

NATIONAL MASTERS NEWS

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

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Samuelson Leads Masters in Olympic Marathon Trials



JIM OAKS

Joan Samuelson, 42, near the halfway point, U.S. Olympic Team Trials Women's Marathon, Columbia, S.C., Feb. 26. She finished first masters woman and ninth female overall in 2:39:59.

by JIM OAKS

COLUMBIA, S.C. — When an Olympic gold medalist is in the field — even if she is 42 — the other runners take note. This was the case as Joan Samuelson took her final strides before the 9 a.m. start of the 2000 U.S. Olympic Trials Women's Marathon here on Feb. 26.

Before noon, these runners would know that Samuelson was still competitive as she finished ninth overall in 2:39:59, the fastest trials finish for a master in the five trials races that have been held.

This trials race was different for Samuelson than in 1996, when she said she had come primarily to let her children get a feel for what she had experienced in 1984 when she won the trials race only 17 days after arthroscopic surgery. She then went on to win the Olympic race in Los Angeles later that year.

For the 2000 race, she had trained with all the intensity that her schedule of volunteering at her children's school

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JIM OAKS

Sixteen of the 23 masters women who qualified for the 2000 U.S. Olympic Team Women's Marathon, Columbia, S.C., Feb. 26 (seated, l to r): Sabrina Robinson, Suzi Morris, Lee DiPietro, Janice Ette, Mary Burton, Marie Boyd, Julie Peterson; (standing, l to r): Maria Trujillo de Rios, Cindy Keeler, Marina Jones, Alice Thurau, Bev Docherty, Claudia Kasen, Angela French, Diana Fitzpatrick, Mary Knisely.

First Saddleback Relays a Hit with Athletes & Media

by DOUG SMITH

MISSION VIEJO, Calif. — The inaugural Saddleback Masters Relays made its debut on Feb. 26 at Saddleback College, and, after two weeks of unusually heavy rains, the 200 participants were greeted with sunshine and 70 degree temperatures in the first meet of the season in Southern California.

The event had received more publicity than any other masters meet in recent memory, and the spectators who came to watch were not disappointed. Team USA set a U.S. record of 49.07 for the M60-69 4x100, by the foursome of Dick Richards, 65, Doug Smith, 60, Bill Knocke, 60, and Gary Sims, 62. They, along with Harold Tolson and others, have been invited to compete in Australia, Germany, and the U.K., as well as at various invitationals in the U.S.

Payton Jordan, 82, multiple-world-record holder in the sprints, received rounds of applause as he sprinted the 60m in 9.58, and set a pending single-age U.S. record in the 100 with a 16.09.

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JERRY WOJCIK

Larry Stuart, top-ranked M60 for 1999 in the javelin. The new 1999 Track & Field Rankings Book is now available. See page 19.

Tuttle Repeats in National 12K

by SUSANNAH BECK

John Tuttle, 41, Douglasville, Ga., repeated his 1999 win in the USATF National Masters 12K Championships held along with the Outback Distance Classic, Orlando, Fla., on Feb. 26, winning overall in 37:45. The time was well off his pending U.S. record of 36:12 here in 1999, but was fast enough to set a single-age record. Tuttle was ill several weeks prior to the race and had hoped to run comfortable five-minute miles; his 37:45 averages 5:02 per mile.

Kim Stein, 40, Orlando, was first

women's master in 49:37, good for fifth-place woman overall. Second place went to Kitty Sokoll, 50:18. Victoria Crisp, 47, Nashville, Tenn., fifth W40+ last year (47:03), was the first USATF-registered masters entrant, winning the W45 race in 51:16.

With temperatures in the 80s, records were no guarantee on this otherwise record-friendly course. Nevertheless, two pending age-group records and five single-age records were set. Jack Nelson, 60, Winnetka, Ill., ran a 43:34, well

Continued on page 8

Masters Run in Open Championships

The great expanse of The Dome in Atlanta, Ga., March 3, was the setting for the first masters event ever at a USATF National Open Championships, when a group of six masters men and women ran a distance-handicapped 200 before a crowd of 11,000 spectators.

Announcer Bob Hersh set the stage by identifying each of the participants by lane and representation: lane 1, 200m (distance run), Tom Brewer, 53, Atlanta TC, national champion 400H, high jump, and sprint relay; lane 2, 188m, Sammy White, 62, Atlanta TC, national champion 400, triple jump,

high jump, and pentathlon; lane 3, 175m, Philippa Raschker, 53, World Elite Track Team, world's fastest woman over 50, world record holder 100 and 200, winner of the 100 and 200 in five masters world championships.

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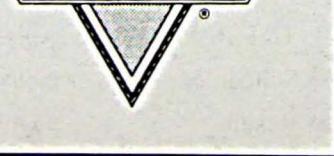
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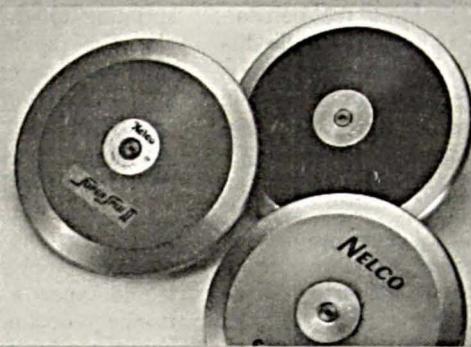


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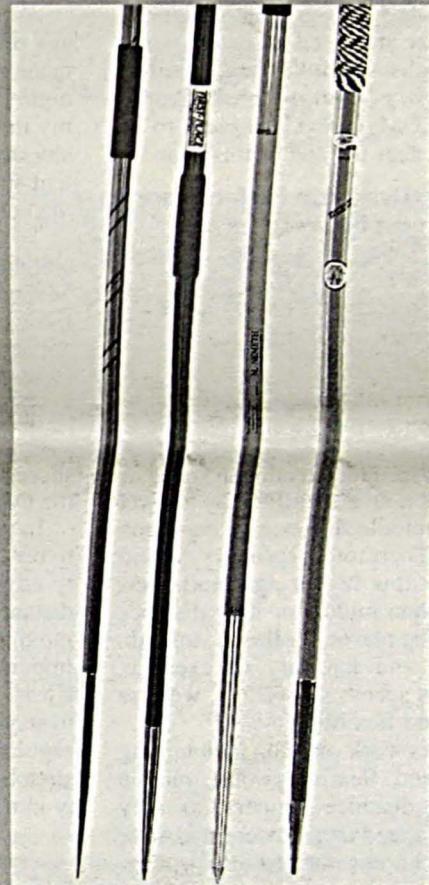
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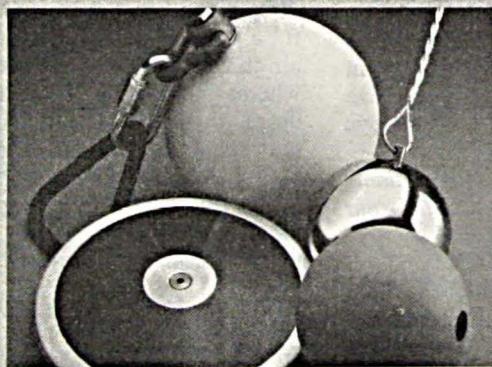
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AGE-GRADING

I have the following answer to Bill Benson's interesting question (March NMN) about the reason for differences in age-graded performances between sprinters and middle distance runners. Bill noticed particularly for M75 and M80 results that sprinters generally are about 10% higher in age grading than middle distance runners. Sprinters usually are higher, as explained below. Of course, there are exceptions.

The WAVAs age-graded tables do not lie; they are based on actual world record results. The following, based on these tables, is from my book, *Secrets of a World Masters Champion*, to be published near the end of this year.

Average Decline in Performance (Percent Per Year) vs Age

Event	35 to 65	65 to 80	85 to 90
100m	0.73	1.1	1.7
800m	0.88	1.5	2.8
Mile	0.94	1.5	2.7
Marathon	1.1	1.5	2.7

The table shows a more rapid decline in performance after about age 65 and again about age 85. Also it shows that sprinters decline in speed or performance at a significantly slower rate than middle distance or marathon runners. Therefore, sprinters would normally show higher age grade percentages than middle or long distance runners. The reason for this is strength, flexibility and intensity of exercise. Strength is speed. As we age, we lose strength and flexibility.

Sprinters work more on maintaining strength and flexibility than middle and long distance runners so they decline in speed at a slower rate. Also, it is well known that to stay young,

intensity of exercise is more important than volume. Sprinters have it all, since 95% of their running training is intense, with regular weight training, plyometrics and lots of drills for flexibility. Only about 12% of the weekly mileage of middle distance runners is intense (e.g., VO₂max, and anaerobic speed training) and usually with little or no weight training, no plyometrics, no drills, and less stretching than sprinters.

Admittedly, although the percentage of intensity is low for middle distance runners, the intensity mileage is high. I know I get plenty of intensity in my middle distance training. So intensity may not be as important as consistent strength and flexibility training in the comparison.

To support my contention that weight training and strength is a big advantage for sprinters, consider the throwers (shot, discus and javelin). It appears that activities involving muscular strength, such as the throwing events, slow the aging process, or at least delay the performance decline. I base this mainly on the many older successful athletes in these events at the Olympics.

In view of the above, it has occurred to me lately that there is some longevity advantage in moving down in race distance as I get older, rather than moving up in distance. Also, it is important to age slower than your rivals. All this indicates the importance to staying younger and living longer of regular weight training, frequent stretching, and maintenance of intensity in training.

Earl Fee
Mississauga, Ontario, Canada

Bill Benson in his letter (March NMN), hit part of the problem of the disparity between middle-distance runners and sprinters in the Age-Graded Tables when he used Rod Parker as an example, comparing Parker's 60m result with his 800 in the same meet.

No athlete in his prime attempts world records in those events; the two races are for different types of bodies. True 60m dashers have difficulty sprinting 200m. Their fast-twitch muscles fire rapidly and tire much the same as those of the cheetah. Masters athletes must recognize that nobody is created to do all the events.

Another consideration, in response to Benson's letter, is that the human entity does not age all at once. I lost my spring long before any other factors of competition were affected, I would expect a high jumper's performance to decline at a faster rate than a hammer thrower's, who I would expect to decline in performance at a slower rate than an 800 runner.

Part of the consideration when using the Age-Graded Tables is to recognize when and to what degree the factors used in preparing for competition deteriorate. Competitors in certain events should achieve results very near their prime results long after competitors in other events have noticed a sharp decline.

Let's enjoy masters competition whether for recreational entertainment or for elite achievement, but recognize that they have different expectations and different results.

Hugh Adams
Clovis, California

JAVELIN SPECS

I agree that the addition of the 500g and 700g javelins to the masters competition is undesirable. The added expense to the athlete, as well as expense and inconvenience to meet directors and officials, is considerable.

I personally would prefer throwing



GEORGE BANKER

Dick Good, second M70 (5:49:18), Washington's Birthday Marathon, Greenbelt, Md., Feb. 20.

the 800g javelin even at age 72. The 600g javelin that I currently throw (I haven't been able to locate a 500g) weighs only 75% of the 800g, but I find that I can only throw it 10% farther.

The 600g javelin has poorer aerodynamic characteristics than the 800g. This is primarily because the specs have been set so that the projected area relative to the weight is smaller for the 600g. Even with a throw of around 100 ft., a thrower can see the lift from the air on a properly thrown 800g javelin; whereas, the 600g throw of 100 ft. drops through the air without any noticeable air support. I expect the 500g javelin to be even worse.

Are there any other throwers out there who would prefer the 800g javelin for all ages of men?

Bud Held
Del Mar, California

OPEN CHAMPIONSHIPS

Running in the mixed age-graded 200 race, as part of the USATF Open

Continued on page 5

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Write On

Continued from page 4

Indoor Championships at the Dome in Atlanta, Ga., was one of the highlights in my track and field career. The size of the Dome, the expertise of the athletes and the acceptance of so many younger people, left me in awe. Also, it pleased me to once again cheer on Andy Bloom of the Albany area, winner of the shot put.

After the race, many competitors and spectators commented in a very positive manner on our race and ability. They hope to see future masters athletes compete during this kind of competition.

I thank USATF and Phil Raschker for arranging this exciting competition: I hope that other open meets will give us the same opportunity to be a part of their program.

*Pat Peterson
Albany, New York*

HALL OF FAMERS

What a beautiful Masters Hall of Fame Award. I am most appreciative to you for the thought and efforts you have given to making this plaque a reality for those of us who were elected to such a high honor by our peers.

You may be sure the plaque will have a place of honor on my den wall to serve as a wonderful memory of all of our very special masters fellow competitors.

*Payton Jordan
Santa Barbara, California
(Payton Jordan was elected to the Masters Hall of Fame in 1997 - Ed.)*

I discovered the sport of running at age 55, so for 22 years, I've had success in accomplishing many goals. I have remained in excellent health as a result of the physical and mental preparation required to finish my events. The sport of ultra-running has been a great addition to my adult years. Therefore, I am deeply humbled by this great honor. My sincere thanks to all who helped make this happen.

*Helen Klein
Rancho Cordova, California
(Helen Klein was elected to the Masters Hall of Fame in 1999 - Ed.)*

FIFTEEN YEARS AGO
April 1985

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

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Master Men	1999	Paul Erway	39:02
Master Women		N/A	

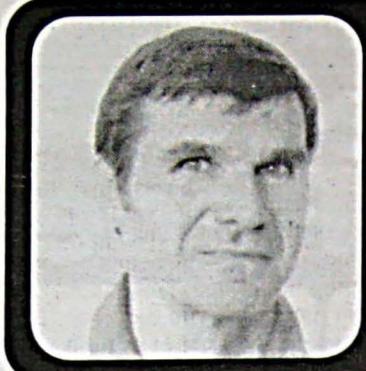
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Third Wind

by MIKE TYMN

The Old Man and The Road

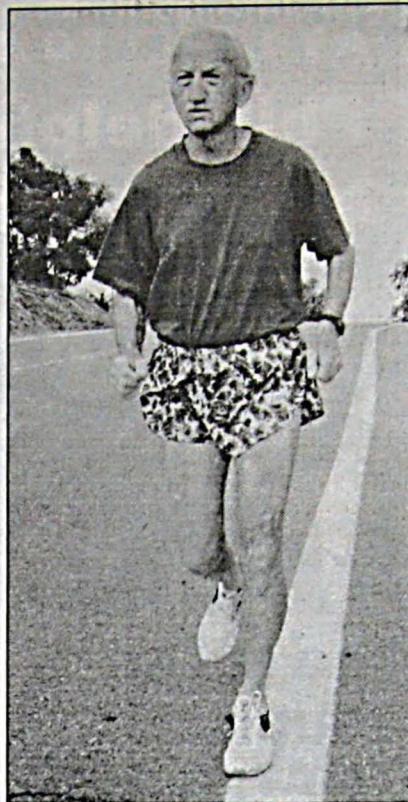
That's the title of Paul Reese's third book, just recently released. His first two books, *Ten Million Steps* and *Go East Old Man* were reviewed in this column. In his first book, Reese, now 83, told about his 3192-mile run across the USA in 1990, at age 73. After crossing 12 states on that adventure trek, Reese established a new goal – to run across all 50 states. He completed that objective on December 11, 1997, at age 80.

In *Go East Old Man*, Reese focused on the 14 states in the lower 48 west of the Mississippi that he hadn't crossed on the USA run. Those runs were done

(This is the 237th consecutive monthly column written by Mike Tymn in the National Masters News, a period covering more than 19 years. It is the longest writing streak in the running community. – Ed.)

between 1992 and 1996. Now, in *The Old Man and the Road*, Reese chronicles his adventures in the remaining 21 states east of the Mississippi, as well as Alaska and Hawaii. As with the other two books, this one was edited by well-known running writer Joe Henderson.

Reese begins with a confession. While running across the United States in 1990 and then doing the 14 states west of the Mississippi, he crossed the full length or width of each state. For the remaining 23, however, he chose



Paul Reese

the shortest routes he could find. "With energy ebbing after my 80th birthday, I sought the shortest routes across each of those 23 states," Reese, a retired Marine Corps officer and school administrator who lives in Auburn, CA, explains. "However, I did adhere to the criterion that the run be across the state from the boundary of one state to the boundary of another."

Covering all 50 states required 7646 miles of running, jogging, and walking, 558 days on the road (353 on foot), and 60,000 miles of motorhome driving with wife Elaine as the pilot and "cook, nurse, chaplain, companion, confidante, pit crew, and rooting section."

In addition to the running, jogging and walking, Reese, who recorded a 2:39:28 marathon at age 54, did quite a bit of mental meandering and musing, much of it set down in *The Old Man and the Road*. Here are some of his observations and meanderings:

On passing an old folks' home in Vermont: "There is plenty they can do to combat aging: exercise, think positive, have an agenda, exercise their sense of humor, have interests and ad infinitum. True, if we are lucky, we can't help getting much older, but we need to recognize the difference between age (biological, chronological) and aging (a surrendering of abilities and attitudes through inactivity, physical and mental)."

On Being 80: "I don't know what is par for age 80 – who does? – but I don't think I act, feel, think, move about as 80, albeit I've slowed down in a number of ways. My enjoyment of the riches of life, my appreciation of life itself is probably fuller now than ever, something the years have increased rather than diminished." (Reese doesn't mention that he is a "cradle robber," and that part of his secret is being married to an attractive

woman many years his junior.)

On getting started in Wisconsin: Today was typical of many days when I have to coax and cajole myself out the door to run. What, you thought I'm always bright-eyed and bushy-tailed just squirming to get out the door and run! Not so. But, conversely, never in the 34 years that I've been running, that I've pushed myself out the door, have I ever regretted that I went out. Simply put, I know that I am better for having run."

On passing a jogger wearing a Walkman: "How tragic that a jogger is missing one of the main benefits of distance running – that being the setting running provides for meditation and reflecting on life and for trying to solve problems. Invariably I find that my mind is more in gear, more active, when I am running than when I am stationary."

On too much rest before New York: "Traditional thinking would proclaim that after a few days away from running while driving to New York, I'd be strengthened and refreshed this morning. But that has rarely been my experience. Always after a layoff I find it difficult to groove back into running. I think it is called *inertia*."

On Green Bay, Wisconsin: "In all our 48 state crossings, we'd never stayed in one city so long. Enjoying ourselves, we would have been reluctant to leave except that after today we would be heading home."

On being a 49er fan in Green Bay: "All the while when on Packer turf and being aware of the rashness of Packer fans (e.g., dissatisfied with their coach, Dan Devine, they shot his dog!), we kept our 49er affiliation a secret."

On turning down a ride in Hawaii: "As we (accompanied by a friend) were reading a sign, a lady in a flashy red convertible stopped to ask us if we needed a ride. My guess, she was thinking: Two forlorn fossils, fugitives from the Shady Pines Rest Home."

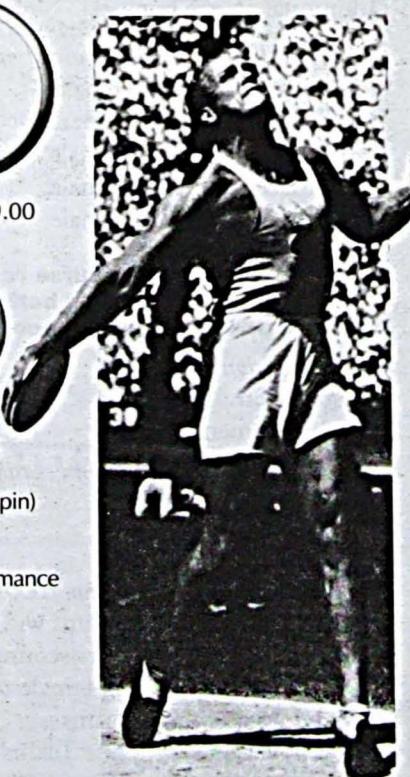
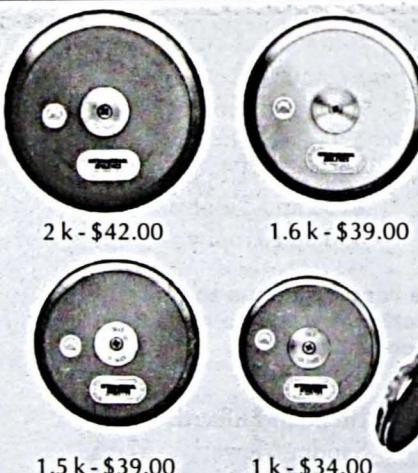
On aches and pains in Mississippi: "As I had the habit of doing throughout the USA run, I made several assessments of aches and pains. I philosophized that if I ran into trouble, it would first be joints, second because of bones, third because of tendons, and fourth because of muscles. The farther I got into this USA run, the more tired became muscles, tendons and bones, and the more apprehensive I became when a problem appeared."

On difficulties in Ohio: "With time I have learned that running, per se, is the easy part, the fun part. The land mines are the weather, careless drivers, inadequate running space, and the nuisance and demands of logistics."

On being labeled "the runner": Running has been good to me. But there has been one negative fallout from it. That happens when I am personified or introduced as the runner – the inference often being that my world begins and ends with running,

Continued on page 7

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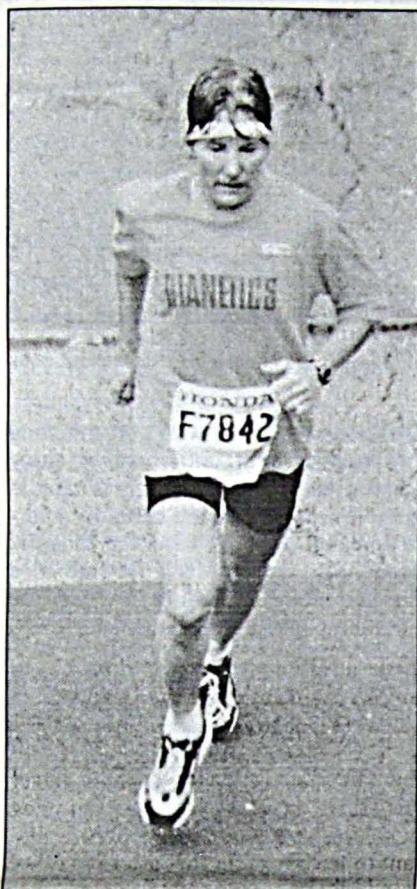
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20,000 Run in L.A.'s Wettest Marathon

Over 20,000 marathoners took to the streets of Los Angeles on March 5 despite a cold rain and wind gusts, described as the most unfavorable conditions in the 14-year history of



PHIL COX
Judy Maquire, 41, first W40+ (2:58:21), Los Angeles Marathon, March 5.

Third Wind

Continued from page 6

that jockville is the extent of my depth."

On running shoes: "For the record, across every state this year I've worn the same brand and model of 8.5-ounce racing flats. Not training shoes, not heavily cushioned shoes, but racing flats - same brand, same model, four different pairs... I never wear socks with running shoes and, sockless throughout the trip, I got not a single blister."

On being friendly to a child in New Jersey: "I went past a five-year-old boy playing in his front yard. He saw my fanny pack and asked if I had a gun in it... About then (after showing him the contents) his father came out the front door, acted as if I were about to abscond with the kid as he rode to the rescue. Left me thinking, what a mixed-up world when you can't even be kind to a youngster without being suspect. Besides, the guy must be blind. Couldn't he see the halo around my head?"

On Providence, R.I.: "Nice town, but I wouldn't want to drive there."

On leg fatigue in Virginia: "Around the end of the day, I found

the Los Angeles Marathon.

Two runners of all previous L.A. marathons agreed that the prolonged downpour was the worst rain they had ever run in. Larry Pollo, 43, Sierra Madre, Calif., said, "You wouldn't even go out for a training run in rain like that. We're just glad we finished." John Chin, 42, Arcadia, Calif., said, "It came down in sheets, and because of the cold, you stiffen up."

Judy Maguire, 41, Clearwater, Fla., seventh female overall and first U.S. runner, in 2:58:21, commented afterwards, "This was the most horrible weather I've ever run in. I feel really good about what I did."

Kenya's Mutisya Mbithi won the race in 2:11:55. Estonia's Jane Salumae was the first woman finisher in 2:33:33.

As usual, some of the winning age-group times were suspect. Officials were urged to review their checkpoints before issuing official results.

The race reached its limit of 23,000 entrants for the first time this year. The number of no-shows was undetermined, but with walkers, cyclists, and wheelchair racers added, an estimated 30,000 took part.

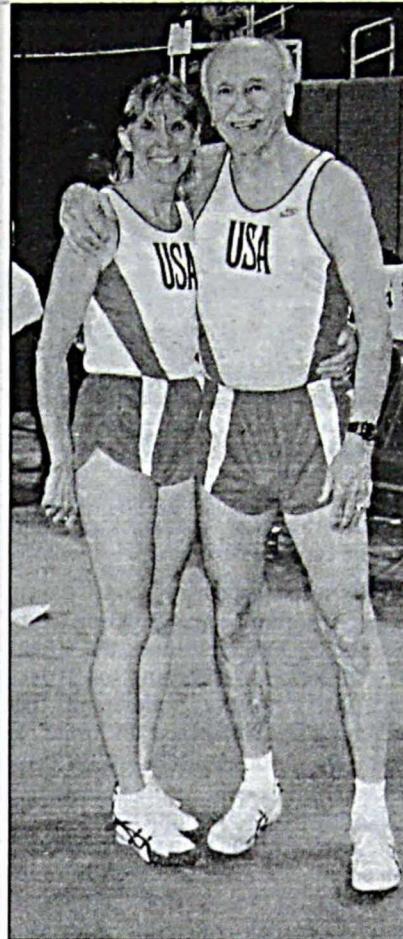
The bands, musical acts, and spectators that have encouraged runners at key spots along the course in past races were diminished by the weather. Only two of nine scheduled sound stages were used. Spectators who did brave the chilly weather said the turnout was a near record low. □

my legs were lobbying for a rest. I suspected that the tiredness was not so much from running but from all the effort exerted jumping from the road onto the grass to avoid oncoming cars. The stop-go action was tiring physically, and agitating emotionally since the energy expended does not move me forward."

On avoiding trucks in Indiana: "A couple of times on the CB radio today Elaine heard truckers say, 'That old man on the road looks like he lost something.' Wrong fellows. The reason the old man had his back turned to you was to prevent dust and rocks you stir up from hitting him in the face and eyes."

On happiness: "...one key to happiness is for a person to find one thing he's good at, one thing he likes, then do it, concentrate on it, revel in it. God knows that Elaine and I have found a lot of happiness with such a simple thing as being out here on the road and coming to understand and appreciate this vast land with all its beauty and natural resources." □

(If you're interested in purchasing a copy of Reese's book, send \$13, including postage to TOMATR, 308 Forest Ct., Auburn, CA 95603.)



Jeanne Daprano, 63, and Bill Daprano, 73, two of the six masters who competed in a distance age-graded 200 in the USATF Open Indoor Championships, Indianapolis, March 3.

Masters Run in Open

Continued from page 1

onships; lane 4, Bill Daprano, 73, 174m, winner of five gold medals in relays at three world championships; lane 5, Jeanne Daprano, 63, 158m, winner of three world championships gold medals, National Senior Games champion 200; and lane 6, 141m, Patricia Peterson, 73, Syracuse TC, holder of the indoor 400 world record and U.S. record in the 100, 200, and 400.

With exceptional speed and power, Raschker again showed why she is the premier masters sprinter in the world by winning with a 23.30. This could convert to a real time of approximately 26.56 for a full 200 race. She presently holds the W50 200 world record at 26.52.

The race was thrilling for both participants and spectators. Afterwards, the masters accepted the heartfelt admiration of the open athletes and an audience of all ages. The masters competitors appreciated the opportunity and support that USATF and the officials gave them. This proved to be a tremendous showcase for masters track & field.

Results: Raschker, 23.30; Peterson, 25.09; Brewer, 25.96; Jeanne Daprano, 26.06; White, 26.97; Bill Daprano, 27.10. □

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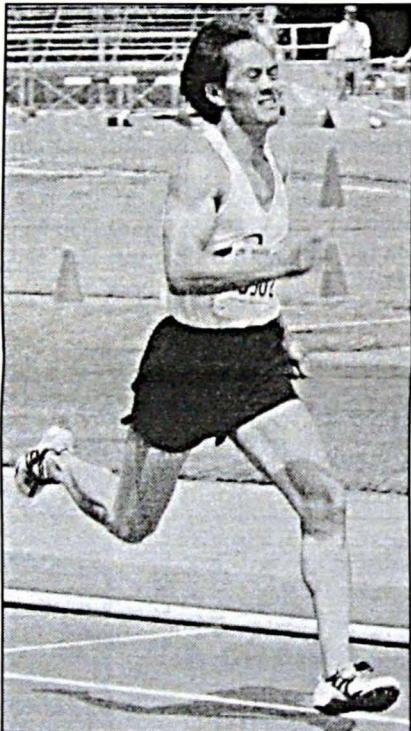
The Foot Beat

by JOHN W. PAGLIANO
D.P.M.

Pre-exercise Stretching to Avoid Injury

Those of us who write for NMN are always on the lookout for new and interesting investigative reports that deal specifically with masters track and field athletes. However, these reports are few and far between.

A current study appears to be of significance to the masters athlete. This was a randomized trial of pre-exercise stretching for lower limb injury. The authors are from the Physiotherapy Department, Kapooka, New South



JERRY WOJCIK
Harold Morioka, of Canada, M55 winner in the 100, 200, and 400, in the 1999 Hayward Masters Classic. This year's meet is on July 1-2.

Wales, Australia.

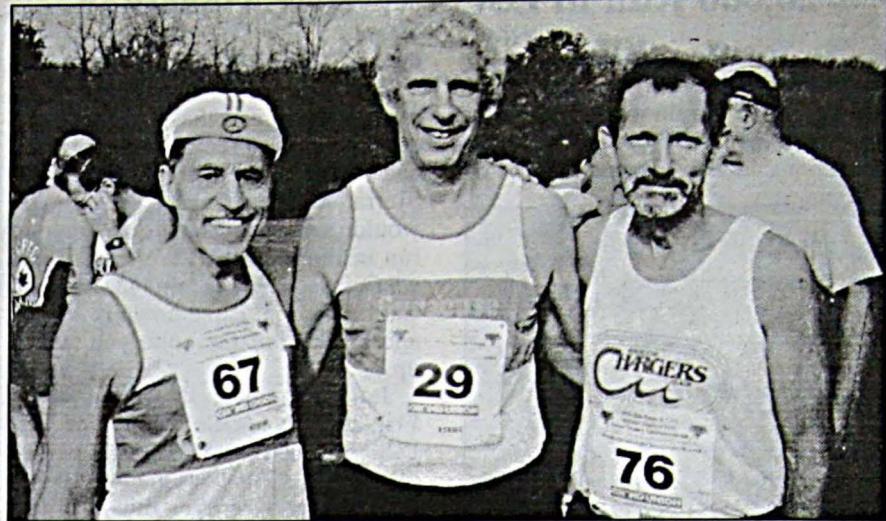
As a preliminary discussion, very few studies have addressed the effects of pre-exercise stretching on injury risk. We certainly understand that stretching is performed in order to warm up various muscle groups prior to exercise.

Essentially, the authors studied 1538 male army recruits who were randomly placed in stretching or control groups for a 12-week period. Both groups performed active warm-up exercises before their training regime; one group performed a static stretch, under supervision, for six major leg muscle groups, while the control group did not stretch at all.

The point of the study was to determine whether a typical program of muscle-stretching performed during the warm-up before exercise affects the risk of related injury.

Mixed Results

To make a long story short, and understanding that there are errors in any study of this type, the authors found that calf-stretching did not reduce the risk of selected lower-limb injuries. They found that typical pre-existing stretching protocol does not preclude a clinically useful reduction in injury risk. Their best estimate is that it would take an average of 260 hours of stretching to prevent one injury. Obviously these are statistical observations. They even went so far as to say



EVELYN WHITE

First place M60-69 Syracuse Chargers team (l to r): Sam Graceffo, Dan Cohen, and Raul Halbert, 1999 USATF Masters 5K Cross-Country Championships.

the value of stretching in other populations is probably less effective than in the army group.

The researchers did, however, point out that muscle stretches employed in the study may not have been sustained for long enough to produce sufficient physiological changes in the musculotendinous unit. As we know, most athletes, especially masters athletes, are reluctant to stretch when it detracts from our training time.

This study was performed in a 17-35-year-old army enlistment group.

The researchers also found that age was significantly associated with overall risk of injury and soft tissue injury and that injury was more likely in older recruits. But, let us not forget that other studies showed that there was no association between age and injury risk. Obviously, further research is needed.

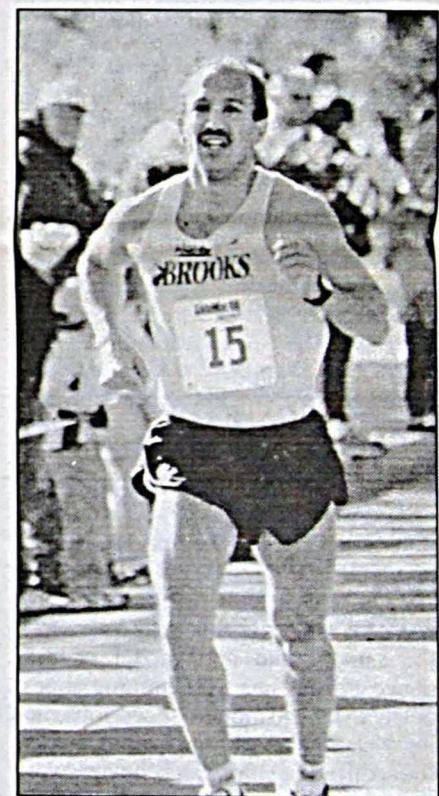
More Mixed Results

Also, in the New South Wales study, the authors found there was no relationship between injury risk and the height and weight of the athlete. This is in contrast to our study (Pagliano, ACSM), which showed there was no association with height, but that certain soft tissue injuries were affected by the weight carried by the individual.

Fitness was also assessed and the authors found that the least fit subjects were 14 times more likely to sustain a lower-limb injury than the fittest subjects. The authors also wondered if aerobic fitness and running skill, bone mass, psychological attributes or strength may play some role.

So, that leaves us in a quandary.

Should we continue with our stretching program or wait until another study arrives that tells us stretching is mandatory? These studies are certainly interesting and give us food for thought. Hopefully, we can look forward to a similar study regarding pre-exercise stretching in the masters athlete. □



GEORGE BANKER

Jim Hage, 41, third master (31:42), 1999 Sallie Mae 10K, Washington, D.C. The 2000 Sallie Mae will be run on April 30.

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National 12K

Continued from page 1

below Joe Powers' U.S. record of 47:27 in 1985. Barbara Miller, 60, Modesto, Calif., finished in 52:33. The W60 record is 53:52 by Joyce Gaskin in 1997.

Single-age record setters were Tuttle; Paul Heitzman, 69, 52:08; Bart Ross, 77, Casselberry, Fla., 64:04; Shirley Matson, 59, Larkspur, Calif., 51:43; Frances Bolson, Ocala, Fla., 71, 96:04; and Angela Saldana, Cocoa Beach, Fla., 72, 77:53.

Tuttle was not the only runner to repeat as division winner. Willy Moolenaar, 59, Indialantic, Fla., took the W55 race again, in 65:04. Mary Melehan, 66, Englewood, Fla., defended her W65 title with a 68:38.

Nelson and Tuttle were both in the international-class 90% age-graded level.

Outback's major co-sponsors included Home Depot, Coca-Cola, Foster's Beer, and Miller Lite. □

Olympic Trials

Continued from page 1

and other parental duties would allow. Although she had not recently raced to check her fitness, her statements at Friday's pre-race press conference indicated she was ready to race with anyone in the field. However, she kept secret a recent injury until the race was over.

Samuelson was not the only master in the field with previous Olympic experience. Marie Trujillo de Rios, who turned 40 last October, had represented Mexico in the '84 Games before obtaining U.S. citizenship in 1988. This would be her fourth time to run the U.S. Trials race as a qualifier. Before the race she commented that it might be her last chance to represent the U.S.

Samuelson and de Rios were two of a record 23 masters who had qualified for the trials by running faster than the two hours, 50 minutes standard, although six of the 23 had qualified before their 40th birthday. The fastest qualifier at 2:35:44, Kim Jones of Boulder, Colo., encountered an injury during the three weeks leading up to the race and was forced to withdraw from competition.

That left Marie Boyd, a surgical pathologist from Albuquerque, N.M., as the lowest-seeded master (No. 17) with a qualifying time of 2:39:44. Boyd also had the most qualifying times, having run three marathons under 2:44 in 1998 and four under 2:45 in 1999. One of those had been a 2:44:16 at the IAAF World Championships in Spain last August as a member of the U.S. team.

A total of 209 women had qualified for the race, but 40, including masters Jones, Cindy James and Mary Burns-Prine, withdrew before the start. This left a field of approximately 170 runners on the starting line. Although all the women celebrated the joy of being able to participate, they were concerned since the temperature was already in the high 50s. The warm weather, which would climb into the 80s by noon, would add to the difficulty of the top finishers meeting the 2:33 Olympic A Standard and would make the morning's run more difficult for all.

Samuelson, de Rios and Mary Knisely, Naperville, Ill., the second youngest master in the field, fell right in with the lead pack from the start. They were through the first mile in 5:48. During the second mile, Samuelson shared the lead with some of the younger runners as they tried to establish a pace (sub-5:50) that would bring them home under 2:33.

On a downhill stretch in the third mile, de Rios took the lead for a few hundred meters and the front pack of about 20 runners went through the 5K in 17:50. At that point, two younger runners, Anne Marie Lauck and Kim Pawelek, pulled away, but Samuelson remained with a chase pack, as de Rios and Knisely dropped back slightly. By mile-8 when the course returned in the opposite direction from where de Rios had led, the runners were showing signs that the heat was already taking a toll.

By mile-10, Samuelson, the last hope for a masters qualifier, had faded back from the chase pack. From there it was a matter of holding on for a respectable finish.

As the race neared the half-way point, Samuelson still led the other masters by about two minutes, with Knisely running second, followed by de Rios and Jane Welzel, one of four masters who were attempting to complete their fifth trials race.

Samuelson led the masters through mile-20 at 2:00:20. De Rios had moved into second at 2:02:17 and Knisely was third at 2:02:59. Boyd had moved up to fourth at 2:04:57 and Alice Thurau, the top master from the 1996 trials race, was fifth at 2:06:18.

These runners maintained their position for the remaining 6.2 miles of the race as Samuelson crossed the line ninth overall in 2:39:59, just two seconds back of top seed Libbie Hickman. De Rios was next in 2:42:10, then came Knisely (2:45:18), Boyd (2:45:51), and Thurau (2:46:41).

After the race Samuelson revealed that only she, her family, and her doctors knew that she was running with a cortisone injection in her lower back, given three days before the race to relieve a two-week injury problem.

"Two weeks ago I began to lose feeling in my left toes, and my left foot was just flapping on my runs," Samuelson said. "I flew from Maine sitting on an ice pack."

Although choking back tears at the finish, Samuelson was happy to have finished in the top 10, and was impressed by the way Susannah Beck, also a Maine native, had recovered from a fall and continued the race to finish fourth overall.

"I'll tell you, when Susannah went down in the pack about mile-7, I've never seen such guts in my life," Samuelson said. "So I thought if she can get up from that, I can keep going. I just tried to survive out there."

Although de Rios led the race early, she knew she was not capable of a 2:33 time and, considering the hot weather, was happy to finish in the top 15 and join Samuelson as the only masters to win open prize money at the trials. She collected \$6500 for her 12th place fin-

ish. Samuelson won \$11,000 for ninth.

De Rios is looking forward to more competition as a masters runner. This was her second race since turning 40. "I plan to run Boston and maybe some other marathons," de Rios said. "But I don't plan to run a lot on the masters circuit. We have a 10-month-old daughter and I don't plan to travel a lot on weekends."

The other masters finishers, with their place among the 141 finishers, were: Julie Peterson, #43, 2:49:29; Lee DiPietro, #59, 2:52:39; Diana Fitzpatrick, #60, 2:52:48; Sabrina Robinson, #68, 2:54:10; Claudia Kasen, #74, 2:55:19; Mary Button, #87, 2:58:13; Angela French, #112, 3:01:38; Jane

Welzel, #126, 3:04:44; Marina Jones, #136, 3:12:17; and Janice Ette, #139, 3:22:52.

The 23 masters qualifiers this year compared to 15 in 1988, 12 in 1996, seven in 1984 and six in 1992.

Marina Jones became the second oldest runner, at age 48, to complete a trials race. The record is held by 54-year-old Sister Marion Irvine from the 1984 race.

Peterson, Bev Docherty, Welzel, and Ette are the only women who have qualified for and completed all five trials races which have been held since 1984. French is also a five-time qualifier but she missed finishing one trials race. □

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Masters Racewalking

by ELAINE WARD

(Masters Racewalking will return next month.)

Masters Invited to Midwest Regionals

by GERRY KRAINIK, USATF
Midwest Regional Coordinator

The Midwest Masters T&F Club invites all masters to the USATF Midwest Regional Masters Championships to be held at Lewis U., Romeoville, Ill., on July 30. Scheduled two weeks before the Masters Championships in Eugene, the meet will feature excellent competition, a championships venue, outstanding officiating, and can serve as a final tune-up for the Nationals.

Many world and national class athletes are expected to participate, to name a few: Andrew Boyce, Tim Graf, Tyrone Williams, Matt Byrnes, Mike Scotland, Jeff Watry, Robert Zahn,

Stan Druckery, Robert Lloyd, James Lee, Paul Perry, Vic Heckler, Bruce Mills, Clarence Trinkner, Harry Brown, and Mel Larsen.

Among the women expected to attend are Mary Holland, Ruth Welding, Sue Hallen, Karen Huff, Pat Beam, Janet Amery, Lynne Ingalls, and Sheree Robertson.

Lewis University's venue is up to NCAA II championship standards. The officials selected will be experienced and athlete-friendly. National-class weight official, Lee Slick, will oversee the weight events. Finish Lynx automatic timing will be used, and wind readings will be taken to assure track record certifications. □



Michigan Senior Olympic Games Battle Creek, Michigan June 13 - 17, 2000

Deadline to Register: April 28, 2000

Late Registration: May 12, 2000

Fees and times vary.

For more information, a registration book and sponsorship opportunities, call 248-608-0250.

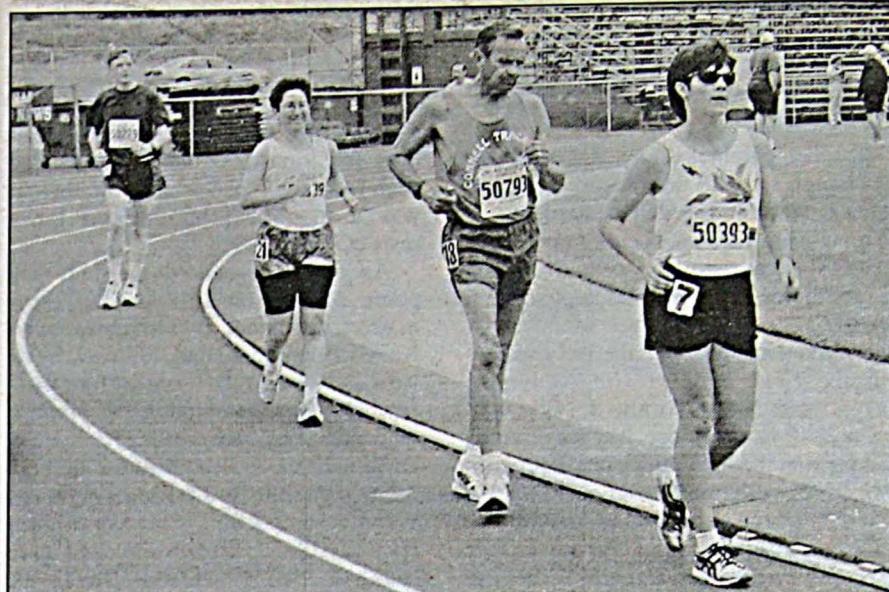
Medal events: Archery, Badminton, 3 on 3 Basketball, Bowling, Cycling, Golf, Horseshoes, Racewalk, Racquetball, Roadrace, Shuffleboard, Swimming, Slowpitch Softball, Table Tennis, Tennis, Track & Field, Triathlon and Volleyball. **Ribbon events:** 3D Target Archery, Arts & Crafts, Baking, Basketball Free Throw, Billiards, Bridge, Dancing, Scrabble, Volleyball Serving, Weight-lifting.

Eligibility: Men and Women 50 years plus of age as of December 31, 2000.

Michigan Senior Olympics

for active individuals 50 years plus

312 Woodward, Rochester, MI 48307
Phone 248-608-0250 Fax 248-656-3153



JERRY WOJCIK

Mixed age-group racewalkers in the 5000, led by Cheryl Wardell, W35, and John Backlund, M55, 1999 Hayward Masters Classic. The 2000 Hayward Meet is set for July 1-2.

Tom Henderson

Tom Henderson died of liver cancer on Feb. 22 at age 68. He was ill for only a short time and passed away in good spirits, surrounded by his family. He competed in masters meets off and on over the years, but never was one for a lot of hard training. However, he had great natural talents and was very quick for a big man. He was a happy, good-natured fellow as anyone who knew him will testify.

In 1951, he won the shot put with a 56-6 in what was then billed as the National Indoor High Championships and was voted the outstanding athlete of the meet. I was second and Rosie

Grier, of Penn State, who later went on to play for the N.Y. Giants and L.A. Rams, was third.

Henderson was in my class at Yale, and we were the field mainstays of the championship Yale teams of the early '50s. In 1955, he had the leading college throw of 60-3 with the 35-lb. weight. He competed for the U.S. Army in meets in Germany and made the finals of the 1956 Olympic trials with the hammer.

If they so wish, his friends can express their condolences to his sons, Billy and Todd Henderson at 7 Dorsett Dr., Marlton, NJ 08053. □

—Stewart Thomson

Kelsey Brown

Kelsey Brown, 72, Andover Township, N.J., died on Feb. 16. A chemical engineer, he received his degree in chemistry from Morgan State College, Baltimore, Md., where he participated in track & field and cross-country, and was elected into the Morgan State Athletic Hall of Fame in 1978.

Brown was active in masters track into the late '60s and held several age-group world records in the 800. He competed in WAVAs Championships in

Germany, New Zealand, Sweden, Australia, Italy, and Finland, where he won two silver medals. He was a member of the New York AC and had run the Boston and New York City marathons several times.

Brown was born in Newark, N.J., and lived in Andover Township for 67 years. He served in the Army during World War II in the 90th MP Company.

He is survived by his wife, Doris, a son, a daughter, 11 grandchildren, and a great-grandchild. □

Anne Clarke

and awards.

She traveled far in pursuit of her sport, attending several World Veterans Games, always capturing gold medals. Two years ago she was chosen an "Ageless Hero" and was pictured with President George Bush. She completed her last marathon when 81-years-old but continued to participate in 5K races and intended to run this year — she completed two since turning 90.

She was a gracious lady and was articulate at praising the sport and the value of exercise. She conducted exercise classes up to the end. She will be missed. □

—Warren Utts

Anne Clarke, Carol Stream, Ill.,

passed away March 20 at age 90. She suffered a massive heart attack and was taken to the hospital, where her passing appeared peaceful. She was attended by her son and her good friends, Faith and Don Walkwitz. Anne had seemed to recover well from the second of two cataract operations a week earlier.

Born Sept. 21, 1909, Anne was a second grade teacher in Glen Ellyn, Ill., when she started to exercise for health considerations. At age 69, she ran her first race. Interest grew to a love of the sport, and she competed in many races, winning countless prizes



Track and Field Report

by KEN WEINBEL,
Chairman, Masters T&F

Getting the Word Out

Are you aware that Masters Track and Field has an active and successful advertising team? I am pleased to report we do and that they are spread throughout the USA doing a terrific job.

The advertising team is composed of our own membership doing what they do best – showing the world they have the enthusiasm to remain fit and can continue to perform to the best of their age-dictated skills and fitness levels.

Just as all manufacturers strive to do, masters put their product on display for the best possible exposure. In Masters Track and Field, we enjoy the luxury of having live models of various ages actively competing in their chosen events. Many have achieved world-class status, in addition to national and regional recognition. By providing opportunities for these individuals to perform with elite open athletes in media focus meets, we put our best foot forward and advertise our program.

Recently, I received compliments on the masters program from other sports organizations, track and field enthusiasts and USATF administrators. They had witnessed masters athletes in action at the Open Track and Field National Championships in Atlanta and were impressed with the performances displayed in a masters age-handicapped 200 race.

The Atlanta 200 did not just happen.

Meet directors do not pursue us; it takes considerable effort to get on programs and then make events happen. Fortunately, we have team leaders willing to make the extra effort.

In Atlanta, Phil Raschker and others were a willing team. In California, John Cosgrove and his group of workers have successfully run masters events for the Mt. SAC promoter and are putting together events for this summer's Olympic Trials in Sacramento and the Prefontaine Meet in Eugene.

These are only samples of how our "advertising team" is making things happen all over the country. I note that the historic Penn Relays are increasing the number of masters events for the 2000 meet.

Our advertising format is beginning to pay dividends. Meet directors and the general populace are taking notice that Masters Track and Field athletes are not just a bunch of pretentious old

fogies trudging around a track, or complaining and making demands of others.

Masters athletes are being recognized for what they are – vibrant individuals willing to step forward to actively support the program they love and set examples for others to follow.

It pays to advertise. □



ART SHAHZADE
Sheridan Groves, M50 100H, 1999 Visalia Classic. This year's meet is scheduled for May 20.

Mt. SAC Masters Meet Moved Up

The date of the Olympic Legends Invitational Track Meet for college, open, and masters athletes at Mt. San Antonio College in Walnut, Calif., has been changed from May 27-28 to May 13-14.

The change was made when Mt. SAC received funding to refurbish the track and decided to commence work on May 15 so the facility would be ready for the fall academic season.

The entry form for the event was published in the March NMN on p. 7. □

TWENTY YEARS AGO April 1980

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

CURRENT NMN PHONE/FAX NUMBERS AND ADDRESSES

• Results, Schedule, All-American, Letters, Publications, Editorial:

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Fax: 1-541-345-2436

Mail: P.O. Box 50098, Eugene, OR 97405

Shipments: 1675 Willamette St., Eugene, OR 97401

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Phone: 1-818-981-1996 (Al Sheahen)

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Mail: P.O. Box 16597, North Hollywood, CA 91615



Midwest Masters Regional 2000

Sunday, July 30th, 2000 at Lewis University: Romeoville, Illinois

Meet Description:
Midwest Regional Championship
Track and Field Competitions:
Men and Women Master Athletes in five year age groups
(30-90+)

To be held at Lewis University on Sunday, July 30th, 2000
Check in: 8:00 AM til 8:45 AM
Racing begins at 9:00 Field Events at 9:00

Entries must be postmarked by July 13th, 2000
There will be no on site registration.
There will be no locker or shower facilities.

Make checks payable to: The Midwest Masters Track and Field Club
15124 Hillside Ave
Oak Forest, IL 60452-1924

Awards: Regional Championship Medals for 1st, 2nd, 3rd

Fees: \$30.00 first event, \$5.00 for each additional event.
\$30.00 for Midwest Masters Club Team Member
unlimited event entries.

Tentative Schedule of Events
We may start events before the listed time. We will not run behind time. We will follow the listed order of events.

Oldest to youngest, ladies first!

9:00: 5K race walk
9:30 1500 meters run
10:20 400 meters dash
10:50 Short Hurdles
11:35 100 meters dash
12:35 800 meters run
1:05 Long hurdles
1:35 100 meters dash finals if necessary (more than eight in an age group)
2:00 5000 meters run
2:45 5000 meters run
3:15 200 meters

Field Events Start at 9:00
Pole Vault, High Jump, Long Jump, Shot Put, Discus
The triple jump will follow the long jump
Hammer, Javelin, Weight Throw will follow the Shot and Discus competitions

Age Graded Percentage Scoring
Fully Automatic Timing
Results posted at:
http://members.zoom.com/midwest_tf/index.html

Registration Form

Make Checks Payable to Midwest Masters Track and Field Club

Mail Entries to: Gerry Krainik, 15124 Hillside Avenue, Oak Forest, IL 60452-1924

Please Print or type

Name _____ Age (on 7/30/2000) _____

Address _____ DOB _____

City _____ State _____ Zip code _____ USATF Number: _____

Phone Number _____ Club _____

Events _____ Total Amount _____

I _____ understand that competing in a track / field meet can be a potentially dangerous activity. I verify that I am physically fit and have trained for this competition. I assume all risks associated with participating in this event including, but not limited to falls, contact with other participants, all risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act in my behalf, waive and release USATF, USATF Illinois, Lewis University, and the Midwest Masters Track and Field Club and all sponsors and officials from all claims of any kind arising out of my participation in the 2000 Midwest Masters Track and Field Region Meet. I grant permission for emergency medical treatment for myself by competent medical personnel as required.

Signature _____ Date _____ Emergency Phone Number _____



On The Run

by HAL HIGDON

Strength Training Made Simple

Runners need to improve their speed, and one of the best ways to do that is with strength training, so claims Cathy Vasto, a personal trainer with The Lodge & Club in Ponte Vedra Beach, Florida. "The benefits are amazing," says Vasto.

One of America's top-ranked runners with a best of 15:38 at 5000 meters, Vasto uses her strength to complement her speed. "Strength helps at the end of a race when your form starts deteriorating," says Vasto. She offers the following advice for runners who want to develop their strength and speed:

Go High/Low: Runners don't want bulk. Extra weight will slow you down. To avoid putting on pounds, keep the weights light and the repetitions high. Vasto recommends lifting 50 to 60 percent of the maximum weight you can lift in a set of 12 repetitions. Two sets of 12 work well for most of the lifts described later. For maximum benefits, without wasting a lot of time, do your strength training two or three times a week, after you run, not before.

Look Good Lifting: Keep your form – not for vanity, but to prevent injury. Think 90-degrees. Most seated lifts work best if your body parts are at right angles: legs straight, feet flat against the floor, trunk erect, chin up, eyes forward. Practice the pelvic tilt where you press your torso back against the chair, or floor, to keep your back from slumping. "Good form works in lifting as much as it does in running," says Vasto.

Breathe Right: The worst mistake you can make while lifting is to hold your breath. That simply tightens the muscles that you want to keep loose. Inhale while you prepare to lift the weight, then exhale while lifting it, inhaling again while lowering it. "The best way to breathe is naturally," says Vasto, "so that you're not even aware you're doing it."

Rest by Stretching: When moving from exercise to exercise, don't rush and don't waste time chit-chatting with friends. Stay focused on your workout by stretching in between. "It's very important while strength training to have a stretching routine," warns Vasto. "You don't want to lose your flexibility, which can happen if you forget to stretch."

Finally, the key to the exercises presented below is to go slow and remain in control. "You're not trying to see how fast you can get in and out of the weight room," says Vasto. "You're trying to win your race on the road." Vasto recommends six strength exercises for runners.

1. Bench Press: Lie on your back on a bench. For weight, use a barbell or dumbbells. Keep your back flat, your knees bent. Your palms should be facing

forward, your hands should be equidistant and over your shoulders. Lift the bar or dumbbells straight up and lower slowly. Do two sets of 12 reps. Push-ups also work.

2. Rowing: Gripping dumbbells, sit on the edge of a bench or firm chair, keeping your back straight. Hold the dumbbells with your arms extended, palms facing inward against your knees. Raise the dumbbells to just opposite your chest, then return to the starting position. Do two sets of 12 reps. You can also do this exercise while standing.

3. Overhead Pull: Take a moderately heavy object and hold it overhead, elbows forward, back straight, knees slightly bent to take the pressure off your back. (You can also do this exercise while seated.) Lower the weight behind your head toward the back of your neck, then return to the starting position. Do two sets of 12 reps.

4. The Curl: Sit in a chair, feet flat on the floor, stomach in, shoulders back, head up. Your elbows should be against your waist above your hips, your palms up holding the weights. Raise the weights to your shoulders, lowering slowly. Do two sets of 12 reps. This exercise can also be done standing up.

5. The Crunch: A crunch is a sit-up where you stop after raising your shoulders off the floor. This popular exercise isolates the abdominal muscles. "The abs are your core of balance," says Vasto. "They support your upper body, important at the end of a race." In the starting position, your back should be flat against the floor, your head up, eyes on the ceiling, hands gripping the back of your neck, your knees relaxed and bent, feet on the floor. Raise only to the point where you feel your stomach muscles tightening, hold then release, returning your back to the floor. Start with three sets of 15 and work up to four sets of 20.

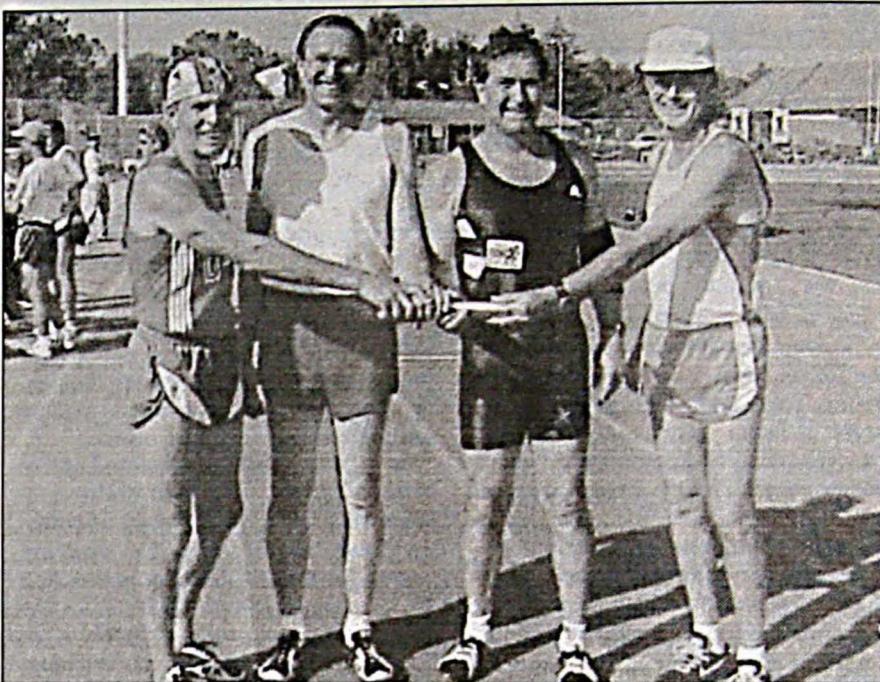
6. The Lunge: The five previous exercises strengthen the upper body, often neglected by runners. The lunge will help strengthen several of the muscles of the lower body. Start this exercise with your feet shoulder-width apart. If you use a barbell, it should rest across

your shoulders and behind your neck. If using dumbbells, hold them beside your thighs. Take a long step forward with one leg and descend to a low position, then rise. Bring the lead leg back and repeat with the other leg forward. Do 10 lunges with one leg forward, 10 with the other, then do another set of both.

Strength is important, says Vasto, not only to improve your speed for running races, but it will make you feel and look

good and improve your quality of life, throughout your lifetime. □

(*Hal Higdon is Senior Writer for Runner's World and the Training Consultant for the LaSalle Banks Chicago Marathon. Visit his Website at www.halhigdon.com for more training schedules and advice, including a lengthier version of this column, complete with pictures featuring Cathy Vasto demonstrating these exercises.*)



Team U.S.A. members (l to r) Dick Richards, 65, Doug Smith, 60, Bill Knocke, 60, and Gary Sims, 62, set an M60 U.S. record of 49.07 for the 4x100m relay in the Saddleback Relays. The meet was covered by two local television channels, the *Orange County Register*, and the *Los Angeles Times*.

Saddleback Relays

Continued from page 1

in a -.03 headwind. In an interview afterward, Jordan said he gave his performance for the meet director and the spectators, and expressed his passion for running: "For me, running is an expression of feeling and talent, much like a painter, musician, or poet. It's similar to the Grecian ideal of the total man. It gives me joy."

In other track events, Ron Pate, M50, of Honolulu, won the 3000m steeple-chase in 12:34.27. Don Irvine, M50, won the 800 in 2:16.95. In the 5000, Jim Kurtzman, 37, with a 16:03, and John Tuttle, 42, 16:21, were the class of the field.

When Larry Stuart, 62, is entered in the javelin, the anticipation of a new record is paramount, and he did not disappoint the crowd, with a 50.04/164-2, which exceeded the present single-age world record. Afterward, he said that the announcers informing the spectators before his attempts helped him get "pumped" before each throw.

The meet was notable for having a good number of first-timers compete as masters. Glenn Gottfried, 40, Laguna Niguel, Calif., in his first masters meet after not throwing for 20 years, won the M40 javelin and discus, and was excited to return to competition. Rudy Ceja, 77, Laguna Niguel, ran in his first 5000 in 50 years, recording a 32:37. Kim Thomas, 43, Mission Viejo, another

newcomer, ran the 5000 in 24:25. Gina Gomez, 38, Laguna Niguel, a former distance runner and triathlete, ran in four races and went home with gold.

Joe Faust, 57, Los Angeles, who, at age 18 while a freshman at Occidental College, was the third man in history to clear 7-0 before the flop was used, cleared 1.52/4-11 1/4. Faust arrived at the meet without high jump shoes but borrowed a pair from high jumper Ken Stone. Phil Fehlen, 64, with a 1.63/5-4 1/4, and Jason Meisler, celebrating his 44th birthday with a 1.55/5-1, were division winners.

Jim Selby, 71, Fallbrook, Calif., one of the Ironmen of masters track, competed in seven running events. Selby and his daughter, Debbie, 43, were among several athletes and their family members who participated. Others were Louis Beadle, 72, his son Ron, 51, and his daughter, Darla Beadle-Davis, 43; and Doug Smith, 60, his daughter, Julie Gumz, 34, and grandsons, D.J. Gumz, and Garret Gumz, who competed in the family relay. Husband and wife tandems were Darlene, 54, and John Backlund, 60; Kathy, 60, and Bert Bergen, 62; Grace, 69, and Bill Moremen, 72; and Debbie, 43, and Theo Vitz, 56.

Media coverage and exposure was extensive. Dan Arritt, *Los Angeles Times* staff writer, had an article on the meet on March 2; Martin Beck, *Los*

Continued on page 13

Clubs Update

An updated list of masters clubs will be published in the June issue. Changes, additions, and deletions to the list, last published in the 1999 November issue, should be sent to "Clubs," National Masters News, P.O. Box 50098, Eugene, OR 97405, or by email to natmanews@aol.com, no later than May 1. □

Saddleback Relays

Continued from page 12

Angeles Times staff writer for the Orange County edition, had a pre-meet article in the Sports Section on Feb. 10. In all, five pre-meet and two post-meet articles were written.

Radio station KSBR, a jazz station originating from the college, ran public service announcements every hour for seven days prior to the meet.

Two local cable TV stations videotaped interviews. OCN (Orange County News), a 24-hour news station, aired interviews several times within a 24-hour period. Sportscaster Paul Higgins, host of a popular local sports program, "Coaches' Corner" on Cox Communications, invited masters athletes Dan Girling, Bill Knocke, Lee Gillespie, and Elaine Iba to be on his 30-minute program a week prior to the meet. He was so impressed that the segment was run four times a day for a whole week, and he participated in three events himself. He intends to do a follow-up with meet interviews.

Primary sponsors were Hoag Hospital, Newport Beach, Calif.; Lexus of Mission Viejo; and Allen Cadillac, Laguna Niguel, Calif. □

COMING NEXT MONTH

- Story, Results and Photos of Indoor Nationals
 - List of Masters Clubs
 - Entry Forms for T&F Meets

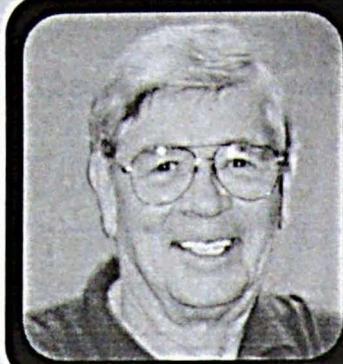
FIVE YEARS AGO

April 1995

- 700 Participants Set 37 Indoor WRs at USA Masters T&F Championships in Reno
 - At Age 48, Raschker Competes in Women's PV in Indoor Open Nationals
 - Doug Bell (44, 65:44) and Honor Fetherston (40, 73:54) Win Masters National Half-Marathon in Las Vegas

PUBLICATIONS ORDER FORM

	Quantity	Total (US\$)
Masters Age Records (1999 Edition) Men's and women's world and U.S. age bests for all track & field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 1998. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundie, WAVA and USATF Masters T&F Records Chairman. \$5.00.		\$
Masters Track & Field Rankings (1999) Men's and women's 1999 U.S. outdoor track & field 5-year age group rankings. Coordinated by Jerry Wojcik, USATF Masters T&F Rankings Chairman. All T&F events, including mile, relays, weights, racewalks, and combined events. \$8.		\$
McMahon Family Trust Masters Track & Field Indoor Rankings (1999) Indoor rankings for 1999. 4 pages. \$1.50.		\$
Masters Age-Graded Tables Single-age factors and standards from age 8 to 100 for men and women for every common track & field, long distance running, and racewalking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 60 pages, including samples and charts. Compiled by the World Association of Veteran Athletes. \$6.00.		\$
Masters 5-Year Age-Group Records Men's and women's official world and U.S. outdoor 5-year age group records for all track & field and racewalking events, age 35 and up, as of January 1, 1999; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundie, 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 November 2, 1999 (world) and December 3, 1999 (USA). 4 pages. \$1.00.		\$
Competition Rules for Athletics (2000 Edition) U.S. rules of competition for men and women for track & field, long distance running and racewalking—youth, open and masters. \$12.00.		\$
USATF Directory (1999/2000) Names and addresses of national officers and staff, board of directors, sport and administrative committees, association officers and addresses, etc. \$12.00.		\$
USATF Governance Handbook (2000) U.S. Bylaws and operating regulations, forms for membership, race sanction, records, course measurement, etc. 152 pages. \$12.00.		\$
International Scoring Tables Complete scoring tables for 21 men's and 17 women's individual events. All events, and the event orders, in normal multi-events are included: decathlon, heptathlon, indoor & outdoor pentathlon, indoor heptathlon, and weight pentathlon. Brief scoring instructions, age factors for the common WAVA multi-events, and instructions for hand times and automatic times are included. In English and German. Pocket size (4½ x 6). \$12.00.		\$
Masters Racewalking Thirty American coaches and athletes share ideas on Technique, Training and Racing. This book is a unique and complete resource. Edited by Elaine Ward. \$15.00.		\$
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 2-1/2". \$2.00.		\$
National Road Race Encyclopedia Lists 100 of the nation's most popular road races, with race entry information, top 100 all-time men & women each race, top 20 all-time age divisions each race, 41,000 performer and champion listings, 300+ photos, 100 full-page maps, race histories and trivia, and guide to national running organizations. Compiled by Mike Weddington & Barry Perilli. \$24.95.		\$
Guide to Prize Money Races and Elite Athletes 2000 Published by Road Race Management, the Guide includes elite athlete alphabetical listing (including masters) with over 800 addresses and phone numbers, calendar for over 400 prize money events, and more. \$60.00.		\$
Running Research News Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. \$35.00 per year.		\$
Back Issues of National Masters News		
Issues: \$2.50 each.		\$
Postage and Handling		\$ 1.50
Overseas Air Mail (add \$5.00 per book)		\$
TOTAL		\$
Send to:	National Masters News Order Dept. P.O. Box 50098, Eugene OR 97405	
Name		
Address		
City	State	Zip



The Weight Room

by JERRY WOJCIK

We Rank With the Best

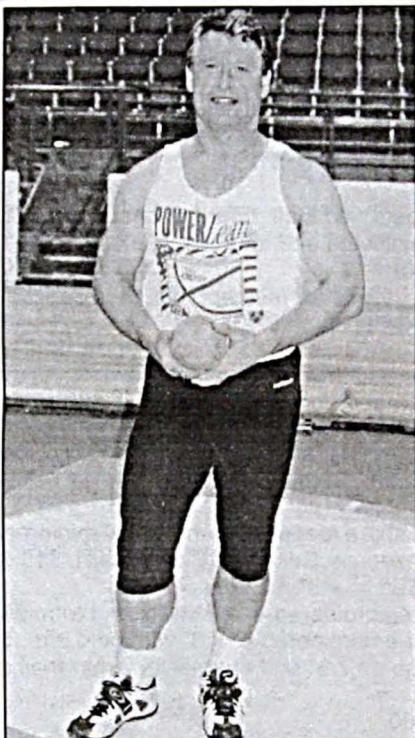
The 1999 U.S. Masters Outdoor Rankings are now available, and, doffing my columnist lid and donning my Masters T&F Rankings Coordinator chapeau, I think it's the best one that we've put together.

Our congratulations to all of the throwers at the top of their respective heaps. I hesitate to deal in specific names without pointing out each and every Numero Uno, for fear of slighting a deserving soul or discovering a month from now that a top-ranked athlete got there by throwing a lighter implement or through courtesy of a typo.

However, several throwers deserve mention, not the least of whom are Carol Finsrud and Lad Pataki. Finsrud, of Texas, is ranked No. 1 W40 in the shot, discus, hammer, javelin, weight, and weight pentathlon. If you think she may have snuck in via weak competition, be aware that she has qualified for the 2000 Olympic Trials in the discus. Pataki, of California, is first in the M50 shot, discus, weight, superweight, and weight pentathlon. His javelin is a little shaky, and I can't find his name on the 5000 racewalk list, so he has some work to do.

Impressive Accomplishments

The No. 1 and No. 2 javelin throwers in the M40 group, Tom Petranoff (73.72/241-10) and Jim Lothrop (69.16/226-11) should be singled out. Unless you're a serious javelin thrower, you may not be aware of what it takes to throw a javelin those distances at that age. Ken Jansson, the M40 top banana in the weight (18.89/61-11 $\frac{3}{4}$) and superweight, deserves attention, even if you've never schlepped a 56-lb. object around, much less hurled one 12.49 meters or 40-11 $\frac{3}{4}$ feet.



JERRY WOJCIK
Lad Pataki, top-ranked M50 for 1999 in the shot, discus, weight, superweight, and weight pentathlon.

THE ONE VIDEO THAT EVERY THROWER & COACH SHOULD HAVE



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ADD 30' TO YOUR THROWS!

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Former AAU National Champion
World Masters Champion from
ages 45 to 60



Wearing post-meet, cold weather clothing, participants in the 1999 Weight Throw-A-Thon, Fort Washington, Pa., (front, I to r): Dan Shuman, Fred Riley, Terry Shuman; (back, I to r): Bob Detweiler, Paul Eberhardinger, Ray Feick, Debbie Eklund, Pay Carstensen, and Charles Covino.

Other high numbers in the Rankings Book are also impressive – not in performances but in the number of participants in the M50+ and W50+ divisions – resulting from the inclusion of the Senior Games participants, who start at age 50, and the advent of the baby boomers, who, around that age, have the money and the time to play games again. Those in their 30s and 40s are wrapped up in their careers and struggling with BMW payments and college costs, either paying off their own student loans or re-mortgaging property to bankroll their college-age kids.

For purposes of comparison, in the M45 shot (16-lb. implement) there are 53 athletes listed, the last at 7.40/24-3 $\frac{1}{2}$. In the M50 shot (6kg), the list stops at 110, the last at 8.61/28-3. The difference in the size of the implements should be offset by the extra four feet in the last place M50.

It's Not the Size...

To show that size doesn't matter, how about a comparison of groups in which the implements are (or "were" in 1999 but will be different in 2000) the same for both M40-49s and M50-59s, the 800g javelin? The M45 group shows 43 athletes, the last at 23.65/77 $\frac{1}{4}$. The M50

division lists 96 athletes, the last at 24.15/79-2 $\frac{3}{4}$.

All of the women use the 1kg discus. For 1999, 14 women are listed in the W40 group, the last at 16.38/53-9. That W40 last place of 16.38 would be 33rd among the W50s, 29th among the W55s, 27th in the W60s, and 25th among the W65s.

It doesn't take much to see the impact of the Senior Games participants in the throws; plus, I know for a fact that a large number of Senior Games results were not reported in 1999 to the NMN, but that won't be as true in the future.

The 1999 lists were compiled by James Gerhard, shot and discus; Clay Hull, hammer and javelin; Rex Harvey, weight pentathlon; and myself, weight and superweight. Suzy Hess of the NMN helped in the final layout of the book for printing. These volunteers deserve a large "Thank you" for their expenses, time, persistence, and investigative skills. They're all active masters competitors, so if you see them at a meet, show your appreciation, but don't offer them bribes or payola to up your rankings by a couple of notches. I tried it and it didn't work, as is evident from my standings in the lists. □

Want Your Indoor Marks Ranked? Here's How!

by JERRY WOJCIK

Masters T&F Rankings Coordinator

All of the events for the McMahon Family Trust Indoor Rankings for the 2000 season have been assigned to volunteer rankers. If your best marks have not appeared in the results sections by the May issue, send them, in meters for field events, with documentation (name of meet, date, site, contact person, etc.) before May 12 to the appropriate rankers below:

55m/60m/200/400: Larry Patz, 534

Gould Hill Rd., Contoocook, NH 03229.

800/1500/3000: William Benson, 6 Eton St., Valley Stream, NY 11581.

HJ/PV: David E. Ortman, 7043 22nd Ave. N.W., Seattle, WA 98117. E-mail: deom@jps.net

SP/LJ/TJ: James Gerhardt, 834 Thornvine Lane, Houston, TX 77079.

55mH/60mH/WT/SW/Mile/3000

RW: Jerry Wojcik, NMN, P.O. Box 50098, Eugene, OR 97405. E-mail: natmannews@aol.com □

Presidential Candidates Will Run 100-Meter Dash at Nationals

April 1 – Six small-party presidential candidates have agreed to run a 100-meter dash to determine who will be invited to debate Vice-President Al Gore and Governor George Bush on television this fall.

The improbable race will be staged at the USATF National Masters Track and Field Championships in Eugene, Ore., on August 13. Runners will be handicapped by age. USATF officials will supervise the event. Only the winner will be invited to take part in the debates.

"We approached all the players with the idea," said a USATF spokesperson. "Under Craig Masback's direction, we're looking for new and unique ways to market our sport. All the candidates are over age 40, so the masters meet seemed like a good fit. This should attract a big TV audience."

The six candidates agreed to the bizarre proposal as a "last resort" so that at least one of them would be included in the debates with the Democratic and Republican candidates.

"I know it seems ridiculous," said Ralph Nader, the probable Green Party nominee for President, "but the Democrats and Republicans won't let all six of us into the debates. So when USATF proposed the idea, we thought it could be a reasonable compromise."

The Presidential Debate Commission has ruled that no candidate would be included in the presidential debates unless he had at least 15 percent support in the national polls.

Commission head Frank Fahrenkopf, former Chairman of the Republican Party and now a lobbyist for Nevada gambling interests, said to invite all

USATF Masters Website Update

by GEORGE MATHEWS

The need for a more comprehensive USATF Masters website has been well known to most members for quite some time.

At the 1999 USATF Los Angeles convention, Ken Stone did a great presentation, making us all aware of the potential of what websites can do for us. It was agreed that a committee be formed to research and implement the kind of website we think we need.

Over the last few months many people have contributed valuable information to this project. We must especially thank Andrew Hecker, who has provided extensive information. We wish we could implement everything he suggests.

Fortunately, or unfortunately, depending on one's point of view, we are part of USA Track & Field. The website on which we are working will be the official USATF Masters website. As such, we must be responsible for following the course of our parent organization. USATF expects us to be part of its website. That means that we are bound by the criteria they set forth.

USATF is in the process of developing its overall Internet strategy,

eight candidates would be counter-productive.

"It would clutter the stage and prevent meaningful dialogue," Fahrenkopf said, "but in the spirit of fairness, we felt at least one of the six small-party candidates should be heard. We left it to them to decide who it would be, and they came up with this race idea. I think it's nuts, but what the hell."

Harry Browne, likely nominee of the Libertarian Party, admitted the race was a way to try to get the media's attention.

"It's impossible for any of us to get 15 percent in the polls," Browne lamented. "The media doesn't know we exist. None of us have millions of dollars to spend on TV spots like the Democrats and Republicans do. When we give speeches, the press ignores us. So we figured a crazy stunt like this might get us some free air time."

Indeed, an NBC spokesman said his network would definitely cover the event.

"It's a visual we couldn't resist," Patrick O'Dell said.

Another network source said the media's third-party blackout was understandable.

"All five major networks are now owned by big conglomerates – Westinghouse, Time-Warner, GE, Fox, Disney. Those corporations make huge contributions to both political parties. They want their tax breaks and business as usual. They don't want any third-party candidate rocking the boat. And they sure as hell don't want some wacko like Jesse Ventura actually winning something."

Pat Buchanan, probable nominee of the Reform Party, said a "winner-take-

which will include a redesign of the USATF home page at <http://www.usatf.org>. They have hired a new Director of Communications, Jill Geer, and will appoint or hire a webmaster in the near future.

USATF masters will have input on what we would like to see on our section of the site. We must be aware that it will basically have the "look and feel" of the USATF home page. Many of the main categories included on the present USATF site will be carried over to the new website. The USATF home page will link to the USATF Masters home page which will contain information applicable to USATF Masters Track & Field.

There will be links with *National Masters News*, association sites and sanctioned masters championship meets. The national office is not interested in linking with various independent sites for which they cannot be responsible. A disclaimer is insufficient protection.

The national office expects that the process will happen rather quickly, so we can start taking advantage of this resource in the near future. I will report significant progress as it develops. □



Participants in the masters distance age-graded 300m at the Iowa State Classic Indoor Meet, Ames, Feb. 11-12 (l to r): Mike Kitchell, 50, 265m (distance run), 38.06; Bob Conzemius, 65, 238m, second in 34.09; Alan Russell, 49, 267m, third in 35.73; John Hoogensen, 36, 291m, 37.57; Mel Larsen, 75, 221m, first in 33.13; Mike Bird, 39, 286m, 41.20; Mike Bender, 39, 249m, 38.13; and Mark Twedt, 39, 286m, 38.89.

all" 100-meter race would also emphasize the importance of physical fitness.

"It's a perfect way to show the American people that we have sound bodies as well as sound minds," he said. "I lift weights twice a week and am starting interval training with a coach next week."

Browne, who weighs over 200 pounds, said he wanted an extra Clydesdale handicap. Negotiators will work out the details.

Rounding out the field will be Howard Phillips of the American Independent Party, John Hagelin of the Natural Law Party, and Drew Patterson of the New Party.

Patterson said, "The Democrats and

Republicans are the parties of the haves and the really haves. The rich are getting richer, while the poor and middle class are falling farther behind. You won't hear that from Bush or Gore."

Hagelin said half the people don't vote and the other half feel like they're voting for the lesser of two evils. Trying to "get down" with a skeptical audience in Detroit, Hagelin rapped:

"Now I am cool and telling you
It's not a waste to vote for me.

It is a waste to cast your vote
For Tweedledum or Tweedledee."
Bush and Gore had no comment.

Complete race results will be published in the September issue. □



SOUTHERN CALIFORNIA STRIDERS TRACK & FIELD CLUB

Annual MEET OF CHAMPIONS
CALIFORNIA STATE AT LONG BEACH
Sunday, May 7, 2000

Entry Fees: First event \$10 - additional events \$5 - relay teams free - late entries \$12 first event - \$6 per additional event (NO REFUNDS)

Deadline: May 1, 2000

Divisions: Men and women; open, submasters (30-39) and masters (40+) compete in 5-year age groups.

Awards: 2nd medal with red, white, and blue ribbon for 1st, 2nd, and 3rd

Facilities: 8-lane artificial surface track, concrete rings

Note: 2000 USA-T&F registration required (available at meet for \$15.00)

Directions to:

CSULB: Exit 405 (San Diego) freeway at Bellflower Blvd., south to Alherion, left (east) to signal, right into CSULB parking lot; track is ahead to the left; behind new parking structure



Schedule of Events

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.	2K/3K steeplechase	3:00 p.m.	3000 meter run
12:30 p.m.	100 meter sprint	3:40 p.m.	300/400 meter hurdles
	Lunch Break	4:00 p.m.	sprint medley relay (400,200,200,800)

Field events

11:00 a.m.	hammer throw and pole vault	1:30 p.m.	shot put and long jump
12:00 p.m.	discus throw and high jump	3:10 p.m.	javelin throw and triple jump

ENTRY FORM (Please Print)

Last Name _____ First Name _____

Address _____

City, State, Zip _____ Phone _____

Age on 5/7/2000 Date of Birth _____ Sex: M _____ F _____

Club Affiliation _____ 2000 USA-T&F No. _____

Events _____

Amount Enclosed: _____ Make checks payable to Southern California Striders

Mail to: Hugh Cobb - 3180 Camino Arroyo, Carlsbad, CA 92009

QUESTIONS?
Call Jim Selby

760-723-2466

Waiver—In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors or administrators waive and release forever any and all rights, claims or damages I may accrue against the California State University at Long Beach, the Southern California Striders Track and Field Club, USA-T&F, the meet director and all sponsors of the track & field meet, their successors, representatives and assigns of any and all injuries which I may suffer while traveling to and from, and while participating in the "Meet Of Champions" held May 7, 2000 at the California State University at Long Beach. I certify that I have no physical defects or injuries that would prevent me from competing in this meet.

SIGNATURE _____ DATE _____



GEORGE BANKER
First three females (l to r): Monika Bracken, 34, 3:38:39; Lisa Bandiera, 31, 3:29:12; and Lorri Strizich, 38, 3:38:48, Washington's Birthday Marathon, Greenbelt, Md., Feb. 20.

WAVA/USATF Hurdles and Implements Specifications						
HURDLES						
WOMEN						
Age Group	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	No. of Hurdles
30-39	100m	.840m 33"	13.00m 42'8 1/2"	8.5m 27'10 1/2"	10.5m 34'5"	10
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	8
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
60+	80m	.686m 27"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
30-39	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
40-49	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
50-59	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
60+	300m	.686m 27"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
MEN						
30-39	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
40-49	100m	.914m 36"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34'5"	10
50-59	100m	.840m 33"	16.00m 52'6"	8.00m 26'3"	12.00m 39'4"	10
60-69	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.0m 62'4"	8
70-79	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.0m 62'4"	8
80+	80m	.686m 27"	12.00m 39'4"	7.0m 22'11 1/2"	19.0m 62'4"	8
30-49	400m	.914m 36"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
50-59	400m	.840m 33"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
60-69	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
IMPLEMENTS						
AGE GROUP	SHOT PUT	DISCUS	HAMMER	JAVELIN	WEIGHT WAVA USATF	SUPER WEIGHT USATF
Women						
30-49	4.00k	1.00k	4.00k	600gms.	20# 20#	35#
50-59	3.00k	1.00k	3.00k	500 gms.*	16# 16#	25#
60+	3.00k	1.00k	3.00k	400 gms.	12# 16#	25#
Men						
30-49	7.26k(16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.	35# 35#	56#
50-59	6.00k	1.50k	6.00k	700 gms.	25# 35#	56#
60-69	5.00k	1.00k	5.00k	600 gms.*	20# 25#	56#
70-79	4.00k	1.00k	4.00k	500 gms.	16# 25#	35#
80+	4.00k	1.00k	4.00k	400 gms.*	12# 25#	35#

Steeplechase: men 30-59: 3000m/36" (.914m); men 60+ and women: 2000m/30" (.762m)
WAVA weights are used for USATF weight pentathlons.
Note: USATF voted not to adopt WAVA's 27" hurdle heights, so those events will be run at 30" heights in USA national and regional meets.
• New 1999 IAAF specifications.

The Master Board

for more information
contact heidi shelhamer
(610) 967-8758
Fax #: (610) 967-8883

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ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, APRIL 2000

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
LINFORD CHRISTIE (GBR)	4- 2-60	40-44
MARILYN DEWARDER (SEATTLE, WA)	4- 2-60	40-44
MARTINA KRONER (GER)	4-17-60	40-44
SUSAN COBEY (SCOTTSDALE, AZ)	4-23-60	40-44
SANDRA McDONALD (GBR)	4-24-60	40-44
ARNY HEIDARSDOTTIR (ICE)	4- 2-55	45-49
MARCELLA TERAN (SAN DIEGO, CA)	4-10-55	45-49
MARET KALVISTE (EST)	4-19-55	45-49
ALAN RUSSELL (AMES, IA)	4- 1-50	50-54
HEATHER MAREE STEER (NZL)	4-10-50	50-54
PATTY VAN WOLVELAERE (CA)	4-13-50	50-54
SKAIDRITE BAIKOVA (RUS)	4-26-50	50-54
SUE KLEHM (ARLINGTON HTS, IL)	4- 8-45	55-59
SUE SKERKE (WOODSTOCK, IL)	4- 8-45	55-59
TYRONE CARLIS (US)	4- 9-45	55-59
LYNN LARSEN (AUS)	4-10-45	55-59
ANN MARIA THOMAS (BROOKLYN, NY)	4-13-45	55-59
ODDBJORG HAAKENSVEN (NOR)	4-29-45	55-59
EVA CARLSEN (NOR)	4-10-40	60-64
PATRICIA THOMAS (SEATTLE, WA)	4-12-40	60-64
DIANE STOCKLIN (SAN DIEGO, CA)	4-15-40	60-64
BERND HEINRICH (WALNUT CREEK, CA)	4-19-40	60-64
STAË SPAEPEN (BEL)	4-24-40	60-64
HANS LAGERQVIST (SWE)	4-28-40	60-64
GUDELIEVE ROGGEMAN (BEL)	4-30-40	60-64
LOUIS VINK (HOL)	4- 5-35	65-69
BETTY PAPPAS (EL DORADO, KS)	4-15-35	65-69
SIGRIN KOFINK (GER)	4-23-35	65-69
LOUISE REED (CAN)	4-24-35	65-69
RON MORRIS (LOS ANGELES, CA)	4-27-35	65-69
JANICE BAUM (LOS ANGELES)	4- 0-30	70-74
FANI ARGIRIOU (GRE)	4- 3-30	70-74
FANI TSABARLI (GRE)	4- 3-30	70-74
HECTOR MEIN (NZL)	4-12-30	70-74
AINA PULINA (URS)	4-15-30	70-74
WALTER BOEHM (ARLINGTON, VA)	4-18-30	70-74
COLLEEN HILL (NZL)	4-21-30	70-74
LOIS FILREIS (SPRINGFIELD, NJ)	4-22-30	70-74
GEORGE VERNOSKY (BETHESDA, MD)	4-26-30	70-74
RUTH HUNKEL (GER)	4-29-30	70-74
MELITTA CZERWENKA-VOGEL (GER)	4-30-30	70-74
AXEL JOHNSON (SWE)	4- 4-25	75-79
HELEN LACHMAN (PORTLAND, OR)	4- 8-25	75-79
INGRID LORENZ (GER)	4- 8-25	75-79
NINA NAUMENKO (URS)	4-15-25	75-79
AXEL RYDSTROM (SWE)	4-22-25	75-79
WILLIAM SORLINGAS (YONKERS, NY)	4- 7-20	80-84
GEORGE ETHERINGTON (SALINA, KS)	4-10-20	80-84
WALTER SLOVENSKI (LEWISTON, ID)	4-13-20	80-84
HILDEGARD GROTH (GER)	4-15-20	80-84
TOINI RAUNISTO (FIN)	4- 1-15	85-89
AINO KORKEILA (FIN)	4- 9-15	85-89
MAYNE B'DERA (NEW YORK, NY)	4-10-15	85-89
ANNY BINDER (GER)	4-13-15	85-89
FRANK FINGER (CHARLOTTESVILLE, VA)	4-16-15	85-89
LUCILLE MONROE (WEBSTER GROVE, MO)	4-21-15	85-89
SHIELA EVANS (INDIANAPOLIS, IN)	4-24-15	85-89
ALOIS BRHLUK (CZE)	4- 6-10	90-94

Compiled by Pete Mundie, World and U.S. Masters T&F Records Chairman



NATIONAL MASTERS NEWS

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

Records Section

April 2000

page 17



Masters Age Records

New Outdoor Age-Group Records Compiled

In this issue are the new world and U.S. five-year age-group track and field records for men and women. The world marks are those compiled and approved as of November 2, 1999, by the Records Committee of the World Association of Veteran Athletes (WAVA). The U.S. records are those compiled and approved, as of December 3, 1999, by the Masters Track and Field Records Sub-Committee of USA Track & Field (USATF). Both committees are headed by Peter Mundle.

No hand times recorded after May 1, 1994 (world) or Jan. 1, 1991 (USA) for races of 400 meters or less are considered for five-year age-group records. However, hand times achieved prior to those dates will continue to be included in the lists until broken by a superior time.

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

Non-USA athletes should use the WAVA record form, published in this section on page 24. The form should be sent, not to Mundle, but to the WAVA Records Committee Regional Chairmen (addresses on page 24). Both the world and USA Records committees are working to prepare one uniform record form to be used in the future.

All these records have been carefully scrutinized before approval by the Records committees. Mundle's single-age record

book, however, due out next month, does not apply the same scrutiny, due to time constraints. Thus, there is the occasional mark in the book which differs from the five-year age-group mark. Please consider the five-year marks, printed here, as the official records.

Racewalking Records

Also included here are world racewalking "bests" and USA official racewalking records, for each five-year age group, compiled by Bev LaVeck, USATF Masters Racewalking Coordinator. The USATF application form for a racewalking record is printed on page 24.

Long Distance Records

There are no official world long distance road records, but the latest U.S. masters road marks were published in the November, 1999, issue of NMN. U.S. road records are compiled by Road Running Information Center, the record-keeping arm of USATF. □

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

APPLICATION FOR RECORDS

Send to:

Pete Mundle, Chairman, USATF and WAVA Records Committee,
4017 Via Marina, #C-301, Venice CA 90291, USA.

To THE RECORD COMMITTEE:

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

Description of Record:

World _____ American _____ Association _____ Championship _____ Collegiate _____
Junior _____ Age _____ Group _____ Masters _____

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

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

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

AUTOMATIC TIMING

(If fully automatic timing was used, complete this section, regardless of the distance of the race and attach a print of the photo)
7. A fully automatic timing device, made by _____, was used.
The time recorded was _____, and this was the official time.

(Photo Evaluator)

(Address or USATF Official's Registration Number)

(Chief Timekeeper)

(Address or USATF Official's Registration Number)

TIMEKEEPER'S CERTIFICATES

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

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

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

(Signature of Referee or Chief Timekeeper)

STARTER'S CERTIFICATE

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

(Signature of Starter)

(Address or USATF Official's Registration Number)

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

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

(Signature of Starter)

(Address or USATF Official's Registration Number)

(Signature of Starter)

(Address or USATF Official's Registration Number)

(a) Track Events

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

(b) Field Events

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

THROWING EVENT IMPLEMENT CERTIFICATION

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

(Checker of Implements)

(Address or USATF Official's Registration Number)

JUDGES' CERTIFICATE (FIELD EVENT)

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

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

(Distance or Height)

(Signature of Judge)

(Address or USATF Official's Registration Number)

(Distance or Height)

(Signature of Judge)

(Address or USATF Official's Registration Number)

(Distance or Height)

(Signature of Judge)

(Address or USATF Official's Registration Number)

CERTIFICATION OF FORM (Shot, Javelin, Walks)

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

(Event Chief Judge)

(Address or USATF Official's Registration Number)

GUARANTEE BY REFEREE

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

(Signature of Referee)

(Address or USATF Official's Registration Number)

WORLD T&F OUTDOOR AGE-GROUP RECORDS

Compiled by Peter Mundle and the Records Committee of the World Association of Veteran Athletes (WAVA) through performances verified as of November 2, 1999

Men's World Five-Year Age-Group Records

100 METERS			
DIV.	MARK	NAME(COUNTRY)	AGE MEET DATE
M40	10.6	Eddie Hart(USA)	40 6-19-89
M45	11.0	Thane Baker(USA)	48 6-14-80
M50	11.2	Ken Dennis(USA)	50 7-18-87
M55	11.57	Ron Taylor(GBR)	57 8-3-91
M60	11.70	Ron Taylor(GBR)	61 6-4-95
M65	12.5	Bernard Hogan(AUS)	65 11-30-85
M70	12.91	Payton Jordan(USA)	74 6-22-91
M75	13.4	Payton Jordan(USA)	75 4-25-92
M80	14.35	Payton Jordan(USA)	80 5-10-97
M85	16.16	Sudo Gichi(JPN)	85 8-23-98
M90	19.9	Duncan McClean(GBR)	90 6-14-75
M95	24.01	Erwin Jaskulski(AUT)	96 5-1-99

200 METERS			
DIV.	MARK	NAME(COUNTRY)	AGE MEET DATE
M40	21.86	Bill Collins(USA)	41 8-15-92
M45	22.21	Stephen Peters(GBR)	46 8-3-99
M50	22.9	Ken Dennis(USA)	50 7-18-87
M55	22.91	Ron Taylor(GBR)	52 7-31-86
M60	23.37	Ron Taylor(GBR)	56 7-5-91
M65	24.00	Ron Taylor(GBR)	61 6-10-95
M65	25.6	Bernard Hogan(AUS)	65 12-6-85
M70	26.8	Payton Jordan(USA)	70 6-20-87
M75	28.14	Payton Jordan(USA)	75 6-20-92
M80	30.89	Payton Jordan(USA)	80 8-10-97
M85	35.82	Kizo Kimura(JPN)	85 10-20-96
M90	42.78	Anthony Castro(USA)	90 9-18-99
M95	57.58	Erwin Jaskulski(AUT)	96 7-17-99

400 METERS			
DIV.	MARK	NAME(COUNTRY)	AGE MEET DATE
M40	48.10	Rolf Gisler(SWI)	41 7-22-95
M45	50.20	Fred Sowerby(USA)	45 8-12-96
M50	51.39	Fred Sowerby(USA)	50 8-27-99
M55	52.6	Ralph Romain(TRI)	58 7-22-90
M60	53.88	Ralph Romain(TRI)	63 7-22-95
M65	57.52	Berthold Neumann(GER)	65 7-22-96
M70	61.43	Wilhelm Selzer(GER)	70 7-26-97
M75	66.88	Lucas Nel(RSA)	76 8-7-99
M80	75.4	Harold Chapson(USA)	80 7-9-83
M85	91.54	Longino Perez(MEX)	85 12-5-87
M90	157.46	Toshio Kojima(JPN)	91 10-20-96

800 METERS			
DIV.	MARK	NAME(COUNTRY)	AGE MEET DATE
M40	1:51.25	Peter Browne(GBR)	41 6-11-90
M45	1:56.16	Ronaldo Mercelina(HOL)	45 7-7-91
M50	1:59.45	Ronaldo Mercelina(HOL)	50 6-15-96
M55	2:05.07	Tom Roberts(AUS)	55 8-1-89
M60	2:10.42	Alan Bradford(AUS)	60 8-3-99
M65	2:14.33	Earl Fee(CAN)	66 7-18-95
M70	2:21.95	Earl Fee(CAN)	70 8-3-99
M75	2:40.0	Harold Chapson(USA)	75 5-14-78
M80	2:53.5	Harold Chapson(USA)	80 7-11-82
M85	3:29.42	Longino Perez(MEX)	85 11-29-87
M90	4:28.20	Alexander Pittendrich(AUS)	90 3-30-97

1500 METERS			
DIV.	MARK	NAME(COUNTRY)	AGE MEET DATE
M40	3:47.64	Steve Scott(USA)	40 6-1-96
M45	4:00.53	Ken Sparks(USA)	45 4-24-90
M50	4:05.2	Tom Roberts(AUS)	50 3-22-84
M55	4:12.5	Ron Robertson(NZL)	55 2-9-97
M60	4:28.66	Derek Turnbull(NZL)	62 8-5-89
M65	4:39.37	Simon Harlaar(HOL)	65 7-16-94
M70	4:57.65	Simon Harlaar(HOL)	70 8-28-99
M75	5:28.5	Scotty Carter(USA)	75 6-28-92
M80	6:04.28	Ed Benham(USA)	80 12-5-87
M85	7:03.38	Longino Perez(MEX)	85 12-5-87
M90	9:23.24	John Farrell(USA)	90 8-7-99
M95	13:53.8	Herb Kirk(USA)	95 10-6-90

ONE MILE			
DIV.	MARK	NAME(COUNTRY)	AGE MEET DATE
M40	4:02.53	David Moorcroft(GBR)	40 6-19-93
M45	4:16.75	David Sirl(NZL)	45 12-6-87
M50	4:30.06	Ton Roberts(AUS)	53 12-6-87
M55	4:40.4	Jack Ryan(AUS)	55 12-15-77
M60	4:54.07	Joop Ruter(HOL)	60 8-1-93
M65	4:56.4	Derek Turnbull(NZL)	65 2-29-92
M70	5:23.50	Siem Herlaar(HOL)	70 7-16-99
M75	5:57.2	Scotty Carter(USA)	75 7-12-92
M80	8:07.1	Paul Spangler(USA)	81 6-7-80
M85	8:04.7	Josef Galia(GER)	87 9-4-85
M90	13:43.6	Herb Kirk(USA)	90 8-18-86
M95	14:48.2	Herb Kirk(USA)	95 10-6-90

3000 METERS			
DIV.	MARK	NAME(COUNTRY)	AGE MEET DATE
M40	8:17.4	Jack Foster(NZL)	43 1-31-76
M45	8:27.7	Nigel Gates(GBR)	45 8-19-98
M50	8:53.8	Ray Hatton(USA)	50 6-25-82
M55	8:57.28	Ron Robertson(NZL)	55 2-8-97
M60	9:41.2	John Gilmour(AUS)	61 11-22-80
M65	9:47.4	Derek Turnbull(NZL)	65 2-8-92
M70	10:42.40	Siem Herlaar(HOL)	70 7-2-99
M75	12:04.0	Scotty Carter(USA)	75 6-28-92
M80	13:52.63	Ed Benham(USA)	82 5-4-90
M85	16:32.0	Paul Spangler(USA)	85 5-4-84
M90	20:08.4	Paul Spangler(USA)	90 9-16-89

5000 METERS			
DIV.	MARK	NAME(COUNTRY)	AGE MEET DATE
M40	13:45.6	Lucien Rault(FRA)	40 5-21-76
M45	14:23.6	Lucien Rault(FRA)	46 6-19-82
M50	15:45.60	Antonio Villanueva(MEX)	51 7-25-91
M55	15:41.72	Ron Robertson(NZL)	55 2-15-97
M60	16:24.0	Stephen James(USA)	60 6-6-98
M65	16:38.8	Derek Turnbull(NZL)	65 3-13-92
M70	18:34.61	Derek Turnbull(NZL)	70 7-23-97
M75	20:00.13	Jane Todd(GBR)	75 7-23-97
M80	21:57.88	Edward Benham(USA)	81 8-6-88
M85	25:50.97	Yoshiharu Ueda(JPN)	85 9-16-94
M90	36:00.64	Alfred Althaus(GER)	93 7-23-97
M95	50:23.53	Herb Kirk(USA)	95 7-25-91

10,000 METERS			
DIV.	MARK	NAME(COUNTRY)	AGE MEET DATE
M40	28:33.4	Lucien Rault(FRA)	40 6-9-76
M45	30:02.56	Antonio Villanueva(MEX)	45 11-29-87

ONE HOUR RUN			
DIV.	MARK	NAME(COUNTRY)	AGE MEET DATE
M40	19.149	Jozef Eymans(BEL)	40 9-18-96
M45	18.862	Alain Mimoun(FRA)	45 3-20-66
M50	18.575	Alain Mimoun(FRA)	50 5-16-71
M55	17.261	Herman Peiris(HOL)	56 7-10-94
M60	16.853	John Gilmour(AUS)	61 10-21-79
M65	15.892	John Gilmour(AUS)	65 10-7-84
M70	15.474	John Gilmour(AUS)	70 6-21-89
M75	13.181	Lou Gregory(USA)	75 12-17-77
M80	12.130	Paul Spangler(USA)	81 11-1-80
M85	10.088	Paul Spangler(USA)	85 11-18-84

STEEPLECHASE (3000m: 35-39"; 2000m: 60+, 36"; 1000m: 60+, 30")			
DIV.	MARK	NAME(COUNTRY)	AGE MEET DATE
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200 METERS			
DIV.	MARK	NAME(COUNTRY)	AGE MEET DATE
W35	21.93	Marlene Ottey(JAM)	35 8-25-95
W40	24.84	Phil Raschker(USA)	42 8-3-89
W45	25.46	Phil Raschker(USA)	47 6-20-94
W50	25.72	Phil Raschker(USA)	50 7-23-97
W55	28.13	Brunhilde Hoffmann(GER)	56 7-26-96
W60	29.43	Corrie Roovers(HOL)	61 7-26-96
W65	30.46	Irene Obera(USA)	65 8-3-99
W70	33.19	Monica Shone(GBR)	70 8-11-96
W75	34.40	Paula Schneiderhan(GER)	75 7-23-97
W80	41.11	Polly Clarke(USA)	82 8-15-92
W85	53.07	Nora Wedemo(SWE)	86 8-3-99
400 METERS			
DIV.	MARK	NAME(COUNTRY)	AGE MEET DATE
W35	50.56	Aurelia Penton(CUB)	35 7-15-78
W40	53.68	Sara Montecinos(CHL)	40 3-20-94
W45	56.82	Mary Libal(USA)	45 7-22-95
W50	58.51	Marge Allison(AUS)	50 7-22-95
W55	64.50	Brunhilde Hoffmann(GER)	55 7-22-95
W60	67.80	Irene Obera(USA)	61 7-22-95
W65	73.71	Anna Mangler(GER)	65 8-5-89
W70	79.14	Anna Mangler(GER)	70 10-16-93
W75	88.42	Paula Schneiderhan(GER)	77 8-7-99
W80	1:40.45	Polly Clarke(USA)	80 8-3-90
W85	2:13.68	Rosario Iglesias(MEX)	86 7-26-97
W90	3:45.62	Bertha Holt(USA)	90 6-29-96
800 METERS			
DIV.	MARK	NAME(COUNTRY)	AGE MEET DATE
W35	1:56.53	Lyubov Gurina(RUS)	36 7-30-94
W40	1:59.25	Yekaterina Podkopayeva(URS)	42 6-30-94
W45	2:13.13	Jeanette Flynn(AUS)	47 2-13-99
W50	2:21.9	Carolyn Oxtón(GBR)	52 7-24-96
W55	2:22.47	Carolyn Oxtón(GBR)	55 8-30-98
W60	2:36.94	Gerda Van Kootin(HOL)	60 8-3-99
W65	2:51.41	Jean Horne(CAN)	66 8-3-99
W70	3:10.72	Nina Naumenko(URS)	71 7-26-96
W75	3:32.98	Johanna Luther(GER)	75 8-1-99
W80	3:54.81	Johanna Luther(GER)	80 10-10-93
W85	5:00.58	Rosario Iglesias(MEX)	86 7-22-97
1500 METERS			
DIV.	MARK	NAME(COUNTRY)	AGE MEET DATE
W35	3:57.73	Maricica Puica(ROM)	35 8-30-85
W40	3:59.78	Yekaterina Podkopayeva(URS)	42 7-18-94
W45	4:13.27	Yekaterina Podkopayeva(URS)	45 6-25-97
W50	4:48.78	Carolyn Oxtón(GBR)	52 9-11-96
W55	4:57.4	Carolyn Oxtón(GBR)	55 8-26-98
W60	5:24.72	Gerda Van Kootin(HOL)	60 8-7-99
W65	6:02.64	Melitta Czarwinka-Nagel(GER)	66 7-19-96
W70	6:14.52	Nina Naumenko(URS)	71 7-25-95
W75	7:06.13	Johanna Luther(GER)	77 7-27-91
W80	7:32.22	Johanna Luther(GER)	80 10-16-93
W85	10:33.40	Ivy Granstrom(CAN)	85 7-26-97
ONE MILE			
DIV.	MARK	NAME(COUNTRY)	AGE MEET DATE
W35	4:17.33	Maricica Puica(ROM)	35 8-21-85
W40	4:23.78	Yekaterina Podkopayeva(URS)	40 6-9-93
W45	4:48.42	Yekaterina Podkopayeva(URS)	45 9-13-97
W50	5:24.6	Elaine Statham(GBR)	50 8-27-94
W55	5:32.7	Carolina Keyser(HOL)	56 9-16-98
W60	6:24.8	Josephine Ross(GBR)	63 9-18-91
W65	6:41.64	Rosamund Dashwood(CAN)	65 6-8-89
W70	7:26.0	Pat Dixon(USA)	70 6-24-89
W80	9:49.40	Ivy Granstrom(CAN)	80 5-31-92
W85	11:54.3	Ivy Granstrom(CAN)	86 6-27-98
3000 METERS			
DIV.	MARK	NAME(COUNTRY)	AGE MEET DATE
W35	8:27.83	Maricica Puica(ROM)	35 9-7-85
W40	9:11.2	Joyce Smith(GBR)	40 4-30-78
W45	10:18.10	Els Raap(HOL)	47 5-28-88
W50	10:24.01	Edeltraud Pohl(GER)	52 8-25-88
W55	11:05.1	Shirley Matson(USA)	55 9-8-96
W60	12:01.65	Denise Alfvoet(BEL)	60 5-16-96
W65	12:47.6	Joselyn Ross(GBR)	65 8-14-93
W70	13:50.8	Jose Waller(GBR)	70 10-4-92
W75	17:37.2	Bess James(USA)	75 8-10-85
W80	21:18.6	Ivy Granstrom(CAN)	80 6-28-92
W85	24:08.62	Ivy Granstrom(CAN)	86 6-28-98
5000 METERS			
DIV.	MARK	NAME(COUNTRY)	AGE MEET DATE
W35	15:11.28	Lynn Jennings(USA)	35 7-10-95
W40	15:51.7	Nicole Leveque(FRA)	42 6-12-94
W45	16:17.6	Evy Palm(SWE)	45 4-7-87
W50	17:25.6	Shirley Matson(USA)	50 9-26-91
W55	18:43.65	Shirley Matson(USA)	55 8-23-96
W60	19:14.8	Marion Irvine(USA)	60 10-19-89
W65	21:37.8	Joselyn Ross(GBR)	65 8-14-93
W70	23:21.2	Jose Waller(GBR)	70 10-4-92
W75	25:43.39	Johanna Luther(GER)	76 8-4-89
W80	28:32.67	Johanna Luther(GER)	80 10-11-93
W85	37:02.30	Matsue Nishiyama(JPN)	86 10-10-93
10,000 METERS			
DIV.	MARK	NAME(COUNTRY)	AGE MEET DATE
W35	31:20.28	Ingrid Kristiansen(NOR)	35 7-9-91
W40	32:12.07	Nicole Leveque(FRA)	42 8-13-94
W45	35:35.5	Bernardine Portenski(NZL)	48 3-1-98
W50	36:44.47	Jutta Pederson(SWE)	50 7-19-97
W55	38:38.6	Jean Albury(AUS)	55 4-5-85
W60	43:07.45	Eve Pell(USA)	60 8-9-97
W65	45:49.42	Shirley Brasher(AUS)	65 4-17-92
W70	48:10.98	Jose Waller(GBR)	71 7-18-93
W75	53:13.63	Johanna Luther(GER)	77 7-21-91
W80	58:40.03	Johanna Luther(GER)	80 10-7-93
W85	86:55.70	Ivy Granstrom(CAN)	86 7-3-98
2000 METER STEEPELECHASE (36")			
DIV.	MARK	NAME(COUNTRY)	AGE MEET DATE
W35	7:05.76	Veronica Boden(GBR)	35 7-17-94
W40	7:47.56	Marietje Ceronio(USA)	40 8-8-97
W45	7:38.08	Margaret Orman(NZL)	49 7-27-91
W50	7:43.99	Margaret Orman(NZL)	51 3-13-93
W55	8:15.4	Margaret Orman(NZL)	55 3-15-97
W60	10:29.91	Nan Little(NZL)	61 4-2-88
2000 METER STEEPELECHASE (30") BEST PERFORMANCES			
DIV.	MARK	NAME(COUNTRY)	AGE MEET DATE
W35	6:30.83	Leslie Lehane(USA)	35 7-31-98
W40	7:20.85	Teresa Colebrook(GBR)	40 7-27-97
W45	7:44.53	Victoria Adams(NZL)	45 8-8-99
W50	8:13.92	Judith Stewart(NZL)	50 7-27-97
W55	9:58.43	Margaret Orman(NZL)	55 8-8-99
W60	9:59.23	Sara Urrutia(PUR)	62 8-8-99
W65	10:30.07	Ana Tebes(ARG)	66 8-8-99
W70	12:19.45	Shirley Brasher(AUS)	72 8-8-99

SHORT HURDLES (35-39: 100M,33"; 40+: 80M,30")			
DIV.	MARK	NAME(COUNTRY)	AGE MEET DATE
W35	13.13	Yelizaveta Chemysheva(RUS)	35 6-19-93
W40	11.68	Jocelyn Harwood(GBR)	40 5-17-98
W45	12.22	Phil Raschker(USA)	47 8-5-94
W50	12.68	Phil Raschker(USA)	50 7-20-97
W55	13.30	Corrie Roovers(HOL)	56 7-20-91
W60	13.89	Corrie Roovers(HOL)	60 6-15-96
W65	16.11	Asta Larsson(SWE)	67 8-4-99
W70	18.91	Isabella Hofmeyr(RSA)	70 2-13-99
W75	27.89	Rosaline Sole(NZL)	75 7-21-91
LONG HURDLES (400m: 35-49, 30"; 300m: 50+, 30")			
DIV.	MARK	NAME(COUNTRY)	AGE MEET DATE
W35	52.94	Marina Stepanova(URS)	36 9-17-86
W40	63.04	Maria Sangous Espina(ESP)	40 7-16-95
W45	64.09	Jan Hynes(AUS)	49 4-3-94
W50	67.01	Jan Hynes(AUS)	50 10-2-94
W55	52.11	Corrie Roovers(HOL)	56 7-25-91
W60	53.05	Corrie Roovers(HOL)	60 7-16-95
W65	65.67	Isabel Hofmeyr(RSA)	65 10-13-93
W70	68.82	Isabel Hofmeyr(RSA)	71 8-1-99
HIGH JUMP			
DIV.	MARK	NAME(COUNTRY)	AGE MEET DATE
W35	1.88	Debbie Brill(CAN)	35 4-23-88
W40	1.72	Debbie Brill(CAN)	44 8-9-97
W45	1.72	Carmen Karg(URS)	40 7-16-95
W50	1.76	Debbie Brill(CAN)	46 8-6-99
W55	1.55	Phil Raschker(USA)	50 5-25-97
W60	1.43	Taisija Tshentchik(URS)	55 7-23-91
W65	1.36	Chris Schmalbruch(GBR)	60 7-26-97
W70	1.22	Leonore McDaniel(USA)	65 8-11-93
W75	1.10	Leonore McDaniel(USA)	70 5-9-98
W80	0.92	Olga Kotekko(CAN)	80 8-6-99
POLE VAULT			
DIV.	MARK	NAME(COUNTRY)	AGE MEET DATE
W35	3.80	Cassandra Kelly(NZL)	35 7-13-98
W40	3.40	Dawn Hartigan(AUS)	41 2-7-98
W45	3.38	Phil Raschker(USA)	47 5-17-94
W50	3.10	Phil Raschker(USA)	50 4-24-97
W55	2.56	Joy McDonald(USA)	56 4-5-97
W60	2.35	Becky Sisley(USA)	60 6-12-99
W65	2.16	Leonore McDaniel(USA)	69 8-8-97
W70	1.50	Margaret Hinton(USA)	75 8-21-96
LONG JUMP			
DIV.	MARK	NAME(COUNTRY)	AGE MEET DATE
W35	6.58	Maryna Van Niekerk(RSA)	36 2-20-91
W40	5.90	Anna Wlodarczyk(POL)	41 8-15-92
W45	5.52	Takako Togawa(JPN)	45 10-19-88
W5			

U.S.A. T&F OUTDOOR AGE-GROUP RECORDS

Compiled by Peter Mundle and the Records Subcommittee of the TAC
Masters T&F Committee through performances verified as of December 3, 1999

Men's USA Five-Year Age-Group Records

100 METERS			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M35 10.3	Ruben Whitney(TX)	35 6-14-80	
M40 10.87	Eddie Hart(CA)	40 7-30-89	
10.6n	Eddie Hart(CA)	40 9-11-89	
M45 11.02	Stan Whitley(CA)	48 4-17-96	
11.0n	Thane Baker(TX)	48 6-14-80	
M50 11.38	Stan Whitley(CA)	52 8-1-98	
11.2n	Ken Dennis(CA)	50 7-18-87	
M55 11.66	Ralph Summerlin(AL)	58 7-14-90	
11.6n	Payton Jordan(CA)	56 6-23-73	
11.6n	Alfred Guidet(CA)	56 6-22-74	
M60 11.8	Payton Jordan(CA)	61 5-27-78	
M65 12.6	Payton Jordan(CA)	65 6-12-82	
M70 12.91	Payton Jordan(CA)	74 6-22-91	
M75 13.72	Payton Jordan(CA)	75 5-30-92	
M80 14.35	Payton Jordan(CA)	80 5-10-97	
M85 17.98	Russell Randall(CO)	85 8-14-92	
M90 20.69	Buell Crane(ID)	90 7-27-90	
200 METERS			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M35 20.8	Delano Meriwether(US)	35 6-9-78	
M40 21.86	Bill Collins(TX)	41 8-15-92	
M45 22.30	Stan Whitley(CA)	46 6-20-92	
M50 22.98	Stephen Robbins(CA)	53 6-30-96	
22.9n	Ken Dennis(CA)	50 7-18-87	
M55 23.6	Alfred Guidet(CA)	55 6-24-73	
M60 24.82	Larry Colbert(MD)	60 7-23-97	
M65 26.05	James Law(NC)	67 10-10-93	
M70 26.8	Payton Jordan(CA)	70 6-20-87	
M75 28.14	Payton Jordan(CA)	75 6-20-92	
M80 30.89	Payton Jordan(CA)	80 8-10-97	
M85 40.29	Konrad Boas(NY)	86 8-3-89	
M90 42.78	Anthony Castro(CA)	90 9-18-99	
M95 46.28	Herb Kirk(MT)	95 7-26-91	
400 METERS			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M35 46.38	James King(CA)	35 5-25-84	
M40 48.44	James King(CA)	40 8-5-89	
M45 50.20	Fred Sowerby(NV)	45 8-12-96	
M50 51.39	Fred Sowerby(NV)	50 8-27-99	
M55 53.39	Larry Colbert(MD)	58 7-22-95	
M60 55.99	Larry Colbert(MD)	62 8-7-99	
M65 58.79	Jim Law(NC)	65 7-5-91	
M70 62.2	John Alexander(TX)	70 9-24-89	
M75 68.5	Josiah Packard(CA)	75 6-23-79	
M80 75.4	Harold Chapson(NI)	80 7-9-83	
M85 93.59	Russell Randall(CO)	86 8-12-93	
M90 2:00.2	Paul Spangler(CA)	90 9-16-89	
800 METERS			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M35 1:43.36	Johnny Gray(CA)	35 8-16-95	
M40 1:52.5	Ken Popejoy(IL)	40 5-31-91	
M45 1:56.27	Don Parker(CA)	47 5-12-90	
M50 2:01.1	Bill Fitzgerald(CA)	50 6-29-75	
M55 2:08.7	Vic Heckler(IL)	55 6-18-98	
M60 2:12.71	Sidney Howard(NJ)	60 8-2-99	
M65 2:25.3	Frank Finger(VA)	65 7-5-80	
M70 2:37.57	James Lytjen(CA)	70 7-23-91	
M75 2:40.0	Harold Chapson(NI)	75 5-14-78	
M80 2:53.5	Harold Chapson(NI)	80 7-11-82	
M85 3:54.10	Max Springer(TN)	85 8-2-99	
p3:38.8	Alfred Funk(MT)	85 7-18-99	
M90 4:39.59	Paul Spangler(CA)	90 6-10-89	
M95 6:02.94	Herb Kirk(MT)	95 7-23-91	
1500 METERS			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M35 3:40.83	Steve Scott(CA)	35 6-14-91	
M40 3:53.18	Larry Almberg(WA)	42 8-5-89	
M45 4:00.53	Ken Sparks(OH)	45 4-24-90	
M50 4:05.8	Ray Hatton(OR)	50 7-8-82	
M55 4:24.8	Vic Heckler(IL)	55 8-17-97	
M60 4:32.09	Jim Sutton(PA)	60 7-27-91	
M65 4:56.31	Joe King(CA)	65 7-27-91	
M70 5:14.97	James Lytjen(CA)	70 7-27-91	
M75 5:28.5	Scotty Carter(MA)	75 6-28-92	
M80 6:04.28	Ed Benham(MD)	80 12-5-87	
M85 7:44.96	Paul Spangler(CA)	85 5-5-84	
p7:12.0	Alfred Funk(MT)	85 7-18-99	
M90 9:25.2	Paul Spangler(CA)	90 6-10-89	
M95 13:53.8	Herb Kirk(MT)	95 10-6-90	
ONE MILE			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M35 3:54.13	Steve Scott(CA)	35 7-1-91	
M40 4:12.26	Larry Almberg(WA)	43 4-28-90	
M45 4:18.83	Ken Sparks(OH)	45 4-24-90	
M50 4:32.2	Bill Fitzgerald(CA)	50 7-13-75	
M55 4:45.6	Vic Heckler(IL)	55 8-17-97	
M60 4:58.2	Jim Sutton(PA)	60 8-17-91	
M65 5:22	Monty Montgomery(CA)	65 4-8-72	
M70 5:42.2	Monty Montgomery(CA)	70 7-9-77	
M75 5:57.2	Scotty Carter(MA)	75 7-12-92	
M80 8:07.1	Paul Spangler(CA)	81 6-7-80	
M85 12:23.6	Herb Kirk(MT)	87 8-26-83	
M90 13:43.6	Herb Kirk(MT)	90 8-18-86	
M95 14:48.2	Herb Kirk(MT)	95 10-6-90	
3000 METERS			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M35 7:56.69	Steve Scott(CA)	35 5-25-91	
M40 8:43.7	Web Loudat(NM)	40 6-13-87	
M45 9:06.6	Kirk Randall(MA)	45 6-13-87	
M50 8:53.8	Ray Hatton(OR)	50 6-25-82	
M55 9:37.88	Ray Hatton(OR)	56 6-26-88	
M60 10:13.8	Don Gammie(OH)	60 8-10-91	
M65 10:49.81	Paul Heitzman(KS)	67 6-28-98	
M70 11:46.2	Harold Chapson(NI)	73 3-28-76	
M75 12:04.0	Scotty Carter(MA)	75 6-28-92	
M80 13:52.63	Ed Benham(MD)	82 5-4-90	
M85 16:32.0	Paul Spangler(CA)	85 5-4-84	
M90 20:08.4	Paul Spangler(CA)	90 9-16-89	

5000 METERS			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M35 13:26.03	Steve Plasencia(US)	36 6-5-93	
M40 14:45.70	William Krohn(US)	40 7-31-99	
M45 15:12.25	Mike Manley(OR)	47 8-1-89	
M50 15:41.67	Mike Fernanen(OR)	50 7-25-91	
M55 16:27.1	James O'Neil(CA)	55 1-12-81	
M60 17:19.0	Clive Davies(OR)	64 8-2-80	
M65 18:07.04	Joe King(CA)	65 7-25-91	
M70 18:43.61	Warren Uttes(IL)	70 7-23-91	
M75 20:55.39	Alfred Funk(MT)	75 8-1-89	
M80 21:57.88	Edward Benham(MD)	81 8-6-88	
M85 28:03.8	Paul Spangler(CA)	85 4-14-84	
M90 37:39.38	Paul Spangler(CA)	90 8-1-89	
M95 50:23.53	Herb Kirk(MT)	95 7-25-91	

10,000 METERS			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M35 28:02.41	Steve Plasencia(US)	36 6-18-93	
M40 30:37.94	Craig Young(CO)	40 8-1-98	
M45 31:48	Ray Hatton(OR)	45 6-11-77	
M50 32:10.4	Ray Hatton(OR)	51 6-18-83	
M55 33:00.66	Norman Green(PA)	57 7-29-89	
M60 35:19.8	Clive Davies(OR)	63 8-19-78	
M65 38:38.0	Norman Bright(MA)	66 8-3-76	
M70 38:23.69	Warren Uttes(IL)	70 7-20-91	
M75 43:54.75	Edward Benham(MD)	75 9-25-83	
M80 44:29.4	Edward Benham(MD)	81 8-4-88	
M85 63:58.4	Paul Spangler(CA)	86 6-22-85	
M90 71:40.78	Paul Spangler(CA)	90 7-29-89	

ONE HOUR RUN			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M35 11:1070	18.681 Ken Mueller(MA)	35 5-13-72	
M40 11:740	18.379 Ray Hatton(OR)	44 8-7-76	
M45 11:223	17.907 Hal Higdon(IN)	48 6-26-79	
M50 10:1355	17.314 Peter Mundle(CA)	50 10-1-78	
M55 10:775	16.802 James O'Neil(CA)	56 8-4-81	
M60 10:201	16.277 Clive Davies(OR)	61 8-7-76	
M65 9:604	15.036 Norman Bright(MA)	65 6-13-75	
M70 8:1131	13.909 William Andberg(MN)	70 10-4-81	
M75 8:335	13.181 Lou Gregory(FL)	75 12-17-77	
M80 7:946	12.130 Paul Spangler(CA)	81 11-1-80	
M85 6:472	10.088 Paul Spangler(CA)	85 11-18-84	

STEEPLECHASE (36" BARRIERS) (35:59: 3000M; 60+: 2000M)			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M35 8:38.8	Mike Manley(OR)	38 - -80</td	

Continued from previous page

PENTATHLON(1994 WAVA SCORING TABLES)

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	3577	Frank Reilly(CA)	39	6-20-87
M40	3586	Michael Janusey(PA)	40	8-10-98
M45	4038	Gary Miller(CA)	45	9-30-83
M50	4283	Gary Miller(CA)	50	6-26-88
M55	4104	Richmond Morcom(PA)	56	8-12-77
M60	4026	John Alexander(TX)	61	5-8-81
M65	4162	Richmond Morcom(PA)	66	6-20-87
M70	3843	Richmond Morcom(PA)	70	7-4-91
M75	3347	Nile Lightfoot(OH)	75	7-20-89
M80	3410	Dan Bulkley(OR)	80	8-10-98
M85	2472	Ken Carnine(CA)	85	6-19-93

WEIGHT PENTATHLON(1994 WAVA SCORING TABLES)

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	3802	Dean Crouser(OR)	38	8-21-98
M40	3957	Ken Jansson(KS)	40	8-21-98
M45	4044	Carl Wallin(NH)	46	12-7-87
M50	4712	Tom Gage(MT)	52	7-22-95
M55	4499	Richard Hotchkiss(CA)	56	7-22-95
M60	4403	Wendell Palmer(TX)	63	7-22-95
M65	4832	Bob D Ward(TX)	65	9-5-98
M70	4666	Ladislav Filip(OR)	70	8-21-98
M75	3302	Armando Ricciardi(NV)	77	7-26-97
M80	2887	Eugene Bradford(US)	80	7-22-95
M85	3134	John Pearce(TX)	85	8-24-96
M90	2233	Everett Hosack(OH)	93	7-22-95

2000 METER STEEPECHASE (30" BARRIERS) BEST PERFORMANCES

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M60	8:15.87	Frank Haviland(NJ)	63	7-31-98
p0:09.65	Joe Cordero(NY)	61	8-27-99	
M65	8:29.61	Robert Culling(CA)	66	7-31-98
M70	8:39.25	Gunner Linde(CA)	71	8-8-99
M75	p11:15.63	Avery Bryant(CA)	75	8-27-99
M80	11:48.10	Dan Bulkley(OR)	82	8-8-99
p10:52.46	Dan Bulkley(OR)	82	8-27-99	

Women's USA Five-Year Age-Group Records

100 METERS	DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	11.07	Evelyn Ashford(US)	35	5-28-92	
W40	12.31	Phil Raschke(GA)	40	12-1-87	
W45	12.50	Phil Raschke(GA)	48	9-2-95	
W50	12.50	Phil Raschke(GA)	50	5-17-97	
W55	13.55	Kathy Jager(AZ)	56	7-31-99	
W60	13.91	Irene Obera(CA)	60	8-13-94	
W65	14.29	Irene Obera(CA)	65	7-31-99	
W70	16.15	Patricia Peterson(NY)	72	8-11-98	
W75	16.87	Polly Clarke(CO)	75	8-31-85	
W80	19.32	Polly Clarke(CO)	82	8-14-92	
W85	p34.7	Mary Ames(CA)	86	8-7-89	
W90	31.53	Zora Lux(WA)	90	6-10-95	

200 METERS	DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	22.47	Evelyn Ashford(US)	35	8-13-92	
W40	24.84	Phil Raschke(GA)	42	8-3-89	
W45	25.56	Phil Raschke(GA)	47	6-20-94	
W50	25.72	Phil Raschke(GA)	50	7-23-97	
W55	28.48	Irene Obera(CA)	55	8-3-89	
W60	29.57	Irene Obera(CA)	63	7-23-97	
W65	30.46	Irene Obera(CA)	65	8-3-99	
W70	34.03	Patricia Peterson(NY)	72	8-2-98	
W75	35.93	Polly Clarke(CO)	75	8-31-85	
W80	41.11	Polly Clarke(CO)	82	8-15-92	
W85	p58.4	Anna Ward(MD)	85	6-2-90	
p2:02.81	Marilla Salisbury(CA)	85	8-13-93		
W90	70.99	Zora Lux(WA)	90	6-10-95	

400 METERS	DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	56.8	Phil Raschke(GA)	36	6-25-83	
W40	57.49	Rose Monday(CA)	40	8-7-99	
W45	56.82	Mary Libal(OR)	45	7-22-95	
W50	61.89	Phil Raschke(GA)	50	7-26-97	
W55	65.29	Kimi Solwazi(CA)	55	4-8-95	
W60	67.80	Irene Obera(CA)	61	7-22-95	
W65	73.76	Irene Obera(CA)	65	8-7-99	
W70	82.52	Patricia Peterson(NY)	72	7-31-98	
W75	89.62	Polly Clarke(CO)	75	8-25-85	
W80	1:40.45	Polly Clarke(CO)	80	8-3-90	
W90	3:45.62	Bertha Holt(OR)	90	6-29-96	

800 METERS	DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	2:02.83	Ruth Wysocki(CA)	35	5-23-92	
W40	2:13.33	Rose Monday(CA)	40	8-29-99	
W45	2:18.72	Dee Dee Grafius(CA)	48	7-12-97	
W50	2:25.29	Shirley Matson(CA)	51	8-15-92	
W55	2:30.53	Jane Arnold(CT)	55	6-8-96	
W60	2:40.91	Carolyn Cappetta(MA)	63	8-3-99	
W65	3:01.80	Suzi Macleod(OR)	65	8-3-99	
W70	3:20.71	Sunime Leonard(CA)	70	8-13-98	
W75	3:37.19	Pearl Mehl(CO)	75	9-2-89	
W80	4:59.20	Pearl Mehl(CO)	80	8-13-96	
W85	p6:14.1	Mary Ames(CA)	85	9-3-88	

1500 METERS	DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	4:07.08	Ruth Wysocki(CA)	38	8-9-95	
W40	4:38.73	Carol McLatchie(TX)	41	10-16-93	
W45	4:48.19	Joan Colman(CA)	45	8-5-89	
W50	4:57.44	Shirley Matson(CA)	51	8-16-92	
W55	5:14.2	Vicki Bigelow(CA)	56	6-13-92	
W60	5:39.96	Vicki Bigelow(CA)	60	7-22-95	
W65	6:26:49	Jaclyn Caselli(CA)	65	7-19-86	
W70	6:42.17	Pat Dixon(OR)	70	6-30-89	
W75	7:42.30	Bess James(CA)	75	6-29-85	
W80	8:36.90	Anne Clarke(IL)	81	7-27-91	
W85	11:50.24	Mary Ames(CA)	85	8-7-99	

ONE MILE	DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	4:26.10	Mary Slaney(OR)	38	4-26-97	
W40	4:54.0	Laurie Binder(CA)	43	8-8-91	
W45	5:21.5	Carol Flexer(WA)	46	7-19-89	
W50	5:29.39	Jeanne Hoagland(CA)	51	12-6-87	
W55	5:46.8	Shirley Matson(CA)	56	7-26-97	
W60	6:33.23	Jeanne Hoagland(CA)	62	5-30-99	
W65	6:55.6	Pat Dixon(OR)	66	6-22-85	
W70	7:26.0	Pat Dixon(OR)	70	6-24-89	

3000 METERS	DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	8:51.84	Francis Larrieu(TX)	35	9-11-88	
W40	9:59.0	Laurie Binder(CA)	40	7-30-88	
W45	10:19.4	Joan Ottaway(CA)	46	9-8-90	
W50	10:50.54	Shirley Matson(CA)	50	5-13-94	
W55	11:05.2	Shirley Matson(CA)	55	9-8-96	
W60	12:25.6	Margaret Miller(CA)	60	7-23-86	
W65	13:15.6	Jaclyn Caselli(CA)	65	7-6-86	
W70	16:55.0	Jaclyn Caselli(CA)	74	9-2-95	
W75	17:37.2	Bess James(CA)	75	8-10-85	
W80					

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National Masters News

Men's World Masters Relay Bests
(as of March 1, 2000)

4x100	40-49	42.79	USA (Austin, Collins, Mitchell, Hartfield)	5- 2-92 Houston, TX
	50-59	45.04	USA (Fields, Bell, Jones, Robbins)	7-23-95 Buffalo, NY
	60-69	48.17	GER (Radke, Temme, Gasper, Russ)	8- 8-99 Gateshead
	70-79	54.69	USA (Larsen, Melville, Brown, Sochor)	7-18-98 Lisle, IL
	80-89	65.75	JPN (Morita, Okazaki, Tateishi, Suda)	7-23-95 Buffalo, NY
4x200	40-49	1:29.85	USA (Austin, Hartfield, Mitchell, Collins)	5- 1-92 Houston, TX
	50-59	1:40.33	USA (Russin, Kopka, Pierce, Stevens)	8- 3-95 Northampton, MA
	60-69	1:45.23	HE (L.Smith, R.Smith, Hartfield, Mitchell)	6-26-98 Houston, TX
	70-79	1:45.23	USA (Tolson, Hollier, Sims, Richards)	6-19-99 Eagle Rock, CA
	80-89	1:58.44	USA (Melville, Brown, Daprano, Sochor)	7-11-98 San Antonio, TX
4x400	40-49	1:29.85	PM (Abayomi, Stanford, Burnett, Roberts)	4-30-83 Philadelphia, PA
	50-59	1:40.33	USA (Thiel, Brinker, Tucker, King)	8- 6-89 Eugene, OR
	60-69	1:45.23	BRC (Graff, Souppa, Stevens, Pierce)	4-24-98 Philadelphia, PA
	70-79	1:45.23	HE (Steffes, Mathis, Adamson, Colbert)	8- 6-89 Eugene, OR
	80-89	1:58.44	PMTC (Kane, Hitt, Hoffman, Coy)	8-14-94 Eugene, OR
4x800	40-49	1:29.85	USA (Adamson, Stewart, Johnson, Colbert)	8- 8-99 Gateshead
	50-59	1:40.33	USA (Bloomfield, Jordan, Sprnseler, Weinacht)	8- 6-89 Eugene, OR
	60-69	1:45.23	USA (Bloomfield, Jordan, Sprnseler, Weinacht)	8- 6-89 Eugene, OR
	70-79	1:45.23	USA (Bloomfield, Jordan, Sprnseler, Weinacht)	8- 6-89 Eugene, OR
	80-89	1:58.44	JPN (Miura, Niki, Yabe, Watanabe)	11-14-98 Okinawa
4x1600	40-49	3:21.54	USA (Thiel, Brinker, Tucker, King)	8- 6-89 Eugene, OR
	50-59	3:35.88	USA (Steffes, Mathis, Adamson, Colbert)	8- 6-89 Eugene, OR
	60-69	3:53.87	USA (Adamson, Stewart, Johnson, Colbert)	8- 6-89 Eugene, OR
	70-79	4:35.07	USA (Bloomfield, Jordan, Sprnseler, Weinacht)	8- 6-89 Eugene, OR
	80-89	6:00.03	JPN (Miura, Aiki, Yabe, Watanabe)	11-14-98 Okinawa
4x1500	40-49	8:00.2	USA (Mason, Franklin, Thomas, Romaine)	7- 7-84 Berkeley, CA
	50-59	8:45.88	USA (Duffy, Franklin, Thomas, McMillan)	9-10-94 Berkeley, CA
	60-69	9:33.95	HOL (Haijor, Ravensbergen, Zethof, Herlaar)	6-11-92 Beverwijk
	70-79	11:09.87	USA (Selby, Escobson, Linde, Bryant)	8- 2-98 Orono, ME
4x1600	40-49	18:22.6	USA (Franklin, Thomas, Barnett, Hampton)	2-21-88 Los Gatos, CA
	p18:08.5	18:22.6	GBR (Molloy, Bedwell, Wilcock, McClellan)	Watford
	p18:11.9	18:22.6	GBR (Grant, Molloy, O'Dell, Hancock)	9-21-95 Oxford
	50-59	19:43.4	USA (Ruona, Williams, Lyons, Porteous)	8-26-96 Kentfield, CA
	60-69	22:32.9	USA (Hoel, Antonides, Poole, Chappell)	8-28-99 San Jose, CA
	70-79	27:50.5	USA (Pickett, Lindquist, Mehrlert, Piva)	8- 8-98 San Rafael, CA
sprt med	40-49	3:36.1	USA (Knocke, Edens, Smith, Cohen)	8-14-82 Philadelphia, PA
	50-59	3:58.16	USA (Pierce, Russell, Kopka, Stevens)	6-24-95 Dedham, MA
	60-69	4:28.4	USA (Lee, Rieke, Badiner, Wimberly)	6-28-94 New Orleans, LA
	70-79	4:52.34	USA (Sochor, Maldonado, Melville, Brown)	7-13-96 Libertyville, IL
dist med	40-49	10:34.6	USA (Stevens, Pierce, Frye, Norton)	7-11-90 Providence, RI
	50-59	11:39.2	USA (Duffy, Mason, Thomas, Franklin)	7- 3-94 Irvine, CA
	60-69	13:17.0	USA (Noel, Saucedo, Antonides, Misner)	8- 8-98 Saratoga
	70-79	16:50.3	USA (Powers, Cunningham, DeMartinis, Valles)	7-26-97 Kentfield, CA
4x1500	40-49	16:59.10	USA (Hunt, Randall, Konings, Scott)	5- 2-99 Irvine, CA
	p16:41.0	16:59.10	GBR (Grant, Molloy, Bedwell, Wilcock)	4-30-97
	60-69	21:11.2	USA (Hoel, Antonides, Poole, Chappell)	8-18-99 San Jose, CA

Women's World Masters Relay Bests
(as of March 1, 2000)

4x100	35-39	48.63	FRA (Desmier, Sulter, Andreas, Apavou)	8- 6-89 Eugene, OR
	40-49	50.07	GER (Hornedel, Fritsche, Heitmann, Moritz)	8- 8-99 Gateshead
	p49.45	50.07	GER (Meier, Bayha, Geraldine, Hees)	7-28-91 Turku
	50-59	53.43	GBR (Lewington, Nuttall, Parsons, Priestman)	9-19-98 Cesenatico
	p53.41	53.43	GER (Eriksen, Gallego, Kummerle, Behrendt)	7-23-95 Buffalo, NY
	60-69	56.89	GER (Schmalbruch, Hofman, Reichert, Dreroll)	8- 8-99 Gateshead
	70-79	68.72	GER (Lorenz, Schneiderhan, Haule, Mangler)	7-23-95 Buffalo, NY
4x400	35-39	3:50.80	GER (Mitchell, Mathews, Beadhall, Gabriel)	8- 8-99 Gateshead
	40-49	3:58.70	USA (Foreman, Thompson, Board, Libal)	8-24-96 Eugene, OR
	50-59	4:28.52	GBR (Priestman, Waters, Robson, Carey)	8- 8-99 Gateshead
	60-69	5:06.40	GBR (Fraser, Jones, Hulls, Holmes)	8- 8-99 Gateshead
	70-79	6:41.33	USA (Adams, Peterson, Russell, Friedman)	8-24-96 Eugene, OR
4x800	35-39	9:37.29	HOL (Van de Van, Pos, Ruyter, Verhoeft)	9-25-92 Dordrecht
	40-49	10:14.2	USA (Grafius, McHampton, Villar, Ogle)	8-14-94 Eugene, OR
	50-59	11:25.8	USA (Kerr, McCormick, Bigelow, Ottaway)	8-14-94 Eugene, OR
4x1600	40-49	22:47.7	USA (Powers, Patterson, Brianess, McCallister)	8- 6-98 San Rafael, CA
4x1500	35-39	p20:13.0	GBR (Howard, Gallagher, Davison, Craig)	4-30-97

p = pending - missing birthdates, dates, etc.

Men's U.S. Masters Relay Bests
(as of March 1, 2000)

4x100	40-49	42.79	ME (Austin, Collins, Mitchell, Hartfield)	5- 2-92 Houston, TX
	50-59	46.67	WVTC (Marlin, Lingle, Springett, Sanchez)	7-23-83 Los Gatos, CA
	60-69	50.9	CDM (Morales, Jordan, Killion, Guidet)	7-23-95 Buffalo, NY
	70-79	54.69	USA (Albury, Regier, Harte, Law)	8- 6-89 Eugene, OR
	80-89	77.37	USA (Larsen, Melville, Brown, Sochor)	7-18-98 Lisle, IL

p = pending - missing birthdates, dates, etc.

4x200	40-49	1:29.85	HE (Austin, Hartfield, Mitchell, Collins)	5- 1-92 Houston, TX
	50-59	1:40.33	BAA (Russin, Kopka, Pierce, Stevens)	8- 3-95 Northampton, MA
	p139.00	1:40.33	HE (L.Smith, R.Smith, Hartfield, Mitchell)	6-26-98 Houston, TX
	60-69	1:45.23	USA (Tolson, Hollier, Sims, Richards)	6-19-99 Eagle Rock, CA
	70-79	1:45.23	USA (Melville, Brown, Daprano, Sochor)	7-11-98 San Antonio, TX
4x400	40-49	3:25.40	PM (Abayomi, Stanford, Burnett, Roberts)	4-30-83 Philadelphia, PA
	50-59	3:21.54	USA (Thiel, Brinker, Tucker, King)	8- 6-89 Eugene, OR
	60-69	3:35.88	BRC (Graff, Souppa, Stevens, Pierce)	4-24-98 Philadelphia, PA
	70-79	3:45.07	PMTC (Kane, Hitt, Hoffman, Coy)	8-14-94 Eugene, OR
	80-89	6:00.03	USA (Bloomfield, Jordan, Sprnseler, Weinacht)	8- 8-99 Gateshead
4x800	40-49	8:11.8	SCS (Montez, Knocke, Elliot, Cohen)	7- 3-83
	50-59	8:09.06	USA (Mogg, Wulf, Barry, Shaheed)	3-15-96 Santa Barbara, CA
	60-69	8:45.88	WVTC (Duffy, Franklin, Thomas, McMillan)	9-10-94 Berkeley, CA
	70-79	10:09.10	SAC (Haviland, Bernstein, Chase, MacDonald)	8- 2-98 New York, NY
	80-89	6:00.03	USA (Stewart, Stevenson, Stevens, King)	7-23-89
4x1600	40-49	18:22.6	WVTC (Franklin, Thomas, Barnett, Hampton)	2-21-88 Los Gatos, CA
	50-59	19:43.4	TR (Ruona, Williams, Lyons, Porteous)	8-26-96 Kentfield, CA
	60-69	22:32.9	WVJS (Hoel, Antonides, Poole, Chappell)	8- 8-98 San Rafael, CA
	70-79	27:50.5	TR (Pickett, Lindquist, Mehrlert, Piva)	8- 8-98 San Rafael, CA
sprt med	40-49	3:36.1	SCS (Knocke, Edens, Smith, Cohen)	8-14-82 Philadelphia, PA
	50-59	3:58.16	BRC (Pierce, Russell, Kopka, Stevens)	6-24-95 Dedham, MA
	60-69	4:28.4	KHTC (Lee, Rieke, Badiner, Wimberly)	6-28-94 New Orleans, LA
	70-79	4:52.34	MMTC (Bergthold, Saunders, Larsen, Madia)	7-13-96 Libertyville, IL
dist med	40-49	10:34.6	USA (Sochor, Maldonado, Melville, Brown)	7-11-98 San Antonio, TX
	50-59	11:39.2	USA (Selby, Escobson, Linde, Bryant)	8- 2-98 Orono, ME
	60-69	13:17.0	USA (Hoel, Antonides, Poole, Chappell)	8- 2-98 Orono, ME
	70-79	16:50.3	USA (Powers, Cunningham, DeMartinis, Valles)	order (1200, 400, 800, 1600)
4x1500	40-49	16:59.10	USA (Hunt, Randall, Konings, Scott)	5- 2-99 Irvine, CA
	60-69	21:11.2	WVJS (Hoel, Antonides, Poole, Chappell)	8-18-99 San Jose, CA

p = pending - missing birthdates, dates, etc.
c = relay members include non-US citizens
note: club records are listed before USA team records
CDM: Corona Del Mar Track Club
HTC: Hill Track Club
NYPC: New York Pioneer Club
ONTC: Ohio Track Club
WVTC: West Valley Track Club
SCS: Southern California Striders
PM: Philadelphia Masters
BRC: Boston Running Club
BAA: BAA Running Club
MMTC: Midwest Masters T&F Club
PNTC: Portland Masters Track Club
TC: Tamalpa Runners
SC: Syracuse Chargers
SAC: Shore Athletic Club

Women's U.S. Masters Relay Bests
(as of March 1, 2000)

4x100	35-39	50.28	USA (Drungole, Seeley, Thompson, Gilkey)	8- 6-89 Eugene, OR
	40-49	50.23	USA (Keating, McClurg, Gilmore, Raschke)	8- 6-89 Eugene, OR
	50-59	54.90	USA (Fitzgerald, Davis, Miller, Obera)	8- 6-89 Eugene, OR
	60-69	61.85	USA (Barnes, Kerr, Miller, Obera)	7-23-95 Buffalo, NY
	70-79	80.77	USA (Friedman, Mehl, Peebles, Stafford)	7-28-91 Turku
4x400	35-39	4:00.87	USA (Murray, Berg, Gilkey, Seeley)	8- 6-89 Eugene, OR
	40-49	4:46.51		

Continued from previous page

10K				
F35 42:52	K. JUNNA-SAXBY	26 JAN 98	ADELAIDE	AUS
F40 47:07	S. GRIESBACH	16 JUN 90	GRASSAU	FRA
F45 48:32	S. GRIESBACH	5 JUN 99	ADELAIDE	AUS
F50 50:40	S. KRAMER	2 JUN 96	ONSBACH	GER
F55 54:24	W. SEELER	28 MAY 89	SEELZE LETTER	GER
F60 55:58	O. MEYER	1 AUG 86	MALMO	SWE
F65 58:41	B. TIBBLING	26 JUN 88	VERONA	SWE
F70 60:18	B. TIBBLING	21 JUL 91	MIYAZAKI	SWE
F75 67:46	B. TIBBLING	11 OCT 93	TURKU	AUS
F80 78:26	M. LINQDREN	21 JUL 97	DURBIN	SWE
F85 83:49	M. LINQDREN	JUL 97	DURBIN	AUS
F90 92:41	N. JEFFREYS			AUS
20K				
F35 1:31:18	K. JUNNA-SAXBY	98		
F40 1:42:22	H. McDONALD	9 DEC 93	KNOX, AUS	AUS
F45 1:45:25	V. HEIKKILA	85		FIN
F50 1:49:17	H. MAEDER	30 JUN 96	BRUGGE	SUI
F55 1:53:45	W. SEELER	30 JUN 96	BRUGGE	GER
F60 2:04:34	M. WORTH	8 APR 89	BASILDON	GBR
F65 2:09:44	J. M. PROVOST	26 FEB 00	FT. LAUDERDALE	CAN
F70 2:27:57	MIRIAM GORDON	12 NOV 95	FT. LAUDERDALE	USA
F75 2:39:46	U. THUNE	30 MAY 97	DEN HAAG	GER
F80 3:25:09	J. LUTHER	30 JUN 96	BRUGGE	GER
50K				
F35 5:01:52	L. MILLIN	16 APR 83	YORK	GBR
F40 4:50:51	S. BROWN	13 JUL 92	BASILDON	GBR
F45 4:56:27	S. BROWN	13 SEP 94	BASILDON	GBR
F50 5:28:58.8t	S. BROWN	10 JUL 93	AUCKLAND	GBR
F55 5:56:47	M. HORNICK	5 APR 97	BASILDON	ESP
F60 7:27:49	M. HENRY	21 FEB 88	DURHAM, NC	USA
F65 6:31:12	R. SCOTT	2 MAY 93	BURRATOR	GBR

USA Masters Racewalking Records**Masters Men – Track
Indoor Records**

3000 meters				
M35-39	11:29.87	Jonathan Matthews	Boston, MA	1/22/94
M40-44	12:25.9	Ray Funkhouser	Princeton, NJ	1/10/93
M45-49	12:38.71	Don DeNoon	Hillside, IL	2/20/93
M50-54	12:34.9	Don DeNoon	Carbondale, IL	2/4/94
M55-59	13:09.0	Don DeNoon	Carbondale, IL	2/13/99
M60-64	14:34.28	Dave Romansky	Boston, MA	3/29/99
M65-69	15:41.41	Jack Bray	Boston, MA	3/29/98
M70-74	17:03.33	Jack Starr	Boston, MA	3/29/99
M75-79	19:45.31	Bill Tallmadge	Columbus, MO	3/25/94
M80-84	21:39.16	Bill Patterson	Greensboro, NC	3/31/96
5000 meters				
M35-39	20:01.50	Jonathan Matthews	Atlanta, GA	3/5/94
M40-44	20:43.20	Jonathan Matthews	Atlanta, GA	2/28/98
M50-54	21:42.71	Donald DeNoon	Atlanta, GA	3/5/94

Outdoor Records

3000 meters				
M35-39	11:26.7	Jonathan Matthews	San Francisco, CA	5/15/93
M40-44	12:39.9	Steve Pecinovsky	Arlington, VA	5/31/98
M50-54	12:58.9	Don DeNoon	Cerritos, CA	6/27/93
M60-64	15:56.2	Dave Romansky	New London, CT	10/16/99
M65-69	17:41.83	Robert Fine	Miami, FL	9/7/97
M70-74	17:59.80	Donald Gladding	Brisbane, AUS	9/27/94
5000 meters				
M35-39	20:07.6	Jonathan Matthews	San Jose, CA	5/28/94
M40-44	21:29.31	Ray Funkhouser	Philadelphia, PA	4/24/93
M45-49	21:27.0	Larry Walker	Los Angeles, CA	6/18/88
M50-54	22:02.3	Donald DeNoon	Cerritos, CA	6/27/93
M55-59	23:29.51	Donald DeNoon	Orono, ME	7/31/98
M60-64	24:11.9	Dave Romansky	Piscataway, NJ	6/6/98
M65-69	26:01.93	Jack Bray	Orono, ME	7/31/98
M70-74	29:05.46	Jack Starr	Orono, ME	7/31/98
M75-79	31:14.00	Julio DePetrillo	Eugene, OR	8/14/87
M80-84	34:44.0	Byron Fike	Indianapolis, IN	8/2/90
M85-89	38:38.77	John Hanna	Buffalo, NY	7/21/95
M90-94	43:51.0	Paul Spangler	Eugene, OR	8/5/89
10,000 meters				
M35-39	41:59.91	Jonathan Matthews	Philadelphia, PA	4/30/94
M40-44	43:46.12	Ray Funkhouser	Philadelphia, PA	4/24/93
M45-49	47:30.17	Gary Null	Philadelphia, PA	4/24/93
M50-54	45:03.4	Donald DeNoon	Edwardsville, IL	7/10/94
M55-59	49:52.89	James Carmines	Philadelphia, PA	4/24/99
M60-64	49:41.48	Dave Romansky	Philadelphia, PA	4/25/98
M70-74	63:50.0	Jack Starr	Alexandria, VA	9/5/98
15,000 meters				
M35-39	1:14:15.9	Steve Pecinovsky	Edwardsville, IL	7/10/94
M40-44	1:10:50.3	Warrick Yeager	Alexandria, VA	11/7/98
M45-49	1:19:12.2	Stan Chraminski	Seattle, WA	7/9/95
M50-54	1:08:54.1	Donald DeNoon	Edwardsville, IL	7/10/94
M55-59	1:17:49.7	James Carmines	New London, CT	10/16/99
M60-64	1:21:43.0	Dave Romansky	Alexandria, VA	11/7/98
M65-69	1:47:34.8	William Mathews	Atlanta, GA	10/15/95
20,000 meters				
M35-39	1:27:52.85	Jonathan Matthews	Edwardsville, IL	7/10/94
M40-44	1:45:34.0	Curt Sheller	Alexandria, VA	11/11/95
M45-49	1:47:11.5	Brian Savilonis	Cambridge, MA	10/11/96
M50-54	1:33:28.0	Don DeNoon	Edwardsville, IL	7/9/94
M55-59	1:51:07.9	James Carmines	New London, CT	10/16/99
M60-64	1:51:17.6	Dave Romansky	New London, CT	10/16/99
M65-69	2:03:45.0	Jack Starr	Alexandria, VA	11/3/96
30,000 meters				
M40-44	2:45:54	Stan Chraminski	Bellevue, WA	9/7/91
M45-49	2:46:27.2	Robert Keating	Alexandria, VA	11/11/95
M50-54	2:48:12.8	James Carmines	Alexandria, VA	11/11/95
M55-59	2:52:51.3p	James Carmines	Chula Vista, CA	1/23/00
M60-64	3:41:29.0p	Jack Blackburn	Springfield, OH	10/31/99
40,000 meters				
M40-44	3:58:49	Stan Chraminski	Seattle, WA	10/29/89
M45-49	3:50:00.1	Robert Keating	Alexandria, VA	11/11/95
M50-54	3:56:27	Ray McKinnis	Durham, NC	2/25/90
M55-59	3:54:40.0p	Bob Keating	Springfield, OH	10/31/99
M60-64	5:05:08.0p	Jack Blackburn	Springfield, OH	10/31/99
50,000 meters				
M40-44	5:03:10	Stan Chraminski	Bellevue, WA	10/29/89
M45-49	4:58:39.7	Robert Keating	Alexandria, VA	11/11/95
M50-54	5:09:20.0p	Robert Keating	Springfield, OH	10/31/99
M60-64	6:30:20.0p	Jack Blackburn	Springfield, OH	10/31/99
One Hour				
M35-39	14,058 m	Jonathan Matthews	Los Altos Hills, CA	11/14/93
M40-44	12,571 m	Robert Keating	Cambridge, MA	10/20/91
M45-49	12,773 m	Robert Keating	Cambridge, MA	10/18/92
M50-54	12,164 m	James Carmines	Alexandria, VA	11/8/97
M55-59	11,702 m	Dave Romansky	Alexandria, VA	11/8/97
M60-64	11,494 m	Dave Romansky	Worcester, MA	10/4/98
M65-69	10,486 m	Robert Mimm	Cambridge, MA	10/14/90
M70-74	10,199 m	Jack Starr	Cambridge, MA	10/4/98
M75-79	8,695 m	Tim Dyas	Cambridge, MA	10/11/96
M80-84	7,072 m	Frank Rubin	Cambridge, MA	10/9/94
M85-89	6,947 m	George Conway	Cambridge, MA	10/20/91
M90-94	6,797 m	George Conway	Cambridge, MA	10/3/93

**Masters Women – Track
Indoor Records**

3000 meters				
F35-39	13:09.55	Maryanne Torrellas	Atlanta, GA	3/2/96
F40-44	13:46.73	Maryanne Torrellas	Boston, MA	3/29/99
F45-49	15:22.71	Janet Corn	Boston, MA	3/29/99
F50-54	16:47.70	Jackie Reitz	Boston, MA	3/29/99
F55-59	17:35.06	Elton Richardson	Columbia, MO	3/25/94
F60-64	17:31.83	Ruth Eberle	Commerce, MO	3/25/94
F65-69	17:46.25	Ruth Eberle	Carbondale, IL	2/8/97
F70-74	20:35.87	Miriam Gordon	Greensboro, NC	3/1/96
F75-79	22:17.08	Millie Crews	Madison, WI	3/24/90
F80-84	28:47.11	Dorothy Robarts	Reno, NV	2/24/95

Outdoor Records

3000 meters				
F35-39	15:30.6	Theresa Iknolan	San Francisco	5/15/93
F40-44	14:57.5	Gayle Johnson	Clayton, MO	4/24/94
F50-54	15:50.37	Gayle Johnson	Edwardsville, IL	8/6/99
F55-59	16:40.3	Bev LaVeck	Seattle, WA	3/19/94
F60-64	16:51.51	Bev LaVeck	Seattle, WA	5/11/96
F65-69	18:39.0	Ruth Leff	Kenosha, WI	8/4/93
F70-74	19:42.8	Miriam Gordon	Miami, FL	

WORLD ASSOCIATION OF VETERAN ATHLETES

PROMOTING VETERAN ATHLETICS THROUGHOUT THE WORLD
IN COOPERATION WITH THE IAAF

**WAFA RECORDS COMMITTEE
2000-2001**

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B44 3NG, England

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OH 44060, USA

6633 NE Windermere Road, Seattle, WA
98115, USA

259 McDougall Rd., Parry Sound, Ontario
P2A 2W7, Canada

WORLD ASSOCIATION OF VETERAN ATHLETES

Application for World Veteran Age-Group Record/World Veteran Age-Group
"Best Performance"/World Veteran Age-Best Performance

To: WAFA Records Committee Regional Chairman

Application is hereby made for a World Veteran Age-Group Record/World Veteran Age-Group "Best Performance"/World Veteran Age-Best Performance, in support of which the following is submitted:

(Please type or use capitals throughout)

Event _____ Age-Group _____ Men/Women _____

Full Name of Competitor(s) _____

Date(s) of Birth _____

(For relays, full name of each team member is required, in order of running.)

Competitor's Country _____ Date of Meeting: _____

Name of Stadium _____ Town _____ Country _____

RESULT OF RACE

The names of the first three competitors and their times were as follows:

1st _____ Time _____

2nd _____ Time _____

3rd _____ Time _____

STARTER'S CERTIFICATE

I hereby certify that the start of the race was in accordance with I.A.A.F. Rules.

Name of Starter _____ Signature _____

TIMEKEEPERS' CERTIFICATES (HAND TIMING)

I, the undersigned official Timekeeper of the race, hereby certify that the time set opposite my signature was the exact time recorded by my watch and that the watch used by me has been certified and approved by my National Governing Body.

Time _____ Name _____ Signature _____

Time _____ Name _____ Signature _____

Time _____ Name _____ Signature _____

CHIEF TIMEKEEPER

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

(Name of Chief Timekeeper or Referee) _____ (Signature) _____

ELECTRICAL TIMING

A fully automatic electrical timing device was used. The time recorded was _____ and this was the official time.

(Name of Chief Photo-Finish Judge) _____ (Signature) _____

NOTE - A Photo-Finish print must be included with this application.

WIND GAUGE

I hereby certify that wind speed in direction of running was _____ metres/sec.

Name of Operator _____ Signature _____

WORLD ASSOCIATION OF VETERAN ATHLETES

Application for World Veteran Age-Group Record/World Veteran
Age-Best Performance

FIELD EVENT**To: WAFA Records Committee Regional Chairman**

Application is hereby made for a World Veteran Age-Group Record/World Veteran Age-Best Performance, in support of which the following information is submitted:

(Please type or use capitals throughout)

Event _____ Age-Group _____ Men/Women _____

Full Name of Competitor _____ Date of Birth _____

Competitor's Country _____ Date of Meeting _____

Name of Stadium _____ Town _____ Country _____

EQUIPMENT OFFICER'S CERTIFICATE

I hereby certify that the Shot/Discus/Hammer/Javelin used in the record claimed has been examined by me after performance and conforms exactly with the relevant I.A.A.F. Rule except as modified by W.A.V.A. By-Laws (Appendix A) for veterans competition. I further certify that the implement used weighed _____

Name _____ Signature _____

FIELD JUDGES' CERTIFICATE

We hereby certify that the measurement stated opposite our respective signatures is exact as measured in accordance with I.A.A.F. Rule 148, paragraph 10(a). We further certify that the circle or runway complied with I.A.A.F. specifications.

metres _____ (Distance or height) _____ (Name of Field Judge) _____ (Signature) _____

metres _____ (Distance or height) _____ (Name of Field Judge) _____ (Signature) _____

metres _____ (Distance or height) _____ (Name of Field Judge) _____ (Signature) _____

metres _____ (Distance or height) _____ (Name of Field Judge) _____ (Signature) _____

WIND GAUGE (LONG AND TRIPLE JUMP ONLY)

I hereby certify that wind speed in direction of running was _____ metres/sec.

Name of Operator _____ Signature _____

RESULT OF COMPETITION

The names of the first three competitors and their performances were as follows:

1st _____ Performance _____

2nd _____ Performance _____

3rd _____ Performance _____

NOTE: A copy of the Results Card must be included with this application.

**USA TRACK & FIELD
APPLICATION FOR MASTERS & SUBMASTERS RACE WALK RECORD**

Identify appropriate category: Age-group (e.g. 40-44) _____ Indoor/Outdoor Track/Road
Single-age "Best" (not an official USATF Record) _____

Event distance _____ Age _____ Official time achieved _____ Date _____

Where held (name of track or course, town, state, country) _____

Name of competitor, birthdate, address, phone # _____

If this is your first application, please enclose photocopy of birth certificate or passport.

Verification (to be completed by Event Referee):

Time recorded _____ Name of head timer _____
Watch #1 _____ Watch #2 _____ Watch #3 _____

USATF Rules require that track records must have a minimum of 4 certified judges and road races must have a minimum of 6 certified judges. At least half of the judges must have National judging certification or higher and at least one must have Master or IAAF certification. For single-age "bests" only 3 certified judges are needed.

List all judges _____ Certification # _____ Level of Certification _____

Judge #1 _____

Judge #2 _____

Judge #3 _____

Judge #4 _____

Judge #5 _____

Judge #6 _____

Course Certification # _____ Track 440y/400m/other _____ 2-in. high continuous curb? yes _____ no _____

I certify that all information on this form is correct, including 1) fairness of start; 2) accuracy of lap counting; 3) course certification; 4) correct matching of finish times to competitors; 5) judging by certified (USATF Association, National or IAAF) judges; 6) completion of the race by the athlete; 7) the race was a racewalk-only event (no runners).

Signature, address, phone, USATF Certification # of Referee or Meet Director

Submit lap times and race results (including all competitors).
Mail to Beverly LaVeck, 6633 NE Windermere Rd., Seattle, WA 98115 • (206) 524-4721 • bevlaveck@aol.com

Report from Britain

Eight World Indoor Records Broken at British Championships

by BRIDGET CUSHEN

Record entry and superb 6-lane facilities ensured that the 17th BVAF Indoor Championships held Feb. 26 at the National Indoor Arena in Birmingham, England, would produce national and possibly world records. Spectators and supporters were not disappointed.

1999 had been designated The Year of Older People in Britain and a BBC TV documentary, titled "Old Gold," televised in January, did much to raise the profile of our activities.

The first world record at the championships went to one of the 25 overseas competitors, Rietje Dykman from Holland, who lowered Leili Kaas' W60 60mH to 10.77. But it was the pole vaulting and sprinting that captivated the spectators during a long competitive day. Phil Raschker's W35 pole vault record went to 36-year-old Noelle Bradshaw, who had little difficulty clearing 3.35. She has, however, a superior 3.40 clearance pending. She was second in the World Championships at Gateshead, clearing 3.40 behind Carla Forcellini of Italy (3.50).

Jean Hulls was in superb form, setting a world W60 200 record of 31.59 and another British record in the 400 with a 73.55, as well as taking the silver medal in the 60H.

Jenny Brown notched up yet another W40 world record in the pentathlon, scoring a magnificent 4148 points. Three weeks earlier she had broken the current world best 3686 points, topping 4010 in the British Senior Championships.

Elaine Statham knocked over 17 seconds from Gerda van Kooten's W55 3000 world record with a brilliantly paced 11:25.18. Another world record went to Mary Wixey in the W75 60H with a super 12.20 clocking, and a world record in the W65 3000m walk went to Maureen Spelman in

18:47.

British women's records also went to Anne Wainwright, who has just moved into the W45 age group, with a pole vault of 2.60, and to Jean Fall with a W50 long jump (4.86) and 60H in 10.05.

Up to six qualifying heats each were necessary in the M40 and M45 60 and 200. Philip Delbaugh saw off all the opposition, taking both M40 titles in 7.15 and 23.03. The eagerly awaited clash of the M45 British sprinters who took five of the first six places in the 200 at Gateshead never materialized as Alasdair Ross did not enter and Joe Caines refuses to compete on a Saturday for religious reasons. But the final was, nevertheless, a nailbiting affair.

Viv Oliver in lane 4, with Stephen Peters and Wally Franklyn lined up on the inside, came off the final bend with a slight lead, which he managed to increase to win in 23.24 to Peters' 23.32 and Franklyn, who had earlier taken the 60m title, in 23.87.

One of the revelations of the meet was the relatively unknown Robert Fraser, a recent convert from the world of judo, who follows an unorthodox method of training for sprinting. He set the boards alight as he blazed round the M50 200 in 24.81, the 400 in 56.37, and the 60 in 7.72.

George Mitchell also established a world record in the M85 3000 walk in 21:13. British records were set in the pole vault as Allan Williams, M45, cleared 4.32 on his second attempt and Alf Woods raised the M70 record to 2.40.

Another notable record must be the achievement of 58-year-old Bruce and Jackie Charles, one of 10 couples competing; they have competed in every British Indoor pentathlon to date. □

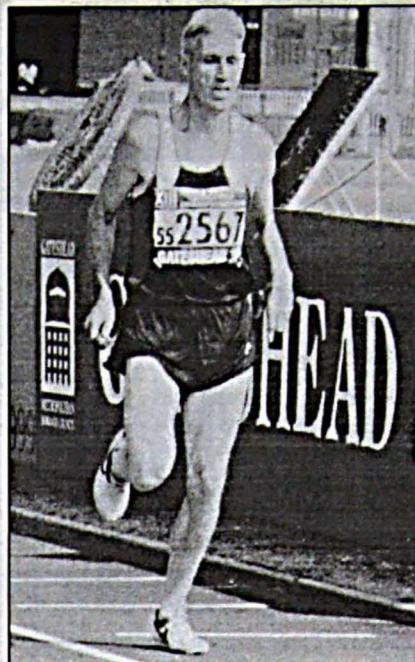
(Look for results in the May issue.)

New Dates for 14th World Veterans Championships in Brisbane, Australia

The dates of the 14th WAVAs World Veterans Championships, originally scheduled for July 5-15, 2001, will be held July 4-14, 2001, in Brisbane, Australia. This gives Australian athletes the opportunity to celebrate the closing ceremony on the Saturday evening instead of the usual Sunday evening and thus allow them an extra day to head home before the start of the week, according to the Brisbane 2001 team.

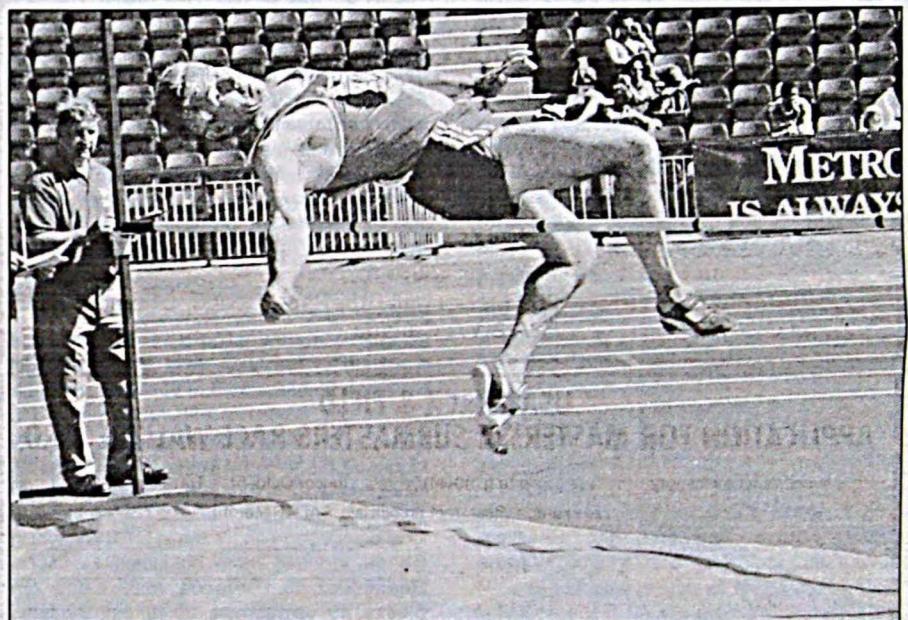
Although the Championships are being held in the middle of the Australian winter, the average daily temperatures in Brisbane during the competition should be around 20°C or the high 60s Fahrenheit.

The website for the championships was under construction in early March with plans to go on-line at the end of the month. The web address is www.worldvac2001.com.au. □



JERRY WOJCIK

James Whiteford, Great Britain, third M55 in the 800 (2:07.62), 13th WAVAs - Gateshead.



JERRY WOJCIK

Daniel Olherry, M50, France, in the decathlon high jump, 13th WAVAs - Gateshead.

NATIONAL MASTERS, EUGENE, OREGON - AUG 10-13, 2000 WAVA REGIONAL, KAMLOOPS, B.C. CANADA - AUG 17-20, 2000

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Masters Scene

EAST

• Toshiko d'Elia, 70, broke the W70-74 800 WR with a 3:28.75, and the U.S. 1500 with a 6:51.0, in the USATF NJ Masters Indoor Championships, Fairleigh Dickinson U., Feb. 13. The present 800 WR of 3:36.58 in 1999 belongs to Sumi Onodera-Leonard. The 1500 record of 7:17.7 was set by Louise Adams in 1993. Thirty-two meet records fell at FDU. The All Unique Individuals team took the W30-39 title; Runners' Pace took the M30-39. Shore AC won the M40+ competition; NJ Masters was the top W40+ team.

• Roger Pierce, Boston RC, flew to a pending M55 U.S. 400 indoor record of 56.17 by Jim Mathis in 1991 with a 55.40, Greater Boston TC Invitational, Jan. 23.

• Elton Richardson posted a pending WR 17:15.24 for the 3000 RW at the MAC Championships, Armory T&F Center, NYC, Feb. 18. Josette Sommier (FRA) holds the present record of 17:22.44 in 1997.

• Jerry Kooymans, 44, of Canada, in 4:35.1, and Patti Ford, 44, of the Syracuse Chargers, in 5:13.7, were the winners in the Syracuse Masters Mile, Manley Field House, Syracuse U., Feb. 11, duplicating their wins in the Hartshorne Masters Mile at Cornell, Jan. 22, where Kooymans ran a 4:32.12 and Ford a 5:24.82. Runners-up in the Syracuse race, sponsored by Longley Jones Associates, were Tim McMullen, 47, Genesee Valley Harriers, who captured the age-graded performance award with a 90.2% 4:36.5, and Suzanne Myette, 42, Endicott, NY, with a 5:38.0.

• Ford, two weeks later on Feb. 27, broke her U.S. W40 mile record of 5:11.11, set at the 1999 Masters Indoor Championships, Boston, with a 5:08.9 in the Upstate NY Indoor Distance Festival at Hobart and William Smith College, Geneva. In the Roger Messenger Memorial Masters Mile at Smith College, Tom Dalton, 41, Schenectady, NY, won \$200 first-place money with a 4:36.9. Tim McMullen, 47, was second in 4:44.2, worth \$125. In the Veterans Mile (M50+), Steve Forrestel, 50, Checkers AC/Buffalo, took first with a 5:06.3. Irene Thompson, 45, of Syracuse, was first (2:42.4) and Carolyn Smith-Hanna, 49, Genesee Valley Harriers, second (2:45.3) in one section of the women's 800, consisting mostly of teenagers.

• Ken Leinbach broke the M45 U.S. record for the 3000 by nearly 10 seconds with an 8:49.79 in Boston on Feb. 25. The present record of 8:59.14 was set by Domingo Tibaduiza in 1995.

• Alex Guslistov, 40, Washington, DC, 3:05.37, and Lynda Petri, 43, Huntley, IL, 3:40.54, registered masters firsts, 39th Washington's Birthday Marathon, Greenbelt, MD, Feb. 20. Top masters teams in the Marathon Ekiden Relay were the WRC Masters Blasters team of Bob Shapiro (67:33), Bob Trost (1:56:39), and Roberto Rodriguez (2:57:19) and the Danish Dynamite trio of Margrethe Mentes (1:38:29), Kristen Jensen (2:46:40), and Mette Foster (4:21:59).

• Joan Chodnicki, 40, 30:11, swept the entire women's field at the NYRRC Al Gordon Five-Miler, Central Park, NYC, Feb. 20. Jerry Macari, 40, 26:57, claimed the men's masters title, with Alfred Finger, 65, turning in an impressive 33:53.

• It was neck-and-neck at the men's masters finish at the NYRRC Snowflake Four-Miler, Central Park, NYC, Feb. 26. Donald DiDonato, 42, 20:41, just headed off Jerry Macari, 40, 20:43. The women's race was also closely contested with Jean Chodnicki, 40, 24:05, outstepping Stacy Creamer, 40, 24:14.

• Jerry Macari, 40, 15:57, and Barbara Gubbins, 40, 18:24, held on for masters wins at the NYRRC Gridiron Classic 5K, Central Park, NYC, Jan. 30. Outstanding age-group perfor-

mances were turned in by Helene Bedrock, 65, 22:59 (84%), Toshiko d'Elia, 70, 25:34 (81%), and William Fortune, 71, 21:26 (82%).

• First and third places overall were taken by masters women at the NYRRC Kurt Steiner 50K, Central Park, NYC, Feb. 20, with Emmy Stocker, 41, 4:38:30, leading the field across the line. Rimas Jakelaitis, 44, 3:56:41, led the masters men. Malcolm Gillis, 66, 4:19:47, trounced his competitors by over an hour.

• Let's hear it for the M90 division! Abraham Weintraub, 90, represented his age-group in two NYRRC races in Central Park recently – the Al Gordon Five-Miler, Feb. 20, 1:12:34, and the Snowflake Four-Miler, 55:24.

SOUTHEAST

• Steve Plasencia, 43, Minneapolis, zipped to a new single-age record 46:30, winning the masters title at the Gate River Run 15K, Jacksonville, FL, Mar. 4, good for 18th place overall in a stacked open field. 1999's Indy Life Circuit champion, John Tuttle, 41, Douglasville, GA, 47:40, was second, 29th overall. The race saw many familiar faces at the top of their divisions: Bill Rodgers, 52, Sherborn, MA, 52:24, Jack Nelson, 60, Winnetka, IL, 54:58, and Clarence Patton, 80, 2:16:49. Ubiquitous Ukrainian Tatyana Pozdnyakova, 45, repeated her '99 overall masters win with a 54:52, 11th woman overall. Monica Joyce, 41, 57:03, was second. Other winners included Susie White, 53, 65:35, Elfrieda Wyner, 57, 71:05, Esten Mason, 64, 76:39, and Estelle Grockett, 75, 2:16:36.

• Thomas Hoffman, 40, Pensacola, 2:58:16, and Sandy Mayfield, 43, Atlanta, 3:25:02, were the high fliers at the official marathon of the U.S. Navy, the Blue Angel Marathon, Pensacola, FL, Feb. 26.

• At the Gasparilla 15K, Tampa Bay, FL, Feb. 12, Floridians Arno Sist, 41, Brandon, 51:49, and Judy Maguire, 41, Clearwater, 55:37, kept the masters crowns local. Al Treichell, Spring Hill, FL, 67:27, contributed to local domination with his win in M70. Winners in the 5K included more hot-footed Floridians: Miguel Siez, 40, Hollywood, 16:03; Laura Van Cleave, 45, Jacksonville, 20:48; Jim Bledsoe, 56, Tampa Bay, 19:04; and Melissa Moulton, 70, St. Petersburg, 30:30.

• Guy Gordon, 42, and Kathryn Estep, 42, won masters honors at the third Myrtle Beach (SC) Marathon, Feb. 19, in 2:37:58 and 3:02:23, respectively. Jerry Johncock, 72, Grand Rapids, MI, could be seen cruising to 3:37:18.

• Larry Doan, 43, Virginia Beach, VA, made history in the masters field at the Anheuser-Busch Colonial Half-Marathon in Williamsburg, VA, Feb. 20, running 1:15:05. Lois Meda, 40, Toronto, CAN, smoked the women's assemblage with a 1:23:40. Other notables: Bill Hart, 51, Virginia Beach, VA, 1:19:53; Sharon Giese, 57, Richmond, VA, 1:40:49. In the accompanying 5K, Evelyn Lloyd, 74, Walnut Grove, NC, ran a 33:12.

• In the USATF Indoor T&F Championships, Atlanta, March 3-4, 36-year-old Regina Jacobs won the mile in 4:25.92. The W35-39 WR is 4:59.28. Lance Deal, 38, won his 12th indoor title in the 35-lb. weight with a 78-4 1/2. Johnny Gray, 39, after leading much of the way, finished third in the 800 with a 1:49.10, just below his U.S. M35 record 1:49.79. Steve Pecinovsky, 45, was fifth (23:05.96) in the 5000 RW.

• John Hosner, Blacksburg, VA, who turned 75 on Feb. 25, took advantage of his "youthful" status in the M75 division and broke the WR for the mile by some 15 seconds with a 6:27.16 in the Last Chance Meet at Virginia Tech's Rector Field House, Feb. 26. John McManus set the present record of 6:42.03 in 1998. Hosner, retired dean of the VTU's College of Natural Resources, was cheered on by his hometown

crowd, who responded with a roar every time the meet announcer called off Hosner's lap splits.

• June Marie Provost, of Canada, bettered the W65 world best of 2:12.02 by Olga Meyer for the 20K RW, with a 2:09.44 in the USATF Florida State 20K/10K Championships, held under the auspices of the Florida AC Walkers, Feb. 26.

MIDWEST

• Harry Brown, 70, with an age-graded 95.7% 8.14, and Mike Skoflanc, 46, with a 90.0% 7.25, were the standouts in the 55m at the Byron Masters Indoor Meet, Byron, IL, Feb. 13.

MID-AMERICA

• Among the celebrants at Mardi Gras, New Orleans, Feb. 6, were marathon overall masters winners Leonard Vergunst, 44, Ocean Springs, MS, 2:42:31, and Fillis Friedman, 47, Franklin, LA, 3:23:01. Also quick-stepping in the streets were half-marathon masters Susie Kluttz, 62, Winston-Salem, NC, 1:38:54, and Junius Nixon, 48, New Orleans, 1:18:25. Noteworthy in the 5K were Patricia Johnson, 64, Slidell, LA, 27:56, Ken Blanchard, 70, Baton Rouge, 24:27, and Diane Faile, 89, Metairie, LA, 30:05.

SOUTHWEST

• Steve Wilson, 41, Clearwater, FL, was the masters winner at the Motorola Austin (TX) Marathon, Feb. 20, motorrolling to a 2:18:29, and collecting \$2000 for his efforts. Czech Petr Klimes, 41, was a close second in 2:18:56. San Diego's Mary Burns-Prine, 42, ran to a 2:53:38 victory, while Ann Ferguson, 57, Galveston, TX, led the grandmasters with a 3:37:40.

• The Austin, TX, 3M Half-Marathon, Feb. 6, was an international masters bonanza with Petr Klimes, 41, blasting a 1:06:56 and Ukrainian supernova Tatyana Pozdnyakova, who turned 45 on March 4, unleashing a 1:13:39 to take the women's overall title.

• Jimi Heerwald, 46, 1:59:06, and Anne Flanagan, 42, 2:19:23, turned in masters firsts, Run Tex 30K, Austin, TX, Jan. 9. Robert Fletcher, 67, 2:25:54, and Sheril Easterling, 50, 2:29:47, were standout age-group winners.

• Bill Rodgers, 52, topped all masters performances with an 89.8% 34:00, Conoco Rodeo 10K, Houston, Feb. 12. He was followed by Paul Heitzman, 68, 40:02, 88.9%, and masters winner, Tom Boone, 41, 31:57, 87.8%. Ann Erickson, 57, led the women, with an 83.8% 43:30. Kathy Barton, 46, was second, 39:22, 83.4%; and W40+ first, Margo Braud, 41, third, 38:49, 81.1%.

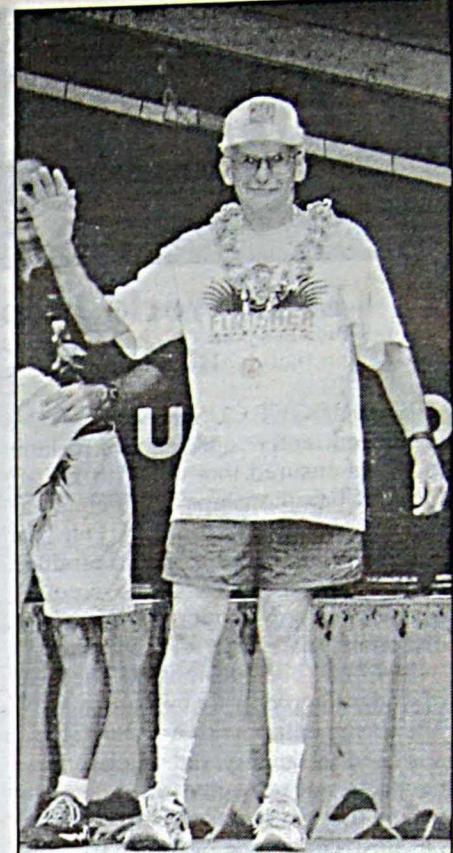
WEST

• Wayne Lambert, 53, broke the M50 PV WR of 4:27/14-0 by Larry McIntyre in 1998, with a 4:30/14-1 1/4 in the Northern Arizona Indoor Classic, Flagstaff, Feb. 20.

• In a meet at Santa Barbara CC, Feb. 11, site of the annual Club West Masters Meet in October, John Whittemore, who turned 100 on Nov. 20, 1999, broke Ben Levinson's M100-104 SP WR of 3:08 with a 3.11 and established records in the DT (7.38) and JT (6.40). Del Pickarts, 72, broke the WR for the 800g JT with a 36.42/119-6. The horizontal jumps were cancelled because of flooded pits from the first serious rainstorm of the year, and some races were run in pouring rain.

• Angelo DeCollibus, 40, 16:42, and Sherri Curl, W45, 19:18, hastened to masters 5K firsts in the Margaret's 5K & 10K, Orange, CA, March 12. Hank Munoz, M65, 21:32, and Lois Edds, 79, 33:18, were notable division winners. Masters 10K victors were Jon Garmhausen, M40, 35:32, and Leslie King, W45, 43:44.

• Markus Gerber, of Sweden, gambled and won on Feb. 6 at the Las Vegas Marathon, acing the point-to-point course in 2:25:00, finishing 9th overall. It was down to the wire in the



TESH TESHIMA

Gordon Dugan, 65, being honored for running all 27 Honolulu Marathons from 1973 to 1999.

M45 as Jack Ankrum took Jean-Claude Renier, of France, by a length, 2:43:36 to 2:43:38. Dan Coffman, Stamping Ground, KY, captured the M55 division in 2:48:57. W40 winner Rainy Kay Stolp, Bremerton, WA, bested the W40+ field, running a 2:55:55. Betty Scott, Graham, NC, impressed the W50 field with 3:14:47. In the half-marathon, Ken Wilson, Albuquerque, NM, took advantage of the fast course to turn in a smoking 1:07:49 to win the M45. Monica Joyce, Pickney, VT, took the W40 crown in 1:20:59, leading a talented women's group that included W45 winner, Jacqueline Gareau, Boulder, CO, 1:25:26. Gareau is training for this year's Boston, celebrating the 20th anniversary of her victory there. W60 doyenne Barbara Miller, Modesto, CA, unleashed a potential W60 record-setting 1:28:50, surpassing the former record, 1:35:02, by Helen Dick.

• Maria Trujillo de Rios, 40, Los Gatos, CA, put the finishing touches on her Olympic Trials Marathon training by breezing to a 1:22:56 at the Home Depot Half-Marathon in San Francisco, Jan. 30. Karl Watanabe, Fremont, CA, took the M40 title in 1:16:20.

• The Palm Springs Half-Marathon and 5K, Feb. 20, featured performances by Marina Jones, 48, Palm Desert, CA, 1:12:31, and Tom Johnson, 1:16:20. M50 Al Swenson was the first master of the day in the 5K, blazing to 16:06. Marle Romero won the W40 in 18:14.

INTERNATIONAL

• About 120 athletes competed in the Western Province T&F Championships, Bellville, Cape Town, South Africa, Feb. 11-12. Top performer was Terence Brown with an M45 S.A. record 1:59.29 in the 800 and a first in the 1500 in 4:10.34. Brown, then M40, won gold and bronze at WAV-A-Buffalo in 1995, and at WAV-A-Durban in 1997, taking silver and bronze in those events, respectively. Isabel Hofmeyr, W70, South Africa's most successful athlete at WAV-A-Gateshead last year, won five events, including the 200 (35.89). Lindsay Hatz, W60, gold in the 5000 and silver in the 10K walks at Gateshead, won those events in Bellville in 30:10.0 and 61:57. Leo Benning, in an open meet in Bellville, Jan. 29, won the HJ with a 1.50, increasing his M65 S.A. record by 2 cm.

Schedule

USA track and field events feature competition for men and women over age 30 unless otherwise noted. Senior Games are usually limited to age 50 and over. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. International T&F meets are usually limited to men over 40 and women over 35. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 50098, Eugene OR 97405.

TRACK & FIELD

NATIONAL

April 1-2. USATF National Masters Indoor Heptathlon Championships, Proviso West HS, Hillside, Ill. Held along with USATF Illinois Youth & Masters Championships. SASE to USATF Illinois, PO Box 7019, Villa Park, IL 60181. 630-953-2052; fax: 953-2053; email: usatfvan@aol.com/

June 24-25. USATF National Masters Decathlon/Heptathlon Championships, Lake Geneva, Wisc. Jeff Watry, 24302 77th St., Paddock Lake, WI 53168. 262-843-3567 (h), 847-235-1041(w); email: JWWatry@hycon.com.

August 10. USATF National Masters Outdoor Pentathlon Championships, Eugene, Ore. See below.

August 10-13. 33rd annual USATF National Masters Championships, Eugene, Ore. Northwest Event Management, PO Box 10825, Eugene, OR 97440. 541-687-1989; fax: 687-1016; email: NEM@dnsi.net; www.eugenechamps.com.

September 9. USATF National Masters Weight & Superweight Championships, Seattle. Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116 206-932-3923; fax: 932-3917.

September 16. USATF National Masters Weight Pentathlon Championships, Pampa, Texas. Wendell Palmer, 2239 N. Duncan, Pampa, TX 79065. 806-665-1238.

July 14-28, 2001. National Senior Games - The Senior Olympics, Baton Rouge, La. M&W 50+.

July 26-29, 2001. 34th annual USATF National Masters Championships, Baton Rouge, La. M&W 30+.

EAST

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

April 8-9. World Record Holders Throws Clinic (9th) & Meet (8th), U. of Connecticut, Storrs. Tom Petranoff (JT); Iouri Sedykh (HT); Natalia Sedykh (SP); Andy Bloom (SP & DT). Tom Petranoff, 401-823-5803; email: turbojav@aol.com.

April 16 & 30. Potomac Valley TC Meets, T.C. Williams HS, Arlington, Va. 703-671-2520. www.pvtc.org/

April 28-29. Penn Relays, U. of Pennsylvania, Philadelphia. 28th: 4x100, M50+ or W40+; 4x100, M40+ (2 sections); 100 (4 races), M40+, M50+, M60+, W40+; 4x400, M50+, W40+. 29th: 100, M75+; 4x400, M40+. Phil Felton, 413 Alexander St., Princeton, NJ 08540.

609-685-4115. felton@princeton.edu
May 9-12. Washington, D.C., Golden Olympics. No-out-of-district. Darnelle Freeland, 202-576-8677.

May 13-14. Long Island Senior Games, Mitchell Athletic Complex, Garden City, N.Y. 5K at Eisenhower Park, Garden City, on 11th, 5:00 pm. Eleanor Scott, PO Box 10214, Smithtown, NY 11787. 631-265-2966; eleanors@ix.netcom.com; entry form at www.longislandseniorgames.com
May 14 & 28. Potomac Valley TC Meets, T.C. Williams HS, Arlington, Va. 703-671-2520. www.pvtc.org/

May 21. Philadelphia Masters Developmental Meet, Germantown Academy, Fort Washington, Pa. 9:00 am. Joel Dubow, 610-792-3177; phillymasters@netreach.net

June 2-4. Connecticut Senior Olympics, Southington. Will Berger/Florence Millette, 860-621-4661.

June 7 & 21. Philadelphia Masters Developmental Meets, Germantown Academy, Fort Washington, Pa. 6:00 pm. Joel Dubow, 610-792-3177; phillymasters@netreach.net

June 9-11. Massachusetts Senior Games, Springfield College. Dick Osgood, 413-788-2457.

June 10-13. New Jersey Senior Olympics, Fort Monmouth. Michael Garamella, 732-542-1326.

June 11 & 25. Potomac Valley TC Meets, T.C. Williams HS, Arlington, Va. 703-671-2520. www.pvtc.org/

June 15-18. Empire State Senior Games, Syracuse, N.Y. John Doherty, 212-694-3618; 315-492-9654.

June 17. Vermont Senior Games, Montpelier. George Brown, 49 Freedom Dr., Montpelier, VT 05602. 802-229-0621.

June 23-25. Ocean State Senior Olympics, Providence, R.I. Mike Lyons, 401-431-5007.

June 24. Garden State AC Classic, Randolph, N.J. Madeline Bost, PO Box 458, Ironia, NJ 07845. Morton Hahn, 973-625-1764.

July 5 & 19. Philadelphia Masters Developmental Meets, Germantown Academy, Fort Washington, Pa. 6:00 pm. Joel Dubow, 610-792-3177; phillymasters@netreach.net

July 9 & 23. Potomac Valley TC Meets, T.C. Williams HS, Arlington, Va. 703-671-2520. www.pvtc.org/

July 10-15. Pennsylvania Senior Games, Shippensburg. No out-of-state. David Farrand, 570-823-3164, x2.

August 6 & 20. Potomac Valley TC Meets, T.C. Williams HS, Arlington, Va. 703-671-2520. www.pvtc.org/

August 18-20. Granite State Senior Games, Laconia, N.H. Robert Cloutier, 603-622-7921.

September 2-3. Potomac Valley

Association Masters Championships, T.C. Williams HS, Alexandria, Va. Mark Richards Pentathlon; Weight Pentathlon on the 2nd. 703-671-2520; www.pvtc.org/
September 6-11. Maine Senior Games, Portland. Anita Chandler, 207-775-6503.
September 19-20. Green Mountain Senior Games, Green Mountain College, Vt. Jack Carlock, 802-875-4508.
October 1-8. Delaware Senior Olympics, Dover. Mary Costello, 302-736-5698.
October 5-7. Maryland Senior Olympics, Towson. Phil Adams, 410-830-4456. No out-of-state.

SOUTHEAST

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

April 22. Easter in Vahalla Throws Meet, Gibsonville, N.C. Open & Masters. All throws, WP & 98#. \$15. Katie Feyes, 336-538-9633; feyek6c@elon.edu; Peter Farmer, 538-6823; farmer@elon.edu

May 5-7. Alabama Senior Olympics, Montgomery. Ronnie Floyd/Don Camp 334-242-4496.

May 9. Atlanta TC Meets, Emory U. 5:30 pm. First of Tues. evening meets thru June 20. 404-231-9064; www.atlantatrackclub.org

May 12-14. 30th annual Southeastern U.S. Masters Meet, N.C. State U., Raleigh. Pentathlon, Weight Pentathlon, 5K & 20K RWs, & Relays. SE Masters, Inc., Box 590, Raleigh, NC 27602. Dale Smith, 919-831-6640 (M-F, 9 am-5 pm, Eastern time).

May 18-20. South Carolina Senior Sports Classic, Florence. No-out-of-state. Carl Hust, 803-772-0363.

May 21. USATF Georgia Masters Championships, Ted Wright Stadium, Savannah St. U., Savannah. Jim Hite, PO Box 717, Millen, GA 30442. 912-982-4881; fax: 982-9984; jimjoyce@jchs.com

May 31-June 3. Virginia Senior Games, U. of Richmond. James Stutts, 804-730-9447.

June 10. Birmingham TC Classic/Police & Fireman Championships, Birmingham, Ala. Gordon Seifert, 1514 Ridge Rd., Birmingham, AL 35209. 205-879-8031; email: GESEIF@aol.com; www.birminghamtrackclub.org. Entry form in April NMN.

June 10. Atlanta TC Masters Meet, Raylynne Hughes, ATC, 3097 E. Shadowland Ave., Atlanta, GA 30305. 404-231-9064, x17; www.atlantatrackclub.org/

June 24. USATF Southeast Regional Masters Championships, Middle Tennessee State U., Murfreesboro. Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445. 561-499-3370; email: Bob.Fine@aol.com; or Nashville Striders, 615-279-9971; www.nashvillestriders.com

July 21-27. Tennessee Senior Games, Nashville. No out-of-state. Christine Dewbre, 615-902-9261; Teresa Prinzo, 931-381-2019.

July 21-29. Georgia Games, Augusta. 770-528-3580; fax: 528-3590; email: ga.games@bellsouth.net.

August 5. Run For Life 5K & 10K, Marietta, Ga. 770-426-2RUN; www.life.edu

September 20-23. Georgia Golden Olympics, Robins Air Force Base. Vicki Pilgrim, 404-657-6644.

September 25-30. North Carolina Senior Games, Raleigh. No out-of-state. Call for other dates. Cindy Trumbower, 919-851-5456.

November 28-December 3. Florida Senior Games State Championships, Tallahassee. Mike Sophia, 850-488-8347.

ON TAP FOR APRIL

TRACK AND FIELD

The USATF Masters Heptathlon Championships for men and women, held along with the Illinois Masters Championships, Hillside, on the 1st-2nd close out the indoor season. The John Ward Meet, Santa Ana, Calif., on the 9th, supplies early outdoor season activity for Southern Californians. In the East, the Penn Relays offer masters a chance to perform before large audiences in Philadelphia's Franklin Field on the 28th-29th. Also on the 29th, Westerners can mosey on over to the Arizona Masters Invitational, Glendale, while throwers head to the Great Northwest for the Seattle Spring Fling. At the end of the month, masters will vie for titles in Brazil and South Africa.

LONG DISTANCE RUNNING

The Boston Marathon on the 17th rules the schedule. Masters cash prizes will total \$250,000 at the Cooper River Bridge 10K, Charleston, S.C., on the 1st. Almost gotcha! Whatever the prize money, the Cooper River Bridge is usually a well-conducted event, as should be the Capitol 10,000, Austin, Texas, on the 2nd. Races come into flower with the Pear Blossom 10 Mile, Medford, Ore., on the 8th, and Cherry Blossom 10 Mile, in D.C., on the 9th. The Longest Day Races, Brookings, S. Dak., offer just about something for everyone on the 15th, also the date of the Charlotte (N.C.) Marathon and 10K. The 29th menu lists two races for masters: the Hudson Mohawk RRC Masters 10K and the USATF Georgia Masters 10K. On the 30th, runners can return to Washington, D.C., for the Sallie Mae 10K, or enter the New Jersey, Cleveland, or Big Sur (Calif.) marathons. Across the Atlantic, the London Marathon is set for the 16th.

RACEWALKING

The National Masters Men's 30K and Women's 20K Championships, Flushing, Mich., on the 16th, top the RW offerings. Additional action is to be had in D.C. on the 2nd; in Orlando, Fla., on the 9th; and in Seattle, Wash., on the 22nd. □

MIDWEST

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

April 1-2. USATF Illinois Youth & Masters Championships, Proviso West HS, Hillside, Ill. See National above, April 1-2.

May 5-7. Peoria Senior Games. Vic Durchholz, 7013 N. Teton Dr., Peoria, IL 61614.

June 5-10. Indiana Senior Games, Evansville. Steve Patrow/Kristin Hood, Continued on next page

National Masters News

Continued from previous page
800-253-2188; 812-464-7800.

June 10. USATF Illinois Masters Championships, Wilde Field, Lisle. USATF IL, 630-953-2052.

June 13-17. Michigan Senior Olympics, Battle Creek. Marye Miller, 248-608-0255.
June 15-18. West Virginia Senior Sports Classic, Charleston. Henry Nearman, 304-344-2840.

June 24. Champaign Masters Meet, Parkland College, Champaign, Ill. Karl Geissler, 217-359-2679.

July 9. Oak Forest Midwest Masters Sprint & Middle-Distance Challenge, Oak Forest HS, Ill. Gerry Krainik, 708-687-2124.

July 15-23. Ohio Senior Olympics, Inc. Dayton. Peggy Collins, 937-461-8662.

July 22. Dayton Track Classic, Welcome Stadium. DMTC, Bob Jones, PO Box 17706, Dayton, OH 45417. 937-837-2754.
July 29. Midwest Masters Classic, Marshall U., Huntington, W. Va. Thomas Plummer, 27 South Queens Ct., Huntington, WV 25705. 304-523-6046; fax: 523-1662; tptrack@aol.com

July 30. USATF Midwest Regional Masters Championships, Lewis University, Romeoville, Ill. Gerry Krainik, 15124 Hillside Ave., Oak Forest, IL 60452. 708-687-2124(h); jkrainik9@idt.net

September 2 (tent). Wolfpack Throwing Classic, Columbus, Ohio.

September 6-16. Wisconsin Senior Olympics, Milwaukee. Helen Ramon, 414-821-4444; fax: 821-4445.

September 7-10, 13-17. Illinois Senior Olympics, Springfield. Sandy Holste, 217-789-2284.

September 21-24. Kentucky Senior Games, Elizabethtown. Nancy Addington, 270-769-2393.

September 23. Norm Bower Memorial Weight Pentathlon, Kent, Ohio.

MID-AMERICA

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

May 12-13. Western Slope Senior Games, Montrose, Colo. 50+. Out-of-state welcome. Evelyn Lawson, PO Box 730, Montrose, CO 81402. 970-249-7705; 800-873-0244.

May 27-28. Memorial Day Track Classic, Kansas City, Mo. Y/O/M. Flyers TC, PO Box 22457, Kansas City, MO 64113-0457. Kenneth Ferguson, 816-235-2386.

June 4. Jolly Jogathon Meet, Marysville, Kansas. Cleve Walstrom, 785-562-3050(h); City of Marysville, 209 N. Eighth St., Marysville, KS 66508. 785-562-5331.

June 8-11. Iowa Senior Games, West Des Moines. Cheryl Michael, 515-226-2898.

June 10. USATF Mid-America Regional Masters Championships, Wichita State U., Kansas. WSU T&F Office, Susan Cooper, 316-978-3362; fax: 978-3388. Bill Butterworth, 316-684-2192; fax: 687-9400. Decathlon if enough interest.

June 16-17. Salina Senior Games, Salina, Kansas. Salina Parks & Rec., 300 W. Ash St., Rm. #100, Salina, KS 67401. 785-826-7434.

June 19-23. Northland Senior Games, Duluth, Minn. Chuck Campbell, 218-723-3724.

June 23-24. North Dakota Senior Games, Fargo. Jeff Heisler, 701-298-6980.

June 22-25. Missouri State Senior Games, Columbia, 50+. Out-of-state welcome. Jack Miles, U. of Missouri, 1105 Carrie Francke Dr., Rm. 01, Columbia, MO

65211. 573-882-1462.

July 9. USATF New Mexico Masters Meet, U. of New Mexico, Albuquerque. Kathy Fones, 31 Sandhill Rd., Los Lunas, NM 87031. 505-865-8612; fax: 565-8387; email: foneskn@aol.com

July 26-30. New Mexico Senior Olympics, Las Vegas. No out-of-state. Cecilia Agosta, 505-623-5777; email: nmsogmes@roswell.net

July 29-30. International Multi-Events Challenge (USA, Poland, Canada, United Kingdom, Germany), Neosho, Mo. Tom Thorne, 525 Oak Ridge Dr., Neosho, MO 64850. 417-451-7417.

July 29-30. North Dakota Senior Games, Fargo. Jess Heisler, 701-298-6980.

August 1-6. Rocky Mountain Senior Games, Greeley, Colo. Sheri Lobmeyer, 970-350-9433.

August 17-20. Nebraska Senior Olympics, Kearne. Scott Hayden, 308-233-3228.

September 2-3. 20th annual Rocky Mountain Masters Games, U. of Colorado, Boulder. Jim Weed, PO Box 889, Lake Crystal, MN 56055. 507-726-2452. Sue Norton, 303-443-2695.

September 14-17. South Dakota Senior Games, Sioux Falls. Al Weisbecker, 605-428-3807.

September 21-24. Kansas Senior Olympics, Topeka. M&W50+. KSO, Topeka Parks & Rec., 1534 SW Clay St., Topeka, KS 66604. Marge Rightmeier, 785-368-3798.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

April 1. Mardi Gras Weight Pentathlon, Lafayette, La. Jeff Baty, 321 E. Josephine St., Gonzales, LA 70737. 225-644-6930.

April 8. El Paso Senior Games T&F Meet, U. of Texas-El Paso. Marge Davis, 650 Wallenberg, El Paso, TX 79912. 915-581-9525.

May 20. Lion T&F Series, Austin, Texas. Jeff Brower, 7305 Tanbark Ave., Austin, TX 78759. 512-795-6363; email: hurdle4fun@hotmail.com; www.geocities.com/hurdle4fun

May 23-27. Mississippi Senior Olympics, Jackson. Angela Meeks, 800-748-8514; 601-968-4881.

July 22. USATF Southwest Regional Open and Masters Championships, Trinity University, San Antonio, Texas. Meet Director, David Dunbar, 11063 White Sands, Live Oak, TX 78233. E-mail: bbofficial@aol.com

July 29. Texas Masters Championships, Jesuit HS, Dallas.

September 14-17. Arkansas Senior Olympics, Hot Springs. Deadline Aug. 25. Gail Ezelle, 501-321-1441; 800-720-7276 (AR only); arsolmp@ipa.net; www.SrSports.org

September 16-17. Louisiana Senior Olympics, Baton Rouge. Butch Gipson, 225-925-1748.

September 21-27. Oklahoma Senior Olympics, Tulsa. Dana Brown, 918-596-7866; danabrown@ci.tulsa.ok.us; www.oksgames.com

WEST

Arizona, California, Hawaii, Nevada

April 1. Club West All-Comers Meet, San Marcos H.S., Santa Barbara, Calif. 9:00 a.m. Richard Watkins, 805-967-4581.

April 1-2. Phoenix Invitational, Glendale Community College, Glendale, Ariz. USATF Arizona, Bob Flint, 8436 E. Hubbell St.,

Scottsdale, AZ 85257. 480-949-1991.

April 9. John Ward Masters Games, Santa Ana College, Santa Ana, Calif. 25+. Al Siddons, 714-564-6936.

April 22. KelField Throws Series #83, Santa Cruz. G. Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 831-458-0300; kelfield@aol.com

April 29. Arizona Masters T&F Invitational Meet, Glendale Community College, 6000 W. Olive Ave., Glendale, Ariz. Contact: Clifton McKenzie, 480-777-8503.

May 7. Southern California Striders Meet of Champions, CSU-Long Beach. Jim Selby, 760-723-2466; CoachJimDeeb@earthlink.net

May 13. KelField Throws Series #84, Santa Cruz. G. Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 831-458-0300; kelfield@aol.com

May 13-14. Olympic Legends Invitational, Mt. SAC, Walnut, Calif. Masters & Open. Sheila Newton, 19600 Prospect St., Desert Hot Springs, CA 92241. Phone & fax: 760-251-6955.

May 19-20. USATF Arizona State Championships, Glendale, Ariz. Bob Flint, 8436 E. Hubbell, Scottsdale, AZ 85257. 602-949-1191; usatfaz@worldnet.att.net

May 20. Visalia Classic, Visalia, Calif. Bob Higginbotham, 1026 W. Princeton, Visalia, CA 93277. 559-732-8030.

May 20. Vicki's 3000, Santa Barbara City College Track. 8:30 am. Jim Kornell, 805-682-6765.

May 28. Dan Aldrich Memorial Meet, UC-Irvine, Calif. Mac McCormick, 949-586-9942; cmccormi@uci.edu

June (tba). USATF SCA Championships, Los Angeles.

June 2-4. Sacramento Senior Games, Sacramento, Calif. 916-277-6094.

June 3. Grand Canyon State Games, U. of Arizona, Tucson. All ages. 480-517-9700.

June 3. KelField Throws Series #85, Santa Cruz. G. Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 831-458-0300; kelfield@aol.com

June 4. Mark Grubi Memorial Meet, Edwards Field, UC-Berkeley. Don Rose, 415-457-8177.

June 10. Los Gatos Masters/Open Classic, Los Gatos, Calif. 8 am. Los Gatos AA, PO Box 1334, Los Gatos, CA 95031. Willie Harmatz, 408-354-7365.

June 11. Crown Valley Senior Games/Pasadena Senior Olympics, Occidental College. 50+. Cynthia Vaughn, 626-685-6754.

June 16-18. Grand Canyon State Games, Phoenix; Arizona State U., Tempe. Bob Flint, 480-949-1991.

June 24. USATF Arizona Masters All Comers, TBA. Bob Flint, 602-949-1991; usatfaz@worldnet.att.net

July 15-16. USATF West Regional Masters Championships, Occidental College, Los Angeles. G.D. Miller, 1740 Grandview Ave., Glendale, CA 91201-1263. 818-242-8484; gdmiller@hsc.usc.edu

September 16-17. Chuck McMahon Memorial Meet; Arco Olympic Training Center, Chula Vista (San Diego), Calif. Age 40+. David Pain, 619-582-3316(h); 619-582-5769 (fax); e-mail: DPainTF@aol.com or Graeme Shirley, 858-292-6132 (h).

October 4-14. Nevada Senior Games, Las Vegas. Dr. Roger Owen, 702-242-1590.

October 7. Club West Meet, Santa Barbara CC, Calif. Gordon McClenathan, PO Box 99, Goleta, CA 93116-1099. 805-964-3005. Beverley Lewis, 805-969-5851; 969-5852; 452-5020 (cell); fax: 969-6613.

October 22. Sri Chinmoy Masters Games, CSU-Long Beach. Bigalita Egger, 310-645-0271.

November 10-12, 18-27. Hawaii Senior Olympics, Honolulu. Mark Zeug, 808-732-8805; zeug@lava.net

NORTHWEST

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

April 28. Northwest Twilite Meet, Bellingham, Wash. Civic Field Stadium & Western Washington U. Campus Track. April 25 deadline. Fax: 360-650-6526.

April 29. Seattle Spring Fling Throwers Meet, West Seattle Stadium. Ken Weinbel, 4103 Hillcrest Ave. S.W., Seattle, WA 98116. 206-932-3923; fax: 932-3917; kweinbel@aol.com

May 27. Oregon Senior Olympics, Silverton. Silverton TC, Box 783, Silverton, OR 97381. Amy Castle, meet director, 503-873-8577(h).

June 3. Seattle Park Dept. Masters Meet, West Seattle Stadium. Dennis Cook, 206-684-7094.

June 9-10. Montana Senior Olympics, Helena. Senior Olympics, 465 Freedom Ave., Billings, MT 59105. Don Tavolacci, 406-252-2795.

June 10 (tent). Oregon Association Open & Masters Championships, Linfield College, McMinnville. Harry Simonis, 503-688-0998.

June 17-18. Portland Masters Classic, Mt. Hood Community College, Gresham, Ore. Paul Stepan, 3011 NE Linden Ave., Gresham, OR 97030. 503-666-8950(h); 234-4811(w).

July 1-2. Hayward Masters Classic, Eugene, Ore. Entry info: Oregon TC Masters, 590 W. 29th Ave., Eugene, OR 97405. Chuck Hammond, meet director, 541-687-9361.

July 7-8. Seattle Masters Classic, West Seattle Stadium. Some events Fri. night. Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206-932-3923; fax: 932-3917.

July 8-9. State Games of Oregon, Mt. Hood Community College, Gresham. Keith Maneval, Mt. Hood CC, 503-667-7140.

July 14-16. Big Sky Games, Billings, Mont. Karen Sanford Gall, Box 7136, Billings, MT 59103. No out-of-state. 406-254-7426.

July 22. Inland Northwest Masters Classic, Pullman, Wash. Jeff Schaller, 435 SW State St., Pullman, WA 99163.

July 27-30. Wyoming Senior Olympics, Laramie. Open to out-of-state. Senior Olympics, PO Box C, Laramie, WY 82070. Paul Harrison, 307-721-5269.

July 29-30. USATF Northwest Regional Masters Championships, Montana St. U., Bozeman. Bob Sager, PO Box 1321, Wilsall, MT 59086. 406-578-2080(w). Entry form in May issue.

August 10-13. Washington Senior Games, Spokane. Joyce Jones, 206-362-8310.

September 6-10. Idaho Senior Games, Boise. Karin Hoffer-Boles, 800-859-0324/208-549-2411; aaa3@cyberhighway.net

October 9-21. Huntsman World Senior Games, St. George, Utah. Kathie Thayne/Nancy Colarossi, 435-674-0550/800-562-1268; hwsginfowest.com

INTERNATIONAL

April 27-May 1. Mercosul Masters Championships, Sao Leopoldo, Brazil. http://www.acavem.org

April 28-29. South African Veterans Championships, Oudtshoorn. Entries: Leo Benning, phone/fax: 0027-21-4244700.

June 24-25. Masters Track Meet, Santo Domingo, Haiti. Dr. Jerry Jenson and C. Ann Jenson, 400 Mona Way, Cave Junction, OR

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97523. 541-592-3787. E-mail: Luvu2@cavener.com

July 6-16. WAVA European Veterans Athletics Championships, Jyvaskyla, Finland. XII EVACS 2000, PO Box 30, 40701 Jyvaskyla, Finland. Fax: +358-14-624 956; email: evaco2000@jkl.fi

July 14-15. Caribbean Masters Track Meet, Willemstad, Curacao - The Netherlands Antilles. Dr. Jerry Jenson and C. Ann Jensen, 400 Mona Way, Cave Junction, OR 97523. 541-592-3787. E-mail: Luvu2@cavener.com

August 17-20. NCCWAVA Regional Championships/Canadian National Masters Championships, Kamloops, B.C. M40+, W35+. Masters Athletics 2000, c/o Kamloops Parks & Recr., 6 Seymour St. West, Kamloops, BC V2C 1E1. 250-374-0101; 851-1964; email: masters2000@kamloops.com; Website: www.masters2000.kamloops.com.

November 5-12. South American Veterans Championships, Mar Del Plata, Argentina. Luis Gramaccioni, president of Argentinian Confederation of Veteran Athletes, Diaz Velez St. 192, Rosario 2000, Sante Fe, Argentina. Phone/fax: 54-341-438-8062.

July 5-15, 2001. 14th WAVA World Veterans Championships, Brisbane, Australia. M40+, W35+. David Lloyd, WVAC, PO Box 7889, Waterfront Place, Brisbane, Queensland 4001, Australia. Phone: 61 7 3222 1000. Fax: 61 7 3221 1684. Email: wavainfo@qldevts.com.au. Website: www.worldvac2001.com.au.

OPEN

July 14-23. USA Olympic Trials, Sacramento, Calif. 2000 T&F Trials, PO Box 511, Sacramento, CA 95812. 877-873-9690. www.sacsparts.com.

September 15-October 1. Olympic Games, Sydney, Australia. Cartan Tours, 1334 Parkview Ave., #210, Manhattan Beach, CA 90266. 800-818-1998; fax: 310-546-8433. www.cartan.com.

Aug. 3-12, 2001. IAAF World Championships VIII. Edmonton, Canada.

LONG DISTANCE RUNNING

NATIONAL

May 6. USATF National Masters Half-Marathon Championships, Indianapolis, Ind. Don Carr, 4314 Marea More Ct., Indianapolis, IN 46254. 317-328-1632.

May 11-14. Road Runners Club of America National Convention. Peachtree City, Ga. www.rca.org

May 13. USATF National Masters 50-Mile Trail Championships/Ice Age Run, Whitewater, Wisc. Holly Neault-Zinzow, W5689 Tamarock Tr., Whitewater, WI 53190. 262-495-8283.

June 3. USATF National Masters Women's 5K Championships/Freihofer's 5K, Albany, N.Y. George Regan, 233 Fourth St., Troy, NY 12180. 518-273-0267.

August 26. USATF National Masters 10 Mile Championships/Crim Festival, Flint, Mich. Race Director, 110 Mott Foundation Bldg., Flint, MI 48502. 810-235-7130.

September 15. RRCA National Run To Work Day. RRCA, 1150 S. Washington St., Suite 250, Alexandria, VA 22314. 703-836-0558; www.rca.org

September 16-17. USATF National Masters

24-Hour Championships, Sylvania, Ohio. Dan Brannen, 4 Strawberry Ln., Morristown, NJ 07960. 973-898-1261.

October 8. USATF National Masters Marathon Championships/Twin Cities Marathon. Minneapolis/St. Paul, Minn. Race Director, 708 N. First St. #CR-33, Minneapolis, MN 55401. 612-673-0778.

October 28. USATF National Masters 15K Championships/Tulsa Run, Tulsa, Okla. Jack Wing, 4038 E. 48th St., Tulsa, OK 74118. 918-742-5418.

November 4. USATF National Masters 8K Cross-Country Championships/Pasco International, Richland, Wash. Jim Peterson, 520 Franklin, Richland, WA 99352. 509-376-6731.

November 19. USATF National Masters 5K Cross-Country Championships, Holmdel, N.J. Andy Martin, P.O. Box 10120, New Brunswick, NJ 08906. 732-296-0006.

November 25. USATF National Masters 10K Cross-Country Championships, Boston, Mass. Steve Vaitones, 2001 Beacon St. #207, Brighton, MA 02135. 617-566-7600.

December 10. Avon Running Circuit National 10K Championship, Phoenix, Ariz. 212-282-5350; www.avonrunning.co

EAST

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

April 8. Nationwide Run For ASPIRE 10K, Plainview, N.Y. B. Windorf/C. Courounis, 516-349-7646.

April 8. Spring Stampede 5K & Mile Fun Run, Denville, NJ. 11 am. Madeline Bost, Runners Race Service, PO Box 458, Ironia, NJ 07845. Hotline: 973-584-9302.

April 9. Cherry Blossom 10 Mile, Washington, D.C. CB 10 Mile, PO Box 5366, Rockville, MD 20848. E-mail: entries@cherryblossom.org

April 9. Hudson Mohawk RRC Delmar Dash 5K, Delmar, N.Y. HMRRC, 518-4335-4500.

April 16. George Washington Parkway 15K & 5K, Alexandria, Va. Nancy LaValle, c/o Alexandria United Way, 300 N. Washington St., Suite 100, Alexandria, VA 22314. 703-549-4447; fax: 548-8894.

April 16. Penn Relay Carnival Distance Classic 20K & 5K, Philadelphia. Runners Advocate, 2005 Country Club Dr., Doylestown, PA 18901.

April 17. B.A.A. Boston Marathon. BAA, "The Starting Line"/One Ash St., Hopkinton, MA 01748-1897. 508-435-6905. http://www.bostonmarathon.org

April 29. Hudson Mohawk RRC Masters 10K, Guilderland, N.Y. HMRRC, 518-435-4500.

April 30. Rolling Thunder 5K, Babylon, N.Y. Gary O'Rourke, 631-666-5502.

April 30. Sallie Mae 10K, Washington, D.C. Chris Greene, 703-810-5175; www.sallie Mae.com/

April 30. New Jersey Shore Marathon, Long Branch. NJSM, PO Box 198, Oceanport, NJ 07757. 732-542-6090; www.njshoremarathon.org

May 7. Long Island Marathon & Half-Marathon, East Meadow, N.Y. Patti Kemler, Sports Unit, Eisenhower Park, East Meadow, NY 11554. 516-572-0248; www.FLRRRT.com

May 7. Pittsburgh Marathon/Men's 2000 U.S. Olympic Team Trials, Pittsburgh, Pa. 5000 limit. 412-647-7866; 800-533-UPMC; www.UPMC.edu.PGHMarathon

May 7. Buffalo Marathon. Ford Buffalo Marathon, PO Box 652, Buffalo, NY 14202.

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716-816-7223.

May 7. Blue Cross Broad Street 10 Miler, Philadelphia. Broad Street Run, PO Box 18543, Philadelphia, PA 19129. 215-563-6184; www.broadstreetrun.com

May 7. USO Defenders 10 Mile, Washington, D.C. Rick Freedman, 13710 Ashby Rd., Rockville, MD 20853. 301-871-0005; fax 871-0006.

May 20. USATF NE Championships/Bedford Memorial 12K, Bedford, N.H. USATF NE, PO Box 1905, Brookline, MA 02446. 617-566-7600; www.usatfne.org

May 28. Vermont City Marathon, Burlington, Vt. VCM, 41 Main St., Burlington, VT 05401. 802-863-8412; www.vcm.org

June 2 (Fri.). Comcast Twilight 5K, Western Connecticut St. U., Danbury. 7:00 pm. Danbury Jaycees, PO Box 3351, Danbury, CT 06813. 203-825-5784; Danburyjaycees@hotmail.com; www.danbury.org/jaycees

June 10. Shelter Island 10K, Shelter Island, L.I., N.Y. 5:30 pm. Lorraine/Scott Gorman, 631-563-1982.

June 10. USATF NE Championships/Market Square Day 10K, Portsmouth, N.H. USATF NE, PO Box 1905, Brookline, MA 02446. 617-566-7600; www.usatfne.org

June 11. Litchfield Hills 7 Mile. Limited to 1300. John Clock, PO Box 1428, Litchfield, CT 06769. 860-567-8504; fax: 567-8470

June 11. Orange Classic 10K, Middletown, N.Y. Judy Eurich, Times Herald-Record, 40 Mulberry St., Middletown, NY 10940. 914-346-3144(d); fax: 343-1922; www.th-record.com

June 17. Mt. Washington Road Race 7.6 Mile, Gorham, N.H. Robert Teschek, PO Box 990, Newport, NH 03773. 603-863-2537; fax: 863-2537; www.gsrss.com

June 17. I.O. Silver Capital 5000, Harrisburg, Pa. Henry Klugh, 2389 Stauffer Rd., Mt. Joy, PA 17552. 717-564-2770(d) /653-9105(e).

June 17. Frick Park Cross-Country Series, Pittsburgh, Pa. 2K/4K/8K. John Harwick, 348 Morris St., Clymer, PA 15728. 724-254-2369.

June 25. Fairfield Half-Marathon & 5K, Fairfield, Conn. JB Sports, 203-481-5933; www.jbsports.com

June 25. USATF NE Championships/Lions Sizzler 20K, Bedford, N.H. See June 10.

July 2. Massapequa Firecracker 5K, Massapequa Park, L.I., N.Y. 5:00 pm. Alex Flyntz, 516-796-1900.

July 8. Avon Running Circuit 10K & 5K Walk, Hartford, Conn. 212-282-5350; www.avonrunning.com

July 8. Vytra Long Island Women's 5K, Farmingdale, N.Y. Suzanne Vasata, POB-RC, 101-24 Dupont St., Plainview, NY 11803. 516-349-7646(d); fax: 349-7647; www.glrc.org

July 9. Utica Boilermaker 15K, Utica, N.Y. Dick Mattia, c/o UBRR, PO Box 4729, Utica, NY 13504. 315-732-1949(e); fax: 797-3762; www.boilermaker.com

July 15. Frick Park Cross-Country Series, Pittsburgh, Pa. 2K/4K/8K. John Harwick, 348 Morris St., Clymer, PA 15728. 724-254-2369.

July 30. Gold Medal Camp Alumni Race, California, Pa. 8K X-C. See July 15.

August 12. Frick Park Cross-Country Series, Pittsburgh, Pa. 2K/4K/8K. John Harwick, 348 Morris St., Clymer, PA 15728. 724-254-2369.

September 10. USATF NE Brewery Exchange 5K, Lowell, Mass. USATF NE, PO Box 1905, Brookline, MA 02446. 617-566-7600; www.usatfne.org

September 10. Avon Running Circuit 10K &

5K, Baltimore, Md. 212-282-5350; www.avonrunning.com

October 14. Greater Hartford Marathon, Half-Marathon Relay, & 5K, Hartford, Conn. 860-652-8866; www.hartfordmarathon.com

October 14. Avon RRCA Women's 5K Series, Pittsburgh, Pa. John Harwick, 348 Morris St., Clymer, PA 15728. 724-254-2369.

October 15. Atlantic City Marathon. #10 SASE to AC Marathon, PO Box 2181, Ventnor, NJ 08406-0181. Barbara Altman, director. 609-601-1RUN; fax: 823-7694; www.virtualac.com

SOUTHEAST

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

April 1. Cooper River Bridge 10K, Charleston, S.C. SASE to CRBR, PO Box 22089, Charleston, SC 29413. 843-792-0345; www.bridgerun.com

April 1. Atlanta Women's 5K. Atlanta TC, 3097 E. Shadowlawn Ave., Atlanta, GA 30305. 404-231-9064; wft@atlantatrackclub.org

April 8. TriStar Health System 5K & 10K, Nashville, Tenn. Nashville Sports Council, 401 Church St., Suite 2700, Nashville, TN 37219. 615-880-1050.

April 15. Charlotte Marathon Festival Marathon & 10K. CM, Box 30294, Charlotte, NC 28230. 704-358-5425; marathon@charlotte.com

April 29. Country Music Marathon, Nashville, Tenn. 20,000 limit. Elite Racing, Inc., 858-450-6510. www.cmmarathon.com

April 29. USATF Georgia Masters 10K Championships/Vidalia Onion Run, Vidalia. Joyce Hodges-Hite, PO Box 717, Millen, GA 30442. 912-982-4881; fax: 982-9984; jimjoyce@jchs.com

May 3 (Wed.). The RACE 5K, Atlanta. Beth Neumann, 770-350-1035.

May 13. Peaches & Pines 8K, Peachtree City, Ga. Atlanta TC, 3097 E. Shadowlawn Ave., Atlanta, GA 30305. www.atlantatrackclub.org/

May 21. Biltmore Estate 15K Classic, Asheville, N.C. Asheville Kiwanis 15K, PO Box 147, Skyland, NC 28776. 828-687-9123; www.hometowntv.net

May 29. WZYP Cotton Row 19K, Huntsville, Ala. Ray Moses, 124 Collins Ln., Meridianville, AL 36759. 256-829-0024.

July 4. Peachtree 10K, Atlanta, Ga. SASE before March 1 to Peachtree 2000, Atlanta TC, 3097 E. Shadowlawn Ave., Atlanta, GA 30305. 404-231-9064, x11; email:unislaw@atlantatrackclub.org. 55,00 limit.

November 18. Avon Running Circuit 10K & 5K, Tampa, Fla. 212-282-5350; www.avonrunning.com

MIDWEST

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

April 2. Athens Marathon. AM, 7154 Radford Rd., Athens, OH 45701. 800-878-9767.

April 16. Glass City Marathon, Toledo. Tom Falvey, 3743 Woodmoor Rd., Toledo, OH 43613. 419-475-0731. www.ToledoRoadrunners.org

April 29. Kentucky Derby Festival Half-Marathon, Louisville. KDFM, 1001 S. 3rd St., Louisville, KY 40203. 800-928-FEST; www.kdf.org

April 30. Cleveland Marathon. CM, 29525 Chagrin Blvd., Suite 316, Pepper Pike, OH 44122. 216-378-0141; 800-467-3826.

April 30. Lake County Races Marathon,

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Half-Marathon, & 10K, Highland Park, Ill. LCR, 3100 Skokie Valley Rd., #2N, Highland Park, IL 60035. 888-RUN-RUN1; runlakeco@aol.com.

May 13. Arts Fest River Run 12K, Evansville, Ind. Patrick Shoulders, PO Box 916, Evansville, IN 47706. 812-424-7575(d); fax: 421-5089; email: pas@zsbs.com

May 13. Old Kent River Bank 25K/USATF Open M&W Championships, Grand Rapids, Mich. Tricia Vandenberg, PO Box 2194, Grand Rapids, MI 49501. 616-653-4154; fax: 771-3045; www.okriverbankrun.com

May 14. Flying Pig Marathon, Cincinnati. 513-721-7447. www.cincymarathon.org

May 20. Berwyn 5000, Berwyn, Ill. Pat Furgal, 2947 Oak Park, IL 60402. 708-749-0606; 749-7793.

May 27. Big Boy Classic 20K, Wheeling, W. Va. Hugh Stobbs, PO Box 808, Wheeling, WV 26003. 304-242-7322; fax: 242-8941; bigboy20k@aol.com

May 27. National City Run 10K & Half-Marathon, Dexter to Ann Arbor, Mich. Robin Sarris-Hallop, NC10K, PO Box 8615, R-F00-C8, Ann Arbor, MI 48107. 734-995-2752; fax: 995-2510; email: ncrun@aol.com

May 29. Truth/Bank One Great Race Sports Festival XX, Half-Marathon, 10K, 10K Power Walk, Jim Ryun Mile, & 5K "Millennium Run," Elkhart, Ind. Ron/Cathy Schmanske, PO Box 682, Elkhart, IN 46515. 219-296-5890/296-5862; fax: 293-8324; email: wow@michiana.org; www.elkhardttruth.com

June 4. Columbus 10K, Columbus, Ohio. Matt McGowan, 330 Spellman, Granville, OH 43023. 740-587-0376(e); email: runohio@ee.net

June 10. Steamboat Classic 4 Mile, Peoria, Ill. Steamboat, Running Central, 700 W. Main St., Peoria, IL 61606. 309-676-6378; fax: 676-RUNN; www.steamboatclassic.org

June 10. Sunburst Marathon, South Bend, Ind. Barbara Walsh, Elite Athlete Coordinator, 615 N. Michigan, South Bend, IN 46601. 219-284-3491(d); fax: 284-3675; www.sunburst.org

June 10. Hoosier Marathon, Fort Wayne. Don Lindley, c/o Ft. Wayne TC, PO Box 11703, Fort Wayne, IN 46860. 219-436-2234. www.fwtc.com

June 25. Cellcom Green Bay Marathon, Half-Marathon, & 5K, Green Bay, Wisc. Jennifer Holzem, 408 E. College Ave., Appleton, WI 54911. 920-954-6757; 800-889-1859; www.greenbaymarathon.com

July 14. Arthur Andersen Bastille Day 5K, Chicago. Tom Cooney, PO Box 300477, Chicago, IL 60630. 773-777-9000; fax: 777-7023; email: LASathlete@aol.com

July 29. Greater Clarksburg 10K, Clarksburg, W.Va. Dorsey Cheuvront, Jr., 3207 1/2 Emerson Ave., Parkersburg, WV 26104. 304-422-8916(d); 422-6585; www.clarksburg10k.com

September 10. Eriesistible Marathon, Erie, Pa. Jim Thompson, 814-866-6269; thompson1@erie.net

October 15. Avon Running Circuit 10K & 5K, Cincinnati, Ohio. 212-282-5350; www.avonrunning.com

October 15. Detroit Free Press/Flagstar Bank International Marathon. FPM, 600 W. Fort St., Detroit, MI 48226. 313-222-6676; www.freep.com/marathon

October 22. Chicago Marathon. CM, PO Box 5709, Chicago, IL 60680-5709. 312-904-9800; 888-243-3344; www.chicagomarathon.com

MID-AMERICA

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

April 8. Forest Park Fieldhouse 20 Mile, St. Louis, Mo. St. Louis TC, 314-647-2110; 800-238-3594.

April 15. 31st annual Longest Day Marathon, Marathon Relay, Half-Marathon, 10K, 5K, 5K RW, Brookings, S. Dak. Kurt Osborne, 605-696-2479; email: kosborne@firstnb.com. Jack Youngberg, 696-2433; email: jack@firstnb.com

April 15. Run For Rett 5K, St. Louis, Mo. 800-818-RETT; www.retsyndrome.org

April 28. Arbor Day 5K, Brookings, S. Dak. Steve Britzman, 319 5th Ave., Brookings, SD 57006. 605-697-9058.

April 29. Get-In-Gear 10K, Minneapolis, Minn. G-I-G, PO Box 6727, Minneapolis, MN 55406-0727. 612-722-9004; fax: 722-5414.

May 7. Norwest Half-Marathon, Wayzata, Minn. Loretta Docken, 900 E. Wayzata Blvd., Wayzata, MN 55391. 612-316-1441.

May 7. Lincoln Marathon & Half-Marathon, Lincoln, Nebr. LM, 882 N. Lakeshore Dr., Lincoln, NE 68528. 402-435-3504.

May 13. Avon Running Circuit 10K & 5K Walk, Denver, Colo. 212-282-5350; www.avonrunning.com

May 13. Bank Of America River Run 10K, Wichita, Kansas. Clark Ensz, PO Box 782050, Wichita, KS 67278. 316-636-1266(d); fax: 636-1288; email: athleticswichita@hotmail.com

May 21. TimTam 2000 50K, Ames, Iowa. 6:00 a.m. Douglas Bryner, 1501 Summit Ave., Ames, IA 50010-5227. 515-233-8546; email:brynerdouglas@hotmail.com

May 28. Med-City Relays & Marathon, Rochester, Minn. Med-City Relays, 1417 14th Ave. NE, Rochester, MN 55906. 507-282-1411; email:medcitymarathon.com; www.medcitymarathon.com

May 29. Bolder Boulder 10K, Boulder, Colo. Rich Castro, 1695 Linden Ave., Boulder, CO 80304. 303-492-8776(d); fax: 449-0726; email: castro@spot.colorado.edu

June 3. High Plains Marathon, Goodland, Kansas. HPM, PO Box 960, Goodland, KS 67735. 785-899-5280.

June 3. Dam To Dam 20K & 5K, Des Moines, Iowa. Tom Riley, 515-242-4514; www.FitnessSports.com

June 4. Trinity Hospital Hill Half-Marathon, Kansas City, Mo. Mike Lundgren, 5841 Fontana Dr., Fairway, KS 66205. 913-262-9190(e); fax: 498-6111; www.HealthMidwest.org

June 17. Grandma's Marathon, Duluth, Minn. GM, PO Box 16234, Duluth, MN 55816. 218-727-0947; email:grandmas@grandmasmarathon.com; www.grandmasmarathon.com

June 24. Kansas Sunflower Classic 5K, Wichita. Prize money age-graded. Clark Ensz, PO Box 782050, Wichita, KS 67278. 316-636-1266(d); fax: 636-1288.

July 2. Fair Saint Louis 10K. Tom Eckelman, St. Louis TC, 2385 Hampton Ave., Suite 101, St. Louis, MO 63139. Phone/fax: 314-781-3926; www.stlouistrack.club.com

July 22. Quad-City Times Bix 7 Mile, Davenport, Iowa. Dan Breidinger, 3003 Eagles Watch Dr., Davenport, IA 52807. 319-359-9197; fax: 359-0443; DB5569@Deere.com

August 12. Avon Running Circuit 10K & 5K Walk, Minneapolis/St. Paul, Minn. 212-282-5350; www.avonrunning.com

August 13. Avon Running Circuit 10K & 5K Walk, Albuquerque, N.M. See Aug. 12.

August 20. Pikes Peak Marathon, Manitou Springs, Colo. PPM, PO Box 38235, Colorado Springs, CO 80937. 719-473-2625; www.pikespeakmarathon.org

August 27. Omaha Marathon. Peak Performance, 519 N. 78th St., Omaha, NE 68114. 402-398-9807; www.omahamarathon.com

September 4. Heart of America Marathon, Columbia, Mo. Joe Duncan, 573-445-2684; ctc.columbia.missouri.org/hoa

September 24. Quad Cities Marathon, Moline, Ill. Joe Moreno, 2617 4th St., East Moline, IL 61244. 309-755-6176; moji@firecrackerrun.com; www.qcmarathon.org

October 1. Avon Running Circuit 10K & 5K Walk, Kansas City, Mo. 212-282-5350; www.avonrunning.com

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

April 2. Capitol 10,000, Austin, Texas. Capitol 10,000, PO Box 2936, Austin, TX 78768. 512-445-3598.

April 8. Bellaire Trolley 5K Run & Walk, Houston, Texas. 713-662-8280; www.alrcusa.org

April 16. Redbud Classic 10K, Oklahoma City. Heide Cohn, 6421 Avondale Dr., Suite 204A, Oklahoma City, OK 73116. 405-842-8295; fax: 842-1419; www.redbud.org

April 20. Crescent City Classic 10K, New Orleans. Rick Lusky, PO Box 13587, New Orleans, LA 70185. 504-861-8686(d); fax: 861-8687.

May 6. Bayou Bash Relay (4x2.81 mile), Houston, Texas. 713-723-5180; www.alrcusa.org

May 13. Gum Tree 10K, Tupelo, Miss. GT 10K, PO Box 789, Tupelo, MS 38804. 662-842-2039(e)/680-2411(d).

WEST

Arizona, California, Hawaii, Nevada

April 1. Ulis Williams 5K & 10K, Compton College, Calif. Oscar Rosales, 714-841-5417.

April 8. Santa Anita Derby Day 5K, Santa Anita Park, Arcadia, Calif. 619-298-7400; www.kathyloperevents.com

April 30. Big Sur International Marathon, Big Sur-Carmel, Calif. Wally Kastner, BSM, PO Box 22260, Carmel, CA 93922. 831-625-6226; fax: 625-2119; www.bsin.org

April 30. BMW Laguna Beach 5K & 10K, Laguna Beach, Calif. Schoolpower, 949-494-3980. Kathy Kinane, director, 760-434-7706.

May 6. Southern California Hillsea Footrace 7.5 Mile, Huntington Beach, Calif. Oscar Rosales, 714-841-5417.

May 6. Whiskey Row Marathon, Half-Marathon, 10K Run/Racewalk, & 2 Mile, Prescott, Ariz. Prescott YMCA, Nancy Haladay, 520-445-7221.

May 7. Avenue Of The Giants Marathon, Humboldt Redwoods State Park, Calif. 6 Rivers RC, 281 Hidden Valley Rd., Bayside, CA 95524. www.humboldt1.com/~avenue

May 21. Pines To Palms Marathon, Palm Desert, Calif. PMB, 296, 1198 Pacific Coast Hwy., Suite D, Seal Beach, CA 90740. www.pinestopalmsmarathon.com

May 21. Examiner Bay to Breakers 12K, San Francisco. Paulette Stracuzzi, EBTB, PO Box 7260, San Francisco, CA 94120. 415-777-8742; fax: 512-7682; email: stracuzzi@examiner.com

June 3. Fontana Days 5K & Half-Marathon, Fontana, Calif. Pat Lahman, c/o City of Fontana, 9460 Sierra Ave., Fontana, CA 92335. 909-428-8360; Fax: 428-2546.

June 3. Festival de Primavera "On The Beach Run" 5K, 10K, & 10K RW, Rosarito Beach, Baja California, Mexico (20 miles south of San Diego). Oscar Rosales, 714-841-5417.

June 3. Palos Verdes Marathon, Palos Verdes (L.A. area), Calif. W2 Promotions, 1666 Ashland Ave., Santa Monica, CA 93108-4123; email:w2promo@aol.com; www.racegate.com

June 4. Rock 'N' Roll Marathon, San Diego. Elite Racing, 5452 Oberlin Dr., Suite B, San Diego, CA 92121. 858-450-6510. www.mm marathon.com

June 17. Cal-Neva Mile, Reno, Nev. Ray Cook, Silver State Striders, PO Box 21171, Reno, NV 89515. 775-746-4540(e); www.silverstatestriders.com

June 18. State Street Mile, Santa Barbara, Calif. Megan Riker, 805-568-2316; www.sbmile.com

June 25. Kona Marathon, Half-Marathon, 10K, & 5K, Kona, Hawaii. JTL Timing Systems, 73-4158 Kaala Place, Kailua-Kona, HI 96740; 808-325-0287.

July 9. Chronicle Marathon, San Francisco. CM, PO Box 828, Rialto, CA 92377. 800-698-8699; fax: 909-874-2604; www.sfgate.com/chronicle/events

August 27. Silver State Marathon, Reno, Nev. Ski Pisarski, 2358 Camelot Way, Reno, NV 89509. 775-849-0419; www.silverstate marathon.com

October 22. San Joaquin Valley Marathon & Team Relay, Fresno, Calif. Paula Castadio, San Joaquin Valley Marathon, 1544 Van Ness, Fresno, CA 93721. 559-266-1800; fax: 650-1880.

NORTHWEST

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

April 1. Trail's End Marathon, Warrenton, Ore. Susan Perry, ORRC, 4840 S.W. Western Ave., #200, Beaverton, OR 97005. 503-646-7867. www.orrc.net

April 8. Pear Blossom 10 Mile & 5 Mile, Medford, Ore. Street Faire, BBQ. 4000 participants. SASE to Pear Blossom, PO Box 146, Medford, OR 97501. March 15 deadline. Zellah & Jerry Swartsley, 541-772-6293(d); 535-1205(e).

April 15. Oregon Marathon Relay & Marathon, Eugene. Oregon TC Masters, PO Box 11364, Eugene, OR 97440.

May 7. Lilac Bloomsday 12K, Spokane, LB 12K, PO Box 1511, Spokane, WA 99210. Deadline April 14. 509-838-8784; www.bloomsdayrun.org

May 21. Capital City Marathon, Olympia. CCM, PO Box 1681, Olympia, WA 98507. 360-786-1786. www.ontherun.com

May 28. Rocky Mountain Double Marathon (52.4 miles), Wyoming Marathon, & Medicine Bow Half-Marathon, Laramie, Wyo. Brent Weigner, 402 W. 31st St., Cheyenne, WY 82001. 307-635-3316; fax: 635-5297; email: RunWyo26point2@compuserve.com.

May 29. Up The Lazy River Masters Oregon RRC 10K Championships, West Linn, Ore. M&W40+. Gary Smith, PO Box 549, Beaverton, OR 97075. 503-646-7868; email: orrc@teleport.com; www.orrc.net/

June 17. Mayor's Midnight Sun Marathon & Half-Marathon, Anchorage, Alas. Anchorage Parks & Recr., PO Box 196650, Anchorage, AK 99519. 907-343-4474; fax: 278-6595; mcleaj1@ci.anchorage.ak.us; www.ci.anchorage.ak.us

July 23. Avon Running Circuit 10K & 5K, 212-282-5350; www.avonrunning.com

July 24. Deseret News Marathon, Salt Lake City. DNM, 30 E. 100 South, Salt Lake City, UT 84111. 801-237-2135; www.deseretnews.com/run

Continued on page 39

RECIPIENTS OF ALL-AMERICAN AWARDS

M30-34				M50-54	
Robert Walter	Pent I	2876	3-4-00	Gene Bard	
Marek Wensel	55m I	6.77	2-12-00	Roger Crockett	
	400 I	49.87	3-3-00	Robert Dozoretz	
M35-39				M55-59	
Dave Gilbert	PV I	4.12	1-15-00	Wayne Hansen	
David Sanford	3000 I	10:03.8	1-22-00	Tom Russell	
M40-44				M60-64	
Rob Doran	Pent I	2508	3-26-99	Chuck Bartholomew	
Lenny Mustari	3000 I	10:22.20	2-11-00	Michael Boudreaux	
Warren Taylor	SP	16.00	8-27-99		
	D	47.42	8-28-99		
	SP	15.53	5-6-98		
				Paul Robillis	
				Boeger Young	

PVI	4.20	1-28-00
TJ	10.74	8-29-99
OK	37.03	1-23-00
200	26.66	12-4-99
WTI	9.28	3-4-00
55 mi i	7.95	2-11-00
100	12.97	10-19, 26-99
200	26.92	10-19, 26-99
400	1:01.48	10-19, 26-99
3000	12.09	1-29-00
555 mh i	10.37	1-30-00

<u>M70-74</u>				
Ev Poe	55 i	8.57	2-20-00	
<u>M75-79</u>				
Frank Knaus	400	87.31	10-99	
Tim Murphy	100	14.40	4-25-98	
	200	31.41	4-25-98	
<u>W35-39</u>				
Laurie Jinkins	WT	10.25	9-13-99	
<u>W55-59</u>				
Suzanne Franco	5K	24:36	3-5-00	
<u>W75-79</u>				
Mary Holland	400	1:24.61	8-7-99	

U.S. MASTERS ALL-AMERICAN STANDARDS

FOR MEN

Wt. Pen. 2800 2700 2600 3000 3000 3000 3000 3000 3000 2600
 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";
 3) Long hurdles: 30-49: 36"; 50-59: 33"; 60+: 30"
 4) Shot put: 30-49: 7.26kg (16#); 50-59: 6kg; 60-69: 5kg;
 5) Discus throw: 30-49: 2kg; 50-59: 1.5kg; 60+: 1.0kg
 6) Hammer: 30-49: 7.26kg (16#); 50-59: 6kg; 60-69: 5kg;
 7) Javelin: 30-59: 800g; 60+: 600g
 8) Metric heights and distances are the standard; feet and inches listed for convenience.
 9) Pen/Dec/Wt. Pen: 30-39 IAAF pts.: 40+ WAVA factoring (new WAVA).

U.S. MASTERS ALL-AMERICAN STANDARDS

FOR WOMEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100	13.8	14.1	14.4	15.0	15.5	16.4	16.8	18.6	19.8	22.0	25.0
200	28.0	28.8	30.0	31.6	33.0	35.0	37.0	39.0	42.0	48.0	52.0
400	63.5	65.5	68.0	70.0	78.6	80.0	83.0	84.0	86.0	98.0	104.0
800	2:33	2:35	2:40	2:46	2:54	3:10	3:20	3:36	3:56	4:30	5:40
1500	5:10	5:20	5:30	5:40	6:00	6:20	6:45	7:30	8:00	8:50	10:10
Mile	5:40	5:50	6:10	6:30	6:50	7:00	7:40	8:10	8:50	9:40	10:45
3000	11:30	11:50	12:00	12:30	14:00	14:30	15:00	16:00	18:30	20:00	23:00
5000	19:45	20:15	21:00	22:00	23:30	24:50	26:00	28:00	30:00	34:00	36:00
10000	41:30	42:40	44:00	48:00	50:00	52:00	56:00	60:00	66:00	76:00	85:00
100H	17.2	18.2									
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0
400H	75.0	79.0	84.0	88.0							
300H					66.0	72.0	79.0	87.0	96.0	110.0	120.0
HJ	1.40	1.35	1.27	1.22	1.12	1.07	1.02	0.97	0.92	0.89	0.84
	4-7	4-5½	4-2	4-0	3-8	3-6	3-4	3-2½	3-0½	2-11	2-9
PV	2.70	2.40	2.10	1.80	1.50	1.20	1.10	1.00	0.90	0.80	0.70
	8-10½	7-10½	6-7	5-10½	4-11	3-11½	3-7½	3-3½	2-11½	2-7½	2-3½
LJ	4.60	4.42	4.04	3.81	3.40	3.20	3.10	2.60	2.30	2.10	1.50
	15-1	14-6	13-3	12-6	11-1½	10-6	10-2	8-6½	7-6½	6-10½	4-11
TJ	9.50	9.09	8.43	7.49	7.01	6.40	6.20	6.00	5.50	4.50	3.89
	31-2	29-10	27-8	24-7	23-0	21-0	20-4½	19-8½	18-½	14-9	12-9
Shot	10.30	9.32	8.51	8.40	8.00	7.77	7.50	6.60	6.00	5.20	4.30
	33-9½	30-7	27-11	27-8½	26-3	25-6	24-7½	21-8	19-8½	17-½	14-1½
Javelin	35.00	33.50	28.00	25.00	23.00	22.15	20.00	17.00	16.00	15.00	12.00
	114-10	109-11	91-10	82-0	75-5½	72-8	65-7½	55-9½	52-6	49-2½	39-4½
Discus	32.00	30.00	25.00	24.00	22.00	21.00	18.00	16.00	14.00	13.00	11.00
	105-0	98-5	82-0	78-9	72-3½	69-0	59-3½	52-6	45-0	42-8	36-1½
Hammer	35.00	32.50	30.00	25.00	23.00	22.00	21.00	18.00	14.00	12.00	9.00
	114-10	106-7	98-5	82-0	75-5½	72-2½	68-0	59-3½	46-0	39-4½	39-6½
20#Wt.	10.00	9.00	8.00	7.01							
	32-9½	29-6½	26-3	23-0							
16#Wt.					8.00	7.00	6.00	5.54	5.18	5.00	4.75
					26-3	23-0	19-8½	18-2	17-0	16-5	15-7
Sup.Wt.	6.50	6.00	5.50	5.00	5.25	5.00	4.75	4.50	4.00	3.50	3.00
	21-4	19-8½	18-2½	16-5	17-2½	16-5	15-7	14-9½	13-1½	11-5½	9-10
Wt.Pent	2600	2500	2500	2500	2800	2600	2600	2500	2500	2400	2200

Notes: 1) 100 standards are for automatic time; use standard conversion for hand time.
 2) Short hurdles: 30-49: 33"; 40+: 30"
 3) Shot put: 30-49: 4k; 50+: 3k
 4) Javelin: 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
 7) Superweight: 30-49: 35-lb; 50+: 25-lb

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

NAME _____ AGE-GROUP _____
ADDRESS _____ SEX: M _____ F _____
CITY _____ STATE _____ ZIP _____
MEET _____ DATE OF MEET _____
MEET SITE _____
EVENT _____ MARK _____
HURDLE HEIGHT _____ WEIGHT OF IMPLEMENT _____

1. If you have equaled or bettered the standard of excellence, please fill out this application, completely.

2. A copy of your results or a note stating in which issue your results appeared MUST accompany this application.

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

4. Send to: All-American, *National Masters News*, P.O. Box 50098, Eugene OR 97405.
5. A 3-color, 8" by 10" certificate, suitable for framing, and/or a 3-color, 3" by 4" patch

will be mailed to you within six weeks. Allow eight weeks for a patch tag.

National Masters News

TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene OR 97405. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces / 21/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

EAST**Syracuse Chargers Meet**
Syracuse U., NY; Jan. 15

55m	Jay Garrick	5:44
M40 Bill Liberman	M55 Bob Thurston	5:50
M45 Dan Swanson	Jim Verdier	5:59
Jim Kelly	David Boland	5:59
M50 Bob Davis	M65 Larry Dickerson	6:25
M60 Tom Fondy	M70 Don McCarten	6:48
M70 Howard MacMillan	W40 Gretchen Triantos	5:33
W30 Angela Scott	Eleanor Simonsick	5:50
W45 Irene Thompson	W45 Joyce Adams	6:15
W50 Kathy Cirina	Men's Elite Mile	
300m	1 Chago Navarro	26:43
M30 Mike Boni	3 Anthony Hamon	31:43
M40 Bill Liberman	5 Tony Basile	41:48
M45 Dan Swanson	6 Mac Allen	45:51
M50 Gary Geiger	10 Ted Poulos	38:45
M60 Tom Fondy	11 Paul Ryan	45:58
M70 Howard MacMillan	13 Tom Winkert	35:15
W30 Angela Scott	14 Jason Sparkowski	39:16
W35 Becky Heuer	15 Chris Caravoulias	44:09
W45 Irene Thompson	16 Brooke Buchanan	31:10:44
W50 Kathy Cirina	Men's Open Mile	
1000m	1 Eliot Triantos	14:09
M30 Mike Boni	2 Tom Nowicki	38:51:10
M35 David Carroll	4 Bob Costanza	43:51:15
M40 Mike Burns	6 Doug Hagerman	38:51:19
M45 Tim McMullen	7 John McKenzie	34:52:22
M55 Dom Rappazzo	9 Dave Buchanan	30:52:25
M60 Bob Milner	10 Ed Baran	34:52:27
W35 Becky Heuer	11 Jim Moreland	47:53:36
3000m	13 Jim Bradford	37:53:38
M30 Dan Reid	19 Peter Blank	45:61:17
M35 Robin Wheless	21 John Smeby	53:62:25
Ed Lindo	22 Brian DeWitt	37:62:26
Dave Farren	3000m	
M40 Bob Carroll	1 Hans Otten	21:90:08
Brian Gaffney	M30 Eron Ferreira	9:19
Pat Piscitelli	Kyle Caudle	9:30
M45 Tim McMullen	Jim Blackmon	9:44
Charlie McMullen	M35 Mike Powell	9:50
Mike Coccima	Ted Poulos	9:52
M50 Mike Reif	Tom Nowicki	10:54
Russ Messeroll	M40 Gordon Fette	10:42
Jim Miner	Robert Garza	12:12
M55 Larry Smith	Jim Scarborough	12:21
M60 Bill Wieck	M45 David Webster	10:32
M70 Ray Bragger	Jim Moreland	11:41
M80 Nate White	Jim Darr	12:30
W35 Leatha Damron	M50 Jay Wind	10:57
W40 Patti Ford	M55 David Roland	12:33
Mickey Piscitelli	W65 Larry Dickerson	13:12
55mH	W30 Jennifer Lazio	13:05
M45 Thom Crowley	W35 Suzanne Nearman	11:57
Pole Vault	W40 Karen Garth	12:23
M30 Mike Thompson	W45 Betty Blank	12:13
M40 Gary Kennedy	Joyce Adams	12:25
M45 Peter McGinnis	3000m Racewalk	
Jim Kelly	1 Tim Good	40:15:46
Long Jump	2 Jim Moreland	47:16:47
M35 Eric Lauber	3 Eric Bouffret	34:17:23
W45 Irene Thompson	4 Vic Litwinski	56:18:32
Shot Put	5 Linda Rodbell	w50:20:04
M30 Norm Deep	6 Pete Blank	45:21:35
Greg Klein	7 E R Premo	64:22:18
M55 Gary Crawford	8 Terry Hamilton	71:22:30
W50 Kathy Cirina	Weight	
M35 Brian Grawne	M35 Brian Grawne	11:38
M50 Pat Lynn	M50 Pat Lynn	11:12
M55 Gary Crawford	M55 Gary Crawford	7:68
W50 Kathy Cirina	W50 Kathy Cirina	8:12
3000m Racewalk	Potomac Valley TC Indoor Meet	
M50 Bob Nicholson	Alexandria, VA; Feb. 6	
M60 Paul Halbert	Masters Mile	
M70 Ed Stabler	M40 Mike Coda	5:46
Potomac Valley TC Indoor Meet	Bob Tate	5:47
Alexandria, VA; Jan. 23	David Lewis	6:07
Masters Mile	M45 Jim Moreland	5:33
M40 Marty Horan	Mike Lyons	5:55
Curtis Davis	David Gayer	5:57
Mark Wisch	M50 Jay Wind	5:23
Robert Garza	Jay Garrick	5:43
M45 Tom Weber	Ric Francke	8:25
David Webster	M65 Larry Dickerson	6:27
Jerry Merkel	M70 Don McCarten	7:07
Jim Moreland	W65 Doralie Segal	8:14
M50 Jay Wind	Elite Mile	
Pat Sullivan	1 Kyle Lanier	27:4:38
Robert Trost	4 Kyle Caudle	34:4:42
M50 Jay Wind	8 Jim Ehrenhaft	34:4:52
Pat Sullivan	10 Mike Powell	36:4:53
Robert Trost	12 Marty Horan	40:4:55
M50 Jay Wind	14 Ted Poulos	38:4:57

15 Lorenzo Nelson	35	4:58	William Hughes	8.0	Chris Monroe	2:28.70	M50 Dennis Chandler	12.30
16 Terry McLaughlin	39	4:58	M65 Alex Johnson	8.0	M50 Alston Brown*	2:15.33	Bill Walsh*	10.93
18 Ian Clements	35	4:59	Leon Trout	8.2	Victor Diaz	2:28.29	Walter Roucken*	10.44
22 Rob Thomas	II 38	5:01	M70 James Stookey*	7.9	Michael Milove	2:35.56	Carl Levine*	8.80
23 David Webster	47	5:04	William Bergen*	9.9	M55 John Saarmann	2:40.35	Jerry Sullivan	8.43
25 Tom Winkert	35	5:09	Bob Naylor	10.5	Dan Kirsch	2:45.12	M60 Sam Rumford	10.72
Women's Mile			M75 Jim Manno	9.1	Pat Cosgrove	2:45.86	M65 Pete Barker*	9.87
1 Lucia James	13	5:37	M80 Champion Goldy	9.6	M60 Dave Gerridge	2:44.43	M70 Bill Bergen*	8.90
9 Sarah Buckheit	39	6:08	W30 R Moore-Robinson	7.4	Paul Rehm	2:45.98	M75 Charles Covino	9.10
16 Jennifer Lazio	31	6:26	D Adkins-Forte*	7.6	M65 Frank Haviland	2:42.89	M80 Champion Goldy	7.35
25 Tami Graf	63	7:26	Brigida Henriquez	8.4	Irwin Bernstein	2:48.86	W35 Oneitha Lewis*	12.91
26 Chris Caravoulias	44	8:13	W35 Althea Morris*	7.3	Mark Lannigan	3:06.61	W40 Janice Reid	6.06
Open Mile			J Enoch-O'Hayla	7.7	M75 John McManus*	3:14.14	W50 Susan Nesbithal*	6.58
1 Gabe Reichenbach	19	5:09	Shemayne Williams	8.1	Frank Lucianna	3:53.36	Mary Trotto*	6.46
10 Jim Moreland	47	5:31	W50 Skipper Clark*	8.8	M80 James Hascup	4:48.24	W55 Roz Katz*	7.95
13 Tim McMahon	39	5:37	Donna Cetrulo	11.6	W30 Diane Bernstein	2:51.10	W60 Mary Roman*	9.07
19 John Hiratsuka	47	6:01	W60 Mary Roman*	9.7	W35 Dawn Best*	2:35.08	Evelyn Wright*	8.98
24 Samantha Kirby	w31	6:30	Sheila Herman	11.5	W40 Janice Morra	2:32.18	Pole Vault	
25 Pete Blank	46	6:31	W65 Audry Lary	9.0	W50 Mary Rosado*	2:59.43	M35 Duncan Littlefield	15
26 David Uy	32	6:32	W80 Adrienne Salmini	23.4	W55 Eileen Holzman	3:25.80	M40 Bob Ayling	9-6
3000m			M30 Rohan Elleston	24.23	W60 Madeline Bost	3:15.82	Dan Goia	9
M30 Anthony Hamm	1st	8:38	John Kisza	28.48	Sheila Herman	3:55.40	M45 Bob Reese	8-6
David Uy		13:28	M35 Mitchell Lovett*	24.53	W70 Toshiko D'Elia	WR 3:28.75	M50 Ron Salvio	8
M35 Mike Powell		9:50	Kevin Ellis	26.18	(3:36.38/S Onodera-Leonard/1999)		W60 Evelyn Wright*	5
Ted Poulos		9:50	M40 Val Barnwell*	24.69	1500m		High Jump	
M40 Joe Abernethy		8.45	Keith Royster*	24.97	M30 Carlos Martins	4:18.42	M35 Duncan Littlefield	1.57
Jim Scarborough		12:28	Errol Meikle	26.11	Paul Buccino	4:19.04	M40 Don Goia	1.57
M45 David Webster		10:22	M45 Archie Glaspy	25.00	Andy Latinics	4:22.02	M45 Al Cestero	1.47
Jim Moreland		11:31	Chaeles Lampert	26.54	M35 Larry Glazer*	4:27.74	Keith Mathis*	1.47
M50 Jay Wind		11:01	David Gritz	28.15	Kevin Hickman	4:47.22	M50 Bob Boddy*	1.47
Richard Weston		12:31	M50 Alston Brown	25.95	Fred Benlein*	6:40.71	Ivan Black*	1.42
M55 Robert Thurston		11:36	Noah Perlis	28.13	M40 Guy Gordon	4:29.61	Bill Walsh*	1.37
David Endres		13:37	David Rosenthal	33.37	M45 Bill Scholl	4:44.36	M55 Lee Buster*	1.47
M65 Larry Dickerson		12:57	M65 Alex Johnson	30.11	Peter Reinhart	4:49.21	Jerry Sullivan	1.12
M75 Bill Osburn		16:02	W35 Renee Danagos	12:18	Bill Bosmann	4:50.20	M60 Sam Rumford	1.32
W30 Jennifer Lazio		13:00	W60 Tami Graf	14:45	M50 Roger Price	4:35.72	W65 Leon Trout	1.32
3000m Racewalk			Syracuse Masters/Longley Jones Associates Mile		M70 James Stookey*	29.48	W35 Althea Morris*	1.32
1 Steve Pecinovsky	45	13:13	W35 William Bergen*	36.00	W30 James Manno	4:40.90	W40 P Dickson-Taylor	1.07
2 Vic Litwinski	56	17:58	Bob Naylor	40.65	W60 Madeline Bost	6:35.90	W50 Mary Trotto*	.92
4 Bob Ryan	52	18:18	M75 Lester Wright	33.95	W70 Toshiko D'Elia	AR 6:51.00	Susan Nesbithal*	.92
6 Linda Rodbell	w50	18:25	Jim Manno	35.09	(7:17.7/Louise Adams/1993)		W60 Evelyn Wright*	3.58
8 Lois Dicker	w60	18:56	W55 Eileen Holzman	39.65	400m		M40 Dan Goia	5.16
9 Peter Blank	45	19:17	W60 Mary Roman*	39.58	M30 Rohan Elleston	54.20	John Oellerman	4.01
10 Ginny Inglesle	w40	19:37	W65 Audrey Lary*	33.97	George Jakovic	56.49	Bob Ayling	3.94
11 Chris Caravoulias	w42	20:38	Manley Field House		Tom Metz	59.54	M45 Al Cestero	5.38
13 Jan Schoenbaue	W42	21:03	Syracuse U., NY; Feb. 11		M35 Mitchell Lovett*	54.31	Lance Hemarth	5.01
14 Terry Hamilton	w72	22:49	Men		Kevin Hickman	1:02.67	Mark Johnson	4.68
Syracuse Masters/Longley Jones Associates Mile			Steven Cahn	1:03.17	Steven Cahn	1:03.17	M50 Mike Milove*	4.81
Manley Field House			W35 Althea Morris*	26.62	W45 Sherry Brosnahan	5:56.80	Bob Boddy*	4.62
Syracuse U., NY; Feb. 11			Shemayne Williams	28.59	W55 Dudley Healy	9:59.60	Ivan Black*	4.42
Men			Joy Enoch-O'Hayla*	29.54	W40 Janice Morra	5:01.80	W35 Dawn Best*	3.96
1 Jerry Koymans	44	4:35.1	W50 Mary Trotto*	41.36	Linda Ryan	5:53.20	W50 Mary Trotto*	2.57
2 Tim McMullen	47	4:36.5	W55 Eileen Holzman	39.65	W45 Sherry Brosnahan	5:56.80	Susan Nesbithal*	2.15
3 Fred Robbins	45	4:52.5	W60 Mary Roman*	39.58	W50 Roger Price	5:58.90	W60 Evelyn Wright*	3.58
4 Tim Murphy	40	4:58.6	W65 Audrey Lary*	33.97	W60 Sid Howard*	5:04.60	Mary Roman*	2.08
5 Gary Radford	43	5:01.5	400m		M70 Rohan Elleston	54.20	W65 Audrey Lary*	3.38
6 Dan Littlejohn	45	5:03.8	1 M30 Rohan Elleston	54.20	George Jakovic	56.49</td		

Continued from previous page

**MAC Championship
Armory T&F Center
NYC; Feb. 18**

60M	M30 Matt Degaetano	7.52	M75 John McManus	7:05.28	7 Suzanne Myette	42	5:30.6
	Will Holland	7.57	W45 Regina Cahill	5:49.43	Open Women's Mile (Sec 2)		
	M35 Jim Reilly	7.42	W50 Mary V Rosado	6:04.30	1 Carolyn Smith Hanna	495:55.0	
	Luca Trovato	8.05	W65 Joan Bondell	7:32.48	7 Irene Thompson	45	6:27.3
	M40 Val Barnwell	7.39	3000M		8 Diane Sardes	48	6:29.9
	Keith Royster	7.57	M35 Allen Singeap	11:16.32	12 Mary Shaver	58	6:54.0
	Paul Augello	8.22	M60 Denis Daly	11:52.19	13 Diane Sherrer	48	7:10.0
	Rob Doran	8.27	M70 Des Margetson	17:29.32	Men's 3000m		
	Jim Connor	8.39	60M Hurdles		1 Mike Melfi	25	8:54.2
	M45 Ed James	7.48	M40 Rob Doran	10:77	6 Peter Glavin	37	9:36.6
	Jesse Norman	7.73	M50 Ivan Black	10:51	12 Tim Ingall	40	10:41.4
	Russ Wellen	8.79	Joe McMahon	11:08	Men's 800m (Sec 1)		
	M50 Alston Brown	7.69	W50 Skipper Clark	13:86	1 Viet Do	24	1:59.0
	Rick Lapp	7.81	M35 Luca Trovato	5.13	5 Tom Dalton	41	2:07.8
	Ivan Black	8.58	M40 Rob Doran	4.86	8 Tim McMullen	47	2:11.5
	Noah Perlis	8.64	M60 Ed Kent	3.84	10 Mike Boni	34	2:17.1
	M55 Gene Ballard	8.45	David Rosenthal	3.28	Men's 800m (Sec 2)		
	M60 Roosevelt Weaver	8.56	M70 Des Margetson	2.82	1 Ken Florance	46	2:30.3
	Ed Kent	9.27	W35 Dawn Best	3.96	2 Pete Davis	41	2:32.0
	David Rosenthal	9.42	W50 Skipper Clark	3.75	3 Tom Carr	54	2:33.1
	Ernest Green	9.80	Triple Jump		4 Bill Ripple	54	2:44.9
	W35 Alethea Morris	8.03	M50 Ivan Black	9.96	5 Joe Reynolds	55	2:47.9
	D Adkins-Forte	8.28	M60 David Rosenthal	6.66	6 Harry Luke	54	2:51.4
	Sheymayne William	8.63	High Jump		Women's 800m (Sec 1)		
	W45 Sharon Warren	8.97	M35 Igor Agaev	2.47	1 Theresa Humenij	212:22.2	
	W50 Skipper Clark	9.97	M40 Rob Doran	1.42	3 Becky Heuer	35	2:25.0
	200M		M45 Bob Reese	1.22	5 Patti Ford	44	2:26.4
	M30 Matt Dageatano	25.10	M50 Ivan Black	1.42	11 Suzanne Myette	42	2:33.8
	M35 Mitchell Lovett	22.80	Joe McMahon	1.32	Women's 800m (Sec 2)		
	Jim Reilly	23.39	M60 Gerald Counihan	1.52	1 Irene Thompson	45	2:42.4
	Alan Bautista	25.33	M70 Des Margetson	1.22	2 Carolyn Smith Hanna	492:45.3	
	M40 Keith Royster	23.67	W50 Skipper Clark	1.22	10 Mary Shaver	58	3:18.0
	Val Barnwell	23.71	Pole Vault		1 Mike Boni	34	5:02.4
	Nick Mitchell	27.23	M35 Duncan Littlefield	4.42	3 Peter Glavin	37	5:17.1
	Richard Stewart	27.29	M40 Rob Doran	3.05	4 Ed Sullivan	34	5:28.1
	M45 Archie Glaspy	23.97	M45 Bob Reese	2.59	1 Scott Weeks	28	4:22.1
	Jesse Norman	24.25	M50 Joe McMahon	2.59	3 John Trowse	33	4:29.4
	Dennis Brown	25.91	Ivan Black	1.83	12 Dave Carroll	37	4:53.8
	M50 Alston Brown	24.67	M60 Gerald Counihan	3.35	13 Dave Yendzreski	38	4:53.8
	Rick Lapp	24.75	Shot Put		15 Steve Cackett	36	4:59.3
	Ron Johnson	24.89	M35 Allen Singeap	5.56	Philadelphia Masters Indoor Championships		
	Noah Perlis	27.99	M40 Goran Miljanovic	13.61	Haverford College; March 4		
	M55 Richard Hamner	26.63	Tony Ciccone	12.93	55m		
	M60 David Rosenthal	33.01	Nick Mitchell	11.97	M35 Howard Bolton	7.2	
	400M		Rob Doran	9.71	M40 Tom Yunker	7.9	
	M30 Rohan Elleston	52.83	M45 Dennis Hansen	11.92	M45 Karl Castor	7.4	
	M35 Mitchell Lovett	50.88	M50 Dennis Chandler	12.21	M55 Jay Lutz	8.3	
	Jim Reilly	53.33	Rich Dunphy	10.12	M60 William Bittner	7.9	
	M40 Sal Allah	51.85	Joe McMahon	9.98	M70 Tom Rice	8.4	
	M45 Archie Glaspy	53.43	Ivan Black	7.18	W35 Rosaly Rahman	8.4	
	Francis Schiro	53.43	M55 Carl Levine	8.37	M200		
	Dennis Brown	59.83	M60 Ernest Green	9.58	M45 Tony Natale	26.3	
	Rob Jackson	1:02.37	M65 Pete Barker	9.93	M50 Phil Felton	27.0	
	M50 Alston Brown	54.06	M70 Des Margetson	7.37	M55 Jay Lutz	30.9	
	Rick Lapp	54.78	W35 Oneitha Lewis	12.78	M80 George Blyn	52.3	
	Noah Perlis	1:04.31	Darleen Nelson	9.06	W35 Octavia Thomas	31.0	
	Graham Smith	1:05.37	400m		400m		
	M55 Richard Hamner	1:01.92	W40 Deborah Ecklund	6.75	M40 Tom McMahon	58.8	
	M60 David Rosenthal	1:15.06	W50 Skipper Clark	8.40	M45 Tony Natale	58.3	
	M70 Joseph Kernan	1:58.36	W55 Roslyn Katz	8.27	M50 Steve Rook	1:02.7	
	W40 Stephanie Vega	1:04.38	Mile Race Walk		M80 George Blyn	1:59.3	
	L Clark-Feaster	1:04.61	W40 Deborah Ecklund	13:47.96	800m		
	800M		Upstate New York Indoor Distance Festival		M30 Dave Brown	2:09.8	
	M30 Max Crispi	2:03.32	Hobart & William Smith College		M35 Greg Green	2:10.1	
	Mike McGarry	2:03.59	Roger Messenger Memorial Masters Mile		M40 Chuck Shields	2:14.3	
	Rich Carlson	2:23.95	1 Tom Dalton	\$200	M45 Tom Inzana	2:23.7	
	M35 Robert Dickson	2:03.34	2 Tim McMullen	47\$1254:44.2	M50 Dick Green	2:16.4	
	Rich Agnello	2:06.57	3 Chas McMullen	49\$1004:50.3	M80 George Blyn	4:15.9	
	Larry Glazer	2:07.39	4 Jim Robinson	45 \$50 4:56.3	Mile		
	M40 Herbie Medina	2:16.96	5 Jim Otis	45 \$25 5:00.2	M30 Eric Holte	5:11.4	
	Robert Brush	2:17.18	6 Jeff Juran	43 5:00.4	M40 Sidney Holzer	5:17.5	
	David Goldberg	2:20.78	7 Dave Worden	44 5:01.3	M45 Bob Crossin	5:31.6	
	M45 Tom Hartshorne	2:14.50	8 Peter Davis	41 5:09.0	M50 Dick Green	4:58.3	
	Tony Plaster	2:15.39	9 Charlie Fay	47 5:10.4	M55 Joel Dubow	5:47.8	
	Anthony Baker	2:32.54	10 Jim Andrews	52 5:18.1	M80 George Blyn	9:00.0	
	M50 Alston Brown	2:08.09	11 Ken Florance	46 5:21.4	3000m		
	Nick Caswell	2:17.07	12 Terry McConnell	45 5:22.0	M35 Andrew Sherer	10:01.8	
	Victor Diaz	2:23.55	13 Anthony Garrow	44 5:34.1	M40 Keith Davies	9:56.1	
	Kevin Smith	2:26.74	14 Jim Otis	45 \$25 5:00.2	M45 Kyle Mecklenborg	15:24.6	
	Michael Wilson	2:27.84	15 Jeff Juran	43 5:00.4	M50 Carl Grossman	11:55.7	
	Joe McMahon	2:37.25	16 Dave Worden	44 5:18.1	M60 Carl Kane	12:49.3	
	M55 Jonathon Tetherly	2:26.21	17 Peter Davis	41 5:21.4	M80 George Blyn	18:33.3	
	Michael Charles	3:00.82	18 Charlie Fay	47 5:10.4	Short Hurdles		
	M60 Anes Hansley	2:42.12	19 Jim Andrews	52 5:18.1	M40 M Sellers	5.18	
	M65 Irwin Bernstein	2:50.57	20 Ken Gordon	58 5:39.3	M65 Jack Lance	3.30	
	M70 Joseph Kernan	4:15.82	21 Bill Ripple	54 6:05.1	M70 Tom Rice	3.67	
	W50 Mary Rosado	2:54.18	22 Ralph Josephson	54 6:18.7	M85 George Braceland	2.48	
	Mile		23 Heather Swarts	26 5:08.1	High Jump		
	M30 Tom Metz	4:51.95	24 Patti Ford	44 AR5:08.9	M85 George Braceland	1.09	
	Angelo Harasi	4:57.82	25 Terry Habecker	52 5:15.1	Long Jump		
	M40 Doug Miller	4:48.40	26 Tom Carr	54 5:36.6	M40 M Sellers	5.18	
	David Goldberg	5:06.31	27 Bill Ripple	54 6:40.8	M65 Jack Lance	3.30	
	Brian Barry	5:59.12	28 Mike Feiligno	50 5:54.4	M70 Jim Beahm	6:14.0	
	M45 Anthony Baker	6:08.47	29 Bob Milner	64 5:57.1	M60 Jim Beahm	6:00.0	
	M50 Victor Diaz	5:08.26	30 Joe Reynolds	55 5:59.5	3000m		
	Michael Wilson	5:28.04	31 Bob Nicholson	53 6:00.8	M35 Terry McLaughlin	10:0:10	
	M55 Paul Perry	5:00.20	32 Heather Swarts	26 5:08.1	M45 Roger Koehler	10:43.0	
	M60 Sid Howard	5:21.45	33 Patti Ford	44 AR5:08.9	David Winston	12:20.0	
	Jim Fillis	6:02.21	34 Leatha Damron	36 5:27.0	Doug Ingram	13:32.0	

SOUTHEAST

W45 Mary Winston	12:46.0	55mH		M45 Mike Skoflanc	7.25
M35 Brian Donahue	15.51	Shot Put		M60 Darrell Huey	8.35
M40 Goran Milonovic	12.21	M35 Trace Barnett	8.7	M65 Bill Park	9.24
M60 Bill Bittner	9.95	M40 Ed Fitzgerald	11.9	M70 Harry Brown	8.14
M70 Tom Rice	8.93	M70 James Stookey	9.3	W45 Sandra O'Brien	10.52
M85 George Braceland	6.27	M75 Joe Martin	15.6	W60 Pat Beam	10.18
W55 Roslyn Katz	7.78	W30 Laura Hoofnagle	11.6	200m	
Mile RW		M40 David Bradley	26.33	M40 David Bradley	26.33
M30 Eric Litt	8:33.9	M45 Tom Rewolinski	26.22	M45 Tom Rewolinski	26.22
M50 John Albert	8:41.1	M60 Mike Murphy	31.11	M65 Bill Park	35.57
M65 Frank Sullivan	10:43.1	M70 Harry Brown	29.82	M70 Harry Brown	29.82
M85 George Braceland	13:16.4	M45 Keith Mathis	1.50	W55 Lynne Ingalls	33.97
W35 Eileen Drukenmiller	9:42.2	M50 Johnnie Dye	1.40	W60 Pat Beam	40.47
SOUTHEAST		Cary Carter	1.30	400m	
Virginia Masters Indoor Championships		Carlton Mott			

National Masters News

Continued from previous page

Long Jump	
M35 Jeffrey Stamp	17-3
M45 Doug Holmberg	18-4
M50 Kent Hann	14-10
M65 Paul Lehmkuhl	15-4
Triple Jump	
M35 Mark Twedt	35-2
M65 Paul Lehmkuhl	29-9
W65 Rachel Lyga	19-1
Shot Put	
M50 Kent Hann	33-10
M65 E D Buzz Luse	30-11

USATF Minnesota Indoor Championships
Bethel College, Arden Hills
Feb. 19

55m	
M40 Kerry Baubie	7.32
Andrew Larson	7.39
Jeff Stamp	7.42
M45 Doug Holmberg	8.06
M50 Paul Montgomery	7.53
Russ Anteronen	7.94
Kent Hann	8.24
M55 Dick Ashland	8.38
M60 George LaBelle	8.61
M65 Paul Lehmkuhl	8.19
M75 Mel Larsen	8.06
200m	
M40 Jeff Stamp	26.26
Kerry Baubie	26.43
Harley Meyer	32.33
M45 Doug Holmberg	28.65
M50 Russ Anteronen	28.71
M60 George LaBelle	34.40
400m	
M40 Jeff Stamp	57.05
Harley Meyer	83.39
M45 Shawn Regan	58.83
Doug Holmberg	65.12
800m	
M40 Jeff Stamp	2:16.94
John Hogan	2:18.44
M45 Greg Phillips	2:54.26
M50 Carter Holmes	2:30.22
Pat Oregan	2:40.73
Mile	
M40 David Kleingard	4:48.56
M45 Alan Anderson	6:05.07
M60 Rick Kleyman	5:20.73
M75 Lloyd Young	6:44.43
5000m	
M40 Bobby Paxton	16:33.72
Mark Quarford	23:09.17
M45 Mark LeDuc	17:54.77
Ron Larsen	20:36.22
M60 Bernie Finch	26:57.46
55mH	
M45 Doug Holmberg	11.13
M50 Carter Holmes	10.60
Kent Hann	11.13
M55 Dick Ashland	10.06
M60 George LaBelle	10.53
High Jump	
M40 Kevin McLaughlin	5-6
Andrew Larson	5-4.25
M45 Doug Holmberg	4-6
Michael Moser	4-4
M50 Carter Holmes	4-6
M55 Dick Ashland	4-4
M60 George LaBelle	3-10
M65 Tom Langenfeld	4-10
Paul Lehmkuhl	4-2
Pole Vault	
M40 Doug Novak	12-0
M45 John Lund	10-6
Rolf Lund	10-6
Long Jump	
M40 Harley Meyer	13-8.5
M45 Doug Holmberg	14-8
M50 Carter Holmes	14-11.25
Russ Anteronen	13-7.75
M55 Dick Ashland	14-2.25
M60 George LaBelle	11-0.25
M65 Paul Lehmkuhl	14-4
M75 Mel Larsen	WR14-2.2
(Lukens/14-1.25/1998)	
Triple Jump	
M40 Kerry Baubie	32-9.5
M45 Doug Holmberg	26-2.5
M60 George LaBelle	22-8
M65 Paul Lehmkuhl	29-3
Shot Put	
M45 Michael Moser	31-4.5
Doug Holmberg	28-9.75
M50 Kent Hann	36-10
Carter Holmes	31-1.25
M55 Dick Ashland	36-11.5
M60 George LaBelle	35-1.75
M65 Earl Luse	30-2.75

3000m Racewalk
M40 Don Peterson 18:08.4
M60 Bernie Finch 19:28.3
M80 Paul Geyer 21:43.6
W40 Arlene Ramstead 19:01.9
W45 Kathy Finch 19:54.2Colorado Indoor Track and Field Championships
Colorado Springs, CO; Feb. 27

60m	
M30 Brent Eckels	7.45
Vince Sanchez	7.93
M35 Gerald Owens	7.20
M45 Stacey Price	7.35
Trip Reynolds	7.89
Gene Iwen	8.42
Michael Jackson	8.48
M50 James St. Cyr	7.36
Tom Bassett	7.97
Len Zigmant	9.09
M55 Gary Giese	17.28
M60 Dick Camp	8.48
Ronald Kirkpatrick	8.69
M65 Bill Wright	8.26
Lowell Bonfield	9.01
W40 Jacqueline White	9.47
W75 Charlotte Acton	15.31
Willie Gatza	17.96
200m	
M45 Trip Reynolds	25.62
Gene Iwen	27.46
M50 James St. Cyr	24.04
Tom Bassett	26.15
Noel Hughes	30.66
Jeff Underwood	38.81
M60 Bob Lida	25.82
Dick Camp	27.55
Ronald Kirkpatrick	27.63
Lowell Bonfield	29.34
Ray Franks	32.01
400m	
M30 Terry Martinez	49.50
M45 Gene Iwen	1:02.59
M50 Jeff Underwood	1:11.88
M60 Bob Lida	1:10.41
George Cairns	1:12.41
M65 Ray Franks	1:18.70
800m	
M40 Rick Roberts	2:23.80
Alan Johnson	2:38.43
M60 Hans Sinkovec	2:49.66
M65 Ray Franks	3:01.87
1500m	
M40 Marty Kibiloski	4:33.55
Rick Roberts	5:27.73
M50 Chet Thompson	5:32.71
Alan Johnson	5:45.55
Jeff Underwood	5:50.44
M60 Hans Sinkovec	6:22.13
Bobby Fischer	6:01.78
W55 Maryanna Cusick	7:29.06
3000m	
M50 Alan Johnson	13:15.11
M60 Hans Sinkovec	13:36.41
Short Hurdles	
M40 Jeff Bilderbeck	10.64
M45 Stacey Price	8.55
Gene Iwen	10.89
M65 Lowell Bonfield	10.45
High Jump	
M45 Keith Johnson	5-6
Gene Iwen	4-8
M50 Terrell Schaffer	5-2
M60 Robin Herron	4
M75 Bill Chivis	3-10
Harry Lawson	3-8
Pole Vault	
M40 Jeff Bilderbeck	10
M75 Bill Chivis	7
Long Jump	
M30 Brent Eckels	6.80
M45 Michael Jackson	4.67
M50 Bruce Hedendal	4.69
M60 George Cairns	4.09
M65 Lowell Bonfield	4.00
W76 Willie Gatza	1.50
Charlotte Acton	1.23
Triple Jump	
W60 Robin Herron	6.65
W75 Willie Gatza	3.41
Shot Put	
M30 Vince Sanchez	9.80
M35 Milton Girovad	14.04
M40 Mark Daniels	8.74
M50 Ron Broce	13.08

Bruce Hedendal	13.03
Terrell Schaffer	9.73
Len Zigmant	8.39
M60 Robin Herron	11.69
M65 Vern Spencer	9.78
Ross Vrooman	8.51
M75 Harry Lawson	7.81
W75 Charlotte Acton	5.90
Willie Gatza	5.33
Weight Throw	
M35 Milton Girovad	10.75
M40 Mark Daniels	8.00
M50 Tim Edwards	14.10
Ron Broce	13.52
Bruce Hedendal	10.88
Terrell Schaffer	7.29
M60 Robin Herron	9.23
M65 Vern Spencer	13.29
Superweight Throw	
M35 Milton Girovad	7.41
M40 Mark Daniels	5.75
M50 Tim Edwards	9.48
Ron Broce	7.90
Terrell Schaffer	4.46
M60 Robin Herron	4.05
M65 Vern Spencer	6.30
3000m RW	
M35 Milton Girovad	19:41.28
M45 Terry Femmer	16:27.14
M65 Ray Franks	18:20.08
John Lyle	19:22.02
Vilmars Strautins	20:38.46
M70 Francisco Pantoja	22:37.78
Ralph Kempcke	22:25.58
W60 Rita Sinkovec	19:18.15

Harahan Senior Games Weight Pentathlon	SOUTHWEST
Kenner, LA; Feb. 13	
(HT/SP/DT/JT/WVT)	
M50 Harold Bourgeois	3005
(26.56/11.40/34.78/41.30/10.81)	
M50 Vince Breaux	2983
(30.06/10.03/31.68/38.14/13.08)	
M55 Harold Landry	2608
(23.77/11.07/23.80/26.94/9.47)	
M60 Don North	3503
(31.32/10.99/32.12/40.92/13.19)	
M65 Piil Adams	2843
(24.54/8.84/29.80/25.82/9.42)	
M65 Milton Brady	2840
(23.29/8.79/32.92/22.98/10.51)	
M65 Ward Landry	2242
(22.20/8.14/22.93/16.00/8.56)	
M70 John Poche	2962
(20.60/10.30/26.10/28.10/9.39)	
M70 Jack Haller	2700
(20.88/9.32/26.42/23.36/8.63)	

50m	
M50 Paul Martin	7.07
M55 George Jenkins	6.92
M60 Fred Kjer	7.43
M65 Richard Glasgow	7.48
M70 Joseph Savis	8.09
M75 Johnny Gibson	9.30
M80 Milton Silverstein	8.16
M85 Samuel Allen	12.83
W50 Frances Sharrah	9.95
W55 Helen Gutierrez	10.46
W60 Vera Shury	9.12
W65 Beryl Burke	13.63
W70 Bette Shulkin	10.89
W75 Bette Jenkins	10.88
W80 Sis Warnke	13.38
W90 Sarah Powell	21.49
W95 Edith McCollister	57.13
100m	
M50 Paul Martin	12.96
M55 George Jenkins	12.85
M60 Fred Kjer	13.62
M65 Ray Graves	13.88
M70 Jack Gilbert	16.37
M75 Johnny Gibson	18.24
M80 Milton Silverstein	15.39
M85 Samuel Allen	26.83
W50 Frances Sharrah	19.43
W55 Helen Gutierrez	20.36
W60 Vera Shury	17.02
W65 Beryl Burke	29.61
W70 Bette Shulkin	21.65
W80 Sis Warnke	25.84
W90 Michael DeStefano	27.01
M50 James Gill	28.66

M60 Fred Kjer	28.02
M65 Ray Graves	28.67
M70 Jack Gilbert	33.18
M75 Johnny Gibson	41.21
M80 Milton Silverstein	33.17
W50 Frances Sharrah	47.18
W55 Jan Gatt	34.74
W60 Ruby Munson	1:04.86
W70 Beverly Libby	54.47
W80 Sis Warnke	1:13.01
400m	
M50 Dennis Lichtenberger	1:00.97
M55 James Gill	1:04.72
M60 Fred Kjer	1:02.08
M65 Charles Rice	1:23.77
M70 Jack Gilbert	1:20.92
M75 Glen Dody	1:24.20
W50 Sis Warnke	1:19.46
W60 Charlie Stowers	1:48.57
W65 Beryl Burke	2:46.34
W70 Beverly Liby	2:03.98</td

Continued from previous page

M50 Jorge Birnbaum	1.37	W55 Karen Bartolo	29:31.14	W45 Maria Hillier	5:24.54	M55 Ivan Sobotka	4.17	W60 Helen Searle	42.11	W45 Sue Hoskin	18:13.83
Larry Boyd	1.37	Roberta Hatfield	32:45.07	W50 Karen Kerr	5:31.96	M60 Graeme Noden	5.10	W65 Mary Wahren	27.03	W50 Barbara Lambert	16:42.39
M55 Joe Faust	1.52	Pat Ross	33:16.16	W55 Margaret Orman	6:31.52	M65 Trevor Cowley	4.26	W70 Beryl Vine	16.19	W55 Loloma Foster	18:50.63
James Brennan	1.16	W60 Carol Ferris	34:03.53	W60 Carol Thompson	6:49.38	M70 Rudi Hochreiter	4.10	W75 Gwen Davidson	23.76	W60 Margaret Beaumont	20:56.13
Hal Sheakley	1.07	N Alexander	34:33.07	W65 June Miles	7:15.25	M75 Stan Stankovic	2.95	Javelin		W65 C Dauphinet	30:54.98
M60 Phil Fehlen	1.63	Pat Willis	38:12.02	5000m		M80 Fred Watson	1.25	M30 Alan White	47.00	W70 Doreen Torbit	21:24.00
Ira Ramjoo	1.48	W65 Patti Kennedy	39:24.59	M35 Steven Hughes	16:46.82	W30 Raewyn Grigg	4.10	M35 Geoff Gardner	43.01	5000m RW	
Bert Bergen	t1.37	Grace Moremen	40:28.81	M40 Colin Earwaker	15:58.75	W35 Rosemary Clarke	4.59	M40 Kevin Matthews	37.83	M40 Kevin Watson	36:53.93
Ralph Reiche	t1.37	W75 Jane Dana	37:08.00	M45 Dennis Litt	16:20.29	W40 Kerry Boden	4.45	M50 Peter Lambert	33.60	M50 John Lambert	30:50.15
M65 Milton Newton	1.37	Soula Thomas	39:29.28	M50 Malcolm Hammond	17:40.63	W45 Nancy Bowman	3.96	M55 Ivan Sobotka	46.44	M55 Peter McWilliams	38:47.05
Ray Fitzhugh	1.34	F Kerechuk	40:27.23	M55 David Rowell	18:08.18	W50 Lois Anderson	3.73	M60 Tom Hancock	40.65	M60 Morrie Hinton	28:05.19
M70 Arnold Ray	1.34			M60 Bill Kenny	20:55.81	W55 Beth MacLeod	3.67	M70 Rudi Hochreiter	36.22	M65 Robert Chapman	30:54.25
Paul Bambrook	1.22			M65 Barry Cook	20:13.87	W60 Barbara Bird	3.15	M75 Aivars Pavulins	29.97	M75 Richard Keatinge	35:02.83
W40 Karen Vaughn	1.34			M70 John Eccles	23:29.66	W65 Colleen Blair	3.10	M80 Dave Scrutton	26.51	W35 Angela Keogh	29:12.54
Pole Vault				M75 Eric Delautour	25:55.43	W70 Gwen Davidson	2.73	W30 Michelle Osborne	21.26	W40 Melanie Watson	38:43.59
M35 Greg Charles	4.00	100m		M80 Don Edmundson	28:54.52	Triple Jump		W40 Kerry Boden	29.37	W45 Sue Hoskin	31:04.41
M45 Murray Mead	3.81	M35 Mark MacFarlane	12.57	W30 Linda Reynolds	22:08.11	M35 Mark MacFarlane	11.00	W45 Christine Schultz	28.97	W50 Barbara Lambert	29:06.34
M50 Wayne Lambert	4.15	M40 Kevin Matthews	12.75	W35 Robyn Stanfield	20:02.72	M40 Kevin Matthews	11.07	W50 Jill Evans	29.32	W55 Loloma Foster	31:45.04
Dan Borey	3.15	M45 Eric Grant	13.58	W40 Lyn Moore	19:27.71	M50 Peter Lambert	9.53	W55 Mary Thomas	35.41	W60 Margaret Beaumont	35:49.51
M55 Mardon Connelly	3.15	M50 Wayne Cousins	12.30	W45 Maria Hillier	19:39.65	M55 Ivan Sobotka	9.46	W60 Helen Searle	26.31	W65 C Dauphinet	35:26.83
M65 Ray Fitzhugh	2.13	M60 Hugh Coogan	13.64	W50 Karen Kerr	20:53.02	M60 Lionel Low	9.90	W65 Ngawini Pepene	24.83	W70 Doreen Torbit	37:29.66
Long Jump		M70 Rudi Hochreiter	14.64	W55 Fay Riley	24:31.63	M65 Ron Johnson	8.54	W70 Beryl Vine	14.37	10,000m RW	
M40 Ken Holder	5.23	M75 Bruce Wotherspoon	15.60	W60 Carol Thompson	25:27.10	M70 Rudi Hochreiter	8.33	M75 Mary Vickers	10.71	M50 John Mison	58.38
M50 Carl Flowers	5.39	M80 Fred Watson	38.40	W65 June Miles	26:07.16	M75 Stan Stankovic	5.97	W80 Rona Smith	10.06	M55 Peter McWilliams	1:19:31
Kent Taylor	3.81	W40 Yvonne Mullins	13.12	M35 Steven Hughes	29:26.00	W30 Raewyn Grigg	8.84	M30 Alan White	12.91	M60 Morrie Hinton	59.56
M55 Terry Rowan	4.57	W45 Maureen Rossiter	14.96	M40 Colin Earwaker	28:32.00	W35 Rosemary Clarke	9.11	M35 Geoff Gardner	11.25	M65 Robert Chapman	1:01:39
M60 Roger Tsuda	4.83	W50 Wilma Perkins	14.39	M45 Dennis Litt	28:56.00	W40 Yvonne Mullins	7.94	M40 Max Steven	11.33	M75 Richard Keatinge	1:11.10
M65 Ray Fitzhugh	3.86	W55 Peggy Maciver	14.79	M50 Murray Clarkson	30:54.00	W45 Nancy Bowmar	8.06	M45 Frederic Cassier	13.34	W35 Angela Keogh	1:01:28
M70 Paul Bambrook	4.14	W60 Diana Kendall	20.86	M55 David Rowell	32:12.00	W50 Lois Anderson	8.07	M50 Daniel Josien	13.10	W40 Melanie Watson	1:21:43
Arnold Ray	4.09	M65 Margaret Peters	15.59	M60 Peter Watts	36:53.00	W55 Nyala Millar	7.63	M55 Kevin Bradley	11.93	W45 Sue Hoskin	1:05:24
W35 Elaine Iba	4.13	W70 Beryl Vine	18.32	M65 Ellis Goodyear	36:28.00	W60 Barbara Bird	6.51	W50 Lawrence Deulin	15.91	W50 Barbara Lambert	1:00:27
Triple Jump		W75 Gwen Davidson	20.27	M70 John Eccles	41:05.00	W65 Colleen Blair	5.87	M65 Jaroslav Hanus	13.44	W55 Loloma Foster	1:06:37
M35 Lavell Davenport	14.26	W80 Rona Smith	25.98	M75 Eric Delautour	45:57.00	W70 Beryl Vine	5.07	M70 Arthur Graybum	9.96	W60 Margaret Beaumont	1:15:35
M50 Kent Taylor	8.48	200m		M80 Don Edmundson	55:49.00	W75 Gwen Davidson	5.79	M75 Stan Stankovic	11.80	W65 C Dauphinet	1:12:52
Shot Put		M35 Mark MacFarlane	27.85	W30 Linda Reynolds	40:14.00	Shot Put		M80 Dave Scrutton	12.50	Half-Marathon	
M40 Bradley Slinkard	14.50	M40 Kevin Matthews	25.95	W35 Robyn Stanfield	34:57.00	M30 Alan White	11.45	W30 Michelle Osborne	8.56	M40 Colin Earwaker	1:19:19
Glenn Gottfried	10.40	M45 Eric Grant	27.62	W40 Lyn Moore	35:20.00	M35 Geoff Gardner	9.61	W40 Melanie Watson	8.27	M45 Dennis Litt	1:20:13
James Hearn	8.54	M50 Wayne Cousins	25.39	W45 Victoria Adams	36:44.00	M40 Barry Mullins	10.73	W45 Christine Schultz	11.24	M50 Peter Tutty	1:30:37
M45 Bill Gardner	13.25	M60 Hugh Coogan	27.09	W50 Raewynne Niwa	37:24.00	M45 Frederic Cassier	11.81	W50 Beverley Church	10.26	M55 Robert McPherson	1:41:22
M50 Angelo Rinaldi	12.78	M65 Trevor Cowley	30.95	W55 Fay Riley	44:35.00	M50 Peter Clark	11.63	W55 Raylea Rudov	11.03	M60 Peter Watts	1:44:58
Larry Lloyd	8.41	M70 Rudi Hochreiter	31.17	W60 Carol Thompson	50:58.00	M55 Don Quinn	10.43	W60 Helen Searle	17.02	M65 Ellis Goodyear	1:40:47
M55 Hal Sheakley	10.28	M75 Bruce Wotherspoon	33.25	W65 June Miles	48:17.00	M60 Tom Hancock	12.25	W65 Colleen Brunker	10.10	M70 Roger Dorier	2:16:27
Dave Archambault	9.73	W30 Raewyn Gregg	30.60	Short Hurdles		M65 Jaroslav Hanus	9.47	W70 Beryl Vine	8.45	M75 Gordon McKeown	2:26:33
Richard Campbell	7.89	W40 Yvonne Mullins	28.60	M35 Christopher Kenny	20.81	M70 Rudi Hochreiter	11.98	W75 Gwen Davidson	9.49	W35 Christine Carleton	1:40:22
M60 John Greiner	10.94	W45 Maureen Rossiter	30.21	M55 Bill Wells	21.06	M75 Aivars Pavulins	10.25	W80 Rona Smith	6.32	W40 Lyn Moore	1:37:53
Burr Sweeney	10.42	W50 Wilma Perkins	29.22	W60 Stewart Foster	19.60	W80 Dave Scrutton	9.70	Pentathlon		W45 Jan Litt	1:46:16
David Israelsky	9.39	W55 Peggy Maciver	30.13	M70 John Eccles	20.02	W30 Raewyn Grigg	8.10	M35 Steven Hughes	2070	W50 Raewynne Niwa	1:47:56
M65 Ray Fitzhugh	9.52	W65 Margaret Peters	32.30	M75 Stan Stankovic	20.90	W40 Sue Graham	8.16	M40 Kevin Matthews	2550	W55 Diana Southern	2:10:57
M70 Don Hegberg	10.62	W70 Beryl Vine	37.98	W50 Lois Anderson	15.64	W45 Christine Schultz	12.25	M45 Eric Grant	2000	W65 Joan Stubbing	2:28:37
Robert Hewitt	9.16	400m		W55 Lesley Hamilton	18.47	W50 Jill Evans	10.22	M50 Gary Maher	2354	Netherlands Indoor Championships	
Don Kornreich	5.57	M35 Mark MacFarlane	58.70	W65 Colleen Blair	19.20	W55 Mary Thomas	11.67	M55 Ivan Sobotka	2628	Groningen, Jan. 22-23	
W40 Karen Vaughn	8.48	M40 Kevin Matthews	58.12	Long Hurdles		W60 Helen Searle	12.13	M60 Ken Daniels	3133	60m	
Discus		M45 Eric Grant	1:02.26	M35 Mark Macfarline	1:07.83	W65 Mary Wahren	7.43	M65 Trevor Cowley	2294	M40 Frans van der Veeren	10.64
M40 Glenn Gottfried	28.77	M50 Duncan McAuley	59.66	M40 Warren Edlin	1:08.69	W70 Beryl Vine	6.61	M70 Maurice Dauphinet	1870	M45 Wim de Ronde	7.84
James Hearn	21.01	M55 John Waite	1:17.30	M45 Graeme Cox	1:26.06	W75 Helen Searle	12.13	M75 Stan Stankovic	1914	M50 Fred van Gasteren	7.88
M50 Angelo Rinaldi	34.81	M60 Hugh Coogan	1:01.95	M50 Christopher Portch	1:12.32	Discus		W30 Raewyn Grigg	1667	M55 Ricardo Hill	7.67
Larry Lloyd	24.96	M65 Ron Johnson	1:11.84	M55 Bill Wells	1:20.82	M30 Alan White	35.60	W40 Kerry Boden	2710	M35 Rietje Dijkman	9.44
M55 Dave Archambault	29.60	M70 Jim O'Donnell	1:20.86	M60 Stewart Foster	50.69	M35 Geoff Gardner	29.22	W45 Nancy Bowmar	2470	W40 Riet Jonkers	9.40
Hal Sheakley	25.08	M75 Bruce Wotherspoon	1:24.30	M65 Ron Johnson	58.71	M40 Barry Mullins	30.10	W55 Sonja Oost	3010	W55 Sonja Oost	8.58
M60 Joe Marino	43.74	W30 Raewyn Gregg	1:14.03	M75 Stan Stankovic	1:20.90	M45 Frederic Cassier	36.81	200m		M40 Jelle vd Schaaf	27.45
David Israelsky	29.48	W40 Yvonne Mullins	1:11.50	W55 Lesley Hamilton	1:07.38	M50 Peter Clark	38.92	M50 Glenn Gentie	25.86	M50 Peter Tutty	25.86
Burr Sweeney	26.64	W45 Maureen Rossiter	1:08.82	M40 Bill Kenny	8:41.23	M55 Stuart Williams	39.39	M55 Rietje Dijkman	32.00	M55 Robert McPherson	25.72
M65 Orlin North	32.98	W50 Wilma Perkins	1:07.47	M65 Osmo Millridge	9:21.47	M60 Tom Hancock	43.32	W50 Lena Jansen	29.59	M60 Peter Watts	25.88
M70 Don Hegberg	36.12	W55 Peggy Maciver	1:07.13	M70 John Eccles	9:30.04	M65 Kevin White	45.95	W55 Sonja Oost	28.83	M55 Cees Kraaijenveld	9.06.81
Robert Hewitt	31.48	W65 Margaret Peters	1:17.65	M75 Stan Stankovic	13:53.32	M70 Rudi Hochreiter	36.98	2000m		M55 Hetty Everhardus	11:05.99
Don Kornreich	18.44	800m		M45 Victoria Adams	8:21.74	M75 Aivars Pavulins	28.77	M60 Theo van Grevenhof	2:09.19	W60 Ellen Snel	31.58
Javelin		M35 Steven Hughes	2:11.88	M50 Irene Davey	9:40.51	M80 Dave Scrutton	25.93	M55 Henk van Eck	2:04.58	3000m	
M40 Glenn Gottfried											

National Masters News

Continued from previous page

Long Jump	
M40 Frans vd Veeren	3.20
M45 Wim de Ronde	5.15
M50 Wout van Drunen	5.67
M55 Piet Wietzes	5.73
W35 Rietje Dijkman	4.25
W40 Riet Jonkers	4.21
W60 Annemiek Bolte	4.34
Shot Put	
M40 Frits Martens	10.79
M45 Martin Regtop	14.40
M50 Rob de Jong	10.92
M55 Friedhelm Drechmeier	10.79
W55 Tine Schenkels	12.09
W60 Monique Seerden	10.00

Spanish Veterans Indoor Championships Zaragoza; March 4-5

60m	
M40 Jose Maria Moreno	7.56
M45 Antonio Pina	7.86
M50 Anton Basurko	7.76
M55 Luis Pelegrin	8.49
M60 John Tunks	8.49
M65 Armando Roca	8.18
M70 Antonio Marques	9.53
W35 Ana Barido	8.90
W40 Loles Vives	8.38
W45 Nieves Dordanza	9.75
W50 Helena Valenzuela	10.13
W55 Maria Urgell	11.36
W60 Carmen Fuster	10.80
W65 M Luisa Gonzalez	12.58

200m	
M40 Jose Maria Moreno	24.95
M45 Roger Mas	25.58
M50 Fausto Gonsalves	26.39
M55 Martin Martin	28.29
M70 Jose Toledano	34.38
W35 Begona Garrido	29.94
W40 Rosa Buquets	29.80
W45 Nieves Dordanza	32.66
W50 Rosa Esquerdo	36.00
W55 Maria Urgell	43.15
W60 Mercedes Lopez	39.79

400m

M40 Manuel Blanc	52.90
M45 Roger Mas	58.04
M50 Francisco Paramo	1:00.07
M55 Eduard Bes	1:03.28
M65 Vicente Mas	1:11.32
M70 Luis Marimon	1:28.62
M75 Francisco Gil	1:24.48
W35 Lourdes Ruiz	1:11.92
W40 M Jesus Alonso	1:07.98
W45 Ana Ivanco	1:13.80
W50 J Matos de Castro	1:43.53
W55 Carmen Candal	1:54.74
W75 Victoria Munoz	2:30.34

800m

M40 Gonzalo Mendez	2:14.67
M45 Juan M Mendez	2:15.10
M50 Francisco Peramo	2:17.42
M55 Jose Luis Aranda	2:20.31
M60 Juse Nunez	2:39.57
M65 Alfonso Latorre	2:55.78
M75 Bixente Huizi	3:07.08
W35 Lourdes Ruiz	2:41.85
W40 Aurora Perez	2:22.14
W45 Ana Vivancos	2:40.55
W65 Maria Rodriguez	4:02.07

1500m

M40 Domingo Ramon	4:15.83
M45 Fernando Dray	4:36.41
M50 Gregorio Bernard	4:43.36
M55 Emilio de la Camara	4:55.43
M60 Manuel Alonso	5:10.28
M65 Alfonso Latorre	5:47.35
M70 Guillermo Perez	6:48.82
M75 Jose Maria Garin	6:57.16
W35 Francisca Rodriguez	5:41.32
W40 Carmen Garcia	6:05.47
W50 Rosa Esguedo	6:13.93

3000m

M40 Dominto Ramon	8:56.53
M45 Fernando Velardaga	9:40.36
M50 Angel Sanchez	11:31.21
M55 Emilio de la Camara	10:04.32
M60 Jose A Urgel	11:22.59
M65 Jose Gomez	13:44.28
M70 Jose L Sanz	13:43.16
W35 Francisca Rodriguez	11:54.24
W40 Aurora Perez	10:31.40
W50 Carmen Casanova	13:36.62

W55 Gloria Guerrero

12:22.07

Short Hurdles

9.60

M40 Santiago Ferrer

10.74

High Jump

1.85

M40 Lucio Martinez

1.53

M45 Fernando Moliner

1.53

M55 Juan Antonio Chacon

1.53

M65 Joan Busquets

1.32

Pole Vault

3.60

M40 Santiago Ferrer

3.60

M45 Jose Luis Lopez

3.30

M50 Antonio Lopez

3.05

M60 Manual Perez

2.50

Long Jump

5.93

M40 Jose Ramos

5.90

M45 Jesus Heras

5.90

M50 Jose Paez

6.02

M55 Luis Pelegria

4.61

M60 Manuel Perez

4.87

M65 Valentín Hurtado

3.62

M70 Antonio Marques

3.67

W40 Loles Vives

5.08

Triple Jump

13.71

M40 Lucio Martinez

11.50

M45 Angel Bermejo

8.50

M55 Julio Express

8.80

M60 Jose Luna

12.17

M40 Jose Arquero

9.70

M45 Jose de la Calle

10.48

M60 Alejandro Alvarez

12.02

M55 Bonifacio Allende

11.53

M60 Jose Falcon

9.51

M65 Fermín Luesma

9.74

M70 Victor Larinaga

4.67

M80 Joan Viloca

11.29

W35 Blanca Alba

5.32

W40 Araceli Palmom

5.32

W50 M Teresa Liras

7.99

W55 Paula Vallejo

7.41

W60 Carmen Fuster

6.24

W65 M Luisa Gonzalez

4.31

W75 Victoria Munoz

5.93

Washington's Birthday Marathon

Greenbelt, MD; Feb. 20

Overall

John Weaver 32

2:57.57

Lisa Bandiera 31

3:29.12

M35 J J Donovan III

3:04.41

M40 Alex Guslistov

3:05.37

Alan Zimmel

3:06.05

Humberto Martinez

3:11.13

M45 Robert Trame

3:13.33

Joe Sikora

3:23.28

Myron Sidloski

3:32.35

M50 Michael Campbell

3:17.17

Leo Villano

3:24.48

Jay Wind

3:28.04

M55 Budd Bettler

3:27.08

Don Marrel

3:32.44

Jim Cavanaugh

4:20.32

M60 Benito Vazquez

3:40.40

George Stump

4:09.50

Arthur Moore

4:21.52

M65 Don Taylor

5:07.46

E A Levi

5:43.25

M70 Charles Stalzer

5:13.18

W35 Lorri Strizich

3:38.48

W40 Lynda Petri

3:40.54

Pat Brennan

3:53.43

W45 Betty Blank

3:41.36

Mary Lang

3:5

Continued from previous page

M45 Billy Howell	19:27
JC Sainato	19:49
Steve Schmidt	19:50
M50 Dave Burke	19:52
Hank Norring	19:58
James Schmidt	19:50
M55 Jim Bledsoe	19:04
Bill Carbone	20:51
M60 Dean Derek	22:03
Thomas Kurihara	24:21
M65 Richard Barham	24:51
M70 Howard Mayer	27:20
M80 Eugene Keller 85	32:30
W40 Tina Knight	22:54
Debra Donald	24:19
Judy Noetti	24:51
W45 Laura Van Cleave	20:48
Fayna Frangi	22:14
Lisa Cox	23:38
W50 Irene Stenzler	24:51
Suzanne Hearn	25:32
Candace Yetton	26:15
W55 Phyllis Siskel	25:18
Janice Newlin	26:39
W60 Carolyn Pfeiffer	29:17
Joanie Souder	30:23
W65 Carolyn Hoffman	31:34
W70 Melissa Moulton	30:30
W80 Mildred Nuoffer 83	56:57

Myrtle Beach Marathon
Myrtle Beach, SC; Feb. 19**Overall**

Peter Kolland	2:28:46
Patty Shepard	3:00:26
M40 Guy Gordon	2:37:58
Gerald Hutchinson	2:44:42
Steven Bedsole	2:50:42
M45 Kasha Cohn	3:00:48
Bob Foster	3:03:20
M50 Doc Weiss	3:03:19
Donald Mathieu	3:04:57
M55 Jimmy Miller	3:09:17
Robert Pope	3:11:36
M60 Harry Neeson	3:21:07
Bill Zehner	3:25:47
M65 Louis Joline	3:39:19
M70+Jerry Johncock 72	3:37:18
W40 Kathryn Estep	3:02:23
Paulette Dow	3:24:21
Genevieve May	3:27:15
W45 Joy Watson	3:28:44
Cynthia Barr	3:40:15
W50 Camine Russo	3:57:08
Michelle Coulter	4:09:26
W55 Ellie Thayer	4:20:08
W60+EK Tolley-Beeson 64	4:31:29

Palm Springs Half-Marathon & 5K
Palm Springs, FL; Feb. 20**Overall**

David Kloz	70:52
Kristine Miller	83:09
M40 Tom Johnson	76:20
Jesse Warren	82:50
Ramon Arroyo	85:12
Bill Tharlon	90:43
James Eales	96:21
M45 Bill Olsen	86:39
John Fitzgerald	88:30
Larry Buskirk	88:54
Wayne Peterson	89:28
Brad Schwindt	90:46
M50 Alan Woodruff	92:22
Fred Stewart	92:59
Mark Lyons	94:57
Darrell Mead	95:47
Ken Klein	1:43:36
M55 Cruz Gomez	93:02
Dennis Lockhart	93:15
Bruce Geddes	97:10
Doug Macdon	1:41:35
M60 Arnold Orgolini	99:20
Andrew Bailey	1:47:36
Gene Rotstein	1:54:48
M65 Don Moore	1:47:26
Marvin Johnson	1:55:52
M70 Jim O'Neil	1:47:33
Gerry Hopkins	1:54:52
W40 Teena Colebrook	94:06
Debbie Woodruff	95:05
Penny Shelly	97:17
Stephanie Peavey	1:42:16
Pam Flees	1:42:37
W45 Marina Jones	85:31
Rebecca Baker	99:33
Cynthia Goldberg	1:47:47
Jody Hughes	1:53:54
Cindy Millar	1:55:12

W50 Julie Lister	1:40:05
Pam Galbraith	1:59:19
Sally Logan	2:02:00
W55 Patricia Wolkoff	2:03:00
Jody Brockway	2:07:25
Sandy Cortez	2:28:34
W60 Wanda Whitmire	2:30:22
Carol Kahn	2:57:00
W65 Joyce Duval	2:58:00
5K	
Overall	
John Mackay	14:57
Marie Romero	18:14
M40 Reno Barea	18:35
Terry Eckenwiler	18:56
M45 Howard Nevins	18:19
Rudy Mena	19:27
M50 Al Swenson	16:06
David Harris	18:05
John Williams	19:24
M55 Dick Jones	19:42
Glenn Jones	19:55
M60 William Hickman	21:01
Jim Clay	22:09
M65 Richard Victor	47:34
M70 Bob Holmes	23:29
Oliver Harker	24:44
M75+Bill Hutchinson	27:49
W40 Marie Romero	18:14
Barbara Buckley	23:16
W45 Cherry Remboldt	24:56
Becky Andelson	25:48
W50 Carol Stanley	28:28
Lili Lane	32:10
W55 Carolyn Martin	27:37
Sharon Gelther	28:26
W60 Carole Davis	25:45
W65 Dede Bushnell	32:22
W70+Audrey Palaske	41:51

W50 Julie Lister	1:40:05
Pam Galbraith	1:59:19
Sally Logan	2:02:00
W55 Patricia Wolkoff	2:03:00
Jody Brockway	2:07:25
Sandy Cortez	2:28:34
W60 Wanda Whitmire	2:30:22
Carol Kahn	2:57:00
W65 Joyce Duval	2:58:00
5K	
Overall	
John Mackay	14:57
Marie Romero	18:14
M40 Reno Barea	18:35
Terry Eckenwiler	18:56
M45 Howard Nevins	18:19
Rudy Mena	19:27
M50 Al Swenson	16:06
David Harris	18:05
John Williams	19:24
M55 Dick Jones	19:42
Glenn Jones	19:55
M60 William Hickman	21:01
Jim Clay	22:09
M65 Richard Victor	47:34
M70 Bob Holmes	23:29
Oliver Harker	24:44
M75+Bill Hutchinson	27:49
W40 Marie Romero	18:14
Barbara Buckley	23:16
W45 Cherry Remboldt	24:56
Becky Andelson	25:48
W50 Carol Stanley	28:28
Lili Lane	32:10
W55 Carolyn Martin	27:37
Sharon Gelther	28:26
W60 Carole Davis	25:45
W65 Dede Bushnell	32:22
W70+Audrey Palaske	41:51

U.S. Olympic Trials Women's Marathon
Columbia, SC; Feb. 26

(First Five & Masters)	
1 Christine Clark	2:33:31
2 Kristy Johnson	2:35:36
3 Anne Marie Lauck	2:36:05
4 Susannah Beck	2:36:46
5 Liz Wilson	2:37:27
9 Joan Samuelson	42:2:39:59
12 Maria Trujillo de Rios	40:2:42:10
21 Mary Kneiseley	40:2:45:18
26 Marie Boyd	40:2:45:51
29 Alice Thurau	44:2:46:41
43 Julie Peterson	40:2:49:29
59 Lee DiPietro	41:2:52:39
60 Diana Fitzpatrick	41:2:52:48
68 Sabrina Robinson	42:2:54:10
72 Bev Docherty	41:2:54:36
87 Mary Button	40:2:58:13
112 Angela French	41:3:01:38
126 Jane Welzel	44:3:04:44
139 Janice Ette	41:3:22:52

Blue Angel Marathon & 5K
Pensacola, FL; Feb. 26**Overall**

Kibet Cherop	25:08:07
Connie Buckwalter	29:22:58
M40 Lanny Doan	1:15:05
Jonathan Perotto	1:20:48
Peter Peterman	1:23:00
Stephen Lewia	1:25:43
Frederick Greene	1:26:22
M45 Norton Compton	1:22:50
Tony DeCrappo	1:25:55
Bob Stanfill	1:26:14
Rob Blanford	1:28:25
Scott DiPardo	1:28:50
M50 Bill Hart	1:19:53
Dave Connors	1:24:22
Robert Johnson	1:26:48
Thomas Waldrop	1:28:23
Emmons Welch	1:28:31
M55 Patrick Griffith	1:23:50
John Loughran	1:27:50
Len Sowinski	1:29:53
Joel Feldman	1:31:53
Robert Wright	1:32:59
M60 James Bartoli	1:36:04
-69 John Essery	1:38:24
Patrick Gibral	1:46:27
Rob Eldridge	1:55:07
Robert Cohen	1:57:11
M70 Donald McCarten	1:52:14
Bob Gandy	2:21:53
W40 Lois Meda	1:23:40
Sheri Segal	1:31:53
Heidi Burnham	1:37:36
Virginia Schrock	1:41:45
Joanne Daddio	1:42:30
W45 Cecil Astrop	1:35:15
Mary Winston	1:39:17
Christie Wamsley	1:39:45
Marion Dilgege	1:46:08
Mimi Fackler	1:47:46
W50 Sandra Adams	1:38:52
Cris Sterling	1:42:36
Laura Cantrell	1:59:38
Anne Gwynn	1:59:55
Betty Brothers	2:02:08
W55 Sharon Giese	1:40:49
Andrea Hess	1:55:21
Sadj Bartolo	2:05:46
Kathleen Quidort	2:07:22
W60+Beverly McCoid	2:12:41
Phyllis Sherrill	2:23:41
Pauline Ely	2:24:02
5K	
Overall	
Steven Garst	21:16:09
Michelle White	35:18:36
M40 Duane Szawinski	18:01
Kenny Borg	20:36
Tony Castro	20:54
Dennis Coleman	16:58

Richard Slingsliff	22:01
M45 Joe Sanderson	21:22
Jim Cardow	23:48
Don Scroggins	23:5
Paul Brown	24:08
Chris Hickman	24:16
M50 Donald Henderson	17:57
Gart Beeler	20:54
Charles Belfield	22:28
Deb Matthes	20:00
W45 Tina Barber	21:59
Eileen Hungerman	22:04
W50 Ciara Graves	28:19
Rachael Irvin	30:21
W55 Phyllis Haislip	28:57
W60 Julie Pritchett	33:13
W65 Madeline Childe	34:42
W70+Evelyn Lloyd	74
W70+Evelyn Lloyd	33:12

National Masters News

Continued from previous page

Richard Gonzales	4:05:26
Bill Duer	4:11:40
M70 John Spayne	6:34:02
M75+Paul Gionfriddo	5:12:04
W40 Suzy Seeley	3:27:58
Merced Balderas	3:31:24
Maureen Scullin	3:36:38
W45 Filiis Friedman	3:23:01
Kathy White	3:32:15
Kristen Vergunst	3:46:25
W50 Betty Shonts	3:27:06
Maggy Zidar	3:38:00
Sue Yates	3:54:59
W55 Marilyn Patrick	3:39:34
Penny Tyree	3:53:14
Celeste Fondaco	4:14:26
W60 Kay Duplichan	4:41:07
Donna Arbuckle	5:28:10
W65 Barbara Clark	7:03:33
Half-Marathon	Overall
Johnny Loria	1:03:47
Wende Cherry	1:25:21
M40 Luc Boisclair	1:18:31
Thomas McGrath	1:24:45
Stephen O'Neil	1:25:18
M45 Junius Nixon	1:18:25
Jim Freid	1:20:46
Mark Hughes	1:23:43
M50 Gordon Terwilliger	1:20:35
Reuben Dias	1:24:53
Frank Zimmerman	1:25:20
M55 Russ Brown	1:29:07
Eddie Wadlow	1:30:25
Dick Clarke	1:32:27
M60 Charles Gray	1:29:57
Robert McAndrews	1:32:15
Jerry McGath	1:32:37
M65 David McKim	1:35:09
Robert Fletcher	1:49:55
Bill Cohen	2:01:51
M70 Ivan Altman	2:18:37
Pete Seiber	2:32:42
Robert Dorren	2:55:34
M75+Ludy Huerta 89	1:50:21
Guy Labbe 89	2:13:34
W40 Jennie Rufields	1:29:27
Beth Galvin-Yalowich	1:36:14
Sharon Myers-Mongue	1:38:02
W45 Harrett Handshaw	1:41:53
Shen Bedford	1:42:44
Barbie-Kay Melanson	1:43:50
W50 Huda Melky	1:36:50
Carolyn Mather	1:42:25
Kathleen Callaghan	1:46:44
W55 Yvonne Lee	1:50:10
Brenda Hopkins	1:59:39
Emily Speaker	2:00:28
W60 Susie Klutz	1:38:54
Menon Knight	2:02:43
Gayle Beebower	2:13:07
W65 Bonnie Maschka	3:01:38
5K	Overall
Will Steele 23	16:21
Danielle Treilles 35	17:30
M40 Barry Crepper	20:05
David Simon	20:14
M45 Michael Bonnar	20:06
Philip Wedgeworth	21:37
M50 J Roger Brown	18:13
Brendan Minihan	19:06
M55 John Hendry	21:04
William Knox	21:30
M60 Bill Gardner	23:16
John Johnson	24:16
M65 Anthony Oramous	35:50
Nils Douglas	36:42
M70 Ken Blanchard	24:47
William Cox	26:34
W40 Miyo Chun	20:03
Petra Munro	20:16
W45 Lu Jeffrey	26:24
Mary Doody	26:35
W50 Jill Myer	28:29
Cynthia Martin	28:57
W55 Ruth Baehr	30:27
Judy Turner	33:02
W60 Patricia Johnson	27:56
A Joanne Gates	29:13
W65 Lance-Weasel Landry	28:35
Betty Lee	30:22
W70 Diane Faile 89	30:05
Shirley Carroll 75	37:41
3M Austin Half-Marathon	Austin, TX; Feb. 6
Overall	
William Chesar 25	1:02:26
Tetyana Pozdnyakova 44	1:13:39
M40 Joe Flores	1:09:31
Keith Dowland	1:10:04

David Washburn	1:10:20
Jeff Martin	1:11:40
Kim Wrinkle	1:15:49
M45 Peter Klimes	1:06:59
Doug Bell	1:12:25
Jesse Sturgeon	1:16:02
Jimi Heerwald	1:16:55
Randall Miltgad	1:17:21
M50 Raul Contreras	1:21:27
Henry Galpin	1:24:19
Ian Rodger	1:25:09
Pete Vandermey	1:25:32
Peter Boulette	1:24:45
M55 James Miller	1:21:19
Larry Owens	1:29:47
Doug Hamm	1:30:04
William Spangler	1:31:56
David Kingston	1:31:59
M60 David Peele	1:36:31
Don Albee	1:37:41
Tom Alford	1:38:29
Dennis Hodges	1:43:22
Jerry Watson	1:53:08
M65 Joe McGlothlin	1:40:32
Gene Woodruff	1:48:54
Spencer Mann	1:56:05
Stanley Saikin	2:02:35
Edmond Corley	2:29:55
M70 Jack Caldwell	2:02:23
Bill Flynn	2:13:52
Ray Marshall	2:13:53
Joe Barger	2:27:52
Bob Shannon	2:30:22
M75+Elmer Hixson	2:34:16
John Alvey	2:36:06
W40 Tetyana Pozdnyakova	1:13:39
Jane Welzel	1:19:46
Cindy Samok	1:26:48
Donna Moore	1:27:38
Anne Flanagan	1:31:49
W45 Patricia Hensley	1:29:18
Linda Musil	1:31:45
Diane Allen	1:34:36
Colleen Isdale	1:37:00
Jan Lebourgeois	1:40:42
W50 Josie Bowman	1:37:43
Gayle Harris	1:46:08
Susan Kohagen	1:49:34
Brigitte Pruitt	1:49:44
Lynda Meuth	1:50:02
W55 Kristine Williams	1:43:18
Barbara Ogletree	1:44:59
Kathryn Miller	1:45:36
Mary Craig	1:56:23
Thelma Richardson	2:00:40
W60 Ann Herrera	2:24:56
Elidia Zeigler	2:59:43
W65 Phyllis Provost	2:12:59
Georgia Sweeza	2:13:18
Vonda Adomo	2:23:38
W70+Cloye Shannon	2:26:48
Conoco Rodeo Run 10K	Houston, TX; Feb. 12
Overall	
Justin Chaston	30:45
Nicole Wikerson	37:03
M40 Tom Boone	31:57
Joe Flores	32:49
Rich Fredrich	34:22
M45 Miguel Lopez	36:19
Mickey Vann	36:41
J Hawronsky	37:28
M50 Bill Rodgers	34:00
Ian Rodger	38:04
Ty Schmalz	38:11
M55 Mike Chicka	38:28
Roger Hunt	41:31
Chas Jackson	42:03
M60 Bill Harding	42:57
Jack Henney	42:59
M65 Paul Heitzman	40:02
Dick Doores	48:23
M70 D Allensworth	54:02
William Bounds	56:09
M75 Tony Lopez	55:49
W40 Margo Braud	38:49
L Bidelsbach	42:19
Suzanne Day	45:15
W45 Kathy Barton	39:22
Judy Psenda	42:30
Barbara Rowe	44:38
W50 Molly Mize	52:48
M Curuchet	53:06
Goly Roberts	53:24
W55 Ann Erickson	43:30
Ursula Spilger	48:33
Sally Sims	56:28
W60 Mona Keefer	52:10
Sally Reed	60:59
W65 Norma Isler	82:44
Motorola Austin Marathon	Austin, TX; Feb. 20
Overall	
Janko Bensa 22	2:14:10
Tatiana Titova 34	2:34:01
M40 Steve Wilson	2:18:29
Petr Klimes	2:18:56
Cesar Perez Rodriguez	2:20:07
Jose Urbina	2:24:09
Jim Hage	2:25:18
M45 Julian Nunez	2:42:40
John Gonzalez	2:43:39
Jim Heerwald	2:44:25
Daniel Hernandez	2:48:14
M50 Lawrence Lawthon	2:49:40
Ty Schmalz	2:51:24
Dick Dan	2:58:34
M55 William Scullion	2:57:39
Richard Webb	2:57:43
Jimmie Jones	3:00:34
M60 Robert Wutrich	3:18:09
Ed Rousseau	3:22:10
Richard Leutzinger	3:24:35
M65 Harold Wilson	3:21:05
Dick Green	3:29:30
M70+Jack Gentry 72	3:40:02
W40 Mary Burns-Prine	2:53:58
Joyce Deason	3:02:30
Donna Hurley	3:04:26
Cindy Samok	3:04:40
Maria Rhoden	3:08:02
W45 Patricia Hensley	3:12:42
Linda Musil	3:18:20
Diana Heynen	3:35:14
Ann Eller	3:37:04
W50 Josie Bowman	3:33:13
Judy Cole	3:33:29
Sherill Easterling	3:38:41
W55 Ann Ferguson	3:37:40
Joan Mulvihill	3:45:57
Kristine Williams	3:46:28
W60+Liz Dickerson 62	4:09:31
Cecilia Caballero	4:14:56
Lung Run Half-Marathon	Little Rock, AR; Feb. 26
Overall	
Bob Dickie, III 25	1:10:58
Terri Johnson 37	1:31:31
M40 Brian Hargiss	1:18:46
John Rohde	1:21:01
Brian Polansky	1:22:05
M45 Gene Ryken	1:26:46
Larry Graham	1:33:35
Bill Torrey	1:34:27
M50 David Williams	1:23:25
Randy Taylor	1:26:17
Robert Aby	1:29:52
M55 David Bennett	1:30:26
Warren Tisdale	1:41:25
Jim Morse	1:43:22
M60 Tom Mayfield	1:26:42
Henry Hawn	1:32:09
Fred Dice	1:37:33
M70+Oakland DeMoss 71	1:58:29
Bob Abernathy 76	2:31:43
Abram Nash 76	2:45:14
W40 Christi Arthur	1:45:56
Barbara Duncan	1:46:02
Mackie Bucklew	1:52:14
W45 Karen Call	1:39:51
Angie Ransom	1:40:01
Michelle DeWitt	1:46:57
W50 Lisa Nichols	1:45:18
Betsy Penney	1:57:34
Sheri Hardman	2:02:33
W55 Joan Scarlata	1:54:47
Annita Paul	2:20:17
Coreen Frasier	2:23:45
Cowtown Marathon, 10K & 5K	Fort Worth, TX; Feb. 26
Overall	
Santos Ortega 38	2:17:45
Riva Rahi 26	2:59:48
M40 Robert Rose	2:49:18
Steven Mudgett	2:51:23
Ricky Cox	2:52:36
M45 Lupe Rodriguez	3:05:01
Doug Mayfield	3:12:21
Ross Payne	3:16:25
M50 Virgil Koski	3:08:39
Paul Shimom	3:18:44
Alfredo Rosales	3:26:09
M55 Mack Varner	3:44:45
Ron Meyers	3:51:58
M60 Will Ferson	3:27:43
Don Winkley	3:44:14
M70+Norm Sears	5:00:54
Gene Brock	5:12:54

W40 Nancy Bernacki	3:33:01
Kathy Phillips	3:34:28
Irma Gamez	3:38:37
Selene Kelly	3:28:54
Liz Shanks	3:39:24
W50 Judy Roche	4:13:10
Jenna Scott	5:09:18
Micaela Carter	5:30:30
W55 Doreen Becker	6:06:46
W60 Twyla Stanford	5:40:12
W70+Jan Richards	5:32:40
10K	Overall
W50 Lawrence Lawthon	2:49:40
Ty Schmalz	2:51:24
Dick Dan	2:58:34
M55 William Scullion	2:57:39
Richard Gardner	3:06:22
Samuel Pacheco	3:06:39
W40 Greg Marino	3:08:33
Raleigh Green	3:08:53
Al Guevara	3:08:59
M50 Jim Carter	3:08:54
Carlos El Toro	3:08:58
Robert Benson	3:09:25
M55 Bill Shaw	3:09:43
Jim Cummings	3:09:42
M60 Donald Mullins	3:10:00
Bill Blackburn	3:10:43
M65 Bob Adkins	3:10:56
Dick Doores	3:10:56
M7	

Schedule

Continued from page 30

October 21. Portland Marathon. PM, PO Box 4040, Beaverton, OR 97076. Hotline: 503-226-1111; email: info@portland-marathon.org; www.portlandmarathon.org

CANADA

May 7. Vancouver International Marathon. VIM, Box 3213, Vancouver, BC, Canada V6B 3X8. 604-872-2928; email: vim@istar.ca

May 13-14. National Capital Race Weekend, Ottawa, 10K (13th), Marathon, Half-Marathon, & 5K. NCM, Inc., PO Box 426, Station A, Ottawa, Ont., Canada, K1N 8V5. 613-234-2221; email: ncm@storm.ca

October 22. Casino International Marathon & 4-Person Relay, Niagara Falls, Canada. Niagara Falls V&C Bureau, 5515 Stanley Ave., Niagara Falls, Ont., Canada L2G 3X4. 800-56-Falls; www.niagarafallstourism.com

INTERNATIONAL

April 16. London Marathon. David Bedford, International Race Director, PO

Continued from previous page

Shirley Blush	1:44:43
W65 Chieko Allwein	1:56:58
Irene Oberz	2:08:40
Dorie Smith	2:12:19
Audrey Sullivan	2:19:19
W70+Stephanie Wright	1:58:01
Miyoko O'Hara	2:28:07
Janine Matias	2:28:55

Los Alamitos 2000 Runs Los Alamitos, CA; Feb. 26

-5K-

Overall

Philip Sitner 24 15:57

Beth Niednagel 27 16:56

M40 Salvador Garcia 17:39

Robert Harris 18:00

Ken Varon 18:09

M45 Bob Morris 17:53

Chris Johnson 18:13

Stanley Appel 19:55

M50 Pete Boisneau 18:24

Glenn Morigaki 19:48

Paul Bishop 19:50

M55 Jerry Harbor 19:30

Gary Riley 19:50

Dan Ashimine 20:19

M60 Lorenzo Tyner 22:04

Ken Purucker 23:04

Jim Clay 23:12

M65 Hank Munoz 21:02

John Harper 22:01

William O'Donnell 22:49

M70 Bob Koch 23:00

Milo Sather 23:52

Hugh McHugh 27:30

M74 Larry Banuelos 75 25:42

Gilbert Cisneros 74 28:43

Robert Herman 74 29:25

W40 Joanne Lavelle 20:07

Laura Chaides 22:30

Lori Marshall 23:26

W45 Carol Wimbish 20:22

Carol Kay 26:22

Elizabeth Sayner 27:37

W50 Marilyn Bates 22:47

Jeanie Leitner 23:13

Jodie Kinney 24:10

W55 Wendy Watson 21:30

Teresa Ross 25:05

Karen Alston 26:33

W60 Joan VanWinkle 34:00

W65 Chieko Allwein 25:26

Amy Goldstein 29:56

Dorie Smith 30:49

W74 Lois Edds 79 33:33

Audrey Palaske 74 43:06

-10K-

Overall

Gray Mayhew 26 30:33

Valerie Vaughn 33 35:31

Box 1234, London SE1 8RZ, England. +44-171-620-4117; fax: +44-171-620-4208.

April 22. Two Oceans 56K Marathon, Cape Town, South Africa. Judy Brewis, PO Box 2276, Clareinch 7740, Cape Town, South Africa. +27-21-619407(d); fax: +27-21-618724.

May 13-14. 5th WAVA World Veterans Long Distance Running Championships, Valladolid, Spain (10K, half-marathon, road walk). Men 40+, women 35+. Campeonatos Mundiales Valladolid 2000. c/o Juan Mambrilla, 11 Bajo, C.P. 47003, Valladolid, Spain. Phone: 987-376130. Fax: 983-306596. E-mail: atl.pop@jet.es. Website: http://web.jet.es/atl.pop.

May 21. Avon Running Global 10K Championship, Milan, Italy. 212-282-5350; www.avonrunning.com

July 2. Veterans Millennium Brugge Grand Prix 10K & 25K, Brugge, Belgium. Jacques Serruys, Kammakersstraat 37, B-8000 Brugge, Belgium. 32.50.341781; fax: 32.50.3374325.

October 15. Beijing International Marathon, Half-Marathon, 5K & 10K (15th). China-U.S. Sports Symposium (16th-19th). Vera Horner, 8828 N. Central Ave., Suite 206, Phoenix, AZ 85020-2851. 602-906-8886; www.globalinteractions.org

RACEWALKING

April 2. National Invitational Racewalks, Men's & Women's 20K & 10K, Bull Run Regional Park. Potomac Valley TC Web site: PVTC.org; Bob Briggs, 703-913-6335 (before 8 pm EDT); email: inhousebob@att.net

April 9. USATF Florida 8K RW Championships/South Regional RW Championships/Bill Mathews Memorial, Barnett Park, Orlando. Pam Betz, Central Fla. Striders, 104-11th Ave., Windermere, FL 34786. 407-876-4467.

April 16. USATF National Masters Men's 30K & Women's 20K RW Championships, Flushing, Mich. Mark O'Donnell, 5214 Olde Gaybrook, Grand Blanc, MI 48439. 810-238-3349.

April 22. USATF Northwest Regional Masters 10K RW Championships/West Regional Championships/Pacific Northwest Association Championships, West Seattle Stadium. 10 am. Bev LaVeck, 6633 N.E. Windemere, Seattle, WA 98115. 206-524-4721; Bevlaveck@aol.com

April 29. Borgess/USATF Michigan 5K RW Championships, Kalamazoo. Bill Reed, 8242 Greenfield Shores, Scotts, MI 59088. Phone/fax: 616-329-0332; email: billreed@kalamazoo.net

May 21. USATF National Masters 15K RW Championships, Elk Grove, Ill. Diane Graham-Henry, 442 W. Belden, Chicago, IL 60614. 773-327-4493. areaswiss@aol.com

May 21. USATF West Regional 15K RW, Fairmount Park, Riverside, Calif. M&O. Dave Snyder, 11878 Holly St., Grand Terrace, CA 92313. 909-824-2336(h); lyn-

dave1@juno.com

May 28. 10th annual Art Keay Memorial RW, Ontario 10K Senior M&W Championships & 10K Age-Graded Race, Toronto, Ontario, Canada SASE to Joan Sutherland, 676 Balliol St., Toronto, Ont., Canada M4S 1E7. Fax: 416-489-5634; email: amrwjr@aol.com

June 11. Crown Valley Senior Games/Pasadena Senior Olympics 1500 & 5000 RWs, Occidental College, Los Angeles. Jim Hanley, director. Cynthia Vaughn, 626-685-6754.

June 24. Lynette Atkins Memorial/USATF North Region & Michigan 8K RW Championships, Kalamazoo. Also 5K RW. Steve Atkins, 616-372-3533; atkinsmemwalk@yahoo.com

July 9. FAC-Walkers Mile Track RW, Tropical Park, Miami, Fla. Don Matuszak, 305-252-0276.

August 11. USATF National Masters 5000 (track) RW Championships, Eugene, Ore. See T&F schedule.

August 13. USATF National Masters Men's 20K & Women's 10K RW Championships, Eugene, Ore. See T&F schedule.

September 17. USATF National Masters 40K RW Championships, Ft. Monmouth, NJ. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. 732-222-9080.

October 1. USATF National Masters One Hour RW Championships, Worcester, Mass. Justin Kuo, 39 Oakland Rd., Brookline, MA 02445. 617-731-9889. kvo@world.std.com

October 14. USATF National Masters 5K RW Championships, Kingsport, Tenn. Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37660. 423-349-6406. bbaker@prefmed.com.

THE FIFTEENTH ANNUAL GSAC/RANDOLPH CLASSIC TRACK & FIELD MEET

SATURDAY JUNE 24, 2000 RANDOLPH NEW JERSEY

*The GSAC/Randolph Classic is for Athletes of all ages.**Back again by Popular Demand! F. A. T.!***TRACK EVENTS**

5000 Meters	10:00 am
1500 Meter RW	10:30 am
High Hurdles	11:00 am
Youth Mile	11:30 am
Mile Run	11:45 am
USCAA 4 X 200 Relay	12:15 pm
100 Meter Dash	12:30 pm
Youth 100 Meter Dash	1:30 pm
USCAA Medley Relay	1:45 pm
400 Meter Dash	2:00 pm
Youth 400 Meter Dash	2:30 pm
800 Meter	2:45 pm
200 Meter Dash	3:15 pm
Youth 4X400 Relay	3:45 pm
4X400 Relay	4:00 pm

FIELD EVENTS

Pole Vault	10:00 am
Shot Put	10:00 am
Long Jump	10:00 am
Javelin	10:00 am
Discus	10:00 am
High Jump	10:30 am
Weight Throw	1:00 pm
Triple Jump	2:00 pm
Note: Some field events may not start as early as listed.	

Additional Information
Mort Hahn (days) 973-625-1764
FAX 973-625-5195



Divisions: Open (Age 15-29), Submasters (Age 30-39), Masters (Age 40+) in 5 Year Age Groups. Youth (9-10, 11-12, 13-14) Athletes age 14 and under may compete only in Youth Events. All events will be run Youngest to Oldest, Males first. Times are approximate. Events may run ahead or behind schedule. Meet director may combine age divisions if the size of the fields warrant.

Registration Closes 30 Minutes Prior to Each Event. Don't be Shut Out! Pre-enter!

SPIKES ALLOWED - 1/4" or less. HURDLE HEIGHTS & IMPLEMENTS - USATF Open and Masters Rules.

STARTING BLOCKS are permitted but not provided by the meet director.

USATF MEMBERSHIP REQUIRED! Card must be presented, NO EXCEPTIONS! Can apply at meet \$20.00 - Youth -\$12.00.

FEES - Free to Randolph residents who pre-register. Randolph residents must still be USATF member.

Pre-registered - Received on or before June 19 - \$ 7.00 per event.

Post-entry (after June 19) - \$ 9.00 per event.

AWARDS - Medals for First, Second, and Third place in each age division.

CONCESSION STAND ON SITE.

SHOWERS AVAILABLE
DIRECTIONS to Randolph High School - From the George Washington Bridge, take Route 80 West to Route 287 South. Route 10 West Exit. Continue on Route 10 West for about 7 miles. Look for Dunkin Donuts on the left at the intersection of Millbrook and Route 10. Turn left onto Millbrook Avenue by making a right onto the jug-handle ramp to cross Route 10. Travel about 1.5 miles on Millbrook. The High School complex is on the right, at the top of long hill. Take the first entrance into the complex.

Fill out and return to: GARDEN STATE ATHLETIC CLUB, Post Office Box 458, Ironia, NJ, 07845

Last Name	First	AMOUNT - \$
Address	City	Zip
Club	USATF No.	Age on 6/24
Sex _____		
EVENTS ENTERED: Field - <input type="checkbox"/> PV <input type="checkbox"/> SP <input type="checkbox"/> WT <input type="checkbox"/> HJ <input type="checkbox"/> JT <input type="checkbox"/> DT <input type="checkbox"/> LJ <input type="checkbox"/> TJ		
Track <input type="checkbox"/> SK <input type="checkbox"/> 1500 RW <input type="checkbox"/> H Hurdles <input type="checkbox"/> Mile <input type="checkbox"/> 100 <input type="checkbox"/> 400 <input type="checkbox"/> 800 <input type="checkbox"/> 200 <input type="checkbox"/> 4X400 Relay		
I hereby waive any or all claims I or my heirs may have against Randolph Township Parks & Recreation Department, 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 activities will be supervised and 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 or Guardian if competitor is under 18 _____ Date _____		



Turn off your computer.
Turn off your fax machine.
Turn off your cell phone.

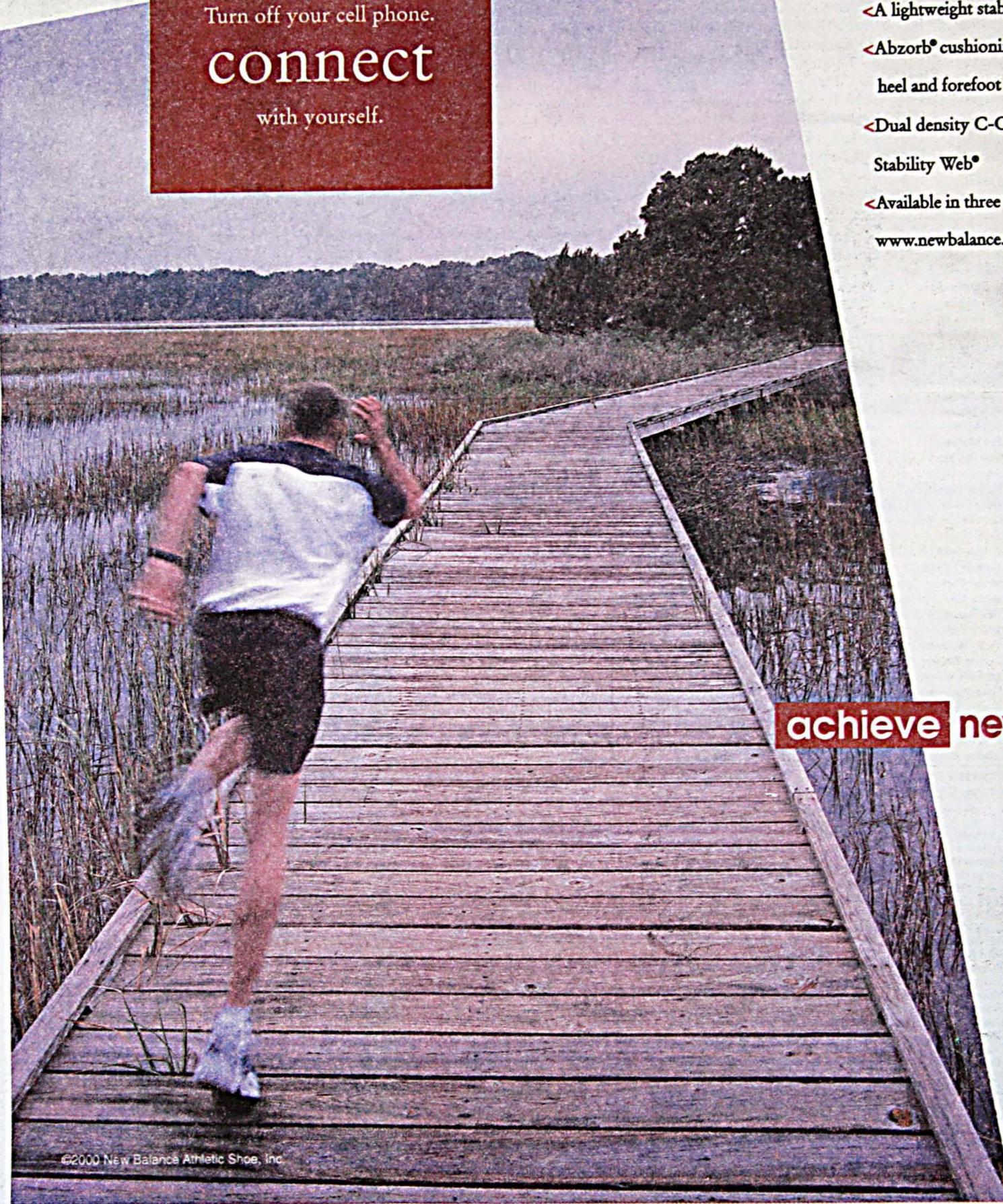
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- ◀ A lightweight stability trainer
- ◀ Abzorb® cushioning in heel and forefoot
- ◀ Dual density C-Cap® midsole
- Stability Web®
- ◀ Available in three widths: D, 2E and 4E

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