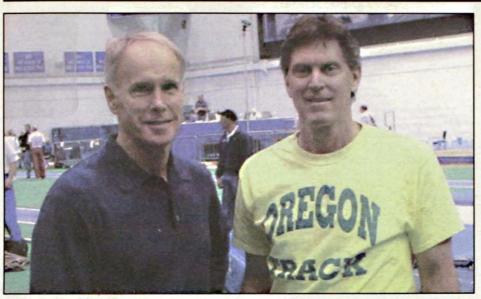
308th Issue \$3.00 April 2004



Courtland Gray (I) and Paul Edens at the Mid-America Regionals.

# Gray, O'Connor, Edens Break **Records in Mid-America Regionals**

By JERRY WOJCIK

Three athletes in their 60s broke world and U.S. indoor records in the USATF Mid-America Masters Regional Championships held at the U.S. Air Force Academy track, Colorado Springs, Colo., Feb. 29.

Courtland Gray, who turned 60 on Jan. 7, ran 9.11 in the 60mH to break Phil Mulkey's 11-year-old M60 world record of 9.14.

Nadine O'Connor, 61, upped her W60 pole vault world record of 2.80 in 2003, with a 2.88.

Paul Edens, 62, who won the 100 and 200 in the WMA Championships in Puerto Rico, and the National

Continued on page 8

Continued on page 5

#### **Records Set in Idaho Indoor Classic**

By JERRY WOJCIK

NAMPA, Idaho - One world record and one national age-group record were set in the MPC Idaho Masters Indoor Classic held here on March 13-

In an early morning 800 on Sunday, Suzi MacLeod, 70, Bend, Ore., running in a mixed age-group of men and women, lowered the world record of 3:28.1 to 3:26.44. The present record, set in 2001, is held by Toshiko d'Elia.

On Saturday, the 13th, Verla Ball, 88, Boise, Idaho, established a W85 U.S. record of 17.30 in the 60m, cheered on by a large group of family members of all ages in the stands.

There were some near-record miss-Stephen Robbins, 61, Seattle, Wash., ran a 7.77 in the 60m, the best performance of the day. The M60 world record is 7.7h by Payton Jordan.

In the 200 on Sunday, Robbins, the M55 200 world record holder, in lane 5 in a mixed age-group heat, came off the last turn four meters ahead of Mark Lesniak, his closest competition, but tripped and did not finish. Lesniak, 54, won the race in 25.56. The world record for the M60 200 is 25.10.

In other events, Bill Platts, 75, Boise, Idaho, who broke the M75 U.S.

Continued on page 9



JERRY WOJCIK

Jeff Mann, M40, winner of the mile and 800. MPC Idaho Masters Classic.

Injuries Take Toll

#### Pawlik, Ellis, Glynn Tops in Heptathlon Pozdnyakova Keeps L.A. By JEFF WATRY

The 2004 National Masters Indoor Heptathlon was once again held at Carthage College, Kenosha, Wisc., March 6-7. As is becoming a tradition, Emil Pawlik, M65, and Ken Ellis, M45, were two of the stars of the show. Both broke heptathlon existing standards and achieved world best marks.

Pawlik, Jackson, Miss., scored a total of 5984, bolstered by big points in the 60mH (9.90/1051). Ellis, Oklahoma City, Okla., scored 5628.

A new combined-events standout also emerged. Kay Glynn, at 51, Hasting, Iowa, decided to follow in her daughter's footsteps and be a combined-events athlete. As well as she performed, with a total of 4791, she will only get better. In her first time jumping at a pole vault crossbar, 2.30 looked easy. With a few more practices, three meters is a strong possibility for her.

While dominating performances were the norm, the suspense of the

Continued on page 11

Marathon Title, and Much More which 15 elite women started the race By JERRY WOJCIK 20 minutes and 30 seconds ahead of In the 2003 City of Los Angeles the elite men, with the first runner to Marathon, Tatyana Pozdnyakova won finish collecting \$50,000. Pozdnya-

just that.

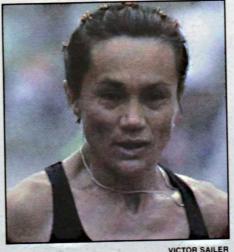
the women's race (2:29:40) and left the City of Angels with a \$31,000 prize and a new Honda Accord. In the 2004 Los Angeles Marathon,

the 19th edition, on March 7, she crossed the finish line first with a 2:30:17 and went away with \$79,000 and a Honda Accord EX V6.

This came about from the addition to this year's race of "The Challenge," a handicap innovation in

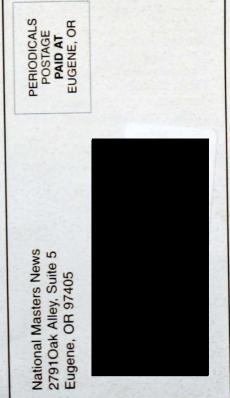
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kova, who turned 49 on March 4, did

Tatyana Pozdnyakova



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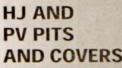
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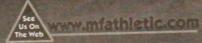


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#### AGE GROUPING

I think Walter McCarthy (NMN, Nov. 2003) has it all wrong with his complaints about masters track meets. Let's examine some of his issues:

He wants only 10-year age groups in heats. When only three or four people per age group show up, heats make no sense at all. I don't want to run a heat of the 800, mile or 3000 with only four people. Give me people to run with. Besides, if one added all those heats, your meet wouldn't be over until 2 a.m.

Can't bring his grandkids? Give them a stop watch and a clipboard and have them write down your splits. Introduce them to the sport of track & field. This isn't really a sport about image. It is about self-confidence, sportsmanship and goal-setting. Teach them that just because you came in last or got lapped, maybe you PR'd or ran each lap at the pace you wanted.

Feels lousy even if he wins his age group? Now, I might be disappointed if I won my age group without achieving the day's goal, but never lousy. You should thank God that you have the ability to compete on the same track with people 20 or 30 years younger or more. But don't feel lousy.

So if you don't like feeling lousy or getting lapped, go to the road races you seem to praise and run with three or four hundred other people where your performance, no matter how strong or weak, is hidden by the large crowd, where your family can't see you except for a few seconds, and where you don't know who's in your age group.

Anthony L. Boerio Pittsburgh, Pennsylvania

#### SANCTIONS

In his column titled "Sanctions Pay Off" (NMN March), George Mathews wrote: "There has been much controversy concerning the value of USATF sanctions. Most of us know that all our USATF Championships must be and are sanctioned. But what about all those other meets held around the country, many of which USATF members participate in? This is a large number."

I recently caught a lot of flack because, as the USATF Tennessee Association Masters Chair, I refused to agree to sanction an indoor masters meet. The reason that I refused is because of the past history of the meet director and the sponsoring club in putting on previous "USATF Masters Meets" in Tennessee.

I have been in Tennessee for five track seasons now. In the first four seasons none of the meets was sanctioned. The "club" was never a USATF club. Additionally, I have good reason to believe that in at least one of those meets, the meet director was not even a member of the USATF.

Last summer's Tennessee Masters Championships, which was conducted by the same group, was sanctioned. However, the meet was not conducted in accord with the USATF rules.

There was no qualified medical person to assist when an athlete went down. An ambulance had to be summoned for emergency medical attention. I didn't time it, but it was a lengthy wait. Additionally, there were a number of "open" athletes who were not members of the USATF.

Yes, I agree that sanctioning is critically important. But make certain that the meet is really sanctioned. Make certain that if you go down with an injury at the meet, you are covered by the insurance that is available with the sanction and that there is an emergency medical technician in attendance.

Ross Dunton by e-mail

# **Sustainers for April 2004**

Periodically, NMN publishes a list of "sustainers," those who help the *National Masters News* and masters athletics by making contributions. These extra funds allow us to publish more photos, deeper results, an in-depth schedule section, and more.

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

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Scottsdale, Arizona

#### FIVE YEARS AGO April 1999

- Bill Collins (47, 200, 22.57) and Courtland Gray (55, 60H, 8.64) Break WRs in Reno Indoor Meet
- John Tuttle, 40, Sets U.S.
   12K Record (36:12) in National Masters Championships, Orlando
- Rudy Munoz (41, 6K, 18:30) and Kimball Bender (40, 4K, 13:41) First in National Masters XC Championships, Tacoma, Wash.



KRISTIN EDDY

Rick Platt, 53, 1:23.14, Anheuser-Busch Colonial Half-Marathon, Feb. 22.



BRENNAN PHOTOS

Alston Brown, M55-59, 1500 4:23.97, MAC Indoor T&F Championships.

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

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#### Pozdnyakova Keeps Title

Continued from page 1

Pozdnyakova, of Ukraine, who trains in Gainesville, Fla., also won the women's first place prize of \$25,000, plus \$4000 for running under 2:31. The Honda is valued at \$26,400. She is believed to be the oldest female winner of any major marathon.

The men's overall winner, David Kirui, 26, of Kenya, ran a 2:13:41, 3 minutes and 51 seconds behind Pozdnyakova, and third overall behind Tatiana Titova, 38, 2:33:39.

At 18 miles, Kirui trailed Pozdnyakova by five minutes and appeared to have a chance at catching her. After 20 miles, however, the heat caught up to Kirui, and he gained only a minute.

Pozdnaykova, who in 2003 told reporters at the finish line, "Running keeps me young," said after this race, "This was a very special victory. I worked very hard for this race, and I ran better the second half."

A record field of 24,532 started under sunny skies and warm conditions, temperatures going from 67 to 86 degrees five hours into the race. City of Angels Medical Center ran a treatment center near the finish to help runners suffering from heat exhaustion, nausea, and dehydration.

"We're so busy; I've never seen anything like this," said John Fenton, the medical center's chief executive officer. At 4:15 p.m., Fenton's team had transferred 20 patients to hospitals. By the end of the day, 100 were taken to nearby hospitals. In previous marathons, about two runners per marathon were transferred.

In the other women's divisions, Tracy Thomas, 42, Long Beach, Calif., third W40 in 2003, won the division with a 3:18:38. Alfreda Iglehart, 53, Los Angeles, retained her W50 title with a 3:33:19.

The other division winners includ-

ed Joann Jung, 56, Studio City, Calif., 3:52:17; Barbara Warren, 60, San Diego, Calif., 4:15.24; Pedro Barrigan, 66, Downey, Calif., 4:26:53; and Ann Chadwick, 71, McKittrick, Calif., 5:58:39.

The first masters man was Reynaldo Ramirez, 40, Mexico, 18th male overall in 2:35:38, bettering the 2003 M40 division winning time of 2:40:46. Jose Luis Diaz, 48, Los Angeles, won his third straight M45 title, with a 2:44:59, lower than his 2:45:53 in 2003.

Margarito Hernandez, 51, Los Angeles, dethroned last year's M50 winner, John Hirschberger, 52, San Francisco, 3:01:52 to 3:03:19. Jussi Hamalainen, 57, Agoura Hills, Calif., second last year, won the M55 race in 3:06:53.

Roberto Vargas, 66, Ontario, Calif., second in 2003 (3:48.47), won the M65 race in 4:05:21. Daniel Peros, 78, Los Angeles, took the M75 race in 3:58:35.

The main body of runners started at 8:30 a.m. to the tune of Randy Newman's "I Love L.A.," with Muhammad Ali, Jackie Joyner-Kersee and L.A. Mayor James Hahn at the starting line.

Along the way, runners experienced some of the city's diversity. Among the entertainment were an African drum troupe in the Leimert Park section at mile 7, klezmer music in the Jewish neighborhoods at mile 12 near Pico and Robertson boulevards, and Venus De Midol, who gave free lap dances near mile 18, "Tempting runners with things they should be doing instead of running."

Next year's race will be held March 6. □

from reports by Doug Thurston;
 USATF RRIC; Los Angeles Times;
 and Daily News



Top throwers at the Palm Desert Senior Games, Feb. 21 (I to r): Ed Martin, 70; Angi Rinaldi, 54; Arnie Gaynor, 76; Wayne Crow, 65; and Doug Tomlinson, 70.



### HAYWARD CLASSIC

University of Oregon ≈ Eugene
June 26 & 27, 2004



A THE RESIDENCE	NAME OF STREET	The Law Division	d season year	****		THE RESERVE THE PARTY OF THE PA
	SATURDAY, June 26			SUND	AY, June 27	
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SK Racmalk	9:40	Long Jump M 30-59	SK Al Men (2 s	eeded heats) 9:4		
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	10:30	High lump M 30-64		10:1	)	Weight then Super Wit
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Steeplechase			400 Meter Huro	11:0		
Steeplechase	11:40		800 Meters	11:1		Triple lump AI W & M
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#### Wes Santee Looks Back

n June 27, 1953, the world record in the mile stood at 4:01.4, established by Gunder Hägg of Sweden nearly eight years earlier. Knowing that Wes Santee of the United States was planning to run in an AAU meet in Dayton, Ohio, that day, Englishman Roger Bannister prepared to run a secretly-arranged special invitational mile at Motpur Park in Surrey five hours before Santee's race.

Clearly, the race for the first sub-4 minute mile was on at that time. Australian John Landy had run a 4:02.1 during December 1952 and then followed up with a 4:02.8 three weeks later. Santee had clocked 4:02.4 at the Compton Relays on June 5, 1953, serving notice that he was also in contention for the honor of being the barrier breaker. Bannister may have been especially alarmed by the fact that Santee's splits were 2:05.2 and 1:57.1, suggesting he was capable of running a few seconds faster.

Bannister "failed," running 4:02.0 in that special June 27 mile, leaving it open to Santee to be the barrier breaker later in the day. But sweltering heat in Dayton slowed Santee, as he recorded 4:07.6.

"I could only hope that he (Santee) would not forestall me before the end of the season," Bannister wrote of his pursuit in his book, First Four Minutes.

#### **Bannister Breaks Barrier**

Of course, Bannister would be the record and barrier breaker, clocking 3:59.4 on May 6, 1954 – 50 years ago next month. Landy would follow closely, breaking Bannister's world record with a 3:57.9 six weeks later. Santee would run 4:00.5, 4:00.6, and 4:00.7 before finally giving up the pursuit to become the first American under four minutes. That would not be achieved until Don Bowden of the University of California did 3:58.7 on June 1, 1957.

"Yes, I was disappointed, no question about that," Santee, who turns 72 on March 25, told me by phone from his El Dorado, Kansas home recently. "It was frustrating, constantly doing battle with the AAU (Amateur Athletic Union)."

Among Santee's issues with the AAU was its rejection of a special race in which Santee would have had pacers, as Bannister would have when he broke the barrier. The AAU opposed races staged for the benefit or one or two runners.

"We weren't into nationalism in athletics, like they were," said Santee, now retired from a career as an insurance agent, as well as having achieved the rank of colonel in the Marine Corps reserves. "They were doing it for Great Britain."

#### Team Comes First

But, more than anything else, Santee may have missed becoming the first under four minutes because of his dedication to his University of Kansas team. "It was obvious that I had the ability to break four minutes," Santee mused, "but the team came first and I couldn't focus on the mile. I had to run other races, including anchoring the relay team. Coach (Bill) Easton would always say that the opportunity would come. Unlike the British, we didn't see the urgency for breaking four minutes."

Born in Ashland, Kansas, Santee grew up on a farm. He won the state prep championship in the mile during his sophomore and junior years and broke the state high school record in the mile during his senior year with a 4:26.0. The old record of 4:28.4 was set 20 years earlier by Glenn Cunningham, who went on to break the world record in 1934 with a 4:06.8.

"He had to be the greatest miler ever, considering what he had to overcome," Santee offered, referring to Cunningham's childhood accident in which he suffered severe burns to his legs.

#### Anchoring the Relay

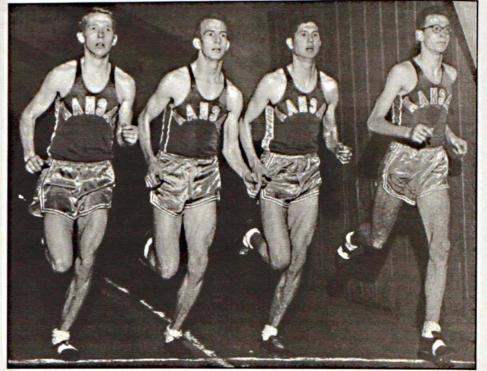
At the University of Kansas, Santee quickly developed, running a 4:06.7 anchor leg on his school's winning four-mile relay team at the 1952 Drake Relays, then clocking 4:07.4 in the distance medley the following

As a sophomore, he also won the 1952 NCAA 5000 meter championship with a 14:36.3, becoming the fourth fastest American at that distance. He then qualified for the 1952 Olympic team by placing second in the 5000 at the Olympic Trials. His problems with the AAU began when he prepared to qualify for the 1500 in those same Olympic Trials.

"I started to pull off my warm-ups for the 1500 when two big burly guys came out and said I couldn't run because I had already qualified in the 5000," Santee explained.

#### **Arbitrary Rules**

"There was nothing in the rule books that said you couldn't run more than one race, but the AAU made up



The University of Kansas Relay Team (left to right): Keith Palmquist, Lloyd Koby, Wes Santee and Dick Wilson.

the rules as they went. They said I was only 19 and so not good enough to run two events. I was really happy about making the Olympic team at 5000, but I had planned to run the 1500 instead of the 5000 if I had qualified in the 1500, as I think my chances would have been better in the shorter race."

Santee did not make the final in the Olympics at Helsinki. "I was told to follow Herbert Schade," he recalled, "but we didn't know he was going after the world record in that heat. He went through 3000 in 8:23. I didn't get my splits and everything was disorganized. I was totally outclassed." Schade, a West German, finished third in the final with a 14:08.6, as the great Emil Zatopek won in 14:06.6.

In addition to that 4:02.4 American mile record in 1953, the 6-1, 140-pound "Kansas Cowboy" recorded a 1:50.8 in the half mile after breaking Cunningham's 19-year-old collegiate mark in the mile with a 4:06.3. He also set an American record of 3:44.2 at 1500 meters.

On April 10, 1954, in Berkeley, Santee had one of his best days, winning the mile in 4:05.5 and the half in 1:51.5, followed by a 48.0 relay leg. The following week he ran 4:03.1 at the Kansas Relays.

#### Winning and Losing

On May 29, three weeks after Bannister's historic mile, Santee lowered his American record to 4:01.3, then, at the Compton Relays on June 4, went through 1500 in 3:42.8, a new world record. However, he struggled over the final 120 yards, finishing in 4:00.6, the second best time in history. The following night, in the Pacific AAU meet in Stockton, Calif., Santee handed Mal Whitfield his first loss in the half as he ran 1:50.0.

Looking back, Santee feels he should have been able to run between five and 10 seconds faster in the mile.

"The shoes are much better now

and the tracks alone mean about a second a lap," he said. "The first time I got on one of the newer tracks, I felt like a kangaroo. And if we had done two-a-day workouts back then, like they do now, I'm sure it would have made a difference."

While most teams then ran 25-30 miles a week, Easton had his Kansas team running 40-50 a week. "There was a lot of criticism that we were doing too much," Santee said, chuckling. "But now they are doing 80 miles a week or more."

#### Maintaining the Pace

Santee recalled one workout in which he did five quarters in 53 seconds each, but a more usual one was eight quarters in 60 seconds each. "We had a philosophy of not running slower if we couldn't maintain the pace," he said. "If we started getting slower on the fourth or fifth one, we'd shorten the distance and maintain the same pace."

He also recalled a week during the 1952 cross-country season when Easton had the team experiment with two workouts a day. "We got beat badly after that week, and everyone thought it was because we did too much," Santee continued, "but, in retrospect, we should have done it earlier and then tapered before the race."

#### Nothing to Prove

In 1977, at age 45, Santee thought he'd give masters competition a try. But after easily winning the half in 2:04, he wondered why he was doing it. "I don't have anything to prove," he told himself in making the decision not to continue.

About 15-20 pounds over his old running weight, he continues to run several miles three or four times a week, striding out for a couple hundred yards, then walking or jogging before picking it up again. "It's exercise," he concluded. "I just try to stay fit."

#### St. Louis Celebrates Olympiad Centennial

(The St. Louis Marathon will host the women's Olympic Marathon Trials on April 3.)

One hundred years ago, St. Louis was the first city in the Western Hemisphere to host the modern-era Olympic Games. The 1904 Games, held on the campus of Washington University in St. Louis, had been revived in 1896.

Although the III Olympiad was overshadowed on the world stage by the concurrent 1904 St. Louis World's Fair (a.k.a. the Louisiana Purchase Exposition), the event held Aug. 29-Sept. 3 takes a place in the history books.

In 1904, Charles Lindbergh had yet to make his transatlantic first flight and the Wright brothers were still perfecting their glider, so a visit to St. Louis meant a long ocean voyage and a 1000mile train trip for European competi-

Only 11 other countries sent athletes to the Games. Even the International Olympic Committee founder, Pierre de Coubertin, opted to stay home in Paris.

Among highlights of the 1904 Olympic Games were the following:

· First Daughter Alice Roosevelt presented the apparent winner of the 24.85-mile marathon, Fred Lorz of New York, with a floral wreath, although he later confessed that he had ridden about a third of the way in an automobile. (On a humid, 90-degree day, Lorz said he only ran into the stadium to get his clothes and couldn't resist the cheering crowd.)

· The second-place marathon finisher, English-born Thomas Hicks of Cambridge, Massachusetts, plodded in at 3:29:63, physically supported by his handlers and passed out before he could claim his rightful first prize



BRENNAN PHOTOS Sid Howard, M65-69, 1500, 4:56.36, American Record, MAC Indoor T&F Championships.

By today's standards, he also may have been disqualified, as his handlers helped him along the way by administering a mixture of strychnine sulfate and raw eggs with a brandy chaser. (Only 12 of the 31 entrants completed the dusty, hilly and mostly unpaved

· The U.S. dominated, winning 80 gold medals, 86 silver and 72 bronze. Its closest competitors were Germany and Cuba with five gold medals each. It was argued that the Americans had an advantage in that many European competitors could not afford the trip.

· By leasing land to fair organizers for \$650,000, Washington U. gained four permanent buildings on its new hilltop campus, which was then under construction. The university's new Francis Field and Gymnasium, now on the National Register of Historic Places, and a 12,000 seat stadium, were the sites of the Olympic track & field

· President Theodore Roosevelt didn't attend the 1904 games, although he did agree to be honorary president in concert with the president of the Louisiana Purchase Exposition, former Missouri Governor David R. Francis.

An 1870 Washington U. graduate and former mayor of St. Louis, Francis had wrestled the fair away from firstchoice Chicago in order to tie it into the centennial of the Louisiana Purchase.

· Among the victories by Americans in the 1904 Olympics were the 800, 1500 and 2500m by Chicagoan James Lightbody; four gold medals by Ray Ewry in the standing jumps; three gold medals by sprinter Archie Hahn; the running broad jump and running triple jump by Meyer Prinstein; and all medals in the cycling, rowing, archery, boxing and wrestling contests. George C. Poage, the first African-American to win an Olympic medal, took the bronze in the 200 and 400 hurdles.

· Making their debut at the 1904 Olympics were boxing, dumbbells, freestyle wrestling and the decathlon.

· Approximately 680 athletes, about 525 of them Americans, participated in 94 events, according to figures published by the IOC.

· In all, the III Olympiad saw 13 Olympic records and four world records broken.



Paul Flanagan (I), first M70 (3:03:53) and Joaquim Rezina, second M65 (3:04:03), 800m, 2003 Huntsman World Senior Games. The 2004 Games are scheduled for the first week in

The Summer Olympics did not return to the United States until 1932 in Los Angeles, then 52 years later in 1984, again in L.A. Atlanta hosted the games in 1996.

Today on the campus of Washington U., a wrought iron gate built in 1914 at the entrance to Francis & and Gym, where athletes still compe memorializes the historic event.

- Debra J. Caruso, DJC Communications, 205 E 42 St., Suite 203, New York, NY 10017. 212-907-0051;

#### **State Street Mile Offers Something for Everyone**

Santa Barbara's State Street Mile is the prettiest road mile in California. Run by a beautiful sandstone church, a tile-roofed film theater built for 1920s Hollywood premiers, then you float into the California-Spanish downtown.

Unlike most road miles, this race offers prize money for masters (\$150/\$100/\$50), awarded to both men and women based on the best agegraded performances in the elite masters races.

In recent years, top masters runners like Mike Egle (4:06, masters CR), Steve Scott (yes, that one; age-graded record, 98.32%), and Teri (Van Cott) Fitzgibbons (Western States 100 winner, 5:18 at age 51) have taken victories.

Last year's masters awards were earned by Barry Molony (10th overall at Bay to Breakers at age 45), and Dianna Hall (W45 800m gold medalist at the 2003 National Masters Champ-

But even if you're not elite, the

event and the town offer a great occasion to either (a) explore incredible scenic mountain trails, sun-washed bluffs, and white-sand beaches, or (b) spend all of your money shopping and

Whatever mix you find most pleasant is yours to choose. And, because the course is mildly aided (enough to yield nice times but not so much as to injure your legs), you'll go home with an outstanding time.

The race falls on Sunday, June 27. Race information is available at www.sbmile.com, or 805-568-2316. Registration is open at Active.com.

For lodging, contact Santa Barbara Hot Spots, 800-793-7666 (and don't put it off); accommodations can easily be found for people who'd prefer to stay with local masters runners, whether for the human connection, or because you choose to avoid the expense of area hotels. Dennis Mihora (805-967-5992, dmihora@asme.org) will be glad to help.

# PLATINUM State Street Mile

June 27, 2004 in Santa Barbara ...

First Event: 8:00a.m. State & Pedregosa

A Benefit for the District Attorney's Office Victim Witness Assistance Program

#### featuring...

Toyota of Santa Barbara Masters Elite Mile Platinum Performance Elite Mile Age Group Miles Law Enforcement Mile Three Dog Bakery Dog Mile Santa Barbara News-Press Family Fun Mile

Pre-registration available online at www.active.com or www.sbmile.com

Race day registration begins at 7:00a.m.

Call (805)568-2316 for an entry form and more information

#### our thanks to...



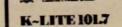




SANTA BARBARA NEWS PRESS

















# PAGLIANO'S PODIATRIC POINTERS The Foot Beat

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

#### **Posterior Heel Spur**

common complaint among masters runners is development of a posterior heel spur or Haglund's deformity, also known as "runner's heel." This tends to occur more often in high mileage runners and is probably due to the pull of the Achilles tendon where it attaches to the heel bone. The more running, the more irritation, and the more scar tissue, at which point it is known as Haglund's deformity.

Often a biomechanical problem is associated with runner's heel. Most sufferers overpronate, causing the heel bone to move excessively and resulting in Achilles tendon irritation. The first line of defense is a foot orthosis that will control the abnormal heel motion.

One recommendation is to use ice after hard workouts followed by moist heat for 20 minutes later in the evening. Steroid injections can reduce swelling in the early stages, but does not affect the bone spur.

Other conservative measures include padding, taping, stabilizing heel cups and proper shoe fit. When all else fails, surgical removal of the bone spur has been found to yield good results. This can be done on an outpatient basis, and usually entails three weeks in a below-the-knee cast. After removal of the cast, water workouts are suggested, with a gradual return to running.

(Dr. John Pagliano can be reached by e-mail at thefootbeat@aol.com)

# Visit the National Masters News on our Web site at: www.nationalmastersnews.com

# THE NINTHTEENTH ANNUAL GSAC/RANDOLPH CLASSIC TRACK & FIELD MEET SUNDAY, JUNE 6, 2004 RANDOLPH, NEW JERSEY

The GSAC/Randolph Classic is for Athletes of all ages.

This Year's Classic is dedicated to the memory of Irwin Bernstein.

TRACK EVE	NTS	FIELD EV	ENTS	
5000 Meters	10:00 am	Pole Vault	10:00 am	The Garden State AC
High Hurdles	10:45 am	Shot Put, 60 & up	10:00 am	Randolph Classic
Youth Mile	11:15 am	followed by und	er 60	is a USATF-NJ
Mile Run	11:30 am	Long Jump	10:00 am	Masters T&F
Youth 100 M Dash	11:45 am	Javelin	10:00 am	Grand Prix
100 Meter Dash	Noon	Discus, under 60	10:00 am	Event
Youth 400 M Dash	1:00 pm	followed by 60 8	& up	***
400 Meter Dash	1:15 pm	High Jump	10:30 am	
RW Mile	1:45 pm	Weight Throw	1:00 pm	
800 Meter	2:15 pm	Triple Jump	2:00 pm	
200 Meter Dash	2:45pm			
4X400 Relay (incl Youth)	3:15 pm	Note: Some field	events may	start later than listed.

**Divisions:** Open (Age 15-29), Submasters (Age 30-39), Masters (Age 40+) in 5 Year Age Groups, Youth (9-10, 11-12, 13-14) Athletes age 14 and under may only compete in Youth Events. All events will be run Youngest to Oldest, Males first. Times are approximate. Events may run ahead or behind schedule. Meet director may combine age divisions if the size of the fields warrant.

Registration Closes 30 Minutes Prior to Each Event. Don't be Shut Out! Pre-enter!

SPIKES ALLOWED - 1/4" or less.
HURDLE HEIGHTS & IMPLEMENTS - USATF Open and Masters Rules.
STARTING BLOCKS are permitted but are not provided by the meet director.
USATF MEMBERSHIP REQUIRED! Card must be presented, NO EXCEPTIONS!

FEES: Pre-registered - Received on or before June 1, - \$ 7.00 per event.

Post-entry (after June 1) - \$ 10.00 per event.

Relay Teams - Open and Masters Teams \$16.00. Youth Teams \$12.00.

AWARDS - Medals for First, Second, and Third place in each age division.

For an application send a self addressed stamped envelope to
M. Bost, P O Box 458, Ironia, NJ 07845
or email request to madeline.bost@att.net
For more information call Mort Hahn 973-625-1764
Meet application can be downloaded from www.usatfnj.org at the Track & Field Page.

#### Indoor Records Broken

Continued from page 1

Championships in Eugene, Ore., lowered the M60 U.S. record of 7.75 to 7.72 in the 60m. The present record is held by Harold Tolson, set in 1998. Payton Jordan holds the world record at 7.7h.

Both Gray and Edens were headed for the WMA Indoor Championships, Sindelfingen, Germany, two weeks later.

The AFA oval track, one-sixth of a mile, is oversized for national record purposes.

In other action, Donald Neidig, at age 59, won the 60m (7.78) and 400 (56.38). Bob Lida, 67, reigning M65 WMA 100 and 200 champion, won the 60m (8.31) and 200 (27.37).

David Salazar, 53, recorded the meet's fastest 800, with a 2:10.65. Michaeli Ann Smith, 40, won the W40 800 gold in 2:37.59.

Kathy Kirsling, 55, and Mary Kirsling, 81, won Regional Championships gold medals in the 400, 800 and 1500.

Stacey Price, 50, skimmed the 60mH in 8.79.

Pat Manson, 36, topped all vaulters

with a 5.31/17-5. His best vault in the 2003 indoor rankings was 5.28. Versatile Robert Hewitt, 70, won the 60m (9.07), long jump (4.23), triple jump (8.85), and pole vault (2.75), all with highly-ranked marks.

Paul Economides, 58, had the farthest measurements in the shot put (14.53) and weight throw (16.72). Rande Treece, 43, hurled the 56# superweight 9.53. Sharon Ranham, 57, bettered her 2003 shot put mark (7.88) with an 8.17.

Albert Leibold, 46, was the first to the finish in the 3000 racewalk (15:50.36). Marianne Martino, 53, recorded a 17:32.99.

Jerry Donley, meet co-director with Jim Weed, said of the meet, "Competition was held the day after the Mountain West Conference Championships, so the track was in first-class condition. All of the 125 competitors were able to enjoy a meet in one of the finest facilities anywhere in the country."

The meet also served as the Colorado Open & Masters Champion-ships.

# USA MASTERS UNIFORMS & CLOTHING FROM 1996 OLYMPICS OVERSTOCK

The uniforms for masters athletes have been expanded to include an updated version. USATF has helped with the project by releasing the overstock from the 1996 Olympic Games in Atlanta. The uniforms are available from National Masters News.

Available uniform items include warm-ups, rain suits, stretch shorts ("half-tights"), T-shirts, polo shirts, and more. Unfortunately, not all sizes are available in every style.

All items will be sold on a first-come, first-served basis.

These are wonderful holiday gifts for your athlete friends and family members. All garments are superior NIKE quality. Buy now for Christmas.

Half-Tights/Bike Shorts \$15
Runs a bit small. Sizes available: Unisex XL

Women's Briefs \$5
Sizes available: S, M, L, XL

Rain Suit \$50

Top and pants of lightweight nylon, fleece-lined collar, and removable hood. White with navy. Sizes available: Unisex S, M,

Dress "Medal" Sweats \$50
Top and pants, heavy polyester knit. White with navy trim Sizes available: Unices S. M. XI., XXI.

Polo Shirt \$15 or 2/\$25 White with navy trim, embroidered flag logo. Sizes available: Unisex: S, M, XL

T-Shirt \$10 or 3/\$25 Heavy duty white cotton. Sizes available: Unisex S, M, L

Cotton Knit Shorts \$10

Heavy, roomy. Sizes available: Women's & Men's: S, M, L, XL

Nike Unisex Gore-Tex Pants \$60

Reg. \$170.00. Heavy duty, front pleats, side seam pockets, rear zip pocket, leg zippers to above knee,

Fill out the form completely, a National Masters News Uniforms	and mail it with your check payable	e to National Masters	s News to:		
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One item = \$8.00 Tw	o items = \$10.00 Three item	s = \$15.00	Total \$		

#### Records Set in MPC Indoor Classic

Continued from page 1



Julie Anselme-Southall, W35 winner, 3000 racewalk (17:45.44), MPC Idaho Masters Classic.

javelin record at the 2003 National Masters Championships in Eugene, Ore., won the 60m in 9.67, and came back the next day to win the 200 (31.23) from tough competitors Rodney Brown, 77, St. George, Utah, and Jim Moorhead, 76, Salmon, Idaho.

Jeff Mann, 40, took the lead from the start in the mile on Saturday and the 800 on Sunday, and, running essentially alone, posted the fastest times of the meet in those events, 4:40.60 and 2:03:60.

Rich Tucker, 59, ran a 2:29.15 in the 800.

Keith Nelson, 48, Lancaster, Calif., high jumped 1.78. Kimiko Nakatake, 33, Long Island City, N.Y., won the long jump (4.88) and high jump (1.54).

The shot put was contested with indoor implements on an artificial surface inside the 200m track. Weight throwers used outdoor implements on dirt within a net-enclosed area on the north side of the track.

Joan Stratton, 52, Zephyr Cove, Calif., won the shot put, weight throw (11.53), and superweight. Jim Wetenhall, 49, Sylvania, Ohio, outdistanced everybody else in the shot (12.64), weight (15.58), and superweight (10.29).

Besides the entrants from the Northwest Region, the meet attracted masters, age-30-and-over, from New York, Ohio, California, and Nevada, who used the meet to preview the facility, which will host the USATF National Masters Championships in late March of 2005.

Athletes had high praise for the venue. Chuck Hammonds, Eugene, Ore., M55 pole vault winner (3.05), said, "The pole vault run up and pit are first class. The run up is very fast and springy. They had the modern standards that don't require extensions for the older jumpers, and the pit was new and full-size."

Rebecca Mitchell, 50, Eugene, Ore., who had three All-American performances, in the 60m, 200, and 400, said, "I thought the track had a great feel to it, and was the best I've ever run on indoors."

Among other All-American performers was Mike Toll, M40, Keizer, Ore., in the 60m, high jump, long



JERRY WOJCIK

Kimiko Nakatake, W30 winner, long jump (4.88), MPC Idaho Masters Classic.

#### TEN YEARS AGO April 1994

- 19,000 Run in Los Angeles Marathon
- Record 55 Entrants in Masters Indoor Pentathlon Championships, Chicago
- James Carmines, 50, First Overall (75:36) in National 15K Racewalk, New Orleans

jump, and triple jump.

While the entrants included world and U.S. record holders, for some competing indoors was new. Julie Anselme-Southall, 36, first woman in the 3000 racewalk and second overall, said, "This is my first indoor. No weather to contend with, and I didn't get disqualified."

Mary Ellen Nourse, 48, Boise, Idaho, after running the mile, noted, "My first indoor since 1975 at Central Michigan, and I met my goals. The people running the meet were friendly and accommodating."

MPC Computers was the meet's title sponsor, and there were 17 event sponsors.

The meet was directed by Mark Murdock. Dick Croteau was the clerk of the meet. George Ragan handled the electronic timing.

#### U.S. Outdoor Masters Track & Field Rankings for 2003

(Below are rankings for the M30 800m that were omitted from the rankings published in the March issue of NMN.)

#### **M30 800 METERS**

Patrick Robinson	1:51.49
Scott Weeks	1:53.48
Brad Dittmar	1:59.74
Kyle Lanier	2:02.60
Ronald Clemons	2:02.76
Matt Bogdanowicz	2:03.50
Curt Arthur	2:05.49
Gary Hurta	2:06.08
Bernard Dillard	2:06.23
John King	2:07.46
Carlo Deason	2:07.70
Richard Rapine	2:08.00
Brian Hickey	2:08.47
Chris Standage	2:10.38
Arthur Lopez	2:13.0
Brian McNamara	2:13.23
Chuck Jones	2:13.4
Bob Hardy	2:13.99
Brian Goebel	2:15.59
Carl Dillard	2:16.52
Eric Tucker	2:19.30
Andy Sigala	2:23.30
Keith Thomas	2:24.0
Pietro Michelucci	2:24.49
Frank Gilvin, Jr.	2:30.99

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# Masters Racewalking

By ELAINE WARD

#### Donna Cunningham on Balanced Alignment – Part 1

onna Cunningham, W55, took the 5K (28:54) and 10K (59:18) gold medals at the National Masters Outdoor Championships in Eugene last summer. Prior to these races, her training had been plagued by nagging problems in her lower back and hamstrings. Seeking help, she took classes from Vance Bonner, Ph.D., a specialist in the structural programming of the human body. Bonner taught her how to position her body in balanced alignment to increase her performance and prevent injury. She was so pleased with the results that she became a certified teacher. The following is Part I of an interview detailing Cunningham's adaptation of Dr. Bonner's work to her own profession as a massage therapist – ew.

EW: When you teach your clients to stand with balanced alignment, how do you start?

DC: First, I ask my clients how they naturally stand and to tune into their bodies. Usually some have feet that turn out, knees that lock and many have sway backs. I show them where their imbalances are and how they are caused by some muscles being weak and slack while others are tight and contracted.

Then I introduce them to Dr. Bonner's "Vance Stance" which is the template I use for balancing the parts of the body with each other and with gravity. When my clients discover that they move and feel better when their body is in balance, they see the benefits in making changes.

EW: Is it hard for them to change?

DC: Yes and no. It is important for people to understand why the corrections help them. Many equate aging with stiffness and pain. They think their problems are caused by a loss of flexibility and do a lot of stretching to try to limber up. But usually their muscles become tight and stiff from years of living with their bodies out-of-alignment. No amount of stretching will bring lasting results as long as imbalances exist.

EW: You say that your goal is to balance the body parts with each other and with gravity. How is gravity used?

DC: When the body is properly aligned, each part is in balance with the one below so that the line of gravity runs through their centers. Think of a pole going through a stack. The pole starts at the center of the feet and goes through the ankles and knees right up to the head.

EW: I don't think many people think about gravity this way.

DC: Gravity is like a computer. A computer simply responds to the programming you give it. If you make typos, the computer isn't going to correct them. They simply get transferred to the printed paper. If you have postural errors, gravity isn't going to correct them. In fact, gravity makes things worse by exerting force on the parts that are out-of-alignment.

Vance Bonner in her book, "The Vance Stance," discusses gravity this way.

"...the downward pressure of gravity tends to add tension to any area in the lower half of the body that is tight or restricted. Part of the reason such areas become tight in the first place is that proper pressure on them to remain open



ERRY WOJCIK

The lead pack in the 10K racewalk, 2003 National Masters T&F Championships. The 2004 Championships will be held in Decatur, III., in August.



JERRY WOJCIE

Douglas Vermeer (I), M45, Dick Vaughn (c), M70, and Mary Snyder, W50, 5000 racewalk, Hayward Classic.

is withdrawn as the body shifts out of its correct alignment, interrupting the natural flow of energy."

The basic idea here is gravity exists all around us like an energy stream. Being in correct alignment enables us to be lifted up and supported by the flow of gravity while incorrect alignment makes the body struggle against gravity

EW: What is the biggest problem your clients have in adapting what you teach to their every day lives?

DC: Bad habits. Bad habits are hard to break. If a person walks with rounded shoulders or a swayback, it feels normal to them. When they try to hold their shoulders properly or try to correct a swayback, it feels strange. My job is to help them become aware of how they feel when their body is out-of-alignment and their muscles are unbalanced, and how they feel with proper alignment and balance. Once they make this connection, it's easier for them. They can then self-correct.

EW: Do most of us have imbalances or problems with alignment?

DC: Many do. Our bodies become unbalanced when one group of muscles is weak and lax while its opposing muscle group is tense and contracted. Athletes are more likely to understand the importance of stretching and strengthening opposing muscles. But few pay much attention to how they stand on their feet or how their knees are positioned.

EW: How should we stand on our feet?

DC: In the Vance Stance, the feet point straight ahead and the body's weight is centered on a line that can be drawn from the second toe to the middle of the heel. This way the body's weight falls on the whole foot equally, not more on the toes or heels.

EW: I have noticed that many racewalkers walk with one foot turned out. Even though they'll understand that they lose distance and time when their foot turns out, they feel they can't straighten it. They believe they have a structural defect.

DC: Maybe, but for the most part walking with a foot turned out is a habit that becomes so fixed it seems built in. The problem doesn't stop there.

Feet that turn out affect the alignment of the ankles, knees, hips right on up.

For example, if the feet are not straight during the forward movement of walking, the knees torque a bit with each step. In this way, splayed feet misdirect the action of the knees adding a slight sideways stress. Over time, this torquing can lead to sore knees and injury.

Racewalkers use their feet in a repetitive movement that involves dorsiflexing the foot at heel contact and plantar flexing the foot when the toes leave the ground. A full and powerful heel to toe movement not only depends on the proper positioning of the feet, it also depends on the flexibility of the ankles so that energy flows freely into the stride.

I think the ankle is probably the most important joint in racewalking. It's the joint on which everything else depends. If the ankle cannot flex and extend fully, it affects the whole's body's range of motion.

EW: Can you give an example of exercises that help foot work?

DC: Some of the exercises are familiar, such as dropping your heel below a stair to stretch the Achilles tendon and to increase flexion in the ankle joint. In this one, you plant your feet firmly on a step and let your heels hang down off the edge as you hold on to a railing or wall. The variation here is to keep your knees bent and your heels together as you go up on your toes and press down on your heel. If you bend your knees enough, you will feel a contraction all the way up your foot and shin. You can do this exercise one foot at a time

Another familiar stretch is sitting on your ankles with your buttocks down on your heels and the tops of your feet against the floor. This is a good position to do regularly as it stretches and contracts the ankle and foot. If it is hard to do, put a pillow between the back of your legs and your thighs. When you sit back fully on your lower legs, you'll feel pressure along the arch and toes which lengthens the muscles of the top of the foot.

(Look for Part II of this interview next month. Elaine Ward can be reached by e-mail at narwf@aol.com)

#### ATHLETES WHO ENTER A NEW DIVISION THIS MONTH - APRIL 2004

	BIRTH	ACE
ATHLETE NAME (RESIDENCE)	DATE	AGE GROUP
JUPP BERG(GER)	4-3-9	95+
EGISTO PEDERZOLI(ITA)	4-12-14	90-94
WILBUR ARNOLD(PUEBLO,CO)	4-15-14	90-94
DUDLEY HEALY(CHATHAM,NJ)	4-23-14	90-94
KASHIMIR GASSMANN(SUI)	4-28-14	90-94
AATE LEHIMAKI(FIN)	4-16-19	85-89
VALDEMAR RAINO(FIN)	4-18-19	85-89
WILLIAM KNUPPEL(VISTA,CA)	4-22-19	85-89
DAVID LAWYER(ELMWOOD PARK,NJ)	4-25-19	85-89
RAY WILLIS(CHARLEMONT,MA)	4- 1-29	75-79
COLIN SIMPSON(GBR)	4- 2-29	75-79
JIM BEALL(WATERFORD,MI)	4- 5-29	75-79
WERNER KRUCKEN(GER)	4- 6-29	75-79
MARONN ULRICH(GER)	4-25-29	75-79
FRANCOIS CORNELIUS(BEL)	4-1-34	70-74
GERARD VAN NUFFELEN(BEL)	4- 4-34	70-74
JIM KNERR(SIMI VALLEY,CA)	4-7-34	70-74
HEINZ ENGELS(GER)	4-11-34	70-74
FRED SMITH(GBR)	4-15-34	70-74
JOHN WELDY(SCOTTSDALE,AZ)	4-23-34	70-74
GLYNN WOOD(MONTEREY,CA)	4-23-34	70-74
JAROSLAV SMID(CZE)	4-27-34	70-74
NILS UNDERSAKER(NOR)	4- 1-39	65-69
HERB LORENZ(WILLINGBORO,NJ)	4- 7-39	65-69
MICHEL GENOT(FRA)	4-14-39	65-69
JAMES MCNAMARA(IRL)	4-17-39	65-69
BROCK PULLEN(CAN)	4-5-49	55-59
OLEG DJATLOV(URS)	4-22-49	55-59
EMILE DEWIL(BEL)	4-24-49	55-59
EDDIE HART(OAKLAND,CA)	4-24-49	55-59
ANSELM LEBOURNE(MAPLEWOOD,NJ)	4-20-59	45-49
MARY PATTERSON(BROADVIEW HTS,OH)	4-19-29	75-79
BARBARA ROBBEN(BERKELEY,CA)	4-14-34	70-74
WILMA MADDOCK(COSTA MESA,CA)	4-19-34	70-74
EDNA HYER(S. WALES,NY)	4-22-34	70-74
KAY LYONS(MARTINEZ,CA)	4-10-39	65-69
CATIE BURKE(SAN GABRIEL,CA)	4-18-39	65-69
CAROLYN BRAVAKIS(WINDOW LOCKS,CT)	4-1-44	60-64
ERICA SZANTO(OLMSTED FALLS,OH)	4-25-44	60-64
DEE DEE GRAFIUS(OAKDALE,CA)	4- 9-49 4- 7-54	55-59
JOCELYN LOWTHER(COCOA BEACH,FL) RUTH CALLARD(SEATTLE,WA)	4-21-54	50-54 50-54
CARMEN TRONCOSO(AUSTIN,TX)	4- 2-59	45-49
LAGIE SWANSON(US)	4-20-59	45-49
MASAYO KOHNO(JPN)	4-24-14	90-94
MIRJAN RONNI(FIN)	4-20-19	85-89
AUDREY WOOD(NZL)	4-18-24	80-84
LENI STUMPF(GER)	4-27-24	80-84
RACHEL HANSSENS(BEL)	4- 6-29	75-79
BERTHILIA DE PRETER(BEL)	4-26-29	75-79
NINA PONOMAREVA(URS)	4-27-29	75-79
GERDA VAN KOOTIN(NED)	4-1-39	65-69
JILLIAN EKSTEEN(RSA)	4-12-39	65-69
SIGRID SUCKER(DEN)	4-17-39	65-69
NORIKO NAKAMURA(JPN)	4-20-39	65-69
SYLVIE AH-KANG(MRI)	4-29-39	65-69
MARGARET WILLIAMS(GBR)	4- 4-49	55-59 55-59
ANNA EDINGER(AUT)	4-7-49	55-59
SAYURI SAITO(JPN)	4- 9-49	55-59
CHRISTINE PFEIFFER(SWI)	4-13-49	55-59
ANTOINETTE BURLEIGH(FRA)	4-15-49	50-54
TATIANA POTAPOVA(RUS)	4-23-54 4- 1-59	45-49
LIDIJA LAPAJNE(SLV)		45-49
LI MEISU(CHN)	4-17-59 4-21-64	40-44
LUDMILA ENGQUIST(SWE)	4-21-64	40-44
JULIE MONEY(GBR)	4-20-04	40.44

Compiled by Pete Mundle

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#### Pawlik, Ellis, Glynn Tops in Heptathlon

Continued from page

1000m of years past was missing as only in the M60, where the silver and bronze were on the line, did real racing take place.

Joe Johnston, Apopka, Fla., whose total after six events was nearly impossible to overcome, took the gold (5337), after a 3:58.61 in the 1000. Ron Colliver, Hominy, Okla., hung on with 3:48.56 for the silver. Bill Angus, of Ohio, could not make up enough ground (3:46:06) and ended with the bronze. This was the toughest age group this year.

Injury and illness took out some of the field. Mike Janusey, M45, Venetia, Pa., second to Ellis in the 15th World Championships decathlon, dropped out after the 60m with hip problems and may be looking at retirement.

Clarence Trinkner, M70, Janesville, Wisc., who held the M65 record until Pawlik's performance, was felled warming up for the hurdles, his specialty. Frank Makozy, M40, Beaver, Pa., pulled warming up for the pole vault.

Kelly Meares, M50, Carl Junction, Mo., came down with what was believed to be food poisoning and could not go the second day. Meares had vaulted 12-0 the day before in the Midwest Regional Masters Championships pole vault and completed the first four events of the heptathlon.

The Midwest Regional meet was run around the heptathlon events and had many solid performances. Due to the late change in venue for that meet, some of the fields were not as full as usual. In addition, with the inaugural WMA Indoor Championships starting in Germany in five days, some competitors chose to focus on that meet.

We would like to thank Steve Ray, head coach at Carthage and his staff for once again helping host an enjoyable meet and who will again host this meet in 2005. The auto-timing by John Krupa was flawless, and we hope to have him back as well next year. We would also like to thank the Midwest Masters and Gill Athletics, Inc., for their support in making this meet a success.

Complete results can be found at www.harriersolutions.com, and photos at www.decamouse.com.

#### Rankings Corrections Deadline

Athletes who have changes for the 2003 outdoor track & field rankings have until April 10 to do so. The rankings were published in the March issue and are available on the Web at www.master strack.com/rankings.html.

Corrections should be sent by e-mail to Dave Clingan, Masters T&F Rankings Coordinator, at xroads@xro.com, or he can be contacted by phone at 503-231-0530.





# Tennessee Senior Games Track and Field



Ten meets will be held across the state of Tennessee in April and May.

Top finalists qualify for the state finals held July 16-22, 2004 in Clarksville, Tennessee.

State finals winners qualify for the National Senior Games held June 3-18, 2005 in Pittsburgh, PA.

For dates and entry information visit tnseniorgames.com or call 615-902-9261.

Meets are closed to non-residents of Tennessee.



## On The Run

By HAL HIGDON

#### Senior Marathon Training Program

A special schedule designed for experienced runners, who want to keep their weekly mileage relatively low.

Senior Marathon Training Program: What does that mean? Is the schedule below designed only for older runners? Not necessarily, although if you have been running marathons for a number of years, you may have been searching for a program with relatively low mileage and less of a time commitment that will allow you to continue to race 26-milers without getting burned out. Same if you've followed my Novice schedule before and are looking for some variation - particularly a program that will allow you time do some crosstraining.

If you're a Clydesdale, you also may have come to the conclusion that high-mileage weeks raise the risk of injury too much. You need more rest time.

Finally, if you like to run a lot of marathons a year (and it's up to you to define "a lot"), you realize it's impossible to fit more than a couple of 18-week build-ups into your schedule and still have time for recovery between.

If any of the above describes you, this Senior Marathon Training Program may be just what you need. It features only three days running a week – but you get to run a fair amount of distance on each of those days. It features two days of rest a week – and you need your rest, since all of the long runs on the weekend are 12 miles or more.

It features two days that you can use for stretching and strength training or maybe some cycling and swimming, if that's your fancy. You need that too, because you enjoy exercising, even if you've discovered that three days a week running is more than enough to keep you in shape.

Here's the Program

Monday: This is always a good day of the week to rest, particularly if you ran long over the weekend. All of the Mondays in the schedule below are designed as days of rest, but if you want to do some extra stretching and strengthening today, be my guest.

Tuesday: Modifying a term that I use in my other marathon training pro-

Some readers provide additional support to the National Masters News by sending contributions of \$25, \$50 or \$100 a year. If you are able, we urge you to join them. All contributors will receive a free copy of the Masters Age Records book and will be listed in the paper as a National Masters News sustainer.

grams, let's call this our "sorta-short day." You're still recovering from your weekend long run, so don't go too far.

I suggest that in Weeks 8, 6, 4 and 2, you run 4 miles at your marathon pace – or faster. In other words, run short but at a good speed, and I'm not going to define what is a good speed. You, being an experienced runner should know how fast you want to run, or if you want to run fast at all.

In Weeks 7, 5, 3 and 1, run 6 miles but at a comfortable pace, one during which you can converse easily with a training partner if you desire.

Wednesday: Today's workout is "stretch and strengthen," because that again is a term I've used frequently in other training programs to designate semi-rest days on which you do some alternate training, but not too much.

In honesty, I don't care what you do today as long as it is not running. If you want to run more than three days a week, you should have chosen another program. Cross-training is an option today too: cycling, swimming, even walking. Or some combination of that with work in the gym.

Thursday: This is your "sorta-long day," balancing the sorta-short day on Tuesdays. The mileage varies from 6 to 8 miles most weeks with a single 10-miler thrown into the middle of the program just to prove you can do it.

Running these sorta-long runs at an easy, conversational pace makes the most sense to me. However, if you feel you need some extra fast running, consider converting the 6-miler in Weeks 7, 5 and 3 into a "3/1 run," a term I use in many of my intermediate and advanced training programs.

Run the first three-fourths of the run (4.5 miles) at a comfortable pace, then finish the final fourth of the distance (1.5 miles) at an up tempo. You don't need to sprint in; just run somewhat faster.

Friday: Another stretch and strengthen day. Do something similar to the workout prescribed for Wednesdays. This might mean that if you cycled or swam on Wednesday, you might want to walk today or simply spend your time in the gym hopping from machine to machine.

Saturday: This is your second rest day. With a long run planned for each weekend, you want to make sure you have plenty of time to rest both before and after.

In this schedule, I've prescribed doing your long runs on Sunday, because that's a popular day for experienced runners. If you would rather run long today, that's okay. In fact, feel free to juggle all the workouts to

suit your particular lifestyle.

And you don't need to always run the same three days all eight weeks of the program. Just maintain the regular pattern, and you'll be okay.

Sunday: Run long. Today you do your *long run*, and you'll notice that the build-up in this Senior program goes from 12 to 20 miles, not the 6 to 20 miles in my 18-week Novice program. That's because you're an experienced runner.

You train regularly 52 weeks of the year and never get out of shape, so doing a 12-miler is no big deal. I've prescribed that distance for Weeks 8, 6, 4 and 2 with longer runs Weeks 7, 5 and 3 leading up to the marathon in Week 1.

Only one 20-miler? Do you really want to run more than one? Do so in the odd-numbered weeks.

Important: Do all of your long runs slower than your marathon pace. Don't overtrain.

Here are some additional points to consider:

Racing: As an experienced runner, you probably enjoy going to the starting line more than two or three times a year.

If you want a race to test your fitness and give you an idea of what to expect in the marathon, Week 4 might be a good time for a somewhat long race of anywhere from 15K to a half-marathon. And if you want a shorter speed test, you could fit in a 5K or a 10K in Week 6 in place of the 12-miler that weekend.

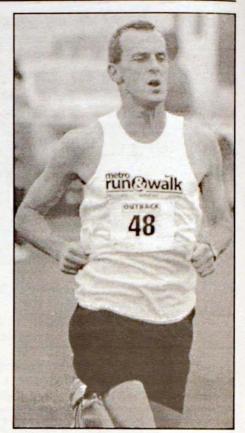
Don't worry about doing fewer miles. If you were interested in logging miles in your training diary, you would have selected a different training schedule.

Speedwork: I enjoy doing speedwork, and so do a lot of experienced runners. I'm trying to keep this program simple, so I'm not going to prescribe tempo runs, hill repeats or interval training as I do in several of my other programs.

If you want to do speedwork, choose your own brand of poison. Tuesday would be a good day for this type of training, because I'd like you going long and sorta-long on the other two days of the week.

If your club has a regular day for speed workouts where everybody meets at the track, juggle the schedule to accommodate what's available locally.

Taper: Given the fact that I'm asking you to do a 20-miler at the end of



GEORGE BANKER Jim Wadsworth, 46, second M45 (28:10), 2003 Outback Steakhouse 8K, Hyattsville, Md.

Week 3, that allows you only two weeks to taper before the race.

Don't you need a three-week taper period? Oh, come on! You've been around long enough to know that two is probably plenty. It's not that I'm beating you over the head with high mileage. You'll do fine in the marathon tapering two weeks, but notice also that the final week before the marathon features only a single, easy run of 6 miles, then mostly rest.

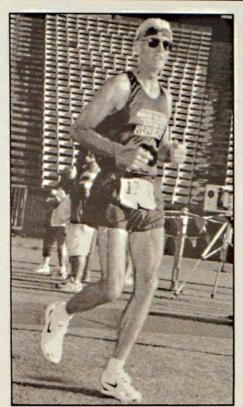
Do you have more than eight weeks before your marathon? Do you have less? If the former, you can modify the program by either repeating weeks or adding weeks up front with slightly lower mileage.

If the latter, do your countback from Week 1, and improvise. This Senior Marathon Training Program is for experienced runners, and I trust you to make the right choices. Just follow the pattern I've laid out for you, and you'll be okay. The eight-week training schedule follows. Good luck with your training.

(Hal Higdon is a Senior Writer for Runner's World and a regular contributor to National Masters News. For more of his articles and training programs, visit his Web site at <a href="https://www.hal-higdon.com">www.hal-higdon.com</a>.)

#### Senior Marathon Training Program

-							
Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
8	Rest	4 m pace	S & S	8 m easy	S&S	Rest	12 m easy
7	Rest	6 m easy	S&S	6 m easy	S & S	Rest	14 m easy
6	Rest	4 m pace	S&S	8 m easy	S&S	Rest	12 m easy
5	Rest	6 m easy	S&S	6 m easy	S&S	Rest	16 m easy
4	Rest	4 m pace	S&S	10 m easy	S&S	Rest	12 m easy
3	Rest	6 m easy	S&S	6 m easy	S&S	Rest	20 m easy
2	Rest	4 m pace	S & S	8 m easy	S&S	Rest	12 m easy
1	Rest	6 m easy	Rest	Rest	Rest	Rest	marathon



TESH TESHIMA

Brian Clarke, M55, author of Running by Feeling, finishing the Great Aloha Run 8.15 Mile, Honolulu, Feb. 16.

#### **TWENTY YEARS AGO April 1984**

- Gunter Mielke (40, 2:17:59) and Margaret Betz (47, 3:00:49) First Masters in Los Angeles Marathon
  Bill Stewart (41, 47:29) and Cindy Dalrymple (41, 56:05) Claim Masters Titles in Gasparilla 15K
- in Gasparilla 15K

  Midwest Masters Indoor
  Regional Draws 160 from
  Nine States and Canada



JOHN WELCH

Barbara Rowe, 49, third W45 (5:27:22), 2003 Sunmart Texas Trail 50K.

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Masters Age Records (2003 Edi	tion)					
Men's and women's world and U.S	6. age bests for all track & field events, age 35					
52 names Lists name are state	ents, age 40 and up, as of Oct. 31, 2002. and date of record. Compiled by Peter Mundle.					
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Masters Track & Field Rankings	Book (2002)					
	door track & field 5-year age-group rankings.					
racewalks, and combined events.	&F events, including mile, relays, weights,	\$				
Masters Track & Field Rankings			-			
Men's and women's 2003 U.S. out	door track & field 5-year age-group rankings					
	gan and Larry Patz. Includes mile, weights,					
racewalks, and combined events.  McMahon Family Trust Masters	B pages. \$4.00.	<b>\$</b>	-			
Indoor rankings for 2003. 4 pages	\$					
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	from age 8 to 100 for men and women for every					
	ce running, and racewalking event. Shows how					
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Veteran Athletes. \$6.00.		\$				
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	and U.S. outdoor 5-year age group records for vents, age 35 and up, as of Dec. 7, 2002;					
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	ith "Wysocki, Ruth." A must for every runner's library					
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and more. \$75.00.		\$	-			
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Cindy Steenbergen, W45, and Bob Ward, M70, were named Dallas Masters 2003 Track Athletes of the Year at the club's annual meeting in January

Nationally ranked masters runner seeks distance coach. As a salaried coach you will be required to write workouts and run morning runs. Two to three hours daily commitment would allow individual to pursue degree or graduate degree at Texas A&M University. Please call (979) 764-7921 or email mpaull@tca.net.

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alities behind their achievements. LSTP's interviews with top name throwers such as Adam Nelson, Suzle Powell and Breaux Greer and legends such as Al Oerter, Michael Carter and John Powell are just what you are looking for. Technique tips from knowledgeable athletes and coaches such as Jud Logan and Jay Silvester are invaluable. LSTJ provides throws coverage and photos from major competitions that you won't find anywhere else. Whether you are a coach, athlete or official, or a Scholastic, Open or Masters competitor, it is crucial that you never stop



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# **USATF Foundation Report**

#### **Fundamentals in Disposing of Assets**

By JERRY DONLEY

Following is another in the series of articles on gifting to the USATF

No matter how well we ignore the future, it is inevitable that we will either spend or give away what we accumulate during our lifetime. Prior to our death, we can control how, how much, and to whom we give our

But, unless we do some planning and consider, rather than ignore, the future and how our assets are going to be disposed of after our death, the laws and statutes of the state in which our property is located at the time of our death will determine how much of an estate a surviving spouse and children will receive if a person dies without a will (intestacy).

State laws make no provision for charitable organizations, extended families or friends. Even though one child may have special needs, or it is the intent that one of the children receive a specific personal article, if a person dies without this intent stated in writing, in a manner prescribed by the state, that intent will go unfulfilled.

How then can you accomplish your intent for distribution of your assets?

The simplest and easiest is to give all of it away during your lifetime. For most of us that is not an acceptable solution. We need most of it right up to the date of our death.

Many assets are passed on after death to another person in accordance with the way an asset is titled during one's lifetime. A common way is to put the property in another person's name as a joint tenant with a right of survivorship. By following certain formalities on death of one "joint tenant," title to the asset is quickly and easily transferred into the survivor's name.

Life insurance proceeds are commonly passed on quickly and easily after death by naming a specific bene-

ficiary, which might be a family member or an organization. Checking and savings accounts are often transferred after death to a joint tenant, although there are other routes such as "payable only on my death" to a specified beneficiary.

Many people choose to use a will a "last will and testament" - to direct how assets are to be distributed after an individual's death. Each state has laws which set out the formal requirements of a will. Very few states will recognize a written document, signed only by the maker, as a will unless all of the formalities of that state's statutes are followed.

A document called a trust is frequently used to dispose of assets. In some states it is used more frequently than others. A trust can be created during one's lifetime to hold all or specified assets, or written so as to be effective at the time of a person's death for instance, an individual's will may direct that assets be put into a trust for specified purposes and time frames. In this instance, the trust becomes effective only on the death of the individual who wrote the will.

(Next month - Intestacy, Will, Trust Defined. Jerry Donley can be reached by mail at 2354 Wood Ave., Colorado Springs, CO 80907.)

#### FIFTEEN YEARS AGO April 1989

- John Campbell (2:17:51) Defeats Bill Rodgers (2:22:14) To Win Masters Title in Los Angeles Marathon
- · Wilson Waigwa, 40, Sets 1500 Masters Record of 3:50:42
- · Victor Mora, Priscilla Welch Top Masters in Gasparilla

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#### **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 October 31, 2003, by the Records Committee of World Masters Athletics (WMA). The U.S. records are those compiled and approved, as of December 7, 2003, by the Masters Track and Field Records Sub-Committee of USA Track & Field (USATF).

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

#### APPLICATION FOR RECORDS

For U.S. age-group records, send to Sandy Pashkin, 301 Cathedral Parkway, #6U, New York, NY 10026. For WMA age-group records, send to Brian Oxley, 259 McDougall Rd., Parry Sound, Ontario P2A 2W7, Canada

#### To THE RECORD COMMITTEE:

Application is hereby made for a record in suppor	t of which the following information is submitted:
Description of Record:  World American Association Junior Age Group Masters	_ Championship Collegiate
Junior Age Group Masters_ (All applications for Junior, Age Group, or Masters records must be a	(Indicate
1. Event 2. Date and T	ime of Day Men/Wome
3. Record claimed (state, time, distance, height or points ac	chieved)Indoor/Outdoo
4. Where held (Arena, Town and Country)	
5. Force of following wind Anemo	ometer Attendants Signatur
6. Name of Competitor, Club and Country	
	(print)
	etitors should be printed in their running order)
	CIC TIMING ardless of the distance of the race and attach a print of the photo)
	, was used.
The time recorded was,	and this was the official time.
(Photo Evaluator)	(Address or USATF Official's Registration Number)
(Chief Tunekeeper)	(Address or USATF Official's Registration Number)
TIMEKEEPER'S	S CERTIFICATES
8. I, the undersigned official timekeeper of the et time set opposite my signature was the exact time by me has been certified and approved by my Na	vent above mentioned, do hereby certify that the ne recorded by my watch, and that the watch used ational Association. (Refer to Rule).
Time (Signature of I	(Address or USATF Official's Registration Number

(Address or USATF Official's Registration Number

(Signature of Referee or Chief Timekeeper)

(Signature of Timekeeper)
I confirm that the above Timekeepers exhibited their watches to me

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 23. The form should be sent to the WMA Records Committee Regional Chairmen (addresses on page 23).

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

(Checker of Implements)

time constraints. Thus, there is the occasional mark in the book which dif fers from the five-year age-group mark. Please consider the five-yea marks, printed here, as the officia records.

#### Racewalking Records

Also included here are world race walking "bests" and USA official race walking records as recognized by the IAAF, for each five-year age group compiled by Bev LaVeck, USATI Masters Racewalking Record Coordinator. The USATF application form for a racewalking record is print ed on page 23.

#### Long Distance Records

(Address or USATF Official's Registration Number)

The latest U.S. masters road mark were published in the November 2003 issue of NMN. U.S. road records ar compiled by Road Runnin Information Center, the record-keep ing arm of USATF.

STARTER'S CERTIFIC	CATE	
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9. I hereby certify that I was the starter for the event above-mentioned, that it was a fair start an
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 pro	ogram should be attached and made part of the application.
10. Measurers' Certificate for Track and	Field Events (a or b)
(Signature of Measurer)	(Address or USATF Official's Registration Number)
(Signature of Measurer)	(Address or USATF Official's Registration Number)
(a) Track Events	
The above certify that we mea	asured, with a metric steel tape, the course over which the
above event was held and that the exact	distance was:
meterscentimeters, or _	milesyardsfeetinches,
the length of one lap wasmeters	centimeters oryardsfeetinches
that there was a 2 inch raised border on t	the inner edge of track, and that the maximum allowance
for lateral inclination did not exceed 1:10	00 and the running direction 1:1000.

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 dis tance mentioned above, and that said implement(s) were in strict accordance with the existing rules of the Interational Amateur Athletic Federation.

	JUI	GES' CERT	TIFICATE	(FIELD	EVENT)		
hereby cert	ify that the	measuremen	t stated opp	osite our	respective	signatures is	exa
ad with a m	atric topa (	Indees and D	afaraa chall	road ma	ocurament)		

12. We 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.

(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.

(Address or USATF Official's Registration Number)

# WORLD T&F OUTDOOR AGE-GROUP RECORDS

Approved by the Records Subcommittee of World Masters Athletics (WMA) (through performances verified as of October 31, 2003)

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M 60	10.95	William Collins(USA) Ron Taylor(GBR)	51 57	4-13-02 8- 3-91	M66 M70			65 70	3-15-92 7- 9-01	M76	4.78	Maz
M60 M65	11.70 12.62	Ron Taylor(GBR) Malcolm Pirie(AUS)	61 65	6- 4-95 9-28-94	M75 M80		David Morrison(GBR)	75 81	9- 9-89 8- 4-88	M80 M85	4.19 3.75	Maz Maz
M70	12.5n 12.91	Bernard Hogan(AUS) Payton Jordan(USA)	65 74	11-30-85 6-22-91	M86	52:50.8	Max Raschke(GER)	88	9-18-93	M90	3.07	Vitto
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M45	22.13	Kevin Morning(USA)	46 52	8-15-02 7-31-86	M70 M76	15.474 13.699	John Gilmour(AUS) Edward Benham(USA)	70 75	6-21-89	M76 M80	10.05 8.95	Mazu
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M80	30.89	Payton Jordan(USA)	80 85	8-10-97 10-20-96	M40	13.73	David Ashford(USA)	40	7-11-03	M60	18.45	Klaus
M85 M90	35.82 42.14	Kizo Kimura(JPN) F. E Mahlo(GER)	91	7-8-03	M45 M60	14.7y 13.57	Valbjorn Thorlaksson(ISL) Walt Butler(USA)	50	7- 8-79 7- 5-91	M 66 M 60	17.50 18.20	Klaus
	p40.97	Vittorio Colo(ITA) Vittorio Colo(ITA)	90	5- 5-02 8-24-02	M 66	14.49	Walt Butler(USA) Charles Miller(USA)	55 60	8-22-96 7-18-98	M66 M70	15.12 14.77	Hal S Amie
M96 M100	57.58 87.85	Erwin Jaskulski(AUT) Erwin Jaskulski(AUT)	96	7-17-99 11-16-02	M66 M70	15.86 12.99	Gunter Ortmann(GER) James Stookey(USA)	65 70	8-17-01 5-13-00	M75	p14.80 13.84	T. Vo
					M76 M80	13.68 16.98	Melvin Larsen(USA)	75	8-29-99	M80	12.27	Ross
M40	METERS 47.86	Eric Roeske(NED)	41	8-21-02	M85	18.06	Mazumi Morita(JPN) Kizo Kimura(JPN)	80 85	10- 9-93 8-18-96	M85 M90	10.42 6.97	Ross Buell
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M40	1:51.25 p1:50.69	Peter Browne(GBR) Colm Rothery(IRL)	40	9- 5-00	M 50 M 55	58.1 58.92	Jack Greenwood(USA) Guido Mueller(FRG)	50 56	7- 3-76 7-16-95	M86 M90	30.81 22.06	Ross (
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ONE	MILE				M76 M80	9:28.78	Dan Bulkley(USA) Dan Bulkley(USA)	76 80	7-17-93 6-28-97	M45	69.12 p70.96	Jorma
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M75 M80	5.57.2 7:51.9	Scotty Carter(USA) Henry Sypniewski(USA)	75 81	7-12-92 6-15-00	M80 M85	10.02.43	Soichi Tamoi(JPN) Ed Gamble(AUS)	80 85	7-13-03 3-21-01	M85 M90	27.34 17.44	Gerhar
M85	8:04.7 13:43.6	Josef Galia(GER) Herb Kirk(USA)	87 90	9- 4-85 8-18-86		13.30.3	20 Gamaio(Noo)		02.0.	M96	13.92	Masam
M96	14.48.2	Herb Kirk(USA)	95	10-6-90	HIGH M40	JUMP 2.11	Jim Barrineau(USA)	40	7-19-95	M100	6.69	John W
3000	METERS				M45	2.00	Asko Pesonen(FIN)	45	9- 3-88	JAVEL	IN THRO	w
M40	8:05:08	Martti Vainio(FIN)	40	6-12-91	M 50 M 55	1.98	Thomas Zacharas(GER) Jaroslav Hanus(CZE)	50 55	5-17-97 9-13-98	(50-59:7 M60	700grms;7 (65.88)	0-79:50 Esa Kit
M45	8.27.7 8.49.2	Nigel Gates(GBR) Michael Hager(GBR)	45 50	8-19-98 8-15-01	M60 M65	1.72 1.66	Phil Fehlen(USA) Phil Fehlen(USA)	63 65	7- 4-98 8-12-00	M 55	p(64.17)	Kauko
M 55	9.57.28 9.29.47	Ron Robertson(NZL) Adriaan Heijdens(NED)	55 60	2-8-97 6-27-00	M70 M75	1.52	Bud Held(USA) Esko Kolhonen(FIN)	70 75	11- 8-97 8- 4-89	M70 M76	(46.47) (42.97)	Harje N Matti Ja
M65	9.47.4	Derek Tumbull(NZL) Siem Heriaar(NED)	65 70	2- 8-92 7- 2-99	M80 M85	1.34	Emmench Zensch(AUT) Kizo Kimura(JPN)	80 85	5-20-00 6-22-97	M80 M85	(35.48)	Viljo Ky Klaus L
M76 M80	12:00.94 13:12.6	Yoshimitsu Miyauchi(JPN) Ed Benham(USA)	76 90	10- 2-00		1.20	Esko Kolhonen(FIN)	85	8-8-99	M90	(21.59)	Kalle Le
M85	16.04.6	Petter Green(NOR)	85	6-18-97	M90	1.10	Kizo Kimura(JPN)	90	5-19-02		THLON	
M90	18:36.0	Petter Green(NOR)	90	6-19-02		VAULT		1	0.01.01	(1994 W	7789	-GRADI Wolfga
5000 M40	METERS 13:45.6	Lucien Rault(FRA)	40	6.24.20	M40 M45	5.50	Larry Jessee(USA) Larry Jessee(USA)	44	8-24-96 8-10-97	M45 M50	7780 8114	Rex Ha
M45	14:23.6	Lucien Rault(FRA)	16	5-21-76 6-19-82	M 60 M 66	4.71	Wolfgang Ritte(GER) Hans Lagerqvist(SWE)	50 56	6-15-03 8-24-96	M 5 6	8726	Gary M Rolf Ge
M 50	14.53.2 15:41.72	David Rees(GBR) Ron Robertson(NZL)	50 55	5-10-03 2-15-97	M60 M65	3.90 3.77	Herbert Schmidt(GER) Boo Morcom(USA)	61 65	10-14-71 8- 3-86	M60 M65	7668	Phil Mu Pekka l
M65	16:12.57 16:38.8	Adriaan Heijdens(NED) Derek Tumbull(NZL)	60 65	7-3-99 3-13-92	M70 M75	3.31	Robert Brown(GBR)	70 75	8-22-02	M70	7754 8450	Knut Sk Gudmu
M70 M75	18:33.38 20:00:13	Ed Whitlock(CAN) James Todd(GBR)	70 75	7-6-01 7-23-97	M80	2.51	William Bell(USA) Carol Johnston(USA)	80	7-19-97 6-20-92	M76 M80	7825 4680	Pekka f
M80	21:57.88	Edward Benham(USA)	81	8- 6-88	M 86 M 90	1.42	Carol Johnston(USA) Vic Younger(AUS)	85 90	8- 8-97 <b>4- 5-03</b>	M86	5565	Bob Bo

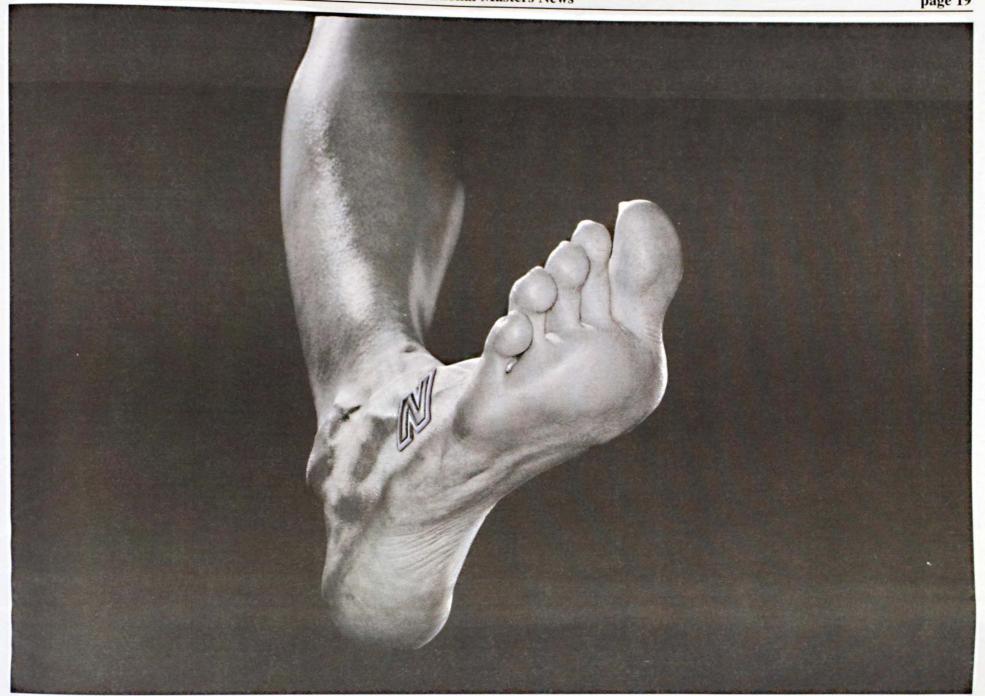
LON	IG JUMP			
M40 M46	7.68 7.27	Aaron Sampson(USA) Tapani Taavitsainen(FIN)	40	6-21-0
M 50	6.84	Tapani Taavitsainen(FIN)	46 50	8-21-9 6-18-9
M66	6.35	Stig Backlund(FIN) Tom Patsalis(USA)	55 60	7-21-9 7-10-8
M66	5.43 p.5.44	Hans Bitter(GER) Lothar Fischer(GER)	66 65	7-29-8 5-19-0
-	p 5.47	Lothar Fischer(GER)	65	9-1-0
M70 M76	5.19 4.78	Melvin Larsen(USA) Mazumi Morita(JPN)	70 75	8-12-9 7-30-8
M80 M86	4.19 3.75	Mazumi Morita(JPN) Mazumi Morita(JPN)	81 85	5-20-9 7-26-9
M90	3.07	Vittorio Colo(ITA)	90	4-28-0
TRIP	LE JUMP			
M40 M45	16.58 14.55	Ray Kimble(USA) Willy Banks(USA)	40 45	7- 2-93 6-30-01
M 60	14.07	Stig Backlund(FIN)	50	7-4-90
M 66	13.85 12.68	Stig Backlund(FIN) Stig Backlund(FIN)	55 60	7- 2-95 6-18-00
M65 M70	11.94	Hermann Strauss(GER) Shoji Ito(JPN)	65 70	8-18-96 11- 3-00
M76	10.05	Mazumi Morita(JPN)	75	7-31-88 10-13-93
M80 M86	8.95 7.91	Mazumi Morita(JPN) Mazumi Morita(JPN)	80 85	7-26-98
M90	6.59	Kizo Kimura(JPN)	90	7-29-01
	T PUT			•
(35-49 M40	21.41	59: 6Kg; 60-69: 5Kg; 70+ 4 Brian Oldfield(USA)	(Kg)	8-22-85
M45	20.77	Ivan Ivancic(YUG)	45 50	8-31-83 7-20-91
M 60 M 66	18.45 17.50	Klaus Liedtke(GER) Klaus Liedtke(GER)	55	7-21-96
M60 M66	18.20 15.12	Klaus Liedtke(GER) Hal Smith(USA)	60 66	8- 1-01 1-19-02
M70	14.77	Amie Gaynor(USA) T. Von Wachenfeldt(SWE)	70 72	7-10-98 4-26-00
M75	p14.80 13.84	Heiner Will(GER)	75	4-13-02
M80 M85	12.27	Ross Carter(USA) Ross Carter(USA)	80 85	6-25-94 6-19-99
M90 M95	6.97 5.11	Buell Crane(USA) Masami Okazaki(JPN)	90 95	6-20-90
M100	4.12	Waldo McBurney(USA)	100	7- 4-03
DISC	US THRO	w		
(35-49	: 2Kg; 50-	59: 1.5Kg; 60+: 1Kg)		
M40 M45	69.48 66.12	Al Oerter(USA) Al Oerter(USA)	43 45	5-31-80 3-28-82
M 60 M 66	68.40 61.22	Klaus Weiffenbach(GER) Klaus Liedtke(GER)	52 56	5-10-97
M60	65.52	Klaus Liedtke(GER)	60	6-15-97 8- 1-01
M66 M70	55.62 49.34	K. Maksimczyk(GBR) Kauko Jouppila(FIN)	65 70	9-17-79 9-21-91
M75 M80	45.68 37.86	Kauko Jouppila(FIN) Osmo Renvall(FIN)	75 80	9-21-96 7-23-91
M86 M90	30.81 22.06	Ross Carter(USA) Lamberto Cicconi(ITA)	86	7-2-00
M95 M100	13.56	Waldo McBurney(USA)	90 96	7-16-95 8- 3-99
	8.91	Everett Hosack(USA)	100	6- 1-02
	MER THR	OW 69: 6Kg; 60-69: 5Kg; 70+:4	Kal	
M40 M46	75.66 64.70	Yurly Syedikh(URS)	40	6-29-95
M 60	63.76	Dave McKenzie(USA) Tom Gage(USA)	46 50	6- 4-95 5-16-93
M 55	p66.92 63.70	Christopher Black(GBR) Hans Potsch(AUT)	52 56	8-18-02 7- 5-90
M60 M65	61.70 53.32	Eugen Waltercrantz(SWE) Karl-Heinz Wendel(GER)	60 66	9-25-99 9-7-96
M70	51.69	Bob Ward(USA)	70	8-10-03
M75	40.68 p45.92	Osmo Renvall(FIN) Aame Miettinen(FIN)	75 75	6-15-86 88
M80 M86	34.72 28.01	John Fraser(AUS) Anton Tesija(AUS)	80 86	8-20-95 7-15-00
M90 M100	18.97 8.86	Claude B Sterley(RSA) Everett Hosack(USA)	90	2-6-02
			100	6-30-02
	LIN THRO 800g; 60+			
M40	78.84	Joma Markus(FIN)	41	6-21-94
M45	p82.24 69.12	Peter Blank(GER) Jorma Markus(FIN)	40 48	5-20-02 8- 1-01
M50	p70.96 65.76	Jorna Markus(FIN) Larry Stuart(USA)	49 50	7-25-02 4-30-88
M 66 M 60	65.74	Larry Stuart(USA)	57	4-8-95
M65	64.74 55.02	Larry Stuart(USA) Bud Held(USA)	60 65	5-23-98 5-15-93
M70 M75	49.20 41.24	Harje Noreborn(SWE) Manuel White(USA)	70 75	5-13-97 8-17-91
M80 M85	33.84 27.34	Manuel White(USA)	80	6-14-96
M90	17.44	Gerhard Schepe(GER) Buell Crane(USA)	90	7-23-97 7-28-90
M96 M100	13.92 6.69	Masami Okazaki(JPN) John Whittemore(USA)	95	7-9-00 3-18-00
		Transplanta State		
	700grms:7	0 <b>W</b> 70-79:500grms;80+:400grn	nel	
M 60 M 55	(65.88)	Esa Kiuru(FIN)	53	7-3-00
M70	p(64.17) (46.47)	Kauko Tiusku(FIN) Harje Noreborn(SWE)	55 73	6- 9-01 7-13-00
M76 M80	(42.97) (35.48)	Matti Jarvinen(FIN) Viljo Kyyro(FIN)	75 81	6- 9-01 9-10-00
M86 M90	(31.72) (21.59)	Klaus Langer(GER) Kalle Lentinen(FIN)	86 91	8-22-02
		Side Continue (File)	31	6-17-00
	THLON VAVA AGE	GRADED SCORING TAB	I FC)	
M40	7789	Wolfgang Linkmann(GER)	41	6-6-81
M 45	7780 8114	Rex Harvey(USA) Gary Miller(USA)	45 51	7-18-91 7-27-89
M 66	8726 8610	Rolf Geese(GER) Phil Mulkey(USA)	55 60	7-29-99
M66	7668 7754	Pekka Penttila(FIN)	65	7-27-89
M70	8450	Knut Skramstad(NOR) Gudmund Skrivervik(NOR)	66 70	7-2-03 7-18-91
M76 M80	7825 4680	Pekka Penttila(FIN) Takuro Miura(JPN)	75 81	7-29-99 7-29-99
M86	5565	Bob Boal(USA)	85	9-20-97

νı	11 200	The letter					Nat	tional Masters N	ews						pag	
		ATHLON WAVA SCO	RING TABLES)		-	W60	10.11.5	Jutta Pedersen(SWE)	50	9-16-97	LONG	JUMP	A DESCRIPTION OF THE PARTY OF T	-	-	١
	M40 M45	4083 4038	Werner Schallau(GER) Gary Miller(USA)	40	9-24-78	W65 W60	10.47.94	Edeltraud Pohl(GER) Gerda Van Kooten(NED)	55 60	8-29-91 6-20-99	W36	6.99	Heike Drechsler(GER)	35 40	9-29-00 7-7-85	
	M 60	4283	Gary Miller(USA)	45 50	9-30-83 6-26-88	W66 W70	12:32:44	Melitta Czarwenka-Nagel(GE Melitta Czarwenka-Nagel(GE	R) 66	6- 6-96 6-28-01	W40 W45	6.21 5.59	Franciska Janssen(NED) Karin Von Riewel(GER)	48	9-6-97	
	M 60	4104 4089	Richmond Morcom(USA) Rudy Hochreiter(AUS)	56 61	8-12-77 12- 3-87	W76 W80	16:33.0 21:18.6y	Berta Hielscher(GER) Ivy Granstrom(CAN)	77	8-13-86	W60 W65	5.40	Phil Raschker(USA) C. Schmallbruch(GER)	50 56	4-13-97 893	
	M66 M70	4282 4286	Gudmund Skriverik(NOR) Adolf Koch(GER)	65 70	7-31-86 12- 3-87	W85	24 08 62	Ivy Granstrom(CAN)	80 86	6-28-92 6-28-98	W60 W65	4.75	C. Schmallbruch(GER) C. Schmallbruch(GER)	60	7-19-97 8-16-02	
	M76 M80	3917 3410	Pierre Darrot(FRA)	75	7-22-96	5000	METERS				W70	4.15	Paula Schneiderhan(GER) 72	6-6-94		
	M86	2472	Dan Bulkley(USA) Ken Camine(USA)	81 85	8-10-98 6-19-93	W36 W40	15:11.28 15:51.7	Lynn Jennings(USA) Nicole Leveque(FRA)	35 43	7-10-95 6-12-94	W76 W80	2.78	Paula Schneiderhan(GER) 75 Mary Bowermaster(USA)	81	8-21-98	
	M90	2118	Karl Trei(CAN)	90	5-7-99	W46	15:55.71	Nicole Leveque(FRA)	45	6- 1-96	W85	2.19	Ruth Frith(AUS)	86	3-28-95	
	WEIG	HT PENT	ATHLON			W60 W66	17:17:02 18:32.5	Jutta Pedersen(SWE) Edeltraud Pohl(GER)	50 56	7-25-97 7-25-92		EJUMP				
	(1994 M40	WAVA SCO	ORING TABLES) Ken Jansson(USA)			W60 W65	19:14.8 21:37.8	Marion Irvine(USA) Joselyn Ross(GBR)	60 65	10-19-89 8-14-93	W36	14.02 p14.23	Galina Christyakova(SVK) Natalya Kayukova(RUS)	35 35	8- 2-97 6- 2-01	
	M 46 M 50	4390	Vasilis Manganas(GRE)	41	8- 6-99 7-13-01	W70 W75	22:55:39 25:14:44	Melitta Czarwenka-Nagel(GE Nina Naumenko(URS)		5-19-01 7-12-00	W40 W45	12.48	Conceicao Geremiur(BRA) Akiko Oohinata(JPN)	41	7-23-97 7-16-95	
	M 55	4701 5152	Tom Gage(USA) Klaus Liedtke(GER)	52 57	7-22-95 9-18-98	W80	28:32.67	Johanna Luther(GER)	80	10-11-93	W60 W66	11.45 10.20	Akiko Ohinata(JPN)	52	8-30-02	
	M60 M66	5334 5230	Władysław Kowalczyk(GER)	61	9-19-98	W85	37:02:30	Matsue Nishiyama(JPN)	86	10-10-93	W60	10.03	Margaret Taylor(AUS) C. Schmallbruch(GER)	55 60	4-30-03 7-23-97	
	M70	4666	Karl-Heinz Wendel(GER) Ladislav Filip(USA)	65 70	7-22-95 8-21-98		0 METERS				W66 W70	9.51 7.87	C. Schmallbruch(GER) Shirley Peterson(NZL)	65 70	8-22-02 2-20-99	
	M76 M80	4582 4787	Erik Erikkson(FIN) Gerhard Schepe(GER)	75 82	8- 6-99 10-16-93	W36 W40	31:20.28 32:12.07	Ingrid Kristiansen(NOR) Nicole Leveque(FRA)	35 42	8-10-91 8-13-94	W76 W80	6 66 5 65	Leonore McDaniels(USA) Ruth Frith(AUS)	75 84	8- 9-03 10-13-93	
	M85	p5163 4104	Pekka Pursiainen(FIN)	80	8-27-00	W45 W60	32:34.06 36:35.96	Evy Palm(SWE) Bemardine Portenski(NZL)	46	9- 4-88	W85	5.50	Ruth Frith(AUS)	86	3-25-95	
		p4275	Kashimir Gassmann(SUI) Heige Lonnroth(FIN)	85 85	8- 6-99 7-13-03	W55	37:47.95	Edeltraud Pohl(GER)	53 55	3-15-03 5- 6-92	SHO		24-1			
	M90	2225 p4768	Olavi Lehtinen(FIN)	93	7-22-95 8-30-98	W60 W65	39:21.1 44:20.9	Theresia Baird(AUS) Lieselotte Schultz(GER)	60 65	10-27-01 7-16-85	W36	21.38	Helena Fibingerova(CZE)	35	8-22-84	
	M95 M100	3353 3281	Claude B Sterley(RSA)	99	5-10-01	W70 W76	48:10.98 52:08.73	Jose Waller(GBR) Nina Naumenko(URS)	71 75	7-18-93 7- 8-00	W40	p21.46 19.05	Larisa Peleshenko(RUS Antonina Ivanova(URS)	36 40	8-26-00 8-28-73	
		3201	Claude B Sterley(RSA)	100	5- 4-02	W80	58 40 03	Johanna Luther(GER)	80	10- 7-93	W46	16.95	Denka Silhava(CZE)	45	6-26-99	
		Nome	n's World Five-	V		W86	86:55.70	Ivy Granstrom(CAN)	86	7- 3-98	W60 W66	14.85	Valerie Young(NZL) Sigrin Kofink(GER)	50 56	11-29-87 7-21-91	
						2000	METER ST	EEPLECHASE (36")			W60	13.20	Sigrin Kofink(GER) Signn Kofink(GER)	62 65	8-16-97 8-19-00	
			e-Group Recor	ds		W35 W40	7:05.76 7:47.56	Veronica Boder(GBR) Marietjie Ceronio(RSA)	35 40	7-17-94 8- 8-97	W70 W76	10.68 7.91	Rosemary Chrimes(GBR)	70	7-3-03	
	100 M W36	10.74	Marlene Ottey(JAM)	36	9- 9-96	W45	7:38.08	Margaret Orman(NZL)	49	7-27-91	W80	7.71	Anny Binder(GER) Masayo Kohno(JPN)	77 81	6- 5-92 9-15-95	
	W40	11.99	Zdenke Mosika(CZE)	40	7-20-97	W60 W65	7:43.99 8:13.4	Margaret Orman(NZL) Margaret Orman(NZL)	51 55	3-13-93 3-15-97	W85 W90	5.92 5.24	Ruth Frith(AUS) Ruth Frith(AUS)	86 90	3-25-95 4-21-00	
	W45	12.50 12.5	Phil Raschker(USA) Maeve Kyle(GBR)	48 45	9- 2-95 1-21-74	W60	10:29.91	Nan Little(NZL)	61	4- 2-88	W96	3.39	Margaret White(USA)	98	9-7-92	
	W60	12.5 12.50	Wendy Ey(AUS) Phil Raschker(USA)	45 50	2- 4-84 5-17-97	2000	METER OT	EEDI ECHACE (20")			DIEC	US TURO	M raw - 1			
	W66	13.30	Phil Raschker(USA)	55	8-10-02	W35	6:30.83	EEPLECHASE (30") Leslie Lehane(USA)	35	7-31-98	W36	US THRO	Faina Myelnik(URS)	35	9- 9-80	
	W60 W65	13.89	Brunhilde Hoffmann(GER) Irene Obera(USA)	60	8-21-99 7-31-99	W40 W45	7:06 6 7:44 53	Elaine Cooper(AUS) Victoria Adams(NZL)	40 45	1-13-00 8- 8-99	W40 W45	67.10 59.30	Ellina Zvereva(BLR) Helgi Parts(URS)	40 45	8-11-01	
	W70 W76	15.33 16.12	Paula Schneiderhan(GER) Paula Schneiderhan(GER)	72 75	9-25-94 7-20-97	W50	7:55.74	Louise Fairfax(AUS)	51	2-19-03		p64.09	Zdenka Silhava(CZE)	45	9- 2-83 8-11-99	
	W80	18.42	Hanna Gelbrich(GER)	80	10-15-93	W66 W60	7:58.43 8:47.61	Margaret Orman(NZL) Marie Michelsohn(USA)	55 60	7-27-97 8- 9-02	W60 W66	45.48	Ingrid Miller(SWE) Tamara Danilova(RUS)	50 57	9- 6-92 8-10-96	
	W85 W90	21.18 38.02	Nora Wedemo(SWE) Rosario Iglesias(MEX)	86 92	8-21-99 7- 5-03	W65 W70	10:23.82 11:24.25	Ana Tebes(ARG) Shirley Brasher(AUS)	67 73	11-10-00 4-22-00	W60	39.24 34.95	Karen Illgen(GER) Rosemary Chrimes(GBR)	61 68	6-15-02	
							11.24.25	Similey Brasiles (AGG)	, ,	12200		p36.11	Sirkka Kauppinen(FIN)	65	8-19-01 8-31-02	
	200 MI W36	21.93	Mariene Ottey(JAM)	35	8-25-95	HURI	DLES				W70 W76	31.29 22.44	Rosemary Chrimes(GBR) Annohen Reile(GER)	70 76	7- 5-03 8- 3-91	
	W40	24.84	Phil Raschker(USA)	42	8-3-89	(35-39) W36	: 100m,33"; 4	40+: 80m,30") Ludmila Engquist(SWE)	35	8-21-99	W80 W86	20.50 13.92	Birgit Nyhed(SWE) Ruth Frith(AUS)	80 88	6-26-92 1- 3-98	
	W45 W50	25.46 25.72	Phil Raschker(USA) Phil Raschker(USA)	47 50	6-20-94 7-23-97	W40	11.25	Leslie Estwick(CAN)	40	7-12-01	W90	12.10	Ruth Frith(AUS)	90	4-22-00	
	W66 W60	27.53 28.87	Ingrid Meier(GER) Brunhilde Hoffmann(GER)	55 60	8-24-02 7-14-00	W45 W60	12.22	Phil Raschker(USA) Phil Raschker(USA)	47 50	8- 5-94 7-20-97						
	W65	30.46	Irene Obera(USA)	65	8- 3-99	W66	13.19	Phil Raschker(USA) Corrie Roovers(NED)	55 60	8- 8-02 6-15-96		MER THR				
	W70 W75	32.24	Paula Schneiderhan(GER) Paula Schneiderhan(GER)	70 75	7- 1-92 7-23-97	W66	15.63	Asta Larsson(SWE)	67	6- 5-99 8-26-00	W36	61.68	Lyubov Karpova(RUS)	37	9-4-94	
	W80 W86	41.11	Polly Clarke(USA) Nora Wedemo(SWE)	82 86	8-15-92 8-22-99	W70	p14.91 18.91	Leili Kaas(EST) Isabella Hofmeyr(RSA)	65 70	2-13-99	W40	p67.40 56.39	Alla Davydova(RUS) Oneithea Lewis(USA)	35 43	7-13-02 7-26-03	
	W90	82 29	Rosario Iglesias(MEX)	92	7-8-03	W76	25.56	Johnnye Valien(USA)	75	9-16-00	W46 W60	45.76 51.73	Annie Bellanger(FRA)  MLeena Parviainen(AUS)	45 53	7-6-96 4-9-98	
						HURE	DLES				W66	50.56	MLeena Parviainen(AUS)	55	4-24-00 10-10-02	
	400 ME W35	50.56	Aurelia Penton(CUB)	35	7-15-78		0m, 27")			7-11-03	W60	p51.30 46.04	MLeena Parviainen(AUS) Jutta Schaefer(GER)	58 63	7-21-95	
	W40 W45	53.68 56.82	Sara Montecinos(CHL) Mary Libal(USA)	40	3-20-94 7-22-95	W60	13.94 p14.24	Mariane Maier(AUT) Una Lund(AUS)	60	7-12-01	W66 W70	44.38 36.41	Jutta Schaefer(GER) Jutta Schaefer(GER)	65 70	8-17-97 8-17-02	
		p56.15	Marie Lande Mathieu(PUR)	45	7-12-03	W66	15.01 p14.91	Ingeborg H. Schott(GER) Leili Kaas(EST)	65 65	7-11-03 8-26-00	W76 W80	25.55 21.66	Kaija Jortikka(FIN) Gwen Davidson(AUS)	75 80	7-2-99 3-23-03	
	W50 W56	58.51 62.40	Marge Allison(AUS) Avril Douglas(CAN)	50 55	7-22-95 8-25-01	W70	17.72	Shirley Peterson(NZL) Asta Larsson(SWE)	71 70	2-26-00 8- 6-02	W85	18.26	Ruth Frith(AUS)	85	7-21-95	
	W60 W65	67.80 71.45	Irene Obera(USA) Carolyn Sue Cappetta(USA)	61 65	7-22-95 7-13-01	W75	p17.32 20.04	Isabella Hofmeyr(RSA)	75	7-11-03						
	W70	78.26	Veronica Welgemoed(RSA)	70 76	5- 4-02 8-21-02	LONG	HURDLES					LIN THRO : 600g; 50+				
	W75 W80	1:40.45	Monica Shone(GBR) Polly Clarke(USA)	80	8- 3-90			300m: 50+, 30")			W36 W40	67.00 64.06	Tuula Laaksala(FIN) Tessa Sanderson(GBR)	35 40	9-10-88 7-12-96	
	W85 W90	2:13.68 3:06.85	Rosario Iglesias(MEX) Rosario Iglesias(MEX)	86 90	7-26-97 7-13-01	W35 W40	52.94 62.08	Marina Stepanova(URS) Maria Sangous Espina(ESP)	36 40	9-17-86 6-22-95	W46	47.74	Anneliese Gerhards(GER)	45	5-30-81	
	*****	5.00.00	Modern Ground, many				p61.02	Mary Ferreira Santos(BRA)	40 49	7- 7-01 4- 3-94	W60 W65	48.56 46.08	Mary Thomas(AUS) Gertraud Schonauer(AUT)	51 55	7-21-95 8-29-92	
	800 M	ETERS		20	7-30-94	W46 W60	64.09 47.01	Jan Hynes(AUS) Jan Hynes(AUS)	50	10- 2-94	W60 W65	41.28 36.79	Gertraud Schonauer(AUT) Gertraud Schonauer(AUT)	60 65	7-12-97 5-15-02	
	W35 W40	1:56.53	Lyubov Gurina(RUS) Yekatarina Podkopayeva(UR	36 (S) 42	6-30-94	W66 W60	49.14 53.05	Phil Raschker(USA) Corrie Roovers(NED)	55 60	8-11-02 7-16-95	W70	28.20	Joan Ogden(GBR)	70	8-24-97	
	W45	2:02.82	Yekatarina Podkopayeva(UR Gail Kirkman(NZL)	S) 46 50	6-26-98 3-17-02	W65	63.53	Barbara Jordan(USA)	65 71	8-11-02 8- 1-99	W76 W80	23.02 19.86	Hanna Gelbrich(GER) Hanna Gelbrich(GER)	77 80	7- 4-90 10- 9-93	
	W50 W56	2 20 01	Carolyn Oxton(GBR)	55	8-30-98 8- 3-99	W70	68.82	Isabel Hofmeyr(RSA)	"	0- 1-33	W85 W90	13.74 10.58	Ina Samama(FIN)	85 90	7-20-91 9-21-96	
	W60 W65	2:36.94	Gerda Van Kooten(NED) Jeanne Daprano(USA)	60 65	8-10-02	LONG	HURDLES	3			""	10.50	ajo comanajo avy			
	W70	3:10.72	Nina Naumenko(URS) Nina Naumenko(URS)	71 75	7-26-96 7-14-00	(300m:	54.25	Magdalena Tomlinson(RSA)	61	5-03-Ca	JAVE	LIN THRO	W			
	W75 W80	3:31.37 3:54.81	Johanna Luther(GER)	80	10-10-93	W65	65.26	Barbara Jordan(USA)	67 70	5-03-Ca 5-03-Ca	(50-59 W60	: 500g) (41.50)	Regina K. Stange(GER)	50	8-21-02	
	W85 W90	5:00.58 6:59.18	Rosario Iglesias(MEX) Rosario Iglesias(MEX)	86 90	7-22-97 7- 9-01	W70	71.67	Rd Mjelde(NOR)	10	50505	W66	(44.44)	Natasa Bezjak-Urbancic(JUG)		8-21-02	
		0.00,10				ONE	HOUR RUN		20	11-13-99						
	1500 1	METERS			0.20.05	W35 W40		Catharina Segers(BEL) Gerda Marie Dehaes(BEL)	39 43	10- 4-96		ATHLON	DING TADI ESI			
	W36 W40	3:57.73	Maricica Puica(ROM) Yekatarina Podkopayeva(UR	35 (S) 42	8-30-85 7-18-94	W45	14.167	Ineke Stofmeel(NED)	45 51	9-28-00 9-16-93	W35	7241	Jane Frederick(USA)	35	9 26 87	
	W45	4:05.44	Yekatarina Podkopayeva(UR	50	8- 3-98 6- 1-97	W50 W55	12.427	Greet Warnaar(NED) Betty Norrish(GBR)	57	3-30-88	W40 W45	5995 5766	Marie Kay(AUS) Anne Jensen(DEN)	41	7-4-01 7-29-99	
	W50 W55	4:43.10	Jutta Pedersen(SWE) Carolyn Oxton(GBR)	55	8-26-98	W60		Denise Alfvoet(BEL)  Berthilia De Preter(BEL)	60 67	10- 5-96 10- 4-96	W50	6469	Phil Raschker(USA)	52 56	7-3-99 7-18-91	
	W60 W66	5:24.72 5:48.48	Gerda Van Kooten(NED) Jeanne Daprano(USA)	65	8- 7-99 10- 6-01	W65 W70	11.425	Berthilia De Preter(BEL)	70 84	10- 1-99 7-11-87	W66 W60	6298 5882	Corrie Roovers(NED) Betty Vosburgh(USA)	60	7-18-91	
	W70	6:14.52	Nina Naumenko(URS)	71 75	7-25-95 7-10-00	W80	7.049	Mary Ames(USA)			W65 W70	5469 4683	Asta Larsson(SWE) Johnnye Valien(USA)	65 71	7-17-97 7-17-97	
	W75 W80	6:42.13 7:32.22	Nina Naumenko(URS) Johanna Luther(GER)	80	10-16-93	15,05,050,000	JUMP		25	7- 4-01		p5157	Isabel Hofmeyr(RSA)	71 75	7-29-99 7-29-99	
	W85	10:33.40	Ivy Granstrom(CAN)	85	7-26-97	W35 W40		Inga Babakova(UKR) Patricia Porter(USA)	35 40	8-01-03	W75	p3039	Idia Mardones(CHL)	, ,	1 23 33	
	ONE	MUE				W46	1.76	Debbie Brill(CAN) Weia Reinboud(NED)	46 50	8- 6-99 8- 6-00	WEIG	HT PENT	ATHI ON			
	W35	4:17.33	Maricica Puica(ROM)	35	8-21-85 6- 9-93	W60 W65	1.46	Renate Vogel(GER)	56	7-12-00 7- 5-03	(1994	WAVA SCO	RING TABLES)			
	W40 W45	4:23.78	Yekatarina Podkopayeva(Uf Yekatarina Podkopayeva(Uf	RS) 45	9-13-97	W60 W70	1.26	E. Springmann(GER) Rosemary Chrimes(GBR)	60 70	7-5-03	W36 W40	3894 4934	Christine Schultz(AUS) Oneithea Lewis(USA)	36 43	12- 7-87 7-11-03	
	W60	5.24.6 5.32.7	Elaine Statham(GBR) Carolina Keijsers(NED)	50 56	8-27-94 6-16-98	W75 W80	1.15	Leonore McDaniel(USA) Olga Kotelko(CAN)	75 81	8- 3-03 10-10-00	W45	4481	Christine Schultz(AUS)	46	7-26-97	
	W66	5.48.94	Gerda Van Kooten(NED)	60 65	7- 6-99 5- 4-02						W50	4481 4313	Carol Finsrud(USA) Margareth Tomaneck(BEL)	46 50	7-11-03 8- 7-99	
	W65 W70	6:32.47 7:26.0	Jeanne Daprano(USA) Pat Dixon(USA)	70	6-24-89	POLE W36	VAULT 4.22	Gabriella Mihalcea(ROM)	35	6-11-99	W55 W60	4826 5295	Evaun B. Williams(GBR) Evaun B. Williams(GBR)	55 60	10-16-93 9-17-98	
	W75 W80	8.59.4 9.00.52	Come Degroot(AUS) Gerry Davidson(USA)	75 80	2-27-03 5-27-01	W40	3.50	Dawn Hartigan(AUS)	44	3-19-01	W65	5548	Evaun B. Williams(GBR)	65 74	7-11-03 9-17-98	
	W85	11:54.3	Ivy Granstrom(CAN)	86	6-27-98	W45 W60	3.38 3.25	Phil Raschker(USA) Phil Raschker(USA)	47 52	5-17-94 10-20-99	W70 W76	4179 4234	Kaija Jortikka(FIN) Kaija Jortikka(FIN)	75	8-7-99	
	2000	METERS				W65 W60	3.05 2.85	Phil Raschker(USA) Nadine O'Connor(USA)	55 61	6-15-02 8- 7-03	W80	3666 p3858	Nora Kutti(EST) Aina Korkeila(FIN)	80	7-11-03 6-30-96	
	W35	8:27.83	Maricica Puica(ROM)	35	9- 7-85	W66	2.31	Midori Yamamoto(JPN)	67	8-30-02	W85	3624	Ruth Frith(AUS)	85	7-22-95	
	W40 W45	9:11.2 9:17.27	Joyce Smith(GBR) Yekatarina Podkopayeva(Ul	40 RS) 45	4-30-78 6-22-97	W70 W76	1.90	Leonore McDaniels(USA) Leonore McDaniels(USA)	75	8-10-98 8-7-03	W90	p3728 4339	Ruth Frith(AUS)	85 90	8-27-00 4-24-00	

# **USATF OUTDOOR AGE-GROUP RECORDS**

Approved by the Records Subcommittee of the USATF Masters T&F Committee (through performances verified as of December 7, 2003)

			(unr	ougn p	perior	manice	s verified a	S OI DECE				Marie September 19 de Note	AD CITY	244
	Me	n's USA Five	-Year		M65	10:49.81	Paul Heitzman	KS (67) HI (73)	6/28/98 3/28/76	M75 M80	2.95m 2.51m	William Bell Carol Johnston	AR (75) CA (80)	7/19/97 6/20/92
		e-Group Red			M70 M75	11.46.2	Harold Chapson Scotty Carter	MA (75)	6/28/92	M85	2.24m	Carol Johnston	CA (85)	8/8/97
	AÇ	ge-Group Red		MEET	M80	13:52.63	Ed Benham	MD (82)	5/4/90 5/4/84	100000000000000000000000000000000000000	8.50m	Larry Myricks	US (35)	6/15/91
			STATE		M85 M90	16:32.0 20:08.4	Paul Spangler Paul Spangler	CA (85) CA (90)	9/16/89	M35	8.50m	Carl Lewis	TX (35)	7/29/96
DIV	MARK	NAME	AGE	DATE	The second second	METERS				M40	7.68m	Aaron Sampson	UT (40) TX (46)	6/21/02
	ETERS		TV (25)	6/14/90	M35	13:26.03	Steve Plasencia	US (36)	6/5/93	M45 M50	6.98m 6.42m	John Hartfield Shirley Davisson	CA (50)	4/12/80
35 40	10.3	Ruben Whitney Eddie Hart	TX (35) CA (40)	6/14/80 7/30/89	M40 M45	14:31.18 15:12.25	Brian Pope Mike Manley	OR (40) OR (47)	4/14/03 8/1/89	M55	6.12m	Edward Jones	CA (59)	7/18/8
	10.6n	Eddie Hart	CA (40)	9/11/89	M50	15:41.67	Mike Heffernan	OR (50)	7/25/91	M60 M65	6.07m 5.35m	Tom Patsalis Dick Richards	CA (60) CA (65)	7/10/8: 8/27/9
45	10.96	Neville Hodge	MD (45)	4/27/01	M55	16:27.1	James O'Neil	CA (55)	1/12/81 8/2/80	M70	5.19m	Melvin Larsen	IA (70)	8/12/9
50 55	10.95	William Collins Ralph Summerlin	TX (51) AL (58)	7/14/90	M60 M65	17:19.0 18:07.04	Clive Davies Joe King	OR (64) CA (65)	7/25/91	M75	4.32m	Ed Lukens	NY (75)	7/19/9
	11.6n	Payton Jordan	CA (56)	6/23/73	M70	18:43.61	Warren Utes	IL (70)	7/23/91		4.59m p	Mel Larsen Mel Larsen	IA (75)	7/31/9 8/27/9
	11.6n	Alfred Guidet	CA (56)	6/22/74 5/27/78	M75	20:36.80	John Keston	OR (77)	7/27/02 8/6/88	M80	3.89m	Milton Silverstein	AZ (80)	8/11/0
60 65	11.8	Payton Jordan Payton Jordan	CA (61) CA (65)	6/12/82	M80 M85	21.57.88 25.47.54	Edward Benham Alfred Funk	MD (81) MT (86)	8/10/00	M85	3.08m	Donald Pellmann	AR (85)	7/15/0
70	12.91	Payton Jordan	CA (74)	6/22/91	M90	37:39.38	Paul Spangler	CA (90)	8/1/89	M90 M95	2.44m 1.78m	Buell Crane Collister Wheeler	ID (90) OR (95)	4/21/9 7/22/8
75	13.72	Payton Jordan	CA (75) CA (80)	5/30/92 5/10/97	M95	50:23.53	Herb Kirk	MT (95)	7/25/91		EJUMP	Collister vvileeler	OK (95)	112210
80 85	16.72	Payton Jordan William Weinacht	OH (85)	8/10/02		0 METERS		110 (26)	6/18/93	M35	16.95m	Ray Kimble	US (35)	8/12/8
90	20.69	Buell Crane	ID (90)	7/27/90	M35 M40	28:02:41 30:37:94	Steve Plasencia Craig Young	US (36) CO (40)	8/1/98	M40	16.58m	Ray Kimble	US (40)	7/2/9
95 100	38.66 43.00	Everett Hosack Everett Hosack	OH (98) OH (100)	9/16/00 4/27/02	M45	31.48	Ray Hatton	OR (45)	6/11/77	M45 M50	14.55m 13.19m	Willy Banks Dave Jackson	CA (45) CA (50)	6/30/0 7/10/8
100	39.97p	Waldo McBurney	KS (100)	7/05/03	M50	32:10.4	Ray Hatton	OR (51)	6/18/83 7/29/89	M55	12.62m	Gordon Farrell	CA (57)	1/8/7
00 MI	ETERS				M55 M60	33:00.66 35:19.8	Norman Green Clive Davies	PA (57) OR (63)	8/19/78	M60	11.96m	Tom Patsalis	CA (60)	7/10/8
35	20.8	Delano Meriwether	US (35)	6/9/78	M65	38:38.0	Norman Bright	WA (66)	8/3/76	M65 M70	10.84m 10.18m	Tom Patsalis James Stookey	CA (65) MD (70)	12/5/8 9/17/0
40 45	21.86	Bill Collins Kevin Morning	TX (41) CA (46)	8/15/92 8/15/02	M70	38:23.69	Warren Utes	IL (70)	7/20/91	M75	9.30m	Edwin Lukens	NY (77)	8/4/9
50	22.13	Bill Collins	CA (52)	4/12/03	M75 M80	43:39.4	John Keston Edward Benham	MD (77) MD (81)	6/29/02 8/4/88	M80	8.12m	Tom Kennell	FL (80)	7/28/0
55	23.6	Alfred Guidet	CA (55)	6/24/73	M85	54:19.28	Alfred Funk	MT (86)	8/12/00	M85 M90	6.28m 5.51m	Winfield McFadden Buell Crane	CA (85) ID (90)	7/21/9
60 65	24.82 25.76	Larry Colbert Paul Johnson	MD (60) TX (67)	7/23/97 9/15/01	M90	1:11:40.78	Paul Spangler	CA (90)	7/29/89	SHOT		9: 16#; 50-59: 6kg; 60-6		
70	26.8	Payton Jordan	CA (70)	6/20/87	The second		E (36") (35-59: 3000n			M35	22.19m	Brian Oldfield	IL (38)	5/26/8
75	28.14	Payton Jordan	CA (75)	6/20/92	M35 M40	8:38.8 9:18.6	Mike Manley Hal Higdon	OR (38) IN (44)	0/0/80 8/15/75	M40	21.41m	Brian Oldfield	IL (40)	8/22/8
80 85	30.89 37.40	Payton Jordan Frank Finger	CA (80) VA (85)	8/10/97 8/13/00	M45	9:39.0	Hal Higdon	IN (46)	8/11/77	M45	16.83m	Ed Hill	MD (45)	8/23/8
90	42.78	Anthony Castro	CA (90)	9/18/99	M50	9:45:38	Leonard Hill	OR (50)	6/21/03	M50 M55	16.95m 16.06m	Tom Gage Ladislav Pataki	MT (51) CA (55)	7/30/9 9/29/0
95	62.28	Herb Kirk	MT (95)	7/26/91	M55	10:59.2 7:40.10	Ken Carman Dave Stevenson	MI (56) CA (60)	7/28/84 8/5/89	M60	16.46m	Joe Keshmiri	NV (60)	6/27/9
	ETERS			C IDC ID A	M60 M65	8:09.9	Robert Culling	CA (66)	5/9/98	M65 M70	15.12m 14.77m	Hal Smith Arnie Gaynor	CA (65) CA (70)	7/10/9
35	46.38 48.44	James King James King	CA (35) CA (40)	5/25/84 8/5/89	M70	8:38.17	Dan Bulkley	OR (71)	8/5/88	M75	12.64m	Ross Carter	OR (75)	9/3/8
45	50.20	Fred Sowerby	NV (45)	8/12/94	· M75	9.28.78	Dan Bulkley	OR (76) OR (80)	7/17/93 6/28/97	M80	12.27m	Ross Carter	OR (80)	6/25/9
50	51.39	Fred Sowerby	NV (50)	8/27/99	M80	M STEEPLE	Dan Bulkley CHASE (30")	OK (00)	0/20/3/	M85 M90	10.42m 6.97m	Ross Carter Buell Crane	OR (85) ID (90)	6/19/9
155	53.32 52.24p	Dave Walter Charles Allie	WA (55) PA (55)	7/1/00	M60	8 15 87	Frank Haviland	NJ (63)	7/31/98	M95	4.42m	Tom Lane	CA (97)	5/23/9
160	55.99	Larry Colbert	MD (62)	8/7/99		8 09 33p	John Pelton	VT (62)	7/26/01	M100	3.69m	Everett Hosack	OH (100)	6/30/0
165	58.05	Paul Johnson	TX (66)	6/2/01 9/24/89	1	8.09.65p 8.00.59p	Joe Cordero Gale Pfueller	NY (61) US (60)	8/27/99 7/13/03	DISCI	4.12mp	Waldo McBurney	KS (100)	7/04/03
170	62.2 68.5	John Alexander Josiah Packard	TX (70) CA (75)	6/23/79	M65	8.19.63	Frank Haviland	NJ (65)	8/11/00	M35	71.24m	kg; 50-59: 1.5 kg; 60+: John Powell	CA (36)	6/9/84
180	75.4	Harold Chapson	HI (80)	7/9/83	M70	8:39.25	Gunner Linde	CA (71)	8/8/99	M40	69.48m	Al Oerter	FL (43)	5/31/80
185	93.59	Russell Randall	CO (86) CA (90)	8/12/93 9/16/89	M75	10:40.02 9:48.9p	Avery Bryant Gunner Linde	CA (76) CA (76)	8/11/00 8/02/03	M45	66.12m	Al Oerter	FL (45)	3/28/8
95	2:00.2 3:53:10	Paul Spangler Everett Hosack	OH (98)	9/16/00	M80	11:48.10	Dan Bulkley	OR (82)	8/8/99	M50 M55	62.74m 54.44m	Al Oerter Larry Pratt	NY (52) DE (55)	8/3/8 10/25/9
00 ME	TERS				4 13 14 15	10:52.46p	Dan Bulkley	OR (82)	8/27/99	M60	59.52m	Joe Keshmiri	NV (60)	5/19/9
35	1:43.36	Johnny Gray	CA (35)	8/16/95	HURD	LES (110m:	35-49, 39"; 50-59, 30	6"; 60-69, 33";		M65	53.92m	Wendell Palmer Wendell Palmer	TX (65)	8/8/9° 7/27/0
40	1:52.42	Johnny Gray	CA (40) IL (40)	6/24/00 5/31/91	80m: 1	70+, 33")				M70 M75	48.06m 39.06m	Ross Carter	TX (70) OR (77)	10/23/9
45	1:52.5	Ken Popejoy Don Parker	CA (47)	5/12/90	M35	13.26	Greg Foster David Ashford	US (36) IL (40)	7/22/94 7/11/03	M80	37.08m	Ross Carter	OR (80)	6/26/9
50	1:58.65	Nolan Shaheed	CA (50)	5/13/00	M40 M45	13.37 14.79	Tom Gilliard	GA (45)	7/23/95	M85	30.81m	Ross Carter	OR (86)	7/2/0
55	2:08.7	Vic Heckler	IL (55) NJ (60)	6/18/98 8/2/99	M50	13.57	Walt Butler	CA (50)	7/5/91	M90 M95	20.56m 13.56m	Buell Crane Waldo McBurney	ID (90) KS (96)	6/20/9 8/2/9
60 65	2:12.71	Sidney Howard Mack Stewart	TX (60)	5/24/03	M55 M60	14.49	Walt Butler Charles Miller	CA (55) TX (60)	8/22/96 7/18/98	M100	8.91m	Everett Hosack	OH (100)	6/1/0
70	2:26.14	Charles Rose		8/8/03	M65	16.30	Jack Greenwood	CO (65)	7/21/91	HAMI	MER (35-49	: 16#; 50-59: 6kg; 60-69	: 5kg; 70+ 4kg)	
75 80	2:40.0	Harold Chapson Harold Chapson	HI (75) HI (80)	5/14/78 7/11/82	M70	12.99	James Stookey	MD (70)	5/13/00	M35	70.84m	Harold Connolly	CA (37)	7/20/6
85	3:28.15	Alfred Funk	MT (86)	8/12/00	M75 M80	13.68 17.20	Mel Larsen Dan Bulkley	IA (75) OR (81)	8/29/99 8/19/98	M40 M45	74.34m 64.70m	Ed Burke	CA (44)	4/28/8 6/4/9
90	4:39.59	Paul Spangler	CA (90)	6/10/89	M85	20.74	Bob Boal	NC (85)	9/21/97	M50	63.76m	Dave McKenzie Tom Gage	CA (46) MT (50)	5/16/9
95	6:02.94	Herb Kirk	MT (95)	7/23/91	LONG	HURDLES	(400m: 35-49, 36";	50-59, 33";		M55	60.88m	Tom Gage	MT (55)	9/5/9
35	3:40.83	Steve Scott	CA (35)	6/14/91	300m:	60+, 30")				M60 M65	60.51m 48.74m	Tom Gage Bob Ward	MT (60)	8/24/0
40	3:50.85	John Hinton	NC (40)	4/5/03	M35	48.93 52.76	Nat Page James King	GA (35) CA (40)	7/10/92 8/3/89	M70	51.64m	Bob Ward	TX (69) TX (70)	6/21/0 8/8/0
45	4:00.53	Ken Sparks	OH (45)	4/24/90	M40	52.76 52.7n	Stan Druckrey	WI (40)	7/08/89	M75	38.5m	Thomas McDermott	CT (75)	4/24/9
50	4:05.8	Ray Hatton Vic Heckler	OR (50) IL (55)	7/8/82 8/17/97	M45	55.7	Jack Greenwood	KS (46)	8/24/72	M80 M85	30.45m 24.34m	Robert Chase Leon Joslin	ME (81)	8/10/ 6/6/
0	4:32.9	Jim Sutton	PA (60)	7/27/91	M50 M55	58.1 59.67	Jack Greenwood Courtland Gray	KS (50) LA (55)	7/3/76 6/18/99	M90	18.05m	Trent Lane	WA (85) LA (92)	11/9/
70	4:56.31 5:14.97	Joe King	CA (65) CA (70)	7/27/91 7/27/91	M60	43.49	Jack Greenwood	CO (63)	8/3/89	M95	10.60m	Everett Hosack	OH (96)	10/18/
75	5:28.5	James Lytjen Scotty Carter	MA (75)	6/28/92	M65	45.20	Jack Greenwood	CO (65)	7/25/91	M100	8.86m	Everett Hosack	OH (100)	6/30/
30	6:04.28	Ed Benham	MD (80)	12/5/87	M70 M75	50.22 55.33	James Stookey Dan Bulkley	MD (70) OR (77)	9/17/00 10/2/94	M35	67.43m	800g - NEW RULES; 60 Ron McConnell	1000	4/0/
85	7:19.80	Alfred Funk Alfred Funk	MT (86) MT (85)	8/13/00 7/18/99	M80	62.61	Dan Bulkley	OR (82)	8/1/99	M40	76.91m	Thomas Petranoff	VT (37) RI (41)	6/12/
90	7:12.0p 9:25.2	Paul Spangler	CA (90)	6/10/89						M45	67.55m	Michael Brown	FL (45)	5/8/
95	13:53.8	Herb Kirk	MT (95)	10/6/90	17.07.000	JUMP	Em Dawinson	VA (26)	CICIOO	M50 M55	65.76m 65.74m	Larry Stuart	CA (50)	4/30/
ILE					M35 M40	2.15m 2.11m	Jim Barrineau Jim Barrineau	VA (36) VA (40)	6/6/92 7/19/95	M60	64.74m	Larry Stuart Larry Stuart	CA (57) CA (60)	4/8/ 5/23/
35	3:54.13	Steve Scott	CA (35)	7/1/91 6/8/02	M45	1.98m	Keith Nelson	CA (45)	5/20/00	M65	55.02m	Bud Held	CA (65)	5/15/
40 45	4:09.61	Tony Young Ken Sparks	WA (40) OH (45)	4/24/90	M50 M55	1.88m 1.79m	Herm Wyatt	CA (51) CA (55)	8/20/83 5/23/87	M70 M75	49.06m 41.22m	Bud Held Manuel White	CA (70)	10/18/
0	4:27.9	Nolan Shaheed	CA (50)	2/12/00	M60	1.79m 1.72m	Herm Wyatt Phil Fehlen	CA (63)	7/4/98	M80	33.84m	Manuel White	MT (75) MT (80)	6/14/
55	4 45 6	Vic Heckler	IL (55)	8/17/97 8/17/91	M65	1.66m	Phil Fehlen	CA (65)	8/12/00	M85	24.36m	Ken Carnine	CA (85)	5/30/
50 55	4:58.2 5:22	Jim Sutton Monty Montgomery	PA (60) CA (65)	4/8/72	M70	1.52m	Bud Held Walter Dahlin	CA (70)	11/8/97	M90 M95	17.42m 10.32m	Buell Crane Tom Lane	ID (90)	7/28/
70	5:37.8	Charles Rose		7/12/03	M75	1.32m 1.37m p	Walter Dahlin Brady Walker	CA (76) UT (76)	7/26/97 10/23/97		6.69m	John Whittemore	CA (97) CA (99)	5/23/ 3/18/
75	5:57.2	Scotty Carter	MA (75)	7/12/92	M80	1.22m	Virgil McIntyre	AZ (80)	6/28/91	JAVE		MPLEMENTS 50-59: 70	0g; 60-69: 600g	
80 85	7:51.9	Henry Sypniewski B Matteson	NY (81) VT (86)	6/15/00 7/8/02	M85	1.15m	Donald Pellmann	AR (85)	7/16/01	70-79:	500g; 80+:	400g)		
90	13:43.6	Herb Kirk	MT (90)	8/18/86	M90	1.04m	Buell Crane	ID (90)	7/28/90	M50	57.88m	Richard Sander	LA (54)	8/13/
95	14:48.2	Herb Kirk	MT (95)	10/6/90	M35	5.08m	Gary Hunter	IN (35)	7/6/91	M55 M70	54.16m 40.54m p	Gary Reddaway Larry Horine	OR (59)	4/22/
	METERS				M40	5.50m	Larry Jessee	TX (44)	7/24/96		36.41m p	Tom Allison	NC (70) OR (70)	8/13/
	7:56.69	Steve Scott	CA (35)	5/25/91 6/21/03	M45	5.10m	Larry Jessee	TX (45)	8/10/97	M75	40.70m	William Platts	ID (75)	8/7/0
135		Tony Young					Laure Carelo		7/8/00	M80	30.58m	Charles Datas	144 (00)	0/24/0
135	8:23.78 9:06.6	Tony Young Kirk Randall	WA (41) MA (45)	6/13/87	M50 M55	4.57m 4.13m	Jerry Cash Dennis Phillips	OR (51) OR (55)		M85		Charles Pistorino Ross Carter	VA (80)	
8000 M M35 M40 M45 M50 M55	8:23.78				M55 M60 M65	4.5/m 4.13m 3.81m 3.77m	Dennis Phillips Terry Cannon Boo Morcom	OR (51) OR (55) CA (61)	7/12/01 5/30/99		18.83m 25.59m p	Ross Carter Donald Pellmann	OR (86) AR (85)	8/31/03 8/19/00 7/17/0





page 2	0					Natio	nal Masters N	ews				A STATE OF THE STA	Ap	ril 2004
10000					W60	67.80	Irene Obera	CA (61)	7/22/95	LONG	HURDLES	(NEW IMPLEMENTS:	60+: 300m, 27	")
		/ (35-49: 35#; 50-59: 2	5#; 60-69: 20#;		W65	71.45	Carolyn Sue Cappetta	MA (65) NY (72)	7/13/01 7/31/98	W65	66.82	Barbara Jordan	VT (65)	7/07/01
M60	16#; 80+: 12# 23.57m	Tom Gage	MT (60)	6/25/03	W70 W75	82.52 89.62	Patricia Peterson Polly Clarke	CO (75)	8/25/85	W75	89.00	Johnnye Valien	CA (75)	7/07/01
M65	17.60m	Bob D. Ward	TX (69)	6/22/03	W80	1:40.45	Polly Clarke	CO (80) OR (90)	8/3/90 6/29/96	HIGH W	JUMP 1.86m	Jane Frederick	CA (36)	6/15/88
M70 M75	18.83m 13.29m	Bob D. Ward Vince Sempronio	TX (70) OR (76)	9/06/03	800 ME	3.45.62 TERS	Bertha Holt	OK (50)	0/25/50	W40	1.75m	Patricia Porter		8/10/03
M80	13.23m	Robert Horsley	WA (81)	6/22/03	W35	2:02.83	Ruth Wysocki	CA (35)	5/23/92	W45	1.60m	Phil Raschker	GA (46) GA (50)	8/11/93 5/25/97
M85 M90	8.65m 9.55m	Leon Joslin	WA (89)	4/18/01	W40	2:09.85	Rose Monday	CA (40)	7/1/00 7/12/97	W50 W55	1.55m 1.43m	Phil Raschker Phil Raschker	GA (55)	8/8/02
		Trent Lane (35-69: 56#; 70+: 35#)	LA (92)	11/09/02	W45 W50	2:18.72	DeeDee Grafius DeeDee Grafius	CA (48) CA (50)	4/17/99	W60	1.35m	Kathy Bergen	CA (63)	6/28/03
M45	11.67m	Jim Wetenhall	OH (47)	6/02/02	W55	2:30.53	Jane Arnold	CT (55)	6/8/96	W65 W70	1.32m 1.22m	Evelyn Wright Leonore McDaniels	MD (66) VA (70)	9/4/03 5/9/98
M55	9.08m	Bob Backus	MA (59)	7/6/86	W60 W65	2:40.58	Diane Palmason Jeanne Daprano	WA (62) GA (65)	8/18/00	W75	1.15m	Leonore McDaniels	VA (75)	8/3/03
M65 M70	6.97m 10.96m	Bob Ward Bob Ward	TX (69) TX (70)	6/22/03 9/6/03	W70	3:20.71	Sumiye Leonard	CA (70)	8/13/98	W80	0.95m	Margaret Hinton	TX (80)	8/10/02
M75	7.50m	Vince Sempronio	OR (76)	6/22/03	W75	3:37.19	Pearl Mehl	CO (75)	9/2/89 7/29/01		VAULT	Con Dimeson	CA (35)	7/11/98
M80	4.90m	Gordon Powell	FL (83)	10/3/92 4/24/99	W80 W85	4:09.77 6:14.1 p	Gerry Davidson Mary Ames	CA (80) CA (85)	9/03/88	W35 W40	3.53m 2.90m	Sue Dimarco Phil Raschker	GA (44)	6/8/91
M85 M90	5.15m 4.12m p	Leon Joslin Trent Lane	WA (87) LA (93)	5/03/03		ETERS				W45	3.38m	Phil Raschker	GA (47)	5/17/94
M95	2.78m	Everett Hosack	OH (97)	9/5/99	W35	4:07.08	Ruth Wysocki	CA (38)	8/9/95	W50 W55	3.25m 3.05m	Phil Raschker Phil Raschker	GA (50) GA (55)	10/20/99 6/15/02
DEC	ATHLON				W40 W45	4 32 73	Joan Nesbit Joan Colman	NC (40) CA (45)	5/11/02 8/5/89	W60	2.85m	Nadine O'Connor	CA (61)	8/07/03
M35	7280pts	Rex Harvey	IA (35)	6/20/82	W50	4:52.81	DeeDee Grafius	CA (50)	4/17/99	W65	2.10m	Leonore McDaniels	VA (69)	8/8/97
M40 M45	7551pts 7780pts	Stan Vegar Rex Harvey	CA (42) IA (45)	9/20/97 7/18/91		4:52.55 p	Kathryn Martin	NY (50)	8/11/02	W70 W75	2.16m 1.90m	Leonore McDaniels Leonore McDaniels	VA (70) VA (75)	8/10/98 3/7/03
M50	8114pts	Gary Miller	CA (51)	7/27/89	W55 W60	5:14.2	Vicki Bigelow Yvette LaVigne	CA (56) CA (60)	6/13/92 5/7/00	LONG	JUMP	Econoro medamens		
M55 M60	8179pts 8610pts	Dale Lance Phil Mulkey	OK (57) GA (60)	7/14/95 10/7/93	W65	5:48.48	Jeanne Daprano	GA (65)	10/6/01	W35	6.50m	Willye White	US (35)	10/26/74
M65	7394pts	Denver Smith	OH (67)	9/11/93	W70 W75	6:42.17 7:42.30	Pat Dixon	OR (70) CA (75)	6/30/89 6/29/85	W40	5.44m	V. Amarasekara	CA (40)	7/26/01
M70	7698pts	Richmond Morcom	PA (70)	6/23/91	W80	8:33.70	Bess James Gerry Davidson	CA (80)	7/29/01		5.61m p 5.68m p	V. Amarasekara V. Amarasekara	CA (41) CA (42)	8/08/03
M75 M80	6389pts 3607pts	Claude Hills A.E. Pitcher	PA (77) IN (84)	7/27/89 7/27/86	W85	11:50.24	Mary Haines	CT (85)	8/7/99	W45	5.36m	Phil Raschker	GA (45)	8/11/93
M85	5565pts	Bob Boal	NC (85)	9/20/97	MILE					W50	5.40m	Phil Raschker	GA (50)	4/13/97 8/9/02
PEN	TATHLON				W35 W40	4:26.10 4:54.0	Mary Slaney Laurie Binder	OR (38) CA (43)	4/26/97 8/8/91	W55 W60	4.82m 4.22m	Phil Raschker Barbara Cleveland	GA (55) FL (60)	5/13/00
M35	3577pts	Frank Reilly Michael Janusey	CA (39) PA (40)	6/20/87 8/10/98	W45	5.07.76	Jeanne Lesee-Johnson	CA (45)	9/14/02	W65	3.94m	Leonore McDaniels	VA (66)	5/7/94
M40 M45	3586pts 4038pts	Gary Miller	CA (45)	9/30/83	W50	5:15.55	Kathryn Martin	NY (50)	9/1/02	W70 W75	3.48m 3.33m	Leonore McDaniels  Leonore McDaniels	VA (70) VA (75)	6/13/98 7/9/03
M50	4283pts	Gary Miller	CA (50)	6/26/88	W55 W60	5.46.8 5.57.39	Shirley Matson Marie Michelsohn	CA (56) NY (60)	7/26/97 9/16/02	W80	2.78m	Mary Bowermaster	OH (81)	8/21/98
M55 M60	4104pts 4026pts	John Alexander	PA (56) TX (61)	8/12/77 5/8/81	W65	6:32.47	Jeanne Daprano	GA (65)	5/4/02	TRIPLI	JUMP			
M65	4162pts	Richmond Morcom	PA (66)	6/20/87	W70	7:26.0	Pat Dixon	OR (70)	6/24/89	W35	11.74m (p)	Regina Richardson	OR (38)	8/8/03
M70	3843pts	Richmond Morcom	PA (70)	7/4/91	3000 M	9:00.52 ETEDS	Gerry Davidson	CA (80)	5/27/01	W40 W45	11.35m 10.80m	Phil Raschker Phil Raschker	GA (42)	8/1/89 8/12/93
M75 M80	3347pts 3410pts	Milo Lightfoot Dan Bulkley	OH (75) OR (80)	7/20/89 8/10/98	W35	8:51.84	Francis Larrieu	TX (35)	9/11/88	W50	10.49m	Phil Raschker	GA (46) GA (50)	7/23/97
M85	2472pts	Ken Carnine	CA (85)	6/19/93	W40	9:59.0	Laurie Binder	CA (40)	7/30/88	W55	9.66m	Phil Raschker	GA (55)	8/11/02
PEN	TATHLON (N	NEW IMPLEMENTS 50	)-59: 700g;		W45	9:27.45 p 10:19.4	Carmen Troncoso Joan Ottaway	TX (41) CA (46)	6/25/00 9/8/90	W60 W65	8.05m 8.53m	Betty Vosburgh Audrey Lary	GA (61) MD (68)	8/14/92 8/11/02
	: 500g; 80+: 4		144 (50)	8/40/00	W50	10:19.3	Kathryn Martin	NY (50)	7/18/02	W70	7.17m	Leonore McDaniels	VA (70)	6/13/98
M50 M55	3560pts 3985pts	John Tucker Roger Kroodsma	VA (50) TN (56)	8/10/00 8/10/00	W55	11:05.2	Shirley Matson	CA (55)	9/8/96	W75	6.66m	Leonore McDaniels	VA (75)	8/9/03
M70	3022pts	William Daprano	GA (73)	8/19/00	W60 W65	11:53:28 13:15:6	Marie Michelsohn Jaclyn Caselli	NY (60) CA (65)	6/29/02 7/6/86	The state of the s		4kg; 50+: 3 kg)		
M75	2576pts	Bill Carter	OK (77)	8/10/00	W70	16.55.0	Jaclyn Caselli	CA (74)	9/2/95	W35 W40	16.30m 15.09m	Jane Frederick Oneithea Lewis	CA (35) NY (42)	8/31/87 7/17/02
		THLON (1994 WAVA			W75	17:37.2	Bess James	CA (75)	8/10/85	W45	12.88m	Carol Finsrud	TX (46)	8/23/03
M35	3802pts 3783pts	Dean Crouser Paul Barratt	OR (38) US (36)	8/21/98 4/12/03	W80 W85	25:09.0 25:29.6 p	Mary Ames Mary Ames	CA (84) CA (85)	5/30/87 4/30/88	W50 W55	12.99m 12.32m	Joanne Grissom Joanne Grissom	IN (52)	7/5/91
M40	3957pts	Ken Jansson	KS (40)	8/21/98	5000 M	The same of the sa	mary runes	07 (00)	4/00/00	W60	11.78m	Joanne Grissom	IN (55) IN (60)	9/12/93 8/12/98
M45	4286pts	Jim Wetenhall	OH (47) MT (52)	6/1/02 7/22/95	W35	15:15.2	Francis Larrieu	TX (35)	7/2/88	W65	9.78m	Joanne Grissom	IN (65)	8/7/03
M50 M55	4712pts 4499pts	Tom Gage Richard Hotchkiss	CA (56)	7/22/95	W40 W45	16:02:27	Carmen Troncoso Joan Colman	TX (40) CA (45)	11/23/99 8/4/89	W70 W75		Edith Mendyka Edith Mendyka	CA (72) CA (75)	9/17/83 7/18/86
M60	5062pts	Tom Gage	MT (60)	8/24/03	W50	17:25.6	Shirley Matson	CA (50)	9/26/91	W80	6.86m	Mary Bowermaster	OH (81)	8/12/98
M65 M70	4832pts 4666pts	Bob Ward Ladislav Filip	TX (65) OR (70)	9/5/98 8/21/98	W55	18 43 65	Shirley Matson	CA (55)	8/23/96	W85 W90		Juanita Brookover	NC (86)	7/25/01 3/15/03
M75	3846pts	John Gamble	FL (76)	11/18/00	W60 W65	19 14 8	Marion Irvine Jaclyn Caselli	CA (60) CA (65)	10/19/89 7/5/86	W95	170	Margaret Evans Margaret White	LA (91) OK (98)	9/7/92
	4256pts p	Phillip Brusca	MO (75)	11/09/02 7/22/95	W70	23:28.76	June Machala	WA (72)	6/22/03	DISCU	S			
M80 M85	2887pts 3134pts	Eugene Bradford John Pearce	TX (85)	8/24/96	W75 W80	27:10.76 29:30.02	Algene Williams	IL (75)	7/25/91 7/6/01	W35	54.52m	Carol Finsrud	TX (36)	6/12/92
M90	4353pts	Trent Lane	LA (92)	11/9/02	W85	55:24.60	Gerry Davidson Mary Haines	CA (80) CT (86)	7/6/01	W40	52.44m 53.81m (p)	Carol Finsrud Carol Finsrud	TX (44) TX (42)	5/19/01 8/27/99
		THLON (NEW IMP	LEMENTS)		10,000	METERS				W45	50.20m	Carol Finsrud	TX (45)	4/13/02
(50-59 M50	700g; 70-79: 5 3879pts	00g; 80+: 400g) Tim Edwards	CO (52)	8/20/00	W35	31:28.92	Francis Larrieu	TX (38)	4/4/91	W50 W55	37.50m 37.60m	Vanessa Hilliard Vanessa Hilliard	FL (53) FL (56)	5/07/94 4/05/97
M70	5291pts	Bob D. Ward	TX (70)	8/24/03	W40	34:58:54 33:56:44 p	Madelyn Noe-Schlentz Carmen Troncoso	NJ (41) TX (40)	4/25/02 4/18/99	W60	29.80m	Vanessa Hilliard	FL (60)	7/27/01
M75	3168pts	Bill Bangert	CA (76) NV (80)	8/20/00	W45	38:10.89	Joan Coleman	CA (47)	7/21/91	W65		Bernice Holland	OH (66)	6/12/93
M80 M85	2897pts 3945pts	Armando Ricciardi Ross Carter	OR (86)	8/20/00	W50	37:28.67	Shirley Matson	CA (51)	8/15/92	W70 W75		Bernice Holland Bernice Holland	OH (70) OH (75)	7/22/97 8/09/02
M90	4522pts	Trent Lane	LA (92)	3/15/03	W55 W60	40:03.46 42:28.50	Shirley Matson Shirley Matson	CA (59) CA (61)	8/12/00 7/13/02	W80		Betty Jarvis	NC (82)	8/08/97
	10/		ive Veer		W65	47:09.40	Toshiko d'Elia	NJ (65)	7/18/95	W85		Juaita Brookover	NC (88)	5/03/03
		nen's USA F			W70 W75	48:11.29 56:59:33	June Machala Algene Williams	WA (72) IL (75)	6/21/03 7/21/91	W90		Margaret Evans	LA (90)	3/15/03
	A	ge-Group Re	cords		W80	2:59.2	Gerry Davidson	CA (80)	8/4/01	W35	48.04m	kg; 50+: 3 kg) Marilyn Senz	NC (37)	8/16/98
			STATE	MEET	W85	1:46:57 CTEEDI E	Mary Haines	CT (85)	8/3/99	W40	56.39m	Oneithea Lewis	NY (42)	7/27/03
DIV	MARK	NAME	AGE	DATE	2000M W35	6:30.83	CHASE (30") Leslie Lehane	MA (35)	7/31/98	W45 W50	44.20m 48.18m	Carol Finsrud Vanessa Hilliard	TX (46) FL (54)	8/23/03 4/13/96
100	METERS				W40	7:42.55	Dee Ann Dougherty	OR (41)	8/11/00	W55		Vanessa Hilliard	FL (55)	4/5/97
W35	11.07	Evelyn Ashford	US (35)	5/28/92 12/1/87	W45	8:21.66 8:18.11 p	Sue Grigsby Janet Martin	OR (45) US (48)	8/11/00 8/08/03	W60 W65	43.54m 27.40m	Vanessa Hilliard	FL (60)	7/28/01 8/11/02
W40 W45	12.31 12.50	Phil Raschker Phil Raschker	GA (40) GA (48)	9/2/95	W50	8:18:11 p 8:54.19	Sharlet Gilbert	NY (52)	8/11/00	W65 W70	24.67m	Evelyn Wright Judy Fetherstone	MD (65) HM (70)	7/7/02
W50	12.50	Phil Raschker	GA (50)	5/17/97	W55	8:37.7	Marie Michelsohn	NY (59)	7/27/01	W75	20.66m	Bernice Holland	OH (75)	8/11/02
W55	13.30	Phil Raschker	GA (55) CA (60)	8/10/02 8/13/94	W60	8:47.67	Marie Michelsohn	NJ (60)	8/8/99	JAVEL	N (30-49: 60	(log; 50+: 400 g)		
W60 W65	13.91 14.29	Irene Obera Irene Obera	CA (65)	7/31/99	2000M W35	7:55.84	CHASE (36") Marilyn Brandt	NY (37)	6/1/96	W35		Karin Smith	CA (35)	5/14/91
W70	16.15	Patricia Peterson	NY (72)	8/11/98	W40	8:12.83	Susanne Houlton	GA (42)	8/5/89	W40 W45		Kate Schmidt Monica Kendall	CA (40) OR (47)	8/15/96 8/9/03
W75 W80	16.87 19.32	Polly Clarke Polly Clarke	CO (75) CO (82)	8/31/85 8/14/92	W45	7:45.96	Joan Colman	CA (45)	8/5/89	W50	36.14m	Becky Sisley	OR (50)	8/4/90
W85	34.7 p	Mary Ames	CA (86)	8/07/89	W50 W55	8 15 03 9 39 15	Joan Ottaway Madeline Bost	CA (51) NJ (57)	7/7/95 8/22/96	W55 W60		Becky Sisley	OR (58)	7/10/97
W90	31.53	Zora Lux	WA (90)	6/10/95			100m, 33"; 40+: 80m,		17434	W65	29.89m	Becky Sisley Erika Messner	OR (60) FL (65)	10/22/99 7/27/01
	METERS	Eugha Ashford	110 (25)	8/13/92	W35	13.77	Jane Frederick	CA (35)	8/31/87	W70		Barbara Brandt	WY (70)	2/02/00
W35 W40	22.47 24.84	Evelyn Ashford Phil Raschker	US (35) GA (42)	8/3/89	W40	11.78	Deby Sweezey	CA (40)	8/12/93	W75		Adele McCormick Dorothy Morgan	AZ (76) US (75)	8/14/98 8/31/02
W45	25.56	Phil Raschker	GA (47)	6/20/94	W45	12.22	Phil Raschker Phil Raschker	GA (47) GA (50)	8/5/94 7/20/97	W80	13.54m	Mary Bowermaster	OH (81)	8/14/98
W50	25.72 27.78	Phil Raschker Phil Raschker	GA (50) GA (55)	7/23/97 7/20/02	W50 W55	12.69	Phil Raschker Phil Raschker	GA (50) GA (55)	8/8/02	W85 W90		Juanita Brookover	NC (86)	5/5/01
W55 W60	29.57	Irene Obera	CA (63)	7/23/97	W60	16.45	Betty Vosburgh	GA (60)	7/21/91			Margaret Evans PLEMENTS 50:59: 500	LA (90)	3/15/03
W65	30.46	Irene Obera	CA (65)	8/3/99	W65 W70	17.07	Barbara Jordan Johnnye Valien	VT (67) TX (71)	8/8/03 8/22/96	W50		Phil Raschker	GA (53)	8/12/00
W70 W75	34.03 35.93	Patricia Peterson Polly Clarke	NY (72) CO (75)	8/2/98 8/31/85	W75	21.11	Johnnye Valien	TX (75)	8/18/00		33.51m (p)	Tina Stough Bowman	CA (50)	5/28/03
W80	41.11	Polly Clarke	CO (82)	8/15/92	LONG		(35-49: 400m, 30"; 50			W55		Tina Stough Bowman Dorothy Cruyssen	CA (50)	8/09/03 8/09/03
W85	58.4 p	Anna Ward	MO (85) CA (85)	6/02/90 8/13/93	W35	63.13	Alethea Morris	NY (38)	7/11/03 12/5/87	W80		Betty Jarvis	US (57) NC (80)	
W90	2:02.81 p 70.99	Marilla Salisbury Zora Lux	WA (90)	6/10/95	W40 W45	65.03 71.20	Phil Raschker Pamela Calvert	GA (40) MO (45)	7/6/91	W85 W90	13.99m	Betty Jarvis	NC (85)	8/21/96 8/19/00
	METERS		2000		W50	49.20	Phil Raschker	GA (50)	7/20/97	100000	T THROW	Margaret Evans (35-49: 20#; 50-59: 15	LA (91)	3/15/03
W35	55.60	Alethea Morris	NY (38)	7/12/03 4/19/03	W55 W60	49.14 56.80	Phil Raschker Betty Vosburgh	GA (55) GA (60)	8/11/02 7/5/91	W40		(35-49: 20#; 50-59: 15i Oneithea Lewis	#; 60+: 12#) NY (42)	9/28/02
W40 W45	56.98 56.82	Linda Batiste Mary Libal	LA (41) OR (45)	4/19/03 7/22/95	W65	63.62	Barbara Jordan	VT (65)	7/7/01	W45	13.90m	Carol Finsrud	TX (45)	9/28/02
W50	61.89	Phil Raschker	GA (50)	7/26/97	W70	63.53 p 76.50	Barbara Jordan Leonore McDaniels	VT (66) VA (70)	8/11/02 8/1/98	W60 W65		Georgia Cutler Erika Messner	OR (60)	9/6/03
W55	65.29	Kimi Solwazi	CA (55)	4/8/95			200 Me modernets	77(10)	77.77.70	11/11/17	******	ma_messiel	FL (65)	5/5/01

April 2004	National Maste	ers News page 21
W70 7.94m Lillian Snaden SC (74) 7/26/03 W75 5.55m Patricia Osmon OR (75) 6/29/02	W45 5570pts Phil Raschker W50 6469pts Phil Raschker	GA (46) 10/7/93 W40 5261pts Oneithea Lewis NY (43) 8/23/03
W80 6.30m Melanie Reske OR (81) 6/29/02	W50 6469pts Phil Raschker W55 6453pts Phil Raschker	GA (52) 7/3/99 W45 5233pts Carol Finsrud TX (46) 8/23/03 GA (56) 7/20/03 W50 4052pts Vanessa Hilliard FL (54) 7/22/95
W90 5.07m Margaret Evans LA (91) 3/15/03 SUPERWEIGHT (35-49: 35#; 50+ 25#)	W60 5882pts Betty Vosburgh	CA (56) 7/18/91 W55 3683pts Joanne Grissom IN (56) 7/22/95
W45 9.39m Carol Finsrud TX (46) 9/6/03	W65 4505pts Christel Miller	CA (66) 7/9/01 W65 4299pts Erika Messner FL (67) 11/9/02
W50 9.15m (p) Joyce Taylor OR (51) 6/22/02 W60 7.97m Carol Young MI (63) 7/26/03	PENTATHLON (1994 WAVA SCOR	CA (71) 7/17/97 W70 3962pts Bernice Holland OH (72) 9/11/99 (RING TABLES) W75 3061pts Mary Norckauer LA (78) 11/9/02
W65 5.82m Erika Messner FL (67) 5/2/03	(35-39: 600g; 50-59: 500g; 60+: 400g)	W80 3488pts Margaret Hinton TX (81) 8/23/03
W80 3.82m Melanie Reske OR (81) 6/22/02	W40 3816pts Caryl Senn W50 4252pts Phil Raschker	8/8/02 W85 3555pts Betty Jarvis NC (88) 8/23/03 GA (53) 8/10/00 4593pts Margaret Evans LA (91) 3/15/03
W90 2.67m Margaret Evans LA (91) 3/15/03 HEPTATHLON	W55 4938pts Phil Raschker W65 3556pts Barbara Jordan	GA (55) 8/8/02 WEIGHT PENTATHLON (NEW IMPLEMENTS 50-59: 500g;
W35 3220pts Irene Thompson NY (39) 10/7/93	WEIGHT PENTATHLON	VT (66) 8/8/02 60+ 400g) W55 2868pts Georgia Cutler OR (57) 8/20/00
W40 3493pts Skipper Clark NY (43) 7/18/91	W35 3341pts Joan Stratton	CA (35) 12/07/87 W75 4939pts Johnnye Valien CA (75) 7/09/01
Men's World Masters Relay Reco (as of October 30, 2003)	ords	60-69 1.45.23 USA Tolson, Hollier, Sims, Richards 06-19-99 Eagle Rock, CA 70-79 1.58.44 USA Melville, Brown, Daprano, Sochor 07-11-98 San Antonio, TX 4x1600
40-49 42.27 NED Roeske, Oostweegee, van Pelt, Schaafsme	8-25-01 Breda	40-49 18:01:88y RA Fabris, Minor, Ostenberg, Haase 08-02-01 Los Gatos, CA 17:40:63 USA Olds, Aasum, Magill, Young 06-29-02 Eugene, OR
60-69 48.17 GER Radke, Temme, Gasper, Russ	7-23-95 Buffalo,NY 8- 8-99 Gateshead	50-59 19:43.4 TR Ruona, Williams, Lyons, Porteous 08-26-96 Kentfield, CA 60-69 21:40.2 TR Williams, Gomley, MacPherson, Lyons 09-29-01 San Rafael, CA
80-89 65.75 JPN Monta Okazaki Tateishi Suda	7-18-98 Lisle,IL 7-23-95 Buffalo,NY	70-79 27:50.5 TR Picket, Lindquist, Mehlert, Piva 08-08-98 San Rafael, CA Sprint Medley
4x400 40-49 3:20.83 USA Allah,Morning,Gonera,Blackwell	4-28-01 Philadelphia PA	40.49 3:36.1 SCS Knocke, Edens, Smith, Cohen 08-14-82 Philadelphia, PA 50-59 3:58.16 BRC Pierce, Russell, Kopka, Stevens 06-24-95 Dedham, MA
50-59 3.35.88 USA Steffes, Mathis, Adamson, Colbert 60-69 3.53.87 USA Adamson, Stewart, Johnson, Colbert	8- 6-89 Eugene OR 8- 8-99 Gateshead	60-69 4:28.4 KHTC Lee, Rieke, Badinger, Wimberley 06-28-94 New Orleans, LA 4:24.15 USA Edens, Thome, Sims, McMillan 03-30-03 Eugene, OR
70-79 4:35.07 USA Bloomfield, Jordan, Sprinseler, Weinacht 80-89 6:00.03 JPN Miura, Aiki, Yabe, Watanabe	8- 6-89 Eugene, OR 11-14-98 Okinawa	3.54.4p USA Duffy, Pastre, Banks, Hardison 05-19-01 Visalia, CA 70-79 5:26.7 MMTC Bergthold, Saunders, Larsen, Madia 07-13-96 Libertyville, IL
4x800 40-49 8.02.12 USA LeBourne, Nearman, SeraFini, Dalton	4-28-00 Philadelphia PA	4.52.34 USA Sochor Maldonado, Melville, Brown 07-11-98 San Ántonio, TX
50-59 8-45-88 USA Duffy, Franklin, Thomas, McMillan 60-69 9-33-95 HOL Maijoor, Ravensbergen, Zethof, Herlaar	9-10-94 Berkeley, CA 6-11-92 Beverwyk	Distance Medley 40.49 10.17.11 MLA Magill, Stephenson, Roman, Olds 03-22-03 Northridge, CA 50.50 11.30 2 MACC Duffy Mason Thomas Franklin 07-03-94 Irvine, CA
70-79 11:09.87 USA Selby Escobson, Linde, Bryant	8- 2-98 Orono,ME	60-69 12.41.2 TR Williams, Meyer, Gormley, Lyons 11-15-01 Kentfield, CA
4x1500 40-49 16-44.78 FRA Faucheur, Crochemore, Bourdet, Ramdani	7-3-02 Bourgoin-Jallieu	4x1500
p16:41.0 GBR Grant,Molloy,Bedwell,Wilcock 50-59 19:12.67 USA Irvine,Combs,Sumner,Shapiro	4-30-97 5-26-02 Irvine,CA	40 49 21:45.56 USA Teppe, Cabanatuan, Jackinsky, Kruell 06:22:03 Eugene, OR 50-59 19:12:67 USA Irvine, Combs, Sumner, Shapiro 05:26-02 Irvine, CA
Women's World Masters Relay R	ecords	60-69 20:32.7 TR Meyer MacPherson Williams Lyons 10-11-01 Kentfield, CA p = pending (missing birth dates meet dates etc.)
4x100 (as of October 30, 2003)	9.6.00	Note: Club records are listed before USA team records
35-39 48.63 FRA Desmier, Sulter, Andreas, Apavou 40-49 49.18 GER Nanz, Gorling, Heitmann, Machill	8- 6-89 Eugene, OR 8-25-02 Potdsam	Women's U.S. Masters Relay Records
50-59 53.39 USA Tucker, Hill, Hill-Hudgins, Raschker 60-69 55.77 GER Schmalbrucht, Reichert, Hoffman, Hoffman	7-27-97 Durban 7-9-00 Jyvaskyla	4x100 (as of December 7, 2003) 35-39 50.28 USA Drumgole, Seeley, Thompson, Gilkey 08-06-89 Eugene, OR
70-79 68.72 GER Lorenz, Schneiderhan, Haule, Mangler 4x400	7-23-95 Buffalo,NY	40-49 50.23 USA Keating, McClurg, Gilmore, Raschker 08-06-89 Eugene, OR 50.21p USA Margerum, Iba, Amarasekara, Sargis 07-28-01 Baton Rouge, LA
35-39 3 50 80 GER Mitchell Mathews, Beadhall, Gabriel 40-49 3:57 28 AUS Loizou, Kay, Smith, Ceams	8- 8-99 Gateshead 7-14-01 Brisbane	50-59 53.39 USA Tucker, Hill, Hill-Hudgins, Raschker 07-27-97 Durban 60-69 61.85 USA Barnes, Kerr, Miller, Obera 07-23-95 Ruffalo, NY
50-59 4:24.92 AUS Perkins, Heagney, Casey, Blurton	7-14-01 Brisbane 7-14-01 Brisbane	70-79 70.59 USA Holland, Vallen, Leonard, Peterson 08-08-99 Gateshead 4x400
70-79 6:33.91 USA Valien, Smalley, Friedman, Peterson	7-27-97 Durban	35-39 4.00.87 USA Murray, Berg, Gilkey, Seeley 08-06-89 Eugene, OR 40-49 4:36.9 FCRT Jeffers, Woo, Brown, Kimber 08-03-03 CA
4x800 35-39 9:37.29 HOL Van de Van,Pos,Ruyter,Verhoef	9-25-92 Dordrecht	3.58.70 USA Foreman, Thompson, Board, Libal 08.24.96 Eugene, OR 50-59 4.36.85 USA Fitzgerald, Meadows, Hoagland, Obera 08-06-89 Eugene, OR
40-49 9.55.83 NED Kaptyn, Mulder, Carir, Papegaay 50-59 10:33.26 NED Jonkers, Kooten, Keijsers, Brugman	8-30-96 Dordrecht 8-28-99 Valkenswaard	60-69 5:14.94 USA Feeman, Hals. Kerr. Obera 07-23-95 Buffalo, NY 4:56.74p USA Solwazi, LaVigne, Cappetta, Daprano 07-14-01 Brisbane
60-69 12:14.73 USA Michelsohn, LaVigne, Daprano, Ingalls 4x1500	8-11-02 Orono,ME	70-79 6.33.91 USA Vallen, Smalley, Friedman, Peterson 07-27-97 Durban 4x800
35-39 p20:13.0 GBR Howard, Gallagher, Davison, Craig  Men's U.S. Masters Relay Rec	4-30-97 Cords	35-39 9.58.48 LVL Archuletta, Jefferson, Hoppie, Ledbetter 06-13-99 Las Vegas, NV 40-49 10:18.6 SDTC Pendleton, Olson, Lievers, Bache 07-23-88 San Diego, CA
(as of December 7, 2003)	Corus	10.14.2 USA Grafius McHampton Villar, Ogle 08-14-94 Eugene OR 50-59 12.57.76 SDTC Murray, Madsen, Stock, Graf 07-23-89 San Diego, CA
40-49 42.79 HE Austin, Collins, Mitchell, Hartfield	05-02-92 Houston, TX	11.25.8 USA Kerr, McCormick, Bigelow, Ottaway 08-14-94 Eugene, OR 60-69 12:14.73p USA Michelsohn, LaVigne, Daprano, Ingalis 08-11-02 Orono, Me
50-59 46 6y WVTC Marlin, Lingle, Springbett, Sanchez 45 04 USA Fields, Bell, Jones, Robbins	07-23-83 Los Gatos, CA 07-23-95 Buffalo, NY	Women's U.S. Masters Relay Bests
60-69 50.9 CDM Morales, Jordan, Killion, Guidet USA Dennis, Doug Smith, Sims, Tolson	06-24-78 06-24-00 Long Beach, CA	4x1600 (as of December 7, 2003)
70-79 54-69 USA Larsen, Melville, Brown, Sochor 80-89 77:37 USA Lum, Crane, Hosack, Pitcher	07-18-98 Lisle, IL 08-25-85 Indianapolis, IN	40-49 22:47.7p TR Powers, Patterson, Brianess, McCallister 08-06-98 San Rafael, CA Sprint Mediey
4x400	04-30-83 Philadelphia, PA	35.39 4:40.55 SCTC Keally, James, Barraza, Heil 05.08.99 Long Beach, CA 4.39.95 USA Iba, Freeman, Herring, Heil 07-08-00 Norwalk, CA
3:21.54 USA Thiel, Brinker, Tucker, King	08-06-89 Eugene, OR 04-28-01 Philadelphia, PA	40-49 4:53.54 NYMC Pinto Warren, Tucker, Searey 05-02-93 Randails Is., NY
50-59 3:44.15 NTC Peterman, Watley, Aiken, Allie	04-28-00 Philadelphia, PA 04-27-01 Philadelphia, PA	4x1500 40-49 16:24:12 USA Magill, Roman Paulk, Young 06-22-03 Eugene, OR
3:35.88 USA Steffes, Mathis, Adamson, Colbert	08-06-89 Eugene OR 08-14-94 Eugene OR	p = pending (missing birth dates, meet dates, etc.) CDM: Corona Del Mar Track Club SDTC: San Diego Track Club
3:53.87 USA Adamson, Stewart, Johnson, Colbert	08-08-99 Gateshead 08-06-89 Eugene, OR	KHTC: King of the Hill Track Club WVTC: West Valley Track Club SCS: Southern California Striders PM: Philadelphia Masters
80-89 7:34.9p USA Lum, Spangler, Hosack, Pitcher	08-24-85 Indianapolis, IN	BRC Boston Running Club HE Houston Elite PMTC Ponland Masters Track Club LVL Las Vegas Lizards
4x800 40-49 8:11.8 SCS Montenez, Knocke, Elliot, Cohen	07-03-83 04-28-00 Philadelphia, PA	ADIR: Adirondack Track Club CCTC: Cal Coast Track Club  NTC: Nadia Track Club WVJS: West Valley Joggers & Stnders
8 02 12 USA LeBourne, Nearman, SeraFini, Dalton 50-59 8 45 88 WVTC Duffy, Franklin, Thomas, McMillan	09-10-94 Berkeley, CA 07-26-94 New Orleans, LA	BTC: Bohemia Track Club SAC: Shore Athletic Club NYPC: New York Pionaer ClubPSTC: Wast Valley Track Club
60-69 10:40.9 KHTC Lee Rieke, Fuselier, Wimberly 10:09.10 USA Stewart, Stevenson, Stevens, King	07-23-89 08-10-97 San Jose, CA	LAC Liberty Athletic Club ATC. Atom Track Club CCTC: California Track Club
70-79 11:46.91 WVJS Valles, Stewart, Jacques, King 11:09.87 USA Selby, Escobson, Linde, Bryant	08-02-98 Orono, ME	Note for all categories: 800m sprint mediev (800 med) event order. 100-100-200-400
Men's U.S. Masters Relay Be	ests	1600m sprint medley (1600 med) event order 400-200-200-000 or 200-200-400-800
4x200 (as of December 7, 2003)	05-01-92 Houston, TX	distance medley (dist.med) event order 400-800-1200-1600 or 800-400-1200-1600
40-49 1.29.85 HE Austin, Hartfield, Milchell, Collins 50-59 1:40.33 BAA Russin, Kopka, Pierce, Stevens	05-01-92 Houston, TX 08-03-95 Northampton, MA 06-26-98 Houston, TX	or 1200-400-800-1600 or 1200-800-400-1600
1:39:00p HE L.Smith, R. Smith, Hartfield, Mitchell		cowalk (as of March 1 2004)
3000	Best Performances - Kac	cewalk (as of March 1, 2004)  16 FEB 92 CHRISTCHURCH M65 2:5129 GWEIDNER GER 28 APR 01 MALTA 11 JAN 04 CHULA VISTA
M35 11 16 38 D SMITH AUS 28 NOV 92 BRISBANE M40 11 28 21 W SAWALL AUS 21 FEB 82 MELBOURNE	M55 43.59.8 ALIEPASKALNS URS M60 47.48.p C.BOMBA ITA	1 OCT TR ALUKSNE M70 3.15.22 M. GREEN USA 11 JAN 04 CHULA WSTA 1 OCT TR ALUKSNE M75 3.20.38 C. COLMAN GR 30 JUN 96 BRUGGE 2 SEP 84 ITA M75 3.20.38 C. COLMAN GR 30 JUN 96 BRUGGE
M45 12:06 GLITTLE NLL 23 NOV 91 AUCKLAND M50 12:18 GLITTLE NZL 23 JAN 93 AUCKLAND M55 12:44.0 W.SAWALL AUS 14:0EC:09 GEELONG	49:22.7 G.LITTLE NZL M65 50:40.9 G.WEIDNER GER	13 JUN 98 LETTER 50K
M60 14:00:57 GLITTLE NZL 6 DEC 03 HASTINGS M65 15:12.9 G.CHAPLIN GBR 11 May 96 COVENTRY	M70 54:17 T DAINTRY AUS M75 55:01 J CRIMWADE GBR M80 61:254 J GRIMWADE GBR	27 SEP 87 WOLVERHAMPTON MAG 3.49.06 J.MARIN ESP 29 MAR 92 BADALONA 15 AUG 93 SOLIHILL MAG 4.00.49 G.WEIDNER FRG 19 APR 80 FRG
M70 15:51.0 T. DAINTRY AUS 10 APR 82 PERTH M75 16:19.5 J. GRIMWADE GBR 12 JUL 87 CORBY	M85 82:44 G. CONWAY USA M90 77:52 G. THEOBALD AUS	8 JUL 90 NAGARA M50 4.14.37 G WEIDENER GER 28 AUG 83 GER AUS M55 4.25.21 G WEIDNER GER 19 APR 92 BERLIN
M80 17.41.41 J.GRIMMADE GBR 20 MAR 93 COSGROVE M85 19.31.0 G.THEOBALD AUS 10 APR 82 PERTH M90 21.21.3 G.THEOBALD AUS 15 APR 87 MURRUMBEENA	20K M35 1:18:54 M DAMILANO ESP	6 JUN 92 CORUNA M65 5.32:55 L CREO GBR 7 APR 90 BASILDON 5.32:55 L CREO GBR 5 MAY 91 PLYMOUTH
5000 M35 18:30:43 M.DAMILANO ITA 11 JUN 92 CASERTA	M40 1.21.36 W SAWALL AUS M45 1.25.03 W SAWALL AUS	4 JUL 82 MELBOURNE M70 5.33.21 C.COLRAND GBR 1 AUG 87 BRIGHTON 27 AUG 86 CAMBERRA M75 5.19:34 J.GRIMWADE GBR 1 AUG 87 BRIGHTON 16 FEB 92 C.HRISTICHURCH
M40 19 45 65 W. SAWALL AUS 31 MAR 84 MELBOURNE M45 20 54.4 GLITTLE NZL 7 DEC 91 AUCKLAND	M50 1:26:32 G LITTLE NZL M55 1:35:12 A JAMIESON NZL M60 1:37:46 G WEIDNER GER	18 AUG 01 MELBOURNE 28 MAR 93 SEELZE-LETTER Women
M50 21:01 GLITTLE NZL 16 FEB 92 NZL M55 22:11.5 W.SAWALL AUS 26 JAN 97 BALLARAT	M65 1.43:34 G.WEIDNER GER M70 1:58:10 J.GRIMWADE GBR	23 MAY 98 NAUMBERG 1 AUG 86 MALMO 3000
M60 23 44 09 G LITTLE NZL 9 OCT 02 MELBOURNE M65 25 05 2 G WEIDNER GER 7AUG 99 GATESHEAD M70 27 02 C DAINTRY AUS 10 APR 82 AUS	M75 1:55:19 J.GRIMWADE GBR M80 2:04:49 J.GRIMWADE GBR	20 JUN 92 SUTTON COLDFIELD F40 13.19.7 S.GRIESBACH FRA 22 FEB 87 LIEVIN 21 AUX 92 AUS F45 14.26.2 V.HEIKKILA FIN FIN
M75 27.40 J GRIMWADE GBR 28 JUN 87 SOLIHULL M80 29:24.1 J GRIMWADE GBR 7 JUN 92 SOLIHULL	M85 2 26:07 A THEOBALD AUS M90 2:34:01 A THEOBALD AUS M95 2:48:19 P RABINOWITZ RSA	21 AUS 82 AUS 3 APR 87 AUS 29 MAY 99 PORT ELIZABETH F55 15 58 47 1 W SEILER GER 3 MAR 97 BIRMINGHAM
M85 33:15.0 A.THEOBALD AUS 10 APR 82 AUS M90 35:10 A.THEOBALD AUS 18 APR 87 MELBOURNE	30K M40 2 10 26 J MARIN ESP	F60 16:28:5 M.WORTH GBR 9 JUL 89 READING  22 MAR 92 MANDESA F65 17:08:32 B.TIBBLING SWE  23 MAR 92 MANDESA F65 17:08:32 B.TIBBLING SWE
10K M35 39:30 JMARINESP 3 JUN 89 CORUNA	M45 2.18.41 GLITTLE NZL M50 2.18.14 GLITTLE NZL	12 OCT 91 NAPIER L F75 21:12:21 A DE BRANDIS ITA 2 MAR 90 TURIN 10 OCT 92 CAMBRIDGE F80 24:00 N.JEFFREYS AUS 3 NOV 90 AUCKLAND
M40 40:08 W.SAWALL AUS 26 AUG 52 AUS M45 42:18 W.SAWALL AUS 2 APR 86 AUS	M55 2.32.05 A.JAMIESON AUS M60 2.47.58 D.ZSCHIESCHE GER	10 NOV 03 MELBOURNE F85 27:36.0 N JEFFREYS AUS 27 SEP 94 BRISBANE

50	000				Che Million	Men - I	Road		10,000 me			6/17/95
F3	5 20:41	K JUNNA-SAXBY AUS S GRIESBACH FRA	6 JUN 96 9 AUG 87	CANBERRA	5K	men.	Toda		F35 45.52.0 F40 49.14.1		Sacramento, CA Norwalk, CA	6/16/90
F4 F5	5 24:09:44 0 25:01:6	L VENTRIS AUS H.MAEDER SUI	9 OCT 02 28 JUN 97	ANNECY MELBOURNE BERNA	M35 20 12 M40 20 45	Jonathan Matthews Jonathan Matthews	Kingsport, TN Kingsport, TN	9/17/94 9/14/96	F45 52 53 F50 57 08		San Francisco, CA Seattle, WA	4/28/90 4/20/02
F5	0 27.04	O.MEYER GER O.MEYER GER	26 MAY 85 15 OCT 88	GIESSEN GROSS-GERAU	M45 22.25	Robert Keating	Hamden, CT	10/4/92 9/18/93	F55 59:08	2 Joyce Decker	Kenosha, WI Seattle, WA	9/19/93
F6	0 29 16	J.ALBURY AUS B.TIBBLING SWE	6 OCT 95 21 JUL 89	MELBOURNE SAN DIEGO	M50 21:41 M55 23:32	Don DeNoon Don DeNoon	Kingsport, TN Kingsport, TN	9/12/98	F60 59:26. F65 60:33.	Beverly LaVeck	Seattle, WA	4/22/01
F7 F8	0 37:41	B.TIBBLING SWE P.CLARKE USA	16 OCT 93 1 JUL 91	MIYAZAKI E NAPERVILLE	M60 25:28 M65 26:52	Dave Romansky Paul Johnson	Kingsport, TN Kingsport, TN	9/25/99 9/21/02	F70 1.10.0 F75 1.14.1		San Francisco, CA Walnut, CA	5/2/92 4/11/99
F8	5 44 43.85	D.ROBARTS USA	21 JUL 95	BUFFALO	M70 28:05	Jack Bray	Kingsport, TN	9/20/03 9/18/94	F80 1:15:4	1.7 Jane Dana	Walnut, CA	4/14/02
40					M75 32:08 M80 35:30	Cokey Daman Kurt Strauss	Kingsport, TN Liverpool, NY	7/1/91	15,000 me F35 1:10:14	The state of the s	Palo Alto, CA	6/21/03
10 F3	5 42.52	K JUNNA-SAXBY AUS	26 JAN 98	ADELAIDE	M85 36 48	Sam Gadless	Lake Worth, FL	3/28/92	F40 1:22.0 F45 1:32.3	3.3 Becky Comeau	Atlanta, GA	10/15/95
F4	5 47:29	S. GRIESBACH FRA S. IBANEZ SWE	14 SEP 03	TULIUMS	10K				F55 1:35:3	7.9 Janet Higbie	New London, CT New London, CT	10/16/99
F5:	5 54:24	S KRAMER AUS W SEILER GER	5 JUN 99 2 JUN 96	ADELAIDE ONSBACH	M35 42:31 M40 42:44	Jonathan Matthews Jonathan Matthews	Palo Alto, CA Eugene, OR	5/23/93 6/27/99	F65 1.39.5		Kenosha, WI	9/19/93
F6:	5 58.41	B TIBBLING SWE	6 SEP 03 1 AUG 86	MIDDLE PARK MALMO	M45 45.00	Larry Walker	Walnut, CA	4/22/90	20,000 me F35 1.34.3	1.06 Michelle Rohl	Palo Alto, CA	6/21/03
F7:	67.46	B. TIBBLING SWE B. TIBBLING SWE J. DANA USA	26 JUN 88 11 OCT 93	VERONA MIYAZAKI	M50 45:00 M55 49:28	Don DeNoon  James Carmines	Niagara Falls, NY Niagara Falls, NY	7/16/94 7/13/98	F40 1:36:30 F45 2:05:24	3.38 Teresa Vaill 4.0 Sherry Brosnahan	Palo Alto, CA New London, CT	6/21/03
F85	83:49	M.LINDGREN SWE N.JEFFREYS AUS	14 APR 02 JUL 97	MT SAC, CA DURBAN AUS	M60 50:05 M65 54:04	Dave Romansky	Niagara Falls, NY	7/13/98	F50 2:11:3	1.2 Sherry Brosnahan	Pt. Pleasant, NJ	5/19/02 10/16/99
		NOCT THE TO ALL		~~~	M70 58:56	Max Green Jack Bray	Niagara Falls, NY Eugene, OR	7/13/98 8/10/03	F55 2.09.1 F60 2.14.6		New London, CT Point Pleasant, NJ	5/18/03
20					58:14p M75 1:05:10	Max Green Jack Starr	Deareborn, MI Eugene, OR	10/26/03 8/10/03	30,000 me			
F3	5 1:28:20	Y NIKOLAYEVA RUS	7 AUG 02	BUDAPEST	M80 1:12:25 M85 1:22:44	Bill Tallmadge George Conway	Niagara Falls, NY Niagara Falls, NY	5/19/96 7/7/90	F35 2.51.49 F40 3.02.30		Chula Vista, CA Chula Vista, CA	1/25/03
F4 F4	5 1.45.25	J.MCCAFFREY CAN V.HEIKKILA FIN	13 AUG 00 85	VICTORIA BC	M90 1:29:56	George Conway	Niagara Falls, NY	7/10/93	50,000 me			
F5:	1 53 45	S.KRAMER AUS W.SEILER GER L.HATZ RSA	25 JUL 99 30 JUN 96	SALISBURY BRUGGE	15K M35 1.03:51	Jonathan Matthews	Palo Alto	5/23/93	F40 5 29 03 F45 5 31 54		Seattle, WA Arlington, VA	2/10/80
F65	2 06 41	J.FUALKOWSKA POL M. GORDON USA	21 AUG 99 26 MAY 02	RICCIONE	M40 1 04 02 M45 1 10 57	Jonathan Matthews Larry Walker	Eugene, OR Long Beach, CA	6/27/99 4/30/89	One Hour			
F75	2:39:46	U.THUNE GER J.LUTHER GER	12 NOV 95 30 MAY 97 30 JUN 96	PEN HAAG	M50 1:14:41	Jim Camines	Elk Grove, IL	5/24/98	F35 12,891 F40 12,244		Worcester, MA California, PA	10/7/01 7/20/03
			30301130	BRUGGE	M55 1 14 44 M60 1 21 16	Don DeNoon Max Green	Elk Grove, IL	5/23/99 9/24/95	F45 11,278 F50 10,484		Monterey Pk., CA Royal Oak, MI	12/17/89 9/28/03
50 F3		I MILLEN COR	45 455 55	WOOM.	1:19:44p M65 1:24:26	Don DeNoon Max Green	Elk Grove, IL Elk Grove, IL	6/1/03 5/24/98	F55 10,282	m Beverly LaVeck	Edmonds, WA	11/20/93
F4	0 4 50 51	L MILLEN GBR S.BROWN GBR S.BROWN GBR	16 APR 83 13 JUL 92	YORK BASILDON	M70 1.32.46	Bob Mimm	Riverside, CA	5/17/98	F60 9,701 r F65 9,271 r		Clayton, MO Kenosha, WI	10/18/92 6/6/92
F5	0 5:21:52	S. BROSNAHAN USA M. HOERNECKE ESP	13 SEP 94 1 SEP 02 5 APR 97	BASILDON OCEAN TWNSP BASILDON	M80 1:52:22	Giulio dePetra Tony Perona	Eugene, OR Norwalk, CA	8/16/87 5/27/90	F70 7,568 r F75 8,140 r		Santa Monica, CA Plantation, FL	11/26/94
F6:	7.27.49	M.HENRY USA R.SCOTT GBR	21 FEB 88 2 MAY 93	DURHAM, NC BURRATOR	M85 2:09:18 20K	Tony Perona	Riverside, CA	5/21/95	F80 6,483 r		Alexandria, VA	11/8/97
		sters Race			M35 1:24:56	Jonathan Matthews	Palo Alto, CA	5/23/93		Wome	n - Road	
		or (as of M			M40 1:24:50 M45 1:32:21	Jonathan Matthews Don DeNoon	Eugene, OR Washington, DC	6/27/99 3/28/93	5K	Water Harris		
	Outuc			2004)	M50 1:33:38 M55 1:43:09	Don DeNoon James Carmines	Washington, DC Orono, ME	3/27/94	F35 22:39 22:39	Victoria Herazo Debbi Lawrence	Kingsport, TN Wilkes-Barre, PA	9/17/94 8/24/97
		Men - T	rack		M60 1:48:20	Dave Romansky	Orono, ME	8/2/98 8/2/98	F40 23:58 F45 25:28	Lyn Brubaker JoAnn Nedelco	Wilkes-Barre, PA Dearborn, MI	8/24/97 9/24/89
301 M35	00 meters	Jonathan Matthews	San Francisco, C	CA 5/15/93	M65 1.52.44 M70 2.06.34	Max Green William Flick	Orono, ME San Jose, CA	8/2/98 8/10/97	F50 26:21 F55 28:03	Gayle Johnson	Kingsport, TN	10/14/00
M40 M50	12:39.9	Steve Pecinovsky Don DeNoon	Arlington, VA Cerritos, CA	5/31/98 6/27/93	M75 2:14:01 M80 2:30:00	Giulio DePetra Giulio DePetra	Eugene, OR Provo, UT	8/16/87 8/14/93	F60 29:02	Elton Richardson Ruth Eberle	New York, NY Bridgeton, MO	9/21/97 8/29/93
M55	15:35.73	James Carmines	Alexandria. VA	9/3/00	M85 3.01:01	Bill Patterson	Eugene, OR	8/13/00	F65 31 23 F70 32 59	Ruth Leff Miriam Gordon	Kenosha, WI Ft. Lauderdale, FL	4/3/93 10/28/95
M60		Dave Romansky James McGrath	New London, CT Uniondale, NY	10/16/99 8/3/02	25K M40 2.01.57	Jonathan Matthews	Palo Alto, CA	2/16/97	F75 35:33 F80 37:28	Jane Dana	Long Beach, CA	3/16/97
M70	17:59.80	Donald Gladding	Brisbane, AUS	9/27/94	M45 2:09:36	Eugene Kitts	Palo Alto, CA Overland Park, KS	1/8/95 4/6/86	F85 46:57	Jane Dana Anna Ward	Kingsport, TN Liverpool, NY	9/22/01 7/1/91
50 M3	00 meters 5 20:07.6	Jonathan Matthews	San Jose CA	5/28/94	M50 2:17:01 M55 2:17:23	Max Green Edward Whiteman	Albany, NY	5/21/95	10K			
M4	0 21:29:31	Ray Funkhouser Larry Walker	Philadelphia, PA Los Angeles, CA		M60 2 19 20 M65 2 42 01	Dave Romansky Robert Mimm	Albany, NY Lincroft, NJ	5/3/98 9/9/90	F35 46 25 F40 48 30	Victoria Herazo Lyn Brubaker	Beijing, CHI Orono, ME	4/29/95 8/2/98
M5	0 22.02.3	Donald DeNoon	Cerritos, CA	6/27/93	M70 2:39:15 M75 3:10:56	Robert Mimm Harry Drazin	Albany, NY Atlanta, GA	5/21/95 3/5/89	F45 50:58	Gayle Johnson	Washington, DC Kenosha, WI	3/28/95 5/12/01
M5 M6		Donald DeNoon Dave Romansky	Orono, ME Piscataway, NJ	7/31/96 6/6/98	30K	Hally Diazin	Allama, GA	Groros	F50 54:18 F55 56:59	Gayle Johnson JoAnn Nedelco	Galeshead, ENG	7/24/99
M6 M7		Jack Bray Jack Bray	Orono, ME Eugene, OR	7/31/98 8/8/03	M35 2 26 12 2 19 07p	Jonathan Matthews Curt Clausen	Palo Alto Chula Vista, CA	2/14/93	F60 59:30 F65 1:02:07	Beverly LaVeck Ruth Eberle	Eugene, OR Eugene, OR	8/23/96 8/23/96
M7	5 30:57.45	Jack Starr	Eugene, OR Indianapolis, IN	8/8/03 8/2/90	M40 2:26:26	Jonathan Matthews	Palo Alto	2/16/97	F70 1.07.38 F75 1.12.05	Shirley Dockstader Minam Gordon	Eugene, OR Eugene, OR	8/10/03 8/13/00
M8		Byron Fike John Hanna	Buffalo, NY	7/21/95	M45 2:35:29 M50 2:47:35	Eugene Kitts Ed Whiteman	Palo Alto, CA Atlanta, GA	1/8/95 10/31/93	F80 1:17:08	Jane Dana	Orono, ME	8/11/02
M9	000 meters	Paul Spangler	Eugene, OR	8/5/89	M55 2:50:29 2:48:19p	Dave Romansky Nick Bdera	Ft. Monmouth, NJ Hauppauge, NY	9/10/95 10/19/03	F85 1:33:41 15K	Fan Benno-Caris	Eugene, OR	8/10/03
M35	41:59.91	Jonathan Matthews	Philadelphia, PA	4/30/94	2:45:01p M60 2:50:32	Nick Bdera	Chula Vista, CA Albany, NY	1/11/04 5/3/98	F35 1:10:27	Victoria Herazo	Albany, NY	5/21/95 6/1/03
M40		Ray Funkhouser Gary Null	Philadelphia, PA Philadelphia, PA	4/24/93 4/24/93	M65 2:59:12	Dave Romansky Max Green	Albany, NY	5/3/98	F40 1:10:21	Victoria Herazo	Elk Grove, IL Elk Grove, IL	5/21/00
M50 M58		Donald DeNoon James Cannines	Edwardsville, IL Philadelphia, PA	7/10/94 4/24/99	M70 3.19.44 3.15.22p	Robert Mimm Max Green	Albany, NY Chula Vista, CA	5/3/98	F45 1:21:44 F50 1:26:23		Monterey, CA Kenosha, WI	10/23/99 6/25/00
M60	49 41 48	Dave Romansky	Philadelphia, PA Alexandria, VA	4/25/98 9/5/98	M75 3:40:28 M80 4:17:34p	Jack Starr Herb Appel	Ocean Township, NJ Ft. Monmouth, NJ	9/14/03 9/19/99	F55 1:27:18	JoAnn Nedelco	Elk Grove, IL Kenosha, WI	5/23/99 9/25/94
M70	000 meters	Jack Starr	Alexandria, VA	310130	40K	пето Аррег	Pt. Moninodui, No	3/13/33	F60 1:35:04 F65 1:37:59		Sacramento, CA	5/5/02
M35	1:14:15.9	Steve Pecinovsky	Edwardsville, IL Bergen, NOR	7/10/94 5/7/94	M35 3 14 03 M40 3 17:12	Jonathan Matthews Jonathan Matthews	Palo Alto	2/14/93 2/16/97	F70 1:59:21 F75 2:05:24	Rose Kash Adaline Crocker	Riverside, CA Eugene, OR	5/24/92 8/16/87
M35	1:10:50.3	Jonathan Matthews Warnck Yeager	Alexandria, VA	11/7/98	M45 3:29:31	Eugene Kitts	Palo Alto, CA	1/8/95	F80 1:58:42	Jane Dana	Riverside, CA	5/19/02
M4:	1.19.12.2 1.17:08 p	Stan Chraminski Steve Pecinovsky	Seattle, WA Arlington, VA	7/9/95 4/6/03	M50 3.51.06 M55 3.55.55	Nick Bdera Max Green	Ocean Township, NJ Durham, NC	9/14/03 2/21/88	20K F35 1:33:27	Joanne Dow	Manassas, VA	3/20/99
M5		Donald DeNoon James Carmines	Edwardsville, IL New London, C1	7/10/94 T 10/16/99	3:45:49p M60 4:02:22	Nick Bdera Dave Romansky	Hauppauge, NY Ft. Monmouth	10/19/03 9/19/99	1 32 54 F40 1 44 12		Chula Vista, CA Manassas, VA	1/11/04
M6	0 1:21:43.0	Dave Romansky	Alexandria, VA	11/7/98 10/15/95	M65 4:27:50	Robert Mimm	Atlanta, GA	4/8/90 9/10/95	F45 1:50:16	Sally Richards	Monterey, CA	10/23/99
M6 M7	-	William Mathews Jack Starr	Atlanta, GA Alexandria, VA	9/2/00	M70 4.41.25 M75 5.01.25	Robert Mimm Jack Starr	Ocean Township, NJ	9/14/03	F50 1.50.12 F55 1.58.4		Kenosha, WI Sacramento, CA	5/12/01 2/14/99
20 M3	,000 meters	Curt Clausen	Palo Alto, CA	6/20/03	M80 6:04:04p	Herb Appel	Ft. Monmouth, NJ	9/19/99	F60 2:09:35 F65 2:12:22		Sacramento, CA Sacramento, CA	4/5/98 5/5/02
M4	0 1:32:26.0	lan Whatley	Ocean City, OR	5/6/00 10/11/96	M35 4:01:36	Jonathan Matthews	Palo Alto, CA Palo Alto, CA	2/14/93 2/16/97	F70 2.42 14 F75 2.49 18	Joan Rowland	New York, NY Eugene, OR	5/16/99 8/16/87
M4	5 1.47.11.5 1.44.27 p	Brian Savilonis Steve Pecinovsky	Cambridge, MA Artington, VA	4/6/03	M40 4 12 35 M45 4 23 53	Jonathan Matthews Eugene Kitts	Palo Alto, CA	1/8/95	25K	Adeline Crocker	Logono, Ort	Or TOTO
M5 M5		Don DeNoon James Carmines	Edwardsville, IL New London, C	7/9/94 T 10/16/99	M50 5.04.56 M55 5.00.39	Max Walker Max Green	Manassas, VA Durham, NC	3/31/01 2/21/88	F35 2 14 52 F40 2 57 08	Lynda Brubaker Donna Cetrulo	Atlanta, GA Lincroft, NJ	10/31/93
ME	0 1:51:17.6	Dave Romansky	New London, C		4.44.10p	Nick Bdera	Hauppauge, NY Atlanta, GA	10/19/03 3/5/89	F45 2:37:27	Sherry Brosnahan	Manassas, VA	3/31/01
M6 M7	5 2:03:45.0 5 2:19:37.5	Jack Starr Bob Mimm	Alexandria, VA Pt. Pleasant, NJ		M60 5:09:20 M65 5:40:51	John Stowers Robert Mimm	Atlanta, GA	4/8/90	F50 2:36:42 F55 2:38:41	JoAnn Nedelco Bev LaVeck	Sacramento, CA Palo Alto, CA	4/5/98 3/13/94
30	,000 meters	5	Chulm Marin Co	1/26/03	M70 6.18.14 M75 7.58.15	Cokey Daman George Knox	Atlanta, GA Columbus, OH	3/5/89 11/2/86	F60 2.43.43 F65 2.57.47	Bev LaVeck Ruth Leff	Sacramento, CA Kenosha, WI	4/5/98 10/16/94
M4		Stan Chraminski	Chula Vista, CA Bellevue, WA	9/7/91	7:07:22p	Ed Gawinski	Hauppauge, NY	11/10/02	30K			
M4 M5		Robert Keating James Carmines	Alexandria, VA Alexandria, VA	11/11/95 11/11/95		Women	- Track		F35 2 42 47 2 34 37		Atlanta, GA Kenosha, WI	10/31/93 7/22/01
MS	55 2:52:51.4	James Camines	Chula Vista. CA	1/23/00	3000 meters	Thomas I	San Francisco	5/15/93	2:38:01 F40 3:05:36	p Michelle Rohl	Chula Vista, CA Kenosha, WI	1/11/04 7/22/01
M4	0,000 meters	Stan Chraminski	Seattle, WA	10/29/89	F35 15:30.6 F40 15:34.63	Therese Iknoian Donna Chamberlain	Alexandria, VA	9/3/00	F45 3.07:10	Sherry Brosnahan	Ft. Monmouth, NJ	9/19/99
M <sup>2</sup>	15 3:50:00.1 50 3:56:27	Robert Keating Ray McKinnis	Alexandria, VA Durham, NC	11/11/95 2/25/90	F45 14:57.5 F50 15:40.79	Gayle Johnson Gayle Johnson	Clayton, MO Edwardsville, IL	4/24/94 8/10/01	F50 3:05:39 F55 3:11:35		Flushing, MI Ft. Monmouth, NJ	4/16/00 9/11/94
50	0,000 meters	5			F55 16:40.3	Bev LaVeck Bev LaVeck	Seattle, WA Seattle, WA	3/19/94 5/11/96	F60 3.24.08 F65 3.29.41	Bev LaVeck	Palo Alto, CA Kenosha WI	2/8/98 10/18/92
M-	40 5.03.10 45 4.58:39.7	Stan Chraminski Robert Keating	Bellevue, WA Alexandria, VA	10/29/89 11/11/95	F60 16.51.1 F65 18:39.0	Ruth Leff	Kenosha, WI	8/4/93	40K			10.02
0	ne Hour			1917	F70 19.42.8 F75 20.41.0	Minam Gordon Minam Gordon	Miami, FL Miami, FL	9/17/95 9/10/00	F35 4:17:27 F40 4:07:36		Atlanta, GA Ft. Monmouth, NJ	4/8/90
M: M-		Jonathan Matthews Ian Whatley	Los Altos Hills, Greenville, SC	11/18/00	F80 24:11.2	Louise Swanson	Seattle, WA	6/2/90	T15 4:14:06	Sherry Brosnahan	Ft. Monmouth, NJ	9/20/87 9/19/99
M-	45 12,773 m	Robert Keating James Carmines	Cambridge, MA Alexandria, VA	10/18/92 11/8/97	5000 meters F35 22:49:79	Victoria Herazo	Philadelphia, PA	4/26/97	F55 4:28:40	Elton Richardson	Ocean Township, NJ Ft. Monmouth, NJ	9/2/02
M	55 11,702 m	Dave Romansky	Alexandria, VA	11/8/97	F40 23:28:15 F45 25:09:47	Lyn Brubaker JoAnn Nedelco	Orono, ME Indianapolis, IN	7/31/98 8/2/90	F60 5:07:09 F65 5:12:29		Ft. Monmouth, NJ Ft. Monmouth, NJ	9/20/87 9/9/01
M	60 11494 m 65 10,676 m	Dave Romansky Paul Johnson	Worcester, MA Long Island, N		F50 26:36.99	Gayle Johnson	Lawrence, KS	4/19/03	50K		The state of the s	3/3/01
М	70 10,199 m 10,218 m p	Jack Starr Max Green	Cambridge, MA Royal Oak, MI	10/4/98 9/28/03	F55 27 29 68 F60 28 49 35	Elton Richardson Beverly LaVeck	Eugene, OR Eugene, OR	8/12/94 6/28/97	F35 5:25:17 5:12:56	a the first out in the	Atlanta, GA Hauppauge, NY	4/8/90 11/10/02
	75 8695 m 80 7673 m	Tim Dyas Tim Dyas	Cambridge, MA Worcester, MA		F65 29 29 72 F70 32 40 97	Beverly LaVeck Shirley Dockstader	Brisbane, AUS Eugene, OR	7/5/01 8/8/03	F40 5:30:35 F45 5:19:34	Jeanne Bocci Sherry Brosnahan	Durham, NC	2/21/88
M	85 6947 m	George Conway	Cambridge, MA	10/20/91	F75 34:47:11 F80 37:56:64	Minam Gordon Polly Clarke	Eugene, OR Spokane, WA	8/11/00 8/14/92	F50 5:21:51 F55 6:50:15	Sherry Brosnahan	Manassas, VA Ocean Township, NJ	3/31/01 9/2/02
M	190 6797 m	George Conway	Cambridge, M	A 10/3/93	F85 44 43 85	Dorothy Robarts	Buffalo, NY	7/21/95	F60 7:27:49	Elizabeth Pettersen Marie Henry	Atlanta, GA Durham, NC	3/5/89 2/21/88
												A STATE OF THE PARTY NAMED IN

#### WORLD MASTERS ATHLETICS

PROMOTING VETERAN ATHLETICS THROUGHOUT THE WORLD IN COOPERATION WITH THE IAAF



WMA RECORDS COMMITTEE 2003-2004



Chairman **Brian Oxley** 

259 McDougall Rd., Parry Sound, Ontario

P2A 2W7, Canada

Coordinator

3955 Bentley Ave.

Pete Mundle

Culver City, CA 90232, USA

Asia

123 Lane 624, Park Road

Cho Hsin Te

Tainan

**Africa** Leo Benning 99 Lang Street, Sandbai 7200

Rep. of South Africa

Europe

Gokropsvagen 5 B, S-906 51 Umea,

Ivar Soderlind

Sweden

**North and Central** 

America & the Caribbean

55 Dawson Crescent, Milton, Ontario L9T 5H9

Bill Mcllwane Canada

Oceania

43 Elmslie Rd., Pinehaven, Upper Hutt,

Colleena Blair New Zealand

South America

Identify appropriate category:

Juan B. Alberdi 62222, C.P. 11900, Montevideo,

**Hector Acosta** 

Uruguay

Age-group (e.g. 40-44) \_\_\_\_\_ Indoor/Outdoor Track/Road

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

		onigio age best (incl.)	an official USAIF Record	
Event distance	e A	ge Official time a	achieved	Date
Where held (r	name of track or cor	urse, town, state, country	)	
Name of com	petitor, birthdate, ad	ddress, phone #		
		ase enclose photocopy o		
		erification (to be complete		
		Name of head timer		
Watch #1		Watch #2	Watch	#3
ed.		er or IAAF certification. Fo		3 certified judges are need-
	List all judges		Certification #	Level of Certification
Judge #1				
Judge #2	-			
Judge #3				
Judge #4	Market Alex			
The second second				
Judge #5 Judge #6				
Judge #5 Judge #6	ication #	Track 440y/400m/oth	er 2-in. high cont	inuous curb? yes no
Judge #5 Judge #6 Course Certifi I certify that a course certifi	all information on thi ication; 4) correct National or IAAF) jud	s form is correct, includir matching of finish time	ng 1) fairness of start; 2) es to competitors; 5) ju	inuous curb? yes no accuracy of lap counting; 3 dging by certified (USATI he race was a racewalk-only

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)

	Age-Gro	oup	Men/Women
Full Name of Compe	titor(s)		
Date(s) of Birth			
(For relays, full name	of each team member is requir	ed, in order of running.)	SAN THE PARTY OF THE PARTY OF THE
Competitor's Country		_ Date of Meeting:	
Name of Stadium	Т	own	Country
RESULT OF RACE The names of the firs	st three competitors and their time	nes were as follows:	
1st		Time	Company of the Company
2nd		Time	THE PARTY OF THE P
3rd	ON CAST NEWSCO	Time	DS ALBERTANIA
	he start of the race was in accor		
Name of Starter		Signature	
I, the undersigned of	RTIFICATES (HAND TIMING) fficial Timekeeper of the race, h		
I, the undersigned of the exact time record National Governing E	fficial Timekeeper of the race, he ded by my watch and that the w Body.	ratch used by me has be	en certified and approved by
I, the undersigned of the exact time record National Governing E Time	fficial Timekeeper of the race, he ded by my watch and that the w Body.  Name	ratch used by me has be	en certified and approved by
I, the undersigned of the exact time record National Governing E Time	fficial Timekeeper of the race, he ded by my watch and that the w Body.  Name Name	atch used by me has be Signatur Signatur	en certified and approved by ee
I, the undersigned of the exact time record National Governing E Time Time	fficial Timekeeper of the race, heded by my watch and that the was ody.  Name Name Name	atch used by me has be Signatur Signatur	en certified and approved by ee
I, the undersigned of the exact time record National Governing E Time Time CHIEF TIMEKEEPER	fficial Timekeeper of the race, heded by my watch and that the was ody.  Name Name Name	satch used by me has be Signatur Signatur Signatur	en certified and approved by e e e e e e e
I, the undersigned of the exact time record National Governing E Time	fficial Timekeeper of the race, heded by my watch and that the was ody.  Name Name Name	Signatur Signatur Signatur signatur	en certified and approved by e e e e e e e
I, the undersigned of the exact time record National Governing E Time Time CHIEF TIMEKEEPEI I confirm that the abo (Name of	fficial Timekeeper of the race, heded by my watch and that the waddy.  Name Name Name Rove Timekeepers exhibited their of Chief Timekeeper or Referee) Getrical timing device was used. T	Signatur Signatur Signatur Signatur	the times were as stated.  (Signature)
I, the undersigned of the exact time record National Governing E Time Time CHIEF TIMEKEEPEI I confirm that the abo (Name of ELECTRICAL TIMIN A fully automatic elevand this was the offic (Name of	fficial Timekeeper of the race, heded by my watch and that the waddy.  Name Name Name Rove Timekeepers exhibited their of Chief Timekeeper or Referee) Getrical timing device was used. T	Signatur Signatur Signatur Signatur  watches to me and that	the times were as stated.  (Signature)

#### WORLD MASTERS ATHLETICS

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

To: WMA Records Committee Regional Chairman

Age-Best Performa		asters Age-Group Record/World Masters the following information is submitted:
THE HEAT		p Men/Women
Full Name of Competitor	Alla Tarelland	Date of Birth
Competitor's Country		Date of Meeting
Name of Stadium	Town	Country
	s competition. I further certify the	at the implement used weighedSignature
accordance with I.A.A.F. I.A.A.F. specifications.	he measurement stated opposi Rule 148, paragraph 10(a). We	te our respective signatures is exact as measured in further certify that the circle or runway complied with
	(Name of Field Judge)	(Signature)
(Distance or height)	Marine Star and Line	(Signature)
m	(Name of Field Judge)	(Signature)

(Name of Field Judge) WIND GAUGE (LONG AND TRIPLE JUMP ONLY) I hereby certify that wind speed in direction of running Name of Operator

RESULT OF COMPETITION

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

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

#### Masters Invitational 1000m Races in Boston Set Standards

By MARK CLEARY

The fields for the Masters Exhibition 1000m races in Boston at the USATFChampionships, Feb. 27-29, were superb.

In the women's race, Catherine Regan, a 2:13 800 runner from the Greater Boston TC, served as the pace setter, bringing Rose Monday through the 800 in 2:21.5. Mary Thane and Catherine Stone-Borkowski followed in 2:24, and the rest of the field was just off that pace.

Monday ran a 2:59.67, which will be submitted to USATF to establish a U.S. masters record for the 1000m. We do not currently have a national W40+ record for this distance.

After the race, she said "I had been sick for a week leading up to the race, so I wasn't as concerned about the time. I just wanted to try to win. The time was good based on my training. I am leaving tomorrow for Budapest." Monday was selected to coach the distance runners for the 2004 U.S. Team at the World Championships.

Thane, the 2003 masters 800 champion, who was second in 3:02.12, said, "I have never run an indoor race before. I knew I didn't want to lead. My goal was to run 3:00, and I ran 3:02." Thane runs with the Mountain West TC, Missoula, Mont., with some women in the club who are training for this summer's Canadian Olympic team.

Stone-Borkowski was third with an outstanding time of 3:03.73. "I missed three weeks of training due to a leg injury, so I'm happy with my time. It

#### CURRENT NMN PHONE/FAX NUMBERS AND ADDRESSES

• Results, Schedule,
All-American, Letters,
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was great to be invited to race in this event. It was so much fun."

This field was probably the finest yet for a women's event in the Masters Invitational Program.

The men's race was extremely competitive. Tony Young, the M40 800 and 1500 outdoor national champion in Eugene, Ore., and a member of Club Northwest, won with a 2:27.43. The mark will also be submitted to USATF.

Young commented after the race, "It was nice to have a rabbit, but after the pacesetter stepped off the track at 400, I slipped into a more relaxed rhythm and didn't press. I wanted to go under the current world record of 2:25. This was a great stepping stone to the mile race next week .The 1000 is a great distance – I don't even hurt after the race."

John Hinton, who finished second, made a race of it, running 2:29.47. "Tony is in great shape right now. He was too far ahead with 200 to go. My goal was to break 2:30."

The rest of the field was close behind, with a new 40-year-old, Steve Sergeant, third in 2:33.08

Thanks to all the talented athletes who competed in the Indoor Masters Invitational Program event. As the program chairman, I would like to say that it is truly a privilege to have the opportunity to work with so many outstanding people. I would like to recognize a few of the USATF staff that continues to be key to the success of our events – Sandy Snow, Andy Martin, Keith Lively and Jill Geer. These folks work behind the scenes, handling many technical issues that are integral to the success of our events and ultimately our program.

The "Drake Dream Mile" on April 24 is the next event for the program. The entry deadline is April 9. Tony Young, John Hinton and Brian Pope, the top three masters athletes at this distance have already committed to the race.

Drake Relays meet director Mark Kostek has embraced the masters program and rolls out the red carpet for this event. Good news for the women – he has agreed to add a women's event for 2005. We are accepting race entries from athletes who have run 4:38 or faster for a mile during the 2003 or 2004 season.

We will have a large field of 18 for this event. You can enter on line at www.usatf.org. □

#### Need Back Issues?

Most back issues of the National Masters News are available for \$3.00 each, plus \$2.00 postage and handling for each order.

Send to: National Masters News P.O. Box 50098, Eugene, OR 97405

#### Presidential Candidates Will Run 100-Meter Dash at Nationals

April 1 – Six third-party presidential candidates have agreed to run a 100-meter dash to determine who will be invited to debate President George Bush and Senator John Kerry on television this fall.

The improbable race will be staged at the USATF National Masters T&F Championships in Decatur, Ill., on Aug. 8. Runners will be handicapped by age. USATF officials will supervise the event. Only the winner will be invited to take part in the debates.

"We approached all the players with the idea," said a USATF spokesperson.

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

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

"I know it seems ridiculous," said Ralph Nader, who will be running as an independent, "but the Democrats and Republicans won't let all six of us into the debates. So when USATF proposed the idea, we thought it could be a reasonable compromise."

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

Commission head Roger Helfer said to invite all eight candidates would be counter-productive.

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

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

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

Indeed, a CBS spokesman said his network would definitely cover the event.

"It's a visual we couldn't resist," Warren Matheson said.

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

"All five major networks are now owned by big conglomerates -

Viacom, Time-Warner, GE, Fox, Disney. Those corporations make huge contributions to both political parties. They want their tax breaks and business as usual. They don't want any third-party candidate rocking the boat. And they sure as hell don't want some wacko like Jesse Ventura actually winning something."

John Hagelin, probable nominee of the Natural Law Party, said a "winnertake-all" 100-meter race would also emphasize the importance of physical fitness.

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

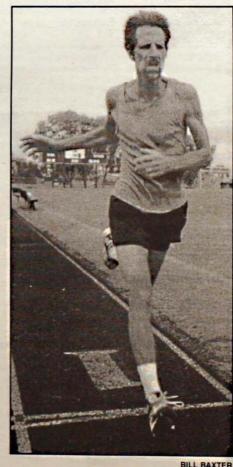
Browne, who weighs over 200 pounds, said he wanted an extra Clydesdale handicap. Negotiators will work out the details.

Rounding out the field will likely be Howard Phillips of the American Independent Party, David Cobb of the Green Party, and retired General David Vandersteen of the Reform Party.

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

Hagelin said half the people don't vote and the other half feel like they're voting for the lesser of two evils.

Kerry and Bush had no comment.



Greg Foote, M55 winner (21:34), Collier County Senior Games 5K, Naples, Fla., Feb. 15.

# Masters Scene

#### NATIONAL

Over two dozen female masters age-40and-up will compete for 2004 Olympic Marathon
spots in the St. Louis Marathon on April 3.
 Among the masters are Joan BenoitSamuelson, Jenny Spangler, Kelly Keeler,
Gordon Bakoulis, Shelly Steely, Marie Boyd,
Janet Robertz, Meghan Arbogast, and
Madelyn Noe-Schlentz. The complete list was
published in the February issue.

published in the February issue.
• Eddy Hellelbuyck's M40+ record time of 2:12:47 in the Twin Cities Marathon, Oct. 5, has been adjusted to 2:12:46. The only masters competing in the Olympic Marathon Trials, Birmingham, AL, Feb. 7, were Hellebuyck, Mark Newman, and Alfredo Vigueras. Paul Aufdembrege was listed in the results as a year older than actual and was not M40+.

#### **EAST**

 Alston Brown and Sid Howard smashed indoor 1500m records in the MAC Championships at the NYC Armory, March 6. Brown, M55, ran a 4:23.97. The present WR is 4:27.01 by John Potts (GBR) in 2000. Howard, M65, cranked out a 4:56.36. The AR is held by Archie Messenger at 5:05.5 in 1989.

 Craig Fram, 45, Plaistow, NH, followed up his M45 AR 8:39.74 for the 3000 on Jan. 18, with a WR 8:35.70 (2:54.01 at 1000/5:45.15 at 2000) in the FasTrack Invitational, Boston U., Feb. 14. Klaus Goldammer (GER) holds the present record of 8:36.64 set in 1999.

 Vytra Health Plans and Long Island T&F announced that Vytra will be the title sponsor of the 2004 Vytra LI Grand Prix of road races, a 21race series that includes virtually every significant race on LI. The announcement was made at the annual LIT&F Awards Brunch at SUNY-Stony Brook, Feb. 22. The first event was the March 6 Little Cow Harbor Four Mile. For more into on the series, contact John Martin, LITF office, 516-349-9157.

Jay Marshall, 42, Charlestown, MA, with a fifth-place 2:07:14, and Kris Gleason, 40, Leominster, MA, in 2:34:11, took masters firsts, Martha's Vineyard 20 Miler, MA, Feb. 14. Joseph Kvilhaug, 53, Taunton, MA, 2:18:39, and Deirdre Byrd, 52, Lincoln, RI, sailed to division wins.

 Junko Leerink, 45, Greenwich, CT, was first woman (3:39:33) in the relatively warm (sunny, 45 degrees) Hudson-Mohawk Winter Marathon, Albany, NY, Feb. 29. John Geesler, 45, St. Johnsville, NY, took the M40+ race (2:53:24).

Jim Robinson, 50, Rochester, NY, raced to a first M40+ 4:46.8 in the Finger Lakes RC Indoor Meet, Ithaca, NY, March 7. Suzanne Myette, 46, Endicott, NY, was top W40+ (5:31). The mile drew 83 runners ages 7 through 70. Casey Carlstrom, 45, Ithaca, ran an M40+ best 58.04 400, and a 4:55.0 mile.

• The Philadelphia Masters Meet, Albright College, Reading, PA, Feb. 15, drew 143 athletes, who scored 17 All-American marks. Randy Frey, M45, ripped to the day's fastest 60m with a 7.1 and high jumped 1.75. Twenty milers made up the meet's largest field, with Lorraine Jasper, W40, recording an A-A 5:35.3. Charles Roll, M55, hit the 13.41 mark with the 6kg shot and 14.33 with the 25# weight. Jurgen Hanspach, M45, flew in from Lima, Peru, to run in meets in Landover, MD, and at Albright. He flew back home after this meet, to see his son off to college in Australia, and to prepare for running in the WMA Indoors in Germany.

• The men's 55m at the Virginia Masters Indoor Track Championships, Lexington, March 6, produced nine speedsters who exceeded the 90% AG standard. Topping 95% were Oscar Peyton, 51, 6.6 (98.1%) and Marion Harrison, 65, 7.6 (95.0%). Leonore McDaniels, 76, leapt to a 1 10 in the high jump (93.1%).

to a 1.10 in the high jump (93.1%).
• Ginette Bedard, 70, 31:43, and Helene Bedrock, 69, 31:59, dominated their age divisions in the NYRR Snowflake 4-Miler, Central Park, NYC, Feb. 28. Masters winners were Leonardo Moya, 40, 21:09, and Jeanne Pare, 43, 24:15.

Masters got top billing at the NYRR/BUS
 Kurt Steiner 50K and the Metropolitan 50-Mile

races, Central Park, NYC, Feb. 15. Jarrow Wahman, 42, 3:17:37, led everyone home in the 50K, with Rudy Afanador, 45, 6:18:20, and Jody Reichner, 41, 7:37:46, outdistancing the field in the 50-miler.

#### SOUTHEAST

Chuck Moeser, 52, Sterling, VA, with a ninth-place 75:39, and Cecilia Lutz, 43, Reston, VA, with a 10th-woman 89:36, paced the masters in the 25th Anheuser Busch Colonial Half-Marathon, Williamsburg, VA, Feb. 22. Calvin Fowler, 65, Keswick, VA, 93:23, and Sharon Giese, 61, Richmond, VA, 1:45:09, were impressive division winners, among the 1171 finishers

• Trish Butler, 41, dashed to first female overall (24:55) in the St. Paddy's 4 Miler, Pompano Beach, FL, March 7. Bob Dugan, 49, took the M40+ race (22:36). Jose Clavijo, 50, was third (23:32). First W60+ was Yvonne Rothenberg, 61, 30:40. Bill Tribou, 83, won the M80+ contest in 35:58.

 Carolyn Kealty, W40, in 53:31, and Lisa Sonntag, W40, in 53:57, strode to first and second overall in the Henry Laskau Memorial Racewalk/Florida 10K Championships, Coconut Creek, Feb. 22. First M40+ was Juan Yanes, M50, 54:42

· Published in the Palmbeachpost.com, indexed on Feb. 14, 2004: "West Palm Beach-The long arm of the Internal Revenue Service stretched across the United States, then to Canada, the West Indies and all the way to Australia to snag a former Boca Raton chiropractor and radio show host wanted for tax evasion. Living in Brisbane, Queensland, Bruce Eric Hedendal was known as Dr. Erik Hedendahl, and he had an office, a Web site and another radio show promoting holistic and chiropractic care. Hedendahl fled the United States in 2000 after a federal grand jury indicted him on charges of not paying \$180,000 in income taxes from 1993 to 1995." In 2001, Hedendahl, then 53, competed in the 14th WAVA World Championships, Brisbane, Australia, in the M50 throws and weight pen-

• Trish Butler, 41, sizzled to a women's overall first (18:47), Cooper City, FL, 5K, March 14. Veteran road runner Al Swenson, 57, left younger runners behind with a first M40+ 17:40. Yvonne Tasker took the W60 race with a 23:56. Martin Quinn, 73, was M70+ fastest (26:23).

 Lisa Valentine, 42, Tierra Verde, FL, won the women's division of the Gulf Beaches Marathon, Clearwater, FL, placing second overall, 2:58:50, Feb. 22. Right behind behind her flew in Joe Burgasser, 65, St. Pete, FL, for the men's masters win, 2:59:21, and third overall.

#### MIDWEST

Carol Peebles, 82, Fond du Lac, WI, set a
 W80 WR for the 400 with a 2:15.67, USATF
 Wisconsin Indoor Championships, Carthage
 College, Kenosha, WI, Feb. 22. The present
 record is 2:25.03 by Pearl Mehl in 1995.
 Russell Rohde, 43, Royal Oak, MI, in

• Russell Rohde, 43, Royal Oak, MI, in 17:16, and Jackle Blair, 48, Detroit, MI, in 20:25, posted masters wins in the 26th Heart and Sole 3 Mile/Bill Walker Memorial, Huntington Woods, MI, Feb. 2. First 50+ were Larry Parker, 55, Eastpoint, MI, 18:20, and Maggy Zidar, 54, Pontiac, MI, 21:23. Ellen Nitz, 63, Milford, MI, ran a 22:45; Joe Thornburg, 87, Troy, MI, finished in 37:42.

 Mel Larsen, M75, ran a 21.52, and Bill Melville, M75, a 22:08, in an age-graded 200 in the U. of Wisconsin-Platteville Indoor Open, Feb. 21.

#### **MID-AMERICA**

Kevin Mullerburg, 43, Waukee, IA, in 28:39, and Michelle Deverell, 41, Mason, IA, with a second-woman 34:15, iced masters wins in the Red Flannel 5 Mile, Des Moines, IA, Feb. 14. First M60+ was Joe Oldensloe, 72, Des Moines, with a 40:40. Nancy Hoegh, 51, Clive, IA, 35:23, took the fifth-woman spot (35:23).

#### SOUTHWEST

• Gennary Temnikov, 42, with a sixth-place 2:24:40, and Mary Chute, 40, 2:53:52, cruised to masters wins in the Houston Marathon, Jan. 18. Ruben Hinojosa won the M50 race in 2:40:36. Linda Somers-Smith, W40, 1:17:58, and William Moore, M40, 69:43 were best masters in the half-marathon. Robert Ellis won the M70 group in 1:44:26. In the 5K, Francisco Contreras, M40, 18:22, and Vicki Danielson, M40, 21:57, were top masters. Lovie Beard won the M80+ race in 41:38. A record 14,000 participated in three events, with the marathon drawing nearly 6000.

 Donnie Harris, 45, Hennessey, OK, in 30:58, and Martha Royall, 42, in 34:58, took brisk masters firsts, Frigid 5 Mile, Edmond, OK, Feb. 21. Jane Gray, 50, OKC, won her division in 39:48. Top age-graded master was Rudy Heierding, 52, of Edmond, whose 31:01 is an A-G 26:53.

 First master Danny Ponder, 45, Norman, OK, with a fourth-place 35:39/32:40, and Priscilla Godi, 42, Broken Arrow, OK, with a second-woman 39:15/36:58, were also top age graded performers in the Pearl Izumi Toe Stumpin' Trail Run 5 Mile, Mannford, OK, Feb.

 Carl Clark, 40, in 34:33, and Margo Braud, 45, in 39:10, stepped lively to masters firsts in the Nextel Mardi Gras Mambo 10K, Baton Rouge, LA, Feb. 21. Sherman Stanford, 57, with a top performance 37:46, and Billie Kay Melanson, 50, 45:59, were first Grandmasters. Dick Findlay, 82, ran a 76:05.

#### WEST

• Arnie Gaynor's 41-11 shot put in the Palm Desert Senior Games, CA, Feb. 21, beats Ross Carter's M75 US record of 41-5 3/4 but won't be submitted because weight/measurement was not available. Gaynor, 76, of Palm Desert, also hit a 127-3 discus mark. Carter holds the M75 U.S. discus record at 128-2.

#### INTERNATIONAL

The Web address for Ross Dunton's inter-

national rankings lists is http://www.coachr.org/ wma2003outdoor.htm.

• The top five age-graded performances at the Spanish Veterans Indoor Championships, Zaragoza, Feb. 28, were Jose Maria Sanza, M65, 60m, 8.61 (95.0%); Carlos Anechina, M50, 60m, 7.92 (94.9%); Maria Jes Sanguos, W45, 60H, 9.71 (94.1%); Anton Basurko, 60m, 7.93 (94.1%); and Jesus Borrego, M40, 3000, 8:35.31 (93.0%).

 At a special WMA Assembly on March 13 in Sindelfingen, GER, the city of Linz, AUT, was awarded the 2006 World Masters Athletics Indoor Championships with 42 votes against and 12 votes for the other candidate, the city of Ancona, ITA, said WMA president Torsten Carlius.



Flo Meiler, W65, shown here at the 2003 Virginia Senior Games, earned six All-American awards in the 2004 Dartmouth Relays, Hanover, N.H.

# The Birmingham Track Club and USATF Present The Birmingham Track Club 2004 Track and Field Classic

Saturday, May 29 2004 Samford University Track Samford University, Birmingham, Alabama



Entry Fees: \$15.00 first event, \$6.00 each additional, \$20/relay. Pre-Register by: May ZI, 2004. Late fee: \$15.00 Age Divisions: Open and Masters (Age 30+), M&F On-Line Registration: www.active.com
Information: btcclassic@yahoo.com, www.birminghamtrack.tub.org
USATF Membership required. Membership forms will be available day of race. You may obtain membership condication at www.sarefore. Directions: 1-65, Take Exit 255 (Lakeshore Drive), go two miles East on Lakeshore. Samford University is on left. Awards: Medals to top 3 finishers in each age group.

\$100-1\* Place: KC100m (Top 8 best 100m may compete in Age-Sex Handicapped 100m)

\$100-1\* Place: Phil Mulkey Mini-decathlon (Enter as many decathlon events as you wan We will score and age-grade your top five performances.) application at www.usatf.org.

Track Events: 50m, 100m, 200m, 400m, 800m, 1500m, 5Km, Field Events: HJ, LJ, TJ, PV, Shot, Discus, Javelin, Hammer \*Hammer Throw at Hoover High School Schedule of Field Events: (approximate): Implementation Certification: Booth opens at 7:00am Central 80H, 100H, 110H, 300H, 400H, 4x400Relay Implementation Certification: Boot Triple Jump: 8:00-11:00am, report to Time HJ PV LJ 8:00 open-Shot Discus Javelin Hammer 9:00: 4x100Relay 12:30: 400m 3:30: 4x400 R m45 9:30: 50m\* 1:15: 800m 10:00: 80-100-110H 2:00:kc100m All ages M&W Open M45 10:30 M50-65 Vomen run first, wiser to younger. W,M70+ M50-65 Open M45 M45 1:30 Send Completed form and entry fee to: BTC Classic, Frank Newland, 234 King Arthur Pl, Alabaster AL 35007

Name:		1	DOB:/A	ge:	Sex:USATF#_	
Address:		a Maria Hall	_City:	St	ZIP:	
Phone:		E-mail:		s	hirt Size: S M	L X
		Events	Entry Fe	es:	Cost:	
	1		First Event:	\$15.00	5	
	2		2*4+Events	x \$ 6.00	5	
	3		Relays			
	4		Pentathlon	\$25.00	S	
	5		Late Fee	\$15.00	5	
	6		T-Shirts	x \$10.00	5	
	M	ake Check Payable to: BTC Classic		Total Due:	5	
	B	emit completed application to: FC Classic rank Newland 14 King Arthur PI				

Please read and sign: I agree that I am physically fit and have sufficiently trained to participate in the 2004 Birmingham Track and Field Classic. I understand that I must be physically fit and sufficiently trained to prevent injury to myself, and others. In consideration of the acceptance of my entry, I for myself, my heirs, devisees, executor, administrators and assigns, hereby release and discharge any and all claims against the BTC, Sumford University, Hoover High School, and the Knights of Columbus, agents or representatives arising from my participation in the 2004 BTC Track and Field Classic.

Signed: \_\_\_\_\_\_ Date:\_\_\_\_\_

# 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

August 5-8. 37th Annual USATF National Masters Championships, Decatur, Ill. Don Luy, 1184 W. Main St., Decatur, IL 62522. 217-420-6625, www.millikin.edu. Decatur Area Convention & Visitors Bureau, Teri Hammel, Dir. of Sports Marketing, 800-331-4479; teri@decaturcvb.com

August 14-15. USATF National Masters Weight Pentathlon Championships, Reading, Pa. Ray Feick, 610-754-6007; ffeick@aol.com

August 21-22. USATF National Masters Decathlon & Heptathlon, Neosho, Mo. Jeff Watry, 3224 CR 2700E, Penfield, IL 61862. 217-367-8438, x152; jwatry@gill athletics.com

September 11. USATF National Masters Weight & Superweight Championships, Seattle, Wash. Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206-932-3923; kweinbel@comcast.net

#### EAST

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

April 23-24. Penn Relays, Philadelphia, Pa. Dave Johnson, 215-898-6154; david sj@pobox.upenn.edu

May 2, 16, 30. Potomac Valley TC Meets, Langley HS. 703-671-2520; www.pvtc. org

May 13-15. Virginia Senior Games, Virginia Beach. Anna Thaw, 804-730-9447.

May 29-30. Potomac Valley TC Decathlon, Langley HS. See May 2.

June 5. Claude Hills Memorial Throw-athon, Albright College, Reading, Pa. 15 implements—3 implements per event. Ray Feick, 2987 Lutheran Rd., Gilbertsville, PA 19525. 610-754-6007; ffeick@aol. com

June 6. Superweight & Ultra Weights Meet, Gilbertsville, Pa. See June 5. June 6. 19th annual GSAC/Randolph Classic T&F Meet, Randolph, N.J. Mort Hahn, 973-625-1764; madeline.bost@att. net; www.usatfnj.org (Track & Field page).

June 8-13. New York Empire State Senior Games, Cortland. John Doherty, 212-866-2794.

June 13, 27. Potomac Valley TC Meets, Langley HS. 703-671-2520; www.pvtc. org

June 19, 26-27. Connecticut Senior Games, Trinity College, Hartford. Patrick Fisher, 860-528-4588.

June 26-July 3. Pennsylvania Senior Games, Shippensburg. Judith Brominski, 570-823-3164; 888-445-4559.

July 10. Bay State Games, MIT, Cambridge, Mass. All masters compete in M40+ division. USATF New England, 617-566-7600; office@usatfne.org

July 10. USATF Adirondack Masters & Open Championships, Troy, N.Y. 518-273-5552; info@usatfadir.org

July 10, 24. Potomac Valley TC Meets, Langley HS. 703-671-2520; www.pvtc.

July 13. Colonie Mile, Colonie HS, Albany, N.Y. 6:15 pm. Ken Skinner, ken nyskin@earthlink.net

July 24-26 (tent). USATF East Regional Masters Championships.

August 7, 21. Potomac Valley TC Meets, Langley HS. 703-671-2520; www.pvtc.

September 4-5. Potomac Valley TC Games, Langley HS. 703-671-2520; www.pvtc.org

#### SOUTHEAST

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

April 3. Carolina Masters Invitational, Johnson C. Smith U., Charlotte, N.C. Masters & M&W20-29.

April 4. T&F clinic. Johnson C. Smith U., Charlotte, N.C. Open to all. Web site for meet entry & clinic after Jan. 31: www.carolinastrackandfield.org.

April 10. USAT-National Training Center Meet, Clermont, Fla. O/M/U. Don DeNoon, 352-241-7144; x4206.

April 15-18. Mississippi Gulf Coast Senior Games. 228-875-9698; email: rder bybailey@aol.com

May 7-9. 34th annual Southeastern Masters & Open Meet/USATF North Carolina Masters Championships, & Masters 20K RW South Championships, NC St. U., Raleigh. SE Masters, c/o Raleigh Parks & Recr., 2401 Wade Ave., Raleigh, NC 27607. www.southeastern masters.org

May 7-9. Alabama Senior Olympic Games, Montgomery. Ronnie Floyd, 334-242-4496.

May 8. USATF Florida Masters Championships, Jacksonville. 904-387-0528; email: consultJTB@aol.com

May 11-14. Washington, D.C., Golden Olympics. Ben Butler, 202-282-0753; ben.butler@dc.gov; www.dpr.dc.gov

May 13-15. Virginia Senior Games, Virginia Beach. Shannon Moore, 757-4784-8492; www.vrps.com

May 18-22. South Carolina Senior Sports Classic, Francis Marion U., Florence. Carl Hust, 803-772-0363.

May 22. USAT-National Training Center Meet, Clermont, Fla. O/M/U. Don DeNoon, 352-241-7144; x4206.

May 29. Furman Track Classic, Furman U., Greenville, S.C. SASE to Adrian Craven, 109 Woodhaven Dr., Greenville, SC 29609. 864-233-0333.

May 29. Birmingham TC Classic, Samford U., Birmingham, Ala. Frank Newland, 205-370-7060; www.birming hamtrackclub.com; btcclassic@yahoo. com

June 1-5. Mississippi Senior Olympics, Hinds Comm. College, Raymond. Joyce Anderson, 601-925-7994.

June 26. USATF Southeast Regional Masters Championships, Clermont, Fla. (s) Don DeNoon, 352-241-7144, x4206; www.USAT-NYC.com.

July 16-22. Tennessee Senior Games, Clarksville. Christine Dewbre, 615-902-9261.

#### MIDWEST

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

May 16. North Coast Invitational, Cleveland Heights HS, Ohio. Jeff Gerson, 5091 Hickory Dr., Lyndhurst, OH 44124. 440-473-0636.

June 10-12. West Virginia Senior Sports Classic, Charleston. Lowell Witters, 304-342-6287.

June 12-13. USATF North Region & Ozark Association Open & Masters Championships, Edwardsville, Ill. (s) Peggy Rowold, 314-469-0577; email: pshinn@il.net

June 19. USATF Michigan Masters Championships, Grand Valley St. U., Allendale. Jim O'Neil, 616-844-1768.

#### MID-AMERICA

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

April 15. Kansas Relays, Lawrence. Tim Weaver, 785-841-8237; Thweaver@fal con.cc.ukans.edu

June 6. Jolly Jogathon Meet, Marysville HS, Kansas. F-noon; T-3:00 pm. Cleve Walstrom, 785-562-3021; Athletic Warehouse, 562-2424.

June 6-10. Black Hills Senior Games, Rapid City, So. Dak. 605-394-1887.

June 10-13. Iowa Senior Games, W. Des Moines. Susan Skinner, 515-633-5011.

June 12. USATF Mid-America Regional Masters Championships, Edwardsville, Ill. Ed Rowald, 314-469-0577; pshinn@i1.net June 22-27. Colorado Rocky Mountain Senior Games, Greeley. Sheri Lobmeyer, 970-350-9433.

June 26. Missouri State Senior Games, Columbia, Mo. Jack Miles, 573-882-1462; smsg.org/seniorgames

August 21. Halstead Masters & Open Mini Meet, Halstead HS, Kansas. 4:00 pm. Bob Everoski, Halstead Recr. Commission, 316-835-3366; 835-2286.

#### ON TAP FOR APRIL

#### TRACK AND FIELD

Most action remains in the warmer climes of the Southeast, Southwest and West, with meets in Florida, North Carolina, Texas, New Mexico, and California, including the Carolina Masters Invitational, Charlotte, N.C., on the 3rd, Georgia Masters Championships, Savannah, on the 16th-17th, and the Vern Wolfe Memorial Masters Meet at USC in Los Angeles on the 25th.

#### LONG DISTANCE RUNNING

On the other hand, LDR is all over the place, starting with the Cherry Blossom 10 Mile, Washington, D.C., and Santa Clarita, Calif., Women's 5K on the 4th. The Crescent City Classic 10K, New Orleans, Papa John's 10 Miler, Louisville, Ky., and Pear Blossom 10 Mile, Medford, Ore., take place on the 10th. The inaugural Salt Lake City Marathon hits Salt Lake City on the 24th. The many marathons are headed by the 108th Boston Marathon on the 19th.

#### RACEWALKING

Opportunities present themselves in the USATF South Region 10K Championships, Orlando, Fla., and SCA Grand Prix, Walnut, Calif., on the 4th, the USATF South Region 1-Hour Championships, Clermont, Fla., on the 10th, and the USATF Northwest Regional 10K Champion-ships, Seattle, on the 24th.

#### SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

April 10. Lions/Waterloo Throwers Meet, Austin, Texas. Seth Brower, lionswater loo@earthlink.net; waterlootrackandfield. org

April 17. El Paso Senior Games, El Paso, Texas. EPSG, 1800 Byron, El Paso, TX 79930; Julie Belcher, 915-562-4268.

May 22. Lions/Waterloo Championships, Austin, Texas. Seth Brower, lionswater loo@earthlink.net; waterlootrackandfield.

June 12. Odessa Downtown Lions Club Benefit – Jackrabbit Relays, Ratliff Stadium, Odessa, Texas. Don Wright, 915-362-3180; wrightanapapa@aol.com; Gerald Perry, 915-362-4640; perry@nts-on line.net

June 19. USATF Southwestern Association Championships, Coppell, Texas. Lester Mount, 6750 Hillcrest Plaza Dr., #221, Dallas, TX 75230. 214-766-2854; lestermount@yahoo.com July 10. USATF Southwest Regional Championships, site TBA. Lester Mount, 6750 Hillcrest Plaza Dr., #221, Dallas, TX 75230. lestermount@yahoo.com

#### WEST

Arizona, California, Hawaii, Nevada, New Mexico

April 4. Team Thor USA Throwers Meet, UC-San Diego, La Jolla, Calif. All throws, plus SW. Open to all. George Mathews, 2149 Calle Buena Ventura, Oceanside, CA 92056. 760-757-4550; email; georgemath ews@cox.net

April 10. Arizona Regulation Meet, M/O, Paradise Valley Community College. See April 24.

April 17. Mt. SAC Relays, Walnut, Calif. Scott Davis, 909-594-5611; sdavis@mtsac.edu

April 18. New Mexico USATF Masters/Open Weight Pentathlon, Albuquerque. Kathy Fones, 31 Sandhill Rd., Los Lunas, NM 87031. 505-865-8612; fax: 565-8387; foneskn@aol.com; www.usatf.org/assoc/nm

April 24. Arizona Masters Invitational, Mesa Comm. College. Pat Fahy, 480-946-7135; jpaffahy@aol.com

April 25. Vern Wolfe Memorial Masters Meet, USC Cromwell Field, Los Angeles. Entry form on Web site, Feb. 1: www.trojanmtc.com; email: www.trojanmtc@aol.com

April 25. Hawaii Masters TC Pentathlon, Kaiser HS, Honolulu. www.i2crealty.com/ htmc/htm

May 1. Team Thor USA Throwers Meet, UC-San Diego, La Jolla, Calif. All throws, plus SW. Open to all. George Mathews, 2149 Calle Buena Ventura, Oceanside, CA 92056. 760-757-4550; email: georgemath ews@cox.net

May 1. Arizona Regulation Meet, site TBD. Bob Flint, 480-949-1991; usat faz@cox.net

May 8. 19th annual Southern California Striders Meet of Champions, CSU-Long Beach. (s) May 1 deadline. 11:00 am. Hugh Cobb, 3180 Camino Arroyo, Carlsbad, CA 92009. 760-436-7696; Al Escabosa, 714-528-1443.

May 14-15. Sacramento Senior Games, Sacramento, Calif. Qualifier for Calif. State Championships, Pasadena, in June. 916-277-3839; SeniorGames@cityofsacramento.org

May 22-23. Arizona State Championships, Glendale. Bob Flint, 480-949-1991; usatfaz@cox.net

May 30. Dan Aldrich Memorial Masters Meet, UC-Irvine. 541-318-8513; cmc cormick@bendcable.com

May 30. Pacific Association USATF Masters Championships, Univ. of California, Berkeley. Don Rose, 43 McAllister Ave., Kentfield, CA 94904; 415-457-8177; donrose43262@aol.com; pausatf.org

June 5. California Senior Games Championships, Pasadena CC. Qualifier for 2005 NSG. Christel Donley, meet director. Cynthia Rosedale, 626-685-6754; www.pasadenaseniorolympics.org June 6. Mark Grubi/Pacific Association Masters Championships, UC-Berkeley. Don Rose, email; DonRose43262@aol.com

June 11-12. Arizona Combined-Events Championships, site TBD. Bob Flint, 480-949-1991; usatfaz@cox.net

June 18-20. Grand Canyon State Games, Arizona St. U., Tempe. Bob Flint, 480-949-1991; usatfaz@cox.net

July 11. New Mexico USATF Masters/Open Meet, Albuquerque. Kathy Fones, 31 Sandhill Rd., Los Lunas, NM 87031. 505-865-8612; fax: 5565-8387; foneskn@aol.com; ww.usatf.org/assoc/hm July 16. California State Games, Patrick Henry HS, San Diego. T&F. CSG, 2919 Camino Del Rio South, San Diego, CA 92108. 619-682-3436; Fax: 682-3440; cal games@sosinet.net; www.calstategames. org

July 24. New Mexico USATF Masters/ Open Pentathlon, Albuquerque. See July 11.

July 24-25. USATF West Regional Masters Championships, Home Depot Center/Olympic Training Facility, Carson, Calif. Mark Cleary, runnermark@cox.net

#### **NORTHWEST**

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

April 10. Oregon TC Masters Mini Meet, Hayward Field, Eugene. No entry fees. 9:00 am for both track & field events. Includes HT, 3000SC, hurdles, 3000, & 5000.

April 24. Spring Fling Throws Meet, West Seattle Stadium. Ken Weinbel, 206-938-3895; kweinbel@comcast.net

May 29. Oregon Senior Olympics, Silverton, Ore. Amy Castle, 503-873-8577.

June 4-5. Montana Senior Olympics, Butte. Open to out-of-state. Kay Neumann, 406-586-5543; kayjn@imt.net June 5. Seattle Parks Department Masters Meet, West Seattle Stadium. Dennis Cook 206-684-7094; email: dennis.cook@seat tle.gov

June 7-13. North Idaho Senior Games, Lewiston. T&F on 12th; 5K on 10th. 208-7443-5580; 800-877-3206; www.city oflewiston.org

June 12. USATF Inland NW Association Championships, Pullman, Wash. (s) Mike Hinz, 509-332-1168; usatf.org/assoc/inw /inland%20Northwest%20Sched.htm

June 12-13. USATF Oregon Y/O/M Championships, Sandy HS. HT & SC on 12th at Mt. Hood CC, Gresham. www.usatforegon.org

June 19-20. Portland Masters Classic, Paul Stepan, 3011 NE Linden, Gresham, OR 97030. 503-666-8950; 1stepan@ yahoo.com

June 24-July 22. Oregon TC All-Comers Meets, Hayward Field, Eugene. Thursday evenings for ages 13+. Jill Mestler, 541-302-9416; jmestler@juno.com

June 26-27. Hayward Masters Classic, Eugene, Ore. Ruth BreMiller, 541-687-9675, darkwing.uoregon.edu; Johnny Faerber, meet director, 541-942-7127, johnnyfaerber@hotmail.com

July 3 (tent.). Bend Masters & Open

Classic, Summit HS, Bend, Ore. Mac McCormick, 1055 NW Milwaukee Ave., Bend, OR 97701. 541-318-8513; cmc cormick@bendcable.com

July 10-11. State Games of Oregon, Mt. Hood CC, Gresham. Bill Cook, 2860 SW Lilyben Place., Gresham, OR 97080. wv.cook@comcast.net

July 17-18. USATF Northwest Regional Masters Championships, Pullman, Wash. Jeff Schaller, 435 SW State St., Pullman, WA 99163. jeffschaller@turbonet.com; www.eteamz.com/cometstcm/News

July 24. Seattle Masters Classic, Seattle, Wash. Ken Weinbel, 206-938-3895; kweinbel@comcast.net

July 31-August 4. Wyoming Senior Olympics, Cody. Open to out-of-state. Amber Boyson, 307-587-2550; amber@cityofcody.com

October 4-16. Huntsman World Senior Games, St. George, Utah. 800-562-1268; www.seniorgames.net

#### CANADA

May 29. Ontario Masters Club Championships, Site TBA. www3.sympa tico.ca/ontario.masters

June 19-20. Ontario Masters Championships, York U. www3.sympati co.ca/ontario.masters

July 17-18. Canadian Masters National Championships, Calgary, Alberta. Also Masters Age-Graded 5K Road Race. www.2004canadianmasters.com; 866-286-1318.

FIRST EVENT

\$15.00

#### INTERNATIONAL

July 22-August 1. Europe Championships, Arhus & Randers, Denmark. www.world-masters-athletics.org

July 29-August 1 (tent.). Africa Championships, Yaounde, Cameroon. www.world-masters-athletics.org

August 27-29. NCCWMA Championships, Dorado, Puerto Rico.www.worldmasters-athletics.org

October 21-27. Oceania Championships, Rarotonga, Cook Islands. www.world-mas ters-athletics.org

November 6-13. South America Championships, Montevideo, Uruguay. www.world-masters-athletics.org

November 6-14. Pan Pacific Masters Games, Queensland, Australia. 45 sports. Phone: +61 7 5564 8733; fax: +61 7 5564 9733; www.mastersgames.com.au

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

Aug. 22-31, 2005. 16th World Masters Athletics Championships, San Sebastian, Spain. www.wma2005.com

#### LONG DISTANCE RUNNING

#### NATIONAL

April 4. American Ultrarunning Association 100K Championships, Kettle

TOTAL

ODESSA DOWNTOWN LIONS CLUB BENEFIT - JACKRABBIT RELAYS NET PROCEEDS TO BENEFIT VARIOUS CHARITIES INCLUDING EYEGLASSES/EXAMS FOR KIDS & ADULTS, TEXAS LIONS CAMP IN KERRVILLE, TEXAS, TEXAS EYE BANK, LEADER DOG FOR THE BLIND, LIONS INTERNATIONAL YOUTH CONTESTS OPEN/MASTERS TRACK MEET Promoting Athletics for All Ages as We Assist Those in Need Saturday June 12, 2004 - RATLIFF STADIUM, ODESSA, TEXAS MASTERS COMPETITION IN FIVE (5) YEAR INCREMENTS - OPEN DIVISIONS: 19-29, 15-18, 14 and UNDER ENTRY FEES: PRE-REGISTERED BY June 5, 2004 - FIRST EVENT \$15.00; \$5.00 EACH ADDITIONAL MAXIMUM \$30.00 - LATE FEES: \$20.00; \$10.00 EACH ADDITIONAL
\*\*\* ALL HURDLE EVENTS MUST BE PRE-REGISTERED\*\*\* - ENTRIES CLOSE AT 11:00 AM EVENT SCHEDULE: (Start times are approximate but will not be early) FIELD EVENTS **RUNNING EVENTS** 12:00 PM 3000 M Run 2:15 PM 300/400 Hurdles 12:30 PM 3000 M Race walk 2:30 PM 4 X 200 M Relay 1:00 PM 80/100/110 M Hurdles 2:45 PM 400 M Dash 9:00 AM Pole Vault Long Jump High Jump 1:15 PM 100 M Dash 1:30 PM 800 M Run Weight Pentathlon - All throws, 3:00 PM 1500 M Run Pentathlon throws will count as 3:45 PM 4 X 400 M Relay 1:45 PM 4 X 100 M Relay regular competition throws 10:30 AM Triple Jump 2:00 PM 200 M Dash **OPENING CEREMONY 11:45 AM** USATE CERTIFIED OFFICIALS; FULLY AUTOMATIC TIMING SYSTEM; ALL EVENTS RUN AGAINST TIME: AGE GROUPS AND SEXES MAY BE COMBINED MEDALS TO TOP THREE IN EACH AGE DIVISION RATLIFF STADIUM LOCATION ON BACK " Cut here "" REGISTRATION NAME (print)\_ DATE OF BIRTH ADDRESS \_CITY\_\_ \_STATE\_ ZIP E-MAIL PHONE ( I, THE UNDERSIGNED, HEREBY AGREE TO RELEASE AND DISCHARGE THE ODESSA DOWNTOWN LIONS CLUB, THE ECTOR CO. INDEPENDENT SCHOOL DISTRICT AND ANY OF THEIR REPRESENTATIVES, ANY SPONSORS, AND ANY-ONE CONNECTED WITH THE MEET, FROM LIABILITY RESULTING FROM ANY ACCIDENT AND/OR INJURY THAT I MAY SUSTAIN WHILE COMPETING OR PARTICIPATING IN SAID TRACK AND FIELD MEET. I CERTIFY THAT I BELIEVE I AM CONDITIONED AND PHYSICALLY ABLE TO COMPETE IN THIS TRACK MEET. ATHLETE'S SIGNATURE CHECK THE EVENT(S) ENTERED DISCUS HAMMER 300 HURDLES 1500 METER BUN SHOT PUT 3000 METER RUN JAVELIN 400 HURDLES LONG JUMP
TRIPLE JUMP 4 X 100 RELAY 4 X 200 RELAY WT. PENTATHLON 100 METER DASH \_\_\_80 HURDLES 200 METER DASH HIGH JUMP 100 HURDLES 400 METER DASH 4 X 400 RELAY POLE VAULT 110 HURDLES 1500 METER RACE WALK 800 METER RUN WEIGHT THROW 3000 METER RACE WALK

ADDITIONAL EVENT (S)

1431 WEDGEWOOD ODESSA, TEXAS 79762
For more information contact: Don Wright n PHONE: (915) 362-3180; wrightnanapapa@aol.com

Gerald Perry — PHONE: (915) 362-4640; perry@nts-online.net — (entry forms available via e-mail)

MAIL ENTRY AND CHECK PAYABLE TO: ODESSA DOWNTOWN LIONS CLUB

X \$5.00 EACH

Moraine, Wisc. 262-495-3229; www.ame ricanultra.org/olander/text.html

May 12-16. RRCA Convention, Lake Tahoe, Calif. www.rrca.org

May 29. USATF National Masters Championships/Ogden Newspapers 20K Classic, Wheeling, W.Va. 304-233-0100, x317.

June 5. USATF National Masters Women's Championships/Freihofer's 5K, Albany, N.Y. George Regan, 518-273-5552; www.freihofersrun.com; 5k@frie hofersrun.com

June 5. USATF National Masters Championships/TEVA Spring Runoff 6.3 Mile, Vail, Colo. 206-325-4800; sports@vailrec.com.

June 19. USATF National Masters Championships/Mt. Washington 7.6 Mile, Gorham, N.H. 603-863-7042; www.gsrs.com/mwrr

July 31. USATF National Masters Championships/White River 50 Mile Trail Race, Crystal Mountain, Wash. 206-325-4800; www.whiteriver50.org

September 11. American Ultrarunning Association Championships/Olander Park 100 Mile, Sylvania, Ohio. 419-885-7399; www.americanultra.org/olander/text.html September 26. USATF National Masters Championships/Heritage Oaks Bank 10K, Paso Robles, Calif. Mitch Massey, 805-544-7200; www.heritageoaksbank.com

October 3. USATF National Masters Championships/Twin Cities Marathon, Minneapolis, Minn. www.twincitiesmara thon.org

November 6. American Ultrarunning Association Championships/San Diego 1 Day-24 Hour Run, San Diego, Calif. 760-967-8348; www.sandiegoldayrace.com/ index.html

November 7. USATF National Masters 8K Cross-Country Championships, Boston, Mass. Steve Vaitones, office@usatfne.org

November 14. USATF National Masters Championships/Peachtree City 50K, Peachtree City, Ga. 770-487-7445; dark siderunningclub@comcast.net

**December 5.** USATF National Masters 10K Cross-Country Championships, Portland, Ore. www.usatf.org

December 18. USATF National Masters Championships/HUFF 50K Trail Run, Huntington, Ind. www.huff50k.com

#### EAST

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

April 1. New York Health & Racquet Club Backwards Mile, NYC. www.nyrrc.

April 3. Nationwide Insurance 10K for ASPIRE, Plainview, N.Y. 516-349-7646; www.glirc.org

April 4. Credit Union Cherry Blossom 10 Mile, Washington, D.C. 7000 limit, usually filled by early January. Cherry Blossom, PO Box 5366, Rockville, MD 20848. www.cherryblossom.org.

April 4. Run for Autism Awareness 5K/USATF NJ Masters Women's Championships, Bayonne. 1:00 pm. 201-437-9181(d); www.OYMP.net

April 10. NYRR Brooklyn Half-Marathon, Brooklyn, NYC. 212-860-4455; www.nyrrc.org

April 10. South Orange Rotary 5K, South Orange, N.J. 732-381-0318; www.oymp. org

April 14 (Wed.). Main Street Mile, Westminster, Md. 410-848-8332; ccpl. carr.org/~wrrc

April 17. Bill Robinson 10K Masters Championships, Guilderland HS, Albany, N.Y. Jim Tierney, runnerjmt@aol.com

April 17. Jersey Shore Relay 26 Mile, Shrewsbury, N.J. Jersey Shore RC, 732-542-6090; www.jsrc.org

April 18. Penn Relay Carnival Distance Classic 20K & 5K, Philadelphia. April 6 deadline. Runners Advocate, 2003 Country Club Dr., Doylestown, PA 18901. April 18. Kingston Classic 10K, Kingston, N.Y. 518-678-3293; www.kingston classic.com

April 19. 108th Boston Marathon. www. baa.org

April 24. USATF Adirondack Masters 10K Championships, Guilderland, N.Y. 518-273-5552; info@usatfadir.org

April 25. Thunder Run 5 Mile, Hauppage, N.Y. 516-775-7272(d); www.rtsnp.org

April 25. New Jersey Marathon & 10 Mile, Long Branch. 732-578-1771; ww.njmarathon.org

May 1. Ontario Shore Marathon/Relay & Half-Marathon, Rochester, N.Y. 585-264-1480; ontarioshoremarathon.com

May 2. Blue Cross Broad Street 10 Mile, Philadelphia, Pa. 215-235-7481; www. broadstreetrun.com

May 2. Our House 5 Miler/USATF NJ Masters Championships, Summit, N.J. 732-381-0318; mzrace@aol.com

May 8. The Race 5K, New Britain, Conn. 860-652-8866; www.hartfordmarathon. com

May 15. Long Island Greenbelt Trail 50K, Plainview, N.Y. 516-349-7646; spolan sky@aol.com

May 15. Kennett Run 5K & 10K, Kennett Square, Pa. 610-388-1556; www.kennet trun.kennett.net

May 15. NYRR Queens Half-Marathon, Queens, NYC. See May 18.

May 16. Sallie Mae 10K, Washington, D.C. 703-534-4600; www.salliemae 10K. org

May 18. NYRR Downtown Dash, Lower Manhattan. 6:30 pm. 212-860-4455; www.nyrrc.org

May 22. NYRR 10K, Manhattan. See May 18.

May 30. Keybank Vermont City Marathon, Burlington. 800-880-8149; www.vcm.org

May 30. Buffalo Marathon, Buffalo. N.Y. 716-694-5154; www.buffalomarathon. com

#### SOUTHEAST

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

April 3. Cooper River Bridge 10K & 7K RW, Charleston, S.C. 843-792-0345; www.bridgerun.com

April 3. Umstead 100 Mile & 50 Mile, Raleigh, N.C. 919-847-7613; www.ncro adrunners.org/umstead April 3. Greenways 5K, Knoxville, Ky. 865-523-2272; www.ktc.org

April 24. Old Mobile 8K Mobile, Ala. 251-473-7223.

April 24. Country Music Marathon & Half-Marathon, Nashville, Tenn. 800-311-1255; www.cmmarathon.com

May 31. Mercedes-Benz Cotton Row 10K & 5K, Huntsville, Ala. May 15 deadline. Jim Oaks, 256-536-1603; jaaoaks @aol.com

July 4. Peachtree 10K, Atlanta, Ga. Limited to 55,000. SASE to Peachtree 2004, Atlanta TC, 3097 East Shadowland Ave., Atlanta, GA 30305.

#### MIDWEST

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

April 3. Chicago Lakefront 50K. 773-477-9112; www.chicagoultra.org

April 4. Athens Marathon, Athens, Ohio. 740-594-3825; athensmarathon.com

April 10. Papa John's 10 Miler/USA Men's Championship, Louisville, Ky. www.papajohns10miler.com

April 17. Fox Trot 5K, 10K & 15K, Flushing, Mich. 810-659-6493; www. riverbendstriders.com

April 18. West Bloomfield Half-Marathon, W. Bloomfield, Mich. www.runningmichigan.com/westbloom field

April 24. Borgess Run/National City Half-Marathon, Kalamazoo, Mich. 269-345-1913; www.borgessrun.com

April 25. Glass City Marathon, Toledo, Ohio. 419-385-7025; toledoroadrun ners.org

April 25. Cleveland Marathon & 10K, Cleveland, Ohio. 800-467-3826; www. clevelandmarathon.com

May 2. Flying Pig Marathon, Cincinnati, Ohio. 513-721-7447; flyingpigmarathon. com

May 8. Indianapolis Life 500 Festival Mini-Marathon & 5K. 800-638-4296; www.500festival.com

May 29-31. Great Race Sports Festival Half-Marathon, 10K, 5K, & Mile, Elkhart, Ind. 574-296-5890; www.thegreatrace.net June 11 (Fri.). Zanglin Downriver Run One Mile & 8K, Trenton, Mich. 7:30 pm. 734-282-1101; www.zanglinrun.com

#### **MID-AMERICA**

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

**April 3**. Spring Thaw 10 Mile, Sioux City, Iowa. 712-947-4295; www.missouririver runners.com

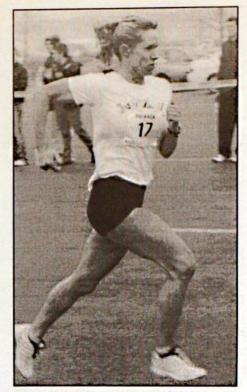
April 3-4. St. Louis Marathon/U.S. Women's Olympic Team Trials, Half-Marathon, 5K, & Marathon Relay, St. Louis, Mo. 314-727-0800; www.stlouis marathon.com

April 17. Trail Mix 25K & 50K, Bloomington, Minn. 763-588-5712; www.trailmixracemn.org

April 24. Emma Creek Classic Women's 5K, Hesston, Kansas. 620-327-7128.

April 24. Get in Gear 10K, Minneapolis, Minn. 612-722-9004; getingear@qwest.

April 25. Oklahoma City Memorial Marathon/Relays. www.okcmarathon.



GEORGE BANKER

Win Persina, 43, sixth W40+ (32:58), Outback Steakhouse 8K, Hyattsville, Md.

com

May 1. Run Around Woman Plus 30K, Longville, Minn. 800-756-7583; www. longville.com

May 2. Melpomene 5K, St. Paul, Minn. 612-642-1951; www.melpomene.org

May 9. St. Louis TC Fitness Survival 5K & 10K, St. Louis, Mo. 314-453-4933; www.StLFF.com

June 19. Grandma's Marathon, Duluth, Minn. 218-727-0947; www.grandmas marathon.com

#### SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

April 5. Redbud Classic 10K, Oklahoma City. 405-842-8295, www.redbud.org

April 10. Crescent City Classic 10K, New Orleans. 504-861-8686; www.CCC10K.

April 17. Texas Round-up 10K, Austin. www.texasroundup.org

April 17. Tyler Azalea 10K, Tyler, Texas. 972-235-2513; www.tylerazalea10k.com

April 25. Oklahoma City Memorial Marathon & Relay. 405-525-4242; www.okcmarathon.com

May 15. Beach to Bay Relay Marathon, Corpus Christi, Texas. 361-881-6166; www.beachtobayrelay.com

#### WEST

Arizona, California, Hawaii, Nevada, New Mexico

April 3. Ulis C. Williams 5K & 10K,

# Subscription Problems? Moving?

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Compton Community College, Calif. 714-841-5417; www.nealand.com/finishline

April 3. Derby Day 10K, Arcadia, Calif. 310-828-4123; www.w2promo.com

April 4. Santa Clarita Runners Women's 5K, Santa Clarita, Calif. 661-252-6850.

April 4. Liberty 4 Mile Run/Walk, Coronado Bay Bridge, San Diego, Calif. 760-434-6301; www.kinaneevents.com (click on Liberty icon)

April 4. Santa Anita Derby Days 5K, Santa Anita, Calif. 310-828-4123; race place.com

April 17. Run Santa Barbara Ten Miler & 5K, Santa Barbara, Calif. 805-564-8879; RunSantaBarbara.com

April 17. Chardonnay Foot Races 10 Mile & 5K, Santa Barbara, Calif. 805-564-8879; www.runsantabarbara.com

April 18. The Achievable 5K, Century City, Calif. 310-828-4123; www.w2 promo.com

April 18. Jimmy Stewart Relay Marathon, Los Angeles. 5-person teams. 310-829-8968; www.stjohns.org

April 25. La Jolla Half-Marathon, La Jolla, Calif. www.lajollahalfmarathon.

May 1. Law Day 15K/Relay, Santa Barbara, Calif. Lauren Ludden, 805-962-0467; ludden@anticouni.com

May 2. Avenue of the Giants Marathon, Half-Marathon & 10K, Humboldt Redwoods St. Park, Calif. www.theave.org

June 6. Rock 'N' Roll Marathon, San Diego. 800-311-1255; www.rnrmarathon. com

June 19. Vicki's 3000, Santa Barbara CC Track. 805-455-7246; leah@sbrunning. org

June 20. California Senior Games Championships 10K, Pasadena CC. Qualifier for 2005 NSG. Jim Hanley, meet director, 805-496-1829; jim@hanley.cc; www.pasadenaseniorolympics.org

June 20. California Senior Games Championships 5K, Rose Bowl, Pasadena. Jim Hanley, meet director, 805-496-1829; jim@hanley.cc; www.pasadenaseniorolym pics.org

June 27. Platinum Performance State Street Mile, Santa Barbara, Calif. 805-568-2316; www.sbmile.com

#### **NORTHWEST**

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

April 3. April Fools 15K, Eugene, Ore. 541-687-6983; www.options.org

April 4. Bridge to Bridge 10K & 5K, Portland, Ore. racecenter.comb2b

April 10. Pear Blossom 10 Mile & 5K, Medford, Ore. 541-535-1205; pearblos somrun.com

April 24. Inaugural Salt Lake City Marathon & 5K. 801-412-6060; www.salt lakecitymarathon.com

April 17. Oregon Marathon Relay & Marathon, Eugene. Randy Hilliard, 541-686-0527.

April 17. Roseburg to Coos Bay Relay, Roseburg, Ore. 67 miles. 541-267-6329. April 18. Race for the Roses Half-Marathon & 5K, Portland, Ore. 503-531-3140; www.racecenter.com/pacificcrest

April 24. Anchorage Daily News Heart

Run 5K, Anchorage, Alas. www.ameri canheart.org

May 2. Bloomsday 12K, Spokane, Wash. 509-838-1579; bloomsdayrun.org

May 8. Lake Run 10K & 5K, Lake Oswego, Ore. 503-531-3140; www.race center.com

May 8. Montana Women's 5 Mile & 2 Mile, Billings. 406-656-6973.

May 16. Capital City Marathon, Olympia, Wash. 360-786-1786; www.ontherun.com/ccma

May 30. Wyoming Marathon, Medicine Bow Half-Marathon & Rocky Mt. Double Marathon, Laramie, Wyo. 307-635-3316; www.angelfire.com

June 19. Mayor's Midnight Sun Marathon & Half-Marathon, Anchorage, Ala. 907-786-1230; www.mayorsmara thon.com

#### CANADA

April 18. Vancouver Sun Run 10K, Vancouver, B.C. 604-689-9441; www.sun run.com

May 9. OMTFA/Forest City 10K, London, Ontario. www3.sympatico.ca /ontario.masters

May 28-30. Ottawa Marathon, Ontario. 613-234-2221; www.ncm.ca

#### INTERNATIONAL

April 10. Two Oceans Half-Marathon & 56K, Cape Town, South Africa. www.two oceansmarathon.org.sa

April 18-24. World Masters Athletics Non-Stadia Championships, Auckland, New Zealand. 10K/10K, 20K, 30K, 50K, RW/Team Cross-Country/Ekiden Relay/ Half-Marathon. www.wma2004.org

April 19. London Marathon. www.mara thontours.com

July 4. Gold Coast Airport Marathon, Queensland, Australia. www.goldcoast marathon.com.au

May 8-14, 2006. World Masters Athletics Non-Stadia Championships, Vancouver, B.C., Canada. www.wma2006.org

#### RACEWALKING

April 4. USATF South Region 10K RW Championships, Orlando, Fla. (s) Rob Carver, 407-898-8633.

**April 4.** SCA Grand Prix/Mount SAC 5K/10K Track RW, Walnut, Calif. Dave Snyder, 909-824-2336.

April 10. USATF South Region 1-Hour RW Championships, Clermont, Fla. (s) Don DeNoon, 352-241-7144; www.USAT-NYC.com

April 24. Northwest Regional/ PNTF Association 10K RW Champion-ships, West Seattle Stadium. Bev LaVeck, 509-996-2423; bevlaveck@methow.com

May 8. USATF Florida RW Championships, Jacksonville. 904-387-0528; email: consultJTB@aol.com

May 23. USATF National One & Two Hour RW Championships, Kenosha, Wisc. Mike DeWitt, 262-551-7600.

June 5. California Senior Games Championships, Pasadena CC. Qualifier for 2005 NSG. 1500 & 5000 RWs. Jim Hanley, meet director, 805-496-1829; jim@hanley.cc; www.pasadenaseniorolym pics.org June 13. USATF National Masters 15K RW Championships, Lincoln, R.I. Steve Vaitones, 617-566-7600.

June 20. California Senior Games Championships, Rose Bowl, Pasadena. 5K & 10K RWs. Jim Hanley, meet director, 805-496-1829; jim@hanley.cc; www. pasadenaseniorolympics.org

July 11. USATF MAC 5K RW Championships, NYC. Stella Cashman, 212-628-1317; francicash@aol.com

July 17-18. USA 20K Olympic RW Trials, Sacramento, Calif.

August 5-8. USATF National Masters 5000m & 10K RW Championships, Decatur, Ill. See National T&F Schedule.

August 8. USATF MAC 3K RW Championships, NYC. Stella Cashman, 212-628-1317; francicash@aol.com

September 12. USATF National Masters 40K RW Championships, Ocean Township, N.J. Elliott Denman, 732-222-9080. Also on Sept. 22, 2005.

October 9. USATF National Masters 5K RW Championships, Kingsport, Tenn. Bobby Baker, 423-349-6406.

October 11-12 (tent.). NCCWMA 15K Regional RW Championships, Coconut Creek, Fla. Bob Fine, 561-499-3370; bobfine@aol.com

October 31. USATF National Masters & Women's 50K RW Championships, Hauppage, N.Y. Gary Westerfield, 631-979-9603.

November 4. USATF National Masters 20K RW Championships, Coconut Creek, Fla. Dan Koch, 954-970-9634.



TESH TESHIMA

Ken "Cowman" Shirk adjusts his horns to get ready for the 20th annual Great Aloha Run 8.15 Mile, Honolulu, Feb. 16. Shirk has done every Great Aloha Run since 1984.



 M40-44
 3000
 9:20.66
 12-13-03

 Mile
 4:41.93
 2-7-04

 1500
 4:22.24
 2-14-04

 TJ
 11.83
 7-26-03

 M45-49
 HT
 46.56
 8-7, 10-04

 M50-54
 Sergio Angulo
 55h
 8.97
 1-31-04

 Seth Bergmann
 50h
 10:32.8
 1-4-04

 Pat Fahy
 60h
 10:00
 2-16-03

 HJ
 1.60
 3-8-03

 TJ
 11:07
 3-1-03

# RECIPIENTS OF ALL-AMERICAN AWARDS

3429 3-28-03	
7.26 2-14-04	
h 9.97 2-22-04	
17:08.94 2-22-04	
2:45.00 10-5-01	
13.74 1-31-04	
29.07 1-31-04	
48-3 Ω 3-2-03	
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	HT SW WP	126-8 Ω 6.12 3604	8-7, 8-03 8-30, 31-03 4-12-03
M70-74 Don Shields M75-79	J	31.82	9-6-03
Bill Smallwood	100	15.69	9-27-03
W45-49 Gail Johns-Rees	400	69.96	3-30-03

	200	29.90	6-15-03
Dianna Hall	5K	19:44	8-17-03
W50-54			10.0.00
Linda Cohn	J	30.04	10-6-03
	LJ	4.18	9-20-03
	100	14.49	9-20-03
W65-69			
Flo Meiler	HJ	1.02	1-9-04
	PV	1.82	1-9-04
	LJ	3.33	1-9-04
	TJ	6.70	1-9-04
	SP	6.66	1-9-04
	60m	10.30	1-9-04

30-34 6.8 7.4 11.0 22.4 51.5 2:02 4:20 9:25 15:45 32:30 8.6 9.0 15.4 58.0	35-39 6.9 7.55 11.3 23.2 52.5 2:04 4:40 9:40 16:00 32:50 8.7 9.3 16.5	7.1 7.7 11.5 23.8 53.8 2:06 4:24 4:50 10:00 16:15 33:30 9.0 9.4 17.8	45-49 7.2 7.85 11.9 24.6 56.0 2:11 4:35 5:00 10:25 16:45 36:00 9.5 9.8 18.8	50-54 7.4 8.05 12.2 25.5 57.5 2:16 4:45 5:10 10:45 17:30 38:00 10.0	FOR 55-59 7.9 8.5 12.6 27.0 62.0 2:25 5:10 5:30 11:15 18:25 39:00 10.3 10.6	60-64 8.1 9.0 13.2 27.9 65.0 2:35 5:20 6:00 11:50 19:30 40:30	65-69 8.4 9.25 13.8 29.5 69.0 2:45 5:45 6:15 12:45 21:00 44:00	70-74 8.9 9.5 14.6 32.0 75.0 3:06 6:30 6:55 13:40 23:30 48:30	75-79 9.4 10.0 16.0 35.0 88.0 3:35 7:20 8:20 15:50 26:00 54:30	80-84 10.4 11.2 18.0 40.2 98.0 3:55 8:10 8:45 19:10 29:00 61:15	85-89 11.8 12.8 23.0 52.0 120.0 4:30 9:20 10:15 23:00 32:30 68:30	90 <del>64</del> 13.5 14.8 26:00
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4.40	4.10	3.95	3.70	3.55	3.05	2.70	2.40	2.30	2.00	1.80	1.30	
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48.76 47.00 43.00 203-5 183-9 160-0 154-2 141-1 15.00 14.00 13.00 12.00 10.00 49-21/4 45-111/4 42-8 39-41/4 32-91/4 15.00 14.00 13.25 12.50 14.25 49-21/4 45-111/4 43-51/4 41-01/4 46-9 9.50 9.00 8.50 8.00 6.00 31-2 29-61/4 27-107/4 26-3 19-81/4 2800 2600 2600 2600 2600 2600 5500 5250 5250 5000 5200 2800 2700 2800 3000 3000 100 standards are for automatic time; us Short hurdles: 30-49: 39"; Long hurdles: 30-49: 36"; Shot put: 30-49: 7.26k (16#); Discus throw: 30-49: 7.26k (16#); Discus throw: 30-49: 7.26k (16#); Javelin: 30-49: 7.26k (16#); Javelin: 30-49: 7.26k (16#); Javelin: 30-49: 35# Pen/Dec/Wt.Pen: 30-39 IAAF pts.; 44	6.50 6.10 5.85 5.60 5.40 4.90 21-4 20-1/4 19-21/4 18-41/4 17-81/4 16-3/4 13.20 12.60 11.50 10.80 10.40 9.50 43-37/4 41-41/4 37-81/4 35-51/4 34-11/4 31-2 14.50 14.02 13.41 12.62 13.10 12.00 47-7 46-0 44-0 41-5 42-111/4 39-41/4 44.80 42.80 39.50 37.50 42.00 41.00 147-0 140-5 129-7 123-0 137-9 134-6 47.24 44.20 40.00 39.00 39.00 36.00 155-0 145-0 131-3 127-11 127-11 118-1 62.00 56.00 48.76 47.00 43.00 41.00 203-5 183-9 160-0 154-2 141-1 134-6 15.00 14.00 13.00 12.00 10.00 9.00 49-21/4 45-111/4 42-8 39-41/4 32-91/4 29-61/4 15.00 14.00 13.25 12.50 14.25 13.25 49-21/4 45-111/4 43-57/4 41-01/4 46-9 43-57/4 9.50 9.00 8.50 8.00 6.00 5.50 31-2 29-61/4 27-107/4 26-3 19-81/4 18-1/4 2800 2600 2600 2600 2600 2600 5500 5250 5250 5000 5200 5000 5000 2700 2800 3000 3000 3000 100 standards are for automatic time; use stand Short hurdles: 30-49: 39"; 50- Long hurdles: 30-49: 39"; 50- Discus throw: 30-49: 7.26k (16#); 50- Discus throw: 30-49: 35# 50- Pen/Dec/Wt.Pen: 30-39 IAAF pts.; 40+ WAVA	6.50 6.10 5.85 5.60 5.40 4.90 4.50 21-4 20-1/4 19-21/4 18-41/4 17-81/4 16-3/4 14-9 13.20 12.60 11.50 10.80 10.40 9.50 8.90 43-33/4 41-41/4 37-81/4 35-51/4 34-11/4 31-2 29-21/4 14.50 14.02 13.41 12.62 13.10 12.00 12.80 47-7 46-0 44-0 41-5 42-113/4 39-41/4 42-0 44.80 42.80 39.50 37.50 42.00 41.00 42.00 147-0 140-5 129-7 123-0 137-9 134-6 137-9 47.24 44.20 40.00 39.00 39.00 36.00 36.00 155-0 145-0 131-3 127-11 127-11 118-1 118-1 62.00 56.00 48.76 47.00 43.00 41.00 39.00 203-5 183-9 160-0 154-2 141-1 134-6 127-11 15.00 14.00 13.00 12.00 10.00 9.00 49-21/4 45-111/4 42-8 39-41/4 32-91/4 29-61/4 15.00 14.00 13.25 12.50 14.25 13.25 14.00 49-21/4 45-111/4 43-51/4 41-01/4 46-9 43-51/4 45-111/4 9.50 9.00 8.50 8.00 6.00 5.50 5.00 31-2 29-61/4 27-107/4 26-3 19-81/4 18-1/4 16-41/4 2800 2600 2600 2600 2600 2600 2600 5500 5250 5250 5000 5200 5000 4500 5500 5250 5250 5000 5200 5000 4500 100 standards are for automatic time; use standard convolunt of the put: 30-49: 39"; 50-59: 36" Long hurdles: 30-49: 39"; 50-59: 36" Long hurdles: 30-49: 39"; 50-59: 36" Long hurdles: 30-49: 7.26k (16#); 50-59: 6k; Discus throw: 30-49: 2kg; 50-59: 1.5k Hammer: 30-49: 7.26k (16#); 50-59: 6k; Discus throw: 30-49: 35# 50-59: 700 Weight: 30-49: 35# 50-59: 700	6.50 6.10 5.85 5.60 5.40 4.90 4.50 4.20 21-4 20-1/4 19-21/4 18-41/4 17-81/4 16-1/4 14-9 13-91/4 13.20 12.60 11.50 10.80 10.40 9.50 8.90 8.20 43-31/4 41-41/4 37-81/4 12.62 13.10 12.00 12.80 11.50 44-0 41-5 42-111/4 39-41/4 42-0 37-81/4 44.80 42.80 39.50 37.50 42.00 41.00 42.00 39.00 147-0 140-5 129-7 123-0 137-9 134-6 137-9 127-11 47.24 44.20 40.00 39.00 39.00 36.00 36.00 32.00 155-0 145-0 131-3 127-11 127-11 118-1 118-1 105-0 62.00 56.00 48.76 47.00 43.00 41.00 39.00 35.00 203-5 183-9 160-0 154-2 141-1 134-6 127-11 114-10 15.00 14.00 13.00 12.00 10.00 9.00 49-21/4 45-111/4 42-8 39-41/4 32-91/4 29-61/4 15.00 14.00 13.25 12.50 14.25 13.25 14.00 13.25 49-21/4 45-111/4 43-51/4 9.50 9.00 8.50 8.00 6.00 5.50 5.00 4.50 31-2 29-61/4 27-107/4 26-3 19-81/4 18-1/4 16-41/4 14-9 2800 2600 2600 2600 2600 2600 2600 2600	6.50 6.10 5.85 5.60 5.40 4.90 4.50 4.20 3.80 21-4 20-1/4 19-21/4 18-41/4 17-81/4 16-3/4 14-9 13-91/4 12-51/4 13.20 12.60 11.50 10.80 10.40 9.50 8.90 8.20 6.96 43-31/4 41-41/4 37-81/4 35-51/4 34-11/4 31-2 29-21/4 26-11 22-10 14.50 14.02 13.41 12.62 13.10 12.00 12.80 11.50 11.00 47-7 46-0 44-0 41-5 42-111/4 39-41/4 42-0 37-81/4 36-11/4 44.80 42.80 39.50 37.50 42.00 41.00 42.00 39.00 34.00 147-0 140-5 129-7 123-0 137-9 134-6 137-9 127-11 111-6 47.24 44.20 40.00 39.00 39.00 36.00 36.00 32.00 30.00 155-0 145-0 131-3 127-11 127-11 118-1 118-1 105-0 98-5 62.00 56.00 48.76 47.00 43.00 41.00 39.00 35.00 31.00 203-5 183-9 160-0 154-2 141-1 134-6 127-11 114-10 101-8 15.00 14.00 13.00 12.00 10.00 9.00 6.00 49-21/4 45-111/4 42-8 39-41/4 32-91/4 29-61/4 119-4 43-51/4 44-31/4 9.50 9.00 8.50 8.00 6.00 5.50 5.00 4.50 3.50 31-2 29-61/4 27-107/4 26-3 19-81/4 18-1/4 14-9 11-51/4 28-0 2600 2600 2600 2600 2600 2600 2600 26	6.50 6.10 5.85 5.60 5.40 4.90 4.50 4.20 3.80 3.35 21-4 20-1/4 19-21/4 18-41/4 17-81/4 16-1/4 14-9 13-91/4 12-51/4 10-111/4 13.20 12.60 11.50 10.80 10.40 9.50 8.90 8.20 6.96 6.50 43-31/4 41-41/4 37-81/4 35-51/4 31-1/4 31-2 29-21/4 26-11 22-10 21-4 14.50 14.02 13.41 12.62 13.10 12.00 12.80 11.50 11.00 9.00 47-7 46-0 44-0 41-5 42-111/4 39-41/4 42-0 37-81/4 36-11/4 29-61/4 44.80 42.80 39.50 37.50 42.00 41.00 42.00 39.00 34.00 26.00 147-0 140-5 129-7 123-0 137-9 134-6 137-9 127-11 111-6 85-4 47.24 44.20 40.00 39.00 39.00 36.00 36.00 32.00 30.00 24.00 155-0 145-0 131-3 127-11 127-11 118-1 118-1 105-0 98-5 78-9 62.00 56.00 48.76 47.00 43.00 41.00 39.00 35.00 31.00 24.00 203-5 183-9 160-0 154-2 141-1 134-6 127-11 114-10 101-8 78-9 15.00 14.00 13.00 12.00 10.00 9.00 6.00 5.00 49-21/4 45-111/4 42-8 39-41/4 32-91/4 29-61/4 11-1 14-10 101-8 78-9 15.00 14.00 13.25 12.50 14.25 13.25 14.00 13.25 13.50 11.75 49-21/4 45-111/4 43-51/4 41-01/4 46-9 43-51/4 45-111/4 43-51/4 43-51/4 41-01/4 46-9 43-51/4 45-111/4 43-51/4 43-51/4 41-01/4 66-9 43-51/4 45-111/4 43-51/4 44-31/4 38-61/4 9.50 9.00 8.50 8.00 6.00 5.50 5.00 4.50 3.50 3.00 31.00 2800 2600 2600 2600 2600 2600 2600 26	6.50 6.10 5.85 5.60 5.40 4.90 4.50 4.20 3.80 3.35 2.85 21-4 20-1/4 19-21/4 18-41/4 17-81/4 16-3/4 14-9 13-91/4 12-51/4 10-11-1/4 9-41/4 13.20 12.60 11.50 10.80 10.40 9.50 8.90 8.20 6.96 6.50 5.94 43-31/4 41-41/4 37-81/4 35-51/4 34-11/4 31-2 29-21/4 26-11 22-10 21-4 19-6 14.50 14.02 13.41 12.62 13.10 12.00 12.80 11.50 11.00 9.00 8.00 47-7 46-0 44-0 41-5 42-11-11/4 39-41/4 42-0 37-81/4 36-11/4 29-61/4 26-3 44.80 42.80 39.50 37.50 42.00 41.00 42.00 39.00 34.00 26.00 22.00 147-0 140-5 129-7 123-0 137-9 134-6 137-9 127-11 111-6 85-4 72-21/4 47.24 44.20 40.00 39.00 39.00 36.00 36.00 32.00 30.00 24.00 20.00 155-0 145-0 131-3 127-11 127-11 118-1 118-1 105-0 98-5 78-9 65-71/4 62.00 56.00 48.76 47.00 43.00 41.00 39.00 35.00 31.00 24.00 19.00 203-5 183-9 160-0 154-2 141-1 134-6 127-11 114-10 101-8 78-9 62-4 15.00 14.00 13.00 12.00 10.00 9.00 6.00 5.00 4.00 49-21/4 45-111/4 42-8 39-41/4 32-91/4 29-61/4 11-1 11-1 101-8 78-9 62-4 15.00 14.00 13.00 12.00 10.00 9.00 6.00 5.00 4.00 49-21/4 45-111/4 43-57/4 41-01/4 46-9 43-57/4 45-111/4 43-57/4 41-01/4 46-9 43-57/4 45-111/4 43-57/4 44-31/5 38-67/4 32-91/4 9.50 9.00 8.50 8.00 6.00 5.50 5.00 4.50 3.50 3.00 25.00 31-2 29-61/4 27-107/4 26-3 19-81/4 18-1/4 18-1/4 11-57/4 9-10 8-21/4 29-61/4 27-107/4 26-3 19-81/4 18-1/4 18-1/4 11-57/4 9-10 8-21/4 29-61/4 27-107/4 26-3 19-81/4 18-7/4 18-9 11-57/4 9-10 8-21/4 29-61/4 27-107/4 26-3 19-81/4 18-7/4 18-9 11-57/4 9-10 8-21/4 29-61/4 27-107/4 26-3 19-81/4 18-7/4 18-9 11-57/4 9-10 8-21/4 29-61/4 27-107/4 26-3 19-81/4 18-7/4 18-9 11-57/4 9-10 8-21/4 29-61/4 27-107/4 26-3 19-81/4 18-7/4 18-9 11-57/4 9-10 8-21/4 29-61/4 27-107/4 26-3 19-81/4 18-7/4 18-9 11-57/4 9-10 8-21/4 29-61/4 27-107/4 26-3 19-81/4 18-7/4 18-9 11-57/4 9-10 8-21/4 29-61/4 27-107/4 26-3 19-81/4 18-7/4 18-9 11-57/4 9-10 8-21/4 29-61/4 27-107/4 26-3 19-81/4 18-7/4 18-9 11-57/4 9-10 8-21/4 29-61/4 27-107/4 26-3 19-81/4 18-7/4 18-9 11-57/4 9-10 8-21/4 29-61/4 27-107/4 26-3 19-81/4 18-7/4 18-9 11-57/4 9-10 8-21/4 29-61/4 27-107/4 26-3 19-81/4 18-5/4 18-9 11-57/4 9-10 8-21/4 29-61/4	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 20-1/1 19-21/1 18-41/1 17-81/1 16-1/1 14-9 13-91/1 12-51/1 10-111/1 9-41/1 7-21/1 13.20 12.60 11.50 10.80 10.40 9.50 8.90 8.20 6.96 6.50 5.94 5.51 43-31/1 41-41/1 37-81/1 37-81/1 33-51/1 31-2 29-21/1 26-11 22-10 21-4 19-6 18-1 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 42-111/1 39-41/1 42-0 37-81/1 29-61/1 29-

U.S. MASTERS ALL-AMERICAN STANDARDS OF EXCELLENCE FOR RACEWALKERS WOMEN												
	1.5K	Mile	3K	5K	8K	10K	15K	20K	25K	30K	40K	501
V30	7:13	7:47	14:50	25:38	42:04	52:43	1:21:56	1:52:06	2:24:43	2:59:15	4:08:45	5:37:3
V35	7:22	8:03	15:18	26:27	43:11	53:56	1:23:29	1:53:32	2:26:51	3:01:53	4:12:21	5:42:2
V40	7:37	8:21	15:53	27:26	44:47	55:56	1:26:37	1:58:06	2:32:33	3:08:56	4:22:13	5:55:4
V45	8:03	8:41	16:32	28:33	46:35	58:10	1:30:08	2:03:00	2:38:56	3:17:00	4:33:31	6:11:2
V50	8:25	9:05	17:15	29:49	48:36	1:00:41	1:34:08	2:08:30	2:46:11	3:26:08	4:46:23	6:29:0
V55	8:55	9:31	18:05	31:14	50:54	1:03:33	1:38:40	2:14:48	2:54:26	3:36:33	5:01:03	6:49:2
V60	9:17	10:01	19:01	32:51	53:32	1:06:50	1:43:51	2:21:54	3:03:54	3:48:29	5:17:54	7:12:4
V65	9:48	10:35	20:06	34:43	56:33	1:10:37	1:49:50	2:30:12	3:14:51	4:02:20	5:37:25	7:39:4
V70	10:26	11:15	21:22	36:54	1:00:02	1:15:01	1:56:49	2:39:54	3:27:38	4:18:30	6:00:18	8:11:3
V75	11:10	12:01	22:51	39:28	1:04:10	1:20:14	2:05:05	2:51:18	3:42:50	4:37:46	6:27:35	8:49:2
V80	12:03	12:58	24:41	42:37	1:09:13	1:26:38	2:15:15	3:05:24	4:01:36	5:01:39	7:01:26	9:47:3
V85	13:13	14:15	27:05	46:45	1:15:50	1:35:01	2:28:37	3:24:00	4:26:20	5:33:10	7:46:16	10:39:1
V90	14:56	16:06	30:36	42:14	1:25:30	1:47:18	2:48:13	3:51:12				
							MEN					
M30	6:31	7:01	13:21	23:05	37:57	47:49	1:13:10	1:38:18	2:05:12	2:32:17	3:27:30	4:31:0
435	6:43	7:14	13:47	23:46	38:55	48:53	1:14:28	1:39:43	2:06:56	2:34:14	3:30:17	4:34:5
140	6:58	7:29	14:16	24:24	40:15	50:32	1:17:03	1:43:13	2:11:29	2:39:47	3:37:53	4:44:4
145	7:13	7:46	14:47	25:31	41:44	52:25	1:19:58	1:47:10	2:16:35	2:46:05	3:46:36	4:56:2
450	7:33	8:05	15:23	26:33	43:25	54:32	1:23:14	1:51:37	2:22:20	2:53:13	3:56:29	5:09:2
455	7:50	8:26	16:04	27:43	45:19	56:55	1:26:56	1:56:38	2:28:52	3:01:19	4:07:41	5:24:2
460	8:13	8:51	16:50	29:02	47:28	59:38	1:31:10	2:02:23	2:36:20	3:10:33	4:20:30	5:41:2
465	8:38	9:19	17:43	30:33	49:56	1:02:45	1:36:01	2:08:58	2:44:53	3:21:11	4:35:15	6:01:0
470	9:08	9:50	18:44	32:18	52:46	1:06:21	1:41:37	2:16:35	2:53:56	3:33:31	4:52:23	6:23:5
475	9:43	10:28	19:55	34:20	56:04	1:10:35	1:48:13	2:25:34	3:05:02	3:48:05	5:12:40	6:50:5
480	10:26	11:14	21:22	36:50	60:06	1:15:44	1:56:15	2:36:31	3:20:50	4:05:57	5:37:34	7:24:1
485	11:21	12:13	23:14	40:04	65:20	1:22:26	2:06:43	2:50:48	3:39:31	4:29:18	6:10:11	8:07:5
190	12:41	13:39	25:58	44:45	72:52	1:32:08	2-21-52	3:11:28	4-06-38	5:03:17	6:57:43	

	U.S.	IVIA	151	EKS	Al		WOME		AN	SIA	NDA	KD	3
Event	30-34	35-39	40-44	45-49	50-54		60-64	65-69	70-74	75-79	80-84	85-89	90-94
55	8.0	8.20	8.50	8.80	9.10	9.40		10.30	10.80	11.50	12.30	13.40	14.80
60	8.60	8.80	9.10	9.50	9.90	10.20	10.60	11.10	11.70	12.40	13.40	14.40	15.90
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	- 7770		
Mile	5:40	5:50	6:10	6:30	6:50	7:00	7:40				10:10		
3000	11:30	11:50	12:00					8:10	8:50	9:40	10:45		
		And the same	and the same of	12:30	14:00	-	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		
2K-SC	8:20	8:35	9:00	9:30	10:00	10:25	11:00	11:55	12:50				
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	3-21/4	3-01/4	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		
	8-101/4	7-10%	6-10%	5-10%	4-11	3-111/4	3-71.	3-31/4	2-11%	2-7/h	2-31/2		
W	4.60	4.42	4.04	3.81	3.40	3.20	3.10	2.60	2.30	2.10	1.50		
ile i	15-1	14-6	13-3	12-6	11-11/4	10-6	10-2	8-61/4	7-61/2	6-10%	4-11		
TJ	9.50	9.09	8.43	7.49	7.01	6.40	6.20	6.00	5.50	4.50	3.89		
	31-2	29-10	27-8	24-7	23-0	21-0	20-41/4	19-81/4	18-1/2	14-9	12-9		
Shot	10.30	9.32	8.51	8.40	8.00	7.77	7.50	6.60	6.00	5.20	4.30		
Silot	33-91/2	30-7	27-11	27-61/4	26-3	25-6	24-71/4	21-8					
lavelin	35.00	33.50	28.00	25.00	23.00	22.15	20.00	17.00	19-8%	17-%	14-1%		
aveili											12.00		
		109-11	91-10	82-0	75-51/a	72-8	65-71/2	55-91/4	52-6	49-21/2	39-41/2		
Discus	32.00	30.00	25.00	24.00	22.00	21.00	18.00	16.00	14.00	13.00	11.00		
	105-0	98-5	82-0	78-9	72-21/4	68-10%	59-3/4		45-111/4	42-8	36-11/4		
ammer	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	75-51/h		68-10%	59-1/4	45-111/4	39-41/2	29-61/2		
Weight	10.00	10.00	9.00	8.00	9.00	8.00	9.50	8.75	7.75	6.50	5.50	4.25	3.50
	32-9%	32-91/4	29-61/2	26-3	29-61/2	26-3	31-2	28-81/2	25-51/4	21-4	18-01/2	15-7	11-5%
up.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	19-81/4	18-1/2	16-43/4	17-2%	16-41/4	15-7	14-9	13-11/2	11-5%	9-10		
t.Pent.	2600	2500	2500	2500	2800	2600	2600	2500	2500	2400	2300		
Notes:											ersion fo	or hand	d time
	,	Short			-39:	33";	40-5		0"	60+:	27"		
		Long			-59:	30";	60+		7"				
		Shot p			1-49:	4k;	50+		k				
		Javeli			-49:	600g;	50-5		00g;	60+:	400g		
		Hamm			-49:	4k;	50+		k				
		Weigh			-49: 2		50-5		6#;	60+:	12#		
	7)	Super	weigh	t: 30	-49:	35-lb;	50+	2	5-lb				

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

NAME	AGE-GROUP
ADDRESS	SEX: MF
CITY	STATEZIP
MEET	DATE OF MEET
MEET SITE	
EVENT	MARK
HURDLE HEIGHT	WEIGHT OF IMPLEMENT
□ CERTIFICATE	□ PATCH □ PATCH TA

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

# 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.

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		and the same of				ONAL				3.50		
	National Masters Indoor Heptathlon, Kenosha, WI; Mar. 6-7 Men Beptathlon											
	m		oints	60	LJ	SP	нј	Dayl	60H	PV	1000	
		M40										
	1	Berle, Dolf Pasadena, CA		7.97	17 00 75	35-01	1.68m 5-06		10.51	12-01.5	3:24.03	
		Age-Graded Mark: Age-Graded Percent:			67.458	47.49%	1.85m 75.68%		10.06	66.55%		
		M40 Team Points: 10	4205		(593)		(670)					
	2	Twedt, Mark Rockwell, IA		8.11	17-07	33-04.75			9.89	2.40m 7-10.5	3:23.41	
		Age-Graded Mark: Age-Graded Percent:		7.72	66.58%	10.45m 45.22%	1.95m 79.73%		9.46	2.65m 43.17%	3:12.23	
		M42 Team Points: 8	3962	(643)	(576)	(513)	(758)	2490	(648)	(275)	(549)	
	3	Zelmanski, Paul Chesterfield, MI		7.86	17 04 25	10.28m 33-08.75	1.47m 4-09.75		9.88	3.10m 10-02	4:03.18	
		Age-Graded Mark: Age-Graded Percent:		7.49	F 00-	10.55m			9.45	3.42m	3:49.81	
		M44 Team Points: 6	3648	(716)		(519)	(480)	2276	(650)		(260)	
	4	Thomas, Brian Kenosha, WI		8.51	5.08m		1.59m		12.50	2.40m 7-10.5	3:07.70	
		Age-Graded Mark: Age-Graded Percent:		8.10		9.29m			11.96		2:57.38	
		M41 Team Points: 5	3266		(510)		(585)		(232)			
		Makozy, Frank		8.22	5.09m	9.14m	1.44m		11.61	ИН	DNF	
		Beaver, PA Age-Graded Mark:		7.83	5.65m 63.23%	30-00 9.38m			11.11			
		Age-Graded Percent: M44 Team Points: 4			(512)		(457)		(351)	(0)	(0)	
		M45									2.12.55	
		Ellis, Ken Oaklahoma City, OH		8.02	6.01m 19-08.75	36-05	1.77m 5-09.75			13-05.25	3:12.75	
		Age-Graded Mark: Age-Graded Percent:		7.36		53.44%	2.05m 83.89%		8.33	78.69%		
		M46 Team Points: 10	5555	(759)	(833)	(628)	(850)	3070	(900)	(859)	(726)	
		Watry, Jeffrey Penfield, IL		8.57	4.86m 15-11.5		1.59m 5-02.5		10.52	9-10	3:17.38	
		Age-Graded Mark: Age-Graded Percent:		7.86 81.33%	5.72m 64.03%		1.84m 75.36%		9.49 76.98		2:58.02	
		M48 Team Points: 8	4191		(527)	(586)	(661)	2375	(642)	(490)	(684)	
	3	Janusey, Mike Venetia, PA		8.20	FOUL	FOUL	NH		DNF	NH	DNF	
		Age-Graded Mark: Age-Graded Percent:		7.52								
		M46 Team Points: 6			(0)	(0)	(0)	706	(0)	(0)	(0)	
	1	M50 Hawkins, John		8.67	4.54m	11.42m	1.74m		11.44	3.50m	3:41.83	
		North of the Border			14-10.75	37-05.75 13.09m	5-08.5 2.13m			11-05.75 4.42m	3:11.33	
		Age-Graded Mark: Age-Graded Percent: M54 Team Points: 10		83.288	63.67%	56.65%	010		70.19%	72.02%	68.97% (558)	
		Russell, Alan		8.31			1.56m			2.7Gm	3:27.23	
		Amos TA			15-11 5	37-04 5	5-01.25			8-10.25		
		Age-Graded Mark: Age-Graded Percent: M53 Team Points: 8	4400	86.88%	68.16%	56.5%	78%	2759	75.05%	55.56%	73.83%	
	2	Doran, Bob		0 65	5 08m	9.25m	1 56m		10.06	2.20m	3:17.74	
	,	Syracuse, NC		7 66	16-08	30-04.25	5-01.25		9.15	7-02.5 2.78m	2:50.56	
		Doran, Bob Syracuse, NC Age-Graded Mark: Age-Graded Percent: M50 Team Points: 6	1252	83.478	71.25%	45.88%	78%	2575	79.828	45.278	77.37%	
		Mod Team Points: 6	4333	0 34	4 97=	9.44	1 41m		10.50	2 80m	3:37.46	
	4	Midwest City, OK		. 0.34	15-11.75	27-08.25	4-07.5		9 55	9-02.25	3.07.56	
		Age-Graded Mark: Age-Graded Percent:		86.578	68.3%	41.87%	70.5%	2200	76.48%	57.61%	70.36%	
		M53 Team Points: 5	4102	(752)	(610)	11 52m	1 41m	2300	11 72	2 40m	4:00.88	
	2	M50 Team Points: 6 Dolezel, Jim Midwest City, OK Age-Graded Mark: Age-Graded Percent: M53 Team Points: 5 Watson, Richard Yuma, AZ Age-Graded Mark: Age-Graded Percent: M51 Team Points: 4		9.63	14-05.75	37-09.5	4-07.5		10.65	7-10.5	3:27.76	
		Age-Graded Mark: Age-Graded Percent:		74.978	61.85%	57.14%	70.5%	2145	68.52%	49.381	63.52%	
	-	M51 Team Points: 4  Meares, Kelly Carl Junction, MO Age-Graded Mark: Age-Graded Percent: M50 Team Points: 3	3352	(418)	(487)	(680)	(560)	2145	(425)	(364)	(410)	
	0	Carl Junction, MO		8.73	15-09.75	32-08.5	4-11		UNE	МН	Dive	
		Age-Graded Mark: Age-Graded Percent:	-	82.78	67.6%	49.45%	75%	2460	(0)	(0)	(0)	
			2460	(640)	(595)	(572)	(653)	2460	(0)	(0)		
	1	Lewis, Tyrone		8.11	5.08m	8.78m	1.47m		9.72	3.10m	3:21.51	
		Southhampton, UT Age-Graded Mark:		6.93	16-08 6.81m	28-09.75 11.18m	1.90m		8.22	10-02 4.22m	2:46.53	
		Lewis, Tyrone Southhampton, UT Age-Graded Mark: Age-Graded Percent: M55 Team Points: 10	5355	92.23%	76.168	(557)	(714)	2947	(927)	(679)	(802)	
	2	M55 Team Points: 10 Baker, Robert Metairie, LA Age-Graded Mark: Age-Graded Percent: M58 Team Points: 8		8.20	5.02m	9.87m	1.47m		10.31	3.10m	DNF	
		Metairie, LA Age-Graded Mark:		7.01	16-05.75 6.73m	32-04.75 12.57m	4-09.75 1.90m		8.72	4.22m		
		Age-Graded Percent: M58 Team Points: 8	4472	91.22%	75.26% (750)	(641)	(714)	2984	(809)	(679)	(0)	
	3	Schuster, Neal		9.51	4.19m	7.22m	1.23m		12.35	2.30m	3:55.24	
		Shorewood, WI Age-Graded Mark:		8.13	13-09 5.62m	23-08.25 9.19m	4-00.5 1.59m		10.45	7-06.5 3.13m	3:14.41	
		Schuster, Neal Shorewood, WI Age-Graded Mark: Age-Graded Percent: M56 Team Points: 6	3301	78.65%	62.82% (506)	39.78%	65.08%	1923	(459)	(389)	(530)	
		M60										
	1	Johnston, Joe Apopka, FL		8.68	4.76m 15-07.5	10.06m 33-00.25	1.49m 4-10.5		9.98	3.20m 10-06	3:58.61	
		Age-Graded Mark: Age-Graded Percent:		7.18	6.86m 76.65%	12.77m 55.27%	2.04m 83.71%		8.57	4.72m 77.11*	3:09.27	
		Johnston, Joe Apopka, FL Age-Graded Mark: Age-Graded Percent: M60 Team Points: 10	5337	(819)	(781)	(653)	(840)	3093	(843)	(825)	(576)	
	2	Colliver, Ron Hominy, OK Age-Graded Mark: Age-Graded Percent: M61 Team Points: 8		8.79	4.51m 14-09.75	10.33m 33-10.75	1.43m 4-08.25		11.30	2.90m 9-06.25	3:48.56	
		Age-Graded Mark: Age-Graded Percent:		7.27	6.50m 72.62%	13.12m 56.76%	1.96m 80.34%		9.70	4.28m 69.88%	3:01.30	
		M61 Team Points: 8	4875	(789)	(697)	(675)	(767)	2928	(599)	(696)	(652)	

4863	8.89 7.35 86.95% (762) 9.58	4.26m 13-11.75 6.14m 68.68 (617)	9.89m 32-05.5 12.56m 54.34%	1.40m 4-07	10.26	2.80m	3:46.0
4863	7.35 86.95% (762)	13-11.75 6.14m 68.6%	32-05.5 12.56m		10.26		
4863	7.35 86.95% (762)	6.14m 68.6%	12.56m	4-07		0.00 00	
4863	86.95% (762)	68.68		* **	0.01	9-02.25	2-60
4863	(762)		54, 348	1.92m	8.81		2:59.
		(617)		78.65%	82.85%	67.478	73.5
	9.58		(640)	(731) 2750	(788)	(654)	(67)
		3.63m	9.05m	1.37m	13.03	2.60m	3:41.
		11-11	29-08.25	4-06		8-06.25	
	7.92	5.23m	11.49m	1.88m	11.19	3.84m	2:55.
	80.69%	58.45%	49.73%	76.97%	65.23%	62.65%	75.1
3901	(583)	(427)	(575)	(696) 2281	(339)	(573)	(70
	8.67	4.84m	10.58m	1.49m	9.90	2.70m	4:07.
		15-10.5	34-08.5	4-10.5		8-10.25	
	6.94	7.53m	15.57m	2.17m	7.73	4.35m	3:08.
	92.16%	84.17%	67.35%	88.69%	94.448	71.05%	7
5984	(904)	(942)	(825)	(963) 3634	(1051)	(716)	(58
	9.11	4.01m	10.31m	1.17m	11.50	2.40m	4:31.
		13-02	33-10	3-10		7-10.5	
	7.07	6.78m	13.42m	1.82m	9.03	4.26m	3:17.
	90.451	75.8%	58.05%	74.528	80.87%	69.578	66.
4892	(858)	(762)	(693)	(644) 2957	(739)	(691)	(50
	9.84	3.66m	9.67m	1.32m	DNF	NH	
		12-00.25	31-08.75	4-04			
	7.63	6.19m	12.58m	2.06m			
	83.74%	69.19%	54.45%	84.08%			
2800	(671)	(628)	(642)	(859) 2800	(0)	(0)	(
	9.86	3.65m	9.78m	1.17m	11.72	2.20m	5:18.
		11-11.75	32-01	3-10		7-02.5	
	7.37	6.76m	14.71m	1.96m	8.96	4.35m	3:33.
	86.71%	75.57	63.63%	80.14%	81.48%	70.97%	61.6
4892	(755)	(757)	(772)	(767) 3051	(755)	(716)	(37
ints	60	LJ	SP	HJ Dayl	60H	PV	8
	9.29	4.46m	8.67m	1.32m	11.70	2.30m	3:15
	700	14-07.75		4-04		7-06.5	
	8.04	5.60m	12.03m	1.64m	9.81	3.02m	2:54
	86.11%	74.468	52.048	78.57%	78.46%	62.84%	64.5
4791	(836)	(729)	(663)	(783) 301	1 (748)	(613)	(4)
	12.05	2.48m	6.45m	0.97m	19.61	NH	3:27
	VI -1 -1			3-02.25			
	9.91			1.29m	14.82		2:53
				61.78%	51.91%		65.
1948		(168)	(516)	(399) 143	8 (83)	(0)	(4)
	1						
gram	MS	0 Jonatha	an Tetherly	2:36.56			
	IVIS	2 2 2 2 2	-		M60 Jim	Verdier	
,	4791 1948	7.37 86.71% 86.71% (755) Ints 60 9.29 86.11% 4791 (836) 12.05 9.91 69.88% 1948 (355)	11-11.75 6.76 86.71% 75.57% 86.71% 75.57% 8892 (755) (757)  ints 60 LJ  9.29 4.46m 14-07.75 8.04 5.60m 86.11% 74.46% 4791 (836) (729)  12.05 2.48m 8-01.75 9.91 3.34m 69.88% 44.52% 1948 (355) (168)	11-11.75 32-01 7.37 6.76m 14.71m 86.71% 75.57% 63.63% 8892 (755) (757) (772)  11nts 60 LJ SP  9.29 4.46m 8.67m 14-07.75 28-05.5 8.04 5.60m 12.03m 86.11% 74.46% 52.04% 4791 (836) (729) (663)  12.05 2.48m 6.45m 8-01.75 21-02 9.91 3.34m 9.79m 69.88% 44.52% 42.38% 1948 (355) (168) (516)	11-11-75 32-01 3-10 7.37 6.76m 14.71m 1.96m 86.71% 75.57% 63.63% 80.14% 8892 (755) (757) (772) (767) 3051  Ints 60 LJ SP HJ Day1  9.29 4.46m 8.67m 1.32m 14-07.75 28-05.5 4-04 8.04 5.60m 12.03m 1.64m 86.11% 74.46% 52.04% 78.57% 4791 (836) (729) (663) (783) 301  12.05 2.48m 6.45m 0.97m 8-01.75 21-02 3-02.25 9.91 3.34m 9.79m 1.29m 69.88% 44.52% 42.38% 61.78% 1948 (355) (168) (516) (399) 143	11-11-75 32-01 3-10 8-96 8.96 8.96 8.96 81.48 81.48	11-11-75 32-01 3-10 7-02.5 7.37 6.76m 14.71m 1.96m 8.96 4.35m 86.71% 75.57% 63.63% 80.14% 81.48% 70.97% 1892 (755) (757) (772) (767) 3051 (755) (716)  1.01 SP HJ Day1 60H PV  9.29 4.46m 8.67m 1.32m 11.70 2.30m 14-07.75 28-05.5 4-04 7-06.5 8.04 5.60m 12.03m 1.64m 9.81 3.02m 86.11% 74.46% 52.04% 78.57% 78.46% 62.84% 4791 (836) (729) (663) (783) 3011 (748) (613)  12.05 2.48m 6.45m 0.97m 19.61 NH 8-01.75 21-02 3-02.25 9.91 3.34m 9.79m 1.29m 14.82 69.88% 44.52% 42.38% 61.78% 51.91% 1948 (355) (168) (516) (399) 1438 (83) (0)

# Boston, MA; Feb. 27-29

Women's 1000	m
Rose Monday	una 2:59.67
Mary Thane	una 3:02.12
C Stone-Borkow	vski una 3:03.73
Terri Cassel	una 3:09:26
Karen Jeffers	Fleet F 3:11.70
Kim Kimber	Fleet F 3:13.45
Theresa Brown	Fleet F 3:24.17
Mary Woo	Fleet F 3:27.66
Men's 1000m	
Tony Young	CNW 2:27.43
John Hinton	una 2:29.47
StephenSergea	nt una 2:33.08
Conor O'Driscol	
Colin Corkery	una 2:35.77
Jeff Mann	Fleet F 2:36.70
oon main	1.00.10
AND DESCRIPTION OF THE PARTY OF	THE RESERVE OF THE PERSON NAMED IN

# EAST

# MAC Masters & Open Indoor Meet, New York, NY; Jan. 30

200n		
	Sean Duforo	23.10
14130	Adrian Krasnigi	23.76
	Will Marshall	23.97
M40	Jim Reilly	23.58
14140	Keith Royster	24.43
	Dan Weiss	24.64
M50	Rick Lapp	25.49
	George Haywood	26.00
	Rich Jones	27.53
M60	Blaine Lawson	33.18
M70	Tom Talbott	33.83
W30	Tanya Johnson	27.68
	Yevgenie Shockome	31.11
	Theresa Watson	32.03
W50	Sharon Warren	29.96
	Mary Trotto	40.44
400m	1	
M30	Ken Pompey	56.71
M40	Howard Lindsay	52.92
	Charles Weekes	53.71
	Mike de Luz	57.41
M50	Rick Lapp	56.89
	Edward Gonera	57.39
	George Haywood	59.06
M60		1:15.24
	Joe Cordero	1:15.48
M70	Tom Talbott	1:30.82
	Tanya Johnson	1:06.04
W50	Alasha Woodies	1:00.19
	Sharon Warren	1:18.05
800m		
M30	Marc Nesbitt	2:08.09
MAAO	Kevin Mc Kenna	2:21.68

1	M50	Jonathan Tetherly	2:36.56			
		Anthony Baker	2:45.69			
		Tom Allen	2:47.80			
1	W30	Yevgenia Shockome	3:06.66			
		Mary Trotto	3:36.32			
	Mile					
	M40	Rich Aguello	4:51.11			
		Bronden Weaver	5:29.89			
	M60	Joe Cordero	6:15.51			
		Denis Daly	6:27.02			
1	W60	M-L Michelsohn	6:14.27			
1	Pole	Vault				
-	M40	Don Severn	3.35			
		Jim Henderson	3.20			
1	M50	Gerard Dunne	2.90			
	M60	Jeff Tindall	3.05			
		Jump				
		Kirk Carter	6.49			
		Gerard Dunne	4.09			
		Yevgenie Shockome	4.35			
1	W50	Mary Trotto	2.66			
		Gloria Nash	1.88			
	Shot	Put				
	M50	George Castelli	13.32			
		Rich Dunphy	9.36			
		George Leclere	8.43			
	M70	Pete Baker	10.94			
	W30	Yevgenia Shockome				
	W50	Mary Trotto	6.38			
		Gloria Nash	3.26			
	Mile	RW				
	M70	Bob Barrett	8:32.18			
	Indoor All-Comers Meet Landover, MD; Feb. 1					

M/U Bob Barrett	0.32.10
Indoor All-Comers Landover, MD; Fe	
60m	U. 1
W60 Patti Palmer	12.36
W65 Audrey Lary	9.98
200m	
M40 David Moller	25.94
M50 Thomas Jones	24.23
M55 Chris Alvord	28.66
400m	
M40 Glenn Whitley	54.36
M50 Brian Lee	1:02.66
W30 Teresa Mc Fadden	1:06.20
800m	
M35 Mike Hannan	2:29
M50 Larry Hart	2:50
Mile	
M30 Venmula Lenin	6:32.91
M35 Steve Hayes	5:33.96
M40 Jeff Urbanski	5:08.69
M45 George Burkheit	4-49 68

M50 Dan Eddy

M55 E	Eric Gyaki	5:56.76
M60 .	lim Verdier	6:38.62
Pole \	/ault	
M55 (	Groode Taylor	10-0
M50	Gerard Dunne	2.90
M60	Jeff Tindall	3.05
Long	Jump	
M30	Kirk Carter	6.49
M50	Gerard Dunne	4.09
W30	Yevgenia Shockhome	4.35
Shot I	Put	
M50	George Castelli	12.32
M70 I	Pete Baker	10.94
W30	Yevgenia Shockhome	8.17
W50 I	Mary Trotto	6.38
Mile R	RW	
M70	Bob Barrett	8:23.18

# Syracuse Chargers Meet Syracuse, NY; Feb. 14

55m
W35 Angela Scott 7.7 W45 Irene Thompson 7.9
W50 E Lewanne Dudley 9.1
M35 Actor Coott
M35 Aston Scott 7.0 M45 Ben James 7.0
M55 Bob Davis 7.4
M65 Tom Fondy 8.4
M75 Ed Cox 8.5
400m
W35 Angela Scott 61.0
W45 Irene Thompson 65.9
W55 Nadine Lowenstein 69.0
M30 Ira CasterLine 61.6
M35 Aston Scott 54.7
Glenn Miley 61.2
M40 Garrit VanLoon 64.8
Andri Goncurovs 66.3
M50 Dan Swanson 60.1
Horace Hudson 61.7
David Bowen 64.2
M65 Tom Fondy 71.8
Mile
W30 Deb Springer 5:26.7
W35 Susan Fondy 7:51.0
W45 Carol Dodge 6:17.8
W50 Coreen Steinbach 5:48.9
W55 Nadine Lowenstein 6:05.0 M30 Richard Terpening 4:46.2
M35 David Fritz 5:03.1
Michael Boni 5:15.1
Glenn Miley 5:20.4
M40 Tim Ingall 5:10.7
Andri Goncurovs 6:20.6
Garrit Van Loon 6:23.4
M45 Ric Bond 5:04.5
M50 David Bowen 5:20.4
M70 Roger Hahn 8:53.8
Long Jump
W45 Irene Thompson 14-11.75
Shot Put
Continued on payt page

Continued on next page

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Continued from previous page	M70 Ray Feick 10.68	M40 Eugene Vickers	7.30	M35 N McVey-Finney	10:19.00		4:57.0	M65 Marion Harrison	28.6
M40 Mark Palmer 11.44	M75 Tom Rice 7.80 M80 Paul Eberhardinger 3.71	Jeff Gold	7.35	M40 Mark Stickley	9.42.28		5 18.0	W30 Kisha Rawlinson	31.8
M50 Dennis Leclar 11.39	Weight Throw	Lovell Butler	7.51	Tim Schuler Ted Paulos	10:11.67		6:04.0	W35 Kris Kazebee Regina Richardson	29.6 29.8
Pat Lynn 8.14 M60 Gary Crawford 11.21	M55 Charles Roll 14.33 Dan Folk 9.09	M45 Randy Frey Harold Burwell	8.99	M50 Robert Peterson	11:38.81	Herb Engman	6.57.0	W65 Audrey Lary	35.5
Harry Schwarze 10.16 M65 Chuck Yost 10.59	M65 Bill Kuegler 12.42	Eric Young	9.85	Peter Blank	13:23.83		6:51.0 5:23.9	Marilyn Fitzgerald	37.8
Weight Throw	John Sellers 12.07 Ed Joyce 9.27	M50 Thomas Jones	7.59	W49 Lorraine Jasper	10:52.40	Amy Rhodes	6:01.0	400m	50.0
M40 Mark Palmer 13.84 M50 Pat Lynn 12.77	M70 Ray Feick 15.04 M80 Paul Eberhardinger 6.09	Oscar Peyton Gary Arend	7.69 8.32	Short Hurdles M30 Joseph Williams	8.00		7:50.0 5:31.0	M35 John Reaves Anthony Gay	58.0 1.00.3
M60 Gary Crawford 12.32	Mile Racewalk	M55 Melvin Fields	8.23	M40 Timmie Bell	9.80		5.37.0	Michael Hannan	1:02.9
Pentathion M50 Bob Doran 2264	M45 Peter Blank 9:43.7 W60 Lana Kane 11:37.2	Samuel Hall	8.43	Timm McMahon	10.04	Diane Sherrer	6:36.0	M40 Robert Hardfing	56.1
Tom Crowley 1505	_	M60 Robert Koontz	8.05	M45 John Dyer	10.20	Sue Algen	7:10.0	Robert Cousar M45 John Dyer	1:01.6
Philadelphia Masters Indoor	USATF New England Open	Alby Williams Ellerbe Crawford	9.07	M60 Anthony Searles W60 Evelyn Wright	15.55	SOUTHEAS	T	Peter Blank	1:14.7
Meet, Albright College	Championships, Harvard U. Cambridge, MA; Feb. 22	M65 Marion Harrison	8.47	4x200m Relay		DCRRC/PVTC Indoor I	Meet	M50 Stefan Waltermann	1:04.7
Philadelphia, PA; Feb. 15	Women 60m	Larry Colbert	8.70 9.27	M30 Maryland Masters A (Battle/Will/Reid/Will		Arlington, VA; Feb.		M55 Joel Liles	1:17.1
60m M35 Derrick Golden 7.6	6 Sarah Lawson 41 8.49 10 Paula Fortuna 43 8.99	M70 James Stookey Wilton Gordon	10.31	Mid-Atlantic Elite A		Elite Mile		M60 Barry Kline W35 Kris Kazebee	1:24.5
M40 Lovell Butler 7.4	11 Gail Johns-Rees 49 9.35	W30 Cynthia Jones	9.45	M50 Maryland Masters A			39.8	W45 Mary Richards	1:15.5
Alfred Spencer jr 8.2 Timm McMahon 8.4	Women 200m 18 Sarah Lawson 41 28.09	W35 Regina Richardson	8.20	High Jump	172	The state of the s	5:03.0	800m	0.40.5
M45 Randy Frey 7.1 Barry Stebbins 7.7	Paula Fortuna 43 30.35 Gail Johns-Rees 49 31.06	Kris Kazebee W40 Tammi Mayfield	9.10	M35 Anthony Gay James Barry	1.72	Masters Mile		M35 Michael Hannan M40 Robert Cousar	2:19.5
Phil Bujalski 8.0	Women 800m	Sharon Daily	9.00	M45 Randy Frey	1.82	The state of the s	:18.0	M45 John Dyer	2:13.8
Jurgen Hanspach 8.0 Greg Hanson 8.7	31 Marge Belisle 48 2:36.01 33 Eileen Troy 50 2:42.55	Yvonne Bagby	10.17	Peter Julius	.91		5:28.1	Matt Powell	2:33.3
M50 Gary Arend 8.0 M55 Jeff Horich 9.0	Women 5000m 2 Kristina Ross 40 18:27.61	W45 Donna Barrett W50 Hattie Frazier	10.10	M50 Keith Mathis M55 Terry Martin	1.50		5:58.8	Eric Braschwitz M50 Stefan Waltermann	3:01.3 2:34.7
M60 Fred Edelstein 9.0	Women 3000m Racewalk	W65 Audrey Lary	9.80	M70 James Stookey	1.32	M60 Jim Verdier		M60 Maxwell Hamlyn	2:40.3
M65 William Bittner 8.9 Kevin Murphy 9.4	1 Joanne Dow 39 12:53.95 2 M Mutsche Rutledge 42 14:27.95	Mary Roman	11.20	Jim Condell	1.21	Women's Mile W35 Jennifer Lazio	3:26.5	M70 Casey Jones	3:03.3
M75 Tom Rice 9.8	7 Joanne Harriman 6119:13.32	M35 Donald Thrower	23.77	W65 Evelyn Wright Pole Vault	1.21	3000m	20.5	W45 Mary Richards	2:49.6
200m	8 Pat Godfrey 57 19:55.74 Masters Men 60m	Lawrence Kennedy	25.74	M45 Peter Julius	2.13		9:40.7	W65 Marilyn Fitzgerald 1500m	3:36.6
M40 Timm McMahon 27.5 M45 Randy Frey 25.7	1 Steven Corrigan 41 7.62 2 Neil Steinberg 50 7.80	Tony Reid	26.48	M70 Jim Condell	2.28	The second secon	0:04.8	M35 Mel Peterson	4:29.2
Phil Bujalski 26.6 W40 Denise Jones 39.0	3 Michael Travers 45 9.09	M40 Eugene Vickers	24.40 25.62	W65 Evelyn Wright	1.52		2:07.9	M40 Ted Poulos	4:49.3
400m	4 P J Morris 40 9.47 Masters Men 200m	Maynard McIntosh Kevin West	26,19	Long Jump M30 Anthony Battle	5.90	M50 J J Wind 1	1:17.6	M45 John Dyer	4:52.8 5:04.9
M40 Paul Isaac 1:47.0 M45 Phil Bujalski 59.7	1 Steve Corrigan 41 24.73 2 Neil Steinberg 50 25.28	M45 Randy Frey	24.76	M40 Lovell Butler	5.21		4:46.0	Jay Fornier Peter Blank	6:06.8
M50 Wm Payne 68.9 M55 Bill Indek 76.0	3 Lawrence Pistrang 45 26.30	Eric Young	31.64	Leslie Wright	4.51		4:40.1 0:42.9	M50 Thomas Inzana	5:00.2
M60 Mike Radov 66.2	4 Warren Graff 58 27.39 Men 400m	M60 Alby Williams M65 Marion Harrison	27.96 28.50	M45 Marcus Battle	4.21		7:34.4	M60 Maxwell Hamlyn	5:28.7
W40 Denise Jones 1:43.0 880y	23 James Morton 49 56.26 27 Terrence Haynes 42 59.77	Larry Colbert	29.02	M50 Keith Mathis M50 Terry Martin	4.26 3.88			M40 Ted Poulos	9:55.7
M30 John Hartpence 2,15.8	28 John Thornton 54 63.18	M70 James Stookey	31.61	M70 James Stookey	4.21	Rocky Mount Indoo Throws Meet #1	•	M45 Roger Koehler	11:02.8
M40 Chuck Shields 2:16.2 Andrew Shearer 2:16.4	Masters Men 800m 1 John Waldron 46 2:07.82	Wilton Gordon	35.20	W35 Regina Richardson	5.10	Battleboro NC; Feb.	21	Matt Powell	11:54.1
Marty Nagy 2:22.9 M45 Marc Giguere 2:25.3	2 Bruce Davie 40 2:10:22 3 Michael Deluz 43 2:14:95	W30 Teresa McFadden Cynthia Jones	29.29 35.30	W40 Yvonne Bagby W65 Evelyn Wright	2.51 3.58	Shot Put		Peter Blank Short Hurdles	13:18.7
Ed Levinson 2:52.7	4 John Okerman 41 2:18.80	W35 Regina Richardson	29.25	Audrey Lary	3.54	Tom Steed 62 Mike Valle 63	12.63 12.32	M45 John Dyer	8.2
Peter Blank 3:07.0 M50 Wm Payne 2:45.7	5 Charles Kelley 49 2:20.70 6 Brad Johnson 57 2:26.70	Kris Kazebee	29.68	Triple Jump		John von Rohr 56 Bill Gramley 64	12.27	Anthony Markley	10.2
Nico Ricci 3:17.1	7 Tom Kolb 48 2:27.00 8 Gary Martin 52 2:30.64	W40 Tammi Mayfield Sharon Daily	31.01	M45 Marcus Battle M70 James Stookey	11.58 8.90	George Williamson 48	9.08	W65 Evelyn Wright	8.9 13.6
M55 Bill Indek 2:54.6 Mile	9 Stephen Viegas 55 2:33.77 10 Jonathan Tetherly592:38 09	W65 Audrey Lary	35.38	W35 Regina Richardson	10.46	Weight Throw M Valle	14.47	High Jump	
M30 Kyle Lanier 4:40.1 Kareem Lanier 4:40.5	11 Bill Spencer 67 2.45.31	Mary Roman	41,38	W65 Audrey Lary	7.73	Tim Twomey 67 T Steed	14.33 14.06	M45 Anthony Markley M50 Keith Mathis	1.40
John Hartpence 4:53.4 M40 Andrew Shearer 4:51.9	Men 800m 15 Steve Sergeant 40 1.58.81	M35 Michael Hannan	1:02.98	M30 Kunle Lawson	13.58	J von Rohr	13.84	Johnnie Dye	1.51
Marty Nagy 5:06.3	24 Colin Corkery 46 2:03.81 Men Mile	M40 David Bynoe	54.08	Joseph Williams	11.99	B Gramley G Williamson	9.25	John Baylies	1.35
Mark Staudenmeier 5 22 3 Skip Persick 5:33 2	27 Jason Cakouros 38 4:33 85	Glen Whiteley	54.43	M35 James Barr	12.53		-	M55 Terry Martin	1.35
M45 Mark Giguere 5:03.0 Walter Lemanek 5:40.4	29 Rich Marion 42 4:34.58 30 Paul Kelly 36 4:34.96	Alfred Lovelace M45 John Dyer	58.56 56.93	M40 James Gross James Brown	12.23	Virginia Masters Indo	or	Joel Liles M60 Barry Kline	1.30
Greg Hanson 5:42.9	32 John Waldron 46 4:35.92	And the second s	1:03.43	M45 Peter Collins	10.13	Championships Lexington, VA; Mar.	6	James Kenney	1.35
Peter Blank 6:03.0 M50 Roger Price 5:18.9	38 Bob Collins 43 4:41.57	M50 Thomas Jones	56.31	M50 Michael Kalinas	10.49	55m		Mike Crosby	1.20
Wm Payne 6:02.4 Tom Allen 6:10.0	41 Bruce Davie 40 4:42.74 50 Dave Reinhart 51 4:51.13	Duane Green Joe Burno 1	59.31 1:00.16	Keith Mathis M70 Jim Condell	9.60 9.41	M35 Don Davis	6.7	M65 Bill Gramley M70 James Stookey	1.15
Nico Ricci 6:11.8	56 Keith O'Brien 4:59.59		1:04.77	W45 Donna Barrett	5.95	M40 Robert Harding	6.5	Russel McDaniels	1.10
M65 Jerome McFadden 6:36.9 W40 Lorraine Jasper 5:35.3	60 Colin McArdle 59 5:09.41 63 Nasser Sharara 5:14.46	The state of the s	1:07.37	W65 Mary Roman	8.34	Kinley Hill	6.9	W65 Evelyn Wright	1.20
W45 Pat Waterhouse 6:41.3 Two Mile	66 Tom Derderian 53 5:19.93 67 Tom Kolb 48 5:20.12	W40 Sharon Daily 1 800m	1:14.13	Evelyn Wright W70 Sharon Good	7.91 4.56	M45 Kaestner McDonnough Jamie Tyler	6.9	W75 Leonore McDaniels Pole Vault	1.10
M30 Joe Turchetti 11:58.4	Men 3000m		2:11.06	Weight Throw	4.50	Aqnthony Markley	7.2	M45 Brian Magerkurth	3.50
M40 MarkStaudenmeier11:27.1 Marty Nagy 11:40.7	5 Craig Fram 45 8:46.24 Men 5000m		2:19.01	M30 Kunle Lawson	13.75	M50 Oscar Peyton	6.6 8.3	Lew Affronti	3.35
M45 Peter Blank 14 05 4 Ed Levinson 14 17 9	12 Steve Sergeant 40 16:00.47 13 Rodney Furr 40 16:03.72		2:22.31	M40 James Brown Pentathlon	14.11	Clark Grasty M55 Jeff Jenkins	8.0	M50 Johnnie Dye M60 Mike Crosby	3.50 2.01
Mike Sherlock 16:31.9	Men Pole Vault	The state of the s	2:35.95	M30 Les Young	3224	Joel Liles	8.1	M65 Taylor Goode	3.05
M50 Roger Price 17:06.0	10 Marc Fish 41 3.85 13 Russ Versteeg 47 3.25		2:07.92	M50 Bill Murray	3689	M60 James Kenney Jerome Belinson	7.4	M70 Russel McDaniels	1.94
Nico Ricci 14:18.6 M55 Art Brown 12:41.1	14 Peter Fichter 57 2.95 16 Deke Conklin 68 2.80		2:08.26	Keith Mathis	2092	Mike Crosby	8.8	W65 Evelyn Wright Long Jump	1.83
W40 Lorraine Jasper 12:14.1	Masters Men Shot Put	A STATE OF THE PARTY OF THE PAR	2:12.60	Finger Lakes RC In	door	M65 Marion Harrison	7.6	M45 Anthony Markley	4.70
W45 Pat Waterhouse 14:37.9 W50 Trenice Mullis 16:36.6	1 Bob Cahners 61 11.98 2 Mark Putnam 46 9.56		2:13.24	Meet, Cornell U		Dick Camp	7.7	Randy Elam	4.18
60mH M35 Derrick Golden 10.9	3 Joseph Ferreira 45 3.88 Masters Men Weight Throw		2:21.90	Ithaca, NY; Mar.	7	Bill Gramley M60 Robert Reid	9.9	William Farris	3.10
M40 Timm McMahon 10.8	1 Bob Cahners 61 18.77	MOO THEK HOWE!		400m		James Stookey	8.2	M50 John Baylies Keith Mathis	4.51
Pole Vault M45 Don Severn 12-0	2 Carl Reichard 51 15.99 3 William Garrahan 74 14.75		2:42.91	M35 Joe Nolan M40 Andri Goncarovs	81.96 66.25	W30 Kisha Rawlinson	8.0	M55 Roger Crockett	4.88
High Jump M45 Randy Frey 1.75	4 Mark Putnam 46 8.56 Men 3000m Racewalk	Charles Densenberg 2: M60 Jim Verdier 2		M45 Casey Carlstom	58.04	W35 Regina Richardson Kris Kazebee	7.3 8.0	Joel Liles	4.60
Long Jump	5 Bob Keating 56 14:26.72	1600m	2:33.22	M55 Joe Reynolds W35 Lorrie Tily	82.38 79.69	W65 Aurdry Lary	8.9	Terry Martin M60 Jerome Belinson	4.29
M30 Chuck Lumio 21-1.25 M40 Lovell Butler 18-6	10 Thomas Knatt 63 18:33:28 11StephenMcCulloq4218:42:73	M35 Mel Peterson 4	:49.08	Jamie Washburn W50 Diane Sherrer	84.06 84.71	Marilyn Fitzgerald	9.7	James Kenney	4.94 4.52
M45 Barry Stebbins 18-6 Triple Jump	12 Chas Mansbach 59 18:46:26 13 ElHassanKoucha4619:13:12		:55.89	Sue Algen	88.77	M35 Anthony Gay	24.9	Mike Crosby	4.44
M30 Chuck Lumio 44-9	13 EIMASSAIROUCHA4619.13.12		16.42	Mile M30 Richard Terpening	9 4:45.0	Don Davis	27.0	M70 James Stookey	4.30
M75 Tom Rice 23-0 W30 Jill Cypress 33-8.25	USATF Potomac Valley		:54.33	Lawren Smithline M35 Allen Pettee		John Reaves	27.4	W35 Regina Richardson W65 Audrey Lalry	5.37 3.64
Shot Put	Assoc. Indoor Champion-	Alan Thather 4	:56.42	David Fritz	4:58.0	M40 Robert Harding	24.5 25.7	Evelyn Wright	3.37
M45 Barry Stebbins 10.65 Greg Hanson 9.04	ships/Sportsflex Masters Championships		:43.12	Jim Schools M40 Mike Platt	5:09.0 4:50.0	Kinley Hill M45 Kaestner McDonnough	1000000	W75 Leonore McDaniels	3.20
M50 John Mattei 12.28 George Castelli 12.22	Landover, MD; Feb. 22	The second secon	5:09.78 1:19.01	David Carroll Tim Ingall	4.59.0 5.18.0	Jamie Tyler	27.6	Triple Jump	0.10
M55 Charles Roll 13.41	M30 Kevin Braunskill 6.84	Committee of the Commit	00.34	Paul Wawryznek	5:35.0	William Farris	27.8	M45 Anthony Markley M50 John Baylies	9.10 9.47
Joe DeStefano 13.31 Walter Roucken 9.56	Anthony Battle 7.17	M55 Robert Weiner 5	:54.40	Frank Kutka M45 Mark Rybinski	5:50.0 4:52.0	M50 Oscar Peyton Stefan Waltermann	25.0 29.8	Keith Mathis	9.26
Terry Shuman 8.19 Dan Folk 7.93	Brian Willis 7.25	W30 Camille Martin 5	:09.93	Casey Carlstrom Gary Radford	4:55.0	Clark Grasty	32.9	M55 Roger Crockett	9.72
M65 Bill Kuegler 10.75	M35 Donald Thrower 7.42 Don Davis 7.49	W40 Lorraine Jasper 5 3200m	:34.57	Roger Learn	5:02.0	M55 Jess Jenkins	30.2	M60 Mike Crosby M70 James Stookey	6.78 8.89
Ed Joyce 9.79 John Sellers 8.07	Don Davis 7.49 Lawrence Kennedy 7.69	- Annual Control of the Control of t	:47.33	Jeffrey Juran M50 Jim Robinson	5:33.0 4:46.8	Joel Liles M60 Jerome Belinson	30.3 29.1	Continued on	
The state of the s	A day on the			etalis merera resel		Total Commodition	-	arus caro caro	

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ontinued from previou	in the same	M45 Keith Petranek	13-0	Gary Spears	10.16	M60 Courtland Gray	9.11	W55 Colleen Dickerson	26:55.17	1	Brian Baker	10:4
V30 Kisha Rawlinson	9.27	Terry Chistopher	13-0	3000m Racewalk	<b>K</b>	George La Belle	11.77	W60 Beverly Limbaugh	24:41.06	M40	Michael Carson Sergey Velichko	9:1
/35 Regina Richardson	10.92	Bill Pulak	9-6	M40 Michael Rose	17:43.79	Bob Fulton	13.01	Harana .		M50	Bob Walker	10:5
65 Audrey Lary	7.99	M50 Kim Brokaw	10-0	M50 Ron Winkler	18:24.16	W65 Christel Donley	14.21	WEST			Brian Huey	11:5
Evelyn Wright	7.30	Long Jump		M55 Peter Holman	19:24.31	High Jump		Hawaii Masters TC D	acathlas		Michael Richards	
75 Leonore McDaniels	5.40	M35 Steven Bunn	8-10.50	M60 George Opsahl	17:23.15	M35 Blake Risner	1.83			MILE	Wichael Richards	11.50
ot Put		M40 Jeff Siek	8.50	W50 Lynn Tracy	15:57.67	M40 Randall Johnson	1.32	Honolulu; Feb. 1		MILE		
0 Kunle Lawson	13.70	M45 Ronald Utz	17-3	W60 Dorene Mangan	21:43.18	M45 Craig Levine	1.78	M40 Emeric McDonald		M40	Jeff Mann	4:4
5 Derrick Johnson	11.89	M50 Kim Brokaw	14-10.50	MID AMED	100			M45 Kevin Kruszona 4			Sergey Velichko	5.1
Eric Rouse	11.86	M65 Pete Stopoulos		MID-AMER	ICA	Dick Drury	1.32	M50 Russ JacquetAce		M45	Phil Dilmore	5.1
			14-5.50	Mid-America Master	- Indoor	M50 Maure Weigel	1.37	Vince Costello 51		77-5	Craig Stewart	5:
0 Jim Brown	11.62	Ronald Dennert	10-11	Pogional Champio	s indoor	William Drury	1.27	Derek Goudge 53 M55 Robert Lawson 5		1	Paul Johnson	5:
5 William Farris	8.78	M70 Paul Lehmkuhl	12-7.50	Regional Champio	nsnips	M60 Bob Fulton	1.37	M60 Jack Karbens 62	3991		Ben Hipple	5:
Mark Kreafle	8.09	Clarence Trinkner	11-5	Colorado Springs, CO	J; Feb. 29	Leanard Sokoloski	1.32	M65 Robert Molyneux		M 50	Bob Walker	5:
0 Ted Barila	12.11	Lou Edelman	9-3.50	60m		George La Belle	1.19	W60 Brenda Andrieu 6			Michael Richards	5:
Michael Kalnas	11.20	Triple Jump		M40 Raphael August	7.35	M70 Richard Larkin	1.22			W45	Mary Ellen Nourse	8:
Gary Sutton	10.92	M45 Ronald Utz	35-11.50	Mark Hileman	7.76	Jerry Donley	1.22	TeamThor Throwers	s Meet	W70	Suzy MacLeod	7:
5 Joe de Stefano	12.60	M50 Kim Brokaw	31-5	Randall Johnson	8.49	W55 Sharon Raham	1.09	UC-San Diego, La Jo		60mH		
0 Glen Allen Johnson	13.83	M70 Paul Lehmkuhl	26-4.50	M45 Michael Ford	7.92	W65 Christel Donley	1.02	Feb. 29 (s)	Jila, Ji		Drine Makieley	
Mike Valle	12.14	Shot Put	20 4.00	John Salisbury	8.96	Pole Vault	1.02	Hammer		M50	Brian McKinley	
5 Audrey Lary	8.40	M55 John Hess	32-2	M50 Stacey Price	7.60	Autoria Committee		Kyong Song M40	48.09		Russell Jacquet-#	,
						M35 Pat Manson	5.31	om Meyer 52	43.90	HIGH	JUMP	
Evelyn Wright	8.36	M60 Stephen Cohen	32-7.25	Mike Pannell	7.89	M45 Dick Drury	3.05	Richard Watson 51	38.25	M40	Mike Toll	
ght Throw		W65 Patricia Beam	24-0	Trip Reynolds	7.97	M50 William Drury	2.85	Jack Kuhns 65	31.78	100	Eric Johnson	
Kunle Lawson	14.03	1500m RW		M55 Donald Neidig	7.78	Maure Weigel	2.14	Joan Stratton W50	39.27	M45	Keith Nelson	
Jim Brown	14.10	W65 Patricia Beam	10:50.74	Tom Bassett	8.17	M60 Bob Fulton	2.85	Ki Song 78 Discus	30.56	544	Rick Vincent	
5 Mark Kreafle	9.91			M60 Paul Edens	7.72	M70 Robert Hewitt	2.75	Kyong Song	37.78	M55	Vance Jacobson	
		USATF Midwest Reg	gional	Troy Scoggins	8.59	M75 Bud Held	2.29	Jack Kuhns	36.71		Pat Shober	
Gary Sutton	10.47	Indoor Masters Char	100000000000000000000000000000000000000	Leanard Sokoloski	8.74	W60 Nadine O'Connor	2.88	Richard Watson	36.46	M60	Ora Banister	
Keith Mathis	8.82	Ships, Carthage Co		M65 Bob Lida	8.31	Long Jump	2.00	Bill Starkey M60	36.32	M70	Jerry Donley	
Ted Barila	6.19	Kenosha, IL; Mar.		Richard McKisson	8.74	M40 Marty Neibauer	5.31	Weight Throw	14.00		Donald Leis	
Mike Valle	15.65			Ed Arnold	9.96			Kyong Song Bill Starkey	14.80	W30	Kimiko Nakatake	
James Kenney	11.18	60m	-	W50 Rebecca Martin	10.18	Randall Johnson	4.12	Richard Watson	12.85	W60	Becky Sisley	
5 Bill Gramley	12.62	M35 Chad Rueber	7.19			Joseph Pebbles	3.92	Jack Kuhns	12.38	POLE	VAULT	
John Sellers	12.11	David Jones	7.52	W55 Sharon Raham	10.11	M50 Maure Weigel	4.79	Joan Stratton	11.45	M40	Mark Murdock	
		Roger Malone	8.04	Colleen Burns	9.34	M60 Leanard Sokoloski	3.57	Superweight 56#		M50	Russell Jacquet-Acea	
5 Evelyn Wright	7.94	M40 Trent Hagler	7.58	W60 Nadine O'Connor	9.03	George La Belle	3.57	Kyong Song	9.38	M55	Chuck Hammonds	
MIDWEST		Jeff Frerks	7.60	200m		M65 George Cairns	4.06	Richard Watson	6.58	M65	John Steinman	
	State Laboration	M55 Ray Bentley	9.34	M40 Ray Parker	23.81	M70 Robert Hewitt	4.23	Bill Starkey Jack Kuhns	5.77	M70	Jerry Donley	
SATF Illinois Master	ers	M60 Al Matheis	9.23	Mark Hileman	24.45	W55 Sharon Raham	3.19	Shot Put	5.05	W75	Johnnye Valien	
door Championship	Charles and the same of the sa	M70 Harry Brown	8.70	Marty Neibauer	24.98	Triple Jump	0,10	Richard Watson	11.10	LONG	JUMP	
Sterling; Feb. 14	and the last	Pierre Dobrovolyn	9.06	M45 Michael Ford	25.16	M40 Randall Johnson	7.90	Bill Starkey	10.91	M30	Zachary Smith	
Sterning, 1 cb. 14		Dick Molokie	10.67			The second secon		Jack Kuhns	10.78	M40	Mike Toll	
	0.05	Lou Edelman	11.24	John Salisbury	29.00	M45 Jeffrey Hayes	8.96	Joan Stratton	10.37	m40	Eric Johnson	
Steven Bunn	6.95	W60 Lynne Ingalls	9.61	M50 Mike Pannell	25.33	Craig Levine	10.19	Javelin	10.71	M50	Russell Jacquet-Acea	
Jeff Siek	8.20	200m		Charles Powell	25.51	M50 Maure Weigel	9.80	Richard Watson	42.74	M55	Vance Jacobson	
Brian Lee	7.42	M35 Chad Rueber	23.81	Jerry Scriver	25.67	M60 George La Belle	7.04	Jack Kuhns Bill Starkey	28.42 23.92	m33	Pat Shober	
Keith Petranek	7.61	David Jones	24.35	M55 Tom Bassett	27.19	M65 Richard McKisson	8.21	Om Startoy	20.02	M60	Richard Imperiale	
Larry Gunn	8.01	Roger Malone	26.47	M60 Paul Edens	25.52	M70 Robert Hewitt	8.85	NORTHWI	CT		Ora Banister	
Ronald Dennert	9.03	M40 Jeff Frerks	25.81	Troy Scoggins	33:05	W50 Deb Vestal	4.72			M70	Donald Leis	
Harry Brown	8.27	M45 Chris DiVetta	25.69	M65 Bob Lida	27.37	W55 Sharon Raham	6.43	Idaho Masters Cla	assic	M75	Bill Platts	
		M50 Fritz Gilbert	30.82	Ronald Kirkpatrick	28.97		0.43	Boise; Mar. 13-		M80	A.U. Ricciardi	
Paul Lehmkuhl	8.54	M55 Dan Graf	29.78			Shot Put			A CONTRACT	W30	Kimiko Nakatake	
Angela Nealy	8.23	Ray Bentley	33.61	Richard McKisson	29.69	M30 John Kuemmerlin	13.77	60m	F-WHELL	W45	Yvonne Kirkpatrick	
Kathleen Shook	8.24	M60 Peter Lazzari	33.93	M75 Klaus Timmerhaus	1:01.43	M40 Ed Cockrell	14.47	M40 Mike Toll	7.68	W60	Becky Sisley	
Lynne Ingalls	9.01	M70 Harry Brown	29.41	W50 Rebecca Martin	35.46	Bob Jones	13.27	Eric Johnson	8.84	W75	Johnnye Valien	
Patricia Beam	10.63	Pierre Dobrovolyn	32.11	Karen Blackmore	37.35	Mary Neibauer	12.44	M45 Marcus Irving	7.66			
n		Lou Edelman	42.38	W55 Colleen Burns	31.18	M45 Kris Lettow	12.03	M50 Mark Lesniak	7.97		E JUMP	
Kenny Cook	27.90	W60 Lynne Ingalls	31.55	400m			9.19	Donn Imrie	7.97	M40	Mike Toll	
	The same of			M40 Joseph Peebles	1:08.10	Jeffrey Hayes		M55 Charles Brocato	8.20		Eric Johnson	
John Traynor	31.93	400m			53.24	M50 Tim Fuehuer	9.68	Vance Jacobson	8.29	M70	Donald Leis	
Larry Gunn	28.87	M45 Chris DiVetta	56.62	Mark Hileman		Maure Weigel	9.38	Will Leslie	8.97	M75	Jim Moorhead	
Harry Brown	30.41	Larry Lux	59.97	Marty Neibauer	55.49	M55 Paul Economides	14.53	Pat Shober	9.66	W60	Becky Sisley	
Lou Edelman	41.50	W60 Lynne Ingalls	1:12.99	M45 John Salisbury	1:08.57	J Bookin-Weiner	11.43	M60 Stephen Robbins	7.77	SHOT	PUT	
Kathleen Shook	29.03	800m		Dave Albo	59.76	M60 David Caligaris	10.22	Richard Imperiale	9.22	M45	Jim Wetenhall	
Angela Nealy	32.02	M45 Dave Bradley	2:09.16	M50 Maurice Williams	1:03.93	Roger Corliss	9.61	M75 Bill Plant	9.67	M55	Bruce Jones	
	32.17	Chris DiVetta	2:09:46	Bobby Manning	1:08.79		11.87	M80 A.U. Ricciardi	13.45		Richard Hill	
Lynne Ingalls	02.11	Chris Ironside	2:13.00		57.27	M65 James Koch		W45 Yvonne Kirkpatrick	11.29	M60	Ora Banister	
m Kanan Cank	50.22	Larry Lux	2:22.47	Mike Pannell		M70 Richard Larkin	8.72	W50 Rebecca Mitchell	9.61	M65	Bob Markle	
Kenny Cook	59.33		2.22.71	M55 Gene Richeson	1:07.15	W50 Deb Vestal	5.58	W60 Becky Sisley	11.37		John Steinman	
Chris Ironside	58.52	1500m	10414	Donald Neidig	56.38	W55 Sharon Raham	8.17	W75 Johnnye Valien	13.33	M75	Bill Platts	
Brian Lee	59.17	M45 Ron Wartgow	4:35.51	M60 Arthur Linnell	1:10.91	W65 Christel Donley	7.66	W85 Verla Ball	AR 17.30	M80	A.U. Ricciardi	
Larry Gunn 1	1:06.46	Rick Terhune	5:09.05	Bobby Fischer	1:15.33	Weight Throw		200		W45	Yvonne Kirkpatrick	
	1:04.53	W40 Sandra Gregorich	5:23.90	M65 Richard McKisson	1:14.31	M40 Rande Treece	14.30	M30 Zachary Smith	24.34	W50	Joan Stratton	
	1:15.68	60mH		Walt Spuler	1:15.43	Milton Girouard	12.00	M45 Marcus Irving	25.33		Kathy Wetenhall	
n		M50 Robert Zahn	9.49	Ray Franks	1:16.49	Bob Jones	11.88	Paul Johnson	30.03	WEIGH	HT THROW	
	2:36.77	M60 Bruce Mills	12.87	W40 Michaeli Ann Smith	1:14.38	M55 Paul Economides	16.72	M50 Mark Lesniak	25.56	M45		
		High Jump		W50 Karen Blackmore	1:30.32	AND THE RESERVE OF THE PARTY OF	14.50	Russell Jacquet-Acea		M45	Jim Wetenhall	
	2:56.89		1 70		1:29.24	J Bookin-Weiner		M55 Charles Brocato	26.71	M70	Jerry Wojcik Ken Weinhel	
	2:59.39	M35 Guy Stockard	1.78	W55 Kathy Kirsling		M60 Roger Corliss	11.36	Vance Jacobson	26.78	M80	Ken Weinbel	
)m		M40 David Sykes		W80 Mary Kirsling	3:02.75	David Daligaris	10.71	Will Leslie	29.47	W50	A.U. Ricciardi	
John Traynor 5	5:28.90	M45 Jeff Watry	1.63	800m		George La Belle	8.67	M60 Ora Banister	32.18	1130	Joan Stratton	
	4:54.05	M55 Ray Bentley	1.17	M30 Hilario Benzon	2:19.63	M65 Vern Spencer	14.69	M70 Donald Leis	40.41		Kathy Wetenhall	
	6:42.73	M65 Tom Langenfeld	1.40	M40 Brad Jones	2:22.13	M70 Al Clowser	11.56	M75 Bill Platts	31.23		RWEIGHT	
	5:48.96	M70 Lou Edelman	1.06	M45 Dave Albo	1:12.10	W65 Christel Donley	6.29	Rodney Brown	32.27	M45	Jim Wetenhall	
Om		Dale Veult		Scott Shannon	2:29.74	W75 Charlotte Acton	5.64	Jim Moorhead	32.78	M70	Jerry Wojcik	
	10:32.83	Pole Vault		M50 David Salazar	2:10.65	Superweight	0.04	W50 Rebecca Mitchell	32.22	M75	Ken Weinbel	
The second secon	The second second	M40 Jon Bartos	4.27	M60 Arthur Linnell	2:58.17		7.78	400		M80	A.U. Ricciardi	
THE RESIDENCE OF THE PARTY OF T	10:17.31	M45 Keith Patranek	3.90			M30 John Kuemmerlin		The second secon	1:04.30	W50	Joan Stratton	
lm		M50 Kelly Meares	3.66	Bobby Fischer	3:01.79	M40 Randy Treece	9.53	M40 Sergey Velichko M45 Paul Johnson	1:04.30		Kathy Wetenhall	
Joseph Pettorini 2	23:18.08	Long Jump		M65 Ray Franks	3:05.41	Michael Salvidio	7.22	M55 Charles Brocato	1:02.63	3000M	RACEWALK	
Barb Lauff 2	21:00.83	M30 Dillion Gilhooley	5.55	W40 Michaeli Ann Smith		M55 J Bookin-Weiner	5.82	Rich Tucker	1:00.63	M45	Barton Kale	18:2
Dail Lauli 2	No. of Concession, Name of Street, or other Persons, Name of Street, or ot	M50 Neil Gleason	4.41	W55 Colleen Burns	2:46.18	M60 George La Belle	5.82	The second secon				16:2
The state of the s	9.55	M55 Ray Bentley	3.84	Kathy Kirsling	3:23.38	David Caligaris	4.74	The second secon	1:02.99	M50	Bob Novak	
rt Hurdles	With the same	M70 Lou Edelman	3.05	W80 Mary Kirsling	6:14.80	M65 Vern Spencer	5.76	Ora Banister	1:13.61	W35	Julie Anselme	17:4
rt Hurdles Brian Lee	12.07	CARLO CONTRACTOR OF THE PARTY O	3.03	1500m				M70 Donald Leis	1:34.53	W65	Bev LaVeck	19:2
rt Hurdles  Brian Lee  Donald Dennert	11.23	Triple Jump	7 19 19 19 19		5.42.50	M70 Al Clowser	6.11	M75 Rodney Brown	1:15.06	IN	TERNATIO	M
rt Hurdles Brian Lee Donald Dennert	11.48	M50 Neil Gleason	7.90	M50 Bobby Manning	5.43.50	3000m RW		W50 Rebecca Mitchell	1:15.23	IIN	I LANATIO	INZ.
rt Hurdles Brian Lee Donald Dennert	11.40	Shot Put		M60 Arthur Linnell	6:01.57		15.50.00	800		Snar	nish Veterans Inc	don
rt Hurdles Brian Lee Donald Dennert Clarence Trinker Paul Lehmkuhl	11.40	Jilot i ut	11.96	W55 Kathy Kirsling	6:47.32	M45 Albert Leibold	15:50.36	M40 Jeff Mann	2:03.80			
rt Hurdles Brian Lee Donald Dennert Clarence Trinker Paul Lehmkuhl h Jump		MCO 0				M50 Michael Blanchard	16:41.64	The state of the s		I Chan	npionships, Zara	y 02
rt Hurdles Brian Lee Donald Dennert Clarence Trinker Paul Lehmkuhl h Jump Kim Brokaw	5-0	M50 Gary Spears		W80 Mary Kirsling	13:41 5/	IVIOU MICHAEL DIAIRCHAIG		Carren Martin	2.20.00	The second		
rt Hurdles Brian Lee Donald Dennert Clarence Trinker Paul Lehmkuhl h Jump Kim Brokaw Fonald Dennert	5-0 4-8	Fritz Gilbert	10.86	W80 Mary Kirsling	13:41.52		21:40.72	Sergey Velichko	2:28.62		Feb. 7-8	
ort Hurdles 5 Brian Lee 5 Donald Dennert 0 Clarence Trinker Paul Lehmkuhl h Jump 0 Kim Brokaw 5 Ronald Dennert	5-0 4-8 4-4	Fritz Gilbert Frank St. Martin	10.86 7.82	3000m		M60 Ed Guiff	21:40.72	M50 Michael Richards	2:39.33	60m	Feb. 7-8	
ort Hurdles  is Brian Lee  is Donald Dennert  is Clarence Trinker  Paul Lehmkuhl  h Jump  is Kim Brokaw  is Ronald Dennert	5-0 4-8	Fritz Gilbert Frank St. Martin M55 Dan Graf	10.86 7.82 10.15	3000m M40 Bill Mitchell	13:41.52	M60 Ed Guiff M65 Vilmars Strautins	23:11.23	M50 Michael Richards M55 Rich Tucker	2:39.33 2:29.15	I would be a	Feb. 7-8	7
ort Hurdles 5 Brian Lee 5 Donald Dennert 0 Clarence Trinker Paul Lehmkuhl h Jump 0 Kim Brokaw 5 Ronald Dennert 0 Clarence Trinkner	5-0 4-8 4-4	Fritz Gilbert Frank St. Martin M55 Dan Graf M60 Stephen Cohen	10.86 7.82 10.15 10.56	3000m M40 Bill Mitchell Short Hurdles	13:57.34	M60 Ed Guiff M65 Vilmars Strautins M70 Jerard Hargis	23:11.23 21:44.79	M50 Michael Richards M55 Rich Tucker M60 Ora Banister	2:39.33 2:29.15 3:15.31	M40 F	R Rubia	7. 7.
ort Hurdles 5 Brian Lee 5 Donald Dennert 6 Clarence Trinker Paul Lehmkuhl h Jump 6 Kim Brokaw 5 Ronald Dennert 6 Clarence Trinkner Lou Edelman	5-0 4-8 4-4 3-2	Fritz Gilbert Frank St. Martin M55 Dan Graf	10.86 7.82 10.15	3000m M40 Bill Mitchell		M60 Ed Guiff M65 Vilmars Strautins	23:11.23 21:44.79	M50 Michael Richards M55 Rich Tucker	2:39.33 2:29.15	M40 F M45 J		

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page 34		
Continued from previo		Hig
M55 A Basurko	7.93	M40
M60 J Tunks M65 J M Sanza	8.57 8.61	M45
W35 M P Chacon	8.56	M5
W40 A Scheite	8.27	M6
W45 M Capel	8.81	M70
W50 E Mesa	9.02	W3
W55 M Area	10.02 8.56	Pol M4
W60 M P Chacon W65 C Fuster	11.78	M4
W70 M L Gonzalez	12.67	M50
200m		M5
M40 R Rubia	24.53	M65
M45 J Gomez	25.42	Lor
M50 J Ruano	26.14 27.07	M40
M55 J Paez M60 J A Perez	29.57	M50
M65 F Morrongiello		M55
M70 A Marques	35.20	M60
M75 Luis Marimon		M65
M80 G Francisco	42.70	W3:
W35 M P Chacon	28.97 29.45	W4:
W40 A B Garrido W45 M Capel	29.45	M40
W50 Pilar Sanehez	33.10	M45
W55 A Area	34.69	M50
W65 C Fuster	42.08	M55
W70 M L Gonzalez	48.07	M60
400m	55.42	M6
M40 J M Beltran M45 J Ramirez		M70 W3
M50 C Carbo		W4
M55 J L Romero	1:01.46	W4
M60 M A Diaz	1:04.17	Sho
M65 F Morrongiello		M40
M70 J Juarez	1:44.06	M45
	1:28.50	M50
M80 G Francisco W35 E Massaguer	1:04.15	M5
W40 A B Garrido	1:06.84	M69
W45 M R Busquets		M7
W50 A Vivancos	1:25.33	M7
W55 A Martinez	1:16.98	W3
800m M40 Francis Hernandez	2:02:40	W4
MIC OMender	2.05.04	W4 W5
M50 G Tortajada	2:16.44	W5
M55 F Campo	2:17.16	W6
	2:32.07	W6
M65 J Sitja M70 M Hernandez	2:38.38	
M75 B Huici	3:32.22	LO
M80 F Gil		
	2:25.20	100
W40 J M Dominguez	2:30.00	100
W45 M R Lucas	2:38.97	
W50 A Vivancos	2:44.75	2000
W55 A Martinez W65 M Rodriguez	2:54.09 4:00.73	
1500m	4.00.73	Ce
M40 J Borrego	4:03.82	Mix
M45 D Ramon	4:11.02	80-9
M50 G Tortajada	4:31.32	Bett
M55 J Campo M60 M A Diaz	4:48.28 5:00.13	Rick
M65 M Alonso	5:13.02	100
M70 J Gomez	6:25.47	Mar Joh
M75 J M Garin	7:30.77	120
W35 R del Olmo	4:55.42	Alfr
W40 M D Martinez	5:08.69	Ann
W45 M R Lucas W50 N Velez	5:15.38 5:40.41	140
W55 S Fabregas	6:35.59	Ror
3000m		Joa
M40 J Borrego	8:35.31	Mal
M45 R Matamoros	9:10.45	80-
M50 M Bayon 9:27.55 M55 D Gonzalez	10:14.00	Joh
M60 J A Arias	10.37.99	Gre
M65 C del Castillo	11:13.57	100
M70 M Hernandez		Kaz
M75 M de la Cruz	12:15.76	140
W35 S Felipo	10:35.78	Irwi
W40 D Sevilla 11:25.44		Cha
MAE M Marguanda	10:49 76	
W50 N Velez	12:05:33	Ferr
W55 G Casanova	14:16.81	80-9
60m Hurdles M40 J Cholopo	10.05	Kim Lyul
M40 J Coolopo M45 J L Codera	9.64	100
M50 M A Garin	10.12	Deb
M55 A Gutierrez	10.97	Diar
M70 A Joaniquet	11.00	120
W35 A Lozano	11.53	Vida
W45 M J Sanguos	9.72	Judi

High Jump	
M40 Fernando Osoro	1.74
M45 Lucio Martinez	1.71
M50 F Molinar	1.53
M55 J A Chacon	1.47
M65   Martinez	1.26
M70 J A Lopez	1.05
W35 R Sanchez	1.47
Pole Vault	
M40 A Pachon	3.80
M45 J Cladellas	3.60
M50 R Nanalon	2.80
M55 A Cachinero	2.90
M65 J M Perez	2.50
Long Jump	
M40 J Bayona	6.12
M45 J M Prisco	5.74
M50 M A Garin	5.83
M55 J Paez	5.81
M60 J Tunks	4.73
M65 B Sanchez	3.09
W35 R Sanchez	5.12
W45 C Excribano	4.87
Triple Jump	
M40 F Osoro	12.56
M45 L Martinez	12.36
M50 M A Garin	11.22
M55 A A Cachinero	10.59
M60 E Fernandez	8.85
M65 J M Perez	9.91
M70 A Juaniquet	8.46
W35 R Sanchez	10.26
W40 M del Pil Moreno	8.55
W45 C Escribano	10.52
Shot Put	
M40 J C Bolopo	12.36
M45 A A Gomez	9.80
M50 P Millan	9.96
M55 R Cano	10.34
M60 B Allende	12.34
M65 E Aquinaga	9.53
M70 J A Lopez	8.65
M75 J M Anton	7.37
W35 A Lozano	8.17
W40 M Aisa Gonzalez	10.76
W45 L Rossinvol	9.09
W50 E Mesa	12.02
W55 M Area	7.53
W60 P Vallejo	7.63
W65 C Fuster	6.22
DESCRIPTION OF THE PARTY.	
LONG DISTA	NCE
DIINNIN	

# RUNNING

#### EAST

## NYRR Twosome 10K entral Park, NYC; Feb. 8

80-99	1:17:50
Beth Moras 45 41:28	
Rick Pingitore 45	36:22
100-119	1:20:35
Mary Dunn 52	39:58
John Samsel 60	40:37
120-139	1:32:03
Alfred Finger 69	44:25
Ann Makoske 58	47:38
140+ 2:23:12	
Ronald Zaza 66	1:09:46
Joan Rowland 77	1:13:26
Male	
80-99	1:29:16
John Kupsch 42	44:30
Gregory van Inwegen 42	44:46
100-119	1:33:29
Kazimierz Modzelewski 67	48:50
Radoslaw Sobolewski 43	44:39
140+ 2:21:49	
Irwin Robbins 69	1:13:31
Chauncey Leake 76	1:08:18
Female	
80-99	1:15:27
Kim Griffin 42	39:27
Lyubov Kremteva 42	36:00
100-119	1:42:41
Deborah Hamm 52	50:21
Diane Burnett 54	52:20
120-139	1:52:10
Vida Beaven 65	52:39
Judith Tripp 57	59:31
oddin Tripp of	33.31

#### Martha's Vineyard 20 Miler Martha's Vineyard Haven, MA

Feb. 14	
Overall	
Kevin Gray 25	1:53:14
Caroline Dobbyn 24	2:09:0
M40 Jay Marshall	2:07:14
Jim Sullivan	2:07:3
Rick Pacheco	2.13.5
Kevin D'Amanda	2:14:19
Brian Mulligan	2:14:4
M45 Donal Burke	2:19:19
Jim Roche	2 19 5
Brian Applebaum Mark Fontaine	2 22 0
M50 Joseph Kvilhaug	2 27 38 2 18 39 2 20 4
Daniel Ravenelle	2:20:4:
William Romito	2 21 3
Paul Grogan	2 21 37
M55 Don Bates	2:23:08
Duke Hutchison	2:27:1
George Johnson	2:45:16
M60 Leo Hillary	2.52.55
Joseph Gaughan	3:02:38
Lee Bradley	3:03:09
M65 Donald Bell	2:59:46
Fred White	3:18:46
W40 Kris Gleason	2:34:11
Delwin Williamson	1 2:34:47
Laura Bishop	2:37:47
W45 MariannWithingto	
Cecila Tavares	2:44:24
Maureen Desena	
W50 Deirdre Bird	2:35:24
Jeanne Vieira	2:41:34
Janet Kelly	2:55:15
W55 AnnetteMacMilliar	
Liz Waldman	3:10:40
Betsy Gladfelter	3:14:10

#### NYRR/BUS Metropolitan 50-Mile/Kurt Steiner 50K

Central Park, NYC;	Feb. 15
50-Mile	
Overall	
Rudy Afanador 45	6:18:20
Jody Reicher 41	7:37:46
M45 Rudy Afanador	6:18:20
M50 Bob Oberkehr	7:30:51
M55 Ed Dodd	7:55:19
W40 Jody Afanador	6:18:20
W45 Beatrice Coron	9:32:23
W60 Ruth Fairbrother	11:20:03
50K	
Overall	
Jarrow Wahman 42	3:17:37
Jennifer Shultis 35	4:37:22
M40 Jarrow Wahman	3:17:37
M45 Daniel Sack	4:00:48
M50 Charles Bifulco	4:32:45
M55 Miguel De Leon	4:24:51
M60 Dave Obelkevich	5:20:50
M65 Timothy Kourounis	5:40:33
M70 Sam Soccoli	6:48:24
W40 Gail Marino	4:44:30
W45 Barbara Sorrell	5:27:40
W50 Admas Belilgne	5:03:24
W55 Flora Flores	5:35:51
W60 Helma Clavin	5:30:41
W65 Emma Blascovich	7:37:47

## NYRR Al Gordon 15K

Over	all	
Dan I	Kleiman 27	50:38
Heat	her Gardiner 25	56:07
M40	Jerry Macari	52:39
M45	Rick Pingitore	56:03
M50	John Pearce	1:00:32
M55	Michael Hudick	1:00:28
M60	John Samsel	1:01:55
M65	Alfred Finger	1:07:27
M70	Carlo Digiorgio	1:17:51
M75	David Jenkins	1:41:34
M80	Sab Koide	1:36:11
W40	Corinna Cortes	1:02:14
W45	Beth Moras	1:03:39
W50	Barbara Byrne	1:08:59
W55	Chuang Chang	1:20:25
W60	Marilyn Walsh	1:14:02
W65	Naomi Vogel	1:33:16
W70	Toshiko D'Elia	1:29:44
W75	Joan Rowland	1:51:55

#### NYRR Snowflake 4-Miler Central Park, NYC; Feb. 28

Overall	
Philippe Roly 31	20:09
Larisa Michailova	22:09
M40 Leonardo Moya	21:09
M45 Alan Ruben	21:05
M50 Jack McShane	22:58
M55 Alston Brown	23:16

M60	John Samsel	25:18
M65	Donald Ardell	25:15
M70	Carlo Digiorgio	32:31
M75	John Cahill	34:34
M80	Sab Koide	37:28
W40	Jeanne Pare	24:15
W45	Beth Moras	25:58
W50	Mary Dunn	25:11
W55	Susan Siderman	31:11
W60	M Greeley Walsh	30:12
W65	Helene Bedrock	31:59
W70	Ginette Bedard	31:43
W75	Bertha McGruder	46:45
W80	Edith Farias	50:19

#### 31st Hudson-Mohawk Winter Marathon, Albany, NY

Feb. 29		
Overall		
Adam Seigers 23	2:40:40	
Junko Leerink 45	3:39:33	
M40 John Geesler 45	2:53:24	
Russ Hoyer 43	3,12:21	
	3:15:07	
M50+Raouf Mallouh 51		
Serge Imbeault56		
James Thomas 57		
W40 J Leerink 45	3:39:33	
Deb Frederick47		
W50+RosemaryRusin6		
Marion Landry 59	4:57:58	

#### SOUTHEAST

# Anheuser Busch Colonial

Half-Marathon			
Williamsburg, VA; Feb. 22			
Overall			
Dmitry Kapitonov 35 68:07			
Anna Pichrtova 30 76:08			
M40 Chris Stanley 77:38			
James Thompson 78:49			
Brant Halterman 82:42			
Jeff Symmes 84:46			
G Labuschagne 85:29			
Matthew Bickley 86:04			
M45 James Bates 79:23			
Henry Gleisberg 84:03			
Kevin Mears 84 27			
Norton Compton 86:02			
Jack King 87:17			
M50 Chuck Moeser 75:39 Rick Platt 83:14			
Rick Platt 83:14 Lennie Carter 91:27			
Douglas Duniop 92.41			
M55 Patrick Griffith 85:05			
Wm Hart Jr 86:39			
George Neil 89:09			
Dennis Manske 95:08			
M60 Bob Spencer 96:10			
Jack Clark 1:44:30			
Patrick Gibrall 1:52:40			
M65 Calvin Fowler 93:23			
Richard Williams 1:49:06			
Howard Maat 2:00:03			
M70+Rich Hause 70 1:43:15			
Mike Kelly 70 1:52:27			
W40 Cecilia Lutz 89:36			
Andrea Wagner 95:16			
Cathy Papandrew 96:48 Joni Fehrenbacher 97:10			
Nancy Walsh 97:15			
W45 Leisa Ensle 90.03			
Carol Talley 98:23			
Linda Fournier 1:40:03			
W50 Patsy Tudor 1 42 45			
Patricia Gilley 1:46:50			
Peggy Frederick 1:53:05 W55 Linda Peters 1:46:57			
Cathy VanBrocklin 1:50:06			
Claudia Crawford 1:53:53			
W60 Sharon Giese 1:45:09			
Sylvia Boecker 2:15:41			
Betty Langevin 2:24:28			
W65+Patsy Ewell 70 2:26:35			

#### Manasota TC 50K

Osprey, FL; Feb.	22	
Overall		
Markus Dennis 35	4:00	52
Helen Cox 40	4:54	
M40 Bill Marshall 47	4:19	06
Danny Ripka 46		
Michael Melton 46		
M50 Mark Dunsmore52		
MartyMcNamara5		
John Wood 54		
M60 Richard Sitter 64		
Phil Little 61	6:17	
	4:54	_
	4:55	
	5:44	
W50 Jean Gerstein 53		
Diane DuBois 52	7:44	27
1		

#### St. Paddy's 4 Miler Pompano Beach, FL; Mar. 7

-	Overull		
1	ANDREW GREENIDGE	39	21:30
۱	TRISH BUTLER	41	24:55
ě	Top 3 Master Male		
ı	BOB DUGAN	. 49	22:36
	DAVID KROUPA	45	23:21

JOSE CLAVIJO	50 23:32
Top 3 Master Female	
MARIA AUGUSTINE	45 27:05
CAROLYN MAY	42 27:15
EILEEN POSGAY	40 27:17
Top 3 Grand Master	Male
AL SWENSON	57 24:12
JEFF POWERS	50 24:45
CHARLIE GALLOWAY	54 25:20
Top 3 Grand Master	Female
MIRA BEDO	52 29:25
YVONNE ROTHENBERG	61 30:40
CAROLINE LUTTRULL	
Top 3 Senior Grand	asters(M)
ROBERT HENDRICK	61 26:09
AL SHAMOUN	60 27:54
MIKE BRANIGAN	60 28:48
Top 3 Senior Grand	asters(F)
KAY CHERNOFF	61 33:33
KAY CHERNOFF MIMI OLIVEIRA	64 33:42
SALLY MOLINA	64 34:08
M40 ERIC BEAZLEY	41 23:38
JOE MONKS	44 23:56
JERRY ST PETER	43 24:15
F40 LAUREN FUCHS	43 28:06
CAROLANN MAZZA	40 28:15
TRACY KOCH	40 29:00

#### M45 CRAIG COTNOIR 45 23:34 AL BAKARI LAURENT CALI 46 24:21 45 24:36 F45 PAT KEEN 47 27:44 JACKIE LOWTHER 45 28:00 JACKIE LOWTHER CARRIE BURKE 46 28:09 MSO KENNETH LOHMEYERS2 25:26 LOUIS MOLINA 52 25:45 TO NORTON 51 26:01 ED NORTON 51 26:01 F50 PAM RICHARDSON 50 33:16 DEBBIE MOLINA 50 33:25

CHERY MC CULLY	54 37:52
MSS LARRY STARR	57 26:40
SVEN LUTZ JACK WILSON	59 27:50
JACK WILSON	56 28:15
F55 GAIL BEILEY	56 35:05
SALLY GOLDBERG	56 36:01
ANN BACON	56 36:49
M60 JOSE SANTIAGO	60 28:57
PETER RACKET	64 29:29
F60 GERRY BARRY	64 37:41
MIRI MICHAEL	60 38:05
ARLENE MENDELL	
M65 DON KEMP LOUIS BEST	65 31:08
F65 LORETTA SCHORRE	
ARLENE CULLINEYE	
M70 BOB LEVINE	74 34:06
HERB COHEN	70 34:37
M75 LEROY BUCKNER	
PRESTON SHELDON	
WALLY HERMAN F75 HELEN WEISS	78 39:16
F75 HELEN WEISS	76 48:58
M80+BILL TRIBOU	
CARMELO CRUPI	
ABE ULANOFF	87 48:20

#### 23rd Annual Cooper City 5K Cooper City, FL; Mar. 14

Overall	
FERNANDO MARRERO 35	
TRISH BUTLER 41	1 18:47
Masters	
	7 17:40
MARY NICHOLLS 40	20:41
M40 GREGORY RAVEN 42	2 17:56
DAN KUEHN 43	1 18:10
ROLANDO ANTON 44	18:18
W40 MYRIAM PAELINCK 42	2 23:10
LISA COX 42	2 23:20
BETSY HALPIN 44	4 25:03
M45 PAUL CORBAN 45	5 18:45
BRIAN GALLAGHER 45	5 21:42
JOHN MRHA 45	
W45 GAYLE PRESTON 48	8 20:59
	7 21:19
ROBIN MCCAULLEY 49	9 24:02
MSØ KENNETH LOHMEYERS	2 19:22
AMILCAR NOGUERA 5	
MICHAEL KENNY 50	0 22:24
W50 ROSA PINTO-ROGE 50	22:05
LOURIE KRUZEL 50	22:20
DIANA BEESON 50	22:42
MSS ALAN MILLER 5	5 19:01
JOHN CORCORAN 5	6 19:24
JOHN CORCORAN 50 SVEN JUTZ 50	21:22
WSS ANN BACON SE	6 27:57
BARBARA ZARETSKYS	8 30:32
PAT WIDERGREN 5	5 35:05
M60 JOSE SANTIAGO 60	0 22:04
ROGER LACASSE 6	2 24:34
DAVID WORLEY 6	2 25:11
W60 YVONNE TASKER 6:	
BARBARA LATTA 6	2 26:31
ALICIA KELLEY 6: M65 DON KEMP 6: WIN SPEARS 6: CHARLES EAVES 6:	1 28:14
M65 DON KEMP 65	5 23:26
WIN SPEARS 6	8 28:21
CHARLES EAVES 6	5 29:25
M70 MARTIN QUINN 7	3 26:23
MARTIN ROTHENBERG	7027:37
ALAN DOLLEVAAN 7	2 20 47

ALAN DRUCKMAN 73 28:47

#### MIDWEST

#### Heart and Sole 3 Mile Huntington Woods, MI; Feb. 2

Overall	
Brett Sanborn 37	15:48
Jackie Blair 48	20:25
M40 Russell Rohde	17:16
Mark Kossak 46	17:35
Todd Kelly 42	17:42
M50 Larry Parker 55	18:20
John Tarkowski 51	19:00
M60 Brian Harris 68	21:32
Darrell McKee 69	25:48
M70 Harrison Hensley 71	
Kingsley Sears 76	30:59
M80 Joe Thornburg 87	37:42
W40 Jackie Blair 48	20:25
Gina Norris 47	21:13
W50 Maggy Zidar 54	21:23
Donna Olson 53	21:44
W60 Ellen Nitz 63	22:46
Chris Swanson 68	26:13
A DATA SERVICE AND A SERVICE A	-

#### MID-AMERICA

#### Red Flannel 5 Mile Des Moines, IA; Feb. 14

Overall	
Jon Thomas 17	26:22
Kathy Hale 39	32:38
M40 Kevn Mullenburg 43	
Mike Kuckta 41	29:03
Kevin Otte 44	29:43
M50 Nick Scott 52	32:16
Charlie Brockus 52	32:26
M60+Joe Oldensloe 72	40:40
Bill Lawless 60	40:58
W40 Michelle Deverell41	34:15
Tricia McClain 47	34:30
Rae Letourneau 42	35:50
W50+Nancy Hoegh 51	35:23
Kathi Dellaca 51	38:14

#### SOUTHWEST

#### Houston Marathon, Half-Marathon & 5K Houston, TX; Jan. 18

Overall			
Marek Jaroszewski 2:18:51			
Margarita Tapia 2:28:36			
M40 GennadyTeminkov2:24:40			
David Terris 2:35:39			
Kris Warshawski 2:39;39			
Joe Flores 2:39:54			
Brian Bortell 2:42:36			
M45 Thomas Dever 2 36 38			
Alan Richardson 2:47:21 Bernie Weber 2:47:25			
Bernie Weber 2:47:25			
Gerh Van Niekerk 2:47:39			
M50 Ruben Hinojosa 2:40:36			
Clent Mericle 2:48:07			
Michael Kelly 2:53:28			
M55 Ben Harvie 3:05:29			
Dan Dick 3:24:44			
Roger Boak 3:26:02			
M60 Rich Siemens 3:13:31			
Jimmie Jones 3:21:07			
Mike IVerschelden 3:24:41			
M65 Francis Leik 3:30:37			
Jim Braden 3:32:27			
Juan Sobenes 3:44:12			
M70 Jim Schleisman 3:35:44			
Tom Hathaway 3:55:12			
M75 Bob Gee 6:11:41			
W40 Mary Chute 2:53:52			
Barbara Stoll 3:08:20			
Mary Rodrings 3:16:19			
W45 Carolyn Silvey 3:11:49			
Suzanne Day 3,13:26			
Barb Sosnowski 3 25 51			
W50 Donna Sterns 3:27:35			
Fillis Friedman 3:45:07			
Marylyn Patrick 3.43.48			
W60 Ute Eisele 4:22:41			
JoAnn Fiandaca 4:32:20			
W65 Demi Strawman 4:40:57			
Half-Marathon			
Overall			
Gilbert Koech 63:08			
Colleen De Reuck 70:55			
M40 William Moore 69:43			
03.43			

Gilbert Koech	63:08
Colleen De Reuck	70:55
M40 William Moore	69:43
Jon Butter	71:13
Eliud Khisa	71:17
M45 Tim Blankenship	78:34
Craig Calmes	80:05
David Eckley	81:34
M50 Felipe Tapia	81:28
Mark Anderson	83:12
M55 Donald Loewe	84.28
Ty Schmalz	89:12
M60 Allen McDaniel	91:42
Tad Jurgens	93:39
M65 James Forrest	1:42:27
Carlos Sauceda	1:46:42
M70 Robert Ellis	1:44:36
Lorant Garban	2:02:20
M75 Wm Bounds	2:28:09
Bob Shannon	3:00:24
M80+Harold Gillespie	3:02:06
W40 LindaSomersSmith	77:58
Meghan Arbogast	82:24
Yolanda Hopping	87:41

W45 Ann Wacker Donna Browne 94:55 96:17 Continued on next page

Continued from previous page	Peter Rauch 1:15:28.0
W50 Linda Kelly 95 44	Jesus A Utrilla- 1:15:58.0
Jeanine Matte 1:50:23 W55 Nancy Prejean 99:30	Jesus A- Sarmie 1:16:23.0 Marc Hornbrook 1:17:32.0
W60 Ann Érickson 98:01 Ann Ferguson 1:42:53	M45 Russell Martin 1:19:49.0
W65 Virginia Mangum 2:20:18 W70 CarolynHathaway 2:32:41	Trani Matthews 1:25:04.0 Paul Baltutis 1:26:45.0
W75 MarcieMcCaskill 3:18:45	Lou Kohagen 1:26:58.0
5K Overall	Bob Caillouette 1:27:15.0 M50 Gary Townsend 1:23:14.0
Gabriel Rodriguez 15:45 Megan Williams 20:14	Craig McCoy 1:23:18.0 Mark Anderson 1:24:59.0
M40 Francisco Contreras 18:22 Rich Scharchburg 18:36	Don Burnett 1:25:04.0
M45 Brian Smith 19:11	Peter Chimich 1:26:04.0 M55 Michael Chicka 1:26:36.0
Will Lindgren 20:17 450 Jose Martinez 21:31	Scott McKissick 1:29:14.0
James Leonard 22:12 M55 Michael Daniel 21:32	Peter Boulette 1:29:15.0 Keith Wilmot 1:32:09.0
Brewster Shaw 22:20 M60 David Brossette 24:14	Larry Varchetti 1:32:26.0
M65 Carlos Sandoval 22:16	M60 Paul Jensen 1:25:16.0 Tom Lemire 1:31:25.0
M70 Luke Oliver 29:02 M75 Zeno Boehmer 28:02	Richard Teitz 1:31:54.0
180+Jim Southard 33:37 Earl Beard 44:34	Doug Hamm 1:33:04.0 Marshall Jones 1:34:34.0
V40 Vicki Danielson 21:57 Eliz Hoffman 25:43	M65 Jose Badillo 1:38:03.0
V45 Kathy Mambretti 27:51	Jim Braden 1:40:21.0 Tom McLaughlin 1:44:18.0
NancyKlutenkamper 28:04 V50 Joan Propp 24:44	Chet Gibula 1:58:14.0
V55 MaryAnn Ryerson 28:23 V60 Linda Garren 32:59	Paul Flynn 2:26:26.0 M70 Frank McKinnis 2:24:00.0
V65 MaryEllen Cherry 37:21 V70 Marlene Day 44:31	Spencer Mann 2:32:48.0 B. J. Wolf 2:47:39.0
V75 Henrietta Brower 58:55	John Graham 2:51:39.0
N80+Lovie Beard 41:38	Don Helmea 2:56:44.0 M75 Jack Coldwell 2:17:20.0
Motorola Austin Marathon	W40Susan Loken 1:16:26.0
& Half-Marathon	Patti S-Garbrec 1:23:12.0 Colleen Forshee 1:28:27.0
Austin, TX; Feb. 15 Overall	Renee Sacco 1:29:08.0
Andrzej Krzyscin 36 2:14:17	Frances McKissick1:29:16.0 Susan Adams 1:30:44.0
Tatiana Borisova 27 2:30:39 M40 William H. Moore 2:24:45	Sharon Sander 1:32:20.0
Peter Fleming 2:28:49	Susan Talbot 1:33:39.0 W45Kimberlee Rouse1:33:54.0
David Dunn 2:35:35 Charlie Andrews 2:36:07	Tammy Hovik 1:39:04.0
Martin Littlefield 2:42:19	Cathy Condon 1:40:32.0 Patricia Jones 1:40:48.0
J F Galaviz 2:42:39 Chris Crawford 2:42:48	Catherine Miller 1:43:14.0
Eliud Khisa 2:44:31	W50Teresa Triche 1:33:07.0 Lynn Kleiman 1:36:59.0
Clyde Matsumura 2:47:07 Bill Schroeder 2:49:03	Jan Lebourgeois 1:42:36.0
M50 Julian RNunez 2:48:07 Steven Seni 2:55:07	Lynn Alford 1:44:55.0 Cathy Fischer 1:48:40.0
Ty Schmalz 3:01:25	W55Susie Kohagen 1:51:11.0
M60 Jim Cooke 2:58:53 Jimmie Jones 3:13:16	Rhonda Provost 1:51:44.0 Ximena Valdes 1:57:13.0
Michael Verschelden 3:15:12	Marianne Mulrey 1:58:56.0 Sally Koch 2:04:21.0
M65 Jim Duguay 3:03:37 Ben Mathews 3:40:46	W60Barbara Ogletree1:58:16.0
Tom Alford 3:48:18 Jesse Galindo 3:55:25	Diana Camero 2:06:55.0 Judy Richards 2:20:54.0
Don Winkley 3:57:52	Maria Robinson 2:26:09.0
Travis Buck 3:59:25 470 Harold Wilson 3:22:42	Carol Holt 2:47:15.0 W65Ann Burford 3:41:10.0
Gill Sarazua Salazar 3:46:28	Judy Wingo 3:48:06.0
Gene Woodruff 4:06:53 Jesse Real 4:07:28	W70Bertie Jo Moore 3:27:50.0 W75Audrey Melvin 3:00:18.0
Ray Boytim 4:42:13	
M75 Omer Allard 5:01:59 John Stowers 6:56:06	Frigid 5 Miler
M80 Don McNelly 8:05:44	Edmond, OK; Feb. 21
W40Ramila Burangulova 2:32:43 Rimma Dubovik 2:36:45	Overall Mark Thompson 24 25:09
Alevtina Naumova 2:38:42	Angela Widener 33 32:56 M40 Mark Dinges 35:01
Allison Le Compte 2:53:18 Lupe Hegan 2:54:37	Mike King 35.03 M45 Donnie Harris 30.58
Deb Torneden 2:55:15	Mark Bravo 31:09
D Mahn-Shusterma2:57:54 Sarah Kramer 2:58:13	Mark Myles 31:36 Dave Stapleton 31:54
Ann Boyd Stewart 3:00:22	M50 Randy Heierding 31:01 Roger Gartman 34:37
W45Bev Docherty 2:46:56 Ellen Hart-Pena 2:53:59	Doug Cunningham 35:47 M55 Ron King 34:27
Jennifer Teppo 2:57:32	Bill Thompson 34:48
W50Charlene Janiak 3:30:19 M Herzik-Ralph 3:37:42	Ron Kuykendall 34:55 M60 Chuck Butler 36:50
Gloria Mahoney 3:56:52	Jim Tabor 37:55 M65 Curt Ransom 40:44
Barabara Fellmann3:57:40 W55Josie Bowman 3:49:51	Dick Drevo 41:35
R Goossens-Winte3:53:36	M70 Tom Briggs 45:02 Rich Thompson 50:56
Ann Buller 3:56:46 W60Ann Ferguson 3:42:16	M80+Fisher Lewis 83 78:19 W40 Martha Royall 34:58
Lis Heckmann 4:29:31	Ellen Reeder 39:20
T Richardson 4:50:07 Pat Neff 4:52:37	W45 Jane Pace 41:17
W65Mickie Aguilar 5:06:54	Freda Arnold 42:30 Dani Conover 42:33
Beryl Kerwick 6:25:40 Ellen Stichter 6:38:03	W50 Jane Gray 39:48 Pam Bell 42:36
W75Marcie McCaskill 7:34:39	W55 Sheryl Bravo 41:24
Half-Marathon Overall	W60 Mary Sands 56:17
Gannon White 27 1:08:04.0	W70+MarilynThompson7264:11
Nikole Johns 29 1:13:50.0 M40 Lance Denning 1:08:36.0	Mardi Gras Mambo 10K
James Newsom, 1:11:36.0 Terry Garrett 1:13:37.0	Baton Rouge, LA; Feb. 21

	National
Peter Rauch 1:15:28.0	Ben Barbera 36:35
Jesus A Utrilla- 1:15:58:0 Jesus A- Sarmie 1:16:23:0	Jake Witte 37:21
Marc Hornbrook 1:17:32.0	W30 Jennifer Palermo 44:30
M45 Russell Martin 1:19:49.0	Taylor Ahrens 47:48 Deidre Malzahn 50:52
Paul Baltutis 1:25:04:0	M35 Byron Law 35:33
Lou Kohagen 1:26:58.0	Karl Bruchaus 42:21
Bob Caillouette 1:27:15.0	Gary Snellgrove 42:31
M50 Gary Townsend 1:23:14.0 Craig McCoy 1:23:18.0	W35 Ruth Donner 49:33
Mark Anderson 1:24:59.0	Natalie Bradberry 51:11
Don Burnett 1:25:04.0 Peter Chimich 1:26:04.0	Carla Whalen 52:30
Peter Chimich 1:26:04.0 M55 Michael Chicka 1:26:36.0	M40 C. J. Stewart 34:38
Scott McKissick 1:29:14.0	John Deshotel 36:27
Peter Boulette 1:29:15.0 Keith Wilmot 1:32:09.0	Stephen O'Neil 37:44 W40 Ann McLinden 46:26
Larry Varchetti 1:32:26.0	Deborah Bauman 46:59
M60 Paul Jensen 1:25:16.0	Mary Cox 51:11
Tom Lemire 1:31:25.0 Richard Teitz 1:31:54.0	M45 Joey Melanson 35:15
Doug Hamm 1:33:04.0	Derrick Lee 37:32
Marshall Jones 1:34:34.0	Randall Thompson 41:52
M65 Jose Badillo 1:38:03.0 Jim Braden 1:40:21.0	W45 Sue Holloway 46:02
Tom McLaughlin 1:44:18.0	Kimberly Hebert 46:48
Chet Gibula 1:58:14.0	Cynthia Murphy 51:03 M50 Al Guerara 39:09
Paul Flynn 2:26:26.0 M70 Frank McKinnis 2:24:00.0	M50 AL Guerara 39:09 Mike Alexander 39:46
Spencer Mann 2:32:48.0	Edwin Patout 45:52
B. J. Wolf 2:47:39.0 John Graham 2:51:39.0	W50 Marion Robinson 48:04
Don Helmea 2:56:44.0	Rosa Bischoff 50:38
M75 Jack Coldwell 2:17:20.0	Karen Wolfsheimer 54:37
W40 Susan Loken 1:16:26.0 Patti S-Garbrec 1:23:12.0	M55 Robert Atkins 42:04
Colleen Forshee 1:28:27.0	Randy Ellis 42:37
Renee Sacco 1:29:08.0	Jeff Sims 46:08
Frances McKissick1:29:16.0 Susan Adams 1:30:44.0	W55 Maureen Kromis 55:11
Sharon Sander 1:32:20.0	Sandy Giannobile 55:14 Joyce Ryder 1:11:36
Susan Talbot 1:33:39.0	M60 Tad Jurgens 41:21
W45Kimberlee Rouse1:33:54.0 Tammy Hovik 1:39:04.0	Bill Filcheck 42:34
Cathy Condon 1:40:32.0	Bill DeGravelles 43:06
Patricia Jones 1:40:48.0 Catherine Miller 1:43:14.0	W60 Yvonne Thomas 51:31
W50Teresa Triche 1:33:07.0	Isabel Rivera 55:38
Lynn Kleiman 1:36:59.0	Brenda Malone 1:05:18
Jan Lebourgeois 1:42:36.0 Lynn Alford 1:44:55.0	M65 Jerold Dagereaux 51:47 Jon Rincon 52:43
Cathy Fischer 1:48:40.0	Bill Jennings 53:37
W55Susie Kohagen 1:51:11.0	W65 Judy Kirschoffer 1:02:28
Rhonda Provost 1:51:44.0 Ximena Valdes 1:57:13.0	Barbara Bryan 1:28:42
Marianne Mulrey 1:58:56.0	M70 Larry Cinquemano 49:29
Sally Koch 2:04:21.0 W60Barbara Ogletree1:58:16.0	Larry Roy 50:41
Diana Camero 2:06:55.0	Ken Blanchard 55:10
Judy Richards 2:20:54.0	W70 Lucy Troxler 1:28:43
Maria Robinson 2:26:09.0 Carol Holt 2:47:15.0	Irma Landry 1:28:54 M75 Ralph Brewer 1:32.04
W65Ann Burford 3:41:10.0	M75 Ralph Brewer 1:32.04 W75 M.E. Norckauer 1:31:14
Judy Wingo 3:48:06.0	M80+ Dick Findlay 1:16:05
W70Bertie Jo Moore 3:27:50.0 W75Audrey Melvin 3:00:18.0	
Tribradicy moral crossress	Pearl Izumi Toe Stumpin'
Frigid 5 Miler	Trail Run 5 Mile Mannford, OK; Feb. 28
Edmond, OK; Feb. 21	
Overall Mark Thompson 24 25:09	Overall Kendall Robbins 15 32:4
Angela Widener 33 32:56	Fride Vullum 28 34:5
M40 Mark Dinges 35:01 Mike King 35:03	M40 Danny Ponder 45 35:3 Steve Lee 48 36:5
M45 Donnie Harris 30:58	Darryl Stillson 46 38:0
Mark Bravo 31:09 Mark Myles 31:36	Chip Cooper 52 46:1
Dave Stapleton 31:54	M60 Andy Hogan 64 45:0 Adrian Wolford 66 51:4
M50 Randy Heierding 31:01 Roger Gartman 34:37	M70+Michael Waller 76 67:2
Doug Cunningham 35:47	W40 Pricilla Godi 42 39:1 Julie Thomas 41 39:3
Bill Thompson 34:48	W50 Donna Spencer 52 48:0
Ron Kuykendall 34:55	Lenice Stanford 54 74:2
M60 Chuck Butler 36:50 Jim Tabor 37:55	WEST
	Marine Marine and the Control of the

Overall	
Kendall Robbins 15	32:44
Fride Vullum 28	34:50
M40 Danny Ponder 45	35:39
Steve Lee 48	36:51
Darryl Stillson 46	38:09
M50 Chas Holcomb 53	45:34
Chip Cooper 52	46:12
M60 Andy Hogan 64	45:05
Adrian Wolford 66	51:41
M70+Michael Waller 76	67:29
W40 Pricilla Godi 42	39:15
Julie Thomas 41	39:34
W50 Donna Spencer 52	48:08
Lenice Stanford 54	74:21

#### WEST

Los Angeles	Marathon
Los Angeles,	
orall	

Los Aligeres, CA, mai.			
all			
d Karui 26	2:13:41		
zdnyakova 49	2:30:17		
Reynaldo Ramirez	2:35:38		
John Clark	2:40:53		
Ezequiel Hernande	z 2:53:38		
Pedro Avalos	2:55:56		
Chuck Teixeira	2:56:22		
Jay Sloane	3:00:07		
Steve Greenwell	3:01:41		
Earl Zilles	3:02:13		
Jose Castillo	3:02:06		
	3:02:28		
James Marquez	3:06:09		
Rich Blagden	3:06:16		
Ernesto Garcia	3:08:37		
Jose Magana	3:09:53		
Arturo Gonzalez	3:09:49		
JoseLuis Diaz	2:44:59		
	all d Karui 26 szdnyakova 49 Reynaldo Ramirez John Clark Ezequiel Hernande Pedro Avalos Chuck Teixeira Jay Sloane Steve Greenwell Earl Zilles Jose Castillo Anthony Peng James Marquez Rich Blagden Ernesto Garcia Jose Magana Arturo Gonzalez		

ľ	aster	SHEWS	
į		James Brennan	2:54:00
		Tim Taylor	2:56:34
١		John Araujo	2:58:10
١		Shigy Suzuki	2:59:55
١		Mark Penn William McDermott	3 02 49 3 01 37
١		Kie Soohoo	3 05 41
١		Jacques Romi	3 06 00
١		Ismael Favela	3:07:44
		Romeo Iraheta	3:09:44
		Kurt Madden	3:11:45
		Gonzalo Samaniego	
		Saeed Gordafarid Angel Perez	3:13:16
ı	M50	Margarito Hernandez	
ı		John Hirschberger	3:03:19
١		Steven Watanabe	3:06:38
١		Bill Kissell	3:14:02
١		Zazaro Caniarlo	3:14:43
١		Carlos Saturno Paul Nicholson	3.15.00
١		Craig Mead	3 19 06
١		Armando Hernandez	
ı		Lupe Rodriguez	3 20 59
1		Juan Cano	3:21:25
1		Idelfonso Perez	3:21:05
١	M55	Jussi Hamalainen	3:06:53
١	5. 4.11	Wayne Mitchell	3:14:02
١		Benjamin Caro Juan Romero	3:17:11
١		Andranik Azatyan	3:22:17
١		Donald Ocana	3 33 28
١		Doug Arcus	3:35:23
	11	Joe Ogata	3:36:44
		Roger Weingaertner	
	9 . 9	Vazgen Vartanian	3:42:49
١		Mike Jamieson	3:41:36
1		Georgio Rebuha	3:46:50
١	M60	Julian Barrera Richard Hillestad	3:08:53
1	-	Roberto Murrillo	3:28:38
١		Michael Mahler	3:29:50
1		Hiroaki Eki	3:38:05
		Lynn Borland	3:38:33
١		Francisco Vitela	3:46:33
١	- VeX	Mike Lopez	3:46:23
١		Freddie Perez	3:48:14
1	M65	Suresh lyengar	3:50:30
١	MOS	Roberto Vargas Hongsoon Kwon	4:21:50
		Ernesto S Servin	4:25:48
١	- 19	Jim Grindley	4:26:37
1		Clarence Hunter	4:34:12
١		Justin Gettings	4:41:45
1		Ron Robrine	4:43:28
١		Ted Alarcon	4:45:59
1		Stan Lisiewicz	4:44:35
١	M70	Joe Villalpando	4:25:41
١		Harold Vance	4:29:14
		Paul Strub	5:20:23
١		William Wall	5:28:41
١		STANLEY POLSKI	5:26:23
1		George Thompson	5:25:08
		Stephen Bland Horst Sprung	5 29 36 5 44 24
	M75	Daniel Peros	3:58:35
J		George Border	4:19:39
		Leonard Silver	5:09:51
J	4 4 4	Jong Sung Kim	5:25:27
1		Roque Torres	5:34:20
1		Edgar Driver Tom McKiernan	5:35:47
J		Reinhold Ullrich	6:12:07
	M80	Salvador Avila	5:43:52
	00	Peter Lang	7:00:19
		James Houtz	7:44:50
	The state of	Arthur Bednersh	8:12:45
		George Davis	8:37:03
1	-	Albert Pugliese	9:01:18
		Don Brown Shane Epps 96	6:09:25
J		Ernest Van Leeuwen 91	7:16:09
		John Carter	7:23:23
	W40	Tracy Thomas	3:18:38
	**40	Katie Tapia	3:28:16
		Dar Ramirez	3:28:08
		Rebecca Steinkraus	
١	1	Rossana Robinson	3:36:32
J		Margaret Gibson	3:41:25
		Laura Salman Lucrecia Jacobson	3:42:14
١		Julie Jaross	3.48.40
١		Michelle Kobrin	3:51:33
1		Camille Oribio	3:54:12
J		Susan Spira	3:54:35
I		Araceli Aguilar	3:54:56
J		Romy Suzuki	3.56.16
J	W45	Elena Abreu	3:56:57 2:30:17
-4	VV45	Taty. Pozdnyakova	
ı		Christa Koot	3-20-47
		Christa Koot Marie Romero	3:20:47

	Sara Brito	3:36:17
	Constance Boyd	3 46 49
	Amelia Garcia	3:47:17
	Atsuko Yamada Olivia Abeyta	3 50 36
	Donna Watts	3 52 43
	Gina Catania	3:55:43
	Berith Velasquez	3:55:48
	OLGA REYES	4:02:46
	Susan Olsen	4:03:12
	Karen Beerman	4:03:31
	Saeko Tanaka	4:04:16
W50		3:33:19
	Chiseko Yamaguchi	
	Liliana Arroyo	3:38:59
	Carolyn Gill Mowa Mc Clare	3:59:33
	Carol Davenport	3:54:08
	Ivory Phillips	4:04:26
	Arlene Fichman	4:07:31
	Arzenia Redcross	4:07:51
	Sandy Salisbury	4:08:29
	Maureen Kennedy	4:11:09
	Sonia Nam	4:11:02
W55	Joann Jung	3:52:17
	Marciano Saldana Carol Schreder	3:53:38
	Patricia Bates	4:13:27
	Odette Osantowski	4:14:48
	Angie Romero	4:27:56
	Hilda Herrera-Adler	4:26:32
	Marleny Hernandez	4:26:45
	Ann Tack	4:34:06
	Sharlene Anderson	4:40:09
	Madeleine Sovronec	
	Myung Kim	4:40:14
W60	Barbara Warren	4:15:24
	Cathie Jetton	4:51:52
	Lien Hidalgo Dawn Waterhouse	4:51:51
	Gloria Gusman	5:08:41
	Darlene Galindo	5:17:51
	Carrie Slayback	5:11:12
	Jessica Hendra	5:35:37
	Margaret Waldron	5:31:56
	Sylvia Grindley	5:38:28
W65	Maria Gutierrez	4:45:17
	Marilyn Clark	5:04:18
	Elaine Murphy	5:14:25
	Diana Wallach Winnie Smidt	5:19:40
	Mary Baker	5:48:11 5:48:11
	Virginia Lespron	6:02:35
	Maxine Tomisser	6:09:32
	Vera Walker	6:06:54
	Mary Hack	6:08:21
W70	Ann Chadwick	5:58:39
	Kathleen Callaway	6:34:40
	Emily Hernandez	6:39:03
	Patricia DeVita	6:48:15
	Juan Molina	6:51:00
	Julia Barrett	7:07:23
	Joyce Duval	7:09:53
	Elaine Herfert	7:06:44
	Lenore Rebeschini Jai Kim	7:23:31
W75		7:12:51
W80	Cynthia Yamaguchi	
	NTERNATIO.	NAL
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Spa	nish Veterans Ma	
	Valencia; Feb. 1	
	10 10 1	0 40 0

	Valencia; Feb. 1	
M40	A Bernardino Cordero	2:40:22
	L M Canfrac Doblas	2:42:45
	E Estevez Gonzalez	2:43:50
	J A Munoz Bello	2:48:25
M45	A Diez Gutierrez	2:28:32
	R Fraile Pechero	2:35:18
1	R Rodriguez Crespo	2:35:20
	P Rios Rodriguez	2:47:16
	G Sanpedro Santin	2:49:13
M50	E Baidez Estanislao	2:39:38
100	R Garcia Garci	2:47:06
	F Pablos Alvarado	2:56:13
	J M Ojeda Garcia	2:58:01
W/100-100	C O Carrascoso	2:58:42
M55	A Martin Cuellar	2:45:28
W. F.	Juan Sole Fa	2:46:49
	G Ascacibar Soriano	2:51:58
	D de la Tapia Sanchez	2:52:07
M60	A Gomez Piqueras	2:58:46
	J Alba Tutusaus	3:00:08
		3:23:29
M65		3:13:26
	J Llorens Muniz	3:36:08

	M70	P Munoz Munoz	4:00:23
۱		M Paz Suarez	4:09:27
ı	M75	I Leon Ortega	4:55.56
ı	W40	A Munoz Culebras	3:09:18
١		L Franco Jara	3:12.52
ı		C Galvan Soriano	3:38.12
		M A Novella Herrero	3:42.01
١	W45	J Gadea Sebastia	3:08:10
١		M T Garcia Gomez	3:32:56
1	W50	M F Olarra Unsain	3:30.03
		M Riquelme del Blan	4:06.44
۱	W55	R Gesto Gonzalez	3:29.10

#### RACEWALKING

#### Henry Laskau/Florida 10K Racewalk Championships Coconut Creek; Feb. 22

M50 Juan Yanes	54:42
M55 John Fredericks	1:00:57
Gary Null	1:01:39
M60 Dan Dock	1:08:29
M65 Paul Johnson	1:01:19
Peter Bayer	1:07:55
M70 Bob Fine	1:09:05
M75 Daniel DeMauro	1:12:37
Jerome Kauffman	1:22:25
Herman Smolar	1:31:46
W40 Carolyn Kealty	53:31
Lisa Sonntag	53:37
W55 Linda Stein	1:06:47
Heather Mitchell	1:12:22
June Marie Provost	1:08:26
Marcia Shafmaster	1:23:35
W75 Ruth Perraud	1:30:47
Connecticut Racew	alkers

# Indoor Mall 3K

Overa		
Tim D	avidson UN	14:52
Dana	Vered WUSA	16:17
M40	Alexis DavidsonESTO	17:02
M50	Joe Light NEW	16:09
	Joe Steele CTRW	27:29
M60	David Baldwin MRW	16:39
	Gus Davis CYRW	20:59
M70	Bob Barrett PRW	16:42
M80	Charles Boyle UN	20:55
W40	G Armstrong CTRW	19:36

#### Willie L. Lewis Memorial 3000m Racewalk **Mason Dixon Games** Louisville, KY; Mar. 6

Over	all	
Doug	Johnson 43	14:39.62
Elizabeth Main 53		18:35.13
M40	Doug Johnson	14:39:62
	Drew Swonder	14:43.24
	Ed Fitch	15:54.50
M50	Vince Peters	17:03.45
M55	Randy Stiles	18:33.50
M65	Tom Keller	21:54:22
M70-	+Cedric Hustace	19:02.84
W45	Suzanne Wills	18:55.67
W50	Elizabeth Main	18:35.13

#### New Zealand National T&F Championships Hamilton; Mar. 7

10K	Road Walk	
M40	Stjephen Appel	49:48
M50	Michael Harte	50:35
	Eric Kemsley	53:26
M60	Gary Little	49:01
	Michael Burkinshaw	1:06:13
M65	Eric Saxby	1:00:13
M75	Thomas McSeeney	1:22:58
W40	Gillian MacDougall	59:20
W50	Sharon McDonald	1:00:36
	Sheryl Miratana	1:15:19
W60	Loloma Foster	1:09:32
W65	Alett Tentusscher	1:16:43

# NATIONAL MASTERS NEWS

3:48:02

R Martin Alonso

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