

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

200th Issue

April, 1995

700 Participants Set 37 World Indoor Records at USA Masters T&F Championships in Reno

Athletes Come from 42 States and Canada

by JERRY WOJCIK

The 1995 USATF National Masters Indoor Track & Field Championships were hosted this year by the city of Reno, Nev., its neighboring city of Sparks, and the University of Nevada-Reno on Feb. 24-26.

Reno, which bills itself as the "Biggest Little City in the World" may want to add "Home of the Best Little Track in the World" after 700 athletes set 37 world and 24 U.S. pending

INSIDE: • Entry Form for Nationals — page 3 • Schedule for World Championships —page 25

• Masters Club Listings —page 30 records on the Bill Cosby indoor track set up at the Reno Livestock Events Center, located within walking distance of downtown Reno and the university.

The portable track, donated to the university by actor Bill Cosby, fits perfectly within the Events Center oval, which has seating encircling the track below, so that there wasn't a bad spectator seat in the house.

The track itself is composed of, not the usual portable plywood, but sections of 2x6 boards, which one athlete said looked better than the parquet floors in his house, to form the 200m, six-lane, banked track, with six lanes for the 60m races in the center.

The 700 men and women athletes, age 30-and-over, came from almost every state, including Hawaii and Alaska, with a preponderance of Californians. The usual small but powerful Canadian contingent showed up, as did one Australian.

The outstanding performer was Phil Continued on page 18



Carolyn Cappetta, #423, Massachusetts, was pushed to a world W55 record 30.30 by Diane Palmason, (#219, 30.33, Canada) and Kathy Bergen (30.33, California) to win the W55 200, USATF National Masters Indoor Championships, Reno, Nev., Feb. 24-26. Photo by Jerry Wojcik

Rain Doesn't Stop L.A. Marathon

An estimated 16,500 runners sloshed through the streets of Los Angeles on March 5 for the 10th running of the annual L.A. Marathon.

The constant drizzle-to-heavy-rain that fell throughout the day cut back on the traditional crowds of sidewalk fans, but the race nevertheless brought good cheer to the city as the runners wound through many of the city's ethnic neighborhoods.

Ecuador's Rolando Vera, 29, was the overall winner in 2:11:39, with New Mexico's John Bednarski claiming age 40 + honors in 2:36:40 as the 35th male overall.

New Caledonia's Nadia Prasad, 27, topped all female finishers in 2:29:48, with L.A. resident Alfreda Iglehart the first W40 + runner in 3:13:29 as the 20th woman overall.

The rain contributed to several spills among the 10,000 bicyclists who traversed the course prior to the runners. It was the first time bikers had Continued on page 11



\$2.50

Sid Howard, New Jersey, winning the M55 800 (2:15.23), USATF National Masters Indoor Championships, Reno, Nev., Feb. 24-26. Photo by Jerry Wojcik



Californian Burl Gist took the M75 high jump gold medal, but Silver Staters Lew Luehrs (1.12/3.8) and Armando Ricciardi (0.97/3-2½) went home with silver and bronze, USATF National Masters Inphoto by Suzy Hess

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Some masters events are sponsored by USATF, the national governing body for athletics in the USA. Some are sponsored by individuals, clubs or other senior organizations.

Generally, anyone age 30 or over may come to a masters event and participate. Some events are limited to age 40+, 50+ or 55+ (please check the schedule for details). Some events require advance registration. Some require a current USATE card (\$7-to \$12 per year, depending on the region). To inquire about a USATF card, call USATF in your area, or

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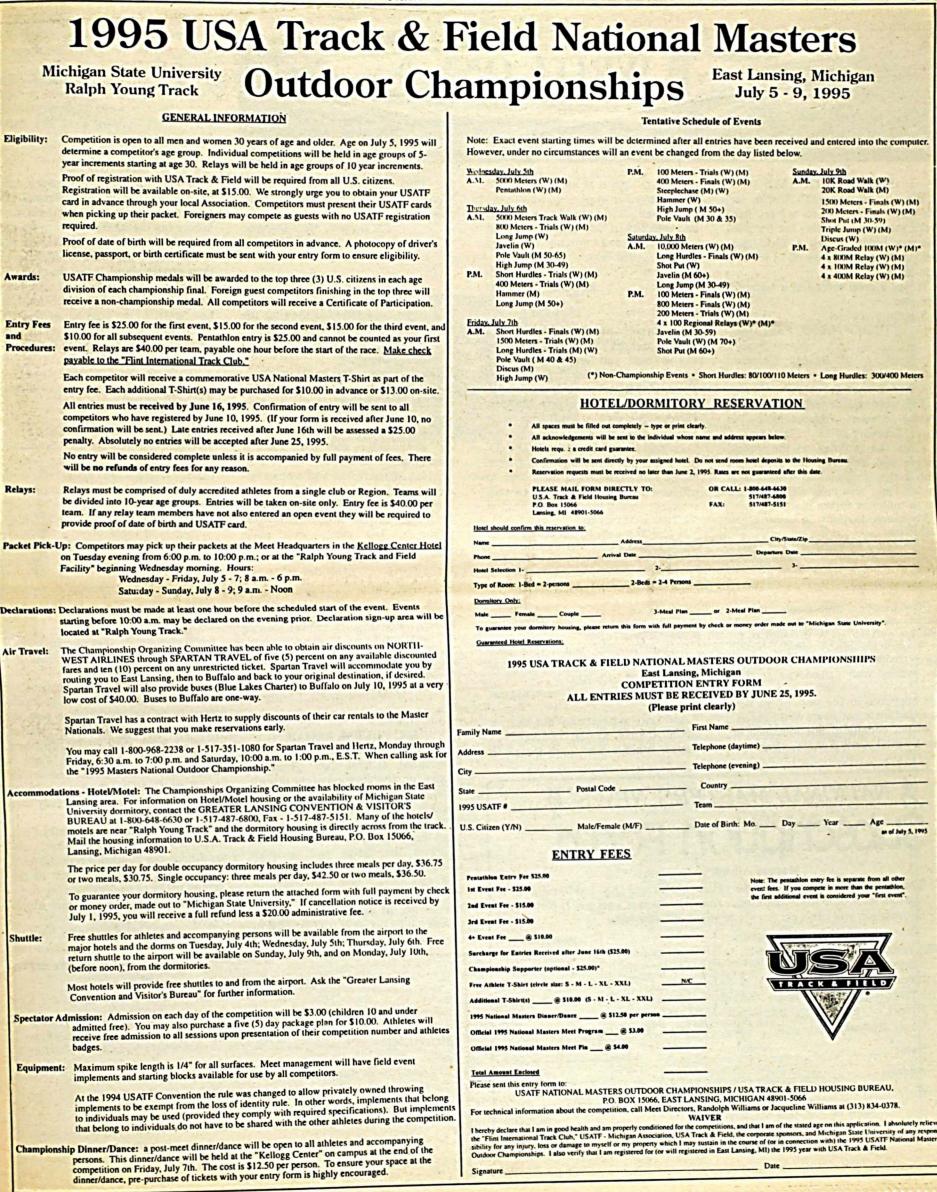
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National Masters News



INDOOR NATIONALS

We wish to thank Bill Bowser and his many volunteers for all the hard work involved in hosting the National Masters Indoor Track & Field meet held in Reno. They were all so friendly and helpful.

It was a great meet and a beautiful complex.

Thanks everyone.

Louise Adams, Pearl Mehl, Nancy Smalley Boulder, Colorado

Two words can describe the National Indoor Masters Championships in Reno, February 24-26: "Class Act."

From the facilities, to the timers, judges and especially the gentleman who assigned lanes and wished each runner luck. This meet will be a hard act to follow in future years.

My congratulations to all for a job well done.

Lou Pannarale, Dennis Duffy Wayne Morris Fresno, California

At the Indoor Nationals in Reno, my mother passed out in the women's restroom and had to be transported to the Washoe County Hospital. I would like to thank all the athletes, officials, and medics who helped her at that time.

It happened at the start of my 400 race, and I was not aware of the severity of her condition. She remained in the hospital until Sunday afternoon and is now resting at her home high in the eastern Sierras.

My family and I are all very grateful and thankful to have had such a great group of people around when my mother needed help.

Dee Dee Grafius Modesto, California

On behalf of the University of Nevada and the City of Reno, I would like to thank you for the opportunity to host the 1995 USA Track & Field National Masters Championships in Reno, Feb. 24-26. To serve as the Meet Director for such a prestigious event was an honor and a privilege.

I would like to thank the 45 USATF officials from throughout the United States who volunteered their time to officiate the meet. You did an outstanding job and helped make the meet a tremendous success.

A special thanks to the University of Nevada Track Officials Association, who carried the brunt of the officiating for three grueling days. Without your help, it would have been much more difficult.

Thanks to Jerry Wojcik and Suzy Hess, who covered the meet for National Masters News.

Barbara Kousky, you have a great bunch of USATF folks, and it was great working with you.

Scott Thornsley, you were a great boss!

And last, but certainly not least, a special thanks to the hundreds of masters athletes who participated in

the 1995 Indoor Championships. Without you, it would not have been possible.

Bill Bowser, Meet Director Reno, Nevada

RACEWALK JUDGING

At a recent race, I was first informed that I had been DQed at the time the 70 + age awards were being presented. When I asked the reason for the DQ - nobody knew.

When I asked to talk to the judges — I was told they were gone.

When I asked to see the warning sheets — they could not be found.

Two days later, I was able to contact the chief judge and was told "a mistake had been made."

A lot of confusion and embarrassment could be avoided if: 1. DQed persons were notified as soon as possible; 2. Judges stayed until awards were given; 3. DQ sheets were made available.

Dr. Jerome Kauffman Palm Beach, Florida

"Tsk, tsk!" racewalking judges. Look at the photo on page 10 of NMN, March, 1995. You are so busy looking at knees, you forget to check the heeltoe rule; that is, one foot must be in contact with the ground at all times.

Rose Kash Manhattan Beach, California

X-C COURSE REHAB

A group of us has obtained a substantial federal/state grant of money for rehabilitation of the historic cross-country course in Van Cortlandt Park in New York City. While the work will be done under city government direction, we are in a position to influence the design and decisionmaking at every step of the way.

If any reader has experience, or knows anyone who does, that may be relevant to the design and rehabilitation of a hilly two-mile trail exposed to the harsh northeastern winters, I would appreciate their contacting me. We are determined to restore this famed course to the pre-eminence it once enjoyed.

> Eric A. Seiff Scoppetta & Seiff 645 Madison Avenue New York, NY 10022

1968? NO, 1964

In your coverage of the senior mile races at the Greater Boston Track Club Invitational, you mentioned that Oscar Moore ran the 5000 meter race for the 1968 U.S. Olympic Team. Unless my memory has degenerated even more than my leg speed, I believe the U.S. 5000-meter team in Mexico City consisted of Bob Day, Jack Batcheler, and Lou Scott. In the even hazier recesses of my memory, I seem to recall that Oscar Moore ran the 5000 at the Tokyo Olympics in 1964.

Richard Englehart Newburyport, Massachusetts

RELAY TEAM DQs ITSELF

As USATF Masters T&F Southeast Regional Coordinator, I just learned that my region's M65 4x400 relay team that won the national indoor gold medal in Reno, Feb. 26, ran with an ineligible member, to wit: Chuck Wimberly of the Southwest region.

None of my region's members was trying to gain an illegal advantage. You could check it off to old age, or to the fact that mixing regions is regularly done in small meets just to get some friendly competition.

In either case, you'd be wrong. The real culprit is I, the ever-alert coordinator. Not only did I condone this squad with my blessings, reminding them that "Guys, I really believe we have a team that can beat those smartalecs from the coast," but also sat cheering and watching poor Marion Sanchez leave most of his ill-chosen lunch on the track as he made a desperate and noble effort to anchor his West Coast team to a hoped-for victory in a race that had already been "fixed."

To try to salvage what is left of our sleazy reputation, we are forthwith disqualifying our Southeast regional team and sending the medals back to the central office to be distributed to those deserving — along with our abject apologies.

Phil Mulkey Marietta, Georgia

Six Join NMN Sustainers

Each month, 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.

Special thanks this month go to:

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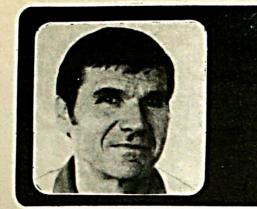
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| (American, Korean & Siberian Ginseng, Royal Jelly, Bee Pollen, Guarana & More) | Wheat Grass (7 oz.) - Retail \$31.50 | Twin Lab Ultra Fuel Bars (Vanilla & Chocolate) |
| per C Complex-Sustained Release - 60 Tablets 1000 mg C, | I-\$25.20, 3-\$70.05 (\$23.35 each) Barley Grass (7 oz.) - Retail \$25.50 | Retail \$2.69/Bar 12-\$25.99, 24-\$49.99 |
| 500 mg Bioflavonoid Complex - \$11.30 - At Elite \$9.00 leigizer (20- ,7 oz. Paks) - \$19.95 - At Elite \$15.96 | 1-\$20.40, 3-\$56.70 (\$18.90 each) Stopain Spray | Ultra Fuel (Powder) Retail \$17.99, 1-\$14.99, 6-\$80.94 (\$13.49 each) |
| Calcium, Magnesium, Potassium & Buffered Vit. C Country Life | 2 oz. \$4.99 - At Elite \$4.00 | (Orange, Tropical Fruit, Lemon & Grape) Carbo Fuel (43 oz - Powder) |
| fe Span 2000 - 50 Tablets \$19.95 - At Elite \$15.96 | 4 oz, \$6.89 - At Elite \$5.50 8 oz, \$9.89 - At Elite \$7.90 | Retail \$19.99, 1-\$15.99, 3-\$44.46 (\$14.82 each) |
| (A Mind And Body Formula) | Sportenine - Homeopathic Pain Relief | Phosfuel (180 Capsules) Retail \$18.99, 1-\$14.99, 3-\$41.97 (\$13.99 each) |
| Icium, Magnesium, Potassium - 90 Tablets \$9.50 - At Elite \$7.60 | Retail \$9.79 - At Elite \$7.84 Zand | Metabolift Thermogenic Formula |
| 500/500/99mg Good 'N Natural | Insure Herbal - 100 Tablets Retail \$11.49 - At Elite \$9.20 | 120 Capsules \$21.95, 1-\$17.56, 3-\$48.90 (\$16.30 each) Alacer |
| reen Barley - 120-500 mg. Tab \$9.60 - At Elite \$7.60 | 2 oz. Retail \$10.49 - At Elite \$8.40 Active Herbal - 60 Capsules Retail \$12.95 - At Elite \$10.36 | Emergen C - 35 Paks \$12.65 - At Elite \$10.00 Emergen C - Lo Cal - 36 Paks \$12.65 - At Elite \$10.00 |
| occoli - 90-500 mg. Tab \$9.60 - At Elite \$7.60 hlorella - 120-500 mg. Tab \$17.90 - At Elite \$14.30 | 4 oz. Retail \$11.95 - At Elite \$9.56 PMS Formula - 60 Capsules Retail \$12.95 - At Elite \$10.36 | Emergen C - Lite - 36 Paks \$11.55 - At Elite \$9.20 |
| DD (Super Oxide Dimutase) - 100-2000 Units | Universal | Super Gram II - 100 Tabs. \$19.25 - At Elite \$15.00 Super Gram III - 100 Tabs. \$20.85 - At Elite \$16.50 |
| renogenel 30.30 mg Can - \$15.00 - At Elite \$12.00 | Forza Bars - For High Performance Athletes Retail \$1.69/Bar, 20-\$27.00 (\$1.35 each) | Emergen C Sports Pak - Makes 3 gallons \$13.85 |
| Denzyme Q 10 - 30-75 mg. Capsules - \$27.40 - At Elite \$20.40 Denzyme Q 10 - 50-30 mg. Softgels - \$17.30 - At Elite \$13.85 | Pep Products | 1-\$11.08, 3-\$30.75 (\$10.25 each) Pro Lysine Ascorbates - 90 Tabs. \$17.95 - At Elite \$14.25 |
| and the series and | Sports Pep Thunder Bars - Chocolate, Tropical Retail \$1.69/Bar, 24-\$32.40 (\$1.35 each) | Leppin |
| | Brain Pep - 60 Tablets Retail \$12.95 | Apple, Banana, Grape, Lemon-Lime, Peach, Pineapple, Strawberry & Vanilla |
| Elite Offers Over 10,000 Vitamins, Bar | 1-\$10.36, 3-\$28.80 (\$9.60 each) Quantum | Squeezy Box of 10 \$7.99 - Regular Price \$10.99 (Used by many world class athletes) |
| & Drink Items at 20% To 30% off Retail | Extra Edge Performance Formula - 60 Tablets | 10 carbohydrate concentrate packets can be used |
| Get It For Less., Shop ELITE HEALTH | Increases Endurance, Starnina Extends Peaks Retail \$16.95 - At Elite \$13.56 | before, during & after training and racing. Great for Carbo-Loading |
| Semilar Over 10 000 Athletes Nationwide | | |
| Get It For LessShop ELTTE HEREIT Serving Over 10,000 Athletes Nationwide (310) 559-9739 • (800) 540-4941 | Retail \$16.95 - At Elite \$13.56 ASK FOR YOUR | Great for Carbo-Loading |

A



Abduction of a Runner!!!

strange thing happened to me on the second Sunday of January, although I didn't fully realize it until three weeks later. I was abducted by aliens while running.

As I have now pieced it together, I got out of bed on Monday and could hardly walk due to a very sore and painful right foot. Since I had experienced similar symptoms several times over the past eight years, I immediately assumed that I had suffered another foot strain from running. But all my prior foot problems could be linked to speed training in racing flats the day before, while my Sunday run had been at a very relaxed 7½-minutemile pace for six miles over the Kawanui Swamp trail near my home in Kailua, Hawaii.

However, something very unusual had taken place during that Sunday workout. About a mile into my run, I seemed to lose track of time. One moment I was headed in one direction on the trail and the next I was in the same spot headed in the opposite direction. It was a little after 5 p.m. at one mile, then suddenly it was 5:35 p.m. and I was on the return trip at about the fivemile point. I was puzzled, but I quickly dismissed it as a lapse resulting from deep thought about a project at work. Gina, my wife, tells me that I have such lapses around the house frequently, especially when it comes to little homeimprovement projects she dreams up for me.

Three weeks later, the foot continued to bother me and I was unable to run at all. In fact, there were times I could barely walk. Gina had recently purchased a light and sound player with some self-hypnosis tapes to help her quit smoking (for the umpteenth time). Along with the quit-smoking tape was one on self-healing through self-hypnosis. I doubted that I would get anything out of it, but I had been curious about the pulsating lights in the

COMING NEXT MONTH

- World and U.S. Track & Field Age-Group Records
- Results of Boston Marathon
- Training Advice
- Countdown to Buffalo
- And more

eye piece of the set and decided to give it a try.

Third

Wind

by MIKE TYMN

About five minutes into the tape, I drifted off into an altered state of consciousness.

"Now that you are fully relaxed and at ease, you will go back in time to feel the onset of your illness and you will understand how this illness manifested itself in your body," the voice on the tape said as lights flashed every which way in my eyes. "You're going back now to that very moment. Go back... Go back... Go back....."

Suddenly, I felt what seemed like an electrical shock in my right foot and a picture formed in my mind. I saw myself on what appeared to be an operating table in a disk-shaped room with all kinds of instrument panels around me. Two unusual-looking beings were standing over me. At the risk of losing credibility here, I have to admit that they looked just like those little green men with bald heads and large slanted eyes you sometimes see on the front of supermarket tabloids.

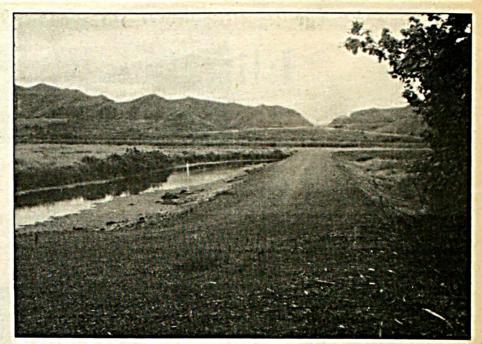
"What's going on?" I asked, somewhat in shock. "Where am I?" One of the little green men responded that I should not be afraid, that no harm would come to me. Although I saw no movement in his small mouth, I understood him. It was as if I could read his mind or his thoughts were being transmitted to me through mental telepathy.

"I know you do not remember me, Llcccvvm," the little green man transmitted to me. Don't ask me how to pronounce that name or how I know the spelling of it, but somehow it came through very clear to me at the moment and it is now indelibly imprinted upon my mind. It was explained to me that Llcccvvm is my eternal name in the spirit world.

"I am Plvvvrrm," he continued. "We are longtime friends."

My "friend" went on to explain to me that I am one of 3,333 "advanced souls" (his words or thoughts, not mine) who had volunteered for an assignment to go back in time in an attempt to "rehabilitate" the planet. He said that I had made the journey back from the year 2252.

The alien was very cordial and continued to explain my situation. He said that I had died in the Earth year 2211 and that he and I were friends in that



Site of the Alien Abduction - Kawanui Swamp, Kailua, Hawaii

incarnation as well as many prior incarnations, most of them on Earth but two of them on planets in distant galaxies, one of them called Iplar, 5,914 light years from our sun, and the other known as Oolf, 6,412 light years away. He went on to say that in two of our incarnations we were of different genders and married to each other, and in a number of others we were related in one way or another. He said that he is now incarnate back on Iplar, where the technology is much more advanced than on Earth. He explained that he was called upon by one of my "guiding spirits" to assist them.

Plvvvrrm further explained that I was between incarnations and living in an ethereal "dimension" in 2252 when I volunteered to reincarnate in the past. He said that there is no such thing as time or distance in that dimension and that, along with the other 3,332 souls, I was selected by a "Higher Power" to make the journey back in Earth years in an effort to "turn things around" and save the planet from selfdestruction. We didn't all come back at the same time, though. He said a number of souls had already completed their missions or are much farther along than I am.

I asked if I know any of the others and he replied that I know all of them. He named several acquaintances of mine among the 3,332 and also mentioned several famous names, including Harry Truman and Jackie Robinson, two of my boyhood heroes. I had always wondered what it was about those two men that drew me toward them in my pre-teen years, especially when so many people I knew disliked them at the time. It now makes sense.

I asked if I am failing in my mission, since I don't recall having done anything of real consequence. Plvvvrrm answered that I am still preparing for my mission and that it will begin to unfold for me in late 1997. He added that it would take 15 Earth years for me to complete my mission.

Plvvvrm went on to say that only a few of the 3,333 would be well known for their efforts, that most of us would contribute in a small way but that there would be a multiplier effect and it would create enough of a shift in direction to get back on the right path.

My "old friend" apologized for the position I found myself in and for what he had just done to me. He said that it had become necessary to inflict a foot injury upon me to save me from a bad auto accident. It could be seen, he continued, that I would be hit by a car and fatally injured while running in the very near future. Therefore, the injury is intended to spare me from that happening and save me for my true mission in this life.

"You are now returning to the present," the voice on the tape said, and the scene I had just pictured like a movie disappeared from my mind. After the tape ended, I continued sitting for about an hour while trying to comprehend what had just taken place.

The foot problem has since been diagnosed as a "Jones" fracture and the doctor tells me I shouldn't even attempt to run for several months.

It just goes to show you that there is rhyme and reason to everything in this life, even the bad.

Epilogue: I had many reservations about going public with this story. Further doubts were created when unusual things began happening to my computer as I wrote it. It jammed on me twice, something that had never happened before, and then as I completed it and attempted to store it in the computer's memory it completely erased. I had to think long and hard before sitting down again and retyping the entire story.

But the strangest happening of all occurred after I completed the story the second time. As I got up from my desk chair, my left foot — not the right one that had been bothering me — felt the pain that had been in my right foot, while my right foot felt normal again. This lasted for only a few minutes, after which the pain left my left foot and returned to my right foot.

All that makes me wonder if I am doing the right thing in making this story public. I ask Plvvvrrm to intervene and stop this from reaching NMN if it shouldn't be printed.

At Age 48, Raschker Competes in Open Nationals

by MARILYN MITCHELL

At age 48, Phil Raschker was the oldest competitor in the 1994 Mobil Indoor National Track and Field Championships (open) in her home town of Atlanta.

She and Pam Reynolds, 30, both competed in the women's pole vault, the first time the event was contested for women at the open indoor meet.

Mulkey, Larsen Break Records in National Indoor Pentathlon

by J.P. WATRY

Thirty-four competitors entered the USATF National Masters Indoor Pentathlon Championships, held at Proviso West H.S., outside of Chicago on Feb. 11. Fifteen states were represented in the meet.

Meet age-group records were broken by Phil Mulkey, M60, Marietta, Ga.,

FIFTEEN YEARS AGO April, 1980

- John Brennand (1:25:45) and Sandra Kiddy (1:43:38) Win National Masters 25K
- 16 Meet Records Set in Eastern Indoor Masters Meet at Lehigh U. in Bethlehem, Pa.

who totaled 4313, and Mel Larsen, M70, Springfield, Ill., who finished with 4193. The events in the indoor pentathlon are 60H, long jump, shot put, high jump, and 1000, in that order, for men, and 60H, high jump, shot put, long jump, and 800 for women.

In all, ten individual meet records were set: seven by men and three by women. Larsen bettered the indoor age-group world M70 long jump record with a 15-11³/₄.

A special thanks to the Midwest Masters T&F Club and Hycor Corporation for their assistance in staging this meet and providing able officials and workers. Thanks to Hinckley & Schmitt, "the Pure Water People," and PowerBar for the donations of their products, which the athletes gladly used.

And most of all, thanks to all of the athletes for the fine competition; it made my day a very enjoyable one. \Box

Raschker cleared 10-2 (3.10) for seventh overall of 13 entrants, while Reynolds vaulted 9-2 (2.80) to place 11th.

A week earlier, both vaulters had competed in the USATF National Masters Indoor T&F Championships in Reno, where Raschker cleared 10-7 (3.23).

"I feel like I just wasn't in the meet today," she said. "You know, you get days like that. For me, this year, the worlds (WAVA Championships in Buffalo) is the big meet, so the heptathlon will take priority over the pole vault. Next year, I'll concentrate on the pole vault and hope to do better."

Raschker was not the oldest competitor to ever compete in the national open meet. In 1993, Don DeNoon, 54, competed in the racewalk.

Melissa Price, at 15 the youngest participant in the Atlanta meet, won the vault at 12-2 (3.71). The current women's WR is $13-7\frac{1}{4}$ (4.15) posted Feb. 15 by Sun Caiyun of China. Raschker cleared 11-1 (3.38) last year at age 47.

Phil Johnson, national coordinator for the USATF Women's Pole Vault Development Committee, will hold a pole vault clinic, June 23-24, in Sacramento, Calif., in conjunction with the USATF outdoor nationals. The clinic is open to any women, including masters. Contact Johnson at



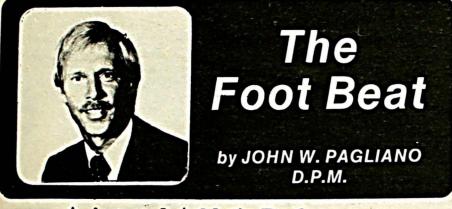
Phil Raschker, of Georgia, breaking the 60mH world record with a 9.18, USATF National Masters Indoor Championships, Reno, Nev., Feb. 24-26. Photo by Jerry Wojcik

2915 Minnehana Curve, Wayzata MN 55391.

Steve Vaitones of the New England Association also plans a pole vault clinic in the east, probably in August.



National Masters News



Aging and Athletic Performance

s veteran runners, we tend to focus on the aging process and its effects on our athletic performance and ability. Obviously, we are not as fast and strong as we used to be. Aside from this, the one aspect of the sport we tend to overlook is the effect of age as an etiological factor in sports injuries.

Dr. Douglas Jackson and I isolated 3000 long distance runners and sampled them according to age. To simplify the study, age groups were divided into those under 40 (younger runners) and those over 40 (older runners).

The study looked at the incidence of injuries in six categories: foot, ankle, lower leg, knee, upper leg and hip, and hip and lower back.

Age

Diagnostic categories showed older runners to exhibit a disproportionately high number of foot and hip-lower back injuries relative to the expected number. Further, the younger runners had a disproportionately high number of lower leg and knee injuries.

So, it appears that as we age we need to protect ourselves from those factors that cause lower back and foot problems. Obviously, we are not as flexible as the younger runners and this could account for the lower back pathology.

Lower back exercises, such as the Williams series, should probably be performed three times a week for the active older runner. This will ensure some degree of lower back flexibility and reduce the chance of lower back injury.

Gender

A problematic aspect of the study was that of gender. In our survey, we had proportionally fewer older female runners compared to the male con-

tingent. This disproportionate grouping caused some difficulty in obtaining meaningful numbers for certain injuries. In fact, some injury classifications were only feasible in the maleonly category.

Another factor was that younger runners ran more miles per week relative to older runners. Younger runners also reported a greater tendency to use combined interval-distance training while older runners ran long, slow distances.

Despite these shortcomings, however, the study revealed many more similarities than differences between older and younger runners. The variable differences were quite small in most categories, except lower back and foot injuries.

Dr. Jackson and I were encouraged by the findings that many more similarities than differences exist between young and older runners. It also appears that variables other than age are the major determinants of injury category.

Finally, it appears that, while running places a high degree of stress on the lower extremities, this is associated with a low incidence of disabling injuries. 🗆

(Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a Continued on page 9

Va., Feb. 25, but Chuck Moeser of Herndon, Va., was the come-frombehind winner in 4:35.53.

Rodgers of Sherbourne, Massachusetts, was fourth in 4:43.22. Shorter, of Boulder, Colorado, finished 14th in

Bill Rodgers, four-time winner of

the Boston and New York marathons,

and Frank Shorter, 1972 Olympic

Marathon Champion, were the stars of

the Sprint Masters Mile at the Mobil

Invitational Track and Field Meet at

George Mason University, Fairfax,

by BOB WEINER and JAY JACOB WIND 4:59.67. They ran against the DC metro area's best masters, who fought for the right to compete at Mobil through a rigorous three-meet qualifying series.

The Mobil Invitational, America's top-ranked indoor meet, featured hundreds of national and international stars, but none as widely-beloved and admired as Rodgers and Shorter. Win or lose, the two wowed the sold-out gathering of 6000 athletes and spec-Continued on page 12

Saving the Masters Mile

Moeser Wins Masters Mile in Virginia;

Rodgers and Shorter Star

by BOB WEINER and JAY JACOB WIND As the organizers of the Sprint Mobil.

Masters Mile at the Mobil meet on Feb. 25, we were delighted by its success. Both the crowd reaction and the media coverage confirmed the importance of the race.

But the event nearly didn't happen.

In 1988, meet director and George Mason U. track coach John Cook asked us to help build local interest in the meet by putting together a local field in the masters mile to compete against international stars.

We worked with Amby Burfoot, associate editor of Runner's World and with top Mobil officials to create an event with seven world masters stars and seven locals.

Over the years, Runner's World brought in such top masters as Larry Almberg, Byron Dyce, Wilson Waigwa, Kip Keino and Jim Ryun. In 1994, seven locals ran against Eamonn Coghlan in his assault on the subfour-minute mile. He ran 4:03 at GMU, then 3:58 two weeks later.

Late last year, however, Runner's World ended its sponsorship of the masters mile series. They told us the glamour was gone after Coghlan eclipsed 4:00, and not at one of their races, as they had hoped. Of course, we were distressed. Had they forgotten that their voluminous subscription base was mostly non-elite runners, many over 40?

After an emergency meeting in October with Coach Cook to save the masters mile, we raised \$500 of seed money. Cook agreed to match that \$500 and to continue the race with whatever national field we could arrange, plus the best local field.

Then we discovered another problem: the USATF National Masters Indoor Championships, which would draw the best national field, was scheduled in Reno, Nevada, the same day as

So we proposed to invite Bill Rodgers. While Rodgers had not run a mile since college, we knew the crowd would love seeing him run indoors. Cook agreed. Rodgers said he'd do it, and also suggested we invite Frank Shorter. We reached Frank in Boulder; without hesitation, he said he'd be delighted to come.

Rodgers' and Shorter's hotel, travel expenses and appearance fees made our \$1000 budget look pretty weak. In thinking of sponsors, we called fellow runner Steve Bell, who works for Sprint. He suggested we call top Sprint officials. We explained to Sprint that Mobil offers national exposure, local business development opportunities, finish line seats, visibility presenting the awards, and receptions with the world's best athletes. Sprint Government Systems enthusiastically agreed to be the prime sponsor of the Masters Mile.

Midway through the process, Cook asked us to also organize the high school boys' and girls' miles. Sprint was delighted to support those, as well.

Sprint provided \$5000, but the expenses on our three events totalled \$10,000. To raise the rest, the dedicated members of Capitol Hill Runners made dozens of phone calls and sent out hundreds of fundraising letters. Forty organizations and individuals, from running clubs to trade organizations to older Americans' groups who understand the message of masters running for lifetime fitness, donated \$25 to \$500 each.

However, we're still about \$1000 short. For anyone so inclined, your tax-deductible check will help cover expenses for both this year and next. Please send donations to Capitol Hill Runners, 1104 Sanford Lane, Accokeek MD 20607.

Tim McMullen, 42, Churchville, N.Y., winning the elite race of the 28th Hartshorne Memorial Masters Mile, Cornell U., Ithaca, N.Y., in 4:26.92, Jan. 21. Photo by Doug Hicks

National 100K Held in Sacramento

Two Californians set age-group records at the Ultimax USATF National 100K Championships in Sacramento, Calif., run as part of the historic Helen Klein 100K, Feb. 18.

Alfred Bogenhuber, 55, knocked 25 minutes off the U.S. M55 record with his 8:56.3 time. Barbara Miller, 50, set a W50 mark in 10:25.5.

Race winner, Valmir Nunes, 31, of Brazil, ran the fourth-fastest 100K in history with a time of 6:22:12.

Kevin Setnes, 41, of Wisconsin, defended his masters title with a fourth-American time of 7:00:19, and earned a place on the 1995 USATF 100K team to compete in the IAU 100K World Challenge in Holland. Setnes holds the 24-hour road record of 160.4 miles set in 1993.

Second 40 + male was Robert Perez, 46, of Texas, in 7:25:46. Rae Clark, 43, of Calif., ran 7:28:46 for third master and led his Buffalo Chips team to a win in the masters team competition. Supporting Clark's efforts were Calif. teammates Herb Tanzer (42, 7:31:38) and Eric Ianacone (47, 8:41:21).

Suzi Lister (30, 8:32:57) took the women's race. The women's masters 100K was won by Theresa Daus-Weber (40, CO, 8:47:10), fourth woman overall.

National 24- and 48-hour record



Masters winners Kevin Setnes (41, 7:00:19) and Theresa Daus-Weber (40, 8:47:10), USATF National Masters 100K Championships, Sacramento, Calif., Feb. 18. Photo by Scott Weber

holder, Sue Ellen Trapp, 48, of Fla., placed second W40 + in 9:04:52. Deb-

third. The race was run along the American River bike path on two 50K outand-back loops.

bie Peebles (43, TX, 9:19:25) was

Malathion Marathon Held in California

VISALIA, Calif., April 1 — Forced out of Los Angeles because of homeowner protests, the Malathion Marathon was switched to this largely agricultural community in central California for its second annual edition.

Due to continual infestation of the dread medfly on California's billiondollar agricultural industry and rising citizen complaints against the nightly spraying of the pesticide malathion by helicopters to try to rectify the problem, the California Growers Association again sponsored this race to "prove the safety of malathion."

The idea was for two helicopters to spray the runners with malathion during the entire race. Tests would then be performed at the finish line to determine the safety, or lack thereof, of the spraying.

"Everyone knows runners breathe hard during a marathon," said Robert Benjamin, spokesman for the group, before the race. "This test should prove, once and for all, the complete safety of malathion spraying."

The race surprisingly drew more than 1000 runners, most lured by the more than \$100,000 in prize money offered by the race sponsors to open and age-group runners.

"It's despicable, luring runners with big bucks and risking their health," said Jane Bledsoe, Chairwoman of GASP (Grandmothers Against the Spraying of Poisons).

More than 50 picketers at the starting line protested the event. One sign read: "Medflies are Safer than Malathion."

One picketer stood in front of the lead helicopter in silent protest until the draft from the rotor blades blew him aside as the runners and helicopters took off simultaneously.

The spraying began immediately and the runners were soon enveloped in a soft, white, sticky mist. More than 100 runners dropped out of the race by the one-mile point; 200 more were coughing at three miles; 100 others developed a skin rash by the halfway mark; and paramedics treated another 300 for assorted respiratory problems. But 27 runners finished the entire marathon.

"I feel great," said masters winner Dave Alcott (3:48:12) as he accepted a check for \$5000.

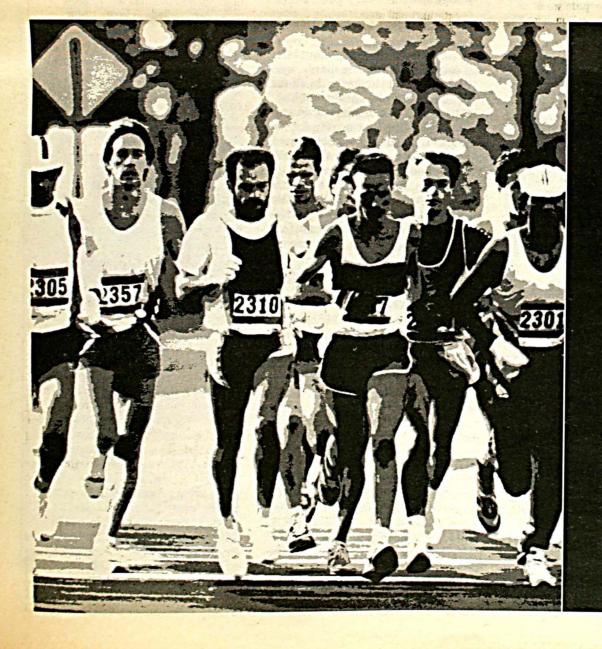
Officials said results of the test were inconclusive, and that nightly spraying would continue.

The Footbeat

Continued from page 8

foot, ankle or Achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 2372, Van Nuys, CA 91404.)

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Join 6,000 runners for "The Most Beautiful Urban Marathon in America." It's 26.2 miles of stunning foliage, blue lakes, winding park paths, the majestic Mississippi, over 200,000 colorful fans and 4,000 volunteers. Besides being a can't miss marathon, it's a weekend of events, including a two-day expo, 5K championship race, and Kids Half-Mile Fun Run. It's also the site of the USA Track & Field Masters Championships – on one of the nation's fastest courses. For more information, contact: TCM, 708 N. Ist Street, Minneapolis, MN 55401 (612) 673-0778.

TWIN CITIES MARATHON Minneapolis-St. Paul SUNDAY, OCT. 8, 1995 8:00 A.M.



National Masters News



Training with Sally Richards — Part II

Sally Richards (Kerr) is a multi-distance masters champion from Colorado. She is presently training to qualify for the Olympic Trials; however, her heart belongs to masters racewalking. If you have missed her at recent competitions, she became ill and her new coach, Bohdan Bulakowski, told her "no racewalking" until she completely recovers. --EW

EW: How do you train with four children to raise?

SR: My training is always unique. I am the only person on the national team with four children, not to mention being 42-years-old. I have to plan carefully and it's a real challenge. As I don't have many hours to spare, my training has to be very specific. My natural tendency is toward long distance. I can go out on the roads for hours here because it is so beautiful. It is a pure joy. What I have to do is discipline myself to do speed work on the track.

I plan a year in advance. My situation as a racewalker is weird. The last two years, I have been competing in both the open and masters circuits. The open circuit starts the end of March and goes very hard into June and July with the National and Olympic Festival. This year the competition schedule is amazing. The US Outdoor



Anne Whitaker, W55 first (33:35.07), 5000 racewalk, Hayward Classic, Eugene, Ore. Photo by Jerry Wojcik

Championships are mid-June, followed by the Masters Outdoor Championships the first weekend in July, the World Veterans Games mid-July, and the Olympic Festival the last weekend in July.

In preparation for the US 10K World Cup Trials in late January, I started training in October with an excellent running coach in Texas. He gave me a very balanced workout schedule. Initially, I did more crosstraining. For example: Monday, out for a run. Tuesday, track for 15x400 meters at a pace faster than my 5K race pace with a 90 second rest. Wednesday, cross-country skiing for two hours. Thursday, a moderate-paced two-hour walk. Friday, running or a 7 to 8 mile walk at about 75%. Saturday, 2x5K walking. Sunday, fartleks. Generally, the schedule consists of three hard walks, two quality runs, and two recovery skiing or biking days.

Balanced Workouts

I particularly like the fartlek workout my Texas coach gave me. It is very balanced. After warming up for 15 minutes, I do a hard 4 or 5 minutes at a 10K race pace. I'll do 4 or 5 of these taking a 3-minute rest in between. Then I bring it down to 3 minutes at a 5K pace with a 90 second rest; again doing 4 or 5. The fartleks are followed by a 3-mile tempo walk at 80% and a warm-down.

EW: That's a long workout.

SR: It's long. It may sound horrible, but it's great. It is very nicely balanced and is probably one of the best I've done. You get a good rest between the intervals; you build up to the shorter and faster fartleks; and by the end, you

feel good about the last 3 miles. EW: How about your crosstraining?

SR: I have done better since balancing racewalking with running and skiing. Racewalking is wonderful because you use so many muscles, but if I just racewalk, I feel an imbalance. My hamstrings get very strong and I lose my quads. The running keeps the quads strong.

EW: Did you start adding more walks to your training as the 10K trials got closer?

SR: I started adding more walks the first of December, or eight weeks before the 10K trials. I dropped one run for walking and finally shifted to 5 days of walking, one day of jogging and one day of skiing for total recovery. The last two weeks before the race, I did easy walking with a little speed stuff, and then rested as race day approached.

Speed Workouts

EW: What type of speed workouts have you been doing on the track?

SR: When I do speed workouts, I have specific time goals for different phases of training. For example: If I'm training for a 10K at 49:00, my speed intervals are related to achieving this time. Initially, as I prepared for the 10K trials, I did two speed workouts a week. One was a 5K workout on a track at race pace, or sometimes a 10K at race pace. I would also have one workout doing 6 to 10 times 1000 meters at a specific pace. This gave me two quality workouts a week and one quality long distance walk with running and skiing on the other days. As the race approached and I added more walks, I added more short, faster stuff.

The only problem I have had came from the running I was doing. When I got back on the track doing speed work, I really had to concentrate on not lifting. When you are running up hill all the time, you strengthen those muscles that jump you up in the air. I had to pay close attention to maintaining contact. At the same time, as I got back on the ground, I felt much more balanced muscularly.

Racing Commitments

It was very difficult training for the trials. Ordinarily, I take the winter pretty easy. My basic thinking now is that what I've been doing this winter will really pay off next summer.

EW: Are you planning to do all the major June and July championships?

SR: I made a commitment to two major goals. One is to qualify for the Olympic Trials and to see how close I can get to making the team at the USA Mobil Outdoor Championships in Sacramento, June 13-17. The other is the World Veterans Games in Buffalo mid-July. I also will race at the National Masters Outdoor Championships in Lansing, MI the first weekend

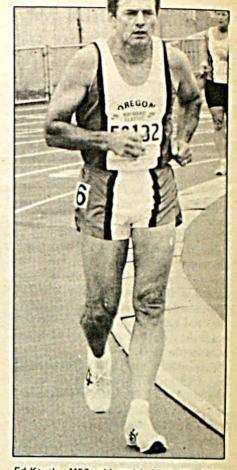
Herazo Sets World W35 Best

by MARILYN J. MITCHELL

Victoria Herazo established a world W35 best in the women's 3000 walk at the USATF National Masters T&F Championships in Reno, NV, of 13:25.68 and came back a week later on March 4 to break her own record with a time of 13:11.76 in Atlanta at the Mobil Meet (USATF National Open Championships).

Herazo, who competes for the California Walkers Club, placed second in Atlanta to Michelle Rohl, 29, who set a stadium record of 13:04.99, which made Rohl the 7th fastest U.S. female performer of all time.

Herazo will be competing for the United States in April in Beijing in the World Cup, which is the equivalent of the world championships of walking.



April, 1995

Ed Kousky, M50 gold medal (25:21.96), 5000 racewalk, Hayward Classic, Eugene, Ore. Photo by Jerry Wojcik

of July and the Olympic Festival in Atlanta the last weekend in July. It is very specific when I need to peak, so in that sense the clustering is good.

Logically, I shouldn't be trying to do the masters, but I enjoy it so much. To me, it is sport as it should be. I enjoy the support and the encouragement. I like the whole atmosphere and don't want to give it up. (See next month for conclusion.)



Georgia Cutler, W50 winner (30:08.72), 5000 racewalk, Hayward Classic Meet, Eugene, Ore. Photo by Jerry Wojcik

Bell, Fetherston Set Records in National Half-Marathon

by JERRY WOJCIK

Doug Bell, 44, and Honor Fetherston, 40, finished first in the USATF National Masters Half-Marathon Championships in Las Vegas, Nev., on Feb. 4, to win \$1000 each with record performances.

Bell, of Colorado, ran a 1:05:44, well below Barry Brown's U.S. M40-44 record 1:06:25, for an age-graded 95.8% performance. John Campbell, New Zealand, owns the non-U.S. citizen (all-comers) best at 1:02:28.

Masters cash prizes totaled \$8500, shared equally by men and women in three categories: Masters (40-49), Veterans (50-59), and Seniors (60+).

Jan Frisby, M50, took the \$400 top prize in the Veterans category for his win in 1:10:44. Norman Green, Jr., won the \$300 Senior category first award with an M60 win in 1:18:18.



Honor Fetherston, California, better known as a road racer, won the W40 1500 (4:55.73) in the USATF National Masters Indoor Championships, Reno, Nev., Feb. 24-26.

Photo by Jerry Wojcik

Joan Ottaway, Sausalito, Calif., broke the W50 world record for the 3000 with a 10:56.96, and the U.S. record for the 1500 with a 5:12.43, USATF National Masters Indoor Championships, Reno, Nev., Feb. 24-26. On Feb. 12, in the British Veterans Indoor Championships, Ottaway ran the 3000 in 10:43.9.

Photo by Jerry Wojcik

California's Fetherston finished in 1:13:54, fourth woman overall, three seconds better than Laurie Binder's U.S. W40-44 record of 1:13:57. Fetherston's time equals an age-graded 92.2%. Priscilla Welch, Great Britain, holds the non-U.S. citizen best of 1:13:07.

S. Rae Baymiller, W50 winner by ten minutes in 1:21:33, won the Veterans first prize of \$400. Gloria Brown, W60 winner by a huge margin with a 1:38:51, took home \$300 for her Seniors category first place.

Over 6000 runners registered for the half-marathon and marathon for a record attendance (32% over 1994). Registrants came from all 50 states and 33 countries.

Temperatures varied between 40° and 72° (an all-time high for the date), with humidity at 20%, and no wind.

Al Boka was race director for the 29th annual event.

Breaking The Barriers By taking part in one of 18 races around the country, you are helping Gene Fair and approximately one million Americans

The American Parkinson Disease Association, Inc.

helping Gene Fair and approximately one million Americans who have Parkinson's disease to "Ease the Burden and Find the Cure." Parkinson's is a debilitating disease of the central nervous system which causes slowness of movement, tremors, muscle rigidity and poor balance. The American Parkinson Disease Association is a non-profit organization working to cure Parkinson's. The good news... the proceeds for enter-

ing this race will be used strictly for research.

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This race is held in honor of Gene Fair, who was diagnosed with Parkinson's disease at age 30. Defying the odds, Gene has broken a barrier of his own by leaving his wheelchair behind him and becoming a top-



notch runner. This monumental achievement has gained Gene national recognition. has criss-He crossed the United States educating people about the disease by sharing his own story. So, please join Gene and his friends and help "Break the Barriers."

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L.A. Marathon

Continued from page 1

been invited, and they were led by L.A. Mayor Richard Riordan.

Despite the unrelenting showers, the temperature was in the mid-50s, much preferred to the dehydrating heat of some previous marathons.

Vera and Prasad each won \$15,000 and a new Mercedes-Benz. The automaker completed its sponsorship contract with this marathon; next year Honda will step in as the race's main benefactor.

Paul Pilkington, last year's "rabbit," who won the race when no one went with him, was also this year's designated "rabbit." But he stepped in a pothole around mile three, twisted his ankle and had to withdraw. Because of his new celebrity from

the 1994 event, Pilkington's rabbit fee was a reported \$10,000.

"We're going to pay him anyway," said race director Bill Burke. "He's a great guy and he did his best."

Although a record 19,300 registered for the race, officials estimated that the rain kept away about 20% of the field, and about 80% of the spectators.

"In L.A., we think we'll melt in the rain," said Lauren Schlau of the Chamber of Commerce.

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National Masters News



How I'm Training ... This Year

(We thank runner Glenn Stephens, 37, for his training tips which may help our readers formulate their own workout strategies. Self-coached since junior high school except for college, Stephens was distance coach at Jesuit High School, Tampa, Fla., in 1981, and has coached collegiate runners. He teaches political science at UCLA.)

ver time, my training schedule has undergone a continual evolution. However, in the last decade I've developed a training system (medium volume, medium speed) that has helped me avoid a dilemma faced by many masters runners — how to train hard for competition without running afoul of injuries.

In my early thirties, I was hobbled with injuries, preventing the use of either of the two training methods I had previously used: Lydiard-type high mileage or Coe-type high quality. Instead, I now use the medium mileage, medium speed method, the basic principle of which is simple — make every step count. This system is particularly useful for older runners seeking to be both fit and healthy.

• Moderate Volume: In 20 + years of running, I've averaged about 45 miles a week. In the system I use now, I do the time equivalent of that each day (40-45 mins.).

• Hard, Easy: On my hard days, I do 40-60 mins. of running on land (actual time running). On my easy days, I do 40-60 mins. of water running and/or swimming.

• Soft Surfaces: I do all runs on grass or dirt (never on pavement or concrete).

• Multi-Tiered Training: Although there is progressivity in my training, I try to keep all of my "gears" developed all year round. In each training micro-cycle, I do some running at my 800, 1500, 3000, 5000 and 10K heart rates or paces.

• Pulse: In most of my intervals and all of my tempo runs, I run at a pulse goal, e.g., 3x5 min. at my 5K pulse-rate (95% maximum heart rate), not 3x1 mile at 5K goal pace. The pulse method of measuring workout intensity has three advantages:

1. It adjusts for conditions. The charted correlation between pulse and running rate is for ideal conditions (no wind, light clothes and shoes, a good track). Running intervals in layers of clothes and training shoes, in windy rain, across muddy surfaces, one might hit one's target pulse well below target pace. So I only aim for the target pulse.

2. The pulse method reduces the risk of injury. Although I might safely run 4x800 at my 3K goal pace in ideal conditions, trying to run these times in a chilling downpour, on a muddy track is dangerous.

3. It removes the performance pressure haunting the workouts of older runners. I no longer try to match the times I ran when I was twenty.

• Progressivity-Callousing: Following Oregon-esque principles, I have a goal pace in each season (3000 in the fall, 1500 indoors, 800 outdoors). I begin each season doing 1/10 of the race distance at the goal pace (e.g., 10x300 at 3K pace). I gradually increase the length of these goal pace intervals by 50-100 meters a week until I run 2/3 of the race distance at goal pace (e.g., 2K at 3K pace). These workouts simulate Dellinger's race drills, gradually callousing me to the

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Deborah Stegman Broaze Medalist. 3K. Racevak National Masters Indoor Championship, Feb. 95 • Silver Medalist, 10k Alongi International Racevalk Classic, October 94 Silver Medalist, 8k UASAIF Western Regional Racevalk Championship, October 94 • Broaze Medalist, 5k Racevalk Masters National Championship, August 1-800-942-9304 ext. 20175 1-415-389-9960 fax demands of racing. Sample Schedule

Sunday: Warm-up, seasonal goal intervals. 2x600-400-200 or 8x300 cutdowns at other race *pulses*.

Monday: Water run, swim. Weights. Tuesday: Long run, 40-60 mins., work hills. Try to run relaxed, running same course ever faster.

Wednesday: Water run, swim. Weights.

Thursday: Warm-up, 2x10 min. at 5K-10K pulse (93-95% MHR).

Friday: Long swim (1500-2000 meters pulling, i.e., arms only — continuously, for arm endurance).

Saturday: Water run, swim. Weights.

Masters Mile

Continued from page 8

tators, still heroes after all these years. Jackie Joyner-Kersee and Michael Johnson notwithstanding, much of the national media attention focused on the Masters Mile, with the New York Times, Washington Post, and USA Today all doing features.

Meet officials wanted to start the mile 15 minutes early, but Rodgers and Shorter were nowhere in sight — they were off the track warming up. We noted that they were the stars of the race, and it cost us thousands of dollars to bring them here ... Finally, Official Starter Tom McMillan, Co-Chair of the President's Council on Physical Fitness and Sports, agreed simply not to fire the gun until they arrived ... We also laughed about delaying the mile again



Bill Rodgers (589) and Frank Shorter (590) in the Sprint Masters Mile at the Mobil Meet, Fairfax, Va., Feb. 25. Photo by Jeff Lee

to find a shirt for one of the runners. He had expected to run topless at the country's top indoor track meet in front of hundreds of national media. He finally agreed, and Larry Washington gave him his extra singlet ... Paul Ryan ran the race of his life for the first half, leading the pack by four seconds through the fourth lap. "I never ran in front of 6000 people before," laughed Ryan after the race ... Using last year's U.S. age-group rankings, all seven 40-44year-old participants would be in the top 25 nationally, and all seven 45-49-year-olds would be in the top 12 nationally.



Marie Boles, W65 first place (30:39), and Martin Sherman, M70 second (28:15), Windward 5K, Kailua, Hawaii. Photo by Tesh Teshima

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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 and advertising is the 10th of the month before date of issue. Send to National Masters News, P.O. Box 50098, Eugene OR 97405

April, 1995

Total (US\$)

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J. Walker Pierson

J. Walker Pierson, 71, whose participation in masters track sprints and hurdles continued despite a four-year battle with cancer, died of the disease on Feb. 14 at his Cherry Hill, N.J., home. As recently as last year, Pierson was sprinting for the Philadelphia Masters T&F Association, with whom he started running competitively in 1977.

He won more than 400 medals in track and seven All-American Awards. At age 60, he won a national championship in the sprints, and again when he was 65.

When his cancer was diagnosed four years ago, his doctors said running was a thing of the past for him, recalled Oscar Harris, a fellow masters competitor. "He beat me twice in sprints after becoming ill," Harris said. "Doctors told him he wouldn't live to 70, and he said he would still be sprinting at 70, and he was."

Pierson remained active in the insurance agency he founded in the mid-1950s until his death. A World War II Navy veteran, Pierson was a heavy-equipment operator with the Seabees of the 52nd Division, for which he was the Seabees athletic director. He also served at Guam and Pearl Harbor.

He is survived by his wife, his mother, two sons, two daughters, several grandchildren, and two brothers.

The family requests that memorial donations be made to the Samaritan Hospice, 214 W. Second St., Moorestown, N.J., 08057-2372.

> -Joseph Hagenmeyer Philadelphia Inquirer

Haydn Parks

Haydn L. Parks, 70, of Monument, Colo., passed away March 8. Parks had been a masters sprinter since the seventies, competing most frequently in Southern California until moving to Colorado to retire. He was a singer, a tenor, and he and his wife, Paula, who survives him, gave performances at local senior citizens activities. A retired educator, he was also an airplane pilot and swimmer.

-Jerry Donley

FIVE YEARS AGO April 1990

- Dominic Tibaduiza (40, 30:33) and Gabriele Andersen (44, 34:48) Win in Red Lobster 10K
- John Campbell (41, 2:20:15) and Graziela Striuli (40, 2:36:48) Are Top Masters in L.A. Marathon
- Hal Higdon's Masters Running **Guide Published**

PUBLICATIONS ORDER FORM

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Men's and women's world and U.S. age bests for UT & field events, age 35 and up, and for all racewalking LOSE OUT of Oct. 31, 1993. 56 pages. Lists name, age, state CLOSE rd. compiled by Peter Mundle, WAVA and USATF Masters T&r records Chairman. \$4.00. \$2.00

Masters Track & Field Rankings

Men's and women's 1994 U.S. outdoor track & field 5-year age group rankings. 60 pages. Over 100-deep in some events. All T&F events. Coordinated by Jerry Wojcik, USATF Masters T&F Rankings Chairman, and the National Masters News. \$6.00.

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.

Time Master Calculator

Ideal for use in age-graded scoring. Works directly in hours, minutes, seconds. Acts as stop watch and calculator. \$29.95

Masters 5-Year Age-Group Records

Men's and women's official world and U.S. outdoor 5-year age group records for all track & field events, age 35 and up, as of March 31, 1994; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$1.50.

Masters 5-Year Indoor Age-Group Records Same as above, except indoor records (M40+, W35+) as of December 31, 1994. 3 pages. \$1.00.

Competition Rules for Athletics (1995 Edition Available Soon)

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

Official world scoring tables for men's and women's combined-event competitions. \$12.00.

WAVA Handbook (1994-95)

Contains WAVA Constitution and By-Laws, a history of Veterans Athletics, and World Records as of January 31, 1994. 180 pages. \$5.00.

USATF Logo Patch 3 color embroidered 4" x 3". \$4.50. USATF Race Walking Patch. 3-color embroidered 4" x 3" with gold trim. \$5.50. USATF Cross Country Patch. 3-color embroidered 4" x 3" with gold trim. \$5.50. USATF Lapel Pin. 3-color USATF Logo on 7/8" soft enamel lapel pin (nail pin back with military clutch). \$5.50.

USATF Decal. 3-color. 3" x 21/2" \$1.50.

The Masters Running Guide by Hal Higdon

160-page paperback. Higdon reveals tips that helped him win three world championships in masters competition: base fitness, improving with age, training smart, maintaining mobility, minimizing injury, motivation. diet, increasing your youthspan. \$9.95.

Running Research News

Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. \$16.00 per year. Back Issues of National Masters News

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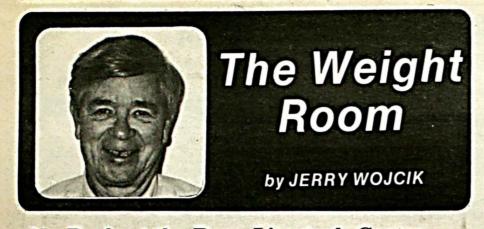
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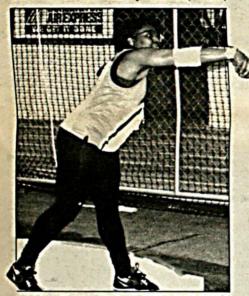
National Masters News



No Beefs at the Reno Livestock Center, or One-Armed Bandits Win in Reno

The Reno Livestock Events Center, the site of the Indoor Nationals, got rave reviews from the throwers because, for the first time in recent memory, all three throws were contested at center-stage on real dirt, which meant that outdoor implements were used, and the throwing sector was enclosed by a protective cage.

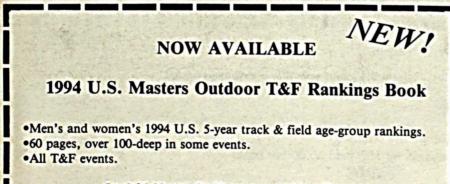
In the shot, things went smoothly. Ross Carter, M80, broke the indoor WR with a 37-6³/₄. The amazing Phil Mulkey, a David among behemoths, again defeated (46-8) an excellent M60 field, which included big guys like Len Olson, Tom Wesselowski, and Stew Thomson. Harry Hawke, M65,



Lorraine Tucker, Massachusetts, runner-up in the W45 shot put with a 9.13/29-11½, USATF National Masters Indoor Championships, Reno, Nev., Feb. 24-26. Photo by Jerry Wojcik made a rare indoor appearance to take the championship $(41-\frac{1}{2})$. The M55 division was, to coin a phrase, hotly contested, and easily one of the most exciting spectator events of the meet, with Joe Keshmiri, on his home turf, Olympian Russ Hodge, Dick Hotchkiss, and Glen Johnson, not only trading leads but doing so with WRs. Keshmiri prevailed with a WR 51-7³/₄. As they did last year at the Nationals

As they did last year at the Nationals in Columbia, MO, things got bizarre in the M60 weight. You may recall that, at Columbia, this was the group that decided to throw the 56-lb. weight rather than the lighter, legal (at that time) 35-lb.

What transpired in the M60 weight throw needs some explanation. The one-armed or Scottish Games technique of throwing the hammer and weights was declared illegal at the 1994 USATF Convention in St. Louis to comply with WAVA rules, which went into effect immediately after approval. However, the 1995 Indoor Championships application stated that 1994 rules would apply. So, three one-armers showed up thinking that they would be allowed to throw under the old rule. Not so. Would you believe that all three were in my division, the M60,



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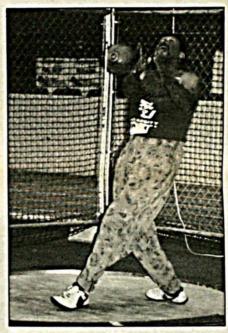
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which I shouldn't have been in anyway but for my 65th birthday falling on the 25th, the second day of the meet?

Here comes the juicy bit. It was decided that the one-armers, wellarmed with the quote from the application, would be allowed to throw using one-arm; however, each throw would be treated as a foul but measured anyway.

Is the "Ripley Believe It or Not Museum" still in business? For added zest, one of the throwers, Gary Dawson, who is recovering from a heart attack which paralyzed one side of his body, was allowed to throw onearmed legally because of his disability. Thus, we had two-armers, illegal onearmers, and a legal one-armer, who received a much-warranted applause on the victory stand for his resoluteness in competing. Somehow, it all worked out, and the best throwers, two-armed and one-armed, prevailed. But, I think we had better take precautions to prevent this "slight bending" of the rules from recurring.



Richard Hotchkiss, M55 winner in the 56# superweight (9.14/30-0), USATF National Masters Indoor Championships, Reno, Nev., Feb. 26. Photo by Suzy Hess

Watanabe Meet Set for UCLA

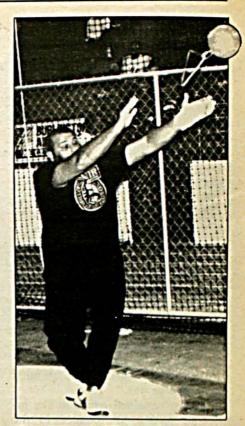
Bill Adler, meet director of the Bob Watanabe Memorial T&F meet to be held at UCLA's Drake Stadium, April 15, reports the Mexican Masters are sending a team to compete, so the meet should have a strong international flavor.

Adler has had a long relationship with the Mexican Masters since 1977 when he put on the first Masters Pan American Games in the USA. Adler took U.S. masters groups to Mexico in the 1970s and 1980s, and again in June, 1994.

Adler says entries are coming in from all over the USA. UCLA is one of the finest track and field stadiums in the country; the track is very fast.

The entry form was published last month in NMN. Otherwise, write Adler at PO Box 832, 1000 Palms, CA 92276.





Dave Vandergriff, M35, South Carolina, second in the 56-lb. superweight (29-6½), USATF National Masters Indoor Championships, Reno, Nev., Feb. 24-26. Photo by Suzy Hess

I was so out of it that I couldn't have been competitive if I had thrown with three arms.

The superweight competition proved a crowd pleaser. Throwers were happy to be competing indoors before an audience since the adoption of the superweight as a championship event.

An outstanding meet was marred by a field event schedule that employed the "women first, oldest to youngest, followed by the men, oldest to youngest" structure, which meant that field eventers hung around a lot (sometimes for three or four hours) waiting to compete, rather than taking advantage of that time to hit the tables and the one-armed bandits.

58 Records Broken in N.J. Meet

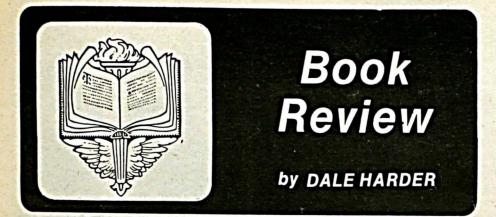
by JIM MANNO

Over 200 New Jerseyans and out-ofstaters participated at Fairleigh Dickinson's Rothman Center, Hackensack, N.J., in the 19th annual USATF-NJ Submasters & Masters Indoor T&F Championships on Feb. 12.

The event was highlighted by 58 new meet records, and a pending world 90-94 record of 4.84 meters in the weight throw by 92-year-old Everett Hosack, Chagrin Falis, Ohio.

Sisters Michael Marie Hill and Johnnie Hill-Hudgins led the records assault with seven between them. Madeline Bost and Cheryl Alston each added three more in their respective age categories.

North Jersey Masters TC won its seventh consecutive indoor championship with 192 points. Garden State A/C and Shore A/C finished 2nd and 3rd with 170 and 149 points, respectively. Relative newcomer, Achievements Unlimited Int'1., won the Submasters title with 921/2 points.



Strength & Speed Ratings

Strength & Speed Ratings, 1994 edition, is a 178-page compilation of statistics and information divided into four chapters: Track & Field, Weightlifting, Powerlifting, and Miscellaneous Sports & Feats. Each chapter is divided into smaller divisions; for instance, the t&f chapter includes all events, plus the marathon and walks.

Every division starts with event origins and a chronology of development and records, followed by numerous lists and charts, such as single-age records, and information about the event and athletes. For example, the pole vault chapter mentions canal pole vaulting in 20th century Holland, and the fact that Alfred Gilbert, Olympic champion in 1908, later became famous as inventor of the erector set and started his own company, Gilbert Toys.

Whenever feasible, the author has included a factoid on an unlikely performer who did well in the event (Big Man in the sprints: Russ Hodge, 6-3, 225, 20.8, 200; Small Man in the shot: Jacek Wszola, 6-3, 171, a 7-8 Olympic high jumper, threw the shot 50-10).

Although most of the book is devoted to lifting, masters athletes, many of whom do lift weights, especially throwers, may find the lifting sections as interesting and informative as the t&f chapter.

The final chapter, "Miscellaneous Sports & Feats," is engrossing with sections on the "Car Lift," "Man vs. Beast," and the sport of "Coin Breaking."

The book contains a broad selection of photos, many of which I had not seen before, and cartoons, plus an "Age Comparison of Events" page, and a four-page bibliography.

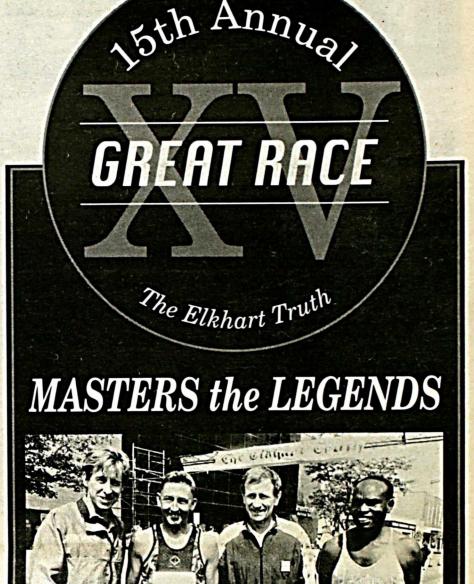
The book has to be seen to really appreciate the amount of information in it. A bargain at \$14.92, plus \$2 for s/h and \$1.70 tax from Californians, it is available from Education Plus, Dept. M, 18584 Carlwyn Dr., Castro Valley, CA 94546.



Juliana Von Evig, Colorado, winner of the W30 60m and 200, checks her time with an official after the 60m, USATF National Masters Indoor Championships, Reno, Nev., Feb. 24-26. Photo by Jerry Wojcik



Earl Fee, #456, Canada, broke the M65 world record for the 400 with a 59.53; Chuck Sochor, Michigan, won the M65 400 national championship (62.93), USATF National Masters Indoor Championships, Reno, Nev., Feb. 24-26. Photo by Mel Larsen



From Left To Right- Bill Rodgers, Ron Hill, John Campbell, Henry Romo

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His Bubble Did Not Burst

by MARILYN J. MITCHELL

Dinvented the tennis bubble? Sixty-eight year old masters track and field athlete Desmond Margetson is not only a successful athlete in both tennis and running but, unknown to most of us, he is also a well-established engineer who has only recently started getting public acknowledgement for some of his longstanding inventions, not least among them, the tennis bubble.

In a roundabout way, Margetson started work on developing the tennis bubble in 1956, in order to provide year-round training and playing facilities in the cold, snowy northeast corridor. When full implementation of



Desmond Margetson

his development was not possible due to building code problems, he left that job and went on with his life as an engineer. In 1965 Margetson heard there was a tennis bubble in Queens, New York at the Tennis Club and it was his invention, but he was not getting credit for it.

Other people generally credited with the bubble's success did not deliberately cheat Margetson out of his fame he had just somehow been overlooked because he had disappeared from the tennis scene. Current success can be attributed to persistent, sometimes-pesky Mel Feldman, a researcher for the New York Sports Museum Hall of Fame, who pursued a number of writers for months to chronicle the story and to give Margetson his credit. As a result of Feldman's media campaign, Desmond Margetson was publicly

DATE

| +C4 | OUTHERN CALIFORNIA | 10th A | nnual MEET OF CHAMPION | |
|-------------------------|---|------------------------|---|--|
| IC & SI | TRIDERS | | | |
| | TRACK & FIELD CLUB | CALIF | ORNIA STATE UNIVERSITY AT LONG BEACH | |
| ride | Carles States | a flate | Sunday, May 14, 1995 | |
| Entry Fees: | First event \$10 - additional events additional event (NO REFUNDS) | | ms free - late entries \$12 first event - \$6 per | |
| Deadline: | May 10, 1995 | | | |
| Divisions: | Men and women; open, submaste compete in 5-year age groups. | ers (30-39) and | <u>UDA</u> | |
| Awards: | 2" medal with red, white, and blue | e ribbon for 1st | I, 2nd, and 3rd | |
| Facilities: | 8-lane artificial surface track, con | crete rings | | |
| Note: | 1995 USA-T&F registration requir | red (available a | at meet for \$12) | |
| Directions to CSULB: | Exit 405 (San Diego) freeway at a into CSULB parking lot; track is a | | L, south to Atherton, left (east) to signal, right It; behind new parking structure | |
| No. 197 | Sch | edule of Ever | nts | |
| Track eve | nts | | | |
| 11:00 a.m. | 4x100 meter relay | 1:45 p.m. | 400 meter sprint | |
| 11:15 a.m. | 1500 meter run | 2:10 p.m. | 800 meter run | |
| 11:45 a.m. | 80/100/110 meter hurdles | 2:40 p.m. | 200 meter sprint | |
| 12:10 p.m. | | 3:00 p.m. | 3000 meter run | |
| 12:30 p.m. | 100 meter sprint Lunch Break | 3:40 p.m. 4:00 p.m. | 300/400 meter hurdles sprint medley relay (400,200,200,800) | |
| Field even | IS AN AN AN AN AN | 1 Sect | | |
| 11:00 a.m. | hammer throw and pole vault | 1:30 p.m. | shot put and long jump | |
| 12:00 p.m. | | 3:10 p.m. | javelin throw and triple jump | |
| | Entry fr | orm (please p | urint) | |
| Last Name | and a second state of the second state of the | and the second states | | |
| Address | | | | |
| City, State, Zip | | - States | Phone | |
| Age on 5-14-95 | Date of Birth | | Sex: M F | |
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| Events | and the second second | 1.1.1 | | |
| Amount Enclose | d: Make ched | ks payable to S | Southern California Striders | |
| Mail to: Hugh C | obb, 3180 Camino Arroyo, Carlsba | ad, CA 92009 | (619) 436-7696 | |
| | | | gally bound, do hereby for myself, my heirs, executor r damages I may accrue against the California Stat | |

I certify that I have no physical delects or injuries that would prevent me from competing in this meet

SIGNATURE



Left to right: Bill Davis, Assistant Commissioner, New York City Parks Department; Owen Williams, Tournament Director, Bronx '94 Pro Tennis Classic; Desmond Margetson; Mel Feldman, NYC Sports Museum & Hall of Fame.

recognized in a New York ceremony in August 1994, was the subject of a recent New York Times newspaper article, and is the subject of an upcoming Sports Illustrated article.

An outstanding tennis player in the 1940s and 1950s, Margetson was New York University's top player and went as far as round 16 of the National Indoor Championships four times between 1950 and 1954. Currently working a four-day week as an engineer, he pursues photography as an avocation, and track and tennis as hobbies. His photographic interest is extremely serious and he insisted that we differentiate between "avocation" and "hobby." In addition to the tennis bubble, he has several registered patents in the aerospace and defense industries.

Married to his wife of 44 years, he has two married sons and a grandchild and has still managed to find the time to train enough to win the national high jump in 1983 and the 2000 meter steeplechase in 1986. In March 1992, at the world cross-country championships in Boston, Margetson became so in-



Desmond Margetson, 68, training on the track

spired by the Kenyan team and their coach, Dan Samoita, who gave him a 45-minute training session that, in Margetson's own words, "I thought that I had wings." He went on to win his age group and a national title.

Margetson, motivated and impressed that the Kenyans and their coach had the graciousness and willingness to take time to help a masters athlete, took it upon himself to start a project to donate new shoes to Kenyan runners, paying for the first dozen pairs himself and shipping them with the aid of the Kenyan Embassy in Washington, D.C. He continues to have interest in this project and would welcome any inquiries or donations of cash or new running shoes and/or equipment. Says Margetson, "If anyone thinks he can just go out and run, he's crazy ... the Kenyans are proud to be representing their country and their families and they have great serenity and a great sense of belonging."

Somehow that feeling rubbed off on Margetson and he feels it contributes to his continuing success. "I'm really surprised that things have worked out in track and field. I'm really a tennis player, but now I only play (tennis) socially." He retired from tennis at age 27 in order to pursue cross-country and, while he is again finding fame in the tennis world, running seems to have overtaken tennis in his priorities. A very strong advocate of the club running system, Margetson is probably more proud of his role in getting the track across the street from New York's Yankee Stadium named after the Pioneer Club's late coach, Joe Yancey, than he is of his development of the tennis bubble. He is a real "team player" and wants everyone to know that he was proud and happy to be a Pioneer Club member.

Margetson will undoubtedly be the subject of a number of upcoming magazine and television journal articles, but he will continue to be the warm, friendly and kind person he has always been. He welcomes contact with all the athletes and officials — his success has not gone to his head. Look for him at association and regional meets and at the Buffalo WAVA Games in July.



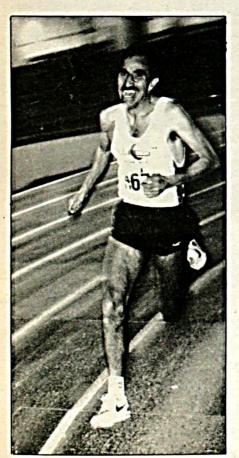
Through The Eyes of A Sprinta ... 400 Meters

It's all O'Brien's fault and it all started about five years ago in January. At the time, being new to masters track and field, I was still feeling my way at the first few meets and, using the smorgasbord approach, trying to select the events that I could concentrate on and develop specific skills in order to compete with a degree of dignity and without embarrassment.

Naturally, I was drawn to the shorter distance, having been a sprinter in high school. Besides, even at my advanced age according to my son, Chris, I did have some natural speed left and, what the heck, how winded could you really get running a 100? That's when O'Brien came into my life and thus began my downfall.

I dutifully did my training through a summer and fall season, building the base and working on technique.

After a few meets in the indoor season I was feeling pretty good and doing better than I thought I would. Bob O'Brien and I struck up a friendship and usually spoke on the phone one or two days a week between meets. Then the fateful call came in mid-February... "Hey, Dave", the familiar, but unannounced voice on



Domingo Tibaduiza, M45 winner in the 3000 with a U.S. record 8:59.14, USATF National Masters Indoor Championships, held in his hometown, Reno, Nev., Feb. 24-26.

Photo by Suzy Hess

the other end of the line said, "What about running with the club team in the Penn Relays at the end of April?" In classic knee-jerk fashion, I responded affirmatively, in that "Running at Penn" was an unfulfilled but long abandoned dream of mine, along with being an astronaut or a fireman.

O'Brien then went on to say that he and a number of others from the club had been impressed with my development over the indoor season, particularly my start, and felt that I was "the one" to run leadoff, no less, in the upcoming carnival. We hung up after my enthusiastic "Count me in!" and I let out a whoop that shook the curlers from my secretary's head.

The next week, when we talked again, OB started to fill me in on the details ... Friday, April 28, a 4x100 at 11:30 AND the 4x400 at 5:30. "400!!" I gasped "I've never run a 400!!" "No Sweat" he laconically said. "It's ON-LY one lap around the track and you have plenty of time to train for it." "But..., but I'm a Sprinta!" I added, with my Jersey City accent showing through my shock. "Just run the 300 and hang on," was his insightful advice on how to run a 400. Bob is a year older than me, and my mother always taught me to respect my elders, so I listened to him.

The fateful day arrived and I was as enthusiastic as a high school girl on prom night. Our performance in the 4x100, although we missed a medal, was better than I expected and gave me the confidence for doing well in the upcoming "Sunset Classic" 4x400. The gun went off and, at the lane break at 100, I was right in there. At 200, I was starting to feel a bit of strain but knew I was more than halfway home. As we approached the 300 point, a strange sensation began to come over me ... Oh, No!... Lactic Acid. By 350, I discovered, in almost out-of-body fashion, what everyone meant when they talked about the mental component of running a 400... It sure wasn't physical anymore! In fact, my arms and legs had just about quit on me. Talk about "Running Out of Gas" my tank was, unquestionably, on empty. By sheer strength of Irish will and



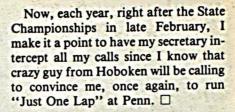
Kathleen Northrop, 44, Durham, N.H., first woman, USATF National Masters 10K Championships, St. Louis, Mo. Photo by Hank Kiesel

stubbornness, I made it to the finish line with a modicum of dignity, as in "Death With Dignity" and our team, thanks to Bob's anchor, placed respectably.

The following year at Penn for me was pretty much a reacquaintance with the Nasty Bear who lives at the 300 mark. Boy, can that O'Brien sell!

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Top three M60 finishers in the National Masters 10K Championships, St. Louis. From left: Jim Hilton (3rd, WA, 40:19), Dick Wilson (2nd, KS, 39:17), Norm Green (1st, PA, 37:01). On an age-graded basis, Green placed first overall in 29:08.4; Wilson was 5th (30:55); Hilton was 10th (32:24). Photo by Joan Wilson

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Reno Marks Watershed

The recently concluded Indoor Championships in Reno, Nev., marked a watershed in the masters movement. Over 700 athletes competed during the three days of competition, making it the largest Masters Indoor Championships held in the U.S. No one worked harder than Meet Director Bill Bowser, who devoted months of his life to the event, and deserves the thanks of every participant.

As a movement, masters track & field is growing, and with growth come growing pains. We have reached a point where both athletes and meet management have a right to expect certain essentials from each other. In the spirit of advancing the sport, here is what I consider to be the respective bills of rights for athletes and management at championship masters events.

Athletes Bill of Rights

1. All implements and equipment required under the rules of competition will be available.

2. Meet management and officials will follow the rules of competition, without exceptions.

3. Approximate event starting times will be posted or distributed well before the event.

4. Adequate medical staff and/or ambulance will be on site.

5. Adequate written information about advancement procedures will be available.

6. The competition schedule will take into account logical event "doubles."

7. Adequate officials and volunteers will be present during all days of competition.

8. An informed announcer will be at every championships.

9. Field event athletes will compete in the main venue, whenever practicable.

10. An adequate area for warm-up will be available.

11. A free or low-cost shuttle system will be available when distance between housing and venue warrants.

12. Participants may expect to be treated as the serious athletes they are.

Meet Management Bill of Rights

1. Meet management may expect athletes to carefully read printed materials related to the conduct of the championships.

2. Meet management is responsible for carrying out the rules as written; they are not responsible for the content of the rules themselves.

3. Tight airline schedules are not the responsibility of meet management.

4. Meet management may expectcooperation and flexibility on the part of athletes when glitches occur. 5. Meet management will create a schedule which makes sense for the most people; athletes competing in more than two events must expect some conflicts.

6. Competitors will report on time according to the written schedule.

7. Awards ceremonies will be conducted with the cooperation and understanding of the competitors.

8. Athletes will be familiar with the rules of competition for their events.

9. Decisions of the Games Committee will be respected. Athletes will not attempt to compete in sections or age groups they are told not to.

10. Meet management, officials, and volunteers have the right to expect courteous treatment from all competitors at all times.

For both athletes and meet management, the ultimate goal is the same: safe, well-run competitive championships that are fair to everyone. With everyone's cooperation and understanding, we'll reach that goal.



Russell Randall, Colorado, running solo, won the M85 200 (42.24), USATF National Masters Indoor Championships, Reno, Nev., Feb. 24-26. Photo by Jerry Wojcik



The Bill Cosby Indoor Track inside the Reno Livestock Events Center, site of the 1995 USATF National Masters Indoor Championships, Feb. 24-26. Photo by Jerry Wojcik

Indoor Nationals

Continued from page 1

Raschker, 48, Marietta, Ga., who used the fine facility and the large cadre of experienced officials to her advantage in breaking four W45-49 world records and one U.S. record — all her own in the 200 (26.18), 60mH (9.18), high jump (1.58), pole vault (3.23), and the U.S. 60m (8.02). The pole vault mark (10 feet, 7 inches) is astonishing, considering that she would be classified by most Americans as middle-aged.

Other athletes had multiple records, but a few are more noteworthy than others. Jim Mathis, of Tennessee, broke two M60 sprint world records held by outstanding performers. In the 200, he reduced Jack Greenwood's 26.37 to 25.70, and in the 400, he lowered Earl Fee's 59.82 to 58.86. Fee, of Canada, meanwhile lowered James Law's 60.67 for the M65 400 to 59.53.

Diane Palmason of Canada broke the world W55 800 record of 2:49.8 with a 2:40.39. She lowered Carolyn Cappetta's W55 400WR of 67.9 to 67.38, and helped push Cappetta, of Mass., to a WR 30.30 in the tightest 200 finish of the meet.

Californian Joan Ottaway lowered the official W50 3000 WR to 10:56.96. She has a 10:43.9 pending, which she ran in England, Feb. 12. She also set a U.S. W50 1500 mark of 5:12.43 which erased Linda Upton's 5:23.05.

Denise Foreman's three W35 U.S. records in the sprints and hurdles were impressive.

Long-time masters competitor Domingo Tibaduiza, who lives in Reno, was able to set a U.S. record while his family and fans watched, with an 8:59.14 in the M45 3000.

In the field events, Canadian Debbie Brill's W40 high jump record of 1.72/5-734 will probably stand for awhile, as will Milan Tiff's 14.82/48-71/2 in the M45 triple jump. Joe Keshmiri's 15.74/51-734 record in the M55 shot, and Jerry Cash's $4.61/15-1\frac{1}{2}$ improvement on his own M45 $4.44/14-6\frac{3}{4}$ record are imposing. Boo Morcom's past dominance in the pole vault is apparent when the world record list for this meet shows that he lost two world records in that event, one in the M50-54 division and the other in the M65-69 division.

Five 60m records were broken, all by women. Some athletes justifiably criticized the men's heat seedings. In the M40 60m, four of the six finalists came from one of the four heats, while another heat produced the other two. In the M45 60m, three finalists came from one of the four heats, three from Continued on page 19



Bill Won, California, finishing the M60 1500 (6:09.82), USATF National Masters Indoor Championships, Reno, Nev., Feb. 24-26. Photo by Jerry Wojcik

Indoor Nationals

Continued from page 18

another, while the other two heats produced no finalists. In the four M50 heats, five finalists came from one heat, which included two of the best M50 sprinters in the world, Stephen Robbins, of Washington, and Harold Morioka, of Canada, so, for all intents and purposes, their heat was the final, in a sense. Robbins did win the final (7.42); Morioka was second (7.57).

The whole procedure was a clear violation of USATF rules, which mandate that the winner of any heat must advance to the next round.

There were complaints by the athletes regarding the field event schedule, but most thought the facility was the best indoor they had ever competed on. Officials were plentiful; ten

were counted at one time working the weight throw competition.

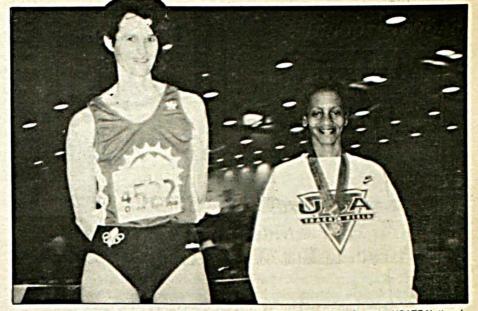
Off-track activities included a western barbecue on Friday night and an informal athletes' meeting, presided over by USATF Masters T&F Chairperson Barbara Kousky, on Saturday evening at the meet headquarters Holiday Inn. Some athletes engaged in activities not related to the meet, such as skiing at nearby ski resorts, sightseeing at Carson City and Lake Tahoe, and playing golf at one of Reno's many courses. Others even gambled.

Bill Bowser was the primary meet director.

Next year's championships will take place in Greensboro, N.C., March 29-31.

AGE GROUP RECORDS SET AT THE USATE NATIONAL MASTERS INDOOR CHAMPIONSHIPS, RENO, NEV., FEB. 24-26; 1995

| WORLD RECO | DRDS | | | | The the states at |
|------------|----------|--|-------------------------------|-----------|---|
| Event | Age | New Mark | Name | Old Mark | Held By |
| 60m | W60 | 9.05 | Irene Obera | 9.4 | Joan Ogden |
| 60m | W80 | 14.39 | Pearl Mehl | | |
| 200m | M40 | 22.19 | Bill Collins | 22.6 | Hanno Rheineck |
| 200m | M60 | 25.70 | Jim Mathis | 26.37 | Jack Greenwood |
| 200m | M75 | 30.12 | John Alexander | 31.85 | Jay Sponseller |
| | W45 | 26.18 | Phil Raschker | 26.31 | Phil Raschker |
| 200m | | | | 30.55 | Jean Hulls |
| 200m | W55 | 30.30 | Carolyn Cappett Pearl Mehl | | |
| 200m | W80 | 62.73 | | 52.95 | Harold Morioka |
| 400m | M50 . | | Harold Morioka | | Earl Fee |
| 400m | M60 | 58.86 | Jim Mathis | 59.82 | James Law |
| 400m | M65 | 59.53 | Earl Fee | 60.67 | The second se |
| 400m | M75 | 71.84 | John Alexander | 73.80 | Jay Sponseller |
| 400m | W40 | 60.97 | Mary Libal | 61.9 | Anne McDonald |
| 400m | W55 | 67.38 | Diane Palmason | 67.9 | Carolyn Cappetta |
| 400m | W80 | 2:25.03 | Pearl Mehl | THE LEVEL | 5 TTT A CAR |
| 800m | M80 | 3:33.63 | Bill Dyer | | |
| 800m | W55 | 2:40.39 | Diane Palmason | 2:49.8 | Molly Turner |
| 800m | W80 | 6:26.49 | Pearl Mehl | | |
| 1500m | W80 | 12:37.13 | Pearl Mehl | | |
| 3000m | W50 | 10:56.96 | Joan Ottaway | 11:06.2 | Johana Jay |
| 3000m | W80 | 27:27.81 | Pearl Mehl | aca de | |
| 60mH | M45 | 8.54 | Stan Druckrey | 8.67 | Stan Druckrey |
| 60mH | M55 | 8.91 | Emil Pawlik | 9.15 | Dale Lance |
| 60mH | M70 | 10.40 | Mel Larson | 10.75 | Ed Lukens |
| 60mH | W45 | 9.18 | Phil Raschker | 9.30 | Phil Raschker |
| HJ | W40 | 1.72 | Debbie Brill | 1.54 | Phil Raschker |
| HJ | W45 | 1.58 | Phil Raschker | 1.57 | Phil Raschker |
| PV | M45 | 4.61 | Jerry Cash | 4.44 | Jerry Cash |
| | | and the second | Joe Johnston | 4.11 | Boo Morcom |
| PV | M50 | 4.14 | | | Boo Morcom |
| PV | M65 | 3.42 | Jerry Donley | 3.39 | and the second se |
| PV | W45 | 3.23 | Phil Raschker | 2.90 | Phil Raschker |
| PV | W55 | 2.07 | Becky Sisley | 1.56 | Lucy Ann Brobst |
| IJ | M70 | 5.05 | Mel Larsen | 4.73 | John Alexander |
| TJ | M45 | 14.82 | Milan Tiff | 13.75 | Stig Backlund |
| SP | M55 | 15.74 | Joe Keshmiri | 14.64 | Raino Leino |
| SP | M80 | 11.45 | Ross Carter | 9.27 | Leon Joslin |
| SP | W80 | 6.53 | Ivy Brown | 6.36 | Magareta Sarvana |
| | | 2 | | | 2010 1 Lat 1 1 4 4 4 |
| U.S. RECOR | <u> </u> | Sant's state | All Marine and and | | Carting and States of Street |
| Event | Age | New Mark | Name | Old Mark | Held By |
| 60m | W35 | 8.10 | Denise Foreman | 8.19 | Irene Thompson |
| 60m | W45 | 8.02 | Phil Raschker | 8.12 | Phil Raschker |
| 60m | W55 | 8.98 | Kathy Bergen | 9.36 | Christel Miller |
| 200m | W35 | 26.91 | Denise Foreman | 27.65 | Jo Ann Angotti |
| 400m | W45 | 63.91 | DeeDee Grafius | 63.98 | Pamela Calvert |
| 400m | W55 | 67.39 | Carolyn Cappetta | 69.03 | Carclyn Cappetta |
| 400m | W70 | 1:35.62 | Louise Adams | 1:44.86 | Carcl Peebles |
| 800m | W45 | 2:26.45 | DeeDee Grafius | 2:31.3 | Barbara Pike |
| 1500m | W50 | 5:12.43 | Joan Ottaway | 5:23.05 | Linda Upton |
| | M45 | 8:59.14 | Domingo Tibaduiza | 9:12.69 | Salih Talib |
| 3000m | | 15:13.54 | Dudley Healy | 15:12y | Paul Spangler |
| 3000m | M80 | | Nancy Smalley | 16:18.04 | Queenie Thompson |
| 3000m | W65 | 15:40.89 | | | Sherice Duchamp |
| 60mH | W35 | 9.57 | Denise Foreman | 10.08 | Barbara Stewart |
| PV | W50 | 2.17 | Barbara Stewart | 2.13 | |
| L | M75 | 4.03 | John Alexander | 3.86 | Russell Meyers |
| IJ | M80 | 3.36 | Clarence Trahan | 3.23 | Claude Hills |
| WT | M55 | 13.44 | Richard Hotchkiss | 12.70 | Cliff Blair |
| WT | M75 | 11.37 | Manuel White | 8.64 | James York |
| WT | W50 | 14.08 | Vanessa Hilliard | 12.35 | Joanne Grissom |
| WT | W55 | 10.25 | Joanne Grissom | 9.17 | Ann Cirulnick |
| WT | W80 | 4.19 | Ivy Brown | | and a stand of the stand |
| 3000mRW | M55 | 15:24.04 | John Elwarner | | |
| 3000mRW | W70 | 22:32.08 | Imogene Watkins | | |
| 3000mRW | W85 | 28:47.11 | Dorothy Robarts | | |
| 500011111 | | | | | |



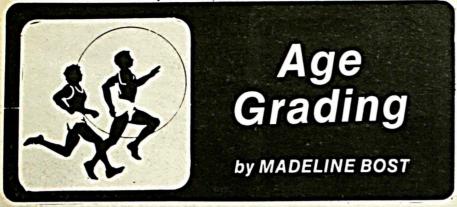
High jumper, Debbie Brill, Canada, on the victory stand with Linda Lowery, Georgia, USATF National Masters Indoor Championships, Reno, Nev., Feb. 24-26, where Brill broke the W40 world record Photo by Suzy Hess with a 1.72/5-73/4.

THE TENTH ANNUAL RANDOLPH TOWNSHIP & GARDEN STATE ATHLETIC CLUB INTERNATIONAL TRACK & FIELD MEET SUNDAY, JUNE 4,1995 EVENTS SCHEDULE FOR SUBMASTERS (AGE 30-39) AND MASTERS (AGE 40+) in 5 year Age Groups RUNNING EVENTS. A NEW JERSEY GRAND PRIX SERIES MEET 10:00 AM 1500 METER RACE WALK 1:30 PM 11:00 AM 400 METER DASH 2:15 PM 12:00 PM 800 METERS 2:30 PM 11:00 PM 200 METER DASH 3:00 PM 5000 METERS 2:15 PM 2:30 PM 3:00 PM 3:45 PM 110 METER HH MILE RUN 100 METER 4X400 RELAY FIELD EVENTS 30-39 MEN 40-49 MEN 10 00 AM 10 00 AM 10 00 AM 10 45 AM 10 30 AM 10 45 AM 10 30 AM 10 30 AM 10 00 AM 11:00 AM 11:15 AM 12:15 PM 12:30 PM 1:30 PM FIELD EVENTS MEN 50-59 MEN 60+/WOMEN 10:00 AM 10:00 AM 11:30 AM 12:30 PM 10:30 AM 10:30 AM 10:30 AM 10:30 AM 10:00 PM 1:00 PM 1:30 PM 10:00 AM 10:00 AM 11:15 AM 3:00 PM 3:00 PM 10:00 AM 12:30 PM 1:00 PM 10:30 AM 1:00 PM 1:00 PM POLE VAULT SHOT PUT WEIGHT THROW HIGH JUMP LONG JUMP JAVELIN DISCUS TRIPLE JUMP 1:30 PM 2:00 PM 3:00 PM 2:00 PM 3:00 PM USATE-NJ SANCTIONED EVENTS SCHEDULE FOR YOUTH. HIGH SCHOOL & OPEN RUNNING EVENTS MILE RUN AGES 9-10, 11-12, 13-14, 15-29 11:30 AM MALE & FEMALE 100 ME TERS AGES 9-10, 11-12, 13-14, 15-29 12:30 PM MALE & FEMALE 400 ME TERS AGES 9-10, 11-12, 13-14, 15-29 2:30 PM MALE & FEMALE 4x400 METER RELAY AGES 9-10, 11-12, 13-14, 15-29 3:30 PM MALE & FEMALE EVENT SCHEDULE - Above order will be followed. Events may run ahead of schedule. Athletes will be responsible for noting schedule changes. If athlete misses calls or fails to check in. event fee is forfeited. FIELD ATHLETES' NOTE - Groups will start immediately after preceding group. Listen for the announcements. MEET DIRECTORS RESERVE THE RIGHT TO RUN ALL GROUPS TOGETHER IN ANY EVENT; AND THEN SEPARATE THEM BY AGE, TIMES AND DISTANCE. THIS IS IN CASE WE DO NOT HAVE ENOUGH PARTICIPANTS IN ANY EVENT OR WE ARE RUNNING BEHIND SCHEDUILE ALL RACES WILL BE RUN AS FINALS. IF NECESSARY, SECTIONS WILL BE RUN FOR SPRINTS. BULES SPIKES ALLOWED - 1/4" or less HURDLE HEIGHTS & IMPLEMENTS - USATF (TAC) Masters Rules. ELIGIBILITY: USATF (TAC) MEMBERSHIP REQUIRED FOR ALL ATHLETES, NO EXCEPTIONS. AVAILABLE AT MEET. FALSE START - One false start rule will apply. EEES - Free to Randolph residents. <u>Pte-registered</u> - (Received on or before May 26.) \$5 per event. <u>Received after May 26</u> - \$5 late fee added to first event. <u>Relay Jeams</u> - \$16 per team, for Open and Masters, \$12 per team for youths. ADDITIONAL INFORMATION Meet Directors: Morton Hahn Ken Brinker days 201-625-1764 evenings 201-361-3282 evenings 201-366-8367 AWARDS - Medals for first, second, and third place in each age group. CONCESSION STAND AND SHOWER FACILITIES AVAILABLE <u>SITE</u>-Randolph High School, Millbrook Road, Randolph, New Jersey DIRECTIONS - From George Washington Bridge, take Route 80 West to Route 287 South. Take Route 10 West, about 7 miles, Look for Dunkin Donuts on the left at the intersection of Millbrook and Route 10. Turn left on Millbrook Ave by making a right on the jug-handle. Go about 1.5 miles, and turn right into the first entrance of the High School. FILL OUT AND RETURN TO GARDEN STATE ATHLETIC CLUB, C/O MORT HAHN, 19 BEDMINSTER ROAD, RANDOLPH, NJ 07869 (PLEASE PRINT) MALE FEMALE AGE AS OF 64 (first name) (last name) ADDRESS CITY STATE CLUB USATE NO. EVENTS ENTERED PLEASE MAKE CHECKS PAYABLE TO GARDEN STATE ATHLETIC CLUB (GSAC) I hereby waive any or all claims I or my heirs may have against Randolph Township Parks & Recreation Dept. Randolph Township, The Randolph Board of Education, Garden State Athletic Club or the Meet Directors and Officials resulting from my participation in this meet. I understand that the scivity will be supervised and that the Township of Randolph DOES NOT INSURE participants with accident insurance and I will participate at MY OWN RISK. It is understood that this program is a physical activity and various injuries may occur. I also understand that it is my responsibility to make sure that the registrant is physically capable of participating in this program and that a medical physical by a doctor is recommended. SIGNATURE_____ Parent/Guardian signature (if competitor is under 18)

Check here if you would like to be put on mailing list for next year's meet.

Check here if you would like to be put on mailing list for membership in GSAC.

National Masters News



All You Ever Needed to Know About Age Grading But Were Afraid to Ask

hat is age grading and what is it doing for me? Masters runners and track & field athletes who have have been at the state of the state track & field athletes who have been subscribers to the National Masters News, don't need to ask that question. They've been reading about age grading for several years now.

New Jersey road racers are asking the question, because when they get their race results card from Dave Siconolfi of CompuScore, they are given a tasty tidbit of information referred to as their age adjusted time. It's always a faster time than what they truly ran.

Subscribers of the newspapers served by the Runners News Service see race results with the top overall finishers and then, often, the age adjusted masters top performers.

"What's going on here? How'd I get so fast?" they ask.

History

When road racing blossomed into a national pastime about twenty years ago, the concept of special age divisions for older runners was developed. Because it is a biological fact of nature that men (and women) slow down and lose strength with age, separating the

Address

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older, or masters, runner to be judged separately from the open runners made sense.

Sometimes a race would have tenyear age-divisions and more progressive races further divided those divisions into five-year groups. This made things much fairer for the older competitors - they only had to compete against those about their own age.

But could there be a way to evaluate all of the older competitors' performances by developing a sliding scale that would even things up and place all of them into one category? Wouldn't this make things more equitable when purse money was being paid to the masters runners?

When purse money is paid to masters we are, in effect, recognizing the age slow down, but then invalidating the concept by giving the purse to the younger masters athletes

Masters Age-Graded Tables · Keep track of your progress over the years. Compare performances of older and younger individuals in the same or different events. Select the best performance in an event among all age groups. Score multi-events. See how much your performance should decline with age. • Chart your own performance progress. Includes single-age factors and standards for each age from 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 track & field meet, road race or racewalk. • 60 pages. Easy to use. • Detailed explanations, sample competitions, personal performance examples and charts. Compiled by the World Association of Veteran Athletes. Send \$6.00 plus \$1.25 postage and handling to: NATIONAL MASTERS NEWS P.O. Box 50098 Eugene, OR 97405 Name

State

Zip .

than the sixty-year-old.

shot at the purse as the 40-year-old. With the advancement of computers such a concept could be implemented. All that was needed was an accurate method to appraise the performances by the top athletes in each one-year age division to be factored against the top open athlete's performances.

who are naturally going to run faster

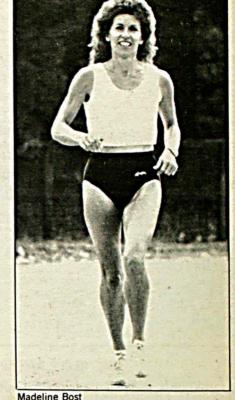
Through many hours of work, researching and compiling data, the first age-graded tables were developed by the World Association of Veteran Athletes, the world governing body for masters track and field, long distance running and racewalking. Those first tables were published in 1989. By 1994, the tables were updated with new data, and they will continue to be updated, probably on a five-year basis.

Table Talk

Let's look at how this works and why it is relevant for masters athletes. The tables can be used in two ways one by using an age-graded standard to determine an athlete's "performance-



Willie Rios, 77, M75 + winner (27:55), Maccabiah 5K, Plainview, N.Y.



level percentage," and one to readjust an athletes' race time to that of an open athlete by using an age factor.

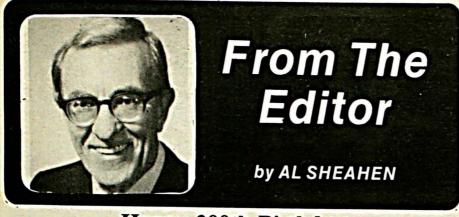
It's the latter that runners have been seeing on their race results postcard from CompuScore. Let's say you're a 53-year-old woman runner who has finished a 10K in 45:18. The 10K factor for you is .8545. By multiplying 45.18 (or 2718 seconds) by .8545 we reach 38:43 as your age-graded time.

To determine your "performance-level percentage" you would take your standard which is 35:01 and divide 35:01 (2101 seconds) by 45:18 to get your PLP of 77.3%.

Most road racers prefer to see their age adjustment stated in terms of agegraded time as in the first example. However, the Performance-Level Percentage is more relevant in track & field performances which encompass a wide range of events.

Some road racers have begun to use age-adjusted scoring for determining their masters purse money winners. The National USATF Masters LDR Committee is in full support of age adjustment and is working hard to encourage its adoption throughout the





Happy 200th Birthday

t's hard to believe, but this is the 200th issue of the National Masters News. To celebrate, we've added some more color. And, as we did with issue No. 100, here are some of the highlights of the past 100 months:

No. 101, January, 1987. Jack Greenwood, Christel Miller, Web Loudat and Barbara Filutze named top 1986 masters athletes by The Athletics Congress. NMN subscription price is \$18.75. Subscribers at 4300.

No. 103, March, 1987. Tracy Smith wins first Millrose Masters Mile in 4:20. Norm Green, 54, and Charlotte Swanson, 44, win national marathon titles in Georgia.

No. 109, September, 1987. 20th National T&F Championships Draw 976 to Springfield, Ore., as Eugene's refurbished Hayward Field not quite ready.

No. 111, November, 1987. NMN's largest issue ever — 64 pages. Preview of VII World Veterans Games in Australia. Twin Cities Marathon awards record \$41,000 to masters runners. Kjell-Erik Stahl and Laurie Binder each win \$8000.

No. 113, January, 1988. 4817 athletes from 51 nations set 92 world records in VII WAVA Championships in Melbourne.

No. 114, February, 1988. Bill Rodgers and Frank Shorter turn 40; Rodgers wins first match-up, 30:49 to 31:10, in Charlotte Observer 10K.

No. 116, April, 1988. Bob Schlau, 40, begins masters career by upsetting Bill Rodgers in 2:19:27 in Los Angeles Marathon. Dean Reinke forms 12-city masters running circuit.

No. 118, June, 1988. ICI signs on to sponsor 15-race masters road circuit. MAAD (Masters Against Age Discrimination) formed to encourage recognition of older runners.

No. 121, September, 1988. 21st Nationals Draw 920 to Orlando, Fla. Britain's Ron Bell wins masters mile in 4:12.58 as five runners break world 40 + record.

No. 123, November, 1988. Bill Rodgers, 40, runs 29:47 10K in Iowa's Heartland Hustle — the fastest 10K ever by a USA masters road runner.

No. 125, January, 1989. Charles DesJardins elected chair of TAC Masters LDR Committee.

No. 126, February, 1989. Masters age-graded tables compiled.

No. 129, May, 1989. 658 athletes from 47 states compete in Indoor Nationals in Columbus, Ohio. John Campbell begins masters career with marathon wins in Los Angeles (2:17:51) and Boston (2:14:19). NMN subscriptions reach 5000; annual price increases to \$22.

No. 130, June, 1989. Wilson Waigwa lowers world masters mile record to 4:05.71 in Modesto. Norm Green (56, 1:08:07) tops all 40 + runners in National Masters 20K in Medford, Ore.

No. 133, September, 1989. A big 60 page issue as 4951 from 58 nations set 124 WRs in VIII WAVA Championships in Eugene. Nationals draw record 1450 to San Diego.

No. 137, January, 1990. Barbara Kousky elected Masters T&F Chairman at TAC convention in Washington, D.C.

No. 138, February, 1990. ICI gives \$40,000 to masters as Mario Cuevas and Priscilla Welch win ICI/USA TAC National Masters 8K in Naples, Fla.

No. 141, May, 1990. A 52-pager. John Campbell betters Jack Foster's world 40 + marathon mark with a 2:11:04 in Boston. Indoor Nationals draw 565 to Madison, Wisc. Elaine Ward begins monthly Racewalking column.

No. 145, September, 1990. 1090 compete in 23rd Nationals in Indianapolis.

No. 148, December, 1990. John Campbell sweeps masters triple crown (Los Angeles, Boston and New York marathons) for second straight year.

No. 156, August, 1991. 800 compete in Nationals in Naperville, Ill.

No. 157, September, 1991. 4817 athletes from 53 nations take part in IX WAVA Championships in Turku, Finland.

No. 158, October, 1991. Gary Romesser, 40, ends John Campbell's 46-race masters winning streak in Philadelphia Half-Marathon.

No. 159, November, 1991. Laurie Binder, 44, sets U.S. W40 + marathon (2:35:08) and 10-mile (56:05) marks. Both records still stand.

No. 161, January, 1992. Jack Greenwood, Betty Vosburgh, Laurie Binder and Shirley Matson named top 1991 masters athletes at New Orleans convention. TAC changes name to USATF. NMN subscription price goes to \$24.

No. 165, May, 1992. 640 set 28 world indoor records at Nationals in Columbus.

No. 169, September, 1992. Nationals draw 1075 to Spokane, Wash., in 103° heat. No. 176, April, 1993. Eamonn Coghlan sets world indoor masters mile record of 4:01.39 in New York.

No. 179, July, 1993. Doug Kurtis, 41, runs world record 70th sub-2:20 marathon.

No. 180, August, 1993. National Senior Sports Classic draws 7500 to Baton Rouge. Dave Moorcroft, 40, runs mile in outdoor WR 4:02.53 in Belfast.

No. 181, September, 1993. Nationals lure 997 to Provo.

No. 184, December, 1993. 12,178 athletes from 78 nations compete in 10th WAVA World Championships in Miyazaki, Japan.

No. 187, March 1994. Eamonn Coghlan, 41, runs WR 3:58.15 mile at Harvard.

No. 189, May, 1994. 600 set 31 world indoor marks in Nationals in Columbia, Mo. Masters legend Paul Spangler dies at age 95.

No. 191, July, 1994. At age 47, Phil Raschker places second in USA women's open pole vault; clears 11-1 earlier — a 99.1% age-graded effort.

No. 193, September, 1994. Nationals draw 1418 from 50 states and 12 countries to Eugene. WAVA age-graded tables revised.

No. 197, January, 1995. NMN subscriptions reach 6000.

No. 198, February, 1995. NMN moves offices to Eugene. *Runner's World* now handling advertising, circulation, and finance.



James Moreland, 42, Rockville, Md., masters first with a fifth overall 2:44:11, Northern Central Trail Marathon, Sparks, Md.

Photo by George Banker

No. 200, April, 1995. Mike Tymn's string of consecutive monthly columns hits world record 177. Dr. John Pagliano's *Foot Beat* streak reaches 126. Elaine Ward writes 59th straight Racewalking column. Hal Higdon's On the Run appears for 34th time. Jerry Wojcik pens 13th Weight Room.

Is there more to come? You bet. There should be lots of highlights this year, with the Senior Sports Classic in May in San Antonio, the Nationals in Michigan in July, and the XI World Championships in Buffalo in July.

We're taking aim at 300 issues, which will come, can you believe it, in August, 2003. I hope we're all still around, fit and healthy, when the time comes.

Mansfield University Masters Track & Field Camp July 7-9, 1995

Directed by Jim Taylor Head Track & Field /Cross-Country Coach

The Mountaineer Masters Track & Field Camp at Mansfield University of Pennsylvania offers experienced coaching to the competitive Master. Held just four days before (and only three hours south) of the World Masters Championship in Buffalo, New York, it offers a convenient stop on your quest for Master's Gold!

Camp Packages

Package 1:
Package 2:
Package 3:

Camp, Meals, and Housing ---\$200 Camp and Meals ---\$175 Camp Only ---\$150

For More Information

Jim Taylor, Camp Director Decker Gym G-7 Mansfield University Mansfield, PA 16933 (717) 662-4645



Knee Pain Should Be Diagnosed Properly

probably should hang a sign — like Lucy in Peanuts — on the handle of my lawnmower: "The Doctor is in." I was mowing my lawn one afternoon when a motorist pulled into my driveway.

Someone I didn't know. Dressed in a business suit. Looked like he needed directions. Turns out he did. Knee pain.

The motorist was a runner. Lately, he had started to hurt. He pointed to his knees. "I guess sooner or later all runners suffer knee pain because of the pounding," he said.

Not necessarily.

It's a myth that runners suffer from knee pain more than other athletes. Talk to any skier, or racquetball player, or cyclist about their knees. Maybe runners just whine more.

However, if your knees hurt when you practice your sport, you're not interested in statistics about how much, or how little you should hurt. You just want to stop hurting.

Which is why the motorist pulled into my driveway. He spotted me mowing my lawn on a sunny afternoon and stopped to ask about his sore knees.

The motorist already had sought advice from a real doctor. "He told me to run less," said my patient.

I asked the identity of the doctor. He had talked to a pediatrician. Well, I suppose if you're seeking advice in the area of sports medicine, that's one notch higher than a running columnist mowing his lawn. But running less is not an acceptable option for most of us who have tasted the pleasures of physical fitness. We want to run more, not less. When injuries interfere with our ability to do this, we become irritated.

Okay, the doctor is in. I asked him what kind of shoes he wore. If you're going to pretend you're a physician

Price Increase

NMN has not had a subscription price increase since January, 1992.

But in the past six months, paper costs throughout the world have increased up to 70 percent, mainly due to increased demand in Asia.

Our printing costs have been raised twice since Sept. 1994. Thus, we are forced to raise the annual subscription price to \$26 starting next month. and diagnose ailments, you need to know the right questions to ask. That's the first law of diagnosis.

I've been involved in running long enough to know that most running ailments — particularly in the area of the knee — can be traced to the foot. It's not so much the foot pounding the pavement, but rather what happens *after* the foot pounds the pavement. If the foot hits the ground unevenly, off center because of some imbalance or a worn pair of shoes, the knee attempts to stabilize the body above by twisting to align it with the foot below. If the knee twists too much, or too often, or too much too often, it's going to hurt. Three or four months before, the motorist had purchased a \$120 pair of

shoes advertised in running magazines as being well-cushioned, lightweight, and very fast looking.

I have a pair of those same \$120 shoes. I like them, because they're comfortable. Also, they match a purple polo shirt I own. But I would never run in the shoes. They're too soft. They lack stability.

If you're a little off-center, your knee is going to twist. Result: sore knees.

I asked the motorist how long his knees had been hurting. "Three or four months," he said.

Diagnosis complete. I offered the

motorist two options: 1. Buy a new pair of shoes; ones that offer more stability than the \$120 shoes that match my purple polo shirt. I had no specific recommendations, although several times a year *Runner's World* publishes a shoe survey offering guidance.

2. Go to a podiatrist (not pediatrician) with experience treating runners, and ask him or her to do a biomechanical assessment and suggest an appropriate pair of running shoes.

My advice reminded me of the TV commercial several years ago for an oil filter. An oil-smudged mechanic snarls: "You can see me now — or see me later!"

If I had a sign like Lucy's hanging on the handle of my lawnmower, I could have flipped it over: "The Doctor is out!" The next time you want advice on your running injuries, drive past my house to see if I'm mowing the lawn. (My wife claims that won't happen too often).



Members of the winning M50-59 team championships, USATF National Masters 5K Cross-Country Championships, Columbus, Ohio, from left: Jim Forshee (pictured but not a member of the team), John Ragucki, Don Sleeman, Carroll Deweese, Doug Goodhue, Jim Fitch, Richard Ferguson, and Wally Herrala.

Clinton to Race Gingrich at White House

WASHINGTON, D.C. April 1 - Inan effort to break the logjam on the various welfare reform bills now in Congress, Speaker of the House Newt Gingrich has accepted President Bill Clinton's challenge to a one mile race around the oval track at the White House.

Both men have agreed that the winner of the race will determine which bill is passed by Congress.

If Gingrich wins, the Republicansponsored bill will prevail. It eliminates the federal programs for food stamps, school lunches, AFDC, and WIC (women, infants and children).

If Clinton wins, the Democratsponsored measure will become law. It increases welfare benefits, expands the food stamp program, and raises the minimum wage.

"We knew getting our welfare reform bill through Congress would be tough," Gingrich admitted. "And even if we did, Clinton threatened to veto it. This way, we've got a shot. If I can't beat that paunchy, pale-legged, pizza-loving liberal, I'll quit and go back to Georgia."

The president said Gingrich was in for a surprise. "I didn't want to use the veto," Clinton said, "because Congress might override me, and it would be a bad political move, in any case. But I'm in better shape than that grayhaired, Limbaugh-loving, conservative blowhard thinks. The only exercise he gets is bashing pregnant teenagers and little children."

Senator and presidential candidate Richard Lugar (R-In), an avid runner, himself, said: "I think it's ridiculous to make policy this way. I know this welfare debate will take time, but it's just something we have to do."

The majority of Congress, however, seemed to support the unusual but innovative contest.

"This will save a lot of time," said David Spellman (D-Oh). "People are tired of gridlock in Congress. They want action, one way or another. Well, they're going to get it."

If Gingrich wins the race, welfare mothers will be kicked off the welfare rolls after three months. If they can't find a job and wind up homeless, their children will be taken from them and placed in orphanages.

"I know it's tough, but the American people want a return to good, old-fashioned values," said Robert Perry (D-Ut), a Gingrich supporter. "People want work, not a handout."

"It's draconian; it'll be like Dickens' England," said Janet Mitchell of the Children's Defense Fund. "Has everyone forgotten that people were actually starving in Mississippi back in the 60s before the federal government stepped in?"

Gingrich ally John Costello (R-Pa) said the Republican plan would discourage women from having illegitimate babies. "If we don't give 'em welfare, they can always turn to the oldest profession," he winked.

If Clinton wins, all citizens will receive a guaranteed annual income with no forced work requirements. Backers of the Clinton plan said America hasn't seen full employment for years; that there aren't enough jobs to go around; and that training people for jobs that don't exist is a waste of taxpayers' money. Moreover, they cite, welfare costs are less than three percent of the U.S. budget.

"It would be cheaper to replace the ragbag of welfare programs with a single, comprehensive program of income supplements in cash — a negative income tax," said economist Milton Friedman. "It would provide an assured minimum to all persons in need, regardless of the reasons for their need."

Honorary timekeepers for the race will be Bob Dole, Al Gore and Ross Perot.

Both Clinton and Gingrich admitted the pressure would be on them, but each seemed confident of victory. and

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Gordon Cleared of Drug-Taking

Peter Gordon, 43, the U.K. M40 discus record holder (58.42) has been cleared of drug-taking by the British Board. Gordon had been unable to produce a "sample" after a meeting in 1993. Blaming the failure on a medical condition - he has a mild form of

TEN YEARS AGO April, 1985

- Ian Hume Sets Four World M70 Records
- Christel Miller Sets Three W50 World Records
- Derek Vaughn, 40, Runs Mile in 4:13.8
- Barry Brown, 40, Runs 2:20:22 in Orange Bowl Marathon

cancer - Gordon was cleared but only after a protracted legal battle.

Highlights of the BVAF Championships in Birmingham, Feb. 12, were a British M45 400 best by former world champion Peter Browne (52.1), and a 27.1 W40 record by Helen Godsall. However, the best performance came from Joan Ottaway of the U.S., who set a W50 world record of 10:43.9 in the 3000, defeating Elaine Statham, whose 11:03.4 was a British record.

Una Gore set a new 60m world unofficial hand-timed best for W55 with an 8.9. W55 Jean Hulls set world unofficial bests in the 200 with a 29.8 and 60mH with a 10.9.

In the field, Colin Shafto, M55, HJ 1.57, and Jean Wills, W45, LJ 4.53, both set British records. On the road, Julian Goater, 41, was



Neil MacDonald, Australia, was first M50 in the 800 (2:07.96), duplicating his performance in the 1994 indoor championships in Columbia, Mo., USATF National Masters Indoor Championships, Reno, Nev., Feb. 24-26.

Photo by Jerry Wojcik



outstanding in the Hillingdon 5 Miles, Feb. 26, where the former national senior cross-country champion clocked

24:12 behind Commonwealth title

accommodation : **Jacques Serruys** Korte Zilverstraat 5 8000 Brugge - Belgium Tel. 00 32 50 341 781 Fax: 00 32 50 334 325

CANADIAN MASTERS OUTDOOR TRACK AND FIELD CHAMPIONSHIPS

1995

| Sanctioned by: Hosted by: | June 24-25 | ENTRY FORM: 1995 CANADIAN MASTERS OUTDOOR TRACK AND FIELD CHAMPIONSHIPS ATHLETE INFORMATION (Please print): |
|---|--|--|
| Canadian Masters Athletic Association Hamilton Olympic Club | McMaster University Hamilton, Ontario | Lest Name First Name Address Telephone (avening) City Telephone (avening) Province/State Citizenship Postal/Zip Code Club/Team Sex (Maie/Female) CMAA/USATF# Date of Birth. Year Month Day Masters Age Group |
| EACILITY: Chevron surface on 8 lane 400 metre track and all field event approaches. Throwing circles are concrete. The facilities will be available for training Friday, 23 June from 4:00 p.m. to 7:30 p.m. ELIGIBUITY: Competitors must be members of the Canadian Masters Athletic Association (CMAA) or a World Athletic Vateran Association (WAVA) affiliets. Non-members may compete by paying a #5:00 meet te on top of the entry fee. AGE GROUPS: Women beginning at 30 years and up (5 year groupings). Men beginning at 35 years and up (5 year women beginning at 30 years and up (5 year groupings). | HANILTON, ONTARIO HANILTON, ONTARIO Royal Canadian Legion BROOKS. | PLEASE ENTER BEST PERFORMANCE OR CHECK EVENTS ENTERED 100 Metres 5000m Walk Pole Vault 200 Metres Sprint Hurdles Javelin Throw 400 Metres 300m/400M Hurdles Diacus Throw 800 Metres Steeplechase Shot Put 1500 Metres Long Jump Himmer Throw 1500 Metres High Jump Weight Throw 100000 Metres High Jump Weight Throw 100000 Metres High Jump Weight Throw 100000 Metres High Jump Weight Throw FEES FOR ENTRIES RECEIVED BY JUNE 9 ENTRY FEES FOR LATE ENTRIES |
| proupings]. Entries in the W30-34 & M35-39 age groups are considered "Submasters" and "Non-championship" but will be eligible for models. <u>AWARDS:</u> CMAA Championship Medals will be awarded to the first 3 in each event/age group, with the Canadian performance standerds. <u>EVITRY FEES:</u> Additional Events - 88/event Late Entry First Event - 925 Additional Events - 88/event Non CMAA/NAVA Artifikes Meet Fee - 95 Relay teams can enter the day of the meet - 925/team | EVENTS SCHEDULE: Saturday Irsch Eield Eield 9:00 am 10,000 M (M & W) (Slower Sections First) 9:00 am Long Jump (Women & M70+) Weight Throw (Men 35-59) 11:00 am 80 M Hurdles (W40+, M70+) 100 M Hurdles (M50-39, M60-69) 110 M Hurdles (M55-49) 11:15 am Weight Throw (Women) | Store Events Store Construction Store Construction |
| ENTRY DEADLINES: Entries and entry leas must be received on or before Friday, June 9, 1995. All entries received after the shove deadline will be treated as late entries and will be subjected to late entry fee charges. Late entries will be accepted up until Friday, June 16, 1995. Any entries received after this date will be accepted at the discretion of the Entries Co-ordinator (i.e. only if there is a spare | Lunch Breek 12:45 sm 100 M Heats or Finals 12:45 pm Pole Vault (Women & Man) _Continuous _Continuous _Continuous _Continuous 2:00 pm 1500 M Timed Sections | SANCTIONED and REQUIRED BY: THE CANADIAN MASTERS ATHLETIC ASSOCIATION <u>BELEASE. WAIVER AND INDEMNITY</u> IN CONSIDERATION of the acceptance of my application and the permission to participate as an entrant or competition in the |
| Ians). A detail breakdown of the entry fee structure can be found at the bottom of the Entry Form. For additional information about the competition please contact, Marline or 'slan Sarjeant at 1905) 664-3852. <u>COMPETITOR'S PACKAGES/NUMBERS:</u> Competitors can pick up their packages/numbers at the track during the Friday, June 23 training sassion, and throughout the meet at the registration table. | (Women First) 2:30 pm Discus Throw (Women & M60 +) (M50-59) 3:00 pm 100 M Finals (Women/Men) 2:30 pm Discus Throw (Women & M60 +) (M50-59) 3:30 pm 400 M Timed Sections (Women & Older Men First) (M35-49) Sumday Eald | 1995 CANADIAN MASTERS OUTDOOR TRACK & FIELD CHAMPIONSHIPS I, for myself, my heirs, executors, diministrators, successors and sasigns HEREBY, RELEASE, WAIVE AND FOREVER DISCHARGE CANADIAN MASTERS ATHLETIC ASSOCIATION HAMILTON OLYMPIC CLUB REGIONAL MUNICIPALITY OF HAMILTON-WENTWORTH THE CITY OF HAMILTON, MEMASTER UNIVERSITY |
| T.SHIRTS: 1995 CMAA Championship T-shirts can be ordered in advance for \$15 each. Simply complete the T- Shirt order form at the bottom of the Entry Form. A limited number of T-Shirts will be available at the meet for \$20 each. | Income 5000 km Women First) 9:00 km Triple Jump (Women & M70+) 10:00 km 200 km Timed Sections (Women & Older Men First) 10:00 km Triple Jump (Women & M70+) 11:00 km 800 km Mark First) 11:00 km Hammer Throw (M35-69) (Women & Older Men First) | VALAN SARJEANT, WILLIAM URIE, ANDREA PINNOCK and all other associations, sanctioning bodies and sponsoring companies, and all their respective agents, officials, servents, contractors, representatives, successors and assigns OF AND FROM ALL claims, demands, demages costs, seponses, actions and causes of action, whether is law or equity, in respect of death, njury, loss or damage to my person or property HOWSOEVER CAUSED, arising or to arise by reason of my perticipation in the said event, whether as speciator, perticipant, competitor or |
| ACCOMMODATIONS: A limited number of rooms have been reserved through the Shereton Hotel and McMaster University under "1985 Canadian Masters Outdoor Track & Field Championships", Please make your reservations directly with the location of your choice by the required deadline. The following rates have been erranged: McMaster University Shereton Hotel | Lunch Breat 12:30 pm 300 M Hurdles (W50 + & M50 +) 12:30 pm High Jump (Women & Men) - Continuous 1:00 pm 400 M Hurdles (W30-49 & M35-49) 1:00 pm Shot Put (Women & M70 +) 1:45 pm 5000 M Welk (M & W) | alterwise; whether pror to, during or subsequent to the event AND NOTWITHSTANDING that same may have been contributed to or occasioned by the negligence of any of the sforesaid. I FURTHER HEREBY UNDERTAKE to HOLD AND SAVE HARMLESS and AGREE TO INDEMNIFY all of the sforesaid from and egainst any and all fability incurred by any or all of them arising as a result of, or in any way connected with my participation in the said event. |
| Telsphone Number (905) 525-9140 (905) 529-5515 Reservation Deadline Friday, June 9 Wednesday, May 24 Single Occupancy \$33.55/person/night \$69.00/room/night Double Occupancy \$27.45/person/night \$69.00/room/night Extra Person not svallable \$10.00/room/night | 2:45 pm 2:000 pm Shot Put (M35-49) 2:45 pm 2:000 pm Shot Put (M35-49) (Women & M60+1) 3:00 pm Shot Put (M50-59) 3:10 pm 3:000 M Steeplechese (M35-59) 3:00 pm | BY SUBMITTING this ENTRY, I ACKNOWLEDGE MAVING READ, UNDERSTOOD AND AGREED to the above WAIVER, RELEASE AND INDEMNITY. I WARRANT that I am physically fit to participate in this event. |
| All room rates are quoted in Canadian funds and are subject to Provincial Sales Tax and Federal Government Sales Tax. | 3:30 pm Relays - 4 x 100 M (Club, Mixed) - 4 x 400 M (Club, Mixed) 3:45 pm Shot Put (M60-69) | Date Print Name Signature |

National Masters News



Olympic Spirit to Shine in Buffalo

ne of the special allures of the WAVA World Veterans Athletics Championships is the opportunity for masters athletes of varying skills and experience to share the track with Olympic legends.

Evelyn Ashford, Al Oerter and Frank Shorter are among the Olympic gold medalists who have appeared in past WAVA Championships around the globe.

In their continued spirit of cooperation, the local organizing committee in Buffalo and the World Association of Veteran Athletes are working together on a program to recruit former track & field Olympians to the XI WAVA World Veterans Championships to be held in Buffalo, N.Y., USA, this year from July 13-23.

"How many baseball fans would love to face a Sandy Koufaz curveball, and how many basketball fans would love to post up against Kareem Abdul-Jabbar?" asks Vito Borrello, executive director of the Championships. "You could say the Championships will be a "fantasy camp' for avid fans of track and field."

Ten Former Champions

The legends will participate in athletic competitions and attend a number of official functions during the Championships. Organizers in Buffalo are recruiting ten former Olympic champions, at least five of whom will be from the USA.

While no firm commitments have yet been made, Borrello says the initial response from Olympians has been positive.

"The World Veterans Athletics Championships are the world's premier masters track and field competition," Borrello said. "These Olympic legends are looking forward to competing with the world-class masters athletes coming to Buffalo."

Further information on Olympians coming to Buffalo will appear in this column in coming months.

5000 Athletes

The biennial event is expected to attract more than 5000 athletes (men age 40 +, women age 35 +) from more than 70 nations. There are no qualifying standards, except to be at least the minimum age.

Stovroff & Taylor Travel, the official travel agency of the event, is offering special discount packages on rental cars and trucks with advance reservations. They also are offering discounted air fares on Continental Airlines, the official Games' airline, and will provide the lowest possible airfares on any other airline, as well.

Stovroff & Taylor can also make arrangements for accommodations.

To contact Stovroff & Taylor from anywhere in the USA or Canada, phone 800-543-8616 between 8 a.m. and 6 p.m. (EST), Monday through Saturday. For 24-hour, 7-day service from anywhere in the world, phone



Marydel Gaiser-Bochnowich, Director of Housing, XI World Veterans Athletics Championships

Buffalo, N.Y.

Five Cities Bid for

WAVA.

ships.

1999 WAVA Championships

800-345-8463 and ask for ID# PY5X. Masters athletes and spectators may use either of these two toll-free numbers to make travel, housing and car rental arrangements all at once.

Housing for the Championships is being snapped up fast, and arrangements for accommodations should be made as soon as possible, either through Stovroff & Taylor or through the local organizing committee.

The entry and accommodation forms were printed in the February issue of NMN. The competition schedule is printed in this issue. The entry deadline is May 15. Entry and accommodation forms are also available from the WVC, 120 Church St., Buffalo NY 14202. Phone: 716-849-0704. \Box – Bob Chase.

Drug Testing in Buffalo

by JOAN STRATTON, Chair, USATF Masters Substance Abuse Committee

Drug testing will be held in Buffalo — plan on it. The testing will follow IAAF procedures and testing guidelines. Note that the entry booklet for Buffalo suggests that if you are taking a banned substance, you should get a certificate signed by two medical doctors. Please be aware that this offers no assurance that you will be exempt from penalties. Your safest option is to

by WAVA-appointed representatives,

who will report their findings to

Those cities with acceptable facilities

will be invited to sign contracts and

make presentations to the WAVA

General Assembly at its biennial

meeting on July 20, in Buffalo, N.Y.,

USA, site of the XI World Champion-

The XII WAVA Championships, to

be held in 1997, were awarded in 1993

to Durban, South Africa. The

Assembly generally tries to select sites

four years in advance.

switch to permissible medications.

The list of banned substance is extensive and very few have legitimate medical uses. Some examples of banned substances include all anabolic steroids, testosterones, all blocking drugs (such as probenecid and diuretics) and all stimulants.

Most drugs used for asthma are legal with the exception of many over-thecounter inhalers (such as Primatine Mist). All antibiotics are legal as are all non-steroidal anti-inflammatories. Corticosteroids, such as prednisone, are banned unless used on the skin or injected into a joint.

Be careful with antidiarrheal medications. Some brands (i.e., Imodium) are okay, others aren't.

The biggest offenders are cold medications! All decongestants are banned (i.e., Sudafed), but antihistamines, such as Benadryl, are okay. The USOC has a hotline (1-800-233-0393) which can provide information. There are a few differences between IAAF and USOC lists so, if in doubt, contact me.

The testing procedures will be reviewed in a future article. Questions can be addressed to Joan Stratton, P.O. Box 2361, Carmichael, CA 95609.

A record five cities have submitted applications to host the XIII WAVA World Veterans Athletics Championships in 1999, according to Bob Fine, Executive Vice-President of the World Association of Veteran Athletes.

- They are: 1) Dublin, Ireland
 - 2) Gateshead, England
- 3) Kuala Lumpur, Malaysia
- 4) St. Petersburg, Russia
- 5) Victoria, Canada

Fine will inspect the facilities in Kuala Lumpur and Victoria this month. The other sites will be visited

WORLD VETERANS CHAMPIONSHIPS X BUFFALO NY JULY 13 - JULY 23 1995

COMPETITION SCHEDULE BY AGE - MEN

COMPETITION SCHEDULE BY AGE - MEN Round

M65

M70

M75

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| 4x400M R | Final-1 | Sun. 23 PM | Sun. 23 PM | Sun. 23 PM | Sun. 23 PM | Sun. 23 PM |
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COMPETITION SCHEDULE BY AGE - WOMEN

COMPETITION SCHEDULE BY AGE - WOMEN

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| ATHLETES WHO ENTER A NEW DIVISION | THIS MONTH AP | RIL 1995 |
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| ATHLETES WHO ENTER A NEW DIVISION 1 ATHLETE (RESIDENCE) WALTER BOEHM (ARLINGTON, VA) ALOIS BERHLUK (CZE) TYRONE CARLIS(US) GEORGE ETHERINGTON (SALINA, KS) FRANK EVANS(NZ) FRANK FINGER (CHARLOTTESVILLE, VA) BERND HEINRICH (WALNUT CREEK, CA) AXEL JOHNSSON (SWEDEN) HANS LAGEROVIST (SWE) RON MORRIS (LOS ANGELES, CA) AXEL RIDSTROM (SWEDEN) WALTER SLOVENSKI (LEWISTON, ID) WILLIAM SORLINGAS (YONKERS, NY) STAE SPAEPEN (BEL) GEORGE VERNOSKY (BETHESDA, MD) LOUIS VINK (HOL) MAYNE B'DERA (MEW YORK, NY) JANICE BAUM (LOS ANGELES) SHIELA EVANS (INDY, IN) SUE KLEHM (ARLINGTON HTS, IL) HELEN LACHMAN (PORTLAND, OR) LUCILLE MONROE (WEBSTER CROVE, MC) BETTY PAPPAS (EL DORADO, KS) SUE SKERKE (WOODSTOCK, IL) DIANE STOCKLIN (SAN DIEGO, CA) ANN MARIA THOMAS (BROOKLYN, NY) PATTICIA THOMAS (BROOKLYN, NY) PATTY VAN WOLVELAERE (CA) SHIELA EVANS (INDIANAPOLIS, IN) HILDEGARD GROTH (WG) ANNY BINDER (WG) SHIELA EVANS (INDIANAPOLIS, IN) HILDEGARD GROTH (WG) ANNY BINDER (WG) ANNY BINDE | IHIS MUNIH AP BIRTHDATE $4-18-30$ $4-6-10$ $4-9-45$ $4-10-20$ $4-7-25$ $4-16-15$ $4-19-40$ $4-27-35$ $4-22-25$ $4-13-200$ $4-7-200$ $4-27-35$ $4-22-255$ $4-13-200$ $4-7-200$ $4-26-300$ $4-26-300$ $4-26-300$ $4-26-300$ $4-27-355$ $4-22-255$ $4-13-200$ $4-26-300$ $4-26-300$ $4-26-300$ $4-27-355$ $4-26-300$ $4-26-305$ $4-10-150$ $4-26-300$ $4-26-300$ $4-26-300$ $4-26-300$ $4-10-550$ $4-13-500$ $4-13-500$ $4-29-300$ $4-29-450$ $4-29-300$ $4-13-520$ $4-29-355$ $4-29-300$ $4-19-550$ $4-10-450$ $4-15-250$ $4-15-250$ $4-15-250$ $4-15-250$ $4-15-250$ $4-15-250$ $4-15-250$ $4-15-250$ | RIL 1995 AGE GROUP 65-69 85-89 50-54 75-79 70-74 80-84 55-59 60-64 75-79 65-69 80-84 55-69 80-84 65-69 80-54 70-74 80-64 55-59 60-64 55-59 50-54 55-59 45-49 80-84 55-59 45-49 80-84 750-54 55-59 45-49 80-84 55-59 55-59 45-49 80-84 55-59 65-69 40-44 80-84 50-54 70-74 80-84 50-54 50-54 80-84 50-54 80-84 50-54 80-84 50-54 80-84 50-54 80-84 50-54 80-84 50-54 80-84 50-54 80-84 |
| Compiled by Peter Mundle, World and and Field Records Chairman | 1 USA Masters | Track |

WAVA/USATF Hurdles and Implements Specifications

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WAVA Council members inspecting the marathon course last year for the XI World Veterans Championships in Buffalo, July 23, 1995. The course crosses the Niagara River from the USA into Canada, giving runners a spectacular view of Niagara Falls.

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MIDWEST

. Two 46-year-old women took first and second place overall among the women at the Columbus Roadrunners 15-Miler, Pickerington, OH, Feb. 12. June Schlabach, 1:47:54, was just a step ahead of Jeannie Rue, 1:48:10, at the finish.

MID AMERICA

· Dan Conway broke John Connor's U.S. M55 record of 4:53.3 for the indoor mile with a 4:53.14 in the USATF Minnesota Championships, U. of Minnesota, Feb. 25.

SOUTH WEST

 Margaret White, 100, Turpin, OK, got local television coverage as she broke the W100 + indoor SP record with a 3.35/11-0 at the Sooner State Games, Oklahoma City, Jan. 29. Two weeks later, she was a featured guest on NBC's Tonight show hosted by Jay Leno, where she surpassed in one attempt her previous mark on a makeshift throwing area on stage before live and national audiences.

WEST

· Sal Salmi (40, 2:36:58) was tenth in the San Diego Marathon, Carlsbad, CA, Jan. 22. Gale Hunt (49, 3:16:20) took the W40 + race. Mary Ryzner (41, 1:26:08) placed second in the halfmarathon. Bruce Minard (40, 16:28) was third in the 5K, while Joann Behm (40, 20:45) was sixth female. Runners in all three races totaled 3100.

. The USC Trojan Masters Meet is off for the season but will be on the schedule in 1996.

the "father of the masters T&F movement," retired from running several years ago with bad knees. But he was chosen for the 1994 Masters All-American Cycling Team by the U.S. Cycling Bennett Beach, 45, third overall (1:59:45), DCRRC Old Town 20 Mile, Alexandria, Va. Photo by George Banker

Federation. Pain was national 20K age-group champion, breaking the U.S. record by over a minute.



· David Pain, 72, of San Diego, often called

15% AGENCY DISCOU

Advertisers: Reach 6,000 Masters Runners In

NASIONAL MASTERS NEWS



What looks like a cold, sounds like a cold and feels like a cold, but isn't a cold?

Asthma. But asthma can be much more serious. So if your child has a cough that won't go away, is often short of breath, or wheezes a lot, especially at night or after running, don't treat it yourself. Go to your doctor or clinic.

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National Asthma Education and Prevention Program National Heart, Lung, and Blood Institute; National Institutes of Health, Public Health Service; U.S. Department of Health and Human Services.

Masters Scene

Kurt Konig (38, GER, 10:39) was first overall. Of the 123 finishers, 99 were men and 24

women. Chico Scimone, 83, of Sicily was the

oldest finisher (26:50). Oldest female was

Christine Kellstrom (60, NJ, 19:24). Awards

were given to the top three overall male and

female winners with one award per 10-year age

group from 40+. Next year's race, organized

SOUTHEAST

· Martin Mondragon, M40, of Mexico, and

Irina Bondarchouk, W40, of Russia, blazed to

masters victories in the warm and humid Gasparilla Distance Classic 15K, Tampa, Feb.

18. Mondragon won by eight minutes with a

44:30. Bondarchouk won by two minutes in

54:46. Division winners included W50 S. Rae

Baymiller, NY, 58:43; W60 Wen-Shi Yu, NY,

70:25; and M60 Norman Green, Jr., PA, 56:00.

The Birmingham TC Classic has moved its

meet from the usual late May date to June 24 to

avoid conflict with the Senior Games in San An-

tonio. The BTC meet has a number of special

events, including the top eight age-graded

100m times competing for \$100, and the mini-

decathlon (participants select five of the ten

Over 12,500 runners participated.

decathlon events).

by the NYRRC, will be held Thu., Feb. 15.

NATIONAL

· Hammer throwers are invited to participate in a special clinic, conducted by Yuriy Syedikh, the current WR-holder in the hammer, in conjunction with the K.T. Woodman Track Classic, Wichita State U., KS, April 14-15. The throwing clinic is scheduled for April 12-13 for coaches and athletes to throw, film, and visit with Syedikh on topics related to throwing. On Saturday, April 15, athletes are invited to throw in the competition along with Syedikh. The cost for the two-day clinic is \$75 per athlete. Contacts for the clinic are Jack Kornelson, Head T&F Coach, Wichita State U., 316/689-3257, fax 316/689-3336; and Ken Jansson, MD, Medical Director, St. Joseph Sports Medicine, 316/262-7598.

 Nine blind and partially sighted runners from across the U.S. will race in the Boston Marathon, April 17, to compete in the Visually Impaired Division and to raise money for the Massachusetts Association for the Blind (MAB). The runners, who are part of the Nike-MAB Team, will be joined by 28 sighted guides and independent runners who will also be competing and raising money for MAB. The nine runners include three masters: Rick George, 41. East Lake, OH; Don Mott, 43, Chicago, IL; and Richard Hargis, 48, Riverside, CA. All three have had extensive experience in previous marathons and in international competition.

 Running Through Life, a book by the late Paul Spangler, who passed away at age 95 in March, 1994 has been published by the Fifty Plus Fitness Association, P.O. Box D, Stanford, CA 94309. The price of \$12.00 includes shipping and handling.

EAST

. In the excitement of Ken Sparks' and Sid Howard's performance in the Greater Boston Invitational article last month by Hugh Sweeny, the All-American times by Jo Marchetti, W50, in the 800 (2:44.1) and mile (5:44.1) got lost in the hoopla. These two efforts, in her first indoor ever, came on the fourth week after a 3:06:18 W50 win in the Houston Marathon on Jan. 15. A week after the GBI, Marchetti ran a 5:19.2 1500 and 2:42.4 800 in the USATF Maine Championships at Bowdoin College.

• Nicholas Caswell (45, 16:57), seventh overall, and Kathy Gribbon (41, 19:03), third female overall, were the masters darlings with 40+ wins in the NYRRC Valentine's Day 5K, Central Park, NYC, Feb. 11. Maury Dean (52, 17:23) was second 40+. Bill Fortune (66, 19:43) with an age-graded 85.4%, and Sylvie Kimche (48, 19:59) with an AG 81.0% were the best masters performers. Tom Grace (42, 18:50), Richard Basuk (43, 18:51), and Tom Bernhard (41, 18:54) staged the best age division finish

· Harry Nolan, 48, Navesink, NJ, finished fourth in a field of college runners at an open meet at Seton Hall U., Feb. 26 and smashed the U.S. M45 3000 record of 9:12.69 held by Salih Talib, with a 9:01.3.

• In a field of 1688, Robert Anastasio (42, 20:41) and Kathy Gribbon (41, 25:33) took masters titles at the NYRRC Snowflake 4-Miler, Central Park, Dec. 19.

· Leading the masters at the NYRRC Bagel Run 10K in Central Park, Feb. 26, were Sean Doyle, 33:15, and Joan Baldassarri, 41:35. Nailing the W60 division was Lisa Praskins, 47:16, an age-graded 79.1%.

· Competitors in the 18th annual Empire State Building Run Up, Feb. 16, in NYC, ran up 1576 steps from the 34th St. lobby to the 86th floor observatory. The first M40 + was Uilly Kanarek (41, PA, 13:24). Barbara Anderson (43, NY, 15:05) topped the W40 + climbers.

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| NEW | Male | Andrea | 85% |
| | Femal | e | 15% |
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ON TAP FOR APRIL

TRACK AND FIELD

Athletes gearing up for a busy summer can start early on the 8th with the USATF SCA Championships in Los Angeles. The Naples Meet, Fla., and the Tar Heel Meet, Chapel Hill, N.C., are on the 9th. The 2nd annual Bob Watanabe Memorial Meet takes place at UCLA on the 15th. On the 23rd, Southern Californians can choose between the Crown Valley Senior Games, Occidental College, Los Angeles, or the Steve Scott Meet at UC-Irvine. The Penn Relays, offering limited but top-notch masters competition, opens on the 27th for three days. The Ken Carnine Classic closes competition for the month in Sacramento on the 29th.

LONG DISTANCE RUNNING

The YMCA Masters 8K, Omaha, Nebr., doesn't fool around, with its April 1st start. The USATF Masters 5K Championships will be run over a fast course at Carlsbad, Calif., on the 2nd, also the date for the Stanford 50 + 8K. The Pear Blossom 10 Mile comes to fruition on the 8th in Medford, Ore., as does the Cherry Blossom 10 Mile in D.C. on the 9th. The Boston Marathon on the 17th is the race of the month. The Longest Day Marathon includes other races and a walk, on the 22nd, in Brookings, S.D.; New Orleans offers the Crescent City 10K on the same date. The 30th carries coast-to-coast action with the Sallie Mae 10K in D.C. and the Pacific Northwest 15K Championships in Seattle.

June 10. Los Gatos Open & USATF Pacific

June 24. USATF West Regional Masters Championships, Los Gatos HS. Monica Townsend, 138 Johnson, Los Gatos, CA 95032. 408/395-9486.

All-Comers. 1, 15, 29 at Long Beach St. U .; 8, 22 at Los Angeles CC. Marv Thompson, LACC, 213/953-4261; Andy Sythe, LB St., 310/985-4666.

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

April 13-14. Oregon Invitational Decathlon/Heptathlon, Masters Division. Becky Sisley, 310 E. 48th Ave., Eugene, OR 97405. 503/342-3113.

May 27. Helena Spring Throws & Weight Pentathlon. Manuel & Helen White, PO Box 5058, Helena, MT 59604. 406/227-5020.

Schedule

Track and field events feature competition for men and women over 30 unless otherwise noted. 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. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 50098, Eugene OR 97405.

TRACK & FIELD

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May 17-24. U.S. National Senior Sports Classic V, San Antonio, Texas. USNSSO, 14323 South Outer Forty Rd., Suite N300, Chesterfield, MO 63017. 314/878-4900.

June 17-18. USATF National Masters Decathlon/Heptathlon Championships, Eugene, Ore. SASE to Timothy Shelley, 2748 Agate St., Eugene, OR 97403. 503/343-4610.

July 5-9. 28th USATF National Masters Championships, Michigan State U., East Lansing, Mich. Randy Williams, 12651 Cloverlawn, Detroit MI 48238. 313/834-0378.

August 19. USATF National Masters Weight & Superweight Championships, Seattle. Followed by Ultra Weight Classic. SASE to Ken Weinbel, Seattle Masters AC, 4103 Hillcrest Ave., Seattle, WA 98116. 206/932-3923. Fax 206/932-3917.

August 26. USATF National Masters Weight Pentathlon Championships, Nevada Union HS, Grass Valley, Calif. Dick Hotchkiss, 14005 Meadow Dr., Grass Valley, CA 95945. 916/273-3660.

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

April 27-29. Penn Relays, Philadalphia. 27th: age-graded PV (40+); 28th: 4x100 (M40+, M50+, and other)/100 (M40, M50, M60), 4x400 (M50 + and other); 29th: 4x400 (M40+), 100 (M75+). Peter Taylor, 4014 Hallman St., Fairfax, VA. 22030. 703/385-4392.

May 21. New York Masters Spring Classic, Merchant Marine Academy, Kings Point, L.I. SASE to Eric Weissbrot, 7 Drury Ln., Great Neck, NY 11023.

May 21. Philadelphia Masters Developmental Meet, Germantown Academy, Ft. Washington, Pa. Site pending. Bill Krieger, 215/656-7617 (x245).

June 4. 10th Annual Garden State AC International Meet, Randolph HS, N.J. Morton Hahn, 19 Bedminster Rd., Randolph, NJ 07869. 201/625-1764.

June 24. USATF East Regional Masters Championships, Central Dauphin HS, Harrisburg, Pa. Scott Thornsley, 18 Colgate Dr., Camp Hill, PA 17011-7624. 717/737-2385.

August 13. Philadelphia Masters Summer Games. Swarthmore College. Peter Taylor, 4014 Hallman St., Fairfax, VA 22030. 703/385-4392.

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

April 8. Fifth Annual Naples-on-the-Gulf Masters Meet, Naples, Fla. Rudy Vlaar-

dingerbroek, 813/597-6870. April 8. Pee Dee Meet, Darlington, S.C. Includes the Darlington County Senior Games & Bill Slade Memorial 5K Racewalk. Darlington Area Recr. Dept., PO Box 94, Darlington, SC 29532. 803/398-4700.

April 9. Tar Heel Masters & Senior Invitational T&F Meet, UNC-Chapel Hill. Dennis Craddock, PO Box 2126, Chapel Hill, NC 27515. Coach Kendra Mackey 919/962-5195.

May 5-7. USATF Southeast Regional Masters Championships, North Carolina State U., Raleigh. Regional Team Championships/Regional Masters and Southern Regional Open 20K Racewalk Championships. 25th Anniversary Meet. Paul Hronjak, 104 Copperstone Ln., Cary, NC 27511-8906. 919/387-7160.

May 18. Nashville TC Meet. NTC, 2709 Linmar Ave. #5, Nashville, TN 37215-1170. 615/383-6733(h); 741-5251(w).

May 20. 8th Tennessee Masters Championships, U. of Tennessee Tom Black Track, Knoxville. Dean Waters, meet director, 132 Newport Dr., Oak Ridge, TN 37830. 615/483-7743(eve).

June 9. Tennessee Sportsfest, Vanderbilt U. Nashville TC, 2709 Linmar Ave. #5, Nashville, TN 37215-1170. 37215-1170. 615/383-6733(h); 741-5251(w).

June 10. Atlanta TC Masters Meet, Marist HS., SASE to ATC Masters Meet, 3097 E. Shadowlane Ave., Atlanta, GA 30305. 404/231-9064, X8.

June 17. Nashville TC Open & Masters Meet, Tennessee Prep School. See June 9. June 23-24. Tennessee Sportsfest Finals, U. of Tennessee-Knoxville. See June 9.

June 24. Southeastern Masters Track Classic, Greenville, S.C. Dick Bloomfield, 103 Crestwood Dr., Greer, SC 29651. 803/879-7839(eve).

June 24. Birmingham TC Classic, Vestavia Hills HS. Jeff Tesnow, 2424 Meadow Ridge Rd., Birmingham, AL 35235. 205/980-5152. Entry form in May NMN. July 13, 20. Nashhville TC Meets. NTC, 2709 Linmar Ave. #5, Nashville, TN 37215-1170. 615/383-3733(h); 741-5251(w).

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

June 3. 12th Annual Athlete's Foot Masters Meet, Augustana College, Rock Island, Ill. Pete Stopoulos 1029 16th Ave., East Moline, IL 61244. 309/755-2655.

MID-AMERICA

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

May 12-13. Western Slope Senior Games. 55+. Open to out-of-state. Norwest Bank Montrose, PO Box 730, Montrose, CO 81402. Evelyn Lawson 303/249-2000 or 1-800-873-0244.

May 16. Lincoln TC Runners Pentathlon, Nebraska Wesleyan U. 6 pm. SASE to Gary Bredehoft, 4037 N. 20th St., Lincoln, NE 68521, 402/435-7061,

June 10-11. Lincoln TC Decathlon/Heptathlon, Nebraska Wesleyan U. SASE to Gary Bredehoft, 4037 N. 20th St., Lincoln, NE 68521. 402/435-7061.

June 17. Leading Edge/Lincoln TC Open & Masters Meet, Nebraska Wesleyan U. See above.

July 1. USATF Mid-America Regional Masters Championships, Harrison HS, Colorado Springs. Jerry Donley, 1715 Alamo, Colorado Springs, CO 80907. 719/635-1264.

September 2-3. Rocky Mountain Masters Games, U. of Colorado, Boulder. Dave Simons, 1550 Baseline Rd., Boulder, CO 80302. 303/443-4919. Nancy Manson, 303/341-7992.

SOUTHWEST Arkansas, Louisiana, Mississippi, Oklahoma, Texas

April 8. El Paso Senior Games. 50 + . Ray Cox, 1800 Byron, El Paso, TX 79930. 915/652-4268.

May 6. Waterloo Relays, Austin, Texas. Jeff Browser, 512/458-6010. May 13. Sun Relays, Laredo, Texas. E.

Mendiola, 210/727-7593. June 3. USATF Southwest Association Meet, Dallas. John Pritchett, P.O. Box 210496, Dallas, TX 75211. (800) 30 GO

RUN. June 10, Texas Masters Championships, U. of Texas-Arlington. Ray Burrus, 2307 Woodsong, Arlington, TX 76016. 817/446-5700.

June 17. Hill Country Classic Masters Meet, Mason, Texas. Lee Graham, Box 384, Mason, TX 76856. 915/347-5620. June 24. USATF Southwest Regional Masters Championships, San Antonio, Texas. John Head, 21024 Cedar Branch,

Garden Ridge, TX 78266. 210/651-5414.

WEST Arizona, California, Hawaii, Nevada

April 8. USATF/SCA Meet, Occidental College, Los Angeles. 818/843-2139. Entry Form in March issue.

April 15. 2nd Annual Bob Watanabe Memorial Meet, UCLA. Bill Adler, Box 832, 1000 Palms, CA 90076. 619/343-0773. April 22. KELfield Throws Series #38, Santa Cruz, Calif. Includes superweight. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

April 23. Crown Valley Senior Games, Occidental College, Los Angeles. 50+. Cynthia Vaughn, 818/397-4064.

April 23. Steve Scott Open Invitational & Masters Meet, UC-Irvine, Calif. Mac Mc-Cormick, 714/586-9942 (eve).

April 28-30. West Bay Senior Games, San Francisco. 55+. Mike Miller, 1718 Noe, San Francisco, CA 94131. 415/821-1478. April 29. Ken Carnine Classic, Sacramento St. U. Michael Ackley, director, 4649 Oakbough Way, Carmichael, CA 95608. 916/967-9003.

May 4-7. Solano County Senior Games. 55+. Gaylord Whitlock, 1641 Rockville Rd., Susuin City, CA 94585. 707/864-0484. May 6. Arizona Masters Invitational Meet, McClintock HS, Tempe. USATF Arizona, Bob Flint, 8436 E. Hubbell, Scottsdale, AZ 85257, 602/949-1991

May 14. Southern California Striders Meet of Champions, CSU-Long Beach. Hugh Cobb, 619/436-7696.

May 20. Visalia Classic Masters T&F Meet. 30+. Bob Higginbotham, 1026 W. Visalia, CA 93277. Princeton, 209/732-8030.

May 27. USATF/Pacific Masters & Submasters Weight Pentathlon Championships, Santa Cruz, Calif. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

May 27. Bruce Jenner Classic, San Jose, Calif. 400, 1500 (M40 +); 200 (M50 +); 100 (M60+, M70+, Women). Bruce Springbett, PO Box 2002, Los Gatos, CA 95031. 408/354-2005.

May 28. Dan Aldridge Memorial Meet, UC-Irvine, Calif. Mac McCormick, 714/586-9942(eve).

Continued on next page

RACEWALKING Seattle hosts the Northwest Regional 10K Championships on the 30th.

Association Masters Championships, Los Gatos HS. Monica Townsend, 138 Johnson, Los Gatos, CA 95032. 408/395-9486.

July 1, 8, 15, 22, 29. USATF SCA Summer

NORTHWEST

Continued from previous page

May 27. Senior Olympics, Silverton HS, Ore. 40 + . Amy Castle, Box 783, Silverton, OR 97381. 503/873-8577; 873-2818. June 17-18. British Columbia Masters Championships, Langley, B.C. (suburban Vancouver). All masters welcome. John

Woodcock, 604/939-1324; Grant Lamothe, 604/856-7381. June 24-25. Hayward Masters Classic,

Eugene, Ore. SASE to Timothy Shelley, 2748 Agate St., Eugene, OR 97403. 503/343-4610.

June 30-July 1. USATF Northwest Regional Masters Championships, Mt. Hood Community College, Portland area. Jim Puckett, director.

August 5. Helena Summer Throws Meet & Weight Pentathlon. Manuel & Helen White, PO Box 5058, Helena, MT 59604. 406/227-5020.

CANADA

May 28. Harry Jerome Meet Masters 400 & Mile. Be part of Western Canada'a largest track meet. Grant Lamothe, 604/856-7381. June 24-25. Canadian National Masters Championships, McMaster U., Hamilton, Ont. M40 +, W35 + (non-championships: M35, W30). Valan Sarjeant, 130 Memorial St., Hamilton, Ontario, L8G 4C7. 905/664-3852.

INTERNATIONAL

April 21-22. South Africa Masters Championships, Bellville, Capetown. Basil Carnie, FAX: 021-925924.

July 13-23. XI WAVA World Veterans Athletics Championships, Buffalo, N.Y., USA. M40+, W35+. WVC, 120 Church St., Buffalo, N.Y. 14202. Phone: (716) 849-0704; Fax: (716) 849-0737.

October 5-14. 5th Australian Masters Games, Melbourne. 53 sports. Age 30 + . Helen Pain, Sports Travel International, 4869 Santa Monica Ave., #B, San Diego CA 92107. (619) 225-9555; Fax: (619) 225-9562. Or GPO Box 2392V, Melbourne 3001 Australia.

LONG DISTANCE RUNNING NATIONAL

April 2. USATF National Masters 5K Championships, Carlsbad, Calif. Tim Murphy, 10509 Vista Sorrento Pkwy #102, San Diego, CA 92121.

September 16. USATF National Masters 24-Hour Championships, Sylvania, Ohio. Dave Payette, 2338 Laskey Rd., Toledo, OH 43613. 419/475-0731.

October 8. USATF National Masters Marathon Championships, Minneapolis/St. Paul. Bruce Mortenson, 15301 Highland Pl., Minnetonka, MN 55345. 612/936-0851.

October 15. USATF National Masters 10K Cross-Country Championships, Canandaigua, N.Y. Peter Glavin, 160 Laney Rd., Rochester, NY 14620. 716/242-9031.

November 11. USATF National Masters 5K Cross-Country Championships, Landen, Ohio. Scott Brooker, 230 Northland Blvd. #309, Cincinnati, OH 45246. 513/860-2253. November 18. USATF National Masters 8K Cross-Country Championships, Boston. Fred Treseler, 79 Manet Rd., Chestnut Hill, MA 02167. 617/964-7802.

EAST

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

April 1. Alexandria Run Vs. Row 10K/Walk, SASE to RVR, 611 S. Fairfax St., Alexandria, VA 22314. 703/549-2480(h).

April 9. Northern Telecom Cherry Blossom 10 Mile, Washington, D.C. 5600 limit. Cherry Blossom 10 Mile, PO Box 884, Middletown, MD 21769, 301/371-5583.

April 12. Advil Mini Marathon Masters Clinic, for women over 40, New York Hilton Hotel, Room: Sutton Parlor South. Registration: 6:30 p.m. Clinic: 7:00-9:00 p.m. NYRRC, 212/860-4455.

April 17. B.A.A. Boston Marathon. Qualifying times. SASE to Boston Athletic Association, PO Box 1996, Hopkinton, MA 01748. 617/236-1652.

April 30. Sally Mae 10K, Washington, D.C. Improved masters prizes. Scott Maker, Sally Mae 10K, 1050 Thomas Jefferson St. NW, Washington, DC 20007. 202/298-2838.

May 7. Long Island Marathon. Patti Kemler, Sports Unit, Eisenhower Park, East Meadow, NY 11554. 516/572-0251. May 7. Pittsburgh Marathon/10K. Leonard Duncan, 1001 Law & Finance Bldg., Fourth Ave., Pittsburgh, PA 15219. 412/765-3773. May 20. Armed Forces Day 10K, Willow Grove, Pa. 10K Run, MWR Dept., Bldg. 2, ITT Office, Naval Air Station, Willow Grove PA 19090-5010. 215/443-6082/6094. May 20. Robert Peary 5K, Rockville, Md. Human Opportunities Through Phys. Ed., PO Box 784, Olney, MD 20830-0784. Bill Pizzano, 301/774-1197.

May 29. 20th Annual Ridgewood Run 5K/10K/Elite Mile/Masters Mile. SASE to North Jersey Masters, PO Box 56, Ridgewood, NJ 07450. 201/447-9750.

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

April 1. Cooper River Bridge 10K. Julian Smith, c/o MUSC Wellness Ctr., 45 Courtenay Dr., Charleston, SC 29401. 803/792-2533.

May 6. Apple Blossom 10K, Winchester, Va. Tom Scully, Jr., race director, 135 North Cameron St., Winchester, VA 22601-4727. 703/662-3863.

May 6. Elizabeth River 10K, Norfolk, Va. ERR, 1349 Pamico Blvd., Chesapeake, VA 23322. 804/482-6552.



April 23. Glass City Marathon. Pat Wagner, 130 Yale Dr., Toledo, OH 43614. 419/385-1072.

April 30. 15th Annual Lake County Races, Zion, Ill. Marathon/half-marathon/ 10K/marathon relays/walk. Train transportation to starting line. For application or to volunteer, call 708/266-RACE or SASE to Lake County Races, 454 Central Ave., #201, Highland Park, IL 60035.

May 13. Old Kent River Run 25K. Doug Grant, PO Box 2194, Grand Rapids, MI 49501. 616/771-5004.

May 14. Revco Cleveland Marathon & 10K, Cleveland, Ohio. Revco 10K, PO Box 550, 1925 Enterprise Pkwy., Twinsburg, OH 44087. 216/487-1402; 800/467-3726.

MID-AMERICA Colorado, Iowa, Kansas, Minnesota; Missouri, New Mexico, N. Dakota, Nebraska, S. Dakota

April 1. YMCA Midwest Masters Classic XIII annual (35 +) 8K Run (certified) and 2 Mile Walk. 9 a.m. N.P. Dodge Park, Omaha, NE. Stan Shirk, 5019 Parker St., Omaha, NE 68104. 402/554-8645.

April 22. 26th annual Longest Day Marathon, Half Marathon, 10K, 5K, and 5K Racewalk, Brookings, S.D. Charles Roberts, 1345 First St., Brookings, SD 57006. 605/692-2334. Bob Bartling, 605/692-2414.

April 23. Trolley Run 4 Mile. Judy Miller, c/o Trolley Run, 400 W. 57th St., Kansas City, MO 64113. April 29. Get In Gear 10K. Jeff Winter, Box 19009, Minneapolis, MN 55419. 612/922-3439.

April 30. Cherry Creek Sneak 5 Mile, CCS, Bank of Cherry Creek, 3033 E. First Ave., Denver, CO 80206. 303/394-5170.

| SO | UTHWEST |
|-----------|-------------------------|
| Arkansas, | Louisiana, Mississippi, |
| 0 | dahoma, Texas |

April 8. Whirlwind 5K & 5K Racewalk, Tishomingo, Okla. Jim Kennedy, 1500 E. Main, Tishomingo, OK 73460. 405/371-2371, x207.

April 22. Crescent City Classic 10K. Mac DeVaughn, 8022 Hampson St., Ste. 217, New Orleans, LA 70118. 504/861-8686. April 29. New Orleans TC 32nd Anniversary 3 Mile/1 Mile, City Park. NOTC, PO Box 52003, New Orleans, LA 70152-2003. 504/482-6682; 468-1488.

May 13. Gum Tree 10K. Johnny Dye, 1007 Chester, Tupelo, MS 38801. 601/842-2039. May 26. Greek Festival 5K/1 Mile. New Orleans TC, PO Box 52003, New Orleans, LA 70152-2003. 504/482-6682; 468-1488.



April 1. L.A. Philharmonic 5K/10K Runs & 5K Walk, Griffith Park. W2 Promotions, 1501 Glenavon Ave., Venice, CA 90291. 310/828-4123.

April 2. Fifty Plus 8K, Stanford, Calif. USATF Pacific Assoc. Championships. Don Carpenter, 2485 Bryant, Palo Alto, CA 94301. 415/327-8043.

April 2. Carlsbad 5000, Carlsbad, Calif. Elite Racing, 10509 Vista Sorrento Pkwy., Ste. 102. San Diego, CA 92121. 619/450-6510.

April 30. Big Sur International Marathon, Calif. Masters money. Big Sur Marathon, PO Box 222620, Carmel, CA 93922-2620. 408/625-6226.

May 7. Cinco de Mayo 10K, Tucson. So. Ariz. Runners, 602/326-9383.

May 7. Avenue Of The Giants, Weott, Calif. G. Gilchrist, Six Rivers RC, 281 Hidden Valley Rd., Bayside, CA 95524. 707/443-1226.

May 27. 29th Annual Mt. Wilson Trail Race (8.6 miles). Michelle Keith, 232 West Sierra Madre Blvd., Sierra Madre, CA 91024 818/355-2355.

NORTHWEST Alaska, Idabo, Montana, Oregon, Utah. Washington, Wyoming.

April 8. Pear Blossom 10 Mile, Medford, Ore. Feb. 28 deadline. Legal size SASE to Pear Blossom, PO Box 146, Medford, OR 97501. Jerry & Zellah Swartsley, 503/535-1205(eve). April 15. Race To Robie Creek 10 Mile.

Marilyn McCarthy, PO Box 205, Boise, ID 83701. 208/334-1630.

April 29. Goat Mountain Gallop Half-Marathon. Molalla High Boosters Club, 12685 S. Wilderness Way, Molalla, OR 97038, 503/829-6244.

April 29. Alaska Heart Run 5K. American Heart Assoc., 2330 E. 42nd St., Anchorage, AK 99508. 907/563-3111.

April 30. Pacific Northwest 15K Championships, Seattle. Carole Langenbach, 206/433-8868.

May 7. Lilac Bloomsday 12K. Lilac Bloomsday Assoc., PO Box 1511, Spokane, WA 99210. 509/838-1579.

May 28. Wyoming Marathon & Rocky Mountain 50 Mile Run. Cheyenne Track Club, 3204 Reed Av., Cheyenne, WY. 82001. 307/635-3316.

July 14-15. Mt. Rainier To The Pacific Relay. 180 miles, 12 person running teams/102 miles, 7 person walking teams. Mt. Rainier National Park to Ocean Shores, Wash. PO Box 17086, Seattle, WA 98107. 206/782-6547.

SINTERNATIONAL

June 25. 22nd Veterans Grand Prix 10K & 25K, Brugge, Belgium. M40 +, W35 +. Jacques Serruys, Korte Zilverstraat 5, 8000 Brugge, Belgium. Fax: 00 32 50 33 43 25. July 13-23. XI WAVA World Veterans Athletics Championships, Buffalo, N.Y., USA. M40 +, W35 +. WVC, 120 Church St., Buffalo, N.Y. 14202. Phone (716) 849-0704; Fax: (716) 849-0737.

RACE DALKING

April 29. 5th Annual Art Keay Memorial 10K Racewalk, Toronto, Canada. Medals and trophies awarded to top three male and female age-graded placers. Rose Porco, 905/470-7009.

April 30. Northwest Regional 10K Championships, Seattle. Bev LaVeck, 206/524-4721.

May 21. USATF Masters Western Regional Championships, Palo Alto, Calif. Men 20K; Women 10K. Jo Ann Nedelco, 415/627-4279.

May 21. USATF Men's 25K/Women's 20K National Masters Championships, Albany, N.Y. Marian Mudar, 312 Georgetown Ct., Albany, NY 12203. 518/869-6415 (h); 518/457-3833. (w).

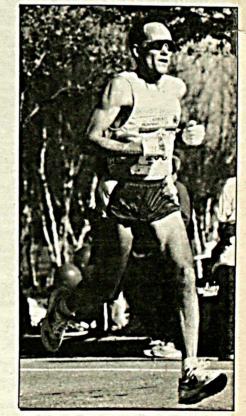
May 28. USATF Men's 10K National Masters Championships, Niagara Falls, N.Y. Dave Lawrence, 94 Harding Ave., Kenmore, NY 14217. 716/875-6361 (h); 716/694-7683. (w)

716/694-7683. (w) July 6. USATF 5000 National Masters Championship, East Lansing, Mich. Randy Williams, 12651 Cloverlawn, Detroit, MI 48238. 313/834-0378.

July 9. USATF Men's 20K/Women's 10K National Masters Championships, East Lansing, Mich. Randy Williams, 12651 Cloverlawn, Detroit, MI 48238. 313/834-0378.

July 16. WAVA Men's 20K/Women's 10K Championships, Niagara Falls, N.Y. Buffalo Organizing Committee, P.O. Box 150, Niagara Square Sta., Buffalo, NY 14201-0150.

July 21-22. WAVA 5000 Championships, Buffalo, N.Y. Buffalo Organizing Committee, P.O. Box 150, Niagara Square Sta., Buffalo, NY 14201-0150.



Chuck Coger, 44, Houston, Texas, finished the Houston-Tenneco Marathon, Jan. 15, in 2:43:32. Photo by J. Smith

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National Masters News

April, 1995

MASTERS CLUBS

Below is a list of masters & field, long distance running, and race-walking clubs arranged alphabetically by region. Some offer workout facilities. Most have social programs and annual awards. If you'd like to find out more about what's going on in your area, contact one. To have your club listed, please send the necessary information to National Masters News, P.O. Box 2372, Van Nuys, CA 91404.

EAST

The Achilles Heel (for disabled) 9 East 89th St. New York, NY 10128 (212)398-0348

Boston AA 131 Clarendon St. Boston, MA 02116 617/236-1652

Boston RC 79 Manet Rd. Chestnut Hill, MA 02167 617/964-7802

Buffalo Belles and Brawn Charles La Chiusa 59 Mona Dr. Buffalo, NY 14226

Central Park TC 7 W. 96th St., #8A New York, NY 10025 212/864-4217

Finger Lakes RC P.O. Box 321 Newfield, NY 14867 607/564-9516

Garden State AC 19 Bedminster Rd. Randolph, NJ 07869 201/625-1764

Greater Rochester TC P.O. Box 92608 Rochester, NY 14692 716/872-6652 Race Info.

Harrisburg Masters TC 60 Lindsay Lane Carlisle, PA 17013

Hudson Mohawk Road Runners P.O. Box 12304 Albany, NY 12212 518/273-3108 (race hotline)

Liberty AC 20 Riverview Dr. Newbury, MA 01951-1807 508/462-9552

Maryland Masters TC 107 Rosewod Ave. Baltimore, MD 21228-4939 410/744-2652

Nadia TC 1500 Sylvan Terrace Pittsburgh, PA 15221 412/244-9812

National Capital TC (GNATS) 38 Tindal Springs Ct. Gaitersburg, MD 20879 301/948-6905

New England Walkers 83 Riverside Ave. Concord, MA 01742 508/369-7912

New Jersey Striders TC P.O. Box 742 Madison, NJ 07940 201/822-8085

小田にたいたいといういというとう

New York AC 180 Central Park South New York, NY 10019 212/247-5100

New York Masters Sports Club 5831 Bell Blvd. Bayside, NY 11364 718/224-3927

NYRRC 9 E. 89th St. New York, NY 10128 212/860-4455

New York TC Joyce Halls 80 Van Cortlandt Pk. So., #C32 Bronx, NY 10463 718/796-5128

North Jersey Masters P.O. Box 56 Ridgewood, NJ 07450

Park Racewalkers, USA 320 E. 83rd St., Box 18 NewYork, NY 10028 212/628-1317

Karl Castor 44 N. Penn St. Hatboro, PA 19040 215/441-8545 Plainview Old Beth 62 Sylvia Lane Plainview, NY 1180

Plainview Old Bethpage RRC 62 Sylvia Lane Plainview, NY 11803 516/433-0919

Philadelphia Masters

Potomac Valley TC c/o John Norton 3706 Howsen Ave. Fairfax, VA 22030 703/352-3057 Run to Win Ladies - Maine Cococh Brian Gillespie

Run to Win Ladies - Maine Coach Brian Gillespie 36 Colonial Rd Portland, ME 04102 207/772-2753 Shore AC

Shore AC 22 Addison Road Howell, NJ 07731-1302 908/363-5426

Sugarloaf Mt. AC Box 659 Amherst, MA 01004 413/586-7411

Syracuse Chargers TC 118 Foxcroft Lane Fayetteville, NY13066 315/637-6211

Tri-State TC Wayne Vaughn 18619 Preston Rd. Hagerstown, MD 21742

West Pennsylvania TC RD2, 14400 Winchester Rd. Trafford, PA 15085 412/372-1986

SOUTHEAST

All American TC 20184 Hwy 17 Hampstead, NC 28443

Atlanta TC 3097 E. Shadowlawn Ave. NE Atlanta, GA 30305 Florida AC

Florida AC 3250 Lakeview Blvd. Delray Beach, FL 33445 407/499-3370

Greenville TC P.O. Box 16262 Greenville, SC 29607 808/268-6321

Huntsville TC c/o Harold Tinsley 8811 Edgehill Dr. Huntsville, AL 35802 205/881-9077

Miami RC Tropical Park 7920 S.W. 40th St. Miami, FL 33155 1-800/940-4RUN

Nashville TC 2709 Linmar Ave., #5 Nashville, TN 37215-1170 615/383-6733

North Carolina RRC P.O. Box 26761 Raleigh, NC 27611 919/231-0714

Pony Express TC P.O. Box 503 Norfolk, VA 23501 Attn: Edward Anthony 804/397-0292

Port City Pacers P.O. Box 16907 Mobile, AL 36616 Richmond T&F Club P.O. Box 6701 Richmond, VA 23230 804/272-3544

Spartanburg RC 820 Patch Dr. Spartanburg, SC 29302 803/582-7128

World Elite Track Team P.O. Box 71022 Marietta, GA 30007-1022

MIDWEST

Ann Arbor TC P.O. Box 7551 Ann Arbor, MI 48107 313/663-9740 (Hot Line) Columbus Roadrunners P.O. Box 15584 Columbus, OH 43215-0584 614/890-1309

Dayton Masters TC P.O. Box 17706 Dayton, OH 45417-0706 Bob Jones, Pres.

Midwest Masters T&F Club 633 Sunset Dr. Janesville, WI 53545 608/756-5260

Motor City Striders 10144 Lincoln Huntington Woods, MI 48070 313/544-9099

Over the Hill TC 4173 Wilmington Rd. South Euclid, OH 44121

River to River RC P.O. Box 1224 Marion, IL 62959

Bob Schul Racing Team 27 E. Dixon Ave. Dayton, OH 45419 513/293-0123

Victory AC P.O. Box 6667 Louisville, KY 40206 502/893-6057

Wolfpack TC 4865 Arthur Pl. Columbus, OH 43220 614/459-2547

MID AMERICA

American Racewalk Ass'n P.O. Box 18323 Boulder, CO 80308-1323 303/447-0156

Lawrence TC P.O. Box 3743, Jayhawk Sta. Lawrence, KS 66046

Lincoln TC 2900 John Ave. Lincoln NE 68502 Prairie Striders

Prairie Striders Box 267 Brookings, SD 57006

St. Louis TC 2385 Hampton Ave., #101 St. Louis, MO 63139 314/781-3926 314/782-3726 (raceline)

Santa Fe Striders P.O. Box 1818 Santa Fe, NM 87504 505/983-2144

SOUTH WEST

Dallas Masters T&F Club 1130 E. Parker Rd. Plano, TX 75074 Ray Burrus 817/446-5700

East Texas T&F Club 3334 S. SW Loop 323, #128 Tyler, TX 75701 903/561-9511

Houston Harriers P.O. Box 740728 Houston, TX 77274 713/777-6840

Houston Masters Sports Assoc. 4021 Montrose Blvd. Houston, TX 77006-4956 713/523-5679

King of the Hill TC 48 Chateau Haut Brion Kenner, LA 70065 504/467-1197

Louisiana Lightning TC 1459 Verna St. New Orleans, LA 70119 504/486-8066

Lufkin T&F Club P.O. Box 1001 Lufkin, TX 75902-1001 409/632-2431 New Orleans TC P.O. Box 52003 New Orleans, LA 70152-2003 504/482-6682

Oklahoma City RC 2408 N.W. 112th Terrace Oklahoma City, OK 73120 405/752-9097 San Antonio TC 21024 Cedar Br. Garden Ridge, TX 78266 512/651-5414

512/651-5414 South Louisiana Masters TC P.O. Box 3125 Lafayette, LA 70502-3125 318/984-4934

Tulsa RC P.O. Box 3304 Tulsa, OK 74101-3304 918/581-8306

Waterloo T&F Club 4112 Burnet Rd. Austin, TX 78756 512/458-6010

WEST

All-American TC 8307 Joan Lane West Hills, CA 91304 818/716-7280

Club West P.O. Box 1079 Goleta, CA 93116-1079 805/964-3005

Corona del Mar TC 19103 S. Andmark Ave. Carson, CA 90746 310/638-7125

Easy Striders Walking Club 2611 Voorhees, Apt. E. Redondo Beach, CA 90278 310/542-5048

Elite Health TC 10738 Jefferson Blvd. Culver City, CA 90230 310/559-9739

Excelsior TC 970 Cordilleras Ave. San Carlos, CA 94070 415/592-8353

Golden Bay Runners P.O. Box 2144 Castro Valley, CA94546 510/881-0330

Golden Gate Racewalkers 3956 Nelson Ct. Palo Alto, CA 94306 415/493-2652

Great Strides Honolulu 1521 Punahou St., #1002 Honolulu, HI 96822 808/942-9567

Hawaii Masters TC P.O. Box 15763 Honolulu, HI 96830-5763

Island Empire Racewalkers 9847 Cedar Ave., #18 Bloomington, CA 92316 714/877-3548; 824-2336

L.A. Valley AC 15355 Mulholland Dr. Los Angeles, CA 90077 818/784-0496

Los Gatos AA P.O. Box 1334 Los Gatos, CA 95031 408/354-7333

Marin Race Walkers Jack Bray P.O. Box 21 Kentrield, CA 94904-0021 415/461-6843

Monsoon TC #3 Hickok Lane Carson, CA 90745 310/522-0219

No. Calif. Senior TC 3887 18th St. San Francisco, CA 94114 415/626-8601

Pacific Racewalkers Box 513 Carmichael, CA 95609 916/483-2917 River City TC P.O. Box 255131 Sacramento, CA 95865 916/489-7881

San Diego TC P.O. Box 7853 San Diego, CA 92167 619/270-SDTC Santa Cruz TC P.O. Box 1803 Capitola, CA 408/425-8286

Seniors TC P.O. Box 3398 Crestline, CA 92325 909/338-5532

Sierra Racewalkers P.O. Box 513 Carmichael, CA 95609 916/483-2917

So. Calif. Corporate AA 346 Palos Verdes Blvd., #8 Redondo Beach, CA 90277 310/616-1313

Southern Calif. Striders 3180 Camino Arroyo Carlsbad, CA 92009 619/436-7698

Trojan Masters TC 1125 Stimson La Puente, CA 91744 818/917-6289

Walkers Club of L.A. 610 Woodward Blvd. Pasadena, CA 91107 818/985-9854

West Valley TC P.O. Box 459 San Carlos, CA 94070 510/635-9508

Team Patriots 2301 Hyperion Ave., Suite P Los Angeles, CA 90027-4711 213/662-1062

West Valley Joggers & Striders 1124 Kennington Ave. Sunnyvale, CA 94087 408/246-2651

NORTHWEST

Anchorage RC P.O. Box 211923 Anchorage, AK 99521-1923 907/337-8606

Barron Park Striders 3225 Scotch Meadows Ct., S.E. Olympia, WA 98501 206/438-0051

Spokane Community College N. 1810 Greene St., MS-2030 Spokane, WA 99207-5399

Bigfoot Masters

Oregon TC Masters P.O. Box 11364 Eugene, OR 97440

Phidippides RC P.O. Box 2315 Salem, OR 97308 503/399-7057

Pacific Pacers (Racewalk) 6633 N.E. Windemere Rd. Seattle, WA 98115 206/524-4721

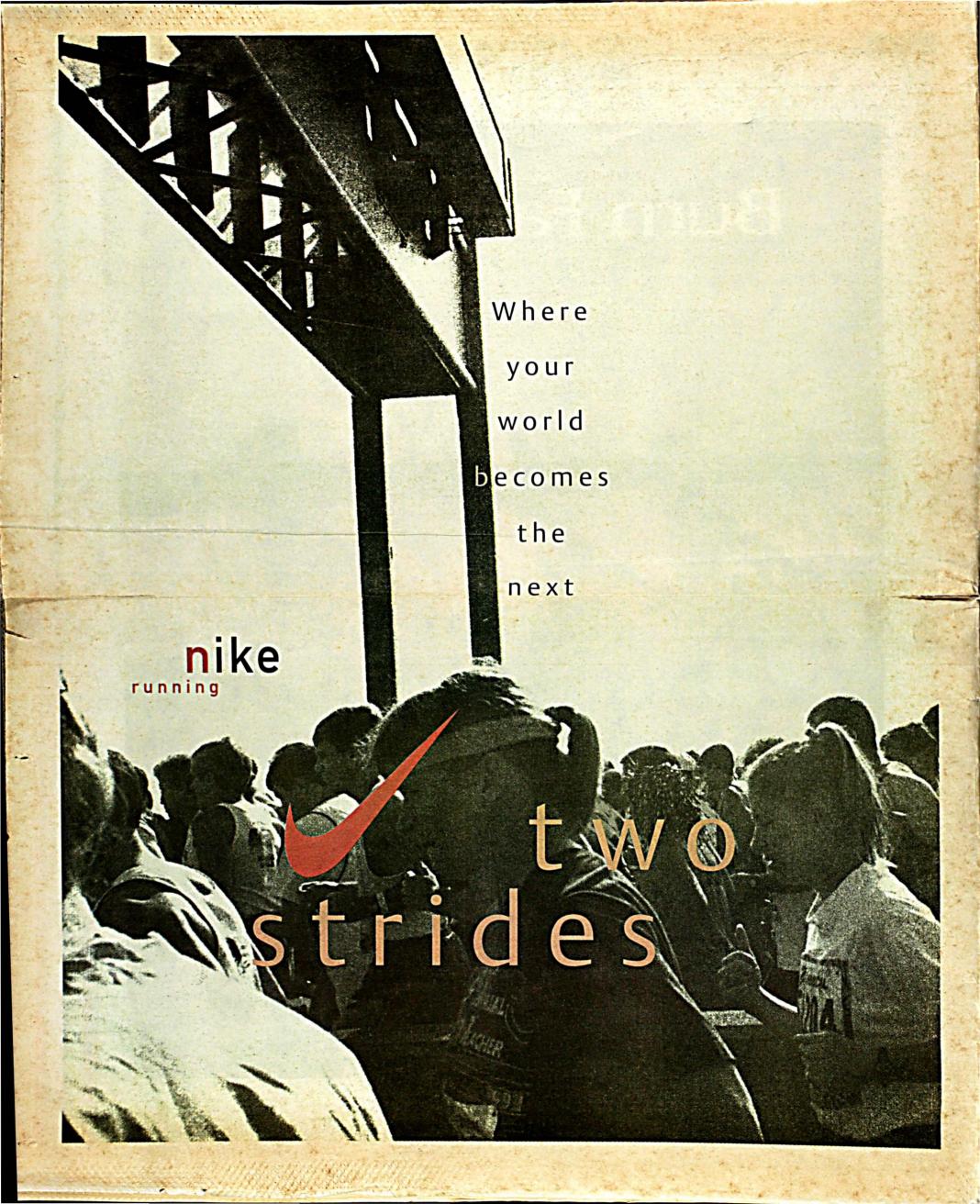
Racewalkers Northwest P.O. Box 1723 Lake Oswego, OR 97035 503/697-2787

RE-TREADS 16016 9th Ave., S.W. Burien, WA 98166 206/246-0516

Snohomish TC 4261 S. 184th SeaTac, WA 98188 206/433-8868

Seattle Masters AC 4103 Hillcrest Ave., S.W. Seattle, WA98116 206/938-3895

Southern Oregon Sizzlers P.O. Box 665 Medford, OR 97501



National Masters News

RECIPIENTS OF CERTIFICATES/PATCHES AS ALL-AMERICANS FOR ACHIEVING U.S. STANDARDS OF EXCELLENCE

| <u>M30-34</u> Patrick R. Wagner | 1500M 3000M SC | 4:10.68 9:58.37 | 8-14-94 8-14-94 | <u>M50-54</u> William M. Wood Allen P. McDaniel | Triple Jump 800M | 34-6 <u>1</u> 2:16.01 | 1-28-95 3-27-94 | <u>M65–69</u> Bill Brazelton Dennis Sullivan | Javelin Triple Jump | 142-7 27-5 <u>1</u> | 9-26-94 5-28-94 | <u>M75-79</u> Sidney Zecher <u>W40-44</u> | 5000M 1500M | 25:46.8 7:02.2 | 8-06-94 8-06-94 |
|---|--------------------------------------|---------------------------------|--|--|---|---------------------------------|--|--|---|-----------------------------------|--|---|----------------------|-------------------------------|-------------------------------|
| | | | | Constant in the second | 1 | | Same 1 | Statistics ?? | | | 1 | Tracy W. Cox | 5000M | 21:10.26 | 8-14-94 |
| M35-39 R.A. Blackwell Timothy Geraghty Ted Lewis Warren S. Taylor | 400M 1500M High Jump Discus | 50.4 4:13.46 6-6 158-5 | 6-11-94 8-14-94 1-14-95 8-07-94 | M55-59 Bernie Finch Charlie Richard Thom Weddle Stephen W. Wordell | 1 Mile RW Long Jump Mile Javelin | 8:02 17-9 5:14.7 132-2 | 1-14-95 7-16-94 2-08-95 2-11-95 | <u>M70-74</u> Larry Banuelos Charles Covino | 5000M 25# Weight 56# Weight Shot Put | 20:28.31 10.95 6.68 11.3 | 8-11-94 2-26-95 2-26-95 2-12-95 | <u>W50-54</u> Kathy Hoffman Jo Marchetti | 10K Mile 1500M | 48:28.62 5:44.2 5:19.69 | 2-25-95 2-12-95 2-25-95 |
| Stan Vegar | Shot Put Pentathlon | 50-9 3043 Pts. | 6-26-94 8-11-94 | Neil E. Saling | Shot Put Discus | 39-0 <u>1</u> 138-5 | 7-24-94 8-16-94 | Lloyd L. Young | 800M 1500M | 2:24.26 5:40.66 | 2-13-94 7-25-93 | W65-69 Nancy Auster | 5K | 27:46 | 10-02-94 |

U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN Event 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80-84 85-89 100 11.0 11.33 11.67 12.0 12.5 13.0 13.5 14.0 15.0 16.5 18.0 20.0 200 22.4 23.3 24.2 25.1 26.0 27.2 28.5 29.8 32.4 35.8 39.8 44.0

| 400 800 | 51.0 2:01 | 52.5 2:04 | 54.0 2:08 | 56.0 2:13 | 58.5 2:19 | 61.5 2:27 | 65.0 2:37 | 70.0 2:49 | 76.5 | 84.5 3:27 | 94.0 3:54 | 105.0 4:24 |
|---|--------------------------------|--------------------------------|--------------------------------|--|--------------------------------|--------------------------------|--------------------------------|--------------------------------|---|--------------------------------|--------------------------------|---------------------------------|
| 1500 Mile 5000 10000 | 4:11 4:31 15:30 32:11 | 4:15 4:35 15:42 32:35 | 4:22 4:42 16:06 33:30 | 4:32 4:53 16:44 34:45 | 4:45 5:07 17:30 36:15 | 5:02 5:25 18:24 38:10 | 5:24 5:49 19:36 40:30 | 5:47 6:14 21:08 44:15 | 6:22 6:51 23:30 48:30 | 7:03 7:38 26:00 54:30 | 7:59 8:42 29:00 61-15 | 9:15 10:10 32:30 62:30 |
| 110H 100H 80H 400E | 15.3 57.6 | 16.4 | 17.75 | 18.75 64.4 | 18.0 67.2 | 19.0 70.6 | 20.0 | 21.3 | 18.0 | 21.0 | 25.0 | 30.0 |
| 300H 3K-SC 2K-SC | | | 10:55 | | 48.0 | 51.0 | 55.0 9:30 | 60.0 10:30 | | 74.5 | 84.0 | 95.0 19:30 |
| HJ | 1.94 6-45 4.40 | 1.85 6-3/4 4.15 | 1.76 5-94 3.90 | 1.68 5-6 3.60 | 1.59 5-2½ 3.30 | 1.50 4-11 3.05 | 1.41 4-75 2.80 | 1.32 4-4 2.55 | 1.23 4-5 2.30 | 1.13 3-8 2.05 | 1.02 3-4 1.80 | .92 3-1 1.50 |
| | 14-5% | 13-7½ 6.20 | 12-9½ 5.85 | 11-9 ¹ / ₂ 5.45 | 10-10 5.10 | 4.75 | 2.80 9-2½ 4.40 | 2.55 8-4% 4.00 | 7-6 ¹ / ₂ 3.65 | 2.05 6-8½ 3.35 | 5-11 | 4-11 2.65 |
| TJ | | 12.65 | 19-2눛 11.90 | 17-10 ¹ 2 11.15 | 10.40 | 15-7 9.65 | 14-5½ 8.90 | 13-1½ 8.20 | 11-11 ¹ 7.50 | 11-0 6.80 | 9-10 6.10 | 8-84 5.50 |
| Shot | 43-9½ 15.20 49-10½ | 41-6 14.10 46-34 | 39-5 13.00 42-8 | 36-7 12.00 39-45 | 34-15 12.40 40-85 | 31-8 11.20 36-9 | 29-2½ 12.00 39-45 | 26-11 10.80 35-54 | | 22-4 8.80 28-104 | 20-1 7.65 25-11 | 18-5 6.50 21-4 |
| State State | 44.80 | 42.60 | 40.60 133-2 | 38.00 124-8 | 40.00 131-3 | 36.40 119-5 | 40.00 131-3 | 36.80 120-9 | 31.60 103-,8 | 26.40 86-7 | 21.40 | 16.20 53-2 |
| Hammer | 155-0 | 44.20 145-0 | 41.14 135-0 | 38.10 125-0 | 38.40 126-0 | 36.00 118-1 | 36.00 118-1 | 33.00 108-3 | 29.00 95-2 | 82-0 | 22.50 73-10 | 18.00 60-0 |
| | 62.00 203-5 | 57.00 187-0 | 52.60 170-7 | 48.00 157-6 | 43.00 141-1 | 38.50 126-4 | 40.00 131-3 | 35.00 | | 24.00 78-9 | 19.00 | 15.00 49-2 |
| 35#Wt. 25#Wt. 56#Wt. | 15.00 9.50 | 14.00 9.00 | 13.00 8.50 | 12.00 8.00 | 10.00 6.00 | 9.00 5.00 | 8.00 11.00 4.50 | 7.00 10.00 4.00 | 6.00 9.00 3.50 | 5.00 8.00 3.00 | 4.00 7.00 2.50 | 3.C0 6.00 2.00 |
| Pen Dec | 2800 | 0 2600 | 2600 | 2600 5250 | 2600 5250 | 2600 5250 | 2600 5250 | 2600 5250 | 2600 5250 | 2600 5250 | | |
| notes: 1) 100 standards are for automatic time; use standard conversion for hand time 2) Short hurdles: 30-49: 39"; 50-59: 36"; 60-69: 33"; 70+: 30". 3) Long hurdles: 30-49: 36"; 50-59: 33"; 60+: 30". 4) Shot pdt: 30-49: 7.26k (164); 50-59: 6k; 60-69: 5k; 70+: 4k. 5) Discus throw: 30-49: 7.26k (164); 50-59: 6k; 60-69: 5k; 70+: 4k. 6) Hammer: 30-49: 7.26k (164); 50-59: 6k; 60-69: 5k; 70+: 4k. 7) Javelin: 30-59: 800g; 60+: 600g. 8) Netric heights and distances are the standard; feet and inches listed for convenience. | | | | | | | | | | | | |
| | 8) Het 9) Pe | n/Dec | : 30-3 | distance 9 IAA | F pts | .; 40 | dard; fe + WAV | A fact | torin | g (net | WAV | A). |

| U.S. MASTERS ALL AMERICAN STANDARDS OF EXCELLENCE FOR MASTERS RACE WALKERS | | | | | | | | | | | | |
|--|------------|----------|-----------|---------|------------|-------------|-------------|-------------|---------|---------|---------|----------|
| | 1.5K | mile | 3k | 5k | 8k | 10k | 15k | ZOK | 25K | 30k | 40k | 50k |
| F30 | 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 |
| F35 | 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 |
| F40 | 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 |
| F45 | 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 |
| F50 | 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 |
| F55 | 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 |
| F60 | 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 |
| F65 | 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 |
| F70 | 10:26 | 11:15 | 21:22 | | 1:00:02 | 1:15:01 | 1:56:49 | 2:39:54 | 3:27:38 | 4:18:30 | 6:00:18 | 8:11:30 |
| F75 | 11:10 | 12:01 | 22:51 | | 1:04:10 | 1:20:14 | 2:05:05 | 2:51:18 | 3:42:50 | 4:37:46 | 6:27:35 | 8:49:28 |
| F80 | 12:03 | 12:58 | 24:41 | | 1:09:13 | 1:26:38 | 2:15:15 | 3:05:24 | 4:01:36 | 5:01:39 | 7:01:26 | 9:47:35 |
| F85 | 13:13 | 14:15 | 27:05 | | 1:15:50 | 1:35:01 | 2:28:37 | 3:24:00 | 4:26:20 | 5:33:10 | 7:46:16 | 10:39:15 |
| F90 | 14:56 | 16:06 | 30:36 | | 1:25:30 | | 2:48:13 | 3:51:12 | | | | |
| The state | | | | | | | EN | | | | | |
| 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 | 234:14 | 3:30:17 | 4:34:53 |
| M40 | 6:58 | 7:29 | 14:16 | 24:24 | 40:15 | 50:32 | 1:17:03 | 1:43:13 | 2:11:29 | 239:47 | 3:37:53 | 4:44:49 |
| M45 | 7:13 | 7:46 | 14:47 | 26:31 | 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 | 253:13 | 3:56:29 | 5:09:29 |
| MSS | 7:50 | 8:26 | 16:04 | 27:43 | 45:19 | | - 1:26:56 | 1:56:38 | 2:28:52 | 3:01:19 | 4:07:41 | 5:24:22 |
| 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 |
| MGE | 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 | 6:23:51 |
| 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 | 6:50:54 |
| MBO | 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 | 7:24:11 |
| 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 | 8:07:50 |
| M90 | 12:41 | 13.39 | 25-58 | 44.45 | 77:52 | 1:32:08 | 2:21:52 | 3:11:28 | 4:06:38 | 5:03:17 | 6:57:43 | 9:11:37 |
| Age-ge | raded time | .8 for n | nid-point | of each | 5-year int | arvel (e.g. | apa 32, 37, | 42, 47 etc. |) | | 1 1 2 | S. Sol |

U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN Event 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80-84 13.8 14.2 28.0 29.2 63.5 65.5 14.6 30.3 67.5 15.0 31.4 69.5 15.6 32.5 71.5 16.2 34.0 73.5 16.9 35.7 78.5 17.8 18.8 37.5 40.0 83.7 90.0 20.0 21.2 43.5 47.0 96.5 103.3 · 100 200 67.5 2:40 400 800 2:32 2:35 2:46 2:54 3:05 3:19 3:36 3:56 4:09 4:35 5:10 5:19 5:34 5:44 5:29 5:55 5:58 6:20 6:26 6:49 23:12 24:16 6:48 7:19 26:08 7:23 8:04 8:47 30:08 8:52 9:39 1500 5:40 9:48 5:55 6:07 21:20 22:16 44:40 47:00 10:45 34:26 Mile 7:46 28:08 19:45 20:30 41:00 42:40 5000 32:21 49:30 52:00 56:00 60:00 66:00 76:00 86:00 10000 17.2 18.2 100H 15.0 15.8 84.4 88.8 16.5 17.6 18.7 20.2 22.2 80H 25.0 28.0 400H 75.5 79.9 300H 66.0 72.0 79.0 87.0 96.0 .97 .92 3-21 3-01 1.12 1.07 1.02 . 89 HJ .89 .84 2-11 2-9 3-44 3-64 1.20 1.10 1.00 3-11 3-7½ 3-3½ PV 9.90 0.80 0.70 2-11 2-75 2-34 5.00 4.60 4.25 3.90 3.55 16-5 15-1 13-11¹: 12-9¹/₂ 11-8 IJ 3.20 2.85 2.60 2:35 2.10 2.00 10-6 9-44 8-6% 6-11 6-7 10.00 9.20 8.60 7.80 7.18 32-10 30-24 28-24 25-74 23-7 TJ 6.40 5.70 5.20 4.70 4.20 3.80 21-0 18-84 17-1 15-5 13-94 12-54 10.30 9.30 8.40 7.70 7.95 7.20 33-94 30-64 27-7 25-34 26-1 23-74 Shot 5.30 5.25 4.70 4.25 19-0k 17-3 15-5 13-11k 6.50 21-4 39.50 33.50 27.50 21.50 25.00 129-7 109-11 93-6 70-64 82-0 19.00 18.00 16.00 15.00 14.00 13.50 Jav 62-4 59-1 52-6 49-2 45-11 44-4 20.0 18.0 16.0 15.0 14.0 13.5 65-8 59-1 52-6 49-2 45-11 44-4 Discus 30.0 27.8 26.0 24.0 98-5 91-2 85-4 78-9 22.0 72-2 35.0 32.5 30.0 25.0 23.0 131-3 114-10 98-5 82-0 75-6 22.0 72-2 20.0 18.0 14.0 12.0 9.0 59-1 45-11 39-5 29-7 Hammer 20 Mt. 10.00 9.00 8.00 7.00 6.00 5.00 4.00 3.50 3.25 3.00 2.75 16 Mt. 8.00 7.00 6.00 5.50 5.25 5.00 4.75 notes: 1) 100 standards are for automatic time; use standard conversion for h51d time. 2) Short hurdles: 30-39: 33"; 40+: 30" 3) Shot put: 30-49: 4k; 50+: 3k. 4) Jávelin: 30-49: 600gm; 50+: 400gm. 5) Hammer: 30-49: 4k; 50+: 3k. 6) Metric heights and distances are the standard; feet and inches listed for convenience.

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

| NAME | A(| GE-GROUP | | | |
|--|--|-----------------------------------|--|--|--|
| ADDRESS | | SEX: M F | | | |
| CITY | STATE | ZIP | | | |
| MEET | DATE OF MEET | | | | |
| MEET SITE | | The Constant | | | |
| EVENT: | MARK: | | | | |
| HURDLE HEIGHT | WEIGHT OF IMPLEMENT | | | | |
| CERTIFICATE 1. If you have equaled or better completely. 2. A copy of your results or a n | ed the standard of excellence, ote stating in which issue you | please fill out this application, | | | |

ompany this application

Please send \$10 for a certificate, \$10 for a patch, and \$10 for a patch tag showing event and year. The cost for both a certificate and patch ordered at the same time is \$15.
 Send to: All-American, *National Masters News*, P.O. Box 50098, Eugene OR 97405.
 A 3-color, 8" by 10" certificate, suitable for framing, and/or a 3-color, 3" by 4" patch will be mailed to you within six weeks. Allow eight weeks for a patch tag.

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Age: 55

TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 50098 Eugene OR 97405. To keep information current, we generally do not publish results more than 4 months old. Results that are typed (max-imum 28 spaces/2¼" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

USATF Masters Indoor Pentathlon Championships Proviso West HS, Chicago, IL; Feb. 11 Points 60HH LJUMP SP HJUMP 1000R Name - 30-34 -9.11 5.13m 9.76m 1.57m 3:38.88 1 Scott Thoms
 9.11
 3.13m
 9.70m
 1.37m
 3.38.88

 16'10.00
 32'00.25
 5'01.75

 c:
 9.25
 5.13m
 9.76m
 1.59m
 3:38.88

 ent:
 78.92%
 57.32%
 43.96%
 65.15%
 60.20%

 2361
 (692)
 (407)
 (471)
 (457)
 (334)
 Crest Hill IL. Age graded mark: Age graded percent: Age: 31 - 15-19 ---9.30 5.68m 11.54m 1.87m 2:56.87 18'07.75 37'10.50 6'01.50 9.06 5.98m 11.54m 2.00m 2:52.49 80.65% 66.82% 51.98% 81.66% 76.40% I Jeff Watry Paddock Lake, WI Age graded mark: raded percent: 3437 (733) (582) (579) (803) (740) 10.41 5.51m 9.29m 1.57m 2.51.26 18'01.00 30'05.75 5'01.75 Age: 39 2 Stephen Winkel Memphis, TN 18/01.00/30/05.75 501.75 10.14 5.80m 9.28m 1.68m 2:47.02 nt: 72.05% 64.82% 41.85% 68.56% 78.90% 2827 (515) (544) (443) (528) (797) 10.37 6.01m 11.20m 1.66m 3:25.66 Age graded mark Age graded percent: 3 Andy Miller 19'08.75 36'09.00 5'05.25 enix, AZ
 Age graded mark:
 10.10
 6.32m
 11.20m
 1.77m
 3:20.56

 Age graded percent:
 72.32%
 70.71%
 50.45%
 72.49%
 65.70%

 Age: 37
 2816
 (522)
 (657)
 (558)
 (602)
 (477)
 - 40-44 -I Robert Zahn 8.81 5.40m 10.37m 1.69m 3:18.27 17'08.75 34'00.25 5'06.50 8.22 6.08m 10.99m 1.90m 3:06.76 88.88% 68.01% 49.52% 77.88% 70.56% Mequon, WI Age graded mark: Age graded percent: Age: 40 (927) (604) (545) (714) (600) 10.54 5.13m 10.60m 1.60m 2.54.05 16'10.00 34'09.50 5'03.00 3390 2 Alan Russell Ames, IA
 Age graded mark:
 9.83
 5.77m
 11.23m
 1.80m
 2.43.94

 Age graded percent:
 74.29%
 64.61%
 50.62%
 73.73%
 80.38%

 Age: 44
 3128
 (574)
 (537)
 (560)
 (627)
 (830)

 Mark Gershon
 10.40
 5.77m
 7.64m
 1.57m
 3.18.40
 Age g 3 Mark Gershon Merion, PA Age graded mark: 18'11.25 25'00.75 5'01.75 9.70 6.49m 8.09m 1.77m 3.06.88 75.29% 72.67% 36.49% 72.35% 70.51% Age graded percent: 2866 (599) (695) (372) (602) (598) Age: 40 11.06 4.55m 10.33m 1.69m 3.34.62 14'11.25 33'10.75 5'06.50 10.32 5.12m 10.94m 1.90m 3:22.16 70.80% 57.30% 49.33% 77.88% 65.18% 17 (482) (405) (542) (714) (464) 11.17 4.59m 9.91m 1.48m 3:19.36 4 Jim Reilly n. IN Bloomington, IN Age graded mark: Age graded percent: Age: 44 5 Richard Watson 2607 11.17 4.59m 9.91m 1.48m 3:19.36 1500.75 32'06.25 4'10.25 10.42 5.17m 10.50m 1.67m 3:07.78 70.10% 57.81% 47 33% 68.20% 70.17% (464) (415) (516) (520) (590) 11.91 4.00m 7.84m 1.33m 3:12.98 13'01.50 25'08.75 4'04.25 Yuma AZ Age graded mark: Age graded percent: Age: 41 2505 6 Rich Weinhandl Marengo, IL 11.11 4.50m 8.31m 1.50m 3:01.77 65.74% 50.38% 37.44% 61.29% 72.49% Age graded mark Age graded percent: 2062 (351) (290) (385) (389) (647) Age: 42 - 45-49 ---1 Rex Harvey Mayfield Heights, OH 9.73 5.12m 10.74m 1.54m 3:39.33 9.73 5.12m 10.74m 1.54m 3:39.33 OH 16'09.75 35'03.00 5'00.50 8.67 6.16m 12.68m 1.83m 3:19.20 ht: 84.17% 68.91% 57.13% 74.76% 66.15% 3230 (820) (621) (648) (653) (488) 10.80 5.12m 9.76m 1.54m 3:21.06 16'09.75 32'00.25 5'00.50 9.63 6.16m 11.52m 1.83m 3:02.61 nt: 75.83% 68.91% 51.91% 74.76% 72.16% Age graded mark Age graded percent: Age: 48 2 Mike Davis New Lenox, IL Age graded mark: Age graded percent: 3103 (613) (621) (577) (653) (639) 11.65 5.02m 7.87m 1.48m 3:11.16 16'05.75 25'10.00 4'10.25 Ape: 45 3 Gordon Reiter Ellisville, MO 10.39 6.04m 9.29m 1.76m 2:53.62 nt: 70.30% 67.56% 41.86% 71.84% 75.90% 2829 (470) (595) (443) (593) (728) Age graded mark: Age graded percent Age: 48 - 50-54 9.73 5.02m 10.53m 1.54m 3:15.15 I Bill Angus 9.73 5.02m 10.53m 1.54m 3:15.15 16'05.75 34'06.75 5'00.50 8.55 6.46m 12.59m 1.93m 2:50.53 1: 85.41% 72.33% 56.73% 78.97% 77.27% 3678 (848) (688) (642) (740) (760) 10.05 4.69m 10.42m 1.57m 3:46.44 15'04.75 34'02.25 5'01.75 Salem, OH Age graded mark: Age graded percent: Age: 52 2 Tom Thorne Neosho, MO
 Age graded mark:
 8.83
 6.04 m
 12.46m
 1.97m
 3.17.87

 Age graded percent:
 8.269%
 67.58%
 56.14%
 80.51%
 66.60%

 Age:
 51
 3289
 (784)
 (595)
 (634)
 (776)
 (500)

 Terry Rowan
 11.15
 5.25m
 8.15m
 1.45m
 3.51.42

 San Diego, CA
 1702.75
 26'09.00
 4'09.00
 Age graded mark 3 Terry Rowan
 hego, CA
 1702.75 2609.00 409.00

 raded mark:
 9.80
 6.76m
 9.74m
 1.82m
 3:22.22

 raded percent:
 74.53%
 75.65%
 43.91%
 74.36%
 65.16%

 54
 2913
 (579)
 (757)
 (470)
 (644)
 (463)

 y Clapper
 11.80
 4.20m
 9.31m
 1.54m
 3:58.83

 tt, MO
 13'09.50
 30'06.50
 500.50
 mark:
 10.37
 5.41m
 1.13m
 1.93m
 3:28.69

 raded percent:
 70.42%
 60.52%
 50.16%
 78.97%
 63.14%

 51-5
 2641
 (473)
 (463)
 (554)
 (740)
 (411)
 Age graded mark: Age graded per Age: 54 4 Henry Clapper Monett, MO Age graded mark: Age graded percent Age: 51 1 Dale Lance 9.36 5.51m 10.52m 1.48m 3:51.60 4007 (1030) (957) (730) (758) (532) 11.21 4.06m 8.11m 1.42m 3.54.19 Tulsa, OK Age graded mark: Age graded percent: Age: 57 2 Bruce Mills 13'04.00 26'07.25 4'07.75 9.35 5.59m 10.81m 1.87m 3:16.33 78.14% 62.56% 48.71% 76.76% 67.12% Lake Bluff. IL Age graded mark: Age graded percent:

2905 (671) (500) (534) (687) (513)

12.13 4.19m 11.28m 1.39m 5-05.82 13'09.00 37'00.25 4'06.75 Fishkill, NY 13/09/00 37/00.25 4/06.75 10.12 5.77m 15.03m 1.83m 4:16.37 72.22% 64.56% 67.75% 75.14% 51.40% Age graded mark: Age graded percent 2618 (519) (537) (792) (653) (117) Age: 56 - 60-64 -9.80 5.12m 13.33m 1.51m 4:03.17 16'09.75 43'09 00 4'11.50 8.06 7.54m 18.07m 2.10m 3:14.83 90.61% 84.35% 81.43% 85.80% 67.64% I Phil Mulkey Marietta, GA Age graded mark: Age graded percent: Age: 62 Clarence Trinkner (967) (945) (979) (896) (526) 9.56 4.52m 9.41m 1.42m 3.57.77 14'10.00 30'10.50 4'07.75 4313 Janesville, WI 7.87 6.66m 12.75m 1.98m 3:10.51 t: 92.89% 74.46% 57.48% 80.68% 69.17% 3751 (1015) (734) (652) (785) (565) 10.68 4.30m 10.49m 1.33m 4:36.42 Age graded mark: Age graded percent: Age: 63 3 Jim Peterson 14'01.25 34'05.00 4'04.25 8.79 6.34'm 14.22m 1.85m 3:41.47 83.15% 70.84% 64.08% 75.57% 59.50% Aitkin, MN Age graded mark Age graded percent: 3182 (793) (661) (742) (670) (316) 12.06 4.00m 7.94m 1.21m 3:31.71 13'01.50 26'00.75 3'11.50 Age: 60 Frank Brown Des Moines, IA 9.92 5.89m 10.76m 1.68m 2:49.63 73.63% 65.90% 48.50% 68.75% 77.69% Age graded mark: Age graded percent: Age: 60 2947 (556) (563) (531) (528) (769) - 65-69 I Gordon Seifert 11.63 4.09m 9.65m 1.51m 3:35.26 13/05/00 31/08/00 4*11.50 8.97 6.45m 14.57m 2.22m 2:44.01 81.43% 72.13% 65.65% 90.42% 80.34% Birmingham, AL Age graded mark: Age graded percent: Age: 66 4042 . (752) (686) (763) (1012) (829) -- 70-74 --Mel Larsen 10.50 4.87m 10.49m 1.21m 4:28.93 Springfield, IL 15'11.75 34'05.00 3'11.50 7.87 8.21m 15.79m 1.87m 3:13.55 : 92.86% 91.89% 71.12% 76.58% 68.08% 4193 (1015) (1115) (838) (687) (538) 11.26 4.23m 10.57m 1.27m 4:27.83 Age graded mark: Age graded mark: Age graded percent: Age: 70 2 Frederic Hirsimaki Findlay, OH Age graded mark: 13'10.50 34'08.25 4'02.00 8.44 7.13m 15.91m 1.96m 3:12.76 86.59% 79.81% 71.66% 80.38% 68.36% Age graded percent: Age: 70 3 Mel Buschman 3877 (874) (845) (846) (767) (545) 13.46 3.43m 9.91m 1.24m 5:37.78 11'03.00 32'06.25 4'00.75 East Lansing MI 10.09 5.78m 14.91m 1.92m 4:03.11 72.44% 64.72% 67.19% 78.48% 54.20% Age graded mark: Age graded percent: Age: 73 /omen's Results 2761 (524) (540) (784) (731) (182) Points 60LH HJUMP SP LJUMP 800R Name -- 30-34 -- II.81 I.36m 7.67m 4.06m 3:22.19 4'05.50 25'02.00 13'04.00 11.81 I.37m 7.67m 4.05m 3:22.19 t: 65.11% 66.02% 35.76% 53.99% 55.83% 1776 (411) (481) (378) (319) (187) 11.57 1.24m 7.25m 3.40m 2.54.06 4'00.75 23'09.50 11'02.00 II.57 1.25m 7.25m 3.40m 2.54.06 4'00.75 23'09.50 11'02.00 II.57 1.25m 7.25m 3.40m 2.54.06 4'1.57 1.42m 7.25m 3.40m 2.54.06 4'00.75 4'10' 4'10' 5'1'0' 6'1'2'1' Boguslawa Langner Prospect Heights, IL Age graded mark: Age graded mark: Age graded percent: Age: 34 2 Deborah Yurth Lynhurst, OH Age graded mark: Age graded percent: 1759 (447) (359) (351) (180) (422) Age: 31 45-49 -I Phil Raschker 9.63 1.51m 8.43m 5.13m 2.47.46 4'11.50 27'08.00 16'10.00 8.51 1.84m 10.33m 6.36m 2.29.14 90.45% 88.30% 48.17% 84.65% 75.69% Marietta, GA Age graded mark Age graded percent: Age: 47 4261 (1015) (1029) (551) (962) (704) **USATF National Masters** 3 Tom Dixson CAN 7.43 4 T J Lester 5 Bob Hahn TX 7.52 TX 7.95 Indoor Championships Reno, NV; Feb. 24-26 6 Fred Murrell MO 8.07 Heat 2: 60m M30 Heat 1: 1 Tom Rewolinski 2 Fred James 3 Steve Gardiner 7.74 WI NV CA 6.98 NJ 7.11 GA 7.56 MI 7.70 Al Ross Matt Godbolt WY 8.29 3 Darren Hoyle 4 Steve Gallero 4 John Townsend CA 8.64 Heat 3: Heat 2: Stacey Price NM 7.80 OK 7.90 at 2: Anthony Beasley CA 7.09 Alan Tucker CA 7.42 Alan Williams CA 7.57 Charlie Knight NV 7.77 2 Jim Dolezel 3 Greg Belancio NV 8.18 4 Bruce Guynn CA 8.36 5 Charles Missouri CA 8.92 4 Charlie Knight 5 Eric Bonaparte GA 7.84 Heat 4: leat 3: 1 Alan Sims 1 Randy Williams CA 7.04 TX 7.92 2 Rick Thomas 3 Tom Thompson TX 7.36 TX 7.45 1 AL Ross CA 6.95 Willard Thompson TX 7.56 7.03 7.05 7.38 7.51 7.55 Anthony Beasley CA Matt Godbolt NJ Alan Tucker CA 5 Neal Combs KS 7.76 6 Richard Watson AZ 9.21 Final: 1 Randy Williams CA 7.01 TX 7.31 5 Darren Hoyle 6 Alan Williams GA CA 7.31 7.33 7.44 M35 Heat 1: 1 Martin Krulee 2 Ben James 3 Ken Baldwin CA NY 7.05 3 Hubert Evans 4 T J Lester 5 Bill Collins TX AL 7.25 TX 7.46 CAN 7.49 CA 7.32 CA 7.75 4 J Smith Tom Dixson 5 Ken Cook Heat 2: M45 Heat 1: 1 Bob Mitchell TX CA 7.51 2 Glenn Johnson 3 Roger Assink 4 Phil Felton LA 7.27 OR 7.53 NC 7.54 NV 7.93 MI 7.99 1 Lance Madison 2 Larry Cameron 3 Barry Wise 4 Mark Quinlan 5 Rodney Wilson NM 7.88 NJ 7.95 5 Mike Augeri CT 8.01 Heat 2: 1 John Battaglia 7.62 Heat 3: 2 Riley McHugh 3 Sheridon Groves 1 Charles Johnson MO 7.39 2 Jim Bonilla CA 7.43 3 Andrew Miller AZ 8.20 7.68 Jim Bonilla CA Andrew Miller AZ Noah Livingston NV CA 7.80 4 Roger Parnell 5 Anthony Badeaux 6 Paul Simmons Heat 3: CA 7.93 8.08 9.50 2 Ken Baldwin 3 J Smith 4 Lance Madison 5 Charles Johnson M0 7.41 H00 Heat 1: 1 Bill Collins 2 Hubert Evans TX 8.50 1 Jack Craig 7.91 2 Dana Harrell 2 Dana Harrell 3 Matt Sitkowski 4 Jeff Schaller Heat 4: 1 Jim Manor 2 Ray Yeck MA FL 8.41 WA dnf ski 8.41 CA 7.93

National Masters News

3 Norm Cyprus

Final:

April, 1995

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|----------------------|--|--|
| 82 | 3 Bill Johnson CA 8.22 4 Bill Main CA 8.50 | M85 1 Russell Randall CO 11.45 |
| 37 | Final: 1 Bob Mitchell TX 7.52 | W30 1 Juliana VonEvig CO 7.99 |
| 51.40% | 2 John Battaglia NM 7.62 | 2 Joy UpshawMargerumHI 8.36 3 Karen Johnson IL 8.36 |
| | 3 Glenn Johnson CA 7.62 4 Riley McHugh NV 7.66 | 4 Angela Nealy IN 8.49 |
| | 5 Sheridon Groves CA 7.79 6 Roger Assink NM 7.84 | 6 Ruvinia Kelly NJ 8.96 |
| 83 67.64% | M50 Heat 1: 1 Stephen Robbins WA 7.43 | W35 1 Denise Foreman WA AR8.10 |
| 77 | 2 Harold Morioka CAN 7.55 | 2 Denise McField MD 8.43 3 Cheryl Alston NJ 8.60 |
| | 3 Courtland Gray TX 7.71 4 Tim Butts MI 7.85 | 4 Valerie Scott CA 8.83 5 Ava Battaglia NM 9.88 |
| 51 69.17% | 5 Avital Schurr KY 8.15 Heat 2: | W40 |
| | 1 Rob Hagin NJ 8.32 2 Randall Cleven MN 8.32 | 1 Irene Thompson NY 8.19 2 Alison Pratt Shelling |
| 149.23 | 3 Bill Probst CA 8.59 | CA 8.64 3 Jacqueline Board MO 8.64 |
| .47 59.50% | Heat 3: 1 Tony Matthias TX 8.03 | - Marne McMillan CAN 9.24 |
| .71 | 2 Dan Duarante CA 8.17 3 Frank Bonham MI 8.47 | 4 Leah Rewolinski WI 9.7 W45 |
| | 4 Paul Gilbert CA 8.93 | 1 Phil Raschker GA AR8.0 2 Lorraine Tucker MA 9.0 |
| 77.69% | Heat 4: | 3 Betsy Penney AR 10.6 W50 |
| | 1 Jim Swayze AZ 8.18 2 Sam Taylor NM 8.31 | 1 Marilyn Mitchell NY 9.3 |
| .26 | 3 Paul Young TX 8.50 4 Glenn Theriot NM 8.56 | 2 Barbara Stewart GA 9.8 3 Rose Schlewitz OR 10.7 |
| 4.01 | 5 Frank Condon CA 9.48 | W55 1 Kathy Bergen CA AR8.9 |
| 80.34% | Final: 1 Stephen Robbins WA 7.42 | 2 Carolyn Cappetta MA 9.3 |
| 35/223 | - Harold Morioka CAN 7.57 2 Tim Butts MI 7.83 | 3 JoAnn Grissom IN 9.9 4 Rita Kerr CA 10.0 |
| .93 | 3 Tony Matthias TX 8.03 | 5 Ginny Baker OR 10.6 6 Laura Stepan OR 11.9 |
| 3.55 | 4 Avital Schurr KY 8.22 5 Courtland Gray TX dnf | W60 |
| 68.08% | M55 Heat 1: 1 Emil Pawlik MS 7.92 | 1 Irene Obera CA WR9.0 2 Fei-Mei Chow CA 10.8 |
| 27.83 | 2 Dale Lance OK 8.07 | 3 Marjorie Moore CA 11.3 W65 |
| 12.76 | 3 Wayne Bennett TX 8.12 4 John Parks CA 8.30 | 1 Pat Peterson NY 10.8 |
| 68.36% | Heat 2: 1 Dwaine Horton UT 8.50 | W70 1 Diane Friedman OH 11.8 |
| 37.78 | 2 Dean Dopp ID 8.52 3 Shig Niizawa CA 9.18 | . 2 Imogene Watkins CO 14.0 W75 none |
| :03.11 | Heat 3: | W80 |
| 6 54.20% | 1 Norb Wedepohl AZ 8.27 2 Bobby Thomas CA 8.35 | 1 Pearl Mehl CO WR14.3 200m |
| | 3 Larry Carter CO 8.59 4 John Head TX 8.64 | M30 Heat 1: |
| 800R | 5 Paul Stepan OR 8.87 | 2 Gerald Edwards WA 23.8 |
| 3:22.19 | Final: 1 Emil Pawlik MS 7.90 | 3 Darren Hoyle GA 25.1 4 Steve Gallero MI 25.1 |
| 22.19 | 2 Wayne Bennett TX 8.08 3 Norb Wedepohl AZ 8.12 | 5 Charlie Knight NV 26.1 Heat 2: |
| 6 55.83% | 4 Bobby Thomas CA 8.13 | 1 Alan Tucker CA 23.6 2 Alan Williams CA 24.2 |
| 54.06 | 5 John Parks CA 8.17 6 Dwaine Horton UT 8.58 | 3 Sarrell Tobias CA 24.6 |
| 54.06 | M60 Heat 1: 1 Bruce Springbett CA 8.02 | Final: 1 John Johnson CA 22.1 |
| 64.85% | 2 Joe Hemler MD 8.10 3 Lowell Bonifield AR 8.77 | 2 Alan Tucker CA 23.3 3 Gerald Edwards WA 23.7 |
| .46 | Heat 2: 1 Dick Richards CA 8.04 | 4 Alan Williams CA 24.1 5 Sarrell Tobias CA 24.9 |
| | 2 Milton Newton CA 8.05 | M35 Heat 1: |
| 29.14 | 3 Ray Graves AZ 8.32 4 Don Kane OR 9.14 | 1 Ben James NY 22.8 2 Ken Baldwin AL 22.9 |
| 4) | 5 Dick Richardson IL 9.67 Heat 3: | 3 J Smith CA 23.0 4 Mike Houston OK 23.1 |
| CAN 7.43 | 1 Dick Glasgow CA 8.43 | 5 Ken Cook CA 24.9 |
| TX 7.52 TX 7.95 | 2 Jim Schlewitz OR 8.88 3 Jack Coy OR 8.96 | Heat 2: 1 Jay Mathis TN 23.8 |
| MO 8.07 | 4 Will Robinson CA 9.05 Final: | 2 Rodney Wilson MI 25.7 3 Mark Quinlan NV 25.8 |
| WI 7.74 | 1 Dick Richards AZ 8.01 2 Bruce Springbett CA 8.03 | Heat 3: |
| NV 7.92 WY 8.29 | 3 Milton Newton CA 8.09 | 1 Lance Madison LA 23.4 2 Karry Cameron 23.9 |
| CA 8.64 | 4 Joe Hemler MD 8.14 5 Ray Graves AZ 8.33 | 3 Charles Johnson MO 23.9 4 Jim Bonilla CA 24.1 |
| NM 7.80 | 6 Dick Glasgow CA 8.38 | Final: |
| OK 7.90 NV 8.18 | M65 Heat 1: 1 Harry Brown IL 8.33 | 1 Ben James NY 22.6 2 Ken Baldwin AL 22.6 |
| CA 8.36 CA 8.92 | 2 Jim Stookey MD 8.41 3 Bernard Stevens CA 8.58 | 3 J Smith CA 22.9 4 Mike Houston OK 23.0 |
| CA 7.04 | 4 Bill Daprano GA 8.88 5 Earl Fee CAN 9.11 | 5 Karry Cameron 23.9 |
| TX 7.36 | Heat 2: | 6 Lance Madison LA dnf M40 Heat 1: |
| TX 7.45 n TX 7.56 | 1 Chuck Sochor MI 8.56 2 Vern Regier CA 8.73 | 1 Bill Collins TX WR22.1 2 Rick Thomas TX 23.6 |
| KS 7.76 AZ 9.21 | 3 Jack Greenwald OH 8.81 4 Al Brenda CA 9.92 | 3 Tom Dixson CAN 24.3 |
| | Heat 3: | Heat 2: 1 Ed Gonera NY 23. |
| CA 7.01 TX 7.31 | 1 Bob Alexander TN 8.56 2 Mel Melgosa CA 8.99 | 2 T J Lester TX 24. 3 Tom Rewolinski WI 24. |
| CA 7.33 | 3 Grant Mitchell UT 9.16 4 Bob Higginbotham CA 9.32 | 4 Russ JacquetAceaWA 24.8 Heat 3: |
| TX 7.44 TX 7.46 | 5 Alan Maxwell OR 9.69 Final: | 1 Tom Thompson TX 24.4 |
| CAN 7.49 | 1 Harry Brown IL 8.25 | 2 Neal Combs KS 25. 3 Bob Hahn TX 25. |
| TX 7.51 CA 7.68 | 2 Bernard Stevens CA 8.50 3 Chuck Sochor MI 8.57 | 4 Randy Gunther TX 26.0 Heat 4: |
| NM 7.88 | 4 Bob Alexander TN 8.60 5 Vern Regier CA 8.75 | 1 Jim Dolezel OK 25. 2 Alex ConstantinoNY 25. |
| NJ 7.95 CT 8.01 | M70 1 Mel Larson IL 8.47 | 3 Jeff Gallero CA 26. |
| NM 7.62 | 2 Oscar Harris PA 9.25 | 4 Ed McCalley CA 28. 5 Kevin Mangan CA 31. |
| NV 7.68 | 3 Ray Womack TX 9.72 4 John Cleveland OR 9.79 | Heat 5: 1 Randy Williams CA 23. |
| CA 7.80 CA 7.93 | M75 1 Alfred Guident CA 9.73 | 2 Willard ThompsonTX 25. |
| CA 8.08 TX 8.50 | 2 Clarence Killion CA 10.32 3 Charles Mercurio CA 10.34 | 3 Patro Lagula CA 26. 4 Bruce Guynn CA 26. |
| 7.91 | 4 Angelo Oliver RI 10.59 | 5 Greg Belancio NV 26. Final: |
| MA 8.05 | 5 Albert Fairchild CA 10.80 M80 | 1 Rick Thomas TX 23. |
| FL 8.41 WA dnf | 1 Clarence Trahan CA 10.18 2 Fred White TX 10.53 | 2 Ed Gonera NY 23. - Tom Dixson CAN 23. |
| | 3 Virgil McInture A7 11 99 | 3 Tom Rewolinski WI 24. |
| CA 7.98 | 4 Claude Hills PA 12.01 5 Ed Andrysiak MI 14.9 | Continued on next pa |
| | | commuted on next pa |

liana VonEvig CO 7.99 y UpshawMargerumHI 8.36 ren Johnson IL 8.36 gela Nealy IN 8.49 gela Nealy OR 8.68 m Reynolds vinia Kelly enise Foreman WA AR8.10 enise McField MD 8.43 heryl Alston NJ 8.60 alerie Scott CA 8.83 va Battaglia NM 9.88 NY 8.19 rene Thompson NY 8 lison Pratt Shelling CA 8.64 Jacqueline Board MO 8.64 Marne McMillan CAN 9.24 Leah Rewolinski WI 9.71 Phil Raschker GA AR8.02 Lorraine Tucker MA 9.02 Betsy Penney AR 10.66 arilyn Mitchell NY 9.37 Barbara Stewart GA 9.89 Rose Schlewitz OR 10.79 Kathy Bergen Carolyn Cappetta MA 9.38 JoAnn Grissom IN 9.98 CA 10.01 Rita Kerr Ginny Baker Laura Stepan OR 10 66 OR 11.96 CA WR9.05 Irene Obera Fei-Mei Chow CA 10.83 Marjorie Moore CA 11.33 Pat Peterson NY 10.81 Diane Friedman OH 11.89 Imogene Watkins CO 14.06 none Pearl Mehl CO WR14.39 Heat 1: John Johnson CA 22.38 Gerald Edwards WA 23.86 Darren Hoyle GA 25.10 Steve Gallero MI 25.15 Charlie Knight NV 26.13 t 2: Alan Tucker Alan Williams CA 23.65 CA 24.25 arrell Tobias CA 24.60 al: John Johnson CA 22.12 Alan Tucker Lan Tucker CA 23.34 Gerald Edwards WA 23.71 Alan Williams CA 24.14 Alar Williams CA 24.14 Sarrell Tobias CA 24.94 Heat 1: Ben James NY 22.85 Ken Baldwin AL 22.98 CA 23.00 J Smith OK 23.15 CA 24.92 Mike Houston Ken Cook Jay Mathis Rodney Wilson TN 23.87 MI Mark Quinlan 25.84 : 3: ance Madison LA 23.40 Karry Cameron -- 23.90 Charles Johnson MO 23.97 Jim Bonilla CA 24.19 <u>al</u>: Ben James Ken Baldwin NY 22.64 AL 22.69 CA 22.99 J Smith Mike Houston OK 23.04 Karry Cameron Lance Madison 23.90 LA dnf Heat 1: Bill Collins TX WR22.19 Rick Thomas Tom Dixson TX 23.65 CAN 24.30 t 2: Ed Gonera NY 23.30 24.10 24.50 T J Lester TX 24.10 Tom Rewolinski WI 24.50 Russ JacquetAceaWA 24.84 t 3: Tom Thompson Neal Combs TX 24.40 KS 25.15 TX 25.76 Randy Gunther TX 26.01 t 4: Jim Dolezel OK 25.51 Alex ConstantinoNY Jeff Gallero CA Ed McCalley CA 25.51 25.52 26.72 28.81 Kevin Mangan CA 31.01 t 5: Randy Williams CA 23.24 Willard ThompsonTX 25.16 Patro Lagula CA 26.38 CA 26.87 Bruce Guynn CA 26.38 Greg Belancio NV 26.95 al: Rick Thomas TX 23.31 NY 23.51 CAN 23.98 Ed Gonera Tom Dixson Tom Rewolinski WI 24.03 T J Lester TX 24.71 Continued on next page

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| Арти, 1995 | - | | |
|-------------------------------------|----------|-------------|--|
| Continued from pre | eviou | s page | M75 |
| M45 Heat 1: | - | Sere L | 1 John Alexander TX WR30.12 2 Alfred Guidet CA 33.77 |
| 1 Bob Mitchell 2 Ron Johnson | TX NY | 24.38 | 2 Alfred Guidet CA 33.77 3 Clarence KillionCA: 36.23 |
| 3 Fred Collins | NM | 24.81 24.81 | M80 |
| 4 Glenn Johnson | CA | 25.48 | 1 Fred White TX 36.80 2 Milo Lightfoot PA 37.60 |
| 5 Roger Assink Heat 2: | NM | 25.71 | 2 Milo Lightfoot PA 37.60 3 Virgil McIntyre AZ 41.22 |
| 1 Stan Druckery | WI | 24.10 | 4 Ed Andrysiak MI 52.88 |
| 2 Phil Felton | NJ | 24.36 | M85 1 Russ Randall CO 42.24 |
| 3 Riley McHugh 4 Mike Augeri | NV | 24.50 26.72 | 1 Russ Randall CO 42.24 W30 |
| Heata 3: | | 20172 | 1 Juliana VonEvig CO 25.71 |
| 1 Ray Yeck | CA | 25.82 | 2 Joy UpshawMargerum HI 26.83 |
| 2 Ray Pokorny 3 Don Roberts | OR | 26.09 | 3 Belinda McCoy OH 28.28 |
| Final: | 1 | | 4 Angela Nealy IN 29.10 |
| 1 Stan Druckery | WI | 23.57 | 5 Ruvinia Kelly NJ 29.53 W35 |
| 2 Phil Felton 3 Bob Mitchell | NJ TX | 24.12 | 1 Denise Foreman WA AR26.91 |
| 4 Fred Collins | NM | 24.21 24.37 | 2 Denise McField MO 28.27 |
| 5 Ron Johnson | NY | 24.69 | 3 Cheryl Alston NJ 28.57 |
| 6 Riley McHugh | NV | 24.71 | 4 Valerie Scott CA 30.02 5 Lynn Davis DC 31.65 |
| M50 Heat 1: 1 Harold Morioka | CAN | 24 60 | W40 |
| 2 Stephen Robbins | | 24.63 | 1 Mary Libal OR 27.16 |
| 3 Dan Durante | CA | 26.39 | 2 Jacqueline BoardMO 28.68 - Marne McMillan CAN 28.90 |
| Heat 2: 1 Alan Olson | GA | 25 00 | 3 Alison PruittShelling |
| 2 Dave Walter | WA | 25.99 26.33 | CA 29.48 |
| 3 Randall Cleven | | 27.31 | 4 Judy Ace CA 31.03 5 Leah Rewolinski WA 32.85 |
| 4 Sam Taylor | NM | 27.70 | 5 Leah Rewolinski WA 32.85 W45 |
| 5 Paul Simmons Heat 3: | TX | 28.00 | 1 Phil Raschker GA 26.18 |
| 1 Rob Hagin | NJ | 26.27 | 2 DeeDee Grafius CA 28.80 |
| 2 Avital Schurr | KY | 26.88 | 3 Lorraine Tucker MA 30.13 4 Martie Behrens CA 30.41 |
| 3 Paul Young | TX | 27.62 | 5 Betsy Penney AR 35.34 |
| 4 Glenn Theriot Heat 4: | NM | 28.64 | W50 |
| 1 Roger Phillips | IL | 24.94 | 1 Marilyn MitchellNY 32.24 2 Rose Schlcwitz OR 38.28 |
| 2 Jim Swayze | AZ | 27.17 | W55 |
| 3 Frank Bonham 4 Dennis Glasgow | | 27.79 | 1 Carolyn CappettaMAWR30.30 |
| 5 Paul Gilbert | CA | 28.17 29.26 | - Diane Palmason CAN 30.33 2 Kathy Bergen CA 30.33 |
| 6 Richard Webb | DE | 29.31 | 2 Kathy Bergen CA 30.33 3 Rita Kerr CA 34.29 |
| Final: 1 Stephen Robbins | WA | 23.86 | W60 |
| - Harold Morioka | | 23.86 23.94 | 1 Pat Peterson NY 37.95 |
| 2 Roger Phillips | IL | 25.04 | W70 1 Diane Friedman OH 42.26 |
| 3 Alan Olson | CA | 26.00 | W80 |
| 4 Rob Hagin M55 Heat 1: | Ŋ | 26.28 | 1 Pearl Mehl CO WR62.73 |
| 1 Wayne Bennett | TX | 26.17 | 400m |
| 2 Bill Knocke | CA | 26.58 | M30 1 Eric Bonaparte GA 55.76 |
| 3 Ed Oleata 4 Norb Wedepohl | CA | 26.75 27.15 | 2 Miles Smith OR 56.48 |
| Heat 2: | | | 3 Sarrell Tobias CA 56.53 4 Steve Gallero MI 57.16 |
| 1 Emil Pawlik | MS | 26.96 | 4 Steve Gallero MI 57.16 M35 |
| 2 Howard Weisser 3 John Head | NE | 29.23 | 1 J Smith CA 51.29 |
| 4 Bruce Mills | 11 | 29.36 | 2 Peter Grimes CA 51.29 |
| 5 Paul Stepan | OR | 30.00 | 3 Mike Houston OK 51.80 4 Jay Mathis TN 52.99 |
| Final: 1 Bill Knocke | CA | 25.88 | 5 Anthony Krainik AZ 53.81 |
| 2 Wayne Bennett | TX | 26.31 | 6 Jim Bonilla CA 54.40 |
| 3 Emil Pawlik | MS | 26.40 | 7 Karry Cameron OK 54.70 8 Lance Giles WA 55.20 |
| 4 Ed Oleata 5 Howard Weisser | CA | 26.43 27.10 | 9 Frank Makozy PA 58.15 |
| M60 Heat 1: | ILL | 27.10 | M40 |
| 1 Jim Mathis | TN | 26.00 | 1 Clifton McKenzieAZ 50.59 2 Ed Gonera NY 51.44 |
| 2 Joe Hemler 3 Marion Sanchez | MD | 26.14 27.91 | 3 Tom Thompson TX 52.52 |
| 4 Woody Grover | CA | 28.99 | 4 Floyd Malone CA 54.81 |
| 5 Jim Schlewitz | OR | 29.14 | 5 Jim Reppert TX 56.06 6 Alex ConstantinoNY 56.43 |
| Heat 2: 1 Bruce Springbet | tCA | 26.60 | 7 Jeff Gallero CA 58.67 |
| 2 Cliff Pauling | | 27.25 | 8 Jim Dolezel OK 58.72 |
| 3 Ray Graves | AZ | 27.39 | M45 1 Phil Felton NJ 53.62 |
| 4 Ian Goldfoot Heat 3: | TX | 28.45 | 2 Fred Collins NM 54.54 |
| | CA | 28.03 | 3 Riley McHugh NV 54.82 |
| 2 Lowell Bonifiel | dAR | 28.40 | 4 Searcy Barnett CA 57.10 5 Jeff Schaller WA 57.26 |
| 3 Will Robinson | CA | 29.58 | 6 Rob Russell 58.20 |
| 4 Jim Ware 5 Walt Sanders | IN | 29.78 35.07 | 7 Luis Pannarale CA 58.41 |
| Final: | | | 8 Ray Pokorny OR 59.51 M50 |
| 1 Jim Mathis | | R25.70 | - Harold MoriokaCAN WR52.72 |
| 2 Joe Hemler , 3 Bruce Springbet | | 26.38 26.62 | 1 Alan Olson CA 56.26 |
| 4 Cliff Pauling | NY | 26.94 | 2 Mel Brooks CA 56.36 3 Dennis Duffy CA 57.76 |
| 5 Lowell Bonifiel | dAR | 28.95 | 4 Rob Hagin NJ 58.02 |
| M65 Heat 1: 1 Harry Brown | IL | 27.04 | 5 Dan Durante CA 59.09 |
| 2 Jim Stookey | MD | 27.34 | 6 Dave Walter WA 59.83 7 Richard Webb DE 61.72 |
| 3 Chuck Sochor | MI | 28.04 | M55 |
| 4 Bernard Stevens 5 Fred Gunther | CA | 28.34 28.64 | - Bill McIlwaine CAN 58.14 |
| Heat 2: | | 20104 | 1 Bill Knocke CA 58.37 2 Howard Weisser NE 59.17 |
| 1 Jack Greenwald | | 28.09 | 3 Wayne Bennett TX 62.42 |
| 2 Gordon Seifert 3 Bob Alexander | AL | 28.54 28.88 | 4 Roger Dean WA 64.06 |
| 4 Mel Melgosa | CA | 29.99 | 5 Paul Stephan OR 67.44 |
| 5 Bill Daprano | GA | 30.31 | 6 Ken Ogden OR 67.56 M60 |
| Heat 3: | | | 1 Jim Mathis TN WR58.86 |
| 1 Vern Regier | CA | 29.37 | 2 Cliff Pauling NY 61.59 |
| 2 Rodney Brown 3 Grant Twitchell | UT | 29.80 | 3 Don Kane OR 64.52 4 Bruce Susong NV 64.86 |
| 4 Frank Perales | CA | 30.05 | 5 Jim Schlewitz OR 70.26 |
| | - | 51155 | 6 Jim Ware IN 70.78 |
| Final: 1 Harry Brown | | 27 17 | 7 Walt Sanders 81.03 M65 |
| 2 Jim Stookey | IL MD | 27.17 27.64 | - Earl Fee CAN WR59.53 |
| 3 Chuck Sochor | MI | 27.79 | 1 Chuck Sochor MI 62.93 |
| 4 Jack Greenwald | OH | 28.27 | 2 Harry Brown IL 63.61 3 Fred Gunther CA 64.80 |
| 5 Gordon Seifert | AL | 29.42 | 4 Jack Greenwald OH 66.22 |
| M70 | - | | 5 Rod Brown UT 67.22 |
| 1 Mel Larson 2 Tim Murphy | IL TX | 28.34 | 6 Bob Alexander TN 68.56 7 Ben Castro 70.27 |
| 3 Oscar Harris | PA | 30.84 | M75 |
| | | | |
| 4 Walter Dahlin | CA | 35.30 | 1 John Alexander TX WR71.84 |

| TX WR30,12 | M80 1 Milo Lightfoot IN 1:33 |
|----------------------------------|---|
| CA 33.77 onCA: 36.23 | 2 Fred White TX 1:35 3 Virgil McIntyreAZ 1:56 |
| TX 36.80 | M80 1 Milo Lightfoot IN 1:33 2 Fred White TX 1:35 |
| PA 37.60 e AZ 41.22 | 3 Virgil McIntyreAZ 1:56 |
| MI 52.88 | W30 1 Juliana VonEvigCO 1:00 |
| 00 42.24 | 1 Juliana VonEvigCO 1:00 2 Belinda McCoy OH 1:06 3 Angela Nealy IN 1:11 |
| g CO 25.71 erum | W35 1 Theresa Hayes WA 1:01 |
| HI 26.83 OH 28.28 | 2 Denise McField MO 1:05 3 Cheryl Alston NY 1:06 4 Lynn Davis DC 1:09 |
| IN 29.10 NJ 29.53 | W40 |
| WA AR26.91 | 1 Mary Libal OR WR1:00 2 Jacquelin BoardMO 1:03 |
| MO 28.27 NJ 28.57 | - Marne McMillanCAN 1:04 3 Judy Ace CA 1:09 W45 |
| CA 30.02 DC 31.65 | 1 DeeDee GrafiusCAAR1:03 2 Martie Behrens CA 1:11 |
| OR 27.16 rdMO 28.68 | W50 none W55 |
| CAN 28.90 helling | - DianePalmasonCANWR1:07 |
| CA 29.48 CA 31.03 | 2 Rita Kerr CA 1:17 3 Jane Dods OR 1:23 |
| 1 WA 32.85 | W60 1 Irene Obera CA 1:23 |
| GA 26.18 CA 28.80 | W65 1 Nancy Smalley CO 1:35 |
| r MA 30.13 CA 30.41 | 2 Pat Peterson NY 1:36 W70 |
| AR 35.34 | 1 Louise Adams CO AR1:35 2 Diane Friedman OH 1:54 |
| 11NY 32.24 OR 38.28 | W75 none W80 |
| taMAWR30.30 | 1 Pearl Mehl CO AR2:25 800m |
| CAN 30.33 CA 30.33 | M30 1 Larry Beatty OR 2:00 2 Fin Martin CA 2:00 |
| CA 34.29 | 3 Cris Violette WA 2:08 |
| NY 37.95 | M35 1 Rick Smith MA 1:59 |
| OH 42.26 | 2 Peter Grimes CA 2:01 3 Dick Kennedy IL 2:04 |
| CO WR62.73 | 5 Stan Vegar CA 2:10 |
| GA 55.76 | 6 Nikos Mourtos CA 2:11 7 C Crenshaw AZ 2:12 |
| OR 56.48 CA 56.53 | M40 1 Steve Wulf 2:01 - S Robertson CAN 2:02 2 Stan Clark KV 2:02 |
| MI 57.16 | |
| CA 51.29 CA 51.29 | 3 Rick Easley TX 2:0 4 Bruce Frey PA 2:0 5 Robert Walker WA 2:0 6 Neil Howk AZ 2:0 7 Wayne Morris CA 2:0 8 Dan Winzenried WI 2:1 9 Jin Barderi Ch 2:1 |
| OK 51.80 TN 52.99 | 5 Robert Walker WA 2:09 6 Neil Howk AZ 2:07 |
| k AZ 53.81 CA 54.40 | 8 Dan Winzenried WI 2:13 9 Jim Pandeni |
| OK 54.40 OK 54.70 WA 55.20 | 9 Jim Bardoni CA 2:11 10 John DuCray AK 2:20 11 Frederic WilsonAK 2:25 |
| PA 58.15 | M45 1 Rich Schornstein CO 2:00 |
| NY 51.44 TX 52.52 | 2 Dan Peterson CO 2:0 |
| CA 54.81 TX 56.06 | 3 Searcy Barnett CA 2:10 4 Luis Pannarale CA 2:11 5 Derek McIver ID 2:10 |
| noNY 56.43 CA 58.67 | 6 Kurt GravenhorsCA 2:2 7 Robert Bennett 2:3 |
| OK 58.72 | M50 - Neil MacDonald AUS2:07 |
| NJ 53.62 NM 54.54 | 1 Paul Perry IL 2:09 2 Dennis Duffy CA 2:11 |
| NV 54.82 CA 57.10 | 3 Jim Gibbons CA 2:12 4 Richard Webb DE 2:18 5 Tyrone Nelson CA 2:18 |
| WA 57.26 | 5 Tyrone Nelson CA 2:18 6 Nicholas Papas MI 2:21 |
| CA 58.41 OR 59.51 | 6 Nicholas Papas MI 2:21 7 Allen McDaniel GA 2:23 8 Steve Cottle MO 2:23 |
| CAN WR52.72 | M55 1 Sid Howard NY 2:15 |
| CA 56.26 CA 56.36 | - Bill McIlwayneCAN 2:21 |
| CA 57.76 NJ 58.02 | 2 Wally Brawner KS 2:23 3 Walt Schafer CA 2:24 4 Jim Clark FL 2:26 |
| CA 59.09 WA 59.83 | 5 Howard Weisser NE 2:26 6 Ken Ogden OR 2:37 |
| DE 61.72 | M60 |
| CAN 58.14 CA 58.37 | 1 John Connor NY 2:24 2 Bruce Susong NV 2:34 3 Chris Noble TX 2:35 4 Don Kane OR 2:43 |
| NE 59.17 TX 62.42 | M65 |
| WA 64.06 OR 67.44 | - Earl Fee CAN 2:17 1 Gordon Seifert LA 2:35 2 Jim Selby CA 2:37 |
| OR 67.56 | 2 Jim Selby CA 2:37 3 Fred Gunther CA 2:40 |
| TN WR58.86 NY 61.59 | 3 Fred Gunther CA 2:40 4 Rodney Brown UT 2:40 5 Richard Hayes CO 2:49 |
| OR 64.52 NV 64.86 OR 70.26 | 7 Fred Gunther CA nta |
| OR 70.26 IN 70.78 81.03 | 8 Gunnar Linde CA 3:05 M70 |
| CAN WR59.53 | 1 ArchieMessengerNH 2:48 2 Avery Bryant CA 2:52 M75 none |
| MI 62.93 IL 63.61 | M80 1 Bill Dyer KS WR3:33 |
| CA 64.80 OH 66.22 | 2 Dudley Healey NJ 3:33 W30 |
| UT 67.22 TN 68.56 | 1 Gabriel JohnsonCA 2:41 W35 |
| 70.27 | 1 Joan Sterrett NY 2:31 2 Franie Henson CA 2:40 |

| Tuttonal IV | Lusters riews |
|--|--|
| M80 | W40 |
| 1 Milo Lightfoot IN 1:33.36 | 1 P DicksonTaylorNJ 2:34.90 |
| 2 Fred White TX 1:35.59 3 Virgil McIntyreAZ 1:56.31 | W45 1 DeeDee GrafiusCAAR2:26.45 |
| M80 | - Judy Warick CAN 2:29.09 |
| 1 Milo Lightfoot IN 1:33.36 | 2 Kathy HolmstromOR 2:47.13 W50 |
| 2 Fred White TX 1:35.59 3 Virgil McIntyreAZ 1:56.31 | 1 MarilynMoreheadMI 3:13.65 |
| W30 | W55 |
| 1 Juliana VonEvigCO 1:00.51 2 Belinda McCoy OH 1:06.45 | - Diane PalmasonCANWR2:40.3 1 Merion Knight MI 3:13.87 |
| 3 Angela Nealy IN 1:11.04 | 2 Rita Kerr CA 3:14.07 |
| W35 | 3 Kathy McIntyre AZ 3:33.02 W60 |
| 1 Theresa Hayes WA 1:01.73 2 Denise McField MO 1:05.61 | 1 Grace Butcher OH 2:59.91 |
| 3 Cheryl Alston NY 1:06.98 | W65 |
| 4 Lynn Davis DC 1:09.55 W40 | 1 Nancy Smalley CO 3:42.24 W70 |
| 1 Mary Libal OR WR1:00.97 | 1 Louise Adams 00 3:41.60 |
| 2 Jacquelin BoardMO 1:03.91 | W75 none |
| - Marne McMillanCAN 1:04.82 3 Judy Ace CA 1:09.26 | W80 1 Pearl Mehl CO WR6:26.49 |
| W45 | 1500m |
| 1 DeeDee GrafiusCAAR1:03.91 | M30 |
| 2. Martie Behrens CA 1:11.19 W50 none | 1 Patrick Wagner CA 4:16.59 2 Rick Browning 4:50.22 |
| W55 | M35 |
| - DianePalmasonCANWR1:07.38 1 C Cappetta MA AR1:07.39 | 1 Tom Aspel AR 4:18.02 2 Joel Hope CA 4:21.36 |
| 2 Rita Kerr CA 1:17.68 | 3 Greg Miller CA 4:23.00 |
| 3 Jane Doos OK 1:23.93 | 4 Mark Dickey 4:25.35 |
| W60 1 Irene Obera CA 1:23.26 | 5 David Lucas 4:28.49 6 Mark Cleary CA 4:31.99 |
| W65 | M40 |
| 1 Nancy Smalley CO 1:35.27 2 Pat Peterson NY 1:36.86 | 1 Stanley Clark KY 4:09.11 - S Robertson CAN 4:14.41 |
| W70 | 2 GeorgeHernandezNV 4:15.46 |
| 1 Louise Adams CO AR1:35.62 | 3 Bruce Frey PA 4:20.20 |
| 2 Diane Friedman OH 1:54.08 W75 none | 4 Dan Wizenreid WI 4:38.22 5 Wayne Morris CA 4:40.11 |
| W80 | 6 Ray Sibley NV 4:52.52 |
| 1 Pearl Mehl CO AR2:25.03 800m | 7 Pat Buzbee CA 4:56.71 |
| M30 | 8 Fred Wilson AK 5:06.00 9 Dan Hirst CA 5:17.44 |
| 1 Larry Beatty OR 2:00.11 | 10 James Brown CA 5:17.46 |
| 2 Fin Martin CA 2:00.63 3 Cris Violette WA 2:08.35 | M45 1 Domingo Tibaduiza |
| M35 | NV 4:11.98 |
| 1 Rick Smith MA 1:59.68 2 Peter Grimes CA 2:01.53 | 2 R Schornstein CO 4:26.19 3 Jim Gorman CA 4:29.5 |
| 3 Dick Kennedy IL 2:04.70 | 4 Randy Taylor AR 4:42.44 |
| 4 Mark Cleary CA 2:08.97 | 5 Don Chadez CA 4:47.5 |
| 5 Stan Vegar CA 2:10.61 6 Nikos Mourtos CA 2:11.98 | 6 Rob Russell CA 4:52.72 7 Chas McCarthy CA 5:44.00 |
| 7 C Crenshaw AZ 2:12.64 | 8 Teddy Walton CA 6:56.12 |
| M40 1 Steve Wulf 2:01.61 | M50 |
| - S Robertson CAN 2:02.25 | 1 Jan Frisby CO 4:25.3 2 Paul Perry IL 4:29.9 |
| 2 Stan Clark KY 2:02.31 | 3 Juan Cabeza CA 4:37.9 |
| 3 Rick Easley TX 2:03.60 4 Bruce Frey PA 2:04.22 | 4 Richard Webb DE 4:46.04 5 Nicholas Papas MI 4:59.56 |
| 4 Bruce Frey PA 2:04.22 5 Robert Walker WA 2:05.27 6 Neil Howk AZ 2:07.00 7 Wayne Morris CA 2:07.80 | 6 Carroll DeWeeseMI 5:01.2 |
| 6 Neil Howk AZ 2:07.00 7 Wayne Morris CA 2:07.80 | 7 Ken Adams NV 5:04.19 M55 |
| o Dan Winzenried WI 2:13.34 | 1 Sid Howard NY 4:57.0 |
| 9 Jim Bardoni CA 2:13.57 10 John DuCray AK 2:20.81 | 2 Wally Brawner KS 5:08.80 3 Jim Clark FL 5:14.39 |
| 11 Frederic WilsonAK 2:25.23 | 4 Bobby Fischer CO 5:19.81 |
| M45 | 5 Ken Ogden OR 5:22.14 |
| 1 Rich Schornstein CO 2:02.45 2 Dan Peterson CO 2:02.80 | M60 1 John Connor NY 5:02.71 |
| 3 Searcy Barnett CA 2:10.81 | 2 Chas Wimberly LA 5:09.17 |
| 4 Luis Pannarale CA 2:15.66 5 Derek McIver ID 2:16.78 | 3 Robert Culling CA 5:24.89 4 Chris Noble TX 5:31.70 |
| 6 Kurt GravenhorsCA 2:22.72 | 4 Chris Noble TX 5:31.76 5 Bill Won CA 6:09.83 |
| 7 Robert Bennett 2:36.65 M50 | M65 1 Bill Carey OH 5:40.95 |
| - Neil MacDonald AUS2:07.96 | 2 Boyce Jacques NV 5:43.75 |
| 1 Paul Perry IL 2:09.49 | 3 Pat Devine CA 5:54.96 4 Efrian Sanchez CA 5:55.23 |
| 2 Dennis Duffy CA 2:11.88 3 Jim Gibbons CA 2:12.34 | 5 Richard Hayes CO 5:56.26 |
| 3 Jim Gibbons CA 2:12.34 4 Richard Webb DE 2:18.82 | 6 Gunnar Linde CA 6:00.02 |
| 5 Tyrone Nelson CA 2:18.92 | M70 1 Avery Bryant CA 5:56.03 |
| 6 Nicholas Papas MI 2:21.50 7 Allen McDaniel GA 2:23.06 | 2 ArchieMessengerNH 6:08.28 |
| 8 Steve Cottle MO 2:23.79 M55 | 3 Don Cotner CA 7:55.57 M75 none |
| 1 Sid Howard NY 2:15.23 | M80 |
| - Bill McIlwayneCAN 2:21.12 | 1 Dudley Healy NJ 7:36.45 2 Bill Dyer KS 7:36.98 |
| 2 Wally Brawner KS 2:23.82 3 Walt Schafer CA 2:24.97 | W35 |
| 4 Jim Clark FL 2:26.14 | 1 Joan Sterrett NY 5:22.58 |
| 5 Howard Weisser NE 2:26.56 6 Ken Ogden OR 2:37.99 | 2 Mary Russell OR 5:37.86 3 M AndrewsTurnerNJ 5:42.46 |
| .M60 | W40 |
| 1 John ConnorNY 2:24.612 Bruce SusongNV 2:34.703 Chris NobleTX 2:35.404 Don KaneOR 2:43.63 | 1 HonorFetherstonCA 4:55.73 2 P DicksonTaylorNJ 5:39.48 |
| 3 Chris Noble TX 2:35.40 | 3 Gail Jones CA 5:39.99 |
| 4 Don Kane OR 2:43.63 | 4 Laura Clark KY 5:54.11 W45 |
| M65 - Earl Fee CAN 2:17.62 | - Judy Warick CAN 5:18.70 |
| 1 Gordon Seifert LA 2:35.41 | 1 Joan Shirley CA 5:18.97 |
| 2 Jim Selby CA 2:37.63 3 Fred Gunther CA 2:40.56 | 2 BeckyQuartaroloCA 6:13.57 W50 |
| 3 Fred Gunther CA 2:40.56 4 Rodney Brown UT 2:40.64 | 1 Joan Ottaway CA AR5:12.43 |
| 5 Richard Hayes CO 2:49.74 6 Efrian Sanchez CA 2:51.49 | W55 1 Kathy McIntyre AZ 6:39.04 |
| 7 Fred Gunther CA nta | 2 Marion Knight MI 6:47.89 |
| 8 Gunnar Linde CA 3:05.56 | W65 |
| M70 1 ArchieMessengerNH 2:48.38 | 1 Nancy Smalley CO 7:21.22 W75 none |
| 2 Avery Bryant CA 2:52.55 | W80 |
| M75 none M80 | 1 Pearl Mehl CO WR12:37.13 3000m |
| 1 Bill Dyer KS WR3:33.63 | M30 |
| 2 Dudley Healey NJ 3:33.66 | 1 Patrick WagnerCD 9:30.03 |
| W30 1 Gabriel JohnsonCA 2:41.24 | M35 1 MiguelTibaduizaNV 8:50.47 |
| W35 | 2 JoeWinegardnerCO 9:07.22 |
| 1 Joan Sterrett NY 2:31.18 2 Franie Henson CA 2:40.72 | 3 Tom Aspel AR 9:23.72 4 Greg Miller CA 9:27.03 |
| 2 Franie Henson CA 2:40.72 3 Maria Andrews NJ 2:42.68 | 5 Joel Hope CA 9:27.03 |
| | |

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|----------------------------------|--|---|
| lorNJ 2:34.90 | 6 David Lucas CA 10:12.69 | 3 Larry Salinger |
| usCMR2:26.45 | 7 Doug Allen NV 10:21.35 M40 | 4 Tom Thorne 5 Rob Hagin |
| CAN 2:29.09 | 1 Francesjohn Gailson CA 8:59.80 | 6 Henry Clapper M55 Heat 1: |
| LTOMOR 2:47.13 | 2 Stanley Clark KY 9:16.12 3 Geo Hernandez NV 9:33.12 | 1 Emil Pawlik 2 Charley Miller |
| meadMI 3:13.65 | 4 Dale Magnin NV 9:52.67 | 3 Dale Lance 4 Ed Oleata |
| sonCANWR2:40.39 | 5 Roland Ruse TN 9:52.77 6 Randy SturgeonCA 10:05.62 | Heat 2: |
| MI 3:13.87 CA 3:14.07 | 7 Jim Price CA 10:10.74 8 Patrick BuzbeeCA 10:23.58 | 1 Dee DeWitt 2 John Head |
| re AZ 3:33.02 | 9 Steve Ottaway CA 10:25.59 M45 | 3 Bruce Mills 4 Roger Dean |
| er OH 2:59.91 | 1 Domingo Tibaduiza NV AR8:59.14 | Final: 1 Emil Pawlik M |
| ey CO 3:42.24 | 2 Bill Knapp NV 10:00.12 | 2 Charley Miller |
| CO 3:41.60 | 3 Ewar Gordillo NV 10:07.82 4 Randy Taylor CA 10:29.60 | 3 Dale Lance 4 Ed Oleata |
| | 5 Don Chadez CA 10:32.13 6 Doug Sturm WA 11:41.00 | 5 John Head 6 Dee DeWitt |
| CO WR6:26.49 | 7 Teddy Walton CA 14:24.53 M50 | M60 Heat 1: 1 Lowell Bonifield |
| | 1 Jan Frisby CD 9:24.89 - Jack Miller CAN 9:51.76 | 2 Phil Mulkey |
| ner CA 4:16.59 ng 4:50.22 | 2 Juan Cabeza CA 10:04.36 | 3 Jack Lance Heat 2: |
| AR 4:18.02 | 3 Richard Webb DE 10:17.51 4 Skip Houk NV 10:19.79 | 1 Marion Sanchez 2 Jim Peterson |
| CA 4:21.36 CA 4:23.06 | 5 CarollDeWeese MI 10:44.72 6 Frank Kreps CA 11:07.79 | 3 Don Gray 4 Will Robinson |
| 4:25.35 4:28.45 | M55 1 Dave Morris WA 11:01.00 | Final: 1 Phil Mulkey |
| CA 4:31.95 | 2 Ken Ogden OR 11:39.26 | 2 Marion Sanchez |
| K KY 4:09.11 | 1 Chas Wimberly LA 11:20.50 | 3 Lowell Bonifield 4 Jim Peterson |
| CAN 4:14.41 ndezNV 4:15.46 | 2 Robert CullingCA 11:33.70 3 Ernie Black CO 12:14.49 | 5 Don Gray 6 Will Robinson |
| PA 4:20.20 id WI 4:38.22 | 4 G McClenathan CA 12:22.02 M65 | M65 1 Jim Stookey |
| 5 CA 4:40.11 | 1 Pat Devine CA 12:13.83 | 2 Bob Higginbotham 3 Vern Regier |
| NV 4:52.52 CA 4:56.71 | 2 Boyce Jacques NV 12:21.01 3 Gunnar Linde CA 12:22.11 | 4 Chuck Sochor |
| AK 5:06.00 CA 5:17.44 | 4 Bill Carey OH 12:24.84 5 Richard Hayes CO 13:10.67 | 5 Alan Maxwell 6 Ray Propst |
| CA 5:17.46 | 6 Efrian SanchezCA 13:12.06 M70 | M70 1 Mel Larson II |
| Aduiza NV 4:11.98 | 1 Avery Bryant CA 13:30.96 | 2 Ray Spencer 3 Charles Obye |
| in CO 4:26.19 | 1 Richard Stark NM 18:07.48 M80 | 4 Walt Dahlin |
| CA 4:29.53 AR 4:42.44 | 1 Dudley HealyNJ AR15:13.54 | 5 Ray Womack M75 |
| CA 4:47.51 CA 4:52.72 | W35 1 Mary Russell OR 12:08.13 | 1 Armando Ricciardi W30 |
| hy CA 5:44.00 CA 6:56.12 | W40 1 HonorFetherstnGA 10:37.12 | 1 Joy UpshawMargeru W35 |
| San President and the second | 2 Gail Jones CA 12:07.89 3 Laura Clark KY 12:20.44 | 1 Denise Foreman W |
| CO 4:25.33 IL 4:29.97 | W45 none W50 | 2 Martha Mendenhall W40 none |
| CA 4:37.96 DE 4:46.08 | 1 Joan Ottaway CAWR10:56.96 | W45 1 Phil Raschker G |
| pas MI 4:59.56 eeseMI 5:01.27 | 2 Rusty Barnett CA 13:19.67 3 Mary De MattiaMI 15:20.90 | - Liz McBlain C 2 Deanna Lickey |
| NV 5:04.19 | W55 1 Kathy McIntyreAZ 14:07.10 | W50 1 Barbara Stewart |
| NY 4:57.07 Er KS 5:08.80 | 2 Jane Dods OR 14:26.45 W60 none | W55 1 Becky Sisley |
| FL 5:14.39 er CD 5:19.81 | W65 1 Nancy SmalleyCOAR15:40.89 | 4x400m Relay |
| OR 5:22.14 | W70 | M30-39 1 Grimes/Tobias/Fin |
| NY 5:02.71 | 1 Louise Adams CO 15:29.51 2 QueenieThompsonNY18:19.24 | (CA) 2 Houston/Mitchell/ |
| ly LA 5:09.17 ing CA 5:24.89 | W80 1 Pearl Mehl CO WR27:27.81 | Thomas (TX) M40-49 |
| TX 5:31.76 CA 6:09.82 | 60m Hurdles M30 | 1 Constantinou/Gree Gonera/Felton (NY |
| OH 5:40.95 | 1 Reggie Snowden CA 8.51 2 Darren Hoyle CA 8.83 | 2 Dolezel/Easley/Re Thompson (TX) |
| es NV 5:43.75 CA 5:54.96 | 3 Larry Beatty OR 8.85 | 3 Nelson/Stergeon/K |
| nez CA 5:55.23 | 1 Peter Grimes CA 8.24 | Barnett (CA) M50-59 |
| CA 6:00.02 | 2 Calvin Johnson MI 8.30 3 Ken Ellis OK 8.70 | 1 Thorne/Clapper/Co Mills (MO) |
| CA 5:56.03 | 4 Jeff Bilderbeck CO 9.85 5 Alan Shoultz SC 10.67 | 2 Ogden/Stephan/Kan Schlewitz (OR) |
| gerNH 6:08.28 CA 7:55.57 | 6 Charles Barnard MO 11.31 M40 Heat 1: | M60-69 1 Seifert/Mathis/Wi |
| | 1 Robert Zahn WI 8.82 2 Russ Jacquet-AceaWA 8.95 | Daprano |
| NJ 7:36.45 KS 7:36.98 | 3 Bob Hahn TX 10.04 | 2 Springbett/Steven ther/Sanchez (CA) |
| TELL'S PROPERTY | 4 Andy Hecker CA 10.92 Heat 2: | 3 Larson/Brown/Gunw Sochor (IL) |
| UR 5:37.86 | 1 Neal Combs KS 8.89 2 Stacey Price NM 9.84 | 4 Castro/Linde/Selb Beadle (CA) |
| nerNJ 5:42.46 | 3 Ed Baskauskas CA 9.94 4 Richard Watson AZ 11.68 | 5 Willis/Atchison/B Devine |
| tonCA 4:55.73 lorNJ 5:39.48 | Final: 1 Neal Combs KS 8.70 | W30-39 1 UpshawMargerum/Tru |
| CA 5:39.99 KY 5:54.11 | 2 Robert Zahn WI 8.70 3 Russ Jacquet-AceaWA 9.05 | ReganDyer/Johnson |
| CHEVE STORE OF | 4 Stacey Price NM 9.50 | 2 Kelly/Atchison/Tay |
| CAN 5:18.70 CA 5:18.97 | 5 Bob Hahn TX 9.76 6 Ed Baskauskas CA 10.21 | Sterrett (NY) 4x800m Relay |
| oloCA 6:13.57 | M45 Heat 1: 1 Stan Druckery WI 8.60 | M30-39 |
| CA AR5:12.43 | 2 Sheridon Groves CA 9.64 3 K H Troy WA 9.75 | 1 Cal Coast (Cleary/ Hope/Wagner) |
| TE AZ 6:39.04 MI 6:47.89 | 4 Dave Johnston CA 9.79 | 2 SS Striders (Bouch Minor/Herbrchtmein |
| or real hard the | Heat 2: 1 Jack Craig 9.06 | M40-49 1 SS Striders (Mart: |
| φ 00 7:21.22 | 2 Don Roberts CA 9.88 3 Rex Harvey OH 10.40 | nin/Hernandez/Tib |
| D WR12:37.13 | 4 Mike Augeri CT 10.77 Final: | 2 WVTC (Barnett/Otto |
| and and | 1 Stan Druckery WI WR8.54 2 Jack Craig 9.01 | Pannarale/Morris) M50-59 |
| er00 9:30.03 | 3 Don Roberts CA 9.47 | 1 WVTC (Ramsey/Gibbo lin/Nelson) |
| izaNV 8:50.47 | 5 K H Troy WA 10.06 | 2 SS Striders (Conder rill/Hawkes/Pisasski |
| AR 9:23.72 | 6 Rex Harvey OH 10.06 | 3 MC Striders (DeWee |
| CA 9:27.03 CA 9:45.88 | M50 1 Theo Viltz CA 9.01 2 Jim Hollister CA 9.05 | Continued on m |
| | | |

| 3 Larry Salinger | |
|---|---|
| | CA 9.78 MD 10.30 NJ 10.46 |
| 4 Tom Thorne 5 Rob Hagin | MD 10.30 NT 10.46 |
| 6 Henry Clapper | MD 12.72 |
| 6 Henry Clapper M55 Heat 1: | |
| 1 Emil Pawlik 2 Charley Miller | MS 8.98 TX 9.15 |
| 3 Dale Lance 4 Ed Oleata | OK 9.33 |
| | CA 9.62 |
| Heat 2: 1 Dee DeWitt | CA 10.64 |
| 2 John Head | CA 10.64 TX 10.71 11.26 |
| 3 Bruce Mills 4 Roger Dean | 11.26 |
| Final: | 12.70 |
| 1 Emil Pawlik | MS WR8.91 |
| 2 Charley Miller 3 Dale Lance | TX 8.98 OK 9.14 CA 10.06 TX 10.95 |
| 4 Ed Oleata | CA 10.06 |
| 5 John Head | TX 10.95 |
| 6 Dee DeWitt M60 Heat 1: | CA 12.15 |
| 1 Lowell Bonifield | AR 10.50 |
| 2 Phil Mulkey 3 Jack Lance | GA 10.60 NJ 12.65 |
| Heat 2: | The states |
| 1 Marion Sanchez | CA 10.38 MN 10.56 OR 11.23 |
| 2 Jim Peterson 3 Don Gray | OR 11.23 |
| 4 Will Robinson | CA 11.53 |
| Final: 1 Phil Mulkey | GA 9.40 |
| 2 Marion Sanchez | CA 10.07 |
| 3 Icuml1 Ponifield | CA 10.07 AR 10.20 MN 10.53 |
| 4 Jim Peterson 5 Don Gray | MN 10.53 OR 11.17 |
| 6 Will Robinson | CA 11.95 |
| M65 | |
| 1 Jim Stookey 2 Bob Higginbotham | MD 10.95 |
| 3 Vern Regier | CA 11.28 MI 11.88 |
| 4 Chuck Sochor | MI 11.88 |
| 5 Alan Maxwell 6 Ray Propst | OR 11.90 OR 12.82 |
| M70 | THE OWNER |
| 1 Mel Larson 1 2 Ray Spencer | LL WR10.40 |
| 3 Charles Obye | CA 11.24 AZ 11.59 |
| 4 Walt Dahlin | AZ 11.59 CA 11.87 |
| 5 Ray Womack | TX 12.37 |
| M75 1 Armando Ricciard | LINV 13.45 |
| W30 | |
| 1 Joy UpshawMarger W35 | umHI 9.47 |
| | WA AR9.57 |
| 2 Martha Mendenhal | |
| W40 none W45 | |
| | GA WR9.18 |
| - Liz McBlain | CAN 11.25 |
| 2 Deanna Lickey W50 | WA 12.12 |
| 1 Barbara Stewart | GA 13.79 |
| W55 1 Becky Sisley | |
| | 00 12 66 |
| 4x400m Relay | OR 13.66 |
| 4x400m Relay M30-39 | They a |
| M30-39 1 Grimes/Tobias/Fi | nn/Lagula |
| M30-39 1 Grimes/Tobias/Fi (CA) 2 Houston/Mitchell | nn/Lagula 3:40.95 /Lester/ |
| M30-39 1 Grimes/Tobias/Fi (CA) 2 Houston/Mitchell Thomas (TX) | nn/Lagula 3:40.95 |
| M30-39 1 Grimes/Tobias/Fi (CA) 2 Houston/Mitchell Thomas (TX) M40-49 | nn/Lagula 3:40.95 /Lester/ 3:37.27 |
| M30-39 1 Grimes/Tobias/Fi (CA) 2 Houston/Mitchell Thomas (TX) M40-49 1 Constantinou/Gre Gonera/Felton (N | nn/Lagula 3:40.95 /Lester/ 3:37.27 ene/ Y)3:38.59 |
| M30-39 1 Grimes/Tobias/Fi (CA) 2 Houston/Mitchell Thomas (TX) M40-49 1 Constantinou/Gre Gonera/Felton (N 2 Dolezel/Easley/R | nn/Lagula 3:40.95 /Lester/ 3:37.27 ene/ Y)3:38.59 eppert/ |
| M30-39 1 Grimes/Tobias/Fi (CA) 2 Houston/Mitchell Thomas (TX) M40-49 1 Constantinou/Gre Gonera/Felton (N 2 Dolezel/Easley/R Thompson (TX) 3 Nelson/Stergeon/ | nn/Lagula 3:40.95 /Lester/ 3:37.27 ene/ Y)3:38.59 eppert/ 3:41.87 |
| M30-39 1 Grimes/Tobias/Fi (CA) 2 Houston/Mitchell Thomas (TX) M40-49 1 Constantinou/Gre Gonera/Felton (N 2 Dolezel/Easley/R Thompson (TX) 3 Nelson/Stergeon/ Barnett (CA) | nn/Lagula 3:40.95 /Lester/ 3:37.27 ene/ Y)3:38.59 eppert/ 3:41.87 |
| M30-39 1 Grimes/Tobias/Fi (CA) 2 Houston/Mitchell Thomas (TX) M40-49 1 Constantinou/Gre Gonera/Felton (N 2 Dolezel/Easley/R Thompson (TX) 3 Nelson/Stergeon/ Barnett (CA) M50-59 | nn/Lagula 3:40.95 /Lester/ 3:37.27 ene/ Y)3:38.59 eppert/ 3:41.87 Katcher/ 4:04.51 |
| M30-39 1 Grimes/Tobias/Fi (CA) 2 Houston/Mitchell Thomas (TX) M40-49 1 Constantinou/Gre Gonera/Felton (N 2 Dolezel/Easley/R Thompson (TX) 3 Nelson/Stergeon/ Barnett (CA) M50-59 1 Thorme/Clapper/C Mills (MO) | nn/Lagula 3:40.95 /Lester/ 3:37.27 ene/ Y)3:38.59 eppert/ 3:41.87 Katcher/ 4:04.51 bttle/ 4:31.64 |
| M30-39 1 Grimes/Tobias/Fi (CA) 2 Houston/Mitchell Thomas (TX) M40-49 1 Constantinou/Gre Gonera/Felton (N 2 Dolezel/Easley/R Thompson (TX) 3 Nelson/Stergeon/ Barnett (CA) M50-59 1 Thorne/Clapper/C Mills (MO) 2 Ogden/Stephan/Ka | nn/Lagula 3:40.95 /Lester/ 3:37.27 ene/ Y)3:38.59 eppert/ 3:41.87 Katcher/ 4:04.51 bottle/ 4:31.64 ne/ |
| M30-39 1 Grimes/Tobias/Fi (CA) 2 Houston/Mitchell Thomas (TX) M40-49 1 Constantinou/Gre Gonera/Felton (N 2 Dolezel/Easley/R Thompson (TX) 3 Nelson/Stergeon/ Barnett (CA) M50-59 1 Thorme/Clapper/C Mills (MO) 2 Ogden/Stephan/Ka Schlewitz (OR) | nn/Lagula 3:40.95 /Lester/ 3:37.27 ene/ Y)3:38.59 eppert/ 3:41.87 Katcher/ 4:04.51 bttle/ 4:31.64 ne/ 4:51.56 |
| M30-39 1 Grimes/Tobias/Fi (CA) 2 Houston/Mitchell Thomas (TX) M40-49 1 Constantinou/Gre Gonera/Felton (N 2 Dolezel/Easley/R Thompson (TX) 3 Nelson/Stergeon/ Barnett (CA) M50-59 1 Thorne/Clapper/C Mills (MD) 2 Ogden/Stephan/Ka Schlewitz (OR) 1 Seifert/Mathis/W | nn/Lagula 3:40.95 /Lester/ 3:37.27 ene/ Y)3:38.59 eppert/ 3:41.87 Katcher/ 4:04.51 bttle/ 4:31.64 ne/ 4:51.56 imberly/ |
| M30-39 1 Grimes/Tobias/Fi (CA) 2 Houston/Mitchell Thomas (TX) M40-49 1 Constantinou/Gre Gonera/Felton (N 2 Dolezel/Easley/R Thompson (TX) 3 Nelson/Stergeon/ Barnett (CA) M50-59 1 Thorne/Clapper/C Mills (MO) 2 Ogden/Stephan/Ka Schlewitz (OR) M60-69 1 Seifert/Mathis/W Daprano 2 Springbett/Steve | nn/Lagula 3:40.95 /Lester/ 3:37.27 ene/ Y)3:38.59 eppert/ 3:41.87 Katcher/ 4:04.51 bottle/ 4:31.64 ne/ 4:51.56 imberly/ 4:25.91 ns/Qun- |
| M30-39 1 Grimes/Tobias/Fi (CA) 2 Houston/Mitchell Thomas (TX) M40-49 1 Constantinou/Gre Gonera/Felton (N 2 Dolezel/Easley/R Thompson (TX) 3 Nelson/Stergeon/ Barnett (CA) M50-59 1 Thorme/Clapper/C Mills (MO) 2 Ogden/Stephan/Ka Schlewitz (OR) M60-69 1 Seifert/Mathis/W Daprano 2 Springbett/Steve ther/Sanchez (CA) | nn/Lagula 3:40.95 /Lester/ 3:37.27 ene/ Y)3:38.59 eppert/ 3:41.87 Katcher/ 4:04.51 bttle/ 4:31.64 ne/ 4:51.56 imberly/ 4:25.91 ns/Gun-) 4:28.52 |
| M30-39 1 Grimes/Tobias/Fi (CA) 2 Houston/Mitchell Thomas (TX) M40-49 1 Constantinou/Gre Gonera/Felton (N 2 Dolezel/Easley/R Thompson (TX) 3 Nelson/Stergeon/ Barnett (CA) M50-59 1 Thorme/Clapper/C Mills (MO) 2 Ogden/Stephan/Ka Schlewitz (OR) M60-69 1 Seifert/Mathis/W Daprano 2 Springbett/Steve ther/Sanchez (CA 3 Larson/Brown/Gun | nn/Lagula 3:40.95 /Lester/ 3:37.27 ene/ Y)3:38.59 eppert/ 3:41.87 Katcher/ 4:04.51 bttle/ 4:31.64 ne/ 4:51.56 imberly/ 4:25.91 ns/Gun-) 4:28.52 wald/ |
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| M30-39 1 Grimes/Tobias/Fi (CA) 2 Houston/Mitchell Thomas (TX) M40-49 1 Constantinou/Gre Gonera/Felton (N 2 Dolezel/Easley/R Thompson (TX) 3 Nelson/Stergeon/ Barnett (CA) M50-59 1 Thorne/Clapper/C Mills (MO) 2 Ogden/Stephan/Ka Schlewitz (OR) M60-69 1 Seifert/Mathis/W Daprano 2 Springbett/Steve ther/Sanchez (CA) 3 Larson/Brown/Gum Sochor (IL) 4 Castro/Linde/Sel Beadle (CA) 5 Willis/Atchison/ Devine W30-39 1 UpshawMargerum/Th | nn/Lagula 3:40.95 /Lester/ 3:37.27 ene/ Y)3:38.59 eppert/ 3:41.87 Katcher/ 4:04.51 bottle/ 4:31.64 ne/ 4:51.56 imberly/ 4:25.91 ns/Gun-) 4:28.52 wald/ 4:33.71 by/ 4:40.81 Bryant/ 5:18.55 rumbly/ |
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| M30-39 1 Grimes/Tobias/Fi (CA) 2 Houston/Mitchell Thomas (TX) M40-49 1 Constantinou/Gre Gonera/Felton (N 2 Dolezel/Easley/R Thompson (TX) 3 Nelson/Stergeon/ Barnett (CA) M50-59 1 Thorne/Clapper/C Mills (MO) 2 Ogden/Stephan/Ka Schlewitz (OR) M60-69 1 Seifert/Mathis/W Daprano 2 Springbett/Steve ther/Sanchez (CA) 3 Larson/Brown/Gun Sochor (IL) 4 Castro/Linde/Sel Beadle (CA) 5 Willis/Atchison/To Sterrett (NY) 4x800m Relay M30-39 1 Cal Coast (Cleary Hope/Wagner) | nn/Lagula 3:40.95 /Lester/ 3:37.27 ene/ Y)3:38.59 eppert/ 3:41.87 Katcher/ 4:04.51 bottle/ 4:31.64 ne/ 4:51.56 imberly/ 4:25.91 ns/Gun-) 4:28.52 wald/ 4:33.71 by/ 4:40.81 Bryant/ 5:18.55 rumbly/ 4:25.52 sylor/ 4:25.94 //Lucas/ 8:33.56 |
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| M30-39 1 Grimes/Tobias/Fi (CA) 2 Houston/Mitchell Thomas (TX) M40-49 1 Constantinou/Gree Gonera/Felton (N 2 Dolezel/Easley/R Thompson (TX) 3 Nelson/Stergeon/ Barnett (CA) M50-59 1 Thorne/Clapper/C Mills (MO) 2 Ogden/Stephan/Ka Schlewitz (OR) M60-69 1 Seifert/Mathis/W Daprano 2 Springbett/Steve ther/Sanchez (CA) 3 Larson/Brown/Gun Sochor (IL) 4 Castro/Linde/Sel Beadle (CA) 5 Willis/Atchison/To Sterrett (NY) 4x800m Relay M30-39 1 UpshawMargerum/Th ReganDyer/Johnson 2 Kelly/Atchison/To Sterrett (NY) 4x800m Relay M30-39 1 Cal Coast (Cleary Hoope/Wagner) 2 SS Striders (Boux Minor/Herbrchtme! M40-49 1 SS Striders (Mart nin/Hernandez/Til 2 WVTC (Barnett/Ott) | nn/Lagula 3:40.95 /Lester/ 3:37.27 ene/ Y)3:38.59 eppert/ 3:41.87 Katcher/ 4:04.51 bottle/ 4:31.64 ne/ 4:51.56 imberly/ 4:25.91 ns/Gun-) 4:28.52 wald/ 4:33.71 by/ 4:40.81 Bryant/ 5:18.55 cumbly/ 1:25.52 sylor/ 4:25.94 //Lucas/ 8:33.56 cher/ Cook, ir)8:33.57 tinez/Mag- aduiza) 8:55.22 toway/ |
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| Continued from previ | Prege of | | |
|--|---|--|--|
| 4 DecaMidwest (Tho | Continued from previous page 4 DecaMidwest (Thorne/Clap- | | |
| per/Cottle/Rowan) | 11:27.4 | | |
| M60-69 | linh | | |
| 1 Culling/Sanchez/ Beadle (CA) | 11:19.07 | | |
| 2 Susong/Jacques/Ogilvie/ | | | |
| Ball (NV) 3 Willis/Bryant/At | 11:36.48 chison/ | | |
| Sastro (CA) | 12:31.51 | | |
| W30-39 1 Alston/Taylor-Di | ckern/ | | |
| Turner/Sterrett | | | |
| and the second se | 11:39.86 | | |
| W50-59 1 Bocci/DeMattia/D | eMat- | | |
| tia/Knight (MI) | 14:29.23 | | |
| High Jump M30 | | | |
| | KY 1.90 | | |
| 2 Steve Daniel | KY 1.90 CA 1.70 | | |
| 3 Derek Brown M35 | CA 1.65 | | |
| | KS 1.95 | | |
| 1 Jim Barrineau 2 Bill Abbott | CA 1.95 | | |
| 3 Bird Nelson 4 Stan Vegar | CA 1.95 CA 1.75 | | |
| M40 | and the second | | |
| 1 Ed Baskauskas 2 John Townsend | CA 1.67 CA 1.47 | | |
| 3 Richard Watson | AZ 1.42 | | |
| 4 Jim Dolezel | AZ 1.42 OK 1.37 | | |
| M45 1 Charlie Rader | CA 1.77 | | |
| 2 Jerry Cash | OR 1.72 | | |
| 2 Jerry Cash 3 Tom Light | AK 1.57 | | |
| M50 1 Tom Thorne | MD 1.57 | | |
| 2 Henry Clapper | MD 1.57 MD 1.52 | | |
| 3 Don Dvorak | CA 1.47 CA 1.47 | | |
| 4 Bill Wood 5 Terry Rowan | CA 1.47 CA 1.37 | | |
| 6 Frank Condon | CA 1.32 | | |
| M55 1 Phil Fehlen | CA 1 67 | | |
| 1 Phil Fehlen 2 Emil Pawlik | CA 1.67 MS 1.62 | | |
| 3 Dean Dopp | ID 1.52 UT 1.52 CA 1.42 TX 1.42 | | |
| 4 Dwaine Horton 5 Dee DeWitt | CA 1.42 | | |
| 6 John Head | TX 1.42 | | |
| M60 | Ch 1 17 | | |
| M60 1 Milton Newton 2 Jerry Sullivan 3 Phil Mulkey 4 Marion Sanchez 5 Dick Richardson 6 Jim Ware | NV 1.57 | | |
| 3 Phil Mulkey | GA 1.42 | | |
| 4 Marion Sanchez | CA 1.42 | | |
| 5 Dick Richardson 6 Jim Ware | IL 1.37 IN 1.37 | | |
| M65 | and the second | | |
| 1 Jim Gillcrist 2 Gordon Seifert | FL 1.57 | | |
| 3 Jim Stookey | MO 1 37 | | |
| 4 Vince Sempronio 5 Ray Propst | OR 1.32 | | |
| 5 Ray Propst 6 Ed Holmes | OR 1.32 TN 1.22 | | |
| M70 | 2 Particular | | |
| 1 Charles Obye 2 Richard Warren 3 Walt Dahlin | AZ 1.27 | | |
| 3 Walt Dahlin | CA 1.22 | | |
| 4 John Cloueland | OP 1 22 | | |
| 5 Glibert Young | CA 1.17 | | |
| 6 Jerry Silstorf | | | |
| 5 Gilbert Young 6 Jerry Silsdorf M75 | | | |
| 6 Jerry Silsdorf M75 1 Burl Gist 2 Lee Luchrs | CA 1.22 | | |
| 1 Burl Gist 2 Lew Luehrs | CA 1.22 NV 1.12 | | |
| 1 Burl Gist 2 Lew Luehrs | CA 1.22 NV 1.12 | | |
| 1 Burl Gist 2 Lew Luehrs | CA 1.22 NV 1.12 | | |
| 1 Burl Gist 2 Lew Luehrs | CA 1.22 NV 1.12 | | |
| 1 Burl Gist 2 Lew Luchrs 3 Armando Ricciard M80 1 Milo Lightfoot 1 Leon Joslin 1 Virgil McIntyre 2 Claude Hills | CA 1.22 NV 1.12 | | |
| 1 Burl Gist 2 Lew Luchrs 3 Armando Ricciard M80 1 Milo Lightfoot 1 Leon Joslin 1 Virgil McIntyre 2 Claude Hills W35 | CA 1.22 NV 1.12 I NV 0.97 IN 1.02 WA 1.02 AZ 1.02 PA 0.97 | | |
| 1 Burl Gist 2 Lew Luchrs 3 Armando Ricciard M80 1 Milo Lightfoot 1 Leon Joslin 1 Virgil McIntyre 2 Claude Hills W35 1 Martha Mendenhal 2 Lawn Davis | CA 1.22 NV 1.12 I NV 0.97 IN 1.02 WA 1.02 AZ 1.02 PA 0.97 | | |
| 1 Burl Gist 2 Lew Luchrs 3 Armando Ricciard M80 1 Milo Lightfoot 1 Leon Joslin 1 Virgil McIntyre 2 Claude Hills W35 1 Martha Mendenhal 2 Lynn Davis W40 | CA 1.22 NV 1.12 I NV 0.97 IN 1.02 WA 1.02 AZ 1.02 PA 0.97 I WA 1.57 DC 1.17 | | |
| 1 Burl Gist 2 Lew Luchrs 3 Armando Ricciard M80 1 Milo Lightfoot 1 Leon Joslin 1 Virgil McIntyre 2 Claude Hills W35 1 Martha Mendenhal 2 Lynn Davis W40 - Debbie Brill C | CA 1.22 NV 1.12 I NV 0.97 IN 1.02 WA 1.02 AZ 1.02 PA 0.97 I WA 1.57 DC 1.17 ZAN WR1.72 | | |
| 1 Burl Gist 2 Lew Luchrs 3 Armando Ricciard M80 1 Milo Lightfoot 1 Leon Joslin 1 Virgil McIntyre 2 Claude Hills W35 1 Martha Mendenhal 2 Lynn Davis W40 - Debbie Brill 1 Linda Lowery W45 | CA 1.22 NV 1.12 I NV 0.97 IN 1.02 WA 1.02 AZ 1.02 PA 0.97 I WA 1.57 DC 1.17 CAN WR1.72 GA 1.22 | | |
| 1 Burl Gist 2 Lew Luchrs 3 Armando Ricciard M80 1 Milo Lightfoot 1 Leon Joslin 1 Virgil McIntyre 2 Claude Hills W35 1 Martha Mendenhal 2 Lynn Davis W40 - Debbie Brill 1 Linda Lowery W45 | CA 1.22 NV 1.12 I NV 0.97 IN 1.02 WA 1.02 AZ 1.02 PA 0.97 I WA 1.57 DC 1.17 CAN WR1.72 GA 1.22 | | |
| 1 Burl Gist 2 Lew Luchrs 3 Armando Ricciard M80 1 Milo Lightfoot 1 Leon Joslin 1 Virgil McIntyre 2 Claude Hills W35 1 Martha Mendenhal 2 Lynn Davis W40 - Debbie Brill 1 Linda Lowery W45 | CA 1.22 NV 1.12 I NV 0.97 IN 1.02 WA 1.02 AZ 1.02 PA 0.97 I WA 1.57 DC 1.17 CAN WR1.72 GA 1.22 | | |
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| 1 Burl Gist 2 Lew Luchrs 3 Armando Ricciard M80 1 Milo Lightfoot 1 Leon Joslin 1 Virgil McIntyre 2 Claude Hills W35 1 Martha Mendenhal 2 Lynn Davis W40 - Debbie Brill 0 1 Linda Lowery W45 1 Phil Raschker 2 Deanne Lickey - Liz McBlain 3 Barbara Strattor W50 1 Barbara Stewart | CA 1.22 NV 1.12 I NV 0.97 IN 1.02 WA 1.02 AZ 1.02 PA 0.97 I WA 1.57 DC 1.17 CAN WR1.72 GA 1.22 GA WR1.58 WA 1.42 CAN 1.37 CA 1.02 GA 1.02 | | |
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| <pre>1 Burl Gist 2 Lew Luehrs 3 Armando Ricciard M80 1 Milo Lightfoot 1 Leon Joslin 1 Virgil McIntyre 2 Claude Hills W35 1 Martha Mendenhal 2 Lynn Davis W40 - Debbie Brill 0 Linda Lowery W45 1 Phil Raschker 2 Deanne Lickey - Liz McBlain 3 Barbara Strattor W50 1 Barbara Stewart W55 1 Becky Sisley 2 Ginny Baker W60 1 Marjorie Moore 2 Fei-Mei Chow 3 Pat Peterson</pre> | CA 1.22 NV 1.12 I NV 0.97 IN 1.02 WA 1.02 AZ 1.02 PA 0.97 I WA 1.57 DC 1.17 CA 1.72 GA 1.22 GA WR1.58 WA 1.42 CAN 1.37 I CA 1.02 GA 1.02 OR 1.12 OR 1.07 CA 1.02 | | |
| 1 Burl Gist 2 Lew Luchrs 3 Armando Ricciard M80 1 Milo Lightfoot 1 Leon Joslin 1 Virgil McIntyre 2 Claude Hills W35 1 Martha Mendenhal 2 Lynn Davis W40 - Debbie Brill 0 Linda Lowery W45 1 Phil Raschker 2 Deanne Lickey - Liz McBlain 3 Barbara Strattor W50 1 Barbara Stewart W55 1 Becky Sisley 2 Ginny Baker W60 1 Marjorie Moore 2 Fei-Mei Chow 3 Pat Peterson Pole Vault W10 | CA 1.22 NV 1.12 I NV 0.97 IN 1.02 WA 1.02 PA 0.97 I WA 1.57 DC 1.17 CA 1.57 GA 1.22 GA WR1.58 WA 1.42 CAN 1.37 CA 1.02 GA 1.02 OR 1.12 OR 1.07 CA 1.02 CA 1.02 NY 0.97 | | |
| <pre>1 Burl Gist 2 Lew Luehrs 3 Armando Ricciard M80 1 Milo Lightfoot 1 Leon Joslin 1 Virgil McIntyre 2 Claude Hills W35 1 Martha Mendenhal 2 Lynn Davis W40 - Debbie Brill O Linda Lowery W45 1 Phil Raschker 2 Deanne Lickey - Liz McBlain 3 Barbara Strattor W50 1 Barbara Stewart W55 1 Becky Sisley 2 Ginny Baker W60 1 Marjorie Moore 2 Fei-Mei Chow 3 Fat Peterson Pole Vault W30 1 Paul Sinatra</pre> | CA 1.22 NV 1.12 I NV 0.97 IN 1.02 WA 1.02 PA 0.97 I WA 1.57 DC 1.17 CA 1.57 GA 1.22 GA WR1.58 WA 1.42 CAN 1.37 CA 1.02 GA 1.02 OR 1.12 OR 1.07 CA 1.02 CA 1.02 NY 0.97 | | |
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| -CO3 | and the second se | W45 1 Phi |
| 1 Dale Lance 2 Ed Oleata 3 John Diggs 4 Dee DeWitt 5 Gary Isham 6 John Steinman | CA 3.51 MT 3.05 | - Liz |
| 4 Dee DeWitt 5 Gary Isham | CA 2.90 AZ 2.59 | 2 Barl W50 |
| 6 John Steinman M60 | NV 2.14 | 1 Bar W55 |
| 1 Phil Mulkey | GA 3.36 | 1 Joan 2 Bec |
| 1 Phil Mulkey 2 Don Gray 3 Bob Kemp | IL 2.29 | 3 Jan 4 Gin |
| M65 1 Jerry Donley C | WR3.42 | 5 Sue |
| 1 Jerry Donley OC 2 Harvey Lewellen 3 Al Brenda 4 Don Grosh 5 Tom Harney | OR 2.90 CA 2.59 | W60 1 Fei |
| 4 Don Grosh 5 Tom Harney | OR 2.44 CA 2.29 | 2 Mar Triple |
| M70 1 John Cleveland 2 Tom DeVaughn M75 | OR 2.75 | M30 |
| 2 Tom DeVaughn M75 | AZ 2.29 | 1 Jef M35 |
| 1 Tim Vormon | Ch 2 20 | 1 Mik 2 Vin |
| 2 Armando Ricciardi 3 Lew Luehrs M80 | 1.53 | 3 Fra M40 |
| 1 Carol Johnston | CA 2.14 | 1 Sco 2 And |
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| W30 1 Pam Reynolds | | M45 |
| W45 1 Phil Raschker G | the state and | 1 Mil 2 Ang |
| W50 | 1 miles | 3 Ray 4 Ken |
| 1 Barbara Stewart G/ W55 | State of California | 5 Dan M50 |
| 1 Becky Sisley OF 2 Sue Tunnicliff | OK 1.87 | 1 Don |
| W65 1 Shirley Kinsey | and the second second | 2 Jim 3 Ken |
| Long Jump | | 4 Kir 5 Bil |
| 1 Gerald Edwards 2 Mike Ryan 3 Derek Brown 4 Alan Sims | WA 6.84 | 6 Joh 7 Den |
| 3 Derek Brown | CA 6.35 | 8 Joh |
| 4 Alan Sims 5 Reggie Snowden | TX 6.00 CA 5.66 | M55 1 Alv |
| 4 Alan Sims 5 Reggie Snowden 6 Steve Daniel M35 | CA 4.92 | 2 Mel 3 Dee |
| 1 Desman Miles | NC 6.40 | 4 Rog 5 Joh |
| 2 Vince Martin 3 Andrew Miller | WA 6.32 AZ 5.68 | M60 1 Dav |
| M40 1 Rick Thomas | TX 6.70 | 2 Phi |
| z Larry volumer | 17 0.19 | 4 Jac |
| 4 Scott Thornsley 5 Fred Murrell | NV 5.70 PA 5.53 MO 5.51 | M65 1 Jim |
| 6 Neal Combs 7 Steve Gardiner | KS 5.47 WY 5.23 | 2 Al 3 Ray 4 Bil |
| 8 Andy Hecker M45 | CA 5.21 | 4 Bil M70 |
| 1 Angel Cachinero | NV 5.96 | 1 Ray 2 Cha |
| 2 Del Eckels 3 Roger Parnell | CA 5.70 CA 5.65 | 3 Max |
| 4 Dana Harrell 5 Jim Manor | MA 5.45 CA 5.44 | M75 1 Cha |
| 6 Bert Serrano 7 Rex Harvey | | 2 Arm M80 |
| M50 1 Ken Medley | Ren day | 1 Cla W30 |
| 2 Kirt Vener | NM 5.74 MD 5.59 | 1 Joy W35 no |
| 3 Jim Hollister 4 Jim Swayze | CA 5.49 AZ 5.08 | W40 |
| 5 Don Dvorak 6 Avital Schurr | CA 5.01 KY 4.87 | 1 Lin W45 |
| | NJ 4.82 CA 4.72 | 1 Phi - Liz |
| M55 | いのでは代 | 2 Bar W50 |
| 2 Alvin Henry | MS 5.48 CA 5.25 ID 4.81 | 1 Bar |
| 3 Dean Dopp 4 Dee DeWitt | ID 4.81 CA 4.70 | W55 1 Bec |
| 5 Steve Richmond 6 Head | CA 4.58 TX 4.53 | 2 Joa 3 Gin |
| M60 1 Dick Richards | CA 5.07 | Shot P |
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| 4 Jim Peterson | MN 4.4/ | 2 Joh M35 |
| 5 Ray Graves 6 Jack Lance | AZ 4.45 NJ 4.02 | 1 Eri 2 Sco |
| | al family of the | 3 Sta |
| 1 Jim Stookey | MD 4.95 | 4 Cha |
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| Real Your Carlos and Law | | - |
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| Martha Mendenhall Denise McField | WA 4.74 MD 3.92 | M55 |
| Linda Lowery Irene Thompson Jacqueline Board | GA 4.79 NY 4.73 MO 4.22 | 3 4 M60 1 |
| Phil Raschker Liz McBlain | GA 5.15 CAN 3.86 | 2 3 4 |
| Barbara Stratton Barbara Stewart | CA 3.56 GA 3.24 | 5 6 7 |
| Joann Grissom | TN 3.62 | 8 M65 |
| Becky Sisley Jane Dods | OR 3.45 OR 3.39 OR 3.18 | 1 2 3 |
| Ginny Baker Sue Tunnicliff | OK 3.18 OK 2.99 | 4 5 |
| Fei-Mei Chow Marjorie Moore | CA 2.87 CA 2.84 | 6 7 8 |
| <u>ple Jump</u> Jeff Helton | KY 13.14 | M70 |
| Mike Lariza | OR 13.57 | 234 |
| | WA 13.19 PA 11.14 | 5 |
| Scott Thornsley Andy Hecker Jeff Gallero | CA 10.89 | M79 |
| Jeff Gallero Richard Watson | CA 9.60 AZ 9.13 | 234 |
| Milan Tiff C Angel Cachinero | A WR14.82 | M80 |
| Ray Shaw Ken Troy | CA 11.43 WA 10.96 | 2 3 W3 |
| Dana Harrell | MA 9.95 | 1 W40 |
| Don Dvorak Jim Hollister | CA 11.19 CA 11.14 | 1 W45 |
| Ken Medley Kirt Vener Bill Wood | MD 10.81 | ĩ |
| John Bateman Dennis Stempel | CA 10.21 NJ 10.19 | 23 |
| Johnny Edwards | CA 9.78 WA 8.81 | W5 1 |
| Alvin Henry Mel Ramey | CA 10.87 CA 10.65 | W5 1 2 |
| Dee DeWitt Roger Dean | CA 9.13 CA 8.39 | W6 |
| John Head | TX 8.32 | 23 |
| Dave Jackson Phil Mulkey Jim Peterson | CA 10.93 GA 10.25 MN 8.97 NJ 8.45 | W6 |
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| Jim Stookey Al Brenda Ray Propst | MD 10.31 CA 8.96 OR 8.64 | W7 |
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| Charles Mercurio Armando Ricciard | 3单位16月至2月 | 5 M40 |
| Clarence Trahan) | Part Sector | 1 2 3 |
| Joy UpshawMarger | rumHI 9.81 | 4 5 |
| Linda Lowery | GA 9.26 | M45 |
| Phil Raschker Liz McBlain | GA 9.54 | 2 M50 |
| Barbara Stratton | CA 7.41 | 1 2 M55 |
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| Becky Sisley Joann Grissom | OR 7.90 IN 7.60 | 3 |
| Ginny Baker | OR 6.18 | M60 1 |
| Dennis DeSoto John Garvey | 16.81 CA 12.29 | 234 |
| Eric Hodgdon | CA 14.08 | 5 |
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| Andrew Miller Jeff Crothers | CA 11.21 AZ 10.58 AZ 10.21 | tec |
| Roger Kamla | LA 14.54 | Don Bob M65 |
| Jan DeSoto Richard Gorbet | NV 14.21 | 1 2 |
| Bob Gunn Pat Burns | NC 13.56 WI 11.92 CA 10.89 | 34 |
| John Townsend Richard Watson Gary Kelmenson | CA 10.89 AZ 10.73 CA 10.56 | M70 |
| Fred Stowell Gary Bills | MT 13.09 | 23 |
| Rex Harvey | ID 12.18 OH 11.62 | M75 |
| Bob Sager Henry Bussey Tim Edwards | MT 11.27 TX 11.23 | 23 |
|) Tom Com | CO 9.53 | M80 1 2 |
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| Joe Keshmiri M Russ Hodge Dick Hotchkiss Glen Johnson | WR15.74 WA 15.34 CA 14.63 TN 13.23 | Strated Value |
| 50 1 Phil Mulkey 2 Leonard Olson 3 Tom Wesselowski 4 Walt Badorek 5 Stewart Thomson 6 Bob Kemp 7 Ted Wassam 8 Dick Richardson 65 | GA 14.22 FL 13.59 KS 12.85 OR 12.76 CA 12.14 IL 11.78 CA 10.74 | The second second |
| 8 Dick Richardson 65 1 Harry Hawke 2 Phil Brusca 3 Jim Gillcrist 4 Vince Sempronio 5 Harvey Lewellen 6 Grant Twitchell 7 Ed Holmes 8 Ray Propst 70 | IL 10.58 CA 12.51 MO 12.09 FL 11.42 OR 11.02 OR 10.49 | ALMAN TO ALMAN |
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| 1 Peter Farmer 2 Gary Kelmenson 3 Forest Brouillar 4 Patrick Burns 5 Richard Watson 45 | MI 11.29 AZ 7.24 | And the state of the party of the |
| 1 Bob Sager 2 Tim Edwards 50 1 Tom Gage 2 George Mathews | ME 16.85 | Contraction of the second second |
| 55 1 Dick Hotchkiss C 2 R Terhune-Young 3 Russ Hodge 4 Steve Biddinger 60 | CA 11.03 WA 10.46 NV 7.26 | Variationships |
| 1 Stewart Thomson 2 Leonard Olson 3 Vernon Spenser 4 Fred Shanaman 5 Jerry Wojcik 6 Gary Dawson | CA 16.08 FL 15.04 CO 13.42 WA 12.82 OR 8.28 CA 7.06 | Concernent of the second |
| se the disallowed echnique: om Wesselowski on Hughes ob Kemp | one-arm | In the state of the state of the |
| 65 1 Ken Weinbel 2 Phil Brusca 3 Harry Hawke 4 Vince Sempronio 70 | WA 12.35 MD 10.92 CA 10.74 OR 8.99 | NAMES OF ALL |
| 1 Bill Bangert - Walter Jenkins 2 Charles Covino 3 Jacob Stein 75 1 Manuel White | T AP11 37 | A North Contraction |
| 2 Armando Ricciard 3 Lew Luehrs 80 1 James York 2 Leon Joslin | NV 9.58 NV 6.35 | 12 1 1 1 1 1 1 1 1 |
| 35 1 Deborah Ecklund 40 1 Joan Stratton | and the second | |

W45 1 Pauline Thomas WA 9.29 -Liz McBlain CAN 8.84 M70 1 Richard BennetWA 21:41.97 2 John LevinsohnCA 23:04.21 M75 M75 1 Joe Perrin NV 20:55.81 2 Paul Geyer MI 21:09.47 3 Troy Grove CA 21:50.85 4 H Appenzeller CA 24:43.96 Vanessa HilliardFLAR14.08 2 Suzy Hess OR 5.95 3 Barbara Stewart GA 5.26 1 Joann Grissom IN AR10.25 W30 1 J Granucci CA 16:44.38 1 Judy Fetherston NM 7.85 2 Mary Hirst CA 6.61 W35 W35 1 VictoriaHerazoNV*13:25.68 2 Therese IknoianCA15:39.75 3 Deb Stegman CA 16:30.99 4 Becky Comeaux LA 16:33.19 5 Terri BrothersCA 17:40.87 1 Sally Polk NM 7.90 -Estelle Jenkins CAN 4.79 1 Ivy Browne NV AR4.19 6 Virginia Fong CA 18:01.96 W40 Superweight Throw** (M30-69 56#; M70+ 35# 1 K Stoyanowski CA 16:31.13 2 Laurel WilliamAR 18:23.87 W30-49 35#; W50+ 25#) W45 1 Kathy Frable TX 18:50.60 2 Nancy Goldman IL 19:17.08 M35 1 Ken Jansson KS 10.90 2 Dave Vandergriff SC 9.00 3 Charles Black CA 8.07 4 Eric Hodgdon CA 8.04 5 Jeff Crothers -- 4.90 M40 1 Valerie Stowe MI 18:34.49 2 Lani LeBlanc CA 19:38.93 3 Jan Dondon CA 21:21.09 M40 1 Peter Farmer NC 9.31 2 Bob Gunn NC 7.42 3 Gary Kelmenson CA 6.99 4 Patrick Burns WI 6.94 5 Fores Brouillard OR 4.51 6 Richard Watson AZ 3.34 M45 W55 1 Bev LaVeck WA 18:12.00 2 Nancy ZielenskCA 20:08.55 W60 1 S Dockstader CA 19:09.83 W65 1 Joan Rowland NY 22:26.33 2 CharleteWalkerCA 23:37.30 M451 Bob SagerMT 6.362 Tim EdwardsCO 5.52 W70 1 ImogeneWatkinsCOAR22:32.08 2 Jean Cotner CA 26:18.11 1 Tom Gage MT 10.93 2 George Mathews WA 8.37 W85 M55 1 Dick Hotchkiss CA 9.14 2 Diss Hodge WA 7.29 Dorothy Robarts CA*28:47.11 *world best 2 Russ Hodge WA 7.29 3 Rasal TerhunYoungCA 6.29 EAST NV 5.09 WA 3.64 4 Steve Biddinger 4 Steve Biddinger NV 5.09 5 Brad Wilson WA 3.64 M60 1 Leonard Olson. FL 6.11 2 Fred Shanaman WA 6.01 3 Vernon Spenser CD 5.92 4 Jerry Wojcik OR 2.99 5 Gary Dawson CA 2.53 (M60 Don Hughes, CA, threw 5.24 with the disallowed one-arm technique) S 5 N one-arm technique) N

W55

W65

W80

M35

M40

M45

M50

M65

W35

W45

W60

W80

1 Ken Weinbel

M80 1 Leon Joslin 2 James York

1 Ken metason M70 1 Charles Covina NJ 6.68 - Walter Jenkins CAN 6.62 2 Jacob Stein KY 6.52

1 Manual White MI 7.86 2 Armando RicciardiNV 6.08

1 Deborah Ecklund NY 4.04 W40 1 Joan Stratton CA 6.78

1 Pauline Thomas WA 5.25

W50 1 Vanessa HilliardFL 10.29 2 Suzy Hess OR 4.60 3 Barbara Stewart GA 4.56

1 Judy Fetherston NM 5.67

1 Ivy Browne NV 3.24 **All winning superweight marks are indoor world bests

1 Herman Nelson WA 12:28.88

 1 Andy Hecker
 CA 16:46.72

 2 Steve GardinerWY 17:31.20

 3 Art Klein
 CA 17:46.86

 4 Rick Meyers
 IN 19:52.00

M45 1 Bill Penner CA 15:13.29 2 Norman Frable TX 15:35.18 3 Ross Barranco MI 18:10.77 4 Andy Smith NC 18:23.88 M50

 M50

 1 Jim Carmines
 PA 15:12.95

 2 Ed Kousky
 OR 15:13.88

 3 W Crandall
 NM 15:52.36

 4 Don Mowles
 IL 15:52.42

 5 Bob Brewer
 OR 17:05.50

M55 1 John ElwarnerMIAR15:24.04 2 Paul Johnson AR 16:03.90 3 John Schulz CA 16:23.17 4 Stuart Sonne CD 17:56.04 5 Ed Lane CA 19:33.01 6 Buzz Schulte CA 21:38.12 M60

1 Jack Bray CA 15:46.43 2 Dick Petruzzi CA 16:46.84 3 Claude WrathalWA 17:28.12 4 Don Balmes AZ 20:18.19

 1 V Genzlinger
 MI 17:38.08

 2 Ed Gawinski
 DE 17:46.67

 3 Jack Ozment
 AZ 18:29.15

W65 1 Sally Polk

3000m Racewalk M30

M35 none M40

M45

M50

M55

M60

M65

AN TROPPORT

WA 5.67

WA 4.89 CA 4.79

NM 5.32

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| | ey Field House; Jan | n. 22 |
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| 135 D | ave Keysor ob Micho | 7.7 |
| 145 B | OD MICHO | 7.4 |
| 100 A | om Fondy | 7.7 |
| 465 H | ney Branch oward MacMillan | 8.4 |
| 00m | oward iviacivinian | 0.4 |
| | evin Hanlon | 41.2 |
| | orace Hudson | 40.7 |
| 145 B | ob Micho | 41.4 |
| 155 To | ob Micho on Fondy | 43.4 |
| 160 Fr | ed Schlereth | 43.0 |
| | oward MacMillan | 51.2 |
| | aren Pyle | 52.7 |
| 000m | ark Powell | 2:37.6 |
| | ary Burak | 3:10.0 |
| A40 10 | e Contario | 2:47.3 |
| | ale Ladd | 3:01.9 |
| | ohn Hurley | 3:30.1 |
| | ate White | 4:25.4 |
| | arah Falso | 3:14.4 |
| 000m | | 1 |
| | red Harris | 8:46 |
| | on Hulslander | 9:30 |
| | rank St. Dennis | 10:09 |
| | oug Burdick | 9:36 |
| | evin Morrisroe | 10:34 |
| 445 Ji | im Boyle | 10:26 |
| 155 J | ohn Hurley | 12:37 |
| W30 N | loreen Verdoliva | 11:29 |
| | lurdles | |
| | aul Foster | 9.4 |
| Pole V | | all and |
| | eter McGinnis | 13-6 |
| Triple | | |
| | Ed Lukens | 9.21 |
| Shot P | im Larmondra | 10.11 |
| | larry Schwarze | 12.46 |
| | t Throw | 12.40 |
| | Pat Lynn | 12.38 |
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| MA | C NYRRC Invitatio | onal |
| Ne | w York, NY; Jan. | 27 |
| 55m 130 | Manual Chinakilla | 707 |
| 130 | Manuel Chinchilla Billy Eric Vaughan | 7.07 |
| | William Vaughn, Jr | 7.15 |
| M35 | Fred Feaster | and the second |
| 140 | Edward Gonera | 7.06 |
| | D Brown | 7.42 |
| | Louis Miller | 8.87 |
| M45 | William Overby | 6.70 |
| | Ken Kienzle | 7.71 |
| M70 | Lester Wright, Sr | 8.88 |
| W30 | Denise Jones | 8.14 |
| 200m | | a Bary a |
| M30 | Wyndell Dickinson | 23.06 |
| | Willy Wood | 23.68 |
| | John Burks | 23.89 |
| M35 | Wyndell Dickinson | 23.06 |
| 440 | Ken Baversfeld | 25.83 |
| | Alex Constantinov | 26.62 |
| | Louis Miller | 24 40 |
| | Continued on ne | xt page |
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| | Cliff Pauling | 27.92 |
| M70 | Lester Wright, Sr | 32.65 |
| | Roscoe Brown | 34.78 |
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| M30 | John Burks | 54.77 |
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| M50 M55 | IvanBlack Ken Kienzle J Bateman | |
| M55 M70 | IvanBlack Ken Kienzle J Bateman Ed Kent Hillar Saareste | 9.41 10.17 8.89 6.58 |
| M55 M70 W35 | IvanBlack Ken Kienzle J Bateman Ed Kent Hillar Saareste Sarah Boslaugh | 9.41 10.17 8.89 |
| M55 M70 W35 Shot | IvanBlack Ken Kienzle J Bateman Ed Kent Hillar Saareste Sarah Boslaugh Put | 9.41 10.17 8.89 6.58 8.36 |
| M55 M70 W35 Shot M35 | IvanBlack Ken Kienzle J Bateman Ed Kent Hillar Saareste Sarah Boslaugh Put Rob Doran | 9.41 10.17 8.89 6.58 8.36 9.67 |
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| M55 M70 W35 Shot M35 M45 M50 | IvanBlack Ken Kienzle J Bateman Ed Kent Hillar Saareste Sarah Boslaugh Put Rob Doran Rich Dunphy Jai Singh Thomas Brooks | 9.41 10.17 8.89 6.58 8.36 9.67 11.54 9.57 |
| M55 M70 W35 Shot M35 M45 M50 M65 W35 W50 | IvanBlack Ken Kienzle J Bateman Ed Kent Hillar Saareste Sarah Boslaugh Put Rob Doran Rich Dunphy Jai Singh Thomas Brooks Sarah Boslaugh Roslyn Katz | 9.41 10.17 8.89 6.58 8.36 9.67 11.54 9.57 9.29 |
| M55 M70 W35 Shot M35 M45 M50 M65 W35 W50 Weig | IvanBlack Ken Kienzle J Bateman Ed Kent Hillar Saareste Sarah Boslaugh Put Rob Doran Rich Dunphy Jai Singh Thomas Brooks Sarah Boslaugh Roslyn Katz | 9.41 10.17 8.89 6.58 8.36 9.67 11.54 9.57 9.29 10.39 7.64 |
| M55 M70 W35 Shot M35 M45 M50 M65 W35 W50 Weig M45 | IvanBlack Ken Kienzle J Bateman Ed Kent Hillar Saareste Sarah Boslaugh Put Rob Doran Rich Dunphy Jai Singh Thomas Brooks Sarah Boslaugh Roslyn Katz th Throw John Casamassima | 9.41 10.17 8.89 6.58 8.36 9.67 11.54 9.57 9.29 10.39 7.64 12.23 |
| M55 M70 W35 Shot M35 M45 M50 M65 W35 W50 Weig M45 M50 | IvanBlack Ken Kienzle J Bateman Ed Kent Hillar Saareste Sarah Boslaugh Put Rob Doran Rich Dunphy Jai Singh Thomas Brooks Sarah Boslaugh Roslyn Katz th Throw John Casamassima Jai Singh | 9.41 10.17 8.89 6.58 8.36 9.67 11.54 9.57 9.29 10.39 7.64 12.23 7.72 |
| M55 M70 W35 Shot M35 M45 M50 M65 W35 W50 Weig M45 M50 W35 | IvanBlack Ken Kienzle J Bateman Ed Kent Hillar Saareste Sarah Boslaugh Put Rob Doran Rich Dunphy Jai Singh Thomas Brooks Sarah Boslaugh Roslyn Katz tht Throw John Casamassima Jai Singh Sarah Boslaugh | 9.41 10.17 8.89 6.58 8.36 9.67 11.54 9.57 9.29 10.39 7.64 12.23 7.72 11.91 |
| M55 M70 W35 Shot M35 M45 M50 M65 W35 W50 Weig M45 M50 W35 W50 | IvanBlack Ken Kienzle J Bateman Ed Kent Hillar Saareste Sarah Boslaugh Put Rob Doran Rich Dunphy Jai Singh Thomas Brooks Sarah Boslaugh Roslyn Katz tht Throw John Casamassima Jai Singh Sarah Boslaugh | 9.41 10.17 8.89 6.58 8.36 9.67 11.54 9.57 9.29 10.39 7.64 12.23 7.72 |
| M55 M70 W35 Shot M35 M45 M50 M65 W35 W50 Weig M45 M50 W35 W50 | IvanBlack Ken Kienzle J Bateman Ed Kent Hillar Saareste Sarah Boslaugh Put Rob Doran Rich Dunphy Jai Singh Thomas Brooks Sarah Boslaugh Roslyn Katz th Throw John Casamassima Jai Singh Sarah Boslaugh Roslyn Katz m RW Robert Gottlieb | 9.41 10.17 8.89 6.58 8.36 9.67 11.54 9.57 9.29 10.39 7.64 12.23 7.72 11.91 9.13 6.40.84 |
| M55 M70 W35 Shot M35 M50 M65 W35 W50 Weig M45 M50 W50 W50 S00 M30 | IvanBlack Ken Kienzle J Bateman Ed Kent Hillar Saareste Sarah Boslaugh Put Rob Doran Rich Dunphy Jai Singh Thomas Brooks Sarah Boslaugh Roslyn Katz th Throw John Casamassima Jai Singh Sarah Boslaugh Roslyn Katz m RW Robert Gottlieb Alan Sangeap | 9.41 10.17 8.89 6.58 8.36 9.67 11.54 9.57 9.29 10.39 7.64 12.23 7.72 11.91 9.13 6:40.84 6.46.71 |
| M55 M70 W35 Shot M35 M45 M50 M65 W35 W35 W50 Weig M45 M50 W35 M50 W35 M50 | IvanBlack Ken Kienzle J Bateman Ed Kent Hillar Saareste Sarah Boslaugh Put Rob Doran Rich Dunphy Jai Singh Thomas Brooks Sarah Boslaugh Roslyn Katz th Throw John Casamassima Jai Singh Sarah Boslaugh Roslyn Katz m RW Robert Gottlieb Alan Sangeap Bob Barrett | 9.41 10.17 8.89 6.58 8.36 9.67 11.54 9.57 9.29 10.39 7.64 12.23 7.72 11.91 9.13 6.40.84 6.46.71 7.21.33 |
| M55 M70 W35 Shot M35 M50 M65 W35 W50 Weig M45 M50 W50 W50 S00 M30 | IvanBlack Ken Kienzle J Bateman Ed Kent Hillar Saareste Sarah Boslaugh Put Rob Doran Rich Dunphy Jai Singh Thomas Brooks Sarah Boslaugh Roslyn Katz th Throw John Casamassima Jai Singh Sarah Boslaugh Roslyn Katz m RW Robert Gottlieb Alan Sangeap Bob Barrett Leo Rivera | 9.41 10.17 8.89 6.58 8.36 9.67 11.54 9.57 9.29 10.39 7.64 12.23 7.72 11.91 9.13 6.40.84 6.46.71 7.21.33 8.34.78 |
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| M55 M70 W35 Shot M35 M35 M50 M65 W50 Weig M50 W50 W50 U35 W50 1500 M30 M60 | IvanBlack Ken Kienzle J Bateman Ed Kent Hillar Saareste Sarah Boslaugh Put Rob Doran Rich Dunphy Jai Singh Thomas Brooks Sarah Boslaugh Roslyn Katz th Throw John Casamassima Jai Singh Sarah Boslaugh Roslyn Katz m RW Robert Gottlieb Alan Sangeap Bob Barrett Leo Rivera Cervin Robinson Kathryn Davis | 9.41 10.17 8.89 6.58 8.36 9.67 11.54 9.57 9.29 10.39 7.64 12.23 7.72 11.91 9.13 6.40.84 6.46.71 7.21.33 8.34.78 |
| M55 M70 W35 Shot M35 M45 M50 M65 W50 Weig M45 M50 W35 W50 1500 M30 M60 W35 W70 | IvanBlack Ken Kienzle J Bateman Ed Kent Hillar Saareste Sarah Boslaugh Put Rob Doran Rich Dunphy Jai Singh Thomas Brooks Sarah Boslaugh Roslyn Katz ht Throw John Casamassima Jai Singh Sarah Boslaugh Roslyn Katz m RW Robert Gottlieb Alan Sangeap Bob Barrett Leo Rivera Cervin Robinson Kathryn Davis Q Thompson | 9.41 10.17 8.89 6.58 8.36 9.67 11.54 9.57 9.29 10.39 7.64 12.23 7.72 11.91 9.13 6.40.84 6.46.71 7.21.33 8.34.78 9.17.35 10.33.77 12.46.80 |
| M55 M70 W35 Shot M35 M35 M50 M65 W50 Weig M45 M50 W35 W50 1500 M30 M60 W35 W70 MA | IvanBlack Ken Kienzle J Bateman Ed Kent Hillar Saareste Sarah Boslaugh Put Rob Doran Rich Dunphy Jai Singh Thomas Brooks Sarah Boslaugh Roslyn Katz th Throw John Casamassima Jai Singh Sarah Boslaugh Roslyn Katz m RW Robert Gottlieb Alan Sangeap Bob Barrett Leo Rivera Cervin Robinson Kathryn Davis Q Thompson | 9.41 10.17 8.89 6.58 8.36 9.67 11.54 9.57 9.29 10.39 7.64 12.23 7.72 11.91 9.13 6:40.84 6:46.71 7.21.33 8:34.78 9:17.35 10:33.77 12.46.80 Open " |
| M55 M70 W35 Shot M35 M50 M65 W35 W50 Weig M45 M50 W35 W50 1500 M30 M60 W35 W70 MAA Fa | IvanBlack Ken Kienzle J Bateman Ed Kent Hillar Saareste Sarah Boslaugh Put Rob Doran Rich Dunphy Jai Singh Thomas Brooks Sarah Boslaugh Roslyn Katz ht Throw John Casamassima Jai Singh Sarah Boslaugh Roslyn Katz m RW Robert Gottlieb Alan Sangeap Bob Barrett Leo Rivera Cervin Robinson Kathryn Davis Q Thompson | 9.41 10.17 8.89 6.58 8.36 9.67 11.54 9.57 9.29 10.39 7.64 12.23 7.72 11.91 9.13 6:40.84 6:46.71 7.21.33 8:34.78 9:17.35 10:33.77 12.46.80 Open " |
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| M55 M70 W35 Shot M35 M50 M65 W50 W65 W50 W65 W50 M45 M50 W35 W50 M45 M30 M60 W35 W70 MA Fa | IvanBlack Ken Kienzle J Bateman Ed Kent Hillar Saareste Sarah Boslaugh Put Rob Doran Rich Dunphy Jai Singh Thomas Brooks Sarah Boslaugh Roslyn Katz th Throw John Casamassima Jai Singh Sarah Boslaugh Roslyn Katz m RW Robert Gottlieb Alan Sangeap Bob Barrett Leo Rivera Cervin Robinson Kathyn Davis Q Thompson C "Chemical Bank (irleigh Dickinson U Jan. 29 | 9.41 10.17 8.89 6.58 8.36 9.67 11.54 9.57 9.29 10.39 7.64 12.23 7.72 11.91 9.13 6.40.84 6.46.71 7.21.33 8.34.78 9.17.35 10.33.77 12.46.80 Open" L, NJ |
| M55 M70 W35 Shot M35 M50 M65 W50 W65 W50 W65 W50 M45 M50 W35 W50 1500 M30 M60 W35 W70 MAA Fa M35 | IvanBlack Ken Kienzle J Bateman Ed Kent Hillar Saareste Sarah Boslaugh Put Rob Doran Rich Dunphy Jai Singh Thomas Brooks Sarah Boslaugh Roslyn Katz th Throw John Casamassima Jai Singh Sarah Boslaugh Roslyn Katz m RW Robert Gottlieb Alan Sangeap Bob Barrett Leo Rivera Cervin Robinson Kathryn Davis Q Thompson C "Chemical Bank u irleigh Dickinson U | 9.41 10.17 8.89 6.58 8.36 9.67 11.54 9.57 9.29 10.39 7.64 12.23 7.72 11.91 9.13 6.40.84 6.46.71 7.21.33 8.34.78 9.17.35 10.33.77 12.46.80 Open" L, NJ |
| M55 M70 W35 Shot M35 M45 W50 M65 W50 W50 W50 M35 W50 M30 M30 M60 W35 W70 M40 Fa S5m M30 M35 M40 Fa | IvanBlack Ken Kienzle J Bateman Ed Kent Hillar Saareste Sarah Boslaugh Put Rob Doran Rich Dunphy Jai Singh Thomas Brooks Sarah Boslaugh Roslyn Katz ht Throw John Casamassima Jai Singh Sarah Boslaugh Roslyn Katz m RW Robert Gottlieb Alan Sangeap Bob Barrett Leo Rivera Cervin Robinson Kathryn Davis Q Thompson C "Chemical Bank hirleigh Dickinson U Jan. 29 Manuel Chinchilla Joseph Rossi Steve Schlanger Tom Hartnan | 9.41 10.17 8.89 6.58 8.36 9.67 11.54 9.57 9.29 10.39 7.64 12.23 7.72 11.91 9.13 6.40.84 6.46.71 7.21.33 8.34.78 9.17.35 10.33.77 12.46.80 Open" L, NJ |
| M55 M70 W35 Shot M35 M50 M50 M50 W50 W50 W50 M50 M50 M50 M50 M50 M50 M50 M50 M50 M | IvanBlack Ken Kienzle J Bateman Ed Kent Hillar Saareste Sarah Boslaugh Put Rob Doran Rich Dunphy Jai Singh Thomas Brooks Sarah Boslaugh Roslyn Katz th Throw John Casamassima Jai Singh Sarah Boslaugh Roslyn Katz m RW Robert Gottlieb Alan Sangeap Bob Barrett Leo Rivera Cervin Robinson Kathryn Davis Q Thompson C "Chemical Bank birleigh Dickinson U Jan. 29 Manuel Chinchilla Joseph Rossi Steve Schlanger Tom Hartman Rab Hagin | 9,41 10,17 8,89 6,58 8,36 9,67 11,54 9,57 9,29 10,39 7,64 12,23 7,72 11,91 9,13 6,40,84 6,46,71 7,21,33 8,34,78 9,17,35 10,33,77 12,46,80 0,77 7,7 7,3 7,8 8,00 |
| M55 M70 W35 Shot M35 M45 W35 W50 W65 W50 W35 W50 M35 W50 M30 M30 M60 W35 W70 MAA Fa <u>55m</u> M30 M50 M50 M50 M50 M55 M60 | IvanBlack Ken Kienzle J Bateman Ed Kent Hillar Saareste Sarah Boslaugh Put Rob Doran Rich Dunphy Jai Singh Thomas Brooks Sarah Boslaugh Roslyn Katz ht Throw John Casamassima Jai Singh Sarah Boslaugh Roslyn Katz m RW Robert Gottlieb Alan Sangeap Bob Barrett Leo Rivera Cervin Robinson Kathryn Davis Q Thompson C "Chemical Bank hirleigh Dickinson U Jan. 29 Manuel Chinchilla Joseph Rossi Steve Schlanger Tom Hartman Rab Hagin Vince Ruffin Giorgio Chiavelli | 9,41 10,17 8,89 6,58 8,36 9,67 11,54 9,57 9,29 10,39 7,64 12,23 7,72 11,91 9,13 6,40,84 6,46,71 7,21,33 8,34,78 9,17,35 10,33,77 12,46,80 Open " L, NJ |
| M55 M70 W35 Shot M35 M50 M50 M50 W50 W50 W50 M50 M50 M50 M50 M50 M50 M50 M50 M50 M | IvanBlack Ken Kienzle J Bateman Ed Kent Hillar Saareste Sarah Boslaugh Put Rob Doran Rich Dunphy Jai Singh Thomas Brooks Sarah Boslaugh Roslyn Katz th Throw John Casamassima Jai Singh Sarah Boslaugh Roslyn Katz m RW Robert Gottlieb Alan Sangeap Bob Barrett Leo Rivera Cervin Robinson Kathryn Davis Q Thompson C "Chemical Bank birleigh Dickinson U Jan. 29 Manuel Chinchilla Joseph Rossi Steve Schlanger Tom Hartman Rab Hagin Vince Ruffin Giorgio Chiavelli Ruvina Kelly | 9.41 10.17 8.89 6.58 8.36 9.67 11.54 9.57 9.29 10.39 7.64 12.23 7.72 11.91 9.13 6:40.84 6:46.71 7.21.33 8:34.78 9:17.37 12.46.80 Open" L, NJ 6.9 7.7 7.3 7.8 8.0 9.3 |
| M55 M70 W35 Shot M35 M50 M65 W50 Weig M45 W50 W50 1500 M30 M60 W35 W70 M60 W35 W70 M60 W35 W70 M60 W35 W70 M60 W35 W70 M60 W35 W70 M60 W35 M60 W35 M50 M60 W35 M60 W35 M60 M55 M60 W35 M60 M55 M60 M55 M60 M55 M60 M55 M60 M55 M60 M55 M60 M65 M60 M65 M60 M65 M60 M65 M60 M65 M60 M65 M60 M65 M65 M65 M65 M65 M65 M65 M65 M65 M65 | IvanBlack Ken Kienzle J Bateman Ed Kent Hillar Saareste Sarah Boslaugh Put Rob Doran Rich Dunphy Jai Singh Thomas Brooks Sarah Boslaugh Roslyn Katz th Throw John Casamassima Jai Singh Sarah Boslaugh Roslyn Katz m RW Robert Gottlieb Alan Sangeap Bob Barrett Leo Rivera Cervin Robinson Kathyn Davis Q Thompson C "Chemical Bank u irleigh Dickinson U Jan. 29 Manuel Chinchilla Joseph Rossi Steve Schlanger Tom Hartman Rab Hagin Vince Ruffin Giorgio Chiavelli Ruvina Kelly | 9,41 10,17 8,89 6,58 8,36 9,67 11,54 9,57 9,29 10,39 7,64 12,23 7,72 11,91 9,13 6:40,84 6:46,71 7,21,33 8:34,78 9:17,35 10,33,77 12,46,80 Open" J., NJ 6,9 7,7 7,3 7,8 8,0 8,3 8,2 8,1 |
| M55 M70 W35 Shot M35 M35 M50 M65 W50 W65 W50 W50 W35 W50 U35 W50 M30 M30 M30 M30 M30 M35 M60 W35 W70 M30 M30 M35 M60 W35 W70 M30 M30 M30 M30 M30 M30 M30 M30 M30 M3 | IvanBlack Ken Kienzle J Bateman Ed Kent Hillar Saareste Sarah Boslaugh Put Rob Doran Rich Dunphy Jai Singh Thomas Brooks Sarah Boslaugh Roslyn Katz th Throw John Casamassima Jai Singh Sarah Boslaugh Roslyn Katz m RW Robert Gottlieb Alan Sangeap Bob Barrett Leo Rivera Cervin Robinson Kathryn Davis Q Thompson C "Chemical Bank birleigh Dickinson U Jan. 29 Manuel Chinchilla Joseph Rossi Steve Schlanger Tom Hartman Rab Hagin Vince Ruffin Giorgio Chiavelli Ruvina Kelly | 9.41 10.17 8.89 6.58 8.36 9.67 11.54 9.57 9.29 10.39 7.64 12.23 7.72 11.91 9.13 6.40.84 6.46.71 7.21.33 8.34.78 9.17.35 10.33.77 12.46.80 Open" L, NJ 6.9 7.7 7.3 7.8 8.0 8.3 8.2 8.1 40.2 56.8 |
| M55 M70 W35 Shot M35 M35 M50 M65 W50 W65 W50 W50 W35 W50 U35 W50 M30 M30 M30 M30 M30 M35 M60 W35 W70 M30 M30 M35 M60 W35 W70 M30 M30 M30 M30 M30 M30 M30 M30 M30 M3 | IvanBlack Ken Kienzle J Bateman Ed Kent Hillar Saareste Sarah Boslaugh Put Rob Doran Rich Dunphy Jai Singh Thomas Brooks Sarah Boslaugh Roslyn Katz th Throw John Casamassima Jai Singh Sarah Boslaugh Roslyn Katz th Throw John Casamassima Jai Singh Sarah Boslaugh Roslyn Katz m RW Robert Gottlieb Alan Sangeap Bob Barrett Leo Rivera Cervin Robinson Kathryn Davis Q Thompson C "Chemical Bank of irfleigh Dickinson U Jan. 29 Manuel Chinchilla Joseph Rossi Steve Schlanger Tom Hartman Rab Hagin Vince Ruffin Giorgio Chiavelli Ruvina Kelly | 9,41 10,17 8,89 6,58 8,36 9,67 11,54 9,57 9,29 10,39 7,64 12,23 7,72 11,91 9,13 6,40,84 6,46,71 7,21,33 8,34,78 9,17,35 10,33,77 12,46,80 Open " I , NJ 6,9 7,7 7,3 7,8 8,0 B ,3 8,2 8,1 40,2 56,6 8,32 8,1 |
| M55 M70 W35 Shot M35 M45 W50 W50 W50 W50 W50 W50 W50 W50 W50 W5 | IvanBlack Ken Kienzle J Bateman Ed Kent Hillar Saareste Sarah Boslaugh Put Rob Doran Rich Dunphy Jai Singh Thomas Brooks Sarah Boslaugh Roslyn Katz th Throw John Casamassima Jai Singh Sarah Boslaugh Roslyn Katz m RW Robert Gottlieb Alan Sangeap Bob Barrett Leo Rivera Cervin Robinson Kathryn Davis Q Thompson C "Chemical Bank birleigh Dickinson U Jan. 29 Manuel Chinchilla Joseph Rossi Steve Schlanger Tom Hartman Rab Hagin Vince Ruffin Giorgio Chiavelli Ruvina Kelly | 9.41 10.17 8.89 6.58 8.36 9.67 11.54 9.57 9.29 10.39 7.64 12.23 7.72 11.91 9.13 6.40.84 6.46.71 7.21.33 8.34.78 9.17.35 10.33.77 12.46.80 Open" L, NJ 6.9 7.7 7.3 7.8 8.0 8.3 8.2 8.1 40.2 56.8 |

| | (Lever) |
|---|---|
| M60 Irwin Bernstein | 47.8 |
| M60 Irwin Bernstein W30 Ruvina Kelly W35 Edna Crawley | 51.2 49.7 |
| 600m | 1527 |
| M40 Candido Barroso M45 Joe Demaio | 1:44.9 |
| M45 Joe Demaio M50 Les Wright Jr M60 Irwin Bernstein W40 Paula DicksonTayl | 1:40.7 |
| W40 Paula DicksonTayl | lor1:47.2 |
| 1000m | 2:51.2 |
| Rick Angitore | 2:52.6 |
| M40 Candido Barroso M45 Bill Indek | 3:10.8 3:16.8 |
| M60 Hans Hunziker | 3:36.5 |
| W35 Joan Sterrett 1500m | 3:11.1 |
| M35 A Watson | 4:22.7 |
| M40 Vincent Shaw J Hernandez | 4:26.4 4:45.7 |
| M45 Victor Medina | 4:54.7 |
| M50 Marty King M55 Jim Aneshansley | 6:19.4 5:10.6 |
| Mou Hans Hunziker | 5:41.4 |
| W35 Ann Tone Long Jump | 5:36.2 |
| M35 Joseph Rossi | 4.88m |
| M40 Dan Goia M50 Dave Connolly | 5.44 3.68 |
| M55 Bob O'Brien | 4.62 |
| M60 Giorgio Chiavell W35 Ednaw Crawley | i 3.78 3.72 |
| | |
| USATF-NJ 1995 In Championships | |
| FDU Rothman Cer | |
| Hackensack, NJ; Fe | |
| * No curbing on track SS NJ | - |
| HO HATT GOOBOLT | 6.7 |
| BILL HUGHES | 7.1 |
| M35 JIM EASTER BOBBY SHANK | 7.1 |
| HAO KEN BAUERSFELD | 7.9 |
| HICHAEL SANTO | 7.4 |
| ROCKDALE HUDSON DAVID FRIEDHAN | 7.4 |
| MAS MIKE BILLMAN | 7.6 |
| FRANK FRAZER | 8.0 |
| AL MOWHIRR | 8.9 |
| MSO PAUL HENRY TOM HARTMAN | 7.2 |
| DAVE CONNOLLY | 7.6 |
| FRED ARDIZZONE | 8.1 |
| WALT STEIN | 9.9 |
| MSS ROOSEVELT WEAVER | 7.7 |
| KEN BAKER | 8.0 |
| ED KENT M60 LEON TROUT | 8.4 |
| JACK LANCE | 8.4 |
| GIORGIO CHIAVELLI | 8.4 |
| MGS TOM DELANY JOHN MacDONALD | 8.2 8.4 |
| LOUIS DIGESU | 8.7 |
| ROBERT NAYLOR | 8.9 |
| HTO JIM HANNO LESTER WRIGHT, SR | 5.4 * 8.8 |
| M75 CHAMPION GOLDY | 9.0 * |
| <u>W30 NJ</u> | |
| RUVINIA KELLY | 8.4 * |
| W35 CHERYL ALSTON EDNA CRAWLEY | 8.6 |
| IDA JAMES | 9.7 |
| W40 CAROL LONG | 9.5 |
| WAS JOHNNIE HILL-HUDG DONNA SETRULO | 11.0 |
| ISABEL STUPER | 11.2 |
| W50 ELLEN STEIN W60 NANCY AMERMULLER | 12.4 * |
| WTS ADRIENNE SALMINI | 9.5 |
| 55 NON-NJ | |
| H35 PHIL CONZENTINO | 7.1 |
| HAS MIKE MILOVE | 7.5 |
| MSO IRVIN HEATH | 7.3 |
| M60 JOE HEMLER M65 JIM STOOKEY | 7.6 |
| ED COX | 7.8 |
| FRANK BRAKO | 8.5 |
| THOMAS BROOKS | 8.6 8.7 |
| WILLIAM BERGEN | 8.9 |
| HTO OSCAR HARRIS | 8.4 |
| SSHH NJ | 8.7 |
| HOO KEVIN TURNER | 8./ |
| HO KEVIN TURNER HOS TONY CICCONE | 8.4 |
| M30 KEVIN TURNER M35 TONY CICCONE TIM MCHAHON M40 AL CESTERO | 8.4 8.8 9.0 |
| H35 TONY CICCONE TIM HCHAHON H40 AL CESTERO H50 DAVE CONNOLLY | 8.4 8.8 9.0 11.1 |
| H35 TONY CICCONE TIM HCHAHON H40 AL CESTERO H50 DAVE CONVOLLY H55 NATE BYRD H50 LEON TROUT | 8.4 8.8 9.0 11.1 10.0 9.6 |
| HIS TONY CICCONE TIM MCMAHON H40 AL CESTERO H50 DAVE CONNOLLY H55 NATE BYRD | 8.4 8.8 9.0 11.1 10.0 |
| H35 TONY CICCONE TIM HCHAHON H40 AL CESTERO H50 DAVE CONNOLLY H55 NATE BYRD H60 LEON TROUT H65 TOM DELANY W45 HICHAEL HILL <u>55HH NON-NJ</u> | 8.4 8.8 9.0 11.1 10.0 9.6 DQ 10.4 * |
| H35 TONY CICCONE TIM HCHAHON H40 AL CESTERO H50 DAVE CONVOLLY H55 NATE BYRD H60 LEON TROUT H65 TOH DELAWY W45 HICHAEL HILL <u>S9HH NON-NJ</u> H45 HIKE HILOVE | 8.4 8.8 9.0 11.1 10.0 9.6 DQ 10.4 * |
| H35 TONY CICCONE TIM HCHAHON H40 AL CESTERO H50 DAVE CONNOLLY H55 NATE BYRD H60 LEON TROUT H65 TOM DELANY W45 HICHAEL HILL <u>55HH NON-NJ</u> | 8.4 8.8 9.0 11.1 10.0 9.6 DQ 10.4 * |
| H3S TONY CICCONE TIH MCM4HON H40 AL CESTERO H50 DAVE CONVOLLY H55 NATE BYRO H50 LEON TROUT H55 TOH DELANY H45 HICHAEL HILL <u>SHH NON-NJ</u> H45 HIKE HILOVE H55 JIH STOOKEY FRANK BRAKO 200 NJ | 8.4 8.8 9.0 11.1 10.0 9.6 DQ 10.4 * 9.5 10.1 12.4 |
| H3S TONY CLOCONE TIH HCHAHON H40 AL CESTERO H50 DAVE CONNOLLY H55 DAVE CONNOLLY H55 NATE BYRD H60 LEON TROUT H65 TOH DELANY H45 MICHAEL HILL <u>SSHH NON-NJ</u> H45 MIKE MILOVE H65 JIH STOOKEY FRANK BRAKO | 8.4 8.8 9.0 11.1 10.0 9.6 DQ 10.4 * 9.5 10.1 |

| HISS | JIH EASTER | 24.4 | |
|--------------------------|---|--|---|
| - | DON HONEIL | 25.2 | |
| 140 | JERALD JONES KEN BAUERSFELD | 25.7 26.2 | |
| | WARREN CLARK | 26.6 | |
| | HICHAEL SANTO | 26.8 30.7 | |
| | ROBERT CONKLIN | 28.7 | |
| MSO | PAUL HENRY | 27.1 29.1 | |
| | TOH HARTHAN | 29.7 | |
| | JOHN NOWATKOWSKI | | |
| MSS | KEN KEPPLER | 31.9 28.0 | |
| | JOHN MacDONALD | 28.7 | |
| | BOB O'BRIEN | 29.2 29.7 | |
| M60 | GIORGIO CHIAVELL | | |
| H70 | JIM HANNO | 31.6 | |
| H75 | LESTER WRIGHT, SR | 32.9 37.3 | |
| | LESLIE LA FRONZ | | + |
| | RUVINIA KELLY DONNA FRASCHE | 30.5 | |
| W35 | | | + |
| | EDNA CRAMLEY | 31.2 | |
| W40 | MICHELLE DABNEY CAROL LONG | 35.4 | |
| W45 | HICHNEL HILL | 30.9 | |
| | ARLENE DECKER | 38.2 E 44.3 | |
| | HELENE SAMUELSON | | |
| | NON-NJ | 34.3 | |
| | IVAN BLACK | 28.0 | |
| 160 | JOE HEMLER | 27.2 | |
| 165 | JIH STOOKEY ED COX | 27.9 | |
| | WILLIAM BERGEN | 31.6 | |
| | LAWRENCE GRECO | 33.3 | |
| H70 | OSCAR HARRIS SHARON WARREN | 32.2 | - |
| 400 | LN | Sand 1 | |
| H30 | BILL HUGHES MIKE MALLORY | 54.8 56.0 | |
| 135 | | 57.2 | |
| | TIM MCMAHON | 57.6 | |
| | STEVE BUNCE | 57.7 58.3 | |
| | DON HONEIL | 60.0 | |
| 140 | CHRIS MONROE | 60.2 62.6 | |
| 1 | PAUL YAELONSKY | 74.6 | |
| 445 | MIKE BILLMAN ROBERT CONKLIN | 62.0 62.4 | |
| | AL HOWHIRR | 70.9 | |
| M50 | PAUL HENRY | 59.0* 60.2 | |
| | JEFF TYNDALL | 66.1 | |
| | TOM HARTHAN | 67.5 | |
| | FRED ARDIZZONE | 71.3 | |
| M55 | KEN BAKER | 61.8 | |
| M60 | JOHN MCDONALD | 64.1 | |
| | HANS HUNZIKER | 68.2 75.2 | |
| | GOERGE MARTIN | 93.5 | |
| H70 | | 77.6 97.1* | |
| | LISA LA FRONZ | 73.6 | |
| W35 | | 67.9* | |
| W40 | MICHELLE DABNEY PAT KILLEEN | 80.5 92.1 | |
| | ARLENE DECKER | 82.4 | |
| USO | ROSALIE RATCLIFFE | | |
| W60 | NANCY AMERMULLES | R 85.8 | |
| W75 | MELVA MURRAY ADRIENNE SALMINI | 1:56.3 2:47.7 | |
| 400 | NON-NJ | | |
| | ROONEY FURR | 55.0 57.5 | |
| | LOUIS MILLER | 82.0 | |
| | IRVIN HEATH | 57.9 | |
| | WILLIAM BERGEN | 74.7 | |
| | OSCAR HARRIS | 80.6 | |
| H75 | OSCAR HARRIS | 90.6 96.2 | |
| 40 | BOB MATTESON SHARON WARREN | | |
| | BOB MATTESON SHARON WARREN NJ | 86.2 | |
| 800 M35 | BOB MATTESON SHARON WARREN NJ MARIO BASTOS TIM MCMAHON | 86.2 67.8 2:12.2 2:23.9 | |
| 800 | BOB MATTESON SHARON WARREN NJ MARIO BASTOS TIM MCMAHON | 86.2 67.8 2:12.2 | |
| 800 M35 | BOB HATTESON SHARON WARREN NJ HARIO BASTOS TIM HCHAHON HAROLD JENKINS TONY PLASTER DAN BRANNEN | 86.2 67.8 2:12.2 2:23.9 2:21.1 2:21.6 2:22.0 | |
| #40 800 H35 H40 | BOB HATTESON SHARON WARREN NJ HARIO BASTOS TIH HCHAHON HAROLD JENKINS TONY PLASTER DAN BRANNEN DHRIS HONROE | 86.2 67.8 2:12.2 2:23.9 2:21.1 2:21.6 2:22.0 2:24.8 | |
| #40 800 H35 H40 | BOB HATTESON SHARON WARREN NJ HARIO BASTOS TIM HCHAHON HAROLD JENKINS TONY PLASTER DAN BRANNEN DHRIS HONROE | 86.2 67.8 2:12.2 2:23.9 2:21.1 2:21.6 2:22.0 | |
| 440 800 H35 H40 | BOB HATTESON SHARON WARREN NJ HARIO BASTOS TIM HCHAHON HAROLO JENKINS TONY PLASTER DAN BRANNEN CHRIS HONROE BILL INDEK DAN SHUHEYKO NOEL JANSON | 86.2 67.8 2:12.2 2:23.9 2:21.1 2:21.6 2:22.0 2:24.8 2:31.0 2:33.5 2:49.9 | |
| #40 800 H35 H40 | BOB HATTESON SHARON WARREN NJ HARIO BASTOS TIM HCHAHON HAROLO JENKINS TONY PLASTER DAN BRANNEN CHRIS HONROE BILL INDEK DAN SHUHEYKO NOEL JANSON JOHN SAAPHANN | 86.2 67.8 2:12.2 2:23.9 2:21.1 2:21.6 2:22.0 2:24.8 2:31.0 2:33.5 | |
| 440 800 H35 H40 | BOB HATTESON SHARON WARREN NJ HARIO BASTOS TIH HCHAHON HAROLO JENKINS TONY PLASTER DAN BRANNEN DHRIS HONROE BILL INDEK DAN SHUHEYKO NOEL JANSON JOHN SAMPHANN JOHN KANATKOWSKI TOH CANNON | 86.2 67.8 2:12.2 2:23.9 2:21.1 2:22.0 2:22.0 2:24.8 2:31.0 2:33.5 2:49.9 2:31.2 2:32.9 2:32.9 2:33.2 | |
| 440 800 H35 H40 | BOB HATTESON SHARON WARREN NJ HARIO BASTOS TIH HCHAHON HAROLD JENKINS TONY PLASTER DAN BRANNEN DAN BRANNEN DAN SHANEN NGEL JANSON JOHN SAAPHANN JOHN SAAPHANN JOHN SAAPHANN JOHN KAARTAUKSI | 86.2 67.8 2:12.2 2:23.9 2:21.1 2:21.6 2:22.0 2:24.8 2:33.5 2:33.5 2:33.5 2:32.9 2:33.2 2:33.2 2:33.6 | |
| 440 800 H35 H40 | BOB HATTESON SHARON WARREN NJ HARIO BASTOS TIM HCHAHON HAROLO JENKINS TONY PLASTER DAN BRANNEN CHRIS HONROE BILL INDEK DAN SHAMEYKO NOEL JANSON JOHN SAAPHANN JOHN SAAPHANN | 86.2 67.8 2:12.2 2:23.9 2:21.1 2:21.6 2:22.0 2:24.8 2:33.5 2:33.5 2:33.5 2:32.9 2:33.2 2:33.2 2:33.6 | |

| 1.4.51 | cis incus | |
|-----------|---|-----------------------|
| HEO | IRWIN BERNSTEIN | 2134.4 |
| | HANS HUNZIKER | 2:43.5 |
| M65 | GEORGE MARTIN | 3:22.9 |
| H75 | AUSTIN NEWHAN JIM MCGILVRAY | 3:09.5 |
| MBO | DUDLEY HEALY | 3:38.6 |
| W30 | JENNIFER OSBOURNE | and the second second |
| inter a | LISA LA FRONZ | 2:57.6 |
| W35 | JOAN STERRETT | 2:23.4 |
| | ANN TONE | 2:43.4 |
| 440 | PAULA D-TAYLOR | 2:34.2 |
| | JOYCE HATES | 2:41.4 |
| 445 | ARLENE DECKER | 3:32.0 |
| WSS | MADEL INE BOST | 3:01.2 |
| W60 | LOIS FILREIS | 3:24.1 |
| 100 | HELVA HURRAY | 4:40.3 |
| | EN-NON | |
| risu | ROONEY FURR STEVEN EICK | 2:06.4 |
| H35 | DOUG HILLER | 2:07.3 |
| 200 | BOB CAPLIN | 2:33.5 |
| H45 | FRED DEDRICK | 2:20.4 |
| 1.2. | VICTOR HEDINA HERB ZIPPER JACK NYHAN | 2:26.8 |
| M60 | HERE ZIPPER | 2:40.7 |
| a series | JACK NYHAN JOHN ORR | 3:02.3 |
| H75 | BOB MATTESON | 3:28.3 |
| | MARGE DeMARRSIS | |
| 150 | | |
| M30 | CHRIS LEWIS | 4:28.5 |
| 1 | | 4:40.1 |
| - | ANALBERTO ALONZO | |
| nus | GUY GORDON HEL ULLMEYER | 4:25.7 |
| 1 | CHARLES JEWELL | 4:28.7 |
| 1 | WILLLIAM ROEMER | 4:35.3 |
| Tor is | JIM VIVALO | |
| | | 4:44.0 |
| H40 | | 4:46.0 |
| | TONY PLASTER | 4:48.8 |
| 1 | PAUL CORDERO JOE TREIMEL | 5:14.7 5:24.7 |
| | PAUL YABLONSKY | |
| H45 | DOUG BROWN | 4:52.9 |
| The state | DAN SHUMEYKO | 5:09.9 |
| HSO | BILL INDEK | 5:15.8 |
| nso | JOHN NOWATKOWSKI DAN KIRSCH | 5:06.2 |
| 1 | JEFF GUTTENBERGE | |
| L I L I | TOH CANNON | |
| MSS | DAVE GERRIDGE | |
| 1 | FRANK MARI | 5:26.8 |
| M60 | HANS HUNZIKER JOE LA BRUND | 5:33.0 |
| 12-11 | CHARLEWS WRIXON | 6:54.3 |
| M65 | GEORGE MARTIN | 6:28.0 |
| H75 | AUSTIN NEWMAN | 6:17.5 |
| | JIM MCGILVRAY | 7:22.8 |
| MBO | | 7:17.0 |
| W35 | JOAN STERRETT MARY OLIVIERI | 4:59.2 |
| Torin . | MARIE A-TURNER | |
| | ANN TONE | 5:30.1 |
| | CHRISTINA GORDON | 5:31.7 |
| W40 | | 5:21.2 |
| | PAULA D-TAYLOR | 5:21.4 |
| E B | PAT WEIR PHYLLIS HANSEN | 6:05.1 |
| | BARBARA JOHNSON | 6:47.5 |
| WSS | MADEL INE BOST | 6:01.6 |
| HEO | LOIS FILREIS | 6:44.1 |
| 150 | NON-NJ | 4:16.4 |
| H30 | ROONEY FURR | 4:16.4 |
| | | 4:41.7 |
| M40 | | 4:47.8 |
| | BOB CAPLIN | 4:55.7 |
| M45 | FRED DEDRICK | 4:43.2 |
| | VICTOR HEDINA PHIL JONAS | 4:58.0 |
| HSO | SETH KAMINSKY | |
| | JANES ANESWHELE | |
| | JACK NYHAN | 6:11.8 |
| | JOHN ORP | 6:42.1 |
| | WILLIAM BENSON | 6:48.2 |
| | LARRY WASHINGTON | |
| | | |
| MEO | WALT HECONNELL | 6:31.4 |
| | JOE LA BRUNO | 6:35.8 |
| 364 | An owner of the second s | |
| M30 | BRIAN MCCOURT JEFF KNOLL | 9:24.0 |
| | ANALBERTO ALONZO | |
| H35 | | 0.17 7 |
| 125 | WILL TAN POENER | 10:03 5 |
| | FRANK TONE | 10.33.3 |
| M40 | DAN BRANNEN | 10:12.0 |
| | TONY NARDO | 10:16.7 |
| 18.25 | CARL STAINAGLE | 11:16.8 |
| | | 12:29.6 |
| | | 9:21.0 |
| H45 | | |
| H45 | ROGER PRICE | 9:38.6 |

National Masters News

| DOUG BROWN | 10:38.8 |
|--|---|
| ANDREW COM F | 12:26.3 |
| HSO GREGG ATZERT | 10:50.5 |
| JEFF HARTIN | 11:00.4 |
| JEFF GUTENBERGE | 10:52.0 |
| DON BOZZONE | 12:01.1 |
| FRANK HARI | 12:41.3 |
| HEO HANS HUNZIKER | 12:45.9 |
| CHARLES WRIXON | 15:03.5 |
| HES GEORGE HARTIN | 14:04.8 |
| HO DUDLEY HEALY | |
| W35 HARY OLIVIERI CHRISTINA GORDO | 11:36.6 |
| WAO JOYCE HAYES | 12:13.2* |
| BARBARA JOHNSON | |
| WAS ARLENE DECKER | 13:54.5 |
| WSO ELLEN GREENFIEL | |
| WSS MADELINE BOST 3KM NON-NJ | 13:30.6* |
| HO STEVE EICK | 10:15.0 |
| HAO JOHN ROSELLI | 11:19.3 |
| M60 JOHN OPR | 14:05.9 |
| H75 BOB MATTESON | 15:07.2 |
| SO MARKE DEMARKAIS | 10:26.0 |
| HIS FRANKIE DARDEN | 16:00.5 |
| HAS TONY NOERPEL | 15:02.8 * |
| MARCUS KANTZ | 16:00.0 |
| RON SALVIO | 17:00.5 |
| HSO HANNY EISNER | 15:49.8 |
| HALT STEIN MSS BENNO STEIN | 23:50.3 |
| HEO JOE LA BRUND | 19:00.2 |
| HTO JOHN NERVETTI | 19:35.0 |
| W35 ELLEN HAHER | 24:07.2 |
| WAO PAT WIER | 15:06.1 * |
| PHYLLIS HANSEN | 16:01.5 |
| WAS DONNA CETRULO | 18:38.7 |
| ISABEL STUPER | 21:11.5 |
| W50 ELLEN STEIN 3KM RW NON-NJ | 33:34.9 |
| HSO PAT DRURY | 15:49.3 |
| MED BOB BARNETT | 16:11.7 |
| ANTHONY ROAN | 19:26.2 |
| | 23:51.7 |
| HIS BILL HOGAN | 23:49.6 |
| W35 GLORIA RAMLS | 15:32.0 |
| W70 MINNA CHARLES | 23:50.3 |
| MOO NJ STRIDERS | 4:05.4 |
| M50 GARDEN ST AC | 4:39.6 |
| HER HORTH TERREY HA | |
| MGO NORTH JERSEY MA | 9 6:27.4 |
| W30 ACH UNLIMITED | 9 6:27.4 5:06.0 |
| W30 ACH UNLIMITED | 5:06.0 |
| W30 ACH UNLIMITED 4X800 NJ M30 TRI ATHLETICS M40 NEWAPK BENEFICA | 5:06.0 9:13.0 * 9:56.2 * |
| W30 ACH UNLIMITED 4X800 NJ H30 TRI ATHLETICS H40 NEWARK BENEFICA W30 ACH UNLIMITED | 5:06.0 9:13.0 * 9:56.2 * |
| W30 ACH UNLIMITED 4X8000 NJ H30 TRI ATHLETICS H40 NEWAPK BENEFICA W30 ACH UNLIMITED UT NJ | 5:06.0 9:13.0 * 9:56.2 * 10:49.7 * |
| W30 ACH UNLIMITED 4X800 NJ H30 TRI ATHLETICS H40 NEWARK BENEFICA W30 ACH UNLIMITED WT NJ H35 BILL WOLVERTON | 5:06.0 9:13.0 * 9:56.2 * 10:49.7 * |
| W30 ACH UNLIMITED 4X800 NJ H30 TRI ATHLETICS H40 NEWAPK BENEFICA W30 ACH UNLIMITED <u>WT NJ</u> H35 BILL WOLVERTON H40 RICH MCHULIN | 5:06.0 9:13.0 * 9:56.2 * 10:49.7 * 6.93M |
| W30 ACH UNLIMITED 4X800 NJ H30 TRI ATHLETICS H40 NEWARK BENEFICA W30 ACH UNLIMITED WT NJ H35 BILL WOLVERTON | 5:06.0 9:13.0 * 9:56.2 * 10:49.7 * 6.93M |
| W30 ACH UNLIMITED 4X800 NJ H30 TRI ATHLETICS H40 NEWAPK BENEFICA W30 ACH UNLIMITED UT NJ H35 BILL WOLVERTON H40 RICH MCHALLIN H45 JOHN CASAHASSINA RICH SHITH H50 HANS EHRNSTROM | 5:06.0 9:13.0 * 9:56.2 * 10:49.7 * 6.93H 10.23H 12.54H 11.37H 9.50H |
| W30 ACH UNLIMITED 4X8000 NJ H30 TRI ATHLETICS H40 NEWAPK BENEFICA W30 ACH UNLIMITED UT NJ H35 BILL WOLVERTON H40 RICH MANULIN H45 JOHN CASAHASSINA RICH SHITH H50 HANS EHRNSTROM H70 AL JANKOLA | 5:06.0 9:13.0 * 9:56.2 * 10:49.7 * 6.93H 10.23H 12.54H 11.37H |
| W30 ACH UNLIMITED 4X800 NJ H30 TRI ATHLETICS H40 NEWAPK BENEFICA W30 ACH UNLIMITED UT NJ H35 BILL WOLVERTON H40 RICH MCHULLIN H45 JOHN CASAHASSING RICH SHITH H50 HANS EHRINSTROM H70 AL JANKOLA UT NON-HJ | 5:06.0 9:13.0 * 9:56.2 * 10:49.7 * 6.934 10.234 12.544 11.374 9.504 * 5.794 |
| W30 ACH UNLIMITED 4X800 NJ H30 TRI ATHLETICS H40 NEWARK BENEFICA W30 ACH UNLIMITED WT NJ H35 BILL WOLVERTON H40 RICH MCHULLIN H45 JOHN CASAHASSING RICH SHITH H50 HANS EHRNSTROM H70 AL JANKOLA WT NON-NJ H40 MIKE SHERRILL | 5:06.0 9:13.0 * 9:56.2 * 10:49.7 * 6.93H 10.23H 12.54H 11.37H 9.50H 5.79H |
| W30 ACH UNLIMITED 4X800 NJ H30 TRI ATHLETICS H40 NEWAPK BENEFICA W30 ACH UNLIMITED WT NJ H35 BILL WOLVERTON H40 RICH HCHULLIN H45 JOHN CASAHASSINA RICH SHITH H50 HANS EHRNSTROH H70 AL JANKOLA WT NON-NJ H40 MIKE SHERRILL H90 EVERETT HOSACK# | 5:06.0 9:13.0 * 9:56.2 * 10:49.7 * 6.93H 10.23H 12.54H 11.37H 9.50H 5.79H 9.59H 4.84H |
| W30 ACH UNLIMITED 4X800 NJ H30 TRI ATHLETICS H40 NEWARK BENEFICA W30 ACH UNLIMITED WT NJ H35 BILL WOLVERTON H40 RICH MCHULLIN H45 JOHN CASAHASSING RICH SHITH H50 HANS EHRNSTROM H70 AL JANKOLA WT NON-NJ H40 MIKE SHERRILL | 5:06.0 9:13.0 * 9:56.2 * 10:49.7 * 6.93H 10.23H 12.54H 11.37H 9.50H 5.79H 9.59H 4.84H |
| W30 ACH UNLIMITED 4X8000 NJ H30 TRI ATHLETICS H40 NEWAPK BENEFICA W30 ACH UNLIMITED UT NJ H35 BILL WOLVERTON H40 RICH MHALLIN H45 JOHN CASAHASSINA RICH SHITH H50 HANS EHRNSTROM H70 AL JANKOLA UT NON-NJ H40 MIKE SHERRILL H90 EVERETI HOSACKH SPENDING WORLD RECOR W35 SARAH BOSLAUGH SP NJ | 5:06.0 9:13.0 * 9:56.2 * 10:49.7 * 6.93H 10.23H 12.54H 11.37H 9.50H 5.79H 9.59H 4.84H |
| W30 ACH UNLIMITED 4X800 NJ H30 TRI ATHLETICS H40 NEWARK BENEFICA W30 ACH UNLIMITED WT NJ H35 BILL WOLVERTON H40 RICH HCHULLIN H45 JOHN CASAHASSING RICH SHITH H50 HANS EHRNSTROM H70 AL JANKOLA WT NON-NJ H40 MIKE SHERRILL H90 EVERETT HOSACK # PENDING WORLD RECOR W35 SARAH BOSLAUGH SP NJ H35 TONY CICCONE | 5:06.0 9:13.0 * 9:56.2 * 10:49.7 * 6.93H 10.23H 11.254H 11.37H 9.50H 5.79H 9.59H 4.84H 0 11.44H 11.99H |
| W30 ACH UNLIMITED 4X800 NJ H30 TRI ATHLETICS H40 NEWARK BENEFICA W30 ACH UNLIMITED WT NJ H35 BILL WOLVERTON H40 RICH MCHULLIN H45 JOHN CASAHASSING RICH SHITH H50 H4N5 EHRNSTROM H70 AL JANKOLA WT NON-HJ H40 MIKE SHERRILL H90 EVERETT H05ACK # #DENDING WORLD RECOR W35 SARAH BOSLAUCH SP NJ H35 TONY CICCONE H40 RICH HCHULLIN | 5:06.0 9:13.0 * 9:56.2 * 10:49.7 * 6.93H 10.23H 11.254H 11.37H 9.50H 5.79H 9.59H 4.84H 0 11.44H 11.99H |
| W30 ACH UNLIMITED 4X800 NJ H30 TRI ATHLETICS H40 NEWARK BENEFICA W30 ACH UNLIMITED WT NJ H35 BILL WOLVERTON H40 RICH HCHULLIN H45 JOHN CASAHASSING RICH SHITH H50 HANS EHRNSTROM H70 AL JANKOLA WT NON-NJ H40 MIKE SHERRILL H90 EVERETT HOSACK # PENDING WORLD RECOR W35 SARAH BOSLAUGH SP NJ H35 TONY CICCONE H40 RICH HCHULLIN H45 RICH DUNPHY | 5:06.0 9:13.0 * 9:56.2 * 10:49.7 * 6.93H 10:23H 12.54H 11.37H 9.50H 5.79H 9.59H 4.84H 0 11.44H 11.99H 10.95H 11.30H |
| W30 ACH UNLIMITED 4X800 NJ H30 TRI ATHLETICS H40 NEWAPK BENEFICA W30 ACH UNLIMITED UT NJ H35 BILL WOLVERTON H40 RICH MCHULLIN H45 JOHN CASAHASSINA RICH SHITH H50 H4NS EHRINSTROM H70 AL JANKOLA UT NON-HJ H40 MIKE SHERRILL H90 EVERETT H0SACK# #5PNDING WORLD RECOR W35 SARAH BOSLAUGH M35 TONY CICCONE H40 RICH MCHULLIN H45 RICH OWNER RICH SHITH | 5:06.0 9:13.0 * 9:56.2 * 10:49.7 * 6.934 10.234 12.54H 11.37H 9.50H 5.79H 9.59H 4.84H 0 11.44H 11.99H 10.95H 11.30H 10.97H |
| W30 ACH UNLIMITED 4X800 NJ H30 TRI ATHLETICS H40 NEWAPK BENEFICA W30 ACH UNLIMITED UT NJ H35 BILL WOLVERTON H40 RICH MCHULLIN H45 JOHN CASAHASSINA RICH SHITH H50 H4NS EHRINSTROM H70 AL JANKOLA UT NON-HJ H40 MIKE SHERRILL H90 EVERETT H0SACK# #5PNDING WORLD RECOR W35 SARAH BOSLAUGH M35 TONY CICCONE H40 RICH MCHULLIN H45 RICH OWNER RICH SHITH | 5:06.0 9:13.0 * 9:56.2 * 10:49.7 * 6.93H 10:23H 12.54H 11.37H 9.50H 5.79H 9.59H 4.84H 0 11.44H 11.99H 10.95H 11.30H |
| W30 ACH UNLIMITED 4X800 NJ H30 TRI ATHLETICS H40 NEWARK BENEFICA W30 ACH UNLIMITED UT NJ M35 BILL WOLVERTON H40 RICH HHULLIN H45 JOHN CASAHASSINA RICH SHITH H50 H4NS EHRNSTROM H70 AL JANKOLA WT NON-NJ H40 MIKE SHERRILL H90 EVERETT H05ACKH S SARAH BOSLAUGH SP NJ H35 TONY CICCONE H40 RICH HCHULLIN H45 RICH OUNPHY DENNIS CHWOLER | 5:06.0 9:13.0 * 9:56.2 * 10:49.7 * 6.93H 10.23H 12.54H 11.37H 9.50H 5.79H 9.59H 4.84H 0 11.44H 11.99H 11.99H 10.95H |
| W30 ACH UNLIMITED 4X800 NJ H30 TRI ATHLETICS H40 NEUWARK BENEFICA W30 ACH UNLIMITED WT NJ H35 BILL WOLVERTON H40 RICH MCHULLIN H45 JOHN CASAHASSINA RICH SHITH H50 H4NS EHRNSTROM H70 AL JANKOLA WT NON-NJ H40 MIKE SHERRILL H90 EVERETT H0SACK W35 SARAH B03LAUGH SP NJ H35 TONY CICCONE H40 RICH HCHULLIN H45 RICH DUNPHY DENNIS CHMOLER RICH SHITH FRANK MORDE H50 LLOYD LONG GUS GIVISKOS | 5:06.0 9:13.0 * 9:56.2 * 10:49.7 * 6.93H 10:23H 11.254H 11.37H 9.50H 5.79H 9.59H 4.84H 0 11.44H 11.99H 10.95H 11.30H 10.97H 10.95H 11.30H 10.97H 11.57H |
| W30 ACH UNLIMITED 4X800 NJ H30 TRI ATHLETICS H40 NEWARK BENEFICA W30 ACH UNLIMITED UT NJ M35 BILL WOLVERTON H40 RICH HEMLLIN H45 JOHN CASAMASSINA RICH SMITH H50 H4NS EHRNSTROM H70 AL JANKOLA WT NON-NJ H40 MIKE SHERRILL H90 EVERETT HOSACK # PENDING WORLD RECOR W35 SARAH BOSLAUGH SP NJ H35 TONY CICCONE H40 RICH HEMULLIN H45 RICH DUNFHY DENNIS CHWOLER RICH SHITH FRANK HOROE H50 LLOYD LONG GUS GIVISKOS H4NS EHRNSTROM | 5:06.0 9:13.0 * 9:56.2 * 10:49.7 * 6.934 10.234 12.544 11.2544 9.504 5.794 9.504 5.794 9.594 4.844 0 11.444 11.994 10.954 11.304 10.974 10.974 10.894 9.664 9.664 11.674 11.574 10.034 |
| W30 ACH UNLIMITED 4X8000 NJ H30 TRI ATHLETICS H40 NEWAFK BENEFICA W30 ACH UNLIMITED UT NJ H35 BILL WOLVERTON H40 RICH H4NLLIN H45 JOHN CASAHASSINA RICH SHITH H50 H4NS EHRNSTROM H70 AL JANKOLA WT NON-NJ H40 MIKE SHERRILL H90 EVERETI H05ACK## #DEDING WORLD RECOR W35 SARAH BOSLAUGH SP NJ H35 TONY CICCONE H40 RICH H4NLLIN H45 RICH DUNFHY DENNIS CHWOLER RICH SHITH FRANK H0NROE H50 LLOYD LONG GUS GIVISKOS H40S EHRNSTROM H55 SAH RUMFORD | 5:06.0 9:13.0 * 9:56.2 * 10:49.7 * 6.93H 10.23H 12.54H 11.37H 9.59H 4.84H 0 11.44H 11.99H 10.95H 11.67H 10.97H 10.97H 10.97H 10.97H 10.57H |
| W30 ACH UNLIMITED 4X800 NJ H30 TRI ATHLETICS H40 NEWAFK BENEFICA W30 ACH UNLIMITED UT NJ H35 BILL WOLVERTON H40 RICH HANLLIN H45 JOHN CASAHASSINA RICH SHITH H50 HANS EHRNSTROH H70 AL JANKOLA WT NON-NJ H40 MIKE SHERRILL H90 EVERETT HOSACKH SPENDING WORLD RECOR W35 SARAH B03LAUGH SP NJ H35 TONY CICCONE H45 RICH HCHULLIN H45 RICH HCHULLIN H45 RICH ONNPHY DENNIS CHNOLER RICH SHITH FRANK HONROE H50 LLOYD LONG GUS GIVISKOS HANS EHRNSTROH H55 SAH RUMFORD H0RT HANN | 5:06.0 9:13.0 * 9:56.2 * 10:49.7 * 6.93H 10.23H 12.54H 11.37H 9.59H 4.84H 0 11.44H 11.99H 11.99H 11.99H 11.99H 11.99H 11.57H 10.03H 11.67H 11.57H 10.03H |
| W30 ACH UNLIMITED 4X8000 NJ H30 TRI ATHLETICS H40 NEWAPK BENEFICA W30 ACH UNLIMITED UT NJ H35 BILL WOLVERTON H40 RICH MHALLIN H45 JOHN CASAHASSINA RICH SHITH H50 H4NS EHRNSTROM H70 AL JANKOLA UT NON-NJ H40 MIKE SHERRILL H90 EVERETT HOSACKH SPENDING WORLD RECOR W35 SARH BOSLAUGH SP NJ H35 TONY CICCONE H40 RICH HUNLIN H45 RICH OUNPHY DENNIS OHNOLER RICH SHITH FRANK HONROE H50 LLOYD LONG GUS GIVISKOS H4NS EHRNSTROM H55 SAH RUMFORD H05 JONAS COULES | 5:06.0 9:13.0 * 9:56.2 * 10:49.7 * 6.93H 10.23H 1.2.54H 1.2.54H 9.50H 5.79H 9.59H 4.84H 0 11.44H 11.99H 10.95H 11.30H 10.97H 10.97H 10.87H 9.66H 11.67H 11.57H 10.03H * 8.37H 10.56H |
| W30 ACH UNLIMITED 4X800 NJ H30 TRI ATHLETICS H40 NEWAFK BENEFICA W30 ACH UNLIMITED UT NJ H35 BILL WOLVERTON H40 RICH HANLLIN H45 JOHN CASAHASSINA RICH SHITH H50 HANS EHRNSTROH H70 AL JANKOLA WT NON-NJ H40 MIKE SHERRILL H90 EVERETT HOSACKH SPENDING WORLD RECOR W35 SARAH B03LAUGH SP NJ H35 TONY CICCONE H45 RICH HCHULLIN H45 RICH HCHULLIN H45 RICH ONNPHY DENNIS CHNOLER RICH SHITH FRANK HONROE H50 LLOYD LONG GUS GIVISKOS HANS EHRNSTROH H55 SAH RUMFORD H0RT HANN | 5:06.0 9:13.0 * 9:56.2 * 10:49.7 * 6.93H 10.23H 12.54H 11.37H 9.50H 5.79H 9.59H 4.84H 0 11.44H 11.99H 10.95H 11.30H 10.97H 10.97H 10.87H 9.66H 11.67H 11.57H 10.03H * 8.37H 10.56H |
| W30 ACH UNLIMITED 4X800 NJ H30 TRI ATHLETICS H40 NEUARX BENEFICA W30 ACH UNLIMITED UT NJ M35 BILL WOLVERTON H40 RICH HEMLLIN H45 JOHN CASAHASSINA RICH SMITH H50 H4NS EHRNSTROM H70 AL JANKOLA WT NON-NJ H40 MIKE SHERRILL H90 EVERETT HOSACK# PENDING WORLD RECOR W35 SARAH BOSLAUGH SP NJ H35 TONY CICCONE H40 RICH HEMLLIN H45 RICH DUNEHY DENNIS CHWOLER RICH SHITH FRANK HOROE H50 LLOYD LONG GUS GIVISKOS H4NS EHRNSTROM H55 SAH RUMFORD H0RT H4HN H50 JONAS COMLES GIORGIO CHIAVELLI LEON TROJT | 5:06.0 9:13.0 * 9:56.2 * 10:49.7 * 6.93H 10:23H 11.254H 11.37H 9.50H 5.79H 9.59H 4.84H 0 11.44H 11.99H 10.95H 11.30H 10.97H 10.95H 11.30H 10.97H 11.57H 10.03H 11.67H 11.57H 10.56H 11.55H 19.43H |
| W30 ACH UNLIMITED 4X8000 NJ H30 TRI ATHLETICS H40 NEWAPK BENEFICA W30 ACH UNLIMITED WT NJ H35 BILL WOLVERTON H40 RICH HANLLIN H45 JOHN CASAHASSINA RICH SHITH H50 HANS EHRNSTROM H70 AL JANKOLA WT NON-NJ H40 MIKE SHERTLL H90 EVERETT HOSACKH SHENDING WORLD RECOR W35 SARAH BOSLAUGH SP NJ H35 TONY CICCONE H40 RICH HCHULLIN H45 RICH OUNPHY DENNIS CHNOLER RICH SHITH FRANK HONROE H50 LLOYD LONG GUS GIVISKOS HANS EHRNSTROM H55 SOL RUMFORD H051 GUHANSTROM H55 SOL RUMFORD H051 GUHANSTROM H55 SOL RUMFORD H070 CHARLES COVIND AL JANKOLA | 5:06.0 9:13.0 * 9:56.2 * 10:49.7 * 6.93H 10:23H 12.54H 9.50H 9.59H 4.84H 0 11.44H 11.97H 10.95H 11.67H 11.97H 10.97H 10.97H 10.97H 10.97H 10.97H 10.97H 10.56H 11.57H 10.03H 11.05H 8.37H 10.55H 19.43H 10.55H 19.43H 10.55H 19.43H 10.55H |
| W30 ACH UNLIMITED 4X800 NJ H30 TRI ATHLETICS H40 NEUAPK BENEFICA W30 ACH UNLIMITED WT NJ H35 BILL WOLVERTON H40 RICH HANLLIN H45 JOHN CASAHASSINA RICH SHITH H50 H4NS EHRNSTROH H70 AL JANKOLA WT NON-NJ H40 MIKE SHERRILL H90 EVERETT HOSACKH SHENDING WORLD RECOR W35 SARAH B03LAUGH SP NJ H35 TONY CICCONE H40 RICH HCHULLIN H45 RICH DUNPHY DENNIS CHWDLER RICH SHITH FRANK HONROE H50 LLOYD LONG GUS GIVISKOS H4NS EHRNSTROH H55 SAH RUMFORD H051 GUNISCS H4NS EHRNSTROH H55 SAH RUMFORD H051 JOHAS COMLES GIORGID CHIAVELLI LEON TROUT H70 CHARLES COVIND AL JANKOLA H80 EUGENE BRADFORD | 5:06.0 9:13.0 * 9:56.2 * 10:49.7 * 6.93H 10:23H 12.54H 11.37H 9.50H 9.59H 4.84H 0 11.44H 11.99H 10.95H 11.30H 10.97H 10.89H 9.66H 11.67H 11.57H 10.03H 10.56H 1 |
| W30 ACH UNLIMITED 4X800 NJ H30 TRI ATHLETICS H40 NEWAPK BENEFICA W30 ACH UNLIMITED UT NJ H35 BILL WOLVERTON H40 RICH MCHULIN H45 JOHN CASAHASSINA RICH SHITH H50 H4NS EHRNSTROM H70 AL JANKOLA UT NON-HJ H40 MIKE SHERRILL M90 EVENETT HOSACKH FPENDING WORLD RECOR W35 SAMAH BOSLAUGH SP NJ H35 TONY CICCONE H40 RICH HMULLIN H45 RICH OUNPHY DENNIS CHWOLER RICH SHITH FRANK HONROE H50 LLOYD LONG GUS GIVISKOS H4NS EHRNSTROM H55 SAH RUMFORD MCT H4HN H50 JONAS CONLES GIORGIO CHIAVELLI LEON TROJT H70 CHARLES COVINO AL JANKOLA H80 EUGENE BRADFORD W35 IDA JANES | 5:06.0 9:13.0 * 9:56.2 * 10:49.7 * 6.93H 10:23H 10:23H 12.54H 11.37H 9.59H 4.84H 11.97H 10.95H 11.44H 11.97H 10.95H 10.97H 10.97H 10.97H 10.87H 9.66H 11.67H 11.57H 10.03H 11.55H 10.55H 10.55H 10.55H 10.55H 10.55H |
| W30 ACH UNLIMITED 4X800 NJ H30 TRI ATHLETICS H40 NEWAPK BENEFICA W30 ACH UNLIMITED UT NJ H35 BILL WOLVERTON H40 RICH MCHULIN H45 JOHN CASAHASSINA RICH SHITH H50 H4NS EHRNSTROM H70 AL JANKOLA UT NON-NJ H40 MIKE SHERRILL H90 EVERETT H0SACKH #PENDING WORLD RECOR W35 SARH BOSLAUGH SP NJ H35 TONY CICCONE H40 RICH H0ULIN H45 RICH OUNPHY DENNIS CHWDLER RICH SHITH FRANK HONROE H50 LLOYD LONG GUS GIVISKOS H4NS EHRNSTROM H55 SAH RUHFORD MCT H4HN H50 JONAS COULES GIORGIO CHIAVELLI LEON TROJT H70 CHARLES COVINO AL JANKOLA H80 EUGENE BRAOFORD W35 IDA JANES W40 CAROL LONG | 5:06.0 9:13.0 * 9:56.2 * 10:49.7 * 6.93H 10.23H 10.23H 1.2.54H 11.37H 9.50H 9.59H 4.84H 0 11.44H 11.99H 10.95H 11.30H 10.97H 10.97H 10.89H 9.66H 11.67H 11.57H 10.03H * 8.37H 10.58H 9.43H * 8.37H 10.58H * 8.37H 10.58H * 8.37H 10.58H * 8.37H * 8 |
| W30 ACH UNLIMITED 4X800 NJ H30 TRI ATHLETICS H40 NEUARK BENEFICA W30 ACH UNLIMITED UT NJ M35 BILL WOLVERTON H40 RICH HEMLLIN H45 JOHN CASAMASSINA RICH SMITH H50 H4NS EHRNSTROM H70 AL JANKOLA WT NON-NJ H40 MIKE SHERRILL H90 EVERETT HOSACK# PENDING WORLD RECOR W35 SARAH BOSLAUGH SP NJ H35 TONY CICCONE H40 RICH HEMULLIN H45 RICH DUNEHY DENNIS CHWOLER RICH SMITH FRANK HOROE H50 LLOYD LONG GUS GIVISKOS H4NS EHRNSTROM H55 SAH RUMFORD H07 CHARLES COVIND AL JANKOLA H60 EUGENE BRADFORD W35 IDA JAMES W40 SIONNIE HILL-HUD | 5:06.0 9:13.0 * 9:56.2 * 10:49.7 * 6.93H 10.23H 10.23H 1.2.54H 11.37H 9.50H 9.59H 4.84H 0 11.44H 11.99H 10.95H 11.30H 10.97H 10.97H 10.89H 9.66H 11.67H 11.57H 10.03H * 8.37H 10.58H 9.43H * 8.37H 10.58H * 8.37H 10.58H * 8.37H 10.58H * 8.37H * 8 |
| W30 ACH UNLIMITED 4X800 NJ H30 TRI ATHLETICS H40 NEUAPK BENEFICA W30 ACH UNLIMITED UT NJ H35 BILL WOLVERTON H40 RICH HANLLIN H45 JOHN CASAHASSINA RICH SHITH H50 H4NS EHRNSTROH H70 AL JANKOLA WT NON-NJ H40 MIKE SHERRILL H90 EVERETT HOSACKH SHENDING WORLD RECOR W35 SARAH B03LAUGH SP NJ H35 TONY CICCONE H40 RICH HCHULLIN H45 RICH CONNEHY DENNIS CHNOLER RICH SHITH FRANK HONROE H50 LLOYD LONG GUS GIVISKOS HANS EHRNSTROH H55 SAH RUMFORD H07 CHALES COVIND AL JANKOLA H90 EUGENE BRADFORD W35 IOA JANES W40 CAROL LONG W45 JOHNNIE HILL-HUD SP NON-NJ H40 JEFF COPLAND | 5:06.0 9:13.0 * 9:56.2 * 10:49.7 * 6.93H 10.23H 10.23H 1.2.54H 11.37H 9.50H 9.59H 4.84H 0 11.44H 11.99H 10.95H 11.30H 10.97H 10.97H 10.89H 9.66H 11.67H 11.57H 10.03H * 8.37H 10.58H 9.43H * 8.37H 10.58H * 8.37H 10.58H * 8.37H 10.58H * 8.37H * 8 |
| W30 ACH UNLIMITED 4X800 NJ H30 TRI ATHLETICS H40 NEWAPK BENEFICA W30 ACH UNLIMITED UT NJ H35 BILL WOLVERTON H40 RICH MCHULIN H45 JOHN CASAMASSINA RICH SHITH H50 H4NS EHRNSTROM H70 AL JANKOLA UT NON-NJ H40 MIKE SHERRILL H90 EVERETT HOSACKH FPENDING WORLD RECOR W35 SARAH BOSLAUGH SP NJ H35 TONY CICCONE H40 RICH HOULEN H45 RICH DUNPHY DENNIS CHANDLER RICH SHITH FRANK HONROE H50 LLOYD LONG GUS GIVISKOS H4NS EHRNSTROM H55 SAH RUMFORD H05 JONAS COULES GIORGIO CHIAVELLI LEON TROJT H70 CHARLES COVIND AL JANKOLA H40 CAROL LONG H45 JOHNNIE HILL-HUD SP NON-NIE HILL-HUD H40 JEFF COPLAND | 5:06.0 9:13.0 * 9:56.2 * 10:49.7 * 6.93H 10:23H 10:23H 12.54H 9.59H 9.59H 4.84H 0 11.44H 11.97H 10.95H 11.67H 11.97H 10.97H 10.97H 10.97H 10.97H 10.97H 10.97H 10.56H 11.57H 10.55H |
| W30 ACH UNLIMITED 4X800 NJ H30 TRI ATHLETICS H40 NEWAPK BENEFICA W30 ACH UNLIMITED UT NJ H35 BILL WOLVERTON H40 RICH MCHULIN H45 JOHN CASAMASSINA RICH SHITH H50 H4NS EHRNSTROM H70 AL JANKOLA UT NON-NJ H40 MIKE SHERRILL H90 EVERETT HOSACKH #PENDING WORLD RECOR W35 SARAH BOSLAUGH SP NJ H35 TONY CICCONE H40 RICH HOULEN H45 RICH DUNPHY DENNIS OHNOLER RICH SHITH FRANK HONROE H50 LLOYD LONG GUS GIVISKOS H4NS EHRNSTROM H55 SAH RUMFORD H05 JONAS COULES GIORGIO CHIAVELLI LEON TROJT H70 CHARLES COVIND AL JANKOLA H90 EUERE BRAOFORD W35 JOHNIE HILL-HUD SP NOI- H00 EICENE BRAOFORD W35 JOHNIE HILL-HUD SP NOI-NJ H40 JEFF COPLAND H40 JEFF COPLAND H40 WILLIAH BARKER | 5:06.0 9:13.0 * 9:56.2 * 10:49.7 * 6.93H 10:23H 10:23H 12.54H 9.50H 9.59H 4.84H 11.97H 10.95H 11.44H 11.97H 10.95H 10.95H 10.87H 9.66H 11.67H 11.57H 10.03H 11.57H 10.55H 10.5 |
| W30 ACH UNLIMITED 4X800 NJ H30 TRI ATHLETICS H40 NEWAPK BENEFICA W30 ACH UNLIMITED UT NJ H35 BILL WOLVERTON H40 RICH MCHULIN H45 JOHN CASAHASSINA RICH SHITH H50 H4NS EHRNSTROM H70 AL JANKOLA UT NON-NJ H40 MIKE SHERRILL H90 EVERETT H0SACKH #PENDING WORLD RECOR W35 SARH BOSLAUGH SP NJ H35 TONY CICCONE H40 RICH HHULLIN H45 RICH OUNPHY DENNIS CHANLER RICH SHITH FRANK HONROE H50 LLOYD LONG GUS GIVISKOS H4NS EHRNSTROM H55 SAH RUHFORD M65 JONAS CONLES GIORGIO CHIAVELLI LEON TROJT H70 CHARLES COVINO AL JANKOLA H80 EUGENE BRAOFORD W35 JOHNIE HILL-HLDO SP NJ H40 JOHNIE HILL-HLDO SP NJ H40 JOHNIE HILL-HLDO H50 LLOYD LONG H55 JOHNIE HILL-HLDO H50 LUGRU BRAOFORD H35 JOHNIE HILL-HLDO SP NOH-NJ H40 JEFF COPLAND H50 LARRY PRATT H50 WILLIAH BARKER H55 THOHAS BROOKS | 5:06.0 9:13.0 * 9:56.2 * 10:49.7 * 6.934 10:234 10:234 1.2.544 9.504 9.504 9.574 9.594 4.844 11.994 10.954 11.444 11.994 10.954 11.304 10.974 10.974 10.974 10.974 10.564 11.674 11.574 10.564 11.574 10.564 1.2.54 * 6.954 * 6.954 * 6.954 * 8.974 * 6.954 * 8.974 * 6.954 * 8.954 * 1.304 * 1.304 * 1.304 * 1.574 * * 1.574 * * * * * * * * * * * * * |
| W30 ACH UNLIMITED 4X800 NJ H30 TRI ATHLETICS H40 NEUARX BENEFICA W30 ACH UNLIMITED UT NJ M35 BILL WOLVERTON H40 RICH H4NLLIN H45 JOHN CASAHASSINA RICH SHITH H50 H4NS EHRNSTROM H70 AL JANKOLA WT NON-NJ H40 MIKE SHERRILL H90 EVERETI H05ACK## #DEDING WORLD RECOR W35 SARAH B05LAUGH SP NJ H35 TONY CICCONE H40 RICH H4NLLIN H45 RICH 0UNPHY DENNIS CHANDLER RICH SHITH FRANK H0NROE H50 LLOYD LONG GUS GIVISKOS H4NS EHRNSTROM H55 SAH RUHFORD H07 CHARLES COVIND AL JANKOLA H90 EUGENE BRADFORD W35 IDA JAHES W40 CAROL LONG W45 JOHANIE HTLL-HLON SP NJ H40 JEFF COPLAND H50 LARY PRATT H60 WILLIAM BARKER H55 SAFAH B05LAUGH | 5:06.0 9:13.0 * 9:56.2 * 10:49.7 * 6.93H 10:23H 10:23H 12.54H 9.50H 9.59H 4.84H 11.97H 10.95H 11.44H 11.97H 10.95H 10.95H 10.87H 9.66H 11.67H 11.57H 10.03H 11.57H 10.55H 10.5 |
| W30 ACH UNLIMITED 4X800 NJ H30 TRI ATHLETICS H40 NEUARX BENEFICA W30 ACH UNLIMITED UT NJ H35 BILL WOLVERTON H40 RICH MHALLIN H45 JOHN CASAMASSINA RICH SMITH H50 H4NS EHRNSTROM H70 AL JANKOLA WT NON-NJ H40 MIKE SHERRILL H90 EVERETI HOSACKH SPENDING WORLD RECOR W35 SARAH BOSLAUGH SP NJ H35 TONY CICCONE H40 RICH HHALLIN H45 RICH DUNFHY DENNIS CHWOLER RICH SMITH FRANK MOROE H50 LLOYD LONG GUS GIVISKOS H4NS EHRNSTROM H55 SAM RUMFORD H07 CHARLES COVINO AL JANKOLA H50 EUGENE BRAOFORD W35 IOA JAMES W40 CAROL LONG W45 JOHNIE HILL-HUD SP NJ H40 JEFF COPLAND H50 LLOYD LONG GUS GIVISKOS H408 EUGENE BRAOFORD W35 IOA JAMES W40 CAROL LONG W45 JOHNIE HILL-HUD SP NON-NJ H40 JEFF COPLAND H50 LARRY PRATT H60 WILLIAM BRAKER H65 THOMAS BROOKS | 5:06.0 9:13.0 * 9:53.2 * 10:49.7 * 6.934 10:234 10:234 12.54H 11.37H 9.50H 5.79H 9.59H 4.84H 0 11.44H 11.97H 10.95H 11.30H 10.97H 10.95H 11.57H 10.95H 11.67H 10.56H 11.67H 10.56H 11.57H 10.56H 11.57H 10.56H 11.23H * 6.95H 8.37H 10.56H 11.23H * 6.95H 8.37H 10.56H 11.23H * 6.95H 8.37H 10.56H 11.23H * 6.95H 8.37H 10.56H 11.23H * 6.95H 8.37H 10.56H 11.23H * 6.95H 8.37H 10.56H 11.23H * 6.95H 8.37H 10.56H 11.23H * 6.95H 8.37H 10.56H 8.37H 11.23H * 6.95H 8.37H 10.56H 8.59H 8.59H 8.59H 8.59H 8.59H 8.59H 10.56H 8.59H 8.59H 8.59H 10.56H 8.59H 8.59H 10.58H 8.59H 8.59H 8.58H 10.87H 8.58H 10.87H 8.58H 10.87H 10.87H 10.87H 8.58H 10.87H 10.88H 10.87H 10.8 |
| W30 ACH UNLIMITED 4X800 NJ H30 TRI ATHLETICS H40 NEUARX BENEFICA W30 ACH UNLIMITED UT NJ M35 BILL WOLVERTON H40 RICH H4NLLIN H45 JOHN CASAHASSINA RICH SHITH H50 H4NS EHRNSTROM H70 AL JANKOLA WT NON-NJ H40 MIKE SHERRILL H90 EVERETI H05ACK## #DEDING WORLD RECOR W35 SARAH B05LAUGH SP NJ H35 TONY CICCONE H40 RICH H4NLLIN H45 RICH 0UNPHY DENNIS CHANDLER RICH SHITH FRANK H0NROE H50 LLOYD LONG GUS GIVISKOS H4NS EHRNSTROM H55 SAH RUHFORD H07 CHARLES COVIND AL JANKOLA H90 EUGENE BRADFORD W35 IDA JAHES W40 CAROL LONG W45 JOHANIE HTLL-HLON SP NJ H40 JEFF COPLAND H50 LARY PRATT H60 WILLIAM BARKER H55 SAFAH B05LAUGH | 5:06.0 9:13.0 * 9:56.2 * 10:49.7 * 6.934 10:234 10:234 12.54H 9.59H 9.59H 9.59H 1.37H 9.59H 11.44H 11.97H 10.95H 11.67H 10.95H 11.67H 10.67H 10.68H 9.66H 11.67H 10.56H 11.57H 11.58H 11.18H |
| W30 ACH UNLIMITED 4X800 NJ H30 TRI ATHLETICS H40 NEUAPK BENEFICA W30 ACH UNLIMITED UT NJ H35 BILL WOLVERTON H40 RICH H4NLLIN H45 JOHN CASAHASSINA RICH SHITH H50 H4NS EHRNSTROH H70 AL JANKOLA WT NON-NJ H40 MIKE SHERRILL H90 EVERETT H05ACKH SHERDING WORLD RECOR W35 SARAH B05LAUGH SP NJ H35 TONY CICCONE H40 RICH H4NLLIN H45 RICH H0NPHY DENNIS CHWOLER RICH SHITH FRANK H0NROE H50 LLOYD LONG GUS GIVISKOS H4NS EHRNSTROH H55 SAH RUHFORD H07 CHARLES COVIND AL JANKOLA H90 EUGENE BRADFORD W35 IDA JANES W40 CAROL LONG W45 JOHNIE HILL-HUD SP NDHNIE H40 JEFF COPLAND H40 JEFF COPLAND H40 JEFF COPLAND H40 UNCAN LITTLEFIEL | 5:06.0 9:13.0 * 9:56.2 * 10:49.7 * 6.934 10:234 10:234 1.2.544 9.504 9.534 9.534 9.534 9.534 1.374 9.534 1.444 11.994 10.954 11.444 11.994 10.954 11.304 10.954 11.674 11.574 10.034 10.564 11.654 10.564 10.564 10.555 10.555 |
| HIGO ACH UNLIMITED 4X800 NJ HIGO TRI ATHLETICS HIGO NEUARK BENEFICA WIGO ACH UNLIMITED UT NJ HIGS BILL WOLVERTON HIGO RICH MEMULIN HIGS BILL WOLVERTON HIGO RICH MEMULIN HIGO RICH MEMULIN HIGO HANS EHRNSTROM HIGO AL JANKOLA UT NON-NJ HIGO HIKE SHERRILL HIGO EVERETT HOSACKH SHENDING WORLD RECOR WIGS SARAH BOSLAUGH SP NJ HIGO RICH MEMULIN HIGO GIVISKOS HIMIS EHRISTROM HISS SHI RUMFORD MORT HIMN HIGO JONAS COMLES GIORGIO CHIAVELLI LEON TROUT HIGO CAROL LONG WIGS JOHNNIE HILL-HUDO SP NON-NJ HIGO JONAS PRATT HIGO WILLIAM BARKER HIGO DINCAN LITTLEFIEI HIGO DINCAN LITTLEFIEI HIGO DINCAN LITTLEFIEI | 5:06.0 9:13.0 * 9:56.2 * 10:49.7 * 6.93H 10:23H 10:23H 10:23H 12.54H 9.59H 4.84H 0 11.44H 11.97H 10.95H 11.67H 11.97H 10.97H 10.97H 10.97H 10.97H 10.97H 10.56H 11.65H 11.57H 10.55H |
| W30 ACH UNLIMITED 4X800 NJ H30 TRI ATHLETICS H40 NEUARX BENEFICA W30 ACH UNLIMITED UT NJ M35 BILL WOLVERTON H40 RICH H4NLLIN H45 JOHN CASAHASSINA RICH SHITH H50 H4NS EHRNSTROM H70 AL JANKOLA WT NON-NJ H40 HIKE SHERRILL H90 EVERETI H05ACK## PEDDING WORLD RECOR W35 SARAH B05LAUGH SP NJ H35 TONY CICCONE H40 RICH H4NLLIN H45 RICH 0UNPHY DENNIS CHWOLER RICH SHITH FRANK H0NOE H50 LLOYD LONG GUS GIVISKOS H4NS EHRNSTROM H55 SAH RUMFORD H07 CHARLES COVIND AL JANKOLA H50 GUGANE BRAOFORD W35 IDA JAHES W40 CAROL LONG W45 JOHANIE HILL-HUD SP NJ H40 JEFF COPLAND H50 LARY PRATT H60 WILLIAH BARKER H50 DUNCAN LITTLEFIEL H50 DAN SALVIO H50 JEFF TINDALL PV NON-HJ | 5:06.0 9:13.0 * 9:53.2 * 10:49.7 * 6.934 10:234 10:234 12.54H 9.594 9.594 9.594 9.594 11.44H 11.974 10.9 |
| HIGO ACH UNLIMITED 4X8000 NJ HIGO TRI ATHLETICS HIGO NEUARX BENEFICA HIGO ACH UNLIMITED UT NJ HISS BILL HOUVERTON HIGO RICH HHULLIN HISS DINN CASAHASSINA RICH SHITH HISO HANS EHRNSTROM HITO AL JANKOLA UT NON-NJ HIGO RICH HOLLIN HIGO EVERETT HOSACKH PEDDING WORLD RECOR HIGO EVERETT HOSACKH PEDDING WORLD RECOR HIGO RICH HOHLLIN HISS TONY CICCONE HIGO RICH HOHLLIN HISS TONY CICCONE HIGO RICH HOHLLIN HISS GIVISKOS HAVIS EHRNSTROM HISS SARAH BOSLAUGH SP NJ HISS GIVISKOS HAVIS EHRNSTROM HISS SARAH BOSLAUGH SP NJ HIS GIVISKOS HAVIS EHRNSTROM HISS SARAH RUMFORD HORT HHAN HISO JONAS COMLES GIORGIO CHIAVELLI LEON TROJT HICO CHARLES COVIND AL JANKOLA HIGO EUGENE BRAOFORD HISS JOHNIE HILL-HUD SP NON-NJ HIO JEFF COPLAND HISO LARRY PRAIT HIGO DUNCAN LITTLEFIEL HIGO DAN GOIA HISS SARAH BOSLAUGH PV ND HISO JEFF TINDALL PV NON-HJ | 5:06.0 9:13.0 * 9:56.2 * 10:49.7 * 6.934 10:234 10:234 1.2.544 9.504 9.534 9.534 9.534 9.534 1.374 9.534 1.444 11.994 10.954 11.444 11.994 10.954 11.304 10.954 11.674 11.574 10.034 10.564 11.654 10.564 10.564 10.555 10.555 |

| HO CLAUDE HILLS | 1.684 |
|--|--|
| WOO LAURIE BLACK | 2.44H |
| HUN | |
| H35 RICHARD ALEXANDER | 1.96H # |
| FRANK DARDEN | 1.47H |
| HAO DAN GOIA | 1.684 * |
| KIER DELANEY | 1.27H |
| DAVE FRIEDHAN | 1.22H |
| HAS RON SALVIO | 1.424 |
| M50 FRED ARDIZZONE | 1.27H |
| DAVE CONNOLLY | 1.224 |
| HSS SAN RUNFORD | 1.52+# |
| JOHN MacDONALD | 1.37H |
| MORT HAHN | 1.17H |
| HES TOH DELANEY | 1.224 |
| W35 CHERYL ALSTON | 1.274 * |
| LJULIE WIEDIS | 1.174 |
| WAS JOHNNIE HILL-HUDGIN | 1.174 |
| HJ NON-NJ | G1.2/M |
| HAS IVAN BLACK | 1.47H |
| HES JAHES STOOKEY | 1.37H |
| FRANK BRAKO | 1.224 |
| MBO CLAUDE HILLS | 0.97H |
| W35 SARAH BOSLAUGH | 1.224 |
| LJ NJ | |
| HIS DAVE STAUFFER | 5.75H |
| MAD DAN GOIA | 5.594 |
| AL CESTERO | 5.324 |
| MIKE SANTO | 5.184 |
| DAVE FRIEDHAN | 4-104 |
| HSO LLOYD LONG | 4.594 |
| DAVE CONNOLLY | 3.70H |
| MSS BOB O'BRIEN | 4.58H |
| VINCE RUFFIN | 4.58H |
| SAM RUMFORD | 4.024 |
| HEO JACK LANCE | 4.01H |
| GIORGIO CHIAVELLI | 3.584 |
| H65 SYD SALT | 4.484 |
| TOH DELANEY | 4.07H |
| W30 RUVINIA KELLY | 4.34H |
| W35 EDNA CRAWLEY | 3.97H |
| JULIE WIEDIS | 3.26H |
| WAS MICHAEL HILL | 3.894 |
| LJ NON-NJ | |
| HAS IVAN BLACK | 5.234 |
| MIKE MILOVE | 4.924 |
| MSS JAMES STOOKEY | 4.65H |
| FRANK BRAKO | 4.134 |
| HTO OSCAR HARRIS | 3.834 |
| HEO CLAUDE HILLS | 2.55M |
| W35 SARAH BOSLAUGH | 3.621 |
| TJ NJ | |
| M35 DAVE STAUFFER | 12.17H |
| M40 DAN GOIA | 9.33H |
| | |
| DAVE FRIEDMAN | 8.234 |
| DAVE FRIEDHAN MSO LLOYD LONG | 8.104 |
| DAVE FRIEDHAN MSO LLOYD LONG MSS BOB O'BRIEN | 8.10H 8.77H |
| DAVE FRIEDHAN MSO LLOYD LONG MSS BOB O'BRIEN HORT HAHN | 8.10H 8.77H 5.96H |
| DAVE FRIEDHAN MSO LLOYD LONG MSS BOB O'BRIEN MORT HANN MGO JACK LANCE | 8.10H 8.77H 5.96H 8.14H |
| DAVE FRIEDHAN HSO LLOYD LONG HSS BOB O'BRIEN HORT HAHN HSO JACK LANCE HSS TOH DELANEY | 8.10H 8.77H 5.96H 8.14H 8.42H |
| DAVE FRIEDHAN HSO LLOYD LONG HSS BOB O'BRIEN HORT HANN HGO JACK LANCE HGS TOH DELANEY SYD SALT | 8.10H 8.77H 5.96H 8.14H 8.42H 7.68H |
| DAVE FRIEDHAN HSO LLOYD LONG HSS BOB O'BRIEN HORT HANN HGO JACK LANCE HGS TOH DELANEY SYD SALT W3S JULIE WIEDIS | 8.10H 8.77H 5.96H 8.14H 8.42H 7.68H 7.11H |
| DAVE FRIEDHAN HSO LLOYD LONG HSS BOB O'BRIEN HORT HAHN HGO JACK LANCE HGS TOH DELANEY SYD SALT W3S JULIE WIEDIS EDNA CRAWLEY | 8.10H 8.77H 5.96H 8.14H 8.42H 7.68H 7.11H 7.09H |
| DAVE FRIEDHAN HSO LLOYD LONG HSS BOB O'BRIEN HORT HAN HGO JACK LANCE HGS TOH DELANEY SYD SALT W3S JULIE WIEDIS EDNA CRAWLEY W4S HICHAEL HILL | 8.10H 8.77H 5.96H 8.14H 8.42H 7.68H 7.11H |
| DAVE FRIEDHAN HSO LLOYD LONG HSS BOB O'BRIEN HORT HAHN HGO JACK LANCE HGS TOH DELANEY SYD SALT W3S JULIE WIEDIS EDNA CRAWLEY | 8.10H 8.77H 5.96H 8.14H 8.42H 7.68H 7.11H 7.09H 7.80H |
| DAVE FRIEDHAN HSO LLOYD LONG HSS BOB O'BRIEN HORT HAHN HGO JACK LANCE HGS TOH DELANEY SYD SALT W3S JULIE WIEDIS EDNA CRAWLEY W4S HICHWEL HILL TJ NON-NJ | 8.10H 8.77H 5.96H 8.14H 8.42H 7.68H 7.11H 7.69H 7.99H 7.90H |
| DAVE FRIEDHAN MSO LLOYD LONG MSS BOB O'BRIEN HORT HANN MGO JACK LANCE MSS TOH DELANEY SYD SALT W3S JULIE WIEDIS EDNA CRAMLEY W45 MICHAEL HILL TJ NON-NJ MS IVAN BLACK | 8.10H 8.77H 5.96H 8.14H 8.42H 7.68H 7.11H 7.09H 7.80H |
| DAVE FRIEDHAN H50 LLOYD LONG H55 BOB O'BRIEN HORT HANN H60 JACK LANCE H55 TOH DELANEY SYD SALT W35 JULIE WIEDIS EDNA CRAILEY W35 HICHAEL HILL TJ NON-NJ H45 IVAN BLACK H55 ED KENT H65 JAVES STOOKEY | 8.10H 8.77H 5.96H 8.14H 8.42H 7.68H 7.11H 7.69H 7.09H 7.80H 9.99H |
| DAVE FRIEDHAN HSO LLOYD LONG HSS BOB O'BRIEN HORT HWHN HGO JACK LANCE HSS TOH DELANEY SYD SALT W3S JULIE WIEDIS EDNA CRANLEY W4S HICHAEL HILL TJ NON-NJ HAS IVAN BLACK HSS ED KENT | 8.10H 8.77H 5.96H 8.14H 8.42H 7.68H 7.11H 7.69H 7.99H 7.90H 10.50H 8.91H |
| DAVE FRIEDHAN H50 LLOYD LONG H55 BOB O'BRIEN HORT HANN H60 JACK LANCE H65 TOH DELANEY SYD SALT W35 JULIE WIEDIS EDNA CRAWEY W45 HICHAEL HILL TJ NON-NJ H45 IVAN BLACK H55 ED KENT H65 JAMES STOOKEY FRANK BRAKD | 8.10H 8.77H 5.96H 8.14H 7.68H 7.11H 7.09H 7.80H 10.50H 8.91H 9.99H 7.91H |
| DAVE FRIEDHAN HSO LLOYD LONG HSS BOB O'BRIEN HORT HANN HGO JACK LANCE HSS TOH DELANEY SYD SALT W3S JULIE WIEDIS EDNA CRAWLEY W4S MICHAEL HILL TJ NON-NJ H4S IVAN BLACK HSS ED KENT HSS JAMES STOCKEY FRANK BRAKO W3S SARAH BOSLAUGH | 8.10H 8.77H 5.96H 8.14H 7.68H 7.11H 7.09H 7.80H 10.50H 8.91H 9.99H 7.91H |
| DAVE FRIEDHAN HSO LLOYD LONG HSS BOB O'BRIEN HORT HWHN HSO JACK LANCE HSS TOH DELANEY SYD SALT W3S JULIE WIEDIS EDNA CRANLEY W4S HICHAEL HILL TJ NON-NJ HSS IVAN BLACK HSS ED KENT HSS JANES STOKEY FRANK BRAKO W3S SARAH BOSLAUGH HASTERS TEAM SCORING NORTH JERSEY MASTERS GARDEN STATE ATHLETIC | 8.10H 8.77H 8.96H 8.96H 8.14H 8.44H 8.44H 7.68H 7.11H 7.08H 7.90H 10.50H 8.91H 9.99H 7.91H 8.71H 192 |
| DAVE FRIEDHAN HSO LLOYD LONG HSS BOB O'BRIEN HORT HANN HGO JACK LANCE HSS TOH DELANEY SYD SALT W3S JULIE WIEDIS EDNA CRAMEY W4S HICHAEL HILL TJ NON-NJ HAS IVAN BLACK HSS ED KENT HSS JAKES STOCKEY FRANK BRAKO W3S SARAH BOSLAUGH MASTERS TEAH SCORING NORTH JERSEY MASTERS GARDEN STATE ATHLETIC SHORE ATHLETIC CLUB | 8.10H 8.77H 5.96H 8.14H 8.42H 7.69H 7.11H 7.09H 7.90H 8.91H 9.99H 7.91H 8.71H |
| DAVE FRIEDHAN HSO LLOYD LONG HSS BOB O'BRIEN HORT HANN HGO JACK LANCE HSS TOH DELANEY SYD SALT W3S JULIE WIEDIS EDNA CRAMEY W4S HICHAEL HILL TJ NON-NJ HAS IVAN BLACK HSS ED KENT HSS JAKES STOCKEY FRANK BRAKO W3S SARAH BOSLAUGH MASTERS TEAH SCORING NORTH JERSEY MASTERS GARDEN STATE ATHLETIC SHORE ATHLETIC CLUB | 8.10H 8.77H 8.96H 8.96H 8.14H 8.44H 8.44H 7.68H 7.11H 7.08H 7.90H 10.50H 8.91H 9.99H 7.91H 8.71H 192 |
| DAVE FRIEDHAN HSO LLOYD LONG HSS BOB O'BRIEN HORT HWHN HGO JACK LANCE HSS TOH DELANEY SYD SALT W3S JULIE WIEDIS EDNA CRAMLEY W3S HICHWEL HILL TJ NON-NJ HSS INAES STOCKEY FRANK BRAKO W3S SARAH BOSLAUGH HSS ED KENT HSS JAKES STOCKEY FRANK BRAKO W3S SARAH BOSLAUGH HASTERS TEAH SCORING GARDEN STATE ATHLETIC SHORE ATHLETIC CLUB Ach. Unlim. Int'I SNEWER FACTORY | 8.10H 8.77H 8.77H 8.96H 8.14H 8.42H 7.68H 7.11H 7.09H 7.90H 7.90H 8.91H 9.99H 9.97H 8.71H 192 170 149 51 25 |
| DAVE FRIEDHAN HSO LLOYD LONG HSS BOB O'BRIEN HORT HANN HSO JACK LANCE HSS TOH DELANEY SYD SALT W3S JULIE WIEDIS EDNA CRANLEY W4S HICHWEL HILL TJ NON-NJ HSS JANES STOOKEY FRANK BRAKO W3S SARAH BOSLAUGH HMSTERS TEAM SCORING NORTH JERSEY HASTERS GARDEN STATE ATHLETIC SHORE ATHLETIC CLUB ACh. UNITM. Int ¹ 1 SHEAKER FACTORY NEW JERSEY STRIDERS | 8.10H 8.77H 8.77H 5.96H 8.14H 7.68H 7.68H 7.08H 7.80H 7.80H 7.80H 8.91H 9.99H 7.91H 8.71H 192 170 149 51 25 23 |
| DAVE FRIEDHAN HSO LLOYD LONG HSS BOB O'BRIEN HORT HANN HGO JACK LANCE HSS TOH DELANEY SYD SALT W3S JULIE WIEDIS EDNA CRANLEY W4S HICHAEL HILL TJ NON-NJ HSS JANES STOCKEY FRANK BRAKO W3S SARAH BOSLAUGH HASTERS TEAM SOORING NORTH JERSEY MASTERS GARDEN STATE ATHLETIC SHORE ATHLETIC CLUB Ach. UNI'M. Int'I SHEAKER FACTORY NEW JERSEY STRIDERS SUBMASTERS TEAM SOORING | 8.10H 8.77H 8.96H 8.96H 8.14H 8.42H 7.68H 7.08H 7.08H 7.90H 10.50H 8.91H 9.99H 7.91H 8.71H 192 170 149 51 25 23 35 |
| DAVE FRIEDHAN HSO LLOYD LONG HSS BOB O'BRIEN HORT HANN HGO JACK LANCE HSS TOH DELANEY SYD SALT W3S JULIE WIEDIS EDNA CRALLEY W3S HICHWEL HILL TJ NON-NJ HAS IVAN BLACK HSS ED KENT HSS JANES STOCKEY FRANK BRAKO W3S SARAH BOSLAUGH HASTERS TEAM SOCING MORTH JERSEY MASTERS GARDEN STATE ATHLETIC SHORE ATHLETIC CLUB Ach. Unlim. Int'l SUBHASTERS TEAM SOCINS SUBHASTERS TEAM SOCINS | 8.10H 8.77H 8.77H 8.96H 8.14H 8.44H 8.44H 7.68H 7.11H 7.08H 7.90H 7.90H 8.91H 9.99H 7.91H 8.71H 192 170 149 51 23 36 92 1/2 |
| DAVE FRIEDHAN HSO LLOYD LONG HSS BOB O'BRIEN HORT HWHN HSO JACK LANCE HSS TOH DELANEY SYD SALT W3S JULIE WIEDIS EDNA CRANLEY W3S HICHWEL HILL TJ NON-NJ HAS IVAN BLACK HSS ED KENT HSS JANES STOCKEY FRANK BRAKO W3S SARAH BOSLAUGH HASTERS TEAM SCORING MORTH JERSEY MASTERS GARDEN STATE ATHLETIC SHORE ATHLETIC CLUB ACh. UNIIM. Int'I SWEAKER FACTORY NEW JERSEY STRIDERS SUBMASTERS TEAM SCORING | 8.10H 8.77H 8.96H 8.14H 8.42H 7.68H 7.08H 7.08H 7.08H 7.90H 7.90H 8.91H 9.99H 7.91H 8.71H 192 170 149 51 22 23 59 |
| DAVE FRIEDHAN HSO LLOYD LONG HSS BOB O'BRIEN HORT HANN HGO JACK LANCE HSS TOH DELANEY SYD SALT W3S JULIE WIEDIS EDNA CRALLEY W3S HICHWEL HILL TJ NON-NJ HSS JUNES STOCKEY FRANK BRAKO W3S SARAH BOSLAUGH HMSTERS TEAM SCORING NORTH JERSEY MASTERS GARDEN STATE ATHETIC SHORE ATHLETIC CLUB Ach. Unlim. Int'I SHEMATERS TEAM SCORING ACh. Unlim. Int'I NEW JERSEY STRIDERS SUBMASTERS TEAM SCORING ACh. Unlim. Int'I NEW JERSEY STRIDERS SUBMASTERS TEAM SCORING ACh. Unlim. Int'I | 8.10H 8.77H 8.77H 8.96H 8.14H 8.44H 7.68H 7.09H 7.09H 7.90H 8.91H 9.93H 7.91H 8.71H 192 170 149 51 25 23 55 92 1/2 59 28 |
| DAVE FRIEDHAN HSO LLOYD LONG HSS BOB O'BRIEN HORT HAHN HSO JACK LANCE HSS TOH DELANEY SYD SALT W3S JULIE WIEDIS EDNA CRAHLEY W4S HICHAEL HILL TJ NON-NJ H4S IVAN BLACK HSS ED KENT HSS JAMES STOOKEY FRANK BRAKO W3S SARAH BOSLAUGH HASTERS TEAM SCORING SHORE ATHLETIC CLUB SHORE ATHLETIC CLUB SHORE ATHLETICS SHORE ATHLETICS SHORE ATHLETICS SHORE ATHLETICS | 8.10H 8.77H 8.77H 8.96H 8.14H 8.42H 7.68H 7.11H 7.09H 7.90H 7.90H 8.91H 9.97H 8.71H 192 170 149 51 25 23 59 92 1/2 59 28 30 |
| DAVE FRIEDHAN HSO LLOYD LONG HSS BOB O'BRIEN HORT HANN HGO JACK LANCE HSS TOH DELANEY SYD SALT W3S JULIE WIEDIS EDNA CRALLEY W3S HICHWEL HILL <u>TJ NON-NJ</u> H4S JUAN BLACK HSS ED KENT HSS JAYES STOCKEY FRANK BRAKO W3S SARAH BOSLAUGH HMSTERS TEAM SCORING NORTH JERSEY HASTERS SUEWASTERS TEAM SCORIN ACh. Unlim. Int'I SHEAKER FACTORY NEW JERSEY STRIDERS SUEWASTERS TEAM SCORING ACh. Unlim. Int'I NEW JERSEY STRIDERS SHORE ATHLETIC CLUB NORTH JERSEY MASTERS | 8.10H 8.77H 8.77H 8.96H 8.14H 8.44H 7.68H 7.09H 7.09H 7.90H 8.91H 9.93H 7.91H 8.71H 192 170 149 51 25 23 55 92 1/2 59 28 |
| DAVE FRIEDHAN HSO LLOYD LONG HSS BOB O'BRIEN HORT HANN HGO JACK LANCE HSS TOH DELANEY SYD SALT W3S JULIE WIEDIS EDNA CRALLEY W3S HICHWEL HILL <u>TJ NON-NJ</u> H4S JUAN BLACK HSS ED KENT HSS JAYES STOCKEY FRANK BRAKO W3S SARAH BOSLAUGH HMSTERS TEAM SCORING NORTH JERSEY HASTERS SUEWASTERS TEAM SCORIN ACh. Unlim. Int'I SHEAKER FACTORY NEW JERSEY STRIDERS SUEWASTERS TEAM SCORING ACh. Unlim. Int'I NEW JERSEY STRIDERS SHORE ATHLETIC CLUB NORTH JERSEY MASTERS | 8.10H 8.77H 8.77H 8.96H 8.14H 8.42H 7.68H 7.11H 7.09H 7.90H 7.90H 8.91H 9.97H 8.71H 192 170 149 51 25 23 59 92 1/2 59 28 30 |
| DAVE FRIEDHAN HSO LLOYD LONG HSS BOB O'BRIEN HORT HAHN HSO JACK LANCE HSS TOH DELANEY SYD SALT W3S JULIE WIEDIS EDNA CRAHLEY W4S HICHAEL HILL TJ NON-NJ H4S IVAN BLACK HSS ED KENT HSS JAMES STOOKEY FRANK BRAKO W3S SARAH BOSLAUGH HASTERS TEAM SCORING SHORE ATHLETIC CLUB SHORE ATHLETIC CLUB SHORE ATHLETICS SHORE ATHLETICS SHORE ATHLETICS SHORE ATHLETICS | 8.10H 8.77H 8.77H 8.96H 8.14H 8.42H 7.68H 7.11H 7.09H 7.90H 7.90H 8.91H 9.97H 8.71H 192 170 149 51 25 23 59 92 1/2 59 28 30 |
| DAVE FRIEDHAN HSO LLOYD LONG HSS BOB O'BRIEN HORT HANN HGO JACK LANCE HSS TOH DELANEY SYD SALT W3S JULIE WIEDIS EDNA CRALLEY W3S HICHWEL HILL <u>TJ NON-NJ</u> HAS JUAN BLACK HSS ED KENT HSS JAKES STOCKEY FRANK BRAKO W3S SARAH BOSLAUGH HMSTERS TEAM SCORING NORTH JERSEY HASTERS SHORE ATHLETIC CLUB ACh. Unlim. Int'I SHEAKER FACTORY NEJ JERSEY STRIDERS SJUHASTERS TEAM SCORING ACh. Unlim. Int'I SHEAKER FACTORY NEJ JERSEY STRIDERS SJUHASTERS TEAM SCORING ACh. Unlim. Int'I NEJ JERSEY STRIDERS SHORE ATHLETIC CLUB NORTH JERSEY HASTERS ** age-group WR * meet record | 8.10H 8.77H 8.77H 8.96H 8.14H 8.42H 7.68H 7.11H 7.09H 7.90H 8.91H 9.99H 7.91H 8.71H 192 170 149 51 25 23 59 92 1/2 59 28 30 15 |
| DAVE FRIEDHAN HSO LLOYD LONG HSS BOB O'BRIEN HORT HANN HSO JACK LANCE HSS TOH DELANEY SYD SALT W3S JULIE WIEDIS EDNA CRAALEY W3S HICHEL HILL TJ NON-NJ HSS IVAN BLACK HSS ED KENT HSS JAMES STOOKEY FRANK BRAKO W3S SARAH BOSLAUGH HASTERS TEAM SCORING NORTH JERSEY HASTERS GADEN STATE ATHLETIC SHORE ATHLETIC CLUB ACh. Unlim. Int'I SWEAKE FACTORY NEW JERSEY STRIDERS SHORE ATHLETIC CLUB NORTH JERSEY HASTERS SHORE ATHLETIC S SHORE ATHLETIC CLUB NORTH JERSEY HASTERS SHORE ATHLETIC CLUB NORTH JERSEY HASTERS ** age-group WR * meet record | 8.10H 8.77H 8.77H 8.96H 8.14H 8.42H 7.68H 7.11H 7.09H 7.90H 8.91H 9.99H 9.99H 9.99H 8.71H 192 170 149 51 25 23 59 92 1/2 59 28 30 15 |
| DAVE FRIEDHAN HSO LLOYD LONG HSS BOB O'BRIEN HORT HANN HOO JACK LANCE HSS TOH DELANEY SYD SALT W3S JULIE WIEDIS EDNA CRANLEY W4S HICHWEL HILL TJ NON-NJ HSS IVAN BLACK HSS ED KENT HSS JAMES STOKEY FRANK BRAKO W3S SARAH BOSLAUGH HASTERS TEAM SCORING NORTH JERSEY HASTERS GARDEN STATE ATHLETIC SHORE ATHLETIC CLUB Ach. UNLIM. INT'I SHEAKER FACTORY NEW JERSEY STRIDERS SJENASTERS TEAM SCORING ACh. UNLIM. INT'I NEW JERSEY STRIDERS SJENASTERS TEAM SCORING SHORE ATHLETIC CLUB NORTH JERSEY MASTERS SHORE ATHLETIC CLUB NORTH JERSEY MASTERS SHORE ATHLETIC CLUB NORTH JERSEY MASTERS ** age-group WR * meet record | 8.10H 8.77H 8.96H 8.96H 8.96H 8.96H 7.68H 7.68H 7.08H 7.90H 7.90H 7.90H 8.91H 9.99H 7.91H 8.71H 192 170 149 51 23 23 59 24 29 21/2 59 28 30 15 |
| DAVE FRIEDHAN HSO LLOYD LONG HSS BOB O'BRIEN HORT HANN HOO JACK LANCE HSS TOH DELANEY SYD SALT W3S JULIE WIEDIS EDNA CRANLEY W4S HICHAEL HILL TJ NON-NJ HSS IVAN BLACK HSS ED KENT HSS JANES STOKEY FRANK BRAKO W3S SARAH BOSLAUGH MASTERS TEAM SORING NORTH JERSEY MASTERS GARDEN STATE ATHLETIC SHORE ATHLETIC CLUB Ach. Unlim. Int'I SHEAKER FACTORY NEW JERSEY STRIDERS SJEWASTERS TEAM SORING ACh. Unlim. Int'I NEW JERSEY STRIDERS SJEWASTERS TEAM SORING ACh. Unlim. Int'I NEW JERSEY STRIDERS TRIATHLETICS SHORE ATHLETIC CLUB NORTH JERSEY MASTERS ** age-group WR * meet record | 8.10H 8.77H 8.96H 8.96H 8.96H 8.96H 7.68H 7.68H 7.08H 7.90H 7.90H 7.90H 8.91H 9.99H 7.91H 8.71H 192 170 149 51 23 23 59 24 29 21/2 59 28 30 15 |
| DAVE FRIEDHAN HSO LLOYD LONG HSS BOB O'BRIEN HORT HANN HOO JACK LANCE HSS TOH DELANEY SYD SALT W3S JULIE WIEDIS EDNA CRANLEY W4S HICHWEL HILL TJ NON-NJ HSS IVAN BLACK HSS ED KENT HSS JAMES STOKEY FRANK BRAKO W3S SARAH BOSLAUGH HASTERS TEAM SCORING NORTH JERSEY HASTERS GARDEN STATE ATHLETIC SHORE ATHLETIC CLUB Ach. UNLIM. INT'I SHEAKER FACTORY NEW JERSEY STRIDERS SJENASTERS TEAM SCORING ACh. UNLIM. INT'I NEW JERSEY STRIDERS SJENASTERS TEAM SCORING SHORE ATHLETIC CLUB NORTH JERSEY MASTERS SHORE ATHLETIC CLUB NORTH JERSEY MASTERS SHORE ATHLETIC CLUB NORTH JERSEY MASTERS SHORE ATHLETIC CLUB NORTH JERSEY MASTERS SHORE ATHLETIC CLUB NORTH JERSEY MASTERS ** age-group WR * meet record | 8.10H 8.77H 8.77H 5.96H 8.14H 8.44H 7.68H 7.09H 7.09H 7.90H 7.90H 8.91H 9.97H 8.71H 192 170 149 51 25 23 30 15 59 21/2 59 28 30 15 7.02 |
| DAVE FRIEDHAN HSO LLOYD LONG HSS BOB O'BRIEN HORT HANN HGO JACK LANCE HSS TOH DELANEY SYD SALT W3S JULIE WIEDIS EDNA CRANLEY W4S HICHWEL HILL TJ NON-NJ HSS IVAN BLACK HSS ED KENT HSS JAMES STOKEY FRANK BRAKO W3S SARAH BOSLAUGH HASTERS TEAM SCORING NORTH JERSEY HASTERS GARDEN STATE ATHLETIC SHORE ATHLETIC CLUB Ach. Unlim. Int'I SHEAKER FACTORY NEW JERSEY STRIDERS SUBWASTERS TEAM SCORING ACh. Unlim. Int'I NEW JERSEY STRIDERS SUBWASTERS TEAM SCORING ACh. Unlim. Int'I NEW JERSEY WASTERS SHORE ATHLETIC CLUB NORTH JERSEY MASTERS SHORE ATHLETIC CLUB NORTH JERSEY MASTERS TRIATLETICS SHORE ATHLETIC CLUB NORTH JERSEY MASTERS ** age-group WR * meet record Greater Boston T Invitational, Harvar Allston, MA; Feb. SOM M40 Pershing Reid Anthony Santos | 8.104 8.774 8.794 8.994 8.994 8.994 8.994 7.694 7.094 7.094 7.904 7.904 7.904 7.904 7.904 7.904 7.904 7.904 7.904 192 170 149 51 23 23 59 292 1/2 59 292 1/2 59 20 15 7.02 7.02 7.04 |
| DAVE FRIEDHAN HSO LLOYD LONG HSS BOB O'BRIEN HORT HANN HSO JACK LANCE HSS TOH DELANEY SYD SALT W3S JULIE WIEDIS EDNA CRANLEY W3S JULIE WIEDIS EDNA CRANLEY W3S HICHAEL HILL TJ NON-NJ HAS JANES STOCKEY FRANK BRAKO W3S SARAH BOSLAUGH HASTERS TEAM SOCRIMS MORTH JERSEY MASTERS GARDEN STATE ATHLETIC SHORE ATHLETIC CLUB Ach. Unlim. Int'I SHORE ATHLETIC CLUB Ach. Unlim. Int'I NEW JERSEY STRIDERS SUBMATERS TEAM SOCRIM Ach. Unlim. Int'I NEW JERSEY STRIDERS TRIATHLETICS SHORE ATHLETIC CLUB NORTH JERSEY MASTERS ** age-group WR * meet record Greater Boston T Invitational, Harvar Allston, MA; Feb. SOM M40 Pershing Reid Anthony Santos Wayne Fisher | 8.10H 8.77H 8.77H 8.99H 8.14H 8.42H 7.68H 7.09H 7.09H 7.90H 7.90H 7.90H 7.90H 8.91H 9.99H 7.91H 8.71H 192 170 149 51 23 59 28 30 15 7.02 7.02 7.04 7.13 |
| DAVE FRIEDHAN HSO LLOYD LONG HSS BOB O'BRIEN HORT HANN HSO JACK LANCE HSS TOH DELANEY SYD SALT W3S JULIE WIEDIS EDNA CRALEY W3S HICHAEL HILL TJ NON-NJ HAS IVAN BLACK HSS ED KENT HSS JAMES STOCKEY FRAMK BRAKO W3S SARAH BOSLAUGH HASTERS TEAM SOCRIMS MORTH JERSEY MASTERS GARDEN STATE ATHLETIC SHORE ATHLETIC CLUB ACh. Unlim. Int'I SKEAKER FACTORY NEW JERSEY STRIDERS SUBHASTERS TEAM SCORIN ACh. Unlim. Int'I NEW JERSEY STRIDERS SUBHASTERS TEAM SCORIN ACh. Unlim. Int'I NEW JERSEY STRIDERS SUBHASTERS TEAM SCORIN ACh. Unlim. Int'I NEW JERSEY MASTERS ** age-group WR * meet record Greater Boston T Invitational, Harvar Allston, MA; Feb. SOM M40 Pershing Reid Anthony Santos Wayne Fisher Ken Castro | 8.10H 8.77H 8.77H 8.96H 8.14H 8.42H 7.68H 7.09H 7.90H 7.90H 7.90H 8.91H 9.93H 7.91H 8.71H 192 170 149 51 25 23 59 28 30 15 59 28 30 15 7.02 7.04 7.13 7.51 |
| DAVE FRIEDHAN HSO LLOYD LONG HSS BOB O'BRIEN HORT HANN HSO JACK LANCE HSS TOH DELANEY SYD SALT W3S JULIE WIEDIS EDNA CRANLEY W4S HICHAEL HILL TJ NON-NJ HSS JWAN BLACK HSS ED KENT HSS JWASS STOKEY FRANK BRAKO WAS SWANH BOSLAUGH HASTERS TEAM SCORING NORTH JERSEY HASTERS SUBHASTERS TEAM SCORIN Ach. Unlim. Int'I NEW JERSEY STRIDERS SUBHASTERS TEAM SCORIN Ach. Unlim. Int'I NEW JERSEY STRIDERS SUBHASTERS TEAM SCORIN Ach. Unlim. Int'I NEW JERSEY STRIDERS SUBHASTERS TEAM SCORIN Ach. Unlim. Int'I NEW JERSEY HASTERS ** age-group WR * meet record Greater Boston T Invitational, Harvar Allston, MA; Feb. SOM M40 Pershing Reid Anthony Santos Wayne Fisher Ken Castro C D Cook | 8.104 8.774 8.774 8.964 8.144 8.424 7.684 7.084 7.084 7.084 7.904 10.504 8.914 9.994 7.904 10.504 8.914 9.994 7.914 8.714 192 170 149 51 25 23 59 28 30 15 5 7.02 7.04 7.13 7.51 7.70 |
| DAVE FRIEDHAN HSO LLOYD LONG HSS BOB O'BRIEN HORT HANN HSO JACK LANCE HSS TOH DELANEY SYD SALT W3S JULIE WIEDIS EDNA CRALEY W3S HICHAEL HILL TJ NON-NJ HAS IVAN BLACK HSS ED KENT HSS JAMES STOCKEY FRAMK BRAKO W3S SARAH BOSLAUGH HASTERS TEAM SOCRIMS MORTH JERSEY MASTERS GARDEN STATE ATHLETIC SHORE ATHLETIC CLUB ACh. Unlim. Int'I SKEAKER FACTORY NEW JERSEY STRIDERS SUBHASTERS TEAM SCORIN ACh. Unlim. Int'I NEW JERSEY STRIDERS SUBHASTERS TEAM SCORIN ACh. Unlim. Int'I NEW JERSEY STRIDERS SUBHASTERS TEAM SCORIN ACh. Unlim. Int'I NEW JERSEY MASTERS ** age-group WR * meet record Greater Boston T Invitational, Harvar Allston, MA; Feb. SOM M40 Pershing Reid Anthony Santos Wayne Fisher Ken Castro | 8.10H 8.77H 8.77H 8.99H 8.44H 8.42H 7.68H 7.11H 7.09H 7.90H 7.90H 7.90H 8.71H 10.50H 8.91H 9.99H 7.91H 8.72H 192 170 149 51 23 29 30 15 57 28 30 15 57 C d U. 12 7.02 7.04 7.13 7.51 7.72 |
| DAVE FRIEDHAN HSO LLOYD LONG HSS BOB O'BRIEN HORT HANN HGO JACK LANCE HSS TOH DELANEY SYD SALT W3S JULIE WIEDIS EDNA CRAALEY W4S HICHAEL HILL TJ NON-NJ H4S IVAN BLACK HSS ED KENT HSS JAMES STOOKEY FRANK BRAKO W4S SAAH BOSLAUGH HASTERS TEAM SCORING NORTH JERSEY HASTERS GAODEN STATE ATHLETIC SHORE ATHLETIC CLUB Ach. Unlim. Int'I SWEAKE FACTORY NEW JERSEY STRIDERS SUBHASTERS TEAM SCORIN Ach. Unlim. Int'I NEW JERSEY HASTERS ** age-group WR * meet record Greater Boston T Invitational, Harvar Allston, MA; Feb. SOM M40 Pershing Reid Anthony Santos Wayne Fisher Ken Castro C D Cook George Frost Douglas Frederick M55 Dennis Newton | 8.10H 8.77H 8.77H 8.96H 8.14H 8.44H 8.44H 7.68H 7.11H 7.09H 7.90H 8.91H 9.99H 7.91H 8.71H 192 170 149 51 25 23 30 15 59 28 30 15 59 28 30 15 7.02 7.04 7.13 7.51 7.70 7.29 |
| DAVE FRIEDHAN HSO LLOYD LONG HSS BOB O'BRIEN HORT HANN HOO JACK LANCE HSS TOH DELANEY SYD SALT W3S JULIE WIEDIS EDNA CRANLEY W4S HICHWEL HILL TJ NON-NJ HSS TWAN BLACK HSS ED KENT HSS JAMES STOKEY FRANK BRAKO W3S SARAH BOSLAUGH HASTERS TEAM SCORING NORTH JERSEY HASTERS GARDEN STATE ATHLETIC SHORE ATHLETIC CLUB Ach. Unlim. Int ¹ I SNEAKER FACTORY NEW JERSEY STRIDERS SUBWASTERS TEAM SCORING ACh. Unlim. Int ¹ I NEW JERSEY STRIDERS SHORE ATHLETIC CLUB NORTH JERSEY MASTERS ** age-group WR * meet record Greater Boston T Invitational, Harvar Allston, MA; Feb. SOM M40 Pershing Reid Anthony Santos Wayne Fisher Ken Castro C D Cook George Frost Douglas Frederick M45 Dennis Nowton Mike Augeri | 8.104 8.774 8.774 8.994 8.144 8.424 7.684 7.114 7.094 7.904 7.904 7.904 7.904 7.904 7.904 7.914 8.714 192 170 149 51 23 23 59 28 30 15 7.02 7.04 7.13 7.70 7.72 57.73 7.29 7.42 |
| DAVE FRIEDHAN HSO LLOYD LONG HSS BOB O'BRIEN HORT HANN HORT HANN HOS TOH DELANEY SYD SALT W3S JULIE WIEDIS EDNA CRAALEY W3S JULIE WIEDIS EDNA CRAALEY W3S JUAN BLACK HSS ED KENT HSS JAMES STOCKEY FRANK BRAKO W3S SARAH BOSLAUGH HASTERS TEAM SOCRIMS MORTH JERSEY MASTERS GARDEN STATE ATHLETIC SHORE ATHLETIC CLUB Ach. Unlim. Int'I SHEAKER FACTORY NEW JERSEY STRIDERS SUBMASTERS TEAM SOCRIM Ach. Unlim. Int'I NEW JERSEY STRIDERS SUBMASTERS TEAM SOCRIM Ach. Unlim. Int'I NEW JERSEY MASTERS SUBMASTERS TEAM SOCRIM Ach. Unlim. Int'I NEW JERSEY STRIDERS SUBMASTERS TEAM SOCRIM Ach. Unlim. Int'I NEW JERSEY MASTERS ** age-group WR * meet record Greater Boston T Invitational, Harvar Allston, MA; Feb. SOM M40 Pershing Reid Anthony Santos Wayne Fisher Ken Castro C D Cook George Frost Douglas Frederick M45 Dennis Newton Mike Augeri Dana Harrell | 8.10H 8.77H 8.77H 8.99H 8.14H 8.42H 7.68H 7.09H 7.90H 7.90H 7.90H 7.90H 7.90H 7.90H 8.91H 9.99H 7.91H 8.71H 192 170 149 51 23 59 28 30 15 7.02 7.04 7.13 7.51 7.70 7.72 97.42 7.51 |
| DAVE FRIEDHAN HSO LLOYD LONG HSS BOB O'BRIEN HORT HANN HSO JACK LANCE HSS TOH DELANEY SYD SALT W3S JULIE WIEDIS EDNA CRAALEY W3S HICHAEL HILL TJ NON-NJ HSS IVAN BLACK HSS ED KENT HSS JAMES STOOKEY FRANK BRAKO W3S SARAH BOSLAUGH HASTERS TEAM SCORING NORTH JERSEY HASTERS GAODEN STATE ATHLETIC SHORE ATHLETIC CLUB Ach. Unlim. Int ¹ I SWEAVER FACTORY NEW JERSEY STRIDERS SUBHASTERS TEAM SCORING ACh. Unlim. Int ¹ I NEW JERSEY MASTERS ** age-group WR * meet record Greater Boston T Invitational, Harvar Allston, MA; Feb. SOM M40 Pershing Reid Anthony Santos Wayne Fisher Ken Castro C D Cook George Frost Douglas Frederick M45 Dennis Newton Mike Augeri Dana Harrel1 Tum Cunningham | 8.104 8.774 8.774 8.994 8.144 8.424 7.684 7.114 7.094 7.904 7.904 7.904 7.904 7.904 7.904 7.914 8.714 192 170 149 51 23 23 59 28 30 15 7.02 7.04 7.13 7.70 7.72 57.73 7.29 7.42 |
| DAVE FRIEDHAN HSO LLOYD LONG HSS BOB O'BRIEN HORT HANN HORT HANN HOS TOH DELANEY SYD SALT W3S JULIE WIEDIS EDNA CRAALEY W3S JULIE WIEDIS EDNA CRAALEY W3S JUAN BLACK HSS ED KENT HSS JANES STOKEY FRANK BRAKO W3S SARAH BOSLAUGH HASTERS TEAM SOURING NORTH JERSEY MASTERS GARDEN STATE ATHLETIC SHORE ATHLETIC CLUB Ach. Unlim. Int'I SHEAKER FACTORY NEW JERSEY STRIDERS SUBMASTERS TEAM SOURING ACh. Unlim. Int'I NEW JERSEY STRIDERS SUBMASTERS TEAM SOURING ACh. Unlim. Int'I NEW JERSEY STRIDERS SUBMASTERS TEAM SOURING ACh. Unlim. Int'I NEW JERSEY MASTERS WASTERS TEAM SOURING ACh. Unlim. Int'I NEW JERSEY MASTERS ** age-group WR * meet record Greater Boston T Invitational, Harvar Allston, MA; Feb. SOM M40 Pershing Reid Anthony Santos Wayne Fisher Ken Castro C D Cook George Frost Douglas Frederick M55 Dennis Newton Mike Augeri Dana Harrell Ton Cunningham Jack Rizzo Gene Ballard | 8.104 8.774 8.774 8.994 8.144 8.424 7.684 7.114 7.094 7.904 7.904 7.904 7.904 7.904 7.904 7.904 7.904 7.904 7.904 7.914 8.714 192 170 149 51 23 29 29 30 15 7.02 7.04 7.13 7.51 7.70 7.72 57.73 7.29 7.66 7.66 |
| DAVE FRIEDHAN HSO LLOYD LONG HSS BOB O'BRIEN HORT HANN HSO JACK LANCE HSS TOH DELANEY SYD SALT W3S JULIE WIEDIS EDNA CRALEY W3S HICHAEL HILL TJ NON-NJ HAS IVAN BLACK HSS ED KENT HSS JAMES STOCKEY FRANK BRAKO W3S SARAH BOSLAUGH HASTERS TEAM SOCRIMS MORTH JERSEY MASTERS GARDEN STATE ATHLETIC SHORE ATHLETIC CLUB Ach. Unlim. Int'I SHEAKER FACTORY NEW JERSEY STRIDERS SHORE ATHLETIC CLUB Ach. Unlim. Int'I NEW JERSEY STRIDERS SHORE ATHLETIC CLUB NORTH JERSEY MASTERS TRIATHLETICS SHORE ATHLETIC CLUB NORTH JERSEY MASTERS ** age-group WR * meet record Greater Boston T Invitational, Harvar Allston, MA; Feb. SOM M40 Pershing Reid Anthony Santos Wayne Fisher Ken Castro C D Cook George Frost Douglas Frederick M45 Dennis Nowton Mike Augeri Dana Harrell Tom Cunningham Jack Rizzo Gene Ballard M50 Roger Pierce | 8.10H 8.77H 8.77H 8.99H 8.14H 8.42H 7.68H 7.09H 7.90H 7.90H 7.90H 7.90H 8.91H 9.99H 7.91H 8.71H 192 170 149 51 22 23 59 24 30 15 7.02 7.02 7.02 7.02 7.04 7.13 7.70 7.70 7.72 8.773 7.29 7.42 7.59 7.66 7.32 |
| DAVE FRIEDHAN HSO LLOYD LONG HSS BOB O'BRIEN HORT HANN HORT HANN HOS TOH DELANEY SYD SALT W3S JULIE WIEDIS EDNA CRAALEY W3S JULIE WIEDIS EDNA CRAALEY W3S JUAN BLACK HSS ED KENT HSS JANES STOKEY FRANK BRAKO W3S SARAH BOSLAUGH HASTERS TEAM SOURING NORTH JERSEY MASTERS GARDEN STATE ATHLETIC SHORE ATHLETIC CLUB Ach. Unlim. Int'I SHEAKER FACTORY NEW JERSEY STRIDERS SUBMASTERS TEAM SOURING ACh. Unlim. Int'I NEW JERSEY STRIDERS SUBMASTERS TEAM SOURING ACh. Unlim. Int'I NEW JERSEY STRIDERS SUBMASTERS TEAM SOURING ACh. Unlim. Int'I NEW JERSEY MASTERS WASTERS TEAM SOURING ACh. Unlim. Int'I NEW JERSEY MASTERS ** age-group WR * meet record Greater Boston T Invitational, Harvar Allston, MA; Feb. SOM M40 Pershing Reid Anthony Santos Wayne Fisher Ken Castro C D Cook George Frost Douglas Frederick M55 Dennis Newton Mike Augeri Dana Harrell Ton Cunningham Jack Rizzo Gene Ballard | 8.104 8.774 8.774 8.994 8.144 8.424 7.684 7.114 7.094 7.904 7.904 7.904 7.904 7.904 7.904 7.904 7.904 7.904 7.904 7.914 8.714 192 170 149 51 23 29 29 30 15 7.02 7.04 7.13 7.51 7.70 7.72 57.73 7.29 7.66 7.66 |

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Continued from previous page W40 Carolyn Cappetta 8.90 W45 Lorraine Tucker 8.35 10.14 Kathy Nary 200m (two heats) M40 Ed Gonera 23.0 Anthony Santos 25.0 Alex Constantino 25.5 Ken Castro 26.0 Ceorge Frost 26.5 Wayne Fisher 25.5 Douglas Fredericks27.2 Dana Harrell Mike Nary C D Cook 27.3 28.4 28.6 M45 Philip Fenton 24.6 Joe Kopka Mike Augeri 25.1 26.2 Richard Sealey 26.7 Ralph Souppa M50 Roger Pierce Rab Hagin M60+Cliff Pauling 60 26.9 25.0 27.6 Peter Kronberg 68 28.8 W40 Carolyn Cappetta 30.8 W45 Kathy Nary 38.0 W55 Charlene Francis 35.9 W55 GL 400m M40 Ed Conera Jessie Norman Alex Constantino Richard Clark 52.2 55.1 55.8 58.7 58.9 Mike Nary Walter Clark M45 Phil Felton 60.8 63.5 M45 Phil Felton Tom Qunningham 58.3 Ralph Souppa 58.5 M50 Rab Hagin 58.8 M55 David Galligani 62.8 Ny Zamst 65.5 Horace Andrews 69.3 Horace Andrews 69.3 (the results for the Etonic/ Bermuda M50 & M55+ miles, and the 800 were published in the March issue) 800m W50 Jo Marchetti 2:44.17 Mile M40 Jack Afarian M110 M40 Jack Afarian Randy Waterman Jim Terry Dana Waterman M45 Eñward Poirier Dan McCarthy W40 Doris Hearty W45 Anne Schmitt W50 Jo Marchetti Jan Bober 4:49.7 4:50.6 4:51.6 4:52.9 4:47.6 5:11.0 5:51.2 5:41.9 5:44.2 6:01.1 6:01.1 Jan Bober Shot Put M40 Eric Lammi 41-1 3/4 M40 Eric Lammi 41-1 3/4 M45 Peter Mitchell 34-1 34-1 M50 Packy Fusco 35-4 35-4 Bd Hoffer 26-3 3/4 M60 Len Rosen 36-9 2 W45 Lorraine Tucker 32-6 2 Greate Rochester TC Meet U. of Rochester; Feb. 12 45m M30 Barry Grimes K Switnicki M40 Johnnie Thomas 5.48 6.00 5.35 Greg Bennett 6.15 M50 Chuck Lachiusa 6.52 W30 Karin Gogolski 7.31 W40 LuAnn Van Peursen 6.98 600m M30 Tom Smith M40 Tom Carr D Cole M50 Jim Palmeri 1:39.7 1:41.5 1:55.1 1:51.1 W30 Natalie Johnstone2:06.9 W40 Laurie Kinsella 2:01.5 3000m M30 Gary Moore 9:20.3 **B** Miller 10:11.6 J Reeder 10:04.8 M40 Tom Carr D Cole 10:51 B Smith 11:25 W30 Karin Gogolsky 13:30 W40 Laurie Kinsella 12:28.5 400 Laurie Kinsella Long Jump M30 Ken Svitnicki R Watson M40 A Lafromboise J Thomas 17-4 17-1 17-1 Mobil Invitational Meet Masters Mile Fairfax, VA; Feb. 25 Pairia, VA, Feb. 23 1 Chuck Moeser 43 4:35.53 2 Paul Zink 47 4:38.11 3 Paul Peterson 40 4:36.92 4 Bill Rodgers 47 4:43.22 5 Tom Weber 41 4:45.58 6 Mike McHale 44 4:47.03 7 Paul Ryan 44 4:48.06 8 Pat Sullivan 45 4:49.71 9 Steve Ruckert 45 4:50.87 10 Larcy Washington 434:52,17 9 Steve Ruckert 45 4:50.87 10 Larry Washington434:52.17 11 Ken Paul 45 4:52.47 12 Bob Weiner 47 4:55.15 13 James Moreland 42 4:56.69 14 Frank Shorter 47 4:59.67 4:59.67

| Manasota TC Winte | IN Most |
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| Sarasota, FL; De | |
| 100m M60 Bob Barton | 16.19 |
| M75 Nat Heard | 16.16 |
| 200m M60 Bob Barton | . 33.60 |
| M70 Carl Hammen | 34.31 |
| 440y M40 Richard Clark | 1:14.50 |
| M50 J C Shenk | 1:02.97 |
| M60 Bob Barton M65 John Hickey | 1:19.81 1:21.76 |
| M70 Carl Hammen | 1:16.32 |
| 880y M55 Chuck Hill | 2:59 |
| M65 John Hickey M80 Ray Grills | 3:11 4:04 |
| Mile | 4:04 |
| W35 Kristy Tignor M70 Melanie Paschal | 7:53 8:30 |
| 2 Mile | .50 |
| M40 Richard Clark M45 Tom Bedford | 14:47 12:48 |
| M60 George Ulrich | 15:19 |
| Discus M75 Tom McDermot | 105 7 |
| M75 Tom McDermot | and the second second |
| Sarasota, FL; Jan | |
| 100m M55 Larry Foster | 15.88 |
| M60 Matt Brown M70 Carl Hammen | 13.71 16.85 |
| M75 Nat Heard | 16.34 |
| 200m M55 Larry Foster M60 Matt Brown | 34.37 |
| M60 Matt Brown M75 Nat Heard | 29.04 35.46 |
| M75 Nat Heard W30 Jennifer Means | 34.60 |
| W50 Anne Rosenitsch 440y | 32.66 |
| M30 Jason Means M50 J C Shenk | 59.45 61.65 |
| M55 Larry Foster | 84.48 |
| W30 Jennifer Means W70 Melanie Paschal | 75.01 1:49.90 |
| 880y M30 Jason Means | 2:25 |
| M30 Jason Means M55 Jim Clark M70 Carl Hammen W30 Jennifer Means | 2:29 3:02 |
| W30 Jennifer Means W70 Melanie Paschal | 2:46 |
| Mile M50 Richard Queville | |
| M55 Jim Clark | 5:47 |
| W30 Jennifer Means W70 Melanie Paschal | 6:41 8:37 |
| W70 Melanie Paschal <u>Two Mile</u> M50 R Quevillon | 11:25 |
| M55 L Foster | 14:21 |
| M55 L Foster M70 Robert Horsley W30 Jennifer Means | 23:53 13:59 |
| W50 Jewel Shenk Discus | 20:58 |
| M30 M A Richardson | 79-8 112-9 |
| M60 D Levesque M75 Tom McDermott <u>Hammer</u> | 96-7 |
| M75 Tom McDermott 1 | 6# 87-7 |
| 25# Weight M30 M A Richardson M60 D Levesque | 27-6 |
| M60 D Levesque M75 Tom McDermott | 37-9 32-4 |
| WOS H LONNFOLD | 39-10? |
| Mile Racewalk W65 Helen Lonnroth | 12:19 |
| 3000m Racewalk W50 MaryJane Zuknic | k 22:48 |
| W65 Helen Lonnroth | 23:16 |
| Manasota TC M | |
| Sarasota, FL · Fel | |
| Sarasota, FL; Fel 440y M30 Billy Phillips | b. 25 |
| 440y M30 Billy Phillips M50 J C Shenk | 57.26 61.28 |
| 440y M30 Billy Phillips M50 J C Shenk | 57.26 61.28 |
| 440y M30 Billy Phillips M50 J C Shenk | 57.26 61.28 |
| 440y M30 Billy Phillips M50 J C Shenk Mile M35 Mark Carver M45 Paul Wilson M50 R Quevillion Two Mile | 57.26 61.28 4:47.61 5:23.43 5:23.81 |
| 440y M30 Billy Phillips M50 J C Shenk M11e M35 Mark Carver M45 Paul Wilson M50 R Quevillion Two M11e M50 R Quevillion M70 Bob Horsley | 57.26 61.28 4:47.61 5:23.43 5:23.81 |
| 440y M30 Billy Phillips M50 J C Shenk M1E M35 Mark Carver M45 Paul Wilson M50 R Quevillion Two Mile M50 R Quevillion M70 Bob Horsley High Jump M75 Andy Jones | 57.26 61.28 4:47.61 5:23.43 5:23.81 |
| 440y M30 Billy Phillips M50 J C Shenk Mile M35 Mark Carver M45 Paul Wilson M50 R Quevillion Two Mile M50 R Quevillion M70 Bob Horsley High Jump M75 Andy Jones Long Jump M80 Evan D Jones | 57.26 61.28 4:47.61 5:23.43 5:23.81 11:23.35 21:47.22 3-8 8-54 |
| 440y M30 Billy Phillips M50 J C Shenk Mile M35 Mark Carver M45 Paul Wilson M50 R Quevillion Two Mile M50 R Quevillion M70 Bob Horsley High Jump M75 Andy Jones Long Jump M80 Evan D Jones | 57.26 61.28 4:47.61 5:23.43 5:23.81 11:23.35 21:47.22 3-8 8-54 |
| 440y M30 Billy Phillips M50 J C Shenk Mile M35 Mark Carver M45 Paul Wilson M50 R Quevillion Two Mile M50 R Quevillion M70 Bob Horsley High Jump M75 Andy Jones Long Jump M80 Evan D Jones Shot Put M45 John Von Rohr Discus | 57.26 61.28 4:47.61 5:23.43 5:23.81 11:23.35 21:47.22 3-8 8-51 13.85 |
| 440y M30 Billy Phillips M50 J C Shenk Mile M35 Mark Carver M45 Paul Wilson M50 R Quevillion <u>Two Mile</u> M50 R Quevillion M70 Bob Horsley High Jump M75 Andy Jones Long Jump M75 Andy Jones Shot Put M45 John Von Rohr Discus M45 John Von Rohr | 57.26 61.28 4:47.61 5:23.43 5:23.81 11:23.35 21:47.22 3-8 8-51 13.85 |
| 440y M30 Billy Phillips M50 J C Shenk Mile M35 Mark Carver M45 Paul Wilson M50 R Quevillion Two Mile M50 R Quevillion M70 Bob Horsley High Jump M75 Andy Jones Long Jump M80 Evan D Jones Shot Put M45 John Von Rohr Discus M45 John Von Rohr M75 Andy Jones Hammer M45 John Von Rohr | 57.26 61.28 4:47.61 5:23.43 5:23.81 11:23.35 21:47.22 3-8 8-51 13.85 36.66 |
| 440y M30 Billy Phillips M50 J C Shenk Mile M35 Mark Carver M45 Paul Wilson M50 R Quevillion Two Mile M50 R Quevillion M70 Bob Horsley High Jump M75 Andy Jones Long Jump M80 Evan D Jones Shot Put M45 John Von Rohr Discus M45 John Von Rohr M45 John Von Rohr | 5. 25 57.26 61.28 4:47.61 5:23.43 5:23.81 11:23.35 21:47.22 3-8 8-5½ 13.85 36.66 29.87 40.60 24:17 |
| 440y M30 Billy Phillips M50 J C Shenk Mile M35 Mark Carver M45 Paul Wilson M50 R Quevillion Two Mile M50 R Quevillion M70 Bob Horsley High Jump M75 Andy Jones Long Jump M80 Evan D Jones Shot Put M45 John Von Rohr Discus M45 John Von Rohr M45 John Von Rohr | 5. 25 57.26 61.28 4:47.61 5:23.43 5:23.81 11:23.35 21:47.22 3-8 8-5½ 13.85 36.66 29.87 40.60 24:17 |
| 440y M30 Billy Phillips M50 J C Shenk Mile M35 Mark Carver M45 Paul Wilson M50 R Quevillion Two Mile M50 R Quevillion M70 Bob Horsley High Jump M75 Andy Jones Long Jump M80 Evan D Jones Shot Put M45 John Von Rohr Discus M45 John Von Rohr M55 Andy Jones Hammer M45 John Von Rohr M55 John Von Rohr M55 John Von Rohr M60 Evan D Jones M45 John Von Rohr M60 Evan D Jones M45 John Von Rohr M60 Evan D Jones M60 Evan D Jones M70 Evan D Jone | 57.26 61.28 4:47.61 5:23.43 5:23.81 11:23.35 21:47.22 3-8 8-51 13.85 36.66 29.87 40.60 24:17 RICA |
| 440y M30 Billy Phillips M50 J C Shenk Mile M35 Mark Carver M45 Paul Wilson M50 R Quevillion Two Mile M50 R Quevillion M70 Bob Horsley High Jump M75 Andy Jones Long Jump M80 Evan D Jones Shot Put M45 John Von Rohr Discus M45 John Von Rohr M55 John Von Rohr M60 Evan D Jones M45 John Von Rohr M60 Evan D Jones M1D AMEL Early Morning "R Twin Cities, MN; | 57.26 61.28 4:47.61 5:23.43 5:23.81 11:23.35 21:47.22 3-8 8-51 13.85 36.66 29.87 40.60 24:17 RICA |
| 440y M30 Billy Phillips M50 J C Shenk Mile M35 Mark Carver M45 Paul Wilson M50 R Quevillion Two Mile M50 R Quevillion M70 Bob Horsley High Jump M75 Andy Jones Long Jump M75 Andy Jones Long Jump M80 Evan D Jones Shot Put M45 John Von Rohr Discus M45 John Von Rohr Discus M55 George LaBelle | 57.26 61.28 4:47.61 5:23.43 5:23.81 11:23.35 21:47.22 3-8 8-51 13.85 36.66 29.87 40.60 24:17 RICA |
| 440y M30 Billy Phillips M50 J C Shenk Mile M35 Mark Carver M45 Paul Wilson M50 R Quevillion Two Mile M50 R Quevillion M70 Bob Horsley High Jump M75 Andy Jones Long Jump M75 Andy Jones Long Jump M80 Evan D Jones Shot Put M45 John Von Rohr Discus M45 John Von Rohr Discus M45 John Von Rohr M55 Andy Jones Hammer M45 John Von Rohr M60 Evan D Jones M45 John Von Rohr M60 Evan D Jones M1D AMEL Early Morning "R Twin Cities, MN; ISmH | 57.26 61.28 4:47.61 5:23.81 11:23.35 21:47.22 3-8 8-5½ 13.85 36.66 29.87 40.60 24:17 RICCA 'Meet Feb. 5 |

National Masters News

SOUTHEAST

| <u>55m</u> | M75 Emil G Balz |
|---|---|
| M40 Jim Dolezel 6.88 Donald Tarasewicz 6.89 | W45 Mary Hiatt 400 Meter Dash |
| Randy Bensen 7.33 M45 Michael Sharratt 7.08 | M40 David Ricks |
| Dan LaBelle 8.00 | M45 Russell W Anter |
| M50 Jim Lee 7.00 M55 James Wagner 7.58 | David Rodewald |
| Fred Biederman 7.77 M60 Lloyd Kempf 8.00 | M50 T O'Shaughness M75 Emil G Balz |
| M65 Harvey DeVries 8.70 | 800 Meter Run |
| M75 Ben Bjergo 36.19 WOPEN Assumpta Bennaars 9.55 | M40 Thomas Surpren Rick Recker |
| W30 Rhonda Dean . 8.17 | M45 David Rodewald |
| W55 Audrey Kempf 12.17 W60 Rachel Lyga 9.27 | M75 Emil G Balz W45 Mary Hiatt |
| Backward 55m M40 Randy Bensen 9.61 | Mile Run M40 Dan J Morse |
| M45 Dan LaBelle 13.34 | M40 Dan J Morse Michael E Seam |
| M55Fred Biederman 12.77 George LaBelle 13.56- | Jason C Lee |
| James Wagner 13.97 WOPEN Zina Garrison 14.87 | Tom Rugh M45 David Rodewald |
| Assumpta Bennaars 15.05 | M50 Arthur D Maille |
| W60 Rachel Lyga 15.10- 800m | T O'Shaughness M55 Dan J Conway |
| M45 George Rux 2:40.72 One Mile | M60 Gary L DeFrance M65 Rogers H Ander |
| M45 George Rux 6:00.06 | W45 Mary Hiatt |
| 200m M40 Jim Dolezel 26.09 | 3200M Run M40 Dan J Morse |
| M50 Jim Lee 27.34 | John M Cramer |
| M55 Fred Biederman 30.2 James Wagner 30.4 | 5000M Run M40 Jason C Lee |
| M60 Lloyd Kempf 32.0 | Jim Breitenbuche |
| W60 Rachel Lyga 39.56 400 Fastwalk | Mark W LeDuc |
| M55 George LaBelle 2:21.00 | Randy L Hall John M Cramer |
| WOPENAssumpta Bennaars2:37.50 400m | M45 Virgil A Koski |
| M40 Randy Bensen 56.09 | David Rodewald Long Jump |
| Donald Tarasewicz 56.91 M45 George Rux 1:07.66 | M40 Douglas Holmbe W40 Deb A Vestal |
| W30 Rhonda Lee Dean 1:27.09 W60 Rachel Lyga 1:54.16 | Triple Jump |
| Pole_Vault | W40 Deb A Vestal |
| M40 Jim Dolezel 10-0 M45 Michael Sharratt 11-0 | Shot Put M40 Douglas Holmbe |
| M55 Jim Noonan 9-0 | Timothy Fuehre |
| M60 Jim Peterson 6-1 W60 Rachel Lyga 5-11 | M65 Harv D DeVries High Jump |
| High_Jump | M40 Patrick Boulay |
| M45 Dan LaBelle 4-10 M55 Tom Langenfeld 5-0 | Douglas Holmbe Timothy V Fueh |
| George LaBelle 4-1 M60 Lloyd Kempf 4-5 | M55 Tom Langenfeld |
| M60 Jim Peterson 4-5 M65 Ed Failor 3-9/12 | Pole Vault M55 Jim G Noonan |
| W60 Rachel Lyga 3-8 | Mile Race Walk M40 Kenneth Wendlin |
| | MAO Kenneul wendin |
| Triple Jump M40 Jim Dolezel 33-7 | M50 DeWayne H Wa |
| M40 Jim Dolezel 33-7 M55 George LaBelle 26-10 | |
| M40 Jim Dolezel 33-7 M55 George LaBelle 26-10 M60 Jim Peterson 30-2 M65 Ed Failor 25-7 | USATF Colorado Championsh |
| M40 Jim Dolezel 33-7 M55 George LaBelle 26-10 M60 Jim Peterson 30-2 M65 Ed Failor 25-7 M40 Deb Vestal 18-8 | USATF Colorado Championsh U.S. Air Force Acade |
| M40 Jim Dolezel 33-7 M55 George LaBelle 26-10 M60 Jim Peterson 30-2 M65 Ed Failor 25-7 M40 Deb Vestal 18-8 W60 Rachel Lyga 24-7 Long Jump | USATF Colorado Championsh |
| M40 Jim Dolezel 33-7 M55 George LaBelle 26-10 M60 Jim Peterson 30-2 M65 Ed Failor 25-7 M40 Deb Vestal 18-8 W60 Rachel Lyga 24-7 | USATF Colorado Championsh U.S. Air Force Acade <u>55m</u> M30 David Barmer M45 Len Zigment |
| M40 Jim Dolezel 33-7 M55 George LaBelle 26-10 M60 Jim Peterson 30-2 M65 Ed Failor 25-7 M40 Deb Vestal 18-8 W60 Rachel Lyga 24-7 Long Jump 100 M40 Jim Dolezel 17-6 M45 Michael Sharratt 15-10 M55 James Wagner 14-1 | USATF Colorado Championsh U.S. Air Force Acade <u>55m</u> M30 David Barmer M45 Len Zigment John Stiehl |
| M40 Jim Dolezel 33-7 M55 George LaBelle 26-10 M60 Jim Peterson 30-2 M65 Ed Failor 25-7 M40 Deb Vestal 18-8 W60 Rachel Lyga 24-7 Long Jump M40 Jim Dolezel M40 Jim Dolezel 17-6 M45 Michael Sharratt 15-10 M55 James Wagner 14-1 M60 Jim Peterson 15-1 Lloyd Kempf 13-0 | USATF Colorado Championsh U.S. Air Force Acade <u>55m</u> M30 David Barmer M45 Len Zigment |
| M40 Jim Dolezel 33-7 M55 George LaBelle 26-10 M60 Jim Peterson 30-2 M65 Ed Failor 25-7 M40 Deb Vestal 18-8 W60 Rachel Lyga 24-7 Long Jump 100 M40 Jim Dolezel 17-6 M45 James Wagner 14-1 M60 Jim Peterson 15-1 Lloyd Kempf 13-0 M65 Ed Failor 12-3 | USATF Colorado Championsh U.S. Air Force Acade <u>55m</u> M30 David Barmer M45 Len Zigment John Stiehl M55 Larry Carter Ritch White M60 K C Keffer |
| M40 Jim Dolezel 33-7 M55 George LaBelle 26-10 M60 Jim Peterson 30-2 M65 Ed Failor 25-7 M40 Deb Vestal 18-8 W60 Rachel Lyga 24-7 Long Jump 17-6 M45 Michael Sharratt 15-10 M55 James Wagner 14-1 M60 Jim Peterson 15-1 Lloyd Kempf 13-0 M65 Ed Failor 12-3 W40 Deb Vestel 9-1 W60 Rachel Lyga 11-9 | USATF Colorado Championsh U.S. Air Force Acade <u>55m</u> M30 David Barmer M45 Len Zigment John Stiehl M55 Larry Carter Ritch White M60 K C Keffer M65 Norman Katzman |
| M40 Jim Dolezel 33-7 M55 George LaBelle 26-10 M60 Jim Peterson 30-2 M65 Ed Failor 25-7 M40 Deb Vestal 18-8 W60 Rachel Lyga 24-7 Long Jump 10 M40 Jim Dolezel 17-6 M45 Ed Failor 15-10 M55 James Wagner 14-1 M60 Jim Peterson 15-1 Lloyd Kempf 13-0 M65 Ed Failor 12-3 W40 Deb Vestel 9-1 | USATF Colorado Championsh U.S. Air Force Acade <u>55m</u> M30 David Barmer M45 Len Zigment John Stiehl M55 Larry Carter Ritch White M60 K C Keffer |
| M40 Jim Dolezel 33-7 M55 George LaBelle 26-10 M60 Jim Peterson 30-2 M65 Ed Failor 25-7 M40 Deb Vestal 18-8 W60 Rachel Lyga 24-7 Long Jump 10 M40 Jim Dolezel 17-6 M45 Michael Sharratt 15-10 M55 James Wagner 14-1 M60 Jim Peterson 15-1 Lloyd Kempf 13-0 M65 Ed Failor 12-3 W40 Deb Vestel 9-1 W60 Rachel Lyga 11-9 W60 Barb Thorgrimson 6-9 Shot_Put M40 Jim Fuehrer 30-0 | USATF Colorado Championsh U.S. Air Force Acade <u>55m</u> M30 David Barmer M45 Len Zigment John Stiehl M55 Larry Carter Ritch White M60 K C Keffer M65 Norman Katzman M75 JohnDavison W30 Julianna Von Evij W55 Gayle Keffer |
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| M40 Jim Dolezel 33-7 M55 George LaBelle 26-10 M60 Jim Peterson 30-2 M65 Ed Failor 25-7 M40 Deb Vestal 18-8 W60 Rachel Lyga 24-7 Long-Jump 17-6 M40 Jim Dolezel 17-6 M40 Jim Dolezel 17-6 M45 Jim Dolezel 17-6 M45 Michael Sharratt 15-10 M55 James Wagner 14-1 M60 Jim Peterson 15-1 Lloyd Kempf 13-0 M65 Ed Failor 12-3 W40 Deb Vestel 9-1 W60 Rachel Lyga 11-9 W60 Barb Thorgrimson 6-9 Shat_Put M40 Jim Fuehrer M40 Jim Peterson 34-11a M55 George LaBelle 31-31/2 M60 Jim Peterson 24-11 M55 Ben Bjergo 15-11/1/2 W50 Barb Thorgrimson 24-9/10 Rachel Lyga 23-0 Weight_Tosa 24-10 M55 Audrey Kempf 22-7 Mavi | USATF Colorado Championsh U.S. Air Force Acade S5m M30 David Barmer M45 Len Zigment John Stiehl M55 Larry Carter Ritch White M60 K C Keffer M65 Norman Katzman M75 JohnDavison W30 Julianna Von Evi W55 Gayle Keffer W60 Joyce Franks 200m M30 Ken Lindsey M35 Steve Winston M40 Trip Reynolds M45 Len Zigment M50 Dick Croteau M55 Larry Carter M60 Ken Luff M65 Norman Katzmar M75 John Davison W30 Julianna Von Evi Kate Kinney W60 Joyce Franks 400m M35 Jonathon Skripko M40 Trip Reynolds M45 Burke Grandjean M60 Ray Franks W30 Julianna Von Evi Kate Kinney W60 Joyce Franks 400m M35 Jonathon Skripko M40 Stephen Heidenre M40 Stephen Heidenre M45 Steve Kaeuper Allan Johnson George Eidinger M60 Ken Luff W30 Kate Kinney J30 Rick Ames Daniel Haney M35 Kyle Hubbart Jonathan Skripko |

| Survey and | and the | and the second of the second second second | al second |
|---------------------|--------------------|--|------------------|
| z | 42.23 | M60 Ray Franks | 6:06.1 |
| | 36.45 | High Jump | |
| 5 | 57.19 | M45 Len Zigment Tim Edwards | 4-8 4-2 |
| Imberg | 62.18 | M55 Larry Carter | 4-8 |
| Anteronen wald | 70.44 79.23 | Ritch White | 3-8 |
| inessy | 1:55.83 | M60 K C Keffer Pole Vault | 4-6 |
| 2 | 90.98 | M60 K C Keffer | 9 |
| rprenant | 2:15.18 | M65 Jerry Donley | - 11 |
| r wald | 2:28.33 3:14.97 | Long Jump M45 Len Zigment | 4.71 |
| z 🧳 | 3:22.87 | Tim Edwards | 3.48 |
| | 2:50.64 | Larry Myers | 3.24 |
| e | 4:39.81 | M55 Ritch White M60 K C Keffer | 3.22 4.37 |
| Seaman | 4:45.69 4:46.64 | M75 John Davison | 3.44 |
| | 5:42.66 | W55 Gayle Keffer | 3.44 |
| wald | 6:40.41 | Triple Jump | 11.13 |
| aillet | 6:05.29 9:25.50 | M40 Keith Johnson M55 Larry Carter | 8.73 |
| way | 4:53.14 | Ritch White | 6.36 |
| France Inderson | 5:42.88 6:13.11 | Shot Put | |
| and criptin | 6:04.63 | M40 Michael Campmen Richard Ruffalo | 11.70 10.20 |
| e | 10:26.30 | M45 Jim Mastro | 10.91 |
| | 13:05.30 | Tim Edwards | 9.58 |
| 1.1 | 16.25 1 | Len Zigment Larry Myers | 8.60 7.71 |
| bucher | 16:25.1 16:26.9 | | Connect and |
| Duc | 17:26.4 | SOUTHWE | ST |
| all mer | 18:29.9 19:01.8 | Sooner State Gam | |
| oski | 17:30.9 | Oklahoma City; Jan. | |
| wald | 23:58.8 | 55m M30 Phil Koons | 7.1 |
| Imberg | 16-1 | James Farris | 7.4 |
| เล่ | 8-4 1/4 | M35 Jay Mathis t Fred Mills | 7.1. |
| al | 17-7 1/2 | David Hunt + | 7.8 |
| Imbara 2 | 1 10 1/2 | Cecil Nobel M40 Tom Thompson | 7.8 |
| ehrer 2 | | Neal Combs | 7.1 |
| Vries | 32-5 | Thomas Acrey t Andrew Mason | 7.1 |
| lay | 5-3 | M45 Mike Steinmetz | 7.5 |
| Imberg | 4-9 | Kirby Hodge Fred Johnston t | 7.6 |
| Fuehrer nfeld | 4-1 5-1 | M50 Ben Lane | 8.1 |
| | | M55 Jimmy Weaver Wayne Bennett t | 7.5 |
| nan | 10-0 | Dale Lance M60 Joe Hemler | 7.5 |
| endling Walker | 9:57.0 | Bob Santine Vern Schewe t | 8.0 |
| | | Jim Mathis | 8.0 |
| rado Ind onships | oor | Charlie Richard M65 James Stookey | 8.0 7.7 |
| cademy; | Mar. 4 | Bob Alexander Andy Anderson | 8.0 8.3 |
| T | 6.64 | M70 Tim Murphy | 8.2 |
| | 7.56 | Ray Wonack Bob Warwick | 9.1 10.0 |
| | 7.72 | M80 Jeremiah Gaines | 9.9 |
| | 7.91 8.77 | W45 Sherri Stoneberge W50 Nina Bryant | 9.6 |
| | 8.27 | W60 Jean Cobb | 10.7 |
| zman | 8.55 | 200m M30 Don Hudson | 24.7 |
| E. | 8.44 | James Farris M35 Mike Houston | 26.5 23.2 |
| Evig | 7.34 9.85 | Jay Mathis | 23.7 |
| | 11.90 | Fred Mills M40 Tom Thompson Neal Combs | 24.4 24.3 |
| | 25.67 | | 25.0 |
| on | 23.07 | Jim Dolezel M45 Mike Steinmetz | 25.4 |
| is | 24.68 | M50 Sam Pfenning | 33.5 |
| | 27.53 | M55 Jimmy Weaver Wayne Bennett | 26.3 |
| | 30.27 28.87 | T E Shelton Sr | 28.0 |
| | 29.67 | M60 Joe Hemler Jim Mathis | 26.1 27.3 |
| zman | 31.11 | Ian Goldfoot M65 James Stookey | 28.0 |
| n n Evig | 32.60 26.67 | Andy Anderson | 27.2 29.0 |
| | 31.97 | Hob Alexander | 29.6 |
| e Nober | 45.56 | Bob Warwick Sr | 40.2 |
| ripko | 1:06.18 | W45 Sherri Stoneberg W50 Nina Bryant | er36.1 37.6 |
| is | 54.84 | <u>400m</u> | |
| ljean | 55.59 | M30 Freddie Wilson James Farris | 51.0 |
| n Evig | 1:16.25 | M35 Jay Mathis | 52.6 |
| | 1:46.03 | Mike Houston | 53.2 53.9 |
| ripko | 2:27.40 | M40 Tom Thomoson | 53.5 |
| denreich | | Rickey Easley James Reppert | 54.2 56.7 |
| er | 2:23.54 | M45 Keith Culver M55 Mack Stewart | 74.1 |
| nger | 2:24.05 | Wayne Bennett | 60.5 64.9 |
| | 2:28.63 | Noy Kelly Sr M60 Jim Mathis | 1:41.9 |
| | 2:29.33 | M65 Bob Alexander | 68.2 |
| | 4:19.8 | Andy Anderson 800m | 68.7 |
| y | 4:21.0 | M40 Ricky Easley Bill Boyce | 2:04.0 |
| nt rinko | 4:35.1 | Jim Repoert | 2:10.0 2:15.7 |
| ripko | 4:59.1 5:58.6 | M45 John Hoke | 2:26.9 |
| | 5.478 | Roy Kelly Sr | 2:32.8 3:28.3 |
| U | 5:05.0 | M60 Charles Wimberly | 2:22.1 |
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| and the second second | - Andrews | | Constants. |
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| 6 | 06.1 | 1500m M40 Anthony Colen | 4:43.1 |
| p- i sin | 4-8 | Steve Calonkey | 5:26.1 |
| | 4-0 | | 5:23.4 6:13.8 |
| | 4-8 | M50 Jim McLatchie | 5:01.8 |
| | 3-8 | M55 Roy Kelly Sr | 7:36.9 |
| | 4-6 | M60 Charles Wimberly | 5:10.1 |
| | | W45 Kathy Frable 55mH | 6:59.9 |
| | 9 | M30 Phil Koons | 7.1 |
| and sall - | and the second | James Farris M35 Jay Mathis t | 7.4 |
| in series | 4.71 | Fred Mills t | 7.1 |
| | 3.48 | David Hunt t | 7.8 |
| | 3.24 | Noble Cecil M40 Tom Thompson | 7.8 |
| See. 1 | 3.22 | Neal Combs | 7.1 |
| 1 | 4.37 . | Andrew Mason t | 7.1 |
| | 3.44 3.44 | Tom Acrey M45 Mike Steinmetz | 7.1 |
| And Start | 3.44 | Fred Johnston | 7.6 |
| and and | 11.13 | Kirby Hodge | 7.6 |
| | 8.73 | M50 Ben Lane | 8.1 |
| | 6.36 | M55 Jimmy Weaver Dale Lance t | 7.5 |
| | | Wayne Bennett | 7.5 |
| The second se | 11.70 | M60 Jim Barnhart | nt |
| | 10.20 | High Jump M35 Ken Ellis | 1.77m |
| | 10.91 | M40 Jim Dolezel | 1.52 |
| | 9.58 | Tom Acrey | 1.47 |
| | 8.60 | M45 Keith Culver Bob Everoski | 1.32 |
| 10120400 | | Norm Frable | 1.27 |
| WES | | M50 Sam Pfenning | 1.32 |
| _ | | M55 Larry Carter t | 1.42 |
| Games | Contraction of the local division of the | Dale Lance Wayne Skartwed | 1.42 |
| y; Jan. 2 | 9 | M60 Bill Pardue | 1.27 |
| | 7.1 | M65 James Stookey | 1.42 |
| S | 7.4 | M70 Tim Murphy Pole Vault | 1.17 |
| t | 7.1. | M35 David Swezy | 4.72 |
| | 7.8 | Ken Ellis | 4.26 |
| and the second | 7.8 | Long Jump M35 Allen Blaylock | 5.45 |
| | 7.0 | David Hunt | 4.75 |
| | 7.1 | M40 Neal Combs | 5.66 |
| n | 7.1 | Tom Acrey Jim Dolezel | 5.32 |
| | 7.5 | M50 Ben Lane | 4.26 |
| | 7.6 | W55 Sue Tunnicliff W60 R Jean Cobb | 2.98 |
| Constant and | 8.1 | Triple Jump | 3.03 |
| | 7.5 | M35 David Hunt | 8.76 |
| | 7.5 | M40 Jim Dolezel Sergio Angulo | 10.34 9.73 |
| | 7.6 | M45 Bob Everoski | 8.42 |
| | 8.0 | M50 Sam Pfenning M55 Larry Carter | 7.48 8.54 |
| | 8.0 | M60 Charlie Richard | 10.59 |
| | 8.0 | M65 James Stookey | 10.02 |
| ler | 8.0 | M70 Doc Bennett Shot Put | 6.20 |
| son | 8.3 | M30 Tom Arrington | 14.08 |
| | 8.2 9.1 | M35 Ken Ellis | 11.67 |
| · 1 | 0.0 | Cecil Noble M45 Ken Hogan | 11.52 |
| | 9.9 | Keith Culver | 8.79 |
| eberger1(| 9.6 | M50 Ron Rainey W55 Sue Tunnicliff | 11.74 6.48 |
| | 0.7 | W60 R Jean Cobb | 6.38 |
| | | W100 Margaret White | |
| | 4.7 | 1500m Racewalk | 8.21 5 |
| n 2 | 3.2 | M35 Mike Chapman M45 Norm Frable | 8:21.5 |
| | 3.7 | Bill Penner | |
| | | | 7:10.7 |
| | 4.4 | M55 Jim McFadden | 7:45.2 |
| 2 | 4.3 | M55 Jim McFadden Roy Kelly Sr | 7:45.2 9:35.4 |
| 2 | 4.3 5.0 5.4 | M55 Jim McFadden Roy Kelly Sr M75 Don McCune | 7:45.2 |
| 2 2 netz 2 | 4.3 5.0 5.4 7.1 | M55 Jim McFadden Roy Kelly Sr | 7:45.2 9:35.4 |
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| etz 2 ag 3 ar 2 att 2 a Sr 2 a | 4.3 5.0 5.4 7.1 3.5 26.3 26.8 28.0 26.1 27.3 | M55 Jim McFadden Roy Kelly Sr M75 Don McCune WEST Southern California S Desert Classic | 7:45.2 9:35.4 9:50.5 |
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| 2 Netz 2 Ng 3 Set 2 Set 2 Sot 2 Son 2 | 4.3 5.0 5.4 27.1 33.5 26.3 26.3 26.3 28.0 26.1 27.3 28.0 27.2 29.0 | M55 Jim McFadden Roy Kelly Sr M75 Don McQune WEST Southern California S Desert Classic Palm Desert, CA; Ja (grass track) | 7:45.2 9:35.4 9:50.5 |
| 2 Netz 2 Net | 4.3 5.0 5.4 7.1 33.5 26.3 26.3 26.3 26.3 26.3 26.1 27.2 27.2 29.0 29.6 | M55 Jim McFadden Roy Kelly Sr M75 Don McQune Southern California S Desert Classic Palm Desert, CA; Ja (grass track) 60m M30 Kent Wilson M40 Johnny Williams Robert Howen | 7:45.2 9:35.4 9:50.5 Striders an. 28 7.30 7.36 7.54 |
| 2 Petz 2 Per 2 | 44.3 5.0 5.4 15 | M55 Jim McFadden Roy Kelly Sr M75 Don McQune WESST Southern California S Desert Classic Palm Desert, CA; Ja (grass track) <u>60m</u> M30 Kent Wilson M40 Johnny Williams Robert Bowen M45 Sheridon Groves | 7:45.2 9:35.4 9:50.5 Striders an. 28 7.30 7.36 7.54 7.54 |
| 2 Petz 2 Per 2 | 4.3 5.0 5.4 7.1 13.5 26.3 26.8 28.0 26.1 27.3 28.0 27.2 29.0 29.6 30.1 40.2 | M55 Jim McFadden Roy Kelly Sr M75 Don McQune WESST Southern California S Desert Classic Palm Desert, CA; Ja (grass track) <u>60m</u> M30 Kent Wilson M40 Johnny Williams Robert Bowen M45 Sheridon Groves | 7:45.2 9:35.4 9:50.5 Striders an. 28 7.30 7.36 7.54 |
| 22 19 21 21 21 21 21 21 21 21 21 21 | 4.3 5.0 5.4 7.1 13.5 26.3 26.8 28.0 26.1 27.3 28.0 27.2 29.0 29.6 30.1 40.2 | M55 Jim McFadden Roy Kelly Sr M75 Don McQune Southern California S Desert Classic Palm Desert, CA; Ja (grass track) 60m M30 Kent Wilson M40 Johnny Williams Robert Bowen M40 Sheridon Groves Leroy Clipps Leroy Clipps M50 Terry Rowen M60 Nick Newton | 7:45.2 9:35.4 9:50.5 Striders an. 28 7.30 7.36 7.36 7.34 7.65 8.12 8.33 8.03 |
| 2 2 2 2 2 2 2 2 2 2 2 2 2 2 | 4.3 5.0 5.4 5.4 13.5 13.5 16.3 16.8 18.0 26.1 17.3 28.0 26.1 17.3 28.0 29.0 29.6 30.1 40.2 30.1 14.5 | M55 Jim McFadden Roy Kelly Sr M75 Don McQune Southern California S Desert Classic Palm Desert, CA; Ja (grass track) 60m M30 Kent Wilson M40 Johnny Williams Robert Bowen M45 Sheridon Groves Leroy Clipps M50 Terry Rowen M60 Nick Newton Sam Flory | 7:45.2 9:35.4 9:50.5 Striders an. 28 7.30 7.36 7.54 7.58 8.12 8.33 8.34 |
| 2 2 2 2 2 2 2 2 2 2 2 2 2 2 | 4.3 5.0 5.4 5.7 13.5 26.3 26.8 28.0 26.1 27.3 28.0 27.2 29.0 29.6 30.1 40.2 36.1 37.6 1.0 | M55 Jim McFadden Roy Kelly Sr M75 Don McQune Southern California S Desert Classic Palm Desert, CA; Ja (grass track) 60m M30 Kent Wilson M40 Johnny Williams Robert Howen M40 Johnny Williams Robert Howen M40 Sheridon Groves Leroy Clipps M50 Terry Rowen M60 Nick Newton Sam Flory M75 Al Guidet M80 Gary Wible | 7:45.2 9:35.4 9:50.5 Striders an. 28 7.30 7.36 7.54 7.54 7.55 8.12 8.33 8.34 9.51 |
| 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 | 4.3 5.0 5.4 5.7 13.5 66.3 26.8 26.8 26.8 26.8 26.8 26.1 27.2 29.0 20.1 | M55 Jim McFadden Roy Kelly Sr M75 Don McQune Southern California S Desert Classic Palm Desert, CA; Ja (grass track) 60m M30 Kent Wilson M40 Johnny Williams Robert Howen M40 Johnny Williams Robert Howen M40 Sheridon Groves Leroy Clipps M50 Terry Rowen M60 Nick Newton Sam Flory M75 Al Guidet M80 Gary Wible | 7:45.2 9:35.4 9:50.5 Striders an. 28 7.30 7.36 7.36 7.34 7.65 8.12 8.33 8.34 9.51 11.52 8.95 |
| 2 2 2 3 3 2 3 2 4 5 4 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 | 4.3 5.0 5.4 7.1 13.5 66.3 26.8 28.0 26.1 27.3 29.0 29.0 30.1 40.2 29.6 30.1 40.2 37.6 1.0 3.7 6 3.5 1.0 3.7 6 3.5 1.0 1.0 1.0 1.0 1.0 1.0 1.0 1.0 | M55 Jim McFadden Roy Kelly Sr M75 Don McCune WEST Southern California S Desert Classic Palm Desert, CA; Ja (grass track) 60m M30 Kent Wilson M40 Johnny Williams Robert Bowen M40 Johnny Williams Robert Bowen M40 Sheridon Groves Leroy Clipps M50 Terry Rowen M60 Nick Newton Sam Flory M75 Al Guidet M80 Gary Wible W35 April Thomas W50 Penny Gudel | 7:45.2 9:35.4 9:50.5 Striders an. 28 7.30 7.36 7.54 7.54 7.55 8.12 8.33 8.03 8.34 9.51 11.52 |
| 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 | 4.3 5.0 5.4 5.4 13.5 16.3 16.8 18.0 26.1 27.2 29.0 27.2 29.0 29.6 30.1 40.2 36.1 37.6 30.1 40.2 33.7 22.6 3.2 3.3.9 | M55 Jim McFadden Roy Kelly Sr M75 Don McQune Southern California S Desert Classic Palm Desert, CA; Ja (grass track) 60m M30 Kent Wilson M40 Johnny Williams Robert Bowen M40 Sheridon Groves Leroy Clipps M50 Terry Rowen M50 Nick Newton Sam Flory M75 Al Guidet M80 Gary Wible W35 April Thomas W50 Penny Gudel 200m | 7:45.2 9:35.4 9:50.5 Striders an. 28 7.30 7.36 7.54 7.54 7.55 8.12 8.33 8.03 8.34 9.51 11.52 8.95 11.96 |
| 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 | 4.3 5.0 5.4 5.7 13.5 66.3 26.8 26.8 26.8 26.1 26.1 27.2 29.0 29.6 30.1 40.2 36.1 37.6 1.0 3.7 22.6 3.2 3.5 3.9 3.5 | M55 Jim McFadden Roy Kelly Sr M75 Don McCune WEST Southern California S Desert Classic Palm Desert, CA; Ja (grass track) 60m M30 Kent Wilson M40 Johnny Williams Robert Bowen M45 Sheridon Groves Leroy Clipps M50 Terry Rowen M60 Nick Newton Sam Flory M75 Al Guidet M80 Gary Wible W35 April Thomas W50 Penny Gudel 200m M40 Robert Bowen Johnny Williams | 7:45.2 9:35.4 9:50.5 Striders an. 28 7.30 7.36 7.36 7.34 7.65 8.12 8.33 8.34 9.51 11.52 8.95 |
| 2 2 2 2 2 2 2 2 2 2 2 2 2 2 | 4.3 5.0 5.4 5.4 13.5 16.3 16.8 18.0 26.1 27.3 28.0 27.2 29.0 29.6 30.1 40.2 36.1 1.0 13.7 12.6 3.2 3.9 3.5 44.2 16.7 17.7 16.7 17 | M55 Jim McFadden Roy Kelly Sr M75 Don McCune Southern California S Desert Classic Palm Desert, CA; Ja (grass track) 60m M30 Kent Wilson M40 Johnny Williams Robert Bowen M40 Nick Newton Sam Flory M50 Terry Rowen M60 Nick Newton Sam Flory M75 Al Guidet M80 Gary Wible W35 April Thomas W50 Penny Gudel 200m M40 Robert Bowen Johnny Williams | 7:45.2 9:35.4 9:50.5 6 6 7:50.5 7.30 7.36 7.54 7.54 7.54 7.54 7.54 7.54 7.54 7.54 |
| 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 | 4.3 5.0 5.4 5.4 5.4 5.5 6.3 6.8 88.0 27.2 29.0 27.2 29.0 27.2 29.0 27.2 29.0 27.2 29.0 27.2 29.0 27.2 29.0 29.6 30.1 40.2 36.1 37.7 1.0 3.7 22.6 3.9 3.5 4.4.1 4.1 4.1 4.1 4.1 4.1 4.1 4 | M55 Jim McFadden Roy Kelly Sr M75 Don McQune Southern California S Desert Classic Palm Desert, CA; Ja (grass track) 60m M30 Kent Wilson M40 Johnny Williams Robert Bowen M40 Sheridon Groves Leroy Clipps M50 Terry Rowen M60 Nick Newton Sam Flory M75 Al Guidet M80 Gary Wible W35 April Thomas W50 Penny Gudel 200m M40 Robert Bowen Johnny Williams M45 Sheridon Groves M50 Nathan Asberry | 7:45.2 9:35.4 9:50.5 Striders an. 28 7.30 7.36 7.54 7.54 7.54 7.55 8.12 8.33 8.03 8.34 9.51 11.52 8.95 11.96 24.22 24.69 25.76 |
| 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 | 4.3 5.0 5.4 5.4 13.5 16.3 16.8 18.0 26.1 27.3 28.0 27.2 29.0 29.6 30.1 40.2 36.1 1.0 13.7 12.6 3.2 3.9 3.5 44.2 16.7 17.7 16.7 17 | M55 Jim McFadden Roy Kelly Sr M75 Don McQune Southern California S Desert Classic Palm Desert, CA; Ja (grass track) 60m M30 Kent Wilson M40 Johnny Williams Robert Bowen M45 Sheridon Groves Leroy Clipps M50 Terry Rowen M50 Nick Newton Sam Flory M75 Al Guidet M80 Gary Wible W35 April Thomas W50 Penny Gudel 200m M40 Robert Bowen Johnny Williams M45 Sheridon Groves M55 Jesse Carrington M60 Nick Newton | 7:45.2 9:35.4 9:50.5 Striders an. 28 7.30 7.36 7.54 7.54 7.54 7.55 8.12 8.33 8.03 8.34 9.51 11.52 8.95 11.96 24.22 24.69 25.76 |
| 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 | 4.3 5.0 5.4 5.4 5.4 5.4 5.4 5.4 5.4 5.4 | M55 Jim McFadden Roy Kelly Sr M75 Don McCune Southern California S Desert Classic Palm Desert, CA; Ja (grass track) 60m M30 Kent Wilson M40 Johnny Williams Robert Bowen M45 Sheridon Groves Leroy Clipps M50 Terry Rowen M60 Nick Newton Sam Flory M75 Al Guidet M80 Gary Wible W35 April Thomas W50 Penny Gudel 200m M40 Robert Bowen Johnny Williams M45 Sheridon Groves M50 Nathan Asberry M55 Jesse Carrington M60 Nick Newton Sam Flory | 7:45.2 9:35.4 9:50.5 Striders an. 28 7.30 7.36 7.54 7.54 7.55 8.12 8.33 8.34 9.51 11.52 8.95 11.96 24.22 24.69 25.76 27.44 30.02 25.76 27.44 30.02 |
| 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 | 4.3 5.0 5.4 5.4 5.4 5.5 6.3 26.8 26.8 26.8 27.2 29.0 27.2 29.0 27.2 29.0 27.2 29.0 27.2 29.0 27.2 29.0 27.2 29.0 27.3 29.0 27.3 29.0 27.2 29.0 29.6 30.1 40.2 30.1 40.2 30.1 40.2 30.5 44.1 50.5 44.2 50.5 44.2 50.5 5 | M55 Jim McFadden Roy Kelly Sr M75 Don McQune Southern California S Desert Classic Palm Desert, CA; Ja (grass track) 60m M30 Kent Wilson M40 Johnny Williams Robert Bowen M40 Sheridon Groves Leroy Clipps Leroy Clipps Leroy Clipps Leroy Clipps M50 Terry Rowen M60 Nick Newton Sam Flory M40 Robert Bowen Johnny Williams W50 Penny Gudel 200m M40 Robert Bowen Johnny Williams M45 Sheridon Groves M50 Nathan Asberry M55 Jesse Carrington M60 Nick Newton Sam Flory M55 Louis Beadle | 7:45.2 9:35.4 9:50.5 5 triders an. 28 7.30 7.36 7.54 7.54 7.54 7.55 8.12 8.33 8.03 8.33 8.03 8.4 9.51 11.52 8.95 11.96 24.22 24.69 25.76 27.44 30.02 25.76 27.44 30.02 25.67 29.95 20.05 2 |
| 2 2 2 2 2 2 2 2 2 2 2 2 2 2 | 4.3 5.0 5.4 5.4 5.4 5.4 5.4 5.4 5.4 5.4 | M55 Jim McFadden Roy Kelly Sr M75 Don McCune Southern California S Desert Classic Palm Desert, CA; Ja (grass track) 60m M30 Kent Wilson M40 Johnny Williams Robert Bowen M45 Sheridon Groves Leroy Clipps M50 Terry Rowen M60 Nick Newton Sam Flory M75 Al Guidet M80 Gary Wible W35 April Thomas W50 Penny Gudel 200m M40 Robert Bowen Johnny Williams M45 Sheridon Groves M50 Nathan Asberry M55 Jesse Carrington M60 Nick Newton Sam Flory M55 Louis Beadle Ben Castro M75 Al Guidet | 7:45.2 9:35.4 9:50.5 Striders an. 28 7.30 7.36 7.54 7.54 7.55 8.12 8.33 8.34 9.51 11.52 8.95 11.96 24.22 24.69 25.76 27.44 30.02 25.76 27.44 30.02 |
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| 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 | 4.3 5.0 5.4 7.1 13.5 26.3 26.8 28.0 27.3 28.0 27.3 28.0 27.3 28.0 27.3 28.0 27.3 28.0 27.3 28.0 27.3 28.0 29.6 30.1 40.2 36.1 3.7 3.5 3.5 3.5 3.5 3.5 3.5 3.5 3.5 | M55 Jim McFadden Roy Kelly Sr M75 Don McCune Southern California S Desert Classic Palm Desert, CA; Ja (grass track) 60m M30 Kent Wilson M40 Johnny Williams Robert Bowen M45 Sheridon Groves Leroy Clipps M50 Terry Rowen M60 Nick Newton Sam Flory M75 Al Guidet M80 Gary Wible W35 April Thomas W50 Penny Gudel 200m M40 Robert Bowen Johnny Williams M45 Sheridon Groves M50 Nathan Asberry M55 Jesse Carrington M60 Nick Newton Sam Flory M55 Louis Beadle Ben Castro M75 Al Guidet | 7:45.2 9:35.4 9:50.5 6 6 7:50.5 7.30 7.36 7.54 7.54 7.54 7.54 7.54 7.54 7.54 7.54 |

April, 1995

1:40.26

| | Continued on | next page |
|-----|----------------|-----------|
| M45 | Phil Gnesin | 1:49.01 |
| | Kim Kelly | 1:47.03 |
| | Alan Rasmussen | 1:42.27 |
| | | |

d on next page

600m M30 Carlos Cota

Continued from previous page M55 Chuck Kirkby 1:52.11 Bill Knocke 1:54.38 Jesse Carrington1:54.89 M65 Louis Beadle 1:58.58 1:58.58 Ben Castro M70 Avery Bryant 2:12.55 300m M30 Carlos Cota 41.33 M40 Robert Bowen Richard Watson M45 Phil Gnesin M50 Nathan Asberry 39.21 48.30 45.66 45.78 M55 Bill Knocke 42.68 Stan King Chuck Kirkby 46.56 M60 Bill Hessel 48.87 M65 Bob McGowen Louis Beadle 46.30 46.73 54.16 M70 Avery Bryant M75 Pete Ganahl M80 Jerry Wible 1500m M30 Carlos Cota 67.02 65.05 5:10.81 M35 Kim Kelly M45 John Davis M55 Chuck Kirkby M65 Efrian Sanchez 5:43.76 5:24.11 5:55.14 5:47.63 M70 Avery Bryant 5:56.01 60mH M30 Kent Wilson 8.20 M40 Richard Watson M45 Sheridon Groves M50 Walt Butler 12.10 12.23 9.30 11.08 11.09 Terry Rowen M65 Arnold Ray M70 Doren McGavren 13.52 300mH M45 Sheridon Groves 49.20 M50 Terry Rowan M75 Pete Ganahl 51.49 78.64 High Jump M40 Richard Watson 4-8 M45 Charlie Rader M50 Terry Rouga M60 Nick Newton 5-8 4-4 5-4 4-4 Sam Flory M70 Burl Gist M75 Pete Ganahl 4-2 3-2 Jim Vernon 3-0 M80 Clarence Trahan 3-2 Carol Johnston <u>Pole Vault</u> M75 Jim Vernon M80 Carol Johnston 2-3 7-6 Long Jump M40 Richard Watson 15-1 M40 Richard Watson Don Perkins M45 Leroy Clipps M50 Terry Rowan M55 Jesse Carrington M60 Sam Flory Budd Hamilton M80 Clarence Trahan Triple Jump 15-0 15-10 14-11 12-9¹/₂ 14-0 10-4¹/₂ 10-7¹/₂ Triple Jump M50 Terry Rowan 31-0 Shot Put M30 Scott West 42-9 M40 Richard Watson 33-0 M50 Dave Nuttall M55 Wayne Cassity Chuck Kirkby 30-6 32-7 26-1 M70 Walter Jenkins CAN29-3 M75 Jim Sullenger M80 Ross Carter M85 Ken Carnine 29-6 37-7 31-0 W65 Estelle JenkinsCAN21-0 Discus M40 Russ Reabold 121-9 121-9 102-2 111-3 75-11 78-5 100-10 118-5 73-7 R Watson R Watson M50 Dave Nuttall M55 Wayne Cassity M70 Walt Jenkins CAN M75 Jim Sullenger M80 Ross Carter M85 Ken Carnine W65 Estelle JenkinsCAN 49-6 Hammer M30 Scott West 121-1 95-9 87-7 77-11 M40 Richard West M50 Dave Nuttall M55 Wayne Cassity M70 Walt Jenkins CAN 84-1 Javelin M40 R Watson M50 Dave Nuttall M65 Del Pickarts 126-9 123-7 148-7 M75 Jim Sullenger 69-5 M85 Ken Carnin 71-2 California Senior Olympics Palm Springs, CA; Feb. 9-18 100m M55 Bill Knocke 12.58

Stan King 13.41 Gerald Schmeling 16.23 13.39 14.09 M60 Dick Glasgow Bill Anderson Ben Rivera 14.23 M65 Dick Odom 13.95 Rodney Brown 14.18 Pasquale Gannotti 14.54 M70 Thomas Miller 15.16 Ted Parrish 16.88 Ray Crawford 17.14 M75 Alfred Guidet 16.12 John Rodriquez 17.15 Kinrad Slaughter 18.78

| 1400 | - | 10 St. 2 |
|--|---|---|
| M80 | Clarence Trahan Bert Morrow | 16.63 |
| | Jerry Wible | 18.01 18.60 |
| M85 | David Marc | 23.67 |
| M90+ | Paul Spangler | 40.32 |
| W50 | Carolyn Ward | 19.33 |
| | Jeane Hallin | 21.50 |
| | Mary J McMaster | 21.95 |
| W55 W60 | Marianne Heidecke | |
| WOU | Ellen Brannigan Melba Autry | 18.10 |
| W65 | Louise Bailey | 20.28 |
| | Louise Martin | 24.03 |
| W70 | Wilma Davenport | 21.69 |
| | Gorda Ader | 21.70 |
| | Geneva Grav | 25.62 |
| W75 | Helen Robinson | 25.62 |
| 200m M55 | Bill Knockd | 24.00 |
| MUSS | Stan King | 24.88 27.00 |
| | Gerald Schmeling | 33.25 |
| M60 | Dick Glasgow | 27.16 |
| | Bill Anderson | 28.46 |
| | Charles Rice | 29.67 |
| M65 | Rodney Brown | 28.86 |
| | Grant Twitchell Jim Selby | 29.43 |
| M70 | Thomas Miller | 29.45 32.85 |
| 14170 | Ted Parrish | 24.41 |
| 1 | Eugene Beimer | 35.21 |
| M75 | Alfred Guidet | 33.36 |
| | John Roderiquez | 35.16 |
| (EL) | Konrad Slaughter | 39.40 |
| M80 | Bert Morrow | 37.92 |
| M85+ W50 | David Marcus Carolyn Ward | 50.03 |
| w30 | Carolyn Ward Penny Gudel | 39.64 41.42 |
| | Mary J McMaster | 51.39 |
| W55 | Marianne Heidecke | |
| W60 | Ellen Brannigan | 37.26 |
| W65 | Louise Bailey | 39.75 |
| 11/74 | Louise Martin | 50.62 |
| W75 400m | Helen Robinson | 60.95 |
| M55 | Bill Knocke | 1:00.08 |
| | Mike Dunn | 1:09.39 |
| 1.1 | Jon McIntosh | 1:20.82 |
| M60 | Bill Anderson | 1:05.77 |
| | Charles Rice Marcel Cote | 1:09.03 |
| M65 | Rodney Brown | 1:06.21 |
| 14 | Robert McGowan | 1:06.23 |
| | Jim Selby | 1:08.00 |
| M70 | Avery Bryant | 1:14.32 |
| | Harold Bach | 1:20.82 |
| M75 | Bill Hubert Jon Roderiquez | 1:33.31 |
| MITS | Pete Ganahl | 1:17.17 1:31.23 |
| M80 | Jerry Wible | 1:56.86 |
| W50 | Mary J McMaster | 2:00.21 |
| | Jeane Hallin | NT |
| M55 W60 | M Heidecke | NT |
| 800m | Eleanor Wallace | 1:49.05 |
| M50 | Stanley Stauble | 2:31.18 |
| | Glenn Jones | 2:47.18 |
| M55 | Fred Hartman, Jr | 2:49.29 |
| | Mike Dunn | 2:55.13 |
| 1.00 | Jon McIntosh | 3:10.17 |
| M60 | Bill Anderson Morton Ward | 2:44.86 |
| | Ray Archibald | 2:46.22 3:08.83 |
| M65 | Jim Selby | 2:37.33 |
| Sett | Louis Beadle | 2:42.18 |
| | Efrian Sanchez | 2:44.69 |
| M70 | AveryBryant | 2:56.78 |
| | Harold Bach | 3:24.50 |
| M75 | Eugene Beimer Donald Dilworth | 3:28.12 3:25.99 |
| 1113 | John Roderiquez | 3:48.94 |
| | | |
| W55 | Mary J McMaster | 4:27.18 |
| 1.12 | Mary J McMaster Jeane Hallin | 4:27.18 5:19.37 |
| W55 W60 | Mary J McMaster Jeane Hallin Nessie Holicky | 4:27.18 5:19.37 3:16.33 |
| W60 | Mary J McMaster Jeane Hallin Nessie Holicky Eleanor Wallace | 4:27.18 5:19.37 |
| 1.12 | Mary J McMaster Jeane Hallin Nessie Holicky Eleanor Wallace | 4:27.18 5:19.37 3:16.33 |
| W60 | Mary J McMaster Jeane Hallin Nessie Holicky Eleanor Wallace | 4:27.18 5:19.37 3:16.33 3:57.16 5:15.29 5:39.87 |
| W60 <u>1500r</u> M50 | Mary J McMaster Jeane Hallin Nessie Holicky Eleanor Wallace Stanley Stauble Jerry Fulton Morton Ward | 4:27.18 5:19.37 3:16.33 3:57.16 5:15.29 5:39.87 5:34.71 |
| W60 <u>1500r</u> M50 M55 M60 | Mary J McMaster Jeane Hallin Nessie Holicky Eleanor Wallace Stanley Stauble Jerry Fulton Morton Ward Ray Archibald | 4:27.18 5:19.37 3:16.33 3:57.16 5:15.29 5:39.87 5:34.71 6:12.77 |
| W60 <u>1500r</u> M50 M55 | Mary J McMaster Jeane Hallin Nessie Holicky Eleanor Wallace Stanley Stauble Jerry Fulton Morton Ward Ray Archibald Efrian Sanchez | 4:27.18 5:19.37 3:16.33 3:57.16 5:15.29 5:39.87 5:34.71 6:12.77 5:41.21 |
| W60 <u>1500r</u> M50 M55 M60 | Mary J McMaster Jeane Hallin Nessie Holicky Eleanor Wallace Stanley Stauble Jerry Fulton Morton Ward Ray Archibald Efrian Sanchez James Franklin | 4:27.18 5:19.37 3:16.33 3:57.16 5:15.29 5:39.87 5:34.71 6:12.77 5:41.21 5:58.11 |
| W60 <u>1500r</u> M50 M55 M60 M65 | Mary J McMaster Jeane Hallin Nessie Holicky Eleanor Wallace Stanley Stauble Jerry Fulton Morton Ward Ray Archibald Efrian Sanchez James Franklin Harold Willis | 4:27.18 5:19.37 3:16.33 3:57.16 5:15.29 5:39.87 5:34.71 6:12.77 5:41.21 5:58.11 6:12.24 |
| W60 <u>1500r</u> M50 M55 M60 | Mary J McMaster Jeane Hallin Nessie Holicky Eleanor Wallace Stanley Stauble Jerry Fulton Morton Ward Ray Archibald Efrian Sanchez James Franklin Harold Willis Avery Bryant | 4:27.18 5:19.37 3:16.33 3:57.16 5:15.29 5:39.87 5:34.71 6:12.77 5:41.21 5:58.11 |
| W60 <u>1500r</u> M50 M55 M60 M65 | Mary J McMaster Jeane Hallin Nessie Holicky Eleanor Wallace Stanley Stauble Jerry Fulton Morton Ward Ray Archibald Efrian Sanchez James Franklin Harold Willis | 4:27.18 5:19.37 3:16.33 3:57.16 5:15.29 5:39.87 5:34.71 6:12.77 5:41.21 5:58.11 6:12.24 5:59.83 |
| W60 <u>1500r</u> M50 M55 M60 M65 M70 M75 | Mary J McMaster Jeane Hallin Nessie Holicky Eleanor Wallace Stanley Stauble Jerry Fulton Morton Ward Ray Archibald Efrian Sanchez James Franklin Harold Willis Avery Bryant BillHubert Edward Schalow John Roderiquez | 4:27.18 5:19.37 3:16.33 3:57.16 5:15.29 5:39.87 5:34.71 6:12.77 5:41.21 5:58.11 6:12.24 5:59.83 7:53.51 10:16.90 7:57.44 |
| W60 <u>1500r</u> M50 M55 M60 M65 M70 | Mary J McMaster Jeane Hallin Nessie Holicky Eleanor Wallace Stanley Stauble Jerry Fulton Morton Ward Ray Archibald Efrian Sanchez James Franklin Harold Willis Avery Bryant BillHubert Edward Schalow John Roderiquez Mary J McMaster | 4:27.18 5:19.37 3:16.33 3:57.16 5:39.87 5:34.71 6:12.77 5:41.21 5:58.11 6:12.24 5:59.83 7:53.51 10:16.90 7:57.44 8:36.39 |
| W60 <u>1500r</u> M50 M55 M60 M65 M70 M75 W50 | Mary J McMaster Jeane Hallin Nessie Holicky Eleanor Wallace Stanley Stauble Jerry Fulton Morton Ward Ray Archibald Efrian Sanchez James Franklin Harold Willis Avery Bryant BillHubert Edward Schalow John Roderiquez Mary J McMaster Jeane Hallin | 4:27.18 5:19.37 3:16.33 3:57.16 5:15.29 5:39.87 5:34.71 6:12.77 5:41.21 5:58.11 6:12.24 5:59.83 7:53.51 10:16.90 7:57.44 8:36.39 9:58.15 |
| W60 <u>1500r</u> M50 M55 M60 M65 M70 M75 W50 W55 | Mary J McMaster Jeane Hallin Nessie Holicky Eleanor Wallace Stanley Stauble Jerry Fulton Morton Ward Ray Archibald Efrian Sanchez James Franklin Harold Willis Avery Bryant BillHubert Edward Schalow John Roderiquez Mary J McMaster Jeane Hallin M Heidecke | 4:27.18 5:19.37 3:16.33 3:57.16 5:15.29 5:39.87 5:34.71 6:12.77 5:41.21 5:58.11 6:12.24 5:59.83 7:53.51 10.16.90 7:57.44 8:36.39 9:58.15 11:05.62 |
| W60 <u>1500r</u> M50 M55 M60 M65 M70 M75 W50 | Mary J McMaster Jeane Hallin Nessie Holicky Eleanor Wallace Stanley Stauble Jerry Fulton Morton Ward Ray Archibald Efrian Sanchez James Franklin Harold Willis Avery Bryant BillHubert Edward Schalow John Roderiquez Mary J McMaster Jeane Hallin M Heidecke Nessie Hollicky | 4:27.18 5:19.37 3:16.33 3:57.16 5:15.29 5:39.87 5:34.71 6:12.77 5:41.21 5:58.11 6:12.24 5:59.83 7:53.51 10:16.90 7:57.44 8:36.39 9:58.15 |
| W60 <u>1500r</u> M50 M55 M60 M65 M70 M75 W50 W55 W60 | Mary J McMaster Jeane Hallin Nessie Holicky Eleanor Wallace 3 Stanley Stauble Jerry Fulton Morton Ward Ray Archibald Efrian Sanchez James Franklin Harold Willis Avery Bryant BillHubert Edward Schalow John Roderiquez Mary J McMaster Jeane Hallin M Heidecke Nessie Hollicky Eleanor Wallace | 4:27.18 5:19.37 3:16.33 3:57.16 5:15.29 5:39.87 5:34.71 6:12.77 5:41.21 5:58.11 6:12.24 5:59.83 7:53.51 10:16.90 7:57.44 8:36.39 9:58.15 11:05.62 6:38.65 |
| W60 <u>1500r</u> M50 M55 M60 M65 M70 M75 W50 W55 W60 | Mary J McMaster Jeane Hallin Nessie Holicky Eleanor Wallace Stanley Stauble Jerry Fulton Morton Ward Ray Archibald Efrian Sanchez James Franklin Harold Willis Avery Bryant BillHubert Edward Schalow John Roderiquez Mary J McMaster Jeane Hallin M Heidecke Nessie Hollicky | 4:27.18 5:19.37 3:16.33 3:57.16 5:15.29 5:39.87 5:34.71 6:12.77 5:41.21 5:58.11 6:12.24 5:59.83 7:53.51 10:16.90 7:57.44 8:36.39 9:58.15 11:05.62 6:38.65 |

| 140 | and the second of | All and a second second | 1 |
|---|---|---|---|
| M60 | Milton Newton Jerry Sullivan | 5-2 5-1 | , |
| | Ray Archibald | 4-2 | 1 |
| M65 | Bob Hall | 4-2 | 1 |
| | Charlie Sarver | 3-4 | 1 |
| M70 | Robert Perry Vic Jones | 3-4 3-8 | |
| | Howard Dewell | 3-8 | |
| | Ray Crawford | 3-4 | |
| M75 | Robert Wells | 3-8 | 1 |
| | Pete Ganahl | 3-8 | |
| M80 | John Damski | 3-10 | |
| M85+ | Bob Boucke | 3-2 | |
| W50 | David Marcus Jeane Hallin | 3-2 3-2 | |
| W55 | M Heidecke | 3-2 | |
| W65 | Barbara Brandt | 3-6 | |
| Long J | | | 1 |
| M55 | O Legend | 12-11 | - |
| | Fred Newman | 12-08 | |
| M64 | Larry Tiffin Marcel Cote | 10-11 | |
| 10104 | Fred Yarak | 13-02 11-10,50 | |
| | Gordon Beck | 11-02 | 2 |
| M65 | Paul Bambrook | 13-07 | |
| | GrantTritchell | 12-09.50 | the second |
| 170 | Bob Hall | 12-03 | |
| M70 | Ray Crawford Howard Dewell | 10-04.50 9-10 | - |
| M75 | Robert Wells | 9-04 | - 14 |
| M80 | Clarence Trahan | 11-04 | |
| THE . | Bob Boucke | 7-08 | See. |
| M85+ | David Marcus , | 8-04 | |
| W50 | Jeane Hallin | 7-10 | 1 |
| W55 | M Heidecke | 4-03 | 1 |
| W60 W70 | Ellen Brannigan Wilma Davenpor | 8-10 1 6-06 | SIM |
| W75 | Ivy Browne | 4-06.50 | M |
| Shot P | | | M |
| M50 | D McCraven | 41-11.50 | M |
| M55 | Wayne Cassity | 30-09 | |
| M60 | Joe Durrenberger | and the second se | M |
| | Gordon Beck David Moss | 30-10.50 26-10.50 | M |
| M65 | Harry Hawke | 41-02.50 | J.N |
| | Arnie Gaynor | 40 | N |
| | Engle Grow | 34-03 | H |
| M70 | Dale Buysse | 37-02 | |
| | John Rfto | 33-05 | P |
| M75 | Howard Dewell ClarenceOdell | 28-06 32-08.50 | 1 |
| | John Becotte | 26-05.50 | i |
| | Robert Wells | 23-09 | 1 |
| M80 | Ross Carter | 38-05.50 | |
| | Bob Boucke | 28-00.50 | - 1 |
| M85+ W50 | David Marcus Connie Sarver | 12-11 23-05.50 | |
| ** 50 | Jeane Hallin | 19-05.50 | |
| W65 | Joyce Benitende | 13-07.50 | Sec. 1 |
| W70 | Wilma Davenpor | | 1 |
| | Jeanne Bishop | 16-04.50 | |
| | Mary Buysse | 14-08 | |
| W75 | Alline Witten | 14-09.50 | - |
| W80 Discus | Ivy Browne | 18-02 | |
| M50 | D McCraven | 115-01.50 | 50 |
| M55 | Wayne Cassity | 78-06 | M |
| | O Legend | 68 | M |
| M60 | Lee Brown | 107-07.5C | M |
| 1112 | Gordon Beck | 99-01.50 | N |
| M65 | J Durrenberger Harry Hawke | 94-08.50 150-06.50 | N |
| | Arnie Gaynor | 140-07 | M |
| | Robert Hewitt | 128 | W |
| M70 | Dale Buysse | 120-08 | W |
| | John Rafto | 101-03 | 30 M |
| M75 | Howard Dewell John Becotte | 92-09 96-07 | M |
| | Charles Odell | 82-01 | M |
| M80 | Ross Carter | 118.02 | N |
| | Bob Boucke | 66-07 | N |
| W50 | Arthur Vesco | 34-08 | N |
| | Connie Sarver | 74-10.50 | W |
| 1130 | Jeane Hallin | 35-04 50 | |
| W65 | Jeane Hallin Barbara Brandt | 35-04.50 63-03 | W |
| | Barbara Brandt Jeanne Bishop | 63-03 42-02 | W W |
| W65 | Barbara Brandt Jeanne Bishop Wilma Davenpor | 63-03 42-02 t 35 | W W 1 |
| W65 W70 | Barbara Brandt Jeanne Bishop Wilma Davenpor Viola Gower | 63-03 42-02 t 35 35-02 | |
| W65 W70 | Barbara Brandt Jeanne Bishop Wilma Davenpor Viola Gower Ruth Talley | 63-03 42-02 t 35 35-02 41-00.50 | W U L N N |
| W65 W70 | Barbara Brandt Jeanne Bishop Wilma Davenpor Viola Gower Ruth Talley Ivy Browne | 63-03 42-02 t 35 35-02 | |
| W65 W70 W75 W80 <u>5000</u> M50 | Barbara Brandt Jeanne Bishop Wilma Davenpor Viola Gower Ruth Talley Ivy Browne <u>RW</u> Narayan de Vera | 63-03 42-02 t 35 35-02 41-00.50 34-04.50 33.26 | ** 122222 |
| W65 W70 W75 W80 <u>5000</u> M50 M55 | Barbara Brandt Jeanne Bishop Wilma Davenpor Viola Gower Ruth Talley Ivy Browne <u>RW</u> Narayan de Vera Larry Tiffin | 63-03 42-02 1 35 35-02 41-00.50 34-04.50 33.26 43.54 | 89 H222999 |
| W65 W70 W75 W80 <u>5000</u> M50 | Barbara Brandt Jeanne Bishop Wilma Davenpor Viola Gower Ruth Talley Ivy Browne <u>RW</u> Narayan de Vera Larry Tiffin Lloyd McGuire | 63-03 42-02 t 35 35-02 41-00.50 34-04.50 33.26 43.54 32.02 | 85 H2229999 |
| W65 W70 W75 W80 <u>5000</u> M50 M55 | Barbara Brandt Jeanne Bishop Wilma Davenpor Viola Gower Ruth Talley Ivy Browne <u>RW</u> Narayan de Vera Larry Tiflin Lloyd McGuire Max Vanden Bri | 63-03 42-02 t 35 35-02 41-00.50 34-04.50 33.26 43.54 32.02 nk 32.04 | |
| W65 W70 W75 W80 <u>5000</u> M50 M55 M60 | Barbara Brandt Jeanne Bishop Wilma Davenpor Viola Gower Ruth Talley Ivy Browne <u>RW</u> Narayan de Vera Lary Tiffin Lloyd McGuire Max Vanden Bri Waltierde Rothe | 63-03 42-02 t 35 35-02 41-00.50 34-04.50 33.26 43.54 32.02 nk 32.04 | 85 H2229999 |
| W65 W70 W75 W80 <u>5000</u> M50 M55 | Barbara Brandt Jeanne Bishop Wilma Davenpor Viola Gower Ruth Talley Ivy Browne <u>RW</u> Narayan de Vera Larry Tiflin Lloyd McGuire Max Vanden Bri | 63-03 42-02 t 35 35-02 41-00.50 34-04.50 33.26 43.54 32.02 nk 32.04 Jr 38.51 | W U L N N V V V V V V V V V V V V V V |
| W65 W70 W75 W80 <u>5000</u> M50 M55 M60 M70 | Barbara Brandt Jeanne Bishop Wilma Davenpor Viola Gower Ruth Talley Ivy Browne <u>RW</u> Narayan de Vera Larry Tiffin Lloyd McGuire Max Vanden Bri Waltierde Rothe Jorge Newbery Tibor Reldan Roger Coley | 63-03 42-02 t 35 35-02 41-00.50 34-04.50 33.26 43.54 32.02 nk 32.02 nk 32.02 nk 32.04 Jr 38.51 35.48 41.10 43.12 | |
| W65 W70 W75 W80 <u>5000</u> M50 M55 M60 | Barbara Brandt Jeanne Bishop Wilma Davenpor Viola Gower Ruth Talley Ivy Browne <u>RW</u> Narayan de Vera Larry Tiffin Lloyd McGuire Max Vanden Bri Waltierde Rothe Jorge Newbery Tibor Reldan Roger Coley Robert Wells | 63-03 42-02 t 35 35-02 41-00.50 34-04.50 33.26 43.54 32.02 nk 32.04 Jr 38.51 35.48 41.10 43.12 36.09 | |
| W65 W70 W75 W80 <u>5000</u> M50 M55 M60 M70 | Barbara Brandt Jeanne Bishop Wilma Davenpor Viola Gower Ruth Talley Ivy Browne <u>RW</u> Narayan de Vera Lary Tiffin Lloyd McGuire Max Vanden Bri Waltierde Rothe Jorge Newbery Tibor Reldan Roger Coley Robert Wells Ira Samuels | 63-03 42-02 t 35 35-02 41-00.50 34-04.50 33.26 43.54 32.02 nk 32.04 Jr 38.51 35.48 41.10 43.12 36.09 37.07 | |
| W65 W70 W75 W80 <u>5000</u> M50 M55 M60 M70 M75 | Barbara Brandt Jeanne Bishop Wilma Davenpor Viola Gower Ruth Talley Ivy Browne <u>RW</u> Narayan de Vera Larry Tiflin Lloyd McGuire Max Vanden Bri Waltierde Rothe Jorge Newbery Tibor Reldan Roger Coley Robert Wells Ira Samuels Paul Hester | 63-03 42-02 t 35 35-02 41-00.50 34-04.50 33.26 43.54 32.02 nk 32.04 Jr 38.51 35.48 41.10 43.12 36.09 37.07 39.25 | |
| W65 W70 W75 W80 <u>5000</u> M50 M55 M60 M70 M70 M75 | Barbara Brandt Jeanne Bishop Wilma Davenpor Viola Gower Ruth Talley Ivy Browne <u>RW</u> Narayan de Vera Lary Tiffin Lloyd McGuire Max Vanden Bri Waltierde Rothe Jorge Newbery Tibor Reldan Roger Coley Robert Wells Ira Samuels | 63-03 42-02 135 35-02 41-00.50 34-04.50 33.26 43.54 32.02 nk 32.04 Jr 38.51 35.48 41.10 43.12 36.09 37.07 39.25 1.41.43 | |

| 5-2 | | | |
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| and the second second | | Penny Gudel | 41.26 |
| 5-1 1-2 | W55 | Janice Zinniker Cricket Worthingt | 35.31 on 36.03 |
| -2 | W60 | C Kurzenknabe | 37.43 |
| 4 | it is | Mary Boyd Ella Crabtree | 37.48 39.21 |
| -8 | W65 | Louise Martin | 39.24 |
| -6 | 1 | Rita Jasperse Mary Malone | 41.44 41.47 |
| -8 | W70 | Barbara Beimer | 40.30 |
| -8 | | Helen Stout Virginia Ricketts | 41.10 41.24 |
| -10 -2 | W75 | Alline Witten | 43.51 |
| -2 | 10K F | | 17.45 |
| -2 | M50 | Dennis Lockhard Glenn Jones | 43:40 |
| -6 | M55 | Bill Kent | 45:15 |
| -11 | 14 | Andrew Bailey Gene Rotstein | 49:00 49:53 |
| -08 | M60 | Wally Ingram | 47:35 |
| -11 | M65 | Richard Freeman Gerry Hoopkins | 46:35 |
| -02 | MOS | James Franklin | 48:20 |
| -02 | M70 | Jack Penner Jim Sullivan | 50:34 |
| -07 | M75 | Bill Hutchinson | 59:18 1:01:15 |
| -03 | W50 | Ira Samuels | 1:22:31 |
| -04.50 | W60 | Jeane Hallin Nancy Olsen | 1:20:07 1:05:53 |
| -04 | | Patty Harvey | 1:12:42 |
| -04 -08 | W65 | Sabrina Rouse Geri Sullivan | 1:12:55 |
| -04 | W85+ | | 1:43:08 |
| -10 | KEL | ield Throws Seri | es #36 |
| -03 -10 | and the second s | nta Cruz, CA; Fel | b. 18 |
| -06 | Shot I M35 E | ric Hodgdon ary Kelmenson | 46-6 |
| -06.50 | M40 Ga M44 Ba | ob Pryor | 35-8 35-5 |
| -11.50 | M70 G | we Gwe Toscano | 25-5 |
| -09 | M40 G | ary Kelmenson | 115-8 |
| -10.50 | M45 B | ob Pryor on Hughes | 113-5 73-9 |
| -10.50 | Javel | in olun Hansen | 156-8 |
| | M40 G | ary Kelmenson | 107-10 |
| -03 | Hamme M35 E | ric Hodgdon like Venning | 139-5 |
| -02 | M40 G | ike Venning ary Kelmenson | 127-3 135-8 |
| -06 | M45 B | ob Pryor | 138-7 |
| -05.50 | M60 D | on Hughes | 39-1 |
| -09 | | leight Tric Hodgdon | 45 7 |
| 05 50 | M35 E | | 45-7 |
| -00.50 | M | like Venning | 40-9 41-6 |
| -00.50 | M40 G | like Venning ary Kelmenson | 40-9 41-6 40-11 |
| -00,50 -11 -05,50 | M40 G M45 B M60 D 56# W | like Venning Gary Kelmenson Gob Pryor Con Hughes <u>Weight</u> | 40-9 41-6 40-11 30-4 |
| -00,50 -11 -05,50 -05,50 -07,50 | M40 G M45 E M60 D <u>56# W</u> M40 G | like Venning Cary Kelmenson Kob Pryor Con Hughes Keight Cary Kelmenson | 40-9 41-6 40-11 30-4 28-4 |
| -00.50 -11 -05.50 -05.50 -07.50 -03.50 | M40 G M45 E M60 D <u>56# W</u> M40 G M45 E M60 D | like Venning ary Kelmenson Job Pryor Jon Hughes leight ary Kelmenson Job Pryor Jon Hughes | 40-9 41-6 40-11 30-4 28-4 25-7 ¹ / ₂ 17-6 ¹ / ₂ |
| -00.50 -11 -05.50 -05.50 -07.50 -03.50 -04.50 -08 | M40 G M45 E M60 D <u>56# W</u> M40 G M45 E M60 D | like Venning Cary Kelmenson Kob Pryor Con Hughes Keight Cary Kelmenson | 40-9 41-6 40-11 30-4 28-4 25-7 ¹ / ₂ 17-6 ¹ / ₂ |
| -00.50 -11 -05.50 -05.50 -05.50 -07.50 -03.50 -03.50 -08 -08 -09.50 | M40 G M45 E M60 D 56# W M40 G M45 E M60 D | tike Venning ary Kelmenson Job Pryor Jon Hughes <u>leight</u> ary Kelmenson Job Pryor Jon Hughes ORTHIME ugene Indoor Me | 40-9 41-6 40-11 30-4 28-4 25-7 ¹ / ₂ 17-6 ¹ / ₂ ST |
| -00,50 -11 -05,50 -05,50 -07,50 -03,50 -04,50 -08 -09,50 -02 | M40 G M45 E M60 D M40 G M40 G M40 C M40 C M40 C | tike Venning ary Kelmenson Job Pryor Jon Hughes <u>leight</u> ary Kelmenson Job Pryor Jon Hughes | 40-9 41-6 40-11 30-4 28-4 25-7 ¹ / ₂ 17-6 ¹ / ₂ ST |
| -05.50 -00.50 -11 -05.50 -05.50 -07.50 -03.50 -04.50 -08 -09.50 -02 -02 -01.50 -06 | M40 G M45 E M60 D <u>56# W</u> M40 G M45 E M60 D E E S <u>0m</u> M35 | tike Venning ary Kelmenson Job Pryor Jon Hughes <u>Neight</u> ary Kelmenson Job Pryor ORTHIVE Ugene Indoor Me Sugene, OR; Feb. | 40-9 41-6 40-11 30-4 28-4 25-7 17-6 17-6 2 5 5 5 7.5 |
| -00.50 -11 -05.50 -05.50 -07.50 -03.50 -04.50 -08 -09.50 -02 -02 -02 -01.50 | M40 G M45 B M60 D <u>56# W</u> M40 G M45 E M60 D E E E S <u>0m</u> M35 M40 | tike Venning ary Kelmenson bob Pryor bon Hughes <u>keight</u> ary Kelmenson bob Pryor bon Hughes ORTHIVE ugene Indoor Me ugene, OR; Feb. Jim Lewellen R Jacquet Acea | 40-9 41-6 40-11 30-4 28-4 25-7 17-6 17-6 5 5 7.5 6.5 |
| -00.50 -11 -05.50 -05.50 -07.50 -03.50 -08 -09.50 -08 -09.50 -02 5-01.50 -06 -06 -07.50 | M40 G M45 B M60 D <u>56# W</u> M40 G M45 E M60 D E E S <u>0m</u> M35 M40 M45 | tike Venning ary Kelmenson Job Pryor Jon Hughes <u>Neight</u> ary Kelmenson Job Pryor ORTHIVE Ugene Indoor Me Sugene, OR; Feb. | $40-941-640-1130-428-425-7\frac{1}{2}7.56.5an 6.56.8$ |
| -00.50 -11 -05.50 -05.50 -07.50 -07.50 -04.50 -08 -09.50 -02 -01.50 -06 -07.50 -07.50 -01.50 -08.50 | M40 G M45 B M60 L 56# W M40 G M45 E E 50m M35 M40 M45 M55 M60 | tike Venning ary Kelmenson Job Pryor Jon Hughes <u>Height</u> ary Kelmenson Job Pryor Don Hughes ORTHWE ugene Indoor Me ugene, OR; Feb. Jim Lewellen R Jacquet Acea Jeff Schaller-Pullm Bumper Emerson B J Kuhn | $\begin{array}{c} 40-9\\ 41-6\\ 40-11\\ 30-4\\ 28-4\\ 25-7\frac{1}{2}\\ 17-6\frac{1}{2}\\ \textbf{S7}\\ \textbf{states}\\ stat$ |
| -00.50 -11 -05.50 -05.50 -07.50 -07.50 -03.50 -04.50 -08 -09.50 -09.50 -02 -06.50 -0.50 | M40 G M45 B M60 D <u>56# W</u> M40 G M45 C M40 D M45 M35 M40 M45 M55 M60 M65 | tike Venning ary Kelmenson ob Pryor on Hughes <u>keight</u> ary Kelmenson ob Pryor on Hughes ORTHWE ugene Indoor Me ugene, OR; Feb. Jim Lewellen R Jacquet Acea Jeff Schaller-Pullm Bumper Emerson | $40-941-640-1130-428-425-7\frac{1}{2}7.56.5an 6.56.8$ |
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| -00.50 -11 -05.50 -05.50 -07.50 -04.50 -08 -09.50 -02 -01.50 -06 -01.50 -06.50 -0-6.50 -0-7 8 -0-8 | M40 G M45 B M60 D S6# W M40 G M45 G M60 D E E S0m M35 M40 M45 M55 M40 M45 M55 M65 M70 W45 | tike Venning ary Kelmenson Job Pryor Kelmenson Job Pryor Con Hughes CORTHINE Ugene Indoor Me Eugene, OR; Feb. Jim Lewellen R Jacquet Acea Jeff Schaller-Pullm Bumper Emerson B J Kuhn Alam Maxwell John Cleveland | $\begin{array}{c} 40-9\\ 41-6\\ 40-11\\ 30-4\\ 28-4\\ 25-7\frac{1}{2}\\ 17-6\frac{1}{2}\\ \textbf{ST}\\ \textbf$ |
| -00.50 -11 -05.50 -05.50 -05.50 -07.50 -04.50 -08 -09.50 -02 -01.50 -06 -06 -06 -07.50 -07.50 -01.50 -08.50 -0 | M40 G M45 B M60 L 56# W M40 G M45 B M60 L E E S0m M35 M40 M45 M55 M60 M45 M55 M60 M45 M55 M60 M45 M55 M60 M45 M55 M60 M45 M45 M60 M45 B M45 M60 L | tike Venning ary Kelmenson ob Pryor on Hughes <u>leight</u> ary Kelmenson ob Pryor on Hughes ORTHWE ugene Indoor Me ugene, OR; Feb. Jim Lewellen R Jacquet Acea Jeff Schaller-Pullm Bumper Emerson B J Kuhn Alam Maxwell John Cleveland Virginia Fast Marjorie Gilmore Miles Smith | $\begin{array}{c} 40-9\\ 41-6\\ 40-11\\ 30-4\\ \hline \\ 28-4\\ 25-7\frac{1}{2}\\ 17-6\frac{1}{2}\\ \hline \\ \textbf{ST}\\ $ |
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| gton 36.03 | W35 Martha Mendenhall 9.1 |
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| 37.43 | W55 Becky Sisley 11.2 |
| 37.48 | High Jump |
| 39.21 | M30 Mike Jaqua 5-8 |
| 39.24 | M35 Jim Lewellen 4-10 |
| 41.44 | M40 John Townsend 4-8 |
| 41.47 | M45 Oz Witt 4-10 |
| 40.30 | M50 Al Phillips 5-4 |
| 41.10 | M55 Jerry Newcomb 4-2 |
| s 41.24 | M60 Jerry Sullivan 4-10 |
| 43.51 | M65 Vince Sempronio 4-8 |
| | M70 Dick Warren 4-0 |
| d 43:40 | W35 Martha Mendenhall 5-0 |
| 45:01 | W55 Becky Sisley 3-10 |
| 45:15 | Pole Vault |
| 49:00 | M30 Dan Umenhofer 14-6 |
| 49:53 | M35 Dan West 14-0 |
| 47:35 | M40 Steve Smith 15-6 |
| an 1:05:59 | M45 Jerry Cash 15-1 |
| 46:35 | M50 Larry Holmes 12-6 |
| 48:20 | M60 Don Gray 8-6 |
| 50:34 | M65 Harvey Lewellen 9-0 |
| 59:18 | M70 John Cleveland 8-6 |
| 1:01:15 | Long Jump |
| 1:22:31 1:20:07 | M30 Miles Smith 15-04.50 |
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| 73-9 | USATF National Masters |
| 13-3 | Half-Marathon Championships |
| 156-8 | Las Vegas, NV; Feb. 4 |
| 107-10 | Overall |
| 139-5 | Eddy Hellebuyck 34 1:00:49 |
| 127-3 | Claudia Metzner 28 1:08:12 M40 Doug Bell 1:05:44 |
| 135-8 | M40 Doug Bell 1:05:44 Pablo Vigil 1:07:34 |
| 138-7 | Michael Bressi 1:07:47 |
| 20.1 | M45 Laurence Olsen 1:08:54 |
| 39-1 | Jack Fultz 1:10:22 Roger Price 1:12:33 |
| | Roger Price 1:12:33 |
| 45-7 | M50 Jan Frisby 1:10:44 |
| 40-9 | M50 Jan Frisby 1:10:44 Larry Ingram 1:11:34 |
| 40-9 41-6 | Michael Mahler 1:13:03 |
| 40-9 41-6 40-11 | Michael Mahler 1:13:03 M55 Ardel Boes 1:15:46 |
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M60

M65

Don Gray

9.3

| Don Gray | 9.3 | M40 | John Townsend | 10-00.25 |
|---|---------|--------|--|----------|
| Alan Maxwell | 9.8 | M45 | Geoff Hughes | 15-01.75 |
| Martha Mendenhall | 9.1 | M55 | Jerry Newcomb | 12-11.50 |
| Becky Sisley | 11.2 | M65 | Harvey Lewellen | 12-10.75 |
| lump | 1 | W35 | M Mendenhall | 15-09 |
| Mike Jaqua | 5-8 | W55 | Becky Sisley | 11-05.75 |
| Jim Lewellen | 4-10 | W70 | Dawn Russell | 7-06 |
| John Townsend | 4-8 | Triple | Jump | |
| Oz Witt | 4-10 | M35 | Mike Lariza | 43-09.50 |
| Al Phillips | 5-4 | M40 | John Townsend | 31-02.75 |
| Jerry Newcomb | 4-2 | W55 | Becky Sisley | 25-03.25 |
| Jerry Sullivan | 4-10 | Shot F | Put | |
| Vince Sempronio | 4-8 | M40 | John Townsend | 32-07 |
| Dick Warren | 4-0 | M45 | Allen Hufstutter | 30-02 |
| Martha Mendenhall | 5-0 | M50 | Ken Perkins | 36-01.50 |
| Becky Sisley | 3-10 | M60 | - Walter Badorek | 41-05 |
| ault | S. Star | M65 | Vince Semprano | 38-01.50 |
| Dan Umenhofer | 14-6 | M70 | C Hutcheson | 29-06 |
| Dan West | 14-0 | W55 | Becky Sisley | 24-01 |
| Steve Smith | 15-6 | W65 | PatriciaOsmon | 19-03.50 |
| Jerry Cash | 15-1 | W70 | Melanie Reskie | 19-01 |
| Larry Holmes | 12-6 | 1500m | | |
| Don Gray | 8-6 | M50 | Ed Kousky | 6.49 |
| Harvey Lewellen | 9-0 | M70 | Joseph Mallon | 9.35 |
| John Cleveland | 8-6 | W35 | Sandy Marr | 9.07 |
| ump | 1000 | W40 | Kay van Nortwick | 9.06 |
| Miles Smith 15- | -04.50 | W45 | Sue Laks | 9.05 |
| Jim Lewellen 15- | -00.50 | W50 | Georgia Cutler | 8.56 |
| LONG ISTANCE Please send results to: National Masters News, P.O. Box 50098, Eugene, OR 97405. To keep information current, we generally do not publish results more than 3 months old. Results that are typed | | | | |
| RESULTS NATIONAL | the | | e preference. Deadlir e month prior to issue hrman 55 WA 1 | date. |
| NATIONA | | | Wala 60 Ct 1 | 0.25.06 |

M40 John Townsend

| | Ron Behrman 55 WA 1 | 1:20:51 |
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| | M50 | 1.10.51 |
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| | T Daus-Weber 40 CO 8 Debbie Peebles 43 TX 9 | 10.25 |
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| | | 0:11:46 |
| | W45 | A CONTRACT |
| | Sue Ellen Trapp 48 FL | 9:04:52 |
| F. | W50 | |
| | Barbara Miller 50 CA | 10.25.05 |
| | | |
| | Shirley Church 53 CA | 11:57:35 |
| | W55 | |
| | Joan Szarfinski56 CA | 11:35:01 |
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| | MARGENTER FACT. | 1.1.1 |
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| | Kevin Kelly | 54:35 |
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| | Craig Conover 45 | 60.25 |
| 9 | Mike Grant 41 | 60.25 |
| | | 62:23 |
| 1 | M50 Richard Webb 50 | 60:39 |
| 1 | M60 Bob Nelson 65 W40 Ginny Hitz 40 Marsha Mills 48 | 75:49 |
| | W40 Ginny Hitz 40 | 74:48 |
| | Marcha Miller 40 | 76:16 |
| 1 | Maisia Mills 40 | 10:10 |
| | W50 C Bigambatista52 | |
| 1 | W70+Becky Yencharis 75 | 2:19.0 |
| | Finishers: 420 | |
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| | NYRRC Valentine's | 5K |
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| | Overall | |
| 1 | Carlos Martins 25 | 15:23 |
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| 1 | M30 Hank Barkoutta 32 | 16.16 |
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| 1 | MAU Thomas Grace | 18:50 |
| 1 | Richard Basuk | 18:51 |
| | Ton Bernhard | 18:54 |
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| I | Jack Porzio | 17:28 |
| I | | |
| | Joe Featherston | |
| | M50 Maury Dean | 17:23 |
| 1 | Julio Lugo Alvin Blyer | 19:49 |
| 1 | Alvin Blver | 20:13 |
| 1 | M55 Richard Creditor | |
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| 1 | Richard Goldman | |
| 1 | Ramon Minaya | 21:09 |
| 1 | M60 Geza Feld | 19:38 |
| I | Martin Winter Michael Daly | 20:18 |
| 1 | Michael Daly | 21:15 |
| 1 | M65 Bill Fortune | 19:43 |
| 1 | | |
| | Joseph Burns | 23:01 |
| I | Jack Ryan | 24:33 |
| 1 | M70 John McManus | 21:50 |
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| 1 | Sab Koide | 24:00 |
| 1 | Wallace Outler | 27:17 |
| 1 | M75+Albert Goldstein | 27:46 |
| 1 | Charles Feldman | 30:49 |
| 1 | W30 Gillian Horovitz3 | |
| 1 | Maggie Deschamps3 | |
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| | W40 Kathy Gribbon | 19:03 |
| | Mimi Willard | 21:21 |
| 2 | C Summerson | 22:36 |
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| W65 D | olly Finkelstein | 29:15 31:54 |
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| M45 | Jack Porzio | 22:34 |
| | John Rinker | 23:15 |
| M50 | Michael Wilson Maury Dean | 23:33 22:38 |
| | Pat Cosgrove | 23:29 |
| M55 | Hector Rivera Sidney Howard | 24:25 23:22 |
| | Ramon Ruiz | 25:48 |
| M60 | Francis McAneney Martin Winter | 27:16 26:11 |
| inico | Hans Hunziker | 28:07 |
| M65 | Stuart Witt Hector Pacheco | 28:42 27:26 |
| mos | Jack Harr | 28:15 |
| M70 | George Thompson John McManus | 29:55 28:38 |
| MINU | Philip Vale | 35:03 |
| M75 | Wallace Cutler Albert Goldstein | 35:14 36:09 |
| W175 | Wilfredo Rios | 36:40 |
| W30 | Charles Feldman Gordon Bakoulis 34 | 39:43 22:28 |
| ** 30 | Alicia Kelly 33 | 22:59 |
| W40 | Yumi Tomoda 33 Kathy Gribbon | 23:58 25:33 |
| | Wendy Silverstein | 26:33 |
| W45 | Belinda Saunders Cheryl Ralya | 26:36 25:55 |
| | Mary Rosado | 26:41 |
| W50 | Roslyn Schloss Robin Villa | 27:47 28:37 |
| | Kate Glynn | 28:54 |
| W55 | Melanie Benvenue Zofia Turosz | 29:22 28:31 |
| • 33 | Edith Jones | 30:09 |
| 11/60 | May Chou | 32:30 |
| W60 | Thelma Wilson Nancy Tighe | 30:49 35:59 |
| | Annie Zinker | 42:04 |
| W65 | Dolly Finkelstein Bertha McGruder | 37:08 |
| | Arlene Kernis | 44:15 |
| W70 | Althea Wetherbee | 43:08 |
| · · | YRRC Bagel Run | 10K |
| Over | ntral Park, NYC; Fo | e0. 25 |
| Julia | n Giraldo 32 | 31:36 |
| | Wieciorkowska 32 Sean Doyle | 36:25 33:15 |
| | Scott Abercrombie | 36:15 |
| MAS | Louis Calvano Nicholas Caswell | 36:23 34:36 |
| | Luis Guachichulca | 36:20 |
| MSO | Jim Walsh Samuel Skinner | 36:36 37:42 |
| 1120 | Luis-Antonio Flores | 38:27 |
| MSS | Pat Cosgrove Michael Goldman | 38:37 40:53 |
| MISS | Ramn Ruiz | 40.33 |
| M60 | Philmore Brewer Witold Bialokur | 42:26 39:58 |
| MOC | Richard Murphy | 40:24 |
| M6 | Bob Robbins Colin Harris | 44:45 44:50 |
| | Jack Haar | 45:15 |
| M70 | Hector Pacheco John McManus | 46:29 46:14 |
| MIA | Phil Mongillo | 48:57 |
| | SabKoide Albert Coldstain | 50:04 |
| M/3 | Albert Goldstein Charles Feldman | 58:37 1:04:44 |
| | Wilfredo Rios | 1:06:50 |
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| | Shirley Wallach | 1:34:33 | 1 |
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| | rom Race Results | | 1 |
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| Overal | ampa, FL; Feb. 18 | 8 | |
| | t Machuka 19 | 42:37 | 1 |
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| M40 | Martin Mondragon Michael Allison | 52:42 | 0 |
| | Steve Mikles | 53:35 | 1 |
| M45 | Robert Culbertson | 55:11 | 1 |
| 1 and | Holis Fennell Alan Johnson | 57:17 57:24 | |
| M50 | Richard Webb | 54:47 | |
| 4 | David Bowden | 56:56 | |
| M55 | Douglas Schumann Joe Burgasser | and the second se | 1 |
| WIJJ | Bill Springer | 56:32 57:10 | 1 |
| | Jim Larson | 59:22 | 2 |
| M60 | Norman Green James Hastings | 56:00 1:03:08 | 1 |
| 1-1-1 | Jack Taylor | 1:05:30 | 2 |
| M65 | Jim Blount | 1:02:54 | N. |
| | Richard Rubin Robert Gavyreau | 1:05:05 | |
| M70 | | 1:09:29 1:07:25 | |
| | Bart Ross | 1:08:53 | |
| | Jim Boland | 1:10:41 | 3 |
| M75 | Nathaniel White Gordon Johnson | 1:18:03 1:19:57 | |
| | G De Merchant | 1:29:59 | 2 |
| M80 | Eugene Keller | 1:23:58 | |
| | Ray Grills Charles Espy | 1:38:36 | 1 |
| W40 | Irina Bondarchouk | 54:46 | 3 |
| | Jacqueline Gareau | 56:44 | 2 |
| W45 | CarolMcLatchie John Jerome (sic) | 59:38 58:56 | |
| , | L Cens-McDowell | 1:03:40 | 1016 |
| | Joyce Rankin | 1:04:27 | |
| W50 | Rae Baymiller Ilse Hardinge | 58:43 1:08:17 | - |
| 2. | Bonny Wold | 1:11:50 | |
| W55 | Lois Wiliamson | 1:18:27 | 1 |
| | Eleanor Canty | 1:18:54 | 1 |
| W60 | Erika Dougherty Wen-Shi Yu | 1:23:36 | |
| | Doris Aronson | 1:21:03 | |
| | Rose Hoge | 1:36:40 | |
| W65 | Whayong Semer Pepper Davis | 1:18:05 | |
| | Erma Hickey | 1:27:05 | |
| W75 | Hedy Marque | 1:25:20 | 1 |
| W80 | Martha Pembroke Emily Pecoraro | 1:45:10 2:05:18 | |
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| | MIDWES | | |
| C | Columbus Roadrun Winter Run 15M/3 | ners | |
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| 15M | States and the | | |
| Overa | | 1.22.12 | |
| | Caie 28 Schlabach 46 | 1:22:12 1:47:54 | 4 |
| M40 | Michael Barr | 1:37:38 | |
| | Nick Hostetler | 1:39:13 | 9 |
| | Jae Kauh Richard Roe | 1:49:10 1:59:26 | 1 |
| M60 | Ray Austerman | 1:59:41 | 1 |
| | Jack Mc Clain 73 | 2:48:59 | |
| | Alice Evans June Schlabach | 2:11:04 1:47:54 | 200 |
| | Barb Jerman | 2:18:36 | - |
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W55 Peggy Drauglis 2:34:5 <u>3M</u> Overall Andrew Holton 27 16:2 19:5 Audra Marie Taylor26 M40 Chuck Shepherd 19:1 17:4 M45 Joseph Lalonde 19:3 M50 Ron Lemerich M55 Jack Tapee 19:2 M60 Jim Tornes M65 Kenneth Alpeter 23:5 26:1 W40 Kathi Hanley 23:4 28:3 W45 Jane Mitchell 26:4 W50 Mary Robinson W60 Norma Phillips W70 Ann Budea 70 39:5 MID AMERICA Denver TC Outdoor Mile Denver, CO; Feb. 18 M30 Steve Kastrel M35 Bill Harvey Dan Spade Jonathan Skripko 6:08 5:13 5:21 5:28 M45 John Pappas George Kimmes M60 Ernie Black 6:10 6:48 M65 Stan Hayes W30 Tinka Cogsby Diane Eckhoff W35 Lisa Velleca 7:02 7:15 7:18 8:42 8:35 W40 Marie Freeland W50 Rosie Pappas W55 Connie Martinez 7:07 7:29 SOUTHWEST Jackson Five-O 50M/50K Dallas, TX; Jan. 21 50M Overall Charl Mattheus 29 5:02:4 Frances Van Blerk 39 6:48:4 M40 Steve Webster 5:45:4 Bud Wilder 6:35:4 Ken Ashby 7:07.4 7:23:0 Steve Raley Ken Buenzow M45 Robert Perez 5:40:0 7:03:0 Steve Shopoff Steven Silver 7:06:2 7:50:2 7:51:3 7:58:0 Jim Smith Bruce Mauldin M50 John Hargrove Jack Johnson Berthell Brown 8:10:3 Rovbert Risser 8:26:3 8:38:0 Terry Shelden 7:28:2 M55 Bill Purcell Don Wikley 8:38:0 Jimmy Davis M60 Aaron Goldman M65 Beacham Toler 7:48:4 M70 Ross Waltzer 10:50:4 9:09:1 8:37:3 F40 Teresa Collipp F45 Tonya Mauldin F50 Bonnie Allison 8:10:3 F55 Mary Ann Miller 8.22: 50K Overall Malcolm Gillis 61 3:35:5 Lori Tracy 33 4:18:2 4:16:0 M40 Dennis Fugate Russell Kennedy Jerry James 5:15:4 Wayne Webb Richard Miller 5:26: 5:33:4 M45 Jack Weiss J Scott Kissick 3:43:2 3:46:4 Phil Cutrara 3:56:2 4.02:5 David Cromer 4:44:4 Allan Sherman M50 Ted Melton 4:07:! 4:36:3 **Fallon Davis** Bob Givens 4:59:4 5:16.5 5:36:4 Mickey Rollins Ed Flowers M55 Kenneth Burns 3:54:1 Tom McLaughlin 4:00:0 4:23:0 Jay Norman Wayne Elliot 4:43:5 4:47:0 Jack Mimms Malcolm Gillis 3:35:5 M60 Robert Horner 6:15:2 Bob Cannata 8:55:1 5.04 3 M65 Ed Jackson Floyd Miller 7:03:5 F40 Debye Yadon 5:17:4 Linda Musil 5:18:3 F45 Marsha O'Loughlin 4:55:3 F50 Marylyn Patrick 4:53:2 6:35:4 Sara Risser F55 Joan Brown 6:35:4 F60 **Beverly Cannata** 8-55-1 F65 Jan Richards 5:09:3

Ruth Anderson

| Nati | onal M | lasters News | |
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| lis | 2:34:50 | WEST | H |
| | a series | San Diego Marathon/Half- | w |
| or26 | 16:21 19:52 | Marathon/5K San Diego, CA; Jan. 22 | |
| erd de | i9:15 17:42 | Marathon Overall | W |
| h | 19:38 19:22 | Jose Rosas 34 2:19:54 Kimberly Campo 39 2:55:21 | |
| - Chief | 23:53 | M40 Sal Salmi 40 2:36:58 Sam Haij 44 2:45:51 | |
| eter | 26:14 23:43 | M50 Zeke Zucker 50 3:01:51 M60 John Murphy 61 3:15:14 | |
| l on | 28:31 26:41 | M70 David Lindley 70 4:25:31 M80+Walt Kuetzing 82 5:51:10 | |
| ps 0 | 31:18 39:53 | W40 Gale Hunt 49 3:16:20 W50 Barbara Warren 513:33:52 | |
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| utdoor | | Overall Manuel Valencia 27 1:08:29 | F |
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| IWE | ST | M60 Walter Atcheson 68 22:53 M70+Louis Harris 71 26:21 | 1 |
| -0 50M | | W40 Joann Behm 40 20:45 W50 Lori Rose 54 26:57 | |
| ; Jan. 2 | 21 | W60 Peggy Ainslie 62 23:29 W70+Marjorie Lawson 70 39:15 | A STATE |
| | 5:02:47 | from Race Results Weekly | 4 |
| 39 | 6:48:46 | Senior Games Festival Tucson, AZ; Jan. 22 | in Yes |
| ter | 5:45:46 6:35:49 | 5K Dennis Winsten 56 21:01 | 1 |
| 2 | 7:07.42 7:23:09 | Tom Matthews 54 21:28 Frank Patania 62 21:54 | Ť |
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| off | 5:40:05 7:03:08 | Mitch Tillotson 58 23:13 Sue FletcherHaines 53 26:29 | |
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| om | 7:58:02 8:10:36 | Howard Paradis 62 46:37 Bart Hackley 50 46:50 | |
| sser | 8:26:31 | Sue FletcherHaines 53 51:44 Joan Morris 64 55:56 | |
| len | 8:38:07 7:28:27 | Dessie Casey 55 56:46 | 2 |
| y is | 8:18:53 8:38:07 | Redondo Beach Super Bowl 10K | , |
| lman oler | 7:48:44 7:59:41 | Redondo Beach, CA; Jan. 29 Overall | |
| er | 10:50:45 | Chris Cushing-Murray2729:30 Linda Somers 33 33:10 | 1 |
| ldin | 9:09:11 8:37:39 | M40 Nicolas Hernandez 32:53 Harold Ketting 32:54 | ' |
| ison Miller | 8:10:36 8:22:32 | Bruce Minard 33:52 M45 Nolan Shaheed 34:37 | 1 |
| | | M50 Mike Mahler 35:36 M55 Leslie MacNeill 39:22 | , |
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| ate | 4:18:23 4:16:06 | M70 Stanley Neufield 55:27 M75 John Hales 55:06 | |
| nnedy | 4:58:19 5:15:43 | M80+Ernest VanLeeuwen8261:49 W40 Diana Tracy 36:35 | |
| bb | 5:26:14 5:33:41 | Sherri Hall-Curl 38:18 Barbara Varon 41:56 | 1 |
| | 3:43:23 | W45 Yoko Eichel 43:21 W50 Corrine Schartz 49:31 | 1 |
| a | 3:46:40 3:56:23 | W55 Jeanne Hogland 49:01 W60 Chieko Allwein 52:34 | No. |
| ner nan | 4:02:52 | M65 Miyoko O'Hara 63:09 W70 Grace Davidson 76:50 | 100 |
| s | 4:07:15 | W75 Sarah Iondon 85:07 from Race Results Weekly | 4 |
| | 4:59:44 | Long Beach Marathon/Half- | 0 |
| lins | 5:16.52 5:36:44 | Marathon Long Beach, CA; Feb. 5 | |
| urns ughlin | 3:54:17 4:00:05 | Marathon OVERALLI | |
| 1.50 | 4:23:08 | NIVAIdho Filho 28 2:18:59 Haria Trujilio 35 2:43:23 HAO Sato Yukio 2:44:43 | , |
| ot | 4:43:58 4:47:06 | David Louks 2:45:34 Theodore Goss 2:52:53 | , |
| illis ner | 3:35:51 6:15:28 | John Montegomers 2, 51,28 | , |
| la | 8:55:12 5:04:32 | Pablo Drobny 3:04:51 | |
| r | 7:03:56 | M50 Jesse Rascon 2:54:38" Wayne Mitchell 2:59:50 Don Gillman 3:09:25 | , |
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| oughlin | 4:55:30 4:53:26 | Claude Bruni 3,17,34 Leroy Kim 3,21,19 | |
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| HTO Jim Decolias 3.4 | 2:10 W50 Ellen Butler 7:02 Sandy Perkle |
| Fred Nagelschmidt]:5 | 7:54 Connie Ward 9:52 W55 Natalie Olson |
| Louise Lovelace]:] Maggie Spurling]:] | 2:04 Dolores Vera |
| Louise Lovelsce]:] Maggle Spurling]:] Ellen Stern]:] W45 Loretta Bronk]:] Alexandris Fhilip]:] | 1:51 9:50 W60 Chieko Allwei 2:34 Charlene MoCe |
| Alexandria Fhilip]:] Isadora Johnson]:] | 2: 34 W65 Persy Mills 6:50 Dioria Eldred |
| Julie Lister 314 W50 Dawn Waterhouse 315 | 3129 1115 Los Alamitos |
| Barbars Graham]:5 | 2, 30 Los Alamitos, CA: |
| Carol Jones 411 W55 Marilyn Clark 315 | SI13 OVENALLI S102 OVENALLI S1,44 Carey Nelson J1 |
| Hary Dugan 5, Joan Brennan 4, | 13144 Carey Helson J1 14.08 Carol Montgomery 17.04 14.09 11.48 14.0 14.08 14.0 14.08 14.0 |
| W60 Judy Oman Ji Audrey Hauth | 29:31 Larry Andrews Dan Senders |
| Amy Goldstein 4. W65 Antoinette Hill 4. | 53:36 H45 Daniel Kelly Hao Larson |
| Tukie Mochida 4. Lillian Miller 4. | 54.00 M50 Michael Mahle |
| W70 Lois Edds 5: Half-Marathon | Alex Kavetsky |
| OVERALLI | 8,32 2,44 M60 Bob Rice |
| JIII Newman 112 | |
| Michael Victor 1/2 | Leonard Keen |
| M45 Edward Voll 112 Mickey Depalo 112 | Hugh Hollugh |
| Michael Naylor 1:2 | 24,56 M70 Stanley Newf Blocker Grah |
| Bass Bashusad 1. | 6:06 Blecker Grah |
| N55 Henry Barnes 1: Frank Greene 1: | 16:15 16:15 16:50 10 |
| N60 Ben Bernal 1 | 3,49 W40 Jade Sackett 35:25 Sese Novas |
| William Smith In Rafael Guerrero 1 | 15:25 Sese Novas No:35 Marilyn Gana 48:58 W45 Isadora John |
| M70 Manuel Lara 1: Stanley Neufeld 2: | 52,19 Barble Spatz OS,11 Carol Farrar |
| Daniel Lujan, 21 | 06:05 W50 Nanoy Buchan |
| Cecilia Ramos 1, Joann Boehm 1, | 32,44 Cindy Allen 33,13 W55 Lorraine Sel |
| W45 Glynis Greening 1: Yoko Elohel 1: | 36,32 Janet Walker |
| Beoky Parker 1: W50 Margaret Nevill 1: | 36:37 Beverly Nick 41:35 W60 Audrey Hauth 34:40 W65 Antoinette H |
| Julia Hart 1: Susan Alton 2: | 49:33 N74 Lois Edda 74 |
| W55 Suzanne Murphy 2: L Seldmeyer 2: | 05:38 Sarah London |
| W60 Linda Lakshin 21 | 11:28 Los Angeles M Mar. 5 |
| Judith Valles 2. | 44,57 Overall |
| | 12:56 Rolando Vera Nadia Prasad |
| San Dieguito Half-Marath San Diego, CA; Feb. 19 | M40 Ron Coleman M45 John Bednarsk |
| M35 Robert Kielbowicz 70: | 20 M55 Carlos Vallel |
| Ralph Evans 73: Jim Butts 77: | M60 Trinidad Camp |
| M40 Sam Hajj 73: | |
| | M70 Fred Nagelsch |
| Sal Salmi 78: Don Faulhaber 85: | 40 M70 Fred Nagelsch 107 M75 John Rodrique 117 M80 Frank Barbosa |
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