

NATIONAL MASTERS NEWS

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

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FROM JEFF WATRY

The first four in the M45 division (from l): Bob Zahn, fourth, Jeff Watry, third, Jim Russ, second, and Todd Christensen, first, USATF National Masters Indoor Heptathlon Championships, Kenosha, Wisc., March 2-3.

Raschker, Christensen Top Scorers in National Indoor Heptathlon

By JERRY WOJCIK

An experienced master and a newcomer were the high pointers in the USATF National Masters Indoor Heptathlon, March 2-3, at Carthage College, Kenosha, Wisc.

INSIDE:

- Masters Coaching/Training List - page 11
- World and U.S. Outdoor T&F Records - pages 15-22

The meet drew one of the largest U.S. fields ever for the seven-event competition. Last year, 22 men and no women participated; this year, 36 men and three women made up the field. In the heptathlon, athletes compete in the 60m, long jump, shot put, and high jump on the first day, and the 60H, pole vault, and 1000 (men) and 800 (women) on the second.

Phil Raschker, Marietta, Ga., who joined the W55 ranks on Feb. 21, outscored everybody else, man or

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JERRY WOJCIK

Audrey O'Brien (637), 42, Team Oregon, behind after 2K, caught Boulder RR teammates Karen Murphy (526), 41, 25:35, and Mary Mathews, 40, 26:15, to finish 10th W40 in 24:51, National Masters Winter 6K Cross Country Championships, Feb. 9.

Smith-Hanna, Shaheed Break Records

Monday, Egle Win Masters Events in USA Open T&F Championships

By MARILYN J. MITCHELL

Masters were showcased in a women's 400 and men's mile at the USA Indoor Championships in the Armory T&F Center in New York City, March 2.

In the masters women's 400, Rose Monday, 43, of Track West, took a decisive lead at the top of the back straightaway on lap two and broke the tape with a 59.96.

In the men's mile, Mike Egle, 40, going into the race with the fastest U.S. masters mile time this year, proceeded to lead the stellar mile field wire-to-wire, in 4:18.48.

USATF Masters 2001 W40 Track Athlete of the Year, Monday felt buoyed coming into the race because her last workout exceeded her expectations. A bout of flu and an antibiotic regimen ending approximately a week before the race left her fatigued. Before that workout, she had been somewhat apprehensive about her competitive prospects.

She made it clear that she never underestimates her competition and exclaimed, "Thank God that was a 400...I'm really excited to win. I was really nervous to come in with sprinters Jacqueline Board and Denise McField. I thought, 'Oh, boy! I've got to really run!'"

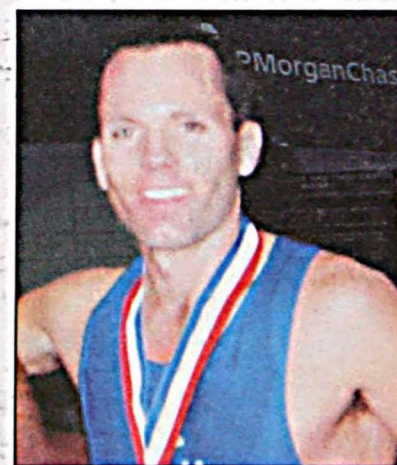
An established open runner, who competed in the 1984, 1988 and 1992 Olympic Trials, Monday now lives in San Antonio and coaches at the University of Texas-San Antonio. In 2001, she was WAVA gold medalist in the W40 800 at Brisbane, and winner in the 400, 800 and mile at the National Masters Indoor Championships in Boston.

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MARILYN MITCHELL

Rose Monday, 43, winner (59.96), invitational masters women's 400 at the USA Indoor Championships, NYC Armory T&F Center, March 2.



MARILYN MITCHELL

Bill Egle, 40, winner (4:18.48), invitational masters men's mile at the USA Indoor Championships, NYC Armory T&F Center, March 2.

Peerless Pozdnyakova Lowers Her World Best at L.A. Marathon

By SUSANNAH BECK

Ukrainian supernova, Tatyana Pozdnyakova, lowered the world best for the W45 marathon run again at the 17th Los Angeles Marathon, March 3, one day before turning 47. Her 2:30:26 in "warmer than usual" conditions, is two seconds faster than her Brooks Pharmacy Ocean State Marathon win in October (2:30:28), which featured stormy 40-degree weather and gusting

Atlantic winds.

Pozdnyakova finished second woman overall in the race, which was won by fellow Gainesville, Floridian Lyubov Denisova, 30, Russia, who PRed by four minutes at 2:28:49.

Pozdnyakova and Denisova are both coached in Florida by Pozdnyakova's husband. Pozdnyakova told the Los Angeles *Daily News*, "It's hard for a

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Publisher and Editor: Al Sheahan
Senior Editor: Jerry Wojcik
Associate Editor: Angela Egremont
Administrative Editor: Suzy Hess
National Masters News Office
 PO Box 50098 Eugene, OR 97405
 541-343-7716, Fax: 541-345-2436
e-mail: natmanews@aol.com
Web site: http://www.nationalmastersnews.com
Assistant Editors: Susannah Beck, Jane Dods, Erich Reed
Schedule: Jerry Wojcik
National Advertising Director:
 Claudia Malley
Sales Representatives:
 Suzy Hess 541-343-7716 (T&F)
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Contributing Editors: Hal Higdon, Dr. John Pagliano, Mike Tymn, Elaine Ward

Correspondents: Ruth Anderson (CA), George Banker (MD), Maury Dean (NY), Bob Fine (FL), Paul Heitzman (KS), Bob Koch (CA), Carol Langenbach (WA), Ron Mannucci (MI), Marilyn Mitchell (NY), Phil Mulkey (GA), Paul Murray (NY), Jim Oaks (AL), Mike Polansky (NY), Phil Raschker (GA), Pete Taylor (VA), Mike Tymn (HI).
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Internet Correspondent: Ken Stone, **Web site:** www.masterstrack.com, e-mail: trackceo@aol.com.
Photographers: George Banker (MD), Suzy Hess (OR), Mike Polansky (NY), Vic Sailer (NY), Tesh Teshima (HI), Jerry Wojcik (OR).
Creative Art: Eugene Paasinen, Herb Parsons
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<p>Chair George Mathews PO Box 80128 Seattle, WA 98108 (206) 396-0727 (P) MTFCHAIR@ofanswers.com</p> <p>Vice-Chair Suzy Hess PO Box 5272 Eugene, OR 97405 (541) 343-7716 (W) (541) 345-2436 (Fax) mtvicechair@aol.com</p> <p>Secretary Bob Cahners 4535 Lighthouse Lane Naples, FL 34112 (941) 793-4574 (H) (941) 793-5744 (W) mtsec@aol.com</p> <p>Treasurer Frank Lulich 2315 Shields Eugene, OR 97405 (541) 343-8604 (H) mftreas@aol.com</p> <p>Regional Coordinators East Roz Katz 170-11 65th Ave. Flushing, NY 11365 (718) 358-6233 throwerzcf@aol.com</p> <p>Mid-America Doug Schneebeck 4250 Aspen Rd., NE Albuquerque, NM 87110 505-255-4222 (H) dschneebeck@comcast.net</p>	<p>Midwest Ray Vandersteen PO Box 7019 Villa Park, IL 60181-7019 (630) 953-2052 usatfvan@aol.com</p> <p>Northwest Becky Sisley 310 East 48th Eugene, OR 97405 (541) 342-3113 (H) (541) 346-3383 (W) (541) 346-3583 (Fax) bsisley@oregon.uoregon.edu</p> <p>Southeast Bob Fine 3250 Lakeview Blvd. Delray Beach, FL 33445 (561) 499-3370 bobfine@aol.com</p> <p>Southwest Courtland Gray 801 Legacy Dr. #1414 Plano, TX 75023 972-527-9960 cpgray@atbi.com</p> <p>West Mark Cleary 18 Charca Rancho Santa Margarita, CA 92688 949-589-0242 runnermark@cox.net www.xro.com/cleary.html</p>	<p>Active Athletes Representative Dave Clingan 1849 SE 20th Portland, OR 97214 503-231-6345 xroads@xro.com</p> <p>All American Standards Len Olson 3 Oceans West Blvd., #5C4 Daytona Beach, FL 32118-5991 Tedodiscus@aol.com</p> <p>Awards Phil Byrne 55 Constellation Wharf Charlestown, MA 02129 617-242-8822 pmb021@aol.com</p> <p>Championships Games Sandy Pashkin 301 Cathedral Pkwy #6U New York, NY 10026 212-666-8603 spashkin@aol.com</p> <p>Championships Sites Ken Weinbel 4103 Hillcrest Ave., S.W. Seattle, WA 98116 (206) 938-3895 (H) Kweinbel@atbi.com</p> <p>Law Chair Tom Light P.O. Box 1550 Chugiak, AK 99567 (907) 694-4623 (H) (907) 786-7431 (W) (907) 786-7401 (Fax)</p> <p>Marketing Director Jeff Stamp</p>	<p>Combined-Events Jeff Watry 24304 77th Street Paddock Lake, WI 53168 (262) 843-3567 (H) (847) 235-1042 (W) (847) 473-0477 (Fax) jwatry@parkson.cofh</p> <p>Racewalking Rod Larsen 104 Eleventh Ave. Windermere, FL 34786 (407) 876-4467 (H) (407) 876-5843 (Fax) larsenrod@aol.com</p> <p>Rankings Jerry Wojcik P.O. Box 50098 Eugene, OR 97405 jerrywoj@aol.com</p> <p>Records Pete Mundle 4017 Via Marina #C-301 Venice, CA 90292 pmundle@juno.com</p> <p>Rules Coordinator Graeme Shirley 11212 Via Carroza San Diego, CA 92124 (858) 292-6132</p> <p>Substance Abuse Education & Testing Rose Monday 805 Pinon Boulevard San Antonio, TX 78258 (210) 481-7301 rosarita@swbell.net</p>	<p>Team Manager Sandy Pashkin (address above)</p> <p>Web Site Chair Rex Harvey 6744 Connecticut Colony Cir. Mentor, OH 44060 (440) 225-0751 (H) (440) 954-8122 (W) (440) 954-8111 (F) rexjh@aol.com</p> <p>Weight Events Dick Hotchkiss 14005 Meadow Dr. Grass Valley, CA 95945 (530) 273-3660 ashglaze42@hotmail.com</p> <p>WMA Delegates George Mathews Rex Harvey Al Sheahan Alternates: 1) Suzy Hess 2) Phil Byrne 3) Don Austin 4) Joan Stratton 5) Marilyn Mitchell 6) Bob Fine 7) Pete Mundle 8) Mary Trotto</p> <p>WMA Delegates: Women Rose Monday Suzy Hess Joan Stratton Alternates: 1) Sandy Pashkin 2) Becky Sisley</p>
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INDOOR HEPTATHLON

The USATF National Masters Indoor Heptathlon, held at Carthage College in Kenosha, Wisc., was a very enjoyable experience. The competition was talented and tough, and world and U.S. records were broken.

Jeff Watry, Masters Combined-Event Coordinator, with his usual tire-

less energy, organized, officiated, announced and competed. In between events, he would tabulate results and help set up the next event, while the rest of us were warming up. Steve Ray, the head track coach at Carthage, along with his track people and other volunteers, did a great job assisting Jeff in running the meet.

Thanks, Jeff, for another great Combined-Event Championships.

Neal Schuster
Shorewood, Wisconsin

**TWENTY YEARS AGO
April 1982**

- National Masters Indoor Championships Draw 170 Competitors to Liberty, Mo.
- Sister Marion Irvine Sets W50 AR With a 1:03:23 in California 10-Miler; Sal Vasquez Posts M40 AR in 50:34
- Vicki Bigelow, 45, Tops Bonnie Bell 10K in 37:15

KUDOS

Thank you for promptly sending me the October 2001 *National Masters News* I ordered. I appreciate the extra effort that dealing with such requests must take. It contained my one great track and field accomplishment.

I will have it bronzed and sent to the Smithsonian, or leave it in that big stack of papers my daughter will have to pitch when I croak. Not sure which yet.

Glenn Blair
Medina, Ohio

SOUTHERN CALIFORNIA STRIDERS 17th ANNUAL MEET OF CHAMPIONS
TRACK & FIELD CLUB CALIFORNIA STATE UNIVERSITY
AT LONG BEACH
SATURDAY, MAY 11, 2002

ENTRY FEES: \$12 first event; additional events \$6. Relay teams free.
Late entries \$15 first event, \$7 per additional event.

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Schedule

Track Events	
11:00 am 80/100/110 meter hurdles	2:15 pm 200 meters
11:30 am 1500 meters	2:45 pm 800 meters
12:00 pm 100 meters	3:15 pm 4X100 Relay
1:00 pm 300/400 meters hurdles	3:45 pm 400 meters
1:30 pm 3000 meters	
Field Events	
11:00 am hammer throw, pole vault & high jump	1:30 pm shot put & triple jump
12:00 pm discus throw & long jump	3:00 pm javelin throw

ENTRY FORM (Please print)

Last Name _____ First Name _____
Address (Include Zip) _____
Date of Birth _____ Age on 5-11-02 _____ Sex M F Phone _____
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EVENTS

AMOUNT ENCLOSED _____ (Make checks payable to So. Calif. Striders)
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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 California State University at Long Beach, the Southern California Striders, USAT&F, the meet director and all sponsors of the track & field meet, their successors, representatives and assigns for any and all injuries which I may suffer while traveling to and participating in the MEET OF CHAMPIONS to be held May 11, 2002 at California State University at Long Beach. I certify that I am free from hampering injuries or physical defects.

SIGNATURE _____ DATE _____

Monday, Egle Win

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Finishing fifth in the field of six, Carolyn Smith-Hanna, 51, the W50 U.S. indoor record-holder in the 800, 1500 and mile, broke the W50 U.S. record presently held by Phil Raschker (66.61), with a 65.61. Smith-Hanna, of the Genesee Valley Harriers, was elected the 2001 W50 Track Athlete of the Year by the USATF Masters T&F Committee, and was doubly honored by the Long Distance Running Committee with her selection as the W50 LDR Athlete of the Year and the female Cross-Country Athlete of the Year.

Louise Clark, 44, did "double duty." She not only ran a very respectable 400, but was also the ceremonial singer for the Opening Ceremonies both days of the meet, capped off by a stirring a cappella performance of the National Anthem, sung on the arena floor in front of New York City mayor, Michael Bloomberg on Saturday.

Isaya Okwiya, 31, the "rabbit," in the men's mile, went through the quarter in 64.0, pulling away from the rest of the field. On the fourth lap, he lost contact with his pursuers who were shoulder-to-shoulder - Egle, Steve Gallagher, Jamin Aasum, and Peter Magill - and dropped off the track at approximately 1000m. The masters eventually sorted themselves out, and with two laps to go, it was Egle, Gallagher and Martyn, and that's how they finished.

Okwiya, of the Central Park TC, apologized afterwards to Egle for losing contact, but Egle declined the apology, saying, "No, he did perfect. I was a little tired. Last week I went for the 3000 record and missed it by five seconds. I had the flu and I am still tired."

A physical education school teacher for the past 13 years at North Ridge Prep in Des Plaines, Ill., Egle was thrilled with his win and plans to



MIKE POLANSKY

Sab Koide (l), 78, Dobbs Ferry, N.Y., M75 winner (36:36), and George Dennis, 78, Muttontown, N.Y., M75 second (42:31), Little Cow Harbor 4 Mile, Greenlawn, N.Y.

compete at future masters events. He also coaches at a second school, which makes it somewhat difficult to find time for his own training. A high school and college miler, Egle posted his career mile PR at Illinois State College with a 4:07. He has run the fastest masters time in the world this year for the 3000.

Nolan Shaheed, 52, of the Southern Calif. TC, a Los Angeles jazz trumpeter and studio musician, broke his M50 world indoor record (4:27.14) with a 4:26.75. He is the 2001 USATF Masters Athlete of the Year.

Mark Cleary, Masters Invitational Program Coordinator, very professionally and successfully assembled, coordinated and managed the masters athletes for the exhibition events. All masters competitors paid their own transportation, food, lodging and entry fees, as did the open competitors, unless they had sponsors. It was generally agreed that the exhibition masters events, along with the high school relays, provided the spectators a great deal of excitement. □

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CZZMN

L.A. Marathon

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Angeles Daily News, "It's woman my age. But I love my belief that running is the to stay young." She finishes in front of the first male runner.

A record 21,107 runners in the marathon, stalwart locals share with vacationing runners from countries. Jose Diaz, 46, LDR 2:41:07, was the top men's runner, taking 22nd place overall.

Hippolito Alvarado, 4 Salvador, 2:43:04, was second and 25th overall. Keizo Japan, M70, 3:41:42, and E Leeuwen, Encino, Calif., 6:43:07, both took home top awards for the second year in a row.

In repeat finishes of Margarita de Jesus Conde Guatemala, 2:59:29, and Romero, 43, La Canada-Calif., 3:06:11, went two-thirds. Pozdnyakova, for women's honors. Alfreda Iglehart, Angeles, retained her W50 nine four minutes faster than 3:28:32. Marilyn Clark, W6 Del Rey, Calif., also ran 4:30:22.

L.A. 2002 featured a new road that was designed for faster 20 miles of new road. How temperatures already rising the 60s at start time, hopes ebbed somewhat as the 8:4 delayed for a half-hour due to discovery of a suspicious, but empty, cardboard box. □



Rick Bruess (503), 42, Boulder Kelly, 42, Club Northwest, at the in the final 2K, 2002 Masters Na Cross-Country Championships, ran a 21:09, and Kelly, 21:15.

L.A. Marathon

Continued from page 1

Angeles Daily News, "It's hard for a woman my age. But I love running. It's my belief that running is the best way to stay young." She finished ten minutes in front of the first male masters runner.

A record 21,107 runners finished the marathon, stalwart locals sharing the road with vacationing runners from 80 other countries. Jose Diaz, 46, Los Angeles, 2:41:07, was the top men's masters runner, taking 22nd place overall.

Hippolito Alvarado, 46, of El Salvador, 2:43:04, was second master and 25th overall. Keizo Yamada, Japan, M70, 3:41:42, and Ernest Van Leeuwen, Encino, Calif., M80, 6:43:07, both took home top age-group awards for the second year in a row.

In repeat finishes of last year, Margarita de Jesus Conde, 41, of Guatemala, 2:59:29, and Marie Romero, 43, La Canada-Flintridge, Calif., 3:06:11, went two-three behind Pozdnyakova, for women's masters honors. Alfreda Iglehart, 51, Los Angeles, retained her W50 title, running four minutes faster than last year, 3:28:32. Marilyn Clark, W60, Marina Del Rey, Calif., also repeated, in 4:30:22.

L.A. 2002 featured a new course that was designed for faster times, with 20 miles of new road. However, with temperatures already rising through the 60s at start time, hopes for speed ebbed somewhat as the 8:45 start was delayed for a half-hour due to the discovery of a suspicious, but ultimately empty, cardboard box. □

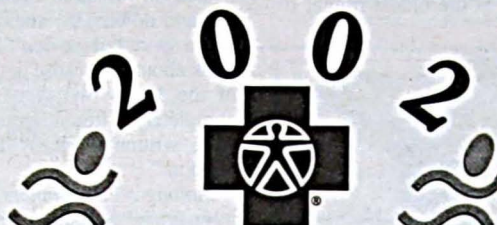


JERRY WOJCIK

Rick Bruess (503), 42, Boulder RR, and Arthur Kelly, 42, Club Northwest, at the top of the crest in the final 2K, 2002 Masters National Winter 6K Cross-Country Championships, Feb. 9. Bruess ran a 21:09, and Kelly, 21:15.

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• Register on the internet at:
www.broadstreetrun.com

• Pick-up an official entry form at a participating
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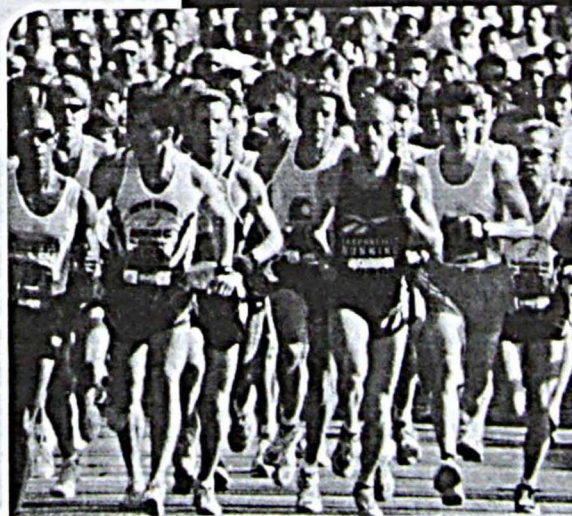


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Third Wind

By MIKE TYMN

The Ultimate Source on Running

Here's a quick quiz for you distance running trivia buffs: 1) Who was the first American woman to break 2:30 in the marathon? 2) What former jockey ran a world's best 80-plus marathon of 3:43? 3) Who was the third person to run a mile under 4 minutes (after Bannister and Landy)? 4) Who holds the women's 40-44 marathon record of 2:26:51? 5) Who is the oldest runner to break three hours in the marathon?

If you answered Patti Lyons Catalano, Ed Benham, Laszlo Tabori, Priscilla Welch, and Ed Whitlock, you know the sport. If you didn't know all the answers, you could have found them along with many other facts in *Running Encyclopedia*, compiled and written by Rich Benyo and Joe Henderson and published by Human Kinetics.

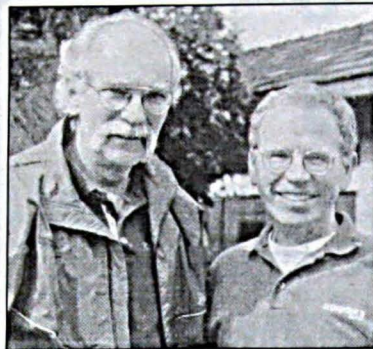
This 417-page book has more than 1000 entries, ranging from AAU and Age-Grading, through Hash House Harriers, John Keston, New York Road Runners Club, Paul Reese, and on to Emil Zatopek and Frank Zuna. Masters running is by no means slighted. There are five pages devoted to world and American age-group records.

In addition to being an excellent reference book for writers, sport historians, and trivia buffs, it also makes for interesting reading. Besides the biographies of many famous runners, those recent as well as those of yesteryear, there are several dozen sidebar feature articles by Henderson.

Henderson, of course, has long been associated with *Runner's World*, first as an editor during the 1970s and then as a columnist. He has published numerous books on running and is a frequent speaker at running functions.

Benyo succeeded Henderson as editor of RW, before leaving that publication in 1984. In 1997, he launched *Marathon & Beyond*, a bimonthly journal devoted to marathoning and ultrarunning. He also has authored a number of books on running. I put some questions by e-mail to both Henderson and Benyo. Here are those questions and their replies:

What was the most difficult part of putting this valuable reference together? Was it more than either of you had



Rich Benyo (l), Joe Henderson.

anticipated?

Henderson: "The hardest part was deciding what to leave out. We quickly realized this couldn't be a complete running encyclopedia - taking in track, cross-country, ultras, mountain races, adventure races and various other facets. We had to narrow our focus to standard road racing, 5K to marathon, to keep it a book that anyone could lift - or we could finish."

Benyo: "Our original concept for the encyclopedia was to do it strictly on marathoning. The most difficult part was deciding what not to include, so we could keep it to a reasonable size. Was it more work than we thought? Yes and no. Fortunately, our relative 'talents' complemented each other, so our division of labor worked out wonderfully well."

The two of you have a wealth of knowledge of the sport, but you must have learned a few things compiling the book. Does anything stand out as particularly interesting in that regard?

Henderson: "I'm a little embarrassed to say this, but, like many Americans, I was guilty of the vaguely racist lumping of 'the Kenyans' or 'the Africans' into a faceless, nameless group. Their identities and personalities generally escaped me. Working on the book made them more individual and real."

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Benyo: "What I learned most was the incredible universality of running and the common bond that running provides between nations and peoples."

You both have been an integral part of the history of the sport over the past several decades and have observed or participated in many of the events featured in the book. If you had to select one event to write a book about, which one would it be?

Henderson: "That's easy for me. Boston. It is the history of road racing in the US."

Benyo: "Boston. Considering all its ups and downs, it remains a barometer of the sport, but we don't have to write a book about it, because in the second half of the 1990s two wonderful books - completely different from each other - were written on it by Derderian and Higdon."

Among all the runners you've met or interviewed over the years, is there one that really stands out as someone you think you'd particularly enjoy doing a biography of?

Henderson: "Most of my favorites have already had bios written about them, or have penned their own. Emil Zatopek, Bill Rodgers, and, just recently, Dick Beardsley, jump to mind. And I've done one on George Sheehan. [As for those whose stories have not been told] maybe Jeff Galloway. He has been a revolutionary figure in running over the past 20 years, and before that was an Olympian. Jeff writes about running, but has said very little about himself."

Benyo: "Emil Zatopek." What has been your most memorable running experience?

Henderson: "In general terms, it has been watching running grow and evolve through six decades - the 1950s through the 2000s. If I had to pick one race, it would be the 1967 Boston Marathon - my first, and the one that changed my life course. It led me away from writing for fans (at *Track & Field News*) and for runners like myself (at *Runner's World*).

Benyo: "First time I broke three hours in the marathon."

What has been your most memorable reporting or writing experience?

Henderson: "That would have to be the 1968 Olympics. This was my first trip outside the U.S. and first visit to any international meet. I was still young enough, and the sport was innocent enough, that I could pass as an athlete

and slip into the village and onto buses with Olympians."

Benyo: "Covering the 1987 Death Valley to Mt. Whitney race between the U.S. and U.K. teams."

Where do you see the sport going over the next decade? Do you see any major changes?

Henderson: "How's this for a non-answer? My crystal ball has always been notoriously cloudy. I thought the '67 Boston marathon was the biggest race I would ever see; it had 600 entrants. I thought RW circulation would never top 10,000. I thought my low-three-hour marathons were 'slow.'"

Benyo: "History has taught us everything is circular or, if not circular, at least a pendulum. I'd anticipate that we will see a return to serious running in the U.S. by a relatively large percentage of the participants."

Henderson and Benyo added that they hope to update the book every four years or so, depending on demand. □

(The *Running Encyclopedia* is available from NMN. See the Publications Order Form on p. 13.)



VICTOR SAILER / PHOTO RUN
Ramilia Burangulova, 40, W40+ winner (51:12), Gate River Run 15K, Jacksonville, Fla., March 9.

Hellebuyck, Burangulova Hot in Gate River 15K

By SUSANNAH BECK

Eddy Hellebuyck, 41, Albuquerque, N.M., in 45:20, handily defeated Andrey Kuznetsov, 44, Rockville, Md., 47:01, for the masters crown at the Gate River Run 15K/USATF Open Championships, Jacksonville, Fla., under hot and humid conditions on March 9. Sam Ngatia, 42, Fort Carson, Colo., was third M40+ in 47:55.

The W40+ field was dominated by a Gainesville, Fla., expatriate trio led by Ramilia Burangulova, 40, 51:12, Tatyana Pozdnyakova, 47, 51:46 (one week after her 2:30 in the L.A. Marathon), and Lyubov Kremleva, 40,

51:50.

The loyal and local came out for the famous speedy-until-the-giant-bridge course, and there were many familiar names, though only a few repeat age-division winners. David Ohnsman, 58, Jacksonville, 60:18; Jack Nelson, 62, Morton Grove, Ill., 59:09; and Jim Blount, 72, Bushnell, Fla., 81:34, were men's division repeat winners.

Frequent Gate Riverite Claudia Kasen, 45, Orlando, Fla., showed her fitness with a W45 runner-up 59:58. First M65, Everett Crum, 67, Hilliard, Fla., posted a six-minute improvement over his 2001 performance. □



Track

Chairman

More on

Recently I noticed some talk of anti-doping. We must subject is only a concern at this time. Masters are tested and open athletes are tested both to generalize that USA Track &

It is also generally agreed that drug programs don't work. There is out-of-competition WMA does not conduct out-of-competition testing that I know does test athletes at its Clinics. This probably can assure that the athletes are drug-free at the time of competition. enough? I think not!

But maybe that is all WMA financially. These tests are very expensive and very inconvenient. Would you like to give a report to an anti-doping agency telling them you'll be every minute of the day for the next three months? What our open athletes must do

Since WMA follows IAA, they are doing what they can with what they have. I think the leadership would like to see exceptions for masters as most of us want to see the rules are trying to find the scientific which would justify the exceptions. This, too, is a very expensive. Anyone want to put up a few dollars for this?

If USADA had the funds, masters would be tested both out of competition now. We should be aware that this isn't something that would just vote on to have happen. If part of USATF, it would happen.

Substance Abuse Chair

To clarify Rose Monday's comment as Masters Substance Abuse Education and Testing Chair, she is a scientist. She has competed and has helped develop anti-doping policies for a long time and can help people understand them. They must know for international competition. Exceptions have been made for masters athletes for WMA.

We are constantly striving to stand the policies of USATF, USADA and WADA, so that we can be where our masters stand on an important subject. We welcome constructive help in this matter.

Open Competition

Masters races at the USA Track & Field Open Championships at The Meadowlands in NYC were a highlight of the year. Thanks to all the athletes who participated and to Mark Cleary who did a fantastic job pulling the field together. Mike Egle, winner of the men's 40-44, and Rose Monday, first in the women's 40-44, looked terrific. Nolan, M50, and Carolyn Smith-Harris are to be congratulated for their record-breaking performances.



Track & Field Report

By **GEORGE MATHEWS**
Chairman, USATF Masters Track & Field

More on Masters Anti-doping

Recently I noticed some traffic on the e-groups crying out about our handling of anti-doping. We must first remember that for USATF masters athletes this subject is only a concern when our athletes participate in WMA competitions at this time. Masters are the exception to USATF anti-doping policies. Youth and open athletes are tested both in and out of competition. It can be somewhat hard to generalize that USA Track & Field is drug free with this exception.

It is also generally agreed that anti-drug programs don't work unless there is out-of-competition testing. WMA does not conduct out-of-competition testing that I know of, but does test athletes at its Championships. This probably only will assure that the athletes are drug-free at the time of competition. Is that enough? I think not!

But maybe that is all WMA can do financially. These tests are very expensive and very inconvenient. How would you like to give a report to the anti-doping agency telling them where you'll be every minute of the 24-hour day for the next three months? That's what our open athletes must do now.

Since WMA follows IAAF rules, they are doing what they can with what they have. I think the leadership would like to see exceptions for masters, just as most of us want to see them. They are trying to find the scientific research which would justify the exceptions. This, too, is a very expensive process. Anyone want to put up a few million dollars for this?

If USADA had the funds, USATF masters would be tested both in and out of competition now. We should be aware that this isn't something we would just vote on to have happen. As part of USATF, it would happen.

Substance Abuse Chair

To clarify Rose Monday's assignment as Masters Substance Abuse Education and Testing Chair, she is not a scientist. She has competed under anti-doping policies for a long time and can help people understand what they must know for international competition. Exceptions have been given to masters athletes for WMA competition.

We are constantly striving to understand the policies of USATF, IAAF, USADA and WADA, so that we know where our masters stand on this very important subject. We welcome your constructive help in this matter.

Open Competition

Masters races at the USATF Indoor Open Championships at The Army in NYC were a highlight of that meet. Thanks to all the athletes who participated and to Mark Cleary who did a fantastic job pulling the field together. Mike Egle, winner of the men's mile, and Rose Monday, first in the women's 400, looked terrific. Nolan Shaheed, M50, and Carolyn Smith-Hanna, W50, are to be congratulated for their record-breaking performances. □



The Central Park TC M60-69 team after a world best of 10:15.2 for the 4x800 (from l): Norm Goluskin, Dan Hamner, Jim Aneshansley, and Sid Howard (2:19.06), 168th St. Army, NYC.

HAYWARD CLASSIC

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June 29 & 30, 2002

SATURDAY, June 29			SUNDAY, June 30		
TRACK	TIME	FIELD	TRACK	TIME	FIELD
10,000 Meters (ALL)	8:30	Long Jump (East) All W/M 60+	5,000 Meters (men before women)	8:30	Discus M 30-59
5K Racewalk	9:00	Long Jump (West) M30-59 - Javelin All W/M 60+		9:00	Hammer All W/M 60+
Age Graded Mile	9:45	Weight Throw M 30-59		10:00	Triple Jump M 30-59
2K Steeplechase	10:30	High Jump M30-59	300 Meter Hurdles	10:15	Pole Vault All (two pits)
3K Steeplechase	11:00	Weight Throw All W/M60+	400 Meter Hurdles	10:30	Discus All W/M 70+
80M Hurdles	11:30	Javelin M 30-59	800 Meters	10:45	
100 Meter Hurdles	12:30	High Jump All W/M60+		11:00	Hammer M 30-59
110 Meter Hurdles	12:40	Shot Put (two rings) South ring All W/M65+	1 Mile Racewalk	11:15	Triple Jump All W/M 60+
100 Meters	1:15	West ring M 30-64	200 Meters	11:35	
400 Meters	2:15		1500 Meters	12:30	Discus M 60-69
3,000 Meters	3:00		Relays	1:15	4 X 100, 4 X 400, 4 X 800, Medley relay *

*medley relay 200, 400, 800, 1600)

Entrants in running events must check in at least 60 min before event. All implements must meet WAVA standards

GENERAL INFORMATION

DIVISIONS: 5 year age divisions for men and women age 30 and over.

ENTRY FEES: \$14 first event (no-t-shirt); \$6 second event; \$4 each additional event.

ENTRY DEADLINE: Postmarked by Wednesday May 30, 2001.

LATE ENTRY: \$10 LATE FEE AFTER June 21. NO ENTRIES AFTER 5 PM THURSDAY, JUNE 27.

RELAYS: Held in 10 year age groups; must wear distinguishable tops. Will be a team scoring event.

AWARDS: Medals awarded for 1st, 2nd, 3rd; ribbons for 4th, 5th and 6th. Oregon Association patches will be awarded to 1st place Oregon Association qualified member.

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PACKETS: Available at Phoenix Inn, 6-8 pm, Friday, June 28 and at Hayward Field after 7:30 am, Saturday, June 29.

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EVENT ENTRY Best 01/02 Time* (running events only)	<p>\$10 Late Fee after June 21st. Late entries accepted until 5PM Thursday, June 27th. No Event Changes After Registration</p>	<p>ENTRY FEES: 1 Event \$14 - 2 Events \$20 - 3 Events \$24 - 4 Events \$28 - 5 Events \$32 - Etc.</p> <p>ENTRY TOTAL \$ _____</p> <p>Late Entry Fee \$ _____</p> <p>T-Shirt Total \$ _____</p> <p>Hats (\$10ea) \$ _____</p> <p>TOTAL ENCLOSED \$ _____</p>
1 _____ 2 _____ 3 _____ 4 _____	<p>T-SHIRT - \$10.00</p> <p><input type="checkbox"/> small <input type="checkbox"/> med <input type="checkbox"/> large</p> <p><input type="checkbox"/> x-large <input type="checkbox"/> XXL (\$12.00)</p>	

Will you attend the Saturday night reception? Yes No Number attending _____

I waive all rights that I or my heirs or assigns have against OTCM & sponsors of this athletic event arising from any injury, illness, or accident that I may sustain or incur participating in this event. I declare that I am in good health to participate

Signed _____ Date _____

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PAGLIANO'S PODIATRIC POINTERS
The Foot Beat
By JOHN W. PAGLIANO, D.P.M.

Plantar Fasciitis, Its Treatment

Plantar fasciitis usually presents itself as a pain under the heel bone. It is often described as a bruise to the bottom of the heel. The pain is usually worse in the morning after rising or after sitting, and usually decreases during activity.

If the plantar fasciitis has developed within six weeks, I would suggest a course of physical therapy, which includes hot water, ultrasound and taping. Light massage also helps loosen the scar tissue. The hot water soaks should be performed daily at home.

The use of night splints helps keep the fascia at a stretch and will eliminate the morning "rest pain." I would also recommend calf stretching. This provides flexibility to the fascial area.

To get to the primary etiology of plantar fascia, the over-pronated foot will have to be addressed. The prolonged duration of the over-pronated foot places excessive stress on the plantar fascial insertion. If the fasciitis is not too severe, a lighter weight or over-the-counter orthosis may be used. If the condition is severe, a functional foot orthosis should be used.

Orthotic therapy is quite effective in treating plantar fasciitis over a long period of time.

It would be prudent at this point to switch to a highly-cushioned shoe, and if you are able to run, do so on softer surfaces such as dirt or grass. Avoid concrete surfaces.

We have had very good response from steroid injection and local anesthetic injected into the fascial area. We use a local steroid to reduce the discomfort from the injection. This causes lysis of the scar tissue around the fascial insertion. There is very little risk in fascial injections if one uses a local steroid.

If all else fails, surgical intervention is indicated. □

(Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or Achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 50098, Eugene, OR 97405. He can also be reached by e-mail at TheFootBeat@aol.com.)



JERRY WOJCIK
Barbara Cleveland #127, of Florida, winning the W60 100 (16.04); Hannelore Boerner #54, of Vermont, was second (16.36), 2001 National Masters Championships, Baton Rouge, La.

By JERRY WOJCIK
USATF Masters T&F
Rankings Coordinator

The 13th edition of the Track & Field Rankings 2001 outdoor season ran deep in some age groups track events from the 10,000, including the 3000 long hurdles, and steeplechase field events from the javelin, including the superweight.

As in previous issues, the 5K, 10K, and walks are also listed.

Reflecting the influx from Senior Games meet boomers," the 50-54, 55-59 age groups are partially represented in some instances, the M50 and M55 well over 100 deep in the M50 discus lists 116 athletes has 110.

The weight pentathlon growing of the combined U.S., lists almost as many all of the other combined together; the M60 weight alone contains 30 athletes.

The Rankings Book

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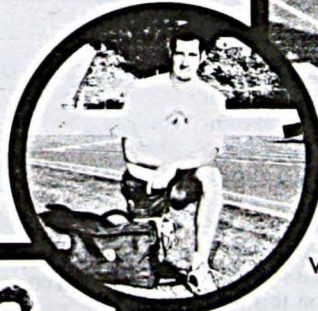
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It's never too early to think Puerto Rico*

...Or any other Masters event in which you plan to compete along the way!

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Age Division	Open a
Entry Fees	• \$15 • \$6
Awards	Medals
Director	Glenn F
Mail entry to	BTC 87
Registration on-line	www.btc87.com
Special Award	\$100 K
Schedule of Events	Women

First Track Event begins at 9:00 am

1) 5K Run
2) 50 meters
3) 80 - 100 - 110 H
4) 1500 meters

All Field Events except Javelin t

Field Events offered: High Javelin. Javelin will be cont Jump Apron)

Name _____

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Events
1
2
3
4
5
6

PLEASE READ AND SIGN. I certifi being physically fit and sufficiently tr myself, my heirs, devisees, executor Track Club, Sanford University, the agrees to abide by all the decisions and hold harmless the BTC.

Signed _____

2001 Rankings Book Now For Sale

By JERRY WOJCIK
USATF Masters T&F
Rankings Coordinator

The 13th edition of the U.S. Masters Track & Field Rankings contains the 2001 outdoor season rankings, 100-deep in some age groups, in all of the track events from the 100 to the 10,000, including the 3000, short and long hurdles, and steeplechase, and the field events from the jumps to the throws, including the weight and superweight.

As in previous issues, the combined events and the 5K, 10K, and 20K race-walks are also listed.

Reflecting the influx of athletes from Senior Games meets and "baby boomers," the 50-54, 55-59, 60-64, and 65-69 age groups are particularly well-represented in some events. For instance, the M50 and M55 groups are well over 100 deep in the 200m. The M50 discus lists 116 athletes; the M60 has 110.

The weight pentathlon, the fastest growing of the combined events in the U.S., lists almost as many athletes as all of the other combined events together; the M60 weight pentathlon alone contains 30 athletes.

The Rankings Book costs \$8.00,

plus \$2.00 for postage and handling, and can be ordered from the National Masters News Order Dept., P.O. Box 50098, Eugene, OR 97405.

All of the events for the 2002 McMahon Family Trust Indoor Rankings have been assigned to volunteer rankers. If your best marks for the indoor season have not appeared in the results section by the May issue, send them (in meters for field events) with documentation (name of meet, date, etc.) before May 17 to the rankers below:

55m/60m/200/HJ/PV - Larry Patz, 534 Gould Hill Rd., Contoocook, NH 03229; e-mail: B6883578@aol.com

400/800 - Ruth BreMiller, 590 W. 29th Ave., Eugene, OR 97405; e-mail: brem@oregon.uoregon.edu

55mH/60mH/3000 - David Ortman, 7043 22nd Ave. NW, Seattle, WA 98117; e-mail: deo@foxinternet.com

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

1500/Mile/WT/SW/3000RW - Jerry Wojcik, NMN, P.O. Box 50098, Eugene, OR 97405; e-mail: jerrywoj@aol.com

Data sent to me for events for which I am not the ranker will not be forwarded to the appropriate rankers □

National Heptathlon

Continued from page 1

woman, with a 6273 total, bolstered by scores of 1000+ points in the 60 (1055), long jump (1053), high jump (1171), and hurdles (1113), with four performances age-grading over 94%. The long jump (4.63), 60H (10.40) and pole vault (2.85) are pending W55 world indoor records. The high jump (1.42) is a U.S. record. Raschker's 8.71 in the 60m ties the W55 world mark.

Todd Christensen, 45, Alpine, Utah, scored 5379, the best effort among the men, to win the M45 contest, with big points in the hurdles (942) and shot put (874). Jim Russ, 45, Mooresville, N.C., scored a solid 5210 to take second.

Christensen is better known to sports fans for his football career as a tight end with the Raiders. He helped the Raiders win the Super Bowl in 1981 and 1983, when he led the NFL in interceptions with 92 catches, more than any other tight end in a single season. In 1987, he played in his fifth and last Pro Bowl Game, retiring as No. 3 on the Raiders' all-time pass-receiving and yardage-gained list.

Emil Pawlik, 63, Jackson, Miss., winner of the M60 division, was the men's second-best scorer with 5343. M55 winner, Robert Baker, 56, Metairie, La., was also over the coveted 5000+ point total with a 5224.

Guest athlete John Hawkins, 52, West Vancouver, B.C., won (4844) over a field of 10 in the M50 division, with Jim Dolezel, 51, Midwest City, Okla., claiming the U.S. title with a 4780.

Fred Hirsimaki, 77, Findlay, Ohio, earned a monumental 1204 points with an age-graded 100+% 10.40 in the hurdles. "Pops" Thorne, 85, Neosha, Mo., the oldest competitor at age 87, completed all seven events for a 1127 score.

The Championships were directed by Jeff Watry, Masters Combined-Event Coordinator, who conserved enough energy to take third place in the tough M45 division with a 4803. □

FIFTEEN YEARS AGO April 1987

- Bill Sevald (40, 48:13) and Joni Pendleton (40, 58:32) Win National Masters 15K in San Diego
- Gabriele Andersen (41, 35:22) and Larry Olson (40, 30:25) Are Top Masters in Red Lobster 10K
- Lew Faxon, 47, Finishes First Master (1:14:17) in Colonial Half-Marathon

BTC Classic
In conjunction with the Southeastern Police and Fire Championship
Sponsored by
The Birmingham Track Club
June 8, 2002



Samford University, Birmingham, Alabama

Directions to location	Take exit 255 (Lakeshore Drive) off Interstate 65, go two miles East on Lakeshore Drive. Samford University is on the left.
Implement Certification	Booth opens at 8:00 AM
Age Division	Open and Masters (Age 30 and over with age divisions every 5 years) men and women
Entry Fees	• \$15 first event • \$ 6 each additional event All entries must be received by June 3, 2002. No day of meet registrations.
Awards	Medals to first three in each age group
Director	Glenn Ross email: gross@btc.cc.us phone: (205) 942-0907
Mail entry to	BTC 873 Delcros Drive Birmingham, Ala 35226
Registration on-line	www.active.com
Special Award	\$100 KC 100m Dash (Top eight age graded times for combined male masters and female masters, 30 and older, athletes run a distanced handicapped 100m)
Schedule of Events	Women run first, followed by men, older to younger, Police and Firemen.

First Track Event begins at 9:00 am - Saturday, June 8th

1) 5K Run	5) 100 meters	9) 200 meters
2) 50 meters	6) 400 meters	10) 300 - 400 H
3) 80 - 100 - 110 H	7) 800 meters	
4) 1500 meters	8) KC 100 meters*	

All Field Events except Javelin begin at 9:00 am - Saturday, June 8th

Field Events offered: High Jump, Long Jump, Triple Jump, Pole Vault, Shot Put, Discus, and Javelin. Javelin will be contested at the conclusion of the High Jump. (Javelin runway on High Jump Apron)

Name _____ DOB / / AGE Sex USATF# _____

Address _____ City _____ State _____ ZIP _____ Phone () _____

Email address _____

Events	Best 2001 mark	Entry Fee	Cost
1		First Event \$15.00	\$
2		Events x \$6.00	\$
3			\$
4			\$
5			\$
6			\$
Make check payable to BTC		Total	\$

PLEASE READ AND SIGN. I certify that I have decided to participate in the Birmingham Track Club Classic meet with full knowledge that being physically fit and sufficiently trained are necessary to prevent injury to myself. In consideration of the acceptance of my entry, I for myself, my heirs, devisees, executor, administrators and assigns and hereby release and discharge any and all claims against Birmingham Track Club, Samford University, the Knights of Columbus, agents, or representatives arising out of my participation. The Releasee further agrees to abide by all the decisions of the Race Committee regarding rules and eligibility requirements. Releasee further agrees to replace and hold harmless the BTC.

Signed _____ Date / / _____

NORTHERN CALIFORNIA SENIORS TRACK/FIELD CLUB 4TH ANNUAL MARK GRUBI MEMORIAL CLASSIC

EDWARDS FIELD
UNIVERSITY OF CALIFORNIA BERKELEY
SUNDAY JUNE 2ND 2002

ENTRY: MUST BE POSTMARKED BY MONDAY MAY 27TH 2002.
PHONE AND FAX ENTRIES AVAILABLE AT 415 457-8177
E-MAIL DONROSE43262@CS.COM

FEES: \$15.00 First event (N.C.S.T.C. members get second event free)
\$10.00 for each additional event. \$20.00 per event late entries.

CONTACT: Don Rose 43 McAllister Ave. Kentfield, CA 94904

ELEGIBILITY: All men and women with current 2002 USATF registration
Meet day USATF registration available for \$20.00

AGE GROUPS: 30 yrs and above in 5 yr groups. Race day age determines group
Younger participants with approval of meet director.

AWARDS: Medals to first three places in each age group.

T-SHIRTS: Participant shirts available \$18.00

FACILITIES: Edwards Field is one of the best facilities on the West Coast.

HEATS: 5 year groups where possible
All athletes are subject to drug testing
_____ cut along dotted line _____

Name _____ Male _____ Female _____ Date of Birth _____ Age _____

Address _____ Phone # () _____

City/State/Zip _____ Club Affiliation _____

U.A.T.F.# _____ Must show to Meet Director on day of event.

In consideration of your accepting my entry, I intending to be legally bound do hereby for myself, my heirs, executors and administrators, waive and release forever, any and all rights, claims, damages I may accrue against Northern California Seniors Track Club, USA Track and Field, The University of California at Berkeley, and all sponsors of this competition, their successors, representatives and assigns for any and all injuries suffered by me while traveling to and from, and while participating in the Northern California Seniors Track and Field Classic held June 2nd at Edwards Field Berkeley California.

Date / / 2002 Signature _____

Event entered _____ Best Mark _____ Make checks payable to NCSTC Approximate times for events: Track Events:
1. _____ road to Don Rose 43 Mc Allister Ave. 8:30-12:00 5K walk and run, Hardies, 100,200,400
2. _____ Kentfield Ca. 94904 (415) 457-8177 12:30-3:30 200,1500,L.H.
3. _____ Field Events 7:30-12:00 Hammer, P.V., Shot, Discus
4. _____ 12:30-3:00 H.L., Javelin, T.J., Weight Throw
5. _____ Heats start with oldest and work toward youngest when ever possible.

AMOUNT ENCLOSED: \$ _____ Open pit for Triple and Long Jump for two hours. NOTE: Parking at and around the University is limited. If you intend to park near the stadium bring at least \$3. in quarters. There are parking lots available in the area some of which are open to the public on Sunday.



Masters Racewalking

By ELAINE WARD

Bernie Finch – Nutritional Supplements and Aging

The following is continuation of an interview with Dr. Bernie Finch, a chiropractor with nutritional expertise. He is trained to read laboratory blood tests not just as a routine medical diagnostic tool to intervene in disease, but to analyze supplementation needed by athletes for their optimum nutrition and performance.

Does aging affect our ability to extract and utilize the contents of supplemental nutrient pills?

This question involves more than pills. All nutrients utilized by the body have to be absorbed through cellular binding sites. A binding site is a bit like

an electric plug in the wall. All of us have had the experience of being in a room with six things to plug in and only two plugs.

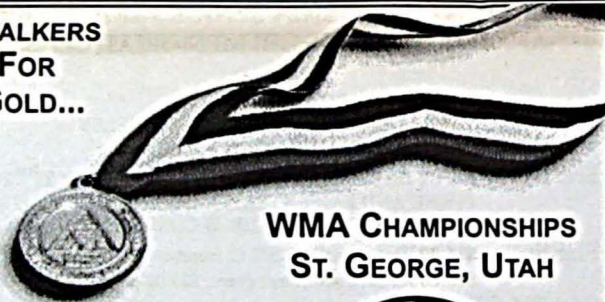
When we are taking nutrients, we have to recognize that each nutrient has to go through a binding site, and some nutrients compete for the same binding site. When a binding site is taken by a nutrient and is in process of being absorbed by a cell, another nutrient that comes along may find no free sites. It will go on through the system and be flushed out.

Some people have made a science of competition among nutrients, and you can become overburdened with it. For example, iron competes with vitamin A. I am always looking for something that is practical and workable.

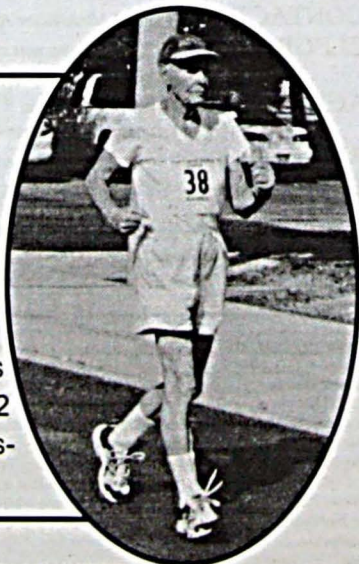
CLUBS UPDATE

An updated list of masters clubs will be published in the May issue. Changes, additions, and deletions to the list, last published in the November 2001 issue, should be sent to "Clubs," National Masters News, P.O. Box 50098, Eugene, OR 97405 or to natmanews@aol.com before the April 10th deadline. □

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Racewalking. A 10K and
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or visit us at www.seniorgames.net

Men are particularly impacted by the binding site issue. Often when I prescribe that a man take 10 nutritional supplement pills to counter a biochemical imbalance over the course of three meals, he doesn't want to be bothered. He takes all 10 pills at once. Consequently, his body doesn't absorb what he takes.

Less Quantity, More Frequency

As we age, some of our binding sites disappear. That is one of the reasons why we say that older people should eat smaller meals and eat them regularly. By the same token, they should take their supplements in smaller amounts throughout the day when there is a timely opportunity for them to be absorbed.

As an illustration, you will find vitamin E in dosages of 400, 200 or 100 milligrams. A person who takes 400mg at one meal will probably lose 300mg, while the person who takes 100mg three times a day will probably utilize most of the dosage.

Many people have a phobia about supplementation. They look at supplemental nutrients as medicine. Supplements are not medicine, they are food. At the same time, prescription medicines can affect the utilization of nutrients.

Binding Site Competition

In their excellent book, *The Nutritional Cost of Prescription Drugs*, pharmacists Ross Pelton, R.Ph., and James B. LaValle, R.Ph., propose that when you take certain prescription drugs, these drugs compete with nutrients for binding sites. The best and most common example relates to birth control pills and hormone replacement therapy.

These prescriptions compete with the binding site of folic acid or B12. If a woman uses birth control pills and then goes on hormone replacement therapy after menopause, she is likely to have a folic acid or B12 deficiency.

Pelton and LaValle make the following two recommendations. One, that doctors who prescribe drugs for specific medical problems consider the drugs' competitive effects on the binding sites of nutrients and prescribe appropriate nutritional supplementation. They also recommend that a person take nutrients as far away from conflicting medications as possible. For instance, a woman



JERRY WOJCIK

Donna Lafayette, 58, Portland, Ore., first W55 in the 5000 racewalk (33:28.78), 2001 USATF Northwest Regional Masters Championships. The 2002 Championships are scheduled for July 19-20 in Salt Lake City.

who takes hormone replacement therapy in the morning should take B12 and folic acid in the evening. By that time the binding site will have cleared. Keep in mind that a binding site may not be used by a substance for very long.

Use and Release

To grossly oversimplify the matter, the use and release of a site may be almost immediate, or take several hours. The time involved depends on how many binding sites exist and how much competition there is. The process is like trying to get out of a stadium when a football game is over. If everyone left in a staggered fashion, there would be only a moderate delay in getting out and driving away. However, everyone always wants to leave at the same time and the exit is soon jammed. In a situation like a fire or riot, people have been known to die in a building, because they couldn't get out.

The Nutritional Cost of Prescription Drugs includes a table of all the various medications people take and the nutri-

Continued on page 23

USATF National Masters Outdoor Championships

August 8-11, 2002

University of Maine, Orono, Maine

Entry form in May NMN and at Boston Indoor Meet

Airports: Bangor, ME - 12 minutes, Portland, ME - 2 hours driving time.

Boston, MA - 4 hours, Manchester, NH - 4 hours driving time.

www.ume.maine.edu/~track/trackfield.html

e-mail: mainetrack_field@yahoo.com

Office: 207-581-1077; 207-581-2099 - Leave mailing address for entry form.

Write: 2002 Outdoor National Masters Championships
Track Office, University of Maine
Memorial Gymnasium
Orono, ME 04469

On this page is a list of masters throughout the USA. Sites and individuals are listed for a variety of different programs. Some

Name/Organization	Location
Progressive Training Team	U. of Tam
AT&T/Lucent NJ Runners	Bern Mon Hun Flea
Terry Jessup	Dall
Bob Wallace	Dall
Robert Vaughn	Dall
Kyle Heffner	McK
Leo Davis	West
Ross Dunton, SCS	1520 Sevi
Fred Husted, Riverside TC	River
George Mehale	CSU
Dave Rodda	CSU
Laszlo Tabori SFV TC	Mon, Tu, T
Wilbur "Moose" Thompson	Long
Elaine Ward	Pasad
Pat Connelly	Birm Santa
Hawaii Masters TC	U of Sund.
Club West	Santa
St. Louis Masters	Parkv
J. "Moose" Miller	South
Powerline Sports	YMC El Pa
John Tansley	Cany
So. Cal Track Club	Missi Trabu
River City Track Club	Sacra
Tom Craig	Oakl
Personal Best Program	Resto
Eugene RC	Mult
Racewalking	Kent
SBAA	Santa
Elmer Haynes	Sacra
Bob Schul Racing Team	Dayto
Ladislav Filip	Eugen
MC 2 Athletics	Trinit Wed.
Cal Coast Track Club	Irvine
Young At Heart Racing	Colo
Tim Graf	Jolie
Graf Speed Enhancement	Fri. 4
Ric Rojas Running	Boul
Judy Heller	Port
Paul Anthony-Schmitz	940 Linc
Desert Valley Rockets	Cath
Cathedral City, CA	
Tony Carter	Clea
Ink Runs Ltd.	Gree
Dixon Hemphill	Fair
Jerry Hiatt	Seab Tues

C=Coach;L=Led by experience
H=hurdles. NMN would like
er, informally or formally, s

MASTERS COACHING/TRAINING

On this page is a list of masters coaching groups throughout the USA. Sites and individuals listed offer a variety of different programs. Some are free, others

require a membership or training fee. Some are informal gatherings in a supportive group without a professional coach. Often, an individual offers to serve as a

leader without professing any coaching qualifications. Some coaches are very experienced, with Olympic level athletics to their credit. Most programs focus on

specific or selected events/distances, which is noted on the chart. Interested athletes should contact the named individuals at the listed phone numbers. □

Name/Organization	Location/Site	Events	Contact	Name/Organization	Location/Site	Events	Contact
Progressive Training Team	U. of South Florida Tampa, FL	LD	C-Dror Vaknin 813-971-7627	The "Fast Program"	Boca Raton, FL	S, MD, LD	Bill Welle, Site Director 561-977-9824 fax 561-368-1090 www.FastProgram.com
AT&T/Lucent NJ Runners	Bernards HS or Morristown HS 5:30 p.m. Hunterdon Central Reg. HS; Flemington, NJ	S	Joe Hehn 908-782-8287 (H) 908-221-7270 (W)	San Diego Panthers TC	San Diego, CA	T, F	James King/Randy Thompson 619-475-5252
Terry Jessup	Dallas-S.M.U.	MD, LD	C-214-526-5318	Mark Miller	Ruidoso, New Mexico	S, LJ, TJ	Mark Miller 505-258-3921 helishot@trainet.com
Bob Wallace	Dallas-S.M.U.	MD, LD	C-214-361-6493	Training Mng. Systems	Los Gatos, CA	TH	Lad Pataki 1-800-553-2188 science@patakitms.com
Robert Vaughn	Dallas-S.M.U.	MD, LD	C-214-820-7800	Mike DeWitt	Parkside Athletic Club Mike DeWitt	RW	Mike DeWitt 414-551-0142
Kyle Heffner	McKinney, TX	MD, LD	C-972-562-2776	Ken Grace	Chabot College, Hayward, CA		Ken Grace 510-723-6662
Leo Davis	West LA College, Culver City, CA	S, H	C-Leo 909-595-9674	Upper States Athletics	West Jordan, UT	S, F, LD	Van Phillips 801-963-8386 usaelite1@earthlink.net
Ross Dunton, SCS	1520 Woodstock Drive Sevierville, TN 37862	S, F, MD, LD	C-Ross Dunton 865-774-0023 coachr880@worldnet.att.net	Gulf Coast Racewalkers	Dade City, FL	RW	Susan Heft 352-567-0855 Jerry Cash/503-524-5078
Fred Husted, Riverside TC	Riverside, CA	S, PV, F	C-Fred 909-369-0761	Club Vault	Beaverton, OR		
George Mehale	CSU-Long Beach, CA	S, MD, S, F	C-George 310-498-8405	American Walking Assoc.	Boulder, CO	RW	Viusha Sedlak 303-938-9531 viusha@americanwalk.org
Dave Rodda	CSU-Long Beach, CA	S, F, MD, TH	C-Dave 310-866-9771 x2400 (work)	American Walking Assoc.	St. George, UT	RW	Sharon Conlan 435-688-1438 sconlan@redrock.net
Laszlo Tabori SFV TC	Mon, Wed, Sat - Culver City Tu, TH - Burbank, CA	MD, LD	C-Laszlo, 818-556-1563 (work)	American Walking Assoc.	Cardiff, CA	RW	Claudia Lane 760-944-9213 claudiawlk@aol.com
Wilbur "Moose" Thompson	Long Beach, CA	TH	C-Moose 310-596-0360	American Walking Assoc.	Highland, IL	RW	Laurie Plocher/Kathy Southwick 618-654-3981
Elaine Ward	Pasadena, CA	RW	C-818-577-2264	American Walking Assoc.	Bluebell, PA	RW	Tami Zylka 215-641-4658
Pat Connelly	Birmingham H.S.-Tue Santa Monica HS - Wed	MD, LD	C-818-994-0682 (home)	American Walking Assoc.	Thunder Bay, ONT, Canada	RW	Karl Dahl/807-344-9807 kdahl@baynet.net
Hawaii Masters TC	U of Hawaii-Manoa Sunday - 9 a.m.-11 a.m.	S, TH, F	C	Team David	Eugene, OR	LD	Dave McJunkin 541-343-6468
Club West	Santa Barbara, CA	MD, LD	Beverly Lewis 805-969-5852	Bob Williams	Portland, OR	MD, LD	Bob Williams 503-643-6184 bobw@pacethyself.com
St. Louis Masters	Parkway South HS	S, MD, LD, J, F, H	L-Gordon Reiter 314-230-9120	Miami Valley TC	Yellow Springs, OH	All Events	C-Vince Peters 937-767-7424 mv_tc@erinet.com
J. "Moose" Miller	Southington, CT	TH	C-860-621-3128	Gamespeed	Brentwood, CA	S	C-Aaron Thigpen 925-513-8676
Powerline Sports	YMCA-Central El Paso, TX	MD, LD, S, F	C-David Jackson 915-533-3941	"The Track Junkie"	Los Angeles, CA	S	C-Eugene Driver 323-758-6543
John Tansley	Canyon Del Oro H.S., Tucson, AZ	TH, J	C-520-825-2595	Points in Motion	Upper Montclair, NJ	MD	C-Joel Pasternack 973-773-2082 joelrun@aol.com
So. Cal Track Club	Mission Viejo, CA Trabuco Hills H.S.	S, MD, LD, TH, F	C-Mark Cleary 714-589-0242	Wings of Moon TC	Pittsburg, PA	RW	Mary Fowler GoDeacs86@aol.com
River City Track Club	Sacramento, CA	T&F	C-Mike Holzgang 916-489-7881	Performax	Canton, MA	S, J	John Oleski 781-575-0255 617-489-9028 jperformax@earthlink.net
Tom Craig	Oakland, CA	MD	C-510-633-1161	Neil Schuster	Milwaukee, WI	T&F, LD	C-414-962-6610
Personal Best Program	Reston, VA	LD	703-742-7856 Dr. Ron Kulik; Dr. Neil McLaughlin	PR Racing Team	Lewiston, ME	S, LD	Scott Brown 207-782-0688 runscott@aol.com
Eugene RC	Multiple Sites - Eugene, OR	MD, LD	Cathie Twomey Bellamy/541-343-4841	Team Raven	New Orleans, LA	S, MD, LD	Raven Bailey 504-835-7554
Racewalking	Kentfield, CA	RW	C-Jack Bray 415-461-6843	All American Coaching	Marblehead, MA	T&F, LDR	WF Newhall 781-639-4346 coachnewhall@yahoo.com
SBAA	Santa Barbara, CA	MD, LD	C-Jim Triplett 805-967-1986 916-845-3080	Suzanne Cordes	Alamo, CA	MD, LD	Suzanne Cordes 925-838-1000
Elmer Haynes	Sacramento, CA	All Events		Anaerobic Management	Ft. Collins, CO	LD	JohnSinclair/KentOglesby jms@anaerobic.net ko@anaerobic.net 970-493-5659 www.anaerobic.net
Bob Schul Racing Team	Dayton, Ohio	MD, LD	Bob Schul 937-293-7935	High Performance Running Club	Phoenix, AZ	C, LD, MD	Dean Hebert 480-829-7473 runaholic6@aol.com
Ladislav Filip	Eugene, OR	Gen. Fitness	C-Ladislav 541-687-1262	Speed Training	McKinney, TX	S, MD	Glenn Pere 972-548-2223 speed@laperform.com
MC 2 Athletics	Trinity College, Hartford, CT Wed., 4-6 p.m./Sun., 8-10 a.m.	S, MD, LD	C-Sam McClendon 860-985-1170	Sacramento Women's Sprinters	Sacramento, CA	S, MD	Elmer Haynes Detria Thompson 916-971-1645
Cal Coast Track Club	Irvine, CA	LD, MD, S	C-Bill Sumner Rick Herr 949-476-7076	Steve "Red" Renard Private and group	Tampa, FL	RW	Steve "Red" Renard 813-978-3730 Renard98@juno.com
Young At Heart Racing	Colorado Springs, CO	MD, LD	C-Craig Young 719-630-8197 cyoungun@aol.com				
Tim Graf	Joliet Jr. College Fri. 4:30 p.m., Joliet, IL	S	Tim Graf tvgraf@msn.com				
Graf Speed Enhancement	Boulder, CO	LD	Ric Rojas 303-444-7276 microjas@aol.com www.microjasrunning.com				
Ric Rojas Running							
Judy Heller	Portland, OR	RW	C-Judy Heller 503-282-1677 erofit@aol.com				
Paul Anthony-Schmitz	940 Rutland Dr. #306 Lincoln, NE 68512	MD, LD	C-Paul Anthony-Schmitz 402-423-6895				
Desert Valley Rockets Cathedral City, CA	Cathedral City HS	All T&F	C-Sam Jackson 760-770-0100 #102 pager 833-3420				
Tony Carter	Clearwater, FL	S, F	C-Tony Carter 727-804-2825				
Ink Runs Ltd.	Greensboro, NC	LD/SF	C-Terry VanNatta 336-275-8464 inkruns@usa.net				
Dixon Hemphill	Fairfax, VA	MD, LD	703-250-9277				
Jerry Hiatt	Seabreeze HS, Daytona Beach, FL Tuesdays A.M.	MD, LD	J. Hiatt/904-255-1279 donna@totcon.com				

C=Coach; L=Led by experienced athlete or volunteer of informal group; S=sprints (100-400m); MD=middle distance (800-5K); LD=long distance (5K-marathon); TH=throws; J=javelin; F=field events; H=hurdles. NMN would like readers from throughout the USA to let us know what masters training/coaching is available in your area. If you know of a group that's training together, informally or formally, send the info to NMN, P.O. Box 50098, Eugene OR 97405 or e-mail to natmanews@aol.com



On The Run

By HAL HIGDON

Low Tide: Rhythms of the Sea and of Life

Each morning, the *Florida Times-Union* publishes a schedule of tides – high and low – for the following seven days. When I am at my winter home in Ponte Vedra Beach, I check this schedule daily. My life revolves around it. I run each day at low tide.

Low tide is when the beach is widest and flattest; thus, best for running. At high tide, the beach all but vanishes. Only a tiny slab of shore remains between ocean and houses. It is slanted, loose, often encrusted with shells and difficult for running.

Each day brings two low tides and two high tides, but not always at the same times. Low tide shifts forward approximately 40 minutes each day, moving from morning to noon to afternoon to evening over a period of time. Thus, to know the best times to run, checking the schedule becomes essential.

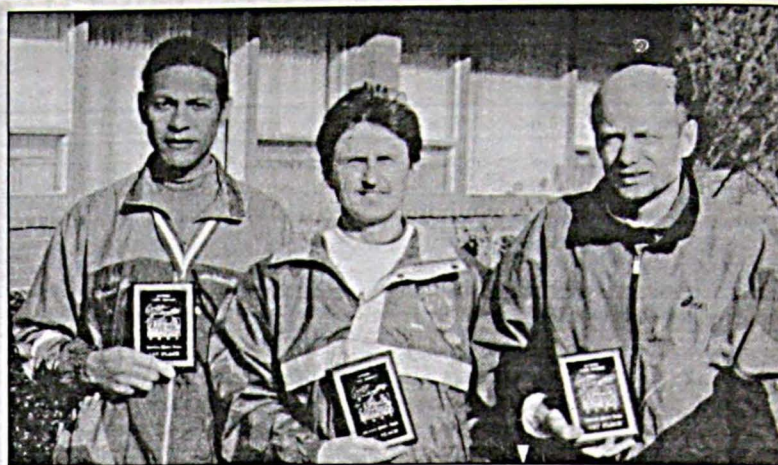
Recently, however, my runs on the beach have become walks on the beach, not only slower than my usual pace, but covering less distance. My life is at low tide. Following a long plane ride home from the Honolulu Marathon, breathing recycled cabin

air, my immune system down because of the stress of both training for and running the marathon, I came down with a case of bronchitis that soon developed into pneumonia.

Quiet Period

My daily runs ceased. Even slow walking got me out of breath. Fortunately, I had planned to take a month or so away from my running following the marathon anyway, so this quiet period in my life did not depress me. It offered me a chance to walk with my wife Rose, and talk with her, and see the pelicans and porpoises.

As a committed, lifetime runner, I always have enjoyed running in scenic areas: through the woods, in the mountains, along the beach. But as that runner, I often run past the scenery too fast to see it. This low tide in my life allowed me to slow down and, in



FROM GEORGE BANKER

Members of the Following His Footsteps team, masters winners in the Ekiden Relay, Washington's Birthday Marathon, Greenbelt, Md., Feb. 17, (from l): George Banker, 9.7 miles, 67:19; Richard Morgan, 7.3 miles, 46:09; and James Moreland, 9.2 miles, 62:18.

effect, sniff the flowers.

Illness or injuries sometimes force runners into low tides, when we must modify activities to recover for high tides to come. Philosophers and physiologists might argue over whether low and high tides represent low and high points in our lives. They could be either or both. More important, they represent change.

Transitions

During my running career, I always have moved from low to high tide and back to low, being very aware of the transition. Coaches refer to this as "periodization." You train relentlessly in pursuit of some important goal, then relax and cut mileage to gather strength for the next pursuit upward. My illness came after a period when I had run 7 marathons in 7 months to

celebrate my 70th birthday. I had planned to take time off after the final marathon anyway.

But a month away from my regular running routine caused me to get edgy. Like an addict, I was suffering withdrawal symptoms. Finally, recovered from my illness, I allowed myself to venture a few running steps. I returned slowly, jogging a hundred meters or so, then walking before jogging again. I let more than a week slip by before I allowed myself the luxury of running a mile without stopping.

One of my favorite runs is the *Winter Beach Run in Jacksonville Beach*, 5- and 10-mile races along the beach at low tide. On the Sunday afternoon it was held, I probably could have done at least the shorter distance, but not comfortably. Wise in my years, I borrowed my wife's thick-tired bike and cycled beside the runners, splashing through the wet at the water's edge to stay out of their way.

I wished I could have run with them, but I was glad I had not. There would be another time and another tide for running. I have not chosen my goal for the remainder of this year. Maybe it will be only to have no goal. □

(Hal Higdon is a Senior Writer for *Runner's World*. More of his writing can be found on the Internet at: www.halhigdon.com.)

DEADLINE

NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material, results, schedule items, and advertising is the 10th of the month before date of issue.

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Mike Venning, 2001 fourth-ranked the 56# superweight in 2001.



John McManus, M75, at one of his "Thursday Night at the Races" meets, NYC's Armory T&C Center

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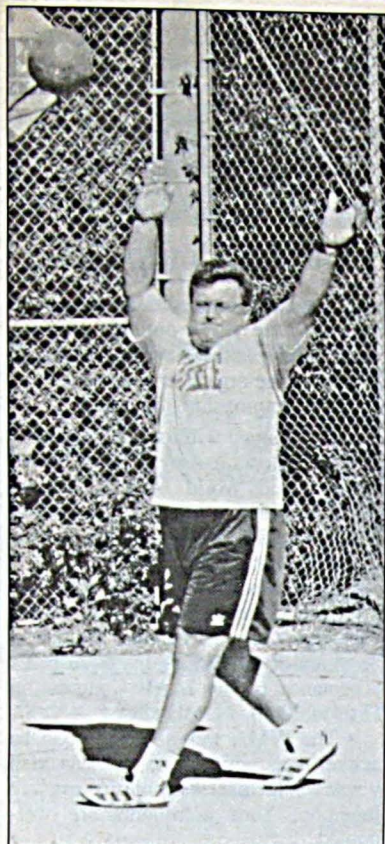
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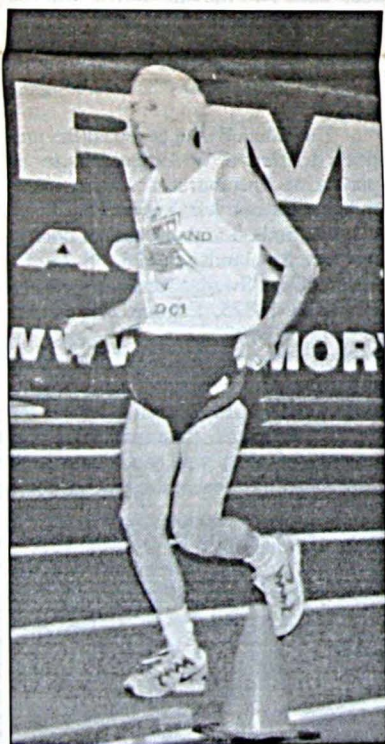
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GARY KELMENSEN

Mike Venning, 2001 fourth-ranked M45 (9.91) in the 56# superweight in 2001.



DON PREVEN

John McManus, M75, at one of the NYRR's "Thursday Night at the Races" indoor season meets, NYC's Armory T&C Center.

PUBLICATIONS ORDER FORM

	Quantity	Total (US\$)
Masters Age Records (2001 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, 2000. 56 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$5.00.	_____	\$ _____
Masters Track & Field Rankings (2001) Men's and women's 2001 U.S. outdoor track & field 5-year age group rankings. Coordinated by Jerry Wojcik, USATF Masters T&F Rankings Chairman. All T&F events, including mile, relays, weights, racewalks, and combined events. \$8.	_____	\$ _____
McMahon Family Trust Masters Track & Field Indoor Rankings (2001) Indoor rankings for 2001. 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 August 1, 2000; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$2.00.	_____	\$ _____
Masters 5-Year Indoor Age-Group Records Same as above, except indoor records (M40+, W35+) as of May 25, 2001 (world) and November 30, 2001 (USA). \$1.50.	_____	\$ _____
Competition Rules for Athletics (2001 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 (2000/2001) 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 (2001) U.S. Bylaws and operating regulations, forms for membership, race sanction, records, course measurement, etc. 152 pages. \$12.00.	_____	\$ _____
Running Encyclopedia, The Ultimate Source for Today's Runner Twenty-six chapters from A to Z of history, facts, personalities, events, terms, and pictures of running by Joe Henderson and Richard Benyo. Chapter W, for example, starts with "waffle sole" and ends with "Wysocki, Ruth." A must for every runner's library. 417 pp. \$24.95	_____	\$ _____
How to be A Champion from 9 to 90. Earl W. Fee, world-record-holder in the M65 and M70 300H, reveals his secrets that enabled him to achieve over 30 world records in 15 years of running. 420 pages, 25 chapters, 100s of excellent references. US\$19.25/CAN\$28.50, plus postage & handling.	_____	\$ _____
Masters Track and Field: A History , by Leonard Olson Olson, a masters competitor since 1970, traces the development of masters t&f from its start in San Diego in the late 1960s to its expansion into present-day world championships, with emphasis on the early times and events that helped shape this historic movement in sports. 64 photographs, tables, appendix, bibliography, and index. 320 pp. \$50.	_____	\$ _____
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2001 Road Race Management Directory Published by Road Race Management, this book combines the Guide to Prize Money & Races with the Running Industry Resource Directory – two books in one – listing elite athletes (including masters) with over 1000 addresses and phone numbers, prize money structures for 400 events, Internet services, retailers, publications, TV contacts, and more. \$75.00.	_____	\$ _____
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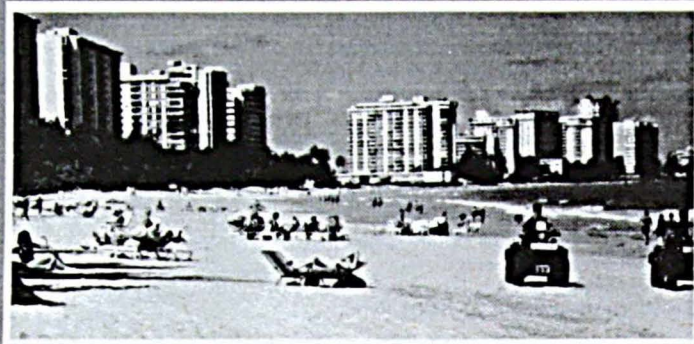
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International Scene

By TORSTEN CARLIUS
WMA President

WMA Looking Ahead to Outdoor Competition

It's hard to believe, but as you read this article we will have already passed the first quarter of 2002 and be looking forward to the year's outdoor competitions/championships. In particular, I am looking ahead to the European Championships in August in Potsdam (Berlin) where the organizers expect around 5000 competitors, which is more or less a World Championships figure.

I also am thinking of the South American Championships that will be organized in Cochabamba, Bolivia. I have for many years been a strong supporter of South America, as this is the only WMA Region where we have at least as many female competitors as men, if not more, and it is also the region where all countries are affiliated to WMA. Not even in Europe do we find comparable figures.

In Asia we will have the regional championships in Dahlian, People's Republic of China, and we expect a very good championships to follow the success of two years ago in Bangalore, India.

However, the main focus of this article is on my inspection visit to San Sebastian and our Council meeting in Puerto Rico.

San Sebastian

At the General Assembly in Brisbane, San Sebastian was awarded our 2005 World Masters Athletics Championships. I understood there might be some concerns regarding the political situation, but in February I made a "start-up" visit to San Sebastian together with our Women's Representative, Marina Hoernecke-Gil. Our Treasurer, Giuseppe Galfetti, was unable to attend.

We visited all facilities for the Championships, including a very impressive Kursaal for all our meetings. Let me at once say that I was very happy with what we saw and I am convinced that San Sebastian will offer us a wonderful championships meet. The facilities are excellent and the backing of the mayor and his administration is very impressive. San Sebastian will be another great opportunity for masters athletics.

Carolina 2003

The WMA Council convened in Carolina, Puerto Rico, the first week of March for a regular Council meeting, as well as to inspect the facilities and accommodations for 2003. All preparations are well on time, but we are awaiting the decision of the governor and mayor on how to upgrade the main stadium in Carolina. The existing one is in very poor condition and needs much upgrading to be acceptable. If the mayor cannot provide these resources, we will be forced to utilize the Sixto Escobar Stadium in San Juan as the main stadium. All other facility preparations are in good order and the upgrading needs are under control.

Main Issues

Other issues on the WMA Council agenda included the following:

- The Council will forward a proposal to the General Assembly in Puerto Rico to add World Masters Indoors Championships to our program starting in 2004 (cities are invited to bid for these championships).

- The Council will forward a proposal to the General Assembly in Puerto Rico that men will become masters at 35 years of age (this requires also the acceptance of the IAAF Congress in Paris in 2003).

- The WMA web site will soon be active, until which time you can visit www.world-masters-athletics.org/vorlage.php. Your comments are welcomed.

- The Council decided that in Non-Stadia events the team competition will be just among those who have the correct age. No moving down will be allowed, which will not only help the administration but, more importantly, contribute to countries adding one or more competitors to the team competition.

- The Council also accepted the proposal to find a WMA anthem to be played at opening and closing ceremonies. Anyone who has an idea where we will find an anthem, please contact me at Smalandsgatan25, S-25276, Helsingborg, Sweden, or Tom Jordan at P.O. Box 10825, Eugene, OR 97440, tel: 541-687-1989.

These are the main points among many others discussed.

I look forward to seeing you at the various Regional Championships this year, and I wish you good luck in all your athletic endeavors! □



FROM KIYOSHI KOUNOIKE

Finish of the 151-day, 7045-kilometer relay by 6757 Japanese masters, Nishikyogoku Stadium, Dec. 1.



The o

Records Section



New Outdoor A

In this issue are the new records for men and women approved as of March 1, Athletics (WMA). The U.S. November 30, 2001, by the USA Track & Field (USATF)

THIS FORM SHALL BE
IT MAY BE USED FOR COLL

APPLIC

Pete Mundle, Coordin
4017 Via Mar

To THE RECORDS COMM
Application is hereby made for a rec

Description of Record:

World ___ American ___ Assoc
Junior ___ Age ___ Group ___
(All applications for Junior, Age Group, or Master

1. Event _____
3. Record claimed (state, time, distance, h
4. Where held (Arena, Town and Country)
5. Force of following wind _____
6. Name of Competitor, Club and Co

(In relay events, the full

(If fully automatic timing was used, comp
7. A fully automatic timing device,
The time recorded was _____

(Photo Evaluator)

(Chief Timekeeper)

TIM

8. I, the undersigned official timeke
time set opposite my signature was
by me has been certified and appro

Time _____

Time _____

Time _____

I confirm that the above Timekeep



NATIONAL MASTERS NEWS





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

Records Section

April 2002

page 15

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 March 1, 2002, by the Records Committee of World Masters Athletics (WMA). The U.S. records are those compiled and approved, as of November 30, 2001, by the Masters Track and Field Records Subcommittee of USA Track & Field (USATF).

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

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

Non-U.S. athletes should use the WMA record form, published in this section on page 22. The form should be sent to the WMA Records Committee Regional Chairmen (addresses on page 22).

All these records have been carefully scrutinized before approval by the Records Committees. Pete Mundle's single-age record book, however, does not apply the same scrutiny, due to time con-

straints. 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 as recognized by the IAAF, for each five-year age group, compiled by Bev LaVeck, USATF Masters Racewalking Records Coordinator. The USATF application form for a racewalking record is printed on page 22.

Long Distance Records

There are no official world long distance road records as recognized by the IAAF, but the latest U.S. masters road marks were published in the November 2001, 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, Coordinator, USATF and WMA Records Committee,
4017 Via Marina, #C-301, Venice CA 90291, USA.

To THE RECORDS 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)

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 Masters Athletics (WMA) through performances verified as of March 1, 2002

Men's World Five-Year Age-Group Records

100 METERS

DIV.	MARK	NAME (COUNTRY)	AGE	MEET DATE
M40	10.84	Erik Oostveeghel (NED)	40	6-10-00
	10.61*	Stefan Burkart (SUI)	42	7-4-00
	10.6n	Eddie Hart (USA)	40	9-16-89
M45	10.96	Neville Hodge (USA)	45	4-27-01
M50	11.39	William Collins (USA)	50	7-7-01
	11.2n	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	4-23-92
M80	14.35	Payton Jordan (USA)	80	5-10-97
M85	16.16	Suda Gichi (JPN)	85	8-23-98
M90	18.08	Kozo Haraguchi (JPN)	90	9-17-00
M95	24.01	Erwin Jaskulski (AUT)	96	5-1-99
M100	58.29	Leslie Aney (AUS)	100	4-1-00

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	22.91	Ron Taylor (GBR)	52	7-31-86
	22.9n	Ken Dennis (USA)	50	7-18-87
M55	23.37	Ron Taylor (GBR)	56	7-5-91
M60	24.00	Ron Taylor (GBR)	61	6-10-95
M65	25.4	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 Giesler (SWE)	41	7-22-95
M45	50.20	Fred Sowerby (USA)	45	8-12-94
M50	51.39	Ralph Romain (TRI)	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	61.29	Wilhelm Selzer (GER)	70	8-15-97
M75	66.88	Lucas Nel (RSA)	76	8-7-99
M80	75.4	Harold Chapson (USA)	80	7-9-83
M85	90.99	Herbert Liedtke (SWE)	85	7-13-01
	87.11*	Herbert Liedtke (SWE)	85	8-19-01
M90	1:57.46	Toahio Kojima (JPN)	91	10-20-96
M95	2:38.64	Erwin Jaskulski (AUT)	98	9-24-00

800 METERS

DIV.	MARK	NAME (COUNTRY)	AGE	MEET DATE
M40	1:51.25	Peter Browne (GBR)	41	6-11-90
	1:50.69	Colm Rothery (IRL)	40	9-5-00
M45	1:56.16	Ronald Mercolina (NED)	45	7-7-91
M50	1:58.65	Nolan Shaheed (USA)	50	5-13-00
M55	2:03.7	Stan Imelman (RSA)	55	12-1-01
M60	2:10.42	Alan Bradford (AUS)	60	8-3-99
M65	2:14.33	Earl Fee (CAN)	66	7-18-95
M70	2:20.52	Earl Fee (CAN)	70	6-17-99
M75	2:40.0	Harold Chapson (USA)	75	5-14-78
M80	2:53.5	Harold Chapson (USA)	80	7-11-82
M85	3:28.15	Alfred Pank (USA)	86	8-12-00
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	3:58.7	Peter Molloy (GBR)	45	8-9-95
M50	4:05.2	Tom Roberts (AUS)	50	3-22-84
M55	4:12.5	Ron Robertson (NZL)	55	2-9-97
M60	4:27.65	Ron Robertson (USA)	60	7-13-01
M65	4:39.87	Simon Herlaar (NED)	65	7-16-94
M70	4:57.65	Simon Herlaar (NED)	70	8-28-99
M75	5:22.7	Yoshimitu Miyayuchi (JPN)	75	10-24-99
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 (GBR)	90	8-7-99
M95	13:53.8	Herb Kirk (USA)	95	10-6-90
M100	16:46.41	Leslie Aney (AUS)	100	4-1-00

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	4:27.9	Nolan Shaheed (USA)	50	2-12-00
M55	4:40.4	Jack Ryan (AUS)	55	12-15-77
M60	4:54.07	Joop Ruter (NED)	60	8-1-93
M65	4:56.4	Derek Turnbull (NZL)	65	2-29-92
M70	5:23.58	Siem Merlaar (NED)	70	7-16-99
M75	5:57.2	Scotty Carter (USA)	75	7-12-92
M80	7:51.9	Henry Sypniewski (USA)	81	6-15-00
M85	8:04.7	Josef Gallis (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	8:05.08	Martti Vainio (FIN)	40	6-12-91
M45	8:27.7	Nigel Gates (GBR)	45	8-19-98
M50	8:53.7	Josef Kurs (FRG)	50	5-16-89
M55	8:57.28	Ron Robertson (NZL)	55	2-8-97
M60	9:36.5	Siem Merlaar (NED)	61	8-31-90
M65	9:47.4	Derek Turnbull (NZL)	65	2-8-92
M70	10:42.40	Siem Merlaar (NED)	70	7-2-99
M75	12:00.94	Yoshimitu Miyayuchi (JPN)	76	10-2-00
M80	13:12.6	Ed Benham (USA)	80	4-29-88
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
	13:43.15*	Mohamed Eszher (FRA)	40	7-3-00
M45	14:23.6	Lucien Rault (FRA)	46	6-19-82
M50	14:55.60	Antonio Villanueva (MEX)	51	7-25-91
M55	15:41.72	Ron Robertson (NZL)	55	2-15-97
M60	16:16.51	Ron Robertson (NZL)	60	7-7-01

10,000 METERS

DIV.	MARK	NAME (COUNTRY)	AGE	MEET DATE
M40	28:30.88	Martti Vainio (FIN)	40	6-25-91
M45	30:02.56	Antonio Villanueva (MEX)	45	11-29-87
M50	31:01.90	Ron Robertson (NZL)	50	7-23-97
M55	32:46.5	Ron Robertson (NZL)	55	3-16-97
M60	34:14.08	Luciano Acquarone (ITA)	60	7-20-91
M65	34:42.2	Derek Turnbull (NZL)	65	3-15-92
M70	38:04.13	Ed Whitlock (CAN)	70	7-9-01
M75	42:03.4	David Morrison (GBR)	75	9-9-89
M80	44:29.4	Edward Benham (USA)	81	8-4-88
M85	52:50.80	Max Raschke (GER)	88	8-18-93
M90	71:40.78	Paul Spangler (USA)	90	7-29-89

ONE HOUR RUN

DIV.	MARK	NAME (COUNTRY)	AGE	MEET DATE
M40	19:14.9	Josef Byckmans (BEL)	40	9-18-96
M45	18:86.2	Alain Mimoun (FRA)	45	3-20-66
M50	18:57.6	Alain Mimoun (FRA)	50	5-16-71
M55	17:26.1	Herman Peeters (BEL)	56	7-10-94
M60	16:85.4	John Gilmour (AUS)	60	10-21-79
M65	15:89.2	John Gilmour (AUS)	65	10-7-84
M70	15:47.4	John Gilmour (AUS)	70	6-21-89
M75	13:69.9	Edward Benham (USA)	75	4-9-83
M80	12:13.0	Paul Spangler (USA)	81	11-1-80
M85	10:08.8	Paul Spangler (USA)	85	11-18-84

STEEPLECHASE (3000m: 35-59,36"; 2000m: 60+,36")

DIV.	MARK	NAME (COUNTRY)	AGE	MEET DATE
M40	8:41.5	Gaston Roelants (BEL)	40	7-6-77
M45	9:16.1	Nils Underaker (NOR)	45	9-12-84
M50	9:38.8	Nils Underaker (NOR)	50	6-10-89
M55	9:55.05	Ron Robertson (NZL)	56	7-27-97
M60	7:03.8	Maurice Morrell (GBR)	60	6-8-93
M65	7:53.00	John Eccles (NZL)	65	11-2-90
M70	8:38.17	Dan Bulky (USA)	71	8-1-88
M75	9:28.78	Dan Bulky (USA)	76	7-5-93
M80	11:11.20	Dan Bulky (USA)	80	6-28-97

STEEPLECHASE (2000m: 60+,30")

DIV.	MARK	NAME (COUNTRY)	AGE	MEET DATE
M60	6:30.21	Ron Robertson (NZL)	60	7-14-01
M65	7:25.10	Francisco Vicente (POR)	65	9-19-98
M70	8:08.17	John Downey (NZL)	70	7-14-01
M75	9:17.38	Soichi Tamoi (JPN)	76	8-7-99
M80	10:52.46	Dan Bulky (USA)	82	8-27-99
M85	13:50.9	Ed Gamble (AUS)	85	3-21-01

HURDLES 110m: 35-39,42"; 40-49,39"; 100m: 50-59,36"; 60-69,33"; 80m: 70+,30"

DIV.	MARK	NAME (COUNTRY)	AGE	MEET DATE
M40	13.96	Karl Smith (USA)	41	7-12-01
M45	14.7	Valbjorn Thorlaksson (ISL)	45	7-8-79
M50	13.57	Walt Butler (USA)	50	7-5-91
M55	14.49	Walt Butler (USA)	55	8-22-96
M60	14.74	Charles Miller (USA)	60	7-18-98
M65	16.30	Jack Greenwood (USA)	65	7-21-91
M70	12.99	James Stookley (USA)	70	5-13-00
M75	13.68	Melvin Larsen (USA)	75	8-29-99
M80	16.98	Mazumi Morita (JPN)	80	10-9-93
M85	18.06	Kizo Kimura (JPN)	85	8-18-96
M90	22.76	Kizo Kimura (JPN)	90	7-29-91

LONG HURDLES (400m: 35-49,36"; 50-59,33"; 300m: 60+,30")

DIV.	MARK	NAME (COUNTRY)	AGE	MEET DATE
M40	52.7	Stan Drucker (USA)	40	7-8-89
M45	55.18	Guido Mueller (GER)	47	8-1-86
M50	58.1	Jack Greenwood (USA)	50	7-3-76
M55	58.92	Guido Mueller (FRG)	56	7-16-95
M60	42.31	Guido Mueller (FRG)	60	8-1-99
M65	45.20	Jack Greenwood (USA)	65	7-25-91
M70	49.07	Earl Fee (CAN)	70	8-28-99
M75	55.33	Dan Bulky (USA)	77	10-2-94
M80	62.61	Dan Bulky (USA)	82	8-1-99
M85	89.11	Bob Boal (USA)	85	10-12-97

HIGH JUMP

DIV.	MARK	NAME (COUNTRY)	AGE	MEET DATE
M40	2.11	Jim Barrineau (USA)	40	7-19-95
M45	2.00	Aako Pesonen (FIN)	45	9-3-88
M50	1.98	Thomas Zacharas (GBR)	50	5-17-97
M55	1.83	Jaroslav Manus (CZE)	55	9-13-98
M60	1.72	Phil Fehlen (USA)	63	7-4-98
M65	1.66	Phil Fehlen (USA)	65	8-12-00
M70	1.52	Bud Meld (USA)	70	11-8-97
M75	1.44	Esko Kolhonen (FIN)	75	8-4-89
M80	1.31*	Esko Kolhonen (FIN)	80	7-16-94
	1.34*	Emmrich Zenzoch (AUT)	80	5-20-00
M85	1.20			

Continued from previous page

WEIGHT PENTATHLON (1994 NAVA SCORING TABLES)

DIV.	MARK	NAME (COUNTRY)	AGE	MEET DATE
M40	3937	Ken Jansson (USA)	41	8-6-99
M45	4390	Vasilis Manganas (GRE)	47	7-13-01
M50	4701	Tom Gage (USA)	52	7-22-95
M4866		Ladislav Pataki (USA)	52	9-18-98
M55	5152	Klaus Liedtke (GER)	57	9-18-98
M60	5334	Wladyslaw Kowalczyk (GER)	61	9-19-98
M65	5230	Karl-Heinz Wendel (GER)	70	7-22-95
M70	4666	Ladislav Filip (USA)	75	8-21-98
M75	4582	Erik Eriksson (FIN)	82	10-16-93
M80	4787	Gerhard Schepe (GER)	85	8-6-99
M85	4104	Kashmir Gassmann (SUI)	85	8-6-99
M90	2225	Everett Hoasack (USA)	93	7-22-95

Women's World Five-Year Age-Group Records

100 METERS

DIV.	MARK	NAME (COUNTRY)	AGE	MEET DATE
M35	10.74	Marlene Ottey (JAM)	36	9-9-96
M40	11.99	Zdenke Mosicka (CZE)	40	7-20-97
M45	12.50	Phil Raschker (USA)	48	9-2-95
	12.5	Maevy Kyle (GBR)	45	1-21-74
	12.5	Wendy Ey (AUS)	45	2-4-84
M50	12.50	Phil Raschker (USA)	50	5-17-97
M55	13.43	Brunhilde Hoffmann (GER)	56	9-12-95
M60	13.89	Brunhilde Hoffmann (GER)	60	8-21-99
M65	14.29	Irene Obera (USA)	65	7-31-99
M70	15.33	Paula Schneiderhan (GER)	72	9-25-94
M75	16.12	Paula Schneiderhan (GER)	75	7-20-97
	p15.91	Paula Schneiderhan (GER)	75	9-6-97
M80	18.42	Hanna Gelbrich (GER)	80	10-15-93
M85	21.18	Nora Wedemo (SWE)	86	8-21-99
M90	p50.90	Ine Ishikawa (JPN)	90	10-27-01

200 METERS

DIV.	MARK	NAME (COUNTRY)	AGE	MEET DATE
M35	21.93	Marlene Ottey (JAM)	35	8-25-95
M40	24.84	Phil Raschker (USA)	42	8-3-89
M45	25.46	Phil Raschker (USA)	47	6-20-94
M50	25.72	Phil Raschker (USA)	50	7-23-97
M55	27.90	Avril Douglas (CAN)	55	8-26-01
M60	28.87	Brunhilde Hoffmann (GER)	60	7-14-00
M65	30.46	Irene Obera (USA)	65	8-3-99
M70	32.24	Paula Schneiderhan (GER)	70	7-1-92
M75	34.40	Paula Schneiderhan (GER)	75	7-23-97
M80	41.11	Polly Clarke (USA)	82	8-15-92
M85	49.83	Nora Wedemo (SWE)	86	8-22-99

400 METERS

DIV.	MARK	NAME (COUNTRY)	AGE	MEET DATE
M35	50.56	Aurelia Panton (CUB)	35	7-15-78
M40	53.68	Sara Montecinos (CHL)	40	3-20-94
M45	56.82	Mary Libal (USA)	45	7-22-95
M50	58.51	Marge Allison (AUS)	50	7-22-95
M55	62.40	Avril Douglas (CAN)	55	8-25-01
M60	67.80	Irene Obera (USA)	60	7-22-95
M65	71.45	Carolyn Sue Cappetta (USA)	65	10-16-93
M70	79.14	Anna Mangler (GER)	70	10-16-93
M75	88.42	Paula Schneiderhan (GER)	77	8-7-99
M80	110.45	Polly Clarke (USA)	80	8-3-90
M85	213.68	Rosario Iglesias (MEX)	86	7-26-97
M90	306.85	Rosario Iglesias (MEX)	90	7-13-01

800 METERS

DIV.	MARK	NAME (COUNTRY)	AGE	MEET DATE
M35	1:56.53	Lyubov Gurina (RUS)	36	7-30-94
M40	1:59.25	Yekatarina Podkopyeva (URS)	42	6-30-94
M45	2:02.82	Yekatarina Podkopyeva (URS)	46	6-26-98
M50	2:21.05	Barbara Lehmann (GER)	50	5-23-92
M55	2:22.47	Carolyn Oxtom (GBR)	55	8-30-98
M60	2:36.94	Gerda Van Kooten (NED)	60	8-3-99
M65	2:46.3	Carolyn Sue Cappetta (USA)	65	6-24-01
M70	3:10.72	Nina Naumenko (URS)	71	7-26-96
M75	3:31.37	Nina Naumenko (URS)	75	7-14-00
M80	3:54.81	Johanna Luther (GER)	80	10-10-93
M85	5:00.58	Rosario Iglesias (MEX)	86	7-22-97
M90	6:59.18	Rosario Iglesias (MEX)	90	7-9-01

1500 METERS

DIV.	MARK	NAME (COUNTRY)	AGE	MEET DATE
M35	3:57.73	Maricica Puica (ROM)	35	8-30-85
M40	3:59.78	Yekatarina Podkopyeva (URS)	42	7-18-94
M45	4:05.44	Yekatarina Podkopyeva (URS)	46	8-3-98
M50	4:43.10	Jutta Pedersen (SWE)	50	6-1-97
M55	4:57.4	Carolyn Oxtom (GBR)	55	8-26-98
M60	5:24.72	Gerda Van Kooten (NED)	60	8-7-99
M65	5:48.48	Jeanne Daprano (USA)	65	10-6-01
M70	6:14.52	Nina Naumenko (URS)	71	7-25-95
M75	6:42.13	Nina Naumenko (URS)	75	7-10-00
M80	7:32.22	Johanna Luther (GER)	80	10-16-93
M85	10:33.40	Ivy Granstrom (CAN)	85	7-26-97

ONE MILE

DIV.	MARK	NAME (COUNTRY)	AGE	MEET DATE
M35	4:17.33	Maricica Puica (ROM)	35	8-21-85
M40	4:23.78	Yekatarina Podkopyeva (URS)	40	6-9-93
M45	4:48.42	Yekatarina Podkopyeva (URS)	45	9-13-97
M50	5:24.6	Elaine Statham (GBR)	50	8-27-94
M55	5:32.7	Carolina Keijsers (NED)	56	6-16-98
M60	5:48.94	Gerda Van Kooten (NED)	60	7-6-99
M65	6:38.12	Vicky Bigelow (USA)	65	10-29-00
M70	7:26.0	Pat Dixon (USA)	70	6-24-01
M80	9:00.52	Gerry Davidson (USA)	80	5-27-01
M85	11:54.3	Ivy Granstrom (CAN)	86	6-27-98

3000 METERS

DIV.	MARK	NAME (COUNTRY)	AGE	MEET DATE
M35	8:27.83	Maricica Puica (ROM)	35	9-7-85
M40	9:11.2	Joyce Smith (GBR)	40	4-30-78
M45	9:17.27	Yekatarina Podkopyeva (URS)	45	6-22-97
M50	10:11.5	Jutta Pedersen (SWE)	50	9-16-97
M55	10:47.94	Edeltraud Pohl (GER)	55	8-29-91
M60	11:42.5	Miroko Kawasaki (JPN)	60	8-6-00
	11:41.91*	Gerda Van Kooten (NED)	60	7-20-99
M65	12:32.44	Melitta Czarwenka-Nagel (GER)	66	6-6-96
M70	13:50.8	Jose Waller (GBR)	70	10-4-92
	13:32.38*	Melitta Czarwenka-Nagel (GER)	70	5-25-00

M75	16:33.0	Berte Hieslecher (GER)	77	8-13-86
M80	21:18.6y	Ivy Granstrom (CAN)	80	6-28-92
M85	24:08.62	Ivy Granstrom (CAN)	86	6-28-98

5000 METERS

DIV.	MARK	NAME (COUNTRY)	AGE	MEET DATE
M35	15:11.28	Lynn Jennings (USA)	35	7-10-95
M40	15:51.7	Nicole Leveque (FRA)	43	6-13-94
M45	15:20.59*	Blena Fidatov (ROM)	40	8-7-00
M50	15:55.71	Nicole Leveque (FRA)	45	6-1-96
M55	17:17.02	Jutta Pedersen (SWE)	50	7-25-97
M60	18:32.5	Edeltraud Pohl (GER)	56	7-25-92
M65	19:14.8	Marion Irvine (USA)	60	10-19-89
M70	21:37.8	Joselyn Ross (GBR)	65	8-14-93
M75	23:21.2	Jose Waller (GBR)	70	10-4-92
M80	25:14.44	Nina Naumenko (URS)	75	7-12-00
M85	28:32.67	Johanna Luther (GER)	80	10-11-93
	37:02.30	Matsue Nishiyama (JPN)	86	10-10-93

10,000 METERS

DIV.	MARK	NAME (COUNTRY)	AGE	MEET DATE
M35	31:20.28	Ingrid Kristiansen (NOR)	35	8-10-91
M40	32:12.07	Nicole Leveque (FRA)	42	8-13-94
M45	32:34.06	Evy Palm (SWE)	46	9-6-88
M50	35:37.0	Valborg Ostberg (NOR)	50	7-26-81
M55	37:47.95	Edeltraud Pohl (GER)	55	5-6-92
M60	41:38.0	Edeltraud Pohl (GER)	61	8-30-97
M65	44:20.9	Lieselotte Schultz (GER)	65	7-16-85
M70	48:10.98	Jose Waller (GBR)	71	7-10-93
M75	52:08.73	Nina Naumenko (URS)	75	7-8-00
M80	58:40.03	Johanna Luther (GER)	80	10-7-93
M85	86:55.70	Ivy Granstrom (CAN)	86	7-3-98

2000 STEEPLECHASE (36")

DIV.	MARK	NAME (COUNTRY)	AGE	MEET DATE
M35	7:05.76	Veronica Boder (GBR)	35	7-17-94
M40	7:47.56	Mariettej Caronio (BRA)	40	8-8-97
M45	7:38.08	Margaret Orman (NZL)	49	9-27-91
M50	7:43.99	Margaret Orman (NZL)	51	3-13-93
M55	8:13.4	Margaret Orman (NZL)	55	3-15-97
M60	10:29.91	Nan Little (NZL)	61	6-2-88

2000 STEEPLECHASE (30")

DIV.	MARK	NAME (COUNTRY)	AGE	MEET DATE
M35	6:30.83	Leslie Lehane (USA)	35	7-31-98
M40	7:06.6	Elaine Cooper (AUS)	40	1-13-00
M45	7:44.53	Victoria Adams (NZL)	45	8-8-99
M50	7:58.78	Lorie Reed (NZL)	52	1-22-00
M55	7:58.43	Margaret Orman (NZL)	55	7-27-97
M60	8:52.30	Jan Morris (GBR)	60	11-3-00
M65	10:23.82	Anna Tebes (ARG)	67	11-10-00
M70	11:24.25	Shirley Brasher (AUS)	73	4-22-00

SHORT HURDLES (35-39: 100M, 33"; 40+: 80M, 30")

DIV.	MARK	NAME (COUNTRY)	AGE	MEET DATE
M35	12.47	Ludmila Engquist (SWE)	35	8-21-99
M40	11.25	Leslie Etwick (CAN)	40	7-12-01
M45	12.22	Phil Raschker (USA)	47	8-5-94
M50	12.68	Phil Raschker (USA)	50	7-20-97
M55	13.30	Corrie Roovers (NED)	56	7-20-91
	p12.32	Helgi Lamp (EST)	55	7-17-99
M60	13.89	Corrie Roovers (NED)	60	6-15-96
M65	15.63	Ara Larsson (SWE)	67	6-8-99
	p14.91	Lelli Kaas (EST)	65	8-24-00
M70	18.91	Isabella Hofmeyr (RSA)	70	2-13-99
M75	25.56	Johanne Valien (USA)	75	9-16-00

LONG HURDLES (400m: 35-49, 30"; 300m: 50+, 30")

DIV.	MARK	NAME (COUNTRY)	AGE	MEET DATE
M35	52.94	Marina Stepanova (URS)	36	9-17-86
M40	62.08	Maria Sangosa Espina (ESP)	40	6-22-95
	p61.02	Mary Ferreira Santos (BRA)	40	7-7-01
M45	64.09	Jan Hynes (AUS)	49	4-3-94
M50	47.01	Jan Hynes (AUS)	50	10-2-94
M55	52.11	Corrie Roovers (NED)	56	7-25-91
M60	53.05	Corrie Roovers (NED)	60	7-16-95
M65	65.66	Barbara Jordan (USA)	65	7-28-01
M70	68.82	Isabel Hofmeyr (RSA)	71	8-1-99

ONE HOUR RUN

DIV.	MARK	NAME (COUNTRY)	AGE	MEET DATE
M35	16.521	Catharina Segers (BEL)	39	11-13-99
M40	15.844	Gerda Marie Dehaes (BEL)	43	10-4-96
M45	14.167	Ineke Stoffels (NED)	45	9-28-00
M50	15.052	Greet Wernaar (NED)	51	9-16-93
M55	12.427	Betty Morrish (GBR)	57	3-30-88
M60	13.660	Denise Alvoet (BEL)	60	10-5-96
M65	12.667	Berthille De Preter (BEL)	67	10-4-96
M70	11.425	Berthille De Preter (BEL)	70	10-1-99
M80	7.049	Mary Ames (USA)	84	7-11-87

USATF OUTDOOR AGE-GROUP RECORDS

Compiled by Peter Mundle and the Records Subcommittee of the USATF Masters T&F Committee through performances verified as of November 30, 2001

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
M45	10.6n	Neville Hodge(MD)	45	4-27-01
M50	11.38	Stan Whitley(CA)	50	8-1-98
M55	11.2n	Ken Dennis(CA)	55	7-18-87
M60	11.6n	Ralph Summerlin(AL)	60	6-23-73
M65	11.6n	Payton Jordan(CA)	65	6-22-74
M70	11.6n	Alfred Guidet(CA)	70	5-27-78
M75	12.6	Payton Jordan(CA)	75	6-12-82
M80	12.91	Payton Jordan(CA)	80	6-22-91
M85	13.72	Payton Jordan(CA)	85	5-30-92
M90	14.35	Payton Jordan(CA)	90	5-10-97
M95	17.49	Frank Finger(VA)	95	8-12-00
M90	20.69	Buell Crane(ID)	90	7-27-90
M95	38.66	Everett Hosack(OH)	95	9-16-00

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)	40	8-15-92
M45	22.30	Stan Whitley(CA)	45	6-20-92
M50	22.91	Stephen Robbins(CA)	50	6-30-96
M55	22.9n	Ken Dennis(CA)	55	7-18-87
M60	23.6	Alfred Guidet(CA)	60	5-24-73
M65	24.82	Larry Colbert(MD)	65	7-23-97
M70	25.76	Paul W Johnson(TX)	70	9-15-01
M75	26.8	Payton Jordan(CA)	75	6-20-87
M80	28.14	Payton Jordan(CA)	80	6-20-92
M85	30.89	Payton Jordan(CA)	85	8-10-97
M90	37.40	Frank Finger(VA)	90	8-13-00
M95	42.78	Anthony Castro(CA)	95	9-18-99
M95	62.28	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	8-12-94
M50	51.39	Fred Sowerby(NV)	50	8-27-99
M55	53.32	Dave Walter(MA)	55	7-1-00
M60	55.99	Larry Colbert(MD)	60	8-7-99
M65	58.05	Paul W Johnson(TX)	65	6-2-01
M70	62.2	John Alexander(TX)	70	9-24-89
M75	68.5	Josiah Packard(CA)	75	6-23-79
M80	75.47	Harold Chapson(HI)	80	7-5-83
M85	93.59	Russell Randall(CO)	85	8-12-93
M90	2.00.2	Paul Spangler(CA)	90	9-16-89
M95	3:53.10	Everett Hosack(OH)	95	9-16-00

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	1:52.42	Johnny Gray(CA)	45	6-24-00
M50	1:56.27	Dan Parker(CA)	50	5-12-90
M55	1:58.65	Nolan Shaheed(CA)	55	5-13-00
M60	2:08.7	Vic Heckler(IL)	60	6-18-98
M65	2:12.71	Sidney Howard(NJ)	65	8-2-99
M70	2:25.3	Frank Finger(VA)	70	7-5-80
M75	2:27.57	James Lytjen(CA)	75	7-23-91
M80	2:40.0	Harold Chapson(HI)	80	5-14-78
M85	2:53.5	Harold Chapson(HI)	85	7-11-82
M90	3:28.15	Alfred Funk(MT)	90	8-12-00
M95	4:39.59	Paul Spangler(CA)	95	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 Alberg(WA)	40	8-5-89
M45	4:00.53	Ken Sparks(OH)	45	4-24-90
M50	4:05.8	Ray Matton(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	7:19.80	Alfred Funk(MT)	85	8-13-00
M90	p:12.0	Alfred Funk(MT)	90	7-18-99
M95	9:25.2	Paul Spangler(CA)	95	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	4:12.24	Larry Alberg(WA)	40	4-28-90
M45	4:18.83	Ken Sparks(OH)	45	4-24-90
M50	4:27.9	Nolan Shaheed(CA)	50	2-12-00
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	7:51.9	Henry Szymanski(NY)	80	6-15-00
M85	12:23.6	Herb Kirk(MT)	85	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	Ray Loudot(WM)	40	6-13-87
M45	9:06.6	Kirk Randal(MA)	45	6-13-87
M50	8:53.8	Ray Matton(OR)	50	6-25-82
M55	9:37.88	Ray Matton(OR)	55	6-26-88
M60	10:13.8	Dan Gammie(OH)	60	8-10-91
M65	10:49.81	Paul Heitzman(KS)	65	6-28-98
M70	11:46.2	Harold Chapson(HI)	70	3-28-76
M75	12:04.0	Scotty Carter(MA)	75	6-28-92
M80	13:52.63	Ed Benham(MD)	80	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 Heffernan(OR)	50	7-25-91
M55	16:27.1	James O'Neill(CA)	55	8-2-80
M60	17:19.0	Clive Davies(OR)	60	7-25-91
M65	18:07.04	Joe King(CA)	65	7-23-91
M70	18:43.61h	Warren Utes(IL)	70	7-23-91
M75	20:37.90	John Keston(OR)	75	8-18-01
M80	21:57.88	Edward Benham(MD)	80	8-6-88
M85	25:47.54	Alfred Funk(MT)	85	8-10-00
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 Matton(OR)	45	6-11-77
M50	32:10.4	Ray Matton(OR)	50	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 Utes(IL)	70	7-20-91
M75	43:54.75	Edward Benham(MD)	75	9-25-83
M80	44:29.4	Edward Benham(MD)	80	8-4-88
M85	54:19.28	Alfred Funk(MT)	85	8-12-00
M90	71:40.78	Paul Spangler(CA)	90	7-29-89

ONE HOUR RUN

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	11:107.0	18.681 Ken Mueller(MA)	35	5-13-72
M40	11:740	18.379 Ray Matton(OR)	40	8-7-76
M45	11:223	17.907 Hal Higdon(IN)	45	6-26-79
M50	10:1335	17.314 Peter Mundle(CA)	50	10-1-78
M55	10:775	16.802 James O'Neill(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)	80	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
M40	9:18.6	Hal Higdon(IN)	44	8-15-75
M45	9:39.0	Hal Higdon(IN)	46	8-11-77
M50	10:31.01	Faye Bradley(DC)	51	7-20-89
M55	10:59.2	Ken Carman(WI)	56	7-28-84
M60	7:40.10	Dave Stevenson(CA)	60	8-5-89
M65	8:09.9	Robert Culling(CA)	66	5-9-98
M70	8:38.17	Dan Bulkley(OR)	71	8-5-88
M75	9:28.78	Dan Bulkley(OR)	76	7-17-93
M80	11:11.20	Dan Bulkley(OR)	80	6-28-97

2000 METER STEEPLECHASE (30" BARRIERS)

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	8:15.87	Frank Haviland(NJ)	63	7-31-98
M40	p8:09.65	Joe Cordero(NY)	61	8-27-99
M45	8:19.63	Frank Haviland(NJ)	65	8-11-00
M50	8:39.25	Gunner Linde(CA)	71	8-1-90
M55	10:40.02	Avery Bryant(CA)	76	8-11-00
M60	11:48.10	Dan Bulkley(OR)	82	8-8-99
M65	p10:52.46	Dan Bulkley(OR)	82	8-27-99

HURDLES (110m: 35-39,42"; 40-49,39"; 100M: 50-59,36"; 60-69,33"; 80M: 70+,30")

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	13.26	Greg Foster(US)	36	7-22-94
M40	14.24	Stan Druckrey(WI)	40	7-30-89
M45	14.79	Tom Gilliard(CA)	45	7-23-95
M50	13.57	Walt Butler(CA)	50	7-5-91
M55	14.49	Walt Butler(CA)	55	8-22-96
M60	14.74	Charles Miller(TX)	60	7-18-98
M65	16.30	Jack Greenwood(CO)	65	7-21-01
M70	12.99	James Stookey(MD)	70	5-13-90
M75	13.68	Hel Larsen(IA)	75	8-29-99
M80	17.20	Dan Bulkley(OR)	81	8-19-98
M85	20.74	Bob Boal(NC)	85	9-21-97

LONG HURDLES (400m: 35-49,36"; 50-59,33"; 300m: 60+,30")

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	48.93	Nat Page(CA)	35	7-10-92
M40	52.76	Joe King(CA)	40	8-3-89
M45	52.7n	Stan Druckrey(WI)	45	7-8-89
M50	55.7	Jack Greenwood(KS)	46	8-24-72
M55	58.1	Jack Greenwood(KS)	50	7-3-76
M60	59.67	Courtland Gray(LA)	55	6-18-99
M65	43.49	Jack Greenwood(CO)	63	8-3-89
M70	45.20	Jack Greenwood(CO)	65	7-25-91
M75	50.22	James Stookey(MD)	70	9-17-00
M80	55.33	Dan Bulkley(OR)	77	10-2-94
M85	62.61	Dan Bulkley(OR)	82	8-1-99

HIGH JUMP

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	7-0 3/4	2.15 Jim Barrineau(VA)	36	6-6-92
M40	6-11	2.11 Jim Barrineau(VA)	40	7-19-95
M45	6-6	1.98 Keith Welson(CA)	45	5-20-00
M50	6-2	1.88 Herm Wyatt(CA)	51	8-20-83
M55	5-10 1/2	1.79 Herm Wyatt(CA)	55	5-23-87
M60	5-7 3/4	1.72 Phil Fehlen(CA)	63	7-4-98
M65	5-5 1/4	1.66 Phil Fehlen(CA)	65	8-12-00
M70	4-11 3/4	1.52 Bud Held(CA)	70	11-8-97
M75	4-4	1.32 Walter Dahlin(CA)	76	7-26-97
M80	4-0 1/4	1.22 Virgil McIntyre(AZ)	80	6-28-91
M85	3-9 1/4	1.15 Donald Pellmann(AR)	85	7-16-01
M90	3-5	1.04 Buell Crane(ID)	90	7-28-90

POLE VAULT

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	16-			

Continued from previous page

DECATHLON (1994 NAVA AGE GRADED SCORING TABLES)

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	7280	Rex Harvey(CA)	35	6-20-82
M40	7551	Stan Vegas(CA)	42	9-20-97
M45	7780	Rex Harvey(CA)	45	7-18-91
M50	8114	Gary Miller(CA)	51	7-27-89
M55	8179	Dale Lance(OK)	57	7-14-95
M60	8610	Phil Mulkey(GA)	60	10-7-93
M65	7394	Denver Smith(OH)	67	9-11-93
M70	7698	Richmond Marcom(PA)	70	6-23-91
M75	6389	Claude Hills(PA)	77	7-27-89
M80	3607	A. E. Pletcher(IN)	84	7-27-86
M85	5565	Bob Boat(NC)	85	9-20-97

PENTATHLON (1994 NAVA 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	Richard Marcom(PA)	50	6-26-88
M55	4104	John Alexander(TX)	56	8-12-77
M60	4026	John Alexander(TX)	61	5-8-81
M65	4162	Richard Marcom(PA)	66	6-20-87
M70	3843	Richard Marcom(PA)	70	7-4-91
M75	3347	Milo 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 NAVA 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	4483	Wendell Palmer(TX)	63	7-22-95
M65	4832	Bob Ward(TX)	65	9-5-98
M70	4666	Ladislav Filip(OR)	70	8-21-98
M75	3846	John Gamble(FL)	76	11-18-00
M80	2887	Eugene Bradford(US)	80	7-22-95
M85	3134	John Peard(CA)	85	8-24-96
M90	2233	Everett Hosack(OH)	93	7-22-95

Women's USA Five-Year Age-Group Records

100 METERS

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	11.07	Evelyn Ashford(US)	35	5-28-92
M40	12.31	Phil Raschker(GA)	40	12-1-87
M45	12.50	Phil Raschker(GA)	48	9-2-95
M50	12.50	Phil Raschker(GA)	50	5-17-97
M55	13.55	Kathy Jager(AZ)	56	7-31-99
M60	13.91	Irene Obera(CA)	60	8-13-94
M65	14.29	Irene Obera(CA)	65	7-31-99
M70	16.15	Patricia Peterson(NY)	72	8-11-98
M75	16.87	Polly Clarke(CO)	75	8-31-85
M80	19.32	Polly Clarke(CO)	82	8-14-92
M85	p3.7	Mary Ames(CA)	86	8-7-89
M90	31.53	Zora Lux(WA)	90	6-10-95

200 METERS

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	22.47	Evelyn Ashford(US)	35	8-13-92
M40	24.84	Phil Raschker(GA)	42	8-3-89
M45	25.56	Phil Raschker(GA)	47	6-20-94
M50	25.72	Phil Raschker(GA)	50	7-23-97
M55	28.48	Irene Obera(CA)	55	8-3-89
M60	29.57	Irene Obera(CA)	63	7-23-97
M65	30.46	Irene Obera(CA)	65	8-3-99
M70	34.03	Patricia Peterson(NY)	72	8-2-98
M75	35.93	Polly Clarke(CO)	75	8-31-85
M80	41.11	Polly Clarke(CO)	82	8-15-92
M85	p5.4	Anna Ward(MO)	85	6-2-90
M90	p2:02.81	Marilla Salisbury(CA)	85	8-13-93
M90	70.99	Zora Lux(WA)	90	6-10-95

400 METERS

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	56.8	Phil Raschker(GA)	36	6-25-83
M40	57.49	Rose Monday(CA)	40	8-7-99
M45	56.82	Mary Libal(OR)	45	7-22-95
M50	61.89	Phil Raschker(GA)	50	7-26-97
M55	65.29	Kim Solwar(CA)	55	4-8-95
M60	67.80	Irene Obera(CA)	61	7-22-95
M65	73.76	Irene Obera(CA)	65	8-7-99
M70	82.52	Patricia Peterson(NY)	72	7-31-98
M75	89.62	Polly Clarke(CO)	75	8-25-85
M80	1:40.45	Polly Clarke(CO)	80	8-3-90
M90	3:45.62	Bertha Holt(OR)	90	6-29-96

800 METERS

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	2:02.83	Ruth Wysocki(CA)	35	5-23-92
M40	2:09.85	Rose Monday(CA)	40	7-1-00
M45	2:18.72	Dee Dee Grafius(CA)	48	7-12-97
M50	2:25.29	Shirley Matson(CA)	51	8-15-92
M55	2:30.53	Jane Arnold(CT)	55	6-8-96
M60	2:40.58	Diane Palmason(WA)	62	8-18-00
M65	2:46.3	Carolyn Sue Cappetta(MA)	65	6-24-01
M70	3:20.71	Sumiye Leonard(CA)	70	8-13-98
M75	3:37.19	Pearl Mehl(CO)	75	9-2-89
M80	4:09.77	Gerry Davidson(CA)	80	7-29-01
M85	p6:14.1	Mary Ames(CA)	85	9-3-88

1500 METERS

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	4:07.08	Ruth Wysocki(CA)	38	8-9-95
M40	4:38.73	Carol McLatchie(TX)	41	10-16-93
M45	4:48.19	Joan Colman(CA)	45	8-5-89
M50	4:57.44	Shirley Matson(CA)	51	8-16-92
M55	5:14.2	Vicki Bigelow(CA)	56	6-13-92
M60	5:32.8	Yvette LaVigne(CA)	60	5-7-00
M65	5:48.48	Jeanne Daprano(GA)	65	10-6-01
M70	6:42.17	Pat Dixon(OR)	70	6-30-89
M75	7:42.30	Bess James(CA)	75	6-29-85
M80	8:33.70	Gerry Davidson(CA)	80	7-29-01
M85	11:50.24	Mary Haines(CT)	85	8-7-99

ONE MILE

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	4:26.10	Mary Slaney(OR)	38	4-26-97
M40	4:54.0	Laurie Binder(CA)	43	8-8-91
M45	5:21.5	Carol Flexer(WA)	46	7-19-89
M50	5:29.39	Jeanne Haagland(CA)	51	12-6-87
M55	5:46.8	Shirley Matson(CA)	56	7-26-97
M60	5:58.69	Shirley Matson(CA)	60	9-16-01
M65	6:38.12	Vicki Bigelow(CA)	65	10-29-00
M70	7:26.0	Pat Dixon(OR)	70	6-24-89
M80	9:00.52	Gerry Davidson(CA)	80	5-27-01

3000 METERS

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	8:51.84	Francis Larrieu(TX)	35	9-11-88
M40	9:59.0	Laurie Binder(CA)	40	7-30-88
M45	10:19.4	Joan Ottaway(CA)	46	9-8-90
M50	10:50.54	Joan Ottaway(CA)	50	5-13-94
M55	11:05.2	Shirley Matson(CA)	55	9-8-96
M60	12:25.6	Margaret Miller(CA)	60	7-23-86
M65	13:15.6	Jaclyn Caselli(CA)	65	7-6-86
M70	16:55.0	Jaclyn Caselli(CA)	74	9-2-95
M75	17:37.2	Bess James(CA)	75	8-10-85
M80	25:09.0	Mary Ames(CA)	84	5-30-87
M85	p25:29.6	Mary Ames(CA)	85	4-30-88

5000 METERS

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	15:15.2	Francis Larrieu(TX)	35	7-2-88
M40	16:02.27	Francis Larrieu(TX)	40	11-23-99
M45	17:45.03	Joan Colman(CA)	45	8-4-89
M50	17:25.6	Shirley Matson(CA)	50	9-26-91
M55	18:43.65	Shirley Matson(CA)	55	8-23-96
M60	19:14.8	Marion Irvine(CA)	60	10-19-89
M65	22:41.8	Jaclyn Caselli(CA)	65	7-5-86
M70	24:09.86	Toshiko D'Elia(NJ)	70	8-10-90
M75	27:10.76	Algene Williams(IL)	75	7-25-91
M80	29:30.02	Gerry Davidson(CA)	80	7-6-01
M85	55:24.60	Mary Haines(CT)	86	7-6-01

10,000 METERS

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	31:28.92	Francis Larrieu(TX)	38	4-9-91
M40	35:33.6	Judy Fay(CA)	40	8-15-81
M45	38:10.89	Joan Colman(CA)	47	7-21-91
M50	37:28.67	Shirley Matson(CA)	51	8-15-92
M55	40:03.46	Shirley Matson(CA)	59	8-12-00
M60	43:07.45	Eve Pell(CA)	60	8-9-97
M65	47:09.40	Toshiko D'Elia(NJ)	65	7-18-95
M70	49:39.15	Toshiko D'Elia(NJ)	70	6-12-00
M75	56:59.33	Algene Williams(IL)	75	7-21-91
M80	62:59.2	Gerry Davidson(CA)	80	8-4-01
M85	1:46:57.50	Mary Haines(CT)	85	8-3-99

ONE HOUR RUN

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	9-1124	15.512 Marilyn Paul(OR)	36	7-20-74
M40	9-1197	15.579 Linda Sipprelle(DC)	43	7-29-78
M45	9-376	14.828 Marilyn Marbin(CA)	45	3-26-83
M50	8-1355	14.114 Nicki Hobson(CA)	50	8-4-81
M55	7-1021	12.199 Marcie Trent(AK)	58	7-18-76
M60	8-10	12.884 Marcie Trent(AK)	61	7-28-79
M65	5-1194	9.139 Edna Berg(MT)	67	2-5-83
M70	6-52	9.704 Alice Werbel(CA)	70	9-14-86
M75	4-167	6.590 Marilla Salisbury(CA)	76	6-7-84

2000 STEEPLECHASE (30" BARRIERS)

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	7:55.84	Marilyn Brandt(NY)	37	6-1-96
M40	8:12.83	Suzanne Houlton(CA)	42	8-5-89
M45	7:45.96	Joan Colman(CA)	45	8-5-89
M50	8:15.03	Joan Ottaway(CA)	51	7-9-95
M55	9:39.15	Madeline Bost(NJ)	57	8-22-96

2000 STEEPLECHASE (36" BARRIERS)

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	6:30.83	Leslie Lehane(MA)	35	7-31-98
M40	7:42.55	Dee Ann Dougherty(COR)	41	8-11-00
M45	8:38.52	Robin Vesey(OR)	47	8-11-00
M50	10:54.85	Mary C. Trotta(NY)	53	8-13-00
M55	8:37.7	Marie Michelson(NY)	59	7-27-01
M60	10:19.91	Madeline Bost(NJ)	60	8-8-99

SHORT HURDLES (35-39: 100M, 33"; 40+: 80M, 30")

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	13.77	Jane Frederick(CA)	35	8-31-87
M40	11.78	Deby Swezey(CA)	40	8-12-93
M45	12.22	Phil Raschker(GA)	47	8-5-94
M50	12.69	Phil Raschker(GA)	50	7-20-97
M55	15.25	Christel Miller(CA)	55	8-5-90
M60	16.45	Betty Vosburgh(GA)	60	7-21-91
M65	18.69	Barbara Jordan(VT)	65	7-25-01
M70	20.08	Johnnie Valien(TX)	71	8-22-96
M75	21.11	Johnnie Valien(TX)	75	8-18-00

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PROMOTING MASTERS ATHLETICS THROUGHOUT THE WORLD
IN COOPERATION WITH THE IAAF



WMA RECORDS COMMITTEE 2002-2003



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

Coordinator
Pete Mundle
4017 Via Marina, Apartment C-301,
Venice, CA 90292, USA

Asia
M.K. Jacob
146 Jalan Meranti 7, Taman Sikamat Utama,
70400, Seremban, N.S., Malaysia

Africa
Leo Benning
10 Bennington Road, Tamboerskloof, 8001,
Capetown, South Africa

Europe
Ivar Söderlind
Gokropsvagen 5 B, S-906 51 Umea,
Sweden

North America
Bill McIlwane
308-35 High Park Ave., Toronto, Ontario
M6P 2R6 Canada

Oceania
Colleena Blair
Box 48 078, Silverstream, Upper Hutt,
New Zealand

South America
Hector Acosta
Juan B. Alberdi 6222, Montevideo 11500,
Uruguay

Other members
Dave Burton
22 Chandlers, Steyning, West Sussex
B44 3NG, England

Clyde Riddock
clyde.riddock@auspost.com.au

Rex Harvey
6744 Connecticut Colony Cir., Mentor,
OH 44060, USA

Beverly LaVeck
6633 NE Windermere Road, Seattle, WA
98115 USA

USA TRACK & FIELD APPLICATION FOR MASTERS RACEWALK 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):

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

WORLD MASTERS ATHLETICS

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

To: WMA Records Committee Regional Chairman

Application is hereby made for a World Masters Age-Group Record/World Masters Age-Group "Best Performance"/World Masters 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 MASTERS ATHLETICS

Application for World Masters Age-Group Record/World Masters Age-Best Performance
FIELD EVENT

To: WMA Records Committee Regional Chairman

Application is hereby made for a World Masters Age-Group Record/World Masters 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 WMA By-Laws (Appendix A) for masters 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)

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.

M

NATI

• The Twin Cities Marathon and Gail Breslow, 2:27:08, scored m Vineyard 20 Mile, Edg 40+ performers were Medford, MA, with Dierdre Bird, 50, Lir 2:28:26.

EA

• Eric Maki, 40, C 3:26:50, logged mast Mohawk RRC Winte Feb. 24.

• Greg Cauler, 42 and Shirley Geerlin romped to masters fi the Green 5K, Glouce masters were Dr Stroudsburg, PA, 15:4 Newark, DE, 20:39.

• Rob Levinsky, 3:02:37, and Patti Mi 3:41:33, celebrated Washington's Birthd MD, Feb. 17. Runne Arlington, VA, 3:17:2 43, Woodbridge, VA, extreme cold forced 6 out.

• Henry Correa, Noe-Schlentz, W40, ters firsts in the USA! Newark Distance C winners included Dc and Imme Dyson, W

• Marie-Louise Brook, NY, added r recent 1500 AR (5:4 the mile and an A USATF NE Indoor Feb. 17. The prese Jeanne Hoagland i 3000 by Gloria Bro

FIVE Y Ap

• Jesse Stu and Don 47:56) F Masters ionships i

• Phil R Marietta, Seven V Hosack, Falls, Or European Champio

• 200 Co State Ind Nev.

Masters Scene

NATIONAL

• The Twin Cities Marathon has been selected to host the men's and women's 2002 USA Marathon Championships. Having hosted the USA Masters Championships for the past 11 years, this will be the first time in 22 years, and only the second time ever (Paul Masson, 1980) that a single marathon has been awarded all three prestigious events. The championships will all coincide with the 21st running of the TCM, Sunday, Sept. 29.

EAST

• **Jamie McNeely**, 41, Milton, MA, in 2:06:06, and **Gail Breslow**, 46, Watertown, MA, in 2:27:08, scored masters wins, Martha's Vineyard 20 Mile, Edgartown, MA, Feb. 16. Top 40+ performers were **Stephen Burton**, 49, Medford, MA, with an 81.3% 2:06:30, and **Dierdre Bird**, 50, Lincoln, MA, with a 78.3% 2:28:26.

• **Eric Maki**, 40, Cortland, NY, 2:49:03, and **Martha DeGrazia**, 51, Slingerlands, NY, 3:26:50, logged masters firsts in the Hudson Mohawk RRC Winter Marathon, Albany, NY, Feb. 24.

• **Greg Cauller**, 42, Manchester, PA, 15:27, and **Shirley Geerling**, 43, Paoli, PA, 18:42, romped to masters firsts, St. Pat's Running of the Green 5K, Gloucester, NJ, March 9. Second masters were **Drew Davis**, 40, East Stroudsburg, PA, 15:40, and **Diane Kukich**, 50, Newark, DE, 20:39.

• **Rob Levinsky**, 44, Virginia Beach, VA, 3:02:37, and **Patti Minton**, 44, Gainesville, GA, 3:41:33, celebrated with masters firsts, 41st Washington's Birthday Marathon, Greenbelt, MD, Feb. 17. Runners-up were **Jay Wind**, 52, Arlington, VA, 3:17:26, and **Patricia Brennan**, 43, Woodbridge, VA, 3:54:53. Stiff winds and extreme cold forced 60 of the 275 starters to pull out.

• **Henry Correa**, M40, 69:34, and **Madelyn Noe-Schientz**, W40, 76:58, nailed down masters firsts in the USATF NJ 20K Championships/Newark Distance Classic, March 3. Division winners included **Don Bergman** M70, 1:40:29, and **Imme Dyson**, W65, 1:41:48.

• **Marie-Louise Michelsohn**, 60, Stony Brook, NY, added more W60 records to her recent 1500 AR (5:42:57) with a WR 6:15.5h in the mile and an AR 12:18.77 in the 3000, USATF NE Indoor Championships, Boston, Feb. 17. The present mile record is held by **Jeanne Hoagland** at 6:35.55 in 1999, and the 3000 by **Gloria Brown** at 12:38.36 in 1993.

• **Elizabeth Ratner**, 41, Mineola, NY, led the women at the Little Cow Harbor Four Miler, Greenlawn, NY, Mar. 2, in 24:37. She was a short moo in front of runner-up **Cindy Reeder**, 39, NYC, 24:42. **Don DiDonato**, 44, Hicksville, NY, took the oats for the M40+ in 21:29.

• **Toshika d'Elia**, W70, set a new world record in the 1500 at the USATF New Jersey Indoor Championships, Hackensack, Feb. 11. Her 6:47.6 erased the 6:50.6 set by **Jose Waller**, GBR, in 1993.

• First masters in the NYRR Al Gordon 15K, Central Park, NYC, Feb. 16, were **Alan Ruben**, 44, 50:20, and **Gillian Horowitz**, 46, 59:46. Sweeping their age-groups were **Sab Koide**, 78, 1:32:11, and **Mary Nathan**, 61, 1:12:22.

• **Hans Putt**, 41, crossed the line in 3:42:46 at the NYRR Kurt Steiner 50K, Central Park, NYC, Feb. 27, winning the overall men's title by nine minutes. **Gall Marino**, 40, 4:49:58, hung in to take the women's masters title.

• Crossing the line one-two overall in the women's division at the NYRR Salsa, Blues & Shamrocks 5K, Central Park, Mar. 3, were **Gordon Bakoulis**, 41, 17:12 (AG 88.6%) and **Kim Griffin**, 40, 17:30 (AG 86.4%). **Alan Ruben**, 44, 16:36, led the men's masters. Exploding in the M80 division was **Andrew Hope**, 82, 24:11 (AG 87.1%).

SOUTHEAST

• **David Ransom**, 48, Fredericksburg, VA, was top performer in the sprints with a 92.7% 6.9 for the 55m, Virginia Masters Indoor Championships, Lexington, March 2. **Hillen Stubendorf**, 53, Silver Spring, MD, was best W40+ with an 85.8% 8.5. **John Schreiber**, 70, Chapel Hill, NC, with an 88.4%, was the stand-out in the 55H. **Mike Valle**, 61, Burlington, NC, out-threw everybody else in the WT with a 48-11 using the 20#.

• The Piedmont's Fastest 10K wasn't quite as masterful this year in the absence of Royal Body Care stumper **Andrey Kuznetsov**, who placed second in 2001 at the Carolina First Reedy River Run 10K, Greenville, SC, in a half-hour flat. **John Tuttle**, 43, Douglasville, GA, got the job done March 2, however, in a workman-like 32:00, narrowly defeating the next up-and-coming Russian phenom, **Volodymyr Bukhanov**, 41, 32:17, of the Gainesville Russian running clique. **Ervin Reid**, 52, Campobello, SC, 36:25, led the over-50 crowd. U.S. Olympian, **Joan Nesbit-Mabe**, 40, Chapel Hill, NC, made quick work of the women 40+ in

a tempo-run-like 36:57 effort. South Carolina's favorite daughter, **Janice Addison**, 41, Columbia, was second W40 in 38:37. **Suzie Klutz**, 65, Winston-Salem, NC, showed signs of enjoying her new age group with a 48:48.

• Russian **Volodymyr Bukhanov**, 41, training in Gainesville, FL, won the whole Edison Festival of Lights 5K, Ft. Myers, FL, Feb. 16, in a shining 14:46. **Debra Wagner**, 50, Perrysburg, OH, 18:11, the bright spot in the W40+, was the third woman overall. **Grace Wilson**, 44, Ft. Myers, 18:47, was 40+ runner-up.

MID-AMERICA

• **Ed Carter**, 82, stretched the M80 AR for the TJ from 6:98 by **Benjamin Fox** in 1987 to 7.07 in the USATF Mid-American Regional Masters Indoor Championships, Fort Collins, CO, Feb. 23-24, and missed the AR LJ record of 3.58 by a scant 1/100 with a 3.57. Top-ranked indoor marks came from **Marianne Martino**, 51, 17:24.74 in the 3000 RW, and **Kim Jones**, 43, 4:59.52 in the 1500.

SOUTHWEST

• **Bill Collins**, 51, who already holds the M40 (22:19) and M45 (22:57) indoor 200m WRs, added the M50, with a 23.17 in the Texas Tech Indoor Meet, Lubbock, Feb. 16. **Harold Morioka**, of Canada, and **Charles Allie**, USA, share the record at 23.76. Some 900+ high school athletes from Texas and New Mexico participated in tandem with masters athletes.

• **Tommy Reinecke**, 46, with a sixth-place 38:31, and **Georgia Wilemon**, 49, with a 45:08, forged masters wins, Nextel Mardi Gras Mambo 10K, Baton Rouge, Feb. 9. **Randy Ellis**, 54, was top 40+ performer, with a seventh-place 39:08. **Charlie Viers**, 60, won his division in 41:43.

• **Driss Dacha**, 40, in 2:33:42, and **Karl DiStefano**, 43, in 3:05:47, were top masters with second-overall finishes, Valley of the Sun Marathon, Phoenix, AZ, March 10. First 40+ in the half-marathon were **Steve Greenspan**, 44, 75:48, and **Donna Rice**, 44, 98:21. Top masters performers were **Manuel Tipo**, 50, 77:29, and **Frank Lesk**, 51, 78:06, both with age-grading in the 85.1% range.

• **Paul Heitzman**, 70, Eudora, KS, wrangled a 43:08 10K at the Fort Worth (TX) Cowtown 10K, Feb. 23.

WEST

• **Marina Jones**, 50, was just three over par at the Palm Springs Half-Marathon, Feb. 17, finishing third woman overall, and first W40+, 1:24:41. **Mo Bartley**, 46, Cool, CA, was hot on her heels, 1:25:20.

• **Rigoberto Vega**, 46, Los Angeles, explod-

ed to a 35:28 to take the M40+ race, Year of the Horse Firecracker 10K, in L.A.'s Chinatown, Feb. 10. **Barbara Asada**, 56, Torrance, CA, won the W50 race in 49:56. **Barry Schaeffer**, 50, Los Angeles, in 37:47, and **Milo Sather**, 74, in 54:52, burst to division wins.

CANADA

• **Debbie Brill**, who celebrated her 49th birthday on March 10, upped the W45 indoor HJ WR with a 1.65 in a February meet in Edmonton.

INTERNATIONAL

• **Stefan Burkart**, 44, former Swiss Olympian, erased **Eddie Hart's** M40 indoor 60 WR of 6.97 with a 6.81 in the Swiss Indoor Championships, Magglingen, Feb. 16.

• The Japan Masters Athletic Association completed a 7045-kilometer relay by 6757 masters who handed off a sash as they ran through 47 prefectures, two metropolises, and the city of Hokkaido for a continuous 151 days. The purpose of the race, as given by **Kiyoshi Kounoike**, president of the JMAA, was to exemplify a healthful life style and to give courage in support of those who have suffered a recent tragedy.

• **Guido Mueller**, 63, M55 and M60 WR-holder in the long hurdles, broke the M60 WR for the 400 with a 55.82 in the German Masters Indoor Championships, Feb. 24. **Larry Colbert** has the present record at 56.32 in 1997.

• **Orlando Ceballo**, 40, with a fourth-overall 31:31, and **Angelita Lopez Vargas**, 40, in a ninth-female 40:16, captured masters firsts, The World's Best 10K, San Juan, Puerto Rico, Feb. 17. **Miguel Rivera Rivera**, 50, turned in a 37:10.

• **Gary Little** set an M60 world best for the 5000 RW with a 23:47.72 at the Northern Regional Championships, Hamilton, NZ, Feb. 16. The present best is 24:07.71 by **G. Weidner** in 1995.

Racewalking

Continued from page 10

ents with which they compete. Until the medical profession catches up to the problem, you can use this book to take care of yourself. By understanding what nutrients are at risk from medications, you can separate their intake. □

(Dr. Bernie Finch can be reached by e-mail: finchq@cannon.net, or by regular mail at P.O. Box 247, Pepin, WI 54759.)

FIVE YEARS AGO

April 1997

• **Jesse Sturgeon** (42, 41:28) and **Donna Sterns** (43, 47:56) First in National Masters 12K Championships in Texas

• **Phil Raschker**, W50, Marietta, Ga., Breaks Seven WRs and Everett Hosack, M95, Chagrin Falls, Ohio, Sets Five in European Indoor Championships in England

• 200 Compete in Silver State Indoor Classic, Reno, Nev.



Racewalkers check their watches before the start of the 5000 for M50+, for the 31st annual USATF National Masters T&F Championships, Orono, Me., in 1998. Masters will return to Orono for the 35th Championships on Aug. 8-11. Jack Starr, #658, far right, broke the U.S. M70 record with a 29:05.46.

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

June 21-23. Masters Invitational Events at USATF Open Championships, Stanford U. Mark Cleary, Masters Coordinator, 949-589-0242; runnermark@cox.net; www.xro.com/Cleary.html

July TBA. USATF National Masters Decathlon & Heptathlon Championships, City TBA, NJ. Jeff Watry, 24302 77th St., Paddock Lake, WI 53168. jwatry@parkson.com

August 8-11. 35th annual USATF National Masters Championships, U. of Maine, Orono. Rolland Ranson, U. of Maine, Memorial Gymnasium, Orono, ME 04469. 207-581-1077; mainetrack_field@yahoo.com; http://www.ume.maine.edu/track/trackfield.html

September 7. USATF National Masters Weight & Superweight Championships, West Seattle Stadium. Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206-932-3923; kweinbel@atbi.com

November 9. USATF National Masters Weight Pentathlon Championships, St. Amant, La. Jeff Baty, 321 E. Josephine St., Gonzales, LA 70737. 225-644-6930.

EAST

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

April 6. West Penn TC Legends Mile, Carnegie Mellon U., Pittsburgh, Pa. M&W40+. 5:30 pm. John Harwick, 348 Morris St., Clymer, PA 15728. 724-254-2369.

April 21. Philadelphia Masters Meet, Roxborough HS, Philadelphia. 9:00 am. Joel Dubow, 484-437-9463.

April 26-27. Penn Relays Masters Events, Philadelphia. 26th: M50+ & W40+ 4x100/M40+ 4x100/M40-65+ 100 (6 races)/M50+ & W40+ 4x400; 27th: M75+ 100/M40+ 4x400. Penn Relays, Hutchinson Gym, U. of Penn, Philadelphia, PA 19104-6322. 215-898-6145; Phil Felton, 609-683-4115; fax: 258-6109; felton@princeton.edu

April 27. Legends Mile, Washington & Jefferson College, Washington, Pa. M&W40+. 12:00 pm. See April 6.

April 27. USATF Adirondack Masters Championships, Guilderland, N.Y. 518-435-4500.

April 28. Potomac Valley TC Meet, T.C. Williams HS, Alexandria, Va. 8:30 am. 703-671-2520; www.pvtc.org

May 12 & 26. Potomac Valley TC Meets, T.C. Williams HS, Alexandria, Va. 8:30 am. 703-671-2520; www.pvtc.org

May 15-19. Long Island Senior Games, Suffolk Community College, Brentwood, N.Y. LISG, PO Box 1024, Smithtown, NY 11787. 631-265-2966; fax: 265-5239; www.longislandseniorgames.org

June 1. Throw-a-thon, Albright College, Reading, Pa. 15 implements - 3 implements per event, i.e., M60 6k, 5k, 4k HT; W40 600g, 500g, 400g JT. 3 throws per implement. WP scored individually and as team of two. 9:00 am. Ray Feick, 2987 Lutheran Rd., Gilbertsville, PA 19525. 610-754-6007; ffeick@aol.com

June 2. Superweight & Ultraweight Meet, See Ray Feick, June 1.

June 2. Garden State AC Classic, Randolph, N.J. Open/Submasters/Masters. Madeline Bost, PO Box 458, Ironia, NJ 07845. Morton Hahn, 973-625-1764.

June 4, 11, 18, 25. Philadelphia Masters Meets, Roxborough HS, Philadelphia. 6:00 pm. Joel Dubow, 484-437-9463.

June 8. Philadelphia Masters Championship Meet, Valley Forge Military Academy, Radnor, Pa. 9:00 am. Joel Dubow, 484-437-9463.

June 8. Allegheny Valley Masters & Open Meet, Springdale HS, Springdale, Pa. 8:00 am. Bob Freund, Alle-Kiski Med. Ctr., Outpatient PT, 1620 Pacific Ave., Natrona Heights, PA 15065. 724-224-2166; fax: 224-3732.

June 9. NY Masters Spring Classic, Merchant Marine Academy, Kings Point, N.Y. SASE to Roz Katz, 170-11 65th Ave., Flushing, NY 11365. 718-358-6233 (7-9 pm NY time).

June 9. Colonie Mile, Colonie HS, Albany, N.Y. 518-435-4500; hmrc.com

June 9 & 23. Potomac Valley TC Meets, T.C. Williams HS, Alexandria, Va. 8:30 am. 703-671-2520; www.pvtc.org

June 29. West Penn TC Pennsylvania Mile, Carnegie Mellon U., Pittsburgh, Pa. 9:00 a.m. John Harwick, 348 Morris St., Clymer, PA 15728. 724-254-2369.

July 27. USATF East Regional Masters Championships, Springfield College, Springfield, Mass. www.usatfne.org

August 4 & 18. Potomac Valley TC Meets, T.C. Williams HS, Alexandria, Va. 8:30 am. 703-671-2520; www.pvtc.org

SOUTHEAST

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

April 6. Carolina Masters Meet, East Mecklenburg HS, Charlotte, N.C. Gordon Edwards, 704-588-6885; gedwards@carolina.rr.com

April 19-20. AARP/USATF Georgia Masters Championships, Ted Wright Track, Savannah St. U. Includes pentathlon. Open & out-of-state welcome. Jim Hite, director, 478-982-4881; jimjoyce@jeffersonenergy.com

April 21. USATF Florida Masters & Open Weight Pentathlon Championships, Venice.

Bob Boege, 230 Wetherby St., Venice, FL 34293. 941-493-4113.

May 3-5. 32nd annual Southeastern U.S. Masters Meet, NC St. U., Raleigh. Pent/WP/5K & 20K RWs/Relays. SE US Masters, Box 590, Raleigh, NC 27602. 919-831-6640; www.geocities.com/southeastermasters

May 4. Jacksonville TC Masters Meet, Jacksonville, Fla. 904-388-7860.

May 18. Hispanic American Classic Masters & Open Meet, Kissimmee, Fla. 407-658-8092.

May 18. Florida AC Meet, Kissimmee (Orlando). Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445-5607. 561-499-3370; email: bobfine@aol.com

June 1. Furman Track Classic, Furman U., Greenville, S.C. SASE to Adrian Craven, 109 Woodhaven Dr., Greenville, SC 29609. 864-233-0333.

June 1. Miami Northwest Express Meet, Miami, Fla. Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445-5607. 561-499-3370; email: bobfine@aol.com

June 8. USATF Florida Championships, Kissimmee (Orlando). See June 1.

June 8. Birmingham TC Classic/Southeast Police & Fireman Championships, Samford U., Birmingham, Ala. Glenn Ross, 205-942-0907; gross@jssc.cc.al.us. Entry form in April NMN.

June 15. Middle Tennessee St. U. Masters Meet, Murfreesboro. 615-851-2630.

June 15. Florida Sunshine Games, Palm Beach Gardens. Fla. residents only. See June 1.

June 22. South Florida Meet/Florida AC, Palm Beach Gardens. See June 1.

August 31-September 1. USATF Southeast Regional Masters/PVA Championships, T.C. Williams HS, Alexandria, Va. Mark Richards Pentathlon & Special Weight Pentathlon on 31st. SASE to Potomac Valley Games, c/o V. Meyer, 2305 S. Buchanan St., Arlington, VA 22206. 703-671-2520; www.pvtc.org

MIDWEST

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

April 6. USATF North Region Masters Indoor Invitational & All Comers Meet, Proviso West HS, Hillside/Chicago. USATF Illinois, PO Box 7019, Villa Park, IL 60181-7019. 630-953-2052; www.usatfillinois.org

April 13. Grand Valley St. U. Meet, Allendale, Mich. 616-895-3360; baltesj@gvsu.edu

May 19. North Coast Invitational, Brecksville, Ohio. Bob Walters, 440-526-5635; www.ohtc.org

June 9. USATF Indiana Championships, Indiana St. U., Terre Haute. Mark Rodriguez, Arena-Track Office, Indiana St. U., Terre Haute, IN 47809. 812-237-4044; www.indstate.edu/athletic/track/usasch02.html

July 6. Dayton Track Classic, Welcome Stadium, Dayton, Ohio. Bob Jones, 937-837-2754; BJRUn1@Juno.com

MID-AMERICA

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

April 18-20. Kansas U. Relays, Lawrence. Masters mile/800/100. 785-864-3486; kansasrelays@kuathletics.com

April 21. USATF New Mexico Weight Pentathlon, U. of New Mexico, Albuquerque. Kathy Fones, 31 Sandhill Rd., Los Lunas, NM 87031. 505-865-8612; fax: 565-8387; email: foneskn@aol.com

ON TAP FOR APRIL

TRACK AND FIELD

One last indoor meet available at the USATF North Region Masters Invitational, Hillside, Ill., on the 6th. Outdoor action includes the Palm Desert Senior Games in California on the 5th-7th; AARP/USATF Georgia Championships, Savannah St. U., on the 19th-20th; three meets in Arizona on the 6th-7th, 20th, and 27th; and the USATF Adirondack Championships, Guilderland, N.Y., on the 27th.

LONG DISTANCE RUNNING

With winter gone, racing hits the roads again nationwide, topped by the 106th BAA Boston Marathon on the 15th. Just a few of the remaining options are the Cooper River Bridge 10K, Charleston, S.C., on the 6th; Nortel Cherry Blossom 10 Mile, Washington, D.C., and Carlsbad 5000, Carlsbad, Calif., on the 7th; Oregon Marathon Relay, Eugene, and Longest Day Races, Brookings, S. Dak., on the 20th; and, on the weekend of the 27th-28th, the Tom Robinson Masters 10K, Albany, N.Y., Country Music Marathon, Nashville, Cleveland, Ohio, CVS Marathon, Oklahoma Memorial Marathon, OKC, Get-In-Gear 10K, Minneapolis, and Sallie Mae 10K, Washington, D.C.

RACEWALKING

Competition can be had at the USATF Missouri Valley, Columbia, Mo., and USATF MAC 10K, NYC, Championships on the 7th; National Invitational RWs, Manassas, Va., on the 14th; and the NW Regional 10K Championships, Seattle, on the 20th. □

April 27. Drake Relays Masters Men's Invitational Mile, Drake U., Iowa. Mark Cleary, runnermark@cox.net. Entry deadline March 31. Travel expenses for top 3 seeds; race purse structure determined in March. Entry standard 4:30 or better. European athletes welcome. Travel expenses will not be covered for foreign athletes among top 3 seeds.

May 18-19. Rocky Mt. Qualifier/USATF New Mexico Masters Championships, Milne Stadium, Albuquerque. Kathy Fones, 31 Sandhill Rd., Los Lunas, NM 87031. 505-865-8612; fax: 565-8387; email: foneskn@aol.com

June 2. Jolly Jogathon Meet, Marysville, KS. No entry fee. 10-yr. age groups. Cleve Walstrom, Marysville, KS 66508. 785-562-3050(h); 562-3021(w).

June 8. USATF Mid-America Regional Masters & Open Championships, Friends U., Wichita, Kansas. Bill Butterworth, 316-684-2192; Mike Howe, Friends T&F Dept., 316-295-5620.

June 22-23. Missouri State Senior Games, Columbia. Out-of-state welcome. Jack Miles, U. of Mo., 1105 Carrie Francke Dr., Rm. 1, Columbia, MO 65211. 573-882-1462; www.smsg.org (start in April).

July 7. USATF New Mexico Masters &

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Open Meet, Milne Stadium, Kathy Fones, 31 Sandhill Rd., NM 87031. 505-865-8612; email: foneskn@aol.com

August 4. Blair Open Triathlon, Mike Maryott, 1485 NE 68008. 402-426-5955.

August 24. Halstead Masters Meet, Halstead HS, Kansas. Everoski, Halstead Rec Center, 835-3366, 835-2286.

August 31-September 1. Masters Games, U. of Colorado, Weed, 1166 Eagle Rd., 80020. Jerry Donley, 719-4-mtnmastersgames@msn.com

SOUTHWEST

Arkansas, Louisiana, New Mexico, Oklahoma, Texas

April 13. USATF Maryland Pentathlon, St. Amant HS. Plus superweight and ultraweight. Jeff Baty, 321 E. Josephine St., Gonzales, LA 70737. 225-644-6930; field@hotmail.com

April 13. El Paso Senior Games, Marge Davis, 650 Wallenbergs, 79912. 915-581-9525.

May 24-25. Speed by Choice Meet, Cedar Hill, Texas. 972-

May 25. USATF Oklahoma Masters Championships, Jenks. 918-4-

June 8. USATF Southwestern Championships, Jesuit HS, Mount, 972-661-1551; lester@com

July 27. Texas Masters Championships, Wayne Bennett, www.dallasmasters.com

September 19-22. Arkansas T&F Events, Hot Springs. QNSGA Championships. ARS Box 3377, Hot Springs, AR 71914; email: arsolymp@hotmail.com

WEST

Arizona, California, Hawaii

April 5-7. Palm Desert Triathlon, Palm Desert, Calif. Coach & Park District, 45-571 CA 92201. Chrystal Arce, 2560; www.cvrpd.org.

April 6. KelField Triathlon, Santa Cruz, Calif. G. K. 458-0300; email: kelfield@kelfield.com

April 6-7. Phoenix Invitational, Phoenix, Ariz. 480-949-1991; e-worldnet.att.net

April 20. Arizona Regional Masters, Chandler HS. See April 6

April 21. Mt. SAC Invitational, Walnut, Calif. JCosgrove@mediaone.net

April 21. Ken Carnine Memorial, Sacramento St. U. hornet

April 25-May 19. Reno Triathlon, Reno, Nev. Heather Ra, 2262.

April 27. Arizona Masters, Glendale CC. Pat Fahy, Bob Flint, 480-939-1991; track.com

May 4. Arizona Regional Masters, Bob Flint, 480-949-worldnet.att.net

May 4. KelField Throws, Santa Cruz, Calif. G. Kelfens, kelfield@aol.com

May 5-6. Sacramento Triathlon, Sacramento, Calif. 916-4-to@cityofsacramento.org

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Open Meet, Milne Stadium, Albuquerque. Kathy Fones, 31 Sandhill Rd., Los Lunas, NM 87031. 505-865-8612; fax: 565-8387; email: foneskn@aol.com

August 4. Blair Open Track Meet, Blair, Nebr. Mike Maryott, 1485 South St., Blair, NE 68008. 402-426-5955.

August 24. Halstead Masters & Open Meet, Halstead HS, Kansas. 4:00 pm. Bob Everoski, Halstead Recr. Commission, 316-835-3366, 835-2286.

August 31-September 1. Rocky Mountain Masters Games, U. of Colo., Boulder. Jim Weed, 1166 Eagle Rd., Broomfield, CO 80020. Jerry Donley, 719-635-1264. rocky.mtnmastersgames@msn.com

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

April 13. USATF Mardi Gras Weight Pentathlon, St. Amant HS, St. Amant, La. Plus superweight and ultraweights. Jeff Baty, 321 E. Josephine St., Gonzales, LA 70737. 225-644-6930; louisianatrack_field@hotmail.com

April 13. El Paso Senior Games, El Paso, Texas. Marge Davis, 650 Wallenberg, El Paso, TX 79912. 915-581-9525.

May 24-25. Speed by Choice Masters & Open Meet, Cedar Hill, Texas. 972-820-5941.

May 25. USATF Oklahoma Masters & Open Championships, Jenks. 918-495-4256.

June 8. USATF Southwestern Masters Championships, Jesuit HS, Dallas. Lester Mount, 972-661-1551; lestermount@yahoo.com

July 27. Texas Masters Championships, site TBA. Wayne Bennett, vvranner@aol.com; www.dallasmasters.com

September 19-22. Arkansas Senior Olympics T&F Events, Hot Springs. Qualifying for 2003 NSGA Championships. AR Sr. Olympics, PO Box 3377, Hot Springs, AR 71914. 502-321-1441; email: arsolymp@hotsprings.net

WEST

Arizona, California, Hawaii, Nevada

April 5-7. Palm Desert Senior Games, Palm Desert, Calif. Coachella Valley Recr. & Park District, 45-571 Clinton St., Indio, CA 92201. Chrystal Arceneaux, 760-568-2560; www.cvrpd.org.

April 6. KelField Throws Meet #104, Santa Cruz, Calif. G. Kelmenson, 831-458-0300; email: kelfield@aol.com

April 6-7. Phoenix Invitational, Glendale, Ariz. 480-949-1991; email: usatfaz@worldnet.att.net

April 20. Arizona Regulation Meet, Chandler HS. See April 6-7.

April 21. Mt. SAC Invitational (Masters 800 & 100), Walnut, Calif. John Cosgrove, JCosgrove@mediaone.net

April 21. Ken Carmine Masters Meet, Sacramento St. U. hornetsports.com

April 25-May 19. Reno Senior Games, Reno, Nev. Heather Ramsey, 775-334-2262.

April 27. Arizona Masters Invitational, Glendale CC. Pat Fahy, 480-946-7135; Bob Flint, 480-939-1991. www.azmasters.track.com

May 4. Arizona Regulation Meet, TBA, Ariz. Bob Flint, 480-949-1991; usatfaz@worldnet.att.net

May 4. KelField Throws Meet #105, Santa Cruz, Calif. G. Kelmenson, 831-458-0300; kelfield@aol.com

May 5-6. Sacramento Senior Games, Sacramento, Calif. 916-949-1191; kespos to@cityofsacramento.org

May 11. Southern California Striders Meet of Champions, Long Beach St. U. Hugh Cobb, 760-436-7696; fax: 439-3476; cobbh@aol.com

May 17-18. USATF Arizona Championships, Glendale CC, 480-949-1991; usatfaz@world.att.net

May 18. USATF Central California Association Championships, Visalia, Calif. Bob Higginbotham, 1026 W. Princeton, Visalia, CA 93277. 559-732-8030.

May 26. Dan Aldrich Memorial Meet, UC-Irvine, Calif. Mac McCormick, 949-305-2358.

June 1. Grand Canyon State Games, Tucson, Ariz. 480-517-9700.

June 2. Northern California Seniors TC/Mark Grubi Memorial Classic, Edwards Field, UC-Berkeley. Phone/fax entries: 415-457-8177; email: donrose43262@cs.com. Don Rose, 43 McAllister Ave., Kentfield, CA 94904.

June 8. Saddleback Masters Relays, Saddleback College, Mission Viejo, Calif. SASE to SM Relays, 26063 Saratoga Ave., Laguna Hills, CA 92653-6295.

June 15. Crown Valley Senior Olympics, Pasadena CC, Pasadena, Calif. Qualifier for 2002 Calif. Sr. Games Championships. Christel Miller, director. Contact: Cynthia Rosedale, 626-685-6754; fax: 577-4235; email: cpr@pasadenaseniocenter.org

June 27-29. Elko Senior Games, Joyce Mills, 775-777-2292

June 29. USATF SCA Championships, TBA, Calif. Andrew Hecker, 805-642-3879; www.trackinfo.org/sca.html

July 13-14. USATF West Regional Masters Championships, Saddleback College, Mission Viejo, Calif.

NORTHWEST

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

April 13. Oregon TC Masters Hayward Field Mini-Meet, Eugene, Ore. No pre-reg or fee. Post HS only. 9:00-11:30 am. frlegene@aol.com

May 4. Spring Fling Throwers Meet, West Seattle Stadium. Ken Weinbel, 206-932-3923; kweinbel@attbi.com

May 25. Oregon Senior Olympics, Silverton. Silverton RC, Box 783, Silverton, OR 97381. Amy Castle, 503-873-8577(h)

June 1. Seattle Parks Department Masters Meet, West Seattle Stadium. Dennis Cook, 206-684-7094.

June 14-15. Montana Senior Olympics, Bozeman. Open to out-of-state. MSG, 2200 Bridger Dr., Bozeman, MT 59715. Kay Newman, 406-586-5543.

June 22-23. Portland Masters Classic/Oregon Association Championships, Mt. Hood CC (Portland area). Paul Stepan, 3011 NE Linden, Gresham, OR 97030. 503-666-8950; lstepan@yahoo.com

June 29-30. Hayward Masters Classic, Eugene, Ore. Chuck Hammonds, 541-344-3000; info@haywardclassic.com; www.haywardclassic.com

July 13-14. State Games of Oregon, Mt. Hood CC (Portland area). General info: 503-520-1319; t&f: Keith Maneval, 503-667-7140.

July 19-20. USATF Northwest Regional Masters Championships, East HS, Salt Lake City, Utah. (Fri.-Sat. meet). John Kernan, kernj779@alpine.k12.ut.us

July 19-20. Big Sky Games, Billings, Mont. MT residents only. General info: 406-254-7426; www.bigskygames.org

July 20. Inland Northwest Masters Meet, Pullman, Wash. Jeff Schaller, 435 SW State St., Pullman, WA 99163. 509-332-3148(h);

jeffschaller@turbonet.com

July 27. Seattle Masters Classic, West Seattle Stadium. Ken Weinbel, 206-932-3923; kweinbel@attbi.com

August 8-11. Wyoming Senior Olympics, Evanston. Open to out-of-state. Steve Liechty, Evanston Parks & Recr., 275 Saddlebridge Rd., Evanston, WY 82930. 307-789-1770; www.eprd.net

October 7-19. Huntsman World Senior Games, St. George, Utah. 10K, 5K, 1500. Contact: 800-562-1268; www.seniorgames.net

INTERNATIONAL

April 13-14. Argentina Masters of the Americas Meet, Mar del Plata. Confederacion Atletas Veteranos de la Republica Argentina (CAVRA), Los Platanos 773 (7600) Mar del Plata.-Bs.As. Argentina. Tel/fax: 54-223-4819717; veteranos@yahoo.com

May 3-4. South Africa Masters Championships, Bellville Stadium (25K from Cape Town). Includes Deca/Hepta/10K & 20K RW. Basil Carnie, 38 Bolus Rd., Table View, Cape Town, SA 7441. 23-21-5578621.

May 4-5. VIII Elbio D. Porta Meet, Santa Fe, Argentina. CAVRA, tel/fax: 54-223-4819717; veteranos@yahoo.com

August 15-25. 13th European Veterans Athletics Championships, Potsdam, Germany. Leichtathletik-Verband Brandenburg e.V. Am Luftschiffhafen 2. D-14471 Potsdam. 0331-900100; fax: 0331-900101; www.LV-Brandenburg.de

August 20-24. North & Central American & Caribbean WMA Regional Championships, Leon, Mexico.

October 5-13. World Masters Games, Melbourne, Australia. Multi-sport. WMG, Locked Bag 2002, South Melbourne, VIC 3205, AUST. E-mail: info@2002worldmasters.org; www.2002worldmasters.org

November 3-10. 11th South American Championships, Cochabamba, Bolivia. Pablo Vera, PO Box 24, Cochabamba, Bolivia. 591-4 4263068; fax: 591-4 4119200; anambol2002@yahoo.com

July 2-13, 2003. 15th World Masters Athletics Championships, Carolina, Puerto Rico. www.puertorico2003.org

LONG DISTANCE RUNNING

NATIONAL

May 2-5. RRCA 45th Annual National Convention, Norfolk, Va. RRCA, 703-836-0558; www.rrca.org. Elizabeth River Run 10K/RRCA National Championships, May 4.

June 1. USATF National Masters Women's Championships/Freihofers 5K, Albany, N.Y. George Regan, 233 Fourth St., Troy, NY 12180. 518-273-0267.

July 27. USATF National Masters Championships/White River 50 Mile Trail, Crystal Mountain, Wash. Scott McCoubrey, 919 E. Pine St., Seattle, WA 206-325-4800; www.whiteriver50.org

August 24. USATF National Masters Championships/Headlands 50K Trail Race, Sausalito, Calif. Peter Franks, PO Box 26052, San Francisco, CA 94126. 415-636-4655; www.headlands50k.org

September 14-15. USATF National Masters 24-Hour Championships, Olander Park, Sylvania, Ohio. Dan Brannen, 4 Strawberry Ln., Morristown, NJ 07960. 973-898-1261; danbrannen@earthlink.net

September 29. USATF National Masters Marathon Championships/Twin Cities, Minneapolis/St. Paul, Minn. TCM, Inc., 2925 Dean Parkway, Ste. 110, Minneapolis, MN 55416. 612-925-3500; fax 925-3532; www.twincitiesmarathon.org

October 19. USATF National Masters Championships/Edmund Fitzgerald 100K, Duluth, Minn. Sue Olson, 157625 Judicial Rd., Burnsville, MN 55306. 952-892-1108; www.edmundfitz.com

October 26. USATF National Masters 15K Championships/Tulsa Run, Okla. Jack Wing, 4038 E. 48th St., Tulsa, OK 74135. 918-292-1939.

November 3. USATF National Masters 8K Cross-Country Championships, Rochester, N.Y. Peter Glavin, 160 Laney Rd., Rochester, NY 14620. 716-242-9031; www.gvh.net

November 24. USATF National Masters 5K Cross-Country Championships, Holmdel, N.J. Madeline Bost, PO Box 10120, New Brunswick, NJ 08906. 732-296-0006; www.usatf.org/assoc/nj

December 14. USATF National Masters 10K Cross-Country Championships, Rocklin, Calif. Joe Rubio, Venue Sports, 4035 S. Higuera, San Luis Obispo, CA 93401. joe@venuesports.com; www.resultzone.com/xcnatls

EAST

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

April 6. Nationwide Run for Aspire 10K/USATF LI Championships, Plainview, N.Y. LITE, 516-349-7646; www.litf.org

April 7. Norel Cherry Blossom 10 Mile, Washington, D.C. 301-320-3350; www.cherryblossom.org

April 15. BAA 106th Boston Marathon. www.bostonmarathon.org

April 16. USATF Men's Open 8K Championships, Central Park, NYC. NYRR, 212-860-4455; www.nyrr.com

April 21. Runner's World Half-Marathon & 5K, Allentown, Pa. www.runnersworld.com/halfmarathon

April 21. Penn Relay Carnival Distance Classic 20K & 5K, Philadelphia. Runners Advocate, 2005 Country Club Dr., Doylestown, PA 18901.

April 21. Kingston Classic 10K, Kingston, N.Y. 518-273-5552; info@usatfadir.org

April 27. Tom Robinson Masters 10K, Guilderland HS, Albany, N.Y. 518-435-4500; hmrc.com

April 27. Triple Crown Trail Races 3.1 Mile, 6.2 Mile, & 13.1 Mile, Newark, Del. 302-453-0859; johnmack@udel.edu

April 28. New Jersey Shore Marathon, Long Branch. 732-578-1771; njshoremarathon.org

April 28. Sallie Mae 10K, Washington, D.C. 202-721-9500; www.salliemae.com

May 5. Microsoft/USO Defenders 10 Mile, Washington, D.C. 301-871-0400; www.runwashington.com

May 5. Canon Long Island Marathon, East Meadow, N.Y. SASE to LI Marathon, Sports Unit, Eisenhower Park, East Meadow, NY 11554. 516-572-0248.

May 5. Pittsburgh Marathon, Pittsburgh, Pa. 412-647-7866; www.upmc.edu/pghmarathon

May 5. Blue Cross Broad Street Run, Philadelphia, Pa. Blue Cross Broad St. Run, P.O. Box 18543, Philadelphia, PA 19129; 215-563-6184; www.broadstreetrun.com

May 12. NYRR Mother's Day Half-

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Marathon, Central Park. NYRR, 212-860-4455; www.nyrr.org

May 18. Kennett Square Run 5K, 10K & 5K RW, Kennett Square, Pa. 610-388-1556; www.kennetttrun.kennett.net

May 19. Somersworth Festival 5K, Somersworth, N.H. hoolks@worldpath.net

May 26. Key Bank Vermont City Marathon, Burlington. 800-880-8149; www.vcm.org

May 26. Nissan Buffalo Marathon, Buffalo, N.Y. 716-694-5154; www.buffalomarathon.com

June 2. New Hyde Park 5 Miler, New Hyde Park, N.Y. 516-349-9157; www.lif.org

June 2. Covered Bridges Half-Marathon, Quechee, Vt. dave@cbhm.com; www.cbhm.com

June 15. Mt. Washington 7.6 Road Race, Gorham, N.H. Bob Teschek, 603-863-2537; racetime@grrs.com

SOUTHEAST

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

April 6. Cooper River Bridge 10K & 8K Walk, Charleston, S.C. 843-792-0345; www.bridgerun.com

April 13. Ukrop's Monument Avenue 10K, Richmond, Va. 804-285-9495; www.sportsbackers.org

April 27. Country Music Marathon & Half-Marathon, Nashville, Tenn. 800-311-1255; www.cmmarathon.com

April 27. Old Mobile 8K, Mobile, Ala. Port City Pacers, PO Box 6427, Mobile, AL 36660. 251-473-7223.

April 27. USATF Florida 5K Championships, Jacksonville. 904-285-1552.

May 27 (Memorial Day). WZYP Cotton Row Run 10K & 5K, Huntsville, Ala. Jim Oaks, race director, 256-536-1603; entry form: www.huntsvilletrackclub.org; www.active.com

June 2. Biltmore Estate 15K, Asheville, N.C. 828-628-0187; www.main.nc.us/kinawisca

MIDWEST

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

April 21. West Bloomfield Half-Marathon, W. Bloomfield, Mich. 248-738-2500; balewski@twp.west-bloomfield.mi.us

April 21. Spring Ahead 5K, Naperville, Ill. 630-816-4642.

April 21. Glass City Marathon, Toledo, Ohio. 419-385-7520; www.ToledoRoadrunners.org

April 21. Lakeshore Marathon, Chicago. 773-765-9028; www.lakeshoremrathon.com

April 27. Kentucky Derby Festival Mini-Marathon & Marathon, Louisville. 502-584-6383; kdf.org

April 28. Michigan Trail Marathon, Ann Arbor. 734-769-5016; trailmarathon.com

April 28. Cleveland CVS Marathon, Cleveland, Ohio. 800-467-3826; clevelandmarathon.com

May 4. Indianapolis 500 Festival Mini-Marathon & 5K, Indianapolis, Ind. 800-638-4296; www.500festival.com

May 5. Flying Pig Marathon, Cincinnati, Ohio. 513-721-7447; www.flyingpigmarathon.com

May 11. Old Kent River Bank Run 25K/Open M&W Championships, Grand Rapids, Mich. Tricia Vandenberg, runinfo@riverbankrun.com

May 25. Ogden Newspapers 20K Classic, Wheeling, W. Va. Ogden Mile on 24th. Ogden20Kclassic.com; email: Ogden20K@aol.com

May 25. Bayshore Marathon, Traverse, Mich. 231-941-8118; www.bayshore

marathon.org.

May 25-27. Great Race XXII 5K, 10K, & Half-Marathon, Goshen-Elkhart, Ind. 219-296-5890; fax: 293-8324; www.thegreatrace.net

MID-AMERICA

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

April 20. 33rd annual Longest Day Marathon, Half-Marathon, 5K, 5K RW, & Relays, Brookings, S. Dak. Charles Roberts, 2034 Monarch Ln., Brookings, SD 57006. www.prairiestriders.net

April 27. Get-In-Gear 10K, Minneapolis, Minn. 612-722-9004; www.gettingear10k.com

May 5. Lincoln Marathon, Lincoln, Nebr. 402-438-3504; www.lincolnrun.org

May 11. New Prague Half-Marathon, New Prague, Minn. 952-758-4360; www.newprague.com

May 26. Med-City Marathon, Rochester, Minn. 507-282-1411; www.medcitymarathon.com

May 27. Celestial Seasonings Boulder Boulder 10K, Boulder, Colo. cbsley@bolderboulder.com

June 2. UMKC Trinity Hospital Hill Half-Marathon, 12K, & 5K, Kansas City, Mo. 816-235-6012; www.mararunning.org

June 7-9. Jesus Run Weekend Festival Marathon, Half-Marathon, & 5K, Denver, Colo. 888-713-5700; www.jesusrun.org

June 22. Grandma's Marathon & Gary Bjorklund Half-Marathon, Duluth, Minn. 218-727-0947; www.grandmasmarathon.com

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

April 6. Bellaire Trolley Run 5K, Houston, Texas. 713-662-8280; www.alrcusa.org/trolleyrun.htm

April 7. Red Bud Classic 10K, Oklahoma City. www.okrunner.com

April 7. Austin American-Statesman Capitol 10,000, Austin, Texas. 512-445-3598; statesman.com/cap10k

April 21. New Orleans Marathon. 504-443-2400; neworleansmarathon.com

April 27. USATF Oklahoma East 5K Championships, Broken Arrow. 918-252-1611.

April 28. Oklahoma City Memorial Marathon, Oklahoma City, Okla. Marathon, relays, walks. 405-525-4242; www.okcmarathon.com

May 11. Route 66 Challenge 8K, Davenport, Okla. www.okrunner.com

WEST

Arizona, California, Hawaii, Nevada

April 6. Santa Anita Derby Days 5K, Arcadia, Calif. Masters - 7:45 am. Kinane Events, 760-434-1601; www.kinaneevents.com

April 7. Carlsbad 5000, Carlsbad, Calif. Separate races for M40+ & W40+. Elite Racing, 858-450-6510; www.eliteracing.com

April 21. Jimmy Stewart Relay Marathon, Los Angeles. 310-829-8968; stjohns.org

April 28. Big Sur International Marathon, Carmel, Calif. 831-625-6226; www.bsim.org

May 1. Jacqueline Hansen Tough Topanga 10K, Topanga, Calif. 310-455-8612; jghan@aol.com

May 4. Hillsea 7.57 Mile, Huntington Beach, Calif. Staggered start. SASE to Finish Line, 7846 Connie Dr., Huntington Beach, CA 92648; www.nealand.com/

finishline

May 5. Avenue of the Giants Marathon & 10K, Humboldt Redwoods State Park, Calif. www.humboldt1.com/~avenue

May 18. Silver State 50K & 50 Mile, Reno, Nev. 775-324-5310.

May 18. Palos Verdes Marathon, Los Angeles. 310-828-4123; www.active.com

May 19. Examiner Bay to Breakers 12K, San Francisco. breakers@examiner.com

May 26-27. Pfizer Flo-Jo Memorial Half-Marathon & 5K, Laguna Hills, Calif. 949-452-3466; 760-434-7706; www.flojorun.ocnow.com

June 1. YMCA World's Largest Run 5K, Orange, Calif. SASE to Finish Line, 7846 Connie Dr., Huntington Beach, CA 92648; www.nealand.com/finishline

June 1. Fontana Days Half-Marathon & 5K, Fontana, Calif. 909-428-8360; brantle@fontana.org

June 2. Rock 'N' Roll Marathon, San Diego, Calif. 858-450-6510; www.mrmara.com

June 8. Sober, Safe & Healthy 3 Mile, Long Beach, Calif. See June 1, YMCA 5K.

June 16. Platinum Performance State Street Mile, Santa Barbara, Calif. Meghan Reinschild, 805-568-2316; www.sbmile.com

NORTHWEST

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

April 6. Yakima River Canyon Marathon, Ellensburg, Wash. Bob & Lenore Dolphin, 425-226-1518; www.ontherun.com/yrca

April 20. Oregon Marathon Relay, Marathon, & Mini-Marathon Walk, Eugene. 8:00 am-Marathoners/Walkers; 9:00 am-Relay Runners. Oregon TC Masters, Jack Anderson, 541-485-6707; jackanderson@ram-mail.com; Dick Weeks, 687-2574.

April 27. USATF Inland Northwest 8K Championships, Connell, Wash. 509-234-8606.

May 5. Bloomsday 12K, Spokane, Wash. www.bloomsdayrun.org

May 19. Capital City Marathon, Olympia, Wash. 360-786-1786; www.capitalcitymarathon.org

May 26. Wyoming Marathon, Laramie. Brent Weigner, 307-635-3316; Runwyo26point2@compuserve.com

May 27. Up the Lazy River 10K/Oregon RRC Masters Championships, West Linn (10 miles s. of Portland), Ore. David Cook, 619 N.W. Alpine Terrace, Portland, OR 97210. 503-226-6993; dave-cook@attbi.com; www.orrcc.net

June 22. Mayor's Midnight Sun Marathon, Half-Marathon, & 5K, Anchorage, Alaska. 907-786-1325; www.runanchorage.com

CANADA

April 21. Vancouver Sun Run 10K, Vancouver, B.C. 45,000 runners. 604-689-9441; www.sunrun.com

May 5. Vancouver International Marathon & Half-Marathon. 604-872-2928; www.adidasvanmarathon.ca

May 11-12. National Capital Race Weekend, Ottawa, Canada. Marathon, Half-Marathon. www.ncm.ca

INTERNATIONAL

April 7. Paris Marathon. 800-444-4097; www.marathonontour.com

April 14. London Marathon. 800-444-4097; www.marathonontour.com

April 28. Maraton Popular de Madrid, Madrid, Spain. www.mapoma.es

May 18. BVA Road Relays, Sutton Park, Birmingham, England. www.bvaf.org.uk

May 24-26. WMA Non-Stadia Championships, Riccione, Italy (s. of Venice). www.riccione2002wma.org

May 26. Vienna City Marathon, Vienna, Austria. www.vienne-merethon.com

June 8. Stockholm Marathon, Stockholm, Sweden. (46)8-667-19-30; www.marathon.se

June 8-9. Argentina National Masters 10K & Marathon Championships, Bahia Blanca. CAVRA, tel/fax: 54-223-4819717; veteranos@yahoo.com

June 23. Brugge Veterans Race, Brugge, Belgium. Jacques Serruys, Kammakersstraat 37, 8000 Brugge, Belgium. 0032-50-341781; fax: 0032-50-334325; email: evaa.serruys@skynet.be

July 27-28. BVAF Championships, Cophall, North London, England. www.bvaf.org.uk

RACEWALKING

April 7. USATF MAC 10K RW Championships, NYC. 212-628-1317.

April 7. USATF Missouri Valley 5K & 20K RW Championships, Columbia, Mo. 573-6675.

April 14. National Invitational Racewalks, Manassas, Va. Bob Briggs, 703-913-6335 (before 8:00 pm Eastern); www.pvrc.org

April 20. Regional 10K RW Championships, Seattle. Bev LaVeck, 206-524-4721; bevlaveck@aol.com

May 5. USATF National Masters 30K RW Championships, Sacramento, Calif. Ann Gerhardt, Buffalo Chips Club. PO Box 19910, Sacramento, CA 95819. 916-457-3466; fax: 457-0151.

May 19. USATF MAC 20K RW Championships, NYC. 212-628-1317.

May 26. USATF Long Island 20K RW Championships, Hauppauge, N.Y. 631-979-9603.

June 2. USATF National Masters 15K RW Championships, Evansville, Ind. Mike Hudson, Southern Indiana RWers, 1005 Meadowbrook Dr., Evansville, IN 47712. 812-477-0304; fax: 477-5836.

June 15. Crown Valley Senior Olympics, Pasadena CC, Pasadena, Calif. Qualifier for 2002 Calif. Sr. Games Championships. Jim Hanley, director. Contact: Cynthia Rosedale, 626-685-6754; fax: 577-4235; email: cpr@pasadenaseniorevents.org

August 8-11. USATF National Masters 5000 (9th) & 10K (11th) RW Championships, Orono, Me. See National T&F Schedule.

September 1. USATF National Masters 40K Championships, Ft. Monmouth, N.J. Elliott Denman, Shore AC, 28 N. Locust St., W. Long Branch, NJ 07764. 732-222-9080; elliottden@aol.com

September 21. USATF National Masters 5K RW Championships, Kingsport, Tenn. Bobby Baker, 318 Twin Hill Dr., Kingsport, TN 37660. 423-349-6406; bbaker@preferred.com

September 28. USATF National Masters One-Hour RW Championships, St. James, N.Y. Michael Roth, Walk USA, 185 Lake Ave., St. James, NY 11780. 631-584-9824; mjroth@IX.netcom.com

October 7-19. Huntsman World Senior Games, St. George, Utah. Contact: 800-562-1268; www.seniorgames.net

October 20. USATF National Masters 20K Championships, Coconut Creek, Fla. Dan Koch, Florida AC, 3331 N.W. 22nd St., Coconut Creek, FL 33066. 954-970-9634; fax: 970-0382; racewalker@cyberagency.net

M35-39
Milton Girouard

Dan Muenzer

M45-49
Thomas Meyer
Kevin Rabineau

U.S. MASTERS

Event	30-34	35-39	40-44
55	6.8	6.9	
60	7.4	7.55	
100	11.0	11.3	
200	22.4	23.2	
400	51.5	52.5	
800	2:02	2:04	
1500	4:20	4:22	
Mile	4:40	4:40	
3000	9:25	9:40	
5000	15:45	16:00	
10000	32:30	32:50	
55H	8.6	8.7	
60H	9.0	9.3	
110H	15.4	16.5	
100H			
80H			
400H	58.0	60.0	
300H			
3K-SC	10:10	10:30	
2K-SC			
HJ	1.90	1.85	
	6-2/4	6-1/4	
PV	4.40	4.10	
	14-5/4	13-5/4	
LJ	6.50	6.10	
	21-4	20-1/4	
TJ	13.20	12.60	
	43-3/4	41-4/4	
Shot	14.50	14.02	
	47-7	46-0	
Discus	44.80	42.80	
	147-0	140-5	
Hammer	47.24	44.20	
	155-0	145-0	
Javelin	62.00	56.00	
	203-5	183-9	
35#WT	15.00	14.00	
	49-2/4	45-11/4	
25#WT			
56#WT	9.50	9.00	
	31-2	29-6/4	
Pent.	2800	2600	
Decath.	5500	5250	
Wt. Pent.	2800	2700	

Notes: 1) 100 standards are
2) Short hurdles:
3) Long hurdles:
4) Shot putt:
5) Discus throw:
6) Hammer:
7) Javelin:
8) Metric heights ar
9) Pen/Dec/Wt Pen:

U.S. MASTERS ALL-

	1.5K	Mile	3K
W30	7:13	7:47	14:50
W35	7:22	8:03	15:18
W40	7:37	8:21	15:53
W45	8:03	8:41	16:32
W50	8:25	9:05	17:15
W55	8:55	9:31	18:05
W60	9:17	10:01	19:01
W65	9:48	10:35	20:06
W70	10:26	11:15	21:22
W75	11:10	12:01	22:51
W80	12:03	12:58	24:41
W85	13:13	14:15	27:05
W90	14:56	16:06	30:36
M30	6:31	7:01	13:21
M35	6:43	7:14	13:47
M40	6:58	7:29	14:16
M45	7:13	7:46	14:47
M50	7:33	8:05	15:23
M55	7:50	8:26	16:04
M60	8:13	8:51	16:50
M65	8:38	9:19	17:43
M70	9:08	9:50	18:44
M75	9:43	10:28	19:55
M80	10:26	11:14	21:22
M85	11:21	12:13	23:14
M90	12:41	13:39	25:58

Age-graded time/.8 for mi

RECIPIENTS OF ALL-AMERICAN AWARDS

M35-39

Milton Girouard	SP	46-10 1/2	7-19-01
	WP	2797	9-2-00
	SP	46-3 1/2	2-5-00
	DT	143-4	2-13-00
Dan Muenzer	5K	16:20	7-14-00

M45-49

Thomas Meyer	H	42.9m	6-10-01
Kevin Rabneau	3000l	10:22.60	2-15-02

M50-54

Michael Jones	3000l	10:15.07	3-23-01
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M55-59

Frank Myers	1500l	5:09.30	1-11-02
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M60-64

Maxwell Hamlin	400	63.82	7-10-01
	800	2:25.76	7-27-01
	1500	5:01.99	7-28-01
	Mile	5:23.21	8-1-01
	3000	11:16.53	8-8-01

David Rosenthal	TJ	8.96	2-22-02
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M65-69

Ole Holsti	5K RW	31:52	2-17-02
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M75-79

Danny DeMauro	5K RW	33:30	2-17-02
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W50-54

Mary Trotto	SP	8.0m	1-20-02
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U.S. MASTERS ALL-AMERICAN STANDARDS

FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
55	6.8	6.9	7.1	7.2	7.4	7.9	8.1	8.4	8.9	9.4	10.4	11.8	13.5
60	7.4	7.55	7.7	7.85	8.05	8.5	9.0	9.25	9.5	10.0	11.2	12.8	16.8
100	11.0	11.3	11.5	11.9	12.2	12.6	13.2	13.8	14.6	16.0	18.0	23.0	
200	22.4	23.2	23.8	24.6	25.5	27.0	27.9	29.5	32.0	35.0	40.2	52.0	
400	51.5	52.5	53.8	56.0	57.5	62.0	65.0	69.0	75.0	88.0	98.0	120.0	
800	2:02	2:04	2:06	2:11	2:16	2:25	2:35	2:45	3:06	3:35	3:55	4:30	
1500	4:20	4:22	4:24	4:35	4:45	5:10	5:20	5:45	6:30	7:20	8:10	9:20	
Mile	4:40	4:40	4:50	5:00	5:10	5:30	6:00	6:15	6:55	8:20	8:45	10:15	
3000	9:25	9:40	10:00	10:25	10:45	11:15	11:50	12:45	13:40	15:50	19:10	23:00	26:00
5000	15:45	16:00	16:15	16:45	17:30	18:25	19:30	21:00	23:30	26:00	29:00	32:30	
10000	32:30	32:50	33:30	36:00	38:00	39:00	40:30	44:00	48:30	54:30	61:15	68:30	
55H	8.6	8.7	9.0	9.5	10.0	10.3	10.6	10.9	11.2	11.6	12.5		
60H	9.0	9.3	9.4	9.8	10.3	10.6	10.9	11.1	11.4	12.0	13.6		
110H	15.4	16.5	17.8	18.8									
100H					18.0	19.0	20.0	21.0					
80H									18.0	21.0	25.0	30.0	
400H	58.0	60.0	62.0	64.0	68.0	71.0							
300H					48.0	51.0	55.0	60.0	67.0	75.0	85.0	95.0	
3K-SC	10:10	10:30	11:45	12:40	13:30	14:00							
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30	
HJ	1.90	1.85	1.76	1.68	1.60	1.50	1.45	1.38	1.25	1.15	1.00	0.80	
6-2 1/2	6-1/2	5-9/16	5-6	5-3	4-11	4-9	4-6 1/2	4-1 1/2	3-9/16	3-3/16	2-7/16		
PV	4.40	4.10	3.95	3.70	3.55	3.05	2.70	2.40	2.30	2.00	1.80	1.30	
14-5/16	13-5/16	12-11/16	12-1/16	11-7/16	10-0	8-10/16	7-10/16	7-8/16	6-6 1/2	5-10/16	4-3/16		
LJ	6.50	6.10	5.85	5.60	5.40	4.90	4.50	4.20	3.80	3.35	2.85	2.20	
21-4	20-1/2	19-2 1/2	18-1/2	17-8/16	16-1/2	14-9	13-9/16	12-5/16	10-11/16	9-4/16	7-2/16		
TJ	13.20	12.60	11.50	10.80	10.40	9.50	8.90	8.20	6.96	6.50	5.94	5.51	
43-3/4	41-1/4	37-8/16	35-5/16	34-1/16	31-2	29-2/16	26-11/16	22-10/16	21-4	19-6	19-5/16		
Shot	14.50	14.02	13.41	12.62	13.10	12.00	12.80	11.50	11.00	9.00	8.00	6.00	
47-7	46-0	44-0	41-5	42-11/16	39-4/16	42-0	37-8/16	36-1/16	29-6/16	26-3	19-8/16		
Discus	44.80	42.80	39.50	37.50	42.00	41.00	42.00	39.00	34.00	26.00	22.00	15.24	
147-0	140-5	129-7	123-0	137-9	134-6	137-9	127-11	111-6	85-4	72-2/16	50-0		
Hammer	47.24	44.20	40.00	39.00	39.00	36.00	32.00	30.00	24.00	20.00	17.00	17.07	
155-0	145-0	131-3	127-11	127-11	118-1	118-1	105-0	98-5	78-9	65-7/16	56-0		
Javelin	62.00	56.00	48.76	47.00	43.00	41.00	39.00	35.00	31.00	24.00	19.00	14.02	
203-5	183-9	160-0	154-2	141-1	134-6	127-11	114-10	101-8	78-9	62-4	46-0		
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00			6.00	5.00	4.00	3.00	
49-2 1/2	45-11/16	42-8	39-4/16	32-9/16	29-6/16				19-8/16	16-4/16	13-1/16	9-10	
25#Wt.						11.50	10.00	9.00	7.30	5.30	4.50		
37-8/16	32-9/16	29-6/16	23-11/16	17-4/16	14-9								
56#Wt.	9.50	9.00	8.50	8.00	6.00	5.50	5.00	4.50	3.50	3.00	2.50	2.00	
31-2	29-6/16	27-10/16	26-3	19-8/16	18-1/2	16-4/16	14-9	11-5/16	9-10	8-2/16	6-6/16		
Pent.	2800	2600	2600	2600	2600	2600	2600	2600	2600	2400	2200	2000	
Decath.	5500	5250	5250	5000	5200	5000	4500	5000	4800	4200	3000	2500	
Wt. Pent.	2800	2700	2800	3000	3000	3000	3000	3000	2600	2700	3000	3000	

- Notes: 1) 100 standards are for automatic time; use standard conversion for hand time.
 2) Short hurdles: 30-49: 39"; 50-59: 36"; 60-69: 33"; 70-79: 30"; 80+: 27"
 3) Long hurdles: 30-49: 36"; 50-59: 33"; 60-69: 30"; 70+: 27"
 4) Shot put: 30-49: 7.26kg (16lb); 50-59: 6kg; 60-69: 5kg; 70+: 27"
 5) Discus throw: 30-49: 2kg; 50-59: 1.5kg; 60+: 1.0kg; 70+: 27"
 6) Hammer: 30-49: 7.26kg (16lb); 50-59: 6kg; 60-69: 5kg; 70+: 4kg
 7) Javelin: 30-49: 800g; 50-59: 700g; 60-69: 600g; 70-79: 500g 80+: 400g
 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	4-5	4-2	4-0	3-8	3-6	3-4	3-2 1/2	3-0 1/2	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		
8-10 1/4	7-10 1/4	6-10 1/4	5-10 1/4	4-11	3-11 1/4	3-7 1/4	3-3 1/4	2-11 1/4	2-7 1/4	2-3 1/4			
LJ	4.60	4.42	4.04	3.81	3.40	3.20	3.10	2.60	2.30	2.10	1.50		
15-1	14-6	13-3	12-6	11-1 1/4	10-6	10-2	8-6 1/4	7-6 1/4	6-10 1/4	4-11			
TJ	9.50	9.09	8.43	7.49	7.01	6.40	6.20	6.00	5.50	4.50	3.89		
31-2	29-10	27-8	24-7	23-0	21-0	20-4 1/4	19-8 1/4	18-1/4	14-9	12-9			
Shot	10.30	9.32	8.51	8.40	8.00	7.77	7.50	6.60	6.00	5.20	4.30		
33-9/16	30-7	27-11	27-6 1/2	26-3	25-6	24-7 1/4	21-8	19-8 1/4	17-7 1/4	14-1 1/4			
Javelin	35.00	33.50	28.00	25.00	23.00	22.15	20.00	17.00	16.00	15.00	12.00		
114-10	109-11	91-10	82-0	75-5 1/4	72-8	65-7 1/4	55-9 1/4	52-6	49-2 1/4	39-4 1/4			
Discus	32.00	30.00	25.00	24.00	22.00	21.00	18.00	16.00	14.00	13.00	11.00		
105-0	98-5	82-0	78-9	72-2 1/4	68-10 1/4	59-7 1/4	52-6	45-11 1/4	42-8	36-1 1/4			
Hammer	35.00	32.50	30.00	25.00	23.00	22.00	21.00	18.00	14.00	12.00	9.00		
114-10	106-7	98-5	82-0	75-5 1/4	72-2 1/4	68-10 1/4	59-7 1/4	45-11 1/4	39-4 1/4	29-6 1/4			
20#Wt.	10.00	9.00	8.00	7.01									
32-9/16	29-6 1/4	26-3	23-0										
16#Wt.					8.00	7.00	6.00	5.54	5.18	5.00	4.75		
26-3	22-11 1/4	19-8 1/4	18-2	17-0	16-4 1/4	15-7							
Sup. Wt.	6.50	6.00	5.50	5.00	5.25	5.00	4.75	4.50	4.00	3.50	3.00		
21-4	19-8 1/4	18-1/2	16-4 1/4	17-2 1/4	16-4 1/4	15-7	14-9	13-1 1/4	11-5 1/4	9-10			
Wt. Pent.	2600	2500	2500	2500									

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 / 2 1/4" wide) in metric in our format receive preference. Deadline is the 10th of the month prior to issue date.

NATIONAL

USA Indoor Championships Masters
Invitational Men's Mile & Women's 400
Armory T&F Center, NYC
March 1-2

M40+ Mile

1 Mike Egle 40 Una 4:18.48
2 Doug Martyn 42 Whirlaway RT 4:20.48
3 Peter Magill 40 So Calif TC 4:21.39
4 Thomas Dalton 43 Adirondack TC 4:21.78
5 Steve Gallagher 46 Una 4:22.66
6 Jamin Aasum 42 So Calif TC 4:23.55

7 Conor O'Driscoll 40 Una 4:25.18
8 Paul Hammond 42 Whirlaway RT 4:26.31
9 Nolan Shaheed 52 So Calif TC WR 4:26.75
(Shaheed/4.27.14/2001)
10 Mike Platt 40 Syracuse Chrg 4:31.84
W40+ 400
1 Rose Monday 43 Track West 59.96
2 Denise McField 46 Una 62.34
3 Jacqueline Board 48 Una 63.02
4 Paula Dickson Taylor 48 AUI 64.78
5 Carolyn Smith Hanna 51 GVHARR 65.61
(Raschker/66.61/2000)
6 Louise Clark 44 Aura Internat 67.75

USATF National Masters Indoor Heptathlon

Carthage College, Kenosha, WI; March 2-3

Athlete Name Points 60 LJ SP HJ Day 1 HURDLE PV 1000

M35

1 Sprague, Martin 8.10 5.42m 8.38m 1.80m 11.25 2.60m 2:45.27
Berwick, IA 17'09.50 27'06.00 5'10.75 8'06.25
Age-Graded Mark: 8.00 5.70m 8.38m 1.92m 10.96 2.78m 2:41.18
Age-Graded Percent: 80.12% 63.76% 37.75% 78.60% 66.67% 45.30% 81.76%
Age: 39 3742 (560) (523) (389) (731) 2203 (374) (305) (860)

M40

1 Ellis, Ken 8.18 5.64m 11.03m 1.67m 9.41 4.30m 3:22.62
Oklahoma City, OK 18'06.00 36'02.25 5'05.75 14'01.25
Age-Graded Mark: 7.82 6.35m 11.69m 1.88m 8.78 4.94m 3:10.85
Age-Graded Percent: 82.03% 71.03% 52.67% 76.96% 83.21% 80.37% 69.05%
Age: 44 4810 (613) (664) (588) (696) 2561 (795) (892) (562)

2 Janusey, Michael 7.68 5.80m 11.06m 1.52m 10.18 3.30m 3:01.59
Venetia, PA 19'00.50 36'03.50 4'11.75 10'10.00
Age-Graded Mark: 7.34 6.53m 11.72m 1.71m 9.50 3.79m 2:51.04
Age-Graded Percent: 87.37% 73.05% 52.82% 70.05% 76.92% 61.68% 77.04%
Age: 44 4564 (765) (704) (589) (552) 2610 (639) (560) (755)

3 Twedt, Mark 8.21 5.24m 9.86m 1.70m 10.15 2.30m 3:35.16
Rockwell, IA 17'02.25 32'04.25 5'07.00 7'06.50
Age-Graded Mark: 7.85 5.90m 10.45m 1.92m 9.47 2.64m 3:22.66
Age-Graded Percent: 81.73% 65.99% 47.09% 78.34% 77.14% 42.99% 65.02%
Age: 40 3791 (604) (565) (513) (731) 2413 (646) (273) (459)

4 Doran, Rob 8.38 5.01m 10.28m 1.46m 11.95 2.80m 3:20.96
16'05.25 33'08.75 4'09.50 9'02.25
Age-Graded Mark: 8.01 5.64m 10.89m 1.64m 11.15 3.21m 3:09.29
Age-Graded Percent: 80.07% 63.10% 49.09% 67.28% 65.52% 52.34% 69.62%
Age: 40 3431 (557) (510) (539) (496) 2102 (345) (408) (576)

5 Makozy, Frank 8.31 4.74m 9.32m 1.49m 12.62 2.70m DNF
PA 15'06.75 30'07.00 4'10.50 8'10.25
Age-Graded Mark: 7.94 5.33m 9.87m 1.68m 11.77 3.10m
Age-Graded Percent: 80.75% 59.70% 44.51% 68.66% 62.04% 50.47%
Age: 40 2667 (577) (447) (478) (528) 2030 (256) (381) (0)

6 Wayda, Brian 8.31 4.55m SCR DNS SCR SCR SCR
Petersburg, IL 14'11.25
Age-Graded Mark: 7.94 5.12m
Age-Graded Percent: 80.75% 57.30%
Age: 41 982 (577) (405) (0) (0) 982 (0) (0) (0)

M45

1 Christensen, Todd 7.69 5.53m 13.86m 1.65m 9.15 3.50m 3:36.17
Alpine, UT 18'01.75 45'05.75 5'05.00 11'05.75
Age-Graded Mark: 7.11 6.66m 16.37m 1.96m 8.16 4.31m 3:16.33
Age-Graded Percent: 90.25% 74.43% 73.72% 80.10% 89.51% 70.14% 67.12%
Age: 45 5379 (844) (734) (874) (767) 3219 (942) (705) (513)

2 Russ, Jim 7.76 5.54m 10.23m 1.68m 9.35 2.90m 2:59.72
Mooresville, NC 18'02.25 33'06.75 5'06.00 9'06.25
Age-Graded Mark: 7.17 6.67m 12.08m 2.00m 8.34 3.57m 2:43.23
Age-Graded Percent: 89.43% 74.56% 54.41% 81.55% 87.59% 58.12% 80.73%
Age: 45 5210 (823) (736) (611) (803) 2973 (898) (501) (838)

3 Watry, Jeff 8.39 5.29m 10.61m 1.71m 10.40 3.30m 3:12.82
Paddock Lake, WI 17'04.25 34'09.75 5'07.25 10'10.00
Age-Graded Mark: 7.76 6.37m 12.53m 2.03m 9.27 4.06m 2:55.12
Age-Graded Percent: 82.72% 71.20% 56.44% 83.01% 78.75% 66.13% 75.25%
Age: 46 4803 (631) (668) (639) (831) 2769 (687) (634) (713)

4 Zahn, Robert 8.06 5.25m 10.06m 1.68m 9.32 2.30m 3:34.66
Grafton, WI 17'02.75 33'00.25 5'06.00 7'06.50
Age-Graded Mark: 7.45 6.32m 11.88m 2.00m 8.31 2.83m 3:14.96
Age-Graded Percent: 86.10% 70.66% 53.51% 81.55% 87.88% 46.09% 67.59%
Age: 48 4534 (729) (657) (599) (803) 2788 (905) (316) (525)

5 Berquist, Brian 7.99 4.93m 10.09m 1.50m 10.77 2.40m 3:35.76
16'02.25 33'01.25 4'11.00 7'10.50
Age-Graded Mark: 7.39 5.94m 11.91m 1.78m 9.60 2.95m 3:15.96
Age-Graded Percent: 86.86% 66.35% 53.67% 72.82% 76.04% 48.10% 67.25%
Age: 48 4014 (749) (574) (601) (610) 2534 (619) (345) (516)

6 Meares, Kelly 8.66 4.89m 9.11m 1.62m 11.17 3.30m 3:58.97
Carl Junction, MO 16'00.50 29'10.75 5'03.75 10'10.00
Age-Graded Mark: 8.01 5.89m 10.75m 1.92m 9.96 4.06m 3:37.04
Age-Graded Percent: 80.14% 65.81% 48.46% 78.64% 73.32% 66.13% 60.71%
Age: 48 3913 (557) (563) (531) (731) 2382 (549) (634) (348)

7 Watson, Richard 9.50 4.34m 10.07m 1.47m 11.72 2.70m 3:56.99
Yuma, AZ 14'03.00 33'00.50 4'09.75 8'10.25
Age-Graded Mark: 8.78 5.22m 11.89m 1.75m 10.45 3.32m 3:35.24
Age-Graded Percent: 73.05% 58.41% 53.56% 71.36% 69.88% 54.11% 61.22%
Age: 49 3220 (354) (425) (600) (585) 1964 (459) (436) (361)

M50

1 Hawkins, John 8.51 5.07m 11.26m 1.68m 11.66 3.60m 3:41.39
West Vancouver, BC 16'07.75 36'11.50 5'06.00 11'09.75
Age-Graded Mark: 7.61 6.53m 13.47m 2.10m 10.25 4.76m 3:13.46
Age-Graded Percent: 84.25% 73.05% 60.67% 86.15% 71.27% 77.42% 68.12%
Age: 52 4844 (678) (704) (696) (896) 2974 (495) (837) (538)

2 Dolezel, Jim 8.02 5.39m 8.14m 1.47m 10.20 3.10m 3:29.92
Midwest City, OK 17'08.25 26'08.50 4'09.75 10'02.00
Age-Graded Mark: 7.17 6.94m 9.73m 1.84m 8.96 4.09m 3:03.43
Age-Graded Percent: 89.40% 77.67% 43.86% 75.38% 81.47% 66.67% 71.84%
Age: 51 4780 (823) (799) (469) (661) 2752 (755) (642) (631)

3 Russell, Alan 8.03 5.36m 11.81m 1.56m 10.79 2.50m 4:10.58
Ames, IA 17'07.00 38'09.00 5'01.25 8'02.50
Age-Graded Mark: 7.18 6.90m 14.12m 1.95m 9.48 3.30m 3:38.96
Age-Graded Percent: 89.29% 77.23% 63.63% 80.00% 77.02% 53.76% 60.18%
Age: 51 4512 (819) (790) (736) (758) 3103 (644) (431) (334)

4 Holmes, Carter 8.65 4.96m 9.01m 1.38m 11.29 2.00m 3:16.56
Minneapolis, MN 16'03.25 29'06.75 4'06.25 6'06.75
Age-Graded Mark: 7.74 6.39m 10.77m 1.73m 9.92 2.64m 2:51.76
Age-Graded Percent: 82.89% 71.47% 48.55% 70.77% 73.60% 43.01% 76.72%
Age: 52 3987 (637) (673) (532) (569) 2411 (556) (273) (747)

5 Moser, Mike 9.15 4.33m 9.76m 1.38m 12.21 2.00m 3:28.79
Eagan, MN 14'02.50 32'00.25 4'06.25 6'06.75
Age-Graded Mark: 8.18 5.58m 11.67m 1.73m 10.73 2.64m 3:02.45
Age-Graded Percent: 78.36% 62.39% 52.59% 70.77% 68.06% 43.01% 72.23%
Age: 52 3486 (509) (498) (586) (569) 2162 (411) (273) (640)

6 Jackson, Mike 8.95 4.81m 9.85m 1.32m 11.91 2.70m 4:53.94
Burlison, TX 15'09.50 32'03.75 4'04.00 8'10.25
Age-Graded Mark: 8.00 6.19m 11.78m 1.65m 10.47 3.57m 4:16.85
Age-Graded Percent: 80.11% 69.31% 53.07% 67.69% 69.77% 58.06% 51.30%
Age: 50 3357 (560) (628) (593) (504) 2285 (456) (501) (115)

7 Graf, Dan 8.61 3.58m 10.38m 1.26m 12.69 1.50m 3:48.54
Milwaukee, WI 11'09.00 34'00.75 4'01.50 4'11.00
Age-Graded Mark: 7.70 4.61m 12.41m 1.58m 11.15 1.98m 3:19.70
Age-Graded Percent: 83.28% 51.59% 55.93% 64.62% 65.48% 32.26% 65.98%
Age: 53 3005 (650) (310) (631) (449) 2040 (345) (136) (484)

8 Schuster, Neal 9.32 4.25m 7.26m 1.32m 13.35 2.40m 3:48.18
Shorewood, WI 13'11.50 23'10.00 4'04.00 7'10.50
Age-Graded Mark: 8.34 5.47m 8.68m 1.65m 11.73 3.17m 3:19.39
Age-Graded Percent: 76.93% 61.24% 39.12% 67.69% 62.25% 51.61% 66.09%
Age: 54 2998 (465) (475) (407) (504) 1851 (262) (398) (487)

9 Druckrey, Stan 7.80 5.67m 8.92m 1.35m DNF DNS SCR
South Milwaukee, WI 18'07.25 29'03.25 4'05.00
Age-Graded Mark: 6.98 7.30m 10.67m 1.69m
Age-Graded Percent: 91.92% 81.70% 48.06% 69.23%
Age: 53 2837 (889) (886) (526) (536) 2837 (0) (0) (0)

10 Hough, Norman 8.62 4.63m 11.25m 1.47m SCR DNS SCR
Fayetteville, GA 15'02.25 36'11.00 4'09.75
Age-Graded Mark: 7.71 5.96m 13.45m 1.84m
Age-Graded Percent: 83.18% 66.71% 60.61% 75.38%
Age: 54 2580 (646) (578) (695) (661) 2580 (0) (0) (0)

M55

1 Baker, Robert 8.15 5.22m 10.01m 1.50m 10.30 2.80m 3:45.48
Metairie, LA 17'01.50 32'10.25 4'11.00 9'02.25
Age-Graded Mark: 7.05 7.19m 13.34m 1.98m 8.59 3.97m 3:09.02
Age-Graded Percent: 90.92% 80.43% 60.12% 81.08% 85.05% 64.52% 69.71%
Age: 56 5224 (865) (859) (688) (785) 3197 (839) (609) (579)

2 Colliver, Ron 8.55 4.79m 10.17m 1.53m 11.19 3.10m 3:45.68
Hominy, OK 15'08.75 33'04.50 5'00.25 10'02.00
Age-Graded Mark: 7.40 6.60m 13.55m 2.02m 9.33 4.39m 3:09.19
Age-Graded Percent: 86.67% 73.81% 61.08% 82.70% 78.28% 71.43% 69.65%
Age: 59 4968 (745) (720) (701) (822) 2988 (675) (728) (577)

3 Angus, Bill 8.85 4.73m 9.53m 1.44m 10.29 2.70m 3:41.14
Salem, OH 15'06.25 31'03.25 4'08.75 8'10.25
Age-Graded Mark: 7.66 6.52m 12.70m 1.90m 8.58 3.82m 3:05.39
Age-Graded Percent: 83.73% 72.88% 57.24% 77.84% 85.13% 62.21% 71.08%
Age: 59 4748 (662) (702) (649) (714) 2727 (841) (568) (612)

4 Thorne, Tom 8.71 4.78m 10.05m 1.47m 11.49 2.30m 8:53.07
Neosha, MO 15'08.25 32'11.75 4'09.75 7'06.50
Age-Graded Mark: 7.54 6.58m 13.39m 1.94m 9.58 3.26m 7:26.88
Age-Graded Percent: 85.07% 73.65% 60.36% 79.46% 76.24% 53.00% 29.49%
Age: 55 3900 (700) (716) (691) (749) 2856 (623) (421) (0)



Continued on next page

Continued from previous

5 Clapper, Henry

Age-Graded Mark:
Age-Graded Percent:
Age: 55 33

6 Danner, Chuck

Metamora, IL
Age-Graded Mark:
Age-Graded Percent:
Age: 59 25

M60

1 Pawlik, Emil
Jackson, MS
Age-Graded Mark:
Age-Graded Percent:
Age: 63 534

2 Schueler, Herbert

Rockford, IL
Age-Graded Mark:
Age-Graded Percent:
Age: 60 346

3 Mills, Bruce

IL
Age-Graded Mark:
Age-Graded Percent:
Age: 63 336

M65

1 Jankovich, Bill
Racine, WI
Age-Graded Mark:
Age-Graded Percent:
Age: 68 429

M75

1 Hirsimaki, Fred
Findlay, OH
Age-Graded Mark:
Age-Graded Percent:
Age: 77 448

M85

1 Thorne, Pops
Neosha, MO
Age-Graded Mark:
Age-Graded Percent:
Age: 85 1127

Athlete Name P

W45

1 Johnson, Liz
Charlotte, NC
Age-Graded Mark:
Age-Graded Percent:
Age: 45 296

2 Cochrane, Nancy

La Quinta, CA
Age-Graded Mark:
Age-Graded Percent:
Age: 49 277

W55

1 Raschker, Phil
GA
Age-Graded Mark:
Age-Graded Percent:
Age: 55 627

Womens PV score base

EAST

Syracuse Chargers

Pentathlon

Syracuse, NY; F

(HHLJ/SPHJ/1000)

10/01/6-2.5/3-2/4-8/3-3

Bob Doran 48

(9/31/6-5.75/26-1.75/5-4

Paul Foster 38

(9/8/13-5.25/4-7.5/4-10

Syracuse Chargers in

Syracuse, NY; F

55m

M35 Aston Scott

M40 Nick Allen

M45 Tom Daly

M50 Bob Davis

M60 Tom Fondy

400m

M35 Aston Scott

M40 Ed Lindo

M45 Dan Swanson

Mark Rybinski

M50 Bob Micho

M60 Dom Rappazzo

M70 Bob Parrino

Continued from previous page

5 Clapper, Henry 9.35 4.22m 9.55m 1.44m 12.26 2.20m 5:27.01
 13'10.25 31'04.00 4'08.75 7'02.50
 Age-Graded Mark: 8.09 5.81m 12.73m 1.90m 10.22 3.11m 4:34.14
 Age-Graded Percent: 79.25% 65.02% 57.36% 77.84% 71.45% 50.69% 48.07%
 Age: 55 3380 (534) (546) (651) (714) 2445 (500) (384) (51)

6 Danner, Chuck 14.81 3.13m SCR SCR SCR DNS SCR
 Metamora, IL 10'03.25
 Age-Graded Mark: 12.81 4.31m
 Age-Graded Percent: 50.03% 48.23%
 Age: 59 257 (0) (257) (0) (0) 257 (0) (0) (0)

M60
 1 Pawlik, Emil 8.52 5.03m 10.86m 1.51m 9.64 2.20m 4:09.11
 Jackson, MS 16'06.00 35'07.75 4'11.50 7'02.50
 Age-Graded Mark: 7.13 7.41m 14.72m 2.10m 7.93 3.34m 3:19.59
 Age-Graded Percent: 90.02% 82.87% 66.34% 85.80% 92.12% 54.46% 66.02%
 Age: 63 5343 (837) (913) (772) (896) 3418 (999) (441) (485)

2 Schueler, Herbert 9.05 3.78m 8.25m 1.26m 13.22 1.45m 3:56.78
 Rockford, IL 12'05.00 27'01.00 4'01.50 4'09.00
 Age-Graded Mark: 7.57 5.57m 11.18m 1.75m 10.87 2.20m 3:09.71
 Age-Graded Percent: 84.75% 62.27% 50.40% 71.59% 67.17% 35.89% 69.46%
 Age: 60 3468 (690) (496) (557) (585) 2328 (389) (179) (572)

3 Mills, Bruce 9.55 3.50m 8.37m 1.36m 11.85 1.60m 4:39.38
 IL 11'05.75 27'05.50 4'05.50 5'03.00
 Age-Graded Mark: 7.99 5.16m 11.34m 1.89m 9.75 2.43m 3:43.84
 Age-Graded Percent: 80.31% 57.66% 51.13% 77.27% 74.94% 39.60% 58.87%
 Age: 63 3363 (563) (413) (566) (705) 2247 (589) (227) (300)

M65
 1 Jankovich, Bill 9.25 4.09m 9.68m 1.16m 12.18 2.20m 4:33.93
 Racine, WI 13'05.00 31'09.25 3'09.50 7'02.50
 Age-Graded Mark: 7.45 6.45m 14.62m 1.70m 9.40 3.58m 3:28.71
 Age-Graded Percent: 86.16% 72.13% 65.85% 69.46% 77.75% 58.36% 63.14%
 Age: 68 4299 (729) (686) (766) (544) 2725 (660) (503) (411)

M75
 1 Hirsimaki, Fred 12.18 3.43m 9.26m 1.26m 10.40 1.90m 6:07.60
 Findlay, OH 11'03.00 30'04.75 4'01.50 6'02.75
 Age-Graded Mark: 8.90 6.18m 15.53m 2.05m 7.16 3.56m 4:07.69
 Age-Graded Percent: 72.09% 69.15% 69.99% 84.00% 102.02% 57.93% 53.20%
 Age: 77 4485 (327) (626) (822) (850) 2625 (1204) (498) (158)

M85
 1 Thorne, Pops 15.65 1.87m 4.73m 0.60m 42.07 0.92m 8:51.51
 Neosha, MO 6'01.75 15'06.25 1'11.50 3'00.25
 Age-Graded Mark: 10.02 4.00m 10.44m 1.12m 23.02 2.05m 5:00.63
 Age-Graded Percent: 64.03% 44.74% 47.06% 45.80% 31.71% 33.45% 43.83%
 Age: 85 1127 (117) (206) (512) (142) 977 (0) (149) (1) (s10H)

Athlete Name Points 60 LJ SP HJ Day 1 HURDLE PV 800
 W45
 1 Johnson, Liz 10.24 3.57m 7.46m 1.24m 12.27 1.60m 3:28.33
 Charlotte, NC 11'08.50 24'05.75 4'00.75 5'03.00
 Age-Graded Mark: 9.34 4.43m 9.14m 1.51m 10.84 2.02m 3:05.54
 Age-Graded Percent: 74.12% 58.91% 42.63% 72.51% 70.99% 45.45% 60.84%
 Age: 45 2967 (482) (411) (473) (632) 1998 (563) (191) (315)

2 Cochrane, Nancy 10.31 3.43m 5.80m 1.27m 13.21 1.45m 3:23.54
 La Quenta, CA 11'03.00 19'00.50 4'02.00 4'09.00
 Age-Graded Mark: 9.40 4.25m 7.10m 1.54m 11.67 1.83m 3:01.28
 Age-Graded Percent: 73.62% 56.60% 33.14% 74.27% 65.93% 41.19% 62.27%
 Age: 49 2776 (468) (367) (341) (666) 1842 (432) (149) (353)

W55
 1 Raschker, Phil 8.71 4.63m 8.47m 1.42m 10.40 2.85m 3:33.54
 GA 15'02.25 27'09.50 4'07.75 9'04.25
 Age-Graded Mark: 7.36 6.64m 11.82m 1.95m 8.07 4.18m 2:53.29
 Age-Graded Percent: 94.14% 88.36% 55.14% 93.42% 95.38% 94.06% 65.14%
 Age: 55 6273 (1055) (1053) (649) (1171) 3928 (1113) (802) (430)

Womens PV score based on men 10 years older - i.e. W45 + 10 look up score for M55

EAST
 Syracuse Chargers TC Indoor Pentathlon Syracuse, NY; Feb. 9 (H/L/J/S/P/H/1000)
 Rob Doran 43 (10.016-2.533-2/4-8/3.1.9)
 Bob Doran 48 (9.3/16-5.75/26-1.75/5-4.25/m)
 Paul Foster 38 1620 (9.8/13-5.5/25-4.75/4-10.25/3.47.5)
 Syracuse Chargers Indoor Meet Syracuse, NY; Feb. 9
 55m
 M35 Aston Scott 7.1
 M40 Nick Allen 9.3
 M45 Tom Daly 7.8
 M50 Bob Davis 7.4
 M60 Tom Fondy 7.7
 400m
 M35 Aston Scott 55.1
 M40 Ed Lindo 65.5
 M45 Dan Swanson 59.4
 Mark Rybinski 60.3
 M50 Bob Micho 61.5
 M60 Dom Rappazzo 64.3
 M70 Bob Parrino 1:40.8

USATF New Jersey Masters Indoor Championships Hackensack; Feb. 11
 55m
 M30 Chris Anojty 6.96
 M35 Gregory Foster 6.89
 M40 Lovell Butler 7.02
 M45 David Ranson 7.23
 M50 Jesse Norman 7.47
 M55 Joseph Johnson 7.74
 M60 Roosevelt Weaver 7.96
 M65 Leon Trout 8.58
 M70 James Stookey 8.36
 M80 Jim Manno 9.10
 M85 W Tashian 11.88
 W30 Nedenia West 8.20
 W35 Shemayne Williams 8.07
 W50 Mary Trotto 11.02
 W60 Jan Rindge 13.01
 W65 Mary Roman 10.36
 W85 Adrienne Salmini 22.50
 200m
 M30 Cortez Grimes 27.77
 M35 Mitchell Lovett 25.03
 M40 Keith Royster 26.00

M45 Archie Glaspy 25.56
 M50 Jesse Norman 26.08
 M55 Richard Jones 28.61
 M60 John Mac Donald 29.95
 M65 Leon Trout 24.41
 M70 James Stookey 30.29
 M75 John McManus 38.42
 M80 Jim Manno 35.33
 W30 Nedenia West 32.01
 W35 Alethea Morris 26.73
 W50 Mary Rosado 35.68
 W60 Madeline Bost 51.46
 W65 Mary Roman 44.20
 W85 Adrienne Salmini 1:43.78
 400m
 M30 Carlos Martins 59.13
 M35 Mitchell Lovett 54.12
 M40 Keith Royster 57.51
 M45 Archie Glaspy 56.69
 M50 Jesse Norman 58.31
 M55 Richard Jones 1:06.67
 M60 John Mac Donald 1:05.77
 M65 Irwin Bernstein 1:12.80
 M70 Ray Cherniak 1:20.14
 M75 Jim Manno 1:20.80
 W35 Alethea Morris 59.55
 W45 Irene Thompson 1:13.03
 W50 Mary Rosado 1:17.37
 W60 Madeline Bost 1:51.34
 W65 Audrey Lary 1:31.58
 W85 Adrienne Salmini 2:55.10
 800m
 M30 Richard Carlson 2:14.59
 M35 Rohan Elleston 2:09.32
 M40 Bob Andrews 2:13.23
 M45 Tony Plaster 2:17.94
 M50 Peter Reinhart 2:23.78
 M55 Jonathan Tetherly 2:38.55
 M60 Pat Cosgrove 2:43.69
 M65 Frank Haviland 2:37.32
 M70 Ray Cherniak 3:13.28
 M75 John McManus 3:14.98
 W35 Dawn Best 2:38.25
 W45 Taylor Dickson 2:41.00
 W50 Mary Trotto 3:35.30
 W60 Madeline Bost 3:50.80
 1500m
 M30 Gary Rosenberg 4:21.77
 M35 Paul Buccino 4:26.40
 M40 John Papp 4:27.03
 M50 Roger Price 4:45.67
 M55 Douglas Brown 4:51.83
 M60 Dave Gemidge 5:15.77
 M65 Frank Haviland 5:22.73
 M75 John McManus 6:42.75
 M85 Dudley Healy 10:13.97
 W30 Mary Chervenak 5:30.12
 W35 Beth Chermalis 5:12.10
 W40 Lisa Swain 5:29.64
 W50 Erika Campbell 5:49.06
 W55 Irene Holzman 7:03.32
 W60 Madeline Bost 7:25.77
 W70 Toshiko D'Elia WR 6:47.46 (Jose Waller/GBR/6.60.6/1993)
 3000m
 M35 Paul Buccino 9:35.54
 M40 John Papp 9:46.95
 M45 Pay Scheck 11:18.52
 M50 Harold Nolan 9:45.34
 M55 Douglas Brown 10:35.20
 M60 Pat Cosgrove 11:34.57
 M65 Mark Lennigan 13:45.61
 M75 Robert Mimm 19:16.21
 M85 Dudley Healy 20:00.26
 W35 Beth Chermalis 10:52.18
 W45 Linda Ryan 12:28.91
 W50 Lois Brown Klein 15:20.06
 W60 Madeline Bost 16:26.53
 Short Hurdles
 M35 Glenn Patterson 8.16
 M45 Al Cestero 9.83
 M50 Noah Perlis 11.24
 M55 Michael Milove 9.80
 M60 Nate Byrd 9.70
 M65 Leon Trout 10.56
 M70 James Stookey 9.28
 W35 Denise Jones 14.60
 W45 Irene Thompson 9.74
 4x400m Relay
 M40 No Jersey Masters 4:06.75
 M50 Shore AC 4:37.48
 4x800m Relay
 M30 Running Company 9:10.57
 M40 The Bears 9:53.09
 M50 Rariton Valley RR 10:52.34

High Jump
 M40 John Majewski 1.65
 M45 Al Cestero 1.55
 M50 Bob Boddy 1.45
 M55 Lee Buster 1.40
 M60 Jerry Sullivan 1.15
 M65 Leon Trout 1.30
 W60 Evelyn Wright 1.25
 Pole Vault
 M35 Duncan Littlefield 3.99
 M50 Bob Reese 2.44
 M55 Jeff Tindall 2.74
 M65 James Duncan 2.13
 W60 Evelyn Wright 1.83
 Long Jump
 M35 Gregory Foster 6.40
 M40 Robert McIntosh 6.03
 M45 David Ranson 5.32
 M50 Bob Boddy 4.83
 M55 Michael Milove 4.72
 M60 John Boykin 3.90
 M65 Leon Trout 4.10
 M70 Jack Lance 5.61
 W35 Dawn Best 4.06
 W50 Mary Trotto 2.30
 W60 Evelyn Wright 3.62
 Triple Jump
 M30 Chris Anojty 12.14
 M35 Gregory Foster 13.01
 M40 Bob Aylingh 8.64
 M45 Mark Johnson 9.15
 M50 Dave Friedman 7.78
 M60 K M Thomas 7.11
 M70 James Stookey 9.25
 M75 Zelig Strauss 4.59
 M80 Eddie Coyle 4.08
 W45 Irene Thompson 8.13
 W60 Evelyn Wright 7.32
 Shot Put
 M40 Goran Milanovic 12.72
 M45 Dennis Hansen 10.88
 M50 Rich Dunphy 9.91
 M55 Walter Roucken 10.24
 M60 John Boykin 10.36
 M65 Danese Sereno 9.88
 W50 William Bergen 8.15
 M75 Zelig Strauss 9.11
 W40 Oneitha Lewis 13.87
 W50 Mary Trotto 6.99
 W55 Rosalyn Katz 7.96
 W60 Evelyn Wright 9.28
 W65 Mary Roman 9.17
 1500m RW
 M35 Bruce Logan 7:59.42
 M60 Manny Eisner 8:05.37
 M65 Bob Barrett 7:55.47
 M70 Bill Hogan 14:00.73
 M75 Robert Mimm 9:26.39
 M80 Tim Dyas 11:28.68
 W45 Sherry Brosnahan 7:53.64
 W65 Mary Alice Stookey 12:24.47
 MAC Indoor Championships 168th St. Armory, NYC; Feb. 22
 60m
 M35 Jim Reilly 7.32
 Shawn Carson 7.51
 Costas Philippides 7.52
 M40 Mitchell Lovett 7.24
 Damell Gatting 7.30
 Tony Fulton 7.38
 M45 Thomas Jones 7.49
 Greg McBride 7.81
 Don Passman 7.91
 M50 Bob Davis 9.16
 Noah Perlis 8.55
 M55 Melvin Fields 8.10
 Dennis Newton 8.29
 David Molloy 8.29
 M60 Gene Ballard 8.61
 Richard Rizzo 8.80
 Larry Rosenthal 8.83
 M65 Larry Colbert 9.34
 Lloyd Williams 8.71
 Tom Talbott 10.12
 W35 Alethea Morris 7.66
 Charlene Landrum 7.93
 Robin L. Moore 8.18
 W40 Louise Clark-Feaster 8.87
 W45 Denise Whitaker-Crain 9.56
 200m
 M35 Howard Lindsay 23.66
 Leon Winder 25.17
 Kevin McKenna 26.99
 M40 Mitchell Lovett 23.23
 Damell Gatting 23.56
 David Bynoe 25.21
 M45 Thomas Jones 23.75
 Keith Royster 23.76
 Don Passman 26.56
 M50 Jesse Norman 24.45
 Errol Lee 25.89
 Dennis Brown 26.12
 M55 Ron Johnson 25.83
 Melvin Fields 26.02
 David Gingras 34.21
 M65 Larry Colbert 27.68
 Irwin Bernstein 33.39
 Tom Talbott 34.60
 M75 John McManus 39.64
 M85 Bob Matteson 42.30
 W30 Aimee Louise 28.89
 W35 Althea Morris 25.43
 Shemayne William 27.06
 Dawn Best 30.05
 W40 Louise Clark-Feaster 29.35
 W50 Mary Trotto 41.47
 400m
 M35 Howard Lindsay 53.66
 Alan Bautista 55.02
 Kevin McKenna 59.96
 M40 Mitchell Lovett 52.03
 David Bynoe 55.57
 Michael DeLuz 59.25
 M45 Ben James 53.14
 Edward Goner 53.72
 Francis Schiro 56.18
 M50 Alston Brown 53.37
 Errol Lee 58.15
 Dennis Brown 58.38
 M55 Richard Hamner 57.51
 Frank Handelman 1:01.75
 Mike Radov 1:02.09
 M60 Richard Rizzo 1:02.85
 Dan Hamner 1:07.40
 M65 Larry Colbert 1:00.87
 Irwin Bernstein 1:13.04
 Tom Talbott 1:27.49
 M80 Jim Manno 1:21.78
 M85 Bob Matteson 1:38.05
 W30 Lisa Daley 1:02.87
 W35 Alethea Morris 59.43
 Dawn Best 1:06.07
 Dawn Isaac 1:06.25
 W40 Susan Krogstad-Hill 1:07.22
 W45 Mary Dwer 1:24.82
 W50 Sharon Warren 1:07.82
 Hillin Stubendorff 1:10.33
 Mary Rosado 1:15.71
 800m
 M30 Scott Fawcett 2:14.26
 Angelo Harasts 2:15.49
 Felix Pereira 2:16.08
 M35 Marc Nesbitt 2:08.58
 Tom Metz 2:09.23
 Larry Glazer 2:09.76
 M40 Rich Agnello 2:10.83
 Chuck Shields 2:13.95
 Craig Plummer 2:18.93
 M45 Thomas Hartshome 2:12.88
 James McFarlane 2:15.19
 Harry Lichtenstein 2:49.48
 M50 Alston Brown 2:05.03
 William Hart 2:58.67
 M55 Johnathan Tetherly 2:34.27
 John Kuhl 2:43.87
 Bill Indek 2:47.41
 M60 Sid Howard 2:23.20
 Dominic Rappazzo 2:34.52
 M65 Ken Baker 2:35.98
 M70 Jim Sutton 2:34.10
 M75 Jim McManus 3:24.03
 W30 Maxine Wynter 2:36.44
 W45 D Whitaker-Crain 2:44.87
 Mary Dwer 3:14.68
 W55 Sylvie Kimche 2:47.60
 W60 M-L Michelson 2:55.91
 Mile
 M40 Alan Porter 4:49.52
 Keith Davies 4:51.64
 Chuck Shields 5:05.78
 M60 John Hurley 7:15.69
 3000m
 M30 Erik Goetze 9:00.34
 Mike Kairus 9:07.38
 Espen Kateras 10:35.21
 M40 Donald DiDonato 9:20.06
 Spook Handy 10:22.10
 M45 Dave Huch 10:14.06
 Tom Allen 11:59.58

Continued on next page

Continued from previous page

M70 Andy Anderson	33.48
W30 Nila Neat	34.91
W35 Susan Sanchez	41.48
400m	
M30 Mike Martindale	59.59
M35 Rawlie Crichlow	52.09
M40 Dave DiMassa	56.57
Darrell Turnipseed	57.99
Alvin Rollier	58.60
M50 Jim Fallon	60.97
Parker White	61.34
Steve Humphries	67.02
M55 Mike Granum	60.47
800m	
M35 Jeff Turcotte	2:31.35
M40 Steve Terrill	2:09.59
Larry Pardee	2:32.40
M45 Rob Muehlenberg	2:19.86
M50 David Salazar	2:06.10
Jim Fallon	2:26.58
W35 Eileen Prescott	2:51.56
W45 Carla Hoppie	2:43.51
1 Mile	
M35 August Luna	5:37.03
Jeff Turcotte	6:06.82
M40 Larry Pardee	5:42.47
M45 Rob Muehlenberg	5:05.34
W30 Bobbie Waite	5:33.18
W35 Eileen Prescott	6:04.03
Josephine Chee	6:49.94
W40 Kellie Archuletta	6:12.49
W50 Sue Humphries	6:38.88
60mH	
M30 Kane Wilson	8.89
James Jaeger	10.27
M35 James Smith	8.95
M40 Michael Smith	9.87
M45 Stacy Price	9.12
Dan Ayub	11.42
Richard Watson	11.92
M50 Pat Fahy	10.13
Clay Hull	12.03
M60 Robert Gent	12.37
W45 Nancy Cochrane	12.68
1 Mile Relay	
M30 Dineh Runners	4:27.35
W30 Dineh Runners	5:14.46
High Jump	
M45 Brian Campbell	1.80
Richard Watson	1.45
M50 Pat Fahy	1.50
Clay Hull	1.35
M55 Buster Byrnes	1.35
Mike Granum	1.20
M60 Robert Gent	1.35
W45 Carla Hoppie	1.30
Nancy Cochrane	1.27
Pole Vault	
M30 Brian Zaglauer	4.30
James Jaeger	3.50
M45 Roy Willets	3.20
Richard Watson	2.60
M55 Buster Byrnes	2.30
Long Jump	
M30 Brian Zaglauer	6.22
James Jaeger	5.58
M40 Michael Smith	4.58
M50 Pat Fahy	5.46
M55 Buster Byrnes	3.75
M60 Robert Gent	3.16
W35 Shawna Collins	4.25
Shot Put	
M30 David Nixon	11.38
Kane Wilson	11.07
M40 Steve Janusz	8.52
M45 Richard Watson	9.85
M50 Michael Shiaras	13.24
Clay Hull	11.83
M55 Buster Byrnes	9.57
M60 Robert Gent	9.43
W30 Rebecca Harrington	8.42
W35 Donna Kee	8.39
W40 Chris Perryman	7.32
W45 Nancy Cochrane	5.09
Grand Canyon State Games	
Tempe, AZ; March 2	
100m	
M35 James Smith	12.35
M40 Michael Sullivan	12.46
Ron Gray	12.96
Eric Peay	13.45
M45 Seb Onyepunuka	12.45
Jim Langley	13.83
M55 Bob Zawidski	15.74
M60 Fred Kjer	13.81
Merv Armstrong	14.95
W45 Lynn Long	21.86
W60 Kathy Bergen	15.12
200m	
M30 Johnny Martinez	25.70
M35 Rawlie Crichlow	23.50
James Smith	24.20
M40 Michael Sullivan	24.00
Dave DiMassa	25.40

Eric Peay	27.40
M50 David Salazar	26.10
Jerry Canavan	33.80
M60 Fred Kjer	29.70
Merv Armstrong	30.90
W30 Jennifer Burks	28.50
W35 Colleen Barney	29.40
W55 Kathy Jager	31.30
400m	
M35 Rawlie Crichlow	53.89
M40 Dave DiMassa	55.64
M50 David Salazar	55.52
David Fallen	61.31
M60 Fred Kjer	65.20
W35 Colleen Barney	67.86
W55 Bonnie Sisson	2:09.82
800m	
M30 Chris Standage	2:09.52
Johnny Martinez	2:22.94
M35 Michael Gray	2:13.85
Paul Sadorf	2:28.95
M40 Martin Pena	2:09.74
M45 Mark Hamlett	2:19.10
M50 David Fallen	2:21.21
Buck Lentzer	2:37.79
Carlton Yoshioka	2:42.38
1500m	
M30 Roman Navarro	6:19.64
M35 Jeff Maples	4:48.46
Jim Prescott	5:04.50
M45 Mark Hamlett	5:01.96
Chuck Collins	5:46.02
M50 Buck Lentzer	5:25.43
Carlton Yoshioka	6:02.03
W35 Eileen Prescott	5:37.28
W55 Bonnie Sisson	10:40.00
3000m	
W30 Jennifer Burks	13:17.01
W35 Eileen Prescott	11:44.06
W40 Paula Webb	11:53.24
W70 Elaine Doblir	16:09.14
5000m	
M30 Johnny Martinez	19:00.31
Roman Navarro	23:18.65
M35 David Doblir	18:00.66
Jim Prescott	18:51.63
M45 Paul Ruckel	18:12.82
Chuck Collins	19:10.24
M50 Buck Lentzer	19:07.54
Carlton Yoshioka	21:11.82
100mH	
M35 James Smith	16.51
M40 Michael Smith	17.93
Perry Fraley	18.17
300mH	
M35 James Smith	42.70
M40 Michael Smith	49.77
Eric Johnson	55.90
M60 Ronald Sandler	63.50
4x800m Relay	
M40 Jimmy Jacks	11:16.04
High Jump	
M35 Dana Edwards	1.35
M40 Michael Smith	1.55
Zygmunt Gorgol	1.50
Eric Johnson	1.30
M45 Brian Campbell	1.80
Michael Johnson	1.45
M50 Pat Fahy	1.60
Tim Colby	1.40
M55 John Perkins	1.40
Bruce Long	1.35
Bob Zawidski	1.30
M60 Bert Bergen	1.35
George Davies	1.35
Andy Almaraz	1.20
M65 Phil Shipp	1.35
M80 Roy Clark	0.88
W55 Kathy Jager	1.15
W60 Kathy Bergen	1.29
Pole Vault	
M40 Perry Fraley	3.50
M50 Bruce Kleinstein	2.28
M55 Larry Jones	2.74
Al Potter	2.74
Bruce Long	2.74
John Perkins	2.74
M60 George Davies	2.74
Dick Cunningham	2.43
W55 Kathy Jager	2.28
Long Jump	
M30 Cameron Ivie	5.42
M40 Eric Peay	5.22
Michael Smith	4.59
Eric Johnson	3.91
M45 Mark Hamlett	3.89
Mark Whitten	3.65
M50 Pat Fahy	5.29
M55 Bob Zawidski	4.03
Larry Jones	3.69
John Perkins	3.52
M60 Merv Armstrong	3.92
W30 Jennifer Burks	5.21
Triple Jump	
M30 Cameron Ivie	12.29
M50 Pat Fahy	11.42

M60 Merv Armstrong	7.84
Shot Put	
M30 Geoffrey Riggs	10.03
Lawson Spiers	9.51
M40 John Patton	12.70
Eric Johnson	7.24
M45 Michael Johnson	9.69
Jim Langley	8.80
Ben Wheelis	7.66
M50 Michael Shiaras	13.91
Tim Colby	10.74
Dave Kerns	9.11
M55 Hal Fisher	10.94
Charles Quarelli	9.55
M60 George Davies	12.21
James Rivard	9.36
M65 Ben McGrady	12.43
Phil Shipp	11.09
M70 Ed Cooper	8.51
Roger Pearson	6.67
M80 Roy Clark	6.53
W30 Rebecca Harrington	7.95
W40 Chris Perryman	7.84
W45 Lora Radicke	6.57
W55 Kathy Jager	8.48
Elke Davis	5.16
Discus	
M35 Timothy Edwards	44.23
M40 Dan Goodman	37.34
John Patton	34.72
M45 Michael Johnson	31.92
Mark Whitten	21.66
M55 Hal Fisher	40.15
Charles Quarelli	27.33
M60 George Davies	41.17
Dick Dow	36.37
Merv Armstrong	34.61
M65 Ben McGrady	39.41
Phil Shipp	36.95
M70 Ed Cooper	23.45
Roger Pearson	21.49
M80 Roy Clark	21.50
W30 Rebecca Harrington	27.64
Kim Edwards	19.24
W45 Lora Radicke	14.32
W55 Kathy Jager	21.90
Elke Davis	15.33
Javelin	
M30 Lawson Spiers	39.06
M40 Eric Peay	36.68
Dan Goodman	33.33
Michael Smith	30.64
M45 Mark Hamlett	34.95
Michael Johnson	30.15
M50 Tim Colby	41.49
Dave Kerns	31.30
M55 Bruce Long	37.30
Charles Quarelli	36.76
Bob Colby	31.13
M60 George Davies	32.28
Merv Armstrong	29.00
M65 Phil Shipp	34.56
Ben McGrady	33.22
M70 Ed Cooper	26.79
Roger Pearson	23.85
W45 Lora Radicke	18.30
W55 Kathy Jager	17.10
Elke Davis	11.20
W60 Kathy Bergen	21.66

KelField Meet #103
Santa Cruz, CA; March 9

Shot Put	
M40 Eric Hodgdon	13.35
M45 Richard Watson	10.32
M50 Lad Pataki	15.60
Gary Kelmenson	10.75
M60 Jack Kuhns	11.52
W45 Nancy Cochrane	5.62
Discus	
M45 Richard Watson	33.05
M50 Gary Kelmenson	34.62
M60 Jack Kuhns	38.30
W45 Nancy Cochrane	13.25
Hammer	
M40 Eric Hodgdon	32.40
M45 Richard Watson	33.68
M50 Gary Kelmenson	39.28
W45 Nancy Cochrane	5k 12.19
Javelin	
M45 Richard Watson	44.19
M60 Jack Kuhns	32.94
W45 Nancy Cochrane	12.99
Weight Throw	
M40 Eric Hodgdon	11.44
M45 Richard Watson	11.04
M50 Gary Kelmenson	13.62
M55 Lad Pataki	18.44
M60 Jack Kuhns	13.15
W45 Nancy Cochrane	4.44
Weight Pentathlon	
M45 Richard Watson	30.82
M60 Jack Kuhns	34.72
W45 Nancy Cochrane	12.81

(marks above, thrown in proper order)

CANADA

Ontario Masters Indoor Championships
York U., Toronto; March 2

60m	
M35 Nicholas Timothy	7.59
M40 Michael Lee Foon	7.46
M45 Wayne Gagne	8.25
M50 Richard Lech	7.99
M55 Alan Slater	8.50
M60 Mike Morris	8.49
M65 Charles Agnoo	8.83
M70 Earl Fee	9.16
M75 Stan Egerton	9.70
M75 Maureen Rodrigue	8.29
W45 Denise Hogg	10.34
200m	
M35 Paul Robinson	26.27
M40 Michael Lee Foon	23.83
M45 Ben James	24.48
M50 Richard Lech	27.20
M55 Bruce Mitchell	29.73
M60 Mike Morris	29.77
M65 Dev Sharma	30.27
M70 Bill Thompson	34.75
W35 Maureen Rodrigue	27.68
W45 Judy Sherrard	38.87
W60 AnnMarie Rosentsch	34.97
400m	
M40 Michael Lee Foon	54.67
M45 Ben James	54.94
M50 Mike Carter	60.54
M55 Bruce Mitchell	65.80
M60 Mike Morris	69.36
M65 Dev Sharma	71.43
M70 Bill Thompson	87.16
W35 Maureen Rodrigue	61.93
W65 Jean Horne	79.33
800m	
M40 Doug Kennedy	2:12.60
M45 Fred Robbins	2:26.63
M50 Mike Carter	2:28.99
M60 Hugh Wilson	2:52.66
M65 Jack Miller	2:34.48
W40 Katherine Willis	2:47.21
W50 Kathy Martin	2:34.88
1500m	
M40 Doug Kennedy	4:26.87
M45 George Atkins	4:43.23
M50 John Clarke	4:47.12
M55 Bill Milward	5:13.78
M60 Dennis Featherstone	5:04.06
M65 Bill Marr	5:54.31
W35 Colleen Hopkins	5:01.69
W40 Karen MacKenzie	5:02.29
W45 Christine Lavellee	5:00.11
W50 Kathy Martin	5:03.02
3000m	
M35 David Deubelbeiss	9:42.89
M40 Gord Christie	9:11.83
M45 George Atkin	10:16.19
M50 Murray Hale	11:09.08
M55 David Sheridan	11:12.14
M60 Featherstone	11:01.21
M65 Richard Graves	13:41.86
M70 Ed Whitlock	11:50.05
M80 Bud Crozier	18:21.77
W35 Gina Beer	13:10.68
W40 Karen MacKenzie	10:58.93
W45 Christine Lavellee	11:24.16
W50 Kathy Martin	11:05.44
W55 Nancy Wells	12:43.99
W60 Joan Christensen	14:37.89
60mH	
M40 Glenn Chipkar	9.11
M50 Bill DeHorn	10.52
M65 Bob Land	12.81
High Jump	
M35 John Olivierre	1.50
M50 Istvan Major	1.85
M55 Rob Campbell	1.30
M60 Peter Tama	1.20
M65 Bob Land	1.25
M70 Jim Mathers	1.15
W35 Fannie Bertocchi	1.35
W40 Bev Leopard	1.60
Pole Vault	
M40 Mark Schaber	3.30
M50 Bill DeHorn	3.20
M55 Hugh Miller	3.20
M60 Harvey Boles	2.20
M65 Bob Land	2.50
W65 Edith Gray	1.70
Long Jump	
M35 John Olivierre	5.06
M40 Richard Rock	6.20
M45 Bruce Campbell	4.00
M50 Richard Lech	5.29
M55 Alan Slater	4.93
M60 Harvey Boles	3.50
M65 Earnest Baker	4.41
M70 Jim Mathers	3.25
W65 Edith Gray	3.31
Triple Jump	
M35 John Olivierre	10.76

M40 Nabil Nahri	10.39
M45 Bruce Campbell	8.21
M55 Alan Slater	10.51
M60 Harvey Boles	7.41
M65 Kesar Singh Poonia	8.02
M70 Eric Malmstrom	6.52
Shot Put	
M35 Jean-F Latour	10.51
M40 Nabil Nahri	9.99
M45 Bill Pearson	10.93
M50 Rudy Boghina	11.66
M55 John Kasperski	12.95
M60 Malachi McGruder	10.16
M65 Juhann Toomes	10.27
M70 Max Woerle	8.75
M75 Evalds Viskers	9.29
M80 Garry Bachman	9.85
W70 Velta Tomsons	7.02
Weight Throw	
M35 Jean-F Latour	11.78
M45 Bill Pearson	7.96
M50 Rudy Boghina	11.51
M55 John Kasperski	15.66
M65 Juhann Toomes	14.67
M70 Max Woerle	12.86
M80 Garry Bachman	13.26
3000m Racewalk	
M45 Gay Paquin	15:39.40
M55 Don Ramsden	16:44.30
M65 Stew Summerhayes	16:58.60
M70 Sal Brancaccio	20:52.50
M75 Peter Fellowes	21:17.50
W40 Kitty Cashman	16:44.87
W45 Nanci Sweazey	15:08.69
W50 Lily Whalen	17:30.06
W55 Heather Berry	20:25.52
W60 AnnMarie Rosentsch	17:32.02

INTERNATIONAL

French Veterans Indoor Championships
Bordeaux; Feb. 9

60m	
M40 Yvan Naffzger	7.07
M45 Oswald Jonas	7.81
M50 Didier Pey	7.95
M55 Rene Clavel	8.30
M60 Claude Bailly	8.78
M65 Joseph Sempere	8.57
M70 Andre Lemasson	9.89
W35 Maryvonne Icarre	8.14
W40 M-Christi Pesin	8.50
W45 Marieclaire Lazzarini	8.91
W65 Micheline Laprelle	11.62
200m	
M40 Yvan Naffzger	23.05
M45 Oswald Jonas	24.88
M50 Richard Basse	27.47
M55 Norbert Gouaud	27.28
M60 Claude Bailly	29.19
M65 Joseph Sempere	28.50
M70 Andre Lemasson	34.07
W35 Maryvonne Icarre	26.77
W40 Leila Storchan	29.32
W45 Marieclaire Lazzarini	29.41
W50 Bernadette Rahim	31.46
400m	
M40 Erick Bizouam	53.38
M45 Patrice Goubert	56.20
M50 Didier Pey	58.93
M55 Jean-Paul Prieur	1:05.43
M60 Didier Leopoldie</	

Continued from previous page

M60 John N R Tunks	8.65
M65 Armando Roca	8.23
M70 Valentin Hurtado	9.32
M75 Francisco Gil	11.48
W35 Andrea Scheite	8.29
W40 Dolores Vives	8.10
W45 Maria Jesus Sanguos	8.62
W50 Rosa Equerdo	10.32
W60 Carme Fuster	10.35
W65 M L Gonzalez	12.72
200m	
M40 Manuel Perez	24.16
M45 German Alonso	25.32
M50 F Campomanes	24.86
M55 Martin Martin	28.22
M60 Eduard Bes	28.76
M65 Armando Roca	28.96
M75 Francisco Gil	38.55
W35 Andrea Scheite	32.95
W40 Dolores Vives	28.23
W45 Maria Jesus Sanguos	28.46
W50 Rosa Esquerdo	35.02
W55 Maria Serrano	39.71
W60 Carme Fuster	40.33
400m	
M40 Manuel Blanco	52.71
M45 Angel Sanchez	56.13
M50 F Campomanes	58.25
M55 Jose Luis Romero	59.86
M60 Eduard Bes	1:07.53
M65 Emilio Cortajarena	1:17.49
M70 Marcos Bermejo	1:17.75
M75 Francisco Gil	1:27.62
W35 Luz Maria Dominguez	1:06.44
W40 M L Alonso	1:04.00
W45 M Rosa Busquets	1:09.33
W55 Maria Serrano	1:27.04
800m	
M40 Manuel Blanco	2:00.88
M45 J A Venturin	2:09.05
M50 Fabian Campo	2:18.36
M55 Jesus Mauleon	2:30.11
M60 Santiago Azumendi	2:21.32
M65 Inaki Inueta	2:53.45
M70 Marcus Bermejo	3:07.83
M75 Mariano Fernandez	3:39.41
W35 L M Dominguez	2:24.93
W40 Aurora Perez	2:21.23
W45 Margarita Urbano	2:49.16
W50 Arantza Gigan	3:10.22
W55 Gloria Guerrero	3:16.59
1500m	
M40 Antonio Martinez	4:15.74
M45 Ricard Sastre	4:24.98
M50 Fabian Campo	4:32.90
M55 Diaquino Gonzalez	4:44.98
M60 Salvador Casal	5:03.91
M65 Manuel Alonso	5:13.13
M70 Jose Gomez	6:25.47
M75 Guillermo Perez	6:47.44
W35 L M Dominguez	5:26.20
W40 M D Martinez	5:27.48
W45 Margarita Urbano	5:35.24
W50 M I Collado	6:04.26
W60 Maria Jose Gil	5:58.87
3000m	
M40 Juan Jose Rodriguez	8:53.70
M45 Alvaro Diez	9:17.03
M50 L R Fernandez	9:43.44
M55 Diaquino Gonzalez	10:26.15
M60 Jose Antonio Saiz	10:39.93
M65 Enrique Moreno	11:31.20
M70 Jose Gomez	12:16.96
M75 Guillermo Perez	13:46.34
W35 Rosa Urbano	11:30.47
W40 Carmen Larre	10:15.16
W45 Margarita Urbano	11:37.05
W50 M I Collado	12:13.40
W55 Camila Bravo	11:51.31
W60 Inez Perez	13:59.33
Short Hurdles	
M40 Sabnigo Ferrer	9.84
M45 Jose Luis Codera	9.78
M50 Antonio Pina	9.32
M55 Adolfo Gutierrez	11.45
M65 Juan Manuel Perez	10.95
High Jump	
M40 Lucio Jose Martinez	1.70
M45 Angel Bermejo	1.46
M50 Fernando Moliner	1.49
M60 D F Fernandez	1.27
M65 Joan Busquets	1.27
Long Jump	
M40 Julio Ventin	5.91

M45 Florencio Olivan	5.44
M50 Herminio Carcaba	4.94
M55 Manuel Vallego	4.73
M70 Valentin Hurtado	3.55
M75 Vicente Huici	3.06
W35 Andrea Scheite	5.43
Triple Jump	
M40 Fernando Osoro	13.20
M45 Angel Bermejo	12.35
M55 Manuel Vallejo	10.57
M70 Mariano Romon	7.03
W40 M Pilar Moreno	7.57
Shot Put	
M40 Manuel Hidalgo	11.87
M45 Antonio Jose Sogorb	10.89
M50 Manuel Suarez	10.81

LONG DISTANCE RESULTS

EAST

Martha's Vineyard 20 Mile Edgartown, MA; Feb. 16	
Overall	
Jeff Day 31	1:49:58
Caroline Bierbaum 18	2:05:52
M40 Jamie McNeely	2:06:06
Jim Perry	2:06:34
Rawson Chaplin	2:08:29
M45 Stephen Burton	2:06:30
Kevin Leach	2:12:53
Guy Barra	2:17:01
M50 Michael Menovich	2:10:01
John Lee	2:11:46
Duke Hutchinson	2:22:07
M55 Wm Schaeffer	2:20:30
Richard Connor	2:25:42
Roger Welch	2:26:45
M60 Joseph Gaughon	2:51:35
Paul McCarty	2:53:41
M65 Tom Wright	3:04:41
Bob Hillman	3:07:51
W40 Delwyn Williamson	2:28:28
Christine Hollander	2:30:58
Franny Haney	2:33:05
W45 Gail Breslow	2:27:08
Sue Birkhead	2:40:43
M Withington	2:43:59
W50 Deirdre Bird	2:28:26
Janet Jordan	2:45:48
Eliz Waldman	3:03:52
W55 C Schermerhorn	2:57:04
Eliz Gladfeller	3:06:57
W60 Regince Wright	3:24:07
W65 Doris Beatty	3:52:57
Lucy Duffy	3:57:03

NYRR Al Gordon 15K Central Park, NYC; Feb. 16	
Overall	
Joseph Lemay 35	46:37
Amy Fredericks 35	47:33
M40 Alan Ruben	50:20
M45 Randall White	52:42
M50 Thomas Hall	55:00
M55 Julio Aguirre	57:59
M60 Jose Mendez	1:05:20
M65 Witold Bialokur	1:02:38
M70 Joseph La Bruno	1:19:50
M75 Sab Koide	1:32:11
M80 Mel Freidel	2:09:19
M85 Wilfredo Rios	2:20:35
W40 Carmen Jimenez	1:01:52
W45 Gillian Horovitz	59:46
W50 Betty Shonts	1:07:26
W55 Roberta Wittman	1:13:14
W60 Mary Nathan	1:12:22
W65 Naomi Vogel	1:30:24
W70 Bertha McGruder	1:50:04
W75 Edith Farias	1:46:28

NYRR Kurt Steiner 50K Central Park, NYC; Feb. 17	
Overall	
Hans Put 41	3:42:46
Ellen McCurtin 35	4:05:56
M40 Mark Heller	3:58:58
M45 Paul Art	4:11:51
M50 Antonio Pina	4:33:18
M55 Adolfo Gutierrez	4:47:13
M65 Juan Manuel Perez	5:41:43
High Jump	
M40 Lucio Jose Martinez	1.70
M45 Angel Bermejo	1.46
M50 Fernando Moliner	1.49
M60 D F Fernandez	1.27
M65 Joan Busquets	1.27
Long Jump	
M40 Julio Ventin	5.91

M55 Antonio Lopez	10.90
M60 Bonifacio Allende	12.87
M65 Enrique Aguinaga	10.55
M70 O Aguirregomezorta	11.26
M75 Vicente Huici	8.23
W35 Blanca Alba	11.18
W40 Kekane Munariz	11.35
W45 Emilia Mesa	10.69
W50 Herminia Colomba	6.77
W55 Kontzi Iaso	6.90
W60 Carme Fuster	6.10
Pentathlon	
M40 Santiago Ferrer	3229
M45 Jordi Blanch	2855
M50 Antonio Pina	3489
M65 Juan Manuel Perez	3691

NYRR Snowflake 4 Miles Central Park, NYC; Feb. 23	
Overall	
Carlos Martins 32	20:38
Nicole Stevenson 28	21:37
M40 Peter Allen	21:56
M45 Randall White	21:36
M50 Thomas Hall	22:55
M55 Julio Aguirre	23:44
M60 Francis Byrne	27:26
M65 Michael Goldman	28:27
M70 Gordon Koota	32:48
M75 Sab Koide	36:29
M80 Mel Freidel	47:38
M85 Wilfredo Rios	53:18
W40 Gordon Bakoulis	22:29
W45 Gillian Horovitz	24:46
W50 Mary Rosado	28:08
W55 Sylvie Kimche	27:24
W60 Mary Nathan	28:38
W65 Ginette Bedard	33:09
W70 Toshiko D'Elia	35:48
W75 Muriel Merl	37:43
W80 Althea Jureidini	1:06:19

Hudson Mohawk Winter Marathon Albany, NY; Feb. 24	
Overall	
Dan Dominie 37	2:48:21
Margaret Moore 19	3:25:46
M40 Eric Maki 40	2:49:03
Burt Prokop 41	2:57:18
John Geeser 43	2:57:37
M50+Brian McClrath	50:32:03
Curtis Lintvedt	54:35:02
W40 Claudia Davidson	49:04:06
Barbara Sorrell	44:16:48
M50+Martha DeGrazia	51:26:50
Louise Slater 51	4:37:00

Hyannis Marathon & Half-Marathon Hyannis, MA; Feb. 24	
Overall	
Robert Ashby	2:38:49
Barbara McManus	3:07:02
M40 Dustin Baker	2:51:07
Mike Carroll	2:53:55
Gar Thomas	3:05:53
M50 Myron Sidloski	3:10:20
Ken Lemense	3:19:48
Victor Almeida	3:28:01
M60 Liam Fenelon	5:02:55
M70+Sam Soccio	4:56:58
Julian Seigel	5:12:00
W40 Donna Smyers	3:34:19
Martha Huston	4:06:53
Gael Gilmore	4:12:39

Half-Marathon	
Overall	
Paul Miller	1:13:41
Heather Panicera	1:26:35
M40 Ken Gartner	1:13:59
Michael MacPhee	1:15:46
Bob Ruel	1:17:42
M50 Don Bates	1:26:53
M Schumacher	1:27:52
Bill Lord	1:29:53
M60 Roger Little	1:32:34
Dick Hoyt	1:35:46
Fred Zuleger	1:40:21
W40 Marge Bellisite	1:27:55
Eliz Dean	1:29:27
Jane Lundy	1:30:53
W50 Faye Lowrey	1:47:26
Janet Jordan	1:48:41
Jeanne Weber	1:49:20
W60 Patricia L'Italien	1:58:11
Ann Bunce	2:30:20
Barbara Roney	2:31:13

Little Cow Harbor 4-Mile Greenlawn, NY; March 2	
Overall	
Joseph LeMay 35	19:37
Elizabeth Ratner 41	24:37
M40 Don Didonato	21:29
M45 John Dicamillo	22:01
M50 Alan Oman	22:56
M55 Julio Aguirre	24:04
M60 Alex Flyntz	25:49
M65 Mel Cowgill	27:21
M70 Guy Froehlig	30:44
M75 Sab Koide	36:36
W40 Elizabeth Ratner	24:37
Eileen B Corley	25:45
W45 Lori H-Melnik	25:03
W50 Melissa Kennedy	28:45
W55 Betty Horstmann	28:02
W60 Anna Thomhill	30:02
W65 Maryanne Reilly	52:39

NYRR Salsa, Blues & Shamrocks 5K Central Park, NYC; March 3	
Overall	
Paul Mwangi 34	14:40
Gordon Bakoulis 40	17:30
M40 Alan Ruben	16:36
M45 Amador Ybanez	16:45
M50 Jack McShane	17:39
M55 Julio Aguirre	18:50
M60 Sidney Howard	19:33
M65 Witold Bialokur	19:57
M70 Edward Menninger	26:22
M75 Sab Koide	28:13
M80 Andrew Hope	24:11
M85 Wilfredo Rios	41:06
W40 Gordon Bakoulis	17:30
W45 Gillian Horovitz	19:13
W50 Mary Rosado	22:16
W55 Ann Moore	24:34
W60 Helen Smith	27:35
W65 Naomi Vogel	29:57
W70 Dolly Finkelstein	34:06
W75 Joan Rowland	37:36
W80 Pam Terbeest	32:12

Newark Distance Classic 20K/ USATF NJ Masters Championships Newark, March 3	
Overall	
Gabriel Muchiri	1:01:18
Naomi Wangul	1:10:48
M40 Henry Correa	1:09:34
Mike Kohlbrenner	1:11:24
Peter Allen	1:13:21
Matt Kohlbrenner	1:14:13
Guy Gordon	1:14:24
M45 Dan Murphy	1:12:22
Randall White	1:16:18
Dave Hoch	1:17:38
Thomas Keating	1:18:48
Dante Cioffi	1:19:54
M50 Bill Bosman	1:18:46
Bruce Langenkamp	1:18:55
Bob Hermes	1:19:32
Roger Price	1:21:15
M55 Feliciano Pereira	1:20:33
Doug Brown	1:24:37
John Nowatowski	1:27:10
Bob Hansen	1:27:24
M60 Pat Cosgrove	1:27:54
Howie Brown	1:33:53
Matt Lalumia	1:34:48
Stephen Chopek	1:35:27
Joseph Saley	1:37:19
M65 Richard Hill	1:43:08
Arnaldo Cravelro	1:43:23
Henry Pontious	1:44:46
M70 Don Bergman	1:40:29
Mark Lannigan	1:53:04
M40 Madelyn Noe Schlentz	1:16:58
Wendy Locke	1:25:26
Marie Quinn	1:26:53
Jane Parks	1:27:52
Amanda King	1:30:19
M50 Betty Shonts	1:32:38
Kuniko Hurlay	1:41:03
W55 Janell Paganelli	1:53:38
Natalie Grabow	1:54:19
Lois Brown Klein	1:58:08
W60 Cindy Peterson	2:16:04
Annette Johnson	2:20:33
Jane Van Eeuwen	2:27:53
W65 Imme Dyson	4:14:48

Outback Steakhouse Classic 12K Orlando, FL; Feb. 23	
Overall	
Andrew Hodges 18	41:03
Jasmin Keller 32	44:34
M40 Christopher Hussey	44:46
Paul Holyko	45:31
M45 Rick Nulty	46:50
M50 Jeff Hlinka	46:37
M55 Pete Semple	51:47
M60 Jack Nelson	47:15
M65 Ralph Mirandi	1:02:06
M70 Greg Prom	56:59
M75 Bart Ross	1:10:31
W40 Sue O'Malley	47:37
Theresa Calio	53:31
W45 Melinda Strunes	53:18
W50 Judy Kennedy	58:12
W55 Bobbie Seiler	1:11:08
W60 Patricia Rae	1:05:42

23rd Anheuser-Busch Colonial Half-Marathon Williamsburg, VA; Feb. 24	
Overall	
Gabriel Muchiri 23	1:06:26
Anna Pichrtova 28	1:15:02
M40 Steve Dietz	1:18:53
Steven Gerhard	1:22:10
Stephen Comber	1:22:47
M45 Jim Bates	1:17:49
Michael Fuller	1:19:30
Henry Gleisberg	1:20:10
M50 Richard Myers	1:22:43

M60 Jose Mendez	1:33:39
M65 Alfred Finger	1:32:23
M70 Gordon Koota	2:01:29
M75 Sab Koide	2:18:51
M80 Wilfredo Rios	3:16:40
W40 Gordon Bakoulis	1:17:32
W45 Kari Proffitt	1:27:33
W50 Leah Whipple	1:31:24
W55 Marilyn G Walsh	1:39:35
W60 Mary Nathan	1:42:12
W65 Rosa Nales	2:18:26
W70 Bertha McGruder	2:41:37
W75 Joan Rowland	2:53:11

SOUTHEAST

Mercedes Marathon Birmingham, AL; Feb. 1	
Overall	
Ely Rono 31	2:21:01
Olena Radeyeva 36	2:40:00
M40 Andrey Kuznetov	2:21:22
V Bukhanov	2:29:08
Scott Muir	2:54:31
M45 Doug Kurtis	2:39:36
Stephen Hudgens	3:03:01
M50 Fred Crook	3:05:57
Terrence Hakkola	3:10:57
M55 Charles Thompson	3:22:41
Joseph Lanahan	3:29:31
M60 Ken Brewer	3:04:57
Sammy Morris	3:37:01
M65 Samuel Gillis	4:14:49
M70 Norm Frank	5:51:42
M75 Les Longshorw	6:35:13
W40 Cheryl Boessow	3:05:29
K Edmonds	3:09:28
Sabine Kane	3:09:55
W45 Naomi Abe	3:35:09
Jennifer Kyle	3:34:05
W50 L Blackwood	4:10:40
Janis Anderson	4:44:34
W55 Isabelle Joffron	3:43:37
Sally Lockyear	4:08:03
W70 K	

Continued from previous page

Jim Steele	1:13.05
PJ Vanblokiand	1:13.36
M65 Everett Crum	1:09.55
James Hogan	1:14.35
Joe Nettles	1:18.08
Bo Wulbern	1:21.04
Larry Larson	1:24.12
Dillon Maier	1:24.57
M70 Jim Blount	1:21.34
Tom Depenbrock	1:23.54
Donald Monagle	1:24.01
Bob Carr	1:25.23
August Leone	1:25.14
M75 Joe Connolly	1:24.31
Chuck Ellis	1:33.51
Joe Conrad	1:36.44
M80 Tellis Martin	2:11.44
Robert Wilson	2:43.01
W40 Ramilia Burangulova	51:12
Lyubov Kremleva	51:50
Carmen Troncoso	54:42
Kelly Keeler	56:15
Susan Munson	58:42
Jane Johnson	1:00.13
Cindy Keeler	1:00.41
Suzanne O'Malley	1:01.28
W45 T. Pozdnyakova	51:46
Claudia Kasen	59:58
Trish Vlastnik	1:05.26
Maryann Protz	1:06.32
Maggie Miller	1:07.52
Laura VanCleave	1:08.08
Caroline Grooters	1:09.59
Janet Lavoie	1:11.43
W50 C Lempesis	1:08.34
Carolyn Mather	1:10.40
Anne Shumaker	1:11.29
Joyce Rankin	1:11.44
Patt Sher	1:12.26
Diane Miller	1:13.01
Paulette Butler	1:12.56
Mary Woodruff	1:15.28
W55 Susie White	1:08.28
Elfrieda Wyner	1:11.38
Sue Branley	1:19.23
Brenda Cooter	1:19.34
Cindy Purcell	1:20.32
Patricia Kennedy	1:25.27
Carolyn Disher	1:25.15
Angela Wannall	1:26.07
W60 Ann Akers	1:14.25
Judith Daniel	1:23.34
Willy Moolenaar	1:27.00
Terttu Barsch	1:30.37
Nancy Pullo	1:35.18
Joyce H-Hite	1:36.46
Mary Blazey	1:36.28
G Frazier French	1:38.04
W65 Helen Ramos	1:35.38
Maisie Cromie	2:02.40
Norma Wasson	2:05.06
Kathy Witkowski	2:07.58
Diane Stewart	2:14.29
Betty Kelly	2:14.57
Roberta Barr	2:23.08
W70 Joan Potter	1:53.53
Audrey Jacobson	2:39.51
Maryruth Johnson	2:40.58
W75 Irene Herberston	1:53.35
Ivy Sloan	2:14.57
Peggy Holloway	2:24.52
Nancy Grockett	2:27.25

SOUTHWEST

**3M Half-Marathon
Austin, TX; Feb. 3**

Overall	
Karl J Rasmussen	28 1:02.11
Sylvia Mosqueda	36 1:10.45
M40 Paul Zimmerman	1:09.08
David Watkins	1:12.53
Bob Jackson	1:13.09
Edwin Park	1:17.21
M45 John Gonzalez	1:18.14
Al Guevara	1:18.32
Sergio Hernandez	1:20.20
Rich Yanacek	1:21.34
M50 Allen Boyce	1:20.43
Ian Rodger	1:24.34
Ridge Williams	1:24.46
M55 Gregg Evans	1:27.26
Dick Wilkowski	1:29.45
Larry Owens	1:32.36
M60 Steve Vradenburg	1:39.57
Terry Shelden	1:40.15
Wayne Collins	1:40.24
M65 Jim Braden	1:34.33
Robert Fletcher	1:38.12
Bill Jackobeit	1:58.03
M70 Jeran Woodruff	1:44.48
M75 Ray Marshall	2:25.06
Joe Barger	2:26.55
M80 John Alvey	3:19.18

W40 J Lasee-Johnson	1:16.45
Kim Jones	1:18.08
Margo Braud	1:24.38
Donna Moore	1:25.34
W45 Eva Moldovanyi	1:33.59
Charlene Janiak	1:34.44
Anne Flanagan	1:34.49
M Patterson	1:39.15
W50 Lynda Meuth	1:42.18
Reenie Smith	1:52.42
Susie Kohagen	1:54.06
W55 Josie Bowman	1:45.10
Kristine Williams	1:58.59
Jane Alev	2:13.31
W60 Mary Kennard	1:42.36
Betty Jameson	1:50.01
Jody Kehle	2:14.31

**Nextel Mardi Gras Mambo/
Louisiana Senior Olympics 10K
Baton Rouge, LA; Feb. 9**

Overall	
Eric Tucker 23	34:14
Sandra Smith 21	41:14
M40 Brent Bueche	40:30
Kevin Bongiorno	41:05
Randall Thompson	42:05
M45 Tommy Reinecke	38:31
Charles Daniel	40:20
Lawrence Uter	40:32
M50 Randy Ellis	39:08
Ted Harbourt	40:51
Larry Slupianek	41:17
M55 George Bourke	42:38
Robert Allen	43:20
William Knox	44:50
M60 Charlie Viers	41:43
John Fincon	53:20
M65 Ron Piontek	53:51
George Daniels	67:13
M70 Doty Foster	50:45
Ken Blanchard	51:43
Graham Reeves	59:32
W40 Wendy Ellis	45:52
Susie Holloway	47:54
Marie Perry	49:23
W45 Georgia Wilemon	45:08
Mary Tourres	50:29
W50 Gail Hamilton	47:56
Kathy Callaghan	48:26
W55 Yvonne Thomas	49:19
Linda Ohmstede	54:57
W60 Francis Ard	54:11
Joan Nicolosi	57:03
W70 Irma Landry	nta
W75 Mary Norckauer	nta

**Mardi Gras Marathon & Half-Marathon
New Orleans, LA; Feb. 17**

Overall	
Chns Toepfer 39	2:32.09
Lara Shaw 29	2:56.06
M40 Pascal Suavayre	2:44.47
Matthew Curtner-S	2:48.52
Randall Webb	2:59.25
M45 Charles Reagan	2:58.10
Cor Van Wijen	3:00.08
Mark Anderson	3:04.06
M50 Terry Duke	3:10.19
Victor Aguirre	3:17.04
Mauricio Llanas Ala	3:22.24
M55 Richard St. John	3:16.33
Ronnie Wilson	3:20.20
Gary Hanson	3:20.22
M60 Robert Glazier	3:14.29
Buster Matthews	3:49.11
Aad Van Rooven	3:51.36
M65 Gil Z Salaza	3:34.54
Bruce Katter	4:02.01
Jack Gelbaugh	4:22.31
M70 Roger Hauge	4:49.12
Del Donner	6:29.29
M75 Stanley Guess	5:46.33
W40 Kim Bricker	3:18.42
Lisa Ledet	3:22.34
Ascencion Yorres	3:22.34
W45 Robyne Rast	3:35.51
Lucille Wing	3:45.44
Jennifer Terzia	3:52.46
W50 Rae Mohmann	3:47.09
Steffie Seymour	3:51.52
Evelyn Carter	3:52.07
W55 Susan Norwood	4:24.04
J Kostmayer	5:04.44
Ann Hawkins	5:25.46
W60 Terttu Barsch	4:26.59
Donna Arbuckle	4:44.03
Jeannette Roostai	5:10.56
W65 Betty Beverfge	7:07.25
Half-Marathon	
Overall	
Mike Dudley 31	1:05.52
Cindy Pomeroy 40	1:26.17
M40 Jose Perez Soto	1:11.30
Luis Diaz	1:18.48

Jay Marshall	1:19.10
M45 Derrick Lee	1:21.11
Claude Grenier	1:22.30
Robert Matthews	1:26.48
M50 Mike Zeigle	1:19.08
Roger Biora	1:23.20
Michael Diorka	1:23.23
M55 Glen Stewart	1:34.47
W Schadwell	1:38.22
Bill Matherly	1:41.02
M60 Charlie Dunn	1:44.18
Carlos Saucedo	1:45.21
Brian Peacock	1:45.45
M65 Frank McAnery	1:49.20
Jack Beasley	2:04.17
Ronald Piontek	2:16.11
M70 John Hubert	2:45.15
Walter Landry	2:46.27
Raymond Nosari	2:54.08
M75+Marion Neyrey	3:28.20
W40 Cindy Pomeroy	1:26.17
Wende Cherry	1:26.54
Regina Schuetze	1:32.32
W45 Carole Smith	1:29.24
Debra Wood	1:43.49
H Handshaw	1:47.02
W50 Joan Alum	1:49.18
Judy Douglas	1:51.38
K Callaghan	1:51.42
W55 Carole Thompson	1:55.26
Linda Ohmstede	2:02.43
S Giannobile	2:03.41
W60 Janetee Cochran	1:52.32
Sheila Payne	1:54.17
Francis Ard	2:00.43
W65 Carol Cain	2:37.53
Helen Amazeen	2:48.11
Sarah Anne Dntz	3:39.39
W75+Edna Weinell	3:32.51

**Motorola Austin Marathon
Austin, TX; Feb. 17**

Overall	
Andrzej Krzyscin 35	2:12.10
Manon Sutton 38	2:31.43
M40 Peter Fleming	2:23.48
William Moore	2:23.58
Joe Flores	2:31.06
M45 Randall Milstead	2:47.47
Bob Smeby	2:53.20
Richard Leiboult	2:54.45
M50 Ty Schmitz	2:59.56
Miguel Lopez	3:01.00
Bob Milan	3:08.45
M55 Ben Harvie	3:03.32
Jim morton	3:06.33
Gregg Evans	3:08.10
M60 Don Kinney	3:19.59
Dick Esselborn	3:24.11
Don Potter	3:27.09
M65 Jim Braden	3:25.21
Robert Fletcher	3:28.40
George Gura	3:44.00
M70 Gene Woodruff	3:51.54
Jesse Real	4:13.54
M75 Ray Marshall	6:14.06
M80 Odino Soigo	4:49.49
W40 Alevtina Naumova	2:36.26
Mane Boyd	2:47.59
Maddy Tormoen	2:55.10
W45 Carolyn Silvey	2:58.21
Carole Anderson	3:13.55
Carole Uttecht	3:14.23
W50 Lynda Meuth	3:34.18
Sue Yates	3:43.09
W55 Marilyn Stapleton	3:18.27
Ann Ferguson	3:47.55
W60+Cecilia Caballero	4:21.38
Joyce H-Hite	4:25.29
Carol Wright	4:32.59

**Fort Worth Cowtown Marathon & 10K
Fort Worth, TX; Feb. 23**

Overall	
Jose Castro 33	2:36.56
Riva Rahi 28	3:09.41
M40 Tim Blankenship	3:03.30
Michael Valdois	3:06.09
Dave Emerson	3:10.51
M45 Clarke Oestereich	3:03.08
Stephen Hudgens	3:03.15
Jose Montes	3:07.15
M50 Fred Pedersn	3:18.58
Alfredo Rosales	3:29.27
M55 Bob Milan	3:41.03
Paul Shimon	3:42.08
M60 Will Ferson	3:24.31
Terry Shelden	3:52.13
M65 Russell Scott	4:30.03
Allan Newberry	5:09.15
M70 Robert Coffey	4:11.21
Norm Frank	4:48.39
M75 Sigurd Daehnke	5:18.05
M80 Ted Brewer	5:30.31
W40 Mary McDonald	3:36.10

Barbara Hitzfield	3:36.35
Kim Kanaday	3:49.28
W45 Eva Moldovanyi	3:35.49
Kathy Phillips	3:37.17
Nancy Bemacki	3:42.49
W50 Mary Alcock	4:52.03
Liz Phillips	5:15.59
W55 Joan Stubbard	3:46.06
Judy Roche	4:04.00
W60 Virginia Farneam	5:04.33
Nancy Cole	6:13.28
W65 Mary Ann Miller	5:24.41
Twyla Standford	6:04.58
10K	
Overall	
Chns Strait 28	32.32
Milena Glusac 26	33.13
M40 Edwin Park	35.17
John Hardick	36.25
Bradley Gardner	36.54
M45 Kyle Heffner	35.14
Don Nelson	36.10
Lupe Rodriguez	38.18
M50 Scott Graham	36.58
Ian Rodger	38.46
M55 Bill Shaw	38.29
Stanley Culpepper	44.38
M60 Bill Blackburn	44.10
Frank Diaz	47.52
M65 Jack West	51.55
Jimmy Holland	52.41
M70 Paul Heitzman	43.08
Jim Conrad	53.29
M75 Clay Ireson	63.38
Pearse Nolan	65.59
M80 George Rodger	114.27
W40 Terry Cassel	40.15
Debbie Sanders	42.02
Mary Anne Rogers	42.33
W45 Cindee Crain	48.30
Gabi Brech	49.25
Frank Terrell	50.23
W50 Barb Jacobson	42.57
Linda Musil	44.14
W55 Janice Snyder	58.16
Jean Blackard	59.58
W60 Mary Kennard	46.49
Joyce Hightower	54.37
W65 Betty Yearta	62.14
Margaret Thrash	70.18
W70 Jan Richards	63.22
Audrey Melvin	71.23
W75 Doris Hoyer	93.29
Ganeta Goodman	110.56

WEST

**Year of the Horse Firecracker 10K
Los Angeles, CA; Feb. 10**

Overall	
Ricardo Zaragoza 17	33.25
Ma Lice 32	41.22
M40 Marcos Cortez	38.11
Diego Torres	41.07
Greg Muir	41.43
M45 Rigoberto Vega	35.28
Perry Forrester	38.07
Don Faith	38.39
M50 Barry Schaefer	37.47
Jayier Rodriguez	42.13
Fred Bartlett	42.28
M55 Tom Duket	42.33
Rob Russell	42.50
John Lippard	46.54
M60 Pat Cornelius	54.23
Richard Schott	55.30
M65 Robert Lyons	46.50
Arnold Orgolini	47.34
M70 Milo Sather	54.52
Dick Windishar	59.57
W40 Holly Yamada	49.28
Liza Petty	50.53
Eliz Estupinia	52.11
W45 Debra Schrotz	52.20
Debra Tyler	52.27
W50 Barbara Asada	49.56
Diane Fimmel	50.36
Judy Chang	50.46
W55 Verena Florence	54.51
Jody Brockway	59.58
W60 Connie Yuen	60.05

**Palm Springs Half-Marathon
Palm Springs, CA; Feb. 17**

Overall	
David Kloz 27	1:09.29
Tamara Lave 33	1:13.46
M40 Mark Barnett	1:18.03
John Schweker	1:20.36
M45 Bruce Urqua	1:22.00
Phil Donnelly	1:24.05
M50 Tim Hayes	1:24.22
Rae Clark	1:25.21
M55 Neville Peterson	1:23.54
John Connell	1:38.39
M60 Robert Weiner	1:47.23

Ferdina Stovall	1:49.42
M65 Stanley Polski	1:40.44
Don Moore	1:42.09
M70 Orville Bingley	2:31.59
Bill Green	2:45.35
M75 Gerry Hopkins	1:46.41
Willis Rowe	2:12.11
W40 Marie Romero	1:25.49
Laura Watkins	1:37.12
W45 Mo Bartley	1:25.20
Kathy Ward	1:26.59
W50 Marina Jones	1:24.41
Pam Galbraith	1:46.44
W55 Madelin Connell	1:43.42
Linda Dewing	1:44.56
W60 Carolyn Hickey	2:01.12
Patricia Wolkof	2:17.04
W65 Anne Garrett	2:20.49
Toni Greene	2:56.05
W70 Kathleen Callaway	2:19.15
W75 Dorothy Joy	3:21.24

**AM Good Morning 5K
Manhattan Beach, CA; March 2**

Overall	
Humberto Sanchez 26	15.46
Carrie Schmidt 39	20.45
M40 Dean Lofgren 44	17.12
Ed Root 40	20.42
M50 Bob Elliott 59	24.35
Paul Jacoby 50	26.49
M60+Mike Ishikawa 64	23.06
Tom Keese 61	23.12
W40 Carol Ecker 42	24.06
Sheryl Thalery 42	24.39
W50 Kelly Stark 52	30.17
Freddi Quin 56	31.28
W60+Brianna Hollis 61	31.09

**Napa Valley Marathon
Napa, CA; March 3**

Overall	
Matt Ellis	2:31.32
Knsten Orr	

Continued from previous page

Gertraud Bomhoff	4:39.01
Polly Goodman	4:42.56
Roberta Rodin	4:44.48
Joan Maxwell	4:45.15
Yoshiko Yoshizawa	4:56.11
Kathy Akusner	5:06.44
W65 Fujiko Yamada	4:15.42
Barbara Wagner	4:20.09
Maureen Blackman	4:43.50
Mitsuko Okazaki	4:44.14
Chieko Allwein	4:50.25
Jasmine Garza	4:51.33
Mary Dugan	4:54.46
Mercy Unbe	5:25.23
W70 Anna Hollenberg	5:14.56
Kathleen Callaway	5:27.29
T Pietro -Wiedoeft	6:05.18
Elaine Herfert	6:11.03
Etsu Yoneyama	6:22.14
Emily Hernandez	6:27.50
Julia Barrett	6:36.31
Lenore Rebeschini	6:47.40
W75 Margaret Davis	6:03.03
Lillian Miller	6:06.14
Antoinette Hill	6:26.39
Byung Ye Kim	6:34.22
Wakae Spencer	7:29.24
Anna Fekkes	7:41.27
Hortense Taranago	8:10.14
Gladys Mathes	8:52.09

March Madness 10K & 5K Escondido, CA; March 3

Overall	
Neil Rintoul 34	39:07
Sandy Balcom 33	47:33
M41+Greg McCord	42:30
M46+Hersh Jenkins	46:34
M51+Thom McHale	43:48
M56+Steve Bean 58	51:45
W36+Martha Christie 40	52:22
W41+Debbie Rivers	65:22
W46+Marian Schmidt	47:53.25
--5K--	
Overall	
Michael Garza 24	17:48
Kristen Reyes 27	20:02
M41+Randy Lane	20:32
M46+Bruce Vincent	23:49
M51+Bernie Bonar	23:11
M56+Steve Six 63	25:35
W36+Kim West 40	29:14
W41+Leslie Bonar	26:28
W46+Linda Smythe	33:48
W51+Lynette Zeckus	29:16
W56+Carla McElroy 57	32:59

Valley of the Sun Marathon & Half-Marathon Phoenix, AZ; March 10

Overall	
James McGown 27	2:25.41
Tracy Malone 38	2:56.37
M40 Russ Seideman	2:59.27
Lee Fultz	3:19.41
James Ball	3:22.23
M45 Farley Spector	2:59.40
Richard Horning	3:06.58
John Kokes	3:07.29
M50 Wm Elbersen	3:11.05
Ed Mraz	3:13.38
Mark Brenner	3:34.31
M55 Tom Dixon	3:22.28
Frank Gay	3:43.31
M60 Jim Madonna	3:32.29
Richard Leutzinger	3:37.06
M65 Jerry Sombke	4:22.30
Jonathon Seely	4:47.43
W40 Kari DiStefano	3:05.47
Pam Reed	3:12.22
Claire Cahow	3:39.12
W45 Nancy Elwess	3:48.00
Cynthia Pickering	3:49.12
Susan Drake	3:50.17
W50 Karen McLean	4:05.36
Kathy O'Sullivan	4:41.40
W55 Donna Sims	4:22.57
Joyce Vannier	5:40.00
M60 Mardi Briggs	4:57.01
Eliz Stark	6:03.34
M65 Louise Mitchell	4:51.29
--Half-Marathon--	
Overall	
Mark Werner 29	67:22
Kathy Kasischke 25	77:36
M40 Steve Greenspan	75:48
Charlie Benson	79:58
Jim Sliwicki	81:16
M45 Wayne Chick	78:23
Paul Ruckel	78:31
Mark Nolan	79:45
M50 Manuel Pino	77:29
Frank Lesk	78:06
Mike Orendorff	80:30
M55 Dennis Kasischke	84:50
Chuck Sorenson	90:32
Roy Sinclair	95:16
M60 Andy Forman	99:55
Bob Dennison	1:40:14
M65 Robert Henkel	2:04:59
M70 Dwight Shaeffer	1:40:21
Bud Potter	1:48:18
Elmer Houghten	1:55:09
W40 Donna Rice	98:21

Eliz Rogers	1:42:37
Kim Ferranti	1:43:26
W45 Jeanne Minder	1:42:13
Deann McLaughlin	1:43:50
Sonia Nam	1:44:31
W50 Toby Reif	1:49:21
Brenda Geise	1:51:15
Judy Gerber	1:59:59
W55 Kathy Hyne	1:55:28
Kathy Collins	2:02:34
Nita Bower	2:05:03
W60 Joyce Camburn	2:51:57
Heather Alberts	3:05:27
W65 Bonnie Maschka	3:17:09
W70 Claire Elkins	3:03:13
W75 Dorothy Brunker	3:21:58

NORTHWEST

Truffle Shuffle 2 Mile Eugene, OR; Feb. 10	
Overall	
Tom Happy 42	11:10
Olivia Bender 15	12:11
M40 T Happy	11:10
Doug Daniell	12:09
M45 Rex Fox	14:07
M50 Richard Maher	13:32
M55 Larry Tergesen	13:57
M80 Larry Smith	28:50
W40 Tammy Hines	14:43
W45 Betsy Lowry	15:11
W50 Sharon Gerl	13:33
W55 Carmen Bayley	19:24
W65 Jane Dods	17:09

RACEWALKING

Connecticut Racewalkers 2002 Mall 3K Racewalk Milford, CT; Feb. 10	
Overall	
Bill Vayo	14:50
Maryanne Torrellas	16:04
M50 David Baldwin	16:04
Joe Light	16:08
Jim Carmines	16:26
M60 Gus Davis	19:39
Gerry Patrick	19:40
Bob Beaudet	20:18
M70 Bill Mc Cann	20:33
Chuck Dolecki	22:29
W40 Maryanne Torrellas	16:04
Lee Chase	16:27
Ann Percival	17:44
W70 Florence Dagata	25:34
Eunice Kavanaugh	26:20

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, APRIL 2002

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
PETER BLANK (GER)	4-10-62	40-44
CHONG PENG SOO (MAL)	4-21-62	40-44
ZDENKA MUSINSKA (CZE)	4-14-57	45-49
EVELYN ASHFORD (US)	4-15-57	45-49
MIDDE HAMRIN (SWE)	4-19-57	45-49
GWYNETH HUETER (GBR)	4-19-57	45-49
MARIE-PIERRE OCAMICA (FRA)	4-6-52	50-54
JANE FREDERICK (S. BARBARA, CA)	4-7-52	50-54
ERLINDA LAVANDIA (PHL)	4-9-52	50-54
LONE HEDEMAM (DEN)	4-11-52	50-54
ROBIN BURNS (CAN)	4-12-52	50-54
ANN JERMAN (SLV)	4-24-52	50-54
STANKA PREZELJ (YUG)	4-26-52	50-54
INGRID MEIER (GER)	4-1-47	55-59
YOKO EICHEL (WOODLAND HILLS, CA)	4-11-47	55-59
JOYCE MAGEE (BARDONIA, NY)	4-11-47	55-59
JANE ROBINSON (SEATTLE, WA)	4-13-47	55-59
JORGE BIRNBAUL (CA)	4-13-47	55-59
ESA KIURU (FIN)	4-14-47	55-59
CATHY TRIGUEIRO (EUGENE, OR)	4-20-47	55-59
LORITA RAGUSO (ORLANDO, FL)	4-23-47	55-59
LARRY ALMBERG (ELLENSBURG, WA)	4-24-47	55-59
RALPH SOUPPA (BOSTON, MA)	4-24-47	55-59
MARY ANN PETERSON (PORTLAND, OR)	4-26-47	55-59
AVRIL NAYLOR (SACRAMENTO, CA)	4-26-47	55-59
LORIS REED (NZL)	4-26-47	55-59
ELS RAAP (NED)	4-28-47	55-59
JENNY SENIOR (NZL)	4-28-47	55-59
BARBARA LEHMANN (GER)	4-2-42	60-64
SHIRLEY WEAVER (GREAT FALLS, MT)	4-8-42	60-64
TUULA RAUTANEN (FIN)	4-8-42	60-64
BARRY ADAMS (CAN)	4-16-42	60-64
CHARLOTTE SWANSON (SPOKANE, WA)	4-18-42	60-64
ALITA ROSENFELD (NICASIO, CA)	4-19-42	60-64
MARJORIE LARNEY (OAKLAND, CA)	4-1-37	65-69
MICHAEL TYMN (HONOLULU, HI)	4-2-37	65-69
GERHARD BOHM (GER)	4-5-37	65-69
HANNELORE BOERNER (WASHINGTON, VT)	4-7-37	65-69
JOAN YOUNGS (TOLAND, CT)	4-7-37	65-69
EVE PELL (MILL VALLEY, US)	4-9-37	65-69
ANNETTE JOHNSON (CLEVELAND, OH)	4-12-37	65-69
CHARLES GUSTAFSON (US)	4-13-37	65-69
BERTHOLD MAIER (GER)	4-13-37	65-69
SUE HUTCHISON (PALOS VERDES, CA)	4-13-37	65-69
JONATHAN HODGES-HITE (MILLEN, GA)	4-14-37	65-69
ANTHONY ELGIE (GBR)	4-17-37	65-69
TOM CHILTON (KNOXVILLE, TN)	4-20-37	65-69
DAVE ELLIS (CANADA)	4-25-37	65-69
NOEL CLOUGH (AUS)	4-25-37	65-69
BRUCE WRIGHT (AUS)	4-30-37	65-69
ELIANA GAETE (TRI)	4-14-32	70-74
RED RABURN (US)	4-16-32	70-74
KEN NAPIER (RENO, NV)	4-17-32	70-74
VEIKKO KUJALA (FIN)	4-21-32	70-74
WENDELL PALMER (STEPHENVILLE, TX)	4-22-32	70-74
LIA RAICA (ROM)	4-25-32	70-74
RUTH LEFF (MILWAUKEE, WI)	4-1-27	75-79
NANCY STOKES (US)	4-3-27	75-79
BILLIE MURPHY (TACOMA, WA)	4-4-27	75-79
DEL PICKARTS (VENTURA, CA)	4-14-27	75-79
JUDITH ANN KNIGHT (AUS)	4-14-27	75-79
JAROSLAVA KRITKOVA (CZE)	4-23-27	75-79
MILDRED O'BRIEN (BELMONT, CT)	4-24-27	75-79
BILLY OGAN (HONOLULU, HI)	4-26-27	75-79
LEWIS ROBERTS (SAN BERNARDINO, CA)	4-27-27	75-79
CARLOS NIETRO (PER)	4-27-27	75-79
JUANA RASPALDO (PUR)	4-29-27	75-79
FRANCES KELLEY (OAKTON, VA)	4-1-22	80-84
WILLIAM HARTFREE (GBR)	4-9-22	80-84
MARY HOLBERT (KIRKWOOD, MO)	4-16-22	80-84
JOSE WALLER (GBR)	4-16-22	80-84
ANTHONY COVIELLO (NY)	4-19-22	80-84
GOSTA STEEBERG (SWE)	4-20-22	80-84
JIM SMITH (OKLAHOMA CITY, OK)	4-21-22	80-84
MARY VIKKERS (AUS)	4-28-22	80-84
JACK RYAN (AUS)	4-30-22	80-84
CLEM GREEN (NZ)	4-4-17	85-89
HARRY HARDER (REEDLEY, CA)	4-13-17	85-89
MURRAY OGUSS (FAR ROCKWAY, NY)	4-15-17	85-89
JOSEPHINE BURLESON (EUGENE, OR)	4-16-17	85-89
PAUL REESE (SACRAMENTO, CA)	4-17-17	85-89
BILL ROBERTS (GBR)	4-5-12	90-94
WIKTOR BURGREN (SWE)	4-14-12	90-94
HELMUTH GEHM (GER)	4-21-12	90-94
MICKEY BLAKESLEY (LA JOLLA, CA)	4-28-12	90-94
JAMES CARNEY (NORFOLK, VA)	4-2-7	95-99
NORMAN TAMANAHA (KANEHOE, HI)	4-11-7	95-99
RONALD WILSON (GBR)	4-21-7	95-99
ARTHUR FROSCHE (GER)	4-27-7	95-99
BEN HIRSH (SAN FRANCISCO, CA)	4-7-2	100-104

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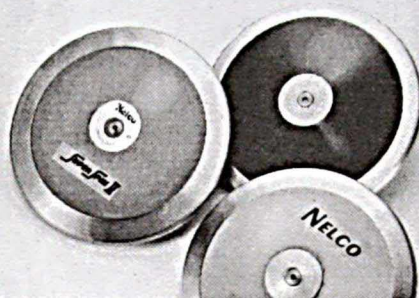


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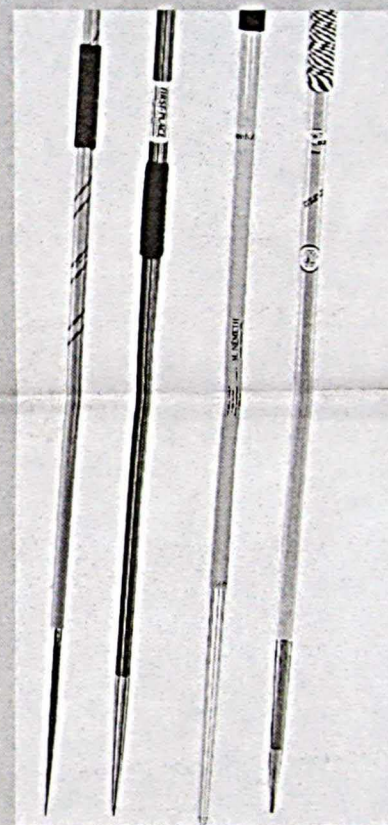
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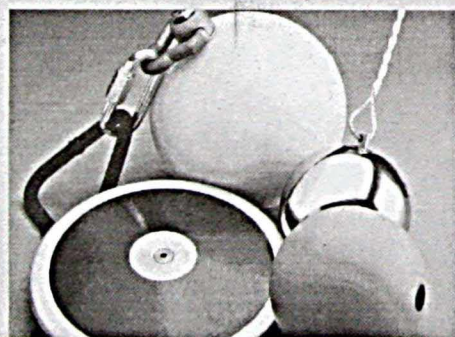
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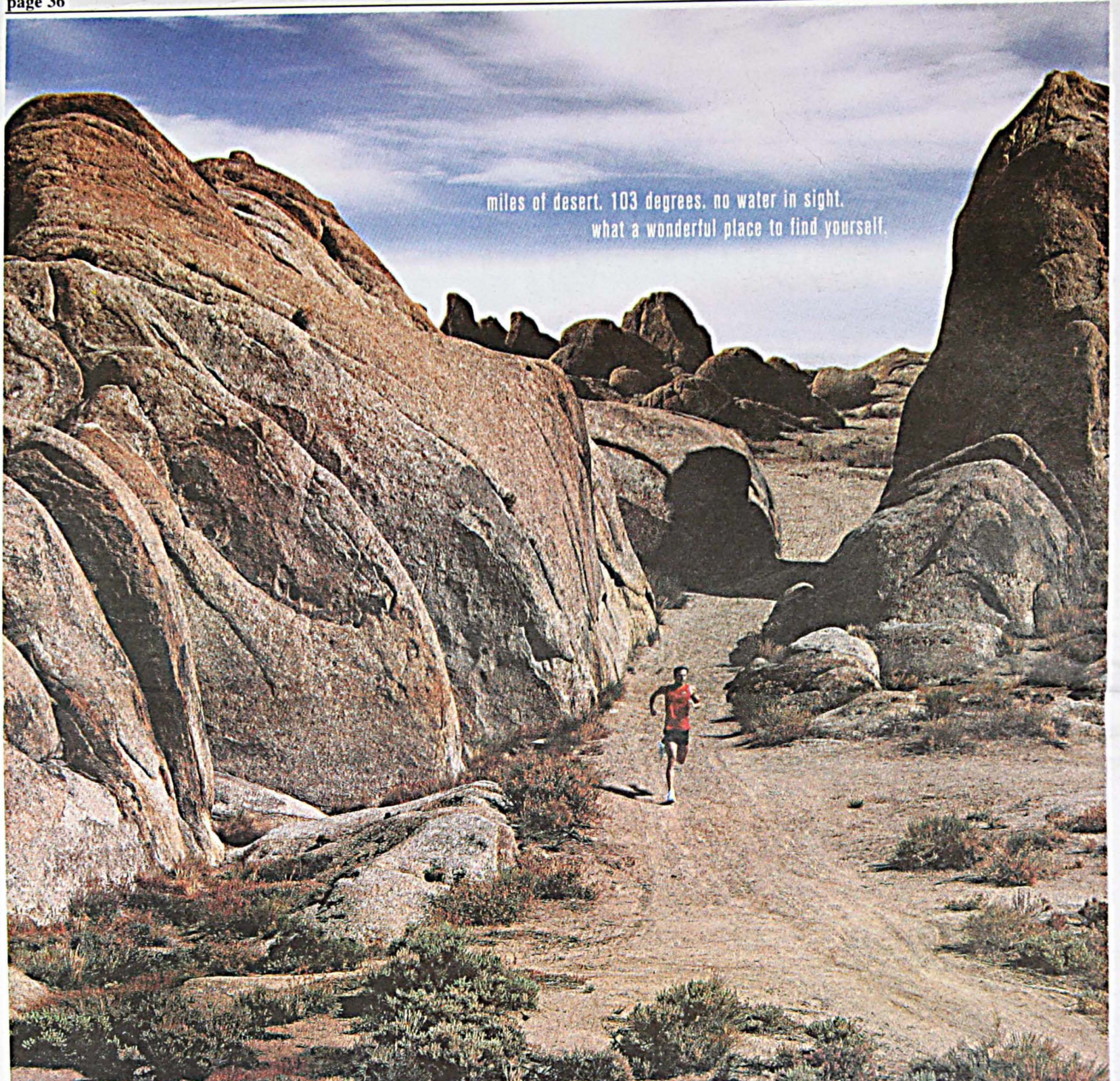
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