

## 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-mile mark.

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 calculated 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 two-man race between Simonaitis and 35-year-old lawyer Byrne Decker from

Continued on page 4

## Meister-Meridith Sprints to W40+ Victory

## Olds Wins U.S. 10K Cross Country

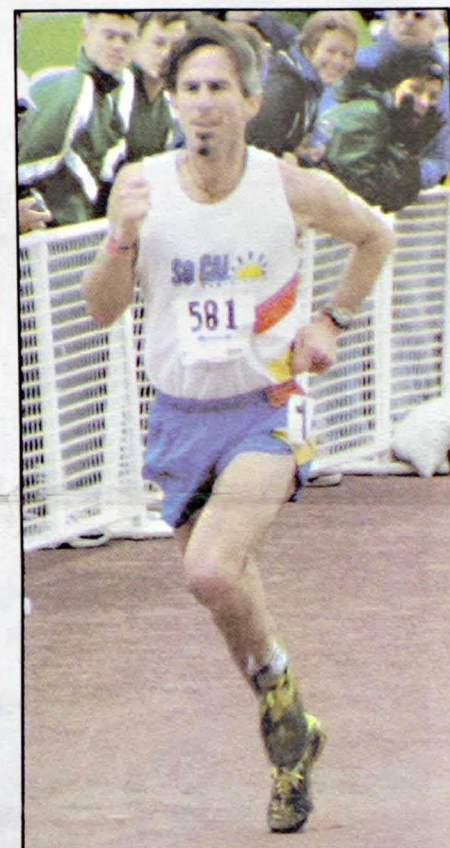
By JERRY WOJCIK

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.

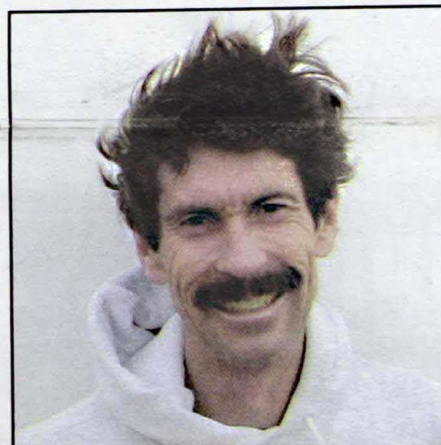
Masters men finishers numbered 262 and made up 21 M40-49, eight M50-59, four M60-69, and two M70+ teams. Fifty masters women finished

Continued on page 6



SUZY HESS

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



JERRY WOJCIK

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

## Sunmart Texas Trail Runs Draw 1100

By JOHN WELCH

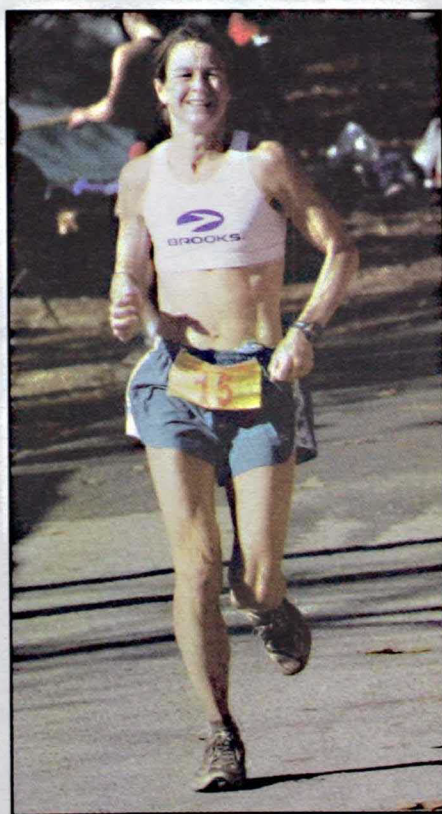
HUNTSVILLE, Texas – Almost 1100 runners from 40 states and seven countries made the 13th annual Sunmart Texas Trail Endurance Runs 50 Mile and 50K races the largest ultra marathon event in the United States.

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. 14.

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 1000-mile 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,

Continued on page 19



JOHN WELCH

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

## 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 28-30.

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 Records – pages 15-18
- Training Advice – page 19
- African Championships – page 21

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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  
 Training Advice . . . . . 19  
 Countdown to Puerto Rico 20  
 WMA Officers . . . . . 20  
 International Scene . . . . . 21  
 Report From Britain . . . . . 21  
 Masters Scene . . . . . 22  
 Schedule . . . . . 23  
 All-American Standards . . 26  
 Results . . . . . 27  
 New Age-Group Athletes . 31

FEATURES

Rocket City Marathon . . . . . 1  
 National 10K X-C . . . . . 1  
 Texas Trail Runs . . . . . 1  
 Indoor Nationals Preview . . 1  
 Gay Games . . . . . 21

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



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**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 in-depth schedule section, and more.

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

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- John Conner
- Richard Greenberg
- Roslyn Katz
- Lynn Naftel
- Thomas Richards
- Gordon Seifert
- Jack Starr

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- 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



Ramila 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-year-old 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 International.

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

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# 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



**VICKIE MEADER**  
Norm Frank, 71, Rochester, N.Y., finishes his 800th marathon at The Huntsville Times Rocket City Marathon.

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. □

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### AARP/USATF Georgia

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Friday and Saturday, April 18-19, 2003 • SITE: Savannah State University • Ted Wright Track; Skidaway and LaRoche Ave.

Championships for all athletes 30 years of age and over Competition for athletes 19-29 years of age.

Out of state athletes are welcome!

#### MOTEL FOR PARTICIPANTS:

Best Western Central, 45 Eisenhower Dr., Savannah; 912-365-1000;  
\$60 per night, two double beds, non-smoking. Identify as taking part in the track and field championships. Motel is about two miles from track, just off Abercorn.  
DEADLINE FOR THIS RATE IS APRIL 6, 2003

INFORMATION: Jim Hite, PO Box 717, Millen, GA 30442, 478-982-4881; FAX: 478-982-9984;  
jimhite@att.net  
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 usatf.org, click on membership.  
--NO ONE will be allowed to participate without a USATF athlete's number, which must be on the entry form.

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.

Deadline 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 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 heats will be contested in that age group and all entrants will move to the finals. If nine or more are entered in any age group, trials or heats will be run with best 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 15, 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!!!

\*\* Finals: In lane-only events, if there are more than eight in an age group, winners will be determined by 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 affected.

NOTE 2: In lane races, runners must run in assigned lanes. This is extremely important when using an automatic timing system. There will be no exceptions.

### USATF GEORGIA MASTERS TRACK AND FIELD CHAMPIONSHIPS ENTRY FORM

#### EVENT NUMBERS:

##### WOMEN:

- |                   |                   |                     |
|-------------------|-------------------|---------------------|
| 1. W19+ 5000m RW  | 15. W19+ 800m     | 31. W19+ DT         |
| 3. W19+ 5000m     | 17. W19+ 400m IH  | 33. W19+ JT         |
| 7. W19+ 1500m     | 19. W19+ 2000m SC | 35. W19+ PV         |
| 9. W19+ 80/100mHH | 21. W19+ 200m     | 37. W19+ TJ         |
| 11. W19+ 400m     | 25. W19+ LJ       | 45. W19+ Pentathlon |
| 13. W19+ 100m     | 27. W19+ SP       | 51. W19+ 10,000m    |
|                   | 29. W19+ HJ       |                     |

##### MEN:

- |                  |                     |                     |
|------------------|---------------------|---------------------|
| 1. M19+ 5000m RW | 16. M19+ 400m IH    | 30. M19+ DT         |
| 2. M19+ 5000m    | 18. M19-59 3000m SC | 32. M19+ JT         |
| 6. M10+ 1500m    | 19. M60+ 2000m SC   | 34. M19+ PV         |
| 8. M19+ 110m HH  | 20. M19+ 200m       | 36. M19+ TJ         |
| 10. M19+ 400m    | 24. M19+ LJ         | 46. M19+ Pentathlon |
| 12. M19+ 100m    | 26. M19+ SP         | 50. M50+ 100m LH    |
| 14. M19+ 800m    | 28. M19+ HJ         | 52. M19+ 10,000m    |

#### VERY IMPORTANT!

FILL OUT THIS ENTRY FORM EXACTLY AS CALLED FOR.  
YOUR BIRTHDATE WILL SEED YOU FOR EACH EVENT

Last name: \_\_\_\_\_ First name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Telephone: \_\_\_\_\_ email: \_\_\_\_\_

Sex: M F Age(as of April 18, 2003): \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Team name if applicable, 'unattached' if not on a team: \_\_\_\_\_

|            |            |           |         |         |         |         |
|------------|------------|-----------|---------|---------|---------|---------|
| LAST NAME, | FIRST NAME | BIRTHDATE | EVENT # | EVENT # | EVENT # | EVENT # |
|            |            |           | MARK    | MARK    | MARK    | MARK    |

USATF NUMBER: \_\_\_\_\_

All athletes MUST have a USA Track and Field Athlete Number in order to participate in the USATF Georgia Masters Track and Field Championships. No one will be allowed on the track or in the field events without a USATF number. USATF Athlete Numbers will be available at the meet for \$15.

If you plan to purchase your USATF number at the meet, please check here: \_\_\_\_\_

T-shirt size: S M L XL XXL

#### SCHEDULE OF EVENTS:

| TRACK                        |                  | FIELD           |  |
|------------------------------|------------------|-----------------|--|
| <b>Friday</b>                |                  | <b>Friday</b>   |  |
| 7:30 p.m. 10,000m Run        |                  |                 |  |
| <b>Saturday</b>              |                  | <b>Saturday</b> |  |
| 8:00 a.m. 5000M Race Walk    | Everyone         | Final           | 9:00 a.m. Long Jump (men first)  |
| 9:00 a.m. 5000M Run          | Men              | Final           | Shot Put*  |
| 9:30 a.m. 5000M Run          | Women            | Final           | High Jump (men first)  |
| 10:00 a.m. 100 Hurdles       | PENTATHLON (W)** |                 |  |
| 10:10 a.m. Preliminaries     | Men, Women       |                 |  |
| 10:00/11:00 Hurdles          |                  |                 | 9:40 a.m. PENTATHLON LONG JUMP (M)**   |
| 10:00/2:00M Dash             |                  |                 |  |
| 10:30 a.m. 4X100M Relay      | Women            | Final           |  |
| 10:45 a.m. 4X100M Relay      | Men              | Final           | 10:40 a.m. Discus*   |
| 11:00 a.m. 1500M Run         | Women            | Final           | Triple Jump (men first)  |
| 11:35 a.m. 80/100 Hurdles    | Women            | Final           |  |
| 11:50 a.m. 110M Hurdles      | Men              | Final           |  |
| 12:05 p.m. 400M              | Women            | Final           | 12:00 p.m. Pole Vault* (men first, starting height to be determined on site) |
| 12:25 p.m. 400M              | Men              | Final           |  |
| 12:40 p.m. 100M              | Women            | Final           | 12:20 p.m. Javelin* (a)  |
| 1:00 p.m. 100M               | Men              | Final           |  |
| 1:25 p.m. 800M               | Women            | Final           |  |
| 1:50 p.m. 800M               | Men              | Final           |  |
| 2:10 p.m. 400M Hurdles       | Women            | Final           |  |
| 2:30 p.m. 400M Hurdles       | Men              | Final           |  |
| 2:50 p.m. 3000M Steeplechase | Men              | Final           |  |
| 3:05 p.m. 2000M Steeplechase | Men/60+, Women   | Final           |  |
| 3:20 p.m. 200M               | Women            | Final           |  |
| 3:30 p.m. 200M               | Men              | Final           |  |
| 3:40 p.m. 4X400M Relay       | Women            | Final           |  |
| 3:55 p.m. 4X400M Relay       | Men              | Final           |  |

\*\*PENTATHLON: Pentathlon events will start approximately 30 minutes after the completion of the previous event.

#### PAYMENT SCHEDULE:

FIRST EVENT (\$15) \_\_\_\_\_

ADDITIONAL EVENTS (\_\_\_\_ @ \$5 EACH) \_\_\_\_\_

PENTATHLON (\$25) \_\_\_\_\_

RELAY (\$10 PER TEAM) \_\_\_\_\_

TOTAL ENCLOSED \$ \_\_\_\_\_

If raising a relay, please list team members here. Last name is sufficient. Please mail all team members' entries in the same envelope.

I hereby declare that I am in good health and am properly conditioned for the competitions, and that I am of the stated age on this application. I absolutely relieve USA Track and Field, USA Track and Field Georgia Association, Savannah State University, the City of Savannah, the County of Chatham, their representatives, and all volunteers of any responsibility for any injury, loss, or damage to myself or my property which I may sustain in the course of (or in connection with) this event. I also verify that I am registered or will register for the year 2003 with USA Track and Field.

SIGNED: \_\_\_\_\_ DATE: \_\_\_\_\_



## Third Wind

By MIKE TYMN

### What Goes First?

Though 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 single-ness 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 it."

"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." □



JERRY WOJCIK

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 teams.

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 pre-event 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 four-second win over Freitas in the last 100m with a 40:16 on the college track's sandy straightaway to the finish.

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 advantage."

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 5:03.

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



JERRY WOJCIK

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

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PAGLIANO'S PODIATRIC POINTERS

## The Foot Beat

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

### Morton's Neuroma

One 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

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, La.

## 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

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 masterstrack.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.

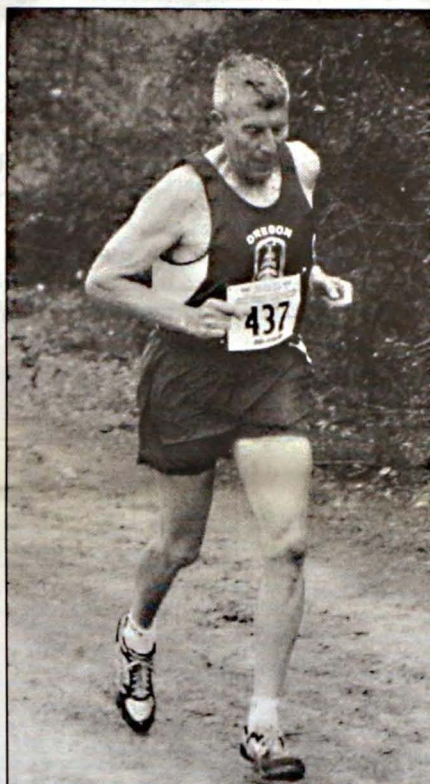
Starting this spring, I will begin posting USA masters rankings lists on the Internet. They will be located on the USATF Web site in the masters section. They will be updated frequently as the outdoor season progresses and will appear similar in format to the world masters rankings you may have seen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



JERRY WOJCIK

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

## 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.



DOUGLAS J. SMITH

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

### 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





# Master Scope

By ROGER PIERCE

## Running 200s and 400s on Indoor Tracks

My 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 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

body to want to drift to the outside of 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 must 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.

| Time     | Event                | "X" Events               | Time    | Event                | "X" Events               | Time    | Event             | "X" Events               |
|----------|----------------------|--------------------------|---------|----------------------|--------------------------|---------|-------------------|--------------------------|
| 10:00 am | Javelin              | <input type="checkbox"/> | 12 noon | 5K Run (Men & Women) | <input type="checkbox"/> | 2:30 pm | 300 Hurdles Women | <input type="checkbox"/> |
|          | Long Jump            | <input type="checkbox"/> | 1:00 pm | 60m Hurdles Women    | <input type="checkbox"/> | 2:45 pm | 300 Hurdles Men   | <input type="checkbox"/> |
| 12:00    | Shot Put             | <input type="checkbox"/> | 1:20 pm | 60m Hurdles Men      | <input type="checkbox"/> | 3:00 pm | 800 Women         | <input type="checkbox"/> |
|          | Pole Vault           | <input type="checkbox"/> | 1:40 pm | 1500 Women           | <input type="checkbox"/> | 3:10 pm | 800 Men           | <input type="checkbox"/> |
|          | High Jump (3' Start) | <input type="checkbox"/> | 1:50 pm | 1500 Men             | <input type="checkbox"/> | 3:20 pm | 60m Women         | <input type="checkbox"/> |
| 2:00 pm  | Triple Jump          | <input type="checkbox"/> | 2:00 pm | 300 Women            | <input type="checkbox"/> | 3:40 pm | 60m Men           | <input type="checkbox"/> |
|          | High Jump (5' Start) | <input type="checkbox"/> | 2:15 pm | 300 Men              | <input type="checkbox"/> | 4:00 pm | 3K Women & Men    | <input type="checkbox"/> |
|          | Discus               | <input type="checkbox"/> |         |                      |                          | 4:20 pm | Family Relay      | <input type="checkbox"/> |

Order of Events: Women then Men, Oldest to Youngest, except 5K and 3K are combined.

Registration fee: \$20, (includes 1st event). # of additional events \_\_\_\_\_ x \$5 = \_\_\_\_\_  
 Total Amount Enclosed \$ \_\_\_\_\_ (CHECK PAYABLE TO: SADDLEBACK COLLEGE FOUNDATION.)  
 Mail Entry with check: Saddleback College Athletic Dept., 28000 Marguerite Pkwy, Mission Viejo, CA 92692  
 Atten: Mark Blethen Questions? Contact Mark (949) 582-4640 (Note: NO REFUNDS)

### ENTRY FORM

NAME \_\_\_\_\_ SEX: M \_\_\_ F \_\_\_ AGE \_\_\_\_\_ DOB \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ ST \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE (\_\_\_\_) \_\_\_\_\_ FAX (\_\_\_\_) \_\_\_\_\_ E-MAIL \_\_\_\_\_

T-SHIRT SIZE: (Circle size of shirt) S M L XL AMOUNT ENCLOSED: \$ \_\_\_\_\_

PAYABLE TO: SADDLEBACK COLLEGE FOUNDATION.

MAIL TO: Saddleback College Athletic Dept., 28000 Marguerite Pkwy, Mission Viejo, CA 92692,

Atten: Mark Blethen You may contact Mark Blethen at (949) 582-4640

ATHLETE'S WAIVER: In consideration of your acceptance of my entry, I hereby for myself and executors waive, release and forever discharge any and all claims for damages which I may have, or may hereafter accrue, against Saddleback College, the meet directors, field officials, volunteers, and all other sponsors and sports facilities or their officials or agents. I certify that my level of training is such that I am prepared to compete and recognize the right of any duly authorized members of the medical staff to require my withdrawal from competition, and will do so if directed.

Athlete's Signature \_\_\_\_\_ Date \_\_\_\_\_



## Masters Racewalking

By ELAINE WARD

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

**W**illiam 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

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.



JERRY WOJCIK

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 all-fours position, kick straight leg upward. Alternate legs, each time advancing the returning foot slightly, forward toward hands.

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. □

### TEN YEARS AGO February 1993

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

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SUZY HESS

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

**H**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 cross-country 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 Cross-country 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 l): 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. □





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### USATF Masters Rules & Masters Officials Schedule of Events

February 21, 2003 - 5k Road Race

February 22, 2003 - Race Walk, Track/Field

February 23, 2003 - 10k Road Race

**Other events Feb. 20-23, 2003**

**Golf - Tennis - Swimming - Lawn Bowling - Basketball**

**Bowling - Softball - Volleyball - Racquetball - Archery**

**Registration Deadline: January 20, 2003**

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# PROFILE

## On the Road With Claudia Kasen

By SUSANNAH BECK

**D**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

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



Claudia Kasen

VICTOR SAILER / PHOTO RUN

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 coached by 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.

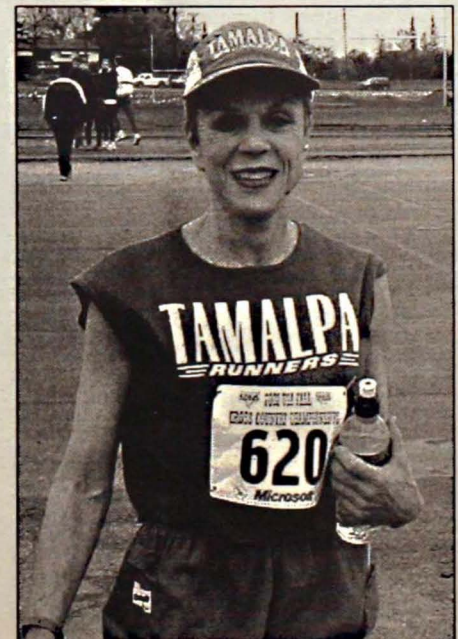
There was one easy short day a week. You had to run exactly the pace he said and no faster, and there was also a lot of massage and adjustments.

### 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 WOJCIK

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

## 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 Miguez (42, 2:30:07) and Ann Diaz (42, 2:53:38) Are Top Masters in the Rocket City Marathon

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

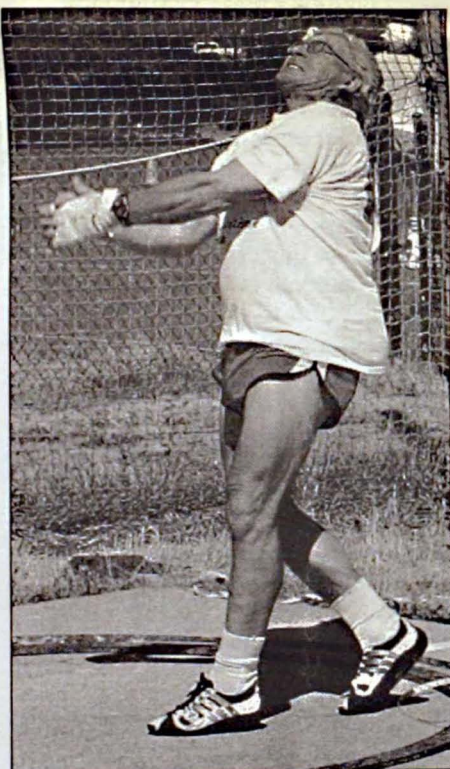
## Boston Preview

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. □



DOUGLAS J. SMITH

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

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| <b>Masters Age Records (2002 Edition)</b><br>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.   | _____    | \$ _____     |
| <b>Masters Track &amp; Field Rankings (2001)</b><br>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.  | _____    | \$ _____     |
| <b>McMahon Family Trust Masters Track &amp; Field Indoor Rankings</b><br>Indoor rankings for 2002. 4 pages. \$2.00.   | _____    | \$ _____     |
| <b>Masters Age-Graded Tables</b><br>Single-age factors and standards from age 8 to 100 for men and women for every common track & field, long distance running, and racewalking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 60 pages, including samples and charts. Compiled by the World Association of Veteran Athletes. \$6.00. | _____    | \$ _____     |
| <b>Masters 5-Year Age-Group Records</b><br>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.  | _____    | \$ _____     |
| <b>Masters 5-Year Indoor Age-Group Records</b><br>Same as above, except indoor records (M40+, W35+) as of March 1, 2002 (world) and November 30, 2001 (USA). \$2.00.  | _____    | \$ _____     |
| <b>Competition Rules for Athletics (2002 Edition)</b><br>U.S. rules of competition for men and women for track & field, long distance running and racewalking—youth, open and masters. \$12.00.   | _____    | \$ _____     |
| <b>USATF Directory (2002)</b><br>Names and addresses of national officers and staff, board of directors, sport and administrative committees, association officers and addresses, etc. \$12.00.   | _____    | \$ _____     |
| <b>New! WMA Handbook (2001-2003)</b><br>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   | _____    | \$ _____     |
| <b>USATF Governance Handbook (2002)</b><br>U.S. Bylaws and operating regulations, forms for membership, race sanction, records, course measurement, etc. 152 pages. \$12.00.  | _____    | \$ _____     |
| <b>Running Encyclopedia, The Ultimate Source for Today's Runner</b><br>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. 417 pp. \$24.95   | _____    | \$ _____     |
| <b>How to be A Champion from 9 to 90.</b> 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.  | _____    | \$ _____     |
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| <b>2002 Road Race Management Directory</b><br>Published by Road Race Management, this book combines the Guide to Prize Money & Races with the Running Industry Resource Directory – two books in one – listing elite athletes (including masters) with over 1000 addresses and phone numbers, prize money structures for 400 events, Internet services, retailers, publications, TV contacts, and more. \$75.00.  | _____    | \$ _____     |
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## The Weight Room

By JERRY WOJCIK

### Get the Word Out

One 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 (l), 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 throwers.

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

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 handfults for the next meet.

Doing something on a national level to entice SO athletes 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. □

## THROWERS

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### 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

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# NATIONAL MASTERS NEWS

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

Records Section

February 2003

page 15



## Masters Age Records

### New Indoor Age-Group Records Compiled

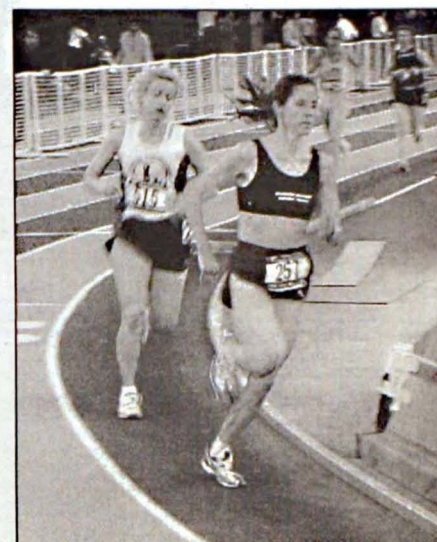
In this issue are the new world and U.S. five-year indoor age-group track and field records for men and women. The world marks are those compiled and approved as of Sept. 15, 2002, by the Records Committee of World Masters Athletics (WMA). The U.S. records are those compiled and approved, as of Dec. 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 age-group records. However, hand times achieved prior to those dates will continue to be included in the lists until broken by a superior time.

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

Non-USA athletes should use the WMA record form 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. □



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

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 RECORD COMMITTEE:

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

#### Description of Record:

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

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

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

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

#### AUTOMATIC TIMING

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

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

(Photo Evaluator)

(Address or USATF Official's Registration Number)

(Chief Timekeeper)

(Address or USATF Official's Registration Number)

#### TIMEKEEPER'S CERTIFICATES

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

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

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

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

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

(Signature of Referee or Chief Timekeeper)

#### STARTER'S CERTIFICATE

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

(Signature of Starter)

(Address or USATF Official's Registration Number)

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

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

(Signature of 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 measured, with a metric steel tape, the course over which the above event was held and that the exact distance was:  
\_\_\_\_\_ meters \_\_\_\_\_ centimeters, or \_\_\_\_\_ miles \_\_\_\_\_ yards \_\_\_\_\_ feet \_\_\_\_\_ inches,  
the length of one lap was \_\_\_\_\_ meters \_\_\_\_\_ centimeters or \_\_\_\_\_ yards \_\_\_\_\_ feet \_\_\_\_\_ inches,  
that there was a 2 inch raised border on the inner edge of track, and that the maximum allowance for lateral inclination did not exceed 1:100 and the running direction 1:1000.

#### (b) Field Events

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

#### THROWING EVENT IMPLEMENT CERTIFICATION

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

(Checker of Implements)

(Address or USATF Official's Registration Number)

#### JUDGES' CERTIFICATE (FIELD EVENT)

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

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

(Distance or Height)

(Signature of Judge)

(Address or USATF Official's Registration Number)

(Distance or Height)

(Signature of Judge)

(Address or USATF Official's Registration Number)

(Distance or Height)

(Signature of Judge)

(Address or USATF Official's Registration Number)

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

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

(Event Chief Judge)

(Address or USATF Official's Registration Number)

#### GUARANTEE BY REFEREE

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

(Signature of Referee)

(Address or USATF Official's Registration Number)

# World Track & Field Indoor Age-Group Records

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

## Men's World Indoor Records

| 60 Meters | NAME(COUNTRY)            | AGE | MEET DATE |
|-----------|--------------------------|-----|-----------|
| M40       | Eddie Hart(USA)          | 40  | 3-24-90   |
| M45       | Stan Whitley(USA)        | 45  | 3-23-91   |
| M50       | Bill Collins(USA)        | 51  | 3-23-02   |
| M55       | Hugo Hartenstein(USA)    | 55  | 3-24-90   |
| M60       | Payton Jordan(USA)       | 60  | 1-7-78    |
| M65       | Cecil Paul(CAN)          | 66  | 3-8-86    |
| M70       | John O'Neill(CAN)        | 70  | 3-5-94    |
| M75       | Melvin Larsen(USA)       | 75  | 3-25-00   |
| M80       | Roderick Parker(USA)     | 80  | 3-27-99   |
| M85       | Guisepppe Marabotti(ITA) | 85  | 3-10-01   |
| M90       | Ted Hatlen(USA)          | 90  | 3-24-01   |
| M95       | Everett Hosack(USA)      | 95  | 3-1-97    |
| M100      | Everett Hosack(USA)      | 100 | 3-23-02   |

| 200 Meters | NAME(COUNTRY)            | AGE | MEET DATE |
|------------|--------------------------|-----|-----------|
| M40        | Bill Collins(USA)        | 44  | 2-26-95   |
| M45        | Bill Collins(USA)        | 48  | 2-14-99   |
| M50        | Bill Collins(USA)        | 51  | 3-24-02   |
| M55        | Stephen Robbins(USA)     | 55  | 2-15-98   |
| M60        | Larry Colbert(USA)       | 61  | 3-29-98   |
| M65        | Larry Colbert(USA)       | 65  | 3-24-02   |
| M70        | Allan Meddings(GBR)      | 70  | 3-1-98    |
| M75        | Melvin Larsen(USA)       | 75  | 3-26-00   |
| M80        | Jim Manno(USA)           | 80  | 3-25-01   |
| M85        | Guisepppe Marabotti(ITA) | 85  | 3-11-01   |
| M90        | Mikko Salonen(FIN)       | 90  | - -87     |
| M95        | Everett Hosack(USA)      | 95  | 4-6-97    |

| 400 Meters | NAME(COUNTRY)        | AGE | MEET DATE |
|------------|----------------------|-----|-----------|
| M40        | Elvis Forde(BAR)     | 40  | 2-18-00   |
| M45        | Fred Sowerby(USA)    | 45  | 1-29-94   |
| M50        | Harold Morioka(CAN)  | 52  | 2-25-95   |
| M55        | Harold Morioka(CAN)  | 56  | 3-27-99   |
| M60        | Larry Colbert(USA)   | 60  | 3-22-97   |
| M65        | Larry Colbert(USA)   | 65  | 3-23-02   |
| M70        | Earl Fee(CAN)        | 70  | 3-27-99   |
| M75        | Gote Lindblad(SWE)   | 75  | 3-7-99    |
| M80        | Roderick Parker(USA) | 80  | 3-27-99   |
| M85        | Russell Randall(USA) | 86  | 3-20-93   |
| M90        | Mikko Salonen(FIN)   | 90  | - -87     |

| 800 Meters | NAME(COUNTRY)        | AGE | MEET DATE |
|------------|----------------------|-----|-----------|
| M40        | Johnny Gray(USA)     | 40  | 3-2-01    |
| M45        | Peter Browne(GBR)    | 45  | 1-29-95   |
| M50        | Nolan Shaheed(USA)   | 51  | 3-25-01   |
| M55        | Reginald Phipps(GBR) | 56  | 1-17-99   |
| M60        | Sidney Howard(USA)   | 60  | 2-26-99   |
| M65        | Earl Fee(CAN)        | 65  | 3-27-94   |
| M70        | Earl Fee(CAN)        | 70  | 3-28-99   |
| M75        | James Todd(GBR)      | 75  | 3-1-97    |
| M80        | Emiel Pauwels(BEL)   | 82  | 3-11-01   |
| M85        | Vincent Malizia(USA) | 85  | 3-26-00   |

| 1500 Meters | NAME(COUNTRY)         | AGE | MEET DATE |
|-------------|-----------------------|-----|-----------|
| M40         | Eamonn Coghlan(IRL)   | 40  | 2-26-93   |
| M45         | John Potts(GBR)       | 45  | 3-9-90    |
| M50         | John Potts(GBR)       | 50  | 2-26-95   |
| M55         | John Potts(USA)       | 55  | 2-14-00   |
| M60         | Maurice Morrrell(GBR) | 61  | 3-20-94   |
| M65         | Earl Fee(CAN)         | 65  | 3-26-94   |
| M70         | Austin Newman(USA)    | 70  | 3-23-86   |
| M75         | Rune Bergman(SWE)     | 75  | 3-12-00   |
| M80         | Ernie Warwick(GBR)    | 80  | 3-2-96    |
| M85         | Vincent Malizia(USA)  | 85  | 2-6-00    |
| M90         | Vincent Malizia(USA)  | 90  | - -88     |

| One Mile | NAME(COUNTRY)        | AGE | MEET DATE |
|----------|----------------------|-----|-----------|
| M40      | Eamonn Coghlan(IRL)  | 41  | 2-20-94   |
| M45      | Albin Swenson(USA)   | 46  | 2-26-93   |
| M50      | Nolan Shaheed(USA)   | 51  | 3-2-01    |
| M55      | Victor Heckler(USA)  | 56  | 12-19-98  |
| M60      | Dan Conway(USA)      | 60  | 3-27-98   |
| M65      | Earl Fee(CAN)        | 67  | 3-23-96   |
| M70      | Scotty Carter(USA)   | 70  | 3-15-87   |
| M75      | John Hosner(USA)     | 75  | 2-26-00   |
| M80      | Paul Spangler(USA)   | 80  | 3-18-79   |
| M85      | Vincent Malizia(USA) | 85  | 3-25-00   |

| 3000 Meters | NAME(COUNTRY)          | AGE | MEET DATE |
|-------------|------------------------|-----|-----------|
| M40         | Marcus O'Sullivan(GBR) | 40  | 2-26-02   |
| M45         | Klaus Goldammer(GBR)   | 46  | 1-24-99   |
| M50         | Nolan Shaheed(USA)     | 50  | 3-25-01   |
| M55         | Stephen James(GBR)     | 56  | 3-20-94   |
| M60         | Andrew Brown(GBR)      | 61  | 3-20-94   |
| M65         | Ed Whitlock(CAN)       | 65  | 3-9-96    |
| M70         | James Todd(GBR)        | 72  | 3-20-94   |
| M75         | James Todd(GBR)        | 75  | 2-28-97   |
| M80         | Gordon Porteous(GBR)   | 80  | 3-20-94   |
| M85         | Marti Laiho(FIN)       | 85  | 2-10-95   |

| 60 Meter Hurdles | NAME(COUNTRY)        | AGE | MEET DATE |
|------------------|----------------------|-----|-----------|
| M40              | Karl Smith(USA)      | 40  | 3-25-00   |
| M45              | Collin Williams(USA) | 48  | 2-3-02    |
| M50              | Walt Butler(USA)     | 51  | 3-20-93   |
| M55              | Courtland Gray(USA)  | 55  | 2-14-99   |
| M60              | Phil Mulkey(USA)     | 60  | 3-20-93   |
| M65              | Buck Bradberry(USA)  | 66  | 2-20-93   |
| M70              | James Stooke(USA)    | 70  | 3-25-00   |
| M75              | Melvin Larsen(USA)   | 76  | 1-19-01   |
| M80              | Edwin Lukens(USA)    | 80  | 3-23-02   |
| M85              | Karl Trei(CAN)       | 85  | 3-4-95    |

| High Jump | NAME(COUNTRY)           | AGE | MEET DATE |
|-----------|-------------------------|-----|-----------|
| M40       | Dwight Stones(USA)      | 40  | 3-25-94   |
| M45       | Mark Chelnov(URS)       | 46  | 3-18-90   |
| M50       | Thomas Zacharas(GER)    | 50  | 3-2-97    |
| M55       | Asko Pesonen(FIN)       | 56  | 3-18-00   |
| M60       | Jim Gilchrist(USA)      | 62  | 3-24-90   |
| M65       | Jim Gilchrist(USA)      | 65  | 3-19-93   |
| M70       | Nils-Bertiv Nevrup(SWE) | 70  | 1-12-97   |
| M75       | Esko Kolehonen(FIN)     | 75  | 4-1-89    |
| M80       | Esko Kolehonen(FIN)     | 81  | 3-19-95   |
| M85       | Emmerich Zensch(AUT)    | 81  | 3-11-01   |
| M90       | Leland McPhie(USA)      | 88  | 3-23-02   |
| M95       | Ted Hatlen(USA)         | 90  | 3-24-01   |
| M95       | Everett Hosack(USA)     | 95  | 3-2-97    |

| Pole Vault | NAME(COUNTRY)        | AGE | MEET DATE |
|------------|----------------------|-----|-----------|
| M40        | Earl Bell(USA)       | 40  | 8-26-95   |
| M45        | Gary Hunter(USA)     | 45  | 3-24-01   |
| M50        | Vincent Struble(USA) | 51  | 3-23-02   |
| M55        | Dennis Phillips(USA) | 55  | 1-26-02   |
| M60        | Dale Lance(USA)      | 60  | 3-27-98   |
| M65        | Jerry Donley(USA)    | 65  | 2-25-95   |
| M70        | Boo Morcom(USA)      | 71  | 1-8-93    |
| M75        | Carol Johnston(USA)  | 76  | 3-19-88   |
| M80        | William K. Bell(USA) | 80  | 3-22-02   |
| M85        | A. E. Pitcher(USA)   | 86  | 3-19-88   |

| Long Jump | NAME(COUNTRY)            | AGE | MEET DATE |
|-----------|--------------------------|-----|-----------|
| M40       | Barrington Williams(GBR) | 40  | 3-2-96    |
| M45       | Tapani Taavitsainen(FIN) | 45  | 2-3-90    |
| M50       | Pertti Ahomaki(FIN)      | 51  | 3-23-97   |
| M55       | Stig Backlund(FIN)       | 55  | 3-19-95   |
| M60       | Stig Backlund(FIN)       | 60  | 11-13-99  |
| M65       | Melvin Larsen(USA)       | 66  | 1-13-91   |
| M70       | Dick Richards(USA)       | 66  | 2-25-01   |
| M75       | Melvin Larsen(USA)       | 70  | 2-25-95   |
| M80       | Heikki Simola(FIN)       | 75  | 3-7-87    |
| M85       | Edwin Lukens(USA)        | 80  | 3-23-02   |
| M90       | Guisepppe Marabotti(ITA) | 85  | 3-9-01    |
| M90       | Vittorio Colo(ITA)       | 90  | 2-2-02    |

| Triple Jump | NAME(COUNTRY)      | AGE | MEET DATE |
|-------------|--------------------|-----|-----------|
| M40         | Ray Kimble(USA)    | 40  | 2--94     |
| M45         | Milan Tiff(USA)    | 46  | 2-26-95   |
| M50         | Stig Backlund(FIN) | 50  | 3-4-90    |
| M55         | Stig Backlund(FIN) | 55  | 3-18-95   |
| M60         | Stig Backlund(FIN) | 60  | 11-13-99  |
| M65         | Amelio Compri(ITA) | 65  | 3-3-90    |
| M70         | Vaclav Bartl(SWE)  | 70  | 3-23-96   |
| M75         | Heikki Simola(FIN) | 75  | 3-8-87    |
| M80         | Edwin Lukens(USA)  | 80  | 3-24-02   |
| M85         | Vittorio Colo(ITA) | 89  | 3-10-01   |
| M90         | Karl Trei(CAN)     | 90  | 3-28-99   |

| Shot Put (35-49: 16#; 50-59: 6kg; 60-69: 5kg; 70+: 4kg) | NAME(COUNTRY)           | AGE | MEET DATE |
|---|-------------------------|-----|-----------|
| M40   | Brian Oldfield(USA)     | 40  | 1-17-86   |
| M45   | Ed Hill(USA)            | 45  | 3-19-88   |
| M50   | Ladislav Pataki(USA)    | 52  | 2-14-99   |
| M55   | Joe Keshmiri(USA)       | 56  | 2-25-95   |
| M60   | Reino Nokelainen(FIN)   | 60  | - -81     |
| M65   | Vaitto Elo(FIN)         | 67  | - -82     |
| M70   | T. Von Wachenfeldt(SWE) | 71  | 3-22-98   |
| M75   | Erik Eriksson(FIN)      | 77  | 3-9-01    |
| M80   | Franz Meier(SWI)        | 81  | 3-6-99    |
| M85   | Ross Carter(USA)        | 85  | 3-26-99   |
| M90   | Ted Hatlen(USA)         | 90  | 3-24-01   |
| M95   | Everett Hosack(USA)     | 97  | 3-26-99   |
| M100  | Everett Hosack(USA)     | 100 | 3-23-02   |

| 3000 Meter Walk | NAME(COUNTRY)       | AGE | MEET DATE |
|-----------------|---------------------|-----|-----------|
| M40             | Ray Funkhouser(USA) | 42  | 1-10-93   |
| M45             | Donald Denoon(USA)  | 49  | 2-20-93   |
| M50             | Donald Denoon(USA)  | 50  | 2-4-94    |
| M55             | Aaro Nokela(FIN)    | 57  | 1-15-93   |
| M60             | Dave Romansky(USA)  | 60  | 3-27-99   |
| M65             | Toivo Tuomela(FIN)  | 66  | 2-7-96    |
| M70             | Jack Starr(USA)     | 70  | 3-27-99   |
| M75             | Chico Scimone(ITA)  | 75  | 2-14-87   |
| M80             | James Grimwade(GBR) | 80  | 3-20-93   |

## Women's World Indoor Records

| 60 Meters | NAME(COUNTRY)              | AGE | MEET DATE |
|-----------|----------------------------|-----|-----------|
| W35       | Marlene Ottey(JAM)         | 38  | 2-21-99   |
| W40       | Denise Foreman(USA)        | 40  | 3-22-97   |
| W45       | Phil Raschker(USA)         | 48  | 2-25-95   |
| W50       | Phil Raschker(USA)         | 50  | 3-1-97    |
| W55       | Phil Raschker(USA)         | 55  | 3-23-02   |
| W60       | Christine Schmalbruch(GER) | 62  | 3-5-99    |
| W65       | Asta Larsson(SWE)          | 65  | 2-1-97    |
| W70       | Joan Ogden(GBR)            | 70  | 2-28-98   |
| W75       | Ingrid Lorenz(GER)         | 75  | 3-10-01   |
| W80       | Mary Bowermaster(USA)      | 81  | 3-25-00   |
| W85       | Nora Wedemo(SWE)           | 85  | 2-13-99   |

| 200 Meters | NAME(COUNTRY)             | AGE | MEET DATE |
|------------|---------------------------|-----|-----------|
| W35        | Sandra Myers(SPA)         | 35  | 2-17-96   |
| W40        | Tilly Verhoef-Jacobs(NED) | 41  | 1-25-98   |
| W45        | Phil Raschker(USA)        | 47  | 3-25-94   |
| W50        | Phil Raschker(USA)        | 50  | 3-2-97    |
| W55        | Valerie Parsons(GBR)      | 55  | 1-27-02   |
| W60        | Irene Obera(USA)          | 60  | 3-25-94   |
| W65        | Joan Ogden(GBR)           | 65  | 3-20-93   |
| W70        | Joan Ogden(GBR)           | 70  | 2-28-98   |
| W75        | Joan Ogden(GBR)           | 78  | 3-7-99    |
| W80        | Nora Wedemo(SWE)          | 80  | 2-5-94    |
| W85        | Nora Wedemo(SWE)          | 85  | 1-31-99   |

| 400 Meters | NAME(COUNTRY)             | AGE | MEET DATE |
|------------|---------------------------|-----|-----------|
| W35        | Nadez Olizarenko(URS)     | 35  | 2-25-89   |
| W40        | Tilly Verhoef-Jacobs(NED) | 40  | 2-2-97    |
| W45        | Caroline Marler(GBR)      | 46  | 3-2-97    |
| W50        | Caroline Marler(GBR)      | 50  | 2-17-01   |
| W55        | Nadine Lowenstein(BEL)    | 55  | 3-23-02   |
| W60        | Carolyn Cappelletta(USA)  | 60  | 1-5-96    |
| W65        | Carolyn Cappelletta(USA)  | 65  | 3-24-01   |
| W70        | Patricia Peterson(USA)    | 71  | 3-28-98   |
| W75        | Louise Adams(USA)         | 75  | 3-22-97   |
| W80        | Pearl Mehl(USA)           | 80  | 2-25-95   |
| W85        | Ivy Granstrom(CAN)        | 87  | 3-27-99   |

| 800 Meters | NAME(COUNTRY)             | AGE | MEET DATE |
|------------|---------------------------|-----|-----------|
| W35        | Doina Melinte(ROM)        | 35  | 3-11-92   |
| W40        | Helena Fuchsava(CZE)      | 40  | 2-25-01   |
| W45        | Caroline Marler(GBR)      | 46  | 2-1-97    |
| W50        | Caroline Marler(GBR)      | 50  | 2-18-01   |
| W55        | Riet Jonkers Slegers(NED) | 55  | 3-13-99   |
| W60        | Carolyn Cappelletta(USA)  | 60  | 3-17-96   |
| W65        | Jeanne Daprano(USA)       | 65  | 3-24-02   |
| W70        | Toshiko D'Elia(USA)       | 71  | 3-17-01   |
| W75        | Louise Adams(USA)         | 75  | 3-23-97   |
| W80        | Ivy Granstrom(CAN)        | 84  | 3-31-96   |
| W85        | Ivy Granstrom(CAN)        | 87  | 3-28-99   |

| 1500 Meters | NAME(COUNTRY)               | AGE | MEET DATE |
|-------------|-----------------------------|-----|-----------|
| W35         | Mary Slaney(USA)            | 38  | 3-1-97    |
| W40         | Yekaterina Podkopayeva(URS) | 44  | 3-9-97    |
| W45         | Pat Gallagher(GBR)          | 45  | 11-17-90  |
| W50         | Pat Gallagher(GBR)          | 52  | 2-8-98    |
| W55         | Pat Gallagher(GBR)          | 55  | 3-11-01   |

| 60 Meter Hurdles | NAME(COUNTRY)               | AGE | MEET DATE |
|------------------|-----------------------------|-----|-----------|
| W35              | Yelizaveta Chernyshova(RUS) | 35  | 1-27-93   |
| W40              | Anne Moritz(GBR)            | 40  | 3-9-01    |
| W45              | Phil Raschker(USA)          | 48  | 2-25-95   |
| W50              | Phil Raschker(USA)          | 50  | 4-6-97    |
| W55              | Phil Raschker(USA)          | 55  | 3-23-02   |
| W60              | Asta Larsson(SWE)           | 61  | 3-13-93   |
| W65              | Asta Larsson(SWE)           | 65  | 2-28-97   |
| W70              | Leonore McDaniels(USA)      | 70  | 4-5-98    |
| W75              | Johnnie Valien(USA)         | 75  | 3-24-01   |

| High Jump | NAME(COUNTRY)          | AGE | MEET DATE |
|-----------|------------------------|-----|-----------|
| W35       | Inga Babakova(UKR)     | 35  | 3-9-01    |
| W40       | Debbie Brill(CAN)      | 41  | 2-25-95   |
| W45       | Phil Raschker(USA)     | 48  | 2-25-95   |
| W50       | Weia Reinboud(NED)     | 50  | 1-21-80   |
| W55       | Renate Vogel(GER)      | 55  | 3-6-99    |
| W60       | C. Schmalbruch(GER)    | 62  | 3-6-99    |
| W65       | Christa Mapp(GER)      | 65  | 12-10-95  |
| W70       | Elsa Enarsson(SWE)     | 65  | 2-3-96    |
| W75       | Leonore McDaniels(USA) | 65  | 3-21-93   |
| W80       | Leonore McDaniels(USA) | 70  | 3-7-98    |
| W85       | Margaret Hinton(USA)   | 77  | 3-27-99   |
| W85       | Gunn Svansson(SWE)     | 80  | 11-19-00  |
| W85       | Margareta Sarvana(FIN) | 85  | 1-26-94   |

| Pole Vault | NAME(COUNTRY)           | AGE | MEET DATE |
|------------|-------------------------|-----|-----------|
| W35        | Gabriella Mihalcea(ROM) | 35  | 2-13-99   |
| W40        | Jennifer Cunnane(GBR)   | 40  | 2-8-98    |
| W45        | Phil Raschker(USA)      | 49  | 3-17-96   |
| W50        | Phil Raschker(USA)      | 53  | 3-24-02   |
| W55        | Phil Raschker(USA)      | 55  | 3-22-02   |
| W60        | Barbara Cleveland(USA)  | 60  | 3-24-00   |
| W65        | Mary Bradford(USA)      | 65  | 2-3-02    |
| W70        | Leonore McDaniels(USA)  | 70  | 4-5-98    |
| W75        | Johnnie Valien(USA)     | 76  | 3-22-02   |
| W80        | Margaret Hinton(USA)    | 80  | 3-24-02   |

| Long Jump | NAME(COUNTRY)          | AGE | MEET DATE |
|-----------|------------------------|-----|-----------|
| W35       | Lyudmila Minova(AUT)   | 35  | 2-14-96   |
| W40       | Phil Raschker(USA)     | 40  | 3-28-87   |
| W45       | Phil Raschker(USA)     | 47  | 3-5-94    |
| W50       | Phil Raschker(USA)     | 50  | 3-1-97    |
| W55       | Phil Raschker(USA)     | 55  | 3-23-02   |
| W60       | C. Schmalbruch(GER)    | 62  | 3-6-99    |
| W65       | Asta Larsson(SWE)      | 65  | 11-17-96  |
| W70       | Leonore McDaniels(USA) | 70  | 3-28-98   |
| W75       | Mary Holland(USA)      | 76  | 3-25-00   |
| W80       | Mary Bowermaster(USA)  | 82  | 3-26-00   |

| Triple Jump | NAME(COUNTRY)     | AGE | MEET DATE |
|-------------|-------------------|-----|-----------|
| W35         | Yolanda Chen(RUS) | 35  | 2-8-97    |
| W           |                   |     |           |





Continued from previous page

Table with columns: High Jump DIV., MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes records for W35, W40, W45, W50, W55, W60, W65, W70, W75, W80.

Table with columns: Pole Vault DIV., MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes records for W40, W45, W50, W55, W60, W65, W70, W75, W80.

Table with columns: Long Jump DIV., MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes records for W35, W40, W45, W50, W55, W60, W65, W70, W75, W80.

Table with columns: Triple Jump DIV., MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes records for W35, W40, W45, W50, W55, W60, W65, W70, W75, W80.

Table with columns: Shot Put (35-49: 4kg; 50+: 3kg) DIV., MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes records for W35, W40, W45, W50, W55, W60, W65, W70, W75, W80.

Table with columns: Weight Throw (35-49: 20kg; 50+: 16kg) DIV., MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes records for W35, W40, W45, W50, W55, W60, W65, W70, W75, W80.

Table with columns: Weight Throw (NEW IMPLEMENTS 60+: 12kg) DIV., MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes records for W60, W65, W70, W75, W80.

Table with columns: Super Weight Throw (35-59: 35kg; 60+: 25kg) DIV., MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes records for W35, W40, W45, W50, W55, W60, W65, W70, W75, W80.

Table with columns: 3000 meter walk, DIV., MARK, NAME, RESIDENCE, MEET DATE. Includes records for F35-39, F40-44, F45-49, F50-54, F55-59, F60-65, F65-69, F70-74, F75-79, F85-89.

Men's World Indoor Masters Relay Records (as of Dec 1, 2002)

Table with columns: Category, MARK, AGE, TIME, COUNTRY, TEAM NAME, MEET DATE, LOCATION. Includes records for (4X200), (4X400), (4X800), and (4X1600).

Women's World Indoor Masters Relay Records (as of Dec 1, 2002)

Table with columns: Category, MARK, AGE, TIME, COUNTRY, TEAM NAME, MEET DATE, LOCATION. Includes records for (4X200), (4X400), (4X800), and (4X1600).

Men's American Indoor Masters Relay Records (as of Dec 1, 2002)

Table with columns: Category, MARK, AGE, TIME, COUNTRY, TEAM NAME, MEET DATE, LOCATION. Includes records for (4X200), (4X400), (4X800), (4X1600), sprnt med, and dist med.

Women's American Indoor Masters Relay Records (as of Dec 1, 2002)

Table with columns: Category, MARK, AGE, TIME, COUNTRY, TEAM NAME, MEET DATE, LOCATION. Includes records for (4X200), (4X400), (4X800), (4X1600), sprnt med, and dist med.

note: club records are listed before USA team records
OHTC: Over the Hill Track Club NYPC: New York Pioneer Club
SAC: Shore AC WVTC: West Valley TC
LAV: Los Angeles Valley TC SCTC: Syracuse Chargers TC
PSTC: Prairie Striders TC FLRC: Finger Lakes Running Club
AATC: Ann Arbor TC BTC: Bohemia TC
LAC: Liberty AC ATC: Atom Track Club
CCTC: California TC

note for all categories:
sprint medley (sprnt med) event order: 400-200-200-300
distance medley (dist med) event order: 400-800-1200-1600
or 800-400-1200-1600

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## 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 "pop-ups." 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 wind.

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

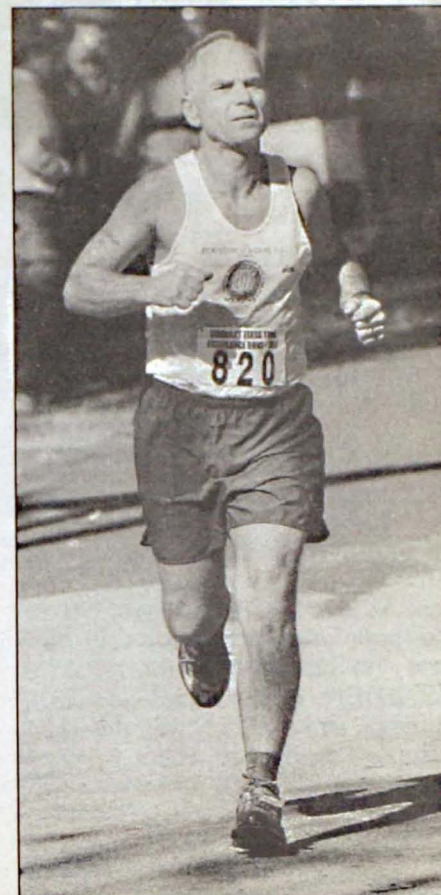
Colo., was third at 6:26:40.

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 constantly."

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



JOHN WELCH

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



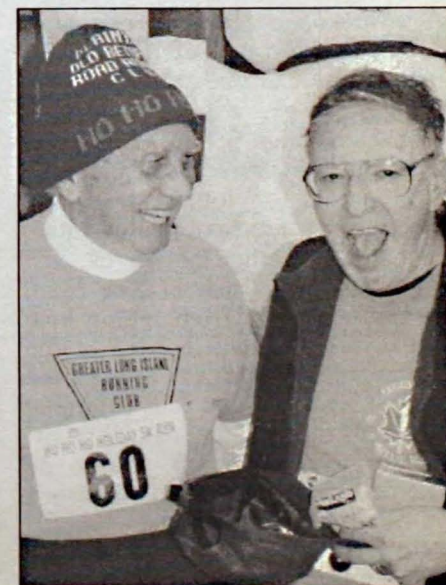
JOHN WELCH

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.

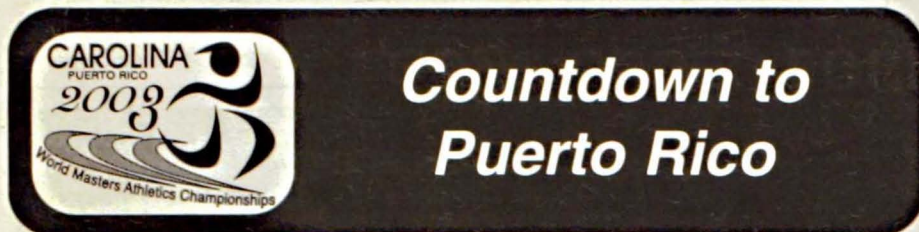
"The next time I do one of these (ultra marathons) I think I need a few longer trail runs under my belt," Smith said. "During the first half of today's race, I was in fifth or sixth place, then I just kind of moved my way up gradually."

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



MIKE POLANSKY

Bill Benson (l) 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....?

A 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/city/carolina.shtml>, which lists attractions, lodging, dining, events, a 10-day weather forecast, driving directions from San Juan, and maps.

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](http://www.puertorico2003.org), or go to the *National Masters News* Web site at [www.nationalmastersnews.com](http://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 warm-up stadium for the 2000 Olympics. As I approached this stadium on my first day of competition, 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



JANE DODS

Los Angeles Frontrunners Club M50s (from l): David Dassey, marathon; Bill Winkelman, half-marathon; 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. □



JANE DODS

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

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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

The 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

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



TESH TESHIMA

Kazuo Mikawa, first M50 (34:47), 2002 Ichinoseki 10K, Ichinoseki, Japan.



First three M60 hammer throwers, 2002 World Masters Games, Melbourne, Australia (from l): 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

## 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 race.

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! □

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**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.kinaneevents.com

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



PHOTO BY VICTAM

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; stpatsdash.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, Hauppauge, 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.

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**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.kinaneevents.com

**April 27.** La Jolla Half-Marathon & 5K, La Jolla, Calif. 858-454-0777; www.lajollahalfmarathon.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; stpatsdash.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, Hauppauge, 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**

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P.O. Box 50098, Eugene, OR 97405**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

# RECIPIENTS OF ALL-AMERICAN AWARDS

**M30-34**  
Barney Borrromeo 60m 7.18 12-14-02

**M35-39**  
John Rose SP 49-5 1/2 6-30-02  
D 143-7 6-30-02  
Leon Winder 60m 7.3 12-15-02

**M40-44**  
Eugene Anton 60m h 9.05 12-14-02  
110 h 16.98 10-5-02  
Ted Poulos Mile 4:42.90 3-23-02  
3000 9:25.01 3-22-02  
5000 16:10.69 8-8-02

**M45-49**  
Dennis Morris J 54.01 8-8-02

**M55-59**  
Carl Etter HJ 5-0 8-16, 19-02

**M60-64**  
Terry Simons D 139-5 1/2 8-11-02  
Conrad Sundholm D 140-3 6-30-02  
Jim Verdier Mile 5:59.50 8-4-02

**M65-69**  
Richard McKisson 400 TJ 66.43 10-9-02  
28-4 10-9-02

**W40-44**  
Teresa Aragon Mile RW 8.03.45 6-29, 30-02  
5K 26:49 9-21-02

**W45-49**  
Gail Johns-Rees 200 30.26 7-27-02  
400 66.80 7-27-02



## U.S. MASTERS ALL-AMERICAN STANDARDS

FOR MEN

| Event     | 30-34   | 35-39    | 40-44    | 45-49   | 50-54  | 55-59   | 60-64   | 65-69   | 70-74   | 75-79   | 80-84  | 85-89  | 90-94 |
|-----------|---------|----------|----------|---------|--------|---------|---------|---------|---------|---------|--------|--------|-------|
| 55        | 6.8     | 6.9      | 7.1      | 7.2     | 7.4    | 7.9     | 8.1     | 8.4     | 8.9     | 9.4     | 10.4   | 11.8   | 13.5  |
| 60        | 7.4     | 7.55     | 7.7      | 7.85    | 8.05   | 8.5     | 9.0     | 9.25    | 9.5     | 10.0    | 11.2   | 12.8   | 16.6  |
| 100       | 11.0    | 11.3     | 11.5     | 11.9    | 12.2   | 12.6    | 13.2    | 13.8    | 14.6    | 16.0    | 18.0   | 23.0   |       |
| 200       | 22.4    | 23.2     | 23.8     | 24.6    | 25.5   | 27.0    | 27.9    | 29.5    | 32.0    | 35.0    | 40.2   | 52.0   |       |
| 400       | 51.5    | 52.5     | 53.8     | 56.0    | 57.5   | 62.0    | 65.0    | 69.0    | 75.0    | 88.0    | 98.0   | 120.0  |       |
| 800       | 2:02    | 2:04     | 2:06     | 2:11    | 2:16   | 2:25    | 2:35    | 2:45    | 3:06    | 3:35    | 3:55   | 4:30   |       |
| 1500      | 4:20    | 4:22     | 4:24     | 4:35    | 4:45   | 5:10    | 5:20    | 5:45    | 6:30    | 7:20    | 8:10   | 9:20   |       |
| Mile      | 4:40    | 4:40     | 4:50     | 5:00    | 5:10   | 5:30    | 6:00    | 6:15    | 6:55    | 8:20    | 8:45   | 10:15  |       |
| 3000      | 9:25    | 9:40     | 10:00    | 10:25   | 10:45  | 11:15   | 11:50   | 12:45   | 13:40   | 15:50   | 19:10  | 23:00  | 26:00 |
| 5000      | 15:45   | 16:00    | 16:15    | 16:45   | 17:30  | 18:25   | 19:30   | 21:00   | 23:30   | 26:00   | 29:00  | 32:30  |       |
| 10000     | 32:30   | 32:50    | 33:30    | 36:00   | 38:00  | 39:00   | 40:30   | 44:00   | 48:30   | 54:30   | 61:15  | 68:30  |       |
| 55H       | 8.6     | 8.7      | 9.0      | 9.5     | 10.0   | 10.3    | 10.6    | 10.9    | 11.2    | 11.6    | 12.5   |        |       |
| 60H       | 9.0     | 9.3      | 9.4      | 9.8     | 10.3   | 10.6    | 10.9    | 11.1    | 11.4    | 12.0    | 13.6   |        |       |
| 110H      | 15.4    | 16.5     | 17.8     | 18.8    |        |         |         |         |         |         |        |        |       |
| 100H      |         |          |          |         | 18.0   | 19.0    | 20.0    | 21.0    |         |         |        |        |       |
| 80H       |         |          |          |         |        |         |         |         | 18.0    | 21.0    | 25.0   | 30.0   |       |
| 400H      | 58.0    | 60.0     | 62.0     | 64.0    | 68.0   | 71.0    |         |         |         |         |        |        |       |
| 300H      |         |          |          |         | 48.0   | 51.0    | 55.0    | 60.0    | 67.0    | 75.0    | 85.0   | 95.0   |       |
| 3K-SC     | 10:10   | 10:30    | 11:45    | 12:40   | 13:30  | 14:00   |         |         |         |         |        |        |       |
| 2K-SC     |         |          |          |         |        |         | 9:30    | 10:30   | 12:00   | 14:00   | 16:30  | 19:30  |       |
| HJ        | 1.90    | 1.85     | 1.76     | 1.68    | 1.60   | 1.50    | 1.45    | 1.38    | 1.25    | 1.15    | 1.00   | 0.80   |       |
| 6-2 1/2   | 6-3/4   | 5-9/16   | 5-6      | 5-3     | 4-11   | 4-9     | 4-6 1/2 | 4-1 1/2 | 3-9/16  | 3-3/4   | 2-7/8  | 2-1/2  |       |
| 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   |       |
| 14-5/16   | 13-5/16 | 12-11/16 | 12-1 1/2 | 11-7/16 | 10-5   | 8-10/16 | 7-10/16 | 7-6 1/2 | 6-6 1/2 | 5-10/16 | 4-3/4  | 4-3/8  |       |
| LJ        | 6.50    | 6.10     | 5.85     | 5.60    | 5.40   | 4.90    | 4.50    | 4.20    | 3.80    | 3.35    | 2.85   | 2.20   |       |
| 21-4      | 20-1/4  | 19-2/4   | 18-4/4   | 17-8/4  | 16-1/4 | 14-9    | 13-9/4  | 12-5/4  | 10-11/4 | 9-4/4   | 7-2/4  | 7-2/8  |       |
| TJ        | 13.20   | 12.60    | 11.50    | 10.80   | 10.40  | 9.50    | 8.90    | 8.20    | 6.96    | 6.50    | 5.94   | 5.51   |       |
| 43-3/4    | 41-4/4  | 37-8/4   | 35-5/4   | 34-1/4  | 31-2   | 29-2/4  | 26-11/4 | 22-10   | 21-4    | 19-6    | 19-5/4 | 19-5/4 |       |
| Shot      | 14.50   | 14.02    | 13.41    | 12.62   | 13.10  | 12.00   | 12.80   | 11.50   | 11.00   | 9.00    | 8.00   | 6.00   |       |
| 47-7      | 46-0    | 44-0     | 41-5     | 42-11/4 | 39-4/4 | 42-0    | 37-8/4  | 36-1/4  | 29-6/4  | 26-3    | 19-8/4 | 19-8/4 |       |
| Discus    | 44.80   | 42.80    | 39.50    | 37.50   | 42.00  | 41.00   | 42.00   | 39.00   | 34.00   | 26.00   | 22.00  | 15.24  |       |
| 147-0     | 140-5   | 129-7    | 123-0    | 137-9   | 134-6  | 137-9   | 127-11  | 111-6   | 85-4    | 72-2/4  | 50-0   | 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  |       |
| 155-0     | 145-0   | 131-3    | 127-11   | 127-11  | 118-1  | 118-1   | 105-0   | 98-5    | 78-9    | 65-7/4  | 56-0   | 56-0   |       |
| Javelin   | 62.00   | 56.00    | 48.76    | 47.00   | 43.00  | 41.00   | 39.00   | 35.00   | 31.00   | 24.00   | 19.00  | 14.02  |       |
| 203-5     | 183-9   | 160-0    | 154-2    | 141-1   | 134-6  | 127-11  | 114-10  | 101-8   | 78-9    | 62-4    | 46-0   | 46-0   |       |
| 35#Wt.    | 15.00   | 14.00    | 13.00    | 12.00   | 10.00  | 9.00    |         |         | 6.00    | 5.00    | 4.00   | 3.00   |       |
| 49-2 1/4  | 45-11/4 | 42-8     | 39-4/4   | 32-9/4  | 29-6/4 |         |         |         | 19-8/4  | 16-4/4  | 13-1/4 | 9-10   |       |
| 25#Wt.    |         |          |          |         |        | 11.50   | 10.00   | 9.00    | 7.30    | 5.30    | 4.50   |        |       |
|           |         |          |          |         |        | 37-8/4  | 32-9/4  | 29-6/4  | 23-11/4 | 17-4/4  | 14-9   |        |       |
| 56#Wt.    | 9.50    | 9.00     | 8.50     | 8.00    | 6.00   | 5.50    | 5.00    | 4.50    | 3.50    | 3.00    | 2.50   | 2.00   |       |
| 31-2      | 29-6/4  | 27-10/4  | 26-3     | 19-8/4  | 18-1/4 | 16-4/4  | 14-9    | 11-5/4  | 9-10    | 8-2/4   | 6-6/4  |        |       |
| Pent.     | 2800    | 2600     | 2600     | 2600    | 2600   | 2600    | 2600    | 2600    | 2400    | 2200    | 2000   |        |       |
| Decath.   | 5500    | 5250     | 5250     | 5000    | 5200   | 5000    | 4500    | 5000    | 4800    | 4200    | 3000   | 2500   |       |
| Wt. Pent. | 2800    | 2700     | 2800     | 3000    | 3000   | 3000    | 3000    | 3000    | 2600    | 2700    | 3000   | 3000   |       |

Notes: 1) 100 standards are for automatic time; use standard conversion for hand time.  
 2) Short hurdles: 30-49: 39"; 50-59: 36"; 60-69: 33"; 70-79: 30"; 80+: 27"  
 Long hurdles: 30-49: 36"; 50-59: 33"; 60-69: 30"; 70+: 27"  
 3) Shot put: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 27"  
 4) Discus throw: 30-49: 2kg; 50-59: 1.5kg; 60+: 1.0kg  
 5) Hammer: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k  
 6) Javelin: 30-49: 800g; 50-59: 700g; 60-69: 600g; 70-79: 500g 80+: 400g  
 7) Metric heights and distances are the standard; feet and inches listed for convenience.  
 8) Pen/Dec/Wt.Pent: 30-39 IAAF pts.; 40+ WAVA factoring (new WAVA).

## U.S. MASTERS ALL-AMERICAN STANDARDS

FOR WOMEN

| Event    | 30-34    | 35-39    | 40-44    | 45-49    | 50-54     | 55-59     | 60-64    | 65-69     | 70-74    | 75-79    | 80-84    |  |
|----------|----------|----------|----------|----------|-----------|-----------|----------|-----------|----------|----------|----------|--|
| 100      | 13.8     | 14.1     | 14.4     | 15.0     | 15.5      | 16.4      | 16.8     | 18.6      | 19.8     | 22.0     | 25.0     |  |
| 200      | 28.0     | 28.8     | 30.0     | 31.6     | 33.0      | 35.0      | 37.0     | 39.0      | 42.0     | 48.0     | 52.0     |  |
| 400      | 63.5     | 65.5     | 68.0     | 70.0     | 78.6      | 80.0      | 83.0     | 84.0      | 86.0     | 98.0     | 104.0    |  |
| 800      | 2:33     | 2:35     | 2:40     | 2:46     | 2:54      | 3:10      | 3:20     | 3:36      | 3:56     | 4:30     | 5:40     |  |
| 1500     | 5:10     | 5:20     | 5:30     | 5:40     | 6:00      | 6:20      | 6:45     | 7:30      | 8:00     | 8:50     | 10:10    |  |
| Mile     | 5:40     | 5:50     | 6:10     | 6:30     | 6:50      | 7:00      | 7:40     | 8:10      | 8:50     | 9:40     | 10:45    |  |
| 3000     | 11:30    | 11:50    | 12:00    | 12:30    | 14:00     | 14:30     | 15:00    | 16:00     | 18:30    | 20:00    | 23:00    |  |
| 5000     | 19:45    | 20:15    | 21:00    | 22:00    | 23:30     | 24:50     | 26:00    | 28:00     | 30:00    | 34:00    | 36:00    |  |
| 10000    | 41:30    | 42:40    | 44:00    | 48:00    | 50:00     | 52:00     | 56:00    | 60:00     | 66:00    | 76:00    | 85:00    |  |
| 100H     | 17.2     | 18.2     |          |          |           |           |          |           |          |          |          |  |
| 80H      |          |          | 15.0     | 15.8     | 16.5      | 17.6      | 18.7     | 20.2      | 22.2     | 25.0     | 28.0     |  |
| 400H     | 75.0     | 79.0     | 84.0     | 88.0     |           |           |          |           |          |          |          |  |
| 300H     |          |          |          |          | 66.0      | 72.0      | 79.0     | 87.0      | 96.0     | 110.0    | 120.0    |  |
| HJ       | 1.40     | 1.35     | 1.27     | 1.22     | 1.12      | 1.07      | 1.02     | 0.97      | 0.92     | 0.89     | 0.84     |  |
| 4-7      | 4-5      | 4-2      | 4-0      | 3-8      | 3-6       | 3-4       | 3-2 1/4  | 3-0 1/4   | 2-11     | 2-9      | 2-9      |  |
| PV       | 2.70     | 2.40     | 2.10     | 1.80     | 1.50      | 1.20      | 1.10     | 1.00      | 0.90     | 0.80     | 0.70     |  |
| 8-10 1/4 | 7-10 1/4 | 6-10 1/4 | 5-10 1/4 | 4-11     | 3-11 1/4  | 3-7 1/4   | 3-3 1/4  | 2-11 1/4  | 2-7 1/4  | 2-3 1/4  | 2-3 1/4  |  |
| LJ       | 4.60     | 4.42     | 4.04     | 3.81     | 3.40      | 3.20      | 3.10     | 2.60      | 2.30     | 2.10     | 1.50     |  |
| 15-1     | 14-6     | 13-3     | 12-6     | 11-1 1/4 | 10-6      | 10-2      | 8-6 1/4  | 7-6 1/4   | 6-10 1/4 | 4-11     | 4-11     |  |
| TJ       | 9.50     | 9.09     | 8.43     | 7.49     | 7.01      | 6.40      | 6.20     | 6.00      | 5.50     | 4.50     | 3.89     |  |
| 31-2     | 29-10    | 27-8     | 24-7     | 23-0     | 21-0      | 20-4 1/4  | 19-8 1/4 | 18-1/4    | 14-9     | 12-9     | 12-9     |  |
| Shot     | 10.30    | 9.32     | 8.51     | 8.40     | 8.00      | 7.77      | 7.50     | 6.60      | 6.00     | 5.20     | 4.30     |  |
| 33-9/16  | 30-7     | 27-11    | 27-6 1/2 | 26-3     | 25-6      | 24-7 1/4  | 21-8     | 19-8 1/4  | 17-7 1/4 | 14-1 1/4 | 14-1 1/4 |  |
| Javelin  | 35.00    | 33.50    | 28.00    | 25.00    | 23.00     | 22.15     | 20.00    | 17.00     | 16.00    | 15.00    | 12.00    |  |
| 114-10   | 109-11   | 91-10    | 82-0     | 75-5 1/2 | 72-8      | 65-7 1/4  | 55-9 1/4 | 52-6      | 49-2 1/4 | 39-4 1/4 | 39-4 1/4 |  |
| Discus   | 32.00    | 30.00    | 25.00    | 24.00    | 22.00     | 21.00     | 18.00    | 16.00     | 14.00    | 13.00    | 11.00    |  |
| 105-0    | 98-5     | 82-0     | 78-9     | 72-2 1/4 | 68-10 1/4 | 59-1/4    | 52-6     | 45-11 1/4 | 42-8     | 36-1 1/4 | 36-1 1/4 |  |
| Hammer   | 35.00    | 32.50    | 30.00    | 25.00    | 23.00     | 22.00     | 21.00    | 18.00     | 14.00    | 12.00    | 9.00     |  |
| 114-10   | 106-7    | 98-5     | 82-0     | 75-5 1/2 | 72-2 1/4  | 68-10 1/4 | 59-1/4   | 45-11 1/4 | 39-4 1/4 | 29-6 1/4 | 29-6 1/4 |  |
| 20#Wt.   | 10.00    | 9.00     | 8.00     | 7.01     |           |           |          |           |          |          |          |  |
| 32-9 1/4 | 29-6 1/4 | 26-3     | 23-0     |          |           |           |          |           |          |          |          |  |
| 16#Wt.   |          |          |          |          | 8.00      | 7.00      | 6.00     | 5.54      | 5.18     | 5.00     | 4.75     |  |
|          |          |          |          |          | 26-3      | 22-11 1/4 | 19-8 1/4 | 18-2      | 17-0     | 16-4 1/4 | 15-7     |  |
| Sup.Wt.  | 6.50     | 6.00     | 5.50     | 5.00     | 5.25      | 5.00      | 4.75     | 4.50      | 4.00     | 3.50     | 3.00     |  |
| 21-4     | 19-8 1/4 | 18-1/4   | 16-4 1/4 | 17-2 1/4 | 16-4 1/4  | 15-7      | 14-9     | 13-1 1/4  | 11-5 1/4 | 9-10     | 9-10     |  |
| Wt.Pent. | 2600     | 2500     | 2500     | 2500     | 2800      | 2600      | 2600     | 2500      | 2400     | 2500     | 2300     |  |

Notes: 1) 100 standards are for automatic time; use standard conversion for hand time.  
 2) Short hurdles: 30-39: 33"; 40-49: 30"; 50+: 27"  
 Long hurdles: 30-49: 30"; 50+: 27"  
 3) Shot put: 30-49: 4k; 50+: 3k  
 4) Javelin: 30-49: 600g; 50-59: 500g; 60+: 400g  
 5) Hammer: 30-49: 4k; 50+: 3k  
 6) Metric heights and distances are the standard; feet and inches listed for convenience.  
 7) Superweight: 30-49: 35-lb; 50+: 25-lb

## APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

NAME \_\_\_\_\_ AGE-GROUP \_\_\_\_\_

ADDRESS \_\_\_\_\_ SEX: M \_\_\_\_\_ F \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

MEET \_\_\_\_\_ DATE OF MEET \_\_\_\_\_

MEET SITE \_\_\_\_\_

EVENT \_\_\_\_\_ MARK \_\_\_\_\_

HURDLE HEIGHT \_\_\_\_\_ WEIGHT OF IMPLEMENT \_\_\_\_\_

CERTIFICATE  PATCH  PATCH TAG

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

# 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 Chargers Meet Syracuse, NY; Dec. 8

|                         |          |
|-------------------------|----------|
| <b>55m</b>              |          |
| M35 Aston Scott         | 7.0      |
| M50 Wayne Spitz         | 7.8      |
| M55 Gary Geiger         | 7.4      |
| M60 Tom Fondy           | 8.0      |
| <b>600m</b>             |          |
| 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   |
| <b>1500m</b>            |          |
| M30 Javier Martinez     | 4:29.3   |
| M35 Michael Boni        | 4:37.1   |
| M40 Adlai Wheelless     | 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   |
| <b>55m Hurdles</b>      |          |
| W45 Irene Thompson      | 9.8      |
| <b>Long Jump</b>        |          |
| W45 Irene Thompson      | 13-8     |
| <b>Shot Put</b>         |          |
| W45 Irene Thompson      | 8.24     |
| <b>20# Weight Throw</b> |          |
| M60 Gary Crawford       | 39-11.50 |
| <b>25# Weight Throw</b> |          |
| M50 Pat Lynn            | 40-4.25  |

### Philadelphia Masters Meet Haverford College; Dec. 15

|                      |      |
|----------------------|------|
| <b>55m</b>           |      |
| M30 JOHN EAGER       | 8    |
| M40 LOVELL BUTLER    | 6.3  |
| TONY FULTON SR       | 6.7  |
| TONY DISALVO         | 7.2  |
| CHRIS SYDNOR         | 7.3  |
| CLIFFORD ANDREWS SR  | 7.3  |
| HOWARD BOLTON        | 7.6  |
| M45 TERRY MCKECHNIE  | 7.1  |
| M50 GARY AREND       | 7.4  |
| JOHN BORDEN          | 8.3  |
| STEVE BUBB           | 8.8  |
| M55 ALDEN WASHINGTON | 8.1  |
| 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  |
| W40 NANCY MCKENNA    | 8.2  |
| <b>200m</b>          |      |
| M30 JOHN EAGER       | 27.7 |
| M40 TONY DISALVO     | 26.4 |
| MICHAEL PATTERSON    | 28.1 |
| M50 JESSE LANGLEY    | 28.2 |
| PHIL FELTON          | 28.6 |
| M55 ALDEN WASHINGTON | 31.8 |
| M60 NATE BYRD        | 30.1 |
| BOB FUHRMAN          | 30.6 |
| M70 JIM SUTTON       | 32.8 |
| W40 NANCY MCKENNA    | 32.5 |
| <b>400m</b>          |      |
| M40 TONY DISALVO     | 56.4 |
| M65 BOB FUHRMAN      | 1:10 |
| BRUCE GILBERT        | 1:14 |
| M70 JIM SUTTON       | 1:09 |
| M80 GEORGE BLYN      | 2:27 |
| <b>800m</b>          |      |
| M30 MARTIN MANGERO   | 2:43 |
| M35 SCOTT ARMSTRONG  | 2:20 |
| M40 CHUCK SHIELDS    | 2:13 |
| MARC GIGNERE         | 2:21 |
| KEVIN MCKENNA        | 2:21 |
| M60 BOB COOPER       | 2:31 |
| M55 HAROLD NOLAN     | 2:18 |
| <b>Mile</b>          |      |
| M30 JORDAN LAVINE    | 4:58 |
| M35 GENE TUNG        | 4:40 |
| 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 |

|                      |       |
|----------------------|-------|
| M45 BEN CROWLE       | 5:29  |
| PAT GOOD             | 5:37  |
| BRUCE JONES          | 6:16  |
| M50 DENNIS MELLISH   | 5:03  |
| M55 HAROLD NOLAN     | 5:33  |
| M65 BRUCE GILBERT    | 6:07  |
| M70 BILL BUTLER      | 6:34  |
| M80 GEORGE BLYN      | 10:29 |
| W35 MARY P MCFARLAND | 6:05  |
| <b>3000m</b>         |       |
| 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 |
| <b>High Jump</b>     |       |
| M30 JAMES RUEL       | 2.80  |
| M55 BOB BODDY        | 1.47  |
| M65 JAY GOLDENBERG   | 1.12  |
| <b>Long Jump</b>     |       |
| M40 LOVELL BUTLER    | 5.58  |
| M50 MAURO MEDINA     | 4.77  |
| M55 BOB BODDY        | 4.98  |
| <b>Triple Jump</b>   |       |
| M50 MAURO MEDINA     | 11.48 |
| <b>Shot Put</b>      |       |
| M70 RAY FEICK        | 11.74 |
| TOM RICE             | 8.54  |
| W35 PATRICIA MOSLEY  | 8.82  |
| <b>Mile Racewalk</b> |       |
| M55 LARRY SIMMONS    | 10:09 |
| JOEL DUBOW           | 11:11 |
| M60 CARL KANE        | 10:40 |
| M65 WILLIAM MAY      | 9:39  |
| M75 ED GAWNSKI       | 10:37 |
| W60 LANA KANE        | 11:22 |

### Upstate Holiday Indoor Classic Geneva, NY; Dec. 28

|                               |                              |
|-------------------------------|------------------------------|
| <b>55m</b>                    |                              |
| M35 Hank Pearson              | 8.19                         |
| M50 Wayne Spitz               | 8.04                         |
| <b>200m</b>                   |                              |
| M30 Gary Hurta                | 26.65                        |
| M35 Aston Scott               | 24.44                        |
| M45 Kevin Lozano              | 26.89                        |
| <b>400m</b>                   |                              |
| M30 Gary Hurta                | 56.81                        |
| M35 Aston Scott               | 55.91                        |
| M45 Leo Finucane              | 61.49                        |
| W35 Becky Heuer               | 64.13                        |
| W50 CarolynSmithHanna         | 73.33                        |
| <b>800m</b>                   |                              |
| 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                      |
| <b>1500m</b>                  |                              |
| 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                      |
| W40 Karen Vanderwood          | 5:28.25                      |
| <b>3000m</b>                  |                              |
| 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                     |
| W35 Patty Warth               | 12:35.68                     |
| W40 K Vanderwood              | 11:25.39                     |
| <b>4x400m Relay</b>           |                              |
| W40 Genesee Valley            | 4:54.50                      |
| <b>W40+ 4x1600 Relay</b>      |                              |
| Finger Lakes RC* A*WR23       | 10:07                        |
| Myette/Marnell/Woodford/Sharp | (USA/25.06.6y/1981/Syracuse) |
| Genesee Valley Hart           | 23:15.45                     |

|   |          |
|---|----------|
| <b>Kinsella/SmithHann/Rowley/Munson</b> |          |
| Finger Lakes RC "B"                     | 27:14.54 |
| <b>Pole Vault</b>                       |          |
| M50 Jim Kelly                           | 2.60     |
| M55 Tom Rauscher                        | 3.35     |
| <b>Shot Put</b>                         |          |
| M55 Walter Roucken                      | 32-6     |
| <b>3000m Racewalk</b>                   |          |
| 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                       | 18:24.88 |
| <i>from Pete Glavin</i>                 |          |

### Finger Lakes Runners Club Meet Cornell U, Ithaca, NY; Jan. 12

|                         |       |
|-------------------------|-------|
| <b>60m</b>              |       |
| 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 |
| <b>200m</b>             |       |
| 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 Lornie Marnell      | 35.95 |
| <b>Mile</b>             |       |
| 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  |
| <b>3000m</b>            |       |
| M30 Jeffrey Townsend    | 9.51  |
| M35 John Sullivan       | 10.23 |
| M40 David Carrollq      | 10.30 |
| M45 Bob Carroll         | 9.41  |
| M50 David Fernandez     | 12.19 |
| M55 Terry Habecker      | 11.33 |
| M60 Dan Mittler         | 16.26 |
| M65 Don Farley          | 13.06 |
| W30 Christine Beach     | 13.50 |
| W40 Beth Anne DeCiantis | 11.17 |
| W45 Suzanne Myette      | 12.20 |
| W50 Carolyn Smith-Hanna | 12.18 |

### Syracuse Chargers Meet Syracuse, NY; Jan. 12

|                      |          |
|----------------------|----------|
| <b>200m</b>          |          |
| M35 Sam Sampere      | 27.88    |
| M40 Adlai Wheelless  | 27.88    |
| M50 Dan Swanson      | 28.07    |
| Wayne Spitz          | 28.82    |
| M60 Paul Stelmazyk   | 29.55    |
| M65 Tom Fondy        | 28.92    |
| M70 Jerry Bisson     | 39.98    |
| <b>1000m</b>         |          |
| 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  |
| <b>3000m</b>         |          |
| 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 Wheelless  | 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 |
| <b>55mH</b>          |          |
| M60 Paul Stelmazyk   | 11.35    |
| <b>Shot Put</b>      |          |
| M50 Leclar Dennis    | 37-3.25  |
| M60 Gary Crawford    | 34-10.75 |

## SOUTHEAST

### Clearwater Throwers Classic Clearwater, FL; Dec. 7

|                          |       |
|--------------------------|-------|
| <b>Javelin</b>           |       |
| M45 Mike Brown           | 63.42 |
| Jesus Virella            | 47.98 |
| Jose Ortiz               | 47.66 |
| M50 Michael Wasp         | 45.66 |
| M55 Norman Hough         | 44.80 |
| M60 Tom Harasti          | 38.37 |
| Jim Turner               | 33.15 |
| Jack Kuhns               | 29.04 |
| M70 Ray Feick            | 31.62 |
| Sid Kiwitt               | 27.90 |
| W55 Branda Erickson      | 14.95 |
| <b>Superweight</b>       |       |
| M45 Beasey Hendrix       | 2.52  |
| M55 Tom Russell          | 7.06  |
| M60 Walter Deal          | 6.13  |
| Jack Kuhns               | 5.38  |
| Harold Crater            | 5.25  |
| M65 Tim Twomey           | 6.15  |
| M70 Austin Baggett       | 9.39  |
| Ray Feick                | 9.14  |
| Pay Carstensen           | 8.54  |
| Frank Bonneville         | 7.69  |
| Len Olson                | 7.35  |
| W70 Gloria Bortell       | 4.53  |
| <b>98# Weight</b>        |       |
| M45 Beasey Hendrix       | 0.99  |
| M55 Tom Russell          | 3.36  |
| M60 Walter Deal          | 3.42  |
| Jack Kuhns               | 3.23  |
| M65 Tim Twomey           | 2.86  |
| M70 Ray Feick            | 3.12  |
| Austin Baggett           | 2.92  |
| Pay Carstensen           | 2.87  |
| Len Olson                | 2.72  |
| Frank Bonneville         | 2.14  |
| M75 Dick Mulkern         | 1.84  |
| W70 Gloria Bortell       | 1.02  |
| <b>Weight Pentathlon</b> |       |
| M45 Gary England         | 3543  |
| Jose Ortiz               | 2544  |
| Don McCreery             | 2313  |
| Beasey Hendrix           | 997   |
| M55 Norman Hough         | 3955  |
| Tom Russell              | 3712  |
| John Sells               | 3639  |
| M60 Jack Kuhns           | 3276  |
| Harold Crater            | 2969  |
| Jim Turner               | 2788  |
| Walter Deal              | 2777  |
| M65 Tim Twomey           | 3591  |
| M70 Ray Feick            | 4427  |
| Frank Bonneville         | 4362  |
| Len Olson                | 4276  |
| Pay Carstensen           | 4142  |
| Tom Allison              | 3965  |
| Austin Baggett           | 1191  |
| M75 Dick Mulkern         | 3677  |
| W70 Gloria Bortell       | 3329  |

### Sportsplex Indoor Meet Prince George's Complex Landover, MD; Dec. 15

|                       |         |
|-----------------------|---------|
| <b>55m</b>            |         |
| W35 Regina Richardson | 8.40    |
| W65 Audrey Lary       | 9.88    |
| <b>60m</b>            |         |
| 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    |
| <b>200m</b>           |         |
| M35 Leon Winder       | 26.08   |
| <b>400m</b>           |         |
| M40 Joe Aukward       | 66.43   |
| M70 Bill Bergen       | 94.93   |
| W30 Teresa McFadden   | 73.15   |
| <b>800m</b>           |         |
| 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 |
| <b>1600m</b>          |         |
| 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  |
| <b>55mH</b>           |         |
| M70 Jim Stookey       | 9.60    |
| <b>High Jump</b>      |         |
| M30 Rob Walters       | 5-6     |
| M35 Jim Barr          | 5-8     |

|                           |         |
|---------------------------|---------|
| M55 Bill Walsh            | 4-8     |
| M70 Jim Condell           | 3-10    |
| <b>Pole Vault</b>         |         |
| M35 Kevin McGordy         | 16-0    |
| M55 Tom Rauscher          | 11-0    |
| M70 Jim Condell           | 7-6     |
| <b>Long Jump</b>          |         |
| M30 Rob Walters           | 19-3    |
| M35 Jim Barr              | 19-6    |
| M70 Jim Condell           | 10-8.5  |
| <b>Triple Jump</b>        |         |
| M55 Bill Walsh            | 31-2    |
| W35 ReginaRichardson      | 35-6    |
| W65 Audrey Lary           | 25-7.5  |
| <b>Shot Put</b>           |         |
| 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 |
| <b>3000m Racewalk</b>     |         |
| M30 Alex Major            | 14:26.0 |
| M45 Peter Blank           | 21:59.0 |
| W65 Mary Stookey          | 23:37.0 |
| <i>from Melvin Fields</i> |         |

## WEST

### Team Thor USA Winter Throwers Meet, UC-San Diego La Jolla, CA; Dec. 15

|                     |       |
|---------------------|-------|
| <b>Discus</b>       |       |
| M65 Frank Carl      | 41.66 |
| M75 Koe Sorg        | 25.36 |
| <b>Hammer</b>       |       |
| M40 Song Kiong      | 47.85 |
| M55 George Mathews  | 48.12 |
| M75 Koe Sorg        | 29.63 |
| <b>Weight Throw</b> |       |
| M40 Song Kiong      | 12.63 |
| M50 Tom Meyer       | 16.62 |
| M75 Koe Sorg        | 9.00  |
| <b>Superweight</b>  |       |
| M55 George Mathews  | 8.33  |

### Hawaii Masters TC Weight Pentathlon Honolulu; Dec. 15

|                    |      |
|--------------------|------|
| Jack Karbens 61    | 3450 |
| 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 Nakasona 53  | 671  |
| Francis Mukai 46   | 638  |
| Brenda Abdrieu 62  | 1751 |
| Joan Davis 62      | 222  |
| <b>Superweight</b> |      |
| M55 Thomas Reppuhn | 3.63 |
| M60 Jack Karbens   | 5.89 |

### Gay Games VI Sydney, Australia; Nov. 2-9

|                          |       |
|--------------------------|-------|
| <b>100m</b>              |       |
| 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 |
| <b>200m</b>              |       |

Continued from previous page

|                          |          |
|--------------------------|----------|
| M45 Tony Phiskie         | 5.59     |
| M50 Robert Berryman      | 4.14     |
| M55 Dannis Lamia         | 4.14     |
| M60 Joseph Ellis         | 3.04     |
| M65 Donald Alexander     | 2.50     |
| W35 Caroline Layt        | 4.06     |
| W40 Kathryn Lyons        | 3.03     |
| W65 Jane Dods            | 3.13     |
| <b>Triple Jump</b>       |          |
| M30 Jason Robert Potas   | 12.18    |
| M35 Reggie Snowden       | 12.74    |
| M40 Erik Rollenberg      | 11.71    |
| M45 Tony Phiskie         | 10.66    |
| M50 Geoff Milson         | 9.28     |
| M55 Norman Heiserman     | 4.59     |
| <b>Shot Put</b>          |          |
| M30 Russ Livingston      | 11.96    |
| M35 Curtis Moore         | 11.66    |
| M40 Ronald Dehn          | 12.84    |
| M45 Luke Cottrill        | 8.13     |
| M50 Juan-Jose Garcia     | 8.51     |
| M55 Allan Robertson      | 6.53     |
| M60 John Lewis           | 9.87     |
| M65 Donald Alexander     | 7.15     |
| W30 Dianne Bedford       | 9.38     |
| W35 Amanda Thomas        | 10.42    |
| W40 Marnil Hilf          | 8.16     |
| W45 Jennifer Stary       | 10.99    |
| W50 Eliz Szczepanska     | 10.16    |
| W55 Helen Daintree       | 7.63     |
| W65 Fran Moravcsik       | 6.30     |
| <b>Discus</b>            |          |
| M30 Russ Livingston      | 35.04    |
| M45 Luke Cottrill        | 24.04    |
| M50 Mike Moorefield      | 27.26    |
| M40 Ronald Dehn          | 37.37    |
| M50 Juan-Jose Garcia     | 17.65    |
| W30 Connie Stratas       | 30.39    |
| W35 Claudia Meili        | 40.11    |
| W40 Barbara Beuge        | 39.78    |
| W45 Anne Brown           | 26.58    |
| W50 Eliz Szczaepanska    | 27.60    |
| W55 Helen Daintree       | 21.62    |
| W60 Sue Green            | 17.96    |
| W65 Fran Moravcsik       | 16.75    |
| <b>Hammer</b>            |          |
| 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 Robertson | 14.68    |
| M65 Donald Alexander     | 17.31    |
| W30 Jody Peterson        | 26.24    |
| W35 Claudia Meili        | 31.78    |
| W40 Susan Emerson        | 14.91    |
| W45 Anne Brown           | 27.29    |
| W50 Eliz Szczepanska     | 30.46    |
| <b>Javelin</b>           |          |
| M30 Russ Livingston      | 46.25    |
| M35 Keith Little         | 41.78    |
| M40 Lyle Whitaker        | 39.91    |
| M45 Russell Lamar        | 33.39    |
| M50 Juan-Jose Garcia     | 32.70    |
| M55 Allan Robertson      | 20.60    |
| M60 John Lewis           | 30.08    |
| M65 Donald Alexander     | 27.67    |
| W30 Dianne Bedford       | 29.20    |
| W35 Dawn Soffield        | 38.11    |
| W40 Betty Long           | 26.94    |
| W45 Jennifer Stary       | 34.71    |
| W50 G Leaping Rabbit     | 27.10    |
| W55 Helen Daintree       | 21.42    |
| <b>Decathlon</b>         |          |
| M30 Lars Rains           | 1590     |
| M35 Tony Rodriguez       | 4181     |
| M40 Erik Rollenberg      | 4895     |
| M45 Russell Lamar        | 5658     |
| M60 John Lewis           | 3608     |
| <b>5000m RW</b>          |          |
| M30 D P Matulovich       | 27:02.37 |
| M35 Geoffrey Perry       | 30:05.22 |
| M40 B Whitbread-Brown    | 27:47.98 |
| M45 Richard Newman       | 32:40.77 |
| M50 Juan-Jose Garcia     | 33:00.60 |
| M55 Garland Murphy Jr    | 35:57.24 |
| M60 Bruce Fowler         | 36:40.03 |
| M65 Eugene Erickson      | 36:40.04 |
| M70 Jon Borset           | 44:41.36 |
| M75 Frank Chesek         | 41:29.27 |
| W30 Cummings-Donnelly    | 32:53.90 |
| W50 Jools Joslin         | 37:48.78 |
| W55 Louise Ness          | 35:32.24 |

|   |            |
|---|------------|
| <b>10K Road Race (Thursday)</b>                                       |            |
| M30 Ulf Ziemann   | 35:44.01   |
| M35 Roger Moresi  | 36:01.56   |
| M40 Geoffrey Griffiths  | 33:53.12   |
| M45 Wolfgang Klare  | 36:32.90   |
| M50 Martin Brook  | 39:27.61   |
| M55 James Box   | 40:26.36   |
| M60 Charles Whelan  | 51:25.77   |
| M65 Nicholas Kitt   | 46:14.32   |
| M70 Gene Silbert  | 1:03:18.15 |
| W30 Laree Etter   | 43:13.30   |
| W35 Tatjana Eggeling  | 42:28.27   |
| W40 Marian Quarrier   | 47:25.12   |
| W45 Lauri Stock   | 43:24.70   |
| W50 Renate Kohler   | 49:18.90   |
| W55 Pamela Erwin  | 57:13.85   |
| W65 Jane Dods   | 58:38.99   |
| <b>10K Road Race (Saturday)</b>                                       |            |
| M30 Hans du Toit  | 37:45.5    |
| M35 Roger Bayshore  | 36:12.6    |
| M40 Geoffrey Griffiths  | 34:41.1    |
| M45 Dennis Johnson  | 38:07.8    |
| M50 Brian Ladd  | 42:24.6    |
| M55 Des Sullivan  | 49:31.9    |
| M60 Robert Watt   | 50:11.0    |
| W30 Victoria Cullip   | 42:26.1    |
| W35 Helen Snare   | 46:17.6    |
| W45 Maggie Gutzen   | 49:07.8    |
| W50 Cherry McCabe   | 46:57.0    |
| W55 Guusje La Riviere   | 1:10:16.6  |
| W60 Jacqueline Day  | 1:21:30.1  |
| W65 Phyllis Rhodes  | 1:30:33.4  |
| <b>Half-Marathon</b>  |            |
| M30 Bill Ricketts   | 1:19:34.6  |
| M35 Elnar Jansbu  | 1:25:02.6  |
| M40 Detlev Matzen   | 1:22:11.8  |
| M45 Nigel Jeffcoat  | 1:26:54.6  |
| M50 Rusty Millar  | 1:28:53.6  |
| M55 Richard Nelson  | 1:35:04.0  |
| M65 Edward Karas  | 2:07:04.4  |
| M70 John Lockhart   | 2:40:15.1  |
| W30 Bernadette Walsh  | 1:39:49.5  |
| W35 Cecile Martin   | 1:37:25.0  |
| W40 Alison Appleton   | 1:40:34.5  |
| W45 Ann Rinehart  | 1:46:21.2  |
| W50 Melanie Mocium  | 1:53:45.6  |
| W55 Joanne Dandero  | 2:11:24.4  |
| <b>Marathon</b>   |            |
| M30 Ulf Ziemann   | 2:55:16.0  |
| M35 Frank Bassin  | 3:02:31.9  |
| M40 Tor Hansen  | 3:08:17.9  |
| M45 Ian Griffin   | 3:09:21.1  |
| M50 Paul Oostenbrug   | 3:25:33.8  |
| M60 Robert Olsen  | 5:27:55.0  |
| W35 Sharon Lee  | 3:14:54.1  |
| W40 Tracy Thomas  | 3:20:54.5  |
| W45 Ella Wijes  | 3:24:54.8  |
| W50 Janny Dekker  | 3:48:54.8  |
| W55 Dusty Rhodes  | 4:03:09.0  |
| W60 Dorothy Tanner  | 3:49:21.1  |
| <b>South American Championships</b><br>Cochabamba, Bolivia; Nov. 3-10 |            |
| <b>100m</b>   |            |
| M35 L Escalona VEN  | 11.56      |
| M40 W Lucarelli VEN   | 11.69      |
| M45 E Moncaleano COL  | 12.37      |
| M50 S Porley URU  | 13.22      |
| M55 A Rahal BRA   | 12.94      |
| M60 Z Bueno BRA   | 12.96      |
| M65 A Ortiz Pardo COL   | 13.87      |
| M70 Y Shimizu BRA   | 14.17      |
| M75 H Delgado Flores PER  | 14.85      |
| M80 J Molina Parra CHI  | 16.54      |
| M85 F Fischer BRA   | 16.39      |
| W30 N Santillan BOL   | 16.43      |
| W35 I Silva Granater BRA  | 13.42      |
| W40 J Quiroga Duarte COL  | 14.37      |
| W45 L Nicolaz VEN   | 13.59      |
| W50 O Hadad ARG   | 14.84      |
| W55 C Martinez CHI  | 16.06      |
| W60 C Alves URU   | 15.79      |
| W65 J R Balbontin CHI   | 18.02      |
| W70 M Sandoval de Ra COL  | 17.49      |
| W75 S Madera URU  | 20.48      |
| W80 M Gardia da Lires COL   | 24.76      |
| <b>200m</b>   |            |
| M35 John Cameron VEN  | 23.56      |
| M40 W Lucarelli VEN   | 23.54      |
| M45 J Torrico BOL   | 24.84      |
| M50 S Porley URU  | 26.54      |
| M55 J Aleman Tapia PER  | 25.64      |
| M60 Z Burno BRA   | 26.32      |
| M65 T Figueroa Guerra CHI   | 28.90      |
| M70 Y Shimizu BRA   | 29.13      |
| M75 H Flores Delgado PER  | 31.23      |

|                          |          |
|--------------------------|----------|
| M80 J Molina Parra CHI   | 40.40    |
| M85 F Fischer BRA        | 38.00    |
| W30 Z Arias VEN          | 28.13    |
| W35 C Chuello VEN        | 28.32    |
| W40 J Quiroga Duarte COL | 29.09    |
| W45 L Nicholaz VEN       | 28.01    |
| W50 M Acosta VEN         | 29.61    |
| W55 C de Diaz VEN        | 34.38    |
| W60 C Alves URU          | 32.85    |
| W65 Y Okai BRA           | 36.64    |
| W70 M Sandoval de Ra COL | 37.06    |
| W75 S Madera URU         | 45.51    |
| W80 M Gardia de Lires    | 1:06.03  |
| <b>400m</b>              |          |
| M35 J Cameron VEN        | 51.13    |
| M40 D Herrera VEN        | 49.50    |
| M45 J Torrico BOL        | 55.17    |
| M50 A da Silva Filho BRA | 57.33    |
| M55 J Aleman Tapia PER   | 58.37    |
| M60 Z Bueno BRA          | 1:01.09  |
| M65 M Portocarrero PER   | 1:05.38  |
| M70 C Odriozola URU      | 1:17.90  |
| M75 H Delgado FloresPER  | 1:20.79  |
| W30 Z Arias VEN          | 1:04.68  |
| W35 S Gangas CHI         | 1:07.98  |
| W40 M Carvalho BRA       | 1:08.12  |
| W45 M Reyes VEN          | 1:05.42  |
| W50 M Acosta VEN         | 1:04.77  |
| W55 B Fernandez COL      | 1:21.10  |
| W60 C Alves URU          | 1:14.94  |
| W65 Y Okai BRA           | 1:35.67  |
| W70 Sandoval de Ra COL   | 1:22.65  |
| W75 Garcia de Fonta COL  | 2:20.19  |
| <b>800m</b>              |          |
| M35 Arevalo HernandCHI   | 2:01.95  |
| M40 G Arangueren VEN     | 2:10.51  |
| M45 Camacho TejennBOL    | 2:06.54  |
| M50 M Perez MoralesBOL   | 2:15.86  |
| M55 F Arze Valencia      | 2:21.19  |
| M60 A Fonesca Sanchez    | 2:30.35  |
| M65 M Portocarrero PER   | 2:41.30  |
| M70 G Souza BRA          | 3:01.83  |
| M75 S Ojeda Garcia CHI   | 3:33.49  |
| W30 E Gangas CHI         | 2:54.77  |
| W35 S Sucre VEN          | 2:44.75  |
| W40 Tovar NempequeCOL    | 3:02.19  |
| W45 M Reyes VEN          | 2:43.93  |
| W50 T Avila Suarez COL   | 2:57.59  |
| W55 G Vega CHI           | 3:22.21  |
| W60 Z Jofre Cortes CHI   | 3:19.42  |
| W65 Espinoza de GuzCOL   | 3:27.70  |
| W70 Bautista CombarCOL   | 4:04.84  |
| W75 T Saido BRA          | 4:34.10  |
| W80 Barcia de Lires COL  | 6:54.32  |
| <b>5000m</b>             |          |
| M35 Arevalo Hernand CHI  | 4:36.58  |
| M40 Henriquez Luque COL  | 4:55.99  |
| M45 H Poquechoque BOL    | 4:46.82  |
| M50 M Perez Morales BOL  | 5:14.34  |
| M55 F Arze Valencia      | 4:53.96  |
| M60 Uno Almendras BOL    | 5:33.29  |
| M65 V. Actis ARG         | 6:12.73  |
| M70 CampusanoMunozCHI    | 5:28.20  |
| W30 A Andrade Torres CHI | 6:14.52  |
| W35 S Sucre VEN          | 6:06.16  |
| W40 M Huenchuman ARG     | 6:17.19  |
| W45 M Reyes VEN          | 6:10.51  |
| W50 T Avila Suarez COL   | 6:28.98  |
| W55 Fernandez de GaCOL   | 6:37.26  |
| W60 Guzman Abarca PER    | 7:00.20  |
| W70 Bautista CombarCOL   | 8:46.84  |
| W75 T Saito BRA          | 9:56.54  |
| <b>5000m</b>             |          |
| M35 Yananco Nacho BOL    | 16:41.67 |
| M40 M Gauna ARG          | 17:04.59 |
| M45 Bautista Molina COL  | 17:26.61 |
| M50 Mamanj CaceresPER    | 18:06.52 |
| M55 Arze Valencia BOL    | 18:54.49 |
| M60 P Oliveira BRA       | 20:36.52 |
| M65 A Camargo ARG        | 22:25.34 |
| M70 L Campusano Munoz    | 21:52.88 |
| M75 R Pariasca PER       | 27:37.70 |
| W30 Candiotti Vivan PER  | 23:05.03 |
| W35 S Sucre VEN          | 23:21.98 |
| W40 E Daza Alfaro PER    | 22:30.64 |
| W45 Cespedes Marcela     | 21:33.23 |
| W50 N Gomez COL          | 24:17.60 |
| W55 B BaldevenitoARG     | 24:49.70 |
| W60 E Guzman Abaraca     | 26:39.20 |
| W65 Zuniga Catalan CHI   | 28:24.80 |
| W70 Bautista CombarCOL   | 31:04.80 |
| W75 T Saito BRA          | 39:55.80 |
| <b>10,000m</b>           |          |
| M35 J Poma CaceresBOL    | 35:35.80 |
| M40 M Gauna ARG          | 35:25.50 |

|                             |            |
|-----------------------------|------------|
| M45 J Bautista MolinaCOL    | 35:48.80   |
| M50 Mamani CaceresPER       | 36:00.00   |
| M55 Mendoza GomezBOL        | 40:41.00   |
| M60 P Oliveira BRA          | 41:57.03   |
| M65 H Comargo ARG           | 47:33.05   |
| M70 Esquia Coaguila         | 1:13:38.48 |
| M75 R Panasca PER           | 58:10.28   |
| W30 Candiotti VivanPER      | 49:10.10   |
| W40 E Daza Alfaro PER       | 48:17.80   |
| W45 Marcela BOL             | 44:36.60   |
| W50 L Ribeiro BRA           | 53:07.80   |
| W55 M Terceros BOL          | 55:30.50   |
| W65 Zuniza CatalanCHI       | 1:02:00.00 |
| W75 S Tomico BRA            | 1:24:22.60 |
| <b>Short Hurdles</b>        |            |
| M40 D Cintro Filho BRA      | 17.80      |
| M45 O Vinderola ARG         | 21.27      |
| M50 R Rossi ARG             | 17.40      |
| M55 B. Unbe Santana CHI     | 18.39      |
| M60 G Riquelme CHI          | 17.88      |
| M65 A Ortiz Pardo COL       | 20.00      |
| M70 E Escobar Lora COL      | 19.32      |
| M75 W Flores URU            | 16.68      |
| W40 M Scheuch PER           | 14.16      |
| W45 R Oppermann BRA         | 14.38      |
| W50 E Missene Melo CHI      | 17.35      |
| W55 N Ormeno CHI            | 16.25      |
| W60 A Reinado Garcia COL    | 19.25      |
| <b>Long Hurdles</b>         |            |
| M35 E Fonseca COL           | 1:07.14    |
| M40 C Tunque Ruiz PER       | 1:16.92    |
| M45 M Alvarez CHI           | 1:12.71    |
| M50 R Rossi ARG             | 1:12.69    |
| M55 J Aleman Tapia          | 1:04.66    |
| M60 Saldana Salaman CHI     | 1:03.94    |
| M65 A Ortiz Pardo COL       | 57.50      |
| M70 A Standen CHI           | 58.59      |
| M75 H Delgado FloresPER     | 1:09.59    |
| W35 N Medina VEN            | 1:10.60    |
| W45 E Farias CHI            | 1:33.60    |
| W50 M Perez RiquelmeCHI     | 1:11.57    |
| W60 A Reina de GarciaCOL    | 1:19.33    |
| <b>2000m Steeplechase</b>   |            |
| M60 H Palma Torres CHI      | 9:44.10    |
| M65 S Guerra Tapia CHI      | 11:36.70   |
| M70 W Reino da SilvaBRA     | 12:40.24   |
| W35 V Fonesca CHI           | 10:09.77   |
| W45 S Costa ARG             | 10:55.48   |
| W50 L Ribeiro BRA           | 11:46.88   |
| W55 M Sanchez CHI           | 15:06.30   |
| W65 Y Okai BRA              | 12:49.50   |
| <b>3000m Steeplechase</b>   |            |
| M35 Vilca Nino deG PER      | 12:39.49   |
| M40 Perez CallejasBRA       | 11:56.93   |
| M45 J Cepeda COL            | 12:58.15   |
| M55 F Rojas Cabrera CHI     | 12:23.03   |
| <b>High Jump</b>            |            |
| M35 H Acevedo ARG           | 1.86       |
| M40 J L. Zavala Vargas PER  | 1.55       |
| M45 E Levin BRA             | 1.60       |
| M60 A L de Lemos BRA        | 1.45       |
| M65 E Recanatti ARG         | 1.30       |
| M70 H Modinger CHI          | 1.25       |
| M75 W Flores URU            | 1.31       |
| M80 E Mejia Julca PER       | 1.05       |
| W35 I Silva Granator BRA    | 1.40       |
| W40 M I Scheuch PER         | 1.40       |
| W45 G Bollini ARG           | 1.28       |
| W50 E Missene Melo CHI      | 1.25       |
| W55 G de la Vega BOL        | 1.15       |
| W60 N Gonzalez Quinza CHI   | 1.05       |
| W70 F Martinez Sanzan CHI   | .80        |
| W75 I Mardones Guterrez CHI | .80        |
| <b>Pole Vault</b>           |            |
| M35 D Soliz Salazar BOL     | 2.80       |
| M40 L F Menacho BOL         | 2.90       |
| M55 L Salvarrey URU         | 3.20       |
| M60 J Cabezas Cavalli CHI   | 2.90       |
| M65 T Figueroa Guerra CHI   | 2.50       |
| M75 J Figueras URU          | 2.30       |
| W50 E Missene Melo CHI      | 1.70       |
| <b>Long Jump</b>            |            |
| M35 J Araneda Galvez CHI    | 6.94       |
| M40 D Cintro Filho BRA      | 5.76       |
| M45 S Canacho Tejerin BOL   | 5.60       |
| M55 A Rahal BRA             | 5.67       |
| M60 R Kohnenkampf CHI       | 4.74       |
| M65 E Recanatti ARG         | 4.41       |
| M70 H Libeer Modinger CHI   | 4.32       |
| M75 V Ocaranza Rojas CHI    | 2.97       |
| M80 E Mejia Juica PER       | 3.27       |
| W35 I Silva Granator BRA    | 5.17       |
| W40 M I Scheuch PER         | 4.63       |
| W45 G Deniro ARG            | 4.35       |
| W50 E Missene Melo CHI      | 3.87       |
| W55 G Martinez Chapa CHI    | 3.65       |

|                            |       |
|----------------------------|-------|
| W60 M Archila de Rami COL  | 3.30  |
| W65 T Kichuchi BRA         | 3.26  |
| W70 G Ramos Basoalto CHI   | 2.90  |
| W75 S Madera URU           | 2.42  |
| <b>Triple Jump</b>         |       |
| M35 J B Araneda CHI        | 13.03 |
| M40 D Cintra Filho BRA     | 12.70 |
| M45 E Levin BRA            | 11.81 |
| M50 R Rossi ARG            | 10.85 |
| M55 J Fernandez ARG        | 10.70 |
| M60 R Kohnenkampf CHI      | 9.64  |
| M65 P Navea Matute PER     | 8.98  |
| M70 Y Shimizo Bra          | 9.14  |
| M80 E Mejia Juica PER      | 7.66  |
| W35 Merchan Chaparro COL   | 7.44  |
| W40 J Quiroga Duarte CHI   | 7.21  |
| W45 G Deniro ARG           | 9.10  |
| W50 E Missene Melo CHI     | 8.78  |
| W55 G Martinez Chapa CHI   | 7.60  |
| W60 M Archila de Rami COL  | 6.90  |
| W65 Y Natsumi BRA          | 6.82  |
| W75 I Mardones Gutier CHI  | 4.40  |
| <b>Shot Put</b>            |       |
| M35 A Silva CHI            | 11.33 |
| M40 C Zanetta Blumel CHI   | 10.55 |
| M45 D Bustillo Villar BOL  | 11.30 |
| M50 A Morales ARG          | 11.24 |
| M55 A Padua Neto BRA       | 12.08 |
| M60 L Cordoba Copete COL   | 11.69 |
| M65 J Reis BRA             | 11.48 |
| M70 M Santos Pereira BRA   | 12.86 |
| M75 R Moya Videla CHI      | 9.61  |
| M80 D de Andreis ARG       | 6.61  |
| M85 F Fischer BRA          | 9.76  |
| W30 E Diaz VEN             | 6.20  |
| W35 C Munoz CHI            | 9.80  |
| W40 Y Tenorio Caicedo COL  | 11.56 |
| W45 E Escorcio Bolano COL  | 10.35 |
| W50 M E Pintero ARG        | 9.69  |
| W55 M Navarro Ramos CHI    | 9.06  |
| W60 E Garcia ARG           | 9.77  |
| W65 L Tisinova ARG         | 7.88  |
| W70 A Gonzalez Ossand      | 6.80  |
| W75 J Huapaya Martinez PER | 7.16  |
| <b>Discus</b>              |       |
| M35 Arras Yanez CHI        | 29.60 |
| M40 M Paez VEN             | 38.17 |
| M45 D Bustillo Villar BOL  | 34.60 |
| M50 H Imberti ARG          | 39.47 |
| M55 E Suarez ARG           | 37.46 |
| M60 L Cordoba Copete COL   | 37.74 |
| M65 H Acosta URU           | 36.73 |
| M70 M Santos Pereira BRA   | 39.54 |
| M75 L Lopez Osomio ARG     | 25.33 |
| M80 S Mori BRA             | 20.81 |
| M85 F Fischer BRA          | 23.22 |
| W35 C Munoz CHI            | 29.95 |
| W40 Y Tenorio Caicedo COL  | 35.10 |
| W45 E Escorcio Bolano COL  | 29.59 |
| W50 M Pintero ARG          | 25.34 |
| W55 M Navarro Ramos CHI    | 28.13 |
| W60 E Garcia ARG           | 26.17 |
| W65 L Tisinova ARG         | 23.94 |
|                            |       |

Continued from previous page

LONG DISTANCE RESULTS

NATIONAL

USATF National Masters 10K X-C Championships Rocklin, CA; Dec. 14

Table listing race results for USATF National Masters 10K X-C Championships, including names and times for various age groups.

Table listing race results for USATF National Masters 10K X-C Championships, including names and times for various age groups.

Table listing race results for M70 John Hepner, M75 John Keston, and M40+ Teams.

Table listing race results for M40+ Teams, M50 Leonard Hill, and M60+ Teams.

Table listing race results for M60+ Teams, M70+ Teams, and M75 Joan Ottaway.

Table listing race results for M70+ Teams, M75 Joan Ottaway, and M40 Sandy Meister-Mendith.

Table listing race results for M40 Sandy Meister-Mendith, M45 Regina Joyce, and M60 Shirley Matson.

Table listing race results for M60 Shirley Matson, M65 Eve Pell, and M70 Ruth Anderson.

Table listing race results for M70 Ruth Anderson, M40+ Teams, and M70 Team Oregon.

Table listing race results for 2 Impala Racing Team, 3 Club Northwest, and W50+ Teams.

Table listing race results for W50+ Teams, W60+ Teams, and M55 Julio Aguirre.

Table listing race results for M55 Julio Aguirre, M60 Joe Cordero, and M65 Mel Cowgill.

Table listing race results for M65 Mel Cowgill, M70+ Guy Froehling, and W35 Ellen Brauch.

Table listing race results for W40 Elizabeth Ratner, W45 Cathy Oehrlein, and W50 K Martin.

Table listing race results for W50 K Martin, W55 Mary Trotto, and W60 Marie-L. Michelson.

Table listing race results for W60 Marie-L. Michelson, W70+ Dolly Finkelstein, and PVTC Cranberry Crawl.

Table listing race results for PVTC Cranberry Crawl, Overall, and M40 T Poulos.

Table listing race results for M40 T Poulos, M50 Ken Shipp, and M60 John Haubert.

Table listing race results for Brian's Run 10K & 5K, Overall, and M40 Greg Cualler.

Table listing race results for M40 Greg Cualler, M45 Hugh Biggins, and M50 Dave Anderson.

Table listing race results for M50 Dave Anderson, M55 Robert Hampton, and M60 Warren Taylor.

Table listing race results for M60 Warren Taylor, M65 Len Taylor, and W35 Ann Tireney.

Table listing race results for W35 Ann Tireney, W40 Lorraine Jasper, and W45 Ann Gaffney.

Table listing race results for W45 Ann Gaffney, W50 Leah Whipple, and W55 Sharon Lachall.

Table listing race results for W55 Sharon Lachall, W60 Gail McCahan, and W65 Andrea Gerbstalt.

Table listing race results for W65 Andrea Gerbstalt, Gerry Fitch, and Jeff Stallings.

Table listing race results for Jeff Stallings, Laura Grimm, and M35 Chris Stapleton.

Table listing race results for M60 Pat Cosgrove, Overall, and M65 Richard Hill.

Table listing race results for M65 Richard Hill, M70 Joe La Bruno, and M75 Lester Ridings.

Table listing race results for M75 Lester Ridings, W40 M. Noe-Schlentz, and W45 Judith Christian.

Table listing race results for W45 Judith Christian, W50 Jane Parks, and Betty Shonts.

Table listing race results for Betty Shonts, W55 Patricia O'Hanlon, and W60 Dorothy Little.

Table listing race results for W60 Dorothy Little, W65 Imme Dyson, and Christmas Caper.

Table listing race results for Christmas Caper, Overall, and Ted Poulos.

Table listing race results for Ted Poulos, Karen Young, and M40 T Poulos.

Table listing race results for M40 T Poulos, Vince McDonald, and M50 Pat Griffith.



Continued on next page

Continued from previous page

Table with 2 columns: Race Name and Time. Races include M50 Jean Penac, M55 Miall Dillane, M60 Jack Brennan, etc.

SOUTHEAST

Suntrust Richmond Marathon & Ntelos 8K Richmond, VA; Nov. 9

Overall table for Suntrust Richmond Marathon & Ntelos 8K with names and times.

Main results table for Suntrust Richmond Marathon & Ntelos 8K with names and times.

Huntsville Times Rocket City Marathon Huntsville, AL; Dec. 14

Overall table for Huntsville Times Rocket City Marathon.

Main results table for Huntsville Times Rocket City Marathon.

Shadrack Kosgei 18 22:39 Lyudmila Biktasheva 28 26:44

Main results table for Shadrack Kosgei and Lyudmila Biktasheva.

Table with 2 columns: Race Name and Time. Races include M55 DAN MURRAY, M60 BOB SPENCER, etc.

Wendell Sandlin 3:34.42 Andrew Sherwood 3:43.57 Garry Elkins 3:53.58

Main results table for Wendell Sandlin, Andrew Sherwood, and Garry Elkins.

Winter in Winterville 5M Winterville, GA; Jan. 4

Overall table for Winter in Winterville 5M.

Main results table for Winter in Winterville 5M.

Gasparilla 15K Tampa, FL; Jan. 4

Overall table for Gasparilla 15K.

Main results table for Gasparilla 15K.

Table with 2 columns: Race Name and Time. Races include M60 Donald B. Ardell, M65 Myron V. Anderson, etc.

Navarre Beach 5K, 10K & Half-Marathon Navarre Beach, FL; Jan. 5

Overall table for Navarre Beach 5K, 10K & Half-Marathon.

Main results table for Navarre Beach 5K, 10K & Half-Marathon.

Hops Marathon by the Bay Tampa, FL; Jan. 5

Overall table for Hops Marathon by the Bay.

Main results table for Hops Marathon by the Bay.

Disney World Marathon & Half-Marathon Orlando, FL; Jan. 12

Overall table for Disney World Marathon & Half-Marathon.

Main results table for Disney World Marathon & Half-Marathon.

Table with 2 columns: Race Name and Time. Races include W50 Fillis Friedman, W55 Sue Ellen Trapp, etc.

Huff 50K Trail Run Huntington, IN; Dec. 28

Overall table for Huff 50K Trail Run.

Main results table for Huff 50K Trail Run.

MIDWEST

Huff 50K Trail Run Huntington, IN; Dec. 28

Overall table for Huff 50K Trail Run.

Main results table for Huff 50K Trail Run.

Table with 2 columns: Race Name and Time. Races include W40 Carol Postigo, W45 Bernadette Huston, etc.

W50 Josie Costero 3:36.19 Karen Alexeev 3:36.29

Main results table for W50 Josie Costero and Karen Alexeev.

W55 Judith Gilbert 4:02.14 Susan Reinhardt 4:05.04

Main results table for W55 Judith Gilbert and Susan Reinhardt.

W60 Kay Chernoff 4:19.02 Jessica Shen-Ho 4:27.39

Main results table for W60 Kay Chernoff and Jessica Shen-Ho.

W65 Naoe Arakawa 4:05.05 Carolyn Cappetta 4:27.35

Main results table for W65 Naoe Arakawa and Carolyn Cappetta.

Table with 2 columns: Race Name and Time. Races include W70+ Julia Barrett 7:08.29 Phyllis Cawrey 7:10.27

Half-Marathon Overall

Overall table for Half-Marathon.

Main results table for Half-Marathon.

MIDWEST

Huff 50K Trail Run Huntington, IN; Dec. 28

Overall table for Huff 50K Trail Run.

Main results table for Huff 50K Trail Run.

Continued on next page

Continued from previous page

**1st Annual Resolution 5K Run**  
Chicago, IL; Dec. 31

|                      |       |
|----------------------|-------|
| <b>Overall</b>       |       |
| Jack Kafel 26        | 14:55 |
| Emily Hauer 26       | 18:00 |
| M40 BILL COHN        | 18:39 |
| MARK MCNEILL         | 19:06 |
| RON RASHID           | 19:11 |
| M45 BENJAMIN MEDINA  | 19:42 |
| THOMAS HEPPERLE      | 22:32 |
| PAUL SHEA            | 22:53 |
| M50 GARY TOWNSEND    | 17:52 |
| BILL ROBERTS         | 25:02 |
| DAVID PORADZISZ      | 26:43 |
| M55 LOU MANTELL      | 28:55 |
| JOHN SERAFIN         | 30:27 |
| C. JACKSON BOREN     | 50:31 |
| M60 -                |       |
| M65 GENE DORNERKER   | 24:54 |
| DAVID SULLIVAN       | 27:00 |
| OWEN STEVENS         | 37:15 |
| W40 BRENDA BARRERA   | 24:41 |
| MARLENE WELCH        | 26:39 |
| VIRGINIA WILCOX      | 28:13 |
| W45 LYDIA SCANNELL   | 24:48 |
| MARY B BURKE         | 25:58 |
| LAURA KOHLER         | 26:30 |
| W50 CYNDI LAMOTTE    | 35:06 |
| RHONDA SERAFIN       | 35:26 |
| W55 JOYCE A. TUCHEL  | 32:20 |
| W60 SUSAN ROBBINS    | 33:21 |
| BARBARA POLLAK       | 57:41 |
| W65 CATHIE MCCORMICK | 31:05 |

**SOUTHWEST**

**Jingle Bell Run for Arthritis 5K**  
Tulsa, OK; Dec. 7

|                        |       |
|------------------------|-------|
| <b>Overall</b>         |       |
| Scott Rantall 22       | 16:26 |
| Donna Oxley 37         | 20:37 |
| M35 Darrell Mainen     | 19:02 |
| M40 Tom Lam            | 18:02 |
| M45 Tom Linihan        | 20:00 |
| M50 Rich Chillingworth | 19:37 |
| M55 Ron Kuykendall     | 20:09 |
| M60 D. R. Cromer       | 24:23 |
| M65 Larry Miller       | 24:17 |
| M70 Steve Blanchard    | 22:28 |
| M75 Tom O'Connell      | 32:46 |
| M80+Wish Lemons        | 47:17 |
| W35 D. Oxley           | 20:37 |
| W40 S. Pottebaum       | 23:02 |
| W45 Pam Smeed          | 21:41 |
| W50 Donna Spencer      | 21:55 |
| W55 Brenda Nowlin      | 29:35 |
| W60 Emma Lou Burtum    | 34:19 |
| W65 Sue Neil           | 44:26 |
| W70+M. Thompson        | 27:35 |

**Dallas White Rock Marathon**  
Dallas, TX; Dec. 15

|                     |         |
|---------------------|---------|
| <b>Overall</b>      |         |
| Emie Caballero 36   | 2:33:12 |
| Claudia Olivares 35 | 3:02:28 |
| M40 Chris Crawford  | 2:39:46 |
| Chris Nichols       | 2:47:12 |
| Jesus Utrilla       | 2:47:58 |
| M45 Jeff Roth       | 2:40:07 |
| Greg Floyd          | 2:48:33 |
| Ted Gons            | 2:50:28 |
| M50 Denny Weiler    | 3:06:29 |
| David Holmes        | 3:12:20 |
| Lawrence Adams      | 3:13:57 |
| M55 John Trompler   | 3:14:05 |
| Michael Gregory     | 3:16:30 |
| Francesco Criniti   | 3:22:30 |
| M60 Chuck Butler    | 3:31:56 |
| Dick Esselbom       | 3:34:08 |
| Andy Jones          | 3:48:25 |
| M65 Ray Nelson      | 3:40:15 |
| Koei Nakanishi      | 4:00:55 |
| George Kenney       | 4:05:01 |
| M70 Robert Fletcher | 3:48:27 |
| Charles Ramos       | 4:41:25 |
| R Cunningham        | 5:37:50 |
| W40 Lynn Doelger    | 3:18:46 |
| Carolyn Tovar       | 3:22:58 |
| Karen Plucinski     | 3:23:07 |
| W45 Cindy Walls     | 3:33:55 |
| Mary McDonald       | 3:37:08 |
| Kathy Phillips      | 3:37:30 |
| W50 Margaret Jordan | 3:47:56 |
| Jennifer Terzia     | 3:53:33 |
| Athina McLendon     | 3:59:36 |
| W55 Marilyn Patrick | 3:42:56 |
| Joyce Taylor        | 4:02:05 |
| Phyllis Wilson      | 4:17:59 |
| W60 Mary Kennard    | 4:25:52 |
| Karen Connelly      | 4:31:51 |
| Nancy Cole          | 5:32:08 |
| W65 Mary Ann Miller | 5:38:09 |
| Betty Forsvall      | 6:47:15 |
| W70 Bertha McGruder | 5:50:24 |

**Sunmart Texas Trail Runs**  
50K/50M  
Huntsville, TX; Dec. 16

|                       |          |
|-----------------------|----------|
| <b>50M</b>            |          |
| <b>Overall</b>        |          |
| Yiannis Kouros 46     | 6:09:02  |
| Connie Gardner 39     | 7:14:04  |
| M40 Steve Peterson    | 6:54:47  |
| Joel Lammers          | 6:57:40  |
| Tim Lee               | 7:12:53  |
| Paul Schoenlaub       | 7:16:58  |
| Tim Twietmeyer        | 7:28:06  |
| M45 Yiannis Kouros    | 6:09:02  |
| Steve Webster         | 7:02:59  |
| Eric Bindner          | 7:20:02  |
| Mike Buonaugurio      | 7:33:42  |
| Jim Buchwalter        | 8:12:52  |
| M50 Douglas Wisoff    | 7:33:51  |
| Roy Pirung            | 7:48:04  |
| Barry Ege             | 8:00:29  |
| Paul Schmidt          | 8:14:52  |
| Don Ryan              | 8:39:51  |
| M55 William Voland    | 9:21:27  |
| Don Dornfeld          | 9:28:58  |
| John Rodee            | 9:39:50  |
| Michael Varschelden   | 9:53:43  |
| Jack Healing          | 10:12:01 |
| M60 Tom Bunk          | 8:09:55  |
| Bob Williams          | 9:49:36  |
| Stuart McDonald       | 9:57:07  |
| Jay Norman            | 9:57:16  |
| Nofal Musty           | 10:07:10 |
| M65 Alejandro Vargas  | 11:38:45 |
| M70+ William Holihan  | 10:50:39 |
| W40 Joy Smith         | 7:30:13  |
| Pam Reed              | 7:39:58  |
| Barbara Hitzfeld      | 8:28:49  |
| Mary Jo Rapini        | 9:36:39  |
| Carol Schmidt         | 9:39:50  |
| W45 Susan Kempema     | 9:12:09  |
| Barbara Sorrell       | 10:05:45 |
| Gina Monteith         | 10:39:41 |
| Diana Heynen          | 10:49:37 |
| Vicky Begalle         | 11:22:51 |
| W50 Linda Kelly       | 9:04:11  |
| Gail Bazeley          | 9:30:00  |
| Ingrid Honzak         | 9:30:36  |
| Dawn Obrecht          | 10:00:43 |
| Kathy Weix            | 10:19:31 |
| W55 Ellen Vitro       | 11:45:57 |
| <b>50K</b>            |          |
| <b>Overall</b>        |          |
| Dave MacKey 33        | 3:23:27  |
| Tonya Miller 32       | 4:19:55  |
| M40 William Henderson | 3:53:27  |
| Dave Barr             | 4:05:36  |
| Evgeniy Gorkov        | 4:09:44  |
| W. Kent Muhlbauer     | 4:13:16  |
| Agapito Gaytan        | 4:16:38  |
| M45 Paul Nicolaidis   | 3:45:06  |
| Leo Torres            | 3:50:12  |
| Brian Buchanan        | 3:54:28  |
| Bill Patience         | 3:59:23  |
| Pat Stephens          | 4:22:46  |
| M50 Dave R. Minier    | 4:01:09  |
| Miguel Lopez          | 4:10:35  |
| Paul Paese            | 4:43:27  |
| Christopher Plopper   | 4:45:39  |
| Donald Padilla        | 4:51:33  |
| M55 Raymond Bell      | 4:13:44  |
| Phil Cutrara          | 4:38:27  |
| Richard Vega          | 4:42:22  |
| Steve Shopoff         | 4:43:59  |
| Ken Sirois            | 4:45:14  |
| M60 Garry Elmit       | 4:34:01  |
| Edward Fras           | 4:52:31  |
| Larry Lindeen         | 5:11:40  |
| Milan Martinec        | 5:18:37  |
| Franklin Willis       | 5:56:50  |
| M65 Jim Braden        | 5:27:51  |
| Martin Houg           | 5:35:52  |
| Lee Miksch            | 6:28:55  |
| Don Adolf             | 6:36:26  |
| Charles Sabatine      | 6:39:18  |
| M70+ Ray Boytim       | 6:13:00  |
| Gene Groff            | 6:22:53  |
| Odino Soligo 81       | 6:47:16  |
| Aaron Goldman         | 8:30:04  |
| John Stowers          | 8:38:27  |
| W40 Suzy Seeley       | 4:50:33  |
| Jan Haddad            | 5:10:50  |
| Karen Engle           | 5:11:23  |
| Karen Nelson          | 5:21:07  |
| Jan Broyles           | 5:22:51  |
| W45 Carol J Williams  | 4:47:13  |
| Michelle A. Smith     | 5:01:16  |
| Eva Luckey            | 5:01:42  |
| Eva Moldovanyi        | 5:03:22  |
| Barbara Rowe          | 5:09:11  |
| W50 Sandra Hanson     | 5:15:43  |
| Charlene Janiak       | 5:38:17  |
| Joanne Jackson        | 5:44:12  |
| Carla Branch          | 5:56:10  |
| Reenie Smith          | 6:05:48  |
| W55 Joann Mercor      | 5:28:55  |
| Dee Dushack           | 6:06:44  |
| Shirley Sirois        | 6:40:23  |
| Dee Maynard           | 6:47:39  |
| Brigitta Linzbichler  | 6:59:15  |

|                    |          |
|--------------------|----------|
| W60 Ursula Spilger | 6:02:22  |
| Grete Davis        | 7:40:29  |
| Mary E Ramirez     | 8:25:08  |
| Betty Norman       | 8:30:22  |
| Janice Nozachooff  | 8:35:56  |
| W65 Vonda Adorno   | 7:01:46  |
| Judith Neufeld     | 11:14:19 |
| W70 Sadie Greenman | 9:01:29  |

(seconds have been rounded to nearest whole second)  
www.sunmart-pwi.com

**WEST**

**Lasse Viren 20K Trail Run**  
Pt. Mugu, CA; Dec. 8

|                      |         |
|----------------------|---------|
| <b>Overall</b>       |         |
| Brian Dameworth 31   | 1:13:25 |
| Kiran Verma 28       | 1:24:58 |
| M40 Bryan Wilkins    | 1:16:13 |
| M45 Dave Parsell     | 1:15:40 |
| M50 Barry Molony     | 1:24:52 |
| M55 Mark Silva       | 1:25:22 |
| M60 Pat Wickens      | 1:33:01 |
| M65 Arnold Orgolini  | 1:46:49 |
| M70+Rex May          | 2:00:54 |
| W40 Beverly Buss     | 1:31:36 |
| W45 Susan Kielsmeier | 1:30:34 |
| W50 Sheme Hall-Cun   | 1:30:09 |
| W55 Laure Chalekson  | 1:56:09 |
| W60 Eva Sviter       | 1:56:19 |

**Venice-Marina**  
Christmas Run 5K  
Santa Monica, CA; Dec. 14

|                       |       |
|-----------------------|-------|
| <b>Overall</b>        |       |
| Wilhelm Gidabuday 28  | 15:28 |
| Liz Guerrini 34       | 17:05 |
| M30 Eduardo Macias 37 | 17:04 |
| Dirk Meyer 39         | 17:41 |
| M40 Kenn Niles        | 16:43 |
| Jeff Snyder           | 17:17 |
| M50 Rusty Miller      | 18:20 |
| James Baker           | 19:48 |
| M60 Stan Polski       | 22:26 |
| Lee Klein             | 25:42 |
| M70+Bob Vitale        | 24:50 |
| W30 Sita Jones 35     | 17:50 |
| Maryann Park 38       | 22:10 |
| W40 Lisa Uhrig        | 21:34 |
| Lynn Bowen            | 23:35 |
| W50 Judith Kewley     | 22:21 |
| Marleny Hernandez     | 22:58 |
| W60 Eileen Garrison   | 27:18 |
| Juanita Gonzalez      | 27:21 |
| W70+Ruth Cole         | 34:49 |

**Cal 10**  
Stockton, CA; Jan. 12

|                            |         |
|----------------------------|---------|
| <b>Overall</b>             |         |
| Chns Graff 27              | 49:19   |
| Kathryn Krieger 33         | 58:32   |
| M40 Alfredo Viguera        | 51:49   |
| Jose Aispuro               | 54:28   |
| Terence Boynton            | 54:50   |
| M45 Emil Magallanes        | 56:26   |
| Lloyd                      | 57:13   |
| Fletcher Lesley            | 57:57   |
| M50 David Stancliffe       | 58:18   |
| Jim Gorman                 | 58:43   |
| Les Ong                    | 1:01:08 |
| M55 Don Porteous           | 1:01:00 |
| Bill Dunn                  | 1:01:36 |
| Mike Ammon                 | 1:03:01 |
| M60 Robert Gormley         | 1:06:24 |
| Robert Seldner             | 1:06:30 |
| Robert Schmitt             | 1:07:58 |
| M65 Bob Tarozzi            | 1:16:45 |
| Darryl Beardall            | 1:17:39 |
| Dave Creek                 | 1:23:57 |
| M70 Paul Flanagan          | 1:17:18 |
| Ed Reyna                   | 1:28:22 |
| Ed Mooney                  | 1:32:32 |
| M75 Frank Spada            | 1:24:52 |
| Sam Hirabayashi            | 1:33:35 |
| Vic Lyons                  | 2:59:32 |
| W40 Maria Trujillo De Rios | 1:00:05 |
| Sara Freitas               | 1:02:26 |
| Linda Chock                | 1:02:55 |
| W45 Heidi Helvestine       | 1:06:15 |
| Kim Rupert                 | 1:07:30 |
| Desiree Wilson             | 1:11:09 |
| W50 Dee Dee Grafius        | 1:07:42 |
| Melinda Morse              | 1:11:32 |
| Patti Scott-Baier          | 1:12:51 |
| W55 Bridie Dillon          | 1:24:24 |
| Georgia Riley              | 1:25:15 |
| Barbara Rinker             | 1:26:30 |
| W60 Shirley Matson         | 1:07:31 |
| Barbara Miller             | 1:14:38 |
| Ann Hardham                | 1:28:18 |
| W65 Eve Pell               | 1:19:50 |
| W70 Myra Rhodes            | 1:22:51 |
| W75 Po Adams               | 2:14:21 |

**NORTHWEST**

**Club Northwest Resolution 5K**  
Seattle, WA; Dec. 31

|                    |        |
|--------------------|--------|
| <b>Overall</b>     |        |
| Greg Darbyshire 24 | 15:52  |
| Regina Joyce 45    | 18:23  |
| M40 JOHN OHEARN    | 17:16  |
| DANIEL WETZEL      | 18:30  |
| DAVE JOHNSON       | 18:40  |
| M50 PATRICK GRAY   | 21:39  |
| JOHN KISSEL        | 21:50  |
| ALEX FRIEDRICH     | 22:37  |
| M60 DENNIS OHARE   | 21:14  |
| PETER KONIS        | 21:32  |
| LEE PARKER         | 22:22  |
| M70+ KEITH WOOD    | 26:11- |
| FRED LOCKE         | 27:22  |
| BOB PUGNIRE        | 29:24  |
| W40 REGINA JOYCE   | 18:23  |
| SALLY GIANELLI     | 21:16  |
| M CUNNINGHAM       | 21:32  |
| W50 PATTI SPENCER  | 26:59  |
| LINDA GIBSON       | 27:36  |
| G SORENSEN         | 28:17  |
| W60 WILMA PARKER   | 29:11  |
| F POPSTJANOVIC     | 34:05  |
| CATHY PIERCE       | 37:12  |
| W70+ NANCY LOVELL  | 45:19  |

**Run on One 5K**  
Eugene, OR; Jan. 1

|                      |       |
|----------------------|-------|
| <b>Overall</b>       |       |
| Matthew Lonergan 29  | 16:01 |
| LauraLaMenaColl 36   | 19:00 |
| M35 Mark Kalen       | 18:42 |
| M40 Bob Coll         | 18:56 |
| M45 Daniel Wojcik    | 17:06 |
| M50 Gene Solomon     | 18:10 |
| M55 Michael Caley    | 20:35 |
| M60 Tom Balcom       | 21:51 |
| M65 John Bailey      | 27:51 |
| M70+Joseph Berg 70   | 34:38 |
| Bill Radcliffe 75    | 34:42 |
| W40 C HaywardMayhew  | 23:40 |
| W45 Sharon Downing   | 19:44 |
| W50 Joan Darrell     | 28:23 |
| W55 G ProudfootShoup | 26:45 |
| W60 Virginia Berg    | 29:18 |
| W65 Jane Dods        | 27:54 |

**Cascade Half-Marathon**  
Turner, OR; Jan. 12

|                     |         |
|---------------------|---------|
| <b>Overall</b>      |         |
| Rick Fuller 37      | 1:06:58 |
| Erin Perki 27       | 1:27:47 |
| M40 Richard Panches | 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 Opplinger    | 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 |

**RACEWALKING**

**USATF Florida 15K Racewalk**  
Championships  
Coconut Grove; Nov. 24

|                         |         |
|-------------------------|---------|
| <b>Overall</b>          |         |
| Juan Yanes              | 1:29:16 |
| Carolyn Kealty          | 1:37:50 |
| 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 |



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**ATHLETES WHO ENTER A NEW DIVISION**  
THIS MONTH, FEB. 2003

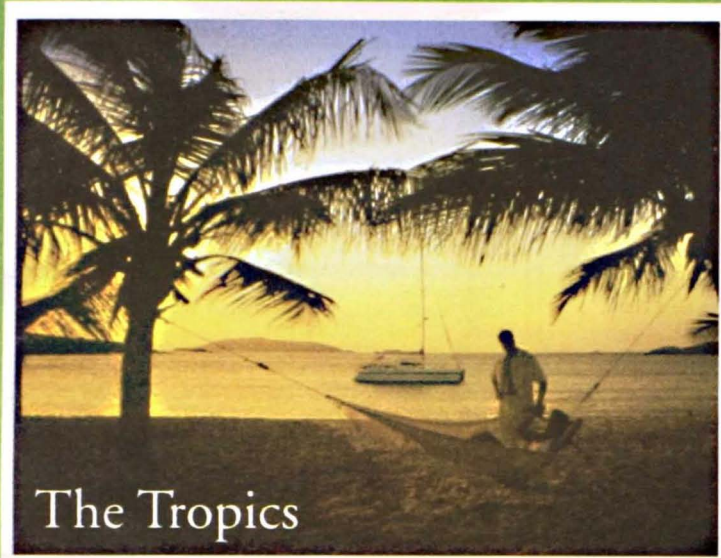
| ATHLETE (RESIDENCE)                    | BIRTHDATE | AGE GROUP |
|--|-----------|-----------|
| KRISTEN DAJIA (CAN)                    | 2-26-63   | 40-44     |
| PAMELA MARY MATHEWS (AUS)              | 2- 8-58   | 45-49     |
| JUDY OAKES (GBR)                       | 2-14-58   | 45-49     |
| ELIZABETH MONDAY (LAKE FOREST, CA)     | 2-28-58   | 45-49     |
| RITSUKO MURAYAMA (JPN)                 | 2- 1-53   | 50-54     |
| JANET FONDA WILSON (HUNTINGTN BCH, CA) | 2-12-53   | 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     |
| MIKE MIKOS (USA)                       | 2- 4-48   | 55-59     |
| EDITH ANDERES (SWI)                    | 2- 4-48   | 55-59     |
| 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)                      | 2-11-43   | 60-64     |
| 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)                        | 2-25-43   | 60-64     |
| BRIGITTA EKLUND (SWE)                  | 2- 3-38   | 65-69     |
| SKIP SHAFFER (FULLERTON, CA)           | 2-14-38   | 65-69     |
| MARIANNE ST                            |           |           |



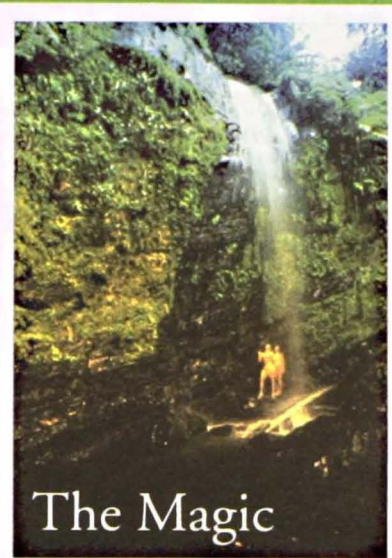


# COME TO OUR ENCHANTED ISLAND AND HAVE A TASTE OF THE CARIBBEAN

## CAROLINA, PUERTO RICO



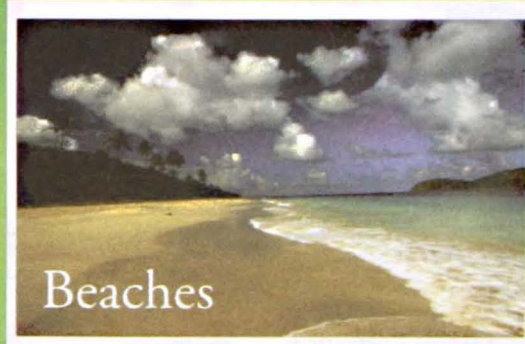
The Tropics



The Magic



Rhythm



Beaches

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 [ˈmæstər, B ˈmɑːstə] "He or she who can run, jump, throw, sprint, and dance in the tropics for 12 straight days"



For more information contact:  
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