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

201st Issue \$2.50 May, 1995

Mondragon Wins in Boston

by MARILYN J. MITCHELL

Running in a starting temperature of 47°F, with visibility of 25 miles and a 10-mile-per-hour wind, Martin Mondragon, 41, of Toluca, Mexico took the male masters division in 2:16:29 (17th overall) in the 99th running of the Boston Marathon, April 17.

Irina Bondarchouk, 42, of Russia took the female masters title with a time of 2:43:42 (18th woman overall).

Each took home US\$10,000 for their wins. Overall winners were Cosmos Ndeti (Kenya, 2:09:22) and Uta Pippig (Germany and Boulder, Colo., 2:25:11). Ndefi became only the third

man in Boston history to win three consecutive times (Bill Rodgers was the last man to do so). Pippig won for the second straight year.

Mondragon said through an interpreter: "The crowds were very supportive. I trained very hard for this race. After being fourth last year, I wanted to show I could do better.'

Since turning 40 in 1993, Mondragon has won over 50 masters races, with last year's Boston fourth his only masters loss. Last month at the Azalea 10K he posted a world masters best of 28:58 and plans on running the

Continued on page 20

Baymiller Best Runner in USA 5K

by JERRY WOJCIK

S. Rae Baymiller, 51, of New York City, turned in the best age-graded performance of all finishers in the USATF National Masters 5K Championships, held along with the Carlsbad 5000 in Carlsbad, Calif., on April 2.

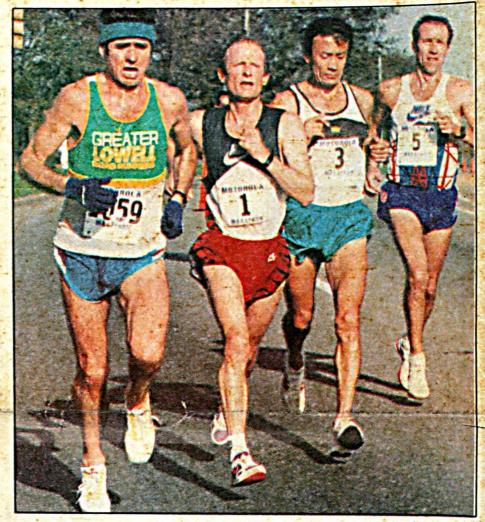
Baymiller's W50-54 victory in 17:57 equaled an age-graded 92.7% and earned her the top prize of \$500. Joan Ottaway, 50, Sausalito, Calif., second to Baymiller in the W50 race with an 18:08, was also runner-up on the agegraded performance list with a 90.9%, worth \$250.

Doug Bell, 44, Greeley, Colo., se-

cond in 15:17 to masters overall winner Francesjon Gailson, 41, Kirkwood, Calif., who ran a 15:00, beat out Gailson (90.5%) in the performance sweepstakes with a 90.8% for the \$150 third prize. Gailson collected \$100.

Honor Fetherston, 40, Mill Valley, Calif., won another women's masters race, with a 17:15. Fetherston's recent wins include the USATF Masters Half-Marathon Championships in Las Vegas, and the 1500 in the 1995 Masters Indoor Championships in

In addition to the top-notch out-of-Continued on page 17



At the 17-mile point, masters runners Vladimir Krivoy #1059, Doug Kurtis #1, Leonid Moceev #3, and Jeff Wells #5 are almost in the same spots as in the finish, Austin Marathon, Austin, Texas, March 5. Moceev, 42, was first in 2:27:56; Luis Lopez, 45, not pictured, was second with the same time; Krivoy, 44, third in 2:27:59; Kurtis, 42, fourth in 2:29:29; and Wells, fifth in 2:29:45. Story on page

Three Major Events to Draw 15,000

Three of the biggest events in the history of U.S. masters athletics will be held in the next 90 days.

First, the U.S. National Senior Sports Classic V — the Senior Olympics, will draw upwards of 8000 age 55 + qualifiers to San Antonio, May 17-24 for competition in 18 different

Sprinters Star

by JERRY WOJCIK

Delaware, Newark, on March 19, came from the sprinters, with one exception. Edwin Lukens, 73, of the Syracuse Chargers TC, ran the 55m hurdles in 9.87 for an outstanding world-class (90 + %) age-graded 98.6%. He was also the top triple jumper with a 91.8%

sports. Among them will be more than 1500 track and field competitors.

On July 5-9, as many as 1600 age-30and-over athletes will descend on East Lansing, Mich., for the 28th annual USA Masters Track and Field Championships.

Continued on page 30

in East Regionals

The best performances in the USATF East Regional Masters T&F Championships at the University of

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W55 top three (from left): Marie Boles, 3rd, 61:52; Barbara Zamparelli, 1st, 56:59; and Ellen Hum-Photo by Tesh Teshima phrey, 2nd, 58:04, Straub Women's 10K, Honolulu, March 5.

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The National Masters News is devoted exclusively to track & field, long distance running, and racewalking for men and women over age 30. Each month it delivers 24 to 48 pages of results, schedules, entry forms, age records, rankings, photos, articles, training tips, and all the inside scoops and information that affect the world of masters athletics competition.

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

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

317/261-0500. There are no qualifying standards for st masters athletics events.

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1995 USA Track & Field National Masters

Michigan State University Ralph Young Track

Outdoor Championships

July 5 - 9, 1995

GENERAL INFORMATION

Eligibility:

Competition is open to all men and women 30 years of age and older. Age on July 5, 1995 will determine a competitor's age group. Individual competitions will be held in age groups of 5year increments starting at age 30. Relays will be held in age groups of 10 year increments.

Proof of registration with USA Track & Field will be required from all U.S. citizens. Registration will be available on-site, at \$15.00. We strongly urge you to obtain your USATF card in advance through your local Association. Competitors must present their USATF cards when picking up their packet. Foreigners may compete as guests with no USATF registration

Proof of date of birth will be required from all competitors in advance. A photocopy of driver's license, passport, or birth certificate must be sent with your entry form to ensure eligibility.

Awards:

USATF Championship medals will be awarded to the top three (3) U.S. citizens in each age division of each championship final. Foreign guest competitors finishing in the top three will receive a non-championship medal. All competitors will receive a Certificate of Participation.

Entry Fees

Entry fee is \$25.00 for the first event, \$15.00 for the second event, \$15.00 for the third event, and \$10.00 for all subsequent events. Pentathlon entry is \$25.00 and cannot be counted as your first Procedures: event. Relays are \$40.00 per team, payable one hour before the start of the race. Make check payable to the "Flint International Track Club."

> Each competitor will receive a commemorative USA National Masters T-Shirt as part of the entry fee. Each additional T-Shirt(s) may be purchased for \$10.00 in advance or \$13.00 on-site.

All entries must be received by June 16, 1995. Confirmation of entry will be sent to all competitors who have registered by June 10, 1995. (If your form is received after June 10, no confirmation will be sent.) Late entries received after June 16th will be assessed a \$25.00 penalty. Absolutely no entries will be accepted after June 25, 1995.

No entry will be considered complete unless it is accompanied by full payment of fees. There will be no refunds of entry fees for any reason.

Relays:

Relays must be comprised of duly accredited athletes from a single club or Region. Teams will be divided into 10-year age groups. Entries will be taken on-site only. Entry fee is \$40.00 per team. If any relay team members have not also entered an open event they will be required to provide proof of date of birth and USATF card.

Packet Pick-Up: Competitors may pick up their packets at the Meet Headquarters in the Kellogg Center Hotel on Tuesday evening from 6:00 p.m. to 10:00 p.m.; or at the "Ralph Young Track and Field Facility" beginning Wednesday morning. Hours:

Wednesday - Friday, July 5 - 7; 8 a.m. - 6 p.m. Saturday - Sunday, July 8 - 9; 9 a.m. - Noon

Declarations: Declarations must be made at least one hour before the scheduled start of the event. Events starting before 10:00 a.m. may be declared on the evening prior. Declaration sign-up area will be located at "Ralph Young Track."

Air Travel:

The Championship Organizing Committee has been able to obtain air discounts on NORTII-WEST AIRLINES through SPARTAN TRAVEL of five (5) percent on any available discounted fares and ten (10) percent on any unrestricted ticket. Spartan Travel will accommodate you by routing you to East Lansing, then to Buffalo and back to your original destination, if desired. Spartan Travel will also provide buses (Blue Lakes Charter) to Buffalo on July 10, 1995 at a very low cost of \$40.00. Buses to Buffalo are one-way.

Spartan Travel has a contract with Hertz to supply discounts of their car rentals to the Master Nationals. We suggest that you make reservations early.

You may call 1-800-968-2238 or 1-517-351-1080 for Spartan Travel and Hertz, Monday through Friday, 6:30 a.m. to 7:00 p.m. and Saturday, 10:00 a.m. to 1:00 p.m., E.S.T. When calling ask for the "1995 Masters National Outdoor Championship."

Accommodations - Hotel/Motel: The Championships Organizing Committee has blocked rooms in the East
Lansing area. For information on Hotel/Motel housing or the availability of Michigan State
University dormitory, contact the GREATER LANSING CONVENTION & VISITOR'S
BUREAU at 1-800-648-6630 or 1-517-487-6800, Fax - 1-517-487-5151. Many of the hotels/
motels are near "Ralph Young Track" and the dormitory housing is directly across from the track.
Mail the housing information to U.S.A. Track & Field Housing Bureau, P.O. Box 15066, Lansing, Michigan 48901.

The price per day for double occupancy dormitory housing includes three meals per day, \$36.75 or two meals, \$30.75. Single occupancy: three meals per day, \$42.50 or two meals, \$36.50.

To guarantee your dormitory housing, please return the attached form with full payment by check or money order, made out to "Michigan State University," If cancellation notice is received by July 1, 1995, you will receive a full refund less a \$20.00 administrative fee.

Free shuttles for athletes and accompanying persons will be available from the airport to the major hotels and the dorms on Tuesday, July 4th; Wednesday, July 5th; Thursday, July 6th. Free return shuttle to the airport will be available on Sunday, July 9th, and on Monday, July 10th, (before noon), from the dormitories.

Most hotels will provide free shuttles to and from the airport. Ask the "Greater Lansing Convention and Visitor's Bureau" for further information.

mission: Admission on each day of the competition will be \$3.00 (children 10 and under admitted free). You may also purchase a five (5) day package plan for \$10.00. Athletes will receive free admission to all sessions upon presentation of their competition number and athletes

Equipment: Maximum spike length is 1/4" for all surfaces. Meet management will have field event implements and starting blocks available for use by all competitors.

At the 1994 USATF Convention the rule was changed to allow privately owned throwing implements to be exempt from the loss of identity rule. In other words, implements that belong to individuals may be used (provided they comply with required specifications). But implements that belong to individuals do not have to be shared with the other athletes during the competition

ship Dinner/Dance: a post-meet dinner/dance will be open to all athletes and a persons. This dinner/dance will be held at the "Kellogg Center" on campus at the end of the competition on Friday, July 7th. The cost is \$12.50 per person. To ensure your space at the dinner/dance, pre-purchase of tickets with your entry form is highly encouraged.

Note: Exact event starting times will be determined after all entries have been received and entered into the computer. However, under no circumstances will an event be changed from the day listed below.

5000 Meters Track Walk (W) (M) 800 Meters - Trials (W) (M) 800 Meters - Trials (W) (M) Long Jump (W) Javelin (W) Pole Vault (M 50-65) High Jump (M 30-49) Short Hurdles - Trials (W) (M) 400 Meters - Trials (W) (M)

mer (M) Long Jump (M 50+)

Friday, July 7th
A.M. Short Hurdles - Finals (W) (M)
1500 Meters - Trials (W) (M)
Long Hurdles - Trials (M) (W)
Pole Vault (M 40 & 45)

Discus (M) High Jump (W) 100 Meters - Trials (W) (M) 400 Meters - Finals (W) (M) Steeplechase (M) (W) Hammer (W) High Jump (M 50+) Pole Vault (M 30 & 35)

Saturday, July 8th 10,000 Meters (W) (M) Long Hurdles - Finals (W) (M) Shot Put (W) Javelin (M 60+)

Javelin (M 60+)
Long Jump (M 30-49)
100 Meters - Finals (W) (M)
800 Meters - Finals (W) (M)
200 Meters - Tinals (W) (M)
4 x 100 Regional Relays (W)* (M)*
Javelin (M 30-59)
Pole Vault (W) (M 70+)
Shot Put (M 60+)

20K Road Walk (M)

1500 Meters - Finals (W) (M) 200 Meters - Finals (W) (M) Shot Pui (M 30-59)

Shot Pu (M 30-59)
Triple Jump (W) (M)
Discus (W)
Age-Graded 100M (W)* (M)*
4 x 800M Relay (W) (M)
4 x 100M Relay (W) (M)
4 x 400M Relay (W) (M)

(*) Non-Championship Events • Short Hurdles: 80/100/110 Meters • Long Hurdles: 300/400 Meters

HOTEL/DORMITORY RESERVATION

All spaces must be filled out completely - type or print clearly.

- Hotels requ. : a credit card guarantee.
- nation will be sent directly by your assigned hotel. Do not send room hotel depo
- Reservation requests must be received no later than June 2, 1995. Rates are not guaranteed after this date.

PLEASE MAIL FORM DIRECTLY TO: U.S.A. Track & Field Housing Bureau P.O. Box 15066 Lansing, MI 48901-5066

OR CALL: 1-800-648-6630

A RESIDENCE	Address	City/State/Zip	Self from the
	Arrival Date	Departure Date	

3-Meal Plan or 2-Meal Plan

tee your dormitory housing, please return this form with full payment by check or money order made out to "Michigan State Un

1995 USA TRACK & FIELD NATIONAL MASTERS OUTDOOR CHAMPIONSHIPS East Lansing, Michigan COMPETITION ENTRY FORM

ALL ENTRIES MUST BE RECEIVED BY JUNE 25, 1995. (Please print clearly)

Family Name	Block Heat Sweet	First Name
Address	3. 3. 3. 3. 3. 3. 3. 3. 3. 3. 3. 3. 3. 3	Telephone (daytime)
City		Telephone (evening)
State	Postal Code	Country
1995 USATF #		Team
U.S. Citizen (Y/N)	Male/Female (M/F)	Date of Birth: Mo Day Year Age
	ENTRY FEES	an of July 5, 1995

Pentathion Entry Fee \$25.00

Ist Event Fee - \$25.00

3rd Event Fee - \$15.00

4+ Event Fee ___ @ \$10.00

Surcharge for Entries Received after June 16th (\$25.00)

pleaship Supporter (optional - \$25.00)

Free Athlete T-Shirt (circle size: S - M - L - XL - XXL)

al T-Shirts) _____ @ \$10.00 (S - M - L - XL - XXL) _

Official 1995 National Masters Meet Program ___@ \$3.00

Total Amount Enclosed

Note: The pentathion entry fee is separate from all other event fees. If you compete in more than the pentathino, the first additional event is considered your "first event".

me of Even



Please seat this entry form to:
USATF NATIONAL MASTERS OUTDOOR CHAMPIONSHIPS / USA TRACK & FIELD HOUSING BUREAU,
P.O. BOX 15066, EAST LANSING, MICHIGAN 48901-5066
For technical information about the competition, call Meet Directors, Randolph Williams or Jacqueline Williams at (313) 834-0378.

WAIVER

WALVER

I hereby declare that I am in good health and am properly conditioned for the competitions, and that I am of the stated age on this application. I absolutely relie the "Flint International Track Club," USATF. Michigan Association, USA Track & Field, the corporate sponsors, and Michigan State University of any responsibility for any injury, loss or damage to myself or my property which I may sustain in the course of (or in connection with) the 1995 USATF National Maste Outdoor Championships. I also verify that I am registered for (or will registered in East Lansing, MI) the 1995 year with USA Track & Field.



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

INDOOR NATIONALS

I wish to extend my warmest thanks to everyone who helped make it possible for me to compete at the USATF National Masters Indoor Track and Field Championships in Reno.

The highlight was being singled out on the victory stand for my effort while being disabled. By the way, it was a stroke, not a heart attack as mentioned in the "Weight Room" article.

I would like to name just a few whom I met and appreciate even more: Jerry Wojcik, Suzy Hess, and Jane Dods in the NMN office; Barbara Kousky, Scott Thornsley and Joan Stratton for special consideration; the officials in the weight throws area, especially those who carried the superweight to the circle. It was very much appreciated.

To such oustanding throwers as Joe Keshmiri, Russ Hodge, Tom Gage, Dick Hotchkiss, George Matthews, Ken Weinbel, Stewart Thomson, Leo Olson, and Tom Wesselowski, to name a few. Oh yes, a hearty thanks to Bill Bowser and his staff for a great meet.

Lastly, but not least, the diehards from my Kel Club, Gary Kelmenson, Eric Hodgdon and Don Hughes, all of whom encouraged me most and made it possible for me to compete. Thank you all for help making this "certified disabled" closest to feeling "normal" since my stroke. How lucky I am to be included in such a fine organization with so many oustanding people in it.

Gary L. Dawson Sunnyvale, California The 1995 National Indoor Championships Meet Directors are to be complimented. Some glitches were evident, especially the long time schedule delays for the throws; however, overall the meet received accolades from the competitors.

I want to especially commend the throws officials for their efforts and professionalism. The protest throwing by the "one-hand" advocates was handled with minimum disruption. Because of meet management foresight, all potential record throws were remeasured, implements weighed, and marks immediately certified. As a result, we finally have official records for the indoor superweight throw after years of championship competition without.

The number of throws competitors continues to grow. It is important to address the problem of time schedules for future meets. I encourage those with constructive ideas to send them to me so that appropriate recommendations may be made.

Ken Weinbel Masters Weight Coordinator Seattle, Washington

I would like to congratulate the winners in the 1995 National Indoor Championships, and I certainly hope that they received their gold medals.

I won a gold medal in the M55 triple jump at the 1994 Championships in Columbia, Mo., but they were out of gold medals, and I still haven't received my award yet. The best of luck to all 1995 gold winners. I hope you received your medals.

Charles Richard Lafayette, Louisiana

ABDUCTION

I was intrigued by the captivating story in the April issue about the abduction of Mike Tymn. I believe the same thing happened to me a couple of years ago. In fact, that is how I became involved in masters track. I also had difficulty in telling my story. My computer actually vaporized as I was printing the draft. That was really expensive! When I told a friend about this, he moved to California and has not been heard from since.

Now I can go public with my story since Mike has blazed the trail, and he will take all the flak for being a kook. Perhaps our other alien masters athletes will also identify themselves.

I will send you my complete story next year on April 1.

Courtland P. Gray Dallas, Texas

BRUCE ROBINSON

I was shocked to learn of the passing of Bruce Robinson. As Chair for Masters LDR of the Southern California Association, he served all athletes with action, concern and pleasure. He served as race director for numerous national championships over the years.

Bruce had a great deal to give and thus his absence will be very difficult to fill. Our legacy to Bruce is to ever improve upon his past efforts.

Charles DesJardins Carson City, Nevada

KUDOS

At the 1994 National Championships

ULTIMAX

David Kim, second M50 (9:39:58), USATF National Masters 100K Championships, Sacramento, Feb. 18. Photo by Jane Byng

in Eugene, Don Saunders, my husband, fell in the M70 100m finals but managed to finish third. Later, he had a heart attack in the Bowerman Building. We are grateful for the wonderful Dr. Chappell and Dr. Phillip Taggart, who were at the event, and the Eugene ambulance service and volunteers, who gave Don immediate attention and got him to the hospital in a short time.

He did spend six days in Sacred Heart Hospital in Eugene and is now doing really well after their fine care.

I want to thank Paul Dungan for the excellent video of the 100m race. We were wondering, since Don will no longer be able to participate in T&F after five wonderful years, if anyone made a video of the M70 long jump, in which Don also took a third. If so, we would appreciate hearing from them.

Even though Don suffered the heart attack, we had a great time in Eugene.

Blanche Saunders

Hayden, Idaho

I just received the first copy of the "new" National Masters News and found more joy in reading it than in the past, due to the new layout, format and photographs.

If we here at the office can be of any assistance, please let me know.

Ollan C. Cassell
Executive Director
USA Track & Field, Indianapolis

Twelve Join NMN Sustainers

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

Special thanks this month go to:

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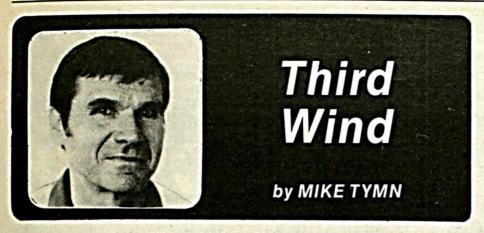
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The Fudge Factor

(Truth does not consist in minute accuracy of detail, but in conveying a right impression; and there are vague ways of speaking that are truer than strict facts would be. When the Psalmist said, "Rivers of water run down mine eyes, because men keep not thy law," he did not state the fact, but he stated a truth deeper than fact, and truer. — Henry Alford)

hile interviewing the winner of a Honolulu race for the morning daily not too long ago, I had the interview process turned around on me by the jubilant victor, a newcomer to the Islands. "I heard you used to win races around here quite a bit," he said. "What kind of times were you running?"

As I usually do when this question is put to me, I hesitated before answering, trying to figure out if I should let my ego get in the way of the truth. But, complicating the situation was the fact that I didn't know the truth. I still don't.

Usually, when another road runner asks about your best times, he wants to know your best effort at 10K, since it seems to be the distance best suited for comparisons.

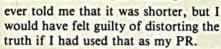
I could have answered the young winner that my best 10K is 29:22, a time I was credited with about 20 years ago for winning a local race advertised as being 10 kilometers. However, I know full well that the course was significantly shorter, probably closer to 5.9 miles than 6.2.

Short Course?

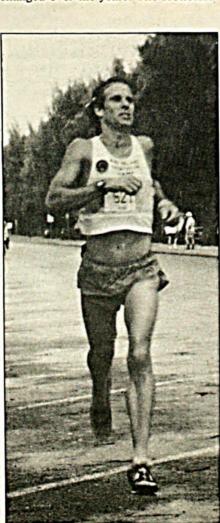
A just slightly more credible time I could have used is 29:58, accomplished in a second-place finish in a race in Oakland, Calif. just after turning 40, some 18 years ago. The winner, who had 2:17 marathon credentials, had finished only 20 seconds or so ahead of me and his time was in line with his marathon performance. Still, even though the weather was much cooler than I had been accustomed to in Hawaii, I concluded that the course had to be short as the time was some two minutes faster than I had been consistently running in Hawaii. No one

FIFTEEN YEARS AGO May, 1980

- Dan Conway (48:47) and Sandra Kiddy (59:03) Win National Masters 15K
- 400 Take Part in National Masters Indoor Championships in Syracuse, N.Y.
- Survey: Should WAVA Establish Eligibility Standards for World Games?

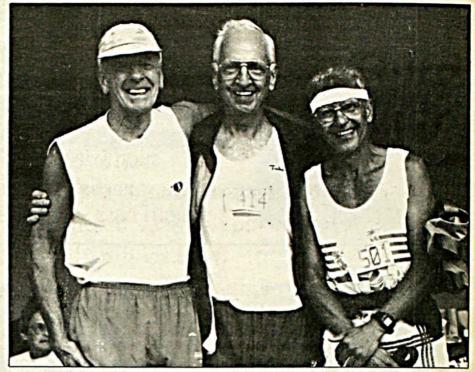


Many of today's runners don't realize that accurate measurement of road courses didn't become commonplace until the early 1980s. Most major marathons were "certified" beginning in the early '70s, but it took another 8-10 years before race participants began demanding accurately-measured courses at shorter distances. Even the certified courses of the '70s and early '80s now come up short as the methods of measurement have changed over the years. The Honolulu



Kelly McFate takes the M40 first (36:13), Faerber's 10K, Honolulu, March 12.

Photo by Tesh Teshima



Top three in the M65 division, Faerber's 10K, Honolulu, March 13, from left: Russell Allen (45:04), Bob Henninger (53:23), and George Gomez (52:27). Photo by Tesh Teshima

Marathon course that was "precisely" measured in 1973 was lengthened by around 150 yards a few years back.

Before the running boom hit us between 1968 and 1972, many road courses were measured with car odometers. Generally, odometers are off a couple of tenths over a 6.2-mile course. I once drove over a certified marathon course the day before running it and the odometer registered 27.8 miles, not 26.2.

After the Boom

After the running boom began, there seemed to be a little more concern with accurate measurement of race courses, but there was not the precision that is now required of a major event.

The answer I finally gave to the inquiring winner concerning my best 10K is the one I most often give when asked about my 10K PR - 31:38. That was my time for a second-place finish in a Boston, Mass. race back in 1979, when I was 42. I always state my age when I mention that "PR" and point out that road races in kilometers were not common in my younger years. We usually ran from the city hall to the high school track or from one landmark to another landmark, two loops of the town, or whatever. The place, not the distance and time, was what mattered most. Usually the distance was given in uneven miles. I end up sounding like I'm apologizing for running such a slow time.

I don't even remember the name of that Boston race, as it was just an event I had heard about while in the area on business. All I recall is that it was partially over the Paul Revere route. That time would have been a national 40-44 record at the time, but since it was never recognized as a record I can only conclude that the course was not certified or that the race director didn't submit the proper papers. I was told by the race director after the event that it was an accurately-measured course, but there was no discussion of certification since it wasn't common then.

As I had covered 11 miles, 500 and

some odd yards in a one-hour run on the track a few months earlier — a performance that converted to a 31:52 10K on the tables of comparative performance — I felt the Boston time was at least in the right range.

I don't recall when I ran my first race on a "certified" 10K course. I think it must have been a high 32- or low 33-minute time at around age 47 or

Entitled to Fudge

It seems to me that those of us who turned in our best performances before 1980 are entitled to some kind of fudge factor in making comparisons with today's runners. So what if some of the courses were short? The objective used to be to challenge runners with tough, hilly courses, not to offer flat and sterile terrain designed for fast times.

I had the honor of winning the first Norman K. Tamanaha Memorial 15K run, one of Hawaii's premiere races, back in 1978. After 17 annual races, my time for that race shows on the perpetual trophy as the slowest winning time in the event's history. What is not shown is that we started the race at 7:30 a.m. that year and had to battle the heat, whereas the starting time was moved back to 7 a.m. for three years and then to 6 a.m. beginning in 1982 to beat the heat.

When many of today's runners discuss their PRs they'll give you times on one-way, downhill, wind-aided courses in Boston, Pittsburgh, or St. George. If they can use those times as PRs, then why shouldn't we be allowed to "fudge" just a little to put things in proper perspective, especially if the fudging is not really a lie?

I tell myself that it really doesn't matter what my 10K PR is. Nobody really cares. I don't even care any more. Fudging, if that's what I'm doing in using 31:38 as my 10K PR, is nothing but an ego trip.

So what do I tell the next guy who asks about my 10K PR?

I think I'll just tell him that it was insignificant. □

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The **Foot Beat**

by JOHN W. PAGLIANO D.P.M.

Hamstring Strain

I'm 55 and run an average of six miles per day. My hamstrings hurt whenever I do fast running or extra-long runs. I do stretches as recom-• mended by a physical therapist, plus some quadricep strengthening, but I still have the problem. What can you recommend?

Hamstring strains and stiffness seem to come with age. Most of the 55year-old runners I know, including myself, suffer from tight hamstrings. • We all stretch but it doesn't seem to help.

We are trying to find a new regimen which includes less stretching to lessen irritation, and walking a half-mile prior to the workout or running program.

The review of the book Strength & Speed Ratings, 1994 edition, on p. 15 of the April issue was written by Jerry Wojcik, not Dale Harder. Harder is the author of the book.

We have added calcium, potassium and magnesium to the diet, all of which seem to help.

A switch to a high heel shoe with a good midsole is very helpful. Also, hot, moist soaks twice a day will help by bringing blood to the area.

(Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or Achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 50098, Eugene, OR 97405.)

Birmingham Track Club Classic Track & Field Meet June 24, 1995

ALABAMA Sports & Fitness

avia Hills High School

Facilities: Six-Lane Chevron Track, Chevron jump runway, grass javelin runway.

Age Divisions: Masters (age 30 and over) men and women will compete in five-year age groups. Open and youth (18 and

Entry Fees: Entries postmarked by June 15: \$12 first event, \$6 each additional, \$12 each relay race. Late Registration (including day of meet, one hour prior to event) \$15 first event, \$10 each additional.

Lodging: Holiday Inn (with Airport Transportation) I-65 South at exit 256. (205) 942-2041.

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

Special Awards: \$100 Knights of Columbus 100 meter dash (age-graded, distance handicapped) and other awards to be

Directors: Jeff Tesnow (205) 980-5152 and Dr. Rich Rizzulo (205) 956-3369 of Alabama Sports & Fitness magazine

SCHEDULE OF EVENTS 10am IIam.

80/100/110 hurdles

3pm 3:50 p.m. Knights of Columbus 100 meters

1:30 p.m. 30.00 4:45 p.m. 4x400 Relay 5000 meters

Field Events

10a m. First Flight for High Jump (Women & 60+ men), Pole Vault, Long Jump, Standing Long Jump, * Shot Put, Discus, FLIGHT ASSIGNMENTS BASED ON FIRST COME BASIS (postmarked date).

Second Flight for High Jump (n le Vault, Long Jump, Standing Long Jump, Shot Put, Discus.

I p.m. Third Flight for High Jump (males under 30), Pole Vault, Long Jump, Standing Long Jump, Shot Put, Discus.

First Flight for Javelin and Triple Jump

		3 p.m. Second Flight for Javelin and Triple Jump
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Moceev Takes Close Race in Austin Bondarchouk Wins Women's Title

by JERRY WOJCIK

We expect the first two or three finishers in the sprints and even in the occasional longer race to be credited with the same times, but how often do the top two in a marathon, after running 26.2 miles, finish with the same clocking?

The race for the masters first in the Austin, Texas, Marathon, March 5, ended with the first two finishing in 2:27:56. The finish was so close that Luis Lopez, 45, of Costa Rica, who threw his arms out to break the tape, was adjudged the winner until a review of the finish showed that Leonid Moceev's chest hit the line before Lopez's did. Meanwhile, Lopez had gone through the finishers' chute before Moceev, which caused officials to think that Lopez was the winner.

Later, Moceev, 42, of Russia, was awarded the \$2000 first-place masters

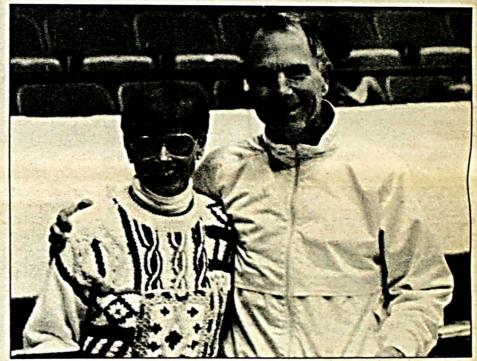
award and an airline ticket. Lopez collected \$1000, was mistakenly awarded an airline ticket and was on the way home before it could be recovered.

Just three seconds back, Vladimir Krivoy, 44, Halifax, Mass., was third, followed by Doug Kurtis, 42, Northville, Mich., in 2:29:29, and Jeff Wells, 40, Woodlands, Texas, in 2:29:45. Those first five masters placed 10th through 14th.

Last year's overall women's winner, Irina Bondarchouk, 42, of Russia, was second woman and 22nd overall this year with a 2:41:01. Jane Hutchison, 49, was second masters woman in 2:56:28. Women's awards equaled the men's.

The event included two-person and five-person marathon relays. All of the races drew a total of 4186 runners.

Motorola and Run-Tex were the primary sponsors.



First seniors (50+) Joyce Hodges-Hite (1:47:40), Millen, Ga., and Ben Dyer (1:20:08), Richmond, Va., Pomoco/Hampton Coliseum Half-Marathon, Hampton, Va., Feb. 12.

Photo by Harry Carlip

USA

Lincoln-Way Meet a Small Success

by MIKE DAVIS

Seventy men and women participated in the first masters meet to be held in the new fieldhouse of Lincoln-Way High School's Central Campus, New Lenox, Ill., March 11. Several outstanding performances were achieved in

DEADLINE

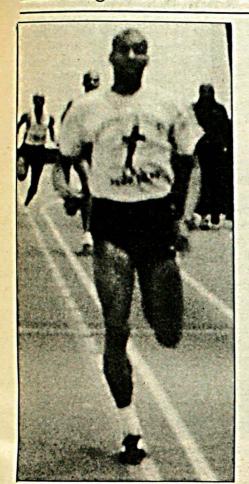
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this jewel of a facility, and many athletes requested that the meet become an annual event on the Midwest Masters T&F Club's indoor schedule, and possibly have a meet this summer at the school's ample outdoor

Peggy Whitlow, 48, broke Barbara Pike's W45 U.S. indoor 800 record of 2:31.3 set in 1987, with a 2:28.3. Many age groups were dominated by certain athletes, such as M35 Jeff Watry, M65 Chuck Sochor, and W70 Lorma Bauer, who ran the 55m in 12.0 and put the shot 19-1.

The Midwest Masters TFC and Decathlon Midwest TC co-hosted the meet, with some financial support from McDonald's Express/Amoco, White Hen Pantry, Coldwell Banker Bell, All State Insurance, and Pizza Hut.

East Regionals Draw 200



Mitch Lovett, winning the M30 400 in 51.5, USATF East Regional Masters Championships, U. of Delaware, Newark, March 19.

Photo by D. Lovett

Continued from page I

30-31/2. Leon Trout, 60, Shore AC, ran a 9.35 in the hurdles for an A-G 90.2%

In the 55m, Thomas Jones, 41, Maryland Masters TC, won the M40 race in a large field, with a 93.8% 6.74. James Stookey, 65, also of the MMTC, won the M65 55m contest from Jim Law, 69, by inches, with a 95.0% 7.84. Law, running for the Philadelphia Masters, ran a 7.85, but had his revenge in the 200, beating Stookey (27.62) with a 94.6% 27.42.

Larry Colbert, 58, M55 400 winner, broke into world-class territory with a 91.8% 57.45.

In the middle distance races, James Pryde, 41, MMTC, with a 2:02.33 800 (89.2%), and Al Swenson, 48, West Chester TC, with a 4:20.10 (89.3%), were the standouts.

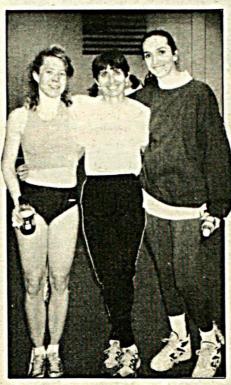
Sarah Boslaugh, 38, NY Masters, beat her top-ranked outdoor throw of 1994 (38-34) with a 39-11/2 in the 20-lb. weight, bettering the pending U.S. W35 record held by Joan Stratton at

James Carmines, 51, Potomac Valley, TC, was fastest in the 3000 racewalk, with a 14:21.18.

Fifty-five clubs were represented, including athletes from Nova Scotia and Cleveland's Over The Hill TC.

Conner Breaks Mile Record in MAC Meet

John Conner, 60, East Hampton, Long Island, broke the M60 world indoor record for the mile with a 5:18.85 in the Coors MAC Indoor Championships at the 168th St. Armory in New



Women competitors in the 1995 Masters Indoor Pentathlon, from left: Debbie Yurth, second W30, Phil Raschker, first W45, and Boguslawa Langner, first W30. Photo by Karen Huff

York City, March 3. Conner, holder of the M55 world record at 4:53.3, erased Archie Messenger's 5:19.9 set in 1984.

In other running events, standout performers included Oscar Taylor with M60 wins in the 55m (7.76) and 200 (28.75). Jennifer Fisher, W35, had impressive times in the 600y (1:24.58) and 800 (2:17.07). Paul Mascali, M40, posted the fastest time of the meet in the two mile with a 9:27.44.

In the field events, Kevin Cranford, M35, topped all entrants in the long jump with a 6.25 and in the triple jump with a 13.96. Rich Dunphy, M45, hit the 11.73 mark in the shot put. Sarah Boslaugh, W35, finished with the best mark among the weight throwers with a 12.41 with the 20-lb. weight.

Gary Null, M45, racewalked the 1500 in 6:41.42. □

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Training with Sally Richards

(This is the third in a 3-part interview with W40 champion masters racewalker Sally Richards (Kerr). - EW)

EW: Is there anything you would like to say to masters racewalkers?

SR: As far as racewalking goes, the masters are farther ahead because they have really discovered the legitimacy of the sport. There is a lot of support for masters and it is great to see the numbers out there. As far as USATF racewalking is concerned, I wish masters had more clout.

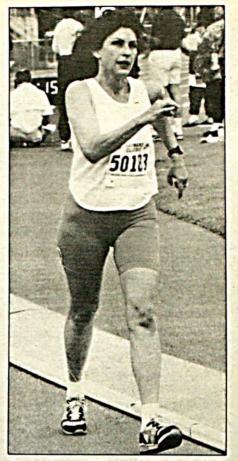
We racewalkers need to look at ourselves as being involved in a legitimate sport. It seems as though a lot of racewalkers go around apologizing as if they were second-rate. It is really weird. What comes across is that they don't feel racewalking is quite a legitimate sport; and as anyone who has ever tried to racewalk knows, that's not the case. If people like me - all of us - can get out there more and positively promote our sport, it's going to help everyone.

There needs to be larger thinking more world thinking. What you're trying to do in Southern California is just great. Well, we need to think like that as an organization. Not competing against each other, but working together.

Bottom Line

As far as financial support, the bottom line is simple. If you don't invest money in the people who are going to be emissaries for your sport, your sport is never going to grow. By the same token, if we invest in our athletes, it's going to come back tenfold.

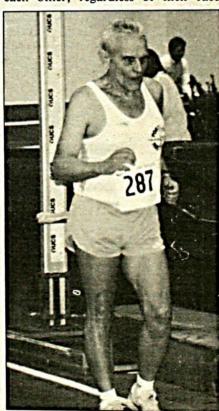
It starts with just one person. If there is one woman out there setting a role model in racewalking, then people can say, "Hey, she can racewalk; may-



Carolyn Kortge, W50 second (30:15.17), 5000 racewalk, Hayward Classic, Eugene, Ore. Photo by Jerry Wojcik

be she understands; maybe I can give this sport a try. Maybe I can get my friends to give racewalking a try. Maybe, they can feel better about themselves, too.'

One of the biggest things I would like to emphasize is that I feel very fortunate to be where I am, and to have met so many neat people. I think we all need to look at racewalking as a blessing and work together to promote the sport. The masters community is really a role model for what could be in racewalking. The camaraderie, the good will, and the support of the masters for each other, regardless of their race



Joe Mallon, first M70 (9:35), 1500 racewalk, Eugene Indoor Meet, Feb. 5.

Photo by Jerry Wojcik

times or ages, is great.

Having been involved in sports where athletes have financial backing, the lack of financial support for racewalking athletes is appalling to me. I am not talking so much about the support racewalkers give each other. I am talking about outside support. It is amazing that I can be at the level I am and not have a cent of support. Last year, the only support I got to pay my way to the races was what I drummed up myself and that was a full-time job. We need to get corporate sponsors more involved as this is a sport that can reach masses of people. But without corporate sponsors, racewalking is not going far.

Where's The Incentive?

Even if I make the national team in this country and am told to race at a national championships, there is not one cent to help me get to the championships. Where is the incentive? It boggles my mind that on the open level, you can be in the top eight overall in our country and not get a dime of support. It is crazy to me. I don't understand it.

When I was ski racing, the skiers were well supported. The club system was fabulous. If you skied in Austria, they made races accessible to everyone. The athletes who excelled in a club ac-



Laurel Williams, W40, Arkansas, in the 3000 racewalk, 1995 USATF National Masters Indoor Championships, Reno. Photo by Jerry Wojcik

cepted an inherent responsibility to help coach or influence those coming up regardless of age or status. By the same token, the club really felt an allegiance to their top athletes to support them financially. So there never was a question of getting to races or having equipment, and skiing is a lot more demanding financially than racewalking. I don't know how to get that going in this country, but we need more corporate support from the shoe companies and health companies.



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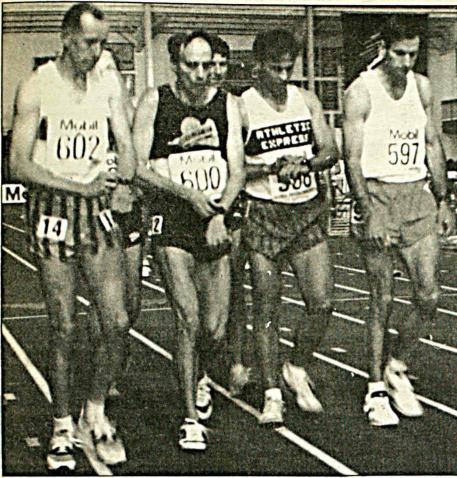
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One of two packs at the start of the Spring Masters Mile at George Mason U., Feb. 25.

Photo by Jeff Lee

Rose Wins Fourth Straight Shamrock

by JERRY WOJCIK

Nick Rose, 43, of England, won the 23rd annual Shamrock Masters 8K for the fourth consecutive time with a 24:22 in Virginia Beach, Va., March 18. Rose's time last year was 24:25. Wilson Waigwa, 45, of Kenya, was second in 24:54.

Rose was also the best performer, his time age-grading to a world-class 92.5%, with Waigwa at 91.9%.



Bob Brewer, second M50 (7:50), 1500 racewalk, Eugene Indoor Meet, Eugene, Ore., Feb. 5. Photo by Jerry Wojcik

David Moorcroft, 41, of England, finished third with a 25:21 in a strong field, which included Doug Bell, 44, Greeley, Colo., fourth (25:38), and David Raung, 40, New London, Conn., fifth (25:39).

Charles Rose, 62, Mooresville, N.C., won the M60-69 race with a 29th overall (29:39).

In the women's race, Maureen De St. Croix, 41, of Canada, was a six-second winner over Honor Fetherston, 40, Mill Valley, Calif., with a 29:21. Pamela Williams, 40, Mandeville, La., was third (29:58).

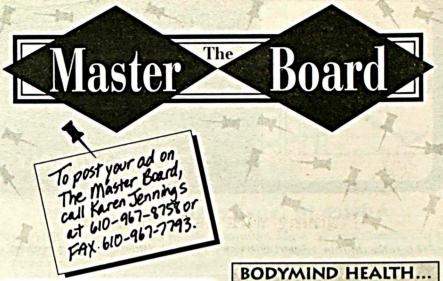
S. Rae Baymiller, 51, NYC, ran a fourth-place 30:07, a masters women's best age-graded 90.4%. Baymiller was also fourth last year with a 30:30.

Gloria Brown, 63, Grand Island, N.Y., 1994 W60 + division winner in 37:28, repeated with a better 36:32.

Six hundred and sixty runners finished. Jerry Bocrie was the race director.

FIVE YEARS AGO May, 1990

- John Campbell, 41, Sets World Masters Marathon Record of 2:11:04
- 565 Compete in Indoor Nationals in Madison, Wis.
- John Kelley, 83, Completes
 59th Boston Marathon
- Larry Almberg, 42, Tops Masters in 14:46 in Carlsbad 5000



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Advice to Novice Masters Athletes

(Courtland Gray, 51, began his involvement in masters track and field in 1993 after an absence from racing of 27 years. He shares his findings and experiences with others who may be just starting to enter competition.)

s a reasonably well-conditioned, frequent jogger and occasional tennis player two years ago, I assumed that my natural speed still resided within me. I also assumed my muscles, which had been so faithful when I was running hurdles in the 1960s, would respond immediately to every command my brain instinctively sent. I assumed this because I could often drive the basket in pick-up basketball games, and I could easily run down every sissy drop shot my tennis opponents foolishly attempted.

I was cautioned by experienced runners that I should expect some time lag before every body part responded as expected. I chose to ignore most of those warnings, leaving those painful lessons to be learned through actual experience.

The bottom line of these lessons can be summarized in a few rules that I would pass along to athletes considering the sport, or to those just starting their conditioning: 1. Don't expect too much, too soon. Regardless of your current level of conditioning for jogging, tennis, swimming, basketball, or cycling, this is considerably different from the conditioning required for racing, especially sprinting. I felt personally challenged by such cautions. I was wrong.

2. Listen to your body. The body will often give you warning signals in advance when there is a problem. Be aware of these signals and stay alert for



Division winners, 1995 Masters Indoor Pentathlon Championships, Chicago, from left: Mel Larsen, M70, Gordon Seifert, M65, and Clarence Trinkner, M60.

Photo by Karen Huff

them. They are not annoyances, they are friends. When you feel something strange in your hamstring or calf when warming up, there is a reason. It may be better to alter your workout plan or take a walk, rather than be macho and try to run through pain or ignore a signal. One day won't make you, but it might go a long way in breaking you.

3. Don't be overly challenged by workout partners more advanced or younger than you. While having someone to push you a bit and to motivate your competitive instincts is good, it can be painfully tempting to push too hard, trying to show that you can hold your own with stronger runners. You will usually be wrong and will have two or three weeks to contemplate this while your pulled muscle heals. If you can't run with the big dogs, you don't have to stay on the porch. Just run at your own pace.

4. Warm up carefully and stretch properly. Find out the proper way to do this. There are excellent guide books on this subject. You need to do more stretching before running than you have done in almost any other sport. It is also important to cool-down and stretch after the workout. You will notice the positive results of this the following day.

5. Consider working out on alternate days in the beginning. This allows ample recovery time for muscles that have not been utilized aggressively in many years. Use the off-days for stretching, weight training, or easy jogging.

6. Have fun. Don't go competitioncrazy the first year, or you will be setting yourself up for injury and disappointment that will affect your longterm progress and enjoyment from this wonderful sport. There will be a lot of opportunity for competition, and you want to be sure that you are healthy enough to be there.

7. Develop your speed carefully when you begin. There is nothing more strenuous on the human body than sprinting. This is even more applicable to the masters athlete. Your speed is there, but it will take some time to regain it. Get into pretty good condi-

tion before attempting maximum speed, and, when you do, accelerate smoothly over a 40-to-50-meter distance. Avoid rapid acceleration and long sustained sprints. Improvement is a combination of recapturing control over your fast twitch muscle fibers, lengthening your stride through increased flexibility, and developing strength and power. This will develop over a period of two or three years. A dedicated new runner will develop increasing maximum foot speed for the first three years of training before the aging process starts to recapture the improvements. That means I can expect to slow down next year after showing improvement in 1994 and 1995. I hope I am wrong.

8. Associate with a masters club or other training group and subscribe to the National Masters News. This will give you access to dates of competitions, results, and general information that will make your experience more

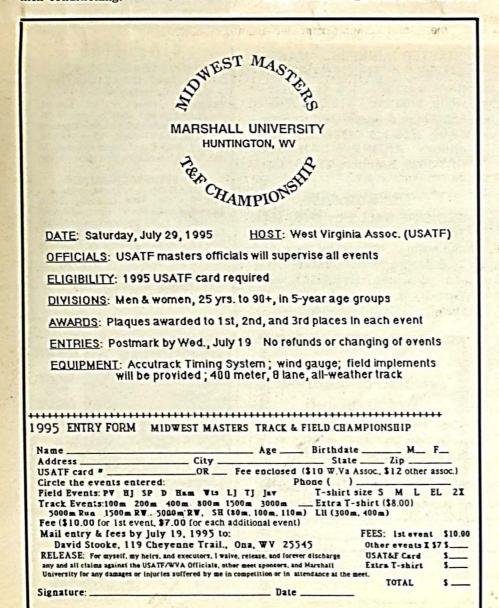
I have had a successful return to racing. My first year back was 1993, and, in a complete season, I was able to run only two 100m races and no short hurdle races, due to varied injuries that came and went all season long.

In 1994, I was second in the hurdles in the indoor nationals, undefeated outdoors in both hurdles and sprints, and ranked third in the hurdles and fifth in the 100m.

In 1995, hard-head training injuries destroyed my indoor season, ending with a pull in the final of the 60m at the Indoor Nationals in Reno, and subsequently scratching in the hurdles and 200m.

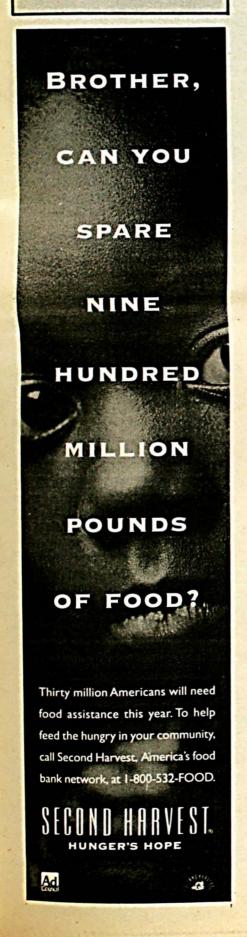
In my first year, I would have been much more successful if I had followed the above tenets. I am sure that I heard all of the above pieces of advice at one time or another. I was equally sure that they applied to others.

Now, I know they also applied to me more than anyone, because the more competitive you are, the more aggressive you are; the more natural ability that you have, the more you need to adhere to the rules.

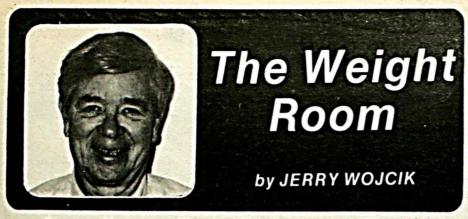


TEN YEARS AGO May, 1985

- National Indoor Meet Draws 330 to Sterling, III.
- 300 Compete in Eastern Regionals in West Point
- Priscilla Welch, 40, Runs 32:14 in Azalea Trail 10K for World Masters Record
- Joe McGuire, 41, (2:29:34) and Miyo Ishigami, 50, (3:03:47) Top Masters in Boston Marathon



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Ross Carter, Past, Present and Future

R oss Carter, 80, is the M80-84 world record-holder in the shot, U.S. record-holder in the discus, and was named the outstanding masters male t&f athlete of 1994 by the Masters T&F Committee of USATF at the convention in St. Louis. Since he is practically a neighbor of mine and a member of the same health club, which I know he uses more than I do, I thought it might be informative to sit down and talk about his involvement in masters athletics.

Jerry: Tell me about your first competition as a master. When, where, what training you did for it, and your competition.

Ross: My first competition was on July 7, 1979, at the Nationals at Mt. Hood C.C. in Gresham, Ore. I retired in 1973 after approximately 30 years of no physical activity. In my younger days I had been a football player here at the University of Oregon and later in the NFL with the Chicago Cardinals. Upon retirement, I challenged myself to get into improving my physical fitness. I joined a gym, and six years later at age 65, I read in the Portland

Oregonian that the Nationals were coming to Gresham.

This was approximately two months prior to the meet. I bought an 8-lb. shot, which was used at that time, and with the aid of a weight-throwing book, plus watching college throwers, I entered the shot put. I placed second to Jim "Lefty" York of California with a throw of 41-11. York won the event at 44-plus feet. Leon Joslin of Washington placed third, and by coincidence, it was his first masters meet also.

My coordination wasn't the best, so I copied York's throwing style and



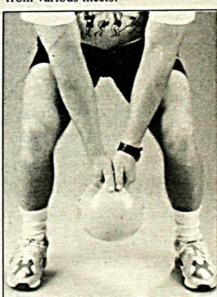
George Mathews, M55, Washington, finishing his weight throw with a yell, 1995 USATF National Masters Indoor Championships, Reno. Photo by Suzy Hess

have used it to the present. It is a stepand-throw following an upper-body pivot to give one further impetus.

Jerry: How do you train now compared to when you first started?

Ross: I believe my training schedule now is more intense than when I first started. I spend three days in the gym per week and three days throwing outdoors.

This varies as the season progresses as I have to take some time away from practicing to deal with travel to and from various meets.



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Tom Wesselowski, M60, Wichita, Kans., used the one-arm technique in the weight throw, USATF National Masters Indoor Championships, Reno, Nev., Feb. 24-26.

Photo by Suzy Hess

Jerry: What advice would you give to men and women age 55-and-older who are thinking of competing in the shot and discus?

Ross: I feel weight training is vitally important for one who contemplates competing in the throws. Assuming that you are 55 years old or more when you start, it is important to get proper instruction in the fundamentals of throwing from a coach or somebody associated with a masters club. Since I didn't start competition until age 65 with limited coordination, I found the step-and-throw technique more fitting for my capabilities. Others may find the much-used Parry O'Brien style or even the spin more suitable, but balance is so important that, as we grow older, we may have to resort to other throwing techniques to compen-

Jerry: What's on the schedule for this season?

Ross: My schedule this year will be somewhat lighter than last year when I entered 18 meets. This year is a big one for Americans as the World Games are being held in the U.S. for the second time. I plan to enter the Senjor Olympics meet in San Antonio in mid-May. I'll also compete at the Masters Nationals in East Lansing in July, followed by the WAVA meet in Buffalo. In all, I'll probably enter 12 to 14 meets this year.

I'm a firm believer that some form of physical fitness is vitally important to seniors and that they should participate in some activity in which physical fitness is involved. One may not live any longer, although studies seem to show that exercise may prolong life, but I feel it makes one's growing old much more pleasurable.



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USATF		Implement s	pecifications(Requir	ed. May be p	ourchase	d at event.)
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All entries must be received by JUNE 5, 1995. NO LATE ENTRIES. Return with check/money order payable to Atlanta Track Club, 3097 E. Shadowlawn Ave., Atlanta, GA 30305. Phone (404) 231-9064 ext 8



Thelma Wilson, W60 winner (49:46), Run For Photo by Mike Polansky ASPIRE 10K.



Nancy Tischler, W50 winner (44:20), Run For ASPIRE 10K. Photo by Mike Polansky

Disneyland Attracts 8000 Runners

by JERRY WOJCIK

A gathering of 8000 runners turned for the first-ever Disneyland Marathon and 5K in Anaheim, Calif., on March 26, as part of the farnous theme park's year-long 40th anniversary celebration in 1995.

In the marathon, Leonard Aguilar, 42, La Puente, Calif., took the men's masters title with a 2:46:51. Salvador Arellano finished second in 2:49:03. Sharlet Gilbert, 44, El Sobrante, Calif., 53rd overall with a 2:58:31, was the women's masters first finisher.

Other division winners included Ruben Vigil, 67, Albuquerque, N.M., in 3:27:57, and Wen-Shi Yu, 60, Kew Gardens, NYC, in 3:36:49.

In the 5K, Bill Aragon, 42, Grand Junction, Colo., with a 16:18, and Leslie Lewis, 40, Torrance, Calif., in 19:27, were the first-place masters. Jan Frisby, 50, Grand Junction, Colo., M50-54 division winner in 16:28, posted the best age-40-and-over agegraded performance with a nationalclass 88.2%.

Runners came from 33 states and 12

countries, and included 350 participants from Japan.



Jutta Riegel broke the W55 pole vault world record with a 2.10/6-10% in the Ontario Masters Indoor Championships, Toronto, Photo by Doug Smith Canada, March 4.

Midwest Indoor Regional Draws 118 Athletes

by CLARENCE TRINKNER

A very successful meet, sponsored by the Midwest Masters T&F Club, was held at Glenbrook H.S., Glenview, Ill, March 25. A total of 118 athletes, including 25 women, participated. This was one of the largest turnouts for a USATF Midwest Regional Championships and the best turnout of female athletes.

Eleven states were represented, with the largest contingent (68) from Illinois. Athletes came from as far away as Florida and Colorado.

Peggy Whitlow, 48, ran the 800 in 2:29.87, under the U.S. W45 indoor record of 2:31.3, held by Barbara Pike. Notable performances included: Mel Larsen, 70, 9.60, 55mH; John Kruchoski, 36, 54.60, 400; Joann Grissom, 56, 11.40, 16# weight; and Penny Danielson, 50, 3.74, long jump.□

Masters Score High in ASPIRE 10K

from MIKE POLANSKY

The Nationwide Insurance Run For ASPIRE 10K, Plainview, N.Y., on April 1, shattered previous records for turnout with 1075 runners and walkers finishing the event, one of Long Island's most prestigious road races.

Local masters runners turned in strong performances led by 41-year-old Paul Mascali of the NYAC, who ran a 31:56, one of the fastest times ever by a masters runner on Long Island. John McManus, Sunnyside, Queens, won the M70 race by five minutes with a 46:10.

Mary Rosado, NYC, was the first masters woman, winning the M45 race in 41:43. Thelma Wilson, NYC, easily captured the W60 group with a fine 49:46.

The proceeds from the event were turned over to ASPIRE, the special program that provides prosthetic devices and intensive rehabilitation through athletics to young amputees, and victims of bone cancer and traumatic amputations.

The race was sponsored by Nationwide Insurance and the Long Island real estate management firm of RGE, Inc. The race director was Mike Polansky of the host Plainview-Old Bethpage RRC.

HAYWARD CLASSIC USA TRACK AND FIELD OREGON MASTERS CHAMPIONSHIPS

Hosted by Oregon Track Club Masters SPORTHUM Sponsored by Excel Sports Science and Sporthill City of Eugene and City of Springfield

JUNE 24 & 25, 1995 Hayward Field, University of Oregon

Eugene, Oregon
Entry fees: \$12 first event (No T-shirt); \$6 2nd event, \$3 onal event; 7 event limit; relays free if registere Entry Deadline: Postmarked by Tuesday, June 8, 1995

Entry Deadline: Postmarked by Tuesday, June 8, 1995
Late Entry: \$10 surcharge when space available; register
60 minute before the event starts.
T-shirts: 100% collon, short sleeve-\$10.00, XXL - \$11.00
Facility: All weather track and runways (max, 1/4" spikes)
Locker Rooms: Available in Bowerman Bidg. Bring towel Locker Rooms: Available in Bowerman Bidg. Bring towel, Divisions: Five year age divisions for M and W, age 30 + Awards: Hayward Classic medals will be awarded for 1st, 2nd & 3rd; ribbons for 4th, 5th & 6th. An USATF Oregon Championship patch will be awarded to the first eligible finisher in each event. To be eligible, you must have a current USATF Oregon registration number on your entry form Call Harry Simonis at (503) 253-2639 for a USATF number Relays: Will be held in 10-yr. age group increments. Then is no charge for Relays, unless team member(s) is not otherwise entered in the meet, in that case, \$12 will be charged that person(s). To receive Hayward Classic medal team members must be from the same club or organization. To receive Championship patches, all members must also be currently registered with USATF Or. members must also be currently registered with USATF Or. Meet Headquarters: Phoenix Inn, 850 Franklin Bivd., s. 1-800 344-0131 for reservations by May 20, 1995. sound, take exit 194B and follow signs to U of O I-5 N. bound, take exit 1948 and follow U of O Signs
Packets: Available at Phoenix Inn 6-9 pm Friday, June 23
and at Hayward Field after 7:30 am Saturday.
Reception: Sponsored by Phoenix Inn and Oregon Track
Club Masters. Saturday, 6-7:30 at Phoenix Inn, 650 Franklin Blvd. Soft drinks will be provided. No cash bar,

Implements: New Rule: Personal implements are no longer community property and may only be used with permission from the owner. Some meet implements will be provided

Schedule of Events es listed are tentative and Saturday, June 24 Track 10,000M W&M Javelin, W&M 60+ Weight Throw All 10 00 elin M 30-59 Pole Vault (2 pits) Shot Put (2 pits) High Hurdles 12.45 S ring W&M 654 W. ring: M 30-64 100 Meters Sunday, June 25 Discus. M 30-59 Mile Recewelk 200 Meters Discus, W&M 60+ 12:30 er, W&M Triple Jump All

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Event changes will not be perm I wave all rights that I or my heirs or assign participating in this event or at this event. I	s may have against the sponsors of this athletic event arb declare that I am in good health to participate in this event	sing from any injury. Mness or a	ccident that I may sustain or
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PROFILE

Ralph Paffenbarger

by SHIRLEY DIETDERICH

rying to figure out how to describe Dr. Ralph Paffenbarger, 72, one of the longtime members of the Northern California Seniors, I realized that a short article would not do him justice. His accomplishments in both science and athletics are legendary. His scientific accomplishments are matched only by his predilection for running absurdly long distances.

He graduated with an M.D. in 1947 from Northwestern University Medical School, then received his M.P.H. (Maternal and Child Health) in 1952, and his D.P.H. (Epidemiology) in 1954 from Johns Hopkins University, School of Hygiene and Public Health.

He worked in the Public Health Service for 21 years, retiring in 1968; he then worked another 10 years in the California Department of Public Health and as Adjunct Professor of Epidemiology at the University of California School of Public Health, Berkeley, retiring in 1977. At present, he spends one day a week in his office at Stanford, where he is a professor emeritus, and another day in his office at UC-Berkeley, where he is a research epidemiologist.

In 1960, he began a study of 52,500 Harvard and Pennsylvania alumni and has followed them to the present day to

see whether a fit life reduces heart disease and extends longevity. He has had 55 of his scientific papers published, which give us new insights into cancer, gall bladder disease, suicide, smoking, and prostate disease, as well as other health areas.

An Example for His Children

At 45, Paff began running because of early findings from this study and to set an example for his children, five sons and one daughter. After six months, he ran the first (5:05) of 22 Boston Marathons, clocking his fastest in 1970 with a 2:52:56. He has run over 151 marathons, including the Pikes Peak, Two Oceans (Indian to Atlantic, Cape Town, South Africa, 56K), and the Comrades 90K, also in South Africa.

His ultra-distance races are too numerous to list. They include five Western States 100 Milers, with four buckles to show for it. His fastest 100



Ralph Paffenbarger
Photo by Shirley Dietderich

miles was in Sacramento in 1972 at age 49, when he did a world-best 16:42:58. About 20 to 30 running feet of trophies are displayed on a plate rail around three walls of his living room.

Some of the many great stories we tell about Paff are myths, I've found. One of my favorites (not a myth) is his experience in 1971 when he worked the bush country of Wa, Ghana, as part of a World Health Organization team that conducted a program for measles control and smallpox eradication. Because of the 90°-plus temperatures and equally high humidity, he ran an hour each day before sun-up. He found a large open clearing (the local running track), which turned out to be where the local soccer team practiced. They would arrive after him and leave before he finished, but they had got to where they would acknowledge him with a smile or wave. One day, after their practice session, one of the young men joined in on one lap. On the next lap, they all ran with him; on the third lap, they began to race and naturally beat

him, but they all had to stop, so they applauded him as he continued running on and on, as they went off to work in the fields.

Another story concerns a Pikes Peak Marathon race. He decided, since he couldn't spend two or three weeks at altitude to acclimatize, that he would fly in and take a taxi to the starting line; then he would fly out the same day. To the chagrin of the runners in his division he won the trophy.

Befriended Many

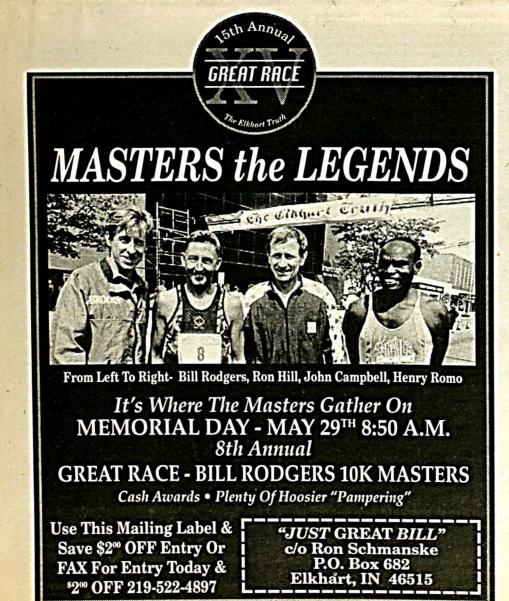
Whenever he saw young runners having trouble in a race, he would stay with them awhile and encourage them to continue; he has befriended many, who have never forgotten him.

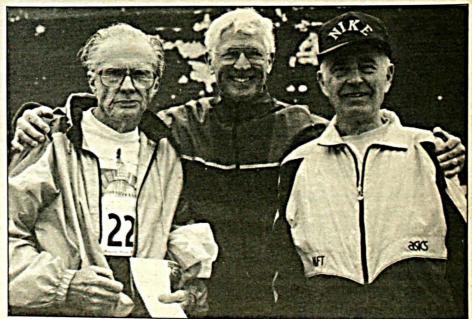
He said that he rarely ran more than six miles a day and never more than 80 miles a week. However, I can remember my husband, Rex, saying that he met Paff out on the trail (Paff had already run up the hill approximately three miles at about 1000 feet altitude). Then they ran six miles together, and Paff still had to run home — if not on another leg! He says he kept a daily log, and I wouldn't be surprised if his mileage was quite high.

In January 1993, Paff had to quit running because of his knees. He switched to walking, and on Dec. 12, 1993, he walked the Honolulu Marathon in 7:13:39. After experiencing seizures, he went into the hospital for tests in January 1994. When he stepped off the treadmill, he collapsed. After further tests, he had a bypass operation. Unfortunately, he had complications and ended up with pneumonia. Five weeks later, his wife, Jo Ann, was able to bring him home.

He is now walking three to four miles a day and anticipating enjoying his grandchildren. He is also coauthoring a book on exercise for health and longevity. The book, for lay and technical readers alike, is due for publication late in 1995; it will probably be titled *Lifefit*.

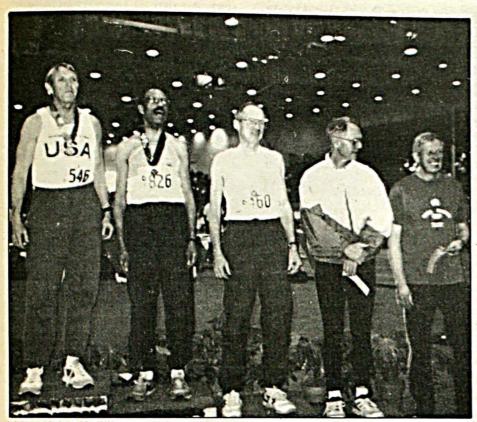
We have all benefitted from his studies. Thank you, Ralph, you are loved and revered by us all. We hope to see you on the trails for a long time to come.





Top finishers in the Bethesda Chase 20K, Bethesda, Md., March 5, from left: Bill Osburn, 71, first M70 (1:48:06); George Waxter, 64, third M60 (1:42:15); and Bill Morrison, 68, second M60 (1:39:05).

Photo by George Banker



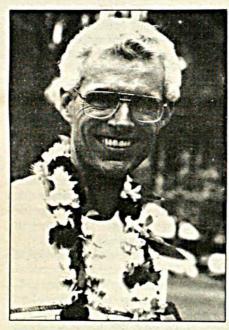
Top finishers in the M60 400, from left: Jim Mathis (WR 58.96), Tennessee, Cliff Pauling, New York. Don Kane, Oregon, Bruce Susong, Nevada, and Jim Schlewitz, Oregon, 1995 USATF National Masters Indoor Championships, Reno. Photo by Suzy Hess

Baymiller Best in National 5K

Continued from page 1

state runners, the race, noted for its fast course, attracted a large number of veteran Southern California runners. Gunnar Linde, 66, Venice, Calif., won the M65 race with a 19:41 over Jim O'Neil (69, 20:02), La Jolla, Calif., holder of the U.S. M60 record of 17:00 set in this race in 1986, and Pat Devine (66, 20:19), Rancho Palos Verde, Calif.

Larry Banuelos, 70, Pico Rivera, Calif., was the M70 winner in 20:45. Peggy Ainslie, Seattle, won the W60 title in a fast 22:32. Mary Storey, 70, Riverside, Calif., took the W70 contest with a 26:51. Gerry Anderson, 74, Fallbrook, Calif., who set the U.S. W70 record of 24:38 in this race in 1991, was third in 27:48. □



Brian Clarke, M50 second (38:54), flashes a smile at Faerber's 10K, Honolulu, March 13. Photo by Tesh Teshima

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T-SHIRTS: "Master Charge," "Master Runners," "Master Ladies," "Master Thowers & Jumpers," "1994 World Series No Nothin'." \$11.00 each, 2 for \$21.00. Colors - white or ash. Ink - blue or green. Fruit of the Loom 100% cotton.

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Romesser, Gosch Win in National 8K

by JERRY WOJCIK

Gary Romesser, 44, Indianapolis, and Anne Gosch, 43, Bloomington, Ill., recorded firsts in the USATF National Masters 8K Championships held along with the Sportmart Shamrock Shuffle in Chicago on March 19.

Each won their race by about a minute. Romesser ran a 25:16, winning \$300. Hal Carlson, 42, Aurora, Ill., took second-place and a \$200 prize with a 26:15. Gosch finished in 30:13. Peggy Pate, 40, DeKalb, Ill., was second in 31:14. Men's and women's cash prizes were equal.

Gary Townsend (43, 26:22), Oak Park, Ill., and Peggy Whitlow (48, 31:33), Elmhurst, Ill., took third prizes of \$100 each. Whitlow was coming off

an impressive indoor season when she broke the W45 U.S. record in the 800 several times.

Cash prizes were also awarded for the best age-graded performances. Warren Utes, 74, Park Forest, Ill., had the top performance with a 93.3% 32:35. Norm Green, Jr., 62, Wayne, Pa., was second-best age-graded performer with a 90.4%. Whitlow's 31:33 equaled an 83.94%, best among the women, followed closely by Gosch's 83.89% for her 30:13.

The meet was directed by David Patt and hosted by the Chicago Area Runners Association. Of the 6500 starters, 5602 finished in perfect weather, with the temperature at 55°, and clear and

RANDOLPH TOWNSHIP & GARDEN STATE ATHLETIC CLUB INTERNATIONAL TRACK & FIELD MEET SUNDAY, JUNE 4,1995

EVENTS SCHEDULE FOR SUBMASTERS (AGE 30-39) AND MASTERS (AGE 40+) in 5 year Age Groups A NEW JERSEY GRAND PRIX SERIES MEET

11:00 AM 4	00 METER DA	SH	2:15 PM	
12:00 PM 8	00 METERS		2.30 PM	
1:00 PM 2	OU METER DA	SH	3:00 PM	
Ministration 4	X400 RELAY		3 45 PM	
	THE REAL PROPERTY.	FIELD	EVENTS	
30-39 MEN	40-49 MEN	MEN 50-59	MEN 60+AVOMEN	
10:00 AM	10:00 AM	10:00 AM	10:00 AM	
10:00 AM	10:45 AM	11:30 AM	12:30 PM	
1:30 PM	2:45 PM	2:15 PM	1.00 PM	
10:30 AM	10:30 AM	10:30 AM	10:30 AM	
10:00 AM	11:00 AM	12:00 PM	1.00 PM	
11:15 AM	12:15 PM	1:30 PM	10:00 AM	
12:30 PM	1:30 PM	10:00 AM	11:15 AM	
2:00 PM	2:00 PM	3:00 PM	3.00 PM	
	12:00 PM 8 1:00 PM 2 4 30:39 MEN 10:00 AM 10:00 AM 10:30 AM 10:00 AM 11:15 AM 12:30 PM	12:00 PM 800 METERS 200 METER DA 4X400 RELAY 30:39 MEN 40:49 MEN 10:00 AM 10:00 AM 10:45 AM 1:30 PM 2:45 PM 11:00 AM 11:15 AM 12:15 PM 12:30 PM 1:30 PM	12:00 PM 800 METERS 1:00 PM 200 METER DASH 4X400 RELAY FIELD 30-39 MEN 40-49 MEN 10:00 AM 10:00 AM 10:00 AM 11:30 PM 2:15 PM 10:30 AM 10:30 AM 10:30 AM 10:00 AM 11:00 AM 12:00 PM 11:15 AM 12:15 PM 1:30 PM 12:30 PM 1:30 PM 10:00 AM	12:00 PM 800 METERS 2.30 PM 3 00 PM 4 34400 RELAY 3 45 PM FIELD EVENTS 30:30 PM 10:00 AM 10:00 AM 10:00 AM 10:00 AM 10:00 AM 10:00 AM 10:30 PM 2.45 PM 2.15 PM 10:30 AM 11:15 AM 12:15 PM 1:30 PM 10:00 AM 11:15 AM

USATE-NJ SANCTIONED

EVENTS SCHEDULE FOR YOUTH, HIGH SCHOOL & OPEN RUNNING EVENTS

MILE RUN

AGES 9-10, 11-12, 13-14, 15-29

11:30 AM

MALE & FEMALE

400 METERS

AGES 9-10, 11-12, 13-14, 15-29

4x400 METERS

AGES 9-10, 11-12, 13-14, 15-29

EVENT SCHEDULE - Above order will be followed. Events may run ahead of schedule. Alhletes will be responsive schedule changes. If alhlete misses calls or fails to check in, event fee is forfeited.

FIELD ATHLETES' NOTE - Groups will start immediately after preceding group. Listen for the announcements.

MEET DIRECTORS RESERVE THE RIGHT TO RUN ALL GROUPS TOGETHER IN ANY EVENT; AND THEN SEPARATE THEM BY AGE, TIMES AND DISTANCE. THIS IS IN CASE WE DO NOT HAVE ENOUGH PARTICIPANTS IN ANY EVENT OR WE ARE RUNNING BEHIND SCHEDULE.

ALL RACES WILL BE RUN AS FINALS. IF NECESSARY, SECTIONS WILL BE RUN FOR SPRINTS.

RULES
SPIKES ALLOWED - 1/4" or less
HURDLE HEIGHTS & IMPLEMENTS - USATF (TAC) Masters Rules.
ELIGIBILITY: USATF (TAC) MEMBERSHIP REQUIRED FOR ALL ATHLETES, NO EXCEPTIONS. AVAILABLE AT MEET,
FALSE START - One false start rule will apply.

EEES - Free to Randolph residents.
Pre-registered - (Received on or before May 26.) \$5 per event.
Received after May 26 - \$5 late fee added to first event.
Relay Teams - \$16 per team, for Open and Masters, \$12 per team for youths.

AWARDS - Medals for first, second, and third place in each age grou CONCESSION STAND AND SHOWER FACILITIES AVAILABLE SITE-Randolph High School, Millbrook Road, Randolph, New Jersey

DIRECTIONS - From George Washington Bridge, take Route 80 West to Route 287 South.

Look for Dunkin Donuts on the left at the intersection of Millbrook and Route 10. Turn left on
the jug-handle. Go about 1.5 miles, and turn right into the first entrance of the High School.

FILL OUT AND RETURN TO:
GARDEN STATE ATHLETIC CLUB, C/O MORT HAHN, 19 BEDMINSTER ROAD, RANDOLPH, NJ 07869
(PLEASE PRINT)

EVENTS ENTERED

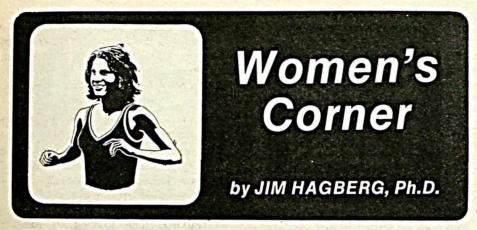
I hereby waive any or all claims I or my heirs may have against Randolph Township Parks & Recreation Dept. Randolph ownship, The Randolph Board of Education, Garden State Athletic Club or the Meet Directors and Officials resulting from my articipation in this meet.

I understand that the activity will be supervised and that the Randolph Randol

participation in this meet.

I understand that the activity will be supervised and that the Township of Randolph DOES NOT INSURE participants with accident insurance and I will participate at MY OWN RISK. It is understood that this program is a physical activity and variou injuries may occur. I also understand that it is my responsibility to make sure that the registrant is physically capable of participating in this program and that a medical physical by a doctor is recommended.

- ☐ Check here if you would like to be put on mailing list for next year's meet.
- Check here if you would like to be put on mailing list for membership in GSAC.



To Replace or Not to Replace: That is The Question for Postmenopausal Women

omen reaching menopause face an important health decision about whether or not they should start hormone replacement therapy. For the postmenopausal woman athlete, this decision is even more difficult because virtually nothing is known about hormone replacement therapy's effects on performance or on other factors related to the future health of the postmenopausal athlete.

We do know that hormone replacement therapy improves a number of heart disease risk factors in postmenopausal women. One important beneficial effect is a reduction in blood total cholesterol levels. The levels of the "bad," low density lipoprotein or LDL cholesterol also decrease by an average of 5 to 15%. In addition, hormone replacement therapy increases a postmenopausal woman's level of the "good," high density lipoprotein or HDL cholesterol. These increases range from 5 to 10%, which decrease the woman's heart disease risk by 15 to 30%.

Hormone replacement therapy also has direct effects on blood vessels in postmenopausal women, improving their ability to open and allow more bloodflow into the heart and skeletal muscles

Hormone replacement therapy also is the most effective treatment for prevention of the rapid bone loss that occurs in women immediately after menopause. It also stops or slows the bone loss that continues for the remainder of a woman's life. In fact, long-term hormone replacement therapy may reduce hip fractures in women by 50%. These beneficial effects occur because the hormones stimulate the making of new bone and decrease the rate of bone breakdown.

Of special interest to postmenopausal women athletes, is the possibility that hormone replacement therapy may improve their performance by reducing their body fat and enhancing heart and blood vessel function. However, it is not known if these benefits actually do occur.

Why Aren't All Postmenopausal Women on Hormone Replacement Therapy?

While the above information presents a rosy picture for the benefits of hormone replacement therapy, the majority of postmenopausal women are not currently taking hormones. They generally cite one of three reasons for their decision. The first is, that while many women start hormone replacement therapy, they don't continue because they didn't feel or see

any benefits. However, women must keep in mind that these hormones do not immediately improve their bone density or decrease their chance of having a heart attack. Women will not feel any different the day after they start taking hormones. These benefits take time, in fact years, to accumulate. Women must have the faith and motivation to wait to see the benefits after five or more years, and then only if they have another bone scan or blood test. They need to keep their "eyes on the prize," and the prize in this case may not be a gold or silver medal in the 10K or marathon, but in their chance of avoiding a hip fracture or heart attack 20 years from now.

The second reason many women do not start taking hormones is that their menstrual cycle may start all over again. This does occur in some women, but in most cases the pattern of taking estrogen and progesterone can be changed to eliminate this obviously negative side effect. A woman should consult her physician to have the cycle for taking these hormones altered so she will continue to take them and gain the long-term benefits.

The third factor affecting many women's decisions to start hormone replacement therapy is the risk of developing cancer. The best way to address this very important issue is to take a brief look at the history of hormone replacement therapy.

History of Hormone Replacement Therapy

One hundred years ago the average age of menopause coincided with the average life span of American women. Thus, since the average woman did not live for long after menopause, the consequences of low female hormone levels in postmenopausal women were not obvious. However, the average woman now lives 30 years beyond menopause and the effects of low hormone levels for that length of time have stimulated intense interest in the general public and in medical circles.

The complex effects of estrogen and progesterone throughout the body make hormone replacement a very difficult decision for postmenopausal

women. As stated above, a critical concern of many women is the increased risk of cancer associated with hormone replacement therapy. However, one way to make the decision about taking hormones is based on the major causes of death in postmenopausal women. All women should be concerned about breast cancer because it will eventually occur in roughly 10% of all women now 50 years old. However, a 50-yearold woman has a greater chance of having a hip fracture in her lifetime than developing breast cancer (15 vs. 10%). And this 50-year-old woman has a 46% chance of developing heart disease in her lifetime. Thus, women must consider the risk of breast cancer, but they must also remember they are at greater risk of fracturing a hip or developing heart disease.

Early hormone replacement therapies consisted of estrogen only (unopposed estrogen). It is now clear that estrogen therapy reduces a 50-year-old woman's lifetime risk of developing heart disease from 46 to 34%, which is a substantial benefit. Estrogen therapy also reduces this woman's lifetime risk of hip fracture from 15 to 13%. However, it became evident in the 1970s and '80s that taking only estrogen increased a woman's risk of developing endometrial cancer. In fact, a 50-year-old woman's lifetime risk of developing endometrial cancer increased from 3 to 20% with estrogen therapy. Her risk of developing breast cancer also increased from 10 to 13% with estrogen. (This is a worst case scenario as some data indicate that breast cancer risk is not increased with estrogen replacement therapy.) Thus, despite the substantial benefits of estrogen therapy on heart disease and hip fractures, the increased cancer risk led to a sharp decrease in the use of unopposed estrogen therapy in postmenopausal women.

Further research led to the addition of progesterone to the replacement therapy program. When the two, estrogen and progesterone, are given together, the results are dramatically more favorable for postmenopausal women. The most important change is that their increased endometrial cancer risk is eliminated - the risk is 3% whether or not they are on estrogen and progesterone. The woman still receives roughly the same beneficial reductions in risk of heart disease (46 to 34%) and hip fracture (15 to 13%). The only bad news associated with combined hormone therapy is that the woman's risk of developing breast cancer is still increased from 10 to 13%. However, when looking at the total picture with combined estrogen/progesterone therapy, a 50-year-old woman's risk of developing heart disease, a hip fracture, and breast and endometrial cancer is reduced from 74% to 63%. Thus over the course of a lifetime, 11 fewer women out of every 100 would develop one of these four medical problems.

Current Hormone Replacement
Therapy Recommendations for
Postmenopausal Women
In 1992, the American College of

Mary Hirst, W60, California, second (6.61) in the 16-lb. weight, 1995 USATF National

Mary Hirst, W60, California, second (6.61) in the 16-lb. weight, 1995 USATF National Masters Indoor Championships, Reno, Nev. Photo by Jerry Wojcik

Physicians summarized all the research data concerning the effects of estrogen and estrogen plus progesterone replacement therapies on the health of postmenopausal women. They made the following recommendations for physicians and postmenopausal women to consider with respect to starting these therapies.

Recommendation 1: All postmenopausal women should consider starting hormone replacement therapy to prevent heart disease and hip fractures. This recommendation is based on the information presented above indicating that a healthy 50-year-old woman can reduce her lifetime risk of developing heart disease by over 25% (from 46 to 34%) and her risk of having a hip fracture by nearly 15% (from 15 to 13%) with such a program.

Recommendation 2: Women who have had a hysterectomy will benefit from estrogen therapy without adding progesterone to their hormone replacement program. This recommendation is similar to the first recommendation, but takes into account this woman's non-existent risk of developing endometrial cancer.

Recommendation 3: Women with heart disease will benefit from combined estrogen/progesterone therapy, or unopposed estrogen, if they have had a hysterectomy. This recommendation is based on the fact that the benefits of these therapies are still evident in postmenopausal women who already have heart disease.

Recommendation 4: The risks of hormone replacement therapy may outweigh the benefits in women at increased risk for breast cancer. Women with a family history of breast cancer have nearly twice as high a lifetime risk of developing breast cancer (19 vs. 10%). Hormone replacement therapy increases their risk of breast cancer Continued on page 19



Speaker's Corner

by CONNOR JOHNSTON

Racewalking Disqualifications

s there no way of settling the problem of "leg-not-straight" among the more elderly racewalkers which so often leads to disqualification?

It is common knowledge that people, as they grow older, tend to develop arthritis, which leads to an inability to fully straighten their legs.

Being in my 88th year, I am only too well aware of this problem.

Further, operations or accidents to the legs often cause the same problem, leading to disqualification on the track or road, resulting in many elderly people giving up racewalking altogether.

One need only refer to the results of the 1994 U.S. Nationals in Eugene to see the effect of this in the 5K and 20K racewalks. There was only one "com-

Women's Corner

Continued from page 18

from 19 to 24% and offsets a portion of the reduced heart disease and hip fracture risks associated with these therapies. However, if the evidence that these therapies do not increase breast cancer risk is true, then hormone replacement therapy will be just as beneficial for women at high risk for breast cancer.

Recommendation 5: All postmenopausal women taking hormones should have a yearly clinical breast examination and screening mammography for breast cancer surveillance.

What About Hormone Replacement Therapy for Postmenopausal Women Athletes?

Endurance exercise training, such as distance running and cycling, also has beneficial effects on the heart, blood vessels, heart disease risk factors, and bone. In fact, many of these changes are very similar to those that occur with hormone replacement therapy in postmenopausal women. However, it is not known if physically active older women will gain further heart disease and bone benefits by starting hormone replacement therapy. If the two effects are additive, that is, women gain separate benefits from the hormones and the exercise, postmenopausal women could drastically decrease their heart disease and hip fracture risks. In addition, as discussed above, it is possible that postmenopausal female athletes starting hormone replacement therapy would improve their performance.

To address these unanswered questions, our laboratory at the University of Pittsburgh Medical Center is conducting a study comparing: (1) heart disease risk factors including blood lipids and diabetes, (b) hip and spine bone density, (c) heart structure and function, and (d) body composition in

postmenopausal endurance-trained women both on and off hormone replacement therapy. Women participating in this study will receive a large amount of data about these critical factors that are important to their future health. Much of this information is available only in research studies like ours. All results, with complete explanations, will be sent individually to each participant. Participants in this study will also help postmenopausal women to become better informed about the effects of exercise and hormone replacement therapy. These studies are supported by research grants from the American Heart Association and the American Association of Retired Persons (AARP).

We have some travel funds available and, since Buffalo is only 200 miles from Pittsburgh, our most efficient use of these funds would be to arrange testing for women traveling to the WAVA Championships in Buffalo this summer. In addition, two large races take place in Pittsburgh, a marathon/10K in early May and a 10K in late September. We could arrange for testing in conjunction with these races or at other times if women are traveling to or through the Pittsburgh area. We would like to enroll elite endurance-trained postmenopausal females in this study who are either on or not on hormone replacement therapy.

(If you are interested in participating in this groundbreaking study concerning the health of postmenopausal women, please write Dr. Jim Hagberg at the University of Pittsburgh Medical Center, Preventive Cardiology, Suite 1212, Kaufmann Bldg., 200 Lothrop St., Pittsburgh, PA 15213 or phone 412/648-6910.)

petitor" in each of the M80 and M85 age groups.

As the solitary competitor in the M85 5K racewalk, I was twice warned for "leg-not-straight," but managed to complete the race in the very poor time of 43:52. In the 20K racewalk, however, I was speedily disqualified, possibly due to my being disturbed by the track judges, thus losing my concentration on keeping my technique as correct as I should have been able to.

One can infer that the object of the "leg-not-straight" rule is to prevent a walker gaining an unfair advantage over his companions, and that he must, at all times, maintain contact with the ground. Failure to do this will lead to "creeping" or "lifting," both of which faults should bring a disqualification.

Now I know the chief judge has to interpret the rules, but I do feel that some allowance could be made for the elderly.

I have completed many racewalks in South Africa and never been disqualified, or even warned. It seems that either the South African judges are too lenient, or their American counterparts are too severe.

Three years ago, my left knee joint was replaced with a stainless steel prosthesis which, to my joy, resulted in a marked improvement in the straightness of the leg which had been damaged in a motor accident in 1982. The leg now lacks only two degrees of straightness, but this apparently was sufficient for the judges to disqualify me.

As a racewalker, my chief aim is to complete the course, regardless of my time. Failure to do so, due to being hauled off the track through what I consider to be a technical fault, seems to be grossly unfair.

The straight-leg rule was no doubt laid down by young men at the height of their powers, for young men, the elderly not being considered. There is no way in which I can gain an unfair advantage over others. I have experimented over a 200m distance, first walking, then jogging. It took me longer to jog than to walk.

As a last resort, there is a possible solution, admittedly very drastic and disheartening for the walker: to allow the suspect walker to finish the race and give him his time, but to deny him a medal if he finishes among the first three walkers. This could be called a "technical disqualification," but it would be very unpopular.

Is there no way of crediting him with the positive aspects of style, such as "straight back with head up," (a back bent is conducive to "listing"), "placing the heels squarely on the ground," "using the hips to prevent the head bobbing up and down," and "using the arms energetically?"

With the upcoming World Veterans Championships in Buffalo, I would appreciate some attention being paid to these suggestions, so that more people may be encouraged to take part.

(Connor Johnston lives in South Africa.)



RUN THE ORIGINAL

Athens, Greece November 5,1995

In 490 B.C. Phidippides ran from the battlefield at Marathon to Athens to inform the Athenians of their victory over the Persian invasion. Now you can run this original route! APOSTOLOS GREEK TOURS has organized for the first time, 10-K and Half Marathons in conjunction with the full marathon on November 5th.

Your 10-day package includes:

- Airfare, hotel accommodations, meals
- Organized tours to museums and ancient sites like the Acropolis, Delphi, Mycenae, town of Marathon (including site of actual battlefield)
- Race entry to race of your choice
- Medal, plaque, certificate and T-shirt to all participants
- Join American distance experts Jon Sinclair and Creigh Kelly for training clinics and work-outs.

For Information Packet, contact APOSTOLOS GREEK TOURS

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Using Age Grading in Your Training

as we saw last month, age grading for the masters divisions is proving useful in determining the best performances in a road race. However, the transition to age grading is not taking place without some confusion and protest.

Some masters runners feel they don't know who they are running against until the computer spits out the results. However, this is true in any race unless we recognize and know the ages of all of the other runners. Some national championships require we wear an age number on our backs but that isn't always enforced and is almost never done in New Jersey. In fact, the New Jersey Asbury Park 10K (now the George Sheehan Classic) is the only race where I've seen it done.

It can be discomfiting to find that a runner who finished behind you in a race has moved ahead in the age-graded scoring. The younger masters runners can't be sure they won't be surpassed by a 50- or 60-year-old. However if the older runner's performance was an 85 performance-level percentage, and the youthful master's was but an 81, it makes sense to move the other runner up.

As a competitor who is 15 years older than my youngest masters rival, I immediately saw the fairness of age grading. But it doesn't give me a free ride to the winner's circle. In competitive races where I have had a poor performance and younger women had better, I was rightly relegated below them in the scoring. Age grading is paradoxically quite blind to age — only performance counts.

The standards are very tough. For me, a 55-year-old woman, a one hundred percent performance level in a 5K is a 17:17, 37:36 for a 10K. For a 45-year-old woman, it's 15:45 and 32:32.

A man my age would need to run 15:08 for 5K and 31:18 for a 10K. His ten-years-younger rival would need a 14:31 and a 30:02.

A 65-year-old woman has to run a 19:19 5K, and 39:51 for 10K. Her male counterpart must run 16:38 and 34:25 for 100 percent.

In addition to determining best performances in a race, age adjusting has relevance on a more personal level. Individual masters athletes can use the tables to track their own performances. With age adjusting they can compare their best effort at age 45 to their best at 50 and 55, and so on until they run off into the sunset forever.

While their actual time may be slower, their adjusted time could show that their performance has improved. This has particular significance for athletes who only took up the sport in their later years.

For example, as a 43-year-old novice I ran a 43:15 in a 10K, which age grades to a 40:26 for a 74 performance-level percentage. Ten years later I im-

proved slightly by running a 42:37. With age adjustment, that 42:37 becomes a 36:25 for an 82 PLP, a marked improvement that would not be otherwise apparent.

In order to set my goals in the years to come, I need only check the charts to see what times I need to run to stay at the same level I achieved at 53. This year, to reach 82% I must run a 43:32.

If you would like to be able to chart your own performances, the Age Graded Tables — in reality a 60-page, magazine-size paperback — is available from the *National Masters News* for only \$6.00, plus \$1.25 shipping. Send a check to NMN at P.O. Box 50098, Eugene OR 97405.



Roger Dean of Washington in the M55 400, USATF 1995 National Masters Indoor Championships, Reno. Photo by Jerry Wojcik

Boston Marathon

Continued from page 1

Bloomsday 12K on May 12. Between age 38 and 40, he competed infrequently, but now races almost every two weeks.

For Boston, his plan was to run with the lead men until the 30K point and then to fall back — which he did.

"I know my strength at the end (of the race) and it was windy, so (after 30K) I slowed down."

Bondarchouk also spoke via an interpreter and said: "Today the race was very hard... but I really wanted to win, because the last two years I was only second. I wasn't sure I was the woman (first master), but I was sure Emma (Scaunich) was behind me. When I finished, I wasn't sure I was the champion."

Bondarchouk said she always "thinks good" of her competitors, and so always thinks someone may be up ahead. But Scaunich, last year's female masters winner, dropped out at about 10 miles with a sciatic nerve problem.

"I saw how Emma was suffering, so I could see she was not having the best time," Bondarchouk said. "To be honest, today, my plans were for second place. In the past two years, I've done too many races. But I'm very happy and now I can rest with a free heart. But I promise you I won't run another marathon . . . well, maybe the year after next I might."

Doug Kurtis (43, MI) managed a 2:30:05 for 9th 40+, but still holds the world record of 75 sub-2:20 marathons. Herbert Steffny (41, GER, 2:21:38) said: "I ran with Doug to 20K and heard him breathing quite hard, so I knew he was having some trouble."

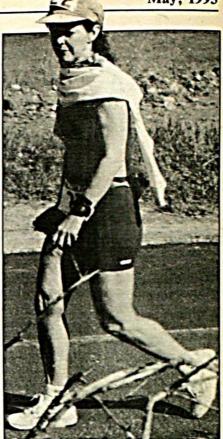
This was Steffny's first marathon in three to four years after a period of injuries. He posted a marathon PR of 2:11:17 in 1986 (Chicago, 5th overall) and has run 2:11 + five times. A 13-time German 10K, 25K, marathon, and cross-country champion, he plans to start masters competition. He currently edits a German running magazine for a Finnish shoe company.

Forty-nine-year-old Paul Fetscher (NY) ran his 229th marathon with this race, using it as a tune-up for a race in Shanghai, China the following week. His friend, Kathy Mannkopf (39, NY) was running her 40th marathon and using it as a tune-up for the Rotterdam Marathon the following weekend.

Second-place masters finishers, who each took home \$5000, were Barnabas Katui (40, KEN, 2:19:31) and Mary Hynes-Johansson (40, MA, 2:57:39). Winning \$2500 for thirds were Yuriy Mikhailov (42, RUS, 2:19:37) and Mary Hanlon (40, FL, 2:58:21).

Boston divides divisions into 10-year, rather than the usual five-year, age groups. Thus, the M50-59 winner (no prize money) was Richard Crampon (52, CAN, 2:35:43), while Wendy Burbank (52, MA, 3:29:19) took W50-59 honors.

Malcolm Gillis (61, AL, 2:52:33) and Wen-Shi Yu (60, NY, 3:26:32) took

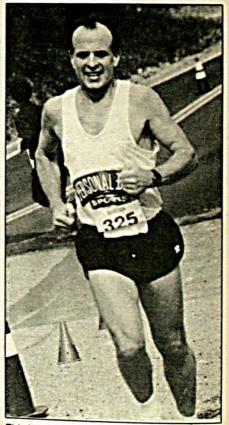


Shirley Church, second W50 (11:57:35), USATF National Masters 100K Championships, Sacramento, Feb. 18. Photo by Jane Byng

60 + laurels.

Steffny, a statistics buff, said he studied 1994 Boston times for the top 13 men and top nine women. "The average improvement on the men's times (PRs) was 3:30 and for the women, 3:00. Last year's cold temperatures and a tailwind... for these conditions you wait ten years."

This year's headwind at the finish caused overall slower times in all divisions. The winners of each division (open, masters and wheelchair) jogged with President Bill Clinton on April 19. This is the third year that the U.S. President has invited the winners to join him on his morning jaunt.



Third master Ed Prytherch, 47, Columbia, S.C., with a 3:06:47, George Washington Memorial Marathon, Greenbelt, Md., Feb. 19.

Photo by George Banker

Records Section

May, 1995

page 21



Name of Operator

Master Age Records

New Age-Group Records Compiled

In this issue are new world and U.S. five-year age-group track and field records for men and women. The marks are those compiled and approved, as of March 31, 1995, by the Records Committees of the World Association of Veteran Athletes (WAVA) and the Masters Track and Field Committee of USA Track & Field (USATF), both headed by Pete Mundle.

Per a decision by WAVA in 1993, no hand times recorded after May 1, 1994 for races of 400 meters or less will be considered for world five-year age group records. However, hand times achieved before May 1, 1994 will continue to be included in the world record lists until broken by a superior time. The same conditions apply to U.S. records set prior to 1991.

The official WAVA/USATF record forms are printed on this page. Meet directors should keep several copies on hand, fill them out if a potential record is set, and mail them to Mundle. Athletes can aid their own cause by carrying a copy to meets for officials' signatures.

All these records have been carefully scrutinized before approval by the Records Committees. Mundle's singleage record book, however, due out

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

Racewalking Records

Also included here are world racewalking "bests" and USA official racewalking records, for each five-year age group, compiled by Bev LaVeck, USATF Masters Racewalking Coordinator.

Long Distance Records

There are no official world long distance road records, but the latest U.S. masters road marks were published in the November, 1994 issue of NMN. U.S. road records are compiled by Road Running Information Center, the record-keeping arm of USATF.

WORLD ASSOCIATION OF VETERAN ATHLETES
Application for World Veteran Age-Group Record/World Veteran Age-Group
Best Performance World Veteran Age-Best Performance

TRACK OR ROAD EVENT

To: PETE MUNDLE, CHAIR 4017 Via Marina No. C	-301 Venice CA 90291	USA.	
Application is hereby made	e for a World Veteran	Age-Group Re	ecord/World Veteran Age-
Group 'Best Performance'/V lowing is submitted:	voria veteran Age-Best	renormance,	in support of which the lor-
(Please type or use capitals	s throughout)	A-100 - 100	AND THE RESERVE
Event	Age-Group		Men/Women
Full Name of Competitor(s)			
Date(s) of Birth (For relays, full name of each	ch team member is rec	quired, in orde	r of running.)
Competitor's Country		Date of Me	eting.
Name of Stadium	Town		Country
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2nd	Suinte thek and	Time	
Control of the Contro		Time	
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Name of Starter	t of the race was in acco	Signature	A SECTION AND COLUMN
TIMEKEEPERS' CERTIFICA' I, the undersigned official Ti	makeaner of the race h	ereby certify th	at the time set opposite my
cionature was the exact time	e recorded by my water	and that the w	ratch used by me has been
certified and approved by	my National Governing	HOOV.	
Time	Name	Sign	ature
Time	_ Name	Sign	ature
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CHIEF TIMEKEEPER I confirm that the above Tim	ekeeners exhibited their	watches to me	e and that the times were as
stated.	ekeepers oximones inc		
			The second of the second of
(Name of Chief Tim	nekeeper or Referee)	1	(Signature)
ELECTRICAL TIMING		d The time re	corded was
A fully automatic electrical and this was the official time.	timing device was use	d. The time rec	colued was
and this was the official tiff	ic.	Andrew dis	ners de la company
(Name of Chief Pho	oto-Finish Judge)		(Signature)
NOTE - A Photo-Finish prin	nt must be included wit	h this applicat	ion.
WIND GAUGE I hereby certify that wind s	and in direction of rur	ning was	metres/sec.
I hereby certify that wind s	peed in direction of rai	0:	and the second of the second

Signature .

WORLD ASSOCIATION OF VETERAN ATHLETES
Application for World Veteran Age-Group Record/World Veteran
Age-Best Performance
FIELD EVENT

To: PETE MUNDLE, CHAIRMAN, W.A.V.A. RECORDS COMMITTEE, 4017 Via Marina No. C-301, Venice, CA 90291, USA.

Application is hereby ma	ade for a World Veteran Ag	ge-Group Record/M	forld Veteran Age-Best
(Please type or use cap	itals throughout)	iornation is subtrit	ied.
	Age-Gro	oup Me	n/Women
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examined by me after pe as modified by W.A.V.A. implement used weight	Shot/Discus/Hammer/Jav erformance and conforms e By-Laws (Appendix A) for v ed	exactly with the relevelerans competition	ant I.A.A.F. Hule except I further certify that the
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3rd		Performance	

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

Continued on next page

WORLD TRACK & FIELD AGE-GROUP RECORDS

Compiled by Peter Mundle and the Records Committee of the World Association of Veteran Athletes (WAVA) through performances verified as of March 31, 1995

Men's World Five Year Age Group	3000 METERS	NIGH JUMP
NAME NAME (RESIDENCE) AGE MEET DATE	DIV. MARK MANE(RESIDENCE) M35 7:47.61 Thomas Wessinghage(FRG) M40 8:17.4 Jack Foster(NZL) M45 8:36.0 Laurie Ohara(GBR) M50 8:53.8 Ray Hatton(USA) M50 9:90.2 Meijdens Adriaan(HOL) M60 9:41.2 John Gilmour(AUS) M65 9:47.4 Derek Turnbull(MZL) M65 9:47.4 Derek Turnbull(MZL) M70 10:53.38 Soichi Tamoi(JPN) M70 10:00.4 Sootty Carter(USA) M70 10:00	DIV. MARK MAME(RESIDENCE) MS5 7-1 2.16 Viktor Bolshov(URS) 35 6-20-74 M60 6-9 p6-9 1/2 2.07 John Hartfield(USA) 40 9-1-85 p6-9 1/2 2.07 Istvan Hajor(HUH) 41 7-2-90 M5 6-3 1/2 1.92 Charlie Rader(USA) 45 7-31-93 p6-3 1/2 1.92 Mark Gelnov(URS) 47 7-25-91 M50 6-2 1.88 Herm Wyatt(USA) 6-2 1.88 Dieter Wille(FRG) M55 5-10 1/2 1.79 Herm Wyatt(USA) 55 5-26-87 M60 5-6 1/4 1.68 Jim Gillcrist(USA) M65 5-4 1/2 1.64 Jim Gillcrist(USA) M65 5-4 1/2 1.64 Jim Gillcrist(USA) M70 4-10 1/4 M81 1.44 Esko Kolhonen(FIH) M80 4-0 1/4 1.22 Virgil McIntyre(USA) M80 6-28-91 4-0 1.22 Kamura Kizo(JPN) M82 5-29-94
M80 15.3 Barry Ivers(USA) 80 9-14-91 M85 16.3 Duncan McClean(SCO) 88 7-6-73 M90 19.9 Duncan McClean(SCO) 90 6-14-75 M95 39.00 Prtiavi Singh Azad(IND) 95 12-5-87 p20.82 Joginder Singh(IND) 99 7-21-91 200 METERS DIV. MARK NAME(RESIDENCE) AGE MEET DATE	DIV. MARK NAME(RESIDENCE) AGE MEET DATE M35 13:16.36 Carlos Lopes(POR) 37 6-28-84 M40 13:45.6 Lucien Rault(FRA) 40 5-21-76 M45 14:23.6 Lucien Rault(FRA) 46 6-19-82 M50 14:55.60 Antonio Villanueva(MEX) 51 7-25-91 M55 15:51.8 Stephen James(GBR) 55 6-5-93 M60 16:33.3 John Gilmour(AUS) 61 8-9-80 M65 16:38.8 Derek Turnbull(NZL) 65 3-13-92 M70 18:43.61h Warren Utes(USA) 71 7-23-91	M85 3-8 1/2 1.13 Buell Crane(USA) 85 7-26-85 M90 3-5 1.04 Buell Crane(USA) 90 7-28-90 POLE VAULT DIV. MARK NAME(RESIDENCE) AGE MEET DATE M35 17-4 3/4 5.30 K. Papanikolaou(GRE) 36 9-9-77 M40 17-6 1/4 5.34 Larry Jessee(USA) 42 10-15-94 M45 15-5 1/2 4.71 Greg Miguel(USA) 46 8-12-93
M35 20.62 Don Quarrie(JAM) 37 6-18-88 20.68 Pietro Mennea(ITA) 35 9-26-87 M40 21.86 Bill Collins(TX) 41 8-15-92 21.9 Reginald Austin(AUS) 40 8-10-77 M45 22.3 George Rhoden(JAM) 45 7-2-72 22.30 Stan Mhitley(USA) 46 6-20-92 M50 22.9 Ken Dennis(USA) 50 7-18-87 22.91 Ron Taylor(GBR) 52 7-31-86 M55 23.37 Ron Taylor(GBR) 56 7-5-91 M60 24.9 Payton Jordan(USA) 60 6-19-77	M75 20:21.62 Kosaku Kanamori(JPM) 77 5-10-92 M80 21:57.88 Edward Benham(USA) 81 8-6-88 M85 25:50.97 Yoshiharu Ueda(JPM) 85 9-16-94 M90 37:39.38 Paul Spangler(USA) 90 8-1-89 M95 50:23.53 Herb Kirk(USA) 95 7-25-91 10,000 METERS DIV. MARK NAME(RESIDENCE) AGE MEET DATE M35 27:17.48 Carlos Lopes(POR) 37 7-2-84	M50 14-4 4.37 Vic Cook(USA) 50 7-25-82 p14-5 1/4 4.40 Hans Lagerqvist(SWE) 51 7- 5-90 H55 13-6 1/4 4.12 Richmond Morcom(USA) 55 8- 4-76 H60 12-9 1/2 3.90 Herbert Schmidt(FRG) 61 10-14-71 H65 12-4 1/2 3.77 Boo Morcom(USA) 65 8- 3-86 H70 10-10 3.30 Herbert Schmidt(FRG) 70 7-18-80 H75 9-6 1/4 2.90 Carol Johnston(USA) 75 2- 7-87 H80 8-3 2.51 Carol Johnston(USA) 80 6-20-92 H85 5-8 1.73 A. E. Pitcher(USA) 86 5-14-88
M65 25.6 Bernard Hogan(AUS) 65 12-6-85 M70 26.8 Payton Jordan(USA) 70 6-20-87 M75 28.14 Payton Jordan(USA) 75 6-20-92 M80 32.3 Josiah Packard(USA) 80 2-18-84 M85 35.99 Harry Gathercole(AUS) 86 10-11-93 M90 48.6 Collister Wheeler(USA) 90 7-30-87 p44.77 Murthy Marayana(IMD) 90 7-26-91 p45.75 Buell Crane(USA) 90 6-23-90 M95 p62.28 Herb Kirk(USA) 95 7-26-91	M35 27:17.48 Carlos Lopes(POR) 37 7- 2-84 M40 28:33.4 Lucien Rault(FRA) 40 6- 9-76 p28:30.88 Martti Vainio(FIN) 40 6-21-91 M45 30:02.56 Antonio Villanueva(MEX) 45 11-29-87 M50 31:01.90 Ron Robertson(WZ) 50 7-23-91 M55 33:00.66 Norman Green(USA) 57 7-29-89 M60 34:14.08 Luciano Acquarone(ITA) 60 7-20-91 M65 34:42.2 Derek Turnbull(MZL) 65 3-15-92 M70 38:23.69 Warren Utes(USA) 71 7-21-91 M75 42:03.4 David Morrison(GBR) 75 9- 9-89	LONG JUMP DIV. MARK NAME(RESIDENCE) AGE MEET DATE N35 27-10 3/4 8.50 Larry Myricks(USA) 35 6-15-91 M40 24-4 3/4 7.43 Tom Chilton(USA) 40 3-24-78 M45 23-10 1/4 7.27 Tapani Taavitsainen(FIN) 46 8-21-90 M50 21-5 1/2 6.54 Pericles Pinto(POR) 50 12-4-87
DAME DAME DAME DAME DAME DAME	M80 44:29.4 Edward Berham(USA) 81 8-4-88 M85 54:23.0 Josef Galia(FRG) 87 8-28-85 M90 71:40.78 Paul Spangler(USA) 90 7-29-89 ONE HOUR RUN DIV. MARK MAME(RESIDENCE) AGE MEET DATE M35 12-1599 20.774 Gaston Roelants(BEL) 35 9-20-72	M55 20-4 6.20 Pericles Pinto(POR) 55 7-11-92 7-10-82 M60 19-11 6.07 Tom Patsalis(USA) 60 7-10-82 M65 17-4 1/4 5.29 Tom Patsalis(USA) 65 12-1-87 M70 16-6 5.03 Melvin Larsen(USA) 70 7-23-94 M75 15-8 1/4 4.78 Mazumi Morita(JPN) 75 7-30-88 M80 13-8 1/2 4.18 Suda Gifchi(JPN) 82 10-15-94 M85 10-5 1/2 3.19 Kameo Jin(JPN) 85 9-17-94 M90 8-0 1/4 2.44 Buell Crane(USA) 90 4-21-90 M95 p5-10 1.78 Collister Wheeler(USA) 95 7-22-88
p51.60 Guido Mueller(FRG) 50 6-3-89 M55 52.6 Ralph Romain(TRI) 58 7-22-90 M60 53.9 Ralph Romain(TRI) 60 5-30-93 M65 58.79 Jim Law(USA) 65 7-5-91 M70 62.2 John Alexander(USA) 70 9-24-89 M75 68.5 Josiah Packard(USA) 75 6-23-79 p68.24 Fritz Assmy(FRG) 75 7-1-90 M80 75.4 Harold Chapson(USA) 80 7-9-83 M85 91.54 Longino Perez(MEX) 85 12-5-87	M40 11-1330 18.919 John Van De Wansem(HOL) 40 10-16-90 M45 11-1268 18.862 Alain Mimoun(FRA) 45 3-20-66 M50 11-954 18.575 Alain Mimoun(FRA) 50 5-16-71 M55 10-1276 17.260 Herman Pekis(HOL) 56 7-10-94 M60 10-831 16.853 John Gilmour(AUS) 61 10-21-79 M65 9-1540 15.892 John Gilmour(AUS) 65 10-7-84 M70 9-1083 15.474 John Gilmour(AUS) 70 6-21-89 M75 8-335 13.181 Lou Gregory(USA) 75 12-17-77 M80 7-946 12.130 Paul Spangler(USA) 81 11-1-80 M85 6-472 10.088 Paul Spangler(USA) 85 11-18-84	p7-0 3/4 2.15 Joginder Singh(IMD) 99 7-25-91 TRIPLE JUMP DIV. MARK NAME(RESIDENCE) AGE MEET DATE M35 55-7 1/4 16.95 Ray Kimble(USA) 35 8-12-88 M40 54-4 3/4 16.58 Ray Kimble(USA) 40 7-2-93 M45 46-6 1/4 14.18 Stig Backlund(FIN) 47 7-28-87 M50 44-5 1/2 13.55 Hermann Strauss(FRG) 51 7-14-82 p44-8 1/4 13.62 Stig Backlund(FIN) 50 6-17-90
M90 2:00.2 Paul Spangler(USA) 90 9-16-89 p1:59.76 Murthy Narayana(IND) 90 7-27-91 800 METERS	M85 6-472 10.088 Paul Spangler(USA) 85 11-18-84 STEEPLECHASE (35-59: 3000H; 60+: 2000H)	M55 41-10 12.75 Mermann Strauss(FRG) 55 7-28-86 p41-11 1/4 12.78 Olavi Niemi(FIN) 57 7-2-89 M60 39-4 3/4 12.01 Jacob Rypdal(NOR) 61 12-5-87
DIV. MARK MAME (RESIDENCE) AGE MEET DATE M35 1:49.2Y George Scott(NZL) M35 1:51.25 Peter Browne(GBR) M45 1:56.16 Ronaldo Mercelina(NOL) M50 2:00.40 Alan Bradford(AUS) M50 2:05.07 Tom Roberts(AUS) M55 2:05.07 Tom Roberts(AUS) M60 2:12.62 Derek Turnbull(NZL) M65 2:15.23 Earl Fee(CAN) M70 2:30.84 James Lytjen(USA) M70 2:30.84 James Lytjen(USA) M70 2:30.84 James Lytjen(USA) M70 2:30.85 James Lytjen(USA) M75 2:40.0 Harold Chapson(USA) M75 2:40.0 Harold Chapson(USA) M80 2:53.5 Harold Chapson(USA) M80 2:53.5 Harold Chapson(USA) M85 3:29.42 Longino Perez(MEX) M85 3:29.42 Longino Perez(MEX) M85 p6:02.94 Herb Kirk(USA) M85 7-23-91	DIV. MARK MAME(RESIDENCE) M35 8:33.4 Ivan Kabanov(URS) M40 8:41.5 Gaston Roelants(BEL) M50 9:25.28 Ron Robertson(NZ) M50 9:50.96 Nils Undersaker(NOR) M50 9:38.8 Nils Undersaker(NOR) M50 99:38.8 Nils Undersaker(NOR) M51 10:14.0 Alan Bradford(AUS) M52 7:53.00 John Eccles(WZL) M53 7:53.00 John Eccles(WZL) M70 8:38.17 Dan Bulkley(USA) M75 9:28.78 Dan Bulkley(USA) M80 11:51.48 Tadashi Tau(JPN) M10 81 M51 10-13-93	39-4 3/4 12.01 Vaclav Bartl(SWE) 61 12- 5-87 pd0-5 1/2 12.33 Hermann Strauss(FRG) 60 7-26-91 M65 36-5 1/2 11.11 Matti Jarvinen(FIM) 65 7-27-91 M70 33-8 3/4 10.28 Tamaka Juji(JPM) 71 5-29-94 M75 32-11 3/4 10.05 Mazumi Morita(JPM) 75 7-31-88 M80 29-4 1/2 8.95 Mazumi Morita(JPM) 80 10-13-93 M85 20-10 1/2 6.36 Shigemitsu Kawato(JPM) 85 7-5-92 M90 18-1 5.51 Buell Crane(USA) 90 7-28-90 SHOT PUT (35-49: 168; 50-59: 6Kg; 60-69: 5Kg; 70+ 4Kg) DIV. MARK NAME(RESIDENCE) AGE MEET DATE M35 72-9 3/4 22.19 Brian Oldfield(USA) 38 5-26-84 M40 70-3 21.41 Brian Oldfield(USA) 40 8-22-85 M45 58-1 1/4 17.71 Pierre Colnard(FRA) 47 6-12-76 M50 57-9 17-60 Klaus Liedtke(FRG) 52 10-10-93 p60-6 1/2 18.45 Klaus Liedtke(FRG) 50 7-20-91
1500 METERS DIV. MARK NAME(RESIDENCE) M35 3:33.91 Mike Boit(KEN) M36 8-21-85 M40 3:49.47 Wilson Waigwa(KEN) M45 4:00.53 Ken Sparka(USA) M55 4:00.53 Ken Sparka(USA) M55 4:17.4 Derek Turnbull(MZL) M50 4:28.66 Derek Turnbull(MZL) M60 4:28.66 Derek Turnbull(MZL) M60 4:39.9 Derek Turnbull(MZL) M70 5:09.73 John Gilmour(AUS) M80 6:04.28 M80 104.28 M80 104.28 M80 104.28 M80 105.28 M80 105.38 M80 105.38	HURDLES 110M: 35-39,42"; 40-49,39"; 100M: 50-59,36" 60-69,33"; 80M: 70+,30" DIV. MARK MAME(RESIDENCE) AGE MEET DATE M35 13.26 Greg Foster(USA) 36 7-22-94 M40 14.24 Stan Druckery(USA) 40 7-30-89 M45 14.7y Valbjorn Thorlaksson(ICE) 45 7-8-79 M50 13.57 Valt Butler(CA) 50 7-5-91 M55 15.28 Bob Hickman(CA) 55 7-30-89 M60 14.98 Jack Greenwood(USA) 60 7-19-86 M65 16.4 Albertos Van Zyl(RSA) 65 8-29-87 p16.22 Jack Greenwood(CO) 65 7-5-91 p16.30 Jack Greenwood(CO) 65 7-21-91 M70 13.2 Albertos Van Zyl(RSA) 70 10-10-92 M75 15.1 Frank Finger(USA) 75 9-1-90 M80 16.98 Mazumi Morita(JPN) 80 10-9-93 M85 20.30 Karl Trei(CAN) 85 5-7-94	M55 S2-0 15.85 Joe Keshmiri (USA) S5 10-10-93 p52-4 15.95 Peter Speckens(FRG) S5 7-19-89 M60 49-2 1/4 14.99 T. Von Wachenfeldt (SWE) 61 7-29-89 M65 47-4 1/4 14.43 T. Von Wachenfeldt (SWE) 65 10-15-93 M70 46-1 1/4 14.05 Voitto Elo(FIN) 70 6-23-85 M75 41-5 3/4 12.64 Ross Carter(USA) 75 9-3-89 p42-0 12.80 Voitto Elo(FIN) 75 5-27-90 M80 40-3 12.27 Ross Carter(USA) 80 6-25-94 M85 27-10 1/4 8.49 Lamberto Cicconi(ITA) 85 7-3-90 M90 22-10 1/2 6.97 Buell Crane(USA) 90 6-20-90 M95 14-6 4.42 Tom Lane(CA) 97 5-23-92 p15-9 4.80 Tom Lane(USA) 96 9-22-91 p20-10 3/4 6.37 Joginder Singh(IND) 99 7-21-91 DISCUS THROW (35-49: 2Kg; 50-59: 1.5Kg; 60+: 1Kg)
ONE MILE	LONG HURDLES (400m: 35-49,36"; 50-59,33"; 300m: 60+,30")	DIV. MARK NAME(RESIDENCE) AGE MEET DATE M35 233-9 71.24 John Powell(USA) 36 6-9-84 M40 227-11 69.48 Al Oerter(NY) 43 5-31-80 M45 216-11 66.12 Al Decree(USA) 45 3-28-82
DIV. MARK MAME(RESIDENCE) M35 M35 M35 M35 M35 M36 M36 M36	DIV. MARK MAME(RESIDENCE) M35 48.93 M40 52.7 Stan Druckrey(USA) 52.76 James King(USA) M40 8-3-89 M50 58.1 Jack Greenwood(USA) M50 59.85 Jack Greenwood(USA) M60 43.49 Jack Greenwood(USA) M65 47.82 Arne Petterson(SVE) M65 47.82 M65 47.83 Anne Petterson(SVE) M70 50.4 Albertos Van Zyl(RSA) M80 71.9 Claude Mills(USA) M80 71.9 Claude Mills(USA) M80 8-31-92 M80 6-11-89	M50 216-11 66.12 Al Oerter(USA) 45 3-28-82 M50 205-10 62.74 Al Oerter(USA) 50 8-3-89 M55 177-1 53.98 Kauko Jouppila(FIN) 56 9-3-77 M60 189-0 57.60 Wendell Palmer(USA) 60 4-24-92 M55 182-6 55.62 K. Maksimczyk(GBR) 65 9-17-79 M70 156-8 47.76 Kauko Jouppila(FIN) 70 7-23-91 M75 136-6 41.60 Osmo Renvall(FIN) 76 7-19-86 M80 124-2 37.86 Osmo Renvall(FIN) 80 7-23-91 M85 88-11 3/4 27.12 Lamberto Cicconi(ITA) 86 9-12-90 M90 67-5 1/2 20.56 Buell Crane(USA) 90 6-20-90 M95 36-3 11.05 Tom Lane(USA) 95 9-24-89 p52-10 3/4 16.12 Joginder Singh(IND) 99 7-23-91

THE PARTY OF THE P		page 2.
Continued from previous page	800 METERS	HIGH JUMP
HAMMER THROW (35-49: 16M; 50-59: 6Kg; 60-69: 5Kg; 70+:4Kg) DIV. MARK MAME(RESIDENCE) M35 271-8 82.80 Yurly Syedikh(URS) 35 8-12-90 M40 243-11 74.34 Ed Burke(USA) 44 4-28-84 M45 208-2 63.46 Shigenobu Murobushi(JPN) 48 10-13-93 M50 209-2 63.76 Tom Gage(USA) M55 204-8 62.40 Hans Potsch(AUT) 55 7-16-88 p208-6 63.56 Hans Potsch(AUT) 57 7-5-90 M60 191-11 58.50 Hans Potsch(AUT) 60 9-19-93 M65 169-10 51.76 Pentti Saarikoski(FIN) 65 7-18-91 M70 155-11 47.54 Roy Foley(AUS) 71 3-20-88 M85 89-6 3/4 27.30 Friederich Bender(FRG) 85 6-22-85 M90 55-7 3/4 16.96 Buell Crane(USA) 90 4-21-90	DIV. MARK NAME(RESIDENCE) AGE MEET DATE W45 1:57.10 Lyubov Gurina(RUS) 36 8-17-93 W40 2:05.46 Sara Montecinos(CNL) 40 3-19-94 W45 2:17.06 Judy Bandiera(AUS) 45 10-10-93 W50 2:22.03 Marge Allison(AUS) 50 10-29-94 W55 2:31.0 Gerda Van Kooten(HOL) 55 4-12-94 W60 2:47.33 Jean Horne(CAN) 61 8-13-94 W65 3:01.18 Shirley Brasher(AUS) 65 4-19-92 W70 3:14.90 Britta Tibbling(NOR) 71 8-1-89 W70 3:52.98 Johanna Luther(FRG) 75 8-1-89 W80 3:54.81 Johanna Luther(FRG) 80 10-10-93 W85 5:14.43 Matsue Nishiyama(JPN) 86 10-10-93	DIV. MARK WAME(RESIDENCE) W35 6-2 1.88 Debbie Brill(CAN) p6-2 1.88 Cindy Greiner((USA) p6-2 W40 5-5 3/4 1.67 Yordanka Blagoeva(YUG) W45 5-3 1.60 Phil Raschker(GA) W55 4-6 1/4 1.47 Dorothy Tyler(GBR) W55 4-6 1/4 1.38 C. Schmallbruch(FRG) W55 4-6 1/4 1.43 Taisija Tshentchik(URS) W60 4-3 1/4 1.30 Rosemary Chrimes(GBR) W60 4-3 1/4 W60 4-3 1/4 1.30 Rosemary Chrimes(GBR) W65 4-2 W70 3-9 3/4 W70 3-3 1/2 W70 3-3 1
DIV. MARK NAME(RESIDENCE) AGE MEET DATE	V35 3:57.73 Marícica Puíca(ROM) 35 8-30-85 W40 4:02.01 Yekatarina Podkopayeva(URS) 40 8-8-92 W50 4:56.58 Heather Mathews(N2) 45 2-2-92 W50 4:56.5 Anne McKenzie(RSA) 50 10-15-75 W55 5:07.3 Gerda Van Kooten(HOL) 55 5-10-94 W60 5:46.81 Shirley Brasher(AUS) 61 12-5-87 5:46.9 Margaret Miller(USA) 60 7-16-86 p5:37 Jean Albury(AUS) 60 4-14-90 W55 6:02.68 Shirley Brasher(AUS) 65 4-18-92 W70 6:39.04 Britta Tibbling(SWE) 71 7-22-89 W75 7:09.72 Johanna Luther(FRG) 76 8-5-89 p7:06.13 Johanna Luther(FRG) 77 7-27-91 W80 7:32.22 Johanna Luther(FRG) 80 10-16-93 W85 p11:43.2 Anna Ward(USA) 85 6-2-90	DIV. MARK NAME(RESIDENCE) AGE MEET DATE W35 9-2 1/4 2.80 Maret Kalviste(URS) 38 10-10-93 W40 9-6 1/4 2.90 Phil Raschker(USA) 44 6-8-91 W45 11-1 3.38 Phil Raschker(USA) 47 5-17-94 W50 9-6 1/4 2.90 Pat McNab(GBR) 50 6-6-93 W55 6-6 3/4 2.00 Dorothy McClennan(IRL) 58 10-10-93 W60 6-0 3/4 1.85 Leonore McDaniel(USA) 64 8-14-92 W65 5-8 1/2 1.74 Leonore McDaniel(USA) 65 5- 1-93 W70 4-7 1/4 1.40 Margaret Hinton(USA) 73 9-27-94 LONG JUMP DIV. MARK NAME(RESIDENCE) AGE MEET DATE
M95 33-10 1/4 10.32 Tom Lane(USA) 97 5-23-92 p69-5 21.16 Joginder Singh(IND) 99 7-21-91 DECATHLON(1989 WAVA AGE GRADED SCORING TABLES) DIV. MARK NAME(RESIDENCE) AGE MEET DATE M35 8278 Werner Yon Moltke(FRG) 35 5-12-72 M40 8014 Wolfgang Linkmann(FRG) 40 6-6-81 M45 7820 Rex Harvey(USA) 45 7-18-91 7938 (42") Roy Williams(NZL) 46 2-2-80 M50 8044 Gary Miller(USA) 51 7-27-89 8593 110/33 Gary Miller(USA) 50 5-27-88 M55 7796 Phil Mulkey(GA) 56 6-17-89	DIV. MARK NAME(RESIDENCE) AGE MEET DATE W35 4:17.33 Maricica Puica(ROM) 35 8-21-85 W40 4:23.78 Yekatarina Podkopayeva(URS) W45 5:02.31 Heather Mathews(NZ) W50 5:29.39 Jeanne Hoagland(USA) M51 5:25.39 Jeanne Hoagland(USA) M55 5:35.0 Gerda Van Kooten(HOL) M65 6:42.8 Joselyn Ross(GBR) M65 6:41.64 Rosamund Dashwood(CAN) M65 6:41.64 Rosamund Dashwood(CAN) M70 7:26.0 Pat Dixon(USA) M80 9:49.40 Ivy Granstrom(CAN) 3000 METERS DIV. MARK NAME(RESIDENCE) AGE MEET DATE	W35 21-7 6.58 Maryna Van Miekirk (RSA) 36 2-20-91 W40 19-4 1/4 5.90 Arna Wiodarczyk (POL) 41 8-15-92 W45 18-1 1/4 5.52 Takako Togawa JPN 45 10-19-88 W50 17-2 3/4 5.25 Jan Mynes (AUS) 50 9-28-94 W55 15-9 4.80 C. Schmall bruch (FRG) 56 10-8-93 p17-2 3/4 5.25 C. Schmall bruch (FRG) 56 -90 p15-11 3/4 4.87 C. Schmall bruch (FRG) 56 -93 W60 14-3 3/4 4.36 L. Seuberlich (FRG) 60 7-29-86 W65 14-8 4.47 Paula Schneiderhan (FRG) 61 2-1-87 W75 8-8 2.64 Tama Makashima JPN 75 9-12-92 W80 7-5 2.26 Ruth Frith (AUS) 84 10-9-93 TRIPLE JUMP
8346 110/33 Richmond Morcom(USA) 55 7-11-76 8004 110/30 Richmond Morcom(USA) 62 7-27-89 8004 110/30 Richmond Morcom(USA) 61 8-28-82 M65 7613 Pekka Penttila(FIN) 65 7-27-89 8125 8# Richmond Morcom(USA) 65 886 M70 8412 Gudmund Skrivervik(NOR) 70 7-27-89 M75 6506 Gilberto Gonzalez(PUR) 76 7-27-89 M80 3671 A. E. Pitcher(USA) 84 7-27-86 6567 8# Herb Anderson(USA) 80 8-28-82 M85 3539 A. E. Pitcher(USA) 87 6-17-89 3662 8# A. E. Pitcher(USA) 87 9-19-87 PENTATHLON(1985 IAAF SCORING TABLES)	W35 8:27.83 Maricica Puica(ROM) 35 9-7-85 W40 9:11.2 Joyce Smith(GBR) 40 4-30-78 W45 10:18.10 Els Raap(NOL) 47 5-28-94 W50 10:24.01 Edeltraud Pohl(FRG) 52 8-25-88 W55 11:20.2 Marion Irvine(USA) 59 9-16-89 W60 12:26.8 Lieselotte Schultz(FRG) 61 6-13-81 W65 12:47.6 Joselyn Ross(GBR) 65 8-14-93 W70 13:50.8 Jose Waller(GB) 70 10-4-92 W75 17:37.2 Bess James(USA) 75 8-10-85 W80 21:18.6y Ivy Granstrom(CAN) 80 6-28-92 W85 p25:29.6 Mary Ames(USA) 85 4-30-88	DIV. MARK WAME(RESIDENCE) W35 42-8 3/4 13.02 Yannick Gacon(FRA) W40 40-3 1/2 12.28 Anna Wlodarczyk(POL) W53 33-1 10.08 Erika Springmann(FRG) W55 32-2 3/4 W60 28-7 3/4 W65 29-7 1/2 W60 28-7 1/2 W60 28-7 3/4 W60 28-7 3/4 W60 28-7 1/2 W60 18-6 1/2 W60 18-
DIV. MARK MAME(RESIDENCE) MSS 3806 Silvia Hodos(FRA) MSS 3806 Silvia Hodos(FRA) MSS 3806 MET DATE MSS 3817 MSS 2976 MSS 2976 MSS 2547h MSS 2547h MSS 2028 MSS 12- 3-87 MSS 2028 MSS	DIV. MARK MAME(RESIDENCE) MS5 15:13.38	DIV. MARK V35 70-1 3/4 21.38 Helena Fibingerova(CZE) 35 8-22-84 W40 62-6 19.05 Antonina Ivanova(URS) 40 8-28-73 W45 46-6 1/4 14.18 Liesl Huber(FRG) 45 10-13-79 W50 48-8 3/4 14.85 Valerie Young(NZL) 50 11-29-87 W55 47-5 3/4 14.47 Sigrin Kofink(FRG) 56 7-21-91 W60 40-0 1/4 12.20 Rosemary Chrimes(GBR) 60 10-10-93 W65 33-3 3/4 10.15 Nina Ponomareva(URS) 65 10-2-94 W70 27-8 1/4 8.44 Lena Grobler(RSA) 70 10-10-93 W75 25-7 7.80 Irja Sarnama(FIN) 78 8-22-84 W80 24-0 1/4 7.32 Irja Sarnama(FIN) 81 8-31-87 W85 17-11 3/4 5.48 Irja Sarnama(FIN) 85 7-21-91 W95 11-1 1/2 3.39 Margaret White(OK) 95 9-7-92
Women's World Five Year Age Group Records 100 METERS	DIV. MARK WAME(RESIDENCE) W35 31:20.28 Ingrid Kristiansen(NOR) W40 33:00.78 Evy Palm(SWE) W45 37:34.45 Elaine Statham(GBR) W50 36:51.28 Ursula Odermatt(SWE) W50 36:51.28 Ursula Odermatt(SWE) W50 38:38.6 Jean Albury(AUS) W60 43:58.66 Shirley Brasher(AUS) P42:17 Jean Albury(AUS) P43:01.2 Joselyn Ross(GBR) P43:26.17 Marion Irvine(USA) W65 45:49.42 Shirley Brasher(AUS) W65 45:49.42 Shirley Brasher(AUS) W65 45:49.42 Shirley Brasher(AUS) W70 48:10.98 Jose Waller(GBR) W75 53:13.63 Johanna Luther(FRG) 77 7-21-91	DISCUS THROW (1Kg) DIV. MARK NAME(RESIDENCE) M35 228-4 69.60 Faina Myelnik(URS) W40 206-5 62.92 Helgi Parts(URS) W45 160-7 48.94 Odete Domingos(BRA) W50 142-10 43.54 Valerie Young(AUS) D145-11 44.48 L. Hmelevskaja(URS) W55 134-0 40.86 Rosemary Chrimes(GBR) W60 123-3 37.56 Rosemary Chrimes(GBR) W60 96-4 29.36 Nina Ponomareva(URS) W65 96-4 29.36 Nina Ponomareva(URS) W67 84-7 3/4 25.80 Toyoko Yoshiro(JPN) W75 69-7 1/2 21.22 Annchen Reile(FRG) W80 56-4 1/2 17.18 Irja Sarnama(FIN) RGE MEET DATE MEET
W50 12.9 Irene Obera(USA) 51 6- 1-85 W55 13.6 Shirley Peterson(NZL) 55 1-21-84 W60 13.9 Shirley Peterson(NZL) 60 2-25-89 W55 14.7 Shirley Peterson(NZL) 65 2-26-94 W70 15.42 Paula Schneiderhan(FRG) 71 10-15-93 W75 16.87 Polly Clarke(USA) 75 8-31-85 W80 18.42 Hanna Gelbrich(FRG) 80 10-15-93 W85 48.40 Sarah Packham(GBR) 87 11- 3-90 P34.7 Mary Ames(USA) 86 8- 7-89 DIV. MARK NAME(RESIDENCE) AGE MEET DATE W55 22 47 Evelyn Ashford(USA) 35 8-13-92	Name Name	HAMMER THROW (35-49: 4Kg; 50+: 3Kg) DIV. MARK NAME(RESIDENCE) HAMMER THROW (35-49: 4Kg; 50+: 3Kg) DIV. MARK NAME(RESIDENCE) NAME (RESIDENCE) NAME (RE
22.5 Marina Stepanova(URS) 36 6-27-86 W60 24.84 Phil Raschker(USA) 42 8-3-89 W5 25.46 Phil Raschker(USA) 47 6-20-94 W50 26.84 Jan Hynes(AUS) 50 10-2-94 W55 28.48 Irene Obera(USA) 55 8-3-89 W60 29.67 Irene Obera(CA) 60 8-13-94 W50 31.38 Shirley Peterson(NZL) 65 3-27-94 W70 33.26 Paula Schneiderhan(FRG) 71 10-10-93 W75 35.93 Polly Clarke(USA) 75 8-31-85 W80 41.11 Polly Clarke(USA) 82 8-15-92 W85 p58.4 Anna Ward(USA) 85 6-2-90	SHORT HURDLES (35-39: 100M,33"; 40+: 80M,30") DIV. MARK	U70 96-9 3/4 29.51 Ilse Bellin(FRG) 70 8-3-89 W75 65-7 1/2 20.00 Ruth Frith(AUS) 79 8-5-89 W80 62-8 3/4 19.12 Ruth Frith(AUS) 80 4-13-90 W85 57-7 1/4 17.56 Ruth Frith(AUS) 85 11-5-94 JAVELIN THROW (30-49: 600G; 50+: 400G) DIV. MARK NAME(RESIDENCE) AGE MEET DATE W35 219-10 67.00 Tuula Laaksala(FIN) 35 9-10-88 W40 170-1 51.84 Anneli Virkkala(FIN) 40 8-2-87 W45 156-7 47.74 Anneliese Gerhards(FRG) 45 5-30-81 W50 143-9 43.82 Gertrude Schonauer(AUT) 52 7-29-89 p147-4 44.90 Elvira Ozolona(URS) 51 7-20-91 W55 151-2 46.08 Gertrude Schonauer(AUT) 55 8-29-92
## ## ## ## ## ## ## ## ## ## ## ## ##	### W75 33.66	W55 118-2 36.08 Heather Doherty(AUS) 60 10-23-93 M65 100-4 30.58 Joan Ogden(GBR) 65 7-19-92 M70 81-11 24.97 Harna Gelbrich(FRG) 70 9-26-83 P75-6 1/4 23.02 Harna Gelbrich(FRG) 77 7-4-90 P74-5 3/4 22.70 Harna Gelbrich(FRG) 78 7-20-91 M80 65-2 19.86 Harna Gelbrich(FRG) 80 10-9-93 M85 14-5 1/4 4.40 Sarah Packham(GBR) 87 11-3-90 P45-1 13.74 Irja Sarnama(FIH) 85 7-21-91

U.S.A. TRACK & FIELD AGE-GROUP RECORDS

Compiled by Peter Mundle and the Records Subcommittee of the TAC Masters T&F Committee through performances verified as of March 31, 1995

Men's	U.S.A.	Five	Year	Age	Group
		Reco	rds		

	Personal Property and Property			
DIV	. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M35	10.3	Ruben Whitney(TX)	35	6-14-80
M40	10.87	Eddie Hart(CA)	40	7-30-89
	10.6n	Eddie Hart(CA)	40	9-11-89
M45	11.02	Stan Whitley(CA)	48	4-17-94
	11.0n	Thane Baker(TX)	48	6-14-80
MS0	11.2	Ken Dennis(CA)	50	7-18-87
M55	11.66	Ralph Summerlin(AL)	58	7-14-90
	11.6n	Payton Jordan(CA)	56	6-23-73
	11.6n	Alfred Guidet(CA)	56	6-22-74
M60	11.8	Payton Jordan(CA)	61	5-27-78
M65	12.6	Payton Jordan(CA)	65	6-12-82
M70	12.91	Payton Jordan(CA)	74	6-22-91
M75	13.72	Payton Jordan(CA)	75	5-30-92
M80	15.4	Josiah Packard(CA)	80	2-25-84
M85	17.98	Russell Randall(CO)	85	8-14-92
M90	20.69	Buell Crane(ID)	90	7-27-90
	Name and Post Of Concession			

200 METERS

100 METERS

DIV	. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M35	20.8	Delano Meriwether(US)	35	6- 9-78
M40	21.86	Bill Collins(TX)	41	8-15-92
	p21.38	Bill Collins(TX)	40	7- 5-91
M45	22.30	Stan Whitley(CA)	46	6-20-92
M50	22.9	Ken Dennis(CA)	50	7-18-87
MS5	23.6	Alfred Guidet(CA)	55	6-24-73
M60	24.9	Payton Jordan(CA)	60	6-19-77
M65	26.05	James Law(NC)	67	10-10-93
	p25.87	Jack Greenwood(CO)	65	7- 6-91
M70	26.8	Payton Jordan(CA)	70	6-20-87
M75	28.14	Payton Jordan(CA)	75	6-20-92
M80	32.3	Josiah Packard(CA)	80	2-18-84
M85	40.29	Konrad Boas(NY)	86	8- 3-89
M90	48.6	Collister Wheeler(OR)	90	7-30-87
1	p45.75	Buell Crane(ID)	90	6-23-90
M95	p62.28	Herb Kirk(MT)	95	7-26-91
	basin Birth	A THE RESIDENCE OF THE PARTY OF		The State of the Local Division in the Local

400 METERS

DIV.	MARK		The second second	A STATE OF THE PARTY OF THE PAR
		NAME (RESIDENCE)	AGE	MEET DATE
M35	46.38	James King(CA)	35	5-25-84
M40	48.44	James King(CA)	40	8- 5-89
M45	50.20	Fred Sowerby(NV)	45	8-12-94
M50	52.79	Larry Colbert(MD)	50	12- 5-87
M55	54.56	Rudolph Valentine(NY)	55	6- 9-79
M60	57.64	Jack Greenwood(CO)	63	8- 5-89
M65	58.79	Jim Law(NC)	65	7- 5-91
M70	62.2	John Alexander(TX)	70	9-24-89
N75	68.5	Josiah Packard(CA)	75	6-23-79
M80	75.4	Harold Chapson(HA)	80	7- 9-83
M85	93.59	Russell Randall(CO)	86	8-12-93
M90	2:00.2	Paul Spangler(CA)	90	9-16-89

800 METERS

DIV		NAME (RESIDENCE)	AGE	MEET DATE
N35	1:52.1	Ralph Lee(CA)	37	679
M40	1:52.5	Ken Popejoy(IL)	40	5-31-91
M45	1:56.27	Don Parker(CA)	47	5-12-90
M50	2:01.1	Bill Fitzgerald(CA)	50	6-29-75
M55	2:08.9	Bill Fitzgerald(CA)	55	7- 5-80
M60	2:14.13	Ralph Miller(WA)	60	8-15-92
	p2:13.98	Jim Sutton(PA)	60	7-23-91
M65	2:25.3	Frank Finger(VA)	65	7- 5-80
M70	2:30.84	James Lytjen(CA)	70	6- 8-91
	p2:27.57	James Lytjen(CA)	70	7-23-91
M75	2:40.0	Harold Chapson(HI)	75	5-14-78
M80	2:53.5	Harold Chapson(HI)	80	7-11-82
M85	3:58.3	Paul Spangler(CA)	85	5- 5-84
M90	4:39.59	Paul Spangler(CA)	90	6-10-89
M95	p6:02.94	Herb Kirk(MT)	95	7-23-91
	Marian Carlotte Control of the Control	THE RESERVE AND THE PERSON NAMED IN COLUMN 2 IS NOT THE PERSON NAM		Committee of the Commit

1500 METERS

DIV	. MARK	NAME (RESIDENCE)	AGE	MEET DATE
	3:40.83	Steve Scott(CA)	35	6-14-91
	3:53.18	Larry Almberg(WA)	42	8- 5-89
	p3:50.43	Larry Almberg(WA)	43	7-29-90
M/5	4:00.53	Ken Sparks(OH)	45	
-	p3:59.24	Ken Sparks(OH)	45	4-24-90
MSO	4:05.8	Ray Hatton(OR)		7-29-90
	4:25.24		50	7- 8-82
	4:32.09	Jim Sutton(PA)	55	7-19-86
		Jim Sutton(PA)	60	7-27-91
MOD	4:56.80	Joe King(CA)	65	7- 7-91
-	p4:56.31	Joe King(CA)	65	7-27-91
M70	5:19.38	Austin Newman(NJ)	70	7-19-86
120	p5:14.97	James Lytjen(CA)	70	7-27-91
H75		Scotty Carter(MA)	75	6-28-92
M80		Ed Benham(MD)	80	12- 5-87
M85		Paul Spangler(CA)	85	5- 5-84
M90		Paul Spangler(CA)	90	6-10-89
M95	13:53.8	Herb Kirk(MT)	95	10- 6-90
	THE THE			

DIV	. MARK	NAME (RESIDENCE)	AGE	MEET DAT
M35	3:54.13	Steve Scott(CA)		7- 1-91
940	4:12.24	Larry Alaberg(WA)		4-28-90
	p4:06.70			7-29-90
M45	4:18.83			4-24-90
	p4:17.14			7-29-90
M50				7-13-75
				7-22-85
To diffe				
				5-16-87
MAG				10- 5-86
				8-17-91
				4- 8-72
			70	7- 9-77
	5:57.2	Scotty Carter(MA)	75	7-12-92
M80	8:07.1	Paul Spangler(CA)	81	6- 7-80
M85	12:23.6	Herb Kirk(MT)	87	8-26-83
M90	13:43.6	Herb Kirk(MT)		8-18-86
M95	14:48.2	Herb Kirk(MT)	95	10- 6-90
	M35 M40 M45 M50 M55 M60 M65 M70 M75 M80 M85 M90	M45 4:18.83 p4:17.14 M50 4:32.2 M55 4:55.3 p4:45.1 p4:46.5 M60 4:58.2 M70 5:42.2 M70 5:42.2 M70 8:07.1 M85 12:23.6 M90 13:43.6	M35 3:54.13 Steve Scott(CA) M40 4:12.24 Larry Almberg(UA) p4:06.70 Larry Almberg(UA) M45 4:18.83 Ken Sparks(OH) M50 4:32.2 Bill Fitzgerald(CA) M55 4:55.3 William Fraser(MN) p4:46.5 Don Gammie(OH) M60 4:58.2 Monty Montgomery(CA) M65 5:22 Monty Montgomery(CA) M70 5:42.2 Monty Montgomery(CA) M70 5:42.2 Scotty Carter(MA) M80 8:07.1 Paul Spangler(CA) M80 8:07.1 Paul Spangler(CA) M85 12:23.6 Merb Kirk(MT)	M35 3:54.13 Steve Scott(CA) 35 3:54.13 Steve Scott(CA) 35 3:66.70 4:12.24 Larry Almberg(UA) 43 4:18.83 Ken Sparks(OH) 45 4:18.83 Ken Sparks(OH) 45 4:17.14 Ken Sparks(OH) 45 4:50.22 Bill Fitzgerald(CA) 50 4:55.3 William Fraser(MN) 55 5:45.1 Ray Matton(OR) 55 5:45.1 Ray Matton(OR) 55 6:58.2 Jim Sutton(PA) 60 4:58.2 Jim Sutton(PA) 60 4:58.2 Jim Sutton(PA) 60 70 5:57.2 Konty Montgomery(CA) 70 70 5:57.2 Scotty Carter(MA) 75 75 7:57.2 Scotty Carter(MA) 75 75 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:57.2 7:5

3000 METERS

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE	
M35	7:56.69	Steve Scott(CA)	35	5-25-91	
M40	8:43.7	Web Loudat(NM)	40	6-13-87	
M45	9:06.6	Kirk Randall(MA)	45	6-13-87	
	p8:55.6	Patrick Hambrick(LA)	45	6-28-94	
M50	8:53.8	Ray Hatton(OR)	50	6-25-82	
M55	9:37.88	Ray Hatton(OR)	56	6-26-88	
M60	10:13.8	Don Gammie(OH)	60	8-10-91	
M65	10:51.0	Norman Bright(WA)	65	6-17-75	
M70	11:46.2	Harold Chapson(HI)	73	3-28-76	
H75	12:04.0	Scotty Carter(MA)	75	6-28-92	
480	13:52.63	Ed Benham(MD)	82	5- 4-90	
M85	16:32.0	Paul Spangler(CA)	25	5- 4-84	
190		Paul Spangler(CA)	90	9-16-89	
	The state of the s				

5000 METERS

VIC	. MARK	NAME (RESIDENCE)	AGE	MEET DATE
135	13:51.7	Mike Manley(OR)	38	6- 1-80
	p13:26.03	Steve Plasencia(US)	36	6- 5-93
440	14:59.6	Hal Higdon(IN)	41	8-25-72
145	15:12.25	Mike Manley(OR)	47	8- 1-89
	p15:11.0	Salvador Vasquez(CA)	46	7- 5-86
150		Dan Conway(WI)	50	8- 1-89
	p15:41.67	Mike Heffernan(OR)	50	7-25-91
155	16:27.1	James O'Neil(CA)	55	1-12-81
160	17:19.0	Clive Davies(OR)	64	8- 2-80
165	18:30	William Andberg(MN)	65	7- 4-76
	p18:07.04	Joe King(CA)	65	7-25-91
170	18:43.61h	Warren Utes(IL)	. 70	7-23-91
175	20:55.39	Alfred Funk(MT)	75	8- 1-89
180	21:57.88	Edward Benham(MD)	81	8- 6-88
185	28:03.8	Paul Spangler(CA)	85	4-14-84
190	37:39.38	Paul Spangler(CA)	90	8- 1-89
195	50:23.53	Herb Kirk(MT)	95	7-25-91
100	White the state of	The second of the second secon		

10.000 METERS

VIC	. MARK	NAME (RESIDENCE)	AGE	MEET DATE
35	28:26.4	Gary Tuttle(CA)	36	4-28-84
Ma	p28:02.41	Steve Plasencia(US)	37	6-18-93
440	30:50.37	Larry Almberg(WA)	42	7-30-89
445	31:48	Ray Hatton(OR)	45	6-11-77
450	32:10.4	Ray Hatton(OR)	51	6-18-83
455	33:00.66	Norman Green(PA)	57	7-29-89
450	35:19.8	Clive Davies(OR)	63	8-19-78
465	38:38.0	Norman Bright(WA)	66	8- 3-76
	p37:52.75	John Keston(OR)	68	7-17-93
470	38:23.69	Warren Utes(IL)	70	7-20-91
H75		Edward Benham(MD)	75	9-25-83
M80		Edward Berham(MD)	81.	8- 4-88
485		Paul Spangler(CA)	86	6-22-85
490	71:40.78	Paul Spangler(CA)	90	7-29-89

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
N35	11-1070	18.681 Ken Mueller(MA)	35	5-13-72
M40	11-740	18.379 Ray Hatton(OR)	44	8- 7-76
N45	11-223	17.907 Hal Higdon(IN)	48	6-26-79
MS0	10-1335	17.314 Peter Mundle(CA)	50	10- 1-78
M55	10-775	16.802 James O'Neil(CA)	56	8- 4-81
M60	10-201	16.277 Clive Davies(OR)	61	8- 7-76
M65	9-604	15.036 Norman Bright(WA)	65	6-13-75
M70	8-1131	13.909 William Andberg(MN)	70	10- 4-81
M75	8-335	13.181 Lou Gregory(FL)	75	12-17-77
M80	7-946	12.130 Paul Spangler(CA)	81	
Ma5	6-477	10 088 Paul Spanslan(CA)	96	11-10-0/

STEEPLECHASE (35-59: 3000M; 60+: 2000M)

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DAT
M35	8:38.8	Mike Manley(OR)	38	80
M40	9:18.6	Hal Higdon(IN)	44	8-15-75
M45	9:39.0	Hal Higdon(IN)	46	8-11-77
M50	10:31.01	Faye Bradley(DC)	51	7-20-89
M55	10:59.2	Ken Carman(HI)	56	7-28-84
M60	7:40.10	Dave Stevenson(CA)	60	8- 5-89
M65	8:23.74	Avery Bryant(CA)	65	7-20-89
M70	8:38.17	Dan Bulkley(OR)	71	8- 5-88
H75	9:28.78	Dan Bulkley(OR)	76	7-17-93
	12:42.4	Bob Boal (NC)	81	5- 1-03

HURDLES: 110M: 35-39,42"; 40-49,39"; 100M: 50-59,36"

		00-04'22"; POM: \0+'20"		
DIV		NAME (RESIDENCE)	AGE	MEET DATE
M35	13.26	Greg Foster(US)	36	7-22-94
M40	14.24	Stan Druckrey(WI)	40	7-30-89
M45	15.0	Jack Greenwood(KS)	46	9-14-72
	p14.84	Stan Druckrey(WI)	45	8-12-93
M50	13.57	Walt Butler(CA)	50	7- 5-91
M55	15.28	Bob Hickman(CA)	55	7-30-89
M60	14.98	Jack Greenwood(CO)	60	7-19-86
M65	17.43	Robert Hunt(CA)	65	5-18-85
	p16.22	Jack Greenwood(CO)	65	7- 5-91
	p16.30	Jack Greenwood(CO)	65	7-21-91
M70	14.50h	Al Guidet(CA)	71	7-29-89
	p14.35	Edwin Lukens(NY)	72	8-12-94
	p14.22	Burl Gist(CA)	71	7- 5-91
M75	15.44	Herb Miller(CA)	76	8-14-92
	15.1n	Frank Finger(VA)	75	9- 1-90
M80	17.5	Russell Meyers(FL)	80	7- 7-84
			-	1 04



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

32.70	James King(CA)		
	Stan Druckrey(VI)	40	7- 8-89
		46	8-24-72
		45	8-13-93
		50	7- 3-76
		57	9-27-83
		63	8- 3-89
		65	10-13-93
		65	7- 6-91
		65	7-25-91
			8- 3-89
		The second second	10- 2-94
76 20			8-13-93
	52.7n 55.7 p55.79 58.1 59.85 43.49 48.03h p47.82 p45.20 52.44 55.33	52.7n Stan Druckrey(VI) 55.7 Jack Greenwood(KS) 55.79 Stan Druckrey(VI) 58.1 Jack Greenwood(KS) 59.85 Jack Greenwood(KS) 43.49 Jack Greenwood(CO) 48.03h Chuck Sochor(NI) p47.82 Jack Greenwood(CO) p45.20 Jack Greenwood(CO) 52.44 Dan Bulkley(OR) 55.33 Dan Bulkley(OR)	52.7n Stan Druckrey(WI) 40 55.7 Jack Greenwood(KS) 46 p55.79 Stan Druckrey(WI) 45 58.1 Jack Greenwood(KS) 50 59.85 Jack Greenwood(KS) 57 43.49 Jack Greenwood(CO) 63 48.03h Chuck Sochor(MI) 65 p47.82 Jack Greenwood(CO) 65 p45.20 Jack Greenwood(CO) 65 52.44 Dan Bulkley(OR) 72 55.33 Dan Bulkley(OR) 77

HIGH JUMP

DIV.	MAKE	MANE (KESIDENCE)	AUE	HEET DATE
M35	7-0 3/4	2.15 Jim Barrineau(VA)	36	6- 6-92
M40	6-9	2.06 John Hartfield(TX)	40	9- 1-85
M45	6-3 1/2	1.92 Charlie Rader(CA)	45	7-31-93
M50	6-2	1.88 Herm Wyatt(CA)	51	8-20-83
M55	5-10 1/2	1.79 Herm Wyatt(CA)	55	5-23-87
	5-6 1/4	1.68 Jim Gillerist(LA)	64	9-19-92
	5-6 1/4	1.68 Milton Newton(CA)	60	7-20-94
M65	5-4 1/2	1.64 Jim Gillerist(USA)	65	9-25-93
M70	4-8 3/4	1.44 Walter Dahlin(CA)	70	7- 5-91
M75	4-3 1/4	1.30 Herbert Anderson(CO)	75	3-24-78
M80	4-0 1/4	1.22 Virgil McIntyre(AZ)	80	6-28-91
M85		1.13 Buell Crane(ID)	85	7-26-85
M90	3-5	1.04 Buell Crane(ID)	. 90	7-28-90

POLE VAULT

DIV.	MARK	A SHEET	MAME (RESIDENCE)	AGE	MEET DATE
M35	16-8	5.08	Gary Hunter(US)	35	7- 6-91
H40	17-6 1	14 5.34	Larry Jessee(TX)	42	10-15-94
M45	15-5 1	/2 4.71	Greg Miguel (CA)	46	8-12-93
M50	14-4	4.37	Vic Cook(CA)	50	7-25-82
M55	13-6 1	/4 4.12	Richmond Morcom(PA)	55	8- 4-76
M60	12-3 1/	/2 3.74	Boo Morcom(PA)	63	8- 2-84
M65	12-4 1/	2 3.77	Boo Morcom(PA)	65	8- 3-86
M70	10-4 1/	2 3.16	Boo Morcom(PA)	71	8-22-92
H75	9-6 1/4	2.90	Carol Johnston(CA)	75	2- 7-87
M80	8-3	2.51	Carol Johnston(CA)	80	6-20-92
485	5-8	1.73	A. E. Pitcher(IN)	86	5-14-88

LONG JUMP DIV. MARK

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
H35	27-10 3/4	8.50 Larry Myricks(US)	35	6-15-91
440	24-4 3/4	7.43 Tom Chilton(TN)	40	3-24-78
M45	22-11	6.98 John Hartfield(TX)	46	6- 7-91
M50	21-1	6.42 Shirley Davisson(CA)	50	4-12-80
M55	20- 1/4	6.10 Tom Patsalis(CA)	59	7-18-81
M60	19-11	6.07 Tom Patsalis(CA)	60	7-10-82
M65	17-4 1/4	5.29 Tom Patsalis(CA)	65	12- 1-87
M70	16-6	5.03 Melvin Larsen(IL)	70	7-23-94
M75	12-10 1/2	3.92 Herbert Anderson(CO)	76	8- 5-78
M80	11-7	3.53 Walt Wesbrook(CA)	80	6-24-78
M85	9-1	2.77 Buell Crane(ID)	85	6- 6-85
M90	8-0 1/4	2.44 Buell Crane(ID)	90	4-21-90
MOE	5-10	1 79 Calliana Italiana	90	4-21-90

TRIPLE JUMP

	. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M35	55-7 1/4	16.95 Ray Kimble(US)	35	8-12-88
M40	54-4 3/4	16.58 Ray Kimble(USA)	40	7- 2-93
M45	45-2 1/4	13.77 Dave Jackson(CA)	45	8-11-77
M50	43-3 1/2	13.19 Dave Jackson(CA)	50	7-10-82
M55	41-5	12.62 Gordon Farrell(CA)	57	1- 8-75
M60	39-3	11.96 Tom Patsalis(CA)	60	7-10-82
M65	35-6 3/4	10.84 Tom Patsalis(CA)	65	12- 5-87
M70	31-11 1/2	9.74 Edwin Lukens(NY)	71	8-12-93
M75	28-2 3/4	8.60 Winfield McFadden(CA)	75	8-17-80
M80	23-1 1/4	7.04 Claude Hills(PA)	80	8-12-93
	p25-4	7.72 Winfield McFadden(CA)	81	10- 4-86
M85	20-7 1/4	6.28 Winfield McFadden(CA)	85	7-21-90
	18-1	5.51 Buell Crane(ID)	90	7-28-90

SHOT PUT (35-49: 16#; 50-59: 6Kg; 60-69: 5Kg; 70+: 4Kg) DIV. MARK MAME(RESIDENCE) M35 72-9 3/4 22.19 Brian Oldfield(CA) M40 70-3 21.41 Brian Oldfield(CA) M45 55-2 1/2 16.83 Ed Hill(MD) M50 55-7 1/4 16.95 TO CONTINUE M50 15-7 1/4 16.95 TO CONT

	22-1 1/4	16.95 Tom Gage(MT)	51	7-30-94
M55	52-0	15.85 Joe Keshmiri(NV)	55	10-10-93
M60	48-1 1/2	14.67 Phil Mulkey(GA)	60	5-29-93
M65	43-0	13 10 Phillip Barrer (NO)		
M70		13.10 Phillip Brusca(HO)	, 66	6- 5-93
		13.74 Scott Herrman(KS)	73	10-11-92
	41-5 3/4	12.64 Ross Carter(OR)	75	9- 3-89
M80	40-3	12.27 Ross Carter(OR)	- 80	6-25-94
MRS	25-0	7 42 0 11 0		
		7.62 Buell Crara(ID)	87	8-14-87
	22-10 1/2	6.97 Buell Crane(ID)	90	6-20-90
M95	14-6	4.42 Tom Lane(CA)		
		4.42 ION Lane(CA)	97	5-23-92
	p15-9	4.80 Tom Lane(CA)	96	0-22-01

DISCUS THROW (35-49: 2Kg; 50-59: 1.5Kg; 60+: 1Kg) DIV. MARK NAME(RESIDENCE)

103		71.24 John Powell(US)	36	6- 9-84
M40	227-11	69.48 Al Derter(NY)	43	5-31-80
M45	216-11	66.12 Al Oerter(NY)		The second second
MSO		43.77 At Derter(NT)	45	3-28-82
	10	62.74 Al Derter(NY)	52	8- 3-89
	p214-3	65.30 Al Oerter(NY)	50	12-28-86
M55	175-4	53.44 Joe Keshmiri(NV)	56	10-17-94
M60	189-0	57.60 Wendell Palmer(TX)		
M65	163-1	40 73 The Meridell Palmer(IX)	60	4-24-92
M70	142-6	49.72 Thomas McDermott(CT)	66	5- 1-84
		43.44 Daniel Aldrich(CA)	70	3- 5-89
M75	128-2	39.06 Ross Carter(OR)	77	10-23-91
	p137-4	41.86 Manuel White(MT)		
	p142-5	43 42 Manual It	77	9-25-93
M80	121-8	43.42 Manuel White(MT)	77	10-23-93
M85	83-11	37.08 Ross Carter(OR)	80	6-26-94
		25.58 Ken Carnine(CA)	85	5-15-93
M90	67-5 1/2	20.56 Buell Crane(ID)	10000	
M95	36-3	11.05 Tom Lane(CA)	90	6-20-90
	p48-7	14 91 Calliane(CA)	95	9-24-89
		14.81 Collister Wheeler(OR)	95	7-23-88

Continued on next page

Continued from previous page	800 METERS	LONG MIDDLES (/OCA. TS./O TON. TOOM: SO. TON.
HANNER THROW (35-49: 16#; 50-59: 6Kg; 60-69: 5Kg; 70+: 4Kg)	DIV. MARK NAME(RESIDENCE) AGE MEET DATE W35 2:02.83 Ruth Kleinsasser(CA) 35 5-23-92	LONG HURDLES (400m: 35-49, 30"; 300m: 50+, 30") DIV. MARK NAME(RESIDENCE) AGE MEET DATE
DIV. MARK NAME(RESIDENCE) AGE MEET DATE M35 232-5 70.84 Harold Connolly(CA) 37 7-20-69	W40 2:21.74 Dee Dee Grafius(CA) 43 8-13-93 W45 2:18.87 Dee Dee Grafius(CA) 45 5-14-94	W35 71.06 Donna Nielsen(CA) 36 8-13-94 W40 65.03 Phil Raschker(GA) 40 12- 5-87
M40 243-11 74.34 Ed Burke(CA) 44 4-28-84 M45 198-5 60.48 Ed Burke(CA) 45 5-10-85	W50 2:25.29 Shirley Matson(CA) 51 8-15-92 W55 2:41.5 Vicki Bigelow(CA) 57 6-12-93	W45 71.20 Pamela Calvert(MO) 45 7- 6-91 W50 66.67 Marion Coffee(AUSTIN TX) 52 7- 6-91 65.9n Tami Graf(CA) 53 8- 3-89
M50 209-2 63.76 Tom Gage(MT) 50 5-16-93 M55 197-8 60.26 Bob Backus(MA) 55 8- 2-81	W60 2:51.6 Joyce Hals(MA) 61 7-24-92 W65 3:06.20 Raye Johnson(US) 65 7-30-89	W55 59.82 Betty Vosburgh(GA) 59 5- 4-91 W60 56.80 Betty Vosburgh(GA) 60 7- 5-91
M60 166-6 50.76 Stewart Thomson(CA) 60 9-12-93 M65 145-11 44.48 Len Mozhaev(PA) 66 9-27-92	W70 3:24.89 Gerry Davidson(CA) 70 6-15-91 p3:24.80 Gerry Davidson(CA) 70 7-21-91	W65 70.54 Leonore McDaniel (VA) 65 5- 1-93
M70 150-11 46.00 Thomas McDermott(CT) 73 5-18-91 M75 126-4 38.50 Thomas McDermott(CT) 75 4-24-93 M80 89-9 27.35 Jim York(CA) 80 8-11-03	W75 3:37.19 Pearl Mehl(CO) 75 9-2-89 W80 4:59.20 Pearl Mehl(CO) 80 8-13-94	NIGH JUMP DIV. MARK NAME(RESIDENCE) AGE MEET DATE
M85 57-6 1/2 17.54 Ken Carnine(CA) 86 5-14-94	W85 p6:14.1 Mary Ames(CA) 85 9- 3-88	DIV. MARK NAME(RESIDENCE) AGE MEET DATE W35 6-1 1/4 1.86 Jane Frederick(CA) 36 6-15-88 p6-2 1.88 Cindy Greiner((US) 35 6-20-92
JAVELIN THROW (35-59: 800 GRAMS - NEW RULES; 60+: 600 GRAMS)	DIV. MARK NAME(RESIDENCE) AGE MEET DATE W35 4:11.04 Ruth Kleinsasser(CA) 35 5-22-92	W40 5-3 3/4 1.62 Phil Raschker(GA) 42 5-20-89 W45 5-3 1.60 Phil Raschker(GA) 46 8-11-93
DIV. MARK NAME(RESIDENCE) AGE MEET DATE	W40 4:38.73 Carol McLatchie(TX) 41 10-16-93 W45 4:48.19 Joan Colman(CA) 45 8-5-89	W50 4-4 3/4 1.34 Becky Sisley(OR) 52 6-23-91 W55 4-2 3/4 1.29 Christel Miller(CA) 55 8-2-90
M35 218-8 66.66 Gene Lorenson(CA) 36 8-16-92 M40 p220-9 67.30 Mike Brown(FL) 40 8-14-94	W50 4:57.44 Shirley Matson(CA) 51 8-16-92 W55 5:14.2 Vicki Bigelow(CA) 56 6-13-92 W60 5:44.9 Margaret Miller(CA) 60 7-16-86	W60 4-1 1.24 Leonore McDaniel (VA) 64 5- 2-92 W65 4-2 1.27 Leonore McDaniel (VA) 65 8-11-93
M45 201-11 61.54 William Buffaloe(PA) 45 8- 2-90 M50 215-9 65.76 Larry Stuart(CA) 50 4-30-88	W60 5:44.9 Margaret Miller(CA) 60 7-16-86 W65 6:26:49 Jaclyn Caselli(CA) 65 7-19-86 W70 6:42.17 Pat Dixon(OR) 70 6-30-89	W70 3-8 1/2 1.13 Mary Bowermaster(OH) 70 11-28-87 W75 3-1 1/2 0.95 Shiela Evans(IN) 75 8-3-90
M55 209-1 63.74 Larry Stuart(CA) 55 5-15-93 M60 191-10 58.48 Del Pickarts(CA) 60 11-28-87 M65 180-6 55.02 Bud Held(CA) 65 5-15-93	W75 7:42.30 Bess James(CA) 75 6-29-85 W80 11:02.96 Pearl Mehl(CO) 80 8-14-94	POLE VAULT
M70 151-6 46.18 Bill Morales(CA) 72 7-30-89 M75 135-3 41.24 Manuel White(MT) 75 8-17-91	p8:54.39 Anne Clarke(IL) 81 7- 7-91 p8:36.90 Anne Clarke(IL) 81 7-27-91	DIV. MARK MAME(RESIDENCE) AGE MEET DATE WS5 8-0 2.44 Phil Raschker(GA) 35 8 7-82 W40 9-6 1/4 2.90 Phil Raschker(GA) 44 6-8-91
M80 94-6 28.80 Herbert Anderson(CO) 80 7-24-82 M85 79-11 24.36 Ken Carnine(CA) 85 5-30-93	W85 p11:43,2 Anna Ward(MO) 85 6- 2-90	p9-10 1/4 3.00 Phil Raschker(GA) 44 7- 6-91 W5 11-1 3.38 Phil Raschker(GA) 47 5-17-94
M90 57-2 3/4 17.44 Buell Crane(ID) 90 7-28-90 M95 33-10 1/4 10.32 Tom Lane(CA) 97 5-23-92	ONE MILE DIV. MARK NAME(RESIDENCE) AGE MEET DATE	10-9 1/4 3.28 Phil Raschker(GA) 47 4-28-94 W50 7-4 1/4 2.24 Barbara Stewart(NY) 52 6-11-94
DECATHLON(1989 WAVA AGE GRADED SCORING TABLES)	W35 5:09.52 Susanne Houlton(GA) 38 4-13-85 W40 4:54.0 Laurie Binder(CA) 43 8- 8-91	W55 6-6 1/4 1.99 Becky Sisley(OR) 55 7- 8-94 W60 6-0 3/4 1.85 Leonore McDaniel(VA) 64 8-14-92
DIV. MARK NAME(RESIDENCE) AGE MEET DATE M35 7587 Rex Harvey(IA) 35 6-20-82	W45 5:21.5 Carol Flexer(WA) 46 7-19-89 W50 5:29.39 Jeanne Hoagland(CA) 51 12-6-87 W55 5:50.6 Margaret Miller(CA) 55 2-7-81	W65 5-9 1/4 1.76 Shirley Kinsey(CA) 65 3-11-95 W70 4-7 1/4 1.40 Margaret Hinton(USA) 73 9-27-94
M40 7692 Rex Harvey(IA) 43 7-27-89 M45 7820 Rex Harvey(IA) 45 7-18-91	W60 6:35 Pat Dixon(OR) 63 7-23-82 W65 6:55.6 Pat Dixon(OR) 66 6-22-85	LONG JUMP
M50 8044 Gary Miller(CA) 50 7-27-89 8593 110/33 Gary Miller(CA) 50 5-27-88	W70 7:26.0 Pat Dixon(OR) 70 6-24-89	DIV. MARK NAME(RESIDENCE) AGE MEET DATE W35 21-4 6.50 Willye White(US) 35 10-26-74
M55 7796 Phil Mulkey(GA) 56 6-17-89 8346 110/33 Richmond Morcom(PA) 55 7-11-76	3000 METERS DIV. MARK NAME(RESIDENCE) AGE MEET DATE	W0 17-0 1/4 5.19 Phil Raschker(GA) 44 5- 4-91 p17-10 5.43 Phil Raschker(GA) 40 6- 6-87 W5 17-7 5.36 Phil Raschker(GA) 45 8-11-93
M60 7061 Buck Bradberry(AL) 62 7-27-89 8004 110/30 Richmond Morcom(PA) 61 8-28-82	W35 8:51.84 Francis Larrieu(TX) 35 9-11-88 W40 9:59.0 Laurie Binder(CA) 40 7-30-88	U5 17-7 5.36 Phil Raschker(A) 45 8-11-93 U50 14-6 1/2 4.43 Irene Obera(CA) 54 7-30-88 U55 12-9 1/4 3.89 Christel Hiller(CA) 55 3-4-90
M65 7353 Denver Smith(OH) 67 9-11-93 8125 8# Richmond Morcom(PA) 65 886 M70 7680 Richmond Morcom(PA) 70 6-23-91	W45 10:19.4 Joan Ottoway(CA) 46 9- 8-90 W50 10:50.54 Joan Ottoway(CA) 50 5-13-94	M60 12-11 1/2 3.95 Betty Vosburgh(GA) 60 7- 6-91 p13-7 4.14 Betty Vosburgh(GA) 60 7-25-91
N75 6419 Claude Hills(PA) 77 7-27-89 N80 3671 A. E. Pitcher(IN) 84 7-27-86	W55 11:20.2 Marion [rvine(CA) 59 9-16-89 W60 12:25.6 Margaret Miller(CA) 60 7-23-86 W65 13:15.6 Jaclyn Caselli(CA) 65 7-6-86	W65 12-11 1/4 3.94 Leonore McDaniel (VA) 66 5- 7-94 W70 10-2 1/2 3.11 Mary Bowermaster (OH) 70 12- 1-87
6567 8# Nerb Anderson(CO) 80 8-28-82 M85 3539 A. E. Pitcher(IN) 87 6-17-89	W65 13:15.6 Jaclyn Caselli(CA) 65 7- 6-86 W70 18:22.0 Bess James(CA) 72 1-31-82 p14:26.0 Pat Dixon(OR) 7089	W75 8-2 3/4 2.51 Polly Clarke(CO) 78 8-13-88 W80 p5-1 3/4 1.57 Edith Mendyka(CA) 81 9-20-92
3662 8# A. E. Pitcher(IN) 85 9-19-87	W75 17:37.2 Bess James(CA) 75 8-10-85 W80 25:09.0 Mary Ames(CA) 84 5-30-87	TRIPLE JUMP
PENTATHLON(1985 IAAF SCORING TABLES)	W85 p25:29.6 Mary Ames(CA) 85 4-30-88	DIV. MARK NAME(RESIDENCE) AGE MEET DATE W35 36-7 11.15 Phil Raschker(GA) 36 9-18-83
DIV. MARK NAME(RESIDENCE) AGE MEET DATE M35 3377 Frank Reilly(CA) 39 6-20-87	DIV. MARK NAME(RESIDENCE) AGE MEET DATE	W40 37-3 11.35 Phil Raschker(GA) 42 8-1-89 W45 35-5 1/4 10.80 Phil Raschker(GA) 46 8-12-93
p3432 Mike Hill(CO) 35 8-30-86 M40 3033h Gary Miller(CA) 43 8-16-81 M45 3117 Gary Miller(CA) 45 9-30-83	W35 15:15.2 Francis Larrieu(TX) 35 7-2-88 W40 16:57.4 Judy Fox(CA) 40 8-16-81	N50 28-9 3/4 8.78 Christel Miller(CA) 52 12-5-87 p28-11 8.81 Becky Sisley(OR) 52 7-27-91 N55 26-6 1/4 8.08 Christel Miller(CA) 55 8-5-90
M50 2976 Gary Miller(CA) 50 6-26-88 M55 2547h Richmond Morcom(PA) 56 8-12-77	W45 17:45.03 Joan Colman(CA) 45 8-4-89 W50 17:25.6 Shirley Matson(CA) 50 9-26-91	W55 26-6 1/4 8.08 Christel Miller(CA) 55 8-5-90 W60 26-5 8.05 Betty Vosburgh(GA) 61 8-14-92 W65 25-9 3/4 7.87 Leonore McDaniels(VA) 65 7-31-93
M60 2283h John Alexander(TX) 61 5- 8-81 M65 1988 Richmond Morcom(PA) 66 6-20-87	W55 19:32.07 Marion Irvine(CA) 59 8-4-89 W60 19:14.8 Marion Irvine(CA) 60 10-19-89 W65 22:41.8 Jaclyn Caselli(CA) 65 7-5-86	W70 20-9 1/4 6.33 Shiela Evans(IN) 74 7-20-89 W75 20-1 1/4 6.13 Shiela Evans(IN) 75 8-5-90
M70 1448 Richmond Morcom(PA) 70 7- 4-91 M75 927 Claude Hills(PA) 76 6-26-88	W65 22:41.8 Jaclyn Caselli(CA) 65 7-5-86 W70 24:19.68 Elisabeth Van Battum(LA) 70 8-11-94 W75 29:19.8 Bess James(CA) 75 6-25-85	SHOT PUT (30-49: 4KG; 50+: 3KG)
M80 706h Ken Carnine(CA) 80 7-16-88 M85 570 Ken Carnine(CA) 85 6-19-93	p27:10.76 Algene Williams(IL) 75 7-25-91 W80 30:21.85 Mayis Lindgren(CA) 80 8-16-87	DIV. MARK NAME(RESIDENCE) AGE MEET DATE W35 53-5 3/4 16.30 Jane Frederick(CA) 35 8-31-87
	W85 p41:56.2 Mary Ames(CA) 85 4-30-88	W40 39-7 12.06 Joanne Grissom(IN) 41 6-19-80 W45 39-7 1/2 12.08 Joanne Grissom(IN) 45 7-22-84
Women's U.S.A. Five Year Age	10,000 METERS DIV. MARK NAME(RESIDENCE) AGE MEET DATE	W50 42-7 1/2 12.99 Joanne Grissom(IN) 52 7-5-91 W55 40-5 12.32 Joanne Grissom(IN) 55 9-12-93 W60 32-2 3/4 9.82 Bernice Notland(OH) 62 7-20-89
Group Records	W35 31:28.92 Francis Larrieu(TX) 38 4-4-91 W40 35:33.6 Judy Fox(CA) 40 8-15-81	W60 32-2 3/4 9.82 Bernice Holland(OH) 62 7-20-89 W65 28-6 1/2 8.70 Bernice Holland(OH) 65 5- 2-92 W70 26-9 8.15 Edith Mendyka(CA) 72 9-17-83
100 METERS	p35:20,59 Laurie Binder(CA) 40 8-14-87 W45 38:19.8 Vicky Bigelow(CA) 48 8-21-83	W75 24-5 7.44 Edith Mendyka(CA) 75 7-18-86 W80 17-11 3/4 5.48 Edith Mendyka(CA) 81 9-20-92
DIV. MARK NAME (RESIDENCE) AGE MEET DATE	p38:10.89	W85 p8-3 2.51 Mary Ames(CA) 85 5- 7-89 p9-3 1/2 2.83 Marilla Salisbury(CA) 85 8-12-93
W35 11.07 Evelyn Ashford(US) 35 5-28-92 W40 12.31h Phil Raschker(GA) 40 12- 1-87	W55 40:37.13 Marion Irvine(CA) 59 7-29-89 W60 44:39.05 Marion Irvine(CA) 62 8-15-92 p43:26.17 Marion Irvine(CA) 61 7-21-91	W95 11-1 1/2 3.39 Margaret White(OK) 95 9- 7-92
p12.3n Phil Raschker(GA) 40 6-6-87 W55 12.63 Irene Obera(CA) 45 7-7-79 U50 12.9 Irene Obera(CA) 51 6-1-85	W65 49:22.41 Jaclyn Caselli(CA) 65 7-18-86 W70 50:28.33 Pat Dixon(OR) 70 7-29-89	DISCUS THROW DIV. MARK NAME(RESIDENCE) AGE MEET DATE
W50 12.9 Irene Obera(CA) 51 6-1-85 W55 13.84 Irene Obera(CA) 55 7-21-89 W60 13.91 Irene Obera(CA) 60 8-13-94	W75 89:49.8 Marilla Salisbury(CA) 75 7- 9-83 p56:59.33 Algene Williams(IL) 75 7-21-91	W35 178-10 54.52 Carol Finsrud(TX) 36 6-12-92 W40 146-7 44.68 Janet Wilson(CA) 40 7-24-93
W65 15.77 Patricia Peterson(NY) 66 7-24-92 W70 16.2 Polly Clarke(CO) 70 4-17-81	p64:00.81 Pearl Mehl(CO) 75 7-20-89 W80 98:38 Hilda Crooks(CA) 81 6-26-77	W45 106-5 32.44 Joanne Grissom(IN) 45 8- 7-83 W50 123-0 37.50 Vanessa Hilliard(FL) 53 5- 7-94
W75 16.87 Polly Clarke(CO) 75 8-31-85 W80 19.32 Polly Clarke(CO) 82 8-14-92	p65:47.20 Anne Clarke(IL) 81 7- 6-91 ONE HOUR RUN	W55 100-8 30.68 Bernice Holland(OH) 57 6-30-84 W60 91-1 3/4 27.78 Bernice Holland(OH) 62 8- 4-89 W65 88-0 3/4 26.84 Bernice Holland(OH) 66 6-12-93
W85 p34.7 Mary Ames(CA) 86 8- 7-89 p43.98 Marilla Salisbury(CA) 85 8-12-93	DIV. MARK NAME(RESIDENCE) AGE MEET DATE USS 9-1124 15.512 Marylin Paul(OR) 36 7-20-74	W65 88-0 3/4 26.84 Bernice Holland(OH) 66 6-12-93 W70 62-5 3/4 19.04 Edith Mendyka(CA) 70 8-8-81 W75 58-1 17.70 Edith Mendyka(CA) 75 1-19-86
200 METERS	9-1197 15.579 Linda Sipprelle(DC) 43 7-29-78 W45 9-376 14.828 Marilyn Harbin(CA) 45 3-26-83	p58-4 3/4 17.80 Betty Jarvis(NC) 75 7- 6-91 W80 20-8 6.30 Marilla Salisbury(CA) 82 7-27-90
DIV. MARK NAME(RESIDENCE) AGE MEET DATE W35 22.47 Evelyn Ashford(US) 35 8-13-92	u50 8-1355 14.114 Nicki Hobson(CA) 50 8- 4-81 u55 7-1021 12.199 Marcie Trent(AK) 58 7-18-76 u60 8-10 12.884 Marcie Trent(AK) 61 7-28-79	p35-6 10.82 Carolyn Clark(MO) 81 7- 6-91 W85 p19-2 5.84 Marilla Salisbury(CA) 85 8-13-93
W6 24.84 Phil Raschker(GA) 42 8-3-89 W5 25.46 Phil Raschker(USA) 47 6-20-94	W65 5-1194 9.139 Edna Berg(MT) 67 2-5-83	HAMMER THROW (35-49: 4KG; 50+: 3KG)
W50 27.3 Irene Obera(CA) 51 6- 1-85 W55 28.48 Irene Obera(CA) 55 8- 3-89	W70 6-52 9.704 Alice Werbel(CA) 70 9-14-80 W75 4-167 6.590 Marilla Salisbury(CA) 76 6-7-84	DIV. MARK NAME(RESIDENCE) AGE MEET DATE
W60 29.67 Irene Obera(CA) 60 8-13-94 W65 33.21 Patricia Peterson(NY) 66 8-15-92 W70 34.2 Polly Clarke(CO) 71 9-6-81	2000 METER STEEPLECHASE DIV. MARK NAME(RESIDENCE) AGE MEET DATE	W40 132-2 40.30 Joan Stratton(CA) 40 5-23-92 W45 105-0 32.02 Brenda Bloomfield(SC) 48 7-7-90
W70 34.2 Polly Clarke(CO) 71 9-6-81 W75 35.93 Polly Clarke(CO) 75 8-31-85 W80 41.11 Polly Clarke(CO) 82 8-15-92	W35 8:00.0 Kim Rupert(CA) 37 7-26-92 7:58.54 Kim Rupert(CA) 39 8-12-94	W50 139-10 42.62 Vanessa Hilliard(FL) 50 5-25-91 W55 110-4 33.64 Joanne Grissom(IN) 55 9-25-93
W85 p58.4 Anna Ward(MO) 85 6- 2-90 p2:02.81 Marilla Salisbury(CA) 85 8-13-93	940 8:12.83 Susanne Houlton(GA) 42 8-5-89 945 7:45.96 Joan Colman(CA) 45 8-5-89	W60 90-8 1/4 27.64 Sally Polk(NM) 60 6-23-90 W65 75-1 1/2 22.90 Marriet Boyd(FL) 65 8-5-89
400 METERS	W50 10:06.19 Judy Groombridge(WA) 52 8-14-92 p8:10.47 Joan Ottoway(CA) 50 8-12-94	W70 69-0 1/4 21.04 Elizabeth Magamann(MA) 72 5-16-93 W75 58-4 3/4 17.80 Betty Jarvis(NC) 76 5- 2-92 059-6 1/4 18.14 Betty Jarvis(NC) 78 8-11-93
DIV. MARK NAME (RESIDENCE) AGE MEET DATE	W55 9:52.28 Sally Strazdins(US) 55 8-5-89 p9:52.25 Sally Strazdins(US) 55 7-27-91	p59-6 1/4 18.14 Betty Jarvis(NC) 78 8-11-93 JAVELIN THROW (30-49: 600G; 50+: 400G)
W35 56.8 Phil Raschker(GA) 36 6-25-83 W40 58.07 Phil Raschker(GA) 42 8-5-89 W5 58.84 Phil Raschker(GA) 45 8-12-94	SHORT HURDLES (35-39: 100M,33"; 40+: 80M,30") DIV. MARK NAME(RESIDENCE) AGE MEET DATE	DIV. MARK NAME(RESIDENCE) AGE MEET DATE
V50 63.7 Irene Obera(CA) 51 5-18-85	V35 13.77 Jane Frederick(CA) 35 8-31-87 p13.59 Cindy Greiner(US) 35 8-1-92	W35 203-7 62.06 Karin Smith(CA) 35 5-14-91 W40 139-3 42.44 Lurline Struppeck(LA) 41 7-23-88
p65.46h Carolyn Cappetta(MA) 55 7-26-91 W60 71.17 Retty Vosburgh(GA) 60 7-5-91	U40 11.88 Deby Sweezey(CA) 41 7-10-94 p11.78 Deby Sweezey(CA) 40 8-12-93	W45 121-4 36.98 Lurline Struppeck(LA) 45 7-11-92 W50 118-7 36.14 Becky Sisley(OR) 50 8-4-90 W50 105-1 36.14 Bec
p69.51 Betty Vosburgh(GA) 60 7-27-91 p70.28h Betty Vosburgh(GA) 60 7-26-91	p11.86 Deby Sweezey(CA) 41 8-12-94 p12.00 Phil Raschker(CA) 40 6-6-87	W55 105-1 32.04 Becky Sisley(OR) 55 7-23-94 W60 92-10 1/4 28.30 Bernice Holland(OH) 60 11-29-87 W65 90-0 1/4 27.44 Mavis Lorenz(MT) 67 8-11-94
W65 82.3 Josephine Kolda(CA) 65 10-1-83 p82.10 Mary Ann Boe(WY) 65 8-12-93	U45 12.22 Phil Raschker(GA) 47 8-5-94 U50 13.82 Cherrie Sherrard(CA) 50 7-30-89 U55 15.25 Christel Miller(CA) 55 8-5-90	W70 72-7 22.12 Edith Mendyka(CA) 72 5-14-83 W75 65-7 1/2 20.00 Edith Mendyka(CA) 76 6-20-87
W70 84.23 Polly Clarke(CO) 75 8-25-85 W75 89.62 Polly Clarke(CO) 75 8-25-85	W50 19.08 Shirley Kinsey(CA) 60 7-30-89 p16.45 Betty Vosburgh(GA) 60 7-21-91	W80 23-0 1/2 7.02 Marilla Salisbury(CA) 82 8- 4-90 48-0 1/2 14.64 Edith Mendyka(CA) 81 9-20-92
W85 p2:50.3 Mary Ames (CA) 85 7-17-88	W65 19.12 Johnnye Valien(TX) 68 10-11-93 p19.01 Johnnye Valien(TX) 69 8-12-94	W85 p19-5 5.92 Marilla Salisbury(CA) 85 8-12-93 Continued on next page
p4:38.70 Marilla Salisbury(CA) 85 8-12-93		

Continued from previous page

Men's World Masters Relay Records

4x100	40-49	42.79	USA	(Austin, Collins, Mitchell, Hartfield)	5- 2-92	
	50-59			(Dennis, LaTorre, Adamson, Miller)	77.1 1.77 1.51 TO	Eugene OR
A CONTRACTOR	60-69			(Mirkes, Selzer, Kleimann, Schlegel)		Melbourne
	70-79			(Bloomfield, Heard, Weinacht, Jordan)		Eugene, OR
	80-89			(Lum, Crane, Hosack, Pitcher)	8-25-85	
					1	
4x200	40-49			(Austin, Hartfield, Mitchell, Collins)	5- 1-92	
	50-59	ACCUSED TO SECURITION OF THE PARTY OF THE PA		(Ballard, Rizzo, Borrell, Small)		Randolph, NJ
	60-69			(Sochor, Brown, Bergthold, Sobolewski)	8- 1-92	The state of the state of
	70-79	2:03.21	USA	(Morales, Satti, Heard, Weinacht)	12- 6-87	Melbourne
4x400	40-49	3:21.54	AZU	(Thiel, Brinker, Tucker, King)	8- 6-89	Eugene, OR
	50-59			(Steffes, Mathis, Adamson, Colbert)		Eugene, OR
	60-69			(Stevens, Sucher, Law, Greenwood)		Eugene, OR
	Bridge.	p3:39.43	NOR		6-30-90	
	70-79	4:35.07		(Bloomfield, Jordan, Sprnseler, Weinacht)		Eugene, OR
	80-89	7:34.9		(Lum, Spangler, Hosack, Pitcher)	8-24-85	The farmer of
4.000						
4x800	40-49	8:00.2		(Mason, Franklin, Thomas, Romaine)	7- 7-84	
	50-59			(Peters, Heijdens, Metselaar, Keesstein)		Dordrecht
	60-69	9:33.95		(Maijoor, Ravensbergen, Zethof, Herlaar)	6-11-92	
	70-79	13:33.0	USA	(Hills, Espy, Wang, Bigelow)	10- 1-83	
4x1600	40-49	18:33.4y	WTC	(Richardson, Knebel, Cathcart, Wellck)	9-15-79	
	50-59	19:50.2		(Bernal, Keating, Cormier, Randall)	7-29-92	
	60-69	24:06.6		(Lee, Charron. Fuselier, Wimberly)	8-30-94	New Orleans, LA
sprt med	40-49	3:36.1m	Hea	(Vanaka Edana Sainh Sahan)	8-14-82	
sprt med	50-59	3:59.1v		(Knocke, Edens, Smith, Cohen)		
	60-69	4:24.8		(Duffy, Brooks, Sanchez, THomas)		Los Gatos,CA
	70-79	6:41.41		(Lee, Rieke, Badinger, Wimberly)	1- 9-83	New Orleans, LA
	10-14	0:41.41	USA	(Siringer, Mlotek, Hosack, Fike)	1- 4-92	
dist med	40-49	10:34.6	USA	(Stevens, Pierce, Frye, Norton)	7-11-90	
	50-59	11:39.2	USA	(Duffy, Mason, Thomas, Franklin)	7- 3-94	Irvine, CA
	60-69	13:24.8	USA	(Lee, Rieke, Fuselier, Wimberly)	6- 7-94	New Orleans, LA
			University of	The state of the s	A STATE OF THE PARTY OF THE PAR	

p = pending i = indoor performance

note: the sprint medley, distance medley and 4X1600 marks are unofficial





WORLD ASSOCIATION OF VETERAN ATHLETES

PROMOTING VETERAN ATHLETICS THROUGHOUT I HE WORLD



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Women's World Masters Relay Records

4x100	35-39	48.63	FRA	(Desmier, Sulter, Andreas, Apavou)	8- 6-89	Eugene, OR
	40-49	50.23		(Keating, McClurg, Gilmore, Raschker)	8- 6-89	Eugene, OR
		p49.45		(Meier, Bayha, Geraldine, Hees)	7-28-91	Turku
		p49.91	FRG		6-30-90	
	50-59	54.51		(Williams, Chrimes, Hulls, Gore)	8- 6-89	Eugene, OR
	30 37	p53.47	FRG		6-30-90	
	60-69	59.72		(Green, Cooper, Davidson, Hogan)	8- 6-89	Eugene, OR
		p57.48	FRG	(Kreiskott, Hunkel, Kreuzweiser, Franzen)	7-28-91	Service College
	70-79	p65.26	FRG		1-14-81	Christchurch
4x400	35-39	4:00.21	GBR	(McDonald, Hocknell, Blurton, Walpole)	8- 6-88	
	40-49	4:07.34	FRG	(Koschnitzke, Mattelson, Lehman, Kummerle	8- 6-88	
	50-59	4:36.85	USA	(Fitzgerald, Meadows, Hoagland, Obera)	8- 6-89	Eugene, OR
		p4:35.77		(Hoffman, Blank, Holzknecht, Kummerle)	7-28-91	Turku
	60-69	5:21.91		(Werner, Mangler, Haule, Schneiderhan)	8- 6-88	
4x800	35-39	9:37.29	HOL	(Van de Van, Pos, Ruyter, Verhoef)	9-25-92	Dordrecht
	40-49	10:26.6		(Stoneking, Jansen, Larson, Day)	7-24-94	Blaine, MN
	50-59	11:25.8		(Kerr, McCormick, Bigelow, Ottoway)	8-14-94	Eugene, OR
	p = p	ending				
Contraction of the last of the		The second second				

Men's U.S. Masters Relay Records

4x100	40-49	42.79	HE	(Austin, Collins, Mitchell, Hartfield)	5- 2-92	
	50-59	46.6y	WTC	(Marlin, Lingle, Springbett, Sanchez)	7-23-83	
		45.36		(Dennis, Latorre, Adamson, Miller)	8- 6-89	Eugene, OR
	60-69	50.9		(Morales, Jordan, Killion, Guidet)	6-24-78	
		50.08		(Albury, Regier, Harte, Law)	8- 6-89	Eugene, OR
	70-79	55.04		(Bloomfield, Heard, Weinacht, Jordan)		Eugene, OR
	80-89	77.37		(Lum, Crane, Hosack, Pitcher)	8-25-85	
4x200	40-49	1:29.85	HE	(Austin, Hartfield, Mitchell, Collins)	5- 1-92	
	50-59	1:41.3	NYPC	(Ballard, Rizzo, Borrell, Small)		Randolph, NJ
	60-69	1:47.1	MHTC	(Sochor, Brown, Bergthold, Sobolewski)	8- 1-92	
4x400	40-49	3:28.7		(Abayomi, Pratt, Stanford, Burnett)	7- 5-81	
		3:21.54	USA	(Thiel, Brinker, Tucker, King)		Eugene, OR
	50-59	3:51.4	STC	(Bryant, Kleinsasser, Puterbaugh, Fitzgd)	6-29-75	
	let to make	c3:48.6y	WYTC	(Springbett, Lingle, Stevens, Bruhner)	7-21-83	
		3:35.88	USA	(Steffes, Mathis, Adamson, Colbert)	8- 6-89	Eugene, OR
	60-69	4:28.1y	SDTC	(Parks, Christian, Valdivia, Spencer)	8-13-83	THE STREET, ST
	2000, 2000 000	3:58.43	USA	(Stevens, Sucher, Law, Greenwood)	8- 6-89	Eugene, OR
	70-79	4:35.07	USA	(Bloomfield, Jordan, Sprnseler, Weinacht)	8- 6-89	Eugene, OR
	80-89	7:34.9	USA	(Lum, Spangler, Hosack, Pitcher)	8-24-85	SANCTON !
4x800	40-49	8:11.8	scs	(Montenez, Knocke, Elliot, Cohen)	7- 3-83	AM 70.78
4,000		c8:00.2	WIC	(Mason, Franklin, Thomas, Romaine)	7- 7-84	
	50-59	8:45.88	WIC	(Duffy, Franklin, Thomas, McMillan)	9-10-94	Berkeley, CA
	60-69	10:41.0	KHTC	(Lee, Rieke, Fuselier, Wimberly)	7-26-94	New Orleans, LA
	00-07	10:09.10	AZU	(Stewart, Stevenson, Stevens, King)	7-23-89	Section Section in Contract
	70-79	13:33.0	USA	(Hills, Espy, Wang, Bigelow)	10- 1-83	man and
4x1600	40-49	18:33.4y	WTC	(Richardson, Knebel, Cathcart, Wellck)	9-15-79	
	50-59	19:50.2	BRC	(Bernal, Keating, Cormier, Randall)	7-29-92	
	60-69	24:06.6	KHTC	(Lee, Charron. Fuselier, Wimberly)	8-30-94	New Orleans, LA
sprt med	40-49	3:36.1m	scs	(Knocke, Edens, Smith, Cohen)	8-14-82	
Strategicker and	50-59	3:59.1y	WYTC	(Duffy, Brooks, Sanchez, THomas)		Los Gatos,CA
	60-69	4:24.8	KHTC	(Lee, Rieke, Badinger, Wimberly)		New Orleans, LA
	70-79	6:41.41	OHTC	(Siringer, Mlotek, Hosack, Fike)	1- 9-83	The Man
dist med	40-49	10:34.6	BAA	(Stevens, Pierce, Frye, Norton)	7-11-90	
			LACTO	(Duffy, Mason, Thomas, Franklin)	7- 3-94	Irvine, CA
dist med	50-59	11:39.2	MAIC	(Lee, Rieke, Fuselier, Wimberly)		New Orleans, LA

p = pending c = relay members include non-US citizens

note: club records are listed before USA team records

CDM: Corona Del Mar Track Club KHTC: King of the Hill Track Club OHTC: Ohio Track Club SCS: Southern California Striders BRC: Boston Running Club BAA: BAA Running Club

p = pending

SDTC: San Diego Track Club NTPC: New York Pioneer Club WYTC: West Valley Track Club PM: Philadelphia Masters HE: Houston Elite MMTC: Midwest Masters T&F Club

Women's U.S. Masters Relay Records

4x100	35-39	50.28	USA	(Drumgole, Seeley, Thompson, Gilkey)	8- 6-89	Eugene, OR
	40-49	50.23	USA	(Keating, McClurg, Gilmore, Raschker)	8- 6-89	Eugene, OR
	50-59	54.90		(Fitzgerald, Davis, MIller, Obera)		Eugene OR
	60-69	66.20	USA	(Patterson, Tuinzing, Darnall, Peterson)	8- 6-89	Eugene, OR
		p64.10		(Peterson, Sullivan, McDaniels, Vosburgh)		
	70-79	p80.77		(Friedman, Mehl, Peebles, Stafford)	7-28-91	Turku
4x400	35-39	4:00.87	USA	(Murray, Berg, Gilkey, Seeley)	8- 6-89	Eugene, OR
	40-49	4:53.47	TS	(Greer, Reguso, Bieldshies, Wade)	8- 5-88	
788		4:10.85	USA	(Behrens, Stiles, O'Connor, Raschker)	8- 6-89	Eugene, OR
	50-59	4:36.85		(Fitzgerald, Meadows, Hoagland, Obera)		Eugene OR
	60-69	5:28.59		(Peterson, Tuinzing, Adams, Patterson)		Eugene, OR
4x800	35-39	10:42.80	TS	(Sokell, Kasen, Ehmer, Sedwick)	8- 6-88	
	40-49	10:26.6		(Stoneking, Jansen, Larson, Day)	7-24-94	Blaine, MN
	50-59	11:25.8		(Kerr, McCormick, Bigelow, Ottoway)		Eugene, OR
sprt med	35-39	6:07.66	HTC	(Ogletree, Cotten, Kea, Nichols)	1- 9-83	
AND THE	40-49	4:53.54		(Pinto, Warren, Tucker, Searey)		Randalls Is., N

NTC: Hill Track Club PS: Prarie Striders

TS: Track Shack SDTC: San Diego Track Club NYMC: New York Masters Club

Compiled by Pete Mundle, TAC TEF Records Chairman

Continued from previous page

		om previous p	and the second second second		. 1	20K F35	1:40:45	IBATEMAN	9 APR 83	BASILDON	686	15K 1140-44	1:14:26	Gary Null	Long Beach, CA	4/30/89
		est Perio	rmances	s — Racew	alk	F40	1:42:22	HEATHER MCDO			AUS	M45-49	1:10:57	Larry Walker	Long Beach, CA	4/30/89
3000	e time	neme	dele	alle	home	F45	1:45.25	V HEIKKILA	745 357	Frank Links	FIN	M50-54 M55-59		James Carmines Max Green	New Orleans, LA Columbus, OH	2/19/94 4/8/90
F140	11:28.21	W.SAWALL			AUS	F50	1.53.39	W SEILER	29 MAY 9	the state of the s	GER	M60-64 M65-69		Robert Mimm Robert Mimm	East Meadow, NY Lincroft, NJ	9/9/90
H45	12:37.1	H.LANKINEN D.DENOON	2 FEB 94			F55	2-00-39	E RICHARDSON M.WORTH			GBR	M70-74	1:36:45	Cokey Daman	Lincroft. NJ	9/9/90
H55	13:21.2	ANOKELA	2 1 2 54		USA FIN	F60 F65	2:12:02	OMEYER	8 APR 89 29 MAY 9		GER	M75-79 M80-84		Giulio dePetra Tony Perona	Eugene, OR Norwalk, CA	8/16/87 5/27/90
M60	14:37.0	O.CHAPLIN			GBR	F70	2:52:14	A.CROCKER	19 AUG 84	The state of the s	USA.	20K	1			
M65	15:56.3	C.COLMAN	23 JU 88	CWHORAN	68R	F75	2:49:18	A.CROCKER	16 AUG 8		USA	M40-44 M45-49		Ray Funkhouser		3/29/92
H70	16:58.73	C.COLMAN	6 JL 91	BIRMINGHAM	GBR	50K						M50-54		Don DeNoon Don DeNoon		3/28/93 3/27/94
H75	16:19.5	J.GRIHWADE A.STRANG	12 JUL 87		GBR	F35	5.01.52	L MILLEN	83		66R	M55-59 M60-64		Max Green	Columbus, OH	4/8/90
		A.STRANG			FIN	F-10	45051	S.BROWN	91		GBR GBR	M65-69	1:56:00	Max Green Robert Mimm	Columbus. UH Raleigh, NC	4/12/92 5/6/90
5000 M40	20:13.0	HBALEK			YUG	F45 F50	4 56 27 5 37 24	S BROWN MLHCERNECKE	13 SEP 94		ESP	M70-74 M75-79		Cokey Daman Giulio DePetra	Raleigh, NC Eugene, OR	5/6/90 8/16/87
H45	20:55	GLITTLE	7 DEC 91		NZL		6 50 15	E PETTERSON	5 MAR 89		USA	1180-84	2:32:26	Tony Perona	San Diego. CA	1/23/89
1150	21:01	GLITTLE	16 FEB- 92		NZL		7 27 49	MUENRY	21 FES 58	DURMAN, NC	USA	25k				
H55	22:44.5	V.GOLUBNICHI	21 JUL 91	TURKU	USR	Fe5	631 17	R SCOTT	2 MAY 93	BURRATOR	GRP	M40-44		Eugene Kitts	Atlanta, GA	4/8/90
M60	24:48	BHAWKINS	24 HAY 88		GBR		USA	Masters N	Aen's and	d Women's	可能是	M45-49	2:12:40 2:09:36 p	Robert Keating Eugene Kitts	Albany, NY Palo Alto, CA	8/15/93 1/25/95
H65	25:44.0 26:29.38	T.DAINTRY T.DAINTRY	25 MAR 78		AUS			Racewall	king Reco	ords		M50-54	2:17:01	Max Green	Overland Park, KS	4/6/86
H75		J.GRIHWADE	15 APR 79 28 JUN 87	SOLIHULL	GBR .			Masters	Men - T	rack		M55-59 M60-64	2:24:08	Robert Mimm	Overland Park, KS	5/22/94
M80		J.GRIHWADE		Juli oct	GBR	3000 mete	rs					M65-69 M70-74	2:42:01 2:47:31	Robert Mimm	Lincroft, NJ	9/9/90
M85	33:15.0	A.THEOBALD	10 APR 82		AUS	M40-44 M45-49	12:25			rinceton. NJ	1/10/93	M75-79	3:10:56	Cokey Daman Harry Drazin	Lincroft, NJ Atlanta, GA	9/9/90 3/5/89
1190	35:18.54	A.THEOBALD	DEC 87	HELBOURNE	AUS	1150-54	12.34			tillside, IL arbondale, IL	2/20/93	30K				
10K	The second second				10.20	M55-59	15:40		hnson C	olumbia, MO	3/25/94	M40-44	2:35:51	Eugene Kitts	Durham, NC	2/21/88
H40		MJOBIN	23 JUL 83		CAN	M60-64		4.041 p John El 4.511 Max Gr		Reno, NV Columbus, OH	2/24/95	MAE AO		Dan O'Connor	New York, NY	10/16/94
HAS		GLITTLE	12 OCT 91		NZL	1165-69	16.52		Gawinsk (olumbia. MQ	3/25/94	M45-49	2:44:54 2:35:29 p	Tom Gustafson Eugene Kitts	East Meadow. NY Palo Alto, CA	10/16/88
H50		6 LITTLE	16 FEB 92		NZL FIN	M70-74 M75-79	17:59			Brisbane, AUS Lolumbia, MO	9/27/94 3/25/94	M50-54	2:47:35	Ed Whiteman	Atlanta. GA	10/31/93
1160		CBOHBA	2 SEP 84		ITA							M55-59 M60-64	2:54:06 2:55:48	Sal Corrallo Robert Mimm	East Meadow, NY East Meadow, NY	10/24/87
M65	55 24	R.JONES ,	NI CONTRACTOR		AUS	5000 mete M40-44	21:29	9.31 Pay Fu	nkhouser P	Philadelphia, PA	4/24/93	M65-69	3:09:02	Pobert Mimm	East Meadow, NY	10/6/90
H70	AND THE RESERVE	TDAINTRY	9 MAY 81		AUS	M45-49	21:27	7 Larry	walker L	os Angeles, CA	6/18/88	M70-74 M75-79	3:26:30 3:46:22	Cokey Daman Harry Drazin	Lincroft. NJ East Meadow, NY	10/16/88
H75	The second second	J.GRIMWADE	27 SEP 87	WOLVERHAMPTON	GBR	M50-54 M55-59	24:26			Atlanta, GA Miyazaki, JPN	3/5/94					
Hes		J.GRIHWADE	15 AUG 93	SOLIHULL	GBR		24:23	3.9 n Max Gr	reen T	Turku FIN	7/21/91	40°. M40-44	3:26:55	Eugene Kitts	Durham, NC	2/21/89
201		6.CONWAY	8 JUL 90	HIAGARA	USA	M60-64 M65-69	25:09			Miyazaki, JPN Indianapolis, IN	8/2/90	M45-49	3:44:33	Gary Null	Ft. Monmouth, NJ	9/12/93
H40	The second second	W.SAWALL	4 JUL 02		AUS	M70-74 M75-79	29:20 31:14	O Cokey	Daman E	Eugene. UR	8/5/89 8/14/87	M50-54	3:29:31 p 3:54:24	Eugene Kitts Ray McKinnis	Palo Alto. CA Lincroft, NJ	9/9/90
H4	5 1:25:03	W.SAWALL	30 APR 83	A Comment	AUS	M80-84	34:44			Eugene, OR Indianapolis, IN	8/2/90	M55-59 M60-64	3:55:55 4:05:20	Max Green	Durham. NC	2/21/68 3/5/89
MS	0 1:26:32	GTILLTE	16 FEB 92	MARIE MARIE E	NZL	M85-89 M90-94	39:14 43:5			Melbourne AUS	12/4/87 8/5/89	M65-69	4:27:50	John Stowers Robert Mimm	Atlanta, GA Atlanta, GA	4/8/90
HE			30 APR 63		OER	1190-94	43.5	1 Paul St)angier E	Eugene. OR	6/3/09	M70-74 M75-79	4:41:36 5:27:05	Cokey Daman Harry Drazin	Ft. Monmouth, NJ Lincroft, NJ	9/13/92
M60		CBOHBA	2 JUN 85		ITA	10.000 m M40-44	eters 43:46	6 12 Day Fil	nkhouser F	Philadelphia, PA	4/24/93			A LEGISTAL	Emerore: 10	Santa to
H70		J.GRIMWADE	13 JAN 81	MALMO	AUS GBR	M45-49	47:30	0.17 Gary N	lull F	Philadelphia, PA	4/24/93	50K 1140-44	4:13:53	Dan O'Connor	New Orleans, LA	4/26/92
H75		J.GRIMWADE	29 NOV 87	HELBOURNE	GBR	M50-54	45:03	5.4 Donald	DeNoon E	Edwardsville, IL	7/10/94	M45-49	4:59:54 4:46:10 p	Victor Sipes Eugene Kitts	Durham, NC Palo Alto, CA	2/21/88 3/13/94
H80	2:04:49	J.GRIMWADE	20 JUN 92	SUTTON COLDFIELD	GBR	15,000 me m50-54		54.1 Donald	DeNoon	Edwardsville. IL	7/10/94	The second	4:23:53 p	Eugene Kitts	Palo Alto. CA	1/8/95
M85	2:26:07	A.THEOBALD	21 AUG 82		AUS	20.000 m				er-resident of the same	, de la constante	M50-54 M55-59	5:33:58 5:00:39	John Knifton Max Green	Atlanta, GA Durham, NC	4/8/90 2/21/88
1190	0 2:34:01	A.THEOBALD	3 APR 87	L. WATER THEY	AUS	M40-44	1:57			Seattle, WA	10/29/89	M60-64 M65-69	5:09:20 5:40:51	John Stowers Robert Mimm	Atlanta, GA	3/5/89 4/8/90
50 H4		JMARIN	29 HAR 92		ESP	M50-54		:28.0 Don De	Noon	Edwardsville, IL	7/10/94	M70-74	6:18:14	Cokey Daman	Atlanta. GA Atlanta. GA	3/5/89
- H4		1-11	29 (IAN 92		AUS	30.000 m M40-44	eters 2:45	54 Stan C	hraminski l	Bellevue, WA	9/7/91	M75-79	7:58:15	George Knox	Columbus. OH	11/2/86
MS			28 AUG 83		GER	M50-54	2:53			Durham, NC	2/25/90		Maste	ers Women -	- Track	
HS	5 4:29:47	G.WEIDNER			GER	40.000 m		1-1			Williams	3000 meters				44400
1161	0 4.59.58	H.GOULD	13 NOV 77		CAN	M40-44 M50-54	3:58 3:56			Seattle, WA Durham, NC	10/29/89 2/25/90	F40-44 F45-49	14:23.331	Viisha Sedlak Gayle Johnson	Columbus, OH Clayton, 110	4/4/92 4/24/94
M65			7 APR 90	BASILDON	GBR	50.000 m			1300	Water Control	CLEAN TO SERVICE STATE OF THE PARTY OF THE P	F50-54	16:05.8	Beverly LaVeck	Seattle, WA	3/19/94
H7	The Art Street		5 MAY 91	PLYMOUTH BRIGHTON	GBR GBR	M40-44	5:03	:10 Stan C	Chraminski	Bellevue, WA	10/29/89	F55-59 F60-64	16:40.3 17:17.7	Bev LaVeck Ruth Eberle	Seattle, WA Clayton, MO	4/24/94
30				D. G. T. G.		One Hour					10/20/91	F65-69	18:39.0 23.44.91	Ruth Leff Queenie Thompso	Kenosha, WI on Bozeman, MT	8/4/93 3/19/93
F35		6 I VICTORIA HE	PAZO 4 MAR 95	ATLANTA	USA	M40-44	12.5	71 m Rober		Cambridge, MA		F70-74				2/24/95
F40	13:19.7	S.GRIESBACH						73 m Rober	t Keating	Cambridge, MA	10/18/92			Imogene Watkins	A STATE OF THE PARTY OF THE PAR	
F45					FRA	M45-49 M50-54	12.7 12.0	000 m Richa	rd Ruguist	Cambridge, MA Cambridge, MA	10/18/92	F75-79	22:32.00i p 22:17.08i	Imogene Watkins Millie Crews	Reno, NV Madison, WI	3/24/90 6/2/90
F50	15:11.9				FIN	M45-49	12.7 12.0 11.1	000 m Richa 181 m Paul . 576 m John	Johnson Elwarner	Cambridge, MA Cambridge, MA Warren, MI	10/18/92 10/8/89 10/18/92 9/10/94	F75-79 F80-84 F85-89	22:32:00i p 22:17:08i 24:11:2	Imogene Watkins	Reno, NV Madison, WI Seattle, WA	3/24/90 6/2/90 2/24/95
F55		VHEIKKILA	on leading	LONDON		M45-49 M50-54	12.7 12.0 11.1 11.3 10.6	000 m Richa 181 m Paul 576 m John 699 m Howa	ord Ruguist Johnson Elwarner ard Jacobson	Cambridge, MA Cambridge, MA Warren, MI Cambridge, MA	10/18/92 10/8/89 10/18/92	F80-84 F85-89	22:32:00i p 22:17:08i 24:11:2 28:47:11i p	Imogene Walkins Millie Crews Louise Swanson	Reno, NV Madison, WI Seattle, WA	6/2/90
F60	16.31.0	V HEIKKILA M.WORTH	18 JUN 88 9 JUL 89	LONDON READING	FIN FIN	M45-49 M50-54 M55-59	12.7 12.0 11.1 11.3 10.6 11.4	000 m Richa 181 m Paul 576 m John 699 m Howa 404 m Jack	ard Ruguist Johnson Elwarner ard Jacobson Bray rt Mimm	Cambridge, MA Cambridge, MA Warren, MI Cambridge, MA Kentlield, CA Cambridge, MA	10/18/92 10/8/89 10/18/92 9/10/94 10/20/91 7/17/94 10/14/90	F80-84	22:32:00i p 22:17:08i 24:11:2 28:47:11i p	Imogene Watkins Millie Crews Louise Swanson Dorothy Robarts Sally Richards-H	Reno, NV Madison, WI Seattle, WA Reno, NV	6/2/90 2/24/95 8/12/94
565	16.31.0	V HEIKKILA M.WORTH M.WORTH	18 JUN 88		FIN FIN 3BR	M45-49 M50-54 M55-59 M60-64	12.7 12.0 11.1 11.2 10.6 11.4 10.4	000 m Richa 181 m Paul , 576 m John 699 m Howa 404 m Jack 486 m Rober 329 m Don J	ard Ruguist Johnson Elwarner ard Jacobson Bray rt Mimm Johnson	Cambridge, MA Cambridge, MA Warren, MI Cambridge, MA Kenttield, CA Cambridge, MA Cambridge, MA	10/18/92 10/8/89 10/18/92 9/10/94 10/20/91 7/17/94	F80-84 F85-89 5000 meters F40-44	22:32:00i p 22:17:08i 24:11:2 28:47:11i p 24:25:51 24:17:2 n	Imogene Watkins Millie Crews Louise Swanson Dorothy Robarts Sally Richards-I Viisha Sedlak	Reno, NV Madison, WI Seattle, WA Reno, NV	6/2/90 2/24/95
F65	16.31.0 16.28.5 17.08.3	V HEIKKILA M.WORTH M.WORTH	18 JUN 88		FIN FIN 3BR GBR SWE SWE	M45-49 M50-54 M55-59 M60-64 M65-69	12,7 12.0 11,1 11.2 10.6 11.4 10,4 93 0 96 6 9 97	000 m Richa 181 m Paul 376 m John 699 m Howa 404 m Jack 486 m Rober 329 m Don 3 890 m Klaus 726 m Bob I	ard Ruguist Johnson Elwarner ard Jacobson Bray rt Mimm Johnson s Timmerhaus	Cambridge, MA Cambridge, MA Warren, MI Cambridge, MA Kentlield, CA Cambridge, MA Cambr	10/18/92 10/8/89 10/18/92 9/10/94 10/20/91 7/17/94 10/14/90 10/14/90 10/9/94 12/11/94	F80-84 F85-89 5000 meters F40-44 F45-49 F50-54	22:32 00i p 22:17.08i 24:11.2 28:47.11i p 3 24:25.51 24:17.2 n 25:09.47 26:41.2	Imogene Watkins Hillie Crews Louise Swanson Dorothy Robarts Sally Richards-I Viisha Sedlak JoAnn Nedelco Beverly LaVeck	Reno, NV Hadison, WI Seattle, WA Reno, NV Kerr Eugene, OR Turku FIN Indianapolis, IN Richmond, CAN	6/2/90 2/24/95 8/12/94 7/21/91 8/2/90 7/31/87
	16.31.0 16.28.5 17.08.3 18.05	V MEIKKILA M.WORTH M.WORTH 2 3 TIBBLING B.TIBBLING	18 JUN 88 9 JUL 89	READING	FIN FIN GER GBR SWE SWE NZL	M45-49 M50-54 M55-59 M60-64 M65-69	12.7 12.0 11.1 11.3 10.6 11.4 10.4 93 6 96 6 97	000 m Richa 181 m Paul 1 576 m John 699 m Howa 404 m Jack 486 m Rober 329 m Don 1 890 m Klaus 726 m Bob l 1184 m Tom	ard Ruguist Johnson Elwarner ard Jacobson Brav rt Mimm Johnson s Timmerhaus Mimm Kirley	Cambridge, MA Cambridge, MA Warren, MI Cambridge, MA Kentlield, CA Cambridge, MA Cambr	10/18/92 10/8/89 10/18/92 9/10/94 10/20/91 7/17/94 10/14/90 10/14/90 10/9/94	F80-84 F85-89 5000 meter: F40-44 F45-49 F50-54 F55-59	22:32 00i p 22:17.08i 24:11.2 28:47.11i p 3 24:25.51 24:17.2 n 25:09.47 26:41.2 27:29.68	Imogene Watkins Hillie Crews Louise Swanson Dorothy Roberts Sally Richards-I Viisha Sedlak Joann Nedelco Beverly LaVeck Elton Richardsot	Reno, NV Hadison, WI Seattle, WA Reno, NV Kerr Eugene, OR Turku FIN Indianapolis, IN Richmond, CAN	8/12/94 7/21/91 8/2/90 7/31/87 8/12/94 8/12/94
F70	16.31.0 16.28.5 17.08.3 0 18.05 5 21.23.5	V HEIKKILA M.WORTH M.WORTH S TIBBLING B.TIBBLING A FCRBES N JEFFREYS	18 JUN 88 9 JUL 89 5 JUL 89 3 NOV 90	READING	FIN FIN 3BR GBR SWE SWE NZL AUS	M45-49 M50-54 M55-59 M60-64 M65-69 M70-79	12.7 12.0 11.1 11.3 10.6 11.4 10.6 93 6 9 96 6 9 9	000 m Richa 181 m Paul i 576 m John 699 m Howa 404 m Jack 486 m Rober 329 m Don o 890 m Klaus 726 m Bob I 184 m Tom 612 m Fred	rd Ruguist Johnson Elwarner and Jacobson Bray rt Mimm Johnson 5 Timmerhaus Mirney (Grove Brown	Cambridge, MA Cambridge, MA Warren, MI Cambridge, MA Kentlield, CA Cambridge, MA cambridge, MA cambridge, MA cambridge, MA cambridge, MA the More Manager Ma cambridge, MA cambridge, MA Cambridge, MA	10/18/92 10/8/89 10/18/92 9/10/94 10/20/91 7/17/94 10/14/90 10/9/94 12/11/94 9/17/94 12/11/94 10/14/90	F80-84 F85-89 5000 meters F40-44 F45-49 F50-54 F55-59 F60-64 F65-69	22:32 00i p 22:17 08i 24:11.2 28:47.11i p 3 24:25.51 24:17.2 n 25:09.47 26:41.2 27:29.68 29:29.04 31:06.0	Imogene Watkins Hillie Crews Louise Swanson Dorothy Robarts Sally Richards-I Viisha Sedlak JoAnn Nedelco Beverly LaVeck Elton Richardson Ruth Eberle Ruth Leff	Reno, NV Hadison. WI Seattle, WA Reno. NV Kerr Eugene, OR Furku FIN Indianapolis, IN Richmond. CAN Eugene, OR Eugene, OR Eugene, OR Kenosha, WI	6/2/90 2/24/95 8/12/94 7/21/91 8/2/90 7/31/87 8/12/94 8/12/94 9/1/93
F70	16.31.0 16.28.5 17.08.3 18.05 18.05 21.23.5 0 24:00	V HEIKKILA M.WORTH M.WORTH B. TIBBLING T. A.FCPBES N.JEFFREYS	18 JUN 88 9 JUL 89 5 JUL 89	READING	FIN FIN GER GBR SWE SWE NZL	M45-49 M50-54 M55-59 M60-64 M65-69 M70-79	12.7 12.0 11.1 11.5 10.6 11.5 10.6 10.6 9 9 9 9 9 9 9 8 6 6	000 m Richa 181 m Paul I 576 m John 599 m Howa 404 m Jack 486 m Rober 329 m Klaus 726 m Bob 1 184 m Tom 184 m Tom 612 m Fred 612 m Fred	ind Ruquist Johnson Elwarner and Jacobson Brav rt Mimm Johnson s Timmerhaus Mimm Kirley r Grove Brown y Drazin	Cambridge, MA Cambridge, MA Warren, MI Cambridge, MA Kentlield, CA Cambridge, MA Cambridge, MA SAurora, CO Ft. Monmouth, NJ Rock Island, IL Kentlield, CA Cambridge, MA Ft. Monmouth, NJ Ft. Monmouth, NJ	10/18/92 10/8/89 10/18/92 9/10/94 10/20/91 7/17/94 10/14/90 10/14/90 10/9/94 12/11/94 9/17/94 12/11/94	F80-84 F85-89 5000 meter: F40-44 F45-49 F50-54 F55-59 F60-64 F65-69 F70-74	22:32 00i p 22:17.08i 24:11.2 28:47.11i p 3 24:25.51 24:17.2 n 25:09.47 26:41.2 27:29.68 29:29.04	Imogene Watkins Hillie Crews Louise Swanson Dorothy Robarts Sally Richards-I Viisha Sedlak JoAnn Nedelco Beverly LaVeck Elton Richardson Ruth Eberle	Reno, NV Pladison. WI Seattle, WA Reno. NV Kerr Eugene, OR Turku FIN Indianapolis, IN Richmond. CAN n Eugene, OR Eugene, OR	6/2/90 2/24/95 8/12/94 7/21/91 8/2/90 7/31/87 8/12/94 8/12/94 8/12/94 9/1/93 8/5/88 8/2/90
F70 F75 F80 F85	5 16.31.0 16.28.5 5 17.08.3 0 18.05 5 21.23.5 0 24.00 5 27.36.0	V MEIKKILA M.WORTH M.WORTH 2 S.TIBBLING B.TIBBLING 7 A.FORBES N.JEFFREYS N.JEFFREYS	18 JUN 88 9 JUL 89 5 JUL 89 3 NOV 90 27 SEP 94	READING AUCKLANG BRISBANE	FIN FIN GBR GBR SWE SWE NZL AUS	M45-49 M50-54 M55-59 M60-64 M65-69 M70-79	12.7 12.0 11.1 11.3 10.6 11.4 10.6 10.6 93 6 96 6 97 7.7 7 7	000 m Richa 181 m Paul I 576 m John 1699 m Howa 404 m Jack 404 m Rober 329 m Don S 890 m Klaus 726 m Bob I 184 m Tom 374 m Trov 612 m Fred 3394 m Harr 672 m Geor	ind Ruquist Johnson Elwarner and Jacobson Bray rt Mimm Johnson s Timmerhaus Mimm Kirley r Grove Brown y Drezin k Rubin age Conway	Cambridge, MA Cambridge, MA Warren, MI Cambridge, MA Kentrield, CA Cambridge, MA Cambridge, MA Aurora, CO Ft. Moismouth, NJ Rock Island, IL Kentfield, CA Cambridge, MA Ft. Monmouth, NJ Cambridge, MA Cambridge, MA Cambridge, MA	10/18/92 10/8/89 10/18/92 9/10/94 10/20/91 7/17/94 10/14/90 10/14/90 10/9/94 12/11/94 12/11/94 10/14/90 12/26/94 10/20/91	F80-84 F85-89 5000 meters F40-44 F45-49 F50-54 F55-59 F60-64 F65-69	22:32 00i p 22:17.08i 24:11.2 28:47.11i p 3 24:25.51 24:17.2 n 25:09.47 26:41.2 27:29.68 29:29.04 31:06.0 35:07.0	Imogene Watkins Hillie Crews Louise Swanson Dorothy Robarts Sally Richards-I Viisha Sedlak JoAnn Nedelco Beverly LaVeck Eiton Richardson Ruth Eberle Ruth Leff Velma Jacobs	Reno, NV Madison, WI Seattle, WA Reno, NV Kerr Eugene, OR Turku FIN Indianapolis, IN Richmond, CAN Eugene, OR Eugene, OR Eugene, OR Kenosha, WI Orlando, FL	8/12/94 7/21/91 8/290 7/31/87 8/12/94 8/12/94 8/12/94 9/1/93 8/5/88
F70 F75 F80 F85 <u>50</u> F35	5 16.31.0 16.28.5 5 17.08.3 18.05 18.05 21.23.5 24.00 27.36.0 22.39	V MEIKKILA M.WORTH M.WORTH 2 STIBBLING B.TIBBLING 7 A FORBES N.JEFFREYS N.JEFFREYS VICTORIA HE	18 JUN 88 9 JUL 89 5 JUL 89 3 NOV 90 27 SEP 94 RAZO 17 SEP 94	READING AUCKLANG BRISBANE	FIN FIN 3BR GBR SWE SWE NZL AUS	H45-49 M50-54 M55-59 M60-64 M65-69 M70-79 M75-79	12.7 12.0 11.1 11.3 10.6 11.4 10.6 11.4 10.9 9 9 9 6 9 7 7 7 7	000 m Richa 181 m Paul I 576 m John 1699 m Howa 404 m Jack 404 m Rober 329 m Don S 890 m Klaus 726 m Bob I 184 m Tom 374 m Trov 612 m Fred 3394 m Harr 672 m Geor	ird Ruquist Johnson Elwarner irid Jacobson Bray rt Mimm Johnson s Timmerhaus Mirley (Grove Brown Brown y Drezin k Rubin	Cambridge, MA Cambridge, MA Warren, MI Cambridge, MA Kentrield, CA Cambridge, MA Cambridge, MA Cambridge, MA CAMORIA, MA CAMOR	10/18/92 10/8/89 10/18/92 9/10/94 10/20/91 7/17/94 10/14/90 10/9/94 12/11/94 9/17/94 12/11/94 10/14/90 10/28/94 10/9/94	F80-84 F85-89 5000 meter: F40-44 F45-49 F50-54 F55-59 F60-64 F65-69 F70-74 F75-79 F80-84	22:32 00i p 22:17.08i 24:11.2 28:47.11i p 3 24:25.51 24:17.2 n 25:09:47 26:41.2 27:29.68 29:29.04 31:06.0 35:07.0 38:20.19 37:56.64	Imogene Watkins Hillie Crews Louise Swanson Dorothy Robarts Sally Richards-I Viisha Sedlak JoAnn Nedelco Beverly LaVeck Elton Richardsor Ruth Eerle Ruth Leff Velma Jacobs Hillie Crews	Reno, NV Pladison. WI Seattle, WA Reno. NV Kerr Eugene, OR Turku FIN Indianapolis, IN Richmond. CAN Eugene, OR Eugene, OR Kenosha, WI Orlando, FL Indianapolis, IN	6/2/90 2/24/95 8/12/94 7/21/91 8/2/90 7/31/87 8/12/94 8/12/94 9/1/93 8/5/88 8/2/90 8/14/92
F70 F75 F80 F85 50 F35 F40	5 16.31.0 16.28.5 5 17.08.3 18.05 5 21.23.5 24.00 27.36.0 0000 5 22.39 0 22.49.4	V MEIKKILA M.WORTH M.WORTH 2 STIBBLING B.TIBBLING 7 A FORBES N.JEFFREYS N.JEFFREYS VICTORIA HE S.GRIESBACI	18 JUN 88 9 JUL 89 5 JUL 89 3 NOV 90 27 SEP 94 RAZO 17 SEP 94	READING AUCKLANG BRISBANE	FIN FIN GBR GBR SWE SWE NZL AUS AUS	H45-49 M50-54 M55-59 M60-64 M65-69 M70-79 M75-79 M80-84	12.7 12.0 11.1 11.3 10.6 11.4 10.6 11.4 10.9 9 9 9 6 9 7 7 7 7	000 m Richa 181 m Paul I 376 m John 699 m Howa 404 m Jack 486 m Rober 329 m Don I 890 m Klaus 726 m Bob I 184 m Trov 612 m Fred 374 m Harr 072 m Fred 1947 m Geor	ind Ruquist Johnson Elwarner and Jacobson Bray rt Mimm Johnson s Timmerhaus Mimm Kirley r Grove Brown y Drezin k Rubin age Conway	Cambridge, MA Cambridge, MA Warren, MI Cambridge, MA Kentrield, CA Cambridge, MA Cambridge, MA Cambridge, MA Cambridge, MA CAUTORA, CO FL. Monmouth, NJ Rock Island, IL Kentrield, CA Cambridge, MA FL. Monmouth, NJ Cambridge, MA Cambridge, MA Cambridge, MA Cambridge, MA Cambridge, MA	10/18/92 10/8/89 10/18/92 9/10/94 10/20/91 7/17/94 10/14/90 10/14/90 10/9/94 12/11/94 12/11/94 10/14/90 12/26/94 10/20/91	F80-84 F85-89 5000 meter: F40-44 F45-49 F50-54 F55-59 F60-64 F65-69 F70-74 F75-79 F80-84	22:32 00i p 22:17.08i 24:11.2 28:47.11i p 3 24:25.51 24:17.2 n 25:09.47 26:41.2 27:29.68 29:29.04 31:06.0 35:07.0 38:20.19 37:56.64	Imogene Watkins Hillie Crews Louise Swanson Dorothy Robarts Sally Richards-I Viisha Sedlak JoAnn Nedelco Beverly LaVeck Elton Richardson Ruth Eberle Ruth Leff Velma Jacobs Hillie Crews Polly Clarke Vlisha Sedlak	Reno, NV Pladison. WI Seattle, WA Reno. NV Kerr Eugene, OR Turku FIN Indianapolis, IN Richmond. CAN n Eugene, OR Eugene, OR Eugene, UR Kenosha, WI Urlando, FL Indianapolis, IN Spokane, WA	6/2/90 2/24/95 8/12/94 7/21/91 8/2/90 7/31/87 8/12/94 8/12/94 9/1/93 8/5/88 8/2/90 8/14/92
F70 F75 F80 F85 <u>50</u> F35 F40	16.31.0 16.28.5 17.08.3 18.05 18.05 21.23.5 0 24.00 5 27.36.0 000 5 22.39 0 22.49.4 5 24.31.3	V MEIKKILA M.WORTH M.WORTH 2 STIBBLING B.TIBBLING 7 A FORBES N.JEFFREYS N.JEFFREYS VICTORIA HE S.GRIESBACI V HEAKILA	18 JUN 88 9 JUL 89 5 JUL 89 3 NOV 90 27 SEP 94 RAZO 17 SEP 94	READING AUCKLANG BRISBANE	FIN FIN GBR GBR SWE SWE NZL AUS AUS AUS	M45-49 M50-54 M55-59 M60-64 M65-69 M70-79 M75-79 M80-84 M85-89 M90-94	12.7 12.0 11.1 11.3 10.6 11.4 10.6 93 9 9 9 8 6 6 7 7 7 7 7 7	000 m Richa Robert Howa Jack Add m Jack Add m Robert 329 m Don . 8890 m Klaus 726 m Bob I Tom 5726 m Fred 184 m Fred 184 m Fred 1894 m Fred 1894 m Fred 1894 m George Master	Ind Ruquist Johnson Elwarner and Jacobson Bray rt Mimm Johnson s Timmerhaus Mimm Kirley r Grove Brown ry Drazin k Rubin rge Conway rge Conway	Cambridge, MA Cambridge, MA Warren, MI Cambridge, MA Kentrield, CA Cambridge, MA Cambridge, MA Aurora, CO Ft. Moismouth, NJ Rock Island, IL Kentfield, CA Cambridge, MA Ft. Moismouth, NJ Cambridge, MA	10/18/92 10/8/89 10/18/92 9/10/94 10/20/91 7/17/94 10/14/90 10/9/94 12/11/94 9/17/94 12/11/94 10/14/90 12/26/94 10/20/91	F80-84 F85-89 5000 meter: F40-44 F45-49 F50-54 F55-59 F60-64 F65-69 F70-74 F75-79 F80-84	22:32 00i p 22:17.08i 24:11.2 28:47.11i p 3 24:25.51 24:17.2 n 25:09.47 26:41.2 27:29.68 29:29.04 31:06.0 35:07.0 38:20.19 37:56.64	Imogene Watkins Hillie Crews Louise Swanson Dorothy Robarts Sally Richards-I Viisha Sedlak JoAnn Nedelco Beverly LaVeck Elton Richardsor Ruth Eberle Ruth Leff Velma Jacobs Millie Crews Polly Clarke	Reno, NV Madison, WI Seattle, WA Reno, NV Kerr Eugene, OR Turku FIN Indianapolis, IN Richmond, CAN Eugene, OR Eugene, OR Eugene, OR Kenosha, WI Orlando, FL Indianapolis, IN Spokane, WA	6/2/90 2/24/95 8/12/94 7/21/91 8/2/90 7/31/87 8/12/94 8/12/94 9/1/93 8/5/88 8/2/90 8/14/92 6/16/90 4/28/90 6/7/92
F70 F75 F80 F85 <u>50</u> F35 F40 F45	16.31.0 16.28.5 17.08.3 18.05 5 21.23.5 0 24.00 5 27.36.0 000 5 22.39 0 22.49.4 5 24.31.3 0 25.20.0	V MEIKKILA M.WORTH M.WORTH 2 S TIBBLING B.TIBBLING 7 A FORBES N.JEFFREYS N.JEFFREYS VICTORIA HE 5 GRIESBACI V HEAKILA V MEKKILA	18 JUN 88 9 JUL 89 5 JUL 89 3 NOV 90 27 SEP 94 RAZO 17 SEP 94	READING AUCKLANG BRISBANE	FIN FIN GBR GBR SWE SWE NZL AUS AUS AUS FRA FIN FIN AUS	M45-49 M50-54 M55-59 M60-64 M65-69 M70-79 M75-79 M80-84 M85-89 M90-94	12.7 12.0 11.1, 11.3 10.6 11.4 10.9 9 9 9 9 9 8 66 67 7 7 7 7 7 7 6	000 m Richa Robert Robe	rd Ruquist Johnson Elwarner and Jacobson Brav rt Mimm Johnson s Timmerhaus Mimm Kirley Grove Brown y Drazin k Rubin ge Conway ge Conway Thinkhouser rit Keating	Cambridge, MA Cambridge, MA Warren, MI Cambridge, MA Kentrield, CA Cambridge, MA Ft. Monmouth, NJ Cambridge, MA Road Kingsport, TN Hamden, CT	10/18/92 10/18/92 10/18/92 9/10/94 10/20/91 7/17/94 10/14/90 10/14/90 10/9/94 12/11/94 12/11/94 10/14/90 12/28/94 10/9/94 10/20/91 10/3/93	F80-84 F85-89 5000 meters F40-44 F45-49 F50-54 F55-59 F60-64 F65-69 F70-74 F75-79 F80-84 10.000 meters F40-44 F45-49 F50-54 F55-59	22:32 00i p 22:17.08i 24:11.2 28:47.11i p 3 24:25.51 24:17.2 n 25:09.47 26:41.2 27:29.68 29:29.04 31:06.0 35:07.0 38:20.19 37:56.64 ers 49:14.9 52:53 57:32 59:08.2	Imogene Watkins Hillie Crews Louise Swanson Dorothy Robarts Sally Richards-I Viisha Sedlak Joann Nedelco Beverly LaVeck Elton Richardsor Ruth Eberle Ruth Leff Velma Jacobs Millie Crews Polly Clarke Viisha Sedlak Joann Nedelco Jaye Hanley Jovce Decker-	Reno, NV Pladison. WI Seattle, WA Reno. NV Kerr Eugene, OR Turku FIN Indianapolis, IN Richmond. CAN Regene, OR Eugene, OR Eugene, OR Kenosha, WI Urlando, FL Indianapolis, IN Spokane, WA Norwalk, CA San Francisco. C/ Van Nuys, CA Kenosha, WI	6/2/90 2/24/95 8/12/94 7/21/91 8/2/90 7/31/87 8/12/94 8/12/94 9/1/93 8/2/90 8/14/92 6/16/90 4/28/90 6/7/92 9/19/93
F70 F75 F80 F85 <u>50</u> F35 F40	16.31.0 16.28.5 17.08.3 18.05 21.23.5 0 24.00 5 27.36.0 000 5 22.39 0 22.49.4 5 24.5 18.5 24.5 25.5 26.46.9	V MEIKKILA M.WORTH M.WORTH 2 S TIBBLING B.TIBBLING 7 A FORBES N.JEFFREYS N.JEFFREYS VICTORIA HE 5 GRIESBACI V HEAKILA V MEKKILA	18 JUN 88 9 JUL 89 5 JUL 89 3 NOV 90 27 SEP 94 RAZO 17 SEP 94	AUCKLANG BRISBANE KINGSPORT, TN	FIN FIN GBR GBR SWE SWE NZL AUS AUS AUS FRA FIN FIN AUS GER	M45-49 M50-54 M55-59 M60-64 M65-69 M70-79 M75-79 M80-84 M85-89 M90-94 SK M40-44 M45-49 M50-54	12.7 12.0 11.1 11.3 10.6 11.4 10.6 11.4 10.9 10.9 10.9 10.9 10.9 10.9 10.9 10.9	000 m Richa Robert Fred Robert	rd Ruquist Johnson Elwarner and Jacobson Bray rt Himm Johnson s Timmerhaus Himm Kirley r Grove Brown y Drazin k Rubin age Conway age Conway Funkhouser art Keating DeNoon	Cambridge, MA Cambridge, MA Warren, FII Cambridge, MA Kenthield, CA Cambridge, MA Cambridge, MA Cambridge, MA Cambridge, MA CAMBRIDE, MA CAMBRIDE, MA CAMBRIDE, MA Ft. Monmouth, NJ Cambridge, MA Road Kingsport, TN	10/18/92 10/08/89 10/18/92 9/10/94 10/20/91 7/17/94 10/14/90 10/14/90 10/9/94 12/11/94 9/17/94 10/14/90 12/28/94 10/20/91 10/3/93	F80-84 F85-89 5000 meter: F40-44 F45-49 F50-54 F55-59 F60-64 F75-79 F80-84 10.000 met F40-44 F45-49 F50-54 F55-59 F60-64	22:32 00i p 22:17.08i 24:11.2 28:47.11i p 3 24:25.51 24:17.2 n 25:09.47 26:41.2 27:29.68 29:29.04 31:06.0 35:07.0 38:20.19 37:56.64 ers 49:14.9 52:53 57:32	Imogene Watkins Hillie Crews Louise Swanson Dorothy Robarts Sally Richards-I Viisha Sedlak JoAnn Nedelco Beverly LaVeck Elton Richardson Ruth Eberle Ruth Leff Velma Jacobs Millie Crews Polly Clarke Viisha Sedlak JoAnn Nedelco Jaye Hanley	Reno, NV Hadison, WI Seattle, WA Reno, NV Kerr Eugene, OR Furku FIN Indianapolis, IN Richmond, CAN Eugene, OR Eugene, OR Eugene, OR Kenosha, WI Orlando, FL Indianapolis, IN Spokane, WA Norwalk, CA San Francisco, C/ Van Nuys, CA Kenosha, WI New Brunswick, Kenosha, WI	6/2/90 2/24/95 8/12/94 7/21/91 8/2/90 7/31/87 8/12/94 8/12/94 8/12/94 8/12/94 8/12/94 8/12/94 8/12/90 8/14/92 6/16/90 4/28/90 6/7/92 9/19/93 NJ 7/7/87 b/b/92
F70 F75 F80 F85 S0 F30 F40 F41 F51	16.31.0 16.28.5 17.08.3 18.05 21.23.5 0 24.00 5 27.36.0 000 5 22.39 0 22.49.4 5 24.51.3 0 25.20.0 5 26.46.9	V MEIKKILA M.WORTH M.WORTH 2 S.TIBBLING B.TIBBLING A FORBES N.JEFFREYS VICTORIA HE S.GRIESBACI V MEAKILA V MEKKILA USAN ALBUR OMEYER	18 JUN 88 9 JUL 89 5 JUL 89 3 NOV 90 27 SEP 94 RAZO 17 SEP 94	AUCKLAND BRISBANE KINGSPORT, TN	FIN FIN GBR GBR SWE SWE NZL AUS AUS AUS FRA FIN FIN AUS GER SWE	H45-49 H50-54 H55-59 H60-64 M65-69 M70-79 M75-79 M80-84 M85-89 M90-94 SK M40-44 M45-49 M50-54 M55-59	12.7 12.0 11.1.1 11.6 11.6 11.6 11.6 99 9 9 8 6 6 6 6 6 6 6 6 6 7 7 7 7 7 7 7 7 7 7 7	000 m Richa Robert Robe	rd Ruquist Johnson Elwarner and Jacobson Brav rt Mimm Johnson s Timmerhaus Mimm Kirley r Grove Brown ry Drazin k Rubin rge Conway rge Conway rs Men Funkhouser art Keating DeNoon Green Brown Green Brown Green Brown Funkhouser and Whiteman	Cambridge. MA Cambridge, MA Warren. Fil Cambridge, MA Kentrield. CA Cambridge, MA Cambridge, MA Cambridge, MA Cambridge, MA Cambridge, MA Cambridge, MA FL. Honmouth. NJ Cambridge, MA Plingsport, TN Hamden, CT Kingsport, TN Columbus, OH Pilcavune, MS	10/18/92 10/18/92 10/18/92 9/10/94 10/10/91 10/14/90 10/14/90 10/14/90 10/19/94 12/11/94 10/14/90 12/28/94 10/20/91 10/3/93 9/18/93 10/4/92 9/18/93 4/8/90 11/12/94	F80-84 F85-89 5000 meters F40-44 F45-49 F50-54 F55-59 F60-64 F65-69 F70-74 F75-79 F80-84 10.000 meters F40-44 F45-49 F50-54 F55-59	22:32:00i p 22:17:08i 24:11.2 28:47:11i p 3 24:25:51 24:17.2 n 25:09:47 26:41.2 27:29:68 29:29:04 31:06:0 35:07:0 38:20:19 37:56:64 ers 49:14.9 52:53 57:32 59:08:2 1:09:00	Imogene Watkins Hillie Crews Louise Swanson Dorothy Robarts Sally Richards-I Viisha Sedlak JoAnn Nedelco Beverly LaVeck Elton Richardson Ruth Eberle Ruth Leff Velma Jacobs Hillie Crews Polly Clarke Viisha Sedlak JoAnn Nedelco Jaye Hanley Jovce Decker Harie Henry	Reno, NV Hadison, WI Seattle, WA Reno, NV Kerr Eugene, OR Furku FIN Indianapolis, IN Richmond, CAN Eugene, OR Eugene, OR Eugene, OR Eugene, OR Kenosha, WI Orlando, FL Indianapolis, IN Spokane, WA Norwalk, CA San Francisco, C/ Van Nuys, CA Kenosha, WI New Brunswick, Kenosha, WI	6/2/90 2/24/95 8/12/94 7/21/91 8/2/90 7/31/87 8/12/94 8/12/94 8/12/94 8/12/94 8/12/94 8/12/94 8/12/90 8/14/92 6/16/90 4/28/90 6/7/92 9/19/93 NJ 7/7/87 b/b/92
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28 Miriam Gordon 06 Ruth VanSandt	Miyazaki, JPN Palo Alto, CA	10/11/93 5/22/94	F45-49 F50-54 F50-59 F60-64	2:52:45 2:45:08 2:35:41 2:45:45	Emily Hewitt Jill Latham Bey LaVeck Joyce Decker	Lincroft, NJ Atlanta, GA Palo Alto, CA Kenosha, WI	9/9/90 4/8/90 3/13/94 10/16/94	F60-64	7:27:49 Marie Henry	Durham, NC	2/21/88
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Address					
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Rankings Report

by JERRY WOJCIK, Masters T&F Rankings Coordinator

This is the last issue from which indoor results will be taken for the 1995 rankings. If your best marks have not yet been published in the NMN, forward them with verification to the rankers below, so they receive your marks no later than May 19, to assure that they will be included in the rankings. All of the indoor rankings will be published in the July issue.

Often, results of a masters event ("Masters Mile") held along with open or invitational indoor meets do not include single ages or age groups for the participants. Consequently, the chances are that those unclassified participants will not be included in the rankings. This is also true for outdoor results, especially those from college meets in which masters compete as open athletes.

- 55m/200/400 Larry Patz, 534 Gould Hill Rd., Contoocook, NH 03229
- 800 William Benson, 6 Eton St., Valley Stream, NY 11581
- 3000 John Dickey, 9128 N. Swan Circle, Brentwood, MO 63144-1145
- HJ, TJ Charles Mercurio, 4927 W. 123 Pl., Hawthorne, CA 90250
- LJ Robb Bong, 420 Silver Saddle Rd., Monument, CO 80132
- SP Russ Reabold, 1125 N. Stinson Ave., La Puente, CA 91744



First master Vassili Triantos, 40, in 3:03:20, George Washington Birthday Marathon, Greenbelt, Md., Feb. 19.

Photo by George Banker

• 1500, mile, 55mH, PV, 3000 RW, WT Jerry Wojcik, NMN, P.O. Box 50098, Eugene, OR 97405. □

Masters Take Overall LDR Grand Prix Titles

by MARILYN MITCHELL

Sixty-three-year-old Thelma Wilson had the maximum 550 points and took top female honors, while 30-year-old Don Di Donato and 60-year-old Geza Feld shared top male honors (also a maximum of 550 points each) in the first-ever USATF Metropolitan Association LDR Grand Prix.

Wilson, who was also the 1994 USATF MAC Masters W60-69 award winner, took home \$400 for her combined age-group and overall winnings. Di Donato received \$825, and Feld was awarded \$275.

The winners were honored at a brunch in the association offices on Feb. 12, attended by more than 100 people.

Masters were particularly thrilled with this grand prix series because they saw that they had an equal shot at the prize money with the open runners as everyone was credited with age-group victories. Cash prizes totaled \$18,500. The series was open to any athlete or team registered in the association.

The 25 races in the 1995 Championship Series have already been chosen. Competitors or race directors interested in participating in the 1996 series may obtain information from the Metropolitan Association, P.O. Box 170, Church Street Station, New York, NY 10008.

It is not too late for competitors to

register and participate in the 1995 series, which will have prizes totaling \$18,500.



Rollie Caraletto won the M50 800 in 2:18.1 at the 1994 Visalia Classic. This year's meet will be held on May 20.

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

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

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

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Package 3: Camp Only ---\$150

For More Information
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Decker Gym G-7
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Mansfield, PA 16933
(717) 662-4645



Nationwide Telecast of World Championships

he XI WAVA World Veterans Athletics Championships in Buffalo are putting the final touches on what will be an important milestone in the 20-year history of the event — the first nationwide broadcast of the Championships.

Plans are being made to air a 60-minute live highlight show of the first four days of the competition on Prime, a national provider of satellite sports programming, to more than 40 million U.S. homes.

The deal is a partnership among the World Association of Veteran Athletes (WAVA), the local organizing committee, and the Empire Sports Network, a regional satellite sports network based in the Buffalo area, which will produce the broadcast and distribute it nationwide on Prime.

"This is a tremendous step forward, increasing the public awareness of not only the WAVA Championships in particular, but for masters athletics in general," said Vito Borrello, executive director of the event.

"Masters athletics is growing rapidly as baby boomers become eligible for these kinds of competitions, and millions of viewers in the U.S. will have an opportunity to see the worldclass skills and intense desire of older athletes competing at the highest level."

Prime provides 24-hour sports programming for 22 regional sports networks across the USA. The network is no stranger to track and field competitions; it carries the U.S. Olympic Festival and the Boston Marathon. Prime covers college football, basketball, baseball and hockey. It features IBM/ATP Tour Tennis, the European



Vito Borrello, Executive Director of the WAVA World Veterans Championships in Buffalo, reminds everyone that the deadline for entries is May 15.



On the victory stand at the First Worldwide Age-Handicap Marathon in Valencia, Spain on Feb. 5. From left: Manuel Rosales (4th, 59, Spain, age-graded time 2:21:43, actual time 2:42:42); Eugeni Zarakovski (5th, 38, Russia, AG 2:22:42, actual 2:24:48); Lars Andervang (3rd, 31, Sweden, 2:19:20, 2:19:20); Yuri Mihailov (1st, 42, Russia, 2:14:55, 2:20:38); John Keston (2nd, 70, USA, Foto Mendoza 2:16:40, 3:02:50).

PGA Tour, NASCAR auto racing and a variety of other sports events such as motorcycle racing, rugby and rodeo

The package on Prime only scratches the surface of media attention focused on the Championships in Buffalo. Two local television stations are nearing agreements with the local organizing committee for extensive promotions and programming leading up to and during the competitions. A leading local radio station, WBEN-AM, has already agreed to serve as the Championships' official AM radio station.

"Our negotiations with Prime mark the culmination of efforts with local, regional and national media to promote media coverage and sponsorship support of the Championships," Borrello said. "Our efforts are geared toward making the XI World Veterans Athletics Championships the most successful in its history." - Bob Chase

Three Major Events to Draw 15,000

Continued from page 1

Less than a week later, from July 13-23, more than 5000 athletes (men 40+, women 35+) from over 70 nations are expected to participate in the XI WAVA World Veterans Athletics Championships in Buffalo, N.Y.

The entry forms for both the National and World Championships are printed in this issue. The entry deadlines are June 16 for the Nationals and May 15 for the World Games. There are no qualifying standards to enter the Nationals or the World meet, except to be at least the minimum age.

The Nationals will have an international flavor as hundreds of foreign competitors on their way to Buffalo stop off in Michigan to sharpen up and get an extra competition under their belts. Organizers have even arranged special charter buses to make the sixhour trek from East Lansing to Buf-

USATF championship medals will be awarded to the top three U.S. citizens in each group in each event in Michigan. Foreign guest competitors finishing in the top three will receive a non-championship medal. In Buffalo, the top three will be awarded beautiful world championship medals.

The World meet will be held on first-

class facilities at the University of Buffalo. The 16,500-seat main stadium built at a cost of \$23 million for the 1993 World University Games - will be the location for the majority of the action and all track & field finals, while a supplemental stadium, 1000 meters away, will handle the remainder.

The weather in East Lansing and Buffalo should be good, with high temperatures in the low 80s (27°C), with modest humidity and a 20 percent chance of rain.

A shuttle bus service will transport athletes and their families to and from the stadiums and the main hotels in Buffalo.

A banquet for athletes, guests, local residents and sponsors will be held in Buffalo on Wed., July 19. The cost before May 15 is \$30 per person, and \$35 after May 15.

All USA athletes must show their 1995 USATF card when they pick up their packets in Buffalo. Competitors may wear whatever jersey and trunks they like. However, USA uniforms are available from USATF, 5319 Donald St., Eugene OR 97405. Certified officials who would like to work the meet should contact the Buffalo organizers.

Continued on page 33

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Col. Pascal Mackonguy BP 1222 Brazzaville Republic of Congo



Nick Rose, 43, England and Renata Kokowska, 36, Poland, collected \$1000 for masters firsts in the London

Three Major Events

Continued from page 30

Foreign participants — as well as many USA competitors - will take the opportunity during and after the events to see the sights in the eastern USA, including Niagara Falls, New York, Washington (DC), and other locales.

Low-cost university accommodations have been lined up in both East Lansing and Buffalo. Local motels are also a bargain for overseas visitors since the U.S. dollar has plunged up to 17 percent against some foreign currencies since the first of the year.

For housing, travel, competition and tour information in Buffalo, call 1-716-849-0704.

Marathon, April 2, with times of 2:22:32 and 2:30:35, respectively. Kim Jones, 36, California, led the women's race overall for the early part but eventually dropped back to sixth (2:31:35) for the masters \$500 (plus \$5000 for sixth and \$3000 time bonus compared to Kokowska's \$10,000 plus \$3000 time bonus).

Eleanor Robinson, 47, ran 2:51:36 for 25th overall and first W40 to finish, but one of the best masters runs came from Eileen Quinton, 65, with a 3:50:58. Dave Lacy, 50, produced one of the best ever British M50 times with

The British Veterans Cross-Country Championships were held at Irvine on the west coast of Scotland, March 18, but drew a disappointing entry of about 300, with fewer than 30 women starting. Theresa Dyer, 35, won the women's race over 5K in 21:24.



WAVA President Cesare Beccalli of Italy ran a heat of the M55 200 at the 1993 World Championships in Miyazaki in a respectable 31.21.

Despite the small field, there were some good performances. New veteran Barry Attwell beat Mike Hager 36:03 to 36:04 in the M40 10K race.

The BVAF is keen to host the firstever European Veterans Indoor Championships in March 1997 and will be

making a presentation to the European delegates in Buffalo. WAVA President Cesare Beccalli visited Britain during the GBR vs. Russia meet last month to inspect the National Indoor facility in Birmingham and was very im-



Road: 10 -25 Km Walk: 20 Km Women 30 Km Men

Entry forms, information and accommodation:

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

1995

CANADIAN MASTERS OUTDOOR TRACK AND FIELD CHAMPIONSHIPS

Canadian Masters Athletic Association





June 24-25

McMaster University Hamilton, Ontario



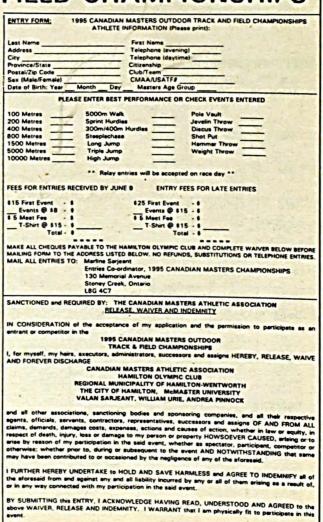
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Saturday	HEDULE		
Treck		Field	
9:00 am	10.000 M (M & W)		n Long Jump (Women & M70+)
2.00	(Slower Sections First)	5.00 a	
	(Slower Sections Fust)		Weight Throw (Men 35-59)
		10:30 am	Weight Throw (Men 60+)
11:00 am	80 M Hurdles (W40+, M70+)	-	Long Jump (Men 35-69)
	100 M Hurdles (W30-39, M60-69)		And the second s
	110 M Hurdles (M50-59)	11:15 av	Weight Throw (Women)
	110 M Hurdles (M35-49)	1000	The second second second
	A STATE OF THE PARTY OF THE PAR	h Break	
12:45 am	100 M Heats or Finals	12:45 pm	Pole Veult (Women & Men)
	(Women First)		-Continuous
	World The Property of the Party		Javelin Throw (Women & M60+)
2:00 pm	1500 M Timed Sections		(M35-69)
	(Women First)		
3:00 pm	100 M Finals (Women/Men)	2:30 pm	Discus Throw (Women & M60+) (M50-59)
3:30 pm	400 M Timed Sections		(M35-49)
	(Women & Older Men First)		
Sunday			
Treck		Field	
9:00 am	5000 M (Women First)	9:00 am	Triple Jump (Women & M70+)
10:00 am	200 M Timed Sections	10:00 em	Triple Jump (M35-69)
	(Women & Older Men First)		Hammer Throw (Women & M70+
11:00 am	800 M Timed Sections	11:00 am	Hammer Throw (M35-69)
2000	(Women & Older Men First)		
	The state of the s	h Break	
	Lunc	n Break	
12:30 pm	300 M Hurdles (W50 + & M50 +)	12:30 pm	
			- Continuous
1:00 pm	400 M Hurdles (W30-49 & M35-49)	1:00 pm	Shot Put (Women & M70+)
1:45 pm	5000 M Walk (M & W)		
1:45 pm	5000 m Walk (m a W)	2.00	Shot Put (M35-49)
2:45 pm	2000 M Steeplechase	2.00 pm	3101 FUL (M35-49)
2.45 pm	(Women & M60+)	3.00	Shot Put (M50-59)
		3:00 pm	Shot Fut (M30-39) .
3:10 pm	3000 M Steeplechase (M35-59)		
3:30 pm	Relays - 4 x 100 M (Club, Mixed)		



Print Name

National Masters News BUFFALO NY JULY 13 - JULY 23 1995

COMPETITION SCHEDULE BY AGE - MEN

Event	Round	M40	M45	M50	M55	M60
100M	Heats-1	Sal. 15 PM	Sat. 15 PM	Sal. 15 PM	Sat. 15 AM	Sat. 15 AM
	Quarters-1	Sal 15 PM	Sal 15 PM	Sat. 15 PM	Sal. 15 PM	Sat. 15 PM
	Semis-1	Sun. 16 AM	Sun. 16 AM	Sun. 16 AM	Sun. 16 AM	Sun. 16 AM
	Final-1	Sun. 16 PM	Sun. 16 PM	Sun. 16 PM	Sun. 16 PM	Sun. 16 PM
200M	lleats-2	Tues. 18 AM	Tues. 18 AM	Tues. 18 AM	Tues. 18 AM	Tues. 18 AM
	Quarters-2	Tues. 18 PM	Tues. 18 PM	Tues. 18 PM	Tues, 18 PM	Tucs. 18 PM
	Semis-1	Wed. 19 PM	Wed. 19 PM	Wed. 19 PM	Wed. 19 PM	Wed. 19 PM
	Final-1	Wed. 19 PM	Wed. 19 PM	Wed. 19 PM	Wed. 19 PM	Wed. 19 PM
400M	lleats-1	Fri. 21 PM	Fri. 21 PM	Fri. 21 PM	Fri. 21 PM	Frt. 21 PM
	Semis-1	Fri. 21 PM	Fri. 21 PM	Fri. 21 PM	Fri. 21 PM	Fri. 21 PM
	Final-1	Sat. 22 PM	Sat. 22 PM	Sat. 22 PM	Sat. 22 PM	Sat. 22 PM
800M	Ileats-2	Sat. 15 PM	Sal. 15 PM	Sat. 15 PM	Sat. 15 PM	Sat. 15 PM
	Semis-2	Sun. 16 PM	Sun. 16 PM	Sun. 16 PM	Sun. 16 PM	Sun. 16 PM
	Final-1	Tues, 18 PM	Tues, 18 PM	Tues, 18 PM	Tues, 18 PM	Tues IN PM
1500M	Semis-2	Fri. 21 PM	Fri. 21 PM	Fri. 21 PM	Fri. 21 PM	Fri. 21 PM
-	Final-1	Sat. 22 PM	Sat. 22 PM	Sat. 22 PM	Sal. 22 PM	Sat. 22 PM
5000M	Final	Wed. 19 PM-2	Wed. 19 PM-1	Wed. 19 AM-1	Wed. 19 AM-2	Wed. 19 AM-2
10,000M	Final	Sun. 16 PM-1	Sun. 16 AM-2	Sun. 16 PM-2	Sun. 16 PM-1	Sun. 16 AM-1
80M H	Semi	Committee of the control of	A STATE OF THE STA	Com. 10 1 M-2	Jun. 10 PM-1	July 10 AM-1
	Final	Aubriga & Male	The second second	Annual Section Section 1	- No. 1 Value of a	
100M H	Heats-2		45-64-5-64-5-6-6	Tues. 18 PM	Tues, 18 PM	Tues, 18 PM
	Semis-1	Automobile Prove	of depot of the same	Wed. 19 PM	Wed 19 PM	Wed. 19 PM
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	Final-1	Wed. 19 PM	Wed. 19 PM		Landard and the second	
300M H	Heats-2	*CC 17714	WCL 17 FM		(C)	Sat. 15 PM
,	Semis-2	Programme and the second	Commission of the Commission o	depotate for the		Sat. 15 PM
	Final-1					
400M H	Heats-2	Sat. 15 PM	Sat. 15 PM	Cat 15 Day	Sat 15 Did	Sun. 16 PM
TOOM II				Sat. 15 PM	Sal. 15 PM	
4 5 9 1	Semis-2	Sal. 15 PM	Sat. 15 PM	Sat. 15 PM	Sal. 15 PM	9-
	Final-1	Sun. 16 PM	Sun. 16 PM	Sun. 16 PM	Sun. 16 PM	12-40 19-10-65
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5000M W	Final-2	Sal. 22 PM	Sal 22 PM	Sat. 22 PM	Sal 22 AM	Sat. 22 AM
1x100M R	Final-1	Sun. 23 PM	Sun. 23 PM	Sun. 23 PM	Sun. 23 PM	Sun. 23 PM
1x400M R	Final-1	Sun. 23 PM	Sun. 23 PM	Sun. 23 PM	Sun. 23 PM	Sun. 23 PM
High Jump	Final	Wed. 19 AM-1	Wed. 19 AM-1	Tues. 18 PM-2	Tues. 18 PM-2	Tues. 18 PM-
Pole Vault	Final-1	Sun. 16 AM	Sun. 16 AM	Sat. 15 PM	Sat. 15 PM	Sat. 15 AM
Long Jump	Final	Sat. 22 PM-1	Sal. 22 PM-1	Sal. 22 AM-1	Fri. 21 AM-2	Frl. 21 PM-2
Triple Jump	Final	Tues. 18 PM-2	Tues. 18 PM-2	Wed. 19 PM-1	Wed. 19 PM-1	Wed. 19 AM-
Shot Put	Final-1	Tues. 18 PM	Tues. 18 PM	Tues. 18 PM	Tues, 18 AM	Tues. 18 AM
Discus	Final	Sun. 16 AM-2	Sun. 16 AM-2	Sun. 16 PM-2	Sun. 16 AM-1	Sun. 16 PM-
Hammer	Final	Wed. 19 PM-1	Wed. 19 PM-1	Wed. 19 AM-1	Wed. 19 AM-1	Wed. 19 PM
Javelin	Final	Sat. 15 PM-1	Sat. 15 PM-1	Sat. 15 AM-1	Sat. 15 PM-2	Sat. 15 PM-2
WL Pent	Final	Sat. 22 PM-1	Sat. 22 PM-2	Sal. 22 PM-1	Sal. 22 PM-2	Sat. 22 AM-1
Decathlon	Final-1	Thur. 13/Fri. 14 PM	Thur. 13/Fri. 14 PM	Thur. 13/Fri. 14 AM	Thur. 13/Fri. 14 AM	Thur. 13/Fri. 14
Road Walk	Final-3	Sun. 16 AM	Sun. 16 AM	Sun. 16 AM	Sun. 16 PM	Sun. 16 PM
ross Country	Final-4	Thur. 13 PM	Thur. 13 PM	Thur. 13 PM	Thur. 13 PM	Thur, 13 PM

200M	Heats-1 Quarters-1 Semis-1 Final-1 Heats-2 Semis-1 Final-1 Heats-1 Semis-1 Final-1 Semis-2 Final-1 Semis-2	Sat. 15 PM Sat. 15 PM Sun. 16 AM Sun. 16 PM Tues. 18 PM Wed. 19 AM Wed. 19 PM Fri. 21 AM Fri. 21 PM Sat. 22 PM	Sat. 15 PM Sat. 15 PM Sun. 16 AM Sun. 16 PM Tues. 18 PM Wed. 19 AM Wed. 19 PM Fri. 21 AM	Sat. 15 PM Sat. 15 PM Sun. 16 AM Sun. 16 PM Tues. 18 PM Wed. 19 AM	Sat. 15 PM Sat. 15 PM Sun. 16 AM Sun. 16 PM Tues. 18 PM Wed. 19 AM	Sat. 15 AM Sat. 15 PM Sun. 16 AM Sun. 16 PM Tues. 18 PM
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200M	Final-1 Heats-2 Semis-1 Final-1 Heats-1 Semis-1 Final-1 Semis-2 Final-1	Sun. 16 PM Tues. 18 PM Wed. 19 AM Wed. 19 PM Fri. 21 AM Fri. 21 PM	Sun. 16 PM Tues. 18 PM Wed. 19 AM Wed. 19 PM Fri. 21 AM	Sun. 16 PM Tues. 18 PM Wed. 19 AM	Sun. 16 PM Tues. 18 PM	Sun. 16 AM Sun. 16 PM
200M	Heats-2 Semis-1 Final-1 Heats-1 Semis-1 Final-1 Semis-2 Final-1	Tues. 18 PM Wed. 19 AM Wed. 19 PM Fri. 21 AM Fri. 21 PM	Tues. 18 PM Wed. 19 AM Wed. 19 PM Fri. 21 AM	Tues. 18 PM Wed. 19 AM	Sun. 16 PM Tues. 18 PM	Sun. 16 PM
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800M 1500M 5000M 10,000M 80M II	Heats-1 Semis-1 Final-1 Semis-2 Final-1	Fri. 21 AM Fri. 21 PM	Fri. 21 AM	Wed 10 PM		Wed 19 AM
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5000M 10,000M 80M II		Sun. 16 AM	Sun. 16 AM	Sun. 16 AM	Sun. 16 AM	Sun. 16 AM
5000M 10,000M 80M II	Semis-2	Tues. 18 PM	Tues. 18 PM	Tues. 18 PM	Tues. 18 PM	Tues, 18 PM
10,000M 80M II		Fri. 21 PM	Fri. 21 PM	Fri. 21 PM	Fri. 21 PM	Fri. 21 PM
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80M II	Final-2	Sat. 15 AM	Sat. 15 AM	Sat. 15 AM	Sat. 15 AM	Sat. 15 AM
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	Final-1	Wed. 19 PM	Committee and the same of	And Marines and		
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	Final-1	Sun. 16 PM	Sun. 16 PM	Sun 16 PM	The Market State of the State o	La Valoria
2000M SC	Final-1	Sun. 23 AM	Sun. 23 AM	Sun. 23 AM	Sun. 23 AM	Sun. 23 AM
5000M W	Final-2	Sal. 22 PM	Sat. 22 PM	Sat. 22 PM	Sal. 22 PM	Sat. 22 AM
4x100M R	Final-1	Sun. 23 PM	Sun. 23 PM	Sun. 23 PM	Sun. 23 PM	Sun_23 AM
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High Jump	Final	Tucs. 18 AM-2	Sun. 16 AM-1	Sun. 16 AM 1	Sat. 15 PM-1	Sat. 15 PM-1
Pole Vault	Final-1	Sun. 16 PM	Sun 16 PM	Sun 16 PM	Sun. 16 PM	Sun. 16 PM
Long Jump	Final-1	Fri. 21 AM	Fri. 21 AM	Fri. 21 AM	Fri. 21 AM	Fri. 21 PM
Triple Jump	Final-2	Tues. 18 PM	Tues. 18 PM	Tues. 18 PM	Tues. 18 AM	Tues. 18 AM
Shot Put	Final-1	Wed. 19 PM	Wed. 19 PM	Wed. 19 PM	Wed 19 PM	Wed. 19 PM
Discus	Final	Sat. 15 PM-2	Sat. 15 PM-2	Sat. 15 AM-2	Sat. 15 PM-1	Sat. 15 PM-1
Hammer	Final	Fri. 21 PM-2	Fri. 21 PM-1	Fri. 21 PM-2	Fri. 21 PM-1	Fri. 21 AM-2
Javelin	Final	Fri. 21 PM-1	Fri. 21 PM-2	Fri. 21 PM-1	Fri. 21 PM-2	Fri. 21 PM-2
Wt. Pent	Final	Sun. 23 AM-2	Sun. 23 AM-2	Sun. 23 PM-1	Sun. 23 AM-1	Sun. 23 AM-1
Heptathlon	Final-2	Thur. 13/Fri. 14 PM	Thur. 13/Fri. 14 PM	Thur. 13/Fri. 14 AM	Thur. 13/Fri. 14 AM	Thur 13/Fri. 14 AM
Road Walk		Sun. 16 AM	Sun. 16 AM	Sun 16 AM	Sun 16 AM	
Cross Country	Final-3				Sun 10 AM	Sun. 16 AM

COMPETITION SCHEDULE BY AGE - MEN

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COMPETITION SCHEDULE BY AGE - WOMEN

Event	Round	W60	W65	W70	W75	W80, 85, 90, 954
100M	Heats-1	Sat. 15 AM	Sat. 15 AM	Sat. 15 AM		
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4 (18)	Final-1	Sat. 22 AM	Sat. 22 AM	Sat 22 AM	Sat 22 AM	Sai. 22 AM
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High Jump	Final-1	Sat. 15 AM	Sat. 15 AM	Sat. 15 AM	Sat. 15 AM	Sat. 15 AM
Pole Vault	Final-1	Sun. 16 PM	Sun. 16 PM	Sun. 16 PM	Sun. 16 PM	Sun. 16 PM
Long Jump	Final-1	Fri. 21 PM	Fri. 21 PM	Fri. 21 PM	Fri. 21 PM	Fri. 21 PM
Triple Jump	Final-2	Tues: 18 AM	Tues. 18 AM	Tues 18 AM	Tues. 18 AM	Tues, 18 AM
Shot Put	Final-1	Wed. 19 AM	Wed. 19 AM	Wed 19 AM	Wed 19 AM	Wed 19 AM
Discus	Final-1	Sat. 15 PM	Sal. 15 PM	Sat. 15 PM	Sat. 15 PM	Sat. 15 PM
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Javelia	Final	Fri. 21 AM-2	Fri. 21 AM-1	Fri. 21 AM-2	Fri. 21 PM-2	Fri. 21 PM-2
Wt. Pent	Final-1	Sun. 23 AM	Sun. 23 AM	Sun 23 AM	Sun. 23 AM	Sun. 23 AM
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Road Walk	Final-3	Sun 16 AM	Sun. 16 AM	Sun. 16 AM	Sun 16 PM	Sun 16 PM
Cross Country	Final-4	Thur. 13 AM	Thur. 13 AM	Thur. 13 AM	Thur. 13 AM	Thur. 13 AM
Marathon	Final-5	Sun. 23 AM	Sun. 23 AM	Sun 23 AM	Sun. 23 AM	Sun. 23 AM

XI WORLD VETERANS CHAMPIONSHIPS



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Lynn Apple (#14), 40, Newton, Pa., was first woman masters (3:55:17), George Washington Birthday Marathon, Greenbelt, Md., Feb. 19. Demetria Sapienza, 43, Laurel, Md., was second W40 + (4:06:38).

Photo by George Banker

DALLAS MASTERS T & F CLUB SPONSORS

15TH TEXAS MASTERS TRACK & FIELD CHAMPIONSHIPS
SATURDAY, JUNE 10TH, U. T. ARLINGTON STADIUM
Age Divisions: Open-any age, 30-34, 35-39, etc., 5 yr increments through 80-84.
Automatic Timing! Certified Officials! Sanctioned by USA T&F!!
Medals will be awarded to first three finishers, each category.

Entry Fee: \$10 first event, \$5 each additional event (for entries posted before 6/3/95)

Late Entries: \$15 first event, \$5 each add'l event (for entries posted after 6/3/95)

			Schedule of Events	- June 10, 1995	
	5:15 p.r	n	1600m Race Walk	Field Events	LIGHT ST.
	6:00	-	80/100/110m Hurdles	2:00 p.m	Pole Vault
	6:30		400m Relay	2:30 p.m	Javelin
200	6:45		3200m Run	3:00 p.m	All other
	7:15		100m Dash		Field Events
	7:30		300/400m Hurdles	Discus after shot, T.Ju	np after L.Jump.
	7:45		200m Dash	(Late shows in all field	events enter
	8:00		1500m Run	at current competition	evel.)
	8:15		400m Dash	Athletes furnish own in	
***	No False	Start	Rule Applies***		CONTRACTOR OF THE PARTY OF THE

*** Registration desk closes at 7:00 p.m. No entries or changes thereafter. ***
Directions to the Track:

From I-30: exit Fielder Rd. to the south, left on Mitchell one block, left into stadium.

From I-20: exit Cooper Rd. north, west on Mitchell 3-4 blocks, right into stadium.

Lodging: Park Inn, Ltd., 703 Benge Dr., at Cooper, Arlington, Tx., 76013

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Name:	Age	(at 6/10/95): Sex:	
Address:		W. Algazini	
Phone:()			
I, the undersigned, hereby agree			
Southwest Region of USAT&F, participants of said meet and any and/or injury that I may sustain	one connected with the	e meet, from liability re-	sulting from any accid
Circle Event Entered	Athlete's Si		
with Best Time 94-95:	3200mRun	1500m	Shot
Racewalk	800mRun_	5000m	Discus
High Hurdles	100mDash_	HighJump	P.Vault_
Int. Hurdles	200mDash	LongJump	Javelin

T.Jump

Questions/Contact: Ray Burrus

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400m Relay

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RUNNER'S

WAVA/USATF Hurdles and Implements Specifications

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40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	8
50-59 60-69 70 Plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"	8
30-39 40-49 ·	400m	.762m 30"	45.00m 147'7¾"	35.00m 114'9½"	40.00m 131'2½"	10
50-59 60-69 70 plus	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7
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50-59	100m	.914m 36"	13.00m 42'8"	8.50m 27'10½"	10.50m 34.5"	10
60-69	100m	.840m 33"	13.00m 42'8"	8.50m 27'10½"	10.50m 34'5"	10
70 plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.0m 62'4"	8
30-49 50-59	400m 400m	.914m 36" .840m 33"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"	10
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30-49

50-59 60-69

70 plus

7.26k (16 lbs.)

6.00k 5.00k 2.00k

1.50k 1.00k

Steeplechase: 3000m for men 30-59; 2000m for men 60 + and women

800 gms. 800 gms.

600 gms.

600 gms.

7.26k (16 lbs.)

6.00k

5.00k

4.00k

Masters Scene

NATIONAL

- Phil Raschker, Marietta, GA, should have been credited with five W45-49 indoor WRs instead of four and an AR in the 60 in the April coverage of the 1995 Championships in Reno. Her 8.02 in the 60 broke her WR record of 8.12 set in 1993. In the 1500, Nancy Smalley won the W65 race in 7:22.10, and Louise Adams won the W70 gold medal in 7:21.22.
- Mavis Lorenz, W65, of Missoula, MT, needs a roommate for the Nationals in East Lansing and the WAVA Games in Buffalo. Lorenz is the 1994 javelin champion. Her phone number is 406/543-6276.

EAST

- Vassili Triantos (40, 3:03:20), Rockville, MD, and Lynn Apple (40, 3:55:17), Newton, PA, were first 40 + in the George Washington Birthday Marathon, Greenbelt, MD, Feb. 19. The winning 40 + teams in the Ekiden-style relay (9, 8, and 9.2 mile legs) were the men's Washington RC for its sixth straight win, and the Washington RunHers, with Carol Schermer, W40, hitting mile nine in 78:04.
- Hugh Sweeny (51, 28:32) and Kathy Gribbon (41, 31:26) captured masters firsts in the NYRRC Al Gordon Five Miler, Central Park, March 5. Gribbon was third of 331 women. Sweeny's time was an age-graded, national-class 84.0%. Lisa Praskins won the W60 race in 36:28. A week later in the NYRRC Brooklyn Half-Marathon in Prospect Park, Gribbon was second of 284 women, with a 1:27:24. Sean Doyle, 40, and Nicholas Caswell, 45, were both timed in 1:15:40, with Doyle, 13th overall, getting the nod for the masters win.
- Maury Dean, (M50, 17:57) and Kerry Ann Massett (W45, 21:09) scampered to 40 + firsts in the LEAD (Levittown Education Against Drugs) 5K, Long Island, March 5.
- Paul Mascali (42, 32:13) and Kathy Gribbon (41, 39:15) waltzed to 40+ wins in the NYRRC Rites of Spring 10K, Central Park, March 19. Cheryl Ralya, 48, broke the 40-minute barrier with a 39:37, an age-graded 84.5%.
- Betty Conover, 46, won the W40 + race in the Newark Distance 20K/USATF NJ Championships, March 12, with a 1:25:42, an aggraded, top W40 + 1:18:38. Sixty-five-year-old Toshiko d'Elia's 1:44:30 put her second with an age-graded 1:19:03. Pat Cosgrove, 54, topped the M40 + age-graded list with a 1:07:09, based on his 1:17:44 win in the M50 race. George Shurter, 40, was the first master in 1:11:54.
- The North American Masters Relay Carnival, Wesleyan U., Middletown, CT, will not be held this June because of schedule conflicts with the WAVA Championships in Buffalo and the World Special Olympic Games scheduled for Connecticut in early July. Meet Director Michael Augeri plans a bigger, better meet for June 1996, and is hoping that more individuals and teams from around the country will attend to compete in the relay-rich Northeast.
- Sean Doyle (40, 1:13:57) cantered to the M40 + victory and Kathy Gribbon (41, 1:27:06) won another W40 + race in the NYRRC Queens Half-Marathon, NYC, April 2. Ethel Autorino, 65, won the W65 division in 2:04:23. In the companion 5K, Evelyn Franky, 40, was second overall in 20:13.
- A neck-and-neck battle ensued for the masters title at the Hudson-Mohawk RRC Marathon, Albany, NY, Feb. 26, with Peter Gerardi (2:53:01) edging out Ed Sandifur (2:53:11). Judith Vinci (3:43:13) took the women's title.
- Surging to the front in the NYRRC Powerbar 20 Mile Run, Central Park, March 16, were powerhouse masters Robert Briglio (45, 2:00:41) and Sharon Vos (40, 2:16:08) in a field of 700.

SOUTHEAST

- Joyce Rankin (45, 40:47) took the W40 + contest in The Human Race 10K, Sarasota, FL, March 4. Myron Meyer, 67, won the M65 title with a national-class, age-graded 84.1% 41:52. Richard Quevillon, 50, was first M40 + in 36:32.
- Decathlete Bill Brobst, 65, Kitty Hawk, NC, is recovering well from prostate cancer surgery.
- Masters winners in the Hampton Coliseum Half-Marathon, Hampton, VA, Feb. 12, did it with course-record times: Terry Permar, 40, Perkasie, PA, with a 1:09:45, and Rose Malloy, 46, Annapolis, MD, with a 1:24:26. Both collected \$100 masters awards.
- Paul Peterson, 40, Bethesda, MD, took the masters race with a course record 1:12:10 in the Colonial Half-Marathon, Williamsburg, VA, Feb. 26. Cris Sterling, 49, National Bridge, VA, was the W40 + winner in 1:34:16.
- Howard Rubin, not Richard Rubin, was the second-place finisher (1:05:05), M65 division, Gasparilla 15K results, April issue. The correct times for the top three M70 were Carl Hammen, 1:17:25, Bart Ross, 1:18:53, and Jim Boland, 1:20:41.
- Nick Rose, 42, England, sped to a masters victory with an age-graded best 93.6% 46:14 in the Gate River Run 15K, Jacksonville, FL, March 11. S. Rae Baymiller, 51, NYC, topped the W40+ performers with a 91.0% 57:36. Rebecca Stockdale-Woolley, 44, Chaplin, CT, was the W40+ winner in 55:22.
- Sharon Dolan (53, 1:31:23) outran all the other masters women at the Bethesda Chase 20K, March 5. Men's honors went to Paul Peterson (40, 1:09:30). In a long-standing tradition, the GNATS (Herb Tolbert/George Meyers/Chan Robbins/Kirk Davies) once again placed first in the masters team competition.
- At the 18th Annual Reedy River 10K, Greenville, SC, March 4, Barbara Filutze (48, 38:51) and David Geer (32:55) went home with the masters titles from a partially water-covered
- On his third attempt, Wilson Waigwa, 46, El Paso, TX, finally got the masters victory in the Cooper River Bridge 10K, Charleston, SC, April 1, breaking 31 minutes in the process with a 30:33. Dave Moorcroft, 41, England, was second in 30:58. Irina Bondarchouk, 42, Russia, was sixth woman overall with a 35:13. Rebecca Stockdale-Woolley, 44, Chaplin, CT, finished second with a 36:25. Both winners collected \$1500. The race boasted 10,294 finishers, while 9000 participated in a 4-mile walk.

MIDWEST

 Mel Larsen bettered his pending 60m WRtime of 8.47 at the 1995 Nationals in Reno with an 8.45 at the USATF Illinois Meet, Hillside, March 4. Giuseppi Maribotti of Italy held the old record at 8.99.

SOUTH WEST

- Masters Desmond O'Connor, 41, and Pamela Williams, 40, were winners overall in the Lakeside Hospital Scrub Shirt 5K, Metairie, LA, March 12. O'Connor sped to a 15:36, Williams to an 18:17 for the titles. Eva Pecunia won the W55 race with a 24:05.
- Jose Rodriguez (48, 34:32) led the masters men at the Austin American-Statesman Capitol 10,000, Austin, TX, March 26, with Maria Yeung (42, 43:32) reeling in the masters women.

WEST

• Gary Miller, Glendale, CA, broke the US age-57 decathlon record held by Phil Mulkey at 6900, with a 7141, USATF Southern California Association Masters Decathlon Championships, Los Angeles, March 11-12. His marks included a 4.95 LJ and a 41.08 JT.

- Clarence Trahan, Hemet, CA, was omitted from the 60m results of the So. Calif. Striders Desert Classic in the April issue. He should have been first in the M80 race with a 10.21.
- James Tracy, M40, San Francisco, with a 39:58, and Elizabeth Edwards, W40, Piedmont, CA, in 47:52, captured masters wins in Houlihan's To Houlihan's 12K, Sausalito to San Francisco, March 26, over some tough hills, with a strong headwind on the last three miles of the course. Sal Vasquez, Suisun City, CA, took the M55 race in 43:41.
- The times of Doug Bell, 44, and Honor Fetherston, 40, in the USATF National Masters Half-Marathon Championships, Las Vegas, Feb. 4, were not U.S. age-group records. The point-to-point course is not record quality. It drops 12 meters per kilometer or 12 times greater than the allowable 1m per km. Fetherston's time is a masters "best," or the fastest time on an aided course (too much drop or point-to-point with a tailwind or both).
- Streaking to the front in the San Jose, CA, Mercury News 10K, March 19, were Francis Gailson (41, 31:32) and Sharlet Gilbert (44, 38:32).
- The California Coast Track Club is "One of the few full service track clubs with sprint, hurdle, distance, jumps and strength coaches on staff," according to Mark Cleary. Two training locations — in Mission Viejo and Irvine — are available. For info., call 714/589-0242.

NORTHWEST

- Jerry Cash, 46, Beaverton, OR, capped a sensational indoor season by breaking his M45 PV WR of 15-1½, set in the 1995 Indoor Championships at Reno, with a 15-2½/4.63 at the Valley River Mall Vault, Eugene, OR, March 4. Cash, after a little time off to undergo orthoscopic knee surgery, is focusing on the WAVA Championships in July in Buffalo, NY.
- Becky Sisley, W55 heptathlete, and Roscoe Devine, both of Eugene, were elected to the Board of Directors of the 1998 Nike World Masters Games to be held in the Portland, OR, area.
- John Keston, 70, turned in a remarkable 29:13 a 98.7% age-graded performance at the ORRC Trail's End 8K, March 4, in Seaside, OR, winning his age-group by nearly 15 minutes.

CANADA

• Karl Trei broke two M85 WRs in the Ontario Masters Indoor Championships, Toronto, March 4, with a 3.12/10-2¼ LJ and a 1.05/3-5¼ HJ. Randall Russell held the LJ mark at 2.66/8-8¾; Arling Pitcher owned the HJ record at 1.00/3-3¼. In the PV, Jutta Riegel increased Dorothy McLennan's W55 WR of 1.80/5-11 to 2.10/6-10¾.

INTERNATIONAL

 More than 100 Kiwis will compete at the World Championships in Buffalo, reports Helen Tobin, New Zealand's media officer. Jim Tobin will again be team manager.

 John Potts, who turned 50 on Jan. 30, had a good series of races in February at the National Indoor Arena, Birmingham, England, with a 2:39.86 1000 on the 5th; a 2:05.09 800 on the 11th; and a 4:14.73 1500 on the 26th. Potts intends to run the 1500 in Buffalo at the WAVA Championships.

OPEN

- L'Equipe, the well-connected French sports daily, calls Stanford the favorite for the 1997 IAAF World T&F Championships. Seven candidates submitted bids after the original choice, Mexico City, withdrew because of the country's financial crisis. Stanford has the edge, L'Equipe said, because the IAAF wants to learn whether staging the World Championships in the USA, one year after the Atlanta Olympics, would revive the sport in the USA. If not, the IAAF will give up on the USA and focus its attention on third world T&F nations. The decision will be made late this month.
- ABC Sports will telecast 8½ hours of exclusive coverage of the IAAF World T&F Championships from Gothenburg, Sweden, in August, 1995, as follows (all times Eastern):
 Sat. Aug. 5, 4:30-6 p.m.; Sun. Aug. 6, 3-6 p.m.;
 Sat. Aug. 12, 3-6 p.m.; Sun. Aug. 13, 1-3 p.m.
- ABC Sports will televise the USA Mobil T&F Championships from Sacramento on Sat. June 17 (4:30-6 p.m. ET) and Sun. June 18 (2-3 p.m. ET) ESPN and ESPN2 will offer 6½ hours of weekday coverage.
- A documentary detailing the life of Steve Prefontaine and the track meet named in his honor, both sponsored by Nike, will be broadcast by CBS Sports on Sun. June 4. The show is part of an entire afternoon dedicated to track and field on CBS, including the NCAA T&F championships from Knoxville.
- The five-meet TV series of indoor meets this year drew ratings of 2.2 and 2.1. "Those are excellent ratings, equivalent to what college basketball does early in the season," said Ed Markey of NBC, which televised the five meets.
- Outdoor qualifying marks for the women's pole vault at the USATF Outdoor National T&F Championships in Sacramento: 3.05 meters (10-0). The mark must have been posted between May 1, 1994 and June 11, 1995.

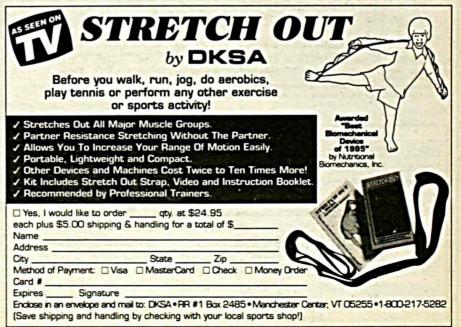
What looks like a cold, sounds like a cold and feels like a cold, but isn't a cold?

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

Go to your doctor or clinic.

Breathe easier. Ask your doctor if it's asthma.

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



Schedule

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

TRACK & FIELD NATIONAL

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

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

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

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

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

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

May 7, 28. Potomac Valley TC Meets, Williams HS, Alexandria, Va. 703/671-2520.

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

May 21. Philadelphia Masters Developmental Meet, Swarthmore College. M&W20+. 3000 SC. Tim Dickens, 610/828-5528; Pete Taylor, 703/385-4392.

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

June 17. New Jersey Masters Championships, Matawan HS. Isabel Stuper, 2 Portsmith Rd., Manalapan, NJ 00726. 908/446-6696

June 17. USATF Niagara Open & Masters Championships, Buffalo. Lois Mesler, 837 Potomac Ave., Buffalo, NY 14209. 716/873-6453.

1995 USATF MASTERS EASTERN REGIONAL TRACK & FIELD CHAMPIONSHIPS
Saturday, June 24, 1995; 10:00 a.m. starting time for both Track & Field events
Central Dauphin High School, 4600 Locust Lane, Harrisburg, Pennsylvania
Central Dauphin East High School, 626 Rutherford Road, Harrisburg [Site of Hammer throw]

Events: 100m, 200m, 400m, 800m, 1500m, 5000m, 80m/100m/110m High Hurdles, 300m/400m Intermediate Hurdles, 5000m Racewalk, 400m/1600m/3200m Relays, LJ, TJ, HJ, SP, PV, Discus, Javelin & Hammer. [Hammer to be contested & Central Dauphin East H.S.]

edline: Entries must be received by Honday, June 19, 1995. ntact: Scott Thornsley, 18 Colgate Drive, Camp Hill, PA 17011-7624; (717) 737-2385

Awards: USATF medals to 1st, 2nd & 3rd in each 5 year age group event and for relays. USATF Regional patch to each individual event winner; maximum of 1 patch per competitor. Cost: \$17 - 1st event (includes \$2 Regional surcharge); \$5 - 2nd & subsequent events; \$20 for relay (No pre-entry); \$5 surcharge per event plus regular event fee for late entries. Make checks payable to Scott Thornsley.

Directions: From I-83, take Exit \$29 (Union Deposit), onto Union Deposit Road. Proceed East for 1.2 miles/2.5 minutes & take a left at the traffic light onto Rutherford Road. You will pass Central Dauphin East H.S. on your right; continue on Rutherford Road for another mile until you get to a traffic light. Turn left onto Locust Lane, at the 1st light (1 block later), take a right onto Houcks Road. Parking lot on the left.

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	Pending not acceptable	e) Club	-
Events Entered: 1 2 3	5	67	W. N. S. O. S.
Amount Enclosed \$			

Championships, the Central Dauphin School District and Scott Thornsley for any injury, loss or damage to myself or my property which I may sustain in the course of (or in connection with) the 1995 USATF Eastern Regional Masters Track & Field Championships.

TRACK	FIELD
5000m € 10:00	W Pit #1 - (M30-49) € 10:00
5000m Walk @ 10:30	W Pit #2 - (Women & M50-75+) € 10:00
300m/400m Int. Hurdles	TJ follows LJ. (Using the above 2 age group splits)
800m	Discus #1 - (M30-49) # 10:00
100m Trials/Finals	Shot Put #1 - (M50-75+ then women) @ 10:00
80m/100m/110m Hurdles	Discus #2 - (Women & M50-75+). Follows Shot Put #1
4 x 100m Relay	Shot Put #2 (M30-49). Follows Discus #1
1500m	Javelin follows conclusion of Shot Put & Discus age groups
400m	Hammer follows conclusion of Javelin.
4 x 800m Relay	HJ #1 (Women & M50-75+) @ 10:00
200m	HJ #2 (M30-49) Follows HJ #1
4 x 400m Relay	PV @ 1:00 p.m. (all ages)

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

July 7-9. Mansfield University T&F Camp. Jim Taylor, camp director, Decker Gym G-7, Mansfield U., Mansfield, PA 16933.

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

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

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

May 13. 6th annual Jacksonville TC Masters Meet, Bolles Track, Jacksonville, Fla. Lamar Strother, 1511 South McDuff Jacksonville FL 32205. 904/388-7860.

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

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

May 20. USATF Florida Masters Championships, Winter Park. Includes 5K RW. Florida AC, c/o Lionel Bonck, 919 Silverton Loop, Lake Mary, FL 32746-4915.

June 9. Tennessee Sportsfest, Vanderbilt U. Nashville TC, 2709 Linmar Ave. #5, Nashville, TN 37: 615/383-6733(h); 741-5251(w). 37215-1170.

June 9-11. 20th annual Northwest Track & Field Classic, Traz Powell Stadium, Miami, Fla. Your Coach State Loss Holt, 1310 N.W. 90th St., Miami FL 33147. 305/836-2409.

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

June 17. Nashville TC Open & Masters Meet, Tennessee Prep School. Contact (see June 25).

June 23-24 Tennessee apprinter Thals, U. of Tennessee Knowlife. See June 9.

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

June 24. Birmingham TC Classic, Vestavia Hills HS. Jeff Tesnow, 2424 Meadow Ridge Birmingham, AL 35235. 205/980-5152. Entry form in May NMN.

June 25. Tennessee Pentathlon Championships. Randall Brady, 2709 Linmar Ave. #5, TN 37215-1170. Nashville. 615/383-6733(h); 741-5251(w).

July 13, 20. Nashhville TC Meets. NTC, 2709 Linmar Ave. #5, Nashville, TN 37215-1170. 615/383-6733(h); 741-5251(w).

MIDWEST

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

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

June 10. Dayton Track Classic, Welcome Stadium. Bob Jones, 513/837-2754.

June 18. USATF Michigan Masters Championships, Cardinal Stadium, Melvindale (suburb of Detroit). M&W30+. Open division available but not championships. Marilyn Moorehead, 5250 Yorkshire, Detroit, MI 48224. 313/882-3687.

July 29. Midwest Masters Championships,

ON TAP. FOR MAY

TRACK AND FIELD

The National Senior Sports Classic V starts a week of competition on the 17th in San Antonio, Texas. The USATF Southeast Regional Championships, in its 25th year, opens a three-day run on the 5th in Raleigh, N.C. Westerners who go to the Arizona Invitational in Tempe on the 6th can follow up with the Southern California Striders Meet, Long Beach, on the 14th, and the Visalia Meet in California on the 20th, also the date of the Florida Championships in Winter Park. On the 21st, action is available in Philadelphia and on Long Island. The two-day Southern Association Championships in Louisiana begin on the 26th. The Dan Aldridge Memorial Meet at UC-Irvine wraps things up on the 28th.

LONG DISTANCE RUNNING

The 7th features the Pittsburgh, Long Island, and Avenue Of The Giants marathons and the Lilac Bloomsday 12K in Spokane. The next weekend's slate shows the Old Kent River 25K on Saturday and the Revco-Cleveland Marathon on Sunday. The massive but whimsical Bay To Breakers 12K returns to San Francisco on the 21st. The Big Boy 20K in West Virginia on the 27th precedes a busy Memorial Day, which lists major 10Ks in Elkhart, Ind., Boulder, Colo., and Huntsville, Ala. The RRCA Convention will be held in Allentown, Pa., 4th-7th.

RACEWALKING

The 21st offers the Men's 25K and Women's 20K National Masters Championships in Albany, N.Y., followed by the Men's 10K Championships, Niagara Falls, N.Y., on the 28th.

Marshall U., Huntington, West Va. David Stooke, 119 Cheyenne Trail, Ona, WV

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

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

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

June 4. Blue River Valley Meet. Cleve Walstrom, 913/562-3021. City of Marysville, 209 N. Eighth, Marysville, KS

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

Continued on next page

Continued from previous page

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

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

August 6. Masters/Senior Olympic EMRTF SUMMER '95, U. of Minnesota. SASE to Rachel Lyga, 122 NE 63½ Way, Minneapolis, MN 55432. 612/574-9661.

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

SOUTHWEST Arkansas, Louisiana, Mississippi, Oklahoma, Texas

May 6. Waterloo Relays, Austin, Texas. Jeff Browser, 512/458-6010.

May 13. Sun Relays, Laredo, Texas. E. Mendiola, 210/727-7593.

May 20. Ponca City Classic, Ponca City HS, Okla. James Roland, 405/762-5738; Leonard Williams, 405/765-7535.

May 26-27. USATF Southern Association Championships, Gonzales, La. Weight pentathlon/3000 & 1500 racewalks. Jeff Baty, 321 E. Josephine St., Gonzales, LA 70737. 504/644-6930.

June 3. USATF Southwest Association Meet, Dallas. John Pritchett, P.O. Box 210496, Dallas, TX 75211. (800) 30 GO RUN.

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

June 17. Hill Country Classic Masters Meet, Mason, Texas. Lee Graham, Box 384, Mason, TX 76856. 915/347-5620.

June 24. USATF Southwest Regional

Masters Championships, San Antonio, Texas. John Head, 21024 Cedar Branch, Garden Ridge, TX 78266. 210/651-5414.

WEST Arizona, California, Hawaii, Nevada

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

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

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

May 20. KELfield Throws Series #39, Santa Cruz, Calif. Includes superweight. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

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

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

May 28. Dan Aldridge Memorial Meet, UC-Irvine, Calif. Mac McCormick, 52 Via Athena, Aliso Viejo, CA 92656. 714/586-9942(eve).

June 1-4. California Senior Games, Sacramento. 55+. Pam Rhodes, 6005 Folsom Blvd., Sacramento, CA 95819. 916/277-6094.

June 10. Los Gatos Open & USATF Pacific Association Masters Championships, Los Gatos HS. Monica Townsend, 138 Johnson, Los Gatos, CA 95032. 408/395-9486.

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

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

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

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

May 27. Senior Olympics, Silverton HS, Ore. 40 + . Amy Castle, Box 783, Silverton, OR 97381. 503/873-8577; 873-2818.

June 10. Seattle Masters Classic. M&W30 + . Includes 1500&3000RWs. Patty Petesch, 100 Dexter Ave. N., Seattle, WA 98109. 206/684-7091.

June 17-18. British Columbia Masters Championships, Langley, B.C. (suburban Vancouver). All masters welcome. John Woodcock, 604/939-1324; Grant Lamothe, 604/856-7381

June 22-24. Montana Senior Olympics, Billings. 50 +. Open to non-residents. Don Tavolacci, 465 Freedom Ave., Billings, MT 59105-2205. 406/252-2795.

June 24-25. Hayward Masters Classic, (USATF Oregon Association Championships), Eugene, Ore. SASE to Timothy Shelley, 2748 Agate St., Eugene, OR 97403. 503/343-4610.

June 30-July 1. USATF Northwest Regional Masters Championships, Mt. Hood CC, Gresham, Ore. Joe Thielman, 3004 NE 48th St., Vancouver, WA 98663. 360/695-5414.

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

CANADA

May 28. Harry Jerome Meet Masters 400 & Mile. Be part of Western Canada's largest track meet. Grant Lamothe, 604/856-7381. June 10-11. Ontario Masters Championships, Tillsonburg (near London). M&W35+. Doug Smith, 58 Newmarket Ave., Toronto, Ont. M4C 1V9. 416/699-5818.

June 24-25. Canadian National Masters Championships, McMaster U., Hamilton, Ont. M40+, W35+ (non-championships: M35, W30). Valan Sarjeant, 130 Memorial St., Hamilton, Ontario, L8G 4C7. 905/664-3852

INTERNATIONAL

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

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

LONG DISTANCE RUNNING NATIONAL.

May 4-7. RRCA Convention, Allentown, Pa. Hosted by Runner's World. RRCA, 629 S. Washington, Alexandria, VA 22314. 703/836-0558. Convention hotline: 610/967-8159.

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

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

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

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

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

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

May 21. Midland Run 15K, Far Hills, N.J. Harry Brown, PO Box 5026, North Branch, NJ 08876. 908/722-7903.

May 28. Vermont Marathon. Marathon, PO Box 152, Burlington, VT 05402-0152. (800) 642-5154 x360.

May 28. Tom Bugliosi 20K/40K Trail Runs. Audrey Balander, 2617 Clute Rd. RD#2, Cortland, NY 13045. 607/835-6712(h).

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

June 2. (Fri.) Ithaca Twilight 5K. 7 pm. Brad Buchanan, E5 Sevanna Park, Ithaca, NY 14850. 607/257-3396(h).

June 3. Freihofer's 5K For Women (Open National Championship), Albany, N.Y. USATF Adirondack Association, 233 Fourth St., Troy, NY 12180. 518/273-0267. Megan Kuntze, 518/449-5069.

June 10. Shelter Island 10K. 5:30 pm. Legal-size SASE to SI 10K, PO Box 266, Shelter Island, NY 11964. 516/749-7867. June 10. Western Heights/Roadway Express 5000/Mile. 8:30 am. Wayne Vaughn, 18619 Preston Rd., Hagerstown, MD 21742. Money prizes. 301/733-6076.

June 10. Advil Mini-Marathon 10K, Central Park, NYRRC, Allan Steinfeld, 9 E. 89th St., NY, NY 10128. 212/860-4455. June 17. Vestal XX 20K. Fred Bostrom, 413 Pinecrest Rd., Vestal, NY 16915. 607/797-9215.

July 9. Utica Boilermaker 15K. Earle Reed, PO Box 4729, NY 13504. 315/797-5838.

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

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

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

May 29. Cotton Row 10K. Lawrence Hillis, 600 Ward Ave., Huntsville, AL 35801. 205/533-4757

June 3. Gene Fair 5K, Richmond, Va. \$500 1st M&W40 + . 804/262-1703.

July 4. Peachtree 10K. PRR, 3097 Shadowlawn Ave., Atlanta, GA 30305. 404/231-9065.

MIDWEST

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

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

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

May 27. Big Boy Classic 20K. Hugh Stobbs, PO Box 1046, Wheeling, WV 26003. 304/242-7322.

May 29. 8th Annual Great Race Bill Rodgers Masters 10K, Elkhart, Ind. "Just Great Bill," c/o Ron Schmanske, PO Box 682, Elkhart, IN 46515. Phone & fax:

219/522-4897.

Continued on next page

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Continued from previous page

June 17. Steamboat Classic 4 Miler/5K. Philip Lockwood, 700 W. Main St., Peoria, IL 61606. 309/688-7313.

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

May 29. Bolder Boulder 10K. BB 10K, PO Box 9125, Boulder, CO 80301.

June 1-4; 14-18. Women's Running Camps, Diane Palmason, 4029 S. Roslyn St., Denver, CO 80237. 303/779-4294.

June 4. Hospital Hill Half Marathon. Trinity Hospital Hill Run, Crown Ctr., 2405 Grand Ave., Kansas City, MO 64108. 816/274-3196.

June 11. KRDO Garden 10 Miler, Manitou Springs, Colo. Nancy Hobbs, PO Box Colorado Springs, CO 80937. 719/473-2625.

June 17. Grandma's Marathon. Legal-size SASE to Marathon, PO Box 16234, Duluth, MN 55816. Scott Keenan, race director, 218/727-0947.

SOUTHWEST Arkansas, Louisiana, Mississippi, Oklahoma, Texas

May 13. Gum Tree 10K. Johnny Dye, 1007 Chester, Tupelo, MS 38801. 601/842-2039. May 26. Greek Festival 5K/1 Mile. New Orleans TC, PO Box 52003, New Orleans, LA 70152-2003. 504/482-6682; 468-1488. June 4. 5K Run/Walk For Storyland. New Orleans TC, PO Box 52003, New Orleans, LA 70152-2003. 504/482-6682; 468-1488.

WEST Arizona, California, Hawaii, Nevada

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

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

May 13. GeoSpace Academy 5K. Brookside Park (around the Rose Bowl). GeoSpace 5K, PO Box 94882, Pasadena, CA 91103. Brenda Sharp, 818/398-5667; Pamela Walker, 818/787-1635.

May 21. Bay To Breakers 12K, San Francisco. SASE to BTB, PO Box 429200, San Francisco, CA 94142. Janine Reid/Michelle Truelson, 415/291-0900.

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

May 29. Memorial Day Run, Tucson. So. Ariz. Runners, 602/326-9383.

June 3. Fontana Half-Marathon & 5K Run/Walk. Barbara Smith, Recr. Supervisor, 8353 Sierra Ave., Fontana, CA 92334-0518. 714/350-7600.

June 10. Palos Verdes Marathon/3 Person Relay/5K, Los Angeles. W2 Promotions, 1501 Glenavon Ave., Venice, CA 90291, or PVM. 310/377-6707.

June 24. Western States 100 Mile, Squaw Valley to Auburn, Calif. Norman Klein, 11139 Mace River Court, Rancho Cordova, CA 95670, 916/638-1161,

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

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

May 21. Capital City Marathon. CCM, PO Box 1681, Olympia, WA 98507. 206/786-1786.

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

June 3. Governor's Cup 5K. Trish Bloom, Blue Cross/Blue Shield, PO Box 4309, Helena, MT 59604, 406/447-3414.

June 18. River City 15K/5K. Steve Hamilton, PO Box 55817, Portland, OR 97238. 503/203-9166.

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

INTERNATIONAL

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

RACE WALKING

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

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

May 28. USATF Men's 10K National Masters Championships, Niagara Falls,

N.Y. Dave Lawrence, 94 Harding Ave., Kenmore, NY 14217. 716/875-6361 (h); 694-7683 (w)

May 28. Alongi 5K Ladder Racewalk, College of Marin Track, Kentfield, Calif. Marin Racewalkers, P.O. Box 21, Kentfield, CA 94914-0021.

June 17-18. USA/Mobil Men's 20K/ Women's 10K Championships, Sacramento, Calif. Ron Daniel, 415/964-3580.

June 25. USA & MAC Eastern Regional 20K Championships, Central Park, NYC. Park Racewalkers, USA, 320 E. 83rd St., Box 18, NY, NY 10028. 212/628-1317.

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

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

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

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

August 6. USATF & MAC Eastern Regional 3K Championships, Central Park, NYC, Park Racewalkers, USA, 320 E. 83rd St., Box 18, NY, NY 10028. 212/628-1317.

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ATHLETES WHO ENTER A NEW DIVISION THIS MONTH MAY 1995 ATHLETE (RESIDENCE) CLYDE BAKER (NORTHBROOK, IA) ERIC BENNECHE (GB)

A	THLETE (RESIDENCE) CLYDE BAKER (NORTHBROOK, IA) CRIC BENNECHE (GB) CNATOLIY BONDARCHUK (URS) CD BOTH (LEONA VALLEY, CA) HERMAN BURHO (RICHMOND, VA) CIM DYAS (RIDGEWOOD, NJ) CILL EPPRIGHT (HOUSTON, TX) CAUL FANNING (US) CLL FITZGERALD (PALOS VERDES, CA) CERT GAMBITO (US) RNO HAMERKES (WG) AN HAMNER (US) CRIC HAMPING (SPAIN) CRIC HAMPING (SPAIN) CRIC HAMPING (CAN) CRIC HAMP	DIDMILLA	
- 6	TUDE IE RESIDENCE	BIRTHDATE	AGE GROUP
- 5	LIDE BAKER (NORTHBROOK, IA)	5- 6-30	65-69
r	RIC BENNECHE (GB)	5- 1- 5	90-94
A	NATOLIY BONDARCHUK(URS)	5-31-40	55-59
E	D BOTH (LEONA VALLEY, CA)	5-16-10	85-80
S	HERMAN BURHO (RICHMOND, VA)	5-18-10	90-94 55-59 85-89 85-89 75-79 75-79 80-84 70-94
Т	IM DYAS (RIDGEWOOD N.T)	5-25-20	75-70
P	TILL EPPRICHT (HOUSTON TV)	5-25-20	15-19
D	AUL FANNING (UC)	5- 2-20	75-79
Ď	ALL FAMILIES (15)	5-14-15	80-84
	TLL FITZGERALD (PALOS VERDES, CA)	5-20-25	70-74
M	ERT GAMBITO(US)	5- 8- 5	90-94
A	RNO HAMERKES (WG)	5- 1-40	55-59
D	AN HAMNER (US)	5- 1-40	55-50
M	ARTANO HARO(SPATN)	E-27-40	22-23
P	DIAN HADDIC DOVAL ONE MIL	5-27-40	55-59
- 5	MIAN HARRIS (ROTAL OAK, MI)	5-21-35	70-74 90-74 95-59 55-59 55-59 60-64 75-79
2	VERRE HIETANEN (CAN)	5-14-20	75-79
F	RANTISEK HULAN (CZE)	5-17- 5	90-94
R	OBERT HUNT (ANAHETM CA)	5-19-20	75-79
M	ASSAO TSHTNA (BDA)	5-10-20	75-79
D	ENCE TEDNIFCHED (CHE)	5- 5-20	75-79
	ENGT JERNHESTER (SWE)	5- 8-30	65-69
J	OSEPH KELIHER (AUS)	5- 4-10	85-89 70-74 75-79
B	ILL KISSENBERGER (HONOLULU, HT)	5-20-25	70-74
A	RVI KOSONEN (FIN)	E-21-20	70-74
D	ENT LUADIDEEN (DEN)	5-31-20	15-19
5	ENT LOARIDSEN (DEN)	5-27-35	60-64
H	OBERT MILNER (HAMILTON, NY)	5- 7-35	60-64
P	AUL NORENE (MN)	5-31-35	60-64
J	AMES O'NEIL (SACRAMENTO CA)	E-14-3E	00-04
M	ASAMI OVAZAVI (IDN)	5-14-25	70-74
	TARENCE DAY (DEMPORM ME)	5-15- 5	90-94
2	LAKENCE RAY (DETROIT, MI)	5-16-45	50-54
P	HILLP SCHLEGAL (NEWPORT BEACH, CA)	5- 6-30	65-69
D	ENIS SHORE (RSA)	5-24-15	00 01
Т	ADEUSZ SLUSARSKI (POL)	5-24-15	80-84
F	TOVD SMITH (CLINTAN TA)	2-19-50	45-49 60-64
Ė	ETED CDECKENCING	5-17-35	60-64
F	ETER SPECKENS (WG)	5-28-35	60-64
5	ALIH TALIB (NEW YORK, NY)	5-19-45	50-54
H	ARRY TAMPAN (GBR)	5-20-25	70-74
G	UY TEXEREAU (FRANCE)	5-14-25	70-74
M	ANUFL III ACTO (VEN)	5-14-35	60-64
Ť	NCO VIEDVINCI	5- 8-40	55-59
+	NGO VIERKIWG)	5-20-35	60-64
H	OBERT WHILDEN (TX)	5-20-35	50-64 55-59 55-59 50-54 70-74
N	ANCY BALDWIN(OR)	5-19-40	EE E0
D	TANE COHEN (HONOTULIL HT)	E 22 40	22-29
S	IISAN COMPTON (BROOKTONDATE MY)	5-23-40	55-59
Ē	DNA DEAN (UC)	5- /-45	50-54
, i	ADVITUE ET MACEULE (OLD DESCRIPTION OF THE PROPERTY OF THE PRO	5-28-25	70-74
P.	ARILIN FITZGERALD (OLD BRIDGE, NJ)	5- 8-35	60-64
G	ALL HANNA (SAN DIEGO, CA)	5-25-40	EE 50
M	ADELINE HARMELING (MERRICK, NV)	5-6-45	55-59
M	ARCIA HULSE (BROOKT, VN NV)	5- 6-45	50-54
M	ANDY JOSLEN HIS	5-18-55	40-44
P	ETTY TOCITAL CENTRE TO	5-15-45	50-54
-	DITT OUSDIN (SEATTLE, WA)	5-10-15	80-84
1	ALLI MAKTIN (WARMINISTER, PA)	5-23-45	50-54
L	UCY PARKER (US)	5-20-25	50-54
E	ECKY POST (US)	5-20-35	60-64 40-44
A	LMUT BROEMMEL(WG)	5- 1-55	40-44
K	AETHI DIENER (WG)	5- 5-35	60-64
A	NNA MARIE CRITENER (MC)	5- 6-35	60-64
3	OUNDER HACEN VENER (WG)	5-26-40	55-50
J	UNANNE HAGEN-VENAS (NOR)	5-15-30	60-64 60-64 55-59 65-69
M	AKIE HAUG (NOR)	5-25-30	65-69
M	ARY HAWKINS (NZ)	5-52-30	65-69 65-69
Ι,	ELENA KELDSHTEVSKA (IDC)	5- 8-30	65-69
ŭ	ALTRAUD KNAPP (CER)	5- 7-55	40-44
	DIA VOZAV (CAN)	5-25-55	70-77
Ę	ANA NULAK (CAN)	5-17-46	40-44
S	USANNA KRISTOFF (NOR)	E-21-45	50-54
I	INNEA LEHTONEN (FIN)	2-31-40	55-59
P	ATRICIA MAFFIA (CR)	5-25-20	75-79
M	ARIE PARTRIDGE AUG	5-12-35	60-64
T	NCA CACRET THE (CUR)	5-11-20	75-04
1 1	MON SUCKEPTOS (SME)	5-30-30	75-79
M	AKIA SAHUQUILLO(SPA)	5-30-50	75-79
A	STA SATSI (URS)	2-8-55	40-44
I	JESELOTTE SCHULTZ (WC)	5-18-35	60-64
M	ARINA STEPANOVA (UDC)	5- 7-20	60-64 75-79
ü	THLETE (RESIDENCE) LYDE BAKER (NORTHBROOK, IA) RIC BENNECHE (GB) RNATOLIY BONDARCHUK (URS) D BOTH (LEONA VALLEY (CA) HERMAN BURHO (RICHMOND, VA) I'M DYAS (RIDGEWOOD, NJ) I'M DYAS (RIDGEWOOD, NJ) I'LL EPPRIGHT (HOUSTON, TX) AUL FANNING (US) RICH TGAMBITO (US) RNO HAMERKES (WG) ANN HAMNER (US) ANN HAMNER (HAMN (US) ANN HAMNER (US) ANNA HARTIN (WARMINISTER, PA) AND HAMNER HAGEN-VENAS (NOR) ANNA HARTE GRÜENER (WG) ONHANNE HAGEN-VENAS (NOR) ANNA HARTE GRÜENER (WG) ANNA HAMRER (URS) ANNA HARTE GRÜENER (WG) ANNA HAMRER (URS) ANNA KELDSHTEVSKA (URS) ANNA KARTSTOFF (NOR) ANNA KARTS	5- 1-50	15-19
	VP VANCARYDUNG (JPN)	5-12-20	45-49
· M	VANCAEKENBERGHE (BEL)	5-77-70	65-69
S	USANNA WOLD (NOR)	5-21-35	60-64
-	ALTRAUD KNAPP (GER) RNA KOZAK (CAN) USANNA KRISTOFF (NOR) INNEA LEHTONEN (FIN) ATRICIA MAFFIA (GB) IARIE PARTRIDGE (AUS) NGA SAGRELIUS (SWE) IARIA SAHUQUILLO (SPA) ISTA SATSI (URS) IESELOTTE SCHULTZ (WG) IARINA STEPANOVA (URS) IATSUE TANIGAKI (JPN) IYR VANCAEKENBERGHE (BEL) USANNA WOLD (NOR)	5-11-20 5-30-20 5-8-55 5-18-35 5-7-20 5-1-50 5-13-30 5-21-35 5-31-40	55-59
C	ompiled by Peter Mundle, World and USA Masters Track	and Fire	00 09

ed by Peter Mundle, World and USA Masters Track and Field Records Chairman

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

M30-34				M50-54			
David J. Olson	High Jump	6-41	12-30-94	Terry Rowan	Pentathlon	2951 Pts.	02-11-95
M40-44					Long Jump	17-3	02-11-95
Rick Easley	800M	2:01.01	03-27-94	Winston Crandall	5000 RW	26:20	07-10-94
	400M	53.2	07-16-94	MEE EO			
	Mile	4:34	10-22-94	M55-59 Ed Schmidt	Shot Put	38-1	01-14-95
Michael Skoflanc	Long Jump	19-41	01-14-95	EO SCHIIIOC	Discus	120-31	09-08-94
M45-49							
Bill Penner	5000 RW	25:22	02-19-95	M60-64			
Jerry Senters	Shot Put	43-9	06-24-95	Geza Feld	Mile	5:38.4	10-02-94
	Discus	136-9	06-25-94	Vernon Spencer	25# Weight	13.42	02-26-95
Max Walker	Mile RW	7:44	01-28-95		56# Weight	5.92	02-26-95

	400M	1:21.30	08-06-94	W65-69 Patrician Osmon	Shot Put	32-5] 19-3]	07-09-94
John W. Means	100M 200M	16:06 34:37	08-06-94 08-06-94	Lurline Struppeck	Javelin Discus	109-6 85-10	05-21-94 05-21-94
Lew F. Luehrs	High Jump	3-8	02-25-95	W45-49			
M70-74 Sumner Shafmaster M75-79	5K RW	* 32:16	03-03-95	M80-84 Ross Carter Ray Grills	Shot Put 10K	37-63/4 60:57	02-25-95 03-04-95

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10	W	6.55	6.20	5.85	5.45	5.10		4.40		3.65		3.00	2.65
1		21-6	20-44	A STATE OF THE STA	17-104		15-7	14-5%	13-15	11-115		9-10	5.50
1	IJ	13.35	12.65	11.90	11.15	10.40	9.65	8.90	8.20 26-11	7.50	6.80	6.10 20-4	18-1
S	hot	15.20	14.10	13.00	12.00	12.40	11.20	12.00	10.80	10.00	8.80	7.65	6.50
		49-104	46-34	42-8	39-45	40-84	36-9	39-45	35-5%	33-0	28-10-		21-4
Dis	CUS	44.80	42.60	40.60	38.00	40.00	36.40	40.00	36.80	31.60	26.40	21.40 70-25	16.20 53-2
Han	mer	47.24	44.20	41.14	38.10	38.40	36.00	36.00	33.00	29.00	25.00	22.50	18.00
1988	RA:	155-0	145-0	135-0	125-0	126-0	118-1	118-1	108-3	95-2	82-0	73-10	60-0
100	Jav	62.00	57.00	52.60	48.00	43.00	38.50	40.00	35.00		24.00	19.00	15.00
-		203-5	187-0	170-7	157-6	141-1	126-4	131-3	7.00	6.00	78-9	4.00	3.00
	fWt.	15.00	14.00	13.00	12.00	10.00	9.00	8.00	10.00	9.00	8.00	7.00	6.00
56	Wt.	9.50	9.00	8.50	8.00	6.00	5.00	4.50	4.00	3.50	3.00	2.50	2.00
100000000000000000000000000000000000000	Pen Dec	280 550	0 2600	2600	2500	2600 5250	2600 5250	2600 5250	2500 5250			2600 5250	
	notes	: 1) 100	standar	rds are	for auto	matte t	ime; use	standar	d conve	reton fo	or hand t	ine.	
		3! Lor	ng hurdle	es: 30-	49: 36";	50-59	: 33";	60+: 30'	A STATE OF			-	
			t pet:	w: 30-	49: 7.26 49: 2kg;	50-59	: 1.5kg;	60+:	l.Okg.		: 4k.		
5		6) Has 7) Jay	elin:	30-	49: 7.26 59: 800g	: 60+:	600g						
		A) Net	ric hel	hta and	distant	es are	the stan	dard; fe	et and	Inches I	isted fo	r conve	nience.
12.07		9) Pe	n/Dec	: 30-	39 IA	ir pts	.; 40	+ WAV	A IAC	COLIN	g (ne	MAN.	.,.

	U.S. M/	421FK	ALL A	MERIC	AN SIAI	INAKU2	OF EXCEL	TEMPE L	OK MY2	IEKS KA	CE MALA	EK2
	1.5K	mile	3k	5k	8k	10k	15k	20k	25K	30k	40k	50k
30	7:13	7:47	14:50	25:38	42:04	52:43	1:21:56	1:52:06	2:24:43	2:59:15	4:08:45	5:37:30
35	7:22	8:03	15:18	26:27	43:11	53:56	1:23:29	1:53:32	2:26:51	3:01:53	4:12:21	5:42:23
40	7:37	8:21	16:53	27:26	44:47	55:56	1:26:37	1:58:06	2:32:33	3:08:56	4:22:13	5:55:48
45	8:03	8:41	16:32	28:33	The second second	58:10	1:30:08	2:03:00	2:38:56	3:17:00	4:33:31	6:11:26
50	8:25	9:05	17:15	29:49	48:36	1:00:41	1:34:08	2:08:30	2:46:11	3:26:08	4:46:23	6:29:09
55	8:55	9:31	18:05	31:14	50:54	1:03:33	1:38:40	2:14:48	2:54:26	3:36:33	5:01:03	6:49:24
60	9:17	10:01	19:01	32:51	53:32	1:06:50	1:43:51	2:21:54	3:03:54	3:48:29	5:17:54	7:12:43
65	9:48	10:35	20:06	34:43	56:33	1:10:37	1:49:50	2:30:12	3:14:51	4:02:20	5:37:25	7:39:46
70	10:26	11:15	21:22		1:00:02	1:15:01	1:56:49	2:39:54	3:27:38	4:18:30	6:00:18	8:11:30
75	11:10	12:01	22:51		1:04:10	1:20:14	2:05:05	2:51:18	3:42:50	4:37:46	6:27:35	8:49:28
80	12:03	12:58	24:41		1:09:13	1:26:38	2:15:15	3:05:24	4:01:36	5:01:39	7:01:26	9:47:38
85	13:13	14:15	27:05		1:16:50	1:35:01	2:28:37	3:24:00	4:26:20	5:33:10	7:46:16	10:39:16
90	14:56	16:06	30:36		1:25:30	1:47:18	2:48:13	3:51:12				
	14.00	10.00	30.30		112010		EN					
430	6:31	7:01	13:21	23:05	37:57	47:49	1:13:10	1:38:18	2:05:12	2:32:17	3:27:30	4:31:00
435	6:43	7:14	13:47	23:46		48:53	1:14:28	1:39:43	2:06:56	234:14	3:30:17	4:34:53
140	6:58	7:29	14:16	24:24	40:15	50:32	1:17:03	1:43:13	2:11:29	239:47	3:37:53	4:44:46
445	7:13	7:46	14:47	25:31	41:44	52:25	1:19:58	1:47:10	2:16:35	2:46:05	3:46:36	4:56:24
450	7:33	8:05	15:23	26:33		54:32	1:23:14	1:51:37	2:22:20	253:13	3:56:29	5:09:29
455	7:50	8:26	16:04	27:43	The second second second	56:55	1:26:56	1:66:38	2:28:52	3:01:19	4:07:41	5:24:22
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	5:41:23
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	6:01:01
470	9:08	9:50	18:44	32:18	52:46	1:06:21	1:41:37	2:16:35	2:53:66	3:33:31	4:52:23	6:23:51
475	9:43	10:28	19:55	34:20		1:10:35	1:48:13	2:25:34	3:05:02	3:48:05	5:12:40	6:50:54
180	10:26	11:14	21:22	36:50	The state of the s	1:15:44	1:56:15	2:36:31	3:20:50	4:05:57	5:37:34	7:24:11
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	8:07:50
490	12:41		25:58	44:45	72:52	1:32:08	2:21:52	3:11:28	4:06:38	5:03:17	6:57:43	9:11:37

U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN Event 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80-84 14.2 29.2 65.5 14.6 30.3 67.5 15.0 31.4 69.5 15.6 32.5 71.5 16.2 34.0 16.9 35.7 78.5 17.8 37.5 83.7 18.8 40.0 90.0 20.0 43.5 96.5 21.2 47.0 103.3 100 63.5 800 2:32 2:35 2:40 2:46 2:54 3:05 3:19 3:36 3:56 4:09 4:35 5:40 5:58 6:07 6:26 22:16 23:12 47:00 49:30 5:10 5:34 5:19 5:29 5:44 5:55 20:30 21:20 6:20 6:48 6:49 7:19 24:16 26:08 7:23 7:46 28:08 8:04 8:47 30:08 8:52 9:39 32:21 9:48 Mile 5000 19:45 34:26 41:00 42:40 44:40 52:00 56:00 60:00 66:00 76:00 100H 80H 400H 17.2 18.2 18.7 20.2 22.2 16.5 17.6 15.8 88.8 79.9 84.4 75.5 79.0 87.0 300H 66.0 72.0 96.0 1.12 3-8 1.07 3-6% 1.02 3-4% 1.27 1.19 97 92 2-9 4-8 4-514 4-2 2.70 2.40 2.10 8-1014 7-1014 6-11 1.50 1.10 3-7% 1.00 9.90 2-11 0.80 1 80 5-11 5.00 4.60 4.25 3.90 3.55 16-5 15-1 13-11¹/₂ 12-9¹/₃ 11-8 3.20 10-6 2.85 9-4% 2.60 8-6% 2.35 7-84 6-11 10.00 9.20 8.60 7.80 7.18 32-10 30-24 28-24 25-74 23-7 6.40 5.70 5.20 4.70 4.20 15-5 13-94 12-54 21-0 18-84 17-1 10.30 9.30 8.40 7.70 7.95 7.20 33-94 30-64 27-7 25-34 26-1 23-74 6.50 21-4 5.80 5.25 19-04 17-3 4.70 4.25 15-5 13-114 33.50 27.50 21.50 25.00 109-11 93-6 70-64 82-0 19.00 18.00 16.00 15.00 14.00 13.50 62-4 59-1 52-6 49-2 45-11 44-4 27.8 26.0 91-2 85-4 22.0 72-2 20.0 65-8 18.0 16.0 59-1 52-6 15.0 14.0 49-2 45-11 Discus 30.0 98-5 44-4 78-9 35.0 32.5 30.0 25.0 131-3 114-10 98-5 82-0 23.0 22.0 75-6 72-2 20.0 18.0 14.0 12.0 9.0 65-8 59-1 45-11 39-5 29-7 20 Mt. 10.00 9.00 8.00 7.00 6.00 5.00 4.00 3.50 3.25 3.00 2.75 8.00 7.00 6.00 5.50 5.25 5.00 4-.75 16 Mt. notes: 1) 100 standards are for automatic time; use standard conversion for h5id time. 2) Short hurdles: 30-39: 33"; 40+: 30" 3) Shot put: 30-49: 4k; 50+: 3k. 4) Jávelin: 30-49: 600gm; 50+: 400gm. 5) Hammer: 30-49: 4k; 50+: 3k. 6) Metric heights and distances are the standard; feet and inches listed for convenience.

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

NAME	AG	AGE-GROUP				
ADDRESS	s	EX: M F				
CITY	STATE	ZIP				
MEET	DATE OF MEE	Г.				
MEET SITE						
EVENT:	MARK;	4 7 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6				
HURDLE HEIGHT	WEIGHT OF I	MPLEMENT				
CERTIFICATE 1. If you have equaled or better		□ PATCH TAG				

- 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.
 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 4 months old. Results that are typed (maximum 28 spaces/2¼" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

EAST

COORS MAC Indoor

Championships 168th St. Armory, N	YC:	
Mar. 3		M
55m M30 Kevin Ellis	6.69	
Mitchell Lovett Shawn Carson	6.72	
Manuel Chinchilla	7.05	M
Billy Vaughn M35 Val Barnwell	7.13	M
Kevin Crawford	6.92	100
Jimmy Easter Don McNeil	6.95 7.14	M
M40 Jesse Norman	7.46	M
C D Cook Mel Holley	8.07	
Louis Miller M45 William Overby	9.01 7.00	M
Ron Johnson	7.15	W
Ken Kienzle Ivan Black	7.65	
M50 Thad Morris	7.34	W
Paul Henry Mike DeJesus	7.40	W
M55 Haig Bohigian	8.04	W
Ed Kent M60 Oscar Taylor	8.19 7.76	MM
Cliff Pauling	8.16	
M65 Thomas Brooks Frank Brako	8.56	
Joe Kerman	10.16	
Don Brown M70 Lester Wright	10.18	м
W30 Denise Jones	8.30	
Sabrina Johnson	8.30 8.38	
Betty Whitaker W35 Louise Clark	7.83	M
W40 Sharon Warren	8.09	
W75 Marjorie Smith 200m	13.28	
M30 Mitchell Lovett	23.48	
William Vaughn Kevin Ellis	24.29 24.63	
Ralph Cooper	24.97	
Billy Vaughn Marty McElhiney	25.20 25.23	
Marty McElhiney M35 David Cherry	23.85	1
M40 Jesse Norman Ed Gonera	24.30 24.59	
Errol Lee	24.66	
M45 William Overby	24.73	1
Ron Johnson Dan Morrison	25.02 30.31	7
M50 Paul Henry	26.15	1
Les Wright M55 Haig Bohigian	29.65	
Ed Kent	30.54	N. Commercial
Philip Plant M60 Oscar Taylor	35.10 28.75	1
M60 Oscar Taylor Cliff Pauling	28.82	1
M65 Manny Herscher Don Brown	35.57 35.46	
Joe Kernan M70 Jim Manno	40.42 35.36	
W30 Doreen Best	26.30	
S A Mason	26.62 28.96	1
Tina Cooper Sabrina Johnson	29.80	
W40 Sharon Warren W75 Marjorie Smith	29.03 55.64	
400m		
M30 Mitchell Lovett William Vaughn	52.42 54.00	
M35 David Cherry	54.57	
M40 Tom Hartshorne Errol Lee	54.04 55.82	
Spider Rossiter	60.15	
Phil Joyner Mel Holley	68.84 72.63	
M45 Mike Billman	61.60	
M50 Paul Henry Les Wright	57.99 59.83	
Hy Zamft M55 Ed Small	67.31	
M55 Ed Small M60 Irwin Bernstein	58.85	
M65 Don Brown	72.82	2
Manny Herscher M70 Jim Manno	84.65	
W30 Tina Cooper	65.3	3
M45 Jennifer Pinto 600y	76.0	
M30 Bill Hughes M35 Fred Feaster	1:21.2	
M35 Fred Feaster M40 Walter Brown	1:24.3	
Don Hodge	1:24.0	6
Mike Blake M45 Mike Billman	1:26.6	
Kevin Smith	1:32.8	10
M55 Edward Small M60 Irwin Bernstei	1:27.0 n 1:35.2	
Cliff Pauling	1:33.1	3
W30 Doreen Best W35 Jennifer Fishe	1:27.0 r 1:24.5	
800m	2:03.0	Ħ.
M30 Oscar Heath	Z:U3.U	- 3

2:03.03

tio old our	ters News, P.O. Box n current, we generall d. Results that are type format receive pre or to issue date.	y do not ed (max-	
SI	Lewis Jefferson	2:09.06	
	David Pounay Barry Simmons	2:21.15	
M		2:04.66	
	Leo Morrisey 140 Vincent Shaw		
	Anibal Rivera	2:12.76 2:12.82	
	Don Hodge Tony Plaster	2:23.32	
M	Denworth Frederic	2:12.60	
	Mike Wilson ISO Richard Hammer	2:20.50	
M	Tom Cannon 155 Sid Howard	2:30.86	
in the	John Hurley 160 John Conner	2:53.28 2:24.87	
	Cliff Pauling	2:26.15	
	Hans Hunziker 165 Al Puma	3:25.00	
	770 John McManus 730 Kelly Etheridge	2:47.84 2:33.06	
	Jackie Shapiro Jo Marchetti	2:33.64 2:43.81	
	35 Jennifer Fisher 440 Myna Majors	2:17.07 2:57.39	
gi	Betty Clair	3:02.86	
M	145 Jennifer Pinto	3:32.49	
M	130 Cameron Stracher Tony Ruiz	4:28.41	
	L A Glazer Steven Eide	4:40.65 4:48.06	
	Alan Sangeap Adalberto Alonza	5:00.82	
M	35 Doug Miller	4:33.37	
	Anthony Watson Kevin Horbatruk	4:37.67	
	Mike Vioa 440 Tom Hartshorne	5:28.83	
	Wes Byerly	4:53.63 5:02.73	
	Spider Rossiter Juan Hernandez	5:05.42	
3	Tony Plaster Richard Dafter	5:06.16 5:17.95	
	Kevin Kearney M45 Nick Caswell	5:26.03 4:47.94	
	Mike Wilson Victor Medina	5:03.83 5:23.06	
5	M50 Richard Hamner	4:54.72	
	Ben Grundstein Gary Muhrcke	5:18.52 5:23.44	
	Tom Cannon M55 Sid Howard	5:37.77	
-	Jim Fillis	5:43.04	
報告	Frank Ruddy M60 John Conner (A Messenger/5:19.9	WR5:18.85	
100	Witold Biolakur Hans Hunziker	5:21.62	
District Co.	M65 Don Brown	7:15.93	
1	Don Previn W30 Eliz Murray	7:38.23 5:48.15	
	Jo Marchetti W40 Betty Clair Two Mile	5:51.23 6:36.39	١
	Two Mile M30 Anthony Watson	10:27.97	۱
1	Two Mile M30 Anthony Watson William Gaston M40 Paul Mascali	10:38.43	I
-	John Roselli Kevin Kearney	12:04.03	I
1	M45 Joe Featherston M55 Colman Mooney	10;55.30	۱
	M60 Geza Feld	11:32.22	
	M45 Ivan Black M50 Mike DeJesus	10.13	
	M50 Mike DeJesus M65 Frank Brako	10.85 12.37	-
1	High Jump M30 Igor Agaer	6-4	
	Kevin Ellis M45 Ivan Black	6-0 4-10	
	Ron Salvo	4-6	
	M50 Mike DeJesus M55 Morton Hahn	4-8 3-8	
	M60 Paul Soraparu M65 Frank Brako	3-0 4-0	
3	W55 Alexandria Joh Pole Vault	nson3-2	
5	M30 Duncan Littles M35 Jerry Cahill	field 14-6 14-6	
3	Rob Doran M45 Ron Salvio	9-0	
4	M55 Norm Cyprus	10-1	
9	M30 Kevin Ellis	5.77	
0	M35 Kevin Cranford Bob Balcerski	6.25	
0	Andre Titus Rob Doran		
10	M45 Ivan Black	4.95	
8 8	Mike Billman Ron Kienzle	4.31	
3	M50 Dr Bateman M55 Ed Kent		
8	M60 Oscar Taylor Paul Soraparu	4.11	
)3	M65 Frank Brako	4.13	

A STATE OF THE RESIDENCE OF THE PARTY.	and the same of
Manny Herscher	3.19
W30 Sabrina Johnson	4.01
Triple Jump	The State of the S
M35 Kevin Cranford	13.96
M45 Ivan Black	10.29
Ken Kienzle	9.35
M50 Dr Bateman	9.92
	9.60
M55 Haig Bohigian	
Ed Kent	9.06
. Morton Hahn	6.54
M60 Paul Soraparu	7.18
M65 Frank Brako	8.35
M70 IIIllan Saareste	6.79
Shot Put	Bayler
M40 K Salzer	11.59
Tom Pallan	10.96
Jeffrey Coplano	10.07
M45 Rich Dumphy	11.73
Dennis Chandler	11.40
M50 Brian McKenna	10.66
Carl Levine	9.62
Jai Singh	9.12
M55 Norm Cyprus	11.06
Morton Hahn	6.39
M60 Paul Soraparu	9.59
M65 Tom Brooks	8.47
W30 II Carter-Range	9.49
W30 H Carter-Range Virginia Palmer	9.49
Virginia Paimer	9.43
Denise Jones	7.77
W35 Sarah Boslaugh	10.68
W40 Betty Clair	9.26
W40 Betty Clair W50 Roslyn Katz	8.35
W55 Alexandria Johns	
W60 Ann Cirulnick	7.68
Weight Throw	
M40 K Salzer	11.32
Tom Pallan	10.91
	0.51
	9.68
Jai Singh	6.65
M55 Norm Cyprus	12.04
Morton Hahn	3.82
M60 Paul Soraparu	9.66
W30 Virginia Palmer	10.11
W35 Sarah Boslaugh	12.41
W50 Roslyn Katz	10.01
W60 Ann Cirulnick	7.14
1500m Racewalk	9
M30 Roberto Gottlieb	
Alan Sangeap M45 Gary Null	7:08.12
M45 Gary Null	6:41.42
M55 Jim McGrath	7:28.39
M60 Bob Barret	7:44.57
Jan Gero	8:43.69
MCE Comple Dall	
M65 Cervin Robinson Walter Hawrys	8:35.54
Walter Hawrys	9:43.56
W30 II Carter-Range	9:47.16
W35 Kathryn Davis	9:45.73
W40 Bette Vargas Nadya Denitrov	8:15.58
Nadva Denitros	8:35.98
W50 Barbara Adler	8:54.05
W55 Elsa Archbold	11:45.80
W65 Joan Rowland	10:17.54
Indoor Pentathlon	
M35 Rob Doran	1025
Philadelphia Masters	Indoor
Meet	
Haverford: Mar.	4
maveriord; mar.	The same of the

Haverford; Mar. 4 55m

٠,	JIII	
M	30 Chris Sydnor	6.7
	35 Angelo Booker	6.9
	Fred Feaster	7.1
	Steve Galetta	7.2
м	40 Thomas Jones	6.6
20	Dave Nicastro	7.0
	Jesse Norman	7.0
	Ken Bauersfeld	7.1
		7.0
F	M45 Bill Corsey Jeff Blatt	7.5
	Jim Shea	7.9
	450 Iry lleath	7.4
	Tom Hartman	7.7
	455 Larry Harvey	7.8
		8.4
٠.	John O'Neill	7.8
3	M65 Jim Stookey	7.8
1	Ed Cox	
1	Tom Delany	8.1
	M70 Oscar Harris	8.5
	M75 Champion Goldy	9.1
	Gar Schoener	9.2
1		10.3
2	W30 Glenda Truesdale	7.4
	Denise Jones	8.0
2	Beth Grohorsky	8.2
E	W35 Louise Clark	8.0
3	Julie Wiedis	9.6
8	W45 Johnnie HillHudgins	8.9
	200m	-
2	M30 Chris Sydnor	23.8
1	M35 Fred Feaster	24.3
	M40 Thomas Jones	23.7
9	Jesse Norman	24.1
	Bill Krieger	24.9
	Brian Lee	25.
-	M45 Phil Felton	25.0
-2	M50 Rab Hagin	27.3
	Joel Dubow	30.9
1	M55 Larry Harvey	28.1
12	John O'Neill	31.6
1	M60 Bill Forde	34.2
	M65 Jim Stookey	28.
	Ed Cox	29.
1	Bill Bergen	30.
	M70 Oscar Harris	32.
1	John McCarthy	36.
1	M75 Gar Schoener	35.
1	Champion Goldy	36.
1	George Blyn	40.
1	W30 Denise Jones	30.
1	W35 Louise Clark	28.
1	W40 Diane McManus	42.
	HAV DIANE PICHANUS	42.

9 1	400m	
1	M35 Fred Feaster 61.0 Tom Yunker 62.0	
6	Warren Fisher 63.0	
9	M40 Bill Krieger 54.2	,
5 2	Jesse Norman 54.5 Tony Natale 54.9	i
0	Thomas Jones 56.1	1
6	M45 Phil Felton 54.9	7
8	MSO Try Heath 56.7	-
35	Rab Hagin 59.1	1.0
79	Bernie Noelle 61.6	1
59	M55 Larry Harvey 61.8 M65 Bill Bergen 77.2	1
96	M70 Oscar Harris 75.3	1
07 73	John McCarthy 85.8	21
40	M75 George Blyn 89.7 W30 Denise Jones 69.2	1
66	W35 Louise Clark 66.0	!
62 12	800m M30 Bobby Dodd 2:00.0	18
06	Steve Bond 2:05.5	
39	M35 Bill King 2:25.5	164
59 47	Mike Howard 2:33.1 M40 James Pryde 2:03.1	10.5
49	Bob Whitmore 2:23.4	T
43	Don Casey 2:25.4 M45 Bill Gale 2:18.5	=
68		1
26	Fred Dedrick 2:21.0 Craig Conover 2:21.5 Bill Payne 2:25.0	5
35 .	George Sanders 2:28.1	6
.68	PSU BOD Beiliett 2.21.7	The same
9-17	Dan Masterson 2:25.2 Greeg Atzert 2:29.9	
.32	Gregg Atzert 2:29.9 M60 Irwin Bernstein 2:34.7 Phil Steel 2:52.9	3
.68	M75 Coorgo Blum 3.24 2	1
.65	W40 Diane McManus 3:16.4	
.82	Mile	3
.66	M30 Keith Sensenig 6:26.7 M35 Chas McNulty 5:09	-
.11	Greg Kelly 5:09.4	
.01	Greg Stephens 5:07	
.14	M40 James Pryde 4:30 Bill Kehner 5:09.1	1
5.60	Cary Papazian 5-15	
B.12	M45 Fred Dedrick 4:58	
1.42	Mike Owens 5:04	1
8.39 4.57	Bill Payne 5:12	
3.69	John Weber 5:19 M50 Rich Webb 5:19	
5.54	Gregg Atzert 5:20	
3.56 7.16	Dan Masterson 5:34	1
5.73	M60 Joe LaBruno 5:41 Phil Steel 6:05	
5.58	MCE Dob Darsons 7:14.7	1
5.98 4.05	Terry Nolan 7:25	1
5.80	W40 Diane McManus 6:50.5	The same
7.54	W50 Susan Levy 8:46.0	3
5	3000m M30 Rick McGarry 9:04.6	-
or	M30 Rick McGarry 9:04.6 Jeff Knoll 9:22.8	N IN
	Jeff Knoll 9:22.8 M35 Kevin Greene 9:40.5 Maurice Pointer 9:43.9 Dave Thomas 9:50.4 M40 Gary Papazian 10:20.1 Tom Allen 11:21.8 Ron Rivera 12:06.6 M45 Mike Owens 10:35.7 M50 Rich Webb 10:18.9 Rich Howett 10:53.1	0 13
	Dave Thomas 9:50.4	
El.	M40 Gary Papazian 10:20.1	1 5
5.7	Ron Rivera 12:06.6	
7.1	M45 Mike Owens 10:35.7	100
7.2 6.6	M50 Rich Webb 10:18.9	3
7.0	Gregg Atzert 11:01.3	
7.0	M50 Rich Webb 10:18.9 Rich Howett 10:53.1 Gregg Atzert 11:01.3 M60 Oliver Collins 11:05.8 M70 George Blyn 14:45.9	1
7.1	M70 George Blyn 14:45.9	1
7.5	M35 Angelo Booker 7.6	1
7.9	M40 John Jones 8.3 Frank Britt 9.3 M45 Ivan Black 10.2	
7.7	M45 Ivan Black 10.2	1
7.8	M55 Nate Byrd 9.7	
8.4 7.8	M55 Nate Byrd 9.7 John O'Neill 13.6 M60 George Taylor 11.1	L
7.8	M65 Jim Stookey 10.2	Die of
8.1	M65 Jim Stookey 10.2 Tom Delany 14.2 M70 Oscar Harris 11.9	1
9.1	M70 Oscar Harris 11.9 W30 Glenda Truesdale 8.1 W45 Michael M. Hill 9.9	
9.2		
7.4	M35 Maurice Pointer 4:56.	0
8.0	M45 Rich Green 5:23.	1
8.2	Novice 1500m	5
9.6	I SMS TC 3:59.	9
8.9	O'Hara Alumni 4:15.	4
23.8	M26 Dan Cois	
24.3	MAO Frank Britt 5-0	
23.7	Bob Schaible 4-11	
24.9	M45 Bill Corsey 5-0	8
25.5	Ivan Black 4-10 Jeff Blatt 4-8	
25.0	M50 Ron Salvio 4-6	
30.9	M60 George Taylor 3-6	
28.1		214
24 7	M80 Claude Hills 3-4	-
28.2	W35 Julie Wiedis 3-10	2
29.1		1
32.4	M35 Dan Goia 5.23 M40 Ed Laurelli 4.66	Bm .
36.5	M40 Ed Laurelli 4.66	
35.3	M40 Ed Laurelli 4.66 M45 Bill Corsey 5.31 Ivan Black 4.81 Jim Shea 4.77	
40.	Ivan Black 4.81 Jim Shea 4.77	,
30.	M50 Rich Webb 3.81	1
42.	Long Jump M35 Dan Goia 5.23	1
-		

	M65 Jim Stookey	4.68
	Tom Delany	4.26
	Tom Rice M70 Oscar Harris	3.96
	M75 Dave Hall	2.92
	M80 Claude Hills	4.00
	M80 Claude Hills W30 Beth Grohousky W35 Julie Wiedis	3.27
	W45 Michael M Hill	4.05
	Triple Jump	11.27
	M40 Dave Nicastro Ed Laurelli	5.64
	M45 Ivan Black	10.74
	Jim Shea M60 George Taylor	9.90 5.98
	M65 Jim Stookey	9.93
	Tom Delany	7.39
	M80 Claude Hills	4.90
	Weight Throw	
	M35 Pete Collins	9.99
	Scott Bull M40 Nick Helfrich	7.18
	M45 Ron Salvio	8.50
	John Berry	8.44
	M55 Lew Overbeck Bill Murphy	7.14 3.87
	M60 Ray Feick	12.76
	M65 Lev Mozhaev	11.51
	Shot Put M35 Jim Craig	12.50
	Scott Bull	12.40
	Pete Collins	11.10
	M40 Stew Beltz Dick McMillen	12.82 11.42
	Nick Helfrich	9.22
	M45 John Berry	11.26
	Jim Shea Ron Salvio	9.31 7.30
	M50 Gus Giviskos	10.82
ı	M55 Lew Overbeck	9.35
١	John O'Neill Bill Murphy	9.19 5.93
١	M60 Ray Feick	12.48
۱	M75 Champion Goldy	7.64
۱	W45 Johnnie HillHude 3000m Racewalk	gins8.90
۱	M40 Alan Robinson	17:02
١	Grey McCoy	18:08.2
١	M55 Joe Stefanowicz Bill Murphy	18:50.3 23:53
١	M60 Bob Barrett	15:57.5
١	Joe LaBruno Bob Davis	18;46
	M65 Ed Gawinski	19:43.5 16:36
	Greater Rochester TO	
	Meet Meet	maoor
	U. of Rochester, NY;	Mar. 5
١	55m	5.63
1	M30 Barry Grimes M40 Johnnie Thomas	5.65
	W40 Irene Thompson	6.34
	400m	55.9
	M30 Barry Grimes M40 Johnnie Thomas	55.5
-	W40 Irene Thompson	64.9
	3000m	9:54
	M30 David O'Leary R Stemmer	9:59
	M40 Roger Messenger	9:54.9
	M60 Bill Pow W30 Beth DeCiantis	14:49 9:55.6
	W40 Grace Iovine	14:47
	High Jump	516
	M30 Kevin Lozano	5-0
	M30 Ken Switnicki	17-7
	Shot Put	36-9

W40	Irene Thompson	28-1			
USATF East Regional Masters					
Championships					
U. of I	Delaware, Newark;	Mar. 19			
55m					
	Matt Godblatt	6.65			
	Mitchell Lovett	6.72			
	Dwayne Miller	6.81			
	Bill Vaughn	7.01			
M35	Val Barnwell	6.73			
	Ben James	6.81			
	Fred Feaster	6.95			
	Toney Mulhollan	7.22			
M40	Thomas Jones	6.74			
	Pershing Reid Phil Conzentino	7.04			
	Eddie Mose	7.19			
1.	Mik Santo Jr	7.48			
	Rockdale Hudson	7.49			
M45	Jeffery Hughes	6.96			
	William Overby	7.01			
	Bill Corsey	7.16			
	Dana Harrell	7.48			
M50	Joe Johnson	7.08			
1217	Thad Morris	7.33			
	Irvin Heath	7.42			
1.2	Paul Henry	7.44			
M55		7.48			
1 37	Richard Ocker	7.69			
F.	Larry Harvey	7.94			
MEO	Haig Bohigian	8.16			
MOU	Oscar Taylor Leon Trout	7.91			
Sne	Cliff Pauling	8.03			
12	Russell McDaniels				
M65	James Stookey	7.84			
1.03	Jim Law	7.85			
- IN	Ed Cox	7.97			
1	Peter Kronberg	8.08			
1	Larry Greco	8.57			
	THE PARTY OF				

May,	1995
110	8.53
	8.59 8.61
Lester Wright	8.96
M75 David Hall	8.75 9.29
	1.59
M90 Everett Hosack 1	5.43
W30 Denise Jones Beth Grohovsky	8.10 8.30
Ruvinia Kelly	8.35
Virginia Le Palmer	8.63
W35 Louise Clark Cheryl Alston	7.80 7.81
Edna Crawly	8.40
Julie Wiedis W40 Irene Thompson	9.40 7.72
Sharon Warren	8.04
	8.89
200m	
M30 Mitchell Lovett	23.45
William Vaughn Jr3 Bill Vaughn 31	24.48
Reginald Robinson	24.96
M35 Ben James	22.94 23.78
Aubrey Jones Terry O'Connell	24.82
Paul Allen	24.90
M40 Thomas Jones	23.24
John Brooks Neil Steinberg	24.80
Ken Bauersfeld	25.54
Robert Cox Mabray Andrews	25.55 26.02
Rodney Moore	26.59
M45 Phil Felton	24.82
Ron Johnson William Overby	24.84
Jeffery Hughes	25.70
M50 Joe Johnson Paul Henry	24.86 25.70
Rab Hagin	27.76
Richard Webb M55 Larry Colbert	28.12 26.08
Edward Small	26.53
Richard Ocker	27.29
M60 Cliff Pauling	28.05 27.55
Leon Trout	28.94
Oscar Taylor George Taylor	32.70
M65 Jim Law	27.42
James Stookey	27.62
Ed Cox William Bergen	29.25
Eric Jolley	32.14
M70 Sam Madia Jim Manno	31.30
Oscar Harris	32.12
M75 Gar Schoener	32.17
W30 Denise Jones	29.59
. Beth Grohovsky	29.68
Ruvinia Kelly W35 Louise Clark	27.75
Cheryl Alston	29.53
W40 Irene Thompson Sharon Warren	27.98
W55 Alexandria Johns	
M30 Mitchell Lovett	51.72
William Vaughn J	
Lewis Jefferson	55.59
M35 Adrian Sterrett Paul Allen	53.0
Toney Mulhollan	55.7
Tim McMahon	57.7
Terry O'Connell M40 Mabray Andrews	57.9 53.1
Jesse Norman	54.3
Tony Natale	54.5

M30 Tom Monna 12# 36-9

2.		Tony Natale	54.51
ers		Bill Krieger	54.83
13		Ken King	55.49
	14 3 - 1	Don Hodge	* 56.83
r. 19		Robert Cox	56.84
THE PERSON NAMED IN	M45	Phil Felton	54.56
65	100	Melvin Fields	57.72
72		Tim Dickens	58.92
81		Mike Billman	60.57
01	M50	Paul Henry	57.70
73	ALC: NO	Irvin Heath	57.74
81	196	Rab Hagin	59.27
95		Les Wright	59.61
22		Bill Angus	61.36
74	M55	Larry Colbert	57.45
04	100	Ed Small	58.79
17	4	Larry Harvey	61.03
19	SEAR STATE	John MacDonald	63.59
48	1	Haig Bohigian	66.06
49	M60	Cliff Pauling	61.58
96	1 198	Irwin Bernstein	65.77
01	M65	Jim Law	65.36
16	1	William Bergen	76.41
48	M70	Sam Madia	72.61
.08	1	Oscar Harris	79.82
.33	1	John McCarthy	82.32
.42	M70	Roy Englert	1:42.73
.44	M75	Bob Matteson	1:27.20
.48		Jim McGilvray	1:31.78
.69	W30	Kelly Etheridge	64.36
.94	200	Denise Jones	67.01
.16		Louise Clark	65.25
.91		Irene Thompson	63.04
.03	800		
.03	M30	Oscar Heath	2:00.89
.32	-	Bobby Dodd	2:05.56
.84	A Alexander	The state of the s	

Continued from previous page M40 James Pryde 2:02.33		AND SOME THE RESIDENCE OF THE PARTY OF THE P	The second secon	the first of the second section of the second section of the second	· STATE OF THE PARTY OF THE PAR
	Boston RC 1:42.10 Central Park TC 1:43.28	Edna Crawly 21-84	Rodney Wilson 7.34	M40 Robert Perry 10:30	Weight Throw Illinois
Tom Hartshorne 2:02.98	M50 Garden St AC "B" 1:53.63	W45 Michael MarieHill28-5 W65 Leonore McDaniels21-1	M40 James Hawkins 7.42	M65 James Beall 10:47	M30 Ken Wood 18-02.75
Vincent Shaw 2:07.07	W30 Touch of Class 1:54.40	Shot Put	Lucio Reynosa 9.21	Short Hurdles Illinois	M55 Frank Carl 27-10.75
Walter Brown 2:07.73	4x400m Relay	M30 Steven Hansen 48-51	M50 Tim Butts 7.41	M30 Scott Thomas 8.20	Weight Throw non-Ilinois
Scott Winston 2:10.01	M30 Touch of Class"A"3:35.17	M35 Bill Wolverton 44-6	Roger Bagneski 7.71	M35 Joe Schwieterman 8.35	W55 Joann Grissom 39-08.50
M45 Gary Rust 2:10.23	Touch of Class"B"3:43.90	Mark Heckel 44-6	Chet Dow 7.77	M40 Rich Weinhandl 11.30	3000 RW Illinois
Bill Gale 2:14.11	M40 Phila Masters 3:41.11	Scott Bull 42-4	M55 Don Amery 8.22	M45 Mike Davis 10.25	M50 Don Mowles 15:58.9
Pat Sullivan 2:16.03	Maryland Mast TC 3:41.52	M40 Kevin Wallace 45-11	M60 Louis Edelman 9.18	Short Hurdles non-Illinois	M65 Albert Goldman 19:28.6
Robert Weiner 2:23.28	W30 AUI 4:30.55 4x800m Relay	Stew Beltz 42-11	Mario Bertolnai 9.33		
M50 Richard Hamner 2:14.13	M30 Central Park TC 8:35.97	M45 Rich Dunphy 38-21	Land to the second seco		M85 Martin Bartels 26:12.7
Robert Bennett 2:23.45 Richard Webb 2:25.10	M40 Harrisburg Mast 9:07.00	John Berry 37-2½		M40 Robert Zahn 8.15	W35 Terri Krentz 17:40.1
Sam McClendon 2:29.24	Maryland Mast TC 9:58.48	Richard Smith 36-111	M65 Harry Brown 7.80	M50 Chet Dow 9.55	w40 Joanne Davis 19:26.5
Tom Cannon 2:29.62	W30 AUI 11:32.64	M50 Larry Pratt 43-81	M70 Jack Hipple 8.74	M60 Clarence Trinkner 9.33	W45 Nancy Mackrola 22:04.2
M55 Sid Howard 2:18.49	High Jump	Harry Schwarze 39-10	Lekester Farmer 8.83	M65 Chuck Sochor 10.48	W60 Lucy Brean 22:26.5
Larry Harvey 2:28.12	M40 Mabray Andrews 5-8	Gus Giviskos 36-9	W30 Karen Johnson 7.87	W45 Mary Lou Platis 13.48	3000m RW Illinois
Jim Aneshanscey 2:28.48	Frank Britt 4-11 3/4	Jim Quirk 35-51 M55 Sam Rumford 35-71	W35 Donna Walker 9.27	High Jump Illinois	M40 Ron Winkler 16:44.2
M60 Cliff Pauling 2:27.04	Edward Lavrelli 4-9 3/4	M55 Sam Rumford 35-74 Lew Overbeck 31-2	-W40 Linn Latoria 8.42	M30 Brian Whitehead 6-06.75	
Burr Grim 2:28.60	Joe Piotti 4-9 3/4	Mike Hoffer 28-1	W55 Janet Amery 13.00		W40 Alice Winkler 19:35.6
Irwin Bernstein 2:32.71	M45 William Corsey 5-1 3/4	M60 Chuck Yost 39-111	W70 Lorma Bauer 11.86	Bob Robinson 5-08	USATF Illinois Indoor Masters
M65 Stan Cherim 3:09.87	Ivan Black 4-11 3/4	Ray Feick 39-11	55m non-Illinois	M40 Rich Weinhandl 4-06	Meet
M70 Roy Englert 4:04.59	Robert Schaible 4-9 3/4	Tom Henderson 37-34		M45 Mike Davis 4-10	Hillside, IL; Mar. 4
M75 Austin Newman 3:06.93	Ron Salvio 4-7 3/4	M65 Ned Curran 31-75	M30 Kelly Atkinsn 6.94	M60 Louis Edelman 3-08	60m
Bob Matteson 3:28.49	M50 Bill Angus 4-11 3/4	Paul Barndt 30-3	M40 Thomas Rewolinski 7.17	M65 Ken Yahiro 3-08	M35 Jeff Witry 8.27
George Blyn 3:29.01	Kirt Vener 4-7 3/4	Don Sibigtroth 29-71	Robert Zahn 7.23	W30 Langer Bogustawa 4-06	M40 Mike Skoflanc 7.74
Jim McGilvray 3:33.09	Jim Quirk 4-5½	M70 Charles Covino 35-21	Zbigniew Zlobicki 7.48	High Jump non-Illinois	Bob Zalin 7.90
M80 Dudley Healy 3:48.92	Dave Connollin 3-10	Brian PowerWaters27-113	M55 Mike Morphy 8.31	M35 Jeff Watry 5-10	M70 Mel Lirsen WR8.45
W30 Kelly Etheridge 2:38.81	M55 Sam Rumford 4-9 3/4	M75 Charlie Irwin 24-5	M65 Chuck Sochor 8.22	John Valiski 5-06	(Maribotti /8.99/1991)
W35 Joan Sterrett 2:27.42	John MacDonald 4-4	Paul Eberhardinger 21-81	W30 Angela Nealy 7.94		W30 Angela Nealy 8.59
Ann Tone 2:45.48	M60 Paul Soraparu 4-0	M80 Bob Detweiler 21-3			200m
Mar AndrewsTurner2:45.61	Russ McDaniels 3-10	M90 Everett Hosack 15-31	W40 Leah Rewolinksi 9.08	M45 Lonnie Marshall 4-06	M30 Sylvester Blue Jr 25.30
W40 Paula DicksnTaylr2:33.78	M65 James Stookey 4-84	W30 Virginia LePalmer29-10	W55 Joann Grissom 9.73	M50 Roger Bagneski 4-06	M35 Jeff Witry 26.40
Betty Clair 2:54.45	Peter Kronberg 4-4 Denver Smith 4-4	Denise Jones 24-4	200m Illinois	M55 Mike Murphy 4-02	M55 Jerry Pliner 29.40
W50 Jo Marchetti 2:40.60 W55 Madeline Bost 3:13.36	Paul Barndt 4-4	W35 Sarah Boslaugh 36-8	M35 Charles Johnson 24.46	M65 Edward Failor 4	M60 Louis Filelman 34.20
W55 Madeline Bost 3:13.36	M70 Ed Lukens 4-2	Ida James 25-2	John Kruchoski 24.76	Chuck Sochor 4	M70 Henry Kuric 43.20
M30 L A Glazer 4:23.78	M75 Charlie Irwin 3-8	W40 Betty Clair 30-4	Rodney Wilson 26.07	M80 Milo Lightfoot 3-06	W30 Angela Nealy 30.00
M35 Douglas Miller 4:20.29	M80 Claude Hills 3-4	Irene Thompson 27-2 3/4	M50 Tim Butts 26.65	W45 Mary Lou Platis 3-06	W50 Penny Danielson 35.00
Anthony Watson 4:20.77	Bob Detweiler 2-7	W45 Lorraine Tucker 30-0	Chris Precht 31.00		W55 Janet Amery 51.40
Gregory Kelly 4:46.34	W35 Julie Wiedis 3-8	Johnnie HilHudgns29-4	M60 Alex White 34.06	W55 Joann Grissom 3-10	400m
M40 James Pryde 4:10.36	W45 Skipper Clark 4-4	W50 Roslyn Katz 25-8 3/4		Pole Vault Illinois	M35 Curtis Taylor 57.00
Tom Hartshorne 4:15.82	MichaelMarie Hill4-2	*W55 Alexandria Johnson 25-2		M30 Tom Kowalski 10	M40 Daniel Berry 68.30
Tim Cook 4:18.85	JohnnyHillHudgins4-2	Weight Throw	Mario Bertolani 35.56	John Oksas 10	M55 Jerry Pliner 66.20
Joel Hoffsmith 4:29.85	W55 AlexandriaJohnson3-4	M35 Mark Heckel 46-12 Peter Collins 36-82	M65 Harry Brown 28.03	M40 Ken Petranek 13	M60 Alex White nta
Phil Yoder 4:30.36	W65 Leonore McDaniels3-8	Scott Bull 34-9	M70 Jack Hipple 32.68	Tim Leuer 12-06	M30 Matt Hoffner 2:11.20
M45 Al Swenson 4:20.40	Pole Vault	M45 John Casamassima 42-3\frac{1}{2}	W30 Roberta Thaxton 42.72	M45 Mike Davis 12	Jeff Havens 2:15.30
Gary Rust 4:31.35	M30 Duncan Littlfild14-00	Richard Smith 36-51	W35 Donna Walker 37.07	M60 Jerry Welbourn 10-06	M40 Daniel Berry 2:55.30
Pat Sullivan 4:32.73	M35 Rob Doran 8-11 3/4	Ron Salvio 27-4	W40 Lynn Latoria 30.58	Pole Vault non-Illinois	M45 Mark Drakeley 2:31.80
Billy Gale 4:37.53	M40 Peter McGinnis 12-11 3/4	M50 Jai Singh 25-41	W55 Janet Amery 50.64		M50 Larry Kight 3:38.90
Fred Dedrick 4:44.23	Mike McGinnis 12-11 3/4	M55 Lew Overbeck 24-3/4	200m non-Illinois		M60 Alex White 3:18.10
Tom Cook 5:00.61	Steve Gorman 12-11 3/4	Mike Hoffer . 21-6 3/4	M40 Zbigniew Zlobicki 26.61	M80 Milo Lightfoot 5	M70 Henry Kuric 3:40.40
M50 Richard Hamner 4:50.05	M45 Tom Randolph 10-6	John Sloan 20-41		Long Jump Illinois	W45 Peggy Whitlow 2:30.00
Gregg Atzert 4:54.27	Rick Holmes 10-6	M60 Ray Feick 44-11 3/4	M80 Milo Lightfoot 38.76	M30 Alfred Lovelace 21-05.75	1500m
Thomas Cannon 5:12.49	Ron Salvio 8-0 M55 John Sloan 8-0	Paul Soraparu 33-91	W30 Angela Nealy 30.03	M40 James Hawkins 17-00.25	M30 Matt Haffner 4:35.90
M55 Sid Howard 4:49.19 James Aneshanscey5:10.46	M55 John Sloan 8-0 M60 Russell McDaniels6-6	M65 Lev Mozhaev 26-101	400m Illinois	Mike Davis 15-10	M35 Chuck Kennell 4:38.30
John Hurley 6:21.62	George Taylor 6-0	Ned Curran 24-11 3/4	M35 Curtis Taylor 57.37	Rich Weinhandl 14-06	M40 Ron Winkler 5:41.50 M50 Larry Kight 7:49.10
M65 Gerard Nolan 6:45.31	M65 Denver Smith 8-6	Don Sibigtroth 24-6	Dan Berry 1:09.78	M50 Chris Precht 12-04	M50 Larry Kight 7:49.10 M60 Mike Brazier 5:00.50
M70 Roy Englert 7:26.90	Jack Doorlay 7-6	M70 Charles Covino 33-6½ M75 Paul Eberhardngr 21-4 3/4	Matt Greaney 1:11.81	M60 Louis Edelman 11-01.50	W35 Kris Heinsman 5:30.40
M75 Austin Newman 6:28.44	M80 Claude Hills 4-11 3/4	M80 Bob Detweiler 17-41	M40 Gerry Krainik 53.58	M65 Ken Yahiro 14-02	3000m
George Blynn 6:36.22	W55 Madeline Bost 6-0	M90 Everett Hosack 15-4	Rich Weinhandl 1:05.92	Arthur Porter 10-04	M30 Scott Branta 8:53.00
Bob Matteson 7:03.51	Long Jump M35 Kevin Cranford 21-81	W30 Virginia LePalmer31-111	M50 Kingsley Clark 1:01.27	M70 Lekester Farmer 12-07	M35 Robert Strunc 13:19.90
M80 Dudley Healy 7:28.71 W35 Joan Sterrett 5:06.55	David Stauffer 19-0	W35 Sarah Boslaugh 39-1	Chris Precht, 1:09.70	W30 Langer Bogustawa 14-04.25	M45 Mark Drakeley 10:45.70
Mar Andrews/Turner5:24.42	Rick Choppa 18-4	W50 Roslyn Katz 33-51 W60 Ann Cirulnick 23-51	Gerry Cox 1:10.35	Long Jump non-Illinois	M50 Tom Sullivan 10:16.30 M60 Alex Write 13:11.20
Ann Tone 5:30.90	M40 Scott Thornsley 19-4	3000m Racewalk	M60 Alex White 1:14.77	M35 Jeff Watry 18-03.75	M60 Alex White 13:11.20 M70 Henry Kuric 15:22.60
Karen Lein 5:31.44	Eddie Mose 17-9	M35 Frankie Darden 15:57.49	M65 Harry Brown 1:05.67	M45 Neal Schuster 13-09.50	W35 Kris Winsman 12:23.70
W40 Paula DicksnTaylr5:24.50	Al Cestero 17-6	M40 Gregory McCoy 17:58.59	M70 Jack Hipple 1:15.65	M50 Rober Bogneski 15-10	55mH
Betty Clair 5:53,33	Mike Santo Jr 17-4 Ed Lavrelli 15-8 3/4	Mark Mazepink 19:23.65	W50 Roberta Thaxton 1:32.73	Chet Dow 15-06	M35 Joe Schwieterman 8.10
W45 Mary Rosado 5:22.54 W50 Jo Marchetti 5:16.98	M45 Jeffery Hughes 18-81	M45 Ron Salvio 15:53.12	400m non-Illinois	M55 Fow Griffith 11-10	M40 Bob Zalın 8.20
	Dana Harrell 17-9	A R Noerpel DQ			
W55 Madeline Bost 6:01.88					High Jump
		M50 James Carmines 14:21.18	M35 John Kruchoski 53.31	M60 Clarence Trinkner 14-09.50	M35 Jeff Watry 1.77
	Bill Corsey 17-8 3/4	Ron Shields 16:41.46	M35 John Kruchoski 53.31 M45 Curtis Thompson 57.51	M60 Clarence Trinkner 14-09.50 M65 Chuck Sochor 13-03	M35 Jeff Watry 1.77 M40 Ken Rowe 1.82
M30 Joe Compagni 9:40.33	Bill Corsey 17-8 3/4 Mike Milove 16-5	Ron Shields 16:41.46 Larry Freeman 17:23.08	M35 John Kruchoski 53.31 M45 Curtis Thompson 57.51 M55 Ludwig Mueller 1:16.37	M60 Clarence Trinkner 14-09.50 M65 Chuck Sochor 13-03 Edward Failor 12-06.50	M35 Jeff Watry 1.77 M40 Ken Rown 1.82 M60 Louis Edelman 1.16
M30 Joe Compagni 9:40.33 M35 Anthony Watson 9:36.18	Bill Corsey 17-8 3/4 Mike Milove 16-5 Ivan Black 15-91	Ron Shields 16:41.46 Larry Freeman 17:23.08 M55 Mike Hoffer 17:38.27	M35 John Kruchoski 53.31 M45 Curtis Thompson 57.51 M55 Ludwig Mueller 1:16.37 M80 Milo Lightfoot 1:35.45	M60 Clarence Trinkner 14-09.50 M65 Chuck Sochor 13-03 Edward Failor 12-06.50 W45 Mary Lou Platis 9-11.50	M35 Jeff Watry 1.77 M40 Ken Rowe 1.82
M30 Joe Compagni 9:40.33	Bill Corsey 17-8 3/4 Mike Milove 16-5	Ron Shields 16:41.46 Larry Freeman 17:23.08 M55 Mike Hoffer 17:38.27 Joe Stefanowicz 18:39.47	M35 John Kruchoski 53.31 M45 Curtis Thompson 57.51 M55 Ludwig Mueller 1:16.37 M80 Milo Lightfoot 1:35.45 800m Illinois	M60 Clarence Trinkner 14-09.50 M65 Chuck Sochor 13-03 Edward Failor 12-06.50 W45 Mary Lou Platis 9-11.50 W55 Joann Grissom 12-01	M35 Jeff Watry 1.77 M40 Ken Rows 1.82 M60 Louis Welman 1.16 Art Porter 1.16
M30 Joe Compagni 9:40.33 M35 Anthony Watson 9:36.18 M40 Joel Hoffsmith 9:42.14	Bill Corsey 17-8 3/4 Mike Milove 16-5 Ivan Black 15-9½ M50 Kirt Vener 17-1½	Ron Shields 16:41.46 Larry Freeman 17:23.08 M55 Mike Hoffer 17:38.27 Joe Stefanowicz 18:39.47 M60 Robert Davis 20:04.34	M35 John Kruchoski 53.31 M45 Curtis Thompson 57.51 M55 Ludwig Mueller 1:16.37 M80 Milo Lightfoot 1:35.45 800m Illinois M35 Dan Berty 2:51.38	M60 Clarence Trinkner 14-09.50 M65 Chuck Sochor 13-03 Edward Failor 12-06.50 W45 Mary Lou Platis 9-11.50 W55 Joann Grissom 12-01 Triple Jump Illinois	M35 Jeff Watry 1.77 M40 Ken Rown 1.82 M60 Louis Edelman 1.16
M30 Joe Compagni 9:40.33 M35 Anthony Watson 9:36.18 M40 Joel Hoffsmith 9:42.14 M45 Al Swenson 9:29.20	Bill Corsey 17-8 3/4 Mike Milove 16-5 Ivan Black 15-9½ M50 Kirt Vener 17-1½ Bill Angus 16-7	Ron Shields 16:41.46 Larry Freeman 17:23.08 M55 Mike Hoffer 17:38.27 Joe Stefanowicz 18:39.47	M35 John Kruchoski 53.31 M45 Curtis Thompson 57.51 M55 Ludwig Mueller 1:16.37 M80 Milo Lightfoot 1:35.45 800m Illinois 2:51.38 M40 Steve McElroy 2:25.27	M60 Clarence Trinkner 14-09.50 M65 Chuck Sochor 13-03 Edward Failor 12-06.50 W45 Mary Lou Platis 9-11.50 W55 Joann Grissom 12-01 Triple Jump Illinois M40 James Hawkins 33-09.50	M35 Jeff Watry 1.77 M40 Ken Rowe 1.82 M60 Louis Welman 1.16 Art Porter 1.16 M65 Eugene Hess 1.32
M30 Joe Compagni 9:40.33 M35 Anthony Watson 9:36.18 M40 Joel Hoffsmith 9:42.14 M45 Al Swenson 9:29.20 Roger Price 9:31.76	Bill Corsey 17-8 3/4 Mike Milove 16-5 Ivan Black 15-9½ M50 Kirt Vener 17-1½ Bill Angus 16-7 M55 Haig Bohigian 13-6¼	Ron Shields 16:41.46 Larry Freeman 17:23.08 M55 Mike Hoffer 17:38.27 Joe Stefanowicz 18:39.47 M60 Robert Davis 20:04.34 M65 Ed Gawinski 16:28.90 Don Sibigtroth 21:13.18	M35 John Kruchoski 53.31 M45 Curtis Thompson 57.51 M55 Ludwig Mueller 1:16.37 M80 Milo Lightfoot 1:35.45 800m Illinois M35 Dan Berty 2:51.38	M60 Clarence Trinkner 14-09.50 M65 Chuck Sochor 13-03 Edward Failor 12-06.50 W45 Mary Lou Platis 9-11.50 W55 Joann Grissom 12-01 Triple Jump Illinois	M35 Jeff Watry 1.77 M40 Ken Rows 1.82 M60 Louis Wielman 1.16 Art Porter 1.16 M65 Eugene Hess 1.32 Pole Vault
M30 Joe Compagni 9:40.33 M35 Anthony Watson 9:36.18 M40 Joel Hoffsmith 9:42.14 M45 Al Swenson 9:29.20 Roger Price 9:31.76 Fred Dedrick 10:31.48 M50 Gregg Atzert 10:47.61 Ron Shields 12:13.53	Bill Corsey 17-8 3/4 Mike Milowe 16-5 Ivan Black 15-9½ M50 Kirt Vener 17-1½ Bill Angus 16-7 M55 Haig Bohigian 13-6½ M60 Jack Lance 12-11½ Oscar Taylor 12-8½ Paul Soraparu 12-5 3/4	Ron Shields 16:41.46 Larry Freeman 17:23.08 M55 Mike Hoffer 17:38.27 Joe Stefanowicz 18:39.47 M60 Robert Davis 20:04.34 M65 Ed Gawinski 16:28.90 Don Siblgtroth 21:13.18 W40 Ann Davin 18:28.76 Donna Kilgore 22:15.77	M35 John Kruchoski 53.31 M45 Curtis Thompson 57.51 M55 Ludwig Mueller 1:16.37 M80 Milo Lightfoot 1:35.45 800m Illinois 2:51.38 M35 Dan Berty 2:51.38 M40 Steve McElroy 2:25.27 M45 Bob O'Connor 2:20.00 M50 Tom Sullivan 2:16.74	M60 Clarence Trinkner 14-09.50 M65 Chuck Sochor 13-03 Edward Failor 12-06.50 W45 Mary Lou Platis 9-11.50 W55 Joann Grissom 12-01 Triple Jump Illinois M40 James Hawkins 33-09.50	M35 Jeff Watry 1.77 M40 Ken Rows 1.82 M60 Louis Wielman 1.16 Art Porter 1.16 M65 Eugene Hess 1.32 Pole Vault M30 Tom Kowelski 3.04 M35 Jerry Nohn 3.96 M40 Keith Petranek 3.96
M30 Joe Compagni 9:40.33 M35 Anthony Watson 9:36.18 M40 Joel Hoffsmith 9:42.14 M45 Al Swenson 9:29.20 Roger Price 9:31.76 Fred Dedrick 10:31.48 M50 Gregg Atzert 10:47.61 Ron Shields 12:13.53 M55 John Hurley 12:55.63	Bill Corsey 17-8 3/4 Mike Milowe 16-5 Ivan Black 15-9½ M50 Kirt Vener 17-1½ Bill Angus 16-7 M55 Haig Bohigian 13-6¼ M60 Jack Lance 12-11½ Oscar Taylor 12-8½ Paul Soraparu 12-5 3/4 George Taylor 11-3½	Ron Shields 16:41.46 Larry Freeman 17:23.08 M55 Mike Hoffer 17:38.27 Joe Stefanowicz 18:39.47 M60 Robert Davis 20:04.34 M65 Ed Gawinski 16:28.90 Don Sibigtroth 21:13.18 W40 Ann Davin 18:28.76 Donna Kilgore 22:15.77 W45 Mary Hess-Hoffer19:52.65	M35 John Kruchoski 53.31 M45 Curtis Thompson 57.51 M55 Ludwig Mueller 1;16.37 M80 Milo Lightfoot 1:35.45 800m Illinois 33.5 Dan Berty 2:51.38 M40 Steve McElroy 2:25.27 M45 Bob O'Connor 2:20.00	M60 Clarence Trinkner 14-09.50 M65 Chuck Sochor 13-03 Edward Failor 12-06.50 W45 Mary Lou Platis 9-11.50 W55 Joann Grissom 12-01 Triple Jump Illinois M40 James Hawkins 33-09.50 M60 Louis Edelman 22-02.50	M35 Jeff Watry 1.77 M40 Ken Rows 1.82 M60 Louis Wielman 1.16 Art Porter 1.16 M65 Eugene Hess 1.32 Pole Vault M30 Tom Kowalski 3.04 M35 Jerry Rohn 3.96 M40 Keith Potranek John Arvierson 1.96
M30 Joe Compagni 9:40.33 M35 Anthony Watson 9:36.18 M40 Joel Hoffsmith 9:42.14 M45 Al Swenson 9:29.20 Roger Price 9:31.76 Fred Dedrick 10:31.48 M50 Gregg Atzert 10:47.61 Ron Shields 12:13.53 M55 John Hurley 12:55.63 Mike Hoffer 14:22.15	Bill Corsey 17-8 3/4 Mike Milove 16-5 Ivan Black 15-9½ M50 Kirt Vener 17-1½ Bill Angus 16-7 M55 Haig Bohigian 13-6½ M60 Jack Lance 12-11½ Oscar Taylor 12-8½ Paul Soraparu 12-5 3/4 George Taylor 11-3½ M65 James Stookey 15-5½	Ron Shields 16:41.46 Larry Freeman 17:23.08 M55 Mike Hoffer 17:38.27 Joe Stefanowicz 18:39.47 M60 Robert Davis 20:04.34 M65 Ed Gawinski 16:28.90 Don Sibigtroth 21:13.18 W40 Ann Davin 18:28.76 Donna Kilgore 22:15.77 W45 Mary Hess-Hoffer19:52.65 W50 Kathryn Carmines20:25.46	M35 John Kruchoski 53.31 M45 Curtis Thompson 57.51 M55 Ludwig Mueller 1:16.37 M80 Milo Lightfoot 1:35.45 800m Illinois 2:51.38 M35 Dan Berty 2:51.38 M40 Steve McElroy 2:25.27 M45 Bob O'Connor 2:20.00 M50 Tom Sullivan 2:16.74	M60 Clarence Trinkner 14-09.50 M65 Chuck Sochor Edward Failor 12-06.50 W45 Mary Lou Platis 9-11.50 W55 Joann Grissom I2-01 12-01 Triple Jump Illinois 33-09.50 M60 Louis Edelman Irriple Jump non-Illinois 22-02.50 Triple Jump non-Illinois 33-10.75	M35 Jeff Watry 1.77 M40 Ken Rows 1.82 M60 Louis Welman 1.16 Art Porter 1.16 M65 Eugene Hess 1.32 Pole Vault M30 Tom Kowalski 3.04 M35 Jerry Rohn 3.96 M40 Keith Petranek John Arverson 3.96 M60 Larry Bream 3.20
M30 Joe Compagni 9:40.33 M35 Anthony Watson 9:36.18 M40 Joel Hoffsmith 9:42.14 M45 Al Swenson 9:29.20 Roger Price 9:31.76 Fred Dedrick 10:31.48 M50 Greeg Atzert 10:47.61 Ron Shields 12:13.53 M55 John Hurley 12:55.63 Mike Hoffer 14:22.15 M60 Burr Grim 10:40.61	Bill Corsey Mike Milove I6-5 Ivan Black M50 Kirt Vener Bill Angus M50 Haig Bohigian M60 Jack Lance Oscar Taylor Paul Soraparu George Taylor Denver Smith 17-8 3/4 16-5 16-7 13-6 12-11 12-5 3/4 11-3 12-5 14-1	Ron Shields 16:41.46 Larry Freeman 17:23.08 M55 Mike Hoffer 17:38.27 Joe Stefanowicz 18:39.47 M60 Robert Davis 20:04.34 M65 Ed Gawinski 16:28.90 Don Sibigtroth 21:13.18 W40 Ann Davin 18:28.76 Donna Kilgore 22:15.77 W45 Mary Hess-Hoffer19:52.65	M35 John Kruchoski 53.31 M45 Curtis Thompson 57.51 M55 Ludwig Mueller 1:16.37 M80 Milo Lightfoot 1:35.45 800m Illinois 2:51.38 M35 Dan Berty 2:51.38 M40 Steve McElroy 2:25.27 M45 Bob O'Connor 2:20.00 M50 Tom Sullivan 2:16.74 John Kenton 2:17.74	M60 Clarence Trinkner 14-09.50 M65 Chuck Sochor 13-03 Edward Failor 12-06.50 W45 Mary Lou Platis 9-11.50 W55 Joann Grissom 12-01 Triple Jump Illinois 33-09.50 M60 Louis Edelman 22-02.50 Triple Jump non-Illinois 33-10.75 M50 Roger Bagnewki 34-04.25	M35 Jeff Watry M40 Ken Rows M60 Louis Welman Art Porter M65 Eugene Hess Pole Vault M30 Tom Kowalski M35 Jerry Rohn M40 Keith Petranek John Arvlerson M60 Larry Bream Long Jump M32 1.77 M396 M396 M396 M396 M396 M396 M396 M396
M30 Joe Compagni 9:40.33 M35 Anthony Watson 9:36.18 M40 Joel Hoffsmith 9:42.14 M45 Al Swenson 9:29.20 Roger Price 9:31.76 Fred Dedrick 10:31.48 M50 Gregg Atzert 10:47.61 Ron Shields 12:13.53 M55 John Hurley 12:55.63 Mike Hoffer 14:22.15 M60 Burr Grim 10:40.61 Oliver Collins 11:16.08	Bill Corsey Mike Milowe Milowe Mike Milowe Milowe Mike Milowe Milowe Mike Milowe Milowe Mike Mike Milowe Mike Mike Mike Mike Mike Mike Mike Mike	Ron Shields 16:41.46 Larry Freeman 17:23.08 M55 Mike Hoffer 17:38.27 Joe Stefanowicz 18:39.47 M60 Robert Davis 20:04.34 M65 Ed Gawinski 16:28.90 Don Sibigtroth 21:13.18 W40 Ann Davin 18:28.76 Donna Kilgore 22:15.77 W45 Mary Hess-Hoffer19:52.65 W50 Kathryn Carmines20:25.46 *W60 Ann Cirulnick 27-4	M35 John Kruchoski 53.31 M45 Curtis Thompson 57.51 M55 Ludwig Mueller 1:16.37 M80 Milo Lightfoot 1:35.45 800m Illinois 2:51.38 M40 Steve McElroy 2:25.27 M45 Bob O'Connor 2:20.00 M50 Tom Sullivan 2:16.74 John Kenton 2:17.74 Nick Pappas 2:20.42	M60 Clarence Trinkner 14-09.50 M65 Chuck Sochor 13-03 Edward Failor 12-06.50 W45 Mary Lou Platis 9-11.50 W55 Joann Grissom 12-01 Triple Jump Illinois 33-09.50 M60 Louis Edelman 22-02.50 Triple Jump non-Illinois M40 Ken Rowe 33-10.75 M50 Roger Bagnewki 34-04.25 M65 Edward Failor 26-08.25	M35 Jeff Watry M40 Ken Rows M60 Louis Wielman Art Porter M65 Eugene Hess Pole Vault M30 Tom Kowalski M35 Jerry Hohn M40 Keith Petranek John Arvierson M60 Larry Bream Long Jump M30 Alfred Lovelace M30 Kenter Rowalski M40 Keith Petranek John Arvierson M60 Larry Bream
M30 Joe Compagni 9:40.33 M35 Anthony Watson 9:36.18 M40 Joel Hoffsmith 9:42.14 M45 Al Swenson 9:29.20 Roger Price 9:31.76 Fred Dedrick 10:31.48 M50 Gregg Atzert 10:47.61 Ron Shields 12:13.53 M55 John Hurley 12:55.63 Mike Hoffer 14:22.15 M60 Burr Grim 10:40.61 Oliver Collins 11:16.08 M65 Gerard Nolan 14:47.63	Bill Corsey Mike Milowe Mike Mike Mike Mike Mike Mike Mike Mike	Ron Shields Larry Freeman M55 Mike Hoffer Joe Stefanowicz Joe Stefanowicz M65 Ed Gawinski Don Sibigtroth W40 Ann Davin Donna Kilgore W50 Kathryn Carmines20:25.46 *W60 Ann Cirulnick W51 Ann DWEST R541.46 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 17:23.08 18:29.40 17:23.08 18:29.40 18:29.40 18:29.40 18:29.40 18:29.40 18:29.40 18:29.40 18:29.40 18:29.40 18:29.40 18:29.40 18:29.40 18:29.40 18:29.40 18:29.40 18:29.40 18:29.40 18:29.40 18:29.40 18:29.40 18:29.40 18:29.40 18:29.40 18:29.40 18:29.40 18:29.40 18:29.40 18:29.40 18:29.40 18:29.40 18:29.40 18:29.40 18:29.40 18:29.40 18:29.40 18:29.40 18:29.40 18:29.40 18:29.40 18:29.40 18:29.40 18:29.40 18:29.40 18:29.40 18:29.40 18:29.40 18:29.40 18:29.40 18:29.	M35 John Kruchoski 53.31 M45 Curtis Thompson 57.51 M55 Ludwig Mueller 1:16.37 M80 Milo Lightfoot 1:35.45 800m Illinois 2:51.38 M40 Steve McElroy 2:25.27 M45 Bob O'Connor 2:20.00 M50 Tom Sullivan 2:16.74 John Kenton 2:17.74 Nick Pappas 2:20.42 M55 Mike Brazier 2:25.96	M60 Clarence Trinkner 14-09.50 M65 Chuck Sochor 13-03 Edward Failor 12-06.50 W45 Mary Lou Platis 9-11.50 W55 Joann Grissom 12-01 Triple Jump Illinois 33-09.50 M60 Louis Edelman 22-02.50 Triple Jump non-Illinois 33-10.75 M50 Roger Bagnewki 34-04.25 M65 Edward Failor 26-08.25 W55 Joann Grissom 23-06	M35 Jeff Watry 1.77 M40 Ken Rows 1.82 M60 Louis Wielman 1.16 Art Porter 1.16 M65 Eugene Hess 1.32 Pole Vault 3.04 M30 Tom Kowalski 3.04 M35 Jerry Rown 3.96 M40 Keith Petranek John Arwlerson 3.96 M60 Larry Bream 3.20 Long Jump M30 Alfred Lovelace 6.78 M35 Jeff Watry 5.44
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Charles and the course of the last of the contract of the last of the contract	Keith Petaek 13-0	Henry Kuric 42.79	Long Jump	Johnny Gibson 15.72	W55 Phyllis Slinker 19:07.52
Lincoln-Way Masters Indoor	Mark Petnuch 9-0 M45 Mike Davis 12-6	M80 Milo Lightfoot 38.77	M35 Larry Hankins 5.57	M75 Mil Silverstein 14.10 John Reitan 16.27	W65 Rose McCourt 19:38.35 High Jump
Meet	Terry O'Neil 7-0	Mel Flachs 40.93 Ed Andrysiak 53.87	Matt Schmitt 5.15	Charles Whitney 16.44	M50 Dimette Graham 5-0
New Lenox, IL; Mar. 11	Long Jump M45 Mike Davis 17-4	W30 Angela Nealy 29.92 Michaela Havemann 30.79	M40 Mike Skoflanc 5.82 Jay Preston 5.16	M80 John Mays 17.40 Doug Wilson 17.54	Brent Golden 4-4 Russ Carr 3-5
M40 Mike Skoflanc 6.9	John Epple 12-2	Carrie Schultz 30.89	M50 Larry Knight 3.87	Madeleo Blake 18.87	M55 Bob Bergfeldt 4-10
Bob Zahn 7.1 Dean Gaffney 7.9	M55 Hans Gordon 17-4 Pete Stopoulos 15-4	W40 Leah Rewolinski 33.07 W50 Penny Danielson 34.79	M55 Pete Stopoulos 4.92 George LaBelle 4.34	W50 Wendy McCord 17.20 W55 Erika Goldstein 16.50	John Reed 4-10 Andy Almaraz 4-8
Rich Ryan 8.1	Bruce Mills 12-10	Roberta Thaxton 40.92	M60 Lou Edelman 3.38	Sally Lacy 18.90	M60 Don Breese 4-10
M45 Joe Hagenbuch 7.5 John Epple 7.6	Robert Burke 12-9 M65 Chuck Sochor 13-7	W55 Roddie Larsen 37.87	M65 Jerry Donley 4.46 Chuck Sochor 4.34	W60 Joan Doucet 16.40 Beverly Neal 17.00	Dave Douglass 4-6 James Rothrock 4-0
Mike Davis 7.6	Ken Yahiro 13-7	M30 Nick Coppolillo 68.20	Ken Yahiro 3.96	Nancy Filiatrault 18.30	M65 Gerald Doucet 4-4
M50 Hans Gordon 7.4 M55 Mike Murphy 8.0	M80 Mel Flachs 8-5	M35 John Kruchoski 54.60 Curtis Taylor 59.07	Ed Failor 3.87 Eugene Hess 3.78	W70 Lorna Bauer 20.17 Helen Coyte 24.11	Richard Dohnke 4-2 Richard Lent 3-8
Don Amery 8.0	M40 Mike Skoflanc 19-7 Dean Gaffney 14-0	Rodney Blue 59.59	M70 Mel Larsen 4.80	Nona Todd 28.97	M70 Charles Obye 4-4
Robert Burke 8.3 M60 Clarence Trinkner 7.9	Rich Ryan 13-9 M35 Jeff Watry 18-4	M40 Gerry Krainik 57.18 Bruce McPherson 61.78	Henry Kuric 3.00 M80 Mel Flachs 2.65	W75 Mary Kay 20.44 Helen Robinson 22.92	Gil Splaine 4-2 Densil McDonald 3-10
M65 Chuck Sochor 7.9	W55 Janet Amery 6-6	M50 Kingsley Clarke 63.05	W30 Boguslawa Langner4.31	Sis Warnke 25.00 '	M75 Charles Roloff 3-6
Ken Yahiro 8.9 Fred Mooney 12.2	Triple Jump M40 Mike Skoflanc 37-6	Garry Cox 70.63 M55 M Boudreaux 61.29	W50 Penny Danielson 3.74	W80 Helen Johnson 20.00 W85 Mary Berlangiero 36.20	John Reitan 3-4 Walter Brady 3-4
M70 Jack Hipple 8.6	Rich Ryan 25-7	Bruce Mills 66.14	W55 Joann Grissom 3.54	200m	M80 John Mays 3-1
M80 Mel Flachs 10.9 Ed Andrysiak 13.4	M45 Mike Davis 30-6	Terry Pliner 66.71 Mike Davidson 69.11	Roddie Larsen 3.34	M50 Jim Swayze 26.76 Bob Osterhoudt 27.10	W60 Joan Doucet 3-8 W65 Barbara Brandt 3-6
W30 Carrie Schultz 8.3	Shot Put M35 Jeff Watry 37-9	M60 C Trinkner 67.41	Triple Jump M35 Jerry Rohn 11.67	Russ Carr 27.66	W65 Barbara Brandt 3-6 Pole Vault
W50 Penny Danielson 8.9 W55 Janet Amery 13.1	M40 Larry Readman 35-6 M45 Mike Davis 31-1	Alex White 76.01 M65 Chuck Sochor 64.94	Larry Hankins 10.75 M40 Mike Skoflanc 11.90	M55 Fred Kier 25.98 Norb Wedepohl 26.41	M50 Brent Golden 9-6 Russ Carr 8-0
W70 Lorma Bauer 12.0	M45 Mike Davis 31-1 M55 Ed Schmidt 35-4	Harry Brown 66.27	M40 Mike Skoflanc 11.90 M55 George Labelle 8.37	Merv Armstrong 28.29	M55 Keith Powell 9-0
200m M30 Kevin Lancaster 29.2	Robert Burke 34-6 Tom Lewis 34-6	M70 Henry Kuric 91.51 MSO Milo Lightfoot 1:38.27	M60 Lou Edelman 6.88	M60 Ray Graves 27.00 Lowell Bonifield 28.40	Gary Isham 9-0 Dave Doerrer 8-6
M35 Jeff Watry 26.1	Tom Lewis 34-6 Tom Lewis 33-9	Mel Flachs 1:51.88	M65 Ed Failor 7.89 Eugene Hess 7.64	Bill Pardue 29.78	M60 Norman Grim 8-0
M40 Mike Skoflanc 25.8 Dean Gaffney 29.7	Don Amery 33-1½	W30 M Havemann 70.58 Carrie Schultz 74.25	W55 Joann Grissom 7.27	M65 Andy Anderson 28.02 Ben Knaub 28.53	James Rothrock 8-0
Dave Cyplick 33.0	25# Weight M55 Lee Slick 35-21	W50 Roberta Thaxton 94.33	Shot Put M30 Kevin Wood 12.05	Rodney Brown 29.34	Dave Douglass 7-6 Carl Wolf 7-6
M45 John Epple 29.4 Mike Oliver 30.2	35# Weight	W55 Roddie Larsen 89.65	M40 Larry Readman 10.85	M70 Wilfred Wright 33.78 Francis Steffen 34.40	M70 Tom DeVaughn 6-6
M50 Kingsley Clarke 28.4	M40 Larry Readman 34-11 56# Weight	M35 Ben Gorecki 2:18.50	M45 Mike Oliver 6.83 M50 Scott Berry 14.24	Johnny Gibson 35.15	Bob Warwick 6-6 M80 John Mays 5-0
Garry Cox 31.8 M55 Don Amery 30.7	M55 Lee Slick 15-2	M40 Jerry Feldhausen 2:16.68 Steve Izzo 2:17.43	John Hess 10.04	M75 Milt Silverstein 31.08	Long Jump
M60 Alex White 33.7	98# Weight M55 Lee Slick 10-11	Ron Winkler 2:51.63	M55 Frank Carl 10.92 George LaBelle 10.31	John Reitan 37.10 Charles Whitney 39.02	M50 Emmette Graham 5.40 Jim Swayze 5.09
M65 Chuck Sochor 29.6 M70 Jack Hipple 32.8	3000m Racewalk	Kevin Curry 2:57.58	Don Amery 10.17	M80 Doug Wilson 42.00	Russ Carr 4.86
M80 Mel Flachs 42.9	M40 Ron Winkler 19:08.1 Garland Moore 21:48.2	M45 Bob O'Connor 2:23.40	F Lee Slick 9.10 M60 Pay Carstensen 10.96	W50 Erika Goldstein 35.81 W60 Joan Doucet 34.00	M55 Bob Bergfeldt 4.94 Dave Doerrer 4.84
Ed Andrysiak 52.6 W30 Michaela Havemann 31.0	W40 Alice Winkler 21:19.0	Mark Drakeley 2:31.84	Jan Barton 8.64	W70 Lorna Bauer 46.22	Keith Powell 4.59
Carrie Schultz 31.4	W55 Janet Amery 15-3½ W70 Lorma Bauer 19-1	M55 Michael Brazier 2:25.54 M60 Al Ravenscroft 2:56.96	M65 Chuck Sochor 9.19	W75 Mary Kay 45.19 Helen Robinson 59.10	M60 Lowell Bonifield 4.85 Dave Douglass 4.21
W50 Penny Danielson 35.4 Roberta Thaxton 41.9	Florence Berry 15-5	Alex White 3:02.52	Ken Yahiro 8.80	Sis Warnke 64.22	George McGrady 3.89
W55 Janet Amery 55.5	USATF Midwest Regional	C Trinkner 3:03.99 M65 Chuck Sochor 2:57.02	Ed Failor 8.46 M70 Mel Larsen 11.72	400m M50 Bob Johnson 65.09	M65 Novi Milicevic 4.58 Gerald Doucet 4.34
W70 Lorma Bauer 47.4	Masters Championships	M70 Henry Kuric 3:38.56	Ernest Bauer 10.50	Russ Carr 67.48	Jack Gilbert 4.17
M30 Kevin Lancaster 62.6	Glenview, IL; Mar. 25	W30 Jane Hawes 2:27.27 W45 Peggy Whitlow AR2:29.87	M80 Milo Lightfoot 7.69 W30 Angela Holder 7.62	Tom Matthews 70.41 M55 Fred Kier 61.25	M70 Charles Obye 4.14
Pete Guenther 71.9	50m	(Barbara Pike/2:31.3/1987)	W30 Angela Holder 7.62 W35 Ruth Welding 10.42	Dave Doerrer 61.51	Gil Splaine 3.84 Harley Holladay 3.51
M40 Dennis Varrel 72.1 M45 John Epple 71.4	M30 Kelly Atkinson 6.34 Kinley Hill 6.42	W50 M Morehead 3:07.62	Sue Hallen 7.73	M Hood 62.35 M60 Royd Shumway 64.50	M75 John Reitan 2.85
Keith Theisen 72.8	Danny Vogel 8.08	M30 Scott Branta 4:27.23	W50 Karen Huff 8.57 W55 Joann Grissom 11.21	Lowell Bonifield 64.64	Walter Brady 2.73 M80 John Mays 2.95
M50 Kingsley Clarke 62.3 Garry Cox 68.2	M35 Larry Hankins 6.76 Matt Schmitt 6.94	Steve Simons 4:44.82 Nick Coppolillo 5:45.57	W70 Lorma Bauer 5.80	Charles Rice 81.24 M65 Ben Knaub 65.18	Lloyd Allen 2.20
M55 Bruce Mills 67.4	Joe Schweiterman 6.98	M35 J G Ruleau 4:31.59	W75 G Antonijevic 5.68 Weight Throw	Andy Anderson 67.09	W55 Marlene Ramirez 2.91 W60 Joan Doucet 3.41
M60 Clarence Trinkner 70.2 Alex White 77.2	Rodney Blue 7.02 M40 Gerry Krainik 6.71	M40 Mike Klatehn 4:50.10 Jim Dickey 6:08.07	M30 Kevin Wood 13.67 M40 Larry Readman 12.25	Rodney Brown 68.13 M70 Glen Dody 75.59	W70 Adele McCormick 2.01
M65 Chuck Sochor 67.8	Mike Skoflanc 6.73 Tom Rewolinski 6.74	M45 Stan Mathes 4:46.87	M55 Frank Carl 11.80	Jerry Anstett 78.80	Shot Put
M70 Jack Hipple 77.9 M80 Mel Flachs 2:08.3	Bob Zahn 6.84	M50 Carroll DeWeese 5:11.13	Don Amery 11.70 George LaBelle 11.38	Henry Diedrich 88.21 M75 John Reitan 96.02	MSO Duane Thompson 12.13 Gary Heisler 10.04
W30 Michaela Havemann 71.3	Jay Preston 6.94 Bruce McPherson 7.09	M60 Al Ravenscroft 5:28.65	F Lee Slick 10.40	Charles Whitney 96.50	Lonny Tomlinson 9.94
Carrie Schultz 76.8 Carol Smith 80.5	M45 Zbigniew Zlobicki 6.85	Alex White 6:32.73 M65 Chuck Sochor 7:17.55	M60 Pay Carstensen 20#15.75 Jan Barton 7.50	M80 Doug Wilson 1:43.06 Madeleo Blake 1:58.21	M55 Bob Beck 12.58 Carl Sweet 10.35
W50 Robert Thaxton 92.0	Mike Oliver 7.36 M50 Jim Lee 6.95	W50 M Morehead 6:44.21	M65 Ed Failor 8.90	W55 Phyllis Slinker 2:11.64	Buel Bowlan 9.90
M30 Kevin Lancaster 2:21.5	John Hess 7.86	R Thaxton 7:19.45	W30 Angela Holder 7.30 W55 Joann Grissom 11.40	W60 Joan Doucet 1:18:32 W70 Nona Todd 2:36.17	M60 Ben McGrady 13.29 Benjamin Clark 12.78
M35 Ben Gorecki 2:25.3	M55 Dennis Buss 6.92 Michael Boudreaux 7.12	M30 Scott Branta 8:57	3000m Racewalk	W75 Sis Warnke 2:01.15	Jim Rothrock 11.99
M40 Kevin Curry 3:03.3 M45 Keith Theisen 2:42.2	George LaBelle 7.44	Mike Yuhasz 9:18 Nick Coppolillo 11:14	M30 Danny Vogel 15:17 M40 Ron Winkler 16:54	800m M50 Ray Eccleston 2:51.50	M65 Engel Grow 11.37 Stan Swayman 11.32
M55 Michael Brazier 2:27.8	Don Amery 7.52 Mike Murphy 7.91	M40 Mike Klafehn 10:14	Garland Moore 19:26	M55 Ray Bellem 3:21.04	Armondo Faustint 10.55
M60 Alex White 2:54.1 Rich Kowalski 2:58.9	M60 Clarence Trinkner 7.74	John Dickey 10:42 Jim Dickey 11:20	M45 Steve Frey 16:38 Ed Sell 16:51	M60 Sydney Trueman 2:34.41 Royd Shumway 2:37.46	M70 Don Cumley 11.53 Dale Buysse 11.33
M65 Chuck Sochor 2:51.3	Lou Edelman 8.65 Mario Bertolani 8.74	M50 Carroll DeWeese 10:47	M50 Don Mowles 16:15	Christopher Noble2:42	Ernie Bauer 10.68
W45 Peggy Whitlow AR2:28.3 (Barbara Pike/2:31.3/1987)	Jan Barton 9.18	M60 Al Ravenscroft 12:27 Alex White 13:12	Robert Brzenk 17:50 M60 George Kruck 18:30	M65 Fred Goldman 2:39.21 Richard Lent 3:05.78	M75 Myron Dover 8.71 Howard Lundeen 8.64
1500m	M65 Harry Brown 7.33	M70 Mike Rolak 15:16	Cedric Hustace 18:44	Tom McCourt 4:03.78	Roy Clark 8.01
M35 Randy Stach 5:10.5 M40 Mike Klafehn 4:55.2	Chuck Sochor 7.51 Ken Yahiro 8.46	55mH M40 Bob Zahn 8.30	M65 Albert Goldman 18:38 M70 Mike Rolak 18:58	M70 John Houlden 2:58.57 Clyne Lunsford 2:59.63	M80 Ross Carter 10.86 John Mays 8.14
Ron Winkler 5:38.1	Carroll Beguhn 9.21	M55 George LaBelle 10.00	W30 Sarah Prince 18:05	Clyne Lunsford 2:59.63 Glen Dody 3:03.89	Robert Dauphin 7.27
Dennis Varel 6:14.7 M45 Keith Theisen 5:33.0	M70 Mel Larsen 7.29 Henry Kuric 9.69	Bruce Mills 10.28 M65 Chuck Sochor 10.31	W45 Alice Winkler 18:58 Nancy Mackrola 20:38	M75 Tom Bailey 5:04.39	M85 John Hedges 4.74
M45 Keith Theisen 5:33.0 M50 Carroll DeWeese 5:03.8	M80 Mel Flachs 10.02	M65 Chuck Sochor 10.31 M70 Mel Larsen 9.60	W50 Jeanne Hocci 18:06	M80 Madeleo Blake 5:04.00 W55 Phyllis Slinker 4:16.22	W50 Laurie Rothrock 8.2 Glenda Gower 7.6
M60 Richard Kowalski 6:07.9	Ed Andrysiak 12.72 W30 Angela Nealy 7.50	4x160m Relay M40 DeWeese/Izzo/Klafehn/	W65 Koselyn Bingham 22:29	W65 Rose Ellen McCour4:19.00	Karen Bergfeldt 7.0
Alex White 6:44.1 W50 Becky Criscione 6:20.4	Carrie Schultz 7.62	Sochor 1:23.07	WEST	W70 Nona Todd 5:45.51 W75 Sis Warnke 5;36.09	W55 Marlene Ramirez 8.53 Judy Gahnz 7.43
Robert Thaxton 7:15.7	Angela Holder 8.53 W40 Leah Rewolinski 8.47	4x400m Relay	Arizona Senior Olympics	1500m	W60 Nancy Filiatrault 8.32
3000m (extra lap) M35 Chuck Kennel 10:43.9	W50 Penny Danielson 8.39	M40 DeWeese/Izzo/Klahen/ Sochor 4:40.82	Tempe; Feb. 23	M50 Paul Halesworth 5:28.26 Nick Carnefix 5:37.11	Norma Lee Price 8.04 W70 Renee Roloff 6.18
Randy Starch 11:09.1 M40 Mike Klafehn 11:04.9	W55 Joann Grissom 8.73 Roddie Larsen 9.34	W30 Bocci/Morehead/Schultz/	50m	E Murdock 5:37.47	W70 Renee Roloff 6.18 Adele McCormick 6.09
Dave Cyplick 12:03.4	W70 Lorma Bauer 10.65	Thaxton 6:20.91 High Jump	M50 Emmette Graham 6.59 M55 Fred Kier 6.74	M55 Joe Johnson 5:58.66 Ray Bellem 6:82.75	W75 Mary Kay 6.44
Dean Gaffney 12:34.1 M45 Keith Theisen 11:49.4	W65 G Antonijevic 16.28	M35 Jeff Watry 1.70	M60 Ray Graves 6.90	W60 Bob Urdiales 5:28.04	W75 Mary Kay 6.44 Marie Calloway 5.39
M50 Carroll Deweese 11:12.3	M30 Kinley Hill 24.69	M40 George Lehman 1.50 M45 Mike Oliver 1.20	M65 Andy Anderson 7.20 M70 Gil Splaine 7.90	Chris Noble 5:30.42 Frank Patania 5:37.82	Ethel Farr 4.05
M60 Alex White 13:54.9	Kelly Atkinson 24.96 Nick Coppolillo 29.37	M55 Mike Davidson 1.35	M75 Milton Silverstein 7.40	M65 Fred Goldman 6:10.92	W85 Stella Volintine 3.56 W65 Kathryn King 7.03
W50 Becky Criscione 13:31.6	M35 John Kruchoski 25.30	Bruce Mills 1.30 Don Amery 1.10	M80 John Mays 8.90 W50 Wendy McCord 8.70	John Rouse 7:00.74 Tom McCourt 8:08.59	Norma Elliott 6.42
55m H M35 Jeff Watry 8.9	Joe Schweiterman 26.20 Jeff Watry 26.21	M60 Clarence Trinkner 1.40	W55 Erika Goldstein 8.47	M70 John Houlden 6:08.21	Joan Flanagan 5.93 Discus
M40 Bob Zahn 7.9	Curtis Taylor 26.23	Jerry Welbourn 1.25 Lou Edelman 1.10	W60 Beverly Neal 8.50 W70 Lorna Bauer 10.08	Clyne Lunsford 6:10.71 Richard McGrath 6:55.02	M50 Bob Osterhoudt 36.58
M45 Mike Davis 9.4	Rodney Blue 26.25 Larry Hankins 26.67	M65 Jerry Donley 1.35	W75 Constance Kiely 10.30	M/5 Tom Bailey 10:37-91	Duane Thompson 36.54
Joe Hagenbruch 9.9 M55 Bruce Mills 9.7	M40 Gerry Krainik 24.37	Eugene Hess 1.30 Chuck Sochor 1.20	W80 Helen Johnson 13.40 W85 Mary Berlangiero 19.26	W55 Phyllis Slinker 8:25.61 W65 Rose Ellen McCour9:09.31	MS5 Bob Beck 36.34
M65 Chuck Sochor 10.7	Tom Rewolinski 25.89 M45 Zbigniew Zlobicki 26.00	Ed Failor 1.15	100m	W70 Jean Mitchell 9:37.49	Bob Bergfeldt 34.16
High Jump M35 Jeff Watry 6-0	Mike Oliver 29.97	Ken Yahiro 1.05 M70 Henry Kuric 1.05	M50 Jim Swayze 12.42 Gene Hoskovac 12.71	Nona Todd 10:45.49	Dave Doerrer 30.70 M60 Jim Rothrock 43.12
John Valisko 5-6	M50 Kingsley Clarke 28.88 M55 Dennis Buss 26.38	M80 M Lightfoot 1.05	Emmette Graham 12.93	3000m	Ben McGrady 39.43
M45 Mike Davis 4-10 Mike Oliver 3-10	Michael Boudreaux 27.50	W30 Boguslawa Langner 1.35 Angela Holder 1.10	M55 Norbert Wedepohl 12.47 Fred Kier 12.54	M50 Paul Halesworth 11:40.92	Floyd Riddle 39.32 M65 Harold Kroeker 39.65
M55 Bruce Mills 4-6	Don Amery 30.18 M60 Clarence Trinkner 33.45	W55 Joann Grissom 1.05	Dave Doerrer 13.28	Jerry Reilly 13:02.63 E Murdock 13:13.48	Bill Brazelton 35.47
Mike Murphy 4-2 M60 Clarence Trinkner 4-8	Alex White 33.82	Pole Vault M35 Jerry Rohn 3.65	M60 Ray Graves 12.86	M55 Ray Bellem 14:47.40	Art Brandt 32.34
M65 Ken Yahiro 3-8	! Lou Edelman 34.57 Mario Bertolani 35.83	M40 George Lehman 3.80	Lowell Bonifield 13.40 Bassett Nix 13.69	Frank LaMonte 18:12.95 Jean Finney 18:18.28	Dale Buysse 31.55
MOS Neil Taille			M65 George Form 13.49		
Pole Vault	M65 Harry Brown 28.14	Steve Willis 3.20 M60 Jerry Welbourn 2.90			W75 11 -
Pole Vault M30 Tom Kowalski 10-6 M35 Mark Criscione 10-0	M65 Harry Brown 28.14 Chuck Sochor 28.68	M60 Jerry Welbourn 2.90 Larry Brean 1.98	Andy Anderson 13.50 Ben Knaub 13.78	Tom Cooka 12:24.12 M65 Tom McCourt 18:29 35	M75 Myron Dover 30.56 Roy Clark 25.65
Pole Vault M30 Tom Kowalski 10-6	M65 Harry Brown 28.14	M60 Jerry Welbourn 2.90 Larry Brean 1.98, M65 Jerry Donley 3.20	Andy Anderson 13.50		M75 Myron Dover 30.56 Roy Clark 25.65 Howard Lundeen 25.15

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M85 John Hedges 12.01		Rodney Wilson 7.99	1	Michael Golding5:00.52	M60 Roger Burke 1.36	W40 Diny van de Ven HOL65.2	M45 Robert Care	13:31.6
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M75 Charles Roloff 24.02 Myron Dover 23.20	Mco	Jim Flowers 33.09		V Christensen 11:21.20 Carl Wilcox .12:17.77	Peder Nielsen 9.69 M65 Helmut Lange 10.99	M55 Stephen James 9:33.9 M60 Maurice Morrell 10:50.0	M70 H Greeff	17.89
Lee Fitch 18.07	M60	Charles Agnoo 28.93 Kenneth Morris 30.98	M45	Murray Hale 9:57.65	Evalds Viskers 9.87	M65 Laurie Forster 11:37.7	W30 C Gomes	13.15
M80 Robert Dauphin 19.51	199	Ted Rogers 31.07	7	GeorgKeereweer10:21.44 Murray Mostyn 10:25.84	Jim Flowers 7.86 M60 Alf Sundin 11.59	W35 Teresa Dyer 9:45.0	W35 M VD Burgh W40 A de Villiers	12.86
Lloyd Allen 13.32 M85 John Hedges 9.45		KesarSingh Poonia31.15 Brian Oxley 31.83		Gaetan Breton 10:39.78	KesarSinghPoonia 10.77	W40 Anne Lippitt 11:04.5 W45 Felicity Garland 11:13.7	W45 F Bekker	15.19
W50 Laurie Rothrock 19.84	M55	Clarke Little 28.98	M40	Fred Robbins 8:55.25 Dave Reed 8:58.62	Ken Pitcher 10.14 Max Woerle 9.77	W50 Joan Ottaway USWR10:43.9	W50 Y de Wit	13.95
Karen Bergfeldt 17.36 W55 Judy Gahnz 13.58	- Notice	Dev Sharma 29.60 Carlos Vernon 31.01	15/2/5	Dean Foster 9:19.65	M55 Juhan Toomes 11.50	W55 Joan Manners 11:52.5	200m	22.22
Sherron Pearson 12.55	M50	Malachi McGruder 29.50		John Clarke 9:25.61 George Aitken 9:49.27	David Morris 9.62	4x200m Relay	M30 G Fitz M35 N Daniels	23.23
Marlene Ramirez 10.82 W60 Norma Price 24.53	M45	Robert Zimmerman 25.38 Mike Nedd 25.52		Scovil Fisher 10:47.36	M50 Rick Westwood 12.17	Royal Sutton Coldfield1:38.8	M40 T Dixon	24.25
Nancy Filiatrault 13.36		Gary Crawford 28.62	M35	Paul Barron 8:50.96 James Earl 8:51.60	M35 Robert Walker 9.08 Bill Mathers 8.88	M40 Philip McIlfatrick 8.6	M45 A O'Ryan	26.30
W65 Barbara Brandt 24.53 Norma Elliott 15.32	M40	Kerry Smith 23.83 Jim Geer 27.01	W75	Judith Kazdan 17:20.68	Mike Stevely 8.56	M45 Tony Wells 9.1 M50 Barry Ferguson 9.1	M50 J Louw	26.25
Norma Elliott 15.32 Mary Gilbert 6.16		David Dutt 28.46 Tim Payne 29.35	W70 W60	DorlyBrechbuehl15:05.4 Molly Turner 12:26.47	W70 Helgi Pedal 7.44 W65 Velta Tomsons 7.78	M55 Tony Mackay 11.0	M55 P Botha M60 M George	27.13 30.30
W70 Adele McCormick 19.58 Marcella Jackson 17.06	M35	Tim Payne 29.35 Rob Malpus 25.41	W55 W45	Joan Stapleton 14:05.22	Mary Thomson 6.58	M60 Colin Shafto 10.0 M65 Ian Steedman 11.3	M65 N Sharpley	30.54
Marcella Jackson 17.06 Renee Roloff 16.33		Blair Roblin 25.71	W40	Georgie Gillis 13:39.33 Cathy Tedford 16:20.25	W60 Lida Sawdyk 6.20 W55 Edith Gray 7.90	M75 Tony Rawlinson 15.9	W35 A Salzwedel	26.96
W85 Stella Volintine 6.09	200	Jeff Therrien 25.99 Rodney Wilson 26.31	W35	Maria Gal 12:58.29	Dortha Swanson 7.46	W35 Joslyn Harwood 9.0 W40 Emily McMahon 10.3	W40 A de Villiers W45 L Mitchell	26.81 31.34
USATF Southern California Association Decathlon		Rick Goudreau 27.80	30001	JocelyneDumais 13:48.72 Racewalk	W35 Corry Fox 10.77 Weight Throw	W45 Jean Wills 10.3 W55 Jean Hulls 10.9	W50 Y de Wit	28.54
Championships	W60	DoreenCarmichael 36.94 Janet Holmes 37.06	M75	Les Brown 22:06.6 Peter Fellowes 19:50.2	20 lbs	fligh Jump	W65 I Hofmeyr	35.23
Los Angeles; Mar. 11-12	W50	Ann M Rosenitsch 31.41	M65	Sal Brancaccio 17:59.8	M75 Ed Purgalis 7.80 M70 Peder Nielsen 10.00	M40 Dave Cross 1.60m M45 Geraint Griffiths 1.74	M30 N Paskin	54.20
Greg Hodson 38 2415	W45 W35	Rhona Trott 30.97 Deborah Lenz 29.61	M60	S Summerhayes 15:53.3 Josh Fedder 19:37.6	25 lbs M65 Helmut Lange 10.42	M50 Ian Cann 1.50	M35 N Daniels	57.06
Richard Watson 42 4430 Dennis Stempel 51 5307		Terry Mahley 30.49 Carol Felepchuk 32.15	M55	Josh Fedder 19:37.6 Martin Davey DQ	M60 Max Woerle 12.08	M55 Anthony Crocker 1.50 M60 Colin Shafto 1.57	M40 T Dixon	53.89
Gary Miller 57 7141		Karen Alisch 35.05	M50	Mike Freeman 16:47.6 Michael Gough 18:17.1	Ken Pitcher 10.80 Alf Sundin 9.92	M65 Jack Cross 1.30	M45 A Ryan M50 V O'Donoghue	1:00.84
(single-age US record)	400M M65	Chuck Sochor 1:04.10	M45	Dale Dickie 16:47.2	35 lbs	M75 Tony Rawlinson 1.10 W35 Hazel Barker 1.50	M65 N Sharpley	1:13.12
KELfield Throws Series #37 Santa Cruz; CA; Mar. 25		Karl Virkavs 1:08.02	M40	M.T. Kelly 17:56.5 John Spasiw 22:37.8	M55 Juhan Toomes 10.32 Eero Yla.Outinen 10.14	W40 Gill Hevingham 1.35	M70 H Greeff	1:32.00
Shot Put	M60	Norman Baum 1:08.33 Fred Schlereth 1:03.22	M35	Paul Guimond 14:44.9	M45 Imrick Kiraly 8.16	W50 Joanne Smallwood 1.30 W70 Mary Wixey 0.93	W35 A Salzwedel	1:02.89
M40 Gary Kelmenson 36-1½		Bill Bryson 1:11.46	W50 W45	Heather Berry 18:59.0 Marilyn Chute 17:36.4	16 lbs W65 Mary Thomson 7.50	Pole Vault	W40 A de Villiers W45 L Mitchell	1:03.80
M70 Gee Gee Toscano 27-5 Discus	M55	Kenneth Morris 1:15.08 Hugh Wilson 1:07.24	W40	Sherry Watts 15:55.1	W55 Dortha Swanson 7.48	M40 Graeme Leckie 3.20 M45 Tyrone Lewis 3.85	W50 Y de Wit	1:07.89
M40 G Kelmenson 113-4		James Pascoe 1:08.14	W35	Karen Weaver 18:07.8 Nancy Sweazey * 15:09.6	W50 Barbara Stewart 6.08	M50 John Howe 3.30	800m	
M60 George Whiting 117-1	M50 M45	Tay Wilson 1:09.18 Mike Nedd 58.87		*world best	INTERNATIONAL	M55 Tony Mackay 3.30 M60 Robert Brown 3.30	M30 T Visser M35 J Bain	2:09.42 2:00.04
M40 G Kelmenson 130-8	1	Gary Crawford 1:05.96	Long M85	Jump Karl Trei WR 3.12		M65 Alf Woods 2.80	M40 T Brown	1:58.61
M35 John Hansen 170-1	M40	Jim Geer 59.04 Rob Davidson 59.14	M80	Ian Hume 3.02	British Veterans National Indoor Championships	W40 Gill Hevingham 2.20 W55 Dorothy McLennan 2.00	M45 S Hollier	2:07.85
M40 Skip Butler 147-10		David Dutt 1:03.28	M65 M60	Jim Mathers 3.53 Ted Swanson 4.34	Birmingham; Feb. 12	Long Jump	M50 V O'Donoghue	2:11.87
G Kelmenson 106-2 35# Weight	M35	John Spasiw 1:03.34 Richard Earl 58.45		KesarSingh Poonia 4.20	60m M40 Walwyn Franklyn 7.4	M40 David Wallace 5.93 M45 John Charlton 5.57	M65 A Jones W30 C Mangels	2:52.97 2:27.20
M40 G Kelmenson 40-8	1	Rick Goudreau 1:02.30		Roger Burke 4.20 Max Woerle 3.74	M45 Brian Townley 7.6	M50 Peter Duckers 5.48	M45 M Rademeyer	2:44.90
56# Weight M40 G Kelmenson 26-91	W60	Gordon Eddy 1:02.68 Janet Holmes 1:27.22	M55	Paul Knuvila 4.44	M50 John Henson 7.7 M55 Byron Gray 7.9	M55 Alan Carter 4.47 M60 John Williams 4.32	1500m	
	W45	Pamela Duncan 1:11.76	50.00	Dave Waddell 4.08 Peter Tams 4.07	M60 David Burton 8.2	M65 Jack Cross 4.49	M35 J Bain M40 T Brown	4:11.38 4:09.23
CANADA	W35 800M	Carol Felepchuk1:11.45		Carlos Vernon 3.93	M65 Allan Meddings 8.6 M70 Denis Philcox 10.4	M70 Denis Philcox 3.56 M75 Tony Rawlinson 3.06	M45 S Hillier	4:25.47
Ontario Masters	M70	Arthur Wilson 3:05.8	M50 M45	Alan Slater 5.16 Armond LaFramboise5.08	M75 Colin Fairey 10.0	W35 Danea Herron 4.77	M50 R Hugo	4:50.89
Indoor Championships Toronto; Mar. 4	M65	Earl Fee 2:17.2 Bill Carey 2:53.0		Imrick Kiraly 4.52	W35 Joslyn Harwood 8.0 W40 Helen Godsell 8.1	W40 Owen Cunningham 4.49 W45 Jean Willis 4.53	M55 S Mostert	4:42.92
60m		Don Farguharson 3:24.0	M40	Tom Rauscher 4.25 Marek Nowicki 5.21	W45 Valerie Parsons 8.5	W50 Sylvia Wood WR4.55	M60 J Potgieter M70 J Grobbelaar	6:10.07
M80 Jim Whale 12.23	M60	Bill Bryson 2:46.1 Brian Oxley 2:49.4	M35	Bert Lee 4.26	W50 Sylvia Wood 8.9	W55 Evaun Williams 3.80 W60 Betty Steedman 3.79	W30 S Heydenrych	5:27.60
M75 Art Obokata 10.06 M65 Ross Mitchell 8.36	M55	Hugh Wilson 2:35.0	M35	Ken Felepchuk 5.38 Andre Plamondon 5.36	W55 Una Gore 8.9 W60 Betty Steedman 9.9	W70 Mary Wixey 2.99	W35 V Huyssteen	5:15.70
Earl Fee 8.72	M50	James Pascoe 2:35.5 Tay Wilson 2:48.5		Richard Earl 4.83 Rick Goudreau 4.82	W65 Brenda Green 11.2	Triple Jump M40 David Folgate 12.26	W40 C Wallace W45 M Rademeyer	5:30.40 5:35.80
Chuck Sochor 8.74 Jim Flowers 9.51	M45	Ray Tucker 2:09.4		Bill Mathers 4.75	W70 Mary Wixey 11.0 W75 Peggy Taylor 13.2	M45 James Rayner 9.75	W50 A van Zyl	6:26.40
M60 Charles Agnoo 8.22		John Pickard 2:20.6 John Faulkner 2:20.7	W35	Tim Manley 4.67 Corry Fox 4.76	200m	M50 Sean Power 12.38 M55 John Newcombe 11.01	5000m	
Ted Swanson 8.96 KesarSingh Poonia 9.04		FranciscoMachado2:21.0	110	le Jump	M40 Stephen Peters 23.7 M45 Brian Townley 24.5	M60 Joseph Philips 8.94 M65 James Crenan 8.81	M30 M Ruppert	15:47.3
Ken Morris 9.30	5 4	Bill Weir 2:24.4 Richard Kaley 2:26.5	M85 M80	Karl Trei 6.15 Ian Hume 6.48	M50 Tony Cox 25.4	M70 Denis Philcox 7.68	M45 S Hollier M55 S Mostert	15:19.6 17:05.7
M55 Scott Tyler 7.81 Peter Tams 8.61	M40	Allan Mayhew 2:14.1	M65	Jim Mathers 7.47	M55 Brian Ariss 26.7 M60 David Burton 26.4	W35 Danea Herron 9.96 W40 Gwen Cunningham 9.50	M60 C Greeff	20:56.9
Carlos Vernon 8.70		Rob Davidson 2:21.3 John Spasiw 2:27.8	M60 M55	Roger Burke 8.02 Paul Knuvila 10.04	M65 Allan Meddings 27.6	W45 Pat Oakes 9.21	M70 J Grobbelaar	22:24.8
Dev Sharma 8.86 Clarke Little 8.95	M35	Raymond Janasson2:21.1	МЭЭ	Dave Waddell 8.42	M70 Basil Nielson 40.2 M75 Alvin Monen 36.1	W50 Sylvia Wood WR9.21 W55 Carina Graham 8.06	W30 S Heydenrych W35 C Hardenburg	20:47.0 19:25.1
David Coburn 10.09	100	Gordon Eddy 2:27.4 Michael Demczuk 2:34.1	3 6	Carlos Vernon 8.73 Hugo Bain 8.40	W35 Joslyn Harwood 25.8 W40 Helen Godsell 27.1	W60 Betty Steedman 7.49	W40 C Sowray	22:35.2
M50 Chuck LaChiusa 8.18 Alan Slater 8.20	W60	Jean Horne 3:00.4	M50	Alan Slater 10.61	W45 Vivien Bonner 27.8	Shot Put M40 Royston Steventon 12.28	W50 A van Zyl	23:05.5
Malachi McGruder 8.64	W55	AnneVanD Vleuten3:02.2 Georgie Gillis 3:10.0	M45	Richard Westwood 8.92 Armond LaFramboise9.77	W50 Mary Axtell 29.9 W55 Jean Hulls 29.8	M45 Neil Griffith 12.39	10,000m M30 C ven Wut	34:09.3
Clair Leahy 8.69 M45 Mike Nedd 7.84	W40	Christine Guy 2:59.1	M35	Bill Mathers 10.94	W65 Brenda Green 39.8	M50 David Myerscough 13.53 M55 John Walters 12.02	M30 C van Wyk M35 C Clucas	32:53.8
Bob Zimmerman 7.97	Vald 1500	len Sadul Memorial	Mary L	Ken Felepchuk 10.24 Rick Goudreau 9.53	W70 Mary Wixey 38.8 W75 Peggy Taylor 48.9	M60 Gordon Hickey 12.58	M40 C Muller	35:14.2
Armond LaFramboise8.10 Gary Crawford 8.67	M70	Arthur Wilson 6:29.61	W55	Jutta Riegel 7.62	W75 Peggy Taylor 48.9	M65 Alf Woods 10.06 M70 Janis Gercs 10.25	M45 S Hollier	34:07.4
M40 Kerry Smith 7.49	M65	Bill Carey 5:40.59 Manuel Teodoro 6:03.60	W50 W35	Barbara Stewart 6.87 Corry Fox 9.72	M40 Doug Lucas 52.6	W35 Mandy Laing 10.97	M50 C Swart M55 S Mostert	39:33.0 36:01.3
George Kenins 7.72 Bert Lee 8.30	M60	Jim Martin 5:31.98	1	Corry Fox 9.72	M45 Peter Browne 52.1 M50 John Henson 55.3	W40 Joan Keating IRE 5.04 W45 Barbara Terry 9.92	MICO C CC	41:14.8
Jim Geer 8.34 David Dutt 8.62	100	Ted Rogers 5:40.75 Richard Graves 5:53.00		Karl Trei WR 1.05				
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page 44		and the second of the second
Continued from previo	ous page	W55 L Hatz 1:10:11.3
W35 C Hardenburg	40:59.0	W60 H Rothman 1:06:49.5
W40 C Sowray W50 J Hann	47:14.0 41:49.3	W65 J Geldenhuys 1:10:46.6 20,000m RW
Short Hurdles		
M55 P Botha M60 R Cross	19.51 20.51	
W40 A de Villiers	12.76	LONG Pleas
W45 F Bekker	17.29	9/40
Long Hurdles M30 T Visser	1:03.29	DISTANCE gene than
M40 B Carnie	1:04.19	
M55 P Botha	51.90	RESULTS form
W40 A de Villiers W50 Y de Wit	1:08.60 51.34	the 1
W65 I Hofmeyr	58.42	NATIONAL
Steeplechase M30 M Ruppert	9:58.7	NATIONAI
M50 R Hugo	12:12.8	USATF National Masters 8K
W35 M Curran W40 C Wallace	8:01.9 8:31.8	Championships (Sportmart Shamrock Shuffle)
High Jump	8.31.8	Chicago; Mar. 19
M30 N Paskin	1.70	Overall Leszek Stoklosa 29 24:21
M40 D Niehaus M45 N Hough	1.60	Debra Gormley 28 27:36 M40 Gary Romesser 25:16
M50 D Heunis	1.45	Hal Carlson 26:15
M60 L Benning	1.35	Gary Townsend 26:22 Jim Whitnah 26:57
M75 C Nel W65 I Hofmeyr	1.00	Bob Theodore 27:27 Dan Rindfleitsch 27:30
Pole Vault		Rick Terhune 27:41
M40 D Niehaus W50 P Pietersen	2.66	Thomas Fath 28:14 Jim Tucker 28:19
Long Jump	2.40	John Ireland 28:40
M30 C Herbst	5.63	Jeff Leavitt 29:23
M35 N Daniels M40 D Niehaus	5.16	Lee Jones 30:26 Rickey King 31:25
M45 A O'Ryan	4.87	David Meridith 34:48 Richard Kaplan 36:03
M50 J Louw	4.71 5.29	M45 Christoper Nemeth 29:04
W30 C Gomes Shot Put	3.29	Alex Posner 29:26 Efren Beltran 31:18
M30 B Coetzee	11.87	Lawrence Quinn 37:24
M40 A Wale	11.69	Clarence WindbushJr44:46 M50 Victor Heckler 27:32
M45 N Hough M50 R Bosch	10.58	Paul Perry 30:09 John Craig 30:21
M55 S Johnston	10.66	Chris Precht 32:30
M60 R Mitchell	11.00	Rick Brodine 33:25 Patrick Furgal 33:33
M70 A Carnie W30 A Hennop	8.94 ¹ 10.56	Pete Uhrhammer 37:31
W35 J Oliver	9.02	Bill Peterman 38:12 M55 Harry Tellman 30:18
W45 E Engelbrecht W50 M Uys	9.51	Mike Brazier 32:35
W60 S Malherbe	7.37	James Kalas 40:01
Discus	TO THE REAL PROPERTY.	Howard Buckholz 40:20 William Zaldo 53:08
M30 B Coetzee M40 A Wale	38.78 31.94	M60 Norm Green Jr 29:16
M45 J Jacobs	30.60	George Suter 34:26 Otto Volkmann 35:03
M50 R Bosch	34.46	Elmer Richardson 46:44 M65 none
M55 S Johnston M60 S Saffer	36.62 33.26	M70 Warren Utes 74 32:35
M70 A Carnie	24.36	Walter Ross 72 39:51 Henry Kuric 73 44:44
M80 C Nel	19.42	John Lemond 70 60:31
W30 A Hennop W35 J Oliver	35.34 30.04	W40 Anne Gosch 30:13 Peggy Pate 31:14
W45 E Engelbrecht	28.76	Mary Moss 32:05 Deb Forkins 33:07
W50 J Uys W60 S Malherbe	23.92 16.08	Jody Hughes 34:25
Hammer	10.00	Beth Onines 34:47 W45 Peggy Whitlow 31:33
M30 B Coetzee	43.48	Nancy Rollins 32:56 Christina Kacperczyk36:31
M45 G Engelbrecht M50 Z VD Berg	29.22 39.84	Donna Drake 42:34
M70 A Carnie	27.70	Bette Taylor 45:29 W50 Patricia Evans 35:18
M80 C Nel W30 A Hennop	18.66 32.28	W55 none
W45 E Engelbrecht	20.72	W60 Barbara Scheckman 47:49 Age-Graded M40+
W50 M Uys	25.68	1 Warren Utes 74 \$100 93.3% 2 Norm Green Jr62 \$ 75 90.4%
W60 S Malberge Javelin	19.64	3 Vic Heckler 52 \$ 50 87.3%
M30 B Coetzee	35.58	4 Gary Townsend43 * 85.5% 5 Harry Tellman 56\$25 82.6%
M40 D Niehaus	36.28	6 Bob Theodore 43 \$25 82.3% Age-Graded W40+
M45 N Hough M50 Z VD Berg	41.18	1 Peggy Whitlow 48 * 83.94%
M55 W Baxter	33.24	2 Anne Gosch 43 * 83.89% 3 Nancy Rollins 48\$10080.4%
M60 S Fourie M70 A Carnie	32.06 18.02	4 Peggy Pate 40 * 79.2%
M80 C Nel	19.74	6 Mary Moss 40 * 77.1%
W30 A Hennop	29.06	*received prize for overall
W60 S Malherbe 5000m RW	20.88	USATF National Masters 5K
M35 N Ras	26:42.4	Championships (Carlsbad 5000) Carlsbad, CA; Apr. 2
M45 G Oosthuizen	27:02.0	M40 Francesjon Gailson 15:00
M55 M Rossouw M60 J Hotston	29:12.8 27:53.0	
M75 J Rogers	34:24.5	Greg Gustafson 15:35
W35 A Hotston W40 E Wolfaardt	32:32.8 37:31.0	Peter Moga 15:52
W45 L Tregellas	32:13.9	James Tracy 15:55
W50 B Dosmas	32:09.7	Harold Ketting 16:02
W55 L Hatz W60 H Rothman	33:54.6 31:47.4	Bruce Minard 16:09 Sal Salmi 16:14
W65 J Geldenhuys	33:17.8	Dale Fleet 16:23
10,000m RW		Michael Allison 16:30
W35 A Hotston	1:06:57.3	Pat Devaney 16:35
W45 L Tregellas W50 B Kosmas	1:07:24.5	
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		Nat	ional
55 L Hatz	1:10:11.3	M45 G Oosthuizen 2	:11:54.4
60 H Rothman	1:06:49.5	M55 G Rossouw	2:13:05.3
55 J Geldenhuys ,000m RW	1:10:46.6		2:02:47.3
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LONG		ase send results to: National Mar vs. P.O. Box 50098, Eugene,	
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RESULTS	form	nat receive preference. Deadlin 10th of the month prior to issue o	
	lile	Total of the month prior to issue t	alle.
NATION A	11	Robert Trame	16:40
		Vasilis Kondylis Scott Rosenlieb	16:47 16:51
SATF National Mast Championships (Spor		M45 Arturo Rodriguez	16:22
Shamrock Shuffl		Bob Betancourt Daniel Kelly	16:28
Chicago; Mar. 1	9	Fred Shufflebarger Mike Creery	
zek Stoklosa 29	24:21	Don Irvine	17:16 17:21
ra Gormley 28 Gary Romesser	27:36 25:16	Donald Ocana Thom McHale	17:23 17:25
Hal Carlson	26:15	Terry Martin	17:35
Gary Townsend Jim Whitnah	26:22 26:57	Ron Ogilvie M50 Jan Frisby	17:39 16:17
Bob Theodore Dan Rindfleitsch	27:27 27:30	Tom Curry Juan Cabeza	16:36
Rick Terhune	27:41	Wayne Mitchell	17:12 17:26
Thomas Fath Jim Tucker	28:14 28:19	Don McCarthy Allen Gamber	18:04 18:21
John Ireland	28:40	Dan Ashimine	18:24
Jeff Leavitt Lee Jones	29:23	Jim Williams Robert Seldner	18:28 18:33
Rickey King	31:25	Sim Sydner M55 Thom Weddle	18:40 17:14
David Meridith Richard Kaplan	34:48	Carlos Valle	17:38
Christoper Nemeth Alex Posner	29:04 29:26	Derek Wharton George Cohen	18:02 18:13
Efren Beltran	31:18	Tom Morrow Roman Hubersen	18:49 18:54
Lawrence Quinn Clarence Windbush	37:24	Benny Holt	19:22
Victor Heckler	27:32	Gamma Chavez Byron McIntosh	19:27 19:34
Paul Perry John Craig	30:09 30:21	M60 Norm Green Jr	19:39 17:52
Chris Precht Rick Brodine		Bill Dodson	19:03
Patrick Furgal	33:33	Bruce Katter Robert Culling	19:10
	37:31 38:12	Robert Culling Jim Hilton Bob Rice	
Harry Tellman	30:18 32:35	Ramon Sandoval	
Ludwig Mueller	38:22	John Ghini M65 Gunnar Linde	
James Kalas Howard Buckholz	40:01	Jim O'Neil	20:02
William Zaldo	53:08	Pat Devine R O Olivares	20:19
Norm Green Jr George Suter	29:16	Jerry Crockett	21:02
Otto Volkmann Elmer Richardson	35:03 46:44	Efrian Sanchez M70 Larry Banuelos	20:45
none	Constitution of the last	Tejada Vergara Jim McCown	
Warren Utes 74 Walter Ross 72	32:35 39:51	Ted Homer	24:03
Henry Kuric 73	44:44	M75 Donald Dilworth	25:02 27:07
John Lemond 70 Anne Gosch	30:13	Robert Kroger Wayne Zook	27:57 28:02
Peggy Pate Mary Moss	31:14 32:05		
Deb Forkins	33:07	Hal Elrick M80 Walt Kuetzing Dudley Healy	28:15 30:03
Jody Hughes Beth Onines	34:25 34:47	Dudley Healy Robert Rice W40 Honor Fetherston	43:16
Peggy Whitlow Nancy Rollins	31:33	Diana Tracy	17:15
Christina Kacperc	zvk36:31	Sandy RobbinsSnyde Lorraine Caldwell	18:18
Donna Drake Bette Taylor	42:34 45:29	Leslie Lewis	18:24
Patricia Evans		Sherri Hall Loi Coker	18:27 18:54
none Rarbara Schoolman	47.40	Mary Ryzner	19:03

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Oth of	the month prior to issue o		1 1 1
	Robert Trame Vasilis Kondylis	16:40 16:47	1
M45		16:51 16:22	1
	Bob Betancourt Daniel Kelly	16:28 16:51	2
	Fred Shufflebarger Mike Creery	17:00	2
	Don Irvine	17:21	2
	Donald Ocana Thom McHale	17:23 17:25	200000
	Terry Martin Ron Ogilvie	17:35 17:39	
M50	Jan Frisby Tom Curry	16:17	2
	Tuan Cabona	16:36 17:12	3
	Wayne Mitchell Don McCarthy	17:26 18:04	
		18:04 18:21 18:24	
	Jim Williams	18:28	4
	Robert Seldner Sim Sydner	18:33 18:40	20
M55	Thom Weddle Carlos Valle	17:14 17:38	
	Derek Wharton George Cohen	18:02 18:13	
	Tom Morrow	18:49	D
	Roman Hubersen Benny Holt	18:54 19:22	P
1	Gamma Chavez Byron McIntosh	19:27 19:34	N
M60	Bill Crum	19:39 17:52	
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	Bruce Katter Robert Culling	19:10 19:43	
	Jim Hilton	19:43	N
	Bob Rice Ramon Sandoval		
M65		20:07	N
H	Jim O'Neil	20:02	,
	Pat Devine R O Olivares	20:19 20:46	-200
	R O Olivares Jerry Crockett Efrian Sanchez Larry Banuelos	21:02	'
M70	Larry Banuelos Tejada Vergara	20:45	100
	Jim McCown	21:51	T
	Daniel Lujan	24:03 25:02	1
M75	Donald Dilworth Robert Kroger	27:07 27:57	20
19	Wayne Zook Hal Elrick	28:02	O E
M80	Walt Kuetzing	29:02 28:15	B
	Dudley Healy Robert Rice	30:03 43:16	M
W40		17:15 17:37	N
	Diana Tracy Sandy RobbinsSnyde	er18:14	
	Lorraine Caldwell Leslie Lewis	18:24	1
	Sherri Hall Loi Coker	18:27 18:54	N
	Mary Ryzner Vicky Roberts	19:03	N
	Shelley Sumner	19:19	1
W45	Joni Shirley	18:26	1
	Debby Jamieson Barbara Spannaus	19:13	1
	Marilee Ramsay	20:55	1
	Kerry Tabler	21:02 21:32	,
W50	Danielle Cane Rae Baymiller		1
	Joan Ottaway Kathy Loper		1
	Margaret Neville	21:00	1
	Mary Orr Ursula Rains	22:12 22:16	
	Inge Harper	23:19 23:25	
W55	Yvette Lavigne	20:41	9
	Eileen Pue Judy Martin	21:32 24:33	1
	Helen Lighterink Sharon Leitner	25:20	
W60	Gerti Holtslag	25:48 22:23	1
	Ruth Mangrum	27:45	
	Maxine Brown Hazel Phillips	29:20	1
W6	5 Ruth Anderson Stella Sharp		1
WZ	Lillie Doss 0 Mary Storey	32:51 26:51	
"	Jo Kiesecker	27:43	-
W7	Gerry Davidson 5 Judy Simon	27:48 31:39,	1
	Marjorie Easton Ruth Lewis	44:43 45:29	1
دو	Andama Co		18

Place & Na	<u>ume</u>	Sex-Age	Tin
	Baymiller	W51	17:
2 Joan Ot 3 Doug Be	11	W50 M44	18:
4 Frances 5 Norm Gr	sjon Gailson reen Jr	M41 M62	15:
6 Tom Cur	rry	M50	16:
7 Jan Fri 8 Carlos		M50 M59	17: 17:
9 Thom We	eddle	M56	17:
11 Honor F	Stephenson Setherston	M40 W40	15:
12 James 7	Petherston Pracy	M44 M59	15: 18:
13 Derek V 14 Jim O'N	Weil	M69	20:
15 Sam Haj 16 Roger 7	Dimagonia	M44 M41	15: 15:
17 Greg G	ustafson	M40	15:
18 Alexand	dria Brava tancourt	W46 M47	18:
19 Bob Bet 20 Diana	Tracy	W40	17:
22 Arturo	Linde Rodriguez	M66 M45	19:
23 Juan Ca 24 Tejada	abeza	M51 M73	17:
25 Sandy I	Robbins Sydne	er W43	18:
26 Peter 1 27 Daniel	Mogg Kelly	M40 M48	15:
27 Daniel 28 Larry I 29 Harold	Banuelos	M70 M41	20
30 Joni Si	hirley	W48	16
31 Peggy 1 32 Sherri	Ainslie Hall	W63 W43	22 18
33 Perry	Linn	M43	16
34 Jim Mc	2 / 1 / 1 / 1 / 1	M73	21
40.00	EAST		2
	n-Mohawk R Marathon	RC	186
Alban	y, NY; Feb.	26	Child
Overall Desta Ayeer	new 12	2:49:23	2
Pam Alexan	der 36	3:18:30	1
M40 Peter	Gerardi	2:53:01	196
	andifer el Pruett	2:53:11 3:04:00	
	Holm	3:08:53	
	Bagnoli	3:11:12	
	ard Davis or Goulet	3:12:54 3:15:57	
	is Mach	3:42:08	
Adan	n Sulkowski	3:49:22	
March Committee of the	Mond h Vinci	4:09:44 3:43:13	
	Conklin	3:45:44	
	e Rindenello	3:53:18	13
W45 Pat R W50 Barb	kose ara MacArthur	4:01:49	
	mary Rusin	3:57:54	
Bethesda	Chase 20K/5	5K/20K	
Bethe	Racewalk sda, MD; Ma	r. 5	
20K Overall			
Eric Woroni	ck 23	1:06:27	
	ard-Lopez 35		18
M40 Paul Ed Ry		1:09:30	
	ett Beach	1:12:50	-
	ert Tolbert	1:15:44	13
	Abbott	1:24:36	Sep.
M55 Chan	Robbins	1:23:44	
	Schmid	1:36:16	Section 1
	ge Waxter Morrison	1:42:15	
	Osburn	1:48:06	
Frank	Pierce	1:51:02	
	geanne Welde lumphries	1:32:25	1
Judit	h Bugyl	1:32:31	
W50 Share	on Dolan fet Chatterton	1:31:32	1
W55 Judit	h Flannery	1:42:11	1
W60 Kay	Morrison	2:06:29	
5K Overall			100
Ted Poulos		18:07	
Maureen B	in Roberte 41	21:25	
M50 Fred	Bernstein 51	25:05 21:23	
M60 Care	y Kerby 66	32:02	1 1
M/U AIVI	in Guttag 76 lette Becke 41	41:22 22:53	
W50 Julia	a Gilje 54	32:30	
20K Racev			
James Mor Alan Price		1:58:49	
James Gold	dstein 46	2:08:06	
Lois Decke Newlie He		2:31:02	1
William O	Reilly 69	2:36:59	
1	20	TO WE	1
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The state of the s								
USATF National Masters 5K Championships Age-Grading								
Place & Name S	Sex-Age Time	A-G%	35 Yvette Lavigne	W55	20:41	83.61		
Trace a rane	ex-rige This	N-04	36 Mike Allison	M43	16:30	83.48		
1 C Pag Parmillor	W51 17:57	92.7	37 Bruce Minard	M40	16:09	83.46		
1 S Rae Baymiller 2 Joan Ottaway	W50 18:08	90.9	38 Wayne Mitchell	M50	17:26	83.3		
3 Doug Bell	M44 15:17	90.8	39 Lorraine Caldwe		18:18	83.27		
4 Francesjon Gailson	M41 15:00	90.5	40 Bill Dodson	M60	19:03	83.12		
5 Norm Green Jr	M62 17:52	90.4	41 George Cohen	M55	18:13	83.10		
6 Tom Curry	M50 16:17	89.7	42 Sal Salmi	M40	16:14	83.0		
7 Jan Frisby	M50 17:38	89.2	43 Dale Fleet	M41	16:23	82.86		
8 Carlos Valle	M59 17:38	89.0	44 Fred Shuffleba		17:00	82.85		
9 Thom Weddle	M56 17:14	88.6	45 Pat Devine	M66	20:19	82.83		
10 Lloyd Stephenson	M40 15:19	88.0	46 Bob Culling	M63	19:43	82.73		
11 Honor Fetherston	W40 17:15	87.6	47 Kathy Loper	W52	20:19	82.67		
12 James Tracy	M44 15:55	87.2	48 Vasilis Kondyl		16:47	82.67		
13 Derek Wharton	M59 18:02	87.0	49 Bruce Katter	M60	19:10	82.61		
14 Jim O'Neil	M69 20:02	86.91	50 Mike Creery	M47	17:16	82.2		
15 Sam Haji	M44 15:58	86.9	51 Leslie Lewis	W40	18:24	82.1		
16 Roger Tumasonis	M41 15:38	86.8	52 Debby Jamieson	The second secon	19:13	82.0		
17 Greg Gustafson	M40 15:35	86.5	53 Ron Ogilvie	M49	17:39	81.7		
18 Alexandria Brava	W46 18:26	86.3	54 Roman Hubersen	With the second second	18:54	81.5		
19 Bob Betancourt	M47 16:28	86.2	55 Robert Trame	M41	16:40	81.46		
20 Diana Tracy	W40 17:37		56 George Vernosk		20:14	81.43		
21 Gunnar Linde	M66 19:41	85.5	57 Terry Martin	M48	17:35	81.3		
22 Arturo Rodriguez	M45 16:22	85.4	58 Pat Devaney	M40	16:35	81.28		
23 Juan Cabeza	M51 17:12	85.1	59 Tom Morrow	M56	18:49	81.16		
24 Tejada Vergara	M73 21:31	85.07	60 Scott Rosenlie		16:51	81.15		
25 Sandy Robbins Sydner		84.98	61 Nick Hernandez	M40	16:37	81.1		
26 Peuer Mogg	M40 15:52	84.95	62 Don McCarthy	M51	18:04	81.06		
27 Daniel Kelly	M48 16:51	84.87	63 Norton Comptor	M40	16:38	81.04		
28 Larry Banuelos	M70 20:45	84.87	64 Donald Ocana	M46	17:23	81.0		
29 Harold Ketting	M41 16:02		65 Robert Seldner	M54	18:33	80.9		
30 Joni Shirley	W48 19:09		66 Thom McHale	M46	17:25	80.87		
31 Peggy Ainslie	W63 22:23		67 Jim Williams	M53	18:28	80.6		
32 Sherri Hall	W43 18:27		68 Don Irvine	M45	17:21	80.56		
33 Perry Linn	M43 16:25	83.90	69 Skyler Jones	M42	16:59	80.5		
34 Jim McCown	M73 21:51	83.8	70 Jim Hilton	M60	19:43	80.3		
Management CACT				The second second				
EAST			X 5K Run		Beltra			
Hudson-Mohawk RR	C .		, NY; Mar. 5	W55 Edith		38:19		
Marathon	Ove	erall		Joan Bo		39:39		
The same of the sa		ian Ronan	15:51	May Che				
Albany, NY; Feb. 2	THE RESERVE TO SERVE THE PARTY OF THE PARTY	na Alvoran		W60 Lisa P		36:28 39:13		
Overall	M4	Frank Ru		W65 Toshik				
The state of the s	2:49:23	Roger Ge		Muriel		45:09		
		Philip L		Finishers:	Control of the Contro			
	Total Control of the	5 Victor M				wNE7mph/clr		
Value of the second sec	2:53:01	Robert M		meather: 3	0 /11038/	war /mpri/cir		
Ed Sandifer	2-53-11	Bill Mil	ler 22:03	STATE OF THE PARTY	*	The same and the same of		

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	Lead IX 5K Run	
	Levittown, NY; Mai	r. 5
Over		DO NOT
	n Ronan	15:51
	Alvorano	18:05
M40	Frank Russo	18:08
	Roger Gengo	18:26
	Philip Lilli	18:39
M45	Victor Medina	19:08
	Robert Magliola	19:12
	Bill Miller	22:03
M50	Maury Dean	17:57
	Bob Pike	18:20
	Seth Kaminsky	18:56
M55	Joe Cordero	19:18
	Richard Chester	21:39
	Jim Murphy	21:54
M60		20:59
	Bill Oberg	23:29
and the same	Gus Likos	23:53
M65		21:33
	Bert Jablon	23:47
	Odd Sangesland	25:38
	+Cliff Gulbransen	27:22
W40	Andrea Otto	21:34
	Mary von Bevern	22:34
33.64	Nancy Bernardin	23:25
W45	KerryAnn Massett	21:09
	Teresa Machmer	32:58
	Karen Kass	34:34
W50		25:54
	Joan Ackerman	29:34
	Martha Lanfear	31:27
W55	Jeanette Blitz	28:03
	Mickey Stelling	30:19
	Jean Venturini	31:35
W60	Janice Hirsch	53:53
	1100 finishers	
	42°/wN15mph/dry	

Annemarie Koschier W50 Lillie Smith

Patty Parmalee

37:16 40:03 36:48 38:24

Nancy Bernarum 23.23	THE R. LEWIS CO., LANSING MICH. LANSING MICH.
W45 KerryAnn Massett 21:09	W45 Diane Wagner 42:25
Teresa Machmer 32:58	W50 Susan Caccuitto 48:33
Karen Kass 34:34	W55 Eiko Bogue 51:24
W50 Erica Gassen 25:54	W60 B J Stolie 59:22
Joan Ackerman 29:34	
Martha Lanfear 31:27	W65 Regina Tumidajewi 48:51
W55 Jeanette Blitz 28:03	NYRRC Brooklyn Half-Marathon
Mickey Stelling 30:19	NTRRC Brookly I Hall-Maracion
Jean Venturini 31:35	Prospect Park, NYC; Mar. 12
W60 Janice Hirsch 53:53	Overall
1100 finishers	Trevor Murray 29 1:09:00
42°/wN15mph/dry	Katherine Damon 33 1:24:45
	M30 Tim Cooney 31 1:13:14
NYRRC Al Gordon Five Miler	James Morgan 36 1:14:57
Central Park: Mar. 5	Ed Bridge 34 1:15:02
Overall	M40 Sean Doyle 1:15:40
The second secon	Jack McShane 1:16:15
	Keith Sullivan 1:21:58
	M45 Nicholas Caswell 1:15:40
Wayne Pizarro 32 26:51	Robert Briglio 1:17:54
	Jack Porzio 1:20:32
	M50 Luis A Flores 1:24;12
	Dennis Howe 1:27:00
John Ghiggeri 29:25	Thomas McGee 1:27:54
Ed Nolan Jr 29:28	M55 Joe Diiorio 1:30:39
M45 Jack Porzio 28:44	Philmore Brewer 1:31:44
John Ferrero 30:11	Ramon Ruiz 1:32:31
Mike Wilson 30:15	M60 Richard Murphy 1:27:05
M50 Hugh Sweeny 28:32	Ken Jones 1:33:08
Pat Cosgrove 29:51	George Reilly 1:36:41
John Courtmanche 31:09	M65 Hector Pacheco 1:34:05
M55 Mike Goldman 32:29	John Corrigan 1:42:19
Ramon Ruiz 32:33	Charles Safran 1:46:44
Everett Huntoon 33:44	M70 Bob Muller 1:46:16
M60 Martin Winter 32:56	Sab Koide 1:55:21
George Reilly 35:04	
Stuart Witt 36:29	Philip Vale 2:00:29 M75+Wilfredo Rios 78 2:09:57
M65 Hector Pacheco 34:48	Andrew Neidnig 752:16:33
Jack Haar 36:32	
Leslie Clark 41:42 M70 John McManus 36:08	Charles Feldman792:20:04 W30 Barbara Remmers311:27:09
C-L W-13	Wendee Pratt 33 1:28:58
	Carmen Jimenez 351:29:14
	W40 Kathy Gribbon 1:27:24
	Marie Wickham 1:34:06 Joan Baldassari 1:34:22
W20 D	Joan Baldassari 1:34:22
	W45 Lee Saroken 1:43:19
0	Mary Spera 1:43:56
WAO Kathy Cribbon 35 32:35	Susan Hale 1:44:26
W40 Kathy Gribbon 31:26	W50 Marjorie Kos 1:43:10
Wendy Silverstein 33:56 Diane O'Donnell 34:51	Carol Hasan - 1:48:37
WAE C.	Susanna Beltrandi1:50:15 W55 Edith Jones 1:48:07
Camal	
Appearing Keepling	Naomi Vogel 2:07:15 W%0 Lisa Praskins 1:41:06
Annemarie Koschier 40:03	Who Lisa Praskins 1:41:06

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Continued on next page

St. Paddy's Day 8K Poestenkill, NY; Mar. 11

24:41

27:59 26:10

27:48 30:56

31:07

36:51

34:00 34:00

31:41 42:25 48:33 51:24 48:51

Overall Dave Twarog 35

M55

Jennifer Fazioli 14 M40 Dale Keenan

M50 Edward Bown Ray Newkirk

M60 Ray Breen Dick Green M65 Edward Doucette W40 Karen Provencher

Dennis Englert

M45 Pat Glover

May, 1995		National N	hasters News	图	page 45
Continued from previous page	NYRRC Powerbar 20 Mile Run	W60 Sally Schuckman 2:12:01	Suzanne Murphy CA 3:33:10	Joe Siever 45:55	Gate River Run 15K
Rosa Nales 1:53:32	Central Park, NYC; Mar. 26	W60 Sally Schuckman 2:13:01 W65 Ethel Autorino 2:04:23	Mary-Claude FiauxSUI 3:34:52	M50 Richard Quevillon 36:32	Jacksonville, FL; Mar. 11
W65 Ethel Autorino 2:01:25	Overall	Bertha McGruder 2:22:15	B King MD 3:34:57	Dan Hyre 38:12	M40 Nick Rose 46:14
Cassie Bazar 2:12:35	Shawn Marcelle 29 1:54:32	Finishers: 740m/197w	Katejio Niimura JPN 3:35:58	Richard Jackson 39:44	Paul Stemmer 50:17
Bertha McGruder 2:22:47 Finishers: 856m/284w	Lori Stich 24 2:12:16	Weather: 40°/clr/sunny	Jayne Grout NY 3:36:59	M55 John Grant 38:44 Kent Morse 40:29	James Rasch 50:19
Weather: 42°/clr/breezy	M30 Timothy Dunlap 38 1:57:04	5K Overall	W60+ Wen-Sh1 Yu NY 3:26:32	Dick Mischiard 40:52	Andy Lyle 50:42 Jim Scheckel 50:51
	Tom Bowmaster 35 1:57:18	Geoffrey Buchan 26 15:57	Unofficial results.	M60 Franklin Robiltusie39:06	Frank Reynolds 52:21
Newark Distance Classic 20K	Peter Allen 34 1:57:59	Siobhan Murphy 24 19:34	Remainder next month.	John McGowan 41:06	Mark McGarity 52:46
(USATF NJ Championships) Newark; Mar. 12	M40 Dan Brannen 2:08:19	M30 Michael Crowe 35 16:30 M40 Luis Oquendo 18:09	COUTHEACT	M65 Myron Meyer 41:52	M45 Tom Donahue 49:54
M40 George Shurter 1:11:54	Andy Burek 2:09:05	M45 Jo Featherston 17:35	SOUTHEAST	Pat Gallagher 45:42	Jack Fultz 52:38 Terry Hayden 54:26
Bill Plough 1:12:10	Jeffrey English 2:10:18	M50 Ben Grundstein 18:28	Pomoco Group/Hampton	John Mitchell 46:38	Stephen Sipes 54:26
Kelly Jensen 1:13:55	M45 Robert Briglio 2:00:41	M55 Mike Goldman 19:56 M60 Carlos Morales 24:14	Coliseum Half-Marathon	M70 Carl Hammen 46:33 Bill Pass 52:45	Pat Gaughan 55:20
M45 Bill Pape 1:14:18	Brenoit Jadoul 2:14:03	M65 Jack Ryan 23:50	(RRCA Eastern Regional	M75 Stan Chichester 66:10	Hollis Fennell 56:39
Joe DeJames 1:16:41 Antonio Grazina 1:17:14	Julio Aguirre 2:16:07	M70 John McManus 22:08	Championships) & 5K	M80 Ray Grills 80 60:57	M50 Anson Clapcott 53:49 Ron Hough 58:40
M50 Pat. Cosgrove 1:17:44	M50 Efrain Torres 2:11:25	M75+Charles Feldman 79 31:14	Hampton, VA; Feb. 12	W40 Sheri Haupt 46:33	Frank Frazier 58:47
John Nowatkowski 1:23:11	Ken Nomiyama 2:17:46	W30 Leda Sabio 30 23:42	Overall Kevin Ruch 30 1:05:42	Anne Van Meyer 47:43 ' Amy Webber 47:53	Grady Smith 60:32
Jeff Martin 1:23:19	Dennis Howe 2:19:19 M55 Joe Diiorio 2:20:53	W40 Evelyn Franky 20:13 W45 Gilda Serrano 25:59	B G Barnard-Lopez 35 1:16:27	W45 Joyce Rankin 40:47	David Ohnsman 60:33
M55 Victor Cruz 1:21:03 Scott Marsh 1:25:42	Robert Mitchell 2:28:41	W45 Gilda Serrano 25:59 W50 Wendy Burns 23:13	Top M40+	Candace Yelton 48:56	M55 Rex Reed 55:37 Andrew Sherwood 59:05
Don Bozzone 1:27:21	Alberto Ocampo 2:31:23	W55 Joan Bondell 23:25	Terry Permar 40 1:09:45	Etsuko Teshima 50:39	Charlie Lamkin 63:24
M60 Joe LaBruno 1:33:50	M60 Richard Murphy 2:19:28	W60 B Bellinghausen 22:57	Paul Peterson 40 1:11:44 Don Slusser 43 1:16:50	W50 Diane Leach 46:03 Phyllis Siskel 49:02	Matt Ross 63:54
Stan Chodnicki 1:35:53 M65 Charles Marti 1:48:14	Elpidio Rivera 2:26:00	W65 Dolly Finkelstein 27:47 Finishers: 126m/61w	Top M50+	Eileen Gizeen 50:48	M60 Joe Nettles 66:10
M70 Lester Ridings 1:39:37	M65 Hector Pacheco 2:22:32		Ben Dyer 51 1:20:08	W55 Georgia Allin 51:51	Don Boardman 66:24 Richard Mines 68:17
M80 Dudley Healy 1:53:34	Patrick McElroy 2:43:10	Boston Marathon	M40 Frank Faykes 1:17:14 Larry White 1:17:41	Barbara Frasca 53:46 Sandy Depenbrock 55:43	M65 Jim Blount 63:46
W40 Joyce Hayes 1:26:44	Charles Safran 2:44:07	April 17	Rudolph Pekarek 1:18:34	Sandy Depenbrock 55:43 W60 Bettine DeLea 60:40	Myron Meyer 64:38
Jane Parks 1:28:43 Kuniko Hurley 1:30:55	M70 Philip Vale 3:14:22	Overall Name Name 2 200 22	M45 Bill Hart 1:17:00	· W65 none	Bob Carr 71:08
W45 Betty Conover 1:25:42	Sab Koide 3:19:10 M75 Wilfredo Rios 3:33:55	Cosmas Ndeti KEN 2:09:22 Uta Pippig GER 2:25:11	Tim Sponseller 1:17:19	W70 Melanie Paschal 72 60:46	M70+Bart Ross 72 75:45 Joe Connolly 70 75:52
Lily Kosaka 1:32:57	M75 Wilfredo Rios 3:33:55 W30 Patrice Kentner 33 2:15:39	M40-49	R F Beauchamp 1:18:10 M50 Moses Mayfield Jr1:20:13	from C Hammen	Chuck Ellis 72 81:49
Chiara Becchi 1:37:52	Deborah Barnett 35 2:21:27	Martin Mondragon MEX 2:16:29	Jack Sornberger 1:21:04	Reedy River 5/10K	W40 Rebecca Woolley 55:22
W50 Ann Gillespie 1:36:13 Celeste Fondaco 1:43:32	Wendee Pratt 33 2:23:57	Barnabas Katui KEN 2:19:31 Yuriy Mikhailov RUS 2:19:37	John Haubert 1:23:53	Greenville, SC; Mar. 4	Diana Tracy 55:59 Nancy Grayson 56:40
W65 Toshiko d'Elia 1:44:30	W40 Sharon Vos 2:16:08	Artemio Navarro MEX 2:20:31	M55 Chan Robbins 1:30:08 Bob Ferguson 1:30:35	<u>5K</u>	Christine Mette 58:06
Age-graded Performance	Kathy Gribbon 2:18:57	Kipsubai Koskei KEN 2:20:46	Dick Jamborsky 1:30:52	Overall Brian Clark	M45 Judith Hine 56:14
1 Pat Cosgrove 54 1:07:49 2 Bill Pape 47 1:08:46	Joan Baldassarri 2:29:25	Herbert Steffny GER 2:21:38	M60 Tom Ray 1:32:49	Brian Clark 16:03 Dian Ford 18:55	Joyce Rankin 62:37 Carolyn Mather 62:57
3 George Shurter 40 1:10:03	W45 Jude Tallichet 2:27:43	Jairo Correa COL 2:23:48 Vladimir Krivoy UKR 2:25:12	Bill Spruill 1:36:47	· M40-49	Patt Sher 63:34
4 Rory Moore 42 1:10:18	Lily Kosaka 2:33:27	Doug Kurtis MI 2:30:05	M65 Neil Wilson 1:42:19 Roy Elder 2:05:55	Steven Gales 18:28	M50 S Rae Baymiller 57:36
5 Bill Plough 40 1:10:19	Flora Flores 2:41:27	John Trettin CA 2:32:44	M70+Robert White 71 1:38:48	Jonathan Merrill 20:01	Elfrieda Wyner 64:17 Angela Vannall 71:17
6 Victor Cruz 55 1:10:20	W50 Marjorie Kos 2:45:54	Terry McCluskey OH 2:33:32	Cokey Daman 76 1:50:55	Larry Koba 20:55	Angela Vannall 71:17 Bonny Wolff 71:45
1 Betty Conover 46 1:18:38	Carol Hasan 2:56:30	Paul Peterson MD 2:33:32	Top W40+	Jeff Ethington 21:20	M55 Susie Kluttz 69:56
2 Toshiko d'Elia 65 1:19:03 3 Joyce Hayes 40 1:23:42	Angela Conte 3:05:06 W55 Edith Jones 3:00:12	Kenneth Wilson NM 2:35:03 Leonid Moseev RUS 2:35:25	Rose Malloy 46 1:24:26 Sue Given 42 1:26:02	David Hall 21:40	Donna Hiatt 74:52
4 Jane Parks 42 1:24:13	Billie Moten 3:29:27	Joseph Knap OH 2:35:33	Jeanne Kruger 47 1:30:44	M50-59	Dot Skofronick 80:20 W60 Helen Ramos 86:36
5 Ann Gillespie 51 1:24:25		John Zupanc WI 2:35:47	Top W50+	Bill Ball 21:18	Mary Specking 89:38
6 Kuniko Hurley 44 1:24:52 from Madeline Bost	Run For Aspire 10K	Richard Weeks TN 2:35:56 Stephen Jayson TX 2:36:13	Joyce HodgesHite 57 1:47:40 W40 Betty Blank 1:31:06	Dann Shoaf 21:44	Carolyn Hoffman 92:48
The second secon	Plainview, L.I., NY; Apr. 1	Robert Ruel MA 2:36:24	Linda Gulick 1:32:20	Ron Davis 23:04	W65 Irene Herbertson 87:29 Pat Phillips 99:03
Shamrock 3 Miler	Overall Julian Giradlo 32 30:34	Masato Ono JPN 2:36:33	Rona Altschuler 1:32:33	Peter Warner 23:40 George Tambini 24:09	Ivy Sloan 99:44
Southampton, NY; Mar. 19	Christine Gentile 25 35:31	M50-59	W45 Jeanne Bowers 1:37:24 Mary Pyne 1:41:52	M60+	W70+Gloria Laws 72 1:52:35
Overall Toby Green 16:15	M35 Don Di Donato 31:18	Richard Crampon CAN 2:35:43 Oddvar Hausken NOR 2:38:56	Mary Pyne 1:41:52 Pat O'Brien 1:49:10	Mac Buccing 21:54	Edna Laws 70 2:02:57 Edna Wolfe 73 2:07:13
Barbara Gubbins 17:22	M40 Paul Mascali 31:56 M45 Jack Porzio 35:11	Hal Goforth CA 2:39:08	W50 O C Thompsen 1:55:33	John Gant 33:32	
M40 Jim Walsh 2nd 16:50	M50 Hugh Sweeny 35:06	Ken Sparks OH 2:41:39	Lynn Cooper 2:00:27	W40-49	Spring Fever 10K
Dave Oakley 17:34 M50 Maury Dean 17:16	M55 Mel Cowgill 38:41	Monserrate BurgosMA 2:42:39 Jack Miller CAN 2:45:48	W55 Pauline Ely 2:08:26 W60+Alice Wilson 60 1:59:57	Octavia Childres 23:32	Mobile, AL; Mar. 18
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Merle Spaulding

M45 Gary Tuttle Hernan Sanchez Don Chadez

Jim Pool M50 Jan Frisby Juan Cabeza Wayne Mitchell

Don Gillman

M55 George Cohen David Rusher Derek Wharton M60 Gary DeFrance Paul Saucedo

Ross Stephens Pat Devine Leonard Walts Marvin Warren

M70+Larry Banuelos 70 John Cahill 70

W40 Leslie Lewis Jan McDowell Carly McFetridge Laurie Hahn

W45 Debby Jamieson Linda Frisby Merrie English

Sue Robbins
W50 Nancy Ten-Berge
Penny Tyree
Ursula Lehmann

W55 Joanne Manning Pat Herr

Madelen Espinosa Arlene Mally W65 Maruko Sibata Lillie Doss W70+Mary Storey 70

W70+Mary Storey 70 Yayoi Nonaka 72

Overall
Danny Gonzalez
Linda Somers
M40 James Tracy

Lloyd Stephenson
Dan Sauers
M45 Charles Thompson
Bill Knapp
Frank Ruona

M50 Ewar Gordillo Dan Preston Mike Ammon M55 Sal Vasquez

MSS Sal Vasquez
Karl Griepenburg
Bernie Hollander
M60 Carl Ellsworth
Mark Kimble
William Flodberg
M65 Mike Flannery
Dick Yaeger
Ken Nash

Gary Toji 62:07 Frank Cunningham 63:09 W40 Elizabeth Edwards 47:52

Kathy Ward Joann Dahllkoetter Cynci Calvin Danielle Cane

Irene Herman W50 MelodyAnne Schultz. MaryJo Feeney Edda Stickle

W55 Eve Pell Louise Walters Joan Reiss

Jo Sullivan Julia Scheberies

W65 Margarethe Styskel Ruth Anderson Margaret Hourigan M70 Po Friars Adams

Judy Golding 81:00 Annabell Marsh 1:40:29 NORTHWEST **ORRC 30K Championships** Champoeg State Park, OR; Feb. 11

W60 Myra Rhodes

Overall Larry Gower 33

Deanna O'Neil 30

M45 Rex Surface

M40 Mark Mochon Allen Boyce

Douglas Hinz Mike Gangwer

Arlyn Clinton

Tom Maloney

Dave Mc Junkin

Stephen Freitas

Chuck Cammack

Vince Wilson

Dale Vaughan

Richard Latour

Continued on next page

M50 Russell Cwalinski

Bill Fallon

Ken Nash M70 David Valles

Alyse Streitberger 30:00 W60 Chieko Allwein 24:44

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M55 Mel Williams 30:47	Libby Shipp 42:51	W50 Rosalia Gehling 3:40:55	Glen Helenga 51:01	M55 Derek Wharton 38:38
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Dick Johnson 34:02	Diane Kohrman 51:19	W55 Marge Potter 4:00:34	Bill Barton 54:08	M60 Philip Erath 39:57
Charles Flynn 34:26	W55 Susie Kluttz 46:43	Midge Goodrich 4:02:02	M70 Robert McIntyre 49:52	Robert Lyons 42:50 Milton Strief 46:59
M60 Charles Rose 62 29:39	Patricia Rhode 48:57	W70+Mary Caro 72 5:43:07	Jim Southard 52:26	M65 Bob Koch 45:06
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Buddy Barnes 73 69:59	Nancy Bell 60:14 W70+Margaret Wright 73:12	Fleet Feet Fermes3:24:56	Forest Hill 1:14:04	Lud G1bbons 76 77:23
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Maureen DeStCroix41CAN 29:21		5-Person Relay	Sidney Smith 1:31:04	Blyth Matauoka 44:42
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Pamela Williams 40 LA 29:58		The Zipsters 2:43:51	Nancy Donehower 44:17	Yoko Eichel 42:06
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W40 Nancy Sheppard 1:23:01	M60 Dick Wilson 38:12	Reggie Miller 27:31	W65 Charlene Ricketts 1:02:15	M70 Gary Toji 71 49:02
W45 Cathy Tooker 1:21:31	M65 Bill Kephart 54:27	W50 Paula Carroll 27:50 Patty McCullough 30:06	Vivian Gardner 1:18:14	David Valles 71 50:51
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Laura Lamena-Coll 33:58 Top M40+ Wilson Waigwa 46 KEN 30:33 Dave Moorcroft 41 GBR 30:58	Austin Marathon Austin, TX; Mar. 5 Overall Jose Iniquez 29 2:16:27 Andrea RatkvcBownan292:40:19	M40 Eric Parker 29:30 M50 Donald Toscano 29:54 M60+Fred Thibodeaux 34:18 W40 Debbie Smith 33:52 W50 Karen Kloiber 36:10	Mary Jean Springer 1:32:15 WEST St. Patrick's Day 5K San Diego, CA; Mar. 11 Overall	W50 Joan Ottaway 51 37:27 Maria Rizzo 50 44:50 Gail Goettelmann 50 47:37 Luise VanNess 56 49:49 M60 Isabel Verduzco 62 52:30
Laura Lamena-Coll 33:58 Top M40+ Wilson Waigwa 46 KEN 30:33 Dave Moorcroft 41 GUR 30:58 Doug Kurtis 43 MI 31:48 Charles McMullen 43 NY 31:59	Austin Marathon Austin, TX; Mar. 5 Overall Jose Iniquez 29 2:16:27 Andrea RatkvcBownan292:40:19 Top Men Masters (40-59)	M40 Eric Parker 29:30 M50 Donald Toscano 29:54 M60+Fred Thibodeaux 34:18 W40 Debbie Smith 33:52 W50 Karen Kloiber 36:10 W60+Rhea Snyder 35:04	Mary Jean Springer 1:32:15 WEST St. Patrick's Day 5K San Diego, CA; Mar. 11	W50 Joan Ottaway 51 37:27 Maria Rizzo 50 44:50 Gail Goettelmann 50 47:37 Luise VanNess 56 49:49 M60 Isabel Verduzco 62 52:30 Joy Johnson 68 53:23
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	Dick Stones	3:31:15	Elisabeth Cooper	36:
	Gary Nichols	3:34:45	Ingrid Coleman Monika Hunscher	36:
2	Larry Packwood	3:38:09	W50 Judy Ziemer	36:
M6		3:14:09	Lynn Bell	41:
	Bruce Katter	3:17:19	Anne Richardson	45:
100	Larry Webster Max Jones	3:35:10 3:14:20	Judy Wunsch	45:
	Bob Dolphin	3:37:28	W55 Rose Nichols	39:
M7		4:26:53	Kathy Wintrip	40:
	Harold Copeland	4:27:23	Barbara Jarvis	41:
W4	O Jeri Botsford	3:31:06	W60 Josie Coffey	40:
100	Betty Wagner	3:38:11	Barbara Olafson	41:
(F)	Joy Cleaver	3:46:01	W65 Betty Glasnapp W70 Jane Brown	73:
	Shirley Shaw	3:54:01	W70 Jane Brown	56:
4	Denise Doney	3:59:44	INTERNATIO	NA
	Vicky Turel	4:04:28	Acres de la constantina della	
W4	And the second s	3:48:06	British Veterans Athle	
	Gay Stryker	4:16:08	Federation Cross-Cou	
	Edna Naillon	4:16:34	Championships (10K)	
	Joyce Hockensmith Gail Matthews	4:23:05 4:30:44	Scotland, Mar. 18	
WS		4:30:44	M40 Barry Attwell M45 Colin Youngston	36:
The ball	Lanna i luston	1.07.31	1 M43 COLLIN TOUNGSTON	37:

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WSS	Karen Hagenborg	4:50:18	M50 Roger Highnam	38:48
1700	Darlene Deering	5:57:57	M55 Steve James	38:50
8K	to the second second		M60 Hugh Rankine	41:30
Overa	<u>ll</u>		M65 William Marshall M70 James Johnston	46:37 29:55
Greg	Gustafson 39	23:42	M75 Dennis Fyers	28:53
	Guthrie 38	28:15	M80 Gordon Porteous	32:03
M40	Mark Mochon	25:59	W35 Theresa Dyer	21:24
14 18	Carl Sniffen	26:15	W40 Elizabeth McGarry	24:45
× .	Steve Israel	26:49	W45 Felicity Garland	23:52
Action	Erick Lindbergh	27:35	W50 Jacqueline Byng	24:47
	Ron Heintz	27:48	W55 Maureen Gallacher W60 Lola Small	32:09 29:12
3	Randy Polhamus	29:29		
M45	Ren Gallier	29:04	London Marathor	
14143	Russ Weeks	29:05	London, England; Ap	r. 2
100	Randy Boose	29:20	Overall Overall	
The state of	Jeff Conboy	30:25		:08:30
100		The state of the s	Malgorza SobanskaPOL 2	
M50	Jim Beatty	30:34	M40 Nick Rose GBR 2 M45 Chris Hughes GBR 2	:22:32
MISU		26:20		:28:45
	Robert McKibben	27:14		:50:54
200	Keith Templeton	28:41	M60 Gordon Booth GBR 2	
" 學 生	Ed Zimmerman	29:01	M65 Alan Barker GBR 2	
APPL	Leonard Jetton Jr	29:32	W35 R Kokowska POL 2	2:30:35
M55	Calvin Alsleben	28:43		2:31:35
No.	Robert Richardson	33:14	W40 MarianeHalderNOR 2	
100	David Rogers	33:34	W45 E Robinson GBR 2	
	Chuck Johnson	35:11	W50 SandyHoughtonGBR 3 W55 Jenny Porter GBR 3	
	Herbert Cox	38:11		3:45:10
M60	Jack Keener	31:03	W65 EileenQuintonGBR	
Edward !	Richard Olafson	33:45	W70 Jose Waller GBR	
	Bob Carey	34:29		
100	Reb Wickersham	34:35	RACE WALK	MG
M65	Al Vernon	36:18	ORRC 10K Racewal	
14105	Kenneth Weidkamp		Champoeg State Park,	
3	Kenneth Weldkamp			
	Val Hickerson			· · · ·
M70	Val Hickerson	44:07	Feb. 11	
M70	John Keston	44:07 29:13	Feb. 11 Doug Vermeer 41	1:00:23
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200	John Keston Joseph Mallon Reitha Weeks Pamela Polivka	44:07 29:13 43:50 31:55 32:27	Feb. 11 Doug Vermeer 41 Judy Heller F49	1:00:23 1:02:29
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