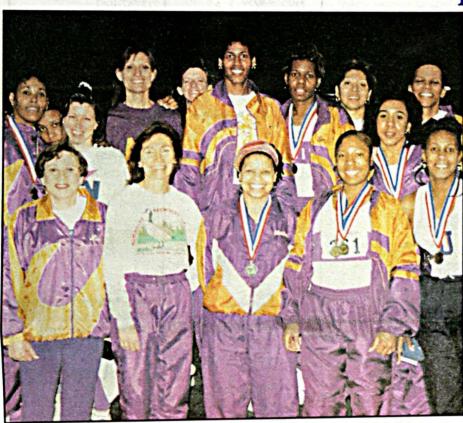
213th Issue May 1996 \$2.50

# 727 Participants Set 28 World Indoor Records at USA Masters Championships in Greensboro



Members of the Achievements Unlimited International team, based in New Jersey, which won the W30 and W40 4x400m relay and W30 4x800 relay, USATF National Masters Indoor Championships.

Photo by Suzy Hess

# Moller, Steffny Top Masters at 100th Boston Marathon

by MARILYN J. MITCHELL
Forty-year-old Lorraine Moller,
New Zealand, turned in a stellar
2:32:02 for an eighth place women's
finish and the masters win in the 100th
anniversary edition of the Boston
Marathon, April 15.

#### INSIDE:

- World and U.S. Outdoor
   Track & Field Records

   pages 19-26
- Entry Form for Nationals
- Masters Club Listings
   nage
- National Masters 5K – page 11

With the second fastest masters women's time on this course, after Priscilla Welch's 1988 course record of 2:30:48, Moller finished almost a full seven minutes ahead of second-place Ingrid Kristiansen (2:39:00), who recently entered the masters ranks. Forty-two-year-old Herbert Steffny of Germany turned in a 2:19:33 (31st place overall) for top masters trophy in the male category.

Thirty-year-old Moses Tanui

Thirty-year-old Moses Tanui (Kenya, 2:09:15) and 25-year-old Utta Pippig (Germany, 2:27:12) were the open winners. The race served as the Kenyan Olympic marathon trials. Kenyans took seven of the top eight places in the men's race.

Each masters winner took home \$12,000, and Moller earned an additional \$7,400 for her eighth place open finish. Prize money for the masters went five-deep with an additional

Continued on page 13

by JERRY WOJCIK

The 1996 USATF National Masters Indoor Championships were hosted by the Greensboro, N.C., Sports Commission at its Coliseum Special Events Center on March 29-31. The event drew 727 entrants – 579 men and 148 women age 30-and-over – who broke, set, or tied 28 pending world and 37 additional U.S. age-group indoor records. Last year's championships in Reno, Nev., had 700 entrants.

The Greensboro track was a portable, 160m board track with six banked lanes, eight for the 60m sprint and hurdles, tightly fitted into one expansive room adjoining the main arena.

In terms of world records, the star athlete was a guest competitor, the bounding Edith Gray from Canada, who broke three W60-64 world records: in the high jump (1.26/4-1<sup>1</sup>/<sub>2</sub>), pole vault (1.81/5-11<sup>1</sup>/<sub>4</sub>), and long jump (3.84/12-7<sup>1</sup>/<sub>2</sub>). Rarely do two flat jumpers produce equal marks in the

same event, but it happened here when Betty Vosburgh, W60, Georgia, duplicated Gray's record long jump.

Other athletes who left with multiple world records were Everett Hosack, M90, Ohio, in the 60m (17.47) and high jump (0.80/2-7<sup>1</sup>/<sub>2</sub>); Ivy Granstrom, W80, Canada, 800 (5:16.53) and 3000 (23:41.32); Johnnye Valien, W70, California, 60mH (16.89) and pole vault (1.41/4-7<sup>1</sup>/<sub>2</sub>); and Mary Bowermaster, W75, Ohio, 60m (11.45) and long jump (2.58/8-5<sup>3</sup>/<sub>4</sub>).

Some record breakers didn't have quantity but, instead, quality. Jim Barrineau, Virginia, broke Dwight Stones' M40-44 world indoor record of 2.02/6-71/2 in the high jump with an age-graded 94.9% 2.06/6-9 performance. Dick Richards, California, claimed the M60-64 long jump world record with a 5.47/17-111/2, an A-G 91.3%, and the 60m gold medal with an A-G 96.3% 8.03, then suffered the indignity of being disqualified in the

Continued on page 17



Phil Brusca, Missouri, M65 winner (38.9) in the 25-lb. weight, USATF National Masters Indoor Championships. Photo by Suzy Hess



Ed Gonera, New York, second M40 400 (53.71), USATF National Masters Indoor Championshins Photo by Suzy Hess

# MASTERS CLUBS

Below is a list of masters track & field, long distance running, and race walking clubs arranged alphabetically by region. Some offer workout facilities. Most have social programs and annual awards. If you'd like to find out more about what's going on in your area, contact one. To have your club listed, please send the necessary information to National Masters News, P.O. Box 50098, Eugene OR 97405.

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Achievements Unlimited Intl! Women's MastersTrack Team P.O. Box 2831 Elizabeth, NJ 07207 201/373-2353

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

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

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

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

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

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

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

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

Harrisburg Masters TC 60 Lindsay Lane Carlisle, PA 17013

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

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

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

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

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

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

New Jersey Striders TC P.O. Box 885 Maywood, NJ 07607 201/791-7986

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

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

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

New York TC Joyce Halls 80 Van Cortlandt Pk. So., #C32 Bronx, NY 10463 718/796-5128 North Jersey Masters P.O. Box 56 Ridgewood, NJ 07450

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

Philadelphia Masters Karl Castor 44 N. Penn St. Hatboro, PA 19040 215/441-8545

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

Potomac Valley TC c/o John Norton 3706 Howsen Ave. Fairfax, VA 22030 703/352-3057

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

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

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

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

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

Gulf Winds TC P.O. Box 3447 Tallahassee, FL 32315 904/386-GWTC (4982)

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

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Port City Pacers P.O. Box 16907 Mobile, AL 36616

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

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

#### MIDWEST

Ann Arbor TC P.O. Box 7551 Ann Arbor, MI 48107 . 313/663-9740 (Hot Line)

Columbus Roadrunners P.O. Box 15584 Columbus, OH 43215-0584 614/890-1309

Dayton Masters TC P.O. Box 17706 Dayton, OH 45417-0706 Bob Jones, Pres. 513/837-2754

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

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

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

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

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

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

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

#### MID AMERICA

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Denver TC P.O. Box 9723 Denver, CO 80209 303/722-2425

Lawrence TC P.O. Box 3743, Javhawk Sta. Lawrence, KS 66046 Lincoln TC 2900 John Ave. Lincoln NE 68502

Prairie Striders Box 267 Brookings, SD 57006

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

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

#### **SOUTH WEST**

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

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

Louisiana Lightning TC Jeff Batz 321 E. Josephine St. Gonzales, LA 70737

Lufkin T&F Club P.O. Box 1001 Lufkin, TX 75902-1001 409/632-2431

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Oklahoma City RC 2408 N.W. 112th Terrace Oklahoma City, OK 73120 405/752-9097

San Antonio TC 21024 Cedar Br. Garden Ridge, TX 78266 210/651-5414

South Louisiana Masters TC P.O. Box 3125 Lafavette, LA 70502-3125 318/984-4934

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

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

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California Coast TC 18 Charca Rancho Santa Margarita, CA 92668 714/589-0242 Mark Cleary

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

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

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

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

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

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

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

KEL Club Gary Kelmenson 5601 Empire Grade Santa Cruz, CA 95060

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

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

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

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

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

Pacific Racewalkers Box 513 Carmichael, CA 95609 916/483-2917

River City TC P.O. Box 255131 Sacramento, CA 95865 916/489-7881

San Diego TC P.O. Box 7853 San Diego, CA 92167 619/270-SDTC

Santa Cruz TC P.O. Box 1803 Capitola, CA 408/425-8286

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

Sierra Racewalkers P.O. Box 13203 Sacramento, CA 95813-3203 916/722-5039

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Tamalpa Runners Box 201 Corte Madera, CA 94976 415/924-8223

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

Timber Wolf T&F Club P.O. Box 660201 Sacramento, CA 95866-0201 916/489-2708

Trojan Masters TC 1125 Stimson La Puente, CA 91744 818/917-6289 102110.540@compuserve.com

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

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

Bigfoot Masters Spokane Community College N. 1810 Greene St., MS-2050 Spokane, WA 99207-5399

Oregon Road Runners Club 4840 S.W. Western Ave., #200 Beaverton, OR 97005 503/646-RUNR Gail Starelli

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

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

Phidippides RC P.O. Box 2315 Salem, OR 97308 503/399-7057 Portland Masters TC 12108 S.W. 13th Ct. Portland, OR 97219 Kathy Holmstrom 503/245-6784

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

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

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

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

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

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# TIONAL MASTERS NEW

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

Generally, anyone age 30 or over may come to a masters event and participate. Some events are limited to age 40 +, 50 + or 55 + (please check the schedule for details). Some events require advance registration. Some require a current 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 most masters athletics events.

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Ruth Anderson, Norm Green

#### IAAF Veterans Committee:

Charles DesJardins (address above)



#### **'96 DECATHLON/HEPTATHLON**

On the specific instructions of the USATF Masters Track & Field Committee, the masters multi-event coordinator conducted a written poll to determine the preferred site and date for the 1996 USATF National Masters Decathlon/Heptathlon Championships.

In accordance with direct instructions from the T&F Chair, two additional bids were solicited for this poll. In addition to the original bid of Neosho, Mo., on October 26-27, Lincoln, Neb., on June 8-9, and San Diego, Calif., on July 13-14 were added.

All active multi-event athletes who had participated in the Dec/Hep events in the USATF National Championships and/or WAVA Championships in the last two years were sent personalized written ballots. That totaled 125 people (110 men and 15 women). Considerable time and money was expended on this task (over 100 hours and \$200).

Even in the short three-week voting period, 68% (85 of 125) of the eligible voters returned their ballots (68% of men and 67% of women). The abbreviated time frame was due to multiple and late instructions to the multi-event coordinator from the T&F Chair. Two ballots were returned with incorrect addresses and the forwarding order expired, and four ballots received late were returned. The ballots are in the hands of the T&F Chair to be scrutinized as necessary.

Overall results of written poll for

site and date:

First Choice: Neosho 46, San Diego 32, Lincoln 7

Second Choice: Lincoln 39, San Diego 18, Neosho 11

Third Choice: San Diego 28, Lincoln 21, Neosho 18

The results of this poll were presented to the USATF Masters T&F Committee at their meeting in Greensboro, N.C., on March 30. Only 15 members of the 110 or so eligible to vote were present. These 15 included 6 from the East Coast, 3 from the Midwest, and 6 from the West Coast, and comprised 7 men and 8 women.

The overall (total men and women) results are very clear: 54% chose Neosho, as their first choice, 38% chose San Diego, and 8% chose Lincoln.

Of the women, 10 returned the poll, 6 voting for San Diego and 4 for Neosho (0 for Lincoln). To be completely fair to the majority of the women voting, a motion was made to separate the heptathlon from the decathlon this year so that they could be held at the different sites desired. That motion was defeated.

In light of the results of the poll, it was then moved to reconsider the motion from the previous T&F Committee meeting in Atlanta. That motion was to designate Neosho as the site and October 26-27 as the date for the 1996 Dec/Hep Championships. However, the T&F Chair intervened, stopped the action on the floor, and asked that pending motions and seconds be withdrawn. The Chair then

directed that multiple votes would be taken by dropping the lowest site until a majority was received by any site. After two rounds of voting, San Diego was declared the winner over Neosho, eight votes to seven.

Some at the meeting, including the multi-event coordinator, were stunned to see the committee vote directly against the concerned athletes' desires, which they had just clearly expressed in the mail poll. It is assumed that the T&F Committee had the best interest of the athletes in mind, but the basis for their decision remains unclear at this time.

This is the 25th anniversary year of the masters track & field multi-event championships. Early on, it was several different combinations of events, but has now evolved to the standard Olympic events of the decathlon for men and heptathlon for women. It is an appropriate time to stop and reflect on all the successful championships that were only made possible by the volunteer work of many different individuals over the years. Their love of the sport and their unselfish giving is what made it possible for nearly a generation of master and sub-master athletes to express themselves in the honorable way they choose - on the level field of athletic competition.

Rex Harvey, USATF Masters Multi-event Coordinator Mayfield Heights, Ohio

The Multi-event Chair and I are in disagreement on some of the facts as presented above. Without going into a lengthy discourse over what occurred, I sincerely invite any athlete to call me directly at 1-800-392-1369 to discuss the process.

Barbara Kousky, USATF Masters Track & Field Committee Chair Eugene, Oregon

During the early days of our marriage, my wife would ask me what I'd like to eat for dinner as she prepared her grocery shopping list. In response, I would typically reel off several of my favorites, but I noticed that the menu for the next few days usually included none of the entrees I'd requested.

When I brought this to her attention, she would explain that each of the items I favored has too much fat, is too expensive, or is otherwise somehow deficient.

This process was repeated week after week, until I finally asked in exasperation, "Why do you keep asking me what I want when we both know full well you're just going to prepare what you think is best anyway?" "Well, dear," she replied sweetly, "I

just wanted you to feel as if you had some input into the process."

Much the same thing occurred recently at the so-called "Athlete's Meeting" Saturday evening, March 30, during the USATF National Masters Indoor Championships at Greensboro, N.C. Multi-events Chair Rex Harvey had gone to considerable effort and expense to poll all recently active masters multi-event athletes to learn which of three candidate sites the athletes preferred for the 1996 masters decathlon championship meet. The candidate sites were Lincoln, Neb., in June; San Diego in July; or Neosho, Mo; in October.

Most of us who received Rex's mailing, took the time to complete the questionnaire and mail it back. Rex then made a careful compilation of the poll results and reported at the athlete's meeting that a substantial majority of the athletes preferred the Neosho site. I would imagine that the reasons Neosho was favored were than an outstanding '94 decathlon championship had been hosted by the same group; the later date would mean we wouldn't have to battle sunburn and dehydration as we usually do for two days in midsummer; and the Neosho site had a generous corporate sponsor and the promised participation of several guest athletes from Great Britain who could not participate during the June or July time frame.

But, alas, when the votes of the committee members eligible to vote were counted, the San Diego site was chosen, even though the San Diego proposers hadn't even found a track yet that could be used on their proposed date.

What in the world is going on here? Is there some secret bias amongst the powers-that-be against southern Missouri? Do the eligible voters fear that allowing the athletes to choose their preferred site would set an unwanted precedent by permitting an element of democracy to intrude into the USATF power structure?

The whole process must have been quite frustrating for Rex as well as for many of the multi-event athletes who briefly had the illusion that they were going to "have some input into the process!"

Alan Russell Ames, Iowa

#### INDOOR NATIONALS

At the Indoor Nationals, I suffered a serious injury at the finish line of the M45 60m. I tore the ac-tendon or outer tendon behind my right knee. The doctors tell me that this injury is extremely rare for track athletes. It is more common among skiers. The tendon in my leg did not just tear, it exploded. Two types of surgery could be performed to repair the tendon. One type would have me out for 12 to 14 weeks and the other would have me out for 18 to 24 months. The doctors have also recommended a "no surgery" option that requires the retraining of the quad muscles to operate off the more impor-

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Continued on page 27

#### 9 6 NATIONAL ASTE

CHAMPIONSHIPS

AUGUST 15-18, 1996

SPOKANE FALLS COMMUNITY COLLEGE . SPOKANE, WASHINGTON





#### GENERAL INFORMATION

Eligibility is open to all men and women 30 and older. Individual events will be held in five-year age groups, relays in 10-year age groups. Age on August 15, 1996, will determine a competitor's age group. Proof of date of birth will be required.

USATF rules of competition will be used to conduct the meet. You must have a current USATF membership card. USATF championship medals will be awarded to the top three places in each age division.

Declarations must be made four hours prior to every running event. Field events may be scratched at any time. Declaration forms will be available beginning at noon Wednesday, August 14, 1996. Packet pickup will be from 6 to 10 p.m. Wednesday, August 14, 1996, at the meet headquarters in the Ridpath Hotel; and at Spokane Falls Community College Thursday, August 15, 1996 through Sunday,

Maximum spike length is 3/16-inch for all surfaces. Starting blocks and throwing event implements will be available. All master outdoor championship events will be included in the meet.

#### ENTRY INFORMATION

Entry fee is \$25 for the first event which includes a championship meet t-shirt. The second and third event are \$15 each, with each additional event \$10 each. The pentathlon entry fee is \$25 and cannot be counted as your first event. Relays are \$40 per team, payable the day prior to the day of competition.

Entries must be received by August 1, 1996.

Five percent discounts on lowest available discounted fares will be available on Northwest, Southwest, Delta and Horizon airlines through Global Travel. Phone 1-800-735-6363; direct line, 509-891-1234; or Fax, 509-926-8250. Ask for 1996 Masters National Outdoor Championship rates.

#### ACCOMMODATIONS-HOTEL/MOTEL

Meet headquarters: Ridpath Hotel, \$63-\$73 per night for Hotel Tower or East Wing. Call 1-800-426-0670. These rates will be guaranteed through July 14, 1996. Other accommodations:

Cavannaugh's Inn at the Park, \$77-\$97 per night. Call (509) 326-8000.

Cavannaugh's River Inn, \$62 per night. Call (509) 326-5577.

Cavannaugh's Fourth Avenue, \$55 per night. Call (509) 838-6101.

Ramada Inn Airport, \$70 per night. Call (509) 838-5211.

There are many other hotels in the Spokane area, however, blocks of rooms are set aside for the meet at properties listed above. Rates are for up to four people to a room.

#### VIP PACKAGE

A limited number of rooms have been set aside as VIP rooms at meet headquarters, the Ridpath Hotel. All the VIP rooms will be on the pool deck or overlooking the pool. The cost of \$87.50 per night includes a continental breakfast each morning, a VIP shirt, VIP hat, one bottle of wine per room, plus extras. These rooms may be reserved only through the meet office. Call (509) 533-3644.

For complete meet information and an entry form send the attached form to:

#### Spokane Sports, Unlimited

MS 3070

3410 West Fort George Wright Drive

Spokane, WA 99204-5288

You may also call (509) 533-3644, or Fax your request to (509) 533-4128.

#### MASTERS CHAMPIONSHIP INFORMATION

Please send me more information about the Master's Championship and an entry form. Name . Daytime Phone

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ITH



#### **Bill Stewart is Marking Time**

Bill Stewart used to keep track of time on the stopwatch. Once the fastest masters miler in the world, he was concerned with seconds and fractions of seconds. Now, however, Stewart measures his "progress" on the calendar in years and months.

The 53-year-old veteran runner from Ann Arbor, Mich., is currently serving a 30-month sentence at Camp McKean, a minimum-security prison in Bradford, Pa., for copying and selling some maps of the Mideast.

As his friend Lew Kidder explains it, Stewart had developed a business of procuring hard-to-find paper maps of developing countries and selling them to university libraries and, to a lesser extent, some corporations. In 1993, a well-known corporate client in the television and appliance industry asked Stewart to see if he could obtain some paper maps of Indonesia that were on file in the Cornell University library.

As it turned out, the paper maps were too big and bulky to be copied on the library's equipment and too valuable to let out of the librarian's sight. The client understood and then asked about maps of India. Stewart approached the same Cornell graduate student who had planned to help copy the maps of Indonesia. The grad student told Stewart the university had "digitized" maps of India and most of Asia. Although Stewart was unfamiliar with digitized maps, he checked with his client and they said they'd like to have them. The grad student then copied 221 tapes for Stewart. However, the client couldn't read the demo tapes sent to them and lost interest.

On Saturday, July 13, 1996 Athletes from 20 States and Canada will travel to Libertyville, Illinois

The MASTERS
Return To
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Masters Track & Field Championship \$ 1000.00 in Cash Prizes Post Race Barbecue Send SASE Craig Dean MD. 719 Stonegate CT. Libertyville, IL. 60048 **Recouping Costs** 

"In an attempt to recoup his upfront costs, Bill made some cold calls to other major companies in an attempt to sell the tapes," Kidder continues. "One of the people he contacted apparently suspected the information on these tapes came from the Defense Mapping agency and had not been released for sale. This person didn't inform Bill of this fact, but he did tell federal authorities.

"Nothing on the face of the tapes indicated that they were restricted in any way."

The Feds then set up a sting operation and had Stewart sell three tapes to a government agent. On May 16, 1995, he was convicted of four felonies and on September 8 was sentenced to 30 months in prison.

According to Kidder, the Cornell graduate student was also prosecuted but received probation for plea bargaining and testifying that he had told Stewart the tapes were government property and against public use.

"I could have pled guilty and no doubt got probation," Stewart offers from his small cell by letter. "But I trusted in a fair legal system that would ferret out the truth. I found myself to be a naive and convenient 'victim,' another notch on a federal prosecutor's belt."

Jogging in Place

In spite of all his problems, Stewart has somehow managed to maintain a streak that began in June 1974 of not missing a day of training, although it has meant sometimes jogging in place in his cell for 30-45 minutes. In fact, he is now running twice a day, 75-80 miles a week.

"I'm currently training around a warehouse complex," Stewart explains his regimen. "It's 666 yards around, so each mile means a total of five 180-degree turns. We are situated at 2200 feet, so I'm gaining some benefit from the altitude."

In a time trial during late February, Stewart zipped through three miles in 15:58 with splits of 5:26, 5:16, and 5:15, an especially impressive performance when considering the hairpin turns and 10-degree weather.

"I don't run many junk miles. It's almost like a treadmill – the more boring, the faster I go to get it over."

As a high school student in Detroit, Stewart recorded a 1:58 half and a 4:28 mile. He continued to compete while at Michigan State and Wayne State, lowering his bests to 1:54.6 and 4:24, and also turning in a 48.9 quarter. At an all-comers meet in 1969, he brought his half-mile time down to 1:49 and in 1975 lowered his mile best to 4:04.

After crossing the threshold into the masters arena in 1983, the 6-foot, 143-pound competitor clocked a 4:11 indoor mile, bettering the listed world 40-over record by 7.5 seconds. He also recorded a 9:12.8 for two miles and a 15K road time of 45:57 after turning 40.

Stewart's last race was in 1989, a 31:14 for 10K at age 46. "When Ann (Boyd, his significant other) and I got



Ann Boyd and Bill Stewart, before his incarcera-

together in 1989, I decided to 'retire' and concentrate on her running and on supporting women's running in general," he says.

**Government Hypocrisy** 

Boyd, 32, finished 46th in the Olympic marathon trials in Columbia, S.C., during February, recording 2:45:41. "She was disappointed with her race in Columbia," Stewart re-marks. "I think the stress of dealing with all of my problems, plus the hypocrisy of representing the U.S. in an international event while I am unjustly imprisoned by the same U.S., finally caught up to her. We have always considered it an honor to compete for the U.S. teams, even when she could have made more money elsewhere. We went to Spain to run against the Chinese runners in 1993. She went nose-to-nose with Wang for 30K, and learned a lot. But she earned very little. It is hard for us to look at running as solely a business. If you want to be the best, you have to race against the best."

Coached by Stewart, Boyd had qualified for the Olympic trial with a 2:38:36 victory in the Detroit Free Press Marathon, the 26th fastest qualifying time in the field. Her best is 2:35:15 three years ago.

"I talk to Ann and my two younger children (Andrew, 12, and Lauren, 9) on a daily basis," Stewart goes on. "Things have been difficult for them, mostly emotional but even more increasingly, financial. Ann may have to move out of our rental house into a small apartment."

Stewart continues to coach many of the runners he previously coached by mail, but says it is less than optimum. "It keeps me involved and provides them with direction," he says."

"I have noticed that people have a tendency to overtrain when confronted with a situation like mine. If one hour of walking is good, five hours is better. Everyone's looking for ways to waste time. I'm hoping to use my time to better myself.

"But my number one job is to get out of here!"

(If you'd like to help, you can send a check to the Bill Stewart Defense Fund, c/o Lew Kidder, 802 Granger, Ann Arbor, MI 48104. For more information, you can phone Kidder at 313-662-1000 or fax him at 313-662-3388.)

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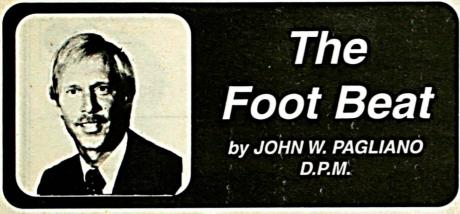
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#### Corns

ne of the most common and irritating of all athletic injuries is the "corn."
We have all had them at one time or another, and these small lesions can cause pain and discomfort which alters our running and jumping style.
They become sore when pressure is placed over the core.

Basically, a corn, or clavis, is a thickening of the outer layers of skin. It usually has a circumscribed border and a central core, which is avascular. This is differentiated from a wart or verrucase which has a vascular center and bleeds when trimmed.

Usually corns are caused by improper foot gear, overuse, abnormal foot biomechanics, or deformities such as hammer toe and bunions. Some of the more common pathological foot types that cause corns are pes cavushigh arches with contracted toes, flat foot-pes planus and the over-pronated foot. As these factors take their toll on the foot, intrinsic and extrinsic factors

cause excessive pressure on the skin, and the corn forms as the body's natural physiological response.

Most corns are "hard" corns and form over the top of the toes, on the large toe joint and under the ball of the foot. "Soft" corns, on the other hand, are usually found between the toes – usually the fourth and fifth toes. These corns are often moist, white and macerated. Soft corns are usually caused by bone spurs on the small toes which rub on the adjacent toe.

In most cases, conservative care can reduce these lesions. Good-fitting shoes that do not rub on the toes, and have adequate forefront width are



Competitors in the USATF National Masters Indoor Pentathlon Championships, Greensboro, N.C., March 29: (I to r) Johnnye Valien, W70, Liz McBlain, W45, Phil Raschker, W45, Christel Miller, W60, and Mary Lou Platis, W50.

Photo by Jerry Wojcik

essential in preventing pressure on the forefoot. I would suggest a Spenco inner sole for longer distance runners, as this appears to reduce the chance of corn formation.

Prior to long distance runs, I advise the use of Vaseline applied, liberally, to the ball and dorsum of the foot. Pull on your high-cotton-content sock and you have a protective layer for your run. As George Sheehan once said, "You can always tell the veteran distance runner. He is the one who keeps slipping off the bus seat."

Obviously, correcting any biomechanical deformity is necessary in order to reduce excessive pressure to the foot. Often an over-the-counter foot orthosis will suffice. For those with gross mechanical deformities, a sports podiatrist should be consulted for the use of a functional running orthosis.

Padding of corns is helpful. I suggest the non-medicated over-thecounter pads that will take the pressure off the center of the corn. For soft corns, cotton or lamb's wool packed between the toes is helpful. Foam rubber spacers are also beneficial and can be re-used.

A pumice stone can be used on a daily basis to keep the outer layers of skin reduced. Your foot specialist can also help you by periodically debrading out your corn, and showing you proper padding methods.

If all else fails, consider surgical removal of the underlying bone prominence, a procedure which has shown good results.

Corns can occur at all levels of athletic activity. Proper shoe gear, the use of Vaseline, appropriately placed pads and lamb's wool, and trimming of the hyperkeratotic lesions can provide welcome relief for the veteran

(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.)

# MIDWEST MASTERS OUTDOOR TRACK & FIELD CLASSIC rents X \$7.00 Fee for USA T&F Card Extra T-Shirt X \$8.00 Total Enclosed ENTRY FORM - MIDWEST MASTERS OUTDOOR Date Birth WEST VIRGINIA 8 ASSOCIATION Thumas Plummer 27 South Queens Cl. Huntington, WV 25705 ircle the events you rack Events: 100m Marshall University Saturday, July 20 \$10.00 for 1996 Huntington, West Virginia

# Niemczak, de St. Croix Best in Cooper 10K

by JERRY WOJCIK

Anton Niemczak, 40, Rochester, N.Y./Poland, and Maureen de St. Croix, 42, Ottawa, Canada, each collected \$1500 for masters firsts in the Cooper River Bridge 10K, Charleston, S.C., on March 30.

Niemczak, recognized primarily as a marathon specialist (2:09, 1990 Chicago Marathon), used this race as a timely tune-up for the 100th Boston Marathon, April 15, and ran a 30:14, averaging 4:52 a mile. Tom Stevens, 40, Middletown, Md., finished second in 30:48, worth \$1000.

The Canadian, de St. Croix, won with a 35:13. Rebecca Stockdale-Woolley, 43, Chaplin, Conn., won \$1000 with her second-place 35:56. Defending champion Irina Bondar-

chouk, 41, of Russia, was third in 36:02, worth \$750.

Nine W40+ runners broke the 40minute barrier. Suzie Kluttz posted a 43:23 to win the W55 race.

Older runners ran impressive times. Terry Van Natta won the M50 race in 35:04; Charles Rose took the M60 race with an age-graded 90.5% 37:16; and Duncan Weeks was first in the M65 contest with a 38:28.

The total number of run finishers from the 25,813 who signed up for either the run or walk was 11,568. Among them was a name from the past – Craig Virgin, at one time the most highly publicized runner in the U.S., who ran a 33:09 in the M40-44 division.

# **Indoor Pentathlon Produces Two Records**

by SCOTT THORNSLEY

For the first time in its 12-year history, the National Indoor Pentathlon Championships were held in conjunction with the National Masters Indoor



Joseph Johnson, New Jersey, M50 first (7.53), 60m USATF National Masters Indoor Championships, Greensboro, N.C., March 29-31. Photo by Suzy Hess

Track and Field Championships in Greensboro, N.C., March 29-31.

The decision was made last year to hold the indoor pentathlon together with the indoor track and field championships since no bid had been put forward for the pentathlon. Organizers did not want lack of a site to prevent such a popular event from being held for another year.

Multi-event coordinator Rex Harvey and Scott Thornsley — meet director for the first indoor pentathlon championships, Carlisle, Pa., 1985 — opted to take advantage of the availability of the Greensboro Sports Coliseum on Friday afternoon to hold the pentathlon championships. They also considered the possibility of combining these two national championship events on a regular basis, subject to competitor approval.

A total of 44 competitors signed up, and 38 took part, representing 19 states and Canada. Two world records were achieved during the event. John Hartsfield, M50, broke the high jump record of 1.78 with a 1.85 (6-0<sup>3</sup>/4), which boosted his total pentathlon score to 4354, surpassing Gary Miller's 4196 in 1988.

Feelings about combining the two championships were mixed. Some competitors were happy about not having to spend an extra weekend away from family and work, but also felt that



Finishers in the M55-59 division, USATF National Masters Indoor Pentathlon Championships, Greensboro, N.C., March 29: (I to r) Bruce Mills (4th), John Head (2nd), Emil Pawlik (1st), and Walt Lancaster (3rd).

Photo by Jerry Wojcik

competing in the pentathlon detracted from other upcoming track and field events, particularly those to be held later on Friday evening.

One positive note was that, for many participants, the event concluded more quickly than in the past, with meet director Scott Thornsley orchestrating with other officials the flow and start times of the five events.

The final sections of the 1000m run were concluded shortly before 7 p.m.,

the start of the Indoor Track and Field Championships. Fortunately, the younger men were in this group and had at least 12 hours before the start of competition the next day.

Richard Watson, M40, can personally attest to the swift running of the long jump, as he mistakenly calculated that he had enough time to return to his motel for several hours of rest, only to discover later that he had missed the M40 long juPppmp competition by 45 minutes.

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#### **Indoor Nationals**

The consensus of the competitors is that the National Masters Indoor Championships in Greensboro, March 29-31, were well organized. Bill Flick (M70) noted that "the shuttle service was excellent," the best of any race he had attended. Jeanette Smith (W45) commented on the special health-oriented food concessions. "We had a choice of baked potatoes, grilled chicken sandwiches, veggie trays, and fresh fruit – everything we usually have to hunt for." Others praised the fast posting of results on an electronic board by the track.

On the down side, several competitors missed having a regular clock on the floor. Many were pleasantly surprised by their finish times, however. "I had no idea how I had done," reported Jim Carmines. "It was too dimly lit to read my watch, so I couldn't monitor my splits. I just went with perceived effort and pushed every lap as much as I could." Smith found it somewhat distracting not having a clock, but then added, "It was an odd sized track and keeping splits would have been hard. When the race started, I just thought, "What the heck. Go for it!"

The wood track brought forth much discussion. On a rating of 0 to 10, some walkers effectively gave the track zero by refusing to compete on it. Kathy Frable (W50) had the most favorable comment: "I raced on a track in Oklahoma that was worse, so this one didn't seem so bad in comparison." Others gave it a neutral 5 noting that everyone had to compete under the same conditions.

The wood track was a 160-meter loop with steeply banked, sharp turns. Three kilometers equalled 18<sup>3</sup>/<sub>4</sub> loops. "As walkers, we don't like much banking on the track," explained Carmines. "The banking was approximately nine to ten inches for a lane just a couple of feet wide."

Miriam Gordon (W70) succinctly captured the effect of the banking on the walker saying, "It felt slippery to walk on."

Smith was more analytical: "I had never competed on a wooden, banked track before. I was particularly concerned about staying on the track when I was going around the turns. I felt that I was being pulled downward. My own personal strategy was to walk on the upper side of the inner lane." (A strategy shared by Carmines.)

There was another distraction for the walkers. The sand pit for the long jump and triple jump ended at the edge of the track. When these events were in progress, sand would be kicked up on the track. According to Smith, the officials were very careful to get on and off the track quickly and to sweep in between competitors. Nonetheless, she had the fleeting thought, "Ah, this is a walk at the beach."

Race Experiences:

Men 50-54: First and second places: Jim Carmines, PA, 13:28.85; Norm Frable, TX, 14:42.84. There were five finishers.

"Because I was fairly certain of coming in second, I decided to play around with Jim," Frable said. I knew if I was going to give him any kind of a race, I would have to keep right behind him from the start. After a couple of laps, I felt that the pace was slow and decided to pass him. Five laps later, he passed me, but he told me afterward that I surprised the heck out of him."

"Norm surprised me much to my benefit!" Carmines said. He gave me the push that I needed to perform well. Essentially, he became my rabbit for five laps and I feel that he got me going so that I could make the good time I did. I thank him for that.

"My time of 13:28.85 was a PR by 40 seconds. I know that the shortness of the track made me keep repeating, one more lap, one more lap. I was coming around at 41 and 42 seconds, so I really didn't have time to think about anything else. Before the race, I was hoping to finish between 14:00 and 14:30. I was surprised to finish at 13:28."

Men 55-59: First and second places: Ed Kousky, OR, 14:22.40; Paul Johnson, AR, 14:24.53. Both times broke the existing world record of 14:27.0. There were seven finishers in this age group. M50 and M55 were in the same heat.

Said Johnson: "Before the race, John Elwarner and I were standing together when Ed Kousky came up. Ed just turned 55 in January. We said to him, 'Look, don't be running over the old men. You're a rookie and I know that you are ready to get us, but take some pity.'

"I was closing in on Kousky with one lap to go. Somebody in the audience says, 'Go Paul, Go!' It was as if Ed was goosed by a rocket. We did a 40 second final lap. Elwarner broke his



Dwight Callaway, 49, North Carolina, finished the 3000 racewalk in 16:25.34, USATF National Masters Indoor Championships.

Photo by Jerry Wojcik

own record by 30 seconds and came in fourth."

Five competitors broke the existing American record with Harlan Van Blaricum and Elwarner both finishing under 15 minutes.

Men 70-74. First and second places: William Flick, PA, 17:23.46; John Nervetti, NJ, 17:58.74. There were six finishers in the race.

"Racing is still new to me, but I was fortunate," said Flick. Last year at the WAVA event in Buffalo, Ed Gawinski referred me to Jeff Salvage of the Phast Club. Jeff has been coaching me by mail and by telephone which has been a big help as far as my times are concerned.

"During the indoor race, the announcer actually helped me. I was always aware of where my competition was. For 15 laps my splits were 55 and then 56 seconds. I pushed the last lap and my time was 54 seconds."

Women 50-54. First place, Kathy Frable 17:25.85. No other finisher in this age group.

Said Frable: "As I didn't compete much last year, I was a little nervous before the race. I didn't know whether I was ready or if it was going to be another one of my disaster races. I passed out in Buffalo last year. I had been struggling with the problems of high blood pressure and diabetes, and



Steve Vaitones #655, Massachusetts, won the M40 3000 racewalk in 13:49.21, USATF National Masters Indoor Championships. Alvia Gaskill (r), North Carolina, was second.

Photo by Jerry Wojcik

the medication I was on had some bad side effects. It was giving me pressure in the head, severe headaches and dizzy spells.

"Happily, I became involved in a health food store and this was a turning point for me. I started taking a combination of nutritional supplements. At this time, I am off all medications.

"Norm (Frable) and I have gone on a rigid training program as well as watching our diets and nutritional supplements. We run two days, do three distance walking workouts and two speed workouts. We train every day unless it is raining, and then we do more at the local gym. Sometimes we enter running races in place of track speed workouts."

Women 70-74. First and second places: Miriam Gordon, FL, 20:35.87; Margaret Walker, PA, 2:50.07. There were two finishers.

"It was a cooler winter than usual in Florida," said Gordon. "I don't train when it's cold, so I didn't get in many workouts. But I think racing is as much mental as physical. The goal is to stay focused all the time.

"Like others, I was not too happy with the track and held back some. I made a new W70 American record, but I might have done better under different conditions. My philosophy is to do the best I can do in whatever race I am in."

## Potomac Valley TC's National Invitational RW

by JANE DODS

The Potomac Valley TC put on three races in East Potomac Park, Washington, D.C., Mar. 24, to get the outdoor walking season off to a rousing start with weather the best it's been in years. In conjunction with the races, various seminars were held, including one led by Ron Daniel discussing the new racewalking rules.

In the men's 20K, 52-year-old James Carmines outstepped all others in the 40+ division. His winning time was 1:42:35. Hot on his heels were

Steve Pecinovsky (41, 1:43:05) and Curt Sheller (42, 1:45:10).

In the women's 10K, Phyllis Hansen, 44, strode to a 56:58 victory, with Linda Stein, 48, taking second in 57:23.

Coming out on top in the men's and women's 5K were Nicholas Bdera (47, 26:30) and Lily Whalen (44, 28:15). Whalen was not only the first masters woman, but first woman overall.

The races were held on a USATF-sanctioned course which consisted of a 2K loop around Hains Point.

# Maminski, O'Connor First in National Masters 5K at Carlsbad

by JERRY WOJCIK

Boguslaw Maminski, 40, of Poland, and Mary O'Connor, 40, of New Zealand, ran masters course records in winning their races in the USATF National Masters 5K Championships held along with the Carlsbad 5000 in Carlsbad, Calif., on March 31.

Running in almost perfect racing conditions in a separate men's race, Maminski, a day-of-race entrant, led from the gun, and was mistaken for fellow Pole, Anton Niemczak, 40, who brought Maminski with him to the race. Maminski is a steeple-chaser who was second in the 1983 World Championships in 8:09. He ran 14:28 at Carlsbad to also finish first on the masters age-graded list with a 93.2%.

Niemczak, a green-card-holding, resident alien, who lives in Rochester, N.Y., is, by USATF rule, the M40-44 national champion with his secondplace 14:55. Lloyd Stephenson, 41, San Francisco, was third in 15:02.

Division winner Doug Bell, 45, Greeley, Colo., fifth master in 15:12, posted the second-best age-graded performance for men age-40-and-over with a 92.0%. Stephen Lester, 53, Magna, Utah, was another division winner in world-class range with a 90.7%. Derek Wharton, 60, Hong

Kong, won the farthest-distance-traveled award and the M60 race in 18:05.

In the women's race, O'Connor took over from Anne Audain at about two miles. Audain, a new U.S. citizen from New Zealand, who lives in Boise, Ida., is a former 2:28 second-place finisher in the London Marathon. On a 5:05 pace, Audain had a big lead but knew she was in trouble when she heard the split, and joked about it after the race with Meet Director Tim Murphy.

O'Connor won in 16:45, an agegraded 90.2%. Audain finished in 17:02 to claim the W40-44 U.S. championship. Michelle Buchicchio, 40, Pomona, Calif., was third in 17:15, three seconds ahead of fourth-place Honor Fetherston, 41, Mill Valley, Calif.

Joan Ottaway, 52, Sonora, Calif., W50 winner in 18:06, registered the second-best age-graded mark to Maminski's with 92.8%, bettering her performance here last year of 18:08, 90.9%. Barbara Miller, 56, Modesto, Calif., W55 winner with a U.S. agegroup record 19:35, was the third-best W40+ performer with an 89.2%.

Masters prize money for men and women leaders overall was \$1000, \$500, \$200, and \$100. Best age-andsex-graded performance cash prizes were \$400, \$250, \$150, and \$100, and went to Maminski, Ottaway, Bell, and Nolan Shaheed, 46, Pasadena, Calif., second to Bell in 15:30.

Masters finishers numbered 1569 men and 836 women, making it the largest masters championships in the U.S. Division winners were presented with National Championship rings, courtesy of Elite Racing, Inc.

Runners started on Grand Ave. in Carlsbad and turned onto Carlsbad Ave. to run along the beach in the city, which essentially closed down for two days to accommodate the events, including kid's races and a non-elite race, in addition to the elite invitational race and the masters championships.

The Carlsbad 5000 was featured on ESPN, with a showing late Saturday, April 6.



Roger Loberto (I), second M65, and Dick Opsahl, first M60, Suffolk County Half-Marathon, Long Island, N.Y. Both are Plainview-Old Bethpage RRC members. Of the 495 finishers in the race, 119 were POBRRC members.

Photo by Mike Polansky

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ELIGIBILITY: All participants must hold USATF membership.
ENTRY FEES: \$12 first event (no T-shirt); \$6 second event;
\$3 each additional event; 7 event limit; relays free if

registered.

ENTRY DEADLINE: Postmarked by Tuesday, June 18, 1996.

LATE ENTRY: \$10 surcharge when space available; must register 60 minutes before event starts.

T-SHIRTS: 100% colton, short-sleeve: \$10; XXL \$11.

DIVISIONS: 5-year age divisions for M and W, age 30 & over.

RELAYS: Will be in 10-year age groups; must wear distinguishable tops.

distinguishable tops.

AWARDS: Hayward Classic medals awarded for 1st, 2nd and rd ribbons for 4th 5th and 6th

TEAM COMPETITION: This meet will feature invitational team scoring. First Place Traveling Trophy for men's, women's

and combined scoring. FACILITY: All weather track & runways (max. 1/4\* spikes allowed). LOCKER ROOMS: Available in Bowerman Bldg. Bring towel.

IMPLEMENTS: Personal implements are no longer community property and may only be used with permission. OTCM

will have some throwing implements available.

MEET HEADQUARTERS: Phoenix Inn, 850 Franklin Blvd., MEET HEADQUARTERS: Phoenix Inn, 850 Frankin Blvd.,
Eugene. Call 1-800-344-0131 for reservations by June
14th. Indicate Hayward Classic to get group rates.
PACKETS: Available at Phoenix Inn 6-9 p.m., Friday, June
28 and at Hayward Field after 7:30 a.m. Saturday.
RECEPTION: Sponsored by OTCM. Saturday, 6-7:30 p.m. at
Phoenix Inn. Soft drinks, no cash bar.

SCHEDULE OF EVENTS All times listed are tentative and approximate Saturday, June 29

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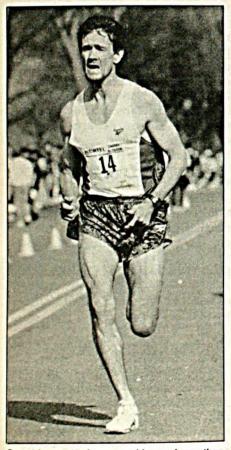




# Jones, Malloy First Masters in Cherry Blossom

by JERRY WOJCIK

Steve Jones, of Wales/Boulder, Colo., who turned 40 last August 4, ran a course record, 11th-overall 48:26



Steve Jones, 40, former world record marathon holder, winning the M40+ race (48:26), Cherry Blossom 10 Mile, Washington, D.C., March 31. Photo by Bob Burgess

to win the masters contest in the Nortel Cherry Blossom 10 Mile, Washington, D.C., on March 31. Jones, with a world-class, age-graded performance of 94.9% surpassed the old record of 49:46, held by the late Barry Brown.

In 1993, Jones, the former marathon world-record holder, ran a 48:08 here and a 48:22 in 1994.

The second masters finisher was James Pryde, 42, Bel Air, Md., with a 53:03.

Faye Bradley, 58, Washington, D.C., with a 59:20 was the first of three M55s to finish under 60:00 in the closest race for a division title. Ronald Thomas, 55, Arlington Heights, Ill., was second in 59:24, followed by Gerry Ives, 56, Cabin John, Md., four seconds later. Bradley's time is an agegraded 89.3%.

Lou Ludovico, 72, Ellwood city, Pa., ran a slightly better age-graded 89.4% 68:55 in winning the M70 race. John Petroff, Erie, Pa., at 87, the oldest finisher, ran a 2:15:15.

Rose Malloy, 47, Annapolis, Md., took the W40-and-over race with a 20th overall 62:01. Linda Wack, 40, Germantown, Md., was second in 62:55.

Division winners Randon Fritsch, 51, Baltimore, Md., 67:49; Wen-Shi Yu, 61, Kew Gardens, N.Y., 74:55; and Hedy Marque, 78, Alexandria, Va., 97:00, all turned in national-class

About 5800 runners finished the 24th running of this springtime race.

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*Please use metric for distances, if possible.	CONTRACTOR SERVICE	TOTAL
Event changes will not be permitted after registration.		Make checks payable to: OREGON TRACK CLUB MASTERS
I waive all rights that I or my heirs or assigns may have against the sponsurtan or incur participating in this event. I declare that I am in good heal Signed		

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#### **Look To The Gym For Improvement:**

An Interview With Coach Roy Benson

In the dark of early morning, Roy Benson drives to a YMCA near his home in the northern suburbs of Atlanta, Georgia. Benson once coached track at the University of Florida. He served as executive director for the Atlanta Track Club, organizing the Peachtree Road Race. His chain of Coach Roy Benson Running Camps stretches from Vermont to California. He coaches middle-aged joggers and elite athletes. Today is his cross-training day. During an hour of exercise, he moves from treadmill to stairclimbing machine to a mat (for stretching and situps) and finishes in the weight room. Benson believes most runners – particularly masters runners – would benefit from cross-training – although not everybody knows how to do it. Following his morning workout, Benson discussed the subject with National Masters News columnist Hal Higdon.

Higdon: Why should a runner head to the gym to cross-train?

Benson: To begin, our runner needs to realize that the reason he arrives at the gym is to pursue consistency of training. He's there to do alternative workouts in order to remain injury-free. Admittedly, the best way to improve is to run fast and run often,

Admittedly, the best way to we is to run fast and run often,

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but that leads to injury, and pretty soon you can't run at all. Balancing your running routine with cross-training allows you to train more consistently over a longer period of time.

Higdon: How do you develop a balanced routine?

Benson: You substitute aerobic activities for some of your running. You need to pick activities that take the focus off the primary running joints. Swimming and cycling are two popular substitute activities, but walking works well, too. The second consideration for exercise choice would be lifetime maintenance of musculo-skeletal balance. For example, to avoid low back problems, you do sit-ups and push-ups.

Higdon: Swimming and cycling use significantly different muscles than those used in running. Isn't there a danger that by doing non-specific training you may actually hinder your running?

Benson: That's why triathletes don't win marathons. Their training lacks specificity. So anybody who follows an alternative exercise routine must understand that it's a compromise. The result may be a temporary decline in performance capacity in return for long-term continued involvement. Cross-training helps you avoid the frequent crashes that interrupt your program.

Higdon: In other words, take a long-range approach to training.

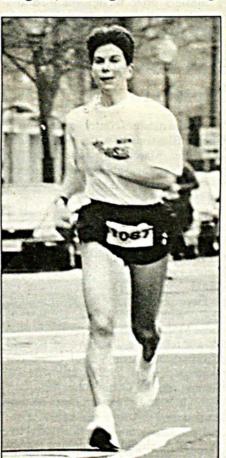
Benson: Take my case. I'm 54. I've been running 39 years, and if I try to run six to seven days a week – no matter how properly I train – I get hurt. I need a different cycle of training than the typical running routine of hard one day, easy the next. So on Monday, Wednesday and Friday, I go to the YMCA and walk on a treadmill in order to burn some calories and allow optimal recovery from my Tuesday, Thursday, Saturday, or Sunday running



This quartet of Southern California runners ran an 8:10.18 for the 4x800 at the Santa Barbara Easter Relays, March 16. Peter Mogg, 41, Simi Valley, clocked a 1:59.8 lead-off leg, followed by Dan Barry, 40, Calabasas, 1:59.2, Steve Wulf, 42, Woodland Hills, 2:01.8, and Rich Burns, 40, Thousand Oaks, 2:08.1.

workouts. Because I'm rested, those workouts can be executed at higher levels of intensity, which to me is the secret to youth, good looks, speed and riches beyond imagination.

Higdon: Isn't there the danger that some athletes can become compulsive about cross-training? They'll add swimming, cycling or other exercises, but not take anything out, resulting in overtraining.



Cathy Ventura Merkel, 40, first W40+ (39:17), St. Paddy's Day 10K, Washington, D.C., March 17. Photo by George Banker

Benson: There's a huge danger, mainly because athletes seldom comprehend the objectives of workouts. Cardiovascular fitness can be accomplished on the running days. Crosstraining days provide relief from the pounding the legs get running. Thus, when you cycle or swim, the degree of effort should be comparable to the very slow jogging one might do on an easy day. If you convert a cross-training workout into a hard day, you defeat its purpose.

Higdon: What cross-training options are open to runners?

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Benson: Aerobics classes. Stairclimbing machines. Basketball. Rowing machines – everything at light levels of intensity to allow you to recover while burning calories. Further exercise choices involve resistance training: free weights or exercise machines.

Higdon: Some runners hate do do anything but run. How do you convince them to change?

Benson: Ask them if they want to run better. When performances plateau, or decline, you have to train smarter to improve. That's when rest and recovery days enter the picture and lead you to supplemental activities. This is particularly true for masters runners, since, as we age, we often don't recover from hard workouts as fast as during our youth.

Higdon: That's when you head to the gym for improvement.

Benson: If a runner is interested in a lifetime of successful participation, running farther and faster is not the answer. You look to the gymnasium or risk shortening your career.

(Hal Higdon is a Senior Writer for Runner's World. His weekly columns appear on the Internet at: http://. www.halhigdon.com.)

# Fifty-Plus Fitness Association 8K

Sal Vasquez, 56, led the field to the finish with an age-record 27:22 in the Fifty-Plus Paul Spangler Memorial 8K at Stanford University on March 31.

Chick Dahlsten ran a 51:20 to take the oldest division race, the M85.

Judy Shade, W50, was the women's winner in 33:22. Jaclyn Caselli ran a 47:21 to win the W75 contest.

The race, organized by the Stanford-based Fifty-Plus Fitness Association, was designed for men and women age 50-and-over. This year the event was dedicated to the late Dr. Paul Spangler, who ran in the race while in his 90s. The association's address is P.O. Box D, Stanford, CA 94309.

#### Boston Marathon

Continued from page 1

\$10,000 offered for a world-best performance and \$7,500 for a course record. The open winners took home \$100,000 each. The only course record was set by Jean Driscoll in the women's wheelchair division when she won for a rare seventh time, earning her \$12,000 for the win and \$7,500 for the record.

Olympic Goal

Said three-time Olympian and 1992 bronze medalist Moller, "I needed to run under 2:35 for the New Zealand Olympic team and that was my goal. I came here not to participate in the 100th anniversary but to make another New Zealand Olympic team. That was my goal, so I hope the New Zealand selectors will select me... I think if they leave me off, they'd probably be very unpopular. No one else from New Zealand has qualified [for the Olympic marathon]... [but] it's been done before [leaving an older person off the Olympic team who has qualified].

Because there were so many male runners around the women, as is often the case in a mixed-sex race, the television cameras were only able to focus on one or two lead women, unless the lead women were running in a pack. Later, in response to a reporter's query about the possibility of a separate women's start, which might be 15 minutes after the men's start, Moller admitted that she would favor such a move. "That's one of the reasons I like to race in Japan, because they have developed all-women's races... it has a special character of its own and you can see it develop. And I think it's probably better for the press also."

Runner of the Year

Named 1995 World Masters Female Runner of the Year by Continued on page 16



Lorraine Moller receives award as the first age 40+ female finisher in the 100th Boston Marathon. Photo from Marilyn Mitchell

	PUBL	ICATIONS ORDER FORM	
antity			Total (US\$)
	Masters Age Reco	ords	
SHIP!	Men's and women's	s world and U.S. age bests for all track & field events, age 35	
		racewalking events are 40 and up, as of Oct. 31, 1994. 52	
1	pages. Lists name,	age, state and date of record. Compiled by Peter Mundle, Masters P&F Records Chairman. \$4.90, \$2.00.	\$
	Masters Track & F		
The state of		s 1995 U.S. outdoor track & field 5-year age group rankings.	
		ep in some events. All T&F events. Coordinated by Jerry	
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		and standards from age 8 to 100 for men and women for every	
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1		graded event. Tells how to keep track of your progress over the	
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# The Weight Room

by JERRY WOJCIK

# **Mixing Business With Pleasure**

The throwing scene at the Indoor Championships in Greensboro was predictably less than perfect, but not horrific. Early arrivals eyeballed the shot put/weight sectors and saw that they were off. Meet officials, with the help of Dick Hotchkiss, corrected them.

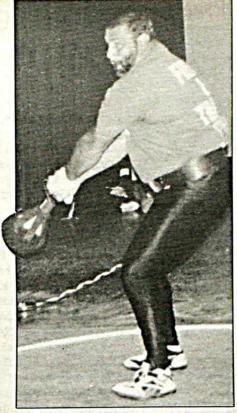
The throwing surface was cement, and even though plastic weights leave a slight mark when they hit, it still takes a keen eye and fast reflexes to locate the exact point of impact unless the floor is covered with a powder or sawdust, which these sectors weren't for the pentathletes on Friday.

I watched the sector officials for a while, and they were accurate while I was there. Afterwards, however a pentathlete complained to me that he felt he'd lost a couple of feet via a bad call.

For the weight throw on Saturday, meet management had a thin layer of sawdust spread on the cement. This diminished the parameters of the mark as the weights left an easily seen "crater" of sorts.

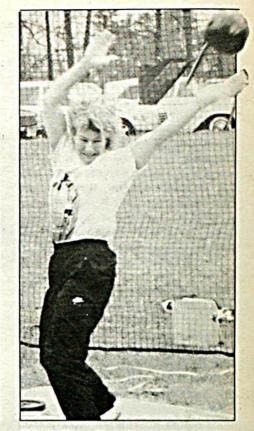
Pre-meet information led throwers to believe that they'd be throwing onto a dirt surface. We did throw the superweight on dirt – at a nearby high school outside. I can't understand how "throwing on a dirt surface" was ever introduced into the Greensboro bid, which I remember distinctly, or in the entry form. The Greensboro Coliseum floor is solid concrete inside and solid asphalt outside.

Anyway, the failure of the promised dirt surface to materialize caused Ken Weinbel, USATF Masters Weight Coordinator, to call a throwers' meet-



Dave Vandergriff, South Carolina, M40 second in the weight throw (50-43/4), USATF National Masters Indoor Championships.

Photo by Suzy Hess



Ruth Welding, 40, Indiana, hurled the 35-lb. superweight 20-11 for a W40 second place, USATF National Masters Indoor Championships. Photo by Jerry Wojcik

ing after the general meeting on Saturday night. The purpose was to examine ways to prevent further inequities and unfulfilled commitments at national meets.

A proposal to institute a performance bond (cash) for championships bidders, to be forfeited at non-compliance, was discussed, but dropped for fear that it might discourage bids. Instead, we adopted a plan to use volunteer throwers living within close proximity of championship sites to inspect them several months prior to the meet and to report to Weinbel on their facilities. I don't know if this is going to work. You can see the problems. So the javelin area drops six feet at the 100 foot mark. What'll be done about it three months before the championships? If nothing, then what? But, the underlying principle of this plan is for throwers to help prevent problems through constructive input, rather than by punitive means or after-the-fact complaining.

As for the competition, Ruth Welding, 40, Indiana, dethroned Joan Stratton, 44, California, by some three inches in the shot, but Stratton, primarily a hammer/weight thrower, won the weight and superweight handily over Welding. Cindy Reinhoudt, 51, New York, took the shot gold over Vanessa Hilliard, 54, Florida, who, perhaps fired up by defeat, responded by throwing records in the weight (50-71/4) and superweight. Her phenomenal weight throw age graded to 111.1%, which will set the revisionists to examining the present tables. Katharine Gradick, 78, Florida, upped the U.S. W75-79 shot record to 20-81/4.

In the men's shot, Tim Crawford, 36, Rhode Island, had the best 16-lb.

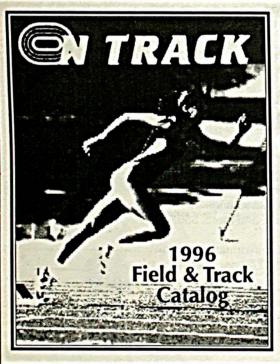
put for all M30-49 with a 49-31/2. Craig Shumaker, 47, Pennsylvania, prevailed in a large 10-man field with a 44-71/2, the top six M45s over 39-0. Russ Hodge, 56, Washington, hit the 49-71/4 mark and 92.9% on the A-G scale. Len Olson, 64, Florida, won the

Len Olson, 64, Florida, won the shot and weight (48-11/4) titles, but newcomer Austin Baggett, 64, Florida, powered to the superweight first (21-61/4, a record), in a strong field. I cringed when I saw that the first four in the M65-69 weight throw were 64 years old. Whoever said that you get about a year and a half to place in the top three in the nationals before the deluge was right. Ted Hatlin, 85, California, left town with a U.S. shot record (23-23/4).

Despite a slight drizzle early on Sunday morning at the championships' traditional, local high school shot circle, superweighters responded with eight potential U.S. records. A bit of circle maintenance late Saturday night by the Midnight Buffer may have helped.

From left, discus throwers Phil Brusca, M65; Bill Bangert, M70; and Arnie Gaynor, M65.

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## **Sri Chinmoy Receives Fred Lebow Award**

At the recent Rome Marathon, Indian-born peace activist, Sri Chinmoy, an advocate of spiritual and physical health, received the inaugural Fred Lebow Award, presented annually to a humanitarian promoting sports, health and fitness.

Chinmoy, 66, whose meditation techniques are practiced worldwide, has competed in masters track and field, and road racing competitions. He sponsors two USA masters T&F meets yearly, one in New York and one in Southern California.

The award was given by NYC Marathon Director Allan Steinfeld, and Umberto Silvestri, President of the Rome Marathon, in recognition of his founding of the 80-nation Sri Chinmoy Oneness-Home Peace Run as well as his many efforts for physical and spiritual health.

"Sri Chinmoy has been very special to the New York Road Runners Club." said Steinfeld. "He has given spiritual support first to Fred, when he got sick a few years ago, and now to myself. It has been an ongoing relationship that I'm sure will continue for many years."

Steinfeld said the goal of the Peace Run is to spread peace through running and sport.

Sri Chinmoy responded: "Today I have received a most signal and blessingful honor for the prayerful service that my students and I are offering to the running world."

As the marathoners toed the starting line, Sri Chinmoy stood with folded hands atop a specially-constructed bridge overlooking the 18,000 runners who joined him in a silent peace invocation.



Sri Chinmoy (left) receives the Fred Lebow Award from Allan Steinfeld for his founding of the Peace Run and numerous contributions to the running world. Photo by Dhono

## East Regionals Draw 267 to Waltham

by STEVE VAITONES

The 24th annual USATF East Regional Masters T&F Championships took place at the Gosman Sports Center, Brandeis University, Waltham, Mass., March 17. The meet, hosted by the New England Association and Brandeis, drew 267 entrants to the 200m mondo-surfaced track.

Three track records were recorded by a pair of individuals. Carolyn Cappetta, 60, Lexington, Mass., covered the 800 in 2:44.22, erasing the W60 world record of 2:56.75 by Joyce Hals. Lois Filreis of New Jersey's AUI club broke two W65 U.S. records, beginning with a 6:51.72 1500, eliminating Dottie Gray's 7:06. Later in the day, Filreis decreased Nancy Smalley's 15:40.89 for the 3000 to 14:55.71.

In the field events, Phil Raschker, Marietta, Ga., upped her W45 world record in the pole vault to 10-101/4/3.31.

The meet's oldest competitor was 86-year-old Ellery Clark, Jr., Cohasset, Mass., whose father was a double gold medal winner at the first Olympic Games in 1896. Still competing for the Boston Athletic Association, as did his father, Clark received an ovation as he completed the 200, earning his fourth gold medal.

Hosting a full masters championship level meet for the first time, management encountered a few problems: a surprising number of postentries caused problems with dash seeding and there was lapping confusion in the M50+ 1500 heat, though the FinishLynx system helped sort things out. Directors noted athletes' comments to make the event run more smoothly, and hope to solve any problems when the meet returns to Brandeis on March 16, 1997.

# **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 NMN, forward them with verification to the rankers below, so they receive your marks no later than May 24, 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

- 55m/60m/200/400: Larry Patz, 544 Gould Hill Rd., Contoocook,NH
- 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. Stimson Ave., La Puente, CA 91744. E-Mail 102110.540@Compuserve.com
- 55mH/60mH/PV: Palmer Sweet, P.O. Box 5469, Charlottesville, VA 22905
- 1500/Mile/3000 RW/WT: Jerry Wojcik, NMN, P.O. Box 50098, Eugene, OR 97405

#### GSAC/RANDOLPH CLASSIC TRACK & FIELD MEET **SUNDAY, JUNE 16,1996**

EVENTS SCHEDULE FOR OPEN (AGE 15-29) in ONE AGE GROUP, SUBMASTERS (AGE 30-39) AND MASTERS (AGE 40+) in 5 year Age

JUUU METERS	10.00 A		TOU M	EIER DASH	2.13 PM
1500 METER RACE	WALK 10:3	MA O	800 M	ETERS	2:30 PM
110 METER HH	11:0	11:00 AM 200 METER DASH		ETER DASH	3:00 PM
MILE RUN	12:0	12:00 PM		RELAY	3:45 PM
100 METER	1:0	1:00 PM			
				FIE	LD EVENTS
	OPEN MEN -	40-49	MEN	MEN 50-59	MEN
	30-39 MEN	Sec. 21	200	Brook Santi	60+/WOMEN
POLE VAULT	10:00 AM	10	MA 00	10:00 AM	10.00 AM
SHOT PUT	10:00 AM	10	45 AM	11:30 AM	12:30 PM
WEIGHT THROW	1:30 PM	2	45 PM	2:15 PM	1:00 PM
HIGH JUMP	10:30 AM	10	30 AM	10:30 AM	10:30 AM
LONG JUMP	10:00 AM	11	MA 00:	12:00 PM	1:00 PM
JAVELIN	11:15 AM		15 PM	1:30 PM	10:00 AM
DISCUS	12:30 PM	1	:30 PM	10:00 AM	11:15 AM

A NEW JERSEY GRAND PRIX

SERIES MEET

2:00 PM 2:00 PM 3:00 PM 3.00 PM EVENTS SCHEDULE FOR YOUTH RUNNING EVENTS

MILE RUN

100 METERS

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

11:30 AM

100 METERS

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

2:30 PM

4x400 METER RELAY

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

3:30 PM

USATF-NJ SANCTIONED

EVENT SCHEDULE - Above order will be followed. Events may run ahead of schedule. Athletes will be responsible for noting schedule changes. If albiete misses calls or fails to check in, event fee is forfeited. Listen for announcements 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. ATHLETES MUST CHECK IN WITH OFFICIALS 30 MINUTES BEFORE SCHEDULED EVENT. ALL RACES WILL BE RUN AS FINALS. IF NECESSARY, SECTIONS WILL BE RUN FOR SPRINTS. PLEASE NOTE: REGISTRATION HAS CHANGED FROM PREVIOUS YEARS. ALL REGISTRATION CLOSES AT NOON FOR ALL EVENTS YOU MAY REGISTER UP TO 1 HOUR BEFORE EVENTS THAT ARE SCHEDULED TO RUN BY 1.00PM.

RULES
SPIKÉS ALLOWED - 1/4" or less
SPIKÉS ALLOWED - 1/4" or less
HURDLE HEIGHTS & IMPLEMENTS - USAT&FOpen and Masters Rules.
HURDLE HEIGHTS & IMPLEMENTS - USAT&FOPEN and Masters Rules.
ELIGIBILITY: USATE MEMBERSHIP REQUIRED, SO BRING CARD, NO EXCEPTIONS. CAN APPLY AT MEET. \$15, \$10 (youth)
FALSE START - One laise start rule will apply.

FEES - Free to Randolph residents.

Pre-registered - (Received on or before June 2.) \$5 per event for all events.

Received after June 2 - \$10 late fee added to first event, except for relays.

Relay Teams - \$16 per team, for Open and Masters, \$12 per team for youths.

ADDITIONAL INFORMATION
Meel Directors: Morton Hahn
Ken Brinker

EVENTS ENTERED

days 201-625-1764 evenings 201-361-3282 days 201-540-3860 evenings 201-366-8367

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

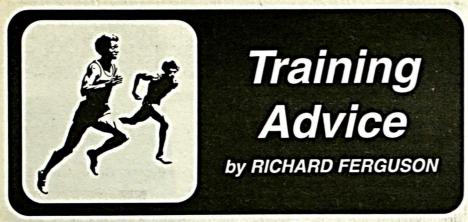
DIRECTIONS - From George Washington Bridge, take Route 80 West to Route 287 South, Take Route 10 West, about 7 Dunkin Donuts on the left at the intersection of Millbrook and Route 10. Turn left on Millbrook Ave by making a right on the about 1.5 miles, and turn right into the first entrance of the High School.

FILL OUT AND RETURN TO: GARDEN STATE ATHLETIC CLUB, C/O MORT HAHN, 19 PLEASE PRINT)	BEDMINSTER ROAD, RAN	DOLPH, NJ 07869	
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I hereby waive any or all claims I or my heirs may have against Randolph Township Parks & Recreation Dept. Randolph Township tandolph Board of Education, Garden State Athletic Club or the Meet Directors and Officials resulting from my participation in this me I understand that the activity will be supervised and that the Township of Randolph DOES NOT INSURE participants with accident and I will participate at MY OWN RISK. It is understood that this program is a physical activity and various Injuries may occur. I also inderstand that it is my responsibility to make sure that the registrant is physically capable of participating in this program and that a physical by a color is accompanied.

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



#### An Apple in Your Throat

Tow many times in the course of a day do you hear the statement, "I choked"? Usually, the word "choke" is associated with a poor, or worse than expected, athletic performance. In the running world, the word choke can be frequently overheard after almost any road race you attend. But what does the word choke really mean to runners?

When most of us think of choking, we conjure up images of bad performances at critical times, such as tightening up in the last mile of the most important 10K of the year, or dropping out of a marathon at the halfway point for no apparent reason. However, just because you had a bad race doesn't necessarily mean you choked.

In a nutshell, athletes choke when their performances get progressively worse until they can't regain self-control without stopping (dropping out of a race) or getting help by talking to a friend or coach. Choking is really a pattern of thought and behavior with the end product being poor performance.

#### **Examples of Choking**

Let's look at some examples of choking by runners. It's an important race and you're going to try to lower your 10K PR. You go out at the pace you believe is needed to run a PR, but the mile split is slower than you expected. You start having negative thoughts about your PR chances and you begin to press. Your form deteriorates, you get tight, and you go into oxygen debt from pushing your overly tense body too hard. You struggle to the finish with a much slower time than you had anticipated. You feel dejected and basically miserable.

How about the following scenario? You have a particular "rival" whom you always outperform in your races. However, in the big local 10K, your rival is right with you at one, two, three miles, and you don't feel particularly well. You get scared and begin to fear your rival will beat you, which ultimately will lead to a great deal of embarrassment. You begin to get tight and press, but you just can't break away. Finally, you talk yourself into believing you can't beat the guy and you give up and slow down, allowing your rival to cruise to glory. Talk about a sick feeling after a race.

Any race, workout, or even fun run can be stressful, especially if you are a



highly competitive person. Any time a human being is stressed and senses pressure, the muscles of the body are going to tighten (especially in the neck, which is why it's called choking), and the heart and breathing rate are going to increase. The critical point in the choking process comes, however, at your attention concentration level when, instead of focusing externally on your race, you begin to narrow your focus and direct it internally. Too much of an internal thought pattern leads you to focus on your worries of losing, running poorly, and, above all, pain. As the pressure increases, you have a great deal of difficulty redirecting your focus away from yourself and back to the race. The result of all of this is poor coordination, muscle tension, fatigue, and poor decision-making, all of which will lead you to perform far below your capability. In other words, you choke.

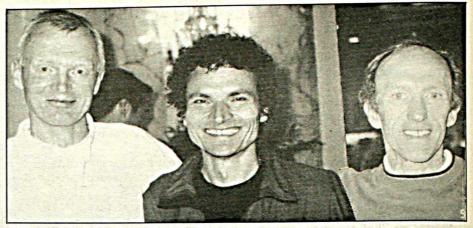
#### **How to Avoid Choking**

So how can you avoid choking? In reality, choking is a habit born of negative thinking. Any time you think about something, you're actually talking to yourself. The key to overcoming the tendency to choke is to learn positive self-talk. Positive statements like, "I can do it," "I feel fast," or "Just hang in there," serve to motivate us and keep us going. On the other hand, negative self-talk is often self-critical, defeatist, and anxiety/tension-producing. Saying things to yourself like, "I feel horrible," "I'm going to lose," or "Here we go again, another bad race," only serve to produce self-doubt, tension, anxiety, and, ultimately poor performance.

Become sensitive to your negative self-statements. When you find your-self becoming negative tell yourself to stop and replace the negative with positive statements. It's impossible to eliminate all negative self-statements, but you can cut the number down. By becoming more positive, you can begin to break the choking habit and run nearer your potential, not to mention have more fun with running.

Old habits will die hard, but, in time, you can get that collar from around your neck and never utter the dreaded choke word again.

(Reprinted from "Running Journal,")



At Boston, from left: Kjell-Erik Stahl, Sweden, 2nd M50-59 (2:30:42); Herbert Steffay, Germany, 1st M40-49 (2:19:33); Jack Fultz, Virginia, winner of the 1976 Boston Marathon (2:20:19), who ran the 100th edition on April 15.

Photo from Marilyn Mitchell

#### **Boston Marathon**

Continued from page 13

Runner's World magazine, Moller was undefeated in 1995 in her masters career, posting masters victories at Falmouth (39:29), Peachtree 10K (33:10), Utica Boilermaker 15K (53:16), Advil Mini Marathon 10K (33:35) and a world masters best for four miles (21:05) at the Steamboat Classic in Peoria, Ill. Fourth in the 1985 New York City Marathon, she was a three-time winner of both the Avon (London) and Grandma's (Minnesota) marathons, and winner of the 1984 Boston Marathon.

Sixth in Boston last year (2:21:38), German-born Herbert Steffny won the masters division of the 1995 Twin Cities Marathon (2:18:35). As an open runner, he held 13 German championship titles at the 10K, 25K, marathon, and cross-country distances and was a three-time winner of the Frankfurt Marathon (1985, 1989 and 1991). He was also winner of the 1991 Pittsburgh and 1989 Munich marathons, where his 2:11:30 broke Frank Shorter's 1972 course record of 2:12:19. He ran 2:11:54 eight years ago at the 1988 London Marathon, and posted his lifetime personal best of 2:11:17 at Chicago in 1985.

Said Steffny, "My [older] brother, Manfred, a former two-time Olympic marathoner, was my influence. He wrote a book on marathoning. For Boston, I would say, it was Bill Rodgers who influenced me. When I was an open runner, Boston was the one race which was missing.

"After Twin Cities, I knew I could play a role here. It's a totally different race here [the masters race], because there's no pack... there are individual runners.

"One masters group [Artemio Navarro, Romas Sausaitis (the Lithuanian), Martin Mondragon, Kipsubai Koskei] went out too fast... 10K at 31 minutes...my job was to do my race and not to make the mistakes they made."

World's Largest Marathon

The 100th edition of the Boston Marathon had 38,706 official entrants and 35,810 finishers (93%), making it the world's largest marathon race. Slightly more than 55% of the finish-

ers were age-40-or-over.

The Boston race management made it diplomatically, but unequivocally, clear that this was a one-time deal. The Hopkinton start line is on a two-lane road, approximately 35-feet or 10-meters wide. Funneling 9,000 runners – the usual number – onto this type of start line presents a logistical nightmare under the best of circumstances. No more need be said about the problems of herding 38,000 runners into the same area.

Prior to race day, management had predicted that, in addition to the 38,700 registered runners, there might be as many as 15,000 to 20,000 "bandits," or unofficial runners, who could have clogged the roadways and seriously impacted on the water supply and other race facilities along the course. Fortunately for everyone, the public heeded their pleas and the BAA estimates that only about 2,000 unofficial runners joined the celebration.

#### Heart Attack

Unfortunately, 61-year-old Swedish runner, Humphrey Siesago of Stockholm, collapsed at the finish line of an apparent heart attack, was given immediate first aid, stabilized and transported to Massachusetts General Hospital, where he was later pronounced dead. Race Director Guy Morse extended condolences to the Siesago family, saying, "We at the BAA and John Hancock are deeply saddened by the death of one of the runners."

There were also major problems with the computers, ranging from prerace burst pipes and resultant water damage to hard drives, to a server being down during the race and affecting the ability to process and print out results. To the credit of the Boston Marathon, race management accepted responsibility for the problems, absolving the computer vendor and the "real-time" chip manufacturer of any responsibility, saying, "The real problem was human error in programming."

Runners were given so-called "realtime" computer chips which they were instructed to put on their shoe laces.

Continued on page 28

#### Indoor Championships

Continued from page 1 200 final.

Milt Silverstein, Arizona, broke the U.S. M75-79 record of 9.5 for the 60m with an A-G 95.8% 9.27.

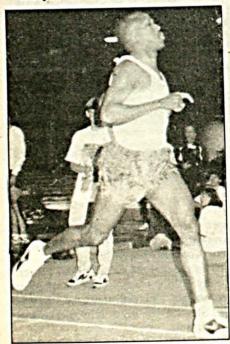
Despite having to throw outside at a nearby high school in a slight drizzle, the superweight throwers submitted eight pending U.S. records, led by Ken Jansson's 12.76/41-10<sup>3</sup>/<sub>4</sub> for the M35 56-lb. implement.

The anticipated assault on U.S. mile records was more of a skirmish. Paul Heitzman, M65, Kansas, ran a 5:27.65 for one of the three records in the mile and added the national record for the 3000 with a 11:10.70. Some distance runners attributed the lack of better mile marks among the younger agegroups to the 160m track. Steve Gallagher, Florida, who earlier in the indoor season broke the U.S. 3000 record, won the 16-field M40 mile race with a 4:28.57, a slower time than he had hoped for, but he felt that the turns were not restrictive.

The mile was a new experience for some. Louise Adams, W70, Colorado, who broke the U.S. 400 record with a 1:38.10, commented, "This is the first time I've run a mile in- or outdoors. It was fun, but I had too much left." She finished in 8:06.38.

While some records fell by slight margins, others had huge chunks lopped off in the track events or added in the field events. Joy Upshaw-Margerum, W35, Hawaii, lowered the U.S. record of 8.10 for the 60m to 8.09, while Grace Butcher, Ohio, changed the W60 mile record from 7:47.6 to 6:55.59. In the 3000 race-walk, which saw four world and three U.S. indoor records fall, Ed Kousky, Oregon, decreased the world M55 record of 14:27.6 to 14:22.40, and Miriam Gordon, Florida, dropped the world W70 record by almost half a minute to 20:35.87.

Despite the records, a few racewalk-



Anselm Le Bourne, New Jersey, M35 winner in the 800 with an age-graded 91.1% 1:55.70, USATF National Masters Indoor Championships. Photo by Suzy Hess



Dennis Coleman, M35, Maryland, finishing the 400 in 55.99, USATF National Masters Indoor Champion-ships, Greensboro, N.C., March 29-31. Photo by Suzy Hess

ers were not pleased with the track. Elton Richardson, New York City, who won the W55 race in 17:37.51, asked, "How did this place ever get the bid? There shouldn't be any judges for that track. It's too slanted."

The best athlete of the meet award would be a toss-up between Earl Fee, 67, Canada, and Philippa Raschker, 49, Georgia. Although neither one was a record breaker, both had several performances in the 93+% range: Raschker in the 60m (95.5%), 200 (92.9%), 60mH (96.9%), and pole vault (95.2%); Fee in the 400 (92.9%), mile (93.1%), and 800, where, despite an A-G 98.6%, he failed to break the record. He had a tough mark to beat – 2:16.80 – his own, set in March 1994 when he was 65.

Other 60m sprinters besides Richards (96.3%) and Silverstein (95.8%) showed some speed. Neville Hodge, Maryland, won the M40 race in 7.02 (95.6%). Bill Collins, Texas, took the M45 race from Marion McCoy, Jr. (7.31) with a sizzling 7.22 (96.1%). Collins later sustained an injury that scratched him from the 200 and left him on crutches and facing surgery on Monday, April 1.

Gold medalists in the 200, Ben James, M35, New York; Charles Allie, M45, Pennsylvania; and Joe Johnson, M50, New Jersey, clocked times that age-graded to 91+%.

Joan Stratton, W40, California, hit 96.3% with a 12.38/40-7<sup>1</sup>/<sub>2</sub> throw with the 20-lb. Vanessa Hilliard, W50, Florida, was off the scale with an A-G 100+% toss of 15.42/50-7<sup>1</sup>/<sub>2</sub> with the 16-lb. weight. Both are U.S. age-group records.

Perhaps the most exciting race of the meet came in the M55 800, when John Dunkelberg, North Carolina, nipped Sid Howard, New Jersey, by 1/100 of a second with a 2:25.76, as both, using the banked turn to accelerate, sprinted to the finish. Roger Pierce, Massachusetts, edged Ron Johnson, New York, in another close finish, in the 400, 55.74 to 55.75.

Continued on page 18

Every runner should have an ice pack in the freezer, and the pack shown here is top of the line 2 Runner's World December '95 Gear Guide

hat could be more exhilarating than crossing the finish line of your first 10K run?! Then again...what could be worse than spending the rest of the season with aching ankles, sore legs, tender hamstrings, or shin splints?

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inally! A back support that works overtime on pain! Thera P's Neoprene® Back Support System incorporates a powerful combination of support and ice cold/moist heat pain relief. Its unique design allows you to use it while you're exercising for support and then add the gel pak for soothing pain relief — giving you two-products in-one! Put an end to back pain once and for all!



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# Record Participation at Indoor Championships

ongratulations to Meet Director Ron Foster and Promotions Director Randy Billings for their efforts in promoting and managing a record number of athletes (727) at our Indoor Championships. The meet received front page coverage from the Greensboro News and Record, as well as great coverage from the local television stations.

# AGE GROUP RECORDS SET AT USATF NATIONAL MASTERS INDOOR CHAMPIONSHIPS, GREENSBORO, N.C., MARCH 29-31, 1996

	WOLIG K	ecorus				
	Event	Age	New Mark	Name	Old Mark	Held By
	60m	M90	17.47	Everett Hosack	p15.52	Mikko Salonen
	200m	W80	57.61	Pearl Mehl	62.73	Pearl Mehl
	800m	M80				
			3:20.57	Austin Newman	3:33.63	Bill Dyer
	800m	M85	5:51.29	Charles Espy	6:18	Herb Kirk
	800m	W80	5:16.53	Ivy Granstrom	6:26.49	Pearl Mehl
	3000m	W80	23:41.32	Ivy Granstrom	27:27.81	Pearl Mehl
	60mH	W70	16.89	Johnnye Valien		
	HJ .	M40	2.06m	Jim Barrineau	2.02m	Dwight Stones
	HJ	M85	1.00m	Virgil McIntyre	ties	A E Pitcher
	HJ	M85	1.00m	Ted Hatlen	ties	A E Pitcher
	IU	M90	0.80m			
				Everett Hosack	p0.45m	Mikko Salonen
	Ш	W60	1.26m	Edith Gray	1.25m	Leonore McDaniels
	PV	W60	1.81m	Edith Gray	1.67m	Leonore McDaniels
	PV	W70	1.41m	Johnnye Valien	and Traffic	
	W	M80 .	3.58m	Clarence Trahan	3.57m	Carl Trei
	M	W60	3.84m	Edith Gray	3.77m	Elizabeth Steedman
	W	W60	3.84m	Betty Vosburgh	3.77m	Elizabeth Steedman
	W	W75	2.58m	Mary Bowermaster	2.29m	Vivian Nelson
	TJ	W65	7.64m	Magdalena Kuehne	7.31m	Leonore McDaniels
	TJ	W70	5.97m	Josephine Sullivan	5.44m	Libby Hagemann
						Black, The United Services Court to Access the Committee of the
	TJ	W75	4.31m	Libby Hagemann		<del></del>
	3000mRW	M55	14:22.40	Edgar Kousky	14:27.6	Mario Sciarreta
	3000mRW		17:23.46	William Flick	17:31.6	Pauli Makinen
	3000mRW		16:02.36	Jeanette Smith	16:12.53	Jocelyn Richard
	3000mRW		20:35.87	Miriam Gordon	20:56.8	Ernestine Yeomans
		The Contract of the Contract o				Millie Crews
	60m	W75	11.45	Mary Bowermaster	11.75	
	PV	W55	2.19m	Becky Sisley	2.07m	Becky Sisley
	M	M60	5.47m	Dick Richards	5.41m	Virjo Kwappila
	U.S. Re	cords				
	NAME OF TAXABLE PARTY.	Mary was	SALL TO SE	A STATE OF THE PARTY OF THE PAR	HE DUDGE OF THE PARTY OF	<b>即为1000000000000000000000000000000000000</b>
	Event	Age	New Mark	Name	Old Mark	Held By
	60m	M75	9.27	Milt Silverstein	9.5	Barry Ivers
100	60m	W35	8.09	Joy Upshaw-Margerum	8.10	Denise Foreman
100	200m	W50	30.80	Nadine Lowenstein	30.87	Marilyn Mitchell
6	200m	W60	33.25	Betty Vosburgh	33.51	Betty Vosburgh
9	400m	W50	69.53	Nadine Lowenstein	72.86	Linda Upton
3	400m .	W70	1:38.10	Louise Adams	1:44.86	Carol Peebles
ő	800m	W55	2:39.54	Jane Arnold		
1	800m	W65			2:51.80	Wava Mosbrucker
3			3:25.85	Lois Filreis	3:30.74	Dottie Gray
п	Mile	M65	5:27.65	Paul Heitzman	5:30	Archie Messenger
13	Mile	W60	6:55.59	Grace Butcher	7:47.6	Jean Price
3	Mile	W80	13:27.51	Pearl Mehl	NAME OF TAXABLE PARTY.	
п	3000m	M65	11:10.70	Paul Heitzman	11:12.03	Jim Forshee
19	3000m	M80	14:42.91	Austin Newman	15:13.54	Dudley Healy
	3000m	W80	26:53.20	Pearl Mehl	27:27.81	Pearl Mehl
	60mH	M80	13.60	Frank Finger	p14.86	Ted 'Hatlen
И	W	W55	3.75m	Joann Grissom	And the second second	
	TJ	W60	7.75m		ties	Betty Vosburgh
1	SP	M85	7.08m	Betty Vosburgh Ted Hatlen	7.71m	Betty Vosburgh
					6.95m	Bert DeGroot
	SP	W75	6.31m	Katharine Gradick	4.58m	Grace LaBelle
	Wr	M55	13.88m	Dick Hotchkiss	13.44	Dick Hotchkiss
l	WT	W40	12.38m	Joan Stratton	12.17m	Joan Stratton
	WT	W50	15.42m	Vanessa Hilliard	14.08m	Vanessa Hilliard
Н	Wr	W55	10.32m	Joann Grissom	10.25m	Joann Grisson
ı	SW	M35	12.76m	Ken Jansson	10.90m	Ken Jansson
п	SW	M40		David Vandergriff	9.31m	Pete Farmer
	SW	M45		Tim Edwards	6.36m	Bob Sager
1	SW	M60		Austin Baggett	6.11m	
I	SW	M70	The state of the s	Bill Bangert		Len Olson
	SW	W35			6.68m	Charles Covino
				Sarah Boslaugh	4.04m	Deborah Ecklund
	SW	W40		Joan Stratton	6.78m	Joan Stratton
1	ŞW	W50		Vanessa Hilliard	10.29m	Vanessa Hilliard
		RW M65		Vance Genzlinger	16:52.0	Ed Gawinski
	3000mI	RW M80	21:39.16	Bill Patterson	Personal Parameter	
	3000mI	RW W50	17:25.86	Kathleen Frable	17:28.21	Elton Richardson
	800m	W80		Pearl Mehl		
1	460mH	W60			6:26.49	Pearl Mehl
	WT			Betty Vosburgh	14.19	Shirley Kinsey
	SELECTION OF THE PERSON	W75	6.15	Libby Hagemann	Character of the second of	,
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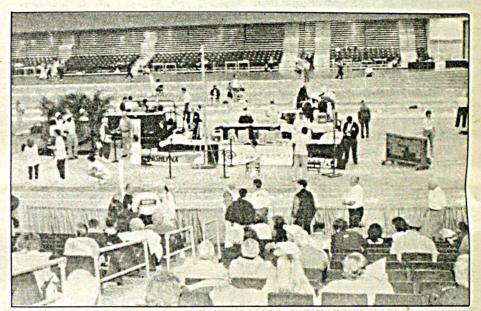
Key to their success was a willingness to take the time and effort to learn as much as possible in advance about organizing a masters competition. Ron and Randy both attended the Championships in Columbia and Reno, and Tom Moreau, their Transportation Coordinator, attended the Outdoor Championships in Michigan. Their commitment to learn from "what worked and what didn't" at previous championships showed. Early distribution of information to athletes and officials, timely and friendly response to inquiries, skilled officials, a smooth-running transportation system, abundant volunteers recruited by Eileen Hogan, and a solid desire to put on the best event possible, made these championships among the most successful in recent years. Very important also was their commitment to learn from their own mistakes. I look forward to returning to Greensboro in the future.

#### Nominating Committee Appointed

In accordance with our Committee By-Laws, a three-member Nominating Committee was selected by the Masters Track & Field Executive Committee at their meeting in Greensboro. Jerry Donley will serve as Chair of the Committee assisted by Bev LaVeck and Ken Weinbel. Elections for committee chair, vice chair, secretary and treasurer, will be held at the USATF Convention, November 27-30, in San Francisco. Watch the National Masters News for detailed information regarding the nomination process.

Multi-Event Championships

In a close vote, members of the Track & Field Committee selected San Diego as the site for this year's National Decathlon/Heptathlon Championships, which will be held on July 13-14. Ed Oleata will serve as the Meet Director. Neosho, MO, with a late October date, and Lincoln, NE, with an early June date, were the other two sites considered.



The finish line and spectator seating at the USATF National Masters Indoor Championships.

Photo by Jerry Wojcik

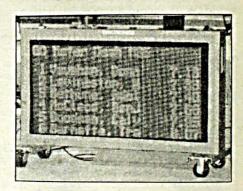
# Indoor Championships

Continued from page 17

Generally, athletes' reactions to the meet were positive. Kati McIntyre, W60, Arizona, who has extensive indoor and outdoor championships experience, said, "The meet gets rave reviews. Lots of good officials, terrific trumpeter for the opening ceremonies, great seating, and, for once, enough restrooms." Other competitors were put off by what they considered a hard running surface. Courtland Gray, M50, Texas, said that he had to take his shoes off after warming up for the 60m final because they hurt his feet even though he had the proper length spikes. Gray suffered a quadriceps pull in the race, eliminating his chances at a victory in his primary event, the hur-

Athletes praised the USATF officials and volunteers, despite problems in the hurdles and sector snafus in the weight throw, and complimented the announcer, Pete Taylor.

Media exposure included articles



One of two results screens for competitors and spectators, USATF National Masters Indoor Championships. Photo by Jerry Wojcik

every day of the meet in the Greensboro News & Record and television coverage nightly.

The meet director was Ron Foster. Randy Billings was in charge of meet promotion. The head track referee was Bill Stewart; the head field referee was Bob Brant.

The 1997 indoor championships will be held in Columbia, Mo., on the U. of Missouri campus, site of the 1994 championships.

**Records Section** page 19 May 1996



#### **New Age-Group Records Compiled**

n 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 1, 1996, 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, 1995 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, CHAIRMAN, WA.V.A. RECORDS COMMITTEE, 4017 Via Marina No. C-301, Venice, CA 90291, USA.

Application is hereby made for a World Veteran Age-Group Record/World Veteran Age-Group 'Best Performance'/World Veteran Age-Best Performance, in support of which the fol-(Please type or use capitals throughout) \_\_ Age-Group \_\_ Full Name of Competitor(s).... (For relays, full name of each team member is required, in order of running.) Competitor's Country Name of Stadium .... RESULT OF RACE The names of the first three competitors and their times were as follows: Time 2nd Time STARTER'S CERTIFICATE I hereby certify that the start of the race was in accordance with I.A.A.F. Rules. \_Signature \_ Name of Starter TIMEKEEPERS' CERTIFICATES (HAND TIMING) I, the undersigned official Timekeeper of the race, hereby certify that the time set opposite my signature was the exact time recorded by my watch and that the watch used by me has been certified and approved by my National Governing Body. Signature Name \_\_ \_\_ Signature \_ Name \_ Name \_ Signature .. Time \_ I confirm that the above Timekeepers exhibited their watches to me and that the times were as stated. (Name of Chief Timekeeper or Referee) (Signature) **ELECTRICAL TIMING** A fully automatic electrical timing device was used. The time recorded was and this was the official time.

(Name of Chief Photo-Finish Judge)

WIND GAUGE

Name of Operator ...

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

metres/sec.

I hereby certify that wind speed in direction of running was

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

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

Application is hereby made for a World \ Performance, in support of which the fo (Please type or use capitals throughout)	llowing informat	up Record/World Veteran Age-Best ion is submitted :
Event	Age-Group	Men/Women
Full Name of Competitor		Date of Birth
Competitor's Country		Date of Meeting
Name of Stadium	Town	Country
EQUIPMENT OFFICER'S CERTIFICATE I hereby certify that the Shot/Discus/Har examined by me after performance and c as modified by W.A.V.A. By-Laws (Appendimplement used weighed	conforms exactly dix A) for veterans	with the relevant I.A.A.F. Rule except scompetition. I further certify that the
Name	Signature	Carlo Ara Carlo Ca
and promise A 18 Section 28 to 18 of the second		28 TAN
FIELD JUDGES' CERTIFICATE  We hereby certify that the measurement is measured in accordance with I.A.A.F. Ricircle or runway complied with I.A.A.F. is metres	ule 148, paragrap	
(Distance or height) (Name of Field	Judge) (Sigr	nature)
(Distance or height) (Name of Field metres	Judge) (Sigr	nature)
(Distance or height) (Name of Field	Judge) (Sigr	nature)
WIND GAUGE (LONG AND TRIPLE JUM I hereby certify that wind speed in direct		vas metres/sec.
Name of Opérator		Signature
RESULT OF COMPETITION The names of the first three competitors		
		mance
		mance
3rd	Perfor	mance

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

# **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 1, 1996

M	len's W	orld Five Year Ag	e Gro	up
AS IN THE		Records		
	100 METERS	NAME (RESIDENCE)	AGE	MEET DATE
	MARK 9.97	Linford Cristie(GBR)	35	9-23-95
M40	10.6	Eddie Hart(USA) Thane Baker(USA)	40	9-16-89 6-14-80
M45 M50	11.0	Ken Dennis(USA)	50	7-18-87
M55	11.57	Ron Taylor(GBR) Payton Jordan(USA)	57 56	8- 3-91 6-23-73
	11.6	Alfred Guidet(USA)	56	6-22-74
M60	11.8	Payton Jordan(USA) Ron Taylor(GBR)	61	5-27-78
M65	12.5	Bernard Hogan(AUS)	65	11-30-85
M70 M75	12.91	Payton Jordan(USA) Payton Jordan(USA)	74	6-22-91 4-25-92
M80	15.3	Barry Ivers(USA)	80	9-14-91
M85 M90	16.3	Duncan McClean(SCO) Duncan McClean(SCO)	88 90	7- 6-73 6-14-75
M95	39.00	Prtiavi Singh Azad(IND)	95	12- 5-87
	200 METER	S		
DIV.		NAME (RESIDENCE)	AGE 37	MEET DATE 6-18-88
	20.62	Pietro Mennea(ITA)	35	9-26-87
M40 2	21.86	Bill Collins(USA)	41	8-15-92 8-10-77
	21.9	Reginald Austin(AUS) George Rhoden(JAM)	45	7- 2-72
directly 2	22.30	Stan Whitley(USA)	46 50	6-20-92 7-18-87
	22.9	Ken Dennis(USA) Ron Taylor(GBR)	52	7-31-86
M55 2	23.37	Ron Taylor(GBR) Payton Jordan(USA)	57	7- 5-91 6-19-77
MóU 2	4.9	Ron Taylor(GBR)	61	6- 2-95
M65 2	5.6	Bernard Hogan(AUS)	65	12- 6-85 6-20-87
	6.8 8.14	Payton Jordan(USA) Payton Jordan(USA)	75	6-20-92
M80 3	2.3	Josiah Packard(USA)	80 86	2-18-84 10-11-93
	5.99 8.6	Harry Gathercole(AUS) Collister Wheeler(USA)	90	7-30-87
p4	5.75	Buell Crane(USA) Herb Kirk(USA)	90	6-23-90 7-26-91
M95 p6				
	400 METERS			
DIV. N	6.38	James King(USA)	AGE 1	1EET DATE 5-25-84
M40 4	48.10	Rolf Gisler(SWI)	41	7-22-95 8-12-94
	50.20	Fred Sowerby(USA) Steve Robbins(USA)	52	7-22-95
p <sup>5</sup>	51.60	Guido Mueller(FRG)	50 58	6- 3-89 7-22-90
	3.38	Ralph Romain(TRI) Ralph Romain(TRI)	63	7-22-95
M65 5	7.97	Earl Fee(CAN)	66	7-22-95 9-24-89
	8.5	John Alexander(USA) Josiah Packard(USA)	75	6-23-79
M80 7	5.4	Harold Chapson(USA)	80	7- 9-83 12- 5-87
	1.54	Longino Perez(MEX) Paul Spangler(USA)	85 90	9-16-89
200.00				
	800 METERS	NAME (RESIDENCE)	AGE I	MEET DATE
	ARK 1:49.2Y	George Scott(NZL)	35	5-12-72
M40	1:51.25	Peter Browne(GBR) Ronaldo Mercelina(HOL)	41	6-11-90 7- 7-91
	1:56.16	Alan Bradford(AUS)	50	8- 1-89
	2:05.07	Tom Roberts(AUS) Derek Turnbull(NZL)	55 62	8- 1-89 7-21-89
M65	2:14.33	Earl Fee(CAN)	66	7-18-95
M70 M75	2:30.84	James Lytjen(USA) Harold Chapson(USA)	70	6- 8-91 5-14-78
M80	2:53.5	Harold Chapson(USA)	80 85	7-11-82 11-29-87
M85 M90	3:29.42 4:39.59	Longino Perez(MEX) Paul Spangler(USA)	90	6-10-89
	p6:02.94	Herb Kirk(USA)	95	7-23-91
	1500 MET	ERS		
DIV	MARK	NAME (RESIDENCE)	AGE	MEET DATE
M35	3:33.91	Mike Boit(KEN)	36	8-21-85
M40	3:49.47 p3:49.21	Wilson Waigwa(KEN) Wilson Waigwa(KEN)	40	8- 5-89 7-29-90
	p3:46.7	Dave Moorcroft(GBR)	40	6-19-93
M45	4:00.53 p3:59.24	Ken Sparks(USA) Ken Sparks(USA)	45	4-24-90 7-29-90
M50	4:05.2	Tom Roberts(AUS)	50	3-22-84
M55 M60	4:17.4	Derek Turnbull(NZL) Derek Turnbull(NZL)	55 62	2-20-82 8- 5-89
M65	4:39.87	Simon Herlaar(HOL)	65 65	7-16-94
H70	4:39.9 5:09.73	John Gilmour(AUS)	70	3-14-92 8- 5-89
M75	5:28.5 6:04.28	Scotty Carter(USA) Ed Benham(USA)	75 80	6-28-92
M85	7:03.38	Longino Perez(MEX)	85	12- 5-87
M90	9:25.2 13:53.8	Paul Spangler(USA) Herb Kirk(USA)	90 95	6-10-89
42 24			A THE STATE OF	H-1- 14 44
1	ONE MILE	The state of the s		
	MARK 3.52 48	NAME (RESIDENCE)	AGE 36	MEET DATE 7- 2-88
M35	3:52.48 4:02.53	John Walker(NZL) David Moorcroft(GBR)	40	6-19-93
M45	4:16.75	David Sirl(NZL) Tom Roberts(AUS)	45 53	12- 6-87 12- 6-87
M50	4:30.06	Jack Ryan(AUS)	55	12-15-77
M60 M65	4:54.07	Joop Ruter(HOL) Derek Turnbull(NZL)	60	8- 1-93 2-29-92
M70	4:56.4 5:34.00	John Keston(USA)	70	7- 8-95
M75	5:57.2 8:07.1	Scotty Carter(USA) Paul Spangler(USA)	75 81	7-12-92 6- 7-80
M85	8:04.7	Josef Galia(FRG)	87	9- 4-85
M90 M95	13:43.6 14:48.2	Herb Kirk(USA) Herb Kirk(USA)	90 95	8-18-86
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	3000 ME1	TERS		10000
DIV.	MARK 7:47.61	NAME(RESIDENCE) Thomas Wessinghage(FRG)	AGE 35	MEET DATE 8-16-87
M40	8:17.4	Jack Foster(NZL) Martii Vainio(FIN)	43	1-31-76 6-12-91
M45	p8:05.08 8:36.0	Laurie Ohara(GBR)	45	
	8:53.8 9:09.2	Ray Hatton(USA) Heijdens Adriaan(HOL)	50 55	4-26-94
M60	9:41.2 9:47.4	John Gilmour(AUS) Derek Turnbull(NZL)	61	11-22-80
M70	10:51.0	John Keston(USA)	70	7-27-95 6-28-92
M75 M80	12:04.0 13:52.63		75 82	5- 4-90
M85 M90	16:32.0 20:08.4	Paul Spangler(USA) Paul Spangler(USA)	85 90	5- 4-84 9-16-89
DIV	5000 MET	TERS NAME (RESIDENCE)	AGE	MEET DATE
M35	13:16.36	Carlos Lopes(POR)	37 40	6-28-84 5-21-76
H40 H45	13:45.6 14:23.6	Lucien Rault(FRA) Lucien Rault(FRA)	46	6-19-82
M50 M55	14:55.60 15:51.8	Antonio Villanueva(MEX) Stephen James(GBR)	51 55	7-25-91 6- 5-93
M60	16:33.3	John Gilmour(AUS)	61	8- 9-80 3-13-92
M65 M70	16:38.8 18:43.61h		71	7-23-91
M75 M80	20:21.62 21:57.88		77 81	5-10-92 8- 6-88
M85	25:50.97	Yoshiharu Ueda(JPN)	85 90	
M90 M95	37:39.38 50:23.53		95	7-25-91
	10,000 M	ETERS	ACT	HEET NAME
H35	MARK 27:17.48	NAME(RESIDENCE) Carlos Lopes(POR)	AGE 37	7- 2-84
440 . p	28:33.4 28:30.88	Lucien Rault(FRA) Martti Vainio(FIN)	40	6- 9-76 6-25-91
	28:30.88	Antonio Villanueva(MEX)	45	11-29-87 7-23-91
455	31:01.90 33:00.66	Ron Robertson(NZ) Norman Green(USA)	57	7-29-89
	34:14.08 34:42.2	Luciano Acquarone(ITA) Derek Turnbull(NZL)	60	7-20-91
470	38:23.69	Warren Utes(USA)	71	7-21-91
	42:03.4 44:29.4	David Morrison(GBR) Edward Benham(USA)	75 81	9- 9-89 8- 4-88
M85	54:23.0 71:40.78	Josef Galia(FRG) Paul Spangler(USA)	87 90	8-28-85 7-29-89
	ONE HOUR	in the second		7
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
435	12-1599	20.774 Gaston Roelants(BEL) 18.919 John Van De Wansem(HOL)		9-20-72
445	11-1330 11-1268	18.862 Alain Mimoun(FRA)	45	3-20-66
455	11-954 10-1277	18.575 Alain Mimoun(FRA) 17.261 Herman Pekis(HOL)	50 56	5-16-71 7-10-94
M60	10-971	16.853 John Gilmour(AUS)	61	7-10-94 10-21-79 10- 7-84 6-21-89
M65 M70	9-1540 9-1083 8-335	15.892 John Gilmour(AUS) 15.474 John Gilmour(AUS) 13.181 Lou Gregory(USA)	70	6-21-89
M80	7-946	12.130 Paul Spangler(USA)	81	12-17-77
M85	6-472	10.088 Paul Spangler(USA)	85	11-18-84
DIV.	STEEPLEC	HASE (35-59: 3000M; 60+: 2000) NAME(RESIDENCE)	AGE	MEET DATE
M35	8:33.4	Ivan Kabanov(URS) Gaston Roelants(BEL)	36	7-27-75
M45	9:25.28	Ron Robertson(NZ)	46	7- 6-77 12- 5-87
M50	9:50.96 p9:38.8	NILS Undersaker(NOR)	50	8- 5-89
M55	10:14.0	Alan Bradford(AUS)	50 55	2- 4-94
	7:03.8 7:53.00	Maurice Morrell(GBR)	60	6- 8-93
H70 H75	8:38.17 9:28.78	Dan Bulklauducas	71 76	8- 5-88 7-17-93
M80	11:39.03	Eugene Keller(USA)  110M: 35-39,42"; 40-49,39"; 100	80	72-39-5B
DIV	MARK	60-69,33"; 80M: 70+,30"		OF STAME
M35	13.26	NAME(RESIDENCE) Greg Foster(USA)	AGE 36	MEET DATE 7-22-94
M40 M45	14.24 14.7y	Stan Druckery(USA) Valbjorn Thorlaksson(ICE) Walt Butler(USA)	40	7-30-89
M50	13.57	Walt Butler(USA)	50	7- 5-91
M60	14.78	Hugh Adams(USA)	55	7- 5-91 6-10-95 7-19-86
M65	16.4 p16.22	Albertos Van Zyl(RSA)	65	8-29-87
M70	13.2	Albertos van Zyl(RSA)	65	7- 5-91 10-10-92
M75 M80 M85	14.84 16.98 20.30	Reino Toskinen(FIN) Mazumi Morita(JPN) Karl Trei(CAN)	78 80 85	6- 3-94
	LONG HURDL	ES (400m: 35-49,36"; 50-59,33";		
	MARK	NAME(RESIDENCE) Nat Page(USA)	AGE	MEET DATE
DIV.				7-10-92
	48.93 52.7	Stan Druckrey(USA)	40	7- 8-89
DIV.	48.93			
DIV. M35 M40 M45 M50	48.93 52.7 52.76 55.18 58.1	James King(USA) Guido Mueller(FRG) Jack Greenwood(USA)	40 47 50	8- 3-89 8- 1-86
DIV. M35 M40 M45 M50 M55 M60	48.93 52.7 52.76 55.18 58.1 58.92 43.49	James King(USA) Guido Mueller(FRG) Jack Greenwood(USA) Guido Mueller(FRG) Jack Greenwood(USA)	40 47 50 56 63	8- 3-89 8- 1-86 7- 3-76 7-16-95 8- 3-89
DIV. H35 H40 H45 H50 H55 H60 H65	48.93 52.7 52.76 55.18 58.1 58.92		40 47 50 56 63 66	8- 3-89 8- 1-86 7- 3-76 7-16-95 8- 3-89 7-16-95

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( and in	SPREEKT!	Town Tight			
	HIGH JUN		*************	AGE	MEET DATE
DIV M35	7-1	2.16 Vi	E(RESIDENCE) ktor Bolshov(URS)	35	6-20-74
M40	6-11	2.11 Ji	m Barrineau(USA) arlie Rader(USA)	40	7-19-95
M50	6-2	1.88 He	rm Wyatt(USA)	51 50	8-21-83
	6-2 p6-2 1/2		eter Wille(FRG) rk Zhelmov(UKR)	50	6-11-94
M55	5-10 1/2	1.79 He	rm Wyatt(USA) lton Newton(USA)	55	5-26-87 6-10-95
M60 M65	5-4 1/2	1.64 Ji	m Gillcrist(USA)	65	9-25-93
M70		1.48 Ia	n Hume(CAN) ko Kolhonen(FIN)	70 75	9- 8-84 8- 4-89
M80	4-0 3/4	1.24 Ia	n Hume(CAN)	80 80	6- 4-95 7-16-94
M85	p4-3 1/2 3-8 1/2	1.13 Bu	ko Kolhonen(FIN) ell Crane(USA)	85	7-26-85
M90		1.04 Bu	ell Crane(USA)	90	7-28-90
	POLE VAU	LT			
	. MARK		(RESIDENCE)	AGE 36	9- 9-77
M35 M40	17-4 3/4	5.34 Lar	Papanikolaou(GRE) rry Jessee(USA)	42	10-15-94
M45	15-7 1/2	4.76 Jes	Cook(USA)	46 50	8- 4-95 7-25-82
	p14-5 1/4	4.40 Har	ns Lagerqvist(SWE)	51	7- 5-90
M55	13-7 1/2 12-9 1/2	4.15 Har 3.90 Her	ns Lagerqvist(SWE) rbert Schmidt(FRG)	55 61	7-15-95
M65	12-4 1/2	3.77 Boo	Morcom(USA)	65	8- 3-86 7-18-80
H70 H75		2.90 Car	rbert Schmidt(FRG) rol Johnston(USA) rol Johnston(USA)	75	2- 7-87
M80 M85	8-3 6-2 3/4		rol Johnston(USA) ita Pajunen(FIN)	80 85	6-20-92 7-15-95
103	p6-6 3/4		ta Pajunen(FIN)	85	6-18-95
			THE REAL PROPERTY.	613	TO WELL
	LONG JUN	-	The second		
	. MARK		E(RESIDENCE)	AGE 35	MEET DATE 6-15-91
M35 M40		7.43 To	rry Myricks(USA) m Chilton(USA)	40	3-24-78
M45		7.27 Ta	pani Taavitsainen() pani Taavitsainen()	FIN) 46	8-21-90 7-22-95
M55	20-10	6.35 St	ig Backlund(FIN)	55	7-21-95
M60 M65			n Patsalis(USA) n Patsalis(USA)	60	7-10-82
M70	16-6	5.03 Me	lvin Larsen(USA) tumi Morita(JPN)	70 75	7-23-94 7-30-88
H75	13-8 1/2	4.18 Suc	da Giichi(JPN)	82	10-15-94
M85	10-5 1/2 8-0 1/4	3.19 Kan 2.44 Bue	neo Sin(JPN)	85 90	9-17-94
	p5-10		lister Wheeler(USA	) 95	7-22-88
	TRIPLE J	UMP			HALL STORY
	. MARK		(RESIDENCE)	AGE	MEET DATE
M35			y Kimble(USA) y Kimble(USA)	35	8-12-88 7- 2-93
M45	46-6 1/4	14.18 St	ig Backlund(FIN)	47	7-28-87 7-14-82
M50	p44-8 1/4	13.62 St	rmann Strauss(FRG) ig Backlund(FIN)	50	6-17-90
M55	44-11	13.69 St	ig Backlund(FIN) ig Backlund(FIN) cob Rypdal(NOR)	55	7-19-95
M60	p45-5 1/4 39-4 3/4	12.01 Ja	cob Rypdal (NOR)	61	12- 5-87
	39-4 3/4 36-5 1/2	12.01 Va	cob Rypdal(NOR) clay Bartl(SWE) tti Jarvinen(FIN)	65	12- 5-87 7-27-91
H70	33-8 3/4	10.28 Tar	naka Juji(JPN)	71	5-29-94
M/5	29-4 1/2	10.05 Mai 8.95 Mai	maka Juji(JPN) zumi Morita(JPN) zumi Morita(JPN)	80	7-31-88
M85	25-3	0. (8 Ka	rt irei(CAN)	0.2	5- 7-94 9-16-94
M90	p23-0 18-1	5.51 Bu	roshi Aoyama(JPN) ell Crane(USA)	90	7-28-90
	SHOT PUT (3	5-49: 16#;	50-59: 6Kg; 60-6	9: 5Kg;	70+ 4Kg)
	. MARK	NAME	(RESIDENCE)		
M35 M40					MEET DATE
	72-9 3/4 70-3	22.19 Bri	an Oldfield(USA)	38	MEET DATE 5-26-84 8-22-85
M45	58-1 1/4	22.19 Bri 21.41 Bri 17.71 Pie	an Oldfield(USA) an Oldfield(USA) rre Colnard(FRA)	38 40 47	5-26-84 8-22-85 6-12-76
M50	58-1 1/4 57-9 52-0	22.19 Bri 21.41 Bri 17.71 Pie 17.60 Kla 15.85 Joe	an Oldfield(USA) an Oldfield(USA) rre Colnard(FRA) us Liedtke(FRG) Keshmiri(USA)	38 40 47 52 55	5-26-84 8-22-85 6-12-76 10-10-93 10-10-93
M50 M55	58-1 1/4 57-9 52-0 p52-4	22.19 Bri 21.41 Bri 17.71 Pie 17.60 Kla 15.85 Joe 15.95 Pet	an Oldfield(USA) an Oldfield(USA) rre Colnard(FRA) us Liedtke(FRG) Keshmir(USA)	38 40 47 52 55 55	5-26-84 8-22-85 6-12-76 10-10-93 10-10-93 7- 1-90 7-29-89
M50 M55 M60 M65	70-3 58-1 1/4 57-9 52-0 p52-4 49-2 1/4	22.19 Bri 21.41 Bri 17.71 Pie 17.60 Kla 15.85 Joe 15.95 Pet 14.99 T.	an Oldfield(USA) an Oldfield(USA) rre Colnard(FRA) us Liedtke(FRG) Keshmiri(USA) er Speckens(FRG) You Wachenfeldt(SWE er Speckens(FRG)	38 40 47 52 55 55 55 61	5-26-84 8-22-85 6-12-76 10-10-93 10-10-93 7- 1-90 7-29-89 7-18-95
M50 M55 M60 M65 M70 M75	70-3 58-1 1/4 57-9 52-0 p52-4 49-2 1/4 50-7 46-1 1/4 41-5 3/4	22.19 Bri 21.41 Bri 17.71 Pie 17.60 Kla 15.85 Joe 15.95 Pet 14.99 T. 15.42 Pet 14.05 Voi 12.64 Ross	an Oldfield(USA) an Oldfield(USA) rre Colnard(FRA) us Liedtke(FRG) Keshmiri(USA) er Speckens(FRG) Von Wachenfeldt(SWE er Speckens(FRG) tto Elo(FIN) s Carter(USA)	38 40 47 52 55 55 55 61	5-26-84 8-22-85 6-12-76 10-10-93 10-10-93 7- 1-90 7-29-89 7-18-95 6-23-85
M50 M55 M60 M65 M70 M75	58-1 1/4 57-9 52-0 p52-4 49-2 1/4 50-7 46-1 1/4 41-5 3/4 p42-0	22.19 Bri 21.41 Bri 17.71 Pie 17.60 Kla 15.85 Joe 15.95 Pet 14.99 T. 15.42 Pet 14.05 Voi 12.64 Ros 12.80 Voi	an Oldfield(USA) an Oldfield(USA) rre Colnard(FRA) us Liedtke(FRG) Keshmiri(USA) er Speckens(FRG) Von Wachenfeldt(SWE er Speckens(FRG) tto Elo(FIN) s Carter(USA)	38 40 47 52 55 55 55 55 70 75	5-26-84 8-22-85 6-12-76 10-10-93 10-10-93 7- 1-90 7-29-89 7-18-95 6-23-85 9- 3-89 5-27-90
M50 M55 M60 M65 M70 M75 M80 M85	70-3 58-1 1/4 57-9 52-0 p52-4 49-2 1/4 50-7 46-1 1/4 41-5 3/4 p42-0 40-3 27-10 1/4	22.19 Bri 21.41 Bri 17.71 Pie 17.60 Kla 15.85 Joe 15.95 Pet 14.99 T. 15.42 Pet 14.05 Voi 12.64 Ros 12.80 Voi 12.27 Ross 8.49 Lami	an Oldfield(USA) an Oldfield(USA) rre Colnard(FRA) us Liedtke(FRG) Keshmiri(USA) er Speckens(FRG) Von Wachenfeldt(SWE er Speckens(FRG) tto Elo(FIN) s Carter(USA) tto Elo(FIN) s Carter(USA)	38 40 47 52 55 55 55 55 70 75 75 80 85	5-26-84 8-22-85 6-12-76 10-10-93 10-10-93 7- 1-90 7-29-89 7-18-95 6-23-85 9- 3-89
M50 M55 M60 M65 M70 M75	58-1 1/4 57-9 52-0 p52-4 49-2 1/4 50-7 46-1 1/4 41-5 3/4 p42-0 40-3 27-10 1/4 22-10 1/2	22.19 Bri 21.41 Bri 17.71 Pie 17.60 Kla 15.85 Joe 15.95 Pet 14.99 T. 15.42 Pet 14.05 Voi 12.64 Ross 12.80 Voi 12.27 Ross 8.49 Lami	an Oldfield(USA) an Oldfield(USA) roe Colnard(FRA) us Liedtke(FRG) Keshmiri(USA) er Speckens(FRG) Von Wachenfeldt(SWE er Speckens(FRG) tto Elo(FIN) s Carter(USA) berto Cicconi(ITA)	38 40 47 52 55 55 55 55 61 65 70 75 75 80 85 90	5-26-84 8-22-85 6-12-76 10-10-93 10-10-93 7-1-90 7-29-89 7-18-95 6-23-85 9-3-89 5-27-90 6-25-94 7-3-90 6-20-90
M50 M55 M60 M65 M70 M75 M80 M85 M90 M95	58-1 1/4 57-9 52-0 p52-4 49-2 1/4 50-7 46-1 1/4 41-5 3/4 p42-0 40-3 27-10 1/4 22-10 1/2	22.19 Bri 21.41 Bri 17.71 Pie 17.60 Kla 15.85 Joe 15.95 Pet 14.99 T. 15.42 Pet 14.05 Voi 12.64 Ross 12.80 Voi 12.27 Ross 8.49 Lami 6.97 Bue 4.42 Tom	an Oldfield(USA) an Oldfield(USA) rre Colnard(FRA) us Liedtke(FRG) Keshmiri(USA) er Speckens(FRG) Von Wachenfeldt(SWE er Speckens(FRG) tto Elo(FIN) s Carter(USA) tto Elo(FIN) s Carter(USA)	38 40 47 52 55 55 55 55 70 75 75 80 85	5-26-84 8-22-85 6-22-85 10-10-93 10-10-93 7-1-90 7-29-89 7-18-95 6-23-85 9-3-89 5-27-90 6-25-94 7-3-90
M50 M55 M60 M65 M70 M75 M80 M85 M90 M95	70-3 58-1 1/4 57-9 52-0 p52-4 40-2 1/4 50-7 46-1 1/4 41-5 3/4 p42-0 40-3 27-10 1/4 22-10 1/2 14-6 p15-9	22.19 Bri 21.41 Bri 17.71 Pie 17.60 Kla 15.85 Joe 15.95 Pet 14.99 T. 15.42 Pet 14.05 Voi 12.64 Ros 12.80 Voi 12.27 Ros 8.49 Lami 6.97 Bue 4.42 Tom 4.80 Tom	an Oldfield(USA) an Oldfield(USA) rre Colnard(FRA) us Liedtke(FRG) Keshmiri(USA) er Speckens(FRG) Von Wachenfeldt(SWE er Speckens(FRG) tto Elo(FIN) s Carter(USA) tto Elo(FIN) berto Cicconi(ITA) Ll Crane(USA) Lane(USA)	38 40 47 52 55 55 55 61 65 70 75 75 75 80 85 90 97 96	5-26-84 8-22-85 6-12-76 10-10-93 10-10-93 7-19-90 7-29-89 7-18-95 6-23-85 9-3-89 9-3-89 6-25-94 7-3-90 6-25-94 7-3-90 6-20-90 5-23-92 9-22-91
M50 M55 M60 M65 M70 M75 M80 M85 M90 M95	70-3 58-1 1/4 57-9 52-0 p52-4 49-2 1/4 50-7 46-1 1/4 41-5 3/4 p42-0 40-3 27-10 1/4 22-10 1/2 14-6 p15-9	22.19 Bri 21.41 Bri 17.71 Pie 17.60 Kla 15.85 Joe 15.95 Pet 14.99 T. 15.42 Pet 14.05 Voi 12.64 Ros 12.80 Voi 12.27 Ros 8.49 Lami 6.97 Bue 4.42 Tom 4.80 Tom	an Oldfield(USA) an Oldfield(USA) roe Colnard(FRA) us Liedtke(FRG) Keshmiri(USA) er Speckens(FRG) Von Wachenfeldt(SWE er Speckens(FRG) tto Elo(FIN) ss Carter(USA) tto Elo(FIN) ss Carter(USA) berto Cicconi(ITA) ll Crane(USA) Lane(USA)	38 40 47 52 55 55 55 61 65 70 75 75 75 80 85 90 97 96	5-26-84 8-22-85 6-12-76 10-10-93 10-10-93 7-19-90 7-29-89 7-18-95 6-23-85 9-3-89 9-3-89 6-25-94 7-3-90 6-25-94 7-3-90 6-20-90 5-23-92 9-22-91
M50 M55 M60 M65 M70 M75 M80 M85 M90 M95	70-3 58-1 1/4 57-9 52-0 p52-4 49-2 1/4 50-7 46-1 1/4 41-5 3/4 p42-0 40-3 27-10 1/2 14-6 p15-9	22.19 Bri 21.41 Bri 17.71 Pie 17.60 Kla 15.85 Joe 15.95 Pet 14.99 T. 15.42 Pet 14.05 Voi 12.64 Ros 12.80 Voi 12.27 Ros 8.49 Lam 6.97 Bue 4.42 Tom 4.80 Tom	an Oldfield(USA) an Oldfield(USA) rore Colnard(FRA) us Liedtke(FRG) Keshmiri(USA) er Speckens(FRG) Von Wachenfeldt(SWE er Speckens(FRG) tto Elo(FIN) s Carter(USA) tto Elo(FIN) s Carter(USA) berto Cicconi(ITA) ll Crane(USA) Lane(USA) Lane(USA) : 2Kg; 50-59: 1.50	38 40 47 52 55 55 55 61 65 70 75 80 85 90 97 96	5-26-84 8-22-85 6-12-76 10-10-93 10-10-93 7-1-90 7-29-89 7-18-95 6-23-85 9-3-89 5-27-90 6-25-94 7-3-90 6-20-90 5-23-92 9-22-91 : 1kg)
M50 M55 M60 M65 M70 M75 M80 M85 M90 M95	70-3 58-1 1/4 57-9 52-0 p52-4 49-2 1/4 50-7 46-1 1/4 41-5 3/4 p42-0 40-3 27-10 1/4 22-10 1/2 14-6 p15-9 DISCUS TH MARK 233-9 227-11	22.19 Bri 21.41 Bri 17.71 Pie 17.60 Kla 15.85 Joe 15.95 Pet 14.95 Voi 12.64 Ros 12.64 Ros 12.80 Voi 12.27 Ros 8.49 Lami 6.97 Bue 4.42 Tom 4.80 Tom ROW (35-49:	an Oldfield(USA) an Oldfield(USA) an Oldfield(USA) rre Colnard(FRA) us Liedtke(FRG) Keshmiri(USA) er Speckens(FRG) Von Wachenfeldt(SWE er Speckens(FRG) tto Elo(FIN) s Carter(USA) berto Cicconi(ITA) ll Crane(USA) Lane(USA) Lane(USA) : 2Kg; 50-59: 1.50 (RESIDENCE) p Powell(USA)	38 40 47 52 55 55 61 65 75 75 85 90 97 96	5-26-84 8-22-85 6-12-76 10-10-93 10-10-93 7-1-90 7-29-89 7-18-95 6-23-85 9-3-89 5-27-90 6-25-94 7-3-90 6-20-90 5-23-92 9-22-91 : 1Kg) MEET DATE 6-9-84 6-31-80
M50 M55 M60 M65 M70 M75 M80 M85 M90 M95	70-3 58-1 1/4 57-9 52-0 p52-4 49-2 1/4 50-7 46-1 1/4 41-5 3/4 p42-0 40-3 27-10 1/2 14-6 p15-9 DISCUS TH MARK 233-9 227-11 216-11	22.19 Bri 21.41 Bri 17.71 Pie 17.60 Kla 15.85 Joe 15.95 Pet 14.99 T. 15.42 Pet 14.05 Voi 12.64 Ros 12.80 Voi 12.27 Ros 8.49 Lami 6.97 Bue 4.42 Tom 4.80 Tom NAME( 69.48 Al C 69.48 Al C 66.12 Al C	an Oldfield(USA) an Oldfield(USA) rore Colnard(FRA) us Liedtke(FRG) Keshmiri(USA) er Speckens(FRG) Von Wachenfeldt(SWE er Speckens(FRG) tto Elo(FIN) s Carter(USA) tto Elo(FIN) berto Cicconi(ITA) Ll Crane(USA) Lane(USA) Lane(USA) Lane(USA) (RESIDENCE) p Powell(USA) erter(NY) berter(NY) berter(USA)	38 40 47 52 55 55 55 70 75 75 80 85 80 85 90 97 96	5-26-84 8-22-85 6-12-76 10-10-93 10-10-93 7-1-90 7-29-89 7-18-95 6-23-85 9-3-89 5-27-90 6-25-94 7-3-90 6-20-90 5-23-92 9-22-91 : 1Kg)
M50 M55 M60 M65 M70 M75 M80 M85 M90 M95	70-3 58-1 1/4 57-9 52-0 p52-4 49-2 1/4 50-7 46-1 1/4 41-5 3/4 p42-0 40-3 27-10 1/2 14-6 p15-9 DISCUS TH MARK 233-9 227-11 216-11	22.19 Bri 21.41 Bri 17.71 Pie 17.60 Kla 15.85 Joe 15.95 Pet 14.99 T. 15.42 Pet 14.05 Voi 12.64 Ros 12.80 Voi 12.27 Ros 8.49 Lami 6.97 Bue 4.42 Tom 4.80 Tom NAME( 69.48 Al C 69.48 Al C 66.12 Al C	an Oldfield(USA) an Oldfield(USA) rore Colnard(FRA) us Liedtke(FRG) Keshmiri(USA) er Speckens(FRG) Von Wachenfeldt(SWE er Speckens(FRG) tto Elo(FIN) s Carter(USA) tto Elo(FIN) berto Cicconi(ITA) Ll Crane(USA) Lane(USA) Lane(USA) Lane(USA) (RESIDENCE) p Powell(USA) erter(NY) berter(NY) berter(USA)	38 40 47 52 55 55 55 70 75 75 80 85 80 85 90 97 96	5-26-84 8-22-85 6-12-76 10-10-93 10-10-93 7-1-90 7-29-89 7-18-95 6-23-85 9-3-89 5-27-90 6-25-94 7-3-90 6-20-90 5-23-92 9-22-91 : 1Kg)
M50 M55 M60 M65 M70 M75 M80 M85 M90 M95	70-3 58-1 1/4 57-9 52-0 p52-4 49-2 1/4 50-7 46-1 1/4 41-5 3/4 p42-0 40-3 27-10 1/2 14-6 p15-9 DISCUS TH MARK 233-9 227-11 216-11	22.19 Bri 21.41 Bri 17.71 Pie 17.60 Kla 15.85 Joe 15.95 Pet 14.99 T. 15.42 Pet 14.05 Voi 12.64 Ros 12.80 Voi 12.27 Ros 8.49 Lami 6.97 Bue 4.42 Tom 4.80 Tom NAME( 69.48 Al C 69.48 Al C 66.12 Al C	an Oldfield(USA) an Oldfield(USA) rore Colnard(FRA) us Liedtke(FRG) Keshmiri(USA) er Speckens(FRG) Von Wachenfeldt(SWE er Speckens(FRG) tto Elo(FIN) s Carter(USA) tto Elo(FIN) berto Cicconi(ITA) Ll Crane(USA) Lane(USA) Lane(USA) Lane(USA) (RESIDENCE) p Powell(USA) erter(NY) berter(NY) berter(USA)	38 40 47 52 55 55 55 70 75 75 80 85 80 85 90 97 96	5-26-84 8-22-85 6-12-76 10-10-93 10-10-93 7-1-90 7-29-89 7-18-95 6-23-85 9-3-89 5-27-90 6-25-94 7-3-90 6-20-90 5-23-92 9-22-91 : 1Kg)
M50 M55 M60 M65 M70 M75 M80 M85 M90 M95	70-3 58-1 1/4 57-9 52-0 p52-4 49-2 1/4 50-7 46-1 1/4 41-5 3/4 p42-0 40-3 27-10 1/2 14-6 p15-9 DISCUS TH MARK 233-9 227-11 216-11	22.19 Bri 21.41 Bri 17.71 Pie 17.60 Kla 15.85 Joe 15.95 Pet 14.99 T. 15.42 Pet 14.05 Voi 12.64 Ros 12.80 Voi 12.27 Ros 8.49 Lami 6.97 Bue 4.42 Tom 4.80 Tom NAME( 69.48 Al C 69.48 Al C 66.12 Al C	an Oldfield(USA) an Oldfield(USA) rore Colnard(FRA) us Liedtke(FRG) Keshmiri(USA) er Speckens(FRG) Von Wachenfeldt(SWE er Speckens(FRG) tto Elo(FIN) s Carter(USA) tto Elo(FIN) berto Cicconi(ITA) Ll Crane(USA) Lane(USA) Lane(USA) Lane(USA) (RESIDENCE) p Powell(USA) erter(NY) berter(NY) berter(USA)	38 40 47 52 55 55 55 70 75 75 80 85 80 85 90 97 96	5-26-84 8-22-85 6-12-76 10-10-93 10-10-93 7-1-90 7-29-89 7-18-95 6-23-85 9-3-89 5-27-90 6-25-94 7-3-90 6-20-90 5-23-92 9-22-91 : 1Kg)
M50 M55 M60 M65 M70 M75 M80 M55 M60 M65 M70	70-3 58-1 1/4 57-9 52-0 49-2 1/4 50-7 46-1 1/4 41-5 3/4 p42-0 40-3 27-10 1/4 22-10 1/2 14-6 p15-9 DISCUS TH MARK 233-9 227-11 205-10 177-1 189-0 182-6 156-8 136-6 124-2	22.19 Bri 21.41 Bri 17.71 Pie 17.60 Kla 15.85 Joe 15.95 Pet 14.99 T. 15.42 Pet 14.05 Voi 12.64 Ros: 12.80 Voi 12.27 Ros: 12.80 Yoi 12.27 Ros: 12.80 Tom 4.80 Tom 4.80 Tom 8.49 Lami 6.97 Bue 4.42 Tom 69.48 Al C 66.12 Al C 66.12 Al C 65.76 Wenc 57.60 Wenc 47.76 Kauk 41.60 Osma	an Oldfield(USA) an Oldfield(USA) an Oldfield(USA) rore Colnard(FRA) us Liedtke(FRG) Keshmiri(USA) er Speckens(FRG) Yon Wachenfeldt(SWE er Speckens(FRG) tto Elo(FIN) s Carter(USA) tto Elo(FIN) s Carter(USA) berto Cicconi(ITA) ll Crane(USA) Lane(USA) Lane(USA) Lane(USA) er Powell(USA) Perter(USA) Derter(USA)	38 40 47 52 55 55 61 65 70 75 75 80 85 90 97 96 43 43 43 45 56 60 60 60 60 60 60 60 60 60 60 60 60 60	5-26-84 8-22-85 6-12-76 10-10-93 10-10-93 7-1-90 7-29-89 7-18-95 6-23-85 9-3-89 5-27-90 6-25-94 7-3-90 6-20-90 5-23-92 9-22-91 : 1Kg) MEET DATE 6-9-84 5-31-80 3-28-82 8-3-77 4-24-92 9-17-79 7-23-91 7-19-86
M50 M55 M60 M65 M70 M75 M80 M55 M60 M65 M70	70-3 58-1 1/4 57-9 52-0 52-2 49-2 1/4 50-7 46-1 1/4 41-5 3/4 p42-0 40-3 27-10 1/4 22-10 1/2 14-6 p15-9 DISCUS TH MARK 233-9 227-11 216-11 205-10 177-1 189-0 182-6 156-8 136-6 124-2 88-11 3/4 72-4 1/2	22.19 Bri 21.41 Bri 17.71 Pie 17.60 Kla 15.85 Joe 15.95 Pet 14.99 T. 15.42 Pet 14.05 Voi 12.64 Ros 12.80 Voi 12.27 Ros 8.49 Lami 6.97 Bue 4.42 Tom 4.80 Tom NAME( 71.24 Johr 66.12 Al C 62.74 Al C 62.74 Al C 65.76 Kauk 47.76 Kauk 41.60 Osmc 37.86 Osmc 27.12 Lami 41.60 Osmc 27.12 Lami 22.06 Lami	an Oldfield(USA) an Oldfield(USA) an Oldfield(USA) rore Colnard(FRA) us Liedtke(FRG) Keshmiri(USA) er Speckens(FRG) Von Wachenfeldt(SWE er Speckens(FRG) tto Elo(FIN) s Carter(USA) tto Elo(FIN) s Carter(USA) Lane(USA) Lane(USA) Lane(USA) Lane(USA) Lane(USA) erter(USA) erter(USA) berter(USA) lane(USA) lane(USA) lane(USA) lane(USA) lane(USA) lane(USA) lane(USA) lerter(USA) lerter(USA) lerter(USA) lerter(USA) lo Jouppila(FIN) lerter(USA) laksimczyk(GBR) lo Jouppila(FIN) lo Renvall(FIN) lo Renvall(FIN) lo Renvall(FIN)	38 40 47 52 55 55 61 65 70 75 75 80 85 90 97 96 43 43 43 45 56 60 60 60 60 60 60 60 60 60 60 60 60 60	5-26-84 8-22-85 6-12-76 10-10-93 10-10-93 7-1-90 7-29-89 7-18-95 6-23-85 9-3-89 5-27-90 6-25-94 7-3-90 6-20-90 5-23-92 9-22-91 : 1Kg) MEET DATE 6-9-84 5-31-80 3-28-82 8-3-77 4-24-92 9-17-79 7-23-91 7-19-86
M50 M55 M60 M65 M70 M75 M80 M55 M60 M65 M70	70-3 58-1 1/4 57-9 52-0 49-2 1/4 50-7 46-1 1/4 41-5 3/4 p42-0 40-3 27-10 1/4 22-10 1/2 14-6 p15-9 DISCUS TH MARK 233-9 227-11 205-10 177-1 189-0 182-6 156-8 136-6 124-2	22.19 Bri 21.41 Bri 17.71 Pie 17.60 Kla 15.85 Joe 15.95 Pet 14.99 T. 15.42 Pet 14.05 Voi 12.64 Ros: 12.80 Voi 12.27 Ros: 12.80 Yoi 12.27 Ros: 12.80 Tom 4.80 Tom 4.80 Tom 8.49 Lami 6.97 Bue 4.42 Tom 69.48 Al C 66.12 Al C 66.12 Al C 65.76 Wenc 57.60 Wenc 47.76 Kauk 41.60 Osma	an Oldfield(USA) an Oldfield(USA) an Oldfield(USA) rore Colnard(FRA) us Liedtke(FRG) Keshmiri(USA) er Speckens(FRG) Von Wachenfeldt(SWE er Speckens(FRG) tto Elo(FIN) s Carter(USA) tto Elo(FIN) s Carter(USA) Lane(USA) Lane(USA) Lane(USA) Lane(USA) Lane(USA) erter(USA) erter(USA) berter(USA) lane(USA) lane(USA) lane(USA) lane(USA) lane(USA) lane(USA) lane(USA) lerter(USA) lerter(USA) lerter(USA) lerter(USA) lo Jouppila(FIN) lerter(USA) laksimczyk(GBR) lo Jouppila(FIN) lo Renvall(FIN) lo Renvall(FIN) lo Renvall(FIN)	38 40 47 52 55 55 61 65 70 75 75 80 85 90 97 96 43 45 50 66 60 65 76 80 80 80 80 80 80 80 80 80 80 80 80 80	5-26-84 8-22-85 6-12-76 10-10-93 10-10-93 7-1-90 7-29-89 7-18-95 6-23-85 9-3-89 5-27-90 6-25-94 7-3-90 6-20-90 5-23-92 9-22-91 : 1Kg) MEET DATE 6-9-84 5-31-80 3-28-82 8-3-77 4-24-92 9-17-79 7-23-91 7-19-86

Continued on next page

01V V35 V40 V50 V55 V60 V75 V75 V80 V85 V80 V85

Continued from previous page	800 METERS		HIGH JUMP DIV. MARK NAME(RESIDENCE) AGE MEET DATE
HAMMER THROW (35-49: 16#; 50-59: 6Kg; 60-69: 5Kg; 70+:	W35 1:56.53 Lyubov Gurina(RUS)	AGE MEET DATE 36 7-30-94 42 6-30-94	W35 6-2 1.88 Debbie Brill(CAN) 35 4-23-88 p6-2 1.88 Cindy Greiner((USA) 35 6-20-92
DIV. MARK NAME(RESIDENCE) AGE MEET DA M35 271-8 82.80 Yurly Syedikh(URS) 35 8-12-9 M40 243-11 74.34 Ed Burke(USA) 44 4-28-8	W45 2:14.92 Barbara Blurton(GBR) W50 2:22.03 Marge Allison(AUS)	45 2-16-96 50 10-29-94	W40 5-7 3/4 1.72 Carmen Karg(URS) 40 7-16-95 W45 5-3 1.60 Phil Raschker(USA) 46 8-11-93 W50 5-0 1/4 1.53 Renate Vogel(GER) 51 7-18-95
M45 212-3 64.70 Dave McKenzie(USA) 46 6-4-9 M50 209-2 63.76 Tom Gage(USA) 50 5-16-9	W60 2:47.33 Jean Horne(CAN)	55 4-12-94 61 8-13-94 65 4-19-92	W55 4-6 1/4 1.38 C. Schmallbruch(FRG) 56 10-11-93 W60 4-3 1/4 1.30 Rosemary Chrimes(GBR) 60 9-26-93
M55 204-8 62.40 Hans Potsch(AUT) 55 7-16-8 p209-0 63.70 Hans Potsch(AUT) 57 7-5-9	W70 3:13.66 Nina Naumenko(URS)	71 7-18-95 75 8- 1-89	W65 4-2 1.27 Leonore McDaniels(USA) 65 8-11-93 W70 3-9 3/4 1.16 Gwen Davidson(AUS) 70 4-11-93
M60 191-11 58.50 Hans Potsch(AUT) 60 9-19-9 M65 169-10 51.76 Pentti Saarikoski(FIN) 65 7-18-9 M70 155-11 47.54 Roy Foley(AUS) 71 3-20-8	W80 3:54.81 Johanna Luther(FRG)	80 10-10-93 86 10-10-93	W75 3-3 1/2 1.00 Irja Sarnama(FIN) 75 8- 9-81 W80 2-11 0.89 Shiela Evans(USA) 80 7- 7-95
M75 133-5 40.68 Osmo Renvall(FIN) 75 6-15-8 M80 113-11 34.72 John Fraser(AUS) 80 8-20-9	1500 METERS		POLE VAULT *** BEST PERFORMANCES *** DIV. MARK NAME(RESIDENCE) AGE MEET DATE
M85 89-6 3/4 27.30 Friederich Bender(FRG) 85 6-22-8 M90 55-7 3/4 16.96 Buell Crane(USA) 90 4-21-9		AGE MEET DATE	W35 9-10 1/4 3.00 Petra Herrmann(GER) 35 7-16-95 W40 9-10 1/4 3.00 M. Claire Lejeune(FRA) 40 7-16-95
JAVELIN THROW (35-59: 800 GRAMS - NEW RULES; 60+: 600 GR	HO 4.30.30 Heather Hatherstary	42 7-18-94 45 2- 2-92	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
DIV. MARK NAME(RESIDENCE) AGE MEET DA M35 218-8 66.66 Gene Lorenson(USA) 36 8-16-9		50 9- 5-93 55 5-10-94 60 7-22-95	W55 7-10 1/2 2.40 Becky Sisley(USA) 56 7- 8-95 W60 6-0 3/4 1.85 Leonore McDaniels(USA) 64 8-14-92 W65 6-6 3/4 2.00 Leonore McDaniels(USA) 67 7- 8-95
M40 249-2 75.94 Toivo Moorast(EST) 40 5-15-9 p258-8 78.84 Jorma Marcus(FIN) 41 7- 2-9		60 4-14-90 65 4-18-92	W65 6-6 3/4 2.00 Leonore McDaniels(USA) 67 7- 8-95 W70 5-3 1.60 Margaret Hinton(USA) 73 7- 8-95
M45 208-0 63.40 Mauri Toivonen(FIN) 45 7-21-9 p218-3 66.52 Karl-Heinz Janick(GER) 45 7-16-9 M50 215-9 65.76 Larry Stuart(USA) 50 4-30-8	W70 6:14.52 Nina Naumenko(URS) W75 7:09.72 Johanna Luther(FRG)	71 7-25-95 76 8- 5-89	LONG JUMP DIV. MARK NAME(RESIDENCE) AGE MEET DATE
M55 215-8 65.74 Larry Stuart(USA) 57 4-8-9 M56 191-10 58.48 Del Pickarts(USA) 60 11-28-8	W80 7:32.22 Johanna Luther(FRG) W85 p11:43.2 Anna Ward(USA)	80 10-16-93 85 6- 2-90	W35 22-5 1/4 6.84 Vera Olenchenko(RUS) 35 6-11-94 W40 19-4 1/4 5.90 Anna Wlodarczyk(POL) 41 8-15-92 W5 18-1 1/4 5.52 Takako Togawa(JPN) 45 10-19-88
M65 180-6 55.02 Bud Held(USA) 65 5-15-9 M70 151-10 46.28 Erik Eriksson(FIN) 70 10- 9-9	ONE MILE	177,08	W45 18-1 1/4 5.52 Takako Togama(JPN) 45 10-19-88 18-1 1/4 5.52 Akiko Ohinata(JPN) 45 10-9-95 W50 17-2 3/4 5.25 Jan Hynes(AUS) 50 9-28-94
M75 135-3 41.24 Manuel White(USA) 75 8-17-9 M80 106-10 32.56 Gerhard Schepe(FRG) 83 7-21-9 M85 82-4 1/4 25.10 Masomi Okazaki(JPN) 85 6-24-9	DIV. MARK NAME(RESIDENCE) W35 4:17.33 Maricica Puica(ROM)	AGE MEET DATE 35 8-21-85	W55 15-9 3/4 4.82 C. Schmallbruch(FRG) 58 7-21-95 p17-2 3/4 5.25 C. Schmallbruch(FRG) 5690
M90 57-2 3/4 17.44 Buell Crane(USA) 90 7-28-9 M95 33-10 1/4 10.32 Tom Lane(USA) 97 5-23-9	W40 4:23.78 Yekatarina Podkopayeva(URS) W45 5:02.31 Heather Mathews(NZ) W50 5:24.6 Elaine Statham(GBR)	40 6- 9-93 45 11-16-91 50 8-27-94	p15-11 3/4 4.87 C. Schmallbruch(FRG) 5693 M60 14-3 3/4 4.36 L. Seuberlich(FRG) 60 7-29-86 M65 14-8 4.47 Paula Schmeiderhan(FRG) 66 12- 1-87
DECATHLON(1994 WAYA AGE GRADED SCORING TABLES)	W55 5:35.0 Gerda Van Kooten(HOL) W60 6:24.8 Joselyn Ross(GBR)	55 4-26-94 63 9-18-91	W5 14-8 4.47 Paula Schneiderhan(FRG) 66 12-1-87 W70 11-10 1/2 3.62 Paula Schneiderhan(FRG) 73 7-21-95 W75 8-8 2.64 Tama Nakashima(JPN) 75 9-12-92
DIV. MARK NAME(RESIDENCE) AGE MEET DA		65 6- 8-89 70 6-24-89 80 5-31-92	u80 7-5 2.26 Ruth Frith(AUS) 84 10- 9-93 u85 7-2 1/4 2.19 Ruth Frith(AUS) 86 3-28-95
M35 7942 Werner Von Moltke(FRG) 35 5-12-7 M40 7789 Wolfgang Linkmann(FRG) 41 6-6-8 M45 7780 Rex Harvey(USA) 45 7-18-9	THE PARTY OF THE PROPERTY OF THE PARTY OF TH	80 5-31-92	TRIPLE JUMP
7870 (42") Roy Williams(NZL) 46 2-2-8 M50 8114 Gary Miller(USA) 51 7-27-8	DIV. MARK NAME (RESIDENCE)	AGE MEET DATE 35 9- 7-85	DIV. MARK NAME(RESIDENCE) AGE MEET DATE W35 42-8 3/4 13.02 Yannick Gacon(FRA) 35 7-19-92
8661 110/33 Gary Miller(USA) 50 5-27-8 M55 8179 Dale Lance(USA) 57 7-12-9 8469 110/33 Richmond Morcom(USA) 55 7-11-7	W40 9:11.2 Joyce Smith(GBR) W45 10:18.10 Els Raap(HOL)	40 4-30-78 47 5-28-94	p43-2 1/4 13.16 Yannick Gacon(FRA) 36 7-23-93 W40 40-3 1/2 12.28 Anna Wlodarczyk(POL) 41 5-23-92 W45 39-3 3/4 11.98 Akiko Oohinata(JPN) 45 7-16-95
M60 8419 Phil Mulkey(GA) 62 7-12-9 M65 7668 Pekka Penttila(FIN) 65 7-27-8	W50 10:24.01 Edettraud Pont(FRG) W55 11:20.2 Mainten Irvine(USA)	52 8-25-88 59 9-16-89 61 6-13-81	W50 33-1 10.08 Erika Springmann(FRG) 50 10-13-93 W55 32-2 3/4 9.82 C. Schmallbruch(FRG) 56 10-13-93
8186 8# Richmond Morcom(USA) 65 88 M70 8450 Gudmund Skrivervik(NOR) 70 7-18-9 M75 6483 Gilberto Gonzalez(PUR) 76 7-27-8	W65 12:47.6 Joselyn Ross(GBR) W70 13:50.8 Jose Waller(GB)	65 8-14-93 70 10- 4-92	W60 28-7 3/4 8.73 Shirley Peterson(NZL) 63 10-19-91 W65 29-7 1/2 9.03 Shirley Peterson(NZL) 65 10-13-93 W70 22-5 3/4 6.85 Sheila Campbell(RSA) 70 10-13-93
M80 3607 A. E. Pitcher(USA) 84 7-27-8 6533 8# Herb Anderson(USA) 80 8-28-8	W75 17:37.2 Bess James(USA) W80 21:18.6y Ivy Granstrom(CAN) W85 p25:29.6 Mary Ames(USA)	75 8-10-85 80 6-28-92 85 4-30-88	W75 20-1 1/4 6.13 Shiela Evans(USA) 75 8- 5-90 W80 18-6 1/2 5.65 Ruth Frith(AUS) 84 10-13-93
M85 3631 A. E. Pitcher(USA) 87 6-17-8 3716 8# A. E. Pitcher(USA) 85 9-19-8	5000 METERS	ALL BUILD	SHOT PUT (35-49: 4Kg; 50+: 3Kg)
PENTATHLON(1994 WAVA SCORING TABLES)  DIV. MARK NAME(RESIDENCE) AGE MEET DAT	DIV. MARK W35 15:13.38 Ingrid Kristiansen(NOR) W40 16:02.88 Evy Palm(SWE)	AGE MEET DATE 35 791 43 7-17-85	DIV. MARK MANE(RESIDENCE)  MARE MEET DATE  135 70-1 3/4 21.38 Helena Fibingerova(CZE) 35 8-22-84  140 62-6 19.05 Antonina Ivanova(URS) 40 8-28-73
M35 4007 Silvio Hodos(FRA) 35 4-17-83 M40 4083 Werner Schallau(FRG) 40 9-24-71	p15:51.7 Nicole Leveque(FRA) W45 16:17.6 Evy Palm(SWE)	42 6-12-94 45 4- 7-87 50 9-26-91	W45 46-6 1/4 14.18 Liesl Huber(FRG) 45 10-13-79 W50 48-8 3/4 14.85 Valerie Young(MZL) 50 11-29-87 W55 47-5 3/4 14.47 Sigrin Kofink(FRG) 56 7-21-91
M50 4283 Gary Miller(USA) 50 6-26-8 M55 4104 Richmond Morcom(USA) 56 8-12-7	W55 18:49.0 Jean Albury(AUS) W60 19:14.8 Marion Irvine(USA)	55 4- 7-85 60 10-19-89 65 8-14-93	W60 41-1 12.52 Sigrin Kofink(FRG) 60 7-19-95 W65 33-3 3/4 10.15 Nina Ponomareva(URS) 65 10-2-94
M60 4089 Rudy Hochreiter(AUS) 61 12-3-6 M65 4282 Gudmund Skriverik(NOR) 65 7-31-8	W70 23:21.2 Jose Waller(GB) W75 25:43.39 Johanna Luther(FRG)	70 10- 4-92 76 8- 4-89	W70 27-11 1/2 8.52 Hanna Kiehr(WG) 70 7-19-95 W75 25-7 7.80 Irja Sarnama(FIN) 78 8-22-84
M75 3537 Francisco Colon(PUR) 75 10-19- M80 2820 Karsten Brodersen(CHL) 80 12-3-	W80 28:32.67 Johanna Luther(FRG)	76 9- 2-89 80 10-11-93 86 10-10-93	p25-11 1/2 7.91 Anny Binder(WG) 77 6-5-92 W80 24-0 1/4 7.32 Irja Sarnama(FIN) 81 8-31-87 W85 19-5 5.92 Ruth Frith(AUS) 86 3-25-95
M85 2472 Ken Carnine(USA7)	10,000 METERS	<b>企业企业</b>	N95 11-1 1/2 3.39 Margaret White(OK) 95 9- 7-92 DISCUS THROW ( 1Kg )
Women's World Five Year Age Group Records	W35 31:20.28 Ingrid Kristiansenthon)	AGE MEET DATE 35 791 42 8-13-94	DIV. MARK NAME(RESIDENCE) AGE MEET DATE
100 METERS	W40 32:12.07 Nicole Leveque(FRA) W45 36:51.96 Els Raap(HOL) W50 36:51.28 Ursula Odermatt(SWE)	47 7-15-94 53 10- 8-93	940 206-5 62.92 Helgi Parts(URS) 41 160-7 48.94 Odete Domingos(BRA) 47 4- 8-82
DIV. MARK NAME(RESIDENCE) AGE MEET D	TE W55 38:38.6 Jean Albury(AUS) W60 43:58.66 Shirley Brasher(AUS)	55 4- 5-85 62 7-29-89 60 4-13-90	p149-2 45.48 Ingrid Miller(SWE) 50 9-6-92 uss 134-0 40.86 Rosemary Chrimes(GBR) 56 8-4-89
W35 10.92 Marlene Ottey(JAM) 35 /- 5- p10.85 Marlene Ottey(JAM) 35 /- 5- W40 12.0 Maeve Kyle(IRL) 40 4-25-	p43:01.2 Joselyn Ross(GBR)	61 7- 9-89 65 4-17-92	W60 123-3 37.56 Rosemary Chrimes(GBR) 60 10-11-73
H45 12.5 Maeve Kyle(IRL) 45 1-21- 12.5 Wendy Ey(AUS) 45 2-4-	4 W70 48:10.98 Jose Waller(GBR) W75 53:13.63 Johanna Luther(FRG)	71 7-18-93 77 7-21-91	W65 98-4 1/4 29-90 Martial Martin (JPN) 70 8-12-90 W70 84-7 3/4 25-80 Toyoko Yoshiro(JPN) 70 8-12-90 W70 84-7 3/4 25-80 Toyoko Yoshiro(JPN) 78 10-11-93
W50 12.9 Irene Obera(USA) 51 6-1- W55 13.41 Brunhilde Hoffmann(WG) 55 7-16- W60 13.9 Shirley Peterson(NZL) 60 2-25-	9 1900 NETER STEED FUNASE *** REST PER	80 10- 7-93 REFORMANCES ***	W75 69-7 1/2 21.22 Annual Refuter Ref
W65 14.7 Shirley Peterson(NZL) 65 2-26- W70 15.42 Paula Schneiderhan(FRG) 71 10-15-	DIV. MARK NAME (RESIDENCE)	AGE MEET DATE 35 7-17-94	HANNER THROW (35-49: 4Kg; 50+: 3Kg)
W75 16.87 Polly Clarke(USA) 75 8-31- W80 18.42 Hanna Gelbrich(FRG) 80 10-15- W85 29.89 Judit Forero De Gaona(COL) 85 7-16-	3 U40 7:48.8 Antoinette Shaw(AUS)	44 1- 4-92 45 8- 5-89	DIV. MARK WARE (RESIDENCE (RUS) W35 195-2 59.50 Lyubov Karpova (RUS) W35 195-2 59.50 Lyubov Karpova (RUS) W37 9-4-94
W85 29.89 Judit Forero De Gaona(CUL) 05 7-10 W90 31.53 Zora Lux(USA) 90 6-10	V50 7:43.99 Margaret Orman(NZL) V55 9:13.6 Jan Morrey(AUS)	51 3-13-93 55 4-27-95	W40 143-11 43.88 A. Edith Franco Acuna(CRL 44 7- 3-92
200 METERS DIV. MARK NAME(RESIDENCE) AGE MEET I	W60 10:29.91 Nan Little(NZL) W65 12:44.98 Tony Smit(AUS)	61 4- 2-88 66 4-18-92	146-2 44.56 Inge Faldager(DEN) 46 6-10-94 p148-10 45.36 Inge Faldager(DEN) 50 2-18-95 48.52 NLeena Parvianen(AUS) 50 2-18-95
17. MARK 18. 18. 18. 18. 18. 18. 18. 18. 18. 18.	SHORT HURDLES (35-39: 100M,33"; 40+:	80M,30")	V55 151-11 46.30 Helen Searle(AUS) 62 7-21-95
W45 25.56 Phil Raschker(USA) 47 6-20 USO 26.56 Marge Allison(AUS) 50 7-19	DIV. MARK NAME (RESIDENCE)	AGE MEET DATE 35 6-19-93	W65 108-3 33.00 Lydia Widera(AUS) 70 8-3-91 W70 96-9 3/4 29.51 Ilse Bellin(FRG) 70 10-2-91
W55 28.40 Brunnitoe not institute 1 60 8-13 W60 29.67 Irene Obera(CA) 60 8-13 W60 29.67 Irene Obera(CA) 65 3-27	p13.04 Yelizaveta Chemyshova(RUS) 44	35 6-19-94 40 8- 1-86 40 3-25-89	p100-5 30.60 Itse Bettin(rad) 79 8-5-89 W75 65-7 1/2 20.00 Ruth Frith(AUS) 79 8-5-89 10-11-92 77 10-11-92
W70 33.26 Paula Schneiderhan(FRG) 71 10-10 W75 35.93 Polly Clarke(USA) 75 8-31	p11.78 Deby Sweezey(USA)	40 8-12-93 47 8- 5-94	V80 62-8 3/4 19-12 Ruth Frith(AUS) 80 4-13-90 V85 59-11 18.26 Ruth Frith(AUS) 85 7-21-95
W80 41.11 Polly Clarke(USA) 82 6-12 W85 p58.4 Anna Ward(USA) 85 6-2	90 W50 13.02h Corrie Roovers(HOL) 95 W55 13.69 Corrie Roovers(HOL)	52 11-28-87 55 6- 7-91	JAVELIN THROW (30-49: 600G; 50+: 400G)
400 METERS .	W60 14.54 Corrie Roovers(HOL) W65 17.35 Colleena Blair(NZ)	60 7-19-95 65 7-19-95 73 7-22-89	USS 219-10 67.00 Tuula Laaksala(FIN) 35 9-10-88
DIV. MARK NAME(RESIDENCE) AGE MEET	ATE W75 33.66 Irja Sarnama(FIN)	75 1-11-81	W45 156-7 47.74 Anneliese Gerhards(FRG) 45 5-30-81
W40 53.68 Sara Montecinos (CHL) 40 3-20	94 LONG HURDLES (400m: 35-49, 30"; 300m:	AGE MEET DATE	W60 118-4 36.08 Heather Doherty(AUS) 60 10-23-93
W50 58.51 Marge Allison(AUS) 50 7-22 W55 64.50 Brunhilde Hoffmann(WG) 55 7-22	95 W35 52.94 Marina Stepanova(URS)	36 9-17-86 40 7-16-95	p105-11 32.30 Joan Ogden(GBR) 65 8-16-92 W70 81-11 24.97 Hanna Gelbrich(FRG) 70 9-26-83
M65 73.71 Anna Mangler(FRG) 65 8-5	89	49 4- 3-94 50 9- 3-94 55 7- 7-91	p75-6 1/4 23.02 Hanna Gelbrich(FRG) 77 7- 4-90
W75 89.62 Polly Clarke(USA) 80 8-3	90 W60 53.05 Corrie Roovers(HOL)	55 7- 7-91 60 7-16-95 65 10-13-93	W80 65-2 19.86 Nama Gel Drich (FR) 87 11- 3-90 W85 14-5 1/4 4.40 Sarah Packham (GBR) 87 11- 3-90 Continued on next page
W85 p2:50.3 Mary Ames(USA) 05 7-17			

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

Compiled by Peter Mundle and the Records Subcommittee of the USATF Masters T&F Committee through performances verified as of March 1, 1996

Masters T&	F Committee through performanc	es vermea a	is of march, 1990
Men's U.S.A. Five Year Age Gr	OUP 3000 METERS		HIGH JUMP
Records	DIV. MARK NAME(RESIDENCE) M35 7:56.69 Steve Scott(CA)	AGE MEET DATE 35 5-25-91	M35 7-0 3/4 2.15 Jim Barrineau(VA) 36 6-6-92
100 METERS  DIV. MARK NAME(RESIDENCE) AGE	M40 8:43.7 Web Loudat(NM) M45 9:06.6 Kirk Randall(MA) p8:55.6 Patrick Hambrick(LA)	40 6-13-87 45 6-13-87 45 6-28-94	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
M35 10.3 Ruben Whitney(TX) 35 M40 10.87 Eddie Hart(CA) 40	7-30-89 M50 8:53.8 Ray Hatton(OR)	50 6-25-82 56 6-26-88	M60 5-6 1/2 1.69 Milton Newton(CA) 61 6-10-95
10.6n Eddie Hart(CA) 40 M45 11.02 Stan Whitley(CA) 48 11.0n Thane Baker(TX) 48	4-17-94 M60 10:13.8 Don Gammie(OH) 4-17-94 M65 10:51.0 Norman Bright(WA)	60 8-10-91 65 6-17-75	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
M50 11.2 Ken Dennis(CA) 50 M55 11.66 Ralph Summerlin(AL) 58	7-18-87 7-14-90 M75 12:04.0 Scotty Carter(MA)	73 3-28-76 75 6-28-92 82 5- 4-90	M80 4-0 1/4 1.22 Virgil McIntyre(AZ) 80 6-28-91 M85 3-8 1/2 1.13 Buell Crane(ID) 85 7-26-85
11.6n Payton Jordan(CA) 56 11.6n Alfred Guidet(CA) 56 M60 11.8 Payton Jordan(CA) 61	6-23-73 M85 13:32.63 Ed Bernam(W) 6-22-74 M85 16:32.0 Paul Spangler(CA) 5-27-78 M90 20:08.4 Paul Spangler(CA)	85 5- 4-84 90 9-16-89	M90 3-5 1.04 Buell Crane(ID) 90 7-28-90 POLE VAULT
M65 12.6 Payton Jordan(CA) 65 M70 12.91 Payton Jordan(CA) 74	6-12-82 6-22-91 5000 METERS	一 新學人	DIV. MARK NAME (RESIDENCE) AGE MEET DATE
M75 13.72 Payton Jordan(CA) 75 M80 15.4 Josiah Packard(CA) 80 M85 17.98 Russell Randall(CO) 85	5-30-92 2-25-84 DIV. MARK NAME(RESIDENCE) 8-14-92 M35 13:26.03 Steve Plasencia(US)	AGE MEET DATE 36 6- 5-93	M35 16-8 5.08 Gary Hunter(US) 35 7-6-91 M40 17-6 1/4 5.34 Larry Jessee(TX) 42 10-15-94 M45 15-7 1/2 4.76 Jerry Cash(OR) 46 8-4-95
M85 17.98 Russell Randall(CO) 85 M90 20.69 Buell Crane(ID) 90	7-27-90 M40 14:59.6 Hal Higdon(IN) M45 15:12.25 Mike Manley(OR)	41 8-25-72 47 8- 1-89 46 7- 5-86	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
200 METERS DIV. MARK NAME(RESIDENCE) AGE	p15:11.0 Salvador Vasquez(CA) M50 15:41.67 Mike Heffernan(OR) MEET DATE M55 16:27.1 James O'Neil(CA)	50 7-25-91 55 1-12-81	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
N35 20.8 Delano Merimether(US) 35 N40 21.86 Bill Collins(TX) 41	6- 9-78 M60 17:19.0 Clive Davies(OR) 8-15-92 M65 18:07.04 Joe King(CA)	64 8- 2-80 65 7-25-91	M75 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
p21.38 Bill Collins(TX) 40 M45 22.30 Stan Whitley(CA) 46 M50 22.9 Ken Dennis(CA) 50	7- 6-91 M70 18:43.61h Warren Utes(IL) 6-20-92 M75 20:55.39 Alfred Funk(MT) 7-18-87 M80 21:57.88 Edward Benham(MD)	70 7-23-91 75 8- 1-89 81 8- 6-88	M85 5-8 1.73 A. E. Pitcher(IN) 86 5-14-88
M55 23.6 Alfred Guidet(CA) 55 M60 24.9 Payton Jordan(CA) 60	6-24-73 M85 28:03.8 Paul Spangler(CA) 6-19-77 M90 37:39.38 Paul Spangler(CA)	85 4-14-84 90 8- 1-89	LONG JUMP DIV. MARK NAME(RESIDENCE) AGE MEET DATE
p25.87 Jack Greenwood(CO) 65	10-10-93 M95 50:23.53 Herb Kirk(MT) 7-6-91	95 7-25-91	M35 27-10 3/4 8.50 Larry Myricks(US) 35 6-15-91 M40 24-4 3/4 7.43 Tom Chilton(TN) 40 3-24-78
M70 26.8 Payton Jordan(CA) 70 M75 28.14 Payton Jordan(CA) 75 M80 32.3 Josiah Packard(CA) 80	6-20-87 6-20-92 2-18-84	A A Lun Charle	M45 22-11 6.98 John Hartfield(TX) 46 6-7-91 M50 21-1 6.42 Shirrley Davisson(CA) 50 4-12-80 M55 20-1/4 6.10 Tom Patsalis(CA) 59 7-18-81
M85 40.29 Konrad Boas(NY) 86 M90 48.6 Collister Wheeler(OR) 90	8- 3-89 DIV. MARK NAME(RESIDENCE) 7-30-87 M35 28:02.41 Steve Plasencia(US)	AGE MEET DATE 36 6-18-93	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
p45.75 Buell Crane(ID) 90 M95 62.28 Herb Kirk(MT) 95	6-23-90 H40 30:50.37 Larry Almberg(WA) 7-26-91 H45 31:48 Ray Hatton(OR) M50 32:10.4 Ray Hatton(OR)	42 7-30-89 45 6-11-77 51 6-18-83	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
400 METERS	M55 33:00.66 Norman Green(PA) M60 35:19.8 Clive Davies(OR)	57 7-29-89 63 8-19-78	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
	MEET DATE M65 38:38.0 Norman Bright(MA) 5-25-84 N70 38:23.69 Warren Utes(IL) 8-5-89 N75 43:54.75 Edward Benham(MD)	66 8- 3-76 70 7-20-91 75 9-25-83	M95 5-10 1.78 Collister Wheeler(OR) 95 7-22-88
M45 50.20 Fred Sowerby(NV) 45 M50 51.63 Stephen Robbins(CA) 52	8-12-94 M80 44:29.4 Edward Benham(MD) 7-22-95 M85 63:58.4 Paul Spangler(CA)	81 8- 4-88 86 6-22-85	TRIPLE JUMP DIV. MARK NAME(RESIDENCE) AGE MEET DATE
M55 54.56 Rudolph Valentine(NY) 55 M60 56.77 Paul Johnon(US) 60 M65 58.79 Jim Law(NC) 65	6- 9-79 - M90 71:40.78 Paul Spangler(CA) 7-22-95 ONE HOUR RUN	90 7-29-89	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
M70 62.2 John Alexander(TX) 70 M75 68.5 Josiah Packard(CA) 75	9-24-89 6-23-79 DIV. MARK NAME(RESIDENCE)	AGE MEET DATE	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
M80 75.4 Harold Chapson(HA) 80 M85 93.59 Russell Randall(CO) 86 M90 2:00.2 Paul Spangler(CA) 90	7- 9-83 M35 11-1070 18.681 Ken Mueller(MA) 8-12-93 M40 11-740 18.379 Ray Hatton(OR) 9-16-89 M45 11-223 17.907 Hal Higdon(IN)	35 5-13-72 44 8- 7-76 48 6-26-79	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
M90 2:00.2 Paul Spangler(CA) 90 800 METERS	M50 10-1335 17.314 Peter Mundle(CA) M55 10-775 16.802 James O'Neil(CA)	50 10- 1-78 56 8- 4-81	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 Nills(PA) 80 8-12-93
	MEET DATE M65 9-604 15.036 Norman Bright(MA) 8-16-95 M70 8-1131 13.909 William Andberg(MN)	61 8- 7-76 65 6-13-75 70 10- 4-81	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
M35 1:43.36 Johnny Gray(CA) 35 M40 1:52.5 Ken Popejoy(IL) 40 M45 1:56.27 Don Parker(CA) 47	5-31-91 M75 8-335 13.181 Lou Gregory(FL) 5-12-90 M80 7-946 12.130 Paul Spangler(CA)	75 12-17-77 81 11- 1-80	M90 18-1 5.51 Buell Crane(ID) 90 7-28-90
MSO 2:01.1 Bill Fitzgerald(CA) 50 MSS 2:08.9 Bill Fitzgerald(CA) 55 M60 2:13.98 Jim Sutton(PA) 60	6-29-75 7-5-80 7-23-91 STEEPLECHASE (35-59: 3000M; 60+: 20	85 11-18-84	SHOT PUT (35-49: 16#; 50-59: 6Kg; 60-69: 5Kg; 70+: 4Kg)
M65 2:25.3 Frank Finger(VA) 65 M70 2:27.57 James Lytjen(CA) 70	7- 5-80 7-23-91 DIV. MARK NAME(RESIDENCE)	AGE MEET DATE	DIV. MARK NAME(RESIDENCE) AGE MEET DATE M35 72-9 3/4 22.19 Brian Oldfield(CA) 38 5-26-84
M75 2:40.0 Harold Chapson(HI) 75 M80 2:53.5 Harold Chapson(HI) 80 M85 3:58.3 Paul Spangler(CA) 85	5-14-78 M35 8:38.8 Mike Manley(OR) 7-11-82 M40 9:18.6 Hal Higdon(IN) 5-5-84 M45 9:39.0 Hal Higdon(IN)	3880 44 8-15-75 46 8-11-77	M40 70-3 21.41 Brian Oldfield(CA) 40 8-22-85 M45 55-2 1/2 16.83 Ed Hill(MD) 45 8-23-88 M50 55-7 1/4 16.95 Tom Gage(MT) 51 7-30-94
M90 4:39.59 Paul Spangler(CA) 90	6-10-89 M50 10:31.01 Faye Bradley(DC) 7-23-91 M55 10:59.2 Ken Carman(MI)	46 8-11-77 51 7-20-89 56 7-28-84	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
1500 METERS	M60 7:40.10 Dave Stevenson(CA) M65 8:23.74 Avery Bryant(CA) M70 8:38.17 Dan Bulkley(OR)	60 8- 5-89 65 7-20-89	M55 43-0 13.10 Phillip Brusca(M0) 66 6-5-93 M70 45-1 13.74 Scott Herman(KS) 73 10-11-92 M75 41-5 3/4 12.64 Ross Carter(OR) 75 9-3-89
DIV. MARK NAME(RESIDENCE) AGE M35 3:40.83 Steve Scott(CA) 35	MEET DATE M75 9:28.78 Dan Bulkley(OR) 6-14-91 M80 11:39.03 Eugene Keller(OH)	71 8- 5-88 76 7-17-93 80 7-23-95	M75 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 M85 25-0 7.62 Buell Crane(ID) 87 8-14-87
M40 3:53.18 Larry Almberg(WA) 42 p3:50.43 Larry Almberg(WA) 43	8- 5-89 7-29-90 HURDLES: 110M: 35-39,42"; 40-49,39";	The state of the s	M90 22-10 1/2 6.97 Buell Crane(ID) 90 6-20-90 M95 14-6 4.42 Tom Lane(CA) 97 5-23-92
M45 4:00.53 Ken Sparks(OH) 45 p3:59.24 Ken Sparks(OH) 45 M50 4:05.8 Ray Hatton(OR) 50	7-29-90 DIV. MARK NAME(RESIDENCE) 7-8-82 M35 13.26 Greg Foster(US)	AGE MEET DATE 36 7-22-94	p15-9 4.80 Tom Lane(CA) 96 9-22-91 DISCUS THROW (35-49: 2kg; 50-59: 1.5kg; 60+: 1kg)
M55 4:25.24 Jim Sutton(PA) 55 M60 4:32.09 Jim Sutton(PA) 60	7-19-86 M40 14.24 Stan Druckrey(WI) 7-27-91 M45 14.84 Tom Gilliard(GA)	40 7-30-89 45 7-23-95	DIV. MARK NAME(RESIDENCE) AGE MEET DATE
M65 4:56.31 Joe King(CA) 65 M70 5:14.97 James Lytjen(CA) 70 M75 5:28.5 Scotty Carter(MA) 75	7-27-91 p16.84 Stan Druckrey(NI) 7-27-91 M50 13.57 Walt Butler(CA) 6-28-92 M55 14.78 Mugh Adams(CA)	45 8-12-93 50 7- 5-91 55 6-10-95	M35 233-9 71.24 John Powell(US) 36 6-9-84 M40 227-11 69.48 Al Oerter(NY) 43 5-31-80 M45 216-11 66.12 Al Oerter(NY) 45 3-28-82
M80 6:04.28 Ed Benham(MD) 80 M85 7:44.96 Paul Spangler(CA) 85	12- 5-87 M60 14.98 Jack Greenwood(CO) 5- 5-84 M65 16.30 Jack Greenwood(CO)	60 7-19-86 65 7-21-91	M50 205-10 62.74 AL Oerter(NY) 52 8- 3-89 p214-3 65.30 AL Oerter(NY) 50 12-28-86
M90 9:25.2 Paul Spangler(CA) 90 M95 13:53.8 Herb Kirk(MT) 95	6-10-89 p16.22 Jack Greenwood(CD) 10-6-90 M70 14.50h Al Guidet(CA) p16.35 Edwin Lukens(NY)	65 7- 5-91 71 7-29-89 72 8-12-94	M55 176-4 53.74 Joe Keshmiri(MV) 57 5-20-95 M60 189-0 57.60 Wendell Palmer(TX) 60 4-24-92 M65 163-1 49.72 Thomas McDermott(CI) 66 5- 1-84
ONE MILE	p14.22 Burl Gist(CA) H75 15.44 Herb Miller(CA)	72 8-12-94 71 7- 5-91 76 8-14-92	M65 163-1
DIV. MARK NAME(RESIDENCE) AGE M35 3:54.13 Steve Scott(CA) 35 M40 4:12.24 Larry Almberg(WA) 43	7- 1-91 M80 17.5 Russell Meyers(FL)	75 9- 1-90 80 7- 7-84	M80 121-8 37.08 Ross Carter(OR) 80 6-26-94 M85 83-11 25.58 Ken Carnine(CA) 85 5-15-93
p4:06.70 Larry Almberg(WA) 43 M45 4:18.83 Ken Sparks(OH) 45	7-29-90 LONG HURDLES (400m: 35-49,36"; 50-59,33	Committee of the last of the l	M90 67-5 1/2 20.56 Buell Crane(ID) 90 6-20-90 M95 36-3 11.05 Tom Lane(CA) 95 9-24-89 p48-7 14.81 Collister Wheeler(OR) 95 7-23-88
p4:17.14 Ken Sparks(OH) 45 M50 4:32.2 Bill Fitzgerald(CA) 50 M55 4:55.3 William Fraser(MN) 55	7-13-75 M35 48.93 Nat Page(GA) 7-22-85 M40 52.76 James King(CA)	AGE MEET DATE 35 7-10-92 40 8- 3-89	Continued on next page
p4:45.1 Ray Hatton(OR) 55 p4:46.5 Don Gammie(OH) 55	5-16-87 52.7n Stan Druckrey(WI) 10-5-86 M45 55.7 Jack Greenwood(KS)	40 7- 8-89 46 8-24-72	WO.
M65 5:22 Monty Montgomery(CA) 65 M70 5:42.2 Monty Montgomery(CA) 70	4- 8-72 7- 9-77 M55 59.85 Jack Greenwood(KS)	45 8-13-93 50 7- 3-76	
M75 5:57.2 Scotty Carter(MA) 75 M80 8:07.1 Paul Spangler(CA) 81	7-12-92 M60 43.49 Jack Greenwood(CO) 6- 7-80 M65 45.20 Jack Greenwood(CO)	57 9-27-83 63 8- 3-89 65 7-25-91	
M90 13:43.6 Herb Kirk(MT) 90		72 8- 3-89 77 10- 2-94	
	inning the state of the state o	80 8-13-93	The state of the s



01 W3 W4 W50 W65 W75 W75 W80 W85

01V V35 V40 V55 V55 V60 V65 V70 V75 V80 V85 W90

Continued from previous page	i energia	800 METERS	X550982001	LONG HURDLES (400m: 35-49, 30"; 300m: 50+, 30")
M35 232-5 70.84 Harold Connolly(CA) M40 243-11 74.34 Ed Burke(CA) M45 212-3 64.70 Dave McKenzie(CA) M50 209-2 63.76 Tom Gage(MT) M55 197-8 60.26 Bob Backus(MA) M60 166-6 50.76 Stewart Thomson(CA) M65 145-11 44.48 Len Mozhaev(PA) M70 150-11 46.00 Thomas McDermott(CT) M75 126-4 38.50 Thomas McDermott(CT)	GE MEET DATE 37 7-20-69 44 4-28-84 46 6- 4-95 55 5-16-93 55 8- 2-81 60 9-12-93 66 9-27-92 73 5-18-91 75 4-24-93	DIV. MARK WAME(RESIDENCE) W35 2:02.83 Ruth Kleinsasser(CA) W45 2:18.87 Dee Dee Grafius(CA) W50 2:25.29 W55 2:39.04 W60 2:46.2 W60 2:46.2 W60 2:46.2 W70 3:24.80 W70 3:24.80 W75 3:37.19 W80 4:59.20 W80 pearl Mehl(CO)	AGE MEET DATE 35 5-23-92 43 8-13-93 45 5-14-94 51 8-15-92 55 3-31-95 60 8- 5-95 65 7-30-89 70 7-21-91 75 9- 2-89 80 8-13-94 85 9- 3-88	DIV. MARK  MAME(RESIDENCE)  AGE MEET DATE  W35 67.10  Denise Foreman(WA)  39 6-25-95  W40 65.03  Phil Raschker(GA)  40 12-5-87  W50 66.67  Marion Coffee(AUSTIN TX)  52 7-6-91  05.9n  Tami Graf(CA)  S3 8-3-89  W55 59.82  Betty Vosburgh(GA)  59 5-4-91  W60 56.80  Betty Vosburgh(GA)  60 7-5-91  W65 70.54  Leonore McDaniels(VA)  MIGH JUMP  DIV. MARK  NAME(RESIDENCE)  AGE MEET DATE
M85 57-6 1/2 17.54 Ken Carnine(CA) M90 55-7 3/4 16.96 Buell Crane(ID)  JAVELIN THROW (35-59: 800 GRAMS - NEW RULES; 6  DIV. MARK NAME(RESIDENCE) M35 218-8 66.66 Gene Lorenson(CA) M40 200-1 60.98 Mike Brown(FL) M55 203-0 61.88 Ed Morlund(KS) M50 215-9 65.76 Larry Stuart(CA) M55 215-8 65.74 Larry Stuart(CA)	80 8-11-93 86 5-1-94 90 4-21-90 60+: 600 GRAMS) GE MEET DATE 36 8-16-92 41 7-16-95 40 8-14-94 47 7-8-95 50 4-30-88 57 4-8-95 60 11-28-87	1500 METERS  DIV. MARK NAME(RESIDENCE) W35 4:07.08 Ruth Kleinsasser(CA) W40 4:38.73 Carol McLatchie(TX) W45 4:48.19 Joan Colman(CA) W50 4:57.44 Shirley Matson(CA) W55 5:14.2 Vick Bigelow(CA) W60 5:39.96 Vicki Bigelow(CA) W60 5:26:49 Jaclyn Caselli(CA) W70 6:42.17 Pat Dixon(OR) W75 7:42.30 Bess James(CA)	AGE MEET DATE 38 8- 9-95 41 10-16-93 45 8- 5-89 51 8-16-92 56 6-13-92 60 7-22-95 65 7-19-86 70 6-30-89 75 6-29-85	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 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 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 W60 4-1 1/4 1.25 Christel Miller(CA) 60 7-7-95 W50 4-2 1.27 Leonore McDaniels(VA) 65 8-11-93 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 W80 2-11 0.89 Shiela Evans(IN) 80 7-7-95
M65 180-6 55.02 Bud Held(CA) (A) (A) (A) (A) (A) (A) (A) (A) (A) (	65 5-15-93 72 7-30-89 75 8-17-91 80 7- 7-95 85 5-30-93 90 7-28-90 97 5-23-92 95 7-23-88	W80 8:36.90 Anne Clarke(IL) W85 p11:43.2 Anna Ward(MO)  ONE MILE  DIV. MARK NAME(RESIDENCE) W35 5:09.52 Susanne Houlton(GA) W40 4:54.0 Laurie Binder(CA) W45 5:21.5 Carol Flexer(WA) W50 5:29.39 Jeanne Hoagland(CA) W55 5:50.6 Margaret Miller(CA) W60 6:35 Pat Dixon(OR)	81 7-27-91 85 6- 2-90 AGE MEET DATE 38 4-13-85 43 8- 8-91 46 7-19-89 51 12- 6-87 55 2- 7-81 63 7-23-82	DIV. MARK  NAME(RESIDENCE)  AGE MEET DATE  35 8-7-82  W40 9-6-1/4 2.90 Phil Raschker(GA)  W44 6-8-91  P9-10-1/4 3.00 Phil Raschker(GA)  W45 11-1 3.38 Phil Raschker(GA)  W50 8-8-1/4 2.65 Joy Macdonald(FL)  W50 8-8-1/4 2.65 Joy Macdonald(FL)  W50 7-10-1/2 2.40 Becky Sisley(OR)  W60 6-0-3/4 1.85 Leonore McDaniels(VA)  W65 6-6-3/4 2.00 Leonore McDaniels(VA)  W65 6-6-3/4 2.00 Leonore McDaniels(VA)  W67 7-8-95  W70 5-3 1.60 Margaret Minton(TX)  LONG JUMP
M35 7280 Rex Harvey(IA) M40 7476 Rex Harvey(IA) 4 M45 7780 Rex Harvey(IA) 4 M50 8114 Gary Miller(CA) 5 8179 Dale Lance(OK) 5 8449 110/33 Richmond Morcom(PA) 6 M60 8419 Phil Mulkey(GA) 6 M65 7394 Denver Smith(OH) 6 8186 8# Richmond Morcom(PA) 7 M70 7698 Richmond Morcom(PA) 7 M70	GE HEET DATE  43 7-27-89  45 7-18-91  51 7-27-89  57 7-12-95  7-11-76  62 7-10-93  67 9-11-93  65 8- 86  67 0 6-23-91  77 7-27-89  84 7-27-86  80 8-28-82	W65 6:55.6	AGE MEET DATE 35 9-11-88 40 7-30-88 46 9- 8-90 50 5-13-94 59 9-16-89 60 7-23-86 65 7- 6-86 74 9- 2-95	DIV. MARK NAME(RESIDENCE) AGE MEET DATE W35 21-4 6.50 Willye White(US) 35 10-26-74 W40 17-0 1/4 5.19 Phil Raschker(GA) 44 5-4-91 W45 17-7 5.36 Phil Raschker(GA) 45 8-11-93 W50 14-6 1/2 4.43 Irene Obera(CA) 54 7-30-88 W55 12-9 1/4 3.89 Christel Miller(CA) 55 3-4-90 W60 13-7 4.14 Betty Vosburgh(GA) 60 7-25-91 W65 12-11 1/4 3.94 Leonore McDaniels(VA) 66 5-7-94 W70 10-2 1/2 3.11 Mary Bowermaster(OH) 70 12-1-87 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
M85 3631 A. E. Pitcher(IN) 8 3716 8# A. E. Pitcher(IN) 8  PENTATHLON(1994 WAVA SCORING TABLES)  DIV. MARK NAME(RESIDENCE) AC M35 3577 Frank Reilly(CA) 3 p3618 Mike Hill(CO) 3 M40 3540 Gary Miller(CA) 4 M45 4038 Gary Miller(CA) 4 M50 4283 Gary Miller(CA) 5 M50 4283 Gary Miller(CA) 5 M50 4104 Richmond Morcom(PA)	87 6-17-89 85 9-19-87 GE MEET DATE 39 6-20-87 35 8-30-86 43 8-16-81 45 9-30-83 50 6-26-88 56 8-12-77	W75 17:37.2 Bess James(CA) W80 25:09.0 Mary Ames(CA) W85 p25:29.6 Mary Ames(CA)  5000 METERS  DIV. MARK NAME(RESIDENCE) W35 15:15.2 Francis Larrieu(TX) U40 16:57.4 Judy Fox(CA) W45 17:45.03 Joan Colman(CA) W50 17:25.6 Shirley Matson(CA) W55 19:32.07 Marion Irvine(CA)	75 8-10-85 84 5-30-87 85 4-30-88 AGE MEET DATE 35 7- 2-88 40 8-16-81 45 8- 4-89 50 9-26-91 59 8- 4-89	DIV. MARK  NAME(RESIDENCE)  AGE  MEET DATE  9-18-83  140 37-3 11.35 Phil Raschker(GA)  42 8-1-89  45 35-5 1/4 10.80 Phil Raschker(GA)  46 8-12-93  47 9-18-83  48 8-1-89  49 9-18-83  40 9-18-83  40 9-18-83  40 9-18-83  40 9-18-83  40 8-12-93  40 8-12-93  40 8-12-93  40 8-12-93  40 8-12-93  40 8-12-93  40 8-12-93  40 8-18-93  40 8-18-93  40 8-18-83  40 8-18-93  40 8-18-93  40 8-18-93  40 8-18-93  40 8-18-93  40 8-18-83  40 8-18-93  40 8-18-93  40 8-18-83  40 8-18-93  40 8-18-93  40 8-18-83  40 8-12-93  40 8-18-83  40 8
M65 4162 Richmond Morcom(PA) M70 3843 Richmond Morcom(PA) M75 3343 Claude Hills(PA) M80 3231 Ken Carnine(CA)	61 5- 8-81 66 6-20-87 70 7- 4-91 76 6-26-88 80 7-16-88 85 6-19-93	W60 19:14.8 Marion Irvine(CA) W65 22:41.8 Jaclyn Caselli(CA) W70 24:19.68 Elisabeth Van Battum(LA) W70 27:10.76 Algene Williams(IL) W80 30:21.85 Mavis Lindgren(CA) W85 p41:56.2 Mary Ames(CA)  10,000 METERS  DIV. MARK NAME(RESIDENCE) W35 31:28.92 Francis Larrieu(TX) W40 35:33.6 Judy Fox(CA)	60 10-19-89 65 7- 5-86 70 8-11-94 75 7-25-91 80 8-16-87 85 4-30-88 AGE MEET DATE 38 4- 4-91 40 8-15-81	DIV. MARK WAME(RESIDENCE)  W35 53-5 3/4 16.30 Jane Frederick(CA) 35 8-31-87  W40 39-7 1/2 12.06 Joanne Grissom(IN) 41 6-19-80  W45 39-7 1/2 12.08 Joanne Grissom(IN) 45 7-22-84  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 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  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
W35 11.07 Evelyn Ashford(US) W40 12.31 Phil Raschker(GA) 4 W45 12.50 Phil Raschker(GA) 4 W50 12.9 Irene Obera(CA) 5 W55 13.84 Irene Obera(CA) 5 W60 13.91 Irene Obera(CA) 6 W65 15.77 Patricia Peterson(NY) W70 16.2 Polly Clarke(CO) 7 W75 16.87 Polly Clarke(CO) 7	GE MEET DATE 55 5-28-92 40 12- 1-87 48 9- 2-95 51 6- 1-85 55 7-21-89 50 8-13-94 66 7-24-92 70 4-17-81 8-31-85 8-31-85 8-31-85	W45 38:10.89 Joan Coleman(CA) W50 37:28.67 Shirley Matson(CA) W55 40:37.13 Marion Irvine(CA) W60 43:26.17 Marion Irvine(CA) W65 47:09.40 Toshiko D'Elia(NJ) W70 50:28.33 Pat Dixon(OR) W75 56:59.33 Algene Williams(IL) W80 79:25.20 Mary Haines(CT) p65:47.20 Anne Clarke(IL)	47 7-21-91 51 8-15-92 59 7-29-89 61 7-21-91 65 7-18-95 70 7-29-89 75 7-21-91 81 7-18-95 81 7-6-91	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 W95 11-1 1/2 3.39 Margaret White(OK) 95 9-7-92 DISCUS THROW  DIV. MARK NAME(RESIDENCE) AGE MEET DATE W35 178-10 54.52 Carol Finsrud(TX) 36 6-12-92 W40 146-7 44.68 Janet Wilson(CA) 40 7-24-93 W45 106-5 32.44 Joanne Grissom(IN) 45 8-7-83 W50 123-0 37.50 Vanessa Hilliard(FL) 53 5-7-94 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)   E	86 8- 7-89 85 8-12-93 90 6-10-95 GE MEET DATE 35 8-13-92 42 8- 3-89 47 6-20-94 51 6- 1-85 55 8- 3-89	DIV. MARK WAME(RESIDENCE) W35 9-1124 15.512 Marylin Paul(OR) W40 9-1197 15.579 Linda Sipprelle(DC) W45 9-376 14.828 Marilyn Marbin(CA) W50 8-1355 14.114 Nicki Hobson(CA) W55 7-1021 12.199 Marcie Trent(AK) W60 8-10 12.884 Marcie Trent(AK) W65 5-1194 9.139 Edna Berg(MT) W70 6-52 9.704 Alice Werbel(CA) W75 4-167 6.590 Marilla Salisbury(CA)	AGE MEET DATE 36 7-20-74 43 7-29-78 45 3-26-83 50 8- 4-81 58 7-18-76 61 7-28-79 67 2- 5-83 70 9-14-86 76 6- 7-84	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 p58-4 3/4 17.80 Betty Jarvis(MC) 75 7- 6-91 W80 20-8 6.30 Marilla Salisbury(CA) 82 7-27-90 p35-6 10.82 Carolyn Clark(MO) 81 7- 6-91 W85 p19-2 5.84 Marilla Salisbury(CA) 85 8-13-93  HAMMER THROW (35-49: 4KG; 50+: 3KG)  DIV. MARK NAME(RESIDENCE) AGE MEET DATE W35 134-6 41.00 Sarah Boslaugh(NY) 39 7-23-95 W40 132-2 40.30 Joan Stratton(CA) 40 5-23-92 W45 105-0 32.02 Brenda Bloomfield(SC) 48 7-7-90
W60 29.67 Irene Obera(CA) W65 33.21 Patricia Peterson(NY) W70 34.2 Polly Clarke(CO) W75 35.93 Polly Clarke(CO) W80 41.11 Polly Clarke(CO) W85 p58.4 Anna Ward(MO) p2:02.81 Marilla Salisbury(CA) W90 70.99 Zora Lux(WA)	60 8-13-94 66 8-15-92 71 9-6-81 75 8-31-85 82 8-15-92 85 6-2-90 85 8-13-93 90 6-10-95	DIV. MARK WAME(RESIDENCE) W35 8:00.0 Kim Rupert(CA) p7:58.54 Kim Rupert(CA) W40 8:12.83 Susanne Houlton(GA) W57 7:45.96 Joan Colman(CA) W50 8:15.03 Joan Ottoway(CA) p8:10.47 Joan Ottoway(CA) W55 9:52.25 Sally Strazdins(US) SHORT HURDLES (35-39: 100M,33"; 40+: 80	VIII VIII DE LA COLONIA DE LA	W50 145-7 44.38 Vanessa Hilliard(FL) 54 12-30-95 W55 110-4 33.64 Joanne Grissom(IN) 55 9-25-93 W60 90-8 1/4 27.64 Sally Polk(NM) 60 6-23-90 W65 78-4 1/4 23.88 Bernice Holland(OH) 68 5-6-95 W70 69-0 1/4 21.04 Elizabeth Hagamann(MA) 72 5-16-93 W75 58-4 3/4 17.80 Betty Jarvis(NC) 76 5-2-92 p59-6 1/4 18.14 Betty Jarvis(NC) 78 8-11-93  JAVELIN THROW (30-49: 600G; 50+: 400G) DIV. MARK NAME(RESIDENCE) AGE MEET DATE W35 203-7 62.06 Karin Smith(CA) 35 5-14-91
WARK	36 6-25-83 42 8- 5-89 45 7-22-95 51 5-18-85 55 4- 8-95 61 7-22-95 77 7-22-95 77 9-28-83 77 8-25-85 80 8- 3-90 85 7-17-88 86 8-12-93	DIV. MARK W35 13.77	AGE MEET DATE 35 8-31-87 35 8-1-92 41 7-10-94 40 8-12-93 41 8-12-94 47 8-5-94 50 7-30-89 55 8-5-90 60 7-21-91 68 10-11-93 69 8-12-94	W40 139-3

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	45.36	USA	(Dennis, LaTorre, Adamson, Miller)	8- 6-89	Eugene, OR
	60-69	49.09	FRO	(Mirkes, Selzer, Kleimann, Schlegel)	12- 6-87	Melbourne
	70-79	55.04	USA	(Bloomfield, Heard, Weinacht, Jordan)	8- 6-89	Eugene, OR
	80-89	77.37		(Lum, Crane, Hosack, Pitcher)	8-25-85	
4x200	40-49	1:29.85	USA	(Austin, Hartfield, Mitchell, Collins)	5- 1-92	
	50-59	1:40.33		(Russin, Kopka, Pierce, Stevens)	8- 3-95	Northampton, MA
	60-69	1:47.1	USA	(Sochor, Brown, Bergthold, Sobolewski)	8- 1-92	
	70-79	2:03.21		(Morales, Satti, Heard, Weinacht)	12- 6-87	Melbourne
4x400	40-49	3:21.54	USA	(Thiel, Brinker, Tucker, King)	8- 6-89	Eugene, OR
Name of the last	50-59	3:35.88	USA	(Steffes, Mathis, Adamson, Colbert)	8- 6-89	Eugene, OR
	60-69	3:58.43		(Stevens, Sucher, Law, Greenwood)	8- 6-89	Eugene, OR
		p3:39.43	NOR	( compared and a second	6-30-90	
	70-79	4:35.07	USA	(Bloomfield, Jordan, Sponseler, Weinacht)	8- 6-89	Eugene, OR
	80-89	7:34.9	USA	(Lum, Spangler, Hosack, Pitcher)	8-24-85	
4x800	40-49	8:00.2		(Mason, Franklin, Thomas, Romaine)	7- 7-84	
SPANNED .	50-59	8:45.88	USA	(Duffy, Franklin, Thomas, McMillan)		Berkeley, CA
	60-69	9:33.95	HOL	(Maijoor, Ravensbergen, Zethof, Herlaar)	6-11-92	
	70-79	13:33.0	USA	(Hills, Espy, Wang, Bigelow)	10- 1-83	
4X1600	40-49	18:22.6y	USA	(Franklin, Thomas, Barnett, Hampton)		Los Gatos, CA
	50-59			(Bernal, Keating, Cormier, Randall)	7-29-92	
	60-69	24:06.6	USA	(Lee,Charron.Fuselier,Wimberly)	8-30-94	New Orleans, LA
sprt med		3:36.1m		(Knocke, Edens, Smith, Cohen)	8-14-82	
	50-59	3:58.39		(Wright, Pauling, Hamner, Howard)		New York, NY
	60-69	4:24.8		(Lee,Rieke,Badinger,Wimberly)		New Orleans, LA
	70-79	6:41.41	USA	(Siringer, Mlotek, Hosack, Fike)	1- 9-83	
dist med	40-49	10:34.6		(Stevens, Pierce, Frye, Norton)	7-11-90	
	50-59	11:39.2		(Duffy, Mason, Thomas, Franklin)		Irvine,CA
	60-69	13:24.8	USA	(Lee, Rieke, Fuselier, Wimberly)	6- 7-94	New Orleans, LA

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 THE WORLD IN COOPERATON WITH THE IAAF



#### **WAVA RECORDS COMMITTEE 1996-1997**

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Beverly LaVeck	6633 NE Windemere Road, SEATTLE, WA

98115 USA

#### Women's World Masters Relay Records

4x100	35-39 40-49 50-59 60-69	48.63 50.23 p49.45 p49.91 54.51 p53.47 59.72 p57.48	FRG (Meicher Communication of the Frg (M	mier,Sulter,Andreas,Apavou) ting,McClurg,Gilmore,Raschker) er,Bayha,Geraldine,Hees) } liams,Chrimes,Hulls,Gore) en,Cooper,Davidson,Hogan) iskott,Hunkel,Kreuzweiser,Franzen	8- 6-89 7-28-91 6-30-90 8- 6-89 6-30-90 8- 6-89 7-28-91	Eugene, OR
	70-79	p65.26	FRG (		1-14-81	Christenare
4x400	35-39 40-49 50-59 60-69	4:00.21 4:07.34 4:36.85 p4:35.77 5:21.91	FRG (Kose USA (Fit: FRG (Hof:	onald,Hocknell,Blurton,Walpole) chnitzke,Mattelson,Lehman,Kummerl zgerald,Meadows,Hoagland,Obera) fman,Blank,Holzknecht,Kummerle) ner,Mangler,Haule,Schneiderhan)	8- 6-88 e)8- 6-88 8- 6-89 7-28-91 8- 6-88	Eugene, OR Turku
4x800	35-39 40-49 50-59	9:37.29 10:14.2 11:25.8	USA (Gra	de Van,Pos,Ruyter,Verhoef) fius,McHampton,Villar,Ogle) r,McCormick,Bigelow,Ottoway)	8-14-94	Dordrecht Eugene, OR Eugene, OR
	p = p	ending				

#### Men's U.S. Masters Relay Records

4x100	40-49	42.79	HE	(Austin, Collins, Mitchell, Hartfield)	5- 2-92	A SECRET AND
47.00	50-59	46.6y	WYTC	(Marlin, Lingle, Springbett, Sanchez)	7-23-83	
	30 37	45.36	USA	(Dennis, Latorre, Adamson, Miller)	8- 6-89	Eugene, OR
	60-69	50.9	CDM	(Morales, Jordan, Killion, Guidet)	6-24-78	
	00 07	50.08	USA	(Albury, Regier, Harte, Law)	8- 6-89	Eugene, OR
	70-79	55.04	LISA	(Bloomfield, Heard, Weinacht, Jordan)	8- 6-89	Eugene, OR
	80-89	77.37		(Lum, Crane, Hosack, Pitcher)	8-25-85	The state of the s
4x200	40-49	1:29.85		(Austin, Hartfield, Mitchell, Collins)	5- 1-92	TARGET AND SOME
	50-59	1:40.33		(Russin, Kopka, Pierce, Stevens)		Northampton, MA
	60-69	1:47.1	MMTC	(Sochor, Brown, Bergthold, Sobolewski)	8- 1-92	
4x400	40-49	3:28.7	DM	(Abayomi , Pratt, Stanford, Burnett)	7- 5-81	
48400	40-47	3:21.54		(Thiel, Brinker, Tucker, King)		Eugene, OR
	50-59	3:47.09		(Henry, Hagin, Heath, O'Hora)		Philadelphia, PA
	20-24	3:35.88		(Steffes, Mathis, Adamson, Colbert)		Eugene, OR
						Eugene, Or
	60-69	4:17.62		(Kane, Hitt, Hoffman, Coy)		Eugene, OR
	Service Services	3:58.43		(Stevens, Sucher, Law, Greenwood)	and the same of th	Eugene, OR
	70-79	4:35.07		(Bloomfield, Jordan, Spnnseler, Weinacht)		Eugene, ok
	80-89	7:34.9	USA	(Lum, Spangler, Hosack, Pitcher)	8-24-85	40 1925
4x800	40-49	8:11.8	scs	(Montenez, Knocke, Elliot, Cohen)	7- 3-83	
4000	50-59	8:45.88		(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	AZII	(Stewart, Stevenson, Stevens, King)	7-23-89	The second second second
	70-79	13:33.0			10- 1-83	The state of
50 C				Secretary of the second secretary second	2-21-88	Los Gatos,CA
4x1600	40-49	18:22.6y		(Franklin, Thomas, Barnett, Hampton)	7-29-92	Los datos, ch
me	50-59	19:50.2		(Bernal, Keating, Cormier, Randall)		New Orleans, LA
	60-69	24:06.6	KHTC	(Lee, Charron. Fuselier, Wimberly)	0-30-94	New Ofteans, LA
sprt med	40-49	3:36.1		(Knocke, Edens, Smith, Cohen)	8-14-82	
Will the same	50-59	3:58.39		(Wright, Pauling, Hamner, Howard)		New York, NY
	60-69	4:24.8		(Lee, Rieke, Badinger, Wimberly)		New Orleans, LA
	70-79	6:41.41	OHTC	(Siringer, Mlotek, Hosack, Fike)	1- 9-83	
dist med	40-49	10:34.6	RAA	(Stevens, Pierce, Frye, Norton)	7-11-90	
dist med	50-59	11:39.2		(Duffy, Mason, Thomas, Franklin)	7- 3-94	Irvine,CA
	60-69	13:24.8		(Lee, Rieke, Fuselier, Wimberly)		New Orleans, LA
	00-09	13.24.0	KAIL	(rec'uleve'i goetici laumonità)	DO STORY	The sale of the sa

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
PMTC: Portland Masters Track Club

#### Women's U.S. Masters Relay Records

4X100	35-39	50.28	USA	(Drumgole, Seeley, Thompson, Gilkey)		Control of the same
	40-49	50.23	LICA	(Vesting McClure Cileson, Gilkey)	8- 6-89	Eugene, OR
	50-59	54.90	USA	(Keating, McClurg, Gilmore, Raschker)	8- 6-89	Eugene, OR
THE REAL PROPERTY.			USA	(Fitzgerald, Davis, MIller, Obera)	8- 6-89	Eugene, OR
	60-69	64.10	USA	(Peterson, Sullivan, McDaniels, Vosburgh)	7-28-91	Turku
	70-79	80.77	USA	(Friedman, Mehl, Peebles, Stafford)	7-28-91	
4x400	35-39	4:00.87	USA	(Murray, Berg, Gilkey, Seeley)	8- 4-90	
	40=49	4:46.51	BRC	(Ryan, Tucker, Upton, Hearty)	0-0-09	Eugene, OR
		4:10.85	USA	(Behrens, Stiles, O'Connor, Raschker)	4-28-95	Philadelphia, P.
	50-59	4:36.85	LICA	(Fitzgarald Manda Connor, Raschker)	8- 6-89	Eugene, OR
	60-69	5:28.59	LICA	(Fitzgerald, Meadows, Hoagland, Obera)	8- 6-89	Eugene, OR
	00 07	3.20.37	USA	(Peterson, Tuinzing, Adams, Patterson)	8- 6-89	Eugene, OR
4x800	35-39	10:42.80	TS	(Sokell, Kasen, Ehmer, Sedwick)	8- 6-88	
		10:28.4	USA			THE PARTY OF THE P
	40-49	10:26.6	PS		7- 8-95	Lansing, MI
		10:14.2	IIS		1-24-94	Blaine, MN
1 1 to 1 1	50-59	11:25.8	IIC	(diditios, menampton, vittar, ogte)	8-14-94	Eugene OR
	30 37	11.25.0	US	(Kerr, McCormick, Bigelow, Ottoway)	8-14-94	Eugene, OR
sprt med	35-39	6:07.66	HTC	(Ogletree,Cotten,Kea,Nichols)	1- 9-83	
	40-49	4:53.54	NYMC			
				the factor, racker, searey)	5- 2-93	Randalls Is., NY
	P = P	ending				

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

HTC: Hill Track Club PS: Prarie Striders BRC: Boston Runners Club

Compiled by Pete Mundle, WAVA and USATFT&F Records Chairman

n judment Alviert	And in case of													and the land of the Allendan	and the Santanan Santanan	transpringer designation
	and the same of the same of	revious page				group	Lime	name	dele	aile	hom	10K 1135-39	42:31	Jonathan Hatthews	Palo Alto, CA	5/23/93
Worl	d Bes	t Perfor	mance	s - Race	walk	10K F35	44:28	A. MANNING	17 DEC-95	KNOX. VICT	AUS	M40-44 M45-49	44:18	Ray Funkhouser Larry Walker	Washington, DC Walnut, CA	3/29/92
						F40	47.07	S GRIESBACH	17060.93	KNOX, VICT.	FRA	H50-54 H55-59	45:00 50:00	Don Delloon Max Green	Hingara Falls, HY Dearborn, MI	7/16/94
group	Lime	name	date	sile	homs	F45	50.58	G. JOHNSON	28 MAR 95	WASHINGTON, DO	THE PARTY NEWS	M60-64	51:29	Max Green	Dearborn, M	9/27/07 0/25/93
3000	11.26.21	W SAWALL			AUS	F50	52:02	VHEIKKILA	Tild at		FIN	1165-69 1170-74	58:13	Jack Starr Cokey Daman	Niagara Falls, NY	7/16/94
m45	12:37.1	HLANKINEN				F55	57.00	OMEYER	29 NOV 87	HELBOURNE	GER	M75-79	1:06:48	William Tallmadge	Niagara Falls, IIY	7/13/91
M50	12:34.91	D DeNOON	4 FEB 94	CARBONDALE, IL	USA	F60	56.38	OHEYER,			GER	M80-84 M85-89	1:16:00	Tony Perons George Conway	Van Nuys. CA Niagara Falls, NY	6/23/91 7/7/90
M55	13:21.2	ANOKELA			FIN GBP	F65	58:41	B.TIBBLING			SWE	M90-94	1:29:56	George Conway	Magara Falls. NY	7/10/93
M60	14.37.0	G.CHAPLIN	07 ## 00	CWMBRAN	GBR	F70	60:18	B.TIBBLING			SWE	15K			Date .	
M65	15:58.3	C.COLMAN C.COLMAN	23 JUL 88	BIRMINGHAM	63P	F75	67:46	B.TIBBLING	11 OCT 93	MIYAZAF.I	SWE	M35-39 M40-44	1:03:51	Jonathan Matthews Gary Null	Palo Alto Long Beach, CA	5/23/93
M70	16:19 5	J.GRIMWADE	12 JUL 87	CORBY	GBR	F80 F85	78:26 92:41	M.LINDGREN N.JEFFREYS	21 JUL 91	TURKU	SWE	M45-49 M50-54	1:10:57	Larry Walker James Carmines	Long Beach, CA New Orleans, LA	4/30/89 2/19/94
M80	20:39 0	A.STRANG	12 001 0		FIN		92.41	N.JETTIGTS	8 OCT 95	HELBOURNE	AUS	M55-59	1:17:29	Max Green	Columbus, OH	4/8/90
	20.090	n.Jironio				20K F35	1:35:39	V.HERAZO	21 MAY 95	ALBANY, NY	ÜSA	M60-64	1:21:16	Max Green	Elk Grove. IL	9/24/95
5000 M40	20:13.0	M.SALEK			YUG	F40	1:42:22	H. McDONALD	9 DEC 93	KHOX, AUS	AUS	M65-69 M70-74	1:35:58	Robert Mimm Cokey Daman	Lincroft, NJ Lincroft, NJ	9/9/90
M45	20.54.4	GLITTLE	7 DEC 91	AUCKLAND	NZL	F45	1:45:25	VHEIKKILA			FILL	M75-79	1:40:45	Giulio dePetra	Eugene, OR	8/16/87
M50	21.01	GLITTLE	16 FEB 92		NZL	F50	1:52:16	H.MAEDER	13 HAY 95	VALLADOLID	SUI	1180-84 1185-89	2:09:18	Tony Perona Tony Perona	Norwalk, CA Riverside, CA	5/27/90 5/21/95
M55	22:44.5	V.GOLUSNICHI	Y 21 JUL 91	TURKU	USR	F55	2:00:39	E.RICHARDSON	11 SEP 94	FT. HONHOUTH	USA	20K		SALULALS TO		
M60	24.07.71	G WEIDNER	22 JUL 95	BUFFALO	GER	F60	2.04:34	H.WOPTH	8 APP 89		499	M35-39	1:24:56	Jonethan Hatthews	Pelo Alto, CA	6/23/03
M65	25:44.0	T.DAINTRY	25 MAR 78		AUS	F65	2:12:02	O.MEYER	29 MAY 93	UPICE	GEP	1140-44 1145-49	1:32:21	Pay Funkhouser Don Delloon	Washington, DC Washington, DC	3/29/92 3/20/93
M70	27:02	T.DAINTRY	10 APR 82		AUS	F70	2:27:57	MIRIAM GORDON	12 NOV 95	FT. LAUDERDALE	USA	M50-54 M55-59	1:53:38	Don DeNoon Max Green	Washington, DC	3/27/94
M75	27:40	J.GRIMWADE	28 JUN 87	SOLIHULL	GBR	F75	2:49:18	A.CROCKER	16 AUG 87	EUGENE	USA	M60-64	1:48:44	Max Green	Columbus, OH Columbus, OH	4/8/90
M80	29:24.1	J.GRIMWADE	92		GBR	50K				ALX HE TO		M65-69 M70-74	1:56:00	Robert Mimm Cokey Daman	Raleigh, NC Raleigh, NC	5/6/90
M85	33:15.0	A.THEOBALD	10 APR 82		AUS	F35	5:01:52	LMILLEN	83		GDR	1175-79	2:14:01	Giulio DePetra	Eugene, OR	5/6/90 8/16/87
M90	35:18.54	A.THEOBALD	DEC 87	MELBOURNE	AUS	F40	4:50.51	5.BROWN	91		GUR	M80-84	2:30:00	Giulio DePetra	Prove. UT	8/14/93
10K					CAN	F45	4.56:27	S BROWN	13 SEP 94	BASILDON	CUB	25K				H. OLLEN
M40	40:39	MJOBIN	23 JUL 83	MADIED	CAN NZL	F50	5:37:24	M.HOERNECKE	10 APR 93	BASILDON	ESP	M40-44 M45-49	2:11:18	Steve Pecinovsky Eugene Kitts	Albany, NY Palo Alto, CA	5/21/95
M45	43.44	GLITTLE	21 OCT 91	NAPIER	NZL	F55	6:50:15	E PETTERSON	5 I1AP 89	ATLANTA, GA	USA	M50-54	2:17:01	Max Green	Overland Park, KS	4/6/06
M50	42:20	GLITTLE	16 FEB 92		FIN	F60	7:27:49	M.HENRY P.SCOTT	21 FEB 88	DURHAM, NC	USA	M55-59 M60-64	2:17:23 2:28:51	Edward Whiteman Robert Mimm	Albany, NY Overland Park, KS	5/21/95 4/6/86
M55	47:56	A.NOKELA	2 SEP 84		ITA	FG5		R.SCOTT	2 I1AY 93	BUPPATOR	GEN.	M65-69 M70-74	2:42:01	Robert Mimm Robert Mimm	Lincroft, NJ Albany, NY	9/9/90 5/21/95
M60	47:48 55:24	C.BOMBA R.JONES	2 30 04		AUS	The L	ISA M	asters M	en's ai	nd Womer	n's	H75-79	3:10:56	Harry Drazin	Allanta, GA	3/5/09
M65 M70	54.17	T.DAINTRY	9 MAY 81		AUS			Racewalk			A FEET	30K				
M75	55.01	J.GRIMWADE	27 SEP 87	WOLVERHAMPTO	N GBR	1			Park and the same of		with the	H40-44	2:26:12	Jonathan Matthews Dan O'Cornor		2/14/93
meo	61.25.4	J GRIMWADE	15 AUG 93	SOLIHULL	GBR	- Commercial Commercia		Masters I	Men -	Track		M45-49	2:35:29	Eugene Kills	New York, NY Palo Alto, CA	10/16/94
M95	82 44	G.CONWAY	8 JUL 90	NIAGARA	USA	3000 meter			1			M50-54 M55-59	2:47:35 2:54:06		Allanta, GA East Meadow, HY	10/31/93
	- Company	SHIBIT		Tall setal by		H50-54	11:26.7		lliews	San Francisco. CA Cerrilos, CA	5/15/93 6/27/93	A	2:50:29	p Dave Romansky	FL. Monrhouth, NJ	9/10/95
20K	1.21:36	W.SAWALL	4 JUL 82		AUS	1160-64 M70-74	17:05.8			Miami, FL Brisbane, AUS	9/17/95 9/27/94	M60-64	2:55:48	Robert Mimm p Max Green	Palo Alto. CA	10/24/87
M45	1.25.03	W.SAWALL			AUS	The same of		Donaid Graddi	The same	Drisbane, NOS	37211311	M65-69 M70-74	3:09:02 3:26:30		East Meadow, NY Lincroft, NJ	10/6/90 9/9/90
M50	1:26:32	GLITTLE	16 FEB 92		NZL	5000 mele M40-44	21:29.3	I Ray Funkhous	ser	Philadelphia, PA	4/24/93	STATE OF THE PARTY.	3:26:12	p Robert Mirnm	FL. Monmouth, NJ	9/10/95
M55	1.37.04	G.WEIDNER	And had		GER	1145-49 1150-54	21:27	Larry Walker Donald DeNoo		Los Angeles, CA Cerritos, CA	6/18/80 6/27/93	M75-79	3:46:22	Harry Drazin	East Meadow, NY	10/16/00
M50	1 43:50	C.BOMBA	2 JUN 85		ITA	HS5-59	24:28.7	7 Paul Johnson		Illyazaki, JPH	10/16/93	40r. 1135-39	3:14:03	Jonathan Matthews	Palo Alto	2/14/93
M65	1.51:18	T.DAINTRY	13 JAN 61		AUS	1160-64	24 23.9 25:09.6			Turtu fill Hiyazaki, JPN	10/16/93	r140-44 r145-49	3 26 55		Durham, NC Palo Alto, CA	2/21/88 1/8/95
M70	1:58:10	JERIMWADE	1 AUG 86	MALMO	GBR	M65-69 M70-74	27:28.6	Cokey Daman		Indianapolis, IN Eugene, OR	0/5/09	M50-54	3:54:24	Ray McKinnis	Lincroft, NJ	9/9/90
m75	1:56:19	J.GRIMWADE	29 NOV 87	MELBOURNE	G5R	M75-79	31:14.0	00 Glullo DePetr		Eugene, UP	8/14/87	M55-59	3 55.55 4:05.20		Ourham, NC Atlanta, GA	2/21/88 3/5/89
M50	2:04.49	J.GRIMWADE	20 JUN 92	SUTTON COLDFIELD	AUS AUS	1180-84	34:44	Byron Fike 77 John Hanna		Indianapolis, III Buffalo, NY	8/2/90 7/21/95	1165-69	4.27.50		Atlanta, GA FL. Monmouth, NJ	4/8/90 9/13/92
M85	2:26:07	A.THEOSALD	21 AUG 82	The Best	AUS	1190-94	43:51	Paul Spangle	C F F	Eugene, UR	0/5/89	A STATE OF THE STA		p Robert Himm	FL. Monmouth, NJ Lincroft, NJ	
M90	2.34.01	A.THEOBALD	3 APR 87			10,000 m			The Part	Philadelphia, PA	4/30/94	1175-79 50K	5.27.03	Harry Drazin	Lincroit, No	9/9/90
30K		I MA DIN	22 MAR 92	MANRESA	ESP	M35-39	41.59.			Philadelphia, PA	4/24/93	1135-39	4.01.36			2/14/93
M40	2:10:26	J.MARIN B.BINGGELI	13 MAY 95	VALLADOLID	SUI	M45-49	47:30	17 Gary Null		Philadelphia, PA Edwardsville, IL	4/24/93 7/10/94	1140-44	4:13:53	Eugene Kitts	Palo Alto, CA	4/26/92 1/8/95
M45	2:33:06	E.WHITEMAN		ATLANTA	USA	H50-54	45:03	,4 Donaid Deivo			STATE OF	M50-54 M55-59	5:33:58		Atlanta, GA Durham, NC	4/8/90 2/21/68
M50	2:38:54	B.CAUDRON	13 MAY 95	VALLADOLID	FRA	15,000 m M40-44	eters 1:33:3	88.3 p Dave Gwynr		Atlanta, GA	10/15/95	1160-64	5:09:20		Atlanta, 6A Atlanta, 6A	3/5/89 4/8/90
M60	2.51:36	M.GREEN	26 JAN 96	PALO ALTO	USA	M45-49	1:19:1	12.2 Stan Chram	inskl	Seattle, WA Edwardsville, IL	7/9/95 7/10/94	M65-69 M70-74	6:18:14	Cokey Naman	Atlanta, GA	3/5/89
M65	3:09:02	R.MIMM	6 OCT 90	E.MEADOW	USA	M50-54 M55-59	1:08:5	54.1 Donald DeNo 34.6 p Ed Whitema		Atlanta, GA	10/15/95	1175-79	7:58:15	George F.nox	Columbus, OH	11/2/66
M70	3.21:11	C.BOMBA	13 MAY 95	VALLADOLID	ITA	M60-64 M65-69		32.2 p Joe Rogers 34.8 p William Mal		Atlanta, GA Atlanta, GA	10/15/95	The last the last	Mas	ters Wome	en - Track	
M75	3:46:22	H.DRAZIN	16 OCT 88	E.MEADOW	USA	THE LEWIS					TANK PAR	3000 meters	Address by		March March 19	5/15/93
50K						20.000 r m35-39		52.85 Jonathan M	latthews	Edwardsville, IL	7/10/94	F35-39	15:30 b	Gavie Johnson	San Francisco Clayton, MG	4/24/94
m40	3:49:06	J.MARIN	29 MAR 92	BADALONA	ESP	1140-44	1:57	04 Stan Chram	ninski	Seattle, WA Alexandria, VA	10/29/89	F45-49 F50-54	16:05.8	Beverly Lavech		6/6/97 3/19/94
M45	3:59:48	W.SAWALL			AUS	M45-49 M50-54	1:33			Edwardsville, IL	7/9/94	F55-59 F60-64	16:40.3	Bev LaVeck Ruth Eberle	Clayton, MO	7/57/67
M50	4:14:37	G.WEIDENER	28 AUG 83		GER GER	30,000	meters					F65-69	18:39.0	Ruth Leff	Kenosna: WI Miami, FL	3/4/93 9/17/95
M55	4:29:47	G.WEIDNER			CAN	M40-44	2:45	54 Stan Chran 24 p Robert Kea		Bellevue, WA Alexandria, VA	9/7/91	F70-74 F80-84	19:42.8 24:11.2	D Miriam Gordon Louise Swanson	A but a	6/2/90
M60	4.59:58	M.GOULD	13 NOV 77	BACH CON	GBR	M45-49 M50-54	2:53	29 Ray McKin	inis	Durham, NC	2/25/90	THE RESERVE		SALES HELD		1
M65	5:32:55	L.CREO	7 APR 90	BASILDON PLYMOUTH	GBR	- 1	2:48	:12.8 p James Car	mmes	Alexandria, VA	11/11/93	5000 meters F35-39	23:33.2		Buffaio. NY	7/22/95 8/12/94
M70	5:33:21	C.COLMAN	5 MAY 91	BRIGHTON	GBR	40.000 M40-44		49 Stan Chra	minski	Seattle, WA	10/29/89	F40-44	24:25.5		Kerr Eugene, CR Turku FIN	7/21/91
M75	5:19:34	J.GRIMWADE	1 AUG 87		- I some	M45-49	3:49	:56 p Robert Ke	ating	Alexandria, VA	11/11/95	F45-49	25:09.4	Joann Nedelco	Indianapolis, IN Richmond, CAN	3/2/90 7/31/87
3000 F35	2	A.MANNING	4 NOV 95	SYDNEY	AUS	M50-54	3:56	:27 Ray McKin	nnis	Durham, NC	2/25/90	F50-54 F55-59	25:41.2 27:29.6		on Eugene, OR	8/12/94
				LIEVIN	FRA	50,000		10	Characteristic	Bellevie, WA	10/29/89	F00-54	29:29.0	4 Ruth Eberle	Eugene. OR Kenosna. WI	9/1/93
F40	13.26.5		221001	Bullio sty	FIN	1140-44 1145-43			Chraminski -t Kealing	Alexandria, VA	11/11/95	F65-69 F70-74	31:06.0 35:05.1		er Buffato, NY	7/21/95
F45	15:11.9	VHEIKKILA			FIN	D. STREET,			Co. P. C.			F75-79	36:42.8 37:56.6	imogene Watkii	Spokane, WA	7/21/95 8/14/92
F50 F55	16:31.0	a service of the	18 JUN 88	LONDON	GBR	One Hou 1135-31	14.0		han Hatthews			F80-84 F85-89	44:43.8			7/21/95
F60	16.28.5	DESKIN THE ST	9 JUL 89	READING	GBR	M40-4-			rt Keating rt Keating	Cambridge, MA	10/20/91	10,000 mete	-		1000	**
F65	17:06.3		NOTE OF		SWE	1150-5	4 12.	000 meters Richa	ard Puguist	Cambridge, I1A Cambridge, I1A	10/8/03	F35-39	45:52.5		Sacramento. CA Norwaik, CA	6/17/95
F70	19:05	B.TIBBLING	5 JUL 89		SWE	1155-5	113	376 meters p John	Johnson Elwarner	Warren, III	9/10/94	F40-44 F45-49	49:14.9 52:53	Joann Nedelco	San Francisco. C	A 4/28/90
F75	21.23.5				NZL	1160-6	4 10.	699 meters How	ard Jacobson	Cambridge, I1A Cambridge, I1A	10/20/91	F50-54	57:32	Jaye Hanley Joyce Decker	Van Nuys. CA Kenosna. WI	6/7/92 9/19/93
FBO	24:00	NJEFFREYS	3 NOV 90	AUCKLAND	AUS	M65-6 H70-7	9 9	329 meters Don	Johnson	Cambridge, MA	10/14/90	F55-59 F60-64	1:09:00	Marie Henry	New Brunswick.	
Fas	27.36.0	NJEFFREYS	27 SEP 94	BRISBANE	AUS	1180-8 1175-7			k Rubin Kirely	Cambridge, I1A Rock Island, IL	9/17/94	F65-59	1:10:02		Kenosna, WI San Francisco, C	
1	A LIBIT					M85-8	99 6	947 meters Geor	rge Conway	Cambridge, I1A Cambridge, I1A	10/20/91	F70-74	1:10:02	Adul Fall Sallo	ramin with the	一种
5000				The Sales of the sales	AUS	1190-9	14 6		rge Conway	with the same of the	4 44 4 4	15.300 meter	1.22 03	3 a Becky Comeau	Atlanta. GA	10/15/95
F35	21:37.5			96 SYLHEY	IPA			Masters	Men -	- Road	ATT SHOW ME	F40-44 F55-69	1:39 53		Kenosha, WI	9/19/93
F40	22:49.4				LIII	51.	3.35				9/17/94	50,300 mete	rs		VISI NO SALE	The winds
F45					FIN	M35-		0:12 Jonathan 1 2:21 Ray Funkho	ouser	Kingsport, III Kingsport, IN	9/10/93	F-10-14	5.29:03	3 Anne Vanderh	off Seattle, WA	2/10/80
r50				97 MELBOURNE		M45-	49 27	2:25 Robert Kea	ating	Hamden, CT Kingsport, TH	9/18/93	One Hour		meters Victoria Hera	o Camericos. MA	10/9/94
F55		OMEYER	4000		eth.	M50-	59 25	5:36 Edward W	hileman	Picayine, MS	11/12/94	676-78	11.343	meters Lor: Maynard meters Johan Necelo	San Francisco.	A 12/17/69
F65		JALBURY	6 OCT	95 HELBOURNE	AUS	1160-	64 2	6:31 Don B. Lee 7:53 Pobert Min	mm	Picayune, I1S Hamden, CT	11/12/94 10/4/92	F50-54	10.202	meters Eiton Richards	son Camericge, MA	10/3/93
F70		B.TIBBLING				M70-	-74 2	9 56 Cokey Dan	nan	Liverpool, NY	7/1/91 3/17/96	F55-59 F60-64		meters Beverly LaVe meters Ruth Eberle	Clayton, MO	10/18/92
F75			The state of the s		SWE	M75		9 03 p William FI 2 08 Cokey Dar	man	Fingsport, 111	9/18/94	F65-69	9.271	meters Ruth Leff	Kencena, WI Santa Menica, C	6/6/92 A 11/26/94
FBC		P.CLARKE				1180	-64 3	5.30 Kurt Stra	USS	Liverpool, NY Late Worth, FL	3/20/92	F70-74	7.568	meters Rose Kash	Continued o	
FBS				95 BUFFALO	USA	M85	-69 3	6:48 Sam Gadle								

Continued from previous page

#### Masters Women - Road

5K			Kingsport, TN	9/17/94
F35-39	22:39	Victoria Herazo		8/29/93
F40-44	24:14	Gayle Johnson	Bridgeton, MO	9/18/93
	24.14	Saily Richards-Kerr	Kingsport, TN	9/10/93
F45-49	25 28	Joann Nedelco	Dearborn, MI	
F50-54	26:53	Joann Nedelco	Dearborn, MI	9/25/93
F55-59	28:23	Beverly LaVeck	Dearborn, MI	
F60-64	29:02	Ruth Eberle	Bridgeton. MO	8/29/93
F65-69	31:23	Ruth Leff	Kenosha, WI	4/3/93
F70-74	34:36	Luise Nottage	Liverpool, NY	7/1/91
1	34:11 p	Margaret Walker	Dearborn, MI	9/29/95
	32:59 p	Miriam Gordon	Ft. Lauderdale, FL	10/28/95
F75-79	36:26	Helen Sutter	Tampa, FL	3/31/90
F80-84	37.41	Polly Clarke	Liverpool, NY	7/1/91
F65-89	46.57	Anna Ward	Liverpool, NY	7/1/91
10K				
F35-39	46:25	Victoria Herazo	Beijing, CHI	4/29/95
F40-44	49:17	Sally Richards-Kerr	Palo Alto, CA	5/22/94
F45-49	50:58	Gayle Johnson	Washington, DC	3/28/95
F50-54	57:06	Joann Nedelco	Provo. UT	8/14/93
F55-59	57:24	Elton Richardson	Eugene, OR	8/14/94
F60-54	59.43	Ruth Eberle	Spokane, WA	8/16/92
F65-69	1:05:28	Miriam Gordon	Miyazaki, JPN	10/11/93
F70-74	1:12:06	Ruth VanSandt	Palo Alto, CA	5/22/94
770-74	1:09:21		Ft. Lauderdale. FL	2/11/96
F75-79	1:14:33	Imogene Watkins	Niagara Falls, NY	7/16/95
FE0-84	1:58:30	Marilla Salisbury	Indianapolis, IN	8/5/90
15K				
F35-39	1:10:27	Victoria Herazo	Albany, NY	5/21/95
F40-44	1:20:06	Sally Richards-Kerr	Albuquerque. NM	9/5/93
F45-49	1:23:23	JoAnn Nedelco	Long Beach, CA	4/30/89
F50-54	1:26:42	Beverly LaVeck	Eugene, OR	8/16/87
F55-59	1.28:03	Beverly LaVeck	Portland, CR	5/12/91
F60-54	1:35:04	Joyce Decker	Kenosna. WI	9/25/94
F65-69	1:44:57	Ruth Leff	Kenosha, WI	10/16/9
F70-74	1:59:21	Rose Kash	Riverside. CA	5/24/92
F75-79	2:05:24	Adaline Crocker	Eugene, CR	8/16/87
20K				
F35-39	1:35:40	Victoria Herazo	Albany, NY	5/21/95
F40-44	1:52:07	Sally Richards-Kerr	Toronto, CAN	7/31/94
F45-49	1.58.46	Beverly LaVeck	Sestile. WA	4/15/84
F50-54	1.56:18	Beveriy Laveck	Eugene, OR	8/16/67
F55-59	2.00.39	Elton Richardson	Ft. Monmouth. NJ	9/11/94
F60-64	2:12:26	Jovce Decker	Kenosna, WI	10/15/9-
F65-69	2:20:47	Ruth Leff	Kenosna. WI	10/16/9-
. 03-03	2:19 07		Kenosha, WI	10/12/93
F75-79	2:49:18	Acetine Crocker	Eucene. CR	8/15/87
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25k F35-39 F40-44 F45-49 F50-54 F55-59	2:57:08 Donn 2:52:45 Emily 2:45:08 Jill L	la Brubaker la Cetrulo ly Hewitt Latham LaVeck	Atlanta, GA Lincroft, NJ Lincroft, NJ Atlanta, GA Palo Alto, CA	10/31/93 9/9/90 9/9/90 4/8/90 3/13/94	40K F35-39 F40-44 F45-49 F50-54 F55-59	4:17:27 4:07:36 4:26:42 4:17:46 4:28:40	Daniela Hairabedian Jeanne Bocci Jeanne Bocci Ellon Richardson Ellon Richardson	Atlanta. GA Ft. Honmouth, NJ Ft. Honmouth, NJ Ft. Honmouth, NJ Ft. Honmouth, NJ	4/8/90 9/20/87 9/15/91 9/13/92 9/11/94
F65-69	2 45 45 Joyc	Leff	Kenosha, WI Kenosha, WI	10/16/94	F60-64 F65-69	5:07:09 5:22:52	Marie Henry Joan Rowland	Ft. Monmouth, NU Ft. Monmouth, NU	9/20/87 9/11/94
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I certify that all information on this form is correct, including 1) fairness of start; 2) accuracy of lap counting; 3) course certification; 4) correct matching of finish times to competitors; 5) judging by certified (USATF Association, National, or IAAF) judges; 6) completion of the race by the athlete; 7) the race was a racewalk-only event (no runners).

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#### Write On

Continued from page 4

tant inner tendon

The primary purpose of this letter is to personally thank each individual at the Indoor Nationals for their help and get well wishes. Many people ran to my aid and wanted to assist me immediately after the injury. The medical staff at the meet was extremely competent and comforting. Upon my return from the hospital, on crutches, my fellow athletes greeted me with such warmth and concern that it was overwhelming. This is why I run track and enjoy it so much. The athletes and officials in this sport are absolutely top notch. I would like to thank all of them for their kindness and compassion.

Bill Collins Houston, Texas

The 1996 Indoor Nationals provided a little bit of everything: the good, the bad and the ugly.

GOOD performances and excitement - the M50 400 with Roger Pierce coming down off the final turn in third and surging to win in a blanket finish; Tony Rodiez putting a big surge in with 2-plus laps to go in the M35 mile, opening a 40m gap and having Anselm Le Bourne run him down and catch him in the last straight.

My favorite was watching Jim Barrineau come so very close to 2.11 (6'11") in the M40 high jump (I would like to be there when he is attempting seven feet). Bill Collins' blazing 60m followed by the BAD: torn knee ligaments, trying to slow down; the track surface in spots; the weight throw set-up; and finally the UGLY: the apparent in-fighting, politics and hidden agendas at the meeting Saturday night.

Let's hope masters track and field doesn't fall into some of the baloney that is associated with IAAF, Olympic Committees and the elite track and field world.

> Jeff Watry Paddock Lake, Wisconsin

Of all the nice people who helped at the 1996 Indoor Nationals at Greensboro, one who stands out is Tom Moreau, whose job was to see that all contestants who needed transportation to and from the meet and the airport got there in time. I was one of them and won't forget Tom as a nice individual, who took his job seriously and made each of us feel we were in good hands and would get to our destinations in time.

Austin Newman Westfield, New Jersey

Allow me to inform all would-havebeen participants in the National Masters Indoor Championships, Greensboro, N.C., that you missed a terrific meet. In no small part, the entertaining, informative and enjoyable aspect was supplied by Pete

Continued on page 28



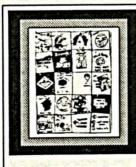
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MAY 27 - Truth/NBD Great Race XVI, 10-K & Half-Marathon, Elkhart, IN. Contact: Ron Schmanske, Adm./Coordinator, P.O. Box #487, 421 S. Second St., Elkhart, IN 46515. (219)294-1661.

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#### Write On

Continued from page 27

Taylor, the hired-gun announcer who kept us up-to-date on everything, all happenings, and particularly immediate action on the track.

From the very beginning to the very end, Pete "called" every race, announced every winner on the awards stand, and constantly drew everyone's attention when any athlete of note and credentials was getting ready to perform, before and during the competition. I had no idea that anyone would have so much t&f information stored away in his apparently encyclopedic memory. He was more than willing to dispense all of this background to the sometimes less-than - knowledgeable

I was afraid to step onto the track for fear of what he may have dug up on my past! The statement about how "one person can make a difference" was ably demonstrated by Pete Taylor for those three days. I only echo the plaudits of so many of the athletes in attendance. Great work, Peter. Come join us again.

> Phil Mulkey Marietta, Georgia

#### **EASTERN REGIONALS**

We'd like to thank those masters who attended the East Regional Indoor Masters Championships, March 17. A masters championships at any level is not just putting on another meet; it's more like six or eight separate meets with the five-year age groups, and six attempts in each of the field events in five-year groups. Brandeis University was proud to be able to show off its fine facility, and the New England association of USATF enjoyed the opportunity to host the meet.

Thanks go to those officials and workers who gave up yet another weekend day to work the meet.

Putting together all the pieces of a meet includes a lot of guesswork start times, number of medals to order, entry procedures, to name a few - and, for the most part, this event went off. well. The meet was not more than 15 minutes behind at any point and finished on time.

As meet director, I reflected on Scott Thornsley's recent column on what it took to put on the outdoor East Championships, after I heard some comments made toward volunteers and officials by a very small number of athletes. My concern is that even a few snide remarks on medal size, registration procedures, or fees, directed toward volunteers, or rude behavior toward officials will certainly contribute to a dwindling pool of enthusiastic help.

Fortunately, thanks and criticisms presented with possible solutions came from many athletes at the end of the meet when they are most needed. Officials had fun and admired the efforts of the competitors. We look forward to hosting the meet in the future. Steve Vaitones

Waltham, Massachusetts

#### INDOOR SCHEDULE

In 1992, I helped develop a permanent schedule for the annual National Masters Outdoor T&F Championships. It's time we do the same for the national indoor meet.

Below is a proposed schedule:

- 1) Move Sunday's finish time to mid-afternoon to accommodate travel-
- 2) Move more of the age 50+ events to Friday to accommodate younger athletes who often have trouble getting off work.
- 3) Extend Friday competition to 10 p.m. and Saturday to 8 p.m.

4) Eliminate 400m trials.

Athletes are encouraged to discuss this schedule proposal prior to the athletes' meeting at the outdoor nationals this year in Spokane.

Jeff Schaller

#### **Proposed Schedule for Indoor Nationals**

Friday	THE RESERVE OF THE PARTY OF THE	
9:00am	Pentathlon	All
9:15am	3000	All
3:30pm	Racewalk	All
ALCOHO:	SP	W60+, M50+
	LJ	M60-69
\$ 3 VE	PV	M50-59
5:30pm	LJ	M70+
	HJ	M60-69
6:30pm	L	W50+
7:00pm	PV	M70+
7:30pm		M50-59
TENAL	CONTRACT OF	
Saturday 8:00am		
8:30am		W30-59, M30-49
0:30am	HJ	A11 M70+
10:00am	The second secon	M50-59
10.00am	PV	M40-49
11:00am		1140-49
12:00n	W	W30-49
1:30pm	WT	W60+, Men
	TJ	M60-69
	HJ	M40-49
2:00pm	400	A11
4:00pm	4x800	All
	60H/55H	A11
6		
Sunday 8:00am		W20 40
0:00am	TJ WT	M30-49 W30-59
9.00	200 trials	
9.00am	HJ	Women
9:30am		All
10:00am		M60-69
10:30am		M50-59
11:00am		M30-39
12:30pm		Women
	200 finals	
1:30pm	TJ	M70+
2:30pm	4x400	All

#### NATIONAL HALF-**MARATHON**

As Rae Baymiller's coach, I was dismayed when I read the headline in the March issue: "Ottaway Sets U.S. W50 Record. . ." (in the USATF National Masters Half-Marathon in Las Vegas).

First, I want to compliment Joan on an excellent race. Second, we are fortunate to have a great publication like National Masters News to communicate in.

I would request, however, that before headlines like these appear in the future, your staff check with USATF Road Record Information

To set a record en route to the finish of a longer race, one needs to hire an official timer and confirm with USATF

that a record can be set at certain mile junctures. Even then, I feel these should be unofficial records.

Moreover, many courses run downhill and we cannot set U.S. records on them. Three major examples are the Las Vegas half-marathon, the Fontana half-marathon, and the Great Race 10K in Pittsburgh.

Dan Hamner

New York City (Hamner is correct. The RRIC lists marks set on downhill courses, such as the Boston Marathon, as "bests," rather than as "records." NMN will be more careful in the future and will try to use the correct terminology. - Ed.)

I ran in the USATF National Masters Half-Marathon Championships, Las Vegas, Feb. 11, finishing first M70 in 1:31:13. The results in the March issue do not list me as a finisher, much less a winner of this division.

I have written to race director Al Boka and hope the error will be corrected.

> Jim O'Neil La Jolla, California

#### JIM LAW

I remember Jim Law most for his graciousness and competitiveness. He willingly spent time during a meet conversing with so many of us until, at times, it seemed that he would not have time to warm up. However, when the gun went off, he was ready and competed at the highest level.

My wife and I saw Jim and his wife, Aurelia, in San Antonio last year when we had lunch with them and the Mel Larsens. An hour later we were running in the final event of the meet. It was the essence of masters track & field - competition with friendship.

Goodbye, old friend. We miss you. Harry Brown Wauconda, Illinois

The death of Jim Law is a loss to masters track and to everyone who knew him. Jim was an inspiration to all of us; a gentleman, friend, and fierce competitor who brought out the best in everyone. His presence on the track will be missed.

I first met Jim in 1988 at the North American Championships in Toronto. My first outdoor meet was there, and we won the two relays. From then on

we looked forward to many more relays and close camaraderie. I will miss him, as many others will.

It was a pleasure to know and compete with such a great person. We will all remember the white suit with the long graceful strides on the track. Along with Jim's greatness was sportsmanship of class. Our sorrow is with Aurelia who was every present in all the travels and good times. All of us will never forget you.

Chuck Sochor Gowen, Michigan

The Summer of '91. It was as though it were yesterday, an all-comers/tune-up meet at Duke's Wallace Wade Stadium. A warm Wednesday evening, temps in the low 80s. The sun had just gone over the top of the stadium rim.

At age 65, Jim had gotten into an open heat of the 400 in lane 3. The kids took him out fast. He had such a smooth, effortless motion as though he were coasting. There were three watches on him: 57.17, 57.19, 57.24 (world record times).

Jim was a quiet, private person, with high energy and impeccable manners. At an international level, he could run with anyone at the 100, 200 and 400.

We'll miss you, Jim.

Mike Valle Burlington, North Carolina

Reading about the death of Jim Law in last month's issue was indeed a shock.

Beyond his accomplishments as a splendid world-class athlete, Jim was the epitome of class itself. Warm, friendly and gracious to all who met and got to know him, he also possessed a remarkable amount of dignity and poise. You knew you were in the presence of a gentleman.

I will miss him as a friend.

Joe King, Alameda, California

#### **KUDOS**

I thank you for your articles and schedule information. I was especially interested in the Harold Morioka training program and the very interesting USATF Masters Demographic Survey in the January issue.

Herman Pettegrove Freeport, Maine

#### **Boston Marathon**

Continued from page 16

The chips record the actual time that they cross both the starting line and the finish line, but it appears that some of the top female runners neglected to install the chips, so manual and video results did not necessarily match up with the computer-generated results, and adjustments were necessary. The BAA believes the positions of the runners to be accurate, but also believes that some of the times may change.

#### Few Problems

For the most part, the race went

smoothly. Most importantly, it started on time. At 28 minutes, 32 seconds, all the officially registered runners were over the start line, as compared to an official pre-race prediction of 45 minutes. Even with the computer problems, which persisted into the day after the race, the organizers were able to view videotape and produce the awards program on time on race day.

Boston, the oldest marathon, now goes down in the record books as the biggest marathon, and can add to its long list of achievements that it also has the world's longest urinal.

## Report from Britain

by BRIDGET CUSHEN and MARTIN DUFF

Nigel Gates warmed up for his world veterans titled defense in Brugges later this year when he regained the British M40 cross-country title in the British Veterans Athletic Federation Championships, March 17, at a private college at Princethorpe in Warwickshire in the Midlands. Nearly 500 competed in bright sunshine and dry conditions underfoot.



The diminutive Sheila Allen wins the W35 title in the British Veterans Cross-Country Championships in Warwickshire. Photo by Colin Underhill

Gates was pressed for the first lap by John Clark, but went away for a comfortable victory in 34:38 over the 10K course. Terry Osborne took third, with Mike Hager, 45, fourth.

Alun Roper, 1989 world champion, handily won the separate 50-and-over race in 36:59 from Billy Padgett, with Brian O'Neill third and another Eugene winner, Steve James, fourth and first M55 (38:17).

Sheila Allen, 38, improved on her 1995 silver to take a closely contested women's 5K race in 20:11. Allen led throughout but still had only six seconds to spare over Southern champion Cathy Boyle, 35, with Francis Gill, winner of the British Isles International Match last year, third, a tick behind. Denise Hoogesteger in fourth, led the W40s (20:18) from Ann Ford, former London Marathon third placer.

Pat Gallagher, 50, headed all of the W45+ with a 21:18. Former Olympic 1500 fourth placer Sheila Carey was third W45 behind ultra-distance star Eleanor Adams.



Nigel Gates (51) and John Clark (9) placed 1-2 in the British Veterans Cross-Country Championships. Photo by Colin Underhill

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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 147'73/4"	35.00m 114'9'/₂"	40.00m 131'2'/2"	10
50-59 60-69 70 plus	300m	.762m 30"	50.00m 164'0'/2"	35.00m 114'9'/2"	40.00m 131'2'/2"	7
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50-59	100m	.914m 36"	13.00m 42'8"	8.50m 27'101/2"	10.50m 34'5"	10
60-69	100m	.840m 33"	13.00m 42'8"	8.50m 27'10'/2"	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	400m	.914m 36"	45.00m	35.00m	40.00m	1
50-59	400m	.840m 33"	147'7'/2"	114'9'/2"	131'2'/2"	10
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Women WAVA USATE 4.00k 1.00k 4.00k 600gms. 30-49 20# 50 plus 1.00k 3.00k 400 gms. 16# 16# 60 plus 12# 16# Men .26k (16 lbs.) 7.26k (16 lbs.) 30-49 2 00k 800 gms. 35# 50-59 800 gms. 35# 1.50k 25# 6.00k 6.00k 1.00k 5.00k 600 gms. 60-69 5.00k 70-79 4.00k 1.00k 4.00k 600 gms. 16# 25# 600 gms 80 plus 4.00k 1.00k 4.00k

Steeplechase: 3000m for men 30-59; 2000m for men 60+ and women. Superweight: M30-69 56-lb.; M70+ 35-lb.; W30-49 35-lb.; W50+ 25-lb. WAVA weights are used for USATF weight pentathlons.

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# Masters Scene

#### NATIONAL

 USATF National Masters Indoor Coordinator Scott Thornsley has accepted a teaching position at Troy State in Southern Alabama. He'll move there from Pennsylvania in July.

#### **EAST**

- . In the Bethesda Chase 20K, Bethesda, MD, Mar. 3, placing fourth overall, was men's masters champion Paul Peterson (41, 1:10:56). Linda Wack (40, 1:26:44) held the masters women at bay. Sharon Dolan (54, 1:35:47) outclassed her division by five minutes.
- Outstanding performances at the MAC Coors Indoor Masters Championships held in NYC, Feb. 25, included: Ron Johnson, M50, 55m (7.09); Edward Gonera, M40, 400m (53.61); and John McManus, M70, mile (6:30,24).
- · Cruising from Coney Island to Prospect Park in the NYRRC Brooklyn Half-Marathon, Mar. 24, were 1250 runners. Tying for the men's masters title were Luis Tipan, 42, and Jaime Palacios, 41, who crossed the finish line together in 1:12:41 (finishing ninth and tenth overall). Simon Alicea, 42, led the masters women in 1:28:19. Marjorie Kos, 57,ran a strong 1:39:41 to capture
- · A real sprint to the finish determined the top three masters women at the NYRRC Rites of Spring 10K, Central, Park, Mar. 16. In finishing order were Gillian Horovitz (40, 40:35), Kristine O'Shea (41, 40:42), and Kathy Gribbon (42, 40:44). Paul Mascali (43, 33:17) mastered the men's side. Blasting by the 70+ women was Muriel Merl (70, 55:26).
- · Jaime Palacios, 41, 33:49, finished 11th of 1309 men, and Marie Wickham, 41, 41:56, fifth

of 919 women to roll to masters wins in the NYRRC Bagel Run 10K, Central Park, Feb. 25. Richard Murphy, 61, 40:19, and Muriel Merl, 70. 54:59, cooked to division wins. On March 3. Ted Peterson, 40, 29:14, and Mary Rosado, 46, 34:11, reeled off masters firsts in the Al Gordon 5 Mile, Central Park. Rosa Nales, 62, won the W60 race in a quick 39:54. In the Gordon 10 Mile, which started ten minutes after the five, Robert Briglio, 46, 59:00, and Barbara Anderson, 44, 67:47, registered 40+ wins. Mariorie Kos. 51, took the W50 contest with a 72:26. A week later, David Lutiak, 40, 4:16:34. and Chris Gibson, 40, 4:28:39, placed 2-3 in the NYRRC Knickerbocker 60K, Central Park. Lutjak finished just 11 seconds out of first after running the 37.2 mile race. Joan Bulgin, 49, 5:42.42, of Canada, was second of eight women finishers of the 23 starters; 49 men of 72 starters finished. Weather was 35° and sunny.

- · Len Rosen, of New Hampshire, was listed as "Len Rose" in the M60 SP results (40-101/2), Brown U. Meet, March issue.
- · Roger Price, 47, won the masters contest in 72:35 and topped the age-graded list with a 67:10 in the Newark 20K Classic/USATF NJ Championships, March 10. Pat Cosgrove, 55, placed second (67:50) on the A-G list with an M55 winning 78:10. Betty Conover, 47, headed the women's A-G column with 79:02 (86:53). First W40+ (85:16), Lena Hollmann, 44, was second A-G with a 79:36.
- · Paul Peterson, 41, Bethesda, MD, scored a masters first in the Bethesda Chase 20K, March 3, with a fourth-place of 273m in 70:56. Bill Osburn, 72, Bethesda, beat a lot of younger folk, with an M70+ first 1:47:12. Linda Wack, 40, Germantown, MD, took the W40+ crown in

- · Chuck Moeser, 44, Herndon, VA, in 33:11, and Cathy Ventura Merkel, 40, Arlington, VA, in 39:17, nailed down masters wins in the St. Paddy's Day 10K, Washington, DC, March 17. Ed Doheny, 52, DC, was the first of four M50s under 40 minutes with a 38:04.
- · Joan Rowland, NYC, world champion racewalker with numerous national records, turned 70 on April 16. She was omitted from last month's list of new age-groupers.

#### SOUTHEAST

- The Birmingham TC Classic, May 18 (entry form in April issue), will offer four special awards: to the winner of the distance handicapped 100m. eight age-graded times): pentathlon/heptathlon score; top mini-decathlon score (select any 5 of the 10 events); and the Jim Law 400m award for the best A-G 400 time. Jeff Tesnow is the meet director.
- · Ned Curran, M65 thrower from Vienna, VA, after suffering a ruptured tendon in his right shoulder, for which surgery would be of little restorative use, and, three days later, a moderately severe heart attack and consequent triple bypass surgery, has been forced to give up masters competition. He writes, "I did not want the occasion to pass without expressing my gratitude and appreciation to all those with whom I crossed paths in 11 years of competition. I don't think I have ever encountered a finer, friendlier, more decent group of people . . . than the competitors, officials, and meet directors I have met in those years. My heart - such as it is - will always be with you. So will my thanks."
- Antoni Niemczak, 40, Rochester, NY/Poland, posted an age-graded 88.8% 48:03 in the Gate River 15K, Jacksonville, FL, March 2, to take the M40+ title. Gary Romesser, 45, Indianapolis, was second in 50:07, an A-G 88.3%. Tom Dooley, 51, Toccoa, GA, hung in there for a fifth M40+ in 53:20. Rebecca Stockdale-Woolley. 45, Chaplin, CT, was the W40+ winner with an A-G 88.7% 56:00. Carol McLatchie, 44, Houston, TX took second in 56:51
- Jacob Stein, 72, a much-traveled masters thrower, sixth in the javelin at Buffalo last year, was inducted into the Louisville Jewish Community Sports Hall of Fame on April 14. "Jack" Stein captained CCNY's track team in 1949-59, and was runner-up in the Army Regimental Boxing Championship in 1943.
- · Wally Dashiell, Stevensville, MD, will serve as a torchbearer for the Olympic Flame on its journey from Philadelphia to Washington via Baltimore and Annapolis. Dashiell is a member of the Maryland Masters Potomac Valley TC and has competed in state and national senior

#### **MIDWEST**

· Fred Hirsimaki, M70, Findlay, OH, has been selected to carry the 1996 Olympic torch in Findlay on June 8. Hirsimaki is a long-time mas-



First M55, Kirk Davies, 58, Washington Grove Md., Bethesda Chase 20K, March 3.

Photo by George Banker



Leo Chapman, 76, at left, Clay Center, Kans., with his son, Mark, 52, Houston, Texas. Both competed in the Kansas Senior Games last October, winning medals in the javelin, discus, and high jump. A rare father/son masters athlete combination, they are making plans to attend the USATF National Masters Championships in Spokane this August.

Photo by Cheryl Mellenthin

ters competitor nationally and internationally.

· Earl Fee, M65, Toronto, Canada, ran the mile in 5:13, an age-graded 95.6%, at the USATF Michigan Championships, Warren, MI, March 23. The U.S. record for the M65 mile is 5:30.0 by Archie Messenger in 1989.

#### **MID-AMERICA**

 Tim Taylor, 44, in 27:47, and Andriette Wickstrom, 41, with a 32:06, captured titles in the YMCA's Masters Classic 8K, Omaha, April 6. Ron Melergerd, 43, 28:05, and Terl Kohl, 40, 35:51, were runners-up. Jim Weaver, 67, ran a hot 36:19 to win the M65 race in this event, one of the few of non-championship status that is designed for men and women 35+ in the country.

#### SOUTHWEST

- First masters in the Austin American Statesman Capitol 10,000, March 24, were Keith Dowland, 41, 34:16 (age-graded 81.9%), and Jean Queal, 43, 41:01. John Pacourek, 47, made the top ten M40+ with a 37:09. The race is one of the few big-name, non-USATF championships races which offer M&W 80+ divisions. won this year by Clint Lueth, 81, 1:21:34, and Elizabeth Willis, 86, 1:47:49. Over 5900 masters were numbered among the 15,984 finishers. Race conditions were 65°, windy, and humid.
- The Houston Marathon Committee announced the Methodist Hospital System will become the title sponsor beginning with the 1997 race, which will be known as the Houston-Methodist Marathon. The race has been sponsored by Tenneco for the past 19 years.

#### WEST

 Enrique Camarena (45, 24:14) was not only the men's masters winner, but first overall in the West Regional 5K Racewalk, Monterey Park, CA, Mar. 3. Brenda Carpino (45, 29:03) led the masters ladies, coming in fourth overall.

# **Penguins Waddle and Leprechauns Leap**

by MAURY DEAN

Brisk spring winds whisked runners over hill and dale in Albion, Michigan's Penguin Waddle 5K on February 24, as we were treated to a rare burst of spring in late February, with balmy 40°, halcyon blue skies and a dry, snowless course in a big, rolling square south of Albion College.

The only obnoxious problem was a screaming west wind that bashed our best efforts as we slammed into mile three. Though W45 Donna Baker (24:13) and M50 Maury Dean (18:52) copped masters firsts, the best effort may have been 62-year-old Al Ravenscroft's 21:05, good for 20th of 100 finishers.

Meanwhile, back on Long Island, which was dealt a 70+ inch snowfall (what Michigan ordinarily gets, but miraculously missed this winter), the St. Patrick's Day Go For The Green 5K, Smithtown, March 16, celebrated the arrival of crocuses, leprechauns, and grass springing from gray gloom to groovy green.

Does Your Heart Good.

American Heart Association

Older masters predominated, with a super effort from Joe Cordero, 58, 19:54, who just two weeks ago pounced upon a secret Islip race I was looking for, and won the race outright (about 100 finishers), becoming the oldest Long Islander ever to champion an open race.

Joe Ferrero, 49, 19:05, took second M45 to Peter Martin, 45, 18:54. My hope for a fifth-overall in the 360-finisher race was stomped as I watched a 17-year-old, one-third my age, reel off a supersonic sub-30 last 200m, as my "kick" glued me to the dry asphalt like Timmy the Turtle sprinting in SuperGlue, for an 18:32 finish.

Mary Trotto, 48, completed the Bohemia TC masters sweep with a fine 25:34 over Mary Lou Bartsch, 42, 25:46. Helma Clavin, 52, won (26:49) the Fab 50s by four minutes. Long Island legend, Bert Jablon, 68, won his race by 15 minutes with a 24:28.

Joe Glavin, 70, my retired Suffolk College colleague, who wears his WW II jacket, yet could pass for 49, lost a tough one to the zooming efforts of Harry Seidell, 70, (28:06 to 26:08) in the M70+. Well, not really. No one really lost.

For the brave Penguin Waddlers and the Leprechaun Leapers of Albion and Smithtown, racing season is any sea-

# 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

July 13-14. USATF National Masters Decathlon/Heptathlon Championships, San Diego, Calif. Ed Oleata, 2870 Glenbrook Way, La Jolla, CA 92037. 619-453-4570.

August 15-18. 29th annual USATF National Masters Championships, Spokane, Wash. Spokane Sports Unlimited, West 3410 Fort George Wright Dr., MS 3070, Spokane, WA 99204. 509-533-3644; fax 509-533-4128.

August 31. USATF National Masters Weight & Superweight Championships, Seattle. SASE to Ken Weinbel, Seattle Masters AC, 4103 Hillcrest Ave., Seattle, WA 98116. 206-932-3923; fax 206-932-3917.

September 14. USATF National Masters Weight Pentathlon Championships, Bozeman, Mont. Bob Sager, meet director, PO Box 89, Wilfall, MT 59086. 406-578-9870.

#### EAST

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

May 12, 26. Potomac Valley TC Meets, Williams HS, Alexandria, Va. 703-671-2520. May 19. NY Masters Spring Classic, Merchant Marine Academy, Kings Point, L.I., N.Y. SASE to Roz Katz, 170-11 65th Ave., Flushing, NY 11365. By phone, Eric Weissbrot, 516-487-1417; Roz Katz, 718-358-6233 (8-10 pm, NY time).

May 19. Philadelphia Masters Developmental Meet, Swarthmore College, Pa. Karl Castor, 215-441-8584 (before 8:30 pm); Bill Krieger, 215-656-7617, x245(day).

May 25. Covino's Throwers Only Meet, Iron Horse Farm, Ringoes, N.J. No entry fee. C.P. Covino, PO Box 265, Boss Rd., Ringoes, NJ 08551. 908-788-1700.

June 13, 27. Philadelphia Masters Developmental Meets, Germantown Academy, Ft. Washington, Pa. 6 pm. Karl Castor, 215-441-8584 (before 8:30 pm); Bill Krieger, 215-656-7617, x245(day).

June 14-16. Massachusetts Senior Games, Springfield College. 50+. 413-748-3020. June 16. Garden State AC/Randolph Open & Masters Meet, Randolph HS, N.J. Morton Hahn or Ken Brinker, 19 Bedminster Rd., Randolph, NJ 07869. 201-625-1764(d); 361-3282, 366-8367(e). August 25. Philadelphia Masters Championships, Swarthmore College, Pa. Karl Castor, 215-441-8584 (before 8:30 pm); Bill Krieger, 215-656-7617, x245 (day).

#### SOUTHEAST

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

May 3-5. 26th Southeastern Masters Meet, Raleigh, N.C. Age 20+. Includes pentathlon, weight pentathlon, 5K, 20K walks, jumps and throws clinics. Southeastern Masters, c/o Raleigh Parks and Recreation, P.O. Box 590, Raleigh, NC 27602. Dale Smith: 919-831-6640.

May 11. Atlanta TC Meet, Julia Emmons, Atlanta TC, 3097 E. Shadowlawn Ave., Atlanta, GA 30305. 404-231-9065; fax 404-364-0708.

May 11. 7th Annual Jacksonville TC Masters Meet, Jacksonville, Fla. Lamar Strother, 1511 South McDuff Ave., Jacksonville FL 32205. 904-388-7860.

May 18. Florida AC State Masters Championships, Orlando. 5K RW Championships. 407-321-8854.

May 18. Birmingham TC Classic. Gordon Seifert, 1514 Ridge Rd., Birmingham, AL 35209, 205-879-8031.

May 24 (Fri.). Jacksonville TC Mile Festival, Fla. Bolles School track. Lamar Strother, 388-7860.

Strother, 388-7860.

May 24-25. USATF Southeast Regional Masters Championships, Knoxville, Tenn. Dean Waters, 132 Newport Dr., Oak

Ridge, TN 37830. 615-483-7743 (eve). June 1. Nashville TC Masters & Open Meet, Franklin Road Academy, I-65 South & Harding Place. For entry/map, SASE to Nashville TC, 2709 Linmar Ave., #5, Nashville, TN 37215. 615-383-6733.

June 1. Florida Masters Weight Pentathlon Championships, Atlantic H.S., Del Rey. John Von Rohr, 954-452-9248. SASE to same at 10541 NW 18 Dr., Plantation, FL 33322.

June 7-8. UNC Meet, open & masters. Chapel Hill, N.C. Kendra McKay, 919-962-5195.

June 16. Sunshine State Games, Olympic Heights HS, Fla. Open & masters. 407-499-3370.

June 21. USATF Tennessee Championships, U. of Memphis. Ron King, 3513 Tall Oaks Circle, Memphis TN 38118. 901-365-9647.

July 27. Jacksonville TC Classic, Bolles School Track, Fla. 5 pm. Lamar Strother, 388-7860; JTC, 384-TRAK.

#### MIDWEST

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

May 17-18. USATF Michigan Open & Masters Championships, Saginaw Valley St. U., Saginaw. Deadline May 10. Jim Nesbitt, Ryder Center, 7400 Bay Rd., University Center, MI 48710. 517-791-7322; fax 517-790-0545.

May 19. North Coast Invitational, Independence HS, Ohio. Bob Thomas, 3543 W. 127th St., Cleveland, OH 44111. June 1. The Athlete's Foot Masters Meet, Augustana College, Rock Island, Ill. Pete Stopoulos, 1029 16th Ave., East Moline, IL 61244. 309-755-2655.

June 29. Dayton Track Classic, Welcome Stadium, U. of Dayton. Bob Jones, 513-837-2754.

July 13. Masters Meet, Libertyville, Ill. \$1000 in cash prizes. SASE to Craig Dean, 719 Stonegate Ct., Libertyville IL 60048. July 20. Midwest Masters Classic, Huntington, W. Va. USATF West Virginia Association, Thomas Plummer, 27 South Queens Ct., Huntington, WV 25705.

#### MID-AMERICA

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

May 23. Denver TC Mile & Two Mile Runs, All-City Stadium, 6 pm. George Linn, PO Box 9723, Denver, CO 80209. 303-722-2425 (eve).

June 9. Blue River Valley Meet, Marysville HS, Kansas. City of Marysville, 209 N. Eighth, Marysville, KS 66508. 913-562-5331; Cleve Walstrom, 913-562-3021. June 20. Denver TC Meet, All-City Stadium. 6 pm. George Linn, PO Box 9723, Denver, CO 80209. 303-722-2425(eve).

June 29. USATF Mid-America Regional Masters Championships, Harrison HS, Colorado Springs. Jerry Donley, 1715 Alamo Ave., Colorado Springs, CO 80907. 719-471-1650; fax 719-471-1663.

July 25. Denver TC Meet, All-City Stadium, 6 p.m. George Linn, PO Box 9723, Denver, CO 80209. 303-722-2425(eve).

August 4. 21st Century Ageless Games, U. of Minnesota. SASE to Rachel Lyga, 122 NE 631/2 Way, Minneapolis, MN 55432. 612-574-9661.

August 31-Sept. 1. Rocky Mt. Games. Nancy Simmons Manson, 518 Quentin St, Aurora, CO 80011. 303-341-7992.

#### SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

May 12. Ambassador University Masters Invitational, Big Sandy, Texas. Rick Sherrod, 903-636-2161; Laura Radtke, 903-636-2090. Ambassador U., 1 Ambassador Way, Big Sandy, TX 75755. Fax: 903-636-2332.

May 18. Waterloo T&F Championships, Buda, Texas (south of Austin). SASE to Jeff Brower, 7305 Tanbark Cove, Austin, TX 78759. 512-257-1642.

June 1. USATF Southwest Association Open & Masters Meet, Loos Field, Dallas. John Pritchett, PO Box 210496, Dallas, TX 75211-0496. 1-800-30-GO-RUN.

June 7-8. USATF Southern Association Championships, Gonzales, La. Decathlon/heptathlon/weight pent/56-lb. SASE to Jeff Baty, 321 E. Josephine St., Gonzales, LA 70737. 504-644-6930.

June 15. Hill Country Classic Masters Meet, Mason, Texas. Lee Graham, Box 384, Mason, TX 76856. 915-347-5620.

July 20. USATF Southwest Regional Masters Championships, Samuel Clemens HS, Schertz (San Antonio), Texas. Also open athletes. John Head, 2104 Cedar Branch, Garden Ridge, TX 78266. 210-651-5414.

August 10. Texas Masters Championships, U. of Texas-Arlington. Dallas Masters, PO Box 941781, Plano, TX 75382. 214-979-0246.

#### ON TAP FOR MAY

#### TRACK AND FIELD

The full-menu, three-day Southeastern Masters Meet, Raleigh, N.C, opens on the 3rd, followed by the Arizona Masters, Tempe, on the 4th. Meets on the 11th take place in Long Beach, Calif.; Atlanta, Ga.; and Jacksonville, Fla. The USATF Michigan Championships is a two-day affair, 17th-18th, in Saginaw. The 18th also lists meets in Birmingham, Ala., and Orlando, Fla., and the 19th holds meets at Long Island, N.Y.; Philadelphia; and Cleveland. The Northwest gets into action with a meet in Silverton, Ore., on the 25th; the Dan Aldrich Memorial is set for UC-Irvine on the 26th.

#### LONG DISTANCE RUNNING

The USATF National Masters 12K Championships goes to Evansville, Ind., on the 11th. Marathons too numerous to list here start the 5th, as does the massive Lilac Bloomsday 12K in Spokane, Wash. Olympia, Wash., hosts the Capital City Marathon on the 19th. The Big Boy Classic 20K rolls through Wheeling, W. Va., on the 25th. Two mastersfriendly 10Ks top the Memorial Day schedule: the Cotton Row, Huntsville, Ala., and the Great Race, Elkhart, Ind.

#### RACEWALKING

The USATF Masters Men's 25K and Women's 20K Championships will be held in Albany, N.Y., on the 5th. The Men's 10K Championships are booked for Niagara Falls, N.Y., on the 19th.

#### WEST

Arizona, California, Hawaii, Nevada

May 3-5. Solano County Senior Games. 55+. Gaylord Whitlock, 707-864-0484.

May 4. Arizona Masters Meet, Tempe. 25+. Bob Flint, 8436 East Hubbell, Scottsdale AZ 85257, 602-949-1991, or Cliff McKenzie, 602-777-8503.

May 5. (masters day). Steve Scott Invitational, UC-Irvine. Mac McCormick, 714-586-9942.

May 11. Southern California Striders Meet of Champions, CSU-Long Beach. Hugh Cobb, 3180 Camino Arroyo, Carlsbad, CA 92009. 619-436-7696.

May 18. Visalia Classic Masters Meet. Bob Higginbotham, 1026 W. Princeton, Visalia, CA 93277. 209-732-8030.

May 18. KELfield Throws Meet #49, Santa Cruz. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408-458-0202.

May 25. USATF Pacific Association Weight Pentathlon Championships, KELfield, Santa Cruz, Calif. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408-458-0202.

May 26. Dan Aldrich Memorial Meet, UC-Irvine. Mac McCormick, 52 Via Athena, Aliso Viejo, CA 92656. 714-586-9942 (eve).

Continued on next page

Continued from previous page

May 30-June 2. California State Senior Games Championships, Sacramento. 50+. Only qualifying site in Calif. for Senior Games Nationals, Tucson, May 1997. Pamela Rhodes, 6005 Folsom Blvd., Sacramento, CA 95819. 916-277-6094 or 800-229-8625; fax 916-277-6074.

June 1. Bruce Jenner Classic, San Jose City College. M40+ 400, 1500/M50+ 200/100 M60+, M70+, women. Bruce Springbett, 408-354-2005; 354-7333.

June 8. USATF Pacific Association Masters Championships, Los Gatos HS, Calif. HT/JT/WT at KELfield, 408-458-0202. SC at West Valley College. Los Gatos AA, Monica Townsend, 138 Johnson, Los Gatos, CA 95032. 408-395-9486

June 9. USATF/SCA Championships, CSU-Long Beach. Marvin Thompson & Hugh Cobb. SASE to L.A. Patriots, 3911 Verdugo Rd., Suite 2, Glassell Park, CA 90065-3724. 213-257-1285.

June 15. USATF Pacific Association, Age-Graded Championships, Soquel HS. Bill Johnson, Santa Cruz TC, PO Box 1803, Capitola, CA 95010. 408-335-0460.

June 22-23. USATF Pacific Association Masters Decathlon/Heptathlon Championships, Soquel HS. Bill Johnson, Santa Cruz TC, PO Box 1803, Capitola, CA 95010. 408-335-0460.

June 30. Trojan Masters Meet, USC. Russ Reabold, 1125 N. Stimson, La Puente, CA 91744. 818-917-6289. 102110.540@ compuserve.com.

July 6, 20. SCA Series/Grand Prix All-Comers, L.A. Southwest College. Marv Thompson, 3911 Verdugo Rd., Suite #2, Los Angeles, CA 90065-3724. 213-257-1285; fax 259-0265.

July 20. USATF West Regional Masters Championships, Cerritos College (near L.A.). Marvin Thompson & Doug Wells, SASE to L.A. Patriots, 3911 Verdugo Rd., Suite 2, Glassell Park, CA 90065-3724. 213-257-1285.

August 2. SCA Series/Grand Prix Championships, Cerritos College. Norwalk, Calif. Doug Wells, 310-860-2451, x2889.

August 3. USATF West Regional Masters Weight Pentathlon Championships, KELfield, Santa Cruz, Calif. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408-458-0202.

October 5. Club West Masters Meet, Santa Barbara City College. Beverley Lewis or Gordon McClenathen, 805-964-3005.

October 27. Sri Chinmoy Masters Games, Long Beach, Calif. 40+. Bigalita Egger, 310-645-0271.

#### TEN YEARS AGO May, 1986

- Brother-Sister Team of Fordie Madeira (W40, 2:00:38) and Lee Sargent (M40, 1:50:39) Win in Price Chopperthon 30K
- U.S. 1989 World Veterans Games Pledges Top \$100,000
- Rosemary Chrimes, W50, Sets Four WRs in British Veterans Indoor T&F Championships

#### **NORTHWEST**

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

May 25. Oregon Senior Olympics, Silverton HS. M&W40+. Silverton RC, Box 783, Silverton, OR 97381. Amy Castle, 541-873-8577; 873-2818.

June 1-2. USATF Alaska Decathlon/ Heptathlon State Championships, Bartlett HS. Team Alaska TC, 907-338-1667.

June 6, 13, 20, 27. Team Alaska Meets, Bartlett HS. 6 p.m. Hotline: 907-338-1667.

June 14-15. Montana Senior Olympics, Billings. 50+. Don Tavolacci, 465 Freedom, Billings, MT 55105.

June 29-30. Hayward Masters Classic, Eugene, Ore. SASE to Becky Sisley, 310 E. 48th Ave., Eugene, OR 97405. 541-342-3113(h); 346-3383(w). Entry forms available this month.

July 11, 18, 25. Team Alaska Meets, Mulcahy Track. 6 pm. Hotline: 907-338-1667.

July 12-15 (tentative). Montana Big Sky Games, Billings.

July 27-28. USATF Oregon Championships/Portland Masters TC Classic, Mount Hood CC, Gresham. Paul Stepan, 3011 NE Linden Ave., Gresham, OR 97030. 503-666-8950; 234-4811.

August 3-4. USATF Northwest Regional Masters Championships, Tacoma, Wash. Ken Weinbel, 4103 Hillcrest Ave., Seattle, WA 09116. 206-932-3923; fax 206-932-3917.

August 3-4. USATF Alaska All-Comers Championships, Mulcahy Track. 9 am. Team Alaska TC Hotline: 907-338-1667. October 5. Helena Octoberfest Throws & Weight Pentathlon. M&W30+. Manuel & Helen White, PO Box 5058, Helena, MT 59604. 406-227-5020.

#### CANADA

June 2. Harry Jerome Meet (Vancouver, B.C.) Masters 400 & Masters Mile. Western Canada's largest meet. Grant Lamothe, 604-856-7381.

June 8-9. Ontario Masters Championships; York U., Toronto.

June 15-16. British Columbia Masters Championships, Langley, B.C. (suburban Vancouver). US masters invited. Grant Lamothe, 604-856-7381; Steve Odwin, 604-739-9009; fax 604-443-8588.

June 15-16. Ontario Masters Championships, M&W 35+/5-year-age groups. York U. 416-699-5818. Doug Smith, 58 Newmarket Ave., Toronto M4C 1V9.

July 20-21. British Columbia Decathlon Championships, Vancouver, B.C. US masters invited. Includes submasters/masters. Grant Lamothe, 604-856-7381.

August 9-11. Canadian Masters Championships, Victoria, B.C. US masters invited. Danny Daniels, 604-656-3669.

#### INTERNATIONAL

June 2. Baltics "White Nights" Meet, St. Petersburg. Vadim Marshev, 14-6 Pervomayskaya St., Himki, Moscow Region, 141400, Russia. 7-8123553906.

June 5-9. Brazilian Veterans Championships, Manaus, Amazonas State. Full schedule for m&w. Organizing Committee, AVAB, fax 048 234-1712.

July 6-13. WAVA Oceania Regional Championships, Papeete, Tahiti. Includes half-marathon/ RWs/X-C. Jim Tobin, 6 Hetley Cres, Napier 4001, New Zealand.

Phone/fax +64 6 8445072.

July 19-27. WAVA European Regional Championships, Malmo, Sweden. Europeans only.

August 10-11. BVAF Championships, Exeter (Devon). Winston Thomas, 67A Waterside Rd., Hertfordshire, WD48HE, Great Britain.

August 21-24. WAVA North American Regional Championships, Hayward Field, Eugene, Ore. M&W 30+. 8K X-C/10K Road Racewalk/15K Road Race/pentathlon/weight pentathlon. Northwest Event Management, PO Box 10825, Eugene, OR 97440. 541-687-1989.

Sept. 19-21. WAVA Africa Regional Championships, Namibia.

September 20-22. Russian Championships, Sochi. Vadim Marshev, 14-6 Pervomayskaya St., Himki, Moscow Region, 141400, Russia. 7-8123553906.

October 3-6. WAVA Asian Regional Championships, Seoul, Korea. Asians only.

November 19-23. WAVA South American Regional Championships, Concepcion, Chile. Pentathlon m&w/10K X-C. Fax 56-41-229-333.

December 14-15. Indoor Russian Veterans Sport Association Cup "Match-5", Moscow. Vadim Marshev, 14-6 Pervomayskaya St., Himki, Moscow Region, 141400, Russia. 7-095-5734150; fax 5726436.

#### **OPEN**

June 14-23. USA Olympic Trials, Atlanta. July 26-August 4. XXVI Olympic Games (T&F dates), Atlanta, Ga.

## LONG DISTANCE RUNNING

#### NATIONAL

May 9-12. 39th Annual RRCA National Convention, Knoxville, Tenn. Knoxville TC, 3530 Talahi Gardens, Knoxville, TN 37919, 423-673-8020.

May 11. USATF National Masters 12K Championships (Art Fest River Run), Evansville, Ind. Chuck Whobrey, 1409 Olympic Ct., Evansville, IN 47715. 812-473-2850(h); 424-1647(w).

September 15. USATF National Masters 24 Hour Championships, Sylvania, Ohio. Dave Payette, 2338 Laskey Rd., Toledo, OH 43613. 419-475-0731.

October 6. USATF National Masters Marathon Championships, Minneapolis, Minn. Scott Schneider, 708 N. First St., #CR-33, Minneapolis, MN 55401. 612-673-0778.

October 13. USATF National Masters 10 Mile Championships, Washington, D.C. Claudia Piepenburg, HQ Army Recreation Serv 6802, Army Pentagon, Washington, DC 20310. 703-514-1551.

October 19. USATF National Masters 100K Championships, Duluth, Minn. William Wenmark, 18665 Rutledge Rd., Wayzata, MN 55391. 612-476-0015.

October 27. USATF National Masters 8K Cross-Country Championships, Louisville, Ky. Bob Miller, P.O. Box 6667, Louisville, KY 40207. 502-896-0717.

November 3. USATF National Masters 5K Cross-Country Championships, Columbus, Ohio. John White, 4865 Arthur Pl., Columbus, OH 43220. 614-459-2547.



First female Leann Myhre, 39, Washington, D.C., with a 3:25:54, George Washington Marathon, Greenbelt, Md.

Photo by George Banker

December 7. USATF National Masters 10K Cross-Country Championships, San Francisco, Calif. Tim Wason. 4475 23rd St. #4, San Francisco, CA 94114. 415-648-1467.

#### **EAST**

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

May 5. Long Island Marathon. Patti Kemler, Sports Unit, Eisenhower Park, East Meadow, NY 11554. 516-572-0248; fax 572-0260.

May 5. Pittsburgh Marathon & 10K. Larry Grollman, Center For Sports Medicine, 4601 Baum Blvd., Pittsburgh, PA 15213. 800-533-UPMC (8762).

800-533-UPMC (8762). May 5. Buffalo Marathon. PO Box 652, Buffalo, NY 14202. 716-837-7223.

May 5. Broad Street 10 Miler, Philadelphia. SASE to Broad St. Run, PO Box 18543, Philadelphia, PA 19129. 215-563-6184.

May 18. Vintage 5-mile Run & 3-mile Walk, Pittsburgh, Penn. 50+, 412-361-5003.

May 25. NYRRC Metropolitan 50 Mile/Kurt Steiner 50K, Central Park. NYRRC, 9 E. 89th St., NY, NY 10128. 212-860-4455; fax 212-860-9754.

May 26. Vermont City Marathon/Relay. SASE to VT City Marathon, PO Box 152, Burlington, VT 05402-0152. 1-800-880-8149.

June 1. Freihofer's 10K Run For Women, Albany, N.Y. George Regan, 233 Fourth St., Troy, NY 12180. 518-273-0267; fax 518-273-0647.

June 1. RiverWood Masters Plus 5K/3K Fitness Walk, Exeter, N.H. M&W40+. SASE to Road Race, c/o Noreen Page, RiverWoods, 7 RiverWoods Dr., Exeter, NH 03833. 1-800-688-9663.

June 8. NYRRC Advil Mini Marathon 10K, Central Park. NYRRC, 9 E. 89th St., NY, NY 10128. 212-860-4455 fax; 212-860-9754.

June 8. Western Heights 5K, Hagerstown, Md. SASE to Wayne Vaughn, 18619 Preston Rd., Hagerstown, MD 21742. 301-733-6076.

Continued on next page

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July 14. Utica Boilermaker 15K. Utica Boilermaker, Box 4729, Utica, NY 13504. 315-797-5838; fax 797-3762.

August 10. USATF New England 10K Championships, Shelburne Falls, Mass. SASE to Race Director, c/o McCusker's Market, 3 Bridge St., Shelburne Falls, MA 01370. 413-625-9411.

#### SOUTHEAST

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

May 11. Gum Tree 10K, Tupelo. Masters money. Johnny Dye, race director, 1007 Chester Ave., Tupelo, MS 38801. 601-842-2039

May 27. Cotton Row 10K, Huntsville. Masters money. Cotton Row 10K, 94 Scenic Dr., Huntsville, AL 35801.

June 2. 5K Run For Excellence, Rockville, Md. Eileen Misra, 301-279-8465.

July 4. Peachtree 10K, Atlanta. SASE to Peachtree '96, Atlanta TC, 3097 E. Shadowlawn Ave., Atlanta, GA 30305 before March 1.

#### MIDWEST

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

May 3 (Fri.). Indianapolis Life 500 Festival Mini-Marathon. Masters money, Kurt Jaenicke, Indianapolis Life Insurance Co., PO Box 7161, Indianapolis, IN 46207. 800-246-0331; 317-927-6732.

May 5. Revco-Cleveland Marathon/10K. Linda Beveridge, PO Box 550, Twinsburg, OH 44087.

May 25. Big Boy Classic 20K, Wheeling. Hugh Stobbs, race director, PO Box 808, Wheeling, WV 26003. 614-633-5000.

May 27. Truth/NBD Great Race XVI, 10K & Half-Marathon, Elkhart, Ind. Ron Schmanske, Box 487, Elkhart IN 46515. 219-294-1661.

#### **MID-AMERICA**

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

May 4. Melpomene Institute 5K (USATF Minnesota Championships), St. Paul. Melpomene Institute, 1010 University Ave., St. Paul, MN 55104. 612-642-1951. May 5. Lincoln Marathon & Half-Marathon. Lincoln TC, 5309 S. 62nd St., Lincoln, NE 68516. 402-423-4519.

May 26. Med-City Relays & Marathon, Rochester, Minn. Med-City, 1417 14th Ave. N.E., Rochester, MN 55906. 507-282-1310.

June 1. Dam To Dam 20K, Des Moines, Iowa. Masters money. Bill Wallace, 5004 Country Club Blvd., Des Moines, IA 50312. 515-279-6072; fax 243-0516.

June 2. Trinity Hospital Half-Marathon/ 12K/5K, Kansas City. Hospital Hill Run, Crown Center Special Events, 2405 Grand Blvd., Suite 200A, Kansas City, MO 64108. 816-274-3635.

June 2. Steamboat Marathon, Steamboat Springs. Chamber Resort, PO Box 774408, Steamboat Springs, CO 80477. 303-879-0882.

June 22. Grandma's Marathon, Duluth. 7000 runner limit. SASE to Grandma's Marathon, PO Box 16234, Duluth, MN 55816. 218-727-0947.

#### SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

May 18. The Whirlwind 5K, Tishomingo,

Okla. 7:30 pm. Jim Kennedy, 1500 E. Main, Tishomingo, OK 73460. 405-371-2371, X207.

May 18. Bookin Down The Avenue 5K/Mile, New Orleans. New Orleans TC, PO Box 52003, New Orleans, LA 70152-2003. 504-482-6682; 468-1488.

June 1. Storyland 5K Run/Walk, New Orleans, La. New Orleans TC, PO Box 52003, New Orleans, LA 70152-2003. 504-482-6682; 468-1488.

#### WEST

Arizona, California, Hawaii, Nevada

May 5. Avenue Of The Giants Marathon/10K, Weott, Calif. SASE to NMN, 281 Hidden Valley Rd., Bayside, CA 95524.

May 11. Hillsea 7.57 Mile, Huntington Beach, Calif. Overall winner chosen by age/sex scoring system. Five-year age divisions start at varied times. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417.

June 1. Fontana Days Half-Marathon & 5K. City of Fontana, Don Day Center, c/o Barbara Smith, 14501 Live Oak Ave., Fontana, CA 92337. 909-350-6678; 350-6670.

June 2. Reno Air Championship 15K/15k Relay (3x5K). Reno Air Run, 13235 Fellowship Way, Reno, NV 89511.

June 8. Palos Verdes Marathon. PO Box 2856, Palos Verdes, CA 90274. 310-828-4123.

July 14. San Francisco Marathon/5K. Marathon, c/o Pacific Association, PO Box 77148, San Francisco, CA 94107. 800-722-3466(CA only).

#### NORTHWEST

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

May 5. Lilac Bloomsday 12K, Spokane, April 17 deadline. SASE to Bloomsday, PO Box 1511, Spokane, WA 99210. 509-838-1579.

May 19. Capital City Marathon, Olympia. PO Box 1681, Olympia, WA 98507. 360-786-1786.

May 26. Rocky Mountain 50 Mile & Wyoming Marathon, Laramie. Brent Weigner, 3204 Reed Ave., Cheyenne, WY 82001. 307-635-3316.

June 1. Governor's Cup Marathon, Helena. PO Box 451, Helena, MT 59264. 406-447-3414.

July 12-13. Mt. Rainier To Pacific Relay. 150 miles/11-person teams. Walk teams (100 miles/7 persons) welcome. PO Box 17086, Seattle, WA 98107. 206-782-6547; fax 206-783-5285.

August 23-25. Hood To Coast Relay, Mt. Hood-Seaside, Ore. 195 miles/12-person teams. 1995 race reached capacity by May. HTC Relay, 5319 SW Westgate Dr., Suite 262, Portland, OR 97221. 503-292-4626.

#### INTERNATIONAL

May 5. BVAF 10 Mile Championships, Oswestry, Shropshire, England. Doug Morris, 011-441-1691-653338.

June 1. Festival De Primavera 5K/10K/5K Racewalk, Rosarito Beach, Baja, California, Mexico. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648, 714-841-5417.

June 16. BVAF Marathon Championships (with Potteries Marathon, usually 2000+). Don Shelly, 011-441-1782-65734.

June 29-30. 3rd WAVA World Veterans Road Race Championships (10K, 25K) & Roadwalk (20K, 30K), Brugge, Belgium. WVC, Korte Zilverstraat 5, B-8000 Brugge, Belgium.

October 29-November 5. Himalayan 100-Mile Stage Race, from Darjeeling, India, \$1200. Force 10 Expeditions, 1-800-922-1491.

November 5-12. Mt. Everest Marathon Trip, from Darjeeling, India. \$1200. Force 10 Expeditions, 1-800-922-1491.

#### RACEWALKING

April 1 - October 1. 5K Racewalk Team Challenge. Each club stages own event on a track or a certified course. Minimum 10 club members, regardless of age, sex, or ability. Scoring by WAVA Age-Graded Tables. No entry fees. FAC, 3250 Lakeview Blvd., Delray Beach, FL 33445. Bob Fine, 407-499-3370; fax: 407-495-5054.

May 5. USATF National Masters Men's 25K/Women's 20K RW Championships, Albany, N.Y. Elaine Humphrey, 7048 Suzanne Lane, Schenectady, NY 12303. 518-473-9117.

May 12. Jack Mortland & North Regional RW Championships (5/10/20K), Columbus, Ohio. Vince Peters, 607 Omar Circle, Yellow Springs, OH 45387.

May 12. Empire State Games Qualifier 10K, Central Park, NYC, Howard Jacobson, 2198 Bright Ave., East Meadows, NY 11554. Lon Wilson, 718-588-0441.

May 19. USATF National Masters Men's 10K RW Championships, Niagara Falls, N.Y. Dave Lawrence, 94 Harding Ave., Kenmore, NY 14217. 716-875-6341(h), 716-694-7683(w).

May 19. West Regional Championships, (10/20K). Therese Iknoian, 554 Columbia Ave., San Jose, CA 95126.

May 26. Olympic Trials Qualifier/MAC 20K Racewalk Championships, Central Park, NYC. (Masters divisions in 10-year age-groups.) Park Racewalkers, USA, 320 East 83rd St., Box 18, New York, NY 10028. 212-628-1317, Stella Cashman.

June 16. Empire State Games Qualifier 5K, Central Park, NYC. Howard Jacobson, 2198 Bright Ave., East Meadow, NY 11554. Lon Wilson. 718/588-0441.

July 14. MAC 3K RW Championship, Central Park, NYC. Park Racewalkers, USA, 320 East 83rd St., New York, NY 10028. 212-628-1317, Stella Cashman.

August 4. USATF East Regional 10K Relay (2X5K) Championship, Central Park, NYC. Park Racewalkers, USA, 320 East 83rd St., Box 18, New York, NY 10028. 212-628-1317.

August 15-18. USATF National Masters Outdoor RW Championships, 5000 track (m/w), 20K road (m), 10K road (w), Spokane, Wash. See T&F National Schedule.

#### **DEADLINE**

NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material and advertising is the 10th of the month before date of issue. Send to National Masters News, P.O. Box 50098, Eugene OR 97405



Sharon Dolan, first W50, 1:35:47, and Tim Kallman, 42, 1:35:50, Bethesda Chase 20K, March 3. Temperatures in the Maryland area were in the mid-30s for the race.

Photo by George Banker

August 25. USATF 5K Championships & East Regional 5K Championships, Wilkes-Barre, Penn. Jim Wolfe, 220 Lasley Ave., Hanover Industrial Estates, Wilkes-Barre, PA 18706. 717-821-6504(w).

September 2. West Regional 15K Championships, Albuquerque, NM. Audrey Dix, 2301 El Nido Ct., NW, Albuquerque, NM 87104.

September 8. North Regional 1/2 Hour Championships, St. Paul, Minn. Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37660.

September 8. USATF National Masters 40K RW Championships, Ft. Monmouth, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. 908-222-9080.

September 14. USATF National Masters 5K Road RW Championships, Kingsport, Tenn. Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37660. 615-229-4364(w), 615-349-6406(h).

September 22. USATF National Masters 15K RW Championships, Elk Grove Village, Ill. Diane Graham-Henry, 442 W. Belden, Chicago, IL 60614. 312-327-4493. September 22. East Regional 10K Road Championships, Atlantic City, NJ. Elliott Denman, 28 N. Locust Ave., W. Long Branch, NJ 07764.

September 28. Alongi International RW Classic, Dearborn Heights, Mich. Wolverine Pacers AC, Roswell Barranco, 3235 Musson Rd., Howell, MI 48843.

October 13. USATF National Masters 1-Hour Racewalk Championships, Cambridge, Mass. Justin Kuo, 39 Oakland Rd., Brookline, MA 02146. 617-731-9889(h), 617-821-3000(w).

#### FIFTEEN YEARS AGO May, 1981

- Snohomish TC Captures Men's Division in Seattle Grand Prix; Falcon TC Takes Women's Title
- Jim Bowers, 42, Wins TAC National Masters 30K in 1:39:29
- Margaret Miller Sets W55 Mark of 40:44 in the Malibu 10K

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

M40-44				M60-64			
Jeff Watry	Hurdles	16.46	07-14-95	James Beahm	1500	5:18.9	03-02-96
	High Jump	1.88	07-14-95				
	Long Jump	5.95	07-14-95	M65-69			
	Decathlon	6642	07-14-95	Bill Brazelton	Javelin	138-6	05-24-96
				Jack Lance	300H	59.29	07-15-95
				TOTAL COLOR	Long Jump	4.19	07-09-95
M50-54					Triple Jump	8.78	07-09-95
Carroll De Weese	3K SC	11:32.36	07-23-95	Robert Leishear	Hammer	112-5	07-01-95
Ernst Wandland	5K	16:50	07-09-95		25# Weight	10.24	08-12-95
	10K	35:45	07-01-95	Jerry Wojcik	25# Weight	10.29	03-30-96
M55-59				M70-74			
Ed Schmidt	Shot Put	37-71	01-06-96	Sumner Shafmaster	5K RW	32.16	03-24-96

M75-79 Sy Lampert	Hammer	98-10	05-09-95	M80-84 Bill McDonough	5K	27:20	01-27-96
of compere	Shot Put	31-11	10-29-95		5K	28:48	02-24-96
	Discus	93-9	10-29-95		10K	56:53	02-18-96
Kenneth Wheeler	High Jump	3-9	03-24-96	100			
	Shot Put	30-21	03-22-96	W50-54			
	Discus	97-7	03-24-96	Erika Szanto	Shot Put	33-61	03-02-96



#### U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN Event 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80-84 85-89 11.33 11.67 12.0 23.3 24.2 25.1 12.5 26.0 13.5 28.5 14.0 29.8 15.0 32.4 16.5 35.8 18.0 39.8 20.0 44.0 105.0 13.0 27.2 54.0 58.5 61.5 65.0 70.0 2:01 2:04 2:08 2:13 2:19 2:27 2:37 2:49 3:06 3:27 3:54 4:24 4:32 4:45 5:07 5:02 5:25 18:24 5:24 5:49 19:36 5:47 6:14 21:08 6:22 6:51 7:03 7:38 26:00 4:11 4:31 15:30 4:22 9:15 Mile 5000 23:30 15:42 16:06 16:44 17:30 29:00 32:30 10000 32:11 32:35 33:30 34:45 36:15 38:10 40:30 44:15 48:30 54:30 61-15 110H 100H 80H 19.0 20.0 21.3 18.0 21.0 25.0 30.0 57.6 59.7 62.0 64.4 67.2 70.6 300E 48.0 51.0 55.0 60.0 66.5 84.0 95.0 10:00 10:20 10:55 11:40 12:30 13:20 9:30 10:30 12:00 14:00 16:30 19:30 HJ 1.85 1.76 1.68 1.59 1.50 1.41 1.32 1.13 1.02 .92 6-45 6-3/4 5-9% 5-6 5-24 4-11 4-75 3-8 3-1 4.40 4.15 3.90 14-5½ 13-7½ 12-9½ 3.60 11-9½ 3.30 10-10 1.80 5-11 5.45 5.10 17-104 16-9 4.00 3.65 11-115 3.00 9-10 11.90 39-5 11.15 10.40 36-7 34-15 9.65 31-8 8.90 29-2½ 8.20 26-11 8.80 7.65 28-10 25-14 15.20 15.20 14.10 13.00 49-104 46-34 42-8 12.00 12.40 11.20 12.00 10.80 10.00 39-45 40-84 36-9 39-45 35-54 33-0 21-4 42.60 40 60 38 00 40 00 36.40 40.00 36 80 31.60 26.40 21.40 133-2 124-8 119-5 103-,8 70-24 53-2 139-9 131-3 131-3 47.24 44.20 41.14 38.10 38.40 36.00 36.00 155-0 145-0 135-0 125-0 126-0 118-1 118-1 29.00 95-2 82-0 73-10 108-3 48.00 157-6 62.00 57.00 52.60 43.00 38.50 40.00 35.00 29.00 24.00 19.00 15.00 170-7 141-1 126-4 131-3 114-10 95-2 62-4 49-2 9.00 8.00 7.00 6.00 5.00 4.00 3.00 Wt. 15.00 14.00 13.00 12.00 10.00 9.00 8.00 7.00 10.00 11.00 9.50 9.00 8.50 8.00 6.00 5.00 56 Wt. notes: 1) 100 standards are for automatic time; use standard conversion for hand time.. 2) Short hurdles: 30-49: 39"; 50-59: 36"; 60-69: 33"; 70+: 30". 3) Long hurdles: 30-49: 36"; 50-59: 33"; 60+: 30". 4) Shot pdt: 30-49: 7.26k (160); 50-59: 6k; 60-69: 5k; 70+: 4k. 5) Discus throw: 30-49: 2kg; 50-59: 1.5kg; 60+: 1.0kg. 6) Hammer: 30-49: 7.26k (160); 50-59: 6k; 60-69: 5k; 70+: 4k. 7) Javelin: 30-59: 800g; 60+: 600g. 8) Metric heights and distances are the standard; feet and inches listed for convenience 9) Pen/Dec: 30-39 IAAF pts.; 40+ WAVA factoring (new WAVA).

SARRY.	11 C MI	CTED	ALL A	MEDIC	AM CTAI	PARTIE	OF EXCE	I FMCF F	OD MAC	TEDE DA	CE WALK	FDC
	U.S. M/	PIEK	ALL A	MERIC	VU 21VI	INKKU3	UP EACE	TEUCE L	OK MY2	IEK2 KA	LE MALK	FK2
	1.5K	mile	3k	5k	8k	10k	15k	20k	25K	30k	40k	50
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	5:37:3
35	7:22	8:03	15:18	26:27	43:11	<b>53:56</b>	1:23:29	1:53:32	2:26:51	3:01:53	4:12:21	5:42:2
F40	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	5:55:4
F45	8:03	8:41	16:32	28:33	46:35	58:10	1:30:08	2:03:00	2:38:56	3:17:00	4:33:31	6:11:2
FEO	8:25	9:05	17:15	29:49	48:36	1:00:41	1:34:08	2:08:30	2:46:11	3:26:08	4:46:23	6:29:0
F55	8:55	9:31	18:05	31:14	50:54	1:03:33	1:38:40	2:14:48	2:54:26	3:36:33	5:01:03	6:49:2
F60	9:17	10:01	19:01	32:51	53:32	1:06:50	1:43:51	2:21:54	3:03:54	3:48:29	5:17:54	7:12:4
F65	9:48	10:35	20:06	34:43		1:10:37	1:49:50	2:30:12	3:14:51	4:02:20	5:37:25	7:39:4
F70	10:26	11:15	21:22	36:54	1:00:02	1:15:01	1:56:49	2:39:54	3:27:38	4:18:30	6:00:18	8:11:3
F75	11:10	12:01	22:51	39:28	1:04:10	1:20:14	2:05:05	2:51:18	3:42:50	4:37:46	6:27:35	8:49:2
F80	12:03	12:58	24:41			1:26:38	2:15:15	3:05:24	4:01:36	5:01:39	7:01:26	9:47:3
F85	13:13	14:15	27:05	46:45	1:15:50	1:35:01	2:28:37	3:24:00	4:26:20	6:33:10	7:46:16	10:39:1
F90	14:56	16:06	30:36	4214	1:25:30	1:47:18	2:48:13	3:51:12				
200		Married I		<b>Block</b>	Section 12	M	EN					
M30	6:31	7:01	13:21	23:05	37:57	47:49	1:13:10	1:38:18	2:05:12	232:17	3:27:30	4:31:0
M35	6:43	7:14	13:47	23:46	38:55	48:53	1:14:28	1:39:43	2:06:56	234:14	3:30:17	4:34:5
M40	6:58	7:29	14:16	24:24	40:15	50:32	1:17:03	1:43:13	2:11:29	239:47	3:37:53	4:44:4
M45	7:13	7:46	14:47	25:31	41:44	52:25	1:19:58	1:47:10	2:16:35	246:05	3:46:36	4:56:2
M50	7:33	8:05	15:23	26:33	43:25	54:32	1:23:14	1:51:37	2:22:20	253:13	3:56:29	5:09:2
MEE	7:50	8:26	16:04	27:43	45:19	56:55	1:26:56	1:56:38	2:28:52	3:01:19	4:07:41	5:24:2
M60	8:13	8:51	16:50	29:02	47:28	59:38	1:31:10	2:02:23	2:36:20	3:10:33	4:20:30	5:41:2
485	L:38	9:19	17:43	30:33	49:56	1:02:45	1:36:01	208:58	2:44:53	3:21:11	4:35:15	6:01:0
470	9:08	9:50	18:44	3218	5246	1:06:21	1:41:37	2:16:35	2:53:56	3:33:31	4:52:23	6:23:5
M75	9:43	10:28	19:55	34:20	56:04	1:10:35	1:48:13	2:25:34	3:05:02	3:48:05	5:12:40	6:50:54
480	10:26	11:14	21:22	36:50	60:06	1:15:44	1:56:15	2:36:31	3:20:50	4:05:57	5:37:34	7:24:11
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	13:39	25:58	44:45	72:52	1:32:08	2:21:52	3:11:28	4:06:38	5:03:17	6:57:43	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 14.6 30.3 67.5 15.6 32.5 16.2 34.0 28.0 90.0 2:32 2:35 2:40 2:54 3:05 3:19 3:36 3:56 4:09 4:35 5:29 5:55 7:23 7:46 8:04 9:48 10:45 34:26 5:10 6:20 5:34 5:44 6:07 6:26 7:19 19:45 21:20 22:16 23:12 24:16 26:08 28:08 30:08 32:21 41:00 42:40 44:40 47:00 49:30 52:00 56:00 60:00 17.2 18.2 16.5 17.6 18.7 20.2 22.2 25.0 28.Q 400H 75.5 79.9 88.8 84.4 300H 66.0 72.0 79.0 87.0 96.0 .92 3-04 1.02 .97 1.12 1.07 3-44 3-24 2-11 3-64 4-54 4-2 3-11 3-8 2.40 7-104 2.10 6-11 1.50 1.10 3-7% 1.00 3-34 2.70 1.20 5-11 3-11 4.60 4.25 3.90 3.55 15-1 13-11<sup>1</sup>: 12-9<sup>1</sup>; 11-8 3.20 10-6 2.85 2.35 7-84 5.00 16-5 6-11 9.20 8.60 7.80 30-2½ 28-2½ 25-7½ 4.70 5.20 4.20 3.80 23-7 15-5 13-94 21-0 18-84 17-1 8.40 7.70 27-7 25-3% 10.30 9.30 30-6% 7.95 7.20 26-1 23-74 6.50 5.80 5.25 19-04 17-3 4.70 13-114 16.00 15.00 52-6 49-2 33.50 27.50 21.50 25.00 19.00 62-4 18.00 129-7 109-11 93-6 82-0 13.5 44-4 Discus 30.0 27.8 26.0 24.0 22.0 20.0 18.0 15.0 14.0 49-2 45-11 52-6 91-2 85-4 78-9 72-2 65-8 59-1 35.0 32.5 30.0 131-3 114-10 98-5 20.0 25.0 23.0 22.0 18.0 12.0 72-2 45-11 39-5 9.00 8.00 7.00 6.00 5.00 3.50 3.25 3.00 2.75 20 Mt. 10.00 16 Mt. 7.00 6.00 5.50 5.25 5.00 4.75 8.00 notes: 1) 100 standards are for automatic time; use standard conversion for hind time Short hurdles: 30-39: 33"; 40+: 30" Short put: 30-49: 4k; 50+: 3k. Jávelin: 30-49: 600gm; 50+: 400gm. Hammer: 30-49: 4k; 50+: 3k. 5) Hammer: 30-49: 4k; 50+: 3k. 6) Metric heights and distances are the standard; feet and inches listed

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

for convenience.

NAME	AGE-GROUP				
		SEX: M F			
	STATE	ZIP			
MEET	DATE OF N	MEET			
MEET SITE					
EVENT:	MARK:	Province to security of a			
HURDLE HEIGHT	WEIGHT (	OF IMPLEMENT			
CERTIFICATE	☐ PATCH red the standard of excellen	□ PATCH TAG			

iting in which issue your results appeared MUST accompany this application. company this application.

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

4. Send to: All-American, National Masters News, P.O. Box 50098, Eugene OR 97405.

5. A 3-color, 8" by 10" certificate, suitable for framing, and/or a 3-color, 3" by 4" patch will be mailed to you within six weeks. Allow eight weeks for a patch tag.

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

#### NATIONAL

Greensboro	asters Indoor Pentathlon North Carolina, March 29
Name Points	60HUR LJ SP HJ 1000
M35-39 —— 1 McMahon, Tim Manasquan, NJ Age: 37 2818	9.09 5.04m 7.94m 1.55m 2:58.36 1606.50 2600.75 501.00 (777) (441) (363) (512) (725)
M40-44  1 Watry, Jeff Paddock Lake, WI Age: 40 3518	9.32 5.45m 10.85m 1.75m 3:03.25 1710.75 35'07.25 5'08.75 (813) (615) (576) (776) (738)
2 Ming, Doug	10.73 6.02m 9.51m 1.45m 3:04.54
Houston, TX	19'09.00 31'02.50 4'09.00
Age: 40 3005	(539) (762) (490) (488) (726)
3 Britt, Frank	9.96 4.53m 10.70m 1.65m 3:24.39
Swayersville, PA	14'10.50 35'01.25 5'05.00
Age: 41 2877	(683) (402) (566) (679) (547)
4 Mulkey, Phillip	10.50 5.34m 9.70m 1.45m 3:25.51
Birminham, AL	17'06.25 31'10.00 4'09.00
Age: 41 2695	(579) (589) (502) (488) (537)
5 Shoultz, Alan	11.51 4.43m 7.70m 1.45m 3:31.75
Goose Creek, SC	14'06.50 25'03.25 4'09.00
Age: 40 2140	(410) (380) (376) (488) (486)
6 Watson, Richard	11.01 10.49m 1.45m DNF
Yuma, AZ	34'05.00 4'09.00
Age: 43 1532	(491) (0) (553) (488) (0)
	10.77 4.92m 10.72m 1.60m 2:58.31 1601.75 35'02.00 5'03.00 (619) (569) (647) (714) (852)
Age: 45 3401  2 Harvey, Rex Mayfield Heights, OH Age: 49 3300	9.54 5.07m 10.69m 1.55m 3:34.19 16'07.75 35'01.00 5'01.00 (858) (608) (644) (661) (529)
3 Brewer, Tom	10.61 5.47m 8.90m 1.60m 3:49.49
Smyrna, GA	1711.50 29'02.50 5'03.00
Age: 49 3009	(648) (718) (516) (714) (413)
4 Reiter, Gordon	12.59 4.51m 7.29m 1.45m 3:03.17
Ellisville, MO	14'09.75 23'11.00 4'09.00
Age: 49 2568	(334) (467) (403) (560) (804)
5 Kus, Stan	11.70 4.99m 8.65m 1.45m 3:47.80
Howell, MI	16'04.50 28'04.50 4'09.00
Age: 45 2535	(463) (589) (498) (560) (425)
6 Green, Bob Seneca, SC Age: 47 646	10.62 DNF DNF DNF DNF (646) (0) (0) (0) (0)
	9.30 5.80m 12.98m 1.85m 3:39.28 19°00.50 42°07.00 6°00.75 (939) (927) (822) (1111) (555)
2 Angus, Bill	9.71 4.96m 10.39m 1.50m 3:13.21
Salem, OH	16'03.25 34'01.25 4'11.00
Age: 53 3632	(853) (673) (632) (696) (778)
3 Wright, Ed	11.08 4.79m 9.29m 1.35m 3:22.34
Montgomery, AL	15'08.75 30'05.75 4'05.00
Age: 51 3000	(591) (624) (553) (536) (696)
1 Pawlik, Emil	9.19 5.37m 10.53m 1.65m 3:55.61
Jackson, MS	1707.50 34'06.75 5'05.00
Age: 57 4185	(1069) (910) (730) (973) (503)
2 Head, John	11.12 4.48m 6.18m 1.45m 3:43.71
Garden Ridge, TX	14'08.50 20'03.50 4'09.00
Age: 57 3006	(687) (624) (380) (723) (592)
3 Lancaster, Walt	11.89 4.28m 8.99m 1.25m 3:54.05
Charleston, SC	14'00.50 29'06.00 4'01.25
Age: 56 2744	(556) (565) (605) (504) (514)
4 Mills, Bruce	11.67 3.96m 7.93m 1.40m 4:09.59
Lake Bluff, IL	13'00.00 26'00.25 4'07.00
Age: 56 2660	(593) (471) (520) (670) (406)
5 Steinman, John Carson City, NV Age: 59 251	14.16 DNF DNF DNF DNF (251) (0) (0) (0) (0)
Moleta, GA Age: 63 3669	10.15 4.55m 12.12m 1.40m 4:23.14 14'11.25 39'09.25 4'07.00 (896) (743) (878) (758) (394)
2 Trinkner, Clarence	9.98 4.45m 9.52m 1.40m 4:14.14
Janesville, WI	14'07.25'31'03.00 4'07.00
Age: 64 3511	(930) (711) (661) (758) (451)
The state of the s	

.75

d time.

	Natio	nal M	asters News	
FID RESULTS Ailki	rson, Jim n, MN	14'04	4.38m 10.26m 1.35 .50 33'08.00 4'05.00	m 4:24.23
tional Masters News BO Box		(72	22) (686) (723) (6	596) (387)
o keep information current, we	nugh, Ray e, CA	14'01.	4.31m 9.99m 1.40 75 32'09.50 4'07.00	
sults more than 4 months old. imum 28 spaces/2 1/4" wide) in	2899	(60	1) (664) (700) (7	58) (176)
ce. Deadline is the 10th of the	- M65-69	12.02	3.78m 9.05m 1.45	m 3:43.46
Birm	ingham, AL	12	(05.00 29'08.25 4'09.0 (37) (578) (708) (5	00
IONAL	20-			
c Indoor Pontathian Akro	n, OH	12'09	3.89m 8.53m 1.33 9.25 28'00.00 4'05.00	
th Carolina, March 29		(73	9) (615) (660) (7	85) (335)
1 Smi			4.01m 10.74m 1.3	
	sville, OII		2.00 35'03.00 4'03.25 (2) (757) (861) (8	
09 5.04m 7.94m 1.55m 2:58.36 2 Hirs	imaki, Fred	11.44	3.87m 9.81m 1.20	Om 4:50.93
6'06.50 26'00.75 5'01.00 777) (441) (363) (512) (725) Find Age: 7	lay, OH 3404		3.50 32'02.25 3'11.25 (3) (702) (775) (6	
THE RESERVE OF THE PARTY OF THE	-M75-79		A CONTRACTOR OF THE PARTY OF TH	The state of
3.45m 10.85m 1.75m 3:03.25 1 Ricc	cardi, Armondo		2 3.15m 7.93m 1.	.15m 6:16.92
813) (615) (576) (776) (738) Age: 70			09) (519) (686) (	687) (128)
3 6.02m 9.51m 1.45m 3:04.54 2 Bus	chman, Mel	14.44	3.28m 8.91m 1.1	10m DNF
(539) (762) (490) (488) (726) East Age: 7:	Lansing, MI 2524	(5.	09.25 29\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\	5 619) (0)
	180-84 ——		Designation of the	chips.
4'10.50 35'01.25 5'05.00 1 Hill	s, Claude rtown, PA		2.47m 5.64m 0.95 1.25 18'06.00 3'01.25	
	1542		(337) (518) (488	
1706.25 31'10.00 4'09.00 2 Mas	sie, Ilarold	DNF	1.57m 4.69m 0.7	5m 6:38.46
Age: 8:	d, NE 879		.00 15'04.75 2'05.50 ) (69) (411) (244	(155)
1406.50 2503.25 409.00	Name Poin	ts H	UR HJ SP	LJ 800
1 Ras	W45-49 ——— chker, Phil	9.57	1.50m 7.78m 5.15	m 2:45.90
34'05.00 4'09.00 Ape: 4'	rietta, GA	4'11	1.00 25'06.25 16'10.75 026) (1003) (499)	The same of
(491) (0) (553) (488) (0)	C. Shalles			A STATE OF THE PARTY OF THE PAR
4.72m 10.72m 1.00m 2.36.31 Age: 4	nda 2781	4'05.0	1.35m 9.15m 4.17i 00 30'00.25 13'08.25 30) (783) (609) (6	506) (503)
(619) (569) (647) (714) (852)	- W50-54	(20	(183) (003) (0	,00) (303)
5.07m 10.69m 1.55m 3:34.19 1 Plat	is, Mary Lou ster, IN	14.74	1.10m 6.24m 2.8 .25 20'05.75 9'03.50	3m 3:56.50
16'07.75 35'01.00 5'01.00 (858) (608) (644) (661) (529) Age: 50			(534) (373) (2	257) (192)
1 5 47- 9 00m 1 60m 3:49 49	- W60-64	12.71	1.20m 8.18m 3.28	m 3-53 37
711.50 29'02.50 5'03.00 Glen	dale, CA	3'1	1.25 26'10.00 10'09.25 79) (928) (734) (	
1.45m 3:03.17	- W70-74		(20)	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,
4'09.75 23'11.00 4'09.00 [804] 1 Val	ien, Johnnye Angeles, CA		1.05m 6.61m 3.1 05.25 21'08.25 10'03.0	
4.99m 8.65m 1.45m 3:47.80 Age: 7			79) (903) (789) (	
6'04.50 28'04.50 4'09.00 USA	ATF National Mas		3 Ben James 4 Eugene Vickers	NY 7.14 MD 7.25
The state of the s	loor Championsh sboro, NC; March	29-31	5 Noah Levingston	
60m	*W	R #AR	6 Barry Wise 7 Kurt Shade	OH 7.67
(646) (0) (0) (0) 1 Alba	erto Ros Jr CA	7.14	8 Adolphus Bethune M40	Heat 1
0 5.80m 12.98m 1.85m 3:39.28 3 Ster	ve Kirwin II, Boccard VA	7.44	1 Kevin Nance 2 Eddie Coverson	AZ 7.31 GA 7.83
1900.50 4207.00 600.75 5 Zaci	Pullins Sr SC Rhett SC	7.49	3 Bob Hahn 4 Brian Lee	TX 8.00 MD 8.19
4.96m 10.39m 1.50m 3:13.21	yne Miller VA		5 Barry Blake	NJ 8.86 Heat 2
6'03.25 34'01.25 4'11.00 2 Lor	enzo Payne GA is Hughes CA	7.27	1 Richard Thomas 2 Ron Jackson	TX 7.39 SC 7.50
4 Abr	aham Canty SC	7.32 7.60	3 Eddie Mose 4 Larry Isler	NJ 7.84 VA 7.89
15'08.75 30'05.75 4'05.00 Final	Market - YE	7.14	5 Tom Rewolinski 6 Mark Robinson	WI 7.90
2 Dwa	yne Miller VA	7.22	1 Neville Hodge	Heat 3 MD 7.06
9 5.37m 10.53m 1.65m 3:55.61 4 Lor	chell Lovett NY enzo Payne GA	7.27	2 Thomas Jones 3 David Craig	MD 7.42 TN 7.51
1707.50 34'06.75 5'05.00 5 Abr (1069) (910) (730) (973) (503) 6 Chr	aham Canty SC is Hughes CA	7.32	4 Al Miller 5 Stacey Price	SC 7.68 NM 7.68
7 Pau	l Boccard VA ve Kirwin IL	7.38 7.41	6 Steve Coenen	VA 7.82
14'08.50 20'03.50 4'09.00 M35	rek Holloway NJ	7.36	1 Neville Hodge	
(687) (624) (380) (723) (372) 2 Bar	rry Wise NC 'IN	7.43 7.95	2 Kevin Nance 3 Richard Thomas	TX 7.36
4 Lin	ndsey Thurman KY Fairbanks GA	8.11 8.52	4 Thomas Jones 5 Ron Jackson	MD 7.49 SC 7.55
(556) (565) (605) (504) (514)		at 2 7.13	6 David Craig 7 Stacey Price	
	njamin McCleod VA		8 Al Miller	SC 7.98
7 3.96m 7.93m 1.40m 4:09.39 2 No	njamin McCleod VA ah Levingston NV olohus Bethune NC	7.33 7.40	M45	Heat 1
7 3.96m 7.93m 1.40m 4.09.39 13'00.00 26'00.25 4'07.00 (593) (471) (520) (670) (406) 2 No. 3 Add 4 Ku	ah Levingston NV olphus Bethune NC rt Shade OH	7.40 7.65	M45 1 Danny Thiel 2 Joe Mack	Heat 1 GA 7.72 VA 7.83
7 3.96m 7.93m 1.40m 4:09.39 13'00.00 26'00.25 4'07.00 (593) (471) (520) (670) (406) 4 ku 5 Ca	ah Levingston NV olphus Bethune NC rt Shade OH 1 Goodman GA ace Barnette NC	7.40 7.65 7.95 8.07	1 Danny Thiel	GA 7.72
7 3.96m 7.93m 1.40m 4:09.39 13'00.00 26'00.25 4'07.00 (670) (406) 2 No. (593) (471) (520) (670) (406) 4 Ku 5 Ca 6 Tr (251) (0) (0) (0) (0) (0) 1 Be	ah Levingston NV olphus Bethune NC rt Shade OH 1 Goodman GA ace Barnette NC n James NY	7.40 7.65 7.95 8.07 at 3 7.13	1 Danny Thiel 2 Joe Mack 3 Fred Jeter 4 Mickey Gist 5 Tom Cunningham	GA 7.72 VA 7.83 VA 8.03 SC 8.05 MA 8.10
7 3.96m 7.93m 1.40m 4:09.39 13'00.00 26'00.25 4'07.00 (406) 2 No (593) (471) (520) (670) (406) 4 C C C C C C C C C C C C C C C C C C	hh Levingston NV olphus Bethune NC rt Shade 1 Goodnan GA ace Barnette NC n James NY gene Vickers MY rry Finley OH	7.40 7.65 7.95 8.07 at 3 7.13 7.25 8.04	1 Danny Thiel 2 Joe Mack 3 Fred Jeter 4 Mickey Gist 5 Tum Cunningham 6 Greg Marshall	GA 7.72 VA 7.83 VA 8.03 SC 8.05 MA 8.10 GA 8.28 Heat 2
7 3.96m 7.93m 1.40m 4:09.39 13'00.00 26'00.25 4'07.00 (593) (471) (520) (670) (406) 2 No 16 DNF DNF DNF DNF 6 TY (251) (0) (0) (0) (0) 1 Be 2 Eu 15 4.55m 12.12m 1.40m 4:23.14 4 Ro 14'11.25 39'09.25 4'07.00 (2905) (743) (878) (758) (394) 5 Ji	An Levingston NV Olphus Bethune NC rt Shade OH 1 Goodman GA ace Barnette Hei Hei NY gene Vickers MD rry Finley OH d Wilson MI m Battoglia GA	7.40 7.65 7.95 8.07 at 3 7.13 7.25 8.04 8.05 8.60	1 Danny Thiel 2 Joe Mack 3 Fred Jeter 4 Mickey Gist 5 Tum Cunningham 6 Greg Marshall 1 Bill Collins 2 Jesse Norman	GA 7.72 VA 7.83 VA 8.03 SC 8.05 MA 8.10 GA 8.28 Heat 2 TX 7.32 NY 7.75
7 3,96m 7,93m 1.40m 4:09.39 13'00.00 26'00.25 4'07.00 (593) (471) (520) (670) (406)  16 DNF DNF DNF DNF (251) (0) (0) (0) (0)  15 4.55m 12.12m 1.40m 4:23.14 14'11.25 39'09.25 4'07.00 (896) (743) (878) (758) (394)  10 28 4.45m 9.52m 1.40m 4:14.14	An Levingston NV Olphus Bethune NC It Shade OH I Goodman GA ace Barnette NC In James NY gene Vickers MD cry Finley OH d Wilson MI m Battoglia GA ny Doty OH on Jeffries NC	7.40 7.65 7.95 8.07 at 3 7.13 7.25 8.04 8.05 8.60 8.60	1 Danny Thiel 2 Joe Mack 3 Fred Jeter 4 Mickey Gist 5 Tum Cunningham 6 Greg Marshall 1 Bill Collins 2 Jesse Norman 3 Glenn Johnson 4 Jummie Jones	GA 7.72 VA 7.83 VA 8.03 SC 8.05 MA 8.10 GA 8.28 Heat 2 TX 7.32 NY 7.75 CA 7.87 TX 8.10
7 3,96m 7,93m 1.40m 4:09.39 [3'00.00 26'00.25 4'07.00 (593) (471) (520) (670) (406)  16 DNF DNF DNF DNF  (251) (0) (0) (0) (0)  15 4.55m 12.12m 1.40m 4:23.14  14'11.25 39'09.25 4'07.00 (896) (743) (878) (758) (394)	An Levingston NV Olphus Bethune NC rt Shade OH 1 Goodman GA ace Barnette Hee In James NY gene Vickers MD rry Finley OH d Wilson MI m Battoglia GA ny Doty OH nn Jeffries NC	7.40 7.65 7.95 8.07 at 3 7.13 7.25 8.04 8.05 8.60 8.60	1 Danny Thiel 2 Joe Mack 3 Fred Jeter 4 Mickey Gist 5 Tum Cunningham 6 Greg Marshall 1 Bill Collins 2 Jesse Norman 3 Glenn Johnson 4 Jimmie Jones 5 Mark Galovic	GA 7.72 VA 7.83 VA 8.03 SC 8.05 MA 8.10 GA 8.28 Heat 2 TX 7.32 NY 7.75 CA 7.87 TX 8.10 IN 15.56

		185	
Charles Allie		7.50	3 Ray Bower
Zbigniew Zlobick		7.89	4 Sam Madia
Phil Felton Jerry Woolfolk	IM	7.97	5 Frank Brako 6 Jack Hipple
Tom Gilliard	GA	8.06	7 Art Holland
Wm Mathis	NY	8.07	M75
nal Bill Collins	TX	7.22	1 Milt Silverste 2 Ed Matthews
Marion McCoy Jr		7.31	3 Jim Manno
Charles Allie		7.40	4 Marlen McWilli
Joe Mack	VA	7.69	5 John Means 6 Ted Yenari
Danny Thiel	GA	7.72	7 Angelo Oliver
Jesse Norman	NY		8 Al Fairchild
Glenn Johnson	CA	7.77	M80
50	Heat		1 Frank Finger
Joseph Johnson	NJ	7.63	2 Gar Schoener
Roger Pierce	MA	7.85	
Caleb Brown Sr	OH	8.03	3 Clarence Traha
Paul Simmons		8.45	4 Ed Andrysiak
Abelardo Suarez	GA Heat	8.57	1 Ted Hatlen
Tom Bassett	NE	7.66	2 Virgil McIntyr
Mel Fields	MD		M90
Tim Butts Dan Durante	MI	8.04	1 Everett Hosack
	CA	8.10	W30
Marcos Levi	GA	8.59	1 Robin MooreJoh
Bob Kleemeier	GA		2 Kimberly Jones
	Heat		3 Karen Johnson 4 Ruvinia Kelly
Courtland Gray Thad Bell	SC	7.67	5 Denise Jones 6 Janice Washing
Roger Assink	NM	7.90	W35
Avital Schurr	KY	8.33	
Tom Kindel	SC	8.37	1 Joy UpshawMaro
Doug Brown	FL		2 Louise Clark
Lincoln Russin	Heat		3 Angela Nealy 4 Cheryl Alston
Bob Lloyd	MI	8.11	W40 1 Irene Thompson
Sam Hall	MI	8.18	2 Cindy Steenber
Frank Bonham		8.30	3 Denise McField
Paul Gilbert inal	CA	9.38	4 Alison Shellin 5 Jacqueline Boa
Joseph Johnson	NJ	7.53	6 Carole Solomor
Thad Bell	SC	7.63	7 Leah Rewolins
Tom Bassett Mel Fields	NE MD	7.66	W45
Roger Pierce	MA	7.84	1 Phil Raschker
Roger Assink	NM	7.89	2 Sharon Warren
Lincoln Russin	MA	8.10	3 Cassandra Clas
Courtland Gray	TX	9.06	W50
55	Hea	t 1	1 Nadine Lowens 2 Mary Robinson
Scott Tyler	MS	7.88	3 Penny Daniels
Emil Pawlik		8.31	4 Nina Bryant
Nat Carter	NC	8.56	5 Ann Carter
Dermott Tierman	KY	8.75	6 Norma Jones
Charles West	TX	8.99	7 Karen Huff
Mike Valle	NC	9.06	W55
Larry Colbert	Hea MD	8.08	1 Joann Grisson
Wayne Bennett Dennis Buss	TX	8.25 8.26	- Ann M Rosenit
Raynah Adams	NC	8.33	3 Becky Sisley
Walt Lancaster	SC	8.41	4 Sara Wold
John Head inal	TX	8.99	W60 1 Betty Vosburg - Edith Gray
Scott Tyler	MD	7.82	2 Anne Yudell
Larry Colbert		8.06	3 Fei-Mei Chou
Pennis Buss	IL	8.24	4 Marjorie Moor
Raynah Adams	NC	8.29	
Emil Pawlik	MS	8.34	1 Pat Peterson
Walt Lancaster	SC	8.37	
Nat Carter	NC	8.44 t 1	2 Sumi OnodraLe 3 Magdalena Kuel
Dick Richards	Hea CA	8.12	4 Leonore McDan. W70
Bill Wright	OH	8.30	1 Johnnye Valier
Troy Banks Jr		8.54	2 Mary Holland
Robert Smith Al Burton Jr	NY	8.70	3 Diane Freedman
	VA	9.09	4 Josephine Sul
Kuss McDaniels	VA	10.00	5 Jean Udell
	Hea	t 2	W75
Milton Newton Alex Johnson	CA	8.31	1 Mary Bowermast 2 Carla Convery
Fred Biederman	MN VA	8.56 8.67	W80
Tony Besase John Wall	TX	9.09	1 Pearl Mehl 200m
John Schreiber	NC	9.31	M30
Earl Mege	PA		1 Tracey Fox
Ralph Summerlin	me Side	14.67	2 Vince Goodinan 3 Alan Sims
Dick Richards	CA	8.03	7007-3 15 15 15 15
Bill Wright	MA	8.26	
Milton Newton	CA	8.30	1 Mitchell Love
Troy Banks Jr		8.44	2 Lorenzo Payne
Alex Johnson	IM	8.54	3 Zach Pullins :
Fred Biedenman		8.59	4 William Vaugh
7 Robert Smith	NY	8.73	1 Alberto Ros J
8 Tony Besase	VA	8.76	
M65 I Harry Brown	Hea		2 Jeffrey Yale 3 Abraham Canty
2 Bill Daprano	CA PA	9.06	4 Steve Gallero Final
3 Sonny Oliphant 4 Carl Orndoff	CA	9.46	1 Tracey Fox 2 Mitchell Love
S Win Beryen Jr Chuck Sochor	MD	9.99 dnf	3 Alberto Ros J
James Stookey	Hea MD	8.54	4 Jeffrey Yale 5 Abraham Canty
Jack Coy	OR	8.89	6 Lorenzo Payne
Bob Alexander		9.01	M35
larry Greco	NC	9.34	1 Bugene Vicker
	NJ	9.36	2 Stephen Winke
inal	IL	8.46	3 Jay Mathis 4 Kinley Hill
Harry Brown  Lines Stookey  Lines Alexander	MD	8.60	5 Kurt Shade
Jack Coy	OR	8.88	1 Ben James 2 Anthony Krain
Bill Daprano	CA	9.09	2 Anthony Krain
Larry Greco	NC		3 Calvin Goodma
Sonny Oliphant Jack Lance	PA NJ	9.49	1 Derek Hollowa
170 Mel Larsen		8.61	2 Terry O'Conne 3 Noah Levingsto
2 Tom Kennel	FL	9.29	Continued

3 Ray Bower			
A Com Madia	PA	9.30	
4 Sam Madia	PA	9.33	
5 Frank Brako 6 Jack Hipple	MA	9.61 9.72	
7 Art Holland	MI	11.17	
M75 1 Milt Silverstein	A7	9.27#	
2 Ed Matthewe	MD	9.41	
3 Jim Manno 4 Marlen McWilliam 5 John Means 6 Ted Yenari 7 Angelo Oliver 8 Al Fairchild	NJ	9.52	
5 John Means	OH	9.58	
6 Ted Yenari	LA	10.65	
7 Angelo Oliver	RI	11.34	
8 Al Fairchild M80	CA	12.22	
1 Frank Finger	VA	10.20	
2 Gar Schoener	PA CA	10.50	
3 Clarence Trahan 4 Ed Andrysiak	MI	10.64	
M85			
1 Ted Hatlen 2 Virgil McIntyre	CA AZ	11.66	
M90	ne		
1 Everett Hosack	OH	17.47*	
W30 1 Robin MooreJohns	TMnc	8.06	
2 Kimberly Jones	CA	8.50	
3 Karen Johnson	IL	8.71	
4 Ruvinia Kelly 5 Denise Jones	NY	8.82 9.43	
6 Janice Washington		9.54	
W35			
1 Joy UpshawMarger 2 Louise Clark	NY	8.09#	
3 Angela Nealy 4 Cheryl Alston	IN	8.41	
4 Cheryl Alston W40	M	8.65	
1 Irene Thompson	NY	8.11	
1 Irene Thompson 2 Cindy Steenberger	nTX	8.23	
3 Denise McField 4 Alison Shelling	MO	8.43	
5 Jacqueline Board	MO	8.72	
6 Carole Solomon	N	8.99	
7 Leah Rewolinski W45	WI	10.10	
1 Phil Raschker	GA	8.20	
2 Sharon Warren	NY	8.93	
3 Cassandra Clark W50	M	9.51	
1 Nadine Lowenstei	nNY	9.35	
2 Mary Robinson	OH	9.70	
3 Penny Danielson 4 Nina Bryant	II OK	9.80	+
5 Ann Carter	SC	10.51	
6 Norma Jones 7 Karen Huff	IL	10.56	
WSS	11	11.23	
1 Joann Grissom	IN		
- Ann M Rosenitsch 2 Joy MacDonald	FL	10.19	
3 Becky Sisley	OR	10-40	
4 Sara Wold W60	MI	12.52	
1 Betty Vosburgh	GA	9.76	
- Edith Gray 2 Anne Yudell	CAN	9.92	
3 Fei-Mei Chou			
	CA	10.80	
4 Marjorie Moore	CA	11.67	
4 Marjorie Moore W65	CA	11.67	
4 Marjorie Moore W65 1 Pat Peterson 2 Sumi OnodraLeonr	CA NY dCA	10.80 11.67 10.71 10.77	
4 Marjorie Moore W65 1 Pat Peterson 2 Sumi Onodraleonr 3 Magdalena Kuehne	CA NY dCA CA	10.80 11.67 10.71 10.77 10.80	
4 Marjorie Moore W65 1 Pat Peterson 2 Sumi OnodraLeonr 3 Mugdalena Kuehne 4 Leonore McDaniel W70	CA NY dCA CA sVA	10.80 11.67 10.71 10.77 10.80 10.89	
4 Murjorie Moore W65 1 Pat Peterson 2 Sumi Onodraleonr 3 Mugdalena Kuehne 4 Leonore McDaniel W70 1 Johnnye Valien	CA NY dCA CA SVA	10.80 11.67 10.71 10.77 10.80 10.89	
4 Murjorie Moore W65 1 Pat Peterson 2 Sumi Onodraleonr 3 Magdalena Kuehne 4 Leonore McDaniel W70 1 Johnnye Valien 2 Mury Holland	CA NY dCA CA sVA	10.80 11.67 10.71 10.77 10.80 10.89 11.25	
4 Murjorie Moore W65 1 Pat Peterson 2 Sumi Onodraleonr 3 Magdalena Kuehne 4 Leonore McDaniel W70 1 Johnnye Valien 2 Mury Holland 3 Diane Freedman 4 Josephine Sulliv	CA NY dCA CA SVA CA MI OII anSC	10.80 11.67 10.71 10.77 10.80 10.89 11.25 11.41 11.55 11.76	
4 Murjorie Moore W65 1 Pat Peterson 2 Sumi Onodraleonr 3 Magdalena Kuehne 4 Izonore McDaniel W70 1 Johnnye Valien 2 Mury Holland 3 Diane Freedman 4 Josephine Sulliv 5 Jean Udell	CA NY dCA CA SVA	10.80 11.67 10.71 10.77 10.80 10.89 11.25 11.41 11.55 11.76	
4 Murjorie Moore W65 1 Pat Peterson 2 Sumi Onodraleonr 3 Magdalena Kuehne 4 Leonore McDaniel W70 1 Johnnye Valien 2 Mury Holland 3 Diane Freedman 4 Josephine Sulliv	CA NY dCA CA SVA CA MI OII anSC FL	10.80 11.67 10.71 10.77 10.80 10.89 11.25 11.41 11.55 11.76 11.80	
4 Murjorie Moore W65 1 Pat Peterson 2 Sumi Onodraleonr 3 Magdalena Kuehne 4 Leonore McDaniel W70 1 Johnnye Valien 2 Mury Holland 3 Diane Freedman 4 Josephine Sulliv 5 Jean Udell W75 1 Mary Howermaster 2 Carla Convery	CA NY dCA CA SVA CA MI OII anSC FL	10.80 11.67 10.71 10.77 10.80 10.89 11.25 11.41 11.55 11.76 11.80	
4 Murjorie Moore W65 1 Pat Peterson 2 Sumi Onodraleonr 3 Magdalena Kuehne 4 Leonore McDaniel W70 1 Johnnye Valien 2 Mury Holland 3 Diane Freedman 4 Josephine Sulliv 5 Jean Udell W75 1 Mary Bowermaster 2 Carla Convery W80	CA NY dCA CA SVA CA MI OH anSC FL	10.80 11.67 10.71 10.77 10.80 10.89 11.25 11.41 11.55 11.76 11.80	
4 Murjorie Moore W65 1 Pat Peterson 2 Sumi Onodraleonr 3 Magdalena Kuehne 4 Leonore McDaniel W70 1 Johnnye Valien 2 Mury Holland 3 Diane Freedman 4 Josephine Sulliv 5 Jean Udell W75 1 Mary Bowermaster 2 Carla Convery W80 1 Poarl Mehl	CA NY dCA CA SVA CA MI OII anSC FL OH VA	10.80 11.67 10.77 10.80 10.89 11.25 11.41 11.55 11.76 11.80 11.45 13.34	
4 Murjorie Moore W65 1 Pat Peterson 2 Sumi Onodraleonr 3 Magdalena Kuehne 4 Leonore McDaniel W70 1 Johnnye Valien 2 Mury Holland 3 Diane Freedman 4 Josephine Sulliv 5 Jean Udell W75 1 Mary Bowermaster 2 Carla Convery W80 1 Pearl Mehl 200m M30	CA NY dCA CA SVA CA MI OII anSC FL OH VA	10.80 11.67 10.77 10.80 10.89 11.25 11.41 11.55 11.76 11.80 11.45 13.34	
4 Murjorie Moore W65 1 Pat Peterson 2 Sumi Onodraleonr 3 Magdalena Kuehne 4 Leonore McDaniel W70 1 Johnnye Valien 2 Mury Holland 3 Diane Freedman 4 Josephine Sulliv 5 Jean Udell W75 1 Mary Bowermaster 2 Carla Convery W80 1 Pearl Mehl 200m M30	CA NY dCA CA SVA CA MI OII anSC FL OH VA	10.80 11.67 10.77 10.80 10.89 11.25 11.41 11.55 11.76 11.80 11.45 13.34	
4 Murjorie Moore W65 1 Pat Peterson 2 Sumi OnodraLeonr 3 Magdalena Kuehne 4 Leonore McDaniel W70 1 Johnnye Valien 2 Mary Holland 3 Diane Freedman 4 Josephine Sulliv 5 Jean Udell W75 1 Mary Bowermaster 2 Carla Convery W80 1 Pearl Mehl	CA NY dCA CA SVA CA MI OII anSC FL OH VA	10.80 11.67 10.71 10.77 10.80 10.89 11.25 11.41 11.55 11.76 11.80	
4 Murjorie Moore W65 1 Pat Peterson 2 Sumi Onodraleonr 3 Mugdalena Kuehne 4 Leonore McDaniel W70 1 Johnnye Valien 2 Mury Holland 3 Diane Freedman 4 Josephine Sulliv 5 Jean Udell W75 1 Mary Bowermaster 2 Carla Convery W80 1 Poarl Mehl 200m M30 1 Tracey Fox 2 Vince Goodman 3 Alan Sims	CA  NY dCA  CA  NY dCA  CA  SVA  CA  MI  OII  ansC  FL  OH  VA  CO  Heal  NY  NY  IX  Heal	10.80 11.67 10.71 10.80 10.89 11.25 11.41 11.55 11.46 11.80 11.45 13.34 15.60	
4 Murjorie Moore W65 1 Pat Peterson 2 Sumi OnodraLeonr 3 Maydalena Kuehne 4 Leonore McDaniel W70 1 Johnnye Valien 2 Mury Holland 3 Diane Freedman 4 Josephine Sulliv 5 Jean Udell W75 1 Mary Howermaster 2 Carla Convery W80 1 Pearl Mehl 200m M30 1 Tracey Fox 2 Vince Goodman 3 Alan Sims	CA NY dCA CA SVA CA MI OII OII OII OII VA CO Heal NY NY TX Heal NY	10.80 11.67 10.71 10.80 10.89 11.25 11.41 11.55 11.76 11.80 11.45 13.34 15.60 11.45 13.34 15.60	
4 Murjorie Moore W65 1 Pat Peterson 2 Sumi Onodraleonr 3 Mugdalena Kuehne 4 Leonore McDaniel W70 1 Johnnye Valien 2 Mury Holland 3 Diane Freedman 4 Josephine Sulliv 5 Jean Udell W75 1 Mary Bowermaster 2 Carla Convery W80 1 Poarl Mehl 200m M30 1 Tracey Fox 2 Vince Goodman 3 Alan Sims	CA NY DCA CA NY DCA CA MI OII OII OII VA CO Heal NY TX Heal NY CA SC	10.80 11.67 10.71 10.77 10.89 11.25 11.41 11.55 11.76 11.80 11.45 13.34 15.60 11.45 122.97 24.89 25.53 23.79	
4 Murjorie Moore W65 1 Pat Peterson 2 Sumi OnodraLeonr 3 Maydalena Kuehne 4 Leonore McDaniel W70 1 Johnnye Valien 2 Mury Holland 3 Diane Freedman 4 Josephine Sulliv 5 Jean Udell W75 1 Mary Bowermaster 2 Carla Convery W80 1 Pearl Mehl 200m M30 1 Tracey Fox 2 Vince Goodnan 3 Alan Sims  1 Mitchell Lovett 2 Lorenzo Payne	CA NY OCA NY OCA NY OCA NY OCA NY OCA NY	10.80 11.67 10.71 10.80 10.89 11.25 11.41 11.55 11.76 11.80 11.45 13.34 15.60 11.45 122.97 24.89 25.53 23.79 24.38	
4 Murjorie Moore W65 1 Pat Peterson 2 Sumi OnodraLeonr 3 Maydalena Kuehne 4 Leonore McDaniel W70 1 Johnnye Valien 2 Mury Holland 3 Diane Freedman 4 Josephine Sulliv 5 Jean Udell W75 1 Mary Bowermaster 2 Carla Convery W80 1 Pearl Mehl 200m M30 1 Tracey Fox 2 Vince Goodman 3 Alan Sims 1 Mitchell Lovett 2 Lorenzo Payne 3 Zach Pullins Sr 4 William Vaugh	CA NY OCA NY OCA NY OCA NY OCA NY OCA NY	10.80 11.67 10.71 10.80 10.89 11.25 11.41 11.55 11.76 11.80 11.45 13.34 15.60 11.45 122.97 24.89 25.53 23.79 24.38	
4 Murjorie Moore W65 1 Pat Peterson 2 Sumi Onodraleonr 3 Mugdalena Kuehne 4 Leonore McDaniel W70 1 Johnnye Valien 2 Mury Holland 3 Diane Freedman 4 Josephine Sulliv 5 Jean Udell W75 1 Mury Bowermaster 2 Carla Convery W80 1 Poarl Mehl 200m M30 1 Tracey Fox 2 Vince Goodman 3 Alan Sims 1 Mitchell Lovett Lorenzo Payne 3 Zach Pullins Sr 4 William Vaugh 1 Alberto Ros Jr 2 Juffrey Yale	CA NY dCA CA SVA CA MI OII CA CA SVA CA MI OII CA CA NY NY NY NY NY CA CA NY Ilea CA SD	11.67 10.71 10.80 10.89 11.25 11.41 11.55 11.41 11.55 11.76 11.80 11.45 13.34 15.60  11.45 122.97 24.89 22.87 24.89 24.55 123.13 23.79 24.55 23.26 23.42	
4 Murjorie Moore W65 1 Pat Peterson 2 Sumi OnodraLeonr 3 Maydalena Kuehne 4 Leonore McDaniel W70 1 Johnnye Valien 2 Mury Holland 3 Diane Freedman 4 Josephine Sulliv 5 Jean Udell W75 1 Mary Howermaster 2 Carla Convery W80 1 Pearl Mchl 200m M30 1 Tracey Fox 2 Vince Goodman 3 Alan Sims 1 Mitchell Lovett 2 Lorenzo Payne 3 Zach Pullins Sr 4 William Vaugh 1 Alberto Ros Jr 2 Jeffrey Yale 3 Abraham Canty	CA NY Heal NY TX HEAL	11.67 10.71 10.80 10.89 11.25 11.41 11.55 11.41 11.56 11.80 11.45 13.34 15.60  £ 1 22.97 24.38 24.55 £ 3 23.26 23.42 23.26	
4 Murjorie Moore W65 1 Pat Peterson 2 Sumi OnodraLeonr 3 Maydalena Kuehne 4 Leonore McLaniel W70 1 Johnnye Valien 2 Mury Holland 3 Diane Freedman 4 Josephine Sulliv 5 Jean Udell W75 1 Mary Bowermaster 2 Carla Convery W80 1 Pearl Mehl 200m M30 1 Tracey Fox 2 Vince Goodman 3 Alan Sims 1 Mitchell Lovett 2 Lorenzo Payne 3 Zach Pullins Sr 4 William Vaugh 1 Alberto Ros Jr 2 Juffrey Yale 3 Abraham Canty 4 Steve Gallero	CA NY OCA CA MI OI CA SVA OO HEAD NY NY THEAD CA SVA NY HEAD CA SV	11.67 10.71 10.80 10.89 11.25 11.41 11.55 11.41 11.55 11.76 11.80 11.45 13.34 15.60  11.45 122.97 24.89 25.53 22.73 23.73 24.38 24.35 23.62 24.69	
4 Murjorie Moore W65 1 Pat Peterson 2 Sumi OnodraLeonr 3 Maydalena Kuehne 4 Leonore McDaniel W70 1 Johnnye Valien 2 Mary Holland 3 Diane Freedman 4 Josephine Sulliv 5 Jean Udell W75 1 Mary Howermaster 2 Carla Convery W80 1 Pearl Mchl 200m M30 1 Tracey Fox 2 Vince Goodman 3 Alan Sims 1 Mitchell Lovett 2 Lorenzo Payne 3 Zach Pullins Sr 4 William Vaugh 1 Alberto Ros Jr 2 Jeffrey Yale 3 Abraham Canty 4 Steve Gallero Final 1 Tracey Fox	CA NY CA CA MI OI CA CA MI OI CA CA CA MI OI CA CA CA MI OI CA CA CA MI NY NY X IX CA	10.80 11.67 10.71 10.80 10.89 11.25 11.41 11.55 11.46 11.80 11.45 13.34 15.60 11.45 122.97 24.89 25.53 23.13 23.79 24.35 24.35 23.26 23.42 23.62 24.69 22.67	
4 Murjorie Moore W65 1 Pat Peterson 2 Sumi OnodraLeonr 3 Maydalena Kuehne 4 Leonore McDaniel W70 1 Johnnye Valien 2 Mury Holland 3 Diane Freedman 4 Josephine Sulliv 5 Jean Udell W75 1 Mary Bowermaster 2 Carla Convery W80 1 Poarl Mchl 200m M30 1 Tracey Fox 2 Vince Goodman 3 Alan Sims 1 Mitchell Lovett 2 Lorenzo Payne 3 Zach Pullins Sr 4 William Vaugh 1 Alberto Ros Jr 2 Juffrey Yale 3 Abraham Canty 4 Steve Gallero Final 1 Tracey Fox 2 Mitchell Lovett	CA NY OCA CA MI OCA SVA CA MI NY NY Heal NY GA SC NY Heal NY CA SD CA NY	11.67 10.71 10.71 10.80 10.89 11.25 11.41 11.55 11.76 11.80 11.45 13.34 15.60  11.45 22.97 24.88 24.55 23.26 23.42 23.62 24.69 22.67 23.11	
4 Murjorie Moore W65 1 Pat Peterson 2 Sumi OnodraLeonr 3 Maydalena Kuehne 4 Leonore McDaniel W70 1 Johnnye Valien 2 Mury Holland 3 Diane Freedman 4 Josephine Sulliv 5 Jean Udell W75 1 Mary Howermaster 2 Carla Convery W80 1 Pearl Mchl 200m M30 1 Tracey Fox 2 Vince Goodman 3 Alan Sims 1 Mitchell Lovett 2 Lorenzo Payne 3 Zach Pullins Sr 4 William Vaugh 1 Alberto Ros Jr 2 Jeffrey Yale 3 Abraham Canty 4 Steve Gallero Final 1 Tracey Fox 2 Mitchell Lovett 3 Alberto Ros Jr 4 Steve Gallero Final 1 Tracey Fox 2 Mitchell Lovett 3 Alberto Ros Jr 4 Steve Gallero Final 1 Tracey Fox 2 Mitchell Lovett 3 Alberto Ros Jr 4 Jeffrey Yale	CA NY CA CA MI OI CA CA MI OI CA CA CA MI OI CA CA CA MI OI CA CA CA MI NY NY X IX Ea CA	11.67 10.71 10.80 10.89 11.25 11.41 11.55 11.41 11.55 11.33 15.60  11.45 122.97 24.89 25.53 23.26 24.69 22.67 23.11 23.34 23.42 23.62 24.69	
4 Murjorie Moore W65 1 Pat Peterson 2 Sumi OnodraLeonr 3 Maydalena Kuehne 4 Leonore McDaniel W70 1 Johnnye Valien 2 Mury Holland 3 Diane Freedman 4 Josephine Sulliv 5 Jean Udell W75 1 Mary Howermaster 2 Carla Convery W80 1 Pearl Mchl 200m M30 1 Tracey Fox 2 Vince Goodman 3 Alan Sims 1 Mitchell Lovett 2 Lorenzo Payne 3 Zach Pullins Sr 4 William Vaugh 1 Alberto Ros Jr 2 Jeffrey Yale 3 Abraham Canty 4 Steve Gallero Final 1 Tracey Fox 2 Mitchell Lovett 3 Alberto Ros Jr 4 Steve Gallero Final 1 Tracey Fox 2 Mitchell Lovett 3 Alberto Ros Jr 4 Steve Gallero Final 1 Tracey Fox 2 Mitchell Lovett 3 Alberto Ros Jr 4 Jeffrey Yale	CA NY OC CA MI OI CA SVA CA MI OI CA SVA CA MI CA SVA CA MI CA SVA CA SV	11.67 10.71 10.71 10.80 10.89 11.25 11.41 11.55 11.41 11.56 11.80 11.45 13.34 15.60  11.45 13.34 15.60 22.489 25.53 23.24 23.13 23.43 23.43 23.43 23.43 23.43 23.43 23.43 23.43 23.43	
4 Murjorie Moore W65 1 Pat Peterson 2 Sumi OnodraLeonr 3 Maydalena Kuehne 4 Leonore McDaniel W70 1 Johnnye Valien 2 Mury Holland 3 Diane Freedman 4 Josephine Sulliv 5 Jean Udell W75 1 Mary Bowermaster 2 Carla Convery W80 1 Poarl Mchl 200m M30 1 Tracey Fox 2 Vince Goodman 3 Alan Sims 1 Mitchell Lovett 2 Lorenzo Payne 3 Zach Pullins Sr 4 William Vaugh 1 Alberto Ros Jr 2 Juffrey Yale 3 Abraham Canty 4 Steve Gallero Final 1 Tracey Fox 2 Mitchell Lovett	CA NYA CA MI III CA SU	11.67 10.71 10.71 10.80 10.89 11.25 11.41 11.55 11.46 11.80 11.45 13.34 15.60 11.45 22.97 24.89 25.53 23.26 23.13 23.43 24.28 24.55 23.42 23.62 24.69 22.67 23.11 23.33 23.43 24.28	
4 Murjorie Moore W65 1 Pat Peterson 2 Sumi OnodraLeonr 3 Maydalena Kuehne 4 Leonore McDaniel W70 1 Johnnye Valien 2 Mury Holland 3 Diane Freedman 4 Josephine Sulliv 5 Jean Udell W75 1 Mary Bowermaster 2 Carla Convery W80 1 Pearl Mehl 200m M30 1 Pearl Mehl 200m M30 1 Tracey Fox 2 Vince Goodman 3 Alan Sims 1 Mitchell Lovett 2 Lorenzo Payne 3 Zach Pullins Sr 4 William Vaugh 1 Alberto Ros Jr 2 Jeffrey Yale 3 Abraham Canty 4 Steve Gallero Final 1 Tracey Fox 2 Mitchell Lovett 3 Alberto Ros Jr 4 Jeffrey Yale 5 Abraham Canty 6 Lorenzo Payne M35 1 Eugene Vickers	CA NYA CA MI III CA CA MI III CA CA CA MI III CA CA CA MI III CA CA CA CA MI III CA	11.67 10.71 10.80 10.89 11.25 11.41 11.55 11.41 11.56 11.80 11.45 13.34 15.60  11.45 13.34 15.60 22.489 25.53 23.26 23.13 23.43 24.28 24.59 24.59 24.59 24.59	The state of the s
4 Murjorie Moore W65 1 Pat Peterson 2 Sumi OnodraLeonr 3 Maydalena Kuehne 4 Leonore McDaniel W70 1 Johnnye Valien 2 Mury Holland 3 Diane Freedman 4 Josephine Sulliv 5 Jean Udell W75 1 Mary Bowermaster 2 Carla Convery W80 1 Pearl Mehl 200m M30 1 Tracey Fox 2 Vince Goodman 3 Alan Sims 1 Mitchell Lovett 2 Lorenzo Payne 3 Zach Pullins Sr 4 William Vaugh 1 Alberto Ros Jr 2 Juffrey Yale 3 Abraham Canty 4 Steve Gallero Final 1 Tracey Fox 2 Mitchell Lovett 3 Alberto Ros Jr 4 Jeffrey Yale 5 Abraham Canty 4 Jeffrey Yale 5 Abraham Canty 6 Lorenzo Payne M35 1 Eugene Vickers 2 Stephen Winkel	CA NYA CA MI III OH A O HEAD NYA YI HEAD NYA SAN HEAD NYA CADASHI	11.67 10.71 10.80 10.89 11.25 11.41 11.55 11.41 11.55 11.80 11.45 13.34 15.60  11.45 22.97 24.38 24.25 23.13 23.42 23.62 24.69 24.69 24.76	
4 Murjorie Moore W65 1 Pat Peterson 2 Sumi OnodraLeonr 3 Maydalena Kuehne 4 Leonore McDaniel W70 1 Johnnye Valien 2 Mury Holland 3 Diane Freedman 4 Josephine Sulliv 5 Jean Udell W75 1 Mary Howermaster 2 Carla Convery W80 1 Pearl Mchl 200m M30 1 Tracey Fox 2 Vince Goodman 3 Alan Sims 1 Mitchell Lovett 2 Lorenzo Payne 3 Zach Pullins Sr 4 William Vaugh 1 Alberto Ros Jr 2 Juffrey Yale 3 Abraham Canty 4 Steve Gallero Final 1 Tracey Fox 2 Mitchell Lovett 3 Alberto Ros Jr 4 Jeffrey Yale 3 Abraham Canty 4 Steve Gallero Final 1 Tracey Fox 2 Mitchell Lovett 5 Abraham Canty 6 Lorenzo Payne M35 1 Eugene Vickers 2 Stephen Winkel 3 Jay Muthis	CA NYA CA MI III OH A O HEAD NYA YI HEAD NYA SAN HEAD NYA CADASHI	10.80 11.67 10.71 10.80 10.89 11.25 11.41 11.55 11.41 11.55 11.41 11.55 11.76 11.80 11.45 13.34 15.60 11.45 122.97 24.89 25.53 23.13 23.79 24.35 24.35 23.42 23.42 24.69 25.53 23.42 24.77 24.89 25.53 27.24 28.24 29.25 29.26 20.26 20.26 20.26 20.26 20.26 20.26 20.26 20.26 20.26 20.26 20.26 20.26 20.26 20.26 20.26	
4 Murjorie Moore W65 1 Pat Peterson 2 Sumi OnodraLeonr 3 Maydalena Kuehne 4 Leonore McDaniel W70 1 Johnnye Valien 2 Mury Holland 3 Diane Freedman 4 Josephine Sulliv 5 Jean Udell W75 1 Mary Bowermaster 2 Carla Convery W80 1 Pearl Mehl 200m M30 1 Tracey Fox 2 Vince Goodman 3 Alan Sims 1 Mitchell Lovett 2 Lorenzo Payne 3 Zach Pullins Sr 4 William Vaugh 1 Alberto Ros Jr 2 Juffrey Yale 3 Abraham Canty 4 Steve Gallero Final 1 Tracey Fox 2 Mitchell Lovett 3 Alberto Ros Jr 4 Jeffrey Yale 5 Abraham Canty 4 Jeffrey Yale 5 Abraham Canty 6 Lorenzo Payne M35 1 Eugene Vickers 2 Stephen Winkel	CA NYACA CAMINISC CAM	11.67 10.71 10.80 10.89 11.25 11.41 11.55 11.41 11.56 11.80 11.45 13.34 15.60  11.45 13.34 15.60  122.97 24.89 25.53 123.26 23.42 23.13 23.43 24.26 24.69 25.73 24.89 24.76 24.77 24.76 24.77 24.94 25.72	
4 Murjorie Moore W65 1 Pat Peterson 2 Sumi OnodraLeonr 3 Maydalena Kuehne 4 Leonore McDaniel W70 1 Johnnye Valien 2 Mury Holland 3 Diane Freedman 4 Josephine Sulliv 5 Jean Udell W75 1 Mary Bowermaster 2 Carla Convery W80 1 Poarl Mchl 200m M30 1 Tracey Fox 2 Vince Goodman 3 Alan Sims 1 Mitchell Lovett 2 Lorenzo Payne 3 Zach Pullins Sr 4 William Vaugh 1 Alberto Ros Jr 2 Juffrey Yale 3 Abraham Canty 4 Steve Gallero Final 1 Tracey Fox 2 Mitchell Lovett 3 Alberto Ros Jr 4 Jeffrey Yale 3 Abraham Canty 4 Steve Gallero Final 1 Tracey Fox 2 Mitchell Lovett 3 Alberto Ros Jr 4 Jeffrey Yale 5 Abraham Canty 6 Lorenzo Payne M35 1 Eugene Vickers 2 Stephen Winkel 3 Juy Muthis 4 Kinley Hill 5 Kurt Shade	CA NYA CA MI III CA CA MI III CA	10.80 11.67 10.71 10.80 10.89 11.25 11.41 11.55 11.41 11.55 11.45 11.80 11.45 13.34 15.60 11.45 13.34 15.60 24.89 24.55 23.13 23.26 23.42 23.62 24.69 24.69 24.77 24.94 25.72 24.94 25.72 24.94 25.72 24.94 25.72 24.94 25.72 24.94 25.72 24.94 25.72 24.94 25.72 24.94 25.72 24.94 25.72 25.72 24.94	
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Continued from pre	vious pag	e   3 E
4 Larry Finley 5 Rod Wilson	OH 25.41 MI 26.41	
Final		
1 Ben James 2 Derek Holloway	NY 22.62 NJ 22.74	2 2 0
3 Eugene Vickers		
4 Anthony Krainik 5 Jay Mathis	TN 24.5	7   5 W
6 Stephen Winkel M40	TN 24.8	
1 Gerry Krainik	Heat 1 IL 24.2	9 1 5
2 Steve Coenen 3 Eddie Mose	IL 24.29 VA 24.66 NJ 27.00	3 3
4 Bob Gill	CT 27.9	4 4 T
1 Neville Hodge	Heat 2 MD 22.9	7 M75
2 Kevin Nance	AZ 24.3	8 1 3
3 Robert Hahn	TX 26.0	
1 Brian Lee 2 Ken Taylor	Heat 3 MD 25.5 GA 25.9	6 4 J
3 Al Burch	SC 26.1	1 M80
4 Larry Isler 5 Mark Robinson	SC 26.1 VA 26.3 CA 26.3	6 2 M
1 Richard Thomas	Heat 4	M85
2 David Craig	TN 24.9	1 1 V
3 Ron Jackson 4 Richard Clary	SC 25.39 NC 26.50	W20
	Heat 5 MD 23.63	1 R
1 Thomas Jones 2 Tom Rewolinski	WI 25.15	3 K
3 Eddie Coverson 4 Barry Blake	GA 25.30 NJ 30.60	5 D
Final		1.0
1 Neville Hodge 2 Thomas Jones	MD 23.28 MD 23.54	2 14
3 Richard Thomas	TX 23.71	1 4 0
4 Gerry Krainik 5 Steve Coenen	IL 24.06 VA 25.86	W40
, M45 1 Phil Felton	Heat 1	1 Ir
2 Joe Mack	VA 24.91	3 De
3 Harry Blake 4 Ricky Sherrod	SC 24.98 TX 26.47	
	Heat 2	W45
1 Charles Allie 2 Zbigniew Zlobick	PA 24.24 IMI 25.48	2 Sh
3 Greg Marshall	GA 26.10	3 Je W50
1 Tocco Noman	Heat 3 NY 24.37	1 Na
2 Alex Constantino 3 Glenn Johnson	NY 25.38	2 Per 3 Mar
3 Glenn Johnson 4 Jimmie Jones	TX 27.07	4 Ca
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1 Charles Allie 2 Jesse Norman	PA 23.99 NY 24.33	W55
3 Phil Felton 4 Joe Mack	NJ 24.56 VA 25.0	- An
5 Harry Blake 6 Alex Constantino	SC 25.2	7   1 Be
M50	Heat 1	3 Fe
1 Tom Bassett 2 Lincoln Russin	NE 25.18	8 W65
3 Randall Brady 4 Avital Schurr		
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1 Ron Johnson 2 Bic Stevens 3 Robert Lloyd	NY 24.9	7 1 Jo 2 Ma
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4 Rab Hagin	KY 28.3	9 4 50
1 Joseph Johnson 2 Roger Assink 3 Paul Simmons	NJ 24.6	2 1 M
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1 'Thad Bell	SC 25.	23 3 3
2 Paul Gilbert Final	CA 31.	5 1
1 Joseph Johnson	NJ 24.	25 6 5
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4 Roger Pierce	MA 24	88 1 1
o mad berr	SC 34	04 2 5
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Pinal Joseph Johnson Roman Johnson Roman Johnson The Bassett Roger Pierce Thad Bell M55 I Farry Colbert Bill Knocke Wayne Bennett Roger	TX 26.	81 7
3 Wayne Bennett	TX 26.	81 7
4 Dennis Buss 5 Charles West 6 Dennott Tierma	II. 27. MD 28.	21 7 71 8 92 9
4 Dennis Buss 5 Charles West 6 Dennott Tierma M60 1 Milton Newton	II. 27. MD 28. n KY 29. lleat 1 CA 26.	21 7 71 8 92 9
4 Dennis Buss 5 Charles West 6 Dennott Tierma M60 1 Milton Newton 2 Bob Dodds 3 Cliff Pauling	1X 26.  II. 27.  MD 28.  NY 29.    Heat 1     CA 26.   NY 27.   NY 28.	21 7 71 8 92 9
3 Wayne Bennet 4 Dennis Buss 5 Charles West 6 Dennott Tierma M60 1 Milton Newton 2 Bob Dodds 3 Cliff Pauling 4 James Ware	II. 27. MD 28. ME 29. Heat 1 CA 26. NY 27. NY 28. IN 30.	81 7 71 8 92 9 10 64 1 .99 1 .13 3
4 Dennis Buss 5 Charles West 6 Dennott Tierma M60 1 Milton Newton 2 Bob Dodds 3 Cliff Pauling 4 James Ware 1 Dick Richards	IX 26. II. 27. MD 28. NY 29. Ileat 1 CA 26. NY 27. NY 28. IN 30. Ileat 2 CA 27.	81 21 71 8 92 10 64 99 11 13 3 118 4
4 Dennis Buss 5 Charles West 6 Dennott Tierma M60 1 Milton Newton 2 Bob Dodds 3 Cliff Pauling 4 James Ware 1 Dick Richards	IX 26. II. 27. MD 28. NY 29. Ileat 1 CA 26. NY 27. NY 28. IN 30. Ileat 2 CA 27.	81 71 8 92 10 64 199 13 3 18 4 4 5 6 24 7
3 Wayne Bennet 4 Dennis Buss 5 Charles West 6 Dennott Tierma M60 1 Milton Newton 2 Bob Dodds 3 Cliff Pauling 4 James Ware 1 Dick Richards 2 Alex Johnson 3 Lowell Bonific 4 Frod Biodenan	II. 27. MD 28. n KY 29. lleat 1 CA 26. NY 27. NY 28. IN 30. lleat 2 CA 27. NJ 28.	81 71 81 992 10 64 11 999 113 3 118 4 4 5 64 7 14 86 99
4 Dick Richards 4 Dick Richards 5 Charles West 6 Dennott Tierma M60 1 Milton Newton 2 Bob Dodds 3 Cliff Pauling 4 James Ware 1 Dick Richards 2 Alex Johnson 3 Lowell Bonific 4 Fred Biodennar 5 Tony Besase Final	II. 27, MD 28, N KY 29, Heat 1 CA 26, NY 27, NY 28, IN 30, Heat 2 CA 27, NJ 28, IN 28, IN 29, VA 30	81 71 89 92 10 64 14 99 2 113 3 118 4 5 6 4 7 14 8 8 9 9 10
J Wayne Bennet A Dennis Buss Charles West Dennott Tierma M60 Milton Newton Bob Dodds Cliff Pauling James Ware Dick Richards Alex Johnson Lowell Bonifie Fred Biedennar Thought	II. 27, MD 28. n KY 29, leat 1 CA 26. NY 27. NY 28. IN 30, leat 2 CA 27, NJ 28. Id TX 29 NN 29 VA 30 CA 26 NY 27	21 7 1 8 92 9 10 664 M4 99 2 1 13 3 18 4 4 5 6 7 14 8 8 9 9 10 10 10 10 10 10 10 10 10 10 10 10 10
J Wayne Bennet A ltennis Buss Charles West Dennott Tierma M60 M60 Milton Newton Lob Dodds Cliff Pauling James Ware  Dick Richards Alex Johnson Lowell Bonific Fred Biedeman Tony Besase Final Milton Newton Cliff Pauling Alex Johnson	II. 27, MD 28. n KY 29, leat 1 CA 26. NY 27. NY 28. IN 30, leat 2 CA 27, NJ 28. Id TX 29 NN 29 VA 30 CA 26 NY 27	21 7 1 8 92 9 10 664 M4 99 2 1 13 3 18 4 4 5 6 7 14 8 8 9 9 10 10 10 10 10 10 10 10 10 10 10 10 10
4 Nayne Bennet 4 Nannis Buss 5 Charles West 6 Dennott Tierma M60 1 Milton Newton 2 Bob Dodds 3 Cliff Pauling 4 James Ware 1 Dick Richards 2 Alex Jolmson 3 Lowell Bonifie 4 Pred Biedenmar 5 Tony Besase Final 1 Milton Newton 2 Cliff Pauling 3 Alex Johnson 4 Lowell Bonifie Dick Richards	II. 27. MD 28. n KY 29. lelat 1 CA 26. NY 27. NY 28. IN 28. IN 29. leat 2 CA 27. NJ 28. IN 30. leat 2 CA 27. NJ 28. IN 30. CA 26. NY 27. NJ 28. IN 30. CA 26. NY 27. NJ 28. IN 29. IN 20. IN 20	21 7 1 8 92 92 10 10 13 18 4 1 1 14 8 15 14 14 18 15 14 14 18 15 14 14 16 17 18 18 16 17 18 18 17 18 18 18 18 18 18 18 18 18 18 18 18 18
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4 Nayne Bennet 4 Nannis Buss 5 Charles West 6 Dennott Tierma M60 1 Milton Newton 2 Bob Dodds 3 Cliff Pauling 4 James Ware 1 Dick Richards 2 Alex Jolmson 3 Lowell Bonifie 4 Pred Biedenmar 5 Tony Besase Final 1 Milton Newton 2 Cliff Pauling 3 Alex Johnson 4 Lowell Bonifie Dick Richards	II. 27, MD 28, MK 29, Heat 1 CA 26, NY 27, NY 28, IN 30, Heat 2 CA 27, NJ 28, Id TX 29, WA 30  CA 26 NY 27 NJ 28, Id TX 29 CA 26 NY 27 NJ 28 Ld TX 29 CA 26 NY 27 NJ 28 Ld TX 29 CA 4d Heat 1 MD 30 MD 32	81 7 71 8 92 92 10 10 10 10 10 10 10 10 10 10 10 10 10
J Wayne Bennet  4 Nannis Buss  5 Charles West  6 Dennott Tierma  M60  1 Milton Newton  2 Bob Dodds  3 Cliff Pauling  4 James Ware  1 Dick Richards  2 Alex Jolnson  3 Lowell Bonifie  4 Pred Biedenmar  5 Tony Besase  Final  1 Milton Newton  2 Cliff Pauling  3 Alex Johnson  4 Lowell Bonifie  Dick Richards  M65  1 James Stookey  2 Wm Bergen Jr  3 Carl Orndoff	II. 27, MD 28, MK 29, Heat 1 CA 26, NY 27, NY 28, IN 30, Heat 2 CA 27, NJ 28, Id TX 29, WA 30  CA 26 NY 27 NJ 28, Id TX 29 CA 26 NY 27 NJ 28 Ld TX 29 CA 26 NY 27 NJ 28 Ld TX 29 CA 4d Heat 1 MD 30 MD 32	81 7 71 8 92 92 10 10 10 10 10 10 10 10 10 10 10 10 10
4 lunnis Buss 5 Charles West 6 Dennott Tierma M60 1 Milton Newton 2 Bob Dodds 3 Cliff Pauling 4 James Ware 1 Dick Richards 2 Alex Johnson 3 Lowell Bonifie 4 Fred Biodennar 5 Tony Besase Final 1 Milton Newton 2 Cliff Pauling 3 Alex Johnson 4 Lowell Bonifie Dick Richards M65 1 James Stookey 2 Wm Bergen Jr 3 Carl Orndoff 4 Jack Lance	II. 27, MD 28. n KY 29, leat 1 CA 26, NY 27, NY 28. IN 30, leat 2 CA 27, NJ 28. Id TX 29 VA 30  CA 26 NY 27 NY 29 VA 30  CA 26 NY 27 NJ 28 Lid TX 29 CA 26 NY 27 NJ 28 Lid TX 29 CA 33 NJ 38 Lieat 1 MD 30 CA 33 NJ 38 Lieat 2	81 7 71 8 92 92 100 664 11 3 3 1.18 4 4 5 6 7 71 14 8 8 6 99 100 100 11 14 12 12 12 14 11 15 6
J Wayne Bennet A lannis Buss Charles West Dennott Tierma M60 Milton Newton Lob Dodds Cliff Pauling James Ware Lick Richards Alex Johnson Lowell Bonifie Fred Biedenmar Thony Besase Final Milton Newton Cliff Pauling Alex Johnson Lowell Bonifie Dick Richards M65 James Stookey Mn Bergen Jr Carl Orndoff Jack Lance	II. 27, MD 28, ME 29, ME 21, MS 29, MS 26, MS 27, MS 28, MS 29, MS 29, MS 26, MS 27, MS 28, MS 29, MS 29, MS 29, MS 29, MS 29, MS 29, MS 28, MS 30, MS 33, ME 21, MS 33, ME 22, AL 29, AL 29	81 7 71 9 92 91 100 664 11 18 4 43 56 11 18 4 77 11 18 86 99 100 11 14 12 12 14 11 12 11 12 11 12 11 12 11 12 11 12 11 12 11 11
4 lunnis Buss 5 Charles West 6 Dennott Tierma M60 1 Milton Newton 2 Bob Dodds 3 Cliff Pauling 4 James Ware 1 Dick Richards 2 Alex Johnson 3 Lowell Bonifie 4 Fred Biodennar 5 Tony Besase Final 1 Milton Newton 2 Cliff Pauling 3 Alex Johnson 4 Lowell Bonifie Dick Richards M65 1 James Stookey 2 Wm Bergen Jr 3 Carl Orndoff 4 Jack Lance	II. 27, MD 28. n KY 29, leat 1 CA 26, NY 27, NY 28. IN 30, leat 2 CA 27, NJ 28. Id TX 29 VA 30  CA 26 NY 27 NY 29 VA 30  CA 26 NY 27 NJ 28 Lid TX 29 CA 26 NY 27 NJ 28 Lid TX 29 CA 33 NJ 38 Lieat 1 MD 30 CA 33 NJ 38 Lieat 2	81 7 71 9 92 91 100 664 11 18 4 43 56 11 18 4 77 11 18 86 99 100 11 14 12 12 14 11 12 11 12 11 12 11 12 11 12 11 12 11 12 11 11

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3 Bob Alexander	TN	29.97	M50	17.5	
4 Larry Greco		32.76	1 Roger Pierce	MA	55.74
5 Chuck Sochor Final	MI	dnf	2 Ron Johnson 3 Bic Stevens	NY MA	55.75 55.88
1 James Stookey	MD	28.06	4 Norman Witek		56.53
2 Gordon Seifert 3 Jack Coy	AL OR	28.77 29.20	5 Robert Lloyd 6 Dan Durante	MI CA	57.76 59.84
4 Bob Alexander	TN	30.04	7 George Mason		61.20
5 Wm Bergen Jr	MD	32.34	8 Allen McDaniel		62.48
6 Larry Greco M70	NC	34.07	9 Rab Hagin 10Don Masterson	KY MD	63.53
1 Sam Madia	PA	31.98	11Abelardo Suarez	MD	65.99
2 Ray Bower	PA	31.99	- Mel Fields - Marcos Levi		dnf
3 Jack Hipple 4 Tom Kennel	MI	32.66 33.50	M55	GA.	dq
5 Art Holland	MI	39.46	1 Larry Colbert	MD	57.36
M75 1 John Alexander	TX	30. 20	2 Bill Knocke 3 Wayne Bennett	CA	59.29 62.70
2 Ed Matthews	MD	30.29	4 Charles West	MD	65.02
3 Jim Manno	NJ	33.03	5 Dermott Tierman 6 Walt Lancaster	KY SC	68.13
4 John Means 5 Ted Yenari	OH	34.74 38.66	M60	3.	00.2.
M80			1 Fritz Schlereth		62.86
1 Gar Schoener 2 Milo Lightfoot	PA IN	37.82 38.92	2 Cliff Pauling 3 James Ware	IN	63.96 70.28
3 Ed Andrysiak	MI	53.05	M65		
M85 1 Virgil McIntyre		40.44	- Earl Fee (	CAN	61.78
2 Charles Espy	AZ FL	48.44	2 Paul Heitzman	KS	66.14
W30			3 Bill Allgood	NC	66.35
	SNNU	26.30 27.51	4 Jack Greenwald 5 Bob Alexander		70.19
3 Kimberly Jones	CA	29.22	. 6 Phil O'Connell	FL	73.60
4 Ruvinia Kelly 5 Denise Jones	NY	29.54	7 Walter Gale 8 Wm Bergen Jr	CT MD	75.89 76.29
W35			M70		
1 Belinda McCoy 2 Louise Clark	OH	28.36	1 Harold Johnson 2 Sam Madia	GA PA	73.50
3 Angela Nealy	IN	28.53 28.67	3 Archie Messenger		74.74
4 Cheryl Alsbon	N	30.09	4 Jack Hipple	MI	75.21
W40 1 Irene Thompson	NY	27.28	5 John McManus 6 Roy Englert	NY VA1:	76.05
2 Cindy Steenberger	TX	27.37	M75		
3 Denise McField	MO	27.49	1 John Alexander 2 Jim Manno	TX NJ	72.39 72.41
Jacqueline Board Leah Rewolinski	WI	29.46 34.48	3 Ed Matthews	MD	81.03
145	-		4 John Means	OH	81.45
Phil Raschker Sharon Warren		26.66 28.68	M80 1 Milo Lightfoot	TN1 ·	36.66
Jennifer Pinto		31.57	2 Frank Levine		45.03
150	A11/	20.00#	3 Harold Massie	NE2:	19.61
Nadine Lowenstein Penny Danielson		30.80# 32.80	M85 1 Virgil McIntyre	AZ1:	59.94
		33.51	2 Charles Espy		48.62
Cathy Primmer		34.32	W30 1 Vikki Hearns	011	C1 CC
		36.28 37.63	2 Jenny Cottingham	OH	61.56
155			3 Ruvinia Kelly	NJ	71.02
Ann M Rosenitsch	AN	32.71	W35		
Betty Vosburgh	GA	33.25#	1 Joy UpshawMargern 2 Belinda McCoy	OH	61.17
Anne Yudell Fei-Mei Chou	NC CA	34.86	3 Sheree Robertson		65.96
65	CA	38.12	4 Robin Tarpinian 5 Alicia Johnson	SC	66.51
Sumi OnodraLeonro		37.16	W40		00117
Pat Peterson Leonore McDaniels		38.89 39.52	1 Irene Thompson		62.84
70			2 Jacqueline Board 3 Paula Dicksn'faylı		64.49
Johnnye Valien Mary Holland	CA MI	39.59 42.76	4 Maisha Nguvu	M	84.09
Diane Friedman	OII	42.90	- Alison Shelling W45	CA	dnf
Jean Udell	FL	46.09	1 Mary Rosado	NY	74.36
N75 1 Mary Bowermaster	ОН	47.33	2 Jennifer Pinto 3 Mary Gale	NY MD1 ·	74.82
2 Carla Convery	VA	51.08	W50		
W80 1 Pearl Mehl	œ	57.61*	1 Nadine Lowenstein 2 Eileen Cox	YMn UN	69.53# 76.52
400m	13.5		3 Cathy Primmer	IN	82.16
M30 1 Tracey Fox	NY	50.82	W55	IN	88.66
2 Mitchell Lovett	NY	51.07	1 Siglinde Moore W60	TIA	30.00
3 Jeffrey Yale	SD	52.75	1 Betty Vosburgh	GA	78.47*
4 William Vaughn 5 Vince Coodman	NY	54.33	2 Anne Yudell 3 Kati McIntyre	NC AZ	83.86 85.57
6 Steve Gallero	MI	56.47	W65		
Lynton Leacock M35	NC	dnf	1 Sumi OnoderaLeon 2 Lois Filreis		85.89 90.68
1 R A Blackwell	PA	50.97	3 Pat Peterson		:42.03
2 Sal Allah 3 Stephen Winkel	ITI	51.54	W70	m	99 10"
4 Anthony Krainik	AZ	54.42	1 Louise Adams 2 Diane Friedman		98.10# :56.54
5 Lloyd Jeremiah	DC	55.21	W80		
6 Eugene Vickers 7 Dennis Coleman	MD	55.25 55.99	1 Pearl Mehl - Ivy Granstrom		:25.65
8 Kinley Hill	VA	56.51	800m		
9 Jarry Finley 10 Terry O'Connell	PA	56.59 58.24	M30		50
M40					58.81
1 Richard Thomas 2 Ed Conera	TX NY		3 Nino Tillman	GA 2:	06.45
3 Gerry Krainik	IL	54.09		IN 2:	13.51
4 Steve Coenen 5 Ton Hartshorne	VA NY		6 Eric Vanderhoef		
6 John Roebuck	PA		- Terence Bailey		
7 Ron Jackson	SC		1 Anselm LeBourne	NJ 1:	:55.70
9 James Reppert	SC		2 Cal Allah	MIT 1.	
10Curtis Baldwin	IN	57.97	3 Jeff Lindsey 4 Rick Smith	MA 2	:00.99
11Brian Lee 12Ken Taylor	MD	58.18	5 Jim Busby	TN 2	:03.97
13Brooks Wright	GA OK	60.84	6 Mark Carver	TN 2	:05.62 :07.76
14Bob Gill	CT	62.28	8 Dennis Coleman	MD 2	:11.56
- Fred Alexander M45	CA	dnf	9 Nikos Mourtos	CA 2:	:12.18
1 Charles Allie	PA				:20.31
2 Jesse Norman 3 Phil Felton	NY NJ		M40		
4 Alex Constantin	NOUNY	56.19	1 Dave Schwartz	IA 1:	:59.76
5 Morris Morgan 6 Tom Cunningham	NY MA	57.16 57.33	2 Steve Gallagher 3 Tom Hartshorne	IL 2	:01.99
7 Wayne Morris	CA	58.33	4 Rick Easley 5 Bruce Frey	TX 2	03.61
8 Luis Pannarale	CA	59.10	5 Bruce Frey	PA 2:	:04.82

tio	nal	M	asters News	
MA	55.	74	6 Tom Richman CO 2:04.87 7 Stan Clark KY 2:05.46	5
NY	55.		8 'Tom Aspel AR 2:07.34 9 Neil Howk AZ 2:07.97	M
MA NC	55. 56.		10Jim Reppert 'TX 2:11.26	1 2
MI	57. 59.		11Dan Winzenried WI 2:11.53 12Ourtis Baldwin IN 2:12.39	3
CA	61.	20	13Kevin Kelly GA 2:13.24 14Dmeric Butler VA 2:15.04	5
GA KY	62.	53	15Alvin Burch sC 2:15.70	6
MD MD	63.		16'turran Harper MI 2:16.85 17Jim Halsch NC 2:18.39	8 9
MD GA	dnf		18Brooks Wright OK 2:21.33 19Mark Lieberman CT 2:25.76	1
	dq		- Joe Teeling IA dof	1
MD	57. 59.		M45 1 Don Drozd OH 2:09.31	1
TX MD	62. 65.	70	2 Randy Taylor AR 2:10.45 3 Wayne Morris CA 2:10.97	1
KY	68.	13	4 Luis Pannarale CA 2:12.63 5 Morris Morgan NY 2:12.77	M
sc	68.	25	6 David Harris GA 2:13.19	1 2
NY NY	62.		7 Don Fish IA 2:13.71 8 Bill Gale MD 2:14.81	3
IN	70.		9 John Hickey GA 2:14.95 10Karl Fields NC 2:14.95	5
CAN	61.		11John Danforth NC 2:16.10 12 Tom Cunningham MA 2:16.58	7
IL KS	64.	70 14	13Brad Johnson RI 2:19.41	8
NC OH		35	M50 1 Bic Stevens MA 2:11.45	1 M
TN	70.	36	2 Paul Perry IL 2:11.68 3 Bruce Carter PA 2:16.19	1
FL	73. 75.		4 Allen McDaniel GA 2:17.47	3
MD	76.	29	5 Don Masterson NY 2:22.89 6 Dan Masterson MD 2:30.51	4 5
GA PA	73. 74.		7 Larry Smith NY 2:33.80 8 Sam McClendon CT 2:33.81	M
NH	74.	74	9 Art Maillet MN 2:48.90 M55	2
MI	75. 76.	05	1 John Dunkelberg NC 2:25.76	3
VA1	:42.	81	2 Sid Howard NJ 2:25.77 3 Wally Brawner KS 2:29.08	5
TX	72.		4 Jim Clark FT. 2:29.09 5 James Huffman KY 2:30.43	7
MD	72. 81.	03	6 Bobby Kincaid MO 2:32.92	1
OH	81.	45	7 Ken Ogden OR 2:36.27 M60	3
	:36.		1 Ino Cantu TX 2:28.30 2 James AneshanslyNY 2:29.25	4
	:19.		3 Cliff Pauling NY 2:30.42	5 M
	:59.		4 Bailey AbernathyMS 2:33.17 M65	1
FL2	:48.	62	- Earl Fee CAN 2:18.66 1 Paul Heitzman KS 2:27.37	2
OH	61.		2 Bill Allgood NC 2:36.86 3 Walter Gale CT 2:49.62	4
TX NJ	71.	43 02	4 Larry Hall TN 3:01.29	5 M
III	61.	17	- Phil O'Connell FL dnf M70	1 2
OH	64.	43	1 Archie MessengerNII 2:48.81 2 John McManus NY 2:54.12	M
WI SC	65. 66.	51	2 John McManus NY 2:54.12 3 Exnie MacDonald FL 3:25.29 M75	1
N	68.	47	1 Bill Tribou FL 3:20.58	1
NY MO	62. 64.		1 Austin Newman NJ 3:20.57*	3
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	84. dnf		3 Dudley Healy NJ 3:53.01 4 Max Springer TN 3:55.09 5 Harold Massie NE 5:16.29 M85	M
NY	74.	36	M85 1 Charles Espy FL 5:51.29*	W
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M	76.	52	W35 1 Carla Hervert IL 2:24.66	3
IN	82.		2 Robin Tarpinian SC 2:29.89	W
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	90.		1 Mary Rosado NY 2:42.00 2 Mary Hartzler OH 2:55.01	3
00	98.	10#	W50	5
	:56.		1 Jo Marchetti CT 2:40.58 2 Ann Makoske FL 2:50.10	W
	:25.		3 Eileen Cox NJ 2:53.01 4 Dody Burkey IA 2:53.61	2 3
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9 Mark Furkis	IN	4:	43.	.34	
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3 Don Lein	NC	5:	25	.71	
4 John Conner	NY	5:	55	.18	3
5 Bailey Abernath M65					3 8
- Earl Fee	CAN	5:	21	.52	
1 Paul Heitzman 2 Casey Jones	GA	5:	44	.31	
4 Walter Gale	OH	6:	15	.75	
5 Larry Hall M70	TN	6:	43	.77	Se la
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	2 Ed Swiatocha TX 9:34.30 3 Jim Gorman CA 9:45.10 4 Roger Price NJ 9:47.73
9	4 Roger Price NJ 9:47.73
	5 Fred Dedrick PA 10:34.43 M50
	1 Richard Webb DE 9:51.98 2 Carroll DeWeeseMI 10:39.81 3 Dane Freenan SC 11:09.52 A Art Maillet MN 12:14.02
8	3 Dane Freeman SC 11:09.52
10000	4 Art Maillet MN 12:14.02 5 Chas Hutchings NC 14:18.92
	6 Doug Brown FL 16:52.46 M55
5	1 Bobby Kincaid MO 10:42.48
100	1 Bobby Kincaid MO 10:42.48 2 Wally Brawner KS 10:59.71 3 Ken Ogden OR 11:35.03 4 Adrian Crawner SC 11:54.28
	4 Adrian Craven SC 11:54.28 5 John Hurley NY 12:45.44
No.	- Jim McFadden OK dnf M60
SULVE DE	1 Don Lein NC 11:18.69
	2 Pete Hettrich NY 11:19.24 3 Bailey AbrnathyMS 11:52.93 4 Art Bigelow FL 13:52.25
	4 Art Bigelow FL 13:52.25 5 Jim Keck NC 15:54.56
9.16	M65
1000	1 Paul Heitzman KS 11:10.70# 2 Walter Gale CF 12:19.29
District Co.	3 Bill Carey OH 12:43.56 M70
0.00	1 Robert Mimm NJ 14:33.02
S. Part	2 Roy Englert VA 16:35.51
100	1 Bill Tribou FL 14:06.51 M80
100	1 Austin Newman NJ 14:42.91# 2 Dudley Healy NJ 17:00.37 3 Frank Levine PA 17:21.21
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199.44	1 Charles Espy FL 30:47.89 W30
1000	1 Marjorie Foy NC 11:17.71
No.	W40 1 Wendi Glassman NJ 13:14.67
Service of the least	W45 1 Susan Houlton GA 13:21.15
1996	W55
*	1 Madeline Bost NJ 13:47.60 W60
9050	1 Kati McIntyre AZ 14:10.88
20 600	1 Lois Filreis NJ 14:54.28 W70
	1 Louise Adams 00 15:41.13
	W80 - Ivy Granstrom CAN 23:41.32*
	1 Pearl Mehl 00 26:53.20# 60m Hurdles
CONTRACTOR	M35
2002	1 Loug Schneebeck NM 9.04 2 Tim McMahon NJ 9.16
Column Town	3 Trace Burnette NC 9.88
	M40 1 Robbie Short GA 8.75
St. Line	
80	3 Pohort 7ahn WI 8 06
8	3 Robert Zahn WI 8.96 4 Stacey Price NM 9.29
170-928	3 Robert Zahn WI 8,96 4 Stacey Price NM 9,29 5 Dale Smith NC 9,38 6 Mark Johnson PA 9:47
CONTRACTOR STATE	5 Dale Smith NC 9.38 6 Mark Johnson PA 9:47 7 Jeff Watry WI 9.52
CONTRACTOR PROPERTY	7 Jeff Watry WI 9.52 8 Mike Brown MO 9.69
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State of the second second	7 Jeff Watry 8 Mike Brown 9 .69 9 Roger Barnes PA 9.81 10Robert Hahn 11 10.06 11Frank Britt PA 10.59 12Dick Watson AZ 10.98 13 Alan Shoultz SC 11.52 M45 1 Thomas Gilliard M50 1 Fred Johnston CA 9.77 2 Robert Kleemeier GA 10.44 3 Warren Graff MA 11.57 M55 - Scott Tyler CAN 9.06 1 Charley Miller TX 9.47 2 Bill Knocke CA 9.51 3 Emil Pawlik MS 9.53 4 Grover Coats CH 10.48 5 Dave Ellis TN 10.67 6 John Head TX 11.02 7 Bruce Mills M60 1 Clarence Trinkner M1 9.93 2 Lowell Bonifield 3 Jim Peterson M65 1 Jim Stookey MD 11.38 5 Tony Besase VA 11.75 Phil Mulkey M65 1 Jim Stookey 2 Larry Fleischman 3 Bill Simmons M70 1 Mel Larsen 1 L 10.89 M70 1 Burl Gist CA 13.39 M80 1 Dave CA 13.39 M80
State of the second second	7 Jeff Watry 8 Mike Brown 9 Roger Barnes PA 9.81 10Robert Hahn 1TX 10.06 11Frank Britt PA 10.59 12Dick Watson AZ 10.98 13 Alan Shoultz M50 1 Fred Johnston 2 Robert Kleemeier 3 Warren Graff MA 11.57 M55 - Scott Tyler CAN 9.06 1 Charley Miller TX 9.47 2 Bill Knocke A 9.51 3 Emil Pawlik MS 9.53 4 Grover Coats 5 Dave Ellis TN 10.67 6 John Head TX 11.02 7 Bruce Mills M60 1 Clarence Trinkner MI 9.93 2 Lowell Bonifield M60 1 Clarence Trinkner MI 9.93 2 Lowell Bonifield MR 11.57 MN 11.14 MR Bob Smith MR 11.14 MR Bob Smith MR 11.14 MR 11.38 MR 11.30 MR 12.92 MR 13.30 MR 15.09 MR 15.09 MR 15.09 MR 15.09 MR 15.09 MR 15.00 MR 15
State of the second second	7 Jeff Watry 8 Mike Brown 9 .69 9 Roger Barnes PA 9.81 10Robert Hahn 11 10.06 11Frank Britt PA 10.59 12Dick Watson AZ 10.98 13 Alan Shoultz SC 11.52 M45 1 Thomas Gilliard M50 1 Fred Johnston CA 9.77 2 Robert Kleemeier GA 10.44 3 Warren Graff MA 11.57 M55 - Scott Tyler CAN 9.06 1 Charley Miller TX 9.47 2 Bill Knocke CA 9.51 3 Emil Pawlik MS 9.53 4 Grover Coats CH 10.48 5 Dave Ellis TN 10.67 6 John Head TX 11.02 7 Bruce Mills M60 1 Clarence Trinkner M1 9.93 2 Lowell Bonifield 3 Jim Peterson M65 1 Jim Stookey MD 11.38 5 Tony Besase VA 11.75 Phil Mulkey M65 1 Jim Stookey 2 Larry Fleischman 3 Bill Simmons M70 1 Mel Larsen 1 L 10.89 M70 1 Burl Gist CA 13.39 M80 1 Dave CA 13.39 M80
State of the second second	7 Jeff Watry 8 Mike Brown 9 Roger Barnes PA 9.81 10Robert Hahn 11 TX 10.06 11Frank Britt PA 10.59 12Dick Watson 12 Dick Watson 1 Thomas Gilliard M50 1 Fred Johnston 2 Robert Kleemeier 3 Warren Graff MA 11.57 M55 - Scott Tyler CAN 9.06 1 Charley Miller 1 Bill Knocke CA 9.51 3 Emil Pawlik MS 9.53 4 Grover Coats 5 Dave Ellis TN 10.67 6 John Head TX 11.02 7 Bruce Mills IL 11.66 M60 1 Clarence Trinkner Clarence Trinkner TX 9.94 3 Jim Peterson MN 11.14 4 Bob Smith NY 11.38 5 Tony Besase VA 11.75 Phil Mulkey M65 1 Jim Stookey 2 Larry Fleischman 3 Bill Simmons 4 Jack Lance NJ 13.08 M70 1 Mel Larsen 1 L 10.89 2 Ed Holmes TN 12.92 3 Frank Brako MA 15.09 M70 1 Frank Finger - Harold Massie WA 13.60# NE dq W30

May 1996	ENERGY STATES	National M	asters News		page 3/
Continued from previous page	W70	M60	1 M80	The second second second	MAE TO STREET WATER TO STREET WATER
	1 Johnnye Valien CA 1.00	1 Dick Richards CA 5.47#	1 Clarence Trahan CA 6.89	5 L B Clayton NC 11.14	M45 1 Bruce Booth Jr VA 14:57.14
W35 1 Joy UpshawMargerumHI 9.83	W75	2 Lowell Bonifield TX 4.92	2 Max Springer TN 6.41	6 Frank Kiefer GA 11.02	2 Bill Penner CA 15:04.22
W40	1 Mary Bowermaster OH 0.90	3 Phil Mulkey Sr GA 4.74	3 George Braceland PA 5.43	7 Larry Readman IL 10.81	3 Max Walker IN 15:17.29
1 Linda Lowery GA 11.43	Pole Vault	4 Charlie Richard LA 4.66	4 Claude Hills PA 4.92	8 Dennis Chandler NJ 8.92 M50	4 Ed Sell IL 15:40.24
W45	M30	5 Jim Peterson MN 4.39	5 Harold Massie NE 3.89		5 Andy Smith NC 16:13.08
1 Phil Raschker GA 9.44	1 David Hood NC 4.45	6 Tony Besase VA 4.28	W35	1 Tom Gage MT 15.46 2 George Mathews WA 12.73	6 Dwight Callaway NC 16:25.34
W50	2 Tom Bynum GA 4.30	7 Earl Mege PA 3.99	1 Joy UpshawMargerumHI 10.67	M55	M50
1 Ann Carter SC 14.03	3 Paul Boccard VA 3.40	8 Russ McDaniels VA 3.65	- Edna Crawley NJ foul	1 Richard Hotchkiss CA 13.88	1 James Carmines PA 13:28.85
2 MaryLou Platis IN 15.35	4 Joe Crichton NY 3.25	M65	W40	2 Russ Hodge WA 12.15	2 Norman Frable TX 14:42.84
W55	M35	1 James Stookey MD 4.89 2 Jack Lance NJ 3.83	1 Linda Lowery GA 9.68	3 Mike Valle NC 9.76	3 William Bauer SC 18:36.84
1 Becky Sisley OR 13.21 2 Joann Grissom IN 13.35	1 Wilson Soohoo CA 3.70	2 Jack Lance NJ 3.83 3 Richard Soller OH 3.77	1 Phil Raschker GA 10 35	M60	4 Doug Brown FL 19:38.07
2 Joann Grissom IN 13.35 W60	2 Lew Affronti VA 3.70 3 Mike Berken OH 3.70	M70	- Lie MeDl-1	1 Len Olson FL 14.66	5 Charles HutchingNC 21:03.30
1 Betty Vosburgh GA 13.45#	3 Mike Berken OH 3.70 4 Hal Fairbanks GA 3.25	1 Mel Larsen IL 4.56	- Liz McBlain CAN 8.28	2 Austin Baggett FL 13.20	MSS
W70	5 Lindsey Thurman KY 2.95	2 Charles Obye AZ 4.20	1 Manual and a 2	3 Ray Feick PA 12.51	1 Edgar Kousky OR 14:22.40#
1 Johnnye Valien CA 16.89*	- Dennis Harris VA nh	3 Frank Brako MA 4.04	W55 IN 5.35	4 Pay Carstensen FL 12.43	2 Paul Johnson AR 14:24.53
4x400m Relay	M40 mindants at also and	4 Tom Kennel FL 3.93	1 Joann Grissom IN 7.60	5 Fred Shanaman WA 11.27 6 E R Premo VA 6.02	3 Harlan VanBlarcumMI14:38.15
M30 1 Touch Of Class 3:45.49	1 Rick Christoph OH 4.45	5 Art Holland MI 2.91	W60	M65	4 John Elwarner MI 14:53.01
2 East Region 3:46.24	2 Mike McGinnis SC 3.85	- Jack Doorlay PA nd	1 Betty Vosburgh GA 7.75#	1 Phil Brusca MO 11.81	5 Frank MastersonJrNY15:17.94
M40 1 Central ParkTC 3:58.55	3 Robert Berke NC 3.10	M75	2 Christel Miller CA 7.17	2 Dick Bergenback TN 11.13	6 Winston CrandallNM 15:34.81 7 Jack Kerr NC 20:27.64
W30 1 AUI "B" 4:45.71	4 Richard Watson AZ 2.95 - Carl Anderson MI nh	1 Milt Silverstein AZ 3.78	3 Fei-Mei Chou CA 6.50	3 Ken Weinbel WA 10.83	- Richard Chavez NM dq
2 AUI "A" 5:11.44	- Phil Mulkey Jr AL nh	2 Ed Matthews MD 3.66 3 Ted Yenari LA 3.22	1 March 1 Marc	4 Jerry Wojcik OR 10.29	M60
W40 1 Team AUI 4:52.77	M45	3 Ted Yenari LA 3.22	2 [	5 William Patrick SC 9.29	1 Max Green MI 14:57.30
4x800m Relay M30 1 Nashville TC 8:27.40	1 Larry McIntyre TX 4.00	1 Clarence Trahan CA 3.58*	W70 MCDaniels VA 6.78	M70	2 Bob Barrett NY 15:56.47
2 Los Angeles PD 8:57.09	2 Johnnie Dye DE 3.10	2 Max Springer TN 2.85	1 Josephine SullivanSC 5.97*	1 Bill Bangert CA 11.33	3 Dick Petruzzi CA 16:13.94
3 Old But Slow 11:11.69	3 Rex Harvey OH 2.95	3 George Braceland PA 2.52	2 Jean Udell FL 5.55	2 Lev Mozhaev PA 10.38 3 Bill Walmroth MI 9.51	4 Ray Everson IN 16:44.36
M35 1 West Valley 11:01.01	4 Jonathan Jager VA 2.65	4 Claude Hills PA 2.35	3 Johnnye Valien CA 5.52		5 Robert Fine FL 17:06.86
M40 1 Midwest MasDec 8:42.96	M50	M85	W75	4 Charles Covino NJ 8.23 5 Jacob Stein KY 8.20	6 Andrew Briggs NC 17:46.55
2 Dallas Mas TC 8:49.72	1 Joe Johnston FL 4.00	1 Ted Hatlen CA 2.59	1 Libby Hagemann MA 4.31*	6 John Snaden SC 5.38	7 Alan Rice MI 19:08.54 8 E R Premo VA 22:28.79
3 Central Park 9:23.77	2 Matti Kilpelainen MI 3.85	2 Virgil McIntyre AZ 2.32	Shot Put	M75	The Street of Contract of the State of the Street of the S
(M40+ record is 9:00.8 by NY	3 Kent Hall MI 2.95 4 Bill Eubanks NC 2.95		M30	1 Tom McDermott FL 9.33	M65
Masters Club, 1980)	4 Bill Eubanks NC 2.95 - Ron Kimball NC nh	1 Ruvinia Kelly NJ 4.41	1 Steve McGranahan NC 13.25	2 A U Ricciardi NV 7.97	1 Vance GenzlingerMI 16:40.36#
High Jump M30	M55	1 Joy UpshawMargerum HI 5.44	2 James Tesiero MA 8.33	3 Mel Buschman MI 7.44	2 Ed Gawinski DE 17:07.42
1 Gregory Coats OH 2.05	1 Joe Steinman NV 2.35	2 Martha Mendenhall WA 4.69	1 Tim Crawford RI 15.02	M80	3 Mike Michel NC 17:13.78 4 Jack Munell GA 19:44.99
2 Jeff Helton NV 1.95	1 Winston Crandall NM 2.35	3 Cheryl Alston NJ 4.67	2 Kevin McGinnis CO 14.92	1 Leon Joslin WA 5.69	5 Dick Donley OK 20:50.42
3 James Tunstall VA 1.80	M60	4 Edna Crawley NJ 4.13	3 Mike Valenti FL 14.54	M90	TO A SAFETY AND ASSESSMENT SMITH THE RESIDENCE OF
3 Joseph Crichton NY 1.80	1 Phil Mulkey Sr GA 3.15	W40	4 Bob Higgins II OH 13.86	1 Everett Hosack OH 4.67	M70
M35	2 Joh Diggs TN 3.00	1 Linda Lowery GA 4.82	5 Mike Hambrick PA 13.71	1 Debbie Lancashire NC 12.34	1 William Flick PA 17:23.46# 2 John Nervetti NJ 17:58.74
1 Mark Williamson NC 1.90	3 Ray Fitzhugh CA 2.70	2 Denise McField MO 4.50	6 Jeff Crothers AZ 11.31	2 Julie BrednbekcorpNC 11.67	2 John Nervetti NJ 17:58.74 3 Robert Mimm NJ 18:24.64
2 Hob Shelton VA 1.80	4 Hector Cisneros TX 2.55	W45	M40	W35	4 Richard Bennett WA 20:17.40
M40	5 Tony Besase VA 2.40	1 Phil Raschker GA 5.25	1 Bob Gunn NC 12.74	1 Sarah Boslaugh NY 12.16	5 Erik Johansson FL 20:54.07
1 Jim Barrineau VA 2.06 2 Jeff Watry WI 1.75	6 Russ McDaniels VA 1.95	- Liz McBlain CAN 4.00 2 Cassandra Clark NJ 3.89	2 Dennis Hansen NY 12.67	2 Sue Hallen IL 8.43	6 John Snaden SC 23:08.72
2 Jeff Watry WI 1.75 3 Ken Rowe IN 1.75	1 Jerry Donley © 3.15	W50	3 Scott Black VA 11.26	3 Deborah Ecklund NY 6.42	M75
4 larry Isler VA 1.60	2 Larry Fleischman FL 2.10	1 Penny Danielson IL 3.92	4 Phil Mulkey Jr AL 10.59 5 Richard Watson AZ 10.05	W40	1 Bill Tallmadge KY 22:25.70
5 Frank Britt PA 1.60	3 Don Grey VA 2.10	2 Ann Carter SC 3.14	6 Mark Kreafle Sr MD 9.56	1 Joan Stratton CA 12.38#	M80
M45	- 'Ted Kress IL nh	W55	M45	2 Ruth Welding IN 10.25	1 Bill Patterson NC 21:39.16# - Harry Drazin NJ dq
1 Charlie Rader CA 1.83	M70	1 Joann Grissom IN 3.75#	1 Craig Shumaker PA 13.60	- Liz McBlain CAN 9.15	- Harry Drazin NJ dq - George BracelandPA dq
2 James Sauers GA 1.83 3 John Baylies NC 1.45	1 Denver Smith OH 2.40	2 Becky Sisley OR 3.64 W60	2 Selden Cooper PA 12.98	W50	W35
3 John Baylies NC 1.45 4 Mike Walker TN 1.40	2 Jack Doorlay PA 2.25 3 Art Holland MI 1.65	- Edith Gray CAN 3.84*	3 Wayne Owen OH 12.94	1 Vanessa Hilliard FL 15.42#	1 Victoria Herazo GA 13:39.57
M50	M75	(won on better second mark)	4 John Von Rohr FL 12.40	2 Roslyn Katz NY 9.88	2 Jackie Moore NM 16:30.02
1 Bill Angus OH 1.50	1 Ted Yenari LA 2.25	1 Betty Vosburgh GA 3.84*	5 Dennis Chandler NJ 12.22 6 Bruce Hedendal FL 12.06	3 Karen Huff IL 6.46	W40
2 Charles Hutchings NC 1.30	2 A U Ricciardi NV 1.95	2 Fei-Mei Chou CA 3.03	7 Bob Green SC 11.66	1 Joann Grisson IN 10.32	1 Becky Coneaux LA 15:20.65 2 Phyllis Hansen NJ 15:41.88
M55 1 Emil Pawlik MS 1.55	3 Bob Warwick OK 1.95	3 Marjorie Moore CA 2.85	8 Bob Sager MT 11.16	2 Carol Young MI 9.17	3 Sandy Elbaum NC 18:27.39
2 John Steinman NV 1.45	1 Bill Patterson NC 1.80	1 Leonore McDaniels VA 3.27	9 Larry Readman IL 10.41	W60	W45
3 Nat Carter NC 1.45	2 George Braceland PA 1.65	2 Magdalene Kuehne CA 3.25	10Alfred Cain CA 9.72	1 Anne Cirulnick NY 7.64	1 Jeanette Smith IN 16:02.36#
4 John Head TX 1.35	3 Milo Lightfoot IN 1.65	W70	1 Tom Gage MT 15.21	W75 1 Libby Hagemann MA 6.15	2 Murtitia Beach FL 17:40.71 3 Judy Witt VA 17:58.43
5 Bruce Mills IL 1.30	4 Claude Hills PA 1.20	1 Johnnye Valien CA 3.20 2 Josephine Sullivan SC 2.84	2 Larry Pratt DE 14.60	1 Libby Hagemann MA 6.15 Superweight	4 Ilene Bendas NC 19:14.51
6 Mike Valle NC 1.30	W35	3 Mary Holland MI 2.77	3 Fred Johnston CA 11.72	M35	5 Pris French CA 20:51.22
1 Milton Newton CA 1.50	1 Angela Nealy IN 2.10 W45	4 Jean Udell FL 2.30	M55 1 Russ Hodge WA 15.13	1 Ken Jansson KS 12.76#	6 Pat Walker IN 21:03.04
2 Jerry Sullivan CA 1.50	1 Phil Raschker GA 3.15	W75	2 Glen Johnson TN 13.19	2 Bob Higgins II OH 9.52	W50 1 Kathleen Frable TX 17:25.86#
3 Glenn Yoder NC 1.45	W55	1 Mary Bowermaster OH 2.58	3 Mike Valle NC 11.33	3 Jeff Crothers AZ 7.14	W55
4 Phil Mulkey GA 1.45 5 Ray Fitzhugh CA 1.40	1 Becky Sisley OR 2.19	2 Libby Hagemann MA 2.17 3 Carla Convery VA 1.78	4 Ted Mordecai PA 9.62	1 Dave Vandergriff SC 10.88#	1 Elton RichardsonNY 17:37.51
5 Ray Fitzhugh CA 1.40 6 Earl Mege PA 1.25	2 Joy MacDonald FL 2.10	THE REAL PROPERTY AND ADDRESS OF THE PARTY O	M60	2 Bob Gunn NC 7.47	2 Sami Bailey IN 18:45.16
7 Russ McDuniels VA 1.25	- Ann M Rosenitsch CAN 1.90	Triple Jump M30	1 Len Olson FL 13.49 2 Gerald Vaughn NC 13.31	3 Mark Kreafle Sr MD 6.87	3 Marjorie Lovin OK 18:59.07
8 Tony Besase VA 1.20	- Edith Gray CAN 1.81*	1 Brian Corrigan NJ 13.84	3 Phil Mulkey Sr GA 12.97	4 Richard Watson AZ 5.81	4 Ruth Everson IN 19:06.29 W60
M65	W65	2 James Tunstall VA 13.40	4 Len Rosen NH 12.38	M45	1 JoAnne Parks MI 19:22.77
1 Jim Gillcrist FL 1.50	1 Leonore McDaniels VA 1.81	3 Gregory Coats OH 12.56	5 Ray Feick PA 12.26	1 Tim Edwards CO 8.47# 2 L B Clayton NC 7.78	W65
2 Billy Simmons OH 1.35 3 Larry Horine NC 1.35	W70	4 Jeff Helton NV 11.84	6 Pay Carstensen FL 11.26	3 Larry Readman IL 7.59	1 Joan Rowland NY 21:00.66
3 Larry Horine NC 1.35 4 James Stookey MD 1.30	1 Johnnye Valien CA 1.41*	M35	M65	4 Bob Sager MT 7.13	W70
5 Larry Fleischman FL 1.30	Long Junp	1 Stan Porter NC 12.03	1 Larry Horine NC 12.24	M50	1 Miriam Gordon FL 20:35.87
M70	M30 1 Brian Corrigan NJ 6.73	2 Trace Barnette NC 11.94	2 Phil Brusca MO 11.80 3 Jim Gillcrist FL 11.24	1 Tom Gage MT 10.05	2 Murgaret Walker PA 21:50.07#
1 Ed Holmes TN 1.35	2 Dwayne Miller VA 6.71	3 Frank Makozy PA 11.57	4 William Patrick SC 10.42	2 George Mathews WA 8.11	TA CT
2 Bill Wambach WI 1.35	3 Gregory Coats OH 6.20	4 Hal Fairbanks GA 9.74	5 Darwin Newton NC 8.98	MS5	EAST
3 Frank Brako MA 1.30	4 James Tunstall VA 6.05	1 Mike Lariza OR 13.62	M70	1 Russ Hodge WA 7.62 2 Mike Valle NC 6.64	Party was 11 M 14
4 Denver Smith OH 1.30 5 Charles Obye AZ 1.30	5 Alan Sims TX 5.99	2 Bob Richardson NJ 12.01	1 Bill Bangert CA 11.63	M60	Boston vs. N.Y. Meet
5 Charles Obye AZ 1.30 M75	6 Reginald May VA 5.52	3 Roger Barnes PA 11.94	2 Floyd Simmons NC 11.20	1 Austin Baggett FL 6.55#	Boston U.; Feb. 18
1 Burl Gist CA 1.20	M35 1 Ben McCleod VA 6.25	4 Tom Stuthard AR 11.56 5 Scott Thornsley PA 11.46	3 Charles Covino NJ 10.61 4 Bill Walmroth MI 10.60	2 Pay Carstensen FL 6.43	Masters Mile
2 Bob Warwick OK 1.10	2 Barry Wise NC 6.03	5 Scott Thornsley PA 11.46 6 Ron Jackson NJ 10.58	5 Ed Holmes TN 10.54	3 Ray Feick PA 5.87 4 Len Olson FL 5.85	1 Ken Leinbach 4:27.78
3 A U Ricciardi NV 1.10	3 Stan Porter NC 5.78	7 Frank Sharpe CA 10.30	6 Bill Nettles MS 9.95	4 Len Olson FL 5.85 5 Fred Shanaman WA 5.56	2 bob O'llara 4:33.35 3 Geary Daniels 4:33.58
4 Ted Yenari LA 1.05	4 Trace Barnette NC 5.43	8 Richard Watson AZ 8.75	7 Jacob Stein KY 8.60	6 E R Premo VA 3.18	3 Geary Daniels 4:33.58 4 Alan Muir 4:35.04
1 Milo Lightfoot IN 1.10	5 James Battoylia GA 5.12	M45	8 John Snaden SC 8.40	M65	5 Bob Blodge 4:37.62
2 George Braceland PA 1.00	6 Hal Fairbanks GA 4.87	1 Gerald Woolfolk MI 11.51	9 Art Holland MI 8.04	1 Ken Weinbel WA 4.36	6 Kich Murray 4:50.76
3 Claude Hills PA 0.95	M40	2 Taylor Weatherbee TN 10.99 3 Bob Rockwell SC 10.87	M75 1 A U Ricciardi NV 8.44	2 William Patrick SC 4.31	7 Bruce Bond 4:51.16
M85	1 Richard Thomas TX 6.84 2 Keith Witherspoon VA 6.68	4 Jonathan Jager VA 10.33	2 Angelo Oliver RI 7.84	3 Jerry Wojcik OR 3.81	8 Tom Derderian 5:11.86
1 Virgil McIntyre AZ 1.00*	3 Mike Lariza OR 6.05	5 John Baylies NC 10.15	3 Jack Hagemann MA 6.95	1 Bill Bangert CA 8.40#	9 John Bubington 5:16.07
1 Ted Hatlen CA 1.00*	4 Doug Ming TX 5.74	M50	M80	2 Bill Walmroth MI 7.66	Open Men: 10 Steve Gallagher40 4:22.60
1 Everett Hosack OH 0.80*	5 Ron Jackson NJ 5.68	1 Doug Shaw CA 11.30	1 Milo Lightfoot IN 8.15	3 Charles Covino NJ 6.81	Open Women:
W35	6 Scott Thornsley PA 5.65	2 Kirt Vener MD 10.46	2 Leon Joslin WA 7,95	4 Jacob Stein KY 6.19	14 Sheila Purves 40 5:16.61
1 Martha Mendenhall WA 1.55	7 Roger Barnes PA 5.61	3 Jerame Belinson OH 10.27	3 Jack Wood NC 7.51 4 George Braceland PA 7.08	M75	The state of the s
2 Cheryl Alston NJ 1.30	8 Eddie Mose NJ 5.34 9 Richard Watson AZ 4.57	1 Nat Carter NC 10.49	M85	1 Tom McDermott FL 6.82	MAC Coors Indoor Masters
W40	9 Richard Watson AZ 4.57 10Philip Mulkey Jr AL 4.48	2 Grover Coats OH 9.97	1 Ted Hatlen CA 7.08#	M80	Championships
1 Linda Lowery GA 1.25	A STATE OF THE PARTY OF THE PAR	3 John Head TX 8.79	Weight Throw	1 Leon Joslin WA 4.28	168th Street Armory, NYC;
W45 1 Phil Raschker GA 1.50	1 Taylor Weatherbee TN 5.49	M60	M35	W35	55m Feb. 25
2 Cassandra Clark NJ 1.25	2 Duna Harrell MA 5.18	1 Charlie Richard LA 10.50 2 Phil Mulkey GA 9.48	1 Ken Jansson KS 18.24 2 Mike Hambrick PA 15.32	1 Sarah Boslaugh NY 8.11#	M30 Mitchell Lovett 6.84
W50	3 John Baylies NC 5.14	3 Jim Peterson MN 9.18	3 Bob Higgins II OH 14.78	2 Sue Hallan IL 4.71	M35 Rich Anderson, Jr. 7.10
1 Cathy Primmer IN 1.05	4 Grey Murshall GA 5.02	4 Russ McDaniels VA 7.45	4 Jeff Crothers AZ 9.92	3 Deborah Ecklund NY 4.15	M40 John Brooks 6.86
2 MaryLou Platis IN 0.95	M50	M65	M40	W40	M45 William Overby 7.06
W55 1 Becky Sisley OR 1.15	1 Jerome Belinson OH 5.40	1 James Stookey MD 10.37	1 Peter Farmer NC 16.25	1 Joan Stratton CA 7.12#	M50 Ron Johnson 7.09 M55 Robert Smith 8.08
1 Becky Sisley OR 1.15 2 Madeline Bost NJ 1.00	2 Kirt Vener MD 5.26	2 Jack Lance NJ 6.71	2 Dave Vandergriff SC 15.36	2 Ruth Welding IN 6.37	M55 Robert Smith 8.08 M60 Cliff Pauling 8.19
W60	3 Avital Schurr KY 4.86 4 Robert Kleemeier GA 4.48	3 Bill Daprano CA 5.38	3 Mark Kreafle Sr MD 10.96	W50	M65 Thomas Brooks 8.58
- Edith Gray CAN 1.26*	Liver and the language of the state of the same	M70	4 Dennis Hansen NY 10.57 5 Richard Watson AZ 9.61	1 Vanessa Hilliard FL 11.42#	M70 Lester Wright, Sr. 8.95
1 Christel Miller CA 1.20	MS5	1 Charles Obye AZ 8.63	6 Phil Mulkey Jr AL 7.50	3000m Racewalk	W30 Althea Morris 7.44
2 Betty Vosburgh GA 1.10	1 Emil Pawlik MS 5.38 2 Grover Coats OH 5.14	2 Frank Brako MA 8.62	M45	M30	W35 Louise Clark 7.73
3 Fei-Mei Chou CA 1.00 4 Marjorie Moore CA 1.00	3 John Head TX 4.61	3 Tom Kennel FL 8.11	1 Tim Edwards CO 13.85	1 Don Tesiero FL 19:28.95	W40 Carole Solomon 8.28
W65	4 Nat Carter NC 4.55	M75	2 John Von Rohr FL 12.00	M40	W45 Sharon Warren 8.18 W75 Marjorie Smith 13.61
1 Leonore McDaniels VA 1.15	5 'I'ud Mordecai PA 4.46	1 Ed Matthews MD 7.33	3 Bruce Hedendal FL 11.86	1 Steve Vaitones MA 13:49.21	Andrew Committee to the second
2 Pat Peterson NY 0.95	6 Mike Valle NC 4.33	2 Ted Yenari LA 6.53	4 Bob Sager MT 11.79	2 Alvia Gaskill NC 19:50.88	Continued on next page

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page 38		National M	asters News		May 1996
The section of the se	Syracuse U. Noontime	400m	M60 Earl Mege 4.15	M50 Tim Collins 10.3	M75 Jim Manno 1:16.73
Continued from previous page	Running League	M30 Dave Richard 52.0	M65 Jim Stookey 4.86	W35 Cathy McKeever 11.3	Bob Matteson 1:27.05 W30 Anne Jennings 1:00.08
M30 Vincent Goodman 25.19	Manley Fieldhouse, NY;	Terry Jones 54.1	Tom Rice 4.15	M40 Kevin Donovan 14-11	Arlene Mahoney 1:06.78
M35 David Cherry 24.19	Mar. 6	Windsar Jones 55.0 M35 R Blackwell 50.3	Dave Gilbert 4.03 M70 Oscar Harris 4.09	M60 VanNess Robinson 10-0	W35 Alicia Johnson 1:10.75
M40 Thomas Jones 24.18 M45 Jesse Norman 24.53	400m Overall	Paul Allen 54.7	Jack Doorlay 3.45	Shot Put M30 Dan Yager 11.12	W40 Maisha Nguvu 1:22.01 W45 Mary Rosado 1:12.52
M45 Jesse Norman 24.53 M50 Ron Johnson 24.69	Eric Brentsen (26) 55.1	Bernard Long 55.1 Terry O'Connell 56.4	M75 Ed Matthews 3.33 Dave Hall 3.28	M35 Dan Howe 6.48	W60 Anne Yudell 1:22.26
M55 Richard Rizo 27.86	Irene Thompson (41) 65.4 M35 Neal Coffey 60.6	M40 Tom Jones 55.3	M80 Geo Braceland 2.37	M40 Kevin Donovan 9.76	W65 Pat Peterson 1:48.72
M60 Cliff Pauling 29.05 M70 Lester Wright, Sr. 33.46	M40 Neil Price 68.4	Tony Natale 56.1	Claude Hills 2.09	M55 Michael Tidd 8.33 W35 Cathy McKeever 7.92	M30 William Brosmith 2:05.19
W30 Betty Whitaker 29.23	M50 Doug Frost 77.3	Brian Lee 56.7 Paul Sterns 57.4	Triple Jump M30 Bob McVicker 13.05	20# Weight	M35 A LeBourne 1:57.3h
W35 Louise Clark 27.97	M55 Tom Fondy 63.3 M60 Rene Wilett 70.3	M45 Jesse Norman 54.2	M40 Ron Jackson 10.17	M30 Dan Yager 49-34 M55 Michael Tidd 30-6	Saladin Allah 2:00.18 Rick Smith 2:01.44
W45 Sharon Warren 28.85 W75 Marjorie Smith 57.07	M65 Howard MacMillan 73.0	Phil Felton 54.8 Frank Goldcamp 64.1	Jim Frederick 10.15 M45 Lonnie Davis 9.87		M40 Robert Cox 2:11.79
400m	M70 Tom Walnut 80.3 M75 Nate White 99.7	M50 Mel Fields 57.1	M60 Earl Mege 6.95	USATF East Regional Indoor	Nicholas Kimaiyo 2:16.31
M30 Mitchell Lovett 53.68 M35 Patrick Mangus 1:01.81	W40 Irene Thompson 65.4	Paul Henry 59.0	M65 Jim Stookey 9.74	Masters Championships Brandeis U., Waltham, MA;	Richard Ovian 2:42.84 M45 Michael Conway 2:23.97
M40 Edward Gonera 53.61	W55 Yvonne Rothenberg 87.1	Bob Fuhrman 63.2 Jon Tetherly 63.9	Tom Rice 7.86 Dave Gilbert 7.06	March 17	M50 F Handelman 2:19.10
M45 Philip Felton 54.97	200mMar. 14	M60 Cliff Pauling 66.0	M70 Jack Doorlay 5.62	55m	John Babington 2:24.48 Larry Smith 2:31.44
M50 Richard Hamner 1:01.69 M55 Richard Rizzo 1:02.09	Overall Tyrone Guiden (39) 25.0	Irwin Bernstein 67.6 M65 Bill Bergen 79.4	M75 Ed Matthews 7.56 M80 Geo Braceland 5.25	M30 Shawn Richards 6.75	M55 Fred Bertelsen 2:43.04
M60 Cliff Pauling 1:06.05	Irene Thompson (41) 27.5	M65 Bill Bergen 79.4 M70 John McCarthy 86.0	Shot Put	Mitchell Lovett 6.84 Richard Washington 7.02	M60 Jim Aneshansley 2:18.32
M70 John McManus 1:14.59 M75 Bob Matteson 1:32.82	M30 Mark Powell 27.5	M75 Jim Manno 74.3	M30 John Bauer 13.49	Richard Washington 7.02 M35 Derek Holloway 6.64	Irwin Bernstein 2:35.46 Jack Nyhan 2:59.99
W30 Althea Morris 1:01.00	M35 Tyrone Guiden 25.0 M40 Philip Griffin 29.7	Ed Matthews 76.4 M80 Frank Levine 1:51.7	M35 Bob Wolverton 12.86 M40 Stew Beltz 12.85	Ben James 6.69	M65 Joe Kernan 3:23.23
W45 Mary Rosado 1:11.11	M45 Paul Jewell 36.5	W30 Pam Carr 68.1	Dennis Hansen 12.58	Kevin Cranford 6.93 M40 John Brooks 6.88	M70 A Messenger 2:53.26
M30 Lewis Jefferson 2:08.28	M50 Doug Frost 32.7 M55 Tom Fondy 27.5	W45 Mary Gale 80.0 W55 Susan Levy 90.0	Dick McMullen 11.54 M45 Selden Cooper 12.80	Thomas Jones 6.98	M75 Bob Matteson 3:37.43 M80 Dudley Healy 3:56.79
M35 Doug Miller 2:08:79	M60 Rene Wilett 30.9	W55 Susan Levy 90.0 800m	Dennis Chandler 12.20	Eddie Mose 6.98	W30 Laurie Waterman 2:52.30
M40 T. Hartshorhne 2:05.95 M45 Bill Indek 2:38.19	M65 Howard MacMillan 32.0	M30 Jim O'Neil 2:24.8	Rich Dunphy 11.25	M45 William Overby 7.08  Jesse Norman 7.09	W40 PDickson-Taylor 2:38.08 W45 Anne Schmidt 2:41.20
M45 Bill Indek 2:38.19 M50 F. Handelman 2:28.28	M70 Russ More 38.5 W30 Sara Falso 31.2	Glenn Kohler 2:27.0	M50 Larry Pratt 14.00 John Berry 13.85	Pershing Reid 7.23	Mary Rosado 2:45.58
M60 Irwin Bernstein 2:37.37	W35 Sabrina Hesford 33.6	M35 Dennis Coleman 2:06.5 Steve Bond 2:07.3	M60 Len Rosen 11.33	M50 Joe Johnson 7.11	Sandy Miller 2:50.52
W30 Dawn Best 2:44.03 W35 Becky Chan 2:27.98	W40 Irene Thompson 27.5	Phil Matraxia 2:15.4	M65 George Taylor 9.58	Roger Pierce 7.31 M55 Horace Andrews 7.56	W50 Jo Marchetti 2:40,48
W40 P DicksonTaylor 2:36.32	100m Overall	M40 Maurice Pointer 2:17.6 Tony Peaster 2:22.5	M70 Charles Covino 10.75 Jack Doorlay 8.93	John MacDonald 8.2h	Linda Upton 2:46.8h Eileen Cox 2:53.2h
W45 Mary Rosado 2:39.78	Mike Roux (25) 11.3	Hugh Mundy 2:22.9	M75 Champion Goldy 8.13	John Whelan 8.28 M60 William Wright 7.4h	W60 C Cappetta 2:44.22
W50 Ann Makoske 2:52.27 Mile	Irene Thompson (41) 13.2	M45 Bill Gale 2:15.2 Fred Dedrick 2:21.8	M80 Geo Braceland 6.81 Bob Detweiler 5.95	Robert Smith 8.1h	1500m M30 William Brosmith 4:10.30
M30 Bill Oehrlein 4:30.36	M30 Ken Mann 13.9 M35 Frank St. Dennis 12.8	Fred Dedrick 2:21.8 Frank Goldcamp 2:23.0	Claude Hills 5.76	Robert Cloutier 8.4h	John Barresi 4:11.42
M35 Doug Miller 4:49.57 M40 W. Anderson 4:52.38	M40 Phil Griffin 13.4	M50 Bruce Carter 2:17.3	W40 Renee DiGiacomo 6.22	M65 James Stookey 7.5h Ross Mitchell 7.6h	M35 R Bullerwell 4:06.03
M45 Phil Jonas 5:17.14	M45 John View 16.0 M50 Allen Drew 13.7	Dan Masterson 2:27.0 Jon Tetherly 2:29.1	3000m Racewalk M45 Ron Salvio 16:51.8	Ed Cox 8.05	Mick Grant 4:11.63 Art Demers 4:16.80
M50 Ben Grandstein 5:34.57	M55 Tom Fondy 13.3	M60 Cliff Pauling 2:36.1	Alan Robinson 17:11.7	M70 Frank Brako 8.73 M75 Jim Manno 8.72	M40 Alan Muir 4:08.95
M55 Sid Howard 5:14.34 M60 Witold Bialokne 5:24.08	M60 Rene Wilett 14.6	Irwin Bernstein 2:37.0	M50 Ray Scott 20:29.9	M75 Jim Manno 8.72 Sparks Sorlien 9.96	Fred Kitzrow 4:20.30 Bob Hodge 4:20.98
M65 Joseph Kernan 7:06.23	M70 Russ More 17.0 M75 Nate White 22.6	M70 Marv Levy 5:50.4 M80 Frank Levine 4:08.5	M55 D L Romansky 15:14.7 M60 Bob Barriet 16:07.7	Angelo Oliver 10.25	M45 Rol McSorley 4:10.60
M70 John McManus 6:30.24	W30 Karen Bedard 17.2	W30 Pam Carr 2:44.0	Bob Davis 21:02.6	W30 Anne Jennings 7.47 Gabrielle Yates 9.15	Tom Dederian 4:34.93
M75 Bob Matteson 7:46.90 W35 Becky Chan 5:58.89	W35 Karen Connelly 16.0	W40 P DicksonTaylor 2:38.1	M65 Ed Gawinski 17:19.5	W35 Cheryl Alston 8.13	M50 Joe Sinicrope 5:01.26 M55 Tim Simpson 4:36.68
W40 Regina Cahill 5:48.45	W40 Irene Thompson 13.2 W55 Yvonne Rothenberg 19.2	W55 Susan Levy 4:06.9 Mile	Greater Rochester TC Meet	W40 Irene Thompson 7.77	John Hurley 6:08.97
W50 Ann Makoske 6:14.79	W65 M Zeppetello 21.1	M30 Frank Rowe 5:09.4	U. of Rochester, NY; March 10	Carole Solomon 8.21 Valaree Foss 9.68	Ray Shevenell 6:13.99 M60 Jim Aneshansley 5:02,38
3000m M35 Robert Brush 10:13.57	Philadelphia Masters	Tony Malinowski 5:09.9	45m M40 William Mathis 6.11	W45 Phil Raschker 7.51	M60 Jim Aneshansley 5:02.38 Jack Nyhan 6:13.96
M45 Mike Wilson 10:20.35	Indoor Games	M35 Phil Matraxia 5:02.8 Chas McNulty 5:09.5	M60 Howard MacMillan 7.21	Lorraine Tucker 8.33 Kathy Nary 10.24	James Keat 6:20.86
M50 Hugh Sweeny 9:59.73 M55 Ray Weber 12:10.06	Haverford College; March 9	Tom Yunker 5:12.2	W30 Debbie Szatko 6.81	W50 Joanne Ramsden 11.62	M65 Joe Kernan 7:21.65 M70 A Messenger 6:13.60
M60 John Orr 13:57.42	55m	M40 Maurice Pointer 4:55.6 Tony Peaster 5:09.4	W40 LuAnn Van Peursen 7.21	W60 Anne Yudell 9.48 Mary Roman 9.92	Kenneth Folsom 6:22.26
M65 Joseph Kernan 15:00.50 M75 Bob Matteson 15:45.50	M30 Dave Richard 6.6 Doug Cooper 6.7	Bill Kehner 5:09.8	M30 Tracey Fox 69.0	Lorelei Ruben 12.50	Sid Toabe 6:51.22 M80 Dudley Healy 7:52.63
W40 Wendi Glssman 15:05.52	Zach Pullins 6.8	M45 Gary Fanelli 4:49.7	M40 Peter Palmer 1:28 M60 Barry Brown 1:37	W65 Patricia Peterson 9.83	W30 Pam Allie-Morrill 4:55.72
W45 Mary Trotto 14:36.24 Short Hurdles	M35 Derek Holloway 6.6 Steve Galletta 7.0	Bill Gale 4:57.8	W30 Debbie Szatko 1:29	M30 Mitchell Lovett 23.64	W35 Maria Andrews 5:32.56
M45 Gene Hoffman 9.86	Paul Allen 7.1	M50 Dan Masterson 5:32.7	W40 Grace Iovine 1:48.5	Shawn Richards 23.87	Karen Lein 5:38.48
M50 Mike Milove 9.08 M55 Robert Smith 11.60	M40 Ton Jones 6.7	Lou Coppens 5:46.2	M30 Dan Rohnke 9:10.5	Jim Watts 24.03 M35 Ben James 23.15	W40 Sheila Purves 4:50.70 Alda Cossi 4:51.68
W30 Denise Jones 11.77	Eddie Mose 7.2 Phil Conzentino 7.2	M65 Jerry Nolan 8:32.1 M70 Bob Parsons 7:14.6	D O'Leary 9:24 M40 Roger Messenger 9:25.6	Derek Holloway 23.15	PDickson-Taylor 5:22.10
High Jump	M45 Bill Corsey 6.8	M70 Bob Parsons 7:14.6 M75 George Blyn 8:26.3	T Mathews 11:40	Dennis Coleman 26.48 M40 Thomas Jones 23.93	W45 Anne Schmitt 5:26.10
M45 Ivan Black 1.52 M60 John Orr 1.06	Jesse Norman 7.0 Dave Zang 7.7	M80 Frank Levine 8:38.9	M50 Jim Palmeri 11:21 M60 Barry Brown 13:21.9	John Brooks 24.31	Mary Rosado 5:27.73 W50 Jo Marchetti 5:17.33
W35 Deborah Ecklund .91	M50 Mel Fields 7.1	W40 P DicksonTaylor 6:03.8 Connie Fanelli 6:10.3	W30 Carol Charlebois 15:19	Ron Jackson 25.97 M45 Jesse Norman 24.50	Eileen Cox 5:46.32
Pole Vault M30 Duncan Littlefield 4.27	Paul Henry 7.4  Jeff Platt 7.4	W45 Diane McManus 6:48.4	W40 Grace Iovine 13:54 High Jump	William Overby 25.36	W55 Lois Filreis 6:51.72
M45 Ivan Black 2.14	Jeff Platt 7.4 M55 Nate Byrd 7.8	W55 Susan Levy 8:15.6	M30 Jim Taylor 5-6	Philip Felton 25.39	M30 Mauricio Maia 9:15.63
M50 Jeff Tindall 3.51 W30 Laurie Black 2.14	Roger Sprockett 8.0	M30 Mike Pensick 9:49.1	Long Jump M30 Jon Chernak 15-5	M50 Ron Johnson 24.70 Joe Johnson 24.93	Keith O'Brien 9:41.98 M35 R Bullerwell 8:43.30
W30 Laurie Black 2.14 Long Jump	Paul Evanson 8.5 M60 Cliff Pauling 8.1	Frank Rowe 10:53.6 Keith Robinson 11:22.4	W30 Debbie Szatko 15-3	Roger Pierce 25.54	M35 R Bullerwell 8:43.30 Craig Fram 8:46.64
M40 Eddie Mose 5.53	Earl Mege 8.3	M40 Maurice Pointer 9:54.1	Shot Put	M55 John MacDonald 29.13 Haig Bohigian 29.58	John Mulligan 9:10.41
M50 Mike Milove 4.91 M55 Ed Kent 4.24	M65 Jim Stookey 7.7 Ed Cox 8.0	Gary Papazian 10:32.5	M30 Ken Switnicki 32-1½ M40 Rich O'Riley 35-6	Horace Andrews 31.36	M40 Ken Leinbach 8:48.30 Robert O'Hara 8:59.22
M60 Giorgio Chivelle 3.88	Tom Rice 8.3	Bill Kehner 10:43.8 M45 Seth Bergmann 10:28.3	W40 Sharon Barley 19-5½	M60 Robert Smith 29.40	Geary Daniels 9:08.22
M65 Tom Rice 3.49 M70 Hillar Saareste 3.25	M70 Oscar Harris 8.6 M75 El Matthews 8.4	Mike Bloom 10:31.2	Syracuse Chargers Indoor	Richard Croak 30.01 Vincent Ruffin 30.04	M45 Tom Dederian 10:26.03
W30 Edna Crawley 4.03	Jim Manno 8.6	M50 John Hurley 12:49.9	Meet	M65 James Stookey 28.37	Bob Caplin 11:02.42 M50 Richard Murray 9:53.53
W35 A Titus 4.88 Triple Jump	Champion Goldy 9.0	M60 George Jackson 12:39.2	Manley Field House	Ed Cox 29.34 William Bergen 31.94	M55 John Hurley 13:03.27
M40 Mark Gershon 12.16	M80 Gar Schoener 9.6 W30 R MooreRobinson 7.1	M80 Frank Levine 17:34.2 W45 Diane McManus 13:29.9	Syracuse, NY; March 16	M70 Frank Brako 35.46	M60 Bob Milner 10:39.88 James Keat 13:24.07
M45 Rob Jackson 11.00 M50 Mike Milove 10.71	W40 Renee DiGiacomo 9.2	55ml1	M35 Walt Paluck 7.1	Jim Boudreau 1:01.04 M75 Jim Manno 32.72	M70 Sid Toabe 14:46.64
M65 Tom Rice 7.66	W45 Linda Evanson 8.6 200m	M30 Dave Richard 7.9 M35 Tim McMahon 8.3	Frank St Denis 7.1	Sparks Sorlien 40.31	M80 Dudley Healy 15:59.72
M70 Hillar Saareste 7.28 W30 Edna Crawley 7.22	M30 Terry Jones 24.5	M35 Tim McMahon 8.3 M40 Frank Britt 9.2	M40 Don Brosh 7.4 M45 Bob Davis 7.1	M85 Ellery Clark, Jr. 2:16.32 W30 Gabrielle Yates 33.7h	W30 P Allie-Morrill 10:52.09
Shot Put	Doug Cooper 24.7 Zach Pullins 24.8	M50 Ron Shanwell 10.6	M50 Tim Collins 7.9	W40 Irene Thompson 27.7h	W35 Karen Lein 12:35.93
W30 Virginia Palmer 8.88	M35 Derek Holloway 23.4	M65 Jim Stookey 9.7 George Taylor 14.7	M55 Tom Fondy 7.8	Carole Solomon 29.9h	W40 Mary B Gorey 11:32.30 Wendi Glassman 13:27.41
W35 Sarah Boslaugh 10.32 W45 Joyce Halls 7.51	Paul Allen 24.2 Bernard Long 24.5	M70 Oscar Harris 13.1	W35 Cathy McKeever 8.4	W50 Joanne Ramsden 47.11 W60 Anne Yudell 35.32	W65 Lois Filreis 14:55.71
W50 Roslyn Katz 7.85	M40 Brian Lee 25.3	Corporate 4x400m Muryland Masters 3:57.5	M30 Mike Boni 57.5	Lorelei Ruben 49.04	Short Hurdles M30 Brian Corrigan 8.43
W60 Anne Cirulnick 8.29 Weight Throw	Tony Natale 25.4	(Pullins/Jones/Lee/Mitchell)	M35 Dan Howe 91.9 M40 Dan Swanson 57.0	W65 Patricia Peterson 39.42	M35 Timothy McMahon 8.98
M40 Carl Reichard 13.46	Bruce Clark 25.5 Ken Bauersfeld 25.7	High Jump	M45 Doug Mayer 65.3	M30 Tracy Fox 51.19	M45 William Sikorsky 10.05
M45 Ivan Black 5.58 M50 Edward Fox 8.06	M45 Jesse Norman 24.3	M30 Bob McVicker 5-2 A Mitchell 4-10	M50 Tim Collins 65.3	Mitchell Lovett 52.08	M50 Michael Milove 9.39 Warren Graff 10.59
M55 Brian McKenna 9.15	Phil Felton 25.5 Dave Zang 27.3	M40 Frank Britt 5-0	800m	Jim Watts 52.46 M35 Saladin Allah 51.87	M60 Robert Smith 10.78
M70 Charles Covino 9.49	M50 Mel Fields 25.2	M45 Bill Corsey 5-2 Lonnie Davis 4-10	M35 Tim Villhaven 2:07.7 M40 Bill McMullen 2:17.1	Bernard Long 55.09	M65 James Stookey 9.99
W30 Virginia Palmer 9.09 W35 Sarah Boslaugh 11.80	Paul Henry 26.1 Bob Fuhrman 28.2	Ed laurelli 4-8	M40 Bill McMullen 2:17.1 M50 Don Masterson 2:23.1	Timothy McMahon 55.68 M40 Edward Gonera 54.30	Bill Townsend 11.43 Jack Lance 12.05
W50 Roslyn Katz 9.88	M55 Roger Sprockett 28.6	M50 Jeff Blatt 4-10 M80 Geo Braceland 3-4	M55 John Allen 2:21 1	Robert Cox 56.67	M70 Edwin Lukens 10.24
W60 Anne Cirulnick 7.47	M60 Cliff Pauling 29.9	M80 Geo Braceland 3-4 Claude Hills 3-2	W35 Marilyn Brandt 2:37.8	M45 Jesse Norman 54.33	Frank Brako 12.33 W30 Lisa Doyon 9.37
Pentathlon M35 Timothy McMahon 1338	M65 Jim Stookey 28.6 Fd Cox 29.6	Bob Detweiler 2-6	M35 Frank St Dennis 4:34.8	Philip Felton 54.92 Errol Lee 55.27	4x200m Relay
M45 Mark Gershone 1294	Bill Bergen 31.9	W40 Rence DiGiacono 3-4 Long Jump	M40 Bill McMullen 4:29.4	M50 Ron Johnson 55.73	M30 TOC 1:36.37
1500m RW M30 Sean Rodriguez 8:13.79	M70 Oscar Harris 33.2	M30 Bob McVicker 5.80	Kevin Morrisroe 4:58.5 M45 Jim Vermeulen 5:12.0	Roger Pierce 55.85	M40 CPTC 1:37.09 W30 AUI 1:59.54
M40 John Clifford 7:14.14	John McCarthy 37.3 M75 Ed Matthews 31.6	M35 Tim McMahon 4.67	M50 Tim Collins 5:39	John Tetherly 1:05.31 M55 John MacDonald 1:04.94	LAC 1:59.54 2:08.44
M50 Gary Null 7:01.52	Jim Manno 33.6	Mike Banks 3.62 M40 Ron Jackson 5.39	M55 Sam Graceffo 5:10.7 M60 VanNess Robinson 5:48	Michael Vail 1:10.66	BRC 2:00.07
M60 Robert Barrett 7:47.38 M70 Jay Charles 11:47.28	M80 Gar Schoener 37.5 W30 R MooreRobinson 26.0	Eddie Mose 5.18	M/5 Nate White 6:55	Phil Byrne 1:16.89 M60 Richard Croak 1:06.60	4x400m Relay
W30 Michelle Lewis 11:24.30	W40 Renee DiGiacomo 35.9	Frank Britt 4.59 M45 Lonnie Davis 5.14	W35 Marilyn Brandt 5:14.4	Irwin Bernstein 1:07.14	M40 CPTC 3:38.24 3:55.11
W35 Kathryn Davis 10:09.96 W45 C. Merrimac 11:59.60	W45 Norma Jones 38.3 Mary Gale 45.6	Bill Corsey 5.12	M30 Paul Foster 8.9	Robert Cloutier 1:11.83	The state of the s
ages from in the new of	The second the second second	Dave Zang 4.61	M30 Paul Foster 8.9 M45 Ray Panek Sr 10.5	M70 Jim Boudreau 2:30.85	Continued on next page
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**National Masters News** 

8.43 8.98 10.05 9.39 10.59 10.59 11.43 12.05 10.25 12.33 9.37 1:36.37 1:37.09 1:59.54 2:08.44 2:08.97

	Ma	y 1996	944	
	Cont	inued from previo	us page	W50
		Jim Henderson	5-0	W60
	M45		5-0	3000
	M55		4-10 4-8	M40
	1405	Phil Byrne	4-4	M45
	M65 M70		4-6 4-4	M50
		Boo Morcom Ian Hume	4-0 3-4	
	W45	Lisa Doyon Phil Raschker	5-2 5-01	M55
à.	W60 Pole	Sally Strazdins Vault	3-2	M65
	M30 M35	Duncan Littlefield Ambroise Corteau		M70
	M40 M45	Jim Henderson John Hoogasian	11-0 12-0	W40 W45
	M65	Jim Bell Harold Miller	7-6 7-21	W60
	M70		8-4% 5-10%	WOO
	W45	Phil Raschker Jump	10-101	111
	M30	Brian Corrigan	20-9% 17-8	No.
	M35	Scott Shurtleff Kevin Cranford	20-41	
	11.00	Troy Faruk Ron Jackson	18-61	55m
	M45		17-41	M35 SI
	4450	Mabry Andrews D Fredericks	16-71 16-21	M40 R
	M55	Michael Milove Phil Byrne	16-71 14-1	M50 Ed
		Walter Shields Ed Mezzapelle	13-91 10-51	M55 B
	图160	Vincent Ruffin Robert Smullens	14-75 9-61	A J
		James Stookey Jack Lance	15-3%	M65 D
		Bill Townsend Ed Lukens	11-9 13-8	200m M35 K
		Frank Brako Sparks Sorlien	13-6 10-2	M40 R
		Ellery Clark, Jr. Lisa Doyon	1-5½ 15-0¼	Ro Da M45 Jo
		Cheryl Alston Joanne Ramsden	13-21 6-01	M50 E
	Trip	le Jump Brian Corrigan	46-11	M55 Bi
	M40	R Richardson Ron Jackson	38-8½ 35-1	Je Te
1	M45	Eddie Mose John Baylies	33-91	M65 Jo
	100	John Oleski Doug Fredericks	33-41	W65 Le
	M50 M55	Michael Milove Walter Shields	34-0 32-9¾	M35 St Ki M40 R
1	M60		28-81/4	Ro
1	M85	James Stookey Bill Townsend	32-101 24-71	M55 B:
I		Ed Lukens	30-1%	W30 P 800m
	M75	Frank Brako Sparks Sorlien	23-71 22-101	M40 E
ı	W45	Phil Raschker	20-61 33-61	M55 B 1500m
	M30		37-2	M35 J M40 J
1	- Land	Tim Crawford William Wolverton	50-11 43-5	M45 J
	M40	Kevin Wallace Dan Wallace	45-6%	M60 J M70 A 3000m
	M45	Bruce Hedendal	40-11	R
		Dennis Chandler Rich Dunphy	AT 441	55mH
	M50	Larry Pratt Robert Harvey	42-6	M35 B
	M55	Packy Fusco Horace Andrews	36-6 32-6	M60 T
1	M60	Phil Byrne Len Rosen	32-21 40-8	High M30 B
	M65	Chuck Yost Cliff Blair	37-10¾ 40-5¾	M35 B
		Charles Covino Boo Morcom	35-1% 18-10}	M45 J
	MAN	Angelo Oliver	26-1½ 25-9	M60 T
	M85	Ellery Clark Jr.	6-8% 29-9%	M65 J
		Gabrielle Yates	24-7	Pole M30 M
	W35	Sarah Boslaugh Suzanne Johnson	35-1¾ 33-9	K
	W40	Marcia Veale Valaree Foss	32-7% 19-31	M35 L
	W50	Lorraine Tucker Roslyn Katz	31-0 26-4	M60 T
	W60	Mary Roman Anne Cirulnick	29-41	M65 D
	Weig	Lorelei Ruben	15-10	W65 L
	M40	Carl Reichard Dennis Hansen	43-7 26-5%	M30 J M35 B
	M45 M55	Dennis Chandler James DeSimone Emil Muller		M45 J M50 E
	M65	Cliff Blair	51-91	M60 T
	M70 M85	Charles Covino		M65 J
	W30	Virginia Palmer	29-34	W65 I
	W35	Sarah Boslaugh	36-11 20-11%	Tripl M30 J
		Lorraine Tucker	20-1174	M45 J

		Nati	onal M	asters News		
W50 Roslyn Katz	31-3%	M50 Palmer Sweet	27-10	Pole Vauit	tall tan	I M55 H Van Blaricum
Joanne Ramsder W60 Anne Cirulnick	12-11	M60 Russ McDaniels W65 Leonore McDaniels	24-11	M30 Dave Gilbert M35 John Oksas	13-6 11-6	M60 A Ravenscroft M65 Kingsley Sears
Mary Roman 3000m Racewalk	23-4%	Shot Put	111	Terry Christopher	11-3	W45 Donna Olson
M40 Steve Vaitones	14:03.46	M35 Bob Shelton M40 Scott Black	36-5 35-10	M50 Merle Norberg M60 Tom Hinkes	9-0 9-0	W75 Mary Varani 60y Hurdles
Fred Anderson M45 Brian Savilonis		M45 L B Clayton M50 Palmer Sweet	33-3 38-8	M80 Milo Lightfoot	5-0	M35 Calvin Johnson M45 Dolan Street
Stan Sasnowski John Jurewicz		M55 Glenn Johnson M60 Gerald Vaughn	45-5	M40 Mike Skoflanc	18-11	M60 Chet Dow
M50 Bill Purves	14:35.22	Tony Besase	42-2 31-2	Jeff Watry M55 Don Amery	18-0 12-6‡	W30 Janet Mims High Jump
D Walker C Mansbach	17:33.75 17:57.32	Weight Throw M40 Mike Lauderdale	37-1	M60 Clarence Trinkner Lou Edelman		M35 Bill Johnson M45 L Washington
M55 Tom Knatt F Masterson	16:16.09 17:15.97	M45 L B Clayton *non-resident	37-8	M65 Eugene Hess	13-11	M55 H Van Blaricum
Gustave Davis	18:58.67		or between	Jack Hurd M70 Ken Yahiro	11-7	M80 Alden Huisjen Long Jump
M65 Louis Candido M70 John Gray	18:21.62 21:33.29	MIDWEST	14 A 1910 14 17	M80 Mel Flachs W50 Penny Danielson	8-1 12-7	M35 Ben Thomas M40 Les Hale
Stuart Corning W40 Sheila Danahey		Midwest Masters Indo	or Meet	W55 Janet Amery	7-64	M45 Stan Kus
W45 Meg Ferguson	18:41.74	Byron, IL; March		Triple Jump M40 Mike Skoflanc	36-10	M50 William Turner M70 Art Holland
W60 J Shepardson	18:55.32 19:58.75	(200m track)	La AR	M60 Lou Edelman M65 Eugene Hess	24-11 26-0	W70 Mary Holland
Lorelei Ruben	22:55.97	M30 Steve Kirwin	6.9	Jack Hurd	24-6	Shot Put M40 M Michayluk
SOUTHEAS	ST	Eric Goodlow M40 Gerry Krainik	7.8 6.6	Shot Put M30 Kevin Wood	12.96	M45 L Washington
		Mike Skoflanc Tom Rewolinski	6.8	M40 Jeff Watry M45 Mike Oliver	11.34 8.57	M50 Malachi McGruder M55 Peter Lundell
Virginia Maste Championship		M45 Mike Oliver	7.8	M50 John Hess	11.23	M70 Art Holland M80 Alden Huisjen
Lexington; Marc		John Flynn M50 Robert Lloyd	8.6 7.3	M55 Stephen Cohen Ed Schmidt	12.35	W50 Erica Szanto
55m M35 Stephen Coenen	7.0	Jim Lee	7.4	Don Amery M60 Bob Kemp	9.35	W55 Audrey Gasforf W60 Phyllis Shunn
Kinley Hill	7.3	John Hess M55 Don Amery	8.0	John Aikin	9.36	W70 Mary Holland
M40 Rodney Moore* R Bowen	7.6 6.8	Mike Murphy M60 Clarence Trinker	8.0	Clarence Trinkner M65 Jack Hurd	8.42	M40 Bill Reed
Phil Berry M50 Ed Stamper	8.3 7.8	J Hollensteiner Lou Edelman	8.5 9.0	M70 Ken Yahiro M80 Milo Lightfoot	9.84 7.93	M45 Alonzo Taylor M55 H Van Blaricum
M55 Bill Jeffrey	8.1	M65 Harry Brown	8.1	W35 Robin Baumgardner	6.70	M60 Alan Rice
M60 Tony Besase Alvin Burton Jr	8.1 8.2	Jack Hurd M70 Ken Yahiro	9.2	W55 Janet Amery 20# Weight	3.92	M65 Vance Grenzlinge M75 Jerry Jerome
John Wall M65 Don Grey	8.2	M80 Mel Flachs W30 Marie Summicht	11.5 8.2	M30 Kevin Wood M55 Don Amery	16.82	W40 Deb McLaughlin W50 Valerie Stowe
W65 Leonore McDaniels		W40 Lynn Latoria	8.1	M60 Bob Kemp	11.20	W55 Wanda Tichy W60 Joanne Parks
200m M35 Kinley Hill	25.7	W50 Penny Danielson	9.8	W35 Robin Baumgardner 25# Weight		WOO Joanne Parks
M40 R Bowen Robert Cox	24.9 26.3	200m M30 S Kirwin	25.6	M30 Kevin Wood M55 Don Amery	9.97	SOUTHWE
Dale Smith	27.1	E Goodlow M35 John Kruchoski	28.1	M60 Bob Kemp W35 Robin Baumgardner	9.90	Leon Hayes Invitation
M45 John Baylies M50 Ed Stamper	29.9	Fred Hervert	26.6	35# Weight	WT F.	Dallas, TX; March
M55 Bill Jeffrey M60 Al Burton Jr	31.5	M40 G Krainik Tom Rewolinski	23.7	M30 Kevin Wood M55 Lee Slick	13.50 8.10	1 Greg Harrell 36
John Wall Tony Besase	31.3	Al Wright M45 Mike Oliver	26.2	M60 Bob Kemp 56# Weight	7.25	2 Bill Burton 40 3 Robert Hahn 44
M65 John Copp	32.0	John Flynn	30.3	M30 Kevin Wood M55 Don Amery	7.61 5.68	4 Bob Wingo 71
W65 Leonore McDaniels	43.3	Jim Lee	26.0	Lee Slick	4.20	1 Debra Salinas 32 2 Cindy Steenbergen4
400m M35 Stephen Coenen	58.1	Don Williams M55 Terry Pliner	28.4	M60 Bob Kemp	4.56	200m
Kinley Hill M40 R Bowen	59.2 57.2	Don Amery Mike Murphy	29.9 30.5	M30 Kevin Wood 1500m Racewalk	3.74	1 G Harrell 36 2 B Burton 40
Robert Cox	60.2	M60 Lou Edelman M80 Milo Lightfoot	33.4 39.9	M60 John Aikin	9:56.7	3 Jim Reppert 41 1 D Salinas 32
Rodney Moore M55 Bill Jeffrey	64.5 72.6	Mel Flachs	43.0 29.5	USATF Michigan Inc Championships, War		2 C Steenbergen 42
M60 Al Burton Jr W30 Patty Slozat	75.6	W30 Marie Summicht W40 Lynn Latoria	29.5	March 23		1 Rick Easley 42
800m M40 Emeric Butler	2:15.0	Leah Rewolinski W50 Penny Danielson	32.7 34.0	60y M30 Steve Corbett	6.9	2 Courtland Gray 52 3 B Burton 40
Robert Cox	2:17.8	W55 Janet Amery 400m	49.1	M35 Ben Thomas M40 Les Hale	6.7 6.7	4 Jim Reppert 41 5 Bob Wilkin 43
M55 Bill Jeffrey 1500m	2:47.8	M35 John Kruchoski	51.4	M45 Zbigniew Zlobicki	7.0	5 Bob Wingo 71
M35 Jonath D Scott M40 Jeff Stone	5:31.6 4:27.8	M40 G Krainik M45 John Flynn	52.5	M50 Tim Butts M70 Jack Hipple	7.0 8.5	1 Charles Dean 35
M45 Jim Manuel	5:14.9 5:18.9	M50 Robert Lloyd Kingsley Clarke	58.3 64.7	M80 Alden Huisjen W50 Erika Szanto	11.4	2 Robert Hahn 44
M60 Jim Beahm M70 Alvin Smith	8:09.8	M60 J Hollensteiner	75.1	W70 Mary Holland	10.5	WEST
Ron Slozat 49	10:55.9	Alex White M65 Harry Brown	87.6 72.5	220y M30 Stephen Corbett	25.7	Salara Additional States
Jim Beahm 60 Alvin Smith 74	11:50.7 17:24.1	M80 Milo Lightfoot Mel Flachs	97.1 1:58.7	M35 Ben Thomas M40 Les Hale	25.0 25.2	Arizona Senior Ga Tempe; Feb. 17-
55mH	SALKON TO	W30 Marie Summicht	64.7	M45 Zbiegniew Zlobick M50 Robert Lloyd	25.5 26.0	50m
M35 Bob Shelton M40 Dale Smith	9.1 8.4	W35 Sheree Robertson W40 Lynn Latoria	66.0	M65 Earl Fee	28.6	M50 Sam Evert M55 Fred Kjer
Phil Berry M60 Tony Besase	10.6	800m M35 Dick Kennedy	2:08.9	M70 Jack Hipple M80 Ed Andrysiak	32.2 53.7	M60 Rich Glasgow M65 Bob Feaster
High Jump	5-10	Fred Hervert	2:12.8	W35 Belinda McCoy W70 Mary Holland	29.2 51.8	M70 Jack Gilbert
M30 Brian Blakemore Mark Spenik	5-4	M40 Dan Winzenreid	2:14.1	440y M30 Steve Gallen	56.7	M75 Milt Silverstein M80 Doug Wilson
M35 Bob Shelton M45 John Baylies	5-9 4-10	Jeff Watry Jerry Feldhausen	2:15.4	M35 Tyrone Williams	54.5	W55 Jean Wheatley
M50 Palmer Sweet M60 Tony Besase	3-11 4-2	M45 Don Fish M60 Alex White	2:16.9 3:16.1	M40 Dolan Street M50 Robert Lloyd	64.2 58.2	W60 Erika Goldstein W70 Dot Uken
Russ McDaniels	3-11	Clarence Trinkne	r3:18.6	M70 Jack Hipple W30 Tamika Powell	1:15.7	W75 Constance Kiely
M65 John Copp Don Grey	4-6 3-8	M65 Harry Brown	2:43.4	W35 Belinda McCoy	1:05.1	W80 Helen Johnson 100m
Pole Vault M30 Mark Spenik	11-6	M30 Don Volkey Jeff Havens	4:22.1	880y • M30 Pembroke	2:11.8	M50 Ron Helton M55 Fred Kier
Kevin Matheny Bryan Blakemore	10-6 9-0	Steve Simons M35 Anthony Rodiez	4:43.5 4:18.9	M35 Benweit Gorecki M40 Bruce Clifton	2:13.8 2:10.8	M60 Rich Glasgow
M35 Lew Affronti	12-0	M60 Alex White	7:03.7	M60 A Ravenscroft	2:46.9	M65 Andy Anderson M70 Dick Herzer
Jonath D Scott Dennis Harris	9-0 8-0	and the second s	10:11.2	W40 Karen McKeachie W45 Donna Olson	2:43.0	M75 Milt Silverstein M80 Del Bender
M60 Tony Besase Russ McDaniels	8-4 6-4		10:13.8 9:03.8	W55 Merion Knight W75 Mary Varani	3:23.5 4:51.1	M85 Virgil McIntyre M90 John Hedges
M65 Don Grey W65 Leonore McDaniels	8-0	Dana Jaster	11:27.5	Mile M30 Rick Shapie	4:38.1	W50 Helen Gutierrez
Long Jump		W35 Carla Hervert	14:13.0 10:16.8	M35 Mike Webster	4:59.3	W55 Jean Wheatley W60 Erika Goldstein
M30 James Tunstall M35 Bob Shelton	20-2½ 17-0	55mll M40 Bob Zahn	8.3	M40 Dan Block M50 Bill Robson	4:49.5 5:08.1	W70 Elaine Boes W75 Constance Kiely
M45 John Baylies M50 Ed Stamper	16-10 15-7‡	Jeff Watry M60 Clarence Trinkne	8.4	M60 A Ravenscroft M65 Earl Fee	5:51.7 5:13.3	W80 Helen Johnson
Palmer Sweet	13-103/4	High Jump		W30 Ann Boyd	5:20.7	W85 Mary Berlangiero
M60 Tony Besase Russ McDaniels	14-2½ 11-8½	M40 Jeff Watry M45 Mike Oliver	5-10 3-8	W40 Karen McKeachie W45 Donna Olson	6:38.5	M50 Nick Carnefix M55 Fred Kier
M65 John Copp Don Grey	14-1	M55 Mike Murphy M60 Clarence Trinkne	4-6 er 4-8	W75 Mary Varani Two Mile	10:03.9	M60 Ray Graves M65 Andy Anderson
W65 Leonore McDaniels	10-1	Lou Edelman	3-8	M30 Rick Shapie	9:54.2	M70 Dick Herzer
M30 James Tunstall	46-21	Jack Hurd M80 Milo Lightfoot	3-8	M40 Dan Black	10:42.3	M75 Milt Silverstein M80 Del Bender
may John Baylles	24-/4	I PROVINCIO EIGHTIOOC	3-10	MOU CARFOII DEWEESE	11:21./	M85 Virgil McIntyre

Nati	onal M	20
150 Palmer Sweet	27-10	
160 Russ McDaniels	24-11	
65 Leonore McDaniels Shot Put		-
135 Bob Shelton 140 Scott Black 145 L B Clayton	36-5 35-10	1
(10) Palmer Sweet	33-3 38-8	
155 Glenn Johnson 160 Gerald Vaughn	45-5 42-2	i
Tony Besase	31-2	1
Weight Throw 140 Mike Lauderdale	37-1	1
145 L B Clayton non-resident	37-8	1
MIDWEST	STAF	1
AND SHAREST AND A STREET AND ASSESSED.	rapid Tab	8
Midwest Masters Indo Byron, IL; March		
(200m track)	Las De	1
55m M30 Steve Kirwin	6.9	1
Eric Goodlow M40 Gerry Krainik	7.8 6.6	100
Mike Skoflanc	6.8	
Tom Rewolinski M45 Mike Oliver	6.9 7.8	1
John Flynn M50 Robert Lloyd	8.6 7.3	100
Jim Lee John Hess	7.4	
M55 Don Amery	8.0	也
Mike Murphy M60 Clarence Trinker	8.0	
J Hollensteiner Lou Edelman	8.5 9.0	A A
M65 Harry Brown Jack Hurd	8.1 10.0	To the
M70 Ken Yahiro M80 Mel Flachs	9.2	0
W30 Marie Summicht	8.2	3
W40 Lynn Latoria Leah Rewolinski	9.7	
W50 Penny Danielson 200m	9.8	
M30 S Kirwin E Goodlow	25.6 28.1	
M35 John Kruchoski	24.1	4
Fred Hervert M40 G Krainik	26.6	3
Tom Rewolinski Al Wright	25.0 26.2	2
M45 Mike Oliver John Flynn	29.4 30.3	
M50 Robert Lloyd Jim Lee	26.0 26.6	
Don Williams M55 Terry Pliner	28.4	
Don Amery	29.5	1
Mike Murphy M60 Lou Edelman	30.5 33.4	
M80 Milo Lightfoot Mel Flachs	39.9 43.0	
W30 Marie Summicht W40 Lynn Latoria	29.5 29.5	
Leah Rewolinski W50 Penny Danielson	32.7 34.0	6 M
W55 Janet Amery 400m	49.1	M
M35 John Kruchoski	51.4	M
M40 G Krainik M45 John Flynn	52.5 71.1	M
M50 Robert Lloyd Kingsley Clarke	58.3 64.7	W
M60 J Hollensteiner Alex White		2
M65 Harry Brown	87.6 72.5	M
M80 Milo Lightfoot Mel Flachs	1:58.7	2
W30 Marie Summicht W35 Sheree Robertson	64.7	N N
W40 Lynn Latoria 800m	66.8	2
M35 Dick Kennedy Fred Hervert	2:08.9	W
Ben Gorecki	2:14.1	W
Jeff Watry	2:12.2 2:15.4	4
Jerry Feldhausen M45 Don Fish	2:20.8 2:16.9	N N
M60 Alex White Clarence Trinkne	3:16.1	2
M65 Harry Brown	2:43.4	×
M30 Don Volkey	4:22.1	8
Jeff Havens	4:36.3	2
M35 Anthony Rodiez M60 Alex White	4:18.9 7:03.7	2
3000m	10:11.2	W
Barry Lee	10:13.8	W
Lina Jaster	11:27.5	8
M60 Alex White W35 Carla Hervert	14:13.0 10:16.8	2
55ml1	0.3	2 2
Jeff Watry M60 Clarence Trinkne	8.4	2 2
High Jump	. Pare	W
M40 Jeff Watry M45 Mike Oliver	5-10 3-8	
M60 Clarence Trinkne	r 4-8	I
Lou Edelman M65 Eugene Hess	3-8 4-2	N
Luck Hund	3-8	

asters News	
Pole Vault	itan
M30 Dave Gilbert 1 M35 John Oksas 1	3-6
Terry Christopher 1	1-1
M50 Merle Norberg M60 Tom Hinkes	9-0
M60 Tom Hinkes	9-0
The second secon	5-0
Long Jump M40 Mike Skoflanc 18	-11
Jeff Watry 18	-0
MSS Don Amery 12	-61
M60 Clarence Trinkner14 Lou Edelman 11	-0
M65 Eugene Hess 13	-11
M65 Eugene Hess 13 Jack Hurd 11 M70 Ken Yahiro 12	-7
M80 Mel Flachs 8	-1
W50 Penny Danielson 12	-7
W55 Janet Amery 7	-64
Triple Jump M40 Mike Skoflanc M60 Lou Edelman M65 Eugene Hess Jack Hurd 24	-10
M60 Lou Edelman 24	-11
M65 Eugene Hess 26	-0
Shot Put   M30 Kevin Wood   12   M40 Jeff Watry   11   M45 Mike Oliver   8   M50 John Hess   11	.96
M40 Jeff Watry 11	.34
M45 Mike Oliver 8	.57
M55 Stephen Cohen 12 Bd Schmidt 11 Don Amery 9 M60 Bob Kemp 11	.35
Ed Schmidt 11	.37
M60 Rob Kemp 11	.35
John Alkin 9	. 36
Clarence Trinkner 9	.26
The second secon	.42
M70 Ken Yahiro 9 M80 Milo Lightfoot 7 W35 Robin Baumgardner 6 W55 Janet Amery 3 20# Weight 30 Kerin Wood 16	.84
W35 Robin Baumgardner 6	.70
W55 Janet Amery 3	.92
M30 Kevin Wood 16	.82
M55 Don Amery 12	.30
M60 Bob Kemp 11	.20
W35 Robin Baumgardner 6	.36
M30 Kevin Wood 14	.85
M55 Don Amery 9	.97
M60 Bob Kemp 9	.90
W35 Robin Baumgardner 5 35# Weight	.22
M30 Kevin Wood 13	.50
	.10
56# Weight	
M30 Kevin Wood 7	.61
	.68
M60 Bob Kemp	.56
98# Weight	3.74
M30 Kevin Wood 1500m Racewalk	4
	56.7
USATF Michigan Indoo	or
Championships, Warre	
March 23	
M30 Steve Corbett	6.9
M35 Ben Thomas	6.7
M40 Les Hale M45 Zbigniew Zlobicki	6.7 7.0
M50 Tim Butts	7.0
M70 Jack Hipple	8.5
W50 Erika Szanto	11.4
W70 Mary Holland	10.5
220y	
M30 Stephen Corbett M35 Ben Thomas	25.7 25.0
MAN Les Hale	25.0
MAS Thiogniew Tlobicki	25.5
	26.0
M65 Earl Fee M70 Jack Hipple	28.6 32.2
M80 Ed Andrysiak	53.7
W35 Belinda McCoy	29.2
W70 Mary Holland	51.8
M30 Steve Gallen	56.7

M35	Ben Thomas	4	6.	7
M40	Les Hale		6.	7
M45	Zbigniew Zlobicki		7.	0
M50	Tim Butts		7.	0
M70	Jack Hipple		8.	5
M80	Alden Huisjen	3.79	11.	4
W50	Erika Szanto		10.	
W70	Mary Holland		10.	
220y	The second secon			Ā
M30	Stephen Corbett		25.	7
M35	Ben Thomas		25.	
M40	Les Hale		25.	
M45	Zbiegniew Zlobick		25.	
M50	Robert Lloyd	973	26.	
M65	Earl Fee	100	28.	
M70	Jack Hipple		32.	
M80	Ed Andrysiak		53.	
W35	Belinda McCoy		29.	2
W70	Mary Holland		51.	
440y				ī
M30	Steve Gallen		56.	7
M35	Tyrone Williams		54.	
M40	Dolan Street		64.	
M50	Robert Lloyd		58.	
M70	Jack Hipple	1	15.7	
W30	Tamika Powell		:00.	
W35	Belinda McCoy		:05.1	
880y	a House to Artis			
M30	Pembroke	2	11.8	1
M35	Benweit Gorecki		13.8	
M40	Bruce Clifton		10.8	
M60	A Ravenscroft		46.9	
W40	Karen McKeachie		43.0	
W45	Donna Olson		09.9	
W55	Merion Knight		23.5	
W75	Mary Varani		51.1	
Mile	mall and the same of the later	1/1/2	- 1	
M30	Rick Shapie	4	38.1	
M35	Mike Webster		59.3	
M40	Dan Block		49.5	
M50	Bill Robson		08.1	
M60	A Ravenscroft		51.7	
M65	Earl Fee		13.3	
W30	Ann Boyd		20.7	
W40	Karen McKeachie		34.5	
W45	Donna Olson		38.5	
W75	Mary Varani		03.9	
Two	Mile		-	
M30	Rick Shapie	9	54.2	2
M35	Jeff Endres		56.5	
1440	Dee Bleek		42	,

M55 H Van Blaricum	13:05.8
M60 A Ravenscroft	12:33.1
M65 Kingsley Sears	15:52.1
W45 Donna Olson	13:47.0
W45 Donna Ulson	
W75 Mary Varani	20:55.1
60y Hurdles	
M35 Calvin Johnson	7.7
M45 Dolan Street	8.7
M60 Chet Dow	9.7
W30 Janet Mims	9.6
	9.0
High Jump	
M35 Bill Johnson	6-8
M45 L Washington	4-10
M55 H Van Blaricum	NHA
M80 Alden Huisjen	3-0
Long Jump	3-0
M35 Ben Thomas	21-0
M40 Les Hale	17-7
M45 Stan Kus	16-111
M50 William Turner	14-2
M70 Art Holland	10-8
M80 Alden Huisjen	7-6
W70 Mary Holland	9-6
Shot Put	Section of the second
M40 M Michayluk	35-01
M45 L Washington	28-7%
M50 Malachi McGrude	
M55 Peter Lundell	35-104
	29-61
M80 Alden Huisjen	22-81
W50 Erica Szanto	31-50
W55 Audrey Gasforf	27-71
W60 Phyllis Shunn	20-2
W70 Mary Holland	19-21
	Military and
Two-Mile Racewalk	TOWN TISES
M40 Bill Reed	15:05
M45 Alonzo Taylor M55 H Van Blaricum	17:59
M55 H Van Blaricum	16:53
M60 Alan Rice	20:34
M65 Vance Grenzlinge	
M75 Jerry Jerome	23:08
W40 Deb McLaughlin	17:44
W50 Valerie Stowe	19:40
W55 Wanda Tichy	19:44
W60 Joanne Parks	20:21
Journal I di Ka	The same
a cirimiran	
SOUTHWE	57

# Leon Hayes Invitational Meet Dallas, TX; March 16 100m 1 Greg Harrell 36 2 Bill Burton 40 3 Robert Hahn 44

100m	
1 Greg Harrell 36	11.95
2 Bill Burton 40	12.22
3 Robert Hahn 44	12.35
4 Lob Wingo 71	15.95
1 Debra Salinas 32	12.60
2 Cindy Steenbergen42	12.98
200m	
1 G Harrell 36	24.33
2 B Burton 40	25.41
3 Jim Reppert 41	25.70
1 D Salinas 32	26.77
2 C Steenbergen 42	27.26
400m	- Mess
1 Rick Easley 42	54.00
2 Courtland Gray 52	54.83
3 B Burton 40	55.04
4 Jim Reppert 41	55.87
5 Bob Wilkin 43	63.00
	83.0
11 Ondi	
1 Charles Dean 35	16.35
2 Robert Hahn 44	18.24
NAME OF TAXABLE PARTY OF TAXABLE PARTY.	

#### WEST

# Arizona Senior Games Tempe; Feb. 17-18

	.cpc, . co	1207
50m	The state of the s	
	Sam Evert	7.03
M55	Fred Kjer	6.94
M60		7.42
M65	Bob Feaster	7.49
M70	Jack Gilbert	8.56
M75	Milt Silverstein	7.93
<b>M80</b>	Doug Wilson	9.81
M85	Virgil McIntyre	10.53
W55	Jean Wheatley	8.71
W60	Erika Goldstein	9.24
W70	Dot Uken	11.11
W75	Constance Kiely	10.47
W80	Helen Johnson	15.4
100n	THE PARTY OF THE P	
M50	Ron Helton	13.06
M55		13.07
M60	Rich Glasgow	13.87
M65		14.22
M70	Dick Herzer	14.61
M75		15.11
M80	Del Bender	18.04
M85	Virgil McIntyre	20.78
M90		nta
W50		21.9
	Jean Wheatley	16.61
W60	Erika Goldstein	17.08
	Elaine Boes	19.45
W75	Constance Kiely	20.63
W80	Helen Johnson	29.8
W85	Mary Berlangiero	37.8
200m		
M50	Nick Carnefix	26.62
M55		26.89
	Ray Graves	28.27
M65	Andy Anderson	28.90
M70	Dick Herzer	30.31
	Milt Cilverstoin	21 60

The same	THE RESERVE OF THE PARTY OF THE	age 39
	W50 Lorna Hunter W60 Erika Goldstein	49.5 38.68
1	W75 Sis Warnke	61.9
i de	400m M50 Allan Klinkowski	62.15
90.04	M55 Eric Owers M60 Royd Shumway	60.22 66.91
5	M65 Ben Knaub M70 Jack Gilbert	66.3 73.02
100	M75 James Dunn M80 Del Bender	82.29
	W50 Lorna Hunter	1:35.6 2:09.1
	M60 Kat McIntyre W75 Sis Warnke	1:21.9 2:25.9
0.00	800m M50 Nathan White	2:25.83
1	M55 Eric Owers	2:20.41
	M60 Chris Noble	2:36.0 2:42.61
	M65 Ben Knaub M70 Clyne Lunsford	3:01.74
	M80 Del Bender W50 Sandra Heater W60 Kati McIntyre	3:06.35
	W70 Rose McCourt	3:12.64 4:48.4
	W75 Lenore Marvin	3:56.3
	M50 Nathan White M55 Eric Owers	5:01.9 4:56.1
	MOU John Weldy	5:14.5
	M65 Ben Knaub M70 William Shimer	5:17.6 6:11.3
	M75 Floyd Smithberg M80 Edson Sower W50 Sandra Heater W55 Jeannie Cooper	7:30.9 8:46.7
	W50 Sandra Heater	6:09.6 7:36.7
	W60 Kati McIntyre W65 Sharon Jakubiak	6:38.0
I	W65 Sharon Jakubiak W70 Rose McCourt W75 Lenore Marvin	9:25.3
	3000m	7:46.9
	M50 Jerry Reilly M55 David Mellady	12.47.0
	M60 John Weldy	11:36.6
١	M65 Tom Cooke M70 John Houlden	12:40.8 15:45.4
1	M70 John Houlden M75 Floyd Smithberg M80 Edson Sower W50 Jackie Marr W55 Jeannie Cooper	15:09.3 20:03.1
	W50 Jackie Marr	14:01.0
	W60 Eva Hogan W70 Rose McCourt	14:35.2
Ē	W70 Rose McCourt W75 Nona Todd	20:51.1
	Mark Summer	4-10
	M50 Brent Golden M55 Bob Bergfeldt M60 Arnold Brant M65 Marion Frock M70 Francis Green M75 Gil Splaine	4-10 4-10
10.100	M65 Marion Frock	4-0
1	M75 Gil Splaine	4-6
1000	M85 Virgil McIntyre	3-4
-	W55 Vera Shury W60 Joan Burgess	3-8 3-7
-	W65 Barbara Brandt	3-4
	M50 Larry Jones	9-0
	M60 Ray Fitzhugh	9-0
1	M70 Tom DeVaughn	7-0
	M65 George Davies M60 Ray Fitzhugh M65 Warren Wolf M70 Tom DeVaughn M75 Myron Dover M80 John Mays	4-1
ı	Long Jump M50 Jim Swayze	
	MOU JIM SWAYZE	16-14
	M55 Dave Doerrer	16-14
	M60 Arnold Brandt	16-11 16-2 15-2 13-0
	M55 Dave Doerrer M60 Arnold Brandt M65 Grant Twitchell M70 Jack Gilbert	16-11 16-2 15-2 13-0 14-71
	M55 Dave Doerrer M60 Arnold Brandt M65 Grant Twitchell M70 Jack Gilbert	16-11 16-2 15-2 13-0 14-71
	M55 Dave Doerrer M60 Arnold Brandt M65 Grant Twitchell M70 Jack Gilbert	16-11 16-2 15-2 13-0 14-71
Aller and A	M55 Dave Doerrer M60 Arnold Brandt M65 Grant Twitchell M70 Jack Gilbert M75 Gil Splaine M80 Reid Fellsworth M85 Virgil McIntyre W55 Vera Shury W60 Virginia Parks W70 Adele McCormick	16-13 16-2 15-2 13-0 14-73 11-6 8-13 7-11 10-7 9-2 5-8
Statement & Control	M55 Dave Doerrer M60 Arnold Brandt M65 Grant Twitchell M70 Jack Gilbert M75 Gil Splaine M80 Reid Fellsworth M85 Virgil McIntyre W55 Vera Shury W60 Virginia Parks W70 Adele McCormick W75 Edna Splaine Shot Put	16-13 16-2 15-2 13-0 14-73 11-6 8-13 7-11 10-7 9-2 5-8 3-10
State of the late	M55 Dave Doerrer M60 Arnold Brandt M65 Grant Twitchell M70 Jack Gilbert M75 Gil Splaine M80 Reid Fellsworth M85 Virgil McIntyre W55 Vera Shury W60 Virginia Parks W70 Adele McCormick W75 Edna Splaine Shot Put M50 Duane Thompson M55 Bob Beck'	16-1½ 16-2 15-2 13-0 14-7½ 11-6 8-1½ 7-11 10-7 9-2 5-8 3-10
Charles and the Control of the Contr	M55 Dave Doerrer M60 Arnold Brandt M65 Grant Twitchell M70 Jack Gilbert M75 Gil Splaine M80 Reid Fellsworth M85 Virgil McIntyre W55 Vera Shury W60 Virginia Parks W70 Adele McCormick W75 Edna Splaine Shot Put M50 Duane Thompson M55 Bob Beck' M60 Ben McGrady	16-1½ 16-2 15-2 13-0 14-7½ 11-6 8-1½ 7-11 10-7 9-2 5-8 3-10 12.44 12.78 12.48
Address of the Control of the Contro	M55 Dave Doerrer M60 Arnold Brandt M65 Grant Twitchell M70 Jack Gilbert M75 Gil Splaine M80 Reid Fellsworth M85 Virgil McIntyre W55 Vera Shury W60 Virginia Parks W70 Adele McCormick W75 Edna Splaine Shot Put M50 Duane Thompson M55 Bob Beck' M60 Ben McGrady	16-1½ 16-2 15-2 13-0 14-7½ 11-6 8-1½ 7-11 10-7 9-2 5-8 3-10 12.44 12.78 12.48
	M55 Dave Doerrer M60 Arnold Brandt M65 Grant Twitchell M70 Jack Gilbert M75 Gil Splaine M80 Reid Fellsworth M85 Virgil McIntyre W55 Vera Shury W60 Virginia Parks W70 Adele McCormick W75 Edna Splaine Shot Put M50 Duane Thompson M55 Bob Beck' M60 Ben McGrady	16-1½ 16-2 15-2 13-0 14-7½ 11-6 8-1½ 7-11 10-7 9-2 5-8 3-10 12.44 12.78 12.48
	M55 Dave Doerrer M60 Arnold Brandt M65 Grant Twitchell M70 Jack Gilbert M75 Gil Splaine M80 Reid Fellsworth M85 Virgil McIntyre W55 Vera Shury W60 Virginia Parks W70 Adele McCormick W75 Edna Splaine Shot Put M50 Duane Thompson M55 Bob Beck' M60 Ben McGrady M65 Bob Feaster M70 Armando Faustin M75 Don Cumley M80 Reid Ellsworth M90 John Hedges	16-1½ 16-2 15-2 13-0 14-7½ 11-6 8-1½ 7-11 10-7 9-2 5-8 3-10 12.44 12.78 11.54 10.58 11.92 8.34 4.26
	M55 Dave Doerrer M60 Arnold Brandt M65 Grant Twitchell M70 Jack Gilbert M75 Gil Splaine M80 Reid Fellsworth M85 Virgil McIntyre W55 Vera Shury W60 Virginia Parks W70 Adele McCormick W75 Edna Splaine Shot Put M50 Duane Thompson M55 Bob Beck' M60 Ben McGrady M65 Bob Feaster M70 Armando Faustin M75 Don Cumley M80 Reid Ellsworth M90 John Hedges	16-1½ 16-2 15-2 13-0 14-7½ 11-6 8-1½ 7-11 10-7 9-2 5-8 3-10 12.44 12.78 11.54 10.58 11.92 8.34 4.26
	M55 Dave Doerrer M60 Arnold Brandt M65 Grant Twitchell M70 Jack Gilbert M75 Gil Splaine M80 Reid Fellsworth M85 Virgil McIntyre W55 Vera Shury W60 Virginia Parks W70 Adele McCormick W75 Edna Splaine Shot Put M50 Duane Thompson M55 Bob Beck' M60 Ben McGrady M65 Bob Feaster M70 Armando Faustin M75 Don Cumley M80 Reid Ellsworth M90 John Hedges	16-1½ 16-2 15-2 13-0 14-7½ 11-6 8-1½ 7-11 10-7 9-2 5-8 3-10 12.44 12.78 11.54 10.58 11.92 8.34 4.26
	M55 Dave Doerrer M60 Arnold Brandt M65 Grant Twitchell M70 Jack Gilbert M75 Gil Splaine M80 Reid Fellsworth M85 Virgil McIntyre W55 Vera Shury W60 Virginia Parks W70 Adele McCormick W75 Edna Splaine Shot Put M50 Duane Thompson M55 Bob Beck' M60 Ben McGrady M65 Bob Feaster M70 Armando Faustin M75 Don Cumley M80 Reid Ellsworth M90 John Hedges	16-1½ 16-2 15-2 13-0 14-7½ 11-6 8-1½ 7-11 10-7 9-2 5-8 3-10 12.44 12.78 11.54 10.58 11.92 8.34 4.26
	MS5 Dave Doerrer M60 Arnold Brandt M65 Grant Twitchell M70 Jack Gilbert M75 Gil Splaine M80 Reid Fellsworth M85 Virgil McIntyre W55 Vera Shury W60 Virginia Parks W70 Adele McCormick W75 Edna Splaine Shot Put M50 Duane Thompson M55 Bob Beck' M60 Ben McGrady M65 Bob Feaster M70 Armando Faustini M75 Don Cumley M80 Reid Ellsworth M90 John Hedges W50 Laurie Rothrock W55 Marlene Ramirez W60 Nancy Filiatrault W65 Kathryn King W70 Adele McCormick W75 Mary Kay W85 Stella Vollintine	16-11 16-2 15-2 13-0 14-71 11-6 8-11 7-11 10-7 9-2 5-8 3-10 12.44 12.78 12.48 11.54 10.58 11.92 8.19 8.19 8.65 7.88 6.71 6.42 5.93 3.38
	MS5 Dave Doerrer M60 Arnold Brandt M65 Grant Twitchell M70 Jack Gilbert M75 Gil Splaine M80 Reid Fellsworth M85 Virgil McIntyre W55 Vera Shury W60 Virginia Parks W70 Adele McCormick W75 Edna Splaine Shot Put M50 Duane Thompson M55 Bob Beck' M60 Ben McGrady M65 Bob Feaster M70 Armando Faustini M75 Don Cumley M80 Reid Ellsworth M90 John Hedges W50 Laurie Rothrock W55 Marlene Ramirez W60 Nancy Filiatrault W65 Kathryn King W70 Adele McCormick W75 Mary Kay W85 Stella Vollintine	16-11 16-2 15-2 13-0 14-71 11-6 8-11 7-11 10-7 9-2 5-8 3-10 12.44 12.78 12.48 11.54 10.58 11.92 8.19 8.19 8.65 7.88 6.71 6.42 5.93 3.38
	MS5 Dave Doerrer M60 Arnold Brandt M65 Grant Twitchell M70 Jack Gilbert M75 Gil Splaine M80 Reid Fellsworth M85 Virgil McIntyre W55 Vera Shury W60 Virginia Parks W70 Adele McCormick W75 Edna Splaine Shot Put M50 Duane Thompson M55 Bob Beck M60 Ben McGrady M65 Bob Feaster M70 Armando Faustini M75 Don Cumley M80 Reid Ellsworth M90 John Hedges W50 Laurie Rothrock W55 Marlene Ramirez W60 Nancy Filiatrault W65 Kathryn King W70 Adele McCormick W75 Mary Kay W85 Stella Vollintine Discus M50 Duane Thompson M55 George Davies M60 Jim Rothrock	16-11 16-2 15-2 13-0 14-71 11-6 8-11 7-11 10-7 9-2 5-8 3-10 12.44 12.78 12.48 11.54 11.54 11.58 11.92 8.34 4.26 8.19 8.65 7.88 6.71 6.42 5.93 3.38 34.46 38.38 42.34
	MS5 Dave Doerrer M60 Arnold Brandt M65 Grant Twitchell M70 Jack Gilbert M75 Gil Splaine M80 Reid Fellsworth M85 Virgil McIntyre W55 Vera Shury W60 Virginia Parks W70 Adele McCormick W75 Edna Splaine Shot Put M50 Duane Thompson M55 Bob Beck M60 Ben McGrady M65 Bob Feaster M70 Armando Faustini M75 Don Cumley M80 Reid Ellsworth M90 John Hedges W50 Laurie Rothrock W55 Marlene Ramirez W60 Nancy Filiatrault W65 Kathryn King W70 Adele McCormick W75 Mary Kay W85 Stella Vollintine Discus M50 Duane Thompson M55 George Davies M60 Jim Rothrock	16-11 16-2 15-2 13-0 14-71 11-6 8-11 7-11 10-7 9-2 5-8 3-10 12.44 12.78 12.48 11.54 11.54 11.58 11.92 8.34 4.26 8.19 8.65 7.88 6.71 6.42 5.93 3.38 34.46 38.38 42.34
	MS5 Dave Doerrer M60 Arnold Brandt M65 Grant Twitchell M70 Jack Gilbert M75 Gil Splaine M80 Reid Fellsworth M85 Virgil McIntyre W55 Vera Shury W60 Virginia Parks W70 Adele McCormick W75 Edna Splaine Shot Put M50 Duane Thompson M55 Bob Beck M60 Ben McGrady M65 Bob Feaster M70 Armando Faustin M75 Don Cumley M80 Reid Ellsworth M90 John Hedges W50 Laurie Rothrock W55 Marlene Ramirez W60 Nancy Filiatrault W65 Kathryn King W70 Adele McCormick W75 Mary Kay W85 Stella Vollintine Discus M50 Duane Thompson M55 George Davies M60 Jim Rothrock M65 Robert Fisher M70 Stan Sadofsky M75 Dale Buysse M80 Charles Roloff	16-11 16-2 15-2 13-0 14-71 11-6 8-11 7-11 10-7 9-2 5-8 3-10 12.44 12.78 12.48 11.54 11.54 11.58 11.92 8.34 4.26 8.19 8.65 7.88 6.71 6.42 5.93 3.38 34.46 38.38 42.34 37.80 33.62 33.62 33.92 23.70
	MS5 Dave Doerrer M60 Arnold Brandt M65 Grant Twitchell M70 Jack Gilbert M75 Gil Splaine M80 Reid Fellsworth M85 Virgil McIntyre W55 Vera Shury W60 Virginia Parks W70 Adele McCormick W75 Edna Splaine Shot Put M50 Duane Thompson M55 Bob Beck' M60 Ben McGrady M65 Bob Feaster M70 Armando Faustini M75 Don Cumley M80 Reid Ellsworth M90 John Hedges W50 Laurie Rothrock W55 Marlene Ramirez W60 Nancy Filiatrault W65 Kathryn King W70 Adele McCormick W75 Mary Kay W85 Stella Vollintine Discus M50 Duane Thompson M55 George Davies M60 Jim Rothrock M65 Robert Fisher M70 Stan Sadofsky M75 Dale Buysse M80 Charles Roloff M90 John Hedges W50 Laurie Rothrock	16-11 16-2 15-2 13-0 14-71 11-6 8-11 7-11 10-7 9-2 5-8 3-10 12.44 12.78 12.48 11.54 10.58 11.92 8.34 4.26 8.19 8.65 7.88 6.71 6.42 5.93 3.38 34.46 38.38 42.34 37.80 33.92 23.70 10.84 21.78
	MSS Dave Doerrer M60 Arnold Brandt M65 Grant Twitchell M70 Jack Gilbert M75 Gil Splaine M80 Reid Fellsworth M85 Virgil McIntyre W55 Vera Shury W60 Virginia Parks W70 Adele McCormick W75 Edna Splaine Shot Put M50 Duane Thompson M55 Bob Beck' M60 Ben McGrady M65 Bob Feaster M70 Armando Faustini M75 Don Cumley M80 Reid Ellsworth M90 John Hedges W50 Laurie Rothrock W55 Marlene Ramirez W60 Nancy Filiatrault W65 Kathryn King W70 Adele McCormick W75 Mary Kay W85 Stella Vollintine Discus M50 Duane Thompson M55 George Davies M60 Jim Rothrock M65 Robert Fisher M70 Stan Sadofsky M75 Dale Buysse M80 Charles Roloff M90 John Hedges W50 Laurie Rothrock	16-1½ 16-2 15-2 13-0 14-7½ 11-6 8-1½ 7-11 10-7 9-2 5-8 3-10 12.44 12.78 12.48 11.54 11.54 11.58 11.92 8.34 4.26 8.65 7.88 6.71 6.42 5.93 3.38 34.46 38.38 42.34 37.80 33.62 33.92 23.70 10.84 21.78
	MS5 Dave Doerrer M60 Arnold Brandt M65 Grant Twitchell M70 Jack Gilbert M75 Gil Splaine M80 Reid Fellsworth M85 Virgil McIntyre W55 Vera Shury W60 Virginia Parks W70 Adele McCormick W75 Edna Splaine Shot Put M50 Duane Thompson M55 Bob Beck' M60 Ben McGrady M65 Bob Feaster M70 Armando Faustini M75 Don Cumley M80 Reid Ellsworth M90 John Hedges W50 Laurie Rothrock W55 Marlene Ramirez W60 Nancy Filiatrault W65 Kathryn King W70 Adele McCormick W75 Mary Kay W85 Stella Vollintine Discus M50 Duane Thompson M55 George Davies M60 Jim Rothrock M65 Robert Fisher M70 Stan Sadofsky M75 Dale Buysse M80 Charles Roloff M90 John Hedges W50 Laurie Rothrock W65 Marlene Ramirez W60 Norma Lee Price W65 Barbara Brandt	16-11 16-2 15-2 13-0 14-71 11-6 8-11 7-11 10-7 9-2 5-8 3-10 12.44 12.78 12.48 11.54 11.58 11.92 8.34 4.26 8.19 8.65 7.88 6.71 6.42 5.93 3.38 34.46 38.38 42.34 37.80 33.62 33.70 10.84 21.78 18.16 20.20 17.80
	MS5 Dave Doerrer M60 Arnold Brandt M65 Grant Twitchell M70 Jack Gilbert M75 Gil Splaine M80 Reid Fellsworth M85 Virgil McIntyre W55 Vera Shury W60 Virginia Parks W70 Adele McCormick W75 Edna Splaine Shot Put M50 Duane Thompson M55 Bob Beck' M60 Ben McGrady M65 Bob Feaster M70 Armando Faustini M75 Don Cumley M80 Reid Ellsworth M90 John Hedges W50 Laurie Rothrock W55 Marlene Ramirez W60 Nancy Filiatrault W65 Kathryn King W70 Adele McCormick W75 Mary Kay W85 Stella Vollintine Discus M50 Duane Thompson M55 George Davies M60 Jim Rothrock M65 Robert Fisher M70 Stan Sadofsky M75 Dale Buysse M80 Charles Roloff M90 John Hedges W50 Laurie Rothrock W65 Marlene Ramirez W60 Norma Lee Price W65 Barbara Brandt	16-11 16-2 15-2 13-0 14-71 11-6 8-11 7-11 10-7 9-2 5-8 3-10 12.44 12.78 12.48 11.54 11.58 11.92 8.34 4.26 8.19 8.65 7.88 6.71 6.42 5.93 3.38 34.46 38.38 42.34 37.80 33.62 33.70 10.84 21.78 18.16 20.20 17.80
	MS5 Dave Doerrer M60 Arnold Brandt M65 Grant Twitchell M70 Jack Gilbert M75 Gil Splaine M80 Reid Fellsworth M85 Virgil McIntyre W55 Vera Shury W60 Virginia Parks W70 Adele McCormick W75 Edna Splaine Shot Put M50 Duane Thompson M55 Bob Beck' M60 Ben McGrady M65 Bob Feaster M70 Armando Faustini M75 Don Cumley M80 Reid Ellsworth M90 John Hedges W50 Laurie Rothrock W55 Marlene Ramirez W60 Nancy Filiatrault W65 Kathryn King W70 Adele McCormick W75 Mary Kay W85 Stella Vollintine Discus M50 Duane Thompson M55 George Davies M60 Jim Rothrock M65 Robert Fisher M70 Stan Sadofsky M75 Dale Buysse M80 Charles Roloff M90 John Hedges W50 Laurie Rothrock W65 Marlene Ramirez W60 Norma Lee Price W65 Barbara Brandt W70 Adele McCormick W55 Marlene Ramirez W60 Norma Lee Price W65 Barbara Brandt W70 Adele McCormick W75 Polly Herzer W85 Stella Vollintine Javelin	16-1½ 16-2 15-2 13-0 14-7½ 11-6 8-1½ 7-11 10-7 9-2 5-8 3-10 12.44 12.78 12.48 11.54 10.58 11.92 8.34 4.26 8.19 8.65 7.88 6.71 6.42 5.93 3.38 34.46 38.38 42.34 37.80 33.62 33.92 23.70 10.84 21.78 18.16 20.20 17.80 14.82 12.84 6.86
	MSS Dave Doerrer M60 Arnold Brandt M65 Grant Twitchell M70 Jack Gilbert M75 Gil Splaine M80 Reid Fellsworth M85 Virgil McIntyre W55 Vera Shury W60 Virginia Parks W70 Adele McCormick W75 Edna Splaine Shot Put M50 Duane Thompson M55 Bob Beck' M60 Ben McGrady M65 Bob Feaster M70 Armando Faustini M75 Don Cumley M80 Reid Ellsworth M90 John Hedges W50 Laurie Rothrock W55 Marlene Ramirez W60 Nancy Filiatrault W65 Kathryn King W70 Adele McCormick W75 Mary Kay W85 Stella Vollintine Discus M50 Duane Thompson M55 George Davies M60 Jim Rothrock M65 Robert Fisher M70 Stan Sadofsky M75 Dale Buysse M80 Charles Roloff M90 John Hedges W50 Laurie Rothrock	16-1½ 16-2 15-2 13-0 14-7½ 11-6 8-1½ 7-11 10-7 9-2 5-8 3-10 12.44 12.78 12.48 11.54 10.58 11.92 8.34 4.26 8.19 8.65 7.88 6.71 6.42 5.93 3.38 34.46 38.38 42.34 37.80 33.62 33.92 23.70 10.84 21.78 18.16 20.20 17.80 14.82 12.84 6.86

74:16

70:28 76:40 80:00 87:44 1:41:17

1:41:24 1:29:17 1:38:54

71:18 75:52 77:13 82:08

77:59 83:39 1:44:22

1:01:10 1:12:35 1:13:16 1:14:35 1:14:36

1:12:35 1:15:03 1:15:03 1:15:41 1:19:01 1:19:24 1:19:34

Jozef Soffa M60 Alfred Finger George Reilly Tom Frawley

M65 Bill Horowitz Don Preven
Jerome Olitt
M70 Sab Koide
Phil Vale

M75+Frank Brownstein782:28:00
W30 Stephanie Kessler
Susan Foster 39 66:12
Diane Looney 35 66:52
W40 Barbara Anderson 67:47
Joan Baldassarri 70:19

Joan Baldassarri Ann Hyman W45 Roberta Brill Dorothy Fuscaldo Flora Flores W50 Marjorie Kos Melanie Benvenue

Welanie Benvenue W55 Patty Parmalee W60 Thelma Wilson W65 Joan Fisher Finishers: 319m/205w

Overall
Joseph Kariuki 26
Cindi Girard 34
M40 Geo Shurter
Ray Schick
Bill Plough

M45 Roger Price
Steve Kohorst
B Langenkamp
M50 Doug Brown
Pete Shano
F Pereira

Newark 20K Classic/USATF NJ Championships Newark; March 10

Roger Kroger Walt Kuetzing

Don Bradley Robert Rice W40 Mary O'Connor

Laura Caldwell

Mary O'Connor NZ 16:45 Anne Audain ID 17:02 Michelle Buchicchio CA 17:15

Honor Fetherston CA 17:18 Laura Caldwell OR 17:27

P-B			
Con	tinued from previ	ous page	
M60	John Tansley	46.77	
M65	Bill Brazelton	41.67	
M70	Charles Obye	35.02	
M75	Dale Buysse	26.87	
M80	Charles Roloff	23.00	
M90	John Hedges	9.75	
W50	Jane Serra	22.72	
W55	Shriley Bailey	23.08	
W60	Norma Lee Price	21.37	
W65	Barbara Brandt	22.98	
W70	Adele McCormick	21.00	
W75	Polly Herzer	14.73	
W85	Stella Vollintine	6.20	
KELfield Meet #47 Santa Cruz, CA; March 16			
Shot	Put		
M40	John Price	34-1	
M45	Gary Kelmenson	37-9	
	Dob Druge	26 61	

KELfield Meet #47					
Santa Cruz, CA; M	Santa Cruz, CA; March 16				
Shot Put					
M40 John Price	34-1				
M45 Gary Kelmenson	37-9				
Bob Pryor	36-61				
M55 Dick Hotchkiss1	6#41-8				
Mike Parker	39-5				
M60 Stew Thomson	44-2				
M70 GoeGee Toscano	28-2				
Discus					
M40 John Price	122-3				
M45 Gary Kelmenson	116-4				
M55 Dick Hotchkiss	154-4				
Mike Parker	115-5				
M60 Stew Thomson	164-3				
M70 GeeGee 'Toscano	77-9				
Javelin					
M35 John Hanson	170-11				
M45 Gary Kelmenson M60 Stew Thomson	107-6				
	94-11				
Hanner					
M30 'TorrGustaffson2					
M35 Mike Venning	131-3				
M45 Gary Kelmenson	136-1				
M55 Dick Hotchkiss Mike Parker	138-11				
	85-4				
M60 Stew Thomson	AR172-0				
(166-6/Thomson/1993)					
M80 Jim York	55-0				
Weight Throw					
M45 Gary Kelmenson	43-8				
Hob Pryor	43-63				
M55 Dick Hotchkiss	47-6				
Jim Hart	33-41				
Mike Parker	24-6				
M60 Don Hughes	36-41				
56# Weight					
M45 Gary Kelmenson	29-10-				
Bob Pryor	27-31				
M55 Dick Hotchkiss	29-7				
Jim Hart	18-11				
M60 Don Hughes	17-2				
M80 Jim York	11-31				

#### INTERNATIONAL

#### **British Indoor Veterans** Championships Birmingham, England; March 2

Maion	BALL BETTER
60	SHEW TO SHE
M40 Kwadwo Ansah	7.05
M45 Brian Townley	7.52
M50 Clyn Sutton	7.52
M55 Frank Hague	8.21
M60 Byron Gray	7.93
M65 Charles Williams	8.17
Allan Meddings	8.56
M70 John Quantrell	9.23
M75 Colin Fairey	9.81
W35 Sonja Oost	8.30
W40 Helen Godsell	8.20
W45 Emily McMahon	8.64
W50 Yvonne Priestman	8.91
W55 Jean Hall	9.23
Una Gore	9.27
W60 None	STATE OF THE PARTY.
W65 Brenda Green	11.40
W70 None	A PROPERTY.
W75 Mary Wixey	11.53WR
Peggy Taylor	13.52
CARRY LANGE TO BE	SECTION AND ADDRESS.
200	A CALLED
M40 Viv Oliver	23.03
M45 Brian Townley	24.59
M50 Colin Ayling	25.26
M55 Alan Carter	26.75
M60 Byron Gray	25.90WR
M65 Allan Meddings	28.79
Charles Williams	28.86
M70 John Quantrell	31.89
W35 Lyn Talbert W40 Susan Smith	26.43
W40 Susan Smith	27.53
W45 Vivien Bonner	27.55
W50 Yvonne Priestman W55 Jean Hall	28.93WR
W55 Jean Hall	31.04
W60 None W65 Brenda Green	TE STATE OF
W65 Brenda Green	40.49
W70 None	
W75 Peggy Taylor	52.82
400	
400 W/O P I	
M40 D Lucas	54.02
M45 Derek Taylor	54.68
M50 Reg Phipps	55.90
M55 Robert Sheridan	60.60
M60 Wilfred Morgan	59.82WR
M65 Derek Thomas	65.93
M70 Ron Atherton	72.37
W35 Lyn Talbert	59.47
W40 Diny van de Ven	64.11
W45 Caroline Marler	
W50 Yvonne Priestman	
W65 Brenda Green	95.62

1	800					
	M40 David Wilcock	2	:00	١.	37	
	M45 Ray Weatherburn	2	:03	ı.	40	
	MSO Reg Phipps	Z	:0/		29	
	M55 Brian Bartholomes	,2	:23	ı.	81	
	M55 Brian Bartholomes M60 Leonard Tew M65 Derek Thomas	2	:26		25	
	M65 Derek Thomas	2	: 25		85	
	MOD Derek Thomas M70 James Todd M80 Ernie Warwick W35 Julie Asgill W40 Marianne Layden W45 Caroline Marler W55 Jean Hulls W55 Metry Norrich	2	.4		42	
	M80 Frate Varutck	L	.04		74	w
ľ	U35 Julia Acaill	,	.10		94	
7	WAS JUILE ASSILL	2	. 20		1 2	,
	W40 Farrante Layden	2	. 2/		55	L
	W45 Caroline Harler	2	. 20	١.	43	TL.
	WSS Jean Hulls	-	: 20	•	*	
	MOS Decey Mottable	"	:05	٠.	,	P
	1500		- 00		-	
	M40 David Bedwell	4	:09			
	M45 Ray Weatherburn		:18			
	M50 Malcolm Martin	4	:16			
	M55 Michael Wrenn	-	: 36	•	65	1
	Mou Leslie Hopkinson	2	:02	•	96	
	M65 Derek Howarth	5	:28	١.	91	
	M70 Ron Atherton	5	: 30	١.	29	
	M55 Michael Wrenn M60 Leslie Hopkinson M65 Derek Howarth M70 Ron Atherton M80 Ernie Warwick	6	:19			
	W35 Janet Holt	4	:33	١.	35	,
1	W40 Judith Meeten	5	:02	١.	84	
	C11	5	:17		59	1
1	W50 Pat Gallagher		.54		97	LI
	W50 Pat Gallagher W65 Betty Norrish	7	:31		66	
1	3000					
١	M40 Chris Beighton	8	:43		89	
ı	M40 Chris Beighton M45 John Fidler	9	.13		14	
1	MSO Halcolm Martin	á	. 28		32	3
ı	MSS Stephen James	ó	. 30	•	21	
ı	M60 Maurice Morrell 1	,	.00	•	50	
ı	M50 Halcolm Martin M55 Stephen James M60 Maurice Morrell 1 M65 George Phipps 1 M70 John Fraser 1	-	. 40	•	70	
ı	M70 John F	1	. 47	•	30	1
١	W75 Probable Control	2	.43	•	20	3
ı	MOO Productional	3	. 30	•	40	
ı	nou Ernie Warwick	1	. 32	•	11	
ı	WJJ Joan Lasenby	U	. 16	•	23	
ı	W4U Chris Kollason	1	:00	•	23	
۱	M70 John Fraser   1 M75 Richard Creese   1 M80 Ernie Warwick   1 W35 Joan Lasenby   1 W40 Chris Rollason   1 W45 Felicity Garland	1	:00		49	9
١	W50 Pat Gallagher 1 W65 Betty Norrish 1	0	:37	•	79	W
ı	Wob Betty Norrish	15	:33		76	
۱	60H					
ı	M40 Roger Honey				1	
١	M45 Tony Wells		- 5	١.	0	
ı	M50 Barry Ferguson				44	
۱	M55 Barrie Taylor				11	
ı	M55 Barrie Taylor M60 Colin Shafto W40 Gill Hevingham W45 Emily McMahon				74	
۱	W40 G111 Hevingham				24	
ı	U45 Fmily McMahor				36	
١	USO Marioria Hockest	1			81	
۱	W50 Marjorle Hocknel W55 Nanette Cross	•			24	
۱			1		۷.	•
١	HICH JUMP		93			
ı	M40 R Smith		1		70	-
١	M45 Robert Abdy		1		55	
١	M50 Colin Green		1		50	1
	M55 Anthony Bateman		1		50	)
1	M50 Colin Green M55 Anthony Bateman M60 Anthony Crocker M65 Jaroslav Hanus		1		58	3
	M65 Jaroslav Hanus		1		25	•
	M70 Ian Adams				15	
	W35 Jenny Brown		1	١.	68	W
	W40 Gill Hevingham		1		39	)
	W50 Joanne Smallwood		- 1		33	
ı	W55 Janet Phillips		1		30	W
ı	W75 Mary Wixey		.0		85	1
1	W. Committee of the com					

Н	POLE VAULT M40 Tom Thompson M45 Ty Lewis	
М	M40 Tom Thompson M45 Ty Lewis M50 Godfrey Benson M60 Robert Brown M65 Alfred Woods M75 Tony Rawlinson W35 Jenny Cunnane W40 Gill Hevingham W45 Carole Earnes W50 Petra Pieterson W60 Dorothy McLennan LONG JUMP	2.80
Н	M45 TV Lewis	3.70
	MSO Codfrey Benson	3 70
-	HOO Godfrey Benson	3.70
	MbU Robert Brown	3.30
	M65 Alfred Woods	2.80
÷	M75 Tony Rawlinson	1.70
	USE Janes Comments	2 00
	was Jenny Cunnane	2.00
R	W40 Gill Hevingham	2.20
	WAS Carole Farnes	2.00
	HAS Carole Larnes	2 30
h	W50 Petra Pleterson	2.30
R	W60 Dorothy McLennan	1.90W
R	March 19 Control of the Control of t	
	LONG JUMP	
	M40 Barrington William	e 7.52W
	MAG Dallington William	6 04
	M45 Paul Pinnington	6.04
	M50 Colin Green	5.44
	M55 Mike Garvey	5.16
2	105 fake darvey	5.10
	M60 Frank Taylor	5.23
7	M65 Clive Adlam	4.51
	M70 Podney Clark	2.58
5	W75 Deade With	2.50
	m/o Denis Philcox	3.42
	W50 Marlene Simmonds	4.23
	W55 Evaun Williams	3.48
	U75 Marie U4	2.50
	M55 Mike Garvey M60 Frank Taylor M65 Clive Adlam M70 Rodney Clark M75 Denis Philcox W50 Marlene Simmonds W55 Evaun Williams W75 Mary Wixey	2.38
	Service of the servic	
2	TRIPLE JUMP M40 Gary Gallagher M45 Paul Pinnington M50 John Vernon M55 John Darlington	
	WIA CO.	
	M40 Gary Gallagher	13.28
	M45 Paul Pinnington	11.88
	MSO John Vernon	11 16
5	ALL THE PARTY	11.10
1	Moo John Darlington	10.26
П	M60 Anthony Crocker	10.22
	M50 John Vernon M55 John Darlington M60 Anthony Crocker M65 Ajit Kalrai M75 Denis Philcox W35 Jenny Brown W40 Carole Filer W50 Marlene Simmonds W55 Carina Graham SHOT PUT	9 41
-	W75 Port Bill	7.71
F	M/3 Denis Philcox	7.20
	W35 Jenny Brown	10.73W
	WAO Carole Filer	0 81
	W40 Carole Filet	9.01
	WOU Marlene Simmonds	9.03
	W55 Carina Graham	8.24
	AND DESCRIPTION OF THE PARTY OF	
Į.	SHOT PUT	
8.	M40 Malcolm Fenton	14.13
	MAS Ned 1 Ced SS4-	12 63
ł	M45 Nell Griffin	12.03
e.	M50 Eric Barker	13.50
ļ.	MSS Edward Walters	11 30
t	WO Develo Co	11.50
Contract of the last	nou Barrie Strange	11.53
	M65 John Watson	10.80
	M70 Tan Adams	8 47
	M40 Malcolm Fenton M45 Neil Griffin M50 Eric Barker M55 Edward Walters M60 Barrie Strange M65 John Watson M70 Ian Adams W35 Wendy Dunsford	0.4/
	W35 Wendy Dunsford	11.13
	W40 Carole Filer	7.27
2	W40 Carole Filer W45 Jean Fail (Wills)	7 30
1	may dean rail (wills)	1.39
F	WOU Margery Swinton	9.13
	W50 Margery Swinton W55 Evaun Williams W60 Marie Grant-Steven	11.71
	W60 Marie Grant-Staven	s 6 80
	U65 To Ondo	0.00
	W65 Jo Ogden	8.69
	2000 HATE	
	3000 WALK	
Ť	M40 Stephen Allwood 14	:21.74
	M45 Bob Care 13	12.72
	MSO Potes Verrall	.04 01
	HOU Peter Hannell 14	:04.81
-	M55 Brian Gore 14	:33.82
	M60 William Rawlins 17	:25.21
Ė	M65 George Chanlin 15	- 39 674
R	M80 Carone Washin 15	.10 07W
	HOU GETORE MITCHEII 20	:10.07
	W40 Cath Reader 15	:59.69
	W45 Ann Lewis 15	:52.71W
2	W50 Sally Havnes 19	:29.42
	USS 1111 I remised 12	-56 50
	M40 Stephen Allwood 14 M45 Bob Care 13 M50 Peter Hannell 14 M55 Brian Gore 14 M60 William Rawlins 17 M65 George Chaplin 15 M80 Geroge Mitchell 20 W40 Cath Reader 15 W45 Ann Lewis 15 W50 Sally Haynes 19 W55 Jill Langford 17	. 50.56
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٨	ICE RESULT	
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# LONG DISTANCE 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/2 1/4" wide) in our format receive preference. Deadline is the 10th of the month prior to ussue date.

Jim Williams

CA 17:03

#### NATIONAL

# USATF National Masters 5K Championships (Carlsbad 5000)

Carlsbad, CA; Ma	arch	31
Overall	1	
Armando Quinanilla		
Angela Chalmers 32	15	:20
M40		
Boguslaw Maminski	POL	14:28
Antoni Niemczak	NY	15:44
Lloyd Stephenson	CA	15:02
Francesjohn Gailson	CA	15:12
Farley Simon	CA	15:39
Geary Daniels		15:39
Don Bergan	TX	15:41
Steve Blum		15:49
Nicolas Hernandez	CA	15:49
Greg Gustafson	OR	15:50
M45		
Doug Bell	$\infty$	15:12
Nolan Shaheed	CA	15:30
Dave Hill	CA	15:31
Mike Seaman		15:46
James Tracy		15:51
Mike Dove	CA	16:03
Sam Hajj		16:13
Arturo Rodriguez		16:18
Syl Franklin		16:38
Rick Hagin	CA	16:43
M50		
Stephen Lester		16:25
Rolly Moore		16:46
Alphonzo Jackson		16:47
Wayne Mitchell		17:15
Fred Lindsley		17:16
Ron Ogilvie		17:17
Frank Ruona		17:19
Mike Eck		17:23
Gene Ball	CV	17:30

Ruben Sandoval

lasters	Thom Weddle	MN 17:20
hips	Charles Burton	CA 17:43
The SECTION	Karl Griepenburg	CA 17:53
00)	Neal Chappell	NV 18:20
rch 31	Robert Seldner	CA 18:45
DESCRIPTION OF THE PERSON OF T	Teodoro Delgado	MEX 18:47
27 13:18	Byron McIntosh	CA 19:21
15:20	Tom Morrow	CA 19:26
ALCOHOL: MANAGEMENT	Al Shook	CA 19:30
POL 14:28	M60	
NY 15:44	Derek Wharton Hor	ngKong18:05
CA 15:02	Bob Milner	NY 18:27
CA 15:12	Bernie Hollander	CA 19:05
CA 15:39	Aldo Mora	CA 19:15
15:39	Bill Crum	19:31
TX 15:41	Ramon Sandoval	MEX 19:38
CA 15:49	William Wall	CA 19:45
CA 15:49	Jose Vigil	CA 19:47
OR 15:50	Statement of the Control of the Cont	G. 13.47
o bear being	M65	All The Road
CO 15:12	Gunnar Linde	
CA 15:30	Jerry Crockett	OK 20:15
CA 15:31	Pat Devine	CA 20:39
MN 15:46	Dick Robinson	CA 21:29
CA 15:51	Jim Selby	CA 21:30
CA 16:03	Lob Vitale	CA 21:44
CA 16:13	Ollie Olivares	CA 22:04
16:18	Wayne Myers	CA 22:32
CA 16:38	M70	
CA 16:43	Jim O'Neil	CA 21:06
	larry Banuelos	CA 21:22
UT 16:25	Logan McGinness	NM 21:49
WA 16:46	John Cahill	
CA 16:47	Jim McCown	CA 22:58
CA 17:15	Ted Horner	CA 23:59
CA 17:16	M75	AND THE REST
CA 17:17	Norton Davey	CA 31:00
CA 17:19		CA 31:04
CA 17:23		CA 32:45
CA 17:30	Anthony Isan	
CA 17:31	Maer Walater	CA 43:26

Laura Caldwell	OR	1/.	21
Jane Welzel		17: 17: 18: 18:	37
Kimberlee Campo	CA	17:	47
Valerie Pinocci	NV	18:	30
Marina Jones	CA	18:	33
Iorraine Caldwell	0	18:	35
W45			
Murcy Gilles	MN	18:	14
Leslie McMullin	CA	18:	29
	CA	18	44
Deelee Grafius	CA	10.	24
Joni Shirley	CA	18: 19: 20:	24
Robin Paine	CA	20:	10
Debby Jamieson		20:	
Burb Spunnaus	MN	20:	31
Betty Rosenberg	CA	20:	35
W50			
Joun Ottaway	CA	18	06
Mury Wood	CA	18: 19: 19:	00
	CA	19	02
Melody∧nne Schultz	CA	19: 20: 20:	17
Kathy Loper	CA	20:	:46
Joann Meyer	CA	20:	:53
Arın Walker	CA	20: 21: 21:	:10
Judy Kewley	CA	21:	14
	3		
W55			
Barbara Miller	CA	19:	35
Yvette Lavigne	CA	20:	29
Eileen Pue		21:	
Bonnie Harkins		22:	
	CA	24	10
Donna Gookin			
Gertie Holtslag	w	24	:25
W60			
Peggy Ainslie	WA	22	:17
Lois Calhoun	CA	24	:21
Helen Lighterink		24	
Jeanee Osteen		28	
Elfie Sarina	CA		
	C	20	. 22
W65			
Lois Gilmore Ruth Anderson		24	
Ruth Anderson	CA	27	:04
Doris Gordon	CA	28	:07
Mickey Shockley	CA	31	:02
Dorie Smith	CA	28 31 31	: 30
W70			•
	CA	25	. 55
Mary Storey			
Jo Kiesecker		26	
Marjorie Lawson		35	
Betty Roberts	CA	36	:58
W75		1	
Correr Davidson		28	:59
	CA		
Lois Edds		32	.50
Gerry Davidson Lois Edds Liv Thowsen	CA	32	
Liv Thowsen		32	
Liv Thowsen W80	CA	32	
Liv Thowsen W80 Judy Simon	CA	32	
Liv Thowsen W80 Judy Simon Marjorie Easton	CA	32 32 37 45	
Liv Thowsen W80 Judy Simon Marjorie Easton Age-Graded Standing	CA CA CA CA	37 45	:33
Liv Thowsen W80 Judy Simon Marjorie Easton Age-Graded Standing Boguslaw Maminski	CA CA CA CA	37 45	:33
Liv Thowsen W80 Judy Simon Marjorie Easton Age-Graded Standing Boguslaw Maminski Joan Ottaway	CA CA CA CA	37 45	:33
Liv Thowsen W80 Judy Simon Marjorie Easton Age-Graded Standing Boguslaw Maminski Joan Ottaway Doug Bell	CA CA CA CA	37 45	:33
Liv Thowsen W80 Judy Simon Marjorie Easton Age-Graded Standing Boguslaw Maminski Joan Ottaway	CA CA CA CA	37 45	:33
Liv Thowsen W80 Judy Simon Marjorie Easton Age-Graded Standing Boguslaw Maminski Joan Ottaway Doug Bell Nolan Shaheed	CA CA CA CA 52 45 46 53	32 37 45 93 92 92 90	.29 .29 .8 .0 .9
Liv Thowsen W80 Judy Simon Marjorie Easton Age-Graded Standing Boguslaw Maminski Joan Ottaway Doug Bell Nolan Shaheed Stephen Lester	CA CA CA CA 52 45 46 53	32 37 45 93 92 92 90	.29 .29 .8 .0 .9
Liv Thowsen W80 Judy Simon Marjorie Easton Age-Graded Standing Boguslaw Maminski Joan Ottaway Doug Bell Nolan Shaheed Stephen Lester Anton Niemczak	CA CA CA CA 52 45 46 53 40	37 45 93 92 92 90 90	.29 .29 .8 .0 .9
Liv Thowsen W80 Judy Simon Marjorie Easton Age-Graded Standing Boguslaw Maminski Joan Ottaway Doug Bell Nolan Shaheed Stephen Lester Anton Niemczak Lloyd Stephenson	CA CA CA 40 52 45 46 53 40 41	32 37 45 92 92 90 90 90	.29 .29 .8 .0 .9 .7 .4
Liv Thowsen W80 Judy Simon Marjorie Easton Age-Graded Standing Boguslaw Maminski Joan Ottaway Doug Bell Nolan Shaheed Stephen Lester Anton Niemczak Lloyd Stephenson Mary O'Connor	CA CA CA CA 40 52 45 46 53 40 41 40	32 37 45 92 92 90 90 90	.29 .8 .0 .9 .7 .4
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Liv Thowsen W80 Judy Simon Marjorie Easton Age-Graded Standing Boguslaw Maminski Joan Ottaway Doug Bell Nolan Shaheed Stephen Lester Anton Niemczak Lloyd Stephenson Mary O'Connor Dave Hill Francesjohn Gailson	CA CA CA CA 40 52 45 46 53 40 41 40 45 42	32 37 45 93 92 92 90 90 90 90 90	.29 .29 .8 .0 .9 .7 .4 .3 .2 .1
Liv Thowsen W80 Judy Simon Marjorie Easton Age-Graded Standing Boguslaw Maminski Joan Ottaway Doug Bell Nolan Shaheed Stephen Lester Anton Niemczak Lloyd Stephenson Mary O'Connor Dave Hill Francesjohn Gailson Mike Dove	CA CA CA 40 52 45 46 53 40 41 40 45 42 49	32 37 45 93 92 90 90 90 90 90 90 90 90 90	.29 .8 .0 .9 .7 .4 .3 .2 .1
Liv Thowsen W80 Judy Simon Marjorie Easton Age-Graded Standing Boguslaw Maminski Joan Ottaway Doug Bell Nolan Shaheed Stephen Lester Anton Niemczak Lloyd Stephenson Mary O'Connor Dave Hill Francesjohn Gailson Mike Dove Barbara Miller	CA CA CA SE 400 522 453 400 411 400 453 400 415 400 400 400 400 400 400 400 400 400 40	32 37 45 93 92 92 90 90 90 90 90 90 89 89	.29 .29 .8 .0 .9 .7 .4 .3 .2 .1 .0 .8
Liv Thowsen W80 Judy Simon Marjorie Easton Age-Graded Standing Boguslaw Maminski Joan Ottaway Doug Bell Nolan Shaheed Stephen Lester Anton Niemczak Lloyd Stephenson Mary O'Connor Dave Hill Francesjohn Gailson Mike Dove	CA CA CA SE 406 533 406 411 409 566 577	32 37 45 93 92 92 90 90 90 90 90 89 89 88	.29 .29 .8 .0 .9 .7 .4 .3 .2 .1 .0 .8
Liv Thowsen W80 Judy Simon Marjorie Easton Age-Graded Standing Boguslaw Maminski Joan Ottaway Doug Bell Nolan Shaheed Stephen Lester Anton Niemczak Lloyd Stephenson Mary O'Connor Dave Hill Francesjohn Gailson Mike Dove Barbara Miller Thom Weddle	CA CA CA SE 406 533 406 411 409 566 577	32 37 45 93 92 92 90 90 90 90 90 89 89 88	.29 .29 .8 .0 .9 .7 .4 .3 .2 .1 .0 .8
Liv Thowsen W80 Judy Simon Marjorie Easton Age-Graded Standing Boguslaw Maminski Joan Ottaway Doug Bell Nolan Shaheed Stephen Lester Anton Niemczak Lloyd Stephenson Mary O'Connor Dave Hill Francesjohn Gailson Mike Dove Barbara Miller Thom Weddle MelodyAnne Schultz	CA CA CA SE 400 522 453 400 411 400 453 400 415 400 400 400 400 400 400 400 400 400 40	32 37 45 93 92 92 90 90 90 90 90 90 89 88 88 88	.29 .28 .0 .9 .7 .4 .3 .2 .1 .0 .8 .2 .9
Liv Thowsen W80 Judy Simon Marjorie Easton Marjorie Easton Margorie Easton Margorie Easton Margorie Easton Margorie Easton Margorie Easton Margorie Margorie Margorie Margorie Maryorie Mike Dove Barbara Miller Thom Weddle MelodyAnne Schultz Laura Caldwell	CA C	32 37 45 92 92 90 90 90 90 90 90 90 89 88 88 88 88	.33 .29 .8 .0 .9 .7 .4 .3 .2 .1 .0 .8 .2 .9
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Liv Thowsen W80 Judy Simon Marjorie Easton Age-Graded Standing Boguslaw Maminski Joan Ottaway Doug Bell Nolan Shaheed Stephen Lester Anton Niemczak Lloyd Stephenson Mary O'Connor Dave Hill Francesjohn Gailson Mike Dove Barbara Miller Thom Weddle MelodyAnne Schultz Laura Caldwell Jim Williams Anne Audain	CA C	32 37 45 93 92 90 90 90 90 90 89 88 88 88 88 88	.33 .29 .8 .0 .9 .7 .4 .3 .2 .1 .0 .8 .2 .9 .7 .7 .7
Liv Thowsen W80 Judy Simon Marjorie Easton Marjorie Easton Margorie Easton Margorie Easton Margorie Easton Margorie Easton Margorie Easton Margorie Margorie Margorie Margorie Margorie Maryof Connor Dave Hill Francesjohn Gailson Mike Dove Barbara Miller Thom Weddle MelodyAnne Schultz Laura Caldwell Jim Williams Anne Audain Mike Seaman	CA C	32 37 45 93 92 90 90 90 90 90 90 89 88 88 88 88 88 88	:33 :29 .8 .0 .9 .7 .4 .3 .2 .1 .0 .8 .7 .7 .7 .7 .6 .7
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Liv Thowsen W80 Judy Simon Marjorie Easton Age-Graded Standing Boguslaw Maminski Joan Ottaway Doug Bell Nolan Shaheed Stephen Lester Anton Niemczak Lloyd Stephenson Mary O'Connor Dave Hill Francesjohn Gailson Mike Dove Barbara Miller Thom Weddle MelodyAnne Schultz Laura Caldwell Jim Williams Anne Audain Mike Seaman Jim Tracy Honor Fetherston	CA C	32 377 45 93 92 90 90 90 90 90 90 89 88 88 88 88 88 88 88 88	:33 :29 .8 .0 .9 .7 .4 .3 .2 .1 .0 .8 .7 .7 .7 .65 .2
Liv Thowsen W80 Judy Simon Marjorie Easton Age-Graded Standing Boguslaw Maminski Joan Ottaway Doug Bell Nolan Shaheed Stephen Lester Anton Niemczak Lloyd Stephenson Mary O'Connor Dave Hill Francesjohn Gailson Mike Dove Barbara Miller Thom Weddle MelodyAnne Schultz Laura Caldwell Jim Williams Anne Audain Mike Seaman Jim Tracy Honor Fetherston	CA CA CA 522 455 466 533 400 411 400 455 407 457 540 457 457 457 457 457 457 457 457 457 457	32 37 45 93 92 90 90 90 90 90 90 89 88 88 88 88 88 88 88 88	:33 :29 .8 .0 .9 .7 .4 .3 .2 .1 .0 .8 .7 .7 .7 .65 .2
Liv Thowsen W80 Judy Simon Marjorie Easton Age-Graded Standing Boguslaw Maminski Joan Ottaway Doug Bell Nolan Shaheed Stephen Lester Anton Niemczak Lloyd Stephenson Mary O'Connor Dave Hill Francesjohn Gailson Mike Dove Barbara Miller Thom Weddle MelodyAnne Schultz Laura Caldwell Jim Williams Anne Audain Mike Seaman Jim Tracy Honor Fetherston  EAST  NYRRC Bagel Ru	CA CA CA 52 45 46 53 40 41 40 45 46 57 54 43 45 40 41 41 41 41 41 41 41 41 41 41 41 41 41	32 377 45 933 922 90 90 90 90 90 90 89 88 88 88 88 88 88 88 88 88	:33 :29 .8 .0 .9 .7 .4 .3 .2 .1 .0 .8 .7 .7 .7 .65 .2
Liv Thowsen W80 Judy Simon Marjorie Easton Age-Graded Standing Boguslaw Maminski Joan Ottaway Doug Bell Nolan Shaheed Stephen Lester Anton Niemczak Lloyd Stephenson Mary O'Connor Dave Hill Francesjohn Gailson Mike Dove Barbara Miller Thom Weddle MelodyAnne Schultz Laura Caldwell Jim Williams Anne Audain Mike Seaman Jim Tracy Honor Fetherston	CA CA CA 52 45 46 53 40 41 40 45 46 57 54 43 45 40 41 41 41 41 41 41 41 41 41 41 41 41 41	32 377 45 933 922 90 90 90 90 90 90 89 88 88 88 88 88 88 88 88 88	:33 :29 .8 .0 .9 .7 .4 .3 .2 .1 .0 .8 .7 .7 .7 .65 .2

Central Park; Feb. 2	25
Overall	
Trevor Murray 30	32:35
Bernadette Hudy 33	37:31
M30 A Polania 33	33:00
Shawn Marcelle 30	33:06
Karl Amundson 34	33:08
M40 Jaime Palacios	33:49
Daniel Murphy	34:55
Barry Schaeffer	36:01
M45 Jack Porzio	37:03
Lawrence Smith	37:36
Julio Aguirre	37:58
M50 Sam Skinner	37:15
L Flores	39:12
Vaidis Jurenas	39:30
M55 Pat Cosgrove	37:44
Richard Creditor	40:51
Budge Huntoon	41:00
M60 Richard Murphy	40:19
Alfred Finger	43:18
Bob Robbins	44:15
M65 Bill Fortune	44:19
Joe Burns	46:11
Jack Haar	47:01
M70 Sab Koide	51:49
Gian Sahota	52:56
John Sweeney M75 Albert Goldstein	57:59
Wilfredo Rios	58:18
Vincent Carnevale	58:37
vincent carnevale	/6:08

1420	Jeanne Pare 35	39:05
	occurre rare so	39:44
	ICHCITIC DOLLOR	41:42
	Sarah Sauvayre 35	41:56
	Marie Wickham	42:27
	Joan Baldassarri	44:21
	Theresa Brady	
W45	Suzanne Rohr	43:03
	Carol Gellman	44:33
	Irene Jackson	44:41
W50	Laura Schay	46:08
	Robin Villa	46:46
	Carol Johnston	48:19
W55	Mary Nathan	46:24
19100	Judy Savitt	50:06
	Janette Westerling	
W60	Rosa Nales	50:53
	Thelma Wilson	52:05
	May Chou	54:55
W65	Joan Fisher	70:01
-	Margaret Mackey 1	:48:23
W70	Muriel Merl	54:59
Table 1	Edith Farias	59:44
W75	Althea Jureidini	86:44
	ishers: 1309m/919w	
	ther: 52°/h40%/w15-	45mph
THE REAL PROPERTY.	Bethesda Chase 20 ethesda, MD; Marc	

CA 26:18 CA 30:44 CA 34:06

CA 45:38

Detilesua Cilase ZUN				
Bethesda, MD; March 3				
Overall				
	70:56			
John Ausherman 40	72:49			
Steven Ward 40	73:52			
Pat Jablonski 43	75:27			
	75:41			
	75:53			
	82:09			
Denis Colombant 54	83:49			
Dan Tuttle II 52	85:19			
M60 Julian Ives 60	93:12			
Bill Kenworthy 62	98:08			
Bill Morrison 69 1:	43:05			
M70 Bill Osburn 72 1:	47:12			
Frank Pierce 73 1:	57:27			
W40 Linda Wack 40 1:	26:44			
Georgeanne Welde431	:31:04			
Susan Humphries461:				
W50 Sharon Dolan 54 1:				
Ellie Thayer 51 1:				
Judy Flannery 56 1:				
W60 Pat Nesley 67 2:				
	Mary Name			

# NYRRC Al Gordon

Fiona Bayly 28 32:1 M30 J Blodgett 31 27:20 Kevin McAllister33 27:4	
Kevin McAllister33 27:4	)
	5
Adam EyreWalker30 28:4	
M40 Ted Peterson 29:1	
Ed Ryan 30:5	
Felix Lopez 31:4	
M45 Jay Hildebrand 30:1	
Mike Galasso 30:4	
Bob Hansen 30:5	
M50 Joe Cote 31:2	
Peter Panico 39:0	
Bernard Buda 39:1	
M55 Jerry Kirschner 35:5	
Dan Jacobs 37:5	
O Beudjekian 39:5	
M60 Bill Smith Jr 37:3	
Mike Frankfurt 38:3	
Bill Stein 41:4	
M65 Bill Fortune 34:5	
Joe Simonte 13:1	
Jack Ryan 43:2	
M70 Tom Gibbons 44:4	
Maurice Post 55:1	
M75 Al Goldstein 46:0	
Wilfredo Rios 47:4	
Vince Carnevale 60:0	
W30 Adria GallupBlack3532:2	
Martha Prakelt 32 35:1	
Suzanne Wedgewood3336:4	
W40 Wendy Silverstein 35:4	
Denise Jakeway 37:2	
Fatima Silva 41:5	
W45 Mary Rosado 34:1 Rita LaBar 40:2	
Rita LaBar 40:2	
Maureen Barry 40:3	
W50 Lillie Smith 39:1	2
Susanna Beltrandi 42:2	7
Marg Scaglione 43:0	1
W55 Susan Kossowsky 45:4	18
Billie Moten 46:3	15
W60 Rosa Nales 38:5	4
May Chou 42:5	2

W43	mary Rosado	34:11	Smithtov
	Rita LaBar	40:28	Overall
	Maureen Barry	40:32	Tom Ryan 2
W50	Lillie Smith	39:12	Dawn Lapia
	Susanna Beltrandi	42:27	M40 Gills
	Marg Scaglione	43:01	Bob Ha
W55	Susan Kossowsky	45:48	Bill O
	Billie Moten	46:35	M45 Peter
W60	Rosa Nales	38:54	John F
	May Chou	42:52	Wolfga
	Joan Heidenreich	55:25	M50 Maury
	Jozi Neulinger	62:38	Ron Re
Fin	ishers: 385m/224w		Thomas
Wea	ther: 35°/h97%/w7mg	M55 Joe Co	
1	0 Mile	A CHEST	John L
Ove	rall	Maria Silvinia	COINT D

		PL)
W70 Jozi Neulinger	62:38	100
Finishers: 385m/224w		
Weather: 35°/h97%/w7mp	hW/cldy	MS
10 Mile	APPLICATION OF	
Overall		
Alem Kahsay 23	52:49	M6
Debbie Cuttitta 29	62:44	110
M30 Carmine Petracca32	57:14	
Ricardo Rode 31	58:54	M6
Anthony Carillo 32	59:42	110
M40 Richard Shaver	60:02	M7
Bill Fisher	61:17	
Peter Diaz	61:18	
M45 Bob Briglio	59:00	W4
Scott Abercrombie	60:54	
Vince Di Marco	63:42	
M50 Mike Wilson	65:31	W4
Gerald Sun	71:41	-
Bob Falk	75:58	

65:31 71:41 75:58

67:29

Bob Falk M55 Alberto Ocampo Ramon Minaya

Continued on next page

		rece state	1.17.24
Bill Morrison 69		F Pereira	1:19:34
	1:47:12	M55 Pat Cosgrove	1:18:10
	1:57:27	Victor Cruz	1:22:46
	1:26:44	Henry Pontious	1:36:31
Georgeanne Welde4	31:31:04	M60 Mark Maloney	1:27:42
Susan Humphries46	1:31:16	Bill Engle	1:35:38
W50 Sharon Dolan 54	1:35:47	Joe LaBruno	1:36:33
Ellie Thayer 51	1:40:48	M65 Bill O'Brien	2:19:59
Judy Flannery 56	1:41:35	M80 Dudley Healy	1:57:50
	2:14:00	W40 Lena Hillmann	1:25:16
7.500		Jane Parks	1:28:37
NYRRC Al Gordo	n the late	Pat Hancock	1:29:38
5 Mile/10 Mile	ACCOUNT.	W45 Betty Conover	1:26:53
	L 2	Kuniko Hurley	1:33:00
Central Park; Marc	11.3	Chiara Becchi	1:43:31
Overall		W50 Pat O'Hanlon	1:55:33
Jerry Macari 36	26:06	W55 Cleste Fondaco	1:49:23
Fiona Bayly 28	32:11	M40+ Age-Graded Times	
M30 J Blodgett 31	27:20	Roger Price 47	1:07:10
Kevin McAllister33		Pat Cosgrove 55	1:07:50
Adam EyreWalker30	28:46	Steve Kohorst 45	1:10:31
M40 Ted Peterson	29:14	B Langenkamp 46	1:10:35
Ed Ryan	30:54	George Shurter 41	1:10:53
Felix Lopez	31:43	W40+ Age-Graded Time	S
M45 Jay Hildebrand	30:17	Betty Conover 47	1:19:02
Mike Galasso	30:46	Lena Hollman 44	1:19:36
Bob Hansen	30:50	Jane Parks 43	1:23:25
M50 Joe Cote	31:27	Pat Hancock 42	1:25:05
Peter Panico	39:04	Kuniko Hurley 45	1:26:05
Bernard Buda	39:12	ART TO SEE THE PERSON	-2
M55 Jerry Kirschner	35:53	NYRRC Knickerbock	er 60K
Dan Jacobs	37:53	Central Park: Marc	h 10
O Beudjekian	39:50	Overall	Well would
M60 Bill Smith Jr	37:38	Nobuaki Koyago 38	4:16:23
Mike Frankfurt	38:34	Ellen McMurtin 29	5:03:39
Bill Stein	41:41	M40 David Lutjak 40	4:16:34
M65 Bill Fortune	34:59	Chris Gibson 43	4:28:39
Joe Simonte	32:11	Ralph Balsamo 49	
Jack Ryan	43:24	M50 Robert Falk 52	5:29:34
M70 Tom Gibbons	44:49	Dek Stump 52	5:52:45
Maurice Post	55:10	Gerald Sun 52	6:02:45
M75 Al Goldstein	46:00	M60 Elpidio Rivera60	
. Wilfredo Rios	47:49	W40 Joan Bulgin 49	5:42:42
Vince Carnevale	60:03	Fatima Silva 41	6:50:40
1130 11 0 11 01 13			

# Park; March 10 oyago 38 4:16:23

Elle	en McMurtin 29	5:03:39
M40	David Lutjak 40	4:16:34
NES	Chris Gibson 43	4:28:39
	Ralph Balsamo 49	4:52:08
M50	Robert Falk 52	5:29:34
100	Dek Stump 52	5:52:45
	Gerald Sun 52	6:02:45
M60	Elpidio Rivera60	7:44:58
W40	Joan Bulgin 49	5:42:42
	Fatima Silva 41	6:50:40
Fin	ishers: 49m/8w	
	there 359/	

#### St. Patrick's Day Go For The Green 5K wn, NY; March 16

Tom Ryan 29	16:55
Dawn Lapiano-Smith 33	21:28
M40 Gills Rivadeneyra	20:23
Bob Harrington	
Bill O'Loughlin	21:09
M45 Peter Martin	21:18
John Ferrero	18:53
	19:04
Wolfgang Hoffmann	19:49
M50 Maury Dean	18:32
Ron Reader	19:20
Thomas Shay	20:09
M55 Joe Cordero	19:53
John Long	20:12
Jose Mendez	20:25
M60 James Smyth	23:08
Homen Detwiler	23:52
Roy Richey	24:34
M65 Bert Jablon	24:28
Irwin Dresner	39:10
M70+Harry Seidell 70	26:08
Joe Galvin 70	28:05
Cosmos Marentis 70	32:14
W40 MaryLou Bartsch	25:46
Margaret Greelees	26:13
Rita Tornegaro	26:27
W45 Mary Trotto	25:34
Michele Powers	26:11
Sandy Kreiger	28:11
Will be a second of the second	

Boston Marathon Boston, MA; Apr. 15

May	1996	
Contin	nued from previou	
H	elma Clavin ilda Smagorinsky	26:48 30:12
M	oan Scott arge Smith at DeLuca	30:35 34:28 39:14
W65 L	illian Hamill osephine Cuetin	31:35 34:50
Finis	hers: 360 er: 38°/sun/w20mg	Chryst S.
NYRI	RC Rites of Sprin	g 10K
Centr	al Park, NYC; Ma	rch 16
	Bouazza 24	30:20
Christi M30	na Scobey 29 Trevor Murray 30	36:34 31:07
	Donald DiDonato 3 Cameron Stracher 3	
M40	Paul Mascali Steven Schallenkam	33:17
M45	Daniel Murphy Bob Moritz	35:29 35:45
[W143	Robert Briglio	35:48
M50	Jack Porzio Bryan Pearsall	36:33 40:54
	Paul Kalkut Francois Chappuis	43:32 45:31
M55	Pat Cosgrove James Fillis	38:53 39:45
M60	Richard Creditor Richard Murphy	40:58 39:59
14100	George Hirsch	41:51
M65	Martin Winter William Fortune	43:43 42:51
1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Joseph Burns Jack Haar	46:26 46:55
M70	Sab Koide Biegel Marcaraeg	52:25 53:32
M75	Peter Harangozo Thomas Gibbons	56:58 58:01
IV./3	Albert Goldstein	58:20
W30	Wilfredo Rios Elzi DeOliveira 30	1:00:31 36:48
	Jean Chodnicki 36 Ellen Gluf 30	37:16 37:36
W40	Gillian Horovitz Kristine O'Shea	40:35 40:42
W45	Kathy Gribbon Suzanne Rohr	40:44
W43	Mary Rosado	41:39 42:37
W50	Janell McDyer	43:47
	Carol Johnston Susan Haberman	46:01 47:41
W55	Mary Nathan Patty Parmalee	45:03 46:19
W60	Mary Silverman Thelma Wilson	46:44 51:23
	May Chou Naomi Vogel	52:50 56:11
W65	Dolly Finkelstein	1:04:55
	Joan Fisher Bertha McGruder	1:11:37
W70	+ Muriel Merl 70 Jozi Neulinger 71 Althea Jureidini 7	55:26 1:15:32
-		_
	v Bedford Half-Ma v Bedford, MA; M	
	s Bianchi	66:23
M40	-Lynn Currier Bob Ruel	76:45 74:22
	Dave Ozug Mussie Gebreab Monserrato Barros	74:28 75:24 76:27
	Ron Kita Jim Gray	80:01 83:20
	Joe Fernandez Dana Sumner	87:17 95:09
M704	Dick Sullivan Russell Bradley	1:40:46
	Phil Mongillo Carton Mendell	1:48:01
W40	Marge Belisle Deb Bullerjahn	84:38 86:05
W50	Terri Martland Carrie Parsi	86:21 1:36:14
****	Marcia Puryear Donna McDonald	1:39:31
	Betsy Page Janet Aldous	2:23:17 2:33:29 3:04:31
W/0	+Louise Rossetti St. Paddy's Day	3:04:31 10K
	ashington, DC; M	arch 17
Edm	und Burke 26 en Block 30	30:52 38:02
	Chuck Moeser David Webster	33:11 35:16
	Ed Ryan Rick Loughery	35:51 38:08
	Mike Brosnan Kenyon Erickson	38:55 39:00 36:11
M45	Tim Doescher Pablo Vera Gonza Mick Slonaker	
	Pat Sullivan Mike Piontkowski	36:53
	Jim Mercure	37:15

	od Doheny	38:04		
I	Mark Heinicke 2d Ayres	38:41		
	Roy Koehn Like Golash	39:13 40:09		
7	Quin Barber Jim Chapman	44:30 45:12		
	Roy Peacock Jim Lowrie	45:21 45:51		
M60 I	Bob Spearing Robert Smith	46:24 43:13		
	Tom Kurihara Warren Kaplan	44:33 45:50		
	Don McCarten Bill Morrison	45:20 47:34		
M70+	Don Butler Ray Blue 71	51:43 47:46		
Bar !	Bill Osburn 72 Frank Pierce 73	48:25 51:46		
W40	C Ventura-Merkel Aven Switzer	39:17 43:38		
STATE !	Michelle Haynie Diana Foster-Jone	45:37		
1	Susan Humphries Sandra Adams	43:13		
W50	Pam Bohanan	44:54 44:47 a 49:13		
uce	Priscilla Prunell Carol Schaffer Karen Lovelace	52:48		
W60	Rita Simon	60:06		
W65 W70+	Kay Morrison Evelyn Harper 73	58:52 70:36		
	NYRRC Brooklyn	1		
Br	Half-Marathon ooklyn, NY; March	24		
Overal	1			
	Murray 30 Pare 35	1:09:04		
M30	Jerry Macari 36	1:11:46		
1,22	Jim McVeigh 37 Shawn Marcelle 30	1:12:28		
M40	Luis Tipan Jaime Palacios	1:12:42 1:12:42		
	Jack McShane	1:16:09		
M45	Robert Briglio Joseph Porcaro	1:18:56 1:20:40		
M50	Hari Rohl Vaidis Jurenas	1:21:25		
MISO	L-A Flores	1:25:41		
M55	Michael Wilson Joseph Dilorio	1:26:36		
	Budge Huntoon Philmore Brewer	1:31:41		
M60	Richard Murphy	1:30:09		
ALP ITA	George Reilly	1:37:23		
M65	Kenneth Jones Michael Daly	1:38:45		
M70	Andy Riggio Bob Muller	1:45:30 1:53:41		
M/U	Frank Mortillo	1:59:43		
M75+	Sab Koide Wilfredo Rios 79	2:02:13 2:17:36		
W30	Charles Feldman 80 Jeanne Pare 35	1:23:55		
W30	A Gallup-Black 35	1:31:18		
W40	A Stekas 38 Simon Alicea	1:32:03 1:28:19		
No.	Kathy Gribbon	1:30:23		
W45	Marie Wickham Janet Conway	1:31:29 1:42:39		
	Carolyn Moore Lee Saroken	1:45:14 1:45:30		
W50	Marjorie Kos	1:39:41		
	Laura Schay Carol Johnston	1:43:09 1:44:44		
W55	Patty Parmalee Mary Nathan	1:42:13 1:43:40		
	Christiane Garino	1:53:45		
W60	Rosa Nales Marie Carmardi	1:52:02 2:04:55		
W65	Naomi Vogel Bertha McGruder	2:06:33 2:39:30		
Debbie Whittemore Memorial 5K				
Overa				
Carlo	os Duran 23 DiFranco 25	16:21 18:43		
M40 I	Ken O'Donnell 45 Dan O'Donnell 43	19:42 19:43		
	George Skrivanek 4 Maury Dean 53	1719:51 18:18		
570	Warren Steinert 52 R Laskowski 53			
M60+	Fred Blackburn 63 Roy Richey 60	23:28 24:29		
Same.	Jim Mahoney 63 Ilene Steinhauer	24:31		
DESCRIPTION OF THE PERSON OF T	Estella Clasen 46 Sharon Zuhoski 41	22:36		
W50	Betty Stear 50 Nell Rowan Lee	25:55 28:13		
	Pat Urquart ChristineThompson	29:08		
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National M	ast
Cherry Blosson 10 Mile Washington, DC; March 31	
Overall	M40
Lazarus Nyakeraka 30 46:37 Joan Nesbit 34 53:25	Her Jur
M40 Steve Jones 48:26	Ron
Jim Pryde 53:03 Chuck Moeser 53:23	Bra M50
Rick Ventura 53:35 Hal Carlson 54:18	Rys
Steven Giorgis 54:24	Kje Dav
Jim Whitnah 54:35 Paul Peterson 54:58	Mar R B
Ron Knepper 56:03	M60
Roberto Rodriguez 57:50 M45 Michael McHale 55:41	M F Kiy
John Thorpe 55:43 Rick Platt 55:51	Ole D B
Robert Torchia 57:12	Joh W40
Louis Villarosa Jr 57:37 Dennis Kollai 57:43	Lor
Herbert Tolbert 58:15	I K
Tom Loftus 58:18 Don Kardong 59:01	Hon
Pat Sullivan 59:04 M50 Roger Clark 56:09	W50 Ger
Piriya Pinit 60:56	Jo
Ed Doheny 61:34 Pat Griffith 61:40	Kat Mar
Ben Dyer 61:52	Suz W60
Ohris Riley 62:40 John Haubert 63:32	Wer
Dan Tuttle II 63:47 MS5 Fay Bradley 59:20	Car
Ron Thomas 59:24	Chr
Gerry Ives 59:28 Tony Gee 64:49	NOT fici
Stephen Forman 65:54	will
Art Morey 66:07 Jerome Andersen 66:10	33
Dick Hipp 66:15	100
Tom Ray 68:11	100
Bob Smith 70:50 Al Marcy 70:58	M4
Tommi Sci 72:04	An
Tom Momiyama 72:14 M65 Don McCarten 74:31	Ga Fr
Nianxiang Xie 76:52 Bill Morrison 78:45	To
Mike Emsley 84:32	Ke
Lo Yin 88:26  Irv Newman 88:57	Je Te
M70 Lou Ludovico 68:55	Pa
Dick Cosby 74:06 Dixon Hemphill 77:34	Co W4
Ray Blue 77:35 M75 Nate White 83:59	Re
George Richardson1:57:49	Ka
Henry Heymann 2:14:00 M80+John Petroff 87 2:25:15	An Pa
W40 Linda Wack 62:55 Laurel Cihak 63:12	Sh
Cathy VenturaMerkel63:53	De
Maryaret Starnes 64:56 Kathy Gruber 66:25	-
Shelley Ralston 66:39 W45 Rose Malloy 62:01	Ov
Gwen TorchiaEsdale 65:50	Jo
Claudia Piepenburg 66:58 Susan Humphries 69:56	Li M4
Marilyn Bevans 71:28	
Hideko Pirie 70:12	
Sharon Dolan 71:23 Elaine Unterman 71:32	
W55 Ecris Williams 78:44	7
Tami Graf 78:52 Anna Berdahl 81:13	125
Nancy Palmer 86:28	
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Thelma Wilson 81:04 Gloria Brown 83:44	
W65 Janien Maltas 1:39:43	13
Kay Morrison 1:40:36 Lee Glassco 1:51:10	M
W70 Hody Marque 1:37:00	
Evelyn Kerper 2:00:25 W80+Donietta Bickley812:14:57	
Row vs. Run 10K	M
Alexandria, VA; April 6	1
Overall± Jim Hage 38 32:53	1
Jennifer Stearns 27 36:51 M40 Paul Peterson 33:07	M
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L CarrThomason 42:38 Joyce Adams 44:04	100
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W50 Leigh Simpson nta Kathy Lewis 48:03	w
W55 Rita Bisgrove 59:52	"
W60 Charlotte Edwards 47:22 W65+Kay Morrison 69 59:27	1

	Boston, MA; Apr. 15	1
ı	M40-49 Herbert Steffny, 42 GER 2:19:33 Juriy Mikhailov, 43 RUS 2:19:50 Romas Sausaitis, 40 LIT 2:20:11 Artemio Navarro, 46 MEX 2:20:39 Brad Hawthorne, 40 OK 2:21:47	
ı	Juriy Mikhailov, 43 RUS 2:19:50	1
ı	Artemio Navarro, 46 MEX 2:20:39	
l	M50-59	3
ı		-
l	Ryssard Marczak, 50 POL 2:27:17 Kjell-Erik Stahl, 50 SWE 2:30:42 Dave Lacy, 51 GBR 2:36:29 Martin Guenter, 55 GER 2:38:42 R Bussmann, 52 GER 2:41:25	
l	Martin Guenter, 55 GER 2:38:42	-
ĺ	M Rosales Touza, 60 ESP 2:45:20 Kiyoshi Tanaka, 60 JPN 2:48:18 0leg Morozov, 61 M0 2:51:15 D Bredemeyer, 60 GER 2:55:20 John Murphy, 63 CA 2:59:32	
ı	Oleg Morozov, 61 MO 2:51:15	
l	D Bredemeyer, 60 GER 2:55:20	1
ı	W4U-49	10
l	Lorraine Moller, 40 CO 2:32:02 I Kristiansen, 40 NOR 2:39:00	
l	I Kristiansen, 40 NOR 2:39:00 Emma Scaunich, 42 ITA 2:39:14 Honor Fetherston, 41 CA 2:44:36 Elena Sipatova, 40 RUS 2:45:17	ı
l	Honor Fetherston, 41 CA 2:44:36	L
ı	W50-59	1
L	Gerti Wettstein, 50 SUI 3:05:50  Jo Marchetti, 53 CT 3:09:47  Kathleen Repher 50 MA 3:16:47	64
ı		
l	Marcia Winger, 50 CAN 3:18:40 Suzanne Murphy, 58 CA 3:24:32	1
ľ	W60+	10.87
ı	C O'Regan, 60 GBR 3:56:40	1
ı	Carolyn Cappetta, 60 MA 3:57:33	Mary Ka
ı	Christel Sers, 60 GER 4:02:39 Yoshiko Yagi, 60 JPN 4:03:01	100
ı	NOTE: These results are unof- ficial. More complete results	No.
ı	will be in next issue of NMN.	
1		
	SOUTHEAST	l
	Gate River 15K	٧
-	Jacksonville, FL; March 2	288
	M40+ Antoni Niemczak 40 48:03	Sphin
	Cary Romesser 45 50:07	3
	Frank Reynolds 41 51:11	1
	Tom Dooley 51 51 53:20 Freddie Johnson 44 54:24	19280
	Ken Miller 43 55:23	1
	Jesse Bartlett 42 55:25 Terry Presnell 46 55:29	i
	Pat Gaughan 46 55:54	100
	Coswell De-Peiza 46 56:07	
		8
	W40+ Rebecca Stockdale 45 56:00	Call Street
	W40+ Rebecca Stockdale 45 56:00 Carol McLatchie 44 56:51 Karen Miles 42 58:42	True Lathaller
	W40+         Rebecca Stockdale         45 56:00           Carol McLatchie         44 56:51           Karen Miles         42 58:42           Anne Shumaker         45 62:38	CAST CANEER
3 100 1	W40+ Rebecca Stockdale 45 56:00 Carol McLatchie 44 56:51 Karen Miles 42 58:42	Divas of the Labour
	W40+       Rebecca Stockdale     45 56:00       Carol McLatchie     44 56:51       Karen Miles     42 58:42       Anne Shumaker     45 62:38       Patt Sher     47 64:36       Sheila Haire     41 64:49       Deeanna Farnell     42 64:56	Loughbar of the Caldina
	W40+   Rebecca Stockdale	Company of the property of the Personal Proper
	W40+       Rebecca Stockdale     45 56:00       Carol McLatchie     44 56:51       Karen Miles     42 58:42       Anne Shumaker     45 62:38       Patt Sher     47 64:36       Sheila Haire     41 64:49       Deeanna Farnell     42 64:56	Charles Longithman
1000	W40+   Rebecca Stockdale   45 56:00   Carol McIatchie   44 56:51   Karen Miles   42 58:42   Anne Shumaker   47 62:38   Patt Sher   47 64:36   Sheila Haire   41 64:49   Decama Farnell   Denise Skinner   40 65:29   Cooper River Bridge 10K   Charleston, SC; March 30   Overall   Carol McIatchie   Caro	Company of the principal of the Company
1 100 1	#40+ Rebecca Stockdale	Charles Longithman
	#40+ Rebecca Stockdale	Charles Longithman
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	#40+ Rebecca Stockdale Carol McLatchie Af 56:51 Karen Miles Arne Shumaker Af 62:38 Patt Sher Af 64:36 Sheila Haire Denise Skinner Af 65:29  Cooper River Bridge 10K Charleston, SC; March 30 Overall Joseph Kamau 23 Liz McOlgan 31 M40 Anton Niemczak Tom Stevens Paul Barron Dave Kannewurf 31:36	Charles and the control of the latest and the control of the latest and the lates
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	### WHO+ Rebecca Stockdale	公園のでは、日本 中でできたから、日本でのようのであり、日本のは大田の大田の町であり、日本の日本の日本の日本の日本の日本の日本の日本の日本の日本の日本の日本の日本の日
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	##0+ Rebecca Stockdale Reference Referen	Company of the region of the second of the s
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Sallie Driggers	45:05	
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Mary Thompson	50:22	П
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W55 Susie Kluttz	43:23	
Diane Kohrman Dawn Owens	49:23 52:33	
June Forrester	53:51	
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W70+Lynn Edwards	61:22	ı
Margaret Wright	72:55 86:45	ı
Ola Moody	80:45	
MIDWEST	100	Í
Penguin Waddle 5K Albion, MI; Feb. 24		ľ
Overall	H. S	
Len Lambert	16:39	
Amy Wolfgang M40 Randy Fiedler	20:49 22:48	
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W40 Janet Mills	26:47	1
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	and the late of th	1
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00 07	Diane Neff 58	1:15:44
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51 01	Austin American C 10,000	apitol
23	Austin, TX; March	1 24
33 51 02	M40 Keith Dowland Mark Townsend	34:16
17 57	Robert Yara John Gonzalez	34:57 35:21
12 48	Jimi Heerwald Dave Cich Randall Milstead	35:29 35:34
00 22	David Sing Jack Jones	35:50 36:22 36:59
55 45	Lou Kohagen Paul Nicolaides	38:15 38:46
	M45 John Pacourek Michel Gueguen	37:09 37:29
	Bradley Price Paul Seals	38:01 38:19
0	John Price Darrold Smith	40:44 40:52
19	Peter Boulette Jimmy Stutzman	41:07 43:12
48 35	M50 James Boughter Gregg Evans	37:45 37:58
52 45	Jon Wisser James Nance	39:25 40:59
05 47	Ernie Cathey Rick Roy	41:13
13 38	Jackson Battle John Ashworth	41:56
	M55 Larry Worth Thomas Goddard George Jury	40:00 42:09 42:22
lile	Ton Stevens	42:29 42:42
	Carlos Sauceda Gary Schmidt	42:45
48 57	M60 Bob Harms Bill Purcell	44:04
51	Alezandro Vargas Dan Shuff	44:58 46:30
22	Mack Schumann Robert Wear	48:29 48:51
03 26	M65 Herb Eddy Jack Caldwell Glen Hellenya	46:42 48:21
05	Bill Flynn	49:33 55:23 55:41
I	Jim Williams Jim Wallace M70 Jim Southard	55:54 51:51
70	Earl Turner Baugh Lewis	53:20 57:25
47	Joe Barger M75 Robert McIntyre	60:12 52:40
05	William Boyd Forest Hill John Taylor	59:32 68:47 75:44
38	M80 Clint Lueth Bill White	81:34 89:36
47	Ray Hirming W40 Jean Queal	93:05 41:01
58	Muria Yeung Sharon Rector	42:00 43:52
10	France Brantley Jeanette Edmunds	44:06 46:12 47:46
50	Kay Birch W45 Bogie Bobner Vera Burton	44:21 44:58
11	Judy Martin Glen Dawson	45:47 46:49
13	Shelley Morgan Cathy Smith	49:35 49:58
40	W50 Sandra Baran Josie Bownan	46:17 47:18
28 18	Janel Schott Janean Garner	49:07 51:04
24	W55 Diane Pepin Ann Herrera	51:59 59:52
41	W60 Mickey Aguilar	59:57 54:53 55:49
30	Diana Hersey Georgia Sweezea Evelyn Singer	56:52 60:44
20	W65 Shirley Gilliland Louise Iscoe	
59	Myra Winfield W70 Charlene Ricketts	95:58
19 00 18	Wanda Hall Lillie Doss	68:55 72:00
19	Nerina Boyd W75 MaryJean Springer	84:22 96:29
49 08	W80+Elizabeth Willis8	1:47.49
6	WEST	
1	Bixby Knolls 5K/1 Long Beach, CA; Mar	rch 24
17	5K Overall	
11	John Belton 36 Maryelllen Kelly 19	19:12 20:41
7	M40 Kim Hipsher Dan Sanders	20:08
13	M45 Bob McSparren Fred Ploetz M50 John Haas	23:11 27:55 23:34
20	Dave Lance M55 Gerald Tyner	23:34 24:25 25:58
07 23	M60 Del Christiansen M65 Leonard Walts	30:01 23:54
27 52	M70 John Mooshagian	32:42
08	Continued on nex	tt page

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M40 none M50 Neal Donahue 2:14:3 M60 Chuck Deuser 2:06:3 Tom White 2:08:3 M40 Lisa Epstein 2:28:1 Best Age-Graded, Deuser 80%

Continued from previous page

Salazar 23	32:16	W60 Ruth Heidrich	39:43	Tom White	2:08:3
Sepulveda 19	39:31	Gloria Dake Joyce Hanna	41:32 41:35	W40 Lisa Epstein Best Age-Graded, Deus	2:28:19 er 80%
Bob Morris Joe Carlson	35:32 35:55	W65 Margarethe Stysk		10K	
Mike Wiley	39:01	Joy Johnson	42:31	Overall Tim Nicholls	54:2
Dan Kelly James Rew	33:33 37:02	Peggy Hansen W70 Dorothy Thomas	44:27	Linda Stein	58:5
Larry Andrews	37:45	Po Adams	50:23	M40 Carey Witkov	66:2 67:2
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Bob Frankenfeld Jade Sackett	57:44 42:55	Rugby, Midlands; Ma		Pat Baran	69:4
Kathy Hamlin	45:49	M40 Nigel Cates	34:38	Andrea Coburn W60 June Ranofsky	69:4
Cynthia Peters	47:16	John Clark	34:57	W70 Miriam Gordon	69:0
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Alice Ybarra Cindy Allen	48:31 50:14	Richard Melvern	36:37	Monterey Park, CA;	
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Age Divisions:  2:00 3:00  5:00  Age Divisions: Events: Fee: Facility: Awards:  Events entered: Name: Address: Zip Code:	51:20 56:32 33:22 36:24 36:53  RVIIIC S & Open F S Pole Va High Ju Long Ju Discus Triple J Javelin Shot P 80, 100 800m 100m 3000m 500m 1500m 5000m 1500m 5000m 1500m 5000m 1500m 5000m 5000m 1500m 5000m	Cooper City, FL; Football Cooper City, FL; Football Dave Esson Roswitha Sidelko  triders/Nash Track Meet and ranklin Road Ac Saturday June 1, ult Sen Imp Nash In Cooper City Nash It O, 110m Hurdles  Racewalk Or children 0 - 10 )  Oom hurdles  Racewalk Or children 0 - 10 )  Oom hurdles  Racewalk Or children O - 10 )  Oom hurdles  O Relay  Par age groups (e.g., and before men; Oldes Girst event; \$4.00 erubberized track; Gen Jump and Long Jo to 1st thru 3rd plate of the cooper City of the Cooper City of the	ville T Last Ch ademy 1996 defect to chville Str Randall Definition Chville, Tr  19 - 24, to to youn ach addit rass area Jump ace in each best age-	lan Whatley 38 M40 Nicholas Bdera 4 M50 Tom Bower 50 M60 Edward Gawinski  Tack Club~~ ance Qualifier  striders Brady r Ave. # 5 N 37215 - 1170  25 - 29, etc.) gest ional event for javelin; Synthe th age group graded performance	7 26 69 29
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W55 Louise Walters Jutta McCormick Sylvia Hughes W60 Ruth Heidrich

34:31 34:36 39:16 39:43

M70 William Flick 70 29:02	YMCA's Masters Cla	assic	Ron Davis 51	24:17
M80 Edward Seeger 80 36:40	Mile Racewalk	THE PARTY OF	John Campbell 60	24:50
W40 Lily Whalen 44 28:15	Omaha, NE; Apri	16	Overall Female Joan Schaben 50	21:24
W50 Janice Campbell 59 37:26	Overall Hale		Carol Schmid 43	22:52
W60 Patricia Nesley 68 33:46	Hike Wiggins 47	15:09	Judy Durick 47	24:07
W70 Margaret Walker 74 36:50	Dean Jungman 55	17:56	Ida Hae Copenhaver 48	24:57
20K	Paul Johnson 59	20:24	C. Christoffersen 43	26:11
The second secon	Mike Storm 48	20:30	Joan Brennan 65	26:13
Overall	Paul Anderson 52	22:19	Marge Rutschman 68	27:32
Arturo Huerta 26 1:22:51	Vince Czerwinski 43	22:42	Vi Goracke 73	27:53
M40 Steve Pecinovsky 41 1:43:05	Elmer Hurdoch 69	23:04	Shirley Trudell 42	28:35
M50 James Carmines 52 1:42:35	Homer Smith 42	24:03	Kathie Slizoske 40	28:36

#### Top '95 U.S. Masters Road Runners Tot. Races Prize\$ w/Points \$ 8635 10 Tot. Hometown Mill Valley, CA Women 1 HONOR FETHERSTON 2663 2 REBECCA STOCKD.-WOOLLEY Chaplin, CT \$ 10550 3 JANE WELZEL Ft. Collins, CO \$ 5200 4 NANCY GRAYSON Northville, MI \$ 7720 1228 5 ALICE THURAU Fisher, PA \$ 5500 972 6 LAURA CALDWELL Lake Oswego, OR \$ 350 644 7 DIANA TRACY Santa Barbara, CA \$ 3400 626 8 SUZANNE RAY Anchorage, AK \$ 10400 582 9 CHARLENE SOBY Chicago, IL 10 JOANNE SCIANNA Saugus, MA \$ 1600 518 Tot. Races Prize\$ w/Points Tot. Races Points Men Hometown 1 CHARLIE GRAY Lee's Summit, MO \$ 7175 1943 2 GARY ROMESSER Indianapolis, IN 977 3 FARLEY SIMON San Diego, CA \$ 500 4 DOUG BELL Ft. Collins, CO \$ 3300 5 FRANCES GAILSON Kirkwood, CA \$ 2750 607 6 LLOYD STEPHENSON San Francisco, CA \$ 3975 14 601 7 DOUG KURTIS Northville, MI \$ 11450 19 557 8 TED RUPE Cortland, OH \$ 100 280 9 BILL RODGERS Sherborn, MA \$ 1750 252 10 JEFF WELLS Woodlands, TX \$ 350 224 10 RIC SAYRE Ashland, OR Compiled by Road Running Information Center

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH MAY 1996 ATHLETE (RESIDENCE)
HEIKKI AHTIANEN (FIN)
MAX BAYNE (ST. PETERSBURG, FL)
CHADWICK BOLENDER (SEATTLE, WA)
FRANK BOWLES (GREELEY, CO)
THOMAS BUTTERFIELD (WINDSOR, CT)
DAVE CADIZ (KAILUA, HI)
JOE CHADBOURNE (CHAGRIN FALLS, OH)
FRANCISCO COLON (PUR)
THOMAS COLSON (GB)
JAMES DALEY (NEW IPSWICH, NH)
JOHN DOBROTH (VENTURA, CA)
GEZA DORIBAN (HUN)
GERD DREWNIAK (WG)
COLIN FAIREY (GB)
HANS JURGEN GASPER (WG)
JULIUS GILBERT (GARDEN GROVE, CA)
B. GREEN (GB)
TOR HAALAND (NOR)
BOB HUNTER (US)
ROBERT HUNTER (BEAVERTON, OR)
HINRICH JOHN (WG)
JOE KING (ALAMEDA, CA)
MIKE KISH (FONTANA, CA)
OUVA LATTU (FIN)
LARS I LINDHY (SWF) BIRTHDATE AGE GROUP
5-1-21 75-79
5-29-1 95-99
5-31-21 75-79
5-36-36 60-64
5-15-31 65-69
5-25-16 80-84
5-26-31 65-69
5-14-36 60-64
5-19-41 55-59
5-12-31 65-69
5-11-16 80-84
5-10-36 60-64 MIKE KISH (FONTANA, CA)

OIVA LATTU (FIN)

LARS LINDHE (SWE)

DESMOND MARGETSON (US)

SALVADORE MARTINEZ (SPA)

WERNER VON MOLTKE (WG)

BOO MORCOM (WILMOT FLAT, NH)

FRITZ MUELLER (WG-NY)

BUZZ PORTER (DAYTONA BEACH, FL)

DAWSON PRATT (US)

DON QUARRIE (JAM)

TOM RAUSCHER (US)

DAVE ROBINSON (SAN DIEGO, CA)

ALBERT SALMON (CA)

ULRICH SCHIROW (WG)

STEVE SCOTT (LEUCADIA, CA)

PHIL SCUDIERI (US)

WILLIAM STODDART (GB)

PETE STOPOULOS (E.MOLINE, IL)

JACK THATCHER (MANHATTAN BEACH, CA)

WILLIAM THOMPSON (BRYANTVILLE, MASS)

DAVID THORESON (SANTA BARBARA, CA)

JAMES UPHAM (JUNCTION CITY, KS)

GERARD VERVOORT (FRANCE)

JIM WEAVER (FT. WORTH, TEX)

PALLE TAMBERMAN (MILES LOW) JAMES UPHAM(JUNCTION CITY, KS)
GERARD VERVOORT (FRANCE)
JIM WEAVER (FT. WORTH TEX)
RALPH ZIMMERMAN (BUFFALO, NY)
LIDA ASKEW (US)
SUE BERMAN (CAMBRIDGE, MA)
SARAH BOSLAUGH (NEW YORK, NY)
DAPHNE DUNN (US)
VALERIE ENDRES (SAN LUIS OBISPO, CA)
LETHA FIGG-HOBLYN (PORTLAND, OR)
MILA KANIA (WARWICK, NY)
MARGARET LOPEZ (MIDDLETOWN, NJ)
CAROL PEEBLES (FOND DULAC, WI)
SHIRLEY SEGAR (DUNCANS MILLS CA)
NANCY SHAFER (BOWLING GREEN, OH)
MIRIAM ST. CLAIR (PALO ALTO, CA)
MARY ELLEN WILLIAMS (DARNESTOWN, MD)
CAROLYN DULLAWAY (AUS)
MAGON FRANCKX (BEL)
NANETTE FURGINE (SWI)
EILA HOGVIST (FIN)
HILMA JAGER (FRG)
L. KORCHAGINA (URS)
BERNANDETTE MCGRATH (AUS)
PATRICIA OAKES (GB)
VALBORG OSTBERG (NOR)
LENA SANDGREN (SWE)
CHRISTA SEILNACHT (WG)
URSULA STELLING (WG)
JANET TAKAHASHI (CAN)
VALERIE TYSON (AUS)



After 47 years

Bill Rodgers is still running.
Bill Rodgers wears Etonic.

Just coincidence?

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