318th Issue

February 2005

\$3.00



Members of the YMCA Idaho Masters W40-49 team at the 2004 USA National Masters 6K XC Club Championships (I to r): Marcia Price-Miller, Carol Severa, Kathleen Slinger, Nancy Hatfield, and Marilyn Koob, The USA Winter XC Championships will be held in Ft. Vancouver, Wash., Feb. 12-13.

McCluskey Top Age-Graded Runner

Sanders, Saunders First **Masters in Rocket City Marathon**

HUNTSVILLE, Ala. - Some familiar names in masters competition (Don Coffman, 61, Stamping Ground, Ky.; Terry McCluskey, 56, Vienna, Ohio; Gary Romesser, 54, Indianapolis, Ind.) were entered in the 2004 Rocket City Marathon on Dec. 11, but the master winners (Gordon Sanders, Princeton, Ky., and Barbara Saunders, 45, Harvest, Ala.) may be new names to National Masters News readers.

Sanders, the cross-country coach at the University of Tennessee-Martin, won the 2004 title by running 2:37:52, a time that was also good for fourth overall.

Saunders, the top masters runner and triathlete in the Huntsville area since turning 40, ran 3:10:56 and was the second woman overall.

To Pay or Not to Pay

If you drop prize money, how will that affect your race?

That was the question Rocket City Marathon race director Malcolm Gillis and the Huntsville Track Club (HTC) faced as the race date drew near.

After The Huntsville Times, the local newspaper, discontinued sponsorship of the Rocket City Marathon at the end of 2003, the HTC was unable to secure a title sponsor for the 2004 race, and Gillis had planned to eliminate prize money. However, since the race had been profitable for the past eight years and had built a surplus, the HTC decided to continue prize money at a reduced rate. Top open money went from \$2000 to \$1000 and top masters money was

Continued on page 19



CARL SENKBEIL

Gordon Sanders, 44, men's masters winner, Rocket City Marathon.

Terris, Herbert First in 50K

Kouros, Gardner Win Texas 50 Mile

By JOHN WELCH

HUNTSVILLE, Texas - Masters runners held sway over their younger counterparts at the 15th annual Sunmart Texas Trail Endurance Runs, held in Huntsville State Park on Dec. 11. Ideal weather conditions greeted over 950 runners from 34 states and four countries in both the 50-mile and

Brazilian Marcio Oliveria, the 2003 Sunmart winner at 50 miles, went to the front of the half-century pack very quickly, but near the end of the first of four 12.5-mile loops, Oliveria took a nasty spill that would derail all chances of defending his crown.

Waiting in the wings and completely unaware that Oliveria, 36, had withdrawn from the event, Yiannis Kouros, Athens, Greece, ran an evenpaced race that would ensure his return to the top step of the awards podium. Kouros, 48, finished the event in 6:11:28.

Ken Gordon, 39, Albuquerque,



Yiannis Kouros, 48, first overall (6:11:28), Sunmart Texas Trail 50 Mile

National Masters Indoor Meet Coming to the Great Northwest

After eight meets in Boston, the USA National Masters Indoor Championships will be held in the Northwest, when Idaho welcomes athletes to Boise/Nampa on March 11-13.

The headquarters Grove Hotel (888-961-5000) is located in Boise, but the meet will take place at the Idaho Center's Jacksons Indoor Track in Nampa. The Idaho Center is about 17 miles west of Boise, off Highway I-84, north on Can-Ada Rd., Exit 38.

Last year in Boston, 28 world and 28 U.S. records were broken or established. This year's Championships may equal or surpass that number. The track is the same one used in the USA National Championships in Atlanta's Georgia Dome. It was purchased from Georgia and moved to the new Idaho Sports Center in November 2002, and is considered fast. It is a six-lane, 200m banked Mondo synthetic surface, with an eight-lane straightaway in the center for the 60m and hurdles.

The facility has a shot put circle on a synthetic surface and the jump areas within the oval. The weight and super-

Continued on page 8

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

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February 2005



SANCTIONED EVENT



Check our website for

the premier Masters Meets in the world. on featuring men's and wor lar track and field events at the Duke Un ular course on Beryl Rd., Raleigh, NC. University Track. In case of inclement w

Southeastern Unit 6836 ext. 2 Mon OPERATED BY: AGE DIVISIONS \$18.00 includes

SANCTION & USATE REGISTRATION:

This meet is sance participants in the USATF cards which dkbranch@bellsc

AWARDS:

No late entries Entries in Satur Events may be Eight 42" lanes RUNNING SURFACE:

All participant FRIDAY 7:30 a PACKET PICKUP: SUNDAY 6:00

Distinctive, large older will be elig

lí you are par *PARKING:*



DETACH ENTRY FORM BELOW AN

100	100	all.	1000	100	50

Number of banquet tickets @ \$20 tinclude payment with total amou

Shirts Available Men's Sizes — Circle You Number of T-shirts @ \$12.00 S. M. Tank Tops @ \$10.00 S. M. L. XL.



The Southeastern U.S. Masters, Inc. 35th Annual Masters and Open Track and Field Meet Including

SANCTIONED EVENT

2005 Masters NCUSATF Championships The Open 20K Racewalk South Championship

May 6, 7, & 8, 2005

Featuring

A Throws Clinic with Jeff Gorski, Elite Athlete Throws Coach

A K-Lab research project (see* page 3)

DUKE UNIVERSITY

DURHAM, NORTH CAROLINA

and

10K & 20K Racewalk on Beryl Road, Raleigh, NC

Check our website for information and results at: www.southeasternmasters.org

The Board and sponsors of the Southeastern Masters invite all athletes 19 years of age and over to participate in one of the premier Masters Meets in the world. Headquarters will be the Millennium Hotel, Durham, NC. There will be two days the premier Masters Meets in the world. Headquarters will be the Millenniu of competition featuring men's and women's pentathlons, a weight pentathlon, SK race walk, team relays and all regu-lar track and field events at the Duke University Track. The 10K & 20K race walks will be held Sunday, May 8 on the regular course on Beryl Rd., Raleigh, NC. On Friday, May 6 a "Throws" clinic will be held at 6:30 pm at the Duke University Track. In case of inclement weather the clinic will move indoors at the same time listed.

OPERATED BY

Southeastern United States Masters, Inc., 2401 Wade Avenue, Raleigh, NC 27607. Contact Dale Smith at (919) 831-6836 ext. 2 Monday-Friday 9:00 am-5:00 pm, Eastern Time, or by e-mail at dale-smith@ci.raleigh.nc.us.

AGE DIVISIONS

Based upon age on the first day of competition, all events will have a 19 to 29 age group and 5 year age groups for 30 and older INDIVIDUAL ATHLETES.

ENTRY FEE:

\$18.00 includes first event in track, field or road events plus final results booklet then \$9.00 for each additional event. Relay entries are \$20.00 per team. (Enter on captain's form only). Payment in U.S. dollars by check drawn on a U.S. bank or by International Money Order made payable to Southeastern Masters. NO REFUNDS AFTER APRIL 27, 2005.

SANCTION & USATE REGISTRATION

This meet is sanctioned and certified by USATF, and a 2005 USATF membership is required for all events (except participants in the Team Relays, foreign athletes and active military). All other participants must have 2005 USATF cards which will be available at the meet for \$20 or contact Katherine Branch at (919) 772-6119 or dkbranch@bellsouth.net for advance USATF membership.

AWARDS:

Distinctive, large medallions to the first 3 places for age groups and relays. North Carolina men and women 30 and older will be eligible for NCUSATF Championship Awards.

LATE ENTRIES:

No late entries or changes to track and field events will be accepted after 5 p.m. EDT, Friday, APRIL 29, 2005. Entries in Saturday's Team Relays and in Sunday's 10K and 20K race walks close one half-hour before race time. Events may be dropped at any time (no refunds). Eight 42" lanes 400 meter BSS 1000 synthetic surfaced track for track events, and asphalt for 10K and 20K race walks

RUNNING SURFACE: PACKET PICKUP:

All participants must pick up their packets prior to reporting to the first event.

FRIDAY 7:30 am to 6:00 pm at track SATURDAY 6:30 am to 4:00 pm at track SUNDAY 6:00 am to 6:30 am starting line on Beryl Road, Raleigh, NC Numbers must be worn on front (and on back for all events 3,000 m or longer).

EVENTS FOR WOMEN:

All events are open to women 19 and over. In some cases, women may compete at the same time as men, but awards will be given in competition with women in the same age group.

If you are parking on campus, check at registration for a parking pass

SCHEDULE OF EVENTS

FRIDAY,	MAY 6: AT DUKE UNIVERSITY	Sand Bridge	
Event #	Event (Notes 1 & 2)		Start Times
15	WT. PENTATHLON (Implement order: Hammer, Shot, Discus, Javelin, Weight Toss)	(Notes 4, 5 & e)	8:30/11:15 am
01	WOMEN'S PENTATHLON (100 HH, HJ, Shot, LJ, 800 m)	(Note e)	12:30 pm
02	MEN'S PENTATHLON (LI. Javelin, 200 m, Discus & 1500 m)	(Note e)	12:30 pm
03	3000 m (Sections will start at 30 minute intervals)		4:00 pm
21	HEAVYWEIGHT THROWS		3:00 pm
04	ALEX ALMASY SK RACE WALK		5:30 pm
	"THROWS" CLINIC — at track		6:30 pm

Y, MAY 7:	AT DUKE L	INIVERSITY				
Track Events (Notes 1 & 2)	Track Events (Notes 1 & 2) Approx. Time		(Notes 1 & 2) Approx. Time Event #		Field Events (Notes 1 & 2)	Approx. Time
5000 m RUN	8:30 am	100000000	THROWS (Note I)	the state of the same of		
STRAIGHT HURDLES (Note 3)	9:30 am	16	HAMMER (Notes 5 & f)	7:15 am/10:00 am		
1 MILE RUN (Note 11)	10:30 am	17	SHOT PUT (Note f)	8:15 am/11:45 am		
CURVED HURDLES	11:30 am	18	DISCUS (Note f)	9:15 am/12:15 pm		
TEAM RELAYS (Note d)	11:50 am	19	JAVELIN (Notes 6 & f)	10:15 am/1:15 pm		
A 4x100 OPEN		20	WEIGHT TOSS (Note f)	11:15 am/2:15 pm		
B 4x400 OPEN			n name			
C 4x400 (Min. total age 160)		22		8:00 am		
100 m DASH (Note 3)	1:00 pm			7,000		
400 m RUN				9:30 am		
			HIGH JUMP (Note 8)	10:30 am		
	A STATE OF THE PARTY OF THE PAR	25	TRIPLE JUMP	2:00 pm		
	Track Events (Notes 1 & 2) 5000 m RUN STRAICHT HURDLES (Note J) 1 MILE RUN (Note II) CURVED HURDLES TEAM RELAYS (Note d) A 4x100 OPEN B 4x400 OPEN C 4x400 (Min. total age 160) 100 m DASH (Note J) 400 m RUN	Track Events (Notes 1 & 2) Approx. Time	Track Events (Notes 1 & 2) Approx. Time Event θ	Track Events (Notes 1 & 2) Approx. Time Event 8 Field Events (Notes 1 & 2)		

UNDAY, MAY 8:		RALEIGH CITY STREET (Beryl Rd.) (See Map in Packet)						
vent #	Event (Note 9)		Start Times					
6	ALEX ALMASY 20K	RACE WALK (Note 9)	7:00 am					
7	ALEX ALMASY TOK	RACE WALK (Note 9)	7:00 am					

NOTES:

Both Track and Field events will begin with oldest and work down. All women's divisions will precede men's. Age groups will be combined at the discretion of meet officials.

Participants of all ages are to report to the Head Event Official 15 min. prior to the printed starting time of that event.

Finals for multiple heats of 100m and straight hurdles, if needed, will be held after last age group heat in that

event.

Welght Pentathlon will be flighted by age group, so each group will progress through the five events together, and no participant should be participating in two weight pentathlon events at the same time. All women competitors and men 60 and over will throw in the morning starting at 8:30 am. Remaining men will start at 11:15 am. Reporting times within this broad schedule will be refined after an entry count is obtained. Check at registration on Friday or report at group

starting time.

starting time.

**Planmer conducted at a separate site within walking distance of the track.

**Savelin runway is BSS 1000 or grass surface. Flat throws are not allowed.

**Pole Vaulit nun not by age but by heights, with 15 cm (6 in.) increments.

**Blight Jump run not by age, but by heights with 5 cm (2 in.) increments.

**Plight Jump run not by age, but by heights with 5 cm (2 in.) increments.

**Plight Sunday's 10K end 20K Race Walk close one half-hour before race time. One or both of these events may

be entered as they start and compete concurrently.

Three will be a \$100 cash award for the best age-graded steeplechase performance (Bob Boal Award).

Three will be a \$100 cash award for the best age-graded mile (Maxwell Hamlyn Award).

GENERAL NOTES:

GENERAL NOTES:

"Multiple Events running concurrently. Those entered in two or more events that run concurrently, must be there when your turn is called, if you miss a call, you miss a turn. The pertathing events are such considered single givents, so this rule applies only if these events, are concurrently with any other event. Events are such considered single givents, so this rule applies only if these events, shall be according to 2005 USASTE Rules if available. (There will be "Specified attempts for each competitor in the individual events of the throws and horizontal jumps, unless there are 9 or more in a scoring age group.)

"Proper weight Implements will be provided for each sex/age group in each weight event. Personal implements must be inspected and weightd, and the provided for each sex/age group in each weight event. Personal implements must be inspected and weightd, and the provided for each sex/age group in each weight event. Personal implements must be inspected and weightd.

"There we have not expected in the provided for each sex/age group in each weight event. Personal implements must be inspected and weightd."

"These events will be scored using WMA Masters age factors and the current IAAF scoring tables.

"Throws Schedule: All women competitors and men 60 and over will report at the first time listed and the remaining men will report at the second time listed for each event. Adjusted starring times for each event for each age group will be available at registration and will depend upon the number of competitors.

MEET DAY WEATHER CHART

2002 2004 *PARKING:* 50°-70° 0.74 52°-64° 0.07 59°-84° erature Extremes (°F) 50°-83° Precipitation (inches)
Average Wind Velocity (MPH) 0.00 0.00 0.00 47











BANQUET:

ers c/o Raleigh Parks & Recreation, 2401 Wade Avenue, DETACH ENTRY FORM BELOW AND MAIL TO: So RALEIGH, NORTH CAROLINA 27607

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mber of banquet tickets @ \$20.00 each

Total Amount Enclosed

irts Available Men's Sizes — Circle Your Size(s):
Number of T-shirts @ \$12.00 S, M, L, XL, XXL Tank Tops @ \$10.00 S, M. L, XL, XXL

Make check or money order for US dollars payable to: Southeastern Masters, Inc. Where did you hear about our meet?

AIR TRAVEL: MOTEL RESERVATIONS: Raleigh Durham International Airport (RDU)

Millennium Hotel (Meet Headquarters) 2800 Campus Walk Ave., Durham, NC 27705 Tel. (919) 383-8575 or 1-800-633-5379. (A pay shuttle to and from RDU is available.)

*Please inform hotel of Southeastern Masters participation for special rate. Room rates are \$69.00 plus tax for 1 to 4 persons. These rates extend to early arrival and late departure days. A pay shuttle is available to and from the Track at \$4.00 per day.

A sit-down meal will be served in a Banquet room at the Millennium Hotel at 6:30 pm on Satur-Assurance in the served in a paragret tool at the mineralization release at 6:30 pm of Satur-day, May 7, 2005. Banquet tickets are \$20.00 when purchased with this application. A short business meeting and special awards presentation will follow at approximately 7:15 pm. Tickets for the Awards presentation only are \$5.00 and will be available at the meet

Anniversary commemorative T-shirts and Tank Tops will be available at the meet. You may purchase your choice of shirt by referring to the bottom of the entry form for prices and shirt

Duke Sports Medicine will be the provider of medical services for the meet. The Michael W. Krzyzewski Human Performance Lab (K-Lab) is located in the Sports Medicine Center at the Stadium. The K-Lab will host seminars and tours and meet participants will have the opportunity to participate in a K-Lab research project.

Al Buehler and Dr. Leroy Walker are both nationally recognized track & field coaches and

HONORARY REFEREES: ATHLETIC RELEASE

*MEDICAL SERVICES:

In consideration of the acceptance of this entry, I hereby, for myself, my heirs, executors, administrators and assigns, release and discharge the sponsors, promoters, managers and operators of the City of Raleigh and the Southeastern U.S. Masters Track and Field, Inc., USATF and their agents, servants, employees in Raleigh and Duke University in Durham whose facilities are being used for this track meet from any and all claims for damages suffered by me as the result of my participation in or traveling to or from the said events to be held on May 6, 7, & 8, 2005, except such damages as may be proximately caused by willful miscorduct of such promoters, managers or operators or their agents, servants or employees. I specifically acknowledge the nature of the conditioning required for participation in this meet and release the aforementioned organizations and individuals from all injuries or damages arising from or contributed to by any physical impairment or defect I may have, whether latent or patent, and agree that they are under no obligation to provide a physical examination or other evidence of my fitness to participate in such event, the same being my sole responsibility. I further agree that if, in the opinion of two (2) or more meet officials and/or medical support staff members, I am determined to be unable to safely complete or compete in any meet event, said officials may physically remove me from any course, track or field and refuse to allow me to compete further in events.

Date

Athlete's Signature



MILLROSE MEET

Just for the record (not that anyone is actually interested), Pro Sports went back on the agreement made last year with Skip Stolley and myself in regard to a masters race at the Millrose Meet.

After working on this project for over one year, I was not told anything. I attempted to contact Stolley several times in September/October with no success. Finally a secretary told me he had been "let go," and she would have the new Millrose person contact me.

David Katz called me the following day, and challenged me that any "promises" were, in fact, made.

So, for anyone interested, the proud history of masters athletics at Millrose is history. The meet itself is in major trouble and as yet has no major sponsor.

I will never again support this meet, which in fact has no respect or regard for masters athletics any longer.

Masters, wake up...spend your money where you are respected.

Francis A. Schiro New York City

FEET AND INCHES

Just finished Mike Tymn's article (Jan. NMN) and I really agree with him as far as the mile is concerned. Even E. Garry Hill, the editor of Track & Field News, agrees that we should have never dropped the mile from track in the U.S.

If you do any research on how the 1500 came about, you'll realize it should have been dropped, in favor of running the 1600, four laps on a 400m track.

At the 2004 St. George Huntsman Senior Games, this conversation came up, and everyone there was in favor of running the 1600 (the mile) over the 1500. If no one cared about the mile, then why do we convert 1500 times to the mile? And, we all do that! The first thing you do when hearing a 1500 time is convert it to an equivalent mile time.

Let's run the mile, especially in masters and senior events. Add a mile to the events, keep the 1500, you'll see how many people opt to run the mile.

Paul McGuffin by e-mail

This is not the first time that Mike Tymn is whining about the use of the metric system in track and field (Jan. NMN). He complained about the metric system in another article a few years back, where he bemoaned Beamon's long jump of 8.90m (Bob Beamon's world record jump, Mexico City Olympics, 1968) as meaningless to him.

The standard system of miles, yards, feet, and inches is as archaic as the system of measuring a distance in the prairie by the number of cigarettes one has to smoke while crossing it. The stubbornness and laziness of most Americans is the main reason that in our country we have not yet adjusted to the logical decimal system, which the rest of the world uses. All Americans are using the weight unit of pound, yet, most of them have no idea why the symbol "lb." is used

Sustainers for February 2005

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:

M.P. (Doc) Bennett
Mark Chapman
John Cosgrove
Robert Cozens
Bill & Jeannie Daprano
James Gerhardt
Roger Parnell
Tom Rice
Robert Ruggeri
Avital Schurr
Gerald Vaughn

Stonewall, Oklahoma
Cat Spring, Texas
Playa Del Rey, California
Houston, Texas
Fayetteville, Georgia
Houston, Texas
Susanville, California
Media, Pennsylvania
Walla Walla, Washington
La Grange, Kentucky
Charlotte, North Carolina
Waverly, Ohio

for this unit.

Moses Willis

Even Sir Roger Bannister himself accepted the metric system once he became an English physician, and he probably would be happy to run the 1500 in 3:43, while raising his arms high as he crosses the finish line.

I immigrated to this great country at the age of 36 from a country where the metric system is in use and had to quickly learn the standard system, a system very much like the one used by Noah when he built his ark. I did not start competing in track and field until I turned 48.

When I, at age 52, long-jumped 17-11 and won my age group, I was very happy with the win, but I was even more impressed when, after using a pen and paper, my leap was translated into 5.46m. And by the way, the unit "meter" existed long before humans had calculated the speed of light.

Sooner or later, our schools will be forced to teach our children the metric system, at which time everyone will realize its logic, simplicity and usefulness, except maybe Mike Tymn. Until then, our stubbornness will continue to cost us immeasurably, as was illustrated so vividly when a robotic explorer crashed on the surface of Mars because NASA scientists, col-



Ronnie Wong, second M55 (68:29), 2004 Annapolis 10 Mile



MIKE POLANSKY Karen Cotty (r), 41, in 19:52, and Diana Bernier, 43, in 20:18, were first and third W40+, Ho Ho Ho Holiday 5K, Bethpage, N.Y.

laborating with their European counterparts, had used inches instead of centimeters as they were guiding it to land on the planet.

Avital Schurr LaGrange, Kentucky

Coaching/Training List to be Updated

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

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

February 2005

Pat Bellan (I), third W40 (26:18), Teppo, fourth W45 (26:20), 2004 I Masters 6K XC Club Championshi National Masters 8K XC Champ scheduled for Feb. 12 at Ft. Vanco



Gordon McClenathen, M70, rece Williams Memorial Trophy from T Northern Trust's Santa Barbara off Club West Meet. McClenathen's 5000 ensured his win as the bes runner age 60+.

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JERRY WOJCIK

Pat Bellan (I), third W40 (26:18), and Jennifer Teppo, fourth W45 (26:20), 2004 USA National Masters 6K XC Club Championships. The USA National Masters 8K XC Championships are scheduled for Feb. 12 at Ft. Vancouver, Wash.



Gordon McClenathen, M70, receives the Ray Williams Memorial Trophy from Tim Gamble of Northern Trust's Santa Barbara office at the 2004 Club West Meet. McClenathen's 24:16.6 in the 5000 ensured his win as the best age-graded runner age 60+

CURRENT NMN PHONE/FAX NUMBERS AND ADDRESSES

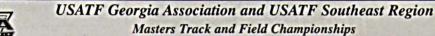
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Masters Pentathlon Championship . USATF Georgia Association Racewalking Championship Open Track and Field Competition • Friday and Saturday, April 15-16, 2005



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 region athletes are <u>velcome!</u>
MOTEL FOR PARTICIPANTS:

Hampton Inn, Stephenson Ave. at Habersham, Savannah; 912-355-1000

15 rooms have been set aside at \$65 per night, two double beds, non-smoking. Deadline for this rate is March 14, 2005. Reservations can only be made through AAA of Savannah. Call 912-351-8222, est. 2237, ask for Debbie Bussell. If Ms. Bussell is not available, ask for Tamara Greene. State you wish to reserve a room for the USA Track and Field meet. Motel is a block east of Abercom (GA 204), about

three miles from Savannah State University.

FION: Jim Hite; PO Box 717, Millen, GA 30442; 478-982-4881; FAX: 478-982-9984

junjoyce34@bellsouth.net Coach Ted Whitaker, SSU; 912-351-3506

Coach Ted Whitaker, SSU; 912-351-3506
All participants must be members of USATF. Memberships will be available for purchase on site. You may also purchase a USATF athlete's number on-line at usaif 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 REGIONAL medals will be awarded to the top three in each masters [30 and up) five-year age group, men and women. USATF ASSOCIATION medals will be awarded in the same manner to Georgia residents and to the top three open [19-29] in each event. Out of state and/or region participants will receive comparable place awards, but may not displace any SE Regional or Georgia athlete.

\$100 will be awarded to the masters athlete with the best age-graded performance.

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

Deadline for entry is April 12, 2005.

EATT will be on site, as will sports massage therapist (no charge to the athlete).

Belt mells be on site, as will sports massage therapist (no charge to the athlete).

Deli meals from Midtown Deli will be delivered to the track around 11:30 a.m., but you MUST place your order on your entry form. No orders can be taken the day of the event.

Entry fee: \$15 for first event, includes T-shirt; \$5 mandated Southeast Region fee; \$5 for each other event. Relay team: \$10 per team, in addition to each individual's first event fee. Timing by Finishlytus.

EVENT INFORMATION

10,000M run, 5000M walk and 5000M run: all age groups will compete in a single event. Age group identification 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, virials or heats will be run with heat 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 13, YOU MAY CONTACT THE MEET DIRECTOR (Jim Hits, email and/or phone numbers listed above) TO FIND OUT IF YOU WILL HAVE A PRELIMINARY HEAT. NORMALLY, THERE ARE VERY FEW, If ANY, PRELIMINARY HEATS IN MASTERS ASSOCIATION MEETS, BUT TO MAKE SURE AND NOT TO BE LEFT OUT, CALL!!!

RELAYS: Please indicate on entry which relays, bout 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 and/or competition, but awards will not be affected.

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

Register on line at: active com.

USATF GEORGIA MASTERS TRACK AND FIELD CHAMPIONSHIPS ENTRY FORM

	TRA	CK		FIELD	
	Friday				
7:15 p.m.	Mile Run final (Wo	omen first, then Men)			
7:30 p.m.		(Women, Men together)			
The State of the S	Saturday	COLUMN TO SERVICE STATE OF THE SERVICE STATE STATE OF THE SERVICE STATE STATE OF THE SERVICE STATE	Sat	urday	
8:00 a.m.	5000M RW	Everyone	Final	9:00 a.m.	Long Jump (men first)
9:00 a.m.	5000M Run	Men	Final	7.00 E.III.	Hammer (MUST have own implement)
9:30 a.m.	5000M Run	Women	Final		High Jump (men and women)
0:00 a.m.	100 Hurdles	PENTATHLON (W)**	rmai		righ Jump (men and women)
0:10 a.m.	Preliminaries	Men. Women			
O TO A III	100M/110mH	Men, women		0.00	PENETURE ONLONG HOM AGES
	100M/200M Dash			9:40 a.m.	PENTATHLON LONG JUMP (M)**
0:20 a.m.			A SAME		
	4X100M Relay	Women	Final	10.00	Shot Put*
0:25 a.m.	4X100M Relay	Men Women	Final Final	10:00 a.m.	
0:30 a.m.	1500M Run				Triple Jump (men first)
0:45 a.m.	1500M Run	Men	Final	200	
1:00 a.m.	80/100mH	Women	Final	11:00 a.m.	Discus*
1:15 a.m.	100/110mH	Men	Final		the property of the second
1:30 a.m.	400M	Women	Final	11:00 p.m.	Pole Vault (men and women; starting
1:45 a.m.	400M	Men	Final		height to be determined on site)
2:00 p.m.	100M	Women	Final		
2:15 p.m.	100M	Men	Final	12:00 p.m.	Javelin* (a)
2:35 p.m.	800M	Women	Final		
2:45 p.m.	800M	Men	Final	NOTE:	Shot put, discus and javelin implements will
1:15 p.m.	300/400mH	Women	Final		be available. Personal implements will be
1:25 p.m.	400mH	Men	Final		checked and approved for use in the competition
1:40 p.m.	3000SC	Men	Final		on day of meet.
2:00 p.m.	2000SC	Men 60+, Women	Final (b)		PLEASE NOTE that those taking part in
2:15 p.m.	200M	Women	Final		SP, DT, JT may do so AT ANY TIME within
2.13 p.m.	200141	WORKE			er i a factoria de la como This la

2-25 pm. 40M Relay Women Final 2-30 pm. 4X400M Relay Women Final 3-30 pm. 4X400M Relay Men Final 4-10 Javelin runway is on grass. (b) Barriers for 2K SC are 36° 4-10 PENTATHLON: Pentathlon events will start approximately 30 m

PLEASE NOTE: Running events could be moved forward up to 20 minutes, if conditions warrant. Addities are urged to pay close attention to aunouncements thro

VERY IMPORTANT!! FILL OUT THIS ENTRY FORM EXACTLY AS CALLED FOR. YOUR BIRTHDATE WILL SEED YOU FOR EACH EVENT. Make check payable to: USATF Georgia

to make it easier for those participating in events

Sex: M___ F___ Age(as of April 15, 2005):____ USATE NUMBER: If you plan to purchase your USATF number at the meet, please check here:____ T-shirt size: S_ M_ L_ XL_ XXL_ ing a relay, please place team name here:_

I hereby declare that I am in good health and am properly conditioned for the competitions, and that I am of the stat-ed 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 2004 with USA Track and Field.

e list team members below. Last name is sufficient. Please mail all team members' entries in the same

SIGNED: DATE

pe. We need the team name in order to complete the heat sheet.

All addetes MUST have a USA Truck 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.

17. W19+300/400mH 31. W19+JT 19. W19+2000m SC 33. W19+ PV 21. W19+2000 35. W19+ TP 23. W19+LI 45. W19+ Pr 25. W19+ SP 51. W19+ I0. 27. W19+ HJ 53. W19+ In. 29. W19+ DT 55. W19+ ham

M19+ 300/400mH 32. M19+ IT M19-59 3000SC 34. M19+ PV M60+ 2000SC 36. M19+ TI M19+ 200m 46. M19+ Pen M19+ LI 52. M50+ 10.0 M19+ SP 54. M19+ mule M19+ HJ 56. M19+ haum M19+ DT

33. W19+ PV 35. W19+ TJ 45. W19+ Pentathlo 51. W19+ 10,000m 53. W19+ mile 55. W19+ hanvmer

46. M19+ Pentathlo 52. M50+ 10,000m 54. M19+ mile 56. M19+ hammer

W19+ 5000m RW

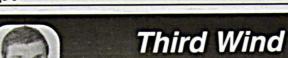
M19+ 5000m RW M19+ 5000m M19+ 1500m

M19+ 80/100/110mH 20. M19+ 400m 24. M19+ 100m 26. M19+ 800m 28. 30.

W19+ 5000m W19+ 1500m 9. W19+ 80/100mH 11. W19+ 400m 13. W19+ 100m 15. W19+ 800m

YMENT SCHEDULE	EVENT NUMBER	FEE
RST EVENT (\$15)		\$15.00
OUTHEAST REGION FEE (\$5)		\$ 5.00
DDITIONAL EVENTS (\$5 EACH)		10-
		-
		_
DELI MEAL (\$8 EACH)		-
PENTATHLON (\$25)		_
RELAY (\$10 PER TEAM)		
TOTAL EN	CLOSED	

MAIL TO: USATF Georgia Masters Track and Field Championships PO Box 717 Millen, GA 30442



By MIKE TYMN

Payton Jordan Developed Champions for Life

You'd think that missing an opportunity to compete in the Olympic Games would be a major disappointment to anyone with the speed Payton Jordan had during his prime years, back when World War II canceled the 1940 and '44 Games. But Jordan, himself, wasn't disappointed, we learn in Champions for Life, a recently published book about Jordan's life, by John B. Scott and James

"I never looked on it as a disappointment," Jordan, who went from world-class athlete to world-renowned coach, is quoted. "Maybe I wouldn't have made it but, sure, I would like to have had the chance to try out for the

"However, I remember friends I made in the service, some of whom went off to war and never returned. So, my missing the Olympics isn't something I thought much about...nor likely did any other track and field athlete of my generation.'

Scott and Ward, both of whom were coached by Jordan at Stanford University during the late 1960s, gathered "remembrances" of many other Jordan-coached athletes, people Jordan inspired to become "champions for life." Jordan emerges as a man who always looked at the big picture...the greater good...the larger

Heart and integrity were the warp and woof of his coaching philosophy. Speed and strength, or power and agility, were secondary. Developing character was much more important than winning.

Compassionate Coach

Mickey Bevis, a hurdler from Jordan's 1946 Redlands High School team, remembered a race in which he was leading as he started over the last hurdle, only to hit the hurdle and tumble to the ground. Jordan hurried to the boy's aid.

"Coach's blue eyes locked on mine and looked deep into my soul," Bevis recalled. "You gave it your all," Jordan told him, "and that makes you a winner." With that, Jordan put his arms around the boy's shoulder and walked him across the finish line.

"My approach has been to have the reader 'experience' Jordan through the words and lives of many teammates and peer coaches, rather than my 'telling' the reader about him," Scott explains the book, adding that any profits from the sale of the book will go to a Jordan scholarship fund at Stanford.

Jordan is referred to by those team members and peers as a teacher, mentor, friend, hero, role model, leader, motivator, premier promoter, a master at creating self-esteem, a man of rectitude, discipline and integrity, and a national treasure.

Positive Persona

"Coach was infectiously positive, a true believer, and his persona at its core was simply and completely upbeat," Russ Taplin, a 1966-68 Stanford sprinter, reminisced with the authors. "Negativity had no place at Coach's positive Angell Field. approach made me believe that I could reach into the self I did not know and

existed." Al Oerter, who won four consecutive gold medals in the Olympics, recalled Jordan's influence as he prepared for the '68 Games, for which

become something that I did not know

Jordan was the head track and field coach.





"But Payton just seemed to lean on me to work at advanced levels that I had not experienced and I certainly started to feel that a fourth gold medal was possible. The man's influence was not only positive and direct but also lasted through the competition itself."

At Pasadena High School, Jordan excelled in both track and football. At the University of Southern California, he competed in the sprints, hurdles, broad jump, and decathlon.

He was also a member of the school's 1939 Rose Bowl winning football team. On June 19, 1939, Jordan was on the cover of LIFE magazine with the caption, "Captain of Champions."

Age of Innocence

Scott and Ward called upon some old timers to offer their views on Jordan and track during those years.

Clyde Jeffrey, the 1939 NCAA champion in the 220-yard dash, calls it the "age of innocence" for track and field, a time when sprinters and hurdlers had to dig divots in the track to serve as starting "blocks."

After graduating from USC in 1939, Jordan continued to compete. His best efforts were recorded in the Jamaican Olympiad during July 1941, 9.5 for 100 yards, 10.3 for 100 meters, and 21.1 for the 220, all world records on a grass track.

FIVE YEARS AGO February 2000

- Steve Wilson (M40, 2:21:36) and Cheri Rosenblatt (W40, 2:54:32) Masters Winners in Rocket City Marathon
- Michael Carlson 6:5:31), Sally Brooking (W40, 8:10.34) First Masters in 50 Mile; Dmitry Voldman (M45, 3:42:40), Suzy Seeley (W40, 4:34:45) First Masters in 50K, Sunmart Texas Trail Runs
- Twenty-three Masters Women Qualify for U.S. Olympic Marathon Trials



Jerri Kozikowski, 48, fifth W45 (9:21:31), Sunmart Texas Trail 50 Mille.

Champions for Life

by John B. Scott and James S. Ward (see Publications Order Form on page 13 or order blank on page 22)

As an athlete, Jordan appears to have been modest and self-effacing, the antithesis of today's surly, arrogant, and ego-driven star. His philosophy was one of hard work, self-sacrifice, self-control, and orderly living.

Following his military service, Jordan began his coaching career at Redlands High School, some 60 miles east of Los Angeles.

From Redlands, he went to Occidental College, where his team won 10 consecutive league championships, an NAIA national title, and produced top-five finishes in the 1951 and '52 NCAA Champion-ships.

He also coached Oxy's freshman football team, winning 10 conference titles, before moving on to Stanford in

Motivating Pep Talks

Stanford javelin thrower Hank Roldan recalled initially resisting Jordan's coaching philosophy and methods, "but I soon realized that I had inherited a new coach with special talents in motivating athletes to perform at their maximum levels."

Roldan goes on to say that Jordan's pep talks made him feel as if he could move mountains.

Jordan's accomplishments at Stanford, all covered in the book, are far too numerous to list here, but they did not come without challenges.

"[Coach Jordan] did not care to compromise with the long hair and social changes that washed over us all in the 1960s, but he was a genuine friend to every trackman who made an honest effort," Roger Cox, a sprinter from 1965-68 teams, recalled for the

Distance runner Brook Thomas remembered having conflicting political beliefs with Jordan during those turbulent years. "But we did share a mutual respect, one that would continue over the years.'

Unified Team

At the '68 Mexico City Olympics, Jordan had to deal with various social issues and protests, but he still developed a unified team, one he refers to as the "greatest team in Olympic history."

The authors also discuss Jordan's success as a record-breaking masters sprinter. "Retirement does not mean sitting down, doing, and saying noth-

ing," he is quoted.
"Why waste the wisdom, creativity, energy, and God-given gifts? We must continually create lives of value by meeting daily challenges. Our later years can be a heck of a ride, if we get in touch with ourselves and others.'

Now 87, Jordan battles a serious illness with the same upbeat attitude that made him a world-class athlete, a highly-revered coach, and outstanding role model.

"Prayers and God have been with us and we are grateful for our blessings," Jordan recently told a friend, the big picture still very much in

The book is a refreshing read, a reminder of those more innocent times and an in-depth look at a man with ideals and values who knew how to mold character.

Instead of Joe DiMaggio, I am more inclined to ask, when looking at the state of affairs in sports today, "Where have you gone, Payton Jordan?"

(Mike Tymn can be contacted at

METGAT@aol.com)

San Francisco Ba

February 2005

The San Francisco Bay host the 2009 Summer Senior Games - The Senior (

Nearly 15,000 athletes, ag older, from across the Unit are expected to compete in ent sports at venues located out the San Francisco Bay ar the 15-day event, set for A

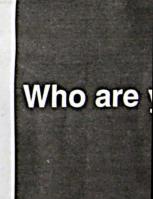
The National Senior Association's (NSGA) B Directors selected the San I Bay area as the host city from 10 communities that respond NSGA's Request For Proposit

"The NSGA could not pleased to be bringing our event to the San Francisco We are particularly gra BASOC and Stanford Unive taking the lead on this la complex event," said Bill Ba

"Our California State Games Championships ha thriving and now we look fo showing the entire West Co the Senior Games is all about

The 2005 Summer 1 Senior Games are schedu Pittsburgh, Pa., July 3-18.

For more information: P.O. Box 82059, Baton Ro



World Masters Ga

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Canada Alberto

San Francisco Bay Area to Host 2009 NSGA Meet

The San Francisco Bay Area will host the 2009 Summer National Senior Games - The Senior Olympics.

Nearly 15,000 athletes, age 50 and older, from across the United States are expected to compete in 18 different sports at venues located throughout the San Francisco Bay area during the 15-day event, set for Aug. 1-15, 2009.

The National Senior Games Association's (NSGA) Board of Directors selected the San Francisco Bay area as the host city from among 10 communities that responded to the NSGA's Request For Proposal.

"The NSGA could not be more pleased to be bringing our premier event to the San Francisco Bay area. We are particularly grateful to BASOC and Stanford University for taking the lead on this large and complex event," said Bill Bankhead, CEO of the NSGA.

"Our California State Senior Games Championships have been thriving and now we look forward to showing the entire West Coast what the Senior Games is all about."

The 2005 Summer National Senior Games are scheduled for Pittsburgh, Pa., July 3-18.

For more information: NSGA, P.O. Box 82059, Baton Rouge, LA

70884-2059; www.nsga.com; Bay Area Sports Organizing Committee (BASOC), 2450 Agnes Way, Palo Alto, CA 94303. Phone 650.856.2234 Fax 650.856.6816 www.basoc.org.

We Welcome Letters

- The National Masters News welcomes letters on topics of general interest.
- · Letters submitted to Write-On should include your full name, signature, address, and daytime telephone number. Information other than your name and city in which you live are kept confiden-
- · E-mail submissions same as above (except, of course, no signature). E-mail to natmanews@aol
- Keep it short. Concise letters developing a single theme are more likely to be published.
- Please type and double space.
- · Letters are condensed and edited.
- · Not all submissions are published.

NATIONAL MASTERS NEWS

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www.nationalmastersnews.com

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

TEN YEARS AGO February 1995

- •Bob Schlau (47, 2:27:56) and Jane Hutchison (48, 2:58:05) Win Again in Rocket City Marathon
- Carla Beurskens, 42, Is First Female Overall (2:37:06) in Honolulu Marathon
- Wally Herrala Runs M50 Mile WR 4:39:95.



Don Helton, M50, 2004 Hayward Classic, Eugene, Ore. The 2005 Hayward Meet is scheduled for June 25-26.

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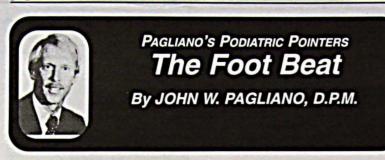








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Plantar Fasciitis

thought it would be appropriate to start out the new year by revisiting the most common injury among runners, planter fasciitis. This condition occurs in 15% of all runners we treat with lower extremty injuries, and can best be described as an inflammation of the fascia where it attaches to the heel bone on the bottom aspect of the calcaneous, or heel bone

The fascia is a strong band of collagen and elastic fibers that starts from the bottom of the heel bone and runs up into the metatarsal and toe areas along the bottom of the foot. It is really a fascia covering for the muscles that run along the bottom of the foot.

It is thick and gristly where it attaches to the heel and thins out as it courses along the bottom of the foot into the metatarsal head area. Its purpose is to bind down muscle groups. This produces tension on the muscles for better action and also sheathing for the blood surface.

Looking at fascial inflammation on a histological basis, we have found that collagen degeneration and angiofibroblastic hyperplasia occur. Some of this contains less mature fibrocytes and blood vessels. What does this mean? It is the result of repetitive microtrauma to the collagen and its attempt to repair and heal.

So what causes plantar fasciitis? There are several reasons. Of course those just mentioned, repetitive trauma to the bottom of the heel where the fascia attaches to the calcaneous. Most of this trauma comes from repetitive training errors and poor training surface. Running on concrete is very unforgiving and causes trauma to the heel area. This is also aggravated by poor footwear.

Several studies have shown that the overloading of the plantar fascia insertion is due to muscle defects. The conclusion of these studies is that strength and flexibility defects in the supporting musculature of the foot and calf affect the plantar fascia.

Many studies have shown that excessive and/or prolonged duration of pronation is the most common mechanical cause of structural strain resulting in plantar fasciitis. The overpronated foot would certainly place an excessive stress on the medial calcaneal area at the insertion of the plantar fascia. This is why most of the pain resulting from plantar fasciitis is on the inside and medial portion of the heel. As the foot pronates, the large toe becomes hypermobile and the weight of the body is moved to the more medial position.

Ron Valmassey, a sports podiatrist in the San Francisco area, feels there are several types of foot and leg deformity that lead to plantar fasciitis. These include forefoot deformities, rear foot pronation, and transverse plane abnormalities among others.

This also appears to be a gender

This also appears to be a gender related injury. In our original study of 4000 injured long distance runners, males accounted for 87% of the injuries, with females at 13%. (There were 70% male and 30% female subjects in the study population.)

We also implicated age as we found that in all other injuries, athletes ages averaged 34 years, while in those wth plantar fasciitis, 39 was the average age. Again, weight was suspect. Our average runner, male and female combined, was 152 pounds. Those with plantar fasciitis weighed 164 pounds. So it appears that mass carried by the individual is critical as a causative factor.

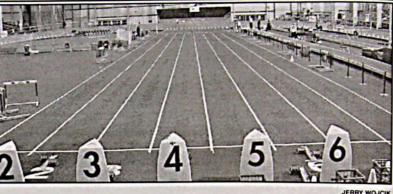
There appears to be a higher percentage of plantar fasciitis in those with high arches. McKenzie, Tauton and Clement, sports medicine physicians from British Columbia, also feel that cavus feet have a more rigid composition and concomitant problems of degenerating ability to absorb the force of ground contacts.

(Look for more information on causes and treatment of plantar fasciitis in March. Dr. Pagliano can be reached by e-mail at thefootbeat@aol.com.).

NMN Photos Available

Dozens of pictures of the 2004 Hayward Classic, Eugene, Ore., and National Masters Championships, Decatur, Ill., are now on the National Masters News Web site at www. nationalmasters news.com (Photo Gallery), and are available for purchase.

Contact Jerry Wojcik by email at jerrywoj@aol.com, or at 541-343-7716.



JERRY WOJCIK

The eight-lane 60m straightaway inside the 200m Jacksons Indoor Track, Idaho Center, site of the USA National Masters Championships, March 11-13.

Nationals in Boise

Continued from page 1

weight (throwers will love this) will be thrown from a caged circle onto a dirt surface, so that metal outdoor implements can be used.

An added incentive for Westerners who haven't been to an indoor championships recently is that these championships will include the first official National Masters Club Championships after two years of tryouts.

Competition in five-year age groups is open to all men and women

age 30+, as well as non-U.S. citizens. Relay teams compete in 10-year age brackets.

No qualifying is necessary to enter. The only requirement for U.S. citizens is a USA Track & Field membership, available at the site. The entry deadline, without penalty, is Feb. 23. No entries will be accepted after March 1.

The meet also hosts the National Pentathlon Championships on Friday, March 11, starting at 9 a.m., with other events scheuled for later in the day.

Continued on page 13

Boise Offers Diversity of Attractions

For those headed for the 2005 USA National Masters Indoor Championships, March 11-13, and who want to do more than just run around in a 200-meter circle, Boise, the capital city of Idaho, offers a rare blend of urban and hometown amenities, with interesting, unique sites and attractions, and diverse cultural offerings.

For the fact minded, Boise, nicknamed the "City of Trees," is 2838 feet above sea level, has a population of 193,000 (with 350,000 in the metropolitan area), and an annual precipitation of 11.7 inches.

Although considered the most remote urban area in the U.S. – Salt Lake City is 336 miles to the southeast; Spokane, 379 miles to the north; Reno, 424 miles to the south; and Portland, 430 miles to the west – it is far from rural. Newsweek called it one of the hottest tech cities in the country, Bike Magazine said it is the best town to live and ride in, and Forbes ranked it #2 for business and careers.

The city's new airport terminal opened in June 2003, with Phase II ready in September 2004, and is serviced by 11 airlines, with more than 80 daily departures and arrivals and nonstop flights to 25 cities.

Boise-based companies include Boise (formerly Boise Cascade), Albertsons, Micron Technology, J. R. Simplot Co., Trus Joist MacMillan, and Washington Group International.

Among the unique attractions in the Boise area: the only Basque Museum and Cultural Center in North America, reflection of the area's largest concentration per capita of Basques in the U.S., (208-343-2671); Idaho Anne

Frank Human Rights Memorial (208-345-0304); World Center for Birds of Prey, the most sophisticated facility in the world for breeding and releasing birds of prey (208-362-8687); Idaho Black History Museum (208-433-0017); Old Idaho Territorial Penitentiary (208-334-2844); and Bogus Basin Mountain Resort, one of the best night skiing sites in the U.S., (208-332-5151).

The Greenbelt, a 25-mile riverfront pathway ideal for walking, jogging, bicycling and skating, runs through the city and follows the banks of the Boise River. The city's residents take advantage of its philharmonic orchestra, theater, ballet, choral, and opera companies, and art galleries.

Boise boasts three pro sports teams: Boise Hawks (baseball), Idaho Steelheads (hockey), and Idaho Stampede (basketball in Nampa).

Dining options are wide, ranging from four-star cuisine to casual brew pubs and coffee bars, and trendy bistros to riverfront patios. Ethnic restaurants are plentiful and range from Mediterranean to Thai, with an opportunity to enjoy the prominent Basque culture's food and drink.

Shoppers can find bargains at the Boise Towne Square Mall, Boise Factory Outlet Mall, boutiques, and antique stores.

To get more information on Boise before and during their stay, athletes can contact the Boise Convention and Visitors Bureau, P.O. Box 2106, Boise, ID 83701; 800-635-5240; 208-344-7777; fax: 208-344-6236; e-mail: lmc connell@boisecvb.org; www.boise.org. □



February 2005

Loss Creates

MN received the for Senior Editor of the ness guru, Phil Can

Question: I am trying doctor, physical therapist, other professional who is fa a runner's loss of power in suspect this will be son works with lots of older ru

Brief background: I am 5 been a marathoner since ag 5-7, 125 pounds, and my times range from 2:26 (age (Boston '04).

I have had plenty of injunctably to my hamstrings), than most long-time runners of them has been terribly se

Decreased Power

About two years ago I su a decrease in power in my le on some strides my left sh right ankle bone. My stride and slightly out of kilter.

There is no pain and no other activities. An MRI sh of fluid in the lowest disc.

A neurologist I have set that the bulging disc has n passageway through which nals travel to my left leg. right, but I'd like to const most experienced person I

One mystery: Why can' other runners with this protalked with lots of people, I running friends, and I pay tion to the literature.

Future: If the neurologis what can I do? Running is tant to me, and I hate to reto decades of running with balance stride, which will ed mileage and more than injuries.

Thank you for any gu can offer.

Answer: I'm not a phy
I've hired and fired some
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know just enough to be
This is what I would do.

I'd call around and fin orthopedic surgeon who i endurance runner, like Dr. I in Greenbay, Wisc. You want to call information ir get his office email address him about your condition.

Through the years I've almost all orthopedic surg how to apply the current common injuries, but it ta an orthopedic doc who understands the sport befor can be discovered for unit



Health & Fitness

By Phil Campbell M.S., M.S.A., FACHE

Loss of Power in One Leg Creates Off-Kilter Performance

MN received the following query from one of our readers, Ben Beach, Senior Editor of the Wilderness Society. We turned it over to sports fitness guru, Phil Campbell, for his input. Following is his advice. – ed.

Question: I am trying to find a doctor, physical therapist, coach, or other professional who is familiar with a runner's loss of power in one leg. I suspect this will be someone who works with lots of older runners.

Brief background: I am 55 and have been a marathoner since age 18. I am 5-7, 125 pounds, and my marathon times range from 2:26 (age 32) to 3:28 (Boston '04).

I have had plenty of injuries (most notably to my hamstrings), but fewer than most long-time runners, and none of them has been terribly serious.

Decreased Power

About two years ago I suddenly felt a decrease in power in my left leg, and on some strides my left shoe hits my right ankle bone. My stride is heavier and slightly out of kilter.

There is no pain and no impact on other activities. An MRI showed a loss of fluid in the lowest disc.

A neurologist I have seen believes that the bulging disc has narrowed the passageway through which nerve signals travel to my left leg. He may be right, but I'd like to consult with the most experienced person I can find.

One mystery: Why can't I find any other runners with this problem? I've talked with lots of people, I have many running friends, and I pay some attention to the literature.

Future: If the neurologist is correct, what can I do? Running is very important to me, and I hate to resign myself to decades of running with this off-balance stride, which will mean limited mileage and more than my share of injuries.

Thank you for any guidance you can offer.

Answer: I'm not a physician, but I've hired and fired some heart surgeons as a hospital administrator, so I know just enough to be dangerous! This is what I would do.

I'd call around and find an older orthopedic surgeon who is a serious endurance runner, like Dr. Rolf Lulloff in Greenbay, Wisc. You may even want to call information in Greenbay, get his office email address and write him about your condition.

Through the years I've found that almost all orthopedic surgeons know how to apply the current thinking to common injuries, but it takes finding an orthopedic doc who personally understands the sport before an answer can be discovered for unusual prob-

lems

Benefits of Stretching

Personally, I've never seen an athletic injury that couldn't be helped by a consistent, static stretching program targeting the hamstrings and lower back, which impact the sciatic nerve.

I broke the L1 vertebra in a car accident in 1970 and the bone was crushed by 25%, but I can still throw the discus (not as far as Jerry Wojcik), and I can run as long as I do the 10-Minute Stretching Routine four times a week targeting my hamstrings and lower back.

Running in high heel shoes with the padding necessary to handle street running makes the Achilles, lower back and hamstrings tight.

FYI, I worked with a triathlete yesterday who is #8 in his age group in the U.S. and had him do 4x150s on a soft track, working on technique, and he got sick from the lactate.

Cut the Mileage

Speed workouts are tough, but give the bones a break without sacrificing endurance.

If you want to increase your speed and endurance, perhaps think about cutting back on the mileage and adding more high-intensity track workouts in cross-country flats (on some workouts, you may still need the additional padding now).

You may be able to minimize the damage of the day-in/day-out street pounding. Research shows that you can actually increase endurance with lactate system training and this can be performed on a soft track, and even on softer grass.

The two lactate system workouts that I recommend:

- 8x60 meters, followed by 4x150
- 60, 100, 150, 200, 300, 400, 300,
 200, 150, 100, 60. (Does sound bad,
 but I've had some distance runners increase their time significantly in two weeks of doing these two workouts.)

As long as you perform one long distance run a week at slightly faster than your race pace, you shouldn't lose any endurance.

Give the bones a chance to heal, and on the positive side, you just may refine technique and pick up some additional speed along the way.

(Phil Campbell. M.S., M.A., FACHE, is the author of Ready, Set, Go! Synergy Fitness; www.readyset gofitness.com)

DEADLINE

NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc.

Deadline for editorial material, results, schedule items, and advertising is the 10th of the month before date of issue.

Send to:

National Masters News P.O. Box 50098 Eugene OR 97405

FIFTEEN YEARS AGO February 1990

- Mario Cuevas, 40, and Priscilla Welch, 45, Win ICI/USA National Mast-ers 8K in Florida as \$40,000 Goes to Masters
- Bob Schlau, 42, and Nancy Mieszczak, 40, Capture Rocket City Marathon Titles
- Kjell-Erik Stahl Wins Fourth Straight Masters Championship in Honolulu Marathon



GEORGE BANKER
Maria Spinnler, first W40+ (18:53), PVI Runfest



USA WINTER CROSS COUNTRY CHAMPIONSHIPS

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All information and on-line entry available at www.usatf-oregon.org

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Masters Racewalking

By ELAINE WARD

Special Moments in Time – Part II

Yedric Hustace (M70) is a nationally-ranked masters racewalker, a celebrated artist, and an accomplished musician. At the 2004 Southeastern Regional Masters Championships, he placed first in the 5K (33:43) and 20K (2:24:46). He recently racewalked to a first in his hometown half-marathon in Evansville, Ind., beating all the runners in his age group (2:33:10). He also placed 4th at the National Masters 10K in Decatur, Ill., last August (1:07:33). Hustace describes himself as "a perpetual optimist. I hope my paintings give the viewer an impression of my positive views on life. I like people. I like action. I like competition. And, of course, I welcome the challenge of trying to capture special moments in time on canvas.'

EW: As you are from Hawaii and travel back and forth, have you ever painted the Honolulu Marathon?

CH: No, but I have racewalked it three times; in fact, I got second place one time in the racewalk division.

I have done paintings for the American Cancer Society in Honolulu. They had a half-marathon called the Kolekole Pass Halffeet up. On the other side there are some sharp, hairpin turns. Some places are so steep, it is difficult to maintain form.

The race ends at the naval weapons depot on the other side of the island. It's on the leeward side so it's warmer. At the finish line they have Hawaiian music and tropical fruits. It is a wonderful event. The painting I did is of

EW: How about races you have walked and would

like to paint?.

CH: I would have to say that Southeast Raleigh, N.C., is one I would like to paint. The 20K is one of the most fragrant I have ever done. The course goes past bunches of honeysuckle. Then it passes the arboretum so you have all these beautiful trees. It is a lovely course and I could make a for-

tune if I could capture the smell of the honeysuckle in a painting.

Another nice race is the Las Vegas Half-Marathon. In a way it was a bummer the year I did it as the entry form indicated a racewalk division, and it turned out they had discontinued the racewalk division though it was still on the form.

But as far as the race itself, it is wonderful. They take you out 13.1 miles into the desert from the Las Vegas Strip. They let you off in what seems like a vast, dark, cold void surrounding a parking area filled with car lights. The immediate challenge is to

When the race starts, it is fantastic because you can see the lights of Las Vegas in the distance. During the whole race, you are walking toward the lights, and they always look closer than they are. It is a magnificent sight.

EW: You keep mentioning half-

CH: I have done seven full marathons, including the Boston Marathon. With the Boston race, I was hurting from the first step to the last. It turned out I had heel spurs. I finished, but the memory isn't pleas-

In each of the marathons, it seemed that when I would get to the halfway point, I would be feeling pretty good. But once I crossed that point, it was all downhill from there. It became sheer endurance.

The last marathon I did was in 1995 in St. Louis. I had the best time ever

Good/Bad News Crew - DQ Board, Original Acrylic 12" x 16", Cedric Hustace

in a Marathon - under five hours. Carol was there when I crossed the finish line and I said to her, "What in the devil am I doing out here?" She has never let me forget it. So any time I have thought of entering a marathon, she says, "Remember what you said in 1995 after the St. Louis Marathon."

EW. You travel to Europe a lot. Have you ever walked in competitions

CH: No, I have not competed in Europe. However, I have worked out in many unusually beautiful places. For example, Carol and I like to do river cruises. One of my favorite workout places is Budapest, Hungary, which we have visited three times. The river boat docks right in downtown Budapest along the banks of the Danube. All the paths along the river are paved and lined with trees.

You may have to share a path with a bicycle now and then, but the view is absolutely breathtaking. A number of bridges cross the Danube, so I cross the river and walk maybe two or three bridges up and then come back on the opposite side.

I can get in an hour or an hour-anda-half workout just enjoying the scenery. It is wonderful.

We were in the town of Regenburg in Southern Germany, along the Rhine. River cruises usually have land excursions that start about 8:30 a.m. I work out beforehand. One morning I left about 5:30 a.m. and went up and down the side streets of Regenburg. No one else was out. None of the shops were open except for a bakery. I could smell that bakery three blocks away. I tell you, that was one time that if I had euros in my

pocket, I would have ended my workout and just stayed at the bakery.

Wherever we travel, I try to get workouts in. A number of other towns create wonderful pictures in my mind. A favorite is Bucharest, Romania. Once I had an impromptu workout there as I wanted to get a soccer shirt for my grandson. The shirt place was about to close and was approximately one mile away. So I took off in my street clothes with some Romanian money in my pocket. I wouldn't have made it if I hadn't racewalked.

In Europe, as you know, they are

used to seeing people racewalking. They don't even turn their heads when you pass by. They know the sport. It is a good feeling. You don't get cat calls like I do sometimes here in the states.

EW: When you are working out, do you ever get an inspiration about something you might like to

paint?

CH: Absolutely. When I was practicing law and would work out, I would be thinking of what I was going to do in a legal matter. The same is true now that I am painting. I think about an art project I am working on, or a specific visual or technical problem I have to try to solve artistically, or about something I would like to do.

Many times I set up a whole painting in my mind while I am racewalking. The one- to two-hour workout is productive time for me. I am never walking in a vacuum, but thinking about something. It is amazing, because at the same time I am thinking about where my feet are going every step. Which shows that you can think on several planes at one time.

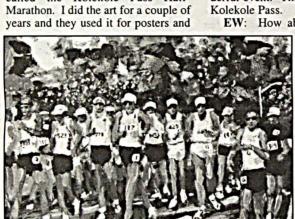
EW: My explanation is that one level is perceptual and the other is cognitive.

CH: That is probably true. Several years ago during an interview, an art magazine writer asked, "When do you get inspired to do a painting?" She wanted me to say something like when the stars are aligned with Jupiter, or when inspiration flows from my fingers. I said, "I get inspired to paint every time my wife tells me it is time to cut the grass." They didn't put that

EW: As you have been talking, I feel like I have been racewalking along with you and seeing the sights and sounds with your eyes.

CH: Painting is wonderful in that you look at a scene as a special moment in time and capture it for others to enjoy wherever they are. \(\sigma\)

(Elaine Ward can be contacted at narwf@sbcglobal.net)



Men's National Masters 10K Racewalk - Decatur, III., Original Acrylic 12" x 16", Cedric Hustace c 2004.

T-shirts. Last year they didn't have that race because of troop deployment.

It is the most unique race I have ever done. It is all on military reservations, and the road is open only one day a year just for this race. Years ago there was a black and white movie made where the pass was used. You may have seen it, "From Here to Eternity," with Burt Lancaster and Frank Sinatra.

In the movie, a prize fighter didn't want to fight because he had killed somebody. But the sadistic sargeant insisted this soldier fight. When the guy wouldn't, as punishment he had to go over the Kolekole Pass with a full field pack. It is exactly the same road they use for the half-marathon.

It is a beautiful course and I hope they can have the race again. There was a racewalk division in which I got first. It started at Schofield Barracks at about a thousand foot elevation where it's always cool. When you get to the pass, it is nice and misty, about 2500

TION OF REQUES ACCOMMOD. 1. Accommodation individual submits a accommodation, due disability, either to director or a USATF (request must be specifi competition and to a discipline or activity

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marathons. Do you prefer them to a marathon?



Track & Field Report

By GEORGE MATHEWS
Chairman, USATF Masters Track & Field

ADA Accommodations

t the annual meeting in December, USATF's policy on ADA accommodations was rolled out. This is very important for all our members to be aware of. This month I am including the write-up of this policy for your information. If you have any questions on this subject, please feel free to make inquiries with the USATF Business Affairs/General Council Office or me (see p. 2).

USA TRACK & FIELD POLICY & PROCEDURES FOR EVALUATION OF REQUESTS FOR ACCOMMODATIONS PUR-SUANT TO THE AMERICANS WITH DISABILITIES ACT

In July of 2004, USA Track & Field (USATF) President, Bill Roe, appointed an Americans With Disabilities (ADA) Committee to look into and bring back to the Board a recommendation regarding how USATF should handle requests for accommodations made by individuals claiming rights under the ADA.

The committee consisted of Dr. Michael Frederickson, George Mathews, Linda Melzer, Barbara Chambers, Tony Cosey, and Rose Monday. Liaisons to the committee were John Blackburn, USATF Rules Committee Chair, and Jill Pilgrim, USATF staff. The following policy and procedures were proposed by the Committee and approved by the USATF Board of Directors on October 16, 2004.

PROCEDURES FOR EVALUA-TION OF REQUESTS FOR ADA ACCOMMODATIONS

1. Accommodation Request: An individual submits a request for an accommodation, due to an asserted disability, either to an event/race director or a USATF Committee. The request must be specific to a particular competition and to a specific event discipline or activity at the relevant competition. USATF will not grant competition to multiple competitions, activities or event disciplines.

(Note: Event/Race Directors are encouraged to have a space on the entry forms requesting whether an ADA accommodation is needed, and advising that it takes 4 to 6 weeks after receipt of all medical documents to evaluate such a request.)

Responsible Party: Meet/Race Director or USATF Committee.

2. Information Review & Privacy Waiver: The event/race director will collect the name, contact information, specific accommodation requested by the individual, and the reason for the requested accommodation and forward this information to the applicable USATF Committee chair person. The Committee chair and USATF General Counsel will contact the individual and request any additional documentation needed, including medical

records.

A release/waiver of privacy/confidentiality must be signed by the individual requesting the accommodation in order to permit USATF to review his or her medical records. After review, these records will be maintained as confidential by the USATF Legal Department. The review of all relevant documents will not begin, and the 4 to 6 week clock will not start to run, until USATF has received all relevant documentation from the individual requesting the accommodation.

Responsible Party: USATF Committee Chairperson and General Counsel.

3. Determination of Whether Individual is Disabled, under the ADA: The General Counsel shall forward the individual's medical documentation to a representative of the USATF Sports Medicine & Science ADA Subcommittee (yet to be formed) for review. This body or individual will evaluate and report back to the USATF Committee chairperson and the General Counsel on whether the individual is disabled within the meaning of the ADA.

(Note: A written release/waiver of privacy/confidentiality must be signed by the individual requesting the accommodation in order to permit USATF to review his or her medical records.) If the Subcommittee determines that the disability does not meet the ADA requirements, the request for an accommodation will be denied. In this event, the NABR procedures outlined in item 6 may be invoked.

Responsible Party: ADA Subcommittee of USATF Sports Medicine & Science Committee.

4. Determination of Reasonableness of Accommodation Request: If the USATF Sports Medicine & Science ADA Subcommittee decides that the athlete is disabled pursuant to ADA guidelines, the applicable USATF (National) Committee chairperson will then decide whether the requested accommodation is reasonable on its face, in relation to the disability and the nature of the accommodation requested.

The essential question will be whether the requested accommodation "for a particular person's disability would be reasonable under the circumstances as well as necessary for that person"? In making this determination, the USATF Committee chair-

person should receive comment from the race/event director on what, if any, hardship providing the accommodation would cause it or the competition. (This inquiry does not take into account what effect the accommodation would have on the essential elements of the sport.)

If the USATF Committee chairperson determines that the request is unreasonable, then the request for the accommodation will be denied. In this event, the NABR procedures outlined in item 6 may be invoked.

Responsible Party: USATF (National) Committee chairperson.

[Note: If an individual has been through this process previously in regard to a different event, the USATF Sports Medicine & Science ADA Subcommittee does not have to reevaluate whether the individual is disabled within the meaning of the ADA, unless the individual is asserting a different disability than the one previously asserted.]

5 Determination of Whether Accommodation Would Fundamentally Alter the Sport: If the accommodation request is deemed reasonable, then the ADA Accommodations Committee will determine whether granting the accommodation would fundamentally alter an essential aspect of the sport of track and field, long distance running or racewalking, either because: 1) the accommodation is unacceptable even if it applied to all athletes; and/or 2) the accommodation, regardless of whether it is "a less significant change," would nevertheless give the disabled athlete an unfair advantage.

Responsible Party: USATF ADA Accommodations Committee (permanent committee to be formed including a representative from the following groups: Officials, Athletes, Disabled Athletes, Event/Race Director, Medical Professional, and USATF General Counsel as staff liaison.)

6. An individual who has subjected him- or herself to the above-described evaluation process, and has been determined not to be entitled to an accommodation, may appeal that decision to the National Athletics Board of Review in accordance with USATF Regulation 11-P.

GUIDELINES & SPECIFIC PROCEDURES

Once formed, it will be the responsibility of the ADA Accommodations Committee, as it assesses how the process works in real time, to develop working guidelines and procedures consistent with the policy and general procedures approved by the USATF Board.

USATF COMPETITION RULE CHANGES

In addition to establishing the policies and procedures outlined above, the USATF Rules Committee will also clarify the rules of competition with respect to the essential aspects of the sport of track and field, long distance running and racewalking.



TESH TESHIMA

Sayuri Kusutani, 45, Honolulu, eighth overall (2:53:48), Honolulu Marathon, won the Kamaaina Award for first local runner, and a trip to any marathon in the U.S.

ACCOMMODATION OF PER-SONS WITH DISABILITIES IN ABLE-BODIED COMPETITION

Pursuant to the policy approved by the USA Track & Field Board of Directors in October of 2004, all USATF sanctioned events are now required to comply with the "Policy & Procedures for Accommodation Requests Pursuant to the Americans with Disabilities Act" which is available at: http://www.usatf.org/about /legal/policies/ADA.asp

Sanction holders are now required to include a check off box or line for an individual entering an able bodied (i.e. regular) competition to indicate his or her desire to request an accommodation of a disability. Examples appear below:

Option 1: _____ I have a disability for which I am requesting an accommodation (attach explanation).

(Note: All requests for accommodations must be received six weeks prior to the date of competition. This section does not apply to athletes competing in the wheelchair or disabled division of the race/event.)

Option 2: My Americans With Disabilities Act Accommodation requested is

(Note: It generally takes six weeks from the receipt of all relevant documentation to evaluate such requests. No such requests will be granted if the necessary documentation has not been sent to USATF at least six weeks prior to the date of the competition. This section does not apply to athletes competing in the wheelchair or disabled division of the race/event.)

Option 3: _____ I am requesting an accommodation for a disability as follows (Note: All

Continued on page 13



On The Run

By HAL HIGDON

Motivation - We Define Our Own Goals and Levels of Success

n 1977, I travelled to Gothenburg, Sweden, to compete in the World Masters Championships, a track and field meet for older athletes. I ran well, winning the 3000 meter steeplechase and setting a world record for my age group: M45. I also placed third in the marathon and fourth in cross-country. But the hero of the championships was Duncan MacLean of Scotland, who won the 100 meters in what was then the oldest age group: M80.

MacLean's time of 21.27 was not what grabbed everybody's attention; it was his age. The Scot actually was 91 years old!

Although even older participants would appear at future championships (a 100-year-old runner competed in Australia in 2001), McLean was the oldest at the time and also was ahead of his time.

What impressed me about MacLean, who once had worked as an understudy for the famous singer, Sir Harry Lauder, was not his age, but his

youth. He looked young - not so track.

onships, my wife Rose and I visited Liseberg, an outdoor amusement park, and spotted MacLean walking with Australian Cliff Bould, an M65 competitor. They hardly seemed like geri-

They strode through the park with a vigor that belied their age. They moved young - and that's something

much on the track, but away from the One evening during the champi-

Masters Running

A Guide to Running and Staying Fit after 40

By Hal Higdon

Finally, a running book for you. Hal Higdon, Contributing Editor for Runner's World

and a monthly columnist for National Masters News, has written a book that every mas-

ters runner will want to own. Masters Running was written with the help of National Masters News readers, more than 500 of you who filled out questionnaires related to your training. Yes, we do need to train differently than younger runners. Interestingly, Higdon found that we often get injured less than those younger runners, perhaps because we have learned our lessons. But many more lessons remain to be learned.

Scheduled for publication toward the end March by Rodale Press, the 220 pages of Masters Running will tell you everything you need to know about our sport, beginning with the first masters mile and track & field meets, the brainstorms of San Diego attorney David H. R. Pain. Pain's unique concept of letting runners compete in separate age groups, Higdon claims, actually inspired the running boom of the 1970s as much as Frank Shorter's Olympic gold medal. Higdon cites research suggesting that by training and competing, we actually may extend our lifespan six to nine yearsand improve the quality of our lives.

It's all there in Masters Running. Order your advance collector's edition now. Until publication date, Hal will personally autograph and number your copy of *Masters Running*. The price of the book \$15.95, less if you order through us. Call toll-free: 1-888-ON-A-RRUN (1-888-662-7786), or go to the Shopping Cart for books on www. halhigdon.com.

Here are the contents of Masters Running

Introduction. Motivation: We define our own goals and levels of success Beginnings: It is easy to improve as a runner. All you need to do is start

Aging: Exercise scientists take the measure of the masters

Longevity: Staying alive is the secret for those wanting success as masters

Competition: Masters running comes of age through the vision of a San Diego attorney

Training: It sometimes takes a lifetime to learn how to train properly

Challenge: Plan properly, train correctly, and sometimes you get it perfectly right

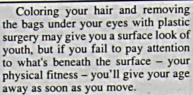
Alternatives: For masters, multiple sports provide a means to an end

Essentials: Strength training, stretching and common sense make you a better master

Errors: If you want to succeed as a masters runner, make sure you never get injured 10. Programs: Do masters runners need to train differently than others? Yes, we do

Epilogue. Endless Autumn: Masters dedicate the last decades of their lives to finding the perfect run

To order your book, call toll-free: 1-888-ON-A-RRUN (1-888-662-7786) www. halhigdon.com



As I continued to compete as a masters runner through the next three decades, I used Duncan MacLean as one of my role models. I wanted to be able to move with the same fluidity and still be able to compete when and if I reached his age.

Moving Young

That probably is part of your motivation, too, as a masters runner, whether or not you might express it in those precise words.

And although you may or may not yet have a Duncan MacLean to serve as a role model, physical fitness certainly ranks high on your list of reasons why you run or compete as an

I can say this with some certainty, having surveyed a broad group of masters runners regarding why they

In a questionnaire printed both in National Masters News and on my Web site, I asked the question: "What is most important to you about run-

The questionnaire suggested eight reasons, including the opportunity to provide your own reason.

Among the approximately 500 who responded, nearly everybody (93%) chose physical fitness as an important goal. Other categories that respondents considered important were relaxation, camaraderie and looking good.

Only a few (2%) were motivated by setting world, national or other records, but nearly two-thirds of respondents (63%) cited setting personal records as important to them.

Unlike many masters athletes who embraced running as a sport in their thirties - or even in their sixties - I began young. I went out for track my second year in high school for the single purpose of winning a letter. I continued running through and after college, because I realized I was good at

My peak came at the 1964 Boston Marathon. Despite finishing in fifth place, the first American, I cried, knowing that I probably would never again muster the effort and energy to equal that performance. Time to retire, I thought.

That was 1964. I was 32 years old. I didn't realize that a lifetime of competitive athletics lay ahead of me.

The American long distance running scene at that time was the province of a few hundred dedicated runners, who showed up each year at Boston to test their mettle against the world's best marathoners.

Few road races existed outside New England. Few track meets existed for any but student athletes.

Within a year after my fast run at

Boston, I cut back on my training, content to continue in the sport at a lowered level of expectation.

At about the same time, a San Diego attorney named David H.R. Pain switched from handball to jogging and thought it might be fun to organize a "Masters Mile" for the few others his age that he spotted running in Balboa Park.

He talked Ken Land, a California promoter, into adding a mile for runners over 40 at a local track meet.

The year was 1966. The masters movement had begun!

In 1971, having just turned 40, I ran the 10,000 meters and marathon at the first National A.A.U. Masters Track & Field Championships, limited to athletes over that age. So started my second running career.

The Key to Continuing

That career continues today, but like the respondents to my questionnaire, I would definitely check physical fitness as the most important reason for continuing into my seventies as at least a somewhat competitive athlete.

Personal records? Every time I move into a new five-year age group, I can set PRs for that age group. Or set single-year age PRs, for that matter.

We define our own goals and levels of success. Although I have won four gold medals in world competition, winning another one hardly seems as important to me now. But I both define and refine my goals from year to year, sometimes from month to month.

Another World Masters Championships approaches as I write these words, and with a bit more motivation and some additional training, I might not do too badly.

How about you?

(The above is an excerpt from Hal Higdon's latest book, Masters Running. Autographed copies can be purchased through Hal's Web site: www.halhigdon.com.)

What Motivates

Masters Runners

Five hundred runners responded to a questionnaire printed in National Masters News and posted to my Web site. One of the questions I asked was: "What is most important to you about running?"

Respondents were offered the opportunity to choose one or more among eight options. (The numbers below, thus, add up to more than 100 percent.)

Here is what motivates masters

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February 2005

Nationals in Bo

Continued from page 8

The meet continues and Sunday with a full sla the 60H, mile, super relays, and 3000m racew

The championships with the schedule and im mation, such as hotels blocks, was publish December and Januar NMN. A daily shuttle s provided between those Idaho Center. A "Taste ner is planned for Saturd

For more meet info 208-859-9219; or e-r champs@earthlink.net. tration: www.usatf.org www.masterstrackandfie

For information abou tact the Boise Conventi Bureau: 800-635-5240 .org. 🔾



Patricia Donohue, first W Annapolis 10 Mile.

Track & Field

Continued from page 11

requests for accommod received six weeks price competition. This se apply to athletes cor wheelchair or disabled race/event.)

Option 4: [Any la tent with the above]

Event and race review submitted en refer any person who able bodied/regular c has requested an acc the USATF Legal Dep 261-0478 Ext. 341 or

NOTE: This polic does not apply to di tions or disabled divis tition.

Nationals in Boise

Continued from page 8

The meet continues on Saturday and Sunday with a full slate, including the 60H, mile, superweight, two relays, and 3000m racewalk.

The championships entry form, with the schedule and important information, such as hotels with room blocks, was published in the December and January issues of NMN. A daily shuttle service will be provided between those hotels and the Idaho Center. A "Taste of Idaho" dinner is planned for Saturday night.

For more meet information, call 208-859-9219; or e-mail masters champs@earthlink.net. Online registration: www.usatf.org/assoc/sr, or www.masterstrackandfield.com.

For information about Boise, contact the Boise Convention & Visitors Bureau: 800-635-5240; www.boise .org. 🔾



GEORGE BANKER

Patricia Donohue, first W50 (79:14), 2004 Annapolis 10 Mile.

Track & Field Report

Continued from page 11

requests for accommodations must be received six weeks prior to the date of competition. This section does not apply to athletes competing in the wheelchair or disabled division of the race/event.)

Option 4: [Any language consistent with the above]

Event and race directors must review submitted entry forms and refer any person who is entered in the able bodied/regular competition and has requested an accommodation to the USATF Legal Department at (317) 261-0478 Ext. 341 or 321.

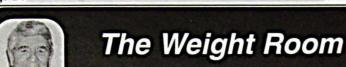
NOTE: This policy and procedure does not apply to disabled competitions or disabled divisions of a competition.

PUBLICATIONS ORDER FORM

Total (US\$) Masters Age Records (2003 Edition) Men's and women's world and U.S. single age bests for all track & field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 2002. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundle. Masters Track & Field Rankings Book (2002) Men's and women's 2002 U.S. outdoor track & field 5-year age-group rankings. Coordinated by Jerry Wojcik. All T&F events, including mile, relays, weights, racewalks, and combined events. \$4.00.

Masters Track & Field Rankings (2003) Men's and women's 2003 U.S. outdoor track & field 5-year age-group rankings (25 deep). Compiled by Dave Clingan and Larry Patz. Includes mile, weights, racewalks, and combined events. 8 pages. \$4.00. Masters Track & Field Indoor Rankings Indoor rankings for 2004. 4 pages. \$2.00. **Masters Age-Graded Tables** Single-age factors and standards from age 8 to 100 for men and women for every common track & field, long distance running, and racewalking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 60 pages, including samples and charts. Compiled by the World Association of Veteran Athletes. \$6.00.

Masters 5-Year Outdoor Age-Group Records Men's and women's official 2003 world and U.S. outdoor 5-year age group records for all track & field and racewalking events, age 35 and up; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle. Masters 5-Year Indoor Age-Group Records Same as above, except indoor records (M40+, W35+) as of Oct. 31, 2003 (world) and Dec. 7, 2003 (USA), 4 pages. \$2.00. Competition Rules tor Athletics (2004 Edition) U.S. rules of competition for men and women for track & field, long distance running and racewalking—youth, open and masters. \$12.00. USATF Directory (2003-2004) Names and addresses of national officers and staff, board of directors, sport and administrative committees, association officers and addresses, etc. \$12.00. WMA Handbook (2003-2005) Contains 2002 WMA New Age-Factors for All Combined Events, Constitution, By-Laws, Rules of Competition, History of Masters Athletics & More. In English, Spanish, French, German. 170 pages. \$8.00 **USATF Governance Handbook (2004)** U.S. Bylaws and operating regulations, forms for membership, race sanction, records, course measurement, etc. \$12.00. Running Encyclopedia, The Ultimate Source for Today's Runner Twenty-six chapters from A to Z of history, facts, personalities, events, terms, and pictures of running by Joe Henderson and Richard Benyo. Chapter W, for example, starts with "waffle sole" and ends with "Wysocki, Ruth." A must for every runner's library. 417 pp. \$24.95 Champions for Life, by John B. Scott and James S. Ward. The remarkable life of Payton Jordan, who is renowned for his personal accomplishments and for the coaching and mentoring skills that have produced many other champions in track & field. \$34.95 How to be A Champion from 9 to 90. Earl W. Fee, world record holder over 30 times in masters events from 300H to mile, describes in detail the how and why of running training. Applicable from sprinters to marathoners. 404 pages, 25 chapters, over 300 expert references. US \$19.25/CAN \$28.50, plus postage & handling. (SOLD OUT) USATF Logo Patch 3 color embroidered 4" x 3". \$4.50. USATF Lapel Pin. 3-color USATF Logo on 7/8" soft enamel lapel pin (nail pin back with military clutch). \$5.50. USATF Decal. 3-color. 3" x 2-l/2". \$2.00. 2004 Road Race Management Directory Published by Road Race Management, this book combines the Guide to Prize Money & Races with the Running Industry Resource Directory – two books in one – listing elite athletes (including masters) with over 1000 addresses and phone numbers, prize money structures for 400 events, Internet services, retailers, publications, TV contacts, and more. \$75.00. Back Issues of National Masters News Issues: \$3.00 each. ____ Postage and Handling Overseas Air Mail (add \$5.00 per book) National Masters News Order Dept. Send to: P.O. Box 50098, Eugene, OR 97405 Name Address_____City Zip ____ State __



Join the Club

By JERRY WOJCIK

In a departure from my annual "Outdoor at the Indoor and Indoor at the Outdoor" weight throw column, I'd like to let readers know that the USA Masters Indoor Championships, Boise/Nampa, Idaho, will include, after two years of unofficial scoring, an official club championships.

If its potential is realized, club championships could begin a new chapter in masters track & field.

For the years that I've been associated with the masters movement, the impression created by its leaders in their annual reports is that things are going along well in terms of participation.

At the top of the pyramid, that may be true. Championships bid winners appear to be doing well; otherwise, why would Boston have bid for the umpteenth (I'm using that because I've lost track of how many times we've been there) time for the indoor championships, or Orono, Me. (the only bidder), for its third outdoor championships, at the USATF Meeting in Portland, Ore., in December.

But anybody who's been involved with masters for any length of time knows that at the association and regional levels and other meets at the bottom of the pyramid, we haven't made a lot of progress in terms of numbers. I keep hearing the word "grassroots" in connection with masters track & field, but I don't see much being done in how I define "grassroots."

Recruiting Masters

We have to distinguish between programs that highlight outstanding masters athletes and presently nonexistent strategies aimed at recruiting people at another level into the program by informing them of what "masters" is all about.

At the 2004 Olympic Trials in Sacramento, age-40+ men and women ran in two exhibition 800m races. The winning time for the men was 1:54.39 and for the women 2:16.42. Did those athletes typify masters 800m runners?

How many age-40+ former runners in the stands, do you think, said, "I can do that. I should look into this masters thing." Or did they say, "Wow, those guys are good. I could never do that."

In this issue's results, I see that in an indoor meet, an M40 ran the 800m in 2:19, an M45 ran a 4:47 mile, and a W40 ran a 2:39 800m. All of those are more reflective of how most masters athletes perform than are the times in Sacramento.

Average Athletes

We need to develop publicity showing potential recruits that most masters are pretty average athletes. There are a lot more former male 800m runners who ran 2:20 in high school or 2:00 in college, if they ran at all, than there are those who ran 1:55. We should be addressing the former, not the latter, simply because there are more of them. The same is probably more true for women age-40, because many went to high schools and colleges that didn't have track programs two decades ago.

I'm not saying we should eliminate the high profile programs, but we need also to spend more of our energy and money in efforts that have the potential to increase our numbers substantially from the hoi polloi rather than by one or two stellar athletes.

Sponsors

USATF CEO Craig Masback told masters at the annual meeting in Portland that sponsors are largely influenced by numbers. Case in point: MPC, a computer outfit in the Boise area, was the name sponsor for the 2004 Idaho Masters Indoor Classic last March, and was mentioned as a possible sponsor for the 2005 Indoor Nationals in Boise.

I took a picture of weight thrower Joan Stratton standing in front of an MPC banner, which I intended to use as a promo picture this month. MPC decided instead to associate itself with a bowl game in Boise. I can't fault MPC for that, because the 700 or 800 who will show up at the Jacksons Indoor Track can't match the probable 45,000 or so who watched the football game played on the famed blue turf at Boise State U. Stadium.

Marketing Perspective

I can't believe that a company marketing person, with an MBA fresh from Stanford in hand, knows anything about who holds the M40 100 world record or the W50 U.S. shot put record, but I know he/she understands 45,000 as opposed to 700.

Now, what does all of this have to do with club memberships and increasing participation at masters meets? I think the prospect of competing for a club championship can be used to lead more folks in their 40s and 50s to become involved in the masters program.

Plus, if we throw in camaraderie and health and fun, which used to be masters catchwords, but seem to have been replaced by "ex-Olympians" and "world record holders," with the idea of scoring points for their club, maybe that will dispel the impression that we are all elite athletes and induce more couch potatoes among the millions of



JERRY WOJCIK
Dennis Chandler, M55, 2004 USA National
Masters T&F Championships. The 2005
Nationals will be held in Honolulu, Aug. 4-7.

Subscriber Questions? call 818-286-3129

the nation's baby boomers to join us.

We should start to make club championships a big deal at association, regional, and other meets, with trophies, whatever else a championship may be worth, and solid preand post-publicity. More entrants in those meets mean more money, and that means good things for masters. It'll take some pre-meet planning and software, which should be made available by the Masters T&F Committee to meet directors.

Economics

Will marketing executives from major companies start bidding for masters meet sponsorships? Probably not, but a local business might be persuaded to come aboard if the numbers look promising and if it is aware that masters are essentially well-educated professionals, who have money to drive nice cars, travel, drink beer (well, throwers anyway), and eat out, besides buying running shoes.

Who knows? Maybe some newcomers will be interested enough to become local club officers, or even on a national level, to replace some of the stalwarts who have been carrying the masters movement, both in track & field and LDR, on their backs for decades.

I hope the potential of club championships will be on the agenda of the Masters T&F Executive Committee when it meets in Boise and Honolulu to create the USATF Masters T&F Strategic Plan.

And, by the way, we will be throwing the outdoor weights indoors in Nampa.



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The Long & Strong Throwers Journal (LSTJ) is a quarterly publication dedicated to the throwing events. It is the only throwing periodical of its kind in the world. LSTJ is about more than technique and training. Elite athletes and coaches give insight into their keys for success. LSTJ provides throws

coverage and photos from major competitions that you won't find anywhere else. *LSTJ* touches on the issues that affect the throws community. *LSTJ*s interviews with top throwers such as Adam Nelson, John Godina, Erin Gilreath, Aretha Hill and Breaux Greer are just what you are looking for! Let *LSTJ*

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February 2005

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



Masters Records

New Indoor Age-Group Records Compiled

In this issue are the new world and U.S. five-year indoor age-group track and field records for men and women. The world marks are those compiled and approved as of January 8, 2005, by the Records Committee of World Masters Athletics (WMA).

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

APPLICATION FOR RECORDS

Send to:

For U.S. age-group records, send to Sandy Pashkin 2525 Willakenzie, Apt. 4, Eugene, OR 97401 For WMA age-group records, send to Brian Oxley 259 McDougall Rd., Parry Sound, Ontario P2A 2W7, Canada

To THE RECORD COMMITTEE:

Description of Record:			
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(Chief Timekeeper) 8. I, the undersigned officiatime set opposite my signature by me has been certified and	TIMEKEEPER'S CERTI al timekeeper of the event aboure was the exact time recorded approved by my National As	ess or USATF Offices or USATF Offic FICATES we mentioned d by my wate ssociation. (R	ial's Registration Number) ial's Registration Number) , do hereby certify that the

(Signature of Referee or Chief Timekeeper)

The U.S. records are those compiled and approved, as of December 31, 2004, by the Masters Track and Field Records Sub-Committee of USA Track & Field (USATF).

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-U.S. athletes should use the WMA record form published in the WMA Handbook.

It will also be printed in the April 2005 NMN along with the new list of outdoor records.



Kathy Martin, 2004 BENGAY Masters Athlete of the Year, set W50 U.S. records in the 800, 1500, mile, and 3000 in 2004.

(Address or USATF Official's Registration Number)

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)

10. Measurers' Certificate for Track and I	ram should be attached and made part of the application.
(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 meas	ured, with a metric steel tape, the course over which the
above event was held and that the exact di	stance was:
meterscentimeters, or	milesyardsfeetinches,
the length of one lap wasmeters _	centimeters oryardsfeetinches.
that there was a 2 inch raised border on th	e 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 latera	I inclincation 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 Interational Amateur Athletic Federation.

(Checker of Implements)	(Address or USATF Official's Registration Number)
HIDCEC! CED?	TELCATE (EIELD 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

The second secon			
wie.	(Event Chief Judge)	(Address or USATF Official's Registration Number)	9

GUARANTEE BY REFEREE

rure of Referee) - - - - - - - - - - (Address or USATF-Official's Registration No

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.

World Track & Field Indoor Age-Group Records

Approved by the Records Committee of World Masters Athletics (WMA) as of January 8, 2005

			7	State of the last	-			ania aprile	Decision in	
	Men's World Ind	oor	Rec	ords	Hile				-	Heet Date
	and the same of the same of the same of the same of			COLUMN TO SERVE	Div.		Name (Country) Beamonn Coghlan	IRL	Age 41	2/20/1994
60 M					M 40		Albin Swenson	USA	46	2/26/1993
DIV.	Mark Name (Country)		Age 37	Meet Date	M 50	04:26.2	Nolan Shaheed	USA	51	3/2/2001
M 35	6.51 Linford Christie	GBR		3/1/1997	M 55		3 Alston Brown	JAM	55	3/27/2004
M 40	6.81 Troy Douglas	NED	40	2/9/2003	M 60		Dan Conway	USA	60	3/27/1998
M 45	7.02 Stan Whitley	USA	45	3/23/1991	M 65		Earl Fee	CAN	67	3/23/1996
M 50	7.20 Bill Collins	USA	51	3/23/2002	M 70	05:32.40	Scotty Carter	USA	70	3/15/1987
M 55	7.51 Manfred Koch	GER	55	2/8/2003	M 75		Earl Fee	USA	75	3/26/2003
M 60	7.70 Payton Jordan	USA	60	1/7/1978	M 80	07:04.20	Paul Spangler	USA	80	3/18/1979
M 60 M 65 M 70 M 75	7.72 Paul Edens	USA	62	2/29/2004	M 85	08:33.11	Vincent Malizia	USA	85	3/25/2000
M 65	7.80 Cecil Paul	CAN	66	3/8/1986	100,000	The second				
M 70	8.22 Bruno Kimmel	GER	70	3/12/2004		Heters				
M 75	8.67 Melvin Larsen		75	3/25/2000			Married Charles		100	
M 80 M 85	9.39 Roderick Parker	USA	80	3/27/1999	DIV.	Mark	Name (Country)	GER	Age	2/3/2002
M 85	9.78 Guiseppe Marabotti 11.50 Vittorio Colo	ITA	85 92	3/10/2001 10-xx-03	M 35		Dieter Baumann Marcus O'Sullivan	GBR	36	2/26/2002
M 90 M 95		USA						GER	46	1/24/1999
M 95	16.96 Everett Hosack 27.29 Everett Hosack	USA	95	3/1/1997	M 45	08:36.64	Klaus Goldammer Nigel Gates	GBR	50	3/14/2004
M100	27.29 EVEREUL HOSECK	USA	100	3/23/2002	M 50					12/14/1980
					M 55	08:58.70	Gunther Hasselmann Andrew Brown	GER	61	3/20/1994
200 M			1000		M 60			CAN	65	3/9/1996
DIV.	Mark Name (Country)		Age	Meet Date	M 65		Ed Whitlock	ESP	70	3/9/1996
1 35	20.59 Doug Turner	GBR	35	7/17/2002	M 70		Enrique Moreno			
4 40	22.19 Bill Collins	USA	44	2/26/1995	M 75		James Todd	GBR GBR	75 80	2/28/1997
4 45	22.57 Bill Collins	USA	48	2/14/1999	M 80		Gordon Porteous Marti Laiho	FIN	85	3/20/1994 2/10/1995
4 50	22.99 Bill Collins	USA	51	3/30/2002	M 85				90	
1 55	24.09 Stephen Robbins	USA	55	2/15/1998	M 90	23:21.12	Max Springer	USA	90	3/26/2004
1 60	25.10 Larry Colbert	USA	61	3/29/1998						
1 65	25.60 Guido Mueller	GER	65	2/8/2004	60m I	Hurdles				
70	27.40 Allan Meddings	GBR	70	3/1/1998	DIV.	Mark	Name (Country)		Age	Heet Date
175	29.11 Willi Seizer	GER	75	3/9/2003	M 35	7.40	Colin Jackson	GBR	35	3/2/2002
1 80	32.49 Gote Lindbiat	SWE	80	3/10/2004	M 40	7.96	Karl Smith	USA	40	3/25/2000
185	34.42 Ugo Samsonetti	ITA	85	3/10/2004	M 45	8.36	Colin Williams	USA	48	2/3/2002
90	41.47 Friederich E Mahlo	GER	90	3/9/2003	M 50		Walt Butler	USA	51	3/20/1993
95	66.78 Everett Hosack	USA	95	4/6/1997	M 55	8.63	Courtland Gray	USA	55	2/14/1999
					M 60		Courtland Gray	USA	60	3/10/2004
400 M	eters			1-0-2	M 65	9.60	Guido Mueller	GER	65	3/10/2004
DIV.	Mark Name (Country)		Age	Meet Date	M 70		James Stookey	USA	70	3/25/2000
M 35	47.95 Eric Roeske	NED	35	2/24/1996	M 75		Melvin Larsen	USA	76	1/19/2001
M 40	49.14 Elvis Forde	BAR	40	2/18/2000	M 80	12.23	Edwin Lukens	USSA	80	3/23/2002
M 45	49.89 Fred Sowerby	USA	45	1/29/1994	M 85	14.36	Karl Trei	CAN	85	3/4/1995
M SO	52.72 Harold Morloka	CAN	52	2/25/1995	SHEET I					Technique and
M 55	53.20 Aiston Brown	JAM	55	3/21/2004	4-13					
M 55	53.20 Charles Allie	USA	56	3/21/2004	60m H	lurdles (27	-)			
M 60	55.62 Harold Morloka	CAN	60	3/29/2003	Div.	Mark			Age	Heat Date
M 65	56.63 Guido Mueller	GER	65	8/2/2004	M 80	11.65	Bruno Sobrero	ITA	80	3/8/2001
M 35 M 40 M 45 M 50 M 55 M 60 M 65 M 70 M 75	61.31 Earl Fee	CAN	70	3/27/1999	M 85	14 21	Ugo Sansonetti	ITA	85	3/13/2004
M 75	66.28 Earl Fee	CAN	75	3/27/2004	M 90		Friederich E Mahlo	GER	90	3/6/2003
H 80	75.58 Roderick Parker	USA	80		H 30	01.30.00	ritedental E rieme	-	Parallis.	A Laboratory
4 85	85.14 Roderick Parker	USA	85	3/27/1999						
4 90	01:51.26 Friederich E Mahlo	GER	90	3/9/2003						
	OT STILO THEOGRACITE HAND	GLA	30	3/3/2003	High 3					
				District Control	DIV.	Mark	Name (Country)	-	Age	Meet Date
800 M	abors				M 35		Cristian Popescu	ROM	35	2/22/1998
DIV.	Mark Name (Country)		Age	Meet Date	M 40		Dwight Stones	USA	40	3/25/1994
M 35	03:37.40 Marcus O'Sullivan	IRL	37	2/20/1997	M 45		Mark Tchelnov	URS	46	3/18/1990
M 40	01:48.81 Johnny Gray	USA	40	3/2/2001	M 50		Thomas Zacharas	GER	50	3/2/1997
M 45	01:57.32 Peter Browne	GBR	45	1/29/1995	M 55	1.81	Asko Pesonen	FIN	56	3/18/2000
M 50	02:02.20 Alastair Duniop	GBR	50	3/10/2004	M 60		Asko Pesonen	FIN	60	2/6/2004
M 55	02:08.15 Reginald Phipps	GBR	56	1/17/1999	M 65		Jim Gilcrist	USA	65	3/19/1993
M 55	p2:03.0 Alston Brown	JAM	55	2/12/2004	M 65		Horst Mandl	AUT	65	3/11/2001
M 60	02:14.42 Harold Morloka	CAN			M 70		Nils-Bertiv Nevrup	SWE	70	1/12/1997
M 65	02:16.80 Earl Fee	CAN	60	3/30/2003	M 75		Esko Kolhonen	FIN	75	4/1/1989
M 70			65	3/27/1994	M 80		Esko Kolhonen	FIN	81	3/19/1995
	02:20.45 Earl Fee 02:32.47 Earl Fee	CAN	70	3/28/1999	M 80	1.27	Emmerich Zensch	AUT	81	3/11/2001
M 75		CAN	75	3/28/2004	M 80	1.27	Walter Hess	GER	81	3/10/2004
M 80	03:11.16 Emiel Pauwels	BEL	82	3/11/2001	M 85	1.09	Reino Taskinen	FIN	86	2/9/2002
M 85	03:30.95 Holger Joseffson	SWE	85	2/7/2004	M 90	1.05	Leland McPhie	USA	90	3/27/2004
M 90	05:01.44 Max Springer	USA	90	3/28/2004	M 95		Everett Hosack	USA	95	3/2/1997
1500	Meters				Tip					
	Mark Name (Country)		Age	Meet Date	Pole \	/ault				
DIV.	03:37.40 Marcus O'Sullivan	IRL	35	2/2/1997	DIV.	Mark	Name (Country)	-	Age	Heat Date
M 35	03:37.40 Marcus O'Sullivan 03:45.30 Eamonn Coghlan	IRL	40	2/26/1993	M 35		Rodion Gataulain	RUS	35	2/23/2001
		GBR		3/9/1990	M 40	5 18	Earl Bell	USA	40	8/26/1995
M 45	04:03.69 John Potts 04:14.73 John Potts	GBR		2/26/1995	M 45		Gary Hunter	USA	45	3/24/2001
M 50				2/14/2000	M 50		Wolfgang Ritte	GER		
M 55	04:27.01 John Potts	GBR		3/20/1994	M 55		Matti Kilpelainen	USA	51	2/28/2004
M 60	04:37.80 Maurice Morrrell 04:47.11 Earl Fee	CAN		3/26/1994	M 60		Dale Lance	USA	60	2/15/2003
M 65	04:47.11 Ean Fee	CAN	70	3/20/1994	M 65		Jerry Donley	USA	66	3/27/1998

M 4 4 5 M 6 6 M 7 7 M 8 8 M 8 8 M 8 8 M 8 8 M 8 8 M 8 8 M	MMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMM	500	SOMETHINE SOMETHINE	60 0 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3
2/20/1994 2/26/1993 3/2/2001 3/27/2004 3/27/1998 3/23/1996 3/15/1987 3/26/2003 3/18/1979 3/25/2000	Meet Data 2/3/2002 2/26/2002 1/24/1999 3/14/2004 12/14/1980 3/20/1994 3/9/1996 3/6/2003 2/28/1997 3/20/1994 2/10/1995 3/26/2004	Meet Date 3/2/2002 3/25/2000 2/3/2002 3/3/2002 3/20/1993 2/14/1999 3/10/2004 3/25/2000 1/19/2001 3/23/2002 3/4/1995 Meet Date 3/8/2001 3/13/2004 3/6/2003	Meet Data 3/25/1998 3/25/1994 3/18/1990 3/18/1997 3/18/2000 2/6/2004 3/19/1993 3/11/2001 1/12/1997 4/1/1989 3/11/2001 3/19/2002 3/27/2004 3/27/2004 3/27/2004	Most Data 2/23/2001 8/26/1995 3/24/2001 2/28/2004 2/15/2003 3/27/1998 2/15/2003 3/19/1998 3/22/2002 3/19/1995 2/15/2003
41 46 51 55 60 67 70 75 80 85	Age 36 40 46 50 55 61 65 70 75 80 85 90	Age 35 40 48 51 55 60 65 70 76 80 85	Age 35 40 46 50 56 60 65 70 75 81 81 81 86 90 95	Age 35 40 45 51 57 60 65 70 76 80 85 90
		The second secon		

	Long 3	lump			
ete	DIV.	Mark Name (Country) 7.91 Reijo Tolvonen		Age 35	ř.
94	M 35	7.91 Reijo Tolvonen	FIN		1
93	M 40 M 45	7.52 Barrington Williams	GBR FIN	40	Ľ
1	M 45	6.90 Tapani Taavitsainen 6.50 Pertti Ahomaki	FIN	51	E
98	M 50 M 55	6.34 SHe Backland	FIN	55	F
98	M 55	6.34 Stig Backlund 5.80 Stig Backlund	FIN	60	К
96 87 03 79	M 60 M 65	5.31 Meivin Larsen	USA	66	
03	M 65 M 70 M 75	5.31 Dick Richards	USA	66	H
79	M 70	5.07 Wolfgang K Reuter	GER	73	1
00	M 75	4.41 Heikki Simola	FIN	75	6
	M 80	4.01 Edwin Lukens	USA	80	P
	M 80 M 85	3.40 Guiseppe Marabotti	ITA	85	ì
	M 85	3.40 Ugo Sansonetti	ITA	85	B.
te	M 90	3.15 Max Springer	USA	90	
12 19 14 180	1995				
14	Triple				F.
	DIV.	Mark Name (Country)	-	Age	3
80	M 35 M 40 M 45 M 50 M 55	17.44 Jonathan Edwards	GBR	36 40	į
4	M 40		USA	46	Į.
	M 45	14.82 Milan Tiff	FIN	50	
17	M 50	13.72 Stig Backlund	FIN	55	P.
7	M 55		FIN	60	ı.
4	M 60 M 65 M 70	12.53 Stig Backlund 10.92 Amelio Compri	ITA	65	F.
5	M 03	10.54 Vladmir Popov	RUS	70	B.
4	M 70	9.40 Heikki Simola	FIN	75	Į,
	M 40	8.65 Ed Lukens	USA	81	E
	M 85	6.95 Vittorio Colo	ITA	89	ď.
te	M 75 M 80 M 85 M 90	6.52 Vittorio Colo	ITA	91	
2	7.70	The Land Stewart State of the Land			
00 1 33 39 34 34 34 30 31 31 31 31 31 31 31 31 31 31 31 31 31	DATE:				
2	Shot	Put (35-49: 168; 50-59: 6kg;	60-69:	Skg; 7	10
3	DIV.	Mark Name (Country)		Age	
9	M 35	20.85 Mark Procter	GBR	35	
14	M 40	20.07 Brian Oldfield	USA	40	
14	M 45	20.40 Ivan Ivancic	YUG	45	Ð.
ю .	M 50	16.65 Ron Summers	USA	50	
1	M 55	15.74 Joe Keshmiri	USA	56	8
-	M 40 M 45 M 50 M 55 M 60 M 65 M 70 M 70	16.83 Reino Nokelainen	FIN	60	ĕ,
30	M 65	15.28 Voltto Elo	FIN	67	
	M 70	14.39 T. Von Wachenfeldt	SWE	71	
	M 70	14.64 Tauno Kivi	FIN	70	
te	M 75	13.02 Erik Erikkson	FIN	77	
-	M 80	11.80 Erik Erikkson	FIN	80	×
4	M 85	9.68 Ross Carter 7.10 Mario Riboni	ITA	85 90	e
	M 75 M 80 M 85 M 90 M 95	4.06 Everett Hosack	USA	97	
	M100	3.52 Everett Hosack	USA	100	£.
	11100	J.JZ EVEREN HOSBER	034		E
	2000	Meter Racewalk			
te	Div.	Mark Name (Country)		Age	
98	M 35	11:09.40 Robert Korzeniowski	POL	35	
14	M 40	12:25.80 Bengt Bengtsson	SWE	42	
***	M 45	12:21.55 Frantisek Parys	CZE	45	
00	M 50	12:39.90 Donald Denoon	USA	57	
,0	M 55	13:19.60 Aaro Nokela	FIN	57	
3	M 60	13:57.90 Aaro Nokela 15:28.80 Tolvo Tuomela	FIN	61	
	M 65	15:28.80 Tolvo Tuomela	FIN	66	
1	M 70	17:03.33 Jack Starr	USA	70	
	M 70	n15:27.96 Tonetti Franco	ITA	?	
5	M 40 M 45 M 50 M 55 M 60 M 65 M 70 M 70 M 75 M 80	17:41.60 James Grimwade 17:41.40 James Grimwade	GBR	79	
	M 80	17:41.40 James Grimwade	GBR	80	
1	M 85	22:42.03 Ake Strang	FIN	85	
4	W	omen's World Inc	toor	Re	
		omen's wond in	2001		•
	60 Me		1		
	DIV.	Mark Name (Country)	4.0	Ag	
	W 35	7.01 Meriene Ottey 7.17 Meriene Ottey	JAM	38	
ete	W 40	7.17 Merlene Ottey	SLO	42	
01	W 45	8.02 Phil Raschker	USA	48	
95	W 50	8.05 Phil Raschker	USA	50	
04	W 55	8.53 Ingrid Meier	GER		
03	W 45 W 50 W 55 W 60 W 65 W 70	8.91 Kathy Jager	USA	60	
98	W 05	9.29 Gertrude Reichert	GER	65	
95	W 76	10.12 Joan Ogden	GBR		
22	1 173	10.89 Ingrid Lorenz	GER	75	

cords

W 45	8.02 Phil Raschker	USA	48	2/25/1995
W 50	8.05 Phil Raschker	USA	50	3/1/1997
W 55	8.53 Ingrid Meier	GER	57	3/12/2004
W 60	8.91 Kathy Jager	USA	60	2/15/2004
W 65	9.29 Gertrude Reichert	GER	65	3/12/2004
W 70	10.12 Joan Ogden	GBR	70	2/28/1998
W 75	10.89 Ingrid Lorenz	GER	75	3/10/2001
W 80	11.52 Mary Bowermaster	USA	81	3/25/2000
W 85	12.57 Nora Wedemo	SWE	87	1/21/2001
200 Me	ters			
DIV.	Mark Name (Country)		Age	Most Date
W 35	23.04 Sandra Myers	SPA	35	2/17/1996
W 40	25.46 Anke Moritz	GER	40	2/20/2000
W 45	26.06 Phil Raschker	USA	47	3/25/1994
W 50	26.52 Phil Raschker	USA	50	3/2/1997
W 55	28.16 Ingrid Meier	GER	56	3/11/2004
W 60	29.93 Christel Franzen	FRG	60	2/18/1989
W 65	31.46 Gertrud Reichert	GER	65	3/11/2004
W 70	33.11 Joan Ogden	GBR	70	2/28/1998
W 75	40.13 Ingrid Lorenz	GER	77	3/9/2003
W 80	45.16 Gunni Svensson	SWE	80	2/24/2001
W 85	51.80 Nora Wedemo	SWE	87	2/11/2001
400	A STATE OF THE PARTY OF THE PAR			

W 70	33.11	Joan Ogden	GBR	70	2/28/1998
W 75	40.13	Ingrid Lorenz	GER	77	3/9/2003
W 80	45.16	Gunni Svensson	SWE	80	2/24/2001
W 85		Nora Wedemo	SWE	87	2/11/2001
400 Me	ters				
DIV.	Mark	Name (Country)			
W 35		Helena Fuchsova	CZE	Age	Meet Date
W 40	56 82	Tilly Verhoef-Jacobs		35	2/18/2001
W 45	59.86	Caroline Marier	NED	40	2/2/1997
W 50	62.20	Karla Del Grande	GBR	46	3/2/1997
W 55	66 00	Nadine Lowenstein	CAN	50	3/27/2004
W 60	70.69	Caroline Lowenstein	BEL	55	3/23/2002
W 65	71.89	Carolyn Cappetta	USA	60	1/5/1996
W 70	92.25	Carolyn Cappetta Emma Maria	USA	65	3/24/2001
W 75	01:41 15	Louise Adams	ITA	70	3/14/2004
W 80	07:35.03	Pearl Mehi	USA	75	3/22/1997
W 85	02:25.03	Pean Meni	USA	80	2/25/1995
03	02.39.23	Ivy Granstrom	CAN	87	3/27/1999
800 M	eters				
Div.	Mark	Name (Country)		Age	Meet Date
W 35	01:57.37	Helena Fuchsova	CZE	36	2/25/2001
W 40	02:01.59	Yekaterina	RUS	41	2/6/1994
W 45	02:19.70	Caroline Marier	GBR	46	2/1/1997
W 50	02:25.28	Caroline Marier	GBR	50	2/18/2001
W 55	02:36.75	Riet Jonkers Slegers	NED	55	3/13/1999
W 60	02:44.22	Carolyn Cappetta	USA	60	3/17/1996
W 65	02:53.54	Jeanne Daprano	USA	65	3/24/2002

Granstrom	CAN	87	3/27/1999
ime (Country)		Age	Heet Date
iena Fuchsova	CZE	36	2/25/2001
katerina	RUS	41	2/6/1994
roline Marier	GBR	46	2/1/1997
roline Marier	GBR	50	2/18/2001
et Jonkers Slegers	NED	55	3/13/1999
rolyn Cappetta	USA	60	3/17/1996
anne Daprano	USA	65	3/24/2002
dia Ritter	GER	7	3
zy MacLeod	USA	70	3/28/2004
uise Adams	USA	75	3/23/1997
Granstrom	CAN	84	3/31/1996
Granstrom	CAN	87	3/28/1999
me (Country)		Age	Heet Date
ry Slaney	USA	38	3/1/1997
katerina	URS	44	3/9/1997
Gallagher	GBR	45	11/17/1990
Callaghas	COR	7.0	11/1//1990

Long Ju Div. W 35 W 40 W 45 W 50 W 55 W 60	Mark Name (Co 6.86 Heike Drec 5.87 Anne Levar 5.75 Phil Raschi 5.00 Phil Raschi
DIV. W 35 W 40 W 45 W 50 W 55	Mark Name (Co 6.86 Heike Drec 5.87 Anne Levar 5.75 Phil Raschi
W 35 W 40 W 45 W 50 W 55	6.86 Heike Drec 5.87 Anne Levar 5.75 Phil Raschi
W 40 W 45 W 50 W 55	5.87 Anne Levar 5.75 Phil Raschi
W 45 W 50 W 55	5.75 Phil Raschi
W 50 W 55	
W 55	
W 60	4.79 Phil Raschi
	4.58 C. Schmalt
W 65	4.06 Elfriede Ho
W 70	3.50 Asta Larsse
W 75	3.10 Mary Holla
W 80	2.49 Mary Bowe
W 85	1.91 Olga Kotel
Triple	lumo
Div.	Mark Name (C
W 35	14.44 Inessa Kra
W 40	11 14 Janice Pry
W 40	p11.25 Christine
W 45	11.02 Danielle D
W 50	10.69 Anna Wlo
W 55	9.33 Phil Rasch
W 55	p9.40 Gertrude I
W 60	9.45 C. Schmal
W 65	8.12 Audrey La
W 70	7.99 Asta Larss
W 75	6.51 Kaleriya G
M 80	5.15 Margaret I
No.	
Shot P	ut (35-49: 4kg; 50+
DIV.	Mark Name (C
W 35	21.47 Helena Fit
W 40	19.16 Antonina
W 45	14.88 Ingrid Mili 13.79 Sominique
W 55	12.57 Karen Ilig
W 60	12.54 Karen Ilig
W 65	11.75 Rosemany
W 70	11.75 Rosemary 9.31 Suzanne V
W 75	7.75 lise Pleug
W 80	6.60 lise Pleug
W 85	5.81 Olga Kote
M 90	4.08 Margareta
3000 k	leter Recewalk
	Mark Name (C
W 35	12:28.76 Dana Vavi
W 40	12:33.10 Olena Ven
W 45	14:35.70 Vieno Heil
W 45	14:35.70 laqueline
W 50	
w 55	15:58.47 Waltraud
W 60	13:39.53 Waltraum
W 70	17:38.40 Mary Wort
W 75	17:38.40 Mary Wort 18:26.50 Beryl Rand 22:17.08 Millie Crew 21:34.40 Aina Engly
W 80	21:34 40 Mille Crew
W 85	21:34.40 Aina Engle 28:47.11 Dorothy Re
A COLUMN	TO THE DOTOTHY RO
	W 70 W 85 Triple : W 40 W

lle					
Iv.	Mark Name (Country)		Age	Meet Date	
35 40	Mark Name (Country) 04:59.28 Carol Urish-McLatchie 04:53.91 Joan Nesbit	USA	35	3/28/1987 1/25/2003	
45	05:08.60 Patty Blanchard	USA CAN CAN	45	1/25/2003	
50 55 60 65 70	05:22.74 Kathryn Martin 05:43.96 Joni Shirley			3/23/2002	
60	06:02.49 Marie Michelson	USA	61	3/29/2003	
70	06:28.91 Jeanne Daprano 07:19.44 Toshiko D'Elia	USA	65	3/29/2003 3/23/2002 3/24/2001	
75 80 85	05:43.96 Joni Shirley 06:02.49 Marie Michelson 06:28.91 Jeanne Daprano 07:19.44 Toshiko D'Ella 08:26.79 Louise Adams 12:05.93 Livy Granstrom 13:00.96 Livy Granstrom	USA	61 65 71 75 84 87	3/23/1997	
85	12:05.93 Ivy Granstrom 13:00.96 Ivy Granstrom	CAN	84	3/30/1996 3/28/1999	
	23.00.30.11, 0.0.00			2/20/1333	
000 P	leters				
v.	Mark Name (Country) 08:39.14 Regina Jacobs 09:02.83 Lyubov Kremiyova 09:11.67 Nicole Leveque		Age	Meet Date	
40	09:02.83 Lyubov Kremiyova	USA RUS FRA	40	3/5/1999	
45	09:02.83 Lyubov Kremiyova 09:11.67 Nicole Leveque 10:17.53 Pat Gallagher	FRA	45	1/22/2002 2/11/1996	
55	11:06.13 Pat Gallagher	GBR GBR GER	51 55	1/4/1997	
60	11:48.35 Rona Frederiks	GER	61	3/8/2001 3/8/2001	
50 55 60 65 70	14:07.09 Toshiko D'Elia	USA	71	1/10/2003 3/4/2001	
75	15:43.66 Louis Adams	USA	75	3/21/1997	
70 75 80 85	09:11.67 Nicole Leveque 10:11.63 Pat Gellagher 11:06.13 Pat Gellagher 11:06.13 Pat Gellagher 13:09.19 Jeanne Daprano 13:09.19 Jeanne Daprano 13:09.19 Jeanne Daprano 13:04.3.66 Louis Adams 23:43.66 Louis Adams 25:57.92 Ivy Granstrom 25:57.92 Ivy Granstrom	USA USA USA CAN CAN	87	3/29/1996 3/26/1999	
	urdles				
v. 35	Mark Name (Country)		Age	Heat Date	
35	8.04 Yelizaveta	RUS	35	1/27/1993	
45	8.73 Anne Moritz 8.79 Christine Muller	GER SUI	40	3/9/2001 3/13/2004	
50	9.38 Phil Raschker 9.84 Phil Raschker	USA USA SWE SWE	50	4/6/1997	
60	10.86 Asta Larsson	SWE	61	3/23/2003 3/13/1993	
65	8.79 Anne Moritz 8.79 Christine Muller 9.38 Phil Raschker 9.84 Phil Raschker 10.86 Asta Larsson 11.24 Asta Larsson 14.98 Leonore McDaniels 16.01 Johnnye Vallen	SWE	65	2/28/1997	
70	14.98 Leonore McDaniels 16.01 Johnnye Vallen	USA	70	4/5/1998 3/24/2001	
		-		3/14/1001	
m H	urdies (27")				
60	Mark Name (Country) 10.43 Friderun Kuemmerle- 11.63 Lelli Kaas 11.37 Asta Larsson	GFR	Age 63	3/13/2004	
65	11.63 Lelli Kaas	GER EST SWE	68	3/6/2003	
70 75	11.37 Asta Larsson 15.57 Kaleriya Gomberadze	SWE RUS	70 75	2/2/2002 3/13/2004	
"	13.37 Kalenya Gomberauze	KUS	"	3/13/2004	
gh J			4	THE BLOCK	
	Mark Name (Country)	UKR	Age 35	Meet Date 3/9/2001	
40	2.00 Inga Babakova 1.72 Debbie Brill 1.58 Phil Raschker	CAN	41	2/25/1995	
	1.58 Phil Raschker	NED	50	2/25/1995 1-21-0U	
50 55 60	1.48 Renate Vogel	GER	55	3/6/1999	
60	1.58 Mil Naschker 1.55 Weia Reinboud 1.48 Renate Vogel 1.37 Renate Vogel 1.28 Evelyn Wright 1.20 Christel Happ 1.12 Eleonore McDaniels 0.93 Gunni Svensson 0.99 Qua Kreiken	USA	66	Most Date 3/9/2001 2/25/1995 2/25/1995 1-21-0U 3/6/1999 3/14/2004 3/28/2003 12/12/2000 3/30/2003 11/19/2000	
65 70	1.20 Christel Happ	GER	71	12/12/2000	
70 75 80	1.12 Eleonore McDaniels	SWE	80	11/19/2000	
85	0.89 Olga Kotelko	CAN	85	3/10/2004	
ole V	oult				
lv.	Mark Name (Country) 4.25 Gabriella Minaicea	ROM	35 44	2/13/1999	
35 40 45		ITA	44	3/10/2004	
50	3.35 Dawn Hartigan 3.06 Phil Raschker	USA	53	3/10/2004 3/24/2000	
55	2.70 Karin Forster		57	3/10/2004	
60	2.80 Nadine O'Connor	USA	60	1/18/2003 2/3/2002	
70	2.00 Mary Bradford 2.09 Leonore McDaniels 1.80 Leonore McDaniels 1.20 Margaret Hinton	USA	47 53 57 60 65 70	4/5/1998	
75	1.80 Leonore McDaniels	USA	76	3/26/2004 3/24/2002	
80	1.20 Hargaret Hinton	USA		3/2-1/2002	
ong J				A STATE OF THE PARTY OF THE PAR	
lv.	Mark Name (Country) 6.86 Heike Drechsler 5.87 Anne Levard 5.75 Phil Raschker 5.00 Phil Raschker 4.79 Phil Raschker 4.58 C. Schmalbruch 4.06 Elfrede Hofmann 3.50 Asta Larsson	GER	35	Meet Date 2/27/2000	
40	5.87 Anne Levard	FRA	40	2/9/2002	
45	5.75 Phil Raschker			3/5/1994 3/1/1997	
55	5.00 Phil Raschker 4.79 Phil Raschker	USA	55	3/22/2002 3/6/1999 3/10/2004	
60	4.58 C. Schmalbruch 4.06 Elfriede Hofmann 3.50 Asta Larsson	GER	62	3/6/1999 3/10/2004	
70	3.50 Asta Larsson			3/6/2003	
75 80	3.10 Mary Holland	USA	71 76 82	3/25/2000 3/26/2000	
85	3.50 Asta Larsson 3.10 Mary Holland 2.49 Mary Bowermaster 1.91 Olga Kotelko	USA USA CAN	85	3/10/2004	
riple	Jump			Meet Date	
HV.	Mark Name (Country)	UKR	Ag 36	1/30/2003	
/ 35 / 40	Mark Name (Country) 14.44 Inessa Kravetz 11.14 Janice Pryce p11.25 Christine Hennebergi 11.02 Danielle Desmier	GBR	41	3/11/2001	
V 40	11.02 Danielle Desmier	USA	47	3/12/2004	
V 50	10.69 Anna Wiodarczyk	POL	51	3/30/2003	
1 55	9.33 Phil Raschker pp. 40 Gertrude Reisman 9.45 C. Schmalbruch 8.12 Audrey Lary 7.99 Asta Larsson 6.51 Kaleriya Gomberadzi	GER	7	3/24/2002 3/12/2004 3/7/1999	
60	9.45 C. Schmalbruch	GER	62	3/7/1999	
65	8.12 Audrey Lary 7.99 Asta Larsson	USA	71	3/7/1999 2/13/2000 3-90-35	
75		RUS	75	3-90-35 3/12/2004	
80	5.15 Margaret Hinton	USA	80	3/24/2002	
hot I	Put (35-49: 4kg; 50+ 3kg)			TRUMP,	
lv.	Mark Name (Country)	CZE	Ag	Meet Date 2/9/1985 2/24/1974	
35	19.16 Antonina Ivanova	URS	41	2/24/1974	
45	14.88 Ingrid Miller	SWE	45	1/31/1987	
155	21.47 Helena Fibingerova 19.16 Antonina Ivanova 14.88 Ingrid Miller 13.79 Sommique Ranzan 12.57 Karen Iligen 12.54 Karen Iligen 11.75 Rosemary Chrimes 9.31 Suzanne Wissinger 7.75 Ilise Pleuger	GER	55	2/28/1997	
65	12.54 Karen Iligen	GER	60	2/23/2002	
	9.31 Suzanne Wissinger	GER	70	3/11/2004	
75	11.75 Rosemary Chrimes 9.31 Suzanne Wissinger 7.75 lise Pleuger 6.60 lise Pleuger	GER	75 80	3/11/2004 3/5/1999	
85	5.81 Olga Kotelko 4.08 Margareta Sarvana	CAN	85	3/10/2004	
90	4.08 Margareta Sarvana	FIN	90	1/20/1999	
000	Heter Racewalk				
IV.	Mark Hama (Country)			e Neet Date	
35		TCH		3/4/1990	
-	12:33.10 Olena Veremiychuk	UKR		2/26/2000	

3000 I 40-44 45-49 50-54	Mile 40-44 45-49 50-54 55-59 60-84 65-69 70-74 75-79 80-84 85-89	1500 M 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80-84 85-89 90-94	800 Me 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80-84 85-89 90-94	400 Me 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80-84 85-89 90-94	200 Me 35-39 40-44 45-49 50-54 55-59 60-84 65-69 70-74 75-79 80-84 85-89 90-94 95-99 100+	Div. 60 Meta 35-39 40-44 45-49 50-54 55-59 60-84 65-69 70-74 85-89 90-94 100+
8:32.5 8:39.7 8:54.7	4:11.00 4:21.90 4:26.75 4:50.22 5:01.76 5:23.05 5:32.4 6:27.16 7:04.2 8:33.11	3:56.7 4:04.80 4:15.64 4:28.5 4:43.75 4:45.36 5:27.4 6:01.6 6:35.4 8:16.73 14:34.2	1:49.79 1:54.68 1:57.81 2:02.88 2:08.9 2:14.75 2:19.4 2:34:10 2:54.83 3:13.39 3:46.96 5:01.44	48.58 49.62 49.89 52.78 53.20 56.32 59.35 63.71 70.09 75.58 85.14	22.04 22.19 22.57 22.99 24.09 25.10 26.20 27.75 29.57 32.85 35.74 49.32 66.78 2:22.81	6.98

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USA Track & Field Indoor Age-Group Records

Approved by the Records Committee of USA Track & Field as of December 31, 2004

		Men's L	J.S. Indoor	Rec	ords	EXPLOSE	60m H		OCCUPATION.					1 Supe	rweight (3	5-69: 56#;	70+: 35#)			
Div.	Mark	Name		St	Age	Meet Date	35-39 40-44	7.56 7.96	Greg Karl	Foster Smith	MD	35	1994-03-04	35-39	12.76m	Ken	Jansson	KS	38	1996-03-31
60 Meters							45-49	8.36	Colin	Williams	MU	48	2000-03-25 2002-02-03	45-49	10.88m 11.10m	Dave Jim	Vandergriff Wetenhall	SC	40	1996-03-31 2004-03-28
35-39	6.98	Mitchell Eddie	Lovett	NY	36	1998-03-28	50-54 55-59	8.47 8.63	Walt Courtland	Butler	CA	51	1993-03-20	50-54	10.93m	Tom	Gage	MT	51	1995-02-26
40-44 45-49	6.97 7.02	Stan	Hart Whitley	CA	40	1990-03-24 1991-03-23	60-64	8.85	Courtland	Gray	TX	55	1999-02-14 2004-03-13	55-59	9.86m	Tom	Gage	MT	56	2000-03-26
50-54	7.23	Bill	Collins	TX	50	2001-03-24	65-69	9.77	Emil	Pawlik	MS	65	2004-03-13	65-69	9.06m 7.30m	Tom Bob	Gage	MT	60	2004-03-28 2001-03-25
55-59 60-64	7.53	Hugo Paul	Hartenstein Edens	CO	55 62	1990-03-24 2004-02-29	70-74 75-79	10.09	James Melvin	Stookey	MD	70	2000-03-25	70-74	10.30m	Bob	Ward	TX	70	2004-03-28
65-69	8.05	Harold	Tolson	CA	65	2003-03-29	80-84	12.23	Edwin	Lukens	NY	76	2001-01-19 2002-03-23	80-84 85-89	6.31m 4.96m	Thomas	McDermott Joslin	CT	80 85	1998-03-29
70-74	8.41	Harry	Brown	L	70	2000-03-25	85-89	18.26	Alfred	Guidet	CA	85	2003-03-29	90-94	2.70m	Leland	McPhie	CA	90	1998-02-15 2004-03-28
75-79 80-84	9.39	Melvin Roderick	Larsen Parker	AR	75 80	2000-03-25 1999-03-27	High Ju	amp					Marin Control	95-99	3.13m	Everett	Hosack	ОН	95	1997-03-23
85-89	9.86	Roderick	Parker	AK	85	2004-03-27	35-39	2.14m	Jim	Barrineau	VA	37	1993-03-21	100+	2.21m	Everett	Hosack	ОН	100	2002-03-24
	11.84	Ted Everett	Hatlen Hosack	CA	90	2001-03-24 2002-03-23	40-44 45-49	2.06m 1.93m	Jim Bruce	McBarnette	VA	40 45	1996-03-30 2003-03-29	Penta	thlon					
				0	100	2002-03-23	50-54	1.85m	John	Hartfield	TX	51	1996-03-29	35-39 40-44	3168pts	James	Wardle Foster	RI	36	1999-03-26 2003-03-28
200 Meter		Markell	Lovett	NY	36	1998-03-29	55-59 60-64	1.71m	John	Brown	MO	56	1986-01-11	45-49	3738pts 4001pts	Greg Ken	Ellis	OK	46	2004-03-26
	22.04	Mitchell Bill	Collins	TX	44	1995-02-26	65-69	1.65m 1.62m	Jim Jim	Gilcrist Gilcrist	FL	62	1990-03-24 1993-03-19	50-54	4161pts	John	Hartfield	TX MS	51	1996-03-29
45-49	22.57	Bill	Collins	TX	48 52	1999-02-14 2003-03-30	70-74	1.38m	Billy	Simmons	ОН	70	1999-04-11	55-59 60-64	4044pts 4107pts	Emil Emil	Pawlik Pawlik	MS	57	1996-03-29
	22.99 24.09	Bill Stephen	Collins Robbins	TX	56	1998-02-15	75-79 80-84	1.34m 1.22m	Bill Wesley	Wambach Ward	WI	75 82	2001-03-24 1992-02-15	65-69	4329pts	Emil	Pawlik	MS	65	2004-03-26
	25.10	Larry	Colbert	MD	61	1998-03-29	85-89	1.07m	Leland	McPhie	CA	88	2002-03-23	70-74 75-79	3501pts 3531pts	Bill Melvin	Jankovich Larsen	WI	70 76	2004-03-26 2001-02-23
	26.20 27.75	Larry	Colbert	MD	65 70	2002-03-24 2000-03-26	90-94 95-99	1.05m 0.86m	Leland Everett	McPhie Hosack	CA	90 95	2004-03-27 1997-03-02	80-84	1636pts	Claude	Hills	PA	83	1996-03-29
	29.57	Melvin	Larsen	A	75	2000-03-26		0.00111	Lvoieu	Hosack	On	93	1991-03-02		- WIND	ON				
80-84	32.85	Jim	Manno	NJ AR	80 85	2001-03-25	Pole V	ault						35-39	11:29.87	Jonathan	Matthews	MA		1999-01-22
	35.74 49.32	Roderick	Parker Springer	TN	90	2004-03-28	35-39	5.08m	Gary	Hunter	IN	36	1992-04-04	40-44	12:25.9	Ray	Funkhouser	NJ		1993-01-10
	66.78	Everett	Hosack	ОН	95	1997-04-06	40-44	5.18m	Earl	Bell	AR	40	1995-08-26	45-49	12:38.71	Don	DeNoon	L		1993-02-20 1994-02-04
100+ 2:	22.81	Everett	Hosack	ОН	100	2002-03-16	45-49 50-54	4.78m 4.32m	Gary Vincent	Hunter Struble	IN NC	45 51	2001-03-24 2002-03-23	50-54 55-59	12:34.9	Don Don	DeNoon DeNoon	i		1999-02-13
400 Meter		. ***					55-59	4.10m	Matti	Kilpelainen	MI	57	2003-02-15	60-64	14:22.23	Don	DeNoon	MA		2004-03-28
	48.58	Mitchell	Lovett	NY	36	1998-03-28	65-69	3.91m 3.42m	Dale	Lance	OK	60	1998-03-27	65-69 70-74	15:30.50 16:07.46	Paul Jack	Johnson Bray	MA		2000-03-30
	49.62	Ray	Blackwell	DE	42	2001-03-24	70-74	3.15m	Boo	Donley Morcom	CO PA	65 71	1995-02-25 1993-01-08	75-79	17:52.74	Jack	Starr	MA		2000-03-28
	49.89 52.78	Fred Bill	Sowerby Collins	NV TX	45 50	1994-01-29 2001-03-24	75-79 80-84	2.82m	Carol	Johnston	CA	76	1988-03-19	80-84 85-89	21:04.36 22:29.58	Charles Bill	Boyle Patterson	MA		3/28/2004 2001-03-25
55-59	53.20	Charles	Allie	NY	56	2004-03-21	85-89	2.75m 1.67m	William A.E.	Bell Pitcher	AR	80 86	2002-03-22 1988-03-19	03-09	22.28.30	DIII	Patterson	-		2001-03-23
	56.32 59.35	Larry	Colbert	MD	60 65	1997-03-22 2002-03-23			011-97				WOUT THE STATE OF	5000r	n Racewa					1994-03-05
	63.71	Harry	Brown	IL	70	2000-03-25	Long J	ump				8		35-39	20:01.50	Jonathan Jonathan	Matthews Matthews	GA GA		1998-02-28
	70.09 75.58	Rodney	Brown Parker	UT	76 80	2003-03-29 1999-03-27	40-44 45-49	7.03m 6.62m	Stan Stan	Whitley	CA	40	1986-02-22	50-54	21:42.71	Don	DeNoon	GA		1994-03-05
85-89	85.14	Roderick	Parker	AK	85	2004-03-27	50-54	6.31m	Shirley	Whitley Davisson	CA	45 50	1991-03-23 1980-03-29	55-59	29:37.0	Don	DeNoon	KS		2002-12-06
90-94 1:	57.00	Max	Springer	TN	90	2004-03-27	55-59	5.87m	Boo	Morcom	PA	55	1977-03-13			THE P			1118	
800 Meter	rs						60-64 65-69	5.58m 5.31m	Dick Melvin	Richards Larsen	CA	62 66	1997-03-22 1991-01-13	1500	WORLD IN	-04	to the later	ortove.	ALC: N	manuscript College
	49.79	Johnny	Gray	CA	35	1996-02-19	65-69	5.31m	Dick	Richards	CA	66	2001-02-25			Nomen's	U.S. Indo	or R	ecor	ds
	54.68	Anselm	Lebourne	NJ	40	2000-02-12	70-74 75-79	5.05m 4.31m	Melvin Melvin	Larsen	IA	70	1995-02-25	Div.	Mark	Name	Metalintan	St		Meet Date
	57.81 02.88	Ken Nolan	Sparks Shaheed	OH	45 51	1990-03-25 2001-03-25	80-84	4.01m	Edwin	Lukens	NY	75 80	2000-03-25 2002-03-23	60 M	ters	EXPENSES.		4915		
55-59 2	2:08.9	Ken	Baker	NJ	55	1992-03-22	85-89 90-94	3.10m	Clarence	Trahan	CA	85	2000-03-25	35-39	7.86	Alethea	Morris	NY	37	2002-02-15
	14.75	Sidney	Howard Howard	NJ	60 65	1999-02-26 2004-02-26	80-84	3.15m	Max	Springer	TN	90	2004-03-27	40-44	7.96	Lesia	Batiste	LA	41	2003-03-29
Carried Control	34:10	James	Sutton	PA	70	2002-02-22	Triple J	lumn						45-49 50-54	8.02 8.05	Phil Phil	Raschker	GA GA	48 50	1995-02-25 1997-03-01
	54.83 13.39	Archie	Messenger	NY	75	1999-03-28	35-39	11.67m	James	Tunstall	VA	39	2004-03-28	55-59	8.59	Phil	Raschker	GA	55	2002-03-23
	46.96	Roderick Vincent	Parker Malizia	AR CA	80 85	1999-03-28	40-44	16.08m	Ray	Kimble	CA	40	1988-03-12	65-69	8.91 9.64	Kathy Audrey	Jager Lary	AZ MD	60 65	2004-02-15
90-94 5:	01.44	Max	Springer	TN	90	2004-03-28	45-49 50-54	14.82m 12.38m	Milan Dave	Tiff Jackson	CA	46	1995-02-26	70-74	10.36	Mary	Bowermaster	ОН	71	2000-03-25 1989-04-01
1500 Met	-					AND DESCRIPTION OF THE PERSON	55-59	11.37m	Frank	Struna	CA MT	51 58	1983-03-27 2000-01-28	75-79 80-84	11.08 11.52	Mary	Holland	MI	76	2000-03-25
	3:56.7	Ken	Popejoy	IL	40	1991-03-16	60-64 65-69	11.06m 10.86m	Edwin Tom	Lukens	NY	63	1985-03-24	00-04	11.52	mary	Bowermaster	ОН	82	2000-03-25
	04.80	Ken	Sparks	ОН	45	1990-03-24	70-74	9.97m	Edwin	Patsalis Lukens	CA	66 70	1987-03-29 1993-03-19	200 M	eters					
	15.64 4:28.5	Albin Victor	Swenson Heckler	CT	51 55	1998-03-15 1998-03-15	75-79 80-84	9.38m	Edwin	Lukens	NY	75	1997-03-21	35-39	25.04	Alethea	Morris	NY	35	2000-03-26
60-64 4:	43.75	James	Sutton	PA	61	1993-03-07	85-89	8.65m 6.31m	Edwin Clarence	Lukens Trahan	CA	81 85	2003-03-30 2002-03-24	40-44	25.61 26.18	Lesia Phil	Batiste Raschker	GA	41	2003-03-30 1995-02-26
	45.36 5:27.4	Sidney	Howard Newman	NJ	65 70	2004-03-06	90-94	5.09m	Max	Springer	TN	90	2004-03-28	50-54	26.52	Phil	Raschker	GA	50	1997-03-02
	6:01.6	Austin	Newman	NJ	75	1986-03-23 1991-02-24								55-59 60-64	30.00 30.59	Adlin	Mair	NY	55	1997-03-23
	6:35.4	Austin	Newman	NJ	80	1996-02-11	Shot	Put (35-4	9: 16#; 50-	59: 6kg; 60-69:	: 5kg;	70+:	4kg)	65-69	32.25	Kathy Carolyn	Jager Cappetta	AZ MA	60	2004-03-28 2001-03-25
	16.73	Vincent	Malizia Kirk	MT	85 91	2000-02-06 1987-01-11	40-44 45-49	20.07m	Brian	Oldfield	IL	40	1986-01-17	70-74	35.58	Pat	Peterson	NY	71	1998-03-29
		100	make de		-		50-54	16.43m 16.65m	Robert	Otrando Summers	MA IL	45 51	2002-01-11 2004-03-27	75-79 80-84	40.59 57.61	Mary Pearl	Holland Mehl	CO	75 81	1999-03-28 1996-03-31
Mile						4	55-59	15.74m	Joe	Keshmiri	NV	56	1995-02-25	1000			ON SULL OF	-		.000031
	11.00	Bill	Stewart	MI	40	1983-01-22	65-69	15.77m 14.01m	Joe Gerald	Keshmiri Vaughn	NV	60	1998-03-28	400 M	eters					
	21.90 26.75	Albin Nolan	Swenson	CT	46	1993-02-26	70-74	13.55m	Amie	Gaynor	NC CA	65 71	2001-02-25 1999-03-26	35-39	56.66	Alethea	Morris	NY	35	2000-03-25
	50.22	Victor	Shaheed Heckler	CA	52 56	2002-03-02 1998-12-19	75-79 80-84	12.30m	Ross	Carter	OR	76	1990-03-24	40-44	57.40	Lesia	Batiste	LA	41	2003-03-29
	01.76	Dan	Conway	MN	60	1999-03-27	85-89	11.45m 9.68m	Ross	Carter	OR OR		1995-02-25 1999-03-26	45-49 50-54	62.55 62.82	DeeDee Jacqueline	Grafius Board	CA	46 50	1996-02-18
	23.05	Sidney	Howard Carter	MA	65 70	2004-03-27 1987-03-15	90-94	6.71m	Leland	McPhie	CA	90	2004-03-27	55-59	67,39	Carolyn	Cappetta	MA	59	1995-02-25
75-79 6:2	27.16	John	Hosner	VA	75	2000-02-26	100+	3.66m	Everett	Hosack	ОН	100	2002-03-16	65-69	70.69	Carolyn	Cappetta Cappetta	MA	65	1996-01-05
	:04.2	Paul	Spangler	CA	80	1979-03-18	- 500							70-74	87.26	Suzi	MacLeod	OR	70	2001-03-24 2004-03-27
0.00	33.11	Vincent	Malizia	CA	85	2000-03-25	Weigi	nt Throw	(35-49: 35#	50-59: 25#, 60-69:	20#, 70	79: 16	#; 80+: 12#)	75-79 80-84	1:41.15	Louise Carol	Adams Peebles	CO	75	1997-03-22
3000 Mete							35-39 40-44	23.86m 22.52m	Lance	Deal	UH	38	2000-01-22	80-64	2.15.07	Caro	recoles	W	82	2004-02-22
	32.52	Craig	Fram	NH	42	2001-03-23	45-49	19.58m	Ed Harold	Burke	CA			800 M			100			
45-49 8:	39.74	Craig	Fram	NH	45	2004-01-18	50-54	17.66m	Tim	Edwards	CC	53	2002-02-23	35-39 40-44	2:14.94 2:16.01	Nancy Rose	Shafer Monday	CA	35	1987-02-20
	54.73	Nolan Victor	Shaheed Heckler	CA	51 55	2001-03-23 1998-03-07	55-59 60-64	19.70m 22.82m	Tom	Gage Gage	MT			45-49	2:23.33	DeeDee	Grafius	CA	46	2001-03-25 1996-02-17
60-64 10:0	01.96	Dan	Conway	MN	60	1999-03-26	65-69	16.63m	Bob	Ward	TX	68	2002-03-22	50-54	2:28.07	Kathryn	Martin	NY	52	2004-03-28
	50.40	Paul	Heitzman	KS MA	67 70	1998-03-27 1987-03-15	70-74 75-79	19.09m 12.88m	Bob	Ward	TX	70	2004-03-26	55-59 60-64	2:37.5	Sylvie Carolyn	Cappetta	OH MA	56 61	2003-03-23 1996-03-17
	27.6 10.84	Scotty	Carter Funk	MT	78	1993-03-21	80-84	13.91m	James Robert	Crawford Horsley	CT			65-69	2:53.54	Jeanne	Daprano	GA	65	2002-03-24
80-84 14:4	42.91	Austin	Newman	NJ	80	1996-03-29	85-89 90-94	10.14m	David	Schlothauer	MA	85	2003-03-28	70-74 75-79	3:20.14	Suzi Louise	MacLeod Adams	OR	70 75	2004-03-28 1997-03-23
85-89 18: 90-94 23:	54.49 21.12	Dudley Max	Healy Springer	TN	85 90	2000-03-24 2004-03-26	100+	6.96m 5.10m	Leland Everett	McPhie Hosack	CA			80-84	5:19.86	Pearl	Mehl	co	82	1996-03-31
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1500	Meters	-	The same	100	MAIN!		Pole \	/aut	ST. ST.					
35-39		Cindy	Bremser	WI	37	1991-03-23	40-44	2.60m	Donna	Schultz	OR	41	1999-02-20	
40-44	4:48.40	Kathy	McIntyre	NY	41	1990-02-20	45-49	3.31m	Phil	Raschker	GA	49	1996-03-17	
45-49	5:03.36	Marge	Bellisle	RI	48	2004-03-06	50-54	3.06m	Phil	Raschker	GA	53	2000-03-24	
50-54	4:57.6	Kathryn	Martin	NY	52	2004-02-08	55-59	2.60m	Phil	Raschker	GA	55	2002-03-22	
55-59	5:22.7	Joni	Shirley	CA	55	2002-03-23	60-64	2.88m	Nadine	O'Connor	CA	61	2004-02-29	
60-64	5:39.32	Marie	Michelsohn	NY	62	2004-02-22	65-69	2.00m	Mary Lou	Bradford	TX	65	2002-02-03	
65-69	6:06.14	Jeanne	Daprano	GA	65	2002-02-24	70-74	2.00m	Leonore	McDaniels	VA	70	1998-04-05	
70-74	6:51.24	Toshiko	d'Elia	NJ	70	2000-02-13	75-79	1.80m	Leonore	McDaniels	VA	76	2004-03-26	
75-79	7:43.3	Pearl	Mehl	CO	75	1989-04-01	80-84	1.20m	Margaret	Hinton	TX	80	2002-03-22	
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35-39	4:59.28	Carol	Urish-McLatchie	TX	35	1987-03-28	40-44	5.61m	Phil	Raschker	GA	40	1987-03-28	
40-44	4:53.91	Joan	Nesbit	NC	40	2002-03-23	45-49	5.75m	Phil	Raschker	GA	47	1994-03-05	
45-49	5:18.10	Patti	Ford	NY	45	2001-01-20	50-54	5.00m	Phil	Raschker	GA	50	1997-03-01	
50-54	5:14.00	Kathryn	Martin	NY	52	2004-03-21	55-59	4.79m	Phil	Raschker	GA	55	2002-03-22	
55-59	5:43.96	Joni	Shirley	CA	55	2002-03-23	60-64	3.92m	Barbara	Cleveland	FL	60	2000-03-25	
60-64	6:02.49	Marie	Michelsohn	NY	61	2003-03-29	65-69	3.87m	Audrey	Lary	MD	65	2003-03-29	8
65-69	6:28.91	Jeanne	Daprano	GA	65	2002-03-23	70-74	3.40m	Leonore	McDaniels	VA	70	1998-03-28	
70-74	7:19.44	Toshiko	d'Elia	NJ	71	2001-03-24	75-79	3.10m	Mary	Holland	MI	76	2000-03-25	
75-79	8:26.79	Louise	Adams	CO	75	1997-03-23	80-84	2.49m	Mary	Bowermaster	ОН	82	2000-03-25	
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35-39	9:34.08	Leslie	Lehane	MA	35	1000 00 07	45-49	10.91m	Joan	Stratton	CA	45	1997-01-12	
40-44	9:58.88	Madelyn	NoeSchientz	MA		1998-03-27	50-54	12.66m	Joanne	Grissom	IN	51	1990-03-25	
45-49	10:02.55	Joan	Samuelson	ME	41	2002-01-04	55-59	11.88m	Joanne	Grissom	IN	55	1994-02-05	
50-54	10:23.84	Kathryn	Martin		46	2003-03-29	60-64	11.16m	Joanne	Grissom	IN	61	2000-01-23	
55-59	11:25.05	Joan	Ottaway	NY	52	2004-03-26	65-69	9.17m	Mary	Roman	CT	65	2001-02-11	
60-64	11:49.41	Marie	Michelsohn	CA	56	2000-03-24	70-74	7.76m	Mary	Bowermaster	ОН	71	1989-04-02	
65-69	13:09.19	Jeanne	Daprano		62	2004-03-06	75-79	6.89m	Johnnye	Valien	CA	75	2001-03-24	
70-74	14:07.09	Toshiko	d'Elia	GA	66	2003-01-10	80-84	6.30m	Mary	Bowermaster	ОН	82	2000-03-25	
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					35		35-39	11.07m	Regina	Richardson	NC	39	2004-03-28	
	lurdles						40-44	10.78m	Phil	Raschker	GA	41	1988-03-20	
35-39	8.96	Charlene	Landrum	NY	36	2001-03-24	45-49	10.82m	Phil	Raschker	GA	45	1993-03-19	
10-44	9.60	Phil	Raschker	GA	43	1991-02-16	50-54	10.49m	Phil	Raschker	GA	50	1997-03-21	
15-49	9.18	Phil	Raschker	GA	48	1995-02-25	55-59	9.33m	Phil	Raschker	GA	55	2002-03-24	
0-54	9.38	Phil		GA	50	1997-04-06	60-64	8.18m	Evelyn	Wright	MD	62	2000-03-24	
5-59	9.84	Phil		GA	56	2003-03-28	65-69	8.12m	Audrey	Lary	MD	65	2000-02-13	
0-64	12.38	Christel		CA	62	1997-03-22	70-74	6.80m	Leonore	McDaniels	VA	70	1998-03-27	
5-69	13.01	Barbara		VT	65	2003-03-28	75-79	8.47m	Leonore	McDaniels	VA	75	2003-03-30	
0-74	14.98	Leonore		VA	70	1998-04-05	80-84	5.15m	Margaret	Hinton	TX	80	2002-03-24	
5-79	16.01	Johnnye		CA	75	2001-03-24	SUCCESS		The second	11111011			2002-03-24	
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35-39	1.70m	Anne	Jennings	MA	36	2000-03-26	40-44	17.12m	Oneithea	Lewis	NY	42	2003-03-28	藝
10-44	1.55m	Kimberly	Harrell	TN	40	2000-03-26	45-49	12.17m	Joan	Stratton	CA	45	1997-02-16	14
15-49	1.58m	Phil	Raschker	GA	48	1995-02-25	50-54	15.42m	Vanessa	Hilliard	FL	54	1996-03-30	
50-54	1.53m	Phil	Raschker	GA	50	1997-03-23	55-59	14.99m	Vanessa	Hilliard	FL	55	1997-03-21	
55-59	1.46m	Phil		GA	56	2003-03-28	60-64	14.04m	Carol	Young	MI	62	2002-03-22	
30-64	1.30m	Kathy	Bergen	CA	63	2003-01-12	65-69	11.59m	Evelyn	Wright	MD	66	2004-03-28	
5-69	1.28m	Evelyn		VA	65	2003-03-28	70-74	8.42m	Lillian	Snaden	SC	74	2004-03-26	
70-74	1.15m	Leonore		VA	70	1998-03-29	75-79	5.74m	Johnnye	Valien	CA	76	2002-03-28	
75-79	1.12m	Leonore		VA	75	2003-03-30	80-84	6.45m	Margaret	Hinton	TX	80	2002-03-22	
30-84	0.92m	Margaret	Hinton	TX	81	2003-03-30	85-89	7.82m	Betty	Jarvis	NC	88	2004-03-26	
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	5-59: 35#;	00+. 25#)			
9 8.11m	Sarah	Boslaugh	NY	39	1998-03-3
4 10.79m	Oneithea	Lewis	NY	42	2003-03-3
9 7.42m	Joan	Stratton	CA	45	1997-03-2
4 11.42m	Vanessa	Hilliard	FL	53	1995-03-3
9 11.21m	Vanessa	Hilliard	FL	55	1997-03-2
4 8.13m	Carol	Young	MI	61	2001-03-2
9 6.60m	Audrey	Lary	MD	65	2000-03-2
4 5.45m	Lillian	Snaden	SC	73	2003-04-0
9 4.37m	Margaret	Hinton	TX	79	2001-03-2
4 4.08m	Margaret	Hinton	TX	81	2003-03-3
tathlon					
4 3146pts	Irene	Thompson	NY	44	1999-03-2
9 4001pts	Phil	Raschker	GA	49	1996-03-2
4 4153pts	Phil	Raschker	GA	53	2000-03-2
9 4820pts	Phil	Raschker	GA	56	2003-03-2
4 3353pts	Christel	Miller	CA	61	1996-03-2
9 3556pts	Barbara	Jordan	VT	68	2004-03-2
4 3653pts	Johnnye	Valien	CA	70	1996-03-2
9 3860pts	Johnnye	Valien	CA	75	2001-03-2
Om Racewall	k set				
9 12:36.76	Joanne	Dow	NY		2004-02-2
4 13:46.73	Maryanne	Torrellas	MA		1999-03-2
9 14:37.86	Maryanne	Torrellas	MA		2004-03-2
4 15:04.35	Gayle	Johnson	WI		2001-02-1
9 16:22.41					2004-02-2
5 17:15.24	Elton				2000-02-20
9 17:48.25			100000		1997-02-08
4 19:08.86					2000-03-30
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9 20:50.00					2004-03-20
5 17:15 9 17:46	24 25 86	24 Elton 25 Ruth 86 Shirley .00 Kate	.24 Elton Richardson .25 Ruth Eberle .86 Shirley Dockstader .00 Kate Marrs	.24 Elton Richardson NY .25 Ruth Eberle IL .86 Shirley Dockstader MA .00 Kate Marrs MA	.24 Elton Richardson NY .25 Ruth Eberle IL .86 Shirley Dockstader MA

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 be listed in the paper as a *National Masters News* sustainer.

Men's World Indoor Masters Relay Records (as of Jan. 8, 2005)

4x200			
Div.	Mark Name (Country)		Meet Date
M 35-39	01:32.00 ?/?/?/?	GER	3/14/2004
M40-49	01:31.40 Schiro-Gonera-Crain-Blackwell	USA	3/17/2001
M50-59	01:37.37 7/7/7/7	GBR	3/14/2004
M60-69	01:45.24 ?/?/?/?	GER	3/14/2004
M70-79	01:58.71 7/7/7/?	GER	3/14/2004
M80-89	02:26.29 Marabutti-Colo-Sansonetti-	ITA	3/11/2001
4x400			
Div.	Mark Name (Country)		Meet Date
M40-49	03:31.04 Allah-Gonera-Schiro-Blackwell	USA	3/26/2000
M50-59	03:40.21 Schiro-Blake-Pierce-Gonera	USA	3/8/2003
M60-69	04:25.55 Byrd-Irwin-Berstein-Haviland	USA	3/4/2001
4x800			Barrie and the last
Div.	Mark Name (Country)		Meet Date
M40-49	08:08.00 Dalton-Serafini-Nearman-	USA	4/1/2000
M50-59	08:55.30 Nolan-Lapp-Sepkowski-Reinhart	USA	3/4/2001
M60-69	09:58.00 Aneshansley-Hamner-Goluskin-	USA	3/17/2002

Women's World Indoor Masters Relay Records (as of Jan. 8, 2005)

		The state of the s		
	4x200	是 1000 CO		P
	DIV.	Mark Name (Country)		Meet Date
	W35-39	01:44.23 7/7/7/7	GER	3/14/2004
	W40-49	01:44.34 ?/?/?/?	GER	3/14/2004
	W50-59	01:56.93 Parsons-Lewington-Priestman-	GBR	3/11/2001
	W60-69	02:17.18 7/7/7/7	GBR	3/9/2003
	W70-79	02:51.15 7/7/7/7	GER	3/14/2004
	4x400		Section 1	
	Div.	Mark Name (Country)		Meet Date
	W35-39	06:21.80 Iba-Selby-Chou-Bergen	USA	3/26/2000
	W40-49	04:34.23 Senn-Visgass-Anderson-McKeough	USA	3/30/2003
7	W40-49	4:33.14p Anderson-McKeough-Senn-Stamm	USA	5,50,2005
	W50-59	04:45.72 Michelsohn-SmithHanna-Martin-	USA	3/30/2003
	W60-69	06:28.02 Burguess-Hals-Hareda-Hays	USA	3/26/2000
	4x800	Charles in the beautiful in the section of the sect		
	DIV.	Mark Name (Country)		Meet Date
	W35-39	10:01.90 Mannen-Miloski-Pearsall-Martin	USA	3/22/2003
	W40-49	10:15.98 McCaffrey, Yaworski, Richardson,	CAN	1/18/2003
40%	W50-59	11:38.14 Michelsohn-Trotto-SmithHanna-	USA	3/23/2002
-	W60-69	16:08.70 Finger-Kileen-Delaney-Stanfones	USA	2/25/2000
		The state of the s	1	

Men's American Relay Records (As of Dec. 31, 2004)

Div.	Mark	Club	Team Members	Meet Date	Meet Site
4x400					And out out 19
40-49	3:33.3	NYPC	Gaton/Small/Shane/O'Neal	1980-03-29	Syracuse, NY
40-49	3:31.04	USA	Allah/Gonera/Schiro/Blackwell	2000-03-26	Boston, MA
50-59	3:47.32	NYPC	Small/Rizzo/Shane/Burrell	1992-04-05	Columbus, OH
50-59	3:40.21	USA	Schiro/Blake/Pierce/Gonera	2003-03-08	New York, NY
60-69	4:25.55	SAC	John/Byrd/Bernstein/Haviland	2001-03-04	New York, NY
70-79	5:42.97	MWM	Larsen/Melville/Lehmkuhl/Brown	2004-03-28	Boston, MA
4x800			The second of the second	20010020	Doston, net
30-39	8:11.58	FIBO	Nash/Wensel/VanCleve/Yorges	2004-03-27	Boston, MA
40-49	8:15.29	WVTC	Mason/Thomas/Franklin/Barnett	1988-03-19	Baton Rouge, LA
40-49	8:07.6	USA	Dalton/Serafini/Nearman/Lebourne	2000-04-01	New York, NY
50-59	9:20.1	SAC	Nolan/Brockwell/Sepkowski/Kuhi	1999-03-14	New York, NY
50-59	9:08.74	USA	Price/Myers/Brown/Green	1999-03-28	Boston, MA
60-69	9:58.0	CPTC	Aneshansley/Hamner/Goluskin/Howard	2002-03-17	New York, NY
			The second secon		

Women's American Relay Records

	1.07		(Ma 01 Dec. 31, 2004)		
DIV. 4x400	Mark	Club	Team Members	Meet Date	Meet Site
30-39 40-49 40-49 50-59 50-59 60-69 60-69 4x800	6:21.80 4:50.38 4:33.14 5:14.23 4:43.27 8:35.43 5:16.99	CTC USA BTC LAC USA LAC USA	Iba/Selby/Chou/Bergen Selby/Woodward/Board/McField Anderson/McKeough/Senn/Stamm Riodan/Cappetta/Reed/Gustafson Martin/Warren/Pinto/Steinback Johnson/Hayes/Harada/Burguess Michelsohn/ingalls/Daprano/TaskerRothenberg	2000-03-26 2004-03-28 2003-0-0 2000-03-26 2004-03-28 2001-03-25 2004-03-28	Boston, MA Boston, MA New York, NY Boston, MA Boston, MA Boston, MA
30-39 30-39 40-49 50-59 50-59 60-69	10:23.6 10:01.9 10:16.7 12:49.94 11:38.14 13:42.73	CPTC USA CPTC LAC USA LAC	Mannen/Miloski/Pearsall/Creamer Mannen/Miloski/Pearsall/Martin Adams/Creamer/Krogstad/Borkowski Reed/Igoe/Wright/Bullerjahn Michelsohn/Trotto/SmithHanna/Martin Harada/Parsi/Wright/Reed	2003-02-27 2003-03-22 2003-03-22 2001-03-24 2002-03-23 2004-03-27	New York, NY New York, NY New York, NY Boston, MA Boston, MA Boston, MA
BTC CTC:	Bohemia California			TELEVISION IN	Internal

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Rocket City Marathon

Continued from page 1

also halved to \$750 and given three deep (\$500 and \$250), compared to six deep in past years.

Since the decision to include prize money was not made until Nov. 4, there was little time to distribute the information prior to the race, which probably resulted in a less competitive field in the 40-44 age groups than in past years.

Sanders realized only the night before the race that he might be a contender for the top prize.

"I had come to the race just wanting to run a Boston qualifying time," Sanders said. "When I saw the seed list that was posted, I got a little excited. I thought I could run around a sixminute pace and that looked pretty good in comparison."

And that was what Sanders did, and it turned out to be a winning strategy.

"For the first 10K, I was in a group of runners and was probably around 20th overall," Sanders continued.

"From there, I hooked up with some guys - Don Coffman's son Eric was one of them - who said they wanted to average around a six-minute pace."

Sanders is originally from the Detroit area and ran at Hillsdale College, a Michigan NAIA school, where he was a nine-time NAIA All-American.

His best distance was the 10K, but he was only able to break 30 minutes once in college.

After college, he joined a group of runners coached by 1964 5000 Olympic gold medalist Bob Schul and stayed with Schul for the next six years, working his 10K PR down to 28:22 in 1991.

"After working with Coach Schul, I joined the Army and was part of their military track team for four years," Sanders said. "That was a great experience."

Following his Army tour, Sanders acquired a teaching degree from Murray State (Kentucky) and this led to his present assignment at UT-Martin.

His best 10K time since turning 40 was 30:36, and he considers his 1:09:04 in the St. Jude Memphis Half-Marathon in 2003 his best recent performance.

Name is Almost the Same

Not only is the woman masters winner's name similar to the men's, Barbara Saunders is also a Michigan native. Although she was primarily a sprinter in high school and college, she has been the local dominant distance athlete for the past 15 years. In her first year as a master, 1999, she ran a PR of 2:57:52 at Rocket City, but had not run the race since 2000.

After the race, she told Huntsville Times writer Skip Vaughn, "I had a goal to run faster than I did, but I just didn't have it. I was grinding out the last half."

Saunders also runs ultras. She set the masters course record at 5:11:04 when she won Huntsville's Mountain Mist 50K Trail Run for the second time in 2000.

Saunders is also an outstanding biker and was a member of the U.S. duathlon team in the World Duathlon Championship in Germany in 1998 and in North Carolina in 1999.

In addition, her swimming ability, coupled with her running and biking, make her the masters favorite in most triathlons she enters.

Cheryl Boessow, 44, Birmingham, Ala., was the second master (3:14:07), and Sue Bozgoz, 40, Fayetteville, GA, was third (3:16:45).

Boessow, a three-time overall women's winner here in 1988-90, was also second master last year when Russian master Alevtina Naumova won the race.

The Real Trail Running Deal

Although Saunders is highly regarded as a trail runner, the secondplace male master (2:44:08), DeWayne Satterfield, of Huntsville, is legendary. He has won the Mountain Mist 50K eight of the 10 times the race has been contested.

His 4:03:47 at age 37 in 2002 was the record until Ian Torrence, 31, of Utah, lowered it last year.

Satterfield's personal marathon best, 2:41, came at Rocket City in 1999. He has completed 45 marathons and finished 100 ultras.

"I went out conservative," he told Vaughn. "I actually ran the first half in 1:23 and the second half in 1:21."

For Huntsville runners, that means Satterfield was again a favorite for the January 29 Mountain Mist, where he was expected to establish a new masters record in his first year as a 40year-old.

Making the "Age" Grade

The third-place master, McCluskey, 56, ran 2:45:54/A-G 2:24:06, winning, in addition to master's money, the age-graded top prize given to the top three grand masters.

Second-place age-graded money went to Don Coffman, 61, with his 2:57:37/A-G 2:27:24. Coffman won the Rocket City masters title six times in his younger masters years.

Coffman also loves cross-country and on the weekend before Rocket City had been in Oregon for the National Masters Club Championships, where he took first in the M60 division and helped his Victory AC win the team championship.

Romesser, 54, who finished as the fourth master in 2:47:54/A-G 2:28:09, earned age-graded money for his third-best grandmaster's age-graded performance.

Dean Godwin, 65, Akin, S.C., and Garry Elkins, 62, Gadsden, Ala., were the last two runners to complete all 27 previous Rocket City Marathons. Both started again this year, but Godwin had problems with his hip and had to stop at 10 miles. Elkins' 3:40:13 this year leaves him as the only runner who has completed all 28.

"Dean is so tough that I thought he would be the one to last the longest,"

Creatiview - CAS !



CARL SENKBEIL
Barbara Saunders, 45, first W40+ (3:10:56),
Rocket City Marathon.

Elkins said. "I told him to be sure to come back next year to help me keep the string going."

Registration numbers were down this year from 1067 to 869 (541 masters). Race director Gillis thinks the



CARL SENKBEIL

Cheryl Boessow, second W40+ (3:14:07), Rocket City Marathon.

fact that entry forms were mailed later this year, while waiting to see if the race would have sponsorship, had a lot to do with the decrease.

There were 766 finishers (481 masters – 62.8%) in the race. □

Joe Beard

StrejeL user Joe Beard, 60, recently took home 13 medals – 3 silver and 10 gold – from the Nevada Senior Olympics, Las Vegas.

From sprinting to jumping to throwing, Beard was a human dynamo, taking golds in the 200 meter dash, high jump, running and standing long jumps, triple jump, javelin, discus, hammer, weight and shot put; and silver in the 50 meter dash, 100 meter dash, and weight pentathlon.

Beard has adopted Olympian training techniques, inluding re-programming muscle memory so he can walk and run with right hand and right foot or left foot and left handmoving forward at the same time.

Beard also uses a strigil (S-shaped copper instrument) to scrape off oil, dirt and sweat during post-training massage. Today Beard and his brother, Buddy (also his trainer), are marketing their own brand of strigil under the name of StrejeL.

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Technical Tips for Better Weight Throwing

ome coaches underestimate the value of weight throwing, especially during the indoor season. Others even suggest eliminating this throwing discipline. Is it the same as hammer throwing? Well, yes and no. The technique is practically the same, but the body mechanics are a bit different. I would compare it to sprinting 60m and 100 or 200. The technique is practically the same, but the internal body works are slightly different. As a coach and hammer/weight thrower, I strongly believe that the weight throw is not only a great throwing discipline, but, especially in winter, a very valuable continuum for hammer throwing development.

For many years I have been promoting indoor weight throwing as an excellent preparation for outdoor hammer throwing and finally, at least in Quebec, I have been successful. A few years ago, the weight throw was rarely on the indoor season schedule, with just three or four throwers participating.

Now, the weight throw is on every meet's schedule, with from 12 to 25 men and women of all ages participating. This is what I call a successful promotion of this event.

Despite its popularity in the U.S. and Europe, it is still considered a discipline for large athletes only. Recently, I have been getting very good results from athletes of smaller stature also. I am only 5'6" and under 200 lb., but my Canadian records in the weight throw are ranked very high in the world rankings.

At the age of 64, I threw 17.76 in the outdoor weight and later on, indoors at age 67, I threw over 17.00 four times. These results are possible due to my speed and acceleration in the circle developed by systematic and regular training and by my power developed with heavy (relative to my age), regular weight training.

Systematic Training

1. Try to develop a three-turn technique; one spin is not enough to accelerate the implement. Only very big and strong athletes with long arms (like Carl Wallin) can throw far (and Carl can) with one turn. It takes time and lots of practice, patience, and fortitude to develop a multi-spin (turn) technique. Do not give up; progress may be slow, but eventually it will pay off.

2. Hold the weight as you hold the hammer, one hand on top of the other. The side-by-side grip doesn't allow a proper delivery.

3. If you are able to do three turns, do a chain of turns, start with six, and soon you will be able to do 10-20 and even 30+. This drill helps to develop balance and the push to the left, which is crucial. This drill should eliminate your falling too much to the right. During this drill, watch the head of the weight all the time and try to maintain a very flat orbit of the implement.

4. When you train, try for 15-20

throws a session, and throw 2-3 times a week.

5. Weight training for masters should be sufficient twice a week, each session a maximum of 60-80 minutes, focusing on major muscle groups and on the torso muscles (a strong core will protect the spine). Do not forget that we are hammer and weight throwers, not power lifters!

6. If you can, play some sports for agility (I play tennis, bike and ski).

Technical Analysis

The entry (the moment after the winds, when the feet start to rotate to the left) is very important because if you start well, usually the rest will come well too (the technique described is for the right-handed thrower; a left-hander should do everything oppositely).

Stay low, and during the winds (one or two) turn the shoulders way to the right, but look straight forward (not down). This will allow you to put the implement on a very flat orbit. The arms should be parallel with the floor when at quarter turn.

During the turn, the right leg must be active, pushing off the ground, going up as close as possible with the left leg and then going down as soon as possible. I practice it by saying to myself, "up and down."

Delivery

Upon your foot landing, the weight should be slightly behind you, so you can accelerate it. If the landing is slow, the weight will move ahead of you and continue running ahead of you. This will result in a non- or weak delivery and a possible throw out of the sector.

Quick landing of the right foot without falling to the right side is crucial, especially in the last turn. Only then can you accelerate the weight with a very long pull during the delivery.

During the delivery, use your powerful legs and torso and look up. Do not look after the weight during the last moments of the delivery. This will lead to improper delivery due to lack of back extension and very often to stepping out of the circle, as the momentum is pulling you and the weight forward.

You have to counter the strong pull



JERRY WOJCIK

Masters on the moguls, 2004 USA National Masters 10K XC Club Championships, Portland, Ore. (I to r): Dan McCormack (top left); Max Hamlin #706, 63; Ronald Taylor #841, 61; James Manley #768, 52; and Parker White #771, 52.

RRCA and AARC Merger Finalized

The merger of the American Association of Running Clubs (AARC) and the Road Runners Club of America (RRCA) became effective Jan. 1, 2005.

Due to the RRCA's wealth of history and its excellent name recognition, the combined organization will be called the Road Runners Club of America.

"With the merger, the RRCA reestablishes itself as the nation's largest single voice supporting long distance running," said RRCA President Bee Andrews.

Over the course of nearly five decades, the RRCA has had a tremendous and positive impact on the sport of long distance running, including advocacy for women's, masters, and youth running, and staunch support of athlete's rights.

It has supported important programs such as the Roads Scholar© effort directed at developing athletes,

the Women's Distance Festival, national championships, children's fitness programs, and much more. Running clubs and enthusiasts throughout the country rely on the RRCA's many valuable publications.

"The RRCA looks forward to continued contributions to the sport in the years ahead. Combining the resources of the AARC, both organizational and human, creates an efficient, unified structure that will reap the sport many benefits," added Andrews.

The RRCA is a non-profit organization of more than 670 running clubs and 160,000 members across the U.S. The RRCA member chapters organize races and training runs, provide safety guidelines, promote children's and masters fitness running programs, and offer social activities.

- Becky Lambros Executive Director, RRCA 410-290-3890; fax: 410-290-3893 Becky@rrca.org; www.rrca.org

www.nationalmastersnews.com

of the weight:

• For an athlete app. 5'6" tall throwing 12m with 16lb. = 196 lb.

• For an athlete app. 6'2" tall throwing 20m with 20lb = 325 lb.

• For an athlete app. 5'6" tall throwing 12m with 35lb = 429 lb.

• For an athlete app. 6'2" tall throwing 20m with 35lb = 640 lb.

Some world class throwers stop after the block and delivery, others do block, but briefly only and then continue just a bit in the rotation.

Enter low with a flat orbit. Try to stay low during the spins. During the one-leg support, keep the other leg very close. Try to look "through" the head of the weight (sometimes my head goes a bit ahead of it). Push always to the left to be well balanced on the left leg. Land the right leg fast. Do not let the implement get ahead of you. At the end of the delivery, look up, push with the right leg, and extend the hips.

My final advice is to throw, throw and throw.

(Emil Muller, a Canadian, set a world record in the M65 hammer in 2001 at the WAVA World Championships, Brisbane, Australia. He can be contacted by e-mail at youngandfit@sympatico.ca).

Last W

ome people touch of legendary coach Art me, and many of the His personal touch reflect around the room and asket then evaluated each of the

February 2005

At the time, I was runn mileage weeks with p weeks in the 160-mile also running low 16s fo others gasped at my we Arthur told them, "This should be doing."

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Speaker's Corner By ROY PIRRUNG

Last Words With Arthur Lydiard

ome people touch others lives in ways they will never understand. I first met legendary coach Arthur Lydiard in the mid-eighties. He made an impact on me, and many of the others in attendance at one of his running seminars. His personal touch reflected his deep respect for endurance runners as he went around the room and asked each runner to say a little bit about their training. He then evaluated each of the individuals and told them how they might improve.

At the time, I was running very high mileage weeks with peak running weeks in the 160-mile range. I was also running low 16s for 5K. When others gasped at my weekly mileage, Arthur told them, "This is what you should be doing."

I was surprised and inspired by this man. I valued his training principle and applied it to my training. I thrived with high mileage, hill work and speed training. This was the Lydiard way.

Nearly two decades later, I had the fortune of sitting down with Arthur, one-on-one, and doing what was to be his last live interview. Nearly 90 minutes went by as we discussed the state of running in the United States and a number of other topics.

Cardiac Efficiency

I was interested in his explanation of cardiac efficiency and the role it played in successful racing. Arthur told me that cardiac efficiency is reached after many years of training using a principle he devised through trial and error.

At one time, he ran 250 miles a week to see its effect on his running ability. It was much too much for him; he learned that for him 100 miles per week was ideal.

He confided that he really liked ultrarunners as most had reached cardiac efficiency. This was a state where a runner could run tirelessly, seemingly endlessly and still have the ability to finish strong at the end of a race.

Recognition at Home

Something all of Arthur's runners had in common was coming on strong at the end of the race.

The 87-year-old coach was proud of his many athletes and all of their accomplishments. I asked him if there was anything he would have liked to be different in his career. To that he responded with some regret for not receiving proper recognition in his native New Zealand, especially from his national governing body.

I tried to pacify him by stating that lots of people who do great things are not recognized in their own hometown, let alone their country. Making him aware of my own situation seemed to soothe what appeared to be bitterness at not receiving just praise at home.

Questioning him about his stroke and his youthfulness even at his age, I was wondering how he remained so young at heart. He quoted Cary Grant, saying, "If you want to stay young, have young wives."

Lydiard was in Houston the day I interviewed him to share his running knowledge with the participants of the Sunmart Texas Trail Endurance Runs as part of a 25-city tour, and to promote his biography by Garth Gilmour.

He told me he had not picked the title of the book, which is "Arthur Lydiard Master Coach." He said he would not have known what to call it and that it was a good indicator of who he was.

Reminiscences

Reminiscing on some of the athletes he influenced was the favorite part of my interview with him. I especially liked it when he talked of the 10,000 meter Olympic gold medalist Billy Mills. I related how I had first met Billy as we both spoke at a running clinic on the Oneida Indian Reservation.

I could see the pride in his eyes when he spoke about the 5 "boys" that made up a good portion of the 14-member track squad from New Zealand at the Rome Olympics.

He informed me that they were all from the same neighborhood and said, "Champions are everywhere, all you need is to train them properly."

While on his final tour, Arthur also had a chance to watch the NCAA national cross-country championships in Indiana and was impressed with Colorado's team victory in both the men's and women's categories. He told me that their coach, Mark Wetmore, was using his training principle.

Wealth of Talent

Speaking of talent, such as the cross-country teams, he went on about how the United States has a wealth of talent, some of which has surfaced lately at the Athens Olympics and that with proper training we could expect more.

The main point he made during our conversation was that without a sound base, speed training would not be enough to earn medals.

I could not understand how he was not allowed to feel he had accomplished great things by the very people who benefited the most – his countrymen.

Lydiard's name became a household word in countries such as Finland, Denmark, Mexico, and Venezuela where he coached their national teams.

During his coaching career, Arthur

Texas Trail 50-Mile

Continued from page 1

N.M., was third in 6:52:42. The next masters finisher was Eric Bindner, 48, Littleton, Colo., who finished fifth overall at 7:08:32.

Kouros, who is more accustomed to races much farther than 50 miles, ran his own race despite what Oliveria and the others in the 200-runner field were doing.

"I thought I was running for second place the entire race," said Kouros, who holds numerous world records from 100-miles to 1000-miles. "It was only after I finished the race and was told that he (Oliveria) had dropped out that I knew I had won. I prefer races longer than this, at least 24-hours."

Not to be outdone, Connie Gardner, 41, led a women's masters charge that swept the first two places. Gardner, a swimming coach from Medina, Ohio, and the 2002 winner at 50 miles, did what she does best, get out in front and stay there. Gardner stopped the clock at 7:16:23. Tania Pacev, 45, Littleton, Colo., the 2001 winner, was second at 7:23:34. Laura Nelson, 39, Woodstock, Va., was third at 7:31:48.

"I had my eye on Tania (Pacev) every second, even though I went from a two-minute lead to a four-minute lead and even more," said Gardner, who was the USATF Women's Ultra Runner of the Year for 2003. "But even with a large lead, she looked like she could still do anything."

And Pacev didn't exactly roll over

JOHN WELCH

Connie Gardner, 41, first woman (7:16:23), Sunmart Texas Trail 50 Mile.

and play dead at Gardner's feet, either. "Even at the end of the race when I

was catching up to Connie, I still didn't think I had her," Pacev said. "I just wanted to run my own race and do what was best for me. In fact, I came in with very low mileage."

Although the men's 50K produced a record-setting performance by 2:13 marathoner and German national Uli Steidl, 32, Seattle, Wash., there was definitely a strong masters presence to

Continued on page 24

saw 17 of the athletes he trained, or were trained by others using his training methods, take home Olympic medals.

A good indication of a great coach usually is found in the number of great athletes he produces.

Training for Results

While this might be important to many, Arthur felt it was just as important that his method of training would lead anyone to better results.

He told me of his desire to influence everyday athletes. To that end, he has been credited as the first person to advocate running to the masses as a way to stay fit.

What Arthur and I talked about the day before he died was really nothing new. His last words were those he had spoken many times to many different audiences. Words that he believed in and made him the man he was.

Arthur had a mission in life, and I will always remember him as a man who was true to that mission right up to his last day with us.

If you would like to see his training principle and his ideals continue, consider being a contributor to the Arthur Lydiard Foundation.

You will find more information at www.fivecircles.org on how to support his legacy. □

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Women's Bone Study Suggests Masters T&F Athletes Are Less Susceptible to Osteoporosis

The Masters Women Track and Field Bone Study was conducted at the 1998 National Masters Outdoor T&F Championships in Orono, Maine. This research was carried out by Jo Welch and Dr. Cliff Rosen, in conjunction with the St. Joseph Hospital Maine Center for Osteoporosis Research and Education in Bangor,

Nearly 150 women athletes volunteered to have a heel ultrasounded twice, and completed a questionnaire. The Lunar Achilles+ ultrasound machine assessed their heel bones and reported each result in terms of "Stiffness Index," or SI.

Studies conducted on thousands of women in North America and Europe have reported a strong correlation between a low SI and greater risk of bone fracture from osteoporosis. All female competitors aged 40 and over were eligible for the study, and women with diagnosed low bone mass, or histories of amenorrhea, chemotherapy or smoking were included in this study.

Strong Bones

The results showed that the bones of masters track & field women may be much stronger than those of other women. The average age of the women was 57.3 years, yet their average heel SI was the same as that of the average 20 year old, and 21% higher than that expected for women of similar age. Compared to thousands of other women examined by similar machines in several other studies, masters track & field women clearly demonstrated a skeletal advantage.

Is it possible that track & field can act on the skeleton of the mature female as a sort of rejuvenating elixir? During growth, bone can increase in density and improve in thickness and geometry with certain kinds of physical training. However, the possibility for large improvements in the mature skeleton through exercise is thought to be remote.

We cannot be certain that the women athletes did not already have stronger skeletons by their late teens, and simply maintained them through Indeed, in the premenopausal athletes there was a correlation between an early start to physical activities or sports that are known to affect bones and higher SI.

Exercise History

However, the exercise histories detailed by the women in their questionnaires indicated that most of them began high impact exercise only as adults. On average, the 40-49 year olds began such exercise at 26 years, the 50-69 year olds at 30 years, and the 70-89 at 46 years.

We looked for reasons other than sports training for the high SI of the masters women. In the general population, greater body weight is correlated with stronger skeletons, but the masters women were so lean that normal formulas might predict them to be osteoporotic.

Among post-menopausal women, hormone replacement therapy (HRT) can maintain bone density.

No differences in SI between HRTusers and non-users in the women athletes were detected. Calcium intake is usually important to maintain bone mass, yet there was no correlation with calcium intake in this study. Most women lose bone density after menopause, and in this study postmenopausal women did have lower SI. However, the post-menopausal women under 70 years were not different from average 20-year-old women (see chart below).

Within the masters women, variability in SI was observed between those competing in different events (see chart below). First, it is important to stress that women in all event groups had SI values that were unusually high compared to other women their age. The racewalkers did not compete in other events, while the jumpers, runners, and throwers often cross-entered event groups.

Racewalkers Score Best

Among the event groups, racewalkers had the lowest SI. The apparently lesser effect of racewalking on the heel bone could be due to lower forces, and forces applied more slowly, when training for walking than for the other events, less diversity in training, lower skeletal SI before they took up the sport, or numerous other fac-

Postmenopausal

≥70 yr

In the general population, the occurrence of a fracture in a woman's lifetime correlates with surrogate measures of bone strength, such as SI. However, 58% of the masters women reported that they had sustained at least one fracture, but fracture occurrence did not correlate with SI. This difference was explainable by the circumstances of the fractures.

Many women athletes reported training-related fractures, and fractures sustained from riskier situations than tend to be common for other women. The "circumstances of fracture" reported in their questionnaires clearly indicated that there are often behavioral differences between women who do, and do not, compete

in masters track & field.

Masters track & field appears to provide a substantial benefit to the skeleton of mature women. The results of this study suggest that skeletal improvement, or arresting bone deterioration, can occur at any age, and track & field may be very effec-

We wish to especially thank the masters athletes who participated in this study. This research was published online Dec. 11, 2004, by Osteoporosis International and is expected to be available in printed form in early 2005.

(From Jo Welch, Ph.D., Purdue University, West Lafayette, Ind.; welchj@purdue.edu)

Records Broken at Dartmouth Relays

One world and one U.S. record were set by female masters in the Dartmouth Relays at Leverone Fieldhouse, Hanover, N.H., on Jan. 9.

Hillen Von Maltzahn, 55, Troy, N.Y., pole vaulted 2.75/9-00.25 to up the present W55 world record of 2.70/8-10.25 by Karin Forster, of Germany, in 2004.

Flo Meiler, 70, Shelburne, Vt., continued where she left off last outdoor season with a pending W70 national record of 13.76 for the 60mH. Leonore McDaniels holds the record of 14.98 set in 1998.

TWENTY YEARS AGO February 1985

- Don Coffman (2:29:16) and Patti Sudduth (3:21:38) Top Masters in Rocket City Marathon
- No-False-Start Rule Generates Controversy
- Australia's John Gilmour Sets M65 Distance Records



Sara Freitas, fifth W45 (26:58), 2004 USA National Masters 6K XC Club Championships,

Happy Valentine's Day

from the staff at **National Masters News**

www.nationalmastersnews.com

Portland, Ore.

CHAMPIONS FOR LIFE

A thoughtful book on the life of "Coach" Payton Jordan who became a champion beyond all others in masters competition

by John Scott and James Ward

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February 2005

San Sebas

s 2005 gets under ities for our ma Championships S event. Preparations are that these Championship beautiful Anoeta Stadiur area with B-Stadium an the world during 14 thril day for entries to reach t also cost more.

Another interesting year will be the 1st Ma Grand Prix in Lahti, FI with 11 finals in Hel Stadium on August 13 with the IAAF World C A combination Lahti (H Sebastian would be a and the Lahti Stadium shown on our WMA we

You will find all info LOC website: HYPER www.lahdenahkera.fi." which I am sure it will a follow-up in 2006 at Championships in Goth

The third big event t our 2nd World Champ that will be organized i JPN, on June 26. Th onships, held in Taina great success and this still more athletes.

At the General As Sebastian we will have the next four-year perio

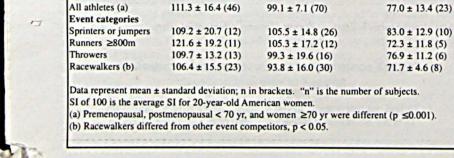


By BRIDGET CUSI At an indoor meet in Dec. 11, W45 Julie 1 60m in 8.24. Down a meet organizers must what they had let the when 21 heats were n 60m and 18 rounds in 1 ing senior and masters

Robert Frazer, M55 list for months, return over 60m, and Nick (ran 7.87.

Doug Wilkinson, through to win his heat 8.97. Decathlete Tye position in his heat in 11.46 after an earlier Jane Pigeon, world W gold medalist, ran the

In a weight penta doors on a mild Dec. M50, came out on to with Chris Melluish, best at 3441. Brian S M45 with 2431, and W60 with 3585.



Premenopausal

Stiffness Index (SI) for masters women athletes by event categories

Postmenopausal

< 70 yr



International Scene

By TORSTEN CARLIUS

San Sebastian Tops WMA Bill for 2005

s 2005 gets under way, we hope for a new year filled with successful activities for our masters athletics movement with the 16th World Masters Championships Stadia in San Sebastian, ESP, Aug. 22-Sept. 3, as the top event. Preparations are intensifying and we have no reason to believe other than that these Championships will be at a very high level. We posted a photo of the beautiful Anoeta Stadium on our WMA website a while ago, and this whole sports area with B-Stadium and an indoor arena will be filled by masters from all over the world during 14 thrilling days. We expect many entries and, remember, the last day for entries to reach the LOC is May 23. Late entries will be accepted, but will also cost more.

Another interesting activity this year will be the 1st Masters Athletics Grand Prix in Lahti, FIN, Aug. 10-12 with 11 finals in Helsinki Olympic Stadium on August 13 in connection with the IAAF World Championships. A combination Lahti (Helsinki) – San Sebastian would be a great memory and the Lahti Stadium has also been shown on our WMA website.

You will find all information on the LOC website: HYPERLINK "http://www.lahdenahkera.fi." If successful, which I am sure it will be, we plan for a follow-up in 2006 at the European Championships in Gothenburg.

The third big event this year will be our 2nd World Championships 100K that will be organized in Lake Saroma, JPN, on June 26. The first championships, held in Tainan, TPE, were a great success and this year we expect still more athletes.

At the General Assembly in San Sebastian we will have elections for the next four-year period and, as usual, discuss and decide upon proposals to amend the Constitution, By-Laws and Rules of Competition. All information and last dates have been distributed by our secretary, Monty Hacker, but among the Council proposals will be:

 to remove the present world championships non-stadia and split the events on our indoor and stadia championships

• to add mountain running to our championships program, but technically organized by WMRA

As soon as the council proposals are summed up, they will be posted on the WMA website and I will comment upon them further in a later issue of NMN.

The elections will no doubt be very thrilling and interesting as five present council members must step down. Some may run for other offices, but we will surely also see new faces on the council after the elections. The secretary has provided details to council members willing to run as candidates



SUZY HESS Margery Swinton, Scotland, throwing the discus at the 2004 Hayward Classic, Eugene, Ore.

for a new term and/or a new office. This information is also available on the WMA website.

In San Sebastian we will view a presentation on how the preparations are going in Linz, AUT (host city for our 2006 Indoor World Championships) and in Riccione, ITA (host city



TESH TESHIMA

Olympic gold medalist Lasse Viren, 55, ran an 18:45 for the 5K leg in the Diamond Head Duet Run. Honolulu. Dec. 10.

of the 2007 World Championships Stadia). We will also be awarding the Indoor World Championships in 2008 and Stadia in 2009, for both of which there are many good candidates.

I wish you an excellent start of 2005 and hope to see many of you in Lahti and San Sebastian later this year.

Report from Britain

By BRIDGET CUSHEN

At an indoor meet in Manchester on Dec. 11, W45 Julie Money ran the 60m in 8.24. Down at Windsor, the meet organizers must have wondered what they had let themselves in for when 21 heats were necessary in the 60m and 18 rounds in the 60H involving senior and masters competitors.

Robert Frazer, M55, on the injury list for months, returned with a 7.98 over 60m, and Nick Groocock, M40, ran 7.87.

Doug Wilkinson, M40, came through to win his heat of the 60mH in 8.97. Decathlete Tye Lewis got pole position in his heat in the M55 60H in 11.46 after an earlier 9.64 in the 60m. Jane Pigeon, world W45 steeplechase gold medalist, ran the 3000 in 10:37.9.

In a weight pentathlon held outdoors on a mild Dec. 11, Mike Small, M50, came out on top, scoring 4131 with Chris Melluish, M60, secondbest at 3441. Brian Slaughter won the M45 with 2431, and Liz Sissons the W60 with 3585. The ex-international marathon runner, Sandra Branney, raced to a British W50 10-mile best of 59:06 in one of northern England's best known races, the annual Brampton to Carlisle 10. She has a 29:59 to her credit over five miles.

Bruce Davidson, 80, ran 65:56 for 10K on Dec. 12. Pat Gallagher, W55, recorded a 20:03 in the Wells City 5K. Julie Myatt, silver medallist at the European W45 marathon championships in Denmark last July, got another silver in the Telford 10K in 36:43 on Dec. 19.

She ranks 12th on the British 2004 marathon best with 2:46:48. Topping the masters 10K road rankings is Dave Taylor with a 30:12 in November.

Guy Amos, who won the British & Irish Masters M40 cross-country in November, ran the Nene Valley 10-Mile in 51:58 on Dec 7. Jane Clarke, W40, was third in the women's race (61:14), finishing ahead of W35 Nicki Nealon (62:20).



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NATIONAL

Leon Jasionowski, Pegasus AC, 60,
 1:52:19, and Carolyn Kealty, unattached,
 42, 1:57:56, dominated the field at the
 USATF National Masters 20K Racewalk
 Championships, Clermont, FL, Nov. 13.

• The Shore AC team broke the W40-49 indoor 4x800 WR with a fifth-place 10:15.59 in a seven-team race at the NYC Collegiate Invitational, The Armory Track Center, Jan. 14. The present record is 10:15.98 by a Canadian team in January 2003. The Shore AC squad: Lauren Rhatigan (2:37.87), Llsa Wilhelm (2:37.25), Kathleen Clifton (2:27.50), and Barbara Brennan (2:32.81).

EAST

• Paul Mascali, 52, Manhasset, NY, 17:14, and Karen Cotty, 42, East Quoque, NY, 19:52, rang in with masters wins in the Carter, DeLuca, Farrell, & Schmidt Ho Ho Ho 5K, Bethpage, NY, Dec. 18. Bill Backe, 55, Long Beach, NY, with a 20:00 took the M55 race by nine seconds from Lutz Hoffman, 58, Northport, NY. Catherine Oehrlein, 51, Northport, NY, won the W50 race in 22:13.

• John Noonan, 45, Ballston Spa, NY, 17:18, and Amy Knoeller, 40, Greenfield Center, NY, 20:16, started the New Year with masters wins in the First Night Saratoga 5K, Saratoga Springs, NY, Jan. 1. Jim Robinson, 51, Rochester, NY, won the M45 contest in 17:34. John Pelton, 65, West Rupert, VT, took the M65 race in 22:11

• Kathy Fleming (nee Franey), 38, Natick, MA, was the top woman miler at the Millennium Mile, Londonderry, NH, Jan. 2, cruising to a 4:40 on the speed-friendly course. Fleming, now a mother of two young children, enjoyed a long career as one of the US's top miler-road racers. Zofia Wieciorkowska, 41, Stratford, CT, was the top masters woman, 4:48, just eight seconds back. Isobel Parke, 78, Epping, NH, raced to an 8:56. Rich Marion, 43, Templeton, MA, maxed-out the masters men, with a smoking 4:20, while Stanley Dutton, 60, Antrim, NH, 5:13, and Bill Spencer, 68, Litchfield, NH, 5:28, also turned in hot times.

• Tom Dalton, 46, 2004 USATF Masters XC Runner of the Year, proved that he is more than a hill-and-dale guy with an overall first (48:59) in the Gazette Stockade-athon 15K, Schenectady, NY, Nov. 14. Helen Shekerjian won the W40-race (63:25). Margret Betz, 68, set a single-age U.S. record (old record Pat Dixon/1:17:07), and Anny Stockman erased the age-72 U.S. record with her 1:22:42 (Mary Storey/1:25:06).

SOUTHEAST

• Wearing bib #1 and the green uniform of 1st Place Sports' racing team, Sean McCormack, 43, Orange Park, FL, took top honors overall at the Jacksonville Bank Marathon, Dec. 19, 2:37:09. Caroline Lee, 43, Jacksonville, hot-footed it to the women's masters win, 3:19:02. Paulette Butler, 53, Jacksonville, 3:32:40, and August Leone, 74, Boca Raton, FL, 4:34:57, classed up the upper age-groups.

• Floridians George Altieri, 47, 1:18:09, and Deb Heiser, 46, 1:27:26, were the top masters at the Disney World Half-Marathon, Orlando, FL, Jan. 9.

MIDWEST

John Niven, 40, Swartz Creek, MI,

with a sixth-place 29:06, and Jane Sanders, 49, White Lake, MI, in 36:47, showed their masters mettle with wins in the Resolution Run 8K, Flint, MI, Dec. 31. John Tarkowski, 52, Northville, MI, was eighth-overall in 29:06. Harry Tellman, 66, Holland, MI, was first M60+ (35:02). Terese Grondin, 51, Milford, MI, finished second W40+ (37:01).

• Snow-free but frozen: Jamey Lobdell, Jr., 41, Stockbridge, MI, outdistanced Central Mass Strider Dave Dunham, 40, Bradford, MA, for the masters title at the famously ankle-twisting Huff Ultra Frigid 50K Trail Run, Huntington, IN, Dec. 18, 3:42:10 to 3:43:25. They were fourth and fifth overall. Thomas Dever, 47, Terre Haute, IN, 3:48:16, was next master in at seventh place. Linda Keuneke, 41, Fort Wayne, IN, 4:55:21, scrambled to the women's masters victory. The race had been billed as the 50K Trail National Championship, a designation that was pulled by USATF at the last moment.

MID-AMERICA

• Tony Schiller, 45, took first overall with a 16:33, and Pam Walter, 43, won the W40+ race with a 20:03, Marsh 5K, Minnetonka, MN, Nov. 6. Lee Stauffacher, 63, was M60 winner (21:14). Barbara Burhans, 73, was best W70 (30:41).

 Double happiness: in Springfield, MO, Dec. 26, Andy Holland, 48, finished first at the Run for the Ranch Marathon, 3:06:12, and was also top age-graded performer (2:49:01)

SOUTHWEST

 Mississippi's momentous master Leonard Vergunst, 49, Ocean Springs, MS, was the top age-graded scorer at the Larry Fuselier 25K/Louisiana State Championships, Belle Chasse, LA, Dec.
 He boogied to a 1:32:39 (84.58%), good for third place overall.

WEST

Chris Jaggers, 43, Yorba Linda, CA, 35:05, and Jill Weisman, 48, Santa Monica, CA, 40:58, cruised to masters firsts, Venice-Marina Christmas 10K, Santa Monica, Dec. 11. Chieko Allwein, 71, Torrance, CA, took the W70 race (55:11). Milo Sather, 77, Los Angeles, won the M75+ (63:09).

• Carrying a sign that read, "Peace Please," Morocco-born Driss Dacha, 42, won the masters title at the P.F. Chang Rock n' Roll Arizona Marathon in Phoenix, Jan. 9, in 2:28:38, after a first-half split of 1:09:49. Driss, the winner of the 1991 Grandma's Marathon (2:13:59) is the force behind Dacha's Casbah, a Flagstaff felafelry and gyro joint. He was eighth overall. Rebeccah Castilo, 43, 2:58:40, took the women's 40+ honors.

• Shirley Matson, Larkspur, CA, set a pending age-64 record of 21:17 in the Far Side 5K, San Francisco, Nov. 28, 2004, and another of 1:12:48 in the Cal 10 Miler, Stockton, CA, Jan. 9. Margaret Betz holds the 5K record at 21:25 in 2001. Barbara Miller owns the 10-mile record with a 1:16:05 in 2004.

NORTHWEST

• Nan Keith-Frates, 44, Crested Butte, CO, in 41:16, was first female overall, Winter Sun 10K, Moab, UT. Bernie Boettcher, 42, Silt, CO, took the M40+contest (32:45). Larry Ingram, 60, Grand Junction, CO, won the M60 race in 37:22.

· Gene Solomon, 55, Junction City,

OR, 19:11, and Carla Hervert, 45, Eugene, OR, 20:01, rang in masters firsts, Jingle Bell 5K, Eugene, Dec. 11. Jim Davis, 68, Harrisburg, OR, took the M65 race in 22:47. In the 8K, Ed Spinney, 51, Eugene, 29:56, and Karen Louise-White, 41, Eugene, 34:23, logged masters wins.

Bob Prather, 49, Oak Harbor, WA,
 17:49, and Marcia Swanson, 55, Seattle,
 WA, 22:49, took masters titles in the Club
 NW Resolution 5K, Seattle, Jan. 1.
 Judith Fisher, 61, Auburn, WA, was second W40+ (23:21).

INTERNATIONAL

 Racewalkers Gary Little, M60, and Marcia Soanes, W45 (both of Auckland) scored double victories in the racewalks (North Island Masters T&F Championships, Whangarei, New Zealand, Nov. 26-28). In the 3000m, Little finished in 15:09.2, with Soanes coming in at 17:37.5. In the 10K road racewalk, Little led with a 55:06, with Soanes clocking a 1:01:49.

OBITUARIES

• Lionel Y. H. Low, 65, of Honolulu, died Dec. 28, 2004. He had prostate cancer which he had been fighting for a year or so. He was an active masters pentathlete and decathlete. Born in Fiji, he was a realtor and owner of I2C Realty Co. He is survived by his wife, two daughters, a son, and several grandchildren.

• Gunder Hagg, who set the mile record in 1945 and held it until Roger Bannister broke the four-minute barrier, died at age 85 after a long illness. Born on a small farm in the forests of northern Sweden, Hagg went on to break 15 middle-distance world marks and was first to run the 5000 under 14:00.

CORRECTIONS

The photograph of Nadine O'Connor

TWENTY-FIVE YEARS AGO February 1980

 Penn Mutual Insurance Co. Becomes National Masters Sponsor

 Herb Lorenz (2:21:00) and Sandra Kiddy (2:51:07) Win National Masters Marathon Titles

 Ernie Billups, 42, Sets U.S. M40 1500 Mark of 4:02.5



MIKE POLANSKY

Odd Sangesland (I), and Bert Jablon, M75 medal winners, Ho Ho Ho Holiday 5K, Bethpage, N.Y.

on the front page of the January issue was taken by Sean Reigle at a Team Thor meet in La Jolla, CA.

• Michael Blanchard was the M40 winner in the 1500 RW (7:31.99) and 3000 RW (15:52.56), Pan Pacific Masters Games results, January issue.

 Rosalia Zanoner, 52, ITA, with a 3:09:23, was the W50 winner in the ING NYC Marathon, not Candace Schiffer, as listed in the December results. Chihiro Yamauchi, 50, NJ, was second (3:12:39), and Alyn Park, 53, CO, was third (3:24:56).

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Texas Trail 50-Mile

Continued from page 21

be reckoned with in the race. Dave Terris, 41, San Antonio, Texas, knew the title he won in 2003 was in jeopardy, considering Steidl's fleet-footedness, but he still managed second overall in 3:33:40, behind Steidl's 3:11:45.

The previous record of 3:12:25 was established by Rich Hanna in 1994. Jim Harrington, 39, Negaunee, Mich., the runner-up last year, was third in 3:35:21.

"Jim (Harrington) and I were running together for much of the race, until I had to stop and stretch several times," Terris said. "I was able to catch back up to Jim, but we both gave up on Uli and just let him go."

Raymond Bell, 57, Hudson, Fla., was the M55 winner with a 4:10:31. Odino Soligo, 82, finished in 6:57:20.

The women's 50K produced a firsttime Sunmart champion, Chris Purslow, 37, Waco, Texas, who covered the route in 4:05:06.

Jean Herbert, 48, Albuquerque, N.M., was second and the top master at 4:19:39.

The next masters finisher was Suzy Seeley, 45, Spring, Texas, who finished fifth overall among the women in 4:31:28.

Eva Luckey, 50, won the W50 race with an 11th-place 4:54:20. Vonda Adorno, 70, Austin, Texas, was the W70+ winner in 7:22:31. □

USA track and field ever wise noted. Senior Games a open to all age groups with ed to men and women over 35. Entry blanks for nation per 30-60 days prior to the e Eugene, OR 97405.

February 2005

TRACK &

NATION

March 5-6. USA Natio Heptathlon Championships Kenosha, WI. (s) Jeff Wa Paddock Lake, WI 53168 jwatry@gillathletics March 11-13. USA Natio

March 11-13. USA Natio Championships, Nampa (B Murdock, 6127 Portsmout 83714. 208-859-9219. schamps@earthlink.net; w field.com

field.com
June 3-18. National Senior
PA. National Senior Gam
Box 82059, Baton Rouge
www.nsga.com
July 2-3. USA National

July 2-3. USA National Heptathlon Championshi (Cleveland area), OH. (s) Hickory Dr., Lyndhurst, Ol 0636; Rex Harvey, 440-339 August 4-7. 38th Anm Masters Championships Hawaii LOC, 2005 Hawaii ships, 1493 Halekoa Dr., Hwww.hawaii.champs.com; (@hawaii.rr.com

@hawaii.rr.com
August 13. USA Nation
Pentathlon Championship
Lester Mount, 6750 Hiller
Dallas, TX 75230; 214-766
September 10. USA Natio
& Superweight Champion
Hammer, Sept. 9, 5:00 pm.
Hillerest Ave. SW, Seattle
938-3895; kweinbel@come

EAST ecticut, Delaware, ryland, Maine, No

Maryland, Maine, N New Jersey, New Yo Pennsylvania, Rhode

February 6. PVTC/DCI Jefferson Community Cen 703-218-2726; www.PVTC February 13. Philadelpl Reading, PA. Kyle Mecl 1382; krmeck@erols.com February 16 & 24. NYRF the Races, The Armory, W Manhattan. 7:00 pm. 21

Manhattan. 7:00 pm. 21 nyrr.org February 20. USATF N Open Indoor Champio Dickinson U., Hackensac

Dickinson U., Hackensac www.usatfnj.org February 20. Prince C Learning Complex A

Learning Complex A Landover, MD. Masters o 583-2661. February 26. USATF M

Program/USA Indoor Chal Lewis Center, Boston, MA 1:04 pm/men 400 @ 1:14 949-589-0242; runnermark February 26. Mid-Atlantio Open Indoor Championshi PA. Kyle Mecklenbook krmeck@ erols.com

February 27. Prince C Learning Complex A Landover, MD. 7:30 am. 3 March 3. NYRR Thursday The Armory, Washington

Schedule

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

TRACK & FIELD

NATIONAL

March 5-6. USA National Masters Indoor Heptathlon Championships, Carthage College, Kenosha, WI. (s) Jeff Watry, 24302 77th St., Paddock Lake, WI 53168; 262-843-3367(h); jwatry@gillathletics

March 11-13. USA National Masters Indoor Championships, Nampa (Boise), Idaho. Mark Murdock, 6127 Portsmouth Ave., Boise, ID 208-859-9219. email: master schamps@earthlink.net; www.masterstrackand field.com

June 3-18. National Senior Games, Pittsburgh, PA. National Senior Games Association, PO Box 82059, Baton Rouge, LA 70884-2059; www.nsga.com
July 2-3. USA National Masters Decathlon/

Heptathlon Championships, Mayfield HS (Cleveland area), OH. (s) Jeff Gerson, 5091 Hickory Dr., Lyndhurst, OH 44124; 440-473-0636; Rex Harvey, 440-339-5688(cel). August 4-7. 38th Annual USA National

Masters Championships, Honolulu, HI. Hawaii LOC, 2005 Hawaii Masters Championships, 1493 Halekoa Dr., Honolulu, HI 968221. www.hawaiichamps.com; 808-732-8805; zeug @hawaii.rr.com

August 13. USA National Masters Weight Pentathlon Championships, Dallas, TX. (s) Lester Mount, 6750 Hillcrest Plaza Dr., #221, Dallas, TX 75230; 214-766-28554.

September 10. USA National Masters Weight & Superweight Championships, Seattle, WA Hammer, Sept. 9, 5:00 pm. Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206-938-3895; kweinbel@comcast.net

EAST

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

February 6. PVTC/DCRRC Indoor Meet, Jefferson Community Center, Arlington, VA. 703-218-2726; www.PVTC.org
February 13. Philadelphia Masters Meet,

Reading, PA. Kyle Mecklenborg, 215-393-1382; krmeck@erols.com

February 16 & 24. NYRR Thursday Night at the Races, The Armory, Washington Heights, Manhattan. 7:00 pm. 212-860-4455; www. nyrr.org

February 20. USATF New Jersey Masters/ Open Indoor Championships, Fairleigh Dickinson U., Hackensack. 973-334-8900;

www.usatfnj.org February 20. Prince George's Sports & Learning Complex All-Comers Meet, Landover, MD. Masters only. 7:30 am. 301-583-2661

February 26. USATF Masters Invitational Program/USA Indoor Championships, Reggie Lewis Center, Boston, MA. Women 1500 @ 1:04 pm/men 400 @ 1:14 pm. Mark Cleary, 949-589-0242; runnermark@cox.net

February 26. Mid-Atlantic USATF Masters & Open Indoor Championships. (s) Collegeville, PA. Kyle Mecklenborg, 215-393-1382; krmeck@ erols.com

February 27. Prince George's Sports & Learning Complex All-Comers Meet, Landover, MD. 7:30 am. 301-583-2661. March 3. NYRR Thursday Night at the Races,

The Armory, Washington Heights, Manhattan.

7:00 pm. 212-860-4455; www.nyrr.org March 4. MAC Masters Championships, 168th St. Armory, NYC. 6-11 pm. Ivan Black, 917-679-8448.

March 20. Syracuse U. Throws Meet, Manley Fieldhouse. (s) 9:00 am. Event order: SP/WT/SW for open and masters only. Gary Crawford, 315-492-2945; throws2@five95.net May 22. Vermont Green Mountain Senior Games, Burlington. Ardis Smith, 802-824-

SOUTHEAST

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

February 5. USAT-NTC Winter Sun Meet #2, Clermont, FL. (s) Also indoor pentathlon. 352-241-7144; www.usat-ntc.com; e-mail: noonwalk_99@yahoo.com February 19. USAT-NTC Winter Sun Meet

#3, Clermont, FL. (s) See Feb. 5.

February 26-March 13. Polk Senior Games, Polk Co., FL. 863-533-0055; e-mail: polkse niorgames@juno.com

March 19. USAT-NTC Spring Fling #1, Clermont, FL. (s) 352-241-7144; www.usatntc.com; e-mail: noonwalk_99@yahoo.com April 9. USAT-NTC Spring Fling #2, Clermont, FL. (s) 352-241-7144; www.usatntc.com; e-mail: noonwalk_99@yahoo.com

April 15-16. USATF Georgia Association & USATF Southeast Region Masters T&F Championships, Savannah State U., Ga. Out of state athletes welcome. Entry deadline April 12. Jim Hite, PO Box 717, Millen, GA 30442; 478-982-4881; jimjoyce34@bellsouth.net

April 23. USAT-NTC Spring Fling #3, Clermont, FL. (s) See April 9.

May 6-8. 35th annual Southeastern Masters & Open Meet/NCUSATF Championships/ Masters 20K RW South Championships, Duke U., Durham, NC. Raleigh Parks & Recr., 2401 Wade Ave., Raleigh, NC 27607; southeastern masters.org

May 12-15. Virginia Senior Games, Virginia Beach. Shannon Moore, 757-474-8492; Jane Jagodzinski, 757-427-2106.

May 14. USAT-NTC Spring Fling #4, Clermont, FL. (s) 352-241-7144; www.usatntc.com; e-mail: noonwalk_99@yahoo.com May 18-21. South Carolina Senior Sports

Classic, Francis Marion U., Florence. Carl Hust, 803-772-0363.

MIDWEST

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

March 6. Mason-Dixon Indoor Games, Louisville, KY. www.ktccca.org/2005indoor/2005 MasonDixonMasters-OpenEntryForm.htm

MID-AMERICA

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

February 27. USATF Mid-America Regional Indoor Masters Championships/Colorado Championships, USAF Academy, Colorado Springs. Jim Weed, 2203 E. 149th Ave., Thornton, CO 80602. 303-451-8727; 303-520-

3088. Jerry Donley, 719-635-1264.

March 12. USATF Minnesota Indoor Championships, U. of Minn., Minneapolis. All ages. 763-595-8944; kmoorhead@comcast.net April 28-30. USATF Masters Invitational Program/Drake Relays, Des Moines, IA. Men's mile. Mark Cleary, 949-589-0242; runnermark@cox.net

June 11-12. USATF Mid-America Regional Masters Championships/Ozark Association Meet, SIU-Edwardsville. Peggy & Ed Rowald, 314-469-0577; www.usatf.org/assoc/

June 25. Missouri Senior Games, Columbia. Out-of-state welcome. Jack Miles, 573-882-1462; www.smsg.org/senior_games; email: milesiw@missouri.edu

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

February 26. Waterloo Lions Meet, Austin, TX. Seth Brower, 512-694-2037; www.water lootrackandfield.org
April 23. El Paso Senior Games Track Meet,

Irvin H.S., El Paso, Texas. Julie Belcher, 1800 Byron, El Paso, TX 79930; 915-562-4360.

WEST

Arizona, California, Hawaii, Nevada, New Mexico

February 5, 12, 19, 26. Los Gatos All-Comers Meets, Los Gatos HS, CA. 12:30 field/1:00 track. No HT/ JT. LGAA, PO Box 1334, Los Gatos, CA 95031; Willie Harmatz, 408-206-9973

February 5, 13, 19, 27. HMTC Meets, Kaiser HS, Honolulu. WP-27th. 237-8937; www.i2 crealty.com/htmc.htm

February 10-13. Palm Desert Senior Games, Palm Desert HS, CA. 5K & 10K RR on 12th; T&F on 13th. 760-568-2560; e-mail: senior

games@cvrpd.org
February 19. SCA USATF Indoor Championships, Huntington Beach HS, CA. Outdoor with indoor distances. 10:00 am. Auto timing. Judged RW at LaVerne U., Feb. 20. Andrew Hecker, P.O. BOX 7793, Ventura, CA 93006. 805-642-3879; info@trackinfo.org; www.track info.org/scaind.html

February 19-20. Arizona Senior Olympics, ASU, Tempe. Running: 19th; field: 20th. Morrison, 602-433-9336:

www.seniorgames.org
February 26. Team Thor Thunder Series Throws & PV Meet, UC-San Diego, La Jolla, CA. (s) Tom Meyer, 10323 Ridgewater Ln., San Diego, CA 92131. 858-566-6273; fax: 530-1444; cybertgm@juno.com

March 4-13. Henderson Senior Games, Henderson, NV. Downtown Recr. Center, PO Box 95050, Henderson, NV 89009-5050. 702-267-4040. Feb. 14 deadline.

March 19. Santa Barbara Easter Relays, Santa Barbara CC track. Y/O/M Kevin Young, 805-564-3400; kyoung@sbre.com; www.easterre lays.org

March 20. Team Thor Thunder Series Throws & PV Meet, UC-San Diego, La Jolla, CA. (s) Tom Meyer, 10323 Ridgewater Ln., San Diego, CA 92131. 858-566-6273; fax: 530-1444; cybertgm@juno.com

April 1-17. Mt. SAC Relays, Walnut, CA. 909-594-5611, x 4840; http://relays.mtsac.edu April 2. Team Thor Thunder Series Throws & PV Meet, UC-San Diego, La Jolla, CA. (s) Tom Meyer, 10323 Ridgewater Ln., San Diego, CA 92131. 858-566-6273; fax: 530-1444; cybertgm@juno.com May 7. 20th annual Southern California

Striders Meet of Champions, CSU-Long Beach. 11:00 am. Enter by April 30 to avoid penalties. Hugh Cobb, 3180 Camino Arroyo, Carlsbad, CA 92009. 760-436-7696; Al Escabosa, 714-528-1443.

May 7. Team Thor Thunder Series Throws & PV Meet, UC-San Diego, La Jolla, CA. (s) Tom Meyer, 10323 Ridgewater Ln., San Diego, CA 92131. 858-566-6273; fax: 530-1444; cybertgm@juno.com

June 18. Team Thor Thunder Series Throws & PV Meet, UC-San Diego, La Jolla, CA. (s) Tom Meyer, 10323 Ridgewater Ln., San Diego, CA 92131. 858-566-6273; fax: 530-1444; cybertgm@juno.com

July 16. Team Thor Thunder Series Throws &

ON TAP FOR FEBRUARY

TRACK AND FIELD

The USATF Mid-America Regional Indoor Championships will again be hosted by the USAF Academy, Colorado Springs, on the 27th. The USATF-SCA will conduct an outdoor meet with indoor track events in Huntington Beach, CA, on the 19th. On the 20th, USATF-NJ holds its indoor championships at Fairleigh Dickinson U., Hackensack. More indoor action can be had in Philadelphia; Arlington, VA; Landover, MD; and Ontario, Canada. Head for Clermont, FL, or La Jolla, CA, for outdoor competition.

LONG DISTANCE RUNNING

The USA Winter Nationals XC returns to Ft. Vancouver, WA, on the 12th-13th. Baton Rouge will see the Nextel Mardi Gras Mambo 10K on the 5th, the first day of a two-day fete offered by the Gasparilla Marathon in Tampa. On the 6th, Californians can choose from the Davis Stampede Half-Marathon; San Francisco Half-Marathon; or SRLA Hansen Dam 30, San Fernando Valley. The Mercedes Marathon & Half-Marathon, Birmingham, AL, and L.A. Chinatown Firecracker 5K & 10K are set for the 13th. Las Vegas, NV, stages the President's Day 5K, and Orlando, FL, the Outback Distance 12K, on the 19th. The Hudson Mohawk Winter Marathon, Albany, NY; Colonial Half-Marathon, Williamsburg, VA; Mardi Gras Marathon, New Orleans; and World's Best 10K, San Juan, PR, dot the offerings on the 27th.

RACEWALKING

Clermont, FL, will produce the USA National Masters 50K Championships on the 13th.

PV Meet, UC-San Diego, La Jolla, CA. (s) Tom Meyer, 10323 Ridgewater Ln., San Diego, CA 92131. 858-566-6273; fax: 530-1444; cybertgm@juno.com

NORTHWEST

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

June 11. USATF Inland NW Championships, Pullman, WA. Mike Hinz, 509-332-1168. June 18-19. Hayward Classic/OR Association Masters Championships, Eugene.

June 25-26. Portland Masters Classic/USATF NW Regional Masters Championships, Mt.

CANADA

Hood CC, Gresham, OR.

February 13. OMTFA Winter Mini-Meet #3,

February 26. 36th annual OMTFA Indoor Championships, York U. 416-426-7325; cana dianmastersathletics.com

INTERNATIONAL

February 10-13. New Zealand Masters Games, Wanganui. nzmathletics@xtra.co.nz February 12-13. Austrian Masters Challenge, Linz. Site of 2006 WMA World Indoor Championships. www.linz2006.com/eng

March 4-7. New Zealand Masters Association Championships, Dunedin. nzmathletics@xtra

July 22-31. World Masters Games, Edmonton, Alberta, Canada. +1 780 822 2005; www.2005 worldmasters.com

August 10-12. Masters Athletics GP Meet/ IAAF Championships, Lahti, Finland. Hurdles /1500/JT/100/SP/HJ/400/LJ/ WT/XC. Registration deadline: July 1, 2005. Lahden Ahkera Office, Urheilukeskus 15110 Lahit, Finland. www.lahdenahkera.fi

August 22-September 3. 16th World Masters Athletics Championships, San Sebastian, Spain. www.wma-2005.com

March 15-20, 2006. 2nd WMA World Indoor Championships, Linz, AUT. www.linz2006.

LONG DISTANCE RUNNING

NATIONAL

February 12-13 USA Winter Nationals XC Championships, Ft. Vancouver, WA. Masters: M&W 8K. Enter online at www.usatf.org, or contact Harry Simonis, runjumpthrow@usatforegon.org (see ad on p. 9).

June 4. USA National Masters Women's Championships/Freihofer's 5K, Albany, NY. George Regan, 518-273-5552; www.freihofer

June 5. USA National Masters Championships/TEVA Vail 6.3 Spring Runoff, Vail, CO.

www.usatf.org
July 30. USA National Masters 50 Mile Championships, Crystal Mountain, WA.

www.usatf.org
August 7. USA National Masters 8K Championships, Honolulu, HI. Held in conjunction with the Masters T&F Championships (see above).

September 25. USA National Masters Championships/Heritage Oaks 10K, Paso Robles, CA. www.heritageoaksbank.com; www.usatf.org

October 2. USA National Masters Championships/Twin Cities Marathon, Minneapolis, MN. www.twincitiesmarathon. org; www.usatf.org

October 16. USA National Masters 5K XC Championships, Saratoga Springs, NY. George

Regan, george@usatfadir.org November 26. USA Fall Nationals XC Championships, Rochester, NY. Masters: M10K & W6K. Bill Quinlisk, 412 Humboldt St., Rochester, NY 14610-1113; 585-482-6371; billq@frontiernet.net

EAST

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

February 6. Maine TC's Mid-Winter 10 Mile, Cape Elizabeth. 207-892-4526; www.maine trackclub.com

February 13. NYRR Al Gordon 15K, Central Park, NYC. 212-860-4455; www.nyrr.org February 19. Martha's Vineyard 20 Miler.

508-696-6203, x300; www.mv20miler.com February 25. NYRR Snowflake 4 Mile, Central Park. NYC. See Feb. 13.

February 27. Jones Town & Country 10 Mile, Amherst, MA. 1 pm. 413-259-1469; www. sugarloafmac.org
February 27. Hudson Mohawk RRC Winter

Marathon & Relay, Albany, NY. eneiles@nycap.rr.com; www.hmrrc.com March 13. Boston's Run to Remember HalfMarathon & 5 Mile, Boston, MA. www.BostonsRunToRemember.org

March 20. USATF New England Half-Marathon Championships, New Bedford, MA. James Mumm, 508-993-1774.

March 26. NYRR 8K, Central Park, NYC.

212-860-4455; www.nyrr.org
April 3. Credit Union Cherry Blossom 10
Mile, Washington, DC. 8000 limit/usually
filled by early Jan. CB 10 Mile, PO Box 5366, Rockville, MD 20848. cherryblossom.org April 10. More Marathon, New York City. 212-860-4455; www.nyrr.org

April 17. Jersey Shore Ten Miler, Sandy Hook, NJ. 732-578-1771; www.njmarathon.org April 18. 109th BAA Boston Marathon.

www.baa.org
April 23. Bill Robinson 10K Masters Championships, Guilderland HS, Albany, NY. Jim Tierney, runnerjmt@aol.com

SOUTHEAST

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

February 5-6. Gasparilla Marathon, Half-Marathon, 15K, & 5K, Tampa, FL. 813-254-7866; www.tampabayrun.com

February 13. Mercedes Marathon & Half-Marathon, Birmingham, AL 205-870-7771; mercdesmarathon.com

February 18-20. Myrtle Beach Marathon & Half-Marathon, Myrtle Beach, SC. 843-293-RACE: www.MBMarathon.com

February 19. Outback Distance Classic 12K, Orlando, FL. www.trackshack.com

February 19. Silver Comet Ultra Runs 50K & 100K, Rockmart (Atlanta), GA. jslug1@com

February 19. Clemmons XC Classic 5K, Clemmons, NC. Jeff Norris, 336-794-3935. February 20. Tallahassee Marathon & Half-Marathon, FSU. www.gulfwinds.org/marathon February 20. Pensacola Marathon, Pensacola,

FL. 850-435-9222; www.active.com February 26. Blue Angel Marathon, Half-Marathon & 5K, Pensacola, FL. 850-452-3805, x315/340/320; www.naspensacola.navy.

mil/mwr/nas.html February 27. Anheuser-Busch Colonial Half-Marathon, Williamsburg, VA. www.tribe club.com

March 12. Gate River Run 15K & 5K, Jacksonville, FL. USA 15K Championships. 904-731-1900; www.gate-riverrun.com

March 12. Winter Park 10K, Winter Park, FL. www.trackshack.com

March 19. Shamrock Sportsfest Marathon, Relay & 8K, Virginia Beach, VA. Shamrock Sportfest, 2321 Cape Arbor Dr., Virginia Beach, VA 23451-1310. shamrockmara thon.com

March 26. Masters 5K & Mile, Dollywood Theme Park, Pigeon Forge, TN. Ross Dunton, Coachr880@bellsouth.net

March 27. U.S. Half-Marathon, Atlanta, GA. www.ninatl.com

April 9. Ukrop's Monument Avenue 10K, Richmond, VA. www.sportsbackers.org

MIDWEST

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

February 6. 21st Winterfest 5K, Kankakee, IL. 1pm. Charlie Grotevant, 815-949-1551. April 2. Capital City Half-Marathon, Columbus, OH. www.capitalcityhalfmarathon.com April 9. Papa John's 10-Miler/USA Championship, Louisville, KY. www.papajohns.com

MID-AMERICA

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

February 5. St. Paul Winter Carnival Frozen Half-Marathon, St. Paul, MN. hermansrun @aol.com; www.winter-carnival.com March 13. Runnin' of the Green Lucky 7K,

Denver, CO. www.bkbltd.com

April 10. Spirit of St. Louis Marathon, St. Louis, MO. 314-727-0800; www.stlouis marathon.com

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

February 5. 7th Nextel Mardi Gras Mambo 10K, Baton Rouge, LA. 225-382-3596; www.brasf.com

February 12. Battle of Mobile Bay 5K, Dauphin Island, AL. Port City Pacers, 251-

473-7223. February 13. Freescale Marathon & Half-Marathon, Austin, TX. www.freescaleaustin-

marathon.com February 26. Cowtown Marathon, Ft. Worth,

TX. cowtownmarathon.org February 26. ConocoPhillips 10K Rodeo Run, Houston, TX. 281-293-2447; conocophillip srodeorun.com

February 27. Mardi Gras Marathon, Half-Marathon & 5K, New Orleans. 800-886-5534; www.mardigrasmarathon.com

March 12. Bayou City Classic 10K, Houston, TX. www.bayoucityclassic.org

April 24. Oklahoma City Memorial Marathon, Relay & 5K, Oklahoma City. www.okcmara thon.com

WEST

Arizona, California, Hawaii, Nevada, New Mexico

February 6. Davis Stampede Half-Marathon, Davis, CA. 530-757-2012; www.marathon

February 6. San Francisco Half-Marathon. 415-333-4780; www.pamakids.org

February 6. SRLA Hansen Dam 30K, San Fernando Valley, CA. 818-997-2451; www.srla.org

February 13. Los Angeles Chinatown Firecracker 5K & 10K. 323-256-1363; www.firecracker10k.org

February 19. President's Day 5K, Las Vegas, NV. 702-450-4788; lasvegasrunningteam.com February 20. Palm Springs Half-Marathon, Palm Springs, CA. 760-324-7069; kleinclark sports.com

February 26. Juana Run 8K, Palo Alto, CA. 650-599-3434; juanarun.org

March 6. L.A. Marathon XX, Los Angeles. 310-444-5544; www.lamarathon.com March 6. Napa Valley Marathon, Napa, CA.

www.napa-marathon.com March 13. Fifty-Plus Paul Spangler Memorial

8K 5K RW, Palo Alto, CA. 50+. 650- 843-1750; pre-registration is available via: www.active.com; www.50plus.org; info@ 50plus.org

March 13. Valley of the Sun Marathon, Mesa, AZ. www.valleyofthesunmarathon.com

March 13. Arizona Distance Classic Half-Marathon, Oro Valley. www.arizonadistance classic.com

March 13. Blue Cross of California Spirit Run 10K & 5K, Newport Beach. www.kinane events.com

March 26. Redwood Wild River 15K. Crescent City, CA. 11:00 am. Ralph Hirt, 707-464-3779; ccultra37@hotmail.com

April 3. Carlsbad 5000, Carlsbad, CA. www.eliteracing.com April 9. Santa Anita Derby Day 5K, Arcadia,

CA. www.w2promo.com

NORTHWEST

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

February 12. Couple Truffle Shuffle 5K, Medford, OR. Ginny Hicks, 541-899-8239. February 13. Truffle Shuffle 4 Mile, Eugene, OR. 1 pm. 541-344-0833; www.committed

February 19. SOSRC River Run 5K & 10K, Gold Hill, OR. Tim Rose, 541-474-0531.

March 12. Canyonlands Half-Marathon, Moab, UT. www.moabhalfmarathon.org April 9. 29th Pear Blossom 5K & 10 Mile, Medford, OR. 541-535-1205; www.pearblos

somrun.com April 10. Whidbey Island, WA, Marathon. www.whidbeyislandmarathon.com



JERRY WOJCIK

Michael Gray, 40, finishing in the 2004 USA National Masters 10K XC Club Championships.

April 16. USATF Inland NW 8K Championships, Connell, WA. Ken Sellereite, 509-234-

April 23. Salt Lake City Marathon & 5K. 801-412-6060; saltlakecitymarathon.com

May 1. Bloomsday 12K/USATF Inland NW Championships, Spokane, WA. 509-838-1579; www.bloomsdayrun.org

INTERNATIONAL

February 12. British Masters XC Relay Championships, Norwich, East Anglia. BMAF Relays, 6 Hare Close Mulbarton, Norwich, NR14 8QQ, UK. www.bmaf.org.uk

February 27. World's Best 10K, San Juan, Puerto Rico. 787-767-2000; www.wb10k.com March 12. British Masters XC Championships, Bangorm Co. Down, Northern Ireland. BMAF XC/co 1 Wilmont Park, Dunmurray, Belfast, BT17 9JW, UK. www.bmaf.org.uk

RACEWALKING

February 13. USA National Masters 50K RW Championships, Clermont, FL. Don DeNoon, 352-241-7144; www.usat-ntc.com; e-mail: noonwalk_99@yahoo.com

February 27. Henry Laskau USATF Florida Association 5K RW Championships, Coconut Creek. Daniel Koch, 954-970-9634.

March 13. USA National Masters Indoor 3000m Championships, Nampa (Boise), ID. See National T&F above.

May 15. USA National Masters 15K RW Championships, Riveside, CA. www. usatf.org August 5 & 7. USA National Masters 5000m (5th) and 10K (7th) RW Championships, Honolulu, HI. See National T&F above.

September 11. USA National Open & Masters 40K RW Championships, Ocean Township, NJ. Elliott Denman, 732-222-9080; www.usatf.org October 8. USA National Open & Masters 5K RW Championships, Kingsport, TN. Bobby Baker, 423-349-6406; www.usatf.org

November 13. USA National Masters 20K RW Championships, Clermont, FL. Don DeNoon, 352-241-7144; www.usat-ntc.com; email: noonwalk_99@yahoo.com

December 4. USA National Open & Masters One-Hour RW Championships, Jacksonville, FL. www.usatf.org

Jerry Espinosa Ted Polus M45-49 Charles Greene James Kazda 800 Karl Kunz U.S. MAST 35-39 6.9 7.55 Event 30-34 6.8 60 100 22.4 51.5 200 400 2:02

February 2005

Henderson

M35-39 Benjamir

> 7.55 7.1 11.3 11.1 23.2 23.1 52.5 53.1 2:04 2:00 4:22 4:24 4:40 4:51 9:40 10:00 16:00 16:11 1500 4:20 4:40 3000 5000 9:25 15:45 32:30 32:50 33:3 8.7 9. 9.3 9. 16.5 17. 55H 8.6 60H 110H 15.4 100H 400H 58.0 60.0 62 300H 10:10 10:30 11:4 3K-SC 2K-SC HJ 1.90 1.85 6-14 5-91 6-2% 4.10 3.95 PV 14-5% 13-5% 12-11% 6.10 5.85 LJ 6.50 20-1/4 19-21/4 TJ 13.20 12.60 11.50 Shot 14.50 14.02 13.41 44.80 42.80 39.50 140-5 129-7 147-0 44.20 40.00 47.24 145-0 131-155-0 56.00 48.7 62.00 Javelin 203-5 183-9 160-14.00 13.0 15.00 35#Wt 49-21/2 45-111/4 42-14.00 13.2 Weight 15.00 49-21/2 45-111/4 43-5 Sup.Wt. 9.50 9.00 8.5 31-2 29-61/27-10 (56#) 2600 260 5250 525 Pent 2800 5500 Decath. 2800 2700 2800 100 standards are for Short hurdles: 2) Long hurdles: Shot put: Discus throw:

U.S. MASTERS ALL-A 7:13 7:47 14:50 W30 7:22 8:03 15:18 W40 7:37 8:21 15:53 8:03 8:41 W50 8:25 9:05 17:15 W55 8:55 9:31 18:05 9:17 10:01 19:01 9:48 10:35 20:06 W65 W70 10:26 11:15 21:22 W75 11:10 12:01 W80 12:03 12:58 24:41 W85 13:13 14:15 27:05 W90 14:56 16:06 30:36 6:31 7:01 13:21 M30 M35 6:43 7:14 13:47 6:58 7:29 14:16 7:13 7:46 14:47 M45 8:05 15:23 8:26 16:04 7:33 M55 7:50 8:26 16:04 M60 8:13 8:51 16:50 M65 8:38 9:19 17:43 M55 M70 9:08 9:50 18:44 M75 9:43 10:28 19:55

M80 10:26 11:14 21:22

M85 11:21 12:13 23:14

M90 12:41 13:39 25:58

Age-graded time/.8 for mid-

Hammer:

Weight:

11) Metric heights and

M35-39			
Benjamin			
Henderson	TJ	13.42	8/5-8/04
	LJ	6.25	8/5-8/04
M40-44			
Jerry Espinosa	Pent	2822	8/5-8/04
Ted Polus	3000	9:25.50	3/26/04
M45-49			
Charles Greene	JT	58.21	4/3/04
James Kazda	HJ	1.70	7/30/04
M55-59			
Karl Kunz	800	2:24.36	12/1-5/04

RECIPIENTS OF ALL-AMERICAN AWARDS

	1500	5:01.87	12/1-5/04
	3K SC	12:44.69	12/1-5/04
Owen Rogers	100	12:53	8/5-8-04
	200	25.92	3/26/04
	400	58.93	6/5/04
Charles Roll	SP	14.73	6/27/04
M65-69			
Bill Kuelgler	WT	13.90	7/25/04
Raymond Lebowitz	LJ	15-1	12/11/04

Phillip Shipp	SP	13.10	6/5/04
	DT	43.40	6/5/04
	JT	39.94	8/22/04
	LJ	4.50	7/24/04
	HJ	1.45	6/5/04
	PV	2.75	7/24/04
	100HH	20:32	7/24/04
	Dec	6926	8/22/04

			1 8 -
M70-74			
John Polevy	200	30.24	6/12/04
And the second	LJ	4.30	6/12/04
	HJ	1.25	6/12/04
	100	14/5	9/4/04
Alan Raynor M75-79	TJ	26-7.50	10/4-16/04
Ray Propst W70-74	DT	29.2	6/12-13/04
Barbara Robben	1500	7:53.73	10/6/04
	3000	16:25	10/5/04
	5000	28:43.3	5/30/04
	10K	58:36.8	10/4/04
	10K	59:43	5/31/04

	υ.	5. 1	VIAS) I E	NS	ALL	FOR		ICA	11 3	IAN	DAF	W3	
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	906
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
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	14
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:
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	00.00	
60H		9.0	9.3	9.4	9.8	10.3	10.5	10.9	11.1	11.4	12.0	13.6		
110H		15.4	16.5	17.8	18.8	10.3	10.0	10.3	111		12.0	13.0		
100H		13.4	10.5	17.0	10.0	18.0	19.0	20.0	21.0					
80H						10.0	19.0	20.0	21.0	18.0	21.0	25.0	30.0	
		500	60.0	62.0	64.0	68.0	71.0			10.0	21.0	25.0	30.0	
400H		58.0	60.0	62.0	64.0	48.0	71.0 51.0		60.0	67.0	75.0	85.0	95.0	
300H							100	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	0.00	40.00	40.00	44.00	40.00	10.20	
2K-SC						400	4.50	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	
		6-21/4	6-1/4	5-91/4	5-6	5-3	4-11	4-9	4-61/4	4-11/4	3-91/4	3-31/4	2-7/h	
PV		4.40	4.10	3.95	3.70	3.55	3.05	2.70	2.40	2.30	2.00	1.80	1.30	
		14-51/4		12-111/2	12-11/2	11-7%	10-0	8-101/4	7-101/2	7-61/2	6-64	5-10%	4-31/4	
LJ		6.50	6.10	5.85	5.60	5.40	4.90	4.50	4.20	3.80	3.35	2.85	2.20	
		21-4	20-1/4	19-21/4	18-41/2		16-1/4	14-9	13-91/4	12-51/2	10-11%	9-41/4	7-21/h	
11		13.20	12.60	11.50	10.80	10.40	9.50	8.90	8.20	6.96	6.50	5.94	5.51	
		43-31/4	41-41/	37-81/4	35-51/4		31-2	29-2'h	26-11	22-10	21-4	19-6	18-1	
Shot		14.50	14.02	13.41	12.62	13.10	12.00	12.80	11.50	11.00	9.00	8.00	6.00	
		47-7	46-0	44-0	41-5		39-41/2	42-0	37-81/4	36-11/4	29-61/2	26-3	19-81/4	
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	72-21/4	50-0	
ammer		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	65-71/2	56-0	
Javelin		62.00	56.00	48.76	47.00	43.00	41.00	39.00	35.00	31.00	24.00	19.00	14.02	200
		203-5	183-9	160-0	154-2	141-1	134-6	127-11	114-10	101-8	78-9	62-4	46-0	
35#Wt.		15.00	14.00	13.00	12.00	10.00	9.00			6.00	5.00			
		49-21/2	45-111/4	42-8	39-41/2	32-9%	29-61/2			19-81/4	16-4%	-		46
Weight		15.00	14.00	13.25	12.50	14.25	13.25	14.00	13.25	13.50	11.75	10.00	8.75	6.
	-	19-21/2	45-111/4	43-51/4	41-01/4	46-9	43-51/4	45-111/4	43-51/4	44-31/1	38-61/4	32-9%	28-81/2	19-8
up.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	
(56#)		31-2		27-10%	26-3	19-81/4	18-1/2	16-41/4	14-9	11-5%	9-10	8-21/2	6-63/4	
Pent.		2800	2600	2600	2600	2600	2600	2600	2600	2600	2400	2200	2000	
Decath.		5500	5250	5250	5000	5200	5000	4500	5000	4800	4200	3000	2500	
. Pent.		2800	2700	2800	3000	3000	3000	3000	3000	2600	2700	3000	3000	
otes:	1)	100 s	tandard	are for	automa	tic time; u	se stand	dard con	version					
	2)		hurdles			9";		-59: 36		69: 33		79 30";	80+:	2
	3)		hurdles:			6";		-59: 33		-69: 30	100			
	4)	Shot				.26k (16#);		-59: 6k		-69: 5k		+: 27"		
	5)		s throw:			kg;			kg; 60		Okg;			
	6)	Hamn				.26k (16#);		-59: 6k		-69: 5k				
	7)	Javel				00g;		-59: 70				79: 500g	80+:	
	8)	Weigh	ht: rweight:			5# 6#		-59: 25 -79: 35		-69: 20 +: 25		-79: 16#	80+:	121
	9)													

	.S. NL	SIER	SALL	AMER	dCAN 5	W	OMEN	EXCELL	ENCEF	OK KAC	EWALI	LEKS
	1.5K	Mile	3K	5K	8K	10K	15K	20K	25K	30K	40K	50K
W30	7:13	7:47	14:50	25:38	42:04	52:43	1:21:56	1:52:06	2:24:43	2:59:15	4:08:45	5:37:30
N35	7:22	8:03	15:18	26:27	43:11	53:56	1:23:29	1:53:32	2:26:51	3:01:53	4:12:21	5:42:23
N40	7:37	8:21	15:53	27:26	44:47	55:56	1:26:37	1:58:06	2:32:33	3:08:56	4:22:13	5:55:48
N45	8:03	8:41	16:32	28:33	46:35	58:10	1:30:08	2:03:00	2:38:56	3:17:00	4:33:31	6:11:25
N50	8:25	9:05	17:15	29:49	48:36	1:00:41	1:34:08	2:08:30	2:46:11	3:26:08	4:46:23	6:29:09
N55	8:55	9:31	18:05	31:14	50:54	1:03:33	1:38:40	2:14:48	2:54:26	3:36:33	5:01:03	6:49:24
W60	9:17	10:01	19:01	32:51	53:32	1:06:50	1:43:51	2:21:54	3:03:54	3:48:29	5:17:54	7:12:43
N65	9:48	10:35	20:06	34:43	56:33	1:10:37	1:49:50	2:30:12	3:14:51	4:02:20	5:37:25	7:39:46
N70	10:26	11:15	21:22	36:54	1:00:02	1:15:01	1:56:49	2:39:54	3:27:38	4:18:30	6:00:18	8:11:30
N75	11:10	12:01	22:51	39:28	1:04:10	1:20:14	2:05:05	2:51:18	3:42:50	4:37:46	6:27:35	8:49:28
V80	12:03	12:58	24:41	42:37	1:09:13	1:26:38	2:15:15	3:05:24	4:01:36	5:01:39	7:01:26	9:47:35
N85	13:13	14:15	27:05	46:45	1:15:50	1:35:01	2:28:37	3:24:00	4:26:20	5:33:10	7:46:16	10:39:15
W90	14:56	16:06	30:36	42:14	1:25:30	1:47:18	2:48:13	3:51:12	and the second			MANUSCO !
	District Control	bertald.		SM and	EMMAN!	Security .	MEN	ammeh				
M30	6:31	7:01	13:21	23:05	37:57	47:49	1:13:10	1:38:18	2:05:12	2:32:17	3:27:30	4:31:00
M35	6:43	7:14	13:47	23:46	38:55	48:53	1:14:28	1:39:43	2:06:56	2:34:14	3:30:17	4:34:5
M40	6:58	7:29	14:16	24:24	40:15	50:32	1:17:03	1:43:13	2:11:29	2:39:47	3:37:53	4:44:45
M45	7:13	7:46	14:47	25:31	41:44	52:25	1:19:58	1:47:10	2:16:35	2:46:05	3:46:36	4:56:24
M50	7:33	8:05	15:23	26:33	43:25	54:32	1:23:14	1:51:37	2:22:20	2:53:13	3:56:29	5:09:29
M55	7:50	8:26	16:04	27:43	45:19	56:55	1:26:56	1:56:38	2:28:52	3:01:19	4:07:41	5:24:2
M60	8:13	8:51	16:50	29:02	47:28	59:38	1:31:10	2:02:23	2:36:20	3:10:33	4:20:30	5:41:23
M65	8:38	9:19	17:43	30:33	49:56	1:02:45	1:36:01	2:08:58	2:44:53	3:21:11	4:35:15	6:01:01
M70	9:08	9:50	18:44	32:18	52:46	1:06:21	1:41:37	2:16:35	2:53:56	3:33:31	4:52:23	6:23:5
M75	9:43	10:28	19:55	34:20	56:04	1:10:35	1:48:13	2:25:34	3:05:02	3:48:05	5:12:40	6:50:5
M80	10:26	11:14	21:22	36:50	60:06	1:15:44	1:56:15	2:36:31	3:20:50	4:05:57	5:37:34	7:24:1
M85	11:21	12:13	23:14	40:04	65:20	1:22:26	2:06:43	2:50:48	3:39:31	4:29:18	6:10:11	8:07:5
			25:58	44:45	72:52	1:32:08	2:21:52	3:11:28	4:06:38	5:03:17	6:57:43	9:11:3

Event 55 60 100 200 400 800 1500 Mile 3000 5000	30-34 8.0 8.60 13.8 28.0 63.5 2:33 5:10 5:40	35-39 8.20 8.80 14.1 28.8 65.5 2:35 5:20	40-44 8.50 9.10 14.4 30.0 68.0	45-49 8.80 9.50 15.0 31.6	50-54 9.10 9.90 15.5	FOR 55-59 9.40 10.20	60-64 9.80	65-69 10.30	70-74	75-79	80-84	85-89	90-94
55 60 100 200 400 800 1500 Mile 3000	8.0 8.60 13.8 28.0 63.5 2:33 5:10 5:40	8.20 8.80 14.1 28.8 65.5 2:35	8.50 9.10 14.4 30.0	8.80 9.50 15.0	9.10 9.90	9.40		Contract of the Contract of th					No.
60 100 200 400 800 1500 Mile 3000	8.60 13.8 28.0 63.5 2:33 5:10 5:40	8.80 14.1 28.8 65.5 2:35	9.10 14.4 30.0	9.50 15.0	9.90		9.80	10.20					
100 200 400 800 1500 Mile 3000	13.8 28.0 63.5 2:33 5:10 5:40	14.1 28.8 65.5 2:35	14.4 30.0	15.0		10.20		10.30	10.80	11.50	12.30	13.40	14.80
200 400 800 1500 Mile 3000	28.0 63.5 2:33 5:10 5:40	28.8 65.5 2:35	30.0		15.5		10.60	11.10	11.70	12.40	13.40	M.40	15.90
400 800 1500 Mile 3000	63.5 2:33 5:10 5:40	65.5 2:35	-	31.6		16.4	16.8	18.6	19.8	22.0	25.0		
800 1500 Mile 3000	2:33 5:10 5:40	2:35	68.0		33.0	35.0	37.0	39.0	42.0	48.0	52.0		
1500 Mile 3000	5:10 5:40			70.0	78.6	80.0	83.0	84.0	86.0	98.0	104.0		
Mile 3000	5:40	E.00	2:40	2:46	2:54	3:10	3:20	3:36	3:56	4:30	5:40		
3000		5:20	5:30	5:40	6:00	6:20	6:45	7:30	8:00	8:50	10:10		
		5:50	6:10	6:30	6:50	7:00	7:40	8:10	8:50	9:40	10:45		
	11:30	11:50	12:00	12:30	14:00	14:30	15:00	16:00	18:30	20:00	23:00		
	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		BE L			10.30						
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	10.5		10.						
300H	73.0	73.0	٥٥	00.0	66.0	72.0	79.0	87.0	96.0	110.0	120.0		
2K-SC	8:20	8:35	9:00	9:30	10:00	10:25	11:00	11:55	12:50	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		
IN.		4-5	4-2	40	3-8	3-6	3-4	3-21/4	3-01/4	2-11	2-9		
DV	4-7										0.70		
PV	2.70	2.40	2.10	1.80	1.50	1.20	1.10	1.00	0.90	0.80			
Levy Tr	8-101/4	7-101/2	6-10%	5-10%	4-11	3-111/4	3-7/4	3-31/4	2-11%	2-7/1	2-31/2		
W	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%	10-6	10-2	8-61/4	7-61/2	6-10%	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	20-41/4	19-81/4	18-1/2	14-9	12-9		
Shot	10.30	9.32	8.51	8.40	8.00	7.77	7.50	6.60	6.00	5.20	4.30		
	33-91/2	30-7	27-11	27-6%	26-3	25-6	24-71.	21-8	19-81/4	17-1/4	14-11/4		
Javelin	35.00	33.50	28.00	25.00	23.00	22.15	20.00	17.00	16.00	15.00	12.00		
		109-11	91-10	82-0	75-51h	72-8	65-71/2	55-91/4	52-6	49-21/1	39-4'h		
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	72-21/4	68-10%	59-1/4	52-6	45-111/4	42-8	36-11/4		
lammer	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	75-51h	72-21/4	68-10%	59-1/4	45-111/4	39-41/2	29-61/2		
Weight	10.00	10.00	9.00	8.00	9.00	8.00	9.50	8.75	7.75	6.50	5.50	4.25	3.5
	32-9%	32-91/4	29-61/2	26-3	29-61/2	26-3	31-2	28-81/2	25-51/4	21-4	18-01/2	15-7	11-59
up.Wt.	6.50	6.00	5.50	5.00	5.25	5.00	4.75	4.50	4.00	3.50			
	21-4	19-81/4	18-1/2	16-41/4	17-2%	16-41/4	15-7	14-9	13-11/2	11-5%			
Vt.Pent.	2600	2500	2500	2500	2800	2600	2600	2500	2500	2400	2300		
Notes:	1)	100 st	andar	ds are	for au	tomatic	time;	use si	tandard	conve	ersion f	or han	d tim
	2)	Short	hurdle	es: 30	-39:	33";	40-5		0"	60+:	27"		
		Long	hurdle	es: 30	-59:	30";	60+	100	7"				
		Shot p			1-49:	4k;	50+		k				
		Javeli				600g;	50-5		00g;	60+:	400g		
	5)	Hamm				4k;	50+		k				
	6)	Weigh			-49: 2		50-5		6#;	60+:			
	7)		weigh)-49:		50-7		5#		20# nches li	stad to	100

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

NAME	AGE-GROUP
ADDRESS	SEX: MF
CITY	STATEZIP
MEET	DATE OF MEET
MEET SITE	
EVENT	MARK
HURDLE HEIGHT	WEIGHT OF IMPLEMENT
1 CERTIFICATE	1 PATCH 1 PATCH TAG

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

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

 4. Send to: All-American, National Masters News, P.O. Box 50098, Eugene OR 97405.
- 5. A 3-color, 8" by 10" certificate, suitable for framing, and/or a 3-color, 3" by 4" patch will be mailed to you within six weeks. Allow eight weeks for a patch tag.

To keep information is to keep information is list results more to measuring 2-1/4" preference. Dead	man 3 mo wide in	metric in our format ne 10th of the month p	receiverior to
issue date.	lline is ti	ne Tuth of the month p	oriorio
EAST		Stuart Lord Calvin Carter	8.10 8.50
Syracuse Chargers	Indoor	M50 Lou Ronsivalli Richard Clark	8.11
Meet, Syracuse L		M55 Lee Hess	8.3° 9.0°
Dec. 12		Larry Libow Bill Carter	11.2
W50 Irene Thompson	9.9	M60 Roger Pierce Paul Gansle	8.35 8.60
55m M45 Brendan Jackson	7.3	Douglas Geertgens M65 Ronald Whittemore	8.69
M65 Tom Fondy M75 Ed Cox	8.2 8.5	M70 Bill Wright	9.12
800m	2:45.3	James Doncan William Hufnagel	9.61
M55 Bob Nicholson M65 Kermit Cadrette	3:12.8	M75 Ross Mitchell M80 Vern Matteson	9.48
1500m M30 Richard Terpening	4:48.8	MIAO Deute Fedure	0.74
M35 Michael Boni M45 Brendan Jackson	4:41.3 4:36.2	W55 Hillen von Maltzahn W65 Barbara Jordan	10.06
John Evans	5:06.3	W70 Flo Meiler Dolores Hufnagel	11.13 15.19
Kevin Hanlon M50 David Bowen	5:11.6 4:50.1	W75 Patricia Peterson	12.41
Tom Crowley	5:18.6	W80 Alverta Perkins 200m	17.77
Tom Crowley M60 Paul Stelmaszyk Chip O'Reilly M65 Kermit Cadrett M70 Jerry Bisson	6:37.1	M35 Barney Borromeo	25.31
M65 Kermit Cadrett	6:21.6	Manny Garcia M45 Benoit Bertrand	25.76 25.91
Pole Vault		Calvin Carter M50 Carroll Blake	28.69 27.80
M50 Tom Crowley M55 Jim Trott	8-6 9-0	John Saxelby	32.58
ong Jump V50 Irene Thompson	14-3	M55 Lee Hess M60 Roger Pierce	28.27 27.14
//30 Dave Eaton	20-2	Paul Gansle Douglas Geertgens	28.84 29.17
M50 Rick Censullo Shot Put	16-0	M65 Richard Croak	31.76
M35 Adam Escobar M45 Mike Kinsella	38-5 31-0	Ronald Whittemore M70 John Nyhan	34.15 40.82
450 Lee Dennis	38-1	W40 Paula Fortuna	33.40
M60 Gary Crawford M65 Chuck Yost	34-9 32-6	W55 Hillen von Maltzahn W65 Barbara Jordan	32.65 35.41
Veight Throw	The same	W70 Flo Meiler W75 Patricia Peterson	40.45 47.92
M60 Gary Crawford	40-0	400m	
Prince George's Spor		M30 Rick Elliott Don Holtzman	57.49 59.32
Sportsfest Indo Landover, MD; De		M50 Charles Kelley John Saxelby	1:00.61
60m		M55 Ralph Souppa	1:01.89
M40 Alonzo Ruffin	6.81	Warren Graff Dave Herrington	1:01.99
Lorenzo M Darnell Smith	7.62 7.71	M60 Bob Chinchillo Ted Greve	1:09.82
M45 Jeremiah Lloyd	7.48	M65 Richard Croak M70 John Nyhan	1:15.56
Crawford Ed Price	8.64 8.64	M70 John Nyhan W35 Rebecca Connolly	1:40.6
M50 Bob Bowen Brian Lee	7.32 8.09	W40 Paula Fortuna W55 Hillen von Maltzahn	1:20.40
455 Dennis Newton	8.29	800m	1:14.13
W35 Manee Coleman W60 Jane Mortenson	8.6 12.5	M45 Thomas Dalton Roy Currie	2:12.37
200m M40 Alonzo Ruffin	23.02	M50 Carroll Blake	2:25.96
M45 Kinley Hill	25.89	Richard Clark Charles Kelley	2:31.3
W35 Manee Coleman W60 Jane Mortensen	29.21 53.33	M55 Stephen Viegas	2:35.64
100m		M60 Joseph Sinicrope M65 Jerry LeVasseur W30 Barbara Foster	3:04.3
M35 Les Young M40 Charles Edwards	54.70h 55.61h	W30 Barbara Foster W40 Laurie Waterman	3:36.13
M45 Paul Allen M50 Brian Lee	59.29h 61.93h	1500m	4:36.04
Al Creveling	76.9	M30 Peter Byrne M40 J R Stockwell	
Larry Hart W40 Lorraine Jasper	80.9 69.0	M45 Thomas Dalton	4:13.2
BOOm M35 Fric Jackson	2:18.08	Giles Norton	4:55.0
140 D-L D: 11		Wayne Dwyer	4:52.6 4:58.1
M55 Bob Weiner	3:12.65	Dana Waterman M55 Jeffrey Parkman	5:31.4
M40 Steve Nearman W40 Lorraine Jasper Julie Hayden	2:11.60	Jonathan Edwards	5:24.04 7:13.5
Julie Hayden	2:39.12	M60 Joseph Sinicrope Jeff Bray	5:52.0 6:02.3
W45 Joan Affleck	2.58.84	Eric White	6:08.8
MIIe M35 Jim Ehrenhaft Steve Hays	4:48.4	M65 Jerry LaVasseur Bob Payne	6:00.7 7:10.3
M40 BOD HIMSKI	5:17.3 5:05.6	W35 Kim Sheffield W60 Elizabeth Eldredge	4.53.0
M45 Chuck Shields	4:47.6	3000m	
George Buckheit M50 Joe Burno	5.30.7	M40 Keith O'Brien M45 Ron Shaiko	9:32.5
Pete Blank JJ Wind	5:49.3 6;23.5	Don Collison	10:19.3
M55 Bob Weiner	6:19.5	M50 Randy Waterman Dana Waterman	10:30.8
Larry Hart W40 Lorraine Jasper	6:27.8 5:29.1	M55 Baymond Dion	12:23 8
W45 Joan Affleck ChristyCaravoulias	0.31.2	Gaetan Breton	11:55.5
55mH		M60 Eric White M65 Jerry LeVasseur	13:25.6
M70 Jim Stookey Shot Put	9.19	M65 Jerry LeVasseur M70 Peter Hettrich W45 Karen Lein	13:38.2 13:42.5
M50 J J Wind	14-5.75	5000m	
Market Company of the Company	or deposits the	M40 Michael Early M45 Norm Larson	17:30.0 17:34.6
Dartmouth Rela			10.10.0
Hanover, NH; Ja		John Dowling M50 Pascal Cheng David Young	
M30 Darryl Bray	7.98 7.27	David Young M55 Gordon MacFarland	22:33.5
M35 Barney Borromeo Manny Garcia M45 Benoit Mertrand			18.22.2

National Masters News							
M60 Jeff Bray	21:02.43	400m					
Short Hurdles		M50 Fred Hendrix M55 Douglas Cronkhite	1:02.59				
M60 Douglas Geertgens	10.77	M60 Lionel Bonck	1:04.79				
Paul Gansle W70 Flo Meiler	13.76	M65 Antonio Vega	1:11.59				
High Jump		M60 Lionel Bonck M65 Antonio Vega M70 David Kauafmann M75 Hal Moores	1:15.68				
High Jump M40 Joseph Patrone M45 Mark Brassard M55 Richard Sobel William DeHorn M60 Paul Gansle	1.78	M75 Hal Moores	1:32.11				
M45 Mark Brassard	1.50	M80 Thomas McDonald M85 John Anoka W50 Jocelyn Lowther W55 Alice Kelly W60 Alta Rose	1:39.39				
William DeHorn	1.42	W50 Jocelyn Lowther	1:09.55				
Milliam DeHorn M60 Paul Gansle Douglas Geertgens Jim Kenney	1.40	W55 Alice Kelly	1:28.48				
Douglas Geertgens	1.36	W60 Alta Rose	1:29.42				
Jim Kenney M70 James Duncan	1.08	W60 Alta Rose W65 Madelaine Cazel W75 Ethel Lehmann	1:37.15				
W55 Hillen von Maltzahn W65 Barbara Jordan	1.14	800m	0.00.70				
W65 Barbara Jordan	1.08	M50 Gary Miller	2:29.70				
Pole Vault	1.00	M60 Winston Laing	2:32:24				
M30 Darryl Bray	3.66	M65 Thomas Neary	2:58.53				
M40 Kurt Fischer	2.90	M50 Gary Miller M55 Rob Mason M60 Winston Laing M65 Thomas Neary M70 Carl Shank M75 Hal Moores	3:07.01				
W65 Barbara Jordan W70 Flo Meiler Pole Vault M30 Darryl Bray M40 Kurt Fischer M55 Peter Fichter William DeHorn Michael Zahner M65 Deke Conklin W75 Hillen von Maltzahn W70 Flo Meiler	2.90	M75 Hal Moores M80 Thomas McDonald W50 Jocelyn Lowther W55 Alice Kelly W60 Alta Rose W65 Lynne Lauck W70 Jean Hopkins 1500m	3:46.67				
Michael Zahner	2.75	W50 Jocelyn Lowther	2:59.51				
M65 Deke Conklin	2.90	W55 Alice Kelly	3:18.20				
W55 Hillen von Maltzahn	2.75	W60 Alta Rose	5:03.80				
Long Jump	1.73	W70 Jean Hopkins	4:10.14				
M50 Rick Censullo	4.59	1500m					
M50 Rick Censullo John Oleski	4.27	M50 George Robinson M55 Rob Mason M60 Winston Laing M65 Jim Larson M70 Carl Shank	5:47.63				
M60 Douglas Geertgens	4.72	M60 Winston Laing	5:39.70				
M65 Ronald Whittemore	3.62	M65 Jim Larson	6:08.61				
M60 Douglas Geertgens Jim Kenney M65 Ronald Whittemore M70 James Duncan Bill Wright	3.84	M70 Carl Shank	6:45.33				
Bill Wright	3.77	M80 Thomas McDonald	7:42.28				
W55 Miriam Meehan	273	W55 Alice Kelly	6:48.52				
Bill Wright M80 Vern Mattson W55 Miriam Meehan W65 Barbara Jordan W70 Flo Meiler W80 Alverta Perkins Triple Jump M50 John Oleski M55 William DeHorn M60 Douglas Geertgens W55 Hillen von Maltzahn W65 Barbara Jordan	3.19	M70 Carl Shank M80 Thomas McDonald W50 Debbie Kazor W55 Alice Kell W60 Carolyn Zelonis W65 Lynn Lauck W70 Jean Hopkins W90 Arda Perkins High Jump	7:35.53				
W70 Flo Meiler	3.34	W65 Lynn Lauck	7:30.45				
W80 Alverta Perkins	1.37	W/O Jean Hopkins	20:43.78				
M50 John Oleski	8.82	High Jump	20.43.70				
M55 William DeHorn	7.92	M50 Dan Pierce	5-2				
M60 Douglas Geertgens	9.60	M55 Fordy Searles	4-8				
W65 Barbara Jordan	6.45	M60 Alfred Smith	3-10				
W70 Flo Meiler	6.46	John Rogerson	3-10				
Shot Put	- Bernell	M65 Chuck Tosch	4-4				
M30 Jeff Fleury	12.42	High Jump M50 Dan Pierce M55 Fordy Searles David White M60 Alfred Smith John Rogerson M65 Chuck Tosch M70 Richard Lowery M75 Norm Taylor M80 Howard Hall W60 Donna Beeler W70 Vera Whiteside W75 Ethel Lehmann Pole Vault	4-4				
M40 Scott Hannay	12.30	M80 Howard Hall	3-6				
M50 Don Filkins	12.35	W60 Donna Beeler	3-4				
Bob Cedrone	11.54	W70 Vera Whiteside	3-0				
Carl Reichard	11.38	Pole Vault	3-4				
Bill Carter	11.43	M55 James Pedley	10-6				
M60 Robert Mead	13.89	M65 Chuck Tosch	7-9				
John Schlosser	11.73	M70 David Rider	6-6				
M70 Leonard Rosen	12.01	M50 Bobby Terrell	16-9 50				
James Duncan	11.35	M55 Clifford Threlkeld	15-8				
Ray Feick	11.09	M60 Ted Kalaidi	17-7				
Norman Wakely	9.62	M70 Alan Baynor	15-1				
Saul Reichbach	5.08	M75 Norm Taylor	10-11				
M80 Vern Mattson	3.74	M80 Howard Hall	10-4				
M60 Douglas Geertgens W55 Hillen von Maltzahn W65 Barbara Jordan W70 Flo Meiler Shot Put M30 Jeff Fleury John Fields M40 Scott Hannay M50 Don Filkins Bob Cedrone Carl Reichard M55 Luke Hotte Bill Carter M60 Robert Mead John Schlosser Gary Crawford M70 Leonard Rosen James Duncan Ray Feick M75 Samuel Messiter Norman Wakely Saul Reichbach M80 Vern Mattson W30 Barbara Foster W70 Marcia Crooks Flo Meiler	9.36	M85 John Anoka	9-10				
Flo Meiler	6.76	W60 Kathleen Fitzgerald	8-1.50				
Francesca Moravcsik	6.35	W65 Madelaine Cazel	9-1.50				
W80 Alverta Perkins	4.87	Pole Vault M55 James Pedley M65 Chuck Tosch M70 David Rider Long Jump M50 Bobby Terrell M55 Clifford Threikeld M65 Ray Leibowitz M70 Alan Raynor M70 Norm Taylor M80 Howard Hall M85 John Anoka W55 Donna Settles W60 Kathleen Fitzgerald W65 Madelaine Cazel W70 Glona Bortell W75 Ethet Lehmann	7-11.50				
Weight Throw M40 Scott Hannay	11.59						
M50 William Johnson	17.36	W80 Hope Fage Shot Put	3-0.50				
Carl Reichard	15.92	M50 Charles Wright	37-0				
Don Filkins	15.64	M55 Dave Grossman	35-10				
M55 Ed Arcaro M60 Robert Mead	10.73 18.00	M60 Thomas Fulton M65 Gary Winters	40-11				
Gary Crawford	12.79	M70 Rudolph Houg	41-0				
Jim Chamberas	12.66	M75 Reed Quinn	28-5				
M65 Dudley Weider	10.49	M80 John Gamble	29-1				
M70 Ray Feick William Barker	14.22	M85 John Anoka M90 Allan Bjork	20-7 16-9				
M75 Samuel Messiter	10.76	W50 Karen Sapp	30-2.50				
M80 James Crawford	13.80	W55 Donna Settles	23-0				
W70 Marcia Crooks	6.88	W60 Alta Rose W65 Madelaine Cazel	22-2 24-4				
SOUTHEAS	T	W70 Gloria Bortell	23-7				
A DO OTHERIO		W75 Rosalie Lombard	18-5				
Florida Senior Game	s State	W80 Evelyn Gooding	14-7				
Championship		Discus M50 Teodoro Trias	102-7				
The Villages; Dec.	4-12	M55 Robert Hume	132-5				
100m	CAN FIRE	M60 Jim Corcoran	118-6				
100m M50 Robby Terrell	1204	M65 Hank Beacom	110-10				

100m	
M50 Bobby Terrell	12.94
M55 Bill Tharpe	12.83
M60 Ted Kalaidi	13.04
M65 Ray Lebowitz	14.15
M70 John Hurd	15.51
M75 Byford Reed	16.56
M80 Howard Hall	18.30
M85 John Anoka	18.34
W50 Jocelyn Lowther	14.51
W55 Donna Settles	15.72
W60 Alta Rose	17.36
W65 Madelaine Cazel	18.15
W75 Ethel Lehmann	19.01
200m	
M50 Christopher Osoria	26.61
M55 Bill Tharpe	26.70
M60 Ted Kalaidi	27.31
M65 Ray Leibowitz	29.82
M70 John Hurd	32.66
M75 Bylord Reed	36.21
M80 Howard Hall	41.98
M85 John Anoka	40.67
W50 Jocelyn Lowther	30.02
W55 Donna Settles	31.82
W60 Alta Rose	37.66
W65 Madelaine Cazel	37.50
W75 Ethel Lehmann	38.55
W80 Hope Fage	1:50.64

M65	Chuck Tosch	7-9
	David Rider	6-6
Long	dmuL	
M50	Bobby Terrell Clifford Threlkeld	16-9.50
M55	Clifford Threlkeld	15-8
M60	Ted Kalaidi	17-7
M65	Ray Leibowitz	15-1
M70	Alan Raynor Norm Taylor	11-9
M/5	Norm Taylor	10-11
MOU	Howard Hall	9-10
WEE	John Anoka Donna Settles	9-10
WED	Kathleen Fitzgerald	8-1.50
W65	Madelaine Cazel	9-1.50
	Gloria Bortell	7-11.50
	Ethel Lehmann	9-2
	Hope Fage	3-0.50
Shot		
M50	Charles Wright	37-0
M55	Dave Grossman	35-10
M60	Thomas Fulton	40-11
M65	Gary Winters	43-4
M70	Rudolph Houg	41-0
M75	Reed Quinn	28-5
	John Gamble	29-1
	John Anoka	20-7
M90	Allan Bjork	16-9
W50	Karen Sapp	30-2.50
WSS	Donna Settles	23-0 22-2
MACE	Alta Rose Madelaine Cazel	24-4
W70	Gloria Bortell	23-7
	Rosalie Lombard	18-5
	Evelyn Gooding	14-7
Disc		
M50	Teodoro Trias	102-7
	Robert Hume	132-5
	Jim Corcoran	118-6
	Hank Beacom	110-10
M70	Rudolph Houg	132-4
M75	Richard Mulkern	93-4
MRO	John Gamble	100-4
M85	Seymour Duckman	58-7
M90	Allan Bjork Karen Sapp	42-9
W50	Karen Sapp	70-9
WSS	Shirley Giangrande Marie Panza	53-4
	Madelaine Cazel	58-0 75-5
W/70	Vera Whiteside	54-3
W75	Vera Whiteside Ellen Tharpe	44-5
WAO	Evelyn Gooding	29-7
W90	Lillian Webb	21-0
Jave		
M50	Michael Brown	226-0
M55	James Ulrich	147-8
M60	James Ulrich Thomas Fulton	133-1
M65	Harold Tessier	122-3
	Paul Hardy	90-7
	Lester Rudy	- 87-0
M80	John Gamble	77-7
M85	Seymour Duckman Allan Bjork Otto Scherini Karen Sapp	59-10
M90	Otto Schoriol	43-10
MED	Karen Sann	28-6
WSS	Shirley Giangrande	66-3
Wen	Shirley Giangrande Donna Beeler	59-3 62-6
	Madelaine Cazel	90-9
,,,,,	museranie Cazer	30-3
		77 98 4

W70 Gloria Bortell	66-0
W75 Ethel Lehmann	74-4
W80 Hope Fage	18-5
W90 Carmella Natale	14-2
TSOOm RW MS0 William Lane MS5 Tom Day M60 James Corbeil M65 Miro Mitusina M70 Ted Sager M75 Gordon Albury M80 Harold Hall W55 Marguerite Muller W60 Rosalie Lasby W65 C Alexander W70 Joan Toole W75 Jeri McDonald W80 Bess Grimm W85 Elizabeth Sanford S000m RW	0.00 50
M50 William Lane	9:20.52
M55 Tom Day	11:30.38
M60 James Corbeil	9:16.82
M65 Miro Mitusina	9.43.44
M70 Ted Sager	9.01.54
M75 Gordon Albury	10:33.77
M80 Harold Hall	10:57.11
W55 Marguerite Muller	10:03.41
W60 Hosalie Lasby	10:11.97
W65 C Alexander	10.42.28
W70 Joan Toole	10.42.15
W75 Jeri McDonald	13.16.38
W80 Bess Grimm	12:17:33
W85 Elizabeth Sanford	15:55.42
5000m RW	
M50 Larry Von Fossen	30:06
M55 Ricky Rayfield	38:53
M60 Paul Cole	33.23
M65 Joe Oxx	34:11
M70 Ted Sager	32:31
M75 Danny DeMauro	35:09
W85 Elizabeth Santord 5000m RW M50 Larry Von Fossen M55 Ricky Rayfield M60 Paul Cole M65 Joe Oxx M70 Ted Sager M75 Danny DeMauro M80 B John Ross W50 Deborah Van Fossei W55 Marie Abbott W60 Marjorie Pilla W65 Claudette Alexander W70 Joan Toole W75 Jeri McDonald W80 Bess Grimm 5K Road Race M50 Dave Quarles M55 Herbert Taskett M60 David Ohnsman M65 Jim Larson M70 Luis Manosalva M75 Jim Blount M80 Tom McDonald W80 Best H7e W55 Alice Kelly	42:15
W50 Deborah Van Fosser	n 46:23
W55 Marie Abbott	43:23
W60 Marjorie Pilla	33:39
W65 Claudette Alexander	36:54
W70 Joan Toole	37:44
W75 Jeri McDonald	46:22
W80 Bess Grimm	40:40
5K Road Race	
M50 Dave Quarles	17:59
M55 Herbert Taskett	19:56
M60 David Ohnsman	19:08
M65 Jim Larson	22:25
M70 Luis Manosalva	26:07
M75 Jim Blount	27:39
M80 Iom McDonald	27:05
W50 Beth Tye	23.56
W55 Alice Kelly	24.42
W60 Cheryl Klinzing	24.37
W50 Beth Tye W55 Alice Kelly W60 Cheryl Klinzing W65 Lynne Lauck W70 Doris Aronson W90 Arda Perkins 10K Road Race M50 Ronald Reuss	26:20
W70 Doris Aronson	29:44
W90 Arda Perkins	1:00:03
10K Road Race	
10K Road Race M50 Ronald Reuss M55 Charles Blaisdell M60 David Ohnsman M65 Jim Larson M70 Charles Lewis M75 Jim Blount M80 Barl Ross W55 Barbara Galpin W60 Beverly Hayden W65 M Mabee-Eddlemon	46:59
M55 Charles Blaisdell	40:44
M60 David Ohnsman	39:43
M65 Jim Larson	49:20
M/O Charles Lewis	54:17
M75 Jim Blount	59:00
M80 Bart Ross	1:05:47
W55 Barbara Galpin	1:04:43
W60 Beverly Hayden W65 M Mabee-Eddlemon	1:03:38
W65 M Mabee-Eddlemon	1:02:05
WEST	
Hawaii Senior Olyr	npics
Manadada Mari 4	2 00

Honolulu; Nov. 13-29

THE RESIDENCE AND ADDRESS.	The Last Control
100m	
M40 Grant Muroda	12.99
M45 Phil Oyape M50 Bill Blair	12.63
M50 Bill Blair	12.85
M55 Walter Ritte M60 Thomas Draper	13.45
M60 Thomas Draper	14.45
M65 Stanford Kuroda	15.35
M70 Leslie Davies	15.80
M75 Alex Shkuratoff	20.35
M85 Lloyd Namihira	34.41
W40 Lucy McCurdy	22.73
W60 Kathy Bergen	14.63
W65 Joy Schoenecker	21.53
200m	21.00
M40 Stanley Tsuii	30.15
M40 Stanley Tsuji M45 Phil Oyape	26.51
M50 Rill Blair	26.44
M50 Bill Blair M55 Walter Ritte	28:06
M60 Larry Barry	26.86
M60 Larry Barnum M65 Austin Whiting M70 Leslie Davies	33.79
M65 Austin Writing .	
M75 Alex Shkuratoff	33.35
M/5 Alex Shkuratoff	41.29
M80 Naoto Inada	56.61
M85 Lloyd Namihira W50 Lucy McCurdy	51.21
W50 Lucy McCurdy	49.95
W60 Brenda Andrieu	41.87
W65 Joy Schoenecker	45.49
400m	The state of the s
M40 Steve Sakuma M50 Vince Costello	1:07.56
M50 Vince Costello	1:01.52
M60 Jack Karbens	1:11.04
M65 Stanford Kuroda	1;16.53
M70 Paul Oshsiro	1:33.83
M75 Alex Shkuratoff	1:37.17
M80 Naoto Inada	2:05.30
M85 Lloyd Namihira	2:09.80
W50 Britta Staub	1:36:03
W65 Joy Schoenecker	1:46.33
800m	Continue of
M40 Ashley Johnson	2:24.53
M45 Ashley Dustow	2:39.42
M50 Derek Goudge	2:55.87
M55 Lyle Gritchen	2.55.23
M60 Larry Barnum	2:16.78
M60 Larry Barnum M75 Alex Shkuratoff	3:38.90
M80 Naoto Inada	5.25.27
W50 Britta Staub	3 22 00
W60 Joan Davis	7:16.88
W65 Joy Schoenecker	4:09.50
W70 Diane Stowell	3:52.99
1500m	3.52.99
M40 Ashley Johnson	4:49.02
M45 Ashley Dustow	4.49.02
M50 Derek Goudge	
M55 Lyle Gritchen	6:03.83
M75 Alex Shkuratoff	6:01.65 7:16.12

Februar	y 2005
M80 Bill Palty	10:34.98
M80 Bill Palty M85 John Boots W50 Britta Staub	8:18.15
W50 Britta Staub	8:18.15 6:45.78
W60 Joan Davis	13:44.30
W65 Joy Schoenecker W70 Diane Stowell	8:04.40
W70 Diane Stowell	7:36.04
5000m	
M45 Ashley Dustow M55 Lyle Gritchen M70 Lee Thomas	18:09.2
M55 Lyle Gritchen	23:15.6
M/O Lee Inomas	34:01.2 27:71.0
M75 Alex Shkuratoff High Jump	21.71.0
M40 Grant Muroda	1.40
M40 Grant Muroda M45 Pat Daily	1.50
M50 Vince Costello	1.35
M55 Robert Larson	1.25
M65 Red Bernen	1.40
M70 Pat Brown W60 Kathy Bergen Pole Vault	1.03
W60 Kathy Bergen	1.30
Pole Vault	
M50 Vince Costello	2.75
W60 Brenda andrieu	1.63
Long Jump M40 Grant Muroda	4.77
M45 Patrick Daily	4.40
M50 Mike Shimada	3.02
M55 Alan Nakasone M60 Jack Karbens M65 Bert Bergen	4.15
M60 Jack Karbens	3.34
M65 Bert Bergen	4.00
M70 Pat Brown	3.01
W60 Branda Andrieu	3.01
Shot Put	
Shot Put M50 Thomas Swartzell M55 Robert Larson M60 lack Karbens	41-3
M55 Robert Larson	30-7
WIOU Jack Naivella	30-10
M65 Jerry Fasteen	34-5.75
M70 Robert Husic M75 Ed Failor	30-2.75
M80 Shoichi Tanouye	23-7.75 18-1.25
W60 Brenda Andrieu	19-8.75
Discus	15-0.75
M50 Thomas Swartsell M55 Michael Nii	126-1
M55 Michael Nii	86-5
M60 Jack Karbens	103-11
M65 Jerry Fasteen	119-8
M70 Ed van Pelt	126-10
M75 Edward Faialor	78-9
M80 Shoichi Tanouye W60 Brenda Andrieu	40-10
W60 Brenda Andrieu	49-3
Javelin M45 Patrick Daily	95-2
M50 Thomas Swartzell	136-4
M55 Robert Larson	100-3
M60 Jack Karbens	102-8
M65 Robert Molyneux	78-2
	79-6
M75 Edward Failor	91-8
M75 Edward Failor M80 Shoichi Tanouye W60 Brenda Andrieu	24-2
W60 Brenda Andrieu	63-5
10K Road Race	54.00
M40 Steve Sakuma	51:29 45:22
M45 Ashley Dustow M55 Stote Farnham	59:35
M75 Alex Shkuratoff	1:00:46
M80 Naoto Inada	1:38:16
W60 Martha King	1:02:36
W65 Joy Schoenecker	1:01:36
W75 Ellen Humphrey	1:05:24
	_

Team Thor USA Thunder

Series, La Jolla, CA; Dec. 11		
Shot Put		
M50 Richard Watson	11.21	
M65 Jack Kuhns	10.81	
Discus		
M50 Mike Cour	35.37	
Richard Watson	35.16	
M65 Jack Kuhns	33.84	
M70 Doug Tomlinson	36.63	
Hammer		
M35 Scott Sargeant 5k	45.26	
M40 Kyong Song	45.68	
M50 Tom Meyer	47.12	
Richard Watson	39.06	
M65 Jack Kuhns	31.43	
M70 Doug Tomlinson	35.85	
M75 Kio Song	29.11	
Javelin		
M50 Richard Watson	42.26	
M65 Jack Kuhns	28.29	
Weight Throw		
M35 Scott Sargeant 25#	11.34	
M50 Richard Watson	12.83	
Mike Cour	7.44	
M65 Jack Kuhns	11.59	
M70 Doug Tomlinson	13.67	
Superweight M50 Richard Watson	- 00	
M65 Jack Kuhns	6.86 4.87	
Pole Vault	4.67	
W50 Rita Hanscom	2.75	
W60 Nadine O'Connor	2.75	
M40 Tim McIntyre	3.97	
M50 Mike Hogan	3.97	
Jeff Scott	2.90	
M65 Ed Oleata	3.05	
MOS EU CIEATA	3.05	
INTERNATION		

INTERNATIONAL

Asia Masters Athletics Championships, Bangkok, Thailand; Dec. 1-5

11.8
11.7
12.6
12.8
13.2
13.8

February 2005	
M70 S Tamahiko JPN	1
M70 S Tamahiko JPN M75 T Devasir IND M80 T Juji JPN M85 P Kochhar IND W50 T Rieko JPN W55 G Menike SRI W60 O Junko JPN W65 N Noriko JPN	1
M85 P Kochhar IND W50 T Rieko JPN	1 1 1 1 1 1
W55 G Menike SRI W60 O Junko JPN	1
W65 N Noriko JPN W70 Y Midori JPN	1
M40 V Kam-nut THA	
M45 K Norihiko JPN M50 H Tzu-Jung TPE	2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2
M55 K Kozabu JPN	2
MACC MICHIGATOR	2
M65 K I-Sniung IPE M70 H Hidehiko JPN M75 I Takashi JPN M80 K Pamwan THA M85 P Kochhar IND	3
M85 P Kochhar IND W35 S Weerapasart THA	4
W50 T Rieko JPN W55 G Menike SRI	3
W60 O Junko JPN W65 N Noriko JPN	3
W70 D Victor IND W75 M Korattyile IND	4
W80 M Mitsu JPN 400m	5
M40 S Singh IND M45 Sellahewa W	5
M50 Wickjramarachchi SF M55 S Chaikhrawng THA	1 5
M60 C Ching-Jung TPE	1:0
M65 S Osami JPN M70 H Hidehiko JPN W35 S Weerapasart THA	1:0
W40 P Somchit THA W45 T Kazuko JPN	1:0
W50 S Lee MAS W55 J Kulkarni IND	1:0
W60 L Weerasinghe SRI W65 S Ikuko JPN	13
W70 I Yoko JPN	1:3
W75 W Zheming CHN W80 P Kidira THA	1.4
800m M40 B Victor KAZ	2:0
M45 Ranasinche SRI M50 J Singh IND M55 A Yorimitsu JPN	2:16
M55 A Yorimitsu JPN M60 H Pisal IND	2:15
M60 H Pisal IND M65 S Osami JPN M70 S Hatakenaka JPN M75 I Takashi JPN	2.32
M75 I Takashi JPN M80 T Soichi JPN W35 K Kusuwan THA	3:06
W40 M Kaenkaew THA	2.45
W45 T Kazuko JPN W50 S Lee MAS	3:01
W55 J Kulkarni IND W60 S Satsuko JPN	3:15
W65 S Ikuko JPN W70 Z Tian CHN	3:25
M40 B Victor KAZ M45 N Oytip THA	4:26
M50 R Manikam MAS	4:44
M50 R Manikam MAS M55 A Yorimitsu JPN M60 K Hideki JPN M65 S Osami JPN	4:58
W/U I KUNIO JPN	5:13
M75 M Hiroshi JPN M80 T Soichi JPN M85 W Tsan-Hsun TPE	6:18
W35 K Kusuwan THA	9:01 5:22
W40 M Kaenkaew THA W45 P Shgila HKG	5:21 5:45
W50 S Lee MAS W55 S Lodoi MGL W60 S Satsuko JPN	6:23
N65 S Ikuko JPN N65 S Ikuko JPN N70 Z Tian CHN	6:32
N75 W Zheming CHN	6:50 7:24
W80 X Liu CHN	7:25
M40 E Etaati IRN M45 R Antoque PHI	16
M50 C Selvarai IND M55 M Tabayev KAZ	17
M60 F Toshihiro JPN M65 L Jae KOR	18
M70 I Kunio JPN M75 M Hiroshi JPN M80 J Panit THA	20
M80 J Panit THA M65 W Tsan-Hsun TPE W35 K Kusuwan THA	35
	19 N
W45 Zhe Ping Liu CHN W50 S Huekkhunthod THA	21:
V60 S Satsuko JPN	23:
V65 D Wong CHN V70 Z Tian CHN V75 L Chaedan THA	25:
0,000m M40 E Etaati IRN	34
M45 A A-Najafi IRN M50 C Selvarai IND	34
155 M Baltabayev KAZ	39
M60 K Hideki JPN M65 L Jae KOR M70 I Kunio JPN	41:
75 R Bhawar INF	1.00
V35 K Kusuwan THA V40 M Kaenkaew THA	45
V45 Zhe Ping Liu CHN	46
V50 S Huekkhunthod THA V55 L Wirotthamaku THA V60 S Satsuko JPN	53
V60 S Satsuko JPN V65 D Wong CHN V70 Z Tian CHN	52

W60 Glen Watts W65 Marie Slattery

W65 Marie Slattery 200m M55 Kit Chambers M60 Gerald Keddell M65 Bruce McPhail M70 Max Wood M75 Ian Brownie W40 Lynne Booth W55 Lois Anderson W60 Margaret Fraser W65 Marie Slattery 400m

18.86

27.45 28.55 29.49 31.91 34.64 31.03 33.18 41.72 45.10

M70 S Tamahiko JPN M75 T Devasir IND M80 T Juji JPN M85 P Kochhar IND W50 T Rieko JPN	14.07 16.60	Short Hurdles	1:15:4
M80 T Juji JPN M85 P Kochhar IND	16.53	W35 S Weerapasart THA M40 B Rungruang THA	29.30
W50 T Rieko JPN	14.93 15.19	M45 NA THA	19.04
W60 O Junko JPN	15.82	M55 C Ching-Chi TPE M60 Y Takehiro JPN M65 Y Iwao JPN	18.2
W65 N Noriko JPN W70 Y Midori JPN	15.08 16.29		19.30
200m		M75 S Deshpande IND M80 M Naomi JPN W35 F Muros PHI	19:4
M40 V Kam-nut THA M45 K Norihiko JPN	23.76 23.59	W35 E Muros PHI	13.30
M50 H Tzu-Jung TPE	25.20	W35 E Muros PHI W40 M Naomi JPN W45 S Bunawk THA W50 T Rieko JPN W55 G Menike SRI W60 M Hiroko JPN	13.30
M55 K Kozabu JPN M60 C Ching-Jung TPE M65 K I-Shiung TPE	27.20	W50 T Rieko JPN	15.18
		W55 G Menike SRI W60 M Hiroko JPN	19.19
M75 I Takashi JPN	32.63	Long Hundles	
M80 K Pamwan THA M85 P Kochhar IND	47.10 49.00	M45 R Unso PHI	1:06.2
W35 S Weerapasart THA W50 T Rieko JPN	29.30 32:14		1:08.4
W55 G Menike SRI	33.51		00.0
W60 O Junko JPN W65 N Noriko JPN	34.81 32.12	MICO T Tieles IDM	1:22.5
W65 N Noriko JPN W70 D Victor IND W75 M Korattvile IND	41.71	W60 M Kiroko JPN	1:07.4
W70 D Victor IND W75 M Korattyile IND W80 M Mitsu JPN	50.53 42.70	2000m Steepiechase	8:24.30
M40 S Singh IND	54.92	M65 T Ryosuke JPN	8:35.00 9:02.83
M45 Sellahewa W	54.85		0:25.8
M50 Wickjramarachchi SRI M55 S Chaikhrawng THA			0:48.4
M60 C Ching-Jung TPE M65 S Osami JPN	1:00.96	3000m Steeplechase	
M65 S Osami JPN M70 H Hidehiko JPN	1:05.66		0:50.00 2:57.40
W35 S Weerapasart THA	1:08.20	M50 R Manikam MAS 11	:05.01
W40 P Somchit THA W45 T Kazuko JPN	1:06.53	M55 K Kunz THA 12 4x100m Relay	2:44.69
V5U 5 Lee MAS	1:12:90	W35 SIN (Fun/Leng/Tin/	55.66
W55 J Kulkarni IND W60 L Weerasinghe SRI W65 S Ikuko JPN	1:21.97	Kiaw) W40 JPN (Tieko/Kazuko/	55.51
V65 S Ikuko JPN	1:27.11	Kayako/Naomi)	
N70 I Yoko JPN N75 W Zheming CHN		W45 THA (Wiengsamut/ Kamnaung/Bunawk/	1:06.4
N80 P Kidira THA	3:52.49	Sangsuranetorn)	
M40 B Victor KAZ	2:07.10	W50 IND (Mitra/Chiring/ Kakshmi/Mehta)	1:09.1
M40 B Victor KAZ M45 Ranasinche SRI M50 J Singh IND	2:16.25	W55 THA (Chimwong/ Phuakphong/Pimsakul/	1:26.7
M55 A Yorimitsu JPN	2:15.77	Pimsakul)	
AGO H Pigal IND	2:27.82	W60 JPN (Chieko/Hiroko/ Satsilp/Junko)	1:07.8
M65 S Osami JPN M70 S Hatakenaka JPN M75 I Takashi JPN	2:53.59	W65 JPN (Miyoko/lkuko/	1:09.1
M75 I Takashi JPN M80 T Soichi JPN	3:06.05	Itsuko/Noriko) W70 JPN (Yoko/Hideko/	1:11.8
W80 T Soichi JPN W35 K Kusuwan THA	2:46.24	Fumiko/Midori)	
MAS T Kazuka IPN	2.45.45	4x400m Relay W35 MAS (Nooraileyshah/	4:47.1
W35 K Kusuwan THA W40 M Kaenkaew THA W45 T Kazuko JPN W50 S Lee MAS	2:57.45	Juliana/Lee/Adenah)	4:52.2
WCO C Catarila IDN	3:14.83	Konmanee/Thaprachun	
W60 S Satsuko JPN W65 S Ikuko JPN W70 Z Tian CHN	3:25.93	Kaenkaew) W45 THA (Patabasiripong/	5 32 7
1500m		Daengdee/Pinta/Juinun	n)
M40 B Victor KAZ M45 N Oytip THA		W50 THA (Sangsurane- torn/Barisai/Wirotthama	Mart
M50 R Manikam MAS	4:37.64	Daengdee) W60 SRI (Mallika/	
M55 A Yorimitsu JPN M60 K Hideki JPN	4:44.93 4:58.83	Somawathi/Wijesinghe	6:57.5 /
M65 S Osami JPN	5:13.71	Weerasinghe) W70 IPN (Hisai/Hideko/	6 56 6
M75 M Hiroshi JPN	6:18.41	Fumiko/Yoko)	0.50.0
M80 T Soichi JPN M85 W Tsan-Hsun TPF	6:47.34 9:01.27	W75 CHN (Zhu/Zhang/	9:27.2
W35 K Kusuwan THA	5:22.98	High Jump	
W40 M Kaenkaew I HA W45 P Shoila HKG	5:21.49	M40 A Amadayakul THA M45 T Shou Xie CHN	1.6
W50 S Lee MAS	6:23.35	M50 V Marappa IND	1.5
W60 S Satsuko JPN	6:32.94	M60 P Chang MAS	1.4
W65 S Ikuko JPN	6:57.40	M65 S Shigeo JPN	1.30
W75 W Zheming CHN	7:24.74	M75 G Phadke IND	1.2
W80 X Liu CHN	7:25.26	M80 A Soewondo IND	1.10
M40 E Etaati IRN	16:12	W45 E Khishigt MGL	1.4
M45 R Antoque PHI M50 C Selvarai IND	16:46 17:41	W50 N Srijad THA W55 O Cecilta JPN	1.1
M55 M Tabayev KAZ	18:24	W60 O Junko JPN	1.10
M60 F Toshihiro JPN M65 L Jae KOR	18:58	W65 V Samuel IND Pole Vault	1.0
470 I Kunio JPN	20:39	M40 E Obiena PHI	4.6
M75 M Hiroshi JPN M80 J Panit THA	23:02 35:30	M45 K Yasuhiro JPN M50 S Klumov KAZ	3.1
M65 W Tsan-Hsun TPE	36.14	M55 O Masao JPN	2.4
W40 C Konmanee THA	NTA	M65 Y Lien-Tsai TPE	2.5
N45 Zhe Ping Liu CHN	21:39	M75 T Munehiro JPN	2.3
W60 S Satsuko JPN	23:45	M35 Y Kimiko JPN	2.8
W65 D Wong CHN	25:48	W40 D Sinchawachiwa THA	1.6
W75 L Chaedan THA	34:44	Long Jump	2.3
M40 E Etaati IRN	34:21	M40 H Ma-Lung TPE M45 K Norihiko JPN	6.1
M45 A A-Najafi IRN	34.21	M50 B Yuriy KAZ	5.9
M50 C Selvarai IND M55 M Baltabavev KAZ	36:43	M60 N Koii JPN	5.1
M60 K Hideki JPN	39:12	M65 K Kunio JPN	4.8
M70 I Kunio JPN	41:02	M75 T Devasir IND	3.6
M75 R Bhawar INF	1:00:08	W40 M Naomi JPN	4.9
W35 K Kusuwan THA	45:51	W50 P Mehta IND	3.4
W40 M Kaenkaew THA	41:11	W55 X Deng CHN	3.7
W50 S Huekkhunthod THA	52:49	W65 N Noriko JPN	3.6
W55 L Wirotthamaku THA	53:47	Daengdee) W60 SRI (Mallika/ Somawathi/Wijesinghei Weerasinghe) W70 JPN (Hisai/Hideko/ Fumiko/Yoko) W75 CHN (Zhu/Zhang/ Dong/Zheming) High Jump M40 A Amadayakul THA M55 T Shou Xie CHN M50 V Marappa IND M55 V Gorinta IND M60 P Chang MAS M65 S Shigeo JPN M70 A Fujio JPN M70 A Soewondo IND M80 A Soewondo IND M80 A Soewondo IND M80 C Cecilta JPN W60 O Junko JPN W60 O Junko JPN M50 S Klumov KAZ M55 O Cecilta JPN M60 M Yasahantrai IND M60 N Horini JPN M70 M Fujio JPN M70 M Solio JPN M70	3.0
W65 D Wong CHN	52:32	M40 S Singh IND	12.7
	E0.00	I M45 I Masanori JPN	116

Natio	nal N
M50 P Singh IND M55 T Jiang CHN	11.36
M65 P Banda SRI	11.06 9.22
W35 J WongsapcharoenTHA W40 G Juliana MAS	9.95 8.79
W45 S Bunawk THA W50 T Lakshmi IND	7.30
W55 D Dutta IND W60 G Barnabas SIN W65 N Noriko JPN	6.50 7.36 7.75
W70 V Samuel IND	5.52
M40 R Sergey KAZ M45 T Kumar IND M50 S Putthasen THA M55 P Rikhampha THA M60 Y Hiroshi JPN	14.06
M50 S Putthasen THA M55 P Rikhampha THA	12.68 11.04
M60 Y Hiroshi JPN M65 W Rong CHN M70 T Tsukasa JPN	12.40 10.87
M70 T Tsukasa JPN M75 W Fu-La TPE	11.51 9.53
M75 W Fu-La TPE M80 O Takashi JPN M85 L Hung TPE	8.42 7.91
W35 Ni Wan-Chien TPE W40 S Kadam IND W45 Lee Huei TPE	10.81 9.12 10.17
W45 Lee Huel TPE W50 E Lavandia PHI W55 Barthelot P SRI	9.55 8.42
W60 K Tomoko JPN W65 T Tumurbat MGL W70 D Dictor IND	10.62
W70 D Dictor IND W75 K Chang TPE	6.35 7.18
W80 S Kodoori IBD Discus	4.70
M40 R Sergey KAZ M45 Y Yuji JPN	41.77 42.80
M50 A Jarina THA M55 BV Ramalingam MAS	38.53
M60 L Hung TPE	40.74
M70 N Anumas THA M75 A Katsuya JPN M80 O Takashi JPN	31.11 21.68
M85 L Hung TPE	23.37 32.36
W40 H Indrapanaya IND W45 D Cortejo PHI	23.87 27.97
W50 T Eng MAS W55 Barthelot P SRI	24.59 22.93
W60 K Tomoko JPN W70 L Hsu TPE	28.51 14.87
W75 K Lai-Hao TPE W80 S Kodoori IND	16.41
M40 A Tharanatha IND	36.86
M45 T Subramanian IND M50 A Jarina PHI	39.84 50.79
M55 N Singh IND M60 Y Hiroshi JPN	36.31
M65 K Kohtaroh JPN M70 T Tsukasa JPN M75 L Dangdaeng THA	32.48 35.25 16.29
M80 N Zenjiro JPN M85 J Tongrueang THA	22.30
W35 L Jayaram IND W40 H Indrapanaya IND	31.25 23.53
W45 R Bala IND W50 I Manral IND	30.52 24.89
W55 M Shihoko JPN W60 K Tomoko JPN	22.74 28.18
W65 L Fu TPE W70 C Lai TPE	17.53 19.42
W75 H Nien TPE W80 S Kodoori IND	17.37 13.61
Javelin M40 S Watarat THA	56.40
M45 Yu Chien-Min TPE M50 A Sulaiman MAS	50.06 42.45
M55 M Kenji JPN M60 E Swamikam IND M65 Y Sadao JPN	45.26 45.10
M65 Y Sadao JPN M70 T Tsukasa JPN M75 A Katsuya THA	43.94 33.03
W35 P Fun SIN	28:24 36.67
W40 S Kadam IND W45 C Shu-Lien TPE W50 E Lavandia PHI	28.60 29.55
5000m RW M40 S Samutkao THA M45 N Kumar IND	36.47
M45 N Kumar IND	22:15 25:48 27:26
M50 Somkiat Phunark THA M55 T Kok MAS M60 B Purves HKG	26:23 27:19
M65 M Hemati-HazavehIRN M70 T Toshiaki JPN	31:49 29:54
M75 Saijo Shinichi JPB	33:59 35:46
W35 S Wania THA	30:42 32:58
W45 K Kim SIN	31:57 31:39
W55 A Wong MAS W60 M Hatsue JPN	35:01 35:36
W60 M Hatsue JPN W65 Y Lu CHN W70 B Yasaacharai THA	34:12 45:04
W/5 L Chaedan THA	46:34
South Island Maste Athletics Championsi	nips
Christchurch, New Zea Dec. 3-5	iand
100m M35 Ian Dieudonne	13.07
M40 Ren Cameron M55 Paul Sharland	12.79
M60 Gerald Keddell	14.03
M65 Bruce McPhail M70 Max Wood M75 Alistair Mackay	15.18
M75 Alistair Mackay W40 Lynne Booth W55 Lois Anderson	14.86 15.83

W60 Margaret Fraser W65 Marie Slattery	41.72 45.10
	56.69
M40 Ren Cameron M50 Georg Ludwig M55 Kit Chambers M60 David Rowell M65 Malcolm Fraser M70 Max Wood M75 Ian Brownie	1:01.59 1:05.25
M60 David Rowell	1:12.67
M70 Max Wood	1:13.98
W40 Lynne Booth	1:20.13 1:10.95 1:20.57 1:34.03
	1:20.57 1:34.03
300m M40 Ren Cameron M50 Michael Morrissey M55 Bill Malloch M60 David Rowell M65 Walter Hume M70 Robert Heseltine M75 Ian Brownie W40 Maria Moran W55 Loris Reed W65 Carol Thompson	2:22.69
M60 David Rowell	2:30.71 2:36.80
M65 Walter Hume M70 Robert Heseltine	2:47h 3:27h
M75 Ian Brownie W40 Maria Moran	3:21h
W55 Loris Reed	3:21h 2:40.15 2:41.13
1500m	3:25.84
1500m M35 Craig Wyllie M40 Joe Ford M45 Michael Wilson M50 Michael Morrissey M60 David Rowell	4:46.06 4:14.05
M45 Michael Wilson	4:32.21 4:39.95
M60 David Rowell	5:19.45
M50 Michael Morrissey M60 David Rowell M65 Walter Hume M70 Robert Heseltine W40 Helen Mills W55 Loris Reed W65 Carol Thompson 3000m	5:44.75 6:54.93
W40 Helen Mills W55 Loris Reed	5:55.08 5:29.08
W65 Carol Thompson	6:52.51
3000m M55 John Shivas	11:08.42
M55 John Shivas M60 David Rowell M65 Walter Hume M70 Brian Keown	11:08.42 11:34.94 11:59.98 14:28.67
M70 Brian Keown	14:28.67 12:28.10
W55 Loris Reed	11-22 38
W65 Carol Thompson 5000m	
M40 Joe Ford	16:28.73 18:36.07
M45 Barry Finch M50 Michael Morrissey W65 Carol Thompson	18:36.07 17:35.50 25:43h
10,000m	
M45 Michael Wilson M50 Michael Morrissey M55 John Shival	37:01 36:50
M55 John Shival M60 Allan Gardiner	39:29 47:10
M60 Allan Gardiner M65 Walter Hume M70 Brian Keown	47:10 45:15 51:41
Chart Hundler	
M60 William Wells M70 Colin O'Brien W50 Birgit Steltner W55 Lois Anderson	23:58
W50 Birgit Steltner W55 Lois Anderson	20:44 16.67
2000m Steeplechase M60 Allan Gardiner W55 Loris Reed	9:23.46
W55 Loris Reed	8:33 65
3000m Steeplechase M50 Michael Morrissey	11:25.96
High Jump	
M40 Stephen McKee M45 Michael Wilson M60 David Rowell	1.45
M65 Peter O'Halloran	1.21
W50 Birgit Steltner	1.10
W55 Lois Anderson	1.15 0.95
Pole Vault	4 70 TO THE
M40 Stephen McKee Long Jump	3.50
M40 Wayne Doyle M55 Kit Chambers	5.01 4.41
M60 Robert Doake	3.48
M55 Peter O'Halloran M70 Colin Munro W40 Lynne Booth W50 Birgit Stellner W55 Lois Anderson W60 Margaret Fraser W65 Marie Slattery Triple Jump	3.87 3.78
W40 Lynne Booth W50 Birgit Steltner	3.65
W55 Lois Anderson W60 Margaret Fraser	3.68
W65 Marie Slattery	2.70
M40 Stephen McKee M70 Colin O'Brien W50 Birgit Steltner W55 Lois Anderson W65 Marie Slattery Shot Put M30 Rene Chalmers M40 Keith Research	11.07
M70 Colin O'Brien W50 Birgit Steltner	7.48 8.26
W55 Lois Anderson W65 Marie Stattery	7.80
Shot Put	41.00
M30 Rene Chalmers M40 Keith Barrow M55 Keith Hutton M60 Robert Doake M65 Barry Rait M70 Ron Johnson M75 Dave Leech W45 Janice Maxwell	11.40
M55 Keith Hutton M60 Robert Doake	9.87 7.21
M65 Barry Rait	9.08
M75 Dave Leech	7.57
M75 Dave Leech W45 Janice Maxwell W50 Jocelyn Hurring W55 Lois Anderson W60 Barbara Bird W65 Valerie Hood W85 Rona Smith	6.79
W55 Lois Anderson W60 Barbara Bird	8.14 7.59
W65 Valerie Hood	6.82
M30 Rene Chalmers M40 Wayne Doyle M45 Richard Logchies	33.08 34.61
	20.77
M45 Richard Logchies M55 Richard Davison	20.00

	A STREET, STRE	
ď	M60 Alister Wilson M65 Bill Owen M70 Ron Johnson M75 Arthur Grayburn	32.30
8	M65 Bill Owen	28.23 32.52
1	M70 Ron Johnson	32.52
r		23.86
ě.	W45 Janice Maxwell W50 Jocelyn Hurring W55 Loris Reed W60 Glen Watts	27.30 31.37 14.90
5	W50 Jocelyn Hurring	14.90
	W55 Loris Reed	20.31
e.	W60 Glen Watts	19.92
8	W65 Valerie Hood W85 Rona Smith	18.77
Ē		8.30
В	Hammer M40 Richard Young M55 Richard Davison M60 Alister Wilson M65 Barry Rait M70 Ron Johnson M75 Dave Leech W40 Fiona Harvey W45 Janice Maxwell W50 Jocelyn Hurring W55 Beverley Church W60 Glen Watts	34.17
F	M55 Richard Davison	34.17 39.96
E	M60 Alister Wilson	25.74
E	M65 Barry Hait	29.39
8.	M75 Dave Leech	28.12 25.77 19.19
8	W40 Fiona Harvey	19.19
Ы	W45 Janice Maxwell	30.98
Š.	W50 Jocelyn Hurring	22.99
Į.	W55 Beverley Church W60 Glen Watts	27.61
	W65 Valerie Hood	25.96 22.89
3	W85 Rona Smith	12.19
5		
ğ.	Javelin M40 Wayne Doyle M45 Richard Logchies M50 Georg Ludwig M55 Keith Hutton M65 Bill Owen M70 Ron Johnson M75 Arthur Grayburn Weight Throw	46.81
3	M45 Richard Logchies	47.09
9	M50 Georg Ludwig	32.56 39.53
8	M65 Bill Owen	30.07
3	M70 Ron Johnson	35.45
	M75 Arthur Grayburn	25.41
	Weight Throw	
	M55 Richard Davison M65 Barry Rait M70 Ron Johnson M75 Dave Leech	13.53 12.05
F	M70 Ron Johnson	11.55
ŝ	M75 Dave Leech	11.85
3	W40 Fiona Harvey W45 Janice Maxwell	6.49
3	W45 Janice Maxwell	10.39
9	W50 Jocelyn Hurring W55 Veronica Gould	7.47
	W85 Rona Smith	8.90 12.19
3	Pentathion	
ğ,	M65 Roly Letham	1012
8	W50 Birgit Steltner	1799
	W55 Lois Anderson Weight Pentathlon	2473
	M55 Richard Davison	3103
ă.	M55 Richard Davison M65 Barry Rait	2729
3	M70 Bill Newton M75 Dave Leech	2759
F	M75 Dave Leech	2645
	W40 Fiona Harvey	1983 1741
	W50 Jocelyn Hurring W55 Beverley Church	2776
8	W60 Glen Watts	2662
ÿ.,	W65 Valerie Hood	3040
	W85 Rona Smith	3163
•	3000m RW M50 Michael Harte	15:17 30
7	M55 Keith Rutherford	15:17.39 17:30.30
3	M65 Fric Saxby	17:13.62
2	W60 Margaret Fraser	21:37.38
	M50 Michael Hade	52-15h
6	MSS Keith Butherford	53:15h 1:00:22h
	M60 John Hinton	1:14:18h
	M65 Eric Saxby W50 Sharon McDonald	59:20h
3	W50 Sharon McDonald	1:00:11h
	W60 Ann Henderson	1:22:38h
	LONG	ALC: N
	LONG	1990
f		
1	DISTANC	L
	RUNNIN	C
	ACMMIN	
	EAST	ALC: NO
8	LAST	1

Gazette Stockade-athon 15K Schenectady, NY; Nov. 14

Ove	rall	
Thor	nas Dalton 46	48:59
Kara	-Lynne Kerr 26	56:24
M35	Michael Slinskey	49:24
M40	Russell Lauer	53:17
	Michael Jordan	53:59
	Robert Underwood	54:17
	Bob Radliff	55:36
	Edward Menis	56:44
M45	Thomas Dalton	48:59
	John Noonan	54:39
	John Colucci	56:36
	Jim Maney	57:12
	John Haley	58:12
M50	George Van Hook	56:05
	John Crawford	56:28
	Rob Picotte	57:32
	Leonard Martin	57:38
	Tony Maddaloni	58:00
M55	Bob Giambalvo	54:41
	William Dixon	55:11
	Phil Jessen	57:42
	Patrick Glover	57:57
	Tim Haley	58:32
M60	Hugh Dunseath	1:06:43
	Stan Westhoff	1:09:45
	John Whitney	1:10:58
	Jj Favat	1:13:17
	Thomas Adams	1:14:45
M65	John Pelton	1:08:38
	Kermit Cadrette	1:11:43
	Jim Moore	1:12:55
	Wade Stockman	1:14:13
	Paul Halbert	1:14:56
M70	Ed Whitlock	58:57
	Ed Doucette	1:22:09

George Freem	an 1:25:35
Joe Corrigan	1:27:53
Bob Mcfarland	1:29:45
M75 Hart Anway	1:26:43
W35 Emily Bryans	57:40
W40 Helen Shekerjii	an 1:03:25
Nancy Nicholso	n 1:04:01
Jennifer Assini	1:05:48
Laurel Petersei	n 1:09:06
Jane Hawksley	Ogle 1:09:36
W45 Nancy Taormin	a 1:03:39
Nancy Potter	1:03:46
Kathleen Newt	on 1:04:06
Jeryl Simpson	1:07:35
Susan Burns	1:12:14
W50 Marcia Whitney	
Janice Roche	1:11:47
Judy Phelps	1:12:24
Erika Oesterle	1:12:44
Mary Ann Seria	
W55 Liz Williams	1:17:10
Lichu Sloan	1:21:07
Ginny Pezzula	1:21:21
Emily Ettlinger	1:26:21
Laura Clark	1:26:30
W60 Marge Rajczev	
Coral Crosman	
Sibyl Jacobson	
Betty Langevin	
Liz Milo	1:40:54
W65 Margret Betz	1:16:35
Ann Vella	1:32:08
W70 Anny Stockman	
BJ Sotile	2:18:04
	and the second

NYRR Joe Kleinerman 10K Central Park, NYC; Dec. 12

Overall	
Elarbi Khattabi 37	30:10
Genet Gebregiorgis 29	33:54
M40 Hector Rivera	33.45
M45 Greg Diamond	35:49
M50 Steve Calidonna	34:42
M55 Joseph Porcaro	37:38
M60 John Samsel	40:19
M65 Sidney Howard	42:35
M70 Alfred Finger	44:00
M75 William Fortune	53:08
M80 John McManus	1:12:46
W40 Zofia Wieciorkowska	37:50
W45 J Chodnicki-Stemm	39:16
W50 Barbara Byrne	42:39
W55 Roslyn Schloss	47:06
W60 Anna Thornhill	46:12
W65 Zofia Turosz	50:41
W70 Joan Rowland	1:11:48
W80 Grace Salant	1:45:25

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

1	The Control of the Co	
	Overall	
1	Adam Zimmerman 21	17:03
١	Kathy Guilfoyle 19	18:52
1	1100 0 W -	17:05
ı	Anthony Meo	18:06
ı	Mark Maldonado	19:53
ı	M40 Robert Whalen	17:50
ı	Charles Whalen	
١	Michael Cleary	19:13
١	M45 Michael Robles	17:56
ı	Edward Thrane	19:50
	David Krol	20:17
	M50 Paul Mascali	17:14
۹	Keith Sullivan	19:33
1	Jay Byrne	20:01
ı	M55 Bill Backe	20:00
ı	Lutz Hoffman	20:09
4	David Lowry	20:53
ı	M60 Daniel Badalament	21:37
١	Roger Sullivan	22:46
ı	Michael Service	22:54
ı	M65 Jose Mendez	21:40
ı	Denis Daly	22:18
ı	M70 Geza Feld	25:36
1	Harry Irwin	25:36
1	M75 George Marr	28:09
ı	Bert Jablon	28:41
1	M80+John McManus 81	33:02
1	Bill Benson 85	37:43
1	W35 Laura Brown	19:45
1	JenniferSchretsmayr	
ı	JosephinePiccinic	
ı	W40 Karen Cotty	19:52
ı	Michele Labiento	20:10
1	Diane Bernier	20:18
ı	W45 Linda Ottaviano	21:33
ı	Dolores Doman	22:34
ı	Robin Roberts	22:39
ı		22:13
1		24:23
ı	Jane McGraw	24:29
1	W55 Elizabeth Penagos	25:05
ı	Ellie Gavin	25:19
١	Eileen Hession	25:54
ı	W60 Helma Clavin Karen Potenza	26:34
ı	W65 Patricia Delaney	27:32
١	Sandra Shapiro	31:53
١	W75 Mary Ludemann	37:31
1	W/ 5 Mary Ludemann	48:42

First Night Saratoga 5K Saratoga; NY; Dec. 31

A STATE OF THE PARTY OF THE PAR	
Overall	
Shaun Evans 26	16:45
Jacqueline Bangert 19	19:01
M35 John Ehntholt	17:58
Dan Pierson	19:09
Walter Boldish	19:29

page 30	4-31	
M40 Kevin Higgins	18:05	Dick Franklin
Bob Radliff	18:17	Ed Norman
David Putney	18:36	Jack Gill
M45 John Noonan	17:18	M60 Don Coffman
Derrick Staley	17:21	Ken Brewer
Michael Jordan	17:38	Paul Jensen
M50 Jim Robinson	17:34	Jack Hasson
Dennis Fillmore	18:23	Garry Elkins
James Forbes	19:43	Joel Hicks
M55 Phil Jessen	18:54	M65 Tom Mayfield
Pat Glover	19:25	Bill Macy Larry Marrett
Ellsworth Jenkins	21:37	Bill Zehner
M60 Hugh Dunseath Lewis Thornton	24:52	M70 Kelly Stinson
M65 John Pelton	22:11	Thomas Hathaway
Kermit Cadrette	23:19	GordonWoodcock
M70 Joe Kelly	29:09	M75 Jerry Johncock
Joe Corrigan	29:20	W35 S Llaguno
W35 Eileen Leavitt	21:08	ValConnaughton
Virginie Poritzky	22:03	JenniferChristian
Natalia Hogan	22:47	W40 Cheryl Boessow
W40 Amy Knoeller	20:16	Sue Bozgoz
Theresa Hance	23:11	KatharineEdmonds
Marilyn Laliberte	23:21	Challis Gamble
W45 Mary Stewart	23:13	Joanne English
Andrea Peterson	23:25	W45 Barbara Sanders
Nancy Contino	23:40	Terri Frost
W50 Terrie Maguire	24:06	Jane McCurdy
MaryanneMcNamara	24:16	Cheryl Backstrom Patricia Shafer
Linda Kranick	25:01 25:58	W50 Ann Eller
W55 Ginny Pezzula Kathy Frederick	27:56	JanFarnungKrouse
W60 Sakiko Claus	28:00	Becca Fuller
Sue Rushman	28:08	Diane Lilly
W65 Joan Corrigan	35:57	W55 Shirley Sirois
W75+ReginTumidajewicz	40:14	Annette Caruso
	Marray S. S.	Donna Robinson
Millennium Mile	PARTY OF THE PARTY	W60 Ingid Kiss
Londonderry, NH; Ja	n. 2	W65 Anne Park
		Top Age-Graded Actual
Overall	F F F	T McCluskey 56 2:45:54
John Mortimer 28	4:01	D Coffman 61 2:57:37
Kathy Fleming 38	4:40	G Romesser 54 2:47:40
MAR Michael Made	4.42	K Brewer 63 3:08:10

K Brewer 63 T Mayfield 66 G Julin 57

Doc Weiss 56

P Jensen 56

Overall	
John Mortimer 28	4:01
Kathy Fleming 38	4:40
M35 Michael Wade	4:43
M40 Rich Marion	4:20
Bob Cullins	4:29
Harris Hardy	4:35
Mark Coddaire	4:42
John Tuttle	4:43
M50 Randy Waterman	4:44
Walter Swanbon	4:48
Daniel Walsh	4:51
Judge Jones	4:53
Dana Waterman	5:06
M60+Stanley Dutton	5:13
Bill Spencer 68	5:28
Richard Malloy	5:35
David Pember	5:37
David Doherty	5:41
W35 Kathy Fleming	4:40
Kara Hass	4:45
Christine Reaser	5:11
Julie Hanover	5:30
Katja Fox	5:38
W40 Zofia Wieciorkowska	4:48
Karen Tripp	5:13
Jayne Tallarico	5:25
Diane Quinlan	5:36
Patricia Bourgault	5:38
W50 Linda Wegener	5:58
Kathy Satter	6:38
Aline Kenney	6:59
Pamela Parker	7:03
Emily Strong	7:09
W60+Kathy Engle	7:31
Sachiko Burkinshaw 66	7:39
Julie Lockhart	7:49
Isobel Parke 78	8:56

SOUTHEAST

Rocket City Marathon

Huntsville, AL; De	c. 11	Ella Fennessy
0	No. of the	EustratiaKourounis
Overall		W65 Emma Blascavich
Garick Hill 23	2:26:47	W70 Vonda Adorno
Sarah Llaguno 39	2:58:50	Deette Andersen
M35 Jim Clemens	2:45:34	M35 Jim Harrington
Eric Coffman	2:46:15	JonathanSwanson
David Purinton	2:52:04	FranciscoGarza
Mark Ledyard	2:53:37	M40 Dave Terris 2nd
Dink Taylor	2:56:10	WmHenderson5th
M40 Gordon Sanders	2:37:52	Joey Mayo
DWayneSatterfiel	2:44:08	Stephen Barlow
John Gostomski	2:49:56	Chris Shaw
Michael Newberry	2:53:44	Gerardo Lopez
Bill Johncock	2:55:24	Avi Moss
Dave Reppen	2:56:57	Rodney De Clue
Scott Gill	2:57:50	M45 WilsnCorsinoDeO
John Casterline	2:59:59	Ramiro Munoz
Miles Powell	3:00:20	Bill Butzner
M45 Tom Minor	2:57:39	Paul Movroydis
Allen Andrews	3:02:14	Rick Hollis
Joe Francica	3:08:30	Pat Stephens
Bill Evans	3:10:00	KamiKouzekanani
James Cinotto	3:13:04	Curtis Dewey
Dan Bird	3:17:17	M50 Miguel Lopez
Dan Hall	3:18:26	Larry Hall
Davy Kennamer	3:21:20	Al Denbleyker
M50 Gary Romesser	2:47:46	Larry Thompson
David Jones	2:58:17	Tommy Elder
John Kennedy	3:00:49	Thomas Gaudette
RichRodenhausen	3:17:43	M55 Raymond Bell
ForrestCallicutt	3:18:38	Chris Plopper
Mike Lies	3:19:25	Roy Pirrung
Wayne Heckler	3:20:32	Fred Thompson
John Barrow	3:21:03	Patrick Snyder
M55 Terry McCluskey	2:45:54	Thomas Skinner
Doc Weiss	3:01:18	M60 Michael Chicka
Gary Julin	3:02:03	Jimmie Jones
Dave Minier	3:02:19	Larry Lindeen
2410 111111101		Larry Lindeen

	Juan Delgado	5:23:01
M65	Don Winkley	5:23:42
	Tim Kourounis	5:26:31
	Jim Braden	5:30:49
M70	Chas Sabatine	6:35:59
	Sam Soccoli	6:53:19
	Conrad Vann	7:00:44
M80	Odino Soligo 82 -50 Mile-	6:57:20
Ove		
Yian	nis Kouros 48	6:11:28
Con	nie Gardner 41	7:16:23
W35	Marlene Hall	7:34:10
	LaurieNakauchiHall	8:21:56
W40	C Gardner	7:16:23
	StephanieErhet 5th	7:40:24
	Pam Reed	7:54:46
	Barbara Hitzfeld	8:16:43
W45	Tania Pacev 2nd	7:23:34
	Tia Bodington	7:44:16
	Beth Simpson	8:43:28
	Susan Rouse	9:00:13
W50	Diana Heynen	9:40:36
	Carla Branch	10:15:02
	Yong Collins	10:32:00
M35	Scott Eppelman	7:08:09
11100	Gary Moroney	8:09:46
MAO	Mark Henderson	7:13:07
11170	Dirk Reif	7:28:02
	Agapito Gaytan	7:41:19
	GeorgeHitzgeld	8:26:31
	Arnold Espe	9:01:54
M45		6:11:28
14143	Eric Bindner 5th	7:08:32
	Peter Vrorijk	7:12:14
	Paul Schoenlaub	7:16:14
	Raul Flores	7:48:42
MED	Les Michalak	7:51:52
MOU	Gregg Miller	8:08:26
		8:19:30
	Les Elsworth	8:19:30
	Jon Brown	
M55	Don Ryan	8:28:20
	Vard Nelson	8:53:54
	Blair Zimmerman	8:59:40
	Bob Botto	9;25:32
M60	MichaelVerschelde	8:55:48
	Fred Ward	9:44:41
	Nofal Musty	10:13:26
	Ken Norwood	11:10:58
	Manuel Lopez	11:55:24
	Wm Hollihan	11:10:56

3 22 28 3 37 14 2 57 37

3 55 09

3:18:03

3 28 07

3.42.45 3.50.31 3.29.23 3.47.11 3.57.35 4.01.54

4:25:39 4:27:59 4:29:31 5:46:25 4:25:54

2:33:07 2:34:21 2:36:44 2:37:29 2:37:29

3:11:45 4:05:06 4:24:19

4:36:32 4:45:00 4:52:48 5:10:41 5:18:54

5:19:23 5:33:35 5:36:50 4:19:39

4:31:28 5:26:35 5:31:24 5:34:56 5:36:20 4:54:20

5:19:35 5:37:12 5:42:45

6:17:32 6:15:47 6:22:19 6:27:11

6:32:00 6:32:43 6:49:11 8:16:07

8:07:01 3:35:21 3.46.34 4.04.27 3.33.40 3.52.17

4:03:43 4:14:39 4:22:08 4:29:16 4:30:11 4:46:49

4.00.04 4.05.40 4.43.17 4.47.14

4.48.19 4.57.22 5.01.48 5.04.57

4:11:36

4:12:51 4:20:28 4:27:06 4:31:56

4:35:18

4:35:18 4:10:31 4:15:33 4:42:52 5:04:41 5:09:17 5:33:33 4:25:33 4:47:29

5:01:02

3.15.40

3:01:18 3:01:18

Sunmart Texas Trail 50K & 50-Mile, Huntsville; Dec. 11

Overall Ulrich Steidl 32 Chris Purslow 37 W35 Ashley Golliher Amanda McIntosh

Jean Perez Selena Harvey Desiree Nowlin

MaryBeth Miller W45 Jean Herbert 2nd

Kathy Holt W50 Eva Luckey Patricia Totten Leslie Hale Marcia Noyes

Marcia Noyes
Jill Tillinghast
W55 Sue Yates
Kathy Weix
Lorrie Ellis
Carol Croom

PauletteBrockinton

ThelmaRichardson Ella Fennessy

Suzy Seeley Terri Skinner Phyllis Pietrucha Annie Reese

Jacksonville, FL; Dec. 19

Over	all	ALL DEST
Sean	McCormack 43	2:37:09
Lisa (Ogryzek 25	3:08:34
M35	Patrick Schryburt	2:44:14
M40	John Metzgar	2:44:11
1000	Mark Deese	2:52:50
PARK	Mark Sullivan S Mark Courtney Tim Welch	2:54:37
M45	S Mark Courtney	2:49:18
	Tim Welch	2:49:24
	Bruce Bayliss	2:57:28
	Dana Peters	3:09:42 3:11:54
APRIL .	David Branner	3:11:54
	Ken Junkins	3:15:20
	Cliff Hardick	2:58:09
CHINE.	Albert Wieringa	3:05:01
1000	Ken McQuaig	3:06:50
M60	Lewis Loudon	3:18:47
2000	David Ohnsman	3:29:18
	Jose Manrique	3:48:39
M65	Paul Hargrave	3:38:36
George	Andrew Kotulski	3:54:34
	Robert Oconnor	4:10:00
M70	August Leone	4-34-57
PASS.	Wallace Herman	5:00:31
100	Robert Robins	5:43:36
W35	Heather Smith	3:21:39
	Caroline Lee	3:19:02
Total Control	Cinda Hart	3:31:33
THE REAL PROPERTY.	Wendy Patterson	3:32:40
W45	Elisabeth Diamond	3:34:06
Stone-	Randy Garvey	3:47:29
STOR	Linda Driggs	3:49:34
W50	Paulette Butler	3:32:40
	Diane Johnson	3:49:57
216	Loretta Haycook	3:58:10
W55	Nina Bovio	4:01:03
William (Geri Henry	4:11:22
100.00	K Supapan-McCall	4:12:38
W65	Virginia Farneman	5:40:05
*****	Half-Marathon	Andrea Library
Over		
		1:16:15
Vim !	Damelek 20	1:22:59
M35	Sean Black	1:23:31
M40	Tim Francis	1:17:21
	Len Ferman	1:18:54
2500	Daniel French	1:20:20
M45	Neil Martin	1:23:03
3400	Bill Dunn	1:24:12
42	James Shimberg	
M50	James Shimberg Tom Perona	1:23:41
INIOU	Edward Bates	1:24:49
- Marie	Jeff Powers	1:24:49
M55	Page Ramezani Al Ganter Larry Nuosce	1:24:02
	Al Ganter	1:36:15
Water.	Larry Nuosce	1:37:32
Men	John Stanhane	1.35.30
1000	Harvey Warnock	1:43:52
2000	Harvey Warnock Harry Edwards Roger Rouiller Peter Rowe	1:46:20
M65	Roger Rouiller	1:29:40
Sections	Peter Rowe	1:55:01
	Robert Isbell	1:55:07
M70	Tom Depenbrock	2:08:37
	John Aimone	2:09:32
220	Bengt Espling	2:11:52
W35	Kimberly Likens	1:38:00

W40 Patti Stewart-Ga	rbrecht 1:25:54
Darien Andreu	1:26:16
Christy Phillips	1:27:29
W45 Susan Briers	1:40:28
Kathleen Kaye	1:42:29
Colleen Clarson	1:44:12
W50 Shelia Haire	1:35:08
Stephanie Griff	ith 1:39:56
Jude Miller-Pla	ko 1:45:42
W55 Judie Kean	1:57:43
Theresa Coom	es 1:59:50
Deborah Rober	
W60 Elfrieda Wyner	
Joy Scott	2:10:30
Mary Ann Andre	ews 2:15:03
W75 Marie Gier	3:04:46

Orlando, FL; Jan. 9

ADRIANO BASTOS 26

ADRIANO BASTOS 26
AMY SHERTZER 27
M40 PAUL MARMARO
SCOTT COLTON
TIMOTHY LYSTER
ROBERT GAZZOLA

ED GOUBEAUX GRAHAM WHITE SCOTT CLARK

RUDY BEHREND

JUAN GOMEZ

3:03:02

3:03:40

Overall

M45 STEVE NOONE		RUDY BEHREND	3:03:40
PERRY SMALL 2-51-32 TIM NAGEL 30.015 FORREST SIMPSON 3.04:35 DENNIS SUMMERS 3.09:13 MICHAEL WEBSTER 3:12-18 DAVE RUNGE 3:12-41 THOMAS KASTNER 3:13:08 JIM BARSALOUX 3:14:00 JORGE COSTERO 3:14:07 M50 JOHN van/VALKENBURGH 3:02-52 CLIVE HARWOOD 3:03:52 RICHARD BANNING 3:08:12 STEVEN WHITMORE 3:08:16 ROBERT BOURASSA, 3:11:04 ROBERT BOURASSA, 3:11:04 ROBERT WIGGINS 3:11:24 RAYMOND WILLARD 3:13:37 JIM NORTON 3:14:38 JUAN G FARIAS 3:19:28 M55 MARK VANDERSTELT 3:17:14 ALAN KOSSOW 3:26:34 JUAN G FARIAS 3:19:28 M55 MARK VANDERSTELT 3:17:14 ALAN KOSSOW 3:26:34 JAMIE HARRIS 3:34:03 JOHN GOODMAN 3:39:48 Kenneth GREENWELL 3:40:34 JERRY ROSSETTI 3:0-47 Raymond BROUILLARD 3:42:16 BOB MORGAN 3:49:43 JERRY ROSSETTI 3:0-47 Raymond BROUILLARD 3:42:16 BOB MORGAN 3:43:24 BOB CHAMPAGNE 3:57:28 RON BALOW 40:71:88 ALAN BYERLY 40:83 JAMES HEDTKE 40:946 M65 DAVID ZIMMER 3:51:57 FRED FIALA 3:59:18 BERT KATZENBERGER 40:7:50 K-G NYSTROM 42:44 RONALD ROBITAILLE 4:53:31 JAMES MCKENNA 5:64:64 AKIRA NIIDA 5:02:03 M70 FRANCISCO SOUZA 4:9:32 BEBSIE THOMPSON 4:51:56 HERBERT THAL ANG MSCHALLE 4:53:31 ULIVE BRAGK 40:24 NORMAN FRANK 6:84:46 HUGH MASSEY 7:00:17 FRANK FRENCH 7:11:15 RVING WAGMAN 7:11:28 M75 AL TREICHEL 40:747 DONALD KRUEGER 42:9:16 AUGUST LEONE 43:355 GEORGE BRACELANDS 4:83 JAMES WOOLAM 6:32:49 NORMAN FRANK 6:84:64 HUGH MASSEY 7:00:17 FRANK FRENCH 7:11:15 RVING WAGMAN 7:11:28 M75 AL TREICHEL 40:747 DONALD KRUEGER 42:9:16 AUGUST LEONE 43:355 GEORGE BRACELANDS 4:83:15 JAMES MCKENNA 5:64:64 AKIRA NIIDA 5:02:03 M70 FRANCISCO SOUZA 4:9:32 BEBSIE THOMPSON 4:51:56 HERBERT THAL ASSENCY 7:00:17 FRANK FRENCH 7:11:15 RVING WAGMAN 7:11:28 M75 AL TREICHEL 40:747 DONALD KRUEGER 3:00:01 M70 PRANCISCO SOUZA 4:9:32 ULIVE BRAGG 6:06:56 WALLY HERMAN 6:36:13 JAMES BUCHAN 7:10:29 M70 PRANCISCO SOUZA 4:9:32 SUSAN ADAMS 3:40:07 NANCY RUSSO 3:39:28 BEBSIE THOMPSON 4:51:56 HERBERT THAL ASSENCY 7:00:17 FRANK FRENCH 7:11:15 RVING WAGMAN 7:11:28 M75 AL TREICHEL 40:747 DONALD KRUEGER 3:20:09 AMY COSTA 3:25:10 M70 PARICISCO SOUZA 4:9:32 ULIVE BRAGG 6:66 WALLY HERMAN	MAS	ROB HUDYNCIA	3:05:17
FORREST SIMPSON 3.04.35 DENNIS SUMMERS 3.09.13 MICHAEL WEBSTER 3.12.18 DAVE RUNGE 3.12.18 DAVE RUNGE 3.12.18 THOMAS KASTNER 3.13.08 JIM BARSALOUX 3.14.00 JORGE COSTERO 3.14.07 M50 John vanvalkensurch 3.02.52 CICIVE HARWOOD 3.03.52 RICHARD BANNING 3.08.12 STEVEN WHITMORE 3.08.16 ROBERT BOURASSA, 3.11.04 ROBERT BOURASSA, 3.11.04 ROBERT WIGGINS 3.11.24 RAYMOND WILLARD 3.13.37 JIM NORTON 3.14.38 JUAN G FARILAS 3.19.28 M55 Mark VANDERSTELT 3.17.14 ALAN KOSSOW 3.63.44 JAMIE HARRIS 3.40.34 JAMIE HARRIS 3.40.34 JAMIE HARRIS 3.40.34 JAMIE HARRIS 3.40.34 JERRY ROSSETTI 3.40.47 Raymond BROUILLARD 3.42.16 BOB MORGAN 3.946 Kenneth GREENWELL 3.40.34 JERRY ROSSETTI 3.40.47 Raymond BROUILLARD 3.42.16 BOB MORGAN 3.44.22 BOB CHAMPAGNE 3.57.28 RON BALOW 4.07.18 ALAN BYERLY 4.08.38 JAMES HEDTKE 4.09.46 M65 DAVID ZIMMER 3.55.15 FRED FIALA 3.59.18 BERT KATZENBERR 4.07.50 K-G NYSTROM 4.24.44 FRED BOSTROM 4.29.27 GUS KUHN 4.01.44 CHARLES SIMECK 4.24.44 RONALD ROBITAILLE 4.53.31 JAMES HEDTKE 4.09.46 ROS DAVID ZIMMER 3.51.57 FRED FIALA 3.59.18 BERT KATZENBERRER 4.07.50 K-G NYSTROM 4.24.44 FRED BOSTROM 4.29.27 GUS KUHN 4.01.44 CHARLES SIMECK 4.24.44 RONALD ROBITAILLE 4.53.31 JAMES MCKENNA 5.64.64 AKIRA NIIDA 5.02.03 M70 FRANCISCO SOUZA 4.49.32 BEBSIE THOMPSON 4.51.56 HERBERT THAL ASSAMEN 4.93.84 JAMES MOCLAM 6.32.49 NORMAN FRANK 6.58.46 AKIRA NIIDA 5.02.03 M70 FRANCISCO SOUZA 4.49.32 BEBSIE THOMPSON 4.51.56 HERBERT THAL ASSAMEN SHOWLAM 5.49.38 JAMES MOCLAM 6.32.49 NORMAN FRANK 6.58.46 AKIRA NIIDA 5.02.03 M70 FRANCISCO SOUZA 4.49.32 BEBSIE THOMPSON 4.51.56 HERBERT THAL ASSAMEN SHOWLAM 5.49.38 JAMES MOCLAM 6.32.49 NORMAN FRANK 6.58.46 AULY HERMAN 6.36.13 JAMES BUCHAN 7.07.30 W40 DORIAN MEYER 2.59.36 KIM DONALD KRUEGER 4.29.11 RUNG WAGMAN 7.11.28 M75 AL TREICHEL 407.47 DONALD KRUEGER 4.29.16 AUGUST LEONE 4.33.55 GEORGE BRACELADOS 4.33.55 GEORGE BRACELADOS 4.31.51 GEORGE BRACELADOS 4.31.5	14143		2:51:32
DENNIS SUMMERS 3.09.13 MICHAEL WEBSTER 3.12.18 THOMAS KASTNER 3.13.08 JIM BARSALOUX 3.14.00 JORGE COSTERO 3.14.07 M50 JOHN VANYALKENBURGH 3.02.52 RICHARD BANNING 3.08.12 STEVEN WHITMORE 3.08.16 ROBERT BOURASSA 3.11.04 ROBERT WIGGINS 3.11.24 RAYMOND WILLARD 3.13.37 JIM NORTON 3.14.38 JIM FARIAS 3.19.28 M55 Mark VANDERSTEL 3.17.14 ALAN KOSSOW 3.26.34 JAMIE HARRIS 3.40.39 JOHN GOODMAN 3.39.46 Kenneth GREENWELL 3.40.34 JERRY ROSSETTI 3.04.77 Raymond BROUILLARD 3.42.16 BOB MORGAN 3.44.32 JOHN GOODMAN 3.39.46 Kenneth GREENWELL 3.40.34 JERRY ROSSETTI 3.04.77 Raymond BROUILLARD 3.42.16 BOB MORGAN 3.44.22 BOB CHAMPAGNE 3.35.39 JOHN GOOTOMAN 3.39.48 KENNETH BRICK 3.35.39 JOHN GOOTOMAN 3.39.44 KENNETH BRICK 3.69.36 M60 PATRICK GRIFFITH 3.09.38 FIDEL ROTONDARO 3.31.24 BOB CHAMPAGNE 3.35.36 LEO KERKLAN 3.44.26 GLENN GOVERTSEN 3.44.22 KENNETH BRICK 3.59.18 BERT KATZENBERGER 4.07.50 RON BALOW 4.07.18 ALAN BYERLY 4.08.38 JAMES HEDTKE 4.09.46 M65 DAVID ZIMMER 3.51.57 FRED FIALA 3.55.18 BERT KATZENBERGER 4.07.50 K-G NYSTROM 4.24.44 RONALD ROBITAILE 4.53.31 JAMES BERT KATZENBERGER 4.07.50 K-G NYSTROM 4.24.44 RONALD ROBITAILE 4.53.31 JAMES BUCHAN 7.02.03 M70 FRANCISCO SOUZA 4.49.32 BEBSIE THOMPSON 4.51.56 HERBERT THAL 4.52.40 RAY WYLAM 5.49.38 JAMES WOOLAM 6.32.49 NORMAN FRANK 6.84.64 RUGH MASSEY 7.00.17 FRANK FRENCH 7.11.15 RUGH MASSEY 7.00.17 FRANK FRENCH 7.11.12 BARBAR FAGAN 3.35.40 ODILE GROSSEMY 3.35.540 ODILE GROSSEMY 3.35.540 ODILE GROSSEMY 3.35.22 BABBRA FAGAN 3.35.240 DOILE GROSSEMY 3.35.240 DOILE GROSSEMY 3.35.240 W40 DORIAN MEYER 2.59.36 KIM DONALDSON 3.01.01 NADIYA SYTARCHUCK 3.06.00 CARLA DOLDER 3.07.19 JULIE THIENEL 3.14.22 BABBRA FAGAN 3.35.240 W40 DORIAN MEYER 2.59.36 KIM DONALDSON 3.01.01 NADIYA SYTARCHUCK 3.06.00 CARLA DOLDER 3.07.19 JULIE THIENEL 3.14.22 BABRBRA FAGAN 3.35.20 BABRBRA		TIM NAGEL	
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	STATE OF		3:55:21

MARY WALSH	4:02:13
JEAN SCHMIDT	4:02:26
JACKIE TERRY	4:03:08
MARTHA LEAVITT	4:04:41
ALISON ADAMS	4:05:14
JANETTE DEAGLE	4:13:05
LAURITA SAMUELS	4:13:32
LINDA OSBORNE	4:21:32
W55 DEE BAYS-DEAN	4:22:58
BEVERLY ATTINSON	4:29:10
MARGARET LAGDEN	4:30:40
LYNDA TAYLOR	4:35:37
CANDACE YELTON	4:41:44
SHERI WILLIAMS	4:44:12
JOAN TAPOCIK	4:47:00
RITA MELVILLE	4:50:58
SUSAN REINHARDT	4:56:39
CATHERINE VANDYKE	4:57:08
W60 SHIRLEY BURRY	4:17:40
GAY ROBERTS	4:20:56
MAYUMI AIHARA	4:24:37
MARILYNNE DENISON	4:49:56
MONIQUE ROBITAILLE	4:53:30
AMANDA CARTER	4:54:07
ATSUKO NAMBU	5:29:51
MARY BLAZEY	5:30:01
LYNNE GEHRKE	5:30:17
RUTH HICKS	5:43:24
W65 KUMIKO TAKEI	4:31:47
TERTTU BARSCH	5:01:27
SALLY BYRAM	5:11:11
LOIS HATCH	6:36:05
DONNA BROWN	7:02:06
W70 MICKIE FLINNER	5:33:41
W75 MARIE GIER	6:48:56
The same of the sa	23.00

MIDWEST

Jingle Bell Run for

Covington, KY; Dec	. 11
Overall	
TJ LENTZ 37	15:41
JILL TRANTER 34	18:47
M35 TJ LENTZ	15:41
JERRY BRICKING	17:11
M40 LANCE KINSEY	17:25
BRUCE RIECKEN	18:39
JOE BRINKMAN	18:40
M45 MARK TENSING	17:05
LEO TURCHYN	
PAUL HARKINS	18:01
M50 JIM GROBMYER	18:11
DICK SANDIFER	19:16
TOM DANKENBRING	19:52
M55 PATRICK BRADFORD	19:52
ED HUNTER	20:00
JACK COULSON	20:46
M60 RON STERLING	23:20
JON PATTON	25:00
EARL RIVERS	25:02
M65 JIM PETERSON	24:47
RICHARD DYSON	26:15
RICHARD SNYDER	31:35
M70 LINDEN OGDEN	26:36
JACK OCONNELL	29:16
RICHARD DICKMANN	30:25
M75 WILLIAM WORKMAN	30:45
W35 KAREN DEWINE	18:52
W40 BETSY BRUCKEN	22:14
ANN CONROY	22:24
BRIDGET DUGGAN	22:32
W45 PEGGY DOERGER	19:49
DEBBIE BIDDLE	21:38
JANET CHRISTOFF	22:53
W50 JOYCE MEYER	25:10
PATTIE MESSMER	25:29
SANDY BOSLEY	25:39
W55 CAROLYN PARKER	27:02
CAROL NORRIS	28:53
SANDRA EISELE	29:05
W60 NANCY KRUEGER	31:05
MARY PAT MCGURK	31:42
DEBBIE BRAMLAGE	33:33
W65 LAURA BOOKE	29:58
Huff Ultra Frigid 50	K

Huff Ultra Frigid 50K Huntington, IN; Dec. 18		
Over	all	
	eron Stuber 29	3:39:06
	Fagan 29	4:12:32
M35	Eric Grossman	3:41:26
	Stephen Godale	3:57:16
in the same	Howard Harrell	3:58:48
M40	Jamey Lobdell Jr.	3:42:10
	Dave Dunham	3:43:25
Van ber	Todd Scott	4:07:47
	Timothy Clement	4:08:47
	Pat Campbell	4:09:05
M45	Thomas Dever	3:48:16
CHE NA	Guy Gadomski	4:24:04
350	Russ Delap	4:27:13
403	Mike Gossman	4:28:15
	Richard Punches	4:28:24
M50		4:49:18
1000	Monte Hitchcock	5:07:24
	Gerhard Fussle	5:08:4
1000	gerald steinhoff	5:10:01
M55	Roger Wilson	5:18:37
M55		4:58:29
4000	Michael Jones	5:05:03
100	Norman Dietrich	5:20:10
-	Tom Henson	5:26:4
1100	Ed Stuart	5:44:5
M60		6:06:4
M65	Kenneth Burns Bud Stiffler	6:10:1:
W35		7:13:0
W35		4:55:5
220	Leah Long-Barhorst	5:14:2

	Susan Canevello	5:38:23
W40	Linda Keuneke	4:55:21
	Diana Schowe	5:03:58
	Mary Gorski	5:18:11
	Suzanne Weightman	5:19:50
	Denise Ferguson	5:22:44
W45	Rita Barnes	5:40:55
	Sylvia Gleason	5:57:22
	BONNIE BUSCH	6:06:18
	Ann Forshee-Crane	6:11:27
	Boonson Hartman	6:32:03
W50	Janet Cole	5:54:11
	Beth Onines	5:59:07
	Vicki Hughes	6:45:51
	Rosemary Evans	6:55:49
	Gayle Wagner	7:39:14
W55	Karen Kirk	7:00:32

Snowflake 10K

Flushing, MI; Jan. 8		
Overall		
Mike Holik	34:02	
Liz Hendershott	45:22	
M35 Thomas Preiss	35:23	
M40 Johnny Starlyte	37:25	
M45 Roger Lara	37:36	
M50 Mark Bauman	44:32	
M55 Ron Butterfield	46:45	
M60 James Carlton	38:53	
M65 Richard Wallen	47:06	
M70 Mike Anderson	58:54	
M75 Bill Kelley	1:02:54	
W35Cinda Rachor	47:49	
W40Claire Dedow	48:42	
W45Debbie Beason	52:56	
W50Janeen A Dvorak	52:20	
W55Pamela Knoodle	1:04:37	
W60Jan Wallen	57:17	
W65Cathy D Detman	58:15	
start for a tribert of a second	in which wells	

MID-AMERICA

Marsh 5K Minnetonka, MN; Nov. 6

When the same of the same	
Overall	
Tom Schiller 45	16:33
Tanya Poel 39	18:09
M35 Piotr Bednarski	16:35
Conrad Leifur	17:45
M40 Chris Humbert	18:17
Frank Loy	18:22
Scott Knight	18:38
M45 T Schiller	16:33
Mike Kilcoyne	18:02
Tom Eagan	20:02
M50 DavidJendrzejek	20:05
Dale Thompson	20:26
Jay Goetz	-21:13
M55 Joe Barksky	22:59
Michael Hlvac	23:11
M60 Lee Stauffacher	21:14
John Krawczak	21:48
M65 John Adams	26:53
Edward Lentz	26:55
M70 Dick Olson	27:01
M80+Philip Fortin	46:24
W40 Pam Walter	20:03
Jan Gunther	20:25
Mary Hirsch	21:45
W45 Debra Wagner	23:33
Carla Lavere	24:17
Molly Bremer	25:33
W50 DeeDeeAnderson	24:47
Christine Riley	25:43
Yvonne Lutz	25:43
W55 Kathryn Benhardus	26:36
W60 Eliz Sumpton	28.48
W65 Dorothy Johnson	43:19
W70 Barbara Burhans	30:41

Lafavette Oatmeal Lafayette, CO; Jan. 8

_		
	Overall	-
P	Pete Julian 33	15:27
	Erin Chlumsky 25	18:57
	M35 Sandu Rebenciuc	16:24
Н	M40 Steven Sellars	18:18
ř.	Scott King	18:34
8	Henk Moorlag	18:49
8	Mike Pellow	18:56
2	Geoffrey Ames	21:18
ů.	M50 Rich Castro	21:30
i.	Gary Erickson	22:34
b	Mark Stephen Stecher	
è.	Rick Oppermann	22:56
ř.	Michael Guidarelli	23:16
7.	M60 Ross Westley	22:59
ŝ	Charles Otoupalik	24:18
ŝ	Mick Vance	24:56
ð	Ed Youngberg	25:55
Ē.	Jim Curtis	26:06
	M70+Warren Barker 77	31:54
3.	Ken Wright 75	35:01
ğ.	Dan A Green 82	52:21
ĝ.	George E Ogle 76	54:20
9	Girdo Baker 82	1:04:43
Ē.	W35 Laurie Edwards	19:39
r	W40 Sheila Geere	19:34
Ĕ.	Susan Brooker	20:08
81	Catriona Dowling	20:37
Ē.	Kristi Jordan	21:01
ē	Coreene Hanson	24:01
21	W50 Dee Dee Brard	24:50
8	P Diane Wild	26:44
8	Beth C Forsyth	28:22
ŝ	Julie Orr	28:27
	Lynn A. Specht	28:32

Sandra Rostie

February 2005

W60 Judy Moir Elisabeth Kandel Sandra Rostie Toni Atkinson Natalia Kenigsbery W70+Nancy Smalley 78 Betty Skipp 76 Louise Adams 83 Dolores Afainer 71 Ingrid Camell 70

SOUTHWEST

Larry Fuselier State Championship Race 251 Belle Chasse, LA; Dec.

Brendan Minihan 29 Shannon Depp 27

M35

Smari		1.4
M35	Pablo Labadie	1:4
M40	Ross Shales	1:3
	Tom Luongo	1:4
	James Miller	1:4
M45	Leonard Vergunst	1:3
	Brian Duhe	1:4
	John Riviere	1:57
M50	Derrick Lee	1:43
	Ray Garcia	1:54
	Bobby Matthews	1:54
M55	David Sears	2:02
	Bob Hollingsworth	2:03
	Richard Snow	2:05
M60	Buster Matthews	2:00
	Eugene Jones	2:17
	Rudy Smith	2:24
M65	Arthur Delaup	2:31
	Joel Alchin	2:38
	Bill Jennings	2:38
M70	Bruce Worley	2 22
	John Hubert	3:11
	Ray. Scharenbrock	
N35	Nicey Simoneaux	2:22
N40	Terrey Perrault	2:09
	Marianne Garvey	2:08
	Nan Macmaster	3:25
N45	Erika Levandoske	2:07
	Leslye Johnson	2:56
	Susan Sarver	2:49
V50	Karen Alexander	2:20
	Bonnie Mcaskill	2:45
	Barbara House	3:04
V55	Carolyn Fink	3:04
V60	Isabel Rivera	2:33

WEST

Venice-Marina Christmas 10K Santa Monica, CA; Dec. 1

Overall	
Luis Ibarra 24	3
Erika Aklufi 28	3
M35 Gegrio Maguez	3
M40 Chris Jaggers	3
Jose Ricardo	3
Michael Branch	3
M45 Ron Paquette	3
Ruben Acuna	3
Robert Traba	38
M50 Richard Bouton	40
James Shanks	40
Wm Hewes	43
M55 Ray Parker	42
Richard Nelson	43
Joe Ogata	4
M60 Olu Karib	46
Hans Unger	46
Jay Scollick	46
M65 Horst Lutz	48
Jerry Shourds	5
M70 Andrew Martin	53
Leroy Carter	54
M75+Milo Sather 77	63
Loren Leonard 76	66
W35 Bari Ramberg	40
W40 Leslie Oliver	4
Rikako Takei	4
Kim Brettler	4
W45 Jill Weisman	40
Helen Cox	4
Holga Reyes	4
W50 Lindsey Folsom	46
Marie Edstrom	45
Linda Romney	5
W55 Beth Robertson	47
Connie Nelson	50
Loretta Bronk	51
W60 Fran Smith	51
Penny Tyree	51
Ellen Demsky	56
W65 Marilyn Clark	55
Joy Curry	65
W70 Chieko Allwein	. 55
Gudrun Naschak	74

P.F. Chang's Rock N' Rol Arizona Marathon Phoenix, AZ; Jan. 9

Overall Terete Yae 23 2.32 Shitaye Gemechu 24 2 28 2 47 2 48 2 54 2 58 2 43 M40 Driss Dacha Esteban Ortiz Ramiro Loredo Tarcisio Cruz Ronald Argabright M45 Curtis Stautz



W60 Judy Moir	25:41
Elisabeth Kandel	30:00
Sandra Rostie	31:17
Toni Atkinson	38:04
Natalia Kenigsbery	38:52
W70+Nancy Smalley 78	38:05
Betty Skipp 76	42:12
Louise Adams 83	42:34
Dolores Afainer 71	55:46
Ingrid Camell 70	56:24

SOUTHWEST

Larry Fuselier State Championship Race 25K, Belle Chasse, LA; Dec. 12

Overa	11	
Brend	an Minihan 29	1:26:46
Shann	on Depp 27	1:49:15
M35	Pablo Labadie	1:48:00
M40	Ross Shales	1:38:40
	Tom Luongo	1:41:04
	James Miller	1:43:25
M45	Leonard Vergunst	1:32:39
	Brian Duhe	1:47:30
	John Riviere	1:57:16
M50	Derrick Lee	1:43:00
	Ray Garcia	1:54:00
	Bobby Matthews	1:54:02
M55	David Sears	2:02:02
	Bob Hollingsworth	2:03:04
	Richard Snow	2:05:17
M60	Buster Matthews	2:00:01
	Eugene Jones	2:17:10
	Rudy Smith	2:24:16
M65	Arthur Delaup	2:31:50
	Joel Alchin	2:38:19
	Bill Jennings	2:38:36
M70	Bruce Worley	2:22:35
	John Hubert	3:11:06
	Ray. Scharenbrock	3:25:26
W35	Nicey Simoneaux	2:22:47
W40	Terrey Perrault	2:09:14
	Marianne Garvey	2:08:36
	Nan Macmaster	3:25:35
W45	Erika Levandoske	2:07:15
	Leslye Johnson	2:56:19
	Susan Sarver	2:49:52
W50	Karen Alexander	2:20:49
	Bonnie Mcaskill	2:45:00
	Barbara House	3:04:39
W55	Carolyn Fink	3:04:39
W60	Isabel Rivera	2:33:33

WEST

Venice-Marina Christmas 10K Santa Monica, CA; Dec. 11

Overall	
Luis Ibarra 24	32:36
Erika Aklufi 28	35:13
M35 Gegrio Maguez	34:13
M40 Chris Jaggers	35:05
Jose Ricardo	37:32
Michael Branch	39:06
M45 Ron Paquette	37:10
Ruben Acuna	38:25
Robert Traba	38:43
M50 Richard Bouton	40:23
James Shanks	40:53
Wm Hewes	43:48
M55 Ray Parker	42:29
Richard Nelson	43:29
Joe Ogata	44:52
M60 Olu Karib	46:27
Hans Unger	46:50
Jay Scollick	46:51
M65 Horst Lutz	48.49
Jerry Shourds	51:25
M70 Andrew Martin	53:10
Leroy Carter	54:34
M75+Milo Sather 77	63:09
Loren Leonard 76	66:46
W35 Bari Ramberg	40:18
W40 Leslie Oliver	43:34
Rikako Takei	43:38
Kim Brettler	44:47
W45 Jill Weisman	40:58
Helen Cox	42:52
Holga Reyes	43:56
W50 Lindsey Folsom	46:21
Marie Edstrom	49:56
Linda Romney	51:30
W55 Beth Robertson	47:53
Connie Nelson	50:30
Loretta Bronk	51:38
W60 Fran Smith	51:26
Penny Tyree	51:45
Ellen Demsky	56:21
W65 Marilyn Clark	55:13
Joy Curry	65:12
W70 Chieko Allwein	55:11
Gudrun Naschak	74:40

P.F. Chang's Rock N' Roll Arizona Marathon Phoenix, AZ; Jan. 9

Overall	1000
Terete Yae 23	2:14:24
Shitaye Gemechu 24	2:32:51
M40 Driss Dacha	2:28:38
Esteban Ortiz	2:47:21
Ramiro Loredo	2:48:52
Tarcisio Cruz	2:54:55
Ronald Argabright	2:58:11
MAS Curtie Stautz	2-43-38

Ron Hyde	2:46:33	Andrea Kent	3:31:0
Manuel Portes	2:47:16	Kathleen Johnston	3:36:0
Rich Hanlon	2:52:06	W50 Terese Grondin	3:30:3
Dan Skarda	2:54:31	Kim Lorenz	3:39:49
M50 Kim Mc Donald	2:58:12	Kay Levy	3:45:5
Thomas Overwater	2:58:42	Jane Gainer	3:49:14
John Tarkowski	3:00:02	Heasook Maus	3:48:09
Mark Le Duc	3:00:19	W55 Jane Hutchison	3:28:36
William Siegrist	3:06:03	Susan Schwartz	3:38:25
M55 Gary Julin	2:59:46	Romy Niblack	3:40:23
Ray Lobato	3:18:58	Udon Beidler	3:43:13
Joseph Canale	3:15:36	Leslie Stanfield	4:15:25
Joe Ogata	3:30:19	W60 Sally Kennett	4:15:50
Ed Baca-Green	3:30:15	Beverly Schulz	4:22:11
M60 Brent Pinder	3:23:16	Merle Hines	4:28:0
Leo Rutten	3:38:15	Linda Breen	4:45:3
Bob Oliva	3:38:50	Geraldine Weber	4:46:2
Francesco Criniti	3:43:43	W65 Tanya Kirkpatrick	4:31:3
Wim Van Berkel	3:44:15	Freida Reutter	5:06:4
M65 Paul Hargrave	3:38:52	Gloria Dake	5:11:3
Roland Ratmeyer	3:50:26	Barbara Mouser	6:11:4
Jim Grindley	4:02:50	Anne Riggs	6:31:5
Rod Strodl	4:03:38	W70 Patricia Lorenzo	7:38:5
Gordon Foster	4:03:16	Ann Chisholm	7:44:4
M70 Harold Vance	4:28:27	8	
Warren Reutter	4:52:05	NORTHWES	T
William Hollihan	4:55:17	NORTH ITES	
Charlie Gregory	5:01:19	Wilster Com Dun d	NA.
Bob Swan	5:02:32	Winter Sun Run 10K	
M75 Edgar Driver	4:58:57	Moab, UT; Dec.	4
M80+Harry Seifert	8:04:45	AND RESIDENCE OF THE PARTY OF T	
W40 Rebeccah Castilo	2:58:40	Overall	-11
Amy Regnier	3:13:56	Jason Long 26	31:14
Lisa Templeton	3:23:43	Nan Keith-Frates 44	41:16
Patricia Cahill	3:24:19	M30 Jay Valentin 38	32:50
Paula Vlaming	3:27:54	Erik Packard 39	33:09
W45 Beth Henriksen	3:25:25	M40 Bernie Boettcher 42	32:45
Jean Watson	3:30:19	Gregg Stucki 45	39:11
Tina Chase	3:31:00	Tap Harris 49	41:50

Hurdle

Height

Group Distance

Moab, UT; Dec. 4

Overall	
Jason Long 26	31:14
Nan Keith-Frates 44	41:10
M30 Jay Valentin 38	32:50
Erik Packard 39	33:0
M40 Bernie Boettcher 42	32:4
Gregg Stucki 45	39:11
Tap Harris 49	41:50

M50 Art Rohr 56	39:26
John Kornfeld 54	47:55
M60 Larry Ingram 60	37:22
Tom Alford 66	46:26
M70+Warren Bystedt74	46:28
Carl Tenpas 70	53:30
W30 Kimberly Hiatt 36	43:05
W40 N Keith-Frates 44	41:16
Jeanie Grooms 48	43:37
W50 WendyVnDeKam56	48:43
Lynn Udick 56	52:20
W60 Barbie Hartshorn 64	57:38

Jingle Bells 5K & 8K Eugene, OR; Dec. 11

Overall	
Liisa Heinonen 20	19:06
Jeff Erb 18	16:49
M35 Craig Harford	19:12
M40 Brent Clark	21:07
M45 Mark Johnson	19:40
M50 Dennis Reynolds	28:38
M55 Gene Solomon	19:11
M60 GeorgeLetchworth	25:58
M65 Jim Davis	22:47
M75+Don Anhorn	37:50
W35 Christi Duhaime	21:20
W40 Charlie Solomon	20:48
W45 Carla Hervert	20:01
W50 Janet Heinonen	27:51
-8K	
Overall	
Denise Kelp 35	32:03
Matt Barnhart 19	27:44
M35 Patrick China	31:12

Hurdles

Overall	
Denise Kelp 35	32:03
Matt Barnhart 19	27:44
M35 Patrick Chinn	31:12
M40 Jerry Stromme	38:22
M45 Keith Brown	34:43
M50 Ed Spinney	29:56

Finish

WMA/USATF Hurdles and Implements Specifications

HUNDLES		
WON	IEN	
To 1st	Between	

Hurdle

Hurdles

30-39	100m	.840m 33"	13.00m 42'8'/z"	8.5m 27'10'/2"	10.5m 34'5"	10
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	8
50-59	80m	.762m 30"	12.00m	7.0m	19.00m	1 8
60+	80m	.686m 27"	39'4"	22'11'/2"	62'4"	
30-39 40-49	400m	.762m 30"	45.00m 147'7³/₄"	35.00m 114'9'/2"	40.00m 131'2'/a	
50-59	300m	.762m 30"	50.00m	35.00m	40.00m	7
60+	300m	.686m 27"	164'0'/2"	114'9'/2"	131'2'/2	
GRADIES	STATE OF		MEN		BETTE STATE	ne With house
30-39 40-49	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
50-59	100m	.914m 36"	13.00m 42'8"	8.50m 27'10'/2"	10.50m 34'5"	10
60-69	100m	.840m 33"	16.00m 52'6"	8.00m 26'3"	12.00m 39'4"	10
70-79	80m	.762m 30"	12.00m	7.0m	19.0m	8
80+	80m	.686m 27"	39'4"	22'11'/2"	62'4"	
30-49	400m	.914m 36"	45.00m	35.00m	40.00m	S STEET
50-59	400m	.840m 33"	147'7'/2"	114'9'/2"	131'2'/2	10
60-69	300m	.762m 30"	50.00m	35.00m	40.00m	
70+	300m	.686m 27"	164'0'/2"	114'9'/2"	131'2'/4	7
Marson	**********	to the property	IMPLEME	NTS	Auto-Auto-	The second sections
AGE GROUP	SHOT PUT	DISCUS	HAMMER	JAVELIN	WEIGHT	SUPER WEIGHT USATF

IMPLEMENTS						
AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN	WEIGHT	SUPER WEIGHT USATE
30-49 50-79 80+	4.00k 3.00k 3.00k	1.00k 1.00k 1.00k	4.00k 3.00k 3.00k	600 gms. 500 gms. 400 gms.	20# 16# 12#	35# 25# 20#
Men 30-49 50-9 60-69 70-79 80+	7.26k (16 lbs.) 6.00k 5.00k 4.00k 4.00k	2.00k 1.50k 1.00k 1.00k 1.00k	7.26k (16 lbs.) 6.00k 5.00k 4.00k 4.00k	800 gms. 700 gms. 600 gms. 500 gms. 400 gms.	35# 25# 20# 16# 12#	56# 56# 56# 35# 25#

Steeplechase: men 30-59: 3000m/36" (.914m); men 60+ and women: 2000m/30" (.762m)
WMA weights are used for USATF weight pentathions.

Note: The 55m and 60m indoor hurdle races use the same heights, distance to first hurdle, and distance between hurdles as the outdoor hurdle races for the respective age groups. For all age-groups indoors, 5 hurdles are run.

M55 Brian Jeanotte	37:47
M60 Dennis Staples	47:40
M65 Wm McConochie	43:38
M70 John Bailey	46:47
M75 Bill McChesney	42:00
W40 KarenLouiseWhite	34:23
W45 Kimberly Brophy	43:23
W50 Patti Brown	41:20
W55 Sherri Cannell	43:42
W65 Jane Dods	51:17

INTERNATIONAL

Dutch Marathon Championships, Eindhoven The Netherlands; Oct. 10

49	M40 Gert van Bergen	2:28.06
12	M45 Kees Portegijs	2:35.03
07	M50 Jan Tomassen	2:49.06
40	M55 Ger Prins	3:01.51
38	M60 Roald Jacobs	3:08.52
11	M65 Karel Leeuwangh	3 14 32
58	M70 Joop van der Pas	4:38.31
47	W35 Annelieke van der Sluijs	2:37.33
50	W40 Elly Zigenhorn	3:13.12
20	W45 Marie-Anne Vos	3:24.32
	W50 Hanneke Lieverse	3:22.50
48	W55 Marianne Knapen	3:18.35
01 51	W60 Els Brouwer	3:47.01
٠.	The state of the s	

RACEWALKING

North Island Masters RW Championships, Whangarel New Zealand; Nov. 26

1	M60 Gary Little AKL	15:09.2
1	M Burkinshaw WBP	18:48.5
	M65 Morrie Hinton NTH	17:44.3
	W35 Karen Davison NTH	18:45.9
Ì	K Parkes WLG	21:08.0
1	W45 Marcia Soanes AKL	17:37.5
	Diane Barrett NTH	20:02.6
ı	W55 S Miratana WBP	20:38.3
١	M Crooke NTH	22:02.0
1	W60 Loloma Foster WBP	21:36.5
١	W65 Lynn Fraser NTH	22:22.9
1	M Edwards NTH	22:24.9
ı	10K Road Race	
ı	M60 Gary Little AKL	55:06
1	M Burkinshaw WBP	1:11:22
1	M65 Morrie Hinton NTH	1:04:16
1	W35 K Parkes WLG	1:13:30
ı	W45 Marcia Soanes AKL	1:04:49
1	W55 S Miratana WBP	1:12:48
1	M Crooke NTH	1:19:42
١	W65 Lynn Fraser NTH	1:19:42

Birth Age

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH - FEBRUARY 2005

	Athlete Name (Residence)	Date	Group
	REGGIE SNOWDEN(SAN FRANCISCO,CA)	2-12-65	40-44
	DAWN BEST(BROOKLYN,NY)	2-12-65	40-44
	CATHARINA SEGERS(BEL)	2- 4-60	45-49
	STEVE NEARMAN(ALEXANDRIA,VA) CLOVA COURT(GBR)	2- 8-60 2-10-60	45-49 45-49
	THERESA BROWN(US)	2-20-60	45-49
	ZSUZSANNA RAKOCZI(HUN)	2- 4-55	50-54
	MASAE YODEN(JPN)	2-19-55	50-54
	CLIFTON MCKENZIE(MASA,AZ)	2-20-55	50-54
	BRUCE KUPERSMITH(COQUILE,OR)	2-21-55 2-24-55	50-54 50-54
	JEAN CLAUDE GRUNENWALD(FRA) MARCHISIO RITA(ITA)	2-2-50	55-59
	ANDRZEJ PIACZKOWSKI(POL)	2- 4-50	55-59
	ELLEN HEES(GER)	2-11-50	55-59
	BRENDA ANN STONE(GBR)	2-14-50	55-59
	MANFRED KALUPKE(GER) JANET JOHNSON(AUS)	2-21-50 2- 8-45	55-59 60-64
	EDWARD JONES(US)	2-13-45	60-64
	ART SWARTS(US)	2-14-45	60-64
	RAY STARNES(US)	2-21-45	60-64
ď	MILOSLAVA ROCNAKOVA(CZE) JORMA EHRSTROM(FIN)	2-28-45	65-69
	CAROL YOUNG(HUNTINGTON WOODS,MI)	2- 6-40	65-69
	JENNY BOURKE(AUS)	2- 6-40	65-69
	UWE KEILER(GER)	2-7-40	65-69
	EILEEN PUE(US)	2- 8-40	65-69
	WILLIAM GENTLEMAN(GER) GEORGE COHEN(INGLEWOOD,CA)	2-11-40	65-69
	JAMES BURNETT(CHICAGO,IL)	2-13-40 2-13-40	65-69 65-69
	DHAMIRI ABAYOMI(CAMDEN,NJ)	2-13-40	65-69
	JUTTA RIEGEL(CAN)	2-14-40	65-69
	ANNI SCHIWORSKI(AUS)	2-16-40	65-69
	JUTTA B LUDICKE(GER) JIM NOONAN(US)	2-19-40 2-22-40	65-69 65-69
	INGRID KUSCHE(GER)	2-27-40	65-69
7	VALERIE WORRELL(AUS)	2- 1-35	70-74
	GAY AUSTIN(HONOLULU,HI)	2- 6-35	70-74
	JAN HOWELL(IDAHO SPRINGS,CO) JERRY STANNERS(CA)	2- 7-35	70-74
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	DAVID JAMES(US-SWI)	2-12-35	70-74
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	AINO SILLAOTS(EST)	2-13-35	70-74
	REINO LAINE(FIN)	2-18-35	70-74
	LARRY MEANS(USAF,CO)	2-18-35	70-74
	HARRY BROWN(WAUCONA,IL) JOSEPH FUSELIER(NEW ORLEANS,LA)	2- 4-30 2-14-30	75-79
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	TOM ALLISON(EUGENE,OR)	2-22-30	75-79
	WILLIAM MILLER(BETHESDA,MD) JERRY WOJCIK(EUGENE,OR)	2-22-30	75-79
3	SHIRLEY DAVISSON(VICTORVILLE,CA)	2-25-30 2-28-30	75-79 75-79
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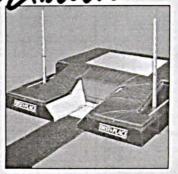
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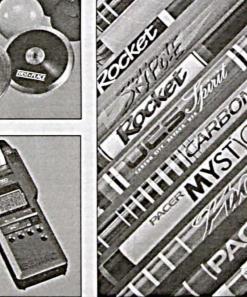




















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