

237th Issue

May 1998

# 817 Athletes Set 27 World Indoor Records at USA Masters Championships In Boston



SUZY HESS

The entire field in the W40-44 60m finals, USATF National Masters Indoor Championships, Boston, March 27-29 (from I to r): Irene Thompson, Louise Clark (3rd, 27.88), Cindy Steenbergen (1st, 27.17, Denise Whitaker-Crain, Denise McField (2nd, 27.62), and Cheryl Alston.

by JERRY WOJCIK

On the weekend of March 27-29, Bostonians were walking around in their shorts in near-record temperatures in the mid-70s. At the Reggie Lewis Track & Athletic Center, athletes were running around in their shorts, breaking records in the 1998 USATF National Masters Indoor Championships in its encore appearance in Boston. All of the participants shared one record – the entry total of 817, which topped the previous record of 775 at the same venue in 1997.

The championships, directed and managed by the USATF New England Association, were open to men and women athletes age 30-and-up, who competed in five-year age groups to the M95-99 division. Entrants came from 46 states and Canada, Bermuda, Great Britain, and, for the first time ever, from Israel: Eliahu BarJosef, 83, who competed in the 60m, 200, long jump, and triple jump.

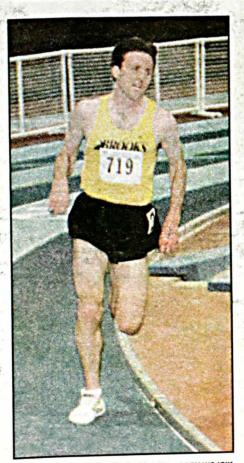
Last year, 33 world and 18 U.S.

records were broken, tied, or established. This year, 27 world and 17 national records were set. Leonore McDaniels, of Virginia, accounted for four W70 world records in the high jump  $(3-9^{1}/4)$ , pole vault (5-6), long jump  $(11-1^{3}/4)$  and triple jump  $(22-3^{3}/4)$ .

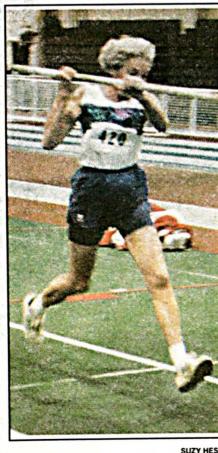
Bert Morrow, of California, set three M85 world records in the 60m (11.10), 200 (39.14), and 60H (15.13). Double record breakers were Pat Peterson, W70, of New York, in the

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Chris Yorges, first in the M30 Mile (4:20.79).



Leonore McDaniels broke four W70 world records, including the pole vault (1.68/5-6).



SUZY HESS Vic Zwolak, winner of the M55 3000 (10:16.49).



JERRY WOJCIK Kathy Martin won the W45 3000 with a U.S. record 10:43.72.

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## Indoor Nationals

#### Continued from page 1

200 (35.58) and 400 (88.79), and guest athlete Jean Horne, W65, of Canada, in the 400 (74.68) and 800 (2:56.63). Three of the world records were in the 60H by men in the 70+ divisions.

As last year's results showed, with five records in the 200 and seven in the 400, the six-lane oval at this track appeals to runners in the long sprints. Four of this year's records were in the 200 and six in the 400.

Some records fell by small margins; others were crushed. Paul Heitzman, of Kansas, broke his own M65 U.S. record of 11:10.70 with a 10:50.40. Kathy Martin, of New York, reduced the listed W45 U.S. 3000 record from 11:06.77 to 10:43.72. Tim Edwards, of Colorado, stretched his M45 U.S. superweight (56-lb.) record from 27-91/2 to 35-21/2.

Of the 33 world records, 12 were in the field events; nine of the 17 U.S. records were in the field events. Pole vaulters accounted for four world records, and the throwers changed six U.S. superweight records. Tom McDermott, of Florida, broke the M80 U.S. records for the 25-lb.weight (28-1) and 35-lb. superweight (20-81/2).

Several long-standing records were finally revised. Walden Curry, of Louisiana, upped the M45 U.S. high jump mark from 6-1 to 6-11/4. Herm Wyatt set the record in 1981. Henry Hawk, of Arkansas, lowered the previous M60 mile world record of 5:19.9 by Archie Messenger in 1984 to 5:13.38.

All records are pending approval by the Records Committee at the 1998 USATF Annual Meeting in Orlando in December.

#### **Consensus: "Great Meet"**

Records and performances aside, participants had nothing but praise for the meet's organization and the facili-



JERRY WOJCIK Walden Curry broke the M45 U.S. high jump record with a 1.86/6-1/4, National Masters Indoor Championships, Boston.

ty. Roswitha Sidelko, of Florida, silver medalist in the W40 3000 racewalk, offered her opinion, "A good meet. The events ran on time. The meet directors provided anything we needed." About the events, Dr. Ivan Black, of New York City, bronze medalist in the M45 60H and triple jump, added, "It was an excellent competition with close, exciting races at all ages.'

Carroll DeWeese, running event referee from Michigan, commenting after the meet on Sunday, said, "We had no problems and no complaints. As a matter of fact, a couple of sprinters who got disqualified on the no false start rule thanked me after I explained the rule."

One of those disqualified was expe-rienced masters athlete Christel Miller, of California, a favorite in the W60 60m, who said afterwards, "This is my first DQ ever. For some reason, I was so tense I couldn't hold my stance." She was more successful in the 60H, winning in 12.81.

The Games Committee was called on to solve just one potential problem - a back-up in the pole vault on Saturday - which might have caused some vaulters to miss their flights later that day. Adjustments in the vaulting order by Steve Vaitones, meet co-director, resolved the situation.

**Extensive Media Coverage** 

Media coverage, non-existent in the 1997 meet, included a preview with several local athletes on WCVB Channel 5 and a short feature on Sunday night on Channel 56. The Boston Globe listed the winners of each division by event the following mornings and ran short features on Jerry Donley, 68, of Colorado, Everett Hosack, 96, of Ohio, and Jean Horne, 65, of Canada.

On Saturday, athletes were treated to a lively version of the National Anthem by Louise Clark, a W40 sprinter from New York who was third (27.88) in a fast 200. On Sunday, Carol Wall gave a more traditional rendition.

The quality of the meet was enhanced by announcer Peter Taylor, of Fairfax, Va., who gave pre- and post-race data on every runner and called each race for the three days. His work and a new, very readable, wallmounted scoreboard, which showed results seconds after the finish of each race, kept spectators and athletes well informed of events on and off the track.

Ed Daniels, of New Hampshire, was meet co-director with Steve Vaitones, of the USATF New England Association.

The primary support for the meet came from New Balance, sponsor of all the mile races; Walking Magazine, sponsor of the 3000m racewalks; and M-F Athletic Company. The program was printed courtesy of American Track & Field, Larry Eder, publisher.

Charles Hodgson of Hy-Tek Sports Software supplied the data-base services. Lancer Timing of New Hampshire did the finish line timing. The racewalk referee was Justin

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#### SUZY HESS

Finalists in the 200, USATF Masters Indoor Championships, Boston, (from I to r): Alicia Johnson, Shemayne Williams (3rd, 27.72), Elaine Iba, Helena Nelson (2nd, 27.64), and Renee Sterrett (1st, 27.37)

Kuo. Brian Cowley was the chief field event official, with Jerry Cantor, the throws referee. Officials came from eight states.

The 1999 Championships will return to Boston under the management of TRACS, Inc., which produced the 1997 meet.

#### **Meet Highlights**

Some of the top performers by division: M30 Robert Thomas, Indiana, took

firsts in the 200 (22.18) and 400 (48.69). Andrew Boyce, Illinois, leaped to golds in the HJ (6-6) and LJ (22-31/2). Troy Herr, Pennsylvania, tripled impressively in the SP (43-1/2), WT (61-41/2) and SW 40-11%).

M35 Mitchell Lovett, New York, ruled the sprints with wins in the 60m (6.98), 200 (22.04) and 400 (48.58). Brian Corrigan, New Jersey, soared to victories in the LJ (21-8) and TJ (45-81/2). Mike Continued on page 15

THE THIRTEENTH ANNUAL GSAC/RANDOLPH CLASSIC TRACK & FIELD MEET JUNE 28, 1998 RANDOLPH NEW JERSEY SUNDAY The GSAC/Randolph Classic is for Athletes of all ages.

TRACK EVENTS	5	FIELD EVE	NTS	6
5000 Meters	10:00 am	Pole Vault	10:00 am	
1500 Meter RW	10:30 am	Shot Put	10:00 am	I I I S A
110 Meter HH	11:00 am	Weight Throw	1:00 pm	
Youth Mile	11:30 am	High Jump	10:30 am	1 .
Mile Run	12:00 am	High Jump	10:30 am	
Youth 100 Meter Dash	12.30 am	Long Jump	10.00 am	A STATE
100 Meter Dash	1:00 pm	Javelin	10:00 am	al and a state of the
Youth 400 Meter Dash	2:00 pm	Discus	10:00 am	USATE-NJ
400 Meter Dash	2:15 pm	Inple Jump	2:00 pm	Masters
800 Meter	2:45 pm	an anna 1		Track & Field
200 Meter Dash	3.15 pm	Additional	Information	Grand Prix Event
Youth 4X400 Relay	3:45 pm	Mort Hahn (day	s) 973-625-1764	Lvent
4X400 Relay	4:00 pm	FAX 973	-625-5195	and the state of the state

Masters (Age 40+) in 5 Year Age Groups, Youth (9-10, 11-12, 13-14) All events will be run Youngest to Oldest, Males first. Meet director may combine age divisions if the size of the fields warrant.

PLEASE NOTE: REGISTRATION CLOSES AT NOON FOR ALL EVENTS Don't be shut out! Pre-enter! SPIKES ALLOWED - 1/4" or less. HURDLE HEIGHTS & DAPLEMENTS - USATF Open and Masters Rules. USATF MEMBERSHIP REQUIRED! Card must be presented, NO EXCEPTIONS! Can apply at meet \$15.00 - Youth -\$12.00. FALSE START -No false start rule applies

FEES	S - Free to Randolph residents who pre-register.	Randolph residents must still be USATF member.
	Pre-registered - Received on or before Ju	
	Received after June 22 or Day of Meet - 5	10.00 Late Fee added to first event, except for relays.
	Relay Teams - \$16.00 per Open and Mass	ers Teams. \$12.00 per Youth Teams.
RDS - M	Aedals for First, Second, and Third place in eac	h age division.
	CONCESSION STAND on Site.	SHOWERS AVAILABLE

DIRECTIONS to Randolph High School - From the George Washington Bridge, take Route 80 West to Route 287 South. Ro Continue on Route 10 West for about 7 miles. Look for Dunkin Donuts on the left at the intersection of Millbrook and Route 10 Millbrook Avenue by making a right onto the jug-handle ramp to cross Route 10. Travel about 1.5 miles on Millbrook. The H is on the right, at the top of long hill. Take the first entrance into the complex.

Last Name	Fust			
Address	City	Zip	Phone	STREET.
Club	USATE No.		Age on 6/28	Sex

Track 0 5K 0 1500 RW 0 H Hurdles 0 Mile 0 100 0 400 0 800 0 200 0 4X400 Relay

any or all claims I or my heurs may have against Randolph Township Parks & Recreation Department, Randolph Towns ducation, Garden State Athletic Club, or the Meet Directors and Officials resulting from my participation in this meet, its will be supervised and the Township of Randolph DOES NOT INSURE participants with accident insurance and I RISK. It is understood that this program is a physical activity and various injuries may occur. I also understand that it is sure that the registrant is physically capable of participating in this program and that a medical physical by a doctor is ance and I will ipate at MY OWN RISK It is in occur I also understand that it is

SIGNATURE\_\_\_\_\_\_ Parent or Guardian if competitor is under 18

AWA

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**National Masters News** 



### **RANKINGS ACCURACY**

I recently received my copy of the rankings report, and I appreciate the quick delivery. I am also amazed that one person could do all this work on his own. Last year I handled only one event (javelin), and found it to be an interesting but time-consuming operation (at least it was in the way that I did it). I'm amazed that Mr. Lance could do all events. My hat is off to him. As he indicated, I'm sure the centralizing of the ranking records will prove to be beneficial. The book presentation is very appealing too, because of the uniformity of the format and font.

However, I also have a number of complaints, and I make them somewhat reluctantly, because I can only imagine how much work Mr. Lance put into this endeavor.

Someone needs to do some proofreading of all the results as well as providing some quality control measures. The duplication of names is prevalent. I recognize that when results are submitted for inclusion in your publication, variations in a person's name and initials is a frequent occurrence. Add to this the occasional faulty keyboard entry of some names. All these duplications (with small variations) are obviously not picked up in a computer sort, so one has to count on someone proofing the listings.

I'm sure I'm not pointing out anything that you are not already aware of, but I think the rankings are really tarnished by these duplications. I will cite a few examples.

Mary Jane McMaster (whom I don't know) is a 50-54 runner. By a cursory review, her name appears multiple times in the following events: 100m-4 times, 200m-4, 400m-3 and 800m-4.

1

My good friend John/Jack Pearce's (M85-89) name appears as follows: SP-5, Discus-5, Hammer-3, Javelin-4.

For the two events in which I participate (M65-69), my name appears twice, and by my review I should have been ranked 13th in the Shot Put (rather than 18th), because Len Olson's name appears 3 times, and Arnie Gaynor's name appears 4 times in front of my ranking.

Ed Hooker (who was 71 in 1997) is ranked one slot in front of me. I recognize that Hooker's name probably appears there because the results from some meet put him in the 65-69 age group, but the fact that he set a new national mark in the 70-74 discus at the 1996 National Masters meet in Spokane, should help ring a bell for someone proofing who is familiar with the names of some of the high profile participants.

I would be happy to help in the future in some proofing endeavor, but my time on my present job (I'm lucky enough to have a job at age 69) is heaviest in Dec., Jan. and Feb. (we do major league baseball salary arbitration representing clubs vs. players). Whenever I retire I'll have gobs of time. However, if I can assist in some small way I'll be happy to.

Jim Gerhardt Houston, Texas

(This problem is acknowledged by Lance – see Rankings Report, p.7 – Ed.)

### MEANINGFUL MEETS

I totally agree with Roland Rust's viewpoint in the February NMN regarding making the National Masters Championships more meaningful. This is my first year as a master, and I was extremely excited about competing at the Indoor Championships in Boston. Last year, my teammates convinced

me to run in the meet against my belief that you are not a master until you're 40 years old. I went in 1997 to get an idea of what the whole event had to offer and felt that the competition was weak. Not being a hardcore "tracky," I found the motivation to compete as a 40-year-old, and felt that having the meet in Boston for two years would increase the women's participation from last year.

I trained very hard all season, participating in college and open meets in the mile to get some experience. I had run a 4:57 1500 and felt that by the Nationals I would be ready. Because of obligations as a coach at a local college on the Saturday of the meet, I was limited to the 3000 on Friday evening. I had run the event only once previously and thought that I would run somewhere back of the more experienced runners until I felt things out.

Within 100m of the start, I was leading a small group of women ranging in age from 40 to 55 years old, many of whom had never competed in a competitive track event. One actually asked me how many laps we had to run.

It turned out to be one of the more difficult races I had run on a track because I had myself mentally prepared to run a competitive race, and had to run the entire 15 laps alone. My time was well off my goal, and I was left feeling slightly embarrassed. Many of my friends had come to watch me run and were excited to see a national competition for the first time.

I realize I should be proud of my run, but I know there are many women much more talented than myself, who could have won. I don't know if I will run in this meet next year unless there is some sort of qualifier to guarantee a more national meet feeling. I haven't talked much about the win, although training for it had occupied many of my conversations.

**Ron Manion** 

**V** Smith

**Tim McMullen** 

The meet was absolutely superb with regard to organization, but as much as I hate to hang on the back of the pack at college/open races, it does feel more like racing.

I also agree with Rust on deletion of the 30-39 age group. When I was in this age group, I never felt as though I needed to be treated as anything but an open runner, and I truly believe this mentality has made me a more competitive masters athlete.

Keep up your good work in promoting masters running. I hope you appreciate this insight.

Karen Boen Stoughton, Massachusetts

#### **EVENT SCHEDULING**

The people working on masters track must be from a planet where there is no masters track. The rules state that when there are more than 16 runners entered for the 800 and other races, there will be a same-day trial, then a semi-final, followed by a rest day, and then the final. This is supposed to be so that the best runners race head-to-head.

How are competitors to plan their trips, not knowing if they are out in one race one day, or will be there for three days? When will the runners be told if there is only a semi, at the start line? The 1998 outdoor championships are now structured so that, rather than drive to the meet on Saturday to race, I need to stay overnight starting Wednesday, and not know how many races I will face.

These are just a few of the major problems. Masters track now is going the way of an elite track meet, rather than to its roots where competitors can get together for a good meet. And our dues pay for this?

Brad Johnson Cranston, Rhode Island

### **RACEWALK JUDGING**

Several months ago, NMN asked for opinions about judging for masters racewalking. Elaine Ward's comments in the September issue on judging, etc., offer the best solution to most of the problems. I am a relative newcomer to racewalking and participate in senior (50+) and open racewalks in this area. I have participated in the National Senior Sports Classic in San Antonio and Tucson, and have yet to be DQed.

Chicago, Illinois

Bishop, California

Ithaca, New York

Eagleville, Pennsylvania

Continued on page 12

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## Each month, NMN publishes a list of "sustainers," those who help the National Masters News and masters athletics by making contributions. These extra funds allow us to publish more photos, deeper results, an indepth schedule section, and more. Special thanks this month go to: Josep Antentas Steven Bowles Rich Dunphy Everett Hosack Arthur Jones

## Sochor Scores Big at National Indoor Pentathlon Championships

by REX HARVEY (USATF Masters Multi-Event Coordinator) This year's edition of the National Indoor Pentathlon Championships was held in the beautiful 300m facility in

the Kent State U. Fieldhouse, Kent, Ohio, Feb. 21.

Attendance (21 men) was down this year, primarily because of the late selection of the site and date, which



D.E. SMITH

Rex Harvey, under the watchful eye of his daughter, Keelie, takes a break from scoring the National Masters Indoor Pentathlon Championships, Kent, Ohio, Feb. 21. Harvey is recovering from recent surgery and is expected to compete this summer.

## Kuznetsov, Barber-Keeler Win in Boston

by JERRY WOJCIK

Andre Kuznetsov, 40, of Russia, and Cindy Barber-Keeler, 40, Lake Worth, Fla., were the masters winners in the 102nd Boston Marathon, April 20. Kuznetsov finished 15th overall in 215:27. Keith Anderson, 40, of Great Britain, was second M40+ with a 2:17:08. Peter Koech, of New Mexico, ran 2:18:02 for third. Dominique Chauvelier, 41, of France, last year's masters winner (2:19:10), was fourth in 2:20:49. Barber-Keeler, first female overall in the 1997 Rocket City Marathon (2:44:09), was 14th female with a 2:39:49. Gillian Horovitz, 42, New York City, fourth W40+ in 1997 (2:46:22) improved to a 2:41:15 for second W40+ and 16th overall. Alice Thureau, 42, of Pennsylvania, was 17th in 2:41:58. Irina Bondarchuk, 45, of Russia, finished 19th in 2:42:44.

More coverage and results of the BAA Boston Marathon will be in the June issue



eatured in the 1998 edition of the Perform Better catalog is the new, improved ABC AGILITY LAD-DERTM. 10 yards long by 18" wide with hard plastic rungs forming 18 squares. Very flexible so you can add sections in many different directions at different configurations. It's great as part of a general conditioning program to develop quickness and agility. Also a great physical therapy aid to improve proprioception in the rehab of lower extremity injuries more effectively. The objective is to land in the squares without touching the plastic rungs while using various patterns and rhythms moving forward, backwards and sideways as quickly as possible. Priced at only \$69.95 with complete drill sheet.

For more information, a FREE copy of the 1998 Perform Better catalog or to place an order call Toll-Free 1-800-556-7464, Fax 1-800-682-6950 or write Perform Better, P.O. Box 8090, Cranston, RI 02920-0090. occurred when the 1998 National Indoor Championship organizers decided at the convention in December 1997 that they did not want to include the pentathlon in their championships. It could have served as a warm-up to 1999 when the pentathlon becomes an official part of the USATF Indoor Championships.

The pentathlon will be a welcome addition and the entry numbers should go back up to the 40 to 50 range. It should also take care of another big disappointment, namely, that this was the second year in a row there were no female competitors in the pentathlon.

Notable performances in the meet included the M45 win by multi-event newcomer Pat Flahy of Arizona. Maryland's Jim Stookey, 1996 Masters Athlete of the Year, took first in the M65 division. Chuck Sochor of Michigan, back from a year-long absence due to injury and now in the M70 group, scored the highest total (3824) of the meet to defeat many-time national champion, Denver Smith, of Ohio.

Multi-event faithful, Armando Ricciardi of Nevada, the oldest competitor at age 78, won the M75 title.

The M50 division was won by longtime multi-eventer Tom Thorne of Missouri, who also serves the sport as the Mid-America Regional Coordinator. In addition, he organized and runs the largest combined-event oriented masters t&f club in the nation – Decathlon Midwest TC.

Thorne, this year, is the meet director of the USATF National masters Decathlon/Heptathlon Championships, Neosho, Mo., July 25-26. The meet will also host an international team challenge with Germany. Others from Poland, England, and Canada will also be competing.

Many thanks to Kent State for conducting the championships on short notice and in a crowded schedule. Many more thanks, from the athletes and the administrators, to the volunteer officials who conducted the meet in a pleasant and efficient manner.

USATF National Master Pentathion Champio	
Feb. 21; Kent State U., K	lent, Oh!o
Income: 21 Entrants @30.00 each	\$630.00
Expenses:	\$050.00
Medals & Patches	\$74.95
USATF Sanction	\$55.00
Profits:	estand Carls
To Kent St. U. T&F for us	
its facility & equipment	\$500.05
from Rex Harvey	

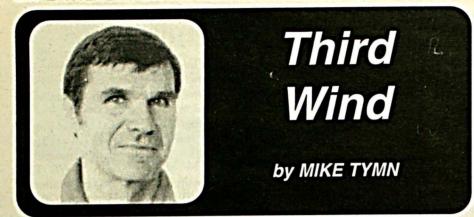
## P Portland Masters Classic/USA T&F C Oregon Association Championships June 13 & 14, 1998

Mt Hood Community college, 26000 SE Stark, Gresham OR

	Saturda	v. June 14th	a a construction of the	Sunday	June 15th	
Track Event	Time	Field Esent	Track Event	Time	Field Exent	
2/3K Steeplechase	11:00 am	Pole Vault	300 IM Hurdles, M&W	11:00 pm	Triple hong. M&W	
Women and Men	and the second se		400 IM Hundles Men	11:00 am	High Jump Women, followed by Men 50+	
ときなると	122.1	advances	and the second second	11:00 am	Hammer Throw Men followed by Women, older to somper	
		Long Jump. Women - older to younger Show Put. Women-north ring. Mon-south ring	200 m Dash, M&W	11-30 am	Men tonow ed by women, ouder in vranger	
	Sec. 1	She fut, women-north hug, Men-wath hug	200 m Cond, with m	12.30 pm	Insens Throw	
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and the state of the	12 mon	High Jump. Men- 30 to 49	800 m Dash. M&W	12:15 pm	A STATISTICS AND A STATISTICS	
80 m High Hurdles	12.10 pm	Javelin, Women-older to younger	VKO m Run. Women	1:00 pm		
Women and Men	1.4.15		Sixio m Run, Men	1.30 pm		
100 m High Hurdles Women and Men	12.50 pm	政府政治共存于国际合理的时代	and the second	2:00 pm	Weight Throw Men followed by women, older to younger	
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100 m Dash* Women and Men	1.30 pm	的影响的自由影响的	All W& M winners from Sai 100 m Dash		Mahar Stall and	
THE PROPERTY OF	2 00 pm	Javelin, Men-older to younger	All running events	begin with	women, and are older to younger	
1500 m Run Women and Men	2.15 pm	The server is set were	· Schedule of eve			
400 m Run Women and Men	3.00 pm	Anti- And and a state of the second	Entries must be postmarked by June 5, 1998     \$5,00 Late entry fee (based on space availablility)			
Instructio	ns:	EL DE CLUBBLITTE.	· Entry packet pic	kup beg	ins at 9:00 AM both days	
Make checks	to:		· Entry packets m	ust be p	icked up prior to competing	
	1.2.2.1	sters Track Club	. Medals to first 3	places	in each event, 5 yr age div.	
Send entry fo			· Registration closed I hour prior to event			
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Name Age(6/13/98) Birth Date Address City State Zip Phone **Club** Afilliation Men\_Female USAT&F # **Entry Fees** \$10 \$15 Best '97-98 Mark Events 1 Event 2 Events Each add'l event \$3 ea T-Shirt Late fee after 6/5/98 Total enclosed Waiver: Must be signed to compete

I waive all rights that I or my heirs or assigns may have against the Portland Masters Track Club and/or Mt. Hood C.C. arising from any injury illness or accident that I may sustain in arriving to, participating in, or departing from this event. I declare my good health to participate in this event. Signed Date



## **Paul Heitzman Shifts Into High Gear**

Three things happened to Paul Heitzman last year to reverse the slightly downward trend in his running performance. The most important one may have been seeing pictures of himself.

"At the end of June, I went to the Hayward Classic meet in Eugene, Oregon and ran a somewhat disappointing mile (5:28.77)," recalled Heitzman, a 67-year-old retired high school history teacher from Eudora, Kansas. "Paul Dungan of Portland had videotaped my races and when I watched the video of that race, my first impression was, 'Who is that fat guy wearing my number?' I was just appalled at how heavy I was. I guess my weight just went up slowly and I hadn't realized it."

On the flight home, Heitzman vowed to shed the excess baggage. When he did, his race times began improving.

Stereotyped

The second thing to rejuvenate his running was a 1:26:29 half marathon during September. "I began to think of myself as a distance runner after that," Heitzman said. "Until then I was more or less stereotyped as a miler who could extend himself to 5000 and 10,000 meters but not much longer. Then I had a pretty good 15K in Tulsa (1:00:03) and that really did it."

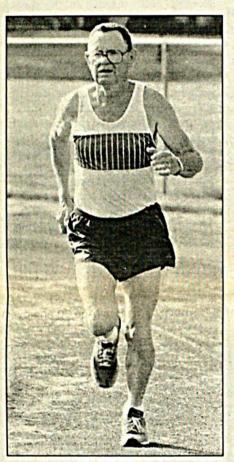
However, Heitzman added that he will draw the line at the half marathon. "I doubt that I'll being doing any marathons. I don't want to be laid up for a month. Plus, I'm flat-footed and my feet begin bothering me around nine or 10 miles."

The third thing to restore his running was listening to a motivational speech by 1964 Olympic 10,000 meter champion, Billy Mills. "Watching the film of his victory in Tokyo and then hearing him talk really inspired me," Heitzman went on.

As a result, Heitzman says he is training better than ever and is in the best shape of his life. "Oh, I've lost a little speed in the 800," he elaborated, "but from 3000 on up I think I can still PR, the conditions being just right. One thing I've learned is that if you run enough races, you'll eventually get the right kind of weather and conditions and your body will be just right on that day. Race enough and you'll do some great things."

Spectator Sportsman

For the first 59 years of his life, Heitzman was a spectator. "I didn't run in high school or college," he said. "I loved sports, but felt I had no athletic ability. I had grown up hearing about



Paul Heitzman

guys like Glenn Cunningham, Wes Santee, and Jim Ryun, but I didn't know much about the sport. I didn't really know what a road race was until the fall of 1991."

Upon approaching retirement, he decided to give running a try to keep in shape. "I had done some construction work during the summers and realized that it was getting harder," Heitzman explained his decision to pursue a fitness regimen. One race at 59 was enough to whet his appetite. Upon retiring at 60, he began to train more seriously. After just 10 months, he recorded a 23:42 for four miles and soon thereafter a 39:36 age-group victory in the national 10K championship.

Heitzman has since fully established himself as one of the very best age-group competitors in the world. In the national indoor championship in Boston on March 28-29, he won the 800, the mile, and the 3000. In the latter race, he recorded a 10:50.40 to better the 23-year-old record of 10:51.0 by Norman Bright. He'll be going for his fourth consecutive victory in the 10,000 at the nationals in Maine during July and August, while also competing in the 800, 1500, and 5000.

"I plan to do the Indy Life Circuit this year, all but the Twin Cities marathon," he said. "I also want to hit as many of the championship road races as possible. Until this year, I've pretty much limited myself to the Kansas City area."

Training Regimen

Heitzman's training calls for about 50 miles a week, including one hard interval session. "Once I get to 50 miles, my body starts talking to me," he offered. "Beyond 50, I don't feel it is productive."

His favorite speed workout consists of doing four 800s in 2:52 to 2:46 and then four quarters in 81-78 each. "I also do a workout in which I run a 400 in around 80 (seconds), take a 30 second rest, then do a 200 flat out. I'll take a couple of minutes rest and do four of those, then take a little longer rest and do four more."

Carrying 155-160 pounds on a 5foot-9 frame and somewhat heavy legged and barrelchested, Heitzman does not quite fit the mold of the stereotyped distance runner. "I guess I'm built more like a quarter or half miler," he said. "I've been down to 149 pounds, but that's only during the heat of the summer." Although he has frequently run the quarter in the past and is one of only a handful of runners to better his age in the one lapper (1:02.82 at age 64), Heitzman thinks he'll pass on that distance in future track meets.

Still Setting PRs

"I can tell I've lost a little speed," he continued. "I used to run 2:24 consistently and got down to 2:22 in the half. But now, 2:28 is about my limit,

## L.A. Marathon Draws 19,275

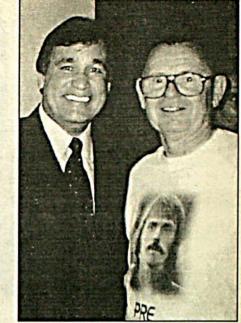
Perfect weather greeted 19,275 runners for the 13th annual Los Angeles Marathon, March 29. Mayor Richard Riordan and Muhammad Ali were honorary starters. As always, it was a splendid civic festival with the city showcasing its diverse neighborhoods to the runners and to thousands of television viewers.

Organizers had hoped the elite men would crack the elusive 2:10 mark, but 2:11:21 was the best that a very good field could produce.

"It's the hills," agreed most observers. "This was as good a field as you can get, but the hills in mid-course slowed them down. You'll never get a sub-2:10 on this course."

Organizers planned to review the course and contemplated a point-topoint, downhill course – á la Boston – from downtown to the Pacific Ocean.

But the race was a success, despite the fact that known age-group cheaters appeared again in the unofficial results, as they have for the past several years. Marathon organizers had promised to weed out the cheaters, but the fact that at least one notorious culprit was even



Paul Heitzman with Billy Mills, gold medalist in the 10,000, 1964 Tokyo Olympics.

maybe 2:26 on a good day. But in the longer races, I'm still setting PRs. That may be because I didn't run enough of them a few years ago, but whatever the reason I'll take 'em."

Although he set his 10K PR of 38:10 five years ago, he turned in a 38:38 last year and feels that he can still PR at that distance if everything is right. But Heitzman age grades all of his performances and measures his progress by his age-graded performance. "Even if I run a little slower this year than I did last year, I can still improve on an age-graded basis," he said. "That's the best measure of how I'm doing."

Heitzman ended by saying he does not focus on breaking records. "I just run as hard as I can and let the records take care of themselves."

allowed to enter the race, let alone turn in an age-group record, alerted observers that masters race times could not yet be taken seriously.

A party atmosphere permeated the course. Runners frequently paused to slap hands with spectators soaking up the sun.

"It's a great big picnic," said one runner. "It's more than a race. Other cities have races, but we have a good time."

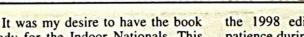
Local TV Channel KCOP (13) put on an outstanding production. It had top announcer Larry Rawson at the helm, supported by 28 cameras, five helicoptors, four moving camera cars, and 11 other announcers, including Kathrine Switzer.

Spectators lined sidewalks throughout the course. The runners passed Mariachi bands and Korean sword dancers. They were serenaded by rockand-roll tapes.

Some people weren't so thrilled, however. The next day's letters to *The Times* contained gripes from those who couldn't drive where they wanted because of street closures.

- Al Sheahen

May 1998



ready for the Indoor Nationals. This gave me less than four months to do a year's worth of postings. In the rush to get the job done, I had the computer specialist send the data directly to the printer. The book was printed without a final edit. Aside from the duplicates, I've since noticed other changes that should have been corrected. My sincere apologies for these errors.

While doing the 1998 rankings, I will have time to edit monthly. I'm sure this will minimize the errors and keep everyone happy. All corrections to the 1997 book will be published in

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

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the 1998 edition. Thanks for your patience during this transition.

This is the last issue of NMN from which results will be taken for the indoor rankings. If your best marks haven't been published, as of this issue, submit them with documentation to Jack Lance by May 15 at P.O. Box 276, Long Valley, NJ 07853. Send marks for the 1500, mile, weight, and 3000 racewalk to Jerry Wojcik, NMN, P.O. Box 50098, Eugene, OR 97405; fax: 541-345-2436.



Rankings Report ..................... by JACK LANCE

## From the Masters T&F Rankings Coordinator

he rankings book for 1997 has been printed and is now for sale. It was produced late in the year, after one coordinator decided not to do the project. It was a massive undertaking, and while feeding data into the computer, some of the data processors neglected to notice certain similarities in names. Therefore, the final result has many duplicates.



James Stookey, 68, winning the M65 200 (27.62). Guest participant Earl Fee, 69, #211, of Canada, was second (28.31). Joe Summerlin, 66, finished third (28.39), 1998 USATF National Masters Championships, Boston.

## McDaniels, Ellis Star at Indoor Heptathlon

### by JEFF WATRY

The second edition of the USATF National Masters Indoor Heptathlon Championships, Hillside, Ill., April 4-5, produced its share of good competition and outstanding individual performances. The stars were Leonore McDaniels, W70, who exceeded three world records and tied another in her seven-event odyssey, and Ken Ellis, M40, who scored a world-best, agefactored total of 5753, which surpassed the 5592 of Dale Lance, M55, in 1997

Ellis, who had won the hurdles and pole vault a week earlier in the Indoor Championships in Boston, relied on a 15-7 in the vault to boost his total. McDaniels' score of 5582 was the second highest of the meet.

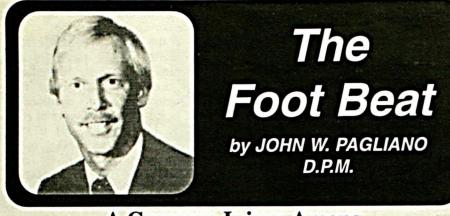
The M65 field was the deepest, with the 1997 third-place finisher, Jim Stookey, emerging as champion with 5333. Clarence Trinkner, last year's winner, was second (4986). Ted Kress, a relative newcomer to the multi-event wars, was third, scoring 935 points for his 11.49 shot put. Mel Buschman, M75, posted a 3686 to exceed his 1997 meet best.

NAME

The meet was again held at the fine 200m Mondo surfaced track at Proviso West H.S. Thanks to the USATF Illinois Association, its fine officials, Proviso West, the Midwest Masters club for a super site and support, and all of the athletes for a fine competition.

(IN CONJUNCTION WITH THE SOUTHEASTERN POLICE AND FIRE CHAMPIONSHIP)

#### National Masters News



## A Common Injury Among Runners and Joggers

TBS or ilio-tibial band syndrome is an injury that is quite common in long distance runners and joggers. The ilio-tibial band is a thick band of fascia that begins at the hip joint and runs down across the outer portion of the upper leg, crosses the knee joint and attaches to the upper portion of the fibula.

The purpose of the band is to stabilize the leg and knee. It also locks the knee into extension when one is standing. When the knee bends, the band has a tendency to snap forward. That tendency can irritate the tissue around the band and cause a sharp pain on the outside of the knee. As can be imagined, jumping and running down hill can easily irritate the ITB at the knee joint.

ITBS can be brought on either by an increase in mileage or flare-up of an existing knee injury aggravated by running or jumping. Overuse results in fatigue in the band, causing it to tighten over the outside of the knee and become inflamed. High jumping off one leg can also shift weight to the outside of the knee and cause irritation.

The main symptom usually is severe pain in the outside of the knee joint, making running impossible. The pain may extend up the side of the knee into the leg. Walking up and down stairs, squatting and jumping aggravate the condition. Pressure on the outside of the knee also causes pain. Symptoms may last up to six months.

Runners with high arch, rigid feet or bow legs are particularly vulnerable. Most sufferers report recent increase in mileage or intensity of training. Running from hard to soft surface also aggravates the ilio-tibial area.

Treatment includes icing after workouts for 8-10 minutes. Moist heat packs at night for 30 minutes are also quite

## TEN YEARS AGO May, 1988

- Peter Hallop (M40, 49:18) and Christine Tattersall (W45, 60:18) Win National 15K Championships, in Tucson
- Masters Indoor Championships Draw 441 to Baton Rouge
- Norman Green, Jr. (55, 51:05) Breaks Records, and Priscilla Welch (W40, 55:38) Takes W40+ Race, in Cherry Blossom 10 Mile, Washington, D.C.

helpful. A motion control shoe that provides good stability is important. At the first signs of irritation, reduce mileage and use heat and ice. Ultrasound is also very helpful. Avoid downhill running.

Make sure you have eliminated any biomechanical deformity of the foot. Sometimes a lightweight foot orthosis will control the over-pronation and provide stability to the outside of the knee. Avoid overstretching. If the condition does not improve, a steroid injection may be necessary. In severe cases, a surgical technique is used to split the ilio-tibial band and release the pressure around the inflamed area.

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



GEORGE BANKER Steven Ward, 42, third M40+ (34:19), St. Paddy's Day 10K, Washington, D.C., March 15.

## **Exciting Preparations Under Way** for National Masters Championships

### by ROLLAND RANSON

As you drive north across the Maine border on I-95, passing the town of Kittery, the large blue and white sign welcomes you to Maine "the way life should be." It truly is symbolic of the way of life "downeast," as they say. Visitors flock here in the summer tourist season to capture the joys of unique scenery.

There is so much to see and do. Outdoors: the pink granite rock, cliffs, mountains, tall pine trees, and, of course, the ocean. The bays, New England houses, church spires, and quiet villages are real life picture book scenes around every corner. The 3000 miles of coastline provide infinite breathtaking views.

End of the Trail

Then there is Mount Kathadin, majestically overseeing Baxter State Park and all of Maine. This is the end of the Appalachian Trail. This land and its natural wonders are unusual with few parallels in the nation. Well over 200,000 acres, owned by the people of Maine, are kept in their natural state. The 58 mountain peaks and many lakes (6000, it is believed) and ponds abound with wildlife, as does the rest of inland Maine.



This is where the moose are readily seen. Many times, I have stumbled unexpectedly upon a moose on the trail, nibbling on fresh pine shoots or rumbling through the forest. No

matter how often one sees moose, they are fascinating.

What does this have to do with track & field? You might ask Carl Wallin, the longtime coach at Dartmouth College and masters thrower. There is something about Northern New England (Maine, New Hampshire, Vermont) that just has to be experienced.

Or you might ask Ken Weinbel, Masters T&F Chairman, of his experiences in the Maine woods. His family once owned a camp on Schnoodic Lake. Or you might ask Rob Jackson,



GEORGE BANKER Linda Wack, 42, first masters woman (38:36), St. Paddy's Day 10K, Washington, D.C., March 15.

the 400-800 runner from Central Park Striders. He is ecstatic and enthusiastic about the 1997 East Regional Championships and staying in a small

motel in Orono and eating at Pat's Restaurant, with its original benches, tin ceiling, old-time juke boxes, and low prices.

### Superb Environment

What an environment to prepare for your absolute best performance on the track and in the field. Our University of Maine Clarence Beckett Family Track Facility surface is crisp blue, full-pour encapsulated polyurethane. Martin Surfacing poured the surface and imported the color from Germany to get the correct hue. Springy, the eight-lane track has been a fabulous training and competition facility.

Surrounded on three sides by stately pine trees, the throwing field stretches off from the steeplechase pit end of the track. An excellent area is provided for throwers, in full view of the track spectators, and consisting of two throwing cage – discus circle up front, hammer circle behind – two javelin runways, and 100-foot crushed stone, shot landing area.

There's plenty of room for lawn chairs under the pine trees to cheer your favorite thrower and still see the other events. Three long jump pits and four pole vault boxes provide a fine place to jump. The vault runways parallel the prevailing winds, which should be gentle during the meet.

Lynx Systems inventor and owner, Doug De Angelis, is a University of Maine graduate. Hy-Tek developer Charlie Hodgson, who did the 1998 indoor results in Boston, lives in Maine and will do our outdoor championships. Over 150 officials from 35 states have already volunteered and been assigned duties. Ken Caouette, Don Berry, Val Foss, and Tom Eastler did the work of assigning officials.

#### **Recreational Smorgasbord**

Downeast entertainment is planned for the glorious cookout feast. Acadia singers, Contra bands, Penobscot musicians, and period actors are ready to provide a joyous evening on Saturday, Aug. 1.

Jeff Hunt has many outdoor adventure recreation tours already set up. Kayaking, canoeing, and mountain bike rentals will be available at the river, 100 yards down the hill from the track.

This area has one of the best smallmouth bass fishing holes in the nation. The famous Atlantic salmon pool is just down the road in Bangor. The university owns over 600 acres of forest, used in its agriculture and forestry departments, which provide miles of trails for jogging and walking throughout the campus forest.

Early morning and early evening are the best times to unwind from or prepare for your competition and spot deer and other wildlife on the trails, or just enjoy the beauty and quiet.

A great place to run track and field. See you July 30-Aug. 2.

## Events Scheduling: Orono 1998 and Boston Indoor 1999

by JEFF SCHALLER

Assistant Meet Coordinator, Events Scheduling

By now, most of you have seen the 1998 Outdoor Orono Meet events schedule (NMN, April, p.8), which includes an added round of preliminaries in all lane races (100-800) that brings the schedule into compliance with rule 75 (the Rules of Advancement).

By rule, trials are run when there are more than 16 entries, and semifinals are run when there are 9-16 entries (different for the 1500). Field events will be the same as San Jose 1997, except the women's javelin on Saturday.

The purpose of the Rules of Advancement is mathematically to ensure that the best athletes properly advance to the head-to-head finals competition for the USATF masters championship awards. For these interests, it is essential that these rules be followed.

When I first started working on events scheduling several years ago, I adapted the new outdoor schedule (first used at the 1994 Eugene meet) from the old schedule that was first used when the meet was smaller.

Last year it was brought to my attention that there were problems at the Boston indoor and San Jose outdoor meets with prelims-to-finals advancement, caused by inadequate schedule provisions for proper advancement. The schedules were not in compliance with the rules.

At the last convention in Dallas, the committee agreed that the current tentative outdoor events schedule should be brought into compliance with the rules (there is no official current tentative indoor events schedule). Consequently, Chairman Ken Weinbel, Meet Coordinator Scott Thornsley, and myself as Assistant Coordinator, were authorized to inject additional preliminary rounds into the outdoor schedule. That process has been extended to the indoor schedule for the 1999 Boston meet, and the new schedule has been accepted by next year's Boston organization.

It should also be noted that the rules are worded (a) to define "timed heat" finals as a lower standard of competition (non head-to-head) that should be avoided whenever possible, and (b) to allow some flexibility for practical considerations.

It is for practical reasons that there will only be preliminary rounds in the indoor 400 and 800 events. At this time we do not consider a second preliminary round in those two events as realistic for a three-day meet.

At the 1995 Reno meet, it was suggested that the indoor schedule be studied. for appropriate alterations (that schedule has been formulated from year to year with differences approved by our meet coordinator and chairman). Included in the new indoor schedule are my changes, as approved by Ken and Scott, along with the addition of the pentathlon.

DAY 1 (F	RIDAY)
9:00 Pent	
9:15 3K Run	
3:30 Racewalk	After Pent.
7:00 60m (trials	SP (M60+,M50+)
or semif.)	
8:30 400m (trials	LJ (M60+, W)
or semif.)	PV (W, M70+)
9:30	HJ (M50-59)
DAY 2 (SAT	TURDAY)
8:00 1500m/Mile	
	SP (W30-59,M30-49)
10:30 60m (semif.	-Trainer Populari-
from trials,	LJ (M30-59)
finals)	HJ (W, M60+)
1:00 400m finals	PV (M40-69)
2:30 60m HH (trials,	
finals)	WT (60+, M)
4:00 200m (trials	HJ (M30-39)
or semif.)	TJ (W)
5:45 800 m (trials	
or semif.)	
DAV 1 (CI	TATA AND

DAY 3 (SUNDAY)

9:00 200m (semif. from trials) WT (W30-59) 10:00 800m finals TJ (All M) 12:00 200m finals HJ (M40-49) 1:30 4x800m Relay PV (M30-39) 2:00 4x400m Relay SW (All)

Please note these corrections to the National Outdoor Championships events schedule that appeared in last month's National Masters News:

Friday long jump: M60+ will jump first; Friday 100m final actually is 400m final; 1500m final will be a Sunday morning event.

Any necessary intermediate hurdle prelims will be held at approximately 10 a.m. Saturday, with the finals held between the 800 and 100 finals (approx. four hours rest time). If no prelims are necessary, the schedule will be run as shown.

By rule, trials are run when there are more than 12 entries, and semifinals are run when there are 7-12 entries (6 lane oval track). For 8-lane straight-away: trials – more than 16 entries; semifinals – 7-16 entries.

There could possibly be changes made, but within the basic parameters as set forth in the schedule above.

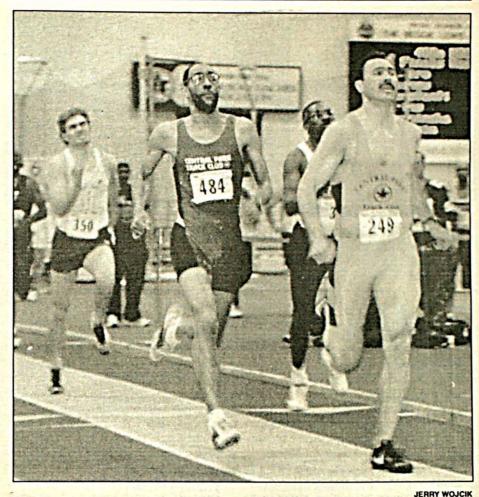
Please send any comments to Jeff Schaller, 435 SW State St., Pullman, WA 99163, (509) 332-3148.

## FIVE YEARS AGO May, 1993

 33 WRs Set in Masters Indoor Championships in Bozeman, Montana

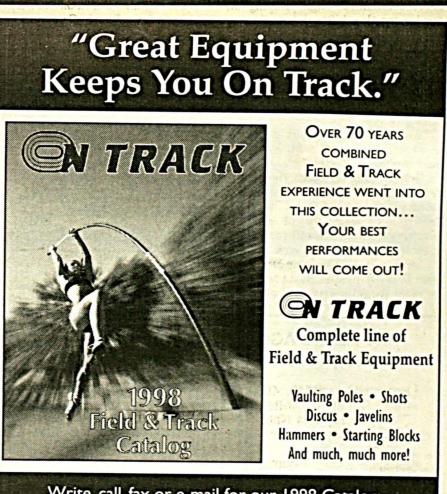
 Jean-Michel Charbonnel (40, 2:17:44), of France, and Bernardine Portenski (43, 2:41:18), of New Zealand, Masters Winners in Boston

• Britain's Nick Rose (41, 24:34) and Nancy Grayson (42, 28:59), Northville, Mich., First in National 8K Championships, Virginia Beach



page 9

A stride behind here, Jesse Norman (#484) caught Ed Gonera (52.84) at the finish to win the seeded heat of the M45 400 and the national title with a 52.81. Gonera won the silver medal, and Frank Schiro, winner of the unseeded first heat (53.66), the bronze, for a Central Park TC sweep, 1998 USATF National Masters Championships, Boston.



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## **Debbi Lawrence Going for Third Olympics**

s the 10K national champion, Debbi Lawrence, W35, participated in the exhibition walk at the 1984 Olympics in Los Angeles. Since 1990, she has been the women's national 10K champion six times. She represented the United States at the Barcelona Olympics in 1992, the first time that women racewalkers were allowed to compete as an official event. She finished 26th there, and 20th in Atlanta four years later. Still seeking the best within her, Debbi now has the goal of competing in the first women's 20K in the 2000 Olympics. As she said prior to going to Barcelona, "I crave those other athletes out there in the world because they are so good and they usually push me to my best."

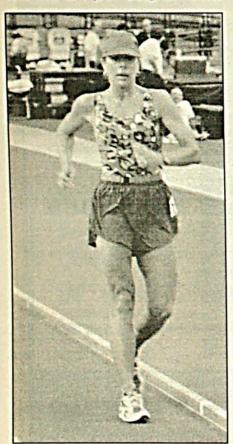
### First Women's 20K

EW: You have represented the United States in two Olympics. Are you going for number three?

**DL:** Absolutely. I am aiming for 2000. This will be the first time women walk the 20K in the Olympics. I think the change from 10K to 20K is a challenge, as the two races are totally different in strategy and physical preparation.

EW: What is the difference in the mindset in racing a 20K versus a 10K?

**DL:** The biggest difference is that you must go through a pain level for a longer time. You must be very focused from the start. Rather than taking it easy for the first half of the race, or pretending that the first half doesn't exist and then just racing the second



JERRY WOJCIK Karen Davis, winner of the W45 3000 racewalk (16:40.37), 1998 National Masters Championships, Boston.

half, you really want to get on the line and go. It is not necessarily a sprint the whole way, but it is very intense racing. You want to feel strong, fluid and smooth at the end. You also want to be really mentally tough.

**Training Strategy** 

EW: How are you training now, still with two important 10K races ahead?

DL: I am doing a lot of over-distance, and, for my speed, I am doing the rhythm. That is one of the workouts Bohdan Bulakowski taught me. You do a warm-up first, and Bohdan chooses to have a little run and some flexibility drills. After that, you do 100m at a good fast pace; in fact, as fast as you can go. Then you do a 100m recovery where you are walking easy. Then you do a 200 as fast as you can and a 100 recovery; a 300 and a 100; and a 400 and 100. It is continu-

## The Rivalry Thrives

Jim Carmines and Don DeNoon (M50) enjoyed another tight competition at the National Indoor 3000m walk held in Boston, March 29. Carmines' time was 13:19.24 and DeNoon's 13:21.86. When asked about his win Carmines answered, "One of the reasons I had a good performance is that Don paced us and I just stayed with him. When there were two laps to go, I passed him.' Carmines also credits his win to his training. "The four weeks before the race, I did mile and half-mile intervals three times a week.'

Three laps into the race, Bob Keating took the lead for a bout 50 meters, but couldn't hold the pace, falling back to finish third. Both DeNoon and Carmines turn 55 in two months. DeNoon holds the American record and world record for M50 at 12:34.9



Racewalkers representing five decades gather at the 1997 Shore AC One-Hour Walk, Fort Monmouth, N.J., (from I to r): Harry Drazin, 84, Elliott Denman, 64, Bob Mimm, 73, Dave Romansky, 59, and Curt Sheller, 42. Denman, Mimm, and Romansky are past Olympians, and all are residents of New Jersey.

ous. You do that four, five or six times. It teaches you a lot – one thing being the surging aspect of a race. But you are not really racing, so you can focus a lot on race tactics in your mind.

EW: You mentioned race tactics. The women racing internationally are very hard competitors. What race tactics do you focus on when training for the 20K?

DL: Not having raced in a 20K, I can only go by how they do a 10K. In a 10K they do the first 5K at a decent clip and then do a faster second 5K. I think they will do the same in a 20K. They will go out at a real good, solid pace, then work each other down the second part of the race.

I think the women are modeling their racing after the men and are getting a lot of training tips from them. I think that is why they are walking so fast already.

### Weight Training

If you look at my progression in the sport over the years, you will see that when I have been down I have not been weight training. Those are the years when I have been injured or generally weaker physically and mentally. I finally realized that and went back to weight training.

I lift free weights at the gym, doing the circuit with very little rest in between. I try to be in and out in 45 minutes – an hour at a maximum. I like the gym and I like being there, but it's a supplemental part of my training.

### Acupuncture and Acupressure

I see an acupuncturist every once in a while. I became a believer in acupuncture when facing knee surgery after the Eugene Nationals. I had finished the race and won, but I was barely able to walk, my knee was so swollen. My coach, Dick Brown, took one look at me and said, "Tomorrow, I am making an appointment for you. You are going to see Mary Slaney's surgeon. He is the best in Eugene."

So I stayed over and went to the doctor. He looked at it and said, "I really should get in there and sculpt it, but I can't fit you in for a week." He told me I would need to be around for four weeks.

In the meantime, I started acupuncture treatments. The first treatment brought relief. It took the swelling down. I thought, "My gosh, maybe I should just postpone the surgery." After the sixth one, I could start my training again. It was just amazing.

At first, I had treatments every other day. You can have them every day. They do that in China. But I had three treatments a week for two weeks, then two treatments a week and then one treatment. Now it's whenever I need it.

The USOC health insurance didn't cover acupuncture at that time, so I paid for it, but it was worth it. The surgery would have been paid for, but people keep telling me now that if I had had the surgery, I would have continued to have trouble with my knee as long as I was competing. My chiropractor agrees. He told me surgery changes the ligaments and tendons and how the structure of the knee moves.

I think the key to acupuncture is it keeps your body in balance. For me it keeps the inflammation out of my knees. If they ever do flare up, the acupuncture catches it right away. There is something to the Eastern philosophy of balance and stuff. I believe in the meridians and always feel better after a treatment.

There is a book called Acupressure For Common Ailments by Chris Jarmey and John Tinball. The points for acupressure and acupuncture are the same. So if someone is feeling that they don't want to get involved in the invasive part of the meridians, you can actually press the points with your fingers and get the same results.

Iron

There is one other thing that has helped me a lot. It is especially important for women to get their ferritin (iron) levels checked once in while. You don't know how low it can get until you find you can't get through a workout and just don't know why.

### National Masters News

## **Rodgers Just Misses M50 Record at Cherry Blossom**

### by PHIL STEWART

WASHINGTON, D.C. – All eyes were on the most popular runner in the field – Bill Rodgers – at the 26th running of the Nortel Cherry Blossom 10-Mile Run here on Sunday, April 5.

The four-time winner (1978-1981) of the event – as well as four-time victor at the Boston and New York City marathons – fell short in his attempt to break the U.S. age-50-54 10-mile record.

Rodgers ran 53:06, 13 seconds off the 52:53 M50 mark set by Norm Green in 1983. Rodgers clocked 52:22 as a 40-year-old here last year and narrowly missed the U.S. 50-54 15K mark of 49:33 by 15 seconds at Gasparilla in March.

"I need perfect weather," said Rodgers, who was bothered by the 20 mph gusting winds.

"I'd like to have gotten the record here because I've won here before. I just didn't feel that zippy today."

The top masters runners were Dan Lawson (42, KS) in 52:46 and Terri Martland (44, RI) in 64:04.

Hedy Marque of Alexandria, Va., again was re-Marque-able. The 80year-old finished in 1:31:24 lowering her own W80 record of 1:34:23.

## Nine Runners Power to World-Class Times in National 5K Championships

BOB MALLET

by JANNA WALKUP

Bill Rodgers charged hard in his effort to set the

American 50+ mark but missed by 13 secs. in

53:06, Nortel Cherry Blossom 10 Mile, April 5.

Nine runners sped to world-class times (90% or better on the age-graded tables) to highlight the USATF National Masters 5K Championships/ Carlsbad 5000, which was held in Carlsbad, Calif., on March 29. Oregonian Keith Anderson, 41, outdistanced Craig Young, 41, Colorado Springs, Colo., to secure the men's crown and the top M40 spot. Anderson's 14:28 scored an amazing 94.0% age-graded, while Young was right on his heels at 93.5%.

Forty-one-year-old Regina Joyce sprinted to the finish in 16:54 to pick up a six-second win over Jeanne Lasee-Johnson, 40, Chula Vista, Calif., who placed second in 17:00 (89.0%). Sissel Grottenberg, 41, Boulder, Colo., 17:11 (88.8%) and California's Barb Acosta, 40, 17:14 (87.8%) placed third and fourth, respectively. Modesto's Dee Dee Grafius, 48, topped the M45 division in 18:48 (86.2%). Both Joyce (90.3%) and W50 winner Joan Ottaway, 54, Sonora, Calif., turned in world-class women's marks. Ottaway breezed through the race in 19:00 (90.2%).

In addition to Anderson and Young, five other men turned in world class marks at the championship race. Colorado's Jon Sinclair, 40, grabbed third in the M40 division with his 14:38 (92.2%), while home state favorite Steve Scott, 41, secured the fourth spot in 14:54 (91.2%). Doug Bell, 47, Greeley, Colo., topped the M45 division in 15:25 (92.2%), while M55 winner Stephen Lester, 55, Magna, Utah, clocked a 16:27 finish (92.1%). San Bernardino's Carlos Valle, 62, chased M60 winner Fay Bradley, 60, Washington, DC, as his second-place finish (17:53) scored 90.4% age-graded. Bradley just missed the world-class standard, speeding to the finish in an impressive 17:41 (89.6%).

Every five-year age group winner in the race – both men and women – scored at least 70% on the age-graded tables. Rounding out the men's division champions were M50 winner Dave Dooley, 51, Boulder, Colo., 16:49 (87.2%); M65 winner Dick Wilson, 66, Lawrence, Kan., 19:20 (87.1%); M70 winner Bill Nyhan, 72, La Jolla, Calif., 23:51 (75.8%); M75 winner Walter Meyer, 76, Escondido, Calif., 26:49 (71.2%); M80 winner Bill Nice, 82, Newport Beach, Calif., 26:37 (79.2%); and M85+ winner Walt Kuetzing, 85, La Jolla, Calif., 30:42 (72.8%).

Rounding out the age group winners on the women's side were W55 winner Ursula Rains, 56, Chula Vista, Calif., 22:30 (77.7%); W60 winner Gertie Holtslag, 60, Loveland, Colo., 24:49 (73.5%); W65 winner Peggy Ainslie, 66, Seattle, Wash., 24:01 (81.6%); W70 winner Mary Storey, 73, Riverside, Calif., 26:51 (80.5%); W75 winner Gerry Davidson, 76, Fallbrook, Calif., 28:09 (80.6%); and W80 winner Judy Simon, 82, La Mesa, Calif. 34:14 (74.5%). □



Race Director Phil Stewart congratulates Hedy Marque on her age-80 U.S. time of 1:31:24, Nortel Cherry Blossom 10 Mile, April 5.

The Nortel Cherry Blossom race split \$35,500 in proceeds between Children's Hospital's general Pediatric Ambulatory Center and Capital Commitment, Inc. The former provides primary care pediatric services for needy families primarily from the inner city of Washington, D.C. The latter is a non-profit organization formed to provide pre-employment and employment training in telecommunications for the disadvantaged population.

Nortel, one of the world's most diversified developers of communications products, systems and networks, has been title sponsor for the past eight years. The corporation had 1997 revenues of \$15.5 billion and has about 73,000 employees worldwide.





## Nothing Stops Jack Greenwood

The pain began in the shoulder and slid down the right arm. It felt like a cramp, the kind you might get at the end of a hard race, such as the 400 meter hurdles. A trained athlete, familiar with his body reactions to stress, Jack Greenwood knew it was not that. Besides, Greenwood was not running at the track, but rather seated at his desk in the bank where he worked in Aurora, Colorado.

Greenwood rose and moved to the outer office, where his wife Nancy worked as a receptionist. Nancy Greenwood was shocked when she saw the look on her husband's face. "He looked gray," she recalls.

The date was April 15, 1987. Jack Greenwood was then 61. He was having a heart attack.

Nancy reached for the phone to call an ambulance. He told her they didn't have time to wait. "The hospital was only four or five blocks away," he says. "It was quicker to drive."

#### **Collapsed Artery**

An emergency room physician quickly diagnosed the problem. Even though right-arm pain is not the "classic symptom" (left-arm pain, or pain across the chest, is more common), a heart attack can manifest itself through pain almost anywhere in the body. In Greenwood's case, one of the arteries feeding the heart had collapsed, blocking blood flow to that essential organ.

Greenwood quickly was whisked into the operating room for angioplasty surgery. A tube with a balloon at the end was inserted into the artery and inflated. But almost immediately, the artery collapsed a second time. Doctors eventually needed to perform a bypass operation.

### **Unlikely Candidate**

Jack Greenwood seemed an unlikely candidate for a heart attack or bypass surgery. He was one of the top masters runners in the world in the sprints and hurdles. He rarely lost in those events, setting world and national records each time he moved upward into the next age category. His time of 55.7 in the 400 meter hurdles, set in 1972, remains the oldest American masters record in the books.

The lean, yet well-muscled Greenwood, is able to win championships because of a combination of hard work and genetic endowment. Yet genetics also caused his downfall. "At the time, there was no history of heart disease in my family," Greenwood explains. "Neither my mother nor father died of heart attacks, although my father was 42 when he died after being hit by a car driven by a drunk driver. Had he lived longer, he might have had a heart attack. Within recent years, several cousins and a brother had heart attacks and failed to survive."

That Greenwood survived beyond those first frightening minutes in his office was due to his career as an athlete. The regular training done to achieve those world championships strengthened his cardiovascular system and gave him the ability to survive an incident that might have killed most men.

### Junior Champion

Greenwood was born February 5, 1926 in Nebraska, and won the state high jump championships as a junior in Saddleback, California. Then his family moved to Kansas City, where he won state titles in the high jump and high hurdles as a senior at Argentine High School. That was 1945. Greenwood joined the U.S. Army after graduation from high school, serving as a paratrooper. The war ended, however, before he was sent overseas.

Following his discharge, Greenwood worked briefly as a laborer, "trying to figure out what to do next." His high school coach asked him to assist with the team. Greenwood began running again, competing in several open track meets. This attracted the attention of college coaches, including Bill Easton, who offered him an athletic scholarship to Kansas University.

Greenwood ran 51.8 for the 400 meter hurdles and qualified for the 1952 Olympic Trials in that event as well as the 110 high hurdles. At the Trials, he pulled a hamstring in the high hurdles and was unable to compete in the longer event in which he probably had a better chance to make the team.

### **Bad Shape**

Two decades passed. Greenwood worked as a banker in Medicine Lodge, Kansas, doing no running or participating in any physical activity. In 1971, he was watching a Dallas Cowboys football game on TV and simultaneously reading the Sunday newspaper. The paper contained an article about the health benefits of jogging, written by Kenneth H. Cooper, M.D., author of *Aerobics*. "I figured, I could do that," recalls Greenwood, "and went out at halftime and tried to jog around the block. When I failed to get that far, I realized what poor shape I was in."

Greenwood persevered, however, and the following spring learned about a track meet in San Diego, California for runners over the age of 40. The meet was organized by David H.R. Pain, a San Diego attorney. The masters movement was about to begin.

Bold Entry

Even though he had not competed since the 1952 Olympic Trials, Greenwood boldly entered the 100, 200, 400, 110 hurdles and 400 hurdles. Masters meets in that era featured competition in 10-year age brackets, not the five-year age brackets more common today. Greenwood was then 46 and had to compete against several younger runners, who were favored to win his first event, the 400 hurdles.

Greenwood recalls, "I stationed my two sons at the fifth and ninth hurdles to let me know how I was doing. As I cleared the fifth hurdle, my first son told me I had a big lead. At the ninth hurdle, my second son said I had it won."

Greenwood not only won, he set a world record of 58.9. Several months later, travelling in Europe with a masters tour group organized by David Pain, he lowered that mark to 55.7, still the American M46 record a quarter century later.

During that period, Greenwood set numerous world and American records in both flat and hurdle events. Greenwood has won so many world titles in both hurdle races, the open 400 and while anchoring 4x400 relay teams, he has lost count of the number. His 1987 heart attack temporarily slowed him, but failed to stop him. At the 1989 World Championships in Eugene, Oregon he set world records in winning both hurdle events and also won the 400. Two years later in Turku, Finland, he won those three events again, setting a world record in the intermediate hurdles.

**One More Try** 

Knee surgery caused him to miss the next three world meets. "The doctor said no more running," says Greenwood. He followed his doctor's advice for several years, but recently began running again. He hopes to compete this summer both at the Nationals in Maine and the Nike Masters Games in Oregon as prelude to a return to world championship competition next summer in Gateshead, England.

"I'm going to give it another try," Greenwood told me when I had dinner with him and his wife Nancy recently in Colorado. Heart attack, knee surgery; nothing seems to stop this remarkable runner.

Hal Higdon is a Senior Writer for Runner's World. More of Hal's writings, including his Do-It-Yourself Tour to the Honolulu Marathon, can be found on his web site: www.hal.higdon.com.

## Write On

#### Continued from page 4

Following the basic rules is not difficult. Lowering standards is not the solution. Aerobic type racing might help keep active those masters-age adults who cannot meet regular standards.

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#### EAST REGIONALS

It would be impossible to put on the East Regional Masters Championships without the dedication and help of many people. Without the help of my wife, Valerie, I wouldn't dream of undertaking such a task. I want to thank the super MAC officials, the athletes, Northeast Timing Services, Armory HS Sports Foundation under the direction of Dr. Norbert Sander, Ed Small, and Andre Springer, and David Friedman of the Shore AC, who ran off 600 copies of the meet application at his own expense.

In addition, I want to acknowledge the clubs and individuals who responded to my plea for funds to offset expenses: clubs Philadelphia Masters \$200, Natural Living \$200, Maryland Masters \$100, and individuals John Fortin, Marie MacMillan, and James Stookey.

I am expecting additional responses to my letter of February 12, 1998, to all the Eastern clubs, which points out that since 1990, I have had to put on seven of the last 19 East Regionals, and three of the last five at an out-ofpocket expense of more than \$5500, or

Continued on page 13

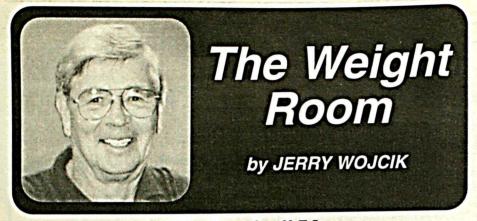
Hal Higdon's Honolulu Marathon Do-It-Yourself Tour

Information on: airlines, hotels, training, volcano runs and how to enter the Honolulu Marathon on December 13. Join me on free guided workouts. You don't need to book a tour. Do-it-yourself after checking my web site:

www.halhigdon.com

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## A "Challenging" Idea

ost amid coverage in the January NMN of the goings-on at the 1997 USATF Convention was a brief article about a throwers' "challenge" cash award initiated by Joe Keshmiri, M60, Reno, Nev., and Fred Shanaman, M60, Seattle, Wash.

Keshmiri, a shot and discus man, originated the idea by offering prize monies for the top three age-graded performances in the shot and discus at the Outdoor Nationals, the Hayward Meet, plus a meet to be named later, and for the best three efforts in the shot in the National Indoor Championships and Reno Indoor Meet. First places are worth \$65, second \$35, and third \$25, one award per athlete per meet, and Keshmiri is excluded.

Shanaman, primarily a weight and superweight thrower, elected to support the Seattle Masters AC's new Weight Throwers Pentathlon (same implements as regular WP except SW substituted for JT). Prizes will be awarded to the best A-G performers in each group of M30-39, M60+, and W30+, with first worth \$100, second \$50, and third \$25. He, too, is not eligible.

The intent of their challenge, which, to my knowledge, has not been taken up by anybody else to date, is to motivate other masters T&F, LDR, and RW athletes, or non-athletes for that matter, to come forth with donations or other incentives (an allexpense paid photo safari in Kenya,

### AGE GROUP RECORDS SET AT USATF NATIONAL MASTERS INDOOR T&F CHAMPIONSHIPS Boston, Mass., March 27-29

	World F	Record		100 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1		the contraction of the second second
	Event	Age	New Mark	Name	OldMark	Held By
(	50m	M50	7.40	Stan Whitley	ties	S. Whitley
(	50m	M85	11.10	Bert Morrow	11.33	R. Randall
:	200m	M55	24.61	Stephen Robbins	24.7	R. Taylor
	200m	M60	25.10	Larry Colbert	25.15	L. Colbert
	200m	M85	39.14	Bert Morrow	39.79	R. Randall
	200m	W70	35.58	Pat Peterson	35.96	M. Wixey
1	400m	W35	55.67	Adina Valdez	57.47	I. Gazda-Sagolla
	400m	W65	74.68	Jean Horne	80.38	T. Borthwick
	400m	W70	88.79	Pat Peterson	93.07	P. Peterson
	800m	W65	2:56.63	Jean Horne	3:00.05	T. Borthwick
	Mile	M50	4:37.57	Albin Swenson	4:40.6	V. Heckler
	Mile	M60	5:13.38	Henry Hawk	5:19.9	A. Messenger
	60mH	M70	10.34	Mel Larsen	10.40	M. Larsen
18	60mH	M75	11.05	Ed Lukens	11.20	Frank Finger
	60mH	M85	15.13	Bert Morrow	establishe	S
	HJ	M85	1.00m	Bob Boal	ties	several
	HJ	W70	1.15m	Leonore McDaniels	1.09m	M. Bowermaster
	PV	M50	4.27m	Larry McIntyre	4.14m	J. Johnson
	PV	M60	3.91m	Dale Lance	3.78	J. Donley
	PV	W55		Joy MacDonald	2.19m	B. Sisley
	PV	W70		Leonore McDaniels	1.41m	J. Valien
	L	M75		Ed Lukens	4.23m	E. Lukens
	L.	W70	1	Leonore McDaniels	3.31m	M. Bowermaster
	TJ	W60		Audrey Lary	7.98m	E. Steedman
	TJ	W70		Leonore McDaniels	6.80m	J. Valien
	SP SP	M50 W80		Ladislav Pataki	ties	C. Wallin
	U.S.			Katherine Gradick	5.11m	I. Brown
	400m	M50	and the second sec	Charles Allie		1 College
	400m	M80		Bob Matteson	54.0 85.00	L Colbert F. White
	400m	W50		Nadine Lowenstein	72.86	
	800m	M60		Mack Stewart	2:17.09	L. Upton J. Sutton
	800m	W35		Adina Valdez	2:14.94	N. Shafer
	3000			Paul Heitzman	11:10.70	
	3000n			Lesley Lehane	10:16.8	C. Hervery
	3000n			Kathryn Martin	11:06.77	
	HJ	M45		Walden Curry	1.85m	H. Wyatt
	SP	M60	15.77m	Joe Keshmiri	15.20m	C. Blair
	WT	M80	8.56m	Tom McDermott	7.33m	J. York
	SW	M45	i 10.73m	Tim Edwards	8.47m	T. Edwards
	SW	M65	6.62m	Austin Baggett	5.67m	K. Weinbel
	SW	M70	) 10.01m	Ken Weinbel	8.40m	B. Bangert
	SW	M80	6.31m	Tom McDermott	4.89m	L Joslin
¥ -	SW	W3		Cynthia Morrison	establish	
	SW	W6	0 6.68m	Evelyn Wright	5.67m	J. Fetherston



Cynthia Morrison, 38, established a W35 U.S. record of 28-1/4 for the 20-lb. weight, 1998 Masters Indoor Championships, Boston.

for instance) to create interest in masters athletics.

### No Headlines. . . Yet

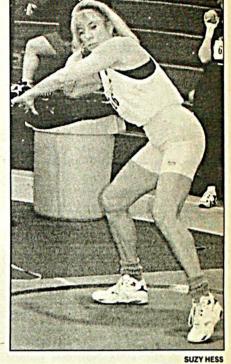
As innovative as it is, the challenge, so far, has not made headlines. I don't think the NMN was ever informed of the award winners in the Reno Meet, and I don't recall hearing the three winners in the shot put announced at the Indoor Championships in Boston. They could have been acknowledged while I was out of the arena.

Ed Daniels, the meet co-director, gave me a copy of the results soon after the SP was completed. The winners in Boston were Lad Pataki, 53, Los Gatos, Calif., whose 51-10 equaled Carl Wallin's M50 WR and was an A-G 91.0%; Len Olson, 66, Daytona, Fla., with an A-G 89.6% 42-31/4; and Gerald Vaughn, 62, Charlotte, N.C., who was second to the selfexcluded Keshmiri (51-9 U.S. record, A-G 96.3%) in the M60 division with an A-G 89.2% 45-10.

I don't know why this idea hasn't precipitated more interest. Obviously, the money involved does not compare to the big bucks the roadrunners collect, but money wasn't the point. If more people kicked in, however, the cash awards could become consequential enough for meet directors to make notice of the prizes and involved athletes in pre-and-post meet info. In the U.S.A., the only thing more important than money is more money.

The initial announcement did provoke some interest. A few women in the masters movement criticized the awards, especially Keshmiri's, for not including more women, particularly since this is the IAAF Year of the Woman, and should not have been accepted by USATF masters officials. Inequity "Challenged"

Defenders of the "challenge" responded by saying that the awards were established before anybody knew about the Year of the Woman, and, besides, it's Keshmiri's and Shanaman's money and they should be allowed to do whatever the hell they please with it, and those who thought it inequitable could respond by meeting the challenge with awards for women only.

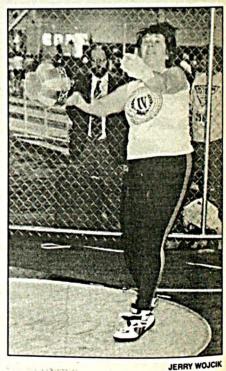


Evelyn Wright, 61, won the W60 shot put and broke the U.S. W60 record for the 16-lb. weight with a 21-11, 1998 National Indoor Championships, Boston.

Keshmiri has seen the waywardness of his actions and has agreed that the top three A-G shot and discus performers (men or women or those having undergone sex change operations) shall be eligible for the awards at the Hayward Meet in Eugene in June.

On another note, one athlete, whose talents would probably make him a contender for the awards, has told me that he would not accept one because it debases his ideas and feelings about the objective and meaning of participation in the sport of track & field.

Regardless of the political correctness of the challenge, I'd like to see it succeed enough for Keshmiri and Shanaman to continue it in the future and for others to get involved on some level to identify and award not only throwers but also other masters whose accomplishments are sometimes unappreciated by non-participants as well as fellow (male and female, that is) athletes.



Amy Hicks, winner of W65 weight throw (22-1). 1998 Masters Indoor Championships, Boston.

## Indoor Nationals

### Continued from page 3

Hambrick, Pennsylvania, won the WT (48-113/4) and SW (32-3/4).

M40 Ben James, New York, bolted to wins in the 200 (22.99) and 400 (50.56) and was second (7.25) to Val Barnwell (7.20), New York, in the 60m. Tony Rodiez, Wisconsin, raced to a first in the 3000 (8:53.43), and lost a close one (4:29.17) in the New Balance Mile to Roberto Castillo, Florida (4:28.27). David Vandergriff, South Carolina, topped strong fields in the WT (51-41/4) and SW (35-5%).

M45 Walden Curry, Louisiana, upped the U.S. HJ record to 6-11/4. Bill Collins, Texas, 1997 Male Masters Athlete of the Year, flew to wins in the 60m (7.30) and 200 (22.90). NYC's Central Park TC did the hat trick in the 400, nailing down the top three spots: Jesse Norman (52.81), Ed Gonera (52.84) and Francis Schiro (53.66). Nolan Shaheed, 48, California, was the meet middle-distance standout with a brilliant 1:59.33 800 and a 4:24.71 mile. Tim Edwards, Colorado, flung to top marks in the WT (45-21/4) and SW (35-21/2, U.S. record).

M50 Stan Whitley, California, had to equal the 60m WR (7.40) to win over Charles Allie, Pennsylvania, who won demanding races in the 200 (24.06) and 400 (52.87, U.S. record). Albin Swenson, Connecticut, fought off challenges by Harold Nolan, New Jersey, to win the New Balance Mile in WR time (4:37.57) and the 3000 (9:22.79). Larry McIntyre, Texas, ascended to a WR in the PV (14-0). Strongman Lad Pataki, California, won the WT (46-21/2), SW (30-7) and tied the SP WR (51-10). In the Walking Magazine 3000 RW on Sunday morning, James



MITCHELL LOVETT Althea Morris, 33, winner of one silver and three gold medals.



SUTY HESS Eileen Troy (I), winner of the W40 mile (5:37.70), and Sharon Vos, silver medalist (5:43.09), are residents of Connecticut.

Carmines, Pennsylvania, and Don DeNoon, Illinois, staged one of the best races of the meet, with Carmines winning down the stretch by less than two seconds in 13:19.24.

M55 Steve Robbins, Washington, dominated the 60m (7.67), 400 (56.69) and bettered the 200 WR with a 24.61. Norm Cyprus, New York, forged a novel triple, winning the WT (38-1/4), SW (25-10) and PV (9-0).

M60 Larry Colbert, Maryland. streaked to firsts in the 400 (57.58) and the 200, breaking his WR with a 25.10 and crediting it to pressure from Harold Tolson, California, second in 25.35 and winner (7.75) over Colbert in the 60m. Other records went to Razorback Henry Hawk, mile, WR 5:13.38; Sooner Dale Lance, PV, WR 12-10; Mack Stewart, Texas, 800, U.S. 2:16.87; and Joe Keshmiri, Nevada, SP, U.S. 51-9. Vernon Spencer, Colorado, tossed the WT (40- $5^{1/2}$ ) and SW (20-9<sup>1/4</sup>) to gold medals. Guest athlete Emil Muller, Canada, hit the 47-73/4 mark in the WT.

M65 Paul Heitzman, Kansas, erased his 3000 U.S. record with a 10:50.40 and took firsts in the 800 (2:29.75) and New Balance Mile (5:31.77). Jim Stookey, Maryland, captured the 200 (27.62), LJ (16-13/4) and TJ (33-1). Clarence Trinkner, Wisconsin, 400 (72.87) and HJ (4-5), and Len Olson, Florida, SP (42-31/4) and WT (45-1<sup>3</sup>/<sub>4</sub>), were double winners. Austin Baggett, Florida, stretched the U.S. SW record to 21-8<sup>1</sup>/<sub>4</sub>. Jack Bray, California, finished the 3000 RW in 15:41.41 to win by 30 seconds.

M70 Record breakers were Mel Larsen, Illinois, 60H, WR 10.34, and Ken Weinbel, Washington, SW (32-10<sup>1</sup>/<sub>4</sub>, U.S. record), who also took the WT (38-5). Double winners were Rodney Brown, Utah, 400 (66.20) and 800 (2:44.97), and Frank Brako, Massachusetts, HJ (4-31/4) and TJ (28-71/2).

M75 Ed Lukens, New York, collected four firsts and included two WRs, 60H (11.05) and LJ (14-11/4). Bill Benson, New York, accrued three firsts: 800 (3:43.57), mile (7:51.02) and 3000 (16:13.64). Tim Murphy, Texas, won the 60m (9.22) and

200 (31.59). Armando Ricciardi, Nevada, added WT (25-0) and SW (18-9) championships to his vast collection.

M80 Tom McDermott, Florida, won all three throws, with U.S. records in the WT (28-1) and SW (20-81/2). Bob Matteson, Vermont, broke the 400 U.S. best with an 83.91, and seized the 200 and 800 firsts. Sparks Sorlien, Rhode Island, took the 60m, LJ and TJ.

M85 Bert Morrow, California. astounded the crowd with three WRs: 60m (7.40), 200 (39.14) and 60H (15.13). Ted Hatlen, California, had versatile wins in the LJ (7-91/4) and SP (21-71/4).

M95 The amazingly spry Everett Hosack, 96, Ohio, won the 60m and all three throws

W30 Althea Morris, New York swept the 60m (8.02), 200 (25.57) and 400 (56.98). Christine Reaser, Maine, did the same in the 800 (2:22.69), mile (5:09.68) and 3000 (10:22.07). Anne Jennings, Massachusetts, overcame 5-73/4 in the HJ.

W35 Adina Valdez, New York, broke the 400 WR (55.67) and the 800 U.S. record (2:14.41). Leslie Lehane, Massachusetts, shaved the U.S. 3000 record to 9:34.08. Cynthia Morrison, Florida, won the WT (28-1/4) and established a U.S. best in the SW (16-8). Elaine Iba, California, took the flat jumps with 15-5 and 29-3<sup>3</sup>/4. On Sunday morning, Maryanne Torrellas, Connecticut, 14:57.99, Kelley Cullenberg, Maine, 14:58.69, and Marcia Gutsche, Massachusetts, 14:59.95, supplied the closest trio finish ever in a 3000 RW championships.

W40 Cindy Steenbergen, Texas, sped to wins over talented fields in the 60m (8.23) and 200 (27.17). Marcia Veale, Massachusetts, took the SP (35-3) handily. Sandi DeNoon, Illinois, triumphed in the Walking Magazine 3000 RW (15:11.52).

W45 Diminutive Kathy Martin, New York, ran large, winning the 400 (69.12) and the mile (5:27.67), after a U.S. record 3000 (10:43.72) on Friday night. Jane Higgins, Massachusetts, bolted to golds in the 60m (10.26) and 200 (33.46). Adaptable April Capwill, Pennsylvania, finished a respectable third in the 3000, then went on to win the SP (31-0) and WT (29-10%).

W50 Erika Szanto, Ohio, collected four firsts in the LJ, SP (31-5<sup>1</sup>/<sub>4</sub>), WT, and SW. Nadine Lowenstein, New York, hastened to conquests in the 200 (31.66) and 400 (72.51).

W55 Joy MacDonald, Florida, levitated to a PV WR (8-0). Mary Robinson, Ohio, won the 200 (32.43) and 400 (75-09). Suzy Hess, Oregon, logged firsts in the WT (23-2) and SW (16-93/4).

W60 Audrey Lary, Maryland, chalked up a WR (26-5<sup>3</sup>/<sub>4</sub>) in the TJ and won the 60m, 200 and LJ. Evelyn Wright, Maryland, scored three throw wins in the SP, WT, and SW (21-11, U.S. record). Grace Butcher, Ohio, carved out championships in the 800 (3:10.26) and New Balance Mile (7:19.01). Christel Miller, California, took the 60H (12.81) and HJ (3-111/4).

W65 Jean Horne, of Canada, tallied WRs in the 400 (74.68) and 800 (2:56.63). Ann Yudell, North Carolina, strode lively to three golds in the sprints. Magdalene Kuehne, California, won her specialties, the LJ and TJ, and a new event for her, the SP (23-4).

W70 Two of the best athletes in the world in this division: Leonore McDaniels, Virginia, won five events, four with WR marks, and Pat Peterson, New York, took three firsts, two with WRs, 200 (35.58) and 400 (88.79).

W75 Diane Friedman headed back to Ohio with four gold medals for the 60m, 200, 400, and LJ.

W80 Adrienne Salmini, New Jersey, also left town a four-time winner in the 60m, 200, 400, and 800.

(For complete list of National Indoor Champions, see p. 39.)



JERRY WOJCIK Adrienne Salmini (#762), winner of the W80 60m (21.09), and Diane Friedman, W75 winner (12.50).



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**G** always get diarrhea before I compete. How can I prevent it?" "I blow stink-bombs that are sooo embarrassing. Help!" "I poop before I run, but I still need a pit stop in 5 miles." Bowel problems are a concern for many active people, but the topic is rarely discussed. Few masters athletes feel comfortable describing their struggles with constipation, diarrhea, and gas. The purpose of this article is to address some of these concerns and hopefully reduce your tran-

### Constipation

sit troubles.

The "normal" pattern for bowel movements varies from person to person, but infrequent, hard, dry stools are a sign of constipation. Being "too busy" to stop to go to the bathroom aggravates the problem; exercise, particularly running, alleviates it. Here are three nutrition tips to help "eliminate" constipation problems.

1. Gradually increase your intake of high fiber foods. Fiber, the part of plant cells that humans can't digest, absorbs water and makes feces softer and easier to eliminate. Bran cereals are the fiber-richest foods, superior to salads and many vegetables and fruits that are relatively lower sources of fiber. (See the chart below.)

2. Drink warm liquids in the morning to stimulate bowel activity. Your body naturally wants to defecate about a half hour after consuming a warm beverage in the morning. Be sure to schedule time to relax and honor this urge. If necessary, get up earlier so you won't be commuting to work when you should be sitting on the toilet.

3. Drink plenty of fluids (including prune juice) throughout the day. You are drinking enough fluids if you urinate every two to four hours, and the urine is light colored, like lemonade, not dark like apple cider.

Diarrhea

Anxiety and precompetition jitters commonly result in "nervous diarrhea." Before a competition, try doing light exercise to help empty the bowels; drink extra water to maintain hydration. The problem may resolve with experience competing and a positive mindset.

Exercise – specifically more exercise than your body is accustomed to doing – increases intestinal activity. As your body adjusts to exercise, you may resume standard bowel movements. But not always, as witnessed by the number of experienced runners who carry toilet paper with them on training runs. Loose stools can be a chronic concern that interrupts even daily workouts.

The following nutrition tips might help reduce the symptoms:

1) Reduce your intake of high-fiber cereals. You don't need the roughage!

2) Limit "sugar-free" foods such as sugar-free gum and hard candies that contain sorbitol. This type of sugar can cause diarrhea.

Limit suspicious foods – excessive juices, fresh fruits, raisins, dried fruits, beans, lentils, milk.

To pinpoint food triggers, keep a food/diarrhea chart. Take away any suspected food for a few days, then eat a big portion and observe changes in bowel movements. You should look back a few days to your prior diet, because food moves through most people's intestines in two to four days. (A simple way to learn your body's "transit time" is to eat corn, sesame seeds, or beets – foods that can be seen in your feces.)

Bloating, Belching, Bombs

Gas forms when undigested foods get broken down by normal, desirable, intestinal bacteria. Common gas producing foods are broccoli, onions, cabbage, beans, melon, and milk (if you are lactose intolerant). To determine suspected food culprits – and reduce your fear of blowing embarrassing bombs when you are surrounded by your teammates – chart your food intake/gas expulsion patterns.

To help pinpoint the culprit, eat a double portion of a suspected food. That is, if you think milk might cause gas for you, drink two glasses instead of one. If you have twice the gas, you likely drank more milk than your system can comfortably handle. Rather than totally eliminate the food (which also eliminates important nutrients and can lead to an unbalanced diet), first



GEORGE BANKER Herb Tolbert, Gaithersburg, Md., a top M50 runner in the D.C. area.



May 1998

TESH TESHIMA Connie Comiso-Fanelli, 41, and Glenn Tachiyama, 41, first overall in the 1997 Diamond Head Duet 5K, Honolulu.

try smaller portions.

High Fiber Foods: The recommended intake is 25 grams fiber/day (or age + 5 gms for ages 3-18). You can get half that amount by eating <sup>1/2</sup> cup Fiber One or All Bran Extra Fiber, or 2 cups Bran Flakes. Also include a variety of other foods:

#### Fruits

Banana, medium Orange, medium Apple, medium Raisins, <sup>1</sup>/4 cup

#### Vegetables

Green beans, <sup>1</sup>/<sub>2</sub> cup Carrots, 1 medium Potato w/skin, medium Broccoli, 1 cup

### Grains

Bread, 1 slice whole wheat Popcorn, 3 cups Bran flakes, <sup>3</sup>/<sub>4</sub> cup All Bran, <sup>1</sup>/<sub>2</sub> cup

Beans, cooked Lentils, <sup>1</sup>/<sub>2</sub> cup Baked beans, <sup>1</sup>/<sub>2</sub> cup Split peas, <sup>1</sup>/<sub>2</sub> cup Kidney beans, <sup>1</sup>/<sub>2</sub> cup

(A registered dietitian can help you keep balance in your diet, as well as offer personalized advice for transit trouble. Call 1-800-366-1655 for a referral in your zip code area. Nancy Clark, MS, RD, offers private nutrition consultations at her Boston-area office, SportsMedicine Brookline. Nancy Clark's Sports Nutrition Guidebook, 2nd Edition (\$20) and her nutrition guide for endurance athletes, The NYC Marathon Cookbook (\$23), are available by sending a check to Sports Nutrition Materials, 830 Boylston St., Brookline, MA 02167.)

## Niemczak, Caldwell Take Masters 10K Titles

by CHRISTINE JUNKERMAN The 14th annual Run Old Mesilla 10K entered the ranks of elite events on March 28 as it hosted New Mexico's first-ever USATF Championships, the Masters 10K. Antoni Niemczak, 42, Rio Rancho, N.M., claimed the title



Antoni Niemczak, 42, first male overall (31:38), Run Old Mesilla 10K/National Masters Championships, Mesilla, N.M., March 28. with an overall men's victory in 31:38. Lorraine Caldwell, 44, Colorado Springs, won the masters women's race in 39.37. Both winners were rewarded with \$1200 for their efforts.

Located in the Mesilla Valley with the majestic Organ Mountains to the east, Mesilla is known for its restaurants, museums, and art galleries. Run Old Mesilla is a certified loop course, flat with few turns, that takes runners along the town's outermost edges, past fields and adobe homes, exposing them to the valley's beauty and the town's charm.

Days before the race, wind gusts up to 40 m.p.h. whipped through the valley. However, race morning was calm and sunny, with temperatures in the mid-60s at 7 a.m., and rising as runners began to gather. Near-perfect weather and a fast course set the scene for fast times.

Although not great in numbers, the masters field was certainly experienced. Niemczak let the 10K open competitors lead most of the race, taking the front position in the last halfmile, when it counted most.

Open runner Filomeno Apodaco set the pace early as he and Niemczak led a string of five through the first two miles in 10:01. Niemczak ran on the heels of Apodaco for four miles, when Sean Tynan, another open competitor, caught the leaders and passed them both. Niemczak moved effortlessly around Apodaco to run with Tynan, who led through the next two miles. In the end, Niemczak finished six seconds ahead of him.

Although the altitude (3900 ft.)

## **Records Set in Spangler Memorial 8K**

### by RAY STEWART

With Bill Rodgers leading the way, the Fifty-Plus 15th Paul Spangler Memorial 8K and 5K Racewalk, Palo Alto, Calif., March 29, attracted several hundred runners and walkers, all over the age of 50, to the Stanford University campus. A sunny day also included a fitness walk, generation relays, a health fair, bicycle ride, in-



Bill Rodgers, 50, 26:21, and Shirley Matson, 57, 30:42, winners of the Fifty-Plus 8K, Palo Alto, Calif., March 29.

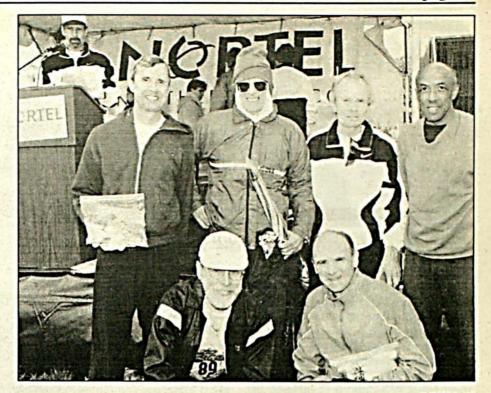
line skate and swim, all in the interest of senior fitness.

Rodgers, 50, won the 8K with an outstanding 26:21, a few seconds short of Sal Vasquez's course record. Vasquez, now 58, finished third with a U.S. age record 27:35 behind last year's winner, Michael Dove (27:19). Twenty 50-year-old runners succeeded in breaking 30:00.

Not to be outdone, Shirley Matson, 57, provided plenty of fireworks for the women, finishing in a new U.S. age record 30:42, two minutes better than the old record.

Jo Ann Nedelco led all finishers in the racewalk for the second straight year in 27:56. John Murray Doane was the top male finisher in 28:04. The racewalk was held at approximately the same time as the run, permitting joint finishes in Stanford Stadium.

The events at the stadium followed a full schedule of Fifty-Plus activity on behalf of older-adult health and fitness. A health conference titled "Extending Vitality: Activity and Aging," featured speaker Per-Olaf Astrand, of the Karolinska Institute in Sweden. The annual awards dinner honored the late Paul Spangler, with the posthumous Masters Hall of Fame Award presented to Spangler's daughter, Betty Nolen.



Fay Bradley (back, far right), who clocked 58:58 to win the 60-64 age group, is joined by his peers. 1998 Nortel Cherry Blossom 10 Mile, April 5.

makes running a PR difficult, Niemczak felt he had a good race. "It was easy. Not a big effort today," he said. The race was more of a training run, as he estimated his effort to be about 75%. The Polish native feels he is ready to post some great times this season, currently training 130 miles per week at an altitude of 6000 in Rio Hondo.

Ken Wilson, M40, Albuquerque, N.M., was second master and fourth overall in 32:58, six seconds ahead of third master Richard LeDoux, M40, Pueblo, Colo. Wilson was hoping to run about a minute faster but was pleased with his early season performance.

Experience also prevailed in the other divisions. John Brennand, of California, won the M60 race in 38:56. National record holder, Norm Green, Jr., of Pennsylvania, was first in the M65 race with a 42:00. Dudley Healy, of New Jersey, ran 67:59 in the M80 division.

Caldwell was surprised and "absolutely delighted" with her masters win, having come to compete, but not expecting to win. She is still undergoing rehabilitation of her knee for injuries suffered in an automobile accident in November. Her winning 39:37 was slower than her usual 37-38 minute 10K times, but, considering the circumstances, she was "glad to break 40 minutes."

Caldwell started running in her mid-30s to get in shape and now finds herself one of the better regional masters women. She is currently training for Freihofer's 5K, an Indy Life Circuit scoring race for women.

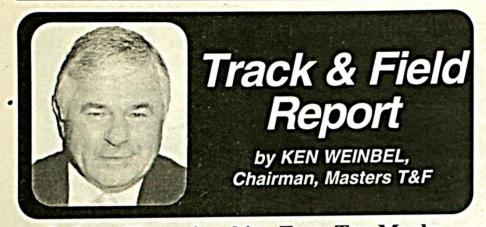
Jean Herbert, of Albuquerque, was second W40+ in 40:46. Herbert felt she went out too fast and was the first W40+ through mile one with a 5:54. Caldwell passed her shortly after and held the lead for the rest of the race.

Last year's winner of the New Mexico Masters Gran Prix, Shirley Van Slooten, W40, finished third in 44:50, despite a cramped hamstring after the first mile.

-Linda Sosa contributed to this article. (Reprinted from Runner's High)

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## **Indoor Championships Earn Top Marks**

Weather, facility, meet organization, and New England hospitality were at their best for the National Indoor Championships in Boston, March 27-29. The New England Association did themselves proud. It was a top notch event. A special thanks to all the officials, meet directors and coordinators. Your hard work and desire to "make it the best" was very much in evidence to all the appreciative competitors.

Athletes' Meeting

With the full championship indoor meet event schedule, it is difficult to find a suitable time slot for formal meetings. This year we experimented with an open discussion format. The topics were previously selected and moderated by interested athletes. Attendance was reasonably good with active participation in the discussions.

### Financing Masters T&F

George Mathews, Marketing Committee Chairman, conducted discussion on the plight of Masters Track and Field finances. It was obvious from ensuing comments that many of our members are oblivious to the need for appropriate operational funding. The Chair will devote future space to enlightening members on the financial needs of our program.

Some very good suggestions for possible revenue sources were presented by the attendees. It was a consensus that providing contracting host meet directors a title rights fee for our championships was in order. It was proposed that we look into possible surcharges to the athletes. It was also suggested that the committee investigate possible programs for establishing endowments.

I plan to appoint a subcommittee to assist Mathews' committee in studying the proposals and preparing reports for action at the next annual meeting.

## Qualifying for Championships

Jerry Wojcik, Senior Editor, National Masters News, volunteered to moderate this topic. Jerry explained there are many who feel that some semblance of qualifying would add authenticity to a championship meet. Maintaining a neutral position, Jerry also advised that there is a large contingency of members who support the non-qualifying format currently in effect. Valid pros and cons for qualifying standards or none demand additional research and input. Athletes are encouraged to express their opinions. No False Start Rule

Zeke Zlobicki, a Michigan athlete, spoke to the subject of eliminating the no-false-start rule. Petitions of support for the elimination have garnered more than 600 signatures.

In defense of the no-false-start rule, there is a large number of supporters just as adamant for maintaining status quo. Arguments for and against have merit and each camp is entitled to be heard. This issue has been debated before and proposals for change have been defeated.

This year, rule changes will be acted upon at the annual meeting. Proponents are advised that a procedure exists for rule change submissions and they should proceed accordingly. Hot debate and close balloting is predictable for this issue.

Relays

Unfortunately, no one was present to discuss this topic, so it was carried over for a future time. Those athletes who feel strongly about changing relay team rules also need to be advised to properly proceed with their submissions so their proposals can be addressed and acted upon at the annual meeting.

### **Closing Comments**

I was pleased with the meeting format and impressed with the verbal offerings. Those in attendance had opportunity to express themselves on the topics. The discussion leaders moderated well and kept potential



Lesley Lehane broke the W35 U.S. record for the 3000 with a 9:34.08, 1998 National Masters Championships, Boston.

debates to a minimum. For a masters meeting this, in itself, was a monumental achievement. We need more of the same.

## NMN Age-Graded Mile To Be Held Again at Hayward Meet

Historic Hayward Field in Eugene, Ore., will again be the site of the Hayward Masters Track & Field Classic, June 27-28, and once more masters milers will contend for cash prizes based on age-graded performances. Last year's winner was John Keston, then 72, who ran a 5:51.44, an A-G 90.5%. This year, a separate women's mile with equal prize money has been scheduled for Saturday, the 27th, and will be held if four or more women register. Two women ran the mile in 1997.



### NANCY FINKELSTEIN

Peter Mogg, moments after successfully defending his title in the M40 800 (2:03.77) in the 1997 USATF Masters Outdoor Championships, on only a month's training after a six-week layoff with an ankle injury. This year's Nationals will begin on July 30 in Orono, Maine. The Seattle Masters AC will again present a cash award to the weight thrower with the best A-G performance. The 1997 winner was Tom Gage, then 54, with an A-G 79.3% 53-3<sup>1</sup>/<sub>2</sub>. Additional cash awards for throwers will be the "Challenge Award" donated by Joe Keshmiri, M60, Reno, Nev., for the three best A-G performances in both the shot and discus.

The meet is also the USATF Northwest Regional Masters Championships and is expected to draw its largest entry ever. Team competition, started in 1996, will be held again. Three traveling trophies are awarded for the highest team scores by men, women, and combined. Two racewalks, superweight, steeplechase, and three relays are also scheduled.

A reception, sponsored by the Oregon TC Masters, will be held on Saturday at the Phoenix Inn, meet headquarters, starting at 5:30 p.m. A meeting for Northwest Regional athletes will follow.

The entry form was published in the April issue of NMN. For more information, contact Ruth BreMiller, 590 W. 29th Ave., Eugene, OR 97405. 541-687-9675 (before 9 p.m.); e-mail: brem@uoneuro.uroegon.edu. Entry deadline: postmarked by June 16, with a \$10 late fee after that date, and no late entries after 8 p.m., Friday the 26th. □

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May 1998

## Maryland Masters Club Wins Team Title in East Regionals

### by HAIG BOHIGIAN

The 26th annual USATF East Regional Masters Indoor Championships, held at the 168th Street Armory in New York City, on March 8, drew 180 athletes, who set 31 track and five field records – 22 by men and 14 by women. One world and one U.S. agegroup record were also broken. The number of competitors was well down from 285 in 1997.

The Maryland Masters ran away with the overall team title with 225 points to outscore Central Park TC (151). The Maryland club also captured the 50-59, 60-69, and 70+ team titles. Central Park won the 30-39 and 40-49 titles.

Pat Peterson, 71, was the outstanding woman performer, breaking her W70 world record of 93.07 in the 400 with an 89.82 and winning four events with meet records. Audrey Lary, 63, won four events with record marks and added a 7.84 to her pending 8.05 U.S. W60 triple jump record. Lisa Warren, 34, won four golds and a silver. Edna Crawley, 39, also took four firsts and a second.

It was much harder to select the best male performance. Larry Colbert, 61, set two records in the 60 (8.04) and 400 (58.93) and won the 200. Ben James, 40, also won the three sprints, with records in the 60 (7.30) and 400 (52.43). Ed Gonera, 45, won the 60 (7.45) and 200 (23.61) with record times. James Stookey, 68, won all seven events he entered, contributing 35 points to the Maryland masters victories.

The depth of entries in some events was impressive. The M40 200 had nine runners; the 400 had seven. The M50 800 (won by Albin Swenson in 2:10.40) had 10 runners. The M60 400 had nine runners; the 800 had seven (won by Ken Baker, 61, in 2:28.79).

William Brosmith, 33, posted the best time of the day in the 1500 (4:03.84). Gary Null, 53, was the fastest racewalker in the 3000 (14:15.13).

John Priestley, 46, Bill Gainey, 51, Bob Cahners, 55, and Ray Feick, 66, were double winners in the shot and weight.

The Central Park TC W30-39 relay team of L. Clark, C. Landrum, D. Walker, and R. Sterrett won the 4x200 relay in 1:52.28 and provided the crowd with the thrill of a win over the Garden State's M50-59 team. The Central Park's M40-49 4x200 relay squad of J. Norman, W. Overby, L. Jeremiah, and E. Gonera won a thrilling victory over the Maryland Masters team.

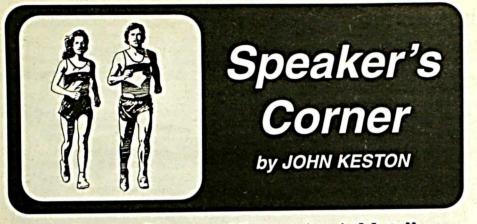


JERRY WOJCIK

Albin Swenson (#654) and Harold Nolan staged duels in the M50 3000 and mile, 1998 Masters Indoor Championships, Boston. Here, Swenson takes the lead after passing Dane Freeman to win in 9:22.72, with Nolan finishing in 9:27.78.

## RECORDS SET AT INDOOR EAST REGIONAL CHAMPIONSHIPS THROUGH 1998 Prepared by Haig Bohigian

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5 1968 p.71         Lester Wright Sr. (N75 1995 3:48.82 Dudley Heay)         W75 1995 3:48.82 Dudley Heay)         W35 1997 10.45         Wicheal Mare Hill W50 1997 10.45         Watcheal Mare Hill W50 1998 12.90         W35 1997 51-10 <sup>4</sup> / <sub>2</sub> Farick O Connor M45 1997 42-9 <sup>4</sup> / <sub>2</sub> Touci         W35 1997 52-2 <sup>4/<sub>2</sub></sup> / <sub>2</sub> Join DuPuis M35 1997 52-2 <sup>4/<sub>2</sub></sup> / <sub>2</sub> Join Circona M45 1997 42-9 <sup>4</sup> / <sub>2</sub> Touci         W35 1997 51-10 <sup>4</sup> / <sub>2</sub> Farick O Connor M45 1997 42-9 <sup>4</sup> / <sub>2</sub> Touci         W35 1997 10.45         W35 1997 10.45        W35 1997 10.45		Howard MacMillan	M70 1986 2:41.94 Austin Newman		W75 1990 2-0 Vivian Nelson		M50 1991 4:01.10 NY Pioneers
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5i 1904 11:2:99       Sara Boslaugh Si 1904 21:2:02       Marge DeMarias Witcheal Marie Hill Si 1909 22:6:4       Warge DeMarias Witcheal Marie Hill Witcheal Marie Hill Witcheal Marie Hill Witcheal Marie Hill Witcheal Marie Hill Si 1992 22:8:4:1       Warge DeMarias Witcheal Marie Hill Witcheal Mar			M80 1995 3:48.92 Dudley Healy	W60 1988 13.50 Patricia Peterson	Pole Vault	M30 1987 52-21/4 John DuPuis	1 million a respectably more for the
15 1994 11.31       Michael Marie Hill       W35 1993 22.82.64       Mim (D)Pietro       60 Meter Hurdles       Age Year Mark       Name         30 1994 14.10       Barbars Stewart       W45 1997 23.13.0       Barbars Thise       50 Meter Hurdles       Age Year Mark       Name         90 1997 23.27       Christine Stocktale       W55 1990 25.5.9       Gen Vanna       Gen Year Mark       Name         90 1997 22.95       Doug Dickinson       Disol 1994 22.84       Christine Stocktale       W50 1996 24.22       Carly Mark       Name         90 1997 22.95       Doug Dickinson       Doug Dickinson       Name       M50 1996 15.5%       Anal 1987 43.54%       Carl Wall       M40 1997 45.9%       M40 1997 45.9%       Age Year Mark       M40 1996 45.5%       Carl Wall       Stope 54.8.11%       Larry Pratt       M50 1996 2.4.2       Carl Wall       M50 1996 2.4.2       Carl Wall       M50 1996 4.2.2.4       M50 1996 4.2.			W30 1994 2:12.02 Marge DeMarrias		Age Year Mark Name	M35 1997 51-101/2 Patrick O'Connor	4x800 Meter Belay
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## "Once a Runner, Always An Athlete"

66 Phew! Eight minutes, forty-seven seconds. Not too bad," I consoled myself. I had just finished the first loop of several I had planned for that day. I wanted to improve my speed and leg turnover. I ran the second lap 28 seconds faster, completing it in 8:19. I hadn't noticed that I was breathing harder, nor did I find the physical effort noticeably more difficult. "I can definitely go faster this next loop," I thought.

I remembered back to earlier in the year when I had run one of my fastest races. At Las Vegas I had competed in the first age-graded half-marathon sponsored by Indy Life and USATF. I won the M70 division in 1:25:24, averaging a 6:31 pace, which, agegraded, was equivalent to 1:02:10 - a4:45 pace open class. My age-graded efforts placed me first among masters runners age 40 and over. At age 72, I had run a 6:31 pace for 13.1 miles. It was one of the most satisfying experiences of my athletic career.

New Regimen

My desire now was to recover the form of my February race. "I'll push a little harder this next loop," I told myself. It was the first day of my new training regimen, which would consist of more quality, fewer miles and dynamic rest days of brisk walking only. I had started my third loop when I was stopped dead in my tracks by a whistle and a whoop behind me.

"What the heck have you been up to?" a high-pitched male voice asked.

I turned to see an old man coming toward me, feet bare, a concerned look on his face. Ken, a man with a whom I'd discussed various topics and who knew me as a four-time world record holder at distances ranging from the mile to the marathon in the 70-74 age groups, was noticeably disturbed to see me on crutches! Somewhat piqued to have my third loop interrupted, I nonetheless smiled and recounted my

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story that had begun eight days before.

Late in the afternoon on Friday, Oct. 24, I was riding my racing bike across some railroad tracks in my hometown of McMinnville, Ore., when my front wheel jammed in the space between the track and the blacktop. The bike stopped immediately, but my body kept flying through the air, and I landed heavily on my left hip.

Good News and Bad

In the emergency room, all the necessary X-rays and diagnoses were made, and what I feared was confirmed by my orthopedic specialist. Reviewing the X-rays, he told me that the news was good and bad. The good news – it was a clean break through the greater trochanter. The bad news – I would need major surgical repairs, ASAP.

Saturday morning I was operated on. My surgeon inserted a pin into my femur, below and going through the break, to the femoral head, with plate and screws to stabilize the repair. I was, amazingly, permitted to walk with a walker around the nurses' station just 24 hours after surgery, graduating to crutches later the same day. It is remarkable that we who are fit can do this. Dr. Weiner had allowed my wife, Anne, into recovery, and told her that in all his experience he had never operated on a fitter patient who was my age - and indeed, that I was fitter than many of his younger patients! Anne reminded me later that I had in garrulous fashion told surgeon and staff that "Riven," the computer game in which I play the leading pivotal role, was to be released the following Friday. I had no recollection of the conversation.

The next day, just 48 hours after major hip surgery, I was on my way home. Encouraging e-mails were waiting for me. Mike Tymm, author of several books on running and a regular contributor to *Running Times* and *National Masters News*, wrote: "John: Very sorry to hear of your accident, although I don't believe in accidents per se. Everything happens for a purpose; there is a lesson to be learned. I suspect you will come out of it even stronger than before."



John Keston

### **Gift of Injury**

Another message was from Dr. Hal Goforth, Exercise Physiologist to the Department of the U.S. Navy: "Thank you for your gift of injury. I'm convinced that the level of injuries is always a constant so that when one person is injured, another can be well, so I thank you in that respect. I am sure at some time in the future, I can repay you by being injured when you are running well."

John Stanton and friends at the Running Room, Canada, wrote: "I agree with your doc. Many high performance athletes have been forced to rest and then return to a higher level of performance on their return."

All of my doctors and physical therapists assured me that, because of my pre-accident fitness level, I could look forward to full recovery with former running and racing potential intact. Jerry Crockett, one of our most dedicated and influential USATF representatives as president of long distance running, called to tell me that 17 years ago he'd had a similar accident. Falling off his bike, he landed on jagged concrete and broke both hips. His surgery required many more pins and plates than mine had. His recovery was a year and a half, but he returned to running and racing, collecting several U.S. records for his age group.

Wishing me a speedy recovery, Ken, who had interrupted my training, went back indoors to continue watching my progress from his window.

Endorphins Kick In

"This is it," I thought. "This fourth 400-meter lap is definitely going to be faster." I was warmed up now, feeling more comfortable. Endorphins had kicked in, and I was feeling less pain. I completed the loop in a record 6:56, equal to a 27:44 mile, a PR for that lap.

I had laughed to myself several times on the fourth loop about the competitive spirit we runners have. When not competing against one another, we race against the clock and against ourselves in spite of discomfort.

Knowing full well that all this lowkey training will pay off in the long run, I kept a positive attitude. But, as a typical driven runner, I decided that four laps were not enough. Even though I had already gone at least 1000 meters farther than any other day since surgery, here I was thinking, "Just one more lap."

Completing that lap in 6:46, I called it a day. I had hobbled one-and-onequarter miles, on crutches, at times reaching the spectacular rate of twoand-one-quarter miles per hour. Later, as Anne, was changing the dressing for my incision, I was gratified to see that my staples were intact. As I see it, this was part of a long recovery adventure – one in which I would learn more about myself, life, its challenges, and its rewards.

#### Self-Styled Therapy

It's been several months since the major surgery, and I've worked very hard in this time to maintain fitness and muscle tone. I've walked every day, exercised with an Aqua Jogger in the pool, ridden an exercise bike, lifted weights, and used a stair-stepper to strengthen my quads. During the Christmas holidays, Anne and I visited family in England, where I continued my regimen of self-styled therapy, climbing mountains in Scotland and the English Lake District.

I have had no negative thoughts about my coming back fully to training and racing. Just 11 weeks after the implants were put into my left leg, I ran some 4x400 intervals at the Linfield College track, running each lap in 2:50. Eight days later, I ran 6x400, starting at 2:20 and attaining a last lap of 1:52, the first 200 in one minute and the final 200 in 52 seconds. Fifty-two seconds for 200 meters is a 6:56 per mile pace. I was slightly airborne during the workout and delighted with my times. I did suffer some discomfort in the hip joint, but no more than I experience while walking without the support of a cane, which I stopped using after the 10th week of recovery.

I look forward to the summer and track season, hoping I may be fully recovered and able to compete and enjoy the camaraderie of our very special running brother- and sisterhood. I thank all my running friends who have been supportive through this rehabilitation period.

(Keston is the holder of many age and age-group records. In 1997, he was the top performer in the National Masters News age-graded mile at the Hayward Meet.)

## **DiDonato, Proffitt Lead Masters in ASPIRE 10K**

### by MIKE POLANSKY

Don DiDonato, 40, Hicksville, N.Y., celebrated his entry into the masters ranks by winning top masters honors in the 21st annual Nationwide Insurance Run For ASPIRE 10K, Oyster Bay, L.I., April 4. DiDonato, who has twice won the race overall and been second overall four times, finished ninth in 32:48, nine seconds ahead of Phil Richey, 40, Danbury, Conn. Third master was Steve Caladonia, 43, Brewster, N.Y., in 34:44.

The W40+ contest was even closer, with Kari Proffitt, 41, Staten Island, N.Y., outkicking Kathy Martin, 46, Northport, N.Y., by only one second with a 38:07. Helen Visgauss, 42, Port Jefferson Station, N.Y., was third in 39:28.

Kieran Kelly, 50, Massapegua, N.Y., topped the 50-year-olds in 36:39. Thelma Wilson, 66, NYC, won the W65 race with a scorching 52:17.

The run was conducted by the Plainview-Old Bethpage RRC in conjunction with the Town of Oyster Bay Department of Recreation and Parks. Oyster Bay Town Supervisor John Venditto served as the Official Starter.

The primary sponsor was Nationwide Insurance with Tony Wiszowaty and the Wiszowaty Agency taking the lead for Nationwide. The entire net proceeds were once again earmarked for the ASPIRE Program for the rehabilitation of young amputees.

Next year's race is planned for April 10.

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The National Masters News is devoted exclusively to track & field, long distance running, and racewalking for men and women over age 30. Each month it delivers 32 to 48 pages of results, schedules, entry forms, age records, rankings, photos, articles, training tips, and all the inside scoops and information that affect the world of masters athletics competition. Some masters events are sponsored by USATF, the national governing body for athletics in the USA. Some are sponsored by individuals, clubs or other senior organizations. Generally, anyone age 30 or over may come to a masters event and participate. Some events are limited to age 40 +, 50 + or 55 + (please check the schedule for details). Some events require advance reg-istration. Some require a current USATF card (\$12 to \$15 per year, depending on the region). There are no qualifying standards for most masters athletics events.

## World's Top Masters Road Runners: 1997

MIKE POLANSKY

Don DiDonato, 40, first master, Nationwide 10K

Run For ASPIRE, Oyster Bay, N.Y., April 4.

Note: Peter Koech's age is being verified

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42 43 44 45 46 47 48 49 50 51 52 53 55 55 56 57 58 59 60	KEN WILSON LLOYD STEPHENSON DICK HOOPER JCHN BARBOUR DICK HOOPPER JERRY KIERNAN A BENEENS ALAIN LAPIERRE LEV KHITERNAN JOHN WELLERDING DAYD CROWE DAYD WASHBURN STEVE WINCHEL BILL RODGERS KJELL-ERIK STAHL ROMAS SAUSATIS MICHELE MARESSE JERRY KOOYMANS	USA USA IRL USA IRL IRL BEL FRA RUS USA USA USA USA SWE LIT LIT CAN	\$ 800 \$ 3325 \$ 0 \$ 1200 \$ 100 \$ 0 \$ 0 \$ 0 \$ 1020 \$	1       5     2       0     3       0     1       0     1       0     1       0     1       0     1       0     1       0     1       0     1       0     1       0     1       0     1       0     1       0     1       0     1       0     1       0     1	4 20 2 7 1 1 1 1 1 2 1 1 4 1 17 2 2 1	320 243 243 221 192 189 180 153 147 135 129 117 114 78 68 64 54 54		Men 1 CRAIG YOUNG 2 DOUG KURTIS 3 ANTONI NIEMCZAK 4 AHMED SALAH 5 STEVE PLASENCIA 5 DOMINIQUE CHAUVELIE Women 1 TATIANA POZDNIAKOVA 2 JANE WELZEL 3 GILIAN HOROVITZ	one ®	YE CTZ USA POL USA FRA CTZ UKR USR GBR	arn R	ers 14 16 13 4 6 3 3	Prize\$ 23250 17800 14100 13000 12950 10370 Prize\$ 43825 39150 16500
42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61	KEN WILSON LLOYD STEPHENSON DICK HOOPER JOHN BARBOUR DICK HOOPPER JERRY KIERNAN A. BENEENS ALAIN LAPIERRE LEV KHITERIAAN JOHN WELLERDING DAYD CROWE DAYD CROWE DAYD WASHBURN STEVE WINCHEL BUL ROOGERS KJELL-ERIK STAHL ROMAS SAUSATIS WICHELE MARESSE JERRY KOOYMANS JOHN KONINGH	USA USA IRL USA IRL BEL FRA RUSA USA USA SWE LIT BEL CAN USA	\$ 800 \$ 3325 \$ 0 \$ 1200 \$ 1000 \$ 0 \$ 0 \$ 0 \$ 1020 \$	1       5     2       0     1       0     1       0     1       0     1       0     1       0     1       0     1       0     1       0     1       0     1       0     1       0     1       0     1       0     1       0     1       0     1       0     1	4 20 2 7 1 1 1 1 1 2 1 1 4 1 17 2 2 1	320 243 243 221 192 189 180 153 147 135 129 117 114 78 68 64 54 54		Men CRAIG YOUNG 2 DOUG KURTIS 3 ANTONI NIEMCZAK 4 AHMED SALAH 5 STEVE PLASENCIA 5 DOMINIQUE CHAUVELIE Women 1 TATUANA POZDNIAKOVA 2 JANE WELZEL 3 GILLIAN HOROVITZ 4 MARINA JONES	one ®	CTZ USA POL DJI USA FRA CTZ UKR USA	arn R	eces 14 16 13 4 6 3 3 eces 17 19 12 15	Prize\$ 23250 17800 14100 13000 12950 10370 Prize\$ 43825 39150 16500 12200
42 43 44 45 46 47 48 49 50 51 52 53 55 55 56 57 58 59 60	KEN WILSON LLOYD STEPHENSON DICK HOOPER JOHN BARBOUR DICK HOOPPER JERRY KIERNAN A BENEENS ALMI LAPIERRE LEV KHITERMAN JOHN WELLERDING DAVID CROWE DAVID CROWE DAVID KASHBURN STEVE WINCHEL BILL ROOGERS KJELLERIK KJAHL ROMAS SAUSAITIS MICHELE MARESSE JERRY KOOYMANS JOHN KONINGH BERNETT KHUELE	USA USA IRL USA IRL BEL FRA RUSA USA USA SWE LIT BEL CAN USA RSA	\$ 800 \$ 3325 \$ 0 \$ 1200 \$ 1000 \$ 0 \$ 0 \$ 0 \$ 0 \$ 0 \$ 100 \$ 5 0 \$ 100 \$ 100 \$ 100 \$ 5 0 \$ 5	1       5     2       0     3       0     1       0     1       0     1       0     1       0     1       0     1       0     1       0     1       0     1       0     1       0     1       0     1       00     1       00     1       00     1       00     1       00     1	4 20 2 7 1 1 1 1 2 1 1 4 1 7 2 2 1 9 4 1	320 243 243 221 192 189 180 153 147 135 129 117 114 78 68 64 54 54 54		Men 1 CRAIG YOUNG 2 DOUG KURTIS 3 ANTONI NIEMCZAK 4 AHMED SALAH 5 STEVE PLASENCIA 5 DOMINIQUE CHAUVELIE Women 1 TATIANA POZDNIAKOVA 2 JANE WELZEL 3 GILLIAN HOROVITZ 4 MARIMA JONES 5 JOSETTE COLOMB	one ®	CTZ USA POL DJI USA FRA CTZ USA GBR USA FRA	arn R	ers 14 16 13 4 6 3 ********************************	Prize\$ 23250 17800 14100 13000 12950 10370 Prize\$ 43825 39150 16500 12200 11295
42 43 44 45 46 47 48 49 50 51 52 53 55 55 56 57 58 59 60 61	KEN WILSON LLOYD STEPHENSON DICK HOOPER JOHN BARBOUR DICK HOOPPER JERRY KIERNAN A. BENEENS ALAIN LAPIERRE LEV KHITERIAAN JOHN WELLERDING DAYD CROWE DAYD CROWE DAYD WASHBURN STEVE WINCHEL BUL ROOGERS KJELL-ERIK STAHL ROMAS SAUSATIS WICHELE MARESSE JERRY KOOYMANS JOHN KONINGH	USA USA IFL USA IFL IFL BEL USA USA USA USA USA USA USA SWE LIT BEL CAN USA USA GBR	\$ 800 \$ 3325 \$ 0 \$ 1200 \$ 0 \$ 0 \$ 0 \$ 0 \$ 0 \$ 0 \$ 0 \$ 0 \$ 0 \$	1         5       2         0       3         0       1         0       1         0       1         0       1         0       1         0       1         0       1         0       1         0       1         0       1         0       1         0       1         0       1         0       1         0       1         0       1         0       1         0       1	4 20 2 7 1 1 1 1 2 1 1 2 1 1 2 2 1 9 9 4 1 1	320 243 243 221 192 189 180 153 147 135 129 117 114 78 68 64 54 54 54 54		Men CRAIG YOUNG 2 DOUG KURTIS 3 ANTONI NIEMCZAK 4 AHMED SALAH 5 STEVE PLASENCIA 5 DOMINIQUE CHAUVELIE Women 1 TATUANA POZDNIAKOVA 2 JANE WELZEL 3 GILLIAN HOROVITZ 4 MARINA JONES	one ®	CTZ USA POL DJI USA FRA CTZ UKR USA	arn R	eces 14 16 13 4 6 3 3 eces 17 19 12 15	Prize\$ 23250 17800 14100 13000 12950 10370 Prize\$ 43825 39150 16500 12200
42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62	KEN WILSON LLOYD STEPHENSON DICK HOOPER JOHN BARBOUR DICK HOOPPER JERRY KIERNAN A BENEENS ALMIN LAPIERRE LEV KHITERMAN JOHN WELLERDING DAVID CROWE DAVID CROWE DAVID KASHBURN STEVE WINCHEL BILL ROOGERS KJELLERIK KTAHL ROMAS SAUSAITIS MICHELE MARESSE JERRY KOOYMANS JOHN KONINGH BERNETT KHUELE MIKE GRYAN	USA USA IRL USA IRL IRL IRL IRL IRL IRL IRL IRL IRL IRL	\$ 800 \$ 3325 \$ 0 \$ 1200 \$ 1020 \$ 0 \$ 0 \$ 0 \$ 0 \$ 0 \$ 0 \$ 0 \$ 0 \$ 0 \$	1       5     2       0     3       0     1	4 20 2 7 1 1 1 1 2 1 1 2 1 1 2 2 1 9 4 1 1 3	320 243 243 221 192 189 180 153 147 135 129 117 114 8 68 64 54 54 54 54 54		Men 1 CRAIG YOUNG 2 DOUG KURTIS 3 ANTONI NIEMCZAK 4 AHMED SALAH 5 STEVE PLASENCIA 5 DOMINIQUE CHAUVELIE Women 1 TATIANA POZDNIAKOVA 2 JANE WELZEL 3 GILLIAN HOROVITZ 4 MARIMA JONES 5 JOSETTE COLOMB	one ®	CTZ USA POL DJI USA FRA CTZ USA GBR USA FRA	arn R	ers 14 16 13 4 6 3 ********************************	Prize\$ 23250 17800 14100 13000 12950 10370 Prize\$ 43825 39150 16500 12200 11295
42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63	KEN WILSON LLOYD STEPHENSON DICK HOOPER JCHN BARBOUR DICK HOOPPER JERRY KIERNAN A BENEENS ALJIN LAPIERRE LEV KHITERIMAN JOHN WELLERDING DAVID WASHBURN STEVE WINCHEL BILL ROOGERS KJELL-ERIK STAHL ROMAS SAUSAITIS MICHELE MAIRESSE JERRY KOO'MANS JOHN KONINGH BERNET KHUELE MIKE GIRVAN DOUG BELL	USA USA IRL USA IRL BEL FRA RUS USA USA SWE LIT BEL USA USA SWE LIT BEL USA IRL USA	\$ 800 \$ 3325 \$ 0 \$ 1000 \$ 1000 \$ 100 \$ 100	1         5       2         0       3         0       1	4 20 2 7 1 1 1 1 1 1 2 1 1 1 2 2 1 9 9 4 1 1 3 3	320 243 243 221 192 21 199 189 189 189 189 189 189 180 153 147 135 29 117 114 54 54 54 54 54 54 54		Men 1 CRAIG YOUNG 2 DOUG KURTIS 3 ANTONI NIEMCZAK 4 AHMED SALAH 5 STEVE PLASENCIA 5 DOMINIQUE CHAUVELIE Women 1 TATIANA POZDNIAKOVA 2 JANE WELZEL 3 GILLIAN HOROVITZ 4 MARIMA JONES 5 JOSETTE COLOMB	one ®	CTZ USA POL DJI USA FRA CTZ USA GBR USA FRA	arn R	ers 14 16 13 4 6 3 ********************************	Prize\$ 23250 17800 14100 13000 12950 10370 Prize\$ 43825 39150 16500 12200 11295
42 43 44 45 46 47 48 49 50 51 52 53 55 55 57 58 59 60 61 62 63 64	KEN WILSON LLOYD STEPHENSON DICK HOOPER JCK HOOPER JCK HOOPER JERRY KJERNAN A BENEENS ALAIN LAPIERRE LEV KHITERNAN JCHN WELLERDING DAYD CROWE DAYD WASHBURN STEVE WINCHEL BILL RONGERS KJELL-ERIK STAHL ROMAS SAUSATIS MICHELE MAIRESSE JERRY KOO'YMANS JCHN KONINGH BERNET KHUELE MIKE GIRVAN DOUG BELL LUM O'BRIEN	USA USA IRL USA IRL IRL BERA RUS USA USA USA USA USA USA USA USA	\$ 800 \$ 3325 \$ 00 \$ 1200 \$ 0 \$ 0 \$ 0 \$ 0 \$ 0 \$ 0 \$ 0 \$ 0 \$ 0 \$	1       5     2       0     3       0     1	4 20 2 7 1 1 1 1 1 1 2 1 1 1 2 2 2 1 9 9 4 1 1 1 3 3 1	320 243 243 221 192 189 189 189 189 180 153 147 135 129 187 117 114 78 68 64 54 54 54 54 54 64 00 400		Men 1 CARIG YOUNG 2 DOUG KURTIS 3 ANTONI NIEMCZAK 4 AHMED SALAH 5 STEVE PLASENCIA 5 DOMINIQUE CHAUVELIE WOMEN 1 TATIANA POZDNIAKOVA 2 JANE WELZEL 3 GILLIAN HOROVITZ 4 MARIMA JONES 5 JOSETTE COLOMB 6 JOAN OTTAWAY	ne R	CTZ USA POL USA FRA CTZ UKR USA GBR USA	arn Ra Ra	ers 14 16 13 4 6 3 ********************************	Prize\$ 23250 17800 14100 13000 12950 10370 Prize\$ 43825 39150 16500 12200 11295
42 43 44 45 46 47 48 49 50 51 52 53 55 55 57 58 59 60 61 62 63 64 65	KEN WILSON LLOYD STEPHENSON DICK HOOPPER JCHN BARBOUR DICK HOOPPER JERRY KIERNAN A BENEENS ALMI LAPIERRE LEV KHITERMAN JOHN WELLERDING DAVID CROWE DAVID CROWE DAVID CROWE DAVID CROWE DAVID WASHBURN STEVE WINCHEL BILL ROOGERS KIELL-ERIK KTAHL ROMAS SAUSAITIS MICHELE MAIRESSE JERRY KOOYMANS JOHN KONINGH BERNETT KHUELE MIKE GIRVAN DOUG BELL LIAM O'BRIEN BRENDAH HILLIARD	USA USA IRL USA IRL BEL FRA RUS USA USA SWE LIT BEL USA USA SWE LIT BEL USA IRL USA	\$ 800 \$ 3325 \$ 0 \$ 1200 \$ 1000 \$ 0 \$ 0 \$ 0 \$ 100 \$ 120 \$ 100 \$ 100	1         5       2         0       3         0       1	4 20 2 7 1 1 1 1 1 1 2 1 1 1 2 2 2 1 1 9 4 4 1 1 1 3 3 1 1 2 2 2 1 1 1 1 2 1 1 1 1 1	320 243 243 221 192 192 192 193 193 193 193 193 193 193 193 193 193	-	Men 1 CARIG YOUNG 2 DOUG KURTIS 3 ANTONI NIEMCZAK 4 AHMED SALAH 5 STEVE PLASENCIA 5 DOMINIQUE CHAUVELIE WOMEN 1 TATIANA POZDNIAKOVA 2 JANE WELZEL 3 GILLIAN HOROVITZ 4 MARIMA JONES 5 JOSETTE COLOMB 6 JOAN OTTAWAY	ne R	CTZ USA POL USA FRA CTZ UKR USA GBR USA	arn Ra Ra	ers 14 16 13 4 6 3 ********************************	Prize\$ 23250 17800 14100 13000 12950 10370 Prize\$ 43825 39150 16500 12200 11295
42 43 44 45 46 47 48 49 50 51 52 53 55 55 56 57 58 59 60 61 62 63 64 65 66	KEN WILSON LLOYD STEPHENSON DICK HOOPER JCHN BARBOUR DICK HOOPPER JERRY KIERNAN A BENEENS ALAIN LAPIERRE LEV KHITERIMAN JOHN WELLERDING DAVID WASHBURN STEVE WINCHEL BILL ROOGERS KJELLERIK STAHL ROMAS SAUSAITIS MICHELE MAIRESSE JERRY KOO'WANS JOHN KONINGH BERNETI KHUELE MIKE GIRVAN DOUG BELL LIAM O'BRIEN BRENDAM HILLIARD	USA USA IRL USA IRL IRL BERA RUS USA USA USA USA USA USA USA USA	\$ 800 \$ 3325 \$ 0 \$ 1200 \$ 1020 \$ 0 \$ 0 \$ 0 \$ 0 \$ 0 \$ 0 \$ 0 \$ 0 \$ 0 \$	1       5     2       0     3       0     1 <td>4 20 2 7 1 1 1 1 1 1 1 1 1 1 1 1 1</td> <td>320 243 243 221 192 189 180 153 147 135 129 117 147 135 129 117 144 54 54 54 54 54 54 54 22 22 22 22 22 22 22 22 22 22 22 22 22</td> <td></td> <td>Men 1 CRAIG YOUNG 2 DOUG KURTIS 3 ANTONI NIERCZX 4 AHMED SALAH 5 STEVE PLASENCIA 5 DOMINIQUE CHAUVELIE WOMEN 1 TATIANA POZDNIAKOVA 2 JANE WELZEL 3 GULLAN HOROVITZ 4 MARINA JONES 5 JOSETTE COLOMB 6 JOAN OTTAWAY</td> <td>ome</td> <td>CTZ USA POL DJJ VSA FRA USA FRA USA FRA USA FRA USA</td> <td>arn ₽ ₽</td> <td>ers 14 16 13 4 6 3 ********************************</td> <td>Prize\$ 23250 17800 14100 13000 12950 10370 Prize\$ 43825 39150 16500 12200 11295</td>	4 20 2 7 1 1 1 1 1 1 1 1 1 1 1 1 1	320 243 243 221 192 189 180 153 147 135 129 117 147 135 129 117 144 54 54 54 54 54 54 54 22 22 22 22 22 22 22 22 22 22 22 22 22		Men 1 CRAIG YOUNG 2 DOUG KURTIS 3 ANTONI NIERCZX 4 AHMED SALAH 5 STEVE PLASENCIA 5 DOMINIQUE CHAUVELIE WOMEN 1 TATIANA POZDNIAKOVA 2 JANE WELZEL 3 GULLAN HOROVITZ 4 MARINA JONES 5 JOSETTE COLOMB 6 JOAN OTTAWAY	ome	CTZ USA POL DJJ VSA FRA USA FRA USA FRA USA FRA USA	arn ₽ ₽	ers 14 16 13 4 6 3 ********************************	Prize\$ 23250 17800 14100 13000 12950 10370 Prize\$ 43825 39150 16500 12200 11295
42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67	KEN WILSON LLOYD STEPHENSON DICK HOOPER JCNH DARBOUR DICK HOOPPER JERRY KIERNAN A BENEENS ALINI LAPIERRE LEV KHITERIMAN JOHN WELLERDING DAYD WASHBURN STEVE WINCHEL BILL ROOGERS KIELL-ERIK STAHL ROMAS SAUSATIS MICHELE MARESSE JERRY KOOYMANS JOHN KONINGH BERNET KHUELE MIKE GIRVAN DOUG BELL LIMA OBRIEN BRENDAN HILLIARD HUGH JONSS	USA USA IFL USA IFL IFL IFL IFL IFL IFL USA USA USA USA USA SWE USA SWE USA USA IFL USA IFL USA IFL USA IFL USA IFL IFL IFL IFL IFL IFL IFL IFL IFL IFL	\$ 800 \$ 3325 \$ 0 \$ 1200 \$ 1000 \$ 0 \$ 0 \$ 0 \$ 0 \$ 0 \$ 0 \$ 0 \$ 0 \$ 0	1       5     2       0     3       0     1 <td>4 20 2 7 1 1 1 1 1 1 1 1 1 1 1 1 1</td> <td>320 243 243 221 192 192 192 193 193 193 193 193 193 193 193 193 193</td> <td></td> <td>Men 1 CRAIG YOUNG 2 DOUG KURTIS 3 ANTONI NIERCZXK 4 AHMED SALAH 5 STEVE PLASENCIA 5 DOMINIQUE CHAUVELIE WOMEN 1 TATIANA POZDNIAKOVA 2 JANE WELZEL 3 GULLAN HOROVITZ 4 MARIJAA JONES 5 JOSETTE COLOMB 6 JOAN OTTAWAY</td> <td>ome</td> <td>CTZ USA POL USA FRA CTZ UKR USA GBR USA</td> <td>arn ₽ ₽</td> <td>ers 14 16 13 4 6 3 ********************************</td> <td>Prize\$ 23250 17800 14100 13000 12950 10370 Prize\$ 43825 39150 16500 12200 11295</td>	4 20 2 7 1 1 1 1 1 1 1 1 1 1 1 1 1	320 243 243 221 192 192 192 193 193 193 193 193 193 193 193 193 193		Men 1 CRAIG YOUNG 2 DOUG KURTIS 3 ANTONI NIERCZXK 4 AHMED SALAH 5 STEVE PLASENCIA 5 DOMINIQUE CHAUVELIE WOMEN 1 TATIANA POZDNIAKOVA 2 JANE WELZEL 3 GULLAN HOROVITZ 4 MARIJAA JONES 5 JOSETTE COLOMB 6 JOAN OTTAWAY	ome	CTZ USA POL USA FRA CTZ UKR USA GBR USA	arn ₽ ₽	ers 14 16 13 4 6 3 ********************************	Prize\$ 23250 17800 14100 13000 12950 10370 Prize\$ 43825 39150 16500 12200 11295

## **Top Masters Road Race Performances** of the Year

NAME	CIZ	TIME	DIST	ADJIME	000 0	C	RACEPRZES	CST	RDAI
TATIANA FOZDNIAKOVA	UKR	23227	MARA	32.49	0	1	REVCO CLEVELAND	OH	05.04
MIEKE HOLIBERGEN	NED	1 13 21	HAMAR	33 (9	•		VEGHEL UDEN VEGHEL	NED	0377
TATIANA POZDIJIAKOVA	UKR	1-13-40	HAMAR	33 18	0	2	NAPLES DALY NEWS	n	01/19
NICOLE LEVECHE	FRA	1 13 49a	HAMAR	33 223	0 11		HUMARATHON	FRA	04.70
MIEKE HOMBERGEN	NED	2 35 14	MARA	33 24	0	1	ENDHOVEN	NED	10/12
RUTH WYSOCKI	USA	26.19	BK	33 75	0 1	1	FACIFICARE BASTILLE DAY CELEBRATION	CA	07/12
TATIANA FOZDNIAKOVA	UKR	55 45	101.01	33 30	0	6	CRIM FESTIVAL OF PACES	M	08.2
RUIH WYSOCH	USA	31 22	10K	33 30	1 1	1	AZALEA TRAL RUN MORLE	AL	032
MIEKE HOMBERGEN	NED	1 14 20	RALARI	33 36	0	,	BRARANI ETTEN LEUR	NED	102
CARLA BEURSKENS	NED	1-14 21	HAMA	3.1 16	0 1		CITY FIER CITY	NED	037
CARLA REURSKENS	NED	2 37 21	MATA	33 39	0	1	IWENIE	NED	050
TATIANA POZDNIAKOVA	UKR	33.40	1014	33 40	0.	1	OTANGE CLASSIC	NY	06.0
RUTH WYSOCKI	USA	16 06	SK	33 40	06 1		FREINOFER S RUN FOR WOMEN	NY	05:
TATIANA POZDHIAKOVA	LIKR	51-57	15K	33.41	61	6	GASFARILLA DISTANCE CLASSIC	n	01/
JANE WELZEL	USA	1:14:32	HMAR	33.41	0	2	INDIANAPOLIS LIFE 500 FESTIVAL	N	05
ditional U.S.	Ginn				-100		The second s	200	25
JANE WELZEL	USA	1 29 47	25K	33 48	0	4	OLD KENT RIVER BANK RUN	м	05/
RUTH WYSOCKI	USA	16.23	SK	34 12	07 1		CARLSBAD 5000	CA	04/1
REGINA JOYCE	USA	1 15.02	HMAR	34.19		1	SUPER JOCK N JILL	WA	09.0
RUTH WYSOCKI	USA	15 44a	5K	34 20a	115	-	JUAN IN A MILLION	NV	09.2
JANE WELZEL	USA	35.292	IOK	34 233	-25 N		BOLDER BOULDER	co	05.7
JANE WELZEL	USA	16 28	5K	34 26	06 N	1.1	FREIHOFER S RUN FOR WOLLEN	NY	05.3
JANE WELZEL	USA	57 22	IOM	34.29	0 1		CRIM FESTIVAL OF RACES	M	08 23
JOAN SAMUELSON	USA	15 31	SK	34 32	06 1		FREIHOFER S RUN FOR WOMEN	NY	05/31
RUTH WYSOCKI	USA	34 36	IOK	34 36	0 1		NEW TIMES PHOENIX	N	11/17
JOAN SAMUELSON	USA	53.23	15K	34 36	0 1		UTICA BOLERMAKER	NY	07/13
S JANE WELZEL	USA	53 32	ISK	34 42	0 1		GATE RIVER RUN	R	03.06
S JANE WEI ZEL	USA	2 42 31	MATA	34.47	03 N		TWIN CITIES	MIN	10.05
JANE WELZEL	USA	57.55	101.0	34 48	0 1		FARK FOREST SCENIC 10	•	09-01
B JOAN SAMUELSON	USA	27 35a	51.0	31 48a	0	1	FATS FIZZA CLAM FESTIVAL	WE	07/19
RUTH WYSOCKI	USA	16 44	5K	34 50	0	3	RACE FOR THE CURE. ORANGE COUNTY	CA	09.28
DAN SAMUELSON	USA	1 17.06	PANOI	31 51	0	1	MOI YMCA BAR HARBOR	ME	09.70

## Top Male Performances (adjusted to equivalent 10km times)

							have the second of the second second		
NAME	CIZ	TIME	DIST	ADJTIME	-	LC	RACEPRZES		RDATE
AIMED SALAH	0.1	2 12 44	MARA	28 30	0	2	MONACO		11/00/97
ANHED SALAH	0.1	1.0254	HLMR	28 33	0	6	ST. DENIS	FRA	09 07.97
AHMED SALAH	D.M	2 12 53	MARA	28 34	03	1	VIENNA SPRUNG	AUT	052597
KEITH ANDERSON	GBR	48 16	ICIA	29 02	0 1	11	CRIM FESTIVAL OF RACES	M	08 23 97
AHMED SALAH	0.0	2 15 53	MARA	29 10	0	17	CHUNCHON MITL		102697
STEVE JONES	GBR	1.04 09a	RAMH	29.17a	14.1	41	BUPA GREAT NORTH RUN	GBN	09/14/97
AART STIGTER	NED	2 16 31	MARA	29 18	0 1	MI	GENERALE BANK BOTTERDAM	NED	042097
STEVE PLASENCIA	USA	45 14	15K	29 25	0	М	GATE RIVER RUN	n	03 38 97
STEVE JOHES	GBR	45 16	15K	23 25	0	1.12	GATE RIVER RUN	n	03-08-97
KEITH ANDERSON	Can	10137	20K	29 26	0	MI	NEW HAVEN	CI	09.01/97
SIEVE JONES	GBR	49 02	IOM	29 30	0	MI	NORTEL CHERRY BLOSSOM	DC	04.13.97
KEITH ANDERSON	GER	14 10	SK	29 36	03	MI	RIVERFEST RUN BY THE RIVER	IN	0976-97
NIGUEL ROJAS	ESP	2 17 31	MATA	29 35	07	MI	FLORALONDON	GBA	04/13/97
SIEVE PLASENCIA	USA	1.18.38	25K	29 41	0		CITY OF LAKES	LIN	09/07/97
STEVE PLASENCIA	USA	105.33	HMAR	29 45	0	MI	NDIANAPOLIS LIFE 500 FESTIVAL	N	05.02.97
Iditional U.S.			Mile						
A SIEVE PLASENCIA	USA	2 19 05	MARA	29 54	03	MI	TWIN CITIES	UPI	10.05.97
S SIEVE PLASENCIA	USA	2951a	IOK	30.16a	34	MI	PEACHTREE ROAD RACE	GA	07.04.97
6 BUND HAWTHOTHE	USA	721 32	MATA	30 29	0 79	MI	KEY BAUKWERIAONT CITY	VT	05.75.97
7 CRAIG YOUNG	USA	21 05	<b>FK</b>	30 34	0	MI	FACIFICARE BASTILLE DAY CELEBRATION	CA	07/12/97
CRAIG YOUNG	USA	31 40a	IOK	30 362	25	M1	BOLDER BOULDER	co	05.76.97
SIEVE SCOTT	USA	14 39	SK	30 39	07	M1	CARL SBAD 5000	CA	04/1397
CRAIG YOUNG	USA	47.11	15K	30 41	. 0	-	GATE RIVER RUN	n	0108.97
O CRAIG YOUNG	USA	30 41	104	30.41	0	MI	CRESCENT CITY CLASSIC	u	032997
O CHUCK CRABB	USA	14 40	SK	30 41	07	12	CARL SBAD 5000	CA	04/13/97
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19 MIGUEL TIBADUIZA	USA	30 53	10K	30 53	0	MI	MERCURY NEWS	CA	03.09.97
20 CHUCK CIVABS	USA	14 47	SK	30 53	03	17	RIVERFEST RUN BY THE RIVER	TN	09.06.97



## **Council Meeting Held in Gateshead, England**

The WAVA Council meeting in Gateshead, April 2-5 was very positive, addressing many important issues. First, the Championships in Gateshead are expected to attract a record number of participants and countries. The estimated figure lies well above 8,000 and we can all envision the problems this will raise. We will compete in three stadiums from early morning to late evening with the aim not to add further days to the Championships. I think this is possible in Gateshead but if we continue to increase in numbers we must consider how to ensure that all competitors get a fair chance. Our Stadia Committee is well aware of the problem and is investigating alternative ways to handle a still greater number of participants.

WAVA/USATE

**Road Race Championships** 

The Road Race Championships were staged in Kobe, Japan, at the end of May with more than 17,200 competitors representing 18 countries. If the Non-Stadia Championships are to

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Age	Race Distance		100 C	Carlos and a second	100	Between Hurdles	To Finish	No. of Hurdles
30-39         100m         .840m         13.00m         8.5m           40-49         80m         .762m         12.00m         8.0m           30"         39"4"         26"3"         26"3"           50-59         80m         .762m         12.00m         7.0m           70 Plus         30"         39"4"         22"11%"           30-39         400m         .762m         12.00m         7.0m           30-39         400m         .762m         39"4"         22"11%"           30-39         400m         .762m         50.00m         35.00m           70 plus         30"         .14777%"         114"9%"           50-59         300m         .762m         50.00m         35.00m           70 plus         30"         .762m         50.00m         35.00m           30-39         110m         .991m         13.72m         9.14m           40-49         .991m         13.00m         8.50m         27'10/"           60-69         100m         .914m         13.00m         8.50m           30"         .914m         13.00m         8.50m         27'10/"           60-69         100m         .840m         13.00m				and the second se	10.5m 34'5"	10		
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50-59	400m	The start of the		147'7	/2"	114'9'/2"	131'2'/2"	10
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50 plus	3.00	and the second se	18.000	164'0'/z"         114'9'/z"         131'2'/z"           MEN         13.72m         9.14m         14.02m           45'         30'         46'         13.00m           45'         30'         46'         13.00m           42'8"         27'10'/z"         34'5"         16.50m           13.00m         8.50m         10.50m         34'5"           13.00m         8.50m         10.00m         62'4"           142'8"         27'10'/z"         34'5"         62'4"           145.00m         35.00m         40.00m         131'2'/z"           145.00m         35.00m         40.00m         131'2'/z"           146'0'/z"         114'9'/z"         131'2'/z"         131'2'/z"           1MPLEMENTS         JAVELIN         W         Wav           1.00k         4.00k         600gms.         20'           1.00k         3.00k         400 gms.         16'				20# 20# 16# 16# 12# 16#
30-49 50-59 60-69 70-79	6.00 5.00 4.00	k k k		1.50k 1.00k 1.00k	7.26	6.00k 5.00k 4.00k	800 gms. 600 gms. 600 gms.	35# 35# 25# 35# 20# 25# 16# 25# 12# 25#

Sylvester Stein (556) on his way to winning the British over-70 100m Championship, at Blackpool, England.

be seen as real World Championships we must have many more countries represented and the WAVA Council's Non-Stadia Committee will look into ways to make these true World Championships. Could the solution be, for example, to move the crosscountry from Stadia to Non-Stadia Championships, thereby building up perhaps a week's road races/walks, or are there other solutions?

#### World Championships

In Durban, the Council discussed intensely how to ensure reliable follow-up of preparations for the World Championships. We have long felt that WAVA must take much firmer control of the activities and it has been decided that the Stadia Committee's Technical Delegate shall make three inspection visits to Gateshead well in advance of the Championships to follow the preparations. This delegate will also arrive in Gateshead 10 days before the start of the Championships with the same purpose, i.e., to ensure that everything is proceeding smoothly. I think this is a necessary precaution since these are WAVA Championships and the athletes have every right to expect and demand a well prepared event.

### World Masters Games

The Council also discussed in depth our views on the World Masters Games. I have earlier mentioned we would like to evaluate the conditions

## Subscription Problems? Moving?

To determine the status of your subscription, or to let us know of your new address, call or fax Circulation Director Darren Farris, at 818-760-8983; fax 818-985-1213. Or write to NMN, PO Box 16597, North Hollywood CA 91615. for a deeper cooperation with the International Masters Games Association (IMGA) which administers the World Masters Games. We feel these might develop into something bigger and, having understood the criticism, we realize that WAVA must be the responsible body for athletics also in World Masters Games. Therefore, it is our hope to present something to our General Assembly in Gateshead to discuss. I want to emphasize that we will make no decisions whatsoever until we have had such discussion to decide what approach WAVA should take.

#### Women's Year of Athletics

1998 is "Women's Year of Athletics" and we want to be a part of various IAAF activities as well as sponsoring special WAVA events. We hope to be invited to take part at an IAAF seminar in Granada in October-November but want to coordinate activities with IAAF. For that purpose, we hope our Women's Representative, Bridget Cushen, will get a seat on IAAF's sub-committee for the "Women's Year of Athletics." WAVA will give prizes to the best women in our regions and encourage women to participate in the national championships during 1998.

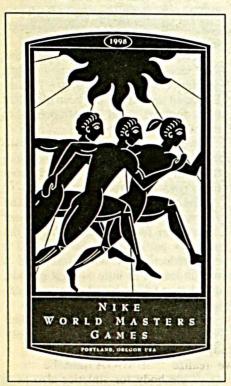
### Hy-Tek Computer Program

WAVA has long tried to implement Hy-Tek as "our" computer system and we have, for that purpose, given all regions one copy each. The results have so far not reached expectations, but we will now try to organize a special seminar on the Hy-Tek program and hope this can be realized in 1998. We hope two persons from each region can attend such a seminar, which will establish a base for further education on a regional level. As soon as we reach agreement with Hy-Tek, invitations will be sent out.

The above represents highlights of the Council Meeting in Gateshead at which many other topics were discussed. I hope to mention those in my next column in NMN.

## Legends to Host Clinics at World Masters Games

The World Masters Games, to be held August 10-21 at Hayward Field, Eugene, Ore., has announced that a series of clinics led by some of the legends of the sport will be



offered during the eleven days of competition. The clinics will be free to all registered track and field athletes, regardless of the events in which they are registered.

Leading the clinics will be Olympians and/or world record holders, Willie Davenport (hurdles), Dick Fosbury (high jump/flop), Payton Jordan (sprints), Alberto Salazar (distance), Ron Laird (racewalking), John Thomas (high jump/straddle), Mac Wilkins (discus) and Tom Petranoff (javelin). Additional clinicians in other events will be announced in the coming weeks.

The clinics will be offered exclusively to men and women athletes registered in the Games, and the cost is included in the entry fee. The exact schedule of the clinics will be announced on July 1.

For further information on the 1998 World Masters Games, please call 503-226-1998, or visit the website at www.worldmasters.org.

Information regarding specifics of the track and field competitions is available by calling 541-687-1989.

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## Records Set, Times Fast at BVAF 10K Road and Cross-Country Championships

until we have

by MARTIN DUFF

Steve James set a phenomenal new British M60 record of 33:29 when he beat all M55 competitors in the BVAF 10K Road Race Championships, Eastleigh, U.K., March 15. James, a multiworld games medalist, carved 83 seconds from Bill Stoddart's mark just five days after his 60th birthday.

Race conditions were ideal, with the wind slight but blowing behind on the two-mile-long straight down past the 5K mark. James' time was not the only British best, as Welshman Martin Rees added a second M45 record to the 49:36 10-mile best he had set at Woking, Surrey, two weeks earlier. This time, Rees ran 30:17 for the 10K and cut seven seconds from Mike Girvan's mark, which was set in the Brugges world championships two years earlier.

Elsewhere, Rob Wise retained his M40 title in 30:48, and Debbie Percival won the open W35 class, although she was not eligible for the BVAF championship. Both of the leading W60s, Pam Jones (43:24) and Mary Ansty (44:03), headed the W55s.

Two weeks later, some of the same runners toed the starting line of the BVAF Cross-Country Championships, which were held in Surrey, U.K., March 28. Dave Hollins was a new name at the head of the M40 field, getting away from Jim Estall on the second of three laps to win in 34:32. Estall finished second in 34:46, while Peter Flavel took the M45 crown in 34:56 and placed third overall.

Steve Charlton was dominant in the

5K over-70 men's event, winning 23:21. George Phipps placed second in 24:43.

There is a considerable movement toward a masters starting age of 40 in Great Britain, and the W35s voted with their feet by staying away. Only six W35 runners placed in the top 20. Caroline Horne led the way in 19:53 to head fellow W40 Sally Young (20:21). W45 winner Gill Dean finished third (20:37), 70 yards clear of W45 10K champion Penny Forse (20:56), who held off a late challenge from Zina Marchant (20:59). Topping the W35s was Lynn Marr, who placed fifth overall in 20:45.

Margaret Auerback (21:47) led the W50 section, going well clear of Pauline Rich (23:07) and Lynn Newton (23:34) in the closing stages, while Iris Hornsey (25:33) narrowly got the better of Pat Card (25:44) in the W55s.

## DEADLINE

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

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



Start of the half-marathon, WAVA World Veterans Championships, Kobe, Japan, March 28-29.

## XIII WAVA CHAMPIONSHIPS GATESHEAD, ENGLAND

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Health & Fitness

## **Impotence Problems May Be Ancient History**

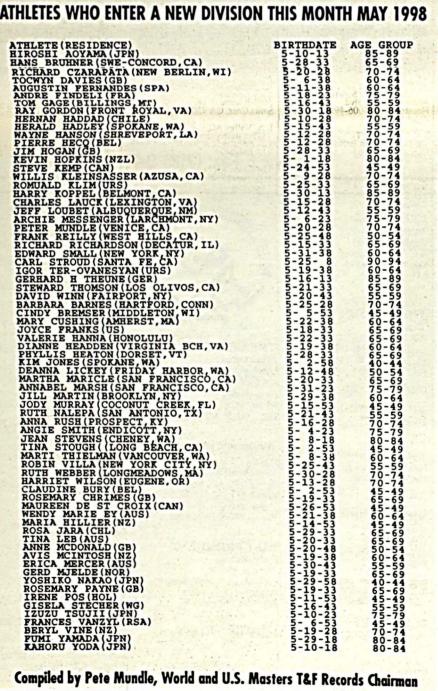
66 The new oral medication for male impotence offers new hope to men," says Dr. Larry Lipshultz, a urologist at Baylor College of Medicine in Houston. Pfizer's new pill, Viagra, recently approved by the Food and Drug Administration, can help men achieve and sustain an erection once sexually aroused. The medication blocks an enzyme that normally breaks down a chemical needed for erection. The chemical relaxes the blood vessels in the penis, allowing the organ to fill with blood and become erect. The pill usually takes effect within an hour.

In clinical trials, 60 to 80 percent of the participants who received Viagra indicated improvement. Only 20 percent of the participants who received a placebo reported improvement.

Lipshultz said side effects, such as headaches, vision disturbances, nausea and diarrhea, are few.

"This is a once-in-a-lifetime type of discovery," says urologist Andrew

### ATHLETES WHO ENTER A NEW DIVISION THIS MONTH MAY 1998





GEORGE BANKER Janice Stoodley, Falls Church, Va., an active W55 runner in the D.C. area, here in the George Washington Parkway 15K.

## Career **Re-Training**

Forty Plus is a nonprofit volunteer organization with 22 chapters across the USA. It helps managers, executives and professionals - who are at least 40 years old - find good jobs.

Membership varies but typically runs \$300 to join and a commitment to help out as a volunteer. For the investment, one usually receives two or three weeks of comprehensive job search training, networking with current members, weekly support groups, professional counseling, videotaped mock interviews, and career workshops. One also receives word processing and Internet training, access to computer workstations, use of a research library, 24-hour telephone answering service, and more.

Some say the opportunity for peer support is reason enough to join.

To see if a 40+ group exists in your area, call local information or try the Oakland 40+ group, at 510-430-2400 (web site http:// www.fortyplusorg) which has a national directory.

Ken Stern's book, 50 Fabulous Places to Retire in America, lists detailed information on climate, costs, health care, taxes and more. Among Stem's choice locations are Clayton, Ga.; Kerrville, Texas; Eugene, Ore.; Prescott, Ariz.; and Sequim, Wash.

McCullough, director of Male Sexual Health and Fertility at New York University Medical Center. "I think it's a great drug.'

Several other oral medications are in the advanced-trials stage.

## **Diet Lowers Blood Pressure**

One study has shown that more than half of participants over age 60 who cut salt intake and lost weight no longer needed blood pressure medication.

Several earlier studies showed that high blood pressure in younger people can be controlled by changes in diet. But, until now, it has not been clear that those findings could be extrapolated to the over-50 group.

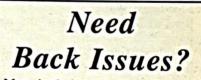
Two of every three Americans over 60 have high blood pressure, and more than half of those take costly and sometimes risky anti-hypertension drugs.

The new study, reported in the Journal of the American Medical Association, found more than half of the age 60+ participants who achieved a 25% reduction in salt intake, and a weight loss of as little as eight pounds, could stop taking blood pressure medications.

The study was headed by Dr. Paul Whelton of the Tulane University School of Public Health.



GEORGE BANKER Chan Robbins, 60, first M60 (39:23), and John Benkert #3519, 57, first M55 (37:24), St. Paddy's Day 10K, Washington, D.C., March 15.



Most back issues of the National Masters News are available for \$2.50 each, plus \$1.50 postage and handling for each order.

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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 rreabold@hlpusd.k12.ca.us

West Valley Joggers & Striders 1124 Kennington Ave. Sunnvvale, CA 94087 408/246-2651

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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-2030 Spokane, WA 99207-5399

Oregon Road Runners Club 4840 S.W. Western Ave., #200 Beaverton, OR 97005 503.646-RUNR Gail Starelli

Eugene Running Club 351 Ransom Ct. Eugene, OR 97401 Cathie Twomey Bellamy 541/343-4841

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

Phidippides RC P.O. Box 2315 Salem, OR 97308 503 399-7057

Pacific Pacers (Racewalk) 6633 N.E. Windemere Rd. Seattle,WA 98115 206.524-4721

Portland Masters TC 3011 NE Linden Ave. Gresham, OR 97030 503/666-8950 Paul Stepan, Pres.

Racewalkers Northwest P.O. Box 3914 Portland, OR 97208 503/256-2916 RacewalkNW@aol.com

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

Snohomish TC 4261 S. 184th SeaTac, WA 98188 206.433-8868

Seattle Masters AC 4103 Hillcrest Ave., S.W. Seattle, WA98116 206.938-3895

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

Team Alaska TC 8053 Pioneer Dr. Anchorage, AK 99504 907/566-8282 (hotline) 907/338-1667 (fax)

Walkers Club of L.A. 610 Woodward Blvd. Pasadena, CA 91107 818.985-9854

West Valley TC P.O. Box 459 San Carlos, CA 94070 510.635-9508

## **ASTERS CLUBS** M

Below is a list of masters track & field, long distance running, and racewalking 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.

## EAST

Achievements Unlimited Intl! Women's Masters Track 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

Bohemia TC c/o Ross Moore 28 Indian Trace Kings Park, NY 11754 516/979-8445 (Mary)

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 W. 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 Rosewood Ave. Baltimore, MD 21228-4939 410 744-2652

Mercury Masters Coach Shelly-Lynn Florence Glover, M.A. P.O. Box 795 Sleepy Hollow, NY 10591

Morris County Throwers Club Kent Manno, President 230 Mendham Rd Morristown, NJ 07960 201.538-3231, Ext. 3372

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 201/287-1064

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

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

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

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

Svracuse Chargers TC 118 Foxcroft Lane Fayetteville, NY 13066 315/637-6211

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

West Pennsylvania TC RD2, 14400 Winchester Rd. Trafford, PA 15085 412/372-1986

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Birmingham TC P.O. Box 530363 Birmingham, AL 35253 205/995-5344

Florida AC 3250 Lakeview Blvd. Delrav Beach, FL 33445 407/499-3370

Florida TC P.O. Box 12463 University Station Gainesville, FL 32604 904/378-8725

Greater Nashville AC 3161-B Parthenon Ave. Nashville, TN 37212

Greenville TC P.O. Box 16262 Greenville, SC 2 808 268-6321 29607

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

Miami RC Tropical Park 7920 S.W. 40th St.Miami, FL 33155 1-800/940-4RUN

Nashville RACERS 421 Valley Trace Dr. Nashville, TN 37221 615/356-4607 rustrt@ctrvax.vanderbilt.edu

Nashville Striders P.O. Box 50431 Nashville, TN 37205 Nashville TC 2916 Oakland Ave. Nashville, TN 37212 615/383-6733

North Carolina RRC P.O. Box 26761 Raleigh, NC 27611 919/231-0714

Pony Express Masters TC P.O. Box 503 Norfolk, VA 23501 Attn. Leonore McDaniels 804/481-1714

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

Richmond T&F Club P.O. Box 6701 Richmond, VA 23230 804/272-3544

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

Davton Masters TC P.O. Box 17706 Davton, 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 9065 Gettysburg Dr. Twinsburg, OH 44087

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

Bob Schul Racing Team 27 E. Dixon Ave. Davton, OH 45419 (MD/LD) 937/293-7935

Victory AC P.O. Box 6667 Louisville, KY 40206 502/456-2757

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

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American Walking Ass'n National Office P.O. Box 4 Paonia, CO 81428-0004 970/527-4557 970/527-4507 (fax) walk@online.col.com

American Walking Ass'n Rocky Mountain Region 9853 Zephyr Dr. Broomfield, CO 80021 303/422-5468

Denver TC Jim Bogus 1818 S. Quebec Way #10-1 Denver, CO 80231 303/696-0436

Heartland Racewalkers c'o Health Plus 4500 W. 107th Overland Park, KS 66207 Alan Poisner, President 913 588-7510 (day) 913 649-3138 (eve)

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

Prairie Striders Box 267 Brookings, SD 57006

Ric Rojas Running 3680 Buckeve Court Boulder, CO 80304 303/444-5267 RicRojas@aol.com

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

## SOUTHWEST

Dallas Masters T&F Club 1501 W. Lavender Lane Arlington, TX 76013 817/274-0448 DallasMTAF@aol.com

East Texas T&F Club 3334 S. SW Loop 323, #128 Tyler, TX 75701 903/561-9511

Houston Harriers P.O. Box 740728 Houston, TX 77274 713/777-6840

Houston Masters Sports Assoc. 4021 Montrose Blvd. Houston, TX 77006-4956 - 0 713/523-5679

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

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

Lufkin T&F Club P.O. Box 1001 Lufkin, TX 75902-1001 409.632-2431

New Orleans TC P.O. Box 52003 New Orleans, LA 70152-2003 504,482-6682

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

George Hall 4217 W. 91st Tulsa, OK 74132-3739 TEAM\_OKLAHOMA@bigfoot.col

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

## WEST

All-American TC 8307 Joan Lane West Hills, CA 91304 818/716-7280

California Coast TC 18 Charca Rancho Santa Margarita, CA 9266 714/589-0242 Mark Cleary

Club West Gordon McClenathen P.O. Box 1079 Goleta, CA 93116-1079 805/964-3005 Corona del Mar TC 19103 S. Andmark Ave. Carson, CA 90746 310/638-7125

Easy Striders Walking Club 2611 Voorhees, Apt. E. Redondo Beach, CA 90278 310 542-5048

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

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

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

No. Calif. Senior TC Shirley Dietderich, Pres. 5 Arcade Ave. Berkeley, CA 97408-2101 510/848-5016

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

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

Show Time TC 8306 Wilshire Blvd., Suite 2 Beverly Hills, CA 90211 213.392-3338 (phone fax)

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

So. Calif. Corporate AA 346 Palos Verdes Blvd., #8 Redondo Beach, CA 90277 310/616-1313

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

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### National Masters News

## ON TAP FOR MAY

### TRACK AND FIELD

First weekend meets are available in Tempe, Ariz., on the 2nd, and NYC on the 3rd. The 28th Southeastern U.S. Masters Meet starts its three-day extravaganza on the 8th in Raleigh, N.C. Long Beach, Calif., and Jacksonville, Fla., host meets on the 9th. Odds are even that the weather will be terrific in Las Vegas for the Allegra TC Meet on the 17th. The long-running Dan Aldrich Memorial Meet at UC-Irvine near L.A., and the Waterloo Meet in Buda, Texas, are set for the 23rd, followed by the N.Y. Masters Classic, NYC, on the 24th. The USATF Minnesota Championships close out the month in Blaine on the 31st.

### LONG DISTANCE RUNNING

The 1998 Indy Life Circuit starts with a roar in Indianapolis with the 500 Festival Half-Marathon / USATF Masters Championships on Friday, the 1st. The Berwyn 5000, the second Indy Life Circuit event, is scheduled for the 16th in Berwyn, Ill. Freihofer's 5K on the 30th, the third in the Indy Life Series, is also a Masters Women's Championship. The month is abloom with other major races for masters, ranging from the Blue Cross Broad Street 10 Mile, Philadelphia, and Avenue of the Giants Marathon, Weott, Calif., on the 3rd; Old Kent River Run 25K, Grand Rapids, Mich., on the 9th; Bay To Breakers 12K, San Francisco, on the 17th; Great Race XVII, Elkhart, Ind., and Cotton Row 10K, Huntsville, Ala., on the 25th; and Hospital Hill Half-Marathon, Kansas, Mo., on the 31st.

### RACEWALKING

The National Masters Men's 30K and Women's 20K Championships are listed for upstate, Troy, N.Y., on the 3rd. The Masters 15K Championships return to Elk Grove, Ill., on the 24th.

records in the DT (42.66), SP (13.17), and WP (4355). New Zealand's Ron Robertson altered M55 records in the 1500 (4:23.91), 5000 (16:06.04), and 3000 SC (10:11.60). At the OAVA Congress Meeting the following officers were elected: President, Jim Tobin (NZ); Vice-President, Ian Anderson (Norfolk Is.); Secretary, Helen Tobin (NZ); Treasurer, Brian King (NZ); Councillors, Stan Perkins (AUS), Jim Blair (NZ), Peter Crombie (AUS), June Jacobs (NZ), Wilma Perkins (AUS), and Kerry Thew (AUS).

• Henk van Velzen, M45, bested the field in the Dutch Veterans Cross-Country Championships, Valkenswaard, Feb. 15, with a 40:11 over the 12K course. Wil van der Lee, M65, posted the best time on the 9K layout, with a 34:19. Wilma Rusman, W35, clocked a 17:50 for the 5K course.

# **Masters Scene**

### EAST

• Gillian Horovitz, 42, with a 14th-female 23:53, and Don DiDonato, 40, with a 12th-place 20:31, blew to masters firsts in the NYRRC Snowflake 4-Miler, Central Park, Feb. 21. Sid Howard, 58, with a 24:29, slid past Ted Haiman, 55, 24:34, for the M55 gold. John McManus, 74, was in fast company, with an M70 30:58 win. Sylvie Kimche, 51, in 27:12, and Muriel Merl, 72, 36:33, blasted to agegroup victories.

• The Potomac Valley TC will run its annual summer all-comers series at Williams HS, Alexandria, VA, May 3, 17, 31, June 14, 28, July 12, 26, and Aug. 9, 23, culminating in the Potomac Valley Games, Sept. 5-6. PVTC Hotline: 703-671-2520.

• Snow, ice, and wind didn't deter Helen Visgauss, 42, Port Jefferson Station, NY, from an overall women's first with a 63:19 in the inaugural Kings Park 15K, held in the winter's worst weather on Long Island, March 22. Top M40+ was Mike Baard, 42, Merrick, NY, in 61:01. Oldest finishers were Sab Koide (74, 84:37) and George Dennis (74, 1:43:17), and Julie Shapiro (61, 99:18) among the women. The Plainview-Old Bethpage RRC staged the race, with the entire net proceeds turned over to The Children's Brain Turnor Foundation.

 Charles "Doc" Covino, 74, Far Hills, NJ, has set up a \$1.6 million scholarship fund for field athletes at Manhattan College in NYC for men and women for a full or partial scholarship. "Coach Mecca is in heaven about this," said Covino, "but the other event coaches are not happy because I specifically said "field" event athletes only. I explained that I am returning my debt to the school for giving me a full scholarship for my field event skills back then. Now I'm doing my bit to make others enjoy the benefits of my free education at my alma mater." Covino, who recently celebrated his 50th anniversary with his wife, Sylvia, placed third in the M70 shot put at the Indoor Nationals in Boston.

• Kari Profitt, 41, bounded to an overall female victory with an 85:02, Red Dog Half-Marathon/ USATF NJ Masters Championships, Seaside Heights, March 22. Gary Wersinger, 40, raced to the M40+ win in 74:08.

 Richly deserving the title "Female Athlete of the Meet," Leonore McDaniels, 70, set four pending world records at the Virginia Masters Indoor Championships, Lexington, VA, March 7. Her marks were LJ, 3.39, AG 80.3% (Mary Bowermaster, 3:31, 1988); TJ, 6.93, AG 82.8% (Johnnye Valien, 6.45, 1997); HJ, 1.19, AG 94.4% (Mary Bowermaster, 1.09, 1998), and PV, 1.83, AG 75.6% (Johnnye Valien, 1.41, 1996).

• Taking home gold medals at the USATF-NJ Masters 20K Championships, Newark, March 8, were Donald DiDonato, 40, 1:08:07, AG 84.9%, and Joyce Hayes, 43, 1:28:33, AG 74.7%.

• Guy Gordon, 40, Newton, NJ, 2:37:44, celebrated Washington's birthday with an overall win in the 37th annual Washington's Birthday Marathon, Greenbelt, MD, Feb. 15. Christy St. Clair, 49, Glen Arm, MD, 3:39:33, strode to the women's masters title.

 Dan Lawson, 42, Salinas, KS, 52:46, and Terri Martland, 44, Newport, RI, welcomed spring with masters victories in the Nortel Cherry Blossom 10-Miler, Washington, DC, April
 Bill Rodgers, 50, Boston, MA, 53:06, a world-class AG 93.3%, grabbed M50 honors and finished second master. Five-year age group winners Thom Weddle, 59, Burnsville, MN, 57:42; Fay Badley, 60, Washington, DC, 58:58; Charles Rose, 59, Moorsville, NC, 58:56; Susan Humphries, 48, Potomac, MD, 1:02:56; Susan Humphries, 48, Potomac, MD, 1:02:45; and Hedy Marque, 80, Alexandria, VA,

#### 1:31:24, all had fast finishes.

· Running on a course designed as an abbreviated version of legendary Boston, Jim Whitnah, 43, Chevy Chase, MD, 1:11:01, and Susan Humphries, 48, Potomac, MD, 1:28:20, conquered rolling hills and a major hill after mile five to reign as masters champions of the Bethesda Chase 20K, Bethesda, MD, March 1, Whitnah, who finished sixth overall, led from the start and maintained his lead over second-place master George Altieri, 40, Columbia, MD, 1:12:44, who finished ninth overall, Bethesda local and defending masters champion Paul Peterson, 43, 1:13:28, finished third. Sharon Dolan, 56, Gaithersburg, 1:32:53, grabbed the W55 crown and the third place masters spot. Chan Robbins, 60, Arlington, VA, 1:25:31, pulled away from M60 runner-up Kirk Davies, 60, Washington Grove, MD, 1:28:15, to win the spirited M60 competition.

• Mel Williams, head of the human performance lab at Old Dominion University, used his leisure time to turn in a record-breaking performance of his own at the Anheuser Busch Colonial Half-Marathon, Williamsburg, VA, Feb. 22. Williams, 60, Virginia Beach, VA, covered the hilly course in 1:26:15 to better the previous 60-64 mark of 1:26:29. Overall masters winners were Lanny Doan, 41, Virginia Beach, 1:19:20, and Barbara Mathewson, 48, Virginia Beach, 1:32:27. Mark Mullady, 40, Williamsburg, 16:15, and Sharon White, 41, Langley AFB, VA, 19:24 dashed to masters 5K wins.

### SOUTHEAST

• Cindy Keeler, 40, broke her 1995 course record to win easily the overall women's race in 60:35, Palm Beach Shamrock 10 Mile, March 14. Roger Rouiller, 59, was the M40+ winner with a 65:11. Glen Reed, 41, was second in 63:49.

### MIDWEST

• Vic Heckler, 55, of Chicago, broke the M55 1500 WR with a 4:28.50 in the USATF Illinois Masters Championships, Sterling, March 15. The listed mark is 4:28.9 by Jim Sutton in 1987. A week earlier, Heckler broke the U.S. 3000 record of 9:51.8 with a 9:33.25. In the Sterling meet, Tom Walsh, Hannibal, MO, broke the M80 LJ WR with a 3.63/11-10<sup>4</sup>. Clarence Trahan held the old mark at 3.58/11-9 in 1996.

Chuck Block, 41, 22:21, and Donna Olson, 46, 27:58, struck it rich with masters wins in the Pot O'Gold 4 Mile, Flint, MI, March 17. James Carlton, 24:05, and Ellen Nitz, 28:48, were impressive winners in their 55-59 division races.
Peter Koech, 41, KEN, 23:54, and Jeanne Lasee-Johnson, 40, CA, 28:25, picked up prize money and masters wins at the LaSalle Banks Shamrock Shuffle, Chicago, IL, March 22. Koech outkicked second-place Antoni Niemczak, 42, NM, 23:57, while Lasee-Johnson pulled away from women's runner-up, Vicki Crisp, 45, TN, 29:08. The race had a masters purse of \$2900.

### MID-AMERICA

• Leading the masters field at the St. Pat's 4-Mile Run, Wichita, KS, March 14, were Bob McAnany, 21:20, and Bonnie Vetrow, 27:57. Paul Heitzman, M65, 25:40, blitzed his agegroup.

### SOUTHWEST

 Battling windy, humid conditions and a throng of 16,000 runners, Keith Dowland, 43, 34:15, and Kim Heilbrun, 42, 40:20, held off the pack for masters wins in the 21st annual Austin



Bert Morrow (r), 85, San Marcos, Calif., broke M85 world records in the 60m (11.10), 200 (39.14), and 60H (15.13) and Ted Hatlen, 87, Santa Barbara, Calif., scored two gold and two silvers, 1998 Indoor Championships, Boston.

American-Statesman Capitol 10K, March 29. Ino Cantu, M60 winner, recorded a speedy 41:06 to hold off age-group rival Jack Henney, 42:25.

### WEST

• Lorraine Tucker, 51, a longtime predominant masters thrower and sprinter, qualified for the 24th Annual National Tae Kwon Do Championships by winning the form and sparring competition in the Blue Belt Women 33+ Division, California Tae Kwon Do Championships. Tucker, now a resident of San Diego, was the oldest female competing in the national championships.

• William Bell, a retired doctor, set a pending M75 outdoor PV WR of 10-1/4. The listed record is 9-6 1/4 by Carol Johnston in 1987. Bell is the father of Earl Bell, who briefly held the outdoor WR in 1976 and tied for the bronze medal in the 1984 Olympic Games.

 Joe Keshmiri, Reno, NV, now 60, broke the age-59 DT record of 171-8 with a 176-10 last October.

• Two 50-54 age-groupers won the masters race at the WINS 25K Racewalk, Sacramento, CA, April 5. Striding in first were Jo Ann Nedelco, 2:36:42, and Stan Chraminski, 2:28:59.

### NORTHWEST

 The Oregon TC Masters is matching allocated funds by the Eugene Sister City Committee to help sponsor two Japanese masters runners to run the July 4 Butte To Butte 10K in Eugene. For 11 years, the Kakegawa Sports Federation of Eugene's sister city, Kakegawa, Japan, has invited and fully paid for four Eugene runners, two men and two women, to run the the Kakegawa Marathon, the fifth largest in Japan. The runners selected by the SC Committee to represent Eugene are not necessarily chosen for their speed as much as for their enthusiastic diplomatic qualities (although a fleet foot is always welcomed). They are joined by, perhaps, 20 other delegates (non-runners or 10K athletes) who pay their own expenses and who, like the marathoners, are housed with host families and may even spend a night or two in a Buddhist temple.

## INTERNATIONAL

• Meet records for the Oceania Veterans Games took a pounding with over 60 changes being made by the 500 competitors at the 9th annual event in Hawkes Bay, New Zealand, Jan. 17-24. Australian Rudy Hochrieter, M70, set records in six events ranging from the 100, HJ, SP, DT, and HT, to the PV. Countrywoman Christine Schultz dominated the W45 field events with



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

## TRACK & FIELD

### NATIONAL

July 25-26. USATF National Masters Decathlon & Heptathlon Championships, Neosho, Mo. Tom Thorne, 525 Oak Ridge Dr., Neosho, MO 64850. 417-451-2655(w).

July 30-August 2. 31st annual USATF National Masters Championships, U. of Maine, Orono. U. of Maine, 5747 Memorial Gym, Orono, ME 04469-5747. 207-581-1077; fax: 207-581-3474; e-mail: ranson@maine.maine.edu. Web site: http://www.ume.maine.edu/~track/track field.html

August 29. USATF National Weight & Superweight Championships, Seattle, Wash.

September 5. USATF National Masters Weight Pentathlon Championships, Citrus College, Glendora, Calif. (near L.A.). SASE to Lloyd Higgins, 629 Marie Ave., Los Angeles, CA 90042. 626-914-8652; fax: 914-8659.

August 26-29, 1999. 32nd annual USATF National Masters Championships, Orlando, Fla.

October 20-29, 1999. U.S. National Senior Sports Classic VII, Orlando, Fla.

#### EAST

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

May 3. MAC "NY Spring Carnival" Meet, Randalls Island, NYC. MAC, 212-227-0071, ext. 0 (10 am-5 pm), or Roz Katz, 718-358-6233 (7-9:30 pm NY time).

May 12-15. Washington, D.C., Golden Olympics. No out-of-district. Darnelle Freeland, 202-576-8677.

May 24. NY Masters Spring Classic, Merchant Marine Academy, Kings Point, L.I., N.Y. SASE to Eric Weissbrot, 7 Drury Lane, Great Neck, NY 11023; 516-487-1417, or Roz Katz, 718-358-6233 (7-9:30 pm, NY time).

May 31. USATF NJ Masters Championships, Monmouth Regional HS, Tinton Falls, SASE to Isabel O'Donovan-Keeley, 31 Breakwater Sq., Freehold, NJ 07728. 732-409-7644.

June 3, 14, 17. Philadelphia Masters Meets, Swarthmore College, Pa. No PV. 3rd & 17th Weds., 6 pm-8 pm. Claude Hills, 510 E. Valley Green Rd., Flourtown, PA 19031. Tom Yunker, 610-828-4672, or Bill Krieger, 215-722-8859.

June 4-7. Empire State Senior Games, Syracuse, N.Y Marty Castle, 315-492-9654.

June 5-7. Connecticut Senior Olympics,

Southington. Will Berger, 860-621-4661. June 12-14. Massachusetts Senior Games, Springfield. Springfield College, 263 Alden St., Springfield, MA 01109-3797. 413-788-2457; fax: 788-2458.

June 12-14. New Jersey Senior Sports Classic, Fort Monmouth. John Wanat, 732-542-1326.

June 19-21. Rhode Island Senior Games, Providence. Mike Lyons, 401-431-5007.

June 20. MAC Masters Championships, St. John's U., Queens, NYC. MAC, 212-227-0071, ext. 0 (10 am-5 pm), or Roz Katz, 718-358-6233 (7-9:30 pm NY time). June 28. Garden State AC International Masters Meet, Randolph, N.J. GSAC, c/o Madeline Bost, PO Box 458, Ironia, NJ 07845. Morton Hahn, 973-625-1764.

July 1, 15, 29. Philadelphia Masters Meets, Germantown Academy, Fort Washington, Pa. Weds. eve, 6 pm-8 pm. Claude Hills, 510 E. Valley Green Rd., Flourtown, PA 19031. Tom Yunker, 610-828-4672, or Bill Krieger, 215-722-8859.

August 5 (Wed.) Philadelphia Masters Meet. Germantown Academy, Fort Washington, Pa. 6 pm-8pm. Claude Hills, 510 E. Valley Green Rd., Flourtown, PA 19031. Tom Yunker, 610-828-4672, or Bill Krieger, 215-722-8859.

August 8. Beverly Lions 2nd Annual All-Comers Age-Graded Meet, Beverly, Mass. 978-921-6150, x5466; e-mail: bevlions @aol.com.

August 16. Philadelphia Masters Championships, Germantown Academy, Fort Washington, Pa. See. Aug. 5.

September 5-6. Potomac Valley Games, Williams HS, Alexandria, Va. PVG, c/o V. Meyer, 2305 S. Buchanan St., Arlington, VA 22206.

October 25. Philadelphia Masters Runners Pentathlon, Germantown Academy, Fort Washington, Pa. 3000/800/200/1500/400; age/sex-graded. Claude Hills, 510 E. Valley Green Rd., Flourtown, PA 19031. Tom Yunker, 610-828-4672; Bill Krieger, 215-722-8859.



May 8-10. 28th Annual Southeastern U.S. Masters Meet, North Carolina State U., Raleigh. Pentathlon & Weight Pentathlon. Alex Almasy 5K & 20K RWs. SE U.S. Masters Inc., Box 590, Raleigh, NC 27602. Ray Fulghum or Dale Smith, 919-831-6640, M-F 9 am-5 pm, Eastern time. (Entry form in March issue.)

May 9. Jacksonville TC Masters Meet, Bolles School Track, Jacksonville, Fla. Field events: 4:00 pm/running events: 6:00 pm. Lamar Strother, 1511 S. McDuff Ave., Jacksonville, FL 32205; 904-388-7860, or JTC, 904-384-TRAK.

May 11-17. Ft. Lauderdale Senior Games,

Fla. Florida Sr. Games, 8 Broadway, Kissimmee, FL 34741. 407-943-7992. May 14-16. South Carolina Senior Sports Classic, Columbia. Carl Hust, 803-772-0363.

May 15-16. Mississippi Senior Olympics, Jackson. Joyce Anderson, 800-748-8514. May 27-30. Virginia Recreation and Park Society Games, Williamsburg. James Stutts, 804-730-9447.

May 29. (Fri.). Jacksonville TC 23rd Mile Festival, Bolles School Track, Jacksonville, Fla. 7:00 pm. Register at track; no entry fee. June 6. Birmingham TC Classic/Southeast Police & Fireman Championships, Birmingham, Ala. Gordon Seifert, 1514 Ridge Rd., Birmingham, AL 35209. 205-879-8031; e-mail: GESEIF@aol.com. Entry form in April National Masters News.

June 6. Nashville Striders Meet, Vanderbilt U. 615-331-0111.

June 13. USATF Southeast Regional Masters Championships, Atlanta, Ga. Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445. 561-499-3370; fax 561-495-5054.

June 27. Don Brady Memorial Masters & Open Meet, Vanderbuilt U. Nashville Striders/Nashville TC 615-331-0111. July 11. Nashville Striders Meet, Vanderbilt U. 615-331-0111.

July 25. Jacksonville TC Summer Track Classic, Bolles School Track, Jacksonville, Fla. All ages. Field events: 5:00 pm; running events: 5:15 pm. Lamar Strother, 1511 S. McDuff Ave., Jacksonville, FL 32205; 904-388-7860, or JTC, 904-384-TRAK. August 15. Nashville Striders Meet, Vanderbilt U. 615-331-0111.



May 17. North Coast Invitational Meet, Independence HS, Independence, Ohio. SASE to Norman Thomas, 9065 Gettysburg, Twinsburg, OH 44087.

June 1-6. Indiana State Senior Games, Evansville. Steve Patrow, 800-253-2188. June 6. Augustana College Masters Meet, Augustana, Ill. Fred Whiteside, 309-794-7524.

June 13. USATF Michigan Open & Masters Championships, Charlevoix. Ken or Mary Plude, 616-547-4873.

June 13. USATF Illinois Masters Championships, Wilde Field, Lisle. USATF Illinois, 630-953-2052.

June 18-21. West Virginia Senior Games, Charleston. Charles Entsminger, 304-344-1500.

June 23-27. Michigan Senior Olympics, Frankenmuth. Carrie Montcalm, 248-608-0265.

June 27. Byron Midwest Masters Meet, Byron, Ill. Byron Park District, 815-234-8435.

July 11. Masters Return To Illinois, Libertyville HS, Libertyville. Craig Dean, 847-367-6347.

July 25. USATF Midwest Regional Masters Championships, Huntington, W. Va. Tom Plummer, 27 S. Queens Court, Huntington, WV 25705. 304-523-6046; fax: 523-1662; e-mail: tptrack@aol.com. July 25. Dayton Masters TC Classic, Welcome Stadium, Dayton, Ohio. Bob Jones, Dayton Masters, 937-837-2754. August 16. Oak Forest Masters and Open Meet, Oak Forest HS, Illinois. Gerry Krainik, 708-687-2124.

September 10-13. Southwestern Illinois Regional Senior Games, Edwardsville. Cheryl Marshall, SIRSG, Inc., Campus Box 1084, Edwardsville, IL 62026. 618-692-3210; e-mail: cmarsha@siue.edu.

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

May 17. Boulder Running Festival, Boulder, Colo. 3K on track. Boulder Running Co., 303-786-9255.

May 21. Denver TC Meet, All-City Stadium. 6 pm. Jim Bogus, 303-696-0436. May 29-30. North Dakota Senior Sports Classic, Fargo. 50+. Out-of-state welcome. Jeff Heisler, Parks & Recr. Dept., PO Box 1796, Fargo, ND 58107. 701-241-1353.

May 31. USATF Minnesota Open & Masters Championships, National Sports Center, Blaine. USATF MN, 5429 Wooddale Ave., Edina, MN 55424.

June 7. Jolly Jogathon Meet, Marysville, Kansas. City of Marysville, 209 N. 8th St., Marysville, KS 66508. 913-562-5331, or Cleve Walstrom, 913-562-3021.

June 11-14. Iowa Senior Games, West Des Moines. Cheryl Michael, 515-226-2898.

June 13. USATF Mid-America Regional Masters Championships, Wichita St. U., Wichita, KS. Bill Butterworth, 314 S. Clifton, Wichita, KS 67218. 316-684-2192; fax: 316-687-9400.

June 23. Denver TC Meet, All-City Stadium. 6 pm. Jim Bogus, 303-696-0436. June 26-27. Missouri State Senior Games, Columbia. 50+. Out-of-state welcome. Jack Miles, U. of Missouri, 404 Jesse Hall, Columbia, MO 65211. 573-882-1462.

June 27-28. Star Of The North Summer Games, Brooklyn Park, Minn. Masters in 5 yr. age groups. Minn. Amateur Sports Comm., Summer Games Office: 612-493-8356; Statewide Office: 612-785-5678, or 800-756-STAR.

July 21. Denver TC Meet, All-City Stadium. 6 pm. Jim Bogus, 303-696-0436. August 18. Denver TC Meet, All-City Stadium. 6 pm. Jim Bogus, 303-696-0436. September 5-6. Rocky Mountain Masters Games, U. of Colorado, Boulder. Dave Simons, 1550 Baseline, Boulder, CO 80302; Jim Weed, 507-726-2452; Tom Wesselowski, 316-722-2586.



May 23. Waterloo Championships, Buda, Texas (s. of Austin). Jeff Brower, director, 7305 Tanbark Cove, Austin, TX 78759. 512-794-1256; e-mail: hurdle4fun@hot mail.com.



May 2. Arizona Masters Meet, McClintock HS, Tempe. Entry to USATF Arizona, Bob Flint, 8436 E. Hubbell, Scottsdale, AZ 85257. 602-949-1991; Information: Clifton McKenzie, meet director, 777-8503.

May 9. Southern California Striders Meet of Champions, Cal State Long Beach, Calif. Ross Dunton, 512 Somerset, Placentia, CA 92870. 714-524-9966; fax: 524-9992; e-mail: coachr@pacbell.net.

May 17. Allegra TC/Nevada Seniors Masters Meet, Mohave HS, Las Vegas. M&W30+. Al McDaniels, UNLV, College of Extended Studies, 4505 Maryland Parkway, Las Vegas, NV 89154-3031.

Continued from previous page

702-895-4179, or Fred Sowerby, 702-369-8171, or Joan Dimmitt, 702-242-9012.

May 23. Dan Aldrich Memorial Meet, UC-Irvine, Calif. Mac McCormick, 714-586-9942.

June 13-14. California State Senior Games Championships, Occidental College, Los Angeles. Cynthia Vaughn, 85 E. Holly St., Pasadena, CA 91103. 626-685-6754.

June 13-14. Aloha State Games, Kaiser HS, Honolulu. Jack Karbens, 735-6366. June 28. Trojan Masters Meet, USC, Los

Angeles. Russ Reabold, 626-917-6289. July 11. USATF Southern California Association Championships, Fullerton College. Ross Dunton, 512 Somerset, Placentia, CA 92870. 714-524-9966 (until 8 pm); fax: 524-9992; e-mail: coachr@ pacbell.net.

July 18-19. USATF West Regional Masters Championships, Santa Barbara CC, Calif. Robin Paulsen, 805-965-0581; 805-563-1498(h).

September 12. San Diego Senior Olympics, San Diego, Calif. All t&f events, plus 50m, two RWs, National Masters News Age-Graded 100m. SDSO Office, 619-543-9046; David Pain, 619-582-3316(h), fax: 519-582-5769; Wayne Karlson, 619-451-3942(eve).

October 3. Club West Meet, Santa Barbara CC, Calif. Beverley Lewis, 805-969-5851.

October 11. Sri Chinmoy Masters Games, Cal State Long Beach, Calif. 40+. Bigalita Egger, 310-645-0271.

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

May 23. Oregon Senior Olympics & 5 Mile Run, Silverton. 40+. Amy Castle, 6350 Cascade Hwy. N.E., Silverton, OR 97381. 503-873-8577.

June 6. Seattle Parks Dept. Masters Meet, West Seattle Stadium. Paula Petesch, 206-684-7093.

June 13-14. Portland Masters Classic/ USATF Oregon Association Championships, Mt. hood CC. Paul Stepan, 3011 NE Linden, Gresham, OR 97030. 503-666-8950.

June 18-20. Montana Senior Olympics, MSU, Missoula. 50+ Entries: Don F. Tavolacci, 465 Freedom, Billings, MT 59105; 406-252-2795, or Evelyn King, 406-542-1868.

June 25-28. Wyoming Senior Games, Riverton. WSG, PO Box BD, Riverton, WY 82501. 1-800-856-4398.

June 27-28. Hayward Masters Classic/ USATF Northwest Regional Championships, Hayward Field, U. of Oregon, Eugene. Ruth BreMiller/Frank Lulich, Co-directors, 590 W. 29th Ave., Eugene, OR 97405.

July 11-12. Oregon State Games, Mt. Hood CC, Gresham. Ron Allen, 503-520-1319.

July 17-19. Big Sky Games, Billings, Mont. 406-254-7426.

July 24-25. Seattle Masters Classic/ USATF Pacific Northwest Association Championships, West Seattle Stadium. Ken Weinbel, 206-932-3923.

August 9-22. NIKE World Masters Games (multi-sports), Portland and Eugene, Ore. M&W30+. 1-800-98-GAMES. Northwest Event Management, PO Box 10825, OR 97440. 541-687-1989;

#### fax 687-1016.

October 3-4. Octoberfest Throws & Weight Pentathlon Meet, Helena, Mont. Manuel White, 406-227-5020.

### CANADA

May 23. Kajaks Relays Masters Mile, Richmond, B.C. Kajaks Relays, 272-6081 University Blvd., Vancouver, BC V6T 1Z1 Canada. Marek Jedrzejek, 604-822-6259; fax: 822-6011.

June 13-14. Ontario Masters Championships, London, Ont. 35+. Richard Lenz, 146 Sussex Place, London, Ont. N5Y 5G9. 519-672-4017.

July 3-5. CMAA Championships, Saskatoon, Sask. Judy Warick, 106 Meglund Pl., Saskatoon, SK S7H 4Z7. 306-373-3604.

### INTERNATIONAL

May 1-2. South Africa Veteran Championships, Bloemfontein.

June 20-21. International Meet (Holland/ France/Belgium/UK), Calais, France.

July 11-12. BVAF National Championships, Spytty, Newport. Margaret Cowap, 5 Brunner Dr., Clydach, Swansea, SA6 5JY. Tel: 01792-843835.

August (date TBA). African Veterans Athletic Championships, Mauritius.

August 9-22. NIKE World Masters Games (multi-sports), Portland and Eugene, Ore. M&W30+. 1-800-98-GAMES. Northwest Event Management, PO Box 10825, Eugene, OR 97440. 541-687-1989; fax 687-1016.

September 3-5. Russian Veterans Outdoor Championships, Moscow. Vadim Marshev, 14-6 Pervomaiskaya St., Himki, Moscow Region, 141400, Russia. 7,095-535-3308; fax: 7 095-573-4150.

September 12. San Juan Annual International Masters Meet, Puerto Rico. Gilberto Gonzalez, PO Box 11074, San Juan, PR 00922. 787-765-5702; fax: 787-763-7490.

September 11-19. European Veterans Championships, Cesenatico, Italy. Dr. Maria Luisa Moriconi, Istituto di Fisica dell'Atmosfera (CNR), Area di Ricerca Tor Vergata. Tel: 39 6 49934288; fax: 39 6 49934323.

October 14-18. X Asian Veterans Athletic Championships, Okinawa, Japan. M40/ W35. June 30 deadline. Japan Masters AA, Fuji-kasai Bldg., 1-25 Kitonashinchi, Wakayama City, 640 Japan. 0734-32-0787/7416; fax: 0734-32-7416.

November 1-8. South American Veterans Championships, Porto Alegre, Brazil.

November 19-22. North & Central American & Caribbean Regional Association of WAVA (NCCWAVA) Championships, Barbados. Contact: Rex Harvey, 6744 Connecticut Colony Circle, Mentor, OH 44060. Fax: 440-954-8111; e-mail: rexjh@aol.com.

July 29-August 8, 1999. XIII World Veterans Athletics Championships, Gateshead, England.



#### May 1. (Fri.). USATF National Masters Half-Marathon Championships/Indianapolis Life 500 Festival Mini-Marathon, Indianapolis. Indy Life Circuit Race (3X points). \$10,000 masters prize money.

SASE to 500 Festival, 201 S. Capitol Ave., Suite 201, Indianapolis, IN 46225. Don Carr, 317-328-1632; 800-638-4296; fax: 317-264-5693.

May 16. Berwyn 5000, Berwyn, Ill. Indy Life Circuit Race (counts for men only). Pat Furgal, 2947 Oak Park Ave., Berwyn, IL 60402. 708-749-0606.

May 30. USATF National Masters Women's 5K Championships/Freihofer's 5K, Indy Life Circuit Race. Albany, N.Y. George Regan, 233 Fourth St., Troy, NY 12180, 518-273-0267.

June 18-20. 40th Anniversary RRCA National Convention, Peoria, III. RRCA National Office, 703-836-0558; Web site: www.ivs.org

July 18. Pacific Care Bastille Day Celebration 8K, Newport Beach, Calif. Indy Life Circuit Race. Food Distribution Center, 426 "A", W. Almond, Orange, CA 92866. 714-288-9080.

August 22. Crim 10 Mile Run, Flint, Mich. Indy Life Circuit Race. Anne Gault, 110 Mott Foundation Bldg., Flint, MI 48502. 810-235-3396.

September 7. Pacific Sun 10K, Kentfield, Calif. Indy Life Circuit Race. Kees Tuinzing, 80 Mitchell Blvd., San Rafael, CA 94903. 415-472-7223.

October 4. USATF National Masters Marathon Championships/Twin Cities Marathon, Minneapolis/St. Paul, Minn. Indy Life Circuit Race (1<sup>1</sup>/<sub>2</sub> x points). Scott Schneider, 708 N. First St., #CR-33, Minneapolis, MN 55401. 612-673-0778. October 11. USATF National Masters 5K Cross-Country Championships, Rochester, N.Y. Peter Glavin, 160 Laney Rd., Rochester, NY 14620.

October 25. USATF National Masters 8K Cross-Country Championships, Louisville, T Ky. Bob Ullrich, 1879 Douglass Blvd., Louisville, KY 40205. 502-459-6820. October 31. USATF National Masters 15K Championships, Tulsa, Okla. Indy Life Circuit Race. Jack Wing, 4038 E. 48th St., Tulsa, OK 74135. 918-292-6553.

#### EAST

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

May 3. Blue Cross Broad Street 10 Mile, Philadelphia, Pa. James Mareno, 215-563-6184.

May 3. Buffalo Marathon. BM, PO Box 652, Buffalo, NY 14202. 716-837-7223. May 3. Long Island Marathon, East Meadow. Patti Kemler, Sports Unit, Eisenhower Park, East Meadow, NY 11554. 516-572-0251.

May 3. Pittsburgh Marathon. Larry Grollman, UPMC/Pittsburgh Marathon, 200 Lothrop St., Pittsburgh, PA 15213. 412-647-7866.

May 10. NYRRC Women's 5K, Central Park. NYRRC, 9 E. 89th St., NY, NY 10128. 212-860-4455.

May 17. Midland Run 15K, Far Hills, N.J. Mark Zamek, PO Box 5026, North Branch, NY 08876. 908-722-7903.

May 24. Vermont City Marathon, Burlington. VCM, PO Box 152, Burlington, VT 05402-0152. 802-863-8412.

May 24. Tom Bugliosi Trail Runs, Virgil, N.Y. Joe Reynolds, 607-387-6281. May 24. Lakewood School 5 Mile,

Lakewood, N.J. 732-905-3685. June 6. NYRRC Women's Mini-Marathon

10K, Central Park, NYRRC, 9 E. 89th St.,

NY. NY 10128. 212-860-4455.

June 7. Fairfield Half-Marathon, Fairfield, Conn. John Bysiewicz, JB Sports, 2 Buena Vista Blvd., Branford, CT 06405. 203-481-5933.

June 7. Orange Classic 10K, Middletown, N.Y. Orange Classic, Times Herald Record, 40 Mulberry St., Middletown, NY 10940. 914-343-2181, x1200.

June 13. NYRRC PowerBar 8 Flavor 8K, Central Park. See June 6.

June 20. Mt. Washington 7.6 Mile, Gorham, N.H. Bob Teschek, c/o Granite State Race Services, PO Box 990, Newport, NH 03773. 603-863-2537.

June 21. NYRRC Father's Day 4 Miler, Central Park. See June 13.

July 5. Fitchburg Half-Marathon & 3 Mile Racewalk, Fitchburg, Mass. Ken Robichaud, PO Box 173, Brookline, MA 03033.

July 12. Utica Boilermaker 15K. Earle Reed, PO Box 4729, Utica, NY 13504. 315-797-1310; fax 797-3762.

July 18. Subaru Buffalo 4 Mile Chase. Masters money. James Nowicki, 47 Windsor Ave., Buffalo, NY 14209. 716-881-1652; fax 716-884-9669.

July 18. Long Island Women's 5K, Farmingdale, N.Y. Mike Polansky, 101-24 Dupont St., Plainview, NY 11803. 516-349-7646; fax 349-7647.

August 1. Beach To Beacon 10K, Cape Elizabeth, Me. BTB 10K, c/o Marketing Dept., PO Box 9540, Portland, ME 04112-9540. 888-480-6940.

August 8. George Sheehan 5 Mile, Red Bank, N.J. John Haulenbeek, PO Box 2087, Ocean Township, NJ 07712. 908-974-8457. August 16. Falmouth 7.1 Mile. FRR, PO Box 732, Falmouth, MA 02541. 508-540-7000.

August 30. Annapolis 10 Mile. Annapolis Striders, PO Box 187, Annapolis, MD 21404. 410-268-1165.

September 7. New Haven 20K, New Haven, Conn. John Bysiewicz, JB Sports, 2 Buena Vista Rd., Branford, CT 06405. 203-481-5933.

September 13. Eriesistible Marathon, Erie, Pa. EM, PO Box 8311, Erie, PA 16505. 814-452-1023.

September 19. Great Cow Harbor 10K, Northport, N.Y. Rich Boziwick, PO Box 41, Northport, NY 11768. 516-754-5064.

September 20. Harvard Pilgrim 5K, Providence, R.I. Nancy Cerrone, c/o Public Affairs, HPHC/NE, One Hoppin St., Providence, RI 02903. 401-331-4034, x43369.

September 26. Donald J. Trump Fifth Avenue Mile, NYC. NYRRC, 9 E. 89th St., NY, NY 10128. 212-423-2239.

September 27. The Great Race 10K, Pittsburgh. Mike Radley, 400 City-County Blvd., Rm 459, Pittsburgh, PA 15219, 412-255-2493.

September 27. Philadelphia Half-Marathon. SASE to PDR, Box 43111, Philadelphia, PA 19129. 215-864-8225.

October 10. Greater Hartford Marathon/ Half Marathon/5K. Hartford Marathon Inc., 221 Main St., Hartford, CT 06106. 860-525-8200; fax: 860-724-7317.

October 25. Philadelphia Masters 5K Cross-Country, Germantown Academy, Fort Washington, Pa. Claude Hills, 510 E. Valley Green Rd., Flourtown, PA 19031. Tom Yunker, 610-828-4672, or Bill Krieger, 215-722-8859.

October 25. Marine Corps Marathon, Washington, D.C. MCM, PO Box 188, Quantico, VA 22134. 800-RUN-USMC; Continued on next page fax: 703-784-2265.

November 1. New York City Marathon. NYRRC, 9 E. 89th St., NY, NY 10128. 212-423-2239.

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

May 9. Gumtree 10K, Tupelo. Johnny Dye, 1007 Chester Ave., Tupelo, MS 38801. 601-842-2039.

May 9. Riverside Rehab 5K By The Bay, Newport News, Va. Kris Nunn, 757-928-8130, or Peninsula TC, 757-868-3975.

May 23. News-Sentinel Expo 10,000, Knoxville, Tenn. Knoxville TC, 3530 Talahi Dr., Knoxville, TN 37919. 423-673-8020. www.ktc.org.

May 25. Cotton Row 10K, Huntsville, Ala. Lawrence Hills, 600 Ward Ave., Huntsville, AL 35801. 205-533-4757.

July 4. Peachtree 10K, Atlanta. Expect 55,000 runners. Peachtree '98, Atlanta TC, 3097 E. Shadowlawn Ave., Atlanta, GA 30305, 404-231-9065.

September 7. U.S. 10K Classic, Atlanta, Ga. Masters money. Corporate Sports, 6400 Highlands Parkway, Suite C, Symrna, GA 30082. 770-431-0100.

September 26. Virginia 10 Mile, Lynchburg. Chris Ellis, Chamber of Commerce, PO Box 2027, Lynchburg, VA 24501. 804-845-5966.

October 17. First Of America Running Festival 10 Mile, St. Petersburg, Fla. Masters money. Steve Edwards, 131-92nd Ave., Treasure Island, FL 33706. 813-363-7866; fax: 813-360-9710.

### MIDWEST

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

May 3. Cleveland Marathon, Cleveland, Ohio. CVS CM, PO Box 550, Twinsburg, OH 44087. 800-467-38926; 216-487-1402. May 9. Old Kent River Run 25K, Grand Rapids. OKRR, PO Box 2194, Grand Rapids, MI 49501. 616-771-1590.

May 9. Race For The Cure Women's 5K, Peoria, III. Race For The Cure, PO Box 9695, Peoria, IL 61612. 309-691-6906.

May 23. Big Boy Classic 20K, Wheeling. W. Va. Hugh Stobbs, PO Box 808, Wheeling, WV 26003. 304-242-7322.

May 24. Madison Marathon. MM, PO Box 5088, Madison, WI 53705-5088. 608-256-9922; fax: 508-241-2591.

May 25. Great Race XVIII 10K & Half-Marathon, Elkhart. Ron Schmanske, 421 S. 2nd St., Elkhart, IN 46516. 219-296-5862; fax: 219-293-8324.

June 14. Park Of Roses Marathon, Columbus, Ohio. Denny Fryman, 7581 Glenhurst Dr., Dayton, OH 45414. 937-898-7015.

June 20. Steamboat Classic 4 Mile, Peoria, Ill. Running Central, 700 W. Main St., Peoria, IL 61606. 309-676-6378.

August 8. State Street Mile/USATF Illinois Championships, Rockford, Ill. Runners Image, 815-963-2171.

August 22. Parkersburg Half-Marathon/ USATF M & W Open National Championships, Parkersburg, W. Va. Masters money, 304-424-2786.

August 23. Abes Amble 10K/USATF Illinois Championships, Springfield, Ill. Jon Hartnett, 217-787-4400. MID-AMERICA Colorado, Iowa, Kansas, Minnesota, Missouri, New Mexico, N. Dakota, Nebraska, S. Dakota

May 3. Lincoln Marathon. Race Director, 5309 S. 62nd St., Lincoln NE 68516. 402-423-7223

May 3. Run For The Zoo 5K, Albuquerque. RFTZ, 1320 Iron SW, Albuquerque, NM 87104, 505-764-6280.

May 9. River Run 10K, Wichita. Clark Ensz, 2451 Winstead Cir., Wichita, KS 67228. 316-636-1266.

May 9. Avon Women's 10K, Denver, Colo. Avon Running, 27th Flr., 1345 Avenue of the Americas, NY, NY 10105-0196. 212-282-6034.

May 24. Med-City Marathon, Rochester, Minn. M-CM, 1417 14th Ave. NE., Rochester, MN 55906. 507-282-1411. May 25. Bolder Boulder 10K. BB 10K, PO

Box 9125, Boulder, CO 80301. 303-444-RACE.

May 31. Hospital Hill Half-Marathon, Kansas City, Mo. HH Run, Crown Ctr., 2405 Grand Ave., Ste. 200, Kansas City, MO 64108. 816-274-8259.

June 6. Dam To Dam 20K, Des Moines. Masters money. Bill Wallace, 5004 Country Club Blvd., Des Moines, IA 50312, 515-279-6072; fax: 515-243-0516.

June 20. Grandma's Marathon, Duluth, Minn. GM, PO Box 16234, Duluth, MN 55816. 218-727-0947.

July 5. Fair St. Louis 10K. Masters money. Tom Eckelman, St. Louis TC, 2385 Hampton Ave., Ste. 101, St. Louis, MO 63139. 314-781-3926(d).

July 25. Bix 7-Mile, Davenport, Iowa. Ed Froelich, 2685 E. Kimberly Rd., Bettendorf, IA 52772. 319-359-9197.

August 16. Pikes Peak Marathon, Manitou Springs, Colo. PPM, PO Box 38235, Colorado Springs, CO 80937. 719-473-2625.

September 7. Heart Of America Marathon, Columbia, Mo. Joe Duncan, Columbia TC, PO Box 1872, Columbia, MO 65205. 573-445-2684.

#### SOUTHWEST Arkansas, Louisiana, Mississippi, Oklahoma, Texas

May 9. Avon Women's 10K, Dallas, Texas. Avon Running, 27th Flr., 1345 Avenue of the Americas, NY, NY 10105-0196. 212-282-6034.

May 23. Bristow Wildflower 5K. Masters & age-graded money. Dr. Chip Cooper, Rt. 1, Box 109, Bristow, OK 74010. 918-367-6631; fax: 918-367-1074.

October 17. Alamo 10,000, San Antonio, Tex. Masters money. Carl Owens, Director, PO Box 500324, San Antonio, TX 78280. 210-543-0444; fax: 543-0445.

### WEST Arizona, California, Hawaii, Nevada

May 3. Avenue of the Giants Marathon & 10K, Weott, Calif. SASE to Six Rivers RC, 281 Hidden Valley Rd., Bayside, CA 95524.

May 9. Revlon 5K Run/Walk For Women, Century City, Calif. Judy Davis, Davis & Associates, 1132 Ventura Blvd., Suite 414, Studio City, CA 91604. 818-752-4233. May 9. Southern California Hillsea 7.57

Mile Race, Huntington Beach. SASE to Finish Line, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417.

May 17. Bay To Breakers 12K, San Francisco. BTB, PO Box 429200, San Francisco, CA 94142. 415-808-5000, x2222.

May 23. Mt. Wilson Trail Race (8.6 miles), Sierra Madre, Calif. Mt. Wilson Race, 232 W. Sierra Madre Blvd., Sierra Madre, CA 91024. 626-355-5278.

May 24. Strawberry Stampede 5K & 10K, Arroyo Grande, Calif. 805-489-4157.

May 30. Avon Women's 10K, Sacramento, Calif. Avon Running, 27th Flr., 1345 Avenue of the Americas, NY, NY 10105-0196. Fax: 212-282-6034.

June 6. Palos Verdes Marathon, Palos Verdes (Los Angeles suburb), Calif. W2 Promotions, 1666 Ashland Ave., Santa Monica, CA 90405. 310-828-4123.

June 6. Fontana Days Half-Marathon & 5K. Don Day Community Ctr., 14501 Live Oak Ave., Fontana, CA 92337. 909-428-8383; 428-8385.

June 21. Rock 'N' Roll Marathon, San Diego. Limited to 12,000. Elite Racing, 10509 Vista Sorrento Pkwy., Ste. 102, San Diego, CA 92121. 619-450-6510.

June 27-28. Western States 100 Mile Endurance Run, Squaw Valley, Calif. Norm Klein, 11139 Mace River Ct., Rancho Cordova, CA 95670. 916-683-1161.

July 12. San Francisco Marathon. SFM, c/o 120 Pondersoa Ct., Folsom, CA 95630. 916-983-4622.

July 26. Wharf to Wharf 6 Mile, Santa Cruz, Calif. Kirby Nicol, PO Box 307, Capitola, CA 95010. 408-475-2196.

August 16. America's Finest City Half-Marathon, San Diego. Neil Finn, PO Box 3879, San Diego, CA 92163. 619-297-3901.

August 30. Silver State Marathon, Reno, Nev. Ski Pisarski, SSM, 2358 Camelot Way, Reno, NV 89509. 702-849-0419.



May 3. Lilac Bloomsday 12K, Spokane. Bloomsday, PO Box 1511, Spokane, WA 99210-1511. 509-838-1579; fax: 838-2922. May 3. McDonald Forest 50K Ultramarathon, Peavy Arboretum (5 miles north of Corvallis), Ore. Clem LaCava, 541-758-8124(eve); 541-737-2373(days); e-mail: lacavacl@ccmail.orst.edu.

May 17. Capital City Marathon, Olympia. CCM, PO Box 1681, Olympia, WA 98507. 360-786-1786.

May 24. Wyoming Marathon, Laramie. Brent Weigner, c/o Cheyenne TC, 402 W. 31st St., Cheyenne, WY 82001. 307-635-3316; fax: 635-5297.

May 30. Salt Lake City 10K, Greg Reid, 1965 W. 500 South, Salt Lake City, UT 84104. 801-274-8259.

June 6. Governor's Cup Marathon, Helena, Mont. GC Festival, PO Box 451, Helena, MT 59624. 406-447-3414.

June 13. Sound To Narrows 12K, Tacoma, Wash. The News Tribune, PO Box 11000, Tacoma, WA 98411. 206-597-8566; 800-750-7223.

June 27. Magna Classic 10K, Magna, Utah. Masters money. Demetrio Cabanillas, 694 W. Jenny Sue Ct., Murray, UT 84123. 801-288-9555.

June 27. Wyoming Governor's Cup 5K/USATF Wyoming Championships, Lander. Marty Higginbotham, 385 Mt. Arter, Lander, WY 82520. 307-332-2282. July 25. Rose City 50 Mile & 75 Mile Relays, Portland, Ore. AA Sports Limited, 4840 SW Western Ave., Ste 400, Beaverton, OR 97005. 503-644-6822; fax: 503-520-0242.

July 26. Avon Women's 10K, Portland, Ore. Avon Running, 27th Flr., 1345 Avenue of the Americas, NY, NY 10105-0196. Fax: 212-282-6034.

August 28-29. Hood To Coast Relay, Mt. Hood to Seaside, Ore. 195 miles. Also shorter Portland To Coast Run Relay & Walk Relay. SASE to HTC Relay, 5319 SW Westgate Dr., Suite 262, Portland, OR 97221. 503-292-4626; fax: 292-4113.

### INTERNATIONAL

May 10. BVAF 10 Mile Championships, Leyland. Ron McAndrew, 2 Rowan Croft, Clayton le Woods, Chorley, Lancs PR6 7UX, England.

June 28. 25th International Veterans Grand Prix 10K & 25K, Brugge, Belgium. Jacques Serruys, Korte Zilverstraat 5, 8000 Brugge, Belgium. 00-329(0)50 34 17 81; fax: 00-32(0) 50 33 25.

November 1. Athens Marathon, Greece. Athens Marathon, c/o Apostolos Greek Tours, 3145 So. Akron St., Denver, CO 80231. 303-755-2888. http://www.ruralnet.net/~apostolo

### RACEWALKING

May 2. Howard Wood Dakota Relays 5K Racewalk, Sioux Falls, S. Dak. Glen Peterson, 605-336-6715.

May 3. USATF National Masters Men's 30K & Women's 20K Championships, Albany, N.Y. George Regan, USATF Adirondack, 233 Fourth St., Troy, NY 12180. 518-273-5552.

May 4. BVAF 50K Championships, Burrator, Devon, England.

May 24. USATF National Masters 15K Championships, Elk Grove, Ill. Diane Graham-Henry, USATF Illinois, PO Box 7019, Villa Park, IL 60181. 630-953-2052. May 24. MAC & Open 20K Championships, Central Park, NYC. O/M. Stella Cashman, Park RWers, USA, 320 E. 83rd St., Box 18, NYC 10028. Tel/fax: 212-628-1317.

May 24. Art Keay 10K Racewalk, Toronto, Canada. Ontario Racewalkers, 676 Balliol St., Toronto, Ontario, Canada M4S 1E7. Joan Sutherland, 416-489-0561.

May 24. Sanford Kalb 9 Mile Walk Race, Lakewood, N.J. 732-905-3685.

June 28. MAC & Open 15K Championships, Central Park, NYC. O/M. Stella Cashman, Park RWers, USA, 320 E. 83rd St., Box 18, NYC 10028. Tel/fax: 212-628-1317.

July 11. USATF National Masters Men's 10K Championships, Niagara, N.Y. Dave Lawrence, 94 Harding Ave., Kenmore, NY 14217. 716-875-6361.

July 31. USATF National Masters 5000 (track) Championships, Orono, Me. See National T&F.

August 2. USATF National Masters Men's 20K & Women's 10K Championships, Orono, Me. See National T&F.

September 12. USATF National Masters 5K Championships, Kingsport, Tenn. Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37660. 423-229-4364.

September 13. USATF National Masters 40K Championships, Ft. Monmouth, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. 732-222-9080.

October 4. USATF National Masters One-Hour & Two-Hour Championships, Worcester, Mass. USATF New England, PO Box 1905, Brookline, MA 02146. 617-566-7600.

#### National Masters News

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

M30-34 Bob McVicker	Triple Jump	44-2	6-8-96	M60-64 Don Truex	1500 5000	5:03.00 18:37.91	6-8-97 8-7,10-97	W50-54 Jo Ann Owen	50K Racewalk	6:05	3-15-98
M40-44 Bob Blackburn	Triple Jump Long Jump	11.52 5.99	2-15-98	M65-69 Dick Petruzzi	8K Racewalk 5K Racewalk	46:01 28:29	2-22-98 3-21-98	W55-59 Suzy Hess	16# Weight 25# Weight	23-02 16-09 3/4	3-27.29-98 3-27,29-98
Bob Schneider M45-49	Mile Bassmills	4:52.0	1-21-98 3-22-98	Grant Twitchell	3K Racewalk 100	16:12.40 20.14	3-29-98 8-7,10-97	<u>W60-64</u> Sami Bailey	1500 Racewalk 15K Racewalk	9:05.10 1:42:39 18:34.99	2-15-97 5-18-97 3-7-98
Stanley Sosnowski	Mile Racewalk	57.7	3-22-98	M70-74 Darrell Stewart	3K Racewalk	17:13.37	4-5-98	<u>W65-69</u>	3K Racewalk		1-9-98
Jess Brewer Bernie Candy	10K	37:38	4-4-98	atta the	林树		- aut	Joan Burguess	High Jump	3-03.25	1-9-90

The All American tables have been changed to reflect current marks set by athletes all over the nation. The changes were made by the All American Standards Committee; however, the old tables may be used for one year until people have adjusted to the newer version. This was not done to make it more difficult for the athlete, but to make it more equitable after analyzing all the data. All American Standards Committee

U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN <u>30-34</u> 13.8 40-44 14.4 Event 35-39 45-49 50-54 55-59 65-69 70-74 75-79 100 15.0 18.6 39.0 84.0 22.0 48.0 98.0 14.1 15.5 16.4 16.8 19.8 200 400 28.0 28.8 65.5 30.0 31.6 33.0 78.6 35.0 80.0 37.0 83.0 42.0 86.0 2:33 5:10 2:40 5:30 2:54 6:00 3:10 6:20 3:20 6:45 3:36 7:30 3:56 8:00 4:30 8:50 800 2:35 2:46 1500 5:40 5:20 Mile 5000 10000 7:00 24:50 7:40 26:00 8:10 28:00 9:40 34:00 5:40 5:50 6:10 6:30 6:50 8:50 19:45 20:15 21:00 22:00 23:30 30:00 41:30 42:40 44:00 48:00 50:00 52:00 56:00 60:00 66:00 76:00 100H 17.2 18.2 80H 15.0 15.8 16.5 17.6 18.7 20.2 22.2 25.0 400H 84.0 75.0 79.0 88.0 87.0 0.97 300H 66.0 72.0 79.0 110.0 96.0 66.0 1.12 3-8 1.50 4-11 3.40 11-1<sup>3</sup>/<sub>4</sub> 7.01 23-0 0.00 1.02 3-4 1.10 3-7<sup>2</sup>/<sub>4</sub> 3.10 HJ 1.27 1.07 0.92 1.40 1.22 0.89 1.22 4-0 1.80 5-10<sup>3</sup>/<sub>4</sub> 3.81 12-6 7.49 24-7 8.40 27-8<sup>3</sup>/<sub>4</sub> 4-2 2.10 3-6 3-2% 2-11 0.80 3-0% 4-7 4-5% PV 2.70 2.40 0.90 6-7 4.04 13-3 8.43 27-8 8.51 3-3'/4 2.60 8-6'/4 6.00 2-7% 8-10% 7-10% 3-11% 2-11% 4.60 4.42 3.20 2.30 IJ 10-2 6.20 20-4'/4 7.50 24-7'/4 10-6 6.40 21-0 7.77 25-6 7-6% 15-1 14-6 6-10% 9.09 29-10 9.32 30-7 4.50 14-9 5.20 17-3/4 9.50 TJ 19-8<sup>1</sup>/<sub>4</sub> 6.60 21-8 18-1/2 6.00 31-2 8.00 26-3 Shot 10.30 33-9% 27-11 19-8% 35.00 114-10 33.50 109-11 30.00 28.00 91-10 25.00 25.00 82-0 24.00 23.00 75-5<sup>1</sup>/<sub>3</sub> 22.00 22.15 72-8 21.00 20.00 65-7'/s 18.00 17.00 16.00 52-6 15.00 Javelin 16.00 52-6 18.00 14.00 45-0 14.00 Discus 32.00 13.00 82-0 30.00 98-5 8.00 98-5 32.50 106-7 78-9 25.00 72-3'/4 23.00 75-5'/2 69-0 22.00 59-3/4 21.00 42-8 105-0 lamme 114-10 82-0 72-2% 68-0 59-1 46-0 39-4% 20#Wt 10.00 9.00 7.01 26-3 23-0 32-9% 29-61/2 5.54 18-2 16#Wt 8.00 7.01 6.00 5.18 5.00 19-8% 26-3 23-0 17-0 16-5 Sup.Wt. 6.50 6.00 5.50 5.00 5.25 5.00 4.75 4.50 4.00 3.50 21-4 19-8% 18-2% 16-5 17-2% 16-5 15-7 14-9% 13-1% 11-5% Wt Pent 2600 2500 2500 2500 2800 2600 2600 2500 2500 2400 100 standards i Short hurdles: Shot put: Javelin: Hammer: Metric heights a Superweight: 1) 2) 3) 4) 5) 6) 7) 30-49: 30-49: 30-49: 30-49: 30-49: 40+: 50+: 50+: 33"; 4k; 600gm; 4k; 30" , 3k 400gm distance 30-49: s are the and inches listed for convenience 35-Ib 50+: 25-Ib

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

NAME	AGE-GRO	UP
ADDRESS	S	EX: MF
CITY	STA	
MEET	DATE	OF MEET
MEET SITE	and the start of the	the second s
EVENT	MARK	
	WEIGHT OF IM	and the second sec
	РАТСН	

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

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

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

4. Send to: All-American, *National Masters News*, P.O. Box 50098, Eugene OR 97405. 5. A 3-color, 8" by 10" certificate, suitable for framing, and/or a 3-color, 3" by 4" patch will be mailed to you within six weeks. Allow eight weeks for a patch tag.

		30-34	35-39	40-44	45-49	FO	R MEN 55-59	4	65-69	70-74	75-79	80-84	
Eve		10.95	11.3	11.5	11.9	12.2	12.6	13.2	13.8	14.6	16.0	18.0	23
20		22.4	23.2	23.8	24.6	25.5	27.0	27.7	29.5	32.0	35.0	40.2	52
40	00	51.5	52.5	53.8	56.0	57.5	62.0	65.0	69.0	75.0	88.0	98.0	
80		2:02	2:04	2:06	2:11	2:16	2:25	2:35	2:45	3:06	3:35	3:55	4:3
150		4:16	4:18	4:20	4:32	4:40	5:02	5:20	5:45	6:30	7:20	8:10	9:2
Mil		4:35	4:40	4:55	5:00	5:10	5:30	5:55	6:15	6:55	7:50	8:45 29:00	
500 1000		15:45 32:30	16:00 32:50	16:15 33:30	16:45 36:00	17:30 38:00	18:25 39:00	40:30	21:00 44:00	23:30 48:30	26:00 54:30	61:15	
110		15.4	16.5	17.8	18.8	30.00	39.00	40.30	44.00	40.30	54.50	01.15	00.
100		10.4	10.0			18.0	19.0	20.0	21.0				
80	H							11-25,2-2	and a start	18.0	21.0	25.0	30
400	H	58.0	60.0	62.0	64.0	68.0	71.0						
300						48.0	51.0	55.0	60.0	67.0	75.0	85.0	95
3K-SC		10:10	10:30	11:45	12:40	13:30	14:00				stabil -	1	
2K-SC								9:30	10:30	12:00	14:00	16:30	
H	1	1.90	1.85	1.76	1.68	1.60	1.50	1.45	1.38	1.25	1.15	1.00	0.8
-		6-2%	6-3/4	5-9%	5-6	5-3	4-11	4-9	4-6	4-1%	3-9%	3-3%	2-7
P\		4.40	4.10	3.95	3.70	3.55	3.05	2.70	2.40	2.30	2.00	1.80	1.
L		6.50	13-5% 1	5.85	12-1%	11-7%	4.90	8-101/4	8-4'/4	7-61/2	6-6 <sup>3</sup> /4 3.35	5-10%	4-3
17.14	1	21-4	20-1/4	19-21/2	18-41/2	5.40		4.50	4.20	3.80	3.35	2.85	7-2
T	a l	13.20	12.60	11.50	10.80	10.40	9.50	8.90	8.20	6.96	6.50	5.94	5.
1.5		43-3%	41-4%	37-8%	35-5%	34-1%		29-2%	26-11	22-10	21-4	19-6	18
Sho		14.50	14.02	13.41	12.62	13.10	12.00	12.80	11.50	11.00	9.00	8.00	6.
		47-7	46-0	44-0	41-5	43-1	39-4	42-0	37-8%	36-1%	29-6	26-3	19-8
Discu	81	44.80	42.80	39.50	37.50	42.00	41.00	42.00	39.00	34.00	26.00	22.00	
26.1.2.	1	147-0	140-5	129-7	123-0	137-9	134-6	137-9	127-11	111-6	98-5	72-21/4	50
lamme	er	47.24	44.20	40.00	39.00	39.00	36.00	36.00	32.00	30.00	24.00	20.00	
Invall	-	155-0	145-0		127-11 47.00	127-11	118-1	118-1	105-0	98-5	78-9	65-71/2	56
Javeli		203-5	56.00 183-9	48.76	47.00	43.00	41.00	39.00 127-11	35.00	31.00 101-8	24.00 78-9	19.00 52-4	14.0
35#W		15.00	14.00	13.00	12.00	10.00	9.00	12/-11	114-10	6.00	5.00	4.00	3.0
		49-21/2		42-8	39-4%	32-9%				19-8%	16-5	13-1%	9-1
25#W					124211	1400		11.50	10.00	9.00	7.30	5.30	4.
								37-6%	32-9%	29-61/2	23-11%	17-4%	14-9
56#W	t.	9.50	9.00	8.50	8.00	6.00	5.00	4.50	4.00	3.50	3.00	2.50	2.0
		31-2	29-6%	27-10%	26-5	19-8%	16-5	14-9	13-1%	11-5%	9-10	8-21/2	6-6
Pen		2800	2600	2600	2400	2600	2600	2600	2600	2600	2600	2600	260
Decati		5500	5250	5250	5000	5200	5000	4500	5000	4800	4200	3000	25
t. Pen		2800	2700	2800	3000	3000	3000	3000	3000	2600	2700	3000	30
lotes:	1) 2)	100 sta Short h		30-49:	39";		andard ( 50-59:		on for han 60-69: 3		0+: 30"	1. 7.1	
	3)	Long h		30-49:	36";		50-59:			0" "	. 30		
	4)	Shot pu		30-49:	7.26k (1	(6#);	50-59:	6k;			0+: 4k		
	5)	Discus		30-49: 30-49:	2kg; 7.26k (1		50-59: 50-59:	1.5kg; 6k;		.0kg	0+: 4k		
		Javelin		30-59:	800g;		60+:	600g	60-69: 5	· ·	U+: 4K		
	6) 7)		halabba a				rd; feet a	nd Inche	s listed fo		ence.		
	7) 8)	Metric						toring (n	ew WAVA)	The second second			
	7)	Metric	c/Wt.Pen:			ts.; 40+ V	VAVA fac		-				3.
	7) 8) 9)	Metric Pen/De	c/Wt.Pen:	: 30-39	IAAF p	STAND	ARDS		ELLENCE	_	ACEWALI	KERS	1.50
	7) 8) 9)	Metric Pen/De	STERS	: 30-39 ALL AMI	IAAF p	STAND		OF EXC		_			50
	7) 8) 9) U 1.5M 7:13	Metric Pen/De S. MA Mile 3 7:47	STERS A	30-39 ALL AMI 5K 25:38	ERICAN 8K 42:04	STAND 10K 52:43	ARDS	OF EXC	20K 2:06 2:2	FOR R. 25K 4:43 2:5	30K 59:15 4:0	40K 8:45 5	:37::
W35	7) 8) 9) 1.5M 7:13 7:22	Metric Pen/De S. MA Mile 3 7:47 2 8:03	STERS / 3K 14:50 15:18	30-39 ALL AMI 5K 25:38 26:27	ERICAN 8K 42:04 43:11	STAND 10K 52:43 53:56	ARDS	OF EXC 56 1:5	20K 2:06 2:2 3:32 2:2	25K 4:43 2:5 6:51 3:0	30K 59:15 4:0	40K 8:45 5 2:21 5	:37:
W35	7) 8) 9) 1.5M 7:13 7:22 7:22	Metric Pen/De .S. MA Mile 3 7:47 2 8:03 7 9:21	STERS / 3K 14:50 15:18	5K 25:38 26:27	ERICAN 8K 42:04 43:11	STAND 10K 52:43 53:56	ARDS VOMEN 1:21: 5 1:23:	OF EXC 56 1:5 29 1:5	20K 2:06 2:2 3:32 2:2	25K 4:43 2:5 6:51 3:0	30K 59:15 4:0 01:53 4:1	40K 8:45 5 2:21 5	:37:3
W35	7) 8) 9) 1.5M 7:13 7:22 7:22	Metric Pen/De .S. MA Mile 3 7:47 2 8:03 7 9:21	STERS / 3K 14:50 15:18	5K 25:38 26:27	ERICAN 8K 42:04 43:11	STAND 10K 52:43 53:56	ARDS VOMEN 1:21: 5 1:23:	OF EXC 56 1:5 29 1:5	20K 2:06 2:2 3:32 2:2	25K 4:43 2:5 6:51 3:0	30K 59:15 4:0 01:53 4:1	40K 8:45 5 2:21 5	:37:3
W35	7) 8) 9) 1.5M 7:13 7:22 7:22	Metric Pen/De .S. MA Mile 3 7:47 2 8:03 7 9:21	STERS / 3K 14:50 15:18	5K 25:38 26:27	ERICAN 8K 42:04 43:11	STAND 10K 52:43 53:56	ARDS VOMEN 1:21: 5 1:23:	OF EXC 56 1:5 29 1:5	20K 2:06 2:2 3:32 2:2	25K 4:43 2:5 6:51 3:0	30K 59:15 4:0 01:53 4:1	40K 8:45 5 2:21 5	:42:2
W35	7) 8) 9) 1.5M 7:13 7:22 7:22	Metric Pen/De .S. MA Mile 3 7:47 2 8:03 7 9:21	STERS / 3K 14:50 15:18	5K 25:38 26:27	ERICAN 8K 42:04 43:11	STAND 10K 52:43 53:56	ARDS VOMEN 1:21: 5 1:23:	OF EXC 56 1:5 29 1:5	20K 2:06 2:2 3:32 2:2	25K 4:43 2:5 6:51 3:0	30K 59:15 4:0 01:53 4:1	40K 8:45 5 2:21 5	:37:3
W35 W40 W45 W50 W55 W60	7) 8) 9) 1.5k 7:13 7:22 7:33 8:03 8:25 9:1	Metric Pen/De S. MA Mile 3 7:47 2 8:03 7 8:21 3 8:41 5 9:05 5 9:31 7 10:01	STERS 3K 14:50 15:18 15:53 16:32 17:15 18:05 19:01	: 30-39 ALL AMI 5K 25:38 26:27 27:26 28:33 29:49 31:14 32:51	ERICAN 8K 42:04 43:11 44:47 46:35 48:36 50:54 53:32	STAND 10K 52:43 53:56 55:56 58:10 1:00:41 1:03:33 1:06:50	ARDS VOMEN 1:21: 5 1:23: 5 1:26: 0 1:30: 1:34: 8 1:38: 0 1:43:	OF EXC 56 1:5 29 1:5 37 1:5 08 2:0 08 2:0 40 2:1 51 2:2	20K 2:06 2:2 3:32 2:2 8:06 2:3 3:00 2:3 8:30 2:4 4:48 2:5 1:54 3:0	EFOR R. 25K 4:43 2:5 6:51 3:0 2:33 3:0 8:56 3:1 6:11 3:1 4:26 3:3 3:54 3:1	30K 59:15 4:0 01:53 4:1 08:56 4:2 17:00 4:3 26:08 4:4 36:33 5:0 48:29 5:1	40K 8:45 5 2:21 5 2:13 5 3:31 6 6:23 6 1:03 6 7:54 7	:37:: :42: :55: :11: :29: :49:
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### National Masters News

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	John Roberts Daniel Taylor Bill Cheadle John Billingsley	44	KY	7.95	5 Ric	hard iny Li	Lech*	50	CAN	7.70
	Ken Castro Joseph Hehn	42	RI	8.00	7 Edu	ard J		53		7.83
	Dennis Nelson Joseph Natlie	42	ND		1 Ste 2 Tim	bhen Butt	Robbins S	55	MI	7.72
	M40 -60m- Val Barnwell			7.20	4 Fra	hard ink Bo	nham	55	MI	8.16
	Ben James Thomas Jones Val Grose +	44	MD	7.25	6 Emi	l Paw	lik	59	MS	8.21 8.21 8.38
	Val Grose * Chuck Hunter Steve Coenen	42	GA		8 Lar 9 Mar	TY AT	churr mstrong nnefoi	56	AZ	8.48
	Michael McPherson John Roberts		VA	7.68	0 Ed 1 Dou	Taft	Geertgen	57 55	NY NY	8.57
	M45 -60m PRELIMS- Ed Gonera	45	NY	7.44	2 Ger	e Bal	ard hweizer	55	CT	8.61
	Bill Collins Willard Thompson Zeek Zlobicki	47	TX	7.75	4 Ker	Mose	5	55	NY	8.75

National Maste	13 Mews	
M55 -60m- 1 Stephen Robbins	55 WA 7.67	2 Ket 3 Ben
2 Tim Butts	55 MI 8.06	4 Ben 5 Ant
4 Richard Jones	56 LA 8.14 55 NY 8.17 55 MI 8.32	M40
6 Avital Schurr	56 KY 8 40	1 Ben 2 Tho
7 Larry Armstrong M60 -60m PRELIMS-	56 AZ 9.18	3 Arc 4 Ste
1 Harold Tolson	60 CA 7.85	5 Ken 5 Val
3 Wayne Bennett	61 TX 8.29	7 Chu
4 Dick Camp 5 Dr. Bill Wright		8 Ron 9 Pau
7 Roosevelt Weaver	60 OK 8.66	0 Mic 1 Chr
8 Alexander Johnson	64 NJ 8.47	2 Nei
8 Alexander Johnson 9 Alan Brevik 9 Fred Biederman 1 Kallukkat Thomas 2 James Ottaway	63 SD 8.66 62 MN 8.66	9 Pau 0 Mic 1 Chr 2 Nei 3 Bil 4 Lar 4 Lar 6 Mar 7 Ken 8 Gree
1 Kallukkat Thomas 2 James Ottaway	61 PA 8.92 60 NY 9.35	6 Mar
- Edward Mezzapelle M60 -60m-	60 NH DNF	7 Ken 8 Gre
1 Harold Tolson	60 CA 7.75	9 Bar - Kei
3 Dale Lance 4 Dr. Bill Wright	60 OK 8.10	- Den M40
5 Wayne Bennett	61 TX 8.30	1 Ben
6 Dick Camp 7 Alexander Johnson	61 MA 8.41 64 NJ 8.49	2 Tho 3 Arc
M65 -60m- 1 Bob Keegan	65 PA 8 17	4 Ste - Val
2 James Stookey 3 Ross Mitchell * 4 Lawrence Greco	68 MD 8.44	N45 1 Bil
4 Lawrence Greco	68 NC 9.55	2 Ed 3 Ger
N70 -60m-	00 IA 13	4 Wil
1 Melvin Larsen 2 Bill Melville	73 IL 8.60 70 WI 8.75	5 Ger 6 Zee
3 Chuck Sochor 4 Howard MacMillan 5 Rodney Brown 6 Ton Bice	70 MI 9.09	7 Phi 8 Jin
5 Rodney Brown 6 Tom Rice	71 UT 9.13 70 PA 9.29	9 Jin O Mic
7 Frank Brako	72 MA 9.65	- Fre
N75+ -60m- N75		1 Bil
1 Tim Murphy 2 Ed Matthews	76 TX 9.22 77 MD 9.93	2 Ed 3 Ger
3 John McCarthy 4 Angelo Oliver	70 FA 10.00	4 Ger 5 Zee
M80	State and State	M50 1 Cha
1 R."sparks" Sorlien - Alfred Guidet	81 RI 12.51 80 CA DNF	2 JOE
N85 1 Bert Morrow	85 CA 11.10	3 Ran 4 Ron
2 Ted Hatlen 3 Orrin Graf M95+	87 CA 11.27 88 FL 14.44	5 Rog 6 Edv
		7 Cou 8 Ric
1 Everett Hosack W30 -60m-		9 War
1 Althea Morris 2 Denise Jones	33 NY 8.02 34 NY 9.42	1 Pau
W35 -60m- 1 Helena Nelson	36 NY 8.46	2 Lin 3 Gar
1 Althea Morris 2 Denise Jones W35 -60m- 1 Helena Nelson 2 Dana Baumgarten 3 Joy Ohayia 4 Gretta Long	36 FL 8.51	4 T.W
4 Gretta Long 5 Elaine Iba	36 PA 8.66 37 CA 8.80 39 VA 11.39	M50
5 Cheryl Billingsley	39 VA 11.39	2 Jos 3 Edw
W40 -60m- 1 Cindy Steenbergen	44 TX 8.23	1 D
2 Denise McField	42 MO 8.35	- Ron - Ran
4 Cheryl Alston 5 Louise Clark	43 NY 8.36 41 NJ 8.53 40 NY 8.55	M55 1 Ste
6 Jacqueline Board	44 MO 8.70	2 Wil 3 Tim
W45 -60m- 1 Jane Higgins 2 Debbie Wyeth	49 MA 10.26	4 Ric 5 Edw
3 Kathy Nary	46 IN 10.68 48 MA 11.59	6 Fra
W50 -60m- 1 Norma Jones	52 NJ 10.19	7 Han 8 Joh
2 Mary Trotto W55 -60m-	50 NY 11.24	9 Tho 0 Avi
1 Adlin Mair	56 NY 9.40	1 Mar 2 Lav
3 Nina Bryant	55 OK 9.83	3 Ed 4 Joh
W60 -60m-	55 IN 10.65	5 Wal
1 Audrey Lary 2 Barbara Jordan		6 Phi 7 Ken
3 Phyllis Bradley	61 NJ 10.47	M55 1 Ste
5 Fei-Mei Chou	62 CT 11.11 63 CA 11.16	2 Tim
- Christel Miller W65 -60m-	63 CA FS	3 Wil 4 Edw 5 Ric
2 Magdalena Kuehne		6 Fra
3 Georgia Johnson 4 Jeannine Casey	68 MI 11.10 68 VT 11.54	M60 1 Hart
W70 -60m-	71 NY 10.42	2 Lari 3 Wayi
2 Lenore McDaniels		4 Alex 5 Alax
W75+ -60m- W75		6 John 7 Ian
1 Diane Friedman W80	76 OH 12.50	8 Free 9 Jan
1 Adrienne Salmini	82 NJ 21.09	0 Sper
200M M30 -200m PRELIMS-	The second	- Rich
1 Robert James Thomas		1 Lar
3 Tracy Fox	32 NY 22.54	3 Way 4 Ale
4 David Barmer 5 George Onyenyeonwu	33 MD 23.90 31 CA 23.47	5 Ala
6 Rohan Elleston - Shawn Richards	32 NJ 24.01 32 NA DNF	6 John M65
M30 -200m- 1 Robert James Thomas	Contra Maria	1 Jam 2 Ear
2 Tracy Fox 3 George Onyenyeonwu	32 NY 22.53	3 Joe 4 Will
4 William McCoy	33 RI 23.26	5 Law
M35 -200m PRELIMS-	32 NJ 23.95	1 Bil:
2 Vottroll Borry	36 NY 22.41 35 CA 22.59	2 Chuck 3 Mel
3 Ben McLeod 4 Benito Rosales	38 VA 23.82 39 CA 23.90	4 Rodu 5 Howa
5 JIM WATTS	36 MA 24.06	6 Y.M.
6 Anthony Krainik 7 Kinley Hill	JO TA 24.33	N75
8 Paul Catanoso M35 -200m-	37 NA 25.49	1 Tim 2 Ed
1 Mitchell Lovett	36 NY 22.04	- Jot

Kettrell Berry Benito Rosales	35 CA 22.15 39 CA 23.60
Ben McLeod Anthony Krainik M40 -200m PRELIMS-	38 VA 23.63 38 AZ 24.47
Ben Janes	41 NY 21 60
Thomas Jones Archie Glaspy Steve Coenen Ken Ellis	43 NJ 23.94 42 VA 24.21 40 OK 23.95
Ken Ellis Val Barnwell Chuck Hunter	40 NY 23.95
Ron Manion Paul Allen	42 GA 24.30 42 PA 24.36 41 MD 24.44
Michael McPherson Chris Wiles	41 VA 24.76 41 24.86
Neil Steinberg Bill Cheadle Larry Hankins Larry Schworer Mark Lynskey Ken Castro Gregory McBride	44 RI 24.90 44 KY 25.06 42 IN 25.35
Larry Schworer Mark Lynskey	41 NA 25.35 40 TN 25.68
Gregory McBride	42 RI 26.07 43 MA 26.12
Keith Royster Dennis Nelson	41 NJ DQ 42 ND DO
Ken Castro Gregory McBride Barry Blake Keith Royster Dennis Nelson N40 -200m- Ben James	41 NY 22.99
Ben James Thomas Jones Archie Glaspy Steve Coenen	43 NJ 23.92
Val Barnwell M45 -200m PRELIMS-	40 NY DQ
Bill Collins	47 TX 23.50
Gerry Krainik Willard Thompson Gerald Feeney	45 TX 24.69
Gerald Peeney Zeek Zlobicki Philip Felton Jim Dolezel	45 25.47 48 MI 25.72 49 NJ 26.04 47 OK 26.62
Pagol, aimmin.	47 TX 27.04
Francis Schiro	49 MA 27.98 45 NY DQ
N45 -200m- Bill Collins 2 Ed Gonera	47 TX 22.90 45 NY 23.66
Gerry Krainik	45 CAN25.44
Zeek Zlobicki N50 -200m PRELIMS-	48 MI 26.06
Charles Allie Joseph Johnson Randy Smith	50 PA 24.53 53 NJ 24.59 50 TX 24.69
Ron Johnson Roger Pierce	50 TX 24.69 52 NY 24.82 53 MA 25.12
Edward Jones	53 TX 25.36 54 LA 25.55
Warren Graff	50 26.45 52 MA 26.46
9 Richard Lech 9 Warren Graff 9 Richard Sealey 9 Paul Simmons 2 Lincoln Russin	51 TX 27.16 53 MA 27 12
T.W. Tesche	54 MA 28.11 50 KY 30.76
Chip Robinson	51 NJ DQ
Joseph Johnson	50 PA 24.05 53 NJ 24.16 53 TX 25.02
Roger Pierce Ron Johnson Randy Smith M55 -200m PRELINS-	53 MA 25.27 52 NY FS 50 TX DQ
	50 TX DQ 55 WA 25.11 56 NY 26.22
Tim Butts	55 MI 26.51
Richard Jones Edward Small	55 NY 27.15 59 NY 26.60 55 MI 26.81
John Clifford	56 LA 27.39
Avital Schurr	59 NA 27.60
Marco BonneFoi Lawrence Harvey Ed Taft John Head Walter Gibson	56 27.99 59 PA 28.01
John Head Walter Gibson	57 NY 28.07 59 TX 29.08
Ken Moses	55 NY 29.45
M55 -200m- Stephen Robbins	
Tim Butts William Burrell Edward Small	55 WA 24.61 55 MI 26.25 56 NY 26.31 59 NY 26.75 55 NY 27.00 55 MI 27.27
Richard Jones Frank Bonham M60 -200m PRELIMS-	55 NY 27.00 55 MI 27.27
Harold Tolson	60 CA 26.10
Wayne Bennett	61 MD 26.58 61 TX 27.14 64 NJ 27.54
Alexander Johnson Alan Brevik John MacDonald Ian Goldfoot	63 SD 27.86 61 NJ 28.48
Ian Goldfoot Fred Biederman	63 TX 29.08 62 MN 29.38
Fred Biederman James Ottaway Spencer Parrish Richard Hurley	61 CT 32.57
H60 -200m-	A REAL PROPERTY OF THE PARTY OF
Larry Colbert Harold Tolson Wayne Bennett	60 CA 25.35 61 TX 26.87
Alexander Johnson Alan Brevik John MacDonald	61 TX 26.87 64 NJ 27.38 63 SD 27.84 61 NJ 29.17
M65 -200m- James Stookey	
Earl Fee* Joe Summerlin	68 MD 27.62 69 CAN 28.31 66 TX 28.39
M70 -200m- Bill Melville Chuck Sochor	70 WI 29.09 70 MI 29.40
Melvin Larsen Rodney Brown	73 IL 29.43 71 UT 29.82
Howard MacMillan Y.M. Naci	71 NY 31.15 74 CT 36.51
M75+ -200m- M75 Tim Murphy	76
2 Ed Matthews John McCarthy	76 TX 31.59 77 MD 33.06 76 PA DQ
	WI WI

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N80 Bob Matteson Eliahu BarJosef • M85 Bert Morrow W30 -200m- Althea Morris Charlene Landrum Jillia Ford Jackson Dawn Best Mary Jeann O'Connon W35 -200m- Renee Sterrett Helena Nelsca Shemayne Williams Alicia Johnson Elaine Iba W40 -200m- Cindy Steenbergen Denise McField Louise Clark Irene Thompson Cheryl Alston Deni Whitaker-Crain W45 -200m- Jane Higgins Sandy Miller Debbie Wyeth W50 -200m- Nadine Lovenstein Norma Jones Mary Trotto W55 -200m- Mary Robinson Nina Bryant Cathy Primmer Sheila McKenna Adlin Mair W60 -200m- Audrey Lary Maureen Murphy Barbara Jordan Phyllis Bradley Fei-Mei Chou Mary Roman W65 -200m- Audrey Lary Maureen Murphy Barbara Jordan Phyllis Bradley Fei-Mei Chou Mary Roman W65 -200m- Audrey Lary Maureen Murphy Barbara Jordan Phyllis Bradley Fei-Mei Chou Mary Roman W65 -200m- Mon M30 Robert James Thomas Tracy Fox Yaughan Kastor Rohan Elleston Richard Cistone Mauric Stovall M35 Mitchell Lovett Ray Blackwell Ketrell Berry Sal Allah Rocco Serafini Jim Watts Anthony Krainik Gine OrConnor Butch McPetters Faul Collyer Kinley Hill M40 Ben James Steve Coenen Clement Easton Paul Allen Rick Easley Ron Manion Bill Cheadle Keith Royster Mark Unskey Lary Schworer Edward Somerville Rickey McCauley M45	85 CA 39.14           33 NY 25.57           34 NY 26.55           30 NY 26.55           30 NY 26.55           31 NY 26.55           30 NY 26.55           34 NA 30.88           36 NY 27.37           36 NY 27.37           37 NJ 29.05           44 TX 27.17           42 MO 27.62           40 NY 27.88           31 YZ 8.20           41 NJ 29.29           52 NY 31.66           52 NJ 34.88           50 NY 34.52           51 NJ 34.92           55 NY 34.24           55 NY 34.24           55 NY 34.91           63 CA 39.18           63 CA 38.18           63 CA 38.18           63 CA 38.18           64 NJ 37.51           65 NC 36.49           67 CA 37.51           65 NA 38.91           68 NI 40
M85 Bert Morrow W30 -200m- Althea Morris Charlene Landrum Jillia Ford Jackson Dawn Best Mary Jeann O'Connon W35 -200m- Renee Sterrett Helena Nelsca Shemayne Williams Alicia Johnson Elaine Iba W40 -200m- Cindy Steenbergen Denise McField Louise Clark Irene Thompson Cheryl Alston Deni Whitaker-Crain W45 -200m- Jane Higgins Sandy Miller Debbie Wyeth W50 -200m- Nadine Lovenstein Norma Jones Mary Trotto W55 -200m- Mary Robinson Nina Bryant Cathy Primmer Sheila McKenna Adlin Mair W60 -200m- Audrey Lary Maureen Murphy Barbara Jordan Phyllis Bradley Fei-Mei Chou Mary Roman W65 -200m- Anne Yudell Magdalena Kuehne Joan Burguess Georgia Johnson	85 CA 39.14           33 NY 25.57           34 NY 26.55           30 NY 26.55           30 NY 26.55           31 NY 26.55           30 NY 26.55           34 NA 30.88           36 NY 27.37           36 NY 27.37           37 NJ 29.05           44 TX 27.17           42 MO 27.62           40 NY 27.88           31 YZ 8.20           41 NJ 29.29           52 NY 31.66           52 NJ 34.88           50 NY 34.52           51 NJ 34.92           55 NY 34.24           55 NY 34.24           55 NY 34.91           63 CA 39.18           63 CA 38.18           63 CA 38.18           63 CA 38.18           64 NJ 37.51           65 NC 36.49           67 CA 37.51           65 NA 38.91           68 NI 40
W30 -200m- Althea Morris Charlene Landrum Jillia Ford Jackson Dawn Best Mary Jeann O'Connon W35 -200m- Remee Sterrett Helena Nelson Shemayne Williams Alicia Johnson Elaine Iba W40 -200m- Cindy Steenbergen Denise McField Louise Clark Irene Thompson Cheryl Alston Deni Whitaker-Crain W45 -200m- Jane Higgins Sandy Miller Debble Wyeth W50 -200m- Nadine Lowenstein Norma Jones Mary Trotto W55 -200m- Mary Robinson Nina Bryant Cathy Primmer Sheila McKenna Adlin Mair W60 -200m- Audrey Lary Maureen Murphy Barbara Jordan Phyllis Bradley Fei-Mei Chou Mary Roman W65 -200m- Anne Yudell Magdalena Kuehne Joan Burguess Georgia Johnson	33 NY 25.57 34 NY 26.93 33 NY 29.05 34 NY 29.05 34 NA 30.88 36 NY 27.37 36 NY 27.64 35 NJ 27.72 37 NJ 29.05 37 CA 30.51 44 TX 27.17 42 MO 27.62 40 NY 27.88 43 NY 28.20 41 NJ 29.29 n 41 NY 30.36 49 NA 33.46 49 NA 33.46 49 NA 33.46 49 NA 33.46 50 NY 36.05 52 NY 31.66 52 NJ 34.88 50 NY 36.75 56 OH 32.43 55 OK 34.24 55 IN 34.96 57 NA 39.50 56 NY DQ 63 ND 34.53 62 VT 35.32 61 NJ 37.44 63 CA 37.51 65 NC 36.49 67 CA 37.51 65 NA 38.18 62 CT 38.75
Dawn Best Mary Jeann O'Connoi W35 -200m- Renee Sterrett Helena Nelsca Shemayne Williams Alicia Johnson Elaine Iba W40 -200m- Cindy Steenbergen Denise McField Louise Clark Irene Thompson Cheryl Alston Deni Whitaker-Crain W45 -200m- Jane Higgins Sandy Miller Debbie Wyeth W50 -200m- Nadine Lowenstein Norma Jones Mary Trotto W55 -200m- Mary Robinson Nina Bryant Cathy Primmer Sheila McKenna Adlin Mair W60 -200m- Audrey Lary Maureen Murphy Barbara Jordan Phyllis Bradley Fei-Mei Chou Mary Roman W65 -200m- Anne Yudell Magdalena Kuehne Joan Burguess Georgia Johnson	33 NY 28.05           33 NY 28.05           34 NA 30.88           36 NY 27.37           37 NJ 29.05           37 CA 30.51           44 TX 27.17           42 MO 27.62           40 NY 27.88           43 NY 28.20           41 NJ 29.29           41 NY 30.36           49 NA 33.46           49 NA 34.32           46 IN 36.05           52 NY 31.66           50 NY 38.75           56 OH 32.43           55 OK 34.24           55 NN 34.96           57 NA 39.50           56 NY DQ           63 ND 34.53           62 VT 35.32           61 NJ 37.44           63 CA 38.18           62 CT 38.75           65 NC 36.49           67 CA 37.51           65 NA 36.49           67 CA 37.51           68 NI 40.04
Dawn Best Mary Jeann O'Connoi W35 -200m- Renee Sterrett Helena Nelsca Shemayne Williams Alicia Johnson Elaine Iba W40 -200m- Cindy Steenbergen Denise McField Louise Clark Irene Thompson Cheryl Alston Deni Whitaker-Crain W45 -200m- Jane Higgins Sandy Miller Debbie Wyeth W50 -200m- Nadine Lowenstein Norma Jones Mary Trotto W55 -200m- Mary Robinson Nina Bryant Cathy Primmer Sheila McKenna Adlin Mair W60 -200m- Audrey Lary Maureen Murphy Barbara Jordan Phyllis Bradley Fei-Mei Chou Mary Roman W65 -200m- Anne Yudell Magdalena Kuehne Joan Burguess Georgia Johnson	33 NY 28.05           33 NY 28.05           34 NA 30.88           36 NY 27.37           37 NJ 29.05           37 CA 30.51           44 TX 27.17           42 MO 27.62           40 NY 27.88           43 NY 28.20           41 NJ 29.29           41 NY 30.36           49 NA 33.46           49 NA 34.32           46 IN 36.05           52 NY 31.66           50 NY 38.75           56 OH 32.43           55 OK 34.24           55 NN 34.96           57 NA 39.50           56 NY DQ           63 ND 34.53           62 VT 34.91           62 VT 35.32           61 NJ 37.44           63 CA 38.18           62 CT 38.75           65 NC 36.49           67 CA 37.51           65 NA 36.91           67 NA 39.91           68 NI 40.04
W35 -200m- Remee Sterrett Helena Nelsca Shemayne Williams Alicia Johnson Elaine Iba W40 -200m- Cindy Steenbergen Denise McField Louise Clark Irene Thompson Cheryl Alston Deni Whitaker-Crain W45 -200m- Jane Higgins Sandy Miller Debbie Wyeth W50 -200m- Nadine Lovenstein Norma Jones Mary Trotto W55 -200m- Mary Robinson Nina Bryant Cathy Primmer Sheila McKenna Adlin Mair W60 -200m- Audrey Lary Maureen Murphy Barbara Jordan Phyllis Bradley Fei-Mei Chou Mary Roman W65 -200m- Anne Yudell Magdalena Kuehne Joan Burguess Georgia Johnson	34         NA         30.88           36         NY         27.37           36         NY         27.64           35         NJ         27.72           37         NJ         29.05           37         CA         30.51           44         TX         27.17           44         TX         27.72           37         NJ         29.05           37         CA         30.51           44         TX         27.17           44         TX         27.17           37         NJ         29.05           37         NJ         29.05           37         NJ         29.05           30         51         30.51           44         TX         27.88           43         NY         28.20           41         NJ         29.20           41         NJ         29.20           41         NJ         29.20           41         NJ         29.20           41         NJ         30.36           52         NY         31.66           52         NY         31.68
Shemayne Williams Alicia Johnson Elaine Iba W40 -200m- Cindy Steenbergen Denise McField Louise Clark Irene Thompson Cheryl Alston Deni Whitaker-Crain W45 -200m- Jane Higgins Sandy Miller Debbie Wyeth W50 -200m- Nadine Lovenstein Norma Jones Mary Trotto W55 -200m- Mary Robinson Nina Bryant Cathy Primmer Sheila McKenna Adlin Mair W60 -200m- Audrey Lary Maureen Murphy Barbara Jordan Phyllis Bradley Fei-Mei Chou Mary Roman W65 -200m- Anne Yudell Magdalena Kuehne Joan Burguess	35 NJ 27,72 37 NJ 29.05 37 CA 30.51 44 TX 27.17 42 MO 27.62 40 NY 27.88 43 NY 28.20 41 NJ 29.29 A 11 NJ 29.29 A 11 NJ 29.29 A 11 NJ 29.29 A 11 NJ 30.36 49 NA 33.46 49 NA 34.32 46 IN 36.05 52 NY 31.66 52 NJ 34.88 50 NY 38.75 56 OH 32.43 55 OK 34.24 55 IN 34.96 57 NA 39.50 56 NY DQ 63 ND 34.53 62 VT 35.32 61 NJ 37.44 63 CA 38.18 62 CT 38.75 65 NC 36.49 67 CA 37.51 65 NA 38.94 67 NA 38.94 56 NA 38.95 57 NA 38.95 56 NC 36.49 57 CA 37.51 56 NA 38.95 57 NA 38.95 58 NC 36.49 57 CA 37.51 58 NA 38.95 59 NC 36.49 50 ND 44.50 50 ND 44.50 50 ND 56 50 ND 56
Shemayne Williams Alicia Johnson Elaine Iba W40 -200m- Cindy Steenbergen Denise McField Louise Clark Irene Thompson Cheryl Alston Deni Whitaker-Crain W45 -200m- Jane Higgins Sandy Miller Debbie Wyeth W50 -200m- Nadine Lovenstein Norma Jones Mary Trotto W55 -200m- Mary Robinson Nina Bryant Cathy Primmer Sheila McKenna Adlin Mair W60 -200m- Audrey Lary Maureen Murphy Barbara Jordan Phyllis Bradley Fei-Mei Chou Mary Roman W65 -200m- Anne Yudell Magdalena Kuehne Joan Burguess	35 NJ 27,72 37 NJ 29.05 37 CA 30.51 44 TX 27.17 42 MO 27.62 40 NY 27.88 43 NY 28.20 41 NJ 29.29 A 11 NJ 29.29 A 11 NJ 29.29 A 11 NJ 29.29 A 11 NJ 30.36 49 NA 33.46 49 NA 34.32 46 IN 36.05 52 NY 31.66 52 NJ 34.88 50 NY 38.75 56 OH 32.43 55 OK 34.24 55 IN 34.96 57 NA 39.50 56 NY DQ 63 ND 34.53 62 VT 35.32 61 NJ 37.44 63 CA 38.18 62 CT 38.75 65 NC 36.49 67 CA 37.51 65 NA 38.94 67 NA 38.94 56 NA 38.95 57 NA 38.95 56 NC 36.49 57 CA 37.51 56 NA 38.95 57 NA 38.95 58 NC 36.49 57 CA 37.51 58 NA 38.95 59 NC 36.49 50 ND 44.50 50 ND 44.50 50 ND 56 50 ND 56
Cindy Steenbergen Denise McField Louise Clark Irene Thompson Cheryl Alston Deni Whitaker-Crain W45 -200m- Jane Higgins Sandy Miller Debbie Wyeth W50 -200m- Nadine Lowenstein Norma Jones Mary Trotto W55 -200m- Mary Robinson Nina Bryant Cathy Primmer Sheila McKenna Adlin Mair W60 -200m- Audrey Lary Maureen Murphy Barbara Jordan Phyllis Bradley Fei-Mei Chou Mary Roman W65 -200m- Anne Yudell Magdalena Kuehne Joan Burguess Georgia Johnson	44 TX 27.17 42 MO 27.62 40 MY 27.88 43 MY 28.20 41 NJ 29.29 41 NJ 29.29 41 NJ 30.36 49 MA 33.46 49 MA 34.32 46 IN 36.05 52 NJ 31.66 52 NJ 34.88 50 NY 38.75 56 OH 32.43 55 OK 34.24 55 IN 34.96 57 MA 39.50 56 NY DQ 63 ND 34.53 62 VT 34.91 63 ND 34.53 62 VT 35.32 61 NJ 37.44 63 CA 38.18 62 CT 38.75 65 NC 36.49 67 CA 37.51 65 MA 38.91
Cindy Steenbergen Denise McField Louise Clark Irene Thompson Cheryl Alston Deni Whitaker-Crain W45 -200m- Jane Higgins Sandy Miller Debbie Wyeth W50 -200m- Nadine Lowenstein Norma Jones Mary Trotto W55 -200m- Mary Robinson Nina Bryant Cathy Primmer Sheila McKenna Adlin Mair W60 -200m- Audrey Lary Maureen Murphy Barbara Jordan Phyllis Bradley Fei-Mei Chou Mary Roman W65 -200m- Anne Yudell Magdalena Kuehne Joan Burguess Georgia Johnson	44 TX 27.17 42 MO 27.62 40 MY 27.88 43 MY 28.20 41 NJ 29.29 41 NJ 29.29 41 NJ 30.36 49 MA 33.46 49 MA 34.32 46 IN 36.05 52 NJ 31.66 52 NJ 34.88 50 NY 38.75 56 OH 32.43 55 OK 34.24 55 IN 34.96 57 MA 39.50 56 NY DQ 63 ND 34.53 62 VT 34.91 63 ND 34.53 62 VT 35.32 61 NJ 37.44 63 CA 38.18 62 CT 38.75 65 NC 36.49 67 CA 37.51 65 MA 38.91
Deni whitaker-Grain W45 -200m- Jane Higgins Sandy Miller Debbie Wyeth W50 -200m- Nadine Lowenstein Norma Jones Mary Trotto W55 -200m- Mary Robinson Nina Bryant Cathy Primmer Sheila McKenna Adlin Mair W60 -200m- Audrey Lary Maureen Murphy Barbara Jordan Phyllis Bradley Fei-Mei Chou Mary Roman W65 -200m- Anne Yudell Magdalena Kuehne Joan Burguess Georgia Johnson	41 MY 30.36 49 MA 33.46 49 MA 34.32 46 IN 36.05 52 NY 31.66 52 NJ 34.88 50 NY 38.75 56 OH 32.43 55 IN 34.96 57 MA 39.50 56 NY DQ 63 ND 34.53 62 VT 34.91 62 VT 35.32 61 NJ 37.44 63 CA 38.18 62 CT 38.75 65 NC 36.49 67 CA 37.51 65 MA 38.94
Deni whitaker-Grain W45 -200m- Jane Higgins Sandy Miller Debbie Wyeth W50 -200m- Nadine Lowenstein Norma Jones Mary Trotto W55 -200m- Mary Robinson Nina Bryant Cathy Primmer Sheila McKenna Adlin Mair W60 -200m- Audrey Lary Maureen Murphy Barbara Jordan Phyllis Bradley Fei-Mei Chou Mary Roman W65 -200m- Anne Yudell Magdalena Kuehne Joan Burguess Georgia Johnson	41 MY 30.36 49 MA 33.46 49 MA 34.32 46 IN 36.05 52 NY 31.66 52 NJ 34.88 50 NY 38.75 56 OH 32.43 55 IN 34.96 57 MA 39.50 56 NY DQ 63 ND 34.53 62 VT 34.91 62 VT 35.32 61 NJ 37.44 63 CA 38.18 62 CT 38.75 65 NC 36.49 67 CA 37.51 65 MA 38.94
Jane Higgins Sandy Miller Debbie Wyeth W50 -200m- Nadine Lowenstein Norma Jones Mary Trotto W55 -200m- Mary Robinson Nina Bryant Cathy Primmer Sheila McKenna Adlin Mair W60 -200m- Audrey Lary Maureen Murphy Barbara Jordan Phyllis Bradley Fei-Mei Chou Mary Roman W65 -200m- Anne Yudell Magdalena Kuehne Joan Burguess Georgia Johnson	52 NY 31.66 52 NJ 34.88 50 NY 38.75 56 OH 32.43 55 OK 34.24 55 IN 34.96 57 NA 39.50 63 ND 34.53 62 VT 34.91 62 VT 34.91 62 VT 35.32 61 NJ 37.44 63 CA 38.18 62 CT 38.75 65 NC 36.49 67 CA 37.51 65 MA 38.91 68 MI 40.04
Nadine Lowenstein Norma Jones Mary Trotto W55 -200m- Mary Robinson Nina Bryant Cathy Primmer Sheila McKenna Adlin Mair W60 -200m- Audrey Lary Maureen Murphy Barbara Jordan Phyllis Bradley Fei-Mei Chou Mary Roman W65 -200m- Anne Yudell Magdalena Kuehne Joan Burguess Georgia Johnson	52 NY 31.66 52 NJ 34.88 50 NY 38.75 56 OH 32.43 55 OK 34.24 55 IN 34.96 57 NA 39.50 63 ND 34.53 62 VT 34.91 62 VT 34.91 62 VT 35.32 61 NJ 37.44 63 CA 38.18 62 CT 38.75 65 NC 36.49 67 CA 37.51 65 MA 38.91 68 MI 40.04
Nadine Lowenstein Norma Jones Mary Trotto W55 -200m- Mary Robinson Nina Bryant Cathy Primmer Sheila McKenna Adlin Mair W60 -200m- Audrey Lary Maureen Murphy Barbara Jordan Phyllis Bradley Fei-Mei Chou Mary Roman W65 -200m- Anne Yudell Magdalena Kuehne Joan Burguess Georgia Johnson	52 NY 31.66 52 NJ 34.88 50 NY 38.75 56 OH 32.43 55 OK 34.24 55 IN 34.96 57 NA 39.50 63 ND 34.53 62 VT 34.91 62 VT 34.91 62 VT 35.32 61 NJ 37.44 63 CA 38.18 62 CT 38.75 65 NC 36.49 67 CA 37.51 65 MA 38.91 68 MI 40.04
Mary Robinson Nina Bryant Cathy Primmer Sheila McKenna Adlin Mair W60 -200m- Audrey Lary Maureen Kurphy Barbara Jordan Phyllis Bradley Fei-Mei Chou Mary Roman W65 -200m- Anne Yudell Magdalena Kuehne Joan Burguess Georgia Johnson	56 OH 32.43 55 OK 34.24 55 IN 34.96 57 MA 39.50 56 NY DQ 63 ND 34.53 62 VT 35.32 61 NJ 37.44 63 CA 38.18 62 CT 38.75 65 NC 36.49 67 CA 37.51 65 MA 38.94
Mary Robinson Nina Bryant Cathy Primmer Sheila McKenna Adlin Mair W60 -200m- Audrey Lary Maureen Kurphy Barbara Jordan Phyllis Bradley Fei-Mei Chou Mary Roman W65 -200m- Anne Yudell Magdalena Kuehne Joan Burguess Georgia Johnson	56 OH 32.43 55 OK 34.24 55 IN 34.96 57 MA 39.50 56 NY DQ 63 ND 34.53 62 VT 35.32 61 NJ 37.44 63 CA 38.18 62 CT 38.75 65 NC 36.49 67 CA 37.51 65 MA 38.91
Cathy Primmer Sheila McKenna Adlin Mair W60 -200m- Audrey Lary Maureen Murphy Barbara Jordan Phyllis Bradley Fei-Mei Chou Mary Roman W65 -200m- Anne Yudell Magdalena Kuehne Joan Burguess Georgia Johnson	55 IN 34.96 57 MA 39.50 56 NY DQ 63 MD 34.53 62 VT 34.91 62 VT 35.32 61 NJ 37.44 63 CA 38.18 62 CT 38.75 65 NC 36.49 67 CA 37.51 65 MA 38.91 68 MI 40.04
W60 -200m- Audrey Lary Maureen Kurphy Barbara Jordan Phyllis Bradley Fei-Mei Chou Mary Roman W65 -200m- Anne Yudell Magdalena Kuehne Joan Burguess Georgia Johnson	63 MD 34.53 62 VT 34.91 62 VT 35.32 61 NJ 37.44 63 CA 38.18 62 CT 38.75 65 NC 36.49 67 CA 37.51 65 MA 38.94
Georgia Johnson	68 NI 40.04
W70-89 -200m- W70 Patricia Peterson Lenore McDaniels W75 Diane Friedman W80 Adrienne Salmini 400M N30 Robert James Thomas Tracy Fox Vaughan Kastor Rohan Elleston Richard Cistone Maurice Stovall M35 Mitchell Lovett Ray Blackwell	71 NY 35.58 70 VA 40.81 76 OH 44.71 82 NJ 1:17.98 31 IN 48.69 32 NY 49.12 33 CA 52.22 32 NJ 57.54 32 AJ 57.54 32 AI DNF
Patricia Peterson Lenore McDaniels W75 Diane Friedman W80 Adrienne Salmini 400M M30 Robert James Thomas Tracy Fox Vaughan Kastor Rohan Elleston Richard Cistone Maurice Stovall M35 Mitchell Lovett Ray Blackwell	71 NY 35.58 70 VA 40.81 76 OH 44.71 82 NJ 1:17.98 31 IN 48.69 32 NY 49.12 33 CA 52.22 32 NJ 5 <sup>5</sup> .54 32 AI DNF
W75 Diane Friedman W80 Adrienne Salmini 400M M30 Robert James Thomas Tracy Fox Vaughan Kastor Rohan Elleston Richard Cistone Maurice Stovall M35 Mitchell Lovett Ray Blackwell	76 OH 44.71 82 NJ 1:17.98 5 J1 IN 48.69 J2 NY 49.12 J3 CA 52.22 J2 NJ 5 <sup>-</sup> .54 J2 AJ 5 <sup>-</sup> .46 J2 MI DNF
W80 Adrienne Salmini 400M NJO Robert James Thomas Tracy Fox Vaughan Kastor Rohan Elleston Richard Cistone Maurice Stovall MJ5 Mitchell Lovett Ray Blackwell	82 NJ 1:17.98 8 J1 IN 48.69 J2 NY 49.12 J3 CA 52.22 J2 NJ 5 <sup>3</sup> .54 J2 AZ 5.46 J2 MI DNF
400M NJ0 Robert James Thomas Tracy Fox Vaughan Kastor Rohan Elleston Richard Cistone Maurice Stovall NJ5 Mitchell Lovett Ray Blackwell	5 31 IN 48.69 32 NY 49.12 33 CA 52.22 32 NJ 5 <sup>*</sup> .54 32 NI DNF
Robert James Thomas Tracy Fox Vaughan Kastor Rohan Elleston Richard Cistone Maurice Stovall MJ5 Mitchell Lovett Ray Blackwell	5         31         IN         48.69           32         NY         49.12           33         CA         52.22           32         NJ         57.54           32         AZ         5         .46           32         MI         DNF
Vaughan Kastor Rohan Elleston Richard Cistone Maurice Stovall Mitchell Lovett Ray Blackwell	32 NT 49.12 33 CA 52.22 32 NJ 57.54 32 AZ 5 .46 32 MI ONF
Richard Cistone Maurice Stovall M35 Mitchell Lovett Ray Blackwell	32 NJ 51.54 32 AZ 5.46 32 NI ONF
M35 Mitchell Lovett Ray Blackwell	32 MI ONF
Ray Blackwell	34 111 10 10
	39 NY 43.47
Sal Allah Bocco Serafini	38 NJ 51.64
Jim Watts Anthony Krainik	36 MA 54.02
Gino Caro Glen O'Connor	37 CT 57.74
Butch McFetters Paul Collver	35 MA 1:07.77
Kinley Hill M40	38 VA FS
Ben James Steve Coenen	41 NY 50.56 42 VA 52.06
Clement Easton Paul Allen	40 NY 53.01 41 MD 53.83
Rick Easley Ron Manion	44 TX 53.85 42 PA 54.79
Bill Cheadle Keith Royster	44 KY 55.33 41 NJ 55.61
Mark Lynskey Larry Schworer	40 TN 56.70 41 MA 57.84
Edward Somerville Richard Clark	41 CO 57.96
James Buresh Mickey McCauley	41 MA 1:00.98 41 SC 1:01.00
M45 Jesse Norman	
Ed Gonera Francis Schiro	47 NY 52.81 45 NY 52.84 45 NY 53.66
Herman Belcher Gerry Krainik	45 NY 53.66 45 MD 53.69 45 IL 53.71 45 54.13
Carroll Blake	45 54.13 47 MA 54.88
Ken Kring	46 PA 55.97
Peter Reinhart	48 MA 56.51 47 NJ 1:00.06
Michael Conway	47 TX 1:00.53 49 MA 1:00.85 48 MA 1:22.77
N50 Charles Allie	50 PA 52.87
Melvin Fields Roger Pierce	52 ND 55.03 53 NA 55.43
Alan Taylor Jess Brever	52 NY 57.72
warren Grain	50 MA 58.44 52 MA 59.47
Paul Simmons	50 RA 58.44 52 NA 59.47 54 CA 1:00.39 51 TX 1:05.77 53 NJ DNF
Joseph Johnson N55	
Dennis Duffy	55 WA 56.69 55 CA 57.48
Thomas Ranuga	59 MA 59.64
Lester Wright	56 NJ 1:00.77
Allen Bonesiale	55 GA 1:00.95 59 PA 1:02.97 55 NY 1:04.52
Lawrence Harvey	55 MA 1:04.96
Lawrence Harvey Ken Moses Bob Chinchillo Maxwell Hamlyn	56 NC 1:05 88
Allen AcDaniels Lawrence Harvey Ken Koses Bob Chinchillo Maxwell Hamlyn Kenneth Skinner Walter Church	56 NC 1:05.88 57 NY 1:06.79 57 NA 1:07.01
Bob Chinchillo Maxwell Hamlyn Kenneth Skinner Walter Church Jerry Stremikis Frank Bonham	56 NC 1:05.88 57 NY 1:06.79 57 NA 1:07.01 55 NI 1:17.18 55 MI DQ ed on next page
	Jesse Norman Ed Gonera Francis Schiro Herman Belcher Gerry Krainik Gerald Feeney Carroll Blake Alex Constantinou Ken Kring Tom Cunningham Peter Reinhart Jimmie Jones Michael Conway Kevin Loughlin N50 Charles Allie Melvin Fields Roger Pierce Alan Taylor Jess Brever Ralph Souppa Warren Graff Dan Durante Paul Simmons Joseph Johnson N55 Stephen Robbins Dennis Duffy William Burrell Thomas Ranuga Edward Small Lester Wright Allen McDaniels

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N60 1 Larry Colbert 61 MD 57.58	- Stephen Viegas 49 MA DNF - Jesse Norman 47 NY DNF	2 Timothy McMullen 3 Paul Mascali 4 Ed Zarenski	45 NY 4:25.55 45 NY 4:43.04	M50 1 Albin Swenson	51 CT 9:22.79	1 CPTC (,,,) 2 WF (,,,)	3:23.13 3:29.05
2 Mack Stewart 60 TX 59.24 3 Ken Baker 61 NJ 1:00.51 4 Wayne Bennett 61 TX 1:02.34	- William McMullen 45 NY DQ M50 1 Paul Zink 50 VA 2:10.85	5 David Salazar 6 David Ozug	45 RI 4:45.61 47 NM 4:45.66 45 MA 4:48.19	2 Harold Nolan 3 Gaetan Breton * 4 Dean McNabb	51 NJ 9:27.78 50 CAW 11:18.90 51 MA 12:11.85	N40-49 1 MAM (,,,)	3:32.87
5 Jim Mathis 63 TM 1:02.58 6 Christopher Rush 61 NY 1:03.42	2 Gordon Reiter 51 MO 2:12.89 3 Alan Taylor 50 NY 2:14.46	7 Steve Underwood 8 Brad Hurst	45 TN 4:48.45 45 MA 4:50.03	5 Bill Beardsworth - Dion Raymond	53 MA 16:06.58 52 QU DNF	2 CPTC (,,,) 3 SW (,,,) M50-59	3:35.06 3:51.59
7 Alexander Johnson 64 NJ 1:03.70 8 John MacDonald 61 NJ 1:03.72	4 Colin McArdle 53 MA 2:15.53 5 Brad Johnson 51 RI 2:19.25	9 Nick Caswell 0 William McMullen	48 NY 4:54.81 45 NY 4:55.10	- Dane Freeman N55	52 NC DNF	1 CPTC (,,,) 2 NYP (,,,)	3:53.81 4:07.37
9 Bruce Marsh         63 NY 1:08.00           0 Tony DaPonte         62 RI 1:12.25           1 John Caramataro         62 RI 1:24.07	6 Victor Diaz 50 NY 2:19.58 7 Robert Weiner 50 MD 2:29.13 8 John-Ulo Kuhi 53 NJ 2:35.29	1 Steven Rook 2 Peter Reinhart 3 Tim Payne	48 PA 5:00.41 47 NJ 5:03.37 48 ON 5:05.22	1 Vic Zwolak 2 Jack Thornhill 3 Wally Brawner	59 DE 10:16.49 55 RI 10:40.86 58 KS 10:54.56	M60-69 1 NJMA (,,,)	4:43.15
1 John Caramataro 62 RI 1:24.07 M65 1 Clarence Trinkner 66 WI 1:12.87	9 Dane Freeman - Bruce Carter 52 NC 2:35.78 52 PA DNF	4 David Hampson 5 Bob Pertak	45 NH 5:10.13 47 NY 5:11.68	4 John Cedarholm 5 Maxwell Hamlyn	55 MA 10:58.94 56 NC 11:05.66	2 BAA (,,,) W30-39	5:22.52
2 Jack Nyhan 66 MA 1:21.09 3 Leland Chisholm 66 MA 1:2/ 78	M55 1 Dennis Duffy 55 CA 2:19.33	6 Dave Rothmund M50 1 Albin Swenson	49 NH 6:09.21 51 CT 4:37.57	6 Dick Ashley 7 Arthur Maillet	56 FL 11:21.52 55 MN 12:29.63	1 CPTC (,,,) 2 ATOM (,,,) 3 WETC (,,,)	4:07.21 4:12.82
M70 1 Rodney Brown 71 UT 1:20 2 Louis Beadle 70 CA 1:11.43	2 Allen McDaniels 55 GA 2:20.49 3 Maxwell Hamlyn 56 NC 2:25.80 4 Dominic Rappazzo 56 NY 2:27.98	2 Harold Nolan 3 Paul Zink	51 NJ 4:43.21 50 VA 4:45.21	- Art Williams M60 1 Bill Spencer	55 SC DNF 62 NH 11:01.49	4 AUIA (,,,) 5 AUIA (,,,)	4:15.02 4:27.76 5:01.45
2 Louis Beadle 70 CA 1:11.43 3 Chuck Sochor 70 MI 1:12.34 4 Howard MacMillan 71 NY 1:13.49	5 Kenneth Skinner 57 NY 2:28.08 6 Robert Bennett 56 DE 2:28.72	4 Colin McArdle 5 Herb Engman	53 MA 5:01.07 52 NY 5:05.83	2 Bobby Kincaid 3 Frank Haviland	60 MO 11:31.95 63 NJ 11:51.03	W40-49 1 MM (,,,)	5:30.78
5 Dixon Hemphill 73 VA 1:18.27 - Y.M. Naci 74 CT DQ	7 Lawrence Harvey 59 PA 2:28.76 8 David Galligani 59 MA 2:30.10 9 Wally Brawner 58 KS 2:30.61	6 Bruce Carter 7 Rich Murray 8 Victor Diaz	52 PA 5:06.08 52 MA 5:10.04 50 NY 5:14.43	4 Adrian Craven 5 Bernie Swansey 6 John Hurley	61 SC 12:37.45 63 MA 12:49.51 60 NY 13:06.75	4X800 REL	AY
N75           1 John McCarthy         76 PA 1:28.33           2 Roy Englert         75 VA 1:41.08	0 John Saarmann 55 NJ 2:31.33 1 Michael Charles 57 2:46.47	9 Dion Raymond 0 Brad Johnson	52 QU 5:15.42 51 RI 5:20.22	- Jerry LeVasseur - Joe Cordero	60 CT DNF 60 NY DNF	1 WETC (,,,) M40-49	8:34.21
M80 1 Bob Matteson 81 VT 1:23.61	M60 1 Mack Stewart 60 TX 2:16.87 2 Henry Hawk 61 AR 2:18.81	1 Robert Weiner 2 David Narlee 3 Peter Stasz	50 MD 5:24.84 51 NH 5:32.93	- Brian Fernee M65	60 CA DNF	1 SAC (,,,) M50-59	8:54.08
W30+ -400m- W30 1 Althea Morris 33 NY 56.98	3 Frank Haviland 63 NJ 2:20.76 4 Christopher Rush 61 NY 2:29.23	4 Gaetan Breton 5 Dean McNabb	50 MA 5:35.15 50 QU 5:45.44 51 MA 6:06.28	1 Paul Heitzman 2 Donald Ross 3 James Keat	67 KS 10:50.40 67 MA 12:34.43 65 MD 12:36.71	1 CPTC (,,,) 2 SAC (,,,)	9:35.07 9:42.24
2 Dawn Best 33 NY 1:03.84 3 Venida Rodman 32 NJ 1:05.19	5 Arthur Conro 6 Jim Aneshansley 6 Zim Aneshansley 6 Zim Aneshansley 6 Zim Aneshansley	- Dennis Bysiewicz M55	51 MA DNF	4 Wayne Nicoll 5 Ray Pickell	65 NH 13:26.98 67 MA 13:42.70	M60-69 1 BAA (,,,) W30-39	12:05.21
4 Arlene DiLorenzo 33 MA 1:06.27 5 Mary Jeann O'Connor 34 MA 1:11.78	7 Bruce Marsh 63 NY 2:32.65 8 Bobby Kincaid 60 MO 2:38.32 - Ken Baker 61 NJ DNF	1 Tim Simpson 2 Sid Howard 3 Maxwell Hamlyn	57 VT 5:07.73 59 NJ 5:14.07 56 NC 5:22.74	6 Leland Chisholm - Robert Culling - Bill Fortune	66 MA 14:24.45 66 CA DNF 69 NY DNF	1 AA (,,,)	11:01.83
W35 1 Adina Valdez 36 NY 55.67 2 Shemayne Williams 35 NJ 1:04.16	M65 1 Earl Fee * 69 CAN 2:17.05	4 Kenneth Skinner 5 Robert Bennett	57 NY 5:28.01 56 DE 5:31.88	- Jack Nyhan M70	66 MA DNP	HIGH JUM	P
3 Helena Nelson 36 NY 1:04.98 4 Alicia Johnson 37 NJ 1:07.07	2 Paul Heitzman 67 KS 2:29.75 3 James Keat 65 MD 3:02.62 4 Leland Chisholm 66 MA 3:17.15	6 Wally Brawner 7 Lawrence Harvey 8 Daniel Kirsch	58 KS 5:33.62 59 PA 5:41.81 55 NJ 5:42.36	1 Desmond Margetson - Sid Toabe M75	71 NY 15:13.86 74 MA DNF	1 Andrew Boyce 2 James Tunstall	33 IL 1.98m 33 VA 1.78m
W401 Denise McField2 Cindy Steenbergen44 TX 1:03.26	- Ray Lussier 69 MA DQ M70	9 Arthur Maillet 0 Michael Charles	55 MN 6:23.90 57 6:32.24	1 William Benson 2 Roy Englert	78 NY 16:13.64 75 VA 16:52.63	M35 1 Joseph Patrone 2 Ted Lewis	35 MA 1.93m 37 MD 1.88m
J Irene Thompson 43 NY 1:05.29 4 Deni Whitaker-Crain 41 NY 1:06.08	1 Rodney Brown         71 UT 2:44.97           2 John McManus         74 NY 2:55.26           3 Archie Messenger         74 NH 2:55.87	1 Art Williams M60	55 SC 6:37.15	3 Dan Geer - Nathaniel White	78 VT 17:28.86 78 NY DNF	3 Jeff Helton 4 Bill Brown	36 AZ 1.78m 39 PA 1.68m
5 Paul Dickson-Taylor 44 NJ 1:06.14 6 Louise Clark 40 NY 1:07.36 W45	4 Dixon Hemphili 73 VA 3:04.49 5 Y.M. Naci 74 CT 3:31.63	1 Henry Hawk 2 Bill Spencer 3 Joe Cordero	61 AR 5:13.38 62 NH 5:33.20 60 NY 5:35.09	W30+ -3km- W30 1 Christine Reaser	30 ME 10:22.07	M40 1 Jeff Watry	42 WI 1.77m
1 Kathryn Martin 2 Shelley Zansky 46 NY 1:12.65	6 Ernie MacDonald 72 FL 3:37.15 M75	4 Arthur Conro 5 Jim Aneshansley	61 MA 5:36.58 62 NY 5:43.93	2 Cathleen Allen 3 Karen Thistle	31 NH 10:37.07 32 MA 10:56.35	M45 1 Walden Curry 2 James Sauers	45 LA 1.86m
3 April Capwill 47 PA 1:14.75 - Mary Rosado 48 NY DQ	1 William Benson 78 NY 3:43.57 2 Dan Geer 78 VT 3:59.34 N80	6 Bruce Marsh 7 Bobby Kincaid 8 Jerry LeVasseur	63 NY 5:47.22 60 MO 5:47.33	W35 1 Lesley Lehane	35 NA 9:34.08	3 Bob Hulme 4 Richard Sobel	49 GA 1.77m 46 NJ 1.72m
W50 1 Nadine Lowenstein 52 NY 1:12.51 2 Sylvie Kimche 51 NY 1:13.16	1 Bob Matteson 81 VT 3:43.69 W30+ -800m-	- John Conner M65	60 CT 6:01.93 63 NY DNF	2 Janice Morra 3 Sue O'Malley 4 Karen Lein	39 NY 10:49.12 37 NY 11:35.13	5 John Fortin 6 Ivan Black	49 MA 1.60m 49 MA 1.57m 49 NY 1.47m
3 Skipper Clark 50 NY 1:14.89 4 Mary Trotto 50 NY 1:30.67	W30 1 Christine Reaser 30 ME 2:22.69	1 Earl Fee * 2 Paul Heitzman	69 CAN 5:16.43 67 KS 5:31.77	W40 1 Karen Boen	39 MA 12:21.55	7 Jim Dolezel M50	47 OK 1.47
W55 1 Mary Robinson 56 OH 1:15.09 2 Cathy Primmer 55 IN 1:20.55	W35 1 Adina Valdez 36 NY 2:14.41 2 Mimi Ney 39 GA 2:28.95	3 Jack Kick 4 Donald Ross 5 Ray Pickell	65 MA 6:00.03 67 MA 6:29.86 67 MA 6:32.66	2 Sharon Vos W45	43 CT 11:03.69	1 Alan Taylor 2 Gregory Brooks	50 NY 1.60m 51 TX 1.55m
2 Cathy Primmer 55 IN 1:20.55 3 Sheila McKenna 57 MA 1:29.71 W60	3 Susan Menz 36 NY 2:33.11 4 Jennifer Frost 36 NH 2:34.63	6 James Keat M70		1 Kathryn Martin 2 Lynn Massey 3 April Capwill	46 NY 10:43.72 45 CT 12:02.06 47 PA 13:03.70	3 Tom Iagulli 4 Bob Boddy 5 James Brady	50 PA 1.50m 50 DE 1.50m
1 Maureen Murphy 62 VT 1:21.43 2 Audrey Lary 63 MD 1:22.35	5 Laura Frisch 36 NJ 2:38.09 6 Catherine Legan 35 MA 2:38.78 W40	1 John McManus 2 Archie Messenger	74 NY 6:29.40 74 NH 6:42.14	W50 1 Mary Trotto	50 NY 14:22.46	6 T.W. Tesche 7 Michael Zahner	54 MA 1.45m 50 KY 1.40m 51 VT 1.25m
3 Marion Knight 61 MI 1:27.74 W65 1 Jean Horne * 65 CAN1:14.68	1 Alda Cossi 42 MA 2:29.25 2 Sheree Robertson 41 WI 2:30.04	3 Dixon Hemphill M75 1 William Benson	73 VA 6:52.98 78 NY 7:51.02	W55 1 Julia Stallings	56 IL 13:55.78	M55	55 OH 1.50m
2 Anne Yudell 65 NC 1:26.23 3 Georgia Johnson 68 MI 1:45.18	3 Eileen Troy 44 CT 2:32.57 4 Paul Dickson-Taylor 44 NJ 2:34.90	2 Roy Englert 3 Dan Geer	75 VA 8:11.51 78 VT 8:49.74	- Madeline Bost 60M HH	58 NJ DNF	2 James Cawley J Frank Condon	55 TX 1.50m 55 CA 1.45m
W70 1 Patricia Peterson 71 NY 1:28.79 W75	5 Rosa Inungaray 43 TX 2:37.54 6 Patricia Nagy 41 MA 2:50.66 W45	W30+ -1 MILE- W30 1 Christine Reaser	30 ME 5:09.68	M30 1 Donald Brown * M35	34 9.65	4 Philip Byrne 5 Larry Armstrong 6 Douglas Geertgens	57 MA 1.45m 56 AZ 1.40m 55 NY 1.40m
1 Diane Friedman 76 OH 2:02.27		2 Carole Roybal 3 Kristina Leonard	33 NM 5:14.34 34 NM 5:47.55	1 Robert Stanley 2 Butch McFetters	38 OH 8.54 35 MA 14.21	7 Bruce Mills 8 John Head	58 IL 1.35m 59 TX 1.35m
1 Adrienne Salmini 82 NJ 3:09.86 800M	W50 1 Elizabeth Riordan 50 MA 2:41.61 2 Sylvie Kimche 51 NY 2:45.20	W35 1 Janice Morra 2 Mimi Ney	39 NY 5:17.07 39 GA 5:26.36	M40 -60m HH PRELI 1 Douglas Finley	41 OH 8.59	M60 1 Jerry Sullivan	63 CA 1.45m
M30 1 Vaughan Kastor 33 CA 1:59.31	W55 1 Marilyn Morehead 57 MI 2:58.75	3 Linda Brown 4 Sue O'Malley	37 NY 5:39.15 37 NY 5:47.85	2 Ken Ellis 3 Lloyd Jeremiah 4 Tony Ciccone	40 OK 8.65 40 DC 8.63 41 NJ 8.69	2 Ira Ramjoo 3 Charles Lanza 4 Vincent Ruffin	60 NV 1.45m 61 TN 1.30m 62 NJ 1.30m
2 William Brosmith 33 CT 1:59.63 3 Briann-Matth Hickey 30 FL 2:01.83	2 Sheila McKenna 57 MA 3:28.56 W60 1 Grace Butcher 64 OH 3:10.26	5 Laura Frisch 6 Karen Lein W40	36 NJ 5:57.92 39 MA 6:01.24	5 John Roberts 6 Daniel Taylor	40 FL 8.77 40 FL 9.51	5 John MacDonald 6 Gustave Davis	61 NJ 1.25m 60 CT 1.25m
4 James Aubuchon 30 MA 2:02.20 5 Richard Joseph 34 NY 2:02.21 6 Craig Lowthert 34 PA 2:03.04	2 Marion Knight 61 MI 3:13.68 3 Maureen Murphy 62 VT 3:17.79	1 Eileen Troy 2 Sharon Vos	44 CT 5:37.70 43 CT 5:43.09	7 Dennis Nelson 8 Jeff Watry	42 ND 9.55 42 WI 9.61	7 John Hurley M65	60 NY 1.15m
7 Bruce Davie 34 MA 2:08.02 8 Brian Rhodes 33 MA 2:13.23	W65 1 Jean Horne * 65 CAN 2:56.63	3 Rosa Inungaray 4 Paul Dickson-Taylor	43 TX 5:51.05	9 John Billingsley M40 -60m HH- 1 Ken Ellis	40 VA 10.04	1 Clarence Trinkner 2 James Stookey 3 William Hufnagel	66 WI 1.35m 68 MD 1.30m
9 Dave Harewood 33 MA 2:18.68 0 Maurice Stovall 32 MI 2:23.52 M35	W80 1 Adrienne Salmini 82 NJ 7:33.91	W45 1 Kathryn Martin 2 Judy Anker	46 NY 5:27.67 47 NY 6:01.69	2 Lloyd Jeremiah 3 Douglas Finley	40 OK 8.47 40 DC 8.48 41 OH 8.56	M70 1 Frank Brako	65 MA 1.20m
1 Sal Allah 38 NJ 1:59.26 2 Conor O'Driscoll 36 NY 1:59.66	M30 MILE 1 Chris Yorges 32 OR 4:20.79	3 Mary Rosado 4 Noel Bodwell	48 NY 6:04.76 49 NH 6:05.25	4 John Roberts 5 Tony Ciccone	40 FL 8.78 41 NJ 8.89	2 Denver Smith 3 Buck Bradberry	72 OH 1.30m 71 SC 1.25m
3 Ray Blackwell 39 NY 2:01.65 4 Rich Agnello 37 NJ 2:04.40 5 L.A. Glazer 35 NY 2:04.54	2 William Brosmith 33 CT 4:22.04 3 Tommy Lynch 30 MA 4:24.71 4 Dave Counts 31 MA 4:28.24	5 April Capwill 6 Mary Hartzler W50	47 PA 6:17.54 48 OH 6:18.91	6 Dennis Nelson 7 Daniel Taylor	42 ND 9.40 40 FL 9.50	N75 1 Edward Lukens	76 NY 1.20m
6 Douglas Miller 38 NY 2:07.33 7 Peter Schmidt 39 MA 2:10.52	4 Dave Counts 31 MA 4:28.24 5 Dave Beauley 32 NH 4:28.95 6 Craig Lowthert 34 PA 4:31.54	1 Sylvie Kimche 2 Ann Makoske	51 NY 6:00.64 52 FL 6:12.05	8 Jeff Watry M45 -60m HH- 1 Ken Kring	42 WI 9.58	2 Armando Ricciardi 3 Tim Murphy 4 Ed Matthews	78 NV 1.10m 76 TX 1.10m
8 David Sullivan 35 MA 2:12.38 9 Gino Caro 37 CT 2:15.71	7 John Barresi 34 CT 4:33.25 8 Bruce Davie 34 MA 4:38.28	3 Brigit Horn 4 Mary Trotto	53 GA 6:13.36 50 NY 7:34.84	2 William Sikorsky 3 Ivan Black	46 PA 9.73 49 CT 10.42 49 NY 10.55	M80 1 Bruno Maki	77 MD 1.05m
- David Jackson 36 TX DQ N40 1 Michael Watson * 40 BEA 1:59.48	9 Max Crispi         31 NY 4:44.08           0 Jon Ellis         34 MA 4:45.77           1 Rob Dumo         30 MA 5:03.00	W60 1 Grace Butcher 2 Margaret Carinci	64 OH 7:19.01 61 NY 7:20.39	4 Jim Dolezel M50 -60m HH PRELI	47 OK 11.02	2 Bob Detweiler M85	84 PA 0.75m
2 Colin Corkery 40 MA 2:01.21 3 Roberto Castillo 41 FL 2:01.33	N35 1 Scott Lundquist 36 NA 4:23.74	жэо <u>ЗК</u>		1 Courtland Gray 2 K.H. Troy 3 Joe Johnston	54 LA 9.01 52 WA 9.91	1 Robert Boal 2 Ted Hatlen	86 NC 1.00m 87 CA 0.95m
5 Ruleau JeanGelan 40 IL 2:01.94 6 Francois Martel * 44 CAN 2:03.00	2 David Harding 38 OR 4:32.99 3 Douglas Miller 38 NY 4:39.57 4 Jim Cuono 38 PA 4:40.27	1 Scott Clark 2 Chris Yorges	32 NH 8:49.63 32 OR 8:50.76	4 Jess Brewer 5 James Dickerson	54 FL 9.60 52 NY 10.13 51 NJ 9.89	W30 1 Anne Jennings W35	34 MA 1.72m
7 Thomas Hartshorne 44 NY 2:03.52 8 Miles Vaughn 42 NY 2:03.83	5 Peter Schmidt 39 MA 4:45.15 6 Scott Bernard 35 MA 4:45.39	3 Brian Fullem 4 Mark Paparella 5 David Menard	33 CT 8:57.83 33 CT 9:21.83	6 Richard Lech 7 Michael Milove	50 10.22 52 NY 9.93	1 Edna Crawley W40	39 NJ 1.30m
8 Tony Rodiez 41 WI 2:03.83 0 Frederick Robbins 43 CAW 2:04.82 1 Allen Muir 43 ME 2:06.38	7 Keith Davies 38 PA 4:47.72 8 David Jackson 36 TX 4:54.78	6 Rob Dumo	32 MA 10:13.08 30 MA 10:16.49	8 Leon Coleman 9 T.W. Tesche	53 MA 10.66 50 KY 11.71	1 Cheryl Alston W45	41 NJ 1.40m
2 Fred Kitzrow 42 NY 2:07.19 3 Bill Okerman 43 MA 2:08.41	H40	1 Craig Fram 2 Bob Winn 3 Keith Davies	39 NH 8:43.05 39 ME 8:47.41	- Fred Johnston M50 -60m HH- 1 Courtland Gray	52 CA DNF	1 Kay Sparks W50	49 CA 1.15m
4 Adrian Sterrett 41 NY 2:09.03 5 Tom Aspel 42 AR 2:10.00 6 Christopher Murphy 41 NY 2:10.53	2 Tony Rodiez 3 Ruleau JeanGelan 41 WI 4:29.17 40 IL 4:31.04	4 David Harding - Michael Arpin	38 PA 9:44.58 38 OR 10:06.00	2 K.H. Troy 3 Michael Milove	54 LA 8.74 52 WA 9.66 52 NY 9.87	1 Skipper Clark W55 1 Cathy Primmer	50 NY 1.30m
7 Clyde Lowthert 43 PA 2:15.11 8 Edward Somerville 41 CO 2:15.16	4 Frederick Robbins • 43 CAN 4:33.56 5 Andy Rogovin 40 MA 4:33.95 6 James O'Brien 40 MA 4:33.95	- Rich Marion - David Jackson	35 MA DNP 36 MA DNP 36 TX DNP	4 James Dickerson 5 Richard Lech	51 NJ 9.90	1 Cathy Primmer 2 Janice Condon W60	55 IN 1.10m 56 CA 1.10m
9 Richard Stewart 41 NY 2:15.57 0 Raymond Sipperly 43 NJ 2:16.97 1 Joseph Gonzalez 43 NY 2:17.30	7 Jon Waldron 40 MA 4:35.12 7 David Jansen 41 AZ 4:35.12	M40 1 Tony Rodiez 2 Ken Leinbach	41 WI 8:53.43	6 Jess Brewer - T.W. Tesche	50 10.22 52 NY 10.26 50 KY DNF	1 Christel Miller 2 Fei-Mei Chou	63 CA 1.20m 63 CA 1.00m
2 Mickey McCauley 41 SC 2:17.93 3 Bill Cheadle 44 KY 2:21.13	9 Jim Clayton 41 MA 4:35.20 0 Paul Corcoran 40 MA 4:38.48	3 Jon Waldron 4 Stephen Shaklee	43 MA 8:59.69 40 MA 9:00.26 42 NJ 9:01.23	2 Chuck Sochen	73 IL 10.34	W65 1 Joan Burguess	65 MA 1.05m
- Barry Blake 43 NJ DNF - Rick Easley 44 TX DNF	2 Matt Pile 43 OK 4:45.58 3 Steve Schallankamp 43 NY 4:49.76	5 Jim Clayton 6 Allen Muir 7 Bob Hodge	41 MA 9:09.64 43 ME 9:12.49	3 Bill Townsend M75+ -60m HH-	70 MI 11.21 71 NY 12.15	W70 1 Lenore McDaniels 2 Patricia Peterson	70 VA 1.15m
- Wayne Dwyer 44 MA DQ M45 1 Nolan Shaheed 48 CA 1:59.33	4 Bob Hodge 42 MA 4:50.61 5 Raymond Sipperly 43 NJ 4:53.08	8 Bob Clifford 9 Matt Pile	42 MA 9:18.23 43 MA 9:28.13 43 OK 9:28.95	M75 1 Edward Lukens	76 NY 11.05	POLE VAUL	71 NY 1.00m
2 Timothy McMullen 45 NY 2:03.46 3 Duane Green 47 NY 2:06.27	7 David Tree 43 NB 4:56.29 8 Mike Kelleher 41 MA 4:56,90		42 MA 9:29.56 42 RI 9:33.51	2 Armando Ricciardi M85 1 Bert Morrow	78 NV 14.35	M30 1 Duncan Littlefield 2 Dave Counts	33 NJ 15-03
4 Carroll Blake 5 Richard Puckerin 6 Charles McMullen 47 MA 2:07.86 48 MA 2:09.12 48 MA 2:09.12 46 NY 2:10.41	9 Clyde Lowthert 0 Abraham Golub 41 NY 4:58.76	3 Jeffrey Mader 4 Jacques Laliberte	40 NY 9:49.06 42 MA 10:02.20 44 10:04.98	2 Robert Boal W30-39 -60m HH-	85 CA 15.13 86 NC 16.29	M35 1 Greg Charles	31 MA 11-06 37 CA 13-00
7 Steve Underwood 45 TN 2:10.88 8 Brad Hurst 45 MA 2:11.15	2 Richard Clark 3 Jeffrey Mader 44 MA 5:01.20 42 MA 5:09.76	5 Paul Salerni	41 NY 10:33.76 44 NY 11:58.46	W30 1 Charlene Landrum	34 NY 9.58	2 Ambroise Courteau * 3 Rob Doran	39 CAN 12-06 39 NY 10-06
9 Tony Plaster 46 NJ 2:11.70 0 Rob-Jackson 47 NY 2:12.50	4 Wayne Dwyer 44 MA 5:13.48 5 Stave Pepe 40 MA 5:17.95	1 Bob McCusker	45 CT 9:11.90	2 Denise Jones W35	34 NY 13.05	- Thomas Garzillo M40	36 TX NH
	6 Lester Windley 7 John O'Malley 44 VA 5:27.55 7 John O'Malley 44 NY 6:06.54 42 NY DNF	3 Ed Zarenski 4 Brad Hurst 5 Robert Gillon	45 RI 9:25.32 45 MA 9:38.96	W55+ -60m HH- W60	36 NY 11.16	1 Ken Ellis 2 Gary Hunter Continue	40 OK 15-06 42 IN 15-00
	AL AL DAP	- HODELE GILION	46 MA 9:43.05	1 Christel Miller	63 CA 12.81	Continue	ed on next page

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## **May 1998** Continued from previous page Continued from previous Henry (Ron) Barela Mike Bizzaro Nichael McGinnis Charles Barnard John Baker Peter McGinnis Wilson Sochoo Hal Fairbanks Timothy Verity Dave Gorman Ken Kring Reg Hurlbert Michael Vick s page 41 AZ 14-00 40 NJ 13-00 43 SC 13-00 43 SC 13-00 44 NO 13-00 40 NY 12-00 41 CA 12-00 41 CA 12-00 41 CA 11-00 43 PA 11-00 46 PA 13-00 46 PA 12-00 47 WA 12-00 4 Michael Vick 47 TX 12-0 48 MA 12-0 46 NC 11-0 48 FL 11-0 49 MA 8-0 47 OK N John Hoogasian Robert Berke James Pedley 6 Robert Berke 7 James Pedley 8 Jim Bell - Jim Dolezel N50-59 -PJ-1 Larry McIntyre 2 Wayne Lambert 3 Warren Wilke 4 Joe Johnston 5 Michael Zahner - T.W. Tesche N55 1 Norm Cyprus 2 Buster Byrnes N60 1 Dale Lance 2 Duane Rykhus 3 John Diggs 4 John Steinman 5 Rusty Hamilton N65 1 Jerry Donley N70 1 Denver Smith N75 1 Boo Morcom 50 TX 14-0 51 CA 13-0 50 TX 12-0 54 FL 12-0 51 VT 9-0 50 KY NT 59 NY 9-0 60 OK 3.91 63 SD 3.05 62 TN 2.90 61 NV 2.75 61 SC 2.15 68 CO 3.05 72 OH 2.30 N75 76 NH 2.307 1 Boo Morcom 76 NH 2.307 2 Armando Ricciardi 78 NV 2.151 M55 78 NV 2.151 1 Joy MacDonald 57 FL 2.441 W65 65 NA 1.081 M70 70 VA 1.681 1 Lenore McDaniels 70 VA 1.68 LONG JUMP M30 H30 Andrew Boyce 2 Donald Brown 3 Spencer Johnson James Tunstall 5 Richard Cistone 33 IL 6.79 34 NY 6.41 34 OH 6.36 33 VA 6.14 32 AZ 5.56 M35 35 NJ 6.60 37 MA 6.53 35 RI 6.44 38 VA 6.01 38 WA 5.74 Brian Corrigan Brian Corrigan 35 NJ 6.60 Steven Keyes 37 NA 6.53 James Wardle 35 RI 6.44 Ben McLeod 38 VA 6.01 Darrell Charles 38 WA 5.74 Rick Schultz 39 WA 5.31 Derrell Turnipseed 37 TX 5.14 MAO 1 Barry Stebbins 2 Joseph Smith 3 David Quick 4 Nichael McPherson 5 Jeff Watry 6 Ronald Jackson 7 John Billingsley 8 Hal Faitbanks 9 Christopher Noon M45 1 Anthony Santos 2 Jim Dolezel 3 John Oleski 4 Scott Thornsley 5 William Sikorsky M50 42 PA 6.32 42 WA 6.10 42 CA 5.77 41 VA 5.5 42 WI 5.31 43 NJ 5.2 40 VA 5.11 41 GA 4.8 40 WA 4.2 M40 46 GA 5.9 47 OK 5.2 47 MA 5.2 45 AL 5.1 49 CT 4.2 MS0 Edward Jones Richard Lech \* Joseph Johnson Jerome Belinson Warren Gillette James Dickerson Michael Milove K.H. Troy 53 TX 5.86 50 CAV 5.51 53 NJ 5.50 54 OH 5.41 51 AZ 5.33 51 NJ 5.30 52 NY 5.22 52 WA 5.10 52 WA 5.00 51 TX 4.55 50 DE 4.33 K.H. Troy Ernie Dew Gregory Brooks Bob Boddy N55 1 N55 James Cawley Hans Gordon Bill Angus Philip Byrne Douglas Geertgens Ken Noses John Head Georg Schweizer Emil Pawlik M60 55 TX 5.2 56 LA 5.1 55 OH 5.1 57 MA 4.9 55 NY 4.8 55 NY 4.6 59 TX 4.1 59 CT FOI 59 MS FOI N60 Vincent Ruffin Kallukkat Thomas Charles Lanza 62 NJ 4.4 61 PA 4.3 61 TN 4.1

via v 1770				Mation
Continued from previous		W50 1 Erika Szanto	53 OH 2.96m	3 Leonard 1
Henry (Ron) Barela Mike Bizzaro	41 AZ 14-00 40 NJ 13-06	W55	A STATE MAN	4 Charles 1 N65
Michael McGinnis	43 SC 13-00 42 MO 13-00	1 Janice Condon W60	56 CA 2.34m	1 Leonard ( 2 Ray Feich
John Baker	40 NY 12-06	1 Audrey Lary 2 Barbara Jordan	63 MD 3.48m 62 VT 3.31m	3 Larry Hai 4 Pay Cars
Peter McGinnis Wilson Soohoo		3 Christel Miller	63 CA 3.07m	5 Karim Zau
Hal Fairbanks	41 GA 11-06 40 NY 11-06	4 Pei-Mei Chou W65	63 CA 2.85m	6 Pete Aug N70
Dave Gorman	43 PA 11-00	1 Magdalena Kuehne W70	67 CA 3.34m	1 Phillip 2 William
M45 Steve Gorman	46 PA 13-08	1 Lenore McDaniels W75	70 VA 3.40m	3 Charles 4 JW "bill
Reg Hurlbert	46 PA 12-06 47 WA 12-00	1 Diane Friedman	76 OH 1.75m	5 Jacob St
Michael Vick	47 TX 12-00	TRIPLE JUI	MP	N75 1 Charles
i John Hoogasian Robert Berke	48 MA 12-00 46 NC 11-06	N30 1 Robert McVicker	32 PA 13.07m	2 Armando 3 John McC
James Pedley Jim Bell	48 FL 11-00	2 James Tunstall 3 Donald Brown	33 VA 12.82m 34 NY 12.60m	4 Angelo O M80
Jim Dolezel	49 MA 8-00 47 OK NH	N35	A BUCK BRENCH	1 Thomas M
M50-59 -PJ- Larry McIntyre	50 TX 14-00	2 Benedict Olusola	35 NJ 13.93m 39 TX 13.49m 36 LA 13.43m	2 Bruno Mai 3 Bob Detwo
2 Wayne Lambert	51 CA 13-00 50 TX 12-06	3 Donald Hardy 4 Darrell Charles	36 LA 13.43m 38 WA 11.56m	M85 1 Ted Hatle
Joe Johnston	54 FL 12-06	MAU	THE SHARE THE REAL	2 Orrin Gra
Michael Zahner T.W. Tesche	51 VT 9-00 50 KY NH	1 David Quick 2 Joseph Smith	42 CA 13.68m 42 WA 13.37m	1 Everett H
Norm Cyprus	59 NY 9-00	3 Russ Bosbach 4 Barry Stebbins	40 MA 12.50m 42 PA 11.08m	W30 1 Maureen
Buster Byrnes M60	55 ME 7-00	- Ronald Jackson M45	43 NJ FOUL	2 Cheryl Cl W35
Dale Lance	60 OK 3.91m	1 Rodney Wiltshire	47 NY 12.47m	1 Gretta Lo 2 Dana Bau
2 Duane Rykhus 3 John Diggs	63 SD 3.05m 62 TN 2.90m	2 Anthony Santos 3 Ivan Black	46 GA 11.79m 49 NY 10.96m	3 Debra Hil
John Steinman Rusty Hamilton	61 NV 2.75m 61 SC 2.15m	4 Scott Thornsley 5 John Oleski	45 AL 10.76m 47 MA 10.18m	4 Deborah 1 W40
N65	and the second of the	<b>H</b> 50	and a faight set	1 Marcia Ve W45
N70	68 CO 3.05m		52 WA 11.38m 52 NY 10.51m	1 April Cap
N75	72 OH 2.30m	3 Bill Walsh - Ernie Dew	52 MD 10.34m 52 MA FOUL	2 Mary Hart W50
Boo Morcom Armando Ricciardi	76 NH 2.30m	M55 1 Douglas Geertgens	A STATISTICS	1 Erika Sza 2 Skipper (
W55	State State	2 James Cawley	55 TX 10.39m	3 Patricia W55
1 Joy MacDonald W65	57 FL 2.44m		58 MA 10.15m 56 LA 9.80m	1 Sandy Pas W60
Amy Hicks W70	65 MA 1.08m	5 Ken Moses	55 NY 9.58m	1 Evelyn Wi
1 Lenore McDaniels	70 VA 1.68m	6 Avital Schurr 7 John Head		2 Mary Roma 3 Anne Ciru
M30 LONG JUM	Ρ	M60 1 Haig Bohigian	61 NY 9.60m	4 Christel 5 Marcia Cr
1 Andrew Boyce 2 Donald Brown	33 IL 6.79m 34 NY 6.41m	W65	63 SD 9.15m	W65 1 Magdalena
3 Spencer Johnson	34 OH 6.36m 33 VA 6.14m	1 James Stookey 2 Jack Lance	68 MD 10.08m	2 Harriet H
4 James Tunstall 5 Richard Cistone	32 AZ 5.56m	N70	67 NJ 8.61m	3 Georgia 3 4 Lillian S
N35 1 Brian Corrigan	35 NJ 6.60m	1 Frank Brako 2 Denver Smith	72 MA 8.72m 72 OH 8.67m	W70 1 Lenore Mc
2 Steven Keyes 3 James Wardle	37 MA 6.53m 35 RI 6.44m	3 Tom Rice 4 Bill Townsend	70 PA 8.21m 71 NY 7.93m	W80 1 Katharine
4 Ben McLeod 5 Darrell Charles	38 VA 6.01m 38 WA 5.74m	M75 1 Edward Lukens	and the second	1.1
6 Rick Schultz	39 MA 5.31m	2 Ed Matthews	76 NY 9.13m 77 MD 7.23m	M30 1 Troy Herr
7 Darrell Turnipseed M40	Frank Constan	M80 1 R."sparks" Sorlien		2 William ( M35
1 Barry Stebbins 2 Joseph Smith	42 PA 6.32m 42 WA 6.10m	2 Eliahu BarJosef * W35	83 ISR 4.54m	1 Michael 1 2 Glenn The
3 David Quick 4 Michael McPherson	42 CA 5.77m 41 VA 5.54m	1 Elaine Iba 2 Edna Crawley	37 CA 8.93m 39 NJ 7.76m	M40 1 David Va
5 Jeff Watry 6 Ronald Jackson	42 WI 5.30m	W60	63 MD 8.07m	2 Anthon C
7 John Billingsley	40 VA 5.15m	2 Barbara Jordan	62 VT 7.47m	3 Donald F 4 Kim Salz
9 Christopher Noon	41 GA 4.80m	3 Evelyn Wright 4 Fei-Mei Chou	61 MD 7.17m 63 CA 5.75m	5 Jay McKe 6 Mark Kre
M45	210	W65 1 Magdalena Kuehne	which the second down the	7 Ted Goud 8 Scott Bu
1 Anthony Santos 2 Jim Dolezel 3 John Oleski	47 OK 5.25m 47 MA 5.23m	2 Amy Hicks W70	65 MA 6.09m	9 Dennis H
4 Scott Thornsley	45 AL 5.10m		70 VA 6.80m	0 Carmen L N45
5 William Sikorsky M50	and the second se	HIN SHOT PUT		1 Tim Edwar 2 T.Carl R
1 Edward Jones 2 Richard Lech *	53 TX 5.86m 50 CAW 5.59m	1 Troy Herr	33 PA 13.12m	3 Richard 4 4 Patrick
3 Joseph Johnson 4 Jerome Belinson	35 NO 3.30M	N35	33 MA 12.12m	5 Ted Loski 6 Larry Rea
		1 Glenn Thompson 2 Art McDermott	36 MA 16.15m	7 Dennis Cl
5 Warren Gillette 6 James Dickerson 7 Michael Nilove 8 K.H. Trov	52 NY 5.22m	3 Warren Taylor	38 PA 15.56m 38 MA 11.83m	8 John Pric
•		M40	and the second second second	1 Ladislav 2 George Ma
9 Ernie Dew 0 Gregory Brooks 1 Bob Boddy	52 NA 5.04m 51 TX 4.54m 50 DE 4.37m	1 Bob Otrando 2 Jay McKeen	43 NJ 14.80m	3 Bruce Hee
N55		4 Kim Salzer	41 NJ 14.14m	4 Terry Shi 5 Jerry Boo
1 James Cawley 2 Hans Gordon	55 TX 5.20m 56 LA 5.16m 55 OH 5.15m	6 Donald Filkins	44 NY 12.58m 44 NH 12.41m	6 Allan Nev 7 Bill Wals
3 Bill Angus 4 Philip Byrne 5 Douglas Geertgens 6 Ken Moses	55 OH 5.15m 57 NA 4.91m	7 Ted Goudge 8 Scott Bull /	41 MO 11.93m 40 MJ 11.89m	8 David Ton M55
5 Douglas Geertgens 6 Ken Moses	55 NY 4.87m 55 NY 4.67m	9 Richard Brown	40 MA 11.17m	1 Norm Cyps 2 Bob Cahne
	59 TX 4.108	0 Carmen Letizia 1 Jeff Watry		3 Buster By 4 Brian Mcl
- Georg Schweizer - Emil Pawlik	59 CT FOUL 59 MS FOUL	2 Daniel Taylor 3 Mark Kreafle Sr	40 FL 10.51m 43 MD 9.47m	5 William
1 Vincent Ruffin	62 NJ 4.43m	1 Craig Shumakan		M60 1 Emil Mul:
2 Kallukkat Thomas	61 PA 4.35m 61 TN 4.15m	2 Ed Clark	45 MA 12.25m 45 PA 12.22m	2 Vernon S 3 Fred Sha
N65	68 MD 4.92m	A John Priestley	47 ND 11.70m	N65 1 Leonard (
2 Clarence Trinkner	66 WI 4.41m		47 IL 10.85m	2 Austin Ba
3 Jack Lance N70	67 NJ 3.58m	8 Peter Mitchell	45 AZ 10.45m 48 NH 10.20m	3 Pay Carst 4 Karim Zan
1 Tom Rice 2 Chuck Sochor	70 PA 4.38m 70 MI 4.27m	9 William Sikorsky	49 CT 9.85m	5 Ray Feich M70
'3 Buck Bradberry	71 SC 4.26m	1 Ladislav Pataki	53 CA 15.80m	1 Ken Weinh 2 Phillip I
4 Frank Brako 5 Bill Townsend	72 MA 3.65m 71 NY 3.65m	3 Joseph DeStefano	50 FL 13.76m 51 MA 13.22m	3 William H 4 Lev Mozha
N75 1 Edward Lukens	76 NY 4.30m	4 James Nichols 5 Robert Warrington		5 Jacob Ste 6 JW "bill"
2 Ed Matthews 3 Armando Ricciardi	77 MD 3.56m	6 Jerry Bookin-Weiner	51 MA 12.01m	N75
4 John McCarthy	76 PA 2.73m	7 Terry Shuman 8 Rich Dunphy 9 Allan Neville 0 Neil Rich	50 NJ 11.07m	1 Armando 1 N80
N80 1 R."sparks" Sorlier	81 RI 2.56m		50 MA 9.67m	1 Thomas N
2 Eliahu BarJosef * N85	83 /SR 2.34m	1 David Tousignant N55	(map and internal	2 Bob Detw N95+
	87 CA 2.38m 88 FL 1.98m	2 Brian McKenna	58 TN 13.52m 57 NY 10.52m	1 Everett 1
W30+ -LJ- W30	00 FL 1.98M	3 Bob Cahners 4 Gary Crawford	55 FL 10.50m 57 NY 10.36m	W35 1 Cynthia
1 Dawn Best	33 NY 4.15m	5 Philip Byrne	57 NA 9.60m 57 NH 9.56m	2 Deborah W45
1 Elaine Iba	37 CA 4.70m	N60	60 MV 15.77m	1 April Ca W50
2 Edna Crawley	39 NJ 4.10m	2 Gerald Vaughn	60 NV 15.77m 62 NC 13.97m	1 Erika Sz

nard Rosen rles Lanza		63		11.78
nard Olson Feick		66	FL	12.88
ry Marsh Carstensen		65	FL	11.93
im Zandi e Augsburger		65 68		10.86
llip Brusca lliam Walmroth mrles Covino			MO	
"bill" Snaden cob Stein		74	NJ	9.95
Arrest Charles		75	VA	9.81
ando Ricciardi An McCarthy		78 76	NV PA	8.25
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il Capwill				9.45
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y Herr liam Cotter		33	PA	18.70
hael Hambrick			PA PA	14.931
id Vandergriff	14	42	SC	15.65
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McKeen K Kreafle Sr Goudge tt Bull mis Hansen men Letizia Edwards arl Reichard hard Watson rick Lyn: Loska ry Readman nis Chandler n Priestley lislav Pataki rrge Mathews Ce Hedendal ry Shuman ry Sookin-Wein an Neville 1 Walsh id Tousignant Cyprus		43 43 41 40 44 44 44 49 45 45 45 45 45 45 55 55 55 55 55 55	NINDO NYNA COTANYALLND CAWFLANNDA NYLWY	12.688 12.688 12.33 10.722 10.577 10.147 9.788 12.757 12.757 12.757 12.757 12.757 12.757 11.077 11.077 11.0557 13.697 13.697 13.347 11.927 11.557 10.497 11.557 10.497 11.557 10.497 11.557 10.497 11.557 10.557 10.497 11.557 10.557 10.497 11.0577 10.557 10.557 10.771 10.557 10.771 10.757 10.771 10.771 10.757 10.771 10.771 10.771 10.755 10.497 10.771 10.555 10.497 10.755 10.497 10.755 10.497 10.755 10.497 10.755 10.497 10.755 10.497 10.755 10.497 10.755 10.497 10.555 10.497 10.555 10.497 10.555 10.497 10.555 10.497 10.555 10.497 10.555 10.497 10.555 10.497 10.555 10.497 10.555 10.497 10.555 10.497 10.555 10.497 10.555 10.497 10.555 10.497 10.555 10.497 10.557 10.557 10.557 10.557 10.557 10.557 10.757 10.5777 10.5777 10.5777 10.5777 10.5777 10.5777 10.5777 10.5777 1
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<pre>McKeen K Kreafle Sr Goudge McKeen Sr Goudge McKeen Sr How Sr Sr Sr Sr Sr Sr Sr Sr Sr Sr Sr Sr Sr</pre>		43 43 41 40 44 44 49 54 54 55 55 55 57 57 62 64 66 66 65	NYDR NYA OCTAYNALLYR CAWLAANNAN NYLENYN SOW FILIY	12.688 12.688 12.33 10.722 10.577 10.144 9.781 13.777 12.755 12.137 11.877 11.112 10.555 12.137 11.677 11.112 10.555 10.499 13.348 11.922 11.355 10.409 9.611 9.448 11.599 10.699 9.755 9.068 8.268 11.599 13.768 13.048 12.955 13.768
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2 Anne Cirulnick 63 NY 7.59m 3 Marcia Crooks 64 MA 6.54m	1 Tim Nicholls 38 FL 14:55.24 2 Edward O'Connor 35 CT 16:14.46
W65 1 Amy Hicks 65 MA 6.73m 2 Lillian Snaden 68 SC 6.50m	N45 1 Brian Savilonis 47 NA 15:00.90 2 Stanley Sosnowski 47 RI 15:14.81
SUPERWEIGHT	3 John Jurewicz 47 MA 17:15.18 4 Ross Barranco 48 MI 18:51.51
1 Troy Herr 33 PA 12.49m 2 William Cotter 33 NA 8.82m	5 Fred Anderson 46 NH 19:17.77 N50 1 James Carmines 54 PA 13:19.24
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W55           1 Suzie Hess         56 OR         5.12m           W60           1 Evelyn Wright         61 MD         6.68m           2 Marcia Crooks         64 MA         4.15m           W65         4.15m         4.5m	W60 1 Jeanne Shepardson 64 MA 19:30.37 2 Rachel Beaudet 62 MA 22:07.60
W55         S6 OR         5.12m           1 Suzie Hess         56 OR         5.12m           W60         Evelyn Wright         61 MD         6.68m           2 Marcia Crooks         64 MA         4.15m           W65         1 Lillian Snaden         68 SC         5.22m	W60 1 Jeanne Shepardson 64 MA 19:30.37 2 Rachel Beaudet 62 MA 22:07.60 W70 1 Joan Rowland 71 NY 21:40.64 - Florence Dagata 71 RI DQ *Foreign athlete; does not place
M55 1 Suzie Hess 56 OR 5.12m W60 1 Evelyn Wright 61 MD 6.68m W65 1 Lillian Snaden 68 SC 5.22m National Masters 1998 Indoo Hillside, IL	W60 1 Jeanne Shepardson 64 MA 19:30.37 2 Rachel Beaudet 62 MA 22:07.60 W70 1 Joan Rowland 71 NY 21:40.64 - Florence Dagata 71 RI DQ *Foreign athlete; does not place r Heptathlon Championships .; April 4-5
M55 1 Suzie Hess 56 OR 5.12m M60 1 Evelyn Wright 61 MD 6.68m M65 1 Lillian Snaden 68 SC 5.22m National Masters 1998 Indoo Hillside, IL Heptathlon Indoor Age Graded Resu	W60 1 Jeanne Shepardson 64 MA 19:30.37 2 Rachel Beaudet 62 MA 22:07.60 W70 1 Joan Rowland 71 NY 21:40.64 - Florence Dagata 71 RI DQ *Foreign athlete; does not place r Heptathlon Championships .; April 4-5
M55 1 Suzie Hess 56 OR 5.12m M60 1 Evelyn Wright 61 MD 6.68m M65 1 Lillian Snaden 68 SC 5.22m National Masters 1998 Indoo Hillside, IL Heptathlon Indoor Age Graded Resu Name Points 60 LJ S 	M60 1 Jeanne Shepardson 64 MA 19:30.37 2 Rachel Beaudet 62 MA 22:07.60 W70 1 Joan Rowland 71 NY 21:40.64 - Florence Dagata 71 RI DQ *Foreign athlete; does not place r Heptathlon Championships ; April 4-5 Its P HJ Day 1 HURDLE PV 1000
M55           1 Suzie Hess         56 OR         5.12m           M60         1 Evelyn Wright         61 MD         6.68m           2 Marcia Crooks         64 MA         4.15m           M65         1 Lillian Snaden         68 SC         5.22m           National Masters 1998 Indoo Hillside, IL           Name           Points         60 LJ         S	W60           1 Jeanne Shepardson 64 MA 19:30.37           2 Rachel Beaudet 62 MA 22:07.60           W70           1 Joan Rowland 71 WY 21:40.64           - Florence Dagata 71 RI DQ           *Foreign athlete; does not place           r Heptathlon Championships           ;; April 4-5           Its           P HJ Day 1 HURDLE PV 1000           2.33m 1.58m 10.06 4.50m 3:06.00           626) (464) 2397 (502) (760) (607)
W55           1 Suzie Hess         56 OR         5.12m           W60         1 Evelyn Wright         61 MD         6.68m           2 Marcia Crooks         64 MA         4.15m           W65         1 Lillian Snaden         68 SC         5.22m           National Masters 1998 Indoo Hillside, IL           Name           Points           Age: 32           \$2.00           M30	M60 1 Jeanne Shepardson 64 MA 19:30.37 2 Rachel Beaudet 62 MA 22:07.60 W70 1 Joan Rowland 71 NY 21:40.64 - Florence Dagata 71 RI DQ *Poreign athlete; does not place r Heptathlon Championships ; April 4-5 Its P HJ Day 1 HURDLE PV 1000 2.33m 1.58m 10.06 4.50m 3:06.00
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M55           1 Suzie Hess         56 OR         5.12m           M60         1 Evelyn Wright         61 MD         6.68m           2 Marcia Crooks         64 MA         4.15m           M65         1 Lillian Snaden         68 SC         5.22m           National Masters 1998 Indoo Hillside, IL           M30           Age: 32           M35           I Doran, Rob         8.38         4.75m           Age: 39         3106         (481)         (382)         (480)	W60           1 Jeanne Shepardson 64 MA 19:30.37           2 Rachel Beaudet 62 MA 22:07.60           W70           1 Joan Rowland 71 WY 21:40.64           - Florence Dagata 71 RI DQ           *Foreign athlete; does not place           r Heptathlon Championships           ;; April 4-5           Its           P HJ Day 1 HURDLE PV 1000           2.33m 1.58m 10.06 4.50m 3:06.00           626) (464) 2397 (502) (760) (607)           10.04m 1.70m 10.38 3.10m 3:01.31           487) (560) 2074 (444) (381) (651)           9.38m 1.52m 10.75 3.10m 3:32.41           448) (480) 1791 (456) (436) (423)
M55           1 Suzie Hess         56 OR         5.12m           W60         1 Evelyn Wright         61 MD         6.68m           2 Marcia Crooks         64 MA         4.15m           W65         1 Lillian Snaden         68 SC         5.22m           National Masters 1998 Indoo Hillside, IL           National Masters 1998 Indoo La Moz           Matern Points 60 LJ S	W60           1 Jeanne Shepardson         64 MA 19:30.37           2 Rachel Beaudet         62 MA 22:07.60           W70         1 Jean Rowland         71 MY 21:40.64           - Florence Dagata         71 RI         DQ           *Foreign athlete; does not place         00           r Heptathlon Championships         .; April 4-5           Its         P         HJ Day 1 HURDLE         PV 1000           2.33m         1.58m         10.06         4.50m 3:06.00           626)         (464)         2397         (502)         (760)         (607)           10.04m         1.70m         10.38         3.10m 3:01.31         487)         (560)         2074         (444)         (381)         (651)           9.38m         1.52m         10.75         3.10m 3:32.41         448         (480)         1791         (456)         (436)         (423)           76m         1.84m         8.78         4.75m 3:06.36         634)         (868) 3054         (935)         (1055)         (709)
M55           1 Suzie Hess         56 OR         5.12m           W60         1 Evelyn Wright         61 MD         6.68m           2 Marcia Crooks         64 MA         4.15m           W65         1 Lillian Snaden         68 SC         5.22m           National Masters 1998 Indoo Hillside, IL           Matomatic Colspan="2">National Masters 1998 Indoo Hillside, IL           National Masters 1998 Indoo LJ           Matomatic Colspan="2">National Masters 1998 Indoo LJ           Matomatic Colspan="2">National Masters 1998 Indoo LJ           Matomatic Colspan 10 (467) (467) (467) (467) (467) (467) (467) (467) (467) (467	W60           1 Jeanne Shepardson         64 MA 19:30.37           2 Rachel Beaudet         62 MA 22:07.60           W70         1 Jeanne Shepardson         64 MA 19:30.37           2 Rachel Beaudet         62 MA 22:07.60           W70         1 Jean Rowland         71 MY 21:40.64           - Florence Dagata         71 RI         DQ           *Foreign athlete; does not place         DQ           r Heptathlon Championships         .; April 4-5           Its         P         HJ Day 1 HURDLE         PV 1000           2.33m         1.58m         10.06         4.50m 3:06.00           626)         (464)         2397         (502)         (760)         (607)           10.04m         1.70m         10.38         3.10m 3:01.31         (487)         (560)         2074         (444)         (381)         (651)           9.38m         1.52m         10.75         3.10m 3:32.41         448         (480)         1791         (456)         (423)           76m         1.84m         8.78         4.75m 3:06.36         634)         (868) 3054         (935)         (1055)         (709)
M55           1 Suzie Hess         56 OR         5.12m           W60         1 Evelyn Wright         61 MD         6.68m           2 Marcia Crooks         64 MA         4.15m           W65         1 Lillian Snaden         68 SC         5.22m           National Masters 1998 Indoor Hillside, IL           Name           Points           N30	W60           1 Jeanne Shepardson         64 MA 19:30.37           2 Rachel Beaudet         62 MA 22:07.60           W70         1 Joan Rowland         71 MY 21:40.64           - Florence Dagata         71 RI         DQ           *Foreign athlete; does not place         90           r Heptathlon Championships
W55           1 Suzie Hess         56 OR         5.12m           W60         1 Evelyn Wright         61 MD         6.68m           2 Marcia Crooks         64 MA         4.15m           W65         1 Lillian Snaden         68 SC         5.22m           National Masters 1998 Indoon Hillside, IL           National Trape South Provide Trape Sout	M60           1 Jeanne Shepardson         64 MA 19:30.37           2 Rachel Beaudet         62 MA 22:07.60           W70         1 Joan Rowland         71 MY 21:40.64           - Florence Dagata         71 RI         DQ           *Foreign athlete; does not place         90           r Heptathlon Championships
M55           1 Suzie Hess         56 OR         5.12m           W60         1 Evelyn Wright         61 MD         6.68m           2 Marcia Crooks         64 MA         4.15m           W65         1 Lillian Snaden         68 SC         5.22m           National Masters 1998 Indoor Hillside, IL           Name           Points         60         LJ         S           —         M30	W60           1 Jeanne Shepardson         64 MA 19:30.37           2 Rachel Beaudet         62 MA 22:07.60           W70         1 Jeanne Shepardson         61 MA 22:07.60           W70         1 Jean Rowland         71 MY 21:40.64           - Florence Dagata         71 RI         DQ           *Foreign athlete; does not place         00           r Heptathlon Championships         .; April 4-5           Its         P         HJ Day 1 HURDLE         PV 1000           2.33m         1.58m         10.06         4.50m 3:06.00           626)         (464) 2397         (502)         (760)         (607)           10.04m         1.70m         10.38         3.10m 3:01.31           487)         (560)         2074         (444)         (381)         (651)           9.38m         1.52m         10.75         3.10m 3:32.41         448         (480)         1791         (456)         (436)         (423)           76m         1.84m         8.78         4.75m 3:06.36         634)         (868) 3054         (935)         (1055)         (709)           15m         1.67m         9.77         3.30m 3:05.76         595)         (696) 2449         (720)         (560)
M55           1 Suzie Hess         56 OR         5.12m           W60         1 Evelyn Wright         61 MD         6.68m           2 Marcia Crooks         64 MA         4.15m           1 Lillian Snaden         68 SC         5.22m           National Masters 1998 Indoo Hillside, IL           Age: 32         4266 (716) (591) (2           Mage: 32         3550 (560) (467) (2           Masters 1998 Indoo Mato           Masters 2           M40           Tolocal, Rob         8.38         4.75m	M60           1 Jasanne Shepardson 64 MA 19:30.37           2 Rachel Beaudet 62 MA 22:07.60           W70           1 Joan Rowland 71 MY 21:40.64           - Florence Dagata 71 RI DQ           *Foreign athlete; does not place           r Heptathlon Championships           ;; April 4-5           Its           P HJ Day 1 HURDLE PV 1000           2.33m 1.58m 10.06 4.50m 3:06.00           626) (464) 2397 (502) (760) (607)           10.04m 1.70m 10.38 3.10m 3:01.31           487) (560) 2074 (444) (381) (651)           9.38m 1.52m 10.75 3.10m 3:32.41           448) (480) 1791 (456) (436) (423)           76m 1.84m 8.78 4.75m 3:06.36           634) (868) 3054 (935) (1055) (709)           1.5m 1.67m 9.77 3.30m 3:05.76           595) (696) 2449 (720) (560) (714)           8.84m 1.52m 11.05 3.40m 3:53.68           448) (552) 2071 (484) (590) (326)           2.26m 1.47m 11.43 3.30m 3:33.68           4400) (585) 2348 (506) (634) (533           0.66m 1.58m 11.09 NH 3:21.20           642) (696) 2650 (562) (0) (638)
M55         S56         OR         5.12m           1         Suzie         Hess         56         OR         5.12m           W60         1         Evelyn Wright         61         MD         6.68m           1         Marcia         Crooks         64         MA         4.15m           W65         1         Lillian Snaden         68         SC         5.22m           National Masters 1998 Indoor Hillside, IL           Maters Maters 1000           Maters Maters 1000           Maters Maters 100           National Masters 1000            Nation 11     <	M60           1 Jasanne Shepardson 64 MA 19:30.37           2 Rachel Beaudet 62 MA 22:07.60           W70           1 Joan Rowland 71 MY 21:40.64           - Florence Dagata 71 RI DQ           *Foreign athlete; does not place           r Heptathlon Championships           ;; April 4-5           Its           P HJ Day 1 HURDLE PV 1000           2.33m 1.58m 10.06 4.50m 3:06.00           626) (464) 2397 (502) (760) (607)           10.04m 1.70m 10.38 3.10m 3:01.31           487) (560) 2074 (444) (381) (651)           9.38m 1.52m 10.75 3.10m 3:32.41           448) (480) 1791 (456) (436) (423)           76m 1.84m 8.78 4.75m 3:06.36           634) (868) 3054 (935) (1055) (709)           1.5m 1.67m 9.77 3.30m 3:05.76           595) (696) 2449 (720) (560) (714)           8.84m 1.52m 11.05 3.40m 3:53.68           448) (552) 2071 (484) (590) (326)           2.26m 1.47m 11.43 3.30m 3:33.68           4400) (585) 2348 (506) (634) (533           0.66m 1.58m 11.09 NH 3:21.20           642) (696) 2650 (562) (0) (638)
M55         S56         OR         5.12m           1         Suzie         Hess         56         OR         5.12m           W60         1         Evelyn Wright         61         MD         6.68m           2         Marcia Crooks         64         MA         4.15m           2         Marcia Crooks         64         MA         4.15m           2         Marcia Crooks         64         MA         4.15m           1         Lillian Snaden         68         SC         5.22m           National Masters 1998 Indoor Hillside, IL           Heptathlon Indoor Age Graded Resu         Name         Points         60         LJ         S	W60           1 Jeanne Shepardson 64 MA 19:30.37           2 Rachel Beaudet 62 MA 22:07.60           W70           1 Joan Rowland 71 MY 21:40.64           - Florence Dagata 71 RI DQ           *Poreign athlete; does not place           r Heptathlon Championships           .; April 4-5           Its           P HJ Day 1 HURDLE PV 1000           233m 1.58m 10.06 4.50m 3:06.00           626) (464) 2397 (502) (760) (607)           10.04m 1.70m 10.38 3.10m 3:01.31           487) (560) 2074 (444) (381) (651)           9.38m 1.52m 10.75 3.10m 3:32.41           448) (480) 1791 (456) (436) (423)           76m 1.84m 8.78 4.75m 3:06.36           634) (868) 3054 (935) (1055) (709)           1.5m 1.67m 9.77 3.30m 3:05.76           595) (696) 2449 (720) (560) (714)           8.84m 1.52m 11.05 3.40m 3:33.68           448) (552) 2071 (484) (590) (326)           *26m 1.47m 11.43 3.30m 3:33.68           400) (585) 2348 (506) (634) (533           0.66m 1.58m 11.09 NH 3:21.20           642) (696) 2650 (562) (0) (638)           58m 1.46m 11.83 3.40m DNF           565) (569) 2168 (442) (671) (0)           *24m 1.61m 9.75 3.70m 3:38.58
M55         Suzie Hess         56 OR         5.12m           M60         1 Evelyn Wright         61 MD         6.68m           2 Marcia Crooks         64 MA         4.15m           Me5         1 Lillian Snaden         68 SC         5.22m           National Masters 1998 Indoon Hillside, II           Masters 1998 Indoon Hillside, II           National Masters 1998 Indoon Hillside, II           National Masters 1998 Indoon Hillside, II           National Masters 1998 Indoon Hillside, II           Masters 2           Masters 2           National Masters 1998 Indoon Hillside, II           Age: 32         Sion 5.43m           Age: 32         Sion 5.43m           Age: 42         4443         4.75m	M60           1 Jasanne Shepardson 64 MA 19:30.37           2 Rachel Beaudet 62 MA 22:07.60           W70           1 Joan Rowland 71 MY 21:40.64           - Florence Dagata 71 RI DQ           *Foreign athlete; does not place           r Heptathlon Championships           ;; April 4-5           Its           P HJ Day 1 HURDLE PV 1000           2.33m 1.58m 10.06 4.50m 3:06.00           626) (464) 2397 (502) (760) (607)           10.04m 1.70m 10.38 3.10m 3:01.31           487) (560) 2074 (444) (381) (651)           9.38m 1.52m 10.75 3.10m 3:32.41           448) (480) 1791 (456) (436) (423)           76m 1.84m 8.78 4.75m 3:06.36           634) (868) 3054 (935) (1055) (709)           15m 1.67m 9.77 3.30m 3:05.76           595) (696) 2449 (720) (560) (714)           8.84m 1.52m 11.05 3.40m 3:33.68           448) (552) 2071 (484) (590) (326)           2.26m 1.47m 11.43 3.30m 3:33.68           448) (552) 2071 (484) (590) (326)           2.26m 1.47m 11.43 3.30m 3:33.68           400) (585) 2348 (506) (614) (533           0.66m 1.58m 11.09 NH 3:21.20           642) (696) 2650 (562) (0) (618)           58m 1.46m 11.83 3.40m DNF           565) (569) 2168 (442) (671) (0)           2.41         1.61m 9
M55         State         S	M60           1 Jasanne Shepardson 64 MA 19:30.37           2 Rachel Besudet 62 MA 22:07.60           W70           1 Joan Rowland 71 MY 21:40.64           - Florence Dagata 71 RI DQ           *Foreign athlete; does not place           r Heptathlon Championships           ;; April 4-5           Its           P HJ Day 1 HURDLE PV 1000           2.33m 1.58m 10.06 4.50m 3:06.00           (626) (464) 2397 (502) (760) (607)           10.04m 1.70m 10.38 3.10m 3:01.31           487) (560) 2074 (444) (381) (651)           9.38m 1.52m 10.75 3.10m 3:32.41           448) (480) 1791 (456) (436) (423)           76m 1.84m 8.78 4.75m 3:06.36           634) (868) 3054 (935) (1055) (709)           1.5m 1.67m 9.77 3.30m 3:05.76           595) (696) 2499 (720) (560) (714)           8.84m 1.52m 11.05 3.40m 3:53.68           448) (552) 2071 (484) (590) (326)           *26m 1.47m 11.43 3.30m 3:33.68           400) (585) 2348 (506) (634) (533           0.642) (696) 2650 (562) (0) (638)           58m 1.46m 11.83 3.40m DNF           565) (569) 2168 (442) (671) (0)           *24m 1.61m 9.75 3.70m 3:38.58           (549) (822) 2835 (843) (877) (560)           02m 1.42m 11.44 2.70m DNF           567) (569) 2168 (442) (671) (0
M55         State         S	M60           1 Jasanne Shepardson 64 MA 19:30.37           2 Rachel Beaudet 62 MA 22:07.60           W70           1 Joan Rowland 71 MY 21:40.64           - Florence Dagata 71 RI DQ           *Foreign athlete; does not place           r Heptathlon Championships           ;; April 4-5           Its           P HJ Day 1 HURDLE PV 1000           2.33m 1.58m 10.06 4.50m 3:06.00           626) (464) 2397 (502) (760) (607)           10.04m 1.70m 10.38 3.10m 3:01.31           487) (560) 2074 (444) (381) (651)           9.38m 1.52m 10.75 3.10m 3:32.41           448) (480) 1791 (456) (436) (423)           76m 1.84m 8.78 4.75m 3:06.36           634) (868) 3054 (935) (1055) (709)           15m 1.67m 9.77 3.30m 3:05.76           595) (696) 2449 (720) (560) (714)           8.84m 1.52m 11.05 3.40m 3:33.68           448) (552) 2071 (484) (590) (326)           2.26m 1.47m 11.43 3.30m 3:33.68           448) (552) 2071 (484) (590) (326)           2.26m 1.47m 11.43 3.30m 3:33.68           448) (522) 2071 (484) (590) (326)           2.26m 1.47m 11.43 3.30m 3:33.68           448) (522) 2071 (484) (590) (326)           2.26m 1.47m 11.43 3.30m 3:33.68           58m 1.609 NH 3:21.20           642) (696) 2650 (562) (0) (6
M55         S56 OR         5.12m           1 Suzie Hess         56 OR         5.12m           W60         1 Evelyn Wright         61 MD         6.68m           2 Marcia Crooks         64 MA         4.15m           1 Lillian Snaden         68 SC         5.22m           National Masters 1998 Indood Hillside, IL           National Masters 1998 Indood Hillside, IL           Name Points 60 LJ S	M60           1 Jasanne Shepardson 64 MA 19:30.37           2 Rachel Beaudet 62 MA 22:07.60           W70           1 Joan Rowland 71 MY 21:40.64           - Florence Dagata 71 RI DQ           *Foreign athlete; does not place           r Heptathlon Championships           ;; April 4-5           Its           P HJ Day 1 HURDLE PV 1000           2.33m 1.58m 10.06 4.50m 3:06.00           626) (464) 2397 (502) (760) (607)           10.04m 1.70m 10.38 3.10m 3:01.31           487) (560) 2074 (444) (381) (651)           9.38m 1.52m 10.75 3.10m 3:32.41           448) (480) 1791 (456) (436) (423)           76m 1.84m 8.78 4.75m 3:06.36           634) (868) 3054 (935) (1055) (709)           1.5m 1.67m 9.77 3.30m 3:05.76           595) (592) 2071 (484) (590) (326)           2.26m 1.47m 11.43 3.30m 3:33.68           448) (552) 2071 (484) (590) (326)           2.26m 1.47m 11.43 3.30m 3:33.68           448) (552) 2071 (484) (590) (326)           2.26m 1.47m 11.43 3.40m DNF           555) (569) 2168 (442) (671) (0)           2.24m 1.61m 9.75 3.70m 3:38.58           (549) (822) 2835 (843) (877) (560)           0.24m 1.61m 9.75 3.70m 3:38.58           (549) (822) 2835 (843) (877) (560)           024m 1.52m 12.31 NH
M55         Suzie         Hess         56         OR         5.12m           M60         1         Evelyn         Wright         61         MD         6.68m           1         2         Marcia         Crooks         64         MA         4.15m           2         Marcia         Crooks         64         MA         4.15m           2         Marcia         Crooks         64         MA         4.15m           1         Lillian         Snaden         68         SC         5.22m           National Masters 1998 Indood           Heptathlon Indoor Age Graded Resu           Name         Points         60         LJ         S	M60           1 Jasanne Shepardson 64 MA 19:30.37           2 Rachel Beaudet 62 MA 22:07.60           W70           1 Joan Rowland 71 MY 21:40.64           - Florence Dagata 71 RI DQ           *Poreign athlete; does not place           r Heptathlon Championships           ;; April 4-5           Its           P HJ Day 1 HURDLE PV 1000           2.33m 1.58m 10.06 4.50m 3:06.00           626) (464) 2397 (502) (760) (607)           10.04m 1.70m 10.38 3.10m 3:01.31           487) (560) 2074 (444) (381) (651)           9.38m 1.52m 10.75 3.10m 3:32.41           448) (480) 1791 (456) (436) (423)           76m 1.84m 8.78 4.75m 3:06.36           634) (868) 3054 (935) (1055) (709)           15m 1.67m 9.77 3.30m 3:05.76           9.595) (696) 2449 (720) (560) (714)           8.84m 1.52m 11.05 3.40m 3:33.68           448) (552) 2071 (484) (590) (326)           2.26m 1.47m 11.43 3.30m 3:33.68           448) (552) 2071 (484) (590) (326)           2.26m 1.47m 11.43 3.30m 3:33.68           400) (585) 2348 (506) (634) (533           0.66m 1.58m 11.09 NH 3:21.20           642) (696) 2650 (562) (0) (638)           58m 1.46m 11.83 3.40m DNF           555) (569) 2168 (442) (671) (0)           24m 1.61m 9.75 3.70m 3:38.5
M55         Static Hess         56         OR         5.12m           1         Suzie Hess         56         OR         5.12m           M60         1         Evelyn Wright         61         MD         6.68m           2         Marcia Crooks         64         MA         4.15m           Mastia Crooks         64         MA         4.15m           Mational Masters         1998 Indoor         Hillside, IL           National Masters         1998 Indoor         Hillside, IL           Heptathlon Indoor Age Graded Resu         Name         Points         60         LJ         S	M60           1 Jasanne Shepardson 64 MA 19:30.37           2 Rachel Beaudet 62 MA 22:07.60           W70           1 Joan Rowland 71 MY 21:40.64           - Florence Dagata 71 RI DQ           *Foreign athlete; does not place           r Heptathlon Championships           ;; April 4-5           Its           P HJ Day 1 HURDLE PV 1000           2.33m 1.58m 10.06 4.50m 3:06.00           626) (464) 2397 (502) (760) (607)           10.04m 1.70m 10.38 3.10m 3:01.31           487) (560) 2074 (444) (381) (651)           9.38m 1.52m 10.75 3.10m 3:32.41           448) (480) 1791 (456) (436) (423)           76m 1.84m 8.78 4.75m 3:06.36           634) (868) 3054 (935) (1055) (709)           1.5m 1.67m 9.77 3.30m 3:05.76           595) (592) 2071 (484) (590) (326)           2.26m 1.47m 11.43 3.30m 3:33.68           448) (552) 2071 (484) (590) (326)           2.26m 1.47m 11.43 3.30m 3:33.68           448) (552) 2071 (484) (590) (326)           2.26m 1.47m 11.43 3.40m DNF           555) (569) 2168 (442) (671) (0)           2.24m 1.61m 9.75 3.70m 3:38.58           (549) (822) 2835 (843) (877) (560)           0.24m 1.61m 9.75 3.70m 3:38.58           (549) (822) 2835 (843) (877) (560)           024m 1.52m 12.31 NH
M55         S56         OR         5.12m           1         Suzie         Hess         56         OR         5.12m           M60         1         Evelyn Wright         61         HD         6.68m           2         Marcia Crooks         64         MA         4.15m           2         Marcia Crooks         64         MA         4.15m           2         Marcia Crooks         64         MA         4.15m           1         Lillian Snaden         68         SC         5.22m           National Masters 1998 Indoor Hillside, IL           Heptathlon Indoor Age Graded Result         Name         Points         60         LJ         S	M60           1 Jasanne Shepardson 64 MA 19:30.37           2 Rachel Beaudet 62 MA 22:07.60           M70           1 Joan Rowland 71 MY 21:40.64           - Florence Dagata 71 RI DQ           *Foreign athlete; does not place           r Heptathlon Championships           ; April 4-5           Its           P HJ Day 1 HURDLE PV 1000           2.33m 1.58m 10.06 4.50m 3:06.00           626) (464) 2397 (502) (760) (607)           10.04m 1.70m 10.38 3.10m 3:01.31           487) (560) 2074 (444) (381) (651)           9.38m 1.52m 10.75 3.10m 3:32.41           448) (480) 1791 (456) (436) (423)           76m 1.84m 8.78 4.75m 3:06.36           634) (868) 3054 (935) (1055) (709)           1.5m 1.67m 9.77 3.30m 3:05.76           595) (696) 2449 (720) (560) (714)           8.84m 1.52m 11.05 3.40m 3:33.68           448) (552) 2071 (484) (590) (326)           2.26m 1.47m 11.43 3.30m 3:33.68           448) (552) 2071 (484) (590) (326)           2.26m 1.47m 11.43 3.40m DNF           565) (569) 2168 (442) (671) (0)           2.41           4.5m 11.09 NH 3:21.20           642) (696) 2650 (562) (0) (638)           58m 1.46m 11.83 3.40m DNF           565) (569) 2168 (442) (671) (0)
M55         S56         OR         5.12m           1         Suzie         Hess         56         OR         5.12m           M60         1         Evelyn Wright         61         HD         6.68m           2         Marcia Crooks         64         MA         4.15m           2         Marcia Crooks         64         MA         4.15m           2         Marcia Crooks         64         MA         4.15m           1         Lillian Snaden         68         SC         5.22m           National Masters 1998 Indoor Hillside, IL           Heptathlon Indoor Age Graded Result         Name         Points         60         LJ         S	M60           1 Jasanne Shepardson 64 MA 19:30.37           2 Rachel Beaudet 62 MA 22:07.60           W70           1 Joan Rowland 71 MY 21:40.64           - Florence Dagata 71 RI DQ           *Poreign athlete; does not place           r Heptathlon Championships           ; April 4-5           Its           P HJ Day 1 HURDLE PV 1000           2.33m 1.58m 10.06 4.50m 3:06.00           626) (464) 2397 (502) (760) (607)           10.04m 1.70m 10.38 3.10m 3:01.31           487) (560) 2074 (444) (381) (651)           9.38m 1.52m 10.75 3.10m 3:32.41           448) (480) 1791 (456) (436) (423)           76m 1.84m 8.78 4.75m 3:06.36           634) (868) 3054 (935) (1055) (709)           15m 1.67m 9.77 3.30m 3:05.76           595) (696) 2449 (720) (560) (714)           8.84m 1.52m 11.05 3.40m 3:33.68           448) (552) 2071 (484) (590) (326)           *26m 1.47m 11.43 3.30m 3:33.68           400) (585) 2348 (506) (634) (533           0.66m 1.58m 11.09 NH 3:21.20           642) (696) 2650 (562) (0) (638)           58m 1.46m 11.83 3.40m DNF           565) (569) 2168 (442) (671) (0)           *24m 1.61m 9.75 3.70m 3:38.58           (549) (822) 2835 (843) (877) (560)           02m 1.42m 11.44 2.70m DNF

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National Masters News

## May 1998

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Lonu	nued from previous Name Po	ints 60	LJ SP HJ Day 1	HURDI	E PV 1000	1211		Estelle Hahn	8:2
2	Trinkner, Clarence	8.8			2 2.00m 4:22.34	ell'	MAC	New Balance M	
10			(700) (722) (813) 3072			51-1	1004	Championship	
3	Kress, Ted	9.91	3.51m 11.49m 1.22m	14.10	2.00m 4:46.94	1251	168th	St. Armory, NYC	; ret
1			(487) (935) (619) 260	6 (387				Jim Reilly	7.3
4	4 Brown, Harry		8 4.26m 8.11m NH (746) (622) (0) 2341	(0)	NH 3:47.14 (0) (734)	5.2.1		Donald Brown	7.5
5	Age: 68 3 Meyer, Rod			13.0		- 11		Patrick Smith Joseph Bencivenga	8.1
-			(369) (870) (619) 1858		(0) (0)		M35	Mitchell Lovett	7.1
	M70	Sere ad	the Print And	CASE POR	Charles The Land State	15 31 1		John Burns Willie Price	7.
1	1 Smith, Denver	9.1			1 2.55m 4:35.62	and a l		Demetrius Miller	7
2	Age: 72 53 Sochor, Chuck		) (746) (793) (813) 3213 5 3.96m 10.72m 1.20m		) (746) (496) 8 1.70m 4:20.00	3 4 1		Alex Rivera	7.
-			(739) (859) (679) 3166				140	Juan Castro Val Barnwell	7.9
-	M75						M40	Rockdale Hudson	8
1	1 Buschman, Mel		74 3.26m 8.70m 1.15m		11 1.55m 6:13.18			James McFarlane	8.
			) (561) (765) (687) 261			S. Start	MAS	Barry Blake Edward Gonera	8.1
2	Age: 78 3		3.00m 8.10m 1.10m (463) (703) (619) 239		1.93m	S della	M45	C D Cook	8.
12		015	) (403) (703) (013) 233	0 (44)	800m	N		David Gritz	8.
1	McDaniels, Leonore	10.	97 3.40m 6.49m 1.16m	14.	98 2.09m 4:42.12	HELLY'S	MED	Dave Friedman Joe Johnson	9.
	Age: 70 5582 (82	4) (865)	(772) (1132) 3593 (914)	(810)	(265) PV based on M85		MJU	Bob Davis	8
	FACT		Phil Griffin 45	5:24.4		0.05.0	1.25	Ken Kienzle	8.
	EAST			5:57.1	W30 Leatha Damron Judelle Weber	2:35.2 3:11.7		Anthony Palmer	8.
Syrac	cuse U. Noontime	League		0:00.1	Tracy Cromp	3:16.8	MSS	Edward Smalls Gene Ballard	8
1 102	Manley Fieldhous			3:50.2	W35 Sara Falso	2:32.9		Nate Byrd	8
	Syracuse, NY			4:40.8	Carolyn Eich	2:35.3	M60	Roosevelt Weaver	8.
	. 13	an se	and the second	5:02.7	Ruth Yanai	2:40.5		Dick Camp	8.
00		10.0		9:33.5	W40 Patti Ford	2:26.4		Cliff Pauling Don Beck	8
	Phil Goodrum	13.2 14.0		2:14.5	Irene Thompson W55 Lennis Tucker	2:52.4 3:20.6		KM Thomas	8.
	Joe Lauko Dale Davis	14.0		6:45.7	Yvonne Rotherberg		Ente	Haig Bohigian	8
	Andy Vogel	13.6	M75 Russ Moore 63	3:01.7	Estelle Hahn	4:01.4	MAS	Ed Kent Heraclio Chandeck	9.
٢	Neal Coffey	13.8		8:44.8	3000m	Alex Street	14105	Tom Talbott	11
	Chris Simser	13.8		4:08.0	A HOUR	18:34.9	W30	Aletha Morris	8
	Phil Driscoll	13.8	Feb. 27 100m	10.00	-March 13-	PR-	11/26	Dawn Best Helena Nelson	9
and the second second	Frank St. Dennis Phil Griffin	12.6 13.5	W55 Estelle Hahn	20.2	200m M30 Joe Lauko	29.4		Cheryl Alston	8
	Jack Azevedo	14.3	800m	A GARAGE	M55 John Allen	28.4		Sandy Pashkin	10
	Ferry McConnell	14.3		3:53.2	M60 Rene Wilett	34.3		Pat Peterson	10
145 C	Dave Wohlers	13.7		2:34.1	400m	Garden	200m M30	Jim Reilly	24
	Rick Cleary	14.5		2:52.9	M30 Phil Goodrum	60.2	MISU	Vincent Goodman	24
	Peter McClure	14.6	Mile	5:10.6	Joe Lauko	65.4	200 2	Joseph Bencivenga	26
	David Oja arry Nafie	14.6 14.5	and a glob has seen and the part of the part of the second		M35 Chris Anklin	59.2	M35	Mitchell Lovett	22
	Larry Nafie Mike Defio	14.5	3000m M30 David McMillan 8	3:49.6	Robin Wheeless	59.3 60.9	We P	John Burks Billy Hughes	24
	Paul Jewell	18.7		3:49.6	M40 Terry McConnell	61.8	7 1	Willie Price	25
	John Allen	14.1	The second s	:49.2	Phil Griffin	63.1		Alex Rivera	25
I	Larry Abrahamson	15.6	Bob Brenner 9	9:51.9	Jack Azevedo	66.4	140	Archie Glaspy Val Barnwell	24
	Doug Frost	16.1		0:15.0	M45 Bruce Bush	66.7	31	Kenh Royster	. 24
	Andy Branch	13.2 13.5		0:18.3	Stan More	67.1 67.8	1	James McFarlane	29
	Tom Fondy Ed Stabler	16.4	ALC: NOT ALC	):31.4	Dick Hubbard M50 Larry Nafie	66.3	M45	Ed Gonera Jesse Norman	22
	Wally McRae	16.7	A second s	:24.4	Mike Defio	71.1	3.	Francis Schiro	24
170	Tom Walnut	19.8		:29.5	M55 Ed Donoghue	64.6	M	Dennis Brown	25
	Russ More	17.5		:48.1	Doug Frost	77.2	1400	Dave Friedman Joe Johnson	32
	Tracy Cromp	17.0 17.4		3:39.3	M60 Tom Fondy	63.7 63.8	M30	Alan Taylor	20
	Judelle Weber Sara Falso	15.3	The second se	3:48.5 4:19.0	Fred Schlereth Jack Ucci	71.4	M55	Rich Jones	20
	Ruth Yanai	15.9		4:55.4	M65 Bob Brock	72.7		Gene Ballard	3
	Patti Ford	15.8		2:28.9	M70 Howard MacMillan	74.4	M60	Ken Baker Cliff Pauling	21
	Katyn Carrino	16.2	Wally McRae 14	4:26.6	Tom Walnut	85.0		Dick Camp	2
14100	Karen Laquidari	18.3		5:34.3	M75 Don Hanlon . W30 Judelle Weber	94.0	1	Don Beck	2
W65 800	Maryann Zeppetelo	22.0	The set of	5:16.1	W30 Judelle Weber Tracy Cromp	80.3 82.8	M65	Tom Talbott Heraclio Chandeck	3:
	Bruce Fredrikson	2:57.7		6:06.0 7:13.9	W40 Irene Thompson	65.0	M80	Bob Matteson	5
Mile		and the second		0:46.1	W55 Lennie Tucker	86.2		Aletha Morris	2
W40	Irene Thompson	7:03.7	the second	4:43.1	Yvonne Rothenber	g 87.6		Charlene	2
1 C 127	b. 20-	Tress In		5:10.3	March 20	Tersen.	PE S	Lintz Rivera Dawn Best	2
100 M50	0 m 0 Bill Borgstede	19.3		1:56.8	400m	70.4	W35	Helena Nelson	2
	0 Bob Milner	17.2	March 6	See.	M70 Howard MacMillan W35 Ruth Yanai	73.4 72.8		Edna Cfrawley	30
200	Om	Contract of	M35 Neal Coffey	27.8	800m	12.0	W40	Adlin Mair Louise Clark	31
	0 Frank St. Dennis	26.4	400m	27.0	M45 Paul Willsey	2:48.4		Deni Whitaker-Crai	
	0 Jack Ucci	32.9	M65 Wally McRae	81.0	Mile	Charles .	1	Sharon Allen	3
Mil	and the second se	7:21.0		1:43.3	M30 Phil Goodrum	5:25.3	W50 400m	M Trotto	3
	5 Wally McRae	1.21.0	800m M30 Pat Turley	2:26.5	M35 Chris Anklin Brendan Jackson	4:48.2 4:54.7		Vincent Goodman	5
	0 Dale Davis	21:01.0		2:20.5	Neal Coffey	4:54.7	M35	Mitchell Lovett	5
M4	0 Frank St. Dennis	10:43.5		2:03.9	M40 Frank Teitje	5:28.1		Billy Hughes Juan Castro	5:
	0 Bob Milner	11:44.6	Gerry Woods	2:18.5	Phil Griffin	5:29.9	M40	Archie Glaspy	5
	00m 30 Joe Lauko	23:05.5		2:32.0	Jeff Carnes	5:55.8		Clement Easton	5
	0 Pat Goodwin	24:58.0		2:12.6 2:15.4	M45 Peter McClure Gary Diamond	5:38.3 5:40.6		Kenth Royster	5
	Mark Driscoll	34:52.0		2:15.4	John Condon	5:40.0		James McFarlane Ken Bakersfield	59
M4	15 Gary Diamond	20:11.5		2:26.9	M50 Paul Jewell	5:58.6		Rockdale Hudson	1:02
	Stan More	21:09.0	John Condon	2:31.1	Mike Defio	6:02.6		Barry Blake	1:06
	50 Jerry Madden	23:18.8	and the second se	2:36.3	M55 Ed Donoghue	5:23.2	M45	Jesse Norman Francis Schiro	53 54
MÓ	60 Sam Graceffo Marty Fried	20:24.0 25:01.8		2:34.6	Paul Stelmaszyk	6:45.6	22 5	Dennis Brown	57
MZ	75 Nate White	25:01.8		2:49.0	M60 Sam Graceffo Tom Fondy	5:51.4 6:33.4	M50	Alan Taylor	51
	55 Lennie Tucker	24:05.5		2:28.2 3:03.2	Fred Schlereth	6:50.1	Mer	Jess Brewer	51
	,000m			3:08.9	M65 Bob Brock	6:02.2	MOO	Edward Smalls Rich Jones	1:0
M3	30 David McMillan	33:13.3		2:42.8	M70 Tom Walnut	7:34.9	M60	Cliff Pauling	1:0
	Pat Turley	38:21.1	Tom Fondy	2:44.5	M75 Don Hanlon	8:22.5		Don Beck	1:0
	Mike Gilbert 35 Neal Coffey	41:09.0 37:57.3		2:45.0	Russ More W30 Tracy Cromp	8:40.7		Tom Talbott Jim Manno	1:3
MG	Brendan Jackson		M65 Bob Brock Ed Stabler	2:44.8 2:52.4	W30 Tracy Cromp W35 Karen Bedard	7:12.7 6:50.2		Aletha Morris	1:2
						5:16.0	121	Dawn Best	1.0
	Mike Fitzpatrick	39:40.5	M75 Russ More	3:52.4	W40 Patti Ford	3.10.0			1:05

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	Kathryn Martin	1:11.87	Dave Friedman	7.26
W50 800m	Mary Trotto	1:38.23	M60 Haig Bohigan	10.09 9.09
	Armando Oliviera W Brosmith	1:59.26 2:00.36	Ed Kent M65 Tom Talbott	8.92 4.85
	John Barresi	2:00:50	M70 Des Margetson	6.23
20	Mike McGarry Rob Udewitz	2:06:29 2:06:77	M75 Hillar Saareste High Jump	6.58
	William Oehrlein	2:12.91	M30 Donald Brown M35 Bill Brown	1.77
M35	Ken Martin Mitchell Lovett	2:18:21 2:06:33	M45 Ivan Black	1.47
	Connor O'Driscoll Doug Miller	2:07.83 2:10.56	Dave Friedman M50 Alan Taylor	1.22
13.0	Larry Glazer	2:12.08	Michael Dejesus	1.42
	Gino Caro Bob Donegan	2:17.74 2:18.25	Bill Walsh Bill Gainey	1.37
	Nick Mntchell	2:19.01	M60 K M Thomas Don Beck	1.22
	David Goldberg Bob O'Brien	2:21.25 2:24.72	M70 Des Margetson	1.22
M40	Gary Doms Thomas Hartshome	2:43.49 2:07.38	W30 Aletha Morris Pole Vault	1.37
14140	Fred Kitzrow	2:10.59	M30 Paul Masse	12.06
	Anthony Watson Christopher Murphy	2:12.29 2:12.52	M35 Rob Doran M40 Mike Bizzaro	10.06 13.00
	Richard Stewart	2:16.59	Don Severn M45 Joe Mahon	12.00 8.06
1	Joe Gonzalez James McFarlane	2:17.00 2:37.03	M50 Tom Rauscher	12.00
M45	Duane Green Tony Plaster	2:13.97 2:17.75	Bill Walsh M55 Norm Cyprus	9.00
M50	Hugh Sweeney	2:22.23	Shot Put	
1 - 1	Victor Diaz Frank Handelman	2:23.02 2:23.12	M40 Tony Ciccone Kim Salzer	13.40 13.29
MEE	John Kuhi	2:39.51	Dennis Hansen M45 Craig Shumaker	11.74
MDD	Sid Howard J Saarman	2:21.29 2:33.02	Dennis Chandler	11.63
M60	Kenneth Skinner Jim Aneshansley	2:37.56 2:36.35	Nick Mondello Jeff Capuano	11.46 8.61
16-14	Bruce Marsh	2:47.53	Ivan Black	7.06
	John McManus William Benson	2:58.82 3:47.85	M50 Rich Dunphy Bill Gainey	11.39 11.32
M80	Bob Matteson	4:07.56	Bill Walsh	11.25
	Janice Morra P Dickson-Taylor	2:28.20 2:36.65	Edward Fox Frank Monroe	10.95
W45	Kathryn Martin	2:40.83	Carl Levine	9.19
Mile	Mary V Rosado	2:55.27	M55 Matt Schemmenti M65 Thomas Brooks	7.17
	Mike McGarry	4:42.58	W35 Deborah Ecklund W40 Sarah Boslaugh	7.13
M35	William Oehrlein Cameron Stracher	4:46.21 4:31.74	Weight Throw	10.42
See.	Connor O'Driscoll Doug Miller	4:37.38 4:43.26	M40 Carl Reichard Dennis Hansen	12.43 9.41
Cath T	David Pantin	4:51.21	M45 Dennis Chandler	10.29
-	James Gelson David Goldberg	5:07:53	M50 Edward Fox Bill Walsh	9.17 8.79
M40	John Williams	4.50.01	, Carl Levine	7.14
M45	Juanito Hernandez Scott Abercrombie	5,14 04		5 02
		50/31	Matt Schemmenti	3.02
	Al Swenson	5 07 31 4 45 77 5 06 92	M60 Don Beck	6.69
M50	Al Swenson Kieran Kelly Victor Diaz	4.45.77 5.06.92 5.14.25	M60 Don Beck W40 Sarah Boslaugh Pentathlon	6.69 12.52
M50	Al Swenson Kieran Kelly Victor Diaz Kenneth Skinner	4.45.77 5.06.92 5.14.25 5.39.40	M60 Don Beck W40 Sarah Boslaugh	6.69
M50 M55	Al Swenson Kieran Kelly Victor Diaz Kenneth Skinner Denis Daly Jim Fillis	4 45 77 5 06 92 5 14 25 5 39 40 6 06 52 5 49 06	M60 Don Beck W40 Sarah Boslaugh Pentathlon M35 Rob Doran M50 Rich Landry <u>Mile RW</u>	6.69 12.52 1699 925
M50 M55	Al Swenson Kieran Kelly Victor Diaz Kenneth Skinner Denis Daly	4:45.77 5:06.92 5:14.25 5:39:40 6:06.52 5:49.06 5:57.54	M60       Don Beck         W40       Sarah Boslaugh         Pentathlon       M33         M33       Rob Doran         M50       Rich Landry         Mile RW       M30         M30       Gregory Dawson         7       Alan Sargent	6 69 12 52 1699 925 17.12 56.37
M50 M55 M60	Al Swenson Kieran Kelly Victor Diaz Kenneth Skinner Denis Daly Jim Fillis Bruce Maroh John Conner Jack Nyhan	4.45.77 5.06.92 5.14.25 5.39.40 6.06.52 5.49.06 5.57.54 6.09.22 7.38.92	M60       Don Beck         W40       Sarah Boslaugh         Pentathlon       M35         M35       Rob Doran         M30       Rich Landry         Mile RW       M30       Gregory Dawson         Alan Sargent       7.         M55       Leo Amari       10.	6 69 12 52 1699 925 17 12 56 37 47 41
M50 M55 M60 M65	Al Swenson Kieran Kelly Victor Diaz Kenneth Skinner Denis Daly Jim Fillis Bruce Maroh John Conner	4.45.77 5.06.92 5.14.25 5.39.40 6.06.52 5.49.06 5.57.54 6.09.22	M60       Don Beck         W40       Sarah Boslaugh         Pentathlon       M35         M35       Rob Doran         M30       Rich Landry         Mile RW       M30         M30       Gregory Dawson         7       Alan Sargent         715       Leo Amari         M60       Robert Barrett         8       Frank Sullivan	6 69 12 52 1699 925 17.12 56.37 47.41 42.63 55.36
M50 M55 M60 M65 M70 M75	Al Swenson Kieran Kelly Victor Diaz Kenneth Skinner Denis Daly Jim Fillis Bruce Maroh John Conner Jack Nyhan Joseph Keman John McManus William Benson	4 45.77 506.92 514.25 539.40 606.52 5.49.06 5.57.54 609.22 7.38.92 7.52.36 645.77 7.52.47	M60       Don Beck         W40       Sarah Boslaugh         Pentathlon       M35         M35       Rob Doran         M36       Rich Landry         Mile RW       M30         M30       Gregory Dawson         Alan Sargent       7:         M55       Leo Amari         M60       Robert Barrett         Frank Sullivan       10:         W50       Covine Amari	6 69 12 52 1699 925 17.12 56.37 47.41 42 63 55.36 00.69
M50 M55 M60 M65 M70 M75 M80 W35	Al Swenson Kieran Kelly Victor Diaz Kenneth Skinner Denis Daly Jim Fillis Bruce Maroh John Conner Jack Nyhan Joseph Kernan John McManus William Benson Bob Matteson Janice Morra	4 45.77 5 06.92 5 14 25 5 39 40 6 06 52 5 49 06 5 57.54 6 09.22 7 38 92 7 38 92 7 52.36 6 45 77 7 52 47 9 50 92 5 17.65	M60       Don Beck         W40       Sarah Boslaugh         Pentathlon       M35         M35       Rob Doran         M30       Rich Landry         Mile RW       M30         M30       Gregory Dawson         Alan Sargent       7:         M55       Leo Amari         M60       Robert Barrett         Frank Sullivan       10:         W50       Covine Amari         USATF East Regional M	6.69 12.52 1699 925 17.12 56.37 47.41 42.63 55.36 00.69 asters
M50 M55 M60 M65 M70 M75 M80 W35	Al Swenson Kieran Kelly Victor Diaz Kenneth Skinner Denis Daly Jim Fillis Bruce Maroh John Conner Jack Nyhan Joseph Keman John McManus William Benson Bob Matteson Janice Morra Debra Keney	4 45.77 5 06.92 5 14 25 5 39 40 6 06.52 5 49.06 5 57.54 6 09.22 7 38.92 7 35.26 6 45.77 7 52.47 9 50.92 5 17.65 6 01.53	M60       Don Beck         W40       Sarah Boslaugh         Pentathlon       M33         M33       Rob Doran         M50       Rich Landry         Mile RW       M30         M30       Gregory Dawson         7       Alan Sargent         M55       Leo Amari         M55       Leo Amari         M60       Robert Barrett         8       Frank Sullivan         W50       Covine Amari         USATF       East Regional M         Indoor Championshi       New York, NY; Marcl	6.69 12.52 7 1699 925 17.12 56.37 47.41 42.63 55.36 00.69 asters ips
M50 M55 M60 M65 M70 M75 M80 W35 W40	Al Swenson Kieran Kelly Victor Diaz Kenneth Skinner Denis Daly Jim Fillis Bruce Maroh John Conner Jack Nyhan Joseph Keman Joseph Keman Joseph Matteson Janice Morra Debra Keney Catherine Oehrlein Asteria Claure	4 45.77 506.92 514.25 539.40 606.52 549.06 557.54 609.22 738.92 7.52.36 645.77 7.52.47 950.92 517.65 601.53 601.95 626.80	M60       Don Beck         W40       Sarah Boslaugh         Pentathlon       M33         M33       Rob Doran         M50       Rich Landry         Mile RW       M30         M30       Gregory Dawson         7.       Alan Sargent         M55       Leo Amari         M60       Robert Barrett         8.       Frank Sullivan         W50       Covine Amari         USATF East Regional M         Indoor Championshi         New York, NY; Marcl         60m	6 69 12 52 925 925 17 12 56 37 47 41 42 63 55 36 00.69 asters ips h 8
M50 M55 M60 M65 M70 M75 M80 W35 W40 W45	Al Swenson Kieran Kelly Victor Diaz Kenneth Skinner Denis Daly Jim Fillis Bruce Maroh John Conner Jack Nyhan Joseph Keman John McManus William Benson Bob Matteson Janice Morra Debra Keney Catherine Oehrlein Asteria Claure Kathryn Martin Mary V Rosado	4 45.77 506.92 5.14.25 5.39.40 6.06.52 5.49.06 5.57.54 6.09.22 7.38.92 7.52.36 6.45.77 7.52.47 9.50.92 5.17.65 6.01.53 6.01.95	M60       Don Beck         W40       Sarah Boslaugh         Pentathlon       M33         M33       Rob Doran         M50       Rich Landry         Mile RW       M30         M30       Gregory Dawson         7       Alan Sargent         M55       Leo Amari         M55       Leo Amari         M60       Robert Barrett         8       Frank Sullivan         W50       Covine Amari         USATF       East Regional M         Indoor Championshi       New York, NY; Marcl	6.69 12.52 7 1699 925 17.12 56.37 47.41 42.63 55.36 00.69 asters ips
M50 M55 M60 M65 M70 M75 M80 W35 W40 W45 <u>3000r</u>	Al Swenson Kieran Kelly Victor Diaz Kenneth Skinner Denis Daly Jim Fillis Bruce Maroh John Conner Jack Nyhan Joseph Keman John McManus William Benson Bob Matteson Janice Morra Debra Keney Catherine Oehrlein Asteria Claure Kathryn Martin Mary V Rosado	4 45.77 5 06.92 5 14 25 5 39 40 6 06.52 5 49 06 5 57.54 6 09 22 7 38.92 7 52.36 6 45 77 7 52 47 9 50 92 5 17.65 6 01.53 6 01.95 6 26 80 5 40.15	M60       Don Beck         W40       Sarah Boslaugh         Pentathlon       M33         M35       Rob Doran         M30       Rich Landry         Mile RW       M30         M30       Gregory Dawson         7.       Alan Sargent         M55       Leo Amari         100       M60         M60       Robert Barrett         8       Frank Sullivan         W50       Covine Amari         12       USATF East Regional M         Indoor Championshi       New York, NY; Marcl         60m       M30       David Barmer         James Reilly       Andre Bridgett	6 69 12 52 1699 925 17.12 56 37 47.41 42 63 55 36 00.69 asters ips h 8 7.27 7.35 7.45
M50 M55 M60 M65 M70 M75 M80 W35 W40 W45 <u>3000</u> m M30 M35	Al Swenson Kieran Kelly Victor Diaz Kenneth Skinner Denis Daly Jim Fillis Bruce Maroh John Conner Jack Nyhan Joseph Kernan Joseph Kernan Joseph Kernan Joseph Kernan Joseph Kernan Joseph Kernan John McManus William Benson Bob Matteson Janice Morra Debra Keney Catherine Oehrlein Asteria Claure Kathryn Martin Mary V Rosado n Jud Santos Alan Sangeap	4 45.77 5 06.92 5 14 25 5 39 40 6 06.52 5 49 06 5 57.54 6 09 22 7 38 92 7 52.36 6 45 77 7 52 47 9 50 92 5 17.65 6 01.53 6 01.95 6 26 80 5 40.15 6 19.13 9 58.23 10:36.70	M60 Don Beck W40 Sarah Boslaugh Pentathlon M35 Rob Doran M50 Rich Landry Mile RW M30 Gregory Dawson Alan Sargent 7. M55 Leo Amari 10. M60 Robert Barrett 8. Frank Sullivan 10. W50 Covine Amari 12. USATF East Regional M Indoor Championshi New York, NY; Marcl 60m M30 David Barmer James Reilly Andre Bridgett Donald Brown	6 69 12 52 1699 925 17.12 56.37 47.41 42.63 55.36 00.69 asters ips h 8 7.27 7.35 7.45 7.54
M50 M55 M60 M65 M70 M75 M80 W35 W40 W45 <u>3000</u> m M30 M35	Al Swenson Kieran Kelly Victor Diaz Kenneth Skinner Denis Daly Jim Fillis Bruce Maroh John Conner Jack Nyhan Joseph Kernan John McManus William Benson Bob Matteson Janice Morra Debra Keney Catherine Oehrlein Asteria Claure Kathryn Martin Mary V Rosado n Jud Santos Alan Sangeap Maurice Pointer Anthony Watson	4 45.77 5 06.92 5 14 25 5 39 40 6 06 52 5 49 06 5 57 54 6 09 22 7 38 92 7 52 36 6 45 77 7 52 47 9 50 92 5 17 65 6 01 53 6 01 53 6 01 95 6 26 80 5 40 15 6 19 13 9 58 23 10 36.70 10 00 17 10 13 81	M60       Don Beck         W40       Sarah Boslaugh         Pentathlon       M33         M35       Rob Doran         M30       Rich Landry         Mile RW       M30         M30       Gregory Dawson         7.       Alan Sargent         M55       Leo Amari         100       M60         M60       Robert Barrett         8       Frank Sullivan         W50       Covine Amari         12       USATF East Regional M         Indoor Championshi       New York, NY; Marcl         60m       M30       David Barmer         James Reilly       Andre Bridgett	6 69 12 52 1699 925 17.12 56 37 47.41 42 63 55 36 00.69 asters ips h 8 7.27 7.35 7.45
M50 M55 M60 M65 M70 M70 M80 W35 W40 W45 <u>3000r</u> M30 M35 M40	Al Swenson Kieran Kelly Victor Diaz Kenneth Skinner Denis Daly Jim Fillis Bruce Maroh John Conner Jack Nyhan Joseph Keman Joseph Keman Joseph Keman Joseph Keman Joseph Keman Joseph Keman John McManus William Benson Bob Matteson Janice Morra Debra Keney Catherine Oehrlein Asteria Claure Kathryn Martin Mary V Rosado D Jud Santos Alan Sangeap Maurice Ponter Anthony Watson Bob Brennan	4 45.77 506.92 5.14.25 5.39.40 6.06.52 5.49.06 5.57.54 6.09.22 7.38.92 7.52.36 6.45.77 7.52.47 9.50.92 5.17.65 6.01.53 6.01.95 6.26.80 5.40.15 6.19.13 9.58.23 10.36.70 10.03.17 10.13.81 11.12.55	M60       Don Beck         W40       Sarah Boslaugh         Pentathlon       M35         M35       Rob Doran         M30       Rich Landry         Mile RW       M30         M30       Gregory Dawson         M13       Ain Sargent         M55       Leo Amari         M60       Robert Barrett         Frank Sullivan       10         W50       Covine Amari         USATF       East Regional M         Indoor Championshi       New York, NY; Marcl         60m       M30       David Barmer         James Reilly       Andre Bridgett         Donald Brown       M35       Eugene Vicker         M40       Ben James       Thomas Jones	6 69 12 52 1699 925 17 12 56 37 47 41 42 63 55 36 00.69 asters ips h 8 7.27 7.35 7.45 7.54 7.15 7.30 7.34
M50 M55 M60 M65 M60 M65 M60 M65 W35 W40 W45 W40 W45 M30 M45 M40 M45 M55	Al Swenson Kieran Kelly Victor Diaz Kenneth Skinner Denis Daly Jim Fillis Bruce Maroh John Conner Jack Nyhan Joseph Kernan John McManus William Benson Bob Matteson Janice Morra Debra Keney Catherine Oehrlein Asteria Claure Kathryn Martin Mary V Rosado Jud Santos Alan Sangeap Maurice Pointer Arthony Watson Bob Brennan Scott Abercrombie Denis Daly	4 45.77 5 06.92 5 14 25 5 39 40 6 06 52 5 49 06 5 57.54 6 09.22 7 38 92 7 52.36 6 45 77 7 52 47 9 50 92 5 17.65 6 01.53 6 01.95 6 26 80 5 540.15 6 19.13 9 58.23 10.36.70 10.00.17 10.13.81 11.12.55 10.26.59 12.31.46	M60       Don Beck         W40       Sarah Boslaugh         Pentathlon       M35         M35       Rob Doran         M30       Rich Landry         Mile RW       M30         M30       Gregory Dawson         7       Alan Sargent         M55       Leo Amari         M60       Robert Barrett         8       Frank Sullivan         W50       Covine Amari         12       USATF East Regional M         Indoor Championshi       New York, NY; Marcl         60m       M30         M30       David Barmer         James Reilly       Andre Bridgett         Donald Brown       M35         K35       Eugene Vicker         M40       Ben James         Thomas Jones       John Brooks	6 69 12 52 1699 925 17 12 56 37 47 41 42 63 55 36 00.69 asters ips h 8 7.27 7.35 7.45 7.54 7.54 7.54 7.54 7.50
M50 M55 M60 M65 M60 M65 M60 M65 W35 W40 W45 W40 W45 M30 M45 M40 M45 M55	Al Swenson Kieran Kelly Victor Diaz Kenneth Skinner Denis Daly Jim Fillis Bruce Maroh John Conner Jack Nyhan Joseph Kernan Joseph Kernan Joseph Kernan Joseph Kernan Joseph Kernan Joseph Kernan Joseph Kernan Bob Matteson Janice Morra Debra Keney Catherine Oehrlein Asteria Claure Kathryn Martin Mary V Rosado n Jud Santos Alan Sangeap Maurice Pointer Anthony Watson Bob Brennan Scott Abercrombie	4 45.77 5 06.92 5 14 25 5 39 40 6 06.52 5 49 06 5 57.54 6 09 22 7 38 92 7 52.36 6 45 77 7 52 47 9 50 92 5 17.65 6 01.53 6 01.95 6 26 80 5 40.15 6 19.13 9 58.23 10.36.70 10.00.17 10.13.81 11.12.55 10.26.59	M60       Don Beck         W40       Sarah Boslaugh         Pentathlon       M35         M35       Rob Doran         M30       Rich Landry         Mile RW       M30         M30       Gregory Dawson         M13       Ain Sargent         M55       Leo Amari         M60       Robert Barrett         Frank Sullivan       10         W50       Covine Amari         USATF       East Regional M         Indoor Championshi       New York, NY; Marcl         60m       M30       David Barmer         James Reilly       Andre Bridgett         Donald Brown       M35       Eugene Vicker         M40       Ben James       Thomas Jones	6 69 12 52 1699 925 17 12 56 37 47 41 42 63 55 36 00.69 asters 7.53 7.45 7.54 7.54 7.54 7.54 7.54 7.50 7.34 7.50 7.60
M50 M55 M60 M65 M60 W35 W40 W45 <u>3000r</u> W40 W45 M30 M30 M30 M30 M30 M30 M30 M30 M30 M30	Al Swenson Kieran Kelly Victor Diaz Kenneth Skinner Denis Daly Jim Fillis Bruce Maroh John Conner Jack Nyhan Joseph Keman Joseph Keman Joseph Keman Joseph Keman Joseph Keman Joseph Keman Joseph Keman Bob Matteson Janice Morra Debra Keney Catherine Oehrlein Asteria Claure Kathryn Martin Mary V Rosado D Jud Santos Alan Sangeap Maurice Pointer Anthony Watson Bob Brennan Scott Abercrombie Denis Daly Herman Willis John Hurley Robert Kahn	4 45.77 5 06.92 5 14 25 5 39 40 6 06.52 5 49 06 5 57.54 6 09 22 7 38 92 7 52.36 6 45 77 7 52 47 9 50 92 5 17.65 6 01.53 6 01.95 6 26 80 5 40.15 6 19.13 9 58.23 10.36.70 10.00.17 10.13 81 11.12.55 10.26.59 12.31.46 12.33.30 13.09.76 12.17.36	M60 Don Beck         W40 Sarah Boslaugh         Pentathlon         M33 Rob Doran         M50 Rich Landry         Mile RW         M30 Gregory Dawson         7.         Alan Sargent         7.         M55 Leo Amari         100         M60 Robert Barrett         8         Frank Sullivan         W50 Covine Amari         USATF East Regional M         Indoor Championshi         New York, NY; Marcl         60m         M30 David Barmer         James Reilly         Andre Bridgett         Donald Brown         M35 Eugene Vicker         M40 Ben James         Thomas Jones         John Brooks         Chuck Hunter         Ellis Lidell         M45 Edward Gonera	6 69 12 52 1699 925 17 12 56 37 47 41 42 63 55 36 00.69 asters ips h 8 7.27 7.35 7.45 7.54 7.54 7.54 7.54 7.50
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M50 M55 M60 M65 M70 M75 M80 W35 W40 W45 <u>3000r</u> M30 M35 M40 M45 M55 M60 M65 M70 W35	Al Swenson Kieran Kelly Victor Diaz Kenneth Skinner Denis Daly Jim Fillis Bruce Maroh John Conner Jack Nyhan Joseph Keman Joseph Keman Joseph Keman Joseph Keman Joseph Keman Joseph Keman Joseph Keman Bob Matteson Janice Morra Debra Keney Catherine Oehrlein Asteria Claure Kathryn Martin Mary V Rosado D Jud Santos Alan Sangeap Maurice Pointer Anthony Watson Bob Brennan Scott Abercrombie Denis Daly Herman Willis John Hurley Robert Kahn Des Margetson Jean Chadincki Debra Keney	4 45.77 5 06.92 5 14 25 5 39 40 6 06.52 5 49 06 5 57.54 6 09 22 7 38 92 7 52 36 6 45 77 7 52 47 9 50 92 5 17.65 6 01.53 6 01.53 6 01.95 6 26 80 5 40.15 6 19.13 9 58 23 10.36.70 10.00.17 10.13 81 11.12.55 10.26.59 12.31.46 12.33.30 13.09.76 12.17.36 14.45.67 10.38.65 12.10.96	M60 Don Beck         W40 Sarah Boslaugh         Pentathlon         M33 Rob Doran         M50 Rich Landry         Mile RW         M30 Gregory Dawson         7.         Alan Sargent         7.         M55 Leo Amari         100         M60 Robert Barrett         8         Frank Sullivan         W50 Covine Amari         USATF East Regional M         Indoor Championshi         New York, NY; Marcl         60m         M30 David Barmer         James Reilly         Andre Bridgett         Donald Brown         M35 Eugene Vicker         M40 Ben James         Thomas Jones         John Brooks         Chuck Hunter         Ellis Lidell         M45 Edward Gonera         Pershing Reid         David Friedman	6 69 12 52 1699 925 17.12 56.37 47.41 42 63 55.36 00.69 <b>asters</b> 7.53 7.45 7.54 7.54 7.15 7.30 7.34 7.35 7.54 7.54 7.54 7.54 7.54 7.54 7.54 7.5
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M50 M55 M60 M65 M70 W35 W40 W45 <u>3000r</u> M30 W45 M30 M45 M40 M45 M40 M45 S M40 M55 M40 M55 M40 M55 M40 M55 M50 M50 M50 M50 M50 M50 M70 M70 M75 M80 M70 M75 M80 M75 M70 M75 M80 M75 M70 M75 M80 M75 M75 M80 M75 M75 M80 M75 M75 M80 M75 M75 M80 W35 M75 M75 M80 W35 M75 M75 M80 W35 M75 M80 W35 M75 M80 W35 M75 M75 M80 W35 M75 M80 W35 M75 M80 W35 M75 M80 W35 M75 M80 W35 M75 M80 W35 M75 M80 W35 M75 M80 M75 M80 M75 M80 M75 M80 M75 M80 M75 M80 M75 M80 M75 M80 M75 M80 M75 M80 M35 M30 M35 M80 M35 M80 M35 M80 M35 M80 M35 M30 M35 M80 M35 M80 M35 M30 M35 M30 M35 M40 M35 M40 M35 M40 M35 M40 M35 M40 M35 M40 M35 M40 M35 M40 M35 M40 M35 M40 M35 M40 M35 M60 M35 M40 M35 M60 M35 M60 M35 M60 M35 M60 M35 M60 M35 M60 M35 M60 M35 M60 M35 M60 M35 M60 M35 M60 M75 M60 M35 M60 M35 M60 M35 M60 M35 M60 M35 M60 M35 M70 M75 M60 M75 M70 M75 M70 M75 M70 M75 M70 M75 M70 M75 M70 M75 M70 M75 M70 M75 M70 M75 M70 M75 M70 M75 M70 M75 M70 M75 M70 M75 M70 M75 M70 M70 M75 M70 M70 M70 M70 M70 M70 M70 M70 M70 M70	Al Swenson Kieran Kelly Victor Diaz Kenneth Skinner Denis Daly Jim Fillis Bruce Maroh John Conner Jack Nyhan Joseph Keman Joseph Keman Joseph Keman Joseph Keman Joseph Keman Joseph Keman Joseph Keman Bob Matteson Janice Morra Debra Keney Catherine Oehrlein Mary V Rosado D Jud Santos Alan Sangeap Maurice Pointer Anthony Watson Bob Breinan Scott Abercrombie Denis Daly Herman Willis John Hurley Robert Kahn Des Margetson Jean Chadnicki Debra Keney Catherine Oehrlein	4 45.77 5 06.92 5 14 25 5 39 40 6 06.52 5 49 06 5 57.54 6 09 22 7 38 92 7 52 36 6 45 77 7 52 47 9 50 92 5 17.65 6 01.53 6 01.53 6 01.95 6 26 80 5 40.15 6 19.13 9 58 23 10.36.70 10.00.17 10.13 81 11.12.55 10.26.59 12.31.46 12.33.30 13.09.76 12.17.36 14.45.67 10.38.65 12.10.96	<ul> <li>M60 Don Beck</li> <li>W40 Sarah Boslaugh</li> <li>Pentathlon</li> <li>M35 Rob Doran</li> <li>M30 Rich Landry</li> <li>Mile RW</li> <li>M30 Gregory Dawson</li> <li>7. Alan Sargent</li> <li>7.</li> <li>M55 Leo Amari</li> <li>100</li> <li>M60 Robert Barrett</li> <li>Frank Sullivan</li> <li>100</li> <li>W50 Covine Amari</li> <li>121</li> <li>USATF East Regional M</li> <li>Indoor Championshi</li> <li>New York, NY; Marcl</li> <li>60m</li> <li>M30 David Barmer</li> <li>James Reilly</li> <li>Andre Bridgett</li> <li>Donald Brown</li> <li>M35 Eugene Vicker</li> <li>M40 Ben James</li> <li>Thomas Jones</li> <li>John Brooks</li> <li>Chuck Hunter</li> <li>Ellis Lidell</li> <li>M45 Edward Gonera</li> <li>Pershing Reid</li> <li>David Friedman</li> <li>M50 Joseph Johnson</li> <li>Dennis Newton</li> <li>Robert Davis</li> </ul>	6 69 12 52 1699 925 17.12 56.37 47.41 42.63 55.36 00.69 asters ips 7.27 7.35 7.45 7.54 7.54 7.54 7.50 7.34 7.50 7.63 7.45 7.63 7.45 7.63 7.45 7.93 9.86 7.60 7.90 8.03
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M50           M55           M60           M65           M70           M75           M80           W45           3000r           M30           M35           M40           W45           3000r           M35           M40           M55           M60           M55           M60           M55           M60           M55           M40           M45           M50           M50           M50           M50           M50           M30	Al Swenson Kieran Kelly Victor Diaz Kenneth Skinner Denis Daly Jim Fillis Bruce Maroh John Conner Jack Nyhan Joseph Keman Joseph Keman Joseph Keman Joseph Keman Joseph Keman Joseph Keman Joseph Keman Joseph Keman Bob Matteson Bob Matteson Janice Morra Debra Keney Catherine Oehrlein Mary V Rosado D Jud Santos Alan Sangeap Maurice Pointer Anthony Watson Bob Brennan Scott Abercrombie Deis Daly Herman Willis John Hurley Robert Kahn Des Margetson Jean Chadnicki Debra Keney Catherine Oehrlein Iurdles Donald Brown Tony Ciccone Ivan Black Jess Brewer Jump Donald Brown Patrick Smth Nick Mitchell Wille Price James McFarlane Edward Gonera Ivan Black Marshall Hubsher Dave Friedman Bill Walsh K M Thomas Ed Kent Don Beck E-Jump Jesse Sommer	4 45.77 5 06.92 5 14 25 5 39 40 6 06 52 5 49 06 5 57 54 6 09 22 7 38 92 7 52 36 6 45 77 7 52 47 9 50 92 5 17 65 6 01 53 6 01 95 6 26 80 5 40 15 6 19 13 9 58 23 10 36 70 10 00 17 10 13 81 11 12 55 10 26 59 12 31 46 12 33 30 13 09 76 12 11 30 9 30 8 95 10 38 65 12 10 96 12 11 00 9 30 8 95 10 98 9 74 6 45 5 506 4 97 6 72 5 09 5 34 4 77 4 57 3 76 4 99 4 12 4 10 3 63 10 56	M60 Don Beck         W40 Sarah Boslaugh         Pentathlon         M33 Rob Doran         M50 Rich Landry         Mile RW         M30 Gregory Dawson         7. Alan Sargent         M50 Robert Barrett         8         Frank Sullivan         N50 Covine Amari         USATF East Regional M         Indoor Championshi         New York, NY; Marcl         60m         M30 David Barmer         James Reilly         Andre Bridgett         Donald Brown         M35 Eugene Vicker         M40 Ben James         Thomas Jones         John Brooks         Chuck Hunter         Ellis Lidell         M45 Edward Gonera         Pershing Reid         David Friedman         M50 Joseph Johnson         Dennis Newton         Robert Davis         M55 Douglas Geertgen         Gene Ballard         Nate Byrd         David Rosenthal         M60 Larry Colbert         Roosevelt Weaver         Bob Dobbs         Don Beck         Joe Hemler         M65 James Stookey     <	6 69 12 52 1699 925 17.12 56.37 47.41 42.63 55.36 00.69 asters ips n 8 7.27 7.35 7.45 7.54 7.50 7.60 7.60 7.60 7.60 7.60 7.60 7.60 7.60 7.60 7.60 7.93 9.86 7.60 7.90 8.03 8.51 8.52 8.66 9.63 8.04 8.12 8.55 8.87 9.26 8.76 9.53 9.19 9.42 9.71 9.30 9.30
M50           M55           M60           M65           M70           M75           M80           W45           3000r           M30           M35           M40           W45           3000r           M35           M40           M55           M60           M55           M60           M55           M60           M55           M40           M45           M50           M50           M50           M50           M50           M30	Al Swenson Kieran Kelly Victor Diaz Kenneth Skinner Denis Daly Jim Fillis Bruce Maroh John Conner Jack Nyhan Joseph Keman Joseph Keman Joseph Keman Joseph Keman Joseph Keman Joseph Keman Bob Matteson Bob Matteson Janice Morra Debra Keney Catherine Oehrlein Asteria Claure Kathryn Martin Mary V Rosado Bo Jud Santos Alan Sangeap Maurice Pointer Anthony Watson Bob Brennan Scott Abercrombie Denis Daly Herman Willis John Hurley Robert Kahn Des Margetson Jean Chadnicki Debra Keney Catherine Oehrlein Mardel Brown Tony Ciccone Ivan Black Jess Brewer Jump Donald Brown Patrick Smith Nick Mitchell Willie Price James McFarlane Edward Gonera Ivan Black Marshall Hubsher Dave Friedman Bill Walsh K M Thomas Ed Kent Don Beck eJump Jesse Sommer	4 45.77 5 06.92 5 14 25 5 39 40 6 06.52 5 49 06 5 57.54 6 09 22 7 38 92 7 52 36 6 45 77 7 52 47 9 50 92 5 17.65 6 01.53 6 01.95 6 26 80 5 40.15 6 19.13 9 58.23 10.36,70 10.00.17 10.13 81 11.12,55 10.26,59 12.31,46 12.33,30 13.09,76 12.17,36 14.45,67 10.38,65 12.10,96 12.11,00 9.30 8.95 10.98 9.74 6 45 5 .06 4 .97 6 .72 5 .09 5 .34 4 .77 5 .76 5 .09 5 .34 5 .77 5 .09 5 .34 5 .77 5 .76 5 .09 5 .34 5 .77 5 .76 5 .09 5 .34 5 .77 5 .09 5 .34 5 .77 5 .09 5 .34 5 .77 5 .09 5 .34 5 .77 5 .76 5 .79 5 .34 5 .77 5 .76 5 .99 5 .34 5 .77 5 .76 5 .99 5 .34 5 .77 5 .76 5 .99 5 .34 5 .77 5 .76 5 .99 5 .34 5 .77 5 .76 5 .99 5 .34 5 .77 5 .99 5 .34 5 .77 5 .77 5 .76 5 .77 5 .7	M60 Don Beck         W40 Sarah Boslaugh         Pentathlon         M33 Rob Doran         M50 Rich Landry         Mile RW         M30 Gregory Dawson         7. Alan Sargent         M50 Robert Barrett         8         Frank Sullivan         W50 Covine Amari         USATF East Regional M         Indoor Championshin         New York, NY; Marcl         60m         M30       David Barmer         James Reilly         Andre Bridgett         Donald Brown         M35 Eugene Vicker         M40         Ben James         Thomas Jones         John Brooks         Chuck Hunter         Ellis Lidell         M45 <edward gonera<="" td="">         Pershing Reid         David Friedman         M50<joseph johnson<="" td="">         Dennis Newton         Robert Davis         M50<larry colbert<="" td="">         Roosevelt Weaver         Bob Dobbs         Don Beck         Joe Hemler         M60<larry colbert<="" td="">         Roosevelt Weaver         Bob Dobbs         Don Beck</larry></larry></joseph></edward>	6 69 12 52 1699 925 17.12 56.37 47.41 42.63 55.36 00.69 asters ips n 8 7.27 7.35 7.45 7.54 7.50 7.60 7.60 7.60 7.60 7.60 7.60 7.60 7.60 7.60 7.60 7.93 9.86 7.60 7.90 8.03 8.51 8.52 8.66 9.63 8.04 8.12 8.55 8.87 9.26 8.76 9.53 9.19 9.42 9.71 9.30 9.30

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### National Masters News

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W35	Helen Nelson	8.79
	Edna Crawley	9.10
W50	Kathy Cirina	9.25
	Norma Jones	9.99
M55 W60	Susanne Magroga Audrey Lary	n 12.50 10.07
	Phyllis Bradley	10.66
	Mary Roman	11.19
W70	Pat Peterson	10.66
W80 200m	Adrienne Salmini	21.99
M30	Andre Bridgett	23.97
118	David Barmer	24.05
	Donald Brown	24.16
M35	Vincent Goodman John Burks	25.09 24.40
M40	Ben James	23.44
	Val Barnwell	23.90
	Thomas Jones	24.10 24.26
1	Keith Royster Archie Glaspy	24.20
- 1	Ellis Liddell	24.52
	Chuck Hunter	24.87
	Chris Wiles Barry Blake	25.03 29.46
M45	Edward Gonera	23.61
	Jesse Norman	24.14
	Francis Schiro	25.07
	David Friedman	34.86
M50 M55	Joseph Johnson Lawrence Harvey	25.61 29.28
14155	David Rosenthal	32.70
M60	Larry Colbert	27.44
	Cliff Pauling	28.34
M65	John MacDonald James Stookey	29.26 29.88
M70	H MacMillan	31.77
	Frank Brako	34.17
	John McManus	34.18
M75	Lester Wright Jim Manno	33.09 34.35
	Ed Matthews	35.76
M80	Bob Matteson	39.24
W30 W50	Alethea Morris Kathy Cirina	25.71 31.50
w 30	Norma Jones	31.50
	Mary Trotto	39.34
W60	Audrey Lary Phyllis Bradley	35.16
	Mary Roman	39.22 41.36
W70	Patricia Peterson	36.34
400 m M30		
MSU	Tracy Fox Vincent Goodman	50.84 55.37
M35	Ray Blackwell	50.64
	John Burks	54.44
M40	Gina Caro Ben James	58.99
14140	Archie Glaspy	52.43 54.38
	Keith Royster	55.12
	Chris Wiles	55.33
1	T Hartshorne Adrian Sterrett	55.68
	Barry Blake	56.60 1:04.65
M45	Herman Belcher	53.11
1 12	Francis Schiro	54.72
	Dennis Brown David Friedman	57.46
M50	Jess Brewer	1:17.16 58.18
	Alan Taylor	58.48
	M Maslowski	59.56
	Robert Ihne Harold Holan	1:00.62
		1:01.48 1:01.93
M55	L Harvey	1:03.41
M60		1:09.53
14100	Larry Colbert Ken Baker	58.93 1:01.64
	Cliff Pauling	1:03.20
		1:05.42
		1:05.60
	Jim Aneshansley	1:08.30 1:09.24
M70	John McManus	1:16.70
	H MacMillan	1:16.88
M75	-	1:30.70 1:19.23
	Jim Manno	1:19.23
M80	Bob Matteson	:27.08
W30	Aletheas Morris Lisa Warren	58.56
W45	Mary Rosado	1:04.98 1:13.96
W50		29.69

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Wen	Audrey Lary Patricia Peterson A Salmini	1:25.21 1:29.82 3:33.97		Des Margetson Im Relay Central Park
W80	A Salmini	3:33.97	M30	TC B (Glaspy/D
800m M30	W Brosmith	2:02.67	3424	D Brown/Barnw
MDU	M McGarry	2:02.67	M40	Central Park
M35	and the second se	2:05.60		TC A (Norman/C
155		2:07.12		Jerimiah/Gonera
		2:12.91	152	Md Masters TC
	Paul Leary	2:16.96	1-56	(T Jones/Crawfo
	Gino Caro	2:24.59	E ale	R Jones/Belcher)
140	T Hartshorne	2:08.93	M50	Garden State AC
	James O'Brien	2:11.69	1.	(Small/Hartman/
	Rich Stewart	2:14.49	1	McDonald)
	Fred Kitzrow	2:14.73	2.823	Md Masters TC
	Joseph Gonzalez	2:15.06	3320	(Masterson/Bodo
	R Sipperly	2:17.13	M60	Walsh) Md Masters TC
145	Duane Green	2:07.88 2:11.57	MOU	(Goldstein/Gilbe
	Tom Ryan Bradford Hurst	2:14.40	1 24	Matthews/Stook
	Tony Plaster	2:14.70	W30	Central Park TC
	Stephan Viegas	2:17.77		(Clark/Landrum/
	Steven Rook	2:10.25	1	Walker/Sterrett)
50	Albin Swenson	2:10.40	4x400	m Relay
	Bruce Carter	2:16.79	M30	
	Richard Murray	2:19.68	100	(Plaster/Agnello/
	Victor Diaz	2:20.06	540	Leary/Ryan)
	F Handelman	2:20.86	W30	Central Park AC
	Alan Taylor	2:21.90	15-1	(Clark/Landrum/
	Dam Masterson		21	Sterrett/Crane)
	J Tetherly	2:31.90		Jump
	John Kuhi	2:36.49	M35	William Brown
1.94	Bill Indek	2:39.01	4.78	Rob Doran
155	Sid Howard	2:16.96	M45	Bob Hulme
	L Harvey	2:31.45	1.3	John Fortin
	Kenneth Skinner	2:32.23	Br Be	Ivan Black
		2:38.18	1.000	David Friedman
460	Ken Baker	2:28.79	M50	Bob Boddy
1	Frank Haviland		1.1	Jim O'Brien
and a	Chris Rush Cliff Pauling	2:33.02	4.97	Bill Walsh
		2:33.58	VICE	Bill Gainey
	Jim Aneshansley Bruce Marsh	2:33.60	M55 M60	Douglas Geertge John MacDonald
	John Conner		MOU	Don Beck
165		3:26.52	M65	James Stookey
170	John McManus	3.00.07	MIOS	David Gilbert
180	Bob Matteson	3:51.34	M70	Des Margetson
N30	Lisa Warren	2:35.51	1.50	Frank Brako
1	Dawn Best	2:38.88	M75	Ed Matthews
N45	Mary Rosado	2:40.20	W30	
	M McCloud	2:48.43	W35	
¥50	Mary Trotto	3:40.96	W50	Kathy Cirina
500n			W70	Patricia Peterson
130	W Brosmith Alan Wells	4:03.84 4:13.07	Pole M30	Duncan Littlefiel
	M McGarry	4:13:07	M35	Rob Doran
135	James Cuono	4:24.35	M40	
140	Fred Kitzrow	4:22.87	14140	Donald Severn
-	Anthony Watson	4:26 32	M45	
	Merrell Noden	4:41.13	M50	
445	Bradford Hurst	4:30.23	M55	
553	Steven Rook	4:38.12	M65	James Stookey
2.27	Carl Stainagle	5:18.70		Jump
150	Albin Swenson	4:24.00	M40	Barry Stebbins
	Harold Nolan	4:26.48	18-1	Ronald Jackson
	Victor Diaz	4:42.95	M45	John Oleski
	Bruce Carter	4:39.61	1	Ivan Black
1	Richard Murray		4.28	William Sikorsky
	Bill Indek	5:25.06	1 64	David Friedman
455	Sid Howard	4:38.20	1.2.20	Blair Schneider
	Kenneth Skinner		M50	
1 .	Seth Kaminsky	5:09.00	15.4	Michael Milove
	Joel Dubow	5:18.25	1004	Bill Walsh
460		5:32.67	M55	Douglas Geertge
100	Joe Cordero Witold Bialokur	5:05.42	M60	Vincent Ruffin
	Jim Fillis	5:07.84 5:12.25	1	Joe Hemler
		5:12.25	M65	Don Beck
	Bruce Marsh	5:25.41	MOS	James Stookey David Gilbert
	John Conner	5:31.48	-	Jack Lance
	Debbie Marshall	5:00 89	M70	Frank Brako
	Elizabeth Murray		M75	
V45	Mary Rosado	5:28.72	W30	
N50	Mary Trotto	7:07.56	W35	Edna Crawley
			W55	
	Mark Paparella	9:08.62	W60	Evelyn Wright
6000 m	Alan Wells	9:14.89		Audrey Lary
6000 m	Jud Santos	9:50.85	Trip	e Jump
6000 m 130	Juu Santos		M40	
<b>3000 m</b> M30	James Cuono	9:35.82	M40	Darry Steppens
3000 m M30 M35		9:35.82 9:07.13	M40	Ronald Jackson
<b>3000 m</b> M30 M35 M40	James Cuono	9:07.13	M40	Ronald Jackson
<b>3000 m</b> M30 M35 M40	James Cuono Steve Shaklee	9:07.13	1516	Ronald Jackson
<b>3000 m</b> M30 M35 M40	James Cuono Steve Shaklee Anthony Watson Maurice Pointer	9:07.13 9:50.28	1516	Ronald Jackson Rodney Wiltshir

s Margetson 15	17.34	M50	Michael M
Relay ntral Park 1	41.39		Bill Walsh Bill Gainey
B (Glaspy/D Br	own/	M55	Dourlas Ge
Brown/Barnwell ntral Park 1	36.80	M60	Haig Bohig Joe Hemler
A (Norman/Ove		1.00	Don Beck
imiah/Gonera)	D'LAND	M65	James Stoo Jack Lance
Masters TC 1 Jones/Crawford/	37.80	M70	Frank Brak
lones/Belcher)	112	1645	Morton Go
rden State AC 1 mall/Hartman/Tir		M75	Ed Matther Hillar Saar
Donald)	lucity	W35	Edna Craw
Masters TC 2		W50 W55	Kathy Cirin Susanne M
lasterson/Boddy/ alsh)	Beck/	W60	Audrey La
Masters TC 2	:19.26		Evelyn Wr
oldstein/Gilbert/ atthews/Stookey)		Shot M40	Tony Cicco
	52.28	ENTS.	Dennis Ha
lark/Landrum/		M45	Dan Walla John Priest
alker/Sterrett) Relay		NI43	William Si
ore AC 3	57.51	1:00	Jeffrey Co
aster/Agnello/ ary/Ryan)		M50	Blair Schn Bill Gaine
ntral Park AC 4	26.63	1.35	Rich Dunp
lark/Landrum/		1 in	Bill Walsh Carl Levin
errett/Crane)		M55	Bob Cahne
lliam Brown	1.52	M60	Don Beck
b Doran b Hulme	1.48	M65	Joe Hemle Ray Feick
n Fortin	1.52	1.4	David Gill
n Black vid Friedman	1.42	M70	Frank Bral Morton Ge
b Boddy	1.11	M75	Ed Matthe
O'Brien	1.47	W30	Lisa Warn
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uglas Geertgens	1.32	W50	Kathy Ciri
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Matthews a Warren	1.01		ht Throw Dennis Ha
na Crawley	1.49	M45	John Pries
thy Cirina tricia Peterson	1.17	M50	Blair Schr
lt	1.04	MSU	Bill Walsh Bill Gaine
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b Doran ke Bizzaro	2.89	M55 M60	Bob Cahn Don Beck
nald Severn	3.81	M65	Ray Feick
eve Gorman I Walsh	3.66 2.89	M70 W35	Morton G Deborah E
fTindall	3.35	W50	Kathy Cir
nes Stookey	2.44	W55	Susanne M
rry Stebbins	6.03	W60	Evelyn W Mary Ron
nald Jackson	5.35	1.3	Marcia Cr
n Oleski n Black	4.85	3000 M40	m RW Rupert Ra
lliam Sikorsky	4.47	M50	Gary Null
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b Boddy	5.02	and the state	the second
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ncent Ruffin Hemler	4.12 3.66	100m	arasota, F
n Beck	3.36	M35	Jim Farr
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dney Wiltshire	12.14	M55	J C Shenk
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	Bill Walsh Bill Gainey	10.18 8.11	M35
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)	Haig Bohigian Joe Hemler	8.88 7.55	High
	Don Beck	6.96	M50
5	James Stookey Jack Lance	9.69 7.98	Shot M40
)	Frank Brako	8.12	Disc
	Morton Goldstein	5.90	M40 M50
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0	Tony Ciccone	13.98	55m
	Dennis Hansen Dan Wallace	12.42 12.25	M30
5	John Priestley	11.59	1 into
	William Sikorsky	9.91	1.11
	Jeffrey Copland Blair Schneider	8.35 7.16	M35
0	Bill Gainey	12.45	1-25
	Rich Dunphy Bill Walsh	11.79	M40
	Carl Levine	11.17 9.19	M40
5	Bob Cahners	9.76	
0	Don Beck Joe Hemler	9.46 8.45	'M45
5	Ray Feick	11.73	M43
	David Gilbert	7.70	
0	Frank Brako Morton Goldstein	8.50 7.39	M55
5	Ed Matthews	6.28	WIJJ
0	Lisa Warren	11.03	
5	Edna Crawley Deborah Ecklund	7.27	M60
0	Kathy Cirina	9.48	M65
5	Mary Trotto Susanne Magrogan	6.46 5.56	M75
0	Evelyn Wright	8.83	W35
	Mary Roman	8.61	W70
	Audrey Lary Marcia Crooks	7.70	2001 M30
	ht Throw	Ething.	1
0.5	Dennis Hansen John Priestley	9.72 10.27	M35
	Blair Schneider	5.57	1
0	Bill Walsh Bill Gainey	8.72 8.41	M40
	Carl Levine	6.81	MITC
5	Bob Cahners	10.00	M45
0	Don Beck Ray Feick	5.94 11.75	MSS
0	Morton Goldstein	4.55	1
5	Deborah Ecklund Kathy Cirina	6.84 8.98	M60
5	Susanne Magrogan		1
0	Evelyn Wright	8.89	M65
	Mary Roman Marcia Crooks	7.32 6.34	400
	m RW	State .	M35
0	Rupert Ravena 14 Gary Null 14	52.80 15.13	M40
0	Frank Sullivan 22	00.85	M55
0	the property with the second	25.03	M65
S	OUTHEAS	T	M75
	Masters Track Mee	et 📖	800r M30
S	arasota, FL; Feb.	21	M35
5	Jim Farr	11.96	M40
0	Dan Kates	17.47 15.08	M50
5 y	Luis Guzman	13.00	M55
5		24.30	
0	Dan Kates Luis Guzman	36.40- 29:05	M75
	Luis Guzman	29.03	M35
y 5	Stuart Coffman	1:10	
5 0	J C Shenk Karen Mahoney	1:02 2:14	
y	1	- 54 17-	M45
0	Jason Means Stuart Coffman	2:26	M50
5	J C Shenk	2:44	
	Stuart Coffman	6.07	M55
)	Mark Mahoney	6.34	M60
)	Karen Mahoney	7:54	M75

2-Mile	. Same	1.1.1	3000m
	Scott O'Connor	10:52	M35 R
M35	Stuart Coffman	12:48	M40 D
M65 W35	Bob Barton Debbie Litz	16:04 16:09	M45 Ja M50 D
High .		10.03	MDU L
	Dan Kates	3-10	M60 J
Shot I		Constraint.	M75 J
M40 Discu	T Chioccarelli	31-3	W45 N
		110-4	Short H
	Bob Lupinacci	96-4	M35 J
Ham			B
	T Chioccarelli ht Throw	154-5	M40 J
M40	T Chioccarelli	46-7	N
Vir	ginia Masters Ind	toor	P
-	Championships		M55 N
	xington, VA; Mar	ch 7	M60 B M65 J
55m M30	Orlando Harding	6.8	W70 L
MISO	Les Jones	7.2	High Ju
	James Tunstall	7.4	M30 J
	Jim Keys	7.4	M35 B
M35	Benjamin McLeod Earl Winfirld	6.5 6.7	N
	Robert Harding	6.9	M45 J
	Bob Shelton	7.1	J
M40	John Dyer	7.1	M55 N M65 N
	Michael McPherso John Billingsley	on 7.2 7.2	M65 N W70 L
1	Phil Berry	8.2	Pole Va
'M45	Phil Clayton	7.5	M30 J
	Wayne Elliott	7.8	M35 E
	John Bayliss	8.1	P
M55	Barry Faust Charles West	8.4 7.8	Ē
11155	David Ayers	8.2	M45 J
	Mike Valle	8.3	M50 T
M60	Dick Camp	7.8	M65 R W70 L
M65	Bill Kelley John Schreiber	9.3 8.5	Long Ju
NIOJ	William Bergen	9.9	M30 J
M75	Joe Martin	14.1	M35 E
W35	Cheryl Billingsley		E
W70 200m	Leonore McDanie	ls 9.9	
M30	Orlando Harding	24.4	M40 M
1	Les Jones	26.9	J M45 J
M35	Benjamin McLeo Robert Harding	d 24.3 24.5	M43 J
	Kinley Hall	24.5	M55 [
	Paul Boccard	26.4	N
M40	Michael McPhers		M65 J W70 L
M45	John Billingsley	27.6	Triple .
M45 M55	Phil Clayton Charles West	27.1 28.4	M30 J
	Maxwell Hamlyn	30.4	M35 F
1 2	David Ayers	30.5	MAG
	Mike Valle	32.9	M45 J M65 F
M60	Dick Camp Bill Kelley	29.1 38.0	W70 L
M65	John Schreiber	33.6	Shot Pu
	William Bergen	35.4	M30 J
400m		63.0	M35 E
M35 M40	Robert Harding John Dyer	53.9 59.7	M40 N
	Phil Berry	1:08.2	M45 E
M55	Charles West	1:04.1	MSO H
MA	Maxwell Hamlyn	1:07.6	M55 (
M65 M75	William Bergen John Bays	1:27.8	M60 0
800m			1000
M30	Orlando Harding	2:22.4	W35 I
Mar	Les Jones	2:38.2	Weight M35
M35 M40	Robert Murray Roger Koehler	2:10.3 2:19.2	M33 3 M40 1
M50	Roger Crockett	2:38.7	1.000
	Joe Turner	2:58.0	M55 1
M55	Maxwell Hamlyn Lester Copeland	2:32.7	•Pendir
M75	John Bays	3:48.1	Napl
1500			Nap
M35	Robert Murray	4:16.1	Weight I (HT/SP)
	J DeVier-Scott Chuck Heckman	4:58.9 5:03.1	M65 Pay
	David Ferrari	5:24.1	39.20/10 Pa
M45	Joe Leroy	5:05.1	Re 30.69/10
M50	Dale Carter	5:01.6	M60 Bil
	Carl Hatfield Joe Turner	5:11.0 5:45.1	19.73/9.1
M55	Maxwell Hamlyn	5:13.1	-/12.45/4
1:00	Lester Copeland	6:02.1	M55 Bo
M60	Jim Beahm	5:24.1	35.05/9.1
M75	John Bays	6:46.8	1 1

3000r	the second se	
M35		32.7
M40 M45		2:13.0
M45 M50		37.0
MUSO		17.6
M60		34.0
M75		42.1
		18.3
W45		2:42.1
	Hurdles	
M35	John Roberts	8.3
24/12	Bob Shelton	9.6
M40	John Billingsley	8.7
	John Dyer Michael McPherson	9.4
	Phil Berry	9.5
M55	Mike Valle	11.1
M60	Bill Kelley	13.3
M65	John Schreiber	10.6
W70	L McDaniels	14.7
High	Jump	
M30	James Turnstall	1.72
M35	Bob Shelton	1.78
	Bryan Blakemore	1.78 1.72
1.00	Mark Spenik	1.52
M45	Johnnie Dye	1.42
1.1.1	John Baylies	1.34
M55	Mike Balle	1.42
M65	Mike McDaniels	1.17
W70		1.19
Pole M30		2.01
M30 M35	Jim Keys Earl Winfield	3.81 3.98
M33	Mark Spenik	3.65
	Paul Boccard	3.35
	Bryan Blakemore	2.43
M45	Johnnie Dye	3.81
M50	Tom Rauscher	3.35
M65	Russell McDaniels	1.83
W70	L McDaniels	•1.83
Long	Jump	
M30	James Tunstall	6.30
M35	Benjamin McLeod	6.50
329	Earl Winfield	6.33
100 20	Bob Shelton	6.05
	Robert Harding	6.08
M40	M McPherson	5.79
	John Billingsley	5.69
MAS		
M45 M50	John Baylies	5.14
M45 M50 M55	John Baylies Roger Crockett	5.14 5.07
M50	John Baylies	5.14
M50 M55 M65	John Baylies Roger Crockett David Ayers Mike Valle John Schreiber	5.14 5.07 4.47 4.40 3.71
M50 M55 M65 W70	John Baylies Roger Crockett David Ayers Mike Valle John Schreiber L McDaniels	5.14 5.07 4.47 4.40
M50 M55 M65 W70 Tripl	John Baylies Roger Crockett David Ayers Mike Valle John Schreiber L McDaniels e Jump	5.14 5.07 4.47 4.40 3.71 •3.39
M50 M55 M65 W70 Tripl M30	John Baylies Roger Crockett David Ayers Mike Valle John Schreiber L McDaniels e Jump James Turnstall	5.14 5.07 4.47 4.40 3.71 •3.39 13.12
M50 M55 M65 W70 Tripl	John Baylies Roger Crockett David Ayers Mike Valle John Schreiber L McDaniels e Jump James Turnstall Robert Harding	5.14 5.07 4.47 4.40 3.71 •3.39 13.12 11.89
M50 M55 W70 Tripl M30 M35	John Baylies Roger Crockett David Ayers Mike Valle John Schreiber L McDaniels e Jump James Turnstall Robert Harding Bob Shelton	5 14 5.07 4.47 4.40 3.71 •3.39 13.12 11.89 11.26
M50 M55 W70 Tripl M30 M35 M45	John Baylies Roger Crockett David Ayers Mike Valle John Schreiber L McDaniels e Jump James Turnstall Robert Harding Bob Shelton John Baylies	5 14 5.07 4.47 4.40 3.71 •3.39 13.12 11.89 11.26 9.86
M50 M55 W70 Tripl M30 M35 M45 M65	John Baylies Roger Crockett David Ayers Mike Valle John Schreiber L McDaniels e Jump James Turnstall Robert Harding Bob Shelton	5 14 5.07 4.47 4.40 3.71 •3.39 13.12 11.89 11.26 9.86
M50 M55 W70 Tripl M30 M35 M45	John Baylies Roger Crockett David Ayers Mike Valle John Schreiber L McDaniels e Jump James Turnstall Robert Harding Bob Shelton John Baylies Russell McDaniels L McDaniels	5 14 5.07 4.47 4.40 3.71 •3.39 13.12 11.89 11.26 9.86 6.78
M50 M55 W70 Tripl M30 M35 M45 M65 W70	John Baylies Roger Crockett David Ayers Mike Valle John Schreiber L McDaniels e Jump James Turnstall Robert Harding Bob Shelton John Baylies Russell McDaniels L McDaniels Put	5 14 5.07 4.47 4.40 3.71 •3.39 13.12 11.89 11.26 9.86 6.78
M50 M55 W70 Tripl M30 M35 M45 M65 W70 Shot	John Baylies Roger Crockett David Ayers Mike Valle John Schreiber L McDaniels e Jump James Turnstall Robert Harding Bob Shelton John Baylies Russell McDaniels L McDaniels Put Jim Keys Bob Shelton	5 14 5.07 4.47 4.40 3.71 •3.39 13.12 11.89 11.26 9.86 6.78 •6.93
M50 M55 W70 Tripl M30 M35 M45 M65 W70 Shot M30	John Baylies Roger Crockett David Ayers Mike Valle John Schreiber L McDaniels e Jump James Turnstall Robert Harding Bob Shelton John Baylies Russell McDaniels L McDaniels Put Jim Keys Bob Shelton Stephen Harriman	5.14 5.07 4.47 4.40 3.71 •3.39 13.12 11.89 11.26 9.86 6.78 •6.93 13.44
M50 M55 W70 Tripl M30 M35 M45 W70 Shot M40 Shot M30 M35	John Baylies Roger Crockett David Ayers Mike Valle John Schreiber L McDaniels e Jump James Turnstall Robert Harding Bob Shelton John Baylies Russell McDaniels L McDaniels Put Jim Keys Bob Shelton Stephen Harriman Mark Kreafle	5.14 5.07 4.47 4.40 3.71 •3.39 13.12 11.89 11.26 9.86 6.78 •6.93 13.44 10.84 10.59 9.61
M50 M55 W70 Tripl M30 M35 M45 W70 Shot M40 M35 M40 M45	John Baylies Roger Crockett David Ayers Mike Valle John Schreiber L McDaniels e Jump James Turnstall Robert Harding Bob Shelton John Baylies Russell McDaniels L McDaniels Put Jim Keys Bob Shelton Stephen Harriman Mark Kreafle Barry Fault	5 14 5.07 4.47 4.40 3.71 •3.39 13.12 11.89 11.26 9.86 6.78 •6.93 13.44 10.84 10.59 9.61 8.81
M50 M55 W70 Tripl M30 M35 M45 M50 M30 M35 M40 M45 M50	John Baylies Roger Crockett David Ayers Mike Valle John Schreiber L McDaniels e Jump James Turnstall Robert Harding Bob Shelton John Baylies Russell McDaniels L McDaniels Put Jim Keys Bob Shelton Stephen Harriman Mark Kreafle Barry Fault Palmer Sweet	5.14 5.07 4.47 4.40 3.71 •3.39 13.12 11.89 11.26 9.86 6.78 •6.93 13.44 10.59 9.61 8.81 11.93
M50 M55 W70 Tripl M30 M35 M45 W70 Shot M40 M35 M40 M45	John Baylies Roger Crockett David Ayers Mike Valle John Schreiber L McDaniels e Jump James Turnstall Robert Harding Bob Shelton John Baylies Russell McDaniels L McDaniels Put Jim Keys Bob Shelton Stephen Harriman Mark Kreafle Barry Fault Palmer Sweet Glenn Johnson	5.14 5.07 4.47 4.40 3.71 •3.39 13.12 11.89 11.26 9.86 6.78 •6.93 13.44 10.59 9.61 8.81 11.93 14.03
M50 M55 W70 Tripl M30 M35 M45 M55 W70 Shot M30 M35 M40 M45 M50 M55	John Baylies Roger Crockett David Ayers Mike Valle John Schreiber L McDaniels e Jump James Turnstall Robert Harding Bob Shelton John Baylies Russell McDaniels L McDaniels Put Jim Keys Bob Shelton Stephen Harriman Mark Kreafle Barry Fault Palmer Sweet Glenn Johnson Mike Valle	5.14 5.07 4.47 4.40 3.71 •3.39 13.12 11.89 11.26 9.86 6.78 •6.93 13.44 10.84 10.84 10.59 9.61 8.81 11.93 14.03 11.30
M50 M55 W70 Tripl M30 M35 M45 M50 M30 M35 M40 M45 M50	John Baylies Roger Crockett David Ayers Mike Valle John Schreiber L McDaniels e Jump James Turnstall Robert Harding Bob Shelton John Baylies Russell McDaniels L McDaniels Put Jim Keys Bob Shelton Stephen Harriman Mark Kreafle Barry Fault Palmer Sweet Glenn Johnson Mike Valle Gerald Vaughn	5.14 5.07 4.47 4.40 3.71 •3.39 13.12 11.89 11.26 9.86 6.78 •6.93 13.44 10.84 10.84 10.59 9.61 8.81 11.93 14.03 11.30 12.56
M50 M55 W70 Tripl M30 M35 M45 M55 W70 Shot M30 M35 M40 M45 M40 M55 M60	John Baylies Roger Crockett David Ayers Mike Valle John Schreiber L McDaniels e Jump James Turnstall Robert Harding Bob Shelton John Baylies Russell McDaniels L McDaniels Put Jim Keys Bob Shelton Stephen Harriman Mark Kreafle Barry Fault Palmer Sweet Glenn Johnson Mike Valle Gerald Vaughn Ken Nielsen	5.14 5.07 4.47 4.40 3.71 •3.39 13.12 11.89 11.26 9.86 6.78 •6.93 13.44 10.84 10.84 10.84 10.59 9.61 8.81 11.93 14.03 11.30 12.56
M50 M55 W70 Tripl M30 M35 M45 M55 M50 M35 M40 M45 M50 M55 M60 W35	John Baylies Roger Crockett David Ayers Mike Valle John Schreiber L McDaniels e Jump James Turnstall Robert Harding Bob Shelton John Baylies Russell McDaniels L McDaniels Put Jim Keys Bob Shelton Stephen Harriman Mark Kreafle Barry Fault Palmer Sweet Gienn Johnson Mike Valle Gerald Vaughn Ken Nielsen Debra Hill	5.14 5.07 4.47 4.40 3.71 •3.39 13.12 11.89 11.26 9.86 6.78 •6.93 13.44 10.84 10.84 10.59 9.61 8.81 11.93 14.03 11.30 12.56
M50 M55 W70 Tripl M30 M35 M45 M55 W70 Shot M30 M35 M40 M45 M50 M55 M60 W35 Weig	John Baylies Roger Crockett David Ayers Mike Valle John Schreiber L McDaniels e Jump James Turnstall Robert Harding Bob Shelton John Baylies Russell McDaniels L McDaniels Put Jim Keys Bob Shelton Stephen Harriman Mark Kreafle Barry Fault Palmer Sweet Gienn Johnson Mike Valle Gerald Vaughn Ken Nielsen Debra Hill	5.14 5.07 4.47 4.40 3.71 •3.39 13.12 11.89 11.26 9.86 6.78 •6.93 13.44 10.84 10.84 10.59 9.61 8.81 11.93 14.03 11.30 12.56 10.13 7.50
M50 M55 W70 Tripl M30 M35 M45 M55 M50 M35 M40 M45 M50 M55 M60 W35	John Baylies Roger Crockett David Ayers Mike Valle John Schreiber L McDaniels e Jump James Turnstall Robert Harding Bob Shelton John Baylies Russell McDaniels L McDaniels Put Jim Keys Bob Shelton Stephen Harriman Mark Kreafle Barry Fault Palmer Sweet Gienn Johnson Mike Valle Gerald Vaughn Ken Nielsen Debra Hill	5 14 5.07 4.47 4.40 3.71 •3.39 13.12 11.89 11.26 9.86 6.78 •6.93 13.44 10.84 10.59 9.61 8.81 11.93 14.03 11.30 12.56 10.13 7.50 8.46
M50 M55 M65 W70 Tripl M30 M35 M45 M55 M40 M35 M40 M45 M50 M55 M60 W35 Weig M35	John Baylies Roger Crockett David Ayers Mike Valle John Schreiber L McDaniels e Jump James Turnstall Robert Harding Bob Shelton John Baylies Russell McDaniels L McDaniels Put Jim Keys Bob Shelton Stephen Harriman Mark Kreafle Barry Fault Palmer Sweet Glenn Johnson Mike Valle Gerald Vaughn Ken Nielsen Debra Hill th Throw Stephen Harriman	5.14 5.07 4.47 4.40 3.71 •3.39 13.12 11.89 11.26 9.86 6.78 •6.93 13.44 10.84 10.84 10.59 9.61 8.81 11.93 14.03 11.30 12.56 10.13 7.50
M50 M55 M65 W70 Tripl M30 M35 M45 M55 M40 M35 M40 M45 M50 M55 M60 W35 Weig M35	John Baylies Roger Crockett David Ayers Mike Valle John Schreiber L McDaniels e Jump James Turnstall Robert Harding Bob Shelton John Baylies Russell McDaniels L McDaniels Put Jim Keys Bob Shelton Stephen Harriman Mark Kreafle Barry Fault Palmer Sweet Glenn Johnson Mike Valle Gerald Vaughn Ken Nielsen Debra Hill ht Throw Stephen Harriman Mark Kreafle	5 14 5.07 4.47 4.40 3.71 •3.39 13.12 11.89 11.26 9.86 6.78 •6.93 13.44 10.84 10.59 9.61 8.81 11.93 14.03 11.30 12.56 10.13 7.50 8.46 11.18
M50 M55 W70 Tripl M30 M35 M45 M55 M40 M35 M40 W35 W40 M55	John Baylies Roger Crockett David Ayers Mike Valle John Schreiber L McDaniels e Jump James Turnstall Robert Harding Bob Shelton John Baylies Russell McDaniels L McDaniels Put Jim Keys Bob Shelton Stephen Harriman Mark Kreafle Barry Fault Palmer Sweet Glenn Johnson Mike Valle Gerald Vaughn Ken Nielsen Debra Hill ht Throw Stephen Harriman Mark Kreafle Mike Lauderdale	5 14 5.07 4.47 4.40 3.71 •3.39 13.12 11.89 11.26 9.86 6.78 •6.93 13.44 10.59 9.61 8.81 11.93 14.03 11.30 12.56 10.13 7.50 8.46 11.18 10.16
M50 M55 M65 W70 Tripl M30 M35 M45 M55 M55 M40 M55 M60 W35 Weig M35 M40 M55 •Pen	John Baylies Roger Crockett David Ayers Mike Valle John Schreiber L McDaniels e Jump James Turnstall Robert Harding Bob Shelton John Baylies Russell McDaniels L McDaniels Put Jim Keys Bob Shelton Stephen Harriman Mark Kreafle Barry Fault Palmer Sweet Gienn Johnson Mike Valle Gerald Vaughn Ken Nielsen Debra Hill ht Throw Stephen Harriman Mark Kreafle Mike Lauderdale Mike Valle ding world record	5.14 5.07 4.47 4.40 3.71 •3.39 13.12 11.89 11.26 9.86 6.78 •6.93 13.44 10.84 10.84 10.59 9.61 8.81 11.93 14.03 11.30 12.56 10.13 7.50 8.46 11.18 10.16 10.28
M50 M55 M65 W70 Tripl M30 M35 M45 M55 M50 M55 M40 M55 M60 W35 Weig M35 M40 M55 Weig M35 M40 M55 M40 M55 M40	John Baylies Roger Crockett David Ayers Mike Valle John Schreiber L McDaniels e Jump James Turnstall Robert Harding Bob Shelton John Baylies Russell McDaniels L McDaniels Put Jim Keys Bob Shelton Stephen Harriman Mark Kreafle Barry Fault Palmer Sweet Glenn Johnson Mike Valle Gerald Vaughn Ken Nielsen Debra Hill the Throw Stephen Harriman Mark Kreafle Mike Lauderdale Mike Lauderdale Mike Valle ding world record	5 14 5.07 4.47 4.40 3.71 *3.39 13.12 11.89 11.26 9.86 6.78 *6.93 13.44 10.59 9.61 8.81 11.93 14.03 11.30 12.56 10.13 7.50 8.46 11.18 10.16 10.28
M50 M55 M65 W70 Tripl M30 M35 M45 M55 M50 M55 M40 M55 M60 W35 Weig M35 M40 M55 SM40 M55 M60 M55 M60 M55 M60 M55 M60 M55 M60 M55 M60 M55 M60 M55 M60 M55 M60 M55 M60 M55 M60 M35 M60 M35 M65 M65 M65 M65 M65 M65 M65 M65 M65 M6	John Baylies Roger Crockett David Ayers Mike Valle John Schreiber L McDaniels e Jump James Turnstall Robert Harding Bob Shelton John Baylies Russell McDaniels L McDaniels Put Jim Keys Bob Shelton Stephen Harriman Mark Kreafle Barry Fault Palmer Sweet Glenn Johnson Mike Valle Gerald Vaughn Ken Nielsen Debra Hill the Throw Stephen Harriman Mark Kreafle Mike Lauderdale Mike Lauderdale Mike Valle ding world record	5 14 5.07 4.47 4.40 3.71 *3.39 13.12 11.89 11.26 9.86 6.78 *6.93 13.44 10.59 9.61 8.81 11.93 14.03 11.30 12.56 10.13 7.50 8.46 11.18 10.16 10.28
M50 M55 M65 W70 Tripl M30 M35 M45 M50 M30 M35 M40 M35 M40 M55 M60 W35 W60 W35 W60 W35 W60 W35 W60 M35 M40 M55 M60 W35 W60 M35 M60 W35 M60 W35 M60 W35 M60 W35 M60 W35 M60 W35 M60 W35 M60 W35 M60 W35 M60 W35 M60 W35 M60 W35 M65 W70 W70 W35 M65 W70 M35 M65 W70 W70 W70 W70 W70 W70 W70 W70 W70 W70	John Baylies Roger Crockett David Ayers Mike Valle John Schreiber L McDaniels e Jump James Turnstall Robert Harding Bob Shelton John Baylies Russell McDaniels L McDaniels Put Jim Keys Bob Shelton Stephen Harriman Mark Kreafle Barry Fault Palmer Sweet Glenn Johnson Mike Valle Gerald Vaughn Ken Nielsen Debra Hill ht Throw Stephen Harriman Mark Kreafle Mike Lauderdale Mike Valle ding world record ples on the Gulf W aples, FL; March 1	5 14 5.07 4.47 4.40 3.71 *3.39 13.12 11.89 11.26 9.86 6.78 *6.93 13.44 10.59 9.61 8.81 11.93 14.03 11.30 12.56 10.13 7.50 8.46 11.18 10.16 10.28 //P
M50 M55 M65 W70 Tripl M30 M35 M45 M55 M40 M35 M40 W35 Weig M35 M40 M55 Penu Na M55 Penu Na	John Baylies Roger Crockett David Ayers Mike Valle John Schreiber L McDaniels e Jump James Turnstall Robert Harding Bob Shelton John Baylies Russell McDaniels L McDaniels Put Jim Keys Bob Shelton Stephen Harriman Mark Kreafle Barry Fault Palmer Sweet Glenn Johnson Mike Valle Gerald Vaughn Ken Nielsen Debra Hill thet Throw Stephen Harriman Mark Kreafle Mike Lauderdale Mike Lauderdale Mike Valle ding world record ples on the Gulf W aples, FL; March 1 th Pentathlon SP/DT/JT/WT)	5 14 5.07 4.47 4.40 3.71 *3.39 13.12 11.89 11.26 9.86 6.78 *6.93 13.44 10.59 9.61 8.81 11.93 14.03 11.30 12.56 10.13 7.50 8.46 11.18 10.16 10.28
M50 M55 M65 W70 Tripl M30 M35 M45 M55 M40 M35 M40 W35 M40 W35 Weig M35 M40 W35 Weig M35 M40 M55 M40 M55 M60 W35 M65 M65 M65 M65 M65 M65 M65 M65 M65 M6	John Baylies Roger Crockett David Ayers Mike Valle John Schreiber L McDaniels e Jump James Turnstall Robert Harding Bob Shelton John Baylies Russell McDaniels L McDaniels Put Jim Keys Bob Shelton Stephen Harriman Mark Kreafle Barry Fault Palmer Sweet Glenn Johnson Mike Valle Gerald Vaughn Ken Nielsen Debra Hill ht Throw Stephen Harriman Mark Kreafle Mike Lauderdale Mike Valle ding world record ples on the Gulf W aples, FL; March 1 th Pentathlon SP/DT/JT/WT)	5.14 5.07 4.47 4.40 3.71 •3.39 13.12 11.89 11.26 9.86 6.78 •6.93 13.44 10.59 9.61 8.81 11.93 14.03 11.30 12.56 10.13 7.50 8.46 11.18 10.13 7.50 8.46 11.18 10.28
M50 M55 M65 W70 Tripl M30 M35 M45 M55 M60 M35 M40 M45 M55 M60 W35 Weig M35 M40 M55 Weig M35 M40 M55 Weig M35 M40 M55 Weig M35 M40 M55 Weig M35 M40 M55 M60 M35 M40 M45 M55 M60 M35 M40 M45 M65 M65 M60 M35 M40 M45 M65 M65 M65 M65 M60 M35 M40 M35 M45 M65 M65 M65 M65 M65 M65 M65 M65 M65 M6	John Baylies Roger Crockett David Ayers Mike Valle John Schreiber L McDaniels e Jump James Turnstall Robert Harding Bob Shelton John Baylies Russell McDaniels L McDaniels Put Jim Keys Bob Shelton Stephen Harriman Mark Kreafle Barry Fault Palmer Sweet Gienn Johnson Mike Valle Gerald Vaughn Ken Nielsen Debra Hill ht Throw Stephen Harriman Mark Kreafle Mike Lauderdale Mike Valle ding world record ples on the Gulf W aples, FL; March 1 th Pentathlon SP/DT/JT/WT) Pay Carstensen 10.99/31.66/28.68/15. Reed Quinn	5.14 5.07 4.47 4.40 3.71 •3.39 13.12 11.89 11.26 9.86 6.78 •6.93 13.44 10.84 10.84 10.59 9.61 8.81 11.93 11.30 12.56 10.13 7.50 8.46 11.18 10.16 10.28 7/P 4 Points 3974 51 3709
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M50 M55 M65 W70 Tripl M30 M35 M45 M30 M35 M45 M45 M45 M45 M45 M45 M45 M45 M45 M4	John Baylies Roger Crockett David Ayers Mike Valle John Schreiber L McDaniels e Jump James Turnstall Robert Harding Bob Shelton John Baylies Russell McDaniels L McDaniels Put Jim Keys Bob Shelton Stephen Harriman Mark Kreafle Barry Fault Palmer Sweet Glenn Johnson Mike Valle Gerald Vaughn Ken Nielsen Debra Hill th T Brow Stephen Harriman Mark Kreafle Mike Lauderdale Mike Lauderdale Mike Valle ding world record ples on the Gulf W aples, FL; March 1 th Pentathlon SP/DT/JT/WT) Pay Carstensen 10.99/31.66/28.68/15. Reed Quinn 10.58/38.02/30.95/12. Bill Rothley 9.20.35.71/36.09/8.83 Sase Sattari 5/43.06/4- Bob Cahners	5.14 5.07 4.47 4.40 3.71 •3.39 13.12 11.89 11.26 9.86 6.78 •6.93 13.44 10.84 10.59 9.61 8.81 11.93 14.03 11.26 10.13 7.50 8.46 11.18 10.16 10.28 7 9 4 * oints 3974 51 3709 32 2771 1736 3043 9
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#### National Masters News

May 1998

page 36	1	Margare and
Continued from previou	-	M65 Alex White
M50 Bruce Hedendal	4040	W30 Lynn Fitzsin 3000m
40.66/13.35/47.43/41.16/1		M35 Ken Lauff
John von Rohr 45.89/13.16/40.68/33.58/1	3789 5.51	M40 Ron Leonha
Vlaardingerbroek	3716	M45 Leo Vander M65 Alex White
39.89/12.58/38.89/47.07/1 M45 Rusty Earp	3.05	W45 Marion Male
-/8.10/22.03/27.05/-	1181	55mH M50 Art Carlson
	2913	W30 JoAnna Chi
47.57/10.40/36.08/21.70/1 M35 Juan Romero	4.68	High Jump M30 Andrew Boy
32.34/9.97/-/-/-		M50 John Meisn
56 # Weight Throw M65 Pay Carstensen	5.70	Ed Greene M60 Floyd Smith
Reed Quinn	4.58	M75 George Rajo
M55 Bob Cahners M50 Bruce Hedendal	6.32 7.62	M80 Wilbur Ragia W60 Delores Hin
M40 TonyChioccarelli	9.28	Long Jump
Peter Winter Invitatio	nal WP	M30 Andrew Boy M50 Mike Oliver
Plantation, FL; Apr	il 11	Ed Greene
Weight Pentathlon (HT/SP/DT/JT/WT)	Points	M65 Don Sibigtro M80 Tom Walsh
M65 Pay Carstensen	4087	(Trahan/3.58/199
41.79/10.96/32.90/30.07/1	5.24 3862	W60 Delores Hind Triple Jump
Reed Quinn 32.92/10.96/35.82/31.91/1		M40 Mike Skoflar
M50 Bruce Hedendal	4075	M65 Don Sibigtro
43.63/13.15/44.55/40.20/1 Vlaardingerbroek	3735	M75 George Rajo Shot Put
36.9 2/12.82/40.53/47.90	/13.17	M45 Bill Leffler
John von Rohr 45.5 6/13.67/38.59/30. 65	3677	Larry Readm M55 Ron Sholes
M14 Mike Robertson	2410	M60 Don Amery
27.37/10.46/40.69/23.4 6	/14.37	M65 Don Sibigtro
Shot Put M18 KVI'rding'broek	13.42	M75 George Rajo
Discus	States 1	Masters Ind Hillside/Chicago
M18 KVI'rding'broek M14 MVI'rding'broek	38.49 32.82	60m
Javelin	52.02	M30 Marlon Gillim M35 Nate William
M14 MVI'rding'broek	37.85	Allen Jones
98# Weight M65 Pay Carstensen	3.21	Tim Coombs M40 Mike Skoflan
Reed Quinn	3.02	Kevin Wiktor
M50Bruce Hedendal John von Rohr	3.89 3.87	M45 Gerry Krainik M50 Robert Lloyd
G. Robertson	3.07	Tom Rutherf
MIDWEST		M55 Steven Bow
USATE Illinois Mast	Contraction of the local division of the loc	M55 Steven Bow M60 Bob Conzen Don Amery
USATF Illinois Mast Championships	ers	M55 Steven Bow M60 Bob Conzen Don Amery Louis Edelm
USATF Illinois Mast	ers	M55 Steven Bow M60 Bob Conzem Don Amery Louis Edelm M65 Bill Simmons Bill Bergen
USATF Illinois Mast Championships Sterling; March 1 55m M30 Henry Moses	ers 5 6.70	M55 Steven Bow M60 Bob Conzerr Don Amery Louis Edelm M65 Bill Simmons Bill Bergen M70 Mel Larsen
USATF Illinois Mast Championships Sterling; March 1 55m	ers 5	M55 Steven Bow M60 Bob Conzerr Don Amery Louis Edelm M65 Bill Simmons Bill Bergen M70 Mel Larsen M75 A U Ricciard W30 JoAnna Chil
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USATF Illinois Mast Championships Sterling; March 1 55m M30 Henry Moses Eric Goodlow M40 Mike Skoflanc M50 Mike Skoflanc M50 Mike Oliver M60 Mike Murphy Don Amery M65 Don Sibigtrotij M80 Tom Walsh Mel Flachs W30 JoAnna Childress W50 Penny Danielson	6.70 7.30 6.70 7.50 7.50 7.90 8.00 9.60 9.5- 11.50 7.50 9.00	M55 Steven Bow M60 Bob Conzen Don Amery Louis Edelm M65 Bill Simmons Bill Bergen M70 Mel Larsen M70 Mel Larsen M75 A U Ricciardi W30 JoAnna Chilw W40 Sandra O'Br W60 Janet Amery 200m M30 Marlon Gallii Steve Galler M35 Paul Wallis M40 Kevin Wikton Bob Strunc
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USATF Illinois Mast Championships Sterling; March 1 55m M30 Henry Moses Eric Goodlow M40 Mike Skoflanc M50 Mike Oliver M60 Mike Murphy Don Amery M65 Don Sibigtrotij M80 Tom Walsh Mel Flachs W30 JoAnna Childress W50 Penny Danielson W60 Delores Hinds Janet Amery 200m M30 Henry Moses Eric Goodlow M50 Kingsley Clarke John Albanese M60 Mike Murphy Don Amery M80 Mel Flachs W40 Martha Lutz Colleen Bardell W50 Penny Danielson Janet Amery 400m M30 Don Spencer Eric Goodlow M40 Scott Lewis M50 Kingsley Clarke M60 Don Amery M50 Kingsley Clarke M60 Don Amery M50 Kingsley Clarke M60 Don Amery M50 Kingsley Clarke M60 Don Amery M55 Alex White M80 Mel Flachs W40 Martha Lutz Colleen Bardell 800m M35 Mike Fitzpatrick M40 Steve Harrison Scott Caldwell M50 John Albanese W40 S Robertson Colleen Bardell M50 John Albanese W40 S Robertson Colleen Bardell	ers 6.70 7.30 6.70 7.50 7.90 8.00 9.50 9.50 11.50 7.50 9.00 9.50 12.10 25.69 26.90 27.54 28.10 25.69 26.90 27.54 28.15 30.53 46.95 31.5- 40.00 36.00 49.00 58.20 61.60 62.20 64.40 76.90 82.80 2.21.50 68.70 2.11.50 68.70 2.21.50 6.21.50 6.21.50 6.21.50 6.21.50 6.21.50 6.21.50 6.21.50 6.21.50 6.21.60 2.22.60 2.28.00 2.28.	M55 Steven Bow M60 Bob Conzer Don Amery Louis Edelm M65 Bill Simmons Bill Bergen M70 Mel Larsen M75 A U Ricciardi W30 JoAnna Chill W40 Sandra O'Br W60 Janet Amery 200m M30 Marlon Gallin Steve Galler M35 Paul Wallis M40 Kevin Wiktor Bob Strunc M50 Bob Lloyd M55 Steve Bowle M60 Louis Edelm M55 Bill Bergen Alfred DuBo M70 Mel Larsen W40 Sandra O'B W60 Janet Amery 400m M30 Steve Galle M40 Bob Strunc M55 Steve Bowle M60 Louis Edelm M30 Steve Galle M40 Bob Strunc M55 Steve Bowle M60 Bob Conzer M55 Bill Bergen M70 Richard Ruc

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65 Alex White 13:18.60	M4
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50 Louis Edelman 55 Bill Simmons 56 Walt Shields 10 Kevin Wiktor 15 John Romansic 50 RichWoosenscrft 51 Bill Walsh 55 Stephen Cohen 50 Don Amery 55 Ted Kress Rod Meyer 70 Ken Yahiro 40 Ruth Welding Sue Hallen Lori Stade 60 Pat Beam Phyllis Shunn Janet Amery 55 George LaBelle 60 Don Amery 40 Ruth Welding Sue Hallen Seight Throw 55 George LaBelle 60 Don Amery 40 Ruth Welding Sue Hallen Sandra O'Brien 160 Pat Beam Janet Amery 0000m Racewalk 50 Richard McGuire 65 Alfred DuBois	21-10.75 24-7.75 46-6.75 23-4.75 31-1 37-6.50 36-2.25 37-6 34-8.50 32-2.75 31-6.50 28-9.25 34-3.50 26-25 20-11.75 27-5.25 17-9.75 13-10.25 50-8.75 34-3.50 32-7.50 43-4.25 35-11.25 26-4.25 16-25 29-8 1575	M45 Gary Westlund M55 Bernie O'Finch W40 Kathy Finch <b>SOUTHAW</b> Greater New Orlea Senior Garr Kenner, LA; Ma 50m M55 Mike Boudreaux M60 R Hesmondhalg M65 Frank Knaus W50 Carol Bradford W55 Judy Bordelon W60 Bernice Bordelo W65 Wanda Moore 100m M55 Mike Boudreaux M60 R Hesmondhalg M65 Frank Newman M70 Richard Eberha M75 Frank Knaus W55 Judy Bordelon W60 Bernice Bordelon W60 Bernice Bordelon W55 Judy Bordelon W55 Judy Bordelon W55 Judy Bordelon W60 Bernice Bordelon W60 Bernice Bordelon W60 Bernice Bordelon W60 Charlie Richard M55 Al Badinger M75 Frank Knaus
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50 Louis Edelman 55 Bill Simmons 56 Walt Shields 10 Kevin Wiktor 15 John Romansic 50 RichWoosenscrff 51 Bill Walsh 55 Stephen Cohen 50 Don Amery 55 Ted Kress Rod Meyer 70 Ken Yahiro 40 Ruth Welding Sue Hallen Lori Stade 60 Pat Beam Phyllis Shunn Janet Amery 60 Bill Walsh Neal Schuster 55 George LaBelle 60 Don Amery 40 Ruth Welding Sue Hallen Sandra O'Brien 60 Pat Beam Janet Amery 1000 Racewalk 50 Richard McGuire 65 Alfred DuBois 160 Pat Beam Janet Amery 1000 Racewalk 50 Richard McGuire 65 Alfred DuBois 160 Pat Beam Janet Amery 1000 Racewalk 50 Richard McGuire 53 Alfred DuBois 160 Pat Beam Janet Amery 1000 Racewalk 53 Rochard McGuire 54 Richard McGuire 55 Alfred DuBois 160 Pat Beam 160 Pat	21-10.75 24-7.75 24-7.75 46-6.75 23-4.75 31-1 37-6.50 36-2.25 37-6 34-8.50 32-2.75 31-6.50 28-9.25 34-3.50 26-25 20-11.75 27-5.25 17-9.75 13-10.25 50-8.75 34-3.50 32-7.50 43-4.25 35-11.25 26-4.25 16-25 29-8 15-75 214-58.83 16:42.20 22:28.34 <b>Indoor</b> ps . 28 7.31	M45 Gary Westlund M55 Bernie O'Finch W40 Kathy Finch <b>SOUTHAW</b> Greater New Orlea Senior Garm Kenner, LA; Ma 50 m M55 Mike Boudreaux M60 R Hesmondhalg M65 Frank Newman M70 Richard Eberha M75 Frank Knaus W50 Carol Bradford W55 Judy Bordelon W60 Bernice Bordelo W65 Wanda Moore 100 m M55 Mike Boudreaux M60 R Hesmondhalg M65 Frank Newman M70 Richard Eberha M75 Frank Knaus W55 Judy Bordelon W60 Bernice Bordelo W60 Bernice Bordelo W60 Bernice Bordelon W60 Bernice Bordelon W60 Bernice Bordelon W60 Charlie Richard M55 Mike Boudreaux M55 Mike Boudreaux M50 Vincent Breaux M55 Mike Boudreaux M50 Vincent Breaux M55 Judy Bordelon W50 Vincent Breaux M55 Judy Bordelon M50 Charlie Richard M65 Al Badinger M75 Frank Knaus W55 Judy Bordelon 400 m M55 Glynn Rhodes M60 Sammy Bullard M65 Sid Montecino M75 Frank Knaus 800 m M50 Jack Tomasic
50 Louis Edelman 55 Bill Simmons 56 Walt Shields 10 Kevin Wiktor 15 John Romansic 50 RichWoosenscrft 51 Bill Walsh 55 Stephen Cohen 50 Don Amery 55 Ted Kress 70 Ken Yahiro 40 Ruth Welding Sue Hallen Lori Stade 60 Pat Beam Phyllis Shunn Janet Amery 40 Ruth Welding Sue Hallen Lori Stade 60 Pat Beam Phyllis Shunn Janet Amery 40 Ruth Welding Sue Hallen Sandra O'Brien 160 Pat Beam Janet Amery 100 m Racewalk 50 Richard McGuire 160 Pat Beam 160 Pat B	21-10.75 24-7.75 24-7.75 46-6.75 23-4.75 31-1 37-6.50 36-2.25 37-6 34-8.50 32-2.75 31-6.50 28-9.25 34-3.50 26-25 20-11.75 27-5.25 17-9.75 13-10.25 50-8.75 34-3.50 32-7.50 43-4.25 35-11.25 26-4.25 16-25 29-8 15-75 21-5.25 16-25 29-8 15-75 21-4.25 16-25 29-8 15-75 21-4.25 16-25 29-8 15-75 21-4.25 16-25 29-8 15-75 21-4.25 16-25 29-8 15-75 21-4.25 16-25 29-8 15-75 21-4.25 16-25 29-8 15-75 21-4.25 21-4.25 21-4.25 21-4.25 21-4.25 21-5 21-5 21-25	M45 Gary Westlund M55 Bernie O'Finch W40 Kathy Finch SOUTHAW Greater New Orlea Senior Gam Kenner, LA; Ma 50 m M55 Mike Boudreaux M60 R Hesmondhalg M65 Frank Newman M70 Richard Eberhai M75 Frank Knaus W50 Carol Bradford W55 Judy Bordelon W60 Bernice Bordelo W65 Wanda Moore 100 m M55 Mike Boudreaux M60 R Hesmondhalg M65 Frank Knaus W55 Judy Bordelon W60 Bernice Bordelo 200 m M50 Vincent Breaux M55 Mike Boudreaux M60 Charlie Richard M55 Al Badinger M75 Frank Knaus W55 Judy Bordelon W60 Charlie Richard M65 Sid Montecino M55 Glynn Rhodes M60 Sammy Bullard M65 Sid Montecino M75 Frank Knaus W55 Judy Bordelon M50 Jack Tomasic M60 Charlie Wimber
50 Louis Edelman 55 Bill Simmons 50 Put 55 Walt Shields 10 Kevin Wiktor 15 John Romansic 50 RichWoosenscrff 51 Bill Walsh 55 Stephen Cohen 50 Don Amery 55 Ted Kress Fod Meyer 70 Ken Yahiro 40 Ruth Welding Sue Hallen Lori Stade 60 Pat Beam Phyllis Shunn Janet Amery eight Throw 50 Bill Walsh Neal Schuster 55 George LaBelle 60 Don Amery 40 Ruth Welding Sue Hallen Sandra O'Brien 60 Pat Beam Janet Amery 100m Racewalk 50 Richard McGuire 65 Alfred DuBois 60 Pat Beam Janet Amery 100m Racewalk 50 Richard McGuire 65 Alfred DuBois 60 Pat Beam Janet Amery 100m Racewalk 50 Richard McGuire 53 Kott Eide 50 Paul Montgomer 50 Randall Cleven 55 Ray Eiland	21-10.75 24-7.75 46-6.75 23-4.75 31-1 37-6.50 36-2.25 37-6 34-8.50 32-2.75 31-6.50 28-9.25 34-3.50 26-25 20-11.75 27-5.25 17-9.75 13-10.25 50-8.75 34-3.50 32-7.50 43-4.25 16-25 29-8 15-75 26-4.25 16-25 29-8 15-75 214-58.83 16:42.20 22:28.34 <b>ICCA</b> Indoor ps 0.28 7.31 7.68 7.92 8.99	M45 Gary Westlund M55 Bernie O'Finch W40 Kathy Finch <b>SOUTHW</b> Greater New Orlea Senior Gam Kenner, LA; Ma 50 m M55 Mike Boudreaux M60 R Hesmondhalg M65 Frank Knaus W50 Carol Bradford W55 Judy Bordelon W60 Bernice Bordelo W65 Wanda Moore 100 m M55 Mike Boudreaux M60 R Hesmondhalg M65 Frank Newman M70 Richard Eberhai M55 Mike Boudreaux M60 R Hesmondhalg M65 Frank Newman M70 Richard Eberhai M55 Mike Boudreaux M60 R Hesmondhalg M65 Frank Newman M70 Richard Eberhai M55 Sidy Bordelon W60 Bernice Bordelo 200 m M50 Vincent Breaux M55 Mike Boudreaux M60 Charlie Richard M65 Al Badinger M75 Frank Knaus W55 Judy Bordelon 400 m M55 Glynn Rhodes M60 Sammy Bullard M65 Sid Montecino M75 Frank Knaus 800 m M50 Jack Tomasic M60 Charlie Wimber M75 John Boots 1500 m
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Course Edelman     Solution     Solutio	21-10.75 24-7.75 24-7.75 46-6.75 23-4.75 31-1 37-6.50 36-2.25 37-6 34-8.50 32-2.75 31-6.50 28-9.25 34-3.50 26-25 20-11.75 27-5.25 17-9.75 13-10.25 50-8.75 34-3.50 32-7.50 43-4.25 35-11.25 26-4.25 16-25 29-8 15-75 21-4.25 16-25 29-8 15-75 21-4.25 16-25 29-8 15-75 21-4.25 16-25 29-8 15-75 21-4.25 16-25 29-8 15-75 21-4.25 16-25 29-8 15-75 21-4.25 16-25 29-8 15-75 21-4.25 16-25 29-8 15-75 21-4.25 16-25 29-8 15-75 21-4.25 16-25 29-8 15-75 21-4.25 16-25 29-8 15-75 21-4.25 16-25 29-8 15-75 21-4.25 16-25 29-8 15-75 21-5 21-25 20-11.75 25-12 20-11.75 25-25 20-11.75 25-25 20-11.75 25-25 20-11.75 25-25 20-11.75 25-25 20-11.75 25-25 20-11.75 25-25 20-11.75 25-25 20-11.75 25-25 20-11.75 25-25 20-11.75 25-25 20-11.75 25-25 20-11.75 25-25 20-11.75 25-25 20-11.75 25-25 20-11.75 25-25 20-11.75 25-25 20-11.75 25-25 26-4.25 16-25 29-8 15-75 21-4.25 26-4.25 16-25 29-8 15-75 2-75 20-11.75 2-75 26-4.25 16-25 29-8 15-75 2-75 2-75 2-75 2-75 2-75 2-75 2-75	M45 Gary Westlund M55 Bernie O'Finch W40 Kathy Finch <b>SOUTHW</b> Greater New Orlea Senior Gark Kenner, LA; Ma 50 m M55 Mike Boudreaux M60 R Hesmondhalg M65 Frank Newman M70 Richard Eberhai M75 Frank Knaus W50 Carol Bradford W55 Judy Bordelon W60 Bernice Bordelo W65 Wanda Moore 100 m M55 Mike Boudreaux M60 R Hesmondhalg M65 Frank Knaus W55 Judy Bordelon W60 Bernice Bordelo 200 m M50 Vincent Breaux M55 Mike Boudreaux M55 Mike Boudreaux M60 Charlie Richard M65 Al Badinger M75 Frank Knaus W55 Judy Bordelon W60 Charlie Richard M65 Sid Montecino M55 Glynn Rhodes M60 Sammy Bullard M65 Sid Montecino M75 Frank Knaus W55 Judy Bordelon 400 m M55 Glynn Rhodes M60 Sammy Bullard M55 Sid Montecino M75 Frank Knaus 800 m M50 Jack Tomasic M60 Charlie Wimber M75 John Boots 1500 m
Course Edelman     Solution     Solutio	21-10.75 24-7.75 46-6.75 23-4.75 31-1 37-6.50 36-2.25 37-6 34-8.50 32-2.75 31-6.50 28-9.25 34-3.50 26-25 20-11.75 27-5.25 17-9.75 13-10.25 50-8.75 34-3.50 32-7.50 43-4.25 35-11.25 26-4.25 16-25 29-8 15-75 214-58.83 16:42.20 22:28.34 <b>Indoor</b> ps . 28 7.31 7.68 7.92 8.99 9.72 7.83 25.92	M45 Gary Westlund M55 Bernie O'Finch W40 Kathy Finch <b>SOUTHW</b> Greater New Orlea Senior Gam Kenner, LA; Ma 50 m M55 Mike Boudreaux M60 R Hesmondhalg M65 Frank Newman M70 Richard Eberhai M75 Frank Knaus W50 Carol Bradford W55 Judy Bordelon W60 Bernice Bordelo W65 Wanda Moore 100 m M55 Mike Boudreaux M60 R Hesmondhalg M65 Frank Knaus W55 Judy Bordelon W60 Bernice Bordelo 200 m M50 Vincent Breaux M55 Mike Boudreaux M55 Mike Boudreaux M55 Mike Boudreaux M55 Vincent Breaux M55 Vincent Breaux M55 Sidy Bordelon W60 Charlie Richard M65 Al Badinger M75 Frank Knaus W55 Judy Bordelon 400 m M55 Glynn Rhodes M60 Sammy Bullard M65 Sid Montecino M75 Frank Knaus 800 m M50 Jack Tomasic M60 Charlie Wimber M75 John Boots 1500 m M50 Jack Tomasic M75 Bruce Robertson High Jump M55 Fred Eitmann
Course Edelman     Solution     Solutio	21-10.75 24-7.75 24-7.75 46-6.75 23-4.75 31-1 37-6.50 36-2.25 37-6 34-8.50 32-2.75 31-6.50 28-9.25 34-3.50 26-25 20-11.75 27-5.25 17-9.75 13-10.25 50-8.75 34-3.50 32-7.50 43-4.25 35-11.25 26-4.25 16-25 29-8 15-75 21-4.25 16-25 29-8 15-75 21-4.25 16-25 29-8 15-75 21-4.25 16-25 29-8 15-75 21-4.25 16-25 29-8 15-75 21-4.25 16-25 29-8 15-75 21-4.25 16-25 29-8 15-75 21-4.25 16-25 29-8 15-75 21-4.25 16-25 29-8 15-75 21-4.25 16-25 29-8 15-75 21-4.25 16-25 29-8 15-75 21-4.25 16-25 29-8 15-75 21-4.25 16-25 29-8 15-75 21-5 21-25 20-11.75 25-12 20-11.75 25-25 20-11.75 25-25 20-11.75 25-25 20-11.75 25-25 20-11.75 25-25 26-4.25 16-25 29-8 15-75 26-4.25 16-25 29-8 15-75 21-6 22-75 20-11.75 25-25 20-11.75 25-25 20-11.75 25-25 20-11.75 25-25 26-4.25 16-25 29-8 15-75 26-4.25 16-25 29-8 15-75 27-52 26-4.25 16-25 29-8 15-75 27-52 26-4.25 16-25 29-8 15-75 27-52 27-52 26-4.25 16-25 29-8 15-75 27-52 26-4.25 16-25 29-8 15-75 2-75 27-52 2-75 2-75 2-75 2-75 2-75	M45 Gary Westlund M55 Bernie O'Finch W40 Kathy Finch <b>SOUTHW</b> Greater New Orlea Senior Gam Kenner, LA; Ma 50m M55 Mike Boudreaux M60 R Hesmondhalg M65 Frank Newman M70 Richard Eberhau M75 Frank Knaus W50 Carol Bradford W55 Judy Bordelon W60 Bernice Bordelo W60 Bernice Bordelo W65 Wanda Moore 100m M55 Mike Boudreaux M66 R Hesmondhalg M65 Frank Newman M70 Richard Eberha M75 Frank Knaus W55 Judy Bordelon W60 Bernice Bordelo 200m M50 Vincent Breaux M55 Mike Boudreaux M50 Vincent Breaux M55 Mike Boudreaux M60 Charlie Richard M65 Al Badinger M75 Frank Knaus W55 Judy Bordelon 400m M55 Glynn Rhodes M60 Sammy Bullard M65 Sid Montecino M75 Frank Knaus 800m M50 Jack Tomasic M60 Charlie Wimber M75 John Boots 1500m
Course Edelman     Solution     Solutio	21-10.75 24-7.75 24-7.75 46-6.75 23-4.75 31-1 37-6.50 36-2.25 37-6 34-8.50 32-2.75 31-6.50 28-9.25 34-3.50 26-25 20-11.75 27-5.25 17-9.75 13-10.25 26-8.75 34-3.50 32-7.50 43-4.25 35-11.25 26-8.75 34-3.50 32-7.50 43-4.25 35-11.25 26-4.25 16-25 29-8 15-75 16:42.20 22:28.34 <b>Indoor</b> <b>ps</b> .28 <b>7.31</b> 7.68 7.92 8.99 9.72 7.83 25.92 28.17 28.40	M45 Gary Westlund M55 Bernie O'Finch W40 Kathy Finch <b>SOUTHW</b> Greater New Orlea Senior Gam Kenner, LA; Ma 50 m M55 Mike Boudreaux M60 R Hesmondhalg M65 Frank Newman M70 Richard Eberhai M75 Frank Knaus W50 Carol Bradford W55 Judy Bordelon W60 Bernice Bordelo W65 Wanda Moore 100 m M55 Mike Boudreaux M60 R Hesmondhalg M65 Frank Newman M70 Richard Eberhai M75 Frank Knaus W55 Judy Bordelon W60 Bernice Bordelo 200 m M50 Vincent Breaux M55 Mike Boudreaux M60 Charlie Richard M65 Al Badinger M75 Frank Knaus W55 Judy Bordelon 400 m M55 Glynn Rhodes M60 Sammy Bullard M65 Sid Montecino M75 Frank Knaus 800 m M50 Jack Tomasic M60 Charlie Wimber M75 John Boots 1500 m

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M45 Shawn Regan	56.88	W60 Bernice Bordek	0
M55 George LaBelle 800 m	83.74	Long Jump M50 Joe Schieffler J	Jr
M35 Pat Eastman M45 John Naslund	2:08.23	M55 Wayne Ory M60 Charlie Richard	
Mile	1.1.1	M65 Al Badinger	
M35 Paul Giannoble M40 Ben Zhao	4:35.54 5:03.08	M70 Roy Hoffman M75 Frank Knaus	
M45 John Naslund	5:15.09	W55 Judy Bordelon	
M55 Gregg Wahlstrom W35 Heidi Arneson	5:55.52 6:18.42	W60 Bernice Bordek	DI
3200m	a tratter	M50 Vincent Breaux	
M40 Dave Peterson41 5000m	13:01.60	M55 Fred Eitmann M60 Don North	
M35 James Robeck	16:56.82	M65 Milton Brady	10.00
	16:07.41 17:28.95	M70 Roland Clemen M75 Norman Hedric	
M60 Carl Carey	24:29.31	M80 Ed Olsen	-
W40 Ann Haugejorde : 55 m H	22:01.32	W50 Carol Bradford W55 Fay Richard	
M40 William Green	8.61	W60 Bebe Evans	
M45 Doug Holmberg M55 George LaBelle	10.68	W65 Thais Lacrouts W70 Lorraine McCas	sl
M60 Jim Peterson	10.38	W75 Millie Buchert	
High Jump M45 Doug Holmberg	4-6	M50 Chester Guidry	
M55 George LaBelle	4-0	M55 Harold Landry	
M60 Tom Langenfeld M70 R G Wolf	4-10 3-3	M60 Don North M65 Milton Brady	
Pole Vault	C. L.	M70 Roland Clemen	t
M35 Douglas Novak M40 Rolf Lund	10-11.75 11-0	M75 Cy Buchert M80 Ed Olsen	
M45 Philip Johnson	10-6	W50 Carol Bradford	
W35 Donna Ricks Long Jump	9-6	W55 Marilyn Duvall W60 Bebe Evans	
M40 William Green	17-6.75	W65 Thais Lacrouts	
M45 Doug Holmberg M55 Richard Ashland	14-2.50 13-5.25	W70 Lorraine McCas Javelin	51
M60 Jim Peterson	13-5.25	M50 Chester Guidry	
M70 R G Wolf W35 JoeAnn Jackson	10-1.25	M55 Charles Cannor M60 Don North	n
Triple Jump	10-2.25	Jack Theriot	1
M45 Doug Holmberg M55 George LaBelle	26-8 25-2.75	M65 Roland Forman M70 Roland Clemen	
M60 Jim Peterson	27-6.50	M75 Don Dryer	
Shot Put		W50 Carol Bradford	1.4
	35-5.50 39-1.50	W55 Fay Richard W65 Shirley Balser	1 4
	34-0 24-1	W70 Lorraine McCas W75 Millie Buchert	jli
3000m Racewalk		1500m Racewalk	
			2
M40 Don Peterson 40	19:10.63	M50 Oliver Dailey	New York
M40 Don Peterson 40 M45 Gary Westlund M55 Bernie O'Finch	19:10.63 15:13.79 17:11.45	M50 Oliver Dailey M55 Wayne Ory M60 Bill Elrod	the second second
M40 Don Peterson 40 M45 Gary Westlund M55 Bernie O'Finch W40 Kathy Finch	19:10.63 15:13.79 17:11.45 20:16.37	M50 Oliver Dailey M55 Wayne Ory M60 Bill Elrod M65 Sam Scarnato	the second second
M40 Don Peterson 40 M45 Gary Westlund M55 Bernie O'Finch W40 Kathy Finch	19:10.63 15:13.79 17:11.45 20:16.37	M50 Oliver Dailey M55 Wayne Ory M60 Bill Elrod M65 Sam Scamato	
M40 Don Peterson 40 M45 Gary Westlund M55 Bernie O'Finch W40 Kathy Finch SOUTHWE Greater New Orleans	19:10.63 15:13.79 17:11.45 20:16.37 ST District	M50 Oliver Dailey M55 Wayne Ory M60 Bill Elrod M65 Sam Scarnato	•
M40 Don Peterson 40 M45 Gary Westlund M55 Bernie O'Finch W40 Kathy Finch SOUTHEND Greater New Orleans Senior Game Kenner, LA; Marc	19:10.63 15:13.79 17:11.45 20:16.37 ST District	M50 Oliver Dailey M55 Wayne Ory M60 Bill Elrod M65 Sam Scamato	•
M40 Don Peterson 40 M45 Gary Westlund M55 Bernie O'Finch W40 Kathy Finch SOUTHAWE Greater New Orleans Senior Games Kenner, LA; Marco	19:10.63 15:13.79 17:11.45 20:16.37 ST District	M50 Oliver Dailey M55 Wayne Ory M60 Bill Elrod M65 Sam Scarnato USATF Me Honolulu, H1; F 50m M30 Rodney Clark	•
M40 Don Peterson 40 M45 Gary Westlund M55 Bernie O'Finch W40 Kathy Finch <b>SOUTTHWE</b> Greater New Orleans Senior Game: Kenner, LA; Marco M55 Mike Boudreaux M60 R Hesmondhalgh	19:10.63 15:13.79 17:11.45 20:16.37 <b>ST</b> District s h 28 6.86 6.84	M50 Oliver Dailey M55 Wayne Ory M60 Bill Elrod M65 Sam Scamato USATF Me Honolulu, H1; F 50m M30 Rodney Clark M40 Bill Blair	•
M40 Don Peterson 40 M45 Gary Westlund M55 Bernie O'Finch W40 Kathy Finch <b>SOUTTHWE</b> Greater New Orleans Senior Game: Kenner, LA; Marc 50 m M55 Mike Boudreaux M60 R Hesmondhalgh M65 Frank Newman	19:10.63 15:13.79 17:11.45 20:16.37 <b>ST</b> District s th 28 6.86 6.84 7.03	M50 Oliver Dailey M55 Wayne Ory M60 Bill Elrod M65 Sam Scarnato USATF Me Honolulu, H1; F 50m M30 Rodney Clark	•
M40 Don Peterson 40 M45 Gary Westlund M55 Bernie O'Finch W40 Kathy Finch <b>SOUTHAND</b> Greater New Orleans Senior Game Kenner, LA; Marc 50 m M55 Mike Boudreaux M60 R Hesmondhalgh M65 Frank Newman M70 Richard Eberhardt M75 Frank Knaus	19:10.63 15:13.79 17:11.45 20:16.37 <b>ST</b> District 5 th 28 6.86 6.84 7.03 8.08 8.92	M50 Oliver Dailey M55 Wayne Ory M60 Bill Elrod M65 Sam Scarnato USATF Me Honolulu, H1; H 50m M30 Rodney Clark M40 Bill Blair M50 Allen Ng M55 Jack Karbens M60 Bob Molyneux	F
M40 Don Peterson 40 M45 Gary Westlund M55 Bernie O'Finch W40 Kathy Finch <b>SOUTTENNE</b> Greater New Orleans Senior Games Kenner, LA; Marco 50 m M55 Mike Boudreaux M60 R Hesmondhalgh M65 Frank Newman M70 Richard Eberhardt M75 Frank Knaus M50 Carol Bradford	19:10.63 15:13.79 17:11.45 20:16.37 <b>S77</b> District 5 th 28 6.86 6.84 7.03 8.08	M50 Oliver Dailey M55 Wayne Ory M60 Bill Elrod M65 Sam Scamato USATF Me Honolulu, H1; H 50m M30 Rodney Clark M40 Bill Blair M50 Allen Ng M55 Jack Karbens	F
M40 Don Peterson 40 M45 Gary Westlund M55 Bernie O'Finch W40 Kathy Finch <b>SOUTTANDE</b> Greater New Orleans Senior Game Kenner, LA; Marco M55 Mike Boudreaux M60 R Hesmondhalgh M65 Frank Newman M70 Richard Eberhardt M75 Frank Knaus M50 Carol Bradford M55 Judy Bordelon M60 Bernice Bordelon	19:10.63 15:13.79 17:11.45 20:16.37 <b>ST</b> District 5 th 28 6.86 6.84 7.03 8.08 8.92 12.92 8.55 9.55	M50 Oliver Dailey M55 Wayne Ory M60 Bill Elrod M65 Sam Scarnato WDSY USATF Me Honolulu, HI; F 50m M30 Rodney Clark M40 Bill Blair M50 Allen Ng M55 Jack Karbens M60 Bob Molynew M75 Jim Craine W40 Gloria Savage 200m	Fr -
M40 Don Peterson 40 M45 Gary Westlund M55 Bernie O'Finch W40 Kathy Finch <b>SOUTTAWE</b> Greater New Orleans Senior Games Kenner, LA; Marc 50 m M55 Mike Boudreaux M60 R Hesmondhalgh M65 Frank Newman M70 Richard Eberhardt M75 Frank Knaus M50 Carol Bradford M55 Judy Bordelon	19:10.63 15:13.79 17:11.45 20:16.37 <b>S7</b> District 5 th 28 6.86 6.84 7.03 8.08 8.92 12.92 8.55	M50 Oliver Dailey M55 Wayne Ory M60 Bill Elrod M65 Sam Scarnato WDSY USATF Me Honolulu, HI; F 50m M30 Rodney Clark M40 Bill Blair M50 Allen Ng M55 Jack Karbens M60 Bob Molynew M75 Jim Craine W40 Gloria Savage 200m M30 Hank Warring	Fr -
M40 Don Peterson 40 M45 Gary Westlund M55 Bernie O'Finch W40 Kathy Finch <b>SOUTHAWD</b> Greater New Orleans Senior Game: Kenner, LA; Marc 50 m M55 Mike Boudreaux M60 R Hesmondhalgh M65 Frank Newman M70 Richard Eberhardt M70 Richard Eberhardt M75 Frank Knaus M50 Carol Bradford M55 Judy Bordelon M60 Bernice Bordelon M65 Wanda Moore 100 m	19:10.63 15:13.79 17:11.45 20:16.37 <b>ST</b> District 5 th 28 6.86 6.84 7.03 8.08 8.92 12.92 8.55 9.55 11.40 13.10	M50 Oliver Dailey M55 Wayne Ory M60 Bill Elrod M65 Sam Scarnato WDSY USATF Me Honolulu, HI; F 50m M30 Rodney Clark M40 Bill Blair M50 Allen Ng M55 Jack Karbens M60 Bob Molynew M75 Jim Craine W40 Gloria Savage 200m	Fr -
M40 Don Peterson 40 M45 Gary Westlund M55 Bernie O'Finch W40 Kathy Finch <b>SOUTHAWE</b> Greater New Orleans Senior Game Kenner, LA; Marc 60 m M55 Mike Boudreaux M60 R Hesmondhalgh M65 Frank Newman M70 Richard Eberhardt M75 Frank Knaus N50 Carol Bradford N55 Judy Bordelon N60 Bernice Bordelon N65 Wanda Moore 100 m	19:10.63 15:13.79 17:11.45 20:16.37 <b>ST</b> District 5 h 28 6.86 6.84 7.03 8.08 8.92 12.92 8.55 9.55 11.40	M50 Oliver Dailey M55 Wayne Ory M60 Bill Eirod M65 Sam Scarnato USATF Me Honolulu, H1; F 50m M30 Rodney Clark M40 Bill Blair M50 Allen Ng M55 Jack Karbens M60 Bob Molynew M75 Jim Craine W40 Gloria Savage 200m M30 Hank Warring M40 Bill Blair M50 Allen Ng M55 Jack Karbens	st -j
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M40 Don Peterson 40 M45 Gary Westlund M55 Bernie O'Finch W40 Kathy Finch <b>SOUTHAWD</b> Greater New Orleans Senior Game Kenner, LA; Marc 60 m M55 Mike Boudreaux M60 R Hesmondhalgh M65 Frank Newman M70 Richard Eberhardt M75 Frank Knaus N50 Carol Bradford N55 Judy Bordelon M60 Bernice Bordelon M60 Bernice Bordelon M65 Mike Boudreaux M60 R Hesmondhalgh M65 Frank Newman M70 Richard Eberhardt M70 Richard Eberhardt M70 Richard Eberhardt M70 Richard Eberhardt M70 Richard Eberhardt M75 Frank Knaus M70 Richard Eberhardt M75 Frank Knaus	19:10.63 15:13.79 17:11.45 20:16.37 <b>S7</b> District 5 th 28 6.86 6.84 7.03 8.08 8.92 12.92 8.55 9.55 11.40 13.10 13.25 13.69	M50 Oliver Dailey M55 Wayne Ory M60 Bill Eirod M65 Sam Scarnato USATF Me Honolulu, H1; F 50m M30 Rodney Clark M40 Bill Blair M50 Allen Ng M55 Jack Karbens M60 Bob Molynew M75 Jim Craine W40 Gloria Savage 200m M30 Hank Warring M40 Bill Blair M50 Allen Ng M55 Jack Karbens	st -j
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M40 Don Peterson 40 M45 Gary Westlund M55 Bernie O'Finch W40 Kathy Finch <b>SOUTHAWE</b> Greater New Orleans Senior Game Kenner, LA; Marc 30m M55 Mike Boudreaux M60 R Hesmondhalgh M65 Frank Newman M70 Richard Eberhardt M75 Frank Knaus N50 Carol Bradford M55 Judy Bordelon N60 Bernice Bordelon M65 Wanda Moore 100m M55 Mike Boudreaux M60 R Hesmondhalgh M65 Frank Newman M70 Richard Eberhardt M75 Frank Knaus M50 R Hesmondhalgh M55 Frank Newman M70 Richard Eberhardt M75 Frank Knaus M55 Judy Bordelon N60 Bernice Bordelon N60 Bernice Bordelon N60 Bernice Bordelon M50 Vincent Breaux M55 Mike Boudreaux	19:10.63 15:13.79 17:11.45 20:16.37 <b>S7</b> <b>District</b> <b>5</b> <b>1</b> <b>2</b> <b>1</b> <b>2</b> <b>1</b> <b>2</b> <b>3</b> <b>1</b> <b>5</b> <b>1</b> <b>1</b> <b>1</b> <b>1</b> <b>1</b> <b>1</b> <b>1</b> <b>1</b> <b>1</b> <b>1</b>	M50 Oliver Dailey M55 Wayne Ory M60 Bill Elrod M65 Sam Scarnato WESS USATF Me Honolulu, H1; F 50m M30 Rodney Clark M40 Bill Blair M50 Allen Ng M55 Jack Karbens M60 Bob Molynew M75 Jim Craine W40 Gloria Savage 200m M30 Hank Warring M40 Bill Blair M50 Allen Ng M55 Jack Karbens W40 G Savage-Earl 300m M40 Bill Blair M50 Bob Larson M55 Jack Karbens W40 G Savage-Earl 600m	x gt
M40 Don Peterson 40 M45 Gary Westlund M55 Bernie O'Finch W40 Kathy Finch <b>SOUTHAWE</b> Greater New Orleans Senior Game: Kenner, LA; Marc 50m M55 Mike Boudreaux M60 R Hesmondhalgh M65 Frank Newman M70 Richard Eberhardt M75 Frank Knaus N50 Carol Bradford N55 Judy Bordelon N60 Bernice Bordelon N60 Bernice Bordelon M65 Frank Newman M70 Richard Eberhardt M75 Frank Knaus M60 R Hesmondhalgh M65 Frank Newman M70 Richard Eberhardt M75 Frank Knaus N55 Judy Bordelon N60 Bernice Bordelon N60 Bernice Bordelon N60 Bernice Bordelon N60 Bernice Bordelon N60 Bernice Bordelon N60 Charlie Richard M55 Mike Boudreaux M60 Charlie Richard M65 Al Badinger	19:10.63 15:13.79 17:11.45 20:16.37 <b>ST</b> District 5 10:16:17 <b>ST</b> District 5 10:16:37 <b>ST</b> District 5 10:16:37 <b>ST</b> District 5 10:16:37 12:92 8.55 9.55 11:40 13:10 13:25 13:69 16:00 17:66 16:81 18:74 32:36	M50 Oliver Dailey M55 Wayne Ory M60 Bill Elrod M65 Sam Scarnato WEST USATF Me Honolulu, HI; F 50m M30 Rodney Clark M40 Bill Blair M50 Allen Ng M55 Jack Karbens M60 Bob Molynew M75 Jim Craine W40 Gloria Savage 200m M30 Hank Warring M40 Bill Blair M55 Jack Karbens W40 G Savage-Earl 300m M40 Bill Blair M55 Jack Karbens W40 G Savage-Earl 600m M40 Bob Gill	x gt
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60 Bernice Bordelon 3-4 ong Jump 150 Joe Schieffler Jr 13-1 55 Wayne Ory 9-3 60 Charlie Richard 65 Al Badinger 16-4 13-8 70 Roy Hoffman 75 Frank Knaus 9-9 9-4 55 Judy Bordelon 11-7 60 Bernice Bordelon 10-3 hot Put 36-5.5 35-0 50 Vincent Breaux 55 Fred Eitmann 60 Don North 34-7.5 65 Milton Brady 33-10.5 70 Roland Clement 30-11 75 Norman Hedrick 80 Ed Olsen 26-1 19-2 50 Carol Bradford 25-6 23-11 60 Bebe Evans 65 Thais Lacrouts 20-9 20-4 70 Lorraine McCaslin 14-7 75 Millie Buchert 16-2 iscus 50 Chester Guidry 55 Harold Landry 116-6 76-5 60 Don North 65 Milton Brady 70 Roland Clement 103-0 103-8 75 Cy Buchert 80 Ed Olsen 68-11 47-6 44-4 62-7 41-11 50 Carol Bradford 55 Marilyn Duvall 60 Bebe Evans 65 Thais Lacrouts 70 Lorraine McCaslin 41-9 28-1 velin 50 Chester Guidry 117-5 55 Charles Cannon Jr 128-4 60 Don North 135-5 **Jack Theriot** 131-9 65 Roland Forman 104-8 70 Roland Clement 81-10 75 Don Dryer 60-8 50 Carol Bradford 55 Fay Richard 43-1 85-5 65 Shirley Balser 37-1 70 Lorraine McCaslin 75 Millie Buchert 600m Racewalk 28-11 46-8 50 Oliver Dailey 55 Wayne Ory 6:12.90 
 55 Wayne Ory
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 60 Bill Elrod
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 65 Sam Scarnato
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 WES7 USATF Meet Honolulu, HI; Feb. 23 130 Rodney Clark 6.2 [40 Bill Blair 7.0 150 Allen Ng 7.3 155 Jack Karbens 7.6 89 160 Bob Molyneux 9.9 175 Jim Craine 40 Gloria Savage-Early 7.6 00m 130 Hank Warrington 22.0 40 Bill Blair 27.0 31.3 150 Allen Ng 155 Jack Karbens 29.1 40 G Savage-Early 32.0 00m 40 Bill Blair 43.4 150 Bob Larson 49.0 155 Jack Karbens 46.1 /40 G Savage-Early 51.1 00m 140 Bob Gill 1:45.6 155 Jack Karbens 1:50.0 00m 140 Ashley Dustow 2:22.1 145 Derek Goudge 2:41.8 lile Greg Fondran 130 6:01.9 135 Tom Peterson 6:13.2 140 Ashley Dustow 4:59.4 145 Steve Sturm 6:02.6 160 Geoff Howard 5:48.2 000m 130 Chris Crawford 9:31.9 140 Ashley Dustow 9:39.4 145 Steve Sturm 12:15.1 150 Gerry Lindgren 10:26 5 160 Geoff Howard

11:25.4

M50 Bob Larson

-4	M75	Jim Crane,	15.1
1	Long	Jump	
3-1 9-3	M55 M70	Lionel Low Bob Voege	14-4.50 9-3.50
5-4		e Jump	1-5,50
3-8 9-9	M55	Lionel Low	31-3.50
9-4	M70 Shot	Bob Voege	20-9.50
1-7 0-3		B DiBenedetto	32-10
5-5	M45		23-4
6-5.5	M50 M55		26-7 31-5
5-0 4-7.5	M60		27-5
3-10.5	M70	Dick Mulkern	29-7.50
0-11 6-1	W55 Discu		15-1
9-2		Greg Fondran	93-7
5-6 3-11	M40	B DiBenedetto	112-3
0-9	M45 M50		77-1 85-1
0-4 4-7	M55		110-6
5-2	M60	and the second se	90-9
16-6	M70 W55		104-2 36-11
76-5	Javel		30-11
22-1	and the second second second	K Kruszona	118-9
03-0 03-8		Bob Larson Jack Karbens	97-5 105-10
58-11		ht Throw (35#)	103-10
47-6 44-4	M55	Jack Karbens	30-11
52-7		Bob Voege ht Throw (56#)	14-8
41-11 41-9		Jack Karbens	18-6
28-1	M70		10-11
17-5	Haw	aii Masters Dec	athlon
28-4	and the second s	nolulu; March 1 Costello M45	
35-5 31-9		arbens M55	5946 4515
04-8	Kevin k	Kruszona M40	4098
31-10 50-8		Goudge M45 Vouege M70	3338 3010
13-1	-		
85-5 7-1		ERNATIO	
8-11		Truter Veterans Town, S. Africa;	
6-8	100m	The Differry worth	A CASK
Concertainty of			
2.90	M35 1 M40	Leon Thelander Danie Heyns	14.2
6.28	M40 M50	Danie Heyns Edgar Figland	12.4 13.0
	M40 M50 M55	Danie Heyns Edgar Figland Jeff Louw	12.4 13.0 15.2
6.28 2.00	M40 M50 M55 M60	Danie Heyns Edgar Figland	12.4 13.0 15.2
6.28 2.00	M40 M50 M55 M60 M65 M70	Danie Heyns Edgar Figland Jeff Louw Ron Cross Mike Eksteen Neville Sharpley	12.4 13.0 15.2 13.7 15.5 15.2
6.28 2.00	M40 M50 M55 M60 M65 M70 W30	Danie Heyns Edgar Figland Jeff Louw Ron Cross Mike Eksteen Neville Sharpley Beverly Figland	12.4 13.0 15.2 13.7 15.5 15.2 13.3
6.28 2.00 4.94	M40 M50 M55 M60 M65 M70 W30 W30 W35 W40	Danie Heyns Edgar Figland Jeff Louw Ron Cross Mike Eksteen Neville Sharpley	12.4 13.0 15.2 13.7 15.5 15.2 13.3 13.7 15.1
6.28 2.00 4.94 3 6.2	M40 M50 M55 M60 M65 M70 W30 W35 W40 W50	Danie Heyns Edgar Figland Jeff Louw Ron Cross Mike Eksteen Neville Sharpley Beverly Figland Solly Salzwedel Nona Weideman Mari Ballot	12.4 13.0 15.2 13.7 15.5 15.2 13.3 13.7 15.1 17.9
6.28 2.00 4.94 3 6.2 7.0 7.3	M40 M50 M55 M60 M65 M70 W30 W35 W40 W50 W55	Danie Heyns Edgar Figland Jeff Louw Ron Cross Mike Eksteen Neville Sharpley Beverly Figland Solly Salzwedel Nona Weideman	12.4 13.0 15.2 13.7 15.5 15.2 13.3 13.7 15.1 17.9
6.28 2.00 4.94 3 6.2 -7.0 7.3 7.6	M40 M50 M55 M60 M65 M70 W30 W30 W35 W40 W55 <b>200m</b> M45	Danie Heyns Edgar Figland Jeff Louw Ron Cross Mike Eksteen Neville Sharpley Beverly Figland Solly Salzwedel Nona Weideman Mari Ballot	12.4 13.0 15.2 13.7 15.5 15.2 13.3 13.7 15.1 17.9
6.28 2.00 4.94 3 6.2 7.0 7.3	M40 M50 M55 M60 M65 M70 W30 W30 W35 W40 W50 W55 <b>200m</b> M45 M50	Danie Heyns Edgar Figland Jeff Louw Ron Cross Mike Eksteen Neville Sharpley Beverly Figland Solly Salzwedel Nona Weideman Mari Ballot Susan Alberts Basil Carni Edgar Figland	12.4 13.0 15.2 13.7 15.5 15.2 13.3 13.7 15.1 17.9 14.9 28.0 27.2
6.28 2.00 4.94 3 6.2 7.0 7.3 7.6 8.9	M40 M50 M55 M60 M65 M70 W30 W30 W35 W40 W50 W55 <b>200m</b> M45 M50 M55	Danie Heyns Edgar Figland Jeff Louw Ron Cross Mike Eksteen Neville Sharpley Beverly Figland Solly Salzwedel Nona Weideman Mari Ballot Susan Alberts Basil Carni Edgar Figland Jeff Louw	12.4 13.0 15.2 13.7 15.5 15.2 13.3 13.7 15.1 17.9 14.9 28.0 27.2 31.7
6.28 2.00 4.94 3 6.2 7.0 7.3 7.6 8.9 9.9 7.6	M40 M50 M55 M60 M65 M70 W30 W30 W35 W40 W50 W55 <b>200m</b> M45 M50	Danie Heyns Edgar Figland Jeff Louw Ron Cross Mike Eksteen Neville Sharpley Beverly Figland Solly Salzwedel Nona Weideman Mari Ballot Susan Alberts Basil Carni Edgar Figland	12.4 13.0 15.2 13.7 15.5 15.2 13.3 13.7 15.1 17.9 14.9 28.0 27.2 31.7 27.8
6.28 2.00 4.94 3 6.2 7.0 7.3 7.6 8.9 9.9 7.6 22.0	M40 M50 M55 M60 M65 M70 W30 W30 W35 W40 W55 <b>200m</b> M45 M50 M55 M60 M70 W30	Danie Heyns Edgar Figland Jeff Louw Ron Cross Mike Eksteen Neville Sharpley Beverly Figland Solly Salzwedel Nona Weideman Mari Ballot Susan Alberts Basil Carni Edgar Figland Jeff Louw Ron Cross Nevelle Sharpley Beverly Figland.	12.4 13.0 15.2 13.7 15.5 15.2 13.3 13.7 15.1 17.9 14.9 28.0 27.2 31.7 27.8 32.2 27.2
6.28 2.00 4.94 3 6.2 7.0 7.3 7.6 8.9 9.9 7.6 22.0 27.0 31.3	M40 M50 M55 M60 M65 M70 W30 W35 W40 W55 <b>200m</b> M45 M50 M55 M60 M70 W30 W35	Danie Heyns Edgar Figland Jeff Louw Ron Cross Mike Eksteen Neville Sharpley Beverly Figland Solly Salzwedel Nona Weideman Mari Ballot Susan Alberts Basil Carni Edgar Figland Jeff Louw Ron Cross Nevelle Sharpley Beverly Figland. Solly Salzwedel	12.4 13.0 15.2 13.7 15.5 15.2 13.3 13.7 15.1 17.9 14.9 28.0 27.2 31.7 27.8 32.2 27.2 29.7
6.28 2.00 4.94 3 6.2 7.0 7.3 7.6 8.9 9.9 7.6 22.0 27.0 31.3 29.1	M40 M50 M55 M60 M65 M70 W30 W30 W35 W40 W55 <b>200m</b> M45 M50 M55 M60 M70 W30	Danie Heyns Edgar Figland Jeff Louw Ron Cross Mike Eksteen Neville Sharpley Beverly Figland Solly Salzwedel Nona Weideman Mari Ballot Susan Alberts Basil Carni Edgar Figland Jeff Louw Ron Cross Nevelle Sharpley Beverly Figland.	12.4 13.0 15.2 13.7 15.5 15.2 13.3 13.7 15.1 17.9 14.9 28.0 27.2 31.7 27.8 32.2 27.2
6.28 2.00 4.94 3 6.2 7.0 7.3 7.6 8.9 9.9 7.6 22.0 27.0 31.3	M40 M50 M55 M60 M65 M70 W30 W35 W40 W55 <b>200m</b> M45 M55 M60 M70 W35 W50 W35 W50 W55 W65	Danie Heyns Edgar Figland Jeff Louw Ron Cross Mike Eksteen Neville Sharpley Beverly Figland Solly Salzwedel Nona Weideman Mari Ballot Susan Alberts Basil Carni Edgar Figland Jeff Louw Ron Cross Nevelle Sharpley Beverly Figland. Solly Salzwedel Mari Ballot	12.4 13.0 15.2 13.7 15.5 15.2 13.3 13.7 15.1 17.9 14.9 28.0 27.2 31.7 27.8 32.2 27.2 29.7 37.3
6.28 2.00 4.94 3 6.2 7.0 7.3 7.6 8.9 9.9 7.6 22.0 27.0 31.3 29.1 32.0 43.4	M40 M50 M55 M60 M55 M70 W30 W35 W40 W55 <b>200m</b> M45 M55 M60 M70 W35 W55 W55 W55 W55 W55 W65 <b>400m</b>	Danie Heyns Edgar Figland Jeff Louw Ron Cross Mike Eksteen Neville Sharpley Beverly Figland Solly Salzwedel Nona Weideman Mari Ballot Susan Alberts Basil Carni Edgar Figland Jeff Louw Ron Cross Nevelle Sharpley Beverly Figland. Solly Salzwedel Mari Ballot Susan Alberts Ilabel Hofmeyr	12.4 13.0 15.2 13.7 15.5 15.2 13.3 13.7 15.1 17.9 14.9 28.0 27.2 31.7 27.8 32.2 29.7 37.3 31.0 35.4
6.28 2.00 4.94 3 6.2 7.0 7.3 7.6 8.9 9.9 7.6 22.0 27.0 31.3 29.1 32.0 43.4 49.0	M40 M50 M55 M60 M65 M70 W30 W35 W40 W55 <b>200m</b> M45 M55 M60 M70 W30 W35 W50 W30 W35 W55 W65 <b>400m</b> M40 M65	Danie Heyns Edgar Figland Jeff Louw Ron Cross Mike Eksteen Neville Sharpley Beverly Figland Solly Salzwedel Nona Weideman Mari Ballot Susan Alberts Basil Carni Edgar Figland Jeff Louw Ron Cross Nevelle Sharpley Beverly Figland Solly Salzwedel Mari Ballot Susan Alberts Ilabel Hofmeyr Danie Heyns Mike Eksteen	12.4 13.0 15.2 13.7 15.5 15.2 13.3 13.7 15.1 17.9 14.9 28.0 27.2 31.7 27.8 32.2 27.2 29.7 37.3 31.0 35.4 58.7 1.12.1
6.28 2.00 4.94 3 6.2 7.0 7.3 7.6 8.9 9.9 7.6 22.0 27.0 31.3 29.1 32.0 43.4 49.0 46.1	M40 M50 M55 M60 M65 M70 W30 W55 <b>200m</b> M45 M50 W55 M60 M70 W30 W55 W60 W55 W65 W65 W65 W65 W65 W65 W65 W65 W65	Danie Heyns Edgar Figland Jeff Louw Ron Cross Mike Eksteen Neville Sharpley Beverly Figland Solly Salzwedel Nona Weideman Mari Ballot Susan Alberts Basil Carni Edgar Figland Jeff Louw Ron Cross Nevelle Sharpley Beverly Figland Solly Salzwedel Mari Ballot Susan Alberts Ilabel Hofmeyr Danie Heyns Mike Eksteen Maryna Vos	12.4 13.0 15.2 13.7 15.5 15.2 13.3 13.7 15.1 17.9 14.9 28.0 27.2 31.7 27.8 32.2 29.7 37.3 31.0 35.4 58.7 1.12.1 1.32.4
6.28 2.00 4.94 3 6.2 7.0 7.3 7.6 8.9 9.9 7.6 22.0 27.0 31.3 29.1 32.0 43.4 49.0 46.1 51.1	M40 M50 M55 M60 M65 M70 W30 W30 W55 <b>200m</b> M45 M50 W55 M60 M70 W30 W35 W60 W55 <b>200m</b> M40 M65 W65 W65 S	Danie Heyns Edgar Figland Jeff Louw Ron Cross Mike Eksteen Neville Sharpley Beverly Figland Solly Salzwedel Nona Weideman Mari Ballot Susan Alberts Basil Carni Edgar Figland Jeff Louw Ron Cross Nevelle Sharpley Beverly Figland Solly Salzwedel Mari Ballot Susan Alberts Ilabel Hofmeyr Danie Heyns Mike Eksteen Maryna Vos Mari Ballot	12.4 13.0 15.2 13.7 15.5 15.2 13.3 13.7 15.1 17.9 14.9 28.0 27.2 31.7 27.8 32.2 29.7 37.3 31.0 35.4 58.7 1.12.1 1.32.4 1.28.6
6.28 2.00 4.94 3 6.2 7.0 7.3 7.6 8.9 9.9 7.6 22.0 27.0 31.3 29.1 32.0 43.4 49.0 46.1 51.1 :45.6	M40 M50 M55 M60 M65 M70 W30 W55 <b>200m</b> M45 M50 W55 M60 M70 W30 W55 W60 W55 W65 W65 W65 W65 W65 W65 W65 W65 W65	Danie Heyns Edgar Figland Jeff Louw Ron Cross Mike Eksteen Neville Sharpley Beverly Figland Solly Salzwedel Nona Weideman Mari Ballot Susan Alberts Basil Carni Edgar Figland Jeff Louw Ron Cross Nevelle Sharpley Beverly Figland Solly Salzwedel Mari Ballot Susan Alberts Ilabel Hofmeyr Danie Heyns Mike Eksteen Maryna Vos	12.4 13.0 15.2 13.7 15.5 15.2 13.3 13.7 15.1 17.9 14.9 28.0 27.2 31.7 27.8 32.2 29.7 37.3 31.0 35.4 58.7 1.12.1 1.32.4
6.28 2.00 4.94 3 6.2 7.0 7.3 7.6 8.9 9.9 7.6 22.0 27.0 31.3 29.1 32.0 43.4 49.0 46.1 51.1	M40 M50 M55 M60 M65 M70 W30 W35 W40 W55 200m M45 M55 M60 M70 W35 W55 W65 W55 W65 W65 W65 SW65 SW65 SW65	Danie Heyns Edgar Figland Jeff Louw Ron Cross Mike Eksteen Neville Sharpley Beverly Figland Solly Salzwedel Nona Weideman Mari Ballot Susan Alberts Basil Carni Edgar Figland Jeff Louw Ron Cross Nevelle Sharpley Beverly Figland. Solly Salzwedel Mari Ballot Susan Alberts Ilabel Hofmeyr Danie Heyns Mike Eksteen Maryna Vos Mari Ballot Susan Alberts Isabel Hofmeyr	12.4 13.0 15.2 13.7 15.5 15.2 13.3 13.7 15.1 17.9 14.9 28.0 27.2 31.7 27.8 32.2 27.2 29.7 37.3 31.0 35.4 58.7 1.12.1 1.32.4 1.28.6 1.18.6 1.26.6
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6.28 2.00 4.94 3 6.2 7.0 7.3 7.6 8.9 9.9 7.6 22.0 27.0 31.3 29.1 32.0 43.4 49.0 46.1 51.1 :45.6 :50.0 :22.1 :41.8	M40 M50 M55 M60 M55 M70 W30 W35 W50 W55 200m M45 M55 M55 M60 M70 W35 W55 W65 400m M40 M65 W55 W65 <b>400m</b> M40 M65 W55 W65 <b>800m</b> M35 M45 M50 M55 W55 W65 M60 M65 M55 M60 M60 M60 M65 M55 M60 M65 M70 W50 W55 W55 W65 M60 M65 M70 W55 M60 M65 M70 W50 W55 M60 W55 M60 W55 W50 W55 M60 W55 W50 W55 M60 W55 W50 W55 W50 W55 W55 W50 W55 W55 M60 W55 W55 W50 W55 W55 W50 W55 W55 W55 W5	Danie Heyns Edgar Figland Jeff Louw Ron Cross Mike Eksteen Neville Sharpley Beverly Figland Solly Salzwedel Nona Weideman Mari Ballot Susan Alberts Basil Carni Edgar Figland Jeff Louw Ron Cross Nevelle Sharpley Beverly Figland Solly Salzwedel Mari Ballot Susan Alberts Ilabel Hofmeyr Danie Heyns Mike Eksteen Maryna Vos Mari Ballot Susan Alberts Isabel Hofmeyr Leon Thelander Henry Prins V O'Donoghue Mike Eksteen	12.4 13.0 15.2 13.7 15.5 15.2 13.3 13.7 15.1 17.9 14.9 28.0 27.2 31.7 27.8 32.2 29.7 37.3 31.0 35.4 58.7 1.12.1 1.32.4 1.28.6 1.18.6 1.26.6 2.35.5 2.32.3 2.28.7 2.52.9
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6.28 2.00 4.94 3 6.2 7.0 7.3 7.6 8.9 9.9 7.6 22.0 27.0 31.3 29.1 32.0 43.4 49.0 46.1 51.1 45.6 :50.0 22.1 :41.8 :01.9 :13.2 :59.4	M40 M50 M55 M60 M55 M70 W30 W35 W50 W55 200m M45 M55 M55 M60 M70 W35 W55 W65 400m M40 M65 W55 W65 <b>400m</b> M40 M65 W55 W65 <b>800m</b> M35 M45 M50 M55 W55 W65 M60 M65 M55 M60 M60 M60 M65 M55 M60 M65 M70 W50 W55 W55 W65 M60 M65 M70 W55 M60 M65 M70 W50 W55 M60 W55 M60 W55 W50 W55 M60 W55 W50 W55 M60 W55 W50 W55 W50 W55 W55 W50 W55 W55 M60 W55 W55 W50 W55 W55 W50 W55 W55 W55 W5	Danie Heyns Edgar Figland Jeff Louw Ron Cross Mike Eksteen Neville Sharpley Beverly Figland Solly Salzwedel Nona Weideman Mari Ballot Susan Alberts Basil Carni Edgar Figland Jeff Louw Ron Cross Nevelle Sharpley Beverly Figland Solly Salzwedel Mari Ballot Susan Alberts Ilabel Hofmeyr Danie Heyns Mike Eksteen Maryna Vos Mari Ballot Susan Alberts Isabel Hofmeyr Leon Thelander Henry Prins V O'Donoghue Mike Eksteen Suzette Hauman	12.4 13.0 15.2 13.7 15.5 15.2 13.3 13.7 15.1 17.9 14.9 28.0 27.2 31.7 27.8 32.2 27.2 29.7 37.3 31.0 35.4 58.7 1.12.1 1.32.4 1.28.6 1.18.6 1.26.6 2.35.5 2.32.3 2.28.7 2.52.9 2.58.0
6.28 2.00 4.94 3 6.2 7.0 7.3 7.6 8.9 9.9 7.6 22.0 27.0 31.3 29.1 32.0 43.4 49.0 46.1 51.1 45.6 :50.0 22.1 :41.8 :01.9 :13.2 :59.4 :02.6	M40 M50 M55 M60 M55 M60 W30 W35 W30 W55 W55 W55 W65 W65 W65 W65 W65 W65 W65	Danie Heyns Edgar Figland Jeff Louw Ron Cross Mike Eksteen Neville Sharpley Beverly Figland Solly Salzwedel Nona Weideman Mari Ballot Susan Alberts Basil Carni Edgar Figland Jeff Louw Ron Cross Nevelle Sharpley Beverly Figland Solly Salzwedel Mari Ballot Susan Alberts Ilabel Hofmeyr Danie Heyns Mike Eksteen Maryna Vos Mari Ballot Susan Alberts Isabel Hofmeyr Leon Thelander Henry Prins V O'Donoghue Mike Eksteen Suzette Hauman Henry Prins V O'Donoghue	12.4 13.0 15.2 13.7 15.5 15.2 13.3 13.7 15.1 17.9 14.9 28.0 27.2 31.7 27.8 32.2 29.7 37.3 31.0 35.4 58.7 1.12.1 1.32.4 1.28.6 1.18.6 1.26.6 2.35.5 2.32.3 2.28.7 2.52.9 2.58.0 5.18.4 5.07.4
6.28 2.00 4.94 3 6.2 7.0 7.3 7.6 8.9 9.9 7.6 22.0 27.0 31.3 29.1 32.0 43.4 49.0 46.1 51.1 32.0 43.4 49.0 46.1 51.1 32.0 22.1 41.8 01.9 13.2 59.4 02.6 24.2	M40 M50 M55 M60 M65 M70 W30 W55 <b>200m</b> M45 M50 W55 <b>200m</b> M45 W50 W55 W65 W65 W65 W65 W65 W65 W65 W65 W65	Danie Heyns Edgar Figland Jeff Louw Ron Cross Mike Eksteen Neville Sharpley Beverly Figland Solly Salzwedel Nona Weideman Mari Ballot Susan Alberts Basil Carni Edgar Figland Jeff Louw Ron Cross Nevelle Sharpley Beverly Figland. Solly Salzwedel Mari Ballot Susan Alberts Ilabel Hofmeyr Danie Heyns Mike Eksteen Maryna Vos Mari Ballot Susan Alberts Isabel Hofmeyr Leon Thelander Henry Prins V O'Donoghue Mike Eksteen Suzette Hauman Henry Prins	12.4 13.0 15.2 13.7 15.5 15.2 13.3 13.7 15.1 17.9 14.9 28.0 27.2 31.7 27.8 32.2 29.7 37.3 31.0 35.4 58.7 1:12.1 1:32.4 1:28.6 1:18.6 1:26.6 2:35.5 2:32.3 2:28.7 2:52.9 2:58.0 5:18.4 5:07.4 5:50.7
6.28 2.00 4.94 3 6.2 7.0 7.3 7.6 8.9 9.9 7.6 22.0 27.0 31.3 29.1 32.0 43.4 49.0 46.1 51.1 32.0 43.4 49.0 46.1 51.1 32.0 43.4 49.0 45.6 50.0 22.1 41.8 01.9 13.2 59.4 02.6 48.2 31.9	M40 M50 M55 M60 M55 M60 W30 W35 W30 W55 W55 W55 W65 W65 W65 W65 W65 W65 W65	Danie Heyns Edgar Figland Jeff Louw Ron Cross Mike Eksteen Neville Sharpley Beverly Figland Solly Salzwedel Nona Weideman Mari Ballot Susan Alberts Basil Carni Edgar Figland Jeff Louw Ron Cross Nevelle Sharpley Beverly Figland Solly Salzwedel Mari Ballot Susan Alberts Ilabel Hofmeyr Danie Heyns Mike Eksteen Maryna Vos Mari Ballot Susan Alberts Isabel Hofmeyr Leon Thelander Henry Prins V O'Donoghue Mike Eksteen Suzette Hauman Henry Prins V O'Donoghue	12.4 13.0 15.2 13.7 15.5 15.2 13.3 13.7 15.1 17.9 14.9 28.0 27.2 31.7 27.8 32.2 29.7 37.3 31.0 35.4 58.7 1:12.1 1:32.4 1:28.6 1:18.6 1:26.6 2:35.5 2:32.3 2:28.7 2:52.9 2:58.0 5:18.4 5:07.4 5:50.7
6.28 2.00 4.94 3 6.2 7.0 7.3 7.6 8.9 9.9 7.6 22.0 27.0 31.3 29.1 32.0 43.4 49.0 46.1 51.1 :45.6 :50.0 22.1 :41.8 :01.9 :32.5 :59.4 :02.6 :48.2 :31.9 :39.4	M40 M50 M55 M60 M55 M70 W30 W35 W40 W55 <b>200m</b> M45 M50 W55 W55 W65 <b>400m</b> M40 W35 W55 W65 <b>400m</b> M40 M65 W55 W65 <b>400m</b> M40 M65 W30 <b>1500n</b> M45 M55 W30 <b>1500n</b> M45 M55 W30 <b>1500n</b> M45 S W30 <b>1500n</b> M45 S W30 <b>1500n</b> M45 S W30 <b>1500n</b> M45 S W30 <b>1500n</b> M45 S W30 <b>1500n</b> M35 W35 W35 W35 W35 W35 W35 W35 W35 W35 W	Danie Heyns Edgar Figland Jeff Louw Ron Cross Mike Eksteen Neville Sharpley Beverly Figland Solly Salzwedel Nona Weideman Mari Ballot Susan Alberts Basil Carni Edgar Figland Jeff Louw Ron Cross Nevelle Sharpley Beverly Figland Solly Salzwedel Mari Ballot Susan Alberts Ilabel Hofmeyr Danie Heyns Mike Eksteen Maryna Vos Mari Ballot Susan Alberts Isabel Hofmeyr Leon Thelander Henry Prins V O'Donoghue Mike Eksteen Suzette Hauman Henry Prins V O'Donoghue Chris Swart Suzette Hauman	12.4 13.0 15.2 13.7 15.5 15.2 13.3 13.7 15.1 17.9 14.9 28.0 27.2 31.7 27.8 32.2 29.7 37.3 31.0 35.4 58.7 1:12.1 1:32.4 1:28.6 1:18.6 1:26.6 2:35.5 2:32.3 2:28.7 2:52.9 2:58.0 5:18.4 5:07.5 5:07.5
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### National Masters News

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Contin	ued from previou	s page	M65	Borge Sannius
	State of the second	- 1-0-	M75	Philipp French
	Hurdles		M80	Laurie Wale
M60		53.3	W65	Suzanne Malhe
W50	Marl Ballot	1:09.3	Ham	ner
High	Jump		M45	Johan Allers
M45	Johan Allers	1.50	M50	Norman Hough
M50	Norman Hough	1.45	M55	Rudy Bosch
M60	Leo Benning	1.50	M65	Borge Stannius
M75	Philipp French	1.15	M80	Laurie Wale
Long	Jump		W65	Suzanne Malher
M60	Leo Benning	4.44	Javeli	in
W40	Nonna Weideman	3.86	M45	Johan Allers
W65	Isabel Hofmeyr	3.00	M50	Norman Hough
Shot	Put	+1-	M55	Steve Johnson
M45	Johan Allers	9.49	M60	Leo Benning
M50	Norman Hough	12.41	M65	Borge Stannius
M55	Rudy Bosch	10.80	M75	Philipp French
M60	Ron Cross	9.51	M80	Laurie Wale
M65	Borge Stannius	9.99	W65	Suzanne Malhe
M75	Philipp French	8.53	5000	m RW
M80	Laurie Wale	8.22	M40	F von Williegh
Discu	IS	a load	M60	Michael Rossou
M45	Johan Allers	36.00	M90	Philip Rabinow
M50	Jan Jacoba	36.70	W45	Edna Brand
M55	Rudy Bosch	39.38	W55	Cecile Kidson
M60	Ron Cross	35.50	W70	Anna Villet
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USATF National M			- H	
Championships/Run Old				
Mesilla 10 Mesilla, NM; Ma		28		
Overall	CII	and the		
Antoni Niemczak 42	:	31:38	1	
Caroline Zajac 26		35:32	101	
M40 Antoni Niemczak		31:38	The second	
Kenneth Wilson Richard LeDoux		32:58 33:04	01	
Rick Roybal		34:12	at a	
Dan Otero		36:18		
Joe Villa		38:11		
M45 John Samore Jim Westmorelan		35:37 35:53	d.	
Norbert Boudar		35:53	1	
Henry Fluck		43:56	1.9	
Mylan Wilken		47:48		
M50 Wes Wessely		36:28		
Bob Leonard		36:50	- 1	
Douglas Brown Robert Core		39:47 40:00		
John Nowatkows		40:54	M	
Ken Paap		42:11	9	
M55 Charles Harris		39:19		
Pat Cosgrove		39:34		
M60 John Brennand		38:56	38	
Bill Dodson Norm Pittenger		41:17	11	
M65 Norm Green Jr		54:19 42:00	181	
Robert Coffey		47:54		
Richard McCrady		48:18		
Donald Navrkal		51:12	-2	
Donovan Reed		59:29	34	
M70 Ruben Vigil M80 Dudley Healy		5:154	2	
W40 Lorraine Caldwe		67:59 39:37		
Jean Herbert		40:46	1	
Shirley Van Sloo			м	
StephanieCavin	ess	52:08		
Nancy Bergman		54:22	13	
Janice Reid		58:44	100	
W50 Carole Cook W55 Gretchen Wilken		55:45 53:53		
Age-Graded Results				
A Niemczak	42	89.4		
K Wilson	43	86.4	12	
J Brennand	62	85.8		
R LeDoux	41	84.9	12.	
B Leonard J Samore	54 47	84.3 82.4	M	
W Wessely	50	82.4	343	
N Green Jr	65	82.0	1	
B Dodson	63	81.7	м	
R Roybal	40	81.5	-	
	N44	81.5		
C Harris P Cosgrove	57 57	81.1 80.5	R	
R Vigil	70	79.4	м	
N Boudar	48	77.9		
			1	
			- 01	

M65 Borge Sannius 34.32	M7
M75 Philipp French 36.30	
M80 Laurie Wale 28.40	1
W65 Suzanne Malherbe 16.84	M7
Hammer	IVI /
M45 Johan Allers 25.40	194
M50 Norman Hough 30.70 M55 Rudy Bosch 26.78	
M65 Borge Stannius 23.32	MB
M80 Laurie Wale 20.20	19
W65 Suzanne Malherbe 21.04	
Javelin	M8
M45 Johan Allers 42.40	W4
M50 Norman Hough 40.96	1
M55 Steve Johnson 33.58	FS 0
M60 Leo Benning 30.68 M65 Borge Stannius 31.68	23
M65 Borge Stannius 31.68 M75 Philipp French 23.22	5
M80 Laurie Wale 22.44	100
W65 Suzanne Malherbe 18.56'	124
5000m RW	P
M40 F von Williegh 32:07.	20.0
M60 Michael Rossouw 28:14	W4
M90 Philip Rabinowitz 43:08	200
W45 Edna Brand 29:22 W55 Cecile Kidson 34:07	2.43
W70 Anna Villet 36:25	W5
w/o Anna vinet 30.25	Est
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at are typed (maximum 28 format receive preference.	W6
month prior to issue date.	1
USATF National Masters	
Championships/Carlsbad 5000	W6
Carlsbad, CA; March 29	1
M40 Keith Anderson 14:28	
Craig Young 14:32	W7
Jon Sinclair 14:38 Steve Scott 14:54	
David Parsel 15:22	100
Brad Pace 15:27	W7
Tim Minor 15:32	
Kevin McCarey 15:46 Colin McConnell 15:54	180
Richard Burns 16:15	W8
Bob McAnany 16:15	Sign.
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34.32	M70 Bill Nyhan	23:51	Jane Sydney
36.30	Stanley Coombs	26:06	Carol Tyler
28.40	Ted Horner	26:26	W60 Margaret Carinci
e 16.84	Gael Pierce M75 Walter Meyer	26:44 26:49	Naomi Vogel Billie Moten
25.40	Earl Rippee	28:30	W65 Dolly Finkelstein
30.70	Norton Davey	32:34	Bertha McGruder
26.78	Bill Dietrich M80 Bill Nice	32:58 26:37	Joan Fisher W70 Muriel Merl
23.32	Les Leyland	27:53	Edith Farias
20.20	Vincent Malizia	29:27 31:28	W75 Althe Weatherbee
e 21.04	James Nagatani M85 Walt Kuetzing	30:42	Newark Distance Clas
42.40	Al Miller	58:03	USATE-NJ Mast
40.96	W40 Regina Joyce J Lasee-Johnson	16:54 17:00	Championship
33.58	Sissel Grottenberg	17:11	Newark, NJ; Marc
30.68	Barb Acosta	17:14	Elijah Kitur
31.68 23.22	Suzi Morris Marcella Teran	17:49 18:02	Micka Jepchirchir
22.44	Kim Campo	18:18	M40 D DiDonato
e 18.56'	Ruth Vomund Lauri Stock	18:22	G Wersinger
-	Kim Rupert	19:07	Guy Gordon Dan Murphy
32:07. v 28:14	Linda Jannelli	19:09	Mike Karr
z 43:08	W45 Dee Dee Grafius S Robbins Sydner	18:48 19:20	Jerry O'Connor
29:22	Mariat Fernandez	19:29	M45 Larry Graham
34:07	Carol Wimbish	19:49	Roger Price
36:25	W50 Joan Ottaway Joni Shirley	19:00 20:19	Tom Hall B Langenkamp
	Julie Lister	20:41	G Wallace
S	Linda Frisby	20:49 22:30	M50 Alan Turner
P.O.	W55 Ursula Rains Barbara Camp	25:18	Bill Pape
ation than	Sandy Pirkle	25:23	Douglas Brown
m 28	Sharon Leitner	25:39 24:49	Tim Shay Feliciano Pereira
ence.	W60 Gertie Holtslag Karen Keith	27:00	Jorge Rivera
ate.	Patricia Herr	27:24	M55 Pat Cosgrove
sters	Heidi Zimmerman W65 Peggy Ainslie	27:39 24:01	Scott Marsh
ad 5000	Dorie Smith	27:21	George Wittman
ch 29	Ginny Beck	28:53	Benny Kim Gilberto Soto
14:28 14:32	Ruth Mangrum W70 Mary Storey	29:14 26:51	M60 Henry Pontious
14:38	Nancy Smalley	27:12	Charlie Keller
14:54	Doris Gordon Marjorie Lawson	31:20 33:36	Patrick Brady
15:22 15:27	W75 Gerry Davidson	28:09	M65 Joseph LaBruno Don Bergman
15:32	Lois Edds Virginia Strand	31:16 42:42	Rogelio Vianzon
15:46 15:54	Mary Rice	44:10	Stan Chodnicki
	Mino Ludy Cimen	34.14	M70 Leonard Morgan
16:15	W80 Judy Simon	34:14	
16:15	Mariorie Easton	47:57	Bill O'Brien
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16:15 16:19 16:30 16:34	Marjorie Easton EAST NYRRC Snowflake 4	47:57 Miler	Bill O'Brien M80 Dudley Healy W40 Joyce Hayes Trink Poynter
16:15 16:19 16:30	Marjorie Easton EAST NYRRC Snowflake 4 Central Park; Feb.	47:57 Miler	Bill O'Brien M80 Dudley Healy W40 Joyce Hayes Trink Poynter Debra Martucci
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16:15 16:19 16:30 16:34 16:38 16:39 16:52 17:00 17:02 17:06 17:07	Marjorie Easton EAST NYRRC Snowflake 4 Central Park; Feb. Overall Rachid Tbahi 33 Zofia Wierciorkowska 35	47:57 Miler 21 19:13 22:36 19:36 19:55	Bill O'Brien M80 Dudley Healy W40 Joyce Hayes Trink Poynter Debra Martucci Elaine McAvoy Maura Lade Monica Roth W45 Jane Parks Betty Shonts
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1:20:38	W35 Doreen Isenberg	63:43	
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1:24:34	W45 Diane O'Donnell	78:31	
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1:56:39	NJ Masters Champio	nships	2
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1:44:29	Overall Carlos Martins 28	71:49	
1:46:05	Kari Proffitt 41	85:02	
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1:31:24	Roger Price M50 Douglas Brown	84:04	
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Harry Irwin	46:55
M70 Colin Harris	46:39
John McManus	48:05
John Corrigan	48:45
M75 Sidney Platt Ed Finkelstein	59:54 68:29
M80 Manred Gundell	64:34
W40 Karen Proffitt	38:07
Helen Visgauss	39:28
Anastasia Stekas	41:19
W45 Kathryn Martin	38:08
Andrea Otto	44:15
Jacquie Gow	45:28
W50 Betty Hortsmann Judith Carroll	43:51 47:30
Elizabeth Penago	
W55 Marion Stanjones	47:04
M-L Michelson	49:45
Wendy Burns	51:26
W60 Margaret Carinci	52:17
Renate Rhein	53:41
W65 Thelma Wilson	52:17
Dolly Finkelstein Racewalkers	60:43
M40+Howard Burkhart	5464-95
Henry Sarnataro4	4 70.00
Philip Fox 68	74:55
Philip Fox 68 W40+Nadya Dimitrov 4	7 69:42
Irene Kanzler 59	76:10
Geraldine Lopes	5978:23
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Washington, DC; A	pril 5
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Charlie Andrews	53:59
Peter Kirk	54:30
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George Altieri	55:34
Steven Ward	56:37
Paul Peterson	56:46
David Lovegrove	57:14
Dante Ciolfi	57:15
Roberto Rodriguez	57:49
Joe Sliman Bill Bustin	58:15 58:20
Greg Carter	59:01
David Andrews	59:21
Mark Howard	59:32
Jerome Meredith	59:33
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Allen Lester	20:44	Palm
Ken Clark	20:57	Palr
M55 Chuck Raper	21:27	Overa
W40 Sharon White	19:24	Nick 1
Eileen Hungerman	21:15	Cindy
Susan Cieslak	23:03	M40 (
W45 Linda Whittaker	24:22	
Sally Meserole	26:32	M45 .
Jannette Martin	26:35	39161
W50 Judith Kator	28:00	M50
Barbara O'Brien	28:10	Sec.
Kathleen Plaia	28:21	M55
W55 Ann Landy W60 Nancy Patron	28:38 26:58	1 and 1
Jeanette Chambers	28:40	M60
		M65
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Bethesda, MD; Mar	ch 1	
Overall	The real of	W40
Merril Hausenfluck 26	1:06:57	
Bea Marie Altieri 30	1:17:29	W45
M40 Jim Whitnah	1:11:01	W50
George Altieri	1:12:44 1:13:28	W55
Paul Peterson Dave Webster	1:13:30	W60
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Greg Sellers	1:18:30	
Vernon Loeb	1:20:15	
Bob Trame	1:22:08	Po
M45 Dave Webster	1:13:30	-
Jay Wind	1:15:12	Overa
Bennett Beach	1:18:17	Ben H
Alan Pemberton	1:24:09	M40
John Hand	1:24:45	1140
M50 Jim Porterfield Gary Childester	1:23:36	M45
Gary Childester Thomas Nurmi	1:24:17 1:29:38	M45 M50
Bill Marsey	1:32:43	M50
Ricardo Martin	1:32:43	M55
M55 David Williams	1:37:24	M65
Gerry Moore	1:38:45	M70+
Mike Baziz	1:39:55	W40
Chet Coates	1:40:13	W45
Jim Verdier	1:40:31	W50
M60 Chan Robbins	1:25:31	W55
Kirk Davies	1:28:15	W60
Jack Schmid	1:42:16	W65
Malcolm Davis	1:48:56	W70-
Robert Dupont	1:54:13	-
M65 ThomasMomiyama	1:40:17	M
Donald McCarten	1:50:31	1912 H
Ray Campbell John Hunting	1:57:22 2:04:45	1. 3.
W40 Jan Tripp	1:31:46	V
Cathy Renkiewicz	1:41:59	Overa
Cathy Horvitz	1:42:29	Wayn
Margaret Kilby	1:49:20	Deb T
Mary Pelz	1:53:11	M40
W45 Susan Humphries	1:28:20	
Linda Votey	1:38:08	
Beth Schmid	1:43:50	M45
Lynn Geisert	1:49:14	100.5
Jane Smith	1:53:31	AND
W50 Ellie Thayer Lynne Hays	1:45:37 1:50:58	M50
Stefan Harvey	2:05:09	N. LOS
W55 Sharon Dolan	1:32:53	THE
Anna Berdahl	1:52:12	M55
5K	San Sta	N. F. SAN
Overall	1	STG
Kevin Carter 23	16:11	M60
Patty Turney 32 M40 Vincent Prada	19:29	
	24:22	M65
Les Markovitz	25:12	W40
Thomas Kenton Rich Rasa	28:05 29:21	
Patrick Patton	29:21	100
M45 Donald Comis	21:58	W45
Jeffrey Wolf	22:50	#43
Jose Figueiredo	26:33	07.84
James Norton	28:09	W50
M50 Imants Celtnieks	23:13	w 30
Bob Anderson	23:19	21:25
John Smeby	23:40	
Michael Herson M55 Wes Hartsook	28:25 27:02	W55
		W60
M60 Julian Ives John Chambers	22:58 28:52	WOU
M60 Julian Ives John Chambers M75 Alvin Guttag	22:58	WOU
M60 Julian Ives John Chambers M75 Alvin Guttag W40 Lori Bardey	22:58 28:52	S
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M60 Julian Ives John Chambers M75 Alvin Guttag W40 Lori Bardey Rose May Diane Tieton	22:58 28:52 47:37 25:59 26:39 28:16	S
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1	asters News		
1	Palm Beach Shamrock	10 Mile	M45 Bill Aragon
	Palm Beach, FL; Mar	ch 14	Richard Pennington
1	Overall Nick Toiorog 29	51:45	Robert Iles Steve Hegreness
	Nick Tsioros 28 Cindy Keeler 40	60:35	Ken Kuestner
	M40 Glenn Reed	63:49	Ian Rodger
	Emilio Royo	64:09	John Pacourek
	M45 Joe Hollingsworth	65:06	Don Walker
	Mike McCowan	67:21	Bob Linder
	M50 Art Sarakas	65:14	Ken Ashby M50 Gregg Evans
Ί	Alex Sokolov M55 Roger Rouiller 59	66:49 60:35	Bradley Price
	Paul Reback	65:28	Michael Chika
	M60 Peter Romano	76:01	Kenneth Young
2	M65 Joe Connolly	85:16	Tony Perez Peter Boulette
	M70+P K Sheldon	80:50	Jon Wisser
I	Art Bowen	82:55	Kenneth Newkirk
	W40 Cindy Keeler Anita Allen	60:35 73:12	M55 Charlie Viers
	W45 Carol Virga	73:45	Chock Bailey Chris Ameel
	Patti Mable	75:47	James Hill
	W50 Rose Randall	78:46	Ken Hodges
	W55 JoAnn Daacon W60 Betty Kelly	89:35 84:35	Bill Blackburn
			Robert Burnside Bob Lehew
	MIDWEST		M60 Ino Cantu
	Pot O'Gold Shuffle	Mile	Jack Henney
	Flint, MI; March		Gary Schmidt
<u>'</u>	Overall		Don Slocomb David Carson
	Ben Hunnault	20:29	Jim Norton
	W L Veneziano	23:58	M65 Al Becken
5	M40 Chuck Block	22:21	Arturo Melendez
	Roger Haggard M45 Robert Perry	22:36 23:51	Bob Harms
,	M50 David Rau	26:22	Jesse Real
	M55 James Cartton	24:05	Zeno Boehmer Gene Woodruff
)	M60 Jim Matherty	32:27	M70 Jack Caldwell
ł	M65 Bob Daly	29:18	John Campbell
2	M70+Ed Hartley	32:14	Ray Marshall
ś	W40 Elaine Delke W45 Donna Olson	29:23 27:58	Fred Boord
	W50 Kathy Morse	30:58	Joe Barger Baugh Lewis
	W55 Ellen Nitz	28:48	M75 Jim Southard
	W60 Chris Swanson	33:57	Louis Johnson
	W65 Ardis Bowen	44:06	John Calvarese
	W70+Helen Dziwura	49:44	Henry Streety Russ Nelson
,	MID-AMERI	CA	M80 Bill White
		CA	M85 Ernest Mueller
	St. Pat's 4-Mile R Wichita, KS; March		Sidney Smith
		1 14	W40 Kim Heilbrun
5	Overall		Jennifer Sullivan
	Overall Wayne Strohman	19:40	Jennifer Sullivan Amanda Aguilar
	Overall Wayne Strohman Deb Torneden	19:40 23:20	Amanda Aguilar Teri Gearing
	Wayne Strohman	19:40 23:20 21:20	Amanda Aguilar Teri Gearing Sharon Rector
	Wayne Strohman Deb Torneden	23:20 21:20 21:45	Amanda Aguilar Teri Gearing Sharon Rector Catherine Miller
	Wayne Strohman Deb Torneden M40 Bob McAnany Mike Shyrock Jim Gifford	23:20 21:20 21:45 22:50	Amanda Aguilar Teri Gearing Sharon Rector Catherine Miller Lucy Moore
	Wayne Strohman Deb Torneden M40 Bob McAnany Mike Shyrock Jim Gifford M45 David Bryan	23:20 21:20 21:45 22:50 26:02	Amanda Aguilar Teri Gearing Sharon Rector Catherine Miller Lucy Moore Sylvia Lee Mary Faria
	Wayne Strohman Deb Torneden M40 Bob McAnany Mike Shyrock Jim Gifford M45 David Bryan Greg Records	23:20 21:20 21:45 22:50 26:02 26:10	Amanda Aguilar Teri Gearing Sharon Rector Catherine Miller Lucy Moore Sylvia Lee Mary Faria Julie Palmer
	Wayne Strohman Deb Torneden M40 Bob McAnany Mike Shyrock Jim Gifford M45 David Bryan Greg Records John Bell	23:20 21:20 21:45 22:50 26:02 26:10 26:16	Amanda Aguilar Teri Gearing Sharon Rector Catherine Miller Lucy Moore Sylvia Lee Mary Faria Julie Palmer Pamela Archer
3	Wayne Strohman Deb Torneden M40 Bob McAnany Mike Shyrock Jim Gifford M45 David Bryan Greg Records John Bell M50 Jeff Berven	23:20 21:20 21:45 22:50 26:02 26:10 26:16 22:00	Amanda Aguilar Teri Gearing Sharon Rector Catherine Miller Lucy Moore Sylvia Lee Mary Faria Julie Palmer
	Wayne Strohman Deb Torneden M40 Bob McAnany Mike Shyrock Jim Gifford M45 David Bryan Greg Records John Bell M50 Jeff Berven Paul Shimon	23:20 21:20 21:45 22:50 26:02 26:10 26:16 22:00 24:41	Amanda Aguilar Teri Gearing Sharon Rector Catherine Miller Lucy Moore Sylvia Lee Mary Faria Julie Palmer Pamela Archer W45 Candy Linnell Maria Yeung Linda Musil
0 4 7 8 9	Wayne Strohman Deb Torneden M40 Bob McAnany Mike Shyrock Jim Gifford M45 David Bryan Greg Records John Bell M50 Jeff Berven Paul Shimon Larry Schmidt	23:20 21:20 21:45 22:50 26:02 26:10 26:16 22:00 24:41 25:11	Amanda Aguilar Teri Gearing Sharon Rector Catherine Miller Lucy Moore Sylvia Lee Mary Faria Julie Palmer Pamela Archer W45 Candy Linnell Maria Yeung Linda Musil Debbie Smith
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	<ul> <li>Wayne Strohman</li> <li>Deb Torneden</li> <li>M40 Bob McAnany</li> <li>Mike Shyrock</li> <li>Jim Gifford</li> <li>M45 David Bryan</li> <li>Greg Records</li> <li>John Bell</li> <li>M50 Jeff Berven</li> <li>Paul Shimon</li> <li>Larry Schmidt</li> <li>M55 Wally Brawner</li> <li>Bill Jones</li> <li>Randy Ellsworth</li> <li>M60 Charles Doze</li> <li>David Arst</li> <li>M65 Paul Heitzman</li> <li>W40 Bonnie Vetrow</li> <li>Mari Myers</li> <li>Sharon Kelting</li> <li>W45 Barbara Holzman</li> <li>Judy Cox</li> <li>Marcia Shaffer</li> <li>W50 Trudy Calloway</li> <li>Sheryl Drevo</li> <li>Beth Rodgers</li> <li>W55 Nancy Moore</li> </ul>	23:20 21:20 21:45 22:50 26:02 26:10 26:16 22:00 24:41 25:11 25:54 26:01 27:13 26:30 33:49 25:40 27:57 31:30 33:43 26:25 31:28 31:54 27:22 31:37 32:07 37:32	Amanda Aguilar Teri Gearing Sharon Rector Catherine Miller Lucy Moore Sylvia Lee Mary Faria Julie Palmer Pamela Archer W45 Candy Linnell Maria Yeung Linda Musil Debbie Smith Glen Dawson Kay Moon Jo Ann Smith Lynda Meuth Gina Moore Debby Carter W50 Janet Scholl Josie Bowman Sandra Baran Emily Speaker Kristine Williams Sherry Armstron Cynthia Lindlof Mary Martinez W55 Betty Jameson Ann Ferguson Barbara Ogletree
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	<ul> <li>Wayne Strohman</li> <li>Deb Torneden</li> <li>M40 Bob McAnany Mike Shyrock Jim Gifford</li> <li>M45 David Bryan Greg Records John Bell</li> <li>M50 Jeff Berven Paul Shimon Larry Schmidt</li> <li>M55 Wally Brawner Bill Jones Randy Ellsworth</li> <li>M60 Charles Doze David Arst</li> <li>M65 Paul Heitzman</li> <li>W40 Bonnie Vetrow Mari Myers Sharon Kelting</li> <li>W45 Barbara Holzman Judy Cox Marcia Shaffer</li> <li>W50 Trudy Calloway Sheryl Drevo Beth Rodgers</li> <li>W55 Nancy Moore Rowena Hinshaw</li> <li>W60 Carolyn Buckner</li> <li>SOUTHENDE Austin American-Stat Capitol 10K Austin, TX; March</li> <li>Overall Len Sitko 29</li> <li>Sheena Carswell 26 M40 Keith Dowland Randall Milstead Mat McMenemy Chuck Hobbs Rich Fredrich Terry Shaner</li> </ul>	23:20 21:20 21:45 22:50 26:02 26:10 26:16 22:00 24:41 25:11 25:54 26:01 27:13 26:30 33:49 25:40 27:57 31:30 33:49 25:40 27:57 31:30 33:43 26:25 31:28 31:54 27:22 31:37' 32:07 37:32 39:54 33:18 <b>S71</b> <b>S71</b> <b>S71</b> 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Marilyn Gaddis Deane Delmas
	Wayne Strohman Deb Torneden M40 Bob McAnany Mike Shyrock Jim Gifford M45 David Bryan Greg Records John Bell M50 Jeff Berven Paul Shimon Larry Schmidt M55 Wally Brawner Bill Jones Randy Ellsworth M60 Charles Doze David Arst M65 Paul Heitzman W40 Bonnie Vetrow Mari Myers Sharon Kelting W45 Barbara Holzman Judy Cox Marcia Shaffer W50 Trudy Calloway Sheryl Drevo Beth Rodgers W55 Nancy Moore Rowena Hinshaw W60 Carolyn Buckner <b>SOUTHAWES</b> Austin American-Stat Capitol 10K Austin, TX; March Overall Len Sitko 29 Sheena Carswell 26 M40 Keith Dowland Randall Milstead Matt McMenemy Chuck Hobbs Rich Fredrich Terry Shaner John Baer	23:20 21:20 21:45 22:50 26:02 26:10 26:16 22:00 24:41 25:11 25:54 26:01 27:13 26:30 33:49 25:40 27:13 26:30 33:49 25:40 27:57 31:20 33:43 26:25 31:28 31:54 27:22 31:37 33:43 26:25 31:28 31:54 27:22 31:37 33:43 26:25 31:28 31:54 27:22 31:37 33:43 26:25 31:28 31:54 33:18 <b>57</b>	Amanda Aguilar Teri Gearing Sharon Rector Catherine Miller Lucy Moore Sylvia Lee Mary Faria Julie Palmer Pamela Archer W45 Candy Linnell Maria Yeung Linda Musil Debbie Smith Glen Dawson Kay Moon Jo Ann Smith Lynda Meuth Gina Moore Debby Carter W50 Janet Scholl Josie Bowman Sandra Baran Emily Speaker Kristine Williams Sherry Armstron Cynthia Lindlof Mary Martinez W55 Betty Jameson Ann Ferguson Barbara Ogletree Janean Garner Carol Wright Jean Blackard Irene Behredts Judy Hitt W60 Diane Pepin Diana Hersey Evelyn Singer Mickie Aguilar Wendy Simonetti Jean Buchanan W65 Shirley Gilliland Fran Miligan Emmalou Keyes Butch Dalton Marilyn Gaddis Deane Delmas W70 Charlene Ricketts
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	Wayne Strohman Deb Torneden M40 Bob McAnany Mike Shyrock Jim Gifford M45 David Bryan Greg Records John Bell M50 Jeff Berven Paul Shimon Larry Schmidt M55 Wally Brawner Bill Jones Randy Ellsworth M60 Charles Doze David Arst M65 Paul Heitzman W40 Bonnie Vetrow Mari Myers Sharon Kelting W45 Barbara Holzman Judy Cox Marcia Shaffer W50 Trudy Calloway Sheryl Drevo Beth Rodgers W55 Nancy Moore Rowena Hinshaw W60 Carolyn Buckner <b>SOUTHAVES</b> Austin American-Stat Capitol 10K Austin, TX; March Overall Len Sitko 29 Sheena Carswell 26 M40 Keith Dowland Randall Milstead Matt McMenerny Chuck Hobbs Rich Fredrich Tery Shaner John Baer Guillermo Zuniga Gary Johnson	23:20 21:20 21:45 22:50 26:02 26:10 26:16 22:00 24:41 25:54 25:54 26:01 27:13 26:30 33:49 25:40 27:57 31:30 33:49 25:40 27:57 31:30 33:49 25:40 27:57 31:28 31:54 27:22 31:37 37:32 39:54 33:18 <b>ST</b> <b>S</b> <b>S</b> <b>S</b> <b>S</b> <b>S</b> <b>S</b> <b>S</b> <b>S</b> <b>S</b> <b>S</b>	Amanda Aguilar Teri Gearing Sharon Rector Catherine Miller Lucy Moore Sylvia Lee Mary Faria Julie Palmer Pamela Archer W45 Candy Linnell Maria Yeung Linda Musil Debbie Smith Glen Dawson Kay Moon Jo Ann Smith Lynda Meuth Gina Moore Debby Carter W50 Janet Scholl Josie Bowman Sandra Baran Emily Speaker Kristine Williams Sherry Armstron Cynthia Lindlof Mary Martinez W55 Betty Jameson Ann Ferguson Ann Ferguson Barbara Ogletree Janean Garner Carol Wright Jean Blackard Irene Behredts Judy Hitt W60 Diane Pepin Diana Hersey Evelyn Singer Mickie Aguilar Wendy Simonetti Jean Buchanan W65 Shirley Gilliland Fran Miligan Emmalou Keyes Butch Dalton Marilyn Gaddis Deane Delmas W70 Charlene Ricketts Katy Arndt Myra Winfield Lillie Doss

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	chard Pennington	37:16
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St	eve Hegreness	38:16
	en Kuestner n Rodger	38:24 38:45
	hn Pacourek	39:36
	on Walker	39:45
B	ob Linder	39:53
	en Ashby	40:09
0 G	regg Evans radley Price	38:38 39:42
M	ichael Chika	40:59
	enneth Young	41:28
To	ony Perez	41:42
	eter Boulette	41:45
	on Wisser enneth Newkirk	41:54 42:00
	harlie Viers	40:37
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	hris Ameel	41:05
	ames Hill	41:08
	en Hodges ill Blackburn	41:54 41:59
	obert Burnside	43:25
В	ob Lehew	44:32
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	ack Henney	42:25
	ary Schmidt	43:32 44:11
	avid Carson	44:48
	im Norton	46:20
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	rturo Melendez	47:12
	ob Harms	48:42
	esse Real eno Boehmer	50:49 51:02
	ene Woodruff	52:03
	ck Caldwell	54:39
	ohn Campbell	56:03
	ay Marshall	1:00:29
	ed Boord	1:04:04
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5 Ji	m Southard	1:02:06
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	ohn Calvarese	1:34:21
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	uss Nelson II White	1:59:20 1:36:53
	nest Mueller	1:33:25
Si	dney Smith	1:37:17
	m Heilbrun	40:20
	manda Aguilar	44:00 44:02
_	eri Gearing	45:29
	haron Rector	45:53
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	ucy Moore	46:23
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	lie Palmer	47:50
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5 C	andy Linnell	42:24
M	aria Yeung nda Musil	43:06 43:28
	ebbie Smith	43.20
	len Dawson	46:57
	ay Moon	49:06
	Ann Smith	51:45
	ina Moore	51:58 52:21
D	ebby Carter	52:43
	net Scholl	47:48
	sie Bowman	49:44
	andra Baran nily Speaker	50:05 51:45
	istine Williams	52:34
Sł	nerry Armstron	53:14
C	nthia Lindlof	54:33
	ary Martinez	55:51
	etty Jameson nn Ferguson	49:17 49:49
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	ene Behredts dy Hitt	1:00:34
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	ckie Aguilar	59:59
Je	endy Simonetti an Buchanan	1:02:23 1:02:26
5 Sh	irley Gilliland	1:12:18
Fra	an Milligan	1:19:09
En	nmalou Keyes	1:26:47
BU	Itch Dalton	1:27:54
	arilyn Gaddis eane Delmas	1:27:57 1:33:13
OCH	arlene Ricketts	1:33:13
Ka	ty Arndt	1:14:29
	ra Winfield	1:16:09
	lie Doss	1:16:40
M	vian Gardner arie Tennison	1:21:51
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36:26		:49:40
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38:16		:59:20
38:24 38:45	WEST	12
39:36		
39:45	Fifty-Plus Paul Span	gler
39:53 40:09	Memorial 8K & 5K Race Palo Alto, CA; March	29
38:38	-8K Run-	
39:42	Overall	26:21
40:59 41:28	Bill Rodgers 50 Shirley Matson 57	30:42
41:42	M50 Bill Rodgers	26:21
41:45 41:54	Michael Dove Gregory Brock	27:19 28:14
42:00	Bill Dunn	28:19
40:37 40:58	Dwight Cornwell	28:34
40.58	M55 Sal Vasquez Dan Preston	27:35 29:14
41:08	Jan McPherson	29:56
41:54 41:59	Stephen Lyons	30:08
43:25	James Jones M60 Paul Griepenburg	30:14 30:31
44:32 41:06	Russ Kiernan	32:07
41:06	Bernie Hollander	32:26
43:32	Karl Misner Norman Saucedo	32:47 32:51
44:11 44:48	M65 Tom Guldman	34:01
46:20	Tom Pierce	34:18
46:37	Marion Carter Ed Mooney	37:13 38:05
47:12 48:42	M70 Ken Nash	40:08
50:49	Herbert Taylor	40:43
51:02	David Jeong	42:34
52:03 54:39	Hal Brown M75 Frank Cunningham	43:11
56:03	Louis Fields	42:29
1:00:29	Stan DeMartinis	43:03
1:04:04	Jack Friedlander M80 Tony Marshall	46:18 62:12
1:05:29	Tertius Chandler	69:36
1:02:06	M85 Ralph Jago	61:27
1:34:21	Thomas Cullen W50 Kathy Frank	88:39 36:36
1:35:57	Georgia Riley	38:21
1:59:20	Bridie Dillon	38:29
1:33:25	Laury Fisher W55 Shirley Matson	39:49 30:42
40:20	MelodyanneSchult	z32:28
44:00	Edda Stickle Louise Walters	36:39 37:35
44:02	W60 Sylvia Hughes	38:23
45:29 45:53	Joyce Hanna	42:07
46:05	Joan Masui W65 Bobbie Callison	45:59 45:38
46:23	Peggy Hansen	45:47
47:29	Jeannine Cutter	45:59
47:50	W70 Joy Johnson Dorothy Thomas	44:40 47:37
48:05	Po Adams	54:16
43:06	W75 Judy Golding	61:03
43:28 44:38	Frances Bradford -5K Racewalk-	65:28
46:57	Overall	
49:06	John Doane 55	28:04
51:45 51:58	Jo Ann Nedelco M50 Gary Bower	27:56 31:46
52:21	Ken Marineau	36:49
52:43 47:48	M55 John Doane	28:04
49:44	Stu Kinney Ron Watters	31:57 32:12
50:05 51:45	M60 Jim Zichterman	36:39
52:34	Allen Wood M65 Morton Landsberg	37:51
53:14	Abe Berman	39:00 44:26
54:33 55:51	M70 Bill Moremen	31:25
49:17	Rich Hansen Stan Greenberg	35:31
49:49	M75 David Cole	36:48 35:12
50:17 54:16	- W50 Jo Ann Nedelco	27:56
56:32	Dixie James Bonnie Turner	33:47
56:50 :00:34	W55 Lani LeBlanc	39:00 30:09
:02:20	Doris Cassels	32:57
54:53 56:48	Patty Pully W60 Shirley Nathan	33:12
59:05	Nancy Peters	35:15 43:36
59:59	W65 Grace Moremen	39:12
:02:23	W70 Barbara Spengler Barbara Chang	43:09
:12:18		43:43
:19:09	<b>INTERNATIO</b>	VAL
:27:54	Dutch Cross-Count	
:27:57	Championships	-
:33:13 :08:21	Valkenswaard; Feb.	15
:14:29	(M40-49 12K/M50+ 9K/W35+ 9K/W3	10
:16:09	M45 Henk van Velzen	40:37 40:11
:16:40 :21:51	MSO Roel Timmers	31:45
:35:38	Continued on ne	ext nag

Continued on next page

M70 Wim Schild

W40 Els Rovers

W50 Els Raap

M40 Rob Wise

M45 Martin Rees

Nicky Lees Steve May

Peter Flavel

John Exley

Ian Barnes

Fred Gibbs

Bill Forward

W55 Pat New

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M55 Les Haynes

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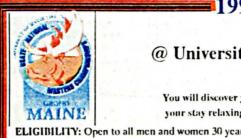
4.40 137 54.16 61.03 65.28

3125 3531 9 36.48 9 35.12 0 27.55 33.47 39:00 30:09 32:57 33:12 n 35:15 n 43:36 en 39:12 n 43:35 en 39:12 en 39:12

National Masters News page 39 M60 Jim Fisher M45 Rod Vargas 54.54 Jackie Clifton W60 Mary Holmes 27:53 31:31 49:45 Continued from previous page M65 Dick Petruzzi 1:02:55 Jeanne Coker W65 Betty Forster Phil Valentino Anne Dukes 51:31 39:57 28:29 M50 W60 J-M Provost 1.05.12 M55 Ad Heijdens 32:05 W60 Parn Jones 32:08 M70 Bill Moremen 31:50 1:12:21 Dana Sanders 43:24 Barbara Grand 1:06:30 M60 Jan Olieslagers 35:23 Mary Anstey 44:03 **Betty Norrish** 33:37 M80 Ernest Lucken 39:20 M55 1:05:30 Jay Dash June Ranofsky 1:14:35 M65 Wil van der Lee 34:19 W30 Loribeth Jacobs Sylvia Timms 53:43 31:11 M60 Bob Cella 1:01:09 1:09:20 W70 Miriam Gordon 46:18 RACEWALKING W75 Grace Bulgar 1:14:31 W35 Chris Sakelarios 25:38 Lee Duffner 1:02:29 W35 Wilma Rusman 17:50 W40 Mary Baribeau W50 Deetta Nicely 30:43 1:07:00 WINS 25K Open and Masters T Cunningham **Connecticut Racewalkers 3K** 19:09 33:55 **British Veterans Cross-**W45 Tilly van de Laar Mall Race M65 **Bob Fine** 1:04:17 Racewalk 19:15 **Country Championships** W55 Hansi Rigney 31:26 Sacramento, CA; April 5 Milford, CT: Feb. 15 Gerry Gomes 1:05:04 19:43 W65 Grace Moremen Croydon, Surrey, UK; March 28 40:27 M40 Art Klein 2:40:40 W55 Corrie Keujsers 19:42 Signumd Gurz 1.18.30 10K Overall Ramblin' Racewalk 10K State 2:31:09 M45 Bob Novak Murray Glaser 1:19:10 M40 Dave Hollins 34:32 Joe Light 14:59 British Veterans 10K Road Championships S Shafmaster M50 Stan Charminski 2:28:59 M70 Jim Estall 34:46 1:16:04 Lee Chase 17:20 **Race Championships** Coconut Creek, FL; March 28 2:53:18 Jerry Kauffman M60 Jim Fisher 1:17:08 Jon Kilsby 35:01 M40 Rupert Ravens 15:00 Eastleigh, UK; March 15 Peter Flavel 34:56 W40 M65 Jon Borset 3:24:20 Overall Oris Benjamin 1:09:09 M50 Joe Light 14:59 30:48 David Black 35:35 W45 Donna Pape 1:06:20 W50 Jo Ann Nedelco 2:36:42 John Fredericks 59:41 :460 Benno Stein 18:04 31:18 Archie Jenkins 35:46 Tammie Corley 1:03:34 W50 Patricia Baran 1:10:15 W44 Hansi Rigney 2:48:55 W40 Lee Chase 17:20 31:28 M50 Peter Hyde 36:29 2:43:43 M40 Carey Witkon W55 Jean Thayer 1:11:18 W60 Bev Le\Veck 1:08:48 30:17 John Willoughby W50 Corrine Amari 22:28 36:51 Gordon Seward 31:27 Colin Youngson 36:53 W60 Rachel Beaudet 22.55 31:30 32:47 38:17 M55 Les Haynes W70 Florence Dagata 22:55 M50 John Willoughby Les Presland 38:24 32:49 32:51 **PRO 8K Racewalk** Chris Elson 39:12 Picture the Seven Dwarfs M60 Steve James 38:00 Carmichael, CA; Feb. 22 34:05 34:38 David Spence 40:09 Overall Walter Ryder 40:53 Roger Wellborn 46 M65 Ron Higgs Pascal Morris 34:57 43:55 Dave Gibson without a forest. 42:19 Chris Sakelarios 38 M60 Steve James 33:29 43:39 42:23 37:48 M40 Art Klein **Derek Surrey** 47:01 John Chandler 45:24 Charles Portsmore 38.48 5K M45 Rober Wellborn 43:55 40:39 M65 R Pitcaim-Knowles M70 Steve Charlton 23:21 M50 Bill Penner 45:48 John Roberts Bill Davies 41:08 41:15 George Phipps 24:43 M55 John Doane 47:54 George Meech M75 Geof Keeling 26:16 M60 Jim Fisher 51:06 M70 Steve Charlton 40:10 30:21 M65 Dick Petruzzi 46:01 43:03 James Johnston David McMullen **George Phipps** 30.50 45:38 M80 Ernest Lucken 1:04:15 45:59 W30 56:05 20:45 20:49 Leslie Brown M75 Gerald Cunning W35 Lynn Marr 54.41 M80 George Seutts W35 42:55 57:49 Chris Sakalarios Sandra Lappage W35 Debbie Percival 33:57 Kim Daviso 20:55 W40 Terri Brothers 48:42 Julia Cornford 35:37 W40 Caroline Horne 19:53 W50 Patricia Pulley 1:01:50 Melanie Bailey Sally Young Sheila Allen 36:45 20:21 W55 Lorraine Coppola 56:31 W40 Maggie Statham 37:26 20:39 LEASE put out all your campfires completely. W65 Grace Moremen 1:04:30 Carolyn Doe Gail Duckworth 37:44 38:43 W45 Gill Dean 20:37 Penny Forse Because a burnt forest is not a pretty picture. 20:56 **USATF Pacific Association 5K** W45 Penny Forse Sue James 38:04 Zina Marchant 20:59 Racewalk W50 Margaret Auerback Pauline Rich 38:26 21:47 Monterey, CA; March 21 Only You Can Prevent Forest Fires. Josie Heffernar 39:02 23:07 W50 Carolyn Oxton Pauline Rich Lynn Newton 39:43 23:34 M40 Art Klein 28:29 40:33 42:31 W55 Iris Hornsey Ad M45 Tom Williams 25:33 30:45 Sarah Barrett USDA Ferest Service and your State Forester. Pat Card 25:44 M50 Bill Penner 27:43 47:22 Barbara Matley 26:03 M55 John Doane 30:04 CHAMPIONS; BOSTON, MASS., MARCH 27-29 1998 USATF NATIONAL MASTERS INDOOR T&F **M80** M30 M35 M40 M45 M50 M55 M60 M65 M70 M75 M85 Onve'onwu Bamwell Collins Whitley Robbins Tolson Keegan Larsen Murphy Sorlien Morrow Lovett

00	Onye onwu	Lovett	Barnwell	Collins	whitey	Robbins	TOISON	Reegan	Larsen	Murphy	Somen	Morrow
200	Thomas	Lovett	James	Collins	Allie	Robbins	Colbert	Stookey	Melville	Murphy	Matteson	Morrow
400	Thomas	Lovett	James	Norman	Allie	Robbins	Colbert	Trinkner	Brown	McCarthy	Matteson	
800	Kastor	Allah	Corkery	Shaheed	Zink	Duffy	Stewart	Heitzman	Brown	Benson	Matteson	
Mile	Yorges	Lundquist	Castillo	Shaheed	Swenson	Simpson	Hawk	Heitzman	McManus E	Benson		-
3000	Clark	Fram	Rodiez	McCusker	Swenson	Zwolak	Spencer	Heitzman	Margetsbn	Benson		
60H	- 1. 1 A.M.	Stanley	Ellis	Kring	Gray				Larsen	Lukens	-	Morrow
4x400	<b>Central Park</b>	тс	Maryland Ma		Central Par	k TC	NewJersey	Masters				
4x800	Westchester	Puma TC	Shore AC		Central Par	k TC	Boston AA					
HJ	Boyce	Patrone	Watry	Curry	Taylor	Angus	Sullivan	Trinkner	Brako	Lukens	Maki	Boal
PV	Littlefield	Charles	Ellis	Gorman		Cyprus	Lance	Donley	Smith	Morcom		
LJ	Boyce	Corrigan	Stebbins	Santos	Jones	Cawley	Rutfin	Stookey	Rice	Lukens	Sorlien	Hatlen
TJ	McVicke	Corrigan	Quick	Wiltshire	Troy	Geertgens	Bohigian	Stookey	Brako	Lukens	Sorlien	
SP	Herr	Thompson	Otrando	Shumaker	Pataki	Johnson	Keshmiri	Olson	Brusca	Pistorino	McDermott	Hatlen
WT	Herr	Hambrick	Vandergriff	Edwards	Pataki	Cyprus	Spencer	Olson	Weinbel	Ricciardi	McDermott	
SW	Herr	Hambrick	Vandergriff	Edwards	Pataki	Cyprus	Spencer	Baggett	Weinbel	Ricciardi	McDermott	
3000RW		Nicholls		Savilonis	Carmines	Elwarner	Barrett	Bray	Flick	Dyas		
	D, SP, WT, SW							- 10 A				
							14/20	MOF	14/70	14/75	11/00	
	W30	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	
60	Morris	Nelson	Steenbergen	Higgins	Jones	Mair	Lary	Yudell	Peterson	Friedman	Salmini	
200	Morris	Sterrett	Steenbergen	Higgins	Lowenstein		Lary	Yudell	Peterson	Friedman	Salmini	
400	Morris	Valdez	McField	Martin	Lowenstein		Murphy	Yudell	Peterson	Friedman	Salmini	
800	Reaser	Valdez	Cossi	Rosado	Riordan	Morehead	Butcher				Salmini	
Mile	Reaser	Morra	Troy	Marti	Kimche		Butcher	-			-	
3000	Reaser	Lehane	Boen	Martin	Trotto	Stallings					· . · . /	
60H	Landrum	Wameling					Miller					
4x400	Central Park		Midwest Ma	sters	-				`		· · · · · ·	
4x800	Athletic Allian	nce					'		'			
HJ	Jennings	Crawley	Alston	Sparks	Clark	Primmer	Miller	Burguess			- 7	
PV	-	1				MacDonald		Hicks	McDaniels			
W	Best	Iba			Szanto	Condon	Lary	Kuehne	McDaniels	Friedman		
TJ		Iba					Lary	Kuehne	<b>McDaniels</b>			
SP	Fallon	Long	Veale	Capwill	Szanto	Pashkin	Wright	Kuehne	<b>McDaniels</b>		Gradick	
				•	0	Lloop	Wright	Hicks				
WT		Morrison		Capwill	Szanto	Hess	wingin	TICKS				
	-	Morrison	-	Capwill	Szanto	Hess	Wright	Snaden				

National Masters News



Foreign guests in the top three receive medals also.

DIRECTIONS: driving north on 1-95 to exit 51, right,

go through 2 lights, at 3rd light turn right go one mile.

FOR TOURIST INFORMATION: CONTACT

VISITORS BUREAU: call: 800-91-MOOSE

THE FABULOUS CHAMPIONSHIP COOKOUT

Saturday Aug. 1, at 7:30 p.m., at the Fieldhouse, with

Downcast hospitality and entertainment which you'll

joyously remember. Cost is \$18 per person paid with

T-Shirt Swap: bring a t-shirt from your region of the

EQUIPMENT: Meet management will have throwing

implements[2], and starting blocks available for use by

entry form. Choices of: Lobster, Steak, Chicken,

vegetarian Lasagna, Various Maine and Acadia

entertainment groups will perform.

country and we will swap with others.

## **1998 USATF NATIONAL MASTERS OUTDOOR** TRACK AND FIELD CHAMPIONSHIPS @ University of Maine, Clarence Beckett Family Track Facility, Orono, Maine.

JULY 30 - AUGUST 2, 1998

You will discover yourselves surrounded by friends, in Maine. We will have information booths and activities to assist in making your stay relaxing and enjoyable; canoe and kayak rentals, day outdoor adventure trips, fishing, scenic ocean routes, museums.

ELIGIBILITY: Open to all men and women 30 years of	1998 SCHEDULE OF EVENTS			
age and older, including non-US citizens.	THURSDAY JULY 30	FRIDAY, JULY 31	SATURDAY, AUGUST 1	SUNDAY, AUGUST 2
Age on July 30 determines age group. Competition is in	<u>л.м.</u>	<u>A.M.</u>	<u>A.M.</u>	<u>A.M.</u>
5 year age groups; relays are in 10 year age groups.	5000 meter run	5000 meter Racewalk	10,000 meter run	10K/20K Roadwalk
Proof of date of birth is required [send photocopy with	Pentathion W & M	Long Jump M60; W	Long Jump M30-59	Triple Jump W; M
entry form]. 1998 USATF membership will be required	Hammer W; M60+	Pole Vault W; M60+	**Pole Vault M40-59	Pole Vault M30-39
of all US citizens. Membership may be obtained	800 meter [trial or	High Jump M30-59	High Jump W; M60+	Shot Put W
through your local association, or on site for \$20.	semifinals	Discus W; M60+	Shot Put M60+	Javelin M 30-59
Competitors from other countries compete as guests,			Javelin W; M60+	200 meter [semifinals
with no membership required.	P.M.	<u>P.M.</u>	***400/300m. Int. Hurdles	from trials]
ENTRY DEADLINES: July 10 is the deadline for the	Hammer M30-59	Discus M30-59	100 meter [semifinals from	1500 meter [finals]
early entry fee, and a guarantee that confirmation of	400 mctcr  trials or	400 meter [semifinals from		
entry and instructions will be mailed to you. No entries	semifinals]	trials]	<u>P.M.</u>	<u>P.M.</u>
will be accepted after July 20. Relay registration will	Break	1500 meters [semifinals]	Shot Put M30-59	200 meter [finals]
take place on site.	800 meter (semifinals	High Hurdles [semifinals/	800 meter [finals]	Age Graded 100 meter
DECLARATIONS AND PACKET PICK UP:	from trials]	finals]	100 meter[ finals]	4 X 800 meter relay
Declarations must be made at least 30 minutes before	troin traisj	100 meters [trials or		
the scheduled start of all events. Declaration and scratch	States and search		200 meter [trials or scmifinals]	
sheets will be available for all events beginning Wed. July	State of the second second	semifinals]		4 X 400 meter relay
29 at the Track, if you wish to declare or scratch early.		400 meter[ finals]	Championship Lobster	A CARLEN AND A CARD
AWARDS: USATF Championship medals will be	Street Carlo Carlos	3K/2K steeplechase	Cookout Fcast & Downcast	A DESCRIPTION OF THE PARTY
awarded to the top three U.S. citizens in each event.		*Athletes Meeting*	Entertainment*	
Foreign quests in the ton three receive medals also	Order of competition: olde	est to youngest; women tirst lexce	ept where noted]; W = women, M =	men

\*Events will not be moved to different days from this schedule.\*\*Pole Vault M40-59 begins 1.5 hours after 1.1. M30-59 begins \* By rule: trials are run when there are more than 16 entries; semifinals are run when there are 9-16 entries, 1500m is different \*\*\* 400/300m. Int. Hurdles:-some age groups may have trials at 10 a.m. If so, then finals will be after 800 meters in p.m. Precise Time Schedule will be sent to competitors once all entries are in and we know the numbers

L XXL

all competitors. You may bring your own throwing implements. Implement weigh-in will be at the throwing site prior to your age group competition. Spike length is 1/4".

TRAVEL: Orono Travel Agency; 800-682-4125, will assist you in finding the best discounts and accomodating flights. Bangor International Airport is 15 minutes to campus. Portland ME. is 2 hours: Boston is a scenic 4 hours. Delta Airlines Is the official airline and is the only airline company to offer special discounts. file number: 114135A. Delta will direct ship pole vault poles and javelins by freight but you must arrange it 2-3 days prior to your flight. CUT-

on campus, no R.V. overnight parking, use campgrounds. CAMPGROUNDS: with special low rates. Pleasant Hill Campground; 207-848-5127 Paul Bunyan Campground; 207-941-1177 HOUSING: Campus dorms: Telephone 207-581-4093 for a reservations and information. Great rates, and meals. AREA HOTELS: with special rates if reserved 30 days before arrival. Best Western Black Bear Inn: Orono, 207-866-7120. Comfort Inn: Bangor-Mall; 207-942-7899. Country Inn at the Mall: 207-941-0200. Hampton: Bangor-Mall; 207-990-4400. Holiday Inn Civic Center: Bangor; 207-947-8651. Penobscot Inn: Civic Center; 207-947-0566. Holiday Inn Odlin Road: Bangor; 207-947-0101. Days Inn: Odlin Rd.; 207-942-8272 Econo Lodge: Odlin Rd.; 207-945-0111. Riverside Inn: State St. Bangor; 207-947-3800 Ranger Inn: outer Hammond; 207-945-2934 ENTRY FEES: \$30 for first event[includes free commemorative championship T-shirt]; \$15 for 2nd event; \$15 for 3rd event; \$10 for each subsequent event. Pentathlon is a separate \$30. All fees must be paid in advance. Relays are \$40 per team taken on site, paid and declared by 7:00p.m. Sat. Aug.1. Make Checks payable to University of Maine. US funds only, drawn on a US bank. MAIL TO: University of Maine c/o Willi Gallant National Masters Entry 5747 Memorial Gymnasium Orono, ME, 04469-5747 For information re: the Meet. INFORMATION: call: 207-581-2099; 581-1077 http://www.ume.maine.edu/~track/trackfield.html

Last Name: Address:	a the second	City:	
State:	Zip:	Country:	
Phone:	Fax:	Team/club:	
1998 USATF Number:	Male / Female	Birth Date: / /	Age as of July 30/98
EVENT:	Best Recent Performance/d	ate FEE:	
	a subset of the second	\$30	[ free T-shirt]S_M_L_XL_
Manager States and a second	g state of the second	\$15	
Manten perchant	43.00	\$15	그렇던 모델 전화에서 지난 것 같
The second s	and the second second	\$10	
Connert Connert Stations	and the second second	\$10	
	And the second second	\$10	
CHAMPIONSHIP COOKO	UT: # of persons attending	x \$18 ca	entree -mark choice and numb

## Extra T-Shirts S#\_\_ M#\_\_ L#\_\_ XL#\_\_ XXL#\_\_ at \$10 ca.

Late fee for entries postmarked after July 10 ----- \$25 TOTAL AMOUNT ENCLOSED \$

I will require a shuttle [may be a small fee]; I am staying at this hotel I would like more outdoor recreation Information

WAIVER: I hereby declare that I am in good health and am properly conditioned for the competitions, and that I am of stated age on this application. I absolutely relieve the University of Maine System, Maine Association of USATF, corporate sponsors, volunteers of responsibility for any injury, loss or dumage to myself or my property which I sustain in the course of [or in connection with] the 1998 USATF National

Masters Outdoor Championships. I also verify that I am registered for [or will register at the championship meet site] 1998 with USATF.

SIGNATURE:

DATE

CAR RENTALS: at Bangor International Airport. PARKING: ample parking on campus. R.V. day parking

The web site has very comprehensive information.

And it has a downloadable complete entry form