego, CA 92124 858-292-6132

Team Manager Sandy Pashkin (address above) Rex Harvey 6744 Connecticut Colony Cir. Mentor, OH 44060 440-225-0751 (H) 440-954-8111 (F) rexjh@aol.com

Dick Hotchkiss 14005 Meadow Dr. Grass Valley, CA 95945 530-273-3660 ashglaze42@hotmail.com

**WMA Delegates** George Mathews Suzy Hess

Bob Fine Alternates:

1) Dave Clingan 2) Christel Donley

3) Jerry Donley
4) Mark Cleary
5) Marilyn Mitchell 6) John Head

7) Mary Trotto 8) Phil Byrne 9) Pete Mundle

WMA Delegates: Women

Suzy Hess Christel Donley Marilyn Mitchell Alternate: Mary Trotto

NATIONAL MASTERS OFFICERS OF Norm Green USA LONG DISTANCE RUNNING 407 Freedom Blvd.

West Brandywine, PA 19320-1559 runrnorm@aol.com ecretary: Barbara Leininger 5115 Park Ave. Minneapolis, MN 55417 (612) 823-2554

Vice Chair:

John Boyle P.O. Box 1700 DeLand, FL 32721 (904) 740-1047 (Fax)

Awards: Don Lein

13 Crosswinds Estates Pittsboro, NC 27312 (919) 542-4790 (919) 542-5157 (Fax) dmlein@earthlink.net

Road Records & Rankings:

Linda Honikman Road Running Information Center 5522 Camino Cerralvo Santa Barbara, CA 93111 (805) 683-5868 (805) 967-5958 (Fax) Honikman@silcom.com

www.usaldr.org Law and Legislation: Mary Rosado

102 West 80th St., Apt. 23 New York, N.Y., 10024-6303 (212) 874-0822 (Home) (212) 758-2104 (Work) (212) 308-8582( Fax) mvrosadoesq@prodigy.net

WMA Delegates: Mary Rosado Charles DesJardins **Rules Coordinator:** 

George Kleeman 5104 Alhambra Valley Rd. Martinez, CA 94553 (925) 229-2927 (925) 229-2940 (Fax) georgeklee@aol.com

Championships: Ken Robichaud 84 Chapman Place Leominster, MA 01453 978-534-4891 kenrob44@aol.com

Championship Stats: Norm Green (address above) Marketing Representatives: Don Lein (address above)

Jack Wing 4038 East 48th St. Tulsa, OK 74135

(918) 742-5418 (H, W, Fax) (918) 292-2860 (Fax)

IAAF Masters Committee: Charles DesJardins

PO Box 2281 Carson City, NV 89702-2281 (775) 884-9448 CRDJ@interqwest.com

Athlete Information Center Coordinator: Barbara Leininger (address above)

Cross-Country Representative: Carole Langenbach 4261 S. 184 St. Sea-Tac, WA 98188 (206) 433-8868 (H, Fax)

pntf@wolfenet.com Mountain, Ultra, Trail

Representatives: Theresa Daus-Weber Roy Pirrung

Team Manager
Mary Rosado (see address above)



Address Letters to: National Masters News P.O. Box 50098, Eugene, OR 97405 or E-mail: natmanews@aol.com

#### POSTAL CHALLENGE

The Baylor Alumni 70+ offered a postal challenge last year for a 5K alumni team cross-country. No one met our three-man challenge of November 2001, with Paul Heitzman, (20:30), Robert Coffey (22:59), and Norman Alsobrook (24:28) for a team time of 67:57. We, therefore, deem ourselves to be the champions and record holders.

Now, one year later, not only older but with minor injuries, we repeat our challenge, but with much slower times, for three-man, four-man, or five-man teams: Heitzman, '53, age 71, 22:17; Coffey, '52, 71, 24:22; J. Hunter Hammett, '50, 73, 26:30; Alsobrook, '52, 72, 27:33; and C. Tom Hassard, '52, 71, 39:03.

We hope to have more team members next year. We await your challenge.

Robert Coffey 3509 Overton Park, E. Fort Worth, TX 76109

#### SENIOR GAMES QUALIFYING

In order to participate in the 2003 Summer National Senior Games/Senior Olympics, one must have qualified at an NSGA State Qualifying Games in 2002. This participation restriction is a deterrent to senior participation and game enhancement.

As a senior citizen participating in such a strenuous sport as track and field, one is extremely blessed to be able to compete on a meet-year basis, not to mention a preceding year.

The qualifying marks are extremely lenient, so selection is not necessarily based on fast times. What the qualifying rule does is eliminate potential registrants.

Another method to get more registrations and better competition would be to have qualifying heats at the meet, not last year's performance.

Let's suppose that one could be a strong competitor this year, but because of injury last year didn't compete, or, still worse, what if there were no NSGA meets held in your state in 2002?

Bob Dobbs St. Albans, New York

#### **GLOSSARY OF TERMS**

Since early 2001, the initials I.A.A.F. have stood for the International Association of Athletics Federations (you will notice that it's Athletics and not Athletic). This new definition was first used at the World Championships in Edmonton, Alberta, that year.

For some time, it has been obvious that most world class T&F athletes are no longer 'amateurs' - at least, within the context that differentiated them from 'professionals', meaning those who receive monetary rewards for what they do. I should imagine they are all still 'amateurs' in that they love the sport in which they are so proficient.

You may also be aware that, within that same context, IAAF Rules 51 and 52 now refer to 'eligible' athletes instead of the early 'amateur' athletes. This is further recognition of the fact that many athletes, including Masters, now receive cash prizes (even, in the case of some outstanding Masters, appearance money) in a variety of both road and stadium events.

> Dr. Danny Daniels, Vice-Chair, Athletics Canada, Sidney, B.C.

## February 2003 Sustainers

Periodically, NMN publishes a list of "sustainers," those who help the *National Masters News* and masters athletics by making contributions, These extra funds allow us to publish more photos, deeper results, an indepth schedule section, and more.

We are grateful for the support of masters athletes. Special thanks this month go to:

Jerry Bookin-Weiner John Conner Richard Greenberg Roslyn Katz Lynn Naftel Thomas Richards Gordon Seifert Jack Starr Fort Collins, Colorado
East Hampton, New York
Encino, California
Flushing, New York
Escondido, California
Apache Junction, Arizona
Birmingham, Alabama
Newark, Delaware

### Rocket City Marathon

Continued from page 1

Yarmouth, Me.

Near the 24-mile mark, the Massachusetts native, who ran for the University of Lowell, made his move and passed Decker. "When I did go by, I noticed he didn't respond right away," Simonaitis told *Huntsville Times* reporter Bruce McLellan. "I gradually pushed it and got a gap and drove in from there."

Although Simonaitis was only three seconds short of an Olympic Marathon Trials qualifying time, he was not disappointed. He had indicated before the start that he felt his 90-mile training weeks should allow him to run with anyone in the field.

He had recorded a 29:38 time at the Run to Feed the Hungry 10K in Sacramento two weeks prior to this race, and was confident in both his conditioning and speed. He was concentrating on the win rather than the time, and the reward was pleasing. Not only did he win the \$1500 for first master, he also collected the \$2000 open winner's prize.

Russ Sears, 40, and Steve Wilson, 43, both from Lafayette, Ind., competed for the \$750 second-place masters money about 11 minutes behind the winner. Sears prevailed in 2:33:44 to Wilson's 2:34:49.

Wilson, the masters champion for this race in both 1999 and 2000, still collected \$250 as did Dave Johnson, 46, Hastings, Nebr., 2:38:50; Bill Valenzano, 43, Amelia, Ohio, 2:41:08; and Jim Pelarske, 52, Bloomington, Ill., 2:44:13. Sears and Wilson also earned an extra \$250 for their eighth and ninth place overall finishes.

Unlike Simonaitis, whose victory was not evident until the final miles, Burangulova distanced herself from the rest of the women's field by the second mile. There was little question that she would win the race barring a flare-up of a leg injury that had hampered her preparation for the race. Things went well for the former Russian Olympic marathoner (eighth



Ramilia Burangulova, 41, first woman overall (2:41:44), The Huntsville Times Rocket City Marathon, near the 15-mile mark.

at Barcelona in 1992), and she finished almost nine minutes ahead of 33-yearold Wendy Hall, Avondale Estates, Ga.

Burangulova hails from Salavat, Russia, near the Ural Mountains. She and her family come to Florida in the winter to train and compete in U.S. races. She began her athletic career as a snow skier, but switched to running. She ran her PR of 2:27:58 in 1996 with a fifth-place finish at the Nagoya

Burangulova's agent had registered her online and entered her age as 31 rather than 41, so she was not recognized as the masters winner at the awards ceremony. Instead, Jennifer Potts, 40, Indianapolis, Ind., received the first place award.

Potts ran 2:58:22 and was the fourth female overall. She was followed in masters competition by New Zealander Judith Hine, 53, who resides in Marietta, Ga. (3:12:24); Patricia Foell, 41, Atlanta, Ga. (3:16:44); and Nicole Borman, 41, Rowlett, Texas

Continued on page 5

# NATIONAL MASTERS NEWS Subscription Form The National Masters News is the official world and U.S. publication for

The National Masters News is the official world and U.S. publication for masters track & field, long distance running and racewalking. It contains information you can't get anywhere else. Subscribe Now.

	1st Class rates: (USA, Canada, Mexico) 1 Year \$45 2 Years \$86	Foreign ra (Air mail)  1 Year  2 Years	\$48 \$91	contribution
3 Years \$75 Circle appli	□ 3 Years \$124 cable sports: T L R	(T=T&F	\$134 L=LDR	
Address				
		State	2	Zip

### Rocket City Marathon

Continued from page 4

(3:29:42). Potts, Hine, and Foell also earned an extra \$250 for their fourth, sixth and eighth place overall finishes.

Potts, an office assistant at St. Vincent's Sports Medical Center in Indianapolis, is a relative newcomer to the marathon. She was a middle distance runner at Western Illinois, an NCAA Division I school in the Mid-Continent Conference, where she returned at age 36 to complete her last two years of academic work and to run track and cross-country. Last year she ran her first marathon at Rocket City, finishing sixth among the women in 3:04:39

For the fourth year at Rocket City, age-graded money was paid to grandmasters. This year the top prize of \$1000 went to Anson Clapcott, 58, Savannah, Ga. whose 2:48:30 adjusted to 2:23:47. Jim Pelarskie, 52, was second age-graded for \$750, and Gary Romesser, 52, Indianapolis, earned \$500 for third with his 2:45:15.

Judith Hine's finish was good for an extra \$400 for fourth. Ken Brewer, 61, Oxford, Ala., fifth, earned \$300 for his 3:03:58.

Perhaps the most noted master at this year's race was 71-year-old Norm Frank, the durable runner from



Norm Frank, 71, Rochester, N.Y., finishes his 800th marathon at The Huntsville Times Rocket

Rochester, N.Y. Frank holds the world record for most completed marathons and ran his 700th marathon at Rocket City in 1999.

This year Frank timed his events so that his 800th would be run in Huntsville, where he was assigned the number 800 for the race. He finished this year's run in 5:45:42, and was third in his age group. At the awards ceremony he received a standing ovation from the appreciative crowd.

Entries were down by about 400 this year. Most of the decline was attributed to the Memphis Marathon held the first week of December after an absence last year during a sponsor change. Also, another major marathon, the Mercedes Marathon will be held for the second year in Birmingham in February, drawing off some of the field.

The finish percentage for the race was again high. Of 985 registered runners, 866 started the race and 815 (94.1%) finished. Among the finishers, 488 were masters - 385 men and 103 women - comprising 60% of the pack.

#### PATAKI TRAINING SYSTEM patakitms.com Books, Videos, Audio, POWERball & Nutrition



#### AARP/USATF Georgia

Masters Track and Field Championships • Masters Pentathlon Championship • Open Track and Field Competition Friday and Saturday, April 18-19, 2003 • SITE: Savannah State University • Ted Wright Track; Skidaway and LaRoche Ave.

T-shirt sine: S M L XL XXL

Out of state athletes are welcome!

MOTEL FOR PARTICIPANTS:

Best Western Central, 45 Eisenhower Dr., Savannah; 912-355-1000; \$60 per night, two double beds, non-amoking, identify as taking part in the track and field championships. Motel is about two miles from track, just off Abercom. DEADLINE FOR THIS RATE IS APRIL 6, 2003

INFORMATION: Jim Hite: PO Box 717: Millen. GA 30442: 478-982-4881: FAX: 478-982-9984 jimjoyce@jeffersonenergy.com Coach Ted Whitaker, SSU, 912-351-3506

All participants must be members of USATF. Cards will be available for purchase on site. You may also purchase a USATF athlete's number on-line at usaff.org, click on membership.

-NO ONE will be allowed to participate without a USATF athlete's number, which must be on the entry

USATF ASSOCIATION medals will be awarded to the top three in each masters (30 and up) five-year age group, men and women, and to top three open (19-29) in each event. Out of state participants will receive comparable place awards, but may not displace any Georgia athlete.

This event is sanctioned by USA Track and Field, and USATF Rules apply.

adline for entry is April 14, 2003.

Entry fee: \$15 for first event, includes T-shirt; \$5 for each other event. Relay team: \$10 per team.

Timing by Finishlynx

EVENT INFORMATION: 10,000M run, 5000M valk and 5000M run; all age groups will compete in a single event. Age groups will

10,000M run, 5000M walk and 5000M run: all age groups will compete in a single event. Age groups will be on runners' backs.

\*Preliminaries: 100M, 200M, 400M, 100M/110M Hurdles: if eight or less are entered in any age group, no trials or beats will be routested in that age group and all entrains will move to the finals. If nine or more are entered in any age group, trials or beats will be runs with beat winners and the next fastest times, completing a field of eight participants, advancing to the finals. SINCE THE NUMBER OF PARTICIPANTS WILL BE KNOWN BY APRIL IS, YOU MAY CONTACT THE MEET DIRECTOR (Jim Hite, at email and/or phone numbers listed above) TO FIND OUT IF YOU WILL HAVE A PRELIMINARY HEAT. NORMALLY, THERE ARE VERY FEW PRELIMINARY HEATS IN MASTERS ASSOCIATION MEETS, BUT TO MAKE SURE AND NOT TO BE LEFT OUT. CALL!" NOT TO BE LEFT OUT, CALL!!!

als. In lane-only events, if there are more than eight in an age group, winners will be determ

time.

RELAYS: Please indicate on entry which relay(s) you will enter. Teams are to be made up within 10-year
age groups for masters, beginning with 30-39. Teams also will be made up of open (19-29) athletes.

However, athletes may move down in age group for relays, but not up. PLEASE SEND ALL FOUR
RELAY ENTRY FORMS IN THE SAME ENVELOPE. It is very time consuming to have to locate four
entries before entering them as a team into the Finishlynx timing system.

NOTE 1: Age groups may be combined within events in the interest of time, but awards will not be

NOTE 2: In lane races, <u>runners must run in ansigned lane!</u> This is extremely important when using an automatic timing system. There will be no exceptions.

USATE GEORGIA MASTERS TRACK AND FIELD CHAMPIONSHIPS ENTRY FORM

FIFNIT	NUMBER			1	SCHEDULE	OF F	EVENTS:
	NUMBERS:			TRAC	x		FIELD
WOME			31. W19+ DT	Friday			
1.	W19+ 5000m RW	15. W19+ 800m	33. W19+ JT	7.30 p.m. 10,000m Run			
3.	W19+ 5000m	17. W19+ 400m IH	35. W19+ PV	Saturday			Saturday
7.	W19+ 1500m	19. W19+ 2000m SC					
9.	W19+ 80/100mHH	21. W19+ 200m	37. W19+ TJ	9:00 a.m. 5000M Race Wall 9:00 a.m. 5000M Run	Men Everyone	Final	9:00 a.m. Long Jump (men first) Shot Pur*
11.	W19+ 400m	25. W19+ LJ	45. W19+ Pentathlon	9:30 a.m. 5000M Run	Women	Firmi	High Jump (men fins)
13.	W19+ 100m	27. W19+ SP	51. W19+ 10,000m	10:00 a.m. 100 Hurdles 10:10 a.m. Preliminaries	PENTATHLON (W)		Difference of the second second
		29. W19+ HJ		10:10 a.m. Pressurances			9:40 a.m. PENTATHLON LONG JUMP (M)**
MEN:			A STATE OF THE PARTY OF THE PAR	100M/200M Dasi 10:30 a.m. 4X100M Relay	Women	Final	
1	M19+ 5000m RW	16. M19+ 400m IH	30. M19+ DT	10:45 a.m. 4X100M Relay	Men	Final	10:40 a.m. Discus*
2	M19+ 5000m	18. M19-59 3000m SC	32. M19+ JT	11:00 a.m. 1500M Run 11:35 a.m. 80/100 Hurdies	Women Women	Fonal	Triple Jump (men first)
6.	M10+ 1500m	19. M60+ 2000m SC	34. M19+ PV	11:50 a.m. 110M Hurdles	Men	Final	
8	Common Co	20. M19+ 200m	36. M19+ TJ	12:05 p.m. 400M 12:25 p.m. 400M	Women	Final	12:00 p.m. Pole Vault* (men first, starting height to be determined on site)
-		24. M19+ LJ	46 M19+ Pentathlon	12:40 p.m. 100M	Woman	Final	
10000	M19+ 400m	26. M19+ SP	50 M50+ 100m LH	1:00 p.m. 100M 1:25 p.m. 800M	Meso Women	Final	12:20 p.m. Javelin* (a)
-	M19+ 100m	The state of the s	52. M19+ 10,000m	1:50 p.m. 800M	Men	Final	*NOTE: Field event participants MUST provide
14.	M19+ 800m	28. M19+ HJ	52. MIS. 10,000III	2:10 p.m. 400M Hurdles 2:30 p.m. 400M Hurdles	Women	Final	their own implements. These will be checked and approved for use in the
				2.50 p.m. 3000M Simplesh		Final	competition on day of meet.
STILL S		THE RESERVE OF THE PARTY OF THE	A STATE OF THE STA	3:05 p.m. 2000M Steepleck 3:20 p.m. 200M	Women Women	Final	PLEASE NOTE that those taking part in SP. DT. JT may do so AT ANY TIME within
		ERY IMPORTANT!		3.30 pm. 200M	Men	Final	70 minutes after the start of the event. This o
EII	THE RESERVE THE PARTY OF THE PA		CALLED FOR	3:40 p.m. 4X400M Relay	Women	Final	to make it easier for those participating in events
		RY FORM EXACTLY A		3:55 p.m. 4X400M Relay	Men	Final	with conflicting times. (a) lavelin nurvery is on grass.
Y	OUR BIRTHDATE	WILL SEED YOU FOR	EACH EVENT	**PENTATHLON: Pe previous event.	ntathlon events will :	start app	proximately 30 minutes after the completion of the
Last nas		The second second second	pl name:				
Address						DAV	MENT SCHEDULE:
City:		State	ZIP:				MENT SCHEDOLL.
Cay	STREET, SPECIAL		The state of the s		FIRST EVENT (S	15)	ALCOHOLD STATE
Telepho	oe:	email:	Marie Property				ALTERNATION NO.
Sex: M	1 F A	ge(as of April 18, 2003):	Date of Birth:	Galleria Con	PENTATHLON (S		@ SS EACH)
Team na	me if applicable, 'unattache	d' if not on a team:			RELAY (SIO PER	TEAM	
LAST NAME, FIRST NAME BIRTHDATE EVENT # EVENT # EVENT # EVENT #			VENT #			TOTAL ENCLOSED S	
							members here. Last name is refficient. Please mail all teas
USATE	NUMBER:			MARKET STATE	scaberi catric is the	BEK CENT	
			berth	declare that I am in good heat	th and am property or	nditions	od for the competitions, and that I am of the stated
Field Champs	(UST have a USA Track and Field Ath conships. No one will be allowed on the ne Numbers will be evalable at the one	dete Number in order to perticipate in the USATF of a track or in the field events without a USATF of at for \$15.	F Georgia Masters Track and age on t sumber. Sevenne	his application. I absolutely in the State University, the City of considering for any injury loss.	Savannah, the Count or damage to myself	of Char	USA Track and Field Georgia Association, itham, their representatives, and all volunteers of openty which.] may sustain in the course of (or in register for the year 2003 with USA Track and



# Third Wind

By MIKE TYMN

#### What Goes First?

hough this publication is not about baseball, you might find it interesting, as I do, to read about what great ballplayers have had to say about their declining years. What was the first thing to go? What finally forced them into retirement? Are these physical problems the same as those faced by track & field athletes and road runners? As my post-retirement cleanup continues, I have been browsing old books in my library, some of them by Hall of Fame players. Here are extracts from some of them:

Ty Cobb, who hung up his spikes in 1928, at age 42: "That last season of 1928, which I played for Mr. Mack mostly from a sense of duty, was hellishly hard. My batting eye was almost as dependable as ever, but the legs wouldn't carry me around the garden with speed and timing. Old wounds ached constantly. I literally had to grit my teeth and force myself to run when the chance arose to bunt and beat it out or stretch a single into a double. Luckily, I got out with no serious injuries and with a final season's average of .323 that kept my string of .300 hitting seasons intact back to 1906.

Stan Musial played his final season with the St. Louis Cardinals in 1963, at age 43. He hit .330 the previous year, but dropped to .255 in his final year. "I found that I just wasn't able to concentrate at bat as completely as I had previously. I was taking called third strikes, something I'd rarely done...Even though I was no longer able to hit with proper singleness of purpose, I felt my age more defensively

'I knew, of course, that I had slowed over the years on the bases and in the outfield, but now I noticed that I really had difficulty untracking to get started after a fly ball. And, as I've always said and tried to show, there's a lot more to baseball than just swinging a bat.'

Willie Mays, who retired in 1973 at age 42: "I was having trouble in my workouts. My legs would get tired very quickly, and I would tape both of them...Then, when the season finally started, I hurt my knee and wasn't much good for the outfield. I had to move to first base.

Willie Stargell, before his final season, at age 39: "Though my upper body strength remained relatively unaffected and my bat remained lightning quick, my knees had gotten progressively worse...I had a bone on bone situation, no cartilage, no ligaments, nothing.

"My bones scraped against each other with every step I took. They'd also become arthritic and they stiffened up immediately if they weren't kept in constant motion or out of cold weather...I knew just like everybody else I'd someday grow old, but I didn't expect to still have as much enthusiasm for the game at such a late age. I found myself in a race with Mother Nature to play as much baseball as I could before she forced me to stop.'

Ted Williams, at age 41, before beginning his final season in 1960: "I'd always said when you're over 35 you're on a pass. But I felt good that spring. Not The Kid from San Diego any more, all full of spit and vinegar, but not old either. I didn't hit any big home runs in spring training; in fact, I didn't hit any home runs at all, but I didn't have as much restriction in my swing either.

"The pain in the neck was still around but I could live with it...The year went by in bits and bursts. I was tired a lot of the time, sore and stiff, and my neck still bothered me. I know I wasn't swinging exactly the way I wanted to all the time.

Babe Ruth, about his final season, in 1935, at age 41: "But the harder I tried the worse I did. My old dogs just couldn't take it any longer. It was more and more of an effort to move over the outfield or run down to first base. I had tried hard to condition myself, but it just was torture.'

Mickey Mantle, who played his last season at age 36: "The stats will show that I struck out a lot (during his last two seasons). What it doesn't reflect is me trying to hit all those bad pitches. As long as I had a bat in my hands I wanted to be boss. But then the body starts to go and the mind can't force it to respond. And before you realize it - poof - the enthusiasm is gone. It happens to all of us."

Satchel Paige, who pitched three shutout innings for the Kansas City A's at age 59 in 1965, had this to say in 1952, at age 46: "No one believes me when I tell 'em how old I am, so I'll just keep pitchin'. But lately I've had some troubles with my body. I had troubles gettin' in and out of bed.

"I told my wife all my grease ran out. She said maybe I'd better give up that game, 'cause when anybody had to grease to get in bed and out, the time is close...I never have been much for runnin'. I have long legs, all right, but that didn't make

"But I guess the time is gettin' mighty close when I'll have to quit. Gettin' harder and harder for Ol' Satch to limber up. Probably my joints is gettin' stiff from the lack of grease."



A trailing pack, coming out of the woods in the 2K loop, National Masters 10K Cross-Country Championships, Rocklin, Calif., Dec. 14.

#### 10K Cross-Country

Continued from page 1

the race, producing a total of eight

The large number of M40-49 teams may have been the result of the taunting question - "Who's Got the Best Masters?" - in the ad run by the Local Organizing Committee in national running publications, and extensive preevent publicity.

The women's race, which went off promptly at 11:00 a.m., following two shorter community races, was won by Sandy Meister-Meridith, 40, San Diego TC. After running shoulder to shoulder from the 4K mark with Sara Freitas, 44, Impala Racing Team, Meister-Meridith sprinted to a foursecond win over Freitas in the last 100m with a 40:16 on the college track's sandy straightaway to the fin-

After the race, Meister-Meridith, a former kickboxer who started running two years ago, commented, "I bike raced for 10 years, so I know how to draft. I just stayed with Freitas, and she seemed to want to lead. I just sat right on her and used the wind to my advan-

Meghan Arbogast, 41, running for Team Oregon, which placed three in the top seven to win the W40-49 team championship, was third (40:29). Regina Joyce, 45, Club Northwest, won the W45 race with a sixth-place 40:44.

The two best performers were Shirley Matson, 62, Tamalpa Runners, whose 45:11 converted to a 31:39 for age-graded honors, and Long Island's Kathy Martin, 51, whose 11th place 42:40 is an age-graded 33:29. Two weeks earlier at the USATF Annual Meeting in Kansas City, both were honored as 2002 LDR Athletes of the Year in their age groups.

Matson spoke about the race, "After running on wet, slippery grass and plopping through sloppy mud while battling the winds, the sandy trail through the trees was a welcome relief. Spectators rang bells and shouted words of encouragement as we came out of the woods straight into the full force of the relentless wind. It was slow motion running. Was I really moving? I didn't seem to be going anywhere.'

Other notable finishers included Carolyn Smith-Hanna, Genesee Valley Harriers, second W50 (43:42); Joan Ottaway, West Valley TC, first W55 (48:39); Eve Pell, Impala RT, W65 winner (51:17): and Ruth Anderson, of California, W70 winner (74:54).

Unlike the women's race, the men's race, which went off at 12:15 p.m., was decided at about the 3K mark. Tony Young, 40, Club Northwest, who set the U.S. M40 mile record of 4:09.61 last June, darted to the lead early, with Bob Winn, 44, Greater Lowell RR, the defending champion from the 2002 6K Cross-Country Championships, Mobile, Ala., David Olds, 41, So Cal TC, and Danny Gonzalez, 40, Reebok Aggies, going through the first mile in

Olds overtook Young, and by 3K had a sizable lead and at 4K was 20 seconds ahead. He maintained his position, winning in 33:46. The best race was between Winn and Gonzalez, who, with 60m left, were side by side. Winn passed Gonzalez on the inside on the track and finished in 33:59. Gonzalez didn't quit and took third with a 34:00. Young faded to fourth (34:40).

A former marathoner, Olds, in an interview after the race said, "I had no idea how the race was going to set up. I figured with the wind, people were

Continued on page 7

#### 10K Cross-Country

Continued from page 6

going to group up into a pack. I was probably in 50th place for the first 600. I'm really a good downhill runner, so I said, 'I'm going to let it go on this downhill and just see what it's like.' I figured why not use my strength. If I could open up a 20-yard lead, let them catch me into the wind."

Olds' victory wasn't enough to win the championships for the So Cal TC. Gonzalez' Reebok Aggies Running "A" quintet was the winner with a total time of 174:51. Winn's Greater Lowell RR was a close second (175:48), and Young's Club Northwest, third (180:23).

The remaining team winners were M60-69 Victory AC, led by Ray Parrella, 67, 44:26, and M70+ Oregon TC Masters, led by John Keston, 78, 49:51. Leonard Hill, 50, of Oregon, had the best performance of the day with an inspired 17th-place 35:27, an age-graded 31:50. Winn was the second-best, at an A-G 31:57. John Barbour, 48, Greater Lowell, M45 winner with a 35:25, was third-best at 32:18.

The M40+ ranks were filled with experienced runners, including Bill Dixon, Greater Lowell RR, first M55 (39:16), John Brennand, Santa Barbara

AA, first M65 (43:56), and John Hepner, Oregon TCM, first M70 (51:35).

Of the course, Chuck Coats, 43, Oregon TCM, said, "Challenging but fun. The wind was brutal. How can you train for wind?" Don Paul, second M50, who led the Hoys Excelsior Running team to the M50-59 title, added, "I enjoyed it. A great cross-country course."

Not all finishers agreed. Thom Weddle, 62, of Minnesota, who ran in both the 8K and 5K Cross-Country Championships in November and was third M60 here (42:35), said, "While the 2K loop provided an opportunity to track your opposition and be tracked, no one I talked with after the race really liked the five-loop course. The wind probably impacted my time by 10 to 15 seconds per lap, and the decision to keep close to Rowley (first M60) instead of running my own race cost me another 30 to 60 seconds." Other runners estimated that the wind added anywhere from 30 seconds to four minutes to their times.

Individual and team winners were feted at an awards ceremony and BBQ at the Rocklin Community Center Saturday evening.

Reebok, Microsoft, and American



IEDDY WOLG

Carolyn Smith-Hanna #238, second W50 (43:42) and Mo Bartley, second W45 (43:02), National Masters 10K Cross-Country Championships, Rocklin, Calif., Dec. 14.

Track & Field were the primary sponsors. Meet directors were Joe Rubio and Peanut Harms, with assistance from the Pacific Association and 42

officials and countless volunteers.

The USATF National Masters Winter Nationals 6K Cross-Country is scheduled for Houston, Texas, Feb. 15. □

# COME AND RUN

# **USATF National Masters Half-Marathon Championships**



26<sup>TH</sup> Annual New Bedford Half Marathon

Hosted and sponsored by City of New Bedford, MA Frederick M. Kalisz, Jr., Mayor HALF MARALHUN

Proud home of the USATF National Masters Half-Marathon Championship

\$5,000 in Masters only Prizes

Sunday, March 16, 2003, 11:00 am SHARP

For more information and application: Phone (508) 998-5068

Web: www.coolrunning.com or www.gnbtc.org/nbhm/2003



# PAGLIANO'S PODIATRIC POINTERS The Foot Beat

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

#### Morton's Neuroma

ne of the more common running injuries, but probably one of the fewer recognized, is the interdigital neuroma. This can also be known as a Morton's neuroma or traumatic neuroma. This is an inflammation of the nerve sheath that runs between the toes.

This condition occurs most commonly between the third and fourth toes and is known specifically as a Morton's neuroma. The interdigital nerves themselves course between the metatarsal bones and end up in the adjacent toes.

Most runners complain of a burning or shooting pain in the front of the foot extending between the toes. There is also a numbness that can occur. As activity increases, so does the pain. Removing the training flat and massaging the foot bring relief. Marathoners often remove their shoes during a race and massage their feet to relieve the pain.

#### Diagnosis

The best way to diagnose a neuroma is to squeeze in-between the metatarsal head area. Most often this will cause pain, and the athlete will reflexively pull the foot away. Squeezing the forefoot from side to side also produces pain.

The first mode of treatment is to determine if the shoe is too narrow. Running and jumping shoes often run a size too small, causing a pinching of the forefoot and irritation to the nerve. By simply switching to a wider size, the symptoms may go away.

One may also want to add a 1/8" or 1/4" felt metatarsal pad under the metatarsal head area. This "spreads" the metatarsals and may offer some relief.

Icing after running will reduce the swelling and pain.

#### Injection Therapy

One of the most effective treatments is injection therapy. The use of a

#### FIVE YEARS AGO February 1998

- Steve Webster (44, 6:11:11), Janice Anderson (41, 7:09:35), Scott McKenzie (43, 3:43:16), and Claudia Kasen (40, 4:05:47) First Masters in USATF 50 Mile & 50K Masters Championships, Houston, Texas
- Cindy Keeler (40, 2:44:09), first woman overall, and Antoni Niemczak (41, 2:28:07) Take Masters Wins in Rocket City Marathon
- Don DiDonato (40, 33:05) and Gillian Horovitz (42, 39:15) Lead Masters to the Finish in Chilly NRRC Joe Kleinerman 10K, Central Park, NYC

non-steroidal anti-inflammatory can reduce and break up scar tissue in the area. We have had some reduction of the neuroma using an alcohol, sclerosing agent, which is denatured alcohol, and short-term local anesthetic injected into the intermetatarsal area.

I have noted that athletes with Morton's neuroma also have associated forefoot and rear foot biomechanical deformities, which can cause a medial column collapse and irritation to the metatarsal head area. One may want to try a foot orthosis or over-the-counter insole to relieve forefoot pressure.

In some cases, we have used physical therapy with ultrasound and electrical stimulation to reduce the neuroma pain.

#### Excision

The last step would be to excise out the neuroma. This can be performed under local anesthesia. Recovery takes three to six weeks.

Neuromas are a common athletic injury and are quite painful. It is usually necessary to seek some type of treatment for this condition.



FROM JEFF BATY

Johnnye Valien, W75, of California, second (2971) in the W75 division, National Masters Weight Pentathlon Championships, St. Amant,

#### 2003 Rankings Update

By DAVE CLINGAN

After many years of outstanding service as USA Masters T&F Rankings Coordinator, Jerry Wojcik is stepping down, and I will be taking over during the next outdoor track & field season. It is my goal to maintain the high levels of accuracy and completeness that Jerry and his dedicated staff of volunteers have achieved in the past. I am very much aware that rankings lists are frequently utilized and highly valued by masters athletes.

Before I begin describing the features I plan to implement next year, let me highlight a couple of important points. First, Jerry will continue to coordinate the indoor rankings for the 2002-03 season, which means all indoor performances not appearing in



JERRY WOJCIK
Jack Keener, 71, Oregon TC Masters, second
M70 (56:44), National Masters 10K X-C
Championships, Rocklin, Calif.

the National Masters News results should be submitted to him at NMN, P.O. Box 50098, Eugene, OR 97405, or JerryWoj@aol.com.

Second, world rankings, which I have previously maintained on the mas terstrack.com Web site, are now being taken over by Ross Dunton on behalf of WMA. To ensure that your marks are included in the 2003 world lists, please contact Ross at coachr880@bell south.net.

Starting this spring, I will begin posting USA masters rankings lists on the Internet. They will be located on the USATF Web site in the masters section. They will be updated frequently as the outdoor season progresses and will appear similar in format to the world masters rankings you may have seen on the masterstrack.com Web site.

Basically, they will include the top 25 performances by U.S. athletes for men and women in every event for each five-year age group, starting at age 30. (The age 30-34 and 35-39 lists will be compiled by a designated individual yet to be selected.)

Various sources will be accepted for the 2003 outdoor rankings. Meet results published in *National Masters News* and posted on the Internet will be processed. However, not all meets will be considered eligible for rankings consideration. Results from certain meets specifically identified as substandard by the Masters Regional Coordinators for their respective regions will be excluded. This list of ineligible meets will be posted early in the spring.

Results submitted by individual athletes will also be accepted. Athletes will be asked to fill out and submit an online submission form, providing relevant info such as meet name, date, contact, etc. Athletes will also be able to mail me their results and necessary data.

At the end of the season, the 2003 USA rankings lists will be published in *National Masters News*. □

### 2003 Indoor Season Rankers Ready

Masters athletes whose best marks for the 2003 indoor season do not appear in the *National Masters News* by the May issue should send them to the rankers below

55m, 60m, 200, 400, 800, 1500, 3000, 55mH, and 60mH: Larry Patz, 534 Gould Hill Rd., Contoocook, NH 03229; e-mail: B6883578@aol.com.

Mile, HJ, PV, LJ, TJ, SP, WT, SW, and 3000RW: Jerry Wojcik, National Masters News, P.O. Box 50098, Eugene, OR 97405; e-mail: jerrywoj@aol.com.

Athletes are urged to notify rankers of errors in marks, names, and age groups to help assure correct results.



M55's Warren Hammill (I) and Bill DeHorn are expected to compete in the first Canadian Masters Indoor Championships, Toronto, March 8.



# Master Scope By ROGER PIERCE

### Running 200s and 400s on Indoor Tracks

y high school indoor track experience was in an Army reserve armory building, a large room which had one 4 x 8 piece of plywood raised up at a 35-degree angle on each corner of the "track," which was nothing more than a 150-yard confined oval on a very dirty, slippery wooden floor.

No spikes or starting blocks were body to want to drift to the outside of the

No spikes or starting blocks were allowed. Races on the oval meant survival of the fittest. It was so dangerous that the 300-yard races were set up so that the competitors ran two at a time, each runner started on opposite sides of the "track", and chasing each other down. People fell quite often and injuries were common.

The 160-yard wooden banked Madison Square Garden type indoor tracks were better, but it was still an adventure for most of us the first few times we competed there, even in college. Many a talented sprinter suffered through disastrous spills and stumbles in races on these old tracks.

Today, synthetic Mondo-type surfaces on 200m flat and banked tracks are the norm

Indoor 200 and 400 sprinting should not be confused with their outdoor counterparts. They are a horse of an entirely different hue. At first glance the new 200m indoor tracks look quite cozy and compact. The truth is that they are more like coiled serpents and can be extremely unfriendly to sprinters, particularly to those with little or no experience (read sprinters from warm climates) on these creatures.

While it may seem obvious that indoor tracks need to be negotiated differently than outdoors, they still manage to surprise and shock runners at every competition.

It is a particularly good idea to inspect the track by walking a couple of laps in order to get a feel for the surface and tightness of the turns (banked and flat). Is it bouncy, does it rise or drop off, are there dead spots? Talk to people who have raced on it and ask them what to be aware of. Runners like to share information.

Don't be surprised at the start of a race if you find yourself in the set position on a high turn in lane 5 or 6, tilting to the left and literally falling out of the blocks (someone has to be there). Do not step on the inside line in your lane at any time during the 200; the officials will disqualify you.

In the 400, you must stay in your lane until the break point approximately 160m into the race off the second turn. Know where the break point is, look to your left and check your position, do not impede anyone as you move to the inside lane.

Turns on the indoor track sprint races can be particularly dangerous for inexperienced runners. One should lean a bit to the inside on the turn without too much of an exaggerated motion because at high speed, there is a tendency for the track and out of the lane.

Usually taller sprinters drift more because of a high center of gravity.

Smaller sprinters are not immune to this force, and it is not unusual to see some folks fly out of their lanes or just crumple to the track, sometimes taking others down with them, roller derby fashion.

Beware of the imperfections, soft spots and dips on the track, because if you hit them at full speed (and you will) your legs may not recover fast enough to hold you up. Remember these spots from your earlier inspection and have a general idea where they are. You still may hit them and break stride, but hopefully you will be able to maintain control a little better if it doesn't take you completely by surprise.

If you like to run from behind in the 200 or the 400, you should know that it can be much more complicated and dif-

ficult on an indoor track.

Sprinters have a tendency to bunch up, particularly on turns, and there is always the chance of someone going down in front of you.

To pass someone in the last part of a 400, you usually have to begin gathering speed at least 100m from the finish. A good tactic is to be very close to the leader on the final turn, gathering momentum so that you can sling-shot off the turn down the final straight and perhaps win in spectacular fashion.

Many races (we have all seen them) have been won by less than an inch. If you have starting blocks and you know how to use them... use them. Don't give up any advantage, even if it is only a few inches.

### SADDLEBACK MASTERS' MEET

#### Saturday, March 8, 2003 @ Saddleback College, Mission Viejo, CA

AGE: 30+ for men and women, 5 year age groups

DIRECTIONS: Located between L.A. & San Diego (5 Frwy, Exit Avery). 15 minutes south of Orange County Airport.

FACILITIES: New urethane track, runways, javelin approach, high jump apron. AWARDS: Medals to first three.

ACCOMMODATIONS: Many hotels/motels and restaurants within 5 miles of campus.

ENTRY FEES: \$20 for first event (includes "T" shirt), \$5 per each additional event, and Family Relay is free.

LATE ENTRIES: Accepted on the day of the meet, but you <u>must</u> enter at least one hour prior to events to insure entry. \$10.Late Fee is additional to other fees.

NO REFUNDS: All proceeds go to Saddleback College Foundation and used for new track equipment & scholarships.

Mercurol W	Para Salan	Carl School	Villa III	STAR LEGAL		-10	ulteil			
Time	Event	"X" Events	Time	Event	"X" Even	15 1	lime	Event	"X" Eve	ents
10:00 am	Javelin		12 noon	5K Run (Mer	& Women) [		2:30 pm	300 Huro	lles Women	
	Long Jump			60m Hurdles	Women [		2:45 pm	300 Hura	les Men	
12:00	Shot Put			60m Hurdles	Men [	ם	3:00 pm	800 Wom	nen	
	Pole Vault			1500 Wome	n (	וכ	3:10 pm	800 Men		
	High Jump (			1500 Men			3:20 pm	60m Won	nen	
2:00 pm	Triple Jump			300 Women		)	3:40 pm	60m Men		
	High Jump (.	5' Start)		300 Men		וכ	4:00 pm		n & Men	0
	Discus		The same				4:20 pm	Family Re	lay	0
Total Amo Mail Entry	ount Enclosed	Saddleback (	event). # of ad (CHECK College Athleti Contact Mark	PAYABLE TO: c Dept., 2800 k (949) 582-4	SADDLEBA 00 Margueri 1640	ACK C	OLLEGE y, Missio	FOUNDAT	A 92692	
ADDRESS				CITY				« ST	ZIP	
PHONE (			FAX ( )		E-MA	AIL				
PAYABLE T MAIL TO: ATHLETE'S release an Saddlebac their official	O: SADDLEB Saddleback Atten: Mark WAIVER: In d forever dis k College, that als or agents y duly autho	SACK COLLEG College Alhlel Blethen consideration scharge any are me meet director. I certify that	S M L E FOUNDATIO ic Dept., 2800 You may of your accept ad all claims fors, field officia my level of tra s of the medica	ON. OO Marguerite or contact Mar stance of my or or damages was als, volunteers ining is such	e Pkwy, Missi k Blethen at entry, I hereb which I may h s, and all oth that I am pre	ion Vie (949) by for r nave, co er spo pared	582-464 nyself and or may he nsors and to compe	d executor d executor ereafter ac d sports fa ete and re	s waive, crue, agains cilities or cognize the	
Athlete's S	ionature				De	ate	1-1-1			



# Masters Racewalking

**By ELAINE WARD** 

### William Risser – Fitness and Exercise Basics, Part II

Tilliam Risser, M.D., a prominent orthopedist in Pasadena, Calif., founded the Risser Orthopaedic Group. He has served as President of the American Academy of Applied Nutrition, as professor of orthopedics, and member of many orthopedic societies, and is a strong advocate of exercise. The following, adapted from a long article he wrote, titled "A Program for Muscular Fitness," continues an earlier discussion on fitness and exercise basics.

#### **Postural Muscles**

Exercises are necessary to educate and strengthen muscles to perform their postural function properly. When muscles pull down with gravity, weight thrust is put on the bones, and bones thrive under weight thrust. This is best accomplished when the thrust is through a straight column. If weight thrust is put on a curved column, the ligaments at the convexities get the stress, and ligaments do not stand stress well.

Most of the following postural exercises should be done in a recumbent position. They are designed to educate muscles to pull down with gravity when in a standing position. Stretching must

#### **TEN YEARS AGO** February 1993

- Beurskens (40, 2:32:13) of the Netherlands is First Female Overall in the 20th Annual Honolulu Marathon
- · Claudia Ciavarella (43, Gary 3:04:39) and Romesser (42, 2:26:02) Win Masters Titles in **Rocket City Marathon**
- Wilson Waigwa (43, 30:47) and Frances Larrieu-Smith (40, 34:55) Win in Charlotte Observer 10K

be done slowly. A firm surface is important. (Exercises should be held 15+ seconds or repeated 10-20 times. - ew)

#### For the Back

Prone pelvic position, to flatten the lower back: Lie face down with pillow under lower abdomen and arms relaxed at sides. Alternately pinch and relax buttock muscles. Repeat.

Knees to chest, to stretch out the lower back: Lie on back with hands clasped over knees. Draw knees down to chest. Return to arm's-length position and draw back to chest. Repeat.

Pelvic rotation, to flatten the lower back: Lie on back with knees bent and heels on floor close to buttocks. Hands under head and elbows relaxed on floor. Rotate pelvis by contracting buttocks and raising them slightly from floor. At the same time flatten the lower back to floor. Hold. Do not initiate this movement with abdominal muscles.

Half over knees to chest, to stretch the muscles on one side of the lower back: Lie on back with hands clasped over knees. Carry knees halfway to the right side and draw to chest. Relax to midline. Alternate to left side. Repeat.

Straight leg roll, to stretch posterior muscles: Lie on back with knees bent. Draw knees to chest and straighten legs. Grasp ankles, pant legs (or lower legs). Keeping feet dorsiflexed, rock entire body back so that toes touch the floor above the head. (You may choose not to rock completely back, but to stop with toes somewhere between overhead and floor. - ew)

Bridge, to straighten thoracic spine.



Pat Detloff (r), 1st M50 (25:52.45) 5000 RW, 2002 Hayward Classic.

Lie on back with knees bent, both hands under back of head, elbows relaxed on floor. Raise upper back from floor, forming bridge between head and lower back. Eventually this should be done keeping lower back on floor. Hold.

#### For the Hips

Straight leg abduction, to increase side flexion of the hip: Lie on back with left knee bent, right leg straight. Hands under head and elbows relaxed on floor. Lower back flat on floor. Turn toes of right foot in. Swing right leg, heel leading, sharply to right side keeping it close to floor. Return immediately to starting position and rest. Alternate legs. Repeat.

(Pretzel, to stretch hip flexors: Draw knees up so legs make right angles with floor. Place left ankle over right knee. Draw right ankle into body with left hand and hold 20 seconds. Relax. Place right ankle over left knee. Draw left ankle into body, etc. - ew)

#### For the Trunk

Arm stretch, to stretch trunk muscles: Lie on back with knees bent, right arm well above head and left arm along body. Keeping lower back flat on floor, stretch right arm upward and left arm downward. Hold. Reverse position.

Side tip of the pelvis, to stretch lateral trunk muscles: Lie on back with hands clasped over knees. Draw knees to chest and to right side, left side of pelvis coming up to ribs. Alternate to opposite side. Hold.

Straight leg stretch, to stretch lateral trunk muscles: Lie on back with left knee bent, right leg straight, hands under head and elbows resting on floor. Stretch right leg to make it longer, heel leading. Reverse position. Repeat. (Or, with both legs straight, alternate stretching legs leading with heel. - ew)

Neck stretch, to stretch the posterior muscles of the neck: Lie on back with knees bent. Raise arms above head, reach over head and place palms of hands on back of head. Raise chin to chest with hands. Slowly stretch back of neck until neck flattens on the floor.

#### Standing

Hyperextension over a table, to straighten the upper back: Place a pillow on waist-high table. Bend over table with arms at sides. Straighten upper back by raising head and shoulders from table. Keep chin in.

Sprinter's exercise: With both hands on floor, assume a modified sprinter's position with supporting leg at right angle to floor and other leg straight back, toes on ground. Let body drop to floor keeping leg straight. Hold.

Walk up, to stretch and straighten the posterior structures of the leg: With legs straight and hands on floor in an allfours position, kick straight leg upward. Alternate legs, each time advancing the returning foot slightly, forward toward

Forward bend down, to stretch posterior muscles: Stand with feet parallel, weight on outside of bottom of feet, knees slightly bent. Drop forward and down. Let the pull of gravity on the trunk increase the stretch. The effectiveness of this can be increased by raising the trunk four to six inches and gradually dropping again with gravity.



If you are interested in SUPPORTIVE nutrition and knowledge phone to order the free Nutrlife Newsletter, a \$5.95 value for free.

Product types featured: Allergies, Anemia, Antiging Male and Female, Natural Anti on, Anti Oxidant, Anxiety and Depression, Arthmas, Stronger Bontes, Drami, improved Stronger Bontes, Diabetes, Digestive Aids, Emotions, Energy, Exercise, Eye, Food and Snack Replacement, Green Superfood, Hair, Skin and Nails, Heart, Hemorrhoids, Hot Flashes Minerals and Food Replacement, Multi-Vitamins, Mu rals and Food Replace ng, Parasites, Fungus, Post Menopause, Prost Protein, Skin Care, Cooking, Immune System, Infection offammation, Joint & Muscle Pain, Kidney, Lazarive, Liver, Male Potency, Sleep Aid, Thyroid, Trim Body Fat

Phone Toll Free 800 726-8404 www.NutrLife.com orders@NutrLife.com



Bob Winn, 44, passes Daniel Gonzalez, 40, with 50 meters left to take second place (33:58) by one second, National Masters 10 K Cross Country Championships, Rocklin, Calif., Dec. 14



# LDR Report By CAROL LANGENBACH

### **Masters Cross-Country Rules Clarified**

aving served as referee of the masters races in the Fall Cross-country Championships 10K in Rocklin, Calif., I'd like to call attention to some of the rules pertinent to masters cross-country running. USATF's Rules of Competition, including cross-country, apply to masters unless otherwise provided in the masters section.

#### Team Uniform

Rule 144 states that the singlet worn by the members of a team in cross-country shall be basically identical for each member in color and style, and must be clearly visible throughout the race (worn on the outer garment). Individuals not complying with this rule may be disqualified from scoring for a team.

In Rocklin, a protest was filed regarding this rule, and, as referee, I upheld the rule. Later the protest was withdrawn, but in a team sport like cross-country, being able to identify your competition is vital. To be honest, I wasn't entirely aware of the rule myself, since it had never come up in masters competition before.

#### Club Representation

Regulation 7 deals with the policies of USATF team affiliation and membership. There are three main ideas here: 1) an athlete shall be considered a member of the Association in which the athlete is a bona fide resident, 2) an athlete may compete for a local club that is a member of the athlete's Association, 3) an athlete may become a member of another Association (not his resident Association) by agreement of the two Associations. If the two Associations cannot agree, the athlete may ask for a national hearing to seek the exception.

There are several reasons why an athlete might want to use Item 3. He may live close to the border of another Association, or there may not be a club to meet his needs in his own Association. What is implied here is that the athlete should get his USATF membership card where the club is registered, and he should put that club's name on his USATF membership application so it can be recorded on his USATF card. When that athlete enters a national championship, his membership Association must match the club's Association.

While there is no specific time frame outlined in Regulation 7, the agreement referred to above is best handled long before the competition occurs. Also, if an athlete wishes to transfer from one club to another, the athlete must serve 90 days in unattached status, unless the local Association determines that the change was caused by events outside the control of the athlete and is in the best interests of the athlete. This exception has been interpreted to mean that the two clubs involved can

come to an agreement on the athlete's representation.

The key word is "representation," because athletes may belong to several clubs, but can "represent" or "compete" for only one at a time.

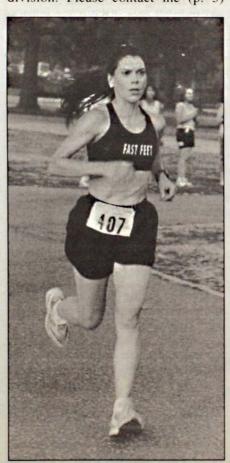
#### **Team Scoring**

The current rule for masters crosscountry scoring in national championships is to add the times of the scoring members. For men's 40+ and 50+ teams, five score, but eight may be declared. In men's 60+ and 70+ and all women's teams, three score, but eight may be declared.

A rule recently passed at the USATF Annual Meeting states that all declared members of a team will receive championship awards, not just the scoring members. Remember, also, that the club must be a member of USATF in addition to each athlete's membership in USATF.

#### Task Force

I have been directed by the Crosscountry Council to gather opinions regarding the method of scoring masters cross-country and the number of scorers required for each team division. Please contact me (p. 3)



MIKE POLANSKY Elizabeth Ratner, 42, first master overall (19:02), Sprint for the Parks 4 Mile, East Meadow, N.Y.



Top five M60-64, USATF National Masters 5K X-C Championships, Holmdel, N.J. (from I): Bill Borla, 1st (19:26), Thom Weddle, 2nd (20:17), Sid Howard, 4th, Pat Cosgrove, 3rd (20:47), and Edward Smith, 5th.

with your opinions. The next opportunity to change these rules will be at the USATF Annual Meeting in December of 2004.



# PROFILE

#### On the Road With Claudia Kasen

By SUSANNAH BECK

istance runner Claudia Kasen is a familiar name to anyone who has followed masters road racing over the past few years. She races all over the country from the 5K to the marathon, trains over a hundred miles a week with the help of three lucky dogs, and occasionally throws in a round of speed-golf.

Kasen, 45, has called several cities home in the past decade, following a trail of Sea Worlds around the country from Williamsburg to San Antonio to Orlando (her husband, Keith, is the GM of Sea World/Orlando). Her running has felt the effects of the moves as new climates and communities offer better or worse opportunities to train well. Twenty years into the sport and still exploring, Kasen has recently started working with coach Alex Pozdnyakova, coach/husband of Ukrainian wunderkind Tatyana.

Vital statistics: Born Feb. 7, 1957, Honolulu. Married 25 years to Keith; one daughter, Sonya, 22; three labrador dogs, two cats, and a bird. Studied accounting but not working currently.

Where did you grow up, and how did you get to Orlando?

I grew up in an Army family and moved every few years. I spent a few years in Germany in grade school and went to high school in Seoul, Korea. I started college at ASU and took a semester in England where I met my husband and got married. He was in the Navy at the time, so we continued moving.

After Keith retired from the Navy he went to work for Sea World in Orlando. Since then we have moved to Williamsburg, Va., San Antonio, and back to Orlando, three years ago.

When did you start running and competing?

I never ran in high school or college; I started when I was 25. I wanted a convenient way to get in shape. I had tried classes and gyms, but I found it too hard to work into my time

#### TWENTY YEARS AGO February 1983

- Comic Bill Cosby, 40, Begins His T&F Comeback With a 7.5 60y and a 5-2 HJ in the ARCO/7-Up Indoor Meet in Philadelphia
- Jack Foster (50, 2:28:15) is First Master in Honolulu Marathon
- Alton Migues (42, 2:30:07) and Ann Diaz (42, 2:53:38)
   Are Top Masters in the Rocket City Marathon

schedule. I had a young child and I was working. I needed to do something that was the least demanding on my time.

What are your fastest years, so far? I ran my very best when I was in my mid-30s. It also happened to be when I was working and going to school and had a young child. That is when I ran most of my PRs in the Track Shack races in Orlando. I also ran my marathon PR then at Chicago (2:47:27).

I came very close to running PRs again after I turned 40. I ran within five seconds of my marathon PR and ran a number of very good (for me) 10K to 15K races. I think that was because I had moved to Texas.

The change in my running environment was good for me. There were a lot of good runners to train with, and it was hilly, which improved my strength over time.

What is the most memorable race of your masters career so far?

I would have to say that qualifying for the Olympic Marathon Trials as a master was a highlight. I qualified at the Houston Marathon on a hot, humid day, and had to stop twice during the race to stretch out a hamstring cramp. At mile 24, I realized that I had to change pace to make the time, and I did it with only 10 seconds to spare.

My most memorable marathon was San Antonio '97 because I think it is the only marathon that I felt great from start to finish. I ran 2:47 there as a master, and I couldn't believe how easy it felt. I wish they all were like that.

Do you work out with a coach or group, or are you self-coached?

I have worked with coaches in the past. I am more inclined to work harder if I am accountable to someone

# 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.



VICTOR SAILER / PHOTO RUN

Claudia Kasen

else. But I have had many years where I coached myself, too. I do try to arrange my hard workouts so that I have someone to run with. It is just easier mentally when you aren't out there alone

How do you schedule your training throughout the year?

I train all year. I boost my mileage in the summer and try to work on strength by running more hills and tempo runs. During the spring and winter (Florida racing season), I cut my miles back and do more track workouts.

Describe a typical week in your present training regimen.

I typically run 10 miles as my daily easy run. I have three labs that I run with. I run all three each day in shifts. If I run with more than one at a time I don't have as much control, especially if a squirrel or rabbit happens by. I usually run one track workout a week, one tempo run, and one long run of 12-15 miles if I am not marathon training.

During racing season, my track workouts become more focused and I taper before races. If I am training for a marathon, I run more miles and my workouts become more specific for marathon pacing. I think my favorite workout is 1000s. I also like doing the long tempo runs.

How has aging affected your training and competing?

I think I am training as hard as I did 10-15 years ago, but I bet if I looked back at my old logs I would find that I don't. I am actually a lot healthier. I rarely get injuries. I can remember not being able to sit "Indian style" because I was so tight. I am much more flexible now, and I don't know why that is. Perhaps it is because I don't train as hard.

How did you come to be coachedby Alex Pozdnyakova?

Tatyana was my roommate at the Crim 10 Mile two years ago. I was having a hamstring problem, and she invited me to go to her house in Gainesville to have her husband work on me (he is a chiropractor/massage therapist).

How does his training differ from what you have done before?

The workouts are very long, but at a slower pace with less recovery. For instance, my 400m workout was usually 10-12x400 at .77 with 200m recovery. His is 20x400 at .82-.84 with only 100m recovery. For the marathon, I did a lot of 1000s and 2000s at marathon pace with short recovery.

The workout he gave most often was alternating 1000s: a two-mile warm-up, 1000 hard, 1000 medium-hard, 8 each, two-mile cool-down. Also, the mileage was high: 110-120 miles a week. It's double sessions every day, and always a long run (15 miles a.m., 6 miles p.m.) after a hard workout day. That was the hardest part of the training.

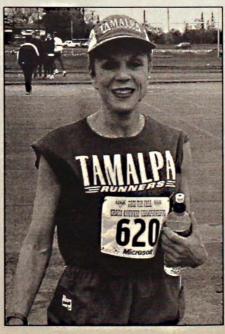
There was one easy short day a week. You had to run exactly the pace he said and no faster, and there was also a lot of massage and adjustments.

What are your short- and long-term running goals?

I would like to run another good marathon. I want to continue traveling to races and competing, even as I move into older age groups and even as my times slow. I always will enjoy running, whether I am running fast or not.

What motivates you to keep training?

I love running and I enjoy the friendship of the people I train with. I get motivated by other people's good performances.



JERRY WOJCII

Shirley Matson, 62, top woman age-graded performer with a 45:11, National Masters 10K Cross Country Championships.

Total (US\$)

2.00

The National Masters News now takes VISA and MasterCard for subscriptions and gift subscriptions on its Internet Web site:

www.nationalmastersnews.com

This will enable foreign athletes to subscribe without having to convert foreign currency to U.S. currency.

#### Boston Preview

Continued from page 1

Pentathlon Championships on Friday morning and continues on Saturday and Sunday with a full schedule, including the 60H, mile, superweight, 4x800 relay, and 3000 racewalk, before it closes with the 4x400 relay and triple jump.

The Championships entry form, with the schedule and other important information, was published in the January issue of NMN. Additional information is available at www.usatfne. org, and 617-566-7600.

The USATF-New England Association is presenting the meet, under the administration of past directors Steve Vaitones and Phil Byrne.



Emil Muller, M65, of Canada, will be competing in the inaugural Canadian Masters Indoor Championships, Toronto, March 8.

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.

**PUBLICATIONS ORDER FORM** 

Masters Age Records (2002 Edition)

Men's and women's world and U.S. age bests for all track & field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 2001. 56 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, USATF Masters T&F Records Chairman. \$6.00.

Masters Track & Field Rankings (2001)

Men's and women's 2001 U.S. outdoor track & field 5-year age group rankings. Coordinated by Jerry Wojcik, USATF Masters T&F Rankings Chairman, All T&F events, including mile, relays, weights, racewalks, and combined events. \$8.

McMahon Family Trust Masters Track & Field Indoor Rankings

Indoor rankings for 2002. 4 pages. \$2.00. Masters Age-Graded Tables

Single-age factors and standards from age 8 to 100 for men and women for every common track & field, long distance running, and racewalking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 60 pages, including samples and charts. Compiled by the World Association of Veteran Athletes. \$6.00.

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 Mar. 1, 2002; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, 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 March 1, 2002 (world) and November 30, 2001 (USA). \$2.00.

Competition Rules tor Athletics (2002 Edition)

U.S. rules of competition for men and women for track & field, long distance running and racewalking—youth, open and masters. \$12.00. USATF Directory (2002)

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

New! WMA Handbook (2001-2003)

Contains 2002 WMA New Age-Factors for All Combined Events, Constitution, By-Laws, Rules of Competition, History of Masters Athletics & More.

In English, Spanish, French, German. 170 pages. \$8.00 USATF Governance Handbook (2002)

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

Running Encyclopedia, The Ultimate Source for Today's Runner
Twenty-six chapters from A to Z of history, facts, personalities, events, terms, and pictures of running by Joe Henderson and Richard Benyo. Chapter W, for example, starts with "waffle sole" and ends with "Wysocki, Ruth." A must for every runner's library.

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.

USATF Logo Patch 3 color embroidered 4" x 3". \$4.50.

USATF Race Walking Patch. 3-color embroidered 4" x 3" with gold trim. \$5.50. USATF Cross Country Patch. 3-color embroidered 4" x 3" with gold trim. \$5.50.

USATF Lapel Pin. 3-color USATF Logo on 7/8" soft enamel lapel pin (nail pin back with military clutch). \$5.50.

USATF Decal. 3-color. 3" x 2-1/2". \$2.00.

2002 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.

**Running Research News** 

Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. \$35.00 per year.

Back Issues of National Masters News

Issues: \$3.00 each. \_ Postage and Handling Overseas Air Mail (add \$5.00 per book) TOTAL

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

Name \_

Address \_\_\_

City\_\_\_\_\_State \_\_\_\_Zip \_\_\_\_



# The Weight Room

By JERRY WOJCIK

#### Get the Word Out

ne of the hats I've worn for years will be headed for St. Vincent de Paul after the publication of the 2002 Outdoor Rankings Book this spring. Dave Clingan, who voluntarily did a monumental task when he instituted the international rankings on the Internet, will bring the U.S. rankings electronically into the 21st century. I'll be involved on a smaller scale in the indoor rankings with Larry Patz, the masters All-Time, All-American ranker, who has been doing them for over two decades, and is still working on perfecting a computer program that we'll be using this year.

#### A Puzzle Solved

In compiling the rankings in the javelin, I've been puzzled about why a lot of athletes compete just once a year, and consequently have only one mark, often a good one, in their portfolios for their events, and impressed with the large numbers of competitors in the age-50-and-over age-group rankings. In both cases, Senior Olympics/Games participants are implicated.

As contradictory as that may seem, it occurs, I guess, because many SO athletes don't generally compete in events outside of their states or cities, but there are so many SO meets that their raw numbers beef up the lists.

#### Misconception

You've heard me sing this song before here, but why don't we attract more SO athletes to our USATF meets? The most popular answer to that question is that SO participants perceive that "masters" meets are for a group of elite former Olympians and collegiate All-Americans who, in their intense quest for records, would beat the pants off the unfortunate SO souls who dared to meet them on the field of battle.

That's an over-simplification, and couldn't be farther from the truth. I would venture to guess that less than 5% of us were outstanding athletes in our younger days. Those of us who've



John Selleh (I), meet director, and Ray Feick, M70, top scorer (4427), Clearwater Throwers Classic, Clearwater, Fla., Dec. 7.

discussed this question agree that the masters mystique is not the same as that of SO athletes, but let's look at some numbers.

#### **Checking the Figures**

Five W65s competed in the javelin at the 2002 Championships in Orono, Me., with marks ranging from 23.02 for first to 13.20 for fifth. The W65 javelin rankings for 2002 have 29 entries (a few really bad marks were left off the final lists), with marks ranging from 30.25 by Erika Messner, primarily a masters meet thrower, at the top to 11.48 at the bottom. The fifth-place 13.20 at Orono is 25th in the rankings. I can identify most of the throwers who are masters and those who are crossovers and do both masters and SO meets, and estimate that about 40% are solely SO throw-

The W70 division at Orono had no, zip, nada, nil throwers. The W70

# THROWERS TRAIN YOUR BRAIN!!!

The Long & Strong Throwers Journal (LSTJ) is a quarterly publication dedicated to the throwing events in track and field. It is the only throwing periodical of its kind in the world. LSTJ is about more than technique and training. Elite athletes and

coaches give insight into their keys for success and the personalities behind their achievements. LSTJ's interviews with top name throwers such as Adam Nelson, Suzie Powell and Breaux Greer and legends such as Al Oerter, Michael Carter and John Powell are just what you are looking for. Technique tips from knowledgeable athletes and coaches such as Jud Logan and Jay Silvester are invaluable. LSTJ provides throws coverage and photos from major competitions that you won't find anywhere else. Whether you are a coach, athlete or official, or a Scholastic, Open or Masters competitor, it is crucial that you never seems.



Masters competitor, it is crucial that you never stop learning! Let Long & Strong help you reach your potential!

### www.longandstrong.com

Four Issues (1 Year): \$20 (U.S.) \$24 (Foreign-U.S. Funds). All Back Issues, plus future issues through July, 2003 for \$100 (\$120 Foreign). Checks/Money Orders/MasterCard,Visa

Name	
Address	State of the second
City, State _	And the state of
Zip	Phone
E-Mail	
Comments	

# Credit Card Orders MasterCard \_\_\_\_ Visa\_\_\_ Account #\_\_\_\_

Expiration Date\_\_\_\_

#### MAIL/PAYABLE TO:

Glenn Thompson, 3604 Green Street, Harrisburg, PA 17110 (717) 238-1720

#### FIFTEEN YEARS AGO February 1988

- Irishman Patrick Murphy (40, 2:31:57) and Bobbi Rothman (40, 2:49:34) are First Masters in Rocket City Marathon
- Bill Rodgers Edges Frank Shorter – 30:49 to 31:10 – to take the M40 Title in the Charlotte Observer 10K
- 900 Japanese Masters Compete in the All Nippon T&F Championships in Hiroshima

javelin rankings show 22 throwers, from a top 23.72 by Barbara Brandt to 9.68 at the bottom. More than half are SO participants and one-timers only.

The men's rankings are essentially the same, with SO throwers making up significant portions of the top 25 javelinists in the M50+ groups. I'm sure that the same is true for the other throws and track events, except for the non-SO hammer and weight, especially in the 70-and-over groups, which, in the past, have shown up in droves for the biennial NSG/SO Championships.

#### **Higher Involvement**

So, what's the point? We, as individuals and an organization, should be taking steps to involve SO throwers into our system.

Who needs more athletes, you ask? Large entries are already stretching championships' time schedules. True, but masters association and regional championships haven't fared as well as the nationals. Few associations hold a masters championships, or, if they do, combine it with the open. Only one regional indoor championships was held in 2002.

Some recent regional championships have had to go begging for directors, sites, and entries, if they were held at all. If not winners, SO athletes can be very competitive at the association and regional levels.

Will a campaign to draw SO athletes result in a mass migration to masters meets and make them all whopping financial and competitive successes? Probably not, but pulling in a handful for a local masters meet would help, especially if they bring in more handfuls for the next meet.

Doing something on a national level to entice SO athetes is beyond the scope of this column, but those of us who compete in both arenas should make an effort to assure them that the level of competition at most masters meets is not so different from that at a Senior Olympics/Games meet. And, if they aren't all that competitive, no one really cares.

Besides, after looking at their names for years, I'd like to meet the people whose marks I've ranked from the results of the Delaware, North Carolina, Wisconsin, Louisiana, Nevada, and other Senior Games/Olympics.

# Need Back Issues?

Most back issues of the *National Masters News* are available for \$3.00 each, plus \$2.00 postage and handling for each order.

Send to:

National Masters News P.O. Box 50098, Eugene, OR 97405 **Records Section** February 2003 page 15



#### **New Indoor Age-Group Records Compiled**

In this issue are the new world and U.S. five-year indoor age-group track and field records for men and women. The world marks are those compiled and approved as of Sept. 15, 2002, by the Records Committee of World Masters Athletics (WMA). The U.S. records are those compiled and approved, as of Dec. 7, 2002, 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 agegroup 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 published in the WMA Handbook. It will also be printed in the May 2003 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.

the length of one lap was \_\_\_\_\_ meters .



Kimberly Griffin #257, W40, leads Susan O'Connor, W45, in the mile, 2002 National Masters Championships, Boston.

\_\_\_\_centimeters or \_\_\_\_yards \_\_\_\_feet \_\_\_inches,

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

#### APPLICATION FOR RECORDS

Send to:

Pete Mundle, Coordinator, USATF and WMA Records Committee, 3955 Bentley Ave., Culver City, CA 90232, USA.

-	-	-	~~~~		
To	THE	RE	CORD	COMMITTEE	ì

Time

To THE	RECORD (	COMMITTEE:		
Application	n is hereby made	for a record in supp	ort of which the follow	ving information is submitted:
Descriptio	on of Record:			
World	American	Association	Championship	Collegiate
		Group Master	THE RESERVE OF THE PARTY OF THE	
				th certificate or other proof of age). (Indicate
1. Event_		2. Date and	Time of Day	Men/Wome
3. Record	claimed (time, dist	ance, height or points achi	eved)	Indoor/Outdoo
5. Force of	following wind	Aner	nometer	Attendant's Signatur
				(print)
	(In relay o		mpetitors should be printed in the	ir running order)
			ATIC TIMING	
(If fu	lly automatic timing wa	s used, complete this section.	regardless of the distance of the	race and attach a print of the photo)
The time	automatic timin	g device, made by _	, and this was the off	, was used.
The time r	ecorded was	New York of the latest of the	, and this was the on	iciai tinic.
	Photo Evaluator)		(Address or USATE	Official's Registration Number)
-	Chief Timekeeper)	Call of the Call o	(Address or USATE (	Official's Registration Number)
		TIMEKEEPER	S'S CERTIFICATES	
time set of	posite my signa	al timekeeper of the	event above mention	ed, do hereby certify that the vatch, and that the watch used
by me has	been certified a	nd approved by my	National Association.	(Kelef to Kule).

(Signature of Timekeeper)

(Signature of Timekeeper)

(Signature of Timekeeper)

I confirm that the above Timekeepers exhibited their watches to me

(Address or USATF Official's Registration Number

(Address or USATF Official's Registration Number

(Address or USATF Official's Registration Number)

(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	i
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 pr	ogram should be attached and made part of the application.
10. Measurers' Certificate for Track and	Field Events (a or b)
(Signature of Measurer)	(Address or USATF Official's Registration Number)
(Signature of Measurer)	(Address or USATF Official's Registration Number)
(a) Track Events	
The above certify that we me	easured, with a metric steel tape, the course over which th
above event was held and that the exact	distance was:

(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.)

for lateral inclination did not exceed 1:100 and the running direction 1:1000.

#### THROWING EVENT IMPLEMENT CERTIFICATION

that there was a 2 inch raised border on the inner edge of track, and that the maximum allowance

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

(Checker of Implements)	(Address or USATF Official's Registration Number)
JUDGES' C	ERTIFICATE (FIELD EVENT)

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

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

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

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

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

(Event Chief Judge)	(Address or USATF Official's Registration Number)

#### GUARANTEE BY REFEREE

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

(Signature of Referee)

(Address or USATF Official's Registration Number)

# World Track & Field Indoor Age-Group Records

Approved by the Records Committee of World Masters Athletics (WMA) as of September 15, 2002

	's World Indoor R	ecords	s	Pole Vault DIV. MARK	NAME(COUNTRY)	AGE MEET DATE	#60 5:41.91 #65 6:06.14	Gerda van Kooten(NED) Jeanne Daprano(USA)	61 3-11-01 65 2-24-02
60 Meters DIV. MARK M40 6.97	NAME((OUNTRY) Eddie Hart(USA)		EET DATE 3-24-90	M40 5.18 M45 4.78	Earl Bell(USA) Gary Hunter(USA)	40 8-26-95 45 3-24-01	W70 6:50.6 W75 7:43.3	Jose Waller(GBR) Pearl Mehl(USA)	70 3-20-93 75 4- 1-89
M45 7.02 M50 7.20	Stan Whitley(USA) Bill (ollins(USA)	45 3 51 3	3-23-91 3-23-02	M50 4.32 M55 4.08 M60 3.91	Vincent Struble(USA) Dennis Phillips(USA) Dale Lance(USA)	51 3-23-02 55 1-26-02 60 3-27-98	W80 12:37.13 One Mile	Pearl Mehl(USA)  NAME(COUNTRY)	80 2-25-95 AGE MEET DATE
M55 7.53 M60 7.7 M65 7.8	Payton Jordan(USA) (ecil Paul(CAN)	60 1	3-24-90 1- 7-78 3- 8-86	M65 3.42 M70 3.15	Jerry Donley(USA) Boo Morcom(USA)	65 2-25-95 71 1- 8-93	DIV. MARK W35 4:59.28 W40 4:57.71	Carol Urish-McLatchie(USA) Patty Blanchard(CAN)	
M70 8.39 M75 8.67	John O'Neill(CAN) Melvin Larsen(USA)	70 3 75 3	3- 5-94 3-25-00	M75 2.82 M80 2.75 M85 1.67	Carol Johnston(USA) William K. Bell(USA) A. E. Pitcher(USA)	76 3-19-88 80 3-22-02 86 3-19-88	W45 5:18.10 W50 5:22.74	Patti Ford(USA) Kathryn Martin(CAN)	45 1-20-01 50 3-23-02 55 3-23-02
M80 9.39 M85 9.78 M90 11.84	Roderick Parker(USA) Guiseppe Marabotti(ITA) Ted Hatlen(USA)	85 3	3-27-99 3-10-01 3-24-01	Long Jump DIV. MARK	NAME(COUNTRY)	AGE MEET DATE	W55 5:43.96 W60 6:05.7 W65 6:28.91	Joni Shirley(USA) Marie Michelsohn(USA) Jeanne Daprano(USA)	60 3-17-02 65 3-23-02
M95 16.96 M100 27.29	Everett Hosack(USA) Everett Hosack(USA)	95 3	3- 1-97 3-23-02	M40 7.52 M45 6.90	Barrington Williams(GBR) Tapani Taavitsainen(FIN)	40 3- 2-96 45 2- 3-90	W70 7:19.44 W75 8:26.79	Toshiko d'Elia(USA) Louise Adams(USA)	71 3-24-01 75 3-23-97
200 Meters DIV. MARK	NAME(COUNTRY)	ACE ME	EET DATE	M50 6.50 M55 6.34 M60 5.80	Pertti Ahomaki(FIN) Stig Backlund(FIN) Stig Backlund(FIN)	51 3-23-97 55 3-19-95 60 11-13-99	W80 12:05.93 W85 13:00.96 3000 Meters	Ivy Granstrom(CAN) Ivy Granstrom(CAN)	84 3-30-96 87 3-28-99
H40 22.19 H45 22.57	Bill Collins(USA) Bill Collins(USA)	44 2 48 2	2-26-95	M65 5.31 5.31	Melvin Larsen(USA) Dick Richards(USA)	66 1-13-91 66 2-25-01	DIV. MARK W35 8:39.14	NAME((OUNTRY) Regina Jacobs(USA)	AGE MEET DATE
M50 23.26 M55 24.09 M60 25.10	Stephen Robbins(USA) Larry Colbert(USA)	55 2	3-24-02 2-15-98 3-29-98	M70 5.05 M75 4.41 M80 4.01	Melvin Larsen(USA) Heikki Simola(FIN) Edwin Lukens(USA)	70 2-25-95 75 3- 7-87 80 3-23-02	W40 9:15.91 W45 9:11.67 W50 10:17.53	Nicole Leveque(FRA) Nicole Leveque(FRA) Pat Gallagher(GBR)	44 2-26-95 45 2-11-96 51 1- 4-97
M65 26.20 M70 27.40	Allan Meddings(GBR)	65 3 70 3	3-24-02	M85 3.40 M90 2.95	Guiseppe Marabotti(ITA) Vittorio Colo(ITA)	85 3- 9-01 90 2- 2-02	W55 11:06.13 W60 12:06.88	Pat Gallagher(GBR) Marie Michelsohn(USA)	55 3- 8-01 60 1-13-02
M75 29.57 M80 32.85 M85 36.40	Melvin Larsen(USA) Jim Manno(USA) Guiseppe Marabotti(ITA)	80 3	3-26-00 3-25-01 3-11-01	Triple Jump DIV. MARK	NAME (COUNTRY)	AGE MEET DATE	W65 13:09.42 W70 14:07.09 W75 15:43.66	Joselyn Ross(GBR) Toshiko d'Elia(USA) Louise Adams(USA)	65 3-20-94 71 3- 4-01 75 3-21-97
M90 p68.6 M95 66.78	Mikko Salonen(FIN) Everett Hosack(USA)	90	87 - 6-97	M40 16.08 M45 14.82 M50 13.72	Ray Kimble(USA) Milan Tiff(USA) Stig Backlund(FIN)	46 2-26-95 50 3- 4-90	W80 23:41.32 W85 25:57.92	Ivy Granstrom(CAN) Ivy Granstrom(CAN)	84 3-29-96 87 3-26-99
400 Meters DIV. MARK	NAME(COUNTRY)	AGE ME	ET DATE	M55 13.35 M60 12.53 M65 10.92	Stig Backlund(FIN) Stig Backlund(FIN)	55 3-18-95 60 11-13-99 65 3- 3-90	60 Meter Hurdles DIV. MARK	- NAME(COUNTRY)	AGE MEET DATE
M40 49.14 M45 49.89	Elvis Forde(BAR) Fred Sowerby(USA)	40 2 45 1	2-18-00 1-29-94	M65 10.92 M70 9.99 M75 9.40	Amelio Compri(ITA) Vaclav Bartl(SWE) Heikki Simola(FIN)	70 3-23-96 75 3- 8-87	W35 8.04 W40 8.73 W45 9.18	Yelizaveta Chernyshova(RUS Anne Moritz(GER) Phil Raschker(USA)	35 1-27-93 40 3-9-01 48 2-25-95
M50 52.72 M55 54.36 M60 56.32	Harold Morioka(CAN) Harold Morioka(CAN) Larry Colbert(USA)	56 3	2-25-95 1-27-99 1-22-97	M80 8.30 M85 6.95	Edwin Lukens(USA) Vittorio Colo(ITA)	89 3-24-02 89 3-10-01 90 3-28-99	W50 9.38 W55 10.08	Phil Raschker(USA) Phil Raschker(USA)	50 4- 6-97 55 3-23-02
M65 59.35 M70 61.31	Larry Colbert(USA) Earl Fee(CAN)	65 3 70 3	-23-02 -27-99		Karl Trei(CAN) : 16#; 50-59: 6Kg; 60-69: 5Kg	; 70+: 4Kg)	W60 10.86 W65 11.24 W70 14.98	Asta Larsson(SWE) Asta Larsson(SWE) Leonore McDaniels(USA)	61 3-13-93 65 2-28-97 70 4- 5-98
M75 69.59 M80 75.58 M85 1:40.86	Roderick Parker(USA) Russell Randall(USA)	80 3	1- 7-99 1-27-99 1-20-93	DIV. MARK M40 20.07 M45 15.78	NAME(COUNTRY) Brian Oldfield(USA) Ed Hill(USA)	AGE MEET DATE 40 1-17-86 45 3-19-88	W75 16.01	Johnnye Valien(USA)	75 3-24-01
M90 p2:47.3	Mikko Salonen(FIN)		87	M50 16.27 M55 15.74	Ladislav Pataki(USA) Joe Keshmiri(USA)	52 2-14-99 56 2-25-95	DIV. MARK W35 2.00	NAME((OUNTRY) Inga Babakova(UKR)	AGE MEET DATE 35 3- 9-01
800 Meters DIV. MARK M40 1:48.81	NAME(COUNTRY) Johnny Gray(USA)	AGE ME	ET DATE	M60 16.83 M65 15.28 M70 14.39	Reino Nokelainen(FIN) Voitto Elo(FIN) T. Von Wachenfeldt(SWE)	6081 6782 71 3-22-98	W40 1.72 W45 1.58	Debbie Brill(CAN) Phil Raschker(USA)	41 2-25-95 48 2-25-95 50 1-21-00
M45 1:57.32 M50 2:02.88	Peter Browne(GBR) Nolan Shaheed(USA)	45 1 51 3	1-29-95 3-25-01	M75 13.02 M80 11.58	Erik Erikkson(FIN) Franz Meier(SWI)	77 3- 9-01 81 3- 6-99	W50 1.55 W55 1.48 W60 1.32	Weia Reinboud(MED) Renate Vogel(GER) C. Schmalbruch(GER)	55 3- 6-99 62 3- 6-99
M55 2:08.15 M60 2:14.75 M65 2:16.80	Reginald Phipps(GBR) Sidney Howard(USA) Earl Fee(CAN)	60 2	1-17-99 2-26-99 3-27-94	M85 9.68 M90 6.64 M95 4.06	Ross Carter(USA) Ted Hatlen(USA) Everett Hosack(USA)	85 3-26-99 90 3-24-01 97 3-26-99	W65 1.23 1.23	Christa Happ(GER) Elsa Enarsson(SWE)	65 12-10-95 65 2- 3-96 65 3-21-93
M70 2:20.45 M75 2:42.35	Earl Fee(CAN) James Todd(GBR)	70 3 75 3	3-28-99	M100 3.52 3000 Meter Walk	Everett Hosack(USA)	100 3-23-02	1.23 W70 1.19 W75 1.00	Leonore McDaniels(USA) Leonore McDaniels(USA) Margaret Hinton(USA)	70 3- 7-98 77 3-27-99
M80 3:11.16 M85 3:46.96	Vincent Malizia(USA)		3-11-01	DIV. MARK M40 12:25.9	NAME(COUNTRY) Ray Funkhouser(USA)	AGE MEET DATE 42 1-10-93	W80 0.93 W85 0.80	Gunni Svensson(SNE) Margareta Sarvana(FIN)	80 11-19-00 85 1-26-94
1500 Meters DIV. MARK	NAME(COUNTRY)	AGE ME		M45 12:38.71 M50 12:34.9 M55 13:19.6	Donald Denoon(USA) Donald Denoon(USA) Aaro Nokela(FIN)	49 2-20-93 50 2-4-94 57 1-15-93	Pole Vault DIV. MARK	NAME(COUNTRY)	AGE MEET DATE
M40 3:45.3 M45 4:03.69 M50 4:14.73	John Potts(GBR) John Potts(GBR)	45 3	2-26-93 1- 9-90 2-26-95	M60 14:34.28 M65 15:28.8	Dave Romansky(USA) Toivo Tuomela(FIN)	60 3-27-99 66 2- 7-96 70 3-27-99	W35 4.25 W40 3.20 W45 3.31	Gabriella Mihalcea(ROM) Jennifer Cunnane(GBR) Phil Raschker(USA)	35 2-13-99 40 2- 8-98 49 3-17-96
M55 4:27.01 M60 4:37.80	John Potts(USA) Maurice Morrrell(GBR)	61 3	-14-00	M70 17:03.33 M75 18:35.8 M80 17:41.4	Jack Starr(USA) Chico Scimone(ITA) James Grimwade(GBR)	75 2-14-87 80 3-20-93	W50 3.06 W55 2.60	Phil Raschker(USA) Phil Raschker(USA)	53 3-24-00 55 3-22-02
M65 4:47.11 M70 5:27.4 M75 5:37.28	Earl Fee((AN) Austin Newman(USA) Rune Beraman(SWE)	70 3	1-26-94 1-23-86 1-12-00		s World Indoor Re	ecords	W60 2.50 W65 2.00 W70 2.09	Barbara (leveland(USA) Mary Bradford(USA) Leonore McDaniels(USA)	60 3-24-00 65 2- 3-02 70 4- 5-98
M80 6:19.34 M85 8:16.73	Ernie Warwick(GBR) Vincent Malizia(USA)	80 3 85 2	- 2-96 - 6-00	60 Meters DIV. MARK	NAME(COUNTRY)	AGE MEET DATE	W75 1.60 W80 1.20	Johnnye Valien(USA) Margaret Hinton(USA)	76 3-22-02 80 3-24-02
M90 14:28.4	Mikko Salonen(FIN)	90	88	W35 7.01 W40 8.01 W45 8.02	Marlene Ottey(JAM) Denise Foreman(USA) Phil Raschker(USA)	38 2-21-99 40 3-22-97 48 2-25-95	Long Jump DIV. MARK	NAME(COUNTRY)	AGE MEET DATE
One Mile DIV. MARK M40 3:58.13	NAME(COUNTRY) Eamonn Coghlan(IRL)		EET DATE 2-20-94	W50 8.05 W55 8.59	Phil Raschker(USA) Phil Raschker(USA)	50 3- 1-97 55 3-23-02	W35 6.81 W40 5.61	Lyudmila Ninova(AUT) Phil Raschker(USA)	35 2-14-96 40 3-28-87 47 3- 5-94
M45 4:21.90 M50 4:26.75	Albin Swenson(USA) Nolan Shaheed(USA)	46 51	2-26-93 3- 2-01	W60 9.00 W65 9.34 W70 10.12	Christine Schmalbruch(GER) Asta Larsson(SWE) Joan Ogden(GBR)	62 3-5-99 65 2-1-97 70 2-28-98	W45 5.75 W50 5.00 W55 4.62	Phil Raschker(USA) Phil Raschker(USA) Phil Raschker(USA)	50 3- 1-97 55 3-23-02
M55 4:50.22 M60 5:01.76 M65 5:13.3	Victor Heckler(USA) Dan Conway(USA) Earl Fee(CAN)	60	2-19-98 3-27-98 3-23-96	W75 10.89 W80 11.52	Ingrid Lorenz(GER) Mary Bowermaster(USA)	75 3-10-01 81 3-25-00	W60 4.58 W65 3.92	C. Schmalbruch(GER) Asta Larsson(SWE)	62 3- 6-99 65 11-17-96 70 3-28-98
M70 5:32.4 M75 6:27.16	Scotty (orter(USA) John Hosner(USA)	75	3-15-87 2-26-00	W85 12.58 200 Meters DIV. MARK	Nora Wedemo(SWE)  NAME(COUNTRY)	AGE MEET DATE	W70 3.40 W75 3.10 W80 2.49	Mary Holland(USA) Mary Bowermaster(USA)	76 3-25-00 82 3-26-00
M80 7:04.2 M85 8:33.11	Paul Spangler(USA) Vincent Malizia(USA)		3-18-79 3-25-00	W35 23.04 W40 25.58	Sandra Myers(SPA) Tilly Verhoef-Jacobs(NED)	35 2-17-96 41 1-25-98	Triple Jump	NAME(COUNTRY)	AGE MEET DATE
3000 Meters DIV. MARK	NAME(COUNTRY)	AGE M	EET DATE	W45 26.06 W50 26.52 W55 29.31	Phil Raschker(USA) Phil Raschker(USA)	47 3-25-94 50 3- 2-97	DIV. MARK	Yolanda Chen(RUS)	35 2- 8-97 41 3-11-01
M40 8:09.13 M45 8:36.64 M50 8:54.73	Marcus O'Sullivan(GBR) Klaus Goldammer(GER)	40	2-26-02		Valerie Parsons(GBK)		W35 13.85 W40 11.14	Janice Pryce(GBR)	
M55 9:23.43		46	1-24-99	W60 30.39 W65 32.0	Valerie Parsons(GBR) Irene Obera(JSA) Joan Ogden(GBR)	55 1-27-02 60 3-25-94 65 3-20-93	W40 11.14 W45 11.02 W50 10.49	Danielle Desmier(USA) Phil Raschker(USA)	47 3- 2-97 50 3-21-97
M60 9:43.88	Nolan Shaheed(USA) Stephen James(GBR) Andrew Brown(GBR)	46 50 56 61	1-24-99 3-25-01 3-20-94 3-20-94	W65 32.0 W70 33.11 W75 40.52	Irene Obera(JSA) Joan Ogden(GBR) Joan Ogden(GBR) Gunni Svensson(SWE)	55 1-27-02 60 3-25-94	W40 11.14 W45 11.02	Danielle Desmier(USA) Phil Raschker(USA) Phil Raschker(USA) C. Schmalbruch(GER) Audrey Lary(USA)	47 3-2-97 50 3-21-97 55 3-24-02 62 3-7-99 65 2-13-00
M65 10:11.60 M70 11:08.49	Nolan Shaheed(USA) Stephen James(GBR) Andrew Brown(GBR) Ed Whitlock(CAN) James Todd(GBR)	46 50 56 61 65 72	1-24-99 3-25-01 3-20-94 3-20-94 3- 9-96 3-20-94	W65 32.0 W70 33.11 W75 40.52 W80 46.03 W85 52.01 400 Meters	Irene Obera(JSA) Joan Ogden(GBR) Joan Ogden(GBR) Gunni Svensson(SWE) Nora Wedemo(SWE) Nora Wedemo(SWE)	55 1-27-02 60 3-25-94 65 3-20-93 70 2-28-98 78 3- 7-99 80 2- 5-94 85 1-31-99	W40 11.14 W45 11.02 W50 10.49 W55 9.33 W60 9.45 W65 8.12 W70 7.83 W75 6.08	Danielle Desmier(USA) Phil Roschker(USA) Phil Roschker(USA) C. Schmalbruch(GER) Audrey Lary(USA) Asta Larsson(SWE) Gunni Svensson(SWE)	47 3- 2-97 50 3-21-97 55 3-24-02 62 3- 7-99 65 2-13-00 70 10-23-01 75 10-27-96
M65 10:11.60	Nolan Shaheed(USA) Stephen James(GBR) Andrew Brown(GBR) Ed Whitlock(CAN)	46 50 56 61 65 72 75 80	1-24-99 3-25-01 3-20-94 3-20-94 3- 9-96	M65 32.0 W70 33.11 W75 40.52 W80 46.03 W85 52.01 400 Meters DIV. MARK W35 53.13	Irene Obera(USA) Joan Ogden(GBR) Joan Ogden(GBR) Gunni Svensson(SWE) Nora Wedemo(SWE) Nora Wedemo(SWE) NAME(COUNTRY) Nadez Olizarenko(URS)	55 1-27-02 60 3-25-94 65 3-20-93 70 2-28-98 78 3- 7-99 80 2- 5-94 85 1-31-99 AGE MEET DATE 35 2-25-89	N40 11.14 N45 11.02 N50 10.49 N55 9.33 N60 9.45 N65 8.12 N70 7.83 N75 6.08 N80 5.15	Danielle Desmier(USA) Phil Roschker(USA) Phil Roschker(USA) C. Schmalbruch(GER) Audrey Lary(USA) Asta Larsson(SWE) Gunni Svensson(SWE) Margaret Hinton(USA) 4Kg; 50+: 3Kg)	47 3- 2-97 50 3-21-97 55 3-24-02 62 3- 7-99 65 2-13-00 70 10-23-01 75 10-27-96 80 3-24-02
M65 10:11.60 M70 11:08.49 M75 12:12.72 M80 14:10.79 M85 16:41.3	Nolan Shaheed(USA) Stephen James(GBR) Andrew Brown(GBR) Ed Whitlock(CAN) James Todd(GBR) James Todd(GBR) Gordon Porteous(GBR) Marti Laiho(FIN)	46 50 56 61 65 72 75 80	1-24-99 3-25-01 3-20-94 3-20-94 3-20-94 2-28-97 3-20-94	W65 32.0 W70 33.11 W75 40.52 W80 46.03 W85 52.01 400 Meters DIV. MARK W35 53.13 W40 56.82 W45 59.86	Irene Obera(JSA) Joan Ogden(GBR) Joan Ogden(GBR) Gunni Svensson(SWE) Nora Wedemo(SWE) Nora Wedemo(SWE)  NAME(COUNTRY) Nadez Olizarenko(URS) Tilly Verhoef-Jacobs(NED) Caroline Marler(GBR) Caroline Marler(GBR)	55 1-27-02 60 3-25-94 65 3-20-93 70 2-28-98 78 3- 7-99 80 2- 5-94 85 1-31-99 AGE MEET DATE 35 2-25-89 40 2- 2-97 46 3- 2-97 50 2-17-01	N40 11.14 N45 11.02 N50 10.49 N55 9.33 N60 9.45 N65 8.12 N70 7.83 N75 6.08 N80 5.15 Shot Put (35-49: DIV. MARK N35 21.47	Danielle Desmier(USA) Phil Roschker(USA) Phil Roschker(USA) C. Schmalbruch(GER) Audrey Lary(USA) Asta Larsson(SWE) Gunni Svensson(SWE) Margaret Hinton(USA) 4Kg; 50+: 3Kg) MAME(COUNTRY) Helena Fibingerova(CZE)	47 3-2-97 50 3-21-97 55 3-24-02 62 3-7-99 65 2-13-00 70 10-23-01 75 10-27-96 80 3-24-02  AGE MEET DATE 35 2-9-85
M65 10:11.60 M70 11:08.49 M75 12:12.72 M80 14:10.79	Nolan Shaheed(USA) Stephen James(GBR) Andrew Brown(GBR) Ed Whitlock(CAN) James Todd(GBR) James Todd(GBR) Gordon Porteous(GBR) Marti Laiho(FIN)	46 50 56 61 65 72 75 80 85	1-24-99 3-25-91 3-20-94 3-20-94 3-9-96 3-20-94 2-28-97 3-20-94 2-10-95	W65 32.0 W70 33.11 W75 40.52 W80 46.03 W85 52.01 400 Meters DIV. MARK W35 53.13 W40 56.82 W50 62.56 W50 62.56 W50 70.69	Irene Obera(USA) Joan Ogden(GBR) Joan Ogden(GBR) Gunni Svensson(SWE) Nora Wedemo(SWE) Nora Wedemo(SWE)  NAME(COUNTRY) Nadez Olizarenko(URS) Tilly Verhoef-Jacobs(NED) Caroline Marler(GBR) Caroline Marler(GBR) Nadine Lowenstein(BEL) Carolyn Cappetta(USA)	55 1-27-02 60 3-25-94 65 3-20-93 70 2-28-98 78 3-7-99 80 2-5-94 85 1-31-99 AGE MEET DATE 35 2-25-89 40 2-2-97 46 3-2-97 50 2-17-01 55 3-23-02 60 1-5-96	N40 11.14 N45 11.02 N50 10.49 N55 9.33 N60 9.45 N65 8.12 N70 7.83 N75 6.08 N80 5.15 Shot Put (35-49: DIV. MARK N35 21.47 N40 19.16 N45 14.88 N50 12.66	Danielle Desmier(USA) Phil Roschker(USA) Phil Roschker(USA) C. Schmalbruch(GER) Audrey Lary(USA) Asta Larsson(SWE) Gunni Svensson(SWE) Margaret Hinton(USA)  4Kg; S0+: 3Kg) NAME(COUNTRY) Helena Fibingerova(CZE) Antonina Ivanova(URS) Ingrid Miller(SWE) Joanne Grissom(USA)	47 3-2-97 50 3-21-97 55 3-24-02 62 3-7-99 65 2-13-00 70 10-23-01 75 10-27-96 80 3-24-02  AGE MEET DATE 35 2-9-85 41 2-24-74 45 1-31-87 51 3-25-90
M65 10:11.60 M70 11:08.49 M75 12:12.72 M80 14:10.79 M85 16:41.3 60 Meter Hurdle DIV. MARK M40 7.96 M45 8.36 M50 8.47	Nolan Shaheed(USA) Stephen James(GBR) Andrew Brown(GBR) Ed Whitlock(CAN) James Todd(GBR) James Todd(GBR) Gordon Porteous(GBR) Marti Laiho(FIN)  ES  NAME(COUNTRY) Karl Smith(USA) Walt Butler(USA)	46 50 56 61 65 72 75 80 85	1-24-99 3-25-91 3-20-94 3-20-94 3-20-94 3-20-94 2-28-97 3-20-94 2-10-95 EET DATE 3-25-00 2-3-92 3-20-93	W65   32.0   W70   33.11   W75   40.52   W80   46.03   W85   52.01   400   Meters   DIV.   MARK   W35   53.13   W40   56.82   W45   59.86   W50   62.56   W55   66.99   W60   70.69   W65   71.89   W70   88.79   W75   1:41.15	Irene Obera(JSA) Joan Ogden(GBR) Joan Ogden(GBR) Gunni Svensson(SWE) Nora Wedemo(SWE) Nora Wedemo(SWE)  NAME(COUNTRY) Nadez Olizarenko(URS) Tilly Verhoef-Jacobs(NED) Caroline Marler(GBR) Nadine Lowenstein(BEL) Carolyn Cappetta(USA) Carolyn Cappetta(USA) Patricia Peterson(USA) Louise Adams(USA)	55 1-27-02 60 3-25-94 65 3-20-93 70 2-28-98 78 3- 7-99 80 2- 5-94 85 1-31-99 AGE MEET DATE 35 2-25-89 40 2-2-97 46 3-2-97 50 2-17-01 55 3-23-02 60 1-5-96 65 3-24-01 71 3-28-98 75 3-22-97	#40 11.14 #45 11.02 #50 10.49 #55 9.33 #60 9.45 #65 8.12 #70 7.83 #75 6.08 #80 5.15  Shot Put (35-49: DIV. MARK #35 21.47 #40 19.16 #45 14.88 #50 12.66 #55 12.57 #60 12.54	Danielle Desmier(USA) Phil Roschker(USA) Phil Roschker(USA) C. Schmalbruch(GER) Audrey Lary(USA) Asta Larsson(SWE) Gunni Svensson(SWE) Margaret Hinton(USA)  4Kg; 50+: 3Kg) NAME(COUNTRY) Helena Fibingerova(CZE) Antonina Ivanova(URS) Ingrid Miller(SWE) Joanne Grissom(USA) Karen Illgen(GER) Karen Illgen(GER)	47 3-2-97 50 3-21-97 55 3-24-02 62 3-7-99 65 2-13-00 70 10-23-01 75 10-27-96 80 3-24-02  AGE MEET DATE 35 2-9-85 41 2-24-74 45 1-31-87 51 3-25-90 55 2-28-97 60 2-23-02
M65 10:11.60 M70 11:08.49 M75 12:12.72 M80 14:10.79 M85 16:41.3 60 Meter Hurdle DIV. MARK M40 7.96 M45 8.36	Nolan Shaheed(USA) Stephen James(GBR) Andrew Brown(GBR) Ed Whitlock(CAN) James Todd(GBR) James Todd(GBR) Gordon Porteous(GBR) Marti Laiho(FIN)  **S  **NAME(COUNTRY) Karl Smith(USA) Colin Williams(USA)	46 50 56 61 65 72 75 80 85 AGE MI 48 51 51 55	1-24-99 3-25-91 3-20-94 3-20-94 3-20-94 3-20-94 2-28-97 3-20-94 2-10-95	M65   32.0	Irene Obera(JSA) Joan Ogden(GBR) Joan Ogden(GBR) Gunni Svensson(SWE) Nora Wedemo(SWE) Nora Wedemo(SWE) Nadez Olizarenko(URS) Tilly Verhoef-Jacobs(NED) Caroline Marler(GBR) Caroline Marler(GBR) Nadine Lowenstein(BEL) Carolyn Cappetta(USA) Carolyn Cappetta(USA) Patricia Peterson(USA)	55 1-27-02 60 3-25-94 65 3-20-93 70 2-28-98 78 3-7-99 80 2-5-94 85 1-31-99 AGE MEET DATE 35 2-25-89 40 2-297 46 3-2-97 50 2-17-01 55 3-24-02 60 1-5-96 65 3-24-01 71 3-28-98	N40 11.14 N45 11.02 N50 10.49 N55 9.33 N60 9.45 N65 8.12 N70 7.83 N75 6.08 N80 5.15 Shot Put (35-49: DIV. MARK N35 21.47 N40 19.16 N45 14.88 N50 12.57 N60 12.54 N65 11.64 N75 7.75	Danielle Desmier(USA) Phil Roschker(USA) Phil Roschker(USA) C. Schmalbruch(GER) Audrey Lary(USA) Asta Larsson(SWE) Gunni Svensson(SWE) Margaret Hinton(USA)  4Kg; S0+: 3Kg) NAME(COUNTRY) Helena Fibingerova(CZE) Antonina Ivanova(URS) Ingrid Miller(SWE) Joanne Grissom(USA) Karen Illgen(GER) Karen Illgen(GER) Sigrin Kofink(GER) Rachel Hanssens(BEL) Ilse Pleuger(GER)	47 3-2-97 50 3-21-97 55 3-24-02 62 3-7-99 65 2-13-00 70 10-23-01 75 10-27-96 80 3-24-02  AGE MEET DATE 35 2-9-85 41 2-24-74 45 1-31-87 51 3-25-90 55 2-28-97 60 2-23-02 71 3-9-01 75 3-5-99
M65 10:11.60 M70 11:08.49 M75 12:12.72 M80 14:10.79 M85 16:41.3 60 Meter Hurdle DIV. MARK M40 7.96 M45 8.36 M50 8.47 M55 8.63 M60 9.14 M65 9.8 M70 9.89 M75 10.09	Nolan Shaheed(USA) Stephen James(GBR) Andrew Brown(GBR) Ed Whitlock(CAN) James Todd(GBR) James Todd(GBR) Gordon Porteous(GBR) Marti Laiho(FIN)  SS  NAME(COUNTRY) Karl Smith(USA) Colin Williams(USA) Walt Butler(USA) Courtland Gray(USA) Phil Mulkey(USA) Buck Bradberry(USA) James Stookey(USA) Melvin Larsen(USA)	46 50 56 61 65 72 75 88 85 85 AGE MI 40 48 48 55 60 66 70	1-24-99 3-25-91 3-20-94 3-20-94 3-20-94 3-20-94 2-20-97 3-20-94 2-10-95	N65   32.0	Irene Obera(USA) Joan Ogden(GBR) Joan Ogden(GBR) Gunni Svensson(SWE) Nora Wedemo(SWE) Nora Wedemo(SWE) Nadez Olizarenko(URS) Tilly Verhoef-Jacobs(NED) Caroline Marler(GBR) Caroline Marler(GBR) Carolyn Cappetta(USA) Carolyn Cappetta(USA) Patricia Peterson(USA) Louise Adams(USA) Poenl Mehl(USA)	55 1-27-02 60 3-25-94 65 3-20-93 70 2-28-98 78 3-7-99 80 2-5-94 85 1-31-99 AGE MEET DATE 35 2-25-89 40 2-297 46 3-2-97 50 2-17-01 55 3-23-02 60 1-5-96 65 3-24-01 71 3-28-98 75 3-22-97 80 2-25-95	#40 11.14 #45 11.02 #50 10.49 #55 9.33 #60 9.45 #65 8.12 #70 7.83 #75 6.08 #80 5.15  Shot Put (35-49: DIV. MARK #35 21.47 #40 19.16 #45 14.88 #50 12.66 #55 12.57 #60 12.54 #65 11.64 #70 8.58 #75 7.75 #80 6.30 #6.36	Danielle Desmier(USA) Phil Raschker(USA) Phil Raschker(USA) C. Schmalbruch(GER) Audrey Lary(USA) Asta Larsson(SWE) Gunni Svensson(SWE) Margaret Hinton(USA)  4Kg; S0+: 3Kg) NAME(COUNTRY) Helena Fibingerova(CZE) Antonina Ivanova(URS) Ingrid Miller(SWE) Joanne Grissom(USA) Karen Illgen(GER) Karen Illgen(GER) Karen Illgen(GER) Rachel Hanssens(BEL) Ilse Pleuger(GER) Mary Bowermaster(USA) Margareta Sarvana(FIN)	47 3-2-97 50 3-21-97 55 3-24-02 62 3-7-99 65 2-13-00 70 10-23-01 75 10-27-96 80 3-24-02  AGE MEET DATE 35 2-9-85 41 2-24-74 45 1-31-87 51 3-25-90 55 2-28-97 60 2-23-02 71 3-9-01
M65 10:11.60 M70 11:08.49 M75 12:12.72 M80 14:10.79 M85 16:41.3 60 Meter Hurdle DIV. MARK M40 7.96 M45 8.36 M50 8.47 M55 8.63 M60 9.14 M65 9.8	Nolan Shaheed(USA) Stephen James(GBR) Andrew Brown(GBR) Ed Whitlock(CAN) James Todd(GBR) James Todd(GBR) Gordon Porteous(GBR) Marti Laiho(FIN)  **S  **NAME(COUNTRY) Karl Smith(USA) Colin Williams(USA) Walt Butler(USA) Phil Mulkey(USA) Buck Bradberry(USA) James Stookey(USA)	46 50 56 61 65 72 75 80 85 40 48 51 55 60 66 70 70 80	1-24-99 3-25-91 3-20-94 3-20-94 3-9-96 3-20-94 2-28-97 3-20-94 2-10-95 EET DATE 3-25-00 2-3-02 3-20-93 3-20-93 3-20-93 3-20-93 3-20-93 3-20-93 3-20-93 3-20-93 3-20-93 3-20-93 3-20-93 3-20-93 3-20-93 3-20-93 3-20-93 3-20-93	N65   32.0     N70   33.11     N75   40.52     N80   46.03     N85   52.01     400   Meters     DIV.   MARK     N50   62.56     N50   66.99     N60   70.69     N70   88.79     N70   88.79	Irene Obera(JSA) Joan Ogden(GBR) Joan Ogden(GBR) Gunni Svensson(SWE) Nora Wedemo(SWE) Nora Wedemo(SWE) Nadez Olizarenko(URS) Tilly Verhoef-Jacobs(NED) Caroline Marler(GBR) Caroline Marler(GBR) Carolyn Cappetta(USA) Carolyn Cappetta(USA) Patricia Peterson(USA) Louise Addms(USA) Ivy Granstrom(CAN)  NAME(COUNTRY) Doina Melinte(ROM) Helinte(ROM) Helinte(ROM) Helinte(GBR)	55 1-27-02 60 3-25-94 65 3-20-93 70 2-28-98 78 3-7-99 80 2-5-94 85 1-31-99 AGE MEET DATE 35 2-25-89 40 2-297 46 3-2-97 50 2-17-01 55 3-23-02 60 1-5-96 65 3-24-01 71 3-28-98 75 3-22-97 80 2-25-95 87 3-27-99 AGE MEET DATE 35 12-97 80 2-25-95 87 3-27-99	#40 11.14 #45 11.02 #50 10.49 #55 9.33 #60 9.45 #65 8.12 #70 7.83 #75 6.08 #80 5.15  Shot Put (35-49: DIV. MARK #35 21.47 #40 19.16 #45 14.88 #50 12.66 #55 12.57 #60 12.54 #65 11.64 #70 8.58 #75 7.75 #80 6.30 #85 5.29	Danielle Desmier(USA) Phil Raschker(USA) Phil Raschker(USA) C. Schmalbruch(GER) Audrey Lary(USA) Asta Larsson(SWE) Gunni Svensson(SWE) Margaret Hinton(USA)  4Kg; S0+: 3Kg) NAME(COUNTRY) Helena Fibingerova(CZE) Antonina Ivanova(URS) Ingrid Miller(SWE) Joanne Grissom(USA) Karen Illgen(GER) Karen Illgen(GER) Karen Illgen(GER) Rachel Hanssens(BEL) Ilse Pleuger(GER) Mary Bowermaster(USA) Margareta Sarvana(FIN) Margareta Sarvana(FIN)	47 3-2-97 50 3-21-97 55 3-24-02 62 3-7-99 65 2-13-00 70 10-23-01 75 10-27-96 80 3-24-02  AGE MEET DATE 35 2-9-85 41 2-24-74 45 1-31-87 51 3-25-90 55 2-28-97 60 2-23-02 65 2-23-02 71 3-9-01 75 3-5-99 82 3-25-00 81 3-4-90 87 3-30-96
M65 10:11.60 M70 11:08.49 M75 12:12.72 M80 14:10.79 M85 16:41.3 60 Meter Hurdle DIV. MARK M40 7.96 M45 8.36 M50 8.47 M55 8.63 M60 9.14 M65 9.8 M70 9.89 M75 10.09 M85 14.36 High Jump DIV. MARK	Nolan Shaheed(USA) Stephen James(GBR) Andrew Brown(GBR) Ed Whitlock(CAN) James Todd(GBR) James Todd(GBR) Gordon Porteous(GBR) Marti Laiho(FIN)  **S  **NAME(COUNTRY) Karl Smith(USA) Colin Williams(USA) Walt Butler(USA) Courtland Gray(USA) Phil Mulkey(USA) Buck Bradberry(USA) James Stookey(USA) Melvin Larsen(USA) Edwin Lukens(USA) Karl Trei(CAN)  **NAME(COUNTRY)	46 50 56 61 65 72 75 80 85 85 AGE ME 48 51 55 60 66 70 76 85	1-24-99 3-25-91 3-20-94 3-20-94 3-9-96 3-20-94 2-28-97 3-20-94 2-10-95  EET DATE 3-25-00 2-3-02 3-20-93 2-14-99 3-20-93 3-20-93 3-20-93 3-20-93 3-20-93 3-20-93 3-20-93 3-20-93 3-20-93 3-20-93 3-20-93 3-20-93 3-20-93 3-20-93	W65   32.0     W70   33.11     W75   40.52     W80   46.03     W85   52.01     400   Meters     DIV.   MARK     W35   53.13     W40   56.82     W50   62.56     W50   62.56     W50   62.56     W50   68.79     W70   88.79     W70   88.79     W70   88.79     W70   W70   W70     W70   W70   W70     W70   W70     W70   W70	Irene Obera(JSA) Joan Ogden(GBR) Joan Ogden(GBR) Gunni Svensson(SWE) Nora Wedemo(SWE) Nora Wedemo(SWE) Name(COUNTRY) Nadez Olizarenko(URS) Tilly Verhoef-Jacobs(NED) Caroline Marler(GBR) Caroline Marler(GBR) Nadine Lowenstein(BEL) Carolyn Cappetta(USA) Carolyn Cappetta(USA) Pearl Mehl(USA) Louise Adams(USA) Peorl Mehl(USA) Ivy Granstrom(CAN)  NAME(COUNTRY) Doina Melinte(ROM) Helena Fuchsova(CZE)	55 1-27-02 60 3-25-94 65 3-20-93 70 2-28-98 78 3-7-99 80 2-5-94 85 1-31-99 AGE MEET DATE 35 2-25-89 40 2-2-97 46 3-2-97 50 2-17-01 55 3-23-02 60 1-5-96 65 3-24-01 71 3-28-98 75 3-22-97 80 2-25-95 87 3-27-99 AGE MEET DATE 35 3-11-92 40 2-25-01	#40 11.14 #45 11.02 #50 10.49 #55 9.33 #60 9.45 #65 8.12 #70 7.83 #75 6.08 #80 5.15  Shot Put (35-49: DIV MARK #35 21.47 #40 19.16 #45 14.88 #50 12.66 #55 12.57 #60 12.54 #65 11.64 #70 8.58 #75 7.75 #80 6.30 #85 5.29  3000 Meter Walk DIV MARK #35 12.28.76	Danielle Desmier(USA) Phil Raschker(USA) Phil Raschker(USA) C. Schmalbruch(GER) Audrey Lary(USA) Asta Larsson(SWE) Gunni Svensson(SWE) Margaret Hinton(USA)  4Kg; S0+: 3Kg) NAME(COUNTRY) Helena Fibingerova(CZE) Antonina Ivanova(URS) Ingrid Miller(SWE) Joanne Grissom(USA) Karen Illgen(GER) Karen Illgen(GER) Karen Illgen(GER) Karen Hopen(GER) Karen Hopen(GER) Karen Hopen(GER) Karen Signin Kofink(GER) Rachel Hanssens(BEL) Ilse Pleuger(GER) Mary Bowermaster(USA) Margareta Sarvana(FIN) Margareta Sarvana(FIN) NAME(COUNTRY) Dana Vavracova(CZE)	47 3- 2-97 50 3-21-97 53 3-24-02 62 3- 7-99 65 2-13-00 70 10-23-01 75 10-27-96 80 3-24-02  AGE MEET DATE 35 2- 9-85 41 2-24-74 45 1-31-87 51 3-25-90 55 2-28-97 60 2-23-02 65 2-23-02 71 3- 9-01 75 3- 5-99 82 3-25-00 81 3- 4-90 87 3-30-96
M65 10:11.60 M70 11:08.49 M75 12:12.72 M80 14:10.79 M85 16:41.3 60 Meter Hurdle DIV. MARK M40 7.96 M45 8.36 M50 8.47 M55 8.63 M60 9.14 M65 9.8 M70 9.89 M75 10.09 M80 12.23 M85 14.36 High Jump DIV. MARK M40 2.10 M45 1.92	Nolan Shaheed(USA) Stephen James(GBR) Andrew Brown(GBR) Ed Whitlock(CAN) James Todd(GBR) Jomes Todd(GBR) Jomes Todd(GBR) Marti Laiho(FIN)  ES  NAME(COUNTRY) Karl Smith(USA) Colin Williams(USA) Walt Butler(USA) Courtland Gray(USA) Phil Mulkey(USA) Buck Bradberry(USA) James Stookey(USA) Melvin Larsen(USA) Edwin Lukens(USA) Karl Trei(CAN)  NAME(COUNTRY) Dwight Stoones(USA) Mark Chelnov(URS)	46 50 56 61 65 72 75 80 85 85 AGE ME 40 48 51 55 60 66 70 70 78 85	1-24-99 3-25-94 3-20-94 3-20-94 3-9-96 3-20-94 2-28-97 3-20-94 2-10-95  EET DATE 3-25-00 2-3-02 3-20-93 2-14-99 3-20-93 3-25-00 1-12-02 3-4-95  EET DATE 3-25-00 1-12-02 3-4-95	W65   32.0   W70   33.11   W75   40.52   W80   46.03   W85   52.01   400   Meters   DIV.   MARK   W35   53.13   W40   56.82   W45   59.86   W50   62.56   W55   66.99   W60   70.69   W75   1:41.15   W80   2:25.03   W85   2:39.23   800   Meters   DIV.   MARK   W35   2:01.49   W40   1:58.37   W45   2:19.7   W50   2:25.28   W55   2:36.75   W60   2:44.22   W65   2:53.54   W70   3:28.1	Irene Obera(USA) Joan Ogden(GBR) Joan Ogden(GBR) Gunni Svensson(SWE) Nora Wedemo(SWE) Nora Wedemo(SWE) Nadez Olizarenko(URS) Tilly Verhoef-Jacobs(NED) Caroline Marler(GBR) Caroline Marler(GBR) Carolyn Cappetta(USA) Patricia Peterson(USA) Louise Addms(USA) Ivy Granstrom(CAN)  NAME(COUNTRY) Doina Melinte(ROM) Helinte(ROM) Helinte(ROM) Helinte(ROM) Helinte(GBR) Carolyn Cappetta(USA) Ivy Granstrom(CAN)  NAME(COUNTRY) Doina Melinte(ROM) Helinte(ROM) Helinte(GBR) Caroline Marler(GBR) Caroline Marler(GBR) Caroline Marler(GBR) Caroline Marler(GBR) Carolyn Cappetta(USA) Jeanne Daprano(USA) Jeanne Daprano(USA) Toshiko D'Elia(USA)	55 1-27-02 60 3-25-94 65 3-20-93 70 2-28-98 78 3-7-99 80 2-5-94 85 1-31-99 AGE MEET DATE 35 2-25-89 40 2-297 46 3-2-97 50 2-17-01 55 3-23-02 60 1-5-96 65 3-24-01 71 3-28-98 75 3-22-97 80 2-25-95 87 3-27-99 AGE MEET DATE 35 3-23-02 60 1-5-96 65 3-24-01 71 3-28-98 75 3-12-97 80 2-25-95 87 3-27-99 AGE MEET DATE 35 3-11-92 40 2-25-01 40 2-25-01 53 3-13-99 60 3-17-96 65 3-24-02 71 3-17-96	#40 11.14 #45 11.02 #50 10.49 #55 9.33 #60 9.45 #65 8.12 #70 7.83 #75 6.08 #80 5.15  Shot Put (35-49: DIV. MARK #35 21.47 #40 19.16 #45 14.88 #50 12.66 #55 12.57 #60 12.54 #65 11.64 #70 8.58 #75 7.75 #80 6.30 #76 8.58 #75 7.75 #80 6.30 #85 5.29  3000 Meter Walk DIV. MARK #35 12.28.76 #40 13:33.1 #45 14:43.70 #50 15:11.2	Danielle Desmier(USA) Phil Raschker(USA) Phil Raschker(USA) C. Schmalbruch(GER) Audrey Lary(USA) Asta Larsson(SWE) Gunni Svensson(SWE) Margaret Hinton(USA)  4Kg; S0+: 3Kg) NAME(COUNTRY) Helena Fibingerova(CZE) Antonina Ivanova(URS) Ingrid Miller(SWE) Joanne Grissom(USA) Karen Illgen(GER) Karen Illgen(GER) Karen Illgen(GER) Rachel Hanssens(BEL) Ilse Pleuger(GER) Mary Bowermaster(USA) Margareta Sarvana(FIN) Margareta Sarvana(FIN) Margareta Sarvana(FIN) NAME(COUNTRY) Dana Vavracova(CZE) Olena Veremiychuk(UKR) Sally Richards(USA) Vieno Heikkila(FIN)	47 3-2-97 50 3-21-97 55 3-24-02 62 3-7-99 65 2-13-00 70 10-23-01 75 10-27-96 80 3-24-02  AGE MEET DATE 35 2-9-85 41 2-24-74 45 1-31-87 51 3-25-90 55 2-23-02 65 2-23-02 71 3-9-01 75 3-5-99 82 3-25-00 81 3-4-90 87 3-30-96  AGE MEET DATE 35 4-90 87 3-30-96
M65 10:11.60 M70 11:08.49 M75 12:12.72 M80 14:10.79 M85 16:41.3 60 Meter Hurdle DIV. MARK M40 7.96 M45 8.36 M50 8.47 M55 8.63 M60 9.14 M65 9.8 M70 9.89 M75 10.09 M80 12.23 M85 14.36 High Jump DIV. MARK M40 2.10 M45 1.92 M50 2.00 M55 1.81 M60 1.65	Nolan Shaheed(USA) Stephen James(GBR) Andrew Brown(GBR) Ed Whitlock(CAN) James Todd(GBR) James Todd(GBR) James Todd(GBR) Gordon Porteous(GBR) Marti Laiho(FIN)  **S  **NAME(COUNTRY) Karl Smith(USA) Colin Williams(USA) Walt Butler(USA) Courtland Gray(USA) Phil Mulkey(USA) Buck Bradberry(USA) James Stookey(USA) Melvin Larsen(USA) Edwin Lukens(USA) Karl Trei(CAN)  **NAME(COUNTRY) Dwight Stones(USA) Mark (helnov(URS) Thomas Zacharas(GER) Asko Pesonen(FIN) Jim Gilcrist(USA)	46 50 56 61 65 72 75 80 85 40 48 51 55 60 66 70 76 80 85	1-24-99 3-25-94 3-20-94 3-20-94 3-9-96 3-20-94 2-28-97 3-20-94 2-10-95  EET DATE 3-25-00 2-3-02 3-20-93 2-14-99 3-20-93 3-25-00 1-19-01 3-25-00 1-19-01 3-25-94 3-18-90 3-28-94 3-18-90 3-24-90	W65   32.0     W70   33.11     W75   40.52     W80   46.03     W85   52.01     400   Meters     DIV.   MARK     W35   53.13     W40   56.82     W45   59.86     W50   62.56     W55   66.99     W60   70.69     W65   71.89     W75   1:41.15     W80   2:25.03     W85   2:39.23     W85   2:39.23     800   Meters     DIV.   MARK     W35   2:01.49     W40   1:58.37     W45   2:25.28     W55   2:36.75     W65   2:44.22     W65   2:53.54	Irene Obera(USA) Joan Ogden(GBR) Joan Ogden(GBR) Gunni Svensson(SWE) Nora Wedemo(SWE)  NAME(COUNTRY) Nadez Olizarenko(URS) Tilly Verhoef-Jacobs(NED) Caroline Marler(GBR) Caroline Marler(GBR) Carolyn Cappetta(USA) Carolyn Cappetta(USA) Patricia Peterson(USA) Louise Adams(USA) Peurl Mehl(USA) Ivy Granstrom(CAN)  NAME(COUNTRY) Doina Melinte(ROM) Helena Fuchsova(CZE) Caroline Marler(GBR) Riet Jonkers Slegers(NED) Carolyn Cappetta(USA)	55 1-27-02 60 3-25-94 65 3-20-93 70 2-28-98 78 3-7-99 80 2-5-94 85 1-31-99 AGE MEET DATE 35 2-25-89 40 2-2-97 46 3-2-97 50 2-17-01 55 3-23-02 60 1-5-96 65 3-24-01 71 3-28-98 75 3-22-97 80 2-25-95 87 3-27-99 AGE MEET DATE 35 3-24-01 71 3-28-98 75 3-22-97 80 2-25-95 87 3-27-99 AGE MEET DATE 35 3-11-92 40 2-25-01 46 2-1-97 50 2-18-01 55 3-13-99 60 3-17-96 65 3-24-02	#40 11.14 #45 11.02 #50 10.49 #55 9.33 #60 9.45 #65 8.12 #70 7.83 #75 6.08 #80 5.15  Shot Put (35-49: DIV. MARK #35 21.47 #40 19.16 #45 14.88 #50 12.66 #55 12.57 #60 12.54 #65 11.64 #70 8.58 #75 7.75 #80 6.30 #85 5.29  3000 Meter Walk DIV. MARK #35 12.28.76 #40 13.33.1 #45 14.43.70 #50 15:11.2 #55 15:58.47	Danielle Desmier(USA) Phil Raschker(USA) Phil Raschker(USA) C. Schmalbruch(GER) Audrey Lary(USA) Asta Larsson(SWE) Gunni Svensson(SWE) Margaret Hinton(USA)  4Kg; S9+: 3Kg) NAME(COUNTRY) Helena Fibingerova(CZE) Antonina Ivanova(URS) Ingrid Miller(SWE) Joanne Grissom(USA) Karen Illgen(GER) Karen Illgen(GER) Karen Illgen(GER) Karen Illgen(GER) Karen Illgen(GER) Margaret Servana(FIN) Margareta Sarvana(FIN)  NAME(COUNTRY) Dana Vavracova(CZE) Olena Veremiychuk(UKR) Sally Richards(USA) Vieno Heikkila(FIN) Maltraud Seiler(GER) Josette Sommier(FRA)	47 3- 2-97 50 3-21-97 53 3-24-02 62 3- 7-99 65 2-13-00 70 10-23-01 75 10-27-96 80 3-24-02  AGE MEET DATE 35 2- 9-85 41 2-24-74 45 1-31-87 51 3-25-90 52 2-23-02 71 3- 9-01 75 3- 5-99 82 3-25-00 81 3- 4-90 87 3-30-96  AGE MEET DATE 35 4-90 87 3-30-96
M65 10:11.60 M70 11:08.49 M75 12:12.72 M80 14:10.79 M85 16:41.3 M85 16:41.3 M85 16:41.3 M85 18:41 M85 16:41.3 M85 18:47 M55 8.63 M60 9.14 M65 9.8 M70 9.89 M75 10.09 M80 12.23 M85 14.36 M85 14.36 M85 14.36 M86 1.65 M65 1.65 M66 1.65 M66 1.65 M70 1.49 M70 1.49 M70 M80 1.65 M60 1.65 M70 1.49 M70 1.49 M70 M80 1.65 M70 1.49 M70 1.	Nolan Shaheed(USA) Stephen James(GBR) Andrew Brown(GBR) Ed Whitlock(CAN) James Todd(GBR) James Todd(GBR) James Todd(GBR) James Todd(GBR) Marti Laiho(FIN)  ES  NAME(COUNTRY) Karl Smith(USA) Colin Williams(USA) Walt Butler(USA) Walt Butler(USA) Phil Mulkey(USA) Phil Mulkey(USA) James Stookey(USA) Melvin Larsen(USA) Karl Trei(CAN)  NAME(COUNTRY) Dwight Stoones(USA) Mark Chelnov(URS) Thomas Zacharas(GER) Asko Pesonen(FIN) Jim Gilcrist(USA) Jim Gilcrist(USA) Nils-Beetiv Nevrup(SWE)	46 50 56 61 65 72 75 80 85 85 40 48 51 55 60 66 70 70 76 80 85	1-24-99 3-25-91 3-20-94 3-20-94 3-20-94 3-20-94 2-28-97 3-20-94 2-10-95  EET DATE 3-25-00 2-3-02 3-20-93 2-14-99 3-20-93 3-25-00 1-19-01 3-23-02 3-4-95  EET DATE 3-23-02 3-4-95	#65 32.0 #70 33.11 #75 40.52 #80 46.03 #85 52.01 400 Meters DIV. MARK #35 53.13 #40 56.82 #45 59.86 #50 62.56 #55 66.99 #60 70.69 #65 71.89 #70 88.79 #75 1:41.15 #80 2:25.03 #85 2:39.23 800 Meters DIV. MARK #35 2:01.49 #40 1:58.37 #45 2:19.7 #50 2:25.28 #55 2:36.75 #60 2:44.22 #65 2:53.54 #70 3:28.1 #75 3:46.79 #80 5:16.53 #85 5:59.98	Irene Obera(USA) Joan Ogden(GBR) Joan Ogden(GBR) Gunni Svensson(SWE) Nora Wedemo(SWE) Nora Wedemo(SWE) Nora Wedemo(SWE) Nora Wedemo(SWE) Nora Wedemo(SWE)  NaME(COUNTRY) Nadaz Olizarenko(URS) Tilly Verhoef-Jacobs(NED) Caroline Marler(GBR) Caroline Marler(GBR) Nadine Lowenstein(BEL) Carolyn Cappetta(USA) Carolyn Cappetta(USA) Louise Addmms(USA) Patricia Peterson(USA) Louise Addmms(USA) Ivy Granstrom(CAN)  NAME(COUNTRY) Doina Melinte(ROM) Helena Fuchsova(CZE) Caroline Marler(GBR) Carolyn Cappetta(USA) Joanne Daprano(USA) Toshiko D'Elia(USA) Louise Addmms(USA) Tyy Granstrom(CAN) Ivy Granstrom(CAN)	55 1-27-02 60 3-25-94 65 3-20-93 70 2-28-98 78 3-7-99 80 2-5-94 85 1-31-99  AGE MEET DATE 35 2-25-89 40 2-2-97 46 3-2-97 50 2-17-01 55 3-23-02 60 1-5-96 65 3-24-01 71 3-28-98 75 3-22-97 80 2-25-95 87 3-27-99  AGE MEET DATE 35 3-11-92 40 2-25-01 46 2-1-97 50 2-18-01 55 3-13-99 60 3-17-96 65 3-24-02 71 3-17-01 75 3-23-97 84 3-31-96 87 3-28-99  AGE MEET DATE	#40 11.14 #45 11.02 #50 10.49 #55 9.33 #60 9.45 #65 8.12 #70 7.83 #75 6.08 #80 5.15  Shot Put (35-49: DIV. MARK #35 21.47 #40 19.16 #45 14.88 #50 12.66 #55 12.57 #60 12.54 #65 11.64 #70 8.58 #75 7.75 #80 6.30 #85 5.29  3000 Meter Walk DIV. MARK #35 12.28.76 #40 13:33.1 #45 14:43.70 #50 15:11.2 #55 15:58.47 #60 17:38.4 #70 18:26.5	Danielle Desmier(USA) Phil Raschker(USA) Phil Raschker(USA) C. Schmalbruch(GER) Audrey Lary(USA) Asta Larsson(SWE) Gunni Svensson(SWE) Margaret Hinton(USA)  4Kg; S0+: 3Kg) NAME(COUNTRY) Helena Fibingerova(CZE) Antonina Ivanova(URS) Ingrid Miller(SWE) Joanne Grissom(USA) Karen Illgen(GER) Karen Illgen(GER) Karen Illgen(GER) Karen Illgen(GER) Marg Bowermaster(USA) Margareta Sarvana(FIN) Margareta Sarvana(FIN) Margareta Sarvana(FIN) Margareta Sarvana(FIN) Margareta Sarvana(FIN) NAME(COUNTRY) Dana Vavracova(CZE) Olena Veremiychuk(UKR) Sally Richards(USA) Vieno Heikkila(FIN) Waltraud Seiler(GER) Josette Sommier(FRA) Mary Worth(GBR) Beryl Randle(GBR) Millie Crems(USA)	47 3-2-97 50 3-21-97 50 3-21-97 55 3-24-02 62 3-7-99 65 2-13-00 70 10-23-01 75 10-27-96 80 3-24-02  AGE MEET DATE 35 2-9-85 41 2-24-74 45 1-31-87 51 3-25-90 55 2-28-97 60 2-23-02 65 2-23-02 71 3-9-01 75 3-5-99 81 3-4-90 87 3-30-96  AGE MEET DATE 35 4-90 87 3-9-91 75 3-5-99 80 2-23-02 71 3-9-01 75 3-5-99 81 3-4-90 87 3-26-00 87 3-26-00 88 3-4-90 89 3-26-00 89 3-26-00 80 2-28-91 80 3-1-97 81 3-1-97 82 3-26-00 83 3-26-00 84 3-26-00 85 2-28-91 86 3-1-97 87 3-26-90
M65 10:11.60 M70 11:08.49 M75 12:12.72 M80 14:10.79 M85 16:41.3 60 Meter Hurdle DIV. MARK M40 7.96 M45 8.36 M50 8.47 M55 8.63 M60 9.14 M65 9.8 M70 9.89 M75 10.09 M80 12.23 M85 14.36 High Jump DIV. MARK M40 2.10 M45 1.92 M50 2.00 M50 1.65 M50 1.65 M50 1.65 M50 1.65 M50 1.65 M50 1.65 M50 1.40 M50 1.65 M50 1.49 M50 1.49 M75 1.40 M80 1.27	Nolan Shaheed(USA) Stephen James(GBR) Andrew Brown(GBR) Ed Whitlock(CAN) James Todd(GBR) James Todd(GBR) James Todd(GBR) Gordon Porteous(GBR) Marti Laiho(FIN)  ES  NAME(COUNTRY) Karl Smith(USA) Colin Williams(USA) Walt Butler(USA) Phil Mulkey(USA) Buck Bradberry(USA) James Stookey(USA) Melvin Larsen(USA) Karl Trei(CAN)  NAME(COUNTRY) Dwight Stones(USA) Mark Chelnov(URS) Thomas Zacharas(GER) Asko Pesonen(FIN) Jim Gilcrist(USA) Jim Gilcrist(USA) Nils-Bertiv Nevrup(SWE) Esko Kolhonen(FIN) Esko Kolhonen(FIN) Esmerich Zensch(AUT)	46 50 56 62 65 70 75 48 81 51 51 52 62 65 70 75 88 81 51 51 52 62 65 70 75 88 81 51 51 51 51 51 51 51 51 51 51 51 51 51	1-24-99 3-25-91 3-20-94 3-20-94 3-20-94 3-20-94 2-28-97 3-20-94 2-10-95  EET DATE 3-25-00 2-3-02 3-20-93 2-14-99 3-20-93 3-25-00 1-12-07 3-18-90 3-25-94 3-18-90 3-24-98 3-18-90 3-24-98 3-18-90 3-24-98 3-18-90 3-19-93	W65   32.0   W70   33.11   W75   40.52   W80   46.03   W85   52.01   400   Meters   DIV.   MARK   W35   53.13   W40   56.82   W45   59.86   W50   62.56   W55   66.99   W65   71.89   W70   88.79   W75   1:41.15   W80   2:25.03   W85   2:39.23   800   Meters   DIV.   MARK   W35   2:01.49   W40   1:58.37   W45   2:19.7   W50   2:25.28   W55   2:36.75   W70   3:28.1   W75   3:46.79   W80   5:16.53   W85   5:59.98   1500   Meters   DIV.   MARK   W35   4:03.08   W40   4:05.19   W80   5:55.99   W80   5:55.99   W80   4:03.08   W40   4:05.19   W80   Element   W40   W40	Irene Obera(USA) Joan Ogden(GBR) Joan Ogden(GBR) Gunni Svensson(SWE) Nora Wedemo(SWE) Nora Wedemo(SWE)  NAME(COUNTRY) Nadez Olizarenko(URS) Tilly Verhoef-Jacobs(NED) Caroline Marler(GBR) Nadine Lowenstein(BEL) Carolyn Cappetta(USA) Carolyn Cappetta(USA) Patricia Peterson(USA) Ivy Granstrom(CAN)  NAME(COUNTRY) Doina Melinte(ROM) Helena Fuchsova(CZE) Caroline Marler(GBR) Caroline Marler(GBR) NAME(COUNTRY) Doina Melinte(ROM) Helena Fuchsova(CZE) Caroline Marler(GBR) Caroline Marler(GBR) Caroline Marler(GBR) Jeanne Daprano(USA) Joshiko D'Ellia(USA) Louise Adams(USA) Ivy Granstrom(CAN) Ivy Granstrom(CAN) Ivy Granstrom(CAN) NAME(COUNTRY) Mary Slaney(USA) Yekaterina Podkopayeva(URS)	55 1-27-02 60 3-25-94 65 3-20-93 70 2-28-98 78 3-7-99 80 2-5-94 85 1-31-99 AGE MEET DATE 35 2-25-89 40 2-2-97 46 3-2-97 50 2-17-01 55 3-23-02 60 1-5-96 65 3-24-01 71 3-28-98 75 3-22-97 80 2-25-95 87 3-27-99 AGE MEET DATE 35 3-11-92 40 2-25-01 46 2-1-97 50 2-18-01 55 3-13-99 60 3-17-96 65 3-24-02 71 3-17-01 75 3-23-97 84 3-31-96 87 3-28-99 AGE MEET DATE 38 3-11-96 87 3-28-99	N40 11.14 N45 11.02 N50 10.49 N55 9.33 N60 9.45 N65 8.12 N70 7.83 N75 6.08 N80 5.15  Shot Put (35-49: DIV. MARK N35 21.47 N40 19.16 N45 12.57 N60 12.54 N65 11.64 N70 8.58 N75 7.75 N80 6.30 P 6.36 N85 5.29  3000 Meter Walk DIV. MARK N35 12.28.76 N40 13.33.1 N45 14:43.70 N50 15:11.2 N55 15:58.47 N60 17:22.44 N65 17:38.4	Danielle Desmier(USA) Phil Raschker(USA) Phil Raschker(USA) C. Schmalbruch(GER) Audrey Lary(USA) Asta Larsson(SWE) Gunni Svensson(SWE) Gunni Svensson(SWE) Margaret Hinton(USA)  4Kg; S0+: 3Kg) NAME(COUNTRY) Helena Fibingerova(CZE) Antonina Ivanova(URS) Ingrid Miller(SWE) Joanne Grissom(USA) Karen Illgen(GER) Karen Illgen(GER) Karen Illgen(GER) Karen Illgen(GER) Margaret Sarvana(FIN)  NAME(COUNTRY) Dana Vavracova(CZE) Olena Veremiychuk(UKR) Sally Richards(USA) Vieno Heikkila(FIN) Waltraud Seiler(GER) Josette Sommier(FRA) Mary Worth(GBR) Beryl Randle(GBR)	47 3-2-97 50 3-21-97 50 3-24-02 62 3-7-99 65 2-13-00 70 10-23-01 75 10-27-96 80 3-24-02  AGE MEET DATE 35 2-9-85 41 2-24-74 45 1-31-87 51 3-25-90 52 2-28-97 60 2-23-02 71 3-9-01 75 3-5-99 82 3-25-00 81 3-4-90 87 3-30-96  AGE MEET DATE 35 3-4-90 87 3-30-96
M65 10:11.60 M70 11:08.49 M75 12:12.72 M80 14:10.79 M85 16:41.3  60 Meter Hurdle DIV. MARK M40 7.96 M45 8.36 M50 8.47 M55 8.63 M60 9.14 M65 9.8 M70 9.89 M75 10.09 M80 12.23 M85 14.36  High Jump DIV. MARK M40 2.10 M45 1.92 M50 2.00 M55 1.81 M60 1.65 M70 1.49	Nolan Shaheed(USA) Stephen James(GBR) Andrew Brown(GBR) Ed Whitlock(CAN) James Todd(GBR) James Todd(GBR) James Todd(GBR) James Todd(GBR) Marti Laiho(FIN)  S  S  S  S  S  S  S  S  S  S  S  S  S	AGE ME 46 56 61 65 72 75 80 85  AGE ME 40 48 51 55 66 70 76 80 85  AGE ME 46 50 66 70 75 81 81 88	1-24-99 3-25-91 3-20-94 3-20-94 3-20-94 3-20-94 2-28-97 3-20-94 2-10-95  EET DATE 3-25-00 2-3-02 3-25-00 2-3-02 3-25-00 3-20-93 3-25-00 3-23-02 3-4-95  EET DATE 3-25-94 3-18-90 3-24-99 3-18-90 3-24-99 3-18-90 3-19-93 1-12-97 4-1-995	W65   32.0   W70   33.11   W75   40.52   W80   46.03   W85   52.01   400   Meters   DIV.   MARK   W35   53.13   W40   56.82   W45   59.86   W50   62.56   W55   66.99   W60   70.69   W65   71.89   W70   88.79   W75   1:41.15   W80   2:25.03   W85   2:39.23   800   Meters   DIV.   MARK   W35   2:01.49   W40   1:58.37   W45   2:19.7   W50   2:25.28   W55   2:36.75   W60   2:44.22   W65   2:53.54   W70   3:28.1   W75   3:46.79   W80   5:16.53   W85   5:59.98   1500   Meters   DIV.   MARK   W35   4:03.08   W40   4:05.19   W45   4:44.0   W50   4:51.8   W50	Irene Obera(USA) Joan Ogden(GBR) Joan Ogden(GBR) Gunni Svensson(SWE) Nora Wedemo(SWE) Nora Wedemo(SWE)  Name:  Nam	55 1-27-02 60 3-25-94 65 3-20-93 70 2-28-98 78 3-7-99 80 2-5-94 85 1-31-99  AGE MEET DATE 35 2-25-89 40 2-297 46 3-2-97 50 2-17-01 55 3-23-02 60 1-5-96 65 3-24-01 71 3-28-98 75 3-22-97 80 2-25-95 87 3-27-99  AGE MEET DATE 35 3-11-92 40 2-25-01 46 2-1-97 50 2-18-01 55 3-13-99 60 3-17-96 65 3-24-02 71 3-17-96 65 3-24-02 71 3-17-96 67 3-23-97 84 3-31-96 87 3-23-97 84 3-31-96 87 3-28-99	NAO	Danielle Desmier(USA) Phil Raschker(USA) Phil Raschker(USA) C. Schmalbruch(GER) Audrey Lary(USA) Asta Larsson(SWE) Gunni Svensson(SWE) Gunni Svensson(SWE) Margaret Hinton(USA)  4Kg; S9+: 3Kg) NAME(COUNTRY) Helena Fibingerova(CZE) Antonina Ivanova(URS) Ingrid Miller(SWE) Joanne Grissom(USA) Karen Illgen(GER) Karen Illgen(GER) Karen Illgen(GER) Karen Illgen(GER) Narie Illgen(GER) Narie Illgen(GER) Narje Nowermaster(USA) Margareta Sarvana(FIN)  NAME(COUNTRY) Dana Vavracova(CZE) Olena Veremiychuk(UKR) Sally Richards(USA) Vieno Heikkila(FIN) Maltraud Seiler(GER) Josette Sommier(FRA) Mary Worth(GBR) Beryl Randle(GBR) Millie Crews(USA) Nora Wedemo(SWE) Dorothy Robarts(USA)	47 3-2-97 50 3-21-97 50 3-21-97 55 3-24-02 62 3-7-99 65 2-13-00 70 10-23-01 75 10-27-96 80 3-24-02  AGE MEET DATE 35 2-9-85 41 2-24-74 45 1-31-87 51 3-25-90 55 2-28-97 60 2-23-02 71 3-9-01 75 3-5-99 82 3-25-00 81 3-4-90 81 3-4-90 87 3-30-96  AGE MEET DATE 35 3-4-90 87 3-26-00 52 2-28-91 55 3-1-97 66 2-12-95 70 3-6-99 75 3-24-90 83 3-1-97

Continued from previous page

# **USA Track & Field Indoor Age-Group Records**

Approved by the Records Committee of the USA Track & Field as of December 7, 2002

Men	s U.S. Indoor Red	cords	M45 6-1 1/4 1.86 Walden Curry(LA) 45 3-28-98 M70-74 17:03.33 Jack Starr Boston, MA 3/20	9/99
60 Meters DIV. MARK M35 6.98 M40 6.97	NAME(RESIDENCE) Mitchell Lovett(NY) Eddie Hart(CA)	AGE MEET DATE 36 3-28-98 40 3-24-90	MS5 5-7 1/4 1.71 John C. Brown(MO) 56 1-11-86 MR0-84 21:39.16 Bill Patterson Greensboro, NC 3/3:	5/01 1/96 5/01
M45 7.02 M50 7.20 M55 7.53 M60 7.75 7.7n M65 8.14	Stan Whitley(CA) Bill (ollins(TX) Hugo Hartenstein(CO) Harold Tolson(CA) Payton Jordan(CA) James Law(MC)	45 3-23-91 51 3-23-02 55 3-24-90 60 3-28-98 60 1-7-78 65 3-23-91	M75   4-4 3/4   1.34 B(11 mambach(m1)   75 3-24-01	8/98
M70 8.41 M75 8.67 M80 9.39 M85 10.72 M90 11.84	Harry Brown(IL) Melvin Larsen(IA) Roderick Parker(AR) Champion Goldy(US) Ted Hatlen(CA)	70 3-25-00 75 3-25-00 80 3-27-99 85 3-23-02 90 3-24-01	Pole Vault DIV. MARK M35 16-8 M40 17-0 S.18 Earl Bell(AR)  AGE MEET DATI	
M95 p16.96 M100 27.29 200 Meters DIV. MARK	Everett Hosack(OH) Everett Hosack(OH)  NAME(RESIDENCE)	95 3- 1-97 100 3-23-02	M50 14-2 4.32 Vincent Struble(US) 51 3-23-02 b0 Meters M55 13-4 1/2 4.08 Dennis Phillips(OR) 55 1-26-02 DIV. MARK NAME(RESIDENCE) AGE MEE  M60 12-10 3.91 Dale Lance(OK) 60 3-27-98 W35 7.88 Charlene Landrum(NY) 35 3-  M65 11-2 3/4 3.42 Jerry Danley(CO) 65 2-25-95 W40 8.01 Denise Foreman(NA) 40 3-2	27-99 22-97
M35 22.04 M40 22.19 M45 22.57 M50 23.26 M55 24.09	Mitchell Lovett(NY) Bill Collins(TX) Bill Collins(TX) Bill Collins(TX) Stephen Robbins(CA)	36 3-29-98 44 2-26-95 48 2-14-99 51 3-24-02 55 2-15-98	M78 10-4 3.15 Boo Morcom(PA) 71 1-8-93 M45 8.02 Phil Roschker(GA) 48 2-7 M75 9-3 2.82 Carol Johnston(CA) 76 3-19-88 M59 9-0 1/4 2.75 William K. Bell(AR) 80 3-22-02 M85 5-6 1.67 A. E. Pitcher(IN) 86 3-19-88 M60 9.05 Irene Obera(CA) 61 2-7 M65 9.64 Audrey Lary(MD) 65 3-7 M70 10.36 Mary Bowermaster(OH) 71 4-7 Mary Bowermaster(OH) 71 4-7 M70 10.36 M80	25-95 1-97 23-02 25-95 25-00 1-89
M60 25.10 M65 26.20 M70 27.75 M75 29.57 M80 32.85	Larry Colbert(MD) Larry Colbert(MD) Harry Brown(IL) Melvin Larsen(IA) Jim Manno(NJ)	61 3-29-98 65 3-24-02 70 3-26-00 75 3-26-00 80 3-25-01	DIV. MARK NAME(RESIDENCE) AGE MEET DATE W80 11.52 Mary Bowermaster(OH) 82 3-1 M40 23-1 7.03 Stan Whitley(CA) 45 3-23-91 200 Meters	25-00 25-00
M85 39.75 M90 76.4 M95 66.78 M100 2:22.81	Champion Goldy(US) Herb Kirk(MT) Everett Hosack(OH) Everett Hosack(OH)	85 3-24-02 91 1-11-87 95 4-6-97 100 3-16-02	MSS 19-3 1/4 5.87 Boo Morcom(PA) 55 3-13-77 W35 25.84 Alethea Morris(NY) 35 3-18-87 M68 18-3 3/4 5.58 Dick Richards(CA) 62 3-22-97 W48 25.67 Denise Foreman(WA) 48 2-18-17-5 1/4 5.31 Melvin Larsen(IA) 66 1-13-91 W45 26.18 Phil Raschker(GA) 48 2-17-5 1/4 5.31 Dick Richards(CA) 66 2-25-91 W59 26.52 Phil Raschker(GA) 50 3-18-18-18-18-18-18-18-18-18-18-18-18-18-	T DATE 26-00 8-97 26-95 2-97 23-97
400 Meters DIV. MARK M35 48.58 M40 49.62 M45 49.89 M50 52.78	NAME(RESIDENCE) Mitchell Lovett(NY) Ray Blackwell(DE) Fred Sowerby(NY) Bill Collins(TX)	AGE MEET DATE 36 3-28-98 42 3-24-01 45 1-29-94 50 3-24-01	M80     13-2     4.01 Edwin Lukens(NY)     80     3-23-02     W60     31.03     Kathy Bergen(CA)     60     3-83       M55     10-2     3.10 Clarence Trahan(CA)     85     3-25-00     W65     32.25     Carolyn Cappetta(MA)     65     3-83       M90     7-0 1/4     2.14 Ted Hatlen(CA)     90     3-24-01     W70     35.58     Pat Peterson(NY)     71     3-83       Triple Jump     W80     57.61     Pearl Mehl(CO)     81     3-93	24-02 26-00 25-01 29-98 28-99 31-96
M55 55.40 M60 56.32 M65 59.35 M70 63.71 M75 71.84 M80 75.58 M85 1:40.86 M90 2:54.0	Roger Pierce(MA) Larry (Colbert(MD) Larry Colbert(MD) Harry Brown(IL) John Alexander(TX) Roderick Parker(AR) Russell Randall(CO) Herb Kirk(MT)	55 1-23-00 60 3-22-97 65 3-23-02 70 3-25-00 75 2-25-95 80 3-27-99 86 3-20-93 91 1-11-87	M50 40-7 1/2 12.38 Dave Jackson(CA) 51 3-27-83 M35 56.66 Alethea Morris(NY) 35 3- M55 37-3 3/4 11.37 Frank Struna(MT) 58 1-28-00 M40 57.67 Denise Foreman(MA) 40 1- M60 36-3 1/2 11.06 Ed Lukens(NY) 63 3-24-85 M45 62.55 Dee Dee Grafius(CA) 46 2- M65 35-7 3/4 10.86 Tom Patsalis(CA) 66 3-29-87 M50 65.61 Carolyn Smith-Honna(NY) 51 3- M70 32-8 1/2 9.97 Ed Lukens(NY) 70 3-19-93 M55 67.39 Carolyn Cappetta(MA) 59 2- M75 30-9 1/4 9.38 Ed Lukens(NY) 75 3-21-97 p66.99 Nadine Lowenstein(BEL) 56 3-	T DATE -25-00 -25-97 -18-96 -23-02 -25-95 -23-02
DIV. MARK M35 1:49.79 M40 1:54.68 M45 1:57.81	NAME(RESIDENCE) Johnny Gray(CA) Anselm Lebourne(NJ) Ken Sparks(OH)	AGE MEET DATE 35 2-19-96 40 2-12-00 45 3-25-90	M85 20-8 1/2 6.31 Clarence Trahan(CA) 87 3-24-02 M65 71.89 Carolyn Cappetta(MA) 65 3- W70 88.79 Pat Peterson(NY) 71 3- Shot Put (35-49: 16#; 50-59: 6Kg; 60-69: 5Kg; 70+: 4Kg) W75 1:41.15 Louise Adams(CO) 75 3-	- 5-96 -24-01 -28-98 -22-97 -25-95
M50 2:02.88 M55 2:08.9 M60 2:14.75 M65 2:24.12 M70 2:36.52 M75 2:54.83 M80 3:13.39 M85 3:46.96	Nolan Shaheed(CA) Ken Baker(NJ) Sidney Howard(NJ) Frank Haviland(NJ) Jim Beall(NI) Archie Messenger(NY) Roderick Parker(AR) Vincent Malizia(CA)	51 3-25-01 55 3-22-92 60 2-26-99 66 3-25-01 70 2-6-00 75 3-28-99 80 3-28-99 85 3-26-00	M40     65-10     1/4     20.07     Brian Oldfield(IL)     40     1-17-86       M45     53-11     16.43     Robert Orlando(MA)     45     1-11-02     800     Meters       M50     53-4     1/2     16.27     Lodislav Pataki(CA)     52     2-14-99     DIV. MARK     NAME(RESIDENCE)     AGE     MEE       M55     51-7     3/4     15.74     Joe Keshmiri(NV)     60     2-25-95     m35     2:14.94     Nancy Shafer(OH)     35     2-       M60     51-9     15.77     Joe Keshmiri(NV)     60     3-28-98     m40     2:16.01     Rose Monday(CA)     41     3-       M65     45-11     3/4     14.01     Gerald Vaughn(NC)     65     2-25-01     m45     2:23.33     Dee Dee Grafius(CA)     46     2-       M75     40-4     1/4     12.30     Ross Carter(OR)     76     3-24-99     m50     2:28.61     Carolyn Smith-Hanna(NY)     50     3-       P2:27.42     Kathryn Martin(NY)     50     3-	ET DATE -20-87 -25-01 -17-96 -25-01 -24-02 -31-96
1500 Meters DIV. MARK M40 3:56.7 M45 4:04.80 M50 4:15.64 M55 4:28.5	NAME(RESIDENCE) Ken Popejoy(IL) Ken Sparks(OH) Albin Swenson(CT) Victor Heckler(IL)	AGE MEET DATE 40 3-16-91 45 3-24-90 51 3-15-98 55 3-15-98	M85 31-9 1/4 9.68 Ross Carter(OR) 85 3-26-99 M90 21-9 1/2 6.64 Ted Hotlen(CA) 90 3-24-01 M100 12-0 1/4 3.66 Everett Hosack(OH) 100 3-16-02 M100 Tel 1/4 22 Carolyn Cappetta(MA) 61 3- M100 2:44.22 Cappett	-17-96 -24-02 -17-01 -23-97 -31-96
M60 4.43.75 M65 5:05.5 M70 5:27.4 M75 6:01.6 M80 6:35.4 M85 8:16.73 M90 14:34.2	James Sutton(PA) Archie Messenger(NY) Austin Newman(NJ) Austin Newman(NJ) Austin Newman(NJ) Vincent Malizia(CA) Herb Kirk(MT)	61 3-7-93 65 3-18-89 70 3-23-86 75 2-24-91 80 2-11-96 85 2-6-00 91 1-11-87	M35 78-3 1/2 23.86 Lance Deal(US) 38 1-22-00 1500 Meters M40 73-10 3/4 22.52 Ed Burke(CA) 43 1-8-84 M45 64-3 19.58 Harold (onnolly(CA) 45 1-8-77 M50 64-1 1/4 19.54 Bob Backus(MA) 51 2-24-78 M55 51-8 1/2 15.76 Tom Gage(MT) 56 3-25-00 W50 5:05.01 Carolyn Smith-Hanna(NY) 50 12-24 M65 50-8 3/4 15.46 Bob D Ward(TX) 66 3-24-00 W50 5:05.01 Carolyn Smith-Hanna(NY) 50 12-24 M65 50-8 3/4 15.46 Bob D Ward(TX) 66 3-24-00 W50 5:42.57 Marie Michelsohn(NY) 60 1-2 M70 41-8 12.70 Ken Weinbel(WA) 70 2-15-98 W60 5:42.57 Marie Michelsohn(NY) 60 1-2 M70 41-8 12.70 Ken Weinbel(WA) 70 2-15-98 W60 5:42.57 Marie Michelsohn(NY) 60 1-2 M70 41-8 12.70 Ken Weinbel(WA) 70 2-15-98 W60 5:42.57 Marie Michelsohn(NY) 60 1-2 M70 41-8 12.70 Ken Weinbel(WA) 70 2-15-98 W65 6:06.14 Jeanne Daprano(GA) 65 2-2	23-91 20-90 3-90 29-00 23-02 20-02 24-02
DIV. MARK M40 4:11.00 M45 4:21.90 M50 4:26.75 M55 4:50.22	NAME(RESIDENCE) Bill Stewart(MI) Albin Swenson(CT) Nolan Shaheed(CA) Vic Heckler(IL)	AGE MEET DATE 40 1-22-83 46 2-26-93 52 3- 2-02 56 12-19-98	M80 22-1 8.56 Thomas McDermott(CT) 80 3-27-98 M85 22-1 6.73 Leon Joslin(MA) 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  One Mile	13-00 1-89 25-95
M60 5:01.76 M65 5:26.58 M70 5:32.4 M75 6:27.16 M80 7:04.2 M85 8:33.11	Dan Conmay(MN) Ino Cantu(TX) Scotty Carter(MA) John Hosner(YA) Paul Spangler(CA) Vincent Malizia(CA)	60 3-27-99 66 3-25-00 70 3-15-87 75 2-26-00 80 3-18-79 85 3-25-00	Meight InfoW (NEW IMPLEMENTS 305-32 206, 005-1207)   Mark   NAME(RESIDENCE)   AGE   MEET DATE   M50   57-11   1/4   17.66 Tim Edwards(CO)   53   2-23-02   M55   64-7   3/4   19.70 Tom Gage(MT)   58   3-23-02   M60   p57-5   1/2   17.51   Richard Hotchkiss(CA)   63   3-23-02   M50   522-92   Carolyn Smith-Hanna(NY)   50   3-23-02   M50   53-03-04   M50   53-03-04   M50   53-03-04   M50	28-87 3-96 23-02 20-01 3-01 23-02
3000 Meters DIV. MARK M40 8:32.52 M45 8:49.79 p8:46.26 M50 8:54.73	NAME(RESIDENCE) Craig Fram(NH) Ken Leinbach(MA) Richard Burns(CA) Nolan Shaheed(CA)	AGE MEET DATE 42 3-23-01 45 2-18-00 45 3-24-00 51 3-23-01 55 3-7-98	M70 48-6 1/4 14.79 Austin Baggett(FL) 70 3-22-02 W55 5:43.96 John Shirley(LA) 55 3-42-02 W65 6:05.7 Marie Michelsohn(NY) 60 3-1 M80 45-7 3/4 13.91 Robert Horsley(WA) 80 3-22-02 W65 6:28.91 Jeanne Daprano(GA) 65 3-2 W65 6:28.91 Jeanne Daprano(GA) 71 3-2 W65	23-02 17-02 23-02 24-01 23-97 30-96
M55 9:33.4 M60 10:01.96 M65 10:50.40 M70 11:27.6 M75 13:10.84 M80 14:42.91 M85 18:54.49	Victor Heckler(IL) Dan (Onway(MN) Paul Heitzman(KS) Scotty (arter(MA) Alfred Funk(MT) Austin Newman(NJ) Dudley Healy(NJ)	55 3- 7-98 60 3-26-99 67 3-27-98 70 3-15-87 78 3-21-93 80 3-29-96 85 3-24-00	M35     41-10 1/2     12.76 Ken Jansson(KS)     38     3-31-96     M35     9:34.08     Leslie Lehane(MA)     35     3-2       M40     35-8 1/2     10.88 Dave Vandergriff(SC)     40     3-31-96     M40     9:58.88     Madelyn Noe(MA)     41     1       M45     35-2     10.72 Jim Wetenhall(OH)     47     3-24-02     M45     11:06.77 Joni Shirley(CA)     45     4-       M50     35-10 1/2     10:93 Tom Gage(MT)     51     2-26-95     N50     10:44.0     Joan Ottaway(CA)     50     2-1       M60     28-9 1/4     8.77 Stewart Thomson(CA)     62     2-18-96     N5     11:25.05     Joan Ottaway(CA)     56     3-2	T DATE 27-98 4-02 5-92 12-95 22-02 24-00
DIV. MARK M35 7.56 M40 7.96 M45 8.54 p8.36 M50 8.47	NAME(RESIDENCE) Greg Foster(US) Karl Smith(MD) Stan Druckrey(WI) Colin Williams(US) Walt Butler(CA)	AGE MEET DATE 35 3- 4-94 40 3-25-00 46 2-25-95 45 2-3-02 51 3-20-93	M70 33-0 1/2 10.07 Ken Weinbel(MA) 70 3-29-98 W65 13:39.60 Toshiko d'Elia(NJ) 67 3-2 M70 p26-1 1/2 7.96 William Walmroth(MI) 75 3-28-99 W70 14:07.09 Toshiko d'Elia(NJ) 71 3-1 M80 20-8 1/2 6.31 Thomas McDermott(CT) 80 3-29-98 W75 15:43.66 Louise Adams(CO) 75 3-2	13-02 21-97 4-01 21-97 29-96
M55 8.63 M60 9.14 M65 9.99 M70 9.89 M75 10.09 M80 12.23 M85 18.45	Courtland Gray(LA) Phil Mulkey(GA) (larence Trinkner(WI) James Stookey(MD) Melvin Larsen(IA) Edwin Lukens(NY) James Elliot(MI)	55 2-14-99 60 3-20-93 65 3-22-97 70 3-25-00 76 1-19-01 80 3-23-02 85 3-27-99	DIV. MARK   NAME(RESIDENCE)   AGE   MEET   AGE   AGE   MEET   AGE   AGE   MEET   AGE	T DATE 24-01 16-91 25-95 6-97 23-02 22-97 23-02
High Jump DIV. MARK M35 7-0 1/4 M40 6-9 1/4	NAME(RESIDENCE) 2.14 Jim Borrineau(VA) 2.06 Jim Borrineau(VA)	AGE MEET DATE 37 3-21-93 40 3-30-96	MSS. SQ 13:09 0 Don DeNoon Carbondale, IL 2/13/99 W70 14.98 Leonore McDaniels (VA) 70 4-	5-98 24-01

Continued from	previous page		
High Jump DIV. MARK	NAME(RESIDENCE)		HEET DATE
W35 5-7 W40 5-1	1.70 Anne Jennings() 1.55 Kimberly Harrel	1(TN) 40	3-26-00 3-26-00 2-25-95
W45 5-2 1/4 W50 5-0 1/4 W55 4-1 1/2	1.58 Phil Roschker(C 1.53 Phil Roschker(C 1.26 Phil Roschker(C	A) 55	3-23-97
#60 4-2 #65 4-0 1/2 #70 3-9 1/4	1.27 Evelyn Wright(M 1.23 Leonore McDanie 1.15 Leonore McDanie	(A) 55 (D) 63 (1s(VA) 65	3-25-01 3-21-93
	1.00 Margaret Minton	(IA)	3-51-33
W80 2-11 3/4	0.91 Margaret Hinton	(TX) 80	3-24-02
DIV. MARK	NAME (RESIDENCE) 2.60 Donna Schultz(C	R) AGE 1	2-20-99
p9-6 1/4	2.90 Cathy Cole(WA)	40	3-22-02
W50 10-0 1/2 W55 8-6 1/4	3.06 Phil Raschker(6	(A) 53 (A) 55	3-24-00
W60 8-2 1/2 W65 6-6 3/4	3.06 Phil Raschker(G 2.60 Phil Raschker(G 2.50 Barbara Clevela 2.00 Mary Lou Bradfo 2.09 Leonore McDanie 1.60 Johnnye Valien(	rd(TX) 65	2- 3-02
W75 5-3 W80 3-11 1/4	1.60 Johnnye Valien( 1.20 Margaret Hinton	(A) 76 (TX) 80	3-22-02
DIV. MARK	NAME(RESIDENCE) 6.16 Willye White(US 5.61 Phil Raschker(G 5.75 Phil Raschker(G 6.00 Phil Raschker(G 4.62 Phil Raschker(G 3.92 Barbara Clevela 3.72 Flo Metler(VT) 3.40 Leonore McDanie 3.10 Mary Holland(MI 2.49 Mary Bowermaste	AGE A	HEET DATE
W40 18-5 W45 18-10 1/2	5.61 Phil Raschker(G 5.75 Phil Raschker(G	A) 40 A) 47	3-28-87
W50 16-5 W55 15-2	5.00 Phil Raschker(G 4.62 Phil Raschker(G	A) 50 A) 55	3- 5-94 3- 1-97 3-23-02
W60 12-10 1/2 W65 12-2 1/2	3.92 Barbara Clevela 3.72 Flo Meiler(VT)	nd(FL) 60 65	3-25-00
W75 10-2	3.10 Mary Holland(MI	) 76 r(OH) 82	3-28-98 3-25-00 3-25-00
Triple Jump	2.45 Mary conc. maste		
DIV. MARK W35 35-0 3/4	NAME(RESIDENCE) 10.69 Phil Raschker(G 10.78 Phil Raschker(G 10.82 Phil Raschker(G 10.49 Phil Raschker(G 8.18 Evelyn Wright(M 8.12 Audrey Lary(MD) 6.80 Leonore McDanie 5.55 Johnnye Valien(	A) AGE N	3-18-84
W45 35-6	10.78 Phil Raschker(G 10.82 Phil Raschker(G	A) 41 A) 45	3-20-88
W55 30-7 1/2	9.33 Phil Raschker(G	A) 55	3-24-02
W65 26-7 3/4 W70 22-3 3/4	8.12 Audrey Lary(MD) 6.80 Leonore McDanie	65 ls(VA) 70	2-13-00
W75 18-2 1/2 W80 16-10 3/4	5.55 Johnnye Valien( 5.15 Margaret Hinton	(A) 75 (TX) 80	3-25-01 3-24-02
Shot Put (35-49	9: 4Kg; 50+: 3Kg)		
DIV. MARK W35 42-4 1/4 W40 45-10	NAME(RESIDENCE) 12.91 Oneithea Lewis( 13.97 Oneithea Lewis(	NY) 39	2-13-00 1-13-02
W45 35-9 1/2 W50 41-6 1/2	10.91 Joan Stratton(C	A) 45 IN) 51	1-12-97 3-25-90
W55 38-11 3/4 W60 36-7 1/2	11.88 Joanne Grissom( 11.16 Joanne Grissom(	IN) 55 IN) 61	2- 5-94 1-23-00
W65 30-1 W70 25-5 1/2 W75 22-7 1/4	9.17 Mary Roman(CT) 7.76 Mary Bowermaste	r(OH) 71	2-11-01 4- 2-89
W75 22-7 1/4 W80 20-8 W85 14-8	6.89 Johnnye Valien( 6.30 Mary Bowermaste 4.47 Betty Jarvis(NC	(A) 75 r(OH) 82 ) 85	3-24-01 3-25-00 3-24-01
	35-49: 200; 50+: 160)		
DIV. MARK W35 44-8 3/4 W40 55-1	13.63 Oneithea Lewis( 16.79 Oneithea Lewis(	NY) 39	3-24-00 1-13-02
W40 55-1 W45 39-11 1/4 W50 50-7	12.17 Joan Stratton(C 15.42 Vanessa Hillian	A) 45	2-16-97
W55 49-2 1/4 W60 37-1 3/4	14.99 Vanessa Hilliar 11.32 (arol Young(MI)	d(FL) 55	3-21-97 3-23-01
W65 31-4 1/2 W70 27-7 1/2	8.42 Libby Hagemann(	MA) 72	4- 4-92 3- 7-93
W75 20-2 1/4 W80 16-6 1/2 W85 17-8 3/4	6.15 Libby Hagemann() 5.04 Betty Jarvis(NC)	) 84	3-30-96 3-24-00 3-23-01
	5.40 Betty Jarvis(NC)		3-23-01
DIV. MARK W60 46-0 3/4	NAME (RESIDENCE) 14.04 (arol Young (MI)	AGE M	3-22-02
#65 33-11 1/4 #70 26-1	7.95 Lillian Snaden(	SC) 72	1-11-02 3-22-02
W75 18-10 W80 21-2 W85 14-10 3/4	5.74 Johnnye Valien( 6.45 Margaret Hinton 4.54 Betty Jarvis(NC	(TX) 80	3-22-02 3-22-02 3-22-02
Super Weight T	hrow (35-59: 35#; 60+:	250)	
DIV. MARK #35 26-7 1/4	8.11 Sarah Boslaugh	(NY) AGE	3-31-96
W40 29-0 1/2 W45 24-4 1/4		(A) 45	3-25-01 3-23-97
W50 37-5 3/4 W55 36-9 1/2 W60 26-8 1/4	11.21 Vanessa Hillia	rd(FL) 55	3-31-95 3-23-97 3-25-01
W65 21-8 W70 17-9	6.60 Audrey Lary(MD	) 65	
W75 14-4 W80 11-10 1/2	5.41 Lillian Snaden 4.37 Margaret Hinto 3.62 Margaret Hinto	n(TX) 79 n(TX) 80	3-25-01 3-24-02
3000 meter walk F35-39 13:09.		Atlanta C:	
F40-44 13:46.	73 Maryanne Torrellas	Boston, MA	3/2/96 3/29/99
F45-49 14:43. F50-54 15:04.	35 Gayle Johnson	Boston, MA Parkside, WI	3/26/00 2/10/01
F55-59 17:35. F60-65 17:15.	06 Elton Richardson	Columbia, MO New York, NY	3/25/94
F65-69 17:46. F70-74 20:35.	25 Ruth Eberle	Carbondale, IL Greensboro, NC	2/20/00 2/8/97
F75-79 21:24.	68 Miriam Gordon .	Boston, MA	3/31/96 3/25/01
F85-89 28:47.	11 Dorothy Robarts	Reno, NV	2/24/95.

Visit the
National Masters News
Web site at:
www.nationalmastersnews.com

Men's Wo	orld In	door M	aste	ers Relay Records (as of Dec	1, 2002	2)
				(Schiro-Gonera-Crain-Blackwell)		New York, NY
(4X200)	50-59	1:31.4	USA	(Johnson-Norman-Lee-Brown)	3- 4-01	New York, NY
	60-69	1:47.57	GER	(Gasper-Neuman-Schumacher-Muller)		Bordeaux
	70-79	2:02.45	GER	(Meinsen-Herbst-Fischer-Selzer) (Marabutti-Colo-Sansonetti-Sobrero)	3- 7-99	Bordeaux
THE WALL OF	80-89	2:20.29	114	(Marabutti-coro-sansonetti sobreto)		
(4X400)	40-49 50-59	3:31.04	USA	(Allah-Gonera-Schiro-Blackwell) (Johnson-Lee-Brown-Green)		Boston, MA Boston, MA
	60-69	4:29.74	USA	(Ambrose-Harte-Watanabe-Greenwood)		Columbus, OH
(4X800)	40-49	8:07.6	USA	(Dalton-Serafini-Nearman-Lebourne)	4- 1-00	New York, NY
(42600)	50-59	9:08.74	USA	(Price-Myers-Brown-Green)		Boston, MA
		p8:56.69		(Duffy-Mason-Franklin-Thomas)		Columbia, MO New York, NY
	60-69	9:58.0	CPTC	(Aneshansley-Hamner-Goluskin-Howard)	3-17-02	New TOTA, NI
(4X1600)	40-49	17:44.35		(Cooney-Hammond-Martyn-Fram)		Boston, MA
	50-59	20:47.8y 24:55.7		(O'Brien-Irland-Bodine-Stabler) (Engle-Burkinshaw-Kick-Spencer)		Syracuse, NY Boston, MA
Women's	World	Indoo	r Ma	sters Relay Records (as of D	ec 1, 2	(002)
(4X200)	35-39	1:44.92	GER	(Stopka-Grissmer-Seidel-Moritz)	3- 7-99	Malmo, SWE
	40-49	1:50.86	GBR	(Godsell-Roe-Harwood-Brown)		Bordeaux, FRA
	50-59	1:56.93	GBR	(Parsons-Lewington-Priestman-Marley) (Holm-Larsson-Soderstrom-Eklund)		Bordeaux, FRA Malmo, SWE
			-	The second secon	, ,,	PALIE, SHE
(4X400)	35-39	6:21.80	USA	(Iba-Selby-Chou-Bergen) (Eichel-Selby-Chou-Naftel)		Boston, MA
	50-59	5:13.44	USA	(Michelson-Trotto-Clark-Warren)		Boston, MA Boston, MA
	60-69	6:28.02	USA	(Burguess-Hals-Hareda-Hays)		Boston, MA
(4X800)	35-39	10:29.15	USA	(Best-Morris-Zebuth-Long)	3-24-01	Boston, MA
	40-49	10:26.5	USA	(Stoneking-Larson-Janssen-Day)	7-24-94	Blaine, MN
	50-59	12:49.94		(Reed-Igoe-Wright-Bullerjahn) (Finger-Kileen-Delaney-Stanjones)		Boston, MA Long Island, NY
/AP1 (00)						
(4X1600)	50-59	25:06.6y 28:02.5		(Betz-Booker-Rusby-Blakely) (Bullerjahn-Igoe-Hatch-R.Wright)		Syracuse, NY Boston, MA
Men's A	meric	an Indo	or I	Masters Relay Records (as o	E Dec 1	, 2002)
(4X200)	40-49	1:37.9		(Small-Rizzo-Williams-Johnson)		New York, NY
		1:34.69	USA	(Schiro-Gonera-Allah-Crain)		New York, NY
	50-59	1:38.88	USA	(Johnson-Norman-Lee-Brown)	3- 4-01	New York, NY
(4X400)	40-49	3:31.04	USA	(Allah-Gonera-Schiro-Blackwell)	3-26-00	Boston,MA
	50-59 60-69	3:47.32 4:25.55		(Small-Rizzo-Shane-Burrell)		Columbus, OH
	00-09	4:25.55	SAC	(MacDonald-Byrd-Bernstein-Haviland)	3- 4-01	New York, NY
(4X800)	35-39 40-49	8:51.09		(Devitt-McKenzie-Murphy-Ritzrow)		Boston, MA
	40-49	8:15.29	USA	(Mason-Thomas-Franklin-Barnett) (Dalton-Serafini-Nearman-Lebourne)		Baton Rouge, LA New York, NY
	50-59	9:20.1	SAC	(Nolan-Brockwell-Senkowski-Kuhi) (Price-Myers-Brown-Green)		New York, NY Boston, MA
		p8:55.3	SAC	(Nolan-Lapp-Senkowski-Reinhart)		New York, NY
	60-69	p8:56.69 9:58.0		(Duffy-Mason-Franklin-Thomas) (Aneshansley-Hamner-Goluskin-Howard)		Columbia, MO New York, NY
	00 03	3.30.0		(Allegandre)	-	1011/111
(4X1600)	40-49 50-59	17:44.35 20:47 8v		(Cooney-Hammond-Martyn-Fram) (O'Brien-Irland-Bodine-Stabler)		Boston, MA Syracuse, NY
	60-69	24:55.7		(Engle-Burkinshaw-Kick-Spencer)		Boston, MA
sprnt med	70-79	6:41.4	OHTC	(Sirninger-Mloek-Hosack-Fike)	1- 9-83	Maple hts.,OH
dist med				(Hiedholm-Bernard-Lampman-Sleeman)		Ann Arbor, MI
14/	-'- A-		1	an Masters Deley Beerde	SALES IN	AT VALE
womer	n's An	nerican	ina	oor Masters Relay Records	as of I	ec 1, 2002)
(4X200)	40-49	1:45.52	USA	(Peterson-Bell-Rosado-Raschker)	3- 2-97	Birmingham, Eng
	50-59	2:24.23	USA	(Michelsohn-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	5:02.96	USA	(Daker-Hoehle-Lutz-Ingalls)	2-23-02	Sterling, IL
	50-59	5:14.23 5:13.44	USA	(Riordan-Cappetta-Reed-Gustafson) (Michelsohn-Trotto-Clark-Warren)		Boston, MA
		54.98 US		orden-Michelsohn-SmithHanna-Warren) 3		
	60-69	6:35.43		(Johnson-Hayes-Harada-burguess) (Burguess-Hals-Hareda-Hays)		Boston, MA
	15-19-5	100				
(4X800)	35-39	11:01.44		(Best-Morris-Sterret-Vega) (Best-Morris-Zebuth-Long)		Boston, MA Boston, MA
	40-49	10:26.5	PSTC	(Stoneking-Larson-Jansen-Day)	3-24-94	Blaine, MN
	50-59 p11	12:49.94 :38.14 US		(Reed-Igoe-Wright-Bullerjahn) (Michelsohn-Trotto-SmithHanna-Martin)		Boston, MA
	The state of the s	16:08.7		(Finger-Killeen-Delaney-Stanjones)		Long Island, NY
(4X1600)	40-49	25:06 64	FLEC	(Betz-Booker-Rusby-Blakely)	12-12-81	Syracuse, NY
(3,200)	50-59	28:02.5		(Bullerjahn-Igoe-Hatch-R.Wright)		Boston, MA
sprnt med	30-39	6:07.66	OHTC	(Ogletree-Cotten-Kea-Nichols)	1- 9-83	Maple Hts.,OH
dist med		17:53.9		(Michelsohn, Clairn, Powers, Trotto)		Seldon, NY
With the state of	note:	club reco	rds at	re listed before USA team records		
	Over th	ne Hill Tr		lub NYPC: New York Pioneer Club		
	Shore And	C peles Vall	ey TC	WVTC: West Valley TC SCTC: Syracuse Chargers TC		
PSTC:	Prairie	Striders		FLRC: Finger Lakes Running	Club	
	Ann Art			BTC: Bohemia TC ATC: Atom Track Club		
	Califor					
		categorie				
				) event order: 400-200-200-300 d) event order: 400-800-1200-1600		
Service of the servic	- Cuilce I	Tarey (di	J. 20	or 800-400-1200-1600		



# Training Advice

By KEVIN RICHARDSON

### A 12-Step Program for the Horizontal Jumps

The long jump and triple jump place extremely high loads on the joints of the leg, as well as on the hips and back. Across the spectrum of Masters Track and Field, these two events, with rare exception, show some of the greatest decline in performance with age. But that is no reason for abandoning them. With proper planning and preparation, competitors can continue to enjoy these events as long as they like.

The following 12 steps provide guidance for ensuring safety and continued success in the horizontal jumps.

- 1. Prepare the pit before jumping. Ensure that the landing pit is free of rocks, sticks, and debris. This is particularly a problem if you are using a local high school track. A quick pass through the sand will keep you from finding unwanted surprises. Also, ensure that there is plenty of soft sand in the area where you will be landing. Sand has a tendency to get pushed to the side if it is not properly raked after jumping. Pushing back loose sand into your landing area will provide a few extra milliseconds of deceleration before you bottom out on the landing, and will ease the loads placed on your joints and muscles.
- 2. Jump early in the workout. You want your muscles to be fresh and rested. The loads that jumping and landing place on them are relatively severe.
- 3. Older athletes should avoid "popups." A pop-up is an exercise where the jumper takes a short run (perhaps only a few steps) and jumps into the pit. This drill can result in the athlete hitting the sand with the knees not sufficiently bent. The resulting strain on the knees is enough to tear ligaments.
- 4. Don't begin jumping in practice until you are comfortable with your speed. The key to using speed in the horizontal jumps is to be fast, but relaxed. If you are not running comfortably relaxed at 90% speed, you risk losing control of your body position during the jump, and landing in an awkward manner. The first few workouts of the season should be devoted to just running on the runway. A good opportunity to get your steps down.
- 5. Actually jump in practice no more than twice a week. As mentioned earlier, the stresses placed on the legs are quite high. Your body needs the rest for proper recovery.
- 6. Reserve specific practices for working just on the runway approaches. The difference between a personal best jump and a foul is merely a fraction of an inch. By the end of the season, the approach should be second nature to the jumper, allowing him to focus on the

actual jump. Practicing your steps will make the approach second nature.

- 7. Practice jumping with the wind coming from different directions, when possible. When the day of competition arrives, you want to be able to adjust for varying weather conditions. The most overlooked aspect of jumping is learning how to adjust your steps to compensate for a tail wind or head
- 8. Coming up short. If you are going to be short of the takeoff board, do not reach for it. Take your normal plant from where it ends up. Take note of this fact and adjust your starting position on the runway to accommodate for it on the next jump. Reaching for the board will overstress your tendons and ligaments at the wrong time.
- 9. Fouling is no sin. If you see that you are going to foul in practice, just foul. In competition, the rule is basically the same, with one exception. If you see that you are going to be just a few inches long, there is little harm in shortening your final step just a bit. The distance of the jump will be compromised, but at least you will get a fair jump.
- 10. Keep your legs flexed during the jump. This provides the energy absorption necessary during landing. If your legs are not flexed, a load of several hundred pounds can be placed on your knees, resulting in severe damage to connective tissue.
- 11. Don't miss the pit. If you have any doubt about making the pit on your jump, move your practice takeoff point up closer to the end of the runway. If this is the case during a competition, ask the jumps official if you can take off from a closer mark on the runway. This is a fair request for older competitors, as it is for beginning jumpers of all ages.
- 12. Lift Weights. Weights are beneficial for all athletes, of all ages. For jumpers, exercises for the legs, stomach and back are most useful. For the legs, squats, lunges and toe raises are best. General strengthening of the back and stomach muscles will aid the jumper in maintaining proper form during flight.

#### Sunmart Texas Runs

Continued from page 1

Colo., was third at 6:26:40.

Godale assumed a short-lived lead, but Kouros soon usurped that as he powered to a healthy lead for most of the latter stages of the race. "It was definitely a little too cold (at the start) for my liking," said Kouros, also a renowned music composer.

'And this race was a little too short for me, but I'm glad I was able to win. I like running on the track or on the roads a lot more than trails where you have to watch your footing constant-

Joy Smith, 40, of Houston, who qualified for four U.S. Olympic Marathon Trials from 1988-2000, followed soon-to-be master Connie Gardner, 39, Medina, Ohio, across the line in the 50 Miler.

Gardner, who captured the overall



Jan Haddad, 41, second W40 (5:10:50),

Sunmart Texas Trail 50K, Huntsville, Texas. women's title at the JFK 50 Miler, Hagerstown, Md., on Nov. 23, broke

the tape in 7:14:00. Smith, whose

marathon personal best time is

2:34:20, finished her first ultra marathon in 7:30:09. Pam Reed, 41, of Tucson, Ariz., was third in 7:39:55. 'The next time I do one of these (ultra marathons) I think I need a few longer trail runs under my belt," Smith

said. "During the first half of today's race, I was in fifth or sixth place, then I just kind of moved my way up gradually.'

Masters runners in the 50K race did not fare quite as well as did their 50 mile counterparts, but they still performed admirably well.



Donald Padilla, 53, fifth W50 (4:51:33), Sunmart Texas Trail 50K, Huntsville, Texas.

Paul Nicolaides, 46, Austin, Texas, was the 50K men's masters winner and fourth place overall in 3:45:06. Nicolaides was preceded by Dave MacKey, 33, Boulder, Colo., who won the overall crown in 3:23:16. Jim Harrington, 37, Marquette, Mich., was second at 3:28:49, followed by Dave Terris, 39, San Antonio, Texas, third in 3:42:33.

Carol J. Williams, a Houston physician, was the women's masters winner in the 50K in 4:46:40. Tonya Miller, 32, Rockwall, Texas, was the overall winner in 4:19:52. Shannon Walsh, 38, San Antonio, Texas, was the runner-up at 4:20:22, and Catherine Kruppa, 30, of Houston, third in 4:24:31.



Bill Benson (I) and Herb Ascher, happy M80+ finishers in the Ho Ho Ho Holiday 5K, Bethpage, N.Y., Dec. 21.



# Countdown to Puerto Rico

#### Puerto Rico - Did You Know....?

few facts about Puerto Rico may help those headed for the XV World Masters Championships in Carolina in July to get the most from what this rectangular island has to offer. Roughly 1000 miles south and east of Miami, and east of the Dominican Republic, the Commonwealth of Puerto Rico is a self-governing part of the U.S., located between the Atlantic and the Caribbean in the Greater Antilles.

With a total area of 5324 sq. mi., Puerto Rico is larger than Delaware and Rhode Island put together. Seventy-five percent of its area is mountainous, with the highest peak, Cerro de Punto, at 4390 ft. The population is close to four million (about 2.7 million Puerto Ricans live in the mainland U.S.). Spanish and English are the joint official languages. The primary currency is the U.S. dollar.

#### Rich History

Puerto Rico was first visited by Columbus on his second voyage in 1493 and settled by the Spanish in 1508. Under the treaty of Paris after the Spanish-American War in 1898, it seceded to the U.S. In 1952, the people voted in favor of commonwealth status.

Operating as part of the U.S. legal system, Puerto Rico is subject to the provisions of the U.S. Constitution; most federal laws apply as they do in the 50 states. As U.S. citizens, Puerto Ricans do not vote in national general elections, only in national primaries.

Puerto Rico is represented in the U.S. House of Representatives by a delegate who has a voice but no vote, except in committees. No federal income tax is collected from residents on income earned from local sources.

#### **Economic Improvement**

Operation Bootstrap," begun in the 1940s, succeeded in changing the island from one of the poorest areas in the Caribbean to one with the highest per capita income in Latin America. The program encouraged manufacturing and the development of tourist trade by selective tax exemption, low-interest loans, and other incentives.

Tourist attractions in San Juan, the capital, range from seeing how rum is distilled and bottled at the Baccardi Rum plant, to touring the historic El Moro and San Cristobal fortresses in Old San Juan, to visiting the 130,000 sq. ft. Museo de Arte de Puerto Rico, which boasts a top-rated restaurant.

Puerto Rican names familiar to mainlanders include Julia de Burgos, Pablo Casals, Orlando Cepeda, Roberto Clemente, Jose Feliciano, Jose Ferrer, Raul Julia, Ricky Martin, and Rita Moreno.

#### **Industrial Center**

Carolina, the site of the championships and a 10-minute drive from San Juan, has a population of 177,806 and an area of 125 sq. km. Once an important center of sugar production, Carolina is now dubbed the industrial capital of Puerto Rico. Residents are known as Carolinenses.

For more on Carolina, visit http://welcome.topuertorico.org/cit y/ carolina.shtml, which lists attractions, lodging, dining, events, a 10-day weather forecast, driving directions from San Juan, and

For more information on what to do and see in Puerto Rico before and after the WMA Championships, and during the two non-competition days, visit www.puertorico2003.org, or go to the National Masters News Web site at www.nationalmastersnews.com and link to WMA Championships, Puerto Rico, 2003.

### **Gay Games Organizers, Athletes Put on a Smashing Good Show**

By JANE DODS

On November 2, Sydney, Australia, welcomed some 12,000 athletes plus over 1000 cultural participants to Gay Games VI. What was meant to be the first gay "Olympics" in San Francisco in 1982 was renamed the Gay Games due to heated opposition by the "regular" Olympic Committee. But, never mind, as the Aussies might say! Gay Games it became, and 20 years down the line, Sydney put on a showstopper.

Opening Ceremonies took place in Aussie Stadium (a huge cricket field), complete with a stirring parade of nations, spirited entertainment by local and international performers, including k.d. lang, and a warm and inspirational welcome by Australian Justice Michael Kirby. What a way to begin!

The next seven days were filled with a myriad of cultural and sporting events. Track and field and swimming drew the highest numbers of competitors. The track facility at Olympic Park was superb. It had served as the warmup stadium for the 2000 Olympics. As I approached this stadium on my first day of competion, it was a tremendous thrill to realize I was walking in the footsteps of Olympians.

The organization and officiating were first-class. From daily declarations to medal presentations, everything went smoothly. In most cases, awards were presented within half an hour after the event was completed. Winners' names were flashed on the huge scoreboard, often accompanied by such favorite songs as "Over the



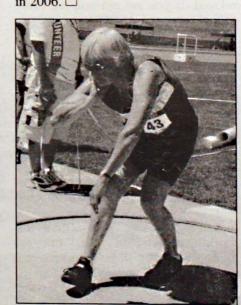
Los Angeles Frontrunners Club M50s (from I): David Dassey, marathon; Bill Winkelman, halfmarathon; and Bil Walsky, half-marathon, at the Gay Games VI, Sydney, Australia.

Rainbow" and "YMCA." This was, indeed, OUR day!

The weather was another issue. Unseasonable early summer high temperatures - sometimes in the high 90's were not welcomed by the distance athletes. But, hey, such weather was more than welcome when relaxing on Sydney's great beaches on off-days. Those who didn't come home with gold, silver, or bronze medals, certainly had the opportunity to return with bronze complexions.

As to the competition, multiple gold medal winners included Russ Livingston, M30, in the shot, discus and hammer; Peter van Miltenburg, M45, 100, 200 and 400; Bill Etnyre, M55, 200, 400 and 800; Russell Lamar, M45, short hurdles, pole vault, hammer and decathlon; Lauri Stock, W45, 400, 1500, 5000 and 10K; Jennifer Stary, W45, high jump, shot, and hammer; Helen Daintree, W55, shot, discus and hammer; and Jane Dods, W65, 200, 1500, 10K, and long jump.

Prior to the Games, Frank Sartor AO, Lord Mayor of Sydney, expressed confidence that the 2002 Gay Games VI would be "the best Gay Games ever." And, indeed, they were. We now all look forward to GGVII in Montreal in 2006.



Fran Moravcsik, W65, USA, gold medalist in the shot put, Gay Games VI, Sydney, Australia.

#### PRESIDENT:

Torsten Carlius Smalandsgatan 25 S-25276 Helsingborg, Sweden 46-42-180-745 (h) 46-42-208-110 (0)

#### EXECUTIVE VICE PRESIDENT:

Tom Jordan P.O. Box 10825 Eugene OR 97440 USA Phone: 1-541-687-1989 Fax: 1-541-687-1016

#### VICE-PRESIDENT:

Rex Harvey Rex Harvey 6744 Connecticut Colony Cir. Mentor, OH 44060 (440) 255-0751 (H) (440) 954-8122 (W) (440) 954-8111 (Fax) rexih@aol.com

#### VICE-PRESIDENT:

(Non-Stadia) Ron Bell 25 Llwyn Menlli, Ruthin Denbighshire LL15 1RG Great Britain Phone/Fax: 44-1-824-705250

e-mail: wava@enterprise.net

#### SECRETARY:

Fax: 27-11-483-3392

Unit 1, The Terrace in Dunkeld 26 North Road, Dunkeld West Johannesburg, Rep. South Africa Phone: 27-11-447-7522 (h) 27-11-483-3313 (o)

#### IKEASUKEK:

Peppo Galfetti Bahnhofstrasse 1 CH 8956 Killwangen Switzerland Phone: 41-56-401-2311 Fax: 41-56-401-2319

### WOMEN'S REPRESENTATIVE

Marina Hoernecke-Gil Les Oblades 3 La Mont Goda E-17310 Loret de Mar Phone or fax: 0034972-365457 E-mail: MARHOER@putput.es

### REPRESENTATIVE:

Cesar Moreno Bravo Camino a la Piedra del Comal No. 24 Col. Tepepan 16020 Xochimilco, D.F. Mexico Fax: 52-5-653-3159

#### **DELEGATE OF:** AFRICA

Hannes Booysen P.O. Box 5180 1403 Delmenville South Africa Fax: 27-11-827-7590

#### SOUTH AMERICA

Jose Figueras Rincon 682 Of. 18 11000 Montevideo, Uruguay Phone: 598-2 308 17 68 Fax: 598-2 916 34 23 e-mail: josefigueras@yahoo.com

#### ASIA

185D Rivervale Crescent-#04-149 Singapore 544 185 Phone: 65-881-4684 Fax: 65-244-1454

#### **EUROPE**

Jacques Serruys Kammakersstraat 37 B-8000 Brugge, Belgium Phone: 32-50-341-781 Fax: 32-50-334-325 E-mail: evaa.serruys@skynet.be

#### **OCEANIA**

Stan Perkins 106 Silkwood St. Algester, Queensland Australia Phone: 61-7-5563-7523 (h) Fax: 61-7-5564-9733 E-mail: stan@mastersgames.com.au

#### **NORTH AMERICA**

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

WMA web site: http://www.world-masters-athletics.org



# International Scene

By RON BELL WMA Vice-President, Non-Stadia

# AVAA Stages Successful Championships in Mauritius

he staging of the 4th African Veterans Athletics Association Championships, Le Reduit, Mauritius, Oct. 18-20, 2002, should in later years be seen as a milestone in the history of this association. For many years, a small band of officials led by Hannes Booysen have given unstinting service in their quest to provide competition for masters athletes in Africa.

Africa has problems peculiar to that continent, making any progress slow. Even before these championships, hopes had been dashed with the late withdrawal of athletes from Ivory Coast, due to political reasons, and Kenya, due to lack of progress. South Africa had fewer athletes than normal, while Namibia had none. Those who stayed away missed a truly memorable occasion.

**Answering the Call** 

That the championships took place at all is a credit to Jean Edmond, President of Mauritius AVA, and his family, who answered the call to stage the championships as late as October 2001. The first African Championships were held in South Africa, 1994, followed by Namibia, 1996, and Mauritius, 1998.

At this stage, it was felt that, in order to extend activities in Africa, a venue away from the "big three" should be sought. Different options came to no fruition, resulting in no championships in 2000. For three years, Booysen and his team had been searching for a venue. It should be noted that Edmond invested his own finances into the Championships, just as he did in 1998, despite never being repaid for the earlier event.

Elections

Following an inauspicious start to the



TESH TESHIMA
Kazuo Mikawa, first M50 (34:47), 2002

Ichinoseki 10K, Ichinoseki, Japan



Satomi Sasaki, first W40+ (39:39), 2002 Ichinoseki 10K, Ichinoseki, Japan.

XV WMA INTERNATIONAL CHAMPIONSHIPS
CAROLINA, PUERTO RICO • July 1-14, 2003
WMA REGIONAL CHAMPIONSHIPS

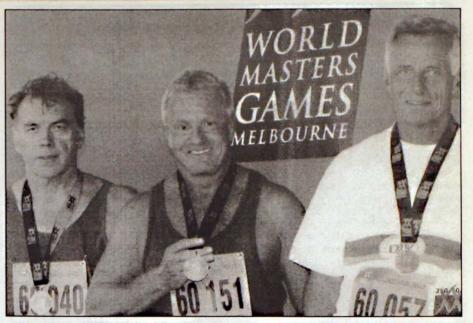
WMA REGIONAL CHAMPIONSHIPS
DORADO, PUERTO RICO • JULY 2004

XVI WMA INTERNATIONAL CHAMPIONSHIPS
SAN SEBASTIAN, SPAIN • 2005

CONTACT PAUL GEYER

Ski & Travel International, Inc.

PO Box 1816, Detroit Lakes, MN 56502-1816 T/F: 218-847-0410 • E-mail: skiescape@lakesnet.net



First three M60 hammer throwers, 2002 World Masters Games, Melbourne, Australia (from I): Vladimir Horak, Czech Republic, 2nd; Bob Cahners, USA, 1st (45.71), and Klaus Albers, Germany, 3rd.

General Assembly, due to in-house disagreements, the final outcome was very positive to masters athletics in Africa. Contentious issues were resolved, resulting in Booysen being elected for his final term as president, supported by a full team of officers.

New blood was added to the committee with the appointment of Raj Rathedi (Botswana) as Secretary General, and Clifford M'baka (Cameroon), Drugs and Anti-doping. This is the first time officers from these countries have held official posts on this committee. I wish them success.

The highlight of the meeting was a personal message of encouragement to Booysen from IAAF President Lamine Diack, delivered by Alioune Sow, President of the Federation Senegalaise d'Athletisme and a member of the African Athletics Congress.

The assembly welcomed Reunion as a new affiliate, and Cameroon and Ethiopia as first-time competitors at the championships. Critics will argue that three entries from Ethiopia, one from Botswana, three from Ivory Coast, and two from Cameroon does not call for great celebration. However, their entries signify a major breakthrough in the region. I sense a shift in power from the established countries to the newcomers. Only time will tell.

Friendly Atmosphere

Having being brought up on the athletic circuits of Europe and North America, I have experienced many major events and championships, but, in all honesty, I can say I have never been part of a friendlier event than these Championships.

Mauritius is famed for its friendly smiling people, exemplified throughout the championships even during the torrential downpour on the final day of competition.

In total contrast to the European Veterans Championships, with over Continued on page 22

Continued on pag

# Report from Britain

#### Morcom's Indoor Pole Vault WR Broken

By BRIDGET CUSHEN

UK Sport has been carrying out regular public surveys since 2000 into the popularity of the many and varied sports for which it is accountable. Research carried out immediately after the Commonwealth Games in Manchester in August, puts athletics at the top of the list with 21%, surprisingly ahead of soccer/football at 18%, while cycling moves up from 10th to 7th overall.

A new indoor hall built for the Games saw its first world indoor record on Dec. 28, when Bob Brown cleared 3.17 in the pole vault, erasing Boo Morcom's M70 1993 mark of 3.15. Brown, DOB 9/4/1932, broke the 22-year-old outdoor world record of 3.30 by Herbert Schmidt, GER, last July when taking the European title with a 3.31

At a meeting in Eton, Dec. 8, paramedic Neil Griffin, M50, put the shot 13.90. Ajit Singh Kalirai, M70, hit

8.33 in the triple jump.

Running on Christmas Day may not be many people's idea of celebrating the holiday, but for almost half a century runners have flocked to Wimbledon Common in Southwest London at dawn to take part in a fun

You put your name into a hat, it is given a good shake and pairs of runners are randomly drawn. You can be very unlucky and be paired with a current international, or you and your partner may have a combined age of 140!

You compete half a 1400m circuit, hand over to your partner, and while he/she is completing the loop, you have to race across to take the baton on the other side. After an exhausting 28-minute interval-type session, the whistle is blown; the baton holder has to carry on for the final two-minutes. A good pair can cover close to six miles, working up an appetite for their Christmas lunch!

# Masters Scene

#### NATIONAL

•Add the Heritage Oaks Bank 10K, Paso Robles, CA, on Sept. 28, to the list of USATF National Masters Championships. The bid was approved through 2007. Paso Robles, about halfway between San Francisco and Los Angeles on Highway 101, is near Central California's finest wineries.

•The 26th annual New Bedford Half-Marathon, New Bedford, MA, on March 16, replaces the 3M Half-Marathon scheduled for Feb. 2, Austin, Texas, as the USATF National Masters Championships. **Ken Robichaud,** Masters LDR Championships Coordinator, has proposed to the race directors age-graded awards ten deep for m&w starting with \$250 for first, and cash awards for the first two in every division, in addition to overall prize money yet to be determined for the top three overall. (See p. 7 for entry form.)

 The correct dates for the 2003 USATF Masters Decathlon/Heptathlon Championships, Charlotte, NC, are June 14-15.

•The 2003 Indoor Golden Spike Tour Schedule: Feb. 1, adidas Boston Indoor Games, Reggie Lewis Center (ESPN2 6-7 pm, live); Feb. 7, Verizon Millrose Games, MSG, NYC (ESPN2 7-9 pm, live/Feb. 8 NBC, (2:30-4 pm); Feb. 15, Tyson Foods Invitational, Fayetteville, AR, Tyson Indoor Track Center (Feb. 16, ESPN2 8-9 pm); March 1-2, USA Indoor Championships, Boston, Lewis Center (March 1, ESPN2 6-7:30 pm, live); and March 8-9, USA Indoor Combined-Events, Chapel Hill, NC, Eddie Smith Fieldhouse. Tickets for the 2003 USA Indoor Championships are available at the USATF Web site, www.usatf.org, and range from \$10 to \$20, with USATF members enjoying a 25% discount.

#### EAST

• A Shore AC quartet established an M50-59 world best for the indoor distance medley relay with an 11:54.86, MAC Relay Championships, 168th St. Armory, NYC, Jan. 10. Splits were Harry Nolan, 1200, 3:35.5; Rick Lapp, 400, 56.5; Tony Plaster, 800, 2:16.7; and Bill Scholl, 1600, 5:04.9.

•Elves, reindeer, and Santas abounded on the course of the Ho Ho Ho Holiday 5K, Bethpage, NY, Dec. 21, as Thomas Orlando, 40, Hicksville, NY, in 17:53, and Kellie Stamm, 40, Sayville, NY, in 20:52, romped to masters firsts. Stephen Conroy, 58, Manhasset, NY, 19:16, and Betty Horstmann, 57, Bayport, NY, 21:45, celebrated division wins. Over 1100 crossed the finish line of the race, hosted by The Greater LIRC, and sponsored by Vitamin World and Grubb & Ellis Realtors.

•Ted Poulos, 41, McLean, VA, was the DC holiday season champion with overall wins in both the windy Cranberry Crawl 8K, Washington, DC, Nov. 23, in 31:07, and the frosty Christmas Caper 8K, Washington, DC, Dec. 21, in 28:23. Stephanie Shipp, 49, took the W40+ title in the Crawl with a 38:24. Dee Nelson, 59, Gaithersburg, MD, was W40+ winner in the Caper in 39:47. In his 18 years of running, Poulos has completed over 2500 races.

•Lester Ramsey Razick, 43, Fairfax, VA, 36:53, and Caroline Moeser, 58, Washington, DC, 43:16, were first masters, Jingle Bell 10K for Arthritis, Washington, DC, Dec. 7. Richard Adams, Jr., 51, Herndon, VA, fourth M40+, was top performer, with a 38:37. In the 5K, Dave Berardi, 42, Baltimore, MD, was overall winner (18:18). Joan Nugent, 44, was first W40+ (23:43). Fifth M40+, Chan Robbins, 65, Arlington, VA, took the M65 contest (22:50).

•Greg Langer, 40, Arlington, VA, in 29:54, and Gretchen Triantos, 40, Rockville, MD, with a fourth-woman 31:09, flew to masters wins, Alexandria, VA, Turkey Trot 5 Mile, Nov. 28. Top

40+ performers were Jean Pierre Bacle, 52, Alexandria, with a 30:47, and Betty Blank, 49, Falls Church, VA, with a 33:05.

•Johnny Marino, 41, Doylestown, PA, was first overall of 400 runners with a 2:37:25 in the 13th Northern Central Trail Marathon, Sparks, MD, Nov. 30, taking the lead after a 5:45 first mile and never relinquishing it. "I come to every race to win and today was a PR by five minutes .... It's a great course and lonely at times and fast," Marino said after the race. Brian Murray, 40, Newfane, NY, was second M40+ (2:54:39). Marci Knapp, 40, New Castle, PA, was first W40+ (3:25:06).

•Yumi Ogita, 41, 24:33, was first woman overall at the NYRR Holiday Four Mile Run, Central Park, NYC, Dec. 22. Amador Ybanez, 46, 21:11, topped the men's masters field. Helene Bedrock, 67, 30:44, easily won her division.

•Madelyn Noe Schlentz, 42, Freehold, NJ, 1:01:48, was the first woman overall at the USATF-NJ 10 Mile Championship, South Orange, Dec. 15. She was also the top aggraded woman, edging Imme Dyson, 65, Princeton, NJ, 1:21:33, 84.4% to 80.2%. Randall White, 47, Upper Saddle River, NJ, 57:00, age-graded 84.9%, was fifth man overall and first M40+.

#### SOUTHEAST

•Two W65 racewalkers took overall honors at the Florida 15K RW Championships, Coconut Grove, Nov. 24. Outstriding all others were Juan Yanes, 1:29:26, and Carolyn Kealty, 1:37:50.

•Virginia-based British naval officer Dai Roberts, 41, 2:33:52, repeated as masters winner at the Disney World Marathon, Orlando, FL, Jan. 12. Carol Postigo, 41, Miami, was the top women's master again also, 3:06:45, notching a 1:36 PR.

#### **WEST**

 Masters competed with a good turnout of high school and open throwers in the first Team Thor USA Throwers Meet, UC-San Diego, La Jolla, Dec. 14. In the hammer, Leslie Coons, 29, 66.10, was first with George Mathews, 59, second-overall at 48.12. Weight throw honors went to Jim Blalick, 17, for a 16.78, with Tom Meyer, 51, best master at 16.62.

•Shirley Matson stampeded to a new national W60 10-mile record, Jan. 12, 1:07:30, at the Pacific Assoc.-USATF 10M Championships Cal 10, Stockton, CA. Matson broke her own record (1:08:17) set in 2001 at the same race. Matson writes, "My first mile was 6:46 and I averaged 6:45 for the entire distance. This was a great start for the new year!"

Nadine O'Connor, 60, erased the W60 WR in the PV with a 2.80, PV Summit, Reno, NV, Jan. 18. Barbara Cleveland holds the present record at 2.50 in 2000. Jeff Kingstad, 50, upped the M50 PV WR from 14-2, by Vince Struble in 2002, to 14-6, at the Reno PV Summit.

#### NORTHWEST

•The Willamette Striders TC is hosting the NW PV Festival at Clackamas CC, Oregon City, OR, Feb. 1-2. For details, contact Rick Baggett, baggettpv@aol.com, or visit the Web site: www.racestats.net/wstc.

#### CORRECTIONS

 The article on the 2002 LDR Award Winners (Martin, Samuelson, Pirrung Among 28 Runners Honored by USATF) in the January 2003 issue was written by Don Lein, USATF LDR Committee Marketing Representative. •In the Philadelphia Half-Marathon results, November 2002, **George Blynn** was shown as the M85 winner. Blynn is 83 and should have been listed as fourth (2:57:23) in the M80 division. **Joseph Havlick**, listed as the winner of the M80 division, is 75 and should have been fourth in the M75 (2:20:56), with **Jim Shea**, first (2:28:26).

#### **OBITUARIES**

•Richard "Dick" Richardson, 69, Adair, III., died last July. He had been undergoing treatment for pancreatic cancer. After graduating with a B.S. degree in Political Science in 1955 from Bradley U., where he excelled in the high jump, he continued his track & field career while in the U.S. Army for two years. As a member of the Chicago TC after service, he had a lifetime best of 6-9 in the National AAU Championships in Madison Square Garden. In 1978, he set an M45 WR of 6-0 in the HJ. He was a gold medalist in the HJ with a 5-111/4 in the 1979 World Veterans Championships, Hannover, Germany; in the 1983 WVC, San Juan, Puerto Rico, with a 6-03/4; and again in 1985, Rome, Italy, with a 5-7. He was a member of the Midwest Masters TC and an inductee in the Bradley U. T&F Hall of Fame. More than just an athlete, he enjoyed

reminiscing and sharing memories with fellow competitors and offered advice when asked. He was an elder in the Presbyterian Church and a president of SERTOMA (service to mankind), a service club that helps crippled children. After retiring from his building supply business in Decatur, Ill., he had resided in Adair for four years. He leaves his wife, Anne, two daughters, one son, and five grandchildren.

- from Floyd Smith

John W. "Jack" Hagemann, 84, Marion, MA, died Dec. 15. He was active in masters track and the Senior Olympics, and an avid sports fan. He was the husband of Margaret "Libby" Hagemann, 82, also a masters athlete. He was bom in Miami, and raised in the New York/New Jersey area, graduating from Plainfield H.S., Plainfield, NJ, and attended Rutgers U. In 1939, he moved to New England and attended the U. of New Hampshire. During WWII, Hagemann served in the 82nd Airborne Division. Wounded in action in Holland, he was awarded the Purple Heart and Bronze Star medals. He was employed by the U.S. Postal Service for more than 20 years. After retirement, he worked for Burr Brothers Boats in Marion. He is survived by his wife, three daughters, and two grand-

#### International Scene

Continued from page 21

4000 competitors, the AVA Championships had about 200, but the organization and planning were equal to its counterpart and a credit to the organizing committee.

The opening ceremony was an emotional affair with singing and handholding to the song, "We Are the World," which signified the spirit of the championships and the coming together of the region.

**Quality Competition** 

On the track, the number of competitors may have been small, but the quality of performance was still good. From a technical point of view, there were a couple of errors of judgement. My biggest concern was the running of events before the published program time; in view of the torrential downpour, nobody objected.

Complaints were received on day one from the field event athletes that they only received three throws/jumps instead of six. This was rectified by technical officer Basil Carnie, who compromised on four throws/jumps on day two.

I was concerned that the racewalk judges were insufficiently qualified, but a meeting with the chief walks judge assured me that all was in order. My lasting impression of the officials was how young and efficient they all appeared. On the final day, I commended the young, very efficient starter, who kept the schedule moving.

Tragic Moment

The meet was marred by the death of one of the Mauritian athletes immediately after his 1500. I can assure readers that there was absolutely nothing more the organizers could have done to save his life. Medical help was only 50 meters away from where the athlete collapsed, and they responded almost immediately.

Monty Hacker, WMA Secretary, and I both witnessed the tragedy. By

the time we ran from the main stand to the finish area, the athlete was already being placed in the ambulance. Sadly, he did not survive his journey to the hospital. Following inquiries by the police and medical services, the organizers have been completely cleared of any shortcomings.

**Exciting Future** 

It would be wrong to end this report on such a sad note, so I finish with the exciting prospect of future events in Africa, some new, some traditional. The proposed events are the result of a mixture of enthusiasm of the new affiliates together with the interest of the established affiliates.

The possibilities include a Central Africa Non-Stadia Regional Championships in Cameroon; 5th AVAA Championships in Cameroon or Senegal; and a bid to stage the WMA Non-Stadia Championships 2008 in Cape Town, South Africa.

While the program may appear biased towards non-stadia, this is only because track & field meets already

# Coaching/Training List to be Updated

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

Additions and changes should be sent to "Coaches," National Masters News, P.O. Box 50098, Eugene, OR 97405; by fax: 541-345-2436; or to natmanews@aol.com before the February 10th deadline.

# 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 8-9. USATF National Masters Indoor Heptathlon Championships, Kenosha, Wisc. Jeff Watry, 24302 77th St., Paddock Lake, WI 53168. 262-843-3367 (h): jwatry@gillathletics

March 28-30. USATF National Masters Indoor Championships, Reggie Lewis Center, Boston, Mass. Pentathlon on 28th. Steve Vaitones, USATF NE Association, 617-566-7600; fax: 734-6322; www.usatfne.org; email: office@usatfne.org

May 27-June 9. Summer National Senior Games/Senior Olympics, Hampton Roads, Va. Must have qualified at an NSGA State Qualifying Games. National Senior Games Association, PO Box 82059, Baton Rouge, LA 70884-2059. 225-766-6316; nsga.com; www.nationalseniorgames.org

June 14-15. USATF National Masters Decathlon/Heptathlon Championships, Charlotte, N.C. Dr. Gordon Edwards, 10029 Withers Rd., Charlotte, NC 28278. 704-588-6885; gedwards@carolina.rr.com

August 7-10. 36th Annual USATF National Masters Championships, Hayward Field, Eugene, Ore. Northwest Event Management, PO Box 10825, Eugene, OR 97440. 541-687-1989; fax: 687-1016; email: nem@nwevent.com; Web site (after Jan. 5, 2003): www.eugenechamps.com

August 23-24. USATF National Masters Weight Pentathlon Championships, Colorado State U., Fort Collins. Jerry Bookin-Weiner, 1920 Navajo Dr., Fort Collins, CO 80525. 970-482-0616. jbbw@lamar.colostate.edu

September 6. USATF National Masters Weight & Superweight Championships, West Seattle Stadium. Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206-932-3923; kweinbel@attbi.com

#### EAST

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

February 1. adidas Boston Indoor Games, Masters Mile, Reggie Lewis Center, Boston. 617-353-2911; 617-566-7600; usatfne@ix.netcom.com

February 1. Millrose Games Masters Relays, MSG, NYC. Frank Schiro, 524 E. 5th St., #1, New York, NY 10009. 212-260-3141; email: DMargeta@aol.com

February 2. Indoor Meet, Prince George's Sports & Learning Complex, Landover, Md. Registration: 7:30 am. Melvin Fields, 301-583-2661; KEY8824@aol.com; Larry Colbert, 301-773-7769.

February 9. New Jersey Masters Indoor

Championships, Fairleigh Dickinson U., Hackensack. M&W30+. Out-of-state welcome. SASE to Jim Manno, 792 Schaefer Ave., Oradell, NJ 07649-2429. 201-261-7756.

**February 9.** PVA Indoor Meet, Jefferson Community Center, Arlington, Va. PVTC, 703-671-2520; http://pvtc.org

**February 9.** Long Island Indoor Meet, Nassau CC. Field events at Suffolk CC. 516-349-9157; office@litf.org

**February 9.** PVTC Indoor Meet, Jefferson Center, Arlington, Va. 703-671-2520; www.pvtc.org

February 21. MAC Y/O/M Indoor Meet, Armory T&F Center, NYC. Ivan Black, 646-591-2620; www.mactrack.org

**February 22.** Long Island Indoor Meet, SUNY, Farmingdale. See Feb. 9.

February 23. Upstate NY Indoor Distance Festival, Hobart College, Geneva. Roger Messenger Memorial Masters Mile. Peter Glavin, 716-242-9031; www.gvh.net

March 2. USATF Open Indoor Championships, Reggie Lewis Center, Boston. Masters men-3000 (entry standard 9:00)/women-200 (entry standard 28.5). Mark Cleary, 949-589-0242; runnermark@cox.net; www.xro.com/Cleary.html March 8. MAC O/M Championships, Armory T&F Center, NYC. Ivan Black, 646-591-2620; www.mactrack.org

March 8. Philadelphia Masters Indoor Championships, Haverford College. 3:30 pm. 55H, 55, mile, 400, RW, 800, 200, 3000, LJ, HJ, TJ, SP. No PV. No spikes or shoes that can hold spikes. Age-group awards. Tom Yunker, Phillymasters@com cast.net; Kyle Mecklenborg, 215-393-1382.

March 17. Maryland Senior Olympics 5th Winter Games, Towson U. Entries close March 1. MSO, Towson U., Unit 1939, Towson, MD 21252. www.towson.edu/ solympics

March 22. Front Runners New York Meet, 168th St. Armory, NYC. 12 noon. Martin McElhiney, 212-673-5461; housing: Ed Pyle, 212-534-7527.

March 22-23. Spring Javelin Clinic, Hillhouse HS, New Haven, Conn. 203-785-4394; Richard.destefano@yale.edu

May 4, 18. PVTC Meet, T.C. Williams HS, Alexandria, Va. 8:30 am. 703-671-2520; www.pvtc.org

June 1, 15, 29. PVTC Meet, T.C. Williams HS, Alexandria, Va. 8:30 am. 703-671-2520.

#### SOUTHEAST

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

February 22-March 9. Polk Senior Games, Bartow, Fla. PSG, 515 East Boulevard St., Bartow, FL 33830. 863-533-0055.

March 1. Virginia Indoor Masters Championships, VMI Field House, Lexington. SASE to John Tucker, Director, Dept. of Athletics, Washington & Lee U., Lexington, VA 24450. 540-458-8667; http://home.wlu.edu/~tuckerj/

April 18-19. AARP/USATF Georgia Masters T&F Championships and Masters Pentathlon Championships, Savannah State U. Jim Hite, PO Box 717, Millen GA 30442; 478-982-4881; Fax: 478-982-9984; jimjoyce@jeffersonenergy.com

#### MID-AMERICA

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

February 1, 15. Masters Events, Buena Vista U. Indoor Meet, Storm Lake, Iowa. Brett Carney, carney@bvu.edu; Marek Wensel, WenselM@bvu.edu

February 8-9. USATF Mid-America Regional Masters Indoor Championships, Colorado State U., Fort Collins. SP/WT/SW/HJ on 8th. jbbw@lamar.colo state.edu

March 2. USATF Colorado Indoor Championships, USAF Academy Field House, Colorado Springs. M&W30+ in 5-yr. age groups. Jerry Donley, 2354 Wood Ave., Colorado Springs, CO 80907-6775. 719-635-1264; fax: 471-1663. Jim Weed, 303-469-5607; Jerry Bookin-Weiner, 970-491-5917.

March 7 or 8. Masters Events, Buena Vista U. Indoor Meet, Storm Lake, Iowa. Brett Carney, carney@bvu.edu; Marek Wensel, WenselM@bvu.edu

April 17-20. Kansas Relays/Masters 100, Mile, 800, & 8x100 Relay, Lawrence. Tim Weaver, Thweaver@falcon.cc.ukans.edu; James Hilliard, 785-841-8237.

April 23-26. Drake Relay/Masters 800 & Mile, Des Moines, Iowa. Mark Cleary, runnermark@home.com; Mark Kostek, 575-271-2215

June 8. Marysville Jolly Jogathon, Meet, Marysville HS, Kansas. 10-yr. age groups. Field: 10:30 am; track: 3:00 pm. Cleve Walstrom, 785-562-3050(h); 562-3021(w).

#### SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

February 1. USATF Southwest Regional Masters Indoor Championships/Texas Tech Meet, Lubbock. W35+/M40+. Paul Johnson, masters coordinator, 806-795-5226; fax: 795-0362; pjoh128034@aol.com. (See entry form on p.11.)

February 22. Waterloo Throwers Meet, Austin, Texas, lionswaterloo@earthlink.net

April 12. 12th annual Lions/Waterloo Championships, Lake Travis HS, Austin, Texas. www.waterlootrackandfield.org

#### WEST

Arizona, California, Hawaii, Nevada, New Mexico

February 1. USATF Arizona Regulation Meet (indoor), site TBA. Jpatfahy@aol.

**February 15-16.** Arizona Senior Olympic State Games, ASU-Tempe. T-15th/F-16th. 602-261-8765.

February 16. Arizona Indoor Classic, Northern Arizona U., Flagstaff. Jpatfahy@ aol.com

February 21-22. Palm Desert Senior Games, Palm Desert, Calif. 50+. 21st-5K; 22nd-T&F/RW; 23rd-10K. Deadline Jan. 20, 760-568-2560; www.cvrpd.org

# ON TAP FOR FEBRUARY

#### TRACK AND FIELD

On the 8th-9th, the USATF Mid-America Indoor Championships will be ensconced in the Colorado St. U. Field House, Ft. Collins. Out-of-staters are welcome at the New Jersey Masters Indoor Championships, Fairleigh Dickinson U., Hackensack, on the 9th. Outdoor action includes the Palm Desert Senior Games, Palm Desert, Calif., on the 21st-22nd.

#### LONG DISTANCE RUNNING

Houston hosts the USATF National Masters Winter 6K X-C, on the 15th. Other options include the Miami Tropical and Las Vegas marathons on the 2nd; the Mercedes Marathon, Birmingham, Ala., on the 8th; Edison Festival of Light 5K, Ft. Myers, Fla., on the 15th; Palm Springs Marathon, Palm Springs, Calif., Mardi Gras Marathon, New Orleans, and Motorola Marathon, Austin, Texas, on the 16th; and Colonial Half-Marathon, Williamsburg, Va., and Hyannis Marathon, Hyannis, Mass., on the 23rd.

#### RACEWALKING

Racewalking opportunities range from the 1500, mile, and 3000 indoors up north to the 5K and marathons outdoors down south.

March 1, 15. Arizona Regulation Meets, Phoenix. Tolleson HS, 1st; Tempe HS, 15th. 480-949-1991; USATFAZ@cox.net March 8. Saddleback Masters Relays, Saddleback College, Mission Viejo, Calif. SASE to Saddleback College, Athletic Dept., 28000 Marguerite Pkwy, Mission Viejo, CA 92692. Mark Blethen, 949-582-4640.

April 5-6. Phoenix Invitational, Glendale CC, Ariz. 480-949-1991; USATFAZ@cox.

**April 19.** Arizona Regulation Meet, Deer Valley HS, Phoenix. 480-949-1991; USATFAZ@cox.net

April 26. Arizona Masters Invitational, Glendale CC. Pat Fahy, 480-946-7135; jpatfahy@aol.com

May 3. Arizona Regulation Meet, Glendale CC. 480-949-1991; USATF AZ@cox.net

May 17. Visalia Classic Meet. Bob Higginbotham, 1026 W. Princeton, Visalia, CA 93277. 559-732-8030.

May 31-June 1. Arizona State Championships, Glendale CC. 480-949-1991; USATFAZ@cox.net

July 26-August 3. Pan-Pacific Masters Games, Sacramento, Calif. Multi-sport. www.panpacmastersgames.com

#### NORTHWEST

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

February 1-2. Northwest Pole Vault Festival, Clackamas Community College, Oregon. www.racestats.net/wstc/events. Continued on page 24 Continued from page 23

htm

June 14. Inland Northwest Association Age-Group Championships, Pullman, Wash. Mike Hinz, 509-332-1168; hinz@ pullman.co

June 21-22. Hayward Masters Classic, Eugene, Ore. Ruth BreMiller, 541-687-9675; brem@oregon.uoregon.edu; www. haywardclassic.com

June 28-29. Portland Masters Classic, Mt. Hood CC, Gresham, Ore. Paul Stepan, 3011 NE Linden, Gresham, OR. 503-666-8950; 1stepan@yahoo.com

July 19. Inland Northwest Masters Classic, Pullman, Wash. Jeff Schaller, 435 SW State St., Pullman, WA 99163. 509-332-3148(h); jeffschaller@turbonet.com July 25-26. Seattle Masters Classic, West Seattle Stadium. Ken Weinbel, 206-932-3923; kweinbel@attbi.com

#### CANADA

March 8. Inaugural Canadian Masters Indoor Championships/34th Ontario Masters Championships, York, U., Toronto. douglasj.smith@sympatico.ca; 416-699-5818; www3.sympatico.ca/ontario. masters August 16-17 (tent). Canadian National Masters Championships, Richmond, B.C. douglasj.smith@sympatico.ca

#### INTERNATIONAL

February 1-9. New Zealand Masters Games, Wanganui, www.nzmastersgames. com

February 15-16. BMAF National Indoor Championships, Glasgow, Scotland. www.bvaf.org.uk

March 6-9. European Veterans Indoor Championships, San Sebastian, Spain.

June 7-8. BMAF National Championships, Derby, England. www.bvaf.org.uk

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

July 26-August 3. Pan Pacific Masters Games, Sacramento, Calif. www.panpac mastersgames.com



TESH TESHIN

Marathon great, Alberto Salazar, 44, with Sayuri Kusutani, 43, first woman in the Diamond Head Duet Run, Honolulu, Dec. 5. On Dec. 8, Kusutani was first Hawaii female resident in the Honolulu Marathon (2:48:07).



JERRY WOJCIK

Thom Weddle, 62, third W60 (42:35), leads a pack out of the woods on the third lap, National Masters 10K X-C Championships, Rocklin, Calif.

### LONG DISTANCE RUNNING

#### NATIONAL

February 15. USATF National Masters Winter 6K Cross-Country Championships, Houston, Texas. Jon Warren, Rice U. Athletic Dept., PO Box 1892, Houston, TX 77251-1892. www.Rice Owls.com

March 16. USATF National Masters Half-Marathon Championships/New Bedford Half-Marathon, New Bedford, Mass. 11:00 am. NB Half-Marathon, PO Box 79546, N. Dartmouth, MA 02747-0988. 508-998-5068.

May 10. USATF National Masters Championships/River Bank Run 25K, Grand Rapids, Mich. RBR, PO Box 2194, Grand Rapids, MI 49501. 616-771-1590; www.riverbankrun.com

May 24. USATF National Masters Championships/Ogden 20K, Wheeling, W. Va. Hugh Stobbs, 31 Oak Park Ave., Wheeling, WV 26003. 304-242-7322; fax: 242-8941; www.ogden20kclassic.com

May 31. USATF National Masters Women's Championships/Freihofer's 5K, Albany, N.Y. George Regan, 233 Fourth St., Troy, NY 12180. 518-273-0267.

August 2. USATF National Masters Championships/White River 50 Mile Trail Race, Crystal Mountain, Wash. Scott McCoubrey, FootZone Capitol Hill, Seattle Running Co., Seattle, WA. 206-325-4800

August 23. USATF National Masters Championships/Golden Gate Headlands 50K Trail Run, Sausalito, Calif. Peter Franks, PO Box 26052, San Francisco, CA 94126. 415-381-4363(e); 667-4257(d).

September 13. USATF National Masters Championships/Olander Park 100 Mile Run, Sylvania, Ohio. Tom Falvey, 5835 Hideaway Ln., Sylvania, OH 43560. 419885-7399.

September 28. USATF National Masters Championships/Heritage Oaks Bank 10K, Paso Robles, Calif. Mitch Massey, 1135 Santa Rosa St., San Luis Obispo, CA 93401. 805-544-7200, x105; fax: 546-2750; mmassey@heritageoaksbank.com

October 5. USATF National Masters Championships/Twin Cities Marathon, Minneapolis, Minn. 612-925-3500; www. twincitiesmarathon.org

October 11. USATF National Masters Championships/Akron Marathon Relay, Akron, Ohio. Jim Barnett, 330-657-2224; 877-375-2786; www.akronmarathon.org

November 2. 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 8. USATF National Masters Championships/San Diego 1-Day. 24-Hour Run, San Diego, Calif. John Metz, 1419 S. Pacific St., Oceanside, CA 760-967-8348.

November 23. 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 7.** USATF National Masters 10K Cross-Country Championships, Greensboro, N.C.

#### EAST

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

**February 2.** Maine TC Mid-Winter 10 Mile Classic, Cape Elizabeth. 207-892-4526; www.mainetrackclub.com

**February 9.** Valentine's 5K for the Homeless, Washington, D.C. 202-682-1005; www.rachaels.org

**February 15.** Martha's Vineyard 20 Miler, Martha's Vineyard, Mass. 508-696-6203, x300; www.vineyard.net/org/mvm races

**February 15.** George Washington Birthday 10K, Alexandria, Va. 703-683-1666; www.washingtonbirthday.net

**February 16.** Washington's Birthday Marathon, Greenbelt, Md. 703-241-0395; www.dcroadrunners.org

February 23. Hyannis Marathon, Half-Marathon & 10K, Hyannis, Mass. 508-775-0413; BAEvents@aol.com

March 1. Greater Rochester TC Freezeroo 10K, Churchville, N.Y. 585-

March 2. Kelley's Pace Frostbite Fire 5 Mile, Mystic, Conn. 860-536-8175.

March 16. St. Patrick's Day 10K & 2 Mile, Yorktown Heights, N.Y. Jack Brennan, 914-763-9023; www.runner.org. Only race with a whiskey (Jameson's Irish) stand at the finish.

March 23. Washington DC Marathon. www.washingtondcmarathon.com

March 30. Ocean Drive Marathon, Cape May County, N.J. 609-523-0880; www.od marathon.org

April 6. Ocean City Half-Marathon, Ocean City, Md. OCH-M, 2509 Amber Orchard Court W., Ste. 301, Piney Orchard, MD 21113. info@oceancityhalf marathon.com

April 6. 31st Credit Union Cherry Blossom 10 Mile, Washington, D.C. 7000 limit, usually filled by early January. www.cherryblossom.org

April 6. Suffolk County Half-Marathon,



JERRY WOJCIK

Kim Rupert, West Valley TC, second W45 (41:50), National Masters 10K X-C Championships, Rocklin, Calif.

Selden, N.Y. 631-893-5951; www.schalf

April 21. 107th BAA Boston Marathon, Boston, Mass. Qualifying standards. 617-236-1652; www.baa.org

April 26. HMRRC Bill Robinson 10K Masters Championships, Guilderland HS, Albany, N.Y. Jim Tierney, runnerjmt@aol.com

**April 27.** New Jersey Shore Marathon, Long Branch. 732-578-1771; www.nj shoremarathon.org

#### SOUTHEAST

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

**February 1.** IMC-Peace River 5K Cross-Country, Barlow, Fla. 653-534-4340.

**February 2.** Miami Tropical Marathon, Miami, Fla. 305-278;8668; www.miami tropicalmarathon.com

February 2. USATF Florida Championships/BCAHPED Scholarship 10K, Parkland, Fla. 954-771-1060; www. active.com

**February 8.** Mercedes Marathon & Half-Marathon, Birmingham, Ala. 800-266-5426; www.mercedesmarathon.com

**February 15.** Battle of Mobile Bay 5K, Mobile, Ala. 251-473-7223; www.pcpacers.

February 15. Edison Festival of Light 5K Classic, Ft. Myers, Fla. 5:45 pm. EFL, Ft. Myers TC, PO Box 60131, Ft. Myers, FL 33006

February 16. Florida Gulf Beaches Marathon, Relay & 5K, Clearwater. 727-347-4440; www.floridamarathon.com

February 22. Myrtle Beach Marathon & Half-Marathon, Myrtle Beach, SC 29578-8780. 843-293-7223; www.DoltSports.com February 22. Run for Cover 15K, Davie,

Continued on page 25

Continued from page 24

Fla. Laura Hansen, 1142 NE 16th Ave., Ft. Lauderdale, FL 33304. 954-522-7069.

February 22. Outback Steakhouse, Distance Classic 12K, Orlando, Fla. 407-898-1313; www.trackshack.com

February 23. Blue Angel Marathon, Naval AS, Pensacola, Fla. 850-452-3806, x313/340; www.mwrpcola.navy.mi

February 23. Anheuser Busch Colonial Half-Marathon, Williamsburg, Va. 757-221-

March 8. USATF South Carolina Championships/Carolina First Reedy River 10K, Greenville, S.C. RRR, PO Box 10555. Greenville, SC 29603. www.greenvilletrack club.com

March 8. Gate River Run 15K/USATF Championship, Jacksonville, Fla. Limited to 9000. www.1stplacesports.com

March 9. Friendship 5K & 8K, Tampa, Fla. 813-835-5252

March 15. Shamrock Sportsfest Marathon & 8K, Virginia Beach, Va. 757-496-5183; www.shamrockmarathon.com

March 22. Azalea Trail Run 10K, Mobile, Ala. Port City Pacers, PO Box 6427, Mobile, AL 36660. 251-473-7223.

March 29. Ukrop's Monument Avenue 10K, Richmond, Va. 804-285-9495; www.sports backers.com

April 12. Charlotte South End RaceFest Half-Marathon & 10K, Charlotte, N.C. 704-377-8786; www.charlotteracefest.com

April 26. Country Music Marathon & Half-Marathon, Nashville, Tenn. 800-311-1255; www.cmmarathon.com

#### MIDWEST

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

February 22. George Rogers Clark 10 Mile, Vincennes, Ind. 842-886-1555

April 13. Ohio Glass City Marathon, Toledo. 419-385-7025; toledoroadrunners.org

April 26. Anthem Derby Festival Marathon & Mini-Marathon, Louisville, Ky. 800-928-3378; www.derbyfestivalmarathon.com April 27. Cleveland Marathon. 216-378-

0140; clevelandmarathon.com

#### **MID-AMERICA**

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

February 1. St. Paul Winter Carnival Frozen Half-Marathon, St. Paul, Minn. 651-223-4700; www.wintercarnival.com

February 9. Cupid's Classic 5K, Denver, Colo. 303-694-2202.

February 16. President's Day 5K, Denver, Colo. 303-694-2278.

March 29. Eisenhower Marathon & Half-Marathon, Abilene, Kansas. 785-263-2341; redcross@accessone.com

March 29. Run For Your Life 5K & 10K, Lincoln, Nebr. 402-421-8888

April 6. Fool Five 8K & Mile Road Races & Social Gathering, Lewiston, Minn. 1 pm. Alberto Salazar and Dick Beardsley to speak at Lewiston-Altura HS at 2:30 pm. Dianne Rislow, Box 237, Lewiston, MN 55952, 507-523-3484; www.foolsfive.com

April 6. Spirit of St. Louis Marathon/USA Women's Championships, Half-Marathon & 5K (on the 5th), St. Louis, Mo. 314-727-0800; www.stlouismarathon.com

April 18. Earth Day Half-Marathon, St. Cloud, Minn. 320-255-3325; clhaukos@ stcloudstate.edu

April 26. Longest Day Races, Brookings, S. Dak. 605-696-1358; www.prairiestriders.net

#### SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

February 2. 3M Half-Marathon, Austin, Matt Fagan, 512-984-3277; www.3M.com/races

February 16. Mardi Gras Marathon, Half-Marathon & 5K, New Orleans. 504-454-8687; www.mardigrasmarathon.com

February 16. Motorola Marathon & Half-Marathon, Austin, Texas. 1-877-601-6686; www.MotorolaMarathon.com

February 22. Cowtown Marathon & 10K, Fort Worth, Texas. 817-735-2033; www.cow town marathon.org

March 1. 5th annual Nextel Mardi Gras Mambo 10K & Mile Fun Run, Baton Rouge, La. 225-382-3596; www.nextelmardigras mambo 10k.com

March 8. Bayou City Classic 10K, Houston, Texas. bayoucityclassic.org

March 29. Run For The Sun 5K, Kingwood, Texas. 281-358-4266.

April 19. Crescent City Classic 10K, New Orleans. R.F. Lusky. PO Box 13587, New Orleans, LA 70185. www.CCC10K.com

April 27. Oklahoma City Memorial Marathon. 405-525-4242.

#### WEST

Arizona, California, Hawaii, Nevada, New Mexico

February 1. Carrot Festival 5K & Mile, Holtville, Calif. Gary Rust, 708 E. 5th St., Holtville, CA 92250. 760-356-1262.

February 2. Davis Stampede Half-Marathon, Davis, Calif. 530-757-2012; www. changeofpace.com

February 2. Firecracker 5K & 10K, Los Angeles. 323-256-1363; www.firecracker 10k.org

February 2. Las Vegas Marathon & Half-Phone/fax: 702-876-3870; Marathon. www.lymarathon.com

February 8. Great American Adventure Run 2.8 & 4.8 Mile Cross-Country, Huntington Beach, Calif. Finish Line International, 714-841-5417; www.nealand.com/finishline

February 8. San Dieguito Half-Marathon & 5K, San Diego, Calif. 619-298-7400.

February 16. Palm Springs Half-Marathon, Palm Springs, Calif. 760-320-1341; www. kleinclarksports.com

March 2. Honda L.A. Marathon XVIII, Los Angeles. 310-444-5544; www.lamarathon. com

March 2. Sutter Home Napa Valley Marathon/RCAA National Championships, Napa Valley, Calif. Dave Hill, PO Box 4307, Napa, CA 94558-0430. 707-255-2609.

March 9. Valley of the Sun Marathon & Half-Marathon, Phoenix, Ariz. 480-657-5373; www.vallevofthesunmarathon.com

March 9. Leigh & Lucy Steinberg Spirit Run 5K, Newport Beach, Calif. Kinane Events, 760-434-6301; www.kinaneevents.com

March 16. 50+ Paul Spangler Memorial 8K Run/5K Walk, Stanford U., Palo Alto. 650-323-6160; fax: 323-6199; www.50plus.org

March 23. Big Island International Marathon, Half-Marathon, & 3.1 Mile, Hilo, Hawaii. Sharron Joseph, 808-969-7400; www.runhawaii.com

April 5. Santa Anita Derby Day 5K & Masters 5K, Santa Anita Park, Arcadia, Calif. Kinane Events, 760-434-6301; www.kinane events.com

April 27. La Jolla Half-Marathon & 5K, La Jolla, Calif. 858-454-0777; www.lajollahalf marathon.com



PHOTO BY VICTAH

Julie Peterson, 43, Beverly, Mass., 1:21:05, celebrates her Disney World Half-Marathon victory with Mickey and Minnie Mouse, Orlando, Fla., Jan. 12. She was first woman and eighth runner overall in

April 27. Big Sur International Marathon, Big Sur, Calif. 831-625-6226; www.bsim.org

#### **NORTHWEST**

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

March 16. Weinhard's Ale St. Patrick's Day Dash, Seattle, Wash. 800-343-4411; stpats dash.com

#### CANADA

May 25. Ontario Masters TFA Championships/Down in the Beaches 5K. Toronto. www.3.sympatico.ca/ontario.masters/events.

#### INTERNATIONAL

February 23. World's Best 10K, San Juan, Puerto Rico. 787-767-2000; fax: 763-2000; www.worldbest10k.com

March 16. Barcelona Marathon, Barcelona, Spain. 617-242-7845; www. marathontour.com

April 6. Paris Marathon. 33 (0) 1 41 33 15 68; www.parismarathon.com

April 12. BMAF Cross-Country Championships, Irvine, Scotland. www.bvaf.

April 13. London Marathon. 617-242-7845; www.marathontour.com

May 4. BMAF 10K Championships, Chelmsley, England. www.bvaf.org.uk May 24-25. WMA Europe Non-Stadia Championships, Upice, CZE. www. world-masters-athletics.org

November 16. WMA 100K Championships, Zan-en Dam, Taipei. www.iau. org.tw

#### RACEWALKING

March 30. USATF National Masters Indoor 3000m RW Championships, Boston, Mass. See National T&F Schedule.

April 6. USATF National Masters One-Hour RW Championships, Boca Raton, Fla. Bob Cella, 945-921-9190.

June 1. USATF National Masters 15K RW Championships, Evansville, Ind. Mike Hudson, 1005 Meadowbrook Dr., Evansville, IN 47712. 812-457-0304.

August 7-10. USATF National Masters 5000 (8th) and 10K (10th) RW Championships, Eugene, Ore. See National T&F

September 14. USATF National Masters 40K RW Championships, Ocean Township, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. 732-222-9080.

September 20. USATF National Masters 5K RW Championships, Kingsport, Tenn. Bobby Baker, 318 Twin Hill Dr., Kingsport, TN 37660. 423-578-2061.

October 19. USATF National Masters 50K RW Championships, Hauppage, N.Y. Mike Roth, PO Box 504, Old Bethpage, NY 11787. 631-979-9603

November 23. USATF National Masters 20K RW Championships, Coconut Creek, Fla. Bob Cella, 954-921-9190.

# 2001 U.S. MASTERS OUTDOOR TRACK & FIELD RANKINGS BOOK

- Men's and women's 2001 U.S. 5-year track & field age-group rankings.
- 48 pages, over 100-deep in some events.
- · All T&F events.

Send \$8.00 plus \$2.00 postage and handling to:

NATIONAL MASTERS NEWS P.O. Box 50098, Eugene, OR 97405

City		State _	Zip	1000 -000
Adress _	COME DATE			
Name				

Continued from page 24

Fla. Laura Hansen, 1142 NE 16th Ave., Ft. Lauderdale, FL 33304. 954-522-7069.

February 22. Outback Steakhouse, Distance Classic 12K, Orlando, Fla. 407-898-1313; www.trackshack.com

**February 23.** Blue Angel Marathon, Naval AS, Pensacola, Fla. 850-452-3806, x313/340; www.mwrpcola.navy.mi

**February 23.** Anheuser Busch Colonial Half-Marathon, Williamsburg, Va. 757-221-3397.

March 8. USATF South Carolina Championships/Carolina First Reedy River 10K, Greenville, S.C. RRR, PO Box 10555, Greenville, SC 29603. www.greenvilletrack club.com

March 8. Gate River Run 15K/USATF Championship, Jacksonville, Fla. Limited to 9000. www.lstplacesports.com

March 9. Friendship 5K & 8K, Tampa, Fla. 813-835-5252.

March 15. Shamrock Sportsfest Marathon & 8K, Virginia Beach, Va. 757-496-5183; www.shamrockmarathon.com

March 22. Azalea Trail Run 10K, Mobile, Ala. Port City Pacers, PO Box 6427, Mobile, AL 36660. 251-473-7223.

March 29. Ukrop's Monument Avenue 10K, Richmond, Va. 804-285-9495; www.sports backers.com

**April 12.** Charlotte South End RaceFest Half-Marathon & 10K, Charlotte, N.C. 704-377-8786; www.charlotteracefest.com

April 26. Country Music Marathon & Half-Marathon, Nashville, Tenn. 800-311-1255; www.cmmarathon.com

#### **MIDWEST**

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

February 22. George Rogers Clark 10 Mile, Vincennes, Ind. 842-886-1555.

**April 13.** Ohio Glass City Marathon, Toledo. 419-385-7025; toledoroadrunners.org

**April 26.** Anthem Derby Festival Marathon & Mini-Marathon, Louisville, Ky. 800-928-3378; www.derbyfestivalmarathon.com

**April 27.** Cleveland Marathon. 216-378-0140; clevelandmarathon.com

#### MID-AMERICA

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

February 1. St. Paul Winter Carnival Frozen Half-Marathon, St. Paul, Minn. 651-223-4700; www.wintercarnival.com

February 9. Cupid's Classic 5K, Denver, Colo. 303-694-2202.

February 16. President's Day 5K, Denver, Colo. 303-694-2278.

March 29. Eisenhower Marathon & Half-Marathon, Abilene, Kansas. 785-263-2341; redcross@accessone.com

March 29. Run For Your Life 5K & 10K, Lincoln, Nebr. 402-421-8888

April 6. Fool Five 8K & Mile Road Races & Social Gathering, Lewiston, Minn. 1 pm. Alberto Salazar and Dick Beardsley to speak at Lewiston-Altura HS at 2:30 pm. Dianne Rislow, Box 237, Lewiston, MN 55952, 507-523-3484; www.foolsfive.com

April 6. Spirit of St. Louis Marathon/USA Women's Championships, Half-Marathon & 5K (on the 5th), St. Louis, Mo. 314-727-0800; www.stlouismarathon.com

April 18. Earth Day Half-Marathon, St. Cloud, Minn. 320-255-3325; clhaukos@stcloudstate.edu

April 26. Longest Day Races, Brookings, S. Dak. 605-696-1358; www.prairiestriders.net

#### SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**February 2.** 3M Half-Marathon, Austin, Texas. Matt Fagan, 512-984-3277; www.3M.com/races

**February 16.** Mardi Gras Marathon, Half-Marathon & 5K, New Orleans. 504-454-8687; www.mardigrasmarathon.com

**February 16.** Motorola Marathon & Half-Marathon, Austin, Texas. 1-877-601-6686; www.MotorolaMarathon.com

February 22. Cowtown Marathon & 10K, Fort Worth, Texas. 817-735-2033; www.cow town marathon.org

March 1. 5th annual Nextel Mardi Gras Mambo 10K & Mile Fun Run, Baton Rouge, La. 225-382-3596; www.nextelmardigras mambo10k.com

March 8. Bayou City Classic 10K, Houston, Texas. bayoucityclassic.org

March 29. Run For The Sun 5K, Kingwood, Texas. 281-358-4266.

April 19. Crescent City Classic 10K, New Orleans. R.F. Lusky. PO Box 13587, New Orleans, LA 70185. www.CCC10K.com

April 27. Oklahoma City Memorial Marathon. 405-525-4242.

#### WEST

Arizona, California, Hawaii, Nevada, New Mexico

**February 1.** Carrot Festival 5K & Mile, Holtville, Calif. Gary Rust, 708 E. 5th St., Holtville, CA 92250. 760-356-1262.

**February 2.** Davis Stampede Half-Marathon, Davis, Calif. 530-757-2012; www. changeofpace.com

**February 2.** Firecracker 5K & 10K, Los Angeles. 323-256-1363; www.firecracker 10k.org

**February 2.** Las Vegas Marathon & Half-Marathon. Phone/fax: 702-876-3870; www.lymarathon.com

**February 8.** Great American Adventure Run 2.8 & 4.8 Mile Cross-Country, Huntington Beach, Calif. Finish Line International, 714-841-5417; www.nealand.com/finishline

**February 8.** San Dieguito Half-Marathon & 5K, San Diego, Calif. 619-298-7400.

**February 16.** Palm Springs Half-Marathon, Palm Springs, Calif. 760-320-1341; www. kleinclarksports.com

March 2. Honda L.A. Marathon XVIII, Los Angeles. 310-444-5544; www.lamarathon.com

March 2. Sutter Home Napa Valley Marathon/RCAA National Championships, Napa Valley, Calif. Dave Hill, PO Box 4307, Napa, CA 94558-0430. 707-255-2609.

March 9. Valley of the Sun Marathon & Half-Marathon, Phoenix, Ariz. 480-657-5373; www.valleyofthesunmarathon.com

March 9. Leigh & Lucy Steinberg Spirit Run 5K, Newport Beach, Calif. Kinane Events, 760-434-6301; www.kinaneevents.com

March 16. 50+ Paul Spangler Memorial 8K Run/5K Walk, Stanford U., Palo Alto. 650-323-6160; fax: 323-6199; www.50plus.org

March 23. Big Island International Marathon, Half-Marathon, & 3.1 Mile, Hilo, Hawaii. Sharron Joseph, 808-969-7400; www.runhawaii.com

**April 5.** Santa Anita Derby Day 5K & Masters 5K, Santa Anita Park, Arcadia, Calif. Kinane Events, 760-434-6301; www.kinane

**April 27.** La Jolla Half-Marathon & 5K, La Jolla, Calif. 858-454-0777; www.lajollahalf marathon.com



PHOTO BY VICTAH

Julie Peterson, 43, Beverly, Mass., 1:21:05, celebrates her Disney World Half-Marathon victory with Mickey and Minnie Mouse, Orlando, Fla., Jan. 12. She was first woman and eighth runner overall in a field of 6000.

April 27. Big Sur International Marathon, Big Sur, Calif. 831-625-6226; www.bsim.org

#### NORTHWEST

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

March 16. Weinhard's Ale St. Patrick's Day Dash, Seattle, Wash. 800-343-4411; stpats dash.com

#### CANADA

May 25. Ontario Masters TFA Championships/Down in the Beaches 5K, Toronto. www.3.sympatico.ca/ontario.masters/events. htm

#### INTERNATIONAL

**February 23.** World's Best 10K, San Juan, Puerto Rico. 787-767-2000; fax: 763-2000; www.worldbest10k.com

March 16. Barcelona Marathon, Barcelona, Spain. 617-242-7845; www. marathontour.com

**April 6.** Paris Marathon. 33 (0) 1 41 33 15 68; www.parismarathon.com

**April 12.** BMAF Cross-Country Championships, Irvine, Scotland. www.bvaf. org.uk

**April 13.** London Marathon. 617-242-7845; www.marathontour.com

May 4. BMAF 10K Championships, Chelmsley, England. www.bvaf.org.uk May 24-25. WMA Europe Non-Stadia Championships, Upice, CZE. www. world-masters-athletics.org

**November 16.** WMA 100K Championships, Zan-en Dam, Taipei. www.iau. org.tw

#### RACEWALKING

March 30. USATF National Masters Indoor 3000m RW Championships, Boston, Mass. See National T&F Schedule.

**April 6.** USATF National Masters One-Hour RW Championships, Boca Raton, Fla. Bob Cella, 945-921-9190.

June 1. USATF National Masters 15K RW Championships, Evansville, Ind. Mike Hudson, 1005 Meadowbrook Dr., Evansville, IN 47712, 812-457-0304.

August 7-10. USATF National Masters 5000 (8th) and 10K (10th) RW Championships, Eugene, Ore. See National T&F Schedule.

**September 14.** USATF National Masters 40K RW Championships, Ocean Township, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. 732-222-9080.

September 20. USATF National Masters 5K RW Championships, Kingsport, Tenn. Bobby Baker, 318 Twin Hill Dr., Kingsport, TN 37660. 423-578-2061.

October 19. USATF National Masters 50K RW Championships, Hauppage, N.Y. Mike Roth, PO Box 504, Old Bethpage, NY 11787. 631-979-9603.

November 23. USATF National Masters 20K RW Championships, Coconut Creek, Fla. Bob Cella, 954-921-9190.

# 2001 U.S. MASTERS OUTDOOR TRACK & FIELD RANKINGS BOOK

- Men's and women's 2001 U.S. 5-year track & field age-group rankings.
- 48 pages, over 100-deep in some events.
- · All T&F events.

Send \$8.00 plus \$2.00 postage and handling to:

NATIONAL MASTERS NEWS P.O. Box 50098, Eugene, OR 97405

Adress		
City	State	Zip

# **RECIPIENTS OF ALL-AMERICAN AWARDS**

M30-34 Barney Borromeo	60m	7.18	12-14-02	M45-49 Dennis Morris	J	54.01	8-8-02	M65-69 Richard McKisson	400 TJ	66.43 28-4	10-9-02 10-9-02
M35-39 John Rose	SP D	49-5 1/2 143-7	6-30-02 6-30-02	M55-59 Carl Etter	нЈ	5-0	8-16, 19-02	W40-44 Teresa Aragon		8.03.45	6-29, 30-02
Leon Winder	60m	7.3	12-15-02	M60-64 Terry Simons Conrad Sundholm	D	139-5 1/2 140-3	8-11-02 6-30-02	W45-49	5K	26:49	9-21-02
Eugene Anton	60m h 110 h	9.05 16.98	12-14-02 10-5-02	Jim Verdier	Mile	5:59.50	8-4-02	Gail Johns-Rees	200 400	30.26 66.80	7-27-02 7-27-02
Ted Poulos	Mile 3000	4:42.90 9:25.01 16:10.69	3-23-02 3-22-02 8-8-02								

			50	100	16:1	0.69	8-8-02	2	1			
U	J.S. I	MAS	TE	RS A	LL-			CAN	STA	AND	AR	DS
						OR ME				75.70		
Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69		75-79	80-84	85-89 90-94
55 60	6.8 7.4	7.55	7.1	7.2 7.85	7.4 8.05	7.9 8.5	8.1 9.0	9.25	8.9 9.5	9.4	10.4	11.8 13.5 12.8 16.6
100	11.0	11.3	11.5	11.9	12.2	12.6	13.2	13.8	14.6	16.0	18.0	23.0
200	22.4	23.2	23.8	24.6	25.5	27.0	27.9	29.5	32.0	35.0	40.2	52.0
400	51.5	52.5	53.8	56.0	57.5	62.0	65.0	69.0	75.0	88.0	98.0	120.0
800	2:02	2:04	2:06	2:11	2:16	2:25	2:35	2:45	3:06	3:35	3:55	4:30
1500	4:20	4:22	4:24	4:35	4:45	5:10	5:20	5:45	6:30	7:20	8:10	9:20
Mile	4:40	4:40	4:50	5:00	5:10	5:30	6:00	6:15	6:55	8:20	8:45	10:15
3000	9:25	9:40	10:00	10:25	10:45	11:15	11:50	12:45	13:40	15:50	19:10	23:00 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
	6-23/4	6-3/4	5-91/4	5-6	5-3	4-11	4-9	4-61/4	4-11/4	3-91/4	3-31/4	2-7/2
PV	4.40	4.10	3.95	3.70	3.55	3.05	2.70	2.40	2.30	2.00	1.80	1.30
	14-51/4	13-51/41		12-11/2	11-7%	10-0	8-101/4	7-101/2	7-61/2		5-10%	4-31/4
LJ	6.50	6.10	5.85	5.60	5.40	4.90	4.50	4.20	3.80	3.35	2.85	2.20
STATE OF	21-4		19-21/4	18-41/2	17-81/2	16-3/4	14-9			10-11%	9-41/4	7-21/2
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
Chat	43-33/4	14.02	13.41	35-51/4	34-11/2	31-2 12.00	12.80	26-11	22-10	21-4		19-5%
Shot	47-7	46-0	44-0	12.62	42-113/4	39-41/2	42-0	11.50 37-8 <sup>3</sup> / <sub>4</sub>	11.00	9.00	8.00 26-3	6.00
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
Discus	147-0	140-5	129-7	123-0	137-9	134-6	137-9	127-11	111-6		72-21/4	50-0
Hammer	47.24	44.20	40.00	39.00	39.00	36.00	36.00	32.00	30.00	24.00	20.00	17.07
Trainine.	155-0	145-0		127-11	127-11	118-1	118-1	105-0	98-5		65-71/2	56-0
Javelin	62.00	56.00	48.76	47.00	43.00	41.00	39.00	35.00	31.00	24.00	19.00	14.02
	203-5	183-9	160-0	154-2	141-1	2.000	127-11	ALL REPORTS OF THE PARTY OF THE	101-8	78-9	62-4	46-0
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00			6.00	5.00	4.00	3.00
	49-21/2	45-111/4	42-8	39-41/2	32-93/4	29-61/2			19-81/4	16-41/4	13-11/2	9-10
25#Wt.			1				11.50	10.00	9.00	7.30	5.30	4.50
							37-83/4		10000000	23-111/2	The state of the s	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		27-103/4	26-3	19-81/4	18-1/2	16-43/4	14-9	11-53/4	9-10	8-21/2	6-63/4
Pent.	2800	2600	2600	2600	2600	2600	2600	2600	2600	2400	2200	2000
Decath.	5500	5250	5250	5000	5200	5000	4500	5000	4800	4200	3000	2500
Wt. Pent.	2800	2700	2800	3000	3000	3000	3000	3000	2600	2700	3000	3000
Notes: 1	) 100 s	tandards	are for	automatic	time; use	standard	convers	sion for h	and time			
2	Short	hurdles:	30-	49: 39"		50-59:	36";	60-69:	33";	70-79	30";	80+: 27"
3		hurdles:	30-		k (16#);	50-59: 50-59:	33"; 6k;	60-69: 60-69:	30"; 5k;	70+: 70+:	27"	
5)	Discu	s throw:	30-	49: 2kg		50-59:	1.5kg;	60+:	1.0kg;			
6	Hamn	ner:	30-	49: 7.26	sk (16#);	50-59:	6k;	60-69:	5k;	70+:	4k	90 400-
8			and dist		g; e the stan	50-59: dard; feet		60-69: nes listed	600g; for con	70-79: venience		80+: 400g
9		ec/Wt.Pe			F pts.; 40-							
				STILL STATE OF	The State of the S	752 m 2 F 2 m		-oscale	A CONTRACTOR OF THE PARTY OF TH		1 33350	

	1.5K	Mile	3K	5K	8K	10K	15K	20K	25K	30K	40K	501
W30	7:13	7:47	14:50	25:38	42:04	52:43	1:21:56	1:52:06	2:24:43	2:59:15	4:08:45	5:37:3
W35	7:22	8:03	15:18	26:27	43:11	53:56	1:23:29	1:53:32	2:26:51	3:01:53	4:12:21	5:42:2
N40	7:37	8:21	15:53	27:26	44:47	55:56	1:26:37	1:58:06	2:32:33	3:08:56	4:22:13	5:55:4
N45	8:03	8:41	16:32	28:33	46:35	58:10	1:30:08	2:03:00	2:38:56	3:17:00	4:33:31	6:11:2
W50	8:25	9:05	17:15	29:49	48:36	1:00:41	1:34:08	2:08:30	2:46:11	3:26:08	4:46:23	6:29:0
W55	8:55	9:31	18:05	31:14	50:54	1:03:33	1:38:40	2:14:48	2:54:26	3:36:33	5:01:03	6:49:2
W60	9:17	10:01	19:01	32:51	53:32	1:06:50	1:43:51	2:21:54	3:03:54	3:48:29	5:17:54	7:12:4
N65	9:48	10:35	20:06	34:43	56:33	1:10:37	1:49:50	2:30:12	3:14:51	4:02:20	5:37:25	7:39:4
W70	10:26	11:15	21:22	36:54	1:00:02	1:15:01	1:56:49	2:39:54	3:27:38	4:18:30	6:00:18	8:11:3
N75	11:10	12:01	22:51	39:28	1:04:10	1:20:14	2:05:05	2:51:18	3:42:50	4:37:46	6:27:35	8:49:2
W80	12:03	12:58	24:41	42:37	1:09:13	1:26:38	2:15:15	3:05:24	4:01:36	5:01:39	7:01:26	9:47:3
W85	13:13	14:15	27:05	46:45	1:15:50	1:35:01	2:28:37	3:24:00	4:26:20	5:33:10	7:46:16	10:39:1
W90	14:56	16:06	30:36	42:14	1:25:30	1:47:18	2:48:13	3:51:12				
							MEN					
M30	6:31	7:01	13:21	23:05	37:57	47:49	1:13:10	1:38:18	2:05:12	2:32:17	3:27:30	4:31:0
M35	6:43	7:14	13:47	23:46	38:55	48:53	1:14:28	1:39:43	2:06:56	2:34:14	3:30:17	4:34:5
M40	6:58	7:29	14:16	24:24	40:15	50:32	1:17:03	1:43:13	2:11:29	2:39:47	3:37:53	4:44:4
M45	7:13	7:46	14:47	25:31	41:44	52:25	1:19:58	1:47:10	2:16:35	2:46:05	3:46:36	4:56:2
M50	7:33	8:05	15:23	26:33	43:25	54:32	1:23:14	1:51:37	2:22:20	2:53:13	3:56:29	5:09:2
M55	7:50	8:26	16:04	27:43	45:19	56:55	1:26:56	1:56:38	2:28:52	3:01:19	4:07:41	5:24:2
M60	8:13	8:51	16:50	29:02	47:28	59:38	1:31:10	2:02:23	2:36:20	3:10:33	4:20:30	5:41:2
M65	8:38	9:19	17:43	30:33	49:56	1:02:45	1:36:01	2:08:58	2:44:53	3:21:11	4:35:15	6:01:0
M70	9:08	9:50	18:44	32:18	52:46	1:06:21	1:41:37	2:16:35	2:53:56	3:33:31	4:52:23	6:23:5
M75	9:43	10:28	19:55	34:20	56:04	1:10:35	1:48:13	2:25:34	3:05:02	3:48:05	5:12:40	6:50:5
M80	10:26	11:14	21:22	36:50	60:06	1:15:44	1:56:15	2:36:31	3:20:50	4:05:57	5:37:34	7:24:1
M85	11:21	12:13	23:14	40:04	65:20	1:22:26	2:06:43	2:50:48	3:39:31	4:29:18	6:10:11	8:07:5
M90	12:41	13:39	25:58	44:45	72:52	1:32:08	2:21:52	3:11:28	4:06:38	5:03:17	6:57:43	9:11:3

1	T	CM	ACTO	EDC	ATT	ANA	EDI	CANI	CTA	NID	DDG	,
	U.	5. IVI	A511	EKS	ALL	OR WO		CAN	51A	INDA	KDS	•
Event		30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-8
100		13.8	14.1	14.4	15.0	15.5	16.4	16.8	18.6	19.8	22.0	25.
200		28.0	28.8	30.0	31.6	33.0	35.0	37.0	39.0	42.0	48.0	52.
400		63.5	65.5	68.0	70.0	78.6	80.0	83.0	84.0	86.0	98.0	104.
800		2:33	2:35	2:40	2:46	2:54	3:10	3:20	3:36	3:56	4:30	5:4
1500		5:10	5:20	5:30	5:40	6:00	6:20	6:45	7:30	8:00	8:50	10:1
Mile		5:40	5:50	6:10	6:30	6:50	7:00	7:40	8:10	8:50	9:40	10:4
3000		11:30	11:50	12:00	12:30	14:00	14:30	15:00	16:00	18:30	20:00	23:0
5000		19:45	20:15	21:00	22:00	23:30	24:50	26:00	28:00	30:00	34:00	36:0
10000		41:30	42:40	44:00	48:00	50:00	52:00	56:00	60:00	66:00	76:00	85:0
100H		17.2	18.2									
80H				15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.
400H		75.0	79.0	84.0	88.0							
300H						66.0	72.0	79.0	87.0	96.0	110.0	120.
HJ		1.40	1.35	1.27	1.22	1.12	1.07	1.02	0.97	0.92	0.89	0.8
		4-7	4-5	4-2	4-0	3-8	3-6	3-4	3-21/4	3-01/4	2-11	2-
PV		2.70	2.40	2.10	1.80	1.50	1.20	1.10	1.00	0.90	0.80	0.7
		8-101/4	7-101/2	6-103/4	5-103/4	4-11	3-111/4	3-71/4	3-31/4	2-111/2	2-71/2	2-3
LJ		4.60	4.42	4.04	3.81	3.40	3.20	3.10	2.60	2.30	2.10	1.5
		15-1	14-6	13-3		11-1%	10-6	10-2	8-61/4	7-61/2	6-103/4	4-1
TJ		9.50	9.09	8.43		7.01	6.40	6.20	6.00	5.50	4.50	3.8
		31-2	29-10	27-8		23-0	21-0	20-41/4	19-81/4	18-1/2	14-9	12-
Shot		10.30	9.32	8.51	8.40	8.00	7.77	7.50	6.60	6.00	5.20	4.3
		33-91/2	30-7	27-11	27-63/4	26-3	25-6	24-71/4	21-8	19-81/4	17-3/4	14-1
Javelin		35.00	33.50	28.00	1000	23.00	22.15	20.00	17.00	16.00	15.00	12.0
		114-10	109-11	91-10		75-51/2	72-8	65-71/2	55-91/4	52-6	49-21/2	39-4
Discus		32.00	30.00	25.00		22.00	21.00	18.00	16.00	14.00	13.00	11.0
		105-0	98-5	82-0	78-9		68-103/4	59-1/4	52-6	45-111/4	42-8	36-1
Hammer		35.00	32.50	30.00		23.00	22.00	21.00	18.00	14.00	12.00	9.0
		114-10	106-7	98-5	82-0	75-51/2	72-21/4	68-103/4	59-3/4	45-111/4	39-41/2	29-6
20#Wt.		10.00	9.00	8.00	7.01	- BYTE						
		32-93/4	29-61/2	26-3	23-0							
16#Wt.				N THE		8.00	7.00	6.00	5.54	5.18	5.00	4.7
						26-3	22-11%	19-81/4	18-2	17-0	16-43/4	15-
Sup.Wt.		6.50	6.00	5.50	5.00	5.25	5.00	4.75	4.50	4.00	3.50	3.0
		21-4	19-81/4	18-1/2	16-41/4	17-2%	16-41/4	15-7	14-9	13-11/2	11-53/4	9-1
Wt.Pent.		2600	2500	2500	2500	2800	2600	2600	2500	2500	2400	230
Notes:	1)	100 star	ndards are	for auton	natic time;	use stand	dard conv	ersion for	hand tim	e.		
	2)	Short hu	urdles:	30-39:	33";	40-	59: 30"	60+: 2	7"			
		Long hu		30-59:	30";	60-						
	3)	Shot pu		30-49:	4k;	50-						
	4)	Javelin:			600g;		59: 500	g; 60+: 4	00g			
	5)	Hammer			4k;	50-						
	6)	Metric h		distance 30-49:	s are the s	tandard; 1			d for con	venience.		

#### APPLICATION FOR AN **ALL-AMERICAN CERTIFICATE/PATCH**

NAME	AGE-GRO	UP		
ADDRESS	S	EX: M_	F_	
CITY	STA	TE	ZIP	
MEET	DATE OF MEET			
MEET SITE				
EVENT	MARK			
HURDLE HEIGHT	WEIGHT OF IMPLEMENT			
☐ CERTIFICATE	□ PATCH		□ PATCH TA	G

- 1. If you have equaled or bettered the standard of excellence, please fill out this application, completely.
- 2. A copy of your results or a note stating in which issue your results appeared MUST
- 2. A copy of your results of a hote stating in which issue your results appeared most accompany this application.

  3. Please send \$10 for a certificate, \$10 for a patch, and \$10 for a patch tag showing event and year. The cost for both a certificate and patch ordered at the same time is \$15.

  4. Send to: All-American, National Masters News, P.O. Box 50098, Eugene OR 97405.

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

Javelin

#### 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 / 21/4" wide) in metric in our format receive preference. Deadline is the 10th of the month prior to issue date.

EAST	
Syracuse Charg Syracuse, NY;	
55m	
M35 Aston Scott	7.0
M50 Wayne Spitz	7.8
MEE Can Calans	7.4

Syracuse Chargers Meet Syracuse, NY; Dec. 8		
55m		
M35 Aston Scott	7.0	
M50 Wayne Spitz	7.8	
M55 Gary Geiger	7.4	
M60 Tom Fondy	8.0	
600m		
M35 Aston Scott	1:35.9	
M40 Ed Lindo	1:49.1	
M45 Ric Bond	1:37.5	
M60 Tom Fondy	2:98.8	
M65 Sam Graceffo	2:05.1	
M70 Jerry Bisson	2:33.6	
W40 Karen Vanderwood	2:04.1	
W45 Irene Thompson	1:57.3	
1500m		
M30 Javier Martinez	4:29.3	
M35 Michaelk Boni	4:37.1	
M40 Adlai Wheeless	4:31.8	
M45 Dan Littlejohn	4:55.6	
M50 David Bowen	4:59.6	
M55 Bob Nicholson	5:56.2	
W30 Jessica Lyon	5:13.5	
W35 Leatha Darmon	5:25.5	
W40 Karen Vanderwood	5:34.0	
W45 Sue Leone	6:18.0	
55m Hurdles		
W45 Irene Thompson	9.8	
Long Jump		
W45 Irene Thompson	13-8	
Shot Put		
W45 Irene Thompson	8.24	
20# Weight Throw		
M60 Gary Crawford	39-11.50	

		Veight Throw	0.24
			11.50
ì		ACCOUNT OF THE PARTY OF THE PAR	11.50
	25# V	Weight Throw	
	M50	Pat Lynn 40-	4.25
1	Dh	iladelphia Masters M	loot
		verford College; Dec	
		veriora college, Dec	. 15
3	55m	JOHN EAGER	8
		LOVELL BUTLER	6.3
		TONY FULTON SR	6.7
		TONY DISALVO	7.2
		CHRIS SYDNOR	7.3
		CLIFFORD ANDREWS S	
		HOWARD BOLTON	7.6
	M45	TERRY MCKECHNIE	7.1
	M50		7.4
		JOHN BORDEN STEVE BUBB	8.3
	M55		8.1
	IVDS	FRED EDELSTEIN	9.5
	M60	NATE BYRD	7.3
		JAY LUTZ	8.2
		KEVIN MURPHY	8.6
	M65	WILLIAM BITTNER	7.8
	M70	TOM RICE	8.1
		BOB KEEGAN	9.1
	12.01	NANCY MCKENNA	8.2
	2001		
	M30	JOHN EAGER	27.7
	M40	TONY DISALVO MICHAEL PATTERSON	28.1
	M50		28.2
	MOU	PHIL FELTON	28.6
	M55	ALDEN WASHINGTON	31.8
	M60		30.1
		BOB FUHRMAN	30.6
	M70	JIM SUTTON	32.8
		NANCY MCKENNA	32.5
	400		
	M40		56.4
	M65	BOB FUHRMAN BRUCE GILBERT	1:10
	M70		1:09
	M80		2:27
	800		
		MARTIN MANGERO	2:43
	M35	SCOTT ARMSTRONG	2:20
	M40	CHUCK SHIELDS	2:13
		MARC GIGNERE	2:21
		KEVIN MCKENNA	2:21
		BOB COOPER	2:31
		HAROLD NOLAN	2:18
	Mile		4:58
	M35	JORDAN LAVINE GENE TUNG	4:40
	MSS	TONY MALINOWSKI	5:10
		STEVE MAGARA	5:47
	M40	KEITH DAVIES	4:57
		MARC GIGNERE	5:05
		TOM YUNKER	5:25
		BILL HART	6:14

ionan prior to issue da	ite.
ANTONIO BEAUTIMENTO	Shapped .
M45 BEN CROWLE	5:29
PAT GOOD	5:37
BRUCE JONES	6:16
M50 DENNIS MELLISH	5:33
M55 HAROLD NOLAN	5:03
M65 BRUCE GILBERT	6:07
M70 BILL BUTLER	6:34
M80 GEORGE BLYN	10:29
W35 MARY P MCFARLAND	6:05
3000m	
M30 JOE TURCHETTI	11:31
M35 MIKE GRUMWALD	9:21
GENE TUNG	9:21
P.S. HAYWARD	12:41
M40 CHUCK SHIELDS	10:01
KEITH DAVIES	10:02
TOM YUNKER	11:14
M50 DENNIS MELLISH	11:36
M55 MICHAEL BRASKO	11:51
CARL GROSSMAN	15:06
M80 GEORGE BLYN	20:32
High Jump	
MBO JAMES RUEL	2.80
M55 BOB BODDY	1.47
M65 JAY GOLDENBERG	1.12
Long Jump	
M40 LOVELL BUTLER	5.58
M50 MAURO MEDINA	4.77
M55 BOB BODDY	4.98
Triple Jump	
M50 MAURO MEDINA	11.48
Shot Put	
M70 RAY FEICK	11.74
TOM RICE	8.54
W35 PATRICIA MOSLEY	8.82
Mile Racewalk	
M55 LARRY SIMMONS	10:09
JOEL DUBOW	11:11
M60 CARL KANE	10:40
M65 WILLIAM MAY	9:39
M75 FD GAWNSKI	10:37

# Upstate Holiday Indoor Classic Geneva, NY; Dec. 28

M35 Hank Pearson 8.19

M50 Wayne Spitz	8.04
200m	
M30 Gary Hurta	26.65
M35 Aston Scott	24.44
M45 Kevin Lozano	26.89
400m	
M30 Gary Hurta	56.81
M35 Aston Scott	55.91
M45 Leo Finucane	61.49
W35 Becky Heuer	64.13
W50CarolynSmithHa	nna73.33
800m	
M30 Gary Hurta	2:11.53
M35 John Trowse	2:09.11
M45 Kevin Lozano	2:28.33
M50 Peter Hogan	2:36.92
M55 Tom Carr	2:56.39
M60 Ken Gordon	2:48.05
W30 Amy Hurta	2:41.92
1500m	
M30 Derek Dean	4:59.37
M35 John Trowse	4:15.19
M40 Jim Oberst	4:15.71
Mike Platt	4:18.50
M45 Leon Finucane	4:54.57
John Whitman	4:57.32
M50 Peter Hogan	5:24.05
M55 Herb Engman	5:23.36
Bob Huddle	5:27.90
M60 Ken Gordon	5:55.15
M70 William Pow	8:18.51
W35 Becky Heuer	5:01.61
Michelle Rohl	5:02.96
W40KarenVanderwo	od5:28.25
3000m	
M35 Dan Rohnke	9:43.23
Ron Herreid	9:50.34
M40 Jim Oberst	9:09.38
M45 Bob Carroll	9:37.68
M55 Herb Engman	11:13.54
Bob Huddle	11:25.65

W30 AmyFakterowitz 11:38:20 Amy Hurta 11:48:48

W40 K Vanderwood 11:25:39
W40 K Vanderwood 11:25:39
W40 Genessee Valley 4:54:50
W40+ 4x1600 Relay
Finger LakesRC\*A\*WR23:10.07
Myette/Mameli/Woodford/Sharp

(USA/25:06.6y/1981/Syracuse) Genesee Valley Harr 23:15.45

12:35.68

Amy Hurta W35 Patty Warth

The state of the second state of	No. of Concession, Name of Street, or other Persons, Name of Street, or ot
Kinsella/SmithHann/Roy	Mey/Munso
Finger Lakes RC 'B'	27:14.54
Pole Vault	
M50 Jim Kelly	2.60
M55 Tom Rauscher	3.35
Shot Put	
M55 Walter Roucken	32-6
3000m Racewalk	
M35 Mike Rohl	14:44.98
M50 James Miner	16:16:06
M55 Larry Naukam	25:03:00
W35 Michelle Rohl	13:57.31
W40 Sherri Stager	18:24.66
from Pete Glavin	
Finger Lakes Runners Cornell U, Ithaca, N	

Irom Pete Gravin	
Finger Lakes Runners C Cornell U, Ithaca, NY;	
60m	Jan. 12
M30 Dave Eaton	7.35
M35 Adam Engst	19.20
M50 Tom Cole	8.24
M55 Joe Reynolds	11.03
W30 Christine Beach	10.24
200m	
M55 Joe Reynolds	39.21
M40 Frank Kutka	31.16
M45 Terry Delaney	30.01
M50 Dan Lathwell	26.89
M55 Bob Thompson	30.80
W30 Christine Beach	25.83
W35 Jennifer Hanna	33.55
W40 Lorrie Marnell	35.95
Mile	
M30 Derek Dean	5.12
M35 John Trowse	4.35
M40 Casey Carlstrom	4.47
M45 Bob Carroll	4.46
M50 Paul Greenberg	5.49
M55 Herb Engman	5.31
W30 Alaina Torbeck	6.14
W35 Rebecca Heuer	5.18
W40 Susan Munson	5.35
W45 Suzanne Myette	5.32
W50 Diane Sherrer	6.55
3000m	0.54
M30 Jeffrey Townsend	9.51
M35 John Sullivan M40 David Carrollo	10.23
	9.41
M45 Bob Carroll M50 David Fernandez	12.19
M55 Terry Habecker	11.33
M60 Dan Mittler	16.26
CONTRACTOR OF THE PARTY OF THE	

#### Syracuse Chargers Meet Syracuse, NY; Jan. 12 200m M35 Sam Sampere

W40 Beth Anne DeCiantis 11.17

W45 Suzanne Myette 12.20 W50 Carolyn Smith-Hanna 12.18

M65 Don Farley W30 Christine Beach

MISS Sauli Saulipore	27.00
M40 Adlai Wheeless	27.88
M50 Dan Swanson	28.07
Wayne Spitz	28.82
M60 Paul Stelmaszyk	29.55
M65 Tom Fondy	28.92
M70 Jerry Bisson	39.98
1000m	
W30 Jennifer Patruno	2:54.21
W45 Patti Ford	3:33.99
M30 Kevin Collins	2:41.92
M40 Ed Lindo	3:16.17
M45 Mike Burns	3:11.53
M50 Peter Hardwick	3:27.60
M70 Wally McRae	3:58.79
3000m	
W40 K Vanderwood	11:09.86
Ruth Yanai	11:29.36
M30 Kevin Collins	8:39.16
Javier Martinez	9:58.83
David Fritz	10:12.50
M35 Michael Boni	10:01.53
Anthony Yeo	13:08.41
M40 Adlai Wheeless	9:31.25
Peter Glavin	9:53.68
Tim Ingall	10:08.77
M45 Dan Littlejohn	10:29.61
Mike Burns	10:40.18
Kevin Hanlon	11:11.76
M50 Peter Hardwick	10:37.44
David Bowen	10:54.59
M55 Bob Nicholson	12:30.22
M65 Sam Graceffo	12:09.89
55mH	
M60 Paul Stelmaszyk	11.35

Shot Put M50 Leclar Dennis 37-3.25 M60 Gary Crawford 34-10.75

### SOUTHEAST Clearwater Throwers Classic Clearwater, FL; Dec. 7

	Javelin	
32-6	M45 Mike Brown	63.42
02.0	Jesus Virella	47.98
14:44.98	Jose Ortiz	47.66
16:16:06	M50 Michael Wasp	45.66
25:03:00	M55 Norman Hough	44.80
13:57.31	M60 Tom Harasti	38.37
18:24.88	Jim Turner	33.15
10.24.00	Jack Kuhns	29.04
	M70 Ray Feick	31.62
s Club Meet	Sid Kiwitt	27.90
Y; Jan. 12	W55 Brenda Erickson	14.95
make to stand it	Superweight	
7.35	M45 Beasey Hendrix	2.52
19.20	M55 Tom Russell	7.06
8.24	M60 Walter Deal	6.13
11.03	Jack Kuhns	5.38
10.24	Harold Crater	5.25
10.24	M65 Tim Twomey	6.15
20.04	M70 Austin Baggett	9.39
39.21	Ray Feick	9.14
31.16	Pay Carstensen	8.54
30.01	Frank Bonneville	7.69
26.89	Len Olson	7.35
30.80	W70 Gloria Bortell	4.53
25.83	98# Weight	
33.55	M45 Beasey Hendrix	0.99
35.95	M55 Tom Russell	3.36
00.00	M60 Walter Deal	3.42
5.12	Jack Kuhns	3.23
4.35	M65 Tim Twomey	2.86
4.47	M70 Ray Feick	3.12
The second second	Austin Baggett	2.92
4.46	Pay Carstensen	2.87
5.49	Len Olson	2.72
5.31	Frank Bonneville	2.14
6.14	M75 Dick Mulkern	1.84
5.18	W70 Gloria Bortell	1.02
5.35	Weight Pentathion	
5.32	M45 Gary England	3543
6.55	Jose Ortiz	2544
0.55	Don McCreery	2313
9.51	Beasey Hendrix	997
10.23	M55 Norman Hough	3955
	Tom Russell	3712
10.30	John Selleh	3639
9.41	M60 Jack Kuhns	3276
12.19	Harold Crater	2969
11.33	Jim Turner	2788
16.26	Walter Deal	2777
13.06	M65 Tim Twomey	3591
13.50	M70 Ray Feick	4427

#### W70 Gloria Bortell 3329 Sportsplex Indoor Meet Prince George's Complex

Frank Bonneville

Len Olson Pay Carstensen Tom Allison

Austin Baggett M75 Dick Mulkern

4362

4276

4142

1191 3677

Landover, MD; Dec	
55m	
W35 Regina Richardson	8.40
W65 Audrey Lary	9.88
60m	
M30 Anthony Battle	6.60
Reuben Irwin	7.08
M35 Leon Winder	7.30
James Barr	8.03
M40 Eugene Vicker	7.25
M55 Bob Koontz	7.99
Dennis Newton	8.23
M70 Jim Stookey	9.44
Wilton Gordon	9.88
200m	
M35 Leon Winder	26.08
400m	
M40 Joe Aukward	66.43
M70 Bill Bergen	94.93
W30 Teresa McFadden	73.15
800m	
M35 Bill Maloney	2:17.78
Dave Hope	2:22:19
M45 Joe Varron	2:28.71
M50 Larry Hart	2:47.60
M60 Mike Radov	2:37.20
1600m	
M30 Alex Major	6:15.0
M35 Bill Maloney	5:01.0
M40 Ted Poulos	4:59.0
M45 Peter Blank	6:12.0
M50 Spider Rossiter	5:18.0
55mH	
M70 Jim Stookey	9.60
High Jump	
M30 Rob Walters	5-6

M35 Jim Barr

ITIOO DIII TT COOT	
M70 Jim Condell	3-10
Pole Vault	
M35 Kevin McGordy	16-0
M55 Tom Rauscher	11-0
M70 Jim Condell	7-6
Long Jump	
M30 Rob Walters	19-3
M35 Jim Barr	19-6
M70 Jim Condell	10-8.5
Triple Jump	
M55 Bill Walsh	31-2
W35 ReginaRichards	on 35-6
W65 Audrey Lary	25-7.5
Shot Put	
M30 Jim Barr	40-9.25
Rob Walters	37-6.25
M55 Bill Walsh	36-6.75
M70 Jim Condell	33-6.5
W40 Mary Wilkins	30-0
W70 Sharon Good	16-5.75

4-8

14:26.0

23:37.0

400m

M55 Bill Walsh

#### WEST

3000m Racewalk M30 Alex Major

M45 Peter Blank W65 Mary Stookey from Melvin Fields

Team Thor USA Winter rowers Meet, UC-San Die

La Jolla, CA; Dec.	
Discus	
M65 Frank Carl	41.66
M75 Koe Sorg	25.36
Hammer	
M40 Song Kiong	47.85
M55 George Mathews	48.12
M75 Koe Sorg	29.63
Weight Throw	
M40 Song Kiong	12.63
M50 Tom Meyer	16.62
M75 Koe Sorg	9.00
Superweight	
M55 George Mathews	8.33
Hawaii Masters TC V	Veight

#### Pentathlon Honolulu; Dec. 15 3450 Jack Karbens 61

Robert Molyneux 64	2314
Thomas Reppuhn 55	2048
Robert Larson 57	1622
Lionel Low 63	1400
Kevin Kruszona 44	1381
Philip Oyape 43	847
D Goudge 52	778
Allan Nakasone 53	671
Francis Mukai 46	638
Brenda Abdrieu 62	1751
Joan Davis 62	222
Superweight	
M55 Thomas Reppuhn	3.63
MAN Jack Karbens	5 80

## INTERNATIONAL

INTERNATIO	NAL
Gay Games VI	
Sydney, Australia; No	v. 2-9
100m	
M30 Derwin Hall	11.48
M35 Curtis Moore	11.82
M40 Glenn White	12.04
M45 Peter van Miltenburg	12.16
M50 Michael Lutteral	12.45
M55 Jay Pulford	14.54
M60 William Sumpton	15.38
M65 Dick Wheeler	16.55
M70 Dick Hulbert	18.53
W30 Agnes Elling	13.20
W35 Caroline Layt	13.54
W40 Clare Munro	14.62
W45 Karlyne Fzio	14.73
W50 Susan Fisher	17.70
200m	1000
M30 Derwin Hall	22.94
M35 Curtis Moore	23.34
M40 Glenn White	24.23
M45 Peter van Mittenburg	24.17
M50 Michael Lutteral	25.85
M55 Bill Etnyre	28.69
M60 Charlie Walsh	31.86
M65 Dick Wheeler	33.90
M70 Dick Hulbert	36.68
M75 Len Tritsch	36.80
W30 Agnes Elling	26.82
W35 Caroline Layt	28.14
W40 Stacey Quitzau	27.62

W40 Stacey Quitzau W45 Karlyne Fazio

W50 Cathy Verry

W65 Jane Dods

W45 Lauri Stock

400m	
M30 Paul Skipper	53.75
M35 Curtis Moore M40 Martin McElhiney	51.75 55.33
M45 Peter van Miltenburg	
	1:06.48
M55 Bill Etnyre	1:06.07
M60 Erik Graff	1:12.59
M65 Nicholas Kitt	1:27.58
M70 John MacLardie	2:48.38
W35 Trudy Rae	1:01.59
W40 Clare Munro	1:11.80
800m	
M30 Andrew Williams	2:07.78
M35 Roland Heinemann	2:01.39
M40 Martin McElhiney	2:09.29
M45 Karl Smith	2:09.56
M50 Dean Koga	2:29.44
M55 Bill Etnyre	2:32.43
M60 Charles Whelan	3:07.96
W35 Trudy Rae	2:24.76
W40 Stacey Quitzau	2:30.02
W45 Lauri Stock	2:52.40
W50 Kyli Rainier	3:35.73
1500m	4.00.70
M30 Malcolm Campbell	4:26.79
M35 Rick Duque	4:31.87
M40 Eric Sabourin	4:30.20
M45 Gordon Carscadden	5:12.19
M50 Mark Hays M55 James Box	5:12.19
M60 Joseph Ellis	6:58.67
M65 Jerry Lewis	6:46.51
W30 Laree Etter	5:27.86
W35 Sally Taggart	5:22.82
W40 Jazz Rosewell	6:33.04
W45 Lauri Stock	5:49.92
W65 Jane Dods	7:34.80
5000m	
	16:44.39
M35 Robert Moresi	16:47.97
M40 Geoffrey Griffiths	16:30.36
M45 Mark Penn	17:09.61
M50 Mark Hays	18:36.29
M55 James Box	19:08.44
M60 Erik Graff	21:22.81
M65 Jerry Lewis	24:32.00
M70 Gene Silbert	27:59.87
W30 Laree Etter	20:46.17
W35 Sally Taggart	19:32.59
W40 Daniela Ahmed	23:57.29
W45 Lauri Stock W50 Cathy Verry	20:11.03
	24:34.51 34:27.97
W55 Peg Grey W60 Dorothy Tanner	
Woo Dorouty Tarmer	
Chart Hurdles	22:02.54
Short Hurdles	22:02.54
M30 Gwynn Villegas	22:02.54
M30 Gwynn Villegas M35 Reggie Snowden	22:02.54 21.71 16.57
M30 Gwynn Villegas M35 Reggie Snowden M40 Karl Broussard	21.71 16.57 19.71
M30 Gwynn Villegas M35 Reggie Snowden M40 Karl Broussard M45 Russell Lamar	22:02.54 21.71 16.57 19.71 17.92
M30 Gwynn Villegas M35 Reggie Snowden M40 Karl Broussard M45 Russell Lamar M50 Robert Berryman	22:02.54 21.71 16.57 19.71 17.92 26.35
M30 Gwynn Villegas M35 Reggie Snowden M40 Karl Broussard M45 Russell Lamar M50 Robert Berryman M60 Joseph Ellis	22:02.54 21.71 16.57 19.71 17.92 26.35 22.20
M30 Gwynn Villegas M35 Reggie Snowden M40 Karl Broussard M45 Russell Lamar M50 Robert Berryman M60 Joseph Ellis W30 Rose Mastroianni	22:02.54 21.71 16.57 19.71 17.92 26.35
M30 Gwynn Villegas M35 Reggie Snowden M40 Karl Broussard M45 Russell Lamar M50 Robert Berryman M60 Joseph Ellis W30 Rose Mastroianni Long Hurdles	22:02.54 21.71 16.57 19.71 17.92 26.35 22.20 21.29
M30 Gwynn Villegas M35 Reggie Snowden M40 Karl Broussard M45 Russell Lamar M50 Robert Berryman M60 Joseph Ellis W30 Rose Mastroianni Long Hurdles M30 Johnathon Schmidt	22:02:54 21:71 16:57 19:71 17:92 26:35 22:20 21:29 56:73
M30 Gwynn Villegas M35 Reggie Snowden M40 Karl Broussard M45 Russell Lamar M50 Robert Berryman M60 Joseph Ellis W30 Rose Mastroianni Long Hurdles M30 Johnathon Schmidt M35 Leo Norfleet	22:02:54 21:71 16:57 19:71 17:92 26:35 22:20 21:29 56:73 56:75
M30 Gwynn Villegas M35 Reggie Snowden M40 Karl Broussard M45 Russell Lamar M50 Robert Berryman M60 Joseph Ellis W30 Rose Mastroianni Long Hurdles M30 Johnathon Schmidt M35 Leo Norfleet M40 Glenn White	22:02.54 21.71 16.57 19.71 17.92 26.35 22:20 21:29 56.73 56.75 1:04.62
M30 Gwynn Villegas M35 Reggie Snowden M40 Karl Broussard M45 Russell Lamar M50 Robert Berryman M60 Joseph Ellis W30 Rose Mastroianni Long Hurdles M30 Johnathon Schmidt M35 Leo Norfleet M40 Glenn White M45 Brian Mutert	22:02.54 21.71 16.57 19.71 17.92 26.35 22:20 21:29 56.73 56.75 1:04.62 1:03.24
M30 Gwynn Villegas M35 Reggie Snowden M40 Karl Broussard M45 Russell Lamar M50 Robert Berryman M60 Joseph Ellis W30 Rose Mastroianni Long Hurdles M30 Johnathon Schmidt M35 Leo Norfleet M40 Glenn White M45 Brian Mutert W30 Agnes Elling	22:02.54 21.71 16.57 19.71 17.92 26.35 22:20 21:29 56.73 56.75 1:04.62
M30 Gwynn Villegas M35 Reggie Snowden M40 Karl Broussard M45 Russell Lamar M50 Robert Berryman M60 Joseph Ellis W30 Rose Mastroianni Long Hurdles M30 Johnathon Schmidt M35 Leo Norfleet M40 Glenn White M45 Brian Mutert	22:02.54 21.71 16.57 19.71 17.92 26.35 22.20 21.29 56.73 56.75 1:04.62 1:03.24 1:05.41
M30 Gwynn Villegas M35 Reggie Snowden M40 Karl Broussard M45 Russell Lamar M50 Robert Berryman M60 Joseph Ellis W30 Rose Mastroianni Long Hurdles M30 Johnathon Schmidt M35 Leo Norfleet M40 Glenn White M45 Brian Mutert W30 Agnes Elling W40 Stacey Quitzau	22:02.54 21.71 16.57 19.71 17.92 26.35 22.20 21.29 56.73 56.75 1:04.62 1:03.24 1:05.41
M30 Gwynn Villegas M35 Reggie Snowden M40 Karl Broussard M45 Russell Lamar M50 Robert Berryman M60 Joseph Ellis W30 Rose Mastroianni Long Hurdles M30 Johnathon Schmidt M35 Leo Norfleet M40 Glenn White M45 Brian Mutert W30 Agnes Elling W40 Stacey Quitzau 2000m Steeplechase W30 M Fien AUS 3000m Steeplechase	22:02.54 21.71 16.57 19.71 17.92 26.35 22.20 21.29 56.73 56.75 1:04.62 1:03.24 1:06.32
M30 Gwynn Villegas M35 Reggie Snowden M40 Karl Broussard M45 Russell Lamar M50 Robert Berryman M60 Joseph Ellis W30 Rose Mastroianni Long Hurdles M30 Johnathon Schmidt M35 Leo Norfleet M40 Glenn White M45 Brian Mutert W30 Agnes Elling W40 Stacey Quitzau 2000m Steeplechase W30 M Fien AUS 3000m Steeplechase M30 Malcolm Campbell	22:02.54 21.71 16.57 19.71 17.92 26.35 22.20 21.29 56.73 56.75 1:04.62 1:03.24 1:05.41 1:06.32 7:35.21 11:16.30
M30 Gwynn Villegas M35 Reggie Snowden M40 Karl Broussard M45 Russell Lamar M50 Robert Berryman M60 Joseph Ellis W30 Rose Mastroianni Long Hurdles M30 Johnathon Schmidt M35 Leo Norfleet M40 Glenn White M45 Brian Multer W30 Agnes Elling W40 Stacey Quitzau 2000m Steeplechase W30 M Fien AUS 3000m Steeplechase M30 Malcolm Campbell M35 Roger Moresi	22:02.54 21.71 16.57 19.71 17.92 26.35 22.20 21.29 56.73 56.75 1:04.62 1:03.24 1:05.41 1:06.32 7:35.21 11:16.30 10:38.17
M30 Gwynn Villegas M35 Reggie Snowden M40 Karl Broussard M45 Russell Lamar M50 Robert Berryman M60 Joseph Ellis W30 Rose Mastroianni Long Hurdles M30 Johnathon Schmidt M35 Leo Norfleet M40 Glenn White M45 Brian Mutert W30 Agnes Elling W40 Stacey Quitzau 2000m Steeplechase W30 M Fien AUS 3000m Steeplechase M30 Malcolm Campbell M35 Roger Moresi M40 David Bailey	22:02.54 21.71 16.57 19.71 17.92 26.35 22.20 21.29 56.73 56.75 1:04.62 1:03.24 1:05.41 1:06.32 7:35.21 11:16.30 10:38.17 12:46.85
M30 Gwynn Villegas M35 Reggie Snowden M40 Karl Broussard M45 Russell Lamar M50 Robert Berryman M60 Joseph Ellis W30 Rose Mastroianni Long Hurdles M30 Johnathon Schmidt M35 Leo Norfleet M40 Glenn White M45 Brian Mutert W30 Agnes Elling W40 Stacey Quitzau 2000m Steeplechase W30 M Fien AUS 3000m Steeplechase M30 Malcolm Campbell M35 Roger Moresi M40 David Bailey M45 John Kosa	22:02.54 21.71 16.57 19.71 17.92 26.35 22:20 21:29 56.73 56.75 1:04.62 1:03.24 1:05.41 1:06.32 7:35.21 11:16.30 10:38.17 12:46.85 12:58.34
M30 Gwynn Villegas M35 Reggie Snowden M40 Karl Broussard M45 Russell Lamar M50 Robert Berryman M60 Joseph Ellis W30 Rose Mastroianni Long Hurdles M30 Johnathon Schmidt M35 Leo Norfleet M40 Glenn White M45 Brian Mutert W30 Agnes Elling W40 Stacey Quitzau 2000m Steeplechase W30 M Fien AUS 3000m Steeplechase M30 Malcolm Campbell M35 Roger Moresi M40 David Bailey M45 John Kosa M50 Lonnie Brunini	22:02.54 21.71 16.57 19.71 17.92 26.35 22.20 21.29 56.73 56.75 1:04.62 1:03.24 1:05.41 1:06.32 7:35.21 11:16.30 10:38.17 12:46.85
M30 Gwynn Villegas M35 Reggie Snowden M40 Karl Broussard M45 Russell Lamar M50 Robert Berryman M60 Joseph Ellis W30 Rose Mastroianni Long Hurdles M30 Johnathon Schmidt M35 Leo Norfleet M40 Glenn White M45 Brian Mutert W30 Agnes Elling W40 Stacey Quitzau 2000m Steeplechase W30 M Fien AUS 3000m Steeplechase M30 Malcolm Campbell M35 Roger Moresi M40 David Bailey M45 John Kosa M50 Lonnie Brunini High Jump	22:02.54  21.71 16.57 19.71 17.92 26.35 22:20 21.29  56.73 56.75 1:04.62 1:03.24 1:05.41 1:06.32  7:35.21  11:16.30 10:38.17 12:46.85 12:58.34 14:03.37
M30 Gwynn Villegas M35 Reggie Snowden M40 Karl Broussard M45 Russell Lamar M50 Robert Berryman M60 Joseph Ellis W30 Rose Mastroianni Long Hurdles M30 Johnathon Schmidt M35 Leo Norfleet M40 Glenn White M45 Brian Mutert W30 Agnes Elling W40 Stacey Quitzau 2000m Steeplechase W30 M Fien AUS 3000m Steeplechase M30 Malcolm Campbell M35 Roger Moresi M40 David Bailey M45 John Kosa M50 Lonnie Brunini High Jump M30 Marc Sauter	22:02.54  21.71 16.57 19.71 17.92 26.35 22:20 21:29  56.73 56.75 1:04.62 1:03.24 1:05.41 1:06.32  7:35.21  11:16.30 10:38.17 12:46.85 12:58.34 14:03.37
M30 Gwynn Villegas M35 Reggie Snowden M40 Karl Broussard M45 Russell Lamar M50 Robert Berryman M60 Joseph Ellis W30 Rose Mastroianni Long Hurdles M30 Johnathon Schmidt M35 Leo Norfleet M40 Glenn White M45 Brian Mutert W30 Agnes Elling W40 Stacey Quitzau 2000m Steeplechase W30 M Fien AUS 3000m Steeplechase M30 Malcolm Campbell M35 Roger Moresi M40 David Bailey M45 John Kosa M50 Lonnie Brunini High Jump M30 Marc Sauter M30 Marc Sauter	22:02.54  21.71 16.57 19.71 17.92 26.35 22:20 21:29  56.73 56.75 1:04.62 1:03.24 1:05.41 1:06.32  7:35.21  11:16.30 10:38.17 12:46.85 12:58.34 14:03.37
M30 Gwynn Villegas M35 Reggie Snowden M40 Karl Broussard M45 Russell Lamar M50 Robert Berryman M60 Joseph Ellis W30 Rose Mastroianni Long Hurdles M30 Johnathon Schmidt M35 Leo Norfleet M40 Glenn White M45 Brian Mutert W30 Agnes Elling W40 Stacey Quitzau 2000m Steeplechase W30 M Fien AUS 3000m Steeplechase M30 Malcolm Campbell M35 Roger Moresi M40 David Bailey M45 John Kosa M50 Lonnie Brunini High Jump M30 Marc Sauter M35 Scott Beveridge M40 Erik Rollenberg	22:02.54  21.71 16.57 19.71 17.92 26.35 22:20 21:29  56.73 56.75 1:04.62 1:03.24 1:05.41 1:06.32  7:35.21  11:16.30 10:38.17 12:46.85 12:58.34 14:03.37  1.70 1.55 1.85
M30 Gwynn Villegas M35 Reggie Snowden M40 Karl Broussard M45 Russell Lamar M50 Robert Berryman M60 Joseph Ellis W30 Rose Mastroianni Long Hurdles M30 Johnathon Schmidt M35 Leo Norfleet M40 Glenn White M45 Brian Mutert W30 Agnes Elling W40 Stacey Quitzau 2000m Steeplechase W30 M Fien AUS 3000m Steeplechase M30 Malcolm Campbell M35 Roger Moresi M40 David Bailey M45 John Kosa M50 Lonnie Brunini High Jump M30 Marc Sauter M35 Scott Beveridge M40 Erik Rollenberg M45 Brian Mutert	22:02.54  21.71 16.57 19.71 17.92 26.35 22:20 21:29  56.73 56.75 1:04.62 1:03.24 1:05.41 1:06.32  7:35.21  11:16.30 10:38.17 12:46.85 12:58.34 14:03.37  1.70 1.55 1.85 1.55
M30 Gwynn Villegas M35 Reggie Snowden M40 Karl Broussard M45 Russell Lamar M50 Robert Berryman M60 Joseph Ellis W30 Rose Mastroianni Long Hurdles M30 Johnathon Schmidt M35 Leo Norfleet M40 Glenn White M45 Brian Mutert W30 Agnes Elling W40 Stacey Quitzau 2000m Steeplechase W30 M Fien AUS 3000m Steeplechase M30 Malcolm Campbell M35 Roger Moresi M40 David Bailey M45 John Kosa M50 Lonnie Brunini High Jump M30 Marc Sauter M35 Scott Beveridge M40 Erik Rollenberg M45 Brian Mutert W40 Amy Norquist	22:02.54  21.71 16.57 19.71 17.92 26.35 22:20 21:29  56.73 56.75 1:04.62 1:03.24 1:05.41 1:06.32  7:35.21  11:16.30 10:38.17 12:46.85 12:58.34 14:03.37  1.70 1.55 1.85
M30 Gwynn Villegas M35 Reggie Snowden M40 Karl Broussard M45 Russell Lamar M50 Robert Berryman M60 Joseph Ellis W30 Rose Mastroianni Long Hurdles M30 Johnathon Schmidt M35 Leo Norfleet M40 Glenn White M45 Brian Mutert W30 Agnes Elling W40 Stacey Quitzau 2000m Steeplechase W30 M Fien AUS 3000m Steeplechase M30 Malcolm Campbell M35 Roger Moresi M40 David Bailey M45 John Kosa M50 Lonnie Brunini High Jump M30 Marc Sauter M30 Scott Beveridge M40 Erik Rollenberg M45 Brian Mutert W40 Amy Norquist Pole Vault	22:02.54  21.71 16.57 19.71 17.92 26.35 22.20 21.29  56.73 56.75 1:04.62 1:03.24 1:05.41 1:06.32  7:35.21  11:16.30 10:38.17 12:46.85 12:58.34 14:03.37  1.70 1.55 1.85 1.55 1.75
M30 Gwynn Villegas M35 Reggie Snowden M40 Karl Broussard M45 Russell Lamar M50 Robert Berryman M60 Joseph Ellis W30 Rose Mastroianni Long Hurdles M30 Johnathon Schmidt M35 Leo Norfleet M40 Glenn White M45 Brian Mutert W30 Agnes Elling W40 Stacey Quitzau 2000m Steeplechase W30 M Fien AUS 3000m Steeplechase M30 Malcolm Campbell M35 Roger Moresi M40 David Bailey M45 John Kosa M50 Lonnie Brunini High Jump M30 Marc Sauter M35 Scott Beveridge M40 Erik Rollenberg M45 Brian Mutert W40 Amy Norquist Pole Yault M30 Krzysztof Wardecki	22:02.54  21.71 16.57 19.71 17.92 26.35 22:20 21:29  56.73 56.75 1:04.62 1:03.24 1:05.41 1:06.32  7:35.21  11:16.30 10:38.17 12:46.85 12:58.34 14:03.37  1.70 1.55 1.85 1.75 2.40
M30 Gwynn Villegas M35 Reggie Snowden M40 Karl Broussard M45 Russell Lamar M50 Robert Berryman M60 Joseph Ellis W30 Rose Mastroianni Long Hurdles M30 Johnathon Schmidt M35 Leo Norfleet M40 Glenn White M45 Brian Mutert W30 Agnes Elling W40 Stacey Quitzau 2000m Steeplechase W30 M Fien AUS 3000m Steeplechase M30 Malcolm Campbell M35 Roger Moresi M40 David Bailey M45 John Kosa M50 Lonnie Brunini High Jump M30 Marc Sauter M30 Scott Beveridge M40 Erik Rollenberg M45 Brian Mutert W40 Amy Norquist Pole Vault	22:02.54  21.71 16.57 19.71 17.92 26.35 22.20 21.29  56.73 56.75 1:04.62 1:03.24 1:05.41 1:06.32  7:35.21  11:16.30 10:38.17 12:46.85 12:58.34 14:03.37  1.70 1.55 1.85 1.55 1.75

Continued on next page

3.30

2.40

6.64

5.50

M45 Russell Lamar

W45 Jennifer Stary

Long Jump M30 Jason Potas

M40 Glenn White

M35 Reggie Snowden

29.55

36.40

36.78

1:09.99

Continued from previo	
M45 Tony Phiskie	ous page
	5.59
M50 Robert Berryman	4.14
M55 Dannis Lamia	4.14
M60 Joseph Ellis M65 Donald Alexander	3.04
CONTRACTOR OF THE PROPERTY OF	2.50 4.06
W40 Kathryn Lyons	3.03
W65 Jane Dods	3.13
Triple Jump	160 002
M30 Jason Robert Pota	
M35 Reggie Snowden	12.74
M40 Erik Rollenberg	11.71
M45 Tony Phiskie M50 Geoff Milson	10.66
M50 Geoff Milson M55 Norman Heiserman	9.28
Shot Put	4.59
M30 Russ Livingston	11.96
M35 Curtis Moore	11.66
M40 Ronald Dehn	12.84
M45 Luke Cottrill	8.13
M50 Juan-Jose Garcia M55 Allan Robertson	8.51
M60 John Lewis	6.53 9.87
M65 Donald Alexander	
W30 Dianne Bedford	9.38
W35 Amanda Thomas	10.42
W40 Mamill Hilf	8.16
W45 Jennifer Stary	10.99
W50 Eliz Szczepanska	10.16
W55 Helen Daintree W65 Fran Moravcsik	7.63 6.30
Discus	0.30
M30 Russ Livingston	35.04
M45 Luke Cottrill	24.04
M50 Mike Moorefield	27.26
M40 Ronald Dehn	37.37
M50 Juan-Jose Garcia	A STATE OF THE PARTY OF THE PAR
W30 Connie Stratas	30.39
W35 Claudia Meili W40 Barbara Beuge	40.11 39.78
W45 Anne Brown	26.58
W50 Eliz Szcaepanska	
W55 Helen Daintree	21.62
W60 Sue Green	17.96
W65 Fran Moravcsik	16.75
M30 Russ Livingston	41.35
M35 David Bibley	32.73
M40 Ronald Dehn	42.95
M45 Michel Gratacap	22.78
M50 Stu Wilson	13.86
M55 Allan John Robertso	
M65 Donald Alexander W30 Jody Peterson	17.31
W35 Claudia Meili	26.24 31.78
W40 Susan Emerson	14.91
W45 Anne Brown	27.29
W50 Eliz Szczepanska	
I	en de la constante de la const
Javelin	
M30 Russ Livingston	46.25
M30 Russ Livingston M35 Keith Little	41.78
M30 Russ Livingston M35 Keith Little M40 Lyle Whitaker	41.78 39.91
M30 Russ Livingston M35 Keith Little M40 Lyle Whitaker M45 Russell Lamar	41.78 39.91 33.39
M30 Russ Livingston M35 Keith Little M40 Lyle Whitaker M45 Russell Lamar M50 Juan-Jose Garcia	41.78 39.91 33.39 32.70
M30 Russ Livingston M35 Keith Little M40 Lyle Whitaker M45 Russell Lamar	41.78 39.91 33.39
M30 Russ Livingston M35 Keith Little M40 Lyle Whitaker M45 Russell Lamar M50 Juan-Jose Garcia M55 Allan Robertson M60 John Lewis M65 Donald Alexander	41.78 39.91 33.39 32.70 20.60
M30 Russ Livingston M35 Keith Little M40 Lyle Whitaker M45 Russell Lamar M50 Juan-Jose Garcia M55 Allan Robertson M60 John Lewis M65 Donald Alexander W30 Dianne Bedford	40.25 41.78 39.91 33.39 32.70 20.60 30.08 27.67 29.20
M30 Russ Livingston M35 Keith Little M40 Lyle Whitaker M45 Russell Lamar M50 Juan-Jose Garcia M55 Allan Robertson M60 John Lewis M65 Donald Alexander W30 Dianne Bedford W35 Dawn Sofield	41.78 39.91 33.39 32.70 20.60 30.08 27.67 29.20 38.11
M30 Russ Livingston M35 Keith Little M40 Lyle Whitaker M45 Russell Lamar M50 Juan-Jose Garcia M55 Allan Robertson M60 John Lewis M65 Donald Alexander W30 Dianne Bedford W35 Dawn Sofield W40 Betty Long	40.23 41.78 39.91 33.39 32.70 20.60 30.08 27.67 29.20 38.11 26.94
M30 Russ Livingston M35 Keith Little M40 Lyle Whitaker M45 Russell Lamar M50 Juan-Jose Garcia M55 Allan Robertson M60 John Lewis M65 Donald Alexander W30 Dianne Bedford W35 Dawn Sofield W40 Betty Long W45 Jennifer Stary	40.23 41.78 39.91 33.39 32.70 20.60 30.08 27.67 29.20 38.11 26.94 34.71
M30 Russ Livingston M35 Keith Little M40 Lyle Whitaker M45 Russell Lamar M50 Juan-Jose Garcia M55 Allan Robertson M60 John Lewis M65 Donald Alexander W30 Dianne Bedford W35 Dawn Sofield W40 Betty Long	40.23 41.78 39.91 33.39 32.70 20.60 30.08 27.67 29.20 38.11 26.94
M30 Russ Livingston M35 Keith Little M40 Lyle Whitaker M45 Russell Lamar M50 Juan-Jose Garcia M55 Allan Robertson M60 John Lewis M65 Donald Alexander W30 Dianne Bedford W35 Dawn Sofield W40 Betty Long W45 Jennifer Stary W50 G Leaping Rabbit W55 Helen Daintree Decathlon	40.23 41.78 39.91 33.39 32.70 20.60 30.08 27.67 29.20 38.11 26.94 34.71 27.10
M30 Russ Livingston M35 Keith Little M40 Lyle Whitaker M45 Russell Lamar M50 Juan-Jose Garcia M55 Allan Robertson M60 John Lewis M65 Donald Alexander W30 Dianne Bedford W35 Dawn Sofield W40 Betty Long W45 Jennifer Stary W50 G Leaping Rabbit W55 Helen Daintree Decathlon M30 Lars Rains	41.78 39.91 33.39 32.70 20.60 30.08 27.67 29.20 38.11 26.94 34.71 27.10 21.42
M30 Russ Livingston M35 Keith Little M40 Lyle Whitaker M45 Russell Lamar M50 Juan-Jose Garcia M55 Allan Robertson M60 John Lewis M65 Donald Alexander W30 Dianne Bedford W35 Dawn Sofield W40 Betty Long W45 Jennifer Stary W50 G Leaping Rabbit W55 Helen Daintree Decathlon M30 Lars Rains M35 Tony Rodriguez	41.78 39.91 33.39 32.70 20.60 30.08 27.67 29.20 38.11 26.94 34.71 27.10 21.42
M30 Russ Livingston M35 Keith Little M40 Lyle Whitaker M45 Russell Lamar M50 Juan-Jose Garcia M55 Allan Robertson M60 John Lewis M65 Donald Alexander W30 Dianne Bedford W35 Dawn Sofield W40 Betty Long W45 Jennifer Stary W50 G Leaping Rabbit W55 Helen Daintree Decathlon M30 Lars Rains M35 Tony Rodriguez M40 Erik Rollenberg	41.78 39.91 33.39 32.70 20.60 30.08 27.67 29.20 38.11 26.94 34.71 27.10 21.42
M30 Russ Livingston M35 Keith Little M40 Lyle Whitaker M45 Russell Lamar M50 Juan-Jose Garcia M55 Allan Robertson M60 John Lewis M65 Donald Alexander W30 Dianne Bedford W35 Dawn Sofield W40 Betty Long W45 Jennifer Stary W50 G Leaping Rabbit W55 Helen Daintree Decathlon M30 Lars Rains M35 Tony Rodriguez M40 Erik Rollenberg M45 Russell Lamar	41.23 41.78 39.91 33.39 32.70 20.60 30.08 27.67 29.20 38.11 26.94 34.71 27.10 21.42 1590 4181 4895 5658
M30 Russ Livingston M35 Keith Little M40 Lyle Whitaker M45 Russell Lamar M50 Juan-Jose Garcia M55 Allan Robertson M60 John Lewis M65 Donald Alexander W30 Dianne Bedford W35 Dawn Sofield W40 Betty Long W45 Jennifer Stary W50 G Leaping Rabbit W55 Helen Daintree Decathlon M30 Lars Rains M35 Tony Rodriguez M40 Erik Rollenberg M45 Russell Lamar M60 John Lewis	41.78 39.91 33.39 32.70 20.60 30.08 27.67 29.20 38.11 26.94 34.71 27.10 21.42
M30 Russ Livingston M35 Keith Little M40 Lyle Whitaker M45 Russell Lamar M50 Juan-Jose Garcia M55 Allan Robertson M60 John Lewis M65 Donald Alexander W30 Dianne Bedford W35 Dawn Sofield W40 Betty Long W45 Jennifer Stary W50 G Leaping Rabbit W55 Helen Daintree Decathlon M30 Lars Rains M35 Tony Rodriguez M40 Erik Rollenberg M45 Russell Lamar	41.23 41.78 39.91 33.39 32.70 20.60 30.08 27.67 29.20 38.11 26.94 34.71 27.10 21.42 1590 4181 4895 5658 3608
M30 Russ Livingston M35 Keith Little M40 Lyle Whitaker M45 Russell Lamar M50 Juan-Jose Garcia M55 Allan Robertson M60 John Lewis M65 Donald Alexander W30 Dianne Bedford W35 Dawn Sofield W40 Betty Long W45 Jennifer Stary W50 G Leaping Rabbit W55 Helen Daintree Decathlon M30 Lars Rains M35 Tony Rodriguez M40 Erik Rollenberg M45 Russell Lamar M60 John Lewis 5000m RW M30 D P Matulovich M35 Geoffrey Perry	40.23 41.78 39.91 33.39 32.70 20.60 30.08 27.67 29.20 38.11 26.94 34.71 27.10 21.42 1590 4181 4895 5658 3608 27:02.37 30:05.22
M30 Russ Livingston M35 Keith Little M40 Lyle Whitaker M45 Russell Lamar M50 Juan-Jose Garcia M55 Allan Robertson M60 John Lewis M65 Donald Alexander W30 Dianne Bedford W35 Dawn Sofield W40 Betty Long W45 Jennifer Stary W50 G Leaping Rabbit W55 Helen Daintree Decathlon M30 Lars Rains M35 Tony Rodriguez M40 Erik Rollenberg M45 Russell Lamar M60 John Lewis 5000m RW M30 D P Matulovich M35 Geoffrey Perry M40 B Whitbread-Brown	40.23 41.78 39.91 33.39 32.70 20.60 30.08 27.67 29.20 38.11 26.94 34.71 27.10 21.42 1590 4181 4895 5658 3608 27:02.37 30:05.22 27:47.98
M30 Russ Livingston M35 Keith Little M40 Lyle Whitaker M45 Russell Lamar M50 Juan-Jose Garcia M55 Allan Robertson M60 John Lewis M65 Donald Alexander W30 Dianne Bedford W30 Dianne Bedford W30 Dianne Bedford W30 Dianne Bedford W30 Detty Long W45 Jennifer Stary W50 G Leaping Rabbit W55 Helen Daintree Decathlon M30 Lars Rains M35 Tony Rodriguez M40 Erik Rollenberg M45 Russell Lamar M60 John Lewis 5000m RW M30 D P Matulovich M35 Geoffrey Perry M40 B Whitbread-Brown M45 Richard Newman	41.78 39.91 33.39 32.70 20.60 30.08 27.67 29.20 38.11 26.94 34.71 27.10 21.42 1590 4181 4895 5658 3608 27.02.37 30.05.22 27.47.98 32.40.77
M30 Russ Livingston M35 Keith Little M40 Lyle Whitaker M45 Russell Lamar M50 Juan-Jose Garcia M55 Allan Robertson M60 John Lewis M65 Donald Alexander W30 Dianne Bedford W35 Dawn Sofield W40 Betty Long W45 Jennifer Stary W50 G Leaping Rabbit W55 Helen Daintree Decathlon M30 Lars Rains M35 Tony Rodriguez M40 Erik Rollenberg M45 Russell Lamar M60 John Lewis 5000m RW M30 D P Matulovich M35 Geoffrey Perry M40 B Whitbread-Brown M45 Richard Newman M50 Juan-Jose Garcia	41.78 39.91 33.39 32.70 20.60 30.08 27.67 29.20 38.11 26.94 34.71 27.10 21.42 1590 4181 4895 5658 3608 27.02.37 30.05.22 27.47.98 32.40.77 33:00.60
M30 Russ Livingston M35 Keith Little M40 Lyle Whitaker M45 Russell Lamar M50 Juan-Jose Garcia M55 Allan Robertson M60 John Lewis M65 Donald Alexander W30 Dianne Bedford W35 Dawn Sofield W40 Betty Long W45 Jennifer Stary W50 G Leaping Rabbit W55 Helen Daintree Decathlon M30 Lars Rains M35 Tony Rodriguez M40 Erik Rollenberg M45 Russell Lamar M60 John Lewis 5000m RW M30 D P Matulovich M35 Geoffrey Perry M40 B Whitbread-Brown M45 Richard Newman M50 Juan-Jose Garcia M55 Garland Murphy Jr	41.78 39.91 33.39 32.70 20.60 30.08 27.67 29.20 38.11 26.94 34.71 27.10 21.42 1590 4181 4895 5658 3608 27.02.37 30.05.22 27.47.98 32.40.77 33:00.60 35:57.24
M30 Russ Livingston M35 Keith Little M40 Lyle Whitaker M45 Russell Lamar M50 Juan-Jose Garcia M55 Allan Robertson M60 John Lewis M65 Donald Alexander W30 Dianne Bedford W35 Dawn Sofield W40 Betty Long W45 Jennifer Stary W50 G Leaping Rabbit W55 Helen Daintree Decathlon M30 Lars Rains M35 Tony Rodriguez M40 Erik Rollenberg M45 Russell Lamar M60 John Lewis 5000m RW M30 D P Matulovich M35 Geoffrey Perry M40 B Whitbread-Brown M45 Richard Newman M50 Juan-Jose Garcia M55 Garland Murphy Jr M60 Bruce Fowler	41.78 39.91 33.39 32.70 20.60 30.08 27.67 29.20 38.11 26.94 34.71 27.10 21.42 1590 4181 4895 5658 3608 27.02.37 30.05.22 27.47.98 32.40.77 33:00.60 35:57.24 36:40.03
M30 Russ Livingston M35 Keith Little M40 Lyle Whitaker M45 Russell Lamar M50 Juan-Jose Garcia M55 Allan Robertson M60 John Lewis M65 Donald Alexander W30 Dianne Bedford W35 Dawn Sofield W40 Betty Long W45 Jennifer Stary W50 G Leaping Rabbit W55 Helen Daintree Decathlon M30 Lars Rains M35 Tony Rodriguez M40 Erik Rollenberg M45 Russell Lamar M60 John Lewis 5000m RW M30 D P Matulovich M35 Geoffrey Perry M40 B Whitbread-Brown M45 Richard Newman M50 Juan-Jose Garcia M55 Garland Murphy Jr	41.78 39.91 33.39 32.70 20.60 30.08 27.67 29.20 38.11 26.94 34.71 27.10 21.42 1590 4181 4895 5658 3608 27.02.37 30.05.22 27.47.98 32.40.77 33:00.60 35:57.24
M30 Russ Livingston M35 Keith Little M40 Lyle Whitaker M45 Russell Lamar M50 Juan-Jose Garcia M55 Allan Robertson M60 John Lewis M65 Donald Alexander W30 Dianne Bedford W35 Dawn Sofield W40 Betty Long W45 Jennifer Stary W50 G Leaping Rabbit W55 Helen Daintree Decathlon M30 Lars Rains M35 Tony Rodriguez M40 Erik Rollenberg M45 Russell Lamar M60 John Lewis 5000m RW M30 D P Matulovich M35 Geoffrey Perry M40 B Whitbread-Brown M45 Richard Newman M50 Juan-Jose Garcia M55 Garland Murphy Jr M60 Bruce Fowler M65 Eugene Erickson M70 Jon Borset M75 Frank Chesek	41.78 39.91 33.39 32.70 20.60 30.08 27.67 29.20 38.11 26.94 34.71 27.10 21.42 1590 4181 4895 5658 3608 27:02.37 30:05.22 27:47.98 32:40.77 33:00.60 35:57.24 36:40.04 44:41.36 41:29.27
M30 Russ Livingston M35 Keith Little M40 Lyle Whitaker M45 Russell Lamar M50 Juan-Jose Garcia M55 Allan Robertson M60 John Lewis M65 Donald Alexander W30 Dianne Bedford W35 Dawn Sofield W40 Betty Long W45 Jennifer Stary W50 G Leaping Rabbit W55 Helen Daintree Decathlon M30 Lars Rains M35 Tony Rodriguez M40 Erik Rollenberg M45 Russell Lamar M60 John Lewis 5000m RW M30 D P Matulovich M35 Geoffrey Perry M40 B Whitbread-Brown M45 Richard Newman M50 Juan-Jose Garcia M55 Garland Murphy Jr M60 Bruce Fowler M65 Eugene Erickson M70 Jon Borset M75 Frank Chesek W30 Curmmings-Donnelly	41.78 39.91 33.39 32.70 20.60 30.08 27.67 29.20 38.11 26.94 34.71 27.10 21.42 1590 4181 4895 5658 3608 27:02.37 30:05.22 27:47.98 32:40.77 33:00.60 35:57.24 36:40.03 36:40.04 44:41.36 41:29.27 32:53.90
M30 Russ Livingston M35 Keith Little M40 Lyle Whitaker M45 Russell Lamar M50 Juan-Jose Garcia M55 Allan Robertson M60 John Lewis M65 Donald Alexander W30 Dianne Bedford W35 Dawn Sofield W40 Betty Long W45 Jennifer Stary W50 G Leaping Rabbit W55 Helen Daintree Decathlon M30 Lars Rains M35 Tony Rodriguez M40 Erik Rollenberg M45 Russell Lamar M60 John Lewis 5000m RW M30 D P Matulovich M35 Geoffrey Perry M40 B Whitbread-Brown M45 Richard Newman M50 Juan-Jose Garcia M55 Garland Murphy Jr M60 Bruce Fowler M65 Eugene Erickson M70 Jon Borset M75 Frank Chesek W30 Curmmings-Donnelly W50 Jools Joslin	41.78 39.91 33.39 32.70 20.60 30.08 27.67 29.20 38.11 26.94 34.71 27.10 21.42 1590 4181 4895 5658 3608 27.02.37 30:05.22 27.47.98 32.40.77 33:00.60 35:57.24 36:40.03 36:40.04 44:41.36 41:29.27 32:53.90 37:48.78
M30 Russ Livingston M35 Keith Little M40 Lyle Whitaker M45 Russell Lamar M50 Juan-Jose Garcia M55 Allan Robertson M60 John Lewis M65 Donald Alexander W30 Dianne Bedford W35 Dawn Sofield W40 Betty Long W45 Jennifer Stary W50 G Leaping Rabbit W55 Helen Daintree Decathlon M30 Lars Rains M35 Tony Rodriguez M40 Erik Rollenberg M45 Russell Lamar M60 John Lewis 5000m RW M30 D P Matulovich M35 Geoffrey Perry M40 B Whitbread-Brown M45 Richard Newman M50 Juan-Jose Garcia M55 Garland Murphy Jr M60 Bruce Fowler M65 Eugene Erickson M70 Jon Borset M75 Frank Chesek W30 Cummings-Donnelly	41.78 39.91 33.39 32.70 20.60 30.08 27.67 29.20 38.11 26.94 34.71 27.10 21.42 1590 4181 4895 5658 3608 27:02.37 30:05.22 27:47.98 32:40.77 33:00.60 35:57.24 36:40.03 36:40.04 44:41.36 41:29.27 32:53.90
M30 Russ Livingston M35 Keith Little M40 Lyle Whitaker M45 Russell Lamar M50 Juan-Jose Garcia M55 Allan Robertson M60 John Lewis M65 Donald Alexander W30 Dianne Bedford W35 Dawn Sofield W40 Betty Long W45 Jennifer Stary W50 G Leaping Rabbit W55 Helen Daintree Decathlon M30 Lars Rains M35 Tony Rodriguez M40 Erik Rollenberg M45 Russell Lamar M60 John Lewis 5000m RW M30 D P Matulovich M35 Geoffrey Perry M40 B Whitbread-Brown M45 Richard Newman M50 Juan-Jose Garcia M55 Garland Murphy Jr M60 Bruce Fowler M65 Eugene Erickson M70 Jon Borset M75 Frank Chesek W30 Curmmings-Donnelly W50 Jools Joslin	41.78 39.91 33.39 32.70 20.60 30.08 27.67 29.20 38.11 26.94 34.71 27.10 21.42 1590 4181 4895 5658 3608 27.02.37 30:05.22 27.47.98 32.40.77 33:00.60 35:57.24 36:40.03 36:40.04 44:41.36 41:29.27 32:53.90 37:48.78

		Natio	onal I
10K Road Race (Thurs	day)	M80 J Molina Parra CHI	40.40
M30 Ulf Ziemann	35:44.01 36:01.56	M85 F Fischer BRA W30 Z Arias VEN	38.00
M35 Roger Moresi M40 Geoffrey Griffiths	33:53.12	W35 C Chuello VEN	28.13
M45 Wolfgang Klare	36:32.90	W40 J Quiroga Duarte CO	
M50 Martin Brook M55 James Box	39:27.61 40:26.36	W45 L Nicholaz VEN W50 M Acosta VEN	28.01
M60 Charles Whelan	51:25.77	W55 C de Diaz VEN	34.38
M65 Nicholas Kitt	46:14.32	W60 C Alves URU	32.85
M70 Gene Silbert W30 Laree Etter	1:03:18.15	W65 Y Okai BRA W70 M Sandovalde COL	36.64 37.06
W35 Tatjana Eggeling	42:28.27	W75 S Madera URU	45.51
W40 Marian Quarrier	47:25.12	W80 M Garciade Lires	1:06.03
W45 Lauri Stock W50 Renate Kohler	43:24.70 49:18.90	M35 J Cameron VEN	51.13
W55 Pamela Erwin	57:13.85	M40 D Herrera VEN	49.50
W65 Jane Dods	58.38.99	M45 J Torrico BOL	55.17
10K Road Race (Sature M30 Hans du Toit	37:45.5	M50 A da Silva Filho BRA M55 J Aleman Tapia PER	
M35 Roger Bayshore	36:12.6	M60 Z Bueno BRA	1:01.09
M40 Geoffrey Griffiths M45 Dennis Johnson	34:41.1	M65 M Portocarrero PER M70 C Odriozola URU	1:05.38
M50 Brian Ladd	38:07.8 42:24.6	M75 H Delgado FloresPEI	
M55 Des Sullivan	49:31.9	W30 Z Arias VEN	1:04.68
M60 Robert Watt W30 Victoria Cullip	50:11.0 42:26.1	W35 S Gangas CHI W40 M Carvalho BRA	1:07.98
W35 Helen Snare	46:17.6	W45 M Reyes VEN	1:05.42
W45 Maggie Gutzen	49:07.8	W50 M Acosta VEN	1:04.77
W50 Cherry McCabe W55 Guusje La Riviere	46:57.0 1:10:16.6	W55 B Femendez COL W60 C Alves URU	1:21.10
W60 Jacqueline Day	1:21:30.1	W65 Y Okai BRA	1:35.67
W65 Phyllis Rhodes	1:30:33.4	W70 Sandoval de Ra COL	
Half-Marathon M30 Bill Ricketts	1:19:34.6	W75 Garcia de Fonta COL 800m	2:20.19
M35 Elnar Jansbu	1:25:02.6	M35 Arevalo HernandCHI	
M40 Detley Matzen	1:22:11.8	M40 G Arangueren VEN M45 Camacho TejennBOL	
M45 Nigel Jeffcoat M50 Rusty Millar	1:26:54.6 1:28:53.6	M50 M Perez MoralesBOL	
M55 Richard Nelson	1:35:04.0	M55 F Arze Valencia	2:21.19
M65 Edward Karas M70 John Lockhart	2:07:04.4 2:40:15.1	M60 A Fonesca Sanchez M65 M Portocarrero PER	
W30 Bernadette Walsh	1:39:49.5	M70 G Souza BRA	3:01.83
W35 Cecile Martin	1:37:25.0	M75 S Ojeda Garcia CHI	
W40 Alison Appleton W45 Ann Rinehart	1:40:34.5	W30 E Gangas CHI W35 S Sucre VEN	2:54.77 2:44.75
W50 Melanie Mocium	1:53:45.6	W40 Tovar NempequeCOL	
W55 Joanne Dandero	2:11:24.4		2:43.93
Marathon M30 Ulf Ziemann	2:55:16.0	W50 T Avila Suarez COL W55 G Vega CHI	3:22.21
M35 Frank Bassin	3:02:31.9	W60 Z Jofre Cortes CHI	3:19.42
M40 Tor Hansen M45 Ian Griffin	3:08:17.9 3:09:21.1	W65 Espinoza de GuzCOL W70 Bautista Combar COL	
M50 Paul Oostenbrug	3:25:33.8		4:34.10
M60 Robert Olsen	5:27:55.0	W80 Barcia de Lires COL	6:54.32
W35 Sharon Lee W40 Tracy Thomas	3:14:54.1 3:20:54.5	5000m M35 Arevalo Hemand CHI	4-36 58
W45 Ella Witjes	3:24:54.8	M40 Henriquez Luque COI	
W50 Janny Dekker		M45 H Poquechoque BOL	4:46.82
W55 Dusty Rhodes W60 Dorothy Tanner		M50 M Perez Morales BOL M55 F Arze Valencia	
South American Cham		M60 Uno Almendras BOL	5:33.29
Cochabamba, Bolivia;		M65 V. Actis ARG	6:12.73
100m	44.50	M70 CampusanoMunozCl- W30 A Andrade Torres CH	115:28.20
M35 L Escalona VEN M40 W Lucarelli VEN	11.56 11.69	W35 S Sucre VEN	6:06.16
M45 E Moncaleano COL		W40 M Huenchuman ARG	
M50 S Porley URU	13.22	W45 M Reyes VEN W50 T Avila Suarez COL	
M55 A Rahal BRA M60 Z Bueno BRA	12.94 12.96	W55 Fernendez de GaCOI	6:37.26
M65 A Ortiz Pardo COL	13.87	W60 Guzman Abarca PER W70 Bautista CombarCOL	7:00.20
M70 Y Shimizu BRA	14.17	W75 T Saito BRA	9:56.54
M75 H Delgado Flores F M80 J Molina Parra CHI		5000m	
M85 F Fischer BRA	16.39	M35 Yananco Nacho BOL	16:41.6
W30 N Santillan BOL W35 I Silva Granater BR	16.43 A 13.42	M40 M Gauna ARG M45 Bautista Molina COL	17:04.5
W40 J Quiroga Duarte C		M50 Mamani CaceresPER	18:06.5
W45 L Nicolaz VEN	13.59	M55 Arze Valencia BOL	18:54.4
W50 O Hadad ARG W55 C Martinez CHI	14.84 16.06	M60 P Oliveira BRA M65 A Camargo ARG	20:36.5 22:25.3
W60 C Alves URU	15.79	M70 L Campusano Munoz	21:52.8
W65 J R Balbontin CHI	18.02	M75 R Pariasca PER	
W70 M Sandoval de Ra W75 S Mandera URU	COL17.49 20.48	W30 Candiotti Vivan PER W35 S Sucre VEN	23:05.0
W80 M Gardia da Lires (		W40 E Daza Alfaro PER	22:30.6
200m			21:33.2
M35 John Cameron VEN M40 W Lucarelli VEN	23.56	W50 N Gomez COL W55 B BaldevenitoARG	24:17.6
M45 J Torrico BOL	24.84	W60 E Guzman Abaraca	26:39.2
M50 S Porley URU	26.54	W65 Zuniga Catalan CHI W70 Bautista CombarCOL	
M55 J Aleman Tapia PE M60 Z Burno BRA	R 25.64 26.32	W75 T Salto BRA	39:55.8
M65 T Figueroa Guerra	CHI 28.90	10.000m	151
M70 Y Shimizu BRA	29.13 FR 31.22	M35 J Poma CaceresBOL M40 M Gauna ARG	35:35.8
mrs in riches bergaus P	LI 31.23	I INTO IN Gaulla AVIG	30.23.3

ional M	asters News	
40.40	M45 J Bautista MolinaCOL35:48.80 M50 Mamani CaceresPER36:00.00	W60 M Archila de Ra W65 T Kikuchi BRA
38.00 28.13	M55 Mendoza GomezBOL40:41.00	W70 G Ramos Basos
28.32	M60 P Oliveira BRA 41:57.03	W75 S Madera URU
OL 29.09 28.01	M65 H Comargo ARG 47:33.05 M70 Esquia Coaguila 1:13.38.48	Triple Jump M35 J B Araneda Ch
29.61	M75 R Panasca PER 58:10.28 W30 Candiotti VivanPER 49:10.10	M40 D Cintra Filho B
34.38 32.85	W40 E Daza Alfaro PER 48:17.80	M45 E Levin BRA M50 R Rossi ARG
36.64	W45 Marcela BOL 44:36.60 W50 L Ribeiro BRA 53:07.80	M55 J Fernandez Al
37.06 45.51	W50 L Ribeiro BRA 53:07.80 W55 M Terceros BOL 55:30.50	M60 R Kohnenkamp M65 P Navea Matute
1:06.03	W65 Zuniza CatalanCHI 1:02:00.00	M70 Y Shimizo Bra
51.13	W75 S Tomico BRA 1:24:22.60 Short Hurdles	M80 E Mejia Juica P W35 Merchan Chap
49.50	M40 D Cintro Filho BRA 17.80	W40 J Quiroga Duar
55.17 A 57.33	M45 O Vinderola ARG 21.27 M50 R Rossi ARG 17.40	W45 G Deniro ARG W50 E Missene Mek
R 58.37	M55 B. Unbe Santana CHI 18.39	W55 G Martinez Cha
1:01.09 R 1:05.38	M60 G Riquelme CHI 17.88 M65 A Ortiz Pardo COL 20.00	W60 M Archila de Ra W65 Y Natsumi BRA
1:17.90	M70 E Escobar Lora COL 19.32	W75 I Mardones Gut
ER1:20.79 1:04.68	M75 W Flores URU 16.68 W40 M Scheuch PER 14.16	Shot Put
1:07.98	W45 R Oppermann BRA 14.38	M35 A Silva CHI M40 C Zanetta Blum
1:08.12	W50 E Missene Melo CHI 17.35 W55 N Ormeno CHI 16.25	M45 D Bustillo Villar
1:05.42	W60 A Reinade Garcia COL 19.25	M50 A Morales ARG M55 A Padua Neto 6
1:21.10	Long Hurdles	M60 L Cordoba Cop
1:14.94	M35 E Fonseca COL 1:07.14 M40 C Tunque Ruiz PER 1:16.92	M65 J Reis BRA M70 M Santos Perei
L 1:22.65	M45 M Alvarez CHI 1:12.71	M75 R Moya Videla
XL 2:20.19	M50 R Rossi ARG 1:12.69 M55 J Aleman Tapia 1:04.66	M80 D de Andreis A
11 2:01.95	M60 Saldana Salaman CHI 1:03.94	M85 F Fischer BRA W30 E Diaz VEN
2:10.51	M65 A Ortiz Pardo COL 57.50 M70 A Standen CHI 58.59	W35 C Munoz CHI
XL2:06.54 XL2:15.86	M70 A Standen CHI 58.59 M75 H Delgado FloresPER 1:09.59	W40 Y Tenorio Caio W45 E Escorcia Bola
2:21.19	W35 N Medina VEN 1:10.60	W50 M E Pinero AR
2:30.35	W45 E Farias CHI 1:33.60 W50 M Perez RiguelmeCHI 1:11.57	W55 M Navarro Ram W60 E Garcia ARG
3:01.83	W60 A Reina de GarciaCOL1:19.33	W65 L Tisinova ARG
3:33.49 2:54.77	2000m Steeplechase M60 H Palma Torres CHI 9:44.10	W70 A Gonzalez Os
2:44.75	M65 S Guerra Tapia CHI 11:36.70	W75 J Huapaya Mar Discus
DL3:02.19	M70 W Reino da SilvaBRA12:40.24 W35 V Fonesca CHI 10:09.77	M35 Arras Yanez Ch
2:43.93 2:57.59	W35 V Fonesca CHI 10:09.77 W45 S Costa ARG 10:55.48	M40 M Paez VEN M45 D Bustillo Villar
3:22.21	W50 L Ribeiro BRA 11:46.88	M50 H Imberti ARG
3:19.42 0L3:27.70	W55 M Sanchez CHI 15:06.30 W65 Y Okai BRA 12:49.50	M55 E Suarez ARG M60 L Cordoba Cope
DL4:04.84	3000m Steeplechase	M65 H Acosta URU
4:34.10 6:54.32	M35 Vilca Nino deG PER 12:39.49 M40 Perez CalleiasBRA 11:56.93	M70 M Santos Perei M75 L Lopez Osomi
	M45 J Cepeda COL 12:58.15	M80 S Mori BRA
HI 4:36.58 DL4:55.99	M55 F Rojas Cabrera CHI12:23.03 High Jump	M85 F Fischer BRA W35 C Munoz CHI
L 4:46.82	M35 H Acevedo ARG 1.86	W40 Y Tenorio Caice
OL 5:14.34 4:53.96	M40 J L. Zavala Vargas PER 1.55 M45 E Levin BRA 1.60	W45 E Escorcia Bola W50 M Pinero ARG
5:33.29	M60 A L de Lemos BRA 1.45	W55 M Navarro Ram
6:12.73	M65 E Recanatti ARG 1.30 M70 H Modinger CHI 1.25	W60 E Garcia ARG W65 L Tisinova ARG
HI5:28.20	M70 H Modinger CHI 1.25 M75 W Flores URU 1.31	W70 M Sandoval CO
6:06.16	M80 E Mejia Julca PER 1.05	W75 J Huapaya Mari
G 6:17.19 6:10.51	W35 I Silva Granator BRA 1.40 W40 M I Scheuch PER 1.40	W80 M Garcia de Lin Hammer
6:28.98	W45 G Bollini ARG 1.28	M35 N Arros Yanez
DL 6:37.26 R 7:00.20	W50 E Missene Melo CHI 1.25 W55 G de la Vega BOL 1.15	M40 R Luciani ARG M45 V Guerrero Sak
L 8:46.84	W60 N Gonzalez Quinza CHI 1.05	M50 E Castillo VEN
9:56.54	W70 F Marinez Sanzan CHI .80 W75 I Mardones Guiterrez CHI .80	M55 T Tevaldi PER M60 M Consigliere P
DL16:41.67	Pole Vault	M65 H Acosta URU
17:04.59	M35 D Soliz Salazar BOL 2.80	M70 J Alzamora CHI
L 17:26.61 R18:06.52	M40 L F Menacho BOL 2.90 M55 L Salvarrey URU 3.20	M75 L Lopez Osomio M85 Antunes Fonse
18:54.49	M60 J Cabezas Cavalli CHI 2.90	W35 M Ramos Perez
20:36.52 22:25.34	M65 T Figueroa Guerra CHI 2.50 M75 J Figueras URU 2.30	W40 L Beaumont VE W45 E Cortes Freyte
oz 21:52.88	W50 E Missene Melo CHI 1.70	W50 M I Veliz ARG
27:37.70	Long Jump M35 J Araneda Galvez CHI 6.94	W55 G Bignon Cond W60 E Gardia ARG
23:05.03 23:21.98	M40 D Cintro Filho BRA 5.76	W65 A Castro Zeped
22:30.64	M45 S Canacho Tejerin BOL 5.60	W70 A Gonzalez Oss W75 J Huapaya Mari
21:33.23	M55 A Rahal BRA 5.67 M60 R Kohnenkampt CHI 4.74	Javelin
24:17.60 24:49.70	M65 E Recanatti ARG 4.41	M35 N Arros Yanez
26:39.20	M70 H Libeer Modinger CHI 4.32 M75 V Ocaranza Rojas CHI 2.97	M40 C Zanetta Blum M45 P Falconi Alvaro
28:24.80 0L31:04.80	M80 E Mejia Juica PER 3.27	M50 C Baez ARG
39:55.80	W35 I Silva Granator BRA 5.17 W40 M I Scheuch PER 4.63	M55 F Leao Bra M60 G Seitz CHI
35:35.80	W45 G Deniro ARG 4.35	M65 H Acosta URU
35:25.50	W50 E Missene Melo CHI 3:87 W55 G Martinez Chapa CHI 3:65	W35 C Munoz CHI
	1100 G marunez Grapa Grit 3.03	. The o opcode

	M Archila de Rami COL	3.30	1
	T Kikuchi BRA G Ramos Basoalto CHI	3.26 2.90	
	S Madera URU e Jump	2.42	
M35	J B Araneda CHI	13.03	
	D Cintra Filho BRA E Levin BRA	12.70	
M50	R Rossi ARG	10.85	ı
M55 M60	J Fernandez ARG R Kohnenkampf CHI	10.70	
M65	P Navea Matute PER	8.98	
	Y Shimizo Bra E Mejia Juica PER	9.14 7.66	ı
W35	Merchan Chaparro COI	7.44 7.21	
W45	G Deniro ARG	9.10	
	E Missene Melo CHI G Martinez Chapa CHI		
W60	M Archila de Rami COL	6.90	
de la	Y Natsumi BRA I Mardones Gutier CHI	6.82	
Shot	Put		
M40	A Silva CHI C Zanetta Blumel CHI		
	D Bustillo Villar BOL A Morales ARG	11.30 11.24	l
M55	A Padua Neto BRA	12.08	
	L Cordoba Copete COL J Reis BRA	11.69 11.48	
M70	M Santos Pereira BRA	12.86	
M75	R Moya Videla CHI D de Andreis ARG	9.61	
M85	F Fischer BRA	9.76	
	E Diaz VEN C Munoz CHI	6.20 9.80	
W40	Y Tenorio Caicedo COL	11.56	
	E Escorcia Bolano COL M E Pinero ARG	9.69	
W55	M Navarro Ramos CHI	9.06	
	E Garcia ARG L Tisinova ARG	9.77 7.88	
	A Gonzalez Ossand	6.80	
Disc		- The state of	
	Arras Yanez CHI M Paez VEN	29.60 38.17	1
	D Bustillo Villar BOL	34.60	7
M50 M55	H Imberti ARG E Suarez ARG	34.60 39.47 37.46	70
M50 M55 M60	H Imberti ARG E Suarez ARG L Cordoba Copete COL	34.60 39.47 37.46 37.74	
M50 M55 M60 M65 M70	H Imberti ARG E Suarez ARG L Cordoba Copete COL H Acosta URU M Santos Pereira BRA	34.60 39.47 37.46 37.74 36.73 39.54	7
M50 M55 M60 M65 M70 M75	H Imberti ARG E Suarez ARG L Cordoba Copete COL H Acosta URU M Santos Pereira BRA L Lopez Osomio ARG	34.60 39.47 37.46 37.74 36.73 39.54 25.33	
M50 M55 M60 M65 M70 M75 M80 M85	H Imberti ARG E Suarez ARG L Cordoba Copete COL H Acosta URU M Santos Pereira BRA L Lopez Osomio ARG S Mori BRA F Fischer BRA	34.60 39.47 37.46 37.74 36.73 39.54 25.33 20.81 23.22	
M50 M55 M60 M65 M70 M75 M80 M85 W35	H Imberti ARG E Suarez ARG L Cordoba Copete COL H Acosta URU M Santos Pereira BRA L Lopez Osomio ARG S Mori BRA	34.60 39.47 37.46 37.74 36.73 39.54 25.33 20.81 23.22 29.95	
M50 M55 M60 M65 M70 M75 M80 M85 W35 W40	H Imberti ARG E Suarez ARG L Cordoba Copete COL H Acosta URU M Santos Pereira BRA L Lopez Osomio ARG S Mori BRA F Fischer BRA C Munoz CHI Y Tenorio Caicedo COL E Escorcia Bolano COL	34.60 39.47 37.46 37.74 36.73 39.54 25.33 20.81 23.22 29.95 35.10 29.59	
M50 M55 M60 M65 M70 M75 M80 M85 W35 W40 W45 W50	H Imberti ARG E Suarez ARG L Cordoba Copete COL H Acosta URU M Santos Pereira BRA L Lopez Osomio ARG S Mori BRA F Fischer BRA C Munoz CHI Y Tenorio Caicedo COL E Escorcia Bolano COL M Pinero ARG M Navarro Ramos CHI	34.60 39.47 37.46 37.74 36.73 39.54 25.33 20.81 23.22 29.95 35.10 29.59 25.34 28.13	
M50 M55 M60 M65 M70 M75 M80 M85 W35 W40 W45 W50	H Imberti ARG E Suarez ARG L Cordoba Copete COL H Acosta URU M Santos Pereira BRA L Lopez Osomio ARG S Mori BRA F Fischer BRA C Munoz CHI Y Tenorio Caicedo COL E Escorcia Bolano COL M Pinero ARG M Navarro Ramos CHI	34.60 39.47 37.46 37.74 36.73 39.54 25.33 20.81 23.22 29.95 35.10 29.59 25.34 28.13	
M50 M55 M60 M65 M70 M75 M80 M85 W35 W40 W45 W50 W65 W70	H Imberti ARG E Suarez ARG L Cordoba Copete COL H Acosta URU M Santos Pereira BRA L Lopez Osomio ARG S Mori BRA F Fischer BRA C Munoz CHI Y Tenorio Caicedo COL E Escorcia Bolano COL M Pinero ARG M Navarro Ramos CHI E Garcia ARG L Tisinova ARG M Sandoval COL	34.60 39.47 37.46 37.74 36.73 39.54 25.33 20.81 23.22 29.95 35.10 29.59 25.34 28.13 26.17 23.94 17.91	
M50 M55 M60 M65 M70 M75 M80 M85 W35 W40 W45 W50 W60 W70 W75	H Imberti ARG E Suarez ARG L Cordoba Copete COL H Acosta URU M Santos Pereira BRA L Lopez Osomio ARG S Mori BRA F Fischer BRA C Munoz CHI Y Tenorio Caicedo COL E Escorcia Bolano COL M Pinero ARG M Navarro Ramos CHI E Garcia ARG L Tisinova ARG M Sandoval COL J Huapaya MartinezPER	34.60 39.47 37.46 37.74 36.73 39.54 25.33 20.81 23.22 29.95 35.10 29.59 25.34 28.13 26.17 23.94 17.91	
M50 M55 M60 M65 M70 M75 M80 M85 W35 W40 W45 W50 W65 W70 W75 W70 W75 W70	H Imberti ARG E Suarez ARG L Cordoba Copete COL H Acosta URU M Santos Pereira BRA L Lopez Osomio ARG S Mori BRA F Fischer BRA C Munoz CHI Y Tenorio Caicedo COL E Escorcia Bolano COL M Pinero ARG M Navarro Ramos CHI E Garcia ARG L Tisinova ARG M Sandoval COL J Huapaya MartinezPER M Garcia de Lires COL mer	34.60 39.47 37.46 37.74 36.73 39.54 25.33 20.81 23.22 29.95 35.10 29.59 25.34 28.13 26.17 17.91 817.53	
M50 M55 M60 M65 M70 M75 M80 M85 W35 W40 W45 W50 W65 W70 W75 W80 Hami	H Imberti ARG E Suarez ARG L Cordoba Copete COL H Acosta URU M Santos Pereira BRA L Lopez Osomio ARG S Mori BRA F Fischer BRA C Munoz CHI Y Tenorio Caicedo COL E Escorcia Bolano COL M Pinero ARG M Navarro Ramos CHI E Garcia ARG L Tisinova ARG M Sandoval COL J Huapaya Martinez/PER M Garcia de Lires COL	34.60 39.47 37.46 37.74 36.73 39.54 25.33 20.81 23.22 29.95 35.10 29.59 25.34 28.13 26.17 23.94 17.91	
M50 M55 M60 M65 M70 M75 M80 M85 W35 W40 W45 W50 W65 W70 W75 W80 Hami M35 M40 M45	H Imberti ARG E Suarez ARG L Cordoba Copete COL H Acosta URU M Santos Pereira BRA L Lopez Osomio ARG S Mori BRA F Fischer BRA C Munoz CHI Y Tenorio Caicedo COL E Escorcia Bolano COL M Pinero ARG M Navarro Ramos CHI E Garcia ARG L Tisinova ARG M Sandoval COL J Huapaya Martinez PER M Garcia de Lires COL mer N Arros Yanez CHI R Luciani ARG V Guerrero Salgado CH	34.60 39.47 37.46 37.74 36.73 39.54 25.33 20.81 23.22 29.95 35.10 29.59 25.34 28.13 26.17 23.94 17.53 11.13 15.05 41.32 150.80	
M50 M55 M60 M65 M70 M85 W35 W40 W55 W60 W55 W70 W70 W70 W70 W70 W70 W70 W70 W70 W70	H Imberti ARG E Suarez ARG L Cordoba Copete COL H Acosta URU M Santos Pereira BRA L Lopez Osomio ARG S Mori BRA F Fischer BRA C Munoz CHI Y Tenorio Caicedo COL E Escorcia Bolano COL M Pinero ARG M Navarro Ramos CHI E Garcia ARG L Tisinova ARG M Sandoval COL J Huapaya MartinezPER M Garcia de Lires COL mer N Arros Yanez CHI R Luciani ARG V Guerrero Salgado CH E Castillo VEN T Tevaldi PER	34.60 39.47 37.46 37.74 36.73 39.54 25.33 20.81 23.22 29.95 35.10 29.59 25.34 28.13 26.17 23.94 17.53 11.13	
M50 M55 M60 M65 M70 M75 M80 M85 W40 W45 W50 W65 W70 W75 W80 Hami M35 M40 M45 M45 M40 M45 M45 M45 M45 M45 M45 M46 M45 M46 M45 M46 M46 M46 M46 M46 M46 M46 M66 M70 M75 M60 M65 M70 M75 M60 M75 M60 M75 M60 M75 M60 M75 M60 M75 M60 M75 M60 M75 M60 M75 M75 M60 M75 M75 M75 M75 M75 M75 M75 M75 M75 M75	H Imberti ARG E Suarez ARG L Cordoba Copete COL H Acosta URU M Santos Pereira BRA L Lopez Osomio ARG S Mori BRA F Fischer BRA C Munoz CHI Y Tenorio Caicedo COL E Escorcia Bolano COL M Pinero ARG M Navarro Ramos CHI E Garcia ARG L Tisinova ARG M Sandoval COL J Huapaya MartinezPEF M Garcia de Lires COL mer N Arros Yanez CHI R Luciani ARG V Guerrero Salgado CH E Castillo VEN T Tevaldi PER M Consigliere PER	34.60 39.47 37.46 37.74 36.73 39.54 25.33 20.81 23.22 29.95 35.10 29.59 25.34 28.13 26.17 23.94 17.53 11.13 15.05 41.32 150.80 51.49 36.07 41.39	
M50 M55 M60 M65 M70 M75 M80 M85 W40 W45 W50 W65 W70 W75 W80 Hami M35 M40 M45 M40 M45 M40 M45 M60 M65 M60 M65 M70	H Imberti ARG E Suarez ARG L Cordoba Copete COL H Acosta URU M Santos Pereira BRA L Lopez Osomio ARG S Mori BRA F Fischer BRA C Munoz CHI Y Tenorio Caicedo COL E Escorcia Bolano COL M Pinero ARG M Navarro Ramos CHI E Garcia ARG L Tisinova ARG M Sandoval COL J Huapaya MartinezPEF M Garcia de Lires COL mer N Arros Yanez CHI R Luciani ARG V Guerrero Salgado CH E Castillo VEN T Tevaldi PER M Consigliere PER H Acosta URU J Alzamora CHI	34.60 39.47 37.46 37.74 36.73 39.54 25.33 20.81 23.22 29.95 35.10 29.59 25.34 28.13 26.17 23.94 17.91 817.53 11.13 15.05 41.32 150.80 51.49 31.08 33.26	
M50 M55 M60 M65 M70 M80 M85 W35 W40 W45 W60 W75 W80 Hami M40 M45 M50 M55 M60 M55 M60 M65 M70 M75	H Imberti ARG E Suarez ARG L Cordoba Copete COL H Acosta URU M Santos Pereira BRA L Lopez Osomio ARG S Mori BRA F Fischer BRA C Munoz CHI Y Tenorio Caicedo COL E Escorcia Bolano COL M Pinero ARG M Navarro Ramos CHI E Garcia ARG L Tisinova ARG M Sandoval COL J Huapaya MartinezPEF M Garcia de Lires COL mer N Arros Yanez CHI R Luciani ARG V Guerrero Salgado CH E Castillo VEN T Tevaldi PER M Consigliere PER H Acosta URU J Alzamora CHI L Lopez Osomio ARG	34.60 39.47 37.46 37.74 36.73 39.54 25.33 20.81 23.22 29.95 35.10 29.59 25.34 28.13 26.17 17.91 817.53 11.13 15.05 41.32 150.80 51.49 41.39 41.39 41.39 41.39 36.07 41.39 36.07 41.39 36.07 41.39 36.07 41.39 36.07 41.39 36.07 41.39 36.07 41.39 36.07 41.39 36.07 41.39 41.3	
M50 M55 M60 M65 M70 M75 M80 M85 W40 W45 W50 W65 W60 W75 W80 Hami M35 M40 M55 M60 M55 M60 M55 M60 M70 M55 M60 M70 M75 M80 M85 M70 M75 M80 M75 M75 M75 M75 M75 M75 M75 M75 M75 M75	H Imberti ARG E Suarez ARG L Cordoba Copete COL H Acosta URU M Santos Pereira BRA L Lopez Osomio ARG S Mori BRA F Fischer BRA C Munoz CHI Y Tenorio Caicedo COL E Escorcia Bolano COL M Pinero ARG M Navarro Ramos CHI E Garcia ARG L Tisinova ARG M Sandoval COL J Huapaya MartinezPEF M Garcia de Lires COL mer N Arros Yanez CHI R Luciani ARG V Guerrero Salgado CH E Castillo VEN T Tevaldi PER M Consigliere PER H Acosta URU J Alzamora CHI L Lopez Osomio ARG Antunes Fonseca BRA M Ramos Perez PER	34.60 39.47 37.46 37.74 36.73 39.54 25.33 20.81 23.22 29.95 35.10 29.59 25.34 28.13 26.17 23.94 17.53 11.13 15.05 41.32 150.80 51.49 36.07 41.32 33.26 34.34 23.08 26.64	
M50 M55 M60 M65 M70 M75 M80 M85 W40 W45 W50 W65 W75 W80 Hami M35 M40 M55 M60 M65 M60 M65 M60 M65 M70 M65 M60 M65 M70 M85 M80 M85 M80 M85 W75 W75 W75 W75 W75 W75 W75 W75 W75 W7	H Imberti ARG E Suarez ARG L Cordoba Copete COL H Acosta URU M Santos Pereira BRA L Lopez Osomio ARG S Mori BRA F Fischer BRA C Munoz CHI Y Tenorio Caicedo COL E Escorcia Bolano COL M Pinero ARG M Navarro Ramos CHI E Garcia ARG L Tisinova ARG M Sandoval COL J Huapaya MartinezPEF M Garcia de Lires COL mer N Arros Yanez CHI R Luciani ARG V Guerrero Salgado CH E Castillo VEN T Tevaldi PER M Consigliere PER H Acosta URU J Alzamora CHI L Lopez Osomio ARG Antunes Fonseca BRA	34.60 39.47 37.46 37.74 36.73 39.54 25.33 20.81 23.22 29.95 35.10 29.59 25.34 28.13 26.17 17.91 17.53 11.13 15.05 41.32 150.80 51.49 36.07 41.39 31.08 33.26 34.34 23.08	
M50 M55 M60 M65 M70 M75 M80 M85 W40 W45 W50 W65 W60 W75 W80 Hami M40 M55 M60 M55 M60 M55 M60 M55 M60 M55 M60 M70 M75 M80 M75 M80 W75 W75 W75 W75 W75 W75 W75 W75 W75 W75	H Imberti ARG E Suarez ARG L Cordoba Copete COL H Acosta URU M Santos Pereira BRA L Lopez Osomio ARG S Mori BRA F Fischer BRA C Munoz CHI Y Tenorio Caicedo COL E Escorcia Bolano COL M Pinero ARG M Navarro Ramos CHI E Garcia ARG L Tisinova ARG M Sandoval COL J Huapaya Martinez PEF M Garcia de Lires COL mer N Arros Yanez CHI R Luciani ARG V Guerrero Salgado CH E Castillo VEN T Tevaldi PER M Consigliere PER H Acosta URU J Alzamora CHI L Lopez Osomio ARG Antunes Fonseca BRA M Ramos Perez PER L Beaumont VEN E Cortes Freyte COL	34.60 39.47 37.46 37.74 36.73 39.54 25.33 20.81 23.22 29.95 35.10 29.59 25.34 28.13 26.17 23.94 17.91 17.53 11.13 15.05 41.32 150.80 51.49 36.07 41.39 31.08 33.26 34.34 23.08 26.64 28.60 31.35 24.17	
M50 M55 M60 M65 M70 M80 M85 W35 W40 W45 W60 W75 W80 Hami M40 M55 M60 M65 M70 M75 M80 M85 W70 W75 W80 Hami M80 M85 W70 W75 W80 W85 W80 W85 W80 W85 W80 W85 W80 W85 W80 W85 W80 W80 W80 W80 W80 W80 W80 W80 W80 W80	H Imberti ARG E Suarez ARG L Cordoba Copete COL H Acosta URU M Santos Pereira BRA L Lopez Osomio ARG S Mori BRA F Fischer BRA C Munoz CHI Y Tenorio Caicedo COL E Escorcia Bolano COL M Pinero ARG M Navarro Ramos CHI E Garcia ARG L Tisinova ARG M Sandoval COL J Huapaya MartinezPEF M Garcia de Lires COL mer N Arros Yanez CHI R Luciani ARG V Guerrero Salgado CH E Castillo VEN T Tevaldi PER M Consigliere PER H Acosta URU J Alzamora CHI L Lopez Osomio ARG Antunes Fonseca BRA M Ramos Perez PER L Beaumont VEN E Cortes Freyte COL M I Veliz ARG G Bignon Concha E Garcia ARG	34.60 39.47 37.46 37.74 36.73 39.54 25.33 26.81 23.22 29.95 35.10 29.59 25.34 28.13 26.17 23.94 17.53 11.13 15.05 41.32 150.80 51.49 36.07 41.39 31.08 33.26 34.34 26.64 28.60 31.35	
M50 M55 M60 M65 M70 M80 M85 W35 W40 W45 W60 W75 W80 Hami M35 M40 M55 M60 M55 M60 M70 M75 W80 H40 W75 W80 H40 W75 W80 W85 W80 W85 W80 W85 W80 W85 W80 W85 W80 W85 W80 W85 W80 W80 W80 W80 W80 W80 W80 W80 W80 W80	H Imberti ARG E Suarez ARG L Cordoba Copete COL H Acosta URU M Santos Pereira BRA L Lopez Osomio ARG S Mori BRA F Fischer BRA C Munoz CHI Y Tenorio Caicedo COL E Escorcia Bolano COL M Pinero ARG M Navarro Ramos CHI E Garcia ARG L Tisinova ARG M Sandoval COL J Huapaya MartinezPEF M Garcia de Lires COL mer N Arros Yanez CHI R Luciani ARG V Guerrero Salgado CH E Castillo VEN T Tevaldi PER M Consigliere PER H Acosta URU J Alzamora CHI L Lopez Osomio ARG Antunes Fonseca BRA M Ramos Perez PER L Beaumont VEN E Cortes Freyte COL M I Veliz ARG G Bignon Concha E Garcia ARG A Castro Zepeda CHI	34.60 39.47 37.46 37.74 36.73 39.54 25.33 20.81 23.22 29.95 35.10 29.59 25.34 28.13 26.17 17.91 17.53 11.13 15.05 41.32 150.80 51.49 36.07 41.32 150.80 51.49 31.35 41.39	
M50 M55 M60 M65 M70 M80 M85 W35 W40 W45 W60 W75 W80 Hami M35 M40 M55 M60 M55 M60 M70 M75 W80 H35 W80 W75 W80 W75 W80 W75 W80 W85 W80 W85 W80 W85 W80 W85 W80 W85 W80 W85 W80 W85 W80 W80 W80 W80 W80 W80 W80 W80 W80 W80	H Imberti ARG E Suarez ARG L Cordoba Copete COL H Acosta URU M Santos Pereira BRA L Lopez Osomio ARG S Mori BRA F Fischer BRA C Munoz CHI Y Tenorio Caicedo COL E Escorcia Bolano COL M Pinero ARG M Navarro Ramos CHI E Garcia ARG L Tisinova ARG M Sandoval COL J Huapaya MartinezPEF M Garcia de Lires COL mer N Arros Yanez CHI R Luciani ARG V Guerrero Salgado CH E Castillo VEN T Tevaldi PER M Consigliere PER H Acosta URU J Alzamora CHI L Lopez Osomio ARG Antunes Fonseca BRA M Ramos Perez PER L Beaumont VEN E Cortes Freyte COL M I Veliz ARG G Bignon Concha E Garcia ARG	34.60 39.47 37.46 37.74 36.73 39.54 25.33 20.81 23.22 29.95 35.10 29.59 25.34 28.13 26.17 17.91 17.53 11.13 15.05 41.32 150.80 51.49 36.07 41.32 150.80 51.49 36.07 41.32 41.33 41.34 41.35 41.36 41.37 41.38 41.39	
M50 M55 M60 M65 M70 M75 M80 M85 W35 W40 W45 W50 W65 W60 W75 W80 Hami M35 M40 M55 M60 M55 M60 M55 M60 M55 M60 W75 W80 Hami M35 M40 M55 M60 W75 W80 Hami M35 M40 M55 M60 M70 M75 M85 W35 W40 W45 W50 W75 W50 W75 W50 W75 W50 W75 W75 W70 W75 W70	H Imberti ARG E Suarez ARG L Cordoba Copete COL H Acosta URU M Santos Pereira BRA L Lopez Osomio ARG S Mori BRA F Fischer BRA C Munoz CHI Y Tenorio Caicedo COL E Escorcia Bolano COL M Pinero ARG M Navarro Ramos CHI E Garcia ARG L Tisinova ARG M Sandoval COL J Huapaya MartinezPEF M Garcia de Lires COL mer N Arros Yanez CHI R Luciani ARG V Guerrero Salgado CH E Castillo VEN T Tevaldi PER M Consigliere PER H Acosta URU J Alzamora CHI L Lopez Osomio ARG Antunes Fonseca BRA M Ramos Perez PER L Beaumont VEN E Cortes Freyte COL M I Veliz ARG G Bignon Concha E Garcia ARG A Castro Zepeda CHI A Gonzalez Ossana CH J Huapaya MartinezPEF Ilin	34.60 39.47 37.46 37.74 36.73 39.54 25.33 20.81 23.22 29.95 35.10 29.59 25.34 28.13 26.17 23.94 17.53 11.13 15.05 41.32 150.80 51.49 36.07 41.32 150.80 31.35 24.17 28.45 28.60 31.35 24.17 28.45 27.69 22.34	
M50 M55 M60 M65 M70 M75 M80 M85 W35 W40 W45 W50 W65 W70 M85 M40 M45 M50 M65 M70 M65 M70 M85 W40 W45 W50 W65 M70 M75 M80 M65 M70 M75 M80 M75 M85 M40 M75 M85 M40 M75 M85 M40	H Imberti ARG E Suarez ARG L Cordoba Copete COL H Acosta URU M Santos Pereira BRA L Lopez Osomio ARG S Mori BRA F Fischer BRA C Munoz CHI Y Tenorio Caicedo COL E Escorcia Bolano COL M Pinero ARG M Navarro Ramos CHI E Garcia ARG L Tisinova ARG M Sandoval COL J Huapaya MartinezPEF M Garcia de Lires COL mer N Arros Yanez CHI R Luciani ARG V Guerrero Salgado CH E Castillo VEN T Tevaldi PER M Consigliere PER H Acosta URU J Alzamora CHI L Lopez Osomio ARG Antunes Fonseca BRA M Ramos Perez PER L Beaumont VEN E Cortes Freyte COL M I Veliz ARG G Bignon Concha E Garcia ARG A Castro Zepeda CHI A Gonzalez Ossana CH J Huapaya MartinezPEF Ilin N Arros Yanez CHI C Zanetta Blumel CHI	34.60 39.47 37.46 37.74 36.73 39.54 25.33 22.99.55 35.10 29.59 25.34 28.13 26.17 23.94 17.53 11.13 15.05 41.32 150.80 51.49 36.07 41.39 31.08 33.26 34.34 28.60 31.35 24.17 28.45 35.45 27.69 22.34 50.27 44.26	
M50 M55 M60 M65 M70 M75 M80 M85 W35 W40 W45 W50 W65 W70 M85 M40 M45 M50 M65 M70 M85 W40 W45 W50 W65 M60 M65 M70 M85 W40 W45 W50 W65 W70 M85 W40 W45 W50 W65 W60 W65	H Imberti ARG E Suarez ARG L Cordoba Copete COL H Acosta URU M Santos Pereira BRA L Lopez Osomio ARG S Mori BRA F Fischer BRA C Munoz CHI Y Tenorio Caicedo COL E Escorcia Bolano COL M Pinero ARG M Navarro Ramos CHI E Garcia ARG L Tisinova ARG M Sandoval COL J Huapaya MartinezPEF M Garcia de Lires COL mer N Arros Yanez CHI R Luciani ARG V Guerrero Salgado CH E Castillo VEN T Tevaldi PER M Consigliere PER H Acosta URU J Alzamora CHI L Lopez Osomio ARG Antunes Fonseca BRA M Ramos Perez PER L Beaumont VEN E Cortes Freyte COL M I Veliz ARG G Bignon Concha E Garcia ARG A Castro Zepeda CHI A Gonzalez Ossana CH J Huapaya MartinezPEF Ilin N Arros Yanez CHI C Zanetta Blumel CHI P Falconi Alvares PER	34.60 39.47 37.46 37.74 36.73 39.54 25.33 22.9.95 35.10 29.59 25.34 28.13 26.17 23.94 17.53 11.13 15.05 41.32 150.80 51.49 36.07 41.39 31.08 26.64 28.60 31.35 24.17 28.45 35.45 27.69 22.34 50.27 44.26 38.58	
M50 M55 M60 M65 M70 M75 M80 M85 W40 W45 W50 W65 W70 M75 M80 M65 M70 M75 M85 W40 W45 W50 W65 W70 M75 M85 W40 W45 W50 W65 W70 M75 M85 M60 M65 M70 M75 M85	H Imberti ARG E Suarez ARG L Cordoba Copete COL H Acosta URU M Santos Pereira BRA L Lopez Osomio ARG S Mori BRA F Fischer BRA C Munoz CHI Y Tenorio Caicedo COL E Escorcia Bolano COL M Pinero ARG M Navarro Ramos CHI E Garcia ARG L Tisinova ARG M Sandoval COL J Huapaya Martinez PER M Garcia de Lires COL mer N Arros Yanez CHI R Luciani ARG V Guerrero Salgado CH E Castillo VEN T Tevaldi PER M Consigliere PER H Acosta URU J Alzamora CHI L Lopez Osomio ARG Antunes Fonseca BRA M Ramos Perez PER L Beaumont VEN E Cortes Freyte COL M I Veliz ARG G Bignon Concha E Garcia ARG A Castro Zepeda CHI A Gonzalez Ossana CH J Huapaya Martinez PER III N Arros Yanez CHI C Zanetta Blurnel CHI P Falconi Alvares PER C Baez ARG F Leao Bra	34.60 39.47 37.46 37.74 36.73 39.54 25.33 20.81 22.9.95 35.10 29.59 25.34 28.13 26.17 23.94 17.91 17.53 11.13 15.05 41.32 150.80 51.49 36.07 41.39 31.08 33.26 34.34 26.64 28.60 31.35 24.17 28.45 35.45 27.69 122.16 222.34 26.57 43.30	
M50 M55 M60 M65 M70 M80 M85 W35 W40 W45 W50 W60 W75 W80 Hami M35 M40 M55 M60 M75 M85 W40 W45 W50 W75 M85 M60 M65 M70 M75 M85 M60	H Imberti ARG E Suarez ARG L Cordoba Copete COL H Acosta URU M Santos Pereira BRA L Lopez Osomio ARG S Mori BRA F Fischer BRA C Munoz CHI Y Tenorio Caicedo COL E Escorcia Bolano COL M Pinero ARG M Navarro Ramos CHI E Garcia ARG L Tisinova ARG M Sandoval COL J Huapaya Martinez PER M Garcia de Lires COL mer N Arros Yanez CHI R Luciani ARG V Guerrero Salgado CH E Castillo VEN T Tevaldi PER M Consigliere PER H Acosta URU J Alzamora CHI L Lopez Osomio ARG Antunes Fonseca BRA M Ramos Perez PER L Beaumont VEN E Cortes Freyte COL M I Veliz ARG G Bignon Concha E Garcia ARG A Castro Zepeda CHI A Gonzalez Ossana CH J Huapaya Martinez PEF IIII N Arros Yanez CHI C Zanetta Blumel CHI P Falconi Alvares PER C Baez ARG	34.60 39.47 37.46 37.74 36.73 39.54 25.33 23.22 29.95 35.10 29.59 25.34 28.13 26.17 23.94 17.53 11.13 15.05 41.32 150.80 51.49 36.07 41.39 31.08 33.26 34.34 26.64 28.60 31.35 24.17 28.45 35.45 27.69 122.34 50.27 44.26 38.58 46.57	
M50 M55 M60 M65 M70 M75 M80 M85 W35 W40 W45 W50 W65 W60 W75 W80 Hami M35 M40 M55 M60 M75 M85 W35 W40 W45 W50 W75 W80 Hami M35 M40 M55 M60 M75 M85 W35 W40 W45 W50 W65 W70 W75 W80 W65 W70 W75 W75 W80 W65 W70 W75 W75 W80 W75 W75 W75 W80 W75	H Imberti ARG E Suarez ARG L Cordoba Copete COL H Acosta URU M Santos Pereira BRA L Lopez Osomio ARG S Mori BRA F Fischer BRA C Munoz CHI Y Tenorio Caicedo COL E Escorcia Bolano COL M Pinero ARG M Navarro Ramos CHI E Garcia ARG L Tisinova ARG M Sandoval COL J Huapaya MartinezPEF M Garcia de Lires COL mer N Arros Yanez CHI R Luciani ARG V Guerrero Salgado CH E Castillo VEN T Tevaldi PER M Consigliere PER H Acosta URU J Alzamora CHI L Lopez Osomio ARG Antunes Fonseca BRA M Ramos Perez PER L Beaumont VEN E Cortes Freyte COL M I Veliz ARG G Bignon Concha E Garcia ARG A Castro Zepeda CHI A Gonzalez Ossana CH J Huapaya MartinezPEF Ilin N Arros Yanez CHI C Zanetta Blumel CHI P Falconi Alvares PER C Baez ARG F Leao Bra G Seitz CHI	34.60 39.47 37.46 37.74 36.73 39.54 25.33 20.81 22.9.95 35.10 29.59 25.34 28.13 26.17 23.94 17.91 17.53 11.13 15.05 41.32 150.80 51.49 36.07 41.39 31.08 33.26 34.34 26.64 23.08 26.64 27.69 122.16 222.34 28.58 28.69 28.6	

	W50 M Diaz Valdes CHI	20 62
	W55 M Navarro Ramos CHI	20.02
	W55 M Navarro Ramos CHI	24.77
	W60 H Schwinghammer CHI	21.77
	W65 M Garcia ARG	21.86
	W70 G Curtes Quintero CHI	17.78
	W75 J Huapaya MartinezPER	213.14
	W80 M Garcia de Lires COL	12.16
	Pentathion	
	M40 F Vantreek MirandCHI	2486
	M45 E Levin BRA	2571
	MED I Deroira BDA	2695
	M55 B Uribe Santana CHI M60 G Riquelme CHI	2826
	M60 G Piquelme CHI	2788
1	MGC T Figures CHI	2630
1	MOS T Figueroa CHI	3450
1	M60 G Riquelme CHI M65 T Figueroa CHI M70 T Tatsushima BRA M75 L Lagos Baez CHI	2005
1	W45 R Oppermann BRA	2000
	I W45 R ODDermann Drva	2000
	W50 G Hormazabal CHI W70 T Kawakami BRA W75 I Mardones CHI	2420
	W/0 T Kawakami BRA	2459
	1110	2051
	5000m RW	
	M35 Cortes Villarro CHI 33:	55.90
	M40 D Soares BRA 29:	23.60
	M40 D Soares BRA 29: M45 U Barrera Villa CHI 25:	20.40
	M50 F da Silveira BRA 27:	19.50
	M55 E Quelali BOL 27:	06.30
	M50 F da Silveira BRA 27: M55 E Quelali BOL 27: M60 J Vargas COL 33:	04.50
	M65 Ramirez CastellVFN	
	M70 Aguayo Letelier CHI 34: M75 Sarabia Gomez CHI 44: M85 A Fonseca BRA 43:	48.90
	M75 Sarabia Gomez CHI 44:	50.70
	M85 A Forseca BRA 43:	25 50
	W/20 A Musqueda VEN 31:	07.60
	W30 A Musqueda VEN 31: W35 M A Soares BRA 30:	40.00
	WAS Almond Variable Children	40.00
	W45 Almazan VargasCHI34:	52.70
	W50 M ColmenaresCOL 33:	
	W55 Suarez Herrera CHI 35:	
	W60 T Valderrama CHI 36:	18.70
	W65 I Medero Nunez CHI 38:	23.50
	W75 I Romero ARG 50:	50.30
	10,000m RW	
	M40 D G Soares BRA 1:	00:11
	M45 U Barrera Villa CHI	
		56:19
į,	M55 E Quelali BOL	56:12
	M55 E Quelali BOL 1:0	6:48
1	M65 Ramirez Castell COL 5	9:24
ı	M70 Aguayo Letelier CHI 1:1	4:20
١	8K Cross Country	
	11100 0	
		8:06
		8:35
	M45 J Bautisto Moling COL 2	8:35 8:25
	M45 J Bautisto Moling COL 2 M50 U Sucasaire SihuaPER3	8:35 8:25 0:42
	M45 J Bautisto Moling COL 2 M50 U Sucasaire SihuaPER3 M55 J Prado Tejo CHI	8:35 8:25 0:42 32:00
	M45 J Bautisto Moling COL 2 M50 U Sucasaire SihuaPER3 M55 J Prado Tejo CHI 3 M60 P Olveira BRA	8:35 8:25 0:42 32:00 35:21
	M45 J Bautisto Moling COL 2 M50 U Sucasaire SihuaPER3 M55 J Prado Tejo CHI M60 P Olveira BRA M65 J Carmargo ARG	8:35 8:25 0:42 32:00 35:21 89:58
	M45 J Bautisto Moling COL 2 M50 U Sucasaire SihuaPER3 M55 J Prado Tejo CHI M60 P Olveira BRA M65 J Carmargo ARG M70 R Aranibar FernanPER	8:35 8:25 0:42 32:00 35:21 89:58 52:46
	M45 J Bautisto Moling COL 2 M50 U Sucasaire SihuaPER3 M55 J Prado Tejo CHI 3 M60 P Olveira BRA 3 M65 J Carmargo ARG 3 M70 R Aranibar FernanPER 3 M75 Ramis CHI 5	8:35 8:25 0:42 32:00 35:21 89:58
	M45 J Bautisto Moling COL 2 M50 U Sucasaire SihuaPER3 M55 J Prado Tejo CHI 3 M60 P Olveira BRA 3 M65 J Carmargo ARG 3 M70 R Aranibar FernanPER 3 M75 Ramis CHI 5	8:35 8:25 0:42 32:00 35:21 89:58 52:46
	M45 J Bautisto Moling COL 2 M50 U Sucasaire SihuaPER3 M55 J Prado Tejo CHI 3 M60 P Olveira BRA 3 M65 J Carmargo ARG 3 M70 R Aranibar FernanPER 3 M75 Ramis CHI 5	8:35 8:25 0:42 32:00 35:21 39:58 52:46 52:12
	M45 J Bautisto Moling COL 2 M50 U Sucasaire SihuaPER3 M55 J Prado Tejo CHI M60 P Olveira BRA M65 J Carmargo ARG M70 R Aranibar FernanPER3 M75 Ramis CHI W35 I Parra Gonzalez CHI W40 E Daza Alfara PER	28:35 28:25 0:42 32:00 35:21 39:58 52:46 62:12 17:11 38:49
	M45 J Bautisto Moling COL 2 M50 U Sucasaire SihuaPER3 M55 J Prado Tejo CHI M60 P Olveira BRA M65 J Carmargo ARG M70 R Aranibar FernanPER3 M75 Ramis CHI W35 I Parra Gonzalez CHI W40 E Daza Alfara PER W45 M Sulla Quico PER	8:35 8:25 0:42 32:00 35:21 39:58 52:46 52:12 17:11 38:49 37:49
	M45 J Bautisto Moling COL 2 M50 U Sucasaire SihuaPER3 M55 J Prado Tejo CHI M60 P Olveira BRA M65 J Carmargo ARG M70 R Aranibar FernanPER3 M75 Ramis CHI W35 I Parra Gonzalez CHI W40 E Daza Alfara PER W45 M Sulla Quico PER	8:35 8:25 0:42 32:00 35:21 39:58 52:46 52:12 17:11 38:49 37:49
	M45 J Bautisto Moling COL 2 M50 U Sucasaire SihuaPER3 M55 J Prado Tejo CHI M60 P Olveira BRA M65 J Carmargo ARG M70 R Aranibar FernanPER S M75 Ramis CHI W35 I Parra Gonzalez CHI W40 E Daza Alfara PER W45 M Sulla Quico PER W50 B Baldvenito ARG W55 M Terceros BOL	8:35 8:25 0:42 32:00 35:21 39:58 52:46 52:12 17:11 38:49 37:49 12:23 11:14
	M45 J Bautisto Moling COL 2 M50 U Sucasaire SihuaPER3 M55 J Prado Tejo CHI M60 P Olveira BRA M65 J Carmargo ARG M70 R Aranibar FernanPER3 M75 Ramis CHI W35 I Parra Gonzalez CHI W40 E Daza Alfara PER W45 M Sulla Quico PER W50 B Baldvenito ARG W55 M Terceros BOL W60 E Guzman PER	8:35 8:25 0:42 3:200 35:21 39:58 52:46 62:12 17:11 38:49 37:49 12:23 11:14 16:37
	M45 J Bautisto Moling COL 2 M50 U Sucasaire SihuaPER3 M55 J Prado Tejo CHI M60 P Olveira BRA M65 J Carmargo ARG M70 R Aranibar FernanPER3 M75 Ramis CHI W35 I Parra Gonzalez CHI W40 E Daza Alfara PER W45 M Sulla Quico PER W50 B Baldvenito ARG W55 M Terceros BOL W60 E Guzman PER W65 M Restrepo COL	8:35 8:25 0:42 32:00 35:21 39:58 52:46 52:12 17:11 38:49 37:49 12:23 11:14
	M45 J Bautisto Moling COL 2 M50 U Sucasaire SihuaPER3 M55 J Prado Tejo CHI M60 P Olveira BRA M65 J Carmargo ARG M70 R Aranibar FernanPER M75 Ramis CHI W35 I Parra Gonzalez CHI W40 E Daza Alfara PER W45 M Sulla Quico PER W50 B Baldvenito ARG W55 M Terceros BOL W60 E Guzman PER W65 M Restrepo COL Half-Marathon	8:35 8:25 0:42 0:200 0:5:21 0:5:21 0:5:246 0:2:12 17:11 0:6:37 19:12
	M45 J Bautisto Moling COL 2 M50 U Sucasaire SihuaPER3 M55 J Prado Tejo CHI M60 P Olveira BRA M65 J Carmargo ARG M70 R Aranibar FernanPER M75 Ramis CHI W35 I Parra Gonzalez CHI W40 E Daza Alfara PER W45 M Sulla Quico PER W50 B Baldvenito ARG W55 M Terceros BOL W60 E Guzman PER W65 M Restrepo COL Half-Marathon M35 Yanarico Nacho BOL 1:	8:35 8:25 0:42 32:00 35:21 39:58 52:46 62:12 47:11 88:49 37:49 12:23 11:14 16:37 19:12
	M45 J Bautisto Moling COL 2 M50 U Sucasaire SihuaPER3 M55 J Prado Tejo CHI M60 P Olveira BRA M65 J Carmargo ARG M70 R Aranibar FernanPER S M75 Ramis CHI W35 I Parra Gonzalez CHI W40 E Daza Alfara PER W45 M Sulla Quico PER W50 B Baldvenito ARG W55 M Terceros BOL W60 E Guzman PER W65 M Restrepo COL Half-Marathon M35 Yanarico Nacho BOL 1: M40 M A Gauna ARG 1:	8:35 8:25 0:42 12:00 15:21 19:58 52:46 62:12 17:11 18:49 12:23 11:14 16:37 19:12
	M45 J Bautisto Moling COL 2 M50 U Sucasaire SihuaPER3 M55 J Prado Tejo CHI M60 P Olveira BRA M65 J Carmargo ARG M70 R Aranibar FernanPER 6 M75 Ramis CHI W35 I Parra Gonzalez CHI W40 E Daza Alfara PER W45 M Sulla Quico PER W50 B Baldvenito ARG W55 M Terceros BOL W60 E Guzman PER W65 M Restrepo COL Half-Marathon M35 Yanarico Nacho BOL 1: M40 M A Gauna ARG 1: M45 J Bautista MolinaCOL1:	8:35 8:25 0:42 0:200 0:5:21 0:5:24 0:5:24 0:2:12 17:11 0:5:46 0:2:12 17:14 16:37 19:12 15:09 17:05 19:07
	M45 J Bautisto Moling COL 2 M50 U Sucasaire SihuaPER3 M55 J Prado Tejo CHI M60 P Olveira BRA M65 J Carmargo ARG M70 R Aranibar FernanPER 9 M75 Ramis CHI W35 I Parra Gonzalez CHI W40 E Daza Alfara PER W45 M Sulla Quico PER W50 B Baldvenito ARG W55 M Terceros BOL W60 E Guzman PER W65 M Restrepo COL Half-Marathon M35 Yanarico Nacho BOL 1: M40 M A Gauna ARG 1: M45 J Bautista MolinaCOL1: M50 Mamani Caceres PER1:	8:35 8:25 0:42 0:200 0:521 09:58 6:212 17:11 88:49 17:49 12:23 11:14 16:37 19:12
	M45 J Bautisto Moling COL 2 M50 U Sucasaire SihuaPER3 M55 J Prado Tejo CHI M60 P Olveira BRA M65 J Carmargo ARG M70 R Aranibar FernanPER 6 M75 Ramis CHI W35 I Parra Gonzalez CHI W40 E Daza Alfara PER W45 M Sulla Quico PER W50 B Baldvenito ARG W55 M Terceros BOL W60 E Guzman PER W65 M Restrepo COL Half-Marathon M35 Yanarico Nacho BOL 1: M40 M A Gauna ARG 1: M45 J Bautista MolinaCOL1: M50 Mamani CaceresPER1: M55 Chavez Condori BOL 1:	8:35 8:25 0:42 12:00 15:21 19:58 52:46 52:12 17:11 8:49 17:49 18:49 19:12 15:09 17:05 19:07 20:45 22:07
	M45 J Bautisto Moling COL 2 M50 U Sucasaire SihuaPER3 M55 J Prado Tejo CHI M60 P Olveira BRA M65 J Carmargo ARG M70 R Aranibar FernanPER S M75 Ramis CHI W35 I Parra Gonzalez CHI W40 E Daza Alfara PER W45 M Sulla Quico PER W50 B Baldvenito ARG W55 M Terceros BOL W60 E Guzman PER W65 M Restrepo COL Half-Marathon M35 Yanarico Nacho BOL 1: M40 M A Gauna ARG 1: M50 Mamani CaceresPER1: M55 Chavez Condori BOL 1: M50 Mamani CaceresPER1: M55 Chavez Condori BOL 1: M60 P Oliveira BRA	8:35 8:25 0:42 12:00 15:21 19:58 52:46 12:12 17:11 18:49 17:49 11:14 16:37 19:07
	M45 J Bautisto Moling COL 2 M50 U Sucasaire SihuaPER3 M55 J Prado Tejo CHI M60 P Olveira BRA M65 J Carmargo ARG M70 R Aranibar FernanPER M75 Ramis CHI W35 I Parra Gonzalez CHI W40 E Daza Alfara PER M75 M Sulla Quico PER M75 M Sulla Quico PER M75 M Sulla Quico PER M75 M Searce SOL M76 M Restrepo COL M76 M Restrepo COL M76 M A Gauna ARG M76 J Bautista MolinaCOL1: M50 Mamani Caceres PER M75 Chavez Condori BOL 1: M50 P Oliveira BRA M76 Guiterrez Paria PER M76 M76 M76 Guiterrez Paria PER M76 M76 Guiterrez Paria PER M76 M76 M76 Guiterrez Paria PER M76 M76 Guiterrez Paria PER M76 M76 M76 Guiterrez Paria PER M76	8:35 8:25 0:42 12:00 15:21 19:58 52:46 62:12 17:11 18:49 17:49 12:23 11:14 16:37 19:07 19:07 19:07 19:07 19:07
	M45 J Bautisto Moling COL 2 M50 U Sucasaire SihuaPER3 M55 J Prado Tejo CHI M60 P Olveira BRA M65 J Carmargo ARG M70 R Aranibar FernanPER S M75 Ramis CHI W35 I Parra Gonzalez CHI W40 E Daza Alfara PER W45 M Sulla Quico PER W50 B Baldvenito ARG W55 M Terceros BOL W60 E Guzman PER W65 M Restrepo COL Half-Marathon M35 Yanarico Nacho BOL 1: M40 M A Gauna ARG I M45 J Bautista MolinaCOL1: M50 Mamani CaceresPER1: M55 Chavez Condori BOL 1: M60 P Oliveira BRA I M65 Guiterrez Paria PER M70 Esquia CoaguilaPER 2:	8:35 8:25 0:42 12:00 15:21 9:58 52:46 62:12 17:11 18:49 17:49 12:23 11:14 16:37 19:12 15:09 17:05 17:0
	M45 J Bautisto Moling COL 2 M50 U Sucasaire SihuaPER3 M55 J Prado Tejo CHI M60 P Olveira BRA M65 J Carmargo ARG M70 R Aranibar FernanPER M75 Ramis CHI W35 I Parra Gonzalez CHI W40 E Daza Alfara PER W45 M Sulla Quico PER W50 B Baldvenito ARG W55 M Terceros BOL W60 E Guzman PER W65 M Restrepo COL Half-Marathon M35 Yanarico Nacho BOL 1: M40 M A Gauna ARG M45 J Bautista MolinaCOL1: M50 Mamani CaceresPER1: M55 Chavez Condori BOL 1: M60 P Oliveira BRA 1: M65 Guitterrez Paria PER 1: M70 Esquia CoaguilaPER 2: W30 A Mosqueda VEN 1:	8:35 8:25 0:42 12:00 15:21 19:58 52:46 52:46 52:12 18:49 17:11 18:49 17:05 19:07 19:07 19:07 19:07 19:07 19:07 19:08
	M45 J Bautisto Moling COL 2 M50 U Sucasaire SihuaPER3 M55 J Prado Tejo CHI M60 P Olveira BRA M65 J Carmargo ARG M70 R Aranibar FernanPER M75 Ramis CHI W35 I Parra Gonzalez CHI W40 E Daza Alfara PER W50 B Baldvenito ARG W55 M Terceros BOL W60 E Guzman PER W65 M Restrepo COL Half-Marathon M35 Yanarico Nacho BOL 1: M40 M A Gauna ARG 1: M45 J Bautista MolinaCOL1: M50 Mamani CaceresPER1: M55 Chavez Condori BOL 1: M60 P Oliveira BRA 1: M65 Guitterrez Paria PER 1: M70 Esquia CoaguilaPER 2: W30 A Mosqueda VEN 1: W35 Montoya MamaniBOL1:	8:35 8:25 0:42 12:00 15:21 19:58 52:46 52:46 52:41 18:49 17:11 18:49 17:49 17:05 19:07
	M45 J Bautisto Moling COL 2 M50 U Sucasaire SihuaPER3 M55 J Prado Tejo CHI M60 P Olveira BRA M65 J Carmargo ARG M70 R Aranibar FernanPER! M75 Ramis CHI W35 I Parra Gonzalez CHI W40 E Daza Alfara PER W45 M Sulla Quico PER W50 B Baldvenito ARG W55 M Terceros BOL W60 E Guzman PER W65 M Restrepo COL Half-Marathon M35 Yanarico Nacho BOL 1: M40 M A Gauna ARG M55 Chavez Condori BOL 1: M50 Mamani CaceresPER1: M55 Chavez Condori BOL 1: M60 P Oliveira BRA 1: M60 P Oliveira BRA 1: M60 S Guiterrez Paria PER 1: M70 Esquia CoaguilaPER 1: W35 Montoya MamaniBOL W40 F Canaviri BOL 2:	8:35 8:25 0:42 12:00 15:21 19:58 52:46 6:2:12 18:49 17:11 18:49 17:23 11:14 16:37 19:12 15:09 17:05 19:07 19:05 19:07 19:04 19:05 19:07 19:05 19:07 19:05 19:07 19:05 19:07 19:05 19:07 19:05 19:07 19:05 19:07 19:05 19:07 19:05 19:07 19:05 19:07 19:05 19:07 19:0
	M45 J Bautisto Moling COL 2 M50 U Sucasaire SihuaPER3 M55 J Prado Tejo CHI M60 P Olveira BRA M65 J Carmargo ARG M70 R Aranibar FernanPER S M75 Ramis CHI W35 I Parra Gonzalez CHI W40 E Daza Alfara PER W45 M Sulla Quico PER W50 B Baldvenito ARG W55 M Terceros BOL W60 E Guzman PER W65 M Restrepo COL Half-Marathon M35 Yanarico Nacho BOL 1: M40 M A Gauna ARG 1: M50 Mamani CaceresPER1: M55 Chavez Condori BOL 1: M50 Mamani CaceresPER1: M55 Chavez Condori BOL 1: M50 Guiterrez Paria PER 1: M65 Guiterrez Paria PER 1: M70 Esquia CoaguilaPER 2: W30 A Mosqueda VEN 1: W35 Montoyavi BOL 1: W45 F Canardes BOL 1:	8:35 8:25 0:42 12:00 15:21 19:58 52:46 52:46 10:21 18:49 17:49 12:23 11:14 16:37 19:12 15:09 17:05 19:07 17:05 19:07 17:05 19:07 17:05
	M45 J Bautisto Moling COL 2 M50 U Sucasaire SihuaPER3 M55 J Prado Tejo CHI M60 P Olveira BRA M65 J Carmargo ARG M70 R Aranibar FernanPER! M75 Ramis CHI W35 I Parra Gonzalez CHI W40 E Daza Alfara PER W45 M Sulla Quico PER W50 B Baldvenito ARG W55 M Terceros BOL W60 E Guzman PER W65 M Restrepo COL Half-Marathon M35 Yanarico Nacho BOL 1: M40 M A Gauna ARG M45 J Bautista MolinaCOL 1: M50 Mamani CaceresPER1: M55 Chavez Condori BOL 1: M60 P Oliveira BRA 1: M65 Guiterrez Paria PER 1: M70 Esquia CoaguilaPER 2: W30 A Mosqueda VEN 1: W35 Montoya MamaniBOL 1: W45 M Cespedes BOL 1: W45 M Cespedes BOL 1: W45 M Cespedes BOL 1: W50 L Ribeiro BRA 1:	8:35 8:25 0:42 12:00 15:21 19:58 52:46 6:2:12 17:11 88:49 17:22 11:14 16:37 19:12 15:09 17:05 19:07 20:45 22:07 20:45 22:07 13:46 13:4
	M45 J Bautisto Moling COL 2 M50 U Sucasaire SihuaPER3 M55 J Prado Tejo CHI M60 P Olveira BRA M65 J Carmargo ARG M70 R Aranibar FernanPER M75 Ramis CHI W35 I Parra Gonzalez CHI W40 E Daza Alfara PER M50 B Baldvenito ARG W55 M Terceros BOL W60 E Guzman PER W65 M Restrepo COL Half-Marathon M35 Yanarico Nacho BOL 1: M40 M A Gauna ARG M55 Chavez Condori BOL 1: M50 Mamani CaceresPER1: M55 Chavez Condori BOL 1: M60 P Oliveira BRA M65 Guiterrez Paria PER M70 Esquia CoaguilaPER 2: W30 A Mosqueda VEN M35 Montoya MamaniBOL 1: W35 Montoya MamaniBOL 1: W35 M Cespedes BOL W45 M Cespedes BOL W55 L Ribeiro BRA 1: W55 A Mardones CHI 2: W55 A Mardones CHI 2:	8:35 8:25 0:42 12:00 15:21 19:58 52:46 52:46 10:52 17:11 18:49 17:49 12:23 11:14 16:37 19:12 15:09 17:05 19:07 20:45 22:07 32:24 48:43 37:57 33:58 13:46 36:14 47:03 37:57 33:22 47:13 36:14 47:03 37:57 37:57 37:57 37:57 37:30 37:57 37:30 37:57 37:30 37:57 37:30 37:57 37:30 37:57 37:30 37:57
	M45 J Bautisto Moling COL 2 M50 U Sucasaire SihuaPER3 M55 J Prado Tejo CHI M60 P Olveira BRA M65 J Carmargo ARG M70 R Aranibar FernanPER! M75 Ramis CHI W35 I Parra Gonzalez CHI W40 E Daza Alfara PER W45 M Sulla Quico PER W50 B Baldvenito ARG W55 M Terceros BOL W60 E Guzman PER W65 M Restrepo COL Half-Marathon M35 Yanarico Nacho BOL 1: M40 M A Gauna ARG M45 J Bautista MolinaCOL 1: M50 Mamani CaceresPER1: M55 Chavez Condori BOL 1: M60 P Oliveira BRA 1: M65 Guiterrez Paria PER 1: M70 Esquia CoaguilaPER 2: W30 A Mosqueda VEN 1: W35 Montoya MamaniBOL 1: W45 M Cespedes BOL 1: W45 M Cespedes BOL 1: W45 M Cespedes BOL 1: W50 L Ribeiro BRA 1:	8:35 8:25 0:42 12:00 15:21 19:58 52:46 52:46 10:52 17:11 18:49 17:49 12:23 11:14 16:37 19:12 15:09 17:05 19:07 20:45 22:07 32:24 48:43 37:57 33:58 13:46 36:14 47:03 37:57 33:22 47:13 36:14 47:03 37:57 37:57 37:57 37:57 37:30 37:57 37:30 37:57 37:30 37:57 37:30 37:57 37:30 37:57 37:30 37:57
	M45 J Bautisto Moling COL 2 M50 U Sucasaire SihuaPER3 M55 J Prado Tejo CHI M60 P Olveira BRA M65 J Carmargo ARG M70 R Aranibar FernanPER M75 Ramis CHI W35 I Parra Gonzalez CHI W40 E Daza Alfara PER M50 B Baldvenito ARG W55 M Terceros BOL W60 E Guzman PER W65 M Restrepo COL Half-Marathon M35 Yanarico Nacho BOL 1: M40 M A Gauna ARG M55 Chavez Condori BOL 1: M50 Mamani CaceresPER1: M55 Chavez Condori BOL 1: M60 P Oliveira BRA M65 Guiterrez Paria PER M70 Esquia CoaguilaPER 2: W30 A Mosqueda VEN M35 Montoya MamaniBOL 1: W35 Montoya MamaniBOL 1: W35 M Cespedes BOL W45 M Cespedes BOL W55 L Ribeiro BRA 1: W55 A Mardones CHI 2: W55 A Mardones CHI 2:	8:35 8:25 0:42 12:00 15:21 19:58 52:46 52:46 10:52 17:11 18:49 17:49 12:23 11:14 16:37 19:12 15:09 17:05 19:07 20:45 22:07 32:24 48:43 37:57 33:58 13:46 36:14 47:03 37:57 33:58
	M45 J Bautisto Moling COL 2 M50 U Sucasaire SihuaPER3 M55 J Prado Tejo CHI M60 P Olveira BRA M65 J Carmargo ARG M70 R Aranibar FernanPER M75 Ramis CHI W35 I Parra Gonzalez CHI W40 E Daza Alfara PER M50 B Baldvenito ARG W55 M Terceros BOL W60 E Guzman PER W65 M Restrepo COL Half-Marathon M35 Yanarico Nacho BOL 1: M40 M A Gauna ARG M55 Chavez Condori BOL 1: M50 Mamani CaceresPER1: M55 Chavez Condori BOL 1: M60 P Oliveira BRA M65 Guiterrez Paria PER M70 Esquia CoaguilaPER 2: W30 A Mosqueda VEN M35 Montoya MamaniBOL 1: W35 Montoya MamaniBOL 1: W35 M Cespedes BOL W45 M Cespedes BOL W55 L Ribeiro BRA 1: W55 A Mardones CHI 2: W55 A Mardones CHI 2:	8:35 8:25 0:42 12:00 15:21 19:58 52:46 52:46 10:52 17:11 18:49 17:49 12:23 11:14 16:37 19:12 15:09 17:05 19:07 20:45 22:07 32:24 48:43 37:57 33:58 13:46 36:14 47:03 37:57 33:58



Continued on next page

Continued from previous page

### LONG DISTANCE RESULTS

L	JNG DIS	IAI	10	ERESUL	.15
311	NATIONAL	11.73		Brian Davis	38:26
	THE RESERVE TO A STATE OF THE PARTY OF THE P			Ron Richardson Luis Sanchez	38:41
	F National Master K-C Championship			Brian Dodge	38:41
F	Rocklin, CA; Dec. 1	4		Brian Nelson	39:23
M40	David Olds Bob Winn	33:46		JoergHerbrechtsml Chas Griffin	39:37
	Daniel Gonzalez	34:00		Czerwony Kaprys	39:52
	Tony Young	34:40	30	David Keane Eric Clarke	39:57
	Jim Quadros Mike Platt	34:44	30	Bruce Labelle	40:03
	Tim Minor	34:51		Hank Lawson	40:09
	Odis Sanders Bob Schwelm	34:57		Martin Dean Doug Riggle	40:16
10	Kevin Ostenberg	35:05		Lou Nishimura	40:42
	Tom Doody	35:08		Larry Meredith	41:01
	Angel Roman Chuck Coats	35:09		Ed Davis Mike Baughman	41:14
	Jose Aispuro	35:22		Robert Haugen	41:35
	Sam Davis Wes Ashford	35:24 35:28	40	Bruce Deeter Bob Finley	41:44
	Chris Fuller	35:31		Robert Kesslor	41:56
	Tim Ensign Terence Boynton	35:32		Ronald Souza Toni Ruggle	42:19
20	Carmelo Rios	35:33 35:41		Kevin Pedrotti	42:46
	Sandy Sightler	35:52		John Royston	42:55
	Tony Darocha Brad Jensen	35.54 35.56		Bobby Carpenter Craighton Chin	43:06
	Frank Thomas	35:57		Stephen Tjonpiang	144:05
	Mark Reader John O'Hearn	36:11	50 M50	Mark Hicks Leonard Hill	44:07
	Bryan Wilkins	36:13	IVISO	Don Paul	38:12
	Chris Clark	36:14		Tom Carroll	38:25
30	Gary Borbon Tom Hannickel	36:17		Jim Gorman Phil Riley	38 26 38 32
N E	Steve Tidd	36:23		David Reinhart	38:43
	Hans Gouwens Andy MacDonald	36:24		Mike Allison Jim Price	39:21
	Pat Wagner	36:40		Tom Cotner	40:44
	Chad Varga	36:45	10	Les Ong Kevin Grady	40:54
	Bob Collins Paul Abdalla	36:46		Larry Litscher	41:11
	Robert Bolton	37:29		Steve O'Neil	41:11
40	Gerry Valverde Joe Fabris	37:29 37:32		Joe Schieffer Walter Mann	41:15
	John Noland	37:39		Denis O'Halloran	41:22
	Mike Slavin Steve Haase	37:42	in, or	Doug Schmenk Kevin Leach	41:37
	Clyde Matumura	38:07		Robert Darling	42:21
	Gregg Nacco Kevin Searls	38:13	20	Randy Sturgeon Pat Buzbee	42:22
	Ian Brown	38:16	BEN	Buddy Harpool	42 43
	Gustavo Hernande:			Jim Granahan	43:15
50	Albert Reimer Anthony Cantwell	38:22		Brendan O'Neill James Flanigan	43:52
	James Waters	38:24		John Johnson	44:24
	Sal Garcia Lynn Mentzer	38:25		Vernon Mabe Ramon Alicea	44:38
	Mitch Shandley	38:29		Tim Knowlton	45:16
	Craig Whichard Van Townsend	38:47	30	Mike Reif Bill Dixon	45:32
	Mark Cleary	39:03	IVISS	Chuck MacDonald	39:42
	Mike Scarborough	39:09		Don Coffman Don Porteous	40:04
60	Gerry Duffy Alex Cuozzo	39:18		John Hahn	40:12
	Fred Zalokar	39:25		Bill Dunn	40:40
	Bryan Thoreson David Harding	39:26		Mike Ammon Len Goldman	41:19
	Kevin McCarthy	39:35		Fred Martin	41:44
	David Goldsworthy	The second secon	10	Greg Jewett Robert Pratte	41:59
	Don Hicks Mark Curran	40:17		Doug Butt	43:32
	Alec Isabeau	40:28		Arthur Roberts	43:41
70	Kevin Cimini Alan King	40:34		Terry Reed Dan Kelly	44:13
,,	Tony Coffey	41:15		Greg Burke	44:25
	Barry Auskern	41:17		J Martin Jones	44:58
	Ian Hersey Andy Harris	41:20		Bob Ullrich	47:38
M45	John Barbour	35:25	20	Rich Murray	48:50
	Ken Leinbach Matt Yeo	35:41	M60	Marvin Rowley Robert Gormley	41:18
	Derrick May	36:23		Thom Weddle	42:35
	Mark Billett	36:25		Gale Pfueller Byron Melendy	43:44
	Dave Parsel Tom Cushman	36 34 36 40		Dan McCormack	44:20
	David Cannon	36:43		Gene Gilligan	44:31
10	MiguelTibaduiza Emil Magallanes	37:02		Neal Chappell Bill Delph	44:47
,0	Daniel Wojcik	37:28	10	Rick Erdmann	45:26
	Rick Kushman Rich Burns	37:34 37:36		Tim Joslin Sr Walter Schater	46:55
	Mark Drake	37:38		Tom Balcom	47:36
	Mark Rybinski	37:40		Ron Hebert Bob Tarozzi	48:19
	Tom Kinsman Mitch Keebler	37:43	M65	John Brennand	43:56
	Angelo DeCollibus	38:10		Ray Parrella	44:26
20	Gary Radford Mac Allen	38:15		Jim Davis Bill Iffrig	46:11
20	Wac Alleit	00.21		Jiii ming	-0.00

National M
David Pikethly 47:59
Darryl Beardall 50 00 GordonMcClenathn 51:29
Court Jones 60:35
Jack Keener 56:44
Ed Mooney 59:05 Don Pickett 64:51
M75 John Keston 49:51
Bill Ferrell 59:43 Sam Hirabayashi 63:53
Craig McMicken 64:03
M40+ Teams 1 Reebok Aggie RunnA 174:51
Gonzales/Minor/Ostenberg/ Aispuro/Boynton
2 Greater Lowell Road 175:48
Winn/Doody/Davis/Barbour/ Sightler
3 Club Northwest 180:23
Young/O'Hearn/Tidd/Billett/ Cannon
4 Oregon TC Masters 180:39
Sanders/Coats/Clark/Wagner/ Wojcik
5 So Cal TC 181:49 Olds/Ashford/Jensen/Burns/
Cleary
6 Team Runners High 182:23 Roman/Wilkins/Borbon/Parsel/
7 DeCollibus
8 Boston AA 182:39 9 Chattanooga TC 188:59
10 Syracuse Chargers 187:26
11 Reebok Aggie Runn B 189:32 12 River City Rebels A 190:06
13 Silver State Striders 190:26
14 Golden Valley Harr 193:09 15 Hoys Excelsior Runn199:23
16 West Valley Joggers 204:36
M50+ Teams 1 Hoys Excelsior Runn 201:01
Paul/Gorman/Ong/Grady/
Darling 2 Greater Lowell Road 2:03:11
Carroll/Riley/Dixon/Mann/Foltz
3 Greater Springfield 206:35 Reinhart/Litscher/O'Neil/Leach/
Roberts
4 East Bay Striders 211:22 5 Victory AC 219:18
M60+ Teams
1 Victory AC 134:52 Parrella/Delph/Erdmann
1 Victory AC 134:52 Parrella/Delph/Erdmann 2 Oregon TC Masters 138:07
1 Victory AC 134:52 Parrella/Delph/Erdmann 2 Oregon TC Masters 138:07 McCormack/Davis/Balcom 3 Snohomish TC 141:29
1 Victory AC 134:52 Parrella/Delph/Erdmann 2 Oregon TC Masters 138:07 McCormack/Davis/Balcom 3 Snohomish TC 141:29 Iffrig/Joslin/Pitkethly
1 Victory AC 134:52 Parrella/Delph/Erdmann 2 Oregon TC Masters 138:07 McCormack/Davis/Balcom 3 Snohomish TC 141:29 Iffrig/Joslin/Pitkethly 4 Santa Barbara AA 142:32 M70+ Teams
1 Victory AC 134:52 Parrella/Delph/Erdmann 2 Oregon TC Masters 138:07 McCormack/Davis/Balcom 3 Snohomish TC 141:29 Iffrig/Joslin/Pitkethly 4 Santa Barbara AA 142:32 M70+ Teams 1 Oregon TC Masters 158:10
1 Victory AC 134:52 Parrella/Delph/Erdmann 2 Oregon TC Masters 138:07 McCormack/Davis/Balcom 3 Snohomish TC 141:29 Iffrig/Joslin/Pitkethly 4 Santa Barbara AA 142:32 M70+ Teams 1 Oregon TC Masters 158:10 Keston/Hepner/Keener 2 Tamalpa Runners 199:10
1 Victory AC 134:52 Parrella/Delph/Erdmann 2 Oregon TC Masters 138:07 McCormack/Davis/Balcom 3 Snohomish TC 141:29 Iffrig/Joslin/Pitkethly 4 Santa Barbara AA 142:32 M70+ Teams 1 Oregon TC Masters 158:10 Keston/Hepner/Keener 2 Tamalpa Runners 199:10 Mooney/Hirabayashi/Pickett
1 Victory AC 134:52 Parrella/Delph/Erdmann 2 Oregon TC Masters 138:07 McCormack/Davis/Balcom 3 Snohomish TC 141:29 Iffrig/Joslin/Pitkethly 4 Santa Barbara AA 142:32 M70+ Teams 1 Oregon TC Masters 158:10 Keston/Hepner/Keener 2 Tamalpa Runners 199:10 Mooney/Hirabayashi/Pickett W40 SandyMeister-Meridith40:16 Sara Freitas 40:20
1 Victory AC 134:52 Parrella/Delph/Erdmann 2 Oregon TC Masters 138:07 McCormack/Davis/Balcom 3 Snohomish TC 141:29 Iffrig/Joslin/Pitkethly 4 Santa Barbara AA 142:32 M70+ Teams 1 Oregon TC Masters 158:10 Keston/Hepner/Keener 2 Tamalpa Runners 199:10 Mooney/Hirabayashi/Pickett W40 SandyMeister-Meridth40:16 Sara Freitas 40:20 Meghan Arbogast 40:29
1 Victory AC 134:52 Parrella/Delph/Erdmann 2 Oregon TC Masters 138:07 McCormack/Davis/Balcom 3 Snohomish TC 141:29 Iffrig/Joslin/Pitkethly 4 Santa Barbara AA 142:32 M70+ Teams 1 Oregon TC Masters 158:10 Keston/Hepner/Keener 2 Tamaipa Runners 199:10 Mooney/Hirabayashi/Pickett W40 SandyMeister-Meridith40:16 Sara Freitas 40:20 Meghan Arbogast 40:29 Kathleen Aragon 40:34 Jenny Teppo 40:41
1 Victory AC 134:52 Parrella/Delph/Erdmann 2 Oregon TC Masters 138:07 McCormack/Davis/Balcom 3 Snohomish TC 141:29 Iffrig/Joslin/Pitkethly 4 Santa Barbara AA 142:32 M70+ Teams 1 Oregon TC Masters 158:10 Keston/Hepner/Keener 2 Tamalpa Runners 199:10 Mooney/Hirabayashi/Pickett W40 SandyMeister-Meridith40:16 Sara Freitas 40:20 Meghan Arbogast 40:29 Kathleen Aragon 40:34 Jenny Teppo 40:41 Kelly Kruell 41:23
1 Victory AC 134:52 Parrella/Delph/Erdmann 2 Oregon TC Masters 138:07 McCormack/Davis/Balcom 3 Snohomish TC 141:29 Iffrig/Joslin/Pitkethly 4 Santa Barbara AA 142:32 M70+ Teams 1 Oregon TC Masters 158:10 Keston/Hepner/Keener 2 Tamalpa Runners 199:10 Mooney/Hir abayashi/Pickett W40 SandyMeister-Meridith40:16 Sara Freitas 40:20 Meghan Arbogast 40:29 Kathleen Aragon 40:34 Jenny Teppo 40:41 Kelly Kruell 41:23 Barbara Gubbins 42:05 Kimball Bender 42:09
1 Victory AC 134:52 Parrella/Delph/Erdmann 2 Oregon TC Masters 138:07 McCormack/Davis/Balcom 3 Snohomish TC 141:29 Iffrig/Joslin/Pitkethly 4 Santa Barbara AA 142:32 M70+ Teams 1 Oregon TC Masters 158:10 Keston/Hepner/Keener 2 Tamalpa Runners 199:10 Mooney/Hirabayashi/Pickett W40 SandyMeister-Meridith40:16 Sara Freitas 40:20 Meghan Arbogast 40:29 Kathleen Aragon 40:34 Jenny Teppo 40:41 Kelly Kruell 41:23 Barbara Gubbins 42:05
1 Victory AC 134:52 Parrella/Delph/Erdmann 2 Oregon TC Masters 138:07 McCormack/Davis/Balcom 3 Snohomish TC 141:29 Iffrig/Joslin/Pitkethly 4 Santa Barbara AA 142:32 M70+ Teams 1 Oregon TC Masters 158:10 Keston/Hepner/Keener 2 Tamalpa Runners 199:10 Mooney/Hirabayashi/Pickett W40 SandyMeister-Meridith40:16 Sara Freitas 40:20 Meghan Arbogast 40:29 Kathleen Aragon 40:34 Jenny Teppo 40:41 Kelly Kruell 41:23 Barbara Gubbins 42:05 Kimball Bender 42:09 Denise Ripley 43:22 10 Donna Moore 43:27 ElleenBrennanErle 43:32
1 Victory AC 134:52 Parrella/Delph/Erdmann 2 Oregon TC Masters 138:07 McCormack/Davis/Balcom 3 Snohomish TC 141:29 Iffrig/Joslin/Pitkethly 4 Santa Barbara AA 142:32 M70+ Teams 1 Oregon TC Masters 158:10 Keston/Hepner/Keener 2 Tamalpa Runners 199:10 Mooney/Hirabayashi/Pickett W40 SandyMeister-Meridith40:16 Sara Freitas 40:20 Meghan Arbogast 40:29 Kathleen Aragon 40:34 Jenny Teppo 40:41 Kelly Kruell 41:23 Barbara Gubbins 42:05 Kimball Bender 42:09 Denise Ripley 43:22 10 Donna Moore 43:27
1 Victory AC 134:52 Parrella/Delph/Erdmann 2 Oregon TC Masters 138:07 McCormack/Davis/Balcom 3 Snohomish TC 141:29 Iffrig/Joslin/Pitkethly 4 Santa Barbara AA 142:32 M70+ Teams 1 Oregon TC Masters 158:10 Keston/Hepner/Keener 2 Tamalpa Runners 199:10 Mooney/Hir abayashi/Pickett W40 SandyMeister-Meridith40:16 Sara Freitas 40:20 Meghan Arbogast 40:29 Kathleen Aragon 40:34 Jenny Teppo 40:41 Kelly Kruell 41:23 Barbara Gubbins 42:05 Kimball Bender 42:09 Denise Ripley 43:22 10 Donna Moore 43:27 ElleenBrennanErle 43:32 Corinne Hlavka 43:49 Shelley Williams 44:08 Barbara Wismer 44:49
1 Victory AC 134:52 Parrella/Delph/Erdmann 2 Oregon TC Masters 138:07 McCormack/Davis/Balcom 3 Snohomish TC 141:29 Iffrig/Joslin/Pitkethly 4 Santa Barbara AA 142:32 M70+ Teams 1 Oregon TC Masters 158:10 Keston/Hepner/Keener 2 Tamalpa Runners 199:10 Mooney/Hir abayashi/Pickett W40 SandyMeister-Meridith40:16 Sara Freitas 40:20 Meghan Arbogast 40:29 Kathleen Aragon 40:34 Jenny Teppo 40:34 Jenny Teppo 40:34 Kelly Kruell 41:23 Barbara Gubbins 42:05 Kimball Bender 42:09 Denise Ripley 43:22 10 Donna Moore 43:27 ElleenBrennanErle 43:32 Corinne Hlavka 43:49 Shelley Williams 44:08
1 Victory AC Parrella/Delph/Erdmann 2 Oregon TC Masters 138:07 McCormack/Davis/Balcom 3 Snohomish TC 141:29 Iffrig/Joslin/Pitkethly 4 Santa Barbara AA 142:32 M70+ Teams 1 Oregon TC Masters 158:10 Keston/Hepner/Keener 2 Tamalpa Runners 199:10 Mooney/Hirabayashi/Pickett W40 SandyMeister-Meridith40:16 Sara Freitas 40:20 Meghan Arbogast 40:29 Kathleen Aragon 40:34 Jenny Teppo 40:41 Kelly Kruell 41:23 Barbara Gubbins 42:05 Kimball Bender 42:09 Denise Ripley 43:22 10 Donna Moore 43:27 ElleenBrennanErle 43:32 Corinne Hlavka 43:49 Shelley Williams 44:08 Barbara Wismer 44:49 Gail Hall 45:09 W45 Regina Joyce 40:44 Kim Rupert 41:50
1 Victory AC 134:52 Parrella/Delph/Erdmann 2 Oregon TC Masters 138:07 McCormack/Davis/Balcom 3 Snohomish TC 141:29 Iffrig/Joslin/Pitkethly 4 Santa Barbara AA 142:32 M70+ Teams 158:10 Keston/Hepner/Keener 2 Tamalpa Runners 199:10 Mooney/Hirabayashi/Pickett W40 SandyMeister-Meridith40:16 Sara Freitas 40:20 Meghan Arbogast 40:29 Kathleen Aragon 40:34 Jenny Teppo 40:41 Kelly Kruell 41:23 Barbara Gubbins 42:05 Kimball Bender 42:09 Denise Ripley 43:22 10 Donna Moore 43:27 ElleenBrennanErle 43:32 Corinne Hlavka 43:49 Shelley Williams 44:49 Gail Hall 45:09 W45 Regina Joyce 40:44
1 Victory AC Parrella/Delph/Erdmann 2 Oregon TC Masters 138:07 McCormack/Davis/Balcom 3 Snohomish TC 141:29 Iffrig/Joslin/Pitkethly 4 Santa Barbara AA 142:32 M70+ Teams 1 Oregon TC Masters 158:10 Keston/Hepner/Keener 2 Tamalpa Runners 199:10 Mooney/Hir abayashi/Pickett W40 SandyMeister-Meridith40:16 Sara Freitas 40:20 Meghan Arbogast 40:29 Kathleen Aragon 40:34 Jenny Teppo 40:41 Kelly Kruell 41:23 Barbara Gubbins 42:05 Kimball Bender 42:09 Denise Ripley 43:22 10 Donna Moore 43:27 ElleenBrennanErle 43:32 Corinne Hlavka 43:49 Shelley Williams 44:08 Barbara Wismer 44:49 Gail Hall 45:09 W45 Regina Joyce 40:44 Kim Rupert 41:50 Mo Bartley 43:02 Marcella Teran 43:08 Karen Steel 44:59
1 Victory AC 134:52 Parrella/Delph/Erdmann 2 Oregon TC Masters 138:07 McCormack/Davis/Balcom 3 Snohomish TC 141:29 Iffrig/Joslin/Pitkethly 4 Santa Barbara AA 142:32 M70+ Teams 158:10 Keston/Hepner/Keener 2 Tamalpa Runners 199:10 Mooney/Hirabayashi/Pickett W40 SandyMeister-Meridith40:16 Sara Freitas 40:20 Meghan Arbogast 40:29 Kathleen Aragon 40:34 Jenny Teppo 40:41 Kelly Kruell 41:23 Barbara Gubbins 42:05 Kimball Bender 42:09 Denise Ripley 43:22 10 Donna Moore 43:27 ElleenBrennanErle 43:32 Corinne Hlavka 43:49 Shelley Williams 44:08 Barbara Wismer 44:49 Shelley Williams 44:08 Barbara Wismer 44:49 Gail Hall 45:09 W45 Regina Joyce 40:44 Kim Rupert 41:50 Mo Bartley 43:02 Marcella Teran 43:08 Karen Steel 44:59 Heidi Helvestine 45:42 Christine Iwahashi 46:01
1 Victory AC 134:52 Parrella/Delph/Erdmann 2 Oregon TC Masters 138:07 McCormack/Davis/Balcom 3 Snohomish TC 141:29 Iffrig/Joslin/Pitkethly 4 Santa Barbara AA 142:32 M70+ Teams 158:10 Keston/Hepner/Keener 2 Tamalpa Runners 199:10 Mooney/Hirabayashi/Pickett W40 SandyMeister-Meridith40:16 Sara Freitas 40:20 Meghan Arbogast 40:29 Kathleen Aragon 40:34 Jenny Teppo 40:41 Kelly Kruell 41:23 Barbara Gubbins 42:05 Kimball Bender 42:09 Denise Ripley 43:22 10 Donna Moore 43:27 ElleenBrennanErle 43:32 Corinne Hlavka 43:49 Shelley Williams 44:08 Barbara Wismer 44:49 Gail Hall 45:09 W45 Regina Joyce 40:44 Kim Rupert 41:50 Mo Bartley 43:02 Marcella Teran 43:08 Karen Steel 44:59 Heidi Helvestine 45:42 Christine Iwahashi 46:01 Mariat Fernandez 46:19
1 Victory AC 134:52 Parrella/Delph/Erdmann 2 Oregon TC Masters 138:07 McCormack/Davis/Balcom 3 Snohomish TC 141:29 Iffrig/Joslin/Pitkethly 4 Santa Barbara AA 142:32 M70+ Teams 158:10 Keston/Hepner/Keener 2 Tamalpa Runners 199:10 Mooney/Hirabayashi/Pickett W40 SandyMeister-Meridith40:16 Sara Freitas 40:20 Meghan Arbogast 40:29 Kathleen Aragon 40:34 Jenny Teppo 40:41 Kelly Kruell 41:23 Barbara Gubbins 42:05 Kimball Bender 42:09 Denise Ripley 43:22 10 Donna Moore 43:27 ElleenBrennanErle 43:32 Corinne Hlavka 43:49 Shelley Williams 44:08 Barbara Wismer 44:49 Gail Hall 45:09 W45 Regina Joyce 40:44 Kim Rupert 41:50 Mo Bartley 43:02 Marcella Teran 43:08 Karen Steel 44:59 Heidi Helvestine 45:42 Christine Iwahashi 46:01 Mariat Fernandez 46:19 W50 Kathryn Martin 42:40 CarolynSmithHanna43:42
1 Victory AC Parrella/Delph/Erdmann 2 Oregon TC Masters 138:07 McCormack/Davis/Balcom 3 Snohomish TC 141:29 Iffrig/Joslin/Pitkethly 4 Santa Barbara AA 142:32 M70+ Teams 1 Oregon TC Masters 158:10 Keston/Hepner/Keener 2 Tamalpa Runners 199:10 Mooney/Hirabayashi/Pickett W40 SandyMeister-Meridith40:16 Sara Freitas 40:20 Meghan Arbogast 40:29 Kathleen Aragon 40:34 Jenny Teppo 40:41 Kelly Kruell 41:23 Barbara Gubbins 42:05 Kimball Bender 42:09 Denise Ripley 43:22 10 Donna Moore 43:27 EileenBrennanErle 43:32 Corinne Hlavka 43:49 Shelley Williams 44:08 Barbara Wismer 44:49 Gail Hall 45:09 W45 Regina Joyce 40:44 Kim Rupert 41:50 Mo Bartley 43:02 Marcella Teran 43:08 Karen Steel 44:59 Heidi Helvestine 45:42 Christine Iwahashi 46:11 W50 Kathryn Martin 42:40 CarolynSmithHanna43:42 Sandi Halgren 44:21
1 Victory AC 134:52 Parrella/Delph/Erdmann 2 Oregon TC Masters 138:07 McCormack/Davis/Balcom 3 Snohomish TC 141:29 Iffrig/Joslin/Pitkethly 4 Santa Barbara AA 142:32 M70+ Teams 10 Oregon TC Masters 158:10 Keston/Hepner/Keener 2 Tamalpa Runners 199:10 Mooney/Hirabayashi/Pickett W40 SandyMeister-Meridith40:16 Sara Freitas 40:20 Meghan Arbogast 40:29 Kathleen Aragon 40:34 Jenny Teppo 40:41 Kelly Kruell 41:23 Barbara Gubbins 42:05 Kimball Bender 42:09 Denise Ripley 43:22 10 Donna Moore 43:27 ElleenBrennanErle 43:32 Corinne Hlavka 43:49 Shelley Williams 44:49 Shelley Williams 44:49 Gail Hall 45:09 W45 Regina Joyce 40:44 Kim Rupert 41:50 Mo Bartley 43:02 Marcella Teran 43:08 Karen Steel 44:59 Heidi Helvestine 45:42 Christine Iwahashi 46:01 Mariat Fernandez 46:19 W50 Kathryn Martin 42:40 CarolynSmithHanna43:42 Sandi Halgren 44:21 Sharlet Gilbert 45:04 Melinda Morse 48:15
1 Victory AC 134:52 Parrella/Delph/Erdmann 2 Oregon TC Masters 138:07 McCormack/Davis/Balcom 3 Snohomish TC 141:29 Iffrig/Joslin/Pitkethly 4 Santa Barbara AA 142:32 M70+ Teams 158:10 Keston/Hepner/Keener 2 Tamalpa Runners 199:10 Mooney/Hirabayashi/Pickett W40 SandyMeister-Meridith40:16 Sara Freitas 40:20 Meghan Arbogast 40:29 Kathleen Aragon 40:34 Jenny Teppo 40:41 Kelly Kruell 41:23 Barbara Gubbins 42:05 Kimball Bender 42:09 Denise Ripley 43:22 10 Donna Moore 43:27 ElleenBrennanErle 43:32 Corinne Hlavka 43:49 Shelley Williams 44:08 Barbara Wismer 44:49 Gail Hall 45:09 W45 Regina Joyce 40:44 Kim Rupert 41:50 Mo Bartley 43:02 Marcella Teran 43:08 Karen Steel 44:59 Heidi Helvestine 45:42 Christine Iwahashi 46:01 Mariat Fermandez 46:19 W50 Kathryn Martin 42:40 CarolynSmithHanna43:42 Sandi Halgren 44:21 Sharlet Gilbert 45:04 Melinda Morse 48:15 Susan Maslowski 46:53
1 Victory AC Parrella/Delph/Erdmann 2 Oregon TC Masters 138:07 McCormack/Davis/Balcom 3 Snohomish TC 141:29 Iffrig/Joslin/Pitkethly 4 Santa Barbara AA 142:32 M70+ Teams 1 Oregon TC Masters 158:10 Keston/Hepner/Keener 2 Tamalpa Runners 199:10 Mooney/Hirabayashi/Pickett W40 SandyMeister-Meridith40:16 Sara Freitas 40:20 Meghan Arbogast 40:29 Kathleen Aragon 40:34 Jenny Teppo 40:41 Kelly Kruell 41:23 Barbara Gubbins 42:05 Kimball Bender 42:09 Denise Ripley 43:22 10 Donna Moore 43:27 ElleenBrennanErle 43:32 Corinne Hlavka 43:49 Shelley Williams 44:08 Barbara Wismer 44:49 Gail Hall 45:09 W45 Regina Joyce 40:44 Kim Rupert 41:50 Mo Bartley 43:02 Marcella Teran 43:08 Karen Steel 44:59 Heidi Helvestine 45:42 Christine Iwahashi 46:01 Mariat Fernandez 46:19 W50 Kathryn Martin 42:40 CarolynSmithHanna43:42 Sandi Halgren 44:21 Sharlet Gilbert 45:04 Melinda Morse 48:15 Susan Maslowski 46:53 W55 Joan Ottaway 48:39 Jessie Stratton 51:17
1 Victory AC Parrella/Delph/Erdmann 2 Oregon TC Masters 138.07 McCormack/Davis/Balcom 3 Snohomish TC 141:29 Iffrig/Joslin/Pitkethly 4 Santa Barbara AA 142:32 M70+ Teams 1 Oregon TC Masters 158:10 Keston/Hepner/Keener 2 Tamalpa Runners 199:10 Mooney/Hirabayashi/Pickett W40 SandyMeister-Meridith-40:16 Sara Freitas 40:20 Meghan Arbogast 40:29 Kathleen Aragon 40:34 Jenny Teppo 40:41 Kelly Kruell 41:23 Barbara Gubbins 42:05 Kimball Bender 42:09 Denise Ripley 43:22 10 Donna Moore 43:27 EileenBrennanErle 43:32 Corinne Hlavka 43:49 Shelley Williams 44:08 Barbara Wismer 44:49 Gail Hall 45:09 W45 Regina Joyce 40:44 Kim Rupert 41:50 Mo Bartley 43:02 Marcella Teran 43:08 Karen Steel 44:59 Heidi Helvestine 45:42 Christine Iwahashi 46:01 Mariat Fernandez 46:19 W50 Kathryn Martin 42:40 CarolynSmithHanna43:42 Sandi Halgren 44:21 Sharlet Gilbert 45:04 Melinda Morse 48:15 Susan Maslowski 46:53 W55 Joan Ottaway 48:39 Jessie Stratton 51:17 Phyllis Nelson 51:44
1 Victory AC Parrella/Delph/Erdmann 2 Oregon TC Masters 138:07 McCormack/Davis/Balcom 3 Snohomish TC 141:29 Iffrig/Joslin/Pitkethly 4 Santa Barbara AA 142:32 M70+ Teams 1 Oregon TC Masters 158:10 Keston/Hepner/Keener 2 Tamalpa Runners 199:10 Mooney/Hirabayashi/Pickett W40 SandyMeister-Meridith40:16 Sara Freitas 40:20 Meghan Arbogast 40:29 Kathleen Aragon 40:34 Jenny Teppo 40:41 Kelly Kruell 41:23 Barbara Gubbins 42:05 Kimball Bender 42:09 Denise Ripley 43:22 10 Donna Moore 43:27 ElleenBrennanErle 43:32 Corinne Hlavka 43:49 Shelley William 44:08 Barbara Wismer 44:49 Gail Hall 45:09 W45 Regina Joyce 40:44 Kim Rupert 41:50 Mo Bartley 43:02 Marcella Teran 43:08 Karen Steel 44:59 Heidi Helvestine 45:42 Christine Iwahashi 46:01 Mariat Fernandez 46:19 W50 Kathryn Martin 42:40 CarolynSmithHanna43:42 Sandi Halgren 44:21 Sharlet Gilbert 45:04 Melinda Morse 48:15 Susan Maslowski 46:53 W55 Joan Ottaway 48:39 Jessie Stratton 51:14 W60 Shirley Matson 45:11 Edda Stickle 54:00
1 Victory AC Parrella/Delph/Erdmann 2 Oregon TC Masters 138:07 McCormack/Davis/Balcom 3 Snohomish TC 141:29 Iffrig/Joslin/Pitkethly 4 Santa Barbara AA 142:32 M70+ Teams 1 Oregon TC Masters 158:10 Keston/Hepner/Keener 2 Tamalpa Runners 199:10 Mooney/Hirabayashi/Pickett W40 SandyMeister-Meridith40:16 Sara Freitas 40:20 Meghan Arbogast 40:29 Kathleen Aragon 40:34 Jenny Teppo 40:41 Kelly Kruell 41:23 Barbara Gubbins 42:05 Kimball Bender 42:09 Denise Ripley 43:22 10 Donna Moore 43:27 ElleenBrennanErle 43:32 Corinne Hlavka 43:49 Shelley Williams 44:08 Barbara Wismer 44:49 Shelley Williams 44:08 Barbara Wismer 44:49 Gail Hall 45:09 W45 Regina Joyce 40:44 Kim Rupert 41:50 Mo Bartley 43:02 Marcella Teran 43:08 Karen Steel 44:59 Heidi Helvestine 45:42 Christine Iwahashi 46:01 Mariat Fernandez 46:19 W50 Kathryn Martin 42:40 CarolynSmithHanna43:42 Sandi Halgren 45:04 Melinda Morse 48:15 Susan Maslowski 46:53 W55 Joan Ottaway 48:39 Jessie Stratton 51:17 Phyllis Nelson 51:44 W60 Shirley Matson 45:11 Edda Stickle 54:00 Ann Hardham 55:24
1 Victory AC
1 Victory AC   134:52   Parrella/Delph/Erdmann   2 Oregon TC Masters   138:07   McCormack/Davis/Balcom   3 Snohomish TC   141:29   Iffrig/Joslin/Pitkethly   4 Santa Barbara AA   142:32   M70+ Teams   1 Oregon TC Masters   158:10   Keston/Hepner/Keener   2 Tamalpa Runners   199:10   Mooney/Hirabayashi/Pickett   W40 SandyMeister-Meridith 40:16   Sara Freitas   40:20   Meghan Arbogast   40:29   Kathleen Aragon   40:34   Jenny Teppo   40:41   Kelly Kruell   41:23   Barbara Gubbins   42:05   Kimball Bender   42:09   Denise Ripley   43:22   10 Donna Moore   43:27   EileenBrennanErle   43:32   Corinne Hlavka   43:49   Shelley Williams   44:08   Shelley Williams   44:09   W45   Regina Joyce   40:44   Kim Rupert   41:50   Mo Bartley   43:02   Marcella Teran   43:08   Karen Steel   44:59   Heidi Helvestine   45:42   Christine Iwahashi   46:01   Mariat Fernandez   46:19   W50   Kathryn Martin   42:40   CarolynSmithHanna43:42   Sandi Halgren   44:21   Sharlet Gilbert   45:04   Melinda Morse   48:15   Susan Maslowski   46:53   W55   Joan Ottaway   48:39   Jessie Stratton   51:17   Phyllis Nelson   51:44   W60   Shirley Matson   45:11   Edda Stickle   54:00   Ann Hardham   55:24   W40+ Teams
1 Victory AC

2 Impela Bacina Tana	26.54
2 Impala Racing Team 1 Freitas/Bartley/BrennanE	der
3 Club Northwest 1	27:01
Jovce/Bender/Williams	
4 San Diego TC 1	29:43
5 West Valley TC 1	31:38
VY50+ Teams	
	48:41
	54:35
Matson/Stickle/Hardham	
	1414
EAST	
LITF Keyspan Grand Prix	8K X-C
Ronkonkoma, NY; No	v. 14
Overall	
Brent Purin	25:53
Kathy Martin 51	30:05
M40 Bruce Weber	27:21
M40 Bruce Weber	21.21
M45 Don DiDonato	27:34
John McLaughlin	27:52
M50 Chris Webber	28:45
Ted Truet	29:11
M55 Julio Aguirre	30:32
M60 Joe Cordero	34:28
Mike Service	34:30
M65 Mel Cowgill	35:38
Geza Feld	37:38
M70+Guy Froehling	40:33
Alan Druckman	44:20
Was Ellen Brach	30:13
	30:23
W45 Cathy Oehrlein	35:41
Diane Manghan	38:03
W50 K Martin	30:05
M Mulvey	37:58
W55 Mary Trotto	41:06
W60 Marie-I Michalsohn	37:12
Ann Thornhill	37:14
W65 Alexandra Finger	52:32
	54:51
	NI BK
Washington, DC: No.	v. 23
Overall	
Ted Poulos 40	31:07
Patricia Cuff 38	36:53
M40 T Poulos 40 Vince McDonald 43	31:07
VINCE MCI MAIN 43	20.40
M50 Ken Shipp 54	31:20
M50 Ken Shipp 54 Dave Crawford 52	31:20
M50 Ken Shipp 54 Dave Crawford 52 M60 John Haubert 60 M70 Nelson Oertel 71	31:20 32:39 34:17 42:42
M50 Ken Shipp 54 Dave Crawford 52 M60 John Haubert 60 M70 Nelson Oertel 71 W40 Stephanie Shipp49	31:20 32:39 34:17 42:42 38:24
M50 Ken Shipp 54 Dave Crawford 52 M60 John Haubert 60 M70 Nelson Oertel 71	31:20 32:39 34:17 42:42 38:24
M50 Ken Shipp 54 Dave Crawford 52 M60 John Haubert 60 M70 Nelson Oertel 71 W40 Stephanie Shipp49 W50 PegWorthington58 Alexandria Turkey Trot	31:20 32:39 34:17 42:42 38:24 55:48
M50 Ken Shipp 54 Dave Crawford 52 M60 John Haubert 60 M70 Nelson Oertel 71 W40 Stephanie Shipp49 W50 PegWorthington58 Alexandria Turkey Trot Alexandria, VA; Nov	31:20 32:39 34:17 42:42 38:24 55:48
M50 Ken Shipp 54 Dave Crawford 52 M60 John Haubert 60 M70 Nelson Oertel 71 W40 Stephanie Shipp49 W50 PegWorthington58 Alexandria Turkey Trot Alexandria, VA; Nov	31:20 32:39 34:17 42:42 38:24 55:48 5 Mile . 28
M50 Ken Shipp 54 Dave Crawford 52 M60 John Haubert 60 M70 Nelson Oertel 71 W40 Stephanie Shipp49 W50 PegWorthington58  Alexandria Turkey Trot Alexandria, VA; Nov Overall Edmund Burke 33	31:20 32:39 34:17 42:42 38:24 55:48 5 Mile . 28
M50 Ken Shipp 54 Dave Crawford 52 M60 John Haubert 60 M70 Nelson Oertel 71 W40 Stephanie Shipp49 W50 PegWorthington58  Alexandria Turkey Trot Alexandria, VA; Nov Overall Edmund Burke 33 Dana Coons 24	31:20 32:39 34:17 42:42 38:24 55:48 5 Mile . 28 24:25 27:47
M50 Ken Shipp 54 Dave Crawford 52 M60 John Haubert 60 M70 Nelson Oertel 71 W40 Stephanie Shipp49 W50 PegWorthington58 Alexandria Turkey Trot Alexandria, VA; Nov Overall Edmund Burke 33 Dana Coons 24 M35 Dan Wallace	31:20 32:39 34:17 42:42 38:24 55:48 5 Mile . 28 24:25 27:47 30:18
M50 Ken Shipp 54 Dave Crawford 52 M60 John Haubert 60 M70 Nelson Oertel 71 W40 Stephanie Shipp49 W50 PegWorthington58  Alexandria Turkey Trot Alexandria, VA; Nov Overall Edmund Burke 33 Dana Coons 24 M35 Dan Wallace M40 Greg Langer	31:20 32:39 34:17 42:42 38:24 55:48 5 Mile . 28 24:25 27:47 30:18 29:54
M50 Ken Shipp 54 Dave Crawford 52 M60 John Haubert 60 M70 Nelson Oertel 71 W40 Stephanie Shipp49 W50 PegWorthington58  Alexandria Turkey Trot Alexandria, VA; Nov Overall Edmund Burke 33 Dana Coons 24 M35 Dan Wallace M40 Greg Langer Ed Nannahorn	31:20 32:39 34:17 42:42 38:24 55:48 5 Mile . 28 24:25 27:47 30:18 29:54 30:15
M50 Ken Shipp 54 Dave Crawford 52 M60 John Haubert 60 M70 Nelson Oertel 71 W40 Stephanie Shipp49 W50 PegWorthington58  Alexandria Turkey Trot Alexandria, VA; Nov Overall Edmund Burke 33 Dana Coons 24 M35 Dan Wallace M40 Greg Langer Ed Nannahorn Vince McDonald	31:20 32:39 34:17 42:42 38:24 55:48 5 Mile . 28 24:25 27:47 30:18 29:54
M50 Ken Shipp 54 Dave Crawford 52 M60 John Haubert 60 M70 Nelson Oertel 71 W40 Stephanie Shipp49 W50 PegWorthington58  Alexandria Turkey Trot Alexandria, VA; Nov Overall Edmund Burke 33 Dana Coons 24 M35 Dan Wallace M40 Greg Langer Ed Nannahorn Vince McDonald M45 Rick Poppleton Lionel Scatllieffe	31:20 32:39 34:17 42:42 38:24 55:48 5 Mile . 28 24:25 27:47 30:18 29:54 30:15 31:23 31:29 31:30
M50 Ken Shipp 54 Dave Crawford 52 M60 John Haubert 60 M70 Nelson Oertel 71 W40 Stephanie Shipp49 W50 PegWorthington58  Alexandria Turkey Trot Alexandria, VA; Nov Overall Edmund Burke 33 Dana Coons 24 M35 Dan Wallace M40 Greg Langer Ed Nannahorn Vince McDonald M45 Rick Poppleton Lionel Scattlieffe Edward Horn	31:20 32:39 34:17 42:42 38:24 55:48 5 Mile . 28 24:25 27:47 30:18 29:54 30:15 31:29 31:30 31:40
M50 Ken Shipp 54 Dave Crawford 52 M60 John Haubert 60 M70 Nelson Oertel 71 W40 Stephanie Shipp49 W50 PegWorthington58 Alexandria Turkey Trot Alexandria, VA; Nov Overall Edmund Burke 33 Dana Coons 24 M35 Dan Wallace M40 Greg Langer Ed Nannahorn Vince McDonald M45 Rick Poppleton Lionel Scatllieffe Edward Horn M50 JeanPierreBacle	31:20 32:39 34:17 42:42 38:24 55:48 5 Mile . 28 24:25 27:47 30:18 29:54 30:15 31:23 31:23 31:30 31:40 30:47
M50 Ken Shipp 54 Dave Crawford 52 M60 John Haubert 60 M70 Nelson Oertel 71 W40 Stephanie Shipp49 W50 PegWorthington58  Alexandria Turkey Trot Alexandria, VA; Nov Overall Edmund Burke 33 Dana Coons 24 M35 Dan Wallace M40 Greg Langer Ed Nannahorn Vince McDonald M45 Rick Poppleton Lionel Scatllieffe Edward Horn M50 JeanPierreBacle Jay Wind	31:20 32:39 34:17 42:42 38:24 55:48 5 Mile . 28 24:25 27:47 30:18 29:54 30:15 31:23 31:23 31:30 31:40 30:47 30:59
M50 Ken Shipp 54 Dave Crawford 52 M60 John Haubert 60 M70 Nelson Oertel 71 W40 Stephanie Shipp49 W50 PegWorthington58  Alexandria Turkey Trot Alexandria, VA; Nov Overall Edmund Burke 33 Dana Coons 24 M35 Dan Wallace M40 Greg Langer Ed Nannahorn Vince McDonald M45 Rick Poppleton Lionel Scattlieffe Edward Horn M50 JeanPierreBacle Jay Wind Gary Guenther	31:20 32:39 34:17 42:42 38:24 55:48 5 Mile . 28 24:25 27:47 30:18 29:54 30:15 31:29 31:30 31:40 30:47 30:47 30:47 30:47 30:47 30:47 30:47
M50 Ken Shipp 54 Dave Crawford 52 M60 John Haubert 60 M70 Nelson Oertel 71 W40 Stephanie Shipp49 W50 PegWorthington58  Alexandria Turkey Trot Alexandria, VA; Nov Overall Edmund Burke 33 Dana Coons 24 M35 Dan Wallace M40 Greg Langer Ed Nannahorn Vince McDonald M45 Rick Poppleton Lionel Scattlieffe Edward Horn M50 JeanPierreBacle Jay Wind Gary Guenther M55 Robert Trost Stephen Banks	31:20 32:39 34:17 42:42 38:24 55:48 5 Mile . 28 24:25 27:47 30:18 29:54 30:15 31:23 31:23 31:30 31:40 30:47 30:59
M50 Ken Shipp 54 Dave Crawford 52 M60 John Haubert 60 M70 Nelson Oertel 71 W40 Stephanie Shipp49 W50 PegWorthington58  Alexandria Turkey Trot Alexandria, VA; Nov Overall Edmund Burke 33 Dana Coons 24 M35 Dan Wallace M40 Greg Langer Ed Nannahorn Vince McDonald M45 Rick Poppleton Lionel Scatllieffe Edward Horn M50 JeanPierreBacle Jay Wind Gary Guenther M55 Robert Trost	31:20 32:39 34:17 42:42 38:24 55:48 5 Mile . 28 24:25 27:47 30:18 29:54 30:15 31:29 31:30 31:40 30:47 30:59 32:36 32:57 33:37 33:29
M50 Ken Shipp 54 Dave Crawford 52 M60 John Haubert 60 M70 Nelson Oertel 71 W40 Stephanie Shipp49 W50 PegWorthington58  Alexandria Turkey Trot Alexandria, VA; Nov Overall Edmund Burke 33 Dana Coons 24 M35 Dan Wallace M40 Greg Langer Ed Nannahorn Vince McDonald M45 Rick Poppleton Lionel Scatllieffe Edward Horn M50 JeanPierreBacle Jay Wind Gary Guenther M55 Robert Trost Stephen Banks M60 John Haubert John Churchman	31:20 32:39 34:17 42:42 38:24 55:48 5 Mile . 28 24:25 27:47 30:18 29:54 30:15 31:29 31:30 31:40 30:47 30:59 32:36 32:37 33:37 33:29 34:36
M50 Ken Shipp 54 Dave Crawford 52 M60 John Haubert 60 M70 Nelson Oertel 71 W40 Stephanie Shipp49 W50 PegWorthington58  Alexandria Turkey Trot Alexandria, VA; Nov Overall Edmund Burke 33 Dana Coons 24 M35 Dan Wallace M40 Greg Langer Ed Nannahorn Vince McDonald M45 Rick Poppleton Lionel Scatllieffe Edward Horn M50 JeanPierreBacle Jay Wind Gary Guenther M55 Robert Trost Stephen Banks M60 John Haubert John Churchman M65 Ken Quincy	31:20 32:39 34:17 42:42 338:24 55:48 5 Mile . 28 24:25 27:47 30:18 29:54 30:15 31:29 31:30 31:40 30:47 30:47 30:59 32:36 32:57 33:37 33:37 33:37 33:37 33:39 31:40
M50 Ken Shipp 54 Dave Crawford 52 M60 John Haubert 60 M70 Nelson Oertel 71 W40 Stephanie Shipp49 W50 PegWorthington58  Alexandria Turkey Trot Alexandria, VA; Nov Overall Edmund Burke 33 Dana Coons 24 M35 Dan Wallace M40 Greg Langer Ed Nannahorn Vince McDonald M45 Rick Poppleton Lionel Scatllieffe Edward Horn M50 JeanPierreBacle Jay Wind Gary Guenther M55 Robert Trost Stephen Banks M60 John Haubert John Churchman M65 Ken Quincy Mark Blackdon	31:20 32:39 34:17 42:42 38:24 55:48 5 Mile . 28 24:25 27:47 30:18 29:54 30:15 30:15 31:29 31:30 31:40 30:47 30:57 32:36 32:57 33:37 33:37 33:36 34:36 36:36
M50 Ken Shipp 54 Dave Crawford 52 M60 John Haubert 60 M70 Nelson Oertel 71 W40 Stephanie Shipp49 W50 PegWorthington58  Alexandria Turkey Trot Alexandria, VA; Nov Overall Edmund Burke 33 Dana Coons 24 M35 Dan Wallace M40 Greg Langer Ed Nannahorn Vince McDonald M45 Rick Poppleton Lionel Scatllieffe Edward Horn M50 JeanPierreBacle Jay Wind Gary Guenther M55 Robert Trost Stephen Banks M60 John Haubert John Churchman M65 Ken Quincy Mark Blackdon M70 Don McCarten	31:20 32:39 34:17 42:42 38:24 55:48 5 Mile . 28 24:25 27:47 30:18 29:54 30:15 31:29 31:30 31:40 30:47 30:57 33:29 33:37 33:29 34:36 39:16
M50 Ken Shipp 54 Dave Crawford 52 M60 John Haubert 60 M70 Nelson Oertel 71 W40 Stephanie Shipp49 W50 PegWorthington58  Alexandria Turkey Trot Alexandria, VA; Nov Overall Edmund Burke 33 Dana Coons 24 M35 Dan Wallace M40 Greg Langer Ed Nannahorn Vince McDonald M45 Rick Poppleton Lionel Scatllieffe Edward Horn M50 JeanPierreBacle Jay Wind Gary Guenther M55 Robert Trost Stephen Banks M60 John Haubert John Churchman M65 Ken Quincy Mark Blackdon	31:20 32:39 34:17 42:42 38:24 55:48 5 Mile . 28 24:25 27:47 30:18 29:54 30:15 30:15 31:29 31:30 31:40 30:47 30:57 32:36 32:57 33:37 33:37 33:36 34:36 36:36
M50 Ken Shipp 54 Dave Crawford 52 M60 John Haubert 60 M70 Nelson Oertel 71 W40 Stephanie Shipp49 W50 PegWorthington58  Alexandria Turkey Trot Alexandria, VA; Nov Overall Edmund Burke 33 Dana Coons 24 M35 Dan Wallace M40 Greg Langer Ed Nannahorn Vince McDonald M45 Rick Poppleton Lionel Scatllieffe Edward Horn M50 JeanPierreBacle Jay Wind Gary Guenther M55 Robert Trost Stephen Banks M60 John Haubert John Churchman M65 Ken Quincy Mark Blackdon M70 Don McCarten T C Pickney	31:20 32:39 34:17 42:42 338:24 55:48 5 Mile . 28 24:25 27:47 30:18 29:54 30:15 31:29 31:30 31:47 30:47
M50 Ken Shipp 54 Dave Crawford 52 M60 John Haubert 60 M70 Nelson Oertel 71 W40 Stephanie Shipp49 W50 PegWorthington58  Alexandria Turkey Trot Alexandria, VA; Nov Overall Edmund Burke 33 Dana Coons 24 M35 Dan Wallace M40 Greg Langer Ed Nannahorn Vince McDonald M45 Rick Poppleton Lionel Scattlieffe Edward Horn M50 JeanPierreBacle Jay Wind Gary Guenther M55 Robert Trost Stephen Banks M60 John Haubert John Churchman M65 Ken Quincy Mark Blackdon M70 Don McCarten T C Pickney M75 Paul Nunte M85 Connie Jones W35 D TrellesRussell	31:20 32:39 34:17 42:42 38:24 55:48 5 Mile . 28 24:25 27:47 30:18 29:54 30:15 30:15 30:15 30:47
M50 Ken Shipp 54 Dave Crawford 52 M60 John Haubert 60 M70 Nelson Oertel 71 W40 Stephanie Shipp49 W50 PegWorthington58  Alexandria Turkey Trot Alexandria, VA; Nov Overall Edmund Burke 33 Dana Coons 24 M35 Dan Wallace M40 Greg Langer Ed Nannahorn Vince McDonald M45 Rick Poppleton Lionel Scattlieffe Edward Horn M50 JeanPierreBacle Jay Wind Gary Guenther M55 Robert Trost Stephen Banks M60 John Haubert John Churchman M65 Ken Quincy Mark Blackdon M70 Don McCarten T C Pickney M75 Paul Nunte M85 Connie Jones W35 D TrellesRussell W40 Gretchen Triantos	31:20 32:39 34:17 42:42 38:24 55:48 5 Mile . 28 24:25 27:47 30:18 29:54 30:15 31:29 31:30 31:40 30:47 30:57 30:36 32:57 33:37 33:29 34:36 32:57 33:37 33:29 34:40 46:19 53:53 81:49 81:40 81:40 81:40 81:40
M50 Ken Shipp 54 Dave Crawford 52 M60 John Haubert 60 M70 Nelson Oertel 71 W40 Stephanie Shipp49 W50 PegWorthington58  Alexandria Turkey Trot Alexandria, VA; Nov Overall Edmund Burke 33 Dana Coons 24 M35 Dan Wallace M40 Greg Langer Ed Nannahorn Vince McDonald M45 Rick Poppleton Lionel Scatllieffe Edward Horn M50 JeanPierreBacle Jay Wind Gary Guenther M55 Robert Trost Stephen Banks M60 John Haubert John Churchman M65 Ken Quincy Mark Blackdon M70 Don McCarten T C Pickney M75 Paul Nunte M85 Connie Jones W35 D TrellesRussell W40 Gretchen Triantos Chris Newsham	31:20 32:39 34:17 42:42 38:24 55:48 5 Mile 28:25 27:47 30:18 29:54 30:15 31:29 31:30 31:40 30:47 30:57 33:29 31:30 31:40 46:19 53:53 81:49 81:49
M50 Ken Shipp 54 Dave Crawford 52 M60 John Haubert 60 M70 Nelson Oertel 71 W40 Stephanie Shipp49 W50 PegWorthington58  Alexandria Turkey Trot Alexandria, VA; Nov Overall Edmund Burke 33 Dana Coons 24 M35 Dan Wallace M40 Greg Langer Ed Nannahorn Vince McDonald M45 Rick Poppleton Lionel Scatilieffe Edward Horn M50 JeanPierreBacle Jay Wind Gary Guenther M55 Robert Trost Stephen Banks M60 John Haubert John Churchman M65 Ken Quincy Mark Blackdon M70 Don McCarten T C Pickney M75 Paul Nunte M85 Connie Jones W35 D TrellesRussell W40 Gretchen Triantos Chris Newsham Theresa Kolish	31:20 32:39 34:17 42:42 38:24 55:48 55:48 5 Mile 24:25 27:47 30:18 29:54 30:15 31:29 31:30 31:40 30:47 30:59 32:36 39:16 40:11 40:46 40:19 53:53 81:49 29:17 31:09 34:26 34:32
M50 Ken Shipp 54 Dave Crawford 52 M60 John Haubert 60 M70 Nelson Oertel 71 W40 Stephanie Shipp49 W50 PegWorthington58  Alexandria Turkey Trot Alexandria, VA; Nov Overall Edmund Burke 33 Dana Coons 24 M35 Dan Wallace M40 Greg Langer Ed Nannahorn Vince McDonald M45 Rick Poppleton Lionel Scattlieffe Edward Horn M50 JeanPierreBacle Jay Wind Gary Guenther M55 Robert Trost Stephen Banks M60 John Haubert John Churchman M65 Ken Quincy Mark Blackdon M70 Don McCarten T C Pickney M75 Paul Nunte M85 Connie Jones W35 D TrellesRussell W40 Gretchen Triantos Chris Newsham Theresa Kolish W45 Betty Blank	31:20 32:39 34:17 42:42 38:24 55:48 55:48 5 Mile 24:25 27:47 30:18 29:54 30:15 31:29 31:30 31:40 30:47 30:39 32:36 32:57 33:37 33:39 34:36 39:16 40:11 42:46 46:19 53:53 81:49 29:17 31:09 34:26 34:32 33:05
M50 Ken Shipp 54 Dave Crawford 52 M60 John Haubert 60 M70 Nelson Oertel 71 W40 Stephanie Shipp49 W50 PegWorthington58  Alexandria Turkey Trot Alexandria, VA; Nov Overall Edmund Burke 33 Dana Coons 24 M35 Dan Wallace M40 Greg Langer Ed Nannahorn Vince McDonald M45 Rick Poppleton Lionel Scatilieffe Edward Horn M50 JeanPierreBacle Jay Wind Gary Guenther M55 Robert Trost Stephen Banks M60 John Haubert John Churchman M65 Ken Quincy Mark Blackdon M70 Don McCarten T C Pickney M75 Paul Nunte M85 Connie Jones W35 D TrellesRussell W40 Gretchen Triantos Chris Newsham Theresa Kolish	31:20 32:39 34:17 42:42 38:24 55:48 55:48 5 Mile 24:25 27:47 30:18 29:54 30:15 31:29 31:30 31:40 30:47 30:59 32:36 39:16 40:11 40:46 40:19 53:53 81:49 29:17 31:09 34:26 34:32
M50 Ken Shipp 54 Dave Crawford 52 M60 John Haubert 60 M70 Nelson Oertel 71 W40 Stephanie Shipp49 W50 PegWorthington58  Alexandria Turkey Trot Alexandria, VA; Nov Overall Edmund Burke 33 Dana Coons 24 M35 Dan Wallace M40 Greg Langer Ed Nannahorn Vince McDonald M45 Rick Poppleton Lionel Scatllieffe Edward Horn M50 JeanPierreBacle Jay Wind Gary Guenther M55 Robert Trost Stephen Banks M60 John Haubert John Churchman M65 Ken Quincy Mark Blackdon M70 Don McCarten T C Pickney M75 Paul Nunte M85 Connie Jones W35 D TrellesRussell W40 Gretchen Triantos Chris Newsham Theresa Kolish W45 Betty Blank Patty Donahue W50 Julie Orr MaryAnnRoberts	31:20 32:39 34:17 42:42 38:24 55:48 5 Mile . 28 24:25 27:47 30:18 29:54 30:15 31:29 31:30 31:40 30:47
M50 Ken Shipp 54 Dave Crawford 52 M60 John Haubert 60 M70 Nelson Oertel 71 W40 Stephanie Shipp49 W50 PegWorthington58  Alexandria Turkey Trot Alexandria, VA; Nov Overall Edmund Burke 33 Dana Coons 24 M35 Dan Wallace M40 Greg Langer Ed Nannahorn Vince McDonald M45 Rick Poppleton Lionel Scatllieffe Edward Horn M50 JeanPierreBacle Jay Wind Gary Guenther M55 Robert Trost Stephen Banks M60 John Haubert John Churchman M65 Ken Quincy Mark Blackdon M70 Don McCarten T C Pickney M75 Paul Nunte M85 Connie Jones W35 D TrellesRussell W40 Gretchen Triantos Chris Newsham Theresa Kolish W45 Betty Blank Patty Donahue W50 Julie Orr MaryAnnRoberts W55 MaryEllenGonyea	31:20 32:39 34:17 42:42 38:24 55:48 5 Mile 28 24:25 27:47 30:18 29:54 30:15 31:29 31:30 31:40 30:57 33:29 31:30 31:40 30:57 33:37 33:29 34:36 46:19 53:53 81:49 46:19 53:53 81:49 31:40 46:19 53:53 81:49 31:40 46:19 53:53 81:40 46:19 53:53 81:40 46:19 53:53 81:40 46:19 53:53 81:40 46:19 53:53 81:40 46:19 53:53 81:40 46:19 53:53 81:40 46:19 53:53 81:40 46:19 53:53 81:40 46:19 53:53 81:40 46:19 53:53 81:40 46:19 53:53 81:40 46:19 53:53 81:40 46:19 53:53 81:40 46:19 53:53 81:40 46:19 53:53 81:40 31
M50 Ken Shipp 54 Dave Crawford 52 M60 John Haubert 60 M70 Nelson Oertel 71 W40 Stephanie Shipp49 W50 PegWorthington58  Alexandria Turkey Trot Alexandria, VA; Nov Overall Edmund Burke 33 Dana Coons 24 M35 Dan Wallace M40 Greg Langer Ed Nannahorn Vince McDonald M45 Rick Poppleton Lionel Scattlieffe Edward Horn M50 JeanPierreBacle Jay Wind Gary Guenther M55 Robert Trost Stephen Banks M60 John Haubert John Churchman M65 Ken Quincy Mark Blackdon M70 Don McCarten T C Pickney M75 Paul Nunte M85 Connie Jones W35 D TrellesRussell W40 Gretchen Triantos Chris Newsham Theresa Kolish W45 Betty Blank Patty Donahue W50 Julie Orr MaryAnnRoberts W55 MaryEllenGonyea Loica Velilla	31:20 32:39 34:17 42:42 38:24 55:48 5 Mile 28 24:25 27:47 30:18 29:54 30:15 31:29 31:30 31:40 30:47 30:47 30:53 31:29 31:30 31:40 30:47 30:53 30:47 30:53 30:47 30:47 30:53 30:47 30:47 30:53 31:40 32:56 32:57 33:37 33:29 34:36 39:16 40:11 40:46 46:19 53:53 81:49 29:17 31:09 31:40 31
M50 Ken Shipp 54 Dave Crawford 52 M60 John Haubert 60 M70 Nelson Oertel 71 W40 Stephanie Shipp49 W50 PegWorthington58  Alexandria Turkey Trot Alexandria, VA; Nov Overall Edmund Burke 33 Dana Coons 24 M35 Dan Wallace M40 Greg Langer Ed Nannahorn Vince McDonald M45 Rick Poppleton Lionel Scattlieffe Edward Horn M50 JeanPierreBacle Jay Wind Gary Guenther M55 Robert Trost Stephen Banks M60 John Haubert John Churchman M65 Ken Quincy Mark Blackdon M70 Don McCarten T C Pickney M75 Paul Nunte M85 Connie Jones W35 D TrellesRussell W40 Gretchen Triantos Chris Newsham Theresa Kolish W45 Betty Blank Patty Donahue W50 Julie Orr MaryAnnRoberts W55 MaryEllenGonyea Loica Velilla W60 Dlane Swan	31:20 32:39 34:17 42:42 38:24 55:48 55:48 5 Mile 28:25 27:47 30:18 29:54 30:15 31:29 31:30 31:40 30:47 30:31
M50 Ken Shipp 54 Dave Crawford 52 M60 John Haubert 60 M70 Nelson Oertel 71 W40 Stephanie Shipp49 W50 PegWorthington58  Alexandria Turkey Trot Alexandria, VA; Nov Overall Edmund Burke 33 Dana Coons 24 M35 Dan Wallace M40 Greg Langer Ed Nannahorn Vince McDonald M45 Rick Poppleton Lionel Scattlieffe Edward Horn M50 JeanPierreBacle Jay Wind Gary Guenther M55 Robert Trost Stephen Banks M60 John Haubert John Churchman M65 Ken Quincy Mark Blackdon M70 Don McCarten T C Pickney M75 Paul Nunte M85 Connie Jones W35 D TrellesRussell W40 Gretchen Triantos Chris Newsham Theresa Kolish W45 Betty Blank Patty Donahue W50 Julie Orr MaryAnnRoberts W55 MaryEllenGonyea Loica Velilla W60 Diane Swan Barbara Privitera	31:20 32:39 34:17 42:42 38:24 55:48 5 Mile 28 24:25 27:47 30:18 29:54 30:15 31:29 31:30 31:40 30:47 30:47 30:53 31:29 31:30 31:40 30:47 30:53 30:47 30:53 30:47 30:47 30:53 30:47 30:47 30:53 31:40 32:56 32:57 33:37 33:29 34:36 39:16 40:11 40:46 46:19 53:53 81:49 29:17 31:09 31:40 31
M50 Ken Shipp 54 Dave Crawford 52 M60 John Haubert 60 M70 Nelson Oertel 71 W40 Stephanie Shipp49 W50 PegWorthington58  Alexandria Turkey Trot Alexandria, VA; Nov Overall Edmund Burke 33 Dana Coons 24 M35 Dan Wallace M40 Greg Langer Ed Nannahorn Vince McDonald M45 Rick Poppleton Lionel Scattlieffe Edward Horn M50 JeanPierreBacle Jay Wind Gary Guenther M55 Robert Trost Stephen Banks M60 John Haubert John Churchman M65 Ken Quincy Mark Blackdon M70 Don McCarten T C Pickney M75 Paul Nunte M85 Connie Jones W35 D TrellesRussell W40 Gretchen Triantos Chris Newsham Theresa Kolish W45 Betty Blank Patty Donahue W50 Julie Orr MaryAnnRoberts W55 MaryEllenGonyea Loica Velilla W60 Diane Swan Barbara Privitera from George Banker	31:20 32:39 34:17 42:42 38:24 55:48 55:48 5 Mile 28:25 27:47 30:18 29:54 30:15 31:29 31:30 31:40 30:47 30:31
M50 Ken Shipp 54 Dave Crawford 52 M60 John Haubert 60 M70 Nelson Oertel 71 W40 Stephanie Shipp49 W50 PegWorthington58  Alexandria Turkey Trot Alexandria, VA; Nov Overall Edmund Burke 33 Dana Coons 24 M35 Dan Wallace M40 Greg Langer Ed Nannahorn Vince McDonald M45 Rick Poppleton Lionel Scattlieffe Edward Horn M50 JeanPierreBacle Jay Wind Gary Guenther M55 Robert Trost Stephen Banks M60 John Haubert John Churchman M65 Ken Quincy Mark Blackdon M70 Don McCarten T C Pickney M75 Paul Nunte M85 Connie Jones W35 D TrellesRussell W40 Gretchen Triantos Chris Newsham Theresa Kolish W45 Betty Blank Patty Donahue W50 Julie Orr MaryAnnRoberts W55 MaryEllenGonyea Loica Velilla W60 Diane Swan Barbara Privitera	31:20 32:39 34:17 42:42 38:24 55:48 55:48 5 Mile 28:25 27:47 30:18 29:54 30:15 31:29 31:30 31:40 30:47 30:31
M50 Ken Shipp 54 Dave Crawford 52 M60 John Haubert 60 M70 Nelson Oertel 71 W40 Stephanie Shipp49 W50 PegWorthington58  Alexandria Turkey Trot Alexandria, VA; Nov Overall Edmund Burke 33 Dana Coons 24 M35 Dan Wallace M40 Greg Langer Ed Nannahorn Vince McDonald M45 Rick Poppleton Lionel Scattlieffe Edward Horn M50 JeanPierreBacle Jay Wind Gary Guenther M55 Robert Trost Stephen Banks M60 John Haubert John Churchman M65 Ken Quincy Mark Blackdon M70 Don McCarten T C Pickney M75 Paul Nunte M85 Connie Jones W35 D TrellesRussell W40 Gretchen Triantos Chris Newsham Theresa Kolish W45 Betty Blank Patty Donahue W50 Julie Orr MaryAnnRoberts W55 MaryEllenGonyea Loica Velilla W60 Diane Swan Barbara Privitera from George Banker	31:20 32:39 34:17 42:42 38:24 55:48 55:48 5 Mile 28:25 27:47 30:18 29:54 30:15 31:29 31:30 31:40 30:47 30:31
M50 Ken Shipp 54 Dave Crawford 52 M60 John Haubert 60 M70 Nelson Oertel 71 W40 Stephanie Shipp49 W50 PegWorthington58  Alexandria Turkey Trot Alexandria, VA; Nov Overall Edmund Burke 33 Dana Coons 24 M35 Dan Wallace M40 Greg Langer Ed Nannahorn Vince McDonald M45 Rick Poppleton Lionel Scattlieffe Edward Horn M50 JeanPierreBacle Jay Wind Gary Guenther M55 Robert Trost Stephen Banks M60 John Haubert John Churchman M65 Ken Quincy Mark Blackdon M70 Don McCarten T C Pickney M75 Paul Nunte M85 Connie Jones W35 D TrellesRussell W40 Gretchen Triantos Chris Newsham Theresa Kolish W45 Betty Blank Patty Donahue W50 Julie Orr MaryAnnRoberts W55 MaryEllenGonyea Loica Velilla W60 Diane Swan Barbara Privitera from George Banker	31:20 32:39 34:17 42:42 38:24 55:48 55:48 5 Mile 28:25 27:47 30:18 29:54 30:15 31:29 31:30 31:40 30:47 30:31
	3 Club Northwest Joyce/Bender/Williams 4 San Diego TC 5 West Valley TC W50+ Teams 1 Impata Racing Team 1 Impata Racing Team 1 Impata Racing Team 1 Morse/Fillmore/Stratton W60+ Teams 1 Tamalpa Runners 1 Tamalpa Runners 1 Matson/Stickle/Hardham  EAST  LITF Keyspan Grand Prix Ronkonkoma, NY; No Overall Brent Purin Kathy Martin 51 M35 Hans Parrado M40 Bruce Weber Keith Field M45 Don DiDonato John McLaughlin M50 Chris Webber Ted Truet M55 Julio Aguirre Steve Conroy M60 Joe Cordero Mike Service M65 Mel Cowgill Geza Feld M70+Guy Froehling Alan Druckman W35 Ellen Braoh W40 Elizabeth Ratner Bernadette Bernadette W45 Cathy Oehrlein Diane Manghan W50 K Martin M Mulvey W55 Mary Trotto Helma Clavin W60 Marie-LMichelsohn Ann Thornhill W65 Alexandra Finger W70+Dolly Finkelstein  PVTC Cranberry Craw Washington, DC; No Overall Ted Poulos 40 Patricia Cuff 38 M40 T Poulos 40

Brian's Run 10K & 5K West Chester, PA; Dec. 8	Me
Overall         29:48           George Millie 30         29:48           Martha Komu 19         35:32	Me
M35 Paul Mwangi 30:10 Andrew Shearer 36:00 M40 Greg Cualler 33:18	M
Joe Breslin 35:27 M45 Hugh Biggins 37:46	M
Jose Dossantos 38:11 M50 Dave Anderson 39:02 Steve Cartwright 39:09	W
M55 Robert Hampton 37:56 Art Burger 39:49	W
M60 Warren Taylor 42:25 Tom Kushinka 45:13 M65 Len Taylor 48:14	
John Langen 53.04 W35 Ann Tireney 39.47	W
Nancy Gray 42:45 W40 Lorraine Jasper 39:14 J. Eschenbach 42:14	W
W45 Ann Gaffney 45:17 Michele Wolfe 45:46	W
W50 Leah Whipple 42:18 Jeanne Jarmoska 53:29 W55 Sharon Lachall 47:34	W
Barbara Burger 55:58 W60 Gail McCahon 1:04:39	[fo
W65 Andrea Gerbstalt 1:00:36 Gerry Fitch 1:07:40	
Overall Jeff Stallings 29 18:31	Oy Te Ka
Laura Grimm 27 22:33 M35 Chris Stapleton 20:24 Greg Hedeman 22:47	M
M40 Thomas Halkowski 20:21 John Gorgol 20:54	M
M45 Roger Krone 21:52 Pete Rittenhouse 22:09 M50 Paul Silver 20:41	M
James Dunlap 23:09 M55 Tom Nevin 24:04	M
Dick Kitchen 24:41 M60 David Hinchberger 24:26 Don White 26:38	W
M65 Frank Dabundo 33:50 James Jacony 36:50 W35 Darlise O Conner 26:41	
Barbara Roach 28:48 W40 Mary Beth Bittles 23:31	0
Amy Snyder 24:53 W45 Jeaninne Thompson 27:27 Andrea Rubinoff 27:43	EI M
W50 Kathy Poore 31:03 Bonnie Shapiro 32:17	M
W55 April Hubbard 31:20 Jane Kintner 35:20 W60 Daniele Leong 36:06	M
Kathleen Janice 38:47 W65 Gloria Jenkins 29:30	M
NYRR Joe Kleinerman 10K Central Park, NYC; Dec. 15	M
<u>Overall</u> Paul Mwangi 35 30:44 Margaret Angell 26 35:49	M
M40 Mike Kohlbrenner 33:47 M45 Amador Ybanez 34:07	
M50 Thomas Hall 36:54 M55 Julio Aguirre 38:01	M
M60 Sidney Howard 40:47 M65 Witold Bialokur 41:43	M
M70 Kenneth Jones 48:08 M75 Sab Koide 57:04 M80 Allen Flagg 1:32:29	М
M80 Allen Flagg 1:32:29 M85 Wilfredo Rios 1:25:24 W40 Alayne Adams 37:20	w
W45 Gillian Horovitz 39:53 W50 Kathleen Horton 45:55	w
W55 Manilyn Greeley Walsh 47:03 W60 Anna thomhill 46:46	w
W65 Helene Bedrock 49:21 W70 Toshiko D'Elia 56:44 W75 Joan Rowland 1:16:35	- 1
USATF-NJ 10M Championship	W
South Orange, NJ; Dec. 15 Overall Stephen Ondieki 28 53:26	W
Stephen Ondieki 28         53:26           Madelyn Noe Schlentz 42         61:48           M40 Jeremy Stratton         58:07	w
Jose Guzman 58:08 Rick Pingitore 58:21	fro
M45 Randall White 57:00 Dan Murphy 58:53 Michael Ferinden 1:04:04	Ov
M50 Roger Price 1:00:47	Car
Bill Bosmann 1:01:53	Yur
Bill Bosmann 1:01:53 Bruce Langenkamp 1:03:24 M55 Robert Hempton 1:02:07 Richard Helmer 1:08:52	M4 M4

n 10K		M60 Pat Cosgrove 1:08	
r, PA;	Dec. 8	Howie Brown 1:12 Thomas Kelly 1:14	
1000	29:48	M65 Richard Hill 1:19 Don Bozzone 1:21	
gi	35:32 30:10	Don Bozzone 1:21 William Schaefer 1:50	48
earer	36:00	M70 Joe La Bruno 1:27	:07
er	33:18 35:27	Bill Welsh 1:53 Raymond Reddick1:5	
ns	37:46	M75 Lester Ridings 1:31	1:04
rson	38:11 39:02	Angel Aponte 1:35 w40 M. Noe-Schlentz 1:01	
wright	39:09	W40 M. Noe-Schlentz 1:01 Sherrie Felton 1:15	
npton	37:56 39:49	Pamela Fales 1:18	3:39
ylor	42:25	W45 Judith Christian 1:12 L McPhillips 1:14	2:40
nka	45:13		1:56
en	48:14 53:04		1:11
y	39:47		3:42 4:31
y	42:45 39:14	W55 Patricia O'Hanlon 1:26	3:36
ach	42:14		2:23
у	45:17		5:14
olfe	45:46 42:18	Mary Ann Murphy1:3	
rmoska	53:29	7 11071011010	3:21 1:33
chall urger	47:34 55:58	W65 Imme Dyson 1:2	
hon	1:04:39	[for more: www.usatfnj.org	
rbstalt	1:00:36	Christmas Caper 8K	
n	1:07:40	Washington, DC; Dec.	
		Overall 2	0.00
9	18:31		8:23 8:04
leton	22:33	M40 T Poulos 2	8:23
eman	22:47	Vince McDonald43 3	
alkowsk	20:21		0:51 2:48
ol ne	21:52	M60 John Haubert 60 3	3:47
nhouse	22:09	John Gluck 65 3	8:23
nlap	20:41	The state of the s	4:09 7:03
1	24:04		7:22
en	24:41	W50 Dee Nelson 59 3	9:47
chberge	24:26 26:38		5:53
oundo	33:50	Vitamin World Ho Ho	Но
Conner	36:50 26:41	Holiday 5K Bethpage, NY; Dec. 2	1
Roach	28:48	Overall	
Bittles	23:31	Jose Zayas 24 1	5:23
ier Thomps	24:53 on 27:27		8:50 6:31
ubinoff	27:43		7:53
re	31:03 32:17	Silas Murray 1	8:36
hapiro bard	31:20		8:51 8:34
ner	35:20	Blas Abadia 2	0:12
Janice	36:06 38:47	Rick Booth 2	0:18
kins	29:30		9:52 0:14
	an 10K	Peter Martin 2	0:23
NYC; [	Dec. 15		9:16
	30:44		9:33 0:01
26	35:49	M60 Mike Service 2	0:02
renner	33:47		1:03
anez	34:07		2:00
	36:54	Hilton Goring 2	3:03
e vard	38:01 40:47	TOTAL CONTRACTOR OF THE PROPERTY OF THE PROPER	4:37
kur	41:43		4:46 6:14
nes	48:08	John McManus 2	7:15
	57:04		6:06
16	1:32:29		3:40 0:52
ms .	37:20	Nancy KatzJohnson2	1:24
vitz	39:53	B CroninStagnari 2	1:43
orton	45:55		2:42 3:10
	Ish 47:03		3:22
hill Irock	46:46	W50 Miniam Mulvey 2	2:34
lia	56:44		2:52
ind	1:16:35		3:14 1:45
Chamr	pionship		4:58
, NJ; D	Dec. 15	W60 Wendy Burns 2	7:09
			7:16
i 28 ntz 42	53:26 61:48	Sally Schuckman 3	8:47
atton	58:07	W70 Josephine Curtin 3	9:28
an	58:08	Mary Ludemann 4 from Mike Polansky	5:48
ore	58:21		
nite y	57:00 58:53	NYRR Holiday 4-Mile R Central Park, NYC; Dec.	un 22
rinden 1	1:04:04	Overall	
9 1	1:00:47		0:40
	1:01:53	Yumi Ogita 41 2	4:33
	1:02:07		2:19
lmer 1	1:08:52		1:11
so 1	1:09:26	Continued on nex	t page

page 30			
Continued from previous	s page	M55 DAN MURRAY	28:58
M50 Jean Periac	25:14	DALE B. CARTER	30:54
M55 Miall Dillane M60 Jack Brennan	25:03	STEVE TYNDALL EMMONS WELCH	32:14 32:18
M65 Michael Goldman	28:54	DENNIS LAMOUNTA	
M70 Gordon Koota M75 Sab Koide	33:34 37:01	M60 BOB SPENCER LLOYD BLACKWELL	31:43
M80 Allen Flagg	54:52	BOB SPEARING	33:35
M85 Alfredo Rios	54:29	DICK E. PEACOCK	
W40 Yumi Ogita W45 Shantie Mypaulsingh	24:33	JIM ERICKSON M65 ARMAND ZAMBARD	37:17
W50 Judy Harrigan	28:03	JOHN LECKIE	40:51
W55 Chuang Chang	31:15	JAMES FARMER	42:26
W60 Edith Jones W65 Helene Bedrock	35:13 30:44	RON M. HENRY	43:12
W70 Toshiko D'Elia	35:25	ED BLANKS W40 JOAN WESBIT MAB	43:29 E 28:42
W75 Joan Rowland	47:20	VELDA KANNEWURI	
SOUTHEAS	ST	B KUHLEMEIER VALERIE PLYLER	31:32 32:45
Suntrust Richmond Ma	arathon	JULIE LOEVENSTEI	The second second
& Ntelos 8K Richmond, VA; No	v. 9	W45 SHARON WHITE	33:00
Overall		BETTY BLANK ANNIE JOHNSON	33:20 37:10
	6:02 7:53	SHARON WAKE	37:23
M40 TODD FLITTON	2:45:36	VIRGINIA SCHROCK	
MARTIN CALHOUN	2:52:43	W50 LINDA GULICK	34:42
CRAIG HANNER STEVE LEAKE	2:54:47	DEBORAH DEVLIN CATHERINE LANE	39:20 39:48
ERIC R. RAPPOLD	2:57:04	RUTH NIEDERRITER	
M45 RICK J. VENTURA HENRY GLEISBERG	2:44:26	MADDY BROCATO	42:11
BOB TRAME	2:57:19	W55 CONNIE FRIEND BARBARA DAVIDSO	38:58
STEPHEN RYAN	2:58:41	JULIE APPLEBY	44:30
JAMES BATES M50 BILL S. HART, JR.	3:01:03	FLORRIE GARDNER	45:33
GEORGE R. NEIL	2:58:28	JOAN SCOTT W60 M K BERGLUND	45:54
MICK SLONAKER DON SLUSSER	3:00:48	CHARLENE MAGEE	43:35
CLAUDE GRENIER	3:02:59	M BROADDUS	45:05
M55 BENJAMIN DYER JOHN LOUGHRAN	3:10:43	JUDY ELLEN ELIZABETH WALSH	45:44 48:25
HECTOR BAUZA	3:18:08	W65 SHIRLEY WAMPLER	47:20
HOWARD MCRAE	3:25:34	JANET LAKEY	48:03
DICK WATERS M60 MAURICE DAVIDSON	3:26:52	JUDY KIRCHOFFER BARBARA GUERRIEI	52:43
JOHN DEETER	3:46:25	MARY COLEMAN	56:11
JOHN GILLIS	3:48:27		
DAN FOLDENAUER	3:53:18	Huntsville Tim	es
DAN FOLDENAUER GIL GILMORE	3:53:18 3:54:07	Huntsville Tim Rocket City Mara	athon
GIL GILMORE M65 ALBERT MICLETTE	3:54:07 3:32:16	Rocket City Mara Huntsville, AL; Do	athon
GIL GILMORE M65 ALBERT MICLETTE TOM RAY BILL TUSHAUS	3:54:07 3:32:16 3:32:33 3:50:16	Rocket City Mara Huntsville, AL; Do Overall Dennis Simonaitis 40	2:22:02
GIL GILMORE M65 ALBERT MICLETTE TOM RAY BILL TUSHAUS D STEPHENSON	3:54:07 3:32:16 3:32:33 3:50:16 3:50:55	Rocket City Mara Huntsville, AL; Do Overall Dennis Simonaitis 40 Ramilia Burangulova 41	2:22:02 2:41:44
GIL GILMORE M65 ALBERT MICLETTE TOM RAY BILL TUSHAUS	3:54:07 3:32:16 3:32:33 3:50:16 3:50:55 3:54:05 3:09:38	Rocket City Mara Huntsville, AL; Do Overall Dennis Simonaitis 40 Ramilia Burangulova 41 M40 D. Simonaitis Russ Sears	2:22:02 2:41:44 2:22:02 2:33:44
GIL GILMORE  M65 ALBERT MICLETTE  TOM RAY  BILL TUSHAUS  D STEPHENSON  BILL FITZGERALD  W40 LORRAINE JASPER  LESLIE RIDEOUT	3:54:07 3:32:16 3:32:33 3:50:16 3:50:55 3:54:05 3:09:38 3:14:45	Rocket City Mara Huntsville, AL; Do Overall Dennis Simonaitis 40 Ramilia Burangulova 41 M40 D. Simonaitis Russ Sears Steve Wilson	2:22:02 2:41:44 2:22:02
GIL GILMORE M65 ALBERT MICLETTE TOM RAY BILL TUSHAUS D STEPHENSON BILL FITZGERALD W40 LORRAINE JASPER	3:54:07 3:32:16 3:32:33 3:50:16 3:50:55 3:54:05 3:09:38	Rocket City Mara Huntsville, AL; Do Overall Dennis Simonaitis 40 Ramilia Burangulova 41 M40 D. Simonaitis Russ Sears Steve Wilson Bill Valenzano Bill Gibbs	2 22 02 2 41 44 2 22 02 2 33 44 2 34 49 2 41 08 2 45 39
GIL GILMORE  M65 ALBERT MICLETTE TOM RAY BILL TUSHAUS D STEPHENSON BILL FITZGERALD  W40 LORRAINE JASPER LESLIE RIDEOUT TAMMY RALL DEBORAH BARNETT SUSAN T. WELLS	3:54:07 3:32:16 3:32:33 3:50:16 3:50:55 3:54:05 3:09:38 3:14:45 3:19:53 3:23:05 3:23:49	Rocket City Mara Huntsville, AL; Do Overall Dennis Simonaitis 40 Ramilia Burangulova 41 M40 D. Simonaitis Russ Sears Steve Wilson Bill Valenzano Bill Gibbs David Allison	2 22 02 2 41 44 2 22 02 2 33 44 2 24 1 08 2 45 39 2 46 22
GIL GILMORE  M65 ALBERT MICLETTE TOM RAY BILL TUSHAUS D STEPHENSON BILL FITZGERALD  W40 LORRAINE JASPER LESLIE RIDEOUT TAMMY RALL DEBORAH BARNETT SUSAN T. WELLS  W45 CECIL ASTROP	3:54:07 3:32:16 3:32:33 3:50:16 3:50:55 3:54:05 3:09:38 3:14:45 3:19:53 3:23:05 3:23:49 3:28:16	Rocket City Mara Huntsville, AL; Do Overall Dennis Simonaitis 40 Ramilia Burangulova 41 M40 D. Simonaitis Russ Sears Steve Wilson Bill Valenzano Bill Gibbs David Allison Davy Kennamer John Anderson	2 22 02 2 41 44 2 22 02 2 33 44 2 34 49 2 41 08 2 45 39 2 46 22 2 47 27 2 55 38
GIL GILMORE  M65 ALBERT MICLETTE TOM RAY BILL TUSHAUS D STEPHENSON BILL FITZGERALD  W40 LORRAINE JASPER LESLIE RIDEOUT TAMMY RALL DEBORAH BARNETT SUSAN T. WELLS  W45 CECIL ASTROP BETH HOWELL CAROL TALLEY	3:54:07 3:32:16 3:32:33 3:50:16 3:50:55 3:54:05 3:09:38 3:14:45 3:19:53 3:23:05 3:23:49 3:28:16 3:38:19 3:39:56	Rocket City Mara Huntsville, AL; Do Overall Dennis Simonaitis 40 Ramilia Burangulova 41 M40 D. Simonaitis Russ Sears Steve Wilson Bill Valenzano Bill Gibbs David Allison Davy Kennamer John Anderson Randy McFarland	2 22 02 2 41 44 2 22 02 2 33 44 2 34 49 2 41 08 2 45 39 2 46 22 2 47 27 2 55 38 2 58 53
GIL GILMORE  M65 ALBERT MICLETTE  TOM RAY  BILL TUSHAUS  D STEPHENSON  BILL FITZGERALD  W40 LORRAINE JASPER  LESLIE RIDEOUT  TAMMY RALL  DEBORAH BARNETT  SUSAN T. WELLS  W45 CECIL ASTROP  BETH HOWELL  CAROL TALLEY  LYNN PLEMMONS	3:54:07 3:32:16 3:32:33 3:50:16 3:50:55 3:09:38 3:14:45 3:19:53 3:23:05 3:23:49 3:28:16 3:38:19 3:39:56 3:41:53	Rocket City Mara Huntsville, AL; Do Overall Dennis Simonaitis 40 Ramilia Burangulova 41 M40 D. Simonaitis Russ Sears Steve Wilson Bill Valenzano Bill Gibbs David Allison Davy Kennamer John Anderson Randy McFarland Scott Woodman M45 Dave Johnson	2 22 02 2 41 44 2 22 02 2 33 44 2 34 49 2 41 08 2 45 39 2 46 22 2 47 27 2 55 38 2 58 53 3 07 19 2 38 50
GIL GILMORE  M65 ALBERT MICLETTE TOM RAY BILL TUSHAUS D STEPHENSON BILL FITZGERALD  W40 LORRAINE JASPER LESLIE RIDEOUT TAMMY RALL DEBORAH BARNETT SUSAN T. WELLS  W45 CECIL ASTROP BETH HOWELL CAROL TALLEY	3:54:07 3:32:16 3:32:33 3:50:16 3:50:55 3:54:05 3:09:38 3:14:45 3:19:53 3:23:05 3:23:49 3:28:16 3:38:19 3:39:56	Rocket City Mara Huntsville, AL; Do Overall Dennis Simonaitis 40 Ramilia Burangulova 41 M40 D. Simonaitis Russ Sears Steve Wilson Bill Valenzano Bill Gibbs David Allison Davy Kennamer John Anderson Randy McFarland Scott Woodman M45 Dave Johnson Volod. Tomilov	2 22 02 2 41 44 2 22 02 2 33 44 2 34 49 2 41 08 2 45 39 2 46 22 2 47 27 2 55 38 3 07 19 2 38 50 2 48 49
GIL GILMORE  M65 ALBERT MICLETTE TOM RAY BILL TUSHAUS D STEPHENSON BILL FITZGERALD  W40 LORRAINE JASPER LESLIE RIDEOUT TAMMY RALL DEBORAH BARNETT SUSAN T. WELLS  W45 CECIL ASTROP BETH HOWELL CAROL TALLEY LYNN PLEMMONS DEB ROMIG  W50 LEAH L. WHIPPLE MARY C. WINSTON	3:54:07 3:32:16 3:32:33 3:50:16 3:50:55 3:54:05 3:14:45 3:19:53 3:23:05 3:23:05 3:23:49 3:28:16 3:38:16 3:39:56 3:41:53 3:42:02 3:14:26 3:48:05	Rocket City Mara Huntsville, AL; Do Overall Dennis Simonaitis 40 Ramilia Burangulova 41 M40 D. Simonaitis Russ Sears Steve Wilson Bill Valenzano Bill Gibbs David Allison Davy Kennamer John Anderson Randy McFarland Scott Woodman M45 Dave Johnson Volod. Tomilov Charles Reagan R. Rodenhausen	2 22 02 2 41 44 2 22 02 2 33 44 2 34 49 2 41 08 2 45 39 2 46 22 2 47 27 2 55 38 2 58 53 3 07 19 2 38 50 2 48 49 2 52 54 3 03 37
GIL GILMORE  M65 ALBERT MICLETTE TOM RAY BILL TUSHAUS D STEPHENSON BILL FITZGERALD  W40 LORRAINE JASPER LESLIE RIDEOUT TAMMY RALL DEBORAH BARNETT SUSAN T. WELLS  W45 CECIL ASTROP BETH HOWELL CAROL TALLEY LYNN PLEMMONS DEB ROMIG  W50 LEAH L. WHIPPLE MARY C. WINSTON MARY H. EGGER	3:54:07 3:32:16 3:50:16 3:50:55 3:54:05 3:09:38 3:14:45 3:19:53 3:23:05 3:23:05 3:23:49 3:28:16 3:38:19 3:39:56 3:41:53 3:41:53 3:42:02 3:14:26 3:48:05 3:49:21	Rocket City Mara Huntsville, AL; Do Overall Dennis Simonaitis 40 Ramilia Burangulova 41 M40 D. Simonaitis Russ Sears Steve Wilson Bill Valenzano Bill Gibbs David Allison Davy Kennamer John Anderson Randy McFarland Scott Woodman M45 Dave Johnson Volod. Tomilov Charles Reagan R. Rodenhausen Lou Milliron	2 22 02 2 41 44 2 22 02 2 33 44 2 34 49 2 41 08 2 45 39 2 46 22 2 47 27 2 55 38 2 58 53 3 07 19 2 38 50 2 48 49 2 52 54 3 03 37 3 04 12
GIL GILMORE  M65 ALBERT MICLETTE TOM RAY BILL TUSHAUS D STEPHENSON BILL FITZGERALD  W40 LORRAINE JASPER LESLIE RIDEOUT TAMMY RALL DEBORAH BARNETT SUSAN T. WELLS  W45 CECIL ASTROP BETH HOWELL CAROL TALLEY LYNN PLEMMONS DEB ROMIG  W50 LEAH L. WHIPPLE MARY C. WINSTON MARY H. EGGER LYNN MCATEER PATRICIA A. GILLEY	3:54:07 3:32:16 3:50:55 3:50:55 3:54:05 3:9:38 3:14:53 3:23:05 3:23:49 3:28:16 3:38:19 3:39:56 3:41:53 3:41:53 3:41:53 3:41:53 3:41:53 3:41:53 3:41:53 3:41:53 3:41:53	Rocket City Mara Huntsville, AL; Do Overall Dennis Simonaitis 40 Ramilia Burangulova 41 M40 D. Simonaitis Russ Sears Steve Wilson Bill Valenzano Bill Gibbs David Allison Davy Kennamer John Anderson Randy McFarland Scott Woodman M45 Dave Johnson Volod. Tomilov Charles Reagan R. Rodenhausen Lou Milliron Bill Meece William Evans	2:22:02 2:41:44 2:22:02 2:41:44 2:22:02 2:33:44 2:34:49 2:41:08 2:45:39 2:46:22 2:47:27 2:55:38 2:58:53 3:07:19 2:38:50 2:48:49 2:52:54 3:03:37 3:04:12 3:08:31 3:08:33
GIL GILMORE  M65 ALBERT MICLETTE TOM RAY BILL TUSHAUS D STEPHENSON BILL FITZGERALD  W40 LORRAINE JASPER LESLIE RIDEOUT TAMMY RALL DEBORAH BARNETT SUSAN T. WELLS  W45 CECIL ASTROP BETH HOWELL CAROL TALLEY LYNN PLEMMONS DEB ROMIG  W50 LEAH L. WHIPPLE MARY C. WINSTON MARY H. EGGER LYNN MCATEER PATRICIA A. GILLEY W55 JOY HAMPTON	3:54:07 3:32:16 3:50:16 3:50:55 3:54:05 3:09:38 3:14:53 3:23:05 3:23:05 3:23:49 3:28:16 3:38:19 3:39:56 3:41:53 3:42:02 3:14:26 3:48:05 3:48:05 3:53:49 3:56:47 3:56:47 3:28:55	Rocket City Mara Huntsville, AL; Do Overall Dennis Simonaitis 40 Ramilia Burangulova 41 M40 D. Simonaitis Russ Sears Steve Wilson Bill Valenzano Bill Gibbs David Allison Davy Kennamer John Anderson Randy McFarland Scott Woodman M45 Dave Johnson Volod. Tomilov Charles Reagan R. Rodenhausen Lou Milliron Bill Meece William Evans Jesse Warren	2 22 02 2 41 44 2 22 02 2 33 44 2 34 49 2 41 08 2 45 39 2 46 22 2 47 27 2 55 38 2 58 53 3 07 19 2 38 50 2 48 49 2 52 54 3 03 37 3 08 33 3 08 33 3 12 53
GIL GILMORE  M65 ALBERT MICLETTE TOM RAY BILL TUSHAUS D STEPHENSON BILL FITZGERALD  W40 LORRAINE JASPER LESLIE RIDEOUT TAMMY RALL DEBORAH BARNETT SUSAN T. WELLS  W45 CECIL ASTROP BETH HOWELL CAROL TALLEY LYNN PLEMMONS DEB ROMIG  W50 LEAH L. WHIPPLE MARY C. WINSTON MARY H. EGGER LYNN MCATEER PATRICIA A. GILLEY	3:54:07 3:32:16 3:50:55 3:50:55 3:54:05 3:9:38 3:14:53 3:23:05 3:23:49 3:28:16 3:38:19 3:39:56 3:41:53 3:41:53 3:41:53 3:41:53 3:41:53 3:41:53 3:41:53 3:41:53 3:41:54 3:56:47	Rocket City Mara Huntsville, AL; Do Overall Dennis Simonaitis 40 Ramilia Burangulova 41 M40 D. Simonaitis Russ Sears Steve Wilson Bill Valenzano Bill Gibbs David Allison Davy Kennamer John Anderson Randy McFarland Scott Woodman M45 Dave Johnson Volod. Tomilov Charles Reagan R. Rodenhausen Lou Milliron Bill Meece William Evans Jesse Warren Ron Sims Joe Wallace	2 22 02 2 41 44 2 22 02 2 33 44 2 34 49 2 41 08 2 45 39 2 46 22 2 47 27 2 55 38 2 58 53 3 07 19 2 38 50 2 52 54 3 03 37 3 04 12 3 08 31 3 08 33 3 12 59 3 15 08
GIL GILMORE  M65 ALBERT MICLETTE TOM RAY BILL TUSHAUS D STEPHENSON BILL FITZGERALD  W40 LORRAINE JASPER LESLIE RIDEOUT TAMMY RALL DEBORAH BARNETT SUSAN T. WELLS  W45 CECIL ASTROP BETH HOWELL CAROL TALLEY LYNN PLEMMONS DEB ROMIG  W50 LEAH L. WHIPPLE MARY C. WINSTON MARY H. EGGER LYNN MCATEER PATRICIA A. GILLEY W55 JOY HAMPTON BARBARA IVEY ANDREA ALMAND MARY F. RAMBA	3:54:07 3:32:16 3:32:33 3:50:16 3:50:55 3:54:05 3:23:05 3:23:05 3:23:05 3:23:05 3:23:49 3:38:19 3:38:19 3:38:15 3:41:53 3:42:02 3:48:05 3:48:05 3:48:05 3:48:05 3:48:05 3:56:47 3:28:55 4:20:54 4:36:30 4:59:16	Rocket City Mara Huntsville, AL; Do Overall Dennis Simonaitis 40 Ramilia Burangulova 41 M40 D. Simonaitis Russ Sears Steve Wilson Bill Valenzano Bill Gibbs David Allison Davy Kennamer John Anderson Randy McFarland Scott Woodman M45 Dave Johnson Volod. Tomilov Charles Reagan R. Rodenhausen Lou Milliron Bill Meece William Evans Jesse Warren Ron Sims Joe Wallace M50 Jim Pelarske	2.22.02 2.41.44 2.22.02 2.33.44 2.34.49 2.41.08 2.45.39 2.46.22 2.47.27 2.55.38 2.58.53 3.07.19 2.38.50 2.48.49 2.52.54 3.03.37 3.04.12 3.08.31 3.08.31 3.08.33 3.12.53 3.12.53 3.12.53 3.12.53 3.12.53 3.12.59 3.15.08 2.44.13
GIL GILMORE  M65 ALBERT MICLETTE TOM RAY BILL TUSHAUS D STEPHENSON BILL FITZGERALD  W40 LORRAINE JASPER LESLIE RIDEOUT TAMMY RALL DEBORAH BARNETT SUSAN T. WELLS  W45 CECIL ASTROP BETH HOWELL CAROL TALLEY LYNN PLEMMONS DEB ROMIG  W50 LEAH L. WHIPPLE MARY C. WINSTON MARY H. EGGER LYNN MCATEER PATRICIA A. GILLEY W55 JOY HAMPTON BARBARA IVEY ANDREA ALMAND MARY F. RAMBA LYNN ANDERSON	3:54:07 3:32:16 3:32:33 3:50:16 3:50:55 3:54:05 3:23:05 3:23:05 3:23:05 3:23:05 3:23:05 3:23:05 3:23:05 3:23:05 3:41:53 3:41:53 3:41:53 3:42:02 3:44:05 3:48:05 3:48:05 3:48:05 3:48:05 3:48:05 3:48:05 4:20:44 4:36:30 4:59:16 4:59:44	Rocket City Mara Huntsville, AL; Do Overall Dennis Simonaitis 40 Ramilia Burangulova 41 M40 D. Simonaitis Russ Sears Steve Wilson Bill Valenzano Bill Gibbs David Allison Davy Kennamer John Anderson Randy McFarland Scott Woodman M45 Dave Johnson Volod. Tomilov Charles Reagan R. Rodenhausen Lou Milliron Bill Meece William Evans Jesse Warren Ron Sims Joe Wallace M50 Jim Pelarske Gary Romesser Gregory Rucker	2 22 02 2 41 44 2 22 02 2 33 44 2 34 49 2 41 08 2 45 39 2 46 22 2 47 27 2 55 38 2 58 53 3 07 19 2 38 50 2 48 49 2 52 54 3 03 37 3 08 33 3 12 53 3 12 53 3 12 59 3 15 08 2 44 13 2 45 15 2 59 47
GIL GILMORE  M65 ALBERT MICLETTE TOM RAY BILL TUSHAUS D STEPHENSON BILL FITZGERALD  W40 LORRAINE JASPER LESLIE RIDEOUT TAMMY RALL DEBORAH BARNETT SUSAN T. WELLS  W45 CECIL ASTROP BETH HOWELL CAROL TALLEY LYNN PLEMMONS DEB ROMIG  W50 LEAH L. WHIPPLE MARY C. WINSTON MARY H. EGGER LYNN MCATEER PATRICIA A. GILLEY W55 JOY HAMPTON BARBARA IVEY ANDREA ALMAND MARY F. RAMBA LYNN ANDERSON  W60 KATHY LEWIS WILLY MOOLENAAR	3:54:07 3:32:16 3:50:55 3:50:55 3:54:05 3:29:03 3:21:45 3:29:05 3:23:49 3:28:16 3:39:56 3:41:53 3:41:53 3:41:53 3:42:05 3:48:05 3:49:21 3:56:47 3:28:55 4:20:44 4:36:30 4:59:16 4:59:14 4:17:27 4:58:27	Rocket City Mara Huntsville, AL; Do Overall Dennis Simonaitis 40 Ramilia Burangulova 41 M40 D. Simonaitis Russ Sears Steve Wilson Bill Valenzano Bill Gibbs David Allison Davy Kennamer John Anderson Randy McFarland Scott Woodman M45 Dave Johnson Volod. Tomilov Charles Reagan R. Rodenhausen Lou Milliron Bill Meece William Evans Jesse Warren Ron Sims Joe Wallace M50 Jim Pelarske Gary Romesser Gregory Rucker Robert Wilson	2.22.02 2.41.44 2.22.02 2.33.44 2.34.49 2.41.08 2.45.39 2.46.22 2.47.27 2.55.38 2.58.53 3.07.19 2.38.50 2.38.50 2.38.50 2.38.50 3.08.31 3.08.33 3.12.53 3.12.59 3.12.59 3.15.08 2.44.13 2.45.15 2.45.15 2.45.25
GIL GILMORE  M65 ALBERT MICLETTE TOM RAY BILL TUSHAUS D STEPHENSON BILL FITZGERALD  W40 LORRAINE JASPER LESLIE RIDEOUT TAMMY RALL DEBORAH BARNETT SUSAN T. WELLS  W45 CECIL ASTROP BETH HOWELL CAROL TALLEY LYNN PLEMMONS DEB ROMIG  W50 LEAH L. WHIPPLE MARY C. WINSTON MARY H. EGGER LYNN MCATEER PATRICIA A. GILLEY W55 JOY HAMPTON BARBARA IVEY ANDREA ALMAND MARY F. RAMBA LYNN ANDERSON  W60 KATHY LEWIS WILLY MOOLENAAR JACQUELINE BARDOL	3:54:07 3:32:16 3:32:33 3:50:16 3:50:55 3:09:38 3:14:45 3:19:53 3:23:05 3:23:05 3:28:16 3:38:19 3:38:19 3:38:19 3:38:19 3:48:05 3:41:53 3:42:02 3:48:05 3:49:21 3:56:47 3:28:55 4:20:44 4:36:30 4:59:16 4:59:16 4:59:14 4:58:27 6:26:57	Rocket City Mara Huntsville, AL; Do Overall Dennis Simonaitis 40 Ramilia Burangulova 41 M40 D. Simonaitis Russ Sears Steve Wilson Bill Valenzano Bill Gibbs David Allison Davy Kennamer John Anderson Randy McFarland Scott Woodman M45 Dave Johnson Volod. Tomilov Charles Reagan R. Rodenhausen Lou Milliron Bill Meece William Evans Jesse Warren Ron Sims Joe Wallace M50 Jim Pelarske Gary Romesser Gregory Rucker Robert Wilson Doc Weiss Steve Olson	2.22.02 2.41.44 2.22.02 2.33.44 2.34.49 2.41.08 2.45.39 2.46.22 2.47.27 2.55.38 2.58.53 3.07.19 2.38.50 2.48.49 2.52.54 3.03.37 3.04.12 3.08.31 3.08.33 3.12.59 3.15.08 2.44.13 2.45.15 2.59.47 2.59.51 3.03.13 3.12.26
GIL GILMORE  M65 ALBERT MICLETTE TOM RAY BILL TUSHAUS D STEPHENSON BILL FITZGERALD  W40 LORRAINE JASPER LESLIE RIDEOUT TAMMY RALL DEBORAH BARNETT SUSAN T. WELLS  W45 CECIL ASTROP BETH HOWELL CAROL TALLEY LYNN PLEMMONS DEB ROMIG  W50 LEAH L. WHIPPLE MARY C. WINSTON MARY H. EGGER LYNN MCATEER PATRICIA A. GILLEY W55 JOY HAMPTON BARBARA IVEY ANDREA ALMAND MARY F. RAMBA LYNN ANDERSON  W60 KATHY LEWIS WILLY MOOLENAAR JACQUELINE BARDOL W65 JANE BENBOW  8K	3:54:07 3:32:16 3:50:55 3:50:55 3:54:05 3:29:03 3:21:45 3:29:05 3:23:49 3:28:16 3:39:56 3:41:53 3:41:53 3:41:53 3:42:05 3:48:05 3:49:21 3:56:47 3:28:55 4:20:44 4:36:30 4:59:16 4:59:14 4:17:27 4:58:27	Rocket City Mara Huntsville, AL; Do Overall Dennis Simonaitis 40 Ramilia Burangulova 41 M40 D. Simonaitis Russ Sears Steve Wilson Bill Valenzano Bill Gibbs David Allison Davy Kennamer John Anderson Randy McFarland Scott Woodman M45 Dave Johnson Volod. Tomilov Charles Reagan R. Rodenhausen Lou Milliron Bill Meece William Evans Jesse Warren Ron Sims Joe Wallace M50 Jim Pelarske Gary Romesser Gregory Rucker Robert Wilson Doc Weiss Steve Olson John Walker	2.22.02 2.41.44 2.22.02 2.33.44 2.34.49 2.41.08 2.45.39 2.46.22 2.47.27 2.55.38 2.58.53 3.07.19 2.38.50 2.48.49 2.52.54 3.03.37 3.04.12 3.08.31 3.08.31 3.12.53 3.12.59 3.15.08 2.44.13 2.45.15 2.59.51 3.03.13 3.12.26 3.13.13
GIL GILMORE  M65 ALBERT MICLETTE TOM RAY BILL TUSHAUS D STEPHENSON BILL FITZGERALD  W40 LORRAINE JASPER LESLIE RIDEOUT TAMMY RALL DEBORAH BARNETT SUSAN T. WELLS  W45 CECIL ASTROP BETH HOWELL CAROL TALLEY LYNN PLEMMONS DEB ROMIG  W50 LEAH L. WHIPPLE MARY C. WINSTON MARY H. EGGER LYNN MCATEER PATRICIA A. GILLEY W55 JOY HAMPTON BARBARA IVEY ANDREA ALMAND MARY F. RAMBA LYNN ANDERSON  W60 KATHY LEWIS WILLY MOOLENAAR JACQUELINE BARDOL  W65 JANE BENBOW  8K Overall	3:54:07 3:32:16 3:50:55 3:50:55 3:54:05 3:23:05 3:23:05 3:23:05 3:23:05 3:23:05 3:23:05 3:23:05 3:23:05 3:24:53 3:41:53 3:41:53 3:41:53 3:42:02 3:48:05 3:49:21 3:53:49 3:56:47 3:28:55 4:20:44 4:59:16 4:59:14 4:17:27 6:26:57 6:05:15	Rocket City Mara Huntsville, AL; Do Overall Dennis Simonaitis 40 Ramilia Burangulova 41 M40 D. Simonaitis Russ Sears Steve Wilson Bill Valenzano Bill Gibbs David Allison Davy Kennamer John Anderson Randy McFarland Scott Woodman M45 Dave Johnson Volod. Tomilov Charles Reagan R. Rodenhausen Lou Milliron Bill Meece William Evans Jesse Warren Ron Sims Joe Wallace M50 Jim Pelarske Gary Romesser Gregory Rucker Robert Wilson Doc Weiss Steve Olson	2.22.02 2.41.44 2.22.02 2.33.44 2.34.49 2.41.08 2.45.39 2.46.22 2.47.27 2.55.38 2.58.53 3.07.19 2.38.50 2.48.49 2.52.54 3.03.37 3.04.12 3.08.31 3.08.33 3.12.59 3.15.08 2.44.13 2.45.15 2.59.47 2.59.51 3.03.13 3.12.26
GIL GILMORE  M65 ALBERT MICLETTE TOM RAY BILL TUSHAUS D STEPHENSON BILL FITZGERALD  W40 LORRAINE JASPER LESLIE RIDEOUT TAMMY RALL DEBORAH BARNETT SUSAN T. WELLS  W45 CECIL ASTROP BETH HOWELL CAROL TALLEY LYNN PLEMMONS DEB ROMIG  W50 LEAH L. WHIPPLE MARY C. WINSTON MARY H. EGGER LYNN MCATEER PATRICIA A. GILLEY W55 JOY HAMPTON BARBARA IVEY ANDREA ALMAND MARY F. RAMBA LYNN ANDERSON  W60 KATHY LEWIS WILLY MOOLENAAR JACQUELINE BARDOL  W85 JANE BENBOW  8K Overall Shadrack Kosgei 18 22: Lyudmila Biktasheva 28 26:	3:54:07 3:32:16 3:32:33 3:50:16 3:50:55 3:09:38 3:14:45 3:19:53 3:23:05 3:23:49 3:28:16 3:38:19 3:38:19 3:38:19 3:38:19 3:41:53 3:42:02 3:44:26 3:48:05 3:49:21 3:56:47 3:28:55 4:20:44 4:38:30 4:59:16 4:59:16 4:59:16 4:59:16	Rocket City Mara Huntsville, AL; Do Overall Dennis Simonaitis 40 Ramilia Burangulova 41 M40 D. Simonaitis Russ Sears Steve Wilson Bill Valenzano Bill Gibbs David Allison Davy Kennamer John Anderson Randy McFarland Scott Woodman M45 Dave Johnson Volod. Tomilov Charles Reagan R. Rodenhausen Lou Milliron Bill Meece William Evans Jesse Warren Ron Sims Joe Wallace M50 Jim Pelarske Gary Romesser Gregory Rucker Robert Wilson Doc Weiss Steve Olson John Walker Steve Rogers Nathan Meek Rex Piercy	2.22.02 2.41.44 2.22.02 2.33.44 2.34.49 2.41.08 2.45.39 2.46.22 2.47.27 2.55.38 2.58.53 3.07.19 2.38.50 3.12.53 3.13.13 3.12.55
GIL GILMORE  M65 ALBERT MICLETTE TOM RAY BILL TUSHAUS D STEPHENSON BILL FITZGERALD  W40 LORRAINE JASPER LESLIE RIDEOUT TAMMY RALL DEBORAH BARNETT SUSAN T. WELLS  W45 CECIL ASTROP BETH HOWELL CAROL TALLEY LYNN PLEMMONS DEB ROMIG  W50 LEAH L. WHIPPLE MARY C. WINSTON MARY H. EGGER LYNN MCATEER PATRICIA A. GILLEY W55 JOY HAMPTON BARBARA IVEY ANDREA ALMAND MARY F. RAMBA LYNN ANDERSON W60 KATHY LEWIS WILLY MOOLENAAR JACQUELINE BARDOL W65 JANE BENBOW 8K Overall Shadrack Kosgei 18 22: Lyudmila Biktasheva 28 66 M40 JOHN HINTON	3:54:07 3:32:16 3:32:33 3:50:16 3:50:55 3:09:38 3:14:45 3:19:53 3:23:05 3:23:05 3:23:05 3:23:05 3:28:16 3:38:19 3:38:19 3:38:19 3:42:02 3:44:05 3:49:21 3:56:47 3:56:47 3:56:47 4:59:16 4:59:15	Rocket City Mara Huntsville, AL; Do Overall Dennis Simonaitis 40 Ramilia Burangulova 41 M40 D. Simonaitis Russ Sears Steve Wilson Bill Valenzano Bill Gibbs David Allison Davy Kennamer John Anderson Randy McFarland Scott Woodman M45 Dave Johnson Volod. Tomilov Charles Reagan R. Rodenhausen Lou Milliron Bill Meece William Evans Jesse Warren Ron Sims Joe Wallace M50 Jim Pelarske Gary Romesser Gregory Rucker Robert Wilson Doc Weiss Steve Olson John Walker Steve Rogers Nathan Meek	2.22.02 2.41.44 2.22.02 2.33.44 2.34.49 2.41.08 2.45.39 2.46.22 2.47.27 2.55.38 2.58.53 3.07.19 2.38.50 2.48.49 2.52.54 3.03.37 3.08.31 3.08.33 3.12.53 3.12.53 3.12.59 3.15.08 2.44.13 2.45.15 2.59.47 2.59.51 3.03.13 3.17.47 3.18.51
GIL GILMORE  M65 ALBERT MICLETTE TOM RAY BILL TUSHAUS D STEPHENSON BILL FITZGERALD  W40 LORRAINE JASPER LESLIE RIDEOUT TAMMY RALL DEBORAH BARNETT SUSAN T. WELLS  W45 CECIL ASTROP BETH HOWELL CAROL TALLEY LYNN PLEMMONS DEB ROMIG  W50 LEAH L. WHIPPLE MARY C. WINSTON MARY H. EGGER LYNN MCATEER PATRICIA A. GILLEY W55 JOY HAMPTON BARBARA IVEY ANDREA ALMAND MARY F. RAMBA LYNN ANDERSON  W60 KATHY LEWIS WILLY MOOLENAAR JACQUELINE BARDOL  W85 JANE BENBOW  8K Overall Shadrack Kosgei 18 22: Lyudmila Biktasheva 28 26:	3:54:07 3:32:16 3:32:33 3:50:16 3:50:55 3:09:38 3:14:45 3:19:53 3:23:05 3:23:49 3:28:16 3:38:19 3:38:19 3:38:19 3:38:19 3:41:53 3:42:02 3:44:26 3:48:05 3:49:21 3:56:47 3:28:55 4:20:44 4:38:30 4:59:16 4:59:16 4:59:16 4:59:16	Rocket City Mara Huntsville, AL; Do Overall Dennis Simonaitis 40 Ramilia Burangulova 41 M40 D. Simonaitis Russ Sears Steve Wilson Bill Valenzano Bill Gibbs David Allison Davy Kennamer John Anderson Randy McFarland Scott Woodman M45 Dave Johnson Volod. Tomilov Charles Reagan R. Rodenhausen Lou Milliron Bill Meece William Evans Jesse Warren Ron Sims Joe Wallace M50 Jim Pelarske Gary Romesser Gregory Rucker Robert Wilson Doc Weiss Steve Olson John Walker Steve Rogers Nathan Meek Rex Piercy M55 Anson Clapcott Gary Julin Thys Bax	2.22.02 2.41.44 2.22.02 2.33.44 2.34.49 2.41.08 2.45.39 2.46.22 2.47.27 2.55.38 2.58.53 3.07.19 2.38.50 2.48.49 2.52.54 3.03.37 3.04.12 3.08.31 3.08.31 3.08.33 3.12.53 3.13.13 3.12.26 3.13.13 3.17.47 3.18.51 3.19.59 2.58.56 2.59.10
GIL GILMORE  M65 ALBERT MICLETTE TOM RAY BILL TUSHAUS D STEPHENSON BILL FITZGERALD  W40 LORRAINE JASPER LESLIE RIDEOUT TAMMY RALL DEBORAH BARNETT SUSAN T. WELLS  W45 CECIL ASTROP BETH HOWELL CAROL TALLEY LYNN PLEMMONS DEB ROMIG  W50 LEAH L. WHIPPLE MARY C. WINSTON MARY H. EGGER LYNN MCATEER PATRICIA A. GILLEY W55 JOY HAMPTON BARBARA IVEY ANDREA ALMAND MARY F. RAMBA LYNN ANDERSON W60 KATHY LEWIS WILLY MOOLENAAR JACQUELINE BARDOL W65 JANE BENBOW 8K Overall Shadrack Kosgei 18 22: Lyudmila Biktasheva 28 26: M40 JOHN HINTON BILL BUSTIN	3:54:07 3:32:16 3:32:33 3:50:16 3:50:55 3:50:55 3:23:05 3:23:05 3:23:05 3:23:49 3:28:19 3:38:19 3:38:19 3:38:19 3:42:02 3:42:02 3:42:02 3:42:02 3:42:02 3:42:02 3:42:02 3:42:02 3:42:02 4:59:16 4:5	Rocket City Mara Huntsville, AL; Do Overall Dennis Simonaitis 40 Ramilia Burangulova 41 M40 D. Simonaitis Russ Sears Steve Wilson Bill Valenzano Bill Gibbs David Allison Davy Kennamer John Anderson Randy McFarland Scott Woodman M45 Dave Johnson Volod. Tomilov Charles Reagan R. Rodenhausen Lou Milliron Bill Meece William Evans Jesse Warren Ron Sims Joe Wallace M50 Jim Pelarske Gary Romesser Gregory Rucker Robert Wilson Doc Weiss Steve Olson John Walker Steve Rogers Nathan Meek Rex Piercy M55 Anson Clapcott Gary Julin	2.22.02 2.41.44 2.22.02 2.33.44 2.34.49 2.41.08 2.45.39 2.46.22 2.47.27 2.55.38 2.58.53 3.07.19 2.38.50 2.48.49 2.52.54 3.03.37 3.04.12 3.08.31 3.08.33 3.12.59 3.15.08 2.44.13 2.45.15 2.59.47 2.59.51 3.03.13 3.12.26 3.13.13 3.17.59 3.18.51 3.17.59 3.18.51 3.18.51 3.19.59 2.48.30 2.58.56
GIL GILMORE  M65 ALBERT MICLETTE TOM RAY BILL TUSHAUS D STEPHENSON BILL FITZGERALD  W40 LORRAINE JASPER LESLIE RIDEOUT TAMMY RALL DEBORAH BARNETT SUSAN T. WELLS  W45 CECIL ASTROP BETH HOWELL CAROL TALLEY LYNN PLEMMONS DEB ROMIG  W50 LEAH L. WHIPPLE MARY C. WINSTON MARY H. EGGER LYNN MCATEER PATRICIA A. GILLEY W55 JOY HAMPTON BARBARA IVEY ANDREA ALMAND MARY F. RAMBA LYNN ANDERSON  W60 KATHY LEWIS WILLY MOOLENAAR JACQUELINE BARDOL  W65 JANE BENBOW  8K Overall Shadrack Kosgei 18 22: LYUdmila Biklasheva 28 26: M40 JOHN HINTON BILL BUSTIN DENNIS CONTOIS RUSSELL BOWLES TERRY MCLAUGHLIN	3:54:07 3:32:16 3:32:33 3:50:16 3:50:55 3:50:55 3:50:55 3:20:53 3:23:05 3:23:05 3:23:05 3:23:49 3:28:19 3:38:19 3:38:19 3:38:19 3:42:02 3:42:02 3:42:02 3:42:02 3:42:02 3:42:02 3:42:02 3:42:02 3:42:02 3:42:03 3:42:05 4:53:05 4:59:16 4:59:16 4:59:15 3:42:05 3:42:05 3:42:05 4:59:16 4:59:16 4:59:15 3:42:05 3:42:05 3:42:05 3:42:05 4:59:16 4:59:15 3:42:05 3:4	Rocket City Mara Huntsville, AL; Do Overall Dennis Simonaitis 40 Ramilia Burangulova 41 M40 D. Simonaitis Russ Sears Steve Wilson Bill Valenzano Bill Gibbs David Allison Davy Kennamer John Anderson Randy McFarland Scott Woodman M45 Dave Johnson Volod. Tomilov Charles Reagan R. Rodenhausen Lou Milliron Bill Meece William Evans Jesse Warren Ron Sims Joe Wallace M50 Jim Pelarske Gary Romesser Gregory Rucker Robert Wilson Doc Weiss Steve Olson John Walker Steve Rogers Nathan Meek Rex Piercy M55 Anson Clapcott Gary Julin Thys Bax James Carlton Paul Jensen Jeffrey Hawkins	2.22.02 2.41.44 2.22.02 2.33.44 2.34.49 2.41.08 2.45.39 2.46.22 2.47.27 2.55.38 2.58.53 3.07.19 2.38.50 2.48.49 2.52.54 3.03.37 3.04.12 3.08.31 3.08.33 3.12.59 3.15.08 2.45.15 2.45.15 2.45.15 2.45.15 2.45.15 2.45.15 2.45.15 2.45.15 2.45.15 2.45.15 2.45.15 2.45.15 2.45.15 2.45.15 2.45.15 2.45.15 2.45.15 2.45.15 2.59.47 2.59.51 3.13.13 3.17.47 3.18.51 3.19.59 2.48.30 2.58.56 2.59.10 3.04.34 3.05.21 3.05.21 3.05.21
GIL GILMORE  M65 ALBERT MICLETTE TOM RAY BILL TUSHAUS D STEPHENSON BILL FITZGERALD  W40 LORRAINE JASPER LESLIE RIDEOUT TAMMY RALL DEBORAH BARNETT SUSAN T. WELLS  W45 CECIL ASTROP BETH HOWELL CAROL TALLEY LYNN PLEMMONS DEB ROMIG  W50 LEAH L. WHIPPLE MARY C. WINSTON MARY H. EGGER LYNN MCATEER PATRICIA A. GILLEY W55 JOY HAMPTON BARBARA IVEY ANDREA ALMAND MARY F. RAMBA LYNN ANDERSON  W60 KATHY LEWIS WILLY MOOLENAAR JACQUELINE BARDOL  W65 JANE BENBOW  8K Overall Shadrack Kosgei 18 22: LYUdmila Biklasheva 28 26: M40 JOHN HINTON BILL BUSTIN DENNIS CONTOIS RUSSELL BOWLES TERRY MCLAUGHLIN  M45 KEVIN LOUNSBURY	3:54:07 3:32:16 3:32:33 3:50:16 3:50:55 3:50:55 3:50:55 3:23:05 3:23:05 3:23:05 3:23:05 3:23:49 3:28:16 3:38:19 3:38:19 3:38:19 3:42:02 3:14:26 3:48:05 3:49:21 3:56:47 4:36:30 4:59:16 4:59:14 4:17:27 4:58:27 6:05:15 3:9 44 25:35 27:35 28:01 28:31 28:51 29:13	Rocket City Mara Huntsville, AL; Do Overall Dennis Simonaitis 40 Ramilia Burangulova 41 M40 D. Simonaitis Russ Sears Steve Wilson Bill Valenzano Bill Gibbs David Allison Davy Kennamer John Anderson Randy McFarland Scott Woodman M45 Dave Johnson Volod. Tomilov Charles Reagan R. Rodenhausen Lou Milliron Bill Meece William Evans Jesse Warren Ron Sims Joe Wallace M50 Jim Pelarske Gary Romesser Gregory Rucker Robert Wilson Doc Weiss Steve Olson John Walker Steve Rogers Nathan Meek Rex Piercy M55 Anson Clapcott Gary Julin Thys Bax James Carlton Paul Jensen	2.22.02 2.41.44 2.22.02 2.33.44 2.34.49 2.41.08 2.45.39 2.46.22 2.47.27 2.55.38 2.58.53 3.07.19 2.38.50 2.38.50 2.38.50 2.38.50 3.08.31 3.08.33 3.12.53 3.12.59 3.15.08 2.44.13 2.45.15 2.45.1
GIL GILMORE  M65 ALBERT MICLETTE TOM RAY BILL TUSHAUS D STEPHENSON BILL FITZGERALD  W40 LORRAINE JASPER LESLIE RIDEOUT TAMMY RALL DEBORAH BARNETT SUSAN T. WELLS  W45 CECIL ASTROP BETH HOWELL CAROL TALLEY LYNN PLEMMONS DEB ROMIG  W50 LEAH L. WHIPPLE MARY C. WINSTON MARY H. EGGER LYNN MCATEER PATRICIA A. GILLEY W55 JOY HAMPTON BARBARA IVEY ANDREA ALMAND MARY F. RAMBA LYNN ANDERSON  W60 KATHY LEWIS WILLY MOOLENAAR JACQUELINE BARDOL  W65 JANE BENBOW  8K Overall Shadrack Kosgei 18 22: LYUdmila Biklasheva 28 26: M40 JOHN HINTON BILL BUSTIN DENNIS CONTOIS RUSSELL BOWLES TERRY MCLAUGHLIN	3:54:07 3:32:16 3:32:33 3:50:16 3:50:55 3:50:55 3:50:55 3:20:53 3:23:05 3:23:05 3:23:05 3:23:49 3:28:19 3:38:19 3:38:19 3:38:19 3:42:02 3:42:02 3:42:02 3:42:02 3:42:02 3:42:02 3:42:02 3:42:02 3:42:02 3:42:03 3:42:05 4:53:05 4:59:16 4:59:16 4:59:15 3:42:05 3:42:05 3:42:05 4:59:16 4:59:16 4:59:15 3:42:05 3:42:05 3:42:05 3:42:05 4:59:16 4:59:15 3:42:05 3:4	Rocket City Mara Huntsville, AL; Do Overall Dennis Simonaitis 40 Ramilia Burangulova 41 M40 D. Simonaitis Russ Sears Steve Wilson Bill Valenzano Bill Gibbs David Allison Davy Kennamer John Anderson Randy McFarland Scott Woodman M45 Dave Johnson Volod. Tomilov Charles Reagan R. Rodenhausen Lou Milliron Bill Meece William Evans Jesse Warren Ron Sims Joe Wallace M50 Jim Pelarske Gary Romesser Gregory Rucker Robert Wilson Doc Weiss Steve Olson John Walker Steve Rogers Nathan Meek Rex Piercy M55 Anson Clapcott Gary Julin Thys Bax James Carlton Paul Jensen Jeffrey Hawkins Terry Ringle Douglas Everett Dick Franklin	2:22:02 2:41:44 2:22:02 2:33:44 2:34:49 2:41:08 2:45:39 2:46:22 2:47:27 2:55:38 2:58:53 3:07:19 2:38:50 2:48:49 2:52:54 3:03:37 3:08:31 3:08:33 3:12:53 3:13:34 3:13:34 3:13:24 3:13:24 3:13:24 3:13:24 3:13:24 3:13:24 3:13:24 3:13:24 3:13:24 3:13:24 3:12:42 3:12:42
GIL GILMORE  M65 ALBERT MICLETTE TOM RAY BILL TUSHAUS D STEPHENSON BILL FITZGERALD  W40 LORRAINE JASPER LESLIE RIDEOUT TAMMY RALL DEBORAH BARNETT SUSAN T. WELLS  W45 CECIL ASTROP BETH HOWELL CAROL TALLEY LYNN PLEMMONS DEB ROMIG  W50 LEAH L. WHIPPLE MARY C. WINSTON MARY H. EGGER LYNN MCATEER PATRICIA A. GILLEY W55 JOY HAMPTON BARBARA IVEY ANDREA ALMAND MARY F. RAMBA LYNN ANDERSON  W60 KATHY LEWIS WILLY MOOLENAAR JACQUELINE BARDOL W65 JANE BENBOW  8K  Overall Shadrack Kosgei 18 22: Lyudmila Biktasheva 28 26: M40 JOHN HINTON BILL BUSTIN DENNIS CONTOIS RUSSELL BOWLES TERRY MCLAUGHLIN  M45 KEVIN LOUNSBURY THAD JONES GREG RUCKERT GORDON W. FETTE	3:54:07 3:32:16 3:32:33 3:50:16 3:50:55 3:54:05 3:23:05 3:23:05 3:23:05 3:23:49 3:38:19 3:38:19 3:38:19 3:34:53 3:42:02 3:42:02 3:42:02 3:42:02 3:42:02 3:42:02 3:42:02 3:56:47 3:28:55 4:20:44 4:36:30 4:59:16 4:59:14 4:17:27 6:26:57 6:05:15 3:9 4:59:44 4:17:27 6:26:57 6:05:15	Rocket City Mara Huntsville, AL; Do Overall Dennis Simonaitis 40 Ramilia Burangulova 41 M40 D. Simonaitis Russ Sears Steve Wilson Bill Valenzano Bill Gibbs David Allison Davy Kennamer John Anderson Randy McFarland Scott Woodman M45 Dave Johnson Volod. Tomilov Charles Reagan R. Rodenhausen Lou Milliron Bill Meece William Evans Jesse Warren Ron Sims Joe Wallace M50 Jim Pelarske Gary Romesser Gregory Rucker Robert Wilson Doc Weiss Steve Olson John Walker Steve Rogers Nathan Meek Rex Piercy M55 Anson Clapcott Gary Julin Thys Bax James Carlton Paul Jensen Jeffrey Hawkins Terry Ringle Douglas Everett	2.22.02 2.41.44 2.22.02 2.33.44 2.34.49 2.41.08 2.45.39 2.46.22 2.47.27 2.55.38 2.58.53 3.07.19 2.38.50 2.48.49 2.52.54 3.03.37 3.04.12 3.08.31 3.08.33 3.12.59 3.15.08 2.44.13 2.45.15 2.59.47 2.59.51 3.13.13 3.17.47 3.18.51 3.19.59 2.48.30 2.48.49 2.52.54 3.13.13 3.17.47 3.18.51 3.19.59 2.48.30 2.59.51 3.19.59 2.48.30 2.59.51 3.19.59 2.48.30 2.59.51 3.19.59 2.48.30 2.59.51 3.19.59 3.19.59 2.48.30 2.59.51 3.19.59 2.48.30 2.59.51 3.19.59 2.48.30 2.59.51 3.19.59 2.48.30 2.59.51 3.19.59 2.48.30 2.59.51 3.19.59 2.48.30 2.59.51 3.19.59 2.48.30 2.59.51 3.19.59 2.48.30 2.59.51 3.19.59 2.48.30 2.59.51 3.19.59 2.48.30 2.59.51 3.19.59 2.48.30 2.59.51 3.19.59 2.48.30 2.59.51 3.19.59 2.48.30 2.59.51 3.19.59 3.19.59 2.48.30 2.59.51 3.19.59 3.19.5
GIL GILMORE  M65 ALBERT MICLETTE TOM RAY BILL TUSHAUS D STEPHENSON BILL FITZGERALD  W40 LORRAINE JASPER LESLIE RIDEOUT TAMMY RALL DEBORAH BARNETT SUSAN T. WELLS  W45 CECIL ASTROP BETH HOWELL CAROL TALLEY LYNN PLEMMONS DEB ROMIG  W50 LEAH L. WHIPPLE MARY C. WINSTON MARY H. EGGER LYNN MCATEER PATRICIA A. GILLEY W55 JOY HAMPTON BARBARA IVEY ANDREA ALMAND MARY F. RAMBA LYNN ANDERSON  W60 KATHY LEWIS WILLY MOOLENAAR JACQUELINE BARDOL W65 JANE BENBOW  8K  Overall Shadrack Kosgei 18 22: Lyudmila Biktasheva 28 26: M40 JOHN HINTON BILL BUSTIN DENNIS CONTOIS RUSSELL BOWLES TERRY MCLAUGHLIN  M45 KEVIN LOUNSBURY THAD JONES GREG RUCKERT GORDON W. FETTE KEN MILLER	3:54:07 3:32:16 3:32:33 3:50:16 3:50:55 3:54:05 3:23:05 3:23:05 3:23:05 3:23:49 3:38:19 3:38:19 3:38:19 3:34:53 3:42:02 3:42:02 3:42:02 3:42:03 3:45:03 3:4	Rocket City Mara Huntsville, AL; Do Overall Dennis Simonaitis 40 Ramilia Burangulova 41 M40 D. Simonaitis Russ Sears Steve Wilson Bill Valenzano Bill Gibbs David Allison Davy Kennamer John Anderson Randy McFarland Scott Woodman M45 Dave Johnson Volod. Tomilov Charles Reagan R. Rodenhausen Lou Milliron Bill Meece William Evans Jesse Warren Ron Sims Joe Wallace M50 Jim Pelarske Gary Romesser Gregory Rucker Robert Wilson Doc Weiss Steve Olson John Walker Steve Rogers Nathan Meek Rex Piercy M55 Anson Clapcott Gary Julin Thys Bax James Carlton Paul Jensen Jeffrey Hawkins Terry Ringle Douglas Everett Dick Franklin Arthur Sarakas M60 Ken Brewer Tom Mayfield	2.22.02 2.41.44 2.22.02 2.33.44 2.34.49 2.41.08 2.45.39 2.46.22 2.47.27 2.55.38 2.58.53 3.07.19 2.38.50 2.28.53 3.04.12 3.08.31 3.08.31 3.08.31 3.08.31 3.12.59 3.15.08 2.44.13 2.45.15 2.52.54 3.03.13 3.12.59 3.12.59 3.12.59 3.13.13 3.17.47 3.18.51 3.19.59 2.48.30 2.55.51 3.19.59 2.48.30 2.45.15 2.55.51 3.19.59 2.48.30 2.45.15 2.55.51 3.19.59 2.48.30 2.55.51 3.19.59 2.48.30 2.55.51 3.19.59 2.48.30 2.55.51 3.19.59 2.48.30 2.55.51 3.19.59 2.48.30 2.55.51 3.19.59 2.48.30 2.55.51 3.19.59 2.48.30 2.55.51 3.19.59 2.48.30 2.55.51 3.19.59 2.48.30 2.55.51 3.19.59 2.48.30 2.55.51 3.19.59 2.48.30 2.55.51 3.19.59 2.48.30 2.55.51 3.19.59 2.48.30 2.55.51 3.19.59 2.48.30 2.55.51 3.19.59 2.48.30 2.55.51 3.19.59 3.19.59 2.48.30 2.55.51 3.19.59 2.48.30 2.55.51 3.19.59 3.19.59 3.19.59 2.48.30 2.55.51 3.19.59 3.19.59 2.48.30 2.55.51 3.19.59 3.19.59 2.48.30 2.55.51 3.19.59 2.48.30 2.55.51 3.19.59 2.48.30 2.55.51 3.19.59 2.48.30 2.55.51 3.19.59 2.48.30 2.55.51 3.19.59 3.19.59 2.48.30 2.55.51 3.19.59 2.48.30 2.55.51 3.19.59 2.48.30 2.55.51 3.19.59 2.48.30 2.55.51 3.19.59 2.48.30 2.55.51 3.19.59 3.19.59 2.48.30 2.55.51 3.19.59 3.19.59 2.48.30 2.55.51 3.19.52 3.19.53 3.19.55 3.23.42 3.25.25 3.23.42 3.25.25 3.23.42 3.25.25 3.23.58 3.25.25 3.23.58 3.25.25 3.23.58 3.25.25 3.23.58 3.25.25 3.23.58 3.25.25 3.23.58 3.25.25 3.23.58 3.25.25 3.23.58 3.25.25 3.23.58 3.25.25 3.23.58 3.25.25 3.23.58 3.25.25 3.23.58 3.25.25 3.23.58 3.23.58 3.23.58 3.23.58 3.23.58 3.23.58 3.23.58 3.23.58
GIL GILMORE  M65 ALBERT MICLETTE TOM RAY BILL TUSHAUS D STEPHENSON BILL FITZGERALD  W40 LORRAINE JASPER LESLIE RIDEOUT TAMMY RALL DEBORAH BARNETT SUSAN T. WELLS  W45 CECIL ASTROP BETH HOWELL CAROL TALLEY LYNN PLEMMONS DEB ROMIG  W50 LEAH L. WHIPPLE MARY C. WINSTON MARY H. EGGER LYNN MCATEER PATRICIA A. GILLEY W55 JOY HAMPTON BARBARA IVEY ANDREA ALMAND MARY F. RAMBA LYNN ANDERSON  W60 KATHY LEWIS WILLY MOOLENAAR JACQUELINE BARDOL W65 JANE BENBOW  8K  Overall Shadrack Kosgei 18 22: Lyudmila Biktasheva 28 26: M40 JOHN HINTON BILL BUSTIN DENNIS CONTOIS RUSSELL BOWLES TERRY MCLAUGHLIN  M45 KEVIN LOUNSBURY THAD JONES GREG RUCKERT GORDON W. FETTE	3:54:07 3:32:16 3:32:33 3:50:16 3:50:55 3:54:05 3:23:05 3:23:05 3:23:05 3:23:49 3:38:19 3:38:19 3:38:19 3:34:53 3:42:02 3:42:02 3:42:02 3:42:02 3:42:02 3:42:02 3:42:02 3:56:47 3:28:55 4:20:44 4:36:30 4:59:16 4:59:14 4:17:27 6:26:57 6:05:15 3:9 4:59:44 4:17:27 6:26:57 6:05:15	Rocket City Mara Huntsville, AL; Do Overall Dennis Simonaitis 40 Ramilia Burangulova 41 M40 D. Simonaitis Russ Sears Steve Wilson Bill Valenzano Bill Gibbs David Allison Davy Kennamer John Anderson Randy McFarland Scott Woodman M45 Dave Johnson Volod. Tomilov Charles Reagan R. Rodenhausen Lou Milliron Bill Meece William Evans Jesse Warren Ron Sims Joe Wallace M50 Jim Pelarske Gary Romesser Gregory Rucker Robert Wilson Doc Weiss Steve Olson John Walker Steve Rogers Nathan Meek Rex Piercy M55 Anson Clapcott Gary Julin Thys Bax James Carlton Paul Jensen Jeffrey Hawkins Terry Ringle Douglas Everett Dick Franklin Arthur Sarakas M60 Ken Brewer Tom Mayfield Jerry McGath	2.22.02 2.41.44 2.22.02 2.33.44 2.34.49 2.41.08 2.45.39 2.46.22 2.47.27 2.55.38 2.58.53 3.07.19 2.38.50 2.48.49 2.52.54 3.03.37 3.04.12 3.08.31 3.08.31 3.12.59 3.15.08 2.44.13 2.45.15 2.45.15 2.59.51 3.03.13 3.12.59 3.12.59 3.13.13 3.12.26 3.13.13 3.17.47 3.18.51 3.19.59 2.48.30 2.58.56 3.13.13 3.17.47 3.18.51 3.19.59 2.48.30 2.59.51 3.19.59 3.19.5
GIL GILMORE  M65 ALBERT MICLETTE TOM RAY BILL TUSHAUS D STEPHENSON BILL FITZGERALD  W40 LORRAINE JASPER LESLIE RIDEOUT TAMMY RALL DEBORAH BARNETT SUSAN T. WELLS  W45 CECIL ASTROP BETH HOWELL CAROL TALLEY LYNN PLEMMONS DEB ROMIG  W50 LEAH L. WHIPPLE MARY C. WINSTON MARY H. EGGER LYNN MCATEER PATRICIA A. GILLEY W55 JOY HAMPTON BARBARA IVEY ANDREA ALMAND MARY F. RAMBA LYNN ANDERSON  W60 KATHY LEWIS WILLY MOOLENAAR JACQUELINE BARDOL  W65 JANE BENBOW  8K Overall Shadrack Kosgei 18 22: Lyudmila Biktasheva 28 26: M40 JOHN HINTON BILL BUSTIN DENNIS CONTOIS RUSSELL BOWLES TERRY MCLAUGHLIN  M45 KEVIN LOUNSBURY THAD JONES GREG RUCKERT GORDON W. FETTE KEN MILLER  M50 RICK PLATT RUDOLPH PEKAREK SHAH M. MEHRABI	3:54:07 3:32:16 3:32:33 3:50:16 3:50:55 3:09:38 3:14:45 3:23:05 3:23:05 3:23:49 3:28:16 3:48:19 3:38:19 3:38:19 3:48:10 3:48:10 3:48:10 3:48:10 3:48:10 3:49:21 3:56:47 3:28:55 4:20:44 4:36:30 4:59:16 4:59:44 4:17:27 6:26:57 6:05:15 3:49:21 3:50:15 3:49:21 3:50:47 3:50:15 3:5	Rocket City Mara Huntsville, AL; Do Overall Dennis Simonaitis 40 Ramilia Burangulova 41 M40 D. Simonaitis Russ Sears Steve Wilson Bill Valenzano Bill Gibbs David Allison Davy Kennamer John Anderson Randy McFarland Scott Woodman M45 Dave Johnson Volod. Tomilov Charles Reagan R. Rodenhausen Lou Milliron Bill Meece William Evans Jesse Warren Ron Sims Joe Wallace M50 Jim Pelarske Gary Romesser Gregory Rucker Robert Wilson Doc Weiss Steve Olson John Walker Steve Rogers Nathan Meek Rex Piercy M55 Anson Clapcott Gary Julin Thys Bax James Carlton Paul Jensen Jeffrey Hawkins Terry Ringle Douglas Everett Dick Franklin Arthur Sarakas M60 Ken Brewer Tom Mayfield Jerry McGath Jerry Harris Fay Bradley	2.22.02 2.41.44 2.22.02 2.33.44 2.34.49 2.41.08 2.45.39 2.46.22 2.47.27 2.55.38 2.58.53 3.07.19 2.38.50 2.38.50 2.38.50 2.38.50 3.08.31 3.08.31 3.08.33 3.12.53 3.12.59 3.15.08 2.44.13 2.45.15 2.45.25 2.48.30 2.58.56 2.59.10 3.13.24 3.18.55 3.23.42 3.25.25 3.23.42 3.25.25 3.23.42 3.25.25 3.23.42 3.25.25 3.23.42 3.25.25 3.23.42 3.25.25 3.23.42 3.25.25 3.23.42 3.23.41 3.26.13
GIL GILMORE  M65 ALBERT MICLETTE TOM RAY BILL TUSHAUS D STEPHENSON BILL FITZGERALD  W40 LORRAINE JASPER LESLIE RIDEOUT TAMMY RALL DEBORAH BARNETT SUSAN T. WELLS  W45 CECIL ASTROP BETH HOWELL CAROL TALLEY LYNN PLEMMONS DEB ROMIG  W50 LEAH L. WHIPPLE MARY C. WINSTON MARY H. EGGER LYNN MCATEER PATRICIA A. GILLEY ANDREA ALMAND MARY F. RAMBA LYNN ANDERSON  W60 KATHY LEWIS WILLY MOOLENAAR JACQUELINE BARDOL  W65 JANE BENBOW  8K OVERALL SHADOL SHA	3:54:07 3:32:16 3:32:33 3:50:16 3:50:55 3:09:38 3:14:45 3:19:53 3:23:05 3:23:49 3:28:16 3:48:05 3:48:05 3:49:21 3:56:47 3:28:55 4:20:44 4:38:30 4:59:16 4:5	Rocket City Mara Huntsville, AL; Do Overall Dennis Simonaitis 40 Ramilia Burangulova 41 M40 D. Simonaitis Russ Sears Steve Wilson Bill Valenzano Bill Gibbs David Allison Davy Kennamer John Anderson Randy McFarland Scott Woodman M45 Dave Johnson Volod. Tomilov Charles Reagan R. Rodenhausen Lou Milliron Bill Meece William Evans Jesse Warren Ron Sims Joe Wallace M50 Jim Pelarske Gary Romesser Gregory Rucker Robert Wilson Doc Weiss Steve Olson John Walker Steve Rogers Nathan Meek Rex Piercy M55 Anson Clapcott Gary Julin Thys Bax James Carlton Paul Jensen Jeffrey Hawkins Terry Ringle Douglas Everett Dick Franklin Arthur Sarakas M60 Ken Brewer Tom Mayfield Jerry McGath Jerry Harris	2:22:02 2:41:44 2:22:02 2:33:44 2:34:49 2:41:08 2:45:39 2:46:22 2:47:27 2:55:38 2:58:53 3:07:19 2:38:50 2:48:49 2:52:54 3:03:37 3:08:31 3:08:33 3:12:53 3:13:34 3:13:34 3:13:2

Nat	tional M	aster	s News
Wendell Sandlin	3:34:42	M60	Donald B. Ardell
Andrew Sherwood Garry Elkins	3 43 57 3 53 58		John Boyle
M65 Kelly Stinson	3:46:19		Thom Weddle Colman M. Moone
James Foreman Bill Wagner	4:42:02	M65	Myron V Anderso
Dillard Vaughn	4:49:20		Larry T. Miller Jack Taylor
Knox White M70 Jerry Johncock	4:53:39 3:49:06		Jim Larson
Gresh Downs Norm Frank	4:49:58 5:45:42	M70	Carl C. Pegels Al E. Treichel
M75 Paul Gionfriddo	5:01:12		John McGowan
W40 R. Burangulova Jennifer Potts	2 41 44 2 58 22		Pat Fitzgerald Howard S. Rubin
Patricia Foell Nicole Borman	3:16:44	M75	Larry H. Yost
Cheryl Spelce	3 29 42 3 39 46	M/S	Joe H. Conrad
Sandy Austin Theresa Bettis	3:40:27		Grank Guerro Walter A. White
Mel. Himelein	3:45:45		Charlie C. Paulson
Cynthia Heady Edie Graves	3:46:24	M80	Bart W. Ross Charles H. Lasley
W45 Deb. Lazaroff	3:33:19	W40	Luanne G. Coulter
Ann Eller Margaret Riser	3:37:26 3:46:12		Lisa K. Valentine Judy A. Maquire
Leslie Trammell Diane Taylor	3:48:59	1	Christy L. Phillips
W50 Judith Hine	3:12:24	W45	Dianne Cayll Skile Grace Wilson
Un Ha Lee Carol Hogan	3:48:47 3:55:00		Linda Musante
Helen Donahue	3:59:02	1000	Denise Skinner Shelia L. Haire
Luv. Blackwood Clo Mallory	3:59:27 3:59:28		Terri G. Tankel
W55 Mary Brookshire		W50	Karen Alexeev Kathleen Gruber
Brenda Cooter Sharon Kanemura	4:31:16 4:35:30	1/19	Chach M Malone
W60 Anne Park	4:25:34		Dianna S. Campbe Helena Savoie
W65 Terttu Barsch Dot Richter	4:26:48	W55	Astrid Soll
Elaine DollDunn	6:38:19	HAP.	Cindy Krager Dottie R. Foster
Winter in Winterv	ille 5M		Susan S. Isbell
Winterville, GA;	Jan. 4	W60	Donna Maynard Glenda N. Walker
Eric Stabb 34	26:14	VVOU	Leah Mcelroy
Melissa Reyes 20 M40 John Kissane	34:00 29:19		Carolyn Meadowc
Mike Yawn	30:26	N. C.	Alicia Kelley Marilyn Ryder
Kirk Smith M45 Malcolm Adams	30:58	W65	Betty Kushmer
Mark Compton	32:23	-	Shirley Taylor Mickie Flinner
Gaylen Edards M50 John Bernhardt	33:01 33:37		Dixie Zacherl Joan M. Boetcher
Art Dacosta	35:03	W70	Rose Hoge
John Reynolds M55 Russ Brown	42:13 34:04	400	Jackie W. Yost Ann M. Reidelberg
Gary Jenkins	34:49 35:16		Dorothy Laker
Ed Wysong M60 Joe Waters	38:40	W75	Leslie M. Higgins Judith F. Baizan
Tommy Chisholm Scott Thompson	38:51 39:35	W80	Elaine S. Geyer
M65 Jim Rasnake	38:59		- M
Jacob Cooter Clay Sims	43:58 48:56	нор	s Marathon b Tampa, FL; J
M70 Don McClellan 71	53:21	Overa	Jeff Fabian
W40 Beth Grumbles Sandy Adams	36:47 39:06	M40	Kim A. Donalds
Mara Nance	39:16	M40	Steve L. Koski
W45 Cherry Croker Kathy Parker	35:52 37:27		Gary S. Peters David Mchale
Susan Fricks	43:59	M45	Roy Ramos Dick Beardsley
W50 Carolyn Mather Anna Williams	39:24 43:02	MITS	Jeffrey M. Delie
Kathie Walker	44:12	ESTER	Gary Cohen Mark Steege
W55 Brenda Cooter Barbara Conley	40:58 52:26	M50	Robert Dozorei
Helen Koon W60 Patricia Coveny	54:51 64:18	111/4	Bemie Candy Joseph Jackels
W65 Anne Patrick	66:56	THE REAL PROPERTY.	James Taylor
Gasparilla 15	K	M55	Jim Ryan Bill Buffum
Tampa, FL; Ja Overall	n. 4		Raymond Bell Roger Anderso
Ronnie Holassie 31	0:46:40	1275	Paul Jensen Harvey Kunz
Amy Begley 24 M40 Mark H. Tensing	0:52:21	M60	Chung S. Yoo
Frank Depizzo	0:52:12	1	Jr. Wright Norbert Roihl
Scott A Gove Tim Unger	0:53:25		Ray E. Goetz Bob Leheur
Rafael Guijarro	0:54:57	M65	Bill Wagner Charles Cutting
M45 Paul G Hough George A. Altieri	0:54:01 0:54:58	1	Bob Keams
Jack H. Silva	0:55:19		Saul Lowitt
Jeff Sommer Danny Pripka	0:56:21 0:56:25	M70	Charles Rogers James Woolan
M50 Steve Mikles	0:56:49	1000	Peter Butler Francis A. Jeffr
Royston Dillon Jack Waitz	0:58:11	W40	Kim Donaldson
Randy F. Mendat	0:58:46	LESS	Leisa Ensle Aprille Shaffer
John Jerome . M55 Manfred Heberle	0:58:52	P. S.	Mary Delie Debra J. Colbe
Jim G. Sampson	1:00:12	W45	Noora Alidina Dori Iten
Robert M. Pratte Nick Sudzina	1:00:50		Lynn Erwine
Raymond T. Bell	1:01:47		Terri G. Tankel Barbara Linton

M60   Donald B. Ardell   D. 59:35   John Boyle   1:01:32   Thom Weddle   1:01:43   Colman M. Mooney   1:09:33   M65   Myron V Anderson   1:09:15   Jim Larson   1:09:15   Jim Larson   1:09:29   Carl C. Pegels   1:12:52   M70   Al E. Treichel   1:10:30   John McGowan   1:14:44   Pat Fitzgerald   1:17:30   Howard S. Rubin   1:17:36   Larry H. Yost   1:18:15   Joe H. Conrad   1:31:36   Grank Guerro   1:33:59   Walter A. White   1:36:18   Charlle C. Paulson   1:38:01   M80   Bart W. Ross   1:32:52   Judy A. Maguire   1:00:25   Judy				
John Boyle	i	M60	Contraction of the Contraction	
M65	-			
M65				
Jack Taylor Jim Larson Long. 229 Card C. Pegels Lind: 109:29 Card C. Pegels Lind: 110:30 John McGowan John McGowan John McGowan Har Fitzgerald Howard S. Rubin Larry H. Yost Larry H. John Malon Charlie C. Paulson Larry H. Yost Lisa K. Valentine Lord A. Maguire Charles K. Valentine Lord C. Coulter Linda Musante Denise Skinner Skinner Lord J. John Shelia L. Haire Lord J. 100:12 Linda Musante Denise Skinner Lord J. 100:12 Linda Musante Lord J. 100:12 Lord J. 1	H	M65	Myron V Anderson	
Jim Larson				
M70   Al E. Treichel			Jim Larson	1:09:29
John McGowan Pat Fitzgerald Howard S. Rubin Larry H. Yost Larry H. Yost Larry H. Jewell John H. Conrad Grank Guerro Walter A. White Charlie C. Paulson M80 Bart W. Ross Charlie C. Paulson M80 Bart W. Ross Charles H. Lasley W40 Luanne G. Coulter Lisa K. Valentine Judy A. Maguire Charles H. Lasley W45 Grace Wilson Dianne Cayll Skiles Denise Skinner John M. Sching W50 Karen Alexeev W50 Glenda N. Walker Leah Mcelroy Dottle R. Foster John Magnard W60 Glenda N. Walker Leah Mcelroy Leah Mcelroy W65 Betty Kushmer Shirley Taylor Mickie Fiinner Johck W. Yost Ann M. Reidelberger John M. Boetcher John M. Boetcher W50 Elaine S. Geryer W65 Betty Kushmer Shirley Taylor Mickie Fiinner Johck W. Yost Ann M. Reidelberger Johck W. Yost Ann M. Reidelberger Johck W. Yost John M. Boetcher W57 Leslie M. Higgins Judith F. Baizan Judith F. Baizan W77 Rose Hoge John M. Boetcher W75 Leslie M. Higgins Judith F. Baizan W77 Rose Hoge John M. Boetcher W75 Leslie M. Higgins Judith F. Baizan John Steve L. Koski Gary S. Peters John M. Boetcher W75 Leslie M. Higgins Jorith F. Baizan Joseph Jackels Judith F. Baizan W70 Rose Hoge John M. Boetcher W75 Leslie M. Higgins Jorith F. Baizan W70 Rose Hoge John M. Boetcher W75 Leslie M. Higgins Jorith F. Baizan W70 Rose Hoge Joseph Jackels Jorith F. Baizan W70 Rose Hoge Joseph Jackels Jorith F. Baizan W60 Gary S. Peters John M. Boetcher W75 Leslie M. Higgins Jorith F. Baizan W70 Rose Hoge Joseph Jackels Joseph Joseph Roy Jose		M70		The second secon
Howard S. Rubin		10170	John McGowan	1:14:44
Larry H. Yost				
Joe H. Conrad			Larry H. Yost	1:25:16
Grank Guerro   1:33:59     Walter A, White   1:36:18     Charlie C, Paulson   1:38:01     Bart W, Ross   1:32:52     Charles H, Lasley   1:58:50     W40 Luanne G, Coulter   1:58:50     Usan K, Valentine   1:00:26     Christy L, Phillips   1:00:37     Dianne Cayll Skiles   1:01:19     W45 Grace Wilson   1:00:18     Denise Skinner   1:04:40     Shelia L, Haire   1:05:18     Terri G, Tankel   1:06:08     W50 Karen Alexeev   1:09:53     Kathleen Gruber   1:10:11     Chach M Malone   1:10:59     Dianna S, Campbell   1:11:06     Helena Savoie   1:14:07     W55 Astrid Soil   1:16:08     Cindy Krager   1:16:10     Dottle R, Foster   1:17:07     Susan S, Isbell   1:19:52     Donna Maynard   1:22:16     W60 Glenda N, Walker   1:17:17     Leah Mcelroy   1:19:06     Carolyn Meadowcroft   1:19:17     Alicia Kelley   1:19:53     Manilyn Ryder   1:29:00     W65 Betty Kushmer   1:14:06     Shirley Taylor   1:34:08     Mickie Flinner   1:36:21     Dixie Zacherl   1:42:47     Joan M, Boetcher   1:45:31     W70 Rose Hoge   1:52:11     Jackie W, Yost   1:58:56     Ann M, Reidelberger   2:05:42     Dorothy Laker   3:30:01     W75 Leslie M, Higgins   1:59:54     Judith F, Baizan   2:13:22     W80 Elaine S, Geyer   2:05:59      Hops Marathon by the Bay   Tampa, FL; Jan. 5     Overall   Jeff Fabian   2:27:35     Kim A, Donaldson   3:01:18     M50 Robert Dozoretz   2:59:30     David Mchale   3:02:37     Roy Ramos   3:04:36     James Woolam   2:47:55     Gary Cohen   2:47:55     Gary Cohen   2:47:55     Gary S, Peters   2:99:30     David Mchale   3:02:37     Roy Ramos   3:04:36     James Taylor   3:19:64     M50 Robert Dozoretz   2:59:30     David Mchale   3:02:37     Roy Ramos   3:04:36     James Taylor   3:19:64     M50 Robert Dozoretz   2:59:30     David Mchale   3:02:37     Roy Ramos   3:04:36     James Taylor   3:05:47     M50 Ritter Roger   3:05:47     M50 Ritter Roger   3:05:47     M50 Ritter Roger   3:05:47     M50 Ritter Roger   3:05:47     M60 Ritter Roger   3:05:47     M70 Charles Roger   3:05:47     Aprile Shaffer   3:18:7		M75		
Charlie C. Paulson   1:38:01			Grank Guerro	1:33:59
Charles H. Lasley W40 Luanne G. Coulter Lisa K. Valentine Judy A. Maguire Christy L. Phillips Dianne Cayll Skiles Denise Skinner Denise Skinner Tod Jankel W50 Karen Alexeev W50 Karen Alexeev W50 Karen Alexeev Linda Musante Denise Skinner Dianna S. Campbell Helena Savole Helena Savole Helena Savole U70 Glenda N. Walker Lordy Krager Donna Maynard W60 Glenda N. Walker Leah Mcelroy Carolyn Meadowcroft Alicia Kelley Marilyn Ryder John M. Walker Linda Kushmer Shirley Taylor Mickie Flinner Jokie Zacherl Jokie W. Yost John M. Reidelberger Dorothy Laker Dorothy Laker John M. Reidelberger Dorothy Laker John M. Reidelberger Dorothy Laker John M. Helpins Jeff Fabian Leslie M. Higgins Jeff Fabian Serve L. Koski Gary S. Peters John M. Beay Tampa, FL; Jan. 5  Overall Jeff Fabian John Boehoher M40 Danny Joseph Stave L. Koski Gary S. Peters John M. Beay Joseph Jackele Joseph Jose	i			
W40		M80		
Judy A. Maguire   1:00:26		W40	Luanne G. Coulter	0:58:45
Christy L. Phillips				
W45   Grace Wilson   1:00:12		46.0	Christy L. Phillips	1:00:37
Linda Musante Denise Skinner Shelia L. Haire Terri G. Tankel W50 Karen Alexeev 1:09:53 Kathleen Gruber Linchah Malone Dianna S. Campbell Helena Savoie Helena Savoie Lindy Krager Linchy Linchy Susan S. Isbell Linghis Linchy Linchy Susan S. Isbell Linghis Linchy Linchy Susan S. Isbell Linchy Linchy Susan S. Isbell Linchy Linchy Susan S. Isbell Linchy Linchy Linchy Susan S. Isbell Linchy Linchy Linchy Linchy Linchy Susan S. Isbell Linchy L		W45		
Shelia L. Haire		3	Linda Musante	1:03:58
Terri G. Tankel   1:06:06				000000000000000000000000000000000000000
Kathleen Gruber		18/50	Terri G. Tankel	
Dianna S. Campbell		VV50	Kathleen Gruber	1:10:11
Helena Savoie				
Cindy Krager				
Dottie R. Foster   1:17:07		W55	Astrid Soll	1:16:08
Donna Maynard			Dottie R. Foster	1:17:07
W60   Glenda N. Walker   1:17:17   Leah Mcelroy   1:19:06   Carolyn Meadowcroft   1:19:17   Alicia Kelley   1:19:53   Marilyn Ryder   1:29:00   W65   Betty Kushmer   1:14:06   Shirley Taylor   1:34:08   Mickie Flinner   1:36:21   Dixie Zacheri   1:42:47   Joan M. Boetcher   1:45:31   W70   Rose Hoge   1:52:11   Jackie W. Yost   1:58:56   Ann M. Reidelberger   2:05:42   Dorothy Laker   3:30:01   W75   Lasile M. Higgins   1:59:54   Judith F. Baizan   2:13:22   W80   Elaine S. Geyer   2:05:59    Hops Marathon by the Bay Tampa, FL; Jan. 5   Overall   Jeff Fabian   2:27:35   Kim A. Donaldson   Kim A. Donaldson   Steve L. Koski   2:54:38   Gary S. Peters   2:59:30   David Mchale   3:02:37   Roy Ramos   3:04:36   Gary S. Peters   2:59:40   Jeffrey M. Delie   2:47:05   Gary Cohen   2:47:52   Mark Steege   2:52:26   Mario Rodriguez   3:07:48   M50   Robert Dozoretz   2:59:43   Bernie Candy   3:01:23   Joseph Jackels   James Taylor   3:19:41   M55   Bill Buffurm   3:10:35   Raymond Bell   Roger Anderson   3:17:16   Paul Jensen   4:01:59   Ray E. Goetz   4:05:55   Bob Leheur   4:16:59   Ray E. Goetz   4:05:55   Saul Lowitt   4:01:59   Ray E. Goetz   4:05:55   Saul Lowitt   5:54:15   M70   Charles Rogers   5:24:05   Saul Lowitt   5:54:15   M70   Charles Rogers   3:05:47   Aprille Shaffer   Mario Rodriguez   3:05:47   Charles Rogers				
Carolyn Meadowcroft Alicia Kelley Alicia Kushmer Alicia Kushmer Alicia Kilmer Alicia Kushmer Alicia Kilmer Alicia Kushmer Alicia Kushmer Alicia Kilmer Alici		W60	Glenda N. Walker	1:17:17
Alicia Kelley				
W65   Betty Kushmer   1:14:06			Alicia Kelley	1:19:53
Shirley Taylor		W65	Betty Kushmer	1:14:06
Dixie Zacheri			Shirley Taylor	1:34:08
W70   Rose Hoge				
Jackie W. Yost		W70		The same of the sa
Dorothy Laker   3:30:01		****	Jackie W. Yost	1:58:56
W75				
Hops Marathon by the Bay Tampa, FL; Jan. 5		W75	Leslie M. Higgins	
Tampa, FL; Jan. 5   Overall	1			2.42.22
Tampa, FL; Jan. 5   Overall	1	W80		
Jeff Fabian			Elaine S. Geyer	2:05:59
M40         Danny Joseph Steve L. Koski         2:43:03           Steve L. Koski         2:54:36           Gary S. Peters         2:59:30           David Mchale         3:02:37           Roy Ramos         3:04:36           Dick Beardsley         2:46:53           Jeffrey M. Delie         2:47:52           Mark Steege         2:52:26           Mario Rodriguez         3:07:48           M50         Robert Dozoretz           Bernie Candy         3:01:23           Joseph Jackels         3:01:23           Joseph Jackels         3:04:36           James Taylor         3:19:41           Jim Ryan         3:19:41           M55         Bill Buffum         3:03:32           Roger Anderson         3:17:16           Paul Jensen         3:20:07           Harvey Kunz         3:23:28           M60         Chung S. Yoo         3:34:26           Jr. Wright         3:53:50           Norbert Roihl         4:01:59           Ray E. Goetz         4:05:55           Bob Leheur         4:16:59           Bill Wagner         4:38:27           Charles Rogers         5:00:09           Eugene Bruckert<		Нор	es Marathon by the Tampa, FL; Jan.	2:05:59 ne Bay
Gary S. Peters David Mchale 3.02:37 Roy Ramos 3.04:36 M45 Dick Beardsley Jeffrey M. Delie Gary Cohen Mark Steege Mark Steege Mark Rodriguez Mark Rodriguez Mark Rodriguez Mark Robert Dozoretz Bemie Candy Joseph Jackels James Taylor Jim Ryan M55 Bill Buffum M55 Raymond Bell Roger Anderson Paul Jensen Harvey Kunz M60 Chung S. Yoo Jr. Wright Norbert Roihl Norbert Roihl Norbert Roihl M65 Bill Wagner Charles Cutting Bob Keams Soolo Bob Keams Soolo Bugene Bruckert Saul Lowitt M70 Charles Rogers M60 Charles Rogers M61 Bill Wagner Charles Cutting Bob Keams Soolo Bob Keams Soolo Bugene Bruckert Saul Lowitt M70 Charles Rogers M61 Bill Wagner Charles Cutting Francis A. Jeffries M70 Charles Rogers James Woolam Peter Butler Francis A. Jeffries M70 Charles Rogers James Woolam Peter Butler Francis A. Jeffries M70 Charles Rogers James Woolam Jeter Butler Francis A. Jeffries M70 Charles Rogers James Woolam Jeter Butler Jeter Butler Francis A. Jeffries M70 Charles Rogers Job Leisa Ensle Job Lei	The state of the s	Нор	es Marathon by the Tampa, FL; Jan.	2:05:59 ne Bay 5
David Mchale 3.02.37 Roy Ramos 3.04.36 Dick Beardsley 2.46.53 Jeffrey M. Delie 2.47.05 Gary Cohen 2.47.52 Mark Steege 2.52.26 Mark Rodriguez 3.07.48 M50 Robert Dozoretz 2.59.43 Bernie Candy 3.01.23 Joseph Jackels 3.04.36 James Taylor 3.12.56 Jim Ryan 3.19.41 M55 Bill Buffum 3.10.35 Raymond Bell 3.14.56 Roger Anderson 3.17.16 Paul Jensen 3.20.07 Harvey Kunz 3.23.28 M60 Chung S. Yoo 3.34.26 Jr. Wright 3.53.50 Norbert Roihl 4.01.59 Ray E. Goetz 4.05.55 Bob Leheur 4.16.59 M65 Bill Wagner 4.38.27 Charles Cutting 5.54.15 M70 Charles Rogers 4.07.53 James Woolam 4.48.29 Peter Butler 5.10.03 Francis A. Jeffries 6.04.01 W40 Kim Donaldson 3.01.18 Leisa Ensle 3.05.47 Aprille Shaffer 3.18.19 Mary Delie 3.24.17 Debra J. Colbert 3.25.34 Noora Alidina 3.42.13 Don Iten 3.47.47 Lynn Erwine 3.56.55 Term G. Tankel	The state of the s	Hop	Elaine S. Geyer  os Marathon by th Tampa, FL; Jan. all Jeff Fabian Kim A. Donaldson Danny Joseph	2:05:59 ne Bay 5 2:27:35 3:01:18 2:43:03
M45	The same of the sa	Hop	Elaine S. Geyer  os Marathon by th Tampa, FL; Jan. all Jeff Fabian Kim A. Donaldson Danny Joseph Steve L. Koski	2:05:59 ne Bay 5 2:27:35 3:01:18 2:43:03 2:54:36 2:59:30
Gary Cohen 2:47:52 Mark Steege 2:52:26 Mark Rolege 2:52:26 Mark Ordiguez 3:07:48 M50 Robert Dozoretz 2:59:43 Bemie Candy 3:01:23 Joseph Jackels 3:04:36 James Taylor 3:12:56 Jim Ryan 3:19:41 M55 Bill Buffum 3:10:35 Raymond Bell 3:14:56 Roger Anderson 3:20:07 Harvey Kunz 3:23:28 M60 Chung S. Yoo 3:34:26 Jr. Wright 3:53:50 Norbert Roihl 4:01:59 Ray E. Goetz 4:05:55 Bob Leheur 4:16:59 Bob Kearns 5:00:09 Eugene Bruckert 5:24:05 Saul Lowitt 5:54:15 M70 Charles Rogers 4:07:53 James Woolam 4:48:29 Peter Butler 5:10:03 Francis A. Jeffries 6:04:01 W40 Kim Donaldson 3:01:18 Leisa Ensle 3:05:47 Aprille Shaffer 3:18:19 Mary Delie 3:25:34 Noora Alidina 3:42:13 Don Iten 3:47:47 Lynn Erwine 3:56:55 Term G. Tankel		Hop	es Marathon by the Tampa, FL; Jan.  Ill Jeff Fabian Kim A. Donaldson Danny Joseph Steve L. Koski Gary S. Peters David Mchale	2:05:59 ne Bay 5 2:27:35 3:01:18 2:43:03 2:54:36 2:59:30 3:02:37
Mario Rodriguez 3:07:48 M50 Robert Dozoretz 2:59:43 Bemie Candy 3:01:23 Joseph Jackels 3:04:36 James Taylor 3:12:56 Jim Ryan 3:19:41 M55 Bill Buffum 3:10:35 Raymond Bell 3:14:56 Roger Anderson 3:20:07 Harvey Kunz 3:23:28 M60 Chung S. Yoo 3:34:26 Jr. Wright 3:53:50 Norbert Roihl 4:01:55 Ray E. Goetz 4:05:55 Bob Leheur 4:05:55 Bob Leheur 4:38:27 Charles Cutting 4:57:16 Bob Kearns 5:00:09 Eugene Bruckert 5:24:05 Saul Lowitt 5:54:15 M70 Charles Rogers 4:07:53 James Woolam 4:48:29 Peter Butler 5:10:03 Francis A. Jeffries 6:04:01 W40 Kim Donaldson 3:01:18 Leisa Ensle 3:05:47 Aprille Shaffer 3:18:19 Mary Delie 3:24:17 Debra J. Colbert 3:25:34 W45 Noora Alidina 3:42:13 Don Iten 3:47:47 Lynn Erwine 3:56:55 Tem G. Tankel		Hop Overs	es Marathon by the Tampa, FL; Jan. all Jeff Fabian Kim A. Donaldson Danny Joseph Steve L. Koski Gary S. Peters David Mchale Roy Ramos Dick Beardsley	2:05:59 ne Bay 5 2:27:35 3:01:18 2:43:03 2:54:36 2:59:30 3:02:37 3:04:36 2:46:53
Bernie Candy		Hop Overs	Elaine S. Geyer  S. Marathon by the Tampa, FL; Jan.  Ill  Jeff Fabian Kim A. Donaldson Danny Joseph Steve L. Koski Gary S. Peters David Mchale Roy Ramos Dick Beardsley Jeffrey M. Delie Gary Cohen	2:05:59  ne Bay 5  2:27:35 3:01:18 2:43:03 2:54:36 2:59:30 3:02:37 3:04:36 2:46:53 2:47:05 2:47:52
James Taylor		Hop Overs M40	Elaine S. Geyer  S. Marathon by the Tampa, FL; Jan.  Jeff Fabian Kim A. Donaldson Danny Joseph Steve L. Koski Gary S. Peters David Mchale Roy Ramos Dick Beardsley Jeffrey M. Delie Gary Cohen Mark Steege Mario Rodriguez	2:05:59  ne Bay 5  2:27:35 3:01:18 2:43:03 2:54:36 2:46:53 2:47:05 2:47:52 2:52:26 3:07:48
M55   Bill Buffum   3:19:41	THE RESERVE THE PERSON NAMED IN COLUMN TWO IS NOT THE PERSON NAMED IN COLUMN TWO IS NAMED I	Hop Overs M40	Elaine S. Geyer  S. Marathon by the Tampa, FL; Jan.  Jeff Fabian Kim A. Donaldson Danny Joseph Steve L. Koski Gary S. Peters David Mchale Roy Ramos Dick Beardsley Jeffrey M. Delie Gary Cohen Mark Steege Mario Rodriguez Robert Dozoretz	2:05:59  ne Bay 5  2:27:35 3:01:18 2:43:03 2:54:36 2:59:30 3:02:37 3:04:36 2:46:53 2:47:52 2:52:26 3:07:48 2:59:43 3:01:23
Raymond Bell 3:14:56 Roger Anderson 3:17:16 Paul Jensen 3:20:07 Harvey Kunz 3:23:28 M60 Chung S. Yoo 3:34:26 Jr. Wright 3:53:50 Norbert Roihl 4:01:59 Ray E. Goetz 4:16:59 M65 Bill Wagner 4:38:27 Charles Cutting 4:57:16 Bob Kearns 5:00:09 Eugene Bruckert 5:24:05 Saul Lowitt 5:54:15 M70 Charles Rogers 4:07:53 James Woolam 4:48:29 Peter Butler 5:10:03 Francis A. Jeffries 6:04:01 W40 Kim Donaldson 3:01:18 Leisa Ensle 3:05:47 Aprille Shaffer 3:18:19 Mary Delie 3:24:17 Debra J. Colbert 3:25:34 Noora Alidina 3:42:13 Don Iten 3:47:47 Lynn Erwine 3:56:55 Tem G. Tankel		Hop Overs M40	es Marathon by the Tampa, FL; Jan.  all Jeff Fabian Kim A. Donaldson Danny Joseph Steve L. Koski Gary S. Peters David Mchale Roy Ramos Dick Beardsley Jeffrey M. Delie Gary Cohen Mark Steege Mario Rodriguez Robert Dozoretz Bernie Candy Joseph Jackels	2:05:59  ne Bay 5  2:27:35 3:01:18 2:43:03 2:54:36 2:59:30 3:02:37 3:04:36 2:46:53 2:47:52 2:52:26 3:07:48 2:59:43 3:01:23 3:04:36
Paul Jensen   3:20:07		M40 M45	Elaine S. Geyer  S. Marathon by the Tampa, FL; Jan.  Jeff Fabian Kim A. Donaldson Danny Joseph Steve L. Koski Gary S. Peters David Mchale Roy Ramos Dick Beardsley Jeffrey M. Delie Gary Cohen Mark Steege Mario Rodriguez Robert Dozoretz Bernie Candy Joseph Jackels James Taylor Jim Ryan	2:05:59  ne Bay 5  2:27:35 3:01:18 2:43:03 2:54:36 2:46:53 2:47:52 2:52:26 2:59:43 3:01:23 3:04:36 3:12:56 3:19:41
M60 Chung S. Yoo 3:34:26 Jr. Wright 3:53:50 Norbert Roihl 4:01:59 Ray E. Goetz 4:05:55 Bob Leheur 4:16:59 M65 Bill Wagner 4:38:27 Charles Cutting 5:00:09 Eugene Bruckert 5:24:05 Saul Lowitt 5:54:15 M70 Charles Rogers 4:07:53 James Woolam 4:48:29 Peter Butler 5:10:03 Francis A. Jeffries 6:04:01 W40 Kim Donaldson 3:01:18 Leisa Ensle 3:05:47 Aprille Shaffer 3:18:19 Mary Delire 3:24:17 Debra J. Colbert 3:25:34 W45 Noora Alidina 3:42:13 Don Iten 3:47:47 Lynn Erwine 3:56:55 Term G. Tankel		M40 M45	Elaine S. Geyer  S. Marathon by the Tampa, FL; Jan.  Jeff Fabian Kim A. Donaldson Danny Joseph Steve L. Koski Gary S. Peters David Mchale Roy Ramos Dick Beardsley Jeffrey M. Delie Gary Cohen Mark Steege Mario Rodriguez Robert Dozoretz Bernie Candy Joseph Jackels James Taylor Jim Ryan Bill Buffum Raymond Bell	2:05:59  ne Bay 5  2:27:35 3:01:18 2:43:03 2:54:36 2:59:30 3:02:37 3:04:36 2:47:05 2:47:05 2:47:05 2:47:52 2:52:26 3:07:48 2:59:43 3:01:23 3:04:36 3:12:56 3:19:41 3:10:35 3:14:56
Ray E. Goetz 4:05:55 Bob Leheur 4:16:59 Bill Wagner 4:38:27 Charles Cutting 5:00:09 Eugene Bruckert 5:24:05 Saul Lowitt 5:54:15 M70 Charles Rogers 4:07:53 James Woolam 4:48:29 Peter Butler 5:10:03 Francis A. Jeffries 6:04:01 W40 Kim Donaldson 3:01:18 Leisa Ensle 3:05:47 Aprille Shaffer 3:18:19 Mary Delie 3:24:17 Debra J. Colbert 3:25:34 Noora Alidina 3:42:13 Don Iten 3:47:47 Lynn Erwine 3:56:55 Tem G. Tankel		M40 M45	Elaine S. Geyer  S. Marathon by the Tampa, FL; Jan.  Ill  Jeff Fabian Kim A. Donaldson Danny Joseph Steve L. Koski Gary S. Peters David Mchale Roy Ramos Dick Beardsley Jeffrey M. Delie Gary Cohen Mark Steege Mario Rodriguez Robert Dozoretz Bernie Candy Joseph Jackels James Taylor Jim Ryan Bill Buffum Raymond Bell Roger Anderson Paul Jensen	2:05:59  ne Bay 5  2:27:35 3:01:18 2:43:03 2:54:36 2:46:53 2:47:52 2:52:26 2:47:52 2:52:26 3:07:48 2:59:43 3:01:23 3:04:36 3:12:56 3:19:41 3:10:35 3:14:56 3:17:16 3:20:07
Ray E. Goetz 4:05:55 Bob Leheur 4:16:59 Bill Wagner 4:38:27 Charles Cutting 5:00:09 Eugene Bruckert 5:24:05 Saul Lowitt 5:54:15 M70 Charles Rogers 4:07:53 James Woolam 4:48:29 Peter Butler 5:10:03 Francis A. Jeffries 6:04:01 W40 Kim Donaldson 3:01:18 Leisa Ensle 3:05:47 Aprille Shaffer 3:18:19 Mary Delie 3:24:17 Debra J. Colbert 3:25:34 Noora Alidina 3:42:13 Don Iten 3:47:47 Lynn Erwine 3:56:55 Tem G. Tankel		M40 M45 M50	Elaine S. Geyer  S. Marathon by the Tampa, FL; Jan.  Jeff Fabian Kim A. Donaldson Danny Joseph Steve L. Koski Gary S. Peters David Mchale Roy Ramos Dick Beardsley Jeffrey M. Delie Gary Cohen Mark Steege Mario Rodriguez Robert Dozoretz Bernie Candy Joseph Jackels James Taylor Jim Ryan Bill Buffum Raymond Bell Roger Anderson Paul Jensen Harvey Kunz Chung S. Yoo	2:05:59  ne Bay 5  2:27:35 3:01:18 2:43:03 2:54:36 2:59:30 3:02:37 3:04:36 2:46:53 2:47:05 2:47:05 2:47:52 2:52:26 3:07:48 2:59:43 3:01:23 3:01:23 3:01:23 3:01:23 3:11:56 3:19:41 3:10:35 3:11:56 3:17:16 3:20:07 3:23:28 3:34:26
M65 Bill Wagner 4:38:27 Charles Cutting 4:57:16 Bob Kearms 5:00:09 Eugene Bruckert 5:24:05 Saul Lowitt 5:54:15 M70 Charles Rogers 4:07:53 James Woolam 4:48:29 Peter Butler 5:10:03 Francis A. Jeffries 6:04:01 W40 Kim Donaldson 3:01:18 Leisa Ensle 3:05:47 Aprille Shaffer 3:18:19 Mary Delie 3:24:17 Debra J. Colbert 3:25:34 Noora Alidina 3:42:13 Don Iten 3:47:47 Lynn Erwine 3:56:55 Tem G. Tankel		M40 M45 M50	Elaine S. Geyer  S. Marathon by the Tampa, FL; Jan.  Jeff Fabian Kim A. Donaldson Danny Joseph Steve L. Koski Gary S. Peters David Mchale Roy Ramos Dick Beardsley Jeffrey M. Delie Gary Cohen Mark Steege Mario Rodriguez Robert Dozoretz Bernie Candy Joseph Jackels James Taylor Jim Ryan Bill Buffum Raymond Bell Roger Anderson Paul Jensen Harvey Kunz Chung S. Yoo Jr. Wright	2:05:59  ne Bay 5  2:27:35 3:01:18 2:43:03 2:54:36 2:59:30 3:02:37 3:04:36 2:47:05 2:47:05 2:47:52 2:52:62 3:07:48 2:59:43 3:01:23 3:01:23 3:01:23 3:01:256 3:19:41 3:10:35 3:14:56 3:17:16 3:20:07 3:23:28 3:34:26 3:53:50
Bob Keams 5:00:09 Eugene Bruckert 5:24:05 Saul Lowitt 5:54:15 M70 Charles Rogers 4:07:53 James Woolam 4:48:29 Peter Butler 5:10:03 Francis A. Jeffries 6:04:01 W40 Kim Donaldson 3:01:18 Leisa Ensle 3:05:47 Aprille Shaffer 3:18:19 Mary Delie 3:24:17 Debra J. Colbert 3:25:34 W45 Noora Alidina 3:42:13 Don Iten 3:47:47 Lynn Erwine 3:56:55 Tem G. Tankel 4:01:00		M40 M45 M50	Elaine S. Geyer  S. Marathon by the Tampa, FL; Jan.  Jeff Fabian Kim A. Donaldson Danny Joseph Steve L. Koski Gary S. Peters David Mchale Roy Ramos Dick Beardsley Jeffrey M. Delie Gary Cohen Mark Steege Mario Rodriguez Robert Dozoretz Bernie Candy Joseph Jackels James Taylor Jim Ryan Bill Buffum Raymond Bell Roger Anderson Paul Jensen Harvey Kunz Chung S. Yoo Jr. Wright Norbert Roihl Ray E. Goetz	2:05:59  ne Bay 5  2:27:35 3:01:18 2:43:03 2:54:36 2:59:30 3:02:37 3:04:36 2:46:53 2:47:05 2:47:52 2:52:26 3:07:48 2:59:43 3:04:36 3:12:56 3:19:41 3:10:35 3:14:56 3:17:16 3:20:07 3:23:28 3:34:26 3:53:50 4:01:59 4:05:55
Saul Lowitt 5:54:15 M70 Charles Rogers 4:07:53 James Woolam 4:48:29 Peter Butler 5:10:03 Francis A. Jeffries 6:04:01 W40 Kim Donaldson 3:01:18 Leisa Ensle 3:05:47 Aprille Shaffer 3:18:19 Mary Delie 3:24:17 Debra J. Colbert 3:25:34 Noora Alidina 3:42:13 Don Iten 3:47:47 Lynn Erwine 3:56:55 Tem G. Tankel		M40 M45 M50 M55	Elaine S. Geyer  S. Marathon by the Tampa, FL; Jan.  Ill  Jeff Fabian  Kim A. Donaldson  Danny Joseph  Steve L. Koski  Gary S. Peters  David Mchale  Roy Ramos  Dick Beardsley  Jeffrey M. Delie  Gary Cohen  Mark Steege  Mario Rodriguez  Robert Dozoretz  Bernie Candy  Joseph Jackels  James Taylor  Jim Ryan  Bill Buffum  Raymond Bell  Roger Anderson  Paul Jensen  Harvey Kunz  Chung S. Yoo  Jr. Wright  Norbert Roihl  Ray E. Goetz  Bob Leheur  Bill Wagner	2:05:59  ne Bay 5  2:27:35 3:01:18 2:43:03 2:54:36 2:45:36 2:46:53 2:47:52 2:52:26 3:07:48 2:59:43 3:01:23 3:0
James Woolam   4:48:29     Peter Butler   5:10:03     Francis A. Jeffries   6:04:01     W40   Kim Donaldson   3:01:18     Leisa Ensle   3:05:47     Aprille Shaffer   3:18:19     Mary Delie   3:24:17     Debra J. Colbert   3:25:34     W45   Noora Alidina   3:42:13     Don Iten   3:47:47     Lynn Erwine   3:56:55     Terri G. Tankel   4:01:00		M40 M45 M50 M55	Elaine S. Geyer  S. Marathon by the Tampa, FL; Jan.  Jeff Fabian Kim A. Donaldson Danny Joseph Steve L. Koski Gary S. Peters David Mchale Roy Ramos Dick Beardsley Jeffrey M. Delie Gary Cohen Mark Steege Mario Rodriguez Robert Dozoretz Bernie Candy Joseph Jackels James Taylor Jim Ryan Bill Buffum Raymond Bell Roger Anderson Paul Jensen Harvey Kunz Chung S. Yoo Jr. Wright Norbert Roihl Ray E. Goetz Bob Leheur Bill Wagner Charles Cutting Bob Kearns	2:05:59  ne Bay 5  2:27:35 3:01:18 2:43:03 2:54:36 2:59:30 3:02:37 3:04:36 2:47:05 2:47:05 2:47:05 2:47:05 2:47:52 2:52:26 3:07:48 2:59:43 3:01:256 3:19:41 3:10:35 3:14:56 3:17:16 3:20:07 3:23:28 3:34:26 3:53:50 4:01:59 4:38:27 4:57:16 5:00:09
Peter Butler 5:10:03 Francis A. Jeffries 6:04:01 W40 Kim Donaldson 3:01:18 Leisa Ensle 3:05:47 Aprille Shaffer 3:18:19 Mary Delie 3:24:17 Debra J. Colbert 3:25:34 W45 Noora Alidina 3:42:13 Don Iten 3:47:47 Lynn Erwine 3:56:55 Terri G. Tankel 4:01:00		M40 M45 M50 M65	Elaine S. Geyer  S. Marathon by the Tampa, FL; Jan.  Jeff Fabian Kim A. Donaldson Danny Joseph Steve L. Koski Gary S. Peters David Mchale Roy Ramos Dick Beardsley Jeffrey M. Delie Gary Cohen Mark Steege Mario Rodriguez Robert Dozoretz Bernie Candy Joseph Jackels James Taylor Jim Ryan Bill Buffum Raymond Bell Roger Anderson Paul Jensen Harvey Kunz Chung S. Yoo Jr. Wright Norbert Roihl Ray E. Goetz Bob Leheur Bill Wagner Charles Cutting Bob Kearns Eugene Bruckert Saul Lowitt	2:05:59  ne Bay 5  2:27:35 3:01:18 2:43:03 2:54:36 2:45:36 2:46:53 2:47:52 2:52:47:57:16 2:50:55 2:47:57:16 2:50:55 2:47:55 2:47:57:16 2:50:55 2:47:55 2:47:57:16 2:50:55 2:47:55 2:47:57:16 2:50:55 2:47:55 2:47:57:16 2:50:55 2:47:55 2:47:57:16 2:50:55 2:47:55 2:47:57:16 2:50:55 2:47:55 2:47:57:16 2:50:55 2:47:55 2:47:57 2:52:47 2
W40 Kim Donaldson 3:01:18 Leisa Ensle 3:05:47 Aprille Shaffer 3:18:19 Mary Delie 3:24:17 Debra J. Colbert 3:25:34 W45 Noora Alidina 3:42:13 Don Iten 3:47:47 Lynn Erwine 3:56:55 Tem G Tankel 4:01:00		M40 M45 M50 M65	Elaine S. Geyer  S. Marathon by the Tampa, FL; Jan.  Jeff Fabian Kim A. Donaldson Danny Joseph Steve L. Koski Gary S. Peters David Mchale Roy Ramos Dick Beardsley Jeffrey M. Delie Gary Cohen Mark Steege Mario Rodriguez Robert Dozoretz Bernie Candy Joseph Jackels James Taylor Jim Ryan Bill Buffum Raymond Bell Roger Anderson Paul Jensen Harvey Kunz Chung S. Yoo Jr. Wright Norbert Roihl Ray E. Goetz Bob Leheur Bill Wagner Charles Cutting Bob Kearns Eugene Bruckert Saul Lowitt Charles Rogers James Woolam	2:05:59  ne Bay 5  2:27:35 3:01:18 2:43:03 2:54:36 2:59:30 3:02:37 3:04:36 2:47:05 2:47:05 2:47:05 2:47:52 2:52:26 3:07:48 2:59:43 3:01:23 3:01:23 3:01:23 3:01:23 3:01:23 3:01:23 3:01:23 3:01:23 3:01:23 3:01:23 3:01:23 3:01:25 3:19:41 3:10:35 3:17:16 3:20:07 3:23:28 3:34:26 3:53:50 4:01:59 4:38:27 4:57:16 5:00:09 5:24:05 5:54:15 5:54:15 5:54:15
Aprille Shaffer 3:18:19 Mary Delie 3:24:17 Debra J. Colbert 3:25:34 Noora Alidina 3:42:13 Doi Iten 3:47:47 Lynn Erwine 3:56:55 Terri G. Tankel 4:01:00		M40 M45 M50 M65	Elaine S. Geyer  S. Marathon by the Tampa, FL; Jan.  Illian Jeff Fabian Kim A. Donaldson Danny Joseph Steve L. Koski Gary S. Peters David Mchale Roy Ramos Dick Beardsley Jeffrey M. Delie Gary Cohen Mark Steege Mario Rodriguez Robert Dozoretz Bernie Candy Joseph Jackels James Taylor Jim Ryan Bill Buffum Raymond Bell Roger Anderson Paul Jensen Harvey Kunz Chung S. Yoo Jr. Wright Norbert Roihl Ray E. Goetz Bob Leheur Bill Wagner Charles Cutting Bob Keams Eugene Bruckert Saul Lowitt Charles Rogers James Woolam Peter Butler	2:05:59  ne Bay 5  2:27:35 3:01:18 2:43:03 2:54:36 2:59:30 3:02:37 3:04:36 2:46:53 2:47:52 2:52:26 3:07:48 2:59:43 3:01:23 3:0
Debra J. Colbert 3:25:34  W45 Noora Alidina 3:47:47  Lynn Erwine 3:56:55  Tem G Tankel 4:01:00		M40 M45 M50 M65 M60	Elaine S. Geyer  S. Marathon by the Tampa, FL; Jan.  Illian Jeff Fabian Kim A. Donaldson Danny Joseph Steve L. Koski Gary S. Peters David Mchale Roy Ramos Dick Beardsley Jeffrey M. Delie Gary Cohen Mark Steege Mario Rodriguez Robert Dozoretz Bernie Candy Joseph Jackels James Taylor Jim Ryan Bill Buffum Raymond Bell Roger Anderson Paul Jensen Harvey Kunz Chung S. Yoo Jr. Wright Norbert Roihl Ray E. Goetz Bob Leheur Bill Wagner Charles Cutting Bob Keams Eugene Bruckert Saul Lowitt Charles Rogers James Woolam Peter Butler Francis A. Jeffries Kim Donaldson Leisa Frisle	2:05:59  ne Bay 5  2:27:35 3:01:18 2:43:03 2:54:36 2:59:30 3:02:37 3:04:36 2:47:05 2:47:05 2:47:05 2:47:52 2:52:26 3:07:48 2:59:43 3:01:35 3:14:56 3:19:41 3:10:35 3:14:56 3:17:16 3:20:07 3:23:28 3:34:26 3:53:50 4:01:59 4:38:27 4:57:16 5:00:09 5:24:05 5:54:15 4:07:53 4:48:29 5:10:03 6:04:01 3:01:18
Tem G. Tankel 4:01:00		M40 M45 M50 M65 M60	Elaine S. Geyer  S. Marathon by the Tampa, FL; Jan.  Illian Jeff Fabian Kim A. Donaldson Danny Joseph Steve L. Koski Gary S. Peters David Mchale Roy Ramos Dick Beardsley Jeffrey M. Delie Gary Cohen Mark Steege Mario Rodriguez Robert Dozoretz Bemie Candy Joseph Jackels James Taylor Jim Ryan Bill Buffum Raymond Bell Roger Anderson Paul Jensen Harvey Kunz Chung S. Yoo Jr. Wright Norbert Roihl Ray E. Goetz Bob Leheur Bill Wagner Charles Cutting Bob Keams Eugene Bruckert Saul Lowitt Charles Rogers James Woolam Peter Butler Francis A. Jeffries Kim Donaldson Leisa Ersle Aprille Shaffer	2:05:59  ne Bay 5  2:27:35 3:01:18 2:43:03 2:54:36 2:45:36 2:46:53 2:47:52 2:52:26 3:07:48 2:59:43 3:01:23 3:0
Tem G. Tankel 4:01:00		M40 M45 M50 M55 M60 M65 M70 W40	Elaine S. Geyer  S. Marathon by the Tampa, FL; Jan.  Jeff Fabian Kim A. Donaldson Danny Joseph Steve L. Koski Gary S. Peters David Mchale Roy Ramos Dick Beardsley Jeffrey M. Delie Gary Cohen Mark Steege Mario Rodriguez Robert Dozoretz Bernie Candy Joseph Jackels James Taylor Jim Ryan Bill Buffum Raymond Bell Roger Anderson Paul Jensen Harvey Kunz Chung S. Yoo Jr. Wright Norbert Roihl Ray E. Goetz Bob Leheur Bill Wagner Charles Cutting Bob Kearns Eugene Bruckert Saul Lowitt Charles Rogers James Woolam Peter Butler Francis A. Jeffries Kim Donaldson Leisa Ensle Aprille Shaffer Mary Delie Debra J. Colbert	2:05:59  ne Bay 5  2:27:35 3:01:18 2:43:03 2:54:36 2:247:05 2:47:05 2:47:05 2:47:05 2:47:52 2:52:26 3:07:48 2:59:43 3:01:23 3:01:23 3:01:23 3:01:23 3:01:23 3:01:23 3:01:23 3:01:23 3:01:23 3:01:23 3:01:25 3:19:41 3:10:35 3:17:16 3:20:07 3:23:28 3:34:26 3:53:50 4:01:59 4:38:27 4:57:16 5:00:09 5:24:05 5:54:15 4:07:53 4:48:29 5:10:03 6:04:01 3:01:18 3:05:47 3:18:19 3:24:17 3:18:19 3:24:17
Barbara Linton 4:09:07		M40 M45 M50 M55 M60 M65 M70 W40	Elaine S. Geyer  S. Marathon by the Tampa, FL; Jan.  Jeff Fabian Kim A. Donaldson Danny Joseph Steve L. Koski Gary S. Peters David Mchale Roy Ramos Dick Beardsley Jeffrey M. Delie Gary Cohen Mark Steege Mario Rodriguez Robert Dozoretz Bernie Candy Joseph Jackels James Taylor Jim Ryan Bill Buffum Raymond Bell Roger Anderson Paul Jensen Harvey Kunz Chung S. Yoo Jr. Wright Norbert Roihl Ray E. Goetz Bob Leheur Bill Wagner Charles Cutting Bob Kearns Eugene Bruckert Saul Lowitt Charles Rogers James Woolam Peter Butter Francis A. Jeffries Kim Donaldson Leisa Ensle Aprille Shaffer Mary Delie Debra J. Colbert Noora Alidina Don Iten	2:05:59  ne Bay 5  2:27:35 3:01:18 2:43:03 2:54:36 2:59:30 3:02:37 3:04:36 2:46:53 2:47:05 2:47:52 2:52:26 3:07:48 2:59:43 3:04:36 3:12:56 3:19:41 3:10:35 3:14:56 3:17:16 3:20:07 3:34:26 3:53:50 4:01:59 4:38:27 4:57:16 5:00:09 5:24:05 5:54:15 4:07:53 4:48:29 4:38:27 4:57:16 5:00:09 5:24:05 5:54:15 4:07:53 4:48:29 4:38:27 4:57:16 5:00:09 5:24:05 5:54:15 4:07:53 4:48:29 3:34:26 3:05:47 3:18:19 3:01:18 3:05:47 3:18:19 3:24:17 3:25:34 3:47:47
		M40 M45 M50 M55 M60 M65 M70 W40	Elaine S. Geyer  S. Marathon by the Tampa, FL; Jan.  Jeff Fabian Kim A. Donaldson Danny Joseph Steve L. Koski Gary S. Peters David Mchale Roy Ramos Dick Beardsley Jeffrey M. Delie Gary Cohen Mark Steege Mario Rodriguez Robert Dozoretz Bernie Candy Joseph Jackels James Taylor Jim Ryan Bill Buffum Raymond Bell Roger Anderson Paul Jensen Harvey Kunz Chung S. Yoo Jr. Wright Norbert Roihl Ray E. Goetz Bob Leheur Bill Wagner Charles Cutting Bob Kearns Eugene Bruckert Saul Lowitt Charles Rogers James Woolam Peter Buttler Francis A. Jeffries Kim Donaldson Leisa Ensle Aprille Shaffer Mary Delie Debra J. Colbert Noora Alidina Don Iten Lyrin Erwine	2:05:59  ne Bay 5  2:27:35 3:01:18 2:43:03 2:54:36 2:59:30 3:02:37 3:04:36 2:47:52 2:52:26 3:07:48 2:59:43 3:01:256 3:19:41 3:10:35 3:14:56 3:17:16 3:20:07 3:23:28 3:34:26 3:53:50 4:01:59 4:36:55 4:16:59 4:38:27 4:57:16 5:00:09 5:24:05 5:54:15 4:07:53 4:48:29 5:10:03 6:04:01 3:01:18 3:05:47 3:28:34 3:42:13 3:25:34 3:42:13 3:25:34 3:42:13 3:25:34
		M40 M45 M50 M55 M60 M65 M70 W40	Elaine S. Geyer  S. Marathon by the Tampa, FL; Jan.  Jeff Fabian Kim A. Donaldson Danny Joseph Steve L. Koski Gary S. Peters David Mchale Roy Ramos Dick Beardsley Jeffrey M. Delie Gary Cohen Mark Steege Mario Rodriguez Robert Dozoretz Bernie Candy Joseph Jackels James Taylor Jim Ryan Bill Buffum Raymond Bell Roger Anderson Paul Jensen Harvey Kunz Chung S. Yoo Jr. Wright Norbert Roihl Ray E. Goetz Bob Leheur Bill Wagner Charles Cutting Bob Kearns Eugene Bruckert Saul Lowitt Charles Rogers James Woolam Peter Buttler Francis A. Jeffries Kim Donaldson Leisa Ensle Aprille Shaffer Mary Delie Debra J. Colbert Noora Alidina Don Iten Lyrin Erwine	2:05:59  ne Bay 5  2:27:35 3:01:18 2:43:03 2:54:36 2:59:30 3:02:37 3:04:36 2:47:52 2:52:26 3:07:48 2:59:43 3:01:256 3:19:41 3:10:35 3:14:56 3:17:16 3:20:07 3:23:28 3:34:26 3:53:50 4:01:59 4:36:55 4:16:59 4:38:27 4:57:16 5:00:09 5:24:05 5:54:15 4:07:53 4:48:29 5:10:03 6:04:01 3:01:18 3:05:47 3:28:34 3:42:13 3:25:34 3:42:13 3:25:34 3:42:13 3:25:34
		M40 M45 M50 M55 M60 M65 M70 W40	Elaine S. Geyer  S. Marathon by the Tampa, FL; Jan.  Jeff Fabian Kim A. Donaldson Danny Joseph Steve L. Koski Gary S. Peters David Mchale Roy Ramos Dick Beardsley Jeffrey M. Delie Gary Cohen Mark Steege Mario Rodriguez Robert Dozoretz Bernie Candy Joseph Jackels James Taylor Jim Ryan Bill Buffum Raymond Bell Roger Anderson Paul Jensen Harvey Kunz Chung S. Yoo Jr. Wright Norbert Roihl Ray E. Goetz Bob Leheur Bill Wagner Charles Cutting Bob Kearns Eugene Bruckert Saul Lowitt Charles Rogers James Woolam Peter Buttler Francis A. Jeffries Kim Donaldson Leisa Ensle Aprille Shaffer Mary Delie Debra J. Colbert Noora Alidina Don Iten Lyrin Erwine	2:05:59  ne Bay 5  2:27:35 3:01:18 2:43:03 2:54:36 2:59:30 3:02:37 3:04:36 2:47:52 2:52:26 3:07:48 2:59:43 3:01:256 3:19:41 3:10:35 3:14:56 3:17:16 3:20:07 3:23:28 3:34:26 3:53:50 4:01:59 4:36:55 4:16:59 4:38:27 4:57:16 5:00:09 5:24:05 5:54:15 4:07:53 4:48:29 5:10:03 6:04:01 3:01:18 3:05:47 3:28:34 3:42:13 3:25:34 3:42:13 3:25:34 3:42:13 3:25:34

W50	Fillis Friedman	3:35:16
	Sofia Bereza	4:11:20
	Tuula A. Pakula	4:25:23
	Lynda Gilbert Mary Kopp	4:29:48
W55	Sue Ellen Trapp	3:38:16
	Therese Jochum	4:17:52
	Bonnie Sanders	4:19:27
	Sarah Kapoor Etsuko Teshima	4:56:38
W60	Marita Krasel	4:45:22
	Cheryl Stevenson	5:56:48
	Jane Cutting	6:23:03
	M J Culbertson Patricia Rice	6:40:34
N	avarre Beach 5K	
IA	& Half-Maratho	
Na	varre Beach, FL;	
5K		
Ove		10.05
	en Myers 28	16:25
Sand	dy Ebanks 37 Tim Walsh	19:13
	Dale Eiriksson	19:44
(2) (2) (1) (2) (2)	Rob Hendrix	20:54
	Joe Dexter	21:04
M60	Ken Wright	22:54
	Dick Rials	22:36
	Pablo Sequio	28:28
	+Warren Garmeso	
	Cheryl Wolfe	21:44
	Alesa Ryals Carol Battles	24:20
	Cecilia Walker	26:59
	Joan Forman	30:27
W65	Carol Leckband	28:04
	Jean Lyon	33:07
	+Amelai Gassen	49:28
10K		
Over	es Frazier 41	33:06
	Bertas 28	43:12
	Brian McMahon	42:15
	Leonard Vergunst	
	Danny Haralson	43:56
	Barry Mullins	42:04
	John Rincon	50:43
	Bill de Grummond	
Charles Married	Ronald Allaire ArthurGassen 78	1:12:19
	Amy Bouchard	46.28
	Mary Adamy	46:56
	Janice Hochstein	46:06
	Sandy Giannobile	55.45
	Jean Grabowski	58 58
	Janice Bond	1:12:13
	Billie Madero  Marathon	1.23.20
Ove		
	ett Whiteside 32	1:10:18
	nne Fernandez 33	1:25:57
	Steven Hubbard	1:21:45
	Jim Eastman	1:18:08
M50	Terry Presnell	1:25:11
MAGO	Ruben Dias Roger Sprandel	1:23:10
	Tom Joyner	1 49 11
M70	Bill Cohen	2 22 07
M75	+Paul Wissler 77	2:03:04
	Melanie Baker	1:35:56
	Ann Eller	1:35:27
	Marty Kirkland	1:49:36
W55	Carole Thompson	
	Gwen Sprandel	2:08:13
D	isney World Mar	
	& Half-Maratho	on
	Orlando, FL; Jan	. 12
	erall	2:18:33
	iano Bastos 24 Marie Altieri 35	2:53:10
	O Dai Roberts	2:33:52
IVI4	Ja Nobells	2.00.02

W55 Carole Thompson	
W60 Gwen Sprandel	2:08:13
Disney World Mar & Half-Marath Orlando, FL; Jar	on
Overall	1. 12
Adriano Bastos 24	2:18:33
Bea Marie Altieri 35	2:53:10
M40 Dai Roberts	2:33:52
Chris Spinney	2:37:15
Perry Small	2:44:28
Paul Laymon	2:47:01
M45 Greg Diamond	2:45:55
S. Mark Courtney	2:49:43
Charles Sullivan	2:57:40
M50 Earnst Mitchell	2:59:07
Carl Randall	3:06:34
Joe Schlereth	3:07:56
M55 Ludwig Marat	3:02:29
Jim Tully	3:07:10
Gene Cormier	3:15:06
M60 George Lopes	3:25:36
Donald Moore	3:36:41
Rodolfo Morales	3:39:53
M65F Katzenberger	3:46:55
Fred Fiala	4:01:41
Adolph Rettmer	4:04:44
M70 Thomas Hathaway	
Epifanio Agosto	4:12:42
Don Krueger	4:26:12
M75+Ray Marshall	5:47:08
Oliver Bragg	5:49:55
Wally Herman	6:11:36

_		The second second	
	. W4	O Carol Postigo	3:06:45
		Janet O'Malley	3:17:15
			3:17:49
	100	Linda Barhorst	
		Barbra Fagan	3:21:58
	VALA	5 Bernadette Huston	3 19 55
	VV4		3:29:02
	6	Gladys Schulz	
		Rosemarie Nelson	3:29:06
н	VAIE	O Josie Costero	3:36:19
	VVS		
	A COLUMN	Karen Alexeev	3:36:29
н		Melinda Struwas	3:38:17
н	VAIE	5 Judith Gilbert	4:02:14
	VVS		4:05:04
	200	Susan Reinhardt	
	Service .	Maria E. Almeida	4:06:45
3	MAG	O Kay Chernoff	4:19:02
	VVO	Okay Chemon	4:27:39
	1000	Jessica Shen-Ho	
		Willy Moolenaar	4:34:44
	MIC	5 Naoe Arakawa	4:05:05
	VVO		
Н	100	Carolyn Cappetta	4:27:35
	the state of	Shizuko Kuroda	4:52:15
	MAZO	+ Julia Barrett	7:08:29
	44/0		
		Phyllis Cawrey	7:10:27
	Half	-Marathon	
	Ove		
н			1:07:45
	Ron	nie Holassie	
7	Julie	Peterson 43	1:21:05
		ROBERT WINN	1:10:25
	MITO	KEVIN HANSON	1:15:46
		GARY BELL	1:22:56
	M45	EUGENE COPPINGER	1:17:32
		ALBERT BAKARI	1:21:46
		RICHARD FRANKLIN	1:25:44
	M50	JOHN MIXON	1:28:44
	MIJO	PATRICK GAUGHAN	1:28:47
П		WAYNE JOLLEY	1:29:04
	M55	PATRICK GRIFFITH	1:23:07
Н		KAZUKI YAMAUCHI	1:28:14
		MIKE TOOLEN	1:28:45
4	M60	JOHN BOYLE	1:29:20
	moo	JIM DUGUAY	1:29:44
		DICK STARNES	1:34:15
1	M65	BERNARD SNITZ	1:53:48
		DON MAGYARI	1:54:46
		SIMON STELIN	1:56:27
	M70	BEBSIE THOMPSON	1:58:36
		EDGARD FREIRE	2:06:31
1		MAURICE FERRIGNO	2:06:58
	M75	BENJAMIN FREDRICK	2:12:01
	M/S		
		DANNY DEMAURO	2:44:01
1		LOUIS NICHOLS	2:54:47
1	W40	JULIE PETERSON	1:21:05
		MARIA MOULTON	1:34:34
1		MELODY SALLETTE	1:36:58
١	W45	ADRIENNE SILVER	1:33:32
1	*****	BRENDA WILSON	1:36:24
1		RENEE GRANT	1:43:36
	W50	The second second second second	1:39:22
	MOO		
		DEBBIE WHITE	1:45:39
		JANET RUDO	1:51:20
	W55	KATHRYN FRIEZ	1:47:03
		CAROL HANSEN	1:49:30
		DOTTIE FOSTER	1:51:53
	W60		2:01:59
	4400		
		CAROLYN V d HEYDT	2:17:39
		JANE ADAMS	2:19:46
	W65	RUTH COSCARELLI	2:01:05
		ANN VELLA	2:06:01
		ROSELOTTE NEUMANN	
	WZO		2:27:03
	W70		
		CAROLYN HATHAWAY	
		FLOR IRLANDEZ	2:42:52
	W75	ANNE GAUDY	3:36:35
	W80	FLORENCE LUNDY	3:14:25
3		TECHNIC COND	

### **MIDWEST**

Huff 50K Trail F Huntington, IN; De	
Overall	
Ryan Rau 22	4:21:22
Ann Heaslett 39	4:45.38
M40 Alex McPherson	4:45:45
Clark Gloyeske	4:56:13
Ronald Ross	5:06:01
M45 Victor Hamis	5:05:35
Terry Fletcher	5:12:57
Kim Lefever	5:16:39
M50 David Ahner	4:41:41
Jed Pearson	5:10:39
Charlie Skoog	5:21:17
M55 Tim Yanachek	5:04:24
Norm Dietrich	5:25:22
Ed Stuart	5:38:06
M60 Charles Esola	6:28:38
Bud Stiffler	7:13:28
Marvin Sato	7:58:53
M70 Bill Hollihan	6:52:03
W40 Linda Barhost	5:22:37
Cindy Lee Torres	Contract of the last
Brenda Gutmann	
W45 Rita Barnes	6:03:42
Boonsom Hartman	8:24.05
Rosemary Evans	
W50 Peg Ryan	6:58:42
Lois Berkowitz	The state of the s
	7:25:28
Corky Feeney	7:45:11
W65 Joan Gary	8:37:39
Continued on	next page

Continued from previous pa 1st Annual Resolution 5K	Run	inmart Texas Tra 50K/50M	
Chicago, IL; Dec. 31		luntsville, TX; De	ec. 16
Overall	50M Over	all	
	OO Yian	nis Kouros 46	6:09:02
M40 BILL COHN	8:39 MAD	Steve Peterson	7:14:04 6:54:47
	9:06	Joel Lammers	6:57:40
M45 BENJAMIN MEDINA	9:42	Tim Lee Paul Schoenlaub	7:12:53 7:16:58
	2:32	Tim Twietmeyer	7:28:06
	7:52 M45	Yiannis Kouros Steve Webster	6:09:02
BILL ROBERTS 2	5:02	Eric Bindner	7:02:59 7:20:02
	8:55	Mike Buonaugurio	7:33:42
	0.27	Jim Buchwalter Douglas Wisoff	8:12:52 7:33:51
	0:31	Roy Pirrung	7:48:04
M60 - M65 GENE DORNERKER 2	4:54	Barry Ege	8:00:29
DAVID SULLIVAN 2	7:00	Paul Schmidt Don Ryan	8:14:52 8:39:51
	7:15 M55	William Voiland	9:21:27
	6:39	John Rodee	9:28:56 9:39:50
VIRGINIA WILLCOX	28:13	Michael Verschelden	9:53:43
	24:48 25:58 M60	Jack Healing Tom Bunk	10:12:01 8:09:55
	6:30 MOU	Bob Williams	9:49:36
W50 CYNDI LAMOTTE	35:06	Stuart McDonald	9:57:07
	35:26	Jay Norman Nofal Musty	9:57:16
		Alejandro Vargas	11:38:45
BARBARA POLLAK	7:41 M70	William Hollihan	10:50:39
W65 CATHIE MCCORMICK	31:05 W40	Joy Smith Pam Reed	7:30:13 7:39:58
SOUTHWEST		Barbara Hitzfeld	8:28:49
		Mary Jo Rapini	9:36:39
Jingle Bell Run for Arthrit Tulsa, OK; Dec. 7		Carol Schmidt Susan Kempema	9:39:50 9:12:09
Overall	11.43	Barbara Sorrell	10:05:45
Scott Rantall 22	26		10:39:41
	0:37		11:22:51
	8:02 W50	Linda Kelly	9:04:11
	0:00	Gail Bazeley Ingrid Honzak	9:30:00 9:30:36
	9:37		10:00:43
M60 D. R. Cromer 2	4:23		10:19:31
	4:17 VV55 2:28 50K	Ellen Vitro	11:45:57
	2:46 Over		
	2.00	MacKey 33 a Miller 32	3:23:27 4:19:55
		William Henderson	3:53:27
W45 Pam Smeed 2	1:41	Dave Barr	4:05:36
	1:55 9:35	Evgeniy Gorkov W. Kent Muhlbauer	4:09:44
	4:19	Agapito Gaytan	4:16:38
	4:26 M45 7:35	Paul Nicolaides Leo Torres	3:45:06 3:50:12
	1	Brian Buchanan	3:54:28
Dallas White Rock Marat Dallas, TX; Dec. 15	hon	Bill Patience Pat Stephens	3:59:23 4:22:46
Overall	M50	Dave R. Minier	4:01:09
Emie Caballero 36 2:3	3:12	Miguel Lopez	4:10:35
	2:28 9:46	Paul Paese Christopher Plopper	4:43:27
	7:12	Donald Padilla	4:51:33
Jesus Utrilla 2:4	7:58 M55	Raymond Bell	4:13:44
	0:07	Phil Cutrara Richard Vega	4:38:27
	8:33 0:28	Steve Shopoff	4:43:59
M50 Denny Weiler 3:0	6:29 M60	Ken Sirois Garry Elmitt	4:45:14 4:34:01
	2:20	Edward Fras	4:52:31
Lawrence Adams 3:1 M55 John Trompler 3:1	3:57 4:05	Larry Lindeen	5:11:40
	6:30	Milan Martinec Franklin Willis	5:18:37 5:56:50
Francesco Criniti 3:2		Jim Braden	5:27:51
	1:56 4:08	Martin Houg	5:35:52
Andy Jones 3:4	8:25	Lee Miksch Don Adolf	6:28:55 6:36:26
M65 Ray Nelson 3:4	0:15	Charles Sabatine	6:39:18
	0:55 M70 5:01	Ray Boytim Gene Groff	6:13:00 6:22:53
	8:27	Odino Soligo 81	6:47:16
	1:25	Aaron Goldman	8:30:04
	7:50 8:46 W40	John Stowers Suzy Seeley	8:38:27 4:50:33
	2:58	Jan Haddad	5:10:50
Karen Plucinski 3:2	3:07	Karen Engle	5:11:23
	3:55 7:08	Karen Nelson Jan Broyles	5:21:07 5:22:51
Kathy Phillips 3:3	7:30 W45	Carol J Williams	4:47:13
W50 Margaret Jordan 3:4	7:56	Michelle A. Smith Eva Luckey	5:01:16 5:01:42
Jennifer Terzia 3:5 Athina McLendon 3:5	3:33	Eva Moldovanyi	5:03:22
W55 Marilyn Patrick 3:4	2.56	Barbara Rowe	5:09:11
Joyce Taylor 4:0	2:05 W50	Sandra Hanson Charlene Janiak	5:15:43 5:38:17
	7:59 5:52	Joanne Jackson	5:44:12
	1:51	Carla Branch	5:56:10 6:05:48
	0.00	Reenie Smith	
Nancy Cole 5:3		Joann Mercer	5:28:55
Nancy Cole 5:3 W65 Mary Ann Miller 5:3	8:09	Dee Dushack	6:06:44
Nancy Cole 5:3 W65 Mary Ann Miller 5:3	8:09 7:15		

il Runs	W60 Ursula Spilger	6:02:22
ec. 16	Gretel Davis Mary E Ramirez	7:40:29 8:25:08
	Betty Norman Janice Nozachcoff	8:30:22 8:35:56
6:09:02	W65 Vonda Adorno	7:01:46
7:14:04 6:54:47	W70 Sadie Greenman	9:01:29
6:57:40 7:12:53	(seconds have been rounded to nearest whole second)	
7:16:58	www. sunmart-pwi.com	Education .
7:28:06 6:09:02	WEST	
7:02:59 7:20:02	Lasse Viren 20K Tra Pt. Mugu, CA; De	
7:33:42	Overall	C. 0
8:12:52 7:33:51	Brian Dameworth 31 Kiran Verma 28	1:13:25
7:48:04 8:00:29	M40 Bryan Wilkins	1:16:13
8:14:52		1:15:40
8:39:51 9:21:27	M55 Mark Silva M60 Pat Wickens	1:25:22
9:28:56 9:39:50	M65 Amold Orgolini	1:46:49
9:53:43	- Indiana and a second a second and a second a second and	2:00:54
10:12:01 8:09:55	W45 Susan Kielsmeier	1:30:34
9:49:36 9:57:07	W50 Sheme Hall-Curi W55 Laure Chalekson	1:30:09
9:57:16	W60 Eva Sviter	1:56:19
10:07:10 11:38:45	Venice-Marina Christmas Run	
10:50:39 7:30:13	Santa Monica, CA; I	
7:39:58	Overall Wilhelm Gidabuday 28	15:28
8:28:49 9:36:39	Liz Guerrini 34	17:05
9:39:50	M30 Eduardo Macias 3 Dirk Meyer 39	17:04 17:41
9:12:09	M40 Kenn Niles Jeff Snyder	16:43 17:17
10:39:41 10:49:37	M50 Rusty Miller	18:20
11:22:51 9:04:11	James Baker M60 Stan Polski	19:48 22:26
9:30:00	Lee Klein M70+Bob Vitale	25:42 24:50
9:30:36 10:00:43	W30 Sita Jones 35	17:50
10:19:31 11:45:57	Maryann Park 38 W40 Lisa Uhrig	22:10
11.45.57	Lynn Bowen W50 Judith Kewley	23:35
3:23:27	Marleny Hernand	ez 22:58
4:19:55 3:53:27	W60 Eileen Garrison Juanita Gonzalez	
4:05:36	W70+Ruth Cole	34:49
4:09:44 4:13:16	Cal 10 Stockton, CA; Ja	n. 12
4:16:38 3:45:06	Overall	
3:50:12 3:54:28	Chris Graff 27 Kathryn Krieger 33	49:19 58:32
3:59:23	M40 Alfredo Vigueras	51:49
4:22:46	Jose Aispuro Terence Boynton	54:26 54:50
4:10:35 4:43:27	M45 Emil Magallanes	56:26
4:45:39	Lloyd Fletcher Lesley	57:13 57:57
4:51:33	M50 David Stancliffe	58:18
4:38:27	Jim Gorman	58:43 1:01:08
4:42:22 4:43:59	Les Ong M55 Don Porteous	1:01:00
4:45:14 4:34:01	Bill Dunn Mike Ammon	1:01:36
4:52:31 5:11:40	M60 Robert Gormley	1:06:24
5:18:37	Robert Seldner	1:06:30
5:56:50 5:27:51	Robert Schmitt M65 Bob Tarozzi	1:16:45
5:35:52	Darryl Beardall Dave Creek	1:17:39
6:28:55 6:36:26	M70 Paul Flanagan	1:17:18
6:39:18 6:13:00	Ed Reyna Ed Mooney	1:28:22
6:22:53 6:47:16	M75 Frank Spada	1:24:52
8:30:04	Sam Hirabayashi Vic Lyons	1:33:35
8:38:27 4:50:33	W40 Maria Trujillo De Rios	1:00:05
5:10:50 5:11:23	Sara Freitas Linda Chock	1:02:26
5:21:07	W45 Heidi Helvestine	1:06:15
5:22:51 4:47:13	Kim Rupert Desiree Wilson	1:07:30
5:01:16	W50 Dee Dee Grafius	1:07:42
5:01:42 5:03:22	Melinda Morse Patti Scott-Baier	1:11:32
5:09:11 5:15:43	W55 Bridie Dillon	1:24:24
5:38:17 5:44:12	Georgia Riley Barbara Rinker	1:25:15
5:56:10	W60 Shirley Matson	1:07:31
6:05:48 5:28:55	Barbara Miller Ann Hardham	1:14:38
6:06:44	W65 Eve Pell	1:19:50
6:40:23	W70 Myra Rhodes	1:22:51

l M	aster	News	
22		ORTHWE	ST
22		orthwest Resolu	
56		eattle, WA; Dec.	
46	Overa	II	
:19	Grea	Darbyshire 24	15:52
:29		a Joyce 45	18:23
	M40	JOHN OHEARN	17:16
		DANIEL WETZEL	18:30
200		DAVE JOHNSON	18:40
1	M50	PATRICK GRAY JOHN KISSEL	21:39
un		ALEX FRIEDRICH	22:37
	M60	DENNIS OHARE	21:14
		PETER KONIS	21:32
25		LEE PARKER	22:22
58	M70+	FRED LOCKE	26:11-
40		BOB PUGNIRE	29:24
52	W40	REGINA JOYCE	18:23
22		SALLY GIANELLI	21:16
:01		M CUNNINGHAM	21:32
49	W50	PATTI SPENCER	26:59
54 36		LINDA GIBSON	27:36
34	W60	G SORENSEN WILMA PARKER	28:17
09	VVOU	F POPSTDJANOVIC	
:09		CATHY PIERCE	37:12
:19	W70+	NANCY LOVELL	45:19
		Run on One 5K	
		Eugene, OR; Jan	. 1
14	Overs		
.00		ew Lonergan 29	16:01
:28		LaMenaColl 36	19:00
:04		Mark Kalen Bob Coll	18:42
41	Contraction of the	Daniel Wojcik	17:06
:43		Gene Solomon	18:10
1:17		Michael Caley	20:35
3:20	M60	Tom Balcom	21:51
2:26		John Bailey	27:51
:42	M70+	Joseph Berg 70	34:38
1:50		Bill Radcliffe 75 C HaywardMayhe	34:42
7:50		Sharon Downing	19:44
2:10		Joan Darrell	28:23

W50 Joan Darrell	20.23		
W55 G ProudfootShou	p 26:45		
W60 Virginia Berg	29:18		
W65 Jane Dods	27:54		
Cascade Half-Marathon			
Turner, OR; Jan	. 12		
Overall			
Rick Fuller 37	1:06:58		
Erin Perki 27	1:27:47		
M40 Richard Punches	1:18:59		
M45 Steve Dougherty	1:32:54		
M50 Bob Ray	1:20:15		
M55 Joe Craig	1:40:57		
M60 Gary Reddaway	1:31:04		
M70 Al Oppliger	2 08 08		
W40 Susan Gallagher	1:36:29		
W45 Beatriz Titus	1:36:20		
W50 Phyllis McCall	1:42:40		
W55 Carol Carnley	2:01:33		
RACEWALK	ING		

**USATF Florida 15K Racewalk** Championships Coconut Grove; Nov. 24 Overall Juan Yanes 1:29:16

1:37:50

Carolyn Kealty

M50	Juan Yanes	1:29:16
M55	Daniel Koch	1:41:24
M60	Peter Bayer	1:49:24
M65	Paul Johnson	1:32:45
M70	Bob Fine	1:40:35
M75	Danny De Mauro	1:55:33
W40	Joanne Elliott	1:47:59
W50	Eleanor Perry-Smith	1:47:43
W65	Carolyn Kealty	1:37:50
	0	
	2	



# Visit the **National Masters News** Web site at: www.nationalmastersnews.com

#### ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, FEB. 2003

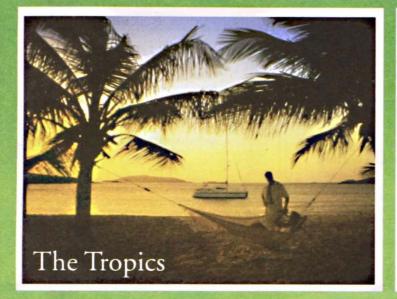
ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
KRISTEN DAJIA (CAN)	2-26-63	40-44
PAMELA MARY MATHEWS (AUS)	2- 8-58	45-49
JUDY OAKES (GBR) ELIZABETH MONDAY (LAKE FOREST, CA)	2-14-58 2-28-58	45-49 45-49
RITSUKO MURAYAMA (JPN)	2- 1-53	50-54
JANET FONDA WILSON (HUNTINGTN BCH,		50-54
SUSIE WILLARD (TULSA, OK)	2-15-53	50-54
ARLENE PLATT (EUGENE, OR)	2-19-53	50-54
MARIA LAMBROU(CYP)	2-23-53	50-54
SUMAKO TASAKI (JPN)	2-24-53	50-54
IRENE MORRISON (GBR)	2-26-53	50-54 55-59
MIKE MIKOS (USA)	2- 4-48	55-59
EDITH ANDERES (SWI) JEAN BROWNE (GBR)	2- 8-48	55-59
BECKY WILLIS (CAN)	2-17-48	55-59
LARRY MCINTYRE (POTEET, TX)	2-22-48	55-59
DIANE STONEKING (EDINA.MN)	2-23-48	55-59
RITA DOHERTY (AMHERST, MA)	2-26-48	55-59
KJELL ISAKSSON (SWE)	2-28-48	55-59
HAROLD MORIOKA (CAN)	2- 2-43	60-64
GEORGIA CUTLER (EUGENE, OR)	2- 4-43	60-64
ANNE LANG (AUS)	2-10-43	60-64
GEORGE WOODS (CA) ERIKA SPRINGMANN (GER)	2-13-43	60-64
ELIZABETH SPRINGMANN (GER)	2-15-43	60-64
CHRISTIANE MARTINETTO (FRA)	2-16-43	60-64
CARMEN BROWN (US)	2-16-43	60-64
AURELIA PENTON (CUBA)	2-18-43	60-64
ALF SJOKVIST(SWE)	2-24-43	60-64
GUDRUN KVICK FLEETWOOD (SWE)	2-24-43	60-64
PAT MCNAB(GBR) BRIGITTA EKLUND(SWE)	2- 3-38	65-69
SKIP SHAFFER (FULLERTON, CA)	2-14-38	65-69
MARIANNE STENHOLM (SWE)	2-19-38	65-69
TAEKO HASHIMOTO(JPN)	2-22-38	65-69
JOHANN HANSEN (GER)	2-23-38	65-69
CHRISTINE DICKIE (AUS)	2-25-38	65-69
BIRUTE KALEDIENE (URS)	2- 2-33	70-74
FRANCISCO VICENTE (POR)	2- 4-33	70-74
ED VAN PELT (VENTURA, CA)	2- 6-33	70-74
JOSE MOLINS (SPAIN)	2- 7-33 2-11-33	70-74
BILL ARNOLD (JOHNSTONE, CO) ROBERT BROCK (US)	2-15-33	70-74
LEE THOMAS (HONOLULU, HI)	2-15-33	70-74
KEN HARLAND (GBR)	2-17-33	70-74
MAURICE MORRELL (GBR)	2-18-33	70-74
MARGARETTE DECKERT (LAGRANGEVILLE		70-74
PEARL HAYMAN (LAFAYETTE, CA)	2-24-33	70-74
HEINZ SCHULZ (GER)	2-25-33	70-74
ALF EIDSATHER (NOR)	2- 1-28	75-79 75-79
HELMUT LANGE (CAN) BODIL HESTMANN (NOR)	2- 4-28	75-79
BODIL BYHRE (NOR)	2- 4-28	75-79
SAM COMITINI (HONOLULU, HI)	2- 6-28	75-79
ALLAN MEDDINGS (GBR)	2-17-28	75-79
EINAR ROBERG (NOR)	2-17-28	75-79
ROY CHERNOCK (OCEANSIDE, NJ)	2-18-28	75-79
URSULA BURMEISTER (GER)	2-24-28	75-79
JAN NEWHART (HONOLULU, HI) EINO ANTTILA (FIN)	2-25-28	75-79
SHIELA CAMPBELL (RSA)	2- 3-23 2-11-23	80-84 30-84
AUGIE ESCAMILLA (SAN DIEGO, CA)	2-12-23	80-84
FELIKSS JEKABSONS (AUS)	2-12-23	80-84
EDITH MARY MERCIER (NZL)	2-14-23	80-84
CHARLES PISTORNINO (MCLEAN, VA)	2-16-23	80-84
LORETTA SHERHAN (WEST SENECA, NY)	2-21-23	80-84
JACK COOK(CA)	. 2- 1-18	85-89
FRANCIS MCCABE (CO)	2- 2-18	85-89
EDNA LAFLIN (SUN CITY, AZ) HELEN STEPHENS (FLORISSANT, MO)	2- 2-18	85-89 85-89
SUN-YE KIM (KOREA)	2- 4-18	85-89
JOE CAREY (FRESNO, CA)	2- 5-18	85-89
ROBERT HORMAN (AUS-WASH, DC)	2-16-18	85-89
TREVOR A. NEWMAN (RSA)	2-17-18	85-89
MOLLY MACKOWN (SILVERHAUS, CO)	2-27-18	85-89
ANDY MAJOR (US)	2- 1-13	90-94
YNGVE BRANGE (SWE)	2- 7-13	90-94
OTTO EISENMANN (GER)	2-26-13	90-94
ORVILLE NICHOLS (BISHOP, CA)	2-27-13 2-28-13	90-94 90-94
ZELIA PIERCE (NZL)	2-28-13	90-94

Compiled by Pete Mundle, **Masters T&F Records Coordinator** 



# COME TO OUR ENCHANTED ISLAND AND HAVE A TASTE OF THE CARIBBEAN

# CAROLINA, PUERTO RICO









We Welcome You Master Athletes to the:



XV WORLD MASTERS ATHLETICS CHAMPIONSHIPS

To be held in Carolina, Puerto Rico July 1 through 13, 2003

At the Northeast of our Sunny Island between the Atlantic Ocean and the Caribbean Sea

13 Days / 12 Nights / 1 Beautiful Coast

"Come and join the fun. Run with the Caribbean Rhythm, Jump to the Latin Beat and Compete in Your Favorite Sport While Having the Time of Your Life!"



master ['mæstər, B 'mastə] "He or she who can run, jump, throw, sprint, and dance in the tropics for 12 straight days"





Mr. Fernando Román, Carolina 2003. Tel. (787) 773-2003



