NATIONAL MASTERS NEWS

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

249th Issue

May 1999

# 841 Athletes Set 42 World Indoor Records at USA Masters Championships in Boston

by JERRY WOJCIK

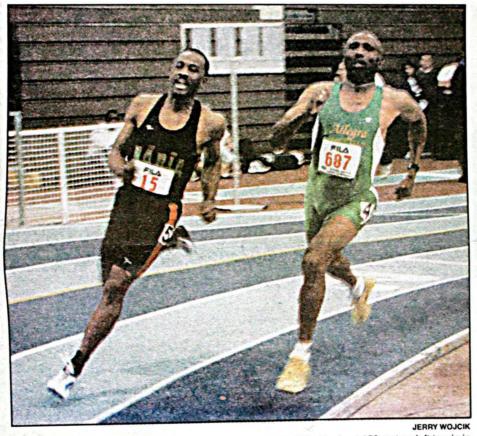
For the third straight year, athletes went to Boston to vie for titles in the USATF National Masters Indoor Championships on March 26-28. If familiarity bred any contempt, it was not for the fine facility at the Reggie Lewis Track & Athletic Center, but, instead, for age-group records.

A record 841 competitors, 674 men and 167 women, broke, tied or established 42 world and 23 U.S. records. Last year, the count by a then record 816 entrants was 27 world and 17 national records.

The championships were open to men and women age 30-and-up, who competed in five-year age groups through 95-99. Entrants represented 44 states and six countries, including Iceland and Panama. The oldest competitor was Ohio's Everett Hosack, 97. Multiple Medals

Several athletes left Boston with a bag full of records and medals. Margaret Hinton, 77, Texas, accounted for three W75 world records in the high jump, pole vault, and triple jump, and a U.S. record in the shot. Roderick Parker, 80, Arkansas, amazed the crowd with all-out performances for world M80 records in the 60m, 400, and 800. Mary Holland, 77, Illinois, accounted for three of the world records in the 60, 200, and long jump. James Elliott, 85, Michigan, leaped to world records in the high jump and triple jump, and U.S. records in the 60H and long jump.

Canadians, competing as guest athletes, chalked up 14 of the 42 world records. Ivy Granstrom, 87, who is



Charles Allie (I) takes the lead from Fred Sowerby in the M50 400 with about 150 meters left to win in 53.18, with Sowerby close at 53.45.

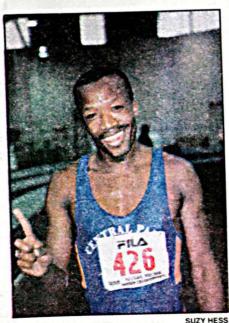
visually impaired and runs tethered to her guide, Paul Hoeberigs, established five records in the 200, 400, 800, mile, and 3000. Karl Trei, 90, garnered four records in the 60m, high jump, long jump, and triple jump. Earl Fee, lucky enough to turn 70 on March 22, left nothing to chance with two outstanding performances in the 400, where he lowered the record from 66.03 to 61.31, and the 800, where he knocked 22 seconds off the present record with a 2:20.45. Records also fell to Harold Morioka, M55, 400; Patty Blanchard, W40, mile; and John O'Neil, M75, 60m.

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Mile marks took the biggest hit, with seven world and one U.S. records falling, some by as much as 20 seconds. Racewalkers were impressive, with five world and two U.S. records.

While most of the records went to senior athletes, top performances also came from younger ones. Charlene Landrum, New York, sped to U.S. W35 records in the 60m (7.88), 200 (25.19), and 60H (9.47). Patti Ford, New York, broke U.S. W40 records in the mile (5:11.11) and 3000 (10:05.32). Oneithea (Neni) Lewis, New York, hit a U.S. W35 shot record with a 12.37/40-7 put. Maryanne Torrellas, Connecticut, lopped a halfminute off the W40 3000 racewalk world record with a 13:46.73.

Continued on page 5



Anselm LeBourne, fell with 180m left in the M35 800 but came back from last place to win in 2:01.61.



Finalists in the M55 60m (I to r): Bill Knocke, Dan Durante, Courtland Gray (first in 7.76), Harold Morioka, Frank Bonham, and Ed Taft.

Services.



Maryanne Torrellas on her way to a W40 world record 13:46.73 in the 3000 racewalk.

## CONTENTS

## DEPARTMENTS

| USATF Officers2           |
|---------------------------|
| Fifteen Years Ago 3       |
| Letters to the Editor 4   |
| NMN Sustainers 4          |
| Third Wind 6              |
| T&F Report7               |
| The Foot Beat 8           |
| Five Years Ago 8          |
| Ten Years Ago9            |
| Racewalking 10            |
| Master Scope 11           |
| On the Run 12             |
| The Weight Room 14        |
| Rankings Report 14        |
| New Age Group Athletes 17 |
| International Scene 19    |
| Countdown to Gateshead 20 |
| Report From Britain 20    |
| WAVA Officers 20          |
| Masters Scene             |
| Schedule 23               |
| All-American Standards 26 |
| Results                   |

## FEATURES

| ndoor Nationals 1            |
|------------------------------|
| Catalina Marathon3           |
| Boston Marathon4             |
| Lee Todd                     |
| George Ker 8                 |
| Azalea Trail Run9            |
| Napa Marathon 9              |
| Heptathlon Championships, 9  |
| Carlsbad 5000 15             |
| Shamrock Shuffle 8K 15       |
| Mt. Sac Relays 16            |
| Fifty-Plus 8K 16             |
| East Indoor Regionals 17     |
| Last Call for Rankings 17    |
| Natl. Age Group Records . 18 |
| Gateshead Uniforms 19        |
| Masters Clubs 21             |

## ENTRY FORMS, ETC.

| No. Calif. Seniors Meet 3      |
|--------------------------------|
| NMN Subscription Form 4        |
| Randolph Classic               |
| So. Calif. Association Meet. 7 |
| NMN Advertising Info 8         |
| The Master Board9              |
| Los Gatos Meet11               |
| Javelin Video                  |
| Age-Graded Tables 12           |
| Publications Order Form 13     |
| Throwers Journal 14            |
| Western Regionals 15           |
| The Comfoot Institute 17       |
| On Track                       |
| Outdoor Nationals              |
|                                |



| NATION  | AL MASTER  | S NEWS   |
|---|--|--|
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## CONTENTS

## DEPARTMENTS

| USATF Officers 2          |
|---------------------------|
| Fifteen Years Ago 3       |
| Letters to the Editor 4   |
| NMN Sustainers 4          |
| Third Wind 6              |
| T&F Report7               |
| The Foot Beat 8           |
| Five Years Ago 8          |
| Ten Years Ago9            |
| Racewalking 10            |
| Master Scope 11           |
| On the Run 12             |
| The Weight Room 14        |
| Rankings Report 14        |
| New Age Group Athletes 17 |
| International Scene 19    |
| Countdown to Gateshead 20 |
| Report From Britain 20    |
| WAVA Officers 20          |
| Masters Scene             |
| Schedule                  |
| All-American Standards 26 |
| Results 27                |

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## FEATURES

| Indoor Nationals I           |
|------------------------------|
| Catalina Marathon3           |
| Boston Marathon4             |
| Lee Todd                     |
| George Ker 8                 |
| Azalea Trail Run9            |
| Napa Marathon                |
| Heptathlon Championships . 9 |
| Carlsbad 500015              |
| Shamrock Shuffle 8K 15       |
| Mt. Sac Relays 16            |
| Fifty-Plus 8K 16             |
| East Indoor Regionals 17     |
| Last Call for Rankings 17    |
| Natl. Age Group Records . 18 |
| Gateshead Uniforms 19        |
| Masters Clubs                |

## ENTRY FORMS, ETC.

| No. Calif. Seniors Meet 3      |
|--------------------------------|
| NMN Subscription Form. 4       |
| Randolph Classic               |
| So. Calif. Association Meet. 7 |
| NMN Advertising Info           |
| The Master Board               |
| Los Gatos Meet11               |
| Javelin Video                  |
| Age-Graded Tables 12           |
| Publications Order Form 13     |
| Throwers Journal 14            |
| Western Regionals              |
| The Comfoot Institute 17       |
| On Track                       |
| Outdoor Nationals 36           |
| outdoor Hationals              |



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|---|--|---|
| The official world and U.S. public  | AL MASTER  | S NEWS  |
| Publisher and Editor: Al Sheahen<br>Senior Editor: Jerry Wojcik<br>Associate Editor: Angela Egremont<br>Administrative Editor: Suzy Hess<br>PO Box 50098 Eugene, OR 97405<br>541-343-7716, Fax: 541-345-2436<br>541-343-7716, Fax: 541-345-2436<br>541-345-7716, Fax: 541-345-7716<br>541-345-7716, Fax: 541-345-7716, Fax: 541-345-7716, Fax: 541-345-7716, Fax: 541-345-7716, Fax: 5 | <ul> <li>(HI), John White (OH).</li> <li>International Correspondents: Jorge Alzamora (CHI), Ron Bell (GBR), Leo Benning (RSA), Torsten Carlius (SWE), Bridget Cushen (GBR), Martin Duff (GBR), Jim Tobin (NZL).</li> <li>Internet Correspondent: Ken Stone, Web site: http://members.aol.com/trackceo/index.html; e-mail:trackceo@aol.com.</li> <li>Photographers: George Banker (MD), Suzy Hess (OR), Hank Kiesel (MO), Charlie Kluttz (NC), Vic Sailer (NY), Larry Sillen (NY), Tesh Teshima (HI), Jerry Wojcik (OR).</li> </ul>  | Disclaimer: All advertisements and articles printed in<br>the National Masters News are believed to be from<br>reliable sources. However, the opinions expressed by<br>individuals or advertisers are their own. No statements<br>made in any advertisement or article are to be neces-<br>sarily construed as a recommendation or an endorse-<br>ment by NMN.<br>Advertising information and rates: Please call 610- |
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# 780 Catalina Island Marathoners Take Mud Bath

## by JANE DODS

The rain dwindled down to a few drops by the 7 a.m. start of the Catalina Island Marathon ("26 miles across the sea" from Los Angeles), March 20, but the damage had been done. All but the last few miles of this extremely challenging marathon are run on dirt roads that wind and twist through the island's central mountain range. They make for fine footing on a dry day, but this year the runners had to contend with a slimy, mucky quagmire. Ascents were shoe-sucking, and any effort to make time on the descents was attempted at the great risk of a muddy face plant.

Despite the adverse conditions, 780 intrepid runners crossed the finish line in Avalon, the only town on Catalina. No one beat three hours. Masters of the mud were Rob McNair, M40, 3:11:26, and Sona Ericson, W45, 4:10:41. A couple of 37-year-olds took the overall titles – Gordon Duff,



Marie Michelson, W55 winner in the mile (6:45.55) and 3000 (13:12.97), National Masters Indoor Championships, Boston.

## FIFTEEN YEARS AGO May 1984 • 561 Compete in Masters Nationals Indoor in Princeton, N.J. Roger Robinson (45, 2:20:15) and Vicki Foltz Roger

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3:09:53, and Kay Embry, 3:54:40. Awards were presented at a plaza adjacent to Avalon's picturesque harbor where the runners could finally sit back and bask in the California sunshine.

1999 marks the 23rd edition of this race which lures a hard-core of annual entrants. Small metal bars indicating the current year are given to all finishers. Many of the runners sported long lengths of these attachable mementoes, vividly proclaiming their loyalty to this special event.

After the mud was scraped off and muscles happily soaked in nearby hot tubs, almost everyone headed for the town's bars and restaurants for refueling, reminiscing, and discussions of what next year might bring!



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| MAR  | K GRUBI MEMORIAL CLASSIC  |
| JA   | MES LOGAN HIGH SCHOOL   |
| the second s | 800 H. ST. UNION CITY CA.   |
|  | ATURDAY JULY 3 1999   |
| ENTRY:   | MUST BE POSTMARKED BY THURSDAY JUNE 24 1999<br>PHONE ENTRIES AVAILABLE AT 415 457-8177  |
| FEES:  | \$15.00 First event<br>\$10.00 each additional event.(club members get 2 <sup>nd</sup> event free)  |
| CONTACT:   | <b>\$20.00 LATE ENTRIES, RECEIVED AFTER 6/24/99</b><br>Meet Director Don Rose 43 Mc Allister Ave. Kentfield Ca. 94904<br>FAX applications available 415 457-8177(schedule of<br>events available upon request.) |
| ELEGIBILITY:   | All men and women with current 1999 USATF registration<br>Race day USATF registration available for \$15.00   |
| AGE GROUPS:  | 30 yrs and above in 5 yr. groups. Race day age determines group.  |
| AWARDS:  | Metals to first three places in all events by 5 year age group.   |
| T-SHIRTS:  | Available at check in table for \$15.00   |
| FACILITIES:  | Logan High school has a first class all weather track<br>All field events are held at Logan, Javelin thrown from grass.   |
| HEATS:   | 5 year age groups where possible.   |
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In consideration of your accepting my entry, I intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive and release for ever, any and all rights, claims, damages I may accrue against Northern California Seniors Track Club, USA Track and Field, The New Haven Unified School District, and all sponsors of this competition, their successors, representatives and assigns for any and all injuries suffered by me while traveling to and from, and while participating in the Northern California Seniors Track and Field Classic held July 3rd 1999 at James Logan High School 1800 H. Street Union City California.

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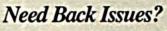
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In consideration of your accepting my entry, I intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive and release for ever, any and all rights, claims, damages I may accrue against Northern California Seniors Track Club, USA Track and Field, The New Haven Unified School District, and all sponsors of this competition, their successors, representatives and assigns for any and all injuries suffered by me while traveling to and from, and while participating in the Northern California Seniors Track and Field Classic held July 3rd 1999 at James Logan High School 1800 H. Street Union City California.

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National Masters News





## **INDOOR CHAMPIONSHIPS**

My congratulations on a wonderfully conducted National Indoor Track and Field Championships. I would like to commend the officials, starters, volunteers, and all others associated with this meet for their high professionalism. This was one of the finest run meets that I have ever attended.

I want to thank Pete Taylor for his outstanding calling of all the races. He makes track meets classy!

It was a thrill to be in the same race with a world record holder of such esteem as Stan Druckrey. It was also terrific to see athletes winning their very first National Masters Championship.

Mike Milove Mahopac, New York

We wish to express our appreciation to all those groups and individuals whose dedicated efforts helped make the 1999 Boston Indoor Nationals the premier meet it has been for the past three years.

Our heartfelt thanks and a "job well

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. done" to Pete Taylor for his announcing skills and talents. His memory for names, dates, records, and interesting details is truly impressive. His dynamic announcing style initiates enthusiasm from the spectators and gives an adrenaline boost to the competitors. Keep up the good work, Pete!

> Jim & Mary Alice Stookey Dickerson, Maryland

> > Audrey Lary Frederick, Maryland

Bill Bergen Jefferson, Maryland

## AGE-GRADING

Doug Thurston's article on age grading in the April issue was interesting reading. I am a 49-year-old male runner and have run a couple of races that were age graded. My age-graded times turned out to be better than the times I ran at age 40 when I was in good racing condition, doing 90-105 miles a week.

I could get all excited about my age-graded times, but if I do that, I would never reach my full potential as a runner. I judge myself by what my competition has and is running in the M45 group.

Age grading should be based on what older runners could run, not on what they are running. John Campbell, now 50, has already run 66 minutes in his first half-marathon, and he has only started.

Jeff Hlinka Brecksville, Ohio

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Senior age-group award winners (I to r): Richie Hollman, 70, Jim Scovel, 68, Guy Froehling, 69, and George Dennis, 75, Kings Park 15K, Long Island, N.Y., March 21.

# Kuznetsov, Colomb-Janin Win in Boston

## by JERRY WOJCIK

Andrey Kuznetsov, 41, of Russia, successfully defended his masters title in the 103rd Boston Marathon on April 19 and did it with a better time than he ran in 1998. Kuznetsov, who has been sensational in this season's road racing tour in the U.S., also bettered his 15th overall finish of last year (2:15:27) with his 7th-place 2:14:19.

Kuznetsov's time was an age-graded 96.7%.

Joshua Kipkemboi, 40, of Kenya, was second in the Masters Division (40-49) in 2:15:56. Budd Coates, 42, of Pennsylvania, was first U.S. masters runner and third M40+ in 2:22:52.

Josette Columb-Janin, 46, of France, the women's masters winner, was 14th female in 2:40:36, an agegraded 93.3%. Gillian Horovitz, 43, who lives in NYC but is a British citizen, was second W40+ and 17th in 2:46:31. Lee DiPietro, 41, of Maryland, captured the third place with a 2:51:51.

Yuri Laptev, 50, of Kazakhstan, in

2:42:11, and Judith Hine, 50, of New Zealand, with a 3:01:35, won the Veterans Division (50-59) contests. Two long-time U.S. road racers won the Senior Division (60+) races: Mel Williams, 61, of Virginia, with a 3:03:16, and Carrie Parsi, 60, of Massachusetts, with a 3:55:11.

The much-awaited duel between New Zealand's John Campbell, 50, and Bill Rodgers, 51, of Massachusetts, for a possible new M50-59 record failed to materialize when Campbell dropped out after the 25K mark and Rodgers after 30K.

"I was dehydrated and seeing stars," Rodgers said. "I can run the marathon, but I can't duke it out anymore. I've run 58 hard marathons. Maybe I'm out of gas at 50. But I'll keep running the shorter distances and see how I feel."

Open winners were Joseph Chebet, of Kenya, 2:09:52, and Fatuma Roba, of Ethiopia, 2:23:25.

More coverage and results of the 1999 BAA Boston Marathon will be in the June issue.

# **Thirteen Join NMN Sustainers**

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

Special thanks this month go to:

Louise Adams Cliff Bedell Jeb Bell George Brown Robert Campbell Lewis Chollman Mike Holzgang Eric Korshoj Harry Legette Charles McMahon Trust Al Morris Robert Weiner Richard Wilcox Boulder, Colorado Tempe, Arizona Atlanta, Georgia Montpelier, Vermont Troy, Ohio Knoxville, Tennessee Sacramento, California Omaha, Nebraska Burlington, North Carolina San Diego, California Washington, D.C. Accokeek, Maryland Long Beach, California

page 4

## National Masters News

## Continued from page 1

## **LeBourne Electrifies Crowd**

The award for the most courageous performance of the meet has to go to Anselm LeBourne, 39, New Jersey, who was accidentally tripped and flat on his back in the M35 800 with about 180m left in the race. He jumped up quickly, joined the pack, and picked off runners until he had the lead and the victory in 2:01.61. Roger Pierce, 54, Massachusetts, an experienced sprinter and record holder, spoke for everybody who witnessed what happened, "That was the most incredible comeback I've ever seen."

## **Top Age-Graded Athletes**

In age-grading terms, Earl Fee's record 2:20.45 in the 800 hit the 100% level. His 61.31 400 was a 96.6%. Two hurdlers, Courtland Gray, 55, Louisiana, with a world record 8.73, and Mel Larsen, 74, Illinois, with a 10.39, in the 60H, were also in the 100% range. Hurdler Karl Smith, 39, Maryland, was in the international class with a 97.0% 8.00.

In the M50 60m championship race, all eight finalists were at the 90% or better level, with Charles Allie, 51, Pennsylvania, winning in a 96.2% 7.50, and Joe Johnson, 54, New Jersey,

All of the women entrants in the National Masters Indoor Pentathlon, Boston, March 26 (I to r): Denise Jones, W35, Christel Miller, W60, Mary Trotto, W50, Irene Thompson, W40, and Carla Hoppie, W40.

taking second place and age-graded honors with a 96.9% 7.59.

All finishers in the M60 eight-man 60m final also ran 90+% times. Larry Colbert, 62, Maryland, was the gold medalist in a 97.6% 7.97, but Lawrence (Dick) Richards, 64, California, took some consolation with a 99.0% 7.98 silver medal performance.

## From the Announcer's Chair

With more than 150 individual performances at Boston I could safely describe as outstanding, I would be hard-pressed to pick out only one or two (and I might lose some friends in the bargain!).

But let's start with the obvious: What Anselm LeBourne did in the M35 800 was both brilliant and courageous. I don't recall ever before seeing a runner knocked down in such a short race and getting up to win (2:01.61), not to mention prevailing over a strong field. Unfortunately, I did not see the mishap, which is why I didn't announce it on the spot (I may have been looking at my heat sheet). I must also mention the man I call "the great Earl Fee," as his M70 800 performance was breathtaking - he broke Austin Newman's world indoor 2:42.0 by 22 seconds.

We had many exciting finishes at Boston, a few of which were so close that I wouldn't call them. For last-lap battles I will remember a long time I must choose two: Mack Stewart and Sid Howard in the M60 800 and Charles Allie and Fred Sowerby in the M50 400. This was track at its absolute best – superior athletes reaching deep inside themselves.

This was my seventh big meet as masters announcer (the last four National Indoors, the 1995 Worlds at Buffalo, the 1996 North Americans, and the 1998 Outdoor Nationals at Orono). One of the things I anticipate at a meet like Boston is the opportunity to announce outstanding performers I've read about in NMN who have not competed previously when I was at the microphone. Thus, I enjoyed announcing all-time great Harold Morioka, M55; the awesome Dan Conway, M60; threetime gold medalist at Durban, Jeanne Hoagland, W60; and emerging star Patti Ford, W40.

I've been involved in masters track since 1976, and thus have an excellent historical perspective. Certainly one of the great differences between then and now is the level of performance among the women. At Boston, it was so nice to see such a wealth of talent in the women's races. To cite two of the younger runners, for example: Charlene Landrum, W35, and Patty Blan-chard, W40. From the announcer's chair I could see no real difference between these two outstanding competitors and many of the women I've seen performing in big college meets in the last few years, whether the measure was speed, style, or even apparent age.

As my comments indicate, I didn't pay enough attention to the field events at Boston. To do that next year, I will have to have an assistant through all three days to keep me informed of who is pole vaulting, how the shotput is going, who's on the long jump runway, and so forth.

- Peter Taylor

Cindy Steenbergen, 45, Texas, had the best age-graded times in the women's 60m (8.18/92.7%) and 200 (26.62/90.0%). Class Colling Colling in the Straight Colling Class Colling Colling in the Straight Colling Colling

**Close Calls in the Sprints** 

In other events, an anticipated world record in the M60 400 didn't materialize, when Fred Sowerby, 50, Nevada, wasn't able to fight off the challenge by Allie, at the far turn. Allie won with 93.7% 53.18 with Sowerby second in a 92.5% 53.45. After the race, Sowerby, icing his thigh, said that he felt a twinge in his leg and couldn't muster enough speed to over-take Allie.

In the mile, Tim McMullen, 46, New York, edged his brother Charles, 47, New York, for the M45 victory, 4:36.08 to 4:37.96 on Saturday. Allie had won the 3000 on Friday from Continued on page 18

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page 5

National Masters News



## John Landy: My Runner of the Millennium

There are times when I yearn for those days of running when things were pure and simple. "Where have you gone, John Landy?" I cry out to myself. As we approach the 45th anniversary of the first sub-four minute mile, I think about Landy, the great Australian miler of the 50s. He was my boyhood running idol and now represents to me everything that used to be good about track, as well as sport in general. He was a humble winner, a gracious loser, a gentleman, an athlete who believed in giving his all to the effort while still realizing that other responsibilities must be assumed and balanced. He didn't brag, didn't showboat, wasn't flashy, didn't adorn himself in jewelry, didn't deface his body with tattoos, didn't hold out for an appearance fee, didn't put down his competition.

It was on May 6, 1954, that Roger Bannister, an Oxford medical student, crashed through the four-minute "barrier" with a 3:59.4. Then, just six weeks later, on June 21, Landy further amazed the sports world by clocking 3:57.9 (rounded up to 3:58.0 for world record purposes).

## Flirting With the Record

As a high-school miler at the time, I closely followed the pursuit of the first sub four-minute mile. The record of 4:01.4 by Gunder Haegg of Sweden had stood since 1945, but Landy and Wes Santee of Kansas were flirting with the record while Bannister was something of a longshot in the pursuit. Landy had become the favorite of many to be the first to break four minutes.

There are only three newsmaking events during the first 30 years of my life for which I can recall exactly where I was and even picture myself hearing the news: the Kennedy assassination, Bobby Thomson's home run off Ralph Branca in the '51 National League playoffs, and the first sub-four mile. I was on the front porch of my home in Alameda, California when the news came over the radio. I recall feeling disappointed that Landy had not done it.

"Landy had made no secret of the fact that the four-minute mile was his goal," Bannister wrote in his autobiography. "That's not true," Landy told me over lunch in 1983 as we sat near the pool of his Waikiki hotel. "I didn't really consider myself capable of breaking four minutes that year. I had been around the 4:02 mark several times and felt I might improve by just a second or so. I was looking more at Haegg's world record."

After Landy shattered Bannister's world record, the stage was set for the "Mile of the Century" in Vancouver on August 7. Although it was the Commonwealth Games and others were entered, it was billed as a two-man duel – Landy vs. Bannister – the smooth striding Australian against the high-flying Englishman, the world record-holder against the barrier-break-



Columnist Mike Tymn with John Landy in Vancouver, 1986.

er. The race was page one news around the world.

## **Closing the Gap**

Landy set the pace through the quarter in 58.2 and had eight yards on Bannister as he passed the half in 1:58.2. Bannister closed the gap on the third lap and was running shoulder to shoulder with Landy as the bell rang for the final quarter. "I knew he was a strong finisher, so I started to move away with about 300 (yards) to go," Landy recalled in 1983, using an oval placemat on the table to demonstrate. He was hoping that he would be able to put enough distance between them to nullify Bannister's kick.

As they came off the final turn and into the stretch, the historic moment depicted by a statue later erected outside of Empire Stadium took place. Landy glanced over his left shoulder, hoping to see Bannister still back on the middle of the turn. This would have given Landy the confidence to maintain his rhythm to the finish and not tie himself up in a choppy, perhaps futile sprint.

"On the other side of the track I was able to see his shadow, but because of the curve I could no longer see it," Landy recalled. "There was no way to hear him over the noise of the crowd, and that's why I looked back."

At the very moment Landy glanced back, Bannister charged around him on the outside and continued on to victory with a 3:58.8 as Landy followed in 3:59.6. Many observers speculated that had Landy not looked back he would have won the race.

## **Completely Spent**

"No, it wouldn't have made any difference," Landy said. "It was a look of hope. I was completely spent and couldn't have run any faster. Bannister was the better man. I ran according to my plan and I simply wasn't good enough for him."

Landy added that some people criticized him as having no acceleration and being unable to win a tactical race. "That's not true," he said. "I had fairly good acceleration. I just wasn't that kind of runner. My approach was to run a hard, steady pace from the very start and finish knowing that I had run my absolute fastest."

"Landy had shown me what a race could really be at its greatest,"



The moment at which John Landy glanced over his shoulder as Roger Bannister sprinted by on the other side in the "Mile of the Century" is cast in stone in Vancouver.

Bannister wrote. "He is the sort of runner I could never become. His boldness forced me to abandon my time schedule and lose myself quite completely in the struggle itself."

Bannister said he was "almost hypnotized" by Landy's easy shuffling stride – "the most clipped and economical I have ever seen."

I think it was that stride that really attracted me to running and kept me going after high school. Landy was poetry in motion. He showed many of us that running is an art form. He took us to the core of running.

My meeting with Landy in 1983 came after I wrote to him in 1979, before the 25th anniversary of the first four-minute mile. I was hoping to get a few comments from him that I could work into a story for the Honolulu Advertiser about that momentous mile. I don't think I really expected a reply as there was a certain sanctity about Landy that seemed to place him above answering letters from mere mortals. Within a few weeks, however, Landy responded, expressing surprise that he was still remembered

## **Boyhood Hero**

I wrote back, thanking him and telling him that if he was ever passing through Hawaii I would very much like to meet him. When, four years later, he called to tell me he was in town for two days, I was in a state of near shock. I was going to have lunch with one of my boyhood heroes. I was going to meet a part of history, a man memorialized in a statue, no less.

An old-time Honolulu reporter told me of a press conference luncheon held for Landy as he stopped over in Hawaii en route to that match with Bannister in 1954. He was introduced to around 25 media representatives and at the end of the conference Landy shook hands with all of them, addressing each one by name.

I asked Landy if would have been able to run 3:57.9 when he did if Bannister had not already broken the Continued on page 7



# **Meets Need More Athlete Support**

The 1999 indoor season concluded with a successful National Championship in Boston, just as occurred in the two previous years. Meet management, officials and volunteers at the wonderful Reggie Lewis facility accommodated a record entry with minimum problems and maximum efficiency. Competing athletes responded with excellent performances and enthusiasm. A sincere thanks to TRACS and the Boston Running Club for being excellent hosts.

It is wonderful that we masters support our national championships as well as we do, but it is also important that we become more involved with local meets. Too many athletes have no conception of the amount of hard work and long hours that meet directors must dedicate to host a meet, no matter how large or small it may be. I am writing this to encourage your support and involvement for regional and association meets. These events are run for your benefit and pleasure, mostly by volunteers, whose only compensation is the satisfaction of having done it. I know - I usually run three or four meets a year, and "it ain't easy."

As I read issues of the National Masters News, I note the many meets in the schedule and wonder if all meet directors experience similar tribulations in putting on a meet, such as finding willing volunteers, procuring officials, readying facilities, soliciting funds, getting out the entry information and worrying that enough will be returned to at least break even with expenses, etc. With interest, I have queried others and, unhappily, report that running a meet is one big universal hassle.

A Prime Example

There is one meeting in particular that I would like to single out to make a point. For the past four years, the Silver State Striders have sponsored the Silver State Masters Classic Indoor Track Meet in Reno, Nev. It is a great meet run on the very fine Bill Cosby 200m board track at the Reno Livestock Events Center. The facility is first class with good throwing and jumping event areas and more than adequate spectator seating.

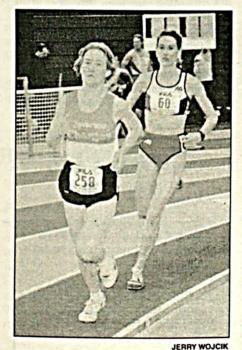
In 1995, the city of Reno hosted our Indoor National Championships. A record entry of 700-plus produced 37 world indoor records, attesting to the quality of the competition and the athlete-friendly facility. Since then, masters have continued to establish recordbreaking performances in this friendly atmosphere. Throwers have acclaimed the meet and facility as one of the best indoor U.S. venues available for masters competition.

## Lack of Entries

Why am I focusing on this meet to make a point? Would you believe the Silver States Classic is in jeopardy of having to discontinue the annual February event due to a lack of entries (only 137 in 1999)? That small number does not produce enough revenue to continue operation, what with rental costs, etc. It is astonishing that with the lack of quality indoor meets, especially in the western states, more athletes are not attending the meet.

The Reno folks have worked diligently to provide masters athletes an opportunity to compete under ideal conditions and we are not supporting their efforts. This is not good. The discontinuance of the Reno meet will be a great loss to the masters program.

We should not let it happen to Reno, nor should we allow it to happen to any of the numerous meets being conducted nationwide by hard-working organizers. Masters athletes need to stay involved in as many meets as possible. If circumstances should prohibit participation as an active athlete, validate your support by becoming involved as a volunteer or official. Your efforts will be recognized and appreciated.



Patti Ford in the W40 mile leads Patty Blanchard, of Canada, but Blanchard finished with a world record 4:57.71, and Ford with a U.S. record 5:11.11. National Masters Indoor Championships, Boston.

# Third Wind

## Continued from page 6

psychological barrier. "Yes, I would have run the same time," he replied. "I had no aim other than to beat Chris Chataway. I had no more than a vague idea of how fast I was running and was quite surprised that the time was inside four minutes.

"I do not believe the psychological barrier theory. I think the reason that four minutes was not broken earlier was simply that the runners were not well enough trained to run that fast and I am sure they were not influenced by any feeling that four minutes was, as such, impossible."

The legendary coach Percy Cerutty, Landy's occasional mentor, said that he had seen in Landy, "demonstrations of character capable of the greatest kindness, gentleness and thoughtfulness," but Cerutty also saw Landy's "game face," as he witnessed "a ruthlessness, lack of feeling for others, and a ferocity and antagonism, albeit mostly vented on himself, that makes it possible for John Landy to rise to sublime heights of physical endeavor."

## **Revolutionary Era**

Landy recalled the 1950-55 period as a revolutionary era, kicked off by Emil Zatopek. "Prior to 1950, runners seemed to be afraid to really stress themselves," he said. "Everything was done in moderation. It was a very conservative approach." Intervals, as popularized by Zatopek, were the essence of Landy's training. He estimates that he ran 40-50 miles a week when in serious training, most of it on the track. Because there were no cushioned running shoes then, he seldom ran on the roads.

When I asked him how much faster he might have run in his heyday, had he the benefit of modern training methods, synthetic tracks, and better shoes, Landy thought for a few seconds and then responded: "I don't think there is any question I could have run faster, but I'm not sure I would want to be a runner under the conditions we have today (1983). Running was an all-embracing hobby for me, but there were other things in my life.

"Today, there is no room for parttime runners. Runners must be supported, and the entire lifestyle must be changed to meet the demands of training and racing. I don't think I'd want that."

I just can't picture John Landy wearing jewelry, punching the sky after a victory, bragging about how great he is, and then refusing to run without proper appearance money. That's why he is my runner of the millennium.

Where have you gone, John Landy?

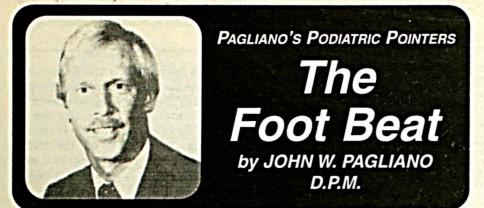
### 1999 Southern California Association Masters Track & Field District Championship **Occidental College** Schedule of Events 1600 Campus Rd. Los Angeles, CA Saturday, June 12, 1999 Field Events: 9:30 am HT 10:00 am Divisions: 5 year groups for men and women, age 30+ PV JT Entry Fee: \$12 for first event & \$10 for additional 10:30 am LI Sorry, No Refunds 11:00 am SP Entry Deadlines: All entries must be postmarked June 5 12:00 pm H) TJ Late entry is \$15 per space available 1:00 pm Order of Events: Oldest to Youngest, women first, (except H] & PV) USAT&F District Championship Medals to top 3 Awards: residents. There will also medals for non-resident top 3 11:00 am Surface: 9mm elements required for track, L], TJ, PV, HH & H]. 12mm required for ]T. 11:20 am 5 K walk Miscellaneous: USAT&F Registration Required. 12:00 pm 300/400 IH Registration forms available at the meet. 12:30 pm 100m Membership fee-\$15. (Separate Payment, Please.) 1:30 pm 800m Send check and entry form to: Christel Miller, 2:00 pm 200m 1740 Grandvlew Av., Glendale, CA 91201 2:45 pm 1500m Telephone: (818) 242-8484 (until 9 p.m.) 3:15 pm 400m Please make check payable to: Christel Miller 3:45 pm 5 K run Attention: District Meeting will be held following the last event, everyone is invited !!!

Southern California Association Masters Track and Field Championship

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Dates

page 7



# **Age-related Hamstring Syndrome**

I am an 89-year-old man who recently started running the sprints for the first time since my college days. I have been running long distance until this year. My problem is twofold: First, while working out two months ago, I was running a 320y when a flash of pain hit me in the arch of my left foot to my heel. It continues to hurt, particularly while walking. I have put off seeing my doctor, but may have to do so soon. It felt like a strain, but now it feels like a bone spur. Second, I seem to have a chronic problem with my left hamstring. It's okay until I run all out, then it pulls. Are there any exercises, liniments or other suggestions you may have to improve the situation?

Your condition is one which is fairly common in the veteran runner attempting to return to the sprint arena. We usually call this "age-related hamstring syndrome."

Obviously, we are not as flexible as we once were. In fact, we become more brittle as we age. Pain is usually incurred by such activities as overstretching and running fast. Most runners who have this problem have a history of recurrent hamstring tears. Structurally, these are usually caused by the tight tendinous structures of the lateral or outside insertion of the hamstring into the ischial tuberosity. We most often hear complaints of pain while assuming the sitting position or while driving.

Usually the pain is relentless and one has to get up and walk around. I have seen people running a marathon, then sitting down for dinner and cramping. It gets a little embarrassing

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 28 to 48 pages of results, schedules, entry forms, age records, rankings, photos, articles, training tips, and all the inside scoops and information that affect the world of masters athletics competition. Some masters events are sponsored by USATF, the national governing body for athletics in the USA. Some are sponsored by individuals, clubs or other senior organizations. Generally, anyone age 30 or over may come to a masters event and participate. Some events are limited to age 40 +, 50 + or 55 + (please check the schedule for details). Some events require advance registration. Some require a current USATF card (\$12 to \$15 per year, depending on the region). There are no qualifying standards for most masters athletics events.

hopping around a restaurant. Others get the syndrome by over-stretching. Still others have pulled or torn their hamstrings while hurdling.

There is very little pain while running slowly or lying down. The long distance runner commonly develops pain while picking up the pace or increasing in speed. The pain can extend up into the ischial tuberosity of the affected side. There is often pain and tenderness along the back of the hamstring area, usually on the outside tendon. The hamstring muscle often feels taught and tight.

Other injuries in this area include sciatica, piriformis syndrome, hip bursitis and compartment syndrome.

Also, pain can result in those athletes who have prior muscle and tendon tears. The pain is usually local but can extend up and down the leg. This is a condition that needs to be addressed immediately. It can prove to be a chronic pathology that can limit your running career.

I recommend the use of physical therapy, initially. This includes diathermy, ultrasound, electrotherapy stretching muscle exercises and heat – anything to reduce scar tissue and to

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get blood flowing to the area. Muscle relaxants have proved to be of limited use. Steroid injections are rarely used. Deep tissue massage has proved helpful. If all else fails, surgical correction has proved fairly successful.

I would certainly get the condition looked at and diagnosed. MRIs are helpful in some cases to determine the nature and site of the injury.

Most people respond to light stretching, heat and ultrasound. You will need to reduce the interval training, until the pain and stiffness are resolved. I would switch to longer intervals such as 660s, 880s, and, my favorite, the 110s.

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

## Lee Todd

Lee Todd, 83, Grant, Nebr., passed away Feb. 8 after suffering a stroke the day before. Unknown to anyone but his immediate family, Todd had leukemia for the past three years.

In high school, Todd scored all of his team's points to win the state track meet in 1932. He attended Hastings College and was a standout in basketball and track. In 1940, he and his wife, Evelyn, moved to Boulder, Colo., so he could work on his master's degree and train for the 1940 Olympics. He qualified in the decathlon, but the Olympics in Finland were cancelled by World War II.

In 1946, the Todds moved to Grant, where he served as superintendent of schools for 36 years, retiring in 1983. The local high school track is named in his honor.

Todd discovered masters track in 1991 and thoroughly enjoyed competing and meeting people. Blessed with unlimited energy, he won hundreds of medals, and set an age-82 U.S. record of 90-1 with the javelin, which he still holds.

## FIVE YEARS AGO May 1994

 600 Participants Set 31 World Indoor Records at USATF Championships in Missouri

 Doug Kurtis (42, 2:15:48) and Emma Scaunich (40, 2:33:36) First Masters in Boston Marathon

Masters Legend Paul Spangler Dies at Age 95

# **George Ker**

George Ker, one of the pioneers of masters track & field in the late 1960s and early 1970s, and a world-record holder in the shot and discus, died at age 76 on April 13. A resident of Chatsworth, Calif., Ker coached football and track at Los Angeles Valley College starting in 1958. He took over the cross-country program in 1964 and won three straight state titles in 1968-1970.

The mainstay of Ker's championship cross-country teams was Mark Covert, now coaching in Southern California. Terry Donahue, former UCLA football coach, was one of Ker's football players.

Ker is survived by his wife, two sons, a daughter, and six grandchildren. His son Walt was a very successful volleyball coach at California State University - Northridge.

\* \* \*

George Ker was instrumental in getting me and, I'm sure, others into masters track & field. I taught at Valley College with him from 1966 until we both retired in 1989. Ker was a man of some proportion – large in size, with a booming voice, big ideas about masters track, and vast influence on the nascent masters movement in Southern California.

His all-comers meets at Valley College were proving grounds for beginners and returnees to track, and, although low key, attended by a dozen or more national track and road race champions. He originated the Grandfather Games, which moved to UC-Irvine to become the Anteaters Meet, and now exists as the Dan Aldrich Memorial Meet, to be held this year on May 30, in which I plan to compete.

When I asked him how come the name "Grandfather Games," Ker said that the basis for it came from hearing a youngster in the stands yelling, "C'mon, Grandpa; c'mon, Grandpa."

The Grandfather Games were like a three-ring circus, where, in the throwing events, athletes had one hour to compete in their divisions, so if you competed early, you didn't know if you placed until the last athlete finished because you were at another event. I never heard anybody complain, but no one would have dared to anyway.

Ker was innovative in other respects. The Grandfather Games always had plenty of volunteers because Ker "recruited" students from his health and P.E. classes to make up absences and tardies by working the meets. At one meet, the awards were bookends; after all, we were competing at a college. Today, the Grandfather Games would probably not satisfy present standards, but they were fun and inexpensive.

I've always felt that Ker didn't receive enough recognition for his contributions to the masters movement. It would be a fitting gesture at the Aldrich Meet if we, perhaps, dedicate a moment of silence to Ker or say a few words in his memory.

- Jerry Wojcik

Lisa Fronti, Advertising Rep. 610/967-8896

Suzy Hess 541/343-7716 Closing is the 10th of the month prior to the cover date.

## National Masters News

# **Azalea** Trail Run

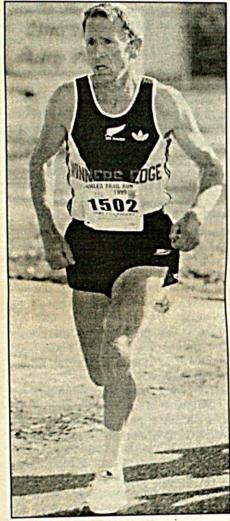
## by GARY HENLEY

Andrey Kuznetsov, 41, of Russia, placed fifth overall and first master. recording a 29:24 in the Azalea Trail Run 10K in Mobile, Ala., on March 27.

John Campbell, 50, of New Zealand, logged a 31:02 on the flat course to win the M50 division, besting Bill Rodgers' 32:23. Campbell and Rodgers were both preparing for April's Boston Marathon.

Campbell is also seeking a spot on his country's Olympic team for the 2000 Games in Sydney, Australia.

He won the New Zealand masters cross-country championships last August, and ran a 31:17 in the national



BRIAN J. MYERS/PHOTO RUN

John Campbell, 50, tunes up for the Boston Marathon by winning the M50 division of the Azalea Trail Run on March 27. Campbell's 31:02 was good enough to beat Bill Rodgers' 32:23.



Jane Welzel, 43, holds off Kim Jones to finish as the top female masters runner in the Azalea Trail Run in Mobile, Ala., on March 27. Welzel recorded a 34:58, while Jones, 40, finished in 35:20.

10K road championships in October.

American Jon Sinclair was billed as the top runner to challenge Kuznetsov, but Sinclair took third in the M40 at 32:03, behind Steve Venable, 40, who finished in 30:58. He was the national cross-country champion in 1980, national track 10K champion in 1984, and was an Olympic Trials finalist in the 5K in 1984.

In the women's race, Jane Welzel, 43, a five-time Olympic Marathon Trials qualifier, was the top masters runner, dashing to a 34:58 to finish ahead of Kim Jones, 40, Spokane, Wash., who recorded a 35:20.

Lois Ann Gilmore, 68, Janesville, Wisc., reeled off a 51:57 to highlight the W65 division.

# **USA Heptathlon Held in Chicago**

## by JERRY WOJCIK

The USATF Midwest Regional Masters Indoor Championships included the National Masters Indoor Heptathlon Championships at Proviso West H.S. at Hillside (Chicago area), Ill., on April 10-12.

Winner of the M60-64 division, Emil Pawlik, 60, was the top scorer in the heptathlon with 6053. Bill Angus, 56, won the M55 contest with the event's second highest total of 5248. Ken Ellis, 41, had the third-best total with 5216. Tom Thorne, Sr., the oldest competitor at age 82, finished with 2032.

## In the Regional Championships, Pierre Dobrovolny, 65, won the M65 60m race with an age-graded 95.1% 8.38. The M70 60m finalists all were in the 90% international class level, with Mel Larsen, 70, at a 94.6% 8.80. Chuck Sochor, 70, at a 92.3% 9.02, and Jack Greenwald, 70, at a 92.1% 9.04. Larsen was also the top performer in the 60mH with a 91.4% 10.66.

Leo Vandervlugt, 45, posted the best distance percent, with an 82.1% 9:52.19 in the 3000. William Simmons, 70, high jumped to an 87.3% 4-61/4.

# Flores, 44, Wins Napa Marathon Overall

by RUTH ANDERSON

Richard Flores, 44, Napa, Calif., was the outright winner of the Napa Marathon from Calistoga to Napa, March 7, with a masters course record 2:25.52. This was a third time "charm" for Flores, who had finished second in 1996 and third in 1997. His only close competitors were two younger open runners, already 200m behind at the 14.5-mile aid station.

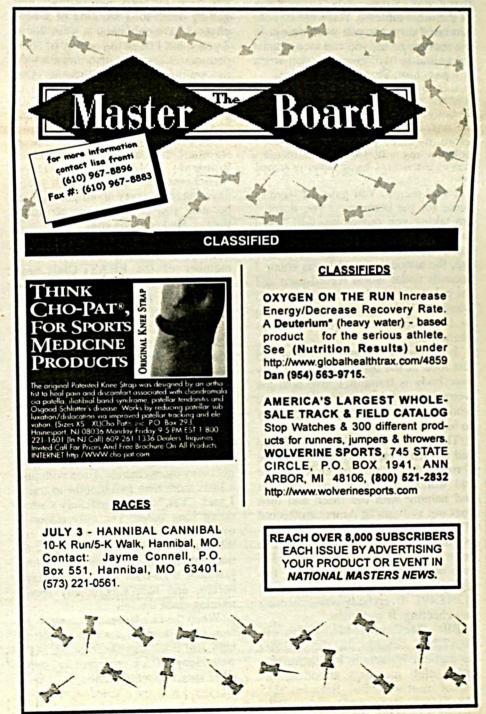
Marshall Randall, M40, of Napa, 2:37:52, and James Washington, M40, Arcatas, Calif., 2:38:39 were Flores' closest masters competition. Herb Phillips, M55, Burnaby, Canada, was fifth master in 2:49:14.

Suzette Moore, W40, Bellingham, Wash., was the first W40+ in 3:01:39. fourth female overall. Julie Ann Berman, W40, Boulder, Colo., was second in 3:26:11.

Finishers numbered 1593, a new total. They were rewarded with a gorgeous day to run beside beautiful vineyards. The overall winners were presented with cases of wine by the title sponsor, Sutter Home Winery. The number of cases was determined by an "analytical" type balance matching the winners' weights, which earned them five cases each. Moore, as W40+ winner, received a magnum of wine.

## **TEN YEARS AGO** May 1989

- 658 Athletes from 47 States Compete in Indoor Nationals at Columbus, Ohio
- John Campbell (40, 2:14:19) and Priscilla Welch (44, 2:35:00) Win Masters Titles in Boston Marathon
- Wilson Waigwa (40, 14:22) and Laurie Binder (41, 16:54) Set U.S. Masters **Records in Carlsbad 5K**



## page 10



# Masters Racewalking by ELAINE WARD

# **Indoor Championships Yields New Records**

The National Indoor Championships held in Boston, Mass., March 26-28, produced so many fine performances in the 3K racewalk. Below are comments from some participants.

Dave Romansky, M60 (14:34.28), is a member of the Shore AC in New Jersey, who set pending American and WAVA records.

EW: What did you like particularly about the Indoor Championships this year?

DR: The masters program is coming along so well. I remember when I was in the open division there was so much riding on every race you were in that it was hard to enjoy the company of the other athletes. You were so concentrated on what you were doing. In the masters races, you can race against a guy and he will cheer for you when you pass him. That is the way it is.

It is so easy to make friends with the masters. As you know, I will coach anybody or answer any questions anyone has. I began coaching some girls before my race, and all of a sudden, I looked at my watch and it was 15 minutes to the start. I hadn't even warmed up.

I told them, "You guys all have to cheer for me because, if you don't, I am taking you out of my will." And they did. They lined all around the track and cheered. Going into the gun lap, the announcer said I was about 3 seconds under world record pace and the gals erupted. They just screamed. It was just like being a young man again in Madison Square Garden. It was phenomenal.

It is going to be an exciting year. I just look at the difference in the way everybody is training. I love how the women are doing because they are working, and they listen and they try so hard to be good.

The women in the 40-44 age group had a terrific race between Maryanne Torrellas and Lyn Brubaker. Maryanne had worked all day giving massages and helping with the meet, and then goes out and sets an American Record (13:46.73). Lyn, who had been working 60 hours a week, hadn't raced in quite a while. She also goes out and puts on a fabulous performance, finishing less than two seconds behind (13:48.49). Everybody was cheering and cheering. It was great.

Bill McCann, M65 (5th in 19:57.20), belongs to the Greater Springfield Walkers in Massachusetts. Other club members attending the indoor meet were Bob Beaudet, M65 (18:29.99); Rachael Beaudet, W60 (21:47.37); and Chuck Dolecki M65 (20:47.34).

EW: What was the highlight of your race this year?

BMcC: The competition was great. I think as you get older, you find that the competition gets more intense. There are some superb racewalkers. I am going to be 70 and will be competing with people like Jack Starr and Bill Flick, who just seem ageless. M65-69 has been intensely competitive, and getting more so. I am kind of a neophyte. I have only been at it for 21/2 to 3 years, but I think the quality of competition makes a great commentary on the training people are doing. Our sport has become very attractive to older people. And, of course, the ones who have stayed with it over the years, like good wine, seem to get better.

We saw some terrific performances. Number 1 was the great Dave Romansky (M60). I told Dave, "Whenever I am in a race with you, I never have to worry about getting hot, because you come by me so many times." He keeps me cool.

Jack Starr, M70, first in his age division with a time of 17:03.33, is a member of the PHAST Club near Philadelphia. He set pending American and WAVA records bettering Bill Flick's time of 17:23.46.

EW: You must be feeling pretty good about your race?

JS: My race was a surprise to me. As a matter of fact, I sent in my entry blank a long time ago for the Indoors and then Justin Kuo called me. He said there was an entry for the Boston Marathon and would I be interested. It has been a dream of mine to try this marathon, and at 70 I am not going to get many more chances. Even with just a little more than two months to train, I said, "Yes," and immediately started doing long miles. The only reason I even went to the Indoors was that my 92-year-old mother lives in Connecticut, which is on the way. I had just done a 20-mile workout two days before, and hadn't done any speed training since the fall.

When the race began, I was slow; in fact, I was third for the first couple of laps. Bill Flick was ahead of me. As I went along, I felt pretty good so I started to speed up a bit. Although I didn't feel like I had much speed, apparently, I was pretty strong. After the race a



Jack Starr broke the M70 world record for the 3000 racewalk with a 17:03.33, USATF National

whole lot of people said to me that I looked much smoother than I ever had before.

Masters Championships, Boston, March 26-28.

Everything was very exciting. There were some wonderful races. I just loved the atmosphere. In that closed environment, it felt like there were 10,000 people cheering.

**Dick Donley,** M70 (5th in 21:56.27), belongs to the Tulsa Walkers.

EW: Do you like indoor meets?

DD: I was a pole vaulter, and liked indoor meets because there wasn't any wind. With walking, it doesn't make that much difference.

EW: How about Boston?

DD: I was actually more competitive when I was in the M65-69 group. I have had some trouble staying legal with my right leg. As soon as I speed up to try to pass somebody or to go faster, I am going to get a call. I had two red cards in Boston and my time was obviously not competitive.

EW: What do you do to deal with that knee?

DD: I just concentrate on it. I don't know how to explain this, but I "feel" my left knee. I know exactly what it is doing. I probably hyper-extend it. But I can't "feel" my right knee. I don't know what I am doing wrong. Ever since the rule to plant your leg straight came in, which I always thought I did, I have had trouble staying legal. I never used to even think about it. I never had a warning. Then all of a sudden, I got disqualified in the 5K in Tucson. Now I worry about my knee every time I go by a judge.

I was glad to see Dick Bennet (M75, 23:21.85) in Boston. He has heart problems. He used to beat me with regularity, but has slowed up. He told me, "I enter races because I love it. I come just to have fun and to be part of it." I guess that is the way we all ought to be.

Janet Comi, W45 (first in her age division with a 15:22.71). A member of the Niagara Walkers, she broke the American record of 15:56.75 set by Karen Davis on March 12, 1997 in Boston.

EW: How was your race?

JC: I thought it was crowded on the track. I was number 16 and had to start in the second row which I thought was a little strange. I had never had to do that before. At the start I got behind Lyn Brubaker because I knew she would be out of there fast. It took me a while to work my way forward. Then I was behind Tish Roberts for a long time. I got around her twice and she came back around me.

EW: Sounds like you were both helping each other

JC: Yes, it was good for me. There was a 35-year-old who was between Tish and me towards the end, so if I wanted to pass one I had to pass both. It wasn't until we were starting the last lap and the 35-year-old was DQ'd that I got around Tish and just went for it.

At the beginning of the race at least four 45-year-olds were ahead of me. I was thinking, "I came all this way and here I'm not even going to get a medal." So I was happy to be in first at the end.

EW: In spite of the crowd, you had to hold a pretty good pace to have done so well?

JC: I was pretty even. I had someone timing my laps and I averaged about 1:02. My last lap was my fastest in 57 seconds.

EW: What training did you do?

JC: Most of my winter training was long distance preparing for the Las Vegas Half-Marathon. I really didn't get the speed work in that I had hoped to do.

EW: Jack Starr didn't do speed work for the same reason and he set an American record. Maybe there is something to learn here?

JC: I think interval work does help my speed even though I hate them. I did intervals last year, but I didn't get as much overall training in last year. Maybe it's just that I am in better condition generally.

Besides, I find it very inspiring to be on the same track with people like Maryanne Torrellas and Lyn Brubaker. Even watching the older folks is inspiring. Margaret Walker (W75) is a friend of mine. I train with her and I think she does a great job. It is just nice to meet so many people who are so friendly and helpful.

Janet Higbie, W55 (first American in her age division with a 17:38.19). A member of the Indiana Racewalkers, her regular training partner is Tish Roberts, who came in second W45 with a 15:27.06.

EW: You had a big PR. What have you been doing to make this break-Continued on page 13



# Long Road to a National Championship

competed in the 1999 USATF National Indoor Championships in Boston and came home the National Champion in the M40 60H. It may shock everyone to hear that over the past four years this has been a dream I have been chasing. This is because, at one point in my life, winning a national championship, specifically the hurdles, was the only thing that could save my life. In other words, running hurdles ushered me out of the darkest days of my life, injecting hope into a man who had lost his will to live, stemming from a catastrophic injury.

In 1976, I entered the United States Air Force and became a member of the USAF Track and Field Team in 1977. Within the first year I achieved a time of 13.6 in the 110H. In 1980 I was invited to Eugene, Ore., to compete in the 1980 Olympic Trials. I hit several hurdles, coming in last in a preliminary heat.

Even though I choked at the trials, the University of Florida offered me a scholarship to run track. I attended the university and ran the 110H, never going under the 14.0 mark. I became more interested in an education, leaving the U. of Florida with a masters degree in Rehabilitation Counseling and no major championships or titles. In 1987, I left the track and began a business.

Broken Neck

In 1992, while riding a bike one Sunday morning, I rode off a bridge, falling into a ditch and breaking my neck in several places. I was put in a halo brace and body cast and underwent surgery to place metal plates in my neck, which are holding my neck in place at this time.

Following surgery, I needed to learn to walk again, and was confined to bed rest for well over six months. While in the hospital, my now ex-wife filed for divorce, since I was unable to work, and my business went down the drain. The bottom line is that I lost everything. Life was not much fun and, like many others in this predicament, I began developing an exit plan.

Rehabilitation was difficult and took several years. Once the halo brace was removed, the pain was severe. I found relief in pain medication and became addicted. Medication not only took the pain away, it numbed my feeling toward just about everything in my life. I gave four years of my life to medication and emotional numbness.

**A New Struggle** 

In the summer of 1997, five years after my accident, I was struggling to overcome my new disability of addiction to painkillers. It seemed too difficult, and I again found myself in that comfortable position of planning an exit from the chaos I had created.

The turning point came when I met

my current wife, Terri, who offered a lot of patience and showed interest in my past accomplishments. She repeatedly urged me to talk about my track and field days. She pushed me back into running and even went so far as to run with me. This is a woman who had never run or competed in her life.

My return to the track began with the 100m in a summer all-comers meet in my hometown of Jacksonville, Fla., in 1997. This was by far the worst race I had ever run. Not only did I come in last, I ran the worst time I had ever run, and it caused so much pain that I was in bed for a day-and-a-half but not back on pain killers. While attending this meet I met another runner, Dan Taylor, who introduced me to masters track and field and talked about the national championships to be held in San Jose, Calif.

Back on Track

Following an intense four months of training, I traveled to San Jose to compete. I was now 39 years old, and this would be the first time running hurdles in well over 10 years. I ran the race, three stepping the first half and five stepping the remainder of the race, and, yes, I finished last. But what a wonderful feeling. I was back, and when I crossed the finish line I felt as if I'd just completed a race that took five years.

From that moment, I replaced selfdoubt with hope and intensive training. In 1998, I continued to seek a national championship. In the indoor championships I placed seventh in the 60m and fourth in the 60H. Through the summer I ran the 110H and won every race from this point forward.

In the 1998 National Masters Outdoor Championships, I ran to a dead heat in the finals of the 110H, leaning to a photo finish with Stacey Price of New Mexico. I placed second with the same electronic time as Stacey of 15.30. I went on to win the long jump and the triple jump in this same meet; however, this was not the championship I wanted. I had a rematch against Stacey Price a month later in the 1998 Nike Games in Eugene. I returned to the same track where I ran in the 1980 Olympic Trials. This time I didn't choke; I won in a very competitive M40 group.



John Roberts (577)

## **Overcoming the Past**

Last year I finally overcame all of the problems associated with my accident. What I now realize is that my experience may help others in chasing their own dreams.

In July 1999, I will travel to Gateshead, England, to compete in the 1999 WAVA Championships. In my mind I have already won at life and I now understand the true definition of hope. Running hurdles saved my life.

I write this in hope that someone will read this and push to overcome any barriers that have been tossed in the way. We need to realize that we should push ourselves to our maximum potential and show up at the starting line. We focus on who comes across the finish line first or second; however, every one of us who shows up at the starting line is the true winner in life.

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| ENTRIES:   | all the event  | gistration entries mus                      | st be accompanied by<br>No phone or FAX  | by Signed Waiver, Entry Form and Fee for<br><u>Kentries accepted</u> . You can enter on the day of<br>u have questions call (408) 241-6578.  |
| FEES:  | Prie   | or to Thursday, June 3<br>or Envelope Post  |  | 0 per event - Relays \$20  |
| a Salat  | Late   |   |  | 5 per event - Relays \$25  |
| TIMING:  | Full   | lly automatic timing by                     | y Accutrack and W  | ind Gauge  |
| DIVISION   | Op   |   | ge on June 12, 1999 de<br>is (30 years old and a   | etermines age group<br>above in 5 year age groups)   |
| AWARDS:  | Me   | dals to first three plac                    | ces in all events by   | group  |
| T-SHURTS:  | For  | Sale at the meet                            |  |  |
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## For Beginners Only: The 5K

n a sunny morning early this spring, my daughter Laura Sandall and I went running on one of my favorite training routes. An executive with Dayton-Hudson in Minneapolis, Laura is training for a half-marathon this summer. She had an event to attend in Chicago, so spent several days visiting.

As we ran along Lake Shore Drive near my home in Long Beach, first one woman, then another, approached running toward us. I knew instantly they were beginners. That was because they were running on the *wrong* side of the road. Most experienced runners run facing traffic, rather than with traffic behind. (It's safer that way.)

Wanting them to feel welcome in their new sport, we gave each a cheery "Hello!" And the response came back: "Uhhhhhh..." It was all they could do to get out a gasped response.

Yet I knew that, given another month or two, the women will have learned to move to the *right* side of the road and their response will be: "How are you? Nice day to be running."

Beginners learn. They improve. Most readers of National Masters News are not beginners. We are a hard core who train hard and race on the track, or participate in field events. Yet many of us have friends who might like to test themselves in a road race this summer.

For beginners, the goal that gets many out the door is the 5K. Just over three miles in length, the 5K is the most popular race distance in America. Although we are in the midst of a marathon boom, most marathoners taste their first racing experience in 5K events. Many will graduate to the marathon; many will not, happy to remain at the shorter distance.

If that is you or your friend, here are five tips for beginning a running program:

1. Set your goal: Perhaps it is a 5K. Perhaps it is losing weight, or feeling better, or shifting some of your life priorities. Or all of the above. You can't get where you're going unless you have a destination.

2. Start Slow: Don't go so hard the first day that you're stiff and sore the

# **Masters Age-Graded Tables**

- Keep track of your progress over the years.
- Compare performances of older and younger individuals in the same or different events.
- Select the best performance in an event among all age groups.
- Score multi-events.
- · See how much your performance should decline with age.
- Includes single-age factors and standards for each age from 8 to 100 for men and women for every common track & field, long distance running, and racewalking event.
- Shows how to conduct an age-graded track & field meet, road race or racewalk.
- 60 pages. Easy to use.
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- Compiled by the World Association of Veteran Athletes.



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# **Training for the 5K**

How you train for a 5K race depends on your level of fitness when you begin. Here is a beginner's training schedule. The distances might be different, but the pattern would be the same if you're a more experienced runner.

Sunday: Walk or bike 30 to 60 minutes. Monday: Rest after a weekend of effort. Tuesday: Run and/or walk for 15 to 30 minutes. Wednesday: Easy activity, whether running, walking or biking. Thursday: Run and/or walk for 15 to 30 minutes. Friday: Rest to get ready for the weekend. Saturday: Make this your hard workout day. Run somewhat farther or faster than you did on Tuesday and Thursday. Over a period of weeks and months, gradually increase the time and

length of your workouts. If fatigued, ease back on your training for a week, then push forward again. You can become a runner if you do it sensibly.

second. Make it easy on yourself. Walk before you run. Jog until you're tired; walk again until you're recovered. Combining jogging with walking is a sensible way to start.

3. Train Sensibly: A lot of people have gone before you. Don't repeat their beginners' mistakes. Follow a sensible 5K training program, such as the one on my web site: www.halhig don.com. If possible, seek coaching help, or join a running club.

4. Practice Regularly: You do yourself no good if you train hard one week, then miss the next week because you're "too busy." Schedule a specific time for fitness (even if only 15 minutes a day), then keep that schedule.

5. Don't Get Discouraged: It the weight doesn't melt as fast as you had hoped, if you still struggle to stay in running mode, if you still can't say "Hi" when you pass me on the road, don't worry. Think how long it took you to get out of shape. Don't expect instant miracles, but please do persevere.

For many of us who have been running marathons for a long time, the 5K seems like a short and painless distance. But for a beginner, the 5K may seem like its own marathon. Regardless, running a 5K is a worthy goal. I wish you or your friend success in attaining it.

(Hal Higdon, Training Consultant, The LaSalle Banks Chicago Marathon, is Senior Writer for Runner's World.)

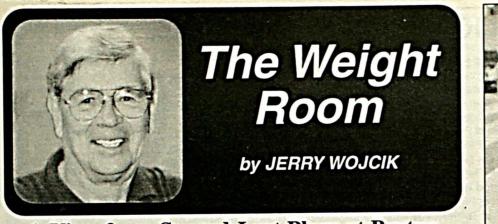


JERRY WOJCIK Dan Conway at the start of the final lap of his M60 world record 5:01.76 in the mile, National Masters Indoor Championships, Boston. Sid Howard finished second.



| Racewalking  | PUBLICATIONS ORDER FORM   |  |
|--|---|--|
|  |   | Total (US\$)   |
| Continued from page 10   | Men's and women's world and U.S. age bests for all track & field events, age 35   |  |
| through?   | and up, and for all racewalking events, age 40 and up, as of Oct. 31, 1997. 52  |  |
| JH: Tish Roberts and I have been   | pages. Lists name, age, state and date of record. Compiled by Peter Mundle,   |  |
| doing extra speed work together.<br>Between the extra speed work and just        |   | \$   |
| trying to keep up with Tish, I cut off   | Masters Track & Field Rankings (1998)   |  |
| 40 seconds from my 3000 meter time.  | Men's and women's 1997 U.S. outdoor track & field 5-year age group rankings.  |  |
| The neat thing is that I was 3 seconds   | 52 pages. 125-deep in some events. All T&F events. Compiled by Jack Lance,<br>USATF Masters T&F Rankings Chairman. \$7.00.  |  |
| off the American record. So I have to  | Masters Track & Field Indoor Rankings (1998)  | the second secon |
| work a little harder now, don't I?   |   | S  |
| EW: If you can get that close, you   | Masters Age-Graded Tables   |  |
| know it's there for you. What kind of  | Single-age factors and standards from age 8 to 100 for men and women for every  |  |
| speed work helps you the most?   | common track & field, long distance running, and racewalking event. Shows how   |  |
| JH: On Tuesday nights I'll do short  | to conduct an age-graded event. Tells how to keep track of your progress over the<br>years. Compares performances of different ages/sexes in different events. 60   |  |
| bursts of speed and on Thursday<br>nights the longer intervals. For the          | pages, including samples and charts. Compiled by the World Association of   |  |
| longer workouts, I will do maybe 40  |   | 5  |
| minutes of mile intervals in a 10:30   | Masters 5-Year Age-Group Records  | 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1  |
| pace and sometimes a 10:00 pace. The   | Men's and women's official world and U.S. outdoor 5-year age group records for  |  |
| short stuff we do varies with the train-   | all track & field and racewalking events, age 35 and up, as of January 1, 1999;   |  |
| er at our club workout. We often do  | 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle,<br>WAVA and USATF Masters T&F Records Chairman. \$1.50.   | <b>,</b>   |
| 200s, 400s and 600s and back down.   | Masters 5-Year Indoor Age-Group Records   | Contraction and a  |
| The neat thing about this workout is   | Same as above, except indoor records (M40+, W35+) as of January 1, 1999 (world)   |  |
| there are about 20-25 of us going var-<br>ious speeds so you always have some-   | and December 4, 1998 (USA). 4 pages. \$1.00.  | \$\$   |
| one to chase. We also have two or  | Competition Rules tor Athletics (1999 Edition)  |  |
| three people judging us during our   | U.S. rules of competition for men and women for track & field, long distance run-   |  |
| speed workouts. They monitor our   | ning and racewalking—youth, open and masters. \$12.00. USATF Directory (1998/99)  | Service and service  |
| technique and give us input on what  | Names and addresses of national officers and staff, board of directors, sport and   | at was world they  |
| we can do to improve.  | administrative committees, association officers and addresses, etc. \$12.00.  | S <u>sides de sur s</u> and  |
| EW: Perhaps, your judged work-   | USATF Governance Handbook (1998)  |  |
| outs are the secret to the Indiana Race-   | U.S. Bylaws and operating regulations, forms for membership, race sanction,   | \$   |
| walkers' success. You have so many excellent competitors in your club.           | IAAF Scoring Tables   | N. S. States in  |
| JH: Many of us like an indoor  | Official world scoring tables for men's and women's combined-event competitions.  | · Anne in a second   |
| track. It makes you stay focused and I   | \$12.00.  | \$   |
| think you work harder because you  | IAAF Handbook<br>1996/1997 rules and regulations handbook. \$15.00.   | \$   |
| can continually see what your times  | the stime of Coording Tables  | and the second of the  |
| are as you go around.  | a malate evenis, toplac for 21 men's and 17 women's individual evenis, all evenis, and  |  |
| EW: Are you adding anything to<br>your training to help you get the              | the event orders, in normal multi-events are included: decalinon, neptation, indeer a   |  |
| American record next year?   | the second WAVA multi-events and instructions for right   |  |
| IH: Dave Romansky and a few oth-   | automatic times are included. In English and German. Pocket size (41/2x 6).\$12.00.   | \$   |
| ers suggested that I try doing some  |   |  |
| push-ups and work on strengthening   | Thit American coaches and athletes share ideas on rechnique, fraining and rideing   | \$   |
| my upper body. They thought it would   | Thirty American coaches and atmetes share the solution of the | \$   |
| help my turnover. If you can get your  |   | \$   |
| arms to go faster, your legs will go<br>faster. I will be working harder on this | LIGATE Oreas Country Datch 3-COLOF PHOTOLOBIEU 4 X 5 WILL GOID UNIT   | \$   |
| Margaret Walker, W75. Margaret   | USATE Lapel Pin. 3-color USATE Logo on 7/8 Solt ename laper pin that part   | \$   |
| is a member of the Niagara Walkers   | back with military clutch). \$5.50.   | \$   |
| and was the only one in her age divi-  | USATF Decal. 3-color. 3" x 2-1/2". \$2.00.  |  |
| sion finishing with a time of 23:06.49.  | National Road Race Encyclopedia<br>Lists 100 of the nation's most popular road races, with race entry information, top 100  | ).   |
| EW: Do you like racing Indoors?  |   |  |
| MW: I enjoy it. I like the Boston  |   |  |
| track. It is not too banked. And the   | trivia, and guide to national running organizations. Complied by time trees again   | \$   |
| race is very well run. The chief lap<br>counter uses a microphone and we can     | Barny Derilli \$24.95   |  |
| hear him. We always know where we  | Guide to Prize Money Races and Elite Athletes 1999<br>Published by Road Race Management, the Guide includes elite athlete   |  |
| are during the race. I was a little slow   |   |  |
| because I was just getting back into   | phone numbers, calendar for over 400 prize money events, and more. \$60.00.   | \$   |
| training. I wasn't sick or anything.   |   |  |
| Just winter slowdown.  | Dimentify newsletter Contents include the latest scientific information on on   | \$   |
| EW: How do you approach racing   | durance training, sports nutrition, and injury prevention, \$60.00 per year   | STATISTICS STATE   |
| when there is no one else in your age<br>group and you know you are a winner     | Back Issues of National Masters NewsIssues: \$2.50 each   | \$   |
| before you start?  | Postage and Handling  | \$<br>\$   |
| MW: I always try to do something   | Overseas Air Mail (add \$5.00 per book)   | \$   |
| good for my age group.   | TOTAL   | 4  |
| EW. What would you say to a  | Send to: National Masters News Order Dept.<br>P.O. Box 50098, Eugene OR 97405   |  |
| woman in her 70s wondering whether   | P.O. Box 20030, Eugene ON 37403   | A start of a start of  |
| to do the Indoor Championship for the  | Name  | a set a set of the   |
| first time?<br>MW: I would tell her to go out and                                |   | Sales Barris   |
| do the best she can.   | Address   | gent diler bler.   |
| EW: And that's all any of us can do  | CityStateZip  |  |
| at any age.  | Channel and a second   |  |
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## page 14



# A View from Second-Last Place at Boston

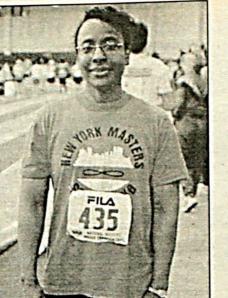
Seven shot records and one weight record were broken at the National Indoor Championships in Boston (see list on page 18). The top superweight marks will be listed with the other pending marks for the event, and when enough are compiled, the best in each age group will be submitted for approval as national records.

Other aspects of the meet caught my eye. One was the world record, an agegraded 96% 31-9¼, by Ross Carter in the M85 shot. A noteworthy mark, but perhaps almost as significant is the fact that there were four throwers in his division, all age 85. Having talked to Ross on the flight to Boston about the dearth of throwers in his age group, I know that he would be the first to agree. There were no M85s at the 1998 Championships in Maine, and just two in Boston in 1998.

Two more facets of the meet that caught my interest were the large number of M50-54 shot putters (13), just two less than in that group in the 1998 Championships in Maine, and the number of women weight throwers (21) as compared to last year (10). An increase of over 100% has to be indicative of something.

A New Kid in the Ring

I was watching the men weight throwers Friday evening when one of the women's shot officials came over asking for a steel tape and dropped the word "record." I hurried to the shot ring and discovered that the recordbreaker, with a 40-7, was a diminutive W35, rather than the larger-than-average female that I had stereotypically



JERRY WOJCIK

Nina Lewis won the W35 shot put with a U.S. record 40-7, National Masters Indoor Championships.

envisioned on the way there.

Neni (Oneithea in the results) Lewis is 38, a St. John's grad, and quick and strong. She won the shot put overall in an open competition at the '99 Colgate Indoor with 13+ meters but didn't apply for a record because she was unaware that W35s had records. She joined the New York Masters club and became a teammate of Roz Katz, a W55 thrower, both coached by Goran Milanovic. According to Katz, Lewis is already at 125-0 with the hammer after just a couple of sessions under Milanovic's tutelage.

Now It Can Be Told

If you've checked the age-graded percents in the results for the weight

and superweight for M50+ and W60+ and found them in absentia, here's why: the Hy-Tek program, used in most masters meets for results, calculates the age-grading percents on the WAVA pentathlon weights specified for men after age 49, and women after age 59, not on the implements used in the U.S. weight throw. The WAVA weights for M30-49 are

The WAVA weights for M30-49 are 35-lb., M50-59 25-lb., M60-69 20 lb., M70-79 16-lb., and M80+ 12-lb. The WAVA weights for W30-49 are 20-lb., W50-59 16-lb., and W60+ 12-lb. But here in the U.S. the 35-lb. is used by men until age 60 when it becomes the 25-lb. for M60+, and the W60+ use the 16-lb., not the 12-lb.

According to Rex Harvey, the USATF Masters Combined-Events honcho, who was a primary figure in the evolution of age grading, the concept of a superweight doesn't exist outside of the U.S.; consequently, the Hy-Tek program, as far as I know, can't age grade marks for that event, so I don't know what the basis is for the superweight percents.

I had intended to explain this in an earlier column but was reluctant to bring it up until I heard percents bandied about in discussions of weight and superweight performances at Boston. Plus, I feared getting a call from Los Angeles, where final editing is done and the NMN is put together, and being told that nobody there understands what the hell I'm talking about and nor will my readers.

Some befuddlement for awhile until everybody gets the message, is better than to continue working on misinformation.



Medalists in the W55 weight throw (I to r): Carole Young, gold (33-101/4), Suzy Hess, bronze, and Roslyn Katz, silver, National Masters Indoor Championships, Boston.

# **Rankings Report**

## by JACK LANCE USATF Track & Field Rankings Coordinator

The 1998 USATF Track & Field Rankings book is now at the printers. It has been improved to provide masters athletes with a better publication of the 1998 outdoor rankings. The last entries for the rankings were taken from the February 1999 National Masters News. All correspondence received prior to February 15 was also included.

The 1998 rankings book will still be priced at \$7 per copy. Additional sponsors are needed to continue selling the book at that price. Individuals or businesses interested in sponsorship should contact me at P.O. Box 276, Long Valley NJ 07853; Fax: 908-876-5856.

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# **Tuttle Breezes to Win in Shamrock Shuffle**

by GARY HENLEY

It was a record Sunday in Chicago's Grant Park on Mar. 28, as 11,307 participants enjoyed the most successful Shamrock Shuffle 8K ever. The race also served as the USATF National Masters Championships and Indy Life Circuit event.

John Tuttle, 40, a teacher and assistant cross-country coach at Alexander High School in Douglasville, Ga., finished second overall and won the heated masters competition, which featured Craig Young, Dick Buerkle and Bill Rodgers.

Tuttle, who breezed his way to a 23:25, outlasted Young, 42, Colorado Springs, Colo., who finished in 24:12.

Tuttle just missed breaking his own pending U.S. masters record by one second, but still dominated the masters race for his second straight USATF masters title and ILC win.

He ran stride-for-stride with Todd Williams, 30, Knoxville, Tenn., before Williams was able to win by a five-second margin.

Williams called Tuttle's effort: "Amazing. I hope I can do that when I'm 40."

Tuttle turned 40 last October, and celebrated that milestone by winning the 15K National Championship in Tulsa, Okla., with a 45:43.

The following month, he set a U.S. 10K record for masters with a 29:44, breaking the old record by 12 seconds.

Pending verification, new masters marks set in the Shamrock Shuffle 8K were Dick Buerkle, 51, Atlanta, and his 25:32, bettering the M50 age-group record of 25:47, while Joan Ottaway, 55, Sonora, Calif., set a W55 record 31:13. Doug Bell, 48, Greeley, Colo., set a men's single-age record 25:37. Fay Bradley, 61, Washington, D.C., set a men's single-age record 28:56.

In the women's race, Irina Bondarchouk was the first W40+ finisher in 28:36, while Jeanne Lasee-Johnson, 41, Chula Vista, Calif., repeated as national masters champion in 28:53, with Bev Docherty second (29:07). Both Johnson and Docherty earned \$500.

As an Indy Life Circuit event, the masters were also ranked based on the 1994 WAVA age-graded tables. For the men, Tuttle again had the top age-graded time (his 23:25 equates to a 22:37 open performance). Ottoway, the two-time ILC Grand Prix age-graded champion, was the best age-graded woman with a 26:07 (31:13 actual).

The race produced the most top quality performances in the Indy Life

# Steve Scott, Joan Samuelson Master the Moment at CARLSBAD 5000

Carlsbad, CA – Steve Scott, 42, Santee, Calif., and Joan Benoit-Samuelson, 41, Freeport, Maine, were the top masters finishers in a field loaded with world class runners at the Carlsbad 5000 on March 28.

fita

Scott and Steve Plasencia, 42, Shoreview, Minn., battled right to the finish line, with Scott winning in 14:29 to Plasencia's 14:31.

Scott and Benoit-Samuelson, both American running legends, continue to leave their mark as masters runners. Scott, the U.S. record holder in the mile at 3:47.69, and Benoit-Samuelson, the first women's Olympic marathon gold medalist (Los Angeles 1984), helped to push the pace under cool and breezy conditions.

Scott and Plasencia hit the first mile in 4:31 and two miles in 9:13. With 400 meters left, Scott used his superior speed to pull away from Plasencia to win his third USATF 5K road crown.

Peter Koech, 41, Albuquerque, N.M., was the third M40 runner in 15:17.

"I knew if I stayed with Steve that I could outkick him," said Scott, a local resident.

Plasencia, meanwhile, was pushing Scott to the limit.

"I tried to break Steve several times after two miles, but I couldn't and later my resolve melted," Plasencia said. "I was just testing the American mile record holder to see if he still had it. He still does."

Plasencia, however, is still the U.S. masters 5K record holder, at 14:25.

In the women's masters race, Kim Bender, 41, Seattle, Wash., set the early

At two miles, with a 10:50 mark, it

was Bender and Benoit-Samuelson. A half-mile later, Benoit-Samuelson, the U.S. marathon record holder, surged ahead and continued unchallenged to the tape in 17:06. Bender followed ten seconds later with Michelle Buchicchio, 43, Arcadia, Calif., third in 17:26.

"I had hoped to run 16-something, but I just didn't have any speed," said Benoit-Samuelson.

There were several world- and nationalclass, age-graded times turned in, as Scott's 14:29 equalled an age-graded 94.5%, while Plasencia's 14:31 is a 94.3%.

Nolan Shaheed, 49, Pasadena, Calif., was 10th among masters runners with a 15:55, and third-best age-graded mark of 90.6%.

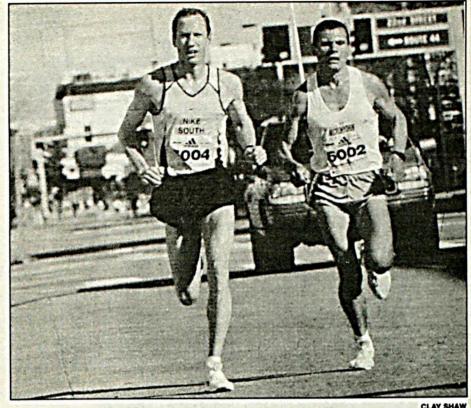
Koech's 15:17 was good enough for an age-graded mark of 88.8%, while Benoit-Samuelson's time in the women's race is an age-graded 89.1%.

Other top runners competing were John Brennand, the first M60 runner in 18:27; Robert Culling, first at M65 in 19:49; and Gunnar Linde, the top M70 runner in 20:53.

On the women's side, Marina Jones finished in 18:49 for the top mark at W45; Joni Shirley, W50, was first in that group with a 19:56; Yvette Lavigne took top honors at W55 with a 20:43; and Martha Walker finished first at W60 with a 25:26.

Armando Quintanilla, 30, of Mexico, and Libbie Hickman, 34, Fort Collins, Colo., captured the men's and women's open titles.

- Information compiled by RRIC



CLAT SHAW

John Tuttle (I) battles Andrey Kuznetsov in the Shamrock 8K in Virginia Beach on March 20. Tuttle, 40, outkicked Kuznetsov, 41, down the stretch to win the masters division in 23:24. Kuznetsov finished in 23:28.

Circuit's three-year history as a record 12 masters - 11 men (another record) and one woman - ran world class times

(90% or higher on the WAVA age-graded tables).

- RRIC contributed to this article

# WESTERN REGIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS JUNE 19, 1999 UCSD LA JOLLA

|   | the second se   |
|---|---|
| ENTRY FEE:  | 520 entry fee plus 35 per event. Pentathion and Relays 520.   |
| PRE-REGISTRATIO   | N: All events except rolay DEADLINE 12 JUNE. Late entries \$5 tf lanes available.   |
| FACILITIES:   | Artificial Track, Javelin and runways. 1/2" splice required. Concrete throwing circles.   |
| ORDER OF EVENTS:  | Women first-oldest to youngest in 5-year age groups starting at 30 years of age.<br>Rams may be combined at most director's discretion. If there are not enough<br>Compositors to run heats, the final will be run at the scheduled time. |
| AWARDS:   | Track and field USA championship module to first three pinces.  |
| DIRECTIONS:   | I-5 morth or south to Genesses. West on Genesses to North Torrey Pines Road.<br>Bouth to UCSD North Point Drive. Left into Parking area. Free Parking   |
| SCHEDULE:<br>9:00 Pentathles<br>9:00 5,000 met<br>9:45 5,000 met<br>9:45 Hammer   | er walk 12:00 200 meter prelims 1:45 200 meter finals 3:00 400 meter finals<br>er rm 12:00 Long Jump 2:00 Trials jump 3:15 Hick burdle  |
| 10:00 Pole vault<br>10:30 100 meter   | 1:00 Shet put 2:30 Discus 3:45 1600 meter relay<br>prelims 1:00 400 meter prelims 2:45 1,500 meter final  |
| 18:00 Pole vault<br>19:30 100 motor<br>ED OLEAT/<br>Name  | 1:00 Shet put 2:30 Discus 3:45 1600 motor reisy<br>prolime 1:00 400 motor prolime 2:45 1,500 motor final  |
| 10:00 Pole vault<br>10:30 100 motor<br>ED OLEAT/<br>Name  | 1:00 Shet put 2:30 Discus 3:45 1600 motor relay<br>prelims 1:00 400 motor prelims 2:45 1,500 motor final<br>ENTRY FORM-<br>A, ENTRY COORDINATOR, 2870 Glenbreek Way, La Jella, CA 92037 619-453-4570                                      |
| 18:00 Pole vault<br>18:30 100 meter<br>ED OLEAT/<br>Name  | 1:00 Shot put 2:30 Discus 3:45 1600 motor reiny<br>prolina 1:00 400 motor prolina 2:45 1,500 motor final<br>ENTRY FORM.<br>A, ENTRY COORDINATOR, 2870 Giembrook Way, La Jolia, CA 92037 619-453-4570<br>AgeBirthdate/_/                   |
| 18:00 Pole vault<br>18:30 100 meter<br>ED OLEAT/<br>Name  | 1:00 Shet put 2:30 Discus 3:45 1600 meter relay<br>prelime 1:00 400 meter prelime 2:45 1,500 meter final<br>  |
| 18:00 Pole vault<br>18:30 100 meter<br>ED OLEAT/<br>Name  | 1:00         Shet put         2:30         Discus         3:45         1600 motor relay           prelime         1:00         400 motor prelime         2:45         1,500 motor final   |
| 18:00 Pole vault<br>19:30 100 motor<br>ED OLEAT/<br>Name  | 1:00         Shet put         2:30         Discus         3:45         1600 motor reiny           prelime         1:00         400 motor prelime         2:45         1,500 motor final   |
| 18:00 Pale vault<br>19:30 100 motor<br>ED OLEAT/<br>Name<br>Address<br>City/State/ZIP<br>Events Entered<br>Chib Affiliation<br>Event Performance Levent Performance Levent<br>Teo Shirts by pre-order<br>Total enclosed including   | 1:00 Shot put 2:30 Discus 3:45 1600 motor reisy<br>prelims 1:00 400 motor prelims 2:45 1.500 motor final<br>  |
| 18:00 Pole vault<br>19:30 100 motor<br>ED OLEAT/<br>Name<br>Address<br>City/State/ZIP<br>Events Entered<br>Chib Affiliation<br>Event Performance Levent<br>Too Shirts by pro-order<br>Total enclosed including<br>WATVER: In considerations<br>resenters and administra<br>resenters and administra | 1:00 Shot put 2:30 Discus 3:5 1600 motor reisy<br>prelime 1:00 400 motor prelime 2:45 1,500 motor final<br>   |

page 16



Runners in the women's age-graded 100. From left: Wanda Snell, Grace Dinkins, Cindy Steenbergen, Phil Raschker, Kemisole Solwazi, Elaine Iba, Sumi Onodera-Leonard, Kathy Bergen.

# **Thousands Cheer Masters at Mt. SAC Relays**

More than 3000 spectators cheered female masters runners in two agegraded races at the 41st annual Mt. SAC Relays in Walnut, Calif. (25 miles east of Los Angeles) on April 18.

The age-graded 100 was won by Phil Raschker, 52, the nine-time USA female masters track and field athleteof-the-year who won 10 gold medals in the World Veterans Championships in South Africa in 1997.

The Marietta, Ga., accountant held off fast-closing Cindy Steenbergen, 45, of Fort Worth, TX, 11.51 to 11.60.

Each runner got a distance handicap based solely on her age. Raschker ran 86 meters while Steenbergen covered 91 meters. The oldest runner in the field was Sumi Onodera-Leonard, 70, of Los Angeles, who ran 73 meters.

"I had a lead-butt in the blocks, but I was comin' at the end," said Steenbergen.

"It was fun," said Onodera-Leonard, who is now being coached by Jackson Steffes.

Raschker, who had achilles surgery earlier this year, came out of the race in one piece.

"This was my first test of the year," she said. "I think I might be able to go to Gateshead (for the 1999 World Championships)."

Announcer Dixon Farmer introduced each runner before the race, extolling their achievements and drawing the crowd into the race.

The age-graded 800 was in the prime-time Sunday spot between the open men's 800 and Marion Jones' 400 race.

Regina Joyce, 42, of Lynwood, WA, overtook Jeanne Hoagland, 62, of Los Angeles down the final straight to win by three seconds.

In this "Portsmouth Start" race, each woman ran the full 800 meters. The oldest, Onodera-Leonard, 70, started with the gun. The next oldest, Hoagland, followed 18 seconds later and so on down to the youngest, Lisa Kealy, 36.

With Farmer again calling the action, the crowd really got into it, especially cheering Onodera-Leonard throughout the entire two laps.

Three U.S. 800 age-group recordholders were in the race: Hoagland (W60, 2:41.01), Diane Heil (W40, 2:20.21), and Onodera-Leonard (W70, 3:20.71). Even the honorary starter, Ruth Wysocki, holds the W35 800 mark (2:02.83).

Joyce, who represented Ireland in the 1984 Olympic marathon in Los Angeles and was the third-ranked masters USA road runner in 1998, started 47 seconds after the gun. Her total time was 3:10, which means her actual running time was 2:23. Hoagland's actual time was 2:55, while Heil, who finished one second behind Hoagland, clocked 2:26.

"With a lap to go, I was still about 80 meters behind Jeannie," Joyce said, "but when we hit the backstretch, I decided to go for it. I ran about 12 seconds faster than I thought I would."

The handicaps for both races were established by the World Association of Veteran Athletes (WAVA) and are listed in the Masters Age-Graded Tables (see page 13).

The race was organized by John Cosgrove, who used his modest USATF budget to fly in Joyce and Steenbergen. Raschker's air fare was sponsored by Hy-Tek.

"The people at Mt. Sac are very supportive and are very happy with the excitement these races generate," Cosgrove said. "That's why they're willing to give us such good primetime slots. We plan to do it bigger and better next year."

-Al Sheahen



Athletes in the women's age-graded 800 at Mt. SAC Relays, April 19. From left: Jeannie Hoagland, Sumi Onodera-Leonard, Diane Heil, Tracey Cox, Lisa Kealy, Regina Joyce.



Running columnist Joe Henderson (I) with winners Mike Dove (27:59) and Joan Ottaway (31:23), 50+ 8K Race, Stanford, Calif., March 21.

# **Record Turnout For Fifty-Plus Fitness 8K**

## by MARK WINITZ

Over 500 participants completed the Fifty-Plus Fitness Association 8K Road Race and 5K Walk at Stanford, Calif., March 21, the largest turnout in the event's 16-year history. Held under partly cloudy conditions, the race served as the 8K championship for the USATF Pacific Association.

The race is historically one of the country's finest examples of senior fitness for the 50-and-over age group population. All ages were invited to compete this year for the first time – with very fast results.

In the featured Paul Spangler Memorial 8K race for the 50-and-over competitors, Mike Dove, 52, Salinas, Calif., topped the men with a 27:59. Joan Ottaway, 55, Sonora, Calif., emerged victorious among the women in 31:23. Both runners are among the top in their respective age groups.

In the masters contest (40-49 yearolds), Tim Minor, 41, Reno, Nev., ran a 25:21, while Diana Fitzpatrick, 40, San Francisco, recorded a 28:04 for top honors.

Other fine performances included Ralph Jago, M85, running a 1:13:30, and the 37:46 turned in by Eve Pell, W60.

During the weekend's festivities, Joe Henderson, longtime running author and columnist for *Runner's World* magazine, was awarded the annual Emil Zatopek Award by the Fifty-Plus Fitness Association for his outstanding contributions to the sport and senior fitness. At the finish line, Henderson and Bob Anderson, the founder of *Runner's World*, were reunited for the first time in 17 years.

The Fifty-Plus Fitness Association is a non-profit, international organization, with more than 2000 members, committed to showing older adults the rewards and critical importance of an active lifestyle in improving their lives,

## page 17

# **Records Fall at East Indoor Regionals**

## by HAIG BOHIGIAN

Two world, two U.S. and 49 meet age-group records were set or tied at the 27th annual USATF East Regional Masters Championships held at the Armory T&F Center in Manhattan on March 14. A total of 222 athletes entered from at least 15 states, including Georgia, Missouri, and Texas.

Manfred d'Elia broke the M90 200 world record of 68.6 with a 62.00. Evelyn Wright increased the W60 triple jump world record from 26-5<sup>3</sup>/4 to 28-0.

Phil Mulkey hit an M65 U.S. record of 43-10 in the shot put, erasing the listed 42-9. James Carmines racewalked to an M55 national record of 14:21.8, below the record 14:22.40.

A remarkable aspect of the meet was

the 4x800 relay, run in two sections, with 8 teams, more than have run cumulatively in the last 10 years. Meet records in the 4x800 were set by the M40-49 and M60-69 Shore AC teams and the M50-59 Raritan Valley RR squad. Relay meet records were also broken by the East W50-59 team and the NY Pioneer M60-69 quartet.

Audrey Lary, 64, was outstanding in setting three meet records: 60 (9.66), 200 (34.50), and 400 (78.53). Three men set or tied two meet records each: Val Barnwell, 41, in the 60 (7.1) and 200 (22.7); Derek Holloway, 35, in the 60 (7.0) and 200 (22.3); and Lester Wright, Jr., 76, in the 60 (9.6 tied) and the 400 (75.70).

The athletes represented 57 teams.

| ATHLETES WHO ENTER A NEW DIVISION I<br>ATHLETE (RESIDENCE)<br>WILLIAM BAILLE (NZ)<br>THADDEUS BELL (N. CHAS SC)<br>VIKTOR BOLSHOV(URS)<br>FRATZ BOSCHEN(WG)<br>FRATZ BOSCHEN(WG)<br>DON FINISHIGE<br>DON FINISHIGE<br>ACCOMASULLE, NC)<br>DON FINISHIGE<br>ACCOMASULLE, NC)<br>DON FINISHIGE<br>ACCOMASULLE, NC)<br>DON FINISHIGE<br>MIKE HOGAN (LA JOLLA CA)<br>JAMES KING (SAN DIEGO, CA)<br>VILJO KYYRO (FINI)<br>DON LESIX<br>HAVARD LUND (NOR)<br>MIKE HOGAN (LA JOLLA CA)<br>JIAMES KING (SAN DIEGO, CA)<br>VILJO KYYRO (FINI)<br>DON LESIX<br>HAVARD LUND (NOR)<br>MIKE HOGAN (LA JOLLA CA)<br>JAMES KING (SAN DIEGO, CA)<br>VILJO KYYRO (FINI)<br>DON LESIX<br>HAVARD MCCOMASULACA)<br>GEORGE MURRAY (BONCULUL, HI)<br>FIDELIS NDYABACYE (UGA)<br>KARE OKSAVIK (NOR)<br>ATVARS PAVULINS (AUS)<br>STEVEN PECK (DAVVILLE, CA)<br>PAT PORTER (ALAMCSA, CO)<br>JON FERMINE (ALAMCSA, CO)<br>JON FERMINE (SAN DIEGO, CA)<br>FRANC VIVODIYNG<br>GEORGE MURRAY (BONCULUL, HI)<br>FIDELIS NDYABACYE (UGA)<br>KARE OKSAVIK (NOR)<br>ATVARS PAVULINS (AUS)<br>STEVEN PECK (DAVVILLE, CA)<br>PAT PORTER (ALAMCSA, CO)<br>JONN FERMINE (SAN DIEGO, CA)<br>FRANC VIVODIYNG<br>GEORGE MURRAY (SAN DIEGO, CA)<br>FRANC VIVODIYNG<br>GEORGE (MURAY (SAN DIEGO, CA)<br>FRANC VIVODIYNG<br>GEORGE (MAN)<br>NATTHANIEL P WHITE (SYRACUSE, NY)<br>KARL WILLMS (WG)<br>DOROTHY ANDERSON (HUGENE, OR)<br>DOROTHY ANDERSON (HUGENE, OR)<br>DOROTHY ANDERSON (HUGENE, CA)<br>PATNIC ILLMS (WG)<br>DOROTHY ANDERSON (HUGENE, CA)<br>PATNIC ILLMS (MAN)<br>MARY HARTLER (SONANA, CA)<br>MARY HARTLER (SONANA, CA)<br>MARY HARTLER (SONANA, CA)<br>MARY HARY ANARES - HEYSTEE (HOL)<br>MARCARETA HOLMS (SONAN )<br>MARY HANYAN (KSA)<br>MARY HARDENACCKY (GER)<br>MARY ANDER STACKY (GER)<br>MARY THOMAS (AUS)<br>MARY HARDENACKY ( | HIS MONTH,           | MAY 1999       |
|--|----------------------|----------------|
| ATHLETE (RESIDENCE)<br>WILLIAM BAILLIE (NZ)  | BIRTHDATE<br>5-28-34 | AGE GROUP      |
| THADDEUS BELL (N. CHAS SC)<br>JIM BLOUNT (ORLANDO, FL)   | 5-14-44              | 55-59          |
| FRITZ BOSCHEN(WG)<br>FRITZ BOSCHEN(WG)   | 5-7-24               | 75-79          |
| AVERY BRYANT (PALOS VERDES, CA)  | 5-25-24              | 75-79          |
| BILL BUSBY (THOMASVILLE, NC)<br>DON FINLAY (GB)  | 5-24-44<br>5-27-9    | 55-59<br>90-94 |
| DÁVID FRAITÁG (SAN DIEGO, CA)<br>JOHN GILMOUR (AUS)  | 5-17-29<br>5-3-19    | 70-74<br>80-84 |
| ALEXANDER GREEN (FORT LAUDERDALE, FL)<br>LEON HACKER (RSA)   | 5-31-9               | 90-94          |
| AGNAR HATTELAND (NOR)  | 5-28-19              | 80-84          |
| JAMES KING (SAN DIEGO, CA)<br>VILJO KYYRO (FIN)  | 5-9-49<br>5-24-19    | 50-54          |
| DON LEE (TX)<br>HARRY LINDELL (SWE)  | 5-29-34              | 65-69          |
| JANIS LUSIS (URS)  | 5-19-39              | 60-64          |
| ISTVAN MAJOR (HUN)<br>EDWARD MCCOMAS (BALTIMORE, MD)   | 5-20-49              | 50-54          |
| REG MCCRAE (AUS)<br>DAVE MCKENZIE (CA)<br>GEORGE MURRAY (HONOLULU HI)  | 5-17-24              | 75-79          |
| FIDELIS NDYABAGYE (UGA)<br>KARE OKSAVIK (NOR)  | 5-10-49              | 50-54          |
| AIVARS PAVULINS (AUS)<br>STEVEN PECK (DANVILLE, CA)  | 5-8-24               | 75-79<br>75-79 |
| PAT PORTER (ALAMOSA, CO)<br>JOHN REYNOLDS (AUS)  | 5-31-59              | 40-44          |
| GENE ROCHAMBEAU (SAN DIEGO, CA)<br>EARL SALISBURY (SAN DIEGO, CA)  | 5-23-19              | 80-84          |
| HANS SCHOUTEN (HOL)  | 5-24-39              | 50-54          |
| FRANC VIVOD (YUG)  | 5-15-44              | 55-59          |
| NATHANIEL E. WHITE (SYRACUSE, NY)<br>KARL WILLMS (WG)  | 5-28-19              | 80-84          |
| DOROTHY ANDERSON (EUGENE, OR)<br>DOROTHY BAVARO (HIGHLAND HILLS, NY)   | 5- 7-29<br>5- 7-14   | 70-74<br>85-89 |
| JANET BOBER (MA)<br>SANDRA FOLZER (WYNCOTE, PA)  | 5-18-44              | 55-59          |
| MARY HARTZLER (GAHANNA, OH)  | 5-14-49              | 50-54          |
| LINDA LANKER (SPOKANE WA)<br>AUDREY LARY (FREDERICK, MD)   | 5-16-54              | 45-49          |
| PATRICIA MCGRATH (WESTCHESTER, PA)<br>CAROL POENISCH (US)  | 5-18-44<br>5-24-54   | 55-59<br>45-49 |
| RAGNA ROKSVAG-ZANGER (US)<br>FELICITAS SALAZAR (SAN DIEGO, CA)   | 5-15-44              | 55-59          |
| ECKY SISLEY (EUGENE, OR)<br>EMILY STONE (BERKELEY, CA)   | 5-10-39              | 60-64<br>50-54 |
| PENNY TAYLOR (US)  | 5-11-29              | 70-74          |
| ROSE THOMSON (MADISON, WI)<br>BRENDA WEBB (AUSTIN, TX)   | 5-13-54              | 45-49          |
| JENNY BROWN (GBR)<br>CLAUDINE_DEMBOURG (FRA)   | 5-21-59<br>5-24-39   | 40-44<br>60-64 |
| NGAIRE DRAKE (NZL)<br>PAMELA HAYES (AUS)   | 5-11-49              | 50-54          |
| MARGARETA HOLM (SWE)   | 5-8-24               | 75-79          |
| JORUN NYGAARD (NOR)<br>ROSEWITHA PANNEKOUCKE (BEL)   | 5-6-29               | 70-74          |
| IMKE PARLEVLIET (HOL)<br>SEVERINA PESANDO (ITA)  | 5-22-34              | 65-69          |
| GILLIAN PLATER (GBR)<br>HEIDI_PRATSCH (GER)  | 5-26-39              | 60-64          |
| MARAGRET ELLEN SMITH (AUS)<br>MONICA SNYMAN (RSA)  | 5-22-49              | 50-54          |
| AGNES SERGERS STERCKX (BEL)  | 5-8-39               | 60-64          |
| CHRISTA VAHLENSIECK (GER)<br>MARYNA VAN NIEKIRK (RSA)  | 5-27-49              | 50-54          |
| MARY WAHREN (AUS)<br>BOZENA WOJCIEKIAN (CAN)   | 5-14-34<br>5- 8-54   | 65-69<br>45-49 |
| Compiled by Pete Mundle, World and U.S. Mas  | sters T&F Recor      | ds Chairman    |

Team titles went to the 30-39 Westchester Puma Club (23 points); the 40-49 Shore AC (55); the 50-59 Bohemia TC (27); the 60-69 Maryland Masters (with a whopping 86 points); and the 70+ title to the Syracuse Chargers. The Shore AC won the overall title with 133, and the Maryland

0-39 ters debut at the new, banked track ; the installed in the 168th Street Armory in 0-59 November 1998. Unfortunately, the new land configuration doesn't allow the weight throw to be held. With the addition of a

Masters came in second with 129.

The meet marked the region's mas-

# with 133, and the Maryland year. □ Last Call for 1999 Indoor Rankings

by JERRY WOJCIK

USATF Masters T&F Indoor Rankings Coordinator

This issue is the last from which marks for the 1999 McMahon Family Trust Indoor Rankings will be taken. If your best marks have not appeared by this issue, send them with documentation (name of meet, date, site, contact person, etc.) before May 15 to the appropriate rankers below:

55m/60m/200/400/55mH/60mH: Larry Patz, 534 Gould Hill Rd., Contoocook, NH 03229.

800/1500/3000: William Benson, 6 Eton St., Valley Stream, NY 11581.

HJ/PV: David E. Ortman, 7043 22nd Ave. N.W., Seattle, WA 98117. E-mail: deo@igc.org.

SP/LJ/TJ: James Gerhardt, 834 Thornvine Lane, Houston, TX 77079. WT/SW/Mile/3000RW: Jerry

Wojcik, NMN, P.O. Box 50098, Eugene, OR 97405. E-mail: natmanews@aol.com.

Title rights to the indoor rankings

have been given to the McMahon Family Trust, which provides funds for their compilation. The McMahon Family Trust was created on January 24, 1990, by Mr. and Mrs. Charles A. McMahon.

special cage, which I have designed, this

problem should be rectified by next

Charles (Chuck) McMahon, of San Diego, Calif., was a masters thrower, who, after a successful career in high school and national competition, got back into track & field at age 51 in the early 1970s and continued until he underwent knee surgery and received a hip replacement in 1992. He held eight world and U.S. single-age records in the throws.

McMahon was a construction manager and supervised the building of the 20-story Home Tower in San Diego, the Anheuser-Busch Brewery in Van Nuys, Calif., and an underground garage at Pershing Square in Los Angeles. In 1965, he was named "Outstanding Professional Engineer of the Year." Charles died Sept. 12, 1994; his wife passed away on Jan. 24, 1997.

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# Indoor Nationals

## Continued from page 5

Geary Daniels, 45, Massachusetts, with a 9:05.11. Craig Fram, 40, New Hampshire, posted the fastest time in the 3000 with a U.S. record 8:33.68. **How High?** 

Leonore McDaniels, 71, Virginia, who broke four world records here in 1998, was the best performer in the high jump with a 92.7% 1.15/3-91/4, as was Wayne Lambert, 52, California, in the pole vault with a 91.8%, 4.15/13-71/4. **How Far?** 

The top performance in the throws went to Ross Carter, 85, Oregon, with

## AGE GROUP RECORDS SET AT USATE NATIONAL MASTERS INDOOR T&F CHAMPIONSHIPS, BOSTON, MASS., MARCH 26-28

## World Records

=establishes/t=ties

| World Re                      | ecords  |                            |  |  |  |
|-------------------------------|---|----------------------------|--|--|--|
| Event                         | Age   | New Mark                   |  | Old Mark                                 | Held By  |
| 60m                           | M75   | 8.92                       | John O'Neill   | 8.95                                     | Tim Murphy                                     |
| 60m                           | M80   | 9.39                       | Roderick Parker                                      | 9.81                                     | Fred White                                     |
| 60m                           | M90   | 13.64                      | Karl Trei  | 17.47                                    | Everett Hosack                                 |
| 60m                           | W75   | 11.45t                     | Mary Holland   | 11.45                                    | Mary Bowermaster                               |
| 200m                          | M50   | 23.76t                     | Charles Allie  | 23.76                                    | Harold Morioka                                 |
| 200m                          | W75   | 40.59                      | Mary Holland   | 41.70                                    | Mary Wixey                                     |
| 200m                          | W85   | 76.43                      | Ivy Granstrom  |  |  |
| 400m                          | M55   | 54.36                      | Harold Morioka                                       | 56.17                                    | James Mathis                                   |
| Contract of the second second | M70   |                            | Earl Fee   | 66.03                                    | John Alexander                                 |
| 400m                          |   | 61.31                      | Roderick Parker                                      |  | Alek Ernesaks                                  |
| 400m                          | M80   | 75.58                      |  | 79.6                                     | Alek Emesaks                                   |
| 400m                          | W85   | 2:39.23                    | Ivy Granstrom  |  | A  |
| 800m                          | M70   | 2:20.45                    | Earl Fee   | 2:42.0                                   | Austin Newman                                  |
| 800m                          | M80   | 3:13.39                    | Roderick Parker                                      | 3:20.57                                  | Austin Newman                                  |
| 800m                          | M85   | 5:33.18                    | Harold Massie  | 5:51.29                                  | Charles Espy                                   |
| 800m                          | W70   | 3:36.58                    | Sumi Onodera   | 3:39.55                                  | Louise Adams                                   |
| 800m                          | W85   | 5:59.98                    | Ivy Granstrom  |  | ALT LANGER AND ALT                             |
| Mile .                        | M60   | 5:01.76                    | Dan Conway   | 5:13.38                                  | Henry Hawk                                     |
| Mile                          | M75   | 6:42.03                    | John McManus   | 6:54.8                                   | Byron Fike                                     |
| Mile                          | M85   | 12:06.13                   | Harold Massie  |  |  |
| Mile                          | W40   |                            | Patty Blanchard                                      | 5:03.6                                   | Erna Kozak                                     |
| Mile                          | W60   |                            | Jeanne Hoagland                                      | 6:55.59                                  | Grace Butcher                                  |
| Mile                          | W65   | 7:13.86                    | Toshiko d'Elia                                       | 7:35.0                                   | Marie Stafford                                 |
| Mile                          | W85   |                            | Ivy Granstrom  | 1.33.0                                   | Walle Stallord                                 |
| 3000m                         | W85   |                            | Ivy Granstrom  | and the second                           |  |
| 60mH                          | M55   |                            | Courtland Gray                                       | 8.91                                     | Emil Pawlik                                    |
| HJ                            | M85   | 1.06m                      | James Elliott  | 1.05m                                    | Karl Trei                                      |
| HJ                            | M90   | 0.89                       | Karl Trei  | 0.80m                                    | Everett Hosack                                 |
| HJ                            | W75   | 1.80m                      | Margaret Hinton                                      | 0.94m                                    | Katrina Smildzina                              |
| PV                            | W75   | 1.40m                      | Margaret Hinton                                      | •  | Radina Oniozina                                |
| IJ                            | W75   | 2.91m                      | Mary Holland   | 0.71-                                    | Manu Missour                                   |
| L                             |   |                            |  | 2.71m                                    | Mary Wixey                                     |
|                               | M90   | 2.49m                      | Karl Trei  | 2.06m                                    | Everett Hosack                                 |
| TJ                            | M85   | 5.48m                      | James Elliott  | 4.83m                                    | Konrad Boas                                    |
| TJ                            | M90   | 5.18m                      | Karl Trei  | 3.83m                                    | Mikko Salonen                                  |
| TJ                            | W75   | 5.30m                      | Margaret Hinton                                      | 5.17m                                    | Mary Wixey                                     |
| SP                            | M70   | 13.55m                     | Arnie Gaynor   | 13.23m                                   | Ross Carter                                    |
| SP                            | M85   | 9.68m                      | Ross Carter  | 7.56m                                    | Leon Joslin                                    |
| SP                            | M95   | 4.06m                      | Everett Hosack                                       | 4.01m                                    | Everett Hosack                                 |
| 3000RW                        | M55   | 13:51.46                   | Jim Carmines   | 14:22.40                                 | Ed Kousky                                      |
| 3000RW                        | M60   | 14:34.28                   | Dave Romansky  | 14:44.51                                 | Max Green                                      |
| 3000RW                        | M70   | 17:03.33                   | Jack Starr   | 17:31.6                                  | Pauli Makinen                                  |
| 3000RW                        |   | 13:46.73                   | Maryanne Torrellas                                   | 14:23.33                                 | Viisha Sedlak                                  |
| 3000RW                        | and the second se | 15:22.71                   | Janet Comi   | 15:52.71                                 | Ann Lewis                                      |
|                               |   | 10.22.71                   | Valiet Collin  | 13.52.71                                 | Ann Lewis                                      |
| Provide States                |   |                            |  |  |  |
| US Dec                        | arda  | a sea the                  |  | 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1 |  |
| U.S. Rec                      |   |                            | State of the state of the                            |  |  |
| 60m                           | W35   | 7.88                       | Charlene Landrum                                     | 8.09                                     | Joy Upshaw-Margerum                            |
| 200m                          | W35   | 25.19                      | Charlene Landrum                                     | 26.91                                    | Denise Foreman                                 |
| 200m                          | W60   | 32.50                      | Carolyn Cappetta                                     | 33.25                                    | Betty Vosburgh                                 |
| 400m                          | M70   | 65.27                      | Rodney Brown   | 66.03                                    | John Alexander                                 |
| 400m                          | W50   | 71.93                      | Debbie Stiles  | 72.86                                    | Linda Upton                                    |
| 800m                          | M70   | 2:38.10                    | Jim Selby  | 2:42.0                                   | Austin Newman                                  |
| 800m                          | M75   | 2:54.83                    | Archie Messenger                                     | 2;55.5                                   | Austin Newman                                  |
| 800m                          | W65   | 3:12.78                    | Grace Butcher  | 3:13.74                                  | Toshiko d'Elia                                 |
| Mile                          | W40   | 5:11.11                    | Patti Ford   | 5:12.4                                   | Barbara Pike                                   |
| 3000m                         | M40   | 8:33.68                    | Craig Fram   | 8:43.71                                  | Steve Gallagher                                |
| 3000m                         | M60   | 10:01.96                   | Dan Conway   | 10:31.4                                  | James Sutton                                   |
| 3000m                         | W40   | 10:05.32                   | Patti Ford   | 10:19.8                                  |  |
| 60mH                          | M85   | 18.45                      | James Elliott  |  | Barbara Filutze                                |
| 60mH                          | W35   | 9.47                       | Charlene Landrum                                     | 0.57                                     | Design Free                                    |
| HJ                            | M70   | 1.37mt                     | Bill Wambach   | 9.57                                     | Denise Foreman                                 |
| LJ                            | M85   | 2.77m                      |  | 1.37m                                    | Burl Gist                                      |
| SP                            |   |                            | James Elliott  | 2.66m                                    | Russell Randall                                |
| SP                            | M50   | 16.03m                     | Ladislav Pataki                                      | 15.80m                                   | Carl Wallin                                    |
| DP                            | M65   | 13.62m                     | Phil Mulkey  | 13.03m                                   | Len Olson                                      |
|                               |   | 10                         |  |  |  |
| SP                            | W35   | 12.37m                     | Oneithea Lewis                                       | 12.35m                                   | Joan Stratton                                  |
| SP<br>SP                      | W35<br>W75  | 6.69m                      | Margaret Hinton                                      | 12.35m<br>6.46m                          |  |
| SP<br>SP<br>WT                | W35<br>W75<br>W80   | 6.69m<br>4.69m             | Margaret Hinton<br>Katherine Gradick                 | 6.46m<br>4.19m                           | Libby Hagemann<br>Ivy Brown                    |
| SP<br>SP<br>WT<br>3000RW      | W35<br>W75<br>W80<br>W50  | 6.69m<br>4.69m<br>16:47.70 | Margaret Hinton<br>Katherine Gradick<br>Jackie Reitz | 6.46m<br>4.19m<br>17:25.86               | Libby Hagemann<br>Ivy Brown<br>Kathleen Frable |
| SP<br>SP<br>WT                | W35<br>W75<br>W80<br>W50  | 6.69m<br>4.69m             | Margaret Hinton<br>Katherine Gradick                 | 6.46m<br>4.19m<br>17:25.86               | Libby Hagemann<br>Ivy Brown<br>Kathleen Frable |



JERRY WOJCIK Roderick Parker ran sensational races to break the M80 world records for the 400 (75.58) and the 800 (3:13.39), National Masters Indoor Championships, Boston.

a 96.3% world record 9.68/31-91/4. Ladislav Pataki, 52, California, won the M50 shot competition in a field of 13 with a U.S. record 16.03/52-71/4. Tim Edwards, 50, Colorado, won the M50 35-lb. weight throw with a 13.86/45-53/4.

## **Pawlik Pins the Pentathlon**

In the pentathlon held on Friday, Emil Pawlik, 60, Mississippi, earned the day's highest total of 4300. Ken Kring, 47, Pennsylvania, M45 winner, was second-highest at 3901. The top score among the women was 3355 by Irene Thompson, 44, New York.

Organizers "Meet" the Challenge The meet was hosted by the Boston Running Club, who provided most of the 60 volunteers, in cooperation with USATF New England. Meet management was organized by Fred Treseler of TRACS, Inc. Allie Pendleton served as meet coordinator. Primary sponsors were FILA; Cisco Systems, presenter of the Cisco Miles; and Mrs. Thorn Pendleton, presenter of the Pendleton 3000m Races. Peter Taylor was the announcer. Timing was done by Lancer Timing.

On Friday, the Boston Commission on the Affairs for the Elderly brought in over 100 senior citizens from area centers to cheer on the competitors and enjoy lunch at the Reggie Lewis track. Many enjoyed the outing so much, they returned on Saturday and Sunday.

Competitors generally had high praise for the meet and the action on the track. Keith Royster, 42, New Jersey, commented, "Performances were a big step up from 1998. The most grueling races were the heats of the 800, specifically the M45 group.

Someone forgot to tell those guys that they were running semi-final sections. Everybody was helpful, even the folks at the display tables, answering athlete's questions about the meet."

A Long Wait

The chief complaint of the meet came early on Friday evening. Women throwers, because of a change in the schedule from the previous two championships and a resulting conflict with the shot and weight throw, had to wait almost five hours before throwing the weight. Said one thrower, "This is the longest I've ever waited to compete, indoors or outdoors." When the problem was brought up at the athletes' meeting by Ruth Welding, a W40 thrower from Indiana, on Saturday evening, meet management apologized for the inconvenience and assured the women athletes that the problem would be rectified in the future.

**Most Popular Events** 

The 200m races drew the most entrants with 156 men and 47 women; the 60m had 128 men and 43 women; the 800 had 133 men and 32 women. Thirty-three of the 34 women entrants in the 3000 racewalk did compete. All 21 of the women entrants in the weight throw showed up.

Play It Again ....

The Reggie Lewis Center track is a six-lane, 200m oval constructed with the same technology and material found in the Olympic Stadium in Atlanta. The 60m races are held on a separate eight-lane sprint runway in the middle of the track. Masters planning to attend the Championships in 2000 will have the opportunity to compete here, when the meet, hosted by USATF New England, returns to Boston for the fourth year in a row.



John McManus, after breaking the M75 world record in the mile with a 6:42.03, 1999 National Masters Indoor Championships, Boston.

JERRY WOJCIN



# Three Cities to Bid for 2003 Championships

om Jordan, the Executive Vice-President of the World Association of Veteran Athletes, said he has received formal bids from three cities to host the XV WAVA World T&F Championships in 2003:

Moscow, Russia

• Kuala Lumpur, Malaysia

· San Juan, Puerto Rico

Jordan said he also has received a formal bid for the 2002 WAVA Road Race Championships from Auckland, New Zealand.

The sites for both of the above will be determined by delegates to the WAVA General Assembly Gateshead, England, on Aug. 5.

The XIV WAVA T&F Championships will be held in Brisbane, Australia, in 2001.

World Masters Marketing

Ron Bell Associates has been appointed by WAVA to act as its commercial manager and to raise revenue from sponsors. Bell has formed a subsidiary company called World Masters Marketing.

"To manage a contract on a worldwide basis is very difficult," Bell said. "I am therefore offering partnership arrangements in the six WAVA regions to anyone interested in being part of the company, yet simultaneously working independently."

Bell said only one partner would be appointed in each WAVA region and thus would be "an excellent opportunity to earn good financial rewards."

Bell said the opportunity could appeal to an existing marketing/sponsorship company or to individuals with



Gary England, M40 shot put winner (52-103/4), National Masters Indoor Championships.

a love of masters athletics and good contacts within the marketing world.

been agreed with WAVA," Bell said. Anyone interested should contact Bell (see address on page 20).

"A planned program has already Ron Morris, of the On Track Co., through which masters athletes can purchase USA uniforms for the WAVA Championships in Gateshead, displays a singlet at the athletes' meeting, 1999 National Masters Indoor Championships.

# **Gateshead Uniforms Available for USA Participants**

by GARY ENGLAND

The National Indoor Championships in Boston served as the launching pad for the new USA Team Uniform and Apparel line. However, due to miscommunication, On Track, the official supplier, was unable to sell uniforms and warm-ups on-site.

The new look is white with royal blue trim. The imprint is a tall condensed royal blue USA with a red drop shadow; very bold, very sharp. There are USA Masters logo imprints on all of the matching blue uniform pieces. Matching pieces are singlet running silks, half tights and bun huggers, all royal blue. If you are interested in a speed suit, you need to contact us by May 21. We will be doing one run of these, to orders only.

The uniforms are from InSport of Beaverton, Ore. To find your correct size, go to a sporting goods store that carries InSport and try on their apparel. The uniforms come in both men's and women's cuts where applicable.

A line of casual wear accompanies the uniform line. Only top quality suppliers were selected for this line. Tshirts are Lofteeze, Fruit of the Loom's finest; heavyweight 11 oz. sweatshirts are LEE Crossgrains. Both are ash color with the USA Masters logo.

For casual dress, there is the embroidered pique knit heavyweight polo shirt, in navy with a left chest logo, and the embroidered denim sixpanel hat with a tan suede bill. To carry it all, there is the shoulder bag from Big Guys Bags. Embroidered cordura with two compartments and a front pocket, this bag is tied together with a shoulder strap fastened with heavyweight metal clips. Polos, T-shirts and sweatshirts all are unisex sizing, medium through triple extra large.

Big Guys has designed a special traveling T-shirt that will have the masters logo on the front and a Gateshead design on the back. These T-shirts will sell for \$15 and are terrific for wearing or trading. All apparel is or will be in stock soon. To order by phone, you should

contact On Track at 800-697-2999 or e-mail them at sales@ontrackandfield.com. They can take your order or send you a brochure. On Track takes Visa, MasterCard, Discover, and checks. No COD please.

Since these now represent the Official National Masters Uniform, On Track will be taking orders through and after the Gateshead meet. We will not be taking uniforms to Gateshead, so it is necessary to purchase early if you are attending the Gateshead meet.

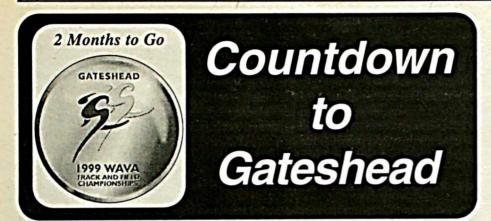


On Track is proud to be the Official Supplier of USA Masters Apparel. We have put together an outstanding group of top quality manufacturers offering a full line of uniforms, warmups, sweatshirts, t-shirts, polos, hats and bags by, InSport, Lee, Fruit of the Loom and Big Guys Bags. We accept Visa, Master Card, Discover or check. For a free apparel catalog contact us.

Official Supplier of USA Masters Track and Field Apparel 800.697.2999 SALES@ONTRACKANDFIELD.COM



National Masters News



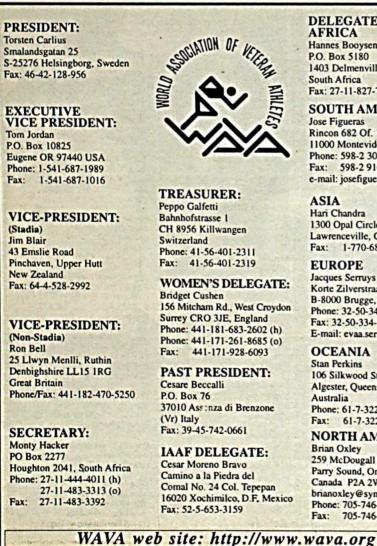
# **Organizers Well Prepared** for World Championships

nly two months remain until the XIII WAVA World Veterans Athletics Championships, July 29-August 8, in Gateshead, England. The entry deadline was April 30. Organizers expect that upwards of 7000 athletes from as many as 80 nations will participate in the biennial event.

A total of 536 entrants from the USA have sent their entry forms to Sandy Pashkin, the USA Team Manager. That compares to 335 USA competitors who went to Durban, South Africa in 1997, 312 who went to Miyazaki, Japan in 1993, and 474 who journeyed to Turku, Finland in 1991.

The championships are open to men age 40-and-over and women age 35-and-over. Competition will be held in five-year age groups through 95+.

Recently, Tom Jordan, who lives in Eugene, Ore., and is WAVA's Executive Vice-President and Chair of WAVA's Organizational Advisory Committee, visited Gateshead with



Torsten Carlius, WAVA President; Ron Bell, WAVA Non-Stadia Vice-President; and Keith Whitaker, Chairman of the British Veterans.

Here are excerpts from Jordan's report:

• The Organizing Committee (OC) says a large number of athletes are planning to stay at lodging outside of its block of hotel rooms, e.g., camp sites, guest houses, etc.

· Promotion has been focused on generating entries and recruiting volunteers. Over 900 volunteers have signed up thus far, as well as 200 certified officials. (For any athletes who are also certified officials, and who end up being utilized by the OC, the

OC will pay the lodging for the actual days they officiate at the event.)

· The OC plans a "Partners Package" for accompanying persons, which will largely be an amenities package featuring coupons for discounts and the like. The OC confirmed that accompanying persons will not be charged for riding the athletes' shuttle.

· Translation at the General Assembly will be available in English, French and Spanish.

• The shuttle system will have several bus routes, each stopping at hotels/dormitories where participants are staying. The goal is to have no route take more than 45 minutes to get from the farthest outlying hotel to the Gateshead International Stadium (GIS). Once at the GIS, a shuttle will run every 30- to 60-minutes in one direction to Monkton Stadium and then on to Riverside, before returning to GIS. Another shuttle will go in the opposite direction to Riverside, then to Monkton, before returning to GIS. In addition, 20 mini-buses will be on standby for emergencies. (The ride from GIS to Monkton takes 15 minutes; from Monkton to Riverside is 20 minutes; from Riverside to GIS is 25 minutes. During rush hours, the trips will take longer.)

· Athletes will want to allow plenty of time to get from their hotel to GIS and then to one of the other stadia, and may want to stay at that venue throughout the day. It will be impractical in most cases to return to one's hotel room between competitions on the same day.

 Taxis are a transportation option. These must be booked through a central number (as opposed to flagging one down on the street). The cost is roughly what one would expect to pay

in any major city in the USA or Europe. In other words, not cheap. A list of rental car agencies will be made available. Remember, the British drive on the left.

· The hotels and dormitories are adequate for athletes' needs, but most are too far to walk to the GIS. So the shuttle system will be crucial. The dorm rooms are one-bedded, with washstand. Meal times will cater to the athletes' needs. The U. of Newcastle has 1000 beds set aside.

 Newcastle is the site of the Metro Centre, Europe's largest shopping mall. Several "Geordies" (the term the residents call themselves) said one survey rates Newcastle the 7th best "party city" in the world. A restored section of the waterfront, called Quai Side (pronounced "key-side"), features top restaurants and nightclubs. The pubs close at 11 p.m. (2300 hours). The extensive subway system closes at midnight.

· Confirmation of entry will be sent to each athlete, along with info about competition, maps of the venues, etc.

 A trial competition is planned for the Regional Veterans Championships at GIS on May 8-9.

• The OC has arranged for 50 drug tests as required by WAVA.

· A temporary Championships office is open from 10 a.m. to 4:30 p.m. The phone number is 44-191-443-3301 and 3302. Fax is 44-191-443-3303

• The staff is making good progress in its preparations. A big plus for the OC is that, as a branch of the city's administrative structure, OC staff members need only go down one flight of stairs to discuss the shuttles with their colleagues in Transport, or down two flights to discuss road closures with Public Works.

# **Report from Britain**

# **Gates Holds Off Foster in British Veterans Cross-County Championships**

## by BRIDGET CUSHEN and MARTIN DUFF

Nigel Gates, 45, held off a late challenge from 10,000 bronze medalist Bill Foster to win the British Vets Cross-County Championships in Norwich on March 27.

Gates, a former world 10K road

## 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

champion from Toronto, raced to a 34:22 finish on the course at Earlham Park, 120 miles northeast of London, while Foster took third behind Dave Neill, both M40 runners.

A separate 50+ race was won by Harry Matthews, who finished in 37:04.

Two weeks after placing as top master in the English Senior National event, Viv McConnell was the overall winner in the women's 5K race, romping to a 20:11.

Felicity Garland (22:15) nipped 1997 London Marathon W50 winner Margaret Auerback (22:21) in the W50. Pam Jones and Betty Smith added wins at W55 and W60.

All will be gunning for the WAVA medals in Gateshead this summer, despite the disquiet over high costs of entry and likely even higher hotel bills.

# DELEGATE OF: AFRICA

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ASIA Hari Chandra 1300 Opal Circle Lawrenceville, GA 30043 Fax: 1-770-682-6500

EUROPE Jacques Serruys Korte Zilverstraat, 5 B-8000 Brugge, Belgium Phone: 32-50-341-781 Fax: 32-50-334-325 E-mail: evaa.serruys@skynet.be

OCEANIA **Stan Perkins** 106 Silkwood St. Algester, Queensland Australia Phone: 61-7-3222-1021

Fax: 61-7-3221-1684 NORTH AMERICA Brian Oxley

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Box 701 Corte Madera, CA 94976 415-721-3791

Trojan Masters TC 1125 N. Stimson La Puente, CA 91744 626-917-6289

Walkers Club of L.A.

610 Woodward Blvd

Anchorage RC

Pasadena, CA 91107 818-985-9854

masters@usctroians.com

West Valley Joggers & Striders 1124 Kennington Av. Sunnyvale, CA 94087 408-246-2651

NORTHWEST

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3225 Scotch Meadows Ct. S.E.

Co Maury Ray Spokane Community College N. 1810 Greene St., MS-2050 Spokane, WA 99207-5399

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4103 Hillcrest Av., SW Seattle, WA 98116 206-932-3923

Paul Stepan, Pres

Pacific Pacers (Racewalk) \_ 6633 N. E. Windermere Rd. Seattle, WA 98115 206-524-4721

www.orrc.net

Oregon Road Runners Club

4840 S. W. Western Av., #200 Beaverton, OR 97005 503-646-RUNR Susan Perry

Barron Park Striders

Olympia, WA 98501 360-438-0051

**Bigtoot Masters** 

Tamaloa Runners

Box 701

# **MASTERS CLUBS**

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

All Unique Individuals Women's Masters Track Team PO Box 2831 Elizabeth, NJ 07207-2831 973-736-3312

Bohemia TC Mary Trotto 3 Eden Dr. Smithtown, NY 11787 516-979-8445

Boston Athletic Assoc. 131 Clarendon St., 8th Floor Boston, MA 02116 617-236-1652 www.bostonmarathon.org

Boston RC 79 Manet Rd. Chestnut Hill, MA 02467 617-964-7802

Capitol Hill Road Runners Club 1104 Sanford Lane Accokeek, MD 20607 Robert S. Weiner

Finger Lakes RC PO Box 321 Newfield, NY 14867 607-564-9516

Garden State AC 19 Bedminster Rd. Randolph, NJ 07869 973-625-1764

Greater Boston TC PO Box 183 Boston, MA 02117-0183 617-499-4844 gbtc@cr1 dec.com www.gbtc.org

Greater Long Island RC 101-24 Dupont St. Plainview, NY 11803 516-349-7646 516-349-7647(fax) www.pobrrc.org

Greater Rochester TC PO Box 92608 Rochester, NY 14692 716-872-6652

Hudson Mohawk Road Runners PO Box 12304 Albany, NY 12212 518-435-4500

Liberty AC 89 May St, #1 Needham, MA 02492 508-462-9552

Maryland Masters TC 107 Rosewood Av. Baltimore, MD 21228-4939 410-744-2652

Nadia TC 1500 Sylvan Terrace Pittsburgh, PA 15221 Dorel Watley, Pres. 412-244-9812

National Capital TC (GNATS) c/o Karen Erb 205 W. Myrtle St. Alexandria, VA 22301 703-549-7779

New England Walkers 83 Riverside Av. Concord, MA 01742 978-369-7912

New Jersey Striders TC PO Box 885 Maywood, NJ 07607 201-287-1064

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

North Jersey Masters PO Box 56 Ridgewood, NJ 07451 Sal Corrallo 3515 Slate Mills Rd. Sperryville, VA 22740 540-547-4355 Run to Win Ladies - Maine Coach Brian Gillespie

Potomac Valley TC

36 Colonial Rd. Portland, ME 04102 207-772-2753

Donna Cetrulo 274 Bath Av. #14 Long Branch, NJ 07740 732-222-1348

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

Syracuse 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 14400 Winchester Rd. Trafford, PA 15085 412-372-1986

## SOUTHEAST

All American TC 20184 Hwy 17 Hampstead, NC 28443

Atlanta TC 3097 E. Shadowlawn Av. NE Atlanta, GA 30305 www.atlantatrackclub.org

Birmingham TC PO Box 530363 Birmingham, AL 35253 205-879-5344

Florida AC 3250 Lakeview Blvd. Delray Beach, FL 33445 561-499-3370

Florida TC PO Box 12463 University Station Gainesville, FL 32604 904-378-8725

Greenville TC PO Box 16262 Greenville, SC 29606-7262 864-235-8260

Huntsville TC c/o Harold Tinsley 8811 Edgehill Dr. Huntsville, AL 35802 256-881-9077 harold.tinsley@gte.net www.huntsvilletrackclub.org

Miami RC Tropical Park 7920 SW 40th St. Miami, FL 33155 305-227-1500

Nashville RACERS 421 Valley Trace Dr. Nashville, TN 37221 615-356-4607 racers@home.com

Nashville TC 2916 Oakland Av. Nashville, TN 37212-5812 615-383-6733

North Carolina RRC PO Box 26761 Raleigh, NC 27611 919-231-0714 Pony Express Masters TC PO Box 503 Norfolk, VA 23501 Attn: Joe Mack 757-482-5558

Port City Pacers PO Box 16907 Mobile, AL 36616 334-473-RACE Richmond T&F Club PO Box 6701 Richmond, VA 23230

804-266-4785 MIDWEST

Ann Arbor TC PO Box 7551 Ann Arbor, MI 48107 734-663-9740 734-663-0124 (fax)

Columbus Roadrunners PO Box 15584 Columbus, OH 43215-0584 617-764-9733

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

Indiana Racewalkers Club 3919 N. Vinewood Av Indianapolis, IN 46254 Michael Bird, Pres. 317-291-7591 mgbird@aol.com

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

Motor City Striders 10144 Lincoln Huntington Woods, MI 48070 248-544-9099 248-544-4601 (fax) racebreak@aol.com www.motorcitystriders.com

9065 Gettysburg Dr. Twinsburg, OH 44087 River to River RC PO Box 1224 Marion, IL 62959

Over the Hill TC

Bob Shul Racing Team 27 E Dixon Av. Dayton, OH 45419 937-293-7935 Bob Shul@sorintmail.com

Victory AC Marty Gonterman, Pres. PO Box 6667 Louisville, KY 40206 502-447-3913

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

# MID-AMERICA

American Walking Assoc. National Office PO Box 4 Paonia, CO 81428-0004 970-527-4557 970-527-4607 (fax) walk@online.col.com

Colorado Walking Club 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 Lawrence TC PO Box 3743, Jayhawk Sta. Lawrence, KS 66046 Lincoln TC

3105 Cedar Av. Lincoln, NE 68502 Prairie Striders Box 267

Brookings, SD 57006 Running International Ric Rojas 3680 Buckeye Court Boulder, CO 80304 303-444-7267 Ric@RicRojasRunning.com

www.RicRojasRunning.com St. Louis TC 2385 Hampton Av., #101 St. Louis, MO 63139-2932 www.stouistrackclub.com 314-781-3926

314-782-3726 (raceline) Santa Fe Striders PO 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 vwrunner@aol.com

East Texas T&F Club 3334 S. SW Loop 323 #125 Tyler, TX 75701 Robert Hahn 903-561-9511 903-561-9605 (fax)

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

King of the Hill TC 48 Chateau Haut Brion Kenner, LA 70065-4956 504-467-1197

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

Midnight Sun TC PO Box 7141 New Orleans, LA 70186

New Orleans TC PO Box 52003 New Orleans, LA 70152-2003 504-482-6682

Oklahoma City RC PO Box 18113 Okalahoma City, OK 73154 405-752-9097

San Antonio TC PO Box 39148 San Antonio, TX 78218 Don Ausin 210-699-0265

210-699-0265 South Louisiana Masters TC PO Box 3125

PO Box 3125 Lafayette, LA 70502-3125 318-984-4934 Team Oklahoma Masters

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

Tulsa RC PO Box 3304 Tulsa, OK 74101-3304 918-496-1939 www.tulsarunningclub.com

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

# WEST

Cal Coast TC PO Box 7132 Newport Beach, CA 92660-7132 949-476-7076 Bill Summer/Rick Herr

Club West Gordon McClenathen PO Box 99 Goleta, CA 93116-1099 805-964-3005

Corona del Mar TC 19103 S. Andmark Av. Carson, CA 90746 310-638-7125

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

310-559-9739 Excelsior TC 311 Lexington Way Burlingame, CA 94010 415-592-8353

Great Strides Honolulu 1521 Punahou St., #1302 Honolulu, HI 96822 808-942-9567

Hawaii Masters TC PO Box 15763 Honolulu, HI 96830-5763

Inland Empire Racewalkers PO Box 261 Riverside, CA 92502 714-877-3548 714-824-2336

KEL Club Gary Kelmenson 5601 Empire Grade Santa Cruz, CA 95060 831-458-0300 kelfield@aol.com

Los Gatos AA PO Box 1334 Los Gatos, CA 95031 408-354-7333

Marin Race Walkers Jack Bray PO Box 21 Kentfield, CA 94914 415-461-6843 marinnw@wenet.net www.lightways.com/marinrw

No. Calif. Senior TC Shirley Dietderich, Pres. 5 Arcade Av. Berkeley, CA 94708 510-848-5016

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

San Diego TC PO Box 371232 San Diego, CA 92137-1232 619-270-SDTC

Santa Cruz TC PO Box 1803 Capitola, CA 831-728-0399

Show Time TC 8306 Wilshire Blvd., Suite 2 Beverty Hills, CA 90211 323-291-7392

Sierra Racewalkers PO Box 13203 Sacramento, CA 95813-3203 916-722-5039

Southern California TC 18 Charca Rancho Santa Margarita, CA 92588 Mike Cleary 949-589-0242 National Masters News

**May 1999** 

# **Masters Scene**

## NATIONAL

• A reprint of NMN columnist Hal Higdon's 1976 book, Leopold & Loeb: The Crime of the Century, is due out from the U. of Illinois Press on May 21, the 75th anniversary of the murder of a boy by two young men and the sensational trial that followed. An excerpt from the book (first chapter) is available on Higdon's web site: http://www.halhigdon.com/books/crime100.html

## EAST

• Bill Kanarek, 45, of Pennsylvania, in 13:22, and Emmy Stocker, 40, NYC, in 14:25, were first masters to the top in the Empire State Building Run-Up, NYC, Feb. 25. The oldest finishers were Chico Scimone, 87, of Italy, 34:21, and Evelyn Davis, 61, of New Jersey, 20:02.

• Roberto Rodriguez, 43, Arlington, VA, in 1:39:03, and Sandra Adams, 49, Winchester, VA, in 1:56:14 chalked up masters firsts, DCRRC Belle Haven 25K, Alexandria, VA, Feb. 27. Bill Woodey, 54, Silver Spring, MD, finished in the top 20 with a 1:48:10.

 Local Long Island master John Del Maestro, 43, with a 56:14, and Patty Zebersky, 43, in 64:12, both nabbed second places in the Kings Park 15K, L.I., March 21. Oldest of the 639 finishers were George Dennis, 75, 1:46:10, and Marge Smith, 60, 2:04:07. Proceeds from the race, dubbed "mile for mile, the toughest running race on Long Island" and staged by The Greater LIRC, benefit The Children's Tumor Foundation.

• Craig Fram, M40, won the M40+ contest with a 52:09, and Joanne Scianne, W45, the W40+ race by six seconds from Mary Lammi, W40, with a 64:32, Jones Town/Country 10 Mile, USATF NE Championships, Amherst, MA, Feb. 28. On March 14, Fram was the masters winner with a 67:47, Law Enforcement Half-Marathon/USATF NE Championships, Melrose, MA, with Rebecca Stockdale-Woolley, W45, taking the W40+ first with an 84:51.

• George Buckheit, 41, Fairfax, VA, chased down a 34:47 as the top masters runner in the Bethesda Chase 10K, Bethesda, MD, March 7. Jim Whitnah, 44, Chevy Chase, MD, ran 35:40 to place second in the M40. Melanie Levin, 41, Washington, DC, was the top W40 in 45:45.

• Ed Sheehan, 42, Washington, DC, braved the cold, wet weather to finish in 32:45 as the top masters runner (7th overall) in the St.

Boston. Both were silver medalists in their divisions.

Patrick's Day 10K in Washington, DC, March 14. Patti Shull, 40 Ashburn, VA, was third overall and ran an event masters record 37:10 as the top masters female. Fay Bradley, 61, Washington, DC, was best in M60 with a 37:03. Hideko Pirie, 54, Fairfax, VA, recorded a 43:21 to win the W50.

• Bill Rodgers, 51, ran into wet, chilly weather April 10 in Washington, DC, as his attempt to set a new M50 10-mile record fell short. He clocked a 54:03 in the annual Cherry Blossom Run, well off Norm Green's U.S. M50 mark of 52:53. Rodgers stopped twice in the last three miles to fix shoelaces that kept coming untied despite multiple knots. "My hands were so cold, I couldn't tie the laces," Rodgers said. He said he likes to try for age-group marks, and, at Boston, planned to go after the M50 marathon course record (2:27:17), and the U.S. point-to-point M50 best (2:25:46).

 Johnny Kelly, 91, who has finished the Boston Marathon 58 times, missed this year's edition, April 19. Kelly is recovering from colon surgery in January and a subsequent bout with pneumonia. Kelly won the race in 1935 and 1945 and was second seven times.

• Cruising in first from Coney Island to Prospect Park at the NYRRC Brooklyn Half-Marathon, March 6, were masters Alan Ruben, 41, 1:11:58 and Kari Proffitt, 42, 1:23:18. Doing their age groups proud were Julio Aguirre, 52, 1:19:46 and Carol Tyler, 60, 1:45:06.

• The NYRRC/BUS 50-Miler and the Kurt Steiner 50K were held in Central Park, NYC, Feb. 20. Top masters in the 50-miler were David Luljak, 43, 6:21:32, and Antana Locs, 40, 7:56:09 (women's overall winner). In the 50K, Alan Ruben, 41, 3:22:40, outran the entire men's field, with Emmy Stocker, 40, 4:37:42, leading the masters women, (third overall).

• Gillian Horovitz, 43, did it again – first overall woman in 49:57 – at the NYRRC Crazy Eight (miles) in Central Park, NYC, Feb. 28. Daniel Murphy, 43, 46:00, bested the masters men. Age-group standouts included Joseph Burns, 70, 1:00:15, and Helen Bedrock, 64, 59:47.

## SOUTHEAST

 Andrey Kuznetsov, 41, of Russia, and Tatyana Pozdnyakova, 44, of Ukraine, continued their masters dominance on the roads this season with victories in the Great Gainesville,



Pentathletes Pat Fahy (I), M45, and John Dyer, M40, in the 1000, National Masters Indoor Pentathlon,

FL, 5K. Kuznetsov finished third overall with an age-graded 93.2% 14:34. Pozdnyakova was 17th overall (men & women) with a 91.9% 17:00. Second M40+ was James Rasch, 45, Gainesville, in 16:23. Byron Dyce, 50, Gainesville, captured the M50 win with a 17:43. • Linda Kidder, 42, Williamsburg, VA, best-

ed the women's field with a female course record 32:59, Ford's Colony 8K For Shelter, Williamsburg, March 27. Eileen Hungerman, 45, Williamsburg, was second female overall in 34:08. Jim Goggin, M45, Williamsburg, was first M40+ in 30:28. Top 50+ performers were Larry Coley, M50, Chesapeake, VA, 31:07, and Joan Coven, 57, Williamsburg, 37:51.

• Top masters striders at the Lavonne Hottensmith Memorial 5K Racewalk, Lakeworth, FL, March 6, were Juan Yanes, M45, 27:31, and Ingrid Crane, W50, 32:17. Age-group stars included Miriam Gordon, W70, 34:58, Bob Fine, M65, 30:31, and Abe Ulanoff, M80, 36:18.

• Victor Cuevas, 44, Las Marias, Puerto Rico, was sixth overall and the top M40 finisher, jetting to a 2:45:44 in the Blue Angel Marathon, Feb. 27 in Pensacola, FL. Ray Workman, 48, Salt Lake City, was first among the M45 runners and seventh overall in 2:46:21. Beth Valenzuela, 41, Cantonment, FL, took top honors at W40 and 66th overall in 3:17:23.

• Bill Rodgers, 51, Lincoln, MA, ran a 5:23 pace and sailed to an age-graded 92.3% 50:07 finish as the top masters runner in the Gate River Run 15K, March 6 in Jacksonville, FL. He was 37th overall. George Altieri, 41, Columbia, MD, was 52nd overall and first in the M40 division with a 51:55.

• Guy Gordon, 41, Newton, NJ, was fourth overall and first among the M40 finishers after darting his way to a 2:33:30 in the Myrtle Beach, SC, Marathon, Feb. 27. Gary Julian, 51, Omaha, NE, was 23rd overall and first at M50 in 2:56:45. Ruth-Marie Milliman, 41, Greenville, SC, was the top masters female, turning in a 3:06:05 to finish fourth overall.

## MID-AMERICA

• Mark Curp, M40, 15:40, and Jane Lundgren, W40, 20:27, scored masters wins in the Liberty Memorial 5K, Kansas City, MO, March 6. On March 20, Dan Lawson, M40, 20:44, and Marla Rhoden, W40, 25:27, flew to masters firsts in the St. Pat's 4 Mile, Wichita, KS. Top 50+ were Paul Heitzman, M65, 25:06, and Trudy Calloway, W50, 28:08.

## WEST

• Tom Petranoff, 41, increased his M40 WR of 76.20/250-0 in the javelin with a pending 76.44/250-9 at the Mt. SAC Relays, Walnut, Calif., April 18.

## NORTHWEST

• Mary Slaney, 40, of Eugene, OR, sued the IAAF and USOC, seeking to halt an arbitration hearing against her and to end the use of a testosterone ratio as proof of doping by female athletes. The lawsuit, filed in Indianapolis, also accuses the IAAF and USOC of negligence and fraud in the handling of her 1996 doping case and seeks unspecified damages. It further accuses the USOC of failing to ensure Slaney's 1996 urine sample was properly stored.

• George Mathews, 55, Seattle, WA, was the overall winner with a 157-10 in the open hammer competition at the Spokane Invitational, April 3. Mathews threw the M50-59 6kg hammer; the rest of the eight-man field threw the 7.26kg.

## CANADA

• Tying the world record in the M75 high jump at the Ontario Masters Indoor Championships, Toronto, March 6, was John O'Neill. His 8.95 equaled that of Tim Murphy's set in 1997. Breaking the world record in the W75 high jump was Helgi Pedal. Her leap of 1.08 erased the 0.94 by Katrina Smildznina, set in 1997.

# ON TAP FOR MAY

## TRACK AND FIELD

The Arizona Masters Meet starts it off on the 1st in Tempe. The 29th Southeastern U.S. Masters Meet, Raleigh, N.C., begins a three-day run on the 7th with something for everyone. Californians eager for action can find it in the Southern California Striders Meet in Long Beach on the 8th and the Visalia Meet on the 15th. Augustana College in Illinois hosts an All Age-Group Meet on the 29th. The Dan Aldrich Memorial Meet closes the month on the 30th in Irvine, Calif. Check out the numerous Senior Games/Olympics affairs that include track & field in their multiple-day sessions.

## LONG DISTANCE RUNNING

The USATF Masters Half-Marathon Championships on the 1st in Indianapolis is also an Indy Life Circuit event. The Broad Street 10 Mile in Philadelphia and the Lilac Bloomsday 12K in Spokane are highlight races on the 2nd, the same date that marathons will reign from Long Island, N.Y., to Weott, Calif. The NationsBank River Run 10K flows through Wichita, Kansas, on the 8th. On the 16th, San Francisco will be inundated with participants for the Bay to Breakers 12K. The program for the 23rd includes the Rock 'n' Roll Marathon in San Diego featuring a performance by the rock group "Hootie & The Blowfish." The 29th offers the Big Boy 20K, Wheeling, W. Va. More marathons hit the roads on the 30th in Wisconsin, Vermont, and Minnesota. Memorial Day events include the Bolder Boulder 10K in Colorado, Cotton Row 10K in Alabama, and the Great Race 10K and Half-Marathon in Indiana

## RACEWALKING

The USATF Masters 15K Championships hit the Windy City on the 23rd. Other action is available in Ontario, Canada, on the 16th, and a racewalk camp in Louisville Ky., on the 28-30th.

## INTERNATIONAL

• John Campbell, of New Zealand, holder of the masters world best in the marathon (2:11:04), reportedly has his sights set on making the New Zealand marathon team for the Sydney Olympics. Campbell, who owns and operates a ski lodge in New Zealand, ran a 31:16 10K last October and will be 51 in the year 2000.

# ADDITIONS

The M75 55m results from the Virginia Masters Indoor Championships were omitted from the April issue: Paul Derian and Ed Matthews tied for first place with 9.52.

## National Masters News

Schedule

USA track and field events feature competition for men and women over age 30 unless otherwise noted. Senior Games are usually limited to age 50 and over. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. International T&F meets are 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

June 12. USATF National Masters Weight Pentathlon Championships, U. of Northerm Colorado, Greeley (50 miles n. of Denver). Scott Hall, UNC Head Track Coach, 970-351-1721; fax: 351-2018. Tim Edwards, 6440 Magnolia St., Commerce City, CO 80022. 303-315-9107; email: tedwa851@ concentric.net

July 3-4. USATF National Masters Decathlon/Heptathlon Championships, Grass Valley, Calif. Richard Hotchkiss, 14005 Meadow Dr., Grass Valley, CA 95945. 530-273-3660.

August 26-29. 32nd annual USATF National Masters Championships, Orlando, Fla. Disney Wide World of Sports, PO Box 692349, Orlando, FL 32869-2349. Contact: Elin, Sports Event Coordinator, 407-938-3456.

September 18. USATF National Masters Weight & Superweight Championships, Seattle, Wash. Ken Weinbel, 4103 Hillcrest Ave., S.W., Seattle, WA 98116. 206-932-3923; fax: 932-3917.

October 20-29. National Senior Games – Senior Olympics, Orlando, Fla. National Senior Games Association, 3032 Old Forge Dr., Baton Rouge, LA 70808. 225-925-5678; fax: 216-7552.

## EAST

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

May 2, 16, 30. Potomac Valley TC Meets, Williams HS, Alexandria, VA. Deca/Hepta on 29-30. Mike Kozeliski, 702 4th St. SE, Washington, DC 20003. 202-543-3145 (h); email: mike.kozeliski@mail.house.gov. Sal Corrallo, 302-945-2457.

May 11-14. Washington, D.C., Golden Olympics, Washington, D.C. Darnelle Freeland, 202-576-8677. Closed to out-of-state.

May 16. Philadelphia Masters Developmental Meet, Swarthmore College. Bill Krieger, 215-722-8859(eve); Tom Yunker, 610-828-4672 (eve).

June 4-6. Connecticut Senior Olympics, Southington. Will Berger, 860-621-4661. June 10-13. New Jersey Senior Olympics, Fort Monmouth. Michael Garamella, 732-542-1326.

June 11-13. Massachusetts Senior Games, Springfield College. Sahler Smith, 413-788-2457.

June 13, 27. Potomac Valley TC Meets, Williams HS, Alexandria, VA. Mike Kozeliski, 702 4th St. SE, Washington, DC 20003. 202-543-3145(h); email: mike.kozeliski@mail.house.gov. Sal Corrallo. 302-945-2457.

June 17-20. Empire State Senior Games, Syracuse, N.Y. Marty Castle, 315-492-9654.

June 18-20. Ocean State Senior Olympics, Providence, R.I. Mike Lyons, 401-431-5007.

July 12-17. Pennsylvania Senior Games, Shippensburg. David Farrand, 570-823-3164. Closed to out-of-state.

June 27. Garden State AC Classic, Randolph, N.J. Madeline Bost, PO Box 458, Ironia, NJ 07845. Morton Hahn, 973-625-1764.

August 20-22. Granite State Senior Games, Laconia, N.H. 50+. Out-of-state welcome. Aug. 1 deadline. GSSG, 610 Front St., Suite B, Manchester, NH 03102-2610. 603-622-9041.

September 4-5. Potomac Valley TC Games, Alexandria, Va. PVTC, 3515 Slate Mills Rd., Sperriville, VA 22740. 540-547-4355; corrallo@erols.com

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

May 7-9. 29th annual Southeastern U.S. Masters Meet/USATF Southeast Regional Masters Championships, North Carolina State U., Raleigh. Pentathlon, Weight Pentathlon, 5K & 20K RWs, & Relays. SE Masters, Inc., Box 590, Raleigh NC 27602. Dale Smith, 919-831-6640 (M-F, 9 am-5 pm, Eastern time).

May 8. Jacksonville TC Masters Meet, Bolles School Track. Field Events 4:00 pm; Track Events 6:00 pm. Lamar Strother, JTC, 1511 S. McDuff Ave., Jacksonville, FL 32205. 904-388-7860; 384-TRAK.

May 26-30. South Carolina Senior Sports Classic, Florence. Carl Hust, 803-772-0363. Closed to out-of-state.

May 28. 24th annual Jacksonville TC Mile Festival, Bolles School Track. See May 8. June 2-6. Virginia Senior Games, U. of Richmond. James Stutts, 804-730-9447.

June 5. Birmingham TC Classic/Southeast Police & Fireman Championships. Gordon Seifert, 1514 Ridge Rd., Birmingham, AL 35209. Email: GESEIF@aol.com. Entry form in April NMN.

June 6. Atlanta TC Masters Men's 100xMile Relay. ATC, 3097 E. Shadowland Ave., Atlanta, GA 30305. 404-231-9064, x17.

June 12. Atlanta TC Masters Meet. See June 6.

June 18. Jacksonville TC All-Comers Meet, Fla. Bolles School Track. 904-384-TRAK.

June 26. Nashville Striders/Nashville TC/Don Brady Memorial Meet, Tenn.

Contact Nashville Striders, PO Box 128276, Nashville, TN 37212. 615-331-0111.

July 23-29. Tennessee Senior Games, Clarksville. Theresa Prinzo, 931-381-2019. Closed to out-of-state.

July 31. Jacksonville TC Summer Track Classic, Bolles School Track. Lamar Strother, JTC, 1511 S. McDuff Ave., Jacksonville, FL 32205. 904-388-7860; 384-TRAK.

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

May 23. North Coast Invitational, Independence HS, Ohio. SASE to Over The Hill TC, Norman Thomas, 9065 Gettysburg, Twinsburg, OH 44087.

May 29. Augustana All-Age-Group Meet, Augustana College, Rock Island, III. Frederic Whiteside, Augustana College, Carver PE Center, Rock Island, IL 61201. 309-794-7524; email: pewhiteside@ augustana.edu.

June 7-12. Indiana Senior Games, Evansville. Steve Patrow, 800-253-2188. June 12. USATF Illinois Masters Championships, Wilde Field, Lisle. USATF Illinois, 630-953-2052.

June 15-20. Michigan Senior Olympics, Battle Creek. Donna Skylar, 248-608-0265.

June 17-19. West Virginia Senior Olympics, Charleston. Charles Entsminger, 304-344-1500.

June 19. USATF Michigan Open & Masters Championships, Charlevoix HS. Ken & Mary Plude, 3057 Marion Center Rd., Charlevoix, MI 49720. 616-547-4873.

June 26. Parkland College Masters Meet, Champaign, Ill. Karl Geissler, 217-351-2522; email: kgeissler@parkland.cc.il.us. July 10. Libertyville Masters, Libertyville HS, Ill. Craig Dean, 847-367-6347.

July 17. USATF Midwest Regional Masters Championships, Millikin U., Decatur, Ill. Don Luy, 217-424-6344. July 24. Byron Masters Meet, Byron HS,

Ill. Jeff Watry, 414-843-3567. July 24. Dayton Track Classic, Welcome Stadium, Dayton, Ohio. Dayton Masters TC, 7567 Roselake Dr., Dayton, OH 45414. Bob Jones, 937-837-2754.



May 14-15. Western Slope Senior Games, Montrose, Colo. 50+. Out-of-state welcome. Evelyn Lawson, PO Box 730, Montrose, CO 81402. 970-249-2000; 800-873-0244.

May 23. Boulder Planet 3000 Track Festival, U. of Colorado Potts Field. M&W40+. Ric Rojas, 3680 Buckeye Ct., Boulder, CO 80304. 303-444-7267. email: Ric@RicRojasRunning.com.

June 6. Jolly Jogathon Meet, Marysville, Kans. City of Marysville, 209 N. Eighth, Marysville, KS 66508. Cleve Walstrom, 913-562-3021. Limited events. No entry fee.

June 10-13. Iowa Senior Games, West Des Moines. Cheryl Michael, 515-226-2898

June 12. USATF Mid-America Regional Masters Championships, Wichita St. U., Wichita, Kansas. Bill Butterworth, 314 S. Clifton, Wichita, KS 67218. 316-684-2192; Fax: 687-9400; Susan Cooper, WSU T&F office, 316-978-3362; fax: 978-3388.

June 13. USATF Minnesota Open & Masters Championships, National Sports Center, Blaine (Minneapolis suburb), Minn. MN Championships, 5429 Wooddale Ave., Edina, MN 55424. June 5 deadline.

June 19-20. Star Of The North Summer Games, Century HS, Rochester, Minn. Y/O/Masters (M30 in 5-yr. divisions). 507-252-9914; 800-634-8277; email: sgames@citilink.com.

June 25-26. North Dakota Senior Games, Fargo. Jess Heisler, 701-298-6980.

June 26-27. Missouri State Senior Games, Columbia. 50+. Out-of-State welcome. Jack Miles, U. of Missouri, 1105 Carrie Franke Dr., Rm 01, Columbia, MO 65211. 573-882-1462.

July 12-16. Northland Senior Games, Duluth, Minn. Chuck Campbell, 218-723-3724.

August 3-8. Rocky Mountain Games, Greeley, Colo. Sheri Lobmeyer, 970-453-2461.

August 19-22. Nebraska Senior Olympics, Kearney. Scott Hayden, 208-237-4644.

September 4-5. Rocky Mountain Masters Games, U. of Colorado, Boulder. Jim Weed, PO Box 889, Lake Crystal, MN 56055; Tim Edwards, 303-315-9107; Sue Norton, 303-443-2695.

September 23-26. Kansas Senior Olympics, Tokepa. Limited events. Deadline w/o extra fee, Aug. 20. Kansas SO, 1534 SW Clay, Topeka, KS 66604. 785-368-3798.

SOUTHWEST

## Arkansas, Louisiana, Mississippi, Oklahoma, Texas

May 26-30. Mississippi Senior Olympics, Jackson. Joyce Anderson, 800-748-8514. June 12. Hill Country Classic, Mason HS. Lee Graham, PO Box 384, Mason, TX 76856. 915-347-5620(h); Joey McQueen, 347-5564(h).

September 16-19. Arkansas Senior Olympics, Hot Springs. Gail Ezelle, Exec. Director, PO Box 3377, Hot Springs, AR 71913. 501-321-1441; fax: 321-4161.

## WEST Arizona, California, Hawaii, Nevada

May 1. Arizona Masters Invitational,

McClintock HS, Tempe. Bob Flint, 8436 E. Hubbell, Scotsdale, AZ 85257. 602-949-1991. Clifton McKenzie, meet director, 602-777-8503.

May & Southern California Striders Meet, Cal State-Long Beach. Jim Selby, 39777 Cathy Dr., Fallbrook, CA 92028. 760-723-2466.

May 8. KelField Throws Meet #71, Santa Cruz. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 831-458-0300: email: kelfield@aol.com.

May 15. Visalia Classic Masters Meet, Visalia, Calif. Bob Higginbotham, 1026 W. Princeton, Visalia, CA 93277. 209-732-8030. May 29. KelField Throws Meet #72, Santa Cruz. See May 8.

May 30. Dan Aldrich Memorial Meet, UC Irvine, Calif. Mac McCormick, 949-586-9942. June 5. Grand Canyon State Games, U. of Arizona, Tucson. GSTG Office, 602-517-9700.

June 6. Crown Valley Senior Games, Occidental College, Los Angeles. Cynthia Vaughn, 85 E. Holly St., Pasadena, CA 91103. 626-685-6724.

June 12. Los Gatos Open and Masters T&F Continued on next page Continued from previous page

Classic, Los Gatos H.S. 408-241-6578. June 12. USATF Southern California Association Championships, Occidental College, Los Angeles. SASE to SCA Championships, 1740 Grandview Ave., Glendale, CA 91201-1263. 818-242-8484 (until 9 pm).

June 12-13. Masters Mile at Hawaii Youth National Invitational. \$500 to winner. For entries: 800-484-2675, x7946; email: rude dog@mauigateway.com.

June 18-20. Arizona State Championships/Grand Canyon State Games, Arizona St. U., Tempe. Bob Flint, 602-949-1991; GCSG Office, 602-517-9700.

June 19. USATF West Regional Championships, UC-San Diego. Ed Oleata, 619-453-4570.

June 26. KelField Throws Meet #73, Santa Cruz. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 831-458-0300; email:kelfield@aol.com.

July 3. Northern California Seniors T&F Club Mark Grubi Memorial Meet, James Logan H S, Union City, Calif. Don Rose, 43 McAllister Ave., Kentfield, CA 94904. 415-457-8177.

October 17. Sri Chinmoy Masters Meet, Cal State Long Beach. 40+. Bigalita Egger, 6199 Canterbury Dr., #202, Culver City, CA 90230. 310-645-0271.

## NORTHWEST <sup>2</sup> Alaska, Idaho, Montana, Oregon, Utah, Washington, Wyoming

May 29. Oregon Senior Olympics, Silverton. Amy Castle, Silverton RR, Box 783, Silverton, OR 97381. 503-873-8577(h).

June 5. Seattle Park Dept. Masters Meet, West Seattle Stadium. Patti Petesch, 206-684-7093.

June 11-12. Montana Senior Olympics, Helena. Open to out-of-state. Don Tavolacci, 406-252-2795; Helena Area C of C, 406-422-4120.

June 12-13. Portland Masters Classic, Portland, Ore. Paul Stepan, 3011 NE Linden Ave., Gresham, OR 97030. 503-666-8950(h); 234-4811(w).

June 19. Inland Northwest Age Group Championships, Pullman, Wash. All ages. Mike Hinz, 509-335-3325; email: mhinz@wsu.edu

June 19-20. Hayward Classic Masters Meet, Eugene, Ore. Geoff Hughes, 1600 Russet Dr., Eugene, OR 97401. 541-484-1275(h); 343-6511(w).

July 4. Seattle Frontrunners Meet, West Seattle Stadium. Open to out-of-state. Mark Nagan, 607 E. Harrison St., #503, Seattle, WA 98102. 206-324-3166; email: Seattle 1997@hotmail.com.

July 4, 17, 24, 31. Willamette Striders Pole Vault Club Outdoor Festival Series. Open to all ages. For locales and entry contact Rick Baggett, WSPVC, 503-762-0861.

July 10-11. State Games of Oregon, Mt. Hood Community College. Keith Maneval, T&F, Mt. Hood CC, 503-667-7140.

July 16-18. Big Sky Games, Billings, Mont. Karen Sanford Gall, Box 7136, Billings, MT 59103. 406-254-3923.

July 17-18. USATF Northwest Regional Masters Championships, West Seattle Stadium. Ken Weinbel, 4103 Hillcrest Ave., S.W., Seattle, WA 98116. 206-932-3923; fax: 932-3917.

July 30-31. Wyoming Senior Olympics, U. of Wyoming, Laramie. Open to out-of-state. Paul Harrison, 307-721-5269.

August 12-15. Washington Senior Games,

Spokane. Lisbeth Naber, 360-438-5458. October 2-3. Octoberfest Throws & Weight Pentathlon, Helena, Mont. Manuel White, PO Box 5058, Helena, MT 59604. 406-227-5020.

## CANADA

June 12. Review Kajaks Relays Master Mile, Minuro Park Oval, Richmond, B.C. Carmyn James, 604-822-6453; fax: 822-6011; email: crjames@unixg.ubc.ca.

June 12-13. Ontario Masters Outdoor Championships, York U., Toronto. Doug Smith, 58 Newmarket Ave., Toronto, Ont. M4C 1V9. 416-699-5818. douglasj.smith @sympatico.ca

July 9-11. Canadian Masters Championships, Universite de Sherbrooke, Sherbrooke, Quebec. Richard Crevier, 819-821-8000, x2549; fax: 821-7576; Brenda Laliberte, email: brenlaliberte@hotmail.com.

## INTERNATIONAL

May 15. International Veterans Throwing Cup, Toliatty, Russia. Foreign athletes welcome. Vadim Marshev, 14-6 Pervomaiskaya St., Himki, Moscow Region, 141400, Russia. 7-095-535-3308; fax: 7-095-573-4150.

May 28-29. South Africa Veterans Championships, Port Elizabeth. Patsy Laubscher, 2 Parkridge Crescent, Millpark, Port Elizabeth 6001, South Africa. 041-333173 (phone & fax).

July 10. San Juan Annual Masters T&F Championships, Santurce, Puerto Rico. M&W 30+. Puerto Rico Masters Association, Gregorio Angulo Rivera, P.O. Box 31300, San Juan, PR 00929-0300. 787-724-6157.

July 17-18. British Veterans Championships, Meadowbank Stadium, Edinburgh, Scotland. Ian Steedman, 33 Grange Loan, Edinburgh, Scotland EH9 2ER. Tel: 44-131-667-1416.

July 23-25. Russian Veterans Championships, Moscow. Foreign athletes welcome. Vadim Marshev, 14-6 Pervomaiskaya St., Himki, Moscow Region, 141400, Russia. 7-095-535-3308; fax: 7-095-573-4150.

July 29-August 8. XIII World Veterans Athletics Championships, Gateshead, England. XIII WAVA Championships, PO Box 18, Gateshead NE8 IEA, England. Phone: 44-191-443-3301 and 3302; Fax: 44-191-443-3303

August 14. Irish Veterans Athletics Championships, Tullamore, County Offaly (60 miles west of Dublin). B.L.E., 11 Prospect Rd., Glasnevin, Dublin 9, Ireland. Martin Kelly, 353-1-235-2364; Fax: 353-1-235-2726. (Entry form in April issue.)

November 20-23. Japan International Masters Championships, Kumamoto. 1-1 Tetorihoncho, Kumamoto City, 860-8601, Japan. Fax: 096-328-2959.



## NATIONAL

May 1. USATF National Masters Half-Marathon/Indy Life Circuit Race, Indianapolis, Ind. Don Carr, 4314 Matrea More Ct., Indianapolis, IN 46254. 317328-1632. (3 x points)

National Masters News

May 8. USATF National Masters 50-Mile Trail Championships, La Grange, Wisc. 414-495-3131.

June 5. 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.

August 28. Crim Festival Of Races 10 Mile/Indy Life Circuit Race, Flint, Mich. Anne Gault, 110 Mott Foundation Bldg., Flint, MI 48502. 810-235-7130.

September 11. Riverfest Run By The River 5K/Indy Life Circuit Race, Clarksville, Tenn. Joe Huber, Events & More, PO Box 3899, Clarksville, TN 37043. 615-647-3855.

September 18-19. USATF National Masters 24-Hour Championships, Sylvania, Ohio. 973-898-1261.

October 3. USATF National Masters Championships/Twin Cities Marathon/ Indy Life Circuit Race, Minneapolis/St. Paul, Minn. John Carnahan, 708 N. First St., #CR-33, Minneapolis, MN 55401. 612-673-0778. (1.5 x points)

October 17. USATF National Masters 8K Cross-Country Championships, Louisville, Ky. Bob Ullrich, 1879 Douglass Rd., Louisville, KY 40205. 502-459-6820.

October 30. Tulsa Run 15K/Indy Life Circuit Race, Tulsa, Okla. Jack Wing, PO Box 1319, Tulsa, OK 74101-1319. 918-587-8786. Entry deadline June 19. October 31. Avon Running National 10K

Championships, Cincinnati. 212-282-5350; email:avonrunning@avon.com.

November 21. USATF National Masters 5K Cross-Country Championships, Holmdel, N.J. USATF-NJ, PO Box 10120, New Brunswick, NJ 08906. 732-296-0006.



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

May 1. Revlon 5K, Central Park, NYC. NYRRC, 9 E. 89th St., NY, NY 10128. 212-860-4455; fax: 860-9754.

May 2. Broad Street 10 Mile Run, Philadelphia. Broad Street Run, PO Box 18543, Philadelphia, PA 19129. 215-563-6184.

May 2. Pittsburgh Marathon, Pittsburgh, Pa. 412-647-7866.

May 2. Long Island Marathon, East Meadow. SASE to Marathon, Sports Unit Eisenhower Park, East Meadow, NY 11554. 516-572-0248/0249.

May 2. Buffalo Marathon. Marathon, PO Box 652, Buffalo, NY 14202. BuffaloMarathon@doitsports.com.

May 6. Healthy Heart 5K/USATF NJ Masters Championships, Morristown, N.J. Masters purse money based on WAVA agegrading – NJ only. Madeline Bost, PO Box 458, Ironia, NJ 07845. 973-584-9302.

May 15. Riverwoods Masters 5K Race & 3K Fitness Walk, Exeter, N.H. M&W40+. Noreen Page, 603-772-4700; 800-688-9663.

May 22. Bedford, N.H., Rotary Club 12K/USATF-NE Championships. Bill Gere, 17 Patten Rd., Bedford, NH 03110-6122. 603-669-1329.

May 22. AVON Global Women's Championship – Mini Marathon 10K & 5K, Manhattan, NYC. NYRRC, 212-860-4455. May 23. Defenders 10 Mile, Washington, D.C. Capital Running Company, 301-871-0005.

May 30. Vermont City Marathon, Burlington. SASE to VCM, PO Box 152, Burlington, VT 05402-0152. 800-880-8149.

June 3. Long Island Police Appreciation 5K, Eisenhower Park, East Meadow, N.Y. Ira Eskow, Greater LIRC, 101-24 Dupont St., Plainview, NY 11803. 516-349-7646.

June 5. Bristol 10 Mile, Bristol, R.I. Bristol 10 Mile, c/o 9 Fairview Circle, Barrington, RI 02806. 401-253-8460.

June 12. Shelter Island 10K, Shelter Island, N.Y. SCSO-NYSO, Box 266, Shelter Island, NY 11964. 516-749-RUNS.

June 12. Market Square Day 10K/USATF-NE Championships, Portsmouth, N.H. Kent LaPage, 236 Union St., Portsmouth, NH 03801, 603-431-5388.

June 13. NYRRC Reservoir Run 5 Mile, Central Park, NYC. NYRRC, 9 E. 89th St., NY, NY 10128. 212-860-4455.

June 19. Vestal XX 20K, Vestal, N.Y. 607-797-9215.

June 20. Mt. Washington 7.6 Mile Road Race, Gorham, N.H. 603-863-2537; email: racetime@gsrs.com.

July 10. Long Island Women's 5K, Farmingdale HS, Farmingdale, N.Y. Suzanne Vasata, Greater LIRC, 101-24 Dupont St., Plainview, NY 11803. 516-349-7646.

July 11. Boilermaker 15K, Utica, N.Y. Limited to first 11,000 entries. SASE to E.C. Reed, Utica Boilermaker, Utica Boilers, Inc., PO Box 512, Utica, NY 13503-0512. 315-797-5838; fax 797-3762.

July 11. NYRRC Bronx Half-Marathon, Bronx, N.Y. NYRRC, 9 E. 89th St., NY, NY 10128. 212-860-4455.

July 17. Subaru Buffalo 4 Mile Chase. James or Mary Ann Nowicki, 47 Windsor Ave., Buffalo, NY 14209. 716-881-1652. August 1. Green Mountain 10K, Killington, Vt. The Summit Lodge, Box 119, Killington, VT 05751. 802-422-3535; out-of-state: 800-635-6343.

August 1. Gold Medal Camp Alumni 8K Cross-Country, California, Pa. Alumni 8K, 48A Morris St., Clymer, PA 15728. 724-254-2369.

August 7. Peoples Beach To Beacon 10K, Cape Elizabeth, Me. Entries close at 4000. 888-480-6940.

August 14. Bridge Of Flowers 10K & 2 Mile, Shelburne Falls, Mass. SASE to McCusker's Market, 3 Bridge St., Shelburne Falls, MA 01370. 413-625-9411; email: mccusker@crocker.com.

August 15. Falmouth 7.1 Mile Road Race, Falmouth, Mass. 508-540-7000; email: falmouth@aol.com.

September 19. Harvard Pilgrim 5K, Providence, R.I. HP 5K, PO Box 1940, East Greenwich, RI 02818. 401-331-4034, x43365; fax: 294-9925.

September 25. Fifth Avenue Mile, NYC. NYRRC, 9 E. 89th St., NY, NY 10128. 212-860-4455; fax: 860-9754.

September 26. Ocean To Sound 50 Mile Relay, Jones Beach State Park, Wantagh, N.Y. 8 runners – 5-7 miles each. Alan End, Greater LIRC, 101-24 Dupont St., Plainview, NY 11803. 516-349-7649.

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

May 1. Race For The Cure, Daytona Beach, Fla. Donna Hiatt, Race Director, 904-255-Continued on next page tol

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DE REL PAPE

Continued from previous page 1279, email: donna@totcon.com

May 8. Run Over Cancer 5K & 10K. Kennesaw, Ga. 770-303-0200; 800-ATC-2345

May 16. Biltmore Estate 15K, Asheville, N.C. 828-687-9814.

May 29. News Sentinel Expo 10K/5K, Knoxville, Tenn. 423-673-8020.

May 31. Cotton Row 10K, Huntsville, Ala. Masters money. WZYP Cotton Row, 94 Scenic Dr., Huntsville, AL 35801.

June 12. GA 400 Road Race 4 Mile, Atlanta. 404-843-2257. June 19. Possum Trot 10K, Roswell, Ga.

770-992-2055, x106.

June 26. Gay & Lesbian Pride 5K, Atlanta. 770-621-5007.

July 4. Peachtree 10K, Atlanta. SASE (before March 1) to Atlanta TC, 3097 E. Shadowland Ave., Atlanta, GA 30305. 404-231-9064, x17.

## MIDWEST

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

May 2. Cleveland Marathon & 10K, Cleveland, Ohio. 800-467-3826.

May 8. Old Kent River Bank 25K, Grand Rapids, Mich. Masters money. 616-771-1590.

May 8. Arts Fest River Run 12K, Evansville, Ind. Masters money. 812-424-7575; fax: 421-5089.

May 9. Cincinnati Flying Pig Marathon. CFPM, 644 Lynn St., Suite 835, Cincinnati, OH 45203. 513-721-7447.

May 15. Berwyn 5000, Berwyn, Ill. Masters money. Pat Furgal, 708-749-0606; fax: 749-7796.

May 22. Bayshore Marathon, Traverse City, Mich. Dave Taylor, 1211 E. Front, Box 116, Traverse City, MI 49684. 616-941-8118

May 29. Big Boy Classic 20K, Wheeling, W. Va. Hugh Stobbs, Director, PO Box 808, Wheeling, WV 26003. 304-242-7322; fax: 242-5045.

May 30. Madison Marathon, 5K, & 10K. MM, 10 Birchwood Circle, Madison, WI 53704. 608-256-9922.

May 31. Great Race 10K & Half-Marathon, Elkhart, Ind. Great Race, PO Box 682, Elkhart, IN 46515. 219-296-5890; fax: 293-8324; email: wow@michiana.org.

June 6. Rocky River Run 5 Mile, Rocky River, Ohio. 216-228-6031.

June 12. Hoosier Marathon, Fort Wayne, Ind. Don Lindley, c/o Fort Wayne TC, PO Box 11703, Fort Wayne, IN 46860. 219-436-2234.

June 19. Steamboat Classic 4 Mile/USATF Illinois Championships, Peoria. Running Central, 309-676-6378. August 14. State Street Mile/USATF Illinois Championships, Rockford. Bob Sharp, 815-963-2171.

August 21. Parkersburg Half-Marathon, Parkersburg, W. Va. 304-424-2786. August 22. Abe's Amble 10K/USATF

Illinois Championships, Springfield. John Hartnett, 217-787-4400.

September 6. Park Forest 10 Mile/USATF Illinois Championships. 708-748-2005.

September 12. Chicago Half-Marathon/ USATF Illinois Championships. Dillon Productions, 773-929-5978.

October 24. Chicago Marathon/USATF Illinois Championships. CM, PO Box 5709, Chicago, IL 60680. 312-243-0003; 888-243-3344.

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

May 2. Lincoln Marathon & Half-Marathon. LM, 882 N. Lakeshore Dr., Lincoln, NE 68528. 402-435-3504.

May 8. NationsBank River Run 10K. Wichita, Kansas. Hotline: 800-444-4400, x2001.

May 30. Rocky Mountain Double Marathon (52.4 miles), Wyoming Marathon, & Half-Marathon, Cheyenne. Brent Weigner, 402 W. 31st St., Cheyenne, WY 82001. 307-635-3316; fax: 635-5297. May 30. Med-City Marathon, Rochester, Minn. MCM, 1417 14th Ave. NE,

Rochester, MN 55906. 507-282-1411. May 31. Bolder Boulder 10K, Boulder, Colo. 303-444-7223; email; cbosley@ bolderboulder.com.

June 5. Dam To Dam 20K, Des Moines, Iowa. Masters money. Tom Riley, 515-242-4514

June 6. Steamboat Marathon. Chamber Resort, PO Box 774408, Steamboat Springs, CO 80477. 970-879-0800.

June 6. Garden of the Gods 10 Miler, Colorado Springs, Colo. 719-473-2625.

June 6. Taos Marathon. Bruce Gomez, PO Box 2245, Taos, NM 87571. 505-776-1860. June 19. Grandma's Marathon, Duluth. Marathon, PO Box 16234, Duluth, MN 55816, 218-727-0947. email: grandmas@ grandmasmarathon.com

July 3. Hannibal Cannibal 10K Run/5K Walk, Hannibal, Mo. Jayme Connell, PO Box 551, Hannibal, MO 63401. 573-221-0561.

July 31. 25th Quad-Cities Bix 7, Davenport, Iowa. SASE to Bix 7, PO Box 4526, Davenport, IA 52808. 319-359-9197. August 15. USATF Minnesota Masters 15K Championships, Minneapolis. Barb Leininger, 5115 Park Ave., Minneapolis, MN 55417. 612-881-3740.

September 26. Duke City Marathon, Albuquerque, N.M. 505-880-1414.



May 1. Corinth 10K, Corinth, Miss. 601-286-6051

May 8. Gum Tree 10K, Tupelo, Miss. Masters money. Johnny Dye, 601-680-2411; fax: 680-2203.

## WEST Arizona, California, Hawaii, Nevada

May 2. Avenue Of The Giants Marathon & 10K, Weott, Calif. SASE to R.G., 281 Hidden Valley Rd., Bayside, CA 95524.

May 8. Southern California Hillsea (7.57 miles), Huntington Beach, Calif. Overall winner chosen by age/sex time scoring system. Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417.

May 16. Bay To Breakers 12K, San Francisco. 415-808-5000, x2222.

May 23. Rock 'n' Roll Marathon, San Diego, Calif. Elite Racing, 5452 Oberlin Dr., Suite B, San Diego, CA 92121. 619-450-6510; fax: 450-6905. May 30. Strawberry Stampede 10K & 5K, Arroyo Grande, Calif. 805-489-4157.

May 31. Flo-Jo Memorial Half-Marathon & Leisure World 5K, Laguna Hills, Calif. 949-452-3466.

June 5. Fontana Days Half-Marathon & 5K. Fontana Recreation Services, 9460 Sierra Ave., Fontana, CA 92335. 909-428-8360

June 5. Palos Verdes Marathon, Palos Verdes (Los Angeles), Calif. W2 Promotions, 1666 Ashland Ave., Santa Monica, CA 90405. 310-828-4123.

June 12. Crown Valley Senior Olympics 10K, Rose Bowl, Pasadena, Calif. 3 pm. Cynthia Vaughn, 626-685-6724; fax: 626-577-4235; email: cpv@pasadenasenior center.org. Director: Jim Hanley. Entry form in April issue.

June 13. Valley Of The Flowers Marathon, Lompoc, Calif. VOTFM, YMCA, 201 W. College, Lompoc, CA 93436. 805-736-3483.

June 26. Western States 100 Mile Run, Squaw Valley, Calif. 916-638-1161.

June 27. Cross-Country Run, 7.4 Mile & 3.2 Mile, Mission Trails Regional Park, San Diego. Elite Racing, 5452 Oberlin Dr., Suite B, San Diego, CA 92121. 619-450-6510

July 11. San Francisco Marathon. SFM, 120 Ponderosa Ct., Folsom, CA 95630. 916-983-4622; 800-722-3466 (in Calif. only).

August 15. America's Finest City Half-Marathon, San Diego, Calif. 619-297-3901.



May 2. Lilac Bloomsday 12K, Spokane. Lilac Bloomsday Assn., PO Box 1511, Spokane, WA 99210. April 13 deadline. May 2. Eugene Legend Half-Marathon & 10K Run & RW, Eugene, Ore. 7:30 am. Hayward Field. Judy Heller, 503-282-1677.

May 16. Capital City Marathon, Olympia, Wash. CCM, PO Box 1681, Olympia, WA 98507. 360-786-1786.

June 5. Governor's Cup Marathon, Helena Mont. GC Festival, P.O. Box 451, Helena, MT 59624. 406-447-3414.

June 5. Salt Lake City 10K & 5K. SLC Community Events, 36 E. 200 South, Salt Lake City, UT 84111. 801-532-0459.

June 12. Alaska 5 Mile Run For Women, Anchorage. 907-566-3151.

June 12. Park City Marathon, Park City, Utah. Utah RR, PO Box 1766, Salt Lake City, UT 84110. 801-451-0517.

June 19. Mayor's Midnight Sun Marathon, Anchorage, Alaska. John McLeary, Anchorage Parks & Rec., PO Box 196650, Anchorage, AK 99519. 907-343-4474.

July 24. Deseret News Marathon, Salt Lake City. DNM, PO Box 1257, Salt Lake City, UT 84110. 801-237-2135.

August 27-28. Hood To Coast Relay, Mt. Hood to Seaside, Ore. 12-person/195 miles. Also shorter Portland To Coast Walk Relay. SASE to HTC Relay, 5319 SW Westgate Dr., Suite 262, Portland, OR 97221. 503-292-4626; email: htcrelay@ teleport.com

## CANADA

May 8-9. Ottawa Citizen National Capital Race Weekend. Marathon, Half-Marathon, 10K, 5K, 2K, In-Line Skate 10K & Marathon, Wheelchair events. Ph: 613-234-2221; email: ncm@storm.ca; web: www.ncm.ca

## INTERNATIONAL

May 2. BVAF Half-Marathon Championships. Peter Foglie, Exeter Harriers, Ironbridge Runner, 10 Lower North St., Exeter, Devon EX4 3ET, England.



GEORGE BANKER

Sandra Adams (I), 49, first W40+ (1:56:14), and Rosie Schiavone, third W45+ (2:14:08), DCRRC Belle Haven 25K, Alexandria, Va., Feb. 27.

May 22. BVAF Road Relays, Sutton Park. Irene Nichols, MVAC, Rainbow Cottage, 15 Meadow Ln., Alvechurch, Worcs. B48 7LH, England.

## RACEWALKING

May 16. Art Keay Racewalk & Ontario 10K Championships, Toronto Island, Hanlan's Point, Ontario RWers, 676 Balliol St., Toronto, Ontario, Canada M45 1E7. Joan Sutherland, 416-489-0561.

May 23. USATF National Masters 15K RW Championships, Diane Graham-Henry, 442 W. Beldon, Chicago, IL 60614. 773-327-4493

May 28-30. 11th American Walking Association Colorado Walkers Camp, Louisville. Open to all ages & abilities. Viisha Sedlak, AWA, PO Box 20491, Boulder, CO 80308-3491. 303-938-9531; fax: 938-9536.

May 30. BVAF 50K Racewalk Championships/Bradford 50K. John Paddick, Bradford Walking Club, 160 W. Dyke Rd., Redcar, Yorks, T910 1JN England.

June 6. Crown Valley Senior Olympics Racewalks, Occidental College, Los Angeles. 800 (unjudged), 1500 & 5000 (judged). See T&F Schedule, West.

June 12. Hebron Classic 5K Racewalk, Hebron, Ind. Diane Graham-Henry, 773-327-4493.

June 26. Lynnette Atkins Memorial/ USATF North Region 8K Racewalk Championships, Kalamazoo, Mich. Steve Atkins, 4685 Tropicana, Kalamazoo, MI 49009. 616-372-3533.

August 27. USATF National Masters 5000 (track) RW Championships, Orlando, Fla.

August 29. USATF National Masters Men's 20K & Women's 10K RW Championships, Orlando, Fla.

September 11. Chicago Walkers/Illinois State Championships. Diane Graham-Henry, 773-327-4493.

September 19. USATF National Masters 40K RW Championships, Ft. Monmouth, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. 732-222-9080.

September 25. USATF National Masters 5K RW Championships, Kingsport, Tenn. Bobby Baker, 318 Twin Hill Dr., Kingsport, TN 37660. 423-349-6406.

October 3. USATF National Masters One Hour RW Championships, Worcester, Mass. Justin Kuo, 39 Oakland Rd., Brookline, MA 02445. 617-566-7600.

November 13. USATF National Masters Men's 10K RW Championships, Ft. Lauderdale, Fla. John Fredericks, 10825 Mystic Circle, #303, Orlando, FL 32836. 407-238-9688.

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page 25

## page 26

National Masters News

| RECIPIENTS OF ALL-AMERICAN AWARDS     |           |                  |                    |  |                |                           |                                 |                         |                |                           |                               |
|---------------------------------------|-----------|------------------|--------------------|--|----------------|---------------------------|---------------------------------|-------------------------|----------------|---------------------------|-------------------------------|
| M35-39<br>William Cocke               | 1500      | 4:16.5           | 6-21-71            | M50-54<br>David Golden<br>Dale Herring | 200<br>200     | 25.40<br>25.3             | 9-27-98<br>11-14-98             | M80-84<br>Charlie Irwin | HJ<br>JT<br>TJ | 3-8<br>62-2<br>21-9       | 6-28-98<br>7-25-98<br>7-25-98 |
| M40-44<br>Paul Allen<br>Bob Blackburn | 400<br>LJ | 52.9<br>19-4 1/4 | 3-14-99<br>2-14-99 | M55-59<br>John Clifford<br>Gerald Roy  | 200<br>10K     | 27.2<br>37:42             | 5-6-98<br>3-13-99               | W45-49                  | DT             | 80-1                      | 9-5,6-98                      |
| M45-49<br>James Pedley                | PV        | 12-2             | 3-26,27-99         | <u>M70-74</u>                          |                | A LONG THE                |                                 | Debbie Topham           | 3K RW          | 16.14                     | 3-27-99                       |
| Tom Smith                             | 200       | 24.6             | 2-7-99             | Lee Anthony<br>Raymond Maloney         | DT<br>SP<br>DT | 61-1<br>22-2<br>106-3 1/4 | 10-13-98<br>10-13-98<br>9-12-98 | W70-74<br>Eliza Dalzell | SP<br>DT<br>JT | 21-11 1/4<br>56-6<br>44-6 | 3-6-99<br>3-6-99<br>3-6-99    |

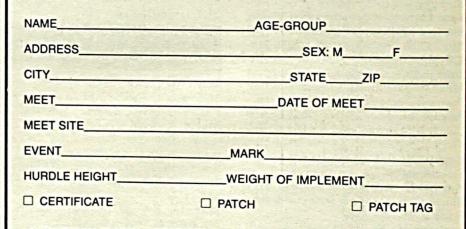
The All-American tables have been changed to reflect current marks set by athletes all over the nation. The changes were made by the All-American Standards Committee; however, the old tables may be used for one year until people have adjusted to the newer version. This was not done to make it more difficult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

|  | U.S  | 5. N  | IAS   | <b>FER</b>   | S AL   | L-A  | ME   | RIC  | ANS   | STAN   | NDAR  | RDS  |  |
|--|--|---|---|--|--|--|--|--|---|--|---|--|--|
|  |  |   |   |  |  | and the second se  | R MEN  |  |   |  |   |  |  |
| Even   | -  | 30-34   | 35-39   | 40-44  | 45-49  |  | 55-59  |  | 65-69   | 70-74  | 75-79   |  | 85-89  |
| 100  |  | 10.95   | 11.3  | 11.5   | 11.9   | 12.2   | 12.6   | 13.2   | 13.8  | 14.6   | 16.0  | 18.0   | 23.0   |
| 200  | Contraction of the local division of the loc   | 22.4  | 23.2  | 23.8   | 24.6   | 25.5   | 27.0   | 27.7   | 29.5  | 32.0   | 35.0  | 40.2   | 52.0   |
| 400  |  | 51.5  | 52.5  | 53.8   | 56.0   | 57.5   | 62.0   | 65.0   | 69.0  | 75.0   | 88.0  |  | 120.0  |
| 800  |  | 2:02  | 2:04  | 2:06   | 2:11   | 2:16   | 2:25   | 2:35   | 2:45  | 3:06   | 3:35  | 3:55   | 4:30   |
| 1500   |  | 4:16  | 4:18  | 4:20   | 4:32   | 4:40   | 5:02   | 5:20   | 5:45  | 6:30   | 7:20  | 8:10   | 9:20   |
| Mile   |  | 4:35  | 4:40  | 4:55   | 5:00   | 5:10   | 5:30   | 5:55   | 6:15  | 6:55   | 7:50  |  | 10:15  |
| 5000   | ) 1  | 5:45  | 16:00   | 16:15  | 16:45  | 17:30  | 18:25  | 19:30  | 21:00   | 23:30  | 26:00   |  | 32:30  |
| 10000  | ) 3  | 2:30  | 32:50   | 33:30  | 36:00  | 38:00  | 39:00  | 40:30  | 44:00   | 48:30  | 54:30   | 61:15  | 68:30  |
| 110H   |  | 15.4  | 16.5  | 17.8   | 18.8   | 1  |  |  | and and   | 1  |   |  |  |
| 100H   | her. s   |   |   |  | all solo   | 18.0   | 19.0   | 20.0   | 21.0  |  |   |  |  |
| 80H  | 1.1  |   |   |  |  |  |  |  |   | 18.0   | 21.0  | 25.0   | 30.0   |
| 400H   |  | 58.0  | 60.0  | 62.0   | 64.0   | 68.0   | 71.0   |  |   |  | the states  |  |  |
| 300H   |  |   |   |  |  | 48.0   | 51.0   | 55.0   | 60.0  | 67.0   | 75.0  | 85.0   | 95.0   |
| 3K-SC  | 1  | 0:10  | 10:30   | 11:45  | 12:40  | 13:30  | 14:00  |  |   |  | Ny char   | · ·  |  |
| 2K-SC  | 1.0  |   |   |  |  |  |  | 9:30   | 10:30   | 12:00  | 14:00   | 16:30  | 19:30  |
| HJ   |  | 1.90  | 1.85  | 1.76   | 1.68   | 1.60   | 1.50   | 1.45   | 1.38  | 1.25   | 1.15  | 1.00   | 0.80   |
|  |  | 5-2%  | 6-1/4   | 5-9%   | 5-6  | 5-3  | 4-11   | 4-9  | 4-6   | 4-1%   | 3-9%  | 3-3%   | 2-7%   |
| PV   | 1914   | 4.40  | 4.10  | 3.95   | 3.70   | 3.55   | 3.05   | 2.70   | 2.40  | 2.30   | 2.00  | 1.80   | 1.30   |
| 1.1.1.1  | 14   | 4-5%  | 13-5%   | 12-11%   | 12-1%  | 11-7%  | 10-0   | 8-10%  | 8-4%  | 7-6%   | 6-6%  | 5-10%  | 4-3%   |
| LJ   |  | 6.50  | 6.10  | 5.85   | 5.60   | 5.40   | 4.90   | 4.50   | 4.20  | 3.80   | 3.35  | 2.85   | 2.20   |
| 1. 1. 1. 1   | Christ 1   | 21-4  | 20-1/4  | 19-2%  | 18-4%  | 17-8%  | 16-1   | 14-9%  | 13-9%   | 12-5%  | 10-11%  | 9-4%   | 7-2%   |
| т  | J  | 13.20   | 12.60   | 11.50  | 10.80  | 10.40  | 9.50   | 8.90   | 8.20  | 6.96   | 6.50  | 5.94   | 5.51   |
| The state  |  | 3-3%  | 41-4%   | 37-8%  | 35-5%  | 34-1%  |  | 29-2%  | 26-11   | 22-10  | 21-4  | 19-6   | 18-1   |
| Sho  |  | 14.50   | 14.02   | 13.41  | 12.62  | 13.10  | 12.00  |  | 11.50   | 11.00  | 9.00  | 8.00   | 6.00   |
| Ser.   | and the  | 47-7  | 46-0  | 44-0   | 41-5   | 43-1   | 39-4   | 42-0   | 37-8%   | 36-1%  | 29-6  | and the second second  | 19-8%  |
| Discu  | S  | 44.80   | 42.80   | 39.50  | 37.50  | 42.00  | 41.00  |  | 39.00   | 34.00  | 26.00   | and the second second  | 15.24  |
| 11.1   |  | 147-0   | 140-5   | 129-7  | 123-0  | 137-9  | 134-6  | 137-9  | 127-11  | 111-6  | 98-5  | 72-2%  | 50-0   |
| Hamme  |  | 47.24   | 44.20   | 40.00  | 39.00  | 39.00  | 36.00  | 36.00  | 32.00   | 30.00  | 24.00   |  | 17.07  |
| and the second   | A CONTRACTOR OF A CONTRACT OF  | 155-0   | 145-0   | 131-3  | 127-11   | 127-11   | 118-1  | 118-1  | 105-0   | 98-5   | 78-9  | 65-7%  | 56-0   |
| Javelin  |  | 52.00   | 56.00   | 48.76  | 47.00  | 43.00  | 41.00  | 39.00  | 35.00   | 31.00  | 24.00   |  | 14.02  |
| L-Bag  |  | 203-5   | 183-9   | 160-0  | 154-2  | 141-1  | ×  | 127-11   | 114-10  | 101-8  | 78-9  | 52-4   | 46-0   |
| 35#Wt  | Contraction of the local division of the loc   | 15.00   | 14.00   | 13.00  | 12.00  | 10.00  | 9.00   |  |   | 6.00   | 5.00  | 4.00   | 3.00   |
| -  |  | 1000  | 45-11%  | 42-8   | 39-4%  | 32-9%  |  |  |   | 19-8%  | 16-5  | 13-1%  | 9-10   |
| 25#Wt  |  | 3-2 m   | 45-1174   | 42-0   | 33-4 m   | 52-5 14  | 23-011   | 11 50  | 10.00   |  | Contraction of the second   |  | 4.50   |
| 2.5# 11  | 6.14   |   |   |  | A The L  | 1  | 1  | 11.50  | 10.00   | 9.00   | 7.30  | 5.30   |  |
|  |  |   | 0.00  |  |  |  |  | 37-6%  | 32-9%   | 29-61/2  | 2 To 1 To 1   | 17-4%  |  |
| 56#Wt  | 122  | 9.50  | 9.00  | 8.50   | 8.00   | 6.00   | 5.00   | 4.50   | 4.00  | 3.50   | 3.00  | 2.50   | 2.00   |
| 100  |  | 31-2  |   | 27-10%   | 26-5   | 19-81/4  | 16-5   | 14-9   | 13-1%   | 11-5%  | 9-10  |  | 6-63/4   |
| Pent   |  | 2800  | 2600  | 2600   | 2400   | 2600   | 2600   | 2600   | 2600  | 2600   | 2600  | 2600   | 2600   |
| Decath   |  |   |   |  |  | 5200   |  | 4500   | 5000  | 4800   | 4200  |  |  |
| A second second second   |  | 5500  | 5250  | 5250   | 5000   |  | 5000   |  |   |  |   | 3000   |  |
| Wt. Pent   | t.   | 2800  | 2700  | 2800   | 3000   | 3000   | 3000   | 3000   | 3000  | 2600   | 2700  | 3000   | 2500<br>3000   |
| Wt. Pent<br>Notes:   | t.<br>1)   | 2800<br>100 sta   | 2700<br>Indards a   | 2800<br>re for aut   | 3000<br>omatic tim   | 3000   | 3000<br>andard   | 3000<br>conversio  | 3000<br>on for han  | 2600<br>d time.  | 2700  |  |  |
| Wt. Pent   | t.<br>1)<br>2)   | 2800<br>100 sta<br>Short h  | 2700<br>Indards a<br>Jurdies:   | 2800<br>re for aut<br>30-49:   | 3000<br>omatic tim<br>39";   | 3000   | 3000<br>andard (<br>50-59:   | 3000<br>conversio<br>36";  | 3000<br>on for han<br>60-69: 3  | 2600<br>d time.<br>3"; 70  |   |  |  |
| Wt. Pent   | t.<br>1)<br>2)<br>3)   | 2800<br>100 sta<br>Short h<br>Long h  | 2700<br>Indards a<br>lurdles:<br>urdles:  | 2800<br>re for aut<br>30-49:<br>30-49:   | 3000<br>omatic tim<br>39";<br>36";   | 3000<br>ne; use st   | 3000<br>andard (<br>50-59:<br>50-59:   | 3000<br>conversion<br>36";<br>33";   | 3000<br>on for han<br>60-69: 3<br>60+: 3  | 2600<br>id time.<br>3"; 70   | 2700<br>0+: 30"   |  |  |
| Wt. Pent   | t.<br>1)<br>2)<br>3)<br>4)<br>5)   | 2800<br>100 sta<br>Short h<br>Long h<br>Shot p  | 2700<br>Indards a<br>lurdles:<br>urdles:  | 2800<br>re for aut<br>30-49:   | 3000<br>omatic tim<br>39";<br>36";<br>7.26k (1   | 3000<br>ne; use st   | 3000<br>andard (<br>50-59:   | 3000<br>conversion<br>36";<br>33";<br>6k;  | 3000<br>on for han<br>60-69: 3<br>60+: 3<br>60-69: 5  | 2600<br>id time.<br>3"; 70   | 2700  |  |  |
| Wt. Pent   | t.<br>1)<br>2)<br>3)<br>4)<br>5)<br>6)   | 2800<br>100 sta<br>Short h<br>Long h<br>Shot pu<br>Discus<br>Hamme  | 2700<br>Indards a<br>Jurdies:<br>urdies:<br>urt:<br>throw:<br>er:   | 2800<br>re for aut<br>30-49:<br>30-49:<br>30-49:<br>30-49:<br>30-49:<br>30-49:   | 3000<br>omatic tim<br>39";<br>36";<br>7.26k (1<br>2kg;<br>7.26k (1   | 3000<br>ne; use st<br>16#);  | 3000<br>andard<br>50-59:<br>50-59:<br>50-59:<br>50-59:<br>50-59:<br>50-59:   | 3000<br>conversion<br>36";<br>33";<br>6k;<br>1.5kg;<br>6k;   | 3000<br>on for han<br>60-69: 3<br>60+: 3<br>60-69: 5<br>60+: 1  | 2600<br>d time.<br>3"; 7(<br>0"<br>k; 7(<br>.0kg   | 2700<br>0+: 30"   |  |  |
| Wt. Pent   | t.<br>1)<br>2)<br>3)<br>4)<br>5)<br>6)<br>7)   | 2800<br>100 sta<br>Short h<br>Long h<br>Shot po<br>Discus<br>Hamme<br>Javelin   | 2700<br>indards a<br>burdles:<br>urdles:<br>ut:<br>throw:<br>ar:<br>:   | 2800<br>re for aut<br>30-49:<br>30-49:<br>30-49:<br>30-49:<br>30-49:<br>30-59:   | 3000<br>omatic tim<br>39";<br>36";<br>7.26k (1<br>2kg;<br>7.26k (1<br>800g;  | 3000<br>ne; use st<br>16#);<br>16#);   | 3000<br>andard<br>50-59:<br>50-59:<br>50-59:<br>50-59:<br>50-59:<br>60+:   | 3000<br>conversion<br>36";<br>33";<br>6k;<br>1.5kg;<br>6k;<br>6k;<br>600g  | 3000<br>on for han<br>60-69: 3<br>60+: 3<br>60-69: 5<br>60+: 1<br>60-69: 5  | 2600<br>d time.<br>3"; 7(<br>0"<br>ik; 7(<br>.0kg<br>ik; 7(  | 2700<br>D+: 30"<br>D+: 4k<br>D+: 4k   |  |  |
| Wt. Pent   | t.<br>1)<br>2)<br>3)<br>4)<br>5)<br>6)<br>7)<br>8)   | 2800<br>100 sta<br>Short h<br>Long h<br>Shot po<br>Discus<br>Hamme<br>Javelin<br>Metric   | 2700<br>indards a<br>burdles:<br>urdles:<br>ut:<br>throw:<br>ar:<br>:   | 2800<br>re for aut<br>30-49<br>30-49<br>30-49<br>30-49<br>30-49<br>30-59<br>nd distan  | 3000<br>omatic tim<br>39";<br>36";<br>7.26k (1<br>2kg;<br>7.26k (1<br>800g;<br>ces are th  | 3000<br>ne; use st<br>(64);<br>(64);<br>e standar  | 3000<br>andard (<br>50-59:<br>50-59:<br>50-59:<br>50-59:<br>50-59:<br>60+:<br>rd; feet a   | 3000<br>conversion<br>36";<br>33";<br>6k;<br>1.5kg;<br>6k;<br>6k;<br>600g<br>and inche   | 3000<br>on for han<br>60-69: 3<br>60-69: 5<br>60-69: 5<br>60+: 1<br>60-69: 5  | 2600<br>ad time.<br>3"; 7(<br>0"<br>ik; 7(<br>.0kg<br>ik; 7(<br>or convenie)   | 2700<br>D+: 30"<br>D+: 4k<br>D+: 4k   |  |  |
| Wt. Pent   | t.<br>1)<br>2)<br>3)<br>4)<br>5)<br>6)<br>7)<br>8)<br>9)   | 2800<br>100 sta<br>Short h<br>Long h<br>Shot po<br>Discus<br>Hamme<br>Javelin<br>Metric<br>Pen/De   | 2700<br>andards a<br>burdles:<br>urdles:<br>urdles:<br>throw:<br>er:<br>t:<br>heights a<br>bc/Wt.Pen  | 2800<br>re for aut<br>30-49:<br>30-49:<br>30-49:<br>30-49:<br>30-49:<br>30-59:<br>nd distan<br>: 30-39   | 3000<br>omatic tim<br>39";<br>36";<br>7.26k (1<br>2kg;<br>7.26k (1<br>800g;<br>ces are th<br>IAAF pt   | 3000<br>ne; use st<br>(6#);<br>(6#);<br>e standar<br>ts.; 40+ W  | 3000<br>andard (<br>50-59:<br>50-59:<br>50-59:<br>50-59:<br>60+:<br>d; feet a<br>/AVA fac  | 3000<br>36";<br>33";<br>6k;<br>1.5kg;<br>6k;<br>600g<br>and inche<br>toring (no  | 3000<br>on for han<br>60-69: 3<br>60+: 3<br>60-69: 5<br>60+: 1<br>60-69: 5<br>stillsted for<br>ew WAVA)   | 2600<br>d time.<br>13"; 7(<br>0"<br>ik; 7(<br>.0kg<br>ik; 7(<br>or convenie).  | 2700<br>D+: 30"<br>D+: 4k<br>D+: 4k<br>ence.  | 3000   |  |
| Wt. Pent<br>Notes:   | t.<br>1)<br>2)<br>3)<br>4)<br>5)<br>6)<br>7)<br>8)<br>9)   | 2800<br>100 sta<br>Short h<br>Long h<br>Shot po<br>Discus<br>Hamme<br>Javelin<br>Metric<br>Pen/De   | 2700<br>andards a<br>surdles:<br>urdles:<br>ut:<br>throw:<br>ar:<br>t:<br>heights a<br>bc/Wt.Pen  | 2800<br>re for aut<br>30-49:<br>30-49:<br>30-49:<br>30-59:<br>nd distan<br>: 30-39<br>ALL-AM   | 3000<br>omatic tim<br>39";<br>36";<br>7.26k (1<br>2kg;<br>7.26k (1<br>800g;<br>ces are th<br>IAAF pt<br>ERICAN   | 3000<br>re; use st<br>16#);<br>16#);<br>e standar<br>ts.; 40+ W<br>STAND   | 3000<br>andard (<br>50-59:<br>50-59:<br>50-59:<br>50-59:<br>60+:<br>d; feet a<br>/AVA fac  | 3000<br>36";<br>33";<br>6k;<br>1.5kg;<br>6k;<br>600g<br>and inche<br>toring (no  | 3000<br>on for han<br>60-69: 3<br>60+: 3<br>60-69: 5<br>60+: 1<br>60-69: 5<br>stillsted for<br>ew WAVA)   | 2600<br>d time.<br>13"; 7(<br>0"<br>ik; 7(<br>.0kg<br>ik; 7(<br>or convenie).  | 2700<br>D+: 30"<br>D+: 4k<br>D+: 4k   | 3000   |  |
| Wt. Peni<br>Notes:   | t.<br>1)<br>2)<br>3)<br>4)<br>5)<br>6)<br>7)<br>8)<br>9)<br>U.S.<br>1.5K   | 2800<br>100 sta<br>Short h<br>Short h<br>Discus<br>Hamma<br>Javelin<br>Metric<br>Pen/De   | 2700<br>Indards a<br>Iurdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>i<br>throw:<br>ar:<br>i<br>helghts a<br>bc/WLPen<br>STERS   | 2800<br>re for aut<br>30-49:<br>30-49:<br>30-49:<br>30-49:<br>30-59:<br>autoritical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>statistical<br>sta  | 3000<br>omatic tim<br>39";<br>36";<br>7.26k (1<br>2kg;<br>7.26k (1<br>800g;<br>ces are th<br>IAAF pt<br>ERICAN<br>8K   | 3000<br>re; use st<br>16#);<br>16#);<br>e standai<br>ts.; 40+ W<br>STAND<br>W<br>10K   | 3000<br>andard<br>50-59:<br>50-59:<br>50-59:<br>50-59:<br>60+:<br>d; feet a<br>(AVA fac<br>ARDS<br>(OMEN   | 3000<br>conversie<br>36";<br>33";<br>6k;<br>1.5kg;<br>6k;<br>600g<br>ind inche<br>toring (nd<br>OF EXC   | 3000<br>on for han<br>60-69: 3<br>60+: 3<br>60-69: 5<br>60-69: 5<br>rs listed for<br>ew WAVA)<br>ELLENC   | 2600<br>d time.<br>3"; 7(<br>0"<br>ik; 7(<br>.0kg<br>ik; 7(<br>.0kg<br>E FOR R.<br>25K   | 2700<br>0+: 30"<br>0+: 4k<br>0+: 4k<br>ence.<br>ACEWALI<br>30K  | 3000<br>(ERS<br>40K  | 3000<br>50K  |
| Wt. Peni<br>Notes:<br>W30  | t.<br>1)<br>2)<br>3)<br>4)<br>5)<br>6)<br>7)<br>8)<br>9)<br>U.S<br>1.5K<br>7:13  | 2800<br>100 sta<br>Short h<br>Long h<br>Shot pu<br>Discus<br>Hamme<br>Javelin<br>Metric<br>Pen/De<br>S. MA<br>Mile<br>7:47  | 2700<br>andards a<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles: | 2800<br>re for aut<br>30-49;<br>30-49;<br>30-49;<br>30-49;<br>30-49;<br>30-59;<br>nd distan<br>: 30-39<br>ALL-AM<br>5K<br>25:38  | 3000<br>omatic tim<br>39";<br>36";<br>7.26k (1<br>2kg;<br>7.26k (1<br>800g;<br>ces are th<br>IAAF pi<br>ERICAN<br>8K<br>42:04  | 3000<br>re; use st<br>164);<br>164);<br>e standau<br>ts.; 40+ W<br>STAND<br>W<br>10K<br>52:43  | 3000<br>andard (<br>50-59:<br>50-59:<br>50-59:<br>50-59:<br>60+:<br>(AVA fac<br>ARDS<br>/OMEN  | 3000<br>conversid<br>36";<br>33";<br>6k;<br>600g<br>nd inche<br>toring (m<br>OF EXC<br>5K<br>56 1:5/   | 3000<br>on for han<br>60-69: 3<br>60+: 3<br>60+: 1<br>60-69: 5<br>st listed fo<br>ew WAVA)<br>ELLENC  | 2600<br>d time.<br>13"; 7(<br>0"<br>14; 7(<br>0k; 7(<br>0k   | 2700<br>D+: 30"<br>D+: 4k<br>ence.<br>ACEWALI<br>30K<br>59:15 4:0   | 3000<br>(ERS<br>40K<br>8:45 5  | 3000<br>50K  |
| W1. Pent<br>Notes:<br>W30<br>W35   | t.<br>1)<br>2)<br>3)<br>4)<br>5)<br>6)<br>7)<br>8)<br>9)<br>U.9<br>1.5K<br>7:13<br>7:22  | 2800<br>100 sta<br>Short h<br>Long h<br>Shot po<br>Discus<br>Hamme<br>Javelin<br>Metric<br>Pen/De<br>S. MA<br>Mile<br>7:47<br>8:03  | 2700<br>andards a<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles:<br>urdles: | 2800<br>re for aut<br>30-49;<br>30-49;<br>30-49;<br>30-49;<br>30-59;<br>30-59;<br>ad distan<br>; 30-39<br>ALL-AM<br>5K<br>25:38<br>26:27   | 3000<br>omatic tim<br>39";<br>36";<br>7.26k (1<br>2kg;<br>7.26k (1<br>8000;<br>ces are the<br>IAAF pr<br>ERICAN<br>8K<br>42:04<br>43:11  | 3000<br>re; use si<br>(64);<br>(64);<br>e standau<br>ts.; 40+ W<br>STAND<br>V<br>10K<br>52:43<br>53:56   | 3000<br>andard (<br>50-59:<br>50-59:<br>50-59:<br>50-59:<br>60+:<br>d; feet a<br>(AVA fac<br>ARDS<br>(OMEN<br>1:21:<br>1:23:   | 3000<br>conversion<br>36";<br>333";<br>6k;<br>600g<br>and inche<br>toring (not<br>OF EXC<br>5K<br>56 1:52<br>29 1:55   | 3000<br>on for han<br>60-69: 3<br>60-69: 5<br>60-69: 5<br>60-69: 5<br>60-69: 5<br>ms listed for<br>ew WAVA)<br>ELLENCI<br>20K<br>2:06 2:2<br>3:32 2:2   | 2600<br>d time.<br>37; 7(<br>0°<br>4; 7(<br>.0kg<br>k; 7(<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0kg<br>.0k   | 2700<br>0+: 30"<br>0+: 4k<br>0+: 4k<br>ence.<br>ACEWALI<br>30K<br>59:15 4:0<br>01:53 4:1  | 3000<br>(ERS<br>40K<br>8:45 5<br>2:21 5  | 3000<br>50K<br>:37:30<br>:42:23  |
| Wt. Pent<br>Notes:<br>W30<br>W35<br>W40  | t.<br>1)<br>2)<br>3)<br>4)<br>5)<br>6)<br>7)<br>8)<br>9)<br>U.9<br>1.5K<br>7:13<br>7:22<br>7:37  | 2800<br>100 sta<br>Short h<br>Long h<br>Shot po<br>Discus<br>Hamme<br>Javeilin<br>Metric<br>Pen/De<br>S. MA<br>Mile<br>7:47<br>8:03<br>8:21   | 2700<br>andards a<br>wurdles:<br>urdles:<br>urdles:<br>urdles:<br>throw:<br>b:<br>heights a<br>kc/WLPen<br>STERS<br>3K<br>14:50<br>15:18<br>15:53   | 2800<br>re for aut<br>30-49:<br>30-49:<br>30-49:<br>30-49:<br>30-59:<br>nd distan<br>: 30-39<br>ALL-AM<br>5K<br>25:38<br>26:27<br>27:26  | 3000<br>omatic tim<br>39";<br>36";<br>7.26k (1<br>2kg;<br>7.26k (1<br>800g;<br>ces are th<br>IAAF pi<br>ERICAN<br>8K<br>42:04<br>43:11<br>44:47  | 3000<br>re; use st<br>(64);<br>(64);<br>e standar<br>ts.; 40+ W<br>STAND<br>W<br>STAND<br>W<br>STAND<br>V<br>STAND<br>S3:56<br>55:56   | 3000<br>andard<br>50-59:<br>50-59:<br>50-59:<br>60+:<br>d; feet a<br>(AVA fac<br>ARDS<br>(OMEN<br>1:<br>1:21:<br>1:23:<br>1:26:  | 3000<br>conversion<br>36";<br>33";<br>6k;<br>6k;<br>6k;<br>600g<br>ind inche<br>toring (no<br>OF EXC<br>5K<br>56 1:5;<br>29 1:5;<br>27 1:5;  | 3000<br>on for han<br>60-69: 3<br>60-: 3<br>60-: 5<br>60-: 1<br>60-69: 5<br>s listed fo<br>ew WAVA)<br>ELLENCO<br>20K<br>2:06 2:2<br>3:32 2:28  | 2600<br>d time.<br>3"; 7(<br>0"<br>1%; 7(<br>.0kg<br>ik; 7(<br>.0kg)<br>.0kg<br>ik; 7(<br>.0kg<br>ik; 7(<br>.0kg)<br>.0kg<br>i; 7(<br>.0kg<br>ik; 7()<br>.0kg<br>ik; 7()<br>.0kg<br>ik; 7()<br>.0kg<br>ik; ( | 2700<br>0+: 30"<br>0+: 4k<br>ence.<br>ACEWALI<br>30K<br>59:15 4:0<br>01:53 4:1<br>8:56 4:2  | 3000<br>(ERS<br>40K<br>8:45 5<br>2:21 5<br>2:13 5  | 3000<br>50K<br>:37:30<br>:42:23<br>:55:48  |
| W1. Pent<br>Notes:<br>W30<br>W35<br>W40<br>W45   | t.<br>1)<br>2)<br>3)<br>4)<br>5)<br>6)<br>7)<br>8)<br>9)<br>U.S<br>1.5K<br>7:13<br>7:22<br>7:37<br>8:03  | 2800<br>100 sta<br>Short h<br>Long h<br>Shot po<br>Discus<br>Hamme<br>Javelin<br>Metric<br>Pen/De<br>5. MA<br>Mile<br>7:47<br>8:03<br>8:21<br>8:41  | 2700<br>Indards a<br>Jurdles:<br>urdles:<br>urdles:<br>throw:<br>ar:<br>beights a<br>be/WLPen<br>STERS<br>3K<br>14:50<br>15:18<br>15:53<br>16:32  | 2800<br>re for aut<br>30-49;<br>30-49;<br>30-49;<br>30-59;<br>30-59;<br>a0-59;<br>ALL-AM<br>5K<br>25:38<br>26:27<br>27:26<br>28:33   | 3000<br>omatic tim<br>39";<br>36";<br>7.26k (1<br>2kg;<br>7.26k (1<br>800g;<br>ces are th<br>IAAF pi<br>IAAF pi<br>ERICAN<br>8K<br>42:04<br>43:11<br>44:47<br>46:35  | 3000<br>re; use st<br>164);<br>164);<br>e standaid<br>ts.; 40+ W<br>STAND<br>W<br>10K<br>52:43<br>53:56<br>55:56<br>58:10  | 3000<br>andard<br>50-59:<br>50-59:<br>50-59:<br>50-59:<br>60+:<br>d; feet a<br>/AVA fac<br>////////////////////////////////////  | 3000<br>conversit<br>36";<br>33";<br>6k;<br>6k;<br>6k;<br>600g<br>ind inche<br>toring (n<br>OF EXC<br>5K<br>56 1:5:<br>29 1:5:<br>37 1:5:<br>08 2:0:   | 3000<br>on for han<br>60-69: 3<br>60-69: 3<br>60-69: 5<br>60-69: 5<br>50-69: 5<br>50-69: 5<br>51 listed for<br>www.va)<br>ELLENCO<br>20K<br>20K<br>206 2:2<br>3:32 2:2<br>8:06 2:3<br>3:00 2:3  | 2600<br>d time.<br>3": 7(<br>0"<br>10"<br>10"<br>10"<br>10"<br>10"<br>10"<br>10"   | 2700<br>D+: 30"<br>D+: 4k<br>D+: 4k<br>ence.<br>ACEWALI<br>30K<br>59:15 4:0<br>D1:53 4:1<br>D8:56 4:2<br>7:00 4:3   | 3000<br>(ERS<br>40K<br>8:45 5<br>2:21 5<br>2:13 5<br>3:31 6  | 50K<br>:37:30<br>:42:23<br>:55:48<br>:51:25  |
| W1. Pent<br>Notes:<br>W30<br>W35<br>W40<br>W45<br>W50  | t.<br>1)<br>2)<br>3)<br>4)<br>5)<br>6)<br>7)<br>8)<br>9)<br>U.S<br>1.5K<br>7:13<br>7:22<br>7:37<br>8:03<br>8:25  | 2800<br>100 sta<br>Short h<br>Long h<br>Short po<br>Discus<br>Hamme<br>Javelin<br>Metric<br>Pen/De<br>5. MA<br>Mile<br>7:47<br>8:03<br>8:21<br>8:41<br>9:05   | 2700<br>Indards a<br>Jurdles:<br>urdles:<br>urdles:<br>urdles:<br>throw:<br>ar:<br>throw:<br>be<br>ster<br>STERS<br>3K<br>14:50<br>15:18<br>15:53<br>16:53<br>16:125<br>17:15   | 2800<br>re for aut<br>30-49;<br>30-49;<br>30-49;<br>30-59;<br>30-59;<br>a0-59;<br>ALL-AM<br>5K<br>25:38<br>26:27<br>27:26<br>28:33<br>29:49  | 3000<br>omatic tim<br>39°;<br>36°;<br>7.26k (1<br>2kg;<br>7.26k (1<br>800g;<br>Ces are th<br>IAAF pi<br>ERICAN<br>8K<br>42:04<br>43:11<br>44:47<br>46:35<br>48:36  | 3000<br>re; use st<br>164);<br>re standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>standar<br>st   | 3000<br>andard<br>50-59:<br>50-59:<br>50-59:<br>50-59:<br>60+:<br>d; feet a<br>/AVA fac<br>ARDS<br>/OMEN<br>1:<br>1:21:<br>1:23:<br>1:26:<br>1:30:<br>1:34:  | 3000<br>conversion<br>36";<br>33";<br>6k;<br>1.5kg;<br>6k;<br>600g<br>and inche<br>toring (m<br>OF EXC<br>5K<br>56 1:5;<br>29 1:5;<br>37 1:5;<br>08 2:0;<br>08 2:0;<br>09 0;<br>00 0;   | 3000<br>on for han<br>60-69: 3<br>60-69: 5<br>60-69: 5<br>80-69: 5<br>80-60: 5<br>80-60   | 2600<br>d time.<br>3°; 70<br>0°<br>k; 70<br>br<br>corr convenie<br>E FOR R.<br>25K<br>4:43 2:5<br>6:51 3:0<br>2:33 3:0<br>8:56 3:1<br>6:11 3:2   | 2700<br>D+: 30"<br>D+: 4k<br>D+: 4k<br>ence.<br>ACEWALI<br>30K<br>99:15 4:0<br>D1:53 4:1<br>188:56 4:2<br>17:00 4:3<br>86:08 4:4  | 3000<br>(ERS<br>40K<br>8:45 5<br>2:21 5<br>2:13 5<br>3:31 6<br>6:23 6  | 50K<br>:37:30<br>:42:23<br>:55:48<br>:11:25<br>:29:09  |
| W1. Peni<br>Notes:<br>W30<br>W35<br>W40<br>W45<br>W50<br>W55   | t.<br>1)<br>2)<br>3)<br>4)<br>5)<br>6)<br>7)<br>8)<br>9)<br>U.<br>1.5K<br>7:13<br>7:22<br>7:37<br>8:03<br>8:25<br>8:55   | 2800<br>100 sta<br>Short h<br>Long h<br>Shot pu<br>Discus<br>Hamme<br>Javelin<br>Metric<br>Pen/De<br>5. MA<br>Mile<br>7:47<br>8:03<br>8:21<br>8:41<br>9:05<br>9:31  | 2700<br>Indards =<br>uurdles:<br>ut:<br>throw:<br>=:<br>=:<br>beights =<br>c/WLPen<br>STERS<br>= 3K<br>14:50<br>= 15:18<br>15:53<br>= 15:53<br>= 16:32<br>= 17:15<br>= 18:05  | 2800<br>re for aut<br>30-49:<br>30-49:<br>30-49:<br>30-49:<br>30-59:<br>nd distan<br>: 30-39<br>ALL-AM<br>5K<br>25:38<br>26:27<br>27:26<br>28:33<br>29:49<br>31:14   | 3000<br>omatic tim<br>39";<br>36";<br>7.26k (1<br>800g;<br>5.26k (1<br>800g;<br>1AAF pi<br>IAAF pi<br>ERICAN<br>8K<br>42:04<br>43:11<br>44:47<br>46:35<br>48:36<br>50:54   | 3000<br>re; use st<br>(64);<br>e standau<br>ts; 40+ W<br>STAND<br>W<br>10K<br>52:43<br>53:56<br>55:56<br>58:10<br>1:00:41<br>1:03:33   | 3000<br>andard<br>50-59:<br>50-59:<br>50-59:<br>50-59:<br>60+:<br>d; feet a<br>/AVA fac<br>ARDS<br>/OMEN<br>1:21:<br>1:23:<br>1:26:<br>1:30:<br>1:34:<br>1:34:   | 3000<br>conversion<br>36";<br>33";<br>6k;<br>1.5kg;<br>6k;<br>6kg;<br>6kg;<br>1.5kg;<br>6kg;<br>600g<br>and Inche<br>toring (m<br>OF EXC<br>5K<br>56 1:55;<br>29 1:55;<br>37 1:55;<br>08 2:00<br>08 2:00<br>08 2:00  | 3000<br>on for han<br>60-69: 3<br>60-69: 5<br>60-1: 1<br>60-69: 5<br>rs listed for<br>ew WAVA)<br>ELLENCO<br>20K<br>20K<br>20K<br>20C 2:2<br>3:32 2:2<br>8:06 2:3<br>3:00 2:3<br>8:30 2:4<br>4:48 2:5   | 2600<br>d time.<br>3°; 70<br>0°<br>10°<br>10°<br>10°<br>10°<br>10°<br>10°<br>10°   | 2700<br>D+: 30"<br>D+: 4k<br>D+: 4k<br>ence.<br>ACEWALI<br>30K<br>59:15 4:0<br>D1:53 4:1<br>18:56 4:2<br>17:00 4:3<br>26:08 4:4<br>66:33 5:0  | 3000<br>KERS<br>40K<br>8:45 5<br>2:21 5<br>2:13 5<br>3:31 6<br>6:23 6<br>6:23 6  | 50K<br>:37:30<br>:42:23<br>:55:48<br>:11:25<br>:29:09<br>:29:24  |
| W1. Pent<br>Notes:<br>W30<br>W35<br>W40<br>W45<br>W55<br>W60   | t.<br>1)<br>2)<br>3)<br>4)<br>5)<br>6)<br>7)<br>8)<br>9)<br>U.S.<br>1.5K<br>7:13<br>7:22<br>7:37<br>8:03<br>8:25<br>8:55<br>9:17   | 2800<br>100 sta<br>Short h<br>Long h<br>Shot po<br>Discuss<br>Hamme<br>Javelin<br>Metric<br>Pen/De<br>5. MA<br>Mile<br>7:47<br>8:03<br>8:21<br>8:41<br>9:05<br>9:03<br>10:01  | 2700<br>andards a<br>uurdles:<br>ut:<br>throw:<br>er:<br>theights a<br>sc/Wt.Pen<br>STERS<br>3K<br>14:50<br>15:18<br>15:53<br>16:32<br>5 17:15<br>18:05<br>19:01  | 2800<br>re for aut<br>30-49:<br>30-49:<br>30-49:<br>30-49:<br>30-59:<br>nd distan<br>: 30-39<br>ALL-AM<br>5K<br>25:38<br>26:27<br>27:26<br>28:33<br>29:49<br>31:14<br>32:51  | 3000<br>omatic tim<br>39";<br>36";<br>7.26k (1<br>800g;<br>ces are th<br>IAAF pr<br>ERICAN<br>8K<br>42:04<br>43:11<br>44:47<br>46:35<br>48:36<br>50:54<br>53:32  | 3000<br>te; use sta<br>164);<br>164);<br>e standau<br>ts.; 40+ W<br>STAND<br>W<br>10K<br>52:36<br>55:56<br>58:10<br>1:00:41<br>1:03:33<br>1:06:55  | 3000<br>andard<br>50-59:<br>50-59:<br>50-59:<br>50-59:<br>60+:<br>d; feet a<br>/AVA fac<br>ARDS<br>/OMEN<br>1:<br>1:21:<br>1:23:<br>1:26:<br>1:30:<br>1:34:<br>1:38:<br>1:38:  | 3000<br>36";<br>33";<br>6k;<br>6k;<br>600g<br>and inche<br>toring (nd<br>OF EXC<br>56 1:5;<br>29 1:5;<br>37 1:5;<br>08 2:0;<br>08 2:0;<br>08 2:1;<br>51 2:2;   | 3000<br>on for han<br>60-69: 3<br>60-69: 5<br>60-69: 5<br>s listed fo<br>ew WAVA)<br>ELLENC<br>20K<br>220K<br>220K<br>220K<br>220K<br>220K<br>220K<br>220K  | 2600<br>d time.<br>3°; 70<br>0°<br>1°; 70<br>1°;   | 2700<br>0+: 30"<br>0+: 4k<br>0+: 4k<br>ence.<br>ACEWALI<br>30K<br>59:15 4:0<br>11:53 4:1<br>108:56 4:2<br>17:00 4:3<br>50:08 4:4<br>36:33 5:0<br>18:29 5:1  | 3000<br>KERS<br>40K<br>8:45 5<br>2:21 5<br>2:21 5<br>3:31 6<br>6:23 6<br>1:03 6<br>1:03 6<br>7:54 7  | 50K<br>:37:30<br>:42:23<br>:55:48<br>:11:25<br>:29:29<br>:49:24  |
| W1. Peni<br>Notes:<br>W30<br>W35<br>W40<br>W45<br>W50<br>W55<br>W60<br>W65   | t.<br>1)<br>2)<br>3)<br>4)<br>5)<br>6)<br>7)<br>8)<br>9)<br>U.<br>1.5K<br>7:13<br>7:22<br>7:37<br>8:03<br>8:25<br>8:55<br>9:17<br>9:48   | 2800<br>100 sta<br>Short h<br>Long h<br>Shot pn<br>Discus<br>Hamme<br>Javeilin<br>Metric<br>Pen/De<br>5. MA<br>Mile<br>7:47<br>8:03<br>8:21<br>8:41<br>9:05<br>9:31<br>10:35  | 2700<br>Indards a<br>uurdles:<br>urdles:<br>th:<br>throw:<br>ar:<br>b<br>beights a<br>bc/WLPen<br>STERS<br>3K<br>14:50<br>15:18<br>15:53<br>16:32<br>5 17:15<br>18:05<br>19:01<br>5 20:06   | 2800<br>re for aut<br>30-49;<br>30-49;<br>30-49;<br>30-49;<br>30-49;<br>30-59;<br>nd distan<br>distan<br>distan<br>5K<br>25:38<br>26:27<br>27:26<br>28:33<br>29:49<br>31:14<br>32:51<br>34:43  | 3000<br>omstic tim<br>39";<br>36";<br>7.26k (1<br>2kg;<br>7.26k (1<br>iAAF pi<br>IAAF pi<br>IAAF pi<br>ERICAN<br>8K<br>42:04<br>43:11<br>44:47<br>46:35<br>48:36<br>50:54<br>50:54<br>55:332   | 3000<br>we; use sta<br>169);<br>e standau<br>ts.; 40+ W<br>STAND<br>STAND<br>STAND<br>0<br>(52:43)<br>53:56<br>53:56<br>58:10<br>1:00:41<br>1:00:33<br>1:06:50<br>1:10:37  | 3000<br>andard<br>50-59:<br>50-59:<br>50-59:<br>50-59:<br>50-59:<br>50-59:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-se:<br>co-s   | 3000<br>conversion<br>36";<br>33";<br>6k;<br>600g<br>ind inches<br>toring (no<br>OF EXC<br>56 1:5:<br>29 1:5:<br>37 1:5:<br>08 2:0:<br>08 2:0:<br>08 2:0:<br>08 2:0:<br>15 2:2<br>50 2:31  | 3000<br>on for han<br>60-63: 3<br>60-63: 5<br>60-63: 5<br>60-63: 5<br>is listed fo<br>ew WAVA)<br>ELLENC<br>20K<br>2:06 2:2<br>3:32 2:2<br>8:06 2:3<br>3:20 2:3<br>8:30 2:4<br>4:48 2:5<br>1:54 3:0   | 2600<br>d time.<br>3": 70<br>0"<br>k; 70<br>k; 70<br>k; 70<br>b<br>c convente<br>E FOR R.<br>25K<br>4:43 2:5<br>6:51 3:0<br>2:33 3:0<br>8:56 3:1<br>4:51 4:0<br>4:54 4:5<br>4:51 4:5<br>4:51 4:51<br>4:51 4   | 2700<br>D+: 30"<br>D+: 4k<br>D+: 4k<br>ence.<br>ACEWALI<br>30K<br>59:15 4:0<br>11:53 4:1<br>108:56 4:2<br>77:00 4:3<br>26:08 4:4<br>46:33 5:0<br>18:29 5:1  | 3000<br>KERS<br>40K<br>8:45 5<br>2:21 5<br>2:21 5<br>3:31 6<br>6:23 6<br>1:03 6<br>7:54 7<br>7:25 7  | 50K<br>:37:30<br>:42:23<br>:55:48<br>:11:25<br>:29:09<br>:49:24<br>:12:43<br>:39:46  |
| Wt. Peni<br>Notes:<br>W30<br>W35<br>W40<br>W45<br>W50<br>W45<br>W50<br>W55<br>W60<br>W65<br>W65<br>W65<br>W70 1  | t.<br>1)<br>2)<br>3)<br>4)<br>5)<br>6)<br>7)<br>8)<br>9)<br>U.<br>1.5K<br>7:13<br>7:22<br>7:37<br>8:03<br>8:25<br>8:55<br>9:17<br>9:148<br>10:26   | 2800<br>100 sta<br>Short h<br>Short h<br>Discus<br>Javelin<br>Metric<br>Pen/De<br>5. MA<br>Mile<br>7:47<br>8:03<br>8:21<br>8:41<br>9:05<br>9:31<br>10:03  | 2700<br>Indards =<br>urdles:<br>urdles:<br>throw:<br>ar:<br>belonts a<br>belonts a<br>belonts a<br>belonts a<br>14:50<br>15:18<br>15:53<br>16:32<br>17:15<br>18:05<br>19:01<br>520:06<br>520:26<br>520:26   | 2800<br>re for aut<br>30-49;<br>30-49;<br>30-49;<br>30-49;<br>30-59;<br>nd distan<br>d distan<br>d distan<br>d distan<br>5K<br>25:38<br>26:27<br>27:26<br>28:33<br>29:49<br>31:14<br>32:51<br>34:54  | 3000<br>omatic tim<br>39°;<br>36°;<br>7.26k (1<br>2kg;<br>7.26k (1<br>800g;<br>cos are th<br>IAAF pr<br>IAAF   | 3000<br>te; use st<br>169);<br>te standar<br>ts; 40+ W<br>STAND<br>W<br>10K<br>52:43<br>53:56<br>55:56<br>58:10<br>1:00:41<br>1:03:33<br>1:06:50<br>1:10:37<br>1:15:01   | 3000<br>andard<br>50-59:<br>50-59:<br>50-59:<br>50-59:<br>60+:<br>d; feet a<br>ARDS<br>rOMEN<br>1:21:<br>1:23:<br>1:26:<br>1:30:<br>1:34:<br>1:38:<br>1:43:<br>1:49:<br>1:56:  | 3000<br>conversion<br>36";<br>33";<br>6k;<br>1.5kg;<br>6k;<br>500g<br>and inche<br>toring (m)<br>OF EXC<br>5K<br>556 1:5;<br>29 1:5;<br>37 1:5;<br>08 2:0;<br>08 2:0;<br>40 2:1;<br>51 2:2;<br>50 2:3;<br>49 2:3;  | 3000<br>on for han<br>60-69: 3<br>60-69: 5<br>60-69: 5<br>8<br>8<br>8<br>8<br>8<br>8<br>8<br>8<br>8<br>8<br>8<br>8<br>8<br>8<br>8<br>8<br>8<br>8<br>8   | 2600<br>d time.<br>3°; 70<br>0°<br>k; 70<br>k; 70<br>or convente<br>E FOR R.<br>25K<br>4:43 2:5<br>6:51 3:0<br>2:33 3:0<br>8:56 3:1<br>4:26 3:3<br>3:54 3:4<br>4:51 4:0<br>7:38 4:1  | 2700<br>D+: 30"<br>D+: 4k<br>D+: 4k<br>ence.<br>ACEWALI<br>30K<br>59:15 4:0<br>11:53 4:1<br>18:56 4:2<br>17:00 4:3<br>50:08 4:4<br>86:33 5:0<br>18:29 5:1<br>12:20 5:3  | 3000<br>KERS<br>40K<br>8:45 5<br>2:21 5<br>2:13 5<br>3:31 6<br>6:23 6<br>1:03 6<br>1:03 6<br>7:54 7<br>7:25 7<br>0:18 8  | 3000<br>50K<br>(37:30<br>(42:23)<br>(55:48<br>(11:25)<br>(29:09)<br>(49:24)<br>(12:43)<br>(39:46)<br>(11:30)   |
| Wt. Pent<br>Notes:<br>W30<br>W35<br>W40<br>W45<br>W50<br>W55<br>W60<br>W55<br>W60<br>W65<br>W70 1<br>W75 1   | t.<br>1)<br>2)<br>3)<br>4)<br>5)<br>6)<br>7)<br>8)<br>9)<br>U.<br>1.5K<br>7:13<br>7:22<br>7:37<br>8:03<br>8:25<br>8:55<br>9:17<br>9:48<br>10:26<br>11:10   | 2800<br>100 sta<br>Short h<br>Short h<br>Discus<br>Hamma<br>Javelin<br>Metric<br>Pen/Do<br>S. MA<br>Mile<br>7:47<br>8:03<br>8:21<br>8:41<br>9:05<br>9:33<br>10:01<br>10:35<br>11:15   | 2700<br>Indards a<br>uurdles:<br>ut:<br>throw:<br>ar:<br>beights a<br>c/WLPen<br>STERS<br>3K<br>14:50<br>15:18<br>15:53<br>16:32<br>5 17:15<br>18:05<br>19:01<br>5 20:22<br>22:51   | 2800<br>re for aut<br>30-49:<br>30-49:<br>30-49:<br>30-59:<br>nd distan<br>: 30-39:<br>ALL-AM<br>5K<br>25:38<br>26:27<br>27:26<br>28:33<br>29:49<br>31:14<br>32:51<br>34:43<br>36:54<br>39:28  | 3000<br>omatic tim<br>39°;<br>36°;<br>7.26k (1<br>800g;<br>ces are th<br>IAAF pi<br>IAAF pi<br>ERICAN<br>8K<br>42:04<br>43:11<br>44:47<br>46:35<br>48:36<br>50:54<br>53:32<br>56:33<br>1:00:02   | 3000<br>re; use st<br>169);<br>e standar<br>st; 40+ W<br>STAND<br>W<br>10K<br>52:43<br>53:56<br>55:56<br>58:10<br>1:00:41<br>1:03:33<br>1:06:50<br>1:10:37<br>1:15:31  | 3000<br>andard<br>50-59:<br>50-59:<br>50-59:<br>50-59:<br>60+:<br>d; feet a<br>ARDS<br>70MEN<br>1:21:<br>1:23:<br>1:26:<br>1:30:<br>1:34:<br>1:38:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:  | 3000<br>conversion<br>36";<br>33";<br>6k;<br>600g<br>ind inche<br>toring (m)<br>OF EXC<br>5K<br>556 1:55<br>29 1:55<br>37 1:55<br>08 2:00<br>08 2:00<br>08 2:01<br>08 2:01<br>50 2:31<br>49 2:31<br>50 2:31  | 3000<br>on for han<br>60-69: 3<br>60-69: 5<br>60-69: 5<br>7<br>80-00<br>208<br>208<br>200<br>208<br>21<br>83:00 2:3<br>83:00 2:3<br>83:00 2:3<br>83:00 2:3<br>83:00 2:3<br>83:00 2:3<br>81:00 2:3<br>81:0  | 2600<br>d time.<br>3": 7(<br>0"<br>1", 7(<br>0.0kg<br>1", 7(<br>0"<br>0"<br>0"<br>0"<br>0"<br>1", 7(<br>0"<br>1", 7(<br>1", 7(<br>0"<br>1", 7(<br>1", 7(   | 2700<br>0+: 30"<br>0+: 4k<br>0+: 4k<br>0+: 4k<br>0+: 4k<br>0+: 4k<br>0+: 4k<br>0+: 53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>0  | 3000<br>(ERS<br>40K<br>8:45 5<br>2:21 5<br>2:13 5<br>3:31 6<br>6:23 6<br>6:23 6<br>6:23 6<br>7:54 7<br>7:25 7<br>0:18 8<br>7:35 8  | 3000<br>50K<br>37:30<br>:42:23<br>:55:48<br>:29:09<br>:49:24<br>:11:25<br>:39:46<br>:11:30   |
| W1. 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use standau<br>(64);<br>(64);<br>e standau<br>ts; 40+ W<br>STAND<br>W<br>10K<br>52:43<br>53:56<br>55:56<br>58:10<br>1:00:43<br>1:06:50<br>1:00:43<br>1:06:50<br>1:00:43<br>1:06:50<br>1:15:01<br>1:20:14   | 3000<br>andard<br>50-59:<br>50-59:<br>50-59:<br>50-59:<br>50-59:<br>60+:<br>d; feet a<br>/AVA fac<br>ARDS<br>/OMEN<br>1:21:<br>1:23:<br>1:26:<br>1:30:<br>1:34:<br>1:34:<br>1:34:<br>1:43:<br>1:43:<br>1:43:<br>1:56:<br>2:15:<br>2:15:  | 3000<br>conversion<br>36";<br>6k;<br>500g<br>and inche<br>toring (m)<br>OF EXC<br>5K<br>56 1:5;<br>29 1:5;<br>37 1:54<br>08 2:00<br>08 2:00<br>08 2:00<br>40 2:11<br>51 2:22<br>50 2:34<br>40 2:35<br>15 3:00<br>51 2:55<br>51 3:50<br>52 3:50<br>53 3:50<br>54 5<br>55 5  | 3000<br>on for han<br>60-69: 3<br>60-69: 5<br>60-1: 1<br>60-69: 5<br>si listed fo<br>ew WAVA)<br>ELLENCO<br>20K<br>20K<br>20K<br>20K<br>20K<br>20K<br>20K<br>20K<br>20K<br>20K  | 2600<br>d time.<br>3°; 70<br>0°<br>k; 70<br>k; 70<br>r convente<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:53<br>3:56<br>3:54<br>3:44<br>4:51<br>4:56<br>3:54<br>3:54<br>4:51<br>4:56<br>4:51<br>4:56<br>3:54<br>3:54<br>4:55<br>4:55<br>4:55<br>4:55<br>4:55<br>4:55<br>4:55<br>4:55<br>4:55<br>4:56<br>4:55<br>4:56<br>4:55<br>4:56<br>4:55<br>4:56<br>4:56<br>4:56<br>4:56<br>4:56<br>4:57<br>4:56<br>4:57<br>4:56<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57   | 2700<br>0+: 30"<br>0+: 4k<br>0+: 4k   | 3000<br>(ERS<br>40K<br>8:45 5<br>2:21 5<br>2:13 5<br>3:31 6<br>6:23 6<br>7:34 7<br>7:25 7<br>0:18 8<br>7:35 8<br>7:35 8  | 3000<br>50K<br>:37:30<br>:42:23<br>:55:48<br>:11:25<br>:29:09<br>:49:24<br>:12:43<br>:39:46<br>:11:30<br>:49:23  |
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MAA</b><br>Mile<br>7:47<br>8:03<br>8:21<br>8:41<br>9:05<br>9:31<br>10:01<br>10:35<br>11:15<br>12:00  | 2700<br>Indards a<br>uurdles:<br>urdles:<br>throw:<br>throw:<br>STERS /<br>3K<br>14:50<br>15:18<br>15:53<br>16:32<br>5 17:15<br>18:05<br>19:01<br>5 20:06<br>5 21:22<br>22:51<br>3 24:41<br>5 27:05<br>2 7:05   | 2800<br>re for aut<br>30-49;<br>30-49;<br>30-49;<br>30-49;<br>30-49;<br>30-59;<br>nd distan<br>distan<br>distan<br>5K<br>25:38<br>26:27<br>27:26<br>28:33<br>29:49<br>31:14<br>32:51<br>34:43<br>36:54<br>39:28<br>42:37<br>46:45  | 3000<br>omstic tim<br>39";<br>36";<br>7.26k (1<br>2kg;<br>7.26k (1<br>iAAF pi<br>IAAF pi<br>ERICAN<br>8K<br>42:04<br>43:11<br>44:47<br>46:35<br>48:36<br>50:54<br>56:33<br>1:00:02<br>1:04:10<br>1:09:13<br>1:15:50  | 3000<br>w; use sta<br>(69);<br>e standau<br>ts.; 40+ W<br>STAND<br>STAND<br>STAND<br>10K<br>52:43<br>53:56<br>58:10<br>1:00:41<br>1:00:41<br>1:00:50<br>1:10:37<br>1:15:01<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14   | 3000<br>andard<br>50-59:<br>50-59:<br>50-59:<br>50-59:<br>60+:<br>d; feet a<br>/AVA fac<br>//<br>ARDS<br>//<br>MEN<br>1:21:<br>1:23:<br>1:26:<br>1:30:<br>1:34:<br>1:38:<br>1:38:<br>1:38:<br>1:43:<br>1:43:<br>1:56:<br>2:05:<br>2:15:<br>2:25:   | 3000<br>conversion<br>36";<br>33";<br>6k;<br>600g<br>ind inche<br>toring (m<br>OF EXC<br>56 1:5;<br>29 1:5;<br>37 1:5;<br>08 2:0;<br>08 2:0;<br>08 2:0;<br>08 2:0;<br>08 2:0;<br>15 2:3;<br>15 2:3;<br>15 3:0;<br>37 3:2;<br>15 3:0;<br>15 3:0;  | 3000<br>on for han<br>60-63: 3<br>60-63: 3<br>60-63: 5<br>60-63: 5<br>is listed fo<br>www.VA)<br>ELLENC<br>20K<br>2206 2:2<br>3:32 2:2<br>8:06 2:3<br>3:30 2:4<br>8:06 2:3<br>8:30 2:4<br>4:48 2:5<br>1:54 3:0<br>9:12 3:1<br>9:54 3:2<br>1:18 3:4<br>5:24 4:0  | 2600<br>d time.<br>3°; 70<br>0°<br>k; 70<br>k; 70<br>r convente<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:53<br>3:56<br>3:54<br>3:44<br>4:51<br>4:56<br>3:54<br>3:54<br>4:51<br>4:56<br>4:51<br>4:56<br>3:54<br>3:54<br>4:55<br>4:55<br>4:55<br>4:55<br>4:55<br>4:55<br>4:55<br>4:55<br>4:55<br>4:56<br>4:55<br>4:56<br>4:55<br>4:56<br>4:55<br>4:56<br>4:56<br>4:56<br>4:56<br>4:56<br>4:57<br>4:56<br>4:57<br>4:56<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57   | 2700<br>0+: 30"<br>0+: 4k<br>0+: 4k   | 3000<br>(ERS<br>40K<br>8:45 5<br>2:21 5<br>2:13 5<br>3:31 6<br>6:23 6<br>7:34 7<br>7:25 7<br>0:18 8<br>7:35 8<br>7:35 8  | 3000<br>50K<br>:37:30<br>:42:23<br>:55:48<br>:11:25<br>:29:09<br>:49:24<br>:12:43<br>:39:46<br>:11:30<br>:49:23  |
| W1. Peni<br>Notes:<br>W30<br>W35<br>W40<br>W45<br>W50<br>W45<br>W50<br>W65<br>W65<br>W65<br>W65<br>W65<br>W70<br>1<br>W75<br>1<br>W75<br>1<br>W85<br>1<br>W85<br>1   | t.<br>1)<br>2)<br>3)<br>4)<br>5)<br>6)<br>7)<br>8)<br>9)<br>U.<br>1.5K<br>7:13<br>7:22<br>7:37<br>8:03<br>8:25<br>9:17<br>9:48<br>10:26<br>11:10<br>12:03<br>13:13<br>13:13  | 2800<br>100 sta<br>Short h<br>Shot pi<br>Discus<br>Per/De<br><b>5. MAA</b><br>Mile<br>7:47<br>8:03<br>8:21<br>8:41<br>9:05<br>9:31<br>10:01<br>10:35<br>11:15<br>12:00  | 2700<br>Indards a<br>uurdles:<br>urdles:<br>throw:<br>throw:<br>STERS /<br>3K<br>14:50<br>15:18<br>15:53<br>16:32<br>5 17:15<br>18:05<br>19:01<br>5 20:06<br>5 21:22<br>22:51<br>3 24:41<br>5 27:05<br>2 7:05   | 2800<br>re for aut<br>30-49;<br>30-49;<br>30-49;<br>30-49;<br>30-49;<br>30-59;<br>nd distan<br>distan<br>distan<br>5K<br>25:38<br>26:27<br>27:26<br>28:33<br>29:49<br>31:14<br>32:51<br>34:43<br>36:54<br>39:28<br>42:37<br>46:45  | 3000<br>omstic tim<br>39";<br>36";<br>7.26k (1<br>2kg;<br>7.26k (1<br>iAAF pi<br>IAAF pi<br>ERICAN<br>8K<br>42:04<br>43:11<br>44:47<br>46:35<br>48:36<br>50:54<br>56:33<br>1:00:02<br>1:04:10<br>1:09:13<br>1:15:50  | 3000<br>w; use sta<br>(69);<br>e standau<br>ts.; 40+ W<br>STAND<br>STAND<br>STAND<br>10K<br>52:43<br>53:56<br>58:10<br>1:00:41<br>1:00:41<br>1:00:50<br>1:10:37<br>1:15:01<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14   | 3000<br>andard<br>50-59:<br>50-59:<br>50-59:<br>50-59:<br>60+:<br>d; feet a<br>/AVA fac<br>//<br>ARDS<br>//<br>MEN<br>1:21:<br>1:23:<br>1:26:<br>1:30:<br>1:34:<br>1:38:<br>1:38:<br>1:38:<br>1:43:<br>1:43:<br>1:56:<br>2:05:<br>2:15:<br>2:25:   | 3000<br>conversion<br>36";<br>33";<br>6k;<br>600g<br>ind inche<br>toring (m<br>OF EXC<br>56 1:5;<br>29 1:5;<br>37 1:5;<br>08 2:0;<br>08 2:0;<br>08 2:0;<br>08 2:0;<br>08 2:0;<br>15 2:3;<br>15 2:3;<br>15 3:0;<br>37 3:2;<br>15 3:0;<br>15 3:0;  | 3000<br>on for han<br>60-63: 3<br>60-63: 3<br>60-63: 5<br>60-63: 5<br>is listed fo<br>www.VA)<br>ELLENC<br>20K<br>2206 2:2<br>3:32 2:2<br>8:06 2:3<br>3:30 2:4<br>8:06 2:3<br>8:30 2:4<br>4:48 2:5<br>1:54 3:0<br>9:12 3:1<br>9:54 3:2<br>1:18 3:4<br>5:24 4:0  | 2600<br>d time.<br>3°; 70<br>0°<br>k; 70<br>k; 70<br>r convente<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:53<br>3:56<br>3:54<br>3:44<br>4:51<br>4:56<br>3:54<br>3:54<br>4:51<br>4:56<br>4:51<br>4:56<br>3:54<br>3:54<br>4:55<br>4:55<br>4:55<br>4:55<br>4:55<br>4:55<br>4:55<br>4:55<br>4:55<br>4:56<br>4:55<br>4:56<br>4:55<br>4:56<br>4:55<br>4:56<br>4:56<br>4:56<br>4:56<br>4:56<br>4:57<br>4:56<br>4:57<br>4:56<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57   | 2700<br>0+: 30"<br>0+: 4k<br>0+: 4k<br>0+: 4k<br>0+: 4k<br>0+: 4k<br>0+: 4k<br>0+: 53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:53<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>01:55<br>0  | 3000<br>(ERS<br>40K<br>8:45 5<br>2:21 5<br>2:13 5<br>3:31 6<br>6:23 6<br>7:34 7<br>7:25 7<br>0:18 8<br>7:35 8<br>7:35 8  | 3000<br>50K<br>(37:30<br>(42:23)<br>(55:48<br>(11:25)<br>(29:24)<br>(39:24)<br>(39:24)<br>(39:24)<br>(49:23)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:25)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24) 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| W1. Peni<br>Notes:<br>W30<br>W35<br>W40<br>W45<br>W50<br>W45<br>W50<br>W65<br>W65<br>W65<br>W65<br>W65<br>W70<br>1<br>W75<br>1<br>W85<br>1<br>W85<br>1   | t.<br>1)<br>2)<br>3)<br>4)<br>5)<br>6)<br>7)<br>8)<br>9)<br>U.<br>1.5K<br>7:13<br>7:22<br>7:37<br>8:03<br>8:25<br>9:17<br>9:48<br>10:26<br>11:10<br>12:03<br>13:13<br>13:13  | 2800<br>100 sta<br>Short h<br>Shot pi<br>Discus<br>Per/De<br><b>5. MAA</b><br>Mile<br>7:47<br>8:03<br>8:21<br>8:41<br>9:05<br>9:31<br>10:01<br>10:35<br>11:15<br>12:00  | 2700<br>Indards a<br>uurdles:<br>urdles:<br>throw:<br>throw:<br>STERS /<br>3K<br>14:50<br>15:18<br>15:53<br>16:32<br>5 17:15<br>18:05<br>19:01<br>5 20:06<br>5 21:22<br>22:51<br>3 24:41<br>5 27:05<br>2 7:05   | 2800<br>re for aut<br>30-49;<br>30-49;<br>30-49;<br>30-49;<br>30-49;<br>30-59;<br>nd distan<br>distan<br>distan<br>5K<br>25:38<br>26:27<br>27:26<br>28:33<br>29:49<br>31:14<br>32:51<br>34:43<br>36:54<br>39:28<br>42:37<br>46:45  | 3000<br>omatic tim<br>39";<br>36";<br>7.26k (1<br>800g;<br>ccs are th<br>IAAF pr<br>ERICAN<br>8K<br>42:04<br>43:11<br>44:47<br>46:35<br>48:36<br>50:54<br>43:32<br>56:33<br>1:00:02<br>1:04:10   | 3000<br>w; use sta<br>(69);<br>e standau<br>ts.; 40+ W<br>STAND<br>STAND<br>STAND<br>10K<br>52:43<br>53:56<br>58:10<br>1:00:41<br>1:00:41<br>1:00:50<br>1:10:37<br>1:15:01<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14   | 3000<br>andard<br>50-59:<br>50-59:<br>50-59:<br>50-59:<br>60+:<br>d; feet a<br>/AVA fac<br>//<br>ARDS<br>//<br>MEN<br>1:21:<br>1:23:<br>1:26:<br>1:30:<br>1:34:<br>1:38:<br>1:38:<br>1:38:<br>1:43:<br>1:43:<br>1:56:<br>2:05:<br>2:15:<br>2:25:   | 3000<br>conversion<br>36";<br>33";<br>6k;<br>600g<br>ind inche<br>toring (m<br>OF EXC<br>56 1:5;<br>29 1:5;<br>37 1:5;<br>08 2:0;<br>08 2:0;<br>08 2:0;<br>08 2:0;<br>08 2:0;<br>15 2:3;<br>15 2:3;<br>15 3:0;<br>37 3:2;<br>15 3:0;<br>15 3:0;  | 3000<br>on for han<br>60-63: 3<br>60-63: 3<br>60-63: 5<br>60-63: 5<br>is listed fo<br>www.VA)<br>ELLENC<br>20K<br>2206 2:2<br>3:32 2:2<br>8:06 2:3<br>3:30 2:4<br>8:06 2:3<br>8:30 2:4<br>4:48 2:5<br>1:54 3:0<br>9:12 3:1<br>9:54 3:2<br>1:18 3:4<br>5:24 4:0  | 2600<br>d time.<br>3°; 70<br>0°<br>k; 70<br>k; 70<br>r convente<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:43<br>25K<br>4:53<br>3:56<br>3:54<br>3:44<br>4:51<br>4:56<br>3:54<br>3:54<br>4:51<br>4:56<br>4:51<br>4:56<br>3:54<br>3:54<br>4:55<br>4:55<br>4:55<br>4:55<br>4:55<br>4:55<br>4:55<br>4:55<br>4:55<br>4:56<br>4:55<br>4:56<br>4:55<br>4:56<br>4:55<br>4:56<br>4:56<br>4:56<br>4:56<br>4:56<br>4:57<br>4:56<br>4:57<br>4:56<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57<br>4:57   | 2700<br>0+: 30"<br>0+: 4k<br>0+: 4k   | 3000<br>(ERS<br>40K<br>8:45 5<br>2:21 5<br>2:13 5<br>3:31 6<br>6:23 6<br>7:34 7<br>7:25 7<br>0:18 8<br>7:35 8<br>7:35 8  | 3000<br>50K<br>(37:30<br>(42:23)<br>(55:48<br>(11:25)<br>(29:24)<br>(39:24)<br>(39:24)<br>(39:24)<br>(49:23)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:25)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24)<br>(49:24) 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| Wt. Peni<br>Notes:<br>W30<br>W35<br>W40<br>W45<br>W55<br>W60<br>W65<br>W65<br>W60<br>W65<br>W70 1<br>W75 1<br>W80 1<br>W75 1<br>W80 1<br>W85 1<br>W80 1  | t.<br>1)<br>2)<br>3)<br>4)<br>5)<br>6)<br>7)<br>8)<br>9)<br>U.<br>1.5K<br>7:13<br>7:22<br>7:37<br>8:03<br>8:25<br>9:17<br>9:48<br>10:26<br>11:10<br>12:03<br>13:13<br>13:13  | 2800<br>100 sta<br>Short h<br>Shot publicus<br>Per/De<br>5. MA<br>Mile<br>7:47<br>8:03<br>8:21<br>8:41<br>9:05<br>9:33<br>10:01<br>10:35<br>12:01<br>12:55<br>14:15<br>16:06  | 2700<br>Indards =<br>uurdles:<br>utres:<br>throw:<br>sr:<br>below:<br>STERS J<br>3K<br>14:50<br>15:18<br>15:53<br>16:32<br>17:15<br>18:05<br>19:01<br>5:20:66<br>5:21:22<br>22:51<br>3:24:41<br>5:27:05<br>5:30:36  | 2800<br>re for aut<br>30-49;<br>30-49;<br>30-49;<br>30-49;<br>30-59;<br>nd distant<br>30-59;<br>nd distant<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;<br>30-59;   | 3000<br>omstic tim<br>39";<br>36";<br>7.26k (1<br>2kg;<br>7.26k (1<br>iAAF pi<br>IAAF pi<br>ERICAN<br>8K<br>42:04<br>43:11<br>44:47<br>46:35<br>48:36<br>50:54<br>56:33<br>1:00:02<br>1:04:10<br>1:09:13<br>1:15:50  | 3000<br>te; use sta<br>169);<br>te standar<br>ts; 40+ W<br>STAND<br>STAND<br>W<br>10K<br>52:43<br>53:56<br>58:10<br>1:00:41<br>1:03:33<br>1:06:50<br>1:10:37<br>1:15:01<br>1:20:14<br>1:26:38<br>1:35:01<br>1:47:18  | 3000<br>andard<br>50-59:<br>50-59:<br>50-59:<br>60+:<br>d; feet a<br>ARDS<br>70MEN<br>1:21:<br>1:23:<br>1:26:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1 | 3000<br>conversion<br>36";<br>33";<br>6k;<br>1.5kg;<br>6k;<br>600g<br>and inche<br>toring (m)<br>OF EXC<br>5K<br>56 1:5;<br>29 1:5;<br>37 1:5;<br>08 2:0;<br>08 2:0;<br>40 2:1;<br>51 2:2;<br>50 2:3;<br>40 2:1;<br>51 2:2;<br>50 2:3;<br>40 2:1;<br>51 3:0;<br>37 3:2;<br>13 3:5;   | 3000<br>on for han<br>60-69: 3<br>60-69: 5<br>60-69: 5<br>60-69: 5<br>rs listed for<br>ew WAVAA<br>2006 2:2<br>3:32 2:2<br>8:06 2:3<br>3:30 2:4<br>8:06 2:3<br>3:30 2:4<br>4:48 2:5<br>1:54 3:0<br>0:12 3:1<br>9:54 3:2<br>1:18 3:4<br>5:24 4:0<br>4:00 4:2<br>1:12   | 2600<br>d time.<br>3": 70<br>0"<br>k; 70<br>k; 70<br>r convente<br>E FOR R.<br>25K<br>4:43 2:5<br>6:51 3:0<br>2:33 3:0<br>8:56 3:1<br>4:26 3:3<br>3:54 3:4<br>4:51 4:0<br>7:38 4:1<br>1:250 4:3<br>1:36 5:0<br>6:52 5:3<br>1:36 5:0<br>1:36 5:   | 2700<br>0+: 30"<br>0+: 4k<br>0+: 4k<br>0+: 4k<br>0+: 4k<br>0+: 4k<br>0+: 4k<br>0+: 4k<br>0+: 53<br>0+: 53<br>0+: 53<br>0+: 53<br>0+: 53<br>0+: 53<br>0+: 53<br>0+: 53<br>0+: 53<br>0+: 54<br>0+: 53<br>0+: 54<br>0+: 55<br>0+: 54<br>0+: 55<br>0+: 55   | 3000<br>(ERS<br>40K<br>8:45 5<br>2:13 5<br>3:31 6<br>6:23 6<br>1:03 6<br>7:54 7<br>7:25 7<br>7:25 7<br>7:25 8<br>1:26 9<br>6:16 10   | 3000<br>50K<br>:37:30<br>:42:23<br>:55:48<br>:29:09<br>:49:24<br>:11:25<br>:39:16<br>:49:28<br>:47:35<br>:39:15  |
| Wt. Peni<br>Notes:<br>W30<br>W35<br>W40<br>W45<br>W55<br>W60<br>W55<br>W60<br>W55<br>W60<br>W75 1<br>W70 1<br>W75 1<br>W80 1<br>W75 1<br>W80 1<br>W85 1<br>W80 1<br>M30  | t.<br>1)<br>2)<br>3)<br>4)<br>5)<br>6)<br>77<br>8)<br>9)<br>U.S<br>1.5K<br>7:13<br>7:22<br>7:37<br>8:03<br>8:255<br>8:55<br>9:17<br>9:148<br>10:26<br>11:10<br>12:03<br>13:13<br>14:56   | 2800<br>100 sta<br>Short h<br>Shot pu<br>Discus<br>Per/De<br>S. MA<br>Mile<br>7:47<br>8:03<br>8:21<br>8:41<br>9:05<br>9:31<br>10:01<br>10:35<br>9:31<br>10:01<br>12:52<br>14:15<br>16:00<br>7:01  | 2700<br>Indards =<br>uurdles:<br>utradies:<br>throw:<br>ar:<br>beights a<br>c/WLPen<br>STERS<br>3K<br>14:50<br>15:18<br>15:53<br>14:50<br>15:18<br>15:53<br>19:01<br>521:22<br>19:01<br>521:22<br>19:01<br>521:22<br>19:01<br>521:22<br>19:01<br>521:22<br>19:01<br>19:01<br>521:22<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01<br>19:01  | 2800<br>re for aut<br>30-49;<br>30-49;<br>30-49;<br>30-49;<br>30-59;<br>nd distant<br>30-59;<br>nd 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  | 3000<br>omatic tim<br>39°;<br>36°;<br>7.26k (1<br>800g;<br>ERICAN<br>800g;<br>ERICAN<br>8K<br>42:04<br>43:11<br>44:47<br>46:35<br>48:36<br>50:54<br>53:32<br>56:33<br>1:00:02<br>1:04:10<br>1:09:13<br>1:15:50<br>1:25:30<br>37:57   | 3000<br>Te; use standar<br>ts; 40+ W<br>STAND<br>W<br>10k<br>52:43<br>53:56<br>55:56<br>58:10<br>1:00:41<br>1:03:33<br>1:06:50<br>1:10:37<br>1:15:01<br>1:20:14<br>1:26:38<br>1:35:01<br>1:47:18<br>47:45  | 3000<br>andard<br>50-59:<br>50-59:<br>50-59:<br>50-59:<br>60+:<br>d; feet a<br>ARDS<br>70MEN<br>1:21:<br>1:23:<br>1:26:<br>1:30:<br>1:34:<br>1:38:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:     | 3000<br>conversion<br>36";<br>6k;<br>600g<br>and inche<br>toring (m<br>OF EXC<br>56 1:55<br>29 1:55<br>37 1:55<br>08 2:00<br>08 2:00<br>08 2:01<br>51 2:2<br>50 2:33<br>49 2:30<br>55 2:5<br>15 3:00<br>37 3:2<br>13 3:5   | 3000<br>on for han<br>60-69: 3<br>60-69: 5<br>60-1: 1<br>60-69: 5<br>si listed for<br>ew WAVA<br>ELLENCO<br>20K<br>20K<br>20C 2:2<br>3:32 2:2<br>8:06 2:3<br>3:00 2:3<br>8:30 2:4<br>4:48 2:5<br>1:54 3:0<br>0:12 3:1<br>9:54 3:2<br>1:18 3:4<br>5:24 4:0<br>4:00 4:2<br>1:12<br>8:18 2:0   | 2600<br>d time.<br>3°; 70<br>0°<br>k; 70<br>k; 70<br>or convente<br>443 2:5<br>6:51 3:0<br>2:33 3:0<br>8:56 3:1<br>6:11 3:2<br>4:26 3:3<br>3:54 3:4<br>4:51 4:0<br>1:55 4:5<br>1:36 5:0<br>5:12 2:5<br>4:2   | 2700<br>D+: 30"<br>D+: 4k<br>D+: 4k<br>D+: 4k<br>D+: 4k<br>D+: 4k<br>D+: 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 | 3000<br>(ERS<br>40K<br>8:45 5<br>2:21 5<br>2:13 5<br>3:31 6<br>6:23 6<br>1:03 6<br>6:23 6<br>7:54 7<br>7:25 7<br>0:18 8<br>7:35 8<br>1:26 9<br>6:16 10<br>7:30 4   | 3000<br>50K<br>(37:30<br>(42:23)<br>(55:48<br>(11:25)<br>(29:09)<br>(49:24)<br>(12:43)<br>(39:46)<br>(12:43)<br>(39:46)<br>(12:43)<br>(39:46)<br>(12:43)<br>(39:46)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43)<br>(12:43) 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Peni<br>Notes:<br>W30<br>W35<br>W40<br>W35<br>W50<br>W55<br>W50<br>W55<br>W50<br>W55<br>W50<br>W55<br>W50<br>W55<br>W50<br>W55<br>W50<br>W55<br>W50<br>W55<br>W50<br>W55<br>W50<br>W55<br>W50<br>W55<br>W50<br>W55<br>W50<br>W55<br>W50<br>W55<br>W50<br>W55<br>W50<br>W55<br>W50<br>W55<br>W50<br>W55<br>W50<br>W55<br>W50<br>W55<br>W50<br>W55<br>W50<br>W55<br>W50<br>W55<br>W50<br>W55<br>W50<br>W55<br>W50<br>W55<br>W50<br>W55<br>W50<br>W55<br>W50<br>W55<br>W50<br>W55<br>W55  | t.<br>1)<br>2)<br>3)<br>4)<br>5)<br>6)<br>7)<br>8)<br>9)<br>U.<br>1.5K<br>7:13<br>7:22<br>7:37<br>8:03<br>8:25<br>8:55<br>9:17<br>9:48<br>8:25<br>8:55<br>9:17<br>9:48<br>9:14<br>9:49<br>9:49<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K<br>1.5K | 2800<br>100 sta<br>Short h<br>Shot publicus<br>Per/De<br>5. 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/<br>3K<br>14:50<br>15:18<br>15:53<br>16:32<br>520:65<br>21:22<br>22:51<br>324:41<br>527:05<br>530:36<br>30:36<br>13:21<br>13:21<br>13:47<br>94:41<br>14:45<br>14:50<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>15:18<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:17<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16   | 2800<br>re for aut<br>30-49;<br>30-49;<br>30-49;<br>30-49;<br>30-49;<br>30-59;<br>nd distant<br>all distant<br>all distant<br>5K<br>25:38<br>26:27<br>27:26<br>28:33<br>29:49<br>31:14<br>32:51<br>34:43<br>32:51<br>34:43<br>32:51<br>34:43<br>32:51<br>34:43<br>32:51<br>34:43<br>32:51<br>34:43<br>32:51<br>34:43<br>32:51<br>34:43<br>32:51<br>34:54<br>39:28<br>42:37<br>46:45<br>42:14<br>23:05<br>23:05<br>23:05<br>23:05<br>23:05<br>23:05<br>23:05<br>24:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05<br>25:05  | 3000<br>omatic tim<br>39°;<br>36°;<br>7.26k (1<br>2kg;<br>7.26k (1<br>800g;<br>cos are th<br>IAAF pi<br>ERICAN<br>8K<br>42:04<br>43:11<br>44:47<br>46:35<br>50:54<br>48:36<br>50:54<br>48:36<br>50:54<br>53:32<br>50:32<br>1:04:10<br>1:09:13<br>1:15:50<br>1:25:30<br>37:57<br>38:55<br>40:15   | 3000<br>w; use st<br>(6#);<br>• standar<br>ts; 40+ W<br>STAND<br>STAND<br>STAND<br>1:00:41<br>1:03:33<br>1:06:50<br>1:10:37<br>1:15:01<br>1:20:14<br>1:26:38<br>1:35:01<br>1:47:18<br>47:45<br>48:55<br>50:33  | 3000<br>andard<br>50-59:<br>50-59:<br>50-59:<br>60+:<br>d; feet a<br>ARDS<br>YOMEN<br>1:21:<br>1:23:<br>1:26:<br>1:30:<br>1:34:<br>1:38:<br>1:43:<br>1:49:<br>2:05:<br>2:15:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2 | 3000<br>conversion<br>36";<br>33";<br>6k;<br>600g<br>and inche<br>toring (nn)<br>OF EXC<br>55<br>55<br>55<br>50<br>23<br>7<br>155<br>08<br>200<br>40<br>211<br>50<br>23<br>40<br>211<br>50<br>23<br>40<br>211<br>50<br>23<br>40<br>213<br>50<br>23<br>40<br>213<br>50<br>23<br>40<br>213<br>50<br>23<br>40<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>25<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>25<br>50<br>23<br>50<br>25<br>50<br>23<br>50<br>25<br>50<br>23<br>50<br>25<br>50<br>23<br>50<br>25<br>50<br>23<br>50<br>25<br>50<br>23<br>50<br>25<br>50<br>23<br>50<br>25<br>50<br>23<br>50<br>25<br>50<br>23<br>50<br>25<br>50<br>23<br>50<br>25<br>50<br>23<br>50<br>25<br>50<br>23<br>50<br>25<br>50<br>23<br>50<br>25<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>25<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>25<br>50<br>23<br>50<br>25<br>50<br>23<br>50<br>25<br>50<br>23<br>50<br>25<br>50<br>23<br>50<br>23<br>50<br>25<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>25<br>50<br>23<br>50<br>25<br>50<br>50<br>50<br>50<br>50<br>50<br>50<br>50<br>50<br>50<br>50<br>50<br>50   | 3000<br>on for han<br>60-69: 3<br>60-69: 5<br>60-69: 5<br>is listed for<br>wwwww<br>2006 2:2<br>3:32 2:2<br>8:06 2:3<br>3:00 2:3<br>8:30 2:4<br>8:06 2:3<br>1:54 3:0<br>0:12 3:1<br>9:54 3:2<br>1:18 3:4<br>5:24 4:0<br>4:00 4:2<br>1:12<br>8:18 2:0<br>9:54 3:2<br>1:12  | 2600<br>d time.<br>3": 70<br>0"<br>k; 70<br>k; 70<br>k  | 2700<br>D+: 30"<br>D+: 4k<br>D+: 4k<br>D+: 4k<br>D+: 4k<br>D+: 4k<br>D+: 53<br>ACEWALI<br>30K<br>59:15 4:0<br>11:53 4:1<br>108:56 4:2<br>17:00 4:3<br>5:08 4:4<br>4:6:33 5:0<br>8:29 5:1<br>102:20 5:3<br>8:30 6:0<br>37:46 6:2<br>11:39 7:0<br>33:10 7:4<br>32:17 3:2<br>4:1 3:3<br>9:47 3:3<br>10:47 3:3<br>10:47 3:3<br>10:47 3:3<br>10:47 3:3<br>10:47 3:4<br>10:47 3:47 3:47 3:47 3:47 3:47 3:47 3:47 3  | 3000<br>(ERS<br>40K<br>8:45 5<br>2:21 5<br>2:13 5<br>3:31 6<br>6:23 6<br>1:03 6<br>7:54 7<br>7:55 7<br>6:16 10<br>7:15 8<br>1:26 9<br>6:16 10<br>7:30 4<br>0:17 4<br>7:53 4  | 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| Wt. Pent<br>Notes:<br>W30<br>W35<br>W40<br>W45<br>W50<br>W45<br>W50<br>W65<br>W60<br>1<br>W75 1<br>W65<br>1<br>W75 1<br>W75 1<br>W75 1<br>W75 1<br>W75 1<br>W30<br>1<br>W35<br>M35<br>M40  | t.<br>1)<br>2)<br>3)<br>4)<br>5)<br>6)<br>7)<br>5)<br>6)<br>7)<br>9)<br>U.:<br>1.5K<br>7:13<br>7:22<br>7:37<br>8:03<br>8:25<br>8:55<br>9:17<br>9:148<br>10:26<br>11:513<br>11:545<br>6:311<br>6:543<br>6:55  | 2800<br>100 sta<br>Short h<br>Shot publicus<br>Per/De<br>5. MA<br>Mile<br>7:47<br>8:03<br>8:21<br>8:41<br>9:05<br>9:31<br>10:31<br>10:33<br>12:55<br>14:15<br>12:00<br>11:15<br>12:55<br>14:15<br>12:01<br>7:11<br>7:14<br>7:21   | 2700<br>Indards =<br>uurdles:<br>utres:<br>throw:<br>sr:<br>throw:<br>STERS /<br>3K<br>14:50<br>15:18<br>15:53<br>16:32<br>520:65<br>21:22<br>22:51<br>324:41<br>527:05<br>530:36<br>30:36<br>13:21<br>13:21<br>13:47<br>94:41<br>14:45<br>14:50<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>15:18<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:17<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16<br>14:16   | 2800<br>re for aut<br>30-49;<br>30-49;<br>30-49;<br>30-49;<br>30-49;<br>30-59;<br>nd distant<br>al distant<br>al distant<br>30-39<br><b>ALL-AM</b><br>5K<br>25:38<br>26:27<br>27:26<br>28:33<br>29:49<br>31:14<br>32:51<br>34:43<br>34:43<br>32:51<br>34:43<br>34:54<br>39:28<br>42:37<br>46:45<br>42:14<br>23:05<br>23:46<br>24:24  | 3000<br>omatic tim<br>39°;<br>36°;<br>7.26k (1<br>2kg;<br>7.26k (1<br>800g;<br>cos are th<br>IAAF pi<br>ERICAN<br>8K<br>42:04<br>43:11<br>44:47<br>46:35<br>50:54<br>48:36<br>50:54<br>48:36<br>50:54<br>53:32<br>50:32<br>1:04:10<br>1:09:13<br>1:15:50<br>1:25:30<br>37:57<br>38:55<br>40:15   | 3000<br>w; use st<br>(6#);<br>• standar<br>ts; 40+ W<br>STAND<br>STAND<br>STAND<br>1:00:41<br>1:03:33<br>1:06:50<br>1:10:37<br>1:15:01<br>1:20:14<br>1:26:38<br>1:35:01<br>1:47:18<br>47:45<br>48:55<br>50:33  | 3000<br>andard<br>50-59:<br>50-59:<br>50-59:<br>60+:<br>d; feet a<br>ARDS<br>YOMEN<br>1:21:<br>1:23:<br>1:26:<br>1:30:<br>1:34:<br>1:38:<br>1:43:<br>1:49:<br>2:05:<br>2:15:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2 | 3000<br>conversion<br>36";<br>33";<br>6k;<br>600g<br>and inche<br>toring (nn)<br>OF EXC<br>55<br>55<br>55<br>50<br>23<br>7<br>155<br>08<br>200<br>40<br>211<br>50<br>23<br>40<br>211<br>50<br>23<br>40<br>211<br>50<br>23<br>40<br>213<br>50<br>23<br>40<br>213<br>50<br>23<br>40<br>213<br>50<br>23<br>40<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>25<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>25<br>50<br>23<br>50<br>25<br>50<br>23<br>50<br>25<br>50<br>23<br>50<br>25<br>50<br>23<br>50<br>25<br>50<br>23<br>50<br>25<br>50<br>23<br>50<br>25<br>50<br>23<br>50<br>25<br>50<br>23<br>50<br>25<br>50<br>23<br>50<br>25<br>50<br>23<br>50<br>25<br>50<br>23<br>50<br>25<br>50<br>23<br>50<br>25<br>50<br>23<br>50<br>25<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>25<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>25<br>50<br>23<br>50<br>25<br>50<br>23<br>50<br>25<br>50<br>23<br>50<br>25<br>50<br>23<br>50<br>23<br>50<br>25<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>23<br>50<br>25<br>50<br>23<br>50<br>25<br>50<br>50<br>50<br>50<br>50<br>50<br>50<br>50<br>50<br>50<br>50<br>50<br>50   | 3000<br>on for han<br>60-69: 3<br>60-69: 5<br>60-69: 5<br>is listed for<br>wwwww<br>2006 2:2<br>3:32 2:2<br>8:06 2:3<br>3:00 2:3<br>8:30 2:4<br>8:06 2:3<br>1:54 3:0<br>0:12 3:1<br>9:54 3:2<br>1:18 3:4<br>5:24 4:0<br>4:00 4:2<br>1:12<br>8:18 2:0<br>9:54 3:2<br>1:12  | 2600<br>d time.<br>3": 70<br>0"<br>k; 70<br>k; 70<br>k  | 2700<br>D+: 30"<br>D+: 4k<br>D+: 4k<br>D+: 4k<br>D+: 4k<br>D+: 4k<br>D+: 53<br>ACEWALI<br>30K<br>59:15 4:0<br>11:53 4:1<br>108:56 4:2<br>17:00 4:3<br>5:08 4:4<br>4:6:33 5:0<br>8:29 5:1<br>102:20 5:3<br>8:30 6:0<br>37:46 6:2<br>11:39 7:0<br>33:10 7:4<br>32:17 3:2<br>4:1 3:3<br>9:47 3:3<br>10:47 3:3<br>10:47 3:3<br>10:47 3:3<br>10:47 3:3<br>10:47 3:4<br>10:47 3:47 3:47 3:47 3:47 3:47 3:47 3:47 3  | 3000<br>(ERS<br>40K<br>8:45 5<br>2:21 5<br>2:13 5<br>3:31 6<br>6:23 6<br>1:03 6<br>7:54 7<br>7:55 7<br>6:16 10<br>7:15 8<br>1:26 9<br>6:16 10<br>7:30 4<br>0:17 4<br>7:53 4  | 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        | 3000<br>te; use standari<br>te; 40+ W<br>STAND<br>W<br>10K<br>52:43<br>53:56<br>58:10<br>1:00:41<br>1:03:33<br>1:06:50<br>1:10:37<br>1:15:01<br>1:20:14<br>1:26:38<br>1:35:01<br>1:47:18<br>47:48<br>48:55<br>50:22  | 3000<br>andard<br>50-59:<br>50-59:<br>50-59:<br>60+:<br>d; feet a<br>ARDS<br>rOMEN<br>1:21:<br>1:23:<br>1:26:<br>1:30:<br>1:30:<br>1:30:<br>1:30:<br>1:30:<br>1:49:<br>1:26:<br>2:15:<br>2:15:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>1:14:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:1  | 3000<br>conversion<br>36";<br>33";<br>6k;<br>1.5kg;<br>6k;<br>500g<br>and inche<br>tooring (m)<br>OF EXC<br>5K<br>556 1:5;<br>29 1:5;<br>37 1:5;<br>08 2:0;<br>08 2:0;<br>08 2:0;<br>08 2:0;<br>40 2:1;<br>51 2:2;<br>50 2:3;<br>49 2:3;<br>15 3:0;<br>37 3:2;<br>15 3:0;<br>37 3:2;<br>11 3 3:5;<br>10 1:3;<br>28 1:4;<br>58 1:4;   | 3000<br>on for han<br>60-69: 3<br>60-69: 5<br>60-69: 5<br>60-69: 5<br>rs listed for<br>ew WAVAA<br>2006 2:2<br>3:32 2:2<br>8:06 2:3<br>3:30 2:3<br>8:30 2:4<br>4:48 2:5<br>1:54 3:0<br>0:12 3:1<br>9:54 3:2<br>1:12<br>8:18 2:0<br>9:54 3:2<br>1:12<br>8:18 2:0<br>9:54 3:2<br>1:12<br>8:18 2:0<br>9:54 3:2<br>1:12   | 2600<br>d time.<br>3°; 70<br>0°<br>k; 70<br>k; 70<br>or convente<br>E FOR R.<br>25K<br>4:43 2:5<br>6:51 3:0<br>2:33 3:0<br>8:56 3:1<br>4:26 3:3<br>3:54 3:4<br>4:51 4:0<br>7:38 4:1<br>1:250 4:3<br>1:36 5:0<br>6:52 5:3<br>5:12 2:3<br>6:55 2:5<br>1:29 2:3<br>6:55 2:5<br>1:29 2:3<br>6:55 2:5<br>1:29 2:5<br>6:55 2:5<br>1:29 2   | 2700<br>D+: 30"<br>D+: 4k<br>D+: 4k<br>ence.<br>ACEWALI<br>30K<br>59:15 4:0<br>11:53 4:1<br>18:56 4:2<br>17:00 4:3<br>50:08 4:4<br>86:33 5:0<br>18:29 5:1<br>10:220 5:3<br>18:30 6:0<br>87:46 6:2<br>21:39 7:0<br>33:10 7:4<br>32:17 3:2<br>39:47 3:3<br>39:47 3:3<br>16:05 3:4   | 3000<br>(ERS<br>40K<br>8:45 5<br>2:21 5<br>2:13 5<br>3:31 6<br>6:23 6<br>1:03 6<br>7:54 7<br>7:25 7<br>0:18 8<br>7:35 8<br>1:26 9<br>6:16 10<br>7:30 4<br>0:17 4<br>7:53 4<br>0:17 4   | 3000<br>50K<br>(37:30)<br>(42:23)<br>(55:48)<br>(29:09)<br>(49:24)<br>(39:46)<br>(49:28)<br>(49:28)<br>(49:28)<br>(49:28)<br>(49:28)<br>(31:00)<br>(34:53)<br>(44:49)<br>(44:54)<br>(56:24)  |
| Wt. Pent<br>Notes:<br>W30<br>W35<br>W40<br>W45<br>W55<br>W60<br>W55<br>W60<br>W55<br>W60<br>W55<br>W60<br>W75<br>1<br>W75<br>1<br>W75<br>1<br>W75<br>1<br>W70<br>1<br>W75<br>1<br>W70<br>1<br>W75<br>1<br>W75<br>1<br>W75<br>1<br>W75<br>1<br>W75<br>1<br>W75<br>1<br>W75<br>1<br>W75<br>W75<br>W75<br>W75<br>W75<br>W75<br>W75<br>W75<br>W75<br>W75   | t.<br>1)<br>2)<br>3)<br>4)<br>5)<br>6)<br>7)<br>8)<br>9)<br>U.<br>1.5K<br>7:13<br>7:22<br>7:37<br>8:03<br>8:255<br>8:55<br>9:17<br>9:48<br>8:255<br>8:55<br>9:17<br>9:48<br>9:49<br>9:49<br>1.5K<br>6:51<br>6:51<br>7:13<br>7:22<br>7:33<br>7:22<br>7:37<br>8:03<br>8:255<br>8:255<br>9:17<br>9:49<br>9:49<br>9:49<br>9:49<br>9:49<br>9:49<br>9:49<br>9:49<br>9:49<br>9:49<br>9:49<br>9:51<br>9:51<br>9:51<br>9:51<br>9:51<br>9:51<br>9:52<br>9:17<br>9:48<br>9:49<br>9:49<br>9:49<br>9:49<br>9:49<br>9:49<br>9:49<br>9:49<br>9:49<br>9:49<br>9:49<br>9:49<br>9:49<br>9:49<br>9:49<br>9:49<br>9:49<br>9:49<br>9:49<br>9:49<br>9:49<br>9:49<br>9:49<br>9:49<br>9:49<br>9:49<br>9:49<br>9:49<br>9:49<br>9:49<br>9:49<br>9:49<br>9:49<br>9:49<br>9:49<br>9:49<br>9:49<br>9:49<br>9:49<br>9:49<br>9:49<br>9:49<br>9:49<br>9:49<br>6:55<br>9:17<br>9:49<br>6:53<br>1:455<br>6:57<br>7:13<br>7:37<br>9:49<br>9:48<br>6:58<br>6:57<br>7:37<br>7:37<br>7:37<br>9:49<br>9:48<br>6:58<br>7:13<br>7:37<br>9:49<br>6:59<br>7:37<br>7:37<br>7:37<br>7:37<br>9:49<br>6:59<br>7:37<br>7:37<br>7:37<br>7:37<br>7:37<br>7:37<br>7:37<br>7:37<br>7:37<br>7:37<br>7:37<br>7:37<br>7:37<br>7:37<br>7:37<br>7:37<br>7:37<br>7:37<br>7:37<br>7:37<br>7:37<br>7:37<br>7:37<br>7:37<br>7:37<br>7:37<br>7:37<br>7:37<br>7:37<br>7:37<br>7:37<br>7:37<br>7:37<br>7:37<br>7:37<br>7:37<br>7:37<br>7:37<br>7:37<br>7:37<br>7:37<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7:57<br>7<br>7<br>7<br>7<br>7<br>7<br>7<br>7<br>7<br>7<br>7<br>7<br>7   | 2800<br>100 sta<br>Short h<br>Shot pu<br>Discus<br>Short h<br>Hamm<br>Metric<br>Per/De<br>S. MA<br>Mile<br>7:47<br>8:03<br>8:21<br>8:41<br>9:05<br>9:31<br>10:01<br>10:35<br>9:31<br>10:01<br>12:52<br>14:15<br>16:00<br>7:01<br>7:11<br>7:22<br>7:46<br>8:05   | 2700<br>Indards =<br>uurdles:<br>utradies:<br>throw:<br>ar:<br>beights a<br>c/WLPen<br>STERS<br>3K<br>14:50<br>15:18<br>15:53<br>14:50<br>15:18<br>15:53<br>16:32<br>17:15<br>18:05<br>19:01<br>5 21:22<br>22:51<br>3 24:41<br>5 27:05<br>5 30:36<br>13:21<br>4 13:47<br>5 14:16<br>5 14:47<br>5 15:23  | 2800<br>re for aut<br>30-49;<br>30-49;<br>30-49;<br>30-49;<br>30-59;<br>addistan<br>; 30-39<br><b>ALL-AM</b><br>5K<br>25:38<br>26:27<br>27:26<br>28:33<br>29:49<br>31:14<br>32:51<br>34:53<br>36:54<br>42:37<br>46:45<br>42:14<br>23:05<br>23:46<br>24:24<br>25:33   | 3000<br>omatic tim<br>39°;<br>36°;<br>7.26k (1<br>800g;<br>ccs are th<br>IAAF pi<br>ERICAN<br>8K<br>42:04<br>43:11<br>44:47<br>46:35<br>48:36<br>50:54<br>53:32<br>56:33<br>1:00:02<br>1:04:10<br>1:09:13<br>1:15:50<br>1:25:30<br>37:57<br>38:55<br>40:14<br>43:45  | 3000<br>te; use standart<br>ts; 40+ W<br>STAND<br>STAND<br>V<br>10KK<br>52:43<br>53:56<br>55:56<br>55:56<br>58:10<br>1:00:41<br>1:037<br>1:10:37<br>1:10:37<br>1:10:37<br>1:20:14<br>1:20:14<br>1:26:38<br>1:35:01<br>1:47:18<br>47:45<br>52:53<br>52:22<br>54:33  | 3000<br>andard<br>50-59:<br>50-59:<br>50-59:<br>50-59:<br>60+:<br>d; feet a<br>ARDS<br>70MEN<br>1:21:<br>1:23:<br>1:26:<br>1:30:<br>1:34:<br>1:38:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:11:<br>1:21:<br>1:38:<br>1:43:<br>1:43:<br>1:11:<br>1:21:<br>1:38:<br>1:43:<br>1:43:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:<br>1:11:1   | 3000<br>conversion<br>36";<br>6k;<br>600g<br>ind inche<br>toring (m)<br>OF EXC<br>56 1:55<br>29 1:55<br>37 1:55<br>08 2:00<br>08 2:00<br>08 2:00<br>08 2:01<br>50 2:31<br>49 2:31<br>50 2:31<br>51 2:2<br>51 3:20<br>37 3:2<br>113 3:5<br>110 1:33<br>228 1:3<br>03 1:4<br>558 1:4   | 3000<br>on for han<br>60-69: 3<br>60-69: 5<br>60-69: 5<br>7<br>80-69: 5<br>7<br>80-69: 5<br>80-69: 5<br>8   | 2600<br>d time.<br>3°; 70<br>0°<br>k; 70<br>k; 70<br>or convenie.<br>E FOR R.<br>25K<br>4:43 2:5<br>6:51 3:0<br>2:33 3:0<br>8:56 3:1<br>4:26 3:3<br>3:54 3:4<br>4:51 4:0<br>7:38 4:1<br>2:50 4:5<br>1:250 4:5<br>1:250 5:3<br>1:250 5:2<br>1:250 2:3<br>6:55 2:4<br>2:51 2:2<br>2:20 2:2<br>6:35 2:4<br>2:20 2:2<br>2:20 2:2<br>2:0<br>2:20 2:2<br>2:20 2:   | 2700<br>D+: 30"<br>D+: 4k<br>D+: 4k<br>ence.<br>ACEWALL<br>30K<br>99:15 4:0<br>11:53 4:1<br>18:56 4:2<br>17:00 4:3<br>30K<br>86:08 4:4<br>86:33 5:0<br>18:29 5:1<br>12:20 5:3<br>18:30 6:0<br>17:46 6:2<br>201:39 7:0<br>13:10 7:4<br>32:17 3:2<br>34:14 3:3<br>39:47 3:3<br>14:57 3:13 3:5<br>14:57 3:13 3:5<br>15:57 3:13 3:55<br>15:57 3:15<br>15:57 3:15 3:55<br>15:57 3:155<br>15:57 3:15 3:55<br>15:57 3:57 3:57 3:57 3:57 3:57 3:57 3:57  | 3000<br>(ERS<br>40K<br>8:45 5<br>2:21 5<br>2:13 5<br>3:31 6<br>6:23 6<br>1:03 6<br>7:54 7<br>7:25 7<br>0:18 8<br>1:26 9<br>6:16 10<br>7:35 8<br>1:26 9<br>6:16 10<br>7:35 4<br>6:16 10<br>7:30 4<br>0:17 4<br>7:53 4<br>6:36 5<br>6:29 5   | 3000<br>50K<br>(37:30<br>(42:23)<br>(55:48<br>(11:25)<br>(29:09)<br>(49:24)<br>(12:43)<br>(39:44)<br>(39:24)<br>(39:15)<br>(31:00)<br>(34:53)<br>(44:49)<br>(56:24)  |
| Wt. Pent<br>Notes:<br>W30<br>W35<br>W40<br>W45<br>W50<br>W55<br>W60<br>W55<br>W60<br>W55<br>W70 1<br>W85 1<br>W70 1<br>W85 1<br>W85 1<br>W80 1<br>W85 1<br>W75 | t.<br>1)<br>2)<br>3)<br>4)<br>5)<br>6)<br>7)<br>8)<br>9)<br>U.<br>1.5K<br>7:13<br>7:22<br>7:37<br>8:03<br>8:255<br>9:17<br>9:48<br>10:263<br>8:55<br>9:17<br>9:48<br>10:203<br>11:516<br>6:313<br>6:433<br>6:531<br>6:531<br>6:531<br>7:33<br>7:33<br>7:50<br>6:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55<br>7:55     | 2800<br>100 sta<br>Short h<br>Shot pi<br>Discus<br>Per/De<br>Per/De<br>7:47<br>8:03<br>8:21<br>8:41<br>9:05<br>9:31<br>10:01<br>10:35<br>11:15<br>10:00<br>12:58<br>14:15<br>16:00<br>7:01<br>7:12<br>7:46<br>8:20<br>8:20<br>8:20<br>8:20<br>8:20<br>8:20<br>8:20<br>8:20  | 2700<br>Indards =<br>uurdles:<br>ut:<br>throw:<br>=:<br>=:<br>=:<br>=:<br>=:<br>=:<br>=:<br>=:<br>=:<br>=   | 2800<br>re for aut<br>30-49;<br>30-49;<br>30-49;<br>30-49;<br>30-59;<br>nd distan<br>: 30-39<br>ALL-AM<br>5K<br>25:38<br>26:27<br>27:26<br>28:33<br>29:49<br>31:14<br>32:51<br>34:43<br>36:54<br>42:37<br>46:45<br>42:14<br>23:05<br>23:46<br>24:24<br>25:31<br>26:33<br>27:43   | 3000<br>omatic tim<br>39°;<br>36°;<br>7.26k (1<br>800g;<br>ces are th<br>IAAF pi<br>IAAF pi<br>IA   | 3000<br>Te; use standau<br>(64);<br>e standau<br>s; 40+ W<br>STAND<br>V<br>10K<br>52:43<br>53:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>1:00:41<br>1:03:33<br>1:06:50<br>1:20:14<br>1:26:38<br>1:35:01<br>1:20:14<br>47:45<br>50:33<br>50:32<br>50:32<br>54:35<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56      | 3000<br>andard<br>50-59:<br>50-59:<br>50-59:<br>50-59:<br>50-59:<br>60+:<br>d; feet a<br>/VA fac<br>ARDS<br>/OMEN<br>1:21:<br>1:23:<br>1:26:<br>1:30:<br>1:24:<br>1:34:<br>1:24:<br>1:34:<br>1:43:<br>1:43:<br>1:43:<br>2:05:<br>2:15:<br>2:215:<br>2:28:<br>2:248:<br>MEN<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:15:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:1    | 3000<br>36";<br>6k;<br>500g<br>1.5kg;<br>6k;<br>500g<br>ad inche<br>toring (m<br>OF EXC<br>5K<br>56 1:5;<br>29 1:5;<br>37 1:5;<br>08 2:0;<br>08 2:0;<br>08 2:0;<br>08 2:0;<br>08 2:0;<br>08 2:0;<br>08 2:0;<br>15 2:5;<br>15 3:0;<br>15 3:5;<br>10 1:3;<br>28 1:3;<br>20 1:5;<br>29 1:5;<br>37 1:5;<br>08 2:0;<br>08 2:0;<br>08 2:0;<br>08 2:0;<br>08 2:0;<br>08 2:0;<br>15 3:5;<br>15 3:5;<br>10 1:3;<br>28 1:3;<br>28 1:3;<br>28 1:3;<br>28 1:4;<br>25 1:5;<br>29 1:5;<br>37 1:5;<br>08 2:0;<br>08 2:0;<br>08 2:0;<br>08 2:0;<br>08 2:0;<br>08 2:0;<br>15 3:5;<br>10 1:3;<br>28 1:3;<br>28 1:3;<br>28 1:3;<br>28 1:3;<br>28 1:3;<br>29 1:5;<br>37 1:5;<br>08 2:0;<br>08 2:0;<br>03 1:4;<br>58 1:5;<br>29 1:5;<br>30 2:3;<br>15 3:0;<br>10 1:3;<br>28 1:4;<br>58 1:4;<br>56 1:5;<br>56 1:5;<br>50 2:3;<br>11 3:5;<br>11 0 1:3;<br>50 2:4;<br>11 0 1:3;<br>50 2:4;<br>11 0 1:3;<br>50 1:4;<br>51 2:4;<br>51 2:5;<br>11 0 1:3;<br>52 1:4;<br>51 2:4;<br>51 2:5;<br>51 2:4;<br>51 2:5;<br>51 2:4;<br>51 2:5;<br>51 3:5;<br>51 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3:3<br>35:5<br>34:5<br>35:5<br>34:5<br>35:5<br>34:5<br>35:5<br>34:5<br>35:5<br>34:5<br>35:5<br>34:5<br>35:5<br>34:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5<br>35:5 | 3000<br>(ERS<br>40K<br>8:45 5<br>2:21 5<br>2:13 5<br>3:31 6<br>6:23 6<br>1:03 6<br>6:23 6<br>7:54 7<br>7:25 7<br>0:18 8<br>7:35 8<br>7:35 8<br>1:26 9<br>6:16 10<br>7:30 4<br>0:17 4<br>0:17 4<br>6:36 4<br>6:29 5<br>7:41 5   | 3000<br>50K<br>(37:30<br>(42:23)<br>(55:48<br>(11:25)<br>(39:24)<br>(39:24)<br>(39:24)<br>(39:24)<br>(39:25)<br>(31:00)<br>(314:53)<br>(44:49)<br>(56:24)<br>(92:29)<br>(56:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24)<br>(92:24 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Pent<br>Notes:<br>W30<br>W35<br>W40<br>W45<br>W50<br>W45<br>W60<br>W45<br>W60<br>W65<br>W70 1<br>W75 1<br>W85 1<br>W85 1<br>W90 1<br>M30<br>M35<br>M40<br>M45<br>M55<br>M60  | t.<br>1)<br>2)<br>3)<br>4)<br>5)<br>6)<br>7)<br>5)<br>6)<br>7)<br>9)<br>U.:<br>1.5K<br>7:13<br>8:03<br>8:25<br>8:55<br>9:17<br>9:17<br>9:12<br>9:17<br>9:12<br>13:13<br>14:56<br>6:31<br>6:53<br>14:56<br>6:43<br>6:58<br>7:13<br>7:50<br>8:31<br>14:56<br>6:43<br>7:50<br>8:13<br>7:50<br>8:13<br>7:50<br>8:13<br>7:50<br>8:13<br>7:50<br>8:13<br>7:50<br>8:13<br>7:50<br>8:13<br>7:50<br>8:13<br>7:50<br>8:13<br>7:50<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:15<br>8:1 | 2800<br>100 sta<br>Short h<br>Shot p<br>Discus<br>Hamm<br>Metric<br>Pen/De<br>5. 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distant<br>30-39<br><b>ALL-AM</b><br>5K<br>25:38<br>26:27<br>27:26<br>28:33<br>29:49<br>31:14<br>32:51<br>34:43<br>36:54<br>39:26<br>42:37<br>46:45<br>23:46<br>24:24<br>23:05<br>23:46<br>24:24<br>23:05<br>23:46<br>24:23<br>46:45<br>23:45<br>24:24<br>23:05<br>23:45<br>24:23<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>25:38<br>26:27<br>27:26<br>28:33<br>29:49<br>31:14<br>23:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>25:38<br>26:27<br>27:26<br>28:33<br>29:49<br>31:14<br>23:25<br>23:45<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>24:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25:25<br>25  | 3000<br>omstic tim<br>39":<br>36";<br>7.26k (1<br>2kg;<br>7.26k (1<br>1AAF pi<br>IAAF pi<br>ERICAN<br>8K<br>42:04<br>43:11<br>44:47<br>46:35<br>48:36<br>50:54<br>48:36<br>50:54<br>48:36<br>50:54<br>1:00:02<br>1:04:10<br>1:09:13<br>1:15:50<br>37:57<br>38:55<br>40:15<br>41:44<br>43:25<br>41:44<br>43:25  | 3000<br>w; use st<br>(69);<br>e standar<br>ts.; 40+ W<br>STAND<br>STAND<br>STAND<br>10K<br>52:43<br>53:56<br>58:10<br>1:00:41<br>1:03:33<br>1:06:50<br>1:10:37<br>1:15:01<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:32<br>1:35:01<br>1:47:15<br>47:45<br>48:53<br>52:22<br>56:53<br>55:56<br>55:56<br>55:56<br>55:56<br>58:10<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:14<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15<br>1:20:15 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   | 3000<br>conversion<br>36";<br>33";<br>6k;<br>600g<br>mod inches<br>toring (mod<br>off EXC<br>56 1:5;<br>29 1:5;<br>37 1:5;<br>08 2:0;<br>08 2:0;<br>08 2:0;<br>08 2:0;<br>08 2:0;<br>08 2:0;<br>15 3:0;<br>37 3:2;<br>15 3:0;<br>37 3:2;<br>16 3:0;<br>37 3:2;<br>17 3:5;<br>17 3   | 3000<br>on for han<br>60-69: 3<br>60-69: 5<br>60-69: 5<br>is listed fo<br>ew WAVA)<br><b>ELLENC</b><br>20K<br>20K<br>2:06 2:2<br>3:32 2:2<br>8:06 2:3<br>3:00 2:3<br>8:30 2:4<br>4:48 2:5<br>1:54 3:0<br>9:12 3:1<br>9:54 3:2<br>1:18 3:4<br>5:24 4:0<br>4:00 4:2<br>1:18 3:4<br>5:24 4:0<br>4:00 4:2<br>1:12<br>8:18 2:0<br>9:43 2:0<br>5:12 4:0<br>1:12<br>1:13 2:1<br>5:12 4:0<br>1:12 2:1<br>1:13 2:1<br>5:12 4:0<br>1:12 2:1<br>1:13 2:1<br>5:12 4:1<br>1:13 2:1<br>5:12 4:1<br>1:13 2:1<br>5:12 4:1<br>1:13 2:1<br>5:12 4:1<br>1:13 2:1<br>5:12 4:1<br>1:13 2:1<br>5:12 4:1<br>5:12 4:1<br>1:12 2:1<br>5:12 4:1<br>5:12 4:12 4:1<br>5:12 4:12 4:1<br>5:12 4:12 4:12 4:12 4:12 4:12 4:12 4:12 4  | 2600<br>d time.<br>3": 70<br>0"<br>k; 70<br>k;   | 2700<br>D+: 30"<br>D+: 4k<br>D+: 4k<br>ence.<br>ACEWALI<br>30K<br>59:15 4:0<br>11:53 4:1<br>108:56 4:2<br>71:00 4:3<br>26:08 4:4<br>46:33 5:0<br>11:53 5:0<br>11:9 7:0<br>33:10 7:4<br>32:17 3:2<br>34:14 3:3<br>346:05 3:4<br>35:01:19 4:0<br>0:33 4:2<br>13:5<br>11:19 4:0<br>0:33 4:2<br>13:5<br>11:19 4:0<br>10:33 4:2<br>13:5<br>11:19 4:0<br>10:33 4:2<br>11:19 4:0<br>10:33 4:2<br>11:19 4:0<br>10:33 4:2<br>11:19 4:0<br>10:33 4:2<br>11:19 4:0<br>11:19 4:19 4:0<br>11:19 4:19 4:19 4:19 4:19 4:19 4:19 4:19  | 3000<br>KERS<br>40K<br>8:45 5<br>2:13 5<br>3:31 6<br>6:23 6<br>1:03 6<br>6:23 6<br>1:03 6<br>7:54 7<br>7:25 7<br>0:18 8<br>7:35 8<br>1:26 9<br>6:16 10<br>7:30 4<br>0:17 4<br>7:53 4<br>6:29 5<br>7:41 5<br>0:30 5   | 3000<br>50K<br>(37:30<br>(42:23)<br>(55:48)<br>(31:125<br>(39:26)<br>(49:28)<br>(49:28)<br>(49:28)<br>(49:28)<br>(49:28)<br>(49:28)<br>(49:28)<br>(49:28)<br>(31:00)<br>(34:53)<br>(56:24)<br>(99:29)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22)<br>(24:22 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| W1. Pent<br>Notes:<br>W30<br>W30<br>W40<br>W45<br>W50<br>W45<br>W50<br>W55<br>W60<br>M35<br>M40<br>M35<br>M40<br>M45<br>M50<br>M55<br>M60<br>M65   | t.<br>1)<br>2)<br>3)<br>4)<br>5)<br>6)<br>7)<br>9)<br>U.:<br>1.5K<br>7:13<br>7:22<br>7:37<br>8:03<br>8:25<br>8:55<br>9:17<br>9:48<br>10:26<br>6:311<br>6:43<br>6:58<br>7:13<br>13:13<br>14:56<br>6:57<br>9:17<br>9:48<br>10:26<br>6:57<br>9:17<br>13:13<br>14:56<br>6:57<br>13:13<br>14:56<br>6:57<br>13:13<br>14:56<br>6:57<br>13:13<br>14:56<br>6:57<br>13:13<br>14:56<br>6:57<br>13:13<br>14:56<br>6:57<br>13:13<br>14:56<br>6:57<br>13:13<br>14:56<br>6:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57<br>14:57   | 2800<br>100 sta<br>Short h<br>Shot p<br>Discus<br>Hamm<br>Metric<br>Pen/De<br>5. MA<br>Mile<br>7:47<br>8:03<br>8:21<br>8:41<br>9:05<br>9:31<br>10:01<br>10:35<br>11:15<br>12:06<br>14:11<br>10:35<br>11:15<br>12:07<br>14:11<br>12:55<br>8:41<br>9:31<br>10:01<br>12:55<br>8:41<br>9:31<br>10:01<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>12:55<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11<br>14:11 | 2700<br>Indards a<br>uurdles:<br>urdles:<br>throw:<br>ar:<br>b<br>STERS 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  | 3000<br>omatic tim<br>39°;<br>36°;<br>7.26k (1<br>2kg;<br>7.26k (1<br>iAAF pi<br>IAAF pi<br>ERICAN<br>8K<br>42:04<br>43:11<br>44:47<br>46:35<br>48:36<br>50:54<br>48:36<br>50:54<br>48:36<br>50:54<br>48:36<br>50:54<br>1:00:02<br>1:04:10<br>1:09:13<br>1:15:50<br>1:25:50<br>37:57<br>38:55<br>40:15<br>41:44<br>43:25<br>41:44<br>43:25<br>41:44<br>43:25   | 3000<br>w; use st<br>(6#);<br>• standar<br>ts.; 40+ W<br>STAND<br>STAND<br>STAND<br>10K<br>52:43<br>53:56<br>58:10<br>1:00:41<br>1:03:33<br>1:06:50<br>1:10:37<br>1:20:14<br>1:20:14<br>1:25:01<br>1:47:15<br>47:45<br>48:53<br>52:22<br>54:33<br>52:24<br>59:33<br>1:02:45<br>59:33<br>1:02:45<br>59:33<br>1:02:45<br>59:33<br>1:02:45<br>59:33<br>1:02:45<br>59:33<br>1:02:45<br>59:33<br>1:02:45<br>59:33<br>1:02:45<br>59:33<br>1:02:45<br>59:33<br>1:02:45<br>59:33<br>1:02:45<br>59:33<br>1:02:45<br>59:33<br>1:02:45<br>59:33<br>1:02:45<br>59:33<br>1:02:45<br>59:33<br>1:02:45<br>59:33<br>1:02:45<br>59:33<br>1:02:45<br>59:33<br>1:02:45<br>59:33<br>1:02:45<br>59:33<br>1:02:45<br>59:33<br>1:02:45<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:35<br>59:55<br>59:55<br>59:55<br>59:55<br>59:55<br>59:55<br>59:55<br>59:55<br>59                 | 3000<br>andard<br>50-59:<br>50-59:<br>50-59:<br>50-59:<br>60+:<br>d; feet a<br>/AVA fac<br>//<br>1:21:<br>1:23:<br>1:26:<br>1:30:<br>1:34:<br>1:38:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:45:<br>2:05:<br>2:15:<br>2:15:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:<br>1:15:    | 3000<br>conversion<br>36";<br>33";<br>6k;<br>600g<br>mod inchest<br>toring (mod<br>off EXC<br>56 1:5;<br>29 1:5;<br>37 1:5;<br>08 2:0;<br>08 2:0;<br>08 2:0;<br>08 2:0;<br>08 2:0;<br>08 2:0;<br>08 2:0;<br>15 3:0;<br>37 3:2;<br>15 3:0;<br>37 3:2;<br>37 3;<br>37 3;  | 3000<br>on for han<br>60-69: 3<br>60-69: 5<br>60-69: 5<br>is listed for<br>www.VAVA<br>2006 2:2<br>3:32 2:2<br>8:06 2:3<br>3:00 2:3<br>8:06 2:3<br>3:00 2:3<br>8:06 2:3<br>3:00 2:3<br>8:06 2:3<br>8:06 2:3<br>1:54 3:0<br>9:54 3:2<br>1:18 3:4<br>5:24 4:0<br>4:00 4:2<br>1:18 3:4<br>5:24 4:0<br>4:00 4:2<br>1:12<br>8:18 2:0<br>9:43 2:0<br>8:13 2:1<br>7:10 2:1<br>1:37 2:2<br>6:38 2:2<br>2:3 2:3<br>8:58 2:4  | 2600<br>d time.<br>3": 70<br>0"<br>k; 70<br>k;   | 2700<br>D+: 30"<br>D+: 4k<br>D+: 4k<br>ence.<br>ACEWALI<br>30K<br>59:15 4:0<br>11:53 4:1<br>108:56 4:2<br>17:00 4:3<br>26:08 4:4<br>46:33 5:0<br>11:53 5:0<br>11:53 5:0<br>11:53 4:1<br>22:20 5:3<br>12:20 5:3<br>13:0 7:4<br>32:17 3:2<br>34:14 3:3<br>35:0<br>11:19 4:0<br>10:33 4:2<br>21:11 4:3<br>15:53 4:2<br>15:53 4:2<br>15:54 1:1<br>15:54 1:  | 3000<br>KERS<br>40K<br>8:45 5<br>2:21 5<br>2:13 5<br>3:31 6<br>6:23 6<br>1:03 6<br>6:23 6<br>1:03 6<br>7:54 7<br>7:25 7<br>0:18 8<br>7:35 8<br>1:26 9<br>6:16 10<br>7:30 4<br>0:17 4<br>7:30 4<br>6:29 5<br>7:41 5<br>0:30 5<br>5:15 6   | 3000<br>50K<br>(37:30<br>(42:23)<br>(55:48)<br>(39:46)<br>(39:24)<br>(39:46)<br>(39:46)<br>(39:45)<br>(39:46)<br>(39:45)<br>(39:46)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45)<br>(39:45 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a<br>ARDS<br>70MEN<br>1:21:<br>1:23:<br>1:26:<br>1:30:<br>1:34:<br>1:38:<br>1:43:<br>1:26:<br>1:30:<br>1:34:<br>1:26:<br>1:30:<br>1:34:<br>1:26:<br>1:30:<br>1:44:<br>1:21:<br>1:23:<br>1:26:<br>1:30:<br>1:44:<br>1:21:<br>1:23:<br>1:26:<br>1:30:<br>1:44:<br>1:25:<br>2:28:<br>2:28:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1 | 3000<br>conversion<br>36";<br>35";<br>6k;<br>600g<br>and incher<br>tooring (m)<br>OF EXC<br>56 1:5:<br>29 1:5:<br>37 1:5:<br>08 2:00<br>08 2:00<br>40 2:14<br>51 2:2<br>50 2:3<br>49 2:3<br>37 3:2<br>113 3:5<br>10 1:3<br>28 1:3<br>03 1:4<br>155 1:5<br>10 2:0<br>01 2:0<br>01 2:0<br>037 2:1  | 3000<br>on for han<br>60-69: 3<br>60-69: 5<br>60-69: 5<br>7<br>8:00 2:2<br>8:00 2:2<br>8:00 2:3<br>8:00 2:3<br>8:00 2:3<br>8:00 2:3<br>8:00 2:3<br>8:00 2:3<br>8:18 2:0<br>9:43 2:0<br>8:18 2:0<br>9:43 2:0<br>8:18 2:0<br>9:43 2:0<br>6:38 2:2<br>2:23 2:3<br>8:58 2:4<br>6:35 2:4   | 2600<br>d time.<br>3°; 70<br>0°<br>k; 70<br>k; 70<br>or conventer<br>k; 70<br>or convent   | 2700<br>D+: 30"<br>D+: 4k<br>D+: 4k<br>D+: 4k<br>D+: 4k<br>D+: 4k<br>D+: 4k<br>D+: 4k<br>D+: 4k<br>D+: 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  | 3000<br>(ERS<br>40K<br>8:45 5<br>2:21 5<br>2:13 5<br>3:31 6<br>6:23 6<br>1:03 6<br>7:54 7<br>7:25 7<br>0:18 8<br>7:25 7<br>0:18 8<br>1:26 9<br>6:16 10<br>7:30 4<br>0:17 4<br>7:33 4<br>6:36 4<br>6:39 5<br>7:41 5<br>0:30 5<br>5:15 6<br>2:23 6   | 3000<br>50K<br>(37:30)<br>(42:23)<br>(55:48)<br>(11:25)<br>(29:09)<br>(49:24)<br>(11:25)<br>(39:06)<br>(11:25)<br>(39:06)<br>(34:53)<br>(44:49)<br>(34:53)<br>(31:00)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:554)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34:54)<br>(34: 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a<br>c/wt.Pen<br>STERS<br>3K<br>14:50<br>5:18<br>15:53<br>16:32<br>5:7:15<br>18:05<br>19:01<br>5:21:22<br>19:01<br>5:21:22<br>19:01<br>5:21:22<br>19:01<br>5:21:22<br>19:01<br>5:21:22<br>19:01<br>5:21:22<br>19:01<br>5:21:22<br>19:01<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22<br>5:21:22  | 2800<br>re for aut<br>30-49;<br>30-49;<br>30-49;<br>30-49;<br>30-59;<br>nd distan<br>: 30-39<br>ALL-AM<br>5K<br>25:38<br>26:27<br>27:26<br>28:33<br>29:49<br>31:14<br>32:51<br>34:43<br>36:54<br>42:37<br>46:45<br>42:14<br>23:05<br>23:46<br>24:24<br>23:05<br>23:46<br>24:24<br>25:31<br>26:33<br>27:43<br>29:02<br>30:33<br>32:18<br>34:20  | 3000<br>omatic tim<br>39°;<br>36°;<br>7.26k (1<br>800g;<br>ccs are th<br>IAAF pi<br>ERICAN<br>8K<br>42:04<br>43:11<br>44:47<br>46:35<br>48:36<br>50:54<br>53:32<br>56:33<br>1:00:22<br>1:04:10<br>1:09:13<br>1:15:50<br>1:25:30<br>37:57<br>38:55<br>40:15<br>41:44<br>43:25<br>45:19<br>47:28<br>49:66<br>55:04   | 3000<br>Te; use standart<br>ts; 40+ W<br>STAND<br>V<br>164);<br>e standart<br>S243<br>53:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55:56<br>55 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a<br>ARDS<br>/OMEN<br>1:21:<br>1:23:<br>1:26:<br>1:30:<br>1:24:<br>1:30:<br>1:34:<br>1:38:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:44:<br>1:44:<br>1:45:<br>1:44:<br>1:45:<br>1:44:<br>1:45:<br>1:44:<br>1:45:<br>1:44:<br>1:45:<br>1:44:<br>1:45:<br>1:45:<br>1:44:<br>1:45:<br>1:45:<br>1:44:<br>1:45:<br>1:44:<br>1:45:<br>1:44:<br>1:45:<br>1:44:<br>1:45:<br>1:44:<br>1:45:<br>1:44:<br>1:45:<br>1:44:<br>1:45:<br>1:44:<br>1:45:<br>1:44:<br>1:45:<br>1:44:<br>1:45:<br>1:44:<br>1:45:<br>1:44:<br>1:45:<br>1:44:<br>1:45:<br>1:44:<br>1:45:<br>1:44:<br>1:45:<br>1:44:<br>1:45:<br>1:44:<br>1:45:<br>1:44:<br>1:45:<br>1:45:<br>1:44:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:44:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:<br>1:45:     | 3000<br>conversion<br>36";<br>6k;<br>600g<br>ind inche<br>toring (m)<br>OF EXC<br>56 1:55<br>29 1:53<br>37 1:55<br>08 2:00<br>08 2:00<br>08 2:00<br>08 2:01<br>50 2:34<br>40 2:14<br>51 2:2<br>50 2:33<br>7 3:2<br>113 3:5<br>110 1:3<br>28 1:3<br>03 1:4<br>55 1:5<br>56 1:55<br>15 3:0<br>37 3:2<br>10 1:3<br>28 1:4<br>1:4 1:5<br>55 1:5<br>5 | 3000<br>on for han<br>60-69: 3<br>60-69: 5<br>60-69: 5<br>7<br>8:00 2:23<br>8:30 2:24<br>4:48 2:55<br>1:54 3:00<br>4:24<br>4:48 2:52<br>4:400 4:2<br>1:18 3:4<br>5:24 4:00<br>4:2<br>1:18 3:4<br>2:05<br>8:18 2:00<br>9:43 2:05<br>2:13<br>8:58 2:4<br>6:38 2:45<br>5:54 3:05<br>5:55<br>5:54 3:55<br>5:54 5:54<br>6:35 2:55<br>5:54 5:54<br>6:35 2:55<br>5:54 5:54<br>6:35 2:55<br>5:54 5:54   | 2600<br>d time.<br>3°; 70<br>0°<br>k; 70<br>k; 70<br>or convente<br>44:43 2:5<br>6:51 3:0<br>2:33 3:0<br>8:56 3:1<br>16:11 3:2<br>4:426 3:3<br>3:54 3:4<br>4:51 4:0<br>11:36 5:0<br>5:12 2:5<br>6:55 2:4<br>11:36 5:0<br>5:12 2:3<br>6:55 2:4<br>11:36 5:0<br>5:12 2:3<br>6:55 2:4<br>11:36 5:0<br>5:12 2:5<br>6:55 2:4<br>11:36 5:0<br>5:12 2:5<br>6:55 2:4<br>11:36 5:0<br>5:12 2:5<br>6:55 2:4<br>11:35 3:5<br>11:50 5:5<br>11:50 3:5<br>11:50 5:5<br>11:50 5:50 5:5<br>11:50 5:50 5:50 5:50 5:50 5:50 5:50 5:50   | 2700<br>D+: 30"<br>D+: 4k<br>D+: 4k<br>D+: 4k<br>D+: 4k<br>D+: 4k<br>D+: 4k<br>D+: 4k<br>D+: 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 | 3000<br>(ERS<br>40K<br>8:45 5<br>2:21 5<br>2:13 5<br>2:13 5<br>2:13 5<br>3:31 6<br>6:23 6<br>7:54 7<br>7:25 7<br>0:18 8<br>1:26 9<br>6:16 10<br>7:30 4<br>0:17 4<br>7:53 4<br>6:29 5<br>7:41 5<br>7:51 6<br>6:29 5<br>7:51 6<br>2:23 6<br>2:23 6   | 3000<br>50K<br>(37:30<br>(42:23)<br>(55:48<br>(11:25)<br>(29:09<br>(29:24)<br>(29:24)<br>(39:24)<br>(39:24)<br>(39:26)<br>(34:53)<br>(44:49)<br>(34:53)<br>(44:49)<br>(34:53)<br>(44:49)<br>(34:53)<br>(44:49)<br>(34:53)<br>(44:49)<br>(34:53)<br>(44:49)<br>(34:53)<br>(44:49)<br>(34:53)<br>(44:49)<br>(34:53)<br>(44:49)<br>(34:53)<br>(44:49)<br>(34:53)<br>(44:49)<br>(34:53)<br>(44:49)<br>(34:53)<br>(44:49)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)<br>(34:53)  |
| W1. Pent<br>Notes:<br>W30<br>W30<br>W40<br>W45<br>W40<br>W45<br>W50<br>W45<br>W40<br>W45<br>W40<br>W45<br>W40<br>W45<br>W40<br>W45<br>W40<br>W45<br>W50<br>W65<br>W70<br>M30<br>M30<br>M30<br>M35<br>M40<br>M45<br>M50<br>M40<br>M45<br>M50<br>M50<br>M50<br>M50<br>M50<br>M50<br>M50<br>M50<br>M50<br>M5  | t.<br>1)<br>2)<br>3)<br>4)<br>5)<br>6)<br>7)<br>9)<br>U.:<br>1.5K<br>7:13<br>7:22<br>7:37<br>8:03<br>8:25<br>8:55<br>9:17<br>9:48<br>10:26<br>6:311<br>6:43<br>6:58<br>7:13<br>13:13<br>14:56<br>6:31<br>6:58<br>7:13<br>8:38<br>9:04<br>8:38<br>9:43<br>9:02  | 2800<br>100 sta<br>Short h<br>Shot publicus<br>Per/De<br>5. MAA<br>Metric<br>Per/De<br>5. MAA<br>Mile<br>7:47<br>8:03<br>8:21<br>8:41<br>9:05<br>9:31<br>10:01<br>12:55<br>14:11<br>10:35<br>11:15<br>12:00<br>7:00<br>7:10<br>7:14<br>7:12<br>7:40<br>8:55<br>9:15<br>9:55<br>10:22  | 2700<br>Indards =<br>Indards =<br>Indar  | 2800<br>re for aut<br>30-49;<br>30-49;<br>30-49;<br>30-49;<br>30-49;<br>30-49;<br>30-49;<br>30-59;<br>nd distant<br>and distant<br>and distant<br>30-39<br><b>ALL-AM</b><br>5K<br>25:38<br>26:27<br>27:26<br>28:33<br>29:49<br>31:14<br>32:51<br>34:43<br>36:54<br>39:26<br>42:37<br>46:45<br>23:46<br>24:24<br>23:05<br>23:46<br>24:24<br>25:31<br>26:33<br>27:42<br>31:4<br>23:05<br>23:49<br>31:14<br>23:05<br>23:49<br>31:14<br>23:05<br>23:49<br>31:14<br>23:25<br>24:24<br>23:35<br>23:49<br>23:49<br>31:14<br>23:05<br>23:49<br>31:14<br>23:05<br>23:49<br>31:14<br>23:05<br>23:49<br>31:14<br>23:25<br>24:24<br>23:35<br>23:49<br>23:49<br>31:14<br>23:05<br>23:49<br>23:49<br>31:14<br>23:05<br>23:49<br>23:49<br>23:49<br>23:49<br>23:49<br>23:49<br>23:49<br>23:49<br>23:49<br>23:49<br>23:49<br>23:49<br>23:43<br>24:21<br>23:49<br>23:49<br>23:45<br>23:46<br>24:23<br>23:46<br>23:49<br>23:46<br>23:49<br>23:46<br>23:49<br>23:46<br>23:45<br>23:49<br>23:49<br>23:49<br>23:48<br>24:24<br>25:31<br>27:40<br>23:45<br>23:46<br>23:46<br>23:45<br>23:46<br>23:21<br>23:46<br>23:21<br>23:42<br>23:21<br>23:42<br>23:21<br>23:42<br>23:21<br>23:21<br>23:42<br>23:21<br>23:21<br>23:21<br>23:25<br>23:21<br>23:25<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>24:24<br>24:24<br>24:24<br>25:31<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25  | 3000<br>omstic tim<br>39°;<br>36°;<br>7.26k (1<br>2kg;<br>7.26k (1<br>iAAF pi<br>IAAF  | 3000<br>w; use standar<br>(69);<br>e standar<br>ts.; 40+ W<br>STAND<br>STAND<br>STAND<br>10K<br>52:43<br>53:56<br>58:10<br>1:00:41<br>1:03:33<br>1:06:50<br>1:10:37<br>1:15:01<br>1:20:14<br>1:20:14<br>1:20:24<br>1:35:01<br>1:47:15<br>47:45<br>48:53<br>52:22<br>54:33<br>52:24<br>1:06:21<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02:45<br>1:02   | 3000<br>andard<br>50-59:<br>50-59:<br>50-59:<br>50-59:<br>60+:<br>d; feet a<br>/AVA fac<br>//<br>1:21:<br>1:23:<br>1:26:<br>1:30:<br>1:34:<br>1:38:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:56:<br>2:26:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:26:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:26:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:26:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:26:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:    | 3000<br>conversion<br>36";<br>33";<br>6k;<br>600g<br>mod inches<br>toring (mod<br>off EXC<br>56 1:5;<br>29 1:5;<br>37 1:5;<br>08 2:0;<br>08 2:0;<br>08 2:0;<br>08 2:0;<br>08 2:0;<br>08 2:0;<br>08 2:0;<br>08 2:0;<br>15 1:5;<br>25 2:3;<br>15 3:0;<br>37 3:2;<br>15 3:0;<br>37 3:2;<br>15 3:0;<br>37 3:2;<br>15 3:0;<br>37 3:2;<br>15 3:0;<br>37 3:2;<br>16 1:3;<br>28 1:3;<br>30 3 1:4;<br>15 4:5;<br>16 1:5;<br>17 3:2;<br>17 3:5;<br>10 1:3;<br>28 1:4;<br>17 4:5;<br>10 2:0;<br>10 2:0;<br>17 2:1;<br>10 2:0;<br>10 2:0;<br>11 2:0;<br>11 2:0;<br>12 2:1;<br>12 2:2;<br>13 2:2;<br>10 1:3;<br>12 2:2;<br>10 1:3;<br>12 2:2;<br>10 2:0;<br>11 2:0;<br>12 2:1;<br>13 3:5;<br>10 2:0;<br>11 2:0;<br>12 2:1;<br>13 2:2;<br>15 2:3;<br>10 2:0;<br>11 2:0;<br>12 2:1;<br>13 2:2;<br>10 2:0;<br>11 2:0;<br>12 2:1;<br>13 2:2;<br>15 2:2;<br>15 3:0;<br>15   | 3000<br>on for han<br>60-69: 3<br>60-69: 5<br>60-69: 5<br>is listed fo<br>ew WAVA)<br>ELLENC<br>20K<br>20K<br>2:06 2:2<br>3:32 2:2<br>8:06 2:3<br>3:00 2:3<br>8:30 2:4<br>4:48 2:5<br>1:54 3:0<br>9:12 3:1<br>9:54 3:2<br>1:18 3:4<br>5:24 4:0<br>4:00 4:2<br>1:18 3:4<br>5:24 4:0<br>4:00 4:2<br>1:18 2:0<br>9:43 2:0<br>5:34 3:0<br>2:3<br>8:58 2:4<br>6:35 2:5<br>5:34 3:0   | 2600<br>d time.<br>3": 70<br>0"<br>k; 70<br>k;   | 2700<br>D+: 30"<br>D+: 4k<br>oh: 4k<br>oh: 4k<br>oh: 4k<br>oh: 4k<br>oh: 4k<br>oh: 59:15 4:0<br>11:53 4:1<br>108:56 4:2<br>17:00 4:3<br>108:56 4:2<br>17:00 4:3<br>108:56 4:2<br>17:00 4:3<br>108:56 4:2<br>17:00 4:3<br>108:56 4:2<br>17:00 4:3<br>108:56 4:2<br>11:13 7:0<br>109:57 1:1<br>109:34 4:5<br>109:34   | 3000<br>KERS<br>40K<br>8:45 5<br>2:21 5<br>2:13 5<br>3:31 6<br>6:23 6<br>1:03 6<br>6:23 6<br>1:03 6<br>7:54 7<br>7:25 7<br>0:18 8<br>7:35 8<br>1:26 9<br>6:16 10<br>7:30 4<br>0:17 4<br>6:36 4<br>6:29 5<br>7:41 5<br>0:30 5<br>5:15 6<br>2:23 6<br>2:23 6<br>2:24 6<br>7:34 7<br>7:54 7<br>7:55 7<br>0:18 8<br>1:26 9<br>6:16 10<br>7:51 4<br>6:29 5<br>5:15 6<br>2:23 6<br>2:23 6<br>2:24 6<br>7:44 7<br>7:55 7<br>0:18 8<br>1:26 9<br>6:16 10<br>7:54 7<br>7:55 7<br>0:18 8<br>1:26 9<br>6:16 10<br>7:54 7<br>7:55 7<br>0:18 8<br>1:26 9<br>6:16 10<br>7:51 4<br>6:29 5<br>5:15 6<br>2:23 6<br>2:23 6<br>2:23 6<br>2:23 6<br>2:23 6<br>2:24 6<br>7:44 7<br>7:55 7     | 3000<br>50K<br>(37:30<br>(42:23)<br>(55:48)<br>(39:46)<br>(49:24)<br>(39:46)<br>(49:24)<br>(49:28)<br>(49:24)<br>(49:28)<br>(49:28)<br>(49:29)<br>(49:24)<br>(31:00)<br>(34:53)<br>(56:24)<br>(99:29)<br>(24:22)<br>(24:12)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51 |
| W1. Pent<br>Notes:<br>W30<br>W30<br>W40<br>W45<br>W40<br>W45<br>W50<br>W45<br>W40<br>W45<br>W40<br>W45<br>W40<br>W45<br>W40<br>W45<br>W40<br>W45<br>W50<br>W65<br>W70<br>M30<br>M30<br>M30<br>M35<br>M40<br>M45<br>M50<br>M40<br>M45<br>M50<br>M50<br>M50<br>M50<br>M50<br>M50<br>M50<br>M50<br>M50<br>M5  | t.<br>1)<br>2)<br>3)<br>4)<br>5)<br>6)<br>7)<br>9)<br>U.:<br>1.5K<br>7:13<br>7:22<br>7:37<br>8:03<br>8:25<br>8:55<br>9:17<br>9:48<br>10:26<br>6:311<br>6:43<br>6:58<br>7:13<br>13:13<br>14:56<br>6:31<br>6:58<br>7:13<br>8:38<br>9:04<br>8:38<br>9:43<br>9:02  | 2800<br>100 sta<br>Short h<br>Shot publicus<br>Per/De<br>5. MAA<br>Metric<br>Per/De<br>5. MAA<br>Mile<br>7:47<br>8:03<br>8:21<br>8:41<br>9:05<br>9:31<br>10:01<br>12:55<br>14:11<br>10:35<br>11:15<br>12:00<br>7:00<br>7:10<br>7:14<br>7:12<br>7:40<br>8:55<br>9:15<br>9:55<br>10:22  | 2700<br>Indards =<br>Indards =<br>Indar  | 2800<br>re for aut<br>30-49;<br>30-49;<br>30-49;<br>30-49;<br>30-49;<br>30-49;<br>30-49;<br>30-59;<br>nd distant<br>and distant<br>and distant<br>30-39<br><b>ALL-AM</b><br>5K<br>25:38<br>26:27<br>27:26<br>28:33<br>29:49<br>31:14<br>32:51<br>34:43<br>36:54<br>39:26<br>42:37<br>46:45<br>23:46<br>24:24<br>23:05<br>23:46<br>24:24<br>25:31<br>26:33<br>27:42<br>31:4<br>23:05<br>23:49<br>31:14<br>23:05<br>23:49<br>31:14<br>23:05<br>23:49<br>31:14<br>23:25<br>24:24<br>23:35<br>23:49<br>23:49<br>31:14<br>23:05<br>23:49<br>31:14<br>23:05<br>23:49<br>31:14<br>23:05<br>23:49<br>31:14<br>23:25<br>24:24<br>23:35<br>23:49<br>23:49<br>31:14<br>23:05<br>23:49<br>23:49<br>31:14<br>23:05<br>23:49<br>23:49<br>23:49<br>23:49<br>23:49<br>23:49<br>23:49<br>23:49<br>23:49<br>23:49<br>23:49<br>23:49<br>23:43<br>24:21<br>23:49<br>23:49<br>23:45<br>23:46<br>24:23<br>23:46<br>23:49<br>23:46<br>23:49<br>23:46<br>23:49<br>23:46<br>23:45<br>23:49<br>23:49<br>23:49<br>23:48<br>24:24<br>25:31<br>27:40<br>23:45<br>23:46<br>23:46<br>23:45<br>23:46<br>23:21<br>23:46<br>23:21<br>23:42<br>23:21<br>23:42<br>23:21<br>23:42<br>23:21<br>23:21<br>23:42<br>23:21<br>23:21<br>23:21<br>23:25<br>23:21<br>23:25<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>23:21<br>24:24<br>24:24<br>24:24<br>25:31<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25:32<br>25  | 3000<br>omstic tim<br>39°;<br>36°;<br>7.26k (1<br>2kg;<br>7.26k (1<br>iAAF pi<br>IAAF  | 3000<br>w; use standar<br>(69);<br>e standar<br>ts.; 40+ W<br>STAND<br>STAND<br>STAND<br>10K<br>52:43<br>53:56<br>58:10<br>1:00:41<br>1:03:33<br>1:06:50<br>1:10:37<br>1:15:01<br>1:20:14<br>1:20:14<br>1:20:38<br>1:35:01<br>1:47:18<br>47:45<br>48:53<br>52:22<br>54:33<br>52:22<br>54:33<br>52:24<br>1:02:44<br>1:02:44<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:03:24<br>1:05:24<br>1:05:24<br>1:05:24<br>1:05:24<br>1:05:24<br>1:05:24<br>1:05:24<br>1:05:24<br>1:05:24<br>1:05:24<br>1:05:24<br>1:05:24<br>1:05:24<br>1:05:24<br>1:05:24<br>1:05:24<br>1:05:24<br>1:05:24<br>1:05:24<br>1:05:24<br>1:05:24<br>1:05:24<br>1:05:24<br>1:05:24<br>1:05:24<br>1:05:24<br>1:05:24<br>1:05:24<br>1:05:24<br>1:05:24<br>1:05:24<br>1:05:24<br>1:05:24<br>1:05:24<br>1:05:24<br>1:05:24<br>1:05:24<br>1:05:24<br>1:05:24<br>1:05:24<br>1:05:24<br>1:05:24<br>1:05:24  | 3000<br>andard<br>50-59:<br>50-59:<br>50-59:<br>50-59:<br>60+:<br>d; feet a<br>/AVA fac<br>//<br>1:21:<br>1:23:<br>1:26:<br>1:30:<br>1:34:<br>1:38:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:43:<br>1:56:<br>2:26:<br>2:28:<br>2:28:<br>2:28:<br>2:28:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:26:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:26:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:26:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:26:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:    | 3000<br>conversion<br>36";<br>33";<br>6k;<br>600g<br>mod inches<br>toring (mod<br>off EXC<br>56 1:5;<br>29 1:5;<br>37 1:5;<br>08 2:0;<br>08 2:0;<br>08 2:0;<br>08 2:0;<br>08 2:0;<br>08 2:0;<br>08 2:0;<br>08 2:0;<br>15 1:5;<br>25 2:3;<br>15 3:0;<br>37 3:2;<br>15 3:0;<br>37 3:2;<br>15 3:0;<br>37 3:2;<br>15 3:0;<br>37 3:2;<br>15 3:0;<br>37 3:2;<br>16 1:3;<br>28 1:3;<br>30 3 1:4;<br>15 4:5;<br>16 1:5;<br>17 3:2;<br>17 3:5;<br>10 1:3;<br>28 1:4;<br>17 4:5;<br>10 2:0;<br>10 2:0;<br>17 2:1;<br>10 2:0;<br>10 2:0;<br>11 2:0;<br>11 2:0;<br>12 2:1;<br>12 2:2;<br>13 2:2;<br>10 1:3;<br>12 2:2;<br>10 1:3;<br>12 2:2;<br>10 2:0;<br>11 2:0;<br>12 2:1;<br>13 3:5;<br>10 2:0;<br>11 2:0;<br>12 2:1;<br>13 2:2;<br>15 2:3;<br>10 2:0;<br>11 2:0;<br>12 2:1;<br>13 2:2;<br>10 2:0;<br>11 2:0;<br>12 2:1;<br>13 2:2;<br>15 2:2;<br>15 3:0;<br>15   | 3000<br>on for han<br>60-69: 3<br>60-69: 5<br>60-69: 5<br>is listed fo<br>ew WAVA)<br>ELLENC<br>20K<br>20K<br>2:06 2:2<br>3:32 2:2<br>8:06 2:3<br>3:00 2:3<br>8:30 2:4<br>4:48 2:5<br>1:54 3:0<br>9:12 3:1<br>9:54 3:2<br>1:18 3:4<br>5:24 4:0<br>4:00 4:2<br>1:18 3:4<br>5:24 4:0<br>4:00 4:2<br>1:18 2:0<br>9:43 2:0<br>5:34 3:0<br>2:3<br>8:58 2:4<br>6:35 2:5<br>5:34 3:0   | 2600<br>d time.<br>3": 70<br>0"<br>k; 70<br>k;   | 2700<br>D+: 30"<br>D+: 4k<br>oh: 4k<br>oh: 4k<br>oh: 4k<br>oh: 4k<br>oh: 4k<br>oh: 59:15 4:0<br>11:53 4:1<br>108:56 4:2<br>17:00 4:3<br>108:56 4:2<br>17:00 4:3<br>108:56 4:2<br>17:00 4:3<br>108:56 4:2<br>17:00 4:3<br>108:56 4:2<br>17:00 4:3<br>108:56 4:2<br>11:13 7:0<br>109:57 1:1<br>109:34 4:5<br>109:34   | 3000<br>KERS<br>40K<br>8:45 5<br>2:21 5<br>2:13 5<br>3:31 6<br>6:23 6<br>1:03 6<br>6:23 6<br>1:03 6<br>7:54 7<br>7:25 7<br>0:18 8<br>7:35 8<br>1:26 9<br>6:16 10<br>7:30 4<br>0:17 4<br>6:36 4<br>6:29 5<br>7:41 5<br>0:30 5<br>5:15 6<br>2:23 6<br>2:23 6<br>2:24 6<br>7:34 7<br>7:54 7<br>7:55 7<br>0:18 8<br>1:26 9<br>6:16 10<br>7:51 4<br>6:29 5<br>5:15 6<br>2:23 6<br>2:23 6<br>2:24 6<br>7:44 7<br>7:55 7<br>0:18 8<br>1:26 9<br>6:16 10<br>7:54 7<br>7:55 7<br>0:18 8<br>1:26 9<br>6:16 10<br>7:54 7<br>7:55 7<br>0:18 8<br>1:26 9<br>6:16 10<br>7:51 4<br>6:29 5<br>5:15 6<br>2:23 6<br>2:23 6<br>2:23 6<br>2:23 6<br>2:23 6<br>2:24 6<br>7:44 7<br>7:55 7     | 3000<br>50K<br>(37:30<br>(42:23)<br>(55:48)<br>(39:46)<br>(49:24)<br>(39:46)<br>(49:24)<br>(49:28)<br>(49:24)<br>(49:28)<br>(49:28)<br>(49:29)<br>(49:24)<br>(31:00)<br>(34:53)<br>(56:24)<br>(99:29)<br>(24:22)<br>(24:12)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51)<br>(25:51 |
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W<br>STAND<br>STAND<br>W<br>10K<br>52:43<br>53:56<br>55:56<br>58:10<br>1:00:41<br>1:03:33<br>1:06:50<br>1:10:37<br>1:20:14<br>1:26:38<br>1:35:01<br>1:47:18<br>47:45<br>47:45<br>47:45<br>59:38<br>1:02:44<br>1:06:21<br>1:10:32<br>59:38<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:10:32<br>1:22:02<br>1:10:32<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:22:02<br>1:2   | 3000<br>andard<br>50-59:<br>50-59:<br>50-59:<br>50-59:<br>60+:<br>d; feet a<br>ARDS<br>70MEN<br>1:21:<br>1:23:<br>1:26:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:34:<br>1:49:<br>1:26:<br>2:15:<br>2:15:<br>2:15:<br>2:15:<br>2:28:<br>1:24:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:<br>1:14:     | 3000<br>conversion<br>36";<br>33";<br>6k;<br>1.5kg;<br>6k;<br>600g<br>and inche<br>toring (n)<br><b>OF EXC</b><br>5K<br>556 1:5;<br>29 1:5;<br>37 1:5;<br>08 2:0;<br>40 2:1;<br>51 2:2;<br>50 2:3;<br>40 2:1;<br>51 3:2;<br>50 2:3;<br>41 3:5;<br>61 1:5;<br>558 1:4;<br>556 1:5;<br>10 1:3;<br>37 3:2;<br>11 3:5;<br>558 1:4;<br>556 1:5;<br>10 2:0;<br>37 2:1;<br>13 2:2;<br>558 1:4;<br>556 1:5;<br>10 2:0;<br>11 3:2;<br>558 1:4;<br>556 1:5;<br>12 2:3;<br>13 3:5;<br>14 1:5;<br>556 1:5;<br>12 2:3;<br>13 3:5;<br>14 1:5;<br>15 2:2;<br>15 3:2;<br>15 3:2;<br>16 3:2;<br>17 3:2   | 3000<br>on for han<br>60-69: 3<br>60-69: 5<br>60-69: 5<br>7<br>80-69: 5<br>80-69: 5<br>8 | 2600<br>d time.<br>3": 70<br>0"<br>k; 70<br>k;   | 2700<br>D+: 30"<br>D+: 4k<br>D+: 4k<br>D+: 4k<br>D+: 4k<br>D+: 4k<br>D+: 4k<br>D+: 4k<br>D+: 4k<br>D+: 4k<br>D+: 53<br>CEWALL<br>30K<br>59:15<br>4:0<br>108:56<br>4:2<br>17:00<br>4:3<br>5:0<br>17:00<br>4:3<br>5:0<br>17:00<br>4:3<br>5:0<br>17:00<br>4:3<br>5:0<br>17:00<br>4:3<br>5:0<br>17:00<br>4:3<br>5:0<br>17:00<br>4:3<br>5:0<br>17:00<br>4:3<br>5:0<br>17:00<br>4:3<br>5:0<br>17:00<br>4:3<br>5:0<br>17:00<br>4:3<br>5:0<br>17:00<br>4:3<br>5:0<br>17:00<br>4:3<br>5:0<br>17:00<br>4:3<br>5:0<br>17:00<br>4:3<br>5:0<br>17:00<br>4:3<br>5:0<br>17:00<br>4:3<br>5:0<br>17:00<br>4:3<br>5:0<br>17:00<br>4:3<br>5:0<br>17:00<br>4:3<br>5:0<br>17:00<br>4:3<br>5:0<br>17:00<br>4:3<br>5:0<br>17:00<br>4:3<br>5:0<br>17:00<br>4:3<br>5:0<br>17:00<br>4:3<br>5:0<br>17:00<br>4:3<br>5:0<br>17:00<br>4:3<br>17:00<br>4:3<br>17:00<br>4:3<br>17:00<br>4:3<br>17:00<br>4:3<br>17:00<br>4:0<br>17:00<br>4:3<br>17:00<br>4:0<br>17:00<br>4:0<br>17:00<br>4:0<br>17:00<br>4:0<br>17:00<br>4:0<br>17:00<br>4:0<br>17:00<br>4:0<br>17:00<br>4:0<br>17:00<br>4:0<br>17:00<br>4:0<br>17:00<br>4:0<br>17:00<br>4:0<br>17:00<br>4:0<br>17:00<br>4:0<br>17:00<br>4:0<br>17:00<br>4:0<br>17:00<br>4:0<br>17:00<br>4:0<br>17:00<br>4:0<br>17:00<br>4:0<br>17:00<br>4:0<br>17:00<br>4:0<br>17:10<br>4:0<br>17:10<br>4:0<br>17:10<br>4:0<br>17:10<br>4:0<br>17:10<br>4:0<br>17:10<br>4:0<br>17:11<br>4:0<br>17:15<br>5:1<br>15:57<br>5:3<br>19:18<br>6:1<br>10:17<br>4:5<br>10:17<br>4:1<br>10:13<br>10:17<br>4:5<br>10:17<br>4:0<br>10:13<br>10:15<br>5:1<br>10:55<br>5:1<br>10:55<br>5:1<br>10:55<br>5:1<br>10:55<br>5:1<br>10:55<br>5:1<br>10:55<br>5:1<br>10:55<br>5:1<br>10:55<br>5:1<br>10:55<br>5:1<br>10:55<br>5:1<br>10:55<br>5:1<br>10:55<br>5:1<br>10:55<br>5:1<br>10:55<br>5:1<br>10:55<br>5:1<br>10:55<br>5:1<br>10:55<br>5:1<br>10:55<br>5:1<br>10:55<br>5:1<br>10:55<br>5:1<br>10:55<br>5:1<br>10:55<br>5:1<br>10:55<br>5:1<br>10:55<br>5:1<br>10:55<br>5:1<br>10:55<br>5:1<br>10:55<br>5:1<br>10:55<br>5:1<br>10:55<br>5:1<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55<br>10:55    | 3000<br>KERS<br>40K<br>8:45 5<br>2:21 5<br>2:13 5<br>3:31 6<br>6:23 6<br>1:03 6<br>6:23 6<br>1:03 6<br>7:54 7<br>7:25 7<br>0:18 8<br>7:35 8<br>1:26 9<br>6:16 10<br>7:30 4<br>0:17 4<br>6:36 4<br>6:29 5<br>7:41 5<br>0:30 5<br>5:15 6<br>2:23 6<br>2:23 6<br>2:24 6<br>7:34 7<br>7:54 7<br>7:55 7<br>0:18 8<br>1:26 9<br>6:16 10<br>7:51 4<br>6:29 5<br>5:15 6<br>2:23 6<br>2:23 6<br>2:23 6<br>2:23 6<br>2:23 6<br>2:24 5<br>5:51 5<br>5:15 6<br>2:23 6<br>2:23 6<br>2:24 5<br>5:51 5<br>5:15 6<br>2:23 6<br>2:24 5<br>5:51 5<br>5:15 6<br>2:23 6<br>2:23 6<br>2:24 5<br>5:51 5<br>5:15 6<br>2:23 6<br>2:23 6<br>2:23 6<br>2:23 6<br>2:23 6<br>2:23 6<br>2:24 5<br>5:51 5<br>5:15 6<br>2:23 6<br>2:24 7<br>2:24 7<br>2:25 7<br>2:2 | 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| U                    | .S. M   | AST            | ERS     | ALL  |            |             | CAN            | STA            | NDA      | ARDS   | 5   |
|----------------------|---------|----------------|---------|--|------------|-------------|----------------|----------------|----------|--------|---|
|                      |         |                |         | and the second se  | OR WO      |             |                |                |          |        |   |
| Event                | 30-34   | 35-39          | 40-44   | 45-49  | 50-54      | 55-59       | 60-64          | 65-69          | 70-74    | 75-79  | 80-84   |
| 100                  | 13.8    | 14.1           | 14.4    |  | 15.5       | 16.4        | 16.8           | 18.6           | 19.8     | 22.0   | 25.0  |
| 200                  | 28.0    | 28.8           | 30.0    | 31.6   | 33.0       | 35.0        | 37.0           | 39.0           | 42.0     | 48.0   | 52.0  |
| 400                  | 63.5    | 65.5           | 68.0    | 70.0   | 78.6       | 80.0        | 83.0           | 84.0           | 86.0     | 98.0   | 104.0   |
| 800                  | 2:33    | 2:35           | 2:40    | 2:46   | 2:54       | 3:10        | 3:20           | 3:36           | 3:56     | 4:30   | 5:40  |
| 1500                 | 5:10    | 5:20           | 5:30    | 5:40   | 6:00       | 6:20        | 6:45           | 7:30           | 8:00     | 8:50   | 10:10   |
| Mile                 | 5:40    | 5:50           | 6:10    | 6:30   | 6:50       | 7:00        | 7:40           | 8:10           | 8:50     | 9:40   | 10:45   |
| 5000                 | 19:45   | 20:15          | 21:00   | 22:00  | 23:30      | 24:50       | 26:00          | 28:00          | 30:00    | 34:00  | 36:00   |
| 10000                | 41:30   | 42:40          | 44:00   | 48:00  | 50:00      | 52:00       | 56:00          | 60:00          | 66:00    | 76:00  | 85:00   |
| 100H                 | 17.2    | 18.2           |         |  |            |             |                |                |          |        |   |
| 80H                  |         |                | 15.0    | 15.8   | 16.5       | 17.6        | 18.7           | 20.2           | 22.2     | 25.0   | 28.0  |
| 400H                 | 75.0    | 79.0           | 84.0    | 88.0   |            | 1999        |                | and the last   |          |        |   |
| 300H                 |         |                |         |  | 66.0       | 72.0        | 79.0           | 87.0           | 96.0     | 110.0  | 120.0   |
| HJ                   | 1.40    | 1.35           | 1.27    | 1.22   | 1.12       | 1.07        | 1.02           | 0.97           | 0.92     | 0.89   | 0.84  |
| Charles and          | 4-7     | 4-5%           | 4-2     |  | 3-8        | 3-6         | 3-4            | 3-2%           | 3-0%     | 2-11   | 2-9   |
| PV                   | 2.70    | 2.40           | 2.10    | The second statement of the se | 1.50       | 1.20        | 1.10           | 1.00           | 0.90     | 0.80   | 0.70  |
| Constraint, or       | 8-10%   | 7-10%          | 6-7     |  | 4-11       | 3-11%       | 3-7%           | 3-3%           | 2-11%    | 2-7%   | 2-3%  |
| LJ                   | 4.60    | 4.42           | 4.04    | Contract of the local division of the local  | 3.40       | 3.20        | 3.10           | 2.60           | 2.30     | 2.10   | 1.50  |
| A STATE OF           | 15-1    | 14-6           | 13-3    |  | 11-1%      | 10-6        | 10-2           | 8-6%           | 7-6%     | 6-10%  | 4-11  |
| TJ                   | 9.50    | 9.09           | 8.43    | and the second se  | 7.01       | 6.40        | 6.20           | 6.00           | 5.50     | 4.50   | 3.89  |
|                      | 31-2    | 29-10          | 27-8    |  | 23-0       | 21-0        | 20-4%          | 19-8%          | 18-1/2   | 14-9   | 12-9  |
| Shot                 | 10.30   | 9.32           | 8.51    | a second s  | 8.00       | 7.77        | 7.50           | 6.60           | 6.00     | 5.20   | 4.30  |
| Snot                 | 33-91/2 | 9.32           | 27-11   |  | 26-3       | 25-6        | 24-7%          | 21-8           | 19-8%    | 17-3/4 | 14-1%   |
| Javelin              | 35.00   | 33.50          | 28.00   |  | 23.00      | 23-0        | 20.00          | 17.00          | 16.00    | 15.00  | 12.00   |
| Javelin              | 114-10  | 109-11         | 91-10   |  | 75-5%      | 72-8        | 65-7'h         | 55-9%          | 52-6     | 49-2%  | 39-4%   |
| Discus               | 32.00   | 30.00          | 25.00   |  | 22.00      | 21.00       | 18.00          | 16.00          | 14.00    | 13.00  | 11.00   |
| Discus               | 105-0   | 98-5           | 82-0    |  | 72-3'/4    | 69-0        | 59-3/4         | 52-6           | 45-0     | 42-8   | 36-1%   |
| Hammer               | 35.00   | 32.50          | 30.00   |  | 23.00      | 22.00       | 21.00          | 18.00          | 14.00    | 12.00  | 9.00  |
| manniner             | 114-10  | 106-7          | 98-5    |  | 75-5%      | 72-2'/4     | 68-0           | 59-3/4         | 46-0     | 39-4%  | 39-6%   |
| 20#Wt.               | 10.00   | 9.00           | 8.00    |  | 13-3 h     | 12-214      | 00-0           | 33-14          | 40-0     | 33-414 | 33-011  |
| 20000                | 32-9%   | 29-6%          | 26-3    |  | 20-2-9     | 1           | 1              | -              |          |        | Sunda 1   |
| 16#Wt.               | 32-3 /A | 20-011         | 20-5    | 23-0   | 8.00       | 7.01        | 6.00           | 5.54           | 5.18     | 5.00   | 4.75  |
| 10.111               |         | S. March       |         | 4  | 26-3       | 23-0        | 19-8%          | 18-2           | 17-0     | 16-5   | 15-7  |
| Sup.Wt.              | 6.50    | 6.00           | 5.50    | 5.00   | 5.25       | 5.00        | 4.75           | 4.50           | 4.00     | 3.50   | 3.00  |
| Sup.m.               | 21-4    | 19-8%          | 18-21/2 |  | 17-2%      | 16-5        | 15-7           | 14-9%          | 13-1%    | 11-5%  | 9-10  |
| Wt.Pent.             | 2600    | 2500           | 2500    |  | 2800       | 2600        | 2600           | 2500           | 2500     | 2400   | and the second se |
| a man and the second |         | States and the |         | A STORE AND AND  |            | dering line | And the second | and the second |          | 2400   | 2300  |
| Notes: 1)            |         |                |         | natic time;  |            |             | rsion for      | hand time      | -        |        | the street  |
| 2)                   |         |                |         | 33";<br>4k:  | 40+        |             |                | 1000 - 515     |          |        | all' Martin   |
| 3)<br>4)             |         |                |         | 4K;<br>600gm;  | 50+<br>50+ |             | m              |                |          |        |   |
| 5)                   | 100.0   |                |         | 4k;  | 50+        |             | 10 m           |                |          |        | A starter   |
| 6)                   |         |                |         | s are the st   |            |             | ches liste     | d for conv     | enlence. | 1. A.  |   |
| 7)                   | Superw  | eight:         | 30-49:  | 35-Ib;   | 50+:       | 25-Ib       |                |                |          |        |   |

May 1999

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



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

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.

## National Masters News

volinski

## page 27

|  |  |  |   | National  |
|--|--|--|---|---|
| TRACK  | & FIE  | LD RES   | UITS  | 5 Val Grose<br>6 Thomas Rewolinsk<br>7 Steve Palacios     |
|  |  |  | Sectore Sectore 1918  | M40 -200m-<br>1 Ben James<br>2 Val Barnwell               |
| Eugene OR 9740   | 5. To keep infor   | Masters News, P.<br>mation current, we                                     | O. Box 50098,<br>generally do                               | 3 Anthony Fulton<br>4 Thomas Rewolinsk                    |
| not publish resu   | Its more than  | 3 months old. Res  | sults that are  | 5 Steve Palacios<br>6 John Brooks<br>M45 -200m PRELIM     |
| preference. Dead   | 28 spaces / 21<br>line is the 10th                       | 1/4" wide) in our for<br>of the month prior                                | ormat receive   | 1 Bill Collins<br>2 Willard Thompson<br>3 Jesse Norman    |
| and the second s |  |  | Sector and the sector                                       | 4 Gerry Krainik<br>5 Steve Kloch                          |
| NOTICE:  | The National Ma  | aster News will no lo<br>that are submitted h                              | nger  | 6 Jimmie Jones<br>7 Dave Ransom<br>8 Dennis Brown         |
| NATIO  |  | 2 Lawrence Richards  | -   | 9 Tom Cunningham<br>0 Wayne Spitz<br>1 Mark Galovic       |
| USA National Maste   |  | 3 Bob Dobbs<br>4 Dale Lance<br>5 Emil Pawlik                               | 64 NY 8.20 96.3%<br>61 OK 8.26 93.5%<br>60 MS 8.42 91.0%    | 2 Robert Hahn<br>3 Damian Rowe                            |
| & Field Champion   | ships, Reggie  | 6 Dick Camp<br>7 Wayne Bennett   | 62 MA 8.51 91.44<br>62 TX 8.61 90.34                        | - Jim Dolezel<br>M45200M SEMIS<br>1 Bill Collins          |
| Lewis Track & Att<br>Boston, Mass.; I  |  | 8 Alan Brevik<br>M65 -60m-<br>1 Bill, Dr. Wright                           | 64 SD 8.72 90.6%  | 2 Jesse Norman<br>3 Willard Thompson                      |
| HIO - 60m  |  | 2 James Stookey<br>3 Bill Jankovich  | 69 MD 8.78 93.98<br>65 WI 8.85 90.08                        | 4 Gerry Krainik<br>5 Dennis Brown<br>6 Steve Kloch        |
| 2 Andre Bridgett<br>3 Christian Boda<br>4 Eric Goodlow   | 32 NJ 7.30 87.8%<br>34 OK 7.30 88.3%<br>34 IL 7.86 82.0% | 4 Robert Reid<br>5 Vern Schewe<br>6 Pat Ferraro                            | 65 VA B.87 89.8%<br>66 MO 9.08 88.5%<br>67 RI 9.74 83.2%    | 7 Tom Cunningham<br>8 Jimmie Jones                        |
| M35 -60m PRELIMS-<br>1 Mitchell Lovett   | 37 NY 7.24 90.88   | 7 Heraclio Chandeck<br>M70 -60m-   | 66 PH 9.76 82.38  | 9 Mark Galovic<br>M45 -200m-<br>1 Bill Collins            |
| 2 Spencer Johnson<br>3 Willie Price<br>4 Steven Keyes  | 35 OH 7.42 87.4%<br>36 NY 7.42 88.1%<br>38 MA 7.27 91.0% | 1 Bill Melville<br>2 Mel Larsen<br>3 William Daprano                       | 71 WI 8.75 96.2%<br>74 IL 8.87 97.8%<br>72 GA 8.97 94.7%    | 2 Jesse Norman<br>3 Willard Thompson                      |
| 5 Rawle Crichlow   | 36 AZ 7.29 89.78   | 4 Ross Mitchell<br>5 Jim Selby<br>6 William Bergen                         | 70 NS 9.12 91.38<br>70 CA 9.32 89.38                        | 4 Gerry Krainik<br>5 Dennis Brown<br>6 Steve Kloch        |
| 7 Orlando Matthews<br>8 Timmie Bell<br>9 Philippe Neron  | 35 FL 7.43 87.34<br>36 ND 7.54 86.74<br>36 NA 7.62 85.84 | N75<br>1 John O'Neill  | 70 MD 10.34 80.5%   | M50 -200m PRELIM<br>1 Charles Allie                       |
| 0 Jinson Lee<br>1 Michael Burke  | 35 BC 7.66 84.7%<br>36 DE 7.68 85.1%                     | 2 Lester Wright, Sr.<br>3 Raymond Bower<br>4 Sam Madia                     | 76 NJ 9.65 92.0%<br>75 PA 9.73 90.2%<br>75 PA 9.89 88.7%    | 3 Errol Lee   |
| 2 Paul Catanoso<br>M35 -60m-<br>1 Mitchell Lovett  | 38 MA 7.69 86.0%   | 5 Jack Hipple<br>6 Angelo Oliver   | 75 MI 10.49 83.74<br>79 RI 11.77 78.24                      | 5 Joe Johnson<br>6 Stan Druckrey                          |
| 2 Steven Keyes<br>3 Rawle Crichlow   | 38 MA 7.25 91.3%<br>36 AZ 7.27 89.9%                     | 7 Art Holland<br>8 Richard Bennett<br>N80                                  | 77 MI 12.10 74.38<br>75 MA 12.36 71.08                      | / Daniel Thiel  |
| 4 Donald Hardy<br>5 Spencer Johnson<br>6 Timmie Bell   | 37 LA 7.28 90.3%<br>35 OH 7.35 88.3%<br>36 MD 7.52 86.9% | 1 Roderick Parker<br>2 Champion Goldy                                      | 80 AR 9.39 99.38<br>82 NJ 10.31 93.08                       | 0 Mike Steinmetz<br>1 Ralph Souppa                        |
| 7 Willie Price<br>N40 -60m PRELIMS-  | 36 NY 7.66 85.38   | 3 Robert Sorlien<br>M85<br>1 James Elliott                                 | 82 RI 12.30 77.98<br>85 MI 12.31 81.48                      | 3 Lincoln Russin  |
| 1 Val Barnwell<br>2 Sirlester Griffin<br>3 Anthony Fulton  | 41 NY 7.24 93.38<br>43 MD 7.43 92.18<br>40 PA 7.37 91.08 | 2 Ed Andrysiak<br>M90  | 85 MI 16.91 59.28   | - Chip Robinson   |
| 3 Anthony Fulton<br>4 Michael Pukerin<br>5 John Roberts  | 41 FL 7.55 89.5%   | 1 Karl Trei<br>W30 -60m-<br>1 Alethea Morris                               | 90 ON 13.64 79.98<br>34 NY 7.92 88.28                       | M50 200M SEMIS-<br>1 Charles Allie<br>2 Robert Mitchell   |
| 6 Val Grose<br>7 Barry Stebbins<br>8 Kaestner McDonnough   | 43 ON 7.57 90.4%<br>43 PA 7.74 88.5%<br>42 VA 7.91 85.9% | 2 Angela Scott<br>3 Sonia Gongora<br>W35 -60m-                             | 30 NY 8.86 78.11<br>32 TX 9.85 70.21                        | 3 Stan Druckrey<br>4 Roger Pierce<br>5 Joe Johnson        |
| 9 Stephen Winkel<br>0 Steve Palacios   | 41 TN 7.94 85.18<br>43 FL 7.97 85.98                     | 1 Charlene Landrum<br>2 Dana Baumgarten                                    | 35 NY 7.88 89.3%<br>37 FL 8.35 85.6%                        | 6 Daniel Thiel<br>7 Errol Lee                             |
| 1 Sherma Weatherspoon<br>2 Daniel Taylor<br>3 Joe Natalie  | 41 FL 8.06 83.88<br>43 NY 8.07 84.88                     | 3 Felicia Anderson<br>4 Joy Enoch-Ohayia                                   | 39 TX 8.38 86.5%<br>36 NJ 8.71 81.4%                        | 8 Philip Felton<br>9 Mike Steinmetz<br>0 Richard Sealey   |
|  | 41 RI 8.48 79.78<br>40 NC 8.49 79.08                     | W40 -60m-<br>1 Irene Thompson<br>2 Denise McField                          | 44 NY 8.30 90.7%<br>43 NO 8.43 88.7%                        | 1 Warren Graff<br>2 Ralph Souppa<br>M50 -200m-            |
| 1 Val Barnwell<br>2 Anthony Fulton<br>3 Michael Pukerin  | 41 MY 7.16 94.48<br>40 PA 7.34 91.48                     | 3 Louis Clark-Feaster<br>4 Debbie Selby<br>W45 -60m-                       | 41 NY 8.65 85.08<br>42 CA 10.68 69.48                       | 1 Charles Allie<br>2 Stan Druckrey                        |
| 4 Val Grose<br>5 John Roberts  | 40 MA 7.36 91.18<br>43 ON 7.49 91.48<br>41 FL 7.57 89.38 | 1 Cindy Steenbergen<br>2 Jacqueline Board                                  | 45 TX 8.18 92.74<br>45 AZ 8.55 88.74                        | 3 Robert Mitchell<br>4 Roger Pierce<br>5 Daniel Thiel     |
| 6 Kaestner McDonnough<br>7 Barry Stebbins  | 42 VA 7.68 88.5%<br>43 PA 7.70 88.9%<br>43 MD 8.93 76.7% | W50 -60m-<br>1 Skipper Clark<br>2 Charlotte Jarvis                         | 50 OH 10.20 77.34   | M55 -200m PRELIMS<br>1 Harold Morioka<br>2 Roger Phillips |
| <pre>B Sirlester Griffin M45 -60m PRELIMS- 1 Bill Collins</pre>  | 48 TX 7.24 97.78   | 3 Norma Jones<br>4 Jane Higgins<br>5 Dr. Mary Trotto                       | 53 NJ 10.23 78.8%<br>50 MA 10.42 75.7%<br>51 NY 11.53 68.9% | 3 Dan Durante<br>4 Bill Knocke<br>5 Frank Bonham          |
| 2 Willard Thompson<br>3 Stacey Price<br>4 Michael Skoflanc   | 46 TX 7.57 92.28<br>45 NM 7.69 90.28                     | W55 -60m-<br>1 Adlin Mair<br>2 Mary Robinson                               | 57 NY 9.31 89.4%<br>57 OH 9.60 86.7%                        | 6 Rab Hagin<br>7 Lester Wright, Jr                        |
| 5 Larry Vollmer<br>6 Anthony Santos  | 45 IL 7.69 90.28<br>46 TX 7.95 87.88<br>47 GA 7.96 88.38 | 3 Ann Mari Rosenitsch<br>4 Nina Bryant                                     | 58 ON 10.08 83.3%<br>56 OK 10.44 79.1%                      | 8 Gary Snyder<br>9 Ken Moses<br>0 Peter Feldman           |
| 7 David Gritz<br>8 Pershing Reid<br>9 Bill Cheadle   | 46 NJ 8.04 86.8%<br>48 MA 8.05 87.9%<br>45 KY 8.06 86.1% | 5 Karen Huff<br>W60 -60m-<br>1 Audrey Lary                                 | 56 IL 11.66 70.8%   | 1 Davi Rosenthal, 1<br>M55 -200m-                         |
| 0 Jimmie Jones<br>1 Jim Dolezel  | 48 TX 8.08 87.6%<br>48 OK 8.14 86.9%<br>49 NH 8.20 86.8% | 2 Barbara Jordan<br>3 Edith Gray<br>4 Louise Tricard                       | 63 VT 9.73 90.0%<br>63 ON 9.88 88.6%<br>62 FL 10.40 83.4%   | 2 Bill Knocke<br>3 Rab Hagin                              |
| 2 Lee Hess<br>3 Wayne Spitz<br>4 Mark Galovic  | 49 NY 8.28 85.98<br>49 IN 8.29 85.88                     | 5 Phyllis Bradley<br>6 Essie Kea   | 62 NJ 10.65 81.5%<br>61 OH 10.68 80.6%                      | 4 Lester Wright, J  |
| 5 Doug Baxter<br>6 Mike Garrity<br>N45 -60m-   | 48 GA 8.44 83.88<br>48 CT 8.88 79.78                     | 7 Mary Roman<br>W65 -60m-<br>1 Anne Yudell                                 | 63 CT 10.95 80.0%   | 1 Bob Dobbs<br>2 Larry Colbert                            |
| 1 Bill Collins<br>2 Willard Thompson   | 48 TX 7.28 97.28<br>46 TX 7.47 93.48                     | 2 Doreen Carmichael<br>3 Georgia Johnson, M                                | 68 ON 10.32 89.1%<br>D 69 MI 11.20 83.0%                    | 3 Edward Small<br>4 Wayne Bennett                         |
| 3 Stacey Price<br>4 Michael Skoflanc<br>5 Larry Vollmer  | 45 NM 7.66 90.68<br>45 IL 7.67 90.48<br>46 TX 7.97 87.58 | 4 Joyce Franks<br>W70 -60m-<br>1 Patricia Peterson                         | 65 CO 12.65 70.5%<br>72 NY 10.85 88.6%                      | 6 Dick Camp<br>7 Lawrence Harvey                          |
| 6 Pershing Reid<br>7 Anthony Santos  | 48 MA 8.05 87.9%<br>47 GA 8.10 86.7%                     | 2 Sumi Onodera<br>3 Leonore McDaniels<br>4 Johnnye Valien                  | 70 CA 11.19 84.0%<br>71 VA 11.21 84.8%<br>73 CA 11.97 81.3% | 9 Rob Drake<br>0 Dave Hanlon                              |
| 8 David Gritz<br>M50 -60m PRELIMS-<br>1 Charles Allie  | 46 NJ 8.16 85.5%<br>51 PA 7.60 95.0%                     | W75<br>1 Mary Holland  | 75 MI 11.45 87.18   | - Spencer Parrish<br>M60 -200m-<br>1 Larry Colbert        |
| 2 Joe Johnson<br>3 Robert Mitchell<br>4 Roger Pierce   | 54 NJ 7.70 95.5%<br>50 TX 7.72 92.8%<br>54 MA 7.90 93.1% | 2 Margaret Hinton<br>3 Diane Friedman                                      | 77 TX 12.12 84.6%<br>77 OH 12.44 82.4%                      | 2 Bob Dobbs<br>3 Edward Small                             |
| 5 Daniel Thiel<br>6 Benny Liles  | 50 LA 7.85 91.3%<br>53 NJ 7.96 91.8%                     | H30<br>1 David Barmer  | 34 ND 23.49 84.8%   | 4 Thomas Ranuga<br>5 Dick Camp<br>M65 -200m-              |
| 7 Nike Steinmetz<br>8 Dennis Newton<br>9 Richard Sealey  | 51 OK 7.99 90.3%<br>52 VA 8.04 90.4%<br>53 NH 8.16 89.5% | 2 Rudy Huber<br>3 Christian Boda   | 32 HI 23.82 82.7%<br>34 OK 23.88 83.4%                      | 1 James Stookey<br>2 Lowell Bonifield                     |
| 0 Lincoln Russin<br>1 Israel Tepper  | 54 MA 8.24 89.3%<br>50 FL 8.64 82.9%                     | 4 Andre Bridgett<br>5 Alan Sims<br>6 Eric Goodlow                          | 32 NJ 24.62 80.1%<br>34 TX 24.83 80.2%<br>34 IL 25.19 79.0% | 4 William Hufnagel<br>5 Heraclio Chandeo                  |
| 2 David Grassman<br>3 Jim Woosley<br>M50 -60m-   | 51 FL 8.94 80.7%<br>50 KY 9.30 77.1%                     | 7 Charles Demirgian<br>N30 -200m-  | 31 CT 26.39 74.78   | N70 -200m PRELIM  |
| 1 Charles Allie<br>2 Joe Johnson<br>3 Daniel Thiel   | 51 PA 7.50 96.24<br>54 NJ 7.59 96.94<br>50 LA 7.72 92.84 | 1 Rudy Huber<br>2 David Barmer<br>3 Andre Bridgett                         | 32 HI 23.28 84.7%<br>34 MD 23.41 85.0%<br>32 NJ 23.55 83.7% | 2 Mel Larsen<br>3 Earl Fee                                |
| 4 Robert Mitchell<br>5 Benny Liles   | 50 TX 7.78 92.1%<br>53 NJ 7.94 92.0%                     | 4 Christian Boda<br>5 Eric Goodlow   | 34 OK 23.64 84.2%<br>34 IL 25.44 78.3%                      |   |
| 6 Roger Pierce<br>7 Mike Steinmetz<br>8 Dennis Newton  | 54 NA 7.95 92.58<br>51 OK 7.96 90.78<br>52 VA 8.05 90.38 | M35 -200m-<br>1 Mitchell Lovett<br>2 Donald Hardy                          | 37 NY 22.44 90.61<br>37 LA 23.67 85.91                      | R75   |
| M55 -60m PRELIMS-<br>1 Courtland Gray  | 55 IA 7.79 95.18   | 3 Jimson Lee<br>4 Philippe Neron<br>5 William Vaughn, Jr                   | 35 BC 24.03 83.5%<br>36 MA 24.76 81.5%<br>37 NY 24.97 81.5% | 2 Lester Wright, Sr<br>3 Sam Madia                        |
| 2 Bill Knocke<br>3 Harold Morioka<br>4 Dan Durante   | 56 BC 7.85 95.04   | M40 -200m PRELIMS-<br>1 Val Barnwell                                       | 41 NY 23.41 89.48   | 4 Raymond Bower<br>5 Jack Hipple                          |
| 5 John Clifford<br>6 Frank Bonham<br>6 Jerry Belinson  | 56 NC 8.32 89.64   | 2 Ben James<br>3 Keith Royster   | 42 NJ 23.94 88.0%<br>42 NJ 24.06 87.6%<br>40 PA 23.93 86.8% | 1 Champion Goldy<br>2 Bob Matteson                        |
| 8 Ed Taft<br>9 Rab Hagin   | 55 KY 8.54 86.71   | 4 Anthony Fulton<br>5 Michael Pukerin<br>6 Stephen Winkel<br>7 John Brooks | 40 MA 24.13 86.1%<br>41 TN 25.40 82.4%<br>40 NY 24.51 84.7% | 1 James Elliott<br>2 Harold Massie                        |
| 0 Douglas Geertgens<br>1 Gary Snyder<br>2 Ken Moses  | 56 NY 8.55 87.21<br>55 MA 8.72 84.91<br>56 NY 8.78 84.91 | 9 Steve Palacios   | 43 ON 24.56 86.48<br>43 FL 25.47 83.38                      | 3 Ed Andrysiak<br>W30 -200m-                              |
| 3 James Brady<br>M55 -60m-   | 55 MA 11.20 66.1   |  | 40 TX 26.02 79.8%<br>43 MA 26.16 81.1%<br>44 WI 26.45 80.8% | 2 Angela Scott  |
| .1 Courtland Gray<br>2 Harold Morioka<br>3 Bill Knocke   | 55 LA 7.76 95.4%<br>56 BC 7.79 95.7%<br>59 CA 8.18 93.1% | 3 Joe Natalie<br>4 Chuck Johnson   | 43 NY 26.75 79.38<br>40 NC 27.33 76.08                      | - Sonia Gongora<br>W35 -200m-                             |
| 4 Dan Durante<br>5 Frank Bonham  | 55 CA 8.23 90.01<br>56 MI 8.39 88.91                     | 5 Victor Pricolo<br>M40200M SEMIS-<br>1 Val Barnwell                       | 41 RI 27.78 75.34<br>41 NY 23.65 88.54                      | 2 Felicia Anderson<br>W40 -200m-                          |
| 6 Ed Taft<br>M60 -60m-<br>1 Larry Colbert  | 58 NY 8.48 89.18   | 2 Ben James<br>3 Anthony Fulton  | 42 NJ 23.91 88.14<br>40 PA 24.53 84.74                      | 1 Irene Thompson<br>2 Stephanie Vega<br>3 Denise McField  |
|  |  | - Court Brooks   | TO PL 24.02 03.74   |   |

| IN        | asters news  | have not a straight  |
|-----------|--|--|
| nski      | 43 ON 24.69 85.98<br>44 WI 25.46 83.98<br>43 FL 25.60 82.88  | 4 Louis Clark-Feast<br>5 Leah Rewolinski<br>6 Debbie Selby   |
|           | 42 NJ 22.99 91.64  | W45 -200m-<br>1 Cindy Steenbergen  |
| n<br>nski | 41 NY 23.04 90.64<br>40 PA 24.18 85.91   | 2 Jacqueline Board   |
| s         | 44 WI 25.22 84.78<br>43 FL 25.59 82.98<br>40 NY 26.69 77.88  | 1 Skipper Clark<br>2 Norma Jones   |
| Son       |  | 1 Dr. Mary Trotto  |
|           | 48 NY 24.83 88.54  | 2 Mary Robinson<br>3 Ann Mari Rosenits   |
|           | 48 TX 26.15 84.04  | 5 Marie Michelsohn   |
|           | 48 NY 25.75 85.41<br>49 MA 26.30 84.21   | - Cathy Primmer<br>W60 - 200m-<br>1 Carolyn Cappetta<br>2 Audrey Lary<br>3 Barbara Jordan<br>4 Phyllis Bradley<br>5 Mary Roman<br>W65 - 200m-  |
|           | 49 NY 27.07 81.88<br>49 IN 27.66 80.08   | 2 Audrey Lary<br>3 Barbara Jordan  |
|           | 45 NH 28.10 76.68<br>48 OK DQ  | 2 Audrey Lary<br>3 Barbara Jordan<br>4 Phyllis Bradley<br>5 Mary Roman<br>W65 -200m-<br>1 Anne Yudell  |
| MIS-      | 48 TX 24.35 90.38<br>48 NY 24.61 89.38   |  |
| son       | 46 TX 24.75 87.61<br>46 IL 25.11 86.31   | 4 Joan Burguess  |
|           | 48 NY 25.66 85.78<br>46 CA 25.74 84.28   | W70<br>1 Patricia Peterson<br>2 Johnnye Valien   |
|           | 49 MA 26.11 84.8%<br>48 TX 26.36 83.4%<br>49 IN 28.33 78.1%  | W75  |
|           | 48 TX 23.81 92.38  | 2 Diane Friedman<br>W85  |
| son       | 48 NY 24.29 90.58  | Party and the second se |
|           | 48 NY 25.39 86.61<br>46 CA 25.99 83.41   | N30<br>1 Eric Goodlow  |
| LIMS-     |  |  |
| 11        | 51 PA 24.69 91.04<br>50 TX 24.76 90.14<br>50 NY 25.30 88.14<br>54 NA 25.16 91.24<br>54 NJ 25.20 91.04<br>50 WI 25.43 87.74<br>50 LA 25.27 88.24  | 2 Steven Keyes<br>3 Jim Watts  |
|           | 54 NJ 25.20 91.0%<br>50 WI 25.43 87.7%   | 4 Philippe Neron<br>5 Jimson Lee<br>6 Darryl Bryant  |
| Y         | 50 LA 25.27 88.24<br>53 NH 25.96 87.78   | 7 Dave DiMassa<br>8 Gino Caro  |
|           | 50 LA 25.27 88.24<br>53 NH 25.96 87.74<br>50 NJ 26.03 85.74<br>51 OK 26.21 85.74<br>51 NA 26.49 84.84<br>53 NA 26.57 85.74<br>54 NA 26.83 85.54<br>52 NO 27.37 82.64<br>50 KY 30.31 73.63  | N35 -400m-<br>1 Mitchell Lovett  |
| n         | 53 NA 26.57 85.7%<br>54 NA 26.83 85.5%   | 1 Mitchell Lovett<br>2 Steven Keyes<br>3 Jimson Lee  |
|           | 52 NO 27.37 82.68<br>50 KY 30.31 73.68<br>52 NJ DNF  | 4 Philippe Neron<br>5 Jim Watts<br>6 Darryl Bryant   |
| IS-       | March Street March   | M40 -400m PRELINS  |
| 11        | 50 TX 24.68 90.48<br>50 WI 24.78 90.08<br>54 WA 24.95 91 98  | 1 Ben James<br>2 Keith Royster<br>3 Stephen Winkel   |
|           | 54 NJ 25.04 91.68<br>50 LA 25.15 88.78   | 4 Thomas Revolinski<br>5 Joe Natalie<br>6 Stephen Hamm   |
|           | 50 NY 25.24 88.3%<br>50 NJ 25.89 86.1%   | 6 Stephen Hamm<br>7 Steve Palacios<br>N40 -400m-   |
|           | 51 PA 24.08 93.34<br>50 TX 24.68 90.44<br>50 WI 24.78 90.04<br>54 NJ 24.75 91.94<br>55 NJ 25.04 91.64<br>50 NJ 25.04 91.64<br>50 NJ 25.24 88.73<br>50 NJ 25.89 86.14<br>51 OK 26.18 85.84<br>53 NH 26.27 86.73<br>53 NA 26.78 85.04<br>51 NA 27.18 82.63   | 1 Ben James<br>2 Keith Royster<br>3 Stephen Winkel   |
|           | and the state of the last of   | 4 Thomas Rewolinski  |
| 1         | 51 PA 23.76 94.58<br>50 WI 24.49 91.28<br>50 TX 24.45 91.28<br>50 LA 25.06 91.58<br>50 LA 25.90 86.18<br>55 LA 26.11 88.55<br>55 LA 26.11 88.58<br>55 CA 26.60 86.98<br>59 CA 26.65 89.38<br>56 HI 27.69 81.78<br>57 NJ 27.79 83.47<br>57 NJ 27.79 83.47<br>57 NJ 27.99 83.78  | 5 Joe Natalie<br>M45 -400m PRELIMS<br>1 Gerald Feeney<br>2 Ed Conera   |
| IMS-      | 50 LA 25.90 86.18  | 3 Steven Hardison<br>4 Jesse Norman  |
|           | 56 BC 24.94 93.38<br>55 IL 26.11 88.58<br>55 CA 26.60 86.98  | 5 Francis Schiro<br>6 Bill Cheadle<br>7 Tom Cunningham   |
|           | 59 CA 26.65 89.38<br>56 MI 27.69 84.08   | 8 Michael Carter<br>9 Dennis Brown   |
| Jr.       | 57 NJ 27.99 83.7%<br>55 MA 28.23 81.9%   | 1 Lee Hess<br>M45 -400m-   |
|           | 55 MA 30.30 76.34  |  |
| l, Dr     | 55 TL 26.24 88.18  | 4 Steven Hardison<br>5 Francis Schiro  |
|           | 59 CA 26.74 89.08<br>55 KY 27.77 83.28   | 6 Bill Cheadle<br>N50 -400m PRELIMS<br>1 Frederick Sowerby   |
| , Jr.     | 57 NJ 27.84 84.24<br>56 MI DNF   | 2 Charles Allie<br>3 Roger Pierce  |
|           | 64 NY 26.74 92.68<br>62 MD 27.40 88.98   | 4 Ralph Souppa   |
| • . •     | 60 NY 27.28 87.84<br>62 TX 27.43 88.84   | 6 Warren Graff<br>7 Ronald Pate<br>8 Chip Robinson<br>M50 -400m-   |
| ey        | 62 MA 28.03 86.91<br>60 PA 29.36 81.61   | M50 -400m-<br>1 Charles Allie  |
| derma     | 62 MD 27.40 88.9%<br>60 NY 27.28 87.8%<br>62 TX 27.41 88.8%<br>60 NA 27.62 86.7%<br>62 NA 28.03 86.9%<br>60 PA 29.36 81.6%<br>n 63 NM 30.13 81.6%<br>61 NY 30.23 79.9%<br>64 NH 33.90 73.0%<br>62 CT DNF   | 2 Frederick Sowerby<br>3 Roger Pierce<br>4 Ralph Souppa  |
| sh        |  | 6 Warren Graff   |
|           | 62 MD 26.46 92.08<br>64 NY 26.76 92.58<br>60 NY 27.09 88.48  | M55 -400m PRELIMS<br>1 Courtland Gray<br>2 Harold Morioka  |
|           | 60 MA 27.75 86.34<br>62 MA 28.14 86.54   | 2 Harold Morioka<br>3 Dennis Duffy<br>4 Rab Hagin<br>5 Dan Durante   |
| eld       | 69 MD 28.20 92.08  | 5 Dan Durante<br>6 Lester Wright, Jr<br>7 Frank Bonham   |
| gel       | 69 MD 28.20 92.04<br>65 TX 28.34 88.14<br>66 MO 29.90 84.34<br>66 MA 31.24 80.74<br>66 PM 33.43 75.44<br>67 PT 14.14 74.54   | 8 Ken Moses<br>9 Barry Kline   |
| deck      |  |  |
| LIMS-     | 71 WI 28.48 93.04<br>74 IL 29.68 92.34   | 2 Courtland Gray<br>3 Dan Durante  |
|           | 70 ON 29.34 89.34<br>72 UT 29.78 89.94   | 4 Lester Wright, Jr<br>5 Rab Hagin<br>- Dennis Duffy   |
| 1<br>I    | 70 FL 32.58 80.41<br>70 MD 33.06 79.21   | 1 Harold Morioka<br>2 Courtland Gray<br>3 Dan Durante<br>4 Lester Wright, Jr<br>5 Rab Hagin<br>- Dennis Duffy<br>M60 -400m PRELINS<br>1 Larry Colbert<br>2 Richard Rizzo   |
| -         | 75 ON 31.64 87.58  | 3 Thomas Ranuga  |
|           | 76 NJ 32.66 85.9%<br>75 PA 33.80 81.9%<br>75 PA 33.82 81.9%<br>75 MI 36.36 76.2%   | 4 Edward Shall<br>5 Mack Stewart<br>6 Lawrence Harvey<br>7 Wayne Bennett<br>8 Ray Franks<br>9 Phil Schaffer<br>M60 -400m-<br>1 Larry Colbert   |
|           | Contraction of the Party of the | 7 Wayne Bennett<br>8 Ray Franks<br>9 Phil Schaffer   |
| У         | 82 NJ 36.98 82.41<br>82 VT 39.71 76.71   | M60 -400m-<br>1 Larry Colbert  |
|           | 85 MI 47.84 66.78<br>85 NE 1:04.38 49.68   | 2 Richard Rizzo<br>3 Thomas Ranuga   |
| . /       | 85 MI 1:05.18 49.08  | 5 Lawrence Harvey<br>M65 -400m-  |
| 2         | 34 NY 25.03 87.6%<br>30 NY 28.41 76.1%<br>34 NY 28.88 75.9%  | 1 Fred Schlereth<br>2 Bill Jankovich   |
|           | 32 TX DNF  | 3 Irwin Bernstein<br>4 Al Sheahen<br>5 Clarence Trinkner<br>M70  |
| son       | 35 NY 25.74 85.98<br>39 TX 27.05 84.48   | 1 Earl Fee<br>2 Rodney Brown   |
| a         | 44 NY 27.74 85.78<br>40 NY 28.00 82.28<br>43 MO 28.01 84.28  |  |
| d         | 43 HO 28.01 84.24  | •5 William Bergen  |

| uis Clark-Feast                   | er 41 NY 28.93 80.28<br>44 WI 36.61 64.98<br>42 CA 36.76 63.68<br>45 TX 26.62 90.08<br>45 AZ 28.25 84.88   | N75  |
|-----------------------------------|--|--|
| bie Selby<br>5 -200m-             | 42 CA 36.76 63.68  | 2 Archie M<br>3 Sam Madi                             |
| ndy Steenbergen<br>cqueline Board | 45 TX 26.62 90.0%<br>45 AZ 28.25 84.8%<br>48 NY 30.06 81.7%  | 4 Jack Hip<br>5 John Mea                             |
| pper Clark                        | 40 MI 30.00 01.74  | M80<br>1 Roderick<br>2 Bob Matt                      |
| ma Jones                          | 53 NJ 35.68 71.74  | M85  |
| 5 -200m-<br>lin Mair              | 51 NY 36.95 68.14<br>57 NY 30.58 86.64<br>57 OH 32.43 81.64<br>58 ON 33.02 80.94<br>56 OK 37.56 69.94<br>57 NY 37.77 70.18<br>56 IN DQ<br>63 NA 32.50 86.01  | W30<br>1 Alethea                                     |
| Mari Rosenits                     | 57 OH 32.43 81.6%<br>ch 58 ON 33.02 80.9%  | 2 Dawn Ber<br>3 Angela S                             |
| rie Michelsohn<br>thy Primmer     | 57 NY 37.77 70.18<br>56 IN DO  | W35<br>1 Felicia<br>2 Rence St                       |
| olyn Cappetta                     | 63 MA 32.50 86.04  | 2 Renee St<br>W40<br>1 Stephani                      |
| bara Jordan                       | 63 MA 32.50 86.04<br>64 MD 33.71 83.84<br>63 VT 33.84 82.64<br>62 NJ 37.40 74.04   | 1 Stephani<br>2 Irene Th<br>3 Denise M<br>4 Deni Whi |
| y Roman<br>-200m-                 | 62 NJ 37.40 74.08<br>63 CT 37.78 74.08   | 5 Debble 5   |
| e Yudell<br>reen Carmichael       | 66 NC 35.97 80.28<br>68 ON 38.41 76.88   | W45<br>1 Cindy St<br>2 Jacqueli                      |
| n Burguess                        | 66 NC 35.97 80.24<br>68 ON 38.41 76.84<br>MD 69 MI 38.94 76.64<br>66 MA 39.92 72.24<br>65 CO 44.69 63.84   | 3 Erika Ca   |
| ce Franks                         | 65 CO 44.69 63.88  | 3 Erika Ca<br>4 Mary Ros<br>5 Mary Har<br>W50        |
| ricia Peterson<br>nnye Valien     | 73 CA 40.42 77.64  | 1 Debbie S<br>2 Skipper<br>3 Dr. Mary                |
| y Holland<br>ne Friedman          | 75 MI 40.59 79.38<br>77 OH 47.31 70.18   | W55  |
| Granstrom                         | 72 NY 38.19 81.08<br>73 CA 40.42 77.68<br>75 MI 40.59 79.38<br>77 OH 47.31 70.18<br>87 BC 1:16.43 51.98  | 1 Mary Rob<br>2 Sheila M<br>W60                      |
| - 40                              | - 00   | 1 Carolyn<br>2 Jeanne H<br>3 Audrey L                |
| c Goodlow<br>rles Demirgian       | 34 IL 57.12 77.78<br>31 CT 1:00.94 71.48   | W65  |
| -400m PRELINS-<br>chell Lovett    | 37 NY 50.25 90.08  | 2 Anne Yud<br>3 Susan Co<br>4 Joyce Fr               |
| Watts                             | 36 MA 51.11 89.08<br>37 MA 54.10 83.68<br>36 MA 54 64 82 28  | 4 Joyce Fr<br>5 Georgia                              |
| son Lee                           | 35 BC 55.30 80.7%<br>38 MD 56.61 80.4%   | W70<br>1 Sumi Ono<br>2 Patricia                      |
| e DiMassa<br>o Caro               | 37 NY 50.25 90.01<br>38 KA 51.11 89.08<br>37 KA 54.10 83.61<br>36 KA 54.64 82.23<br>35 BC 55.30 80.71<br>38 KD 56.61 80.41<br>39 AZ 56.67 80.81<br>38 CT 57.80 78.78   | W75<br>1 Mary Hol                                    |
|                                   |  | W85<br>1 Ivy Gran                                    |
| son Lee                           | 37 NY 49.29 91.78<br>38 MA 49.60 91.78<br>35 BC 53.18 83.98<br>36 MA 53.37 84.28<br>37 MA 53.47 84.68<br>38 MD 55.64 81.88   | N30  |
| Watts<br>Watts                    | 36 MA 53.37 84.28<br>37 MA 53.47 84.68   | 1 David Na<br>2 Matt Bog                             |
| toon inconting                    |  | 3 Peter Ga<br>4 William<br>5 Rohan El                |
| James<br>th Royster               | 42 NJ 52.94 88.38  | 6 Alex Gor<br>H35 -800                               |
| phen Winkel<br>mas Revolinski     | 41 TN 55.50 83.68<br>44 WI 57.86 81.98   | 1 Anselm L<br>2 John Bar<br>3 Stephen<br>4 Conor O'  |
| phen Hamm<br>ve Palacios          | 43 MA 58.56 80.38<br>43 FL 59.47 79.18   | 4 Conor O'<br>5 Edward F                             |
| -400m-<br>James                   | 43 FL 55.47 79.14<br>42 NJ 51.27 91.14<br>42 NJ 53.68 87.04<br>41 TN 54.22 85.64<br>44 WI 55.63 85.14<br>43 NY 58.10 81.04<br>46 ON 54.61 88.04  | 4 Conor O'<br>5 Edward F<br>6 Rich Agn<br>7 Jim Watt |
| th Royster<br>phen Winkel         | 42 NJ 53.68 87.08<br>41 TN 54.22 85.68   | 8 Steve Ne<br>9 Bruce Da                             |
| Natalie<br>-400m PRELIMS-         | 43 NY 58.10 81.0%  | 1 Gino Car<br>M40 -800                               |
| Gonera<br>Ven Hardison            | 43 FL 59.47 79.18<br>42 NJ 51.27 91.18<br>42 NJ 53.68 87.08<br>41 TM 54.62 85.68<br>44 WI 55.63 85.18<br>44 WI 55.63 85.18<br>46 NY 54.61 88.08<br>46 NY 55.46 87.98<br>48 CA 54.67 89.18<br>48 CA 54.67 89.18<br>48 NA 55.46 86.28<br>49 NA 57.64 85.28<br>49 NA 57.64 85.28<br>49 NA 57.64 85.28<br>49 NA 55.68 85.28<br>40 NY 53.44 89.98<br>48 NY 54.38 89.68<br>46 NY 53.48 88.28<br>46 NY 53.88 85.48<br>45 NY 55.88 85.48<br>45 NY 55.88 85.48   | 1 William<br>2 Bob Prin<br>3 Robert                  |
| se Norman<br>ncis Schiro          | 48 NY 55.12 88.4%<br>46 NY 55.46 86.6%   | 4 Jeff Lin<br>5 Rick Smi                             |
| Cunningham<br>hael Carter         | 49 NA 57.64 85.28<br>49 ON 58.62 83.78   | 7 Matt Pil<br>8 Robert E                             |
| nis Brown<br>mie Jones            | 48 NY 58.86 82.8%<br>48 TX 1:01.06 79.8%   | 9 Patrick<br>0 Christop                              |
| -400m-<br>Gonera                  | 48 TX 1:01.06 79.88<br>49 WH 1:05.33 75.14<br>46 WY 53.44 89.94<br>46 WY 53.44 89.94<br>46 ON 54.48 88.24<br>46 ON 54.48 88.24<br>46 CA 54.45 89.33<br>46 WY 54.71 87.88<br>45 KY 55.88 85.44<br>50 WV 53.81 91.94<br>51 PA 56.09 88.88<br>54 WA 56.60 90.13<br>51 WA 56.09 88.88<br>52 WJ 1:02.13 80.88<br>52 WJ 1:02.62 80.24<br>51 PA 53.48 93.74<br>51 WA 56.23 90.74<br>51 WA 56.23 90.74<br>51 WA 56.29 80.24  | 1 Clyde Lo<br>M45 -800<br>1 Steve Wu                 |
| se Norman<br>ald Feeney           | 48 NY 54.38 89.68<br>46 ON 54.48 88.28   | 2 Thomas H<br>3 Robert P                             |
| ven Hardison<br>ncis Schiro       | 48 CA 54.55 89.38<br>46 NY 54.71 87.88<br>45 KY 55.88 85.48  | 4 Tim McMu<br>5 Rick Eas                             |
| -400m PRELINS-<br>derick Soverby  | 50 NV 53.81 91.98  | 7 Charles<br>8 Nick Cas                              |
| rles Allie<br>er Pierce           | 51 PA 56.09 88.88<br>54 MA 56.60 90.18   | 9 Curtis B<br>0 Richard                              |
| ph Souppa<br>ol Lee               | 51 MA 58.10 85.7%<br>50 NY 58.12 85.1%   | 1 Tony Pla<br>2 Wayne Dw                             |
| ald Pate                          | 52 HI 1:02.13 80.8%<br>52 NJ 1:02.62 80.2%   | 4 Bill Che<br>5 Peter Re                             |
| -400m-<br>rles Allie              | 51 PA 53.18 93.78  | 6 James Co<br>7 Anthony                              |
| derick Sowerby<br>er Pierce       | 50 NV 53.45 92.58<br>54 MA 56.23 90.78   | N45 -800<br>1 Steve Wu                               |
| ol Lee                            | 50 NY 57.38 86.28<br>53 NA 1:01.15 82.78   | 3 Rick Eas   |
| -400m PRELIMS-<br>artland Gray    | 55 LA 58.49 87.98  | 5 Robert P<br>6 Gerald F                             |
| old Morioka<br>mis Duffy          | 56 BC 59.98 86.43<br>56 CA 59.73 86.73   | 7 Nick Cas<br>8 Curtis B                             |
| Durante                           | 55 CA 1:01.79 83.24<br>57 NJ 1:01.85 84.54   | 0 Richard  |
| nk Bonhan<br>Noses                | 56 MI 1:03.58 81.5%<br>56 NY 1:06.59 77.8%   | 1 Dick Gre<br>2 Colin Mc                             |
| ry Kline<br>ick Rossier           | 59 PA 1:07.05 79.38<br>55 NH 1:30.55 56.78   | 3 Burke Gr<br>4 Alan Tay                             |
| old Morioka                       | 56 BC 54.36 95.38<br>55 LA 57.30 89.78   | 6 Randy Ta<br>7 Frank Ha                             |
| Durante<br>ster Wright, Jr.       | 55 CA 1:01.02 84.24<br>57 NJ 1:01.70 84.78   | 8 Gordon R<br>9 Fred Ded                             |
| Hagin<br>mis Duffy                | 52 HI 1:02.13 80.86<br>52 NJ 1:02.62 80.28<br>51 PA 53.18 93.74<br>50 NV 53.45 92.75<br>54 NA 56.23 90.78<br>51 NA 56.98 87.44<br>50 NY 57.38 86.41<br>50 NY 57.38 86.41<br>56 BC 59.98 86.41<br>56 CA 59.73 86.73<br>55 KJ 1:01.68 84.54<br>56 NI 1:06.59 77.84<br>56 NI 1:06.59 77.84<br>56 NI 1:00.55 56.74<br>56 BC 54.36 95.34<br>55 KJ 1:01.02 84.21<br>55 KJ 1:02.58 82.74<br>56 BC 54.36 95.34<br>55 KJ 1:02.78 84.74<br>55 KJ 1:02.78 84.74<br>55 CA 1:01.02 84.21<br>55 CA 1:01.02 84.21<br>55 KJ 1:02.58 82.14<br>56 CA DNF | 0 Brad Joh<br>1 Ronald P<br>2 Stephen                |
| -400m PRELINS                     | 62 ND 58.96 92.68<br>62 NY 1:00.73 89.98   | 3 Sam Baum   |
| mas Ranuga<br>ward Small          | 60 MA 59.77 89.7%<br>60 MY 1:01.07 87.8%   | N50 -800<br>1 Dick Gre                               |
| rence Harvey                      | 61 TX 1:01.98 87.38<br>60 PA 1:02.99 85.18   | 2 Randy Ta<br>3 Burke Gr                             |
| Franks                            | 56 CA DNF<br>62 ND 58.96 92.68<br>62 NY 1:00.73 89.94<br>60 NA 59.77 89.74<br>60 NY 1:01.07 87.88<br>61 TX 1:01.98 87.38<br>60 PA 1:02.99 85.18<br>62 TX 1:06.36 82.31<br>64 CO 1:11.01 78.33<br>64 NA 1:15.48 73.74<br>62 ND 55.06 94.08  | 4 George S<br>5 Alan Tay                             |
| -400m-                            | 62 MD 58.06 94.08  | 7 Colin Mc<br>8 Frank Ha                             |
| chard Rizzo<br>mas Ranuga         | 62 NY 58.97 92.64<br>60 MA 59.39 90.24   | 9 Fred Ded<br>0 Brad Joh                             |
| ward Small<br>wrence Harvey       | 62 ND 58.06 94.04<br>62 NY 58.97 92.64<br>60 NA 59.39 90.24<br>60 NY 1:00.98 87.94<br>60 PA 1:05.60 81.74  | 0 Brad Joh<br>M55 -800<br>1 Harold M                 |
| ed Schlereth                      | 65 NY 1:06.94 83.98<br>65 WI 1:09.36 81.08   | 3 Allen Mc<br>4 Dominic                              |
| sheahen                           | 65 NY 1:06.94 83.94<br>65 NI 1:09.36 81.04<br>66 NJ 1:10.52 80.54<br>66 CA 1:12.97 77.84<br>67 WI 1:18.46 73.18  | 5 Robert B<br>6 Kenneth                              |
| rence Trinkner                    | 70 ON 1:01.31 96.6%  | 7 Joel Dub<br>8 Patrick<br>9 Charles                 |
| iney Brown<br>Selby               | 70 ON 1:01.31 96.6%<br>72 UT 1:05.27 93.0%<br>70 CA 1:08.86 86.0%<br>70 FL 1:13.90 80.1%<br>70 MD 1:20.99 73.1%  | Aler Co  |
| lliam Bergen                      | 70 FL 1:13.90 80.11<br>70 MD 1:20.99 73.11   |  |
|                                   |  |  |

| 5<br>ster Wright, Sr.<br>chie Messenger  | 76 NJ 1:16.66 83.38<br>75 NH 1:17.62 81.18  |
|--|---|
| chie Messenger<br>m Madia  | 75 PA 1:19.42 79.38   |
| ck Hipple  | 75 MI 1:23.71 75.28<br>78 OH 1:28.46 74.38  |
| 0<br>derick Parker   | 80 AR 1:15.58 89.64   |
| b Matteson   | 82 VT 1:34.89 73.98   |
| rold Massie  | 85 NE 2:34.32 48.08   |
| ethea Morris   | 34 NY 56.85 86.78<br>34 NY 1:03.97 77.08  |
| igela Scott  | 34 NY 1:03.97 77.08<br>30 NY 1:04.97 73.78  |
| 5<br>licia Anderson  | 39 TX 1:00.95 83.98   |
| 0  | 39 TX 1:00.95 83.98<br>36 NY 1:00.97 82.08  |
| ephanie Vega<br>ene Thompson   | 40 NY 1:01.56 83.78<br>44 NY 1:03.34 84.08<br>43 MO 1:03.72 82.88<br>42 NY 1:07.20 77.98  |
| nise McField   | 43 NO 1:03.72 82.88   |
| buie serby   | 42 CA 1:29.37 58.68   |
| ndy Steenbergen<br>cqueline Board<br>ika Campbell<br>ry Rosado<br>ry Barteler  | 45 TX 1:02.74 85.58   |
| ika Campbell   | 45 TX 1:02.74 85.58<br>45 AZ 1:03.30 84.78<br>49 NJ 1:13.46 75.58<br>49 NY 1:14.14 74.88  |
| - / mer carer  | 49 NY 1:14.14 74.84<br>49 OH 1:14.81 74.18  |
| bbie Stiles  | 50 NO 1:11.93 77.88   |
| ipper Clark<br>. Mary Trotto   | 50 MO 1:11.93 77.88<br>51 NY 1:12.02 78.48<br>51 NY 1:22.79 68.28   |
| 5<br>ry Robinson   | 57 OH 1:14.45 80.28   |
| ry Robinson<br>eila McKenna  | 58 NA 1:33.02 64.88   |
| rolyn Cappetta<br>anne Hosgland<br>drey Lary   | 63 MA 1:11.74 88.68<br>62 CA 1:12.68 86.58  |
| drey Lary  | 64 ND 1:17.59 82.88   |
| ace Butcher<br>ne Yudell   | 65 OH 1:24.45 76.98   |
| san Cohen  | 65 OH 1:24.45 76.98<br>66 MC 1:28.03 74.78<br>65 NH 1:35.92 67.78   |
| orgia Johnson, MD  | 65 CO 1:44.00 62.58   |
| i Onodera  | 70 CA 1:32.44 74.88   |
| tricia Peterson  | 72 WY 1:43.70 68.68   |
| ry Holland   | 75 MI 1:48.37 68.68   |
| Granstrom  | 87 BC 2:39.23 59.88   |
| vid Nash   | 00 -<br>31 IA 1:59.34 85.48   |
| tt Bogdanowicz<br>ter Gallimore  | 31 IA 1:59.34 85.48<br>30 CA 2:00.56 84.38<br>30 NA 2:01.49 83.78   |
| lliam Brosmith   | 30 NA 2:01.49 83.78<br>34 CT 2:02.09 85.18<br>33 NJ 2:05.73 82.18   |
| ex Gordeuk   | 33 NJ 2:05.73 82.14<br>34 CT 2:33.95 67.54  |
| n Barresi  | 39 NJ 2:01.61 88.48<br>35 CT 2:01.91 85.88  |
| ephen Sergeant   | 35 NA 2:02.72 85.38<br>37 NY 2:03.41 85.98  |
| ward Finucan, Dr.  | 37 GA 2:03.43 85.98<br>38 NJ 2:03.76 86.38  |
| a Watts  | 37 MA 2:03.80 85.78   |
| uce Davie  | 35 MA 2:06.91 82.48   |
| rry Sloan  | 36 TX 2:08.39 82.01   |
| no Caro<br>0 -800m-  | 39 NJ 2:01.61 88.48<br>35 CT 2:01.91 85.88<br>37 NY 2:03.41 85.98<br>37 GA 2:03.41 85.98<br>37 GA 2:03.43 85.98<br>37 NA 2:03.76 86.38<br>37 NA 2:03.96 85.78<br>39 VA 2:03.98 85.78<br>35 NA 2:03.98 85.78<br>35 CT 2:20.86 75.88  |
| lliam Wuyke  | 40 CT 2:01.69 89.04   |
| lliam Wuyke  | 40 CT 2:01.69 89.04   |
| lliam Wuyke  | 40 CT 2:01.69 89.04   |
| lliam Wuyke  | 40 CT 2:01.69 89.04   |
| lliam Wuyke<br>bb Prince<br>bbert Andrews<br>iff Lindsay<br>ck Smith<br>ed Kitzrow<br>tt Pile<br>bert Bracey<br>trick Lee<br>ristopher Murphy  | 40 CT 2:01.69 89.00<br>44 IA 2:02.21 91.24<br>40 NJ 2:03.38 87.81<br>40 OK 2:04.85 86.73<br>41 MA 2:06.34 86.33<br>43 NY 2:07.61 86.74<br>44 OK 2:09.24 86.28<br>41 OH 2:09.88 84.08<br>44 NB 2:10.39 85.58<br>42 NY 2:11.55 83.58  |
| lliam Wuyke<br>bb Prince<br>bbert Andrews<br>iff Lindsay<br>ck Smith<br>ed Kitzrow<br>tt Pile<br>bert Bracey<br>trick Lee<br>ristopher Murphy  | 40 CT 2:01.69 89.00<br>44 IA 2:02.21 91.24<br>40 NJ 2:03.38 87.81<br>40 OK 2:04.85 86.73<br>41 MA 2:06.34 86.33<br>43 NY 2:07.61 86.74<br>44 OK 2:09.24 86.28<br>41 OH 2:09.88 84.08<br>44 NB 2:10.39 85.58<br>42 NY 2:11.55 83.58  |
| lliam Wuyke<br>bb Prince<br>bbert Andrews<br>iff Lindsay<br>ck Smith<br>ed Kitzrow<br>tt Pile<br>bert Bracey<br>trick Lee<br>ristopher Murphy  | 40 CT 2:01.69 89.00<br>44 IA 2:02.21 91.24<br>40 NJ 2:03.38 87.81<br>40 OK 2:04.85 86.73<br>41 MA 2:06.34 86.33<br>43 NY 2:07.61 86.74<br>44 OK 2:09.24 86.28<br>41 OH 2:09.88 84.08<br>44 NB 2:10.39 85.58<br>42 NY 2:11.55 83.58  |
| lliam Wuyke<br>bb Prince<br>bbert Andrews<br>iff Lindsay<br>ck Smith<br>ed Kitzrow<br>tt Pile<br>bert Bracey<br>trick Lee<br>ristopher Murphy  | 40 CT 2:01.69 89.00<br>44 IA 2:02.21 91.24<br>40 NJ 2:03.38 87.81<br>40 OK 2:04.85 86.73<br>41 MA 2:06.34 86.33<br>43 NY 2:07.61 86.74<br>44 OK 2:09.24 86.28<br>41 OH 2:09.88 84.08<br>44 NB 2:10.39 85.58<br>42 NY 2:11.55 83.58  |
| lliam Wuyke<br>bb Prince<br>bbert Andrews<br>iff Lindsay<br>ck Smith<br>ed Kitzrow<br>tt Pile<br>bert Bracey<br>trick Lee<br>ristopher Murphy  | 40 CT 2:01.69 89.00<br>44 IA 2:02.21 91.24<br>40 NJ 2:03.38 87.81<br>40 OK 2:04.85 86.73<br>41 MA 2:06.34 86.33<br>43 NY 2:07.61 86.74<br>44 OK 2:09.24 86.28<br>41 OH 2:09.88 84.08<br>44 NB 2:10.39 85.58<br>42 NY 2:11.55 83.58  |
| lliam Wuyke<br>bb Prince<br>bbert Andrews<br>iff Lindsay<br>ck Smith<br>ed Kitzrow<br>tt Pile<br>bert Bracey<br>trick Lee<br>ristopher Murphy  | 40 CT 2:01.69 89.00<br>44 IA 2:02.21 91.24<br>40 NJ 2:03.38 87.81<br>40 OK 2:04.85 86.73<br>41 MA 2:06.34 86.33<br>43 NY 2:07.61 86.74<br>44 OK 2:09.24 86.28<br>41 OH 2:09.88 84.08<br>44 NB 2:10.39 85.58<br>42 NY 2:11.55 83.58  |
| lliam Wuyke<br>bb Prince<br>bbert Andrews<br>iff Lindsay<br>ck Smith<br>ed Kitzrow<br>tt Pile<br>bert Bracey<br>trick Lee<br>ristopher Murphy  | 40 CT 2:01.69 89.00<br>44 IA 2:02.21 91.24<br>40 NJ 2:03.38 87.81<br>40 OK 2:04.85 86.73<br>41 MA 2:06.34 86.33<br>43 NY 2:07.61 86.74<br>44 OK 2:09.24 86.28<br>41 OH 2:09.88 84.08<br>44 NB 2:10.39 85.58<br>42 NY 2:11.55 83.58  |
| lliam Wuyke<br>bb Prince<br>bbert Andrews<br>iff Lindsay<br>ck Smith<br>ed Kitzrow<br>tt Pile<br>bert Bracey<br>trick Lee<br>ristopher Murphy  | 40 CT 2:01.69 89.00<br>44 IA 2:02.21 91.24<br>40 NJ 2:03.38 87.81<br>40 OK 2:04.85 86.73<br>41 MA 2:06.34 86.33<br>43 NY 2:07.61 86.74<br>44 OK 2:09.24 86.28<br>41 OH 2:09.88 84.08<br>44 NB 2:10.39 85.58<br>42 NY 2:11.55 83.58  |
| lliam Wuyke<br>bb Prince<br>bbert Andrews<br>iff Lindsay<br>ck Smith<br>ed Kitzrow<br>tt Pile<br>bert Bracey<br>trick Lee<br>ristopher Murphy  | 40 CT 2:01.69 89.00<br>44 IA 2:02.21 91.24<br>40 NJ 2:03.38 87.81<br>40 OK 2:04.85 86.73<br>41 MA 2:06.34 86.33<br>43 NY 2:07.61 86.74<br>44 OK 2:09.24 86.28<br>41 OH 2:09.88 84.08<br>44 NB 2:10.39 85.58<br>42 NY 2:11.55 83.58  |
| lliam Wuyke<br>bb Prince<br>bbert Andrews<br>iff Lindsay<br>ck Smith<br>ed Kitzrow<br>tt Pile<br>bert Bracey<br>trick Lee<br>ristopher Murphy<br>yde Lowthert<br>5 -800m PRELINS-<br>eve Wulf<br>case Murther<br>bert Perkins<br>m KcMullen<br>ck Caswell<br>rtis Baldwin<br>chard Clark<br>ny Plaster<br>yne Dwyer<br>chael Carter<br>ll Cheadle<br>ter Reinhart<br>me Corridan   | 40 CT 2:01.69 89.00<br>44 IA 2:02.21 91.21<br>40 NJ 2:03.18 87.88<br>41 NA 2:04.85 86.74<br>41 NA 2:04.85 86.74<br>43 NY 2:07.61 86.78<br>44 OK 2:09.88 44.08<br>41 OH 2:09.88 44.08<br>44 NB 2:10.99 85.58<br>42 NY 2:11.55 83.58<br>45 NY 2:08.02 87.08<br>46 NT 2:13.61 83.38<br>45 CA 2:07.83 87.88<br>45 NY 2:08.02 87.08<br>46 NT 2:08.03 87.08<br>46 NT 2:08.03 87.08<br>47 NY 2:10.07 87.08<br>45 NA 2:13.70 86.48<br>47 IN 2:11.57 85.28<br>45 NA 2:13.77 85.28<br>45 NA 2:13.72 83.48<br>45 NA 2:13.72 83.48<br>45 NA 2:13.72 83.48<br>45 NA 2:13.72 83.48<br>45 NA 2:13.72 83.48<br>47 NJ 2:17.72 83.48   |
| lliam Wuyke<br>bb Prince<br>bbert Andrews<br>iff Lindsay<br>ck Smith<br>ed Kitzrow<br>tt Pile<br>bert Bracey<br>trick Lee<br>ristopher Murphy<br>yde Lowthert<br>5 -800m PRELINS-<br>eve Wulf<br>case Murther<br>bert Perkins<br>m KcMullen<br>ck Caswell<br>rtis Baldwin<br>chard Clark<br>ny Plaster<br>yne Dwyer<br>chael Carter<br>ll Cheadle<br>ter Reinhart<br>me Corridan   | 40 CT 2:01.69 89.00<br>44 IA 2:02.21 91.21<br>40 NJ 2:03.18 87.88<br>41 NA 2:04.85 86.74<br>41 NA 2:04.85 86.74<br>43 NY 2:07.61 86.78<br>44 OK 2:09.88 44.08<br>41 OH 2:09.88 44.08<br>44 NB 2:10.99 85.58<br>42 NY 2:11.55 83.58<br>45 NY 2:08.02 87.08<br>46 NT 2:13.61 83.38<br>45 CA 2:07.83 87.88<br>45 NY 2:08.02 87.08<br>46 NT 2:08.03 87.08<br>46 NT 2:08.03 87.08<br>47 NY 2:10.07 87.08<br>45 NA 2:13.70 86.48<br>47 IN 2:11.57 85.28<br>45 NA 2:13.77 85.28<br>45 NA 2:13.72 83.48<br>45 NA 2:13.72 83.48<br>45 NA 2:13.72 83.48<br>45 NA 2:13.72 83.48<br>45 NA 2:13.72 83.48<br>47 NJ 2:17.72 83.48   |
| lliam Wuyke<br>bb Prince<br>bbert Andrews<br>iff Lindsay<br>ck Smith<br>ed Kitzrow<br>tt Pile<br>bert Bracey<br>trick Lee<br>ristopher Murphy<br>yde Lowthert<br>5 -800m PRELINS-<br>eve Wulf<br>case Murther<br>bert Perkins<br>m KcMullen<br>ck Caswell<br>rtis Baldwin<br>chard Clark<br>ny Plaster<br>yne Dwyer<br>chael Carter<br>ll Cheadle<br>ter Reinhart<br>me Corridan   | 40 CT 2:01.69 89.00<br>44 IA 2:02.21 91.21<br>40 NJ 2:03.18 87.88<br>41 NA 2:04.85 86.74<br>41 NA 2:04.85 86.74<br>43 NY 2:07.61 86.78<br>44 OK 2:09.88 44.08<br>41 OH 2:09.88 44.08<br>44 NB 2:10.99 85.58<br>42 NY 2:11.55 83.58<br>45 NY 2:08.02 87.08<br>46 NT 2:13.61 83.38<br>45 CA 2:07.83 87.88<br>45 NY 2:08.02 87.08<br>46 NT 2:08.03 87.08<br>46 NT 2:08.03 87.08<br>47 NY 2:10.07 87.08<br>45 NA 2:13.70 86.48<br>47 IN 2:11.57 85.28<br>45 NA 2:13.77 85.28<br>45 NA 2:13.72 83.48<br>45 NA 2:13.72 83.48<br>45 NA 2:13.72 83.48<br>45 NA 2:13.72 83.48<br>45 NA 2:13.72 83.48<br>47 NJ 2:17.72 83.48   |
| lliam Wuyke<br>bb Prince<br>bbert Andrews<br>iff Lindsay<br>ck Smith<br>ed Kitzrow<br>tt Pile<br>bert Bracey<br>trick Lee<br>ristopher Murphy<br>yde Lowthert<br>5 -800m PRELINS-<br>eve Wulf<br>case Murther<br>bert Perkins<br>m KcMullen<br>ck Caswell<br>rtis Baldwin<br>chard Clark<br>ny Plaster<br>yne Dwyer<br>chael Carter<br>ll Cheadle<br>ter Reinhart<br>me Corridan   | 40 CT 2:01.69 89.00<br>44 IA 2:02.21 91.21<br>40 NJ 2:03.18 87.88<br>41 NA 2:04.85 86.74<br>41 NA 2:04.85 86.74<br>43 NY 2:07.61 86.78<br>44 OK 2:09.88 44.08<br>41 OH 2:09.88 44.08<br>44 NB 2:10.99 85.58<br>42 NY 2:11.55 83.58<br>45 NY 2:08.02 87.08<br>46 NT 2:13.61 83.38<br>45 CA 2:07.83 87.88<br>45 NY 2:08.02 87.08<br>46 NT 2:08.03 87.08<br>46 NT 2:08.03 87.08<br>47 NY 2:10.07 87.08<br>45 NA 2:13.70 86.48<br>47 IN 2:11.57 85.28<br>45 NA 2:13.77 85.28<br>45 NA 2:13.72 83.48<br>45 NA 2:13.72 83.48<br>45 NA 2:13.72 83.48<br>45 NA 2:13.72 83.48<br>45 NA 2:13.72 83.48<br>47 NJ 2:17.72 83.48   |
| lliam Wuyke<br>bb Prince<br>bbert Andrews<br>iff Lindsay<br>ck Smith<br>ed Kitzrow<br>tt Pile<br>bert Bracey<br>trick Lee<br>ristopher Murphy<br>yde Lowthert<br>5 -800m PRELINS-<br>eve Wulf<br>case Murther<br>bert Perkins<br>m KcMullen<br>ck Caswell<br>rtis Baldwin<br>chard Clark<br>ny Plaster<br>yne Dwyer<br>chael Carter<br>ll Cheadle<br>ter Reinhart<br>me Corridan   | 40 CT 2:01.69 89.00<br>44 IA 2:02.21 91.21<br>40 NJ 2:03.18 87.88<br>41 NA 2:04.85 86.74<br>41 NA 2:04.85 86.74<br>43 NY 2:07.61 86.78<br>44 OK 2:09.88 44.08<br>44 NB 2:10.99 85.58<br>42 NY 2:10.55 83.58<br>45 NY 2:08.00 87.08<br>46 NY 2:08.72 87.98<br>45 TX 2:08.09 88.18<br>46 NY 2:08.90 87.08<br>46 NY 2:08.90 87.08<br>47 NY 2:10.07 87.08<br>47 NY 2:10.70 88.48<br>47 IN 2:11.57 88.28<br>45 NA 2:13.77 88.28<br>45 NA 2:13.72 83.88<br>49 ON 2:16.82 84.68<br>45 NY 2:17.22 81.48   |
| lliam Wuyke<br>bb Prince<br>bbert Andrews<br>iff Lindsay<br>ck Smith<br>ed Kitzrow<br>tt Pile<br>bert Bracey<br>trick Lee<br>ristopher Murphy<br>yde Lowthert<br>5 -800m PRELINS-<br>eve Wulf<br>case Murther<br>bert Perkins<br>m KcMullen<br>ck Caswell<br>rtis Baldwin<br>chard Clark<br>ny Plaster<br>yne Dwyer<br>chael Carter<br>ll Cheadle<br>ter Reinhart<br>me Corridan   | 40 CT 2:01.69 89.00<br>44 IA 2:02.21 91.21<br>40 NJ 2:03.18 87.88<br>41 NA 2:04.85 86.74<br>41 NA 2:04.85 86.74<br>43 NY 2:07.61 86.78<br>44 OK 2:09.88 44.08<br>44 NB 2:10.99 85.58<br>42 NY 2:10.55 83.58<br>45 NY 2:08.00 87.08<br>46 NY 2:08.72 87.98<br>45 TX 2:08.09 88.18<br>46 NY 2:08.90 87.08<br>46 NY 2:08.90 87.08<br>47 NY 2:10.07 87.08<br>47 NY 2:10.70 88.48<br>47 IN 2:11.57 88.28<br>45 NA 2:13.77 88.28<br>45 NA 2:13.72 83.88<br>49 ON 2:16.82 84.68<br>45 NY 2:17.22 81.48   |
| lliam Wuyke<br>bb Prince<br>bbert Andrews<br>iff Lindsay<br>ck Smith<br>ed Kitzrow<br>tt Pile<br>bert Bracey<br>trick Lee<br>ristopher Murphy<br>yde Lowthert<br>5 -800m PRELINS-<br>eve Wulf<br>case Murther<br>bert Perkins<br>m KcMullen<br>ck Caswell<br>rtis Baldwin<br>chard Clark<br>ny Plaster<br>yne Dwyer<br>chael Carter<br>ll Cheadle<br>ter Reinhart<br>me Corridan   | 40 CT 2:01.69 89.00<br>44 IA 2:02.21 91.21<br>40 NJ 2:03.18 87.88<br>41 NA 2:04.85 86.74<br>41 NA 2:04.85 86.74<br>43 NY 2:07.61 86.78<br>44 OK 2:09.88 44.08<br>44 NB 2:10.99 85.58<br>42 NY 2:10.55 83.58<br>45 NY 2:08.00 87.08<br>46 NY 2:08.72 87.98<br>45 TX 2:08.09 88.18<br>46 NY 2:08.90 87.08<br>46 NY 2:08.90 87.08<br>47 NY 2:10.07 87.08<br>47 NY 2:10.70 88.48<br>47 IN 2:11.57 88.28<br>45 NA 2:13.77 88.28<br>45 NA 2:13.72 83.88<br>49 ON 2:16.82 84.68<br>45 NY 2:17.22 81.48   |
| lliam Wuyke<br>bb Prince<br>bbert Andrews<br>iff Lindsay<br>ck Smith<br>ed Kitzrow<br>tt Pile<br>bert Bracey<br>trick Lee<br>ristopher Murphy<br>yde Lowthert<br>5 -800m PRELINS-<br>eve Wulf<br>case Murther<br>bert Perkins<br>m KcMullen<br>ck Caswell<br>rtis Baldwin<br>chard Clark<br>ny Plaster<br>yne Dwyer<br>chael Carter<br>ll Cheadle<br>ter Reinhart<br>me Corridan   | 40 CT 2:01.69 89.00<br>44 IA 2:02.21 91.21<br>40 NJ 2:03.18 87.88<br>41 NA 2:04.85 86.74<br>41 NA 2:04.85 86.74<br>43 NY 2:07.61 86.78<br>44 OK 2:09.88 44.08<br>44 NB 2:10.99 85.58<br>42 NY 2:10.55 83.58<br>45 NY 2:08.00 87.08<br>46 NY 2:08.72 87.98<br>45 TX 2:08.09 88.18<br>46 NY 2:08.90 87.08<br>46 NY 2:08.90 87.08<br>47 NY 2:10.07 87.08<br>47 NY 2:10.70 88.48<br>47 IN 2:11.57 88.28<br>45 NA 2:13.77 88.28<br>45 NA 2:13.72 83.88<br>49 ON 2:16.82 84.68<br>45 NY 2:17.22 81.48   |
| lliam Wuyke<br>bb Prince<br>bbert Andrews<br>iff Lindsay<br>ck Smith<br>ed Kitzrow<br>tt Pile<br>bert Bracey<br>trick Lee<br>ristopher Murphy<br>yde Lowthert<br>5 -800m PRELINS-<br>eve Wulf<br>case Murther<br>bert Perkins<br>m KcMullen<br>ck Caswell<br>rtis Baldwin<br>chard Clark<br>ny Plaster<br>yne Dwyer<br>chael Carter<br>ll Cheadle<br>ter Reinhart<br>me Corridan   | 40 CT 2:01.69 89.00<br>44 IA 2:02.21 91.21<br>40 NJ 2:03.18 87.88<br>41 NA 2:04.85 86.74<br>41 NA 2:04.85 86.74<br>43 NY 2:07.61 86.78<br>44 OK 2:09.88 44.08<br>44 NB 2:10.99 85.58<br>42 NY 2:10.55 83.58<br>45 NY 2:08.00 87.08<br>46 NY 2:08.72 87.98<br>45 TX 2:08.09 88.18<br>46 NY 2:08.90 87.08<br>46 NY 2:08.90 87.08<br>47 NY 2:10.07 87.08<br>47 NY 2:10.70 88.48<br>47 IN 2:11.57 88.28<br>45 NA 2:13.77 88.28<br>45 NA 2:13.72 83.88<br>49 ON 2:16.82 84.68<br>45 NY 2:17.22 81.48   |
| lliam Wuyke<br>bb Prince<br>bbert Andrews<br>iff Lindsay<br>ck Smith<br>ed Kitzrow<br>tt Pile<br>bert Bracey<br>trick Lee<br>ristopher Murphy<br>yde Lowthert<br>5 -800m PRELINS-<br>eve Wulf<br>case Murther<br>bert Perkins<br>m KcMullen<br>ck Caswell<br>rtis Baldwin<br>chard Clark<br>ny Plaster<br>yne Dwyer<br>chael Carter<br>ll Cheadle<br>ter Reinhart<br>me Corridan   | 40 CT 2:01.69 89.00<br>44 IA 2:02.21 91.21<br>40 NJ 2:03.18 87.88<br>41 NA 2:04.85 86.74<br>41 NA 2:04.85 86.74<br>43 NY 2:07.61 86.78<br>44 OK 2:09.88 44.08<br>44 NB 2:10.99 85.58<br>42 NY 2:10.55 83.58<br>45 NY 2:08.00 87.08<br>46 NY 2:08.72 87.98<br>45 TX 2:08.09 88.18<br>46 NY 2:08.90 87.08<br>46 NY 2:08.90 87.08<br>47 NY 2:10.07 87.08<br>47 NY 2:10.70 88.48<br>47 IN 2:11.57 88.28<br>45 NA 2:13.77 88.28<br>45 NA 2:13.72 83.88<br>49 ON 2:16.82 84.68<br>45 NY 2:17.22 81.48   |
| lliam Wuyke<br>bb Prince<br>bbert Andrews<br>iff Lindsay<br>ck Smith<br>ed Kitzrow<br>tt Pile<br>bert Bracey<br>trick Lee<br>ristopher Murphy<br>yde Lowthert<br>5 -800m PRELINS-<br>eve Wulf<br>case Murther<br>bert Perkins<br>m KcMullen<br>ck Caswell<br>rtis Baldwin<br>chard Clark<br>ny Plaster<br>yne Dwyer<br>chael Carter<br>ll Cheadle<br>ter Reinhart<br>me Corridan   | 40 CT 2:01.69 89.00<br>44 IA 2:02.21 91.21<br>40 NJ 2:03.18 87.88<br>41 NA 2:04.85 86.74<br>41 NA 2:04.85 86.74<br>43 NY 2:07.61 86.78<br>44 OK 2:09.88 44.08<br>44 NB 2:10.99 85.58<br>42 NY 2:10.55 83.58<br>45 NY 2:08.00 87.08<br>46 NY 2:08.72 87.98<br>45 TX 2:08.09 88.18<br>46 NY 2:08.90 87.08<br>46 NY 2:08.90 87.08<br>47 NY 2:10.07 87.08<br>47 NY 2:10.70 88.48<br>47 IN 2:11.57 88.28<br>45 NA 2:13.77 88.28<br>45 NA 2:13.72 83.88<br>49 ON 2:16.82 84.68<br>45 NY 2:17.22 81.48   |
| lliam Wuyke<br>bb Prince<br>bbert Andrews<br>iff Lindsay<br>ck Smith<br>ed Kitzrow<br>tt Pile<br>bert Bracey<br>trick Lee<br>ristopher Murphy<br>yde Lowthert<br>5 -800m PRELINS-<br>eve Wulf<br>case Murther<br>bert Perkins<br>m KcMullen<br>ck Caswell<br>rtis Baldwin<br>chard Clark<br>ny Plaster<br>yne Dwyer<br>chael Carter<br>ll Cheadle<br>ter Reinhart<br>me Corridan   | 40 CT 2:01.69 89.00<br>44 IA 2:02.21 91.21<br>40 NJ 2:03.18 87.88<br>41 NA 2:04.85 86.74<br>41 NA 2:04.85 86.74<br>43 NY 2:07.61 86.78<br>44 OK 2:09.88 44.08<br>44 NB 2:10.99 85.58<br>42 NY 2:10.55 83.58<br>45 NY 2:08.00 87.08<br>46 NY 2:08.72 87.98<br>45 TX 2:08.09 88.18<br>46 NY 2:08.90 87.08<br>46 NY 2:08.90 87.08<br>47 NY 2:10.07 87.08<br>47 NY 2:10.70 88.48<br>47 IN 2:11.57 88.28<br>45 NA 2:13.77 88.28<br>45 NA 2:13.72 83.88<br>49 ON 2:16.82 84.68<br>45 NY 2:17.22 81.48   |
| lliam Wuyke<br>bb Prince<br>bbert Andrews<br>iff Lindsay<br>ck Smith<br>ed Kitzrow<br>tt Pile<br>bert Bracey<br>trick Lee<br>ristopher Murphy<br>yde Lowthert<br>5 -800m PRELINS-<br>eve Wulf<br>case Murther<br>bert Perkins<br>m KcMullen<br>ck Caswell<br>rtis Baldwin<br>chard Clark<br>ny Plaster<br>yne Dwyer<br>chael Carter<br>ll Cheadle<br>ter Reinhart<br>me Corridan   | 40 CT 2:01.69 89.00<br>44 IA 2:02.21 91.21<br>40 NJ 2:03.18 87.88<br>41 NA 2:04.85 86.74<br>41 NA 2:04.85 86.74<br>43 NY 2:07.61 86.78<br>44 OK 2:09.88 44.08<br>44 NB 2:10.99 85.58<br>42 NY 2:10.55 83.58<br>45 NY 2:08.00 87.08<br>46 NY 2:08.72 87.98<br>45 TX 2:08.09 88.18<br>46 NY 2:08.90 87.08<br>46 NY 2:08.90 87.08<br>47 NY 2:10.07 87.08<br>47 NY 2:10.70 88.48<br>47 IN 2:11.57 88.28<br>45 NA 2:13.77 88.28<br>45 NA 2:13.72 83.88<br>49 ON 2:16.82 84.68<br>45 NY 2:17.22 81.48   |
| lliam Wuyke<br>bb Prince<br>bbert Andrews<br>iff Lindsay<br>ck Smith<br>ed Kitzrow<br>tt Pile<br>bert Bracey<br>trick Lee<br>ristopher Murphy<br>yde Lowthert<br>5 -800m PRELINS-<br>eve Wulf<br>case Murther<br>bert Perkins<br>m KcMullen<br>ck Caswell<br>rtis Baldwin<br>chard Clark<br>ny Plaster<br>yne Dwyer<br>chael Carter<br>ll Cheadle<br>ter Reinhart<br>me Corridan   | 40 CT 2:01.69 89.00<br>44 IA 2:02.21 91.21<br>40 NJ 2:03.18 87.88<br>41 NA 2:04.85 86.74<br>41 NA 2:04.85 86.74<br>43 NY 2:07.61 86.78<br>44 OK 2:09.88 44.08<br>44 NB 2:10.99 85.58<br>42 NY 2:10.55 83.58<br>45 NY 2:08.00 87.08<br>46 NY 2:08.72 87.98<br>45 TX 2:08.09 88.18<br>46 NY 2:08.90 87.08<br>46 NY 2:08.90 87.08<br>47 NY 2:10.07 87.08<br>47 NY 2:10.70 88.48<br>47 IN 2:11.57 88.28<br>45 NA 2:13.77 88.28<br>45 NA 2:13.72 83.88<br>49 ON 2:16.82 84.68<br>45 NY 2:17.22 81.48   |
| <pre>lliam Muyke<br/>b Prince<br/>bert Andrews<br/>of Eindsay<br/>of Smith<br/>ed Kitzrow<br/>tt Pile<br/>bert Bracey<br/>trick Lee<br/>ristopher Murphy<br/>yde Lowthert<br/>5 -800m PRELINS-<br/>eve Wulf<br/>omas Hartshorne<br/>bert Perkins<br/>m KcNullen<br/>ok Caswell<br/>ok Caswell<br/>ok Caswell<br/>rtis Baldwin<br/>ok Caswell<br/>rtis Baldwin<br/>ohr Gerkey<br/>chael Carter<br/>11 Cheadle<br/>ter Reinhart<br/>mes Corridan<br/>thony Baker<br/>5 -800m-<br/>eve Wulf<br/>a McKullen<br/>ok Easley<br/>omas Hartshorne<br/>bert Perkins<br/>raid Feeney<br/>ok Caswell<br/>rtis Baldwin<br/>thony Baker<br/>5 -800m-<br/>eve Wulf<br/>a McKullen<br/>ok Easley<br/>omas Hartshorne<br/>bert Perkins<br/>raid Feeney<br/>ok Caswell<br/>rtis Baldwin<br/>arles McMullen<br/>ok Caswell<br/>rtis Baldwin<br/>arles McMullen<br/>ok Caswell<br/>rtis Baldwin<br/>arles McMullen<br/>ohr Grangien<br/>in McArdle<br/>the Grangien<br/>and Taylor<br/>orge Smith<br/>ndy Taylor<br/>anak Handleman<br/>radon Reiter<br/>ed Dedrick<br/>ad Johnson<br/>nald Pate<br/>sphen Viegas<br/>a Baugarten<br/>are Bulegen<br/>de Melegen<br/>are Bulegen<br/>de Melegen<br/>are Bulegen<br/>de Melegen<br/>are Bulegen<br/>de Melegen<br/>de Melegen<br/>de</pre>  | 40 CT 2:01.69 89.00<br>44 IA 2:02.21 91.21<br>40 NJ 2:03.18 87.81<br>40 OK 2:09.24 86.28<br>41 OK 2:09.24 86.28<br>41 OK 2:09.24 86.28<br>41 OK 2:09.88 44.28<br>41 OK 2:09.88 44.28<br>42 NY 2:11.55 83.58<br>42 NY 2:11.55 83.58<br>44 PA 2:11.51 83.38<br>45 CA 2:07.61 87.88<br>45 NY 2:08.02 87.08<br>46 WI 2:08.72 87.98<br>46 WI 2:08.72 87.98<br>46 WI 2:08.72 87.98<br>47 NY 2:10.07 87.08<br>46 ON 2:10.07 87.08<br>47 NY 2:10.77 85.28<br>49 ON 2:16.82 84.68<br>49 ON 2:16.82 84.68<br>45 NY 2:05.15 85.78<br>45 CA 2:03.64 90.88<br>46 NY 2:06.04 89.18<br>46 NY 2:06.25 17 50.68<br>46 NY 2:06.28 89.18<br>46 NY 2:07.81 90.68<br>46 NY 2:07.81 90.68<br>47 NY 2:28.53 75.68<br>45 NA 2:17.77 85.18<br>45 NA 2:17.77 85.18<br>45 NY 2:06.24 89.68<br>46 ON 2:06.28 89.18<br>47 NY 2:11.77 85.18<br>45 NA 2:12.71 87.78<br>51 NA 2:12.71 87.78<br>51 NA 2:12.73 87.78<br>51 NA 2:12.73 85.78<br>51 NA 2:12.52 85.37<br>51 NA 2:12.52 85.38<br>51 PA 2:14.87 87.28<br>51 PA 2:14.87 87.28<br>51 PA 2:14.87 87.28<br>51 NA 2:17.79 85.78<br>51 NA 2:17.50 85.78<br>52 NO 2:18.51 85.78<br>53 NY 2:00.31 85.78<br>54 NA 2:17.79 85.78<br>51 NA 2:12.31 84.58<br>51 PA 2:14.87 87.28<br>51 NA 2:12.31 84.58<br>52 NO 2:18.11 85.88<br>50 PA 2:12.92 81.44<br>52 HI 2:25.27 75.8<br>51 NA 2:13.79 66.57<br>53 NY 2:10.31 81.77 76.98<br>54 NA 2:17.79 85.78<br>57 NO 2:18.51 85.78<br>50 NA 2:18.51 85.78<br>51 NA 2:12.52 81.64<br>52 HI 2:25.27 75.8<br>51 NA 2:12.52 81.64<br>52 HI 2:25.27 75.8<br>51 NA 2:12.52 81.64<br>53 NA 2:12.53 81.64<br>54 NA 2:17.74 85.78<br>53 NA 2:18.51 85.78<br>54 NA 2:17.75 85.78<br>54 NA 2:17.75 85.78<br>54 NA 2:17.75 85.78<br>57 NA 2:16.89 85.28<br>57 NA 2:16.89 85.28<br>58 NA 2:17.50 85.78<br>59 NA 2:16.89 85.28<br>50 NA 2:18.51 85.78<br>50 NA 2:19.52 81.44<br>54 NA 2:17.75 85.78<br>57 NA 2:16.99 85.78<br>57 NA 2:17.50 85.78<br>57 NA 2:16.99 85.78              |
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## National Masters News

May 1999

| page 2                                       | 8                  |   |   |   | National Ma  | sters News  |   |  | and the second  | May 1999   |
|--|--------------------|---|---|---|--|---|---|--|---|--|
| Continue                                     | d from previ       | ious page   | M70<br>1 Bill Fortune                                   | 5:59.98 86.18   | N40 -60m HH-<br>1 John Roberts   | 41 FL 8.37 94.38  | N70<br>1 Bill Wambach   | 73 WI 1.37m 89.5%  | M60<br>1 Emil Pawlik<br>2 Grover Coats                  | 60 MS 4.94m 81.38<br>60 OH 4.66m 76.78                         |
| N60 -800<br>1 Mack Ste                       | wart               | 61 TX 2:17.93 93.18   | 2 Jim Selby<br>3 Dixon Hemphill                         | 70 CA 6:03.80 85.2%<br>74 VA 6:42.08 81.2%                            | 2 Lloyd Jeremiah<br>3 Ken Ellis  | 41 DC 8.63 91.5%<br>41 OK 8.80 89.7%  | 2 Frank Brako<br>3 Desmond Margetson                          | 73 MA 1.26m 82.3%<br>72 NY 1.16m 74.8%   | 3 Alan Brevik<br>4 Edward Mezzapelle                    | 64 SD 4.59m 79.8%<br>61 NH 3.23m 53.9%                         |
| 2 Sid Howa<br>3 Henry Ha                     | wk                 | 60 NJ 2:17.96 92.14<br>62 AR 2:25.70 89.04                        | M75<br>1 John McManus                                   | 75 NY 6:42.03 82.38   | 4 Barry Stebbins<br>5 John Dyer<br>M45 -60m HH-  | 43 PA 8.90 90.38<br>41 VA 9.42 83.88  | 4 Dick Donley<br>M75<br>1 Art Holland                         | 72 OK 1.16m 74.8%  | M65<br>1 James Stookey                                  | 69 MD 4.83m 89.78  |
| 4 David Ga<br>5 Lawrence<br>6 John Hu        | Harvey             | 60 MA 2:29.85 84.88<br>60 PA 2:35.88 81.58<br>62 MA 2:45.72 78.28 | 2 Archie Messenger<br>3 Roy Englert                     | 76 VA 8:16.32 67.78   | 1 Stacey Price<br>2 Robert Zahn  | 45 NH 8.94 91.68<br>45 WI 9.08 90.28  | N85<br>1 James Elliott  | 85 HI 1.06m 80.9%  | 2 Lowell Bonifield<br>3 Jack Lance<br>M70               | 65 TX 4.75m 83.7%<br>68 NJ 3.59m 65.8%                         |
| 7 Ray Fran<br>N65 -800                       | nks<br>Da-         | 64 CO 2:51.60 77.18   | 4 Nathaniel White<br>M80<br>1 Bob Matteson              | 79 NY 8:25.81 69.7%<br>82 VT 9:16.45 66.8%                            | 3 Robert Hahn<br>4 Doug Baxter   | 47 TX 10.69 78.18<br>48 GA 10.71 78.78  | - Harold Massie<br>M90  | 85 NE NH<br>90 ON 0.89m 76.7%  | 1 Hel Larsen<br>2 Tom Rice                              | 74 IL 4.31m 85.8%<br>71 PA 4.19m 80.1%                         |
| 1 Ino Cant<br>2 Charles                      | Winberley          | 65 TX 2:28.96 89.78<br>65 LA 2:29.88 89.28                        | 2 Dudley Healy<br>M85                                   | 84 NJ 10:23.13 62.1%  | 5 Jim Dolezel<br>M50 -60m HH PRELIM<br>1 Stan Druckrey   | 48 OK 10.85 77.78   | 1 Karl Trei<br>W30<br>1 Ann Mann                              | 33 MA 1.40m 70.7%  | 3 Frank Brako<br>N75                                    | 73 MA 3.84m 75.4%  |
| 4 Jim Keat<br>5 Jack Nyt                     | Market Contract    | 66 NJ 2:49.05 79.98<br>66 MD 3:02.11 74.28<br>67 NA 3:25.26 66.68 | 1 Harold Massie<br>W30                                  | 85 NE 12:06.13 54.38  | 2 Michael Milove<br>3 Fred Johnston  | 53 NY 10.01 85.68<br>53 CA 9.17 93.48   | W40   | 40 MA 1.40m 76.9%  | 1 Edwin Lukens<br>2 Art Holland<br>M85                  | 77 MI 3.04m 62.98  |
| N70<br>1 Earl Fee                            |                    | 70 ON 2:20.45 00.78   | 1 Christine Reaser                                      | 33 ME 5:20.34 78.24<br>h 30 MA 5:20.46 77.64<br>34 NY 5:25.70 77.54   | 4 William DeHorn<br>5 Ivan Black   | 52 QE 10.76 78.84<br>50 NY 10.80 76.94  |   | 47 GA 1.30m 77.8%  | 1 James Elliott<br>2 Harold Massie                      | 85 MI 2.77m 66.2%<br>85 NE 1.25m 29.9%                         |
| 2 Jim Selt<br>3 Rodney B                     | rown               | 70 CA 2:38.30 89.34<br>72 UT 2:39.79 90.84                        |   | • 30 NY 5:40.80 73.0%   | 6 David Grassman<br>7 Jay Jellison<br>8 Joe McMahon  | 51 FL 10.92 76.98<br>51 MA 11.03 76.18<br>50 NY 11.25 73.88   |   | 51 NY 1.25m 78.6%<br>50 CA 1.15m 71.4%   | N90<br>1 Karl Trei                                      | 90 ON 2.498 69.78  |
| 4 Bill For<br>5 Ernie Ma<br>M75              |                    | 70 NY 2:50.13 83.14<br>73 FL 3:34.07 68.64                        | 1 Susan Menz<br>2 Linda Brown                           | 37 NY 5:47.23 74.58<br>38 NY 5:47.47 75.08                            | 9 Jim Woosley<br>- William Foucher   | 50 KY 12.51 66.48   |   | 56 IN 1.15m 76.68  | W30<br>1 Dawn Best<br>W35                               | 34 NY 4.138 58.18  |
| 1 Archie M<br>2 John McM                     |                    | 75 NH 2:54.83 86.38<br>75 NY 2:58.01 84.88                        | W40<br>1 Patty Blanchard<br>2 Patti Ford                | 41 NB 4:57.71 89.74<br>43 NY 5:11.11 87.38                            | M50 -60m HH-<br>1 Stan Druckrey  | 50 WI 8.82 94.2%  | W60<br>1 Edith Gray   | 63 ON 1.25m 91.2%<br>61 MD 1.20m 85.1%   | 1 Dana Baumgarten<br>2 Karen Wameling                   | 37 FL 4.75m 69.94<br>37 NY 4.31m 63.48                         |
| N80<br>1 Roderick                            | Parker             | 80 AR 3:13.39 84.34   | 3 Sharon Vos<br>4 Susan Hill                            | 44 CT 5:43.91 79.78<br>40 NY 5:54.56 74.78                            | 2 Fred Johnston<br>3 Michael Milove  | 53 CA 9.12 93.94<br>53 NY 9.77 87.74  | 2 Evelyn Wright<br>3 Christel Miller<br>4 Essie Kea           | 64 CA 1.20m 88.24<br>61 OH 1.15m 81.54   | N40<br>1 Julie Wiedis                                   | 40 NJ 3.38m 51.98  |
| M85<br>1 Harold M<br>W30                     | assie              | 85 NE 5:33.18 53.98   | 5 Karen Lein<br>6 Susan O'Connor                        | 40 MA 6:14.93 70.78<br>43 MA 6:20.42 71.48                            | 4 William DeHorn<br>5 Ivan Black<br>6 David Grassman   | 52 QE 10.01 64.7%<br>50 NY 10.33 80.4%<br>51 FL 10.74 78.2%   | W65<br>1 Joan Burguess  | 66 MA 1.05m 79.5%  | W50<br>1 Michael Hill<br>W60                            | 52 NJ 3.88m 70.98  |
| 1 Rebecca 1<br>2 Christin                    |                    | 34 NY 2:20.96 82.18<br>33 ME 2:29.96 76.68                        | W45<br>1 Kathryn Martin<br>2 Eileen Troy                | 47 NY 5:28.81 85.64<br>45 CT 5:39.21 81.54                            | 7 Jay Jellison<br>8 Joe McMahon  | 51 MA 10.81 77.7%<br>50 NY 10.91 76.1%  | 2 Amy Hicks<br>W70<br>1 Leonore McDaniels                     | 66 MA 0.90m 68.1%  | 1 Barbara Jordan<br>2 Audrey Lary                       | 63 VT 3.69m 79.08<br>64 ND 3.61m 78.48                         |
| W35<br>1 Susan Her<br>W40                    | nz 3               | 37 NY 2:34.11 76.98   |   | 49 NJ 5:56.59 80.48<br>as 45 MA 5:57.80 77.38                         | M55 -60m HH-<br>1 Courtland Gray<br>2 Theo Viltz   | 55 LA 8.73 00.34<br>55 CA 9.52 92.04  | 2 Johnnye Valien<br>W75                                       | 73 CA 0.95m 78.5%  | 3 Edith Gray<br>4 Evelyn Wright                         | 63 ON 3.60m 77.0%<br>61 ND 3.59m 74.6%                         |
| 1 Patty Bla<br>2 Carolyn 1                   |                    | 1 NB 2:16.23 89.98<br>NY 2:34.06 78.88                            | 5 Diane Sardes<br>6 Mary Hartzler<br>W50                | 47 NY 6:03.37 77.48<br>49 OH 6:27.29 74.08                            | 3 William Angus<br>4 James Cawley  | 56 OH 10.11 87.6%<br>56 TX 10.84 81.7%  | 1 Margaret Hinton<br>- Pole                                   | 77 TX 1.00m 86.2%  | W65<br>1 Amy Hicks<br>2 Lorelei Ruben                   | 66 MA 2.69m 60.18<br>66 MA 2.10m 46.98                         |
| 3 Susan Hil<br>4 Cathy Ut:                   |                    | NY 2:34.89 78.48  | 1 Yoko Eichel<br>2 Ann Makoske                          | 51 CA 6:16.30 77.6%<br>53 FL 6:17.51 78.9%                            | o Dave Ellis   | 58 MA 11.16 81.1%<br>59 TN 11.34 80.8%  | M30<br>1 Duncan Littlefield                                   | 34 NJ 4.40m 75.78  | W70<br>1 Leonore McDaniels                              | 71 VA 3.18m 76.48  |
| W45<br>1 Kathryn M<br>2 Eileen Tr            |                    | 7 NY 2:29.86 86.04<br>5 CT 2:31.28 83.78                          | 3 Debbie Stiles<br>W55<br>1 Marie Michelsohn            | 50 MO 6:29.84 74.28<br>57 NY 6:45.55 76.58                            | HOU -DUB HH-   | 59 IL 12.15 75.4%<br>61 OK 9.29 96.7%   | 2 Jerome Tine<br>3 Kenneth Van Vorst<br>M35                   | 33 NY 3.95m 67.04<br>33 NY 3.50m 59.44   | 2 Johnnye Valien<br>W75<br>1 Mary Holland               | 73 CA 3.04m 75.2%  |
| 3 Erika Can<br>4 Mary Rosa                   | ado 4              | 9 NJ 2:42.01 81.0%<br>9 NY 2:46.30 78.9%                          | 2 Eileen Holzman<br>W60                                 | 55 NY 7:10.60 70.5%   | 2 Emil Pawlik<br>3 Grover Coats  | 60 MS 9.52 93.28<br>60 OH 10.19 87.18   | 1 Gregory Charles<br>2 Dolf Berle                             | 38 CA 4.10m 74.58<br>36 CA 3.65m 64.68   | 2 Margaret Hinton                                       | 77 TX 2.838 74.28  |
| 5 Mary Hart<br>W50<br>1 Ann Makos            |                    | 9 OH 2:53.30 75.7%<br>3 FL 2:50.53 79.9%                          | 1 Jeanne Hoagland<br>2 Merion Knight                    | 62 CA 6:35.55 82.9%<br>62 MI 7:15.70 75.2%<br>63 MA 7:16.58 76.0%     | 5 Alan Brevik  | 60 NJ 10.54 84.28<br>64 SD 11.76 79.48<br>60 MA 12.59 70.58   | 3 Nicholas Mitchell<br>M40                                    | 39 NY 3.50m 64.5%  | - Triple  | 34 VA 11.20m 62.34   |
| 2 Yoko Eich<br>3 Dr. Mary                    | el 5               | 1 CA 2:51.50 78.0%<br>1 NY 3:15.83 68.3%                          | 3 Mary Harada<br>W65<br>1 Toshiko D'Elia                | 69 NJ 7:13.86 82.6%   | 7 Gustave Davis<br>M65 -60m HH-  | 61 CT 15.62 57.5%   | 1 Gary Hunter<br>2 Ken Ellis<br>3 Peter McGinnis              | 43 IN 4.60m 89.6%<br>41 OK 4.60m 87.2%<br>44 NY 4.00m 79.0%  | M35<br>1 Donald Hardy                                   | 37 LA 13.45m 77.38   |
| W55<br>1 Marie Mic                           | helsohn 5          | 7 NY 3:07.58 75.78  | W85<br>1 Ivy Granstrom                                  | 87 BC13:00.96 65.7%   | 1 Lowell Bonifield<br>2 James Stockey  | 65 TX 10.27 92.2%<br>69 MD 10.49 95.6%  | 4 Mike Bizzaro  | 41 NJ 3.85m 73.0%<br>42 GA 3.55m 68.2%   | 2 Kerry Sloan<br>H40                                    | 36 TX 11.46m 64.9%   |
| 2 Sheila Mc<br>W60<br>1 Jeanne Ho            |                    | 8 MA 3:36.57 66.24<br>2 CA 3:00.10 83.34                          | M30   | 3К –  | 3 William Clark<br>4 Clarence Trinkner<br>M70  | 67 WI 12.39 78.6%   | 5 Michael McGinnis<br>7 Dave White                            | 44 SC 3.55m 70.1%<br>43 OH 3.25m 63.3%   | 1 Mike Lariza<br>2 Sirlester Griffin                    | 43 OR 13.34m 83.6%<br>43 MD 11.99m 75.1%                       |
| 2 Merion Kn<br>3 Joan Bond                   | ight 6             | 2 MI 3:13.93 77.3%<br>0 NY 3:23.86 71.9%                          | 1 Kent Thompson<br>2 Chris Yorges<br>3 Keith O'Brien    | 30 NH 8:49.02 84.8%<br>33 OR 9:15.93 80.7%                            | 1 Mel Larsen   |   | 7 James Battoglia<br>9 Curtis Neronski<br>- Ambroise Courteau | 41 GA 3.25m 61.68<br>42 VT 3.10m 59.68<br>40 QU NH   | 3 Dave Bergstrom<br>4 Garry Pirch<br>M45                | 42 ND 11.42m 70.54<br>44 MO 9.30m 59.18                        |
| W65<br>1 Grace But                           | cher 6             | 5 OH 3:12.78 80.6%  | M35<br>1 Mel Gonsalves                                  | 34 MA 9:55.30 75.5%<br>35 MA 8:44.98 86.2%                            | W30-39 -60m HH-  | 85 MI 18.45 72.38   | - Richard Drury<br>- Bob Crites                               | 43 CO NH<br>44 TX NH   | 1 Anthony Santos<br>2 Pat Fahy                          | 47 GA 11.25m 74.7%<br>47 AZ 11.18m 74.2%                       |
| W70<br>1 Sumi Onode<br>W85                   | era 70             | 0 CA 3:36.58 76.78  | 2 James Cuono<br>3 Keith Davies                         | 39 PA 9:16.83 83.6%<br>39 DE 9:38.17 80.5%                            | W35<br>1 Charlene Landrum<br>2 Karen Wameling  | 35 NY 9.47 85.48<br>37 NY 11.03 74.98   | N45<br>1 Jeff Kingstad  | 46 4.38m 89.01   | 3 Michael Skoflanc<br>4 Taylor Weatherbee               | 45 IL 11.05m 71.28<br>48 TN 11.00m 74.18                       |
| 1 Ivy Granst                                 | – Mile -           | 7 BC 5:59.98 65.0%  | M40<br>1 Craig Fram                                     | 40 NH 8:33.68 91.28   | W45+ -60m HH-<br>W45   |   | 3 Steven Hardison<br>4 Doug Sparks                            | 47 PA 4.15m 85.5%<br>48 CA 4.00m 83.6%<br>45 CA 3.85m 77.1%  | 5 John Oleski<br>M50<br>1 Ivan Black                    | 48 MA 10.20m 68.7%<br>50 NY 10.80m 74.8%                       |
| M30<br>1 David Nash                          |                    | IA 4:21.97 85.68  | 2 James Kempton<br>3 Thomas Dalton<br>4 Donald DiDonato | 40 NY 8:42.84 89.64<br>40 NY 8:43.35 89.64<br>41 NY 8:48.18 89.44     | 1 Linda Lowery<br>W50  | 47 GA 11.89 75.0%   | 4 Michael Vick  | 48 TX 3.85m 80.54<br>49 FL 3.70m 78.54   | 2 Edward Jones<br>3 Michael Milove                      | 54 TX 10.52m 77.3%<br>53 NY 10.33m 74.8%                       |
| 2 Chris Yorg<br>3 William Br                 | es 33<br>osmith 34 | OR 4:23.24 85.54<br>CT 4:25.22 85.54                              | 5 Ken Leinbach<br>6 Stephen Shaklee                     | 44 MA 8:55.89 90.08<br>43 NJ 9:02.11 88.48                            | 1 Michael Hill<br>W60<br>1 Edith Gray  | 52 NJ 10.87 87.5%<br>63 ON 12.88 87.2%  | 8 Doug Baxter   | 49 MD 3.40m 72.1%<br>48 GA 2.80m 58.5%   | 4 Bill Walsh<br>5 James Shea<br>6 Johnston Ewing        | 53 MD 10.12m 73.24<br>50 PA 9.50m 65.84<br>54 TN 9.47m 69.54   |
| 4 Peter Gall<br>5 Max Crispi<br>6 Jack Galla | 32                 | MA 4:36.01 81.38<br>NY 4:40.06 80.18<br>NB 4:40.42 80.08          | 7 Carl Hubel<br>8 Jeffrey Mader<br>9 Kenneth Brown      | 42 PA 9:20.72 84.88<br>43 MA 9:45.68 81.88                            | 2 Barbara Jordan   | 63 VT 12.96 86.78   |   | 48 OK NH<br>52 CA 4.15m 91.8%  | 7 David Grassman  | 51 FL 8.31m 58.44  |
| M35<br>1 Anselm Let                          | ourne 39           | NJ 4:27.17 87.8%  | - Tom Kolb  | 42 NY 9:56.02 79.8%<br>43 NH DNF<br>44 MA DNF                         | - 4x400<br>M40-49<br>1 SFA (,,,)   | Helay - 3:42.77   | 2 Daniel Borrey<br>3 Tom Rauscher                             | 52 MD 3.55m 78.5%  | 1 Douglas Geertgens<br>2 James Cawley                   | 56 NY 10.25m 77.5%<br>56 TX 10.16m 76.8%<br>56 NY 9.36m 70.8%  |
| 2 Yvan Lacha<br>3 John Barro<br>4 Rich Agne  | esi 35             | OT 4:27.55 85.38<br>CT 4:30.50 84.48<br>NJ 4:36.34 84.38          | M45<br>1 Charles McMullen                               | 47 NY 9:05.11 90.5%<br>45 MA 9:09.45 88.5%                            | 2 SOWE (,,,)<br>M50-59   | 3:47.25   | 5 William DeHorn<br>6 Johnston Ewing                          | 51 TX 3.40m 74.28<br>52 QE 3.40m 75.28<br>54 TN 3.40m 77.28  | 4 Ed Taft   | 58 NY 9.23m 71.81<br>56 ME 8.12m 61.41                         |
| 5 Bruce Dav.<br>6 Steve Nea                  | rman 31            | 9 VA 4:37.36 84.63  | 3 Harvey Blonder  | 45 MA 10:00.39 81.0%<br>48 NH 10:12.62 81.2%                          | 1 BRC (,)<br>M60-69<br>1 EARE (,)  | 4:25.23   | 7 Thomas Taft<br>8 Michael Zahner<br>9 Peter Fichter          | 50 PA 3.10m 66.6%<br>52 VT 2.80m 61.9%<br>52 MA 2.65m 58.6%  | 6 Davi Rosenthal, Dr.<br>M60                            |  |
| 7 James Cuo<br>8 Keith Dav<br>9 Mark Codd    | ies 39             | 9 PA 4:38.04 84.48<br>9 DE 4:48.30 81.48<br>8 NA 4:51.06 80.08    |   | 48 MA 10:29.53 79.04<br>52 NJ 9:32.04 89.84                           | 2 BAA (,,,)<br>W30-39  | 5:35.25   | 0 Joe McMahon<br>N55  |  | 1 Haig Bohigian<br>2 Grover Coats<br>M65                | 62 NY 9.348 77.08<br>60 OH 9.268 74.18                         |
| 0 Craig Low<br>1 Jorge Hern                  |                    | 5 PA 4:53.18 77.88<br>NY 5:09.32 75.38                            | 2 Colin McArdle   | 54 MA 9:57.95 87.38<br>50 MA 10:09.93 82.88                           | 1 ATOM (,,,)<br>W40-49<br>1 WEST (,,,)   | A CALLER THE  | 1 Joe Johnston<br>2 Jeff Tindall<br>3 Buster Byrnes           | 55 FL 3.85m 88.7%<br>56 NJ 3.40m 79.4%   |   | 69 MD 9.75m 88.9%<br>68 NJ 7.52m 67.6%                         |
| 1 Bob Carrol<br>2 Donald Dif                 |                    | NY 4:27.64 89.68<br>NY 4:31.40 87.78                              | 4 Dane Freeman<br>5 David Narlee                        | 53 NC 11:28.97 75.1%<br>52 NH 11:32.93 74.1%                          | W50-59<br>1 EARE (,,,)   | and the second se | M60<br>1 Taylor Goode   | 56 ME 2.50m 58.4%  | 1 Tom Rice  | 71 PA 7.78m 73.04<br>73 MA 7.66m 74.08                         |
| 3 Tony Rodie<br>4 Paul Corce                 | z 42               | WI 4:33.72 87.64<br>MA 4:35.65 86.34                              | M55<br>1 Hugh Sweeney<br>2 Jack Brennan                 | 55 NJ 10:50.50 80.9%<br>57 NY 10:52.53 82.1%                          |  | ) Relay -   | 2 Norm Cyprus<br>3 Peter Perkins                              | 60 NY 2.75m 68.0%<br>63 NA 2.60m 67.0%   | 3 Bill Wambach<br>N75                                   | 73 WI 7.27m 70.38  |
| 5 Fred Kitzi<br>6 Brian Hall                 | 40                 | NY 4:42.18 85.68<br>MA 4:43.43 83.48                              | 3 John Cederholm<br>4 Kenneth Skinner                   | 56 MA 11:11.68 79.1%<br>58 NY 11:26.34 78.8%                          | 1 WETC ()<br>2 ADIR ()   | 8:20.02   |   | 64 SD 2.60m 68.0%  | 1 Edwin Lukens<br>2 Art Holland<br>M80                  | 77 NY 8.71m 89.2%<br>77 MI 5.85m 59.9%                         |
| 7 Bob Hodge<br>8 David Tree<br>9 Matt Pile   | 44                 | MA 4:47.45 84.08<br>NB 4:48.33 84.48<br>OK 4:50.63 83.78          | 5 Blaine Lawson<br>6 Bernie Finch<br>M60                | 57 NY 12:18.89 72.54<br>59 WI 14:27.82 62.94                          | 3 TRIA (,,,)<br>M40-49<br>1 NIAG (,,,)   | 8:34.62   | 2 Jerry Donley<br>3 Bill Jankovich                            | 69 CO 2.90m 81.24<br>65 WI 2.45m 64.98   | 1 Robert Sorlien<br>M85                                 | 82 RI 5.71m 62.88  |
| 0 Raymond S:<br>1 Clyde Low                  | thert 44           | NJ 4:54.11 82.7%<br>PA 4:56.21 82.1%                              | 1 Dan Conunu  | 60 WI 10:01.96 91.5%<br>60 DE 10:15.35 89.5%                          | 2 EAST (,,,)   | 9:21.56   | 1 Art Holland   | 77 MI 1.70m 53.2%  |   | 85 MI 5.48m 62.94<br>85 NE 3.38m 38.84                         |
| 2 Mickey Mc<br>3 Jeffrey M                   | ader 41            | 2 SC 4:59.68 80.0%<br>3 MA 5:02.72 79.8%                          | 3 Josef Fodor<br>4 Joe Cordero                          | 61 OH 11:12.15 82.8%<br>61 NY 11:19.74 81.8%                          | 2 GSH (,,,)  | 9:08.74<br>9:51.48<br>10:10.38  | W65<br>1 Amy Hicks<br>W70                                     | 66 MA 1.408 54.48  | M90<br>1 Karl Trei<br>W40                               | 90 ON 5.18m 66.5%  |
| 4 Peter Sch<br>5 Brad Stay<br>6 Greg Alla    | ton 4              | 0 MA 5:05.49 77.38<br>2 MA 5:18.42 75.38<br>3 NB 5:22.73 74.88    | 5 Arthur Conro<br>6 Jerry LaVasseur<br>7 Adrian Craven  | 62 MA 11:40.24 80.24<br>61 CT 11:46.25 78.84<br>62 SC 12:30.68 74.84  | M60-69   | A CONTRACTOR OF THE REAL  | 1 Leonore McDaniels<br>2 Johnnye Valien                       | 71 VA 2.00m 84.0%<br>73 CA 1.40m 60.6%   |   | 40 NJ 7.47m 55.04  |
| - Rodney Bl<br>N45                           | ue 41              | O IL DNF  | 8 Bernie Swansey<br>9 Chas Hudson                       | 64 MA 12:50.86 74.3%<br>61 NY 12:51.30 72.1%                          | - High .   | the second se   | W75<br>1 Margaret Hinton                                      | 77 TX 1.40m 64.28  | 1 Linda Lowery<br>W50                                   | 47 GA 9.22m 76.04  |
| 1 Tim McMul<br>2 Charles M<br>3 Roly McSo    | cMullen 4          | 6 NY 4:36.08 89.5%<br>7 NY 4:37.96 89.6%<br>8 NB 4:39.11 89.9%    | M65   | 61 NY 13:20.81 69.5%  | M30<br>1 Andrew Boyce<br>M35   | 34 IL 2.00m 86.5%   | H30 - Long  | and the second | 1 Michael Hill<br>W60<br>1 Evelyn Wright                | 52 NJ 7.53m 67.3%<br>61 MD 7.95m 82.2%                         |
| 4 Steve Wul<br>5 David Ozu                   | f 4                | 5 CA 4:44.96 86.08<br>6 MA 4:50.93 84.98                          | 2 Don Ross  | 68 MA 12:50.47 77.7%<br>66 MD 13:07.16 74.4%                          | 1 Joseph Patrone<br>2 Jeff Helton  | 36 MA 1.89m 83.6%<br>37 AZ 1.74m 77.6%  | 1 Mar Williams-Sander<br>2 Vincent Martin                     | 31 TN 6.92m 77.3%  | 2 Audrey Lary<br>3 Barbara Jordan                       | 64 MD 7.81m 84.7%<br>63 VT 7.70m 82.2%                         |
| 6 Gary Conf<br>7 Joseph Ch<br>8 Jack Down    | imino 4            | 7 PA 5:03.04 82.18<br>5 NY 5:04.70 80.48                          | 4 Ray Pickell<br>M70                                    | 68 MA 13:23.65 74.5%  | 3 Dolf Berle<br>M40-49 -HJ-<br>M40   | 36 CA 1.69m 74.74   | 3 Andrew Boyce<br>4 Alan Sims<br>5 James Tunstall             | 34 IL 6.56m 76.1%<br>34 TX 6.02m 69.9%<br>34 VA 5.48m 63.6%  | W65<br>1 Amy Hicks                                      | 66 MA 4.698 52.58  |
| 9 Peter Rei<br>0 Bill Line                   | nhart 4<br>han 4   | 8 NJ 5:06.49 81.9%<br>8 MA 5:12.56 80.3%                          | 1 Bill Fortune<br>2 Jim Selby<br>3 Dixon Hemphill       | 70 NY 12:04.45 84.6%<br>70 CA 12:22.52 82.5%<br>74 VA 13:24.78 80.2%  | 1 Dave Bergstrom   | 42 ND 1.90m 89.6%<br>41 RI 1.83m 85.1%  | M35<br>1 Steven Keyes   | 38 MA 6.67m 81.74  | W70<br>1 Leonore McDaniels<br>2 Johnnye Valien          | 71 VA 6.21m 75.4%<br>73 CA 5.62m 70.5%                         |
| 1 Bob Perta<br>2 William H<br>3 Paul Chas    | k 4<br>IcHullen 4  | 8 NY 5:15.79 79.48<br>6 NY 5:18.21 77.68                          | M75<br>1 Sid Toabe                                      | 75 MA 15:13.47 71.68  | 3 Ken Ellis<br>4 Garry Pirch   | 41 OK 1.73m 80.4%<br>44 MO 1.68m 80.7%  | 2 William Long<br>3 Willie Price<br>4 Spencer Johnson         | 39 CA 6.24m 77.5%<br>36 NY 6.01m 71.7%<br>35 OH 5.80m 68.2%  | W75<br>Margaret Hinton                                  | 77 TX 5.30m 70.9%  |
| 4 Anthony E<br>M50                           | aker 4             | 8 CT 5:20.81 78.24<br>5 NY 5:44.62 71.18                          |   | 79 NY 16:09.60 71.84<br>76 VA 16:41.52 66.34                          |  | 40 PA 1.63m 75.1%<br>40 MA 1.53m 70.5%<br>43 OH 1.53m 72.8%   | H40   | 43 PA 6.18m 81.0%  | 2 Mary Holland  | 75 HI 4.95m 64.18  |
| 1 Harold No<br>2 Paul Perr                   | Y 5                | 2 NJ 4:48.10 89.98<br>4 IL 4:48.69 91.38                          | 1 Dudley Healy<br>M85                                   | 84 NJ 19:03.85 66.74  | M45<br>1 Pat Fahy  | 47 AZ 1.63m 81.0%   | 2 Sirlester Griffin<br>3 Ken Ellis                            | 43 MD 5.94m 77.8%<br>41 OK 5.91m 75.3%   | M30 -   | The second second second                                       |
| 3 Dick Gree<br>4 Rich Myer<br>5 Jim Gorma    |                    | 1 PA 4:52.12 88.0%<br>3 NJ 4:55.82 88.3%<br>0 CA 4:56.82 85.9%    | 1 Harold Massie<br>W30                                  | 85 NE 27:22.61 47.4%  | 2 Ed Baskauskas<br>3 Jim Dolezel<br>4 Richard Watson   | 48 CA 1.48m 74.3%<br>48 OK 1.43m 71.8%  |   | 41 TN 5.81m 74.14<br>42 ND 5.63m 72.84<br>40 MA 5.45m 68.64  | 1 Norman Deep<br>2 Troy Herr<br>M35                     | 32 NY 13.26m 59.7%<br>34 PA 12.47m 56.13                       |
| 6 Colin McA<br>7 Randy Tay                   | lor 5              | 4 MA 4:58.17 88.48<br>1 AR 5:00.25 85.68                          | 2 Christine Reaser                                      | h30 MA 10:18.01 80.5%<br>33 ME 10:25.74 79.5%<br>32 NH 10:30.02 79.0% | M50-59 -HJ-  | 46 A2 1.388 67.68   | 7 Jim Roberts<br>8 John Dyer                                  | 41 FL 5.45m 69.5%<br>41 VA 5.29m 67.4%   | 1 Glenn Thompson<br>2 Thom Lanzalotto                   | 36 PA 18.67m 84.18<br>39 NJ 12.78m 59.78                       |
| 8 Fred Dedr<br>9 Daniel Mc                   | Carthy 5           | 0 MA 5:31.44 76.91  | 4 Tina Ramos  | 30 MA 10:36.48 78.28  | 1 James Sauers<br>2 Gregory Brooks   | 52 TX 1.56m 81.6%   | 9 Daniel Taylor<br>0 Rick Choppa                              | 41 FL 5.29m 67.4%<br>40 NY 5.08m 63.9%   | 3 Nicholas Mitchell<br>4 Paul Catanoso<br>M40           | 39 NY 11.70m 54.78<br>38 MA 10.20m 46.78                       |
| 0 James Mir<br>1 Jack Devi<br>M55            |                    | 0 NY 5:38.25 75.38<br>2 MA 5:51.46 73.78                          | 2 Sharon Vos  | 43 NY 10:05.32 89.08<br>44 CT 11:05.02 81.78                          | 3 Bob Boddy<br>4 James Dickerson<br>5 Johnston Ewing   | 51 DE 1.51m 78.24<br>52 NJ 1.51m 79.04<br>54 TN 1.46m 78.04   | M45<br>1 Anthony Santos<br>2 Michael Skoflanc                 | 47 GA 5.94m 82.18<br>45 IL 5.73m 77.18   | 1 Gary England<br>2 Bob Otrando                         | 44 FL 16.12m 84.08<br>42 MA 15.40m 76.88                       |
| 1 Hugh Swee<br>2 Timothy S                   | impson 5           | 5 NJ 5:04.01 87.48<br>8 VT 5:05.33 89.48                          | 3 Linda Ryan<br>4 Karen Lein<br>W45                     | 44 CT 11:05.02 81.74<br>43 NJ 11:36.88 77.34<br>40 MA 12:21.25 70.94  | 6 Jay Jellison<br>7 Ivan Black   | 51 MA 1.46m 75.6%<br>50 NY 1.41m 72.3%  | 3 Larry Vollmer<br>4 Pat Fahy                                 | 46 TX 5.70m 77.7%<br>47 AZ 5.52m 76.3%   | 3 Tony Ciccone<br>4 Bryan Stewart                       | 42 NJ 13.69m 68.38<br>40 SC 12.91m 61.68                       |
| 3 Patrick C<br>4 Joel Dubo<br>5 Robert Be    | w 5                | 8 NJ 5:35.29 81.48<br>6 PA 5:38.75 79.18                          | 1 Kathryn Martin  | 47 NY 10:44.52 86.68<br>47 NY 11:45.15 79.18                          | 8 Seyavash Karimian<br>M55   | 53 DE 1.41m 74.68   | 5 Taylor Weatherbee<br>6 Dave Ransom<br>7 Jim Dolezel         | 48 TN 5.39m 75.6%<br>45 PA 5.17m 69.5%<br>48 OK 5.07m 71.1%  | 6 Jeff Crothers   | 41 MA 11.13m 54.3%<br>40 A2 10.65m 50.8%                       |
| 6 Kenneth S<br>7 Blaine La                   | kinner 5<br>wson 5 | 7 NY 6:23.57 70.54  | 4 Susan Nesbihal  | 5 MA 11:52.74 76.98<br>49 NY 15:30.88 61.08                           | 1 James Cawley<br>2 Barry Kline<br>2 Paul Gansle   | 56 TX 1.55m 84.7%<br>59 PA 1.50m 84.7%<br>56 NY 1.50m 81.9%   | 8 John Oleski   | 48 OK 5.07m 71.14<br>48 MA 5.05m 70.84<br>48 CT 4.15m 58.24  | N45<br>1 Dennis Hansen                                  | 44 MD 9.71m 50.68<br>45 NY 12.84m 68.38                        |
| 8 Charles H<br>- Ransay Th                   | lichael 5          | 8 BR 6:34.90 69.18<br>5 CA DNF                                    | 1 Yoko Eichel   | 51 CA 12:26.46 77.58<br>51 NY 14:19.78 67.38                          | 4 Janes Brady<br>4 Frank Condon  | 55 MA 1.45m 78.34<br>56 CA 1.45m 79.24  | 1 Edward Jones  | 54 TX 5.578 84.68  | 2 Ed Clark<br>3 Carmen Letizia                          | 46 MA 11.55m 62.8%<br>45 MA 11.18m 59.4%                       |
| M60<br>1 Dan Conwa<br>2 Sid Howar            |                    | 0 WI 5:01.76 92.28<br>0 NJ 5:11.17 89.48                          | W55<br>1 Marie Michelsohn                               | 57 NY 13:12.97 77.54  | 6 Philip Byrne<br>7 William Angus  | 58 MA 1.45m 81.0%<br>56 OH 1.45m 79.2%  | 2 Michael Milove<br>3 James Dickerson<br>4 Bob Boddy          | 53 NY 5.16m 77.3%<br>52 NJ 5.08m 75.1%<br>51 DE 4.95m 72.2%  | 4 Richard Watson<br>M50<br>1 Ladisla Pataki, Dr.        | 46 AZ 9.20m 50.0%  |
| 3 Henry Haw<br>4 Josef Fod                   | k 6                | 0 NJ 5:11.17 89.4%<br>2 AR 5:18.17 89.2%<br>1 OH 5:39.73 82.7%    | W60<br>1 Zofia Turosz<br>2 Mary Harada                  | 60 CT 13:50.67 76.48<br>63 MA 14:23.82 76.08                          |  |   | 5 Jay Jellison<br>6 Ernie Dew                                 | 51 MA 4.81m 70.2%  | 2 Craig Shumaker<br>3 Robert Mead                       | 50 PA 15.25m 82.18<br>54 VT 14.81m 87.18                       |
| 5 Joe Corde<br>6 Arthur Co                   | ro 6               | 1 NY 5:41.48 82.38<br>2 MA 5:44.64 82.38                          | 3 Judith Merra  | 63 MA 17:11.12 63.78  | M60<br>1 Emil Pawlik   | 60 MS 1.51m 85.81   | 7 David Grassman<br>8 Joe McMahon<br>9 Bruce Hedendal         | 51 FL 4.47m 65.2%<br>50 NY 3.97m 57.2%   | 4 Joe DeStefano<br>5 Jerry Bookin-Weiner                | 52 VA 13.60m 76.6%<br>52 MA 12.91m 72.7%                       |
| 7 Jerry Lav<br>8 John Hurl<br>M65            | ey (Ma) 6          | 1 CT 5:59.01 78.24<br>2 MA 6:05.65 77.64                          | A standard line was shown as a set                      | 87 BC 25:57.92 65.08  | 2 Jerry Sullivan<br>3 Joel Stinson<br>4 Sam Rumford  | 64 CA 1.46m 86.98<br>63 HE 1.41m 82.98  | 9 Bruce Hedendal<br>0 Thomas Fischer<br>M55                   | 51 FL 3.86m 56.3%<br>51 PA 3.34m 48.7%   | 6 Dennis Chandler<br>7 Bruce Hedendal<br>8 Terry Shuman | 50 NJ 12.89m 69.4%<br>51 FL 12.71m 70.0%<br>53 PA 12.16m 70.0% |
| 1 Ino Cantu<br>2 Charles W                   | imberley 6         | 5 TX 5:30.30 88.64<br>5 LA 5:45.57 84.74                          | H35   |   | 5 Gustave Davis<br>5 Norm Cyprus   | 61 NJ 1.36m 78.14<br>61 CT 1.26m 72.44<br>60 NY 1.26m 71.54   | 1 Jerry Belinson<br>2 James Cawley                            |  | 9 Herb Bachorik<br>0 Rich Dunphy                        | 53 NY 11.87m 68.34<br>51 NJ 10.44m 57.54                       |
| 3 Gordon Mo<br>4 Don Ross                    | 6                  | 5 CA 6:05.74 80.04<br>8 MA 6:40.73 75.54<br>6 MD 6:45.58 72.94    | 1 Karl Smith<br>2 Timmie Bell<br>3 Michael Burke        | 36 MD 8.43 89.64  | 5 Grover Coats<br>M65  | 60 OH 1126m 71.5%   | 3 Douglas Geertgens<br>4 William Angus<br>5 Ken Moses         | 56 NY 5.12m 80.0%<br>56 OH 4.80m 75.0%   | 1 James Shea<br>2 Dave Tousignant<br>3 Neil Rich        | 50 PA 10.26m 55.24<br>51 MA 10.07m 55.54                       |
| 5 Jim Keat                                   | and a state        |   | 4 Kerry Sloan<br>5 Brian Conley                         | 16 TX 8.61 85.64<br>38 CA 9.19 83.64                                  | 2 Janes Stockey<br>3 Clarence Trinkner   | 66 GA 1.45m 87.84<br>69 MD 1.40m 87.54<br>67 WI 1.35m 82.84   | 6 Davi Rosenthal, Dr.<br>- Philip Byrne                       | 56 NY 4.61m 72.0%<br>59 NJ 3.30m 53.6%<br>58 MA FOUL   |   | 51 MA 9.64m 53.18  |
|  |                    |   |   |   | and the second s | and the second  |   |  | Conti   | nued on next page  |
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NEEPHABANTA DESTAR

| May 1999   | and in any property  | National Masters News  |  | page 29  |
|--|--|--|--|--|
| Continued from previous page   | 2 Mary Holland 75 MI 5.12m 57.6%<br>3 Diane Friedman 77 OH 4.75m 56.6%                               | W60           1 Evelyn Wright         61 MD 9.23m           2 Mary Roman         63 CT 8.50m                     | 4 Tony Ciccone 42 NJ 2907<br>5 Daniel Taylor 41 FL 2738<br>6 Rob Doran 40 NY 2608                          | 2 Paul Geyer 79 NOV 22:11.70 73.78<br>3 Richard Bennett 75 NA 23:21.85 66.48<br>NBO                                    |
| 1 Glen Johnson 59 TN 13.36m 87.5%<br>2 Robert Harvey 56 RI 12.47m 76.6%  | 1 Katharine Gradick 81 FL 5.05m 67.6%<br>- Weight Throw -  | 3 Anne Cirulnick 64 NY 7.84m<br>W65  | 7 Frank Makozy 40 PA 2278<br>H45   | 1 Bill Tallmadge 82 KY 24:20.75 70.28  |
| 3 Al Neville 55 NH 11.00m 66.0%<br>4 Gary Crawford 58 NY 10.62m 68.1%<br>5 Jim Chamberas 55 NA 10.40m 62.4%  | N30<br>1 Troy Herr 34 PA 16,77m  | 1 Lillian Snaden 69 SC 7.36m<br>2 Marcia Crooks 65 MA 7.05m<br>3 Amy Hicks 66 MA 6.97m                           | 1 Ken Kring 47 PA 3901<br>2 Pat Fahy 47 AZ 3686<br>3 Bob Doran 45 MY 3323                                  | 1 Marcia Gutsche 37 MA 15:05.72 81.18<br>2 Abigail Oliver 38 IN 16:12.89 76.18<br>3 Jean Tenan 35 CT 17:42.20 68.28    |
| 6 Bob Cahners 56 FL 9.82m 60.3%<br>7 Buster Byrnes 56 ME 9.13m 56.0%   | 2 Norman Deep 32 NY 12.54m<br>N35  | 4 Georgia Johnson, ND 69 MI 6.44m  | 4 Ken Robichaud 46 KA 919<br>5 Richard Watson 46 XZ 553  | 3 Jean Tenan 35 CT 17:42.20 68.28<br>4 Marie VerMeer 38 OR 20:11.11 61.18<br>- Kelly Cullenberg 37 ME DQ               |
| 8 Carl Levine 55 CT 8.57m 51.4%<br>M60 -SP-  | 1 Michael Hambrick 39 PA 14.68m<br>2 Glenn Thompson 36 PA 13.81m<br>3 Brian Doberty 38 Will 11 74m   | 1 Johnnye Valien 73 CA 5.26m<br>W75  | 6 Ed Baskauskas 48 CA 513<br>N50   | 1 Maryanne Torrellas 40 CT 13:46.73 90.88  |
| 1 Gerald Vaughan         63 NC 13.42m 87.6%           2 Stephen Cohen         60 IL 13.42m 81.9%           3 James Hart         62 CA 12.09m 77.2% | 3 Brian Doherty 39 MA 11.74m<br>4 David Tolson 39 MA 11.39m<br>M40                                   | 1 Diane Friedman 77 OH 3.97m<br>W80  | 1 William DeHorn 52 QE 3463<br>2 William Foucher 50 MA 3174<br>3 Thomas Taft 50 PA 2832                    | 2 Lyn Brubaker 42 PA 13:48.49 92.0%<br>3 Donna Chamberlain 42 PA 15:08.06 84.0%<br>4 Sandy DeNoon 43 IL 15:58.45 80.2% |
| 4 Leonard Rosen 64 NH 11.64m 77.68<br>5 Sam Rumford 61 NJ 11.44m 71.48   | 1 David Vandergriff 43 SC 14.66m<br>2 Gary England 44 FL 13.83m                                      | 1 Katharine Gradick 81 FL 4.69m<br>- Superweight -   | 4 Darryl Decker 52 NY 2826<br>5 Bruce Hedendal 51 FL 2372  | 4 Sandy DeNoon 43 IL 15:58.45 80.28<br>5 Ann Percival 40 CT 17:29.75 71.58<br>W45                                      |
| 6 Stan Chatis 61 NY 10.04m 62.7%<br>M65  | 3 Bob Cedrone 44 MA 12.72m<br>4 Mark Kreafle 44 MD 11.56m  | M30<br>1 Troy Herr 34 PA 11.09m  | 6 T.W. Tesche 51 KY 2330<br>7 Rex Harvey 52 OH 2282  | 1 Janet Comi 45 PA 15:22.71 84.68<br>2 Tish Roberts 49 IN 15:27.06 87.08   |
| 1 Phil Mulkey 66 GA 13.62m 94.7%<br>2 Bob Ward 65 TX 12.56m 85.4%<br>3 Len Olson 67 FL 12.18m 86.6%  | 5 Jeff Crothers 40 AZ 10.36m<br>6 Bryan Stewart 40 SC 10.13m<br>M45                                  | 2 Norman Deep 32 NY 8.19m<br>N35<br>1 Michael Hambrick 39 PA 9.50m   | N55<br>1 William Angus 56 OH 3871<br>2 Philip Byrne 58 MA 3513   | 3 Debbie Topham 46 MI 16:14.15 80.8%<br>4 Sherry Brosnaham 47 NJ 16:18.57 81.1%<br>5 Lee Chase 45 CT 16:19.24 79.7%    |
| 3 Len Olson 67 FL 12.18m 86.6%<br>4 Ray Feick 67 PA 11.09m 78.9%<br>5 Bill Garraban 69 RI 10.60m 78.6%   | 1 William Johnston 45 RI 14.43m<br>2 T.Carl Reichard 46 CT 12.85m                                    | 2 Brian Doherty 39 KA 8.31m<br>N40   | 3 Bruce Mills 59 IL 2382   | 5 Lee Chase 45 CT 16:19.24 79.78<br>W50<br>Jackie Reitz 50 IN 16:47.70 80.78   |
| 6 Pay Carstensen 67 FL 10.51m 74.8%<br>7 Pete Augsburger 69 OH 10.48m 77.8%  | 3 Patrick Lynn 49 NY 12.74m<br>4 Dennis Hansen 45 NY 11.05m  | 1 David Vandergriff 43 SC 9.80m<br>2 Bob Cedrone 44 MA 8.22m   | 1 Emil Pawlik 60 MS 4300<br>2 Grover Coats 60 OH 3263  | 2 Yoko Eichel 51 CA 18:08.00 75.4%<br>3 Ann Montgomery 51 NA 19:25.70 70.4%  |
| 8 Andy Larabee 66 VT 9.45m 65.7%<br>M70<br>1 Arnie Gavnor 71 CA 13.55m 93.9%   | 5 Richard Watson 46 AZ 10.41m<br>6 Carmen Letizia 45 MA 9.60m<br>M50                                 | 3 Mark Kreafle 44 MD 7.46m<br>4 Bryan Stewart 40 SC 7.34m<br>5 Jeff Crothers 40 AZ 7.02m                         | 3 E.Robert Premo 63 VA 1156<br>4 Dale Lance 61 OK 1101<br>M65  | 4 Pat Walker 51 IN 20:31.26 66.7%<br>- Karen Davis 50 AZ DQ<br>W55   |
| 1 Arnie Gaynor 71 CA 13.55m 93.94<br>2 Phillip Brusca 71 MO 12.06m 83.74<br>3 William Bergen 70 MD 8.95m 60.64                                     | 1 Tim Edwards 50 CO 13.86m<br>2 Ladisla Pataki, Dr. 52 CA 13.05m                                     | 5 Jeff Crothers 40 AZ 7.02m<br>N45<br>1 Patrick Lynn 49 NY 8.15m   | 1 Clarence Trinkner 67 WI 3717<br>2 Bill Jankovich 65 WI 3115  | 1 Ann Mari Rosenitsch58 ON 17:30.58 83.48<br>2 Janet Higbie 57 IN 17:38.19 82.08                                       |
| 4 J.W. Snaden 73 SC 8.05m 58.3%  | 3 Terry Shuman 53 PÅ 11.82m<br>4 Bruce Hedendal 51 FL 11.72m   | 2 T.Carl Reichard 46 CT 8.13m<br>3 Richard Watson 46 AZ 6.93m  | N70<br>1 Chuck Sochor 71 MI 3401   | 3 Hansi Rigney 57 CA 18:06.50 79.94<br>4 Jeanne Bocci 55 MI 19:35.71 72.44   |
| 1 William Walmroth 75 MI 10.27m 77.6%<br>2 William Nettles 76 MS 10.09m 77.9%<br>3 Charles Covino 75 NJ 9.84m 74.3%                                | 5 Jerry Bookin-Weiner 52 MA 11.20m<br>6 Dennis Chandler 50 NJ 9.78m<br>7 Dave Tousignant 51 MA 7.48m | 4 Dennis Hansen 45 NY 6.82m<br>M50<br>1 Tim Edwards 50 CO 9.25m  | W35<br>1 Denise Jones 35 NY 1063'<br>W40   | W60<br>1 Sami Bailey 62 IN 18:09.20 83.88<br>2 Rachel Beaudet 63 MA 21:47.37 70.68                                     |
| 4 Charles Pistorino 76 VA 9.22m 71.2%<br>5 Art Holland 77 MI 8.35m 65.9%   | 8 Neil Rich 51 MA 6.96m<br>M55   | 2 Terry Shuman 53 PA 8.21m<br>3 Jerry Bookin-Weiner 52 MA 7.07m  | 1 Irene Thompson 44 NY 3355<br>2 Carla Hoppie 42 NV 2884   | W65<br>1 Jean Shepardson 65 NA 20:35.87 76.38  |
| 6 Jacob Stein 75 KY 7.68m 58.0%<br>7 Angelo Oliver 79 RI 7.32m 60.3%   | 1 George Mathews 55 WA 13.57m<br>2 Bob Cahners 56 FL 11.25m  | 4 Neil Rich 51 MA 4.37m<br>N55   | M50<br>1 Dr. Mary Trotto 51 NY 1729  | 2 Mary Alice Stookey 66 MD 22:53.28 69.5%<br>3 Lorelei Ruben 66 MA 23:08.21 68.7%                                      |
| M80<br>1 Champion Goldy 82 NJ 6.46m 58.3%<br>N85   | 3 Al Neville 55 NH 10.52m<br>4 Buster Byrnes 56 ME 9.16m<br>5 Jim Chamberas 55 NA 8.26m              | 1 George Nathews 55 WA 8.76m<br>2 Bob Cahners 56 FL 6.75m<br>3 Al Neville 55 NH 6.68m                            | M60<br>1 Christel Hiller 64 CA 3340  | W70<br>1 Kate Marrs 70 WI 20:38.39 80.8%<br>2 Joan Rowland 72 MY 21:51.05 78.2%  |
| 1 Ross Carter 85 OR 9.68m 96.3%<br>2 James Elliott 85 MI 7.33m 72.9%   | 6 Carl Levine 55 CT 6.61m  | J Al Neville 55 MH 6.68m<br>4 Buster Byrnes 56 ME 5.72m<br>5 Carl Levine 55 CT 4.49m                             | - 3K Racewalk -  | 3 Florence Degata 72 RI 23:20.73 73.28   |
| 3 Bob Detweiler 85 PA 5.00m 49.7%<br>4 Harold Massie 85 NE 4.78m 47.5%   | 1 Norm Cyprus 60 NY 15.08m<br>2 James Hart 62 CA 12.52m  | N60<br>1 Vern Spencer 64 CO 5.93m  | 1 Nick Manuzzi 39 CT 15:07.75 73.88<br>N45<br>1 Stan Sosnowski 48 RI 14:38.83 81.48                        | 1 Margaret Walker 77 PA 23:06.49 79.18<br>(State designations other than the postal code,                              |
| N90<br>1 Karl Trei 90 ON 5.08m 65.7%<br>N95+   | 3 Vern Spencer 64 CO 12.26m<br>4 Don Trimble 62 NH 11.93m  | 2 James Hart 62 CA 5.87m<br>J E.Robert Premo 63 VA 2.76m   | 2 Brian Savilonis 48 MA 15:12.16 78.44<br>3 Larry Titus 49 CT 15:14.45 78.84                               | such as PA, MA, IN, etc., indicate a guest<br>athlete who does not place in the standings.)                            |
| 1 Everett Hosack 97 OH 4.06m 94.6%   | N65         Austin Baggett         67 FL 13.55m           2 Len Olson         67 FL 12.77m           | N65<br>1 Ray Feick 67 PA 6.41m<br>2 Austin Baggett 67 FL 5.94m   | 4 Roswell Barranco 49 MI 16:57.57 70.88<br>5 Douglas VerMeer 45 OR 16:59.32 68.58                          |  |
| 1 Maureen Fallon 32 MA 11.69m 54.5%  | 3 Pay Carstensen 67 FL 12.75m<br>4 Ray Feick 67 PA 12.31m  | 3 Bob Ward 65 TX 5.39m<br>4 Len Olson 67 FL 4.83m  | 6 Fred Anderson 46 NH 18:16.15 64.2%<br>N50<br>1 Robert Keating 52 NH 13:36.62 90.4%                       | USATF National Masters Indoor<br>Heptathion Championships  |
| 1 Oneithea Lewis 38 NY 12.37m 58.4%<br>2 Dana Baumgarten 37 FL 9.40m 43.8%<br>W40  | 5 Bill Garraban 69 RI 10.56m<br>6 Jerry Wojcik 69 OR 10.13m  | N70<br>1 Ken Weinbel 71 WA 8.52m   | 2 Gene Opheim 52 FL 14:38.28 84.0%<br>3 Max Walker 52 IN 15:05.37 81.5%                                    | Hillside, IL; April 10-11  |
| 1 Ruth Welding 43 IN 10.46m 56.7%<br>2 Marcia Veale 42 MA 9.59m 50.5%  | - Bob Ward 65 TX ND<br>N70<br>1 Ken Weinbel 71 WA 10.45m   | 2 Phillip Brusca 71 MO 8.20m<br>3 J.W. Snaden 73 SC 4.91m<br>M75   | 4 Bill Penner 52 CA 15:15.12 80.7%<br>5 James Miner 50 NY 15:54.49 76.1%                                   | M40 Ken Ellis 41 5216  |
| 3 Sue Hallen 42 IL 8.07m 42.5%<br>4 Julie Wiedis 40 NJ 6.28m 31.2%   | 2 Phillip Brusca 71 MO 10.32m<br>3 Lev Mozhaev 73 PA 9.55m   | 1 William Walmroth 75 MI 7.96m<br>2 Jacob Stein 75 KY 5.57m  | M55<br>1 Jim Carmines 55 PA 13:51.46 91.18<br>2 John Elwarner 59 MI 15:27.37 84.68                         | Jeff Watry 43 4575   |
| W45<br>1 April Capwill 48 PA 9.87m 61.3%<br>2 Mary Hartzler 49 OH 8.53m 54.4%  | 4 J.W. Snaden 73 SC 6.40m<br>W75   | 3 Charles Covino 75 NJ 5.23m<br>M85  | 3 Thomas Knatt 58 MA 16:22.43 79.28<br>4 Bernie Finch 59 WI 18:06.08 72.38                                 | Rob Doran 40 38.49<br>M45 Robert Zahn 45 4783  |
| 3 Susan Nesbihal 49 NY 5.79m 36.9%   | 1 William Walmroth 75 MI 10.56m<br>2 Jacob Stein 75 KY 7.41m<br>3 Charles Covino 75 NJ 7.39m         | 1 Bob Detweiler 85 PA 3.06m<br>M95+<br>1 Everett Hosack 97 OH 2.29m  | - David Baldwin 56 ME DQ<br>N60<br>1 Dave Romansky 60 NJ 14:34.28 90.6%                                    | Dennis Webb 46 4293<br>Jim Dolezel 48 4232   |
| 1 Johnni Hill-Hudgins 52 NJ 10.21m 61.3%<br>2 Skipper Clark 51 NY 9.66m 56.4%  | 4 Art Holland 77 MI 6.57m<br>M85   | W40<br>1 Ruth Welding 43 IN 7.44m  | 2 Paul Johnson 61 AR 16:17.25 81.8%<br>3 Spencer Parrish 62 CT 19:33.62 68.8%                              | Kelly Meares 45 3897   |
| 3 Charlotte Jarvis 50 OH 8.69m 49.3%<br>4 Erika Szanto 54 OH 8.49m 53.8%<br>5 Dr. Mary Trotto 51 NY 6.20m 36.2%                                    | 1 Ross Carter 85 OR 5.99m<br>2 Bob Detweiler 85 PA 4.10m   | 2 Sue Hallen 42 IL 5.75m<br>W50  | 4 Gustave Davis 61 CT 19:34.11 68.14<br>5 Richard Huie 63 CT 20:55.71 64.98                                | Alan Russell 49 713<br>M50 Neal Schuster 51 3015   |
| W55<br>1 Karen Huff 56 IL 8.56m 57.3%  | 3 Harold Massie 85 NE 3.38m<br>M95+<br>1 Everett Hosack 97 OH 3.06m                                  | 1 Erika Szanto 54 OH 6.01m<br>W55<br>1 Roslyn Katz 57 NY 7.01m   | M65<br>1 Bob Barrett 65 NY 16:17.64 85.14<br>2 Alfred DuBois 67 WI 16:42.77 84.78                          | Rex Harvey 52 2536<br>M55 Bill Angus 56 5248   |
| 2 Carol Young 59 GA 7.93m 57.74<br>3 Roslyn Katz 57 NY 7.71m 53.14   | W35<br>1 Oneithea Lewis 38 NY 12.26m   | 2 Carol Young 59 GA 6.47m<br>3 Suzy Hess 57 OR 4.97m   | 3 Bob Beaudet 66 MA 18:29.99 75.0<br>4 Louis Free 68 CT 19:36.27 73.0<br>5 Bill McCann 69 MA 19:57.20 72.5 |  |
| W60         63 CT 9.37m 76.1%           1 Mary Roman         63 CT 9.37m 76.1%           2 Evelyn Wright         61 MD 8.85m 68.0%                 | W40<br>1 Ruth Welding 43 IN 10.43m<br>2 Sue Hallen 42 IL 9.19m                                       | W60         61 MD 6.32m           1 Evelyn Wright         61 MD 6.32m           2 Mary Roman         63 CT 6.28m | 6 Frank Sullivan 65 NJ 19:58.72 69.4%<br>7 Charles Dolecki 68 NA 20:47.34 68.9%                            | Henry Clapper 55 3587  |
| 3 Anne Cirulnick 64 NY 7.90m 65.9%   | W45<br>1 April Capwill 48 PA 9.15m   | W65<br>1 Lillian Snaden 69 SC 5.28m  | H70<br>1 Jack Starr 70 DE 17:03.33 85.84   | M60 Emil Pawlik 60 6053<br>John Parks 60 4877  |
| 1 Amy Hicks 66 MA 7.67m 67.61<br>2 Marcia Crooks 65 MA 6.90m 59.01<br>3 Doreen Carmichael 68-ON 6.72m 62.61  | 2 Meg Savilonis 49 MA 6.89m<br>W50   | 2 Amy Hicks 66 MA 4.70m<br>3 Marcia Crooks 65 MA 4.31m<br>- Indoor Pentathion -                                  | 2 William Flick 73 PA 17:55.03 84.63<br>3 John Nervetti 74 NJ 19:06.67 80.24                               |  |
| 4 Georgia Johnson, MD 69 MI 6.07m 58.04<br>5 Harriet Patch 67 MA 5.98m 54.24   | 1 Charlotte Jarvis 50 OH 9.92m<br>2 Johnni Hill-Hudgins 52 NJ 9.07m<br>3 Erika Szanto 54 OH 8.44m    | M35<br>1 James Wardle 36 RI 3317   | 5 Dick Donley 72 OK 21:56.27 68.28<br>6 Stuart Corning 74 MA 23:42.92 64.68                                | Lou Edelman 65 1673  |
| 6 Lillian Snaden 69 SC 5.89m 56.3%<br>W70<br>1 Johnnye Valien 73 CA 6.74m 72.0%  | W55<br>1 Carol Young 59 GA 10.32m  | H40<br>1 Barry Stebbins 43 PA 3694   | - Marvin Goldenberg 71 FL DQ<br>N75  | MPO Tom Thome Sr 82 2032   |
| 1 Johnnye Valien 73 CA 6.74m 72.0%<br>W75<br>1 Margaret Hinton 77 TX 6.69m 79.8%   | 2 Roslyn Katz 57 NY 9.51m<br>3 Suzy Hess 57 OR 7.07m   | 3 Jeff Watry 43 WI 3493  |  | 1.47 Sandy Pashkin 5.99  |
| EAST   | Alan Bautista 25.91 W50 Mary Tr<br>Luca Trovato 26.49 800m   | M45 Scott Abercron   | hbie 5:12.82 M70 Des Margetson<br>W30 Crystal Joseph   | 1.57 Pentathion  |
|  | Val Barnwell 22.96 M30 William   | Elleston 2:07.91 MSO Dick Oreca  | 4:54.14 W40 Edna Crawley<br>W50 Mary Trotto  | 0.97 M40 Rob Doran 2237  |
| Armory T&F Center  | Archie Gaspy 24.11 M Hauc  | denschiels 2:12.52 Michael Wilson<br>t-Preux 2:44.76 M55 Hugh Sweeney  | 4:57.17 M30 Duncan Littlefield   | 4.57 M50 Ivan Black 1743   |
| Manhattan, NY; Feb. 26   | Richard Stewart 26.87 M35 John Ba  | arresi 2:01.69 M60 Joe Cordero<br>Frembley 2:03.73 Jim Fillis  | 6:04.59 M40 Don Severn<br>Mike Bizzaro   | 3.66<br>3.51 Philadelphia Masters Meet   |
| 55m<br>M30 Shawn Carson 6.67<br>Matt Degaetano 6.89  | Edward Gonera 24.10 Ipm Sa<br>Emarcia Shim 24.57 Larry C   | Glazer 2:06.34 M70 Bill Fortune  | 6:21.69 M50 Ivan Black   | 2.59<br>2.13 Haverford College, PA; March 6<br>3.35 55m  |
| Will Holland 6.96  | David Friedman 33.70 Doug M<br>Nick M  | Aitchell 2:12.68 W30 Laurie Corbin   | 5:24.61 Long Jump  | 589 M35 Howard Bolton 7.5  |
| M35 Mitchell Lovett 6.59<br>Jim Reilly 6.91  | Philip Fenton 25.71 Gino C<br>Chin Pabinson 27.34 Ken M  | lartin 2:18.78 Susan Yang  | 5:41.67 M40 Vance Jordan   | 5.74 M40 Tony Fulton 7.0<br>4.26 M55 Bob Fuhrman 8.2   |
| Howard Lindscy 6.98<br>Alex Rivera 7.07  | Richard Hamner 27.85 Adam<br>Noah Perlis 28.61 M40 Steve S   | Rolston 2:27.52 W40 Sharon Vos<br>Shaklee 2:09.65 Sue Hill<br>pher Murphy 2:13.05 Bernadette Fly                 | 5:51.85 David Friedman   | 3.92 M60 Earl Mege 8.3   |
| RV Biagioni 7.26 M5<br>Patrick Smith 7.29  | 5 Rich Jones 28.65 Christ<br>David Rosenthal 32.66 Mark  | Yellin 2:15.14 Debra Kenney  | 5:59.34 John Martin<br>5 33.64 MSC Part Martin   | 4.55 M75 Oscar Harris 8.9  |
| M40 Val Barnwell 6.69 M6<br>Rob Doran 7.89 M7  | 0 Haig Bohigian 29.35<br>0 Manny Herscher 33.93 Rapha  | el Delvalle 2:25.25 Eileen Troy  | 5:39.75 W30 Dawn Best<br>5:54.42 W40 Edua Crawley  | 4.24 W40 Renee DiGiacomo 8.7<br>3.89 200 m   |
| M45 Bill Collins 6.78 M7<br>Edward Gonera 7.09 M8  | 5 John McManus 37.86<br>0 Bob Matteson 42.51 M45 Thomas  | as Hartshome 2:04.94 W50 Ann Makosko<br>Green 2:10.27 Eileen Holzm   | an 714.77 Triple Jump  | 2.43 M40 Tony Fulton 24.2  |
| David Gritz 7.43   | Amy Stewart 27.76 Nick C   | Caswell 2:10.38 W65 Toshiko Delia<br>lodge 2:20.89 3000m   | 7:15.73 M35 Juan Carlos<br>M45 David Friedman  | 9.54 M45 Tony Natale 25.6<br>883 Bill Krieger 26.0   |
| CD Cook 7.48<br>Michael Garrity 8.04   | Jackie Memminger 29.15 Jim C<br>Allen  | Smith 2:34.22 M30 Jeff Benjamin<br>M30 Jeff Benjamin<br>M35 Allan Wells  | 10:05.83 M50 Ivan Black<br>9:36.18 John Martin   | 9.50 M50 Ron Shamwell 28.7   |
|  | 5 Renee Sterrett 27.64 M50 Dick (  | Green 2:39.33 Jud Santos<br>Green 2:13.82 M40 Ken Fagan  | 9:57.02 M55 David Rosenthal<br>10:14.36 M60 Haig Bohigian  | 9.09 M70 Manny Herscher 34.1   |
| Ron Johnson 7.22<br>Bob Davis 7.41<br>Ken Kienzle 8.09 W4  | B Parrish-Hakim 31.57 Rich Madge Coouten 33.39 Frank   | Myers 2:17.26 Bob Breanan<br>Handelman 2:21.69 M45 Branden Wea   | Ver 9:39.98 M70 Des Margetson  | 8.77 M75 Oscar Harris 34.1<br>5.73 W40 Renee DiGiacomo 33.8  |
| Ivan Black 8.14 WS   | 0 Stephanie Vega 27.80 Micha<br>0 Mary Trotto 37.42 Jonath   | han Tetherly 2:28.16 Tom Ryan  | 10:36.81 M75 Ilillar Shareste  | 6.10 W45 Diane McManus 45.0  |
| 1000 1000 1000 1001 40   | 0 Richard Massie 59.93 Bill In<br>10 Richard Massie 1.18.38 M55 Hugh                                 | adek 2:39.52 M50 Michael Wils<br>Sweeney 2:20.98 M55 Jack Brenna   | A 11:33.08 Shot Put<br>11:36 39 M35 Thom Lanzalotto  | 12.66 M40 Al Pendleton 60.2  |
| 769  | Mark Soldo 1:18.38 John<br>15 Mitchell Lovett 48.89 M60 Sid H  | Saarmann 2:34.02 M60 Joe Cordero<br>loward 2:14.75 Denis Daly  | 12:07.61 Nick Mitchell<br>16:33.26 M40 Tony Ciccone  | 12.49 Bob Hill 61.3  |
| Nate Byrd 8.16<br>M65 Bill Wright 7.76   | Howard Lindsay 51.09 M65 Irwin<br>Anselm Le Bourne 52.49 M65 Irwin<br>Jim Reilly 52.89 M70 Bill F    | Fortune 2.55.10 M70 Des Margets  | on 15:37.74 M45 Dennis Hansen<br>10:12 01 M50 Denis Chandler   | 13.30 M55 Bob Fuhrman 67.9   |
| W30 Alethea Morris 7.39<br>Amy Stewart 8.13  | Martin McElhiney 54.68 1 Mile  | Susan Yang   | 11:22.88 Rich Dunphy<br>11:22.88 Ivan Black  | 10.99<br>7.22 W35 Kathy Harte 55.2   |
| W35 Denise Jones 8.61<br>B Parrish-Hakim 8.62  | Juan Castro 59.50 Brian  | Fullom 4:30.69 Lindi Kyan  | 11:51.21 MSS Edward Pox<br>12:01.60 Carl Levine  | 10.83 800 m<br>9.12 M30 Eric Hoffe 2:14.7  |
| W40 L Clark-Feaster 8.08<br>D Whitaker-Crain 8.52 M  | 40 Keith Royster 54.33 Tom   | Cripi 4 32.20 Debra Kenn<br>Metz 4:41.06 W45 Judy Anker<br>bollerits 4:47.26 Susan Nesbi                         | 12:10.74 M60 Sam Rumou   | 12.03<br>10.39 M35 Joe Wesolowski 2:07.3<br>8.66 M40 Mark Yellin 2:17.8  |
| Edna Crawley 8.54 W  | Jackie Memminger 1:07.27 M35 Todd  | Sinclair 4:27.10 55m Hurdles   | 1011 M70 Charles Covino  | 9.02 Clyde Lowthert 2:18.5   |
| 200m<br>M30 Matt Degaciano 22.53   | Rence Sterrett 1:02.59 Paul<br>Madre Couten 1:21.98 Allan  | Stuart-Smith 4:31.79 M70 Manny Her   | andrum 8.51 W35 Oneitha Lewis<br>Caryl Sena  | 9.91 M45 Tony Plaster 2:18.2   |
| Will Holland 24.72<br>Marc Genovese 25.22  | Denise Jones 1:28.57 Larry   | a Wells 4:34.94 W35 Charlene L<br>y Glazer 4:38.02 Denise Jone<br>h Davies 4:44.20 High Jump                     | s 12.69 Virginia Falmer<br>Denise Jones  | 6.28 Karl Castor 2:20.1<br>10.83 M50 Rich Myers 2:18.8   |
| M35 Mitchell Lovett 22.25<br>Jim Reilly 23.39  | D Whitaker-Crain 1:06.63 Doug<br>L Clark-Feaster 1:07.45 M40 Stev                                    | g Miller 4:45.25 M40 Bill Brown<br>shaklee 4:38.47 M45 David Fried   | iman 1.63 W40 Sarah Boslaugh<br>W45 Susan Nesbial<br>1.42 W50 Mary Trotto                                  | 5.97 Fred Dedrick 2:20.1   |
| Everad Samuels 23.76   | Bernadette Flynn 1:11.76 Mart  | k Yellin 4:50.53 M50 Ivan Black<br>ert Hill 5:20.69 John Martin  | 1.42 WS0 Mary Hous<br>1.37 WS5 Roslyn Katz   | 7.92 Continued on next page  |
| Patrick Smith 25.18   "  | 45 Kathryn Martin 1:11.15 Robe   | Call The State States and  |  |  |

## page 30

## National Masters News

May 1999

| page 50  |   | -  |
|--|---|--|
| 0 - 10   | weather and   |  |
| Continued from previo  | The second second   | 1  |
| M60 Bruce Gilbert  | 2:43.2  | 1  |
| Mile   |   |  |
| M35 Joe Wesolowski   |   | 1  |
| M40 Mark Yellin  | 4:53.7<br>5:03.9  |  |
| Clyde Lowthert<br>M45 Bill Kehner  | 5:28.2  | 3  |
| John Weber   | 5:32.3  | 1  |
| M50 Dick Green   | 4:54.2  |  |
| Fred Dedrick   | 5:07.9  | 2  |
| M55 Joel Dubow   | 5:54.0  | 1  |
| M60 Bruce Gilbert  | 6:02.9  | 1  |
| W45 Diane McManus  | 8:03.4  |  |
| 3000m<br>M40 Anthony Hollis  | 11:59.0   | 1  |
| Jim Merrill  | 12:39.6   | 1  |
| M45 Steve Rook   | 10:44.8   | -  |
| John Weber   | 11:13.3   |  |
| M50 Carl Grossman  | 11:48.9   |  |
| M55 Brian Salzberg<br>W45 Diane McManus  | 11:57.3<br>15:52.7  | 1  |
| 55mH   | 15.52.7   | 3  |
| M40 Lee X  | 8.3   |  |
| M45 Ken Kring  | 9.8   |  |
| M60 Nate Byrd  | 12.1  |  |
| M70 Manny Herscher   | 12.3  |  |
| High Jump  |   |  |
| M40 Bill Brown   | 5-4<br>5-4  |  |
| M45 Ken Kring<br>M60 Jim McGrath   | 5-4<br>4-6  |  |
| M70 Tom Delany   | 3-9   |  |
| M85 George Braceland   |   |  |
| Long Jump  | Second p  |  |
| M45 Ken Kring  | 17-7  | 1  |
| M55 Dave Rosenthal   | 9-11  |  |
|  | 13-1.5  | 2  |
| M70 Tom Delany   | 12-2.25   |  |
| Jack Doorlay   | 9-7.75  |  |
| M85 George Braceland   | 7-2.25  |  |
| Triple Jump  |   |  |
| M50 Dave Rosenthal   | 41-5  |  |
| M70 Tom Delany<br>M85 George Braceland   |   |  |
| Mile Bacewalk  | 199719-198  |  |
| M50 John Albert  | 8:22.9  |  |
| M55 Larry Simmons  | 10:00 3   | 7  |
| M70 Ed Gawinski  | 10:02.9   | 1  |
| W35 EileenDruckenmi  | llr9:49.1   |  |
| Shot Put<br>M60 Sam Rumford  | 12.05   |  |
|  |   |  |
|  |   |  |
| M70 Jack Doorlay<br>M85 George Bracelan  | 7.43  |  |
| M70 Jack Doorlay<br>M85 George Bracelan  | 7.43<br>d 6.14  |  |
| M70 Jack Doorlay<br>M85 George Bracelan<br>Syracuse University N   | 7.43<br>d 6.14  |  |
| M70 Jack Doorlay<br>M85 George Bracelan<br>Syracuse University M<br>Indoor League  | 7.43<br>d 6.14<br>loontime  |  |
| M70 Jack Doorlay<br>M85 George Bracelan<br>Syracuse University N<br>Indoor League<br>Manley Fieldhouse, Syra   | 7.43<br>d 6.14<br>loontime  | A THE REAL PROPERTY OF A PARTY OF |
| M70 Jack Doorlay<br>M85 George Bracelan<br>Syracuse University N<br>Indoor League<br>Manley Fieldhouse, Syra<br>March 12   | 7.43<br>d 6.14<br>loontime  | A CONTRACTOR OF A CONTRACT OF  |
| M70 Jack Doorlay<br>M85 George Bracelan<br>Syracuse University N<br>Indoor League<br>Manley Fieldhouse, Syra   | 7.43<br>d 6.14<br>loontime  | ないとしていたのないないのないで   |
| M70 Jack Doorlay<br>M85 George Bracelan<br>Syracuse University M<br>Indoor Leagu<br>Manley Fieldhouse, Syra<br>March 12<br>200 m   | 7.43<br>d 6.14<br>Noontime<br>e<br>acuse, NY  | ないというないのないのないであったのと  |
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| M70 Jack Doorlay<br>M85 George Bracelan<br>Syracuse University N<br>Indoor League<br>Manley Fieldhouse, Syra<br>March 12<br>200 m<br>M60 Bob Milner<br>400 m<br>M40 Randy Elder<br>800 m<br>M50 Bill Borgstede<br>M55 Paul Stelmaszyk<br>M60 Tom Fondy<br>M65 Marty Fried<br>M11e<br>W35 Betsy Binkowski<br>3000 m<br>M30 Dale Davis<br>M40 Jeff Carnes  | 7.43<br>d 6.14<br>loontime<br>e<br>acuse, NY<br>34.9<br>72.6<br>5:55.0<br>2:39.0<br>2:40.1<br>3:42.5<br>7:12.3<br>22:40<br>11:56  | 「「「」」」」」「「「「」」」」」」」」」」」」」」」」」」」」」」」」」  |
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| M70 Jack Doorlay<br>M85 George Bracelan<br>Syracuse University N<br>Indoor League<br>Manley Fieldhouse, Syra<br>March 12<br>200 m<br>M60 Bob Milner<br>400 m<br>M40 Randy Elder<br>800 m<br>M50 Bill Borgstede<br>M55 Paul Stelmaszyk<br>M65 Dail Stelmaszyk<br>M65 Marty Fried<br>M11e<br>W35 Betsy Binkowski<br>3000 m<br>M30 Dale Davis<br>M40 Jeff Carnes<br>M55 LarryAbrahamso<br>W60 Lennie Tucker<br>5000 m<br>M40 Terry McConnell<br>M45 Rick Cleary<br>M65 Ed Stabler<br>10.000 m   | 7,43<br>d 6,14<br>loontime<br>acuse, NY<br>34.9<br>72.6<br>5:55.0<br>2:39.0<br>2:40.1<br>3:42.5<br>7:12.3<br>22:40<br>11:56<br>n 11:58<br>14:49<br>19:39<br>19:36<br>23:23  | ちょうしてものないなななななななななななない ちょうちょうちょうちょうちょうちょう ちょうちょうちょう  |
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| M70 Jack Doorlay<br>M85 George Bracelan<br>Syracuse University N<br>Indoor League<br>Manley Fieldhouse, Syra<br>March 12<br>200 m<br>M60 Bob Milner<br>400 m<br>M40 Randy Elder<br>800 m<br>M50 Bill Borgstede<br>M55 Paul Stelmaszyk<br>M60 Tom Fondy<br>M65 Marty Fried<br>M11e<br>W35 Betsy Binkowski<br>3000 m<br>M30 Dale Davis<br>M40 Jeff Carnes<br>M55 LarryAbrahamso<br>W60 Lennie Tucker<br>5000 m<br>M40 Terry McConnell<br>M45 Rick Cleary<br>M65 Ed Stabler<br>10,000 m<br>M30 Gary Scott<br>M35 Mike Fitzpatrick<br>M45 Stan More<br>M50 D Robbins<br>W35 Karen Connelly<br>W40 Patti Ford<br>15,000 m<br>M35 Neal Coffey<br>M50 Paul Jewell<br>M55 John Allen<br>M70 Tom Walnut<br>M75 Don Hanlon<br>W30 Judelle Barnish<br>W35 Ruth Yanai<br>March 19  | 7,43<br>d 6,14<br>loontime<br>acuse, NY<br>34.9<br>72.6<br>5:55.0<br>2:39.0<br>2:40.1<br>3:42.5<br>7:12.3<br>22:40<br>11:56<br>n 11:58<br>14:49<br>19:39<br>19:36<br>23:23<br>41:57<br>39:17<br>47:52<br>48:34<br>51:15<br>37:48<br>57:55<br>68:48<br>65:22<br>89:36<br>90:40<br>98:30                              |  |
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| M70 Jack Doorlay<br>M85 George Bracelan<br>Syracuse University N<br>Indoor League<br>Manley Fieldhouse, Syra<br>March 12<br>200 m<br>M60 Bob Milner<br>400 m<br>M40 Randy Elder<br>800 m<br>M50 Bill Borgstede<br>M55 Paul Stelmaszyk<br>M60 Tom Fondy<br>M65 Marty Fried<br>M11e<br>W35 Betsy Binkowski<br>3000 m<br>M30 Dale Davis<br>M40 Jeff Carnes<br>M55 LarryAbrahamso<br>W60 Lennie Tucker<br>5000 m<br>M40 Terry McConnell<br>M45 Rick Cleary<br>M65 Ed Stabler<br>10,000 m<br>M30 Gary Scott<br>M35 Mike Fitzpatrick<br>M45 Stan More<br>M50 D Robbins<br>W35 Karen Connelly<br>W40 Patti Ford<br>15,000 m<br>M35 Neal Coffey<br>M50 Paul Jewell<br>M55 John Allen<br>M70 Tom Walnut<br>M75 Don Hanlon<br>W30 Judelle Barnish<br>W35 Ruth Yanai<br>March 19<br>400 m   | 7,43<br>d 6,14<br>loontime<br>acuse, NY<br>34.9<br>72.6<br>5:55.0<br>2:39.0<br>2:40.1<br>3:42.5<br>7:12.3<br>22:40<br>11:56<br>n 11:58<br>14:49<br>19:39<br>19:36<br>23:23<br>41:57<br>39:17<br>47:52<br>48:34<br>57:55<br>68:48<br>65:22<br>89:36<br>90:40<br>98:30<br>69:50                                       | 「「「「「「」」」「「「」」」」「「」」」」「「」」」」「「」」」」」「「」」」」  |
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| M70 Jack Doorlay<br>M85 George Bracelan<br>Syracuse University N<br>Indoor League<br>Manley Fieldhouse, Syra<br>March 12<br>200 m<br>M60 Bob Milner<br>400 m<br>M40 Randy Elder<br>800 m<br>M50 Bill Borgstede<br>M55 Paul Stelmaszyk<br>M65 Marty Fried<br>M11e<br>W35 Betsy Binkowski<br>3000 m<br>M30 Dale Davis<br>M40 Jeff Carnes<br>M55 LarryAbrahamso<br>W60 Lennie Tucker<br>5000 m<br>M40 Terry McConnell<br>M45 Rick Cleary<br>M65 Ed Stabler<br>10,000 m<br>M30 Gary Scott<br>M35 Mike Fitzpatrick<br>M45 Stan More<br>M50 D Robbins<br>W35 Karen Connelly<br>W40 Patti Ford<br>15,000 m<br>M35 Neal Coffey<br>M55 John Allen<br>M70 Tom Walnut<br>M75 Don Hanlon<br>W30 Judelle Barnish<br>W35 John Allen<br>M55 John Allen<br>800 m<br>M30 Gary Scott<br>M11e<br>M40 Jeff Carnes<br>M50 Bob Micho                       | 7,43<br>d 6,14<br>loontime<br>acuse, NY<br>34.9<br>72.6<br>5:55.0<br>2:39.0<br>2:40.1<br>3:42.5<br>7:12.3<br>22:40<br>11:56<br>n 11:58<br>14:49<br>19:39<br>19:36<br>23:23<br>41:57<br>39:17<br>47:52<br>48:34<br>57:55<br>68:48<br>65:22<br>89:36<br>90:40<br>98:30<br>69:50<br>63:0<br>2:31.7<br>5:57.4<br>5:51.4 |  |
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M30 Gary Scott

11:24.4

| Sean Kelly                               | 12:46.8            | Syracus                    |
|--|--------------------|----------------------------|
| M35 Neal Coffey<br>Mike Fitzpatrick      | 10:16.5            | Syracus                    |
| Phil Driscoll                            | 11:13.3            | 55m                        |
| Gerry Woods<br>Joe Connelly              | 11:14.5            | M35 Rich<br>M40 David      |
| M40 Randy Elder                          | 11:52.2            | Bill L<br>M45 Way          |
| Don Hughes<br>Terry McConnell            | 12:11.2            | M45 Way                    |
| Phil Griffin                             | 12:21.8            | W30 Ange                   |
| Ron Westbrook<br>M45 Bruce Bush          | 12:25.5            | 400m<br>M35 Rich           |
| Rick Cleary                              | 11:09.7            | M40 Bill L<br>Mark         |
| Stan More<br>M50 Paul Willsey            | 12:10.1<br>12:19.6 | M45 Tim                    |
| D Robbins                                | 12:25.0            | M50 Bob                    |
| M60 Jack Ucci<br>Tom Fondy               | 13:00.9            | 800 m<br>M30 Mich          |
| M75 Nate White                           | 16:29.0<br>16:33.1 | Torre                      |
| Don Hanlon<br>Russ More                  | 18:18.2            | M35 Clyde<br>Bob           |
| W30 Colleen Zogby                        | 11:55.6            | M40 Bob                    |
| Tracy Cromp<br>Judelle Barnish           | 13:53.9<br>15:39.8 | M45 Joe (<br>Tim I         |
| V35 Leatha Damron                        | 10:41.9            | Bill N                     |
| Karen Connelly<br>V40 Patti Ford         | 13:00.2<br>10:37.6 | M50 Jame<br>W30 Rebe       |
| Ruth Yanai                               | 12:11.3            | 3000m                      |
| -March 26                                | No. 1              | M35 Mike<br>M40 Bob        |
| 130 Sean Kelly                           | 28.0               | M45 Kevir                  |
| Phil Goodrum<br>Sam Sampere              | 28.1<br>28.4       | M50 David<br>M75 Nate      |
| Dale Davis                               | 31.8               | M80 Chas                   |
| 135 Phil Rougeux<br>Mike Fitzpatrick     | 26.5<br>29.4       | W30 Rebe<br>W45 Dian       |
| 140 Phil Griffin                         | 28.6               | Pole Vau                   |
| Andy Vogel<br>Don Hughes                 | 30.0<br>32.0       | M35 Reg<br>Shot Put        |
| Kevin Reynolds                           | 32.0               | M30 Norm                   |
| Ron Westbrook                            | 32.4<br>31.7       | M35 Pat C<br>M50 Jim N     |
| 150 Bob Micho                            | 26.6               | M55 Dick                   |
| Larry Nafie<br>155 Paul Stelmaszyk       | 29.6<br>27.4       | Weight 1<br>M45 Pat L      |
| John Allen                               | 28.6               | M50 Jim M                  |
| 160 Tom Fondy<br>Jack Ucci               | 27.9<br>33.6       | M55 Gary                   |
| Karl Barth                               | 53.3               | USATE                      |
| 65 Andy Branch<br>Ed Stabler             | 27.7<br>34.1       | NY                         |
| 170 Howard MacMilla<br>175 Don Hanlon    | n 31.8<br>38.8     | 60m                        |
| Russ More                                | 41.6               | M30<br>Andre Brid          |
| V30 Michelle Beretvas<br>Tracy Cromp     | 33.2<br>33.9       | Will Hollar                |
| V35 Sarah Falso                          | 30.8               | M35<br>Jerek Hollo         |
| Betsy Binkowski<br>V40 Mickey Dockwiller | 37.8<br>43.3       | Jim Reilly                 |
| V45 Karyn Carrino                        | 35.2               | Paul Bocca<br>Willie Price |
| 100m<br>160 Rene Wilett                  | 3:18.8             | Frank Clark                |
|  | 3:19.4             | <u>M40</u>                 |
| -April 1                                 |                    | Val Barnwe<br>John Rober   |
| M40 Phil Griffin<br>M45 Peter McClure    | 29.2<br>29.5       | Don McNe                   |
| 300m                                     |                    | Barry Stebl<br>Lloyd Jerer |
| M70 Howard MacMilla<br>Mile              | n 3:06.9           | S Weathers                 |
| M30 Sam Sampere                          | 5:28.8             | M45<br>Thomas Jo           |
| Phil Goodrum<br>Sean Kelly               | 5:55.8<br>6:03.5   | Stacey Pric                |
| Doug Hagerman                            | 6:35.6             | Dennis Bro                 |
| M35 Mike Fitzpatrick<br>Gerry Woods      | 5:09.7<br>5:22.5   | C D Cook,<br>David Grit    |
| Phil Driscoll<br>Joe Connelly            | 5:28.2             | David Fried                |
| M40 Marty DiBattista                     | 6:33.2<br>5:03.4   | M50<br>Joseph John         |
| Jack Azevedo<br>Don Hughes               | 5:25.3<br>5:45.7   | Melvin Fie                 |
| Jeff Carnes                              | 5:53.8             | Roger Piero<br>Benny Lile  |
| Phil Griffin<br>Andy Vogel               | 6:16.5<br>6:18.4   | Michael M                  |
| M45 Stan More                            | 6:04.7             | M55                        |
| M50 D Robbins<br>M55 Larry Abrahamson    | 6:16.0             | Gene Balla<br>Phil Byrne   |
| Sam Clemence                             | 6:58.6             | David Rose                 |
| M60 Bruce Fredriksen<br>Tom Fondy        | 6:36.0<br>6:37.6   | M60                        |
| M65 Wally McRae                          | 6:50.6             | Bob Dobbs<br>Roosevelt     |
| M75 Nate White<br>Don Hanlon             | 7:25.1 7:30.2      | John Lewis                 |
| Russ More                                | 9:27.7             | M65<br>Bill Wright         |
| W30 Colleen Zogby<br>Tracy Cromp         | 5:46.5<br>7:04.2   | James Stoo                 |
| Judelle Barnish                          | 7:57.3             | M70                        |
| W35 Sarah Falso<br>Karen Connelly        | 5:27.3<br>6:17.4   | William De<br>Tom Rice F   |
| W40 Ruth Yanai                           | 5:52.3             | Howard Me                  |
|  |                    | Tom Delan<br>William Be    |
| IN AFA                                   | -                  | Manny Her                  |
|  |                    |                            |

| Natio                              | onal Ma            | asters News                                   | 5.4              |
|------------------------------------|--------------------|---|------------------|
| yracuse Chargers                   | Meet               | Frank Brako BRC                               | 10.7h            |
| racuse U., NY; Ma                  | rch 13             | M75<br>Lester Wright, Sr SAC                  | 9.6h*            |
| m<br>5 Rich Saxby                  | 8.3                | <u>W35</u>                                    | 11.13            |
| 0 David Clark<br>Bill Leberman     | 7.2<br>7.4         | Joy Enoch Ohayia UN<br>Denise Jones TOC       | 8.1h*<br>9.9h    |
| 5 Wayne Spitz                      | 7.4                | W50<br>Kathleen Cirina SC                     | 9.0h*            |
| 0 Bob Micho<br>0 Angela Scott      | 7.4<br>7.8         | Michael-Marie Hill UN                         | 9.2h             |
| 5 Rich Saxby                       | 65.6               | Norma Jones AUI<br>W60                        | 9.6h             |
| 0 Bill Leberman                    | 65.0<br>65.3       | Audrey Lary MM                                | 9.66*            |
| Mark Condolora<br>5 Tim McMullen   | 59.6               | Phyllis Bradley AUI<br>Mary Roman UN          | 10.1h<br>10.8h   |
| 0 Bob Micho<br>)m                  | 61.6               | W70<br>Patricia Peterson SC                   | 10.8h            |
| 0 Michael Boni                     | 2:12.49            | 200m  | 10.011           |
| Torrey Davis<br>5 Clyde Ward       | 2:16.84<br>2:01.52 | M35<br>Derek Holloway UN                      | 22.3h*           |
| Bob Bolton<br>0 Bob Carroll        | 2:07.01            | Jim Reilly UN<br>Jim Watts CW                 | 23.1h<br>24.4h   |
| 5 Joe Chimino<br>Tim McMullen      | 2:11.44 2:12.66    | William Vaughn, Jr UN                         | 25.2h            |
| Bill McMullen<br>James Miner       | 2:16.22            | Alan Bautista CPTC<br>Luca Trovato CPTC       | 25.6h<br>25.8h   |
| 0 Rebecca Heuer                    | 2:24.65            | Gino Caro HTC                                 | 26.8h            |
| 5 Mike Platt                       | 9:50.7             | M40<br>Val Barnwell CPTC                      | 22.7h            |
| 0 Bob Carroll<br>5 Kevin Morrisroe | 8:54.2<br>11:12    | Paul Allen MM                                 | 24.1h            |
| 0 David Delfavero<br>5 Nate White  | 10:42<br>15:48     | Steve Shauger UN<br>Richard Stewart CPTC      | 25.6h<br>26.8h   |
| Chas Jorgenson                     | 19:12              | M45   | 23.7h            |
| 0 Rebecca Heuer<br>5 Diane Sardes  | 11:00<br>12:22     | Thomas Jones MM<br>Francis Schiro SFA         | 24.8h            |
| e Vault<br>5 Reg Henderson         | 14-6               | Dennis Brown NYP<br>Tom Hartshorne CPTC       | 25.5h<br>26.1h   |
| ot Put                             | and and the        | C D Cook, Sr UN                               | 27.2h            |
| 0 Norm Deep<br>5 Pat Gillette      | 43-9<br>28-2.5     | David Friedman SAC<br>M50                     | 32.5h            |
| 0 Jim Nichols<br>5 Dick Murphy     | 44-5.5<br>29-10    | Joseph Johnson UN                             | 24.69            |
| ight Throw<br>5 Pat Lynn           | 12.18              | Ron Johnson AURA<br>Roger Pierce BRC          | 24.84<br>24.97   |
| Jim Nichols                        | 9.95               | M55<br>David Rosenthal SHSS                   | 33.94            |
| 5 Gary Crawford                    | 8.23               | M60   | N. S. S.         |
| JSATF East Regio                   | nals               | Bob Dobbs NYP<br>Lawrence Harvey PM           | 26.54<br>28.60   |
| NYC; March 14                      | 4 K IG             | Haig Bohigian NYP<br>M65                      | 28.93            |
| Dil utor                           | -                  | Bill Wright BRC                               | 27.36*           |
| re Bridgett UN<br>Holland ATL      | 7.2h<br>7.2h       | James Stookey MM<br>M70                       | 28.34            |
| k Hollowlay UN                     | 7.0h               | Howard MacMillan SC<br>William Bergen MM      | 31.80<br>34.26   |
| Reilly UN                          | 7.1h               | John McManus MIL                              | 35.60            |
| Boccard UN<br>ie Price BUFP        | 7.2h<br>7.2h       | M75<br>Lester Wright, Sr                      | 33.24            |
| k Clark UN                         | 8.8h               | M90<br>Manfred D'Elia NJM                     | :02.00*          |
| Barnwell CPTC                      | 7.1h*              | <u>W40</u>                                    | 3.572            |
| Roberts JBTR<br>McNeill NJS        | 7.4h<br>7.6h       | Stephanie Vega ATOM<br>Denise WhitakercrainCP |                  |
| y Stebbins UN<br>d Jeremiah CPTC   | 7.6h               | <u>W50</u>                                    |                  |
| eatherspoon MM                     | 7.6h<br>7.6h       | Kathleen Cirina SC<br>Norma Jones AUI         | 31.5h<br>35.8h   |
| mas Jones MM                       | 7.2h*              | Mary Trotto BTC<br>W55                        | 37.0h            |
| ey Price UN<br>nis Brown NYP       | 7.5h               | Marie Michelsohn BTC                          | 38.6h            |
| Cook, Sr UN                        | 7.8h<br>7.8h       | W60<br>Audrey Lary MM                         | 34.50            |
| id Gritz UN<br>id Friedman SAC     | 7.8h<br>9.1h       | Phyllis Bradley AUI<br>W70                    | 38.82            |
| 2                                  | an frit            | Patricia Peterson SC                          | 38.37            |
| ph Johnson UN<br>vin Fields PVS    | 7.3h*<br>7.4h      | 400m<br>M30                                   |                  |
| er Pierce BRC<br>ny Liles UN       | 7.6h<br>7.6h       | Rohan Elleston SAC                            | 52.38            |
| hael McDaniel MM                   | 15.6h              | M35<br>Jim Reilly UN                          | 52.74            |
| e Ballard NYP                      | 8 lh               | Jim Watts CW<br>Timothy McMahon SAC           | 54.39<br>56.16   |
| Byrne BAA                          | 8.3h               | Rich Agnello SAC                              | 56.37            |
| id Rosenthal SHSS                  | 10.2h              | William Vaughn, Jr<br>Alan Bautista CPTC      | 56.38<br>57.18   |
| Dobbs NYP<br>sevelt Weaver UN      | 7.9h*<br>8.2h      | Gino Caro HTC<br>M40                          | 57.20            |
| Lewis MA                           | 9.1h               | Paul Allen MM                                 | 52.99            |
| Wright BRC                         | 7.9h*              | Keith Royster AURA<br>Steve Shauger UN        | 53.20<br>55.82   |
| s Stookey MM                       | 8.4h               | John Brooks UN                                | 57.04            |
| iam Deprano UN                     | 8.5h               | Richard Brooks CPTC<br>M45                    | 58.67            |
| Rice PM<br>ard McMillan SC         | 8.9h<br>9.1h       | Edward Gonera SFA<br>Francis Schiro SFA       | 54.13<br>54.73   |
| Delany GSAC                        | 9.1h               | Dennis Brown NYP                              | 59.97            |
| iam Bergen MM<br>ny Herscher NYT   | 10.1h<br>10.1h     | Tony Plaster SAC 1<br>David Friedman SAC 1    | :00.30<br>:13.65 |
|                                    |                    |   |                  |

| 10 Th  |  |
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| 9.6h*  |  |
| 8.1h*  |  |
| 9.9h   |  |
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| 9.2h<br>9.6h   |  |
|  |  |
| 9.66*<br>10.1h   |  |
| 10.1h<br>10.8h   |  |
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| 10.0   |  |
| 22.3h*   |  |
| 23.1h  |  |
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| 24.1h<br>25.6h   |  |
| 25.6h<br>26.8h   |  |
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| 26.54  |  |
| 28.60  |  |
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| 27.36*   |  |
|  |  |
| 31.80<br>34.26   |  |
| 34.26<br>35.60   |  |
| - Artalia  |  |
| 10.04  |  |
| 33.24  |  |
| 33.24<br>1:02.00*  |  |
| 1:02.00*<br>29.60  |  |
| 1:02.00*   |  |
| 1:02.00*<br>29.60  |  |
| 29.60<br>30.64<br>31.5h<br>35.8h   |  |
| 29.60<br>30.64<br>31.5h  |  |
| 29.60<br>30.64<br>31.5h<br>35.8h   |  |
| 1:02.00*<br>29.60<br>30.64<br>31.5h<br>35.8h<br>37.0h<br>38.6h   |  |
| 29.60<br>30.64<br>31.5h<br>35.8h<br>37.0h  |  |
| 1:02.00*<br>29.60<br>30.64<br>31.5h<br>35.8h<br>37.0h<br>38.6h<br>34.50<br>38.82   |  |
| 1:02.00*<br>29.60<br>2 30.64<br>31.5h<br>35.8h<br>37.0h<br>38.6h<br>34.50  |  |
| 1:02.00*<br>29.60<br>30.64<br>31.5h<br>35.8h<br>37.0h<br>38.6h<br>34.50<br>38.82<br>38.37  |  |
| 1:02.00*<br>29.60<br>30.64<br>31.5h<br>35.8h<br>37.0h<br>38.6h<br>34.50<br>38.82<br>38.37<br>52.38   |  |
| 1:02.00*<br>29.60<br>30.64<br>31.5h<br>35.8h<br>37.0h<br>38.6h<br>34.50<br>38.82<br>38.37<br>52.38<br>52.74  |  |
| 1:02.00*<br>29.60<br>30.64<br>31.5h<br>35.8h<br>37.0h<br>38.6h<br>34.50<br>38.82<br>38.37<br>52.38   |  |
| 1:02.00*<br>29.60<br>30.64<br>31.5h<br>35.8h<br>37.0h<br>38.6h<br>34.50<br>38.82<br>38.37<br>52.38<br>52.74<br>54.39<br>56.16<br>56.37   |  |
| 1:02.00*<br>29.60<br>30.64<br>31.5h<br>35.8h<br>37.0h<br>38.6h<br>34.50<br>38.82<br>38.37<br>52.38<br>52.74<br>54.39<br>56.16  |  |
| 1:02.00*<br>29.60<br>30.64<br>31.5h<br>35.8h<br>37.0h<br>38.6h<br>34.50<br>38.82<br>38.37<br>52.38<br>52.74<br>54.39<br>56.16<br>56.37<br>56.38  |  |
| 1:02.00*<br>29.60<br>30.64<br>31.5h<br>35.8h<br>37.0h<br>38.6h<br>34.50<br>38.82<br>38.37<br>52.38<br>52.74<br>54.39<br>56.16<br>56.37<br>56.38<br>57.18   |  |
| 1:02.00*<br>29.60<br>30.64<br>31.5h<br>35.8h<br>37.0h<br>38.6h<br>34.50<br>38.82<br>38.37<br>52.38<br>52.74<br>54.39<br>56.16<br>56.37<br>56.38<br>57.18<br>57.20<br>52.99<br>53.20  |  |
| 1:02.00*<br>29.60<br>30.64<br>31.5h<br>35.8h<br>37.0h<br>38.6h<br>34.50<br>38.82<br>38.37<br>52.38<br>52.74<br>54.39<br>56.16<br>56.37<br>56.38<br>57.18<br>57.20<br>52.99<br>53.20<br>55.82                                     |  |
| 1:02.00*<br>29.60<br>30.64<br>31.5h<br>35.8h<br>37.0h<br>38.6h<br>34.50<br>38.82<br>38.37<br>52.38<br>52.74<br>54.39<br>56.16<br>56.37<br>56.38<br>57.18<br>57.20<br>52.99<br>53.20  |  |
| 1:02.00*<br>29.60<br>30.64<br>31.5h<br>35.8h<br>37.0h<br>38.6h<br>34.50<br>38.82<br>38.37<br>52.38<br>52.74<br>54.39<br>56.16<br>56.37<br>56.38<br>57.18<br>57.20<br>52.99<br>53.20<br>55.82<br>57.04<br>58.67                   |  |
| 1:02.00*<br>29.60<br>30.64<br>31.5h<br>35.8h<br>37.0h<br>38.6h<br>34.50<br>38.82<br>38.37<br>52.38<br>52.74<br>54.39<br>56.16<br>56.37<br>56.38<br>57.18<br>57.20<br>52.99<br>53.20<br>55.82<br>57.04<br>58.67<br>54.13<br>54.73 |  |
| 1:02.00*<br>29.60<br>30.64<br>31.5h<br>35.8h<br>37.0h<br>38.6h<br>34.50<br>38.82<br>38.37<br>52.38<br>52.74<br>54.39<br>56.16<br>56.37<br>56.38<br>57.18<br>57.20<br>52.99<br>53.20<br>55.82<br>57.04<br>58.67<br>54.13          |  |
|  | 8.1h*<br>9.9h<br>9.2h<br>9.6h<br>9.66*<br>10.1h<br>10.8h<br>10.8h<br>10.8h<br>22.3h*<br>23.1h<br>24.4h<br>25.2h<br>25.6h<br>25.8h<br>26.8h<br>25.2h<br>25.6h<br>25.8h<br>26.8h<br>25.2h<br>25.6h<br>25.8h<br>26.8h<br>25.2h<br>25.6h<br>25.8h<br>26.8h<br>25.2h<br>25.6h<br>25.8h<br>26.8h<br>25.2h<br>25.6h<br>25.8h<br>26.8h<br>26.8h<br>26.8h<br>27.2h<br>24.69<br>24.84<br>24.97<br>33.94<br>26.54<br>28.93<br>27.36*<br>28.34<br>31.80<br>34.26 |

| 1         | M50  | M35                  |
|-----------|--|----------------------|
|           | Roger Pierce BRC 55.68   | John Bar<br>Paul Stu |
|           | Lee Errol AURA 56.56<br>Melvin Fields PVS 57.48                                  | Jorge He             |
|           | Ralph Souppa BRC 57.69   | David S              |
|           | Bob Davis BRC 1:00.59  | M40<br>Donald I      |
| 1         | M55<br>Lester Wright, Jr CPTC 1:01.30  | Mark Ye              |
|           | David Rosenthal SHSS 1:22.23   | Raymon               |
|           | M60  | Kevin M<br>M45       |
|           | Richard Rizzo NYP 59.72<br>Lawrence Harvey PM 1:03.40                            | Peter Re             |
|           | M65  | Bob Per              |
|           | Irwin Bernstein SAC 1:09.78  | Anthony<br>Carl Sta  |
|           | M70<br>Howard MacMillan SC 1:15.15   | M50                  |
|           | John McManus MIL 1:18.05   | Harold N             |
| 2         | William Bergen MM 1:19.60  | Dick Gr<br>Richard   |
| ł         | M75  | Fred De              |
|           | Lester Wright, Sr SAC 1:15.70*<br>W35  | Michael              |
| 1         | Denise Jones TOC 1:27.3h   | M55                  |
|           | <u>W40</u>   | Kenneth<br>Pat Cost  |
|           | Stephanie Vega ATOM 1:02.71*<br>D Whitakercrain CPTC 1:07.29*                    | Joel Du              |
|           | W50  | Paul Re              |
|           | Kathleen Cirina SC 1:11.05   | Blaine I<br>M60      |
|           | Debbie Stiles SLTC 1:11.56<br>Mary Trotto BTC 1:28.83                            | Sid How              |
|           | W60  | Vic Zw               |
|           | Audrey Lary MM 1:18.53*  | Jim Filli<br>Lawren  |
|           | 800m<br>M30  | M80                  |
|           | William Brosmith HTC 2:02.28   | Dudley               |
|           | Marc Genovese WP 2:02.65   | <u>W35</u>           |
|           | Rohan Elleston SAC 2:05.63   | Susan M<br>Linda B   |
| 65<br>4,* | M35<br>A Lebourne NYSE 1:56.24   | W40                  |
|           | Michael Lovett CPTC 1:59.09  | Karen L              |
|           | Conor O'Driscoll WP 2:01.50  | Ada Ber<br>W45       |
|           | John Barresi HYC 2:03.17<br>Larry Glazer AURA 2:04.80                            | Judy An              |
|           | Kerry Sloan ARMY 2:06.79   | <u>W50</u>           |
|           | Tom Sassi SAC 2:10.18  | Ann Ma               |
|           | M40<br>Chris Murphy UN 2:12.89   | Mary Ti<br>Eileen H  |
| -         | Mark Yellin SJAC 2:15.26   | <u>W55</u>           |
|           | Mark Yellin SJAC 2:15.26<br>Robert Hill STC 2:18.02<br>Joe Gonzalez CPTC 2:18.74 | Marie M<br>W60       |
|           | Raphael Devalle CPTC 2:18.74   | Mary Ha              |
|           | <u>M45</u>   | Joan Bo              |
|           | Tom Hartshsorne CPTC2:06.42  | Short H<br>M35       |
|           | Jim Corridan ADIR 2:21.17<br>Anthony Baker CPTC 2:34.97                          | Karl Sm              |
|           | M50  | Kerry S              |
|           | Dick Green PM 2:09.05t   | Timothy<br>M40       |
|           | Frank HandelmanCPTC2:20.03   | John Ro              |
| -         | Fred Dedrick PM2:23.28Stephen Viegas IATC2:32.87                                 | Lloyd Je             |
|           | Bill Indek GSAC 2:36.70  | Barry St<br>Al Ceste |
|           | Bill Indek GSAC2:36.70Noah Perlis CPTC2:38.40Joe Burleson HTC2:42.44             | M45                  |
|           | Joe Burleson HTC 2:42.44<br>M55  | Stacey I             |
|           | John Saarmann SAC 2:34.21  | M50<br>Michael       |
|           | JOELDUDOW PM /3/16   | Ivan Bla             |
|           | Pat Cosgrove RVRR 2:37.64  | Joe Mcl              |
|           | Paul Rehm SHAW 2:37.81<br>Phil Byrne BAA 2:46.91                                 | M55                  |
| 101       | <u>M60</u>   | Phil Byr<br>M60      |
|           | David Gagliani BRC 2:27.87<br>Lawrence Harvey PM 2:33.01                         | Nat Byr              |
|           | M65  | Leon Tr              |
|           | Irwin Bernstein SAC 2:57.96  | M65<br>James S       |
|           | M70  | James D              |
|           | John McManus MIL 3:10.88<br>W30  | <u>M70</u>           |
| ŝ         | Dawn Best ATOM 2:35.87   | Tom De<br>Manny      |
| 1         | W40  | Frank B              |
|           | Susan Hill WP 2:36.24<br>W45   | <u>W35</u>           |
| 2         | Eileen Troy WP 2:32 27   | Denise .<br>W50      |
|           | Mary Rosado CPTC 2:48.71<br>W50  | Michael              |
|           | Ann Makoske MII. 2.56 70   | Mary T               |
|           | Ann Makoske MIL 2:56.79<br>Mary Trotto BTC 3:20.95                               | 3000m<br>M30         |
|           | Eileen Holzman NJM 3:25:27<br>W55  | Kevin S              |
|           | Marie Michelsohn BTC3:14.34  | Brian Fi             |
|           | <u>W60</u>   | M35                  |
|           | Joan Bondell MAA 3:25.37<br>1500m  | Alan Wo<br>Jud Sant  |
|           | M30  | <u>M40</u>           |
|           | William Brosmith HTC 4:03.2  | Thomas               |
|           | Max Crispi UN 4:12.9<br>Frederick Benlein GLI 4:36.0                             | Donald               |
|           | 4:36.0   |                      |
|           |  |                      |

arresi HTC 4:03.4 uart-Smith CPTC 4:11.9 ernandez WP 4:19.1 Sullivan BAA 4:34.0 Didonato RE 4:15.9 ellin SJAC 4:27.5 nd Sipperly UN 4:36.5 McCarthy UN 4:51.9 einhart SAC 4:48.3 rtak WP 4:50.9 y Baker CPTC 5.07.1 ainagle, Jr SAC 5:19.3 Nolan SAC 4:26.0 reen PM 4:31.4 d Myers edrick PM 4:34.2 4:48.6 Wilson MIL 5:04.2 h Skinner TEND 5:09.6 sgrove RVRR 5:10.9 bow PM 5:18.8 ehm SHAW 5:19.6 Lawson BTC 6:00.4 ward CPTC 4:48.4 volak DESP 4:48.7 lis MIL 5:16.6 nce Harvey PM 5:37.0 Healy 10:19.0 Menz WP 5:19.4 Brown WP 5:24.3 Lein LAC 5:53.7 erkowitz ADA 6:37.5 nker WP 5:49.3 5:48.4 akoske MIL 6:28.5 rotto BTC Holzman NJM 6:40.8 MichaelsohnBTC 6:18.5 larada LAC 6:46.9\* ondell MAA 6:51.3 Hurdles nith UN 7.9h Sloan ARMY 8.7h y McMahon SAC 9.4h oberts JBTR 8.68 leremiah ACYC 8.73 Stebbens UN 9.20 tero, Jr SAC 9.75 Price UN 8.93\* 10.02 el Milove UN lack NYAC 10.57 Mahon STAN 11.34 me BAA 10.96 Td PM 10.38\* rout SAC 10.73 10.39\* Stookey MM Duncan UN 11.51 elany GSAC 11.7h Herscher NYT 12.6h Brako BRC 14.2h Jones TOC 12.3h\* el-Marie Hill UN 10.9h\* rotto BTC 19.9 Sullivan WP 8.53.7\* Fullem WP 11.02.8 ells LDSX 9.08.5 ntos AURA 9.59.1 s Dalton ADIR 8.41.5\* DiDonato RE 8.56.2 Continued on next page

# National Masters News

| Da | ge | 31 |  |
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| May 1999   |  |
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| Continued from previo  |  |
| the state of the second st   | An Inches and Annual State   |
| Stephen Shaklee HAD  |  |
| Paul Salerni UN  | 12.47.1  |
| M45<br>Bill Scholl SAC   | 0.000  |
| Bob Brennan SHSS   | 9.53.9   |
| M55  | 10.48.0  |
| Ken Sweeny RVRR  | 9.54.8*  |
| Jack Brennan TRR   | 11.02.8  |
| Blaine Lawson BTC  | 12.14.9  |
| Ken Skinner TEND   | 12:18.8  |
| M60  |  |
| Gene Chase SAC   | 11:30.86   |
| M65  | E. C. Carlos   |
| Tom Talbott NYM  | 16:09.37   |
| M70 -  | and the  |
| D Margetson NYP  | 15:25.84   |
| <u>M80</u>   | 2. 2.1   |
| Dudley Healy UN  | 21:59.62   |
| <u>W40</u>   | The state  |
| Sharon Vos WP  | 11:11.13   |
| Linda Ryan FARC  | 11:40.66   |
| Karen Lein LAC   | 12:58.35   |
| <u>W45</u>   | 10.000   |
| Judy Anker WP  | 12:27.20   |
| W50<br>Debbie Stiles STTC  | 12:07 66   |
| W60  | 13:07.66   |
| Mary Harada LAC  | 14-37 88   |
| 4x200m Relay   | 14.37.00   |
| M30-29   | a company  |
| East B (Sloan/Brooks/  | 1:34.13  |
| Barnwell/Lovett)   |  |
| East A (Holloway/  | 1:38.01  |
| Vaughn/Jones/Gonera)   |  |
| M50-59   | C. All M. C.   |
| GSAC (Harman/  |  |
| MacDonald/Saarman/S  | Small)   |
| <u>W30-39</u>  |  |
| East (Best/Whitaker/   | 1:53.93  |
| Vega/Morris)   | 14.751 141   |
| W50-59<br>East (Michaelsohn/   | 2:24.23*   |
| Trotto/Hill/Jones)   | 2:24.23*   |
| and a state of the   | The second second  |
| 4x400m Relay   | and a second   |
| M60-69<br>NYP (Small/Rizzo/  | 4:16.3h*   |
| INTE (Sman Rizzo)  |  |
|  | and the stands   |
| Bohigian/Shane)  | AL AN  |
| Bohigian/Shane)<br>4x800m Relay  |  |
| Bohigian/Shane)<br>4x800m Relay<br>M30-39  | 8:44.9h*   |
| Bohigian/Shane)<br>4x800m Relay  |  |
| Bohigian/Shane)<br>4x800m Relay<br>M30-39<br>East (Agnello, Diaz/<br>Miller/Glazer)  |  |
| Bohigian/Shane)<br>4x800m Relay<br>M30-39<br>East (Agnello, Diaz/<br>Miller/Glazer)<br>M40-49<br>SAC A (Plaster/   | 8:44.9h*<br>8.31.8h*   |
| Bohigian/Shane)<br>4x800m Relay<br>M30-39<br>East (Agnello, Diaz/<br>Miller/Glazer)<br>M40-49<br>SAC A (Plaster/<br>Harkins/Ryan/Andrew  | 8:44.9h*<br>8.31.8h*<br>5)   |
| Bohigian/Shane)<br>4x800m Relay<br>M30-39<br>East (Agnello, Diaz/<br>Miller/Glazer)<br>M40-49<br>SAC A (Plaster/<br>Harkins/Ryan/Andrew<br>SAC B (Reinhart/  | 8:44.9h*<br>8.31.8h*<br>s)<br>9:38.7h  |
| Bohigian/Shane)<br>4x800m Relay<br>M30-39<br>East (Agnello, Diaz/<br>Miller/Glazer)<br>M40-49<br>SAC A (Plaster/<br>Harkins/Ryan/Andrew<br>SAC B (Reinhart/<br>Zarra/Saarmann/Staing   | 8:44.9h*<br>8.31.8h*<br>s)<br>9:38.7h  |
| Bohigian/Shane)<br>4x800m Relay<br>M30-39<br>East (Agnello, Diaz/<br>Miller/Glazer)<br>M40-49<br>SAC A (Plaster/<br>Harkins/Ryan/Andrew<br>SAC B (Reinhart/<br>Zarra/Saarmann/Staing<br>M50-59   | 8:44.9h*<br>8.31.8h*<br>s)<br>9:38.7h<br>gle)  |
| Bohigian/Shane)<br>4x800m Relay<br>M30-39<br>East (Agnello, Diaz/<br>Miller/Glazer)<br>M40-49<br>SAC A (Plaster/<br>Harkins/Ryan/Andrew<br>SAC B (Reinhart/<br>Zarra/Saarmann/Staing<br>M50-59<br>RVRR (Sweeney/   | 8:44.9h*<br>8.31.8h*<br>s)<br>9:38.7h  |
| Bohigian/Shane)<br>4x800m Relay<br>M30-39<br>East (Agnello, Diaz/<br>Miller/Glazer)<br>M40-49<br>SAC A (Plaster/<br>Harkins/Ryan/Andrew<br>SAC B (Reinhart/<br>Zarra/Saarmann/Staing<br>M50-59<br>RVRR (Sweeney/<br>Myers/Brown/Price)   | 8:44.9h*<br>8.31.8h*<br>s)<br>9:38.7h<br>gle)<br>9:19.3h*  |
| Bohigian/Shane)<br>4x800m Relay<br>M30-39<br>East (Agnello, Diaz/<br>Miller/Glazer)<br>M40-49<br>SAC A (Plaster/<br>Harkins/Ryan/Andrew<br>SAC B (Reinhart/<br>Zarra/Saarmann/Staing<br>M50-59<br>RVRR (Sweeney/<br>Myers/Brown/Price)<br>SAC (Nolan/Brockwe   | 8:44.9h*<br>8.31.8h*<br>s)<br>9:38.7h<br>gle)<br>9:19.3h*  |
| Bohigian/Shane)<br>4x800m Relay<br>M30-39<br>East (Agnello, Diaz/<br>Miller/Glazer)<br>M40-49<br>SAC A (Plaster/<br>Harkins/Ryan/Andrew<br>SAC B (Reinhart/<br>Zarra/Saarmann/Staing<br>M50-59<br>RVRR (Sweeney/<br>Myers/Brown/Price)   | 8:44.9h*<br>8.31.8h*<br>s)<br>9:38.7h<br>gle)<br>9:19.3h*  |
| Bohigian/Shane)<br>4x800m Relay<br>M30-39<br>East (Agnello, Diaz/<br>Miller/Glazer)<br>M40-49<br>SAC A (Plaster/<br>Harkins/Ryan/Andrew<br>SAC B (Reinhart/<br>Zarra/Saarmann/Staing<br>M50-59<br>RVRR (Sweeney/<br>Myers/Brown/Price)<br>SAC (Nolan/Brockwe<br>Sepkowski/Kuhi)<br>M60-69<br>SAC (Haviland/  | 8:44.9h*<br>8:31.8h*<br>s)<br>9:38.7h<br>gle)<br>9:19.3h*<br>IV 9:21.0h<br>10:32.6*  |
| Bohigian/Shane)<br>4x800m Relay<br>M30-39<br>East (Agnello, Diaz/<br>Miller/Glazer)<br>M40-49<br>SAC A (Plaster/<br>Harkins/Ryan/Andrew<br>SAC B (Reinhart/<br>Zarra/Saarmann/Stain<br>M50-59<br>RVRR (Sweeney/<br>Myers/Brown/Price)<br>SAC (Nolan/Brockwe<br>Sepkowski/Kuhi)<br>M60-69   | 8:44.9h*<br>8:31.8h*<br>s)<br>9:38.7h<br>gle)<br>9:19.3h*<br>IV 9:21.0h<br>10:32.6*  |
| Bohigian/Shane)<br>4x800m Relay<br>M30-39<br>East (Agnello, Diaz/<br>Miller/Glazer)<br>M40-49<br>SAC A (Plaster/<br>Harkins/Ryan/Andrew<br>SAC B (Reinhart/<br>Zarra/Saarmann/Staing<br>M50-59<br>RVRR (Sweeney/<br>Myers/Brown/Price)<br>SAC (Nolan/Brockwe<br>Sepkowski/Kuhi)<br>M60-69<br>SAC (Haviland/<br>Bernstein/Chase/Macl  | 8:44.9h*<br>8:31.8h*<br>s)<br>9:38.7h<br>gle)<br>9:19.3h*<br>IV 9:21.0h<br>10:32.6*  |
| Bohigian/Shane)<br>4x800m Relay<br>M30-39<br>East (Agnello, Diaz/<br>Miller/Glazer)<br>M40-49<br>SAC A (Plaster/<br>Harkins/Ryan/Andrew<br>SAC B (Reinhart/<br>Zarra/Saarmann/Staing<br>M50-59<br>RVRR (Sweeney/<br>Myers/Brown/Price)<br>SAC (Nolan/Brockwe<br>Sepkowski/Kuhi)<br>M60-69<br>SAC (Haviland/  | 8:44.9h*<br>8:31.8h*<br>s)<br>9:38.7h<br>gle)<br>9:19.3h*<br>IV 9:21.0h<br>10:32.6*  |
| Bohigian/Shane)<br>4x800m Relay<br>M30-39<br>East (Agnello, Diaz/<br>Miller/Glazer)<br>M40-49<br>SAC A (Plaster/<br>Harkins/Ryan/Andrew<br>SAC B (Reinhart/<br>Zarra/Saarmann/Staing<br>M50-59<br>RVRR (Sweeney/<br>Myers/Brown/Price)<br>SAC (Nolan/Brockwe<br>Sepkowski/Kuhi)<br>M60-69<br>SAC (Haviland/<br>Bernstein/Chase/Macl  | 8:44.9h*<br>8:31.8h*<br>s)<br>9:38.7h<br>gle)<br>9:19.3h*<br>IV 9:21.0h<br>10:32.6*  |
| Bohigian/Shane)<br>4x800m Relay<br>M30-39<br>East (Agnello, Diaz/<br>Miller/Glazer)<br>M40-49<br>SAC A (Plaster/<br>Harkins/Ryan/Andrew<br>SAC B (Reinhart/<br>Zarra/Saarmann/Staing<br>M50-59<br>RVRR (Sweeney/<br>Myers/Brown/Price)<br>SAC (Nolan/Brockwe<br>Sepkowski/Kuhi)<br>M60-69<br>SAC (Haviland/<br>Bernstein/Chase/Macl<br>High Jump<br>M40  | 8:44.9h*<br>8.31.8h*<br>s)<br>9:38.7h<br>gle)<br>9:19.3h*<br>IV 9:21.0h<br>10:32.6*<br>Donald)   |
| Bohigian/Shane)<br>4x800m Relay<br>M30-39<br>East (Agnello, Diaz/<br>Miller/Glazer)<br>M40-49<br>SAC A (Plaster/<br>Harkins/Ryan/Andrew<br>SAC B (Reinhart/<br>Zarra/Saarmann/Stain<br>M50-59<br>RVRR (Sweeney/<br>Myers/Brown/Price)<br>SAC (Nolan/Brockwe<br>Sepkowski/Kuhi)<br>M60-69<br>SAC (Haviland/<br>Bernstein/Chase/Macl<br>High Jump<br>M40<br>Bill Brown MM<br>Al Cestero, Jr SAC<br>M45   | 8:44.9h*<br>8:31.8h*<br>s)<br>9:38.7h<br>gle)<br>9:19.3h*<br>1/ 9:21.0h<br>10:32.6*<br>Donald)<br>1.57<br>1.52   |
| Bohigian/Shane)<br>4x800m Relay<br>M30-39<br>East (Agnello, Diaz/<br>Miller/Glazer)<br>M40-49<br>SAC A (Plaster/<br>Harkins/Ryan/Andrew<br>SAC B (Reinhart/<br>Zarra/Saarman/Staing<br>M50-59<br>RVRR (Sweeney/<br>Myers/Brown/Price)<br>SAC (Nolan/Brockwe<br>Sepkowski/Kuhi)<br>M60-69<br>SAC (Haviland/<br>Bernstein/Chase/Macl<br>High Jump<br>M40<br>Bill Brown MM<br>Al Cestero, Jr SAC<br>M45<br>David Friedman SAC   | 8:44.9h*<br>8:31.8h*<br>s)<br>9:38.7h<br>gle)<br>9:19.3h*<br>1/ 9:21.0h<br>10:32.6*<br>Donald)<br>1.57<br>1.52   |
| Bohigian/Shane)<br>4x800m Relay<br>M30-39<br>East (Agnello, Diaz/<br>Miller/Glazer)<br>M40-49<br>SAC A (Plaster/<br>Harkins/Ryan/Andrew<br>SAC B (Reinhart/<br>Zarra/Saarmann/Staing<br>M50-59<br>RVRR (Sweeney/<br>Myers/Brown/Price)<br>SAC (Nolan/Brockwe<br>Sepkowski/Kuhi)<br>M60-69<br>SAC (Nolan/Brockwe<br>Sepkowski/Kuhi)<br>M60-69<br>SAC (Haviland/<br>Bernstein/Chase/Macl<br>High Jump<br>M40<br>Bill Brown MM<br>Al Cestero, Jr SAC<br>M45<br>David Friedman SAC<br>M50  | 8:44.9h*<br>8:31.8h*<br>9:38.7h<br>gle)<br>9:19.3h*<br>1// 9:21.0h<br>10:32.6*<br>Donald)<br>1.57<br>1.52<br>1.17  |
| Bohigian/Shane)<br>4x800m Relay<br>M30-39<br>East (Agnello, Diaz/<br>Miller/Glazer)<br>M40-49<br>SAC A (Plaster/<br>Harkins/Ryan/Andrew<br>SAC B (Reinhart/<br>Zarra/Saarmann/Staing<br>M50-59<br>RVRR (Sweeney/<br>Myers/Brown/Price)<br>SAC (Nolan/Brockwe<br>Sepkowski/Kuhi)<br>M60-69<br>SAC (Nolan/Brockwe<br>Sepkowski/Kuhi)<br>M60-69<br>SAC (Haviland/<br>Bernstein/Chase/Macl<br>High Jump<br>M40<br>Bill Brown MM<br>Al Cestero, Jr SAC<br>M45<br>David Friedman SAC<br>M50<br>Bob Boddy MM  | 8:44.9h*<br>8:31.8h*<br>s)<br>9:38.7h<br>gle)<br>9:19.3h*<br>IV 9:21.0h<br>10:32.6*<br>Donald)<br>1.57<br>1.52<br>1.17<br>1.52   |
| Bohigian/Shane)<br>4x800m Relay<br>M30-39<br>East (Agnello, Diaz/<br>Miller/Glazer)<br>M40-49<br>SAC A (Plaster/<br>Harkins/Ryan/Andrew<br>SAC B (Reinhart/<br>Zarra/Saarmann/Staing<br>M50-59<br>RVRR (Sweeney/<br>Myers/Brown/Price)<br>SAC (Nolan/Brockwe<br>Sepkowski/Kuhi)<br>M60-69<br>SAC (Nolan/Brockwe<br>Sepkowski/Kuhi)<br>M60-69<br>SAC (Haviland/<br>Bernstein/Chase/Macl<br>High Jump<br>M40<br>Bill Brown MM<br>Al Cestero, Jr SAC<br>M45<br>David Friedman SAC<br>M50<br>Bob Boddy MM<br>James Dickerson UN  | 8:44.9h*<br>8:31.8h*<br>s)<br>9:38.7h<br>gle)<br>9:19.3h*<br>IV 9:21.0h<br>10:32.6*<br>Donald)<br>1.57<br>1.52<br>1.17<br>1.52<br>1.42   |
| Bohigian/Shane)<br>4x800m Relay<br>M30-39<br>East (Agnello, Diaz/<br>Miller/Glazer)<br>M40-49<br>SAC A (Plaster/<br>Harkins/Ryan/Andrew<br>SAC B (Reinhart/<br>Zarra/Saarmann/Stain<br>M50-59<br>RVRR (Sweeney/<br>Myers/Brown/Price)<br>SAC (Nolan/Brockwe<br>Sepkowski/Kuhi)<br>M60-59<br>SAC (Nolan/Brockwe<br>Sepkowski/Kuhi)<br>M60-69<br>SAC (Haviland/<br>Bernstein/Chase/Macl<br>High Jump<br>M40<br>Bill Brown MM<br>Al Cestero, Jr SAC<br>M45<br>David Friedman SAC<br>M50<br>Bob Boddy MM<br>James Dickerson UN<br>Joe McMahon STAN   | 8:44.9h*<br>8:31.8h*<br>s)<br>9:38.7h<br>gle)<br>9:19.3h*<br>IV 9:21.0h<br>10:32.6*<br>Donald)<br>1.57<br>1.52<br>1.17<br>1.52<br>1.42<br>1.42   |
| Bohigian/Shane)<br>4x800m Relay<br>M30-39<br>East (Agnello, Diaz/<br>Miller/Glazer)<br>M40-49<br>SAC A (Plaster/<br>Harkins/Ryan/Andrew<br>SAC B (Reinhart/<br>Zarra/Saarmann/Stain<br>M50-59<br>RVRR (Sweeney/<br>Myers/Brown/Price)<br>SAC (Nolan/Brockwe<br>Sepkowski/Kuhi)<br>M60-69<br>SAC (Nolan/Brockwe<br>Sepkowski/Kuhi)<br>M60-69<br>SAC (Haviland/<br>Bernstein/Chase/Macl<br>High Jump<br>M40<br>Bill Brown MM<br>Al Cestero, Jr SAC<br>M45<br>David Friedman SAC<br>M50<br>Bob Boddy MM<br>James Dickerson UN<br>Joe McMahon STAN<br>Ivan Black NYAC  | 8:44.9h*<br>8:31.8h*<br>s)<br>9:38.7h<br>gle)<br>9:19.3h*<br>IV 9:21.0h<br>10:32.6*<br>Donald)<br>1.57<br>1.52<br>1.17<br>1.52<br>1.42   |
| Bohigian/Shane)<br>4x800m Relay<br>M30-39<br>East (Agnello, Diaz/<br>Miller/Glazer)<br>M40-49<br>SAC A (Plaster/<br>Harkins/Ryan/Andrew<br>SAC B (Reinhart/<br>Zarra/Saarmann/Stain<br>M50-59<br>RVRR (Sweeney/<br>Myers/Brown/Price)<br>SAC (Nolan/Brockwe<br>Sepkowski/Kuhi)<br>M60-59<br>SAC (Nolan/Brockwe<br>Sepkowski/Kuhi)<br>M60-59<br>SAC (Haviland/<br>Bernstein/Chase/Macl<br>High Jump<br>M40<br>Bill Brown MM<br>Al Cestero, Jr SAC<br>M45<br>David Friedman SAC<br>M50<br>Bob Boddy MM<br>James Dickerson UN<br>Joe McMahon STAN<br>Ivan Black NYAC<br>M55   | 8:44.9h*<br>8:31.8h*<br>s)<br>9:38.7h<br>gle)<br>9:19.3h*<br>IV 9:21.0h<br>10:32.6*<br>Donald)<br>1.57<br>1.52<br>1.17<br>1.52<br>1.42<br>1.42   |
| Bohigian/Shane)<br>4x800m Relay<br>M30-39<br>East (Agnello, Diaz/<br>Miller/Glazer)<br>M40-49<br>SAC A (Plaster/<br>Harkins/Ryan/Andrew<br>SAC B (Reinhart/<br>Zarra/Saarmann/Stain<br>M50-59<br>RVRR (Sweeney/<br>Myers/Brown/Price)<br>SAC (Nolan/Brockwe<br>Sepkowski/Kuhi)<br>M60-69<br>SAC (Nolan/Brockwe<br>Sepkowski/Kuhi)<br>M60-69<br>SAC (Haviland/<br>Bernstein/Chase/Macl<br>High Jump<br>M40<br>Bill Brown MM<br>Al Cestero, Jr SAC<br>M45<br>David Friedman SAC<br>M50<br>Bob Boddy MM<br>James Dickerson UN<br>Joe McMahon STAN<br>Ivan Black NYAC  | 8:44.9h*<br>8:31.8h*<br>s)<br>9:38.7h<br>gle)<br>9:19.3h*<br>IV 9:21.0h<br>10:32.6*<br>Donald)<br>1.57<br>1.52<br>1.17<br>1.52<br>1.42<br>1.42<br>1.42   |
| Bohigian/Shane)<br>4x800m Relay<br>M30-39<br>East (Agnello, Diaz/<br>Miller/Glazer)<br>M40-49<br>SAC A (Plaster/<br>Harkins/Ryan/Andrew<br>SAC B (Reinhart/<br>Zarra/Saarmann/Staing<br>M50-59<br>RVRR (Sweeney/<br>Myers/Brown/Price)<br>SAC (Nolan/Brockwe<br>Sepkowski/Kuhi)<br>M60-69<br>SAC (Nolan/Brockwe<br>Sepkowski/Kuhi)<br>M60-69<br>SAC (Haviland/<br>Bernstein/Chase/Macl<br>High Jump<br>M40<br>Bill Brown MM<br>Al Cestero, Jr SAC<br>M45<br>David Friedman SAC<br>M50<br>Bob Boddy MM<br>James Dickerson UN<br>Joe McMahon STAN<br>Ivan Black NYAC<br>M55<br>Phil Byrne BAA<br>M60   | 8:44.9h*<br>8:31.8h*<br>s)<br>9:38.7h<br>gle)<br>9:19.3h*<br>IV 9:21.0h<br>10:32.6*<br>Donald)<br>1.57<br>1.52<br>1.17<br>1.52<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.52   |
| Bohigian/Shane)<br>4x800m Relay<br>M30-39<br>East (Agnello, Diaz/<br>Miller/Glazer)<br>M40-49<br>SAC A (Plaster/<br>Harkins/Ryan/Andrew<br>SAC B (Reinhart/<br>Zarra/Saarmann/Staing<br>M50-59<br>RVRR (Sweeney/<br>Myers/Brown/Price)<br>SAC (Nolan/Brockwe<br>Sepkowski/Kuhi)<br>M60-69<br>SAC (Nolan/Brockwe<br>Sepkowski/Kuhi)<br>M60-69<br>SAC (Haviland/<br>Bernstein/Chase/Macl<br>High Jump<br>M40<br>Bill Brown MM<br>Al Cestero, Jr SAC<br>M45<br>David Friedman SAC<br>M50<br>Bob Boddy MM<br>James Dickerson UN<br>Joe McMahon STAN<br>Ivan Black NYAC<br>M55<br>Phil Byrne BAA<br>M60<br>Gerald Counihan NYA  | 8:44.9h*<br>8:31.8h*<br>s)<br>9:38.7h<br>gle)<br>9:19.3h*<br>IV 9:21.0h<br>10:32.6*<br>Donald)<br>1.57<br>1.52<br>1.17<br>1.52<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.52<br>AC 1.51*   |
| Bohigian/Shane)<br>4x800m Relay<br>M30-39<br>East (Agnello, Diaz/<br>Miller/Glazer)<br>M40-49<br>SAC A (Plaster/<br>Harkins/Ryan/Andrew<br>SAC B (Reinhart/<br>Zarra/Saarmann/Staing<br>M50-59<br>RVRR (Sweeney/<br>Myers/Brown/Price)<br>SAC (Nolan/Brockwe<br>Sepkowski/Kuhi)<br>M60-69<br>SAC (Nolan/Brockwe<br>Sepkowski/Kuhi)<br>M60-69<br>SAC (Haviland/<br>Bernstein/Chase/Macl<br>High Jump<br>M40<br>Bill Brown MM<br>Al Cestero, Jr SAC<br>M45<br>David Friedman SAC<br>M50<br>Bob Boddy MM<br>James Dickerson UN<br>Joe McMahon STAN<br>Ivan Black NYAC<br>M55<br>Phil Byrne BAA<br>M60<br>Gerald Counihan NYA<br>Sam Rumford GSAC  | 8:44.9h*<br>8:31.8h*<br>s)<br>9:38.7h<br>gle)<br>9:19.3h*<br>IV 9:21.0h<br>10:32.6*<br>Donald)<br>1.57<br>1.52<br>1.17<br>1.52<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42   |
| Bohigian/Shane)<br>4x800m Relay<br>M30-39<br>East (Agnello, Diaz/<br>Miller/Glazer)<br>M40-49<br>SAC A (Plaster/<br>Harkins/Ryan/Andrew<br>SAC B (Reinhart/<br>Zarra/Saarmann/Staing<br>M50-59<br>RVRR (Sweeney/<br>Myers/Brown/Price)<br>SAC (Nolan/Brockwe<br>Sepkowski/Kuhi)<br>M60-69<br>SAC (Nolan/Brockwe<br>Sepkowski/Kuhi)<br>M60-69<br>SAC (Haviland/<br>Bernstein/Chase/Macl<br>High Jump<br>M40<br>Bill Brown MM<br>Al Cestero, Jr SAC<br>M45<br>David Friedman SAC<br>M50<br>Bob Boddy MM<br>James Dickerson UN<br>Joe McMahon STAN<br>Ivan Black NYAC<br>M55<br>Phil Byrne BAA<br>M60<br>Gerald Counihan NYA<br>Sam Rumford GSAC<br>Morton Hahn GSAC  | 8:44.9h*<br>8:31.8h*<br>s)<br>9:38.7h<br>gle)<br>9:19.3h*<br>IV 9:21.0h<br>10:32.6*<br>Donald)<br>1.57<br>1.52<br>1.17<br>1.52<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.52<br>AC 1.51*   |
| Bohigian/Shane)<br>4x800m Relay<br>M30-39<br>East (Agnello, Diaz/<br>Miller/Glazer)<br>M40-49<br>SAC A (Plaster/<br>Harkins/Ryan/Andrew<br>SAC B (Reinhart/<br>Zarra/Saarmann/Staing<br>M50-59<br>RVRR (Sweeney/<br>Myers/Brown/Price)<br>SAC (Nolan/Brockwe<br>Sepkowski/Kuhi)<br>M60-59<br>SAC (Nolan/Brockwe<br>Sepkowski/Kuhi)<br>M60-69<br>SAC (Iaviland/<br>Bernstein/Chase/Macl<br>High Jump<br>M40<br>Bill Brown MM<br>AI Cestero, Jr SAC<br>M45<br>David Friedman SACC<br>M50<br>Bob Boddy MM<br>James Dickerson UN<br>Joe McMahon STAN<br>Ivan Black NYAC<br>M55<br>Phil Byrne BAA<br>M60<br>Gerald Counihan NYAC<br>Sam Rumford GSAC<br>Moton Hahn GSAC   | 8:44.9h*<br>8:31.8h*<br>s)<br>9:38.7h<br>gle)<br>9:19.3h*<br>IV 9:21.0h<br>10:32.6*<br>Donald)<br>1.57<br>1.52<br>1.17<br>1.52<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.52<br>AC 1.51*<br>1.46<br>1.01   |
| Bohigian/Shane)<br>4x800m Relay<br>M30-39<br>East (Agnello, Diaz/<br>Miller/Glazer)<br>M40-49<br>SAC A (Plaster/<br>Harkins/Ryan/Andrew<br>SAC B (Reinhart/<br>Zarra/Saarman/Stain,<br>M50-59<br>RVRR (Sweeney/<br>Myers/Brown/Price)<br>SAC (Nolar/Brockwe<br>Sepkowski/Kuhi)<br>M60-69<br>SAC (Nolar/Brockwe<br>Sepkowski/Kuhi)<br>M60-69<br>SAC (Haviland/<br>Bernstein/Chase/Macl<br>High Jamp<br>M40<br>Bill Brown MM<br>AI Cestero, Jr SAC<br>M45<br>David Friedman SAC<br>M50<br>Bob Boddy MM<br>James Dickerson UN<br>Joe McMahon STAN<br>Ivan Black NYAC<br>M55<br>Phil Byrne BAA<br>M60<br>Gerald Counihan NY/<br>Sam Rumford GSAC<br>Morton Hahn GSAC<br>M65<br>Phil Mulkey WETT  | 8:44.9h*<br>8:31.8h*<br>s)<br>9:38.7h<br>gle)<br>9:19.3h*<br>IV 9:21.0h<br>10:32.6*<br>Donald)<br>1.57<br>1.52<br>1.17<br>1.52<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42   |
| Bohigian/Shane)<br>4x800m Relay<br>M30-39<br>East (Agnello, Diaz/<br>Miller/Glazer)<br>M40-49<br>SAC A (Plaster/<br>Harkins/Ryan/Andrew<br>SAC B (Reinhart/<br>Zarra/Saarmann/Staing<br>M50-59<br>RVRR (Sweeney/<br>Myers/Brown/Price)<br>SAC (Nolan/Brockwe<br>Sepkowski/Kuhi)<br>M60-59<br>SAC (Nolan/Brockwe<br>Sepkowski/Kuhi)<br>M60-69<br>SAC (Iaviland/<br>Bernstein/Chase/Macl<br>High Jump<br>M40<br>Bill Brown MM<br>AI Cestero, Jr SAC<br>M45<br>David Friedman SACC<br>M50<br>Bob Boddy MM<br>James Dickerson UN<br>Joe McMahon STAN<br>Ivan Black NYAC<br>M55<br>Phil Byrne BAA<br>M60<br>Gerald Counihan NYAC<br>Sam Rumford GSAC<br>Moton Hahn GSAC   | 8:44.9h*<br>8:31.8h*<br>s)<br>9:38.7h<br>gle)<br>9:19.3h*<br>IV 9:21.0h<br>10:32.6*<br>Donald)<br>1.57<br>1.52<br>1.17<br>1.52<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.46<br>1.01<br>1.36 |
| Bohigian/Shane)<br>4x800m Relay<br>M30-39<br>East (Agnello, Diaz/<br>Miller/Glazer)<br>M40-49<br>SAC A (Plaster/<br>Harkins/Ryan/Andrew<br>SAC B (Reinhart/<br>Zarra/Saarmann/Staing<br>M50-59<br>RVRR (Sweeney/<br>Myers/Brown/Price)<br>SAC (Nolan/Brockwe<br>Sepkowski/Kuhi)<br>M60-69<br>SAC (Nolan/Brockwe<br>Sepkowski/Kuhi)<br>M60-69<br>SAC (Haviland/<br>Bernstein/Chase/Macl<br>High Jump<br>M40<br>Bill Brown MM<br>Al Cestero, Jr SAC<br>M45<br>David Friedman SAC<br>M50<br>Bob Boddy MM<br>James Dickerson UN<br>Joe McMahon STAN<br>Ivan Black NYAC<br>M55<br>Phil Byrne BAA<br>M60<br>Gerald Counihan NY/<br>Sam Rumford GSAC<br>Morton Hahn GSAC<br>M65<br>Phil Mulkey WETT<br>James Stookey MM<br>Ray Reick MM<br>M70  | 8:44.9h*<br>8:31.8h*<br>9:38.7h<br>gle)<br>9:19.3h*<br>IV 9:21.0h<br>10:32.6*<br>Donald)<br>1.57<br>1.52<br>1.17<br>1.52<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.52<br>AC 1.51*<br>1.46<br>1.01<br>1.36<br>1.31<br>1.16   |
| Bohigian/Shane)<br>4x800m Relay<br>M30-39<br>East (Agnello, Diaz/<br>Miller/Glazer)<br>M40-49<br>SAC A (Plaster/<br>Harkins/Ryan/Andrew<br>SAC B (Reinhart/<br>Zarra/Saarmann/Staing<br>M50-59<br>RVRR (Sweeney/<br>Myers/Brown/Price)<br>SAC (Nolan/Brockwe<br>Sepkowski/Kuhi)<br>M60-69<br>SAC (Nolan/Brockwe<br>Sepkowski/Kuhi)<br>M60-69<br>SAC (Haviland/<br>Bernstein/Chase/Macl<br>High Jump<br>M40<br>Bill Brown MM<br>Al Cestero, Jr SAC<br>M45<br>David Friedman SAC<br>M50<br>Bob Boddy MM<br>James Dickerson UN<br>Joe McMahon STAN<br>Ivan Black NYAC<br>M55<br>Phil Byrne BAA<br>M60<br>Gerald Counihan NY/<br>Sam Rumford GSAC<br>Morton Hahn GSAC<br>Mofon<br>Ray Reick MM<br>M70<br>D Margetson NYP   | 8:44.9h*<br>8:31.8h*<br>s)<br>9:38.7h<br>gle)<br>9:19.3h*<br>IV 9:21.0h<br>10:32.6*<br>Donald)<br>1.57<br>1.52<br>1.17<br>1.52<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.52<br>AC 1.51*<br>1.46<br>1.01<br>1.36<br>1.31<br>1.16<br>1.14   |
| Bohigian/Shane)<br>4x800m Relay<br>M30-39<br>East (Agnello, Diaz/<br>Miller/Glazer)<br>M40-49<br>SAC A (Plaster/<br>Harkins/Ryan/Andrew<br>SAC B (Reinhart/<br>Zarra/Saarmann/Staing<br>M50-59<br>RVRR (Sweeney/<br>Myers/Brown/Price)<br>SAC (Nolan/Brockwe<br>Sepkowski/Kuhi)<br>M60-69<br>SAC (Nolan/Brockwe<br>Sepkowski/Kuhi)<br>M60-69<br>SAC (Haviland/<br>Bernstein/Chase/Macl<br>High Jump<br>M40<br>Bill Brown MM<br>Al Cestero, Jr SAC<br>M45<br>David Friedman SAC<br>M50<br>Bob Boddy MM<br>James Dickerson UN<br>Joe McMahon STAN<br>Ivan Black NYAC<br>M55<br>Phil Byrne BAA<br>M60<br>Gerald Counihan NYA<br>Sam Rumford GSAC<br>Morton Hahn GSAC<br>M65<br>Phil Mulkey WETT<br>James Stookey MM<br>Ray Reick MM<br>M70<br>D Margetson NYP<br>Frank Brako BRC  | 8:44.9h*<br>8:31.8h*<br>9:38.7h<br>gle)<br>9:19.3h*<br>IV 9:21.0h<br>10:32.6*<br>Donald)<br>1.57<br>1.52<br>1.17<br>1.52<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.52<br>AC 1.51*<br>1.46<br>1.01<br>1.36<br>1.31<br>1.16   |
| Bohigian/Shane)<br>4x800m Relay<br>M30-39<br>East (Agnello, Diaz/<br>Miller/Glazer)<br>M40-49<br>SAC A (Plaster/<br>Harkins/Ryan/Andrew<br>SAC B (Reinhart/<br>Zarra/Saarmann/Staing<br>M50-59<br>RVRR (Sweeney/<br>Myers/Brown/Price)<br>SAC (Nolan/Brockwe<br>Sepkowski/Kuhi)<br>M60-69<br>SAC (Nolan/Brockwe<br>Sepkowski/Kuhi)<br>M60-69<br>SAC (Haviland/<br>Bernstein/Chase/Macl<br>High Jump<br>M40<br>Bill Brown MM<br>Al Cestero, Jr SAC<br>M45<br>David Friedman SAC<br>M50<br>Bob Boddy MM<br>James Dickerson UN<br>Joe McMahon STAN<br>Ivan Black NYAC<br>M55<br>Phil Byrne BAA<br>M60<br>Gerald Counihan NYA<br>Sam Rumford GSAC<br>Morton Hahn GSAC<br>Morton Hahn GSAC<br>M65<br>Phil Mulkey WETT<br>James Stookey MM<br>Ray Reick MM<br>M70<br>D Margetson NYP<br>Frank Brako BRC<br>W50   | 8:44.9h*<br>8:31.8h*<br>s)<br>9:38.7h<br>gle)<br>9:19.3h*<br>IV 9:21.0h<br>10:32.6*<br>Donald)<br>1.57<br>1.52<br>1.17<br>1.52<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.52<br>AC 1.51*<br>1.46<br>1.01<br>1.36<br>1.31<br>1.16<br>1.14<br>1.07   |
| Bohigian/Shane)<br>4x800m Relay<br>M30-39<br>East (Agnello, Diaz/<br>Miller/Glazer)<br>M40-49<br>SAC A (Plaster/<br>Harkins/Ryan/Andrew<br>SAC B (Reinhart/<br>Zarra/Saarmann/Staing<br>M50-59<br>RVRR (Sweeney/<br>Myers/Brown/Price)<br>SAC (Nolan/Brockwe<br>Sepkowski/Kuhi)<br>M60-69<br>SAC (Nolan/Brockwe<br>Sepkowski/Kuhi)<br>M60-69<br>SAC (Haviland/<br>Bernstein/Chase/Macl<br>High Jump<br>M40<br>Bill Brown MM<br>Al Cestero, Jr SAC<br>M45<br>David Friedman SAC<br>M50<br>Bob Boddy MM<br>James Dickerson UN<br>Joe McMahon STAN<br>Ivan Black NYAC<br>M55<br>Phil Byrne BAA<br>M60<br>Gerald Counihan NYA<br>Sam Rumford GSAC<br>Morton Hahn GSAC<br>M | 8:44.9h*<br>8:31.8h*<br>s)<br>9:38.7h<br>gle)<br>9:19.3h*<br>IV 9:21.0h<br>10:32.6*<br>Donald)<br>1.57<br>1.52<br>1.17<br>1.52<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.52<br>AC 1.51*<br>1.46<br>1.01<br>1.36<br>1.31<br>1.16<br>1.14   |
| Bohigian/Shane)<br>4x800m Relay<br>M30-39<br>East (Agnello, Diaz/<br>Miller/Glazer)<br>M40-49<br>SAC A (Plaster/<br>Harkins/Ryan/Andrew<br>SAC B (Reinhart/<br>Zarra/Saarman/Staing<br>M50-59<br>RVRR (Sweeney/<br>Myers/Brown/Price)<br>SAC (Nolan/Brockwe<br>Sepkowski/Kuhi)<br>M60-69<br>SAC (Haviland/<br>Bernstein/Chase/Macl<br>High Jump<br>M40<br>Bill Brown MM<br>AI Cestero, Jr SAC<br>M45<br>David Friedman SAC<br>M50<br>Bob Boddy MM<br>James Dickerson UN<br>Joe McMahon STAN<br>Ivan Black NYAC<br>M55<br>Phil Byrne BAA<br>M60<br>Gerald Counihan NY/<br>Sam Rumford GSACC<br>Morton Hahn GSAC<br>M65<br>Phil Mulkey WETT<br>James Stookey MM<br>Ray Reick MM<br>M70<br>D Margetson NYP<br>Frank Brako BRC<br>W50<br>Kathleen Cirina SC<br>W60   | 8:44.9h*<br>8:31.8h*<br>s)<br>9:38.7h<br>gle)<br>9:19.3h*<br>IV 9:21.0h<br>10:32.6*<br>Donald)<br>1.57<br>1.52<br>1.17<br>1.52<br>1.42<br>1.42<br>1.42<br>1.42<br>1.52<br>AC 1.51*<br>1.46<br>1.01<br>1.36<br>1.31<br>1.16<br>1.14<br>1.07<br>1.22   |
| Bohigian/Shane)<br>4x800m Relay<br>M30-39<br>East (Agnello, Diaz/<br>Miller/Glazer)<br>M40-49<br>SAC A (Plaster/<br>Harkins/Ryan/Andrew<br>SAC B (Reinhart/<br>Zarra/Saarmann/Staing<br>M50-59<br>RVRR (Sweeney/<br>Myers/Brown/Price)<br>SAC (Nolan/Brockwe<br>Sepkowski/Kuhi)<br>M60-69<br>SAC (Nolan/Brockwe<br>Sepkowski/Kuhi)<br>M60-69<br>SAC (Haviland/<br>Bernstein/Chase/Macl<br>High Jump<br>M40<br>Bill Brown MM<br>Al Cestero, Jr SAC<br>M45<br>David Friedman SAC<br>M50<br>Bob Boddy MM<br>James Dickerson UN<br>Joe McMahon STAN<br>Ivan Black NYAC<br>M55<br>Phil Byrne BAA<br>M60<br>Gerald Counihan NYA<br>Sam Rumford GSAC<br>Morton Hahn GSAC<br>M | 8:44.9h*<br>8:31.8h*<br>s)<br>9:38.7h<br>gle)<br>9:19.3h*<br>IV 9:21.0h<br>10:32.6*<br>Donald)<br>1.57<br>1.52<br>1.17<br>1.52<br>1.42<br>1.42<br>1.42<br>1.42<br>1.42<br>1.52<br>AC 1.51*<br>1.46<br>1.01<br>1.36<br>1.31<br>1.16<br>1.14<br>1.07   |

7" .\$

| Pole Vault                                  | 20th           | 1 |
|---|----------------|---|
| M30<br>Duncan Littlefield NJS               | 4.27t          |   |
| M35<br>Joe Crichton UN                      | 3.05           |   |
| Paul Boccard UN<br>M40                      | 2.74           |   |
| Mike Bizzaro SAC<br>Donald Severn UN        | 3.96<br>3.81   | 1 |
| Rob Doran MM<br>M45                         | 2.74           | 1 |
| Steve Gorman UN<br>Bob Reese SAC            | 3.96           |   |
| M50   |                | 3 |
| Tom Rauscher MM<br>Joe McMahon STAN         | 3.35<br>2.13   |   |
| M60<br>Gerald Counihan NYAC                 | 3.20           | 4 |
| M65<br>Phil Mulkey WETT                     | 2.74t          | 1 |
| Long Jump<br>M35                            |                | 1 |
| Willie Price BUFP<br>Joe Crichton UN        | 6.04<br>5.56   |   |
| Remo Biagoni NJS<br>M40                     | 5.16           |   |
| Barry Stebbins UN<br>Al Cestero, Jr SAC     | 5.93<br>5.16   |   |
| M45   |                |   |
| John Oleski BRC<br>David Friedman SAC       | 4.85<br>3.87   | 1 |
| M50<br>James Dickerson UN                   | 5.38           |   |
| Bob Boddy MM<br>Michael Milove UN           | 5.21<br>5.16   |   |
| Ivan Balck NYAC<br>Joe McMahon STAN         | 4.75           |   |
| M55   | and the second |   |
| Phil Byrne BAA<br>David Rosenthal SHSS      | 5.00<br>3.24   |   |
| M60<br>Vincent Ruffin SAC                   | 4.30           |   |
| M65<br>James Stookey MM                     | 4.37           |   |
| Ray Feick MM<br>M70                         | 2.79           |   |
| Tom Rice PM<br>Frank Brako BRC              | 4.03<br>2.89   | 1 |
| W40<br>Julie Siedis UN                      | 3.38           |   |
| W50<br>Mary Trotto BTC                      | 2.50           |   |
| <u>W60</u>                                  | 3.75           |   |
| Audrey Lary MM<br>Mary Roman UN             | 3.52           |   |
| Triple Jump                                 | 2.47           |   |
| M35<br>Kerry Sloan ARMY                     | 11.23          |   |
| M45<br>John Oleski BRC                      | 10.17          |   |
| David Friedman SAC<br>M50                   | 8.33           |   |
| Ivan Black NYAC<br>Michael Milove UN        | 10.83<br>10.32 |   |
| James Dickerson UN<br>M55                   | 10.30          |   |
| David Rosenthal SHSS<br>M60                 | 6.80           | Î |
| Haig Bohigian NYP                           | 9.20           | Ľ |
| Morton Hahn GSAC<br>M65                     | 5.43           |   |
| James Stookey MM<br>Ray Feick MM            | 9.68<br>6.52   |   |
| M70<br>Tom Delany GSAC                      | 8.27           |   |
| Frank Brako BRC<br>M75                      | 6.63           |   |
| Hillar Saarestes UN<br>W40                  | 6.74           |   |
| Julie Wiedis UN<br>W60                      | 7.42           |   |
| Evelyn Wright MM<br>Audrey Lary MM          | 8.53°<br>8.05  |   |
| Shot Put                                    | 0.05           |   |
| M35<br>Thom Lanzalotto UN                   | 13.35          |   |
| M40<br>Tony Ciccone NJS                     | 13.45          |   |
| M45<br>Dennis Hansen NYM                    | 12.98          |   |
| Jeffrey Copland UN<br>M50                   | 9.38           |   |
| Craig Shumaker LAST<br>Dennis Chandler LAST | 15.15<br>13.19 |   |
| L'and the second                            |                | - |

| Nat  | ional M         | asters            |
|--|-----------------|-------------------|
| Rick Dunphy LSTC   | 11.87           | 60-69             |
| M55<br>August Kauffman UN  | 11.67           | Marylar           |
| Phil Byrne BAA   | 11.57<br>9.68   | Syracu<br>NY Pio  |
| Carl Levine NYM  | 8.90            | Garden            |
| M60  |                 | Boston            |
| Sam Rumford GSAC   | 12.00           | Raritan<br>Shore  |
| Morton Hahn GSAC<br>M65  | 7.55            | Potoma            |
| Phil Mulkey WETT   | 13.26*          | 70+               |
| Ray Feick MM   | 11.44           | Syracus           |
| James Duncan UN  | 10.53           | Shore /           |
| Pete Barker NYM  | 10.33           | Boston            |
| M70<br>William Bergen MM   | 8.74            | Garden<br>Marylar |
| Frank Brako BRC  | 8.03            | NY Pio            |
| M75  | de com          | Milrose           |
| Charles Covino GSAC  | 10.63*          | Overall<br>Shore  |
| <u>W35</u>   | HILLING T       | Marylar           |
| Oneitha Lewis NYM<br>Denise Jones TOC  | 12.07*<br>6.57  | Central           |
| W40  | 0.57            | Boston            |
| Julie Wiedis UN  | 6.35            | NY Pio            |
| <u>W50</u>   | all the second  | Syracu            |
| Johnnie Hill-Hodges U  |                 | Philade<br>Garden |
| Kathleen Cirina SC<br>Patricia Fogg OTC  | 9.60<br>8.85    | Boston            |
| Norma Jones AUI  | 7.49            | Boston            |
| Mary Trotto BTC  | 6.57            | Touch a<br>New Je |
| <u>W60</u>   | ALC: N          | Milrose           |
| Mary Roman UN  | 9.01*           | South I           |
| Evelyn Wright MM<br>Audrey Lary MM   | 8.92<br>8.07    | • = Mee           |
| W65  | 0.07            | t = Ties          |
| Marcia Crooks UN   | 7.18*           | Front             |
| 3000 RW  | and company.    | A                 |
| M50<br>John Albert PFAS  | 16:50.6         | -                 |
| M55  | 10.30.0         | 60m<br>M30 F      |
| James Carmines PVS   | 14:21.8*        | M40 \             |
| Ronald Shields UN  | 16:40.6         | M50 J             |
| Larry Freeman PVS<br>M60   | 19:32.8         | M60 L             |
| Dave Romansky  | 14:55.5*        | W30 C<br>200m     |
| M65  | 28 24           | M30 N             |
| Frank Sullivan GSAC  | 20:11.2         | M40 V             |
| M70<br>John Nervetti SAC   | 19:38.8*        | M50 J<br>M60 L    |
| <u>W40</u>   | and and a state | W30 C             |
| D Chamberlain SAC  | 15:40.0         | W40 D             |
| W45<br>Sharry Brosnahan SAC  | 17.070          | W50 N             |
| Sherry Brosnahan SAC<br>W65  | 17:07.0         | 400m<br>M30 N     |
| and the second se  | 22:45.8         | M40 E             |
| <u>W70</u>   | Sit The         | M50 J             |
| Joan Rowland NL  | 21:54.9         | M60 L             |
| Team Scoring   | Strate 1        | W30 C             |
| 30-39<br>Westchester Puma  | 23              | W40 S<br>800m     |
| Hartford TC  | 16              | M30 C             |
| Touch of Class   | 16              | M40 T             |
| Shore AC<br>Army   | 12<br>8         | M50 B             |
| New Jersey Striders  | 7               | M60 Ja<br>W30 A   |
| 40-49  |                 | W40 N             |
| Shore AC<br>Central Park TC  | 55<br>36        | W50 N             |
| Westchester Puma   | 28              | Mile              |
| Maryland Masters   | 25              | M30 W<br>M40 D    |
| Sprint Force America<br>Boston RC  | 11<br>10        | M40 D<br>M50 V    |
| Liberty AC   | 10              | M60 J             |
| 50-59  | The star        | W30 S             |
| Bohemia TC   | 27              | W50 N             |
| Syracuse Chargers<br>Boston AA   | 23<br>21        | 3000m<br>M30 R    |
| Philadelphia Masters   | 21              | M40 A             |
| South Hudson Spiked  |                 | M40 A<br>M50 V    |
| Raritan Valley RR<br>Shore AC  | 17<br>13        | M60 D             |
| Potomac Valley Senic   |                 | W40 S             |
| A state of the sta | and the second  | A STREET          |

contributions be made

When people want to honor a loved one

and fight heart disease.

to the American

Heart Association."

| Kauffman UN         11.57         Syracuse Chargers         33         Polic Senior Game<br>Bartow, FL:<br>Feb. 27-Mar. 14           miford GSAC         12.00         Shore AC         13         M55         Faser Vipond           Miss Der AC         13         705         Faster Vielley Rin         17           Hahn GSAC         7.55         Potomac Valley Seniors         12         M50         Eric Hill           Miss Der AC         13         Sore AC         106         Darreat Valley Rin         17           Juncan UN         10.33         Sore AC         20         M75         Joseph Sciandfa           Bergen MM         8.74         Maryland Masters         10         W55         Barbana Cleveland           Garden State AC         10         W55         Barbana Cleveland         W60         Joseph Sciandfa           Covino GSAC         10.63         Shore AC         133         W55         Barbana Cleveland           Jones TOC         6.57         Westoheste Puma         51         M55         Robert Harris           Jones AU         9.01         Garden State AC         42         M50         Direchard           Jones AU         10.77         Philodephile Masters         140         M75         Jos   | unphy LSTC     | 11.87   | 60-69<br>Maryland Masters  | 86   | SOUTHEA   | ST     |
|---|----------------|---|--|--|---|--------|
| Three BAA         9.68         NY Pioneers         27         Bartow, FL;           wine NYM         8.90         Garden State AC         21         Feb. 27-Mar. 14           Boston RC         18         M50 Enc Hull         M50 Enc Hull         M50 Enc Hull           Itahan GSAC         12.00         Potomac Valley Seniors         12         M55 Fraser Vipond           Duncan UN         10.33         Shore AC         20         M75 Joseh Scaraffa           Duncan UN         10.33         Boston RC         16         M80 Gordon Johnson           Garden State AC         10         W55 Barbara Cleveland         W55 Barbara Cleveland           Nirces AC         10         W55 Suber Scaraffa         W75 Sue Osborn           Govino GSAC         0.57         Westcheste Pura         51         M50 Darie Harris           Jones TOC         6.57         Versitheste Pura         51         M55 Rober Harris           Diones AU         7.9         Subara Chergars         45         M50 Darie Alcover           Hill-Hodges UN         0.57         Poston AA         27         W55 Barbara Cleveland           Mirose AC         22         M50 Darie Slawas Cleveland         M50 Darie Alcover           Hill-Hodges UN         0.57  | Kauffman UN    | 11.57   |  |  | Polk Senior Gan   | nes    |
| Evine NYM         8.90         Garden State AC         21         Feb. 27-Mar. 14           amford GSAC         12.00         Partian Valley PR         17         Som         Som           1 Hahn GSAC         7.55         Potomac Valley Seniors         12         M55 Fiszer Vipond           ulkey WETT         13.26*         ZGL         M70 Harvard Warren         M70 Harvard Warren           Duncan UN         10.33         Boton RC         16         M80 Gordon Johnson           herern MN         10.33         Boton RC         16         M80 Gordon Johnson           a Lewis NYM         10.37         Shore AC         100         W55 Bizbana Cleveland           a Lewis NYM         12.07*         Central Park TC         55         W55 Bizbana Cleveland           Jones TOC         6.57         Boston RC         130         M50 Eric Hill         M50 Eric Hill           iedis UN         6.35         Ny Pioneers         47         M55 Eric Hill         M50 Eric Hill           iedis UN         6.35         Philadelphia Masters         129         M50 Eric Hill         M50 Eric Hill           iedis UN         6.35         Boston RC         1400         M50 Eric Hill         M50 Eric Hill           inore ALU  | me BAA         | 9.68  |  | 27   |   | 50.94  |
| Doston Fr.2         18         50m           Hahn GSAC         7.55         Protomac Valley Seniors         13         M50 Eric Hill           Jinke MK         11.44         Syracuse Chargers         22         M70 Harvard Warren           Joncan UN         10.33         Shore AC         16         M50 Eric Alcocer           Jirker NYM         10.33         Boston RC         16         M80 Gordon Johnson           Jarko BRC         8.03         NY Floneers         10         W50 Elonece Delancy           Jarko BRC         8.03         NY Floneers         10         W55 Elohel Lehmann           Jarko SK         10.07         Marjand Masters         19         W55 Elohel Lehmann           Jones TOC         6.57         Westcheste Puma         11         M05 Eric Hill           Jones AU         12.07         Pioneers         47         M50 Eric Hill           Jones AU         7.97         Socohom         100m         100 minus Coocer           Syracuse Chargers         45         M00 Darrell Hucy         W75 Sue Oshom           Jones AU         7.97         Boston AC         22         W30 Eloneace AL           Fill-Hodget UN         10.57         Boston AA         27         W30 Eloneh Scian  | vine NYM       | 8.90  |  |  | Feb. 27-Mar. 14   | 247    |
| Andre USAC         12         Nore AC         13         Nore AC         13           Potomac Valley Seniors         12         M55         Tiszer Vipond           Julkey WETT         13.26*         M55         M55         Tiszer Vipond           Julkey WETT         10.33         Shore AC         10         M55         Tiszer Vipond           Janes DRC         8.03         Maryland Masters         10         W55         Biszer Vipond           Janes TOC         6.57         Doeston RC         13         M55         Tiszer Vipond           Janes TOC         6.57         Diston RC         10         M55         Tiszer Vipond           Jones TOC         6.57         Diston RC         10         M55         Tiszer Vipond           Jones AUI         7.49         Philadelphia Masters         470         Type Suce Anarylaw           Figg OTC         8.55         Boston RC         27  | 1- main minut  | 100   |  |  | 50m   |        |
| Halm USAC         7.33         Potomac Valley Seniors         12         Hob Trade Hop Min           ulkey WETT         13.26         702.         M6D Darrell Huey         M6D Darrell Huey           Duncan UN         10.33         Booto RC         20         M7D Harvard Warren           na Bergen MM         8.74         Maryland Masters         10         W30 Florence Delancy           Rako BRC         80         Mirose AC         10         W35 Eabel Lehmann           Covino GSAC         10.61*         Shore AC         10         W35 Eabel Lehmann           Covino GSAC         10.61*         Shore AC         100m         M50 Eric Hill           Jones TOC         6.57         Weichteste Puma         51         M55 Robert Harris           Jones AUI         7.49         Boston RC         51         M55 Barbara Cleveland           Tock BTC         57         Witchteste Puma         51         M55 Robert Harris           Field UN         6.35         NY Pioneers         47         M50 Eric Hill         M75 Joseph Sciaraffa           Forg OTC         8.55         Boston RC         51         M55 Barbara Cleveland           Tock SUN         7.89         Boston AA         27         W55 Eabel Lehmann <t< td=""><td></td><td>and the second second</td><td></td><td></td><td></td><td>7.2</td></t<>  |                | and the second second   |  |  |   | 7.2    |
| Julkey WETT         13.26         ZuL         Mole Series           cick MM         11.44         Syracuse Chargers         22         MO         Harvard Warren           Duncan UN         10.33         Boston RC         16         MS Gendeh Staian AT           n Bergen MM         8.74         Maryland Masters         10         WS Barbam Cleveland           Jarko BRC         8.03         Maryland Masters         10         WS Barbam Cleveland           Govino GSAC         10.64*         Stree AC         10         WS Barbam Cleveland           Jones TOC         6.57         Boston RC         11         WS Barbam Cleveland           Jones TOC         6.57         Westcheste Puma         11         MS Barbam Cleveland           Idevis NYM         12.0**         Priladelphia Masters         129         MS Direch Class           Incina SC         9.60         Boston RC         27         MS Direch Class         100m           Figg OTC         8.85         Boston RC         22         WS Barbam Cleveland           Mirobe AC         22         VS Sue Oshom         MS Farser Vipond         MS Farser Vipond           Figg OTC         8.85         Boston AC         27         WS Barbam Cleveland  | Hahn GSAC      | 7.55  |  |  |   | 7.7    |
| Lick MM         11.44         Syracuse Chargers         22         M75         Joseph Scianaffa           Duncan UN         10.33         Boton RC         16         M80         Gordon Johnson           Bergen MK         74         Mayland Masters         10         W55         Batham Cleveland           Covino GSAC         10.63*         NY Pioneers         10         W55         Batham Cleveland           A Lewis NYM         12.07*         Central Park TC         55         M55         Robert Harris           Jones TOC         6.57         Westcheste Puma         51         M60         Darell Huey           Jones TOC         6.57         Westcheste Puma         51         M50         Enci Hill           Jones AUI         7.49         Root A         27         W55         Batham Cleveland           Frigg OTC         8.55         Boton A         27         W55         Batham Cleveland           Toroth DT         6.57         Boston AC         22         W55         Batham Cleveland           Jones AUI         7.49         Boston AC         22         W55         Batham Cleveland           Moright MM         8.97         Leveland         M50         Boston A         27     <  | IL             | 12.2/2  | Propagation and the second   |  |   | 7.4    |
| Duncan UN         10.33<br>brore AC         M75 Joseph Sciaraffa<br>M80 Gordon Johnson           Duncan UN         10.33<br>Borore AC         M80 Gordon Johnson           Jarako BRC         8.03<br>Jrako BRC         Maryland Masters         10<br>Maryland Masters         10<br>W55 Barbara Cleveland           Covino GSAC         10.07*         Jones TOC         6.57         W55 Barbara Cleveland           Jones TOC         6.57         Shore AC         10<br>Maryland Masters         12<br>M50 Eric Hill           Jones TOC         6.57         Westhorste Puma         13<br>Boston RC         M50 Eric Hill           Hill-Hodges UN 10.57         Philadelphia Masters         12<br>Wisthorste Puma         13<br>M50 Eric Alcocer           Hill-Hodges UN 10.57         Philadelphia Masters         24<br>Wisthorste Puma         M50 Eric Huey           Touch of Class         Doston TC         27<br>Touch of Class         W50 BortarAC         13<br>M50 Eric Huey           Winght MM         8.92         South Hudson SpikeShoe         24<br>W55 Barbara Cleveland         W55 Barbara Cleveland           Winght MM         8.97         W30 Charlene Landrum         78<br>W30 Charlene Landrum         W55 Barbara Cleveland           Winght MM         8.97         W30 Charlene Landrum         W55 Barbara Cleveland           Winght MM         8.97         W30 Charlene Landr  |                |   |  |  | and the second se | 8.7    |
| rkter NYM       10.33       Boston RC       16       M80 Gordon Johnson         n Bergen MM       8.74       Maryland Masters       10       W50 Florence Delancy         3rako BRC       8.03       Milrose AC       10       W50 Florence Delancy         3rako BRC       8.03       Milrose AC       10       W50 Florence Delancy         4 Levis NYM       12.07*       Garden State AC       16       W50 Florence Delancy         5 Levis NYM       12.07*       Gentral Park TC       55         Jones TOC       6.57       Boston RC       133         Boston RC       131       M60 Eric Hill       M55 Robert Harris         Boston RC       14       M51 Skobert Harris       M55 Robert Harris         Boston RC       51       M50 Frie Surders       44         M10 rober C       57       M70 Topersoc Sate AC       42         Boston RC       51       M50 Robert Harris       M50 Friescore         Front Runners Indoor Meet       M75 Joseph Sciaraffa       M75 Joseph Sciaraffa         moral UN       9.01       10 Cordon SpikeShoe       21         Wright MM       8.92       South Hudson SpikeShoe       21         Lary MM       8.07       Front Runners Indoor Meet   |                |   |  |  |   | 8.2    |
| Bergen MM         8.74         Maryl and Masters         100         Will Dottom           a Bergen MM         8.74         Maryl and Masters         10           a Covino GSAC         10.63*         10         Will Dottom         Will Dottom           a Covino GSAC         10.63*         State AC         10         Will Dottom         Will Dottom           a Lewis NYM         12.07*         Cortral Park TC         55         10         Mil Dottom         Will Dottom           a Lewis NYM         12.07*         Cortral Park TC         55         100*         Mil Dottom         Will Dottom           a Lewis NYM         10.7*         Finit All Cocer         100*         Will Dottom         Will Dottom         Milose AC         100*           iedis UN         6.35         State AC         42         Milose AC         20         Milose AC         20         Milose AC         20         Milose AC         20         Will Dottom AL         27         Touch of Class         26         Milose AC         22         Will Dottom AL         27         Touch of Class         26         Milose AC         20         Milo  |                |   |  | and the second s | and a second part of the second part of the   | 9.9    |
| Bergen MM         8.74         Maryland Masters         100         World Note           Brako BRC         8.03         Maryland Masters         100         Wool Joan Boetcher           Scovino GSAC         10.63*         Shore AC         103         Mirose AC         100           a Lewis NYM         12.07*         Central Park TC         55         Mole Enci Hill         Mole Scove           Jones TOC         6.57         Boston FC         51         Mole Darrell Huey         Mole Darrell Huey           Jones AUI         7.49         Boston AC         22         Mole Scove         Mole Darrell Huey           Frog OTC         8.55         Boston AC         22         Mole Darrell Huey         Mole Darrell Huey           Jones AUI         7.49         Boston AA         27         Wool Darene Cleaney         Wool Joan Boetcher           Yright MM         8.07         Ters Met Record         Wool Joan Boetcher         Wool Joan Boetcher           Wright MM         8.27         Front Runners Indoor Meet         Mrony T&F Center         Mol Joan Boetcher           Miros La Pramboise         Tris Joan Anoka         Mol Jaarmeell         Noi Joan Boetcher           Wright MM         8.92         Bool Johnson         7.1         Wool Barbara Cleve  |                | 10.55   |  |  |   | 8.8    |
| Brako BRC         8.03         NY Pioneers<br>Mirces AC         10         W60 Joan Boetcher<br>W55 Ethel Lehmann           Covino GSAC         10.53*         Shore AC         133         W50 Joan Boetcher           Jones TOC         6.57         Barkon Masters         129         W60 Joan Boetcher           Jones TOC         6.57         Boston RC         100         M50 Eric Hill           Westcheste Purna         51         M60 Darrell Huey         M55 Robert Harris           Boston RC         51         M60 Darrell Huey         M55 Robert Harris           Philadelphia Masters         44         M70 Tyler Sturdevant         M70 Tyler Sturdevant           Touch of Class         26         M50 Boston TC         27         W50 Florence Delaney           Jones AU         7.49         Boston A         27         W50 Florence Delaney           Wright MM         8.92         * = Meet Record         27         W50 S Lei Lehmann           Wright MM         8.07         I = Ties Meet Record         W55 Fraser Vipond         M50 A LaFramboise           Torret FAS         16:506         60m         M30 Robert Thomas         81         M50 Joan Boetcher           Wight MM         8.97         14:21.8*         M50 Joa Robet         M50 Joan Aoka  | Bergen MM      | 8.74  | Maryland Masters   |  |   |        |
| Millose AC         10         W65 Ethel Lehmann           a Lewis NYM         12.07*         Shore AC         133           a Lewis NYM         12.07*         Shore AC         133           Jones TOC         6.57         Westcheste Purna         51           iedis UN         6.35         Westcheste Purna         51           iedis UN         6.37         Philadelphia Masters         128           more Crangers         45         M70 Tyler Surdevant           regord C         8.55         Garden State AC         42           Jones AUI         7.49         Boston TC         27           Jones AUI         7.49         Boston TC         27           Jones AUI         7.49         Boston AA         27           Winght MM         8.92         -         Mee Record         W65 Ethel Lehmann           Wright MM         8.92         -         Meet Record         M75 Joseph Sciaraffa           Growk Jersey Striders         24         W65 Ethel Lehmann         W65 Ethel Lehmann           Wright MM         8.92         -         Meet Record         M75 Joseph Sciaraffa           Lary MM         8.07         T         Toruch of Class         M60 Darrell Huey      <   | -              |   |  |  |   | 11.4   |
| Covino GSAC         Dote 31<br>bevis NYM         Exercial<br>boxes TOC         Coveral<br>boxes AC         W75<br>boxes AC         W75<br>boxes AC           Jones TOC         6.57         Kore AC         133<br>boxes AC         M55<br>boxes AC   |                | in the second   | and the second se  | 10   |   | 9.1    |
| Lewis NYM         Maryland Masters         129         100m           Jones TOC         6.57         Central Park TC         55         M50 Eric Hill           Jones TOC         6.57         Westcheste Puma         51         M60 Darrell Huey           Jones AUD         6.33         NY Pioneers         47         M65 Eric Hill           FilleHoldge UN 10.57         Syracuse Chargers         45         M70 Tyler Sturdevant           Philadelphila Masters         24         M65 Eric Hall         M60 Darrell Huey           Jones AUI         7.49         Boston AC         22         W50 Florence Delaney           Jones AU         7.49         Boston AC         22         W50 Eric Hull         M60 Darrell Huey           Jones AUI         7.49         Boston AC         22         W50 Dan Boetcher         W60 Joan Boetcher           Winght MM         8.92         - Meet Record         W75 Sue Osborne         200m           Uright MM         8.92         - Ties Meet Record         M60 Darrell Huey         M55 Fraser Vipond           Crooks UN         7.18*         Front Runners Indoor Meet         M60 Darrell Huey         M55 Finser Vipond           Advor Ja Barnwell         7.1         W55 Barbara Cleveland         M60 Darrell Huey <td< td=""><td>Covino GSAC</td><td>10.63*</td><td>the second s</td><td></td><td>W75 Sue Osborn</td><td>11.4</td></td<>   | Covino GSAC    | 10.63*  | the second s   |  | W75 Sue Osborn  | 11.4   |
| Lewis NYM         12.07*         Central Park TC         55         M30 Enc Hull           Jones TOC         6.57         Westcheste Puma         51         M55 Robert Harris           Jones TOC         6.57         Westcheste Puma         51         M55 Robert Harris           Jones TOC         6.57         Westcheste Puma         51         M55 Robert Harris           Jones AU         7.49         Souton RC         21         M65 Enrie Alcover           FHill-Hodges UN 10.57         Philadelphia Masters         44         M70 Tyler Sturdevant           Jones AUI         7.49         Boston AA         27         W50 Florence Delaney           Jones AUI         7.49         Boston AA         27         W50 Florence Delaney           Jones AUI         7.49         Boston AA         27         W50 Florence Delaney           Jones AUI         7.49         Boston AA         27         W50 Florence Delaney           Jones AUI         7.49         Boston AA         27         W50 Encelcher           Wright MM         8.07         Front Runners Indoor Meet         M50 A LaFramboise         M55 Florence Delaney           Wright MM         8.07         Hol Val Barnwell         7.1         W50 Florence Delaney         M50 John Anoka<   |                | 121.20  |  |  | 100m  |        |
| Jones TOC         6.57         Westcheste Puma         51         M55         Robert Harris           iedis UN         6.35         NY Pioneers         47         M60         Darrell Hucy           Hill-Hodges UN 10 57         Syracuse Chargers         45         M70         Tyler Sturdevant           Frigg OTC         8.85         Boston AC         27         W50         Florence Delaney           Jones AUI         7.49         Boston AA         27         W55         Barbar Cleveland           Jones AU         7.49         Boston AA         27         W55         Barbar Cleveland           Jones AU         7.49         Boston AA         27         W55         Barbar Cleveland           Jones AU         7.49         Studt Hudson SpikeShoe 21         W75         Sue Osborne         200m           Wright MM         8.92         - = Meet Record         M50         A LaFramboise         M60         Darrell Huey         M65         Ernie Alcocer         M60         M60         M60         Darrell Huey         M65         Ernie Alcocer         M60         M60         M60         M60         Darrell Huey         M65         Ernie Alcocer         M60         M60         M60         Darrell Huey         M65  | Lewis NYM      | 12.07*  |  |  | M50 Eric Hill   | 13.4   |
| iedis UN         6.35         NY Pioneers         47         M65 Ernic Alcocer           Hill-Hodges UN 10.57         Syracuse Chargers         45         M70 Tyler Surdevant           From Cirna SC         9.60         Garden State AC         42         M80 Murrell Loy           Fogg OTC         8.85         Boston TC         27         W50 Florence Delaney           Jones AU         7.49         Boston TC         27         W50 Encree Delaney           Jones AU         7.49         Boston TC         27         W50 Encree Delaney           Jones AU         7.49         Boston TC         227         W50 Barbara Cleveland           Wingbe KA         220         Touch of Class         26         W60 Joan Boetcher           Wingbe KA         Sunt Hudson SpikeShoe 21         W75 Sue Osborne         200m           Wingbe KA         Sunt Hudson SpikeShoe 21         W65 Ernic Lehmann         M60 Darny Clebert           WW         Bront Renew Armory T&F Center         M60 Murrell Loy         M65 Ernic Alcocer           MYC; March 20         M00 Kabert Thomas         6.8         M80 Murrell Loy           Armines PVS 14:21.8*         M40 Val Barnwell         7.1         W55 Enbel Lehmann           ordanskid 14:55.5*         200m         M50 De   | Jones TOC      | 6.57  |  | and the second se  | M55 Robert Harris   | 14.8   |
| Hill-Hodges UN 10.57<br>in Grina SCSyracuse Chargers45<br>Philadelphia MastersM70 Tyler Sturdevant<br>M75 Joseph Sciaraffa<br>M75 Joseph Sciaraffa<br>M75 Joseph Sciaraffa<br>M75 Joseph Sciaraffa<br>M75 Joseph Sciaraffa<br>M75 Joseph Sciaraffa<br>M76 Joseph Sciaraffa<br>M77 Jose Joseph Sciaraffa<br>M77 Joseph Sciaraffa<br>M70 Joseph Sciaraffa<br>M70 Joseph Sciaraffa<br>M70 Joseph Sciaraffa<br>M70 Joseph Sciaraf |                | 15,505.16   | Boston RC  | 51   | M60 Darrell Huey  | 13.8   |
| Hill-Hodges UN10.57<br>Garden State ACMTS Joseph Sciaraffa<br>Garden State ACMTS Joseph Sciaraffa<br>MB0 Murrell LoyFogg OTC8.85<br>Boston TC27<br>Boston AA27<br>WS Florence Delaneyforman UN9.01*<br>Wright MM8.92<br>Lary MM8.92<br>t = Ties Meet Record22<br>WS Eldench LehmannCrooks UN7.18*<br>WFront Runners Indoor Meet<br>Armory T&F Center<br>NYC; March 20WOS Dorence DelaneyW8.92<br>t = Ties Meet RecordHos Darrell Huey200mCrooks UN7.18*<br>WFront Runners Indoor Meet<br>Armory T&F Center<br>NYC; March 20MSO A LaFramboise<br>MSO A LaFramboiseBarmines PVS14:21.8*<br>   | iedis UN       | 6.35  | NY Pioneers  |  |   | 13.2   |
| Crima SC         9.60         Garden State AC         42         M80 Murrell Loy           IFogg OTC         8.85         Boston TC         27         W50 Florence Delaney           Jones AUI         7.49         Boston TC         27         W50 Florence Delaney           Jones AUI         7.49         Boston TC         27         W50 Florence Delaney           Jones AUI         7.49         Boston TC         27         W50 Florence Delaney           Jones AUI         7.40         North Hudson SpikeShoe 21         W55 Barbara Cleveland           South Hudson SpikeShoe         21         W75 Sue Obsorne         200m           Crooks UN         7.18*         Front Runners Indoor Meet<br>Armory T&F Center<br>NYC; March 20         M50 A LaFramboise           Dert PFAS         16:50.6         60m         M30 Robert Thomas         6.8         M80 Murrell Loy           Carmines PVS         19:32.8         M40 Val Barnwell         7.1         W55 Barbara Cleveland           South Hudson         7.7         W55 Barbara Cleveland         W60 Joan Boetcher           V30 Charlene Landrum         7.8         W60 Joan Boetcher         W50 Florence Delaney           Julivan GSAC         19:38.8*         M30 Mitchell Lovet         2.5         M00 <t< td=""><td>an anti-</td><td>N.Z. P.L.K.</td><td></td><td></td><td></td><td>17.7</td></t<>   | an anti-       | N.Z. P.L.K.   |  |  |   | 17.7   |
| NormableBoston TC27<br>Boston AAWith End to the second<br>With End to the second<br>Touch of ClassWith End to the second<br>With End to the second<br>With End to the second<br>t = Ties Meet RecordWith End to the second<br>  | -              | and the second se |  | ALC: NO.   |   | 15.9   |
| Hogs OTC         8.33         Boston AA         27         Wiss Barbars Clevelandy           routo BTC         6.57         New Jersey Striders         24         Wiss Barbars Clevelandy           man UN         9.01*         Winget MM         8.92         24         Wiss Barbars Clevelandy           Wright MM         8.92         = Meet Record         24         Wiss Barbars Clevelandy           Wright MM         8.92         = Meet Record         200m         Miss Fraser Vipond           Crooks UN         7.18*         Front Runners Indoor Meet Armory T&F Center NYC; March 20         MS5 Fraser Vipond         MS0 A LaFramboise           bert PFAS         16:50.6         60m         M30 Robert Thomas         68         M80 Murrell Lov           Crooks UN         14:21.8*         M40 Val Barnwell         7.1         WS5 Barbara Cleveland           Shields UN         16:40.6         M30 Robert Thomas         68         M80 Murrell Lov           South Hudson Ot all annewell         7.1         WS5 Barbara Cleveland         MS5 Eraser Vipond           omansky         14:55.5*         M00 LaFramboise         M70 Lee O'Connell         M75 John Anoka           ullivan GSAC         20:11.2         M40 Val Barnwell         22.9         M50 Eric Hill         1:  |                |   |  |  |   | 17.7   |
| Johns XOI1.39<br>1.39Touch of Class26<br>1.49WGD Jana BoetcherJornan UN9.01*Wirght MM8.92<br>* = Meet Record22<br>South Hudson SpikeShoe21<br>* = Meet RecordWGD Jana BoetcherVaright MM8.07<br>t = Ties Meet Record* = Meet RecordWGD Jana BoetcherCrooks UN7.18*Front Runners Indoor Meet<br>Armory T&F Center<br>NYC; March 20MGO Darrell HueyDert PFAS16:50.660mMGO Larrel FuendCrooks UN7.18*Front Runners Indoor Meet<br>Armory T&F Center<br>NYC; March 20MGO Darrell HueyDert PFAS16:50.660mMGO Larry Colbert7.8<br>WGO Jana BoetcherCrooks UN7.18*M40 Val Barnwell7.1<br>MSO De JohnsonMSO BoetcherCroomansky14:55.5*M60 Larry Colbert7.8<br>WGO Jana BoetcherWSO Florence DelaneyJulivan GSAC20:11.2MGO Larry Colbert2.5<br>MGO Larry ColbertWSO Eric Hill11<br>MSO Joe JohnsonMilorad CircoryM30 Mitchell Lovett2.5.7<br>W30 Charlene LandrumMSO Borth Sectores11<br>MSO Joe JohnsonMSO Gordon Johnson 1<br>MSO Joe MahonBrosnahan SAC 17:07.0MO0mM30 Mitchell Lovett48.8<br>MGO Jarrett Slaven11<br>MSO Joe CorderoMSO Jarrett SlavenWadal NL21:54.9<br>MSO Jarrett Slaven13<br>MSO Jarrett Slaven14<br>MSO Joe Cordero23.1<br>MSO Jarrett Slaven14<br>MSO Jarrett SlavenBrosnahan SAC 17:07.0MO0mM30 Coror O'Driscoll2.03.2<br>MSO Jarrett Slaven14<br>MSO Joe Cordero23.  |                |   |  | and the second se  |   | 17.3   |
| New Jersey Striders24<br>Mirose ACW65 Ethel Lehmann<br>W75 Sue OsborneJary MM8.07* = Meet Record200mLary MM8.07* = Meet Record200mCrooks UN7.18*Front Runners Indoor Meet<br>Armory T&F Center<br>NVC; March 20M55 Fraser VipondWFront Runners Indoor Meet<br>Armory T&F Center<br>NVC; March 20M50 A LaFramboiseMiros PFAS16:50.660mM30 Robert Thomas6.8M30 Robert Thomas6.8M80 Murrell LoyM75 John AnokaShields UN16:40.6M50 Joe Johnson7.7Shields UN16:55.5*200mW30 Charlene Landrum7.8Omansky14:55.5*200mW30 Charlene Landrum7.8Omansky14:55.5*200mW30 Charlene Landrum7.8Milo De Johnson7.2M50 Joe Johnson7.7M50 Joe Johnson7.2M50 Derice Hill1M50 Joe Johnson7.2M50 Derice Hill1M50 Joe Johnson7.7M50 Derice Hill1M50 Joe Johnson7.0M50 Derice Hill1M50 Joe Johnson7.0M50 Derice Hill1M50 Joe Johnson7.7M50 Darrell Huey1M50 Joe Johnson7.7M50 Darrell Huey1M50 Joe Johnson7.7M50 Darrell Huey1M60 Larry Colbert2.7M60 Darrell Huey1M60 Larry Colbert7.6M50 Jarrett Slaven1M50 Joe McMahon59.9M65 Ann Kahl1 <t< td=""><td></td><td></td><td></td><td>A second s</td><td></td><td></td></t<>  |                |   |  | A second s  |   |        |
| oman UN     9.01*     MinOse AC     22     W75 Sue Osborne       Wright MM     8.92     South Hudson SpikeShoe 21     200m       Lary MM     8.07     * = Meet Record     200m       Crooks UN     7.18*     Front Runners Indoor Meet<br>Armory T&F Center<br>NYC; March 20     M50 A LaFramboise       bert PFAS     16:50.6     60m     M50 Ozarrell Huey       Carmines PVS     14:21.8*     M40 Val Barnwell     7.1       Shields UN     16:40.6     M50 Joe Johnson     7.7       Shields UN     16:40.6     M50 Joe Johnson     7.7       South Hudson SpikeShoe     21.9     W55 Barbara Cleveland       M00 Larry Colbert     7.8     W60 Joan Boetcher       W30 Charlene Landrum     7.8     W65 Ehel Lehmann       w101 Michell Lovett     22.5     M50 Die Johnson     27.7       M50 Joe Johnson     22.7     M50 Die Johnson     27.1       M50 Joe Johnson     22.7     M50 Die Johnson     24.2       M50 Joe Johnson     24.2     M55 Marvin Wolgast 11       M50 Joe Johnson     24.2     M50 Die Grie Hill     11       M50 Joe Johnson     24.2     M50 Joerie Hill     12       motti SAC     19.38.*     M60 Larry Colbert     25.6       M50 Joe Mitabil     30.5     M70 Phil O'  | rouo BIC       | 0.37  | New Jersey Striders  | 24   |   | 23.9   |
| Wright MM8.92<br>Lary MMSouth Hudson SpikeShoe 21Lary MM8.07• • Met Record200mCrooks UN7.18*• Front Runners Indoor Meet<br>Armory T&F Center<br>NYC; March 20M50 A LaFramboisebert PFAS16:50.660mM60 Darrell Huey<br>M70 Lee O'ConnellCarmines PVS14:21.8*M40 Val Barnwell7.1Mill So Joe Johnson7.7W55 Barbara Cleveland<br>W60 Darret ClevelandCromansky14:55.5*200mW60 Earry ColbertJulivan GSAC20:11.2M40 Val Barnwell22.9M30 Mitchell Lovett22.5M60 Earry Colbert7.8Julivan GSAC19:38.8*M60 Darry Colbert7.8womansky14:55.5*200mM50 Joe Johnson7.4M30 Mitchell Lovett22.5M60 Eric Hill1M30 Mitchell Lovett25.6M65 Robert Seelig1Julivan GSAC15:40.0W40 Denise Whitabi30.5wookey MM22:45.8M40 EG Gonera33.4M00 Mitchell Lovett48.8W60 Larry Colbert7.6M30 Mitchell Lovett48.8W60 Larry Colbert7.6M30 Mitchell Lovett48.8W60 Larry Colbert7.6M50 Joe McMahon59.9M60 Larry Colbert7.6M50 Joe McMahon59.9M60 Larry Colbert7.6M50 Joe McMahon59.9M60 Larry Colbert7.6M50 Joe McMahon59.9M60 Bob Payne2M50 Joe McMahon59.9M60 Bob Payne2M   | omen I IN      | 0.01.   |  | and the second second  |   | 24.4   |
| Lary MM         8.07         Intel Record         M30         Alaframboise           Crooks UN         7.18*         Front Runners Indoor Meet<br>Armory T&F Center<br>NYC; March 20         M50         ALaFramboise           bert PFAS         16:50.6         60m         M50         Darrell Huey           Shields UN         16:40.6         M30         Robert Thomas         6.8           M50         Johnson         7.7         W55         Barbara Cleveland           M60         Larry Colbert         7.8         W60 Joan Boetcher           omansky         14:55.5*         W30         Charlene Landrum         7.8           willvan GSAC         20:11.2         M30         M30         W10 Eric Hill         1           M30         Mitchell Lovett         22.5         400m         M55         M60 Larry Colbert         27.6           willvan GSAC         20:11.2         M50         Joe Johnson         24.2         M55         M60 Darrell Huey         11           M50         Joe Johnson         24.2         M50         M60 Darrel Huey         11           M50         Joe Johnson         24.2         M50         M50 A LaFramboise         M55           will wan GSAC         19:3.8*         M50 <td></td> <td></td> <td></td> <td>e 21</td> <td>The state of the state of the state of the state of the</td> <td></td>   |                |   |  | e 21   | The state of the state of the state of the state of the   |        |
| Crooks UN<br>W7.18*Front Runners Indoor Meet<br>Armory T&F Center<br>NYC; March 20M55Fraser Vipond<br>M60bert PFAS16:50.660mM50Parcell HueyDarrell Stields UN16:40.6M40N20Robert Thomas6.8Crooks UN14:21.8*M40 Val Barnwell7.1W55Barbara ClevelandShields UN16:40.6M50 Joe Johnson7.7W55Barbara ClevelandComansky14:55.5*M60 Larry Colbert7.8W60 Joan BoetcherJulivan GSAC20:11.2M50 Joe Johnson24.2M50 Eric HillArretti SAC19:38.8*M60 Larry Colbert25.7M50 Darrell HueyM30 Mitchell Lovett22.9M50 Darrell Huey11M50 Joe Johnson24.2M50 Barvin Wolgast11M50 Joe Johnson24.2M50 Barvin Wolgast11M50 Joe Johnson24.2M50 Darrell Huey12M50 Joe Johnson24.2M50 Darrell Huey12M50 Joe Johnson24.2M50 Darrell Huey12M50 Joe McMahon59.9W50 Linn Smith12Walad NL21:54.9M50 Goror O'Driscoll20.32M55 Janrett SlavenM50 Carry Colbert57.6W50 Linn Smith12M50 Conor O'Driscoll20.32M60 Bo'Payne13M50 Conor O'Driscoll20.32M55 Marvin Wolgast33M50 Conor O'Driscoll20.32M55 Marvin Wolgast33M50 Carry Colbert57.6W50 Linn Smith12 <td>-</td> <td></td> <td>and the second se</td> <td></td> <td></td> <td></td>   | -              |   | and the second se  |  |   |        |
| Crooks UN7.18*Front Runners Indoor Meet<br>Armory T&F Center<br>NYC; March 20M60 Darrell Hueybert PFAS16:50.660mM70 Lee O'Connellbarrens PVS14:21.8*M40 Val Barnwell7.1W50 Florence DelancyShields UN16:40.6M50 Joe Johnson7.7W50 Barbara Clevelandreeman PVS19:32.8M60 Larry Colbert7.8W60 Joan Boetcheromansky14:55.5*200mW30 Charlene Landrum7.8W65 Ethel Lehmannomansky14:55.5*200mM50 Joe Johnson22.7M60 Larry Colbert25.7ullivan GSAC19:38.8*M50 Joe Johnson22.9M50 Eric Hill1moor pretti SAC19:38.8*M50 Joe Johnson22.6M50 Darrell Huey1moor pretti SAC19:38.8*M50 Joe Johnson24.2M50 Barrell Huey1moor pretti SAC19:38.8*M50 Joe Johnson24.2M50 Barrell Huey1moor pretti SAC19:38.8*M50 Joe Johnson24.2M50 Barrell Huey1moor pretti SAC19:38.8*M50 Joe Chalahon59.9M70 Line Connell1moor pretti SAC19:38.8*M50 Joe McMahon59.9M55 Lioy Connell1moor pretti SAC19:38.8*M50 Joe Cordenz33.4M50 Jarrett Slaven2moor pretti SAC19:39.8M60 Larry Colbert57.6W55 Anr Kahl1moor pretti SAC19:30.8M50 Gordon Johnson2M50 Jarrett Slaven2moor pretti   |                | 0.01  | t = Ties Meet Record   |  |   | 28.8   |
| W         Armory T&F Center<br>NYC; March 20         M65 Emit Alcocer           bert PFAS         16:50.6         60m         M75 John Anoka           Carmines PVS         14:21.8*         M40 Val Barnwell         7.1         W55 Barbara Cleveland           Shields UN         16:40.6         M50 Joe Johnson         7.7         W55 Barbara Cleveland           Smansky         14:55.5*         M60 Larry Colbert         7.8         W60 Joan Boetcher           omansky         14:55.5*         200m         W30 Charlene Landrum         7.8         W60 Eric Hill         11           omansky         14:55.5*         200m         W30 Mitchell Lovett         22.9         M50 Eric Hill         11           willvan GSAC         20:11.2         M50 Joe Johnson         24.2         M50 Eric Hill         11           M50 Joe Johnson         24.2         M50 Eric Hill         11         12           wild ML         21:54.9         M60 Larry Colbert         2.7         M60 Darrell Huey         12           Brosnahan SAC         17:07.0         W30 Mitchell Lovett         48.8         W50 Linn Smith         12           wiland NL         21:54.9         M60 Ed Gonera         23.4         W60 Helen Wiper         12           wild Class </td <td>Crooks UN</td> <td>7.18*</td> <td>Front Bunners Indoor</td> <td>Meet</td> <td></td> <td>41.6</td>  | Crooks UN      | 7.18*   | Front Bunners Indoor   | Meet   |   | 41.6   |
| NYC; March 20         M70 Lee O'Connell           bert PFAS         16:50.6         60m         M70 Lee O'Connell           Carmines PVS         14:21.8*         M40 Val Barnwell         7.1         W50 Florence Delaney           Shields UN         16:40.6         M50 Joe Johnson         7.7         W55 Barbara Cleveland           ormansky         14:55.5*         M60 Larry Colbert         7.8         W60 Joan Boetcher           oullivan GSAC         20:11.2         M40 Val Barnwell         22.9         M50 Eric Humann           ullivan GSAC         20:11.2         M40 Val Barnwell         22.9         M50 Eric Humann           oberlain SAC         19:38.8*         M60 Larry Colbert         25.7         M60 Darrell Huey         1           oberlain SAC         15:40.0         W40 Denise Whitabi         30.5         M70 Phil O'Connell         1           sookey MM         22:45.8         M40 Carry Colbert         57.6         W50 Joe McMahon         59.9           wland NL         21:54.9         M60 Larry Colbert         57.6         W50 Jarrett Slaven         2           wland NL         21:54.9         M60 Larry Colbert         57.6         W50 Jarrett Slaven         2           wland NL         21:54.9         M60 Larry Colbert </td <td>w</td> <td>at chigh</td> <td></td> <td></td> <td></td> <td>30.0</td>  | w              | at chigh  |  |  |   | 30.0   |
| bert PFAS         16:50.6         60m         M30         Robert Thomas         6.8         M80         Murell Loy           armines PVS         14:21.8*         M40 Val Barnwell         7.1         W50         Florence Delaney           Shields UN         16:40.6         M50 Joe Johnson         7.7         W55         Barbara Cleveland           reeman PVS         19:32.8         M60 Larry Colbert         7.8         W60 Joan Boetcher           omansky         14:55.5*         200m         W30 Charlene Landrum         7.8         W65 Ethel Lehmann           omansky         14:55.5*         200m         M50 Joe Johnson         24.2         M50 Eric Hill         11           momansky         14:55.5*         200m         M50 Carry Colbert         25.7         M60 Darrell Huey         11           momansky         14:55.5*         M40 Denise Whitabi         30.5         M70 Phil O'Connell         11           sterlain SAC         15:40.0         W40 Denise Whitabi         30.5         M70 Phil O'Connell         11           stookey MM         22:45.8         M40 Ed Gonera         53.4         M60 Helen Wiper         12           stookey MM         21:54.9         M60 Larry Colbert         57.6         M50 Jarrett Slaven   | in a la como   | 12.54   |  |  |   | 32.8   |
| Carmines PVS14:21.8*M30Robert Thomas6.8M80Murrell LoyShields UN16:40.6M50Joe Johnson7.7W55Barbara Clevelandreeman PVS19:32.8M60Larry Colbert7.8W60Joan Boetcheromansky14:55.5*200mW30Charlene Landrum7.8W65Ethel Lehmannomansky14:55.5*200mW30Mitchell Lovett22.5M60Eine Hill11rvetti SAC19:38.8*M60Larry Colbert25.7M60Darrel Huey11rvetti SAC19:38.8*M60Larry Colbert25.7M60Darrel Huey11uberlain SAC15:40.0W40Denise Whitabi30.5M70Phil O'Connell11Brosnahan SAC17:07.0W40Many Trotto37.0M75John Ancka11M00 Mitchell Lovett48.8W50Larry Colbert57.6W50Anry Sue Osborn21wland NL21:54.9M60Larry Colbert57.6W55Marvin Wolgast33MC12M50Joe McMahon59.9W65Ann Kahl11w40Sarah Relyca1:23.0M50Jarrett Slaven22M50Joe Cordero2:33.1M80Gordon Johnson34M40Gordon O'Driscoll2:03.2M50Jarrett Slaven35M50Joe Cordero2:33.1M80Gordon Johnson35M40Joe Co   | bert PFAS      | 16:50.6   | 60m  | 200  |   | 34.2   |
| Shields UN16.40.6<br>reeman PVS19.32.8<br>19.32.8Millo Val Barhwein7.1<br>7.7<br>   |                | an state  | M30 Robert Thomas  | 6.8  |   | 40.1   |
| reeman PVS19:32.8Mido Soc De Shinison7.7Wido Joan Boetcheromansky14:55.5*200mWido Charrene Landrum7.8Wido Setter 1ullivan GSAC20:11.2Mido Val Barnwell22.9Mido Derise Mitabi400minvetti SAC19:38.8*Mido Larry Colbert25.7Mido Darrell Huey11inberlain SAC15:40.0Wido Denise Whitabi30.5Mido Darrell Huey12inberlain SAC15:40.0Wido Denise Whitabi30.5Mido Denise Whitabi30.5Mido Darrell Huey12inberlain SAC15:40.0Wido Denise Whitabi30.5Mido Denise Whitabi30.5Mido Darrell Huey12inbokey MM22:45.8Mido Ed Gonera53.4Wido Larry Colbert57.6Wido Larry Colbert57.6inbol ML21:54.9Mido Larry Colbert57.6Wido Larry Colbert57.6Wido Sana Relyea1:23.0incort ML21:54.9Mido Canry Colbert57.6Wido Sana Relyea1:23.0Mido Bab Payne2:incort ML21:54.9Mido Conor O'Driscoll2:03.2Mido Bab Payne2:Mido Bab Payne2:incort ML11Mido Bab Cordero2:33.1Mido Bab Payne2:Mido Bab Payne2:incort ML11Mido Masters25Mido Ward Rosado2:42.4Wido Joan Boetcher4:incort MLMileMileMileMido Jarrett Slaven5:1:Mido Jarrett Slaven5:incort ML<  |                |   |  | 7.1  |   | 37.5   |
| Into ControlInto ControlInto Controlomansky14:55.5*W30 Charlene Landrum7.8W65 Ethel Lehmannullivan GSAC20:11.2M30 Mitchell Lovett22.5400minvertiti SAC19:38.8*M60 Larry Colbert22.9M55 Marvin Wolgast1invertiti SAC19:38.8*M60 Larry Colbert25.6M60 Darrell Huey1inberlain SAC15:40.0W40 Denise Whitabi30.5M70 Phil O'Connell1Brosnahan SAC17:07.0W30 Mary Trotto37.0M75 John Ancka1Brosnahan SAC17:07.0400mM80 Gordon Johnson11M30 Mitchell Lovett48.8W50 Linn Smith11Brosnahan SAC17:07.0400mM80 Gordon Johnson1Malo Carry Colbert57.6W50 Linn Smith11M00 Carry Colbert57.6W65 Ann Kahl11M01 Carry Colbert57.6W65 Ann Kahl11Wa0 Sarah Relyca1:23.0M60 Bob Payne21M20 Sill Idek2:35.2M60 Gordon Johnson31M20 Sill Idek2:35.2M60 Gordon Johnson31M20 Sill Idek2:35.2M60 Bob Payne21M20 Mary Rosado2:42.4W60 Joan Boetcher41M20 Mary Rosado2:42.4W60 Joan Boetcher41M20 Mary Rosado2:42.4W60 Joan Boetcher41M20 Mary Rosado2:42.4M60 Herma   |                |   |  | 7.7  | W55 Barbara Cleveland   | 33.3   |
| omansky14:55.5*200mW75 Sue osbornullivan GSAC20:11.2M30 Mitchell Lovett22.5400mM30 Mitchell Lovett22.9M50 Eric Hill11arvetti SAC19:38.8*M60 Larry Colbert25.6M65 Robert Seeligaberlain SAC15:40.0W40 Denise Whitabi30.5M70 Phil O'ConnellBrosnahan SAC17:07.0W00mM55 Joe Mary Trotto37.0Brosnahan SAC17:07.0W00mM80 Gordon Johnson11Mookey MM22:45.8M40 Ed Gonera53.4W60 Helen Wiper12Waland NL21:54.9M60 Larry Colbert57.6W65 Ann Kahl12waland NL21:54.9M60 Larry Colbert57.6W75 Sue Osborn200mwaland NL21:54.9M60 Larry Colbert57.6W65 Ann Kahl12waland NL21:54.9M60 Larry Colbert57.6W75 Sue Osborn200mwaland NL21:54.9M60 Conro O'Driscoll203.2M60 Bo Payne200mMC12M50 Bill Idek2:32.2M60 Bo Payne200mMC12M50 Bill Idek2:32.1M60 Gordon Johnson300mAC55W50 Mary Trotto3:25.0M70 Gene Nowell30AC55W50 Mary Trotto3:25.2M60 Joan Boetcher400mMAC55W50 Mary Trotto3:25.0M60 Jan Rahl30AC55W50 Mary Trotto3:25.0M60 Jan McManus6:54.6AC10   | reeman PVS     | 19:32.8   |  |  |   | 55.0   |
| John MarkerJohn Mitchell Lovett22.5MomJullivan GSAC20:11.2M40 Val Barnwell22.9M50 Eric Hill1InvestionM50 Joe Johnson24.2M55 Marvin Wolgast1InvestionM50 Charlene Landrum25.6M60 Darrell Huey1Inberlain SAC15:40.0W40 Denise Whitabi30.5M70 Phil O'Connell1Brosnahan SAC17:07.0W30 Charlene Landrum25.6M60 Boert Seelig1Brosnahan SAC17:07.0W30 Mitchell Lovett48.8W50 Linn Smith1Mookey MM22:45.8M40 Ed Gonera53.4W60 Helen Wiper1M30 Mitchell Lovett48.8W50 Linn Smith11Mookey MM22:45.8M60 Larry Colbert57.6W50 Joe McMahon59.9Wand NL21:54.9M60 Larry Colbert57.6W75 Sue Osborn2Moo Charlene Landrum59.1800mM50 Jarrett Slaven2Mac12M30 Conor O'Driscoll2:03.2M60 Bob Payne2MC12M50 Mary Trotto3:25.0M60 Bob Payne2MAC55W50 Mary Trotto3:25.0M60 Lone Nowell3MAC55W50 Mary Trotto3:25.0M60 John McManus6:4.6MAC55W50 Mary Trotto3:25.0M60 John McManus6:54.6MAC55W50 Mary Trotto3:25.0M60 Jan Boetcher4MAC55W50 Mary Trotto3:25.0M60 Larrett Sl  | Marchael Start | 14.00.00  |  | 7.8  |   | 37.4   |
| ullivan GSAC20:11.2M40 Val Barnwell22.9M50 Eric Hill1averti SAC19:38.8*M50 Joe Johnson24.2M55 Marvin Wolgast1aberlain SAC15:40.0W30 Charlene Landrum25.6M65 Robert Seelig1Brosnahan SAC17:07.0400 mM30 Mitchell Lovett48.8M60 Gordon Johnson1Brosnahan SAC17:07.0400 mM30 Mitchell Lovett48.8W50 Linn Smith1Waland NL21:54.9M60 Larry Colbert57.6W50 Joe McMahon59.9W65 Ann Kahl1Wuland NL21:54.9M60 Larry Colbert57.6W30 Charlene Landrum59.1W65 Ann Kahl1W40 Sarah Relyea1:23.0M50 Jarrett Slaven2:800 mM55 Marvin Wolgast3:d TC16M30 Conor O'Driscoll2:03.2M60 Bob Payne2:M65 Lloyd Sapp3:of Class16M40 Tom Hartshorne2:13.6M60 Bob Payne2:M65 Lloyd Sapp3:of Class16M30 W Bronsmith4:24.2W60 Joan Boetcher4:4:4:AC55M30 W Bronsmith4:24.2W60 Joan Boetcher4:4:4:4:AC10M60 John McManus6:54.6M60 Herman Lofton6:4:<  | omansky        | 14:55.5*  |  |  | the second se   | 57.7   |
| Arrotti SAC19:38.8*M50 Joe Johnson22:3M55 Marvin Wolgast1M50 Joe Johnson22:4M55 Marvin Wolgast11M50 Joe Johnson25:7M60 Darrell Huey1M50 Charlene Landrum25:6M65 Robert Seelig1Brosnahan SAC17:07.0W40 Denise Whitabi30.5M70 Phil O'ConnellBrosnahan SAC17:07.0W50 Mary Trotto37.0M75 John AnckaM00mM30 Mitchell Lovett48.8M60 Gordon Johnson1M00mM30 Mitchell Lovett48.8W60 Helen Wiper1M01 L 21:54.9M60 Larry Colbert57.6W50 Linn Smith1Waland NL21:54.9M60 Larry Colbert57.6W50 Linn Smith1Waland NL21:54.9M60 Larry Colbert57.6W50 Sarn Kahl1Waland NL21:54.9M60 Larry Colbert57.6W50 Sarn Kahl1Waland NL21:54.9M60 Larry Colbert57.6W50 Sarn Kahl1Waland NL21:54.9M60 Larry Colbert57.6W50 Sarn Kahl1Mac1212M30 Conor O'Driscoll2:03.2M55 Marvin Wolgast3M10 CarlesM30 Cordor O'Driscoll2:03.2M55 Marvin Wolgast3M20 CarlesM60 Joe Cordero2:33.1M60 Bob Payne2:M20 Alethea Moms2:0.7W50 Linn Smith33M20 Mary Trotto3:25.0M80 Gordon Johnson3M20 Mary Trotto3:25.0M30 W Br   | ullivan GSAC   | 20:11.2   |  | allow And American   |   | 1.070  |
| rrvetti SAC19:38.8*M60 Larry Colbert25.7M60 Darrell Huey1iberlain SAC15:40.0W40 Denise Whitabi30.5M70 Phil O'Connell1Brosnahan SAC17:07.0W50 Mary Trotto37.0M75 John Ancka1Mookey MM22:45.8M40 Ed Gonera53.4W60 Helen Wiper1Mookey MM22:45.8M40 Ed Gonera53.4W60 Helen Wiper1Malo Mitchell Lovett48.8M50 Joe McMahon59.9W65 Ann Kahl1Invalad NL21:54.9M60 Larry Colbert57.6W75 Sue Osborn2BeoringW30 Charlene Landrum59.1W65 Ann Kahl11W40 Sarah Relyea1:23.0M50 Jarrett Slaven2800mMac12M60 Joe Cordero2:33.1M60 Bob Payne2MAC12M50 Bill Idek2:35.2M60 Joe Cordero2:33.1Mac55M30 W Bronsmith4:24.2W60 Joan Boetcher4:00 Joan BoetcherPark TC36M30 W Bronsmith4:24.2W60 Joan Boetcher4:00 Joan BoetcherMAC10M60 John McManus6:54.6M60 Herman Lofton6:30.9Masters25M30 W Bronsmith4:24.2M50 Jarrett Slaven5:100mMAC10M60 John McManus6:54.6M60 Steve Smith6:22.4M60 John McManus6:54.6M60 Steve Smith6:22.4MAC10M30 Rich Byrne9:16.1W60 Joan Boegcher9:000m <td>A Start Land</td> <td>ALC: NO</td> <td></td> <td></td> <td>Contraction of the second s</td> <td>1:07.0</td>  | A Start Land   | ALC: NO   |  |  | Contraction of the second s   | 1:07.0 |
| Aberlain SAC15:40.0W30 Charlene Landrum<br>W40 Denise Whitabi<br>W50 Mary TrottoM65 Robert Seelig<br>M70 Phil O'ConnellBrosnahan SAC 17:07.0400mM75 John Ancka1tookey MM22:45.8M40 Ed Gonera53.4M60 Helen Wiperwland NL21:54.9M50 Joe McMahon59.9W65 Ann Kahl1wland NL21:54.9M60 Larry Colbert57.6W30 Charlene Landrum<br>M30 Charlene Landrum90.1ester Puma23<br>M60 Larry Colbert800mM55 Marvin Wolgast3d TC16<br>M30 Conor O'Driscoll2:03.2M60 Bob Payne2:MC12<br>M50 Bill Idek2:35.2M60 Bob Payne2:MAC55<br>Park TC8<br>M30 W Bronsmith4:24.2M50 Joan Boetcher4:MAC55<br>Park TCM30 W Bronsmith4:24.2W60 Joan Boetcher4:M30 W Bronsmith4:24.2M50 Jarrett Slaven5:5:M30 W Bronsmith4:24.2M60 Joan Boetcher4:M60 Joan Boetcher4:M30 Stacy Creamer5:30.9M70 Bob Smith6:6:M30 Stacy Creamer5:30.9M70 Bob Smith6:M60 Herman Lofton6:M30 Stacy Creamer5:30.9M70 Bob Smith7:7:M30 Rich Byrne9:16.1W60 Joan Boegcher9:9:M30 Rich Byrne9:16.1W60 Joan Boegcher9:9:M30 Rich Byrne9:16.1W60 Joan Boegcher9:9:M30 Rich Byrne9:16.1W60 Joan  | rvetti SAC     | 19:38.8*  |  |  |   | 1:05.0 |
| Aberlain SAC15:40.0W40 Denise Whitabi30.5M70 Phil O'Connell1Brosnahan SAC 17:07.0400m37.0M75 John Ancka1Brosnahan SAC 17:07.0400mM30 Mitchell Lovett48.8M50 John Son1M30 Mitchell Lovett48.8M50 Joe McMahon59.9W60 Helen Wiper1Invalad NL21:54.9M60 Larry Colbert57.6W30 Charlene Landrum59.1ScoringW30 Charlene Landrum59.1W65 Ann Kahl1ester Puma23800mM50 Joe Cordero2:03.2MC12M50 Bill Idek2:35.2M60 Bob Payne2:MC12M50 Bill Idek2:35.2M60 Bob Payne3:AC55M60 Joe Cordero2:33.1M80 Gordon Johnson3:MAC55M30 W Bronsmith4:24.2W60 Joan Boetcher4:Park TC36MileW75 Sue Osborn5:Park TC36MileW50 Airrett Slaven5:M30 W Bronsmith4:24.2W60 Joan Boetcher4:M20 Stacy Creamer5:30.9M70 Bob Smith5:M30 Stacy Creamer5:30.9M70 Bob Smith6:M30 Stacy Creamer5:30.9M70 Bob Smith6:M30 Rich Byrne9:16.1W60 Joan Boegcher9:M30 Rich Byrne9:16.1W60 Joan Boegcher9:  |                | and and the   |  |  |   | 1:13.0 |
| Brosnahan SAC 17:07.0400mM80 Gordon Johnson 1:M30 Mitchell Lovett48.8M30 Mitchell Lovett48.8M30 Mitchell Lovett48.8W50 Linn Smith1:wland NL21:54.9M60 Larry Colbert57.6BrooringW30 Charlene Landrum59.1W65 Ann Kahl1:w40 Sarah Relyea1:23.0800mM50 Jarrett Slaven2:BrooringW40 Sarah Relyea1:23.0M60 Bob Payne2:BrooringM60 Conor O'Driscoll2:03.2M60 Bob Payne2:M60 Joe Cordero2:33.1M60 Bob Payne2:M60 Bob Payne2:MAC12M50 Bill Idek2:35.2M70 Gene Nowell3:MAC55W40 Mary Rosado2:42.4W60 Joan Boetcher4:M30 W Bronsmith4:24.2W60 Joan Boetcher4:W75 Sue Osborn5:Park TC36MileW10W75 Sue Osborn5:1:M30 W Bronsmith4:24.2W60 Joan Boetcher4:W75 Sue Osborn5:Park TC36MileW10W75 Sue Osborn5:5:M30 W Bronsmith4:24.2K60 Herman Lofton6:6:M60 John McManus6:54.6W50 Jarrett Slaven5:6:M60 John McManus6:54.6M60 Herman Lofton6:6:M60 John McManus6:54.6M60 Herman Lofton6:7:M60 John McManus6:54.6M80 Gordon Johnson7:M50 Starey Smith6:M60   | berlain SAC    | 15:40.0   |  | 30.5   |   | 1:18.0 |
| M30Mitchell Lovett48.8M30Mitchell Lovett48.8M30Mitchell Lovett48.8M40Ed Gonera53.4M50Joe McMahon59.9M60Larry Colbert57.6M30Mitchell Landrum59.1M30Mitchell Landrum59.1M30Mitchell Landrum59.1M30Mitchell Landrum59.1M30Mitchell Landrum59.1M40Sarah Relyea1.23.0M40Sarah Relyea1.23.0M50Jarrett Slaven2:M50M40Conor O'Driscoll2:03.2M50M60 Joe Cordero2:33.1M50M60 Joe Cordero2:33.1M60 Joe Cordero2:33.1M60 Joe Cordero2:33.1M60 Joe Cordero2:33.1M60 Joe Cordero2:33.1M60 Joan Boetcher4:24.2M60 Joan Boetcher4:24.2M60 Joan Boetcher4:24.2M60 John McManus6:54.6M30 W Bronsmith4:24.2M60 John McManus6:54.6M30 W Bronsmith4:24.2M60 John McManus6:54.6M30 Stacy Creamer5:30.9M70 Bob Smith8:M30 Rich Byrne9:16.1W60 Joan Boegcher9:16.1M30 Rich Byrne9:16.1W60 Joan Boegcher9:16.1   |                |   | W50 Mary Trotto  | 37.0   | M75 John Ancka  | 1:22.0 |
| tookey MM22:45.8M40 Ed Gonera53.4W60 Helen Wiper1:wland NL21:54.9M60 Larry Colbert57.6W65 Ann Kahl1:bicoringW40 Sarah Relyea1:23.0W65 Ann Kahl1:ester Puma23800mM30 Charlene Landrum59.1W65 Marvin Wolgast3:of C16M30 Conor O'Driscoll2:03.2M60 Bob Payne2:of Class16M40 Tom Hartshorne2:13.6M60 Bob Payne2:MC12M60 Joe Cordero2:33.1M60 Gordon Johnson3:MAC55M60 Joe Cordero2:33.1M80 Gordon Johnson3:MAC55M30 W Bronsmith4:24.2W60 Joan Boetcher4:Masters25M30 W Bronsmith4:24.2W65 Jarrett Slaven5:MAC10M60 John McManus6:54.6W65 Jarrett Slaven5:M30 W Bronsmith4:24.2W66 Jaan Boetcher4:4:M40 Donald DiDonato4:26.8M60 Herman Lofton6:MAC10M60 John McManus6:54.6M60 Herman Lofton6:M30 Stacy Creamer5:30.9M70 Bob Smith8:4:M40 Bondal DiDonato4:26.8M80 Gordon Johnson7:M40 John McManus6:54.6M80 Gordon Johnson7:M40 Bonshers25M60 Herman Lofton6:M40 Donald DiDonato4:26.8M60 Herman Lofton6:M40 Bonshers23M50 Borinth8:  | Brosnahan SAC  | 17:07.0   |  |  |   | 1:39.0 |
| InstantInstantInstantInstantwaland NL21:54.9M50 Joe McMahon59.9W65 Ann Kahl1:BooringW30 Charlene Landrum59.1W65 Ann Kahl1:waland NL21:54.9M60 Larry Colbert57.6W75 Sue Osborn2:BooringW40 Sarah Relyea1:23.0800mM50 Jarrett Slaven2:waland NL16M30 Conor O'Driscoll2:03.2M60 Bob Payne2:MC12M40 Tom Hartshorne2:13.6M60 Bob Payne2:MC12M50 Bill Idek2:35.2M60 Bob Payne2:MC12M60 Joe Cordero2:33.1M80 Gordon Johnson3:MC55M60 Joe Cordero2:33.1M80 Gordon Johnson3:MAC55W50 Mary Trotto3:25.0W50 Linn Smith3:AC55M30 W Bronsmith4:24.2W60 Joan Boetcher4:M40 Donald DiDonato4:26.8M50 Jarrett Slaven5:Park TC36M50 Victor Diaz6:22.4M60 Herman Lofton6:M30 W Bronsmith4:24.2M50 Jarrett Slaven5:5:Force America11M60 John McManus6:54.6M50 Jarrett Slaven5:M30 Stacy Creamer5:30.9M70 Bob Smith6:M50 Stace Smith6:M60 John McManus6:54.6M50 Gordon Johnson7:W50 Linn Smith7:MA21M30 Rich Byrne9:16.1W60 Joan Boegcher9:06 <td>ooke MM</td> <td>22.45.0</td> <td></td> <td></td> <td></td> <td>1:31.0</td>   | ooke MM        | 22.45.0   |  |  |   | 1:31.0 |
| wiland NL21:54.9M60 Larry Colbert57.6W03 Ath Kahl1BooringW30 Charlene Landrum59.1W75 Sue Osborn2:ester Purna23800mM30 Conor O'Driscoll2:03.2M60 Bob Payne2:of Class16M40 Tom Hartshorne2:13.6M60 Bob Payne2:of Class16M40 Tom Hartshorne2:13.6M60 Bob Payne2:of Class16M60 Joe Cordero2:33.1M60 Bob Payne3:arsey Striders7W30 Alethea Moms2:20.7W50 Linn Smith3:arsey Striders7W30 Alethea Moms2:20.7W50 Linn Smith3:AC55W50 Mary Trotto3:25.0W50 Linn Smith3:Park TC36MileW50 Victor Diaz6:22.4W60 Joan Boetcher4:Md Masters25M30 W Bronsmith4:24.2W65 Ann Kahl3:Force America11M60 John McManus6:54.6M60 Herman Lofton6:AC10M60 John McManus6:54.6M60 Herman Lofton6:M30 Stacy Creamer5:30.9M70 Bob Smith8:M80 Gordon Johnson7:AA21M30 Rich Byrne9:16.1W60 Joan Boegcher9:  | OUKEY MIM      | 22.43.8   |  |  | W60 Helen Wiper   | 1:58.0 |
| icoringWiteSite OrderW75 Sue Osborn2:wite of Class16W30 Charlene Landrum59.1W75 Sue Osborn2:at TC16M30 Conor O'Driscoll2:03.2M50 Jarrett Slaven2:at TC16M40 Tom Hartshorne2:13.6M60 Bob Payne2:at C12M50 Bill Idek2:35.2M60 Bob Payne2:at C12M50 Bill Idek2:33.1M80 Gordon Johnson3:at Research7W30 Alethea Moms2:20.7W50 Linn Smith3:at C55W50 Mary Trotto3:25.0W65 Ann Kahl3:at C55W50 Mary Trotto3:25.0W65 Ann Kahl3:at C55M30 W Bronsmith4:24.2W65 Ann Kahl3:at C10M60 John McManus6:54.6M50 Jarrett Slaven5:at TC27W50 M L Michelsohn6:52.6M80 Gordon Johnson7:at TC27W50 M L Michelsohn <td< td=""><td>wland NI</td><td>21-54.9</td><td></td><td></td><td>and the second se</td><td>1:27.0</td></td<>   | wland NI       | 21-54.9   |  |  | and the second se | 1:27.0 |
| witeW40 Sarah Relyea1:23.0M50 Jarrett Slaven2:a TC16M30 Conor O'Driscoll2:03.2M50 Bob Payne2:a TC16M40 Tom Hartshorne2:13.6M60 Bob Payne2:a TC12M50 Bill Idek2:35.2M60 Bob Payne2:a TSey Striders7W30 Alethea Moms2:20.7W50 Linn Smith3:a C55W40 Mary Rosado2:42.4W60 Joan Boetcher4:a C55W50 Mary Trotto3:25.0W65 Ann Kahl3:a Masters25M30 W Bronsmith4:24.21500m5:a C10M60 John McManus6:54.6M60 Herman Lofton6:a TC27W50 M L Michelsohn6:52.6M80 Gordon Johnson7:a TC27W50 M L Michelsohn6:52.6M80 Gordon Johnson7:a A21M30 Rich Byrne9:16.1W60 Joan Boetcher5:a A21M30 Rich Byrne9:16.1W60 Joan Boetcher5:a A21M30 Rich Byrne9:16.1W60 Joan Boetcher7:a A21M30 Rich Byrne9:16.1W60 Joan Boetcher7:  |                | -1.54.5   |  |  | the second se   | 2:27.0 |
| ester Puma23800mMission Parking Structured TC16M30 Conor O'Driscoll2:03.2M60 Bob Payne2:03.2of Class16M40 Tom Hartshorne2:13.6M60 Bob Payne2:03.2MC12M50 Bill Idek2:35.2M60 Gordon Johnson3:000000000000000000000000000000000000  | coring         | 14.4  |  |  |   |        |
| d TC16M30 Conor O'Driscoll2:03.2M60 Mar Wolgast3:1of Class16M40 Tom Hartshorne2:13.6M60 Bob Payne2:2AC12M50 Bill Idek2:35.2M60 Bob Payne3:1MC12M50 Bill Idek2:35.2M70 Gene Nowell3:3BM60 Joe Cordero2:33.1M80 Gordon Johnson3:3MAC55W40 Mary Rosado2:42.4W60 Joan Boetcher4:3Park TC36MileW75 Sue Osborn5:3Park TC36M30 W Bronsmith4:24.2W65 Ann Kahl3:3Force America11M40 Donald DiDonato4:26.8M50 Jarrett Slaven5:3AC10M60 John McManus6:54.6M65 Steve Smith6:36:3M30 Stacy Creamer5:30.9M70 Bob Smith8:26.6M80 Gordon Johnson7:3ia TC27W50 M L Michelsohn6:52.6M80 Gordon Johnson7:3AA21M30 Rich Byrne9:16.1W60 Joan Boegcher9:00  | ester Puma     | 23  |  | 1.23.0   |   | 2:18.0 |
| of Class16M40 Tom Hartshorne2:13.6M60 Bob Fayne2:2AC12M50 Bill Idek2:35.2M60 Bob Fayne2:3BM60 Joe Cordero2:33.1M60 Gordon Johnson3:AC55W40 Mary Rosado2:42.4W60 Joan Boetcher4:Park TC36W50 Mary Trotto3:25.0W65 Ann Kahl3:Park TC36MileW75 Sue Osborn5:5:Park TC36M30 W Bronsmith4:24.2W60 Joan Boetcher4:Masters25M30 W Bronsmith4:24.21500mForce America11M40 Donald DiDonato4:26.8M50 Jarrett Slaven5:AC10M60 John McManus6:54.6M65 Steve Smith6:5:ia TC27W50 M L Michelsohn6:52.6M80 Gordon Johnson7:ia TC27W50 M L Michelsohn6:52.6M80 Gordon Johnson7:ia TC27W50 M L Michelsohn6:52.6M80 Gordon Johnson7:ia AA21M30 Rich Byrne9:16.1W60 Joan Boegcher9:00  |                | and the second  |  | 2:03 2   |   | 3:07.0 |
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| 8<br>rsey StridersM60 Joe Cordero2:33.1<br>W30 Alethea MomsM80 Gordon JohnsonAC55<br>Park TCW40 Mary Rosado2:42.4<br>W50 Mary TrottoW50 Linn Smith3:<br>W50 Linn SmithPark TC36<br>MileMileW60 Joan Boetcher4:<br>W65 Ann KahlPark TC36<br>MileMileW75 Sue Osborn5:<br>M50 Jarrett SlavenPark TC36<br>MileM30 W Bronsmith4:24.2<br>4:26.8W60 Joan BoetcherMAC10<br>M60 John McManusM50 Victor Diaz6:22.4<br>6:22.4M60 Herman Lofton 6:52.6<br>M60 Steve SmithAC10<br>M60 John McManus6:54.6<br>6:30.9M60 Steve Smith6:52.6<br>M80 Gordon Johnson 7:<br>M70 Bob Smithia TC27<br>se Chargers23<br>3000m3000mW50 Linn Smith7:<br>W50 Linn SmithAA21<br>H30 Rich Byrne9:16.1W60 Joan Boegcher9:06   | C              |   |  |  |   | 3:01.0 |
| Netry SurdersV30Alethea Moms2:20.7W50Linn Smith3:AC55W40Mary Rosado2:42.4W60Joan Boetcher4:Park TC36W50Mary Trotto3:25.0W65Ann Kahl3:bester Puma28MileW75Sue Osborn5:bd Masters25M30W Bronsmith4:24.24:W60Joan BoetcherForce America11M40Donald DiDonato4:26.8M50Jarrett Slaven5:RC10M50Victor Diaz6:22.4M60Herman Lofton6:AC10M60John McManus6:54.6M65Steve Smith6:w30Stacy Creamer5:30.9M70Bob Smith8:ia TC27W50M L Michelsohn6:52.6M80Gordon Johnson7:se Chargers233000 mW50Linn Smith7:W50Linn Smith7:AA21M30Rich Byrne9:16.1W60Joan Boegcher9:06   | Ouidan         |   | M60 Joe Cordero  | 2:33.1   |   | 3:40.0 |
| AC55W40 Mary Rosado2:42.4W60 Joan Boetcher4:3Park TC36W50 Mary Trotto3:25.0W65 Ann Kahl3:3ester Puma28MileW75 Sue Osborn5:3hd Masters25M30 W Bronsmith4:24.2W60 Joan BoetcherForce America11M40 Donald DiDonato4:26.8RC10M50 Victor Diaz6:22.4M60 Herman LoftonAC10M60 John McManus6:54.6W30 Stacy Creamer5:30.9M70 Bob Smith8:3ia TC27W50 M L Michelsohn6:52.6se Chargers233000 mW50 Linn Smith7:0AA21M30 Rich Byrne9:16.1W60 Joan Boegcher9:0   | rsey Striders  |   | W30 Alethea Moms   | 2:20.7   |   | 3:21.0 |
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| RC10M50 Victor Diaz6:22.4M60 Jahr M Statch3.4AC10M60 John McManus6:54.6M60 Herman Lofton6:5W30 Stacy Creamer5:30.9M70 Bob Smith8:3ia TC27W50 M L Michelsohn6:52.6M80 Gordon Johnsonse Chargers233000 mW50 Linn Smith7:3AA21M30 Rich Byrne9:16.1W60 Joan Boegcher9:0   |                |   |  |  | 1500m   |        |
| AC     10     M60 John McManus     6:54.6     M65 Steve Smith     6:30.9       ia TC     27     W50 M L Michelsohn     6:52.6     M60 Gordon Johnson     7:30.9       se Chargers     23     3000 m     W50 L Michelsohn     6:52.6     M80 Gordon Johnson     7:30.9       AA     21     M30 Rich Byrne     9:16.1     W60 Joan Boegcher     9:00  |                | 10  | · Minister of the second of the second  |  |   | 5:02.9 |
| W30 Stacy Creamer5:30.9M00 Steve Simulation8:30.9ia TC27W50 M L Michelsohn6:52.6M80 Gordon Johnson7:30.9se Chargers233000 mW50 Linn Smith7:30.9AA21M30 Rich Byrne9:16.1W60 Joan Boegcher9:00.0  |                | and some of the local data  |  |  |   | 6:05.2 |
| ia TC 27 W50 M L Michelsohn 6:52.6 M80 Gordon Johnson 7:<br>se Chargers 23 3000 m W50 Linn Smith 7:0<br>AA 21 M30 Rich Byrne 9:16.1 W60 Joan Boegcher 9:0   |                | 10  |  |  |   | 6:30.8 |
| se Chargers 23 3000 m<br>AA 21 M30 Rich Byrne 9:16.1 W60 Joan Boegcher 9:0  | ia TC          | 27  |  |  |   | 8:31.0 |
| AA 21 M30 Rich Byrne 9:16.1 W60 Joan Boegcher 9:0   |                |   | a present the second  |  |   | 7:35.0 |
| Inhia Masters 21  |                | 21  |  | 9:16.1   |   | 7:00.4 |
| MAD Alan Puben UDKS   W6S Ann Kabi 7  | Iphia Masters  |   | and the state of t | 9:08.5   |   | 7:16.6 |
| Hudson SpikedShoe 18 MS0 Victor Diaz 10.48 8 High Jump  |                |   | and a second water of the second   |  | and the second  |        |
| Valley In M60 Dec Margatron 15:16.7 M50 Empt Procks 4:  |                |   |  |  |   | 4-7    |
|   |                |   |  |  | . A COMPANY AND   | 4-6    |
| "The family suggests<br>that memorial<br>contributions be made  | "The fa        | mily s<br>that n  | suggests<br>nemorial A   |  |   |        |

| Polk Senior Gan   | nes                |
|---|--------------------|
| Bartow, FL;<br>Feb. 27-Mar. 14  |                    |
| 50m<br>M50 Eric Hill  | 7.25               |
| M55 Fraser Vipond   | 7.71               |
| M60 Darrell Huey<br>M65 Emie Alcocer  | 7.41 7.66          |
| M70 Harvard Warren<br>M75 Joseph Sciaraffa  | 8.71               |
|   | 8.25               |
| M80 Gordon Johnson  | 9.90               |
| W50 Florence Delaney<br>W55 Barbara Cleveland   | 8.85<br>8.27       |
| W60 Joan Boetcher   | 11.47              |
| W65 Ethel Lehmann<br>W75 Sue Osborn   | 9.14               |
| 100m  | 11.41              |
| M50 Eric Hill   | 13.40              |
| M55 Robert Harris<br>M60 Darrell Huey<br>M65 Ernie Alcocer<br>M70 Tyler Sturdevant<br>M75 Joseph Sciaraffa<br>M80 Murrell Loy | 14.85              |
| M65 Emie Alcocer  | 13.87<br>13.20     |
| M70 Tyler Sturdevant  | 17.76              |
| M75 Joseph Sciaraffa  | 15.95              |
| W50 Florence Delaney  | 17.71 17.32        |
| W55 Barbara Cleveland   | 1 15.75            |
| W60 Joan Boetcher   | 23.95              |
| W65 Ethel Lehmann<br>W75 Sue Osborne  | 17.67 24.47        |
| 200m  |                    |
| M50 A LaFramboise   | 28.82              |
| M50 A LaFramboise<br>M55 Fraser Vipond<br>M60 Darrell Huey  | 41.61              |
| M60 Darrell Huey<br>M65 Ernie Alcocer   | 28.76<br>30.03     |
| M70 Lee O'Connell<br>M75 John Anoka   | 32.82              |
|   | 34.22              |
| M80 Murrell Loy<br>W50 Florence Delaney   | 40.15 37.52        |
| W55 Barbara Cleveland<br>W60 Joan Boetcher  | 33.37              |
|   |                    |
| W65 Ethel Lehmann<br>W75 Sue osborn   | 37.41<br>57.70     |
| 400m  | 51.10              |
| M50 Eric Hill<br>M55 Marvin Wolgast   | 1:07.00            |
| M60 Darrell Huey  |                    |
| M65 Robert Seelig   | 1:13.00            |
| M70 Phil O'Connell<br>M75 John Ancka  | 1:18.00            |
| M80 Gordon Johnson  | 1:39.00            |
| W50 Linn Smith  | 1:31.00            |
| W60 Helen Wiper   | 1:58.00            |
| W65 Ann Kahl<br>W75 Sue Osborn  | 1:27.00<br>2:27.00 |
| 800m  | 2.27.00            |
| M50 Jarrett Slaven  | 2:18.00            |
| M55 Marvin Wolgast<br>M60 Bob Payne   | 3:07.00 2:40.00    |
| M65 Lloyd Sapp  | 3:01.00            |
| M70 Gene Nowell   | 3:51.00            |
| M80 Gordon Johnson<br>W50 Linn Smith  | 3:40.00<br>3:21.00 |
| W60 Joan Boetcher   | 4:29.00            |
| W65 Ann Kahl  | 3:26.00            |
| W75 Sue Osborn<br>1500m   | 5:49.00            |
| M50 Jarrett Slaven  | 5:02.94            |
| M60 Herman Lofton   | 6:05.26            |
|   | 6:30.87<br>8:31.00 |
| M80 Gordon Johnson  | 7:35.06            |
| W50 Linn Smith  | 7:00.44            |
| W60 Joan Boegcher<br>W65 Ann Kahl   | 9:02.72 7:16.60    |
| High Jump   |                    |
| M50 Frank Brooks  | 4-7                |
| M55 Walter Deal   | 4-6                |
|   | 1 2 4              |

Associations Fighting Heart Disease and Stroke

AMERICAN HEART ASSOCIATION MEMORIALS & TRIBUTES

1-800-AHA-USA1

|    | States and the  | ALC: N            |
|----|---|-------------------|
|    | M60 Lawrence Judd   | 4-9               |
|    | M65 Arthur Kearney  | 4-2               |
|    | M70 Karlis Ezerins<br>Bob Rockey<br>M75 Cecil Clark   | 3-10              |
|    | M75 Cecil Clark   | 4                 |
|    | M80 FL McFadden   | 2-9               |
|    | M80 F L McFadden<br>W55 Barbara Cleveland   | 14-2              |
|    | W60 Avis Pixley   | 3-3               |
|    | W65 Ethel Lehmann   | 3-6               |
|    | Long Jump   |                   |
|    | M50 A Laframboise<br>M55 Robert Harris  | 14-0              |
|    | M60 Lawrence Judd   | 13.25             |
|    | M65 William Rothley   | 12-6.25           |
| 1  | M70 Bob Rockey<br>M75 Cecil Clark   | 11-7              |
|    | M75 Cecil Clark   | 11-2              |
|    | M80 Gilbert Fair<br>W50 Dee Oeters  | 7-1               |
|    | W55 Barbara Cleviand  | 12.9 50           |
|    | W60 Linda Miller  | 8-11.75           |
|    | W60 Linda Miller<br>W65 Ethel Lehmann   | 8-7.50            |
| 5  | Shot Put  |                   |
|    | M50 Michael Foster  | 33-5              |
|    | M55 Walter Deal<br>M60 Richard Fields   | 32-9.25           |
|    | M60 Richard Fields  | 34-5              |
| ŝ  | M65 Len Olsen<br>M70 Karlis Ezerins   | 42-2.50           |
|    | M/0 Karlis Ezerins  | 33-3.75           |
|    | M75 Robert Wagner<br>M80 Metro Karol  | 25-7.50           |
|    | M85 Wilbur Strader  | 22-2.75           |
| Ĩ  | W50 Lorraine Quinn  | 18-5.75           |
| 5  | W55 B Cleveland   | 25-7.50           |
|    | M80 Metro Karol<br>M85 Wilbur Strader<br>W50 Lorraine Quinn<br>W55 B Cleveland<br>W60 Erika Messner<br>W65 N Thomberry<br>W70 Eliza Dalzell | 32-5.50           |
|    | W65 N Thornberry  | 20-10.50          |
|    | W70 Eliza Dalzell<br>Discus   | 22-11.25          |
| į. | M50 Michael Foster  | 105.11            |
|    | M55 Walter Deal   | 90-2              |
| i. | M50 Michael Foster<br>M55 Walter Deal<br>M60 Lawrence Judd<br>M65 Len Olsen   | 112-8             |
|    | M65 Len Olsen   | 149-6             |
|    | M70 Karlis Ezerins<br>M75 Graeme Dalzell  | 104-10            |
|    | M/S Graeme Daizell  | -52.5             |
|    | M80 Nicholas Lichatz<br>W50 Lorraine Quinn  | 46-7              |
|    | W55 Barbara Clevelar  | nd 69-5           |
|    |   |                   |
|    | W65 Ethel Lehmann   | 56-10             |
|    | W70 Eliza Dalzell   | 56-2              |
|    | Javelin<br>M50 A Laframboise  | 118-6             |
| 1  | M55 Walter Deal   | 87-5              |
|    | M60 Paul Moores   | 105-2             |
|    | M65 William Rothley   | 118-7             |
| ĩ  | M60 Paul Moores<br>M65 William Rothley<br>M70 Karlis Ezerins<br>M75 Jack Rooney   | 90-11             |
| 1  | M75 Jack Rooney   | 65<br>44-2        |
|    | M80 Metro Karol<br>W50 Dee Oeters   | 64-5              |
|    | W55 Barbara Clevelar  | nd 74-9           |
|    | W60 Erika Messner   | 84-8              |
|    | W65 Ethel Lehmann   | 65-2              |
|    | W70 Eliza Dalzell   | 44-6              |
|    | 5K Road Race  |                   |
|    | M50 Rob Mason   | 21:13             |
|    | M55 Stan Switzer  | 25:51             |
|    | M60 Bob Payne<br>M65 Norman Crittend  | 20:40<br>en 22:02 |
|    | M70 Jim Cox   | 30:41             |
|    | M75 William King  | 45:33             |
|    | M80 Gordon Johnson  | 28:50             |
|    | W50 Rebecca Connor  | 27:17             |
|    | W55 Jeane Hallin<br>W60 Joan Boetcher   | 36:09             |
|    | W70 Phyllis Goodlad   | 29:07<br>30:21    |
|    |   |                   |
|    | MIDWES  | T                 |
|    | USATF Midwest R   | egional           |
|    | Masters Indoor Cham   | pionship          |
| 1  | Hillside, IL; April   | 10-11             |

| nasu | ers muoor champ       | ionsni  |
|------|-----------------------|---------|
| 100  | fillside, IL; April 1 | 0-11    |
| 60 m | - Contentingent       |         |
| M30  | Robert Thomas         | 7.35    |
|      | Henry Moses           | 7.75    |
| M35  | Timothy Coombs        | 7.82    |
| M40  | Rodney Wilson         | 8.11    |
|      | Chuck Wilson          | 8.11    |
| M45  | Mike Skoflanc         | 7.62    |
|      | Gerry Krainik         | 7.79    |
| M50  | Richard Kanski        | 8.41    |
| M55  | George Ephgrave       | 8.82    |
| M60  | Darrell Huey          | 8.64    |
|      | Mike Murphy           | 9.21    |
| M65  | Pierre Dobrovolny     | 8.38    |
|      | Harry Brown           | 8.70    |
| M70  | Mel Larsen            | 8.80    |
|      | Chuck Sochor          | 9.02    |
|      | Jack Greenwald        | 9.04    |
|      | Continued on no       | ext pag |
|      |                       |         |

## page 34

Continued from previous page MargeHagerty757:05:49 Anne Yudell 65 7:26:54 Pat Waterfield677:50:38 Blue Angel Marathon Pensacola, FL; Feb. 27 Overall Rudolf Jun 27 Sarah Kramer 38 2:26:36 Sarah Kramer 38 2:56:07 M40 Victor Cuevas 2:45:44 Greg Bilby 2:57:52 John Passwater 2:59:57 Paul Brand 3:04:31 Montgomery John Gaston 3:05:01 3:05:44 John Buttram Tim Lodzinski 3:08:53 3:09:05 Mike Hall John Proctor 3:11:12 3:12:23 M45 Ray Workman J. Arizmendi 2:46:21 2:59:36 Terry Mccullar J. Santana 3:00:21 3:07:49 Richard Grady 3:16:26 John Aikin 3:16:34 James Remont 3:19:31 Jim Tucker 3:22:13 Steven Loftis 3:22:13 Will Schneider 3:29:54 M50 Morrie Ingalls 3:17:35 J. Badenhoop 3:21:35 Jerry Brumfield 3:21:47 Mike Clemen 3:23:38 Donald Choi 3:28:45 Nick Nichols 3:28:52 John Faine 3:35:49 Paul Baswell 3:36:36 M55 Tom Lillehoff Robert Pope Jimmy Spivey John Mccall 3:11:18 3:21:41 3:39:16 3:47:11 3:48:32 Jim Romero Jerry Medders 3:50:10 Sam Nelson 3:51:08 Bill Jacobs 3:51:24 Bill Jacobs 3:51:24 M60 Bruce Worley 3:53:51 John De Lorge 3:55:48 Len Morgan 4:00:36 F. Hershberger 4:07:48 Ray Gronski 4:10:48 Donald Withers 4:10:57 M65 Rob Edgerton 4:12:15 Rich Gonzalez 4:40:41 Ted Ruckstuhl 5:07:17 Marc Hays 5:32:43 Marc Hays 5:32:43 Johnny Brown 6:01:40 M70+ Paul Wissler 73 4:14:42 B. Williams 71 5:12:22 Ause Brown 70 5:14:08 W40 B. Valenzuela 3:17:23 Millie Cooke 3:38:51 M. Krasienko 3:41:55 Sandy Mayfield 3:44:11 K. Khodadadi 3:48:53 S. Bertagnoll 3:52:51 S. Bertagnoll Jane Cormier 3:54:35 3:55:58 Tim Murphy 3:55:58 Kathy Holt 3:57:54 Carol Dunbar 4:00:28 W45 Sheila Kirchharr3:54:22 Janet Boylan 3:59:12 Shawn Snow 4:02:36 Patty Seaward 4:18:18 M. Jasperson 4:26:50 4:27:43 4:28:49 Cindy Harris Jackye Haas Rita Knipper 4:28:51 4:32:59 Lav. Parsons Deborah Bone 4:38:26 4:01:33 4:01:48 W50 Mary Croft Kim Coe 4:01:48 4:06:26 4:25:26 4:54:32 4:56:19 4:57:34 H. Schmidt Lan Rapinski Barbara Bird B. Partridge Carol Rhodes DerothyCriswell5:03:47 Dee Aydelott 4:40:29 Terri Woolbright4:46:41 Cary Adams 4:51:33 W55 Sandy Noragon5:01:40 Gwen Sprandel 5:01:59 Wen Sprander 5:13:01 Hilde Haynes 5:37:27 W60+Francis Ard 60 4:06:39 Dot Richter 61 4:30:21 Easter Beach 4 Mile Daytona Beach, FL; March 3 Overall Mark Kathman 34 21:19 Michelle Kendall 23 24:27

| the second s  |   |
|---|---|
| MAD Stave Callasher   | 22:47   |
| M40 Steve Gallagher<br>Bruce Bayliss  | 23:30   |
| Dirk Elliott  | 23:51   |
| M45 Glenn Vincent<br>Carl Jakob   | 24:53 25:01   |
| Mike Cooper   | 25:45   |
| M50 Rick Fields   | 26:14   |
| Herb Taskett  | 26:36   |
| David Harris<br>M55 Peter Kramer  | 26:42 27:55   |
| Ken Bremer  | 29:16   |
| Bill Coffin   | 30:04   |
| M60 Jerry Lardinois   | 31:01   |
| Tom Estes<br>Philip Miller  | 31:44<br>31:47  |
| M65 Rolla Colson  | 31:13   |
| Don Nygaard   | 31:42   |
| Steve Smith<br>M70+Robert Daveport  | 32:18<br>29:01  |
| Victor Doig 70  | 32:38   |
| Louis Nichols 71  | 39:21   |
| W40 Kitty Sokol   | 26:54 29:00   |
| Brenda Anderson<br>Anita Holder   | 30:09   |
| W45 Susan Gummey  | 31:26   |
| Jean Burgess  | 33:51   |
| Gail Akin<br>W50 Linn Smith   | 35:25<br>34:36  |
| Pat Beidelshies   | 35:52   |
| M Thorhallsson  | 37:59   |
| W55 Carol Janzen  | 44:20   |
| Pat Allsteadt<br>Sarah Vota   | 45:09<br>47:07  |
| W60 Ann Rawnsley  | 44:39   |
| Sheila Place  | 45:01   |
| W65 Ann Kahl  | 35:41   |
| Ruth Weber  | 44:08   |
| W70+Hildy Fosse 70<br>CamileDickinson7  | 40:37   |
| ALL SAL   |   |
| Reedy River 101<br>Greenville, S.C.; Ma   | rch 6   |
| Overall   |   |
| Scott Strand 31   | 29:58   |
| Donna Garcia 30<br>M40 Steve Venable  | 33:24<br>32:11  |
| Dave Geer   | 33:47   |
| Pete Gibson   | 33:55   |
| Lanny Doan<br>Paul Dawson   | 33:58<br>34:42  |
| M45 Gordon English  | 35:37   |
| Ervin Reid  | 36:37   |
| Jim Freid   | 37:06<br>37:12  |
| M50 William Walker<br>Wes Wessely   | 37:12   |
| George Rolling  |   |
| A A A A A A A A A A A A A A A A A A A   | 39:03   |
| M55 Dick Ashley   | 40:25   |
| James Adams   | 40:25<br>41:15  |
| James Adams<br>Jerry Harris<br>M60 Theron Cochran   | 40:25<br>41:15<br>41:48<br>42:42  |
| James Adams<br>Jerry Harris<br>M60 Theron Cochran<br>John Conroy  | 40:25<br>41:15<br>41:48<br>42:42<br>44:36   |
| James Adams<br>Jerry Harris<br>M60 Theron Cochran<br>John Conroy<br>Bobby Chandler  | 40:25<br>41:15<br>41:48<br>42:42<br>44:36<br>45:09  |
| James Adams<br>Jerry Harris<br>M60 Theron Cochran<br>John Conroy  | 40:25<br>41:15<br>41:48<br>42:42<br>44:36   |
| James Adams<br>Jerry Harris<br>M60 Theron Cochran<br>John Conroy<br>Bobby Chandler<br>M65 Moe Buccino<br>Bob Walton<br>M70+Bob Gray   | 40:25<br>41:15<br>41:48<br>42:42<br>44:36<br>45:09<br>44:17<br>52:20<br>49:43   |
| James Adams<br>Jerry Harris<br>M60 Theron Cochran<br>John Conroy<br>Bobby Chandler<br>M65 Moe Buccino<br>Bob Walton<br>M70+Bob Gray<br>Dick Lyons   | 40:25<br>41:15<br>41:48<br>42:42<br>44:36<br>45:09<br>44:17<br>52:20<br>49:43<br>50:16  |
| James Adams<br>Jerry Harris<br>M60 Theron Cochran<br>John Conroy<br>Bobby Chandler<br>M65 Moe Buccino<br>Bob Walton<br>M70+Bob Gray<br>Dick Lyons<br>W40 Judy Walls   | 40:25<br>41:15<br>41:48<br>42:42<br>44:36<br>45:09<br>44:17<br>52:20<br>49:43<br>50:16<br>38:44   |
| James Adams<br>Jerry Harris<br>M60 Theron Cochran<br>John Conroy<br>Bobby Chandler<br>M65 Moe Buccino<br>Bob Walton<br>M70+Bob Gray<br>Dick Lyons<br>W40 Judy Walls<br>Dian Ford  | 40:25<br>41:15<br>41:48<br>42:42<br>44:36<br>45:09<br>44:17<br>52:20<br>49:43<br>50:16  |
| James Adams<br>Jerry Harris<br>M60 Theron Cochran<br>John Conroy<br>Bobby Chandler<br>M65 Moe Buccino<br>Bob Walton<br>M70+Bob Gray<br>Dick Lyons<br>W40 Judy Walls<br>Dian Ford<br>Cathy Dwyer<br>W45 Alendia Vestal   | 40:25<br>41:15<br>41:48<br>42:42<br>44:36<br>45:09<br>44:17<br>52:20<br>49:43<br>50:16<br>38:44<br>39:32<br>41:20<br>41:22  |
| James Adams<br>Jerry Harris<br>M60 Theron Cochran<br>John Conroy<br>Bobby Chandler<br>M65 Moe Buccino<br>Bob Walton<br>M70+Bob Gray<br>Dick Lyons<br>W40 Judy Walls<br>Dian Ford<br>Cathy Dwyer<br>W45 Alendia Vestal<br>Nancy Anderson   | 40:25<br>41:15<br>41:48<br>42:42<br>44:36<br>45:09<br>44:17<br>52:20<br>49:43<br>50:16<br>38:44<br>39:32<br>41:20<br>41:22<br>47:56   |
| James Adams<br>Jerry Harris<br>M60 Theron Cochran<br>John Conroy<br>Bobby Chandler<br>M65 Moe Buccino<br>Bob Walton<br>M70+Bob Gray<br>Dick Lyons<br>W40 Judy Walls<br>Dian Ford<br>Cathy Dwyer<br>W45 Alendia Vestal<br>Nancy Anderson<br>Bea Lutz   | 40:25<br>41:15<br>41:48<br>42:42<br>44:36<br>45:09<br>44:17<br>52:20<br>49:43<br>50:16<br>38:44<br>39:32<br>41:20<br>41:22<br>47:56<br>50:07  |
| James Adams<br>Jerry Harris<br>M60 Theron Cochran<br>John Conroy<br>Bobby Chandler<br>M65 Moe Buccino<br>Bob Walton<br>M70+Bob Gray<br>Dick Lyons<br>W40 Judy Walls<br>Dian Ford<br>Cathy Dwyer<br>W45 Alendia Vestal<br>Nancy Anderson<br>Bea Lutz<br>W50 Phyllis Burke<br>Gail McCastin   | 40:25<br>41:15<br>41:48<br>42:42<br>44:36<br>45:09<br>44:17<br>52:20<br>49:43<br>50:16<br>38:44<br>39:32<br>41:20<br>41:22<br>47:56   |
| James Adams<br>Jerry Harris<br>M60 Theron Cochran<br>John Conroy<br>Bobby Chandler<br>M65 Moe Buccino<br>Bob Walton<br>M70+Bob Gray<br>Dick Lyons<br>W40 Judy Walls<br>Dian Ford<br>Cathy Dwyer<br>W45 Alendia Vestal<br>Nancy Anderson<br>Bea Lutz<br>W50 Phyllis Burke<br>Gail McCastin<br>Kathy Seavers  | 40:25<br>41:15<br>41:48<br>42:42<br>44:36<br>45:09<br>44:17<br>52:20<br>49:43<br>50:16<br>38:44<br>39:32<br>41:20<br>41:22<br>47:56<br>50:07<br>46:27<br>47:25<br>48:03   |
| James Adams<br>Jerry Harris<br>M60 Theron Cochran<br>John Conroy<br>Bobby Chandler<br>M65 Moe Buccino<br>Bob Walton<br>M70+Bob Gray<br>Dick Lyons<br>W40 Judy Walls<br>Dian Ford<br>Cathy Dwyer<br>W45 Alendia Vestal<br>Nancy Anderson<br>Bea Lutz<br>W50 Phyllis Burke<br>Gail McCaslin<br>Kathy Seavers<br>W55 Judy Ewing  | 40:25<br>41:15<br>41:48<br>42:42<br>44:36<br>45:09<br>44:17<br>52:20<br>49:43<br>50:16<br>38:44<br>39:32<br>41:20<br>41:22<br>41:20<br>41:22<br>41:20<br>41:22<br>47:56<br>50:07<br>46:27<br>46:27<br>48:03<br>55:06  |
| James Adams<br>Jerry Harris<br>M60 Theron Cochran<br>John Conroy<br>Bobby Chandler<br>M65 Moe Buccino<br>Bob Walton<br>M70+Bob Gray<br>Dick Lyons<br>W40 Judy Walls<br>Dian Ford<br>Cathy Dwyer<br>W45 Alendia Vestal<br>Nancy Anderson<br>Bea Lutz<br>W50 Phyllis Burke<br>Gail McCaslin<br>Kathy Seavers<br>W55 Judy Ewing<br>Robin Johnson   | 40:25<br>41:15<br>41:48<br>42:42<br>44:36<br>45:09<br>44:17<br>52:20<br>49:43<br>50:16<br>38:44<br>39:32<br>41:20<br>41:22<br>47:56<br>50:07<br>46:27<br>47:25<br>48:03<br>55:06<br>59:48   |
| James Adams<br>Jerry Harris<br>M60 Theron Cochran<br>John Conroy<br>Bobby Chandler<br>M65 Moe Buccino<br>Bob Walton<br>M70+Bob Gray<br>Dick Lyons<br>W40 Judy Walls<br>Dian Ford<br>Cathy Dwyer<br>W45 Alendia Vestal<br>Nancy Anderson<br>Bea Lutz<br>W50 Phyllis Burke<br>Gail McCaslin<br>Kathy Seavers<br>W55 Judy Ewing  | 40:25<br>41:15<br>41:48<br>42:42<br>44:36<br>45:09<br>44:17<br>52:20<br>49:43<br>50:16<br>38:44<br>39:32<br>41:20<br>41:22<br>41:20<br>41:22<br>41:20<br>41:22<br>47:56<br>50:07<br>46:27<br>46:27<br>48:03<br>55:06  |
| James Adams<br>Jerry Harris<br>M60 Theron Cochran<br>John Conroy<br>Bobby Chandler<br>M65 Moe Buccino<br>Bob Walton<br>M70+Bob Gray<br>Dick Lyons<br>W40 Judy Walls<br>Dian Ford<br>Cathy Dwyer<br>W45 Alendia Vestal<br>Nancy Anderson<br>Bea Lutz<br>W50 Phyllis Burke<br>Gail McCaslin<br>Kathy Seavers<br>W55 Judy Ewing<br>Robin Johnson<br>W60 Susie Kluttz<br>Pat Grine<br>W65 Marge Hoffman   | 40:25<br>41:15<br>41:48<br>42:42<br>44:36<br>45:09<br>44:17<br>52:20<br>49:43<br>50:16<br>38:44<br>39:32<br>41:20<br>41:22<br>47:56<br>50:07<br>46:27<br>47:25<br>48:03<br>55:06<br>59:48<br>46:14<br>80:01<br>53:46  |
| James Adams<br>Jerry Harris<br>M60 Theron Cochran<br>John Conroy<br>Bobby Chandler<br>M65 Moe Buccino<br>Bob Walton<br>M70+Bob Gray<br>Dick Lyons<br>W40 Judy Walls<br>Dian Ford<br>Cathy Dwyer<br>W45 Alendia Vestal<br>Nancy Anderson<br>Bea Lutz<br>W50 Phyllis Burke<br>Gail McCaslin<br>Kathy Seavers<br>W55 Judy Ewing<br>Robin Johnson<br>W60 Susie Kluttz<br>Pat Grine<br>W65 Marge Hoffman<br>Ann Trammell   | 40:25<br>41:15<br>41:48<br>42:42<br>44:36<br>45:09<br>44:17<br>52:20<br>49:43<br>50:16<br>38:44<br>39:32<br>41:20<br>41:22<br>47:56<br>50:07<br>46:27<br>47:25<br>50:07<br>46:27<br>47:25<br>48:03<br>55:06<br>59:48<br>46:14<br>80:01<br>53:46<br>60:31  |
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| James Adams<br>Jerry Harris<br>M60 Theron Cochran<br>John Conroy<br>Bobby Chandler<br>M65 Moe Buccino<br>Bob Walton<br>M70+Bob Gray<br>Dick Lyons<br>W40 Judy Walls<br>Dian Ford<br>Cathy Dwyer<br>W45 Alendia Vestal<br>Nancy Anderson<br>Bea Lutz<br>W50 Phyllis Burke<br>Gail McCaslin<br>Kathy Seavers<br>W55 Judy Ewing<br>Robin Johnson<br>W60 Susie Kluttz<br>Pat Grine<br>W65 Marge Hoffman<br>Ann Trammell<br>W70+Lynn Edwards   | 40:25<br>41:15<br>41:48<br>42:42<br>44:36<br>45:09<br>44:17<br>52:20<br>49:43<br>50:16<br>38:44<br>39:32<br>41:20<br>41:22<br>47:56<br>50:07<br>46:27<br>47:25<br>48:03<br>55:06<br>59:48<br>46:14<br>80:01<br>53:46<br>60:31<br>62:04<br>55K   |
| James Adams<br>Jerry Harris<br>M60 Theron Cochran<br>John Conroy<br>Bobby Chandler<br>M65 Moe Buccino<br>Bob Walton<br>M70+Bob Gray<br>Dick Lyons<br>W40 Judy Walls<br>Dian Ford<br>Cathy Dwyer<br>W45 Alendia Vestal<br>Nancy Anderson<br>Bea Lutz<br>W50 Phyllis Burke<br>Gail McCaslin<br>Kathy Seavers<br>W55 Judy Ewing<br>Robin Johnson<br>W60 Susie Kluttz<br>Pat Grine<br>W65 Marge Hoffman<br>Ann Trammell<br>W70+Lynn Edwards<br>Gate River Run 1<br>Jacksonville, FL; Ma<br><u>Overall</u><br>Todd Williams 30   | 40:25<br>41:15<br>41:48<br>42:42<br>44:36<br>44:37<br>52:20<br>49:43<br>50:16<br>38:44<br>39:32<br>41:20<br>41:22<br>47:56<br>50:07<br>46:27<br>47:25<br>48:03<br>55:06<br>59:48<br>46:14<br>80:01<br>53:346<br>60:31<br>62:04<br>5K<br>mrch 6<br>43:59   |
| James Adams<br>Jerry Harris<br>M60 Theron Cochran<br>John Conroy<br>Bobby Chandler<br>M65 Moe Buccino<br>Bob Walton<br>M70+Bob Gray<br>Dick Lyons<br>W40 Judy Walls<br>Dian Ford<br>Cathy Dwyer<br>W45 Alendia Vestal<br>Nancy Anderson<br>Bea Lutz<br>W50 Phyllis Burke<br>Gail McCaslin<br>Kathy Seavers<br>W55 Judy Ewing<br>Robin Johnson<br>W60 Susie Kluttz<br>Pat Grine<br>W65 Marge Hoffman<br>Ann Trammell<br>W70+Lynn Edwards<br>Gate River Run 1<br>Jacksonville, FL; Ma<br><u>Overall</u><br>Todd Williams 30<br>Lynn Jennings 38   | 40:25<br>41:15<br>41:48<br>42:42<br>44:36<br>45:09<br>44:17<br>52:20<br>49:43<br>50:16<br>38:44<br>39:32<br>41:20<br>41:22<br>47:56<br>50:07<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>47:25<br>46:27<br>46:27<br>47:25<br>46:27<br>47:25<br>46:27<br>47:25<br>46:27<br>47:25<br>46:27<br>47:25<br>46:27<br>47:25<br>46:27<br>47:25<br>46:27<br>47:25<br>46:27<br>47:25<br>46:27<br>47:25<br>46:27<br>47:25<br>46:27<br>47:25<br>46:27<br>47:25<br>46:27<br>47:25<br>46:27<br>47:25<br>46:27<br>47:25<br>46:27<br>47:25<br>46:27<br>47:25<br>46:27<br>47:25<br>46:27<br>47:25<br>46:27<br>47:25<br>46:27<br>47:25<br>46:27<br>47:25<br>46:27<br>47:25<br>46:27<br>47:25<br>46:27<br>47:25<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>47:25<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27 |
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| James Adams<br>Jerry Harris<br>M60 Theron Cochran<br>John Conroy<br>Bobby Chandler<br>M65 Moe Buccino<br>Bob Walton<br>M70+Bob Gray<br>Dick Lyons<br>W40 Judy Walls<br>Dian Ford<br>Cathy Dwyer<br>W45 Alendia Vestal<br>Nancy Anderson<br>Bea Lutz<br>W50 Phyllis Burke<br>Gail McCaslin<br>Kathy Seavers<br>W55 Judy Ewing<br>Robin Johnson<br>W60 Susie Kluttz<br>Pat Grine<br>W65 Marge Hoffman<br>Ann Trammell<br>W70+Lynn Edwards<br>Gate River Run 1<br>Jacksonville, FL; Ma<br><u>Overall</u><br>Todd Williams 30<br>Lynn Jennings 38   | 40:25<br>41:15<br>41:48<br>42:42<br>44:36<br>45:09<br>44:17<br>52:20<br>49:43<br>50:16<br>38:44<br>39:32<br>41:20<br>41:22<br>47:56<br>50:07<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>47:25<br>46:27<br>46:27<br>47:25<br>46:27<br>47:25<br>46:27<br>47:25<br>46:27<br>47:25<br>46:27<br>47:25<br>46:27<br>47:25<br>46:27<br>47:25<br>46:27<br>47:25<br>46:27<br>47:25<br>46:27<br>47:25<br>46:27<br>47:25<br>46:27<br>47:25<br>46:27<br>47:25<br>46:27<br>47:25<br>46:27<br>47:25<br>46:27<br>47:25<br>46:27<br>47:25<br>46:27<br>47:25<br>46:27<br>47:25<br>46:27<br>47:25<br>46:27<br>47:25<br>46:27<br>47:25<br>46:27<br>47:25<br>46:27<br>47:25<br>46:27<br>47:25<br>46:27<br>47:25<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>47:25<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27<br>46:27 |
| James Adams<br>Jerry Harris<br>M60 Theron Cochran<br>John Conroy<br>Bobby Chandler<br>M65 Moe Buccino<br>Bob Walton<br>M70+Bob Gray<br>Dick Lyons<br>W40 Judy Walls<br>Dian Ford<br>Cathy Dwyer<br>W45 Alendia Vestal<br>Nancy Anderson<br>Bea Lutz<br>W50 Phyllis Burke<br>Gail McCaslin<br>Kathy Seavers<br>W55 Judy Ewing<br>Robin Johnson<br>W60 Susie Kluttz<br>Pat Grine<br>W65 Marge Hoffman<br>Ann Trammell<br>W70+Lynn Edwards<br>Gate River Run 1<br>Jacksonville, FL; Ma<br><u>Overall</u><br>Todd Williams 30<br>Lynn Jennings 38<br>M40 George Altieri<br>Tom Kolb<br>Warren Wilson<br>Anthony Truitt  | 40:25<br>41:15<br>41:48<br>42:42<br>44:36<br>44:37<br>52:20<br>49:43<br>50:16<br>38:44<br>39:32<br>41:20<br>41:22<br>47:56<br>50:07<br>46:27<br>47:25<br>48:03<br>55:06<br>59:48<br>46:14<br>80:01<br>53:46<br>60:31<br>62:04<br>55<br>55:29<br>55:55<br>55:24  |
| James Adams<br>Jerry Harris<br>M60 Theron Cochran<br>John Conroy<br>Bobby Chandler<br>M65 Moe Buccino<br>Bob Walton<br>M70+Bob Gray<br>Dick Lyons<br>W40 Judy Walls<br>Dian Ford<br>Cathy Dwyer<br>W45 Alendia Vestal<br>Nancy Anderson<br>Bea Lutz<br>W50 Phyllis Burke<br>Gail McCaslin<br>Kathy Seavers<br>W55 Judy Ewing<br>Robin Johnson<br>W60 Susie Kluttz<br>Pat Grine<br>W65 Marge Hoffman<br>Ann Trammell<br>W70+Lynn Edwards<br>Gate River Run 1<br>Jacksonville, FL; Ma<br>Overall<br>Todd Williams 30<br>Lynn Jennings 38<br>M40 George Attieri<br>Tom Kolb<br>Warren Wilson<br>Anthony Truitt<br>Ray Owens  | 40:25<br>41:15<br>41:48<br>42:42<br>44:36<br>44:309<br>44:17<br>52:20<br>49:43<br>50:16<br>38:44<br>39:32<br>41:20<br>41:22<br>47:56<br>50:07<br>46:27<br>47:25<br>48:03<br>55:06<br>59:48<br>46:14<br>80:01<br>53:46<br>60:31<br>62:04<br>43:59<br>50:05<br>51:55<br>55:24<br>55:55<br>45:50   |
| James Adams<br>Jerry Harris<br>M60 Theron Cochran<br>John Conroy<br>Bobby Chandler<br>M65 Moe Buccino<br>Bob Walton<br>M70+Bob Gray<br>Dick Lyons<br>W40 Judy Walls<br>Dian Ford<br>Cathy Dwyer<br>W45 Alendia Vestal<br>Nancy Anderson<br>Bea Lutz<br>W50 Phyllis Burke<br>Gail McCaslin<br>Kathy Seavers<br>W55 Judy Ewing<br>Robin Johnson<br>W60 Susie Kluttz<br>Pat Grine<br>W65 Marge Hoffman<br>Ann Trammell<br>W70+Lynn Edwards<br>Gate River Run 1<br>Jacksonville, FL; Ma<br><u>Overall</u><br>Todd Williams 30<br>Lynn Jennings 38<br>M40 George Altieri<br>Tom Kolb<br>Warren Wilson<br>Anthony Truitt<br>Ray Owens<br>Howard White   | 40:25<br>41:15<br>41:48<br>42:42<br>44:36<br>44:30<br>44:17<br>52:20<br>49:43<br>50:16<br>38:44<br>39:32<br>41:20<br>41:22<br>47:56<br>50:07<br>46:27<br>47:25<br>48:03<br>55:06<br>59:48<br>46:14<br>80:01<br>53:46<br>60:31<br>62:04<br>43:59<br>55:29<br>55:35<br>55:29<br>55:54<br>55:50<br>55:29<br>55:54<br>55:50<br>55:29<br>55:54<br>55:50<br>55:29<br>55:54<br>55:50<br>55:29<br>55:54<br>55:50<br>55:29<br>55:54<br>55:50<br>55:29<br>55:54<br>55:50<br>55:29<br>55:54<br>55:50<br>55:29<br>55:54<br>55:50<br>55:29<br>55:54<br>55:50<br>55:29<br>55:54<br>55:50<br>41:20<br>55:29<br>55:29<br>55:34<br>55:50<br>55:29<br>55:29<br>55:34<br>55:50<br>40:31<br>55:29<br>55:35<br>55:29<br>55:34<br>55:50<br>55:29<br>55:34<br>55:50<br>55:29<br>55:34<br>55:50<br>55:29<br>55:34<br>55:50<br>55:29<br>55:35<br>55:29<br>55:34<br>55:50<br>55:29<br>55:34<br>55:50<br>55:29<br>55:34<br>55:50<br>55:29<br>55:35<br>55:29<br>55:34<br>55:50<br>55:29<br>55:35<br>55:29<br>55:34<br>55:50<br>55:29<br>55:34<br>55:50<br>55:29<br>55:34<br>55:50<br>55:29<br>55:34<br>55:50<br>55:29<br>55:34<br>55:50<br>55:29<br>55:34<br>55:50<br>55:29<br>55:29<br>55:34<br>55:50<br>55:29<br>55:29<br>55:34<br>55:50<br>55:29<br>55:34<br>55:50<br>55:29<br>55:34<br>55:50<br>55:29<br>55:29<br>55:34<br>55:50<br>55:29<br>55:29<br>55:34<br>55:50<br>55:29<br>55:29<br>55:29<br>55:29<br>55:29<br>55:24<br>55:50<br>55:29<br>55:24<br>55:29<br>55:24<br>55:29<br>55:24<br>55:29<br>55:24<br>55:29<br>55:24<br>55:29<br>55:24<br>55:29<br>55:24<br>55:29<br>55:24<br>55:29<br>55:24<br>55:29<br>55:24<br>55:29<br>55:24<br>55:29<br>55:24<br>55:29<br>55:24<br>55:29<br>55:24<br>55:29<br>55:24<br>55:29<br>55:24<br>55:29<br>55:24<br>55:29<br>55:24<br>55:29<br>55:24<br>55:29<br>55:24<br>55:29<br>55:24<br>55:29<br>55:24<br>55:29<br>55:24<br>55:29<br>55:24<br>55:29<br>55:24<br>55:29<br>55:24<br>55:29<br>55:24<br>55:29<br>55:24<br>55:29<br>55:24<br>55:29<br>55:24<br>55:29<br>55:24<br>55:29<br>55:24<br>55:29<br>55:24<br>55:29<br>55:24<br>55:29<br>55:24<br>55:29<br>55:24<br>55:29<br>55:24<br>55:29<br>55:24<br>55:29<br>55:24<br>55:29<br>55:24<br>55:29<br>55:24<br>55:29<br>55:24<br>55:29<br>55:24<br>55:29<br>55:24<br>55:29<br>55:24<br>55:29<br>55:24<br>55:29<br>55:24<br>55:29<br>55:24<br>55:29<br>55:24<br>55:29<br>55:24<br>55:29<br>55:24<br>55:29<br>55:24<br>55:29<br>55:24<br>55:29<br>55:24<br>55:29<br>55:24<br>55:29<br>55:24<br>55:24<br>55:29<br>55:24<br>55:24<br>55:24<br>55:24<br>55:24<br>55:24<br>55:24<br>55:24<br>55:24<br>55:24<br>55:24<br>55:24<br>55:24<br>55:24<br>55:24<br>55:24<br>55:24<br>55:24<br>55:24<br>55:24<br>55:24<br>55:24<br>55:24<br>55:24<br>55:24<br>55:24<br>55:24<br>55  |
| James Adams<br>Jerry Harris<br>M60 Theron Cochran<br>John Conroy<br>Bobby Chandler<br>M65 Moe Buccino<br>Bob Walton<br>M70+Bob Gray<br>Dick Lyons<br>W40 Judy Walls<br>Dian Ford<br>Cathy Dwyer<br>W45 Alendia Vestal<br>Nancy Anderson<br>Bea Lutz<br>W50 Phyllis Burke<br>Gail McCastin<br>Kathy Seavers<br>W55 Judy Ewing<br>Robin Johnson<br>W60 Susie Kluttz<br>Pat Grine<br>W65 Marge Hoffman<br>Ann Trammell<br>W70+Lynn Edwards<br>Gate River Run 1<br>Jacksonville, FL; Ma<br><u>Overall</u><br>Todd Williams 30<br>Lynn Jennings 38<br>M40 George Attieri<br>Tom Kolb<br>Warren Wilson<br>Anthony Truitt<br>Ray Owens<br>Howard White<br>William Phillips<br>Jim Vancleave  | 40:25<br>41:15<br>41:48<br>42:42<br>44:36<br>45:09<br>44:17<br>52:20<br>49:43<br>50:16<br>38:44<br>39:32<br>41:20<br>41:22<br>47:56<br>50:07<br>46:27<br>47:25<br>48:03<br>55:06<br>59:48<br>46:14<br>80:01<br>53:46<br>60:31<br>62:04<br>43:59<br>50:05<br>51:55<br>55:24<br>45:55<br>55:50  |
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| James Adams<br>Jerry Harris<br>M60 Theron Cochran<br>John Conroy<br>Bobby Chandler<br>M65 Moe Buccino<br>Bob Walton<br>M70+Bob Gray<br>Dick Lyons<br>W40 Judy Walls<br>Dian Ford<br>Cathy Dwyer<br>W45 Alendia Vestal<br>Nancy Anderson<br>Bea Lutz<br>W50 Phyllis Burke<br>Gail McCaslin<br>Kathy Seavers<br>W55 Judy Ewing<br>Robin Johnson<br>W60 Susie Kluttz<br>Pat Grine<br>W65 Marge Hoffman<br>Ann Trammell<br>W70+Lynn Edwards<br>Gate River Run 1<br>Jacksonville, FL; Ma<br><u>Overall</u><br>Todd Williams 30<br>Lynn Jennings 38<br>M40 George Attieri<br>Tom Kolb<br>Warren Wilson<br>Anthony Truitt<br>Ray Owens<br>Howard White<br>William Phillips<br>Jim Vancleave<br>Alan Sheppard<br>Felton Wright  | 40:25<br>41:15<br>41:48<br>42:42<br>44:36<br>45:09<br>44:17<br>52:20<br>49:43<br>50:16<br>38:44<br>39:32<br>41:20<br>41:22<br>47:56<br>50:07<br>46:27<br>47:25<br>48:03<br>55:06<br>59:48<br>46:14<br>80:01<br>53:46<br>60:31<br>62:04<br>55:55<br>55:29<br>55:35<br>55:54<br>45:59<br>55:35<br>55:54<br>55:50<br>56:04<br>56:20<br>56:20<br>56:20<br>56:20<br>56:20<br>56:20<br>56:20<br>56:20<br>56:20<br>56:20<br>56:20<br>56:20<br>56:20<br>56:20<br>56:20<br>56:20<br>56:20<br>56:20<br>56:20<br>56:20<br>56:20<br>56:20<br>56:20<br>56:20<br>56:20<br>56:20<br>56:20<br>57:04<br>56:20<br>56:20<br>56:20<br>57:04<br>56:20<br>56:20<br>56:20<br>56:20<br>56:20<br>57:04   |
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| James Adams<br>Jerry Harris<br>M60 Theron Cochran<br>John Conroy<br>Bobby Chandler<br>M65 Moe Buccino<br>Bob Walton<br>M70+Bob Gray<br>Dick Lyons<br>W40 Judy Walls<br>Dian Ford<br>Cathy Dwyer<br>W45 Alendia Vestal<br>Nancy Anderson<br>Bea Lutz<br>W50 Phyllis Burke<br>Gail McCastin<br>Kathy Seavers<br>W55 Judy Ewing<br>Robin Johnson<br>W60 Susie Kluttz<br>Pat Grine<br>W65 Marge Hoffman<br>Ann Trammell<br>W70+Lynn Edwards<br>Gate River Run 1<br>Jacksonville, FL; Ma<br><u>Overall</u><br>Todd Williams 30<br>Lynn Jennings 38<br>M40 George Attieri<br>Tom Kolb<br>Warren Wilson<br>Anthony Truitt<br>Ray Owens<br>Howard White<br>William Phillips<br>Jim Vancleave<br>Alan Sheppard<br>Felton Wright<br>M45 Paul Hoover<br>Rusty Jones<br>Charlie Galloway<br>David Mauterer<br>Robert Fernee | 40:25<br>41:15<br>41:48<br>42:42<br>44:36<br>44:37<br>52:20<br>49:43<br>50:16<br>38:44<br>39:32<br>41:20<br>41:22<br>47:56<br>50:07<br>46:27<br>47:25<br>48:03<br>55:06<br>59:48<br>46:14<br>80:01<br>53:46<br>60:31<br>62:04<br>55:29<br>55:35<br>55:54<br>43:59<br>55:55<br>55:54<br>55:59<br>55:55<br>55:54<br>55:59<br>55:55<br>55:55<br>55:54<br>55:50<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55:55<br>55  |
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| 52     |                                       | 50.40              |
|--------|---------------------------------------|--------------------|
|        | Danny Stevens<br>Mike Cooper          | 59:48<br>59:58     |
|        | Michael Maixner                       | 60:49              |
|        | Larry Jones                           | 60:56              |
| M50    | Bill Rodgers<br>Bernie Candy          | 50:07<br>57:00     |
| -      | Bruce Holmes                          | 58:36              |
|        | David Lawson                          | 58:46              |
|        | Chas. Strickland                      | 59:53              |
|        | Robert Irvin<br>Roger Anderson        | 62:28<br>62:36     |
|        | Walter Ogburn                         | 62:38              |
| M55    | David Ohnsman                         | 60:37              |
|        | Roy Clarke                            | 64:03              |
|        | Barry Clark<br>Frank Frazier          | 64:37<br>64:57     |
|        | Tom Buchanan                          | 65:35              |
|        | Lou Alaksin                           | 65:36              |
|        | Matt Ross                             | 67:44<br>69:29     |
| M60    | Ben Holland<br>Donald Ardell          | 57:55              |
|        | Bob Payne                             | 65:36              |
|        | Tom Radzikowsk                        |                    |
|        | Fred Fiala<br>Everett Crum            | 70:56 71:04        |
| 1.4    | Rex Reed                              | 72:17              |
| M65    | Joe Nettles                           | 68:16              |
|        | Jim Blount                            | 69:04<br>75:18     |
|        | Tom Depenbrock<br>Don Boardman        | 76:00              |
|        | Ba Wulbern                            | 76:50              |
|        | Ed Schelonka                          | 79:29              |
| M70    | Robert Moffitt<br>Bob Carr            | 76:10<br>78:46     |
|        | Richard Mitchell                      | 78:40<br>80:15     |
|        | Phil Mongillo                         | 81:40              |
| M75-   | Rob Wilson 78                         | 1:57:06            |
|        | Clar. Patten 79                       | 2:01:01            |
| 23     | CI. Hawkins 81<br>Mike Vasilko 84     | 2:25;07<br>2:38:51 |
| W40    | Kitty Switkes                         | 60:57              |
| 1 Pice | Nan. Southerlan                       |                    |
| -      | L. Drew-Gibbs                         | 62:18              |
|        | Michelle Hamel<br>D. Vandervelde      | 63:31<br>66:02     |
|        | Katie Boudreau                        | 66:50              |
|        | Barbara Edward                        |                    |
|        | Ginger McKim                          | 68:33              |
|        | Carol Grooters<br>Karen Gately        | 68:43<br>69:25     |
| W45    | Carol Virga                           | 62:30              |
|        | Gwen Torchia                          | 64:53              |
|        | Brenda Dayton<br>Anne Shumaker        | 65:50<br>67:33     |
|        | Adrian Crement                        | 69:32              |
|        | Chack Lockhart                        | 69:38              |
|        | Jan Taylor                            | 70:39              |
|        | Carol Fox<br>Bonnie Evans             | 71:40<br>72:06     |
|        | Gail Rosa                             | 72:31              |
| W50    |                                       | 63:38              |
|        | Patt Sher                             | 68:49              |
|        | Peggy Martin<br>Judie Kean            | 70:41<br>71:51     |
|        | Rissie Thieler                        | 74:30              |
|        | Theresa Coomes                        |                    |
|        | Mary Ramba                            | 78:40              |
| W55    | Cindy Purcell<br>C. Meadowcroft       | 78:44<br>69:24     |
| 4435   | Elfrieda Wyner                        | 70:34              |
|        | Judith Daniel                         | 74:10              |
|        | Annie White                           | 78:35              |
|        | Willy Moolenaar<br>Angela Wannall     | 78:39<br>79:33     |
|        | Pam Bohanan                           | 81:00              |
| 14100  | Barbara Vitsky                        | 82:28              |
| W60    |                                       | 86:14<br>1:43:50   |
|        | Eileen Demoully                       |                    |
|        | S. Depenbrock                         | 1:45:29            |
|        |                                       | 1:47:21<br>1:47:39 |
| W65    |                                       | 1:47:39            |
| C and  | Norma Wasson                          | 1:54:03            |
| 0      | Peg Lawson                            | 1:58:28            |
| 1500   |                                       | 1:59:18<br>2:05:38 |
|        |                                       | 2:26:13            |
| W70    | +I. Herbertson 73                     | 1:44:23            |
|        |                                       | 1:46:38            |
|        | Betty Mitchell 71<br>A. Jacobson 70   |                    |
|        | Ann Brown 75                          | 2:24:34            |
| P      | Bethesda Chase                        |                    |
| Be     | ethesda, MD; Ma                       |                    |
| Ove    | rall                                  |                    |
|        | rillHausenfluck27<br>Marie Altieri 31 | 32:36<br>37:48     |
|        | Geo. Buckheit                         | 34:47              |
| 3      | Jim Whitnah                           | 35:40              |
|        | David Luljak                          | 36:48              |
|        |                                       | 20.20              |
| M45    | 5 John Kusek                          | 39:28<br>40:28     |
| M45    |                                       |                    |

| isters News   | 52  |
|---|---|
|   | 40:46<br>43:19  |
| Joel Cohen  | 44:09   |
| Tom Willging  | 42:14<br>45:30  |
| John Bailey<br>M60 Chan Robbins   | 48:12<br>42:28  |
| Kirk Davies   | 43:53<br>50:27  |
|   | 47:48   |
|   | 49:21<br>54:28  |
| M70+Paul Lackey74   | 52:40<br>53:54  |
| Alvin Guttag 80   | 74:19   |
|   | 45:45<br>46:16  |
| Barb Christen   | 48:59<br>49:02  |
| Eliza. Sadoff   | 53:21   |
| W50 Mary Kuta   | 54:43<br>52:45  |
|   | 53:18<br>55:32  |
| W55 P. Prunella   | 49:58<br>68:45  |
| Jean Kreiser  | 75:44   |
|   | 54:38   |
| Great Gainesville<br>Gainesville, FL; Marc  |   |
| Overall<br>Mark Carroll 27  | 14:28   |
| Liliya Grigoryeva 25<br>M40 Andrey Kuznetsov  | 15:52<br>14:34  |
| Peter Hopfe   | 16:48   |
| Robert Thomas<br>Paul Oppenheim   | 17:24 18:00   |
| M45 James Rasch   | 16:23   |
| John Johnston<br>Joel Dunphy  | 18:42<br>20:14  |
| M50 Byron Dyce<br>Bruce Kritzler  | 17:43<br>19:00  |
| Danny Glenn<br>M55 Mike Cross   | 20:41   |
| Pat Fitzgerald  | 21:24<br>21:39  |
| Farol Tomson<br>M60 Tom Radzikowski   | 22:09<br>21:42  |
| Charles DesRosier   | 24:11   |
| Leland Shaw<br>M65 Lynn Larkin  | 29:29<br>22:42  |
| Ron Pride<br>Johnny Brown<br>M70 Tom McDonald   | 26:58<br>27:48  |
| M70 Tom McDonald<br>Joe Conrad  | 25:13 25:41   |
| M80 Cliff Riordan<br>W40 Tatyana Pozndyakov   | 47:28   |
| Katie Boudreau  | 20:53   |
| Donna Howard<br>W45 Diane Miller  | 22:40<br>23:17  |
| Payna Frangi<br>Celeste Shitama   | 23:29<br>23:50  |
| W50Theresa Jelinek  | 26:53   |
| Jodee Binks<br>W55 Ginny Christie   | 28:23<br>31:47  |
| Pat McCevers<br>W60 Eileen Demoully   | 34:49<br>31:16  |
| Kathy Witkowski   | 37:31   |
| W65Norma Walsh<br>Joan Moxley   | 31:20<br>32:14  |
| Ford's Colony 8K R  |   |
| For Shelter   |   |
| Williamsburg, VA; Mar<br>Overall  | cn 27   |
| John Piggott 33   | 27:30   |
| Linda Kidder 42<br>M40 Joseph Ryan  | 32:59<br>31:33  |
| William Murray<br>Mike St Jean  | 32:20<br>33:43  |
| M45 Jim Goggin  | 30:28   |
| Seerk Dogger<br>Dale Abrahamson   | 32:42<br>33:02  |
| M50 Larry Coley<br>Robert Wilson  | 31:07<br>33:25  |
| James Journigan   | 34:41   |
|   |   |
| M55 Bob Spencer<br>Ed Sadowski  | 33:08<br>38:09  |
| M55 Bob Spencer   | 33:08<br>38:09<br>44:10<br>35:01  |
| M55 Bob Spencer<br>Ed Sadowski<br>Craig Cranston<br>M60 John Essery<br>Joe Polinski   | 33:08<br>38:09<br>44:10<br>35:01<br>38:05   |
| M55 Bob Spencer<br>Ed Sadowski<br>Craig Cranston<br>M60 John Essery<br>Joe Polinski<br>Dan Hawley<br>M65+Tom Ray 65   | 33:08<br>38:09<br>44:10<br>35:01<br>38:05<br>39:12<br>34:16   |
| M55 Bob Spencer<br>Ed Sadowski<br>Craig Cranston<br>M60 John Essery<br>Joe Polinski<br>Dan Hawley<br>M65+Tom Ray 65<br>Andy Polansky 71<br>John Cholish Jr 69   | 33:08<br>38:09<br>44:10<br>35:01<br>38:05<br>39:12<br>34:16<br>38:05  |
| M55 Bob Spencer<br>Ed Sadowski<br>Craig Cranston<br>M60 John Essery<br>Joe Polinski<br>Dan Hawley<br>M65+Tom Ray 65<br>Andy Polansky 71<br>John Cholish Jr 69<br>W40L Kidder  | 33:08<br>38:09<br>44:10<br>35:01<br>38:05<br>39:12<br>34:16<br>38:05<br>39:20<br>32:59  |
| M55 Bob Spencer<br>Ed Sadowski<br>Craig Cranston<br>M60 John Essery<br>Joe Polinski<br>Dan Hawley<br>M65+Tom Ray 65<br>Andy Polansky 71<br>John Cholish Jr 69<br>W40L Kidder<br>A Spangler-Miller<br>Lynn Combs   | 33:08<br>38:09<br>44:10<br>35:01<br>38:05<br>39:12<br>34:16<br>38:05<br>39:20<br>32:59<br>39:04<br>40:58                            |
| M55 Bob Spencer<br>Ed Sadowski<br>Craig Cranston<br>M60 John Essery<br>Joe Polinski<br>Dan Hawley<br>M65+Tom Ray 65<br>Andy Polansky 71<br>John Cholish Jr 69<br>W40L Kidder<br>A Spangler-Miller<br>Lynn Combs<br>W45 Eileen Hungerman<br>Roberta Laynor                   | 33:08<br>38:09<br>44:10<br>35:01<br>38:05<br>39:12<br>34:16<br>38:05<br>39:20<br>32:59<br>39:04<br>40:58<br>34:08<br>34:08<br>36:57 |
| M55 Bob Spencer<br>Ed Sadowski<br>Craig Cranston<br>M60 John Essery<br>Joe Polinski<br>Dan Hawley<br>M65+Tom Ray 65<br>Andy Polansky 71<br>John Cholish Jr 69<br>W40L Kidder<br>A Spangler-Miller<br>Lynn Combs<br>W45Eileen Hungerman                                      | 33:08<br>38:09<br>44:10<br>35:01<br>38:05<br>39:12<br>34:16<br>38:05<br>39:20<br>32:59<br>39:04<br>40:58<br>34:08                   |
| M55 Bob Spencer<br>Ed Sadowski<br>Craig Cranston<br>M60 John Essery<br>Joe Polinski<br>Dan Hawley<br>M65+Tom Ray 65<br>Andy Polansky 71<br>John Cholish Jr 69<br>W40L Kidder<br>A Spangler-Miller<br>Lynn Combs<br>W45Eileen Hungerman<br>Roberta Laynor<br>Linda Whittaker | 33:08<br>38:09<br>44:10<br>35:01<br>38:05<br>39:12<br>34:16<br>38:05<br>39:20<br>32:59<br>39:04<br>40:58<br>34:08<br>36:57<br>38:57 |

| Charles                               | r River Bridge<br>ston, S.C.; Mar  | 10K<br>ch 27  |
|---------------------------------------|------------------------------------|---|
| Overa                                 | 1                                  | 28:40   |
| L.Nya<br>Eunio                        | keraka 23<br>e Sagero 20           | 33:18   |
| M 40                                  | John Tuttle                        | 30:27   |
|                                       | David Geer                         | 33:11   |
|                                       | Randy Pochel<br>Paul Okerberg      | 33:18<br>33:27  |
|                                       | Paul Dawson                        | 34:33   |
|                                       | Jim Youngquist                     | 34:29   |
|                                       | DaveRenneiser                      |   |
|                                       | James Wilhelm<br>George Howe       | 34:50<br>35:29  |
|                                       | Lennie Moore                       | 35:58   |
| M45                                   | Jerry Clark                        | 34:45   |
|                                       | Sam H Lewis                        | 34:51<br>35:50  |
|                                       | Ervin Reid<br>Bill Bosmann         | 35.50   |
|                                       | Jim Boyd                           | 37:21   |
|                                       | Jack Todd                          | 37:54   |
|                                       | Robert Ramser<br>Charles Kellne    |   |
|                                       | Gary Ricker                        | 38:37   |
|                                       | Ron Hutchison                      |   |
| M50                                   | Robert Schlau                      |   |
|                                       | Terry Van Natta                    |   |
|                                       | Tom O'connor<br>John Bernhard      |   |
|                                       | Marris Johnson                     |   |
| 1                                     | Ken Shipp                          | 38:46   |
|                                       | Sam J Davis                        | 39:07   |
| 10.0                                  | Porter Reed                        | 39:09   |
| M55                                   | Dick Ashley<br>Robert Watson       | 40:56 41:57   |
|                                       | Keith Ambrose                      |   |
|                                       | Joe Waters                         | 43:03   |
|                                       | Dean Davis                         | 43:10   |
|                                       | Tony Donachie<br>Bill Clayton      | 42:58   |
|                                       | Johnnie Silon                      | 42:50   |
| M60                                   | Ed Ledford                         | 39:07   |
|                                       | TheronCochra                       |   |
|                                       | F. Deandrade<br>Art Morey          | 42:00   |
|                                       | Fred Motz                          | 43:09   |
| STATI                                 | Tom McGorty                        | 43:24   |
| M65                                   | David Duncan                       | 47:09   |
|                                       | Dave Anderso<br>John Thompso       |   |
|                                       | Joseph Imholz                      |   |
|                                       | Ken Walls                          | 52:12   |
| M70                                   | Bob Walton<br>Charles Scott        | 51:44<br>52:46  |
| M/U                                   | Bill Kleber                        | 55:44   |
|                                       | Franklin Mason                     | 54:33   |
|                                       | Don Stovall                        | 57:33   |
| M/5-                                  | +David Mellard<br>Bob Wingard      | 56:22<br>59:34  |
|                                       | James Queeny                       |   |
| 100                                   | E.B. Lloyd                         | 65:58   |
| W40                                   | T. Pozdnyakov                      |   |
|                                       | Patty Valadka<br>Lee Dipietro      | 35:52<br>36:41  |
|                                       | Judy Walls                         | 39:36   |
|                                       | R. Milliman                        | 39:37   |
|                                       | Tami Dennis                        | 41:46   |
|                                       | Nancy E Farley                     |   |
|                                       | Mary Mcgowan<br>Barb Edwards       | 43:47 43:23   |
| 1.1.1                                 | Peggy Kinney                       | 43.23   |
| W45                                   | Debra Wagner                       | 36:49   |
|                                       | Judith Hine                        | 40:10   |
|                                       | Therese Killeer<br>Sallie Driggers | and the second se |
|                                       | Jill Force                         | 45:56   |
|                                       | Beth Schmid                        | 46:38   |
|                                       | Mimi Sturgell                      | 44:47   |
|                                       | Giulio Pescia<br>Nancy Duffy       | 46:49<br>47:45  |
|                                       | <b>Janice Wilkins</b>              | 47:45   |
| W50                                   | Terry Mahr                         | 39:24   |
| · ··································· | Betty Ryberg                       | 41:39   |
|                                       | Lyn Hammond<br>Kathy Jaggers       | 44:40<br>46:07  |
| 2. 1                                  | Nancy Curry                        | 48:58   |
|                                       | Kathy Boydstor                     | 48:43   |
| Mitte                                 | Joan Mulvihill                     | 50:45   |
| W55                                   | Kathy Curtis<br>Julia Ralston      | 49:21<br>39:08  |
|                                       | Judy Stoller                       | 49:39   |
|                                       | Barbara Avant                      | 50:46   |
|                                       | Judy Ewing                         | 54:28   |
| 27 - 18 L                             | Evelyn Sykes<br>Barb Lindemar      | 55:50<br>157:28   |
| 143 (at 1                             | Frances Grein                      | 58:43   |
| 14/00                                 | <b>Brigitte Heiser</b>             | 55:00   |
| W60                                   | Susie Kluttz<br>Patricia Rhode     | 44:50   |
|                                       | E. Tolley-Bees                     | 56:44   |
|                                       | Suzanne Foste                      | r59:36  |
|                                       | Camille Daniel                     | 61:42   |
|                                       | Bruan D.C.                         | E0.00   |
| W65                                   | Bryan R Carter<br>Therese Fanel    | 58:22   |

|            | Juoio Lienep  | 0:03  |
|------------|---|---|
|            |   | 77:17<br>74:43  |
|            |   | 78:47   |
|            | Edith Johnson   | 86:01   |
| N70        |   | 85:52<br>88:00  |
|            |   | 89:00   |
|            | Ola Moody   | 90:31   |
| N75-       | +S L Huff   | 74:51   |
|            | MargaretWright  | 89:17   |
| Az         | alea Trail Run  | 10K   |
|            | bile, AL; Marc  | h 27  |
| Overa      | all<br>oh Kimani 27   | 28:01   |
| Colle      | en De Reuck 34  | 32:36   |
| 440        | AndreyKuznetso  |   |
|            | Steve Venable   | 30:58<br>32:03  |
|            | Jon Sinclair<br>Michael Beeson  |   |
|            | Tim Simpkins  | 33:38   |
|            | Jeffery Dundas  | 34:16   |
|            | Gary Cooke<br>Bruce Harrison  | 34:17<br>34:49  |
|            | Robin Sanders   | 35:21   |
|            | Steve Butler  | 35:47   |
| M45        | Patrick Hambrid   | * 34:22<br>36:53  |
|            | Leo Lafrance<br>Alan Swigler  | 30.53   |
|            | Fred Crook  | 37:29   |
|            | Carl Jakob  | 37:35   |
|            | Fum. Oshimoto   | 37:59   |
|            | Irvin Pickett<br>Stephen Geeck  | 38:44   |
|            | John Cougar   | 39:10   |
|            | Mike Neal   | 39:39   |
| M50        |   |   |
|            | Bill Rodgers<br>Don Henderson   | 32:23<br>37:04  |
|            | Don Wright  | 37:09   |
|            | Scott Barrow  | 37:12   |
|            | Opie Humphrey   |   |
|            | Jerry Armstrong<br>Jerry Brumfield  | 38:45   |
| M55        | David Jeffrey   | 37:52   |
|            | Bob Dannelley   | 38:54   |
|            | Fletcher Ward<br>Michael Sealy  | 40:35 40:57   |
|            | Leon Mattics  | 41:06   |
|            | Jimmy Spivey  | 42:00   |
|            | Henri Andrews<br>Bobby Scott  | 42:13 42:58   |
| M60        | Dave Deruiter   | 41:06   |
|            | James Peller<br>John Pitman   | 41:08<br>41:26  |
|            | Marion Matchet  |   |
|            | Blair Bowling   | 42:06   |
| -          | Will Wright   | 42:09   |
| M65        | John Parker<br>Rudolph Bates  | 44:47<br>45:14  |
|            | Preston Master  |   |
|            | Fred Hagen  | 49:21   |
|            | Malcolm Sumra<br>William Chesnu   |   |
| M70-       | Paul Wissler 73   | 3 49:34   |
|            | Art Gassen Jr 7   | 4 56:54   |
|            | Jim Matthews 7  |   |
| W40        | Win Ritchie 73<br>Jane Welzel   | 60:44<br>34:58  |
| 663        | Kim Jones   | 35:20   |
|            | Jean Lankford   |   |
|            | A   | 37:34   |
|            | Amy Barrow  | 38:19   |
|            | Amy Barrow<br>Beth Valenzuel<br>Connie Hembre   | 38:19<br>a 42:23  |
|            | Amy Barrow<br>Beth Valenzuel<br>Connie Hembre<br>Tomie Oshimoti   | 38:19<br>a 42:23<br>ee43:11<br>o 43:39  |
|            | Amy Barrow<br>Beth Valenzuel<br>Connie Hembre<br>Tomie Oshimoti   | 38:19<br>a 42:23<br>ee43:11<br>o 43:39<br>43:57   |
|            | Amy Barrow<br>Beth Valenzuel<br>Connie Hembre<br>Tomie Oshimoti<br>Kathy Hill<br>Millie Cooke   | 38:19<br>a 42:23<br>ee43:11<br>o 43:39  |
| N45        | Amy Barrow<br>Beth Valenzuel<br>Connie Hembre<br>Tornie Oshimoti<br>Kathy Hill<br>Millie Cooke<br>Alesa Ryals<br>Susann Pierce  | 38:19<br>a 42:23<br>ee43:11<br>o 43:39<br>43:57<br>44:56<br>45:23<br>42:40  |
| W45        | Amy Barrow<br>Beth Valenzuel<br>Connie Hembre<br>Tomie Oshimotr<br>Kathy Hill<br>Millie Cooke<br>Alesa Ryals<br>Susann Pierce<br>Michie Pitts   | 38:19<br>a 42:23<br>ee43:11<br>o 43:39<br>43:57<br>44:56<br>45:23<br>42:40<br>43:21   |
| W45        | Amy Barrow<br>Beth Valenzuel<br>Connie Hembre<br>Tomie Oshimote<br>Kathy Hill<br>Millie Cooke<br>Alesa Ryals<br>Susann Pierce<br>Michie Pitts<br>H. Handshaw  | 38:19<br>a 42:23<br>ee43:11<br>o 43:39<br>43:57<br>44:56<br>45:23<br>42:40<br>43:21<br>43:33  |
| W45        | Amy Barrow<br>Beth Valenzuel<br>Connie Hembre<br>Tomie Oshimoti<br>Kathy Hill<br>Millie Cooke<br>Alesa Ryals<br>Susann Pierce<br>Michie Pitts<br>H. Handshaw<br>Mart. Jasperson<br>Dor. Cain-Sales  | 38:19<br>a 42:23<br>e43:11<br>o 43:39<br>43:57<br>44:56<br>45:23<br>42:40<br>43:21<br>43:33<br>o 44:38  |
| W45        | Amy Barrow<br>Beth Valenzuel<br>Connie Hembre<br>Tomie Oshimoti<br>Kathy Hill<br>Millie Cooke<br>Alesa Ryals<br>Susann Pierce<br>Michie Pitts<br>H. Handshaw<br>Mart. Jaspersor<br>Dor. Cain-Sales<br>Elaine Evans  | 38:19<br>a 42:23<br>be43:11<br>o 43:39<br>43:57<br>44:56<br>45:23<br>42:40<br>43:21<br>43:33<br>a 44:38<br>s 46:01<br>46:06   |
| W45        | Amy Barrow<br>Beth Valenzuel<br>Connie Hembre<br>Tomie Oshimoti<br>Kathy Hill<br>Millie Cooke<br>Alesa Ryals<br>Susann Pierce<br>Michie Pitts<br>H. Handshaw<br>Mart. Jaspersor<br>Dor. Cain-Sales<br>Elaine Evans<br>Patty Carey   | 38:19<br>a 42:23<br>be 43:11<br>o 43:39<br>43:57<br>44:56<br>45:23<br>42:40<br>43:21<br>43:33<br>a 44:38<br>5 46:01<br>46:06<br>46:10   |
| W45        | Amy Barrow<br>Beth Valenzuel<br>Connie Hembre<br>Tomie Oshimotr<br>Kathy Hill<br>Millie Cooke<br>Alesa Ryals<br>Susann Pierce<br>Michie Pitts<br>H. Handshaw<br>Mart. Jaspersor<br>Dor. Cain-Sale:<br>Elaine Evans<br>Patty Carey<br>Marty Kirkland<br>Susan Jones  | 38:19<br>a 42:23<br>be43:11<br>o 43:39<br>43:57<br>44:56<br>45:23<br>42:40<br>43:21<br>43:33<br>a 44:38<br>s 46:01<br>46:06   |
| のはないのであって  | Amy Barrow<br>Beth Valenzuel<br>Connie Hembre<br>Tomie Oshimotr<br>Kathy Hill<br>Millie Cooke<br>Alesa Ryals<br>Susann Pierce<br>Michie Pitts<br>H. Handshaw<br>Mart. Jaspersor<br>Dor. Cain-Sales<br>Elaine Evans<br>Patty Carey<br>Marty Kirkland<br>Susan Jones<br>Lynne Armfield  | 38:19<br>a 42:23<br>be43:11<br>0 43:39<br>43:57<br>44:56<br>45:23<br>42:40<br>43:21<br>43:33<br>1 44:38<br>5 46:01<br>46:40<br>46:10<br>46:46<br>48:51  |
| W45<br>W50 | Amy Barrow<br>Beth Valenzuel<br>Connie Hembre<br>Tomie Oshimoti<br>Kathy Hill<br>Millie Cooke<br>Alesa Ryals<br>Susann Pierce<br>Michie Pitts<br>H. Handshaw<br>Mart. Jasperson<br>Dor. Cain-Sale:<br>Elaine Evans<br>Patty Carey<br>Marty Kirkland<br>Susan Jones<br>Lynne Armfield<br>Grace Harrison  | 38:19<br>a 42:23<br>be43:11<br>o 43:39<br>43:57<br>44:56<br>45:23<br>42:40<br>43:21<br>43:33<br>42:40<br>43:21<br>43:33<br>42:40<br>43:21<br>43:33<br>42:40<br>43:21<br>43:33<br>44:36<br>46:10<br>46:16<br>46:10<br>46:16<br>48:51<br>48:51<br>45:51   |
| のはないのであって  | Amy Barrow<br>Beth Valenzuel<br>Connie Hembre<br>Tornie Oshimoti<br>Kathy Hill<br>Millie Cooke<br>Alesa Ryals<br>Susann Pierce<br>Michie Pitts<br>H. Handshaw<br>Mart. Jaspersor<br>Dor. Cain-Sales<br>Elaine Evans<br>Patty Carey<br>Marty Kirkland<br>Susan Jones<br>Lynne Armfield<br>Grace Harrison<br>Linda McDuffie   | 38:19<br>a 42:23<br>be43:11<br>o 43:39<br>43:57<br>44:56<br>45:23<br>42:40<br>43:21<br>43:33<br>a 44:38<br>b 44:30<br>43:21<br>43:33<br>a 44:38<br>b 46:01<br>46:46<br>48:06<br>48:06<br>48:06<br>48:06<br>48:01<br>45:11<br>45:11<br>45:11<br>45:02  |
| のはないのであって  | Amy Barrow<br>Beth Valenzuel<br>Connie Hembre<br>Tornie Oshimoti<br>Kathy Hill<br>Millie Cooke<br>Alesa Ryals<br>Susann Pierce<br>Michie Pitts<br>H. Handshaw<br>Mart. Jaspersor<br>Dor. Cain-Sales<br>Elaine Evans<br>Patty Carey<br>Marty Kirkland<br>Susan Jones<br>Lynne Armfield<br>Grace Harrison<br>Linda McDuffie<br>Harriet Callahar   | 38:19<br>a 42:23<br>be43:11<br>b 43:39<br>43:57<br>44:56<br>45:23<br>42:40<br>43:21<br>43:33<br>a 44:38<br>5 46:01<br>46:06<br>46:10<br>46:46<br>48:06<br>48:51<br>45:11<br>46:06<br>48:51<br>45:11<br>46:06<br>48:51<br>45:11<br>46:06<br>48:51<br>45:11<br>46:20<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46:40<br>46 |
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| のはないのであって  | Amy Barrow<br>Beth Valenzuel<br>Connie Hembre<br>Tornie Oshimoti<br>Kathy Hill<br>Millie Cooke<br>Alesa Ryals<br>Susann Pierce<br>Michie Pitts<br>H. Handshaw<br>Mart. Jaspersor<br>Dor. Cain-Sales<br>Elaine Evans<br>Patty Carey<br>Marty Kirkland<br>Susan Jones<br>Lynne Armfield<br>Grace Harrison<br>Linda McDuffie<br>Harriet Callahai<br>Marian Loftin<br>Carole Thompso<br>Becky Ryder<br>Tillie Clark<br>Lan Repinski<br>Betty Lafferty   | 38:19<br>a 42:23<br>be43:11<br>o 43:39<br>43:57<br>44:56<br>45:23<br>42:40<br>43:21<br>43:33<br>a 44:38<br>a 44:38<br>a 44:36<br>45:23<br>42:40<br>43:21<br>43:33<br>a 44:38<br>46:01<br>46:46<br>48:06<br>48:06<br>48:06<br>48:06<br>48:06<br>48:01<br>45:11<br>45:11<br>45:12<br>45:42<br>49:42<br>50:45<br>50:45<br>50:45<br>52:54<br>49:18  |
| w50        | Amy Barrow<br>Beth Valenzuel<br>Connie Hembre<br>Tornie Oshimoti<br>Kathy Hill<br>Millie Cooke<br>Alesa Ryals<br>Susann Pierce<br>Michie Pitts<br>H. Handshaw<br>Mart. Jaspersor<br>Dor. Cain-Sales<br>Elaine Evans<br>Patty Carey<br>Marty Kirkland<br>Susan Jones<br>Lynne Armfield<br>Grace Harrison<br>Linda McDuffie<br>Harriet Callaha<br>Marian Loftin<br>CaroleThompso<br>Becky Ryder<br>Tillie Clark<br>Lan Repinski<br>Betty Lafferty<br>Nina Golub                                     | 38:19<br>a 42:23<br>be43:11<br>0 43:39<br>44:56<br>45:23<br>42:40<br>43:21<br>43:33<br>a 44:38<br>b 46:06<br>46:10<br>46:46<br>48:06<br>46:10<br>46:46<br>48:06<br>48:51<br>46:06<br>48:51<br>46:06<br>48:51<br>46:06<br>48:51<br>46:46<br>48:51<br>49:42<br>0049:43<br>49:46<br>50:55<br>52:54<br>49:18<br>49:53   |
| w50        | Amy Barrow<br>Beth Valenzuel<br>Connie Hembre<br>Tomie Oshimoti<br>Kathy Hill<br>Millie Cooke<br>Alesa Ryals<br>Susann Pierce<br>Michie Pitts<br>H. Handshaw<br>Mart. Jasperson<br>Dor. Cain-Salee<br>Elaine Evans<br>Patty Carey<br>Marty Kirkland<br>Susan Jones<br>Lynne Armfield<br>Grace Harrison<br>Linda McDuffie<br>Harriet Callahan<br>Marian Loftin<br>CaroleThompso<br>Becky Ryder<br>Tillie Clark<br>Lan Repinski<br>Betty Lafferty<br>Nina Golub<br>Georgette White<br>Carol Buckley | 38:19<br>a 42:23<br>be43:11<br>b 43:39<br>43:57<br>44:56<br>45:23<br>42:40<br>43:21<br>43:33<br>a 44:38<br>5 46:01<br>46:46<br>48:06<br>48:51<br>46:06<br>48:51<br>46:06<br>48:51<br>46:46<br>48:51<br>46:46<br>48:51<br>46:46<br>48:51<br>46:46<br>48:51<br>46:46<br>48:51<br>46:46<br>48:51<br>46:46<br>48:51<br>46:46<br>48:51<br>46:46<br>48:51<br>46:46<br>48:51<br>46:46<br>48:51<br>46:46<br>48:51<br>46:46<br>48:51<br>46:46<br>48:51<br>46:46<br>48:51<br>46:46<br>48:51<br>46:46<br>48:51<br>46:46<br>48:51<br>46:46<br>48:51<br>46:46<br>48:51<br>46:46<br>48:51<br>46:46<br>48:51<br>46:46<br>48:51<br>46:46<br>48:51<br>46:46<br>48:51<br>46:46<br>48:51<br>46:46<br>48:51<br>46:46<br>48:51<br>46:46<br>48:51<br>46:46<br>48:51<br>46:46<br>48:51<br>49:42<br>49:42<br>49:46<br>50:45<br>52:54<br>49:18<br>49:53<br>51:35   |
| w50        | Amy Barrow<br>Beth Valenzuel<br>Connie Hembre<br>Tornie Oshimoti<br>Kathy Hill<br>Millie Cooke<br>Alesa Ryals<br>Susann Pierce<br>Michie Pitts<br>H. Handshaw<br>Mart. Jaspersor<br>Dor. Cain-Sales<br>Elaine Evans<br>Patty Carey<br>Marty Kirkland<br>Susan Jones<br>Lynne Armfield<br>Grace Harrison<br>Linda McDuffie<br>Harriet Callaha<br>Marian Loftin<br>CaroleThompso<br>Becky Ryder<br>Tillie Clark<br>Lan Repinski<br>Betty Lafferty<br>Nina Golub                                     | 38:19<br>a 42:23<br>be43:11<br>o 43:39<br>43:57<br>44:56<br>45:23<br>42:40<br>43:21<br>43:33<br>a 44:38<br>a 44:38<br>a 44:38<br>a 44:38<br>a 44:38<br>a 44:38<br>a 44:38<br>a 46:01<br>46:46<br>48:561<br>46:10<br>46:46<br>48:561<br>45:11<br>46:02<br>n 49:39<br>49:42<br>on 49:39<br>49:42<br>sol:45<br>50:45<br>52:54<br>49:18<br>49:53<br>52:35<br>52:35<br>53:23   |

Continued on next page

May 1999

Continued from previous page

### Carol Rice 54:43 Joanne Jordan 55:50 W60 Carol Leckband 52:57 Mary Watson 56:34 Kay Grafe 61:52 Judy Kirchoffer 65:19 Joan Shepherd 65:26 Edith Levin 65:29 W65 Lois Ann Gilmore51:57 Helen Corley Ria Ter-Haar 56:59 67:01 Vera Whiteside 67:01 Sue Whitney 68:53 Sue Whitney Socorro Reed 68:57 W70+F. Eisenacher72 61:45 Daph. Dvorak74 79:32 Kathy Boykin70 94:13 A. Gassen 71 1:40:30 Catfish Run 5K Crescent City, FL; April 3 Overall Fernando Morelos 37 17:34 Marie Ciriot 37 M40 Bill Phillips 19:32 17:45 Virgil Williams 18:07 Mike Steinmetz M45 Adam Rafalski 18:37 20:20 21:14 21:16 Kevin Donnelly Dan Arbuckle M50 Peter Wieshaar Michael Hill 18:25 21:22 Mike Wilhelm 21:39 M55 Ron Allison 22:20 22:48 27:16 Verlin Sweatt Roger Jennings M60 Jerry Lardinois Jerry Hiatt Jim Bowling 21:51 25:31 29:03 M65 Jim Blount Bob Moffitt 21:12 22:03 Don Nygaard W40 Michelle Hamel 23:15 19:56 Kathy Gagnier Carol Hansen 20:02 22:42 23:00 W45 Nina Ehmer 23:58 25:22 25:55 Linda Kline Shirley Budd W50 Randi Haas Jody Mahonik Carol Williams 27:40 30:43 25:30 26:29 32:46 27:02 W55 Donna Hiatt Maggie Dobson Lewanda Hill W60 Marj Byron Betty Morris 45:09

38:48 39:10 39:39 31:02 32:23 37:04 37:09

| MID-AMERI | CA |
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| Liberty Memorial 5K      |         |  |
|--------------------------|---------|--|
| Kansas City, MO; March 6 |         |  |
| Overall                  | 35-11-5 |  |
| Matt Wegenka             | 15:16   |  |
| Daria Moberly            | 18:07   |  |
| M40 Mark Curp            | 15:40   |  |
| Charlie Gray             | 16:19   |  |
| M45 Pat Walsh            | 18:19   |  |
| Dan Gay                  | 20:10   |  |
| M50 Rus Gonzalez         | 19:47   |  |
| Frank Zilm               | 21:51   |  |
| M55 Eldon Long           | 26:52   |  |
| Vernon Pumm              | 29:02   |  |
| M60 Paul Sorensen        | 22:23   |  |
| James Gray               | 22:37   |  |
| M65 Paul Heitzman        | 20:14   |  |
| Louis Joline             | 24:36   |  |
| M70 Ed Burnham           | 33:24   |  |
| M85 Aln Blackman         | 46:47   |  |
| W40Jane Lundgren         | 20:27   |  |
| Marge Gray               | 22:41   |  |
| W45E Fernandez           | 28:18   |  |
| Debbie O'Hara            | 31:24   |  |
| W50 Donna Romans         | 24:56   |  |
| Barbara Pumm             | 29:29   |  |
| W55Donna Murphy          | 30:22   |  |
| W60 Lois Riley           | 44:20   |  |
| W70 Mary Otte            | 39:29   |  |
| St. Pat's Run 4 M        |         |  |
| Wichita, KS; March       | 20      |  |
| Overall                  |         |  |
| Wayne Strohman           | 19:47   |  |
| Tammy Allen              | 24:27   |  |
| M40 Dan Lawson           | 20:44   |  |
| Tony Estes               | 22:00   |  |
| Mike Shryock             | 22:03   |  |
| M45 Brad Rhoden          | 23:54   |  |
| Greg Records             | 25:01   |  |
| Gene Rath                | 25:33   |  |
|                          | 24:11   |  |
| Russ Lundstrom           | 24:36   |  |
| Larry McKee              | 25:14   |  |
|                          |         |  |

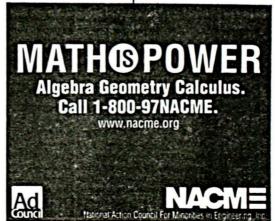
| M55 Wally Brawner 25:25<br>John Osborne 26:17<br>Dumont Schmidt 27:37<br>M60 Don Dirksen 29:51<br>Dick Drevo 29:58<br>M65 Paul Heitzman 25:06<br>Virgil Love 30:13<br>W40 Marla Rhoden 25:27<br>Wendy Burton 28:04<br>Mari Mohr 28:05<br>W45 Barb Holtzman 26:50<br>Anke Simpson 30:04<br>Sandy Zlab 30:57<br>W50 Trudy Calloway 28:08 |
|--|
| Vera Burton 29:27<br>W55 Rowena Hinshaw 39:57<br>W60 Eileen Schmidt 39:57  |
| WEST   |
| Arizona Senior Olympics  |
| 5K & 10K<br>Sun City; March 6  |
| M50 Bruce Manziello19:28M55 Robert Giersberg21:14M60 Paul Robillia22:31M65 Ray Plourde24:42M70 Simy Magaway28:30M75 Forrest Buck43:25M80 Don Fleck41:17W50 Udon Beidler23:37W55 Barbara Manning27:16W60 Edlee Cornell35:28W65 Therese Frank27:47W70 Adela Joralmon49:03  |
|  |
| Calistoga to Napa, CA; Mar. 7<br>Overall<br>Richard Flores 44 2:25:52<br>Ann Trason 38 2:45:39<br>M40 R Flores 2:25:52<br>Marshall Randall 2:37:52<br>Jim Washington 2:38:39   |
| Mike Becher 2:47:00<br>Lawrence Berg 2:52:56<br>Russell Trump 2:54:34<br>Glenn Tachiyama 2:55:19<br>Craig Whichard 2:56:48<br>M45 Herb Tanzer 2:54:42<br>Dave Carlsen 2:55:30<br>Tommy Dodd 2:57:26<br>Jim King 2:58:14<br>Steve Radigan 2:58:56<br>Bill Volkman 2:59:36<br>John Straley 3:00:09<br>M50 Ted Levine 2:51:17             |
| Brian Perkins 3:03:01<br>Ken Shoop 3:05:59<br>Helmut Reitmeir 3:07:24<br>Craig Newport 3:08:01<br>Brian Koo 3:11:16<br>Dick Kirkpatrick 3:11:34<br>M55 Herb Phillips 2:49:14<br>Robert Honer 3:10:37<br>Vic Birtalan 3:11:56<br>Yoshikatsu Inoue 3:16:58<br>David Kim 3:18:11  |
| M60 Darryl Beardall 3:20:25<br>David Woody 3:27:10<br>Larry Barrett 3:39:42<br>Philo Short 3:42:19<br>M70+Max Jones 3:42:04<br>Harry Daniell 4:51:58   |
| Mike Tselentis 5:25:16<br>W40 Suzette Moore 3:01:39<br>Julie Ann Berman 3:26:11<br>Linda Kidd 3:26:22<br>Sue Osborn 3:26:40<br>Jane Higdon 3:32:01   |
| W45Kathy Welch 3:28:34<br>Hazel Wood 3:32:38<br>Cheryl Joseph 3:38:17<br>Donna Troyna 3:44:26<br>W50Susan Love 3:29:11<br>Barbara Ashe 3:34:34   |
| Mary Campbell 3:40:25<br>Noel Relyea 3:45:38<br>W55Judy Shipman 3:51:20<br>Sue Cooper 4:08:44<br>Paulette Timmer 4:09:40   |
| W60Shirley Blush 4:08:30<br>Dina Fields 4:36:54<br>W70+Etta Palmer 5:23:51<br>Gwen Wardwell 5:47:02  |

|  | alina Island Mar<br>lina Island, CA;  |  | Bob Tarozzi<br>M65 Tom Guldman  | (2) (2)   |
|--|---|--|---|---|
| Overa  |   |  | Will Flodberg<br>Ken Napier   | 3 53  |
|  | on Duff 37  | 3:09:53  | David Fairless  | 4   |
| M40  | Embry 37<br>Rob McNair  | 3:54:40<br>3:11:26   | Thomas Walsh<br>M70 Boyce Jacques   | 4 3   |
|  | Doug Spencer  | 3:22:54  | S. Hirabayashi  | 3   |
|  | Mark Penn<br>J Fitzgibbon   | 3:34:17<br>3:35:48   | Jim O'Neill<br>Donald Pickett   | 4   |
|  | Mark Edwards  | 3:40:37  | Mark Ricaud   | 4   |
| M45  | Bill McDermott<br>Ken Koestner  | 3:20:44<br>3:34:11   | M75 F. Cunningham<br>Larry Johnson  | 4   |
|  | Arthur Cookson  | 3:34:12  | StanDemartinis<br>JackFriedlander   | 4   |
|  | C O'Connold   | 3:39:30  | Ken Crain   | 4   |
| M50  | Skip Brown<br>John McKay  | 3:41:08<br>3:59:50   | M80+Bill Nice 83<br>H.Thurston 80<br>T. Marshall 82 ≯   | 4   |
|  | M McCracken   | 4:00:04  |   | -   |
|  | Jim Rucker<br>David Jones   | 4:08:34<br>4:11:16   | Ralph Jago 88<br>W40 Dian Fitzpatrick   | 7 2   |
|  | Bill Braun  | 4:18:46  | Sara Freitas  | 3   |
| M55  | George Wright<br>Ian Malcolm  | 4:09:50 4:10:76  | T. Schmidt<br>Ellen Lucas   | 33  |
|  | Russell Moore   | 4:16:22  | Kim Rupert  | 3   |
|  | Maurice Waters  | 4:21:31  | W45 Steph Freitas<br>J. Dahlkoetter   | 23  |
| M60  | Ted Anderson<br>harry Pantelas  | 4:22:28 4:26:05  | Margaret Ryan<br>Irene Herman   | 3   |
|  | Saiz Francisco  | 4:35:49  | Gail Campbell   | 3   |
|  | Andre Tocco<br>Norman Miller  | 4:42:22<br>4:53:23   | W50 Jessie Stratton   | 3   |
|  | Bobby Lopez   | 5:00:01  | Kathy Frank<br>Karin Bivens   | 3   |
| M65  | Verne Carlson   | 4:34:54  | Chris Hallen<br>Nelda Williams  | 3   |
|  | Bill Price<br>Dick Billish  | 6:09:14<br>6:10:22   | W55 Joan Ottoway  | 3   |
|  | Bill Dods   | 6:17:56  |   | 3   |
| 1/70   | Dwight Moberg   | 6:44:47  | Louise Walters<br>Suz Franco  | 3   |
| M70  | George Border<br>William Boyles   | 5:04:35<br>5:48:34   | Jean Schwisow   | 38  |
|  | Jack Perrodin   | 6:22:40  | W60 Eve Pell<br>Sylvia Hughes   | 3   |
|  | Leonard Loren<br>Irwin Baker  | 6:28:03<br>6:57:09   | Katie Martin  | 4   |
| M75  | Tom Edwards   | 7:26:13  | Muriel Gravina<br>Naney Troxa   | 4   |
| W40  | Jill Wiseman  | 4:14:57  | W65 Myra Rhodes   | 3   |
|  | Audrey Scott  | 4:49:49  | Barb Callison<br>Ruth Anderson  | 4   |
|  | Debbie Wells<br>C Theiss-Aird   | 4:51:22<br>4:52:35   | Hanna Szoke   | 4   |
|  | Debi Blair  | 4:55:03  | BobbieLanders<br>W70+Joy Johnson72  | 7   |
| W45  | Sona Ericson<br>Sue Harmon  | 4:10:41<br>4:34:14   | P. Hansen 70  | 4   |
|  |   |  | June Carroll 75   | 5   |
|  | Dawn Weisenthal   | 5:01:16  | D. Thomas 74  | Э.  |
|  | Debby Jamieson  | 5:01:43  |   |   |
| W50  |   |  | NORTHWES  | S   |
| W50  | Debby Jamieson<br>Elena Sherman<br>Carol Mortier<br>G F-Franks  | 5:01:43<br>5:05:31<br>4:14:44<br>5:24:50   |   | S   |
| W50  | Debby Jamieson<br>Elena Sherman<br>Carol Mortier<br>G F-Franks<br>Joanie Matheson   | 5:01:43<br>5:05:31<br>4:14:44<br>5:24:50<br>5:26:04  | Run For The Shamr<br>10K & 5K<br>Eugene, OR; March  | S   |
|  | Debby Jamieson<br>Elena Sherman<br>Carol Mortier<br>G F-Franks<br>Joanie Matheson<br>Marvis Friesen<br>Margo Lazzari  | 5:01:43<br>5:05:31<br>4:14:44<br>5:24:50   | Run For The Shamr<br>10K & 5K<br>Eugene, OR; March<br>– 10K –   | S   |
| w50<br>w55   | Debby Jamieson<br>Elena Sherman<br>Carol Mortier<br>G F-Franks<br>Joanie Matheson<br>Marvis Friesen<br>Margo Lazzari<br>Diane Eastman   | 5:01:43<br>5:05:31<br>4:14:44<br>5:24:50<br>5:26:04<br>5:44:42<br>5:44:47<br>5:04:39   | Run For The Shamr<br>10K & 5K<br>Eugene, OR; March<br>– 10K –<br><u>Overall</u><br>Jerard Osthmeyer   | 3   |
|  | Debby Jamieson<br>Elena Sherman<br>Carol Mortier<br>G F-Franks<br>Joanie Matheson<br>Marvis Friesen<br>Margo Lazzari  | 5:01:43<br>5:05:31<br>4:14:44<br>5:24:50<br>5:26:04<br>5:44:42<br>5:44:47<br>5:04:39<br>5:14:25  | Run For The Shamr<br>10K & 5K<br>Eugene, OR; March<br>– 10K –<br><u>Overall</u><br>Jerard Osthmeyer<br>Karla Nash   | 3:44  |
|  | Debby Jamieson<br>Elena Sherman<br>Carol Mortier<br>G F-Franks<br>Joanie Matheson<br>Maryo Lazzari<br>Diane Eastman<br>Nancy Thweatt<br>Carmen Connolly<br>Susan Callaway   | 5:01:43<br>5:05:31<br>4:14:44<br>5:24:50<br>5:26:04<br>5:44:42<br>5:44:47<br>5:04:39<br>5:14:25<br>5:50:54<br>5:55:16  | Run For The Shamr<br>10K & 5K<br>Eugene, OR; March<br>– 10K –<br><u>Overall</u><br>Jerard Osthmeyer<br>Karla Nash<br>M36-40 Andrew Oken<br>M41-45 Daniel Wojcik   | 3:44  |
| W55  | Debby Jamieson<br>Elena Sherman<br>Carol Mortier<br>G F-Franks<br>Joanie Matheson<br>Margo Lazzari<br>Diane Eastman<br>Nancy Thweatt<br>Carmen Connolly<br>Susan Callaway<br>Nancy Buchanan   | 5:01:43<br>5:05:31<br>4:14:44<br>5:24:50<br>5:26:04<br>5:44:42<br>5:44:47<br>5:04:39<br>5:14:25<br>5:50:54<br>5:55:16<br>6:18:19   | NORTHAWEK<br>Run For The Shamr<br>10K & 5K<br>Eugene, OR; March<br>– 10K –<br><u>Overall</u><br>Jerard Osthmeyer<br>Karla Nash<br>M36-40 Andrew Oken<br>M41-45 Daniel Wojcik<br>M46-50 Tom Maloney  | 3433  |
|  | Debby Jamieson<br>Elena Sherman<br>Carol Mortier<br>G F-Franks<br>Joanie Matheson<br>Maryo Lazzari<br>Diane Eastman<br>Nancy Thweatt<br>Carmen Connolly<br>Susan Callaway   | 5:01:43<br>5:05:31<br>4:14:44<br>5:24:50<br>5:26:04<br>5:44:42<br>5:44:47<br>5:04:39<br>5:14:25<br>5:50:54<br>5:55:16  | NORTHAWEK<br>Run For The Shamr<br>10K & 5K<br>Eugene, OR; March<br>– 10K –<br><u>Overall</u><br>Jerard Osthmeyer<br>Karla Nash<br>M36-40 Andrew Oken<br>M41-45 Daniel Wojcik<br>M46-50 Tom Maloney<br>M51-55 Dave McJunkin<br>M56-60 Tom Balcom   | 343334  |
| W55  | Debby Jamieson<br>Elena Sherman<br>Carol Mortier<br>G F-Franks<br>Joanie Matheson<br>Marvis Friesen<br>Margo Lazzari<br>Diane Eastman<br>Nancy Thweatt<br>Carmen Connolly<br>Susan Callaway<br>Nancy Buchanan<br>Y Monsauret<br>Sally Byram<br>Mary Hack  | 5:01:43<br>5:05:31<br>4:14:44<br>5:24:50<br>5:26:04<br>5:44:42<br>5:44:47<br>5:04:39<br>5:14:25<br>5:50:54<br>5:55:16<br>6:18:19<br>5:56:48<br>6:03:50<br>6:36:59  | Run For The Shamr<br>10K & 5K<br>Eugene, OR; March<br>– 10K –<br><u>Overall</u><br>Jerard Osthmeyer<br>Karla Nash<br>M36-40 Andrew Oken<br>M41-45 Daniel Wojcik<br>M46-50 Tom Maloney<br>M51-55 Dave McJunkin<br>M56-60 Tom Balcom<br>M66-70 BillMcChesney  | 343333  |
| W55  | Debby Jamieson<br>Elena Sherman<br>Carol Mortier<br>G F-Franks<br>Joanie Matheson<br>Marvis Friesen<br>Margo Lazzari<br>Diane Eastman<br>Nancy Thweatt<br>Carmen Connolly<br>Susan Callaway<br>Nancy Buchanan<br>Y Monsauret<br>Sally Byram   | 5:01:43<br>5:05:31<br>4:14:44<br>5:24:50<br>5:26:04<br>5:44:42<br>5:44:47<br>5:04:39<br>5:14:25<br>5:50:54<br>5:50:54<br>5:55:16<br>6:18:19<br>5:56:48<br>6:03:50  | NORTHAWEK<br>Run For The Shamr<br>10K & 5K<br>Eugene, OR; March<br>– 10K –<br>Overall<br>Jerard Osthmeyer<br>Karla Nash<br>M36-40 Andrew Oken<br>M41-45 Daniel Wojcik<br>M46-50 Tom Maloney<br>M51-55 Dave McJunkin<br>M56-60 Tom Balcom<br>M66-70 BillMcChesney<br>M71+ Don Anhom<br>W36-40 GingerThramer  | 343334464   |
| W55<br>W60<br>W65  | Debby Jamieson<br>Elena Sherman<br>Carol Mortier<br>G F-Franks<br>Joanie Matheson<br>Maryo Lazzari<br>Diane Eastman<br>Nancy Thweatt<br>Carmen Connolly<br>Susan Callaway<br>Nancy Buchanan<br>Y Monsauret<br>Sally Byram<br>Mary Hack<br>Jane Dods<br>Carole Penkner<br>Bobbi Pollock  | 5:01:43<br>5:05:31<br>4:14:44<br>5:24:50<br>5:26:04<br>5:44:42<br>5:44:42<br>5:44:47<br>5:04:39<br>5:14:25<br>5:50:54<br>5:55:16<br>6:18:19<br>5:56:48<br>6:03:50<br>6:36:59<br>6:47:46<br>7:26:00<br>6:17:18  | NORTHAWEK<br>Run For The Shamr<br>10K & 5K<br>Eugene, OR; March<br>– 10K –<br>Overall<br>Jerard Osthmeyer<br>Karla Nash<br>M36-40 Andrew Oken<br>M41-45 Daniel Wojcik<br>M46-50 Tom Maloney<br>M51-55 Dave McJunkin<br>M56-60 Tom Balcom<br>M66-70 BillMcChesney<br>M71+ Don Anhom<br>W36-40 GingerThramer  | 3433344644  |
| W55<br>W60   | Debby Jamieson<br>Elena Sherman<br>Carol Mortier<br>G F-Franks<br>Joanie Matheson<br>Marvis Friesen<br>Margo Lazzari<br>Diane Eastman<br>Nancy Thweatt<br>Carmen Connolly<br>Susan Callaway<br>Nancy Buchanan<br>Y Monsauret<br>Sally Byram<br>Mary Hack<br>Jane Dods<br>Carole Penkner   | 5:01:43<br>5:05:31<br>4:14:44<br>5:24:50<br>5:26:04<br>5:44:42<br>5:44:42<br>5:44:47<br>5:04:39<br>5:14:25<br>5:50:54<br>5:55:16<br>6:18:19<br>5:56:48<br>6:03:50<br>6:36:59<br>6:47:46<br>7:26:00<br>6:17:18  | Run For The Shamr<br>10K & 5K<br>Eugene, OR; March<br>– 10K –<br>Overall<br>Jerard Osthmeyer<br>Karla Nash<br>M36-40 Andrew Oken<br>M41-45 Daniel Wojcik<br>M46-50 Tom Maloney<br>M51-55 Dave McJunkin<br>M56-60 Tom Balcom<br>M66-70 BillMcChesney<br>M71+ Don Anhom<br>W36-40 GingerThramer<br>W41-45 Jackie Manley<br>W46-50 JanetHeinonen<br>W51-55 Pam Turner  | 34333446444   |
| W55<br>W60<br>W65<br>W70<br>Paul   | Debby Jamieson<br>Elena Sherman<br>Carol Mortier<br>G F-Franks<br>Joanie Matheson<br>Marvis Friesen<br>Margo Lazzari<br>Diane Eastman<br>Nancy Thweatt<br>Carmen Connolly<br>Susan Callaway<br>Nancy Buchanan<br>Y Monsauret<br>Sally Byram<br>Mary Hack<br>Jane Dods<br>Carole Penkner<br>Bobbi Pollock<br>Margie Withrow  | 5:01:43<br>5:05:31<br>4:14:44<br>5:24:50<br>5:26:04<br>5:24:42<br>5:44:42<br>5:44:47<br>5:04:39<br>5:14:25<br>5:50:54<br>5:55:16<br>6:18:19<br>5:56:48<br>6:03:50<br>6:36:59<br>6:47:46<br>7:26:00<br>6:17:18<br>8:45:54<br>orial 8K   | Run For The Shamr<br>10K & 5K<br>Eugene, OR; March<br>– 10K –<br>Overall<br>Jerard Osthmeyer<br>Karla Nash<br>M36-40 Andrew Oken<br>M41-45 Daniel Wojcik<br>M46-50 Tom Maloney<br>M51-55 Dave McJunkin<br>M56-60 Tom Balcom<br>M66-70 BillMcChesney<br>M71+ Don Anhorn<br>W36-40 GingerThramer<br>W41-45 Jackie Manley<br>W46-50 JanetHeinonen<br>W51-55 Pam Turner<br>W61-65 Jane Dods<br>W70+ Dawn Russell  | 3433344644  |
| W55<br>W60<br>W65<br>W70<br>Paul<br>Paul<br>Over   | Debby Jamieson<br>Elena Sherman<br>Carol Mortier<br>G F-Franks<br>Joanie Matheson<br>Marvis Friesen<br>Margo Lazzari<br>Diane Eastman<br>Nancy Thweatt<br>Carmen Connolly<br>Susan Callaway<br>Nancy Buchanan<br>Y Monsauret<br>Sally Byram<br>Mary Hack<br>Jane Dods<br>Carole Penkner<br>Bobbi Pollock<br>Margie Withrow<br>Spangler Memo<br>Io Alto, CA; Mara<br>all   | 5:01:43<br>5:05:31<br>4:14:44<br>5:24:50<br>5:26:04<br>5:44:42<br>5:44:42<br>5:44:47<br>5:04:39<br>5:14:25<br>5:50:54<br>5:55:16<br>6:18:19<br>5:56:48<br>6:03:50<br>6:36:59<br>6:47:46<br>7:26:00<br>6:17:18<br>8:45:54<br><b>vrial 8K</b><br>ch 21   | NORTHAWEK<br>Run For The Shamr<br>10K & 5K<br>Eugene, OR; March<br>– 10K –<br>Overall<br>Jerard Osthmeyer<br>Karla Nash<br>M36-40 Andrew Oken<br>M41-45 Daniel Wojcik<br>M46-50 Tom Maloney<br>M51-55 Dave McJunkin<br>M56-60 Tom Balcom<br>M66-70 BillMcChesney<br>M71+ Don Anhorn<br>W36-40 GingerThramer<br>W41-45 Jackie Manley<br>W46-50 JanetHeinonen<br>W51-55 Pam Turner<br>W61-65 Jane Dods<br>W70+ Dawn Russell<br>– 5K –   | 34333344644445  |
| W55<br>W60<br>W65<br>W70<br>Paul<br>Paul<br>Paul<br>Paul                                     | Debby Jamieson<br>Elena Sherman<br>Carol Mortier<br>G F-Franks<br>Joanie Matheson<br>Margo Lazzari<br>Diane Eastman<br>Nancy Thweatt<br>Carmen Connolly<br>Susan Callaway<br>Nancy Buchanan<br>Y Monsauret<br>Sally Byram<br>Mary Hack<br>Jane Dods<br>Carole Penkner<br>Bobbi Pollock<br>Margie Withrow<br>Spangler Memo<br>to Alto, CA; Mart<br>all<br>Buscay 26  | 5:01:43<br>5:05:31<br>4:14:44<br>5:24:50<br>5:26:04<br>5:44:42<br>5:44:47<br>5:04:39<br>5:14:25<br>5:50:54<br>5:55:16<br>6:18:19<br>5:56:48<br>6:03:50<br>6:36:59<br>6:47:46<br>7:26:00<br>6:17:18<br>8:45:54<br>wrial 8K<br>ch 21<br>24:22  | Run For The Shamr<br>10K & 5K<br>Eugene, OR; March<br>– 10K –<br>Overall<br>Jerard Osthmeyer<br>Karla Nash<br>M36-40 Andrew Oken<br>M41-45 Daniel Wojcik<br>M46-50 Tom Maloney<br>M51-55 Dave McJunkin<br>M56-60 Tom Balcom<br>M66-70 BillMcChesney<br>M71+ Don Anhom<br>W36-40 GingerThramer<br>W41-45 Jackie Manley<br>W46-50 JanetHeinonen<br>W51-55 Pam Turner<br>W61-65 Jane Dods<br>W70+ Dawn Russell<br>– 5K –<br>Overall<br>Mike Pluth  | 3433344644456   |
| W55<br>W60<br>W65<br>W70<br>Paul<br>Pau<br>Pau<br>Rian<br>Katy                               | Debby Jamieson<br>Elena Sherman<br>Carol Mortier<br>G F-Franks<br>Joanie Matheson<br>Margo Lazzari<br>Diane Eastman<br>Nancy Thweatt<br>Carmen Connolly<br>Susan Callaway<br>Nancy Buchanan<br>Y Monsauret<br>Sally Byram<br>Mary Hack<br>Jane Dods<br>Carole Penkner<br>Bobbi Pollock<br>Margie Withrow<br>Spangler Memo<br>lo Alto, CA; Mara<br>all<br>Buscay 26<br>Spink 24<br>Tim Minor   | 5:01:43<br>5:05:31<br>4:14:44<br>5:24:50<br>5:26:04<br>5:24:42<br>5:44:42<br>5:44:42<br>5:44:47<br>5:04:39<br>5:14:25<br>5:50:54<br>5:50:54<br>5:55:16<br>6:18:19<br>5:56:48<br>6:03:50<br>6:36:59<br>6:47:46<br>7:26:00<br>6:17:18<br>8:45:54<br>vrial 8K<br>ch 21<br>24:22<br>27:51<br>25:21   | Run For The Shamr<br>10K & 5K<br>Eugene, OR; March<br>– 10K –<br>Overall<br>Jerard Osthmeyer<br>Karla Nash<br>M36-40 Andrew Oken<br>M41-45 Daniel Wojcik<br>M46-50 Tom Maloney<br>M51-55 Dave McJunkin<br>M56-60 Tom Balcom<br>M66-70 BillMcChesney<br>M71+ Don Anhorn<br>W36-40 GingerThramer<br>W41-45 Jackie Manley<br>W46-50 JanetHeinonen<br>W51-55 Pam Turner<br>W61-65 Jane Dods<br>W70+ Dawn Russell<br>– 5K –<br>Overall<br>Mike Pluth<br>Susannah Beck  |   |
| W55<br>W60<br>W65<br>W70<br>Paul<br>Pau<br>Pau<br>Rian<br>Katy                               | Debby Jamieson<br>Elena Sherman<br>Carol Mortier<br>G F-Franks<br>Joanie Matheson<br>Marvis Friesen<br>Margo Lazzari<br>Diane Eastman<br>Nancy Thweatt<br>Carmen Connolly<br>Susan Callaway<br>Nancy Buchanan<br>Y Monsauret<br>Sally Byram<br>Mary Hack<br>Jane Dods<br>Carole Penkner<br>Bobbi Pollock<br>Margie Withrow<br>Spangler Memo<br>Io Alto, CA; Mara<br>all<br>Buscay 26<br>Spink 24<br>Tim Minor<br>L. Stephenson  | 5:01:43<br>5:05:31<br>4:14:44<br>5:24:50<br>5:26:04<br>5:26:04<br>5:44:42<br>5:44:47<br>5:04:39<br>5:14:25<br>5:50:54<br>5:55:16<br>6:18:19<br>5:56:48<br>6:03:50<br>6:36:59<br>6:47:46<br>7:26:00<br>6:17:18<br>8:45:54<br>orial BK<br>ch 21<br>24:22<br>27:51<br>25:21<br>26:11  | Run For The Shamr<br>10K & 5K<br>Eugene, OR; March<br>– 10K –<br>Overall<br>Jerard Osthmeyer<br>Karla Nash<br>M36-40 Andrew Oken<br>M41-45 Daniel Wojcik<br>M46-50 Tom Maloney<br>M51-55 Dave McJunkin<br>M56-60 Tom Balcom<br>M66-70 BillMcChesney<br>M71+ Don Anhom<br>W36-40 GingerThramer<br>W41-45 Jackie Manley<br>W46-50 JanetHeinonen<br>W51-55 Pam Turner<br>W61-65 Jane Dods<br>W70+ Dawn Russell<br>– 5K –<br><u>Overall</u><br>Mike Pluth<br>Susannah Beck<br>M36-40 Brian Zehr<br>M41-45 Rick Barbero  | 3433344644456   |
| W55<br>W60<br>W65<br>W70<br>Paul<br>Pau<br>Pau<br>Rian<br>Katy                               | Debby Jamieson<br>Elena Sherman<br>Carol Mortier<br>G F-Franks<br>Joanie Matheson<br>Marvis Friesen<br>Margo Lazzari<br>Diane Eastman<br>Nancy Thweatt<br>Carmen Connolly<br>Susan Callaway<br>Nancy Buchanan<br>Y Monsauret<br>Sally Byram<br>Mary Hack<br>Jane Dods<br>Carole Penkner<br>Bobbi Pollock<br>Margie Withrow<br>Spangler Memo<br>Io Alto, CA; Mare<br>all<br>Buscay 26<br>Spink 24<br>Tim Minor<br>L. Stephenson<br>Dennis Rinde<br>Brian Davis   | 5:01:43<br>5:05:31<br>4:14:44<br>5:24:50<br>5:226:04<br>5:44:42<br>5:44:47<br>5:04:39<br>5:14:25<br>5:50:54<br>5:55:16<br>6:18:19<br>5:56:48<br>6:03:50<br>6:36:59<br>6:47:46<br>7:26:00<br>6:17:18<br>8:45:54<br><b>orial 8K</b><br>ch 21<br>24:22<br>27:51<br>26:21<br>26:30<br>26:37  | Run For The Shamr<br>10K & 5K<br>Eugene, OR; March<br>– 10K –<br>Overall<br>Jerard Osthmeyer<br>Karla Nash<br>M36-40 Andrew Oken<br>M41-45 Daniel Wojcik<br>M46-50 Tom Maloney<br>M51-55 Dave McJunkin<br>M56-60 Tom Balcom<br>M66-70 BillMcChesney<br>M71+ Don Anhorn<br>W36-40 GingerThramer<br>W41-45 Jackie Manley<br>W46-50 JanetHeinonen<br>W51-55 Pam Turner<br>W61-65 Jane Dods<br>W70+ Dawn Russell<br>– 5K –<br>Overall<br>Mike Pluth<br>Susannah Beck<br>M36-40 Brian Zehr<br>M41-45 Rick Barbero<br>M46-50 Bob Smith  | 3:44<br>3:33<br>3:44<br>3:33<br>3:44<br>4:45<br>5:6<br>10<br>10<br>20<br>11<br>22   |
| W55<br>W60<br>W65<br>W70<br>Paul<br>Pau<br>Over<br>Brian<br>Katy<br>M40                      | Debby Jamieson<br>Elena Sherman<br>Carol Mortier<br>G F-Franks<br>Joanie Matheson<br>Margo Lazzari<br>Diane Eastman<br>Nancy Thweatt<br>Carmen Connolly<br>Susan Callaway<br>Nancy Buchanan<br>Y Monsauret<br>Sally Byram<br>Mary Hack<br>Jane Dods<br>Carole Penkner<br>Bobbi Pollock<br>Margie Withrow<br>Spangler Memo<br>to Alto, CA; Mart<br>all<br>Buscay 26<br>Spink 24<br>Tim Minor<br>L. Stephenson<br>Dennis Rinde<br>Brian Davis<br>Antonio Corgas   | 5:01:43<br>5:05:31<br>4:14:44<br>5:24:50<br>5:26:04<br>5:24:42<br>5:44:47<br>5:04:39<br>5:14:25<br>5:50:54<br>5:55:16<br>6:18:19<br>5:56:48<br>6:03:50<br>6:36:59<br>6:47:46<br>7:26:00<br>6:17:18<br>8:45:54<br>wrial 8K<br>ch 21<br>24:22<br>27:51<br>25:21<br>26:37<br>26:49  | Run For The Shamr<br>10K & 5K<br>Eugene, OR; March<br>– 10K –<br>Overall<br>Jerard Osthmeyer<br>Karla Nash<br>M36-40 Andrew Oken<br>M41-45 Daniel Wojcik<br>M46-50 Tom Maloney<br>M51-55 Dave McJunkin<br>M56-60 Tom Balcom<br>M66-70 BillMcChesney<br>M71+ Don Anhorn<br>W36-40 GingerThramer<br>W41-45 Jackie Manley<br>W46-50 JanetHeinonen<br>W51-55 Pam Turner<br>W61-65 Jane Dods<br>W70+ Dawn Russell<br>– 5K –<br>Overall<br>Mike Pluth<br>Susannah Beck<br>M36-40 Brian Zehr<br>M41-45 Rick Barbero<br>M46-50 Bob Smith<br>M51-55 Rick Lloyd<br>M56-60 Mason Davis   | 3443333444664<br>33444664<br>44444<br>44444<br>10<br>20<br>20<br>20<br>20<br>20<br>20<br>20<br>20<br>20<br>20<br>20<br>20<br>20 |
| W55<br>W60<br>W65<br>W70<br>Paul<br>Pau<br>Over<br>Brian<br>Katy<br>M40                      | Debby Jamieson<br>Elena Sherman<br>Carol Mortier<br>G F-Franks<br>Joanie Matheson<br>Margo Lazzari<br>Diane Eastman<br>Nancy Thweatt<br>Carmen Connolly<br>Susan Callaway<br>Nancy Buchanan<br>Y Monsauret<br>Sally Byram<br>Mary Hack<br>Jane Dods<br>Carole Penkner<br>Bobbi Pollock<br>Margie Withrow<br>Spangler Memo<br>Io Alto, CA; Mara<br>all<br>Buscay 26<br>Spink 24<br>Tim Minor<br>L. Stephenson<br>Dennis Rinde<br>Brian Davis<br>Antonio Corgas<br>Tom Cushman<br>Don Paul  | 5:01:43<br>5:05:31<br>4:14:44<br>5:24:50<br>5:26:04<br>5:24:42<br>5:44:42<br>5:44:47<br>5:04:39<br>5:14:25<br>5:50:54<br>5:55:16<br>6:18:19<br>5:55:16<br>6:18:19<br>5:55:16<br>6:18:19<br>5:56:48<br>6:03:50<br>6:36:59<br>6:47:46<br>7:26:00<br>6:17:18<br>8:45:54<br>orial 8K<br>ch 21<br>24:22<br>27:51<br>25:21<br>26:37<br>26:49<br>26:32<br>27:19   | Run For The Shamr<br>10K & 5K<br>Eugene, OR; March<br>– 10K –<br>Overall<br>Jerard Osthmeyer<br>Karla Nash<br>M36-40 Andrew Oken<br>M41-45 Daniel Wojcik<br>M46-50 Tom Maloney<br>M51-55 Dave McJunkin<br>M56-60 Tom Balcom<br>M66-70 BillMcChesney<br>M71+ Don Anhorn<br>W36-40 GingerThramer<br>W41-45 Jackie Manley<br>W46-50 JanetHeinonen<br>W51-55 Pam Turner<br>W61-65 Jane Dods<br>W70+ Dawn Russell<br>– 5K –<br>Overall<br>Mike Pluth<br>Susannah Beck<br>M36-40 Brian Zehr<br>M41-45 Rick Barbero<br>M46-50 Bob Smith<br>M51-55 Rick Lloyd<br>M56-60 Mason Davis<br>M61-65 Gary Kepper   | 334333344664444556<br>1020222   |
| W55<br>W60<br>W65<br>W70<br>Paul<br>Pau<br>Over<br>Brian<br>Katy<br>M40                      | Debby Jamieson<br>Elena Sherman<br>Carol Mortier<br>G F-Franks<br>Joanie Matheson<br>Margo Lazzari<br>Diane Eastman<br>Nancy Thweatt<br>Carmen Connolly<br>Susan Callaway<br>Nancy Buchanan<br>Y Monsauret<br>Sally Byram<br>Mary Hack<br>Jane Dods<br>Carole Penkner<br>Bobbi Pollock<br>Margie Withrow<br>Spangler Memo<br>Io Alto, CA; Mara<br>all<br>Buscay 26<br>Spink 24<br>Tim Minor<br>L. Stephenson<br>Dennis Rinde<br>Brian Davis<br>Antonio Corgas<br>Tom Cushman  | 5:01:43<br>5:05:31<br>4:14:44<br>5:24:50<br>5:26:04<br>5:44:42<br>5:44:42<br>5:44:47<br>5:04:39<br>5:14:25<br>5:50:54<br>5:55:16<br>6:18:19<br>5:56:48<br>6:03:50<br>6:36:59<br>6:47:46<br>7:26:00<br>6:17:18<br>8:45:54<br><b>Prial 8K</b><br>ch 21<br>24:22<br>27:51<br>25:21<br>26:30<br>26:37<br>26:49<br>26:32<br>27:19<br>27:24  | Run For The Shamr<br>10K & 5K<br>Eugene, OR; March<br>- 10K -<br>Overall<br>Jerard Osthmeyer<br>Karla Nash<br>M36-40 Andrew Oken<br>M41-45 Daniel Wojcik<br>M46-50 Tom Maloney<br>M51-55 Dave McJunkin<br>M56-60 Tom Balcom<br>M66-70 BillMcChesney<br>M71+ Don Anhorn<br>W36-40 GingerThramer<br>W41-45 Jackie Manley<br>W46-50 JanetHeinonen<br>W51-55 Parn Turner<br>W61-65 Jane Dods<br>W70+ Dawn Russell<br>- 5K -<br>Overall<br>Mike Pluth<br>Susannah Beck<br>M36-40 Brian Zehr<br>M41-45 Rick Barbero<br>M46-50 Bob Smith<br>M51-55 Rick Lloyd<br>M56-60 Mason Davis<br>M61-65 Gary Kepper<br>M71+ Tom Brinton<br>W36-40 Jean Cordova   | 33433334466444466<br>11021222222  |
| W55<br>W60<br>W65<br>W70<br>Paul<br>Pai<br>Over<br>Brian<br>Katy<br>M40<br>M45               | Debby Jamieson<br>Elena Sherman<br>Carol Mortier<br>G F-Franks<br>Joanie Matheson<br>Maryis Friesen<br>Margo Lazzari<br>Diane Eastman<br>Nancy Thweatt<br>Carmen Connolly<br>Susan Callaway<br>Nancy Buchanan<br>Y Monsauret<br>Sally Byram<br>Mary Hack<br>Jane Dods<br>Carole Penkner<br>Bobbi Pollock<br>Margie Withrow<br>Spangler Memo<br>Io Alto, CA; Marta<br>all<br>Buscay 26<br>Spink 24<br>Tim Minor<br>L. Stephenson<br>Dennis Rinde<br>Brian Davis<br>Antonio Corgas<br>Tom Cushman<br>Don Paul<br>Tom Bemhard<br>Dan Anderson<br>Dave Stephens   | 5:01:43<br>5:05:31<br>4:14:44<br>5:24:50<br>5:26:04<br>5:24:42<br>5:44:47<br>5:04:39<br>5:14:25<br>5:50:54<br>5:55:16<br>6:18:19<br>5:56:48<br>6:03:50<br>6:36:59<br>6:47:46<br>7:26:00<br>6:17:18<br>8:45:54<br>wrial 8K<br>ch 21<br>24:22<br>27:51<br>25:21<br>26:37<br>26:49<br>26:32<br>27:19<br>27:24<br>27:31<br>28:02   | Run For The Shamr<br>10K & 5K<br>Eugene, OR; March<br>– 10K –<br>Overall<br>Jerard Osthmeyer<br>Karla Nash<br>M36-40 Andrew Oken<br>M41-45 Daniel Wojcik<br>M46-50 Tom Maloney<br>M51-55 Dave McJunkin<br>M56-60 Tom Balcom<br>M66-70 BillMcChesney<br>M71+ Don Anhorn<br>W36-40 GingerThramer<br>W41-45 Jackie Manley<br>W46-50 JanetHeinonen<br>W51-55 Pam Turner<br>W61-65 Jane Dods<br>W70+ Dawn Russell<br>– 5K –<br><u>Overall</u><br>Mike Pluth<br>Susannah Beck<br>M36-40 Brian Zehr<br>M41-45 Rick Barbero<br>M46-50 Bob Smith<br>M51-55 Rick Lloyd<br>M56-60 Mason Davis<br>M61-65 Gary Kepper<br>M71+ Tom Brinton<br>W36-40 Jean Cordova<br>W41-45 Andrea Mason  | 3443333446644445<br>11021222222222222222222222222222222222  |
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| W55<br>W60<br>W65<br>W70<br>Paul<br>Pai<br>Over<br>Brian<br>Katy<br>M40<br>M45               | Debby Jamieson<br>Elena Sherman<br>Carol Mortier<br>G F-Franks<br>Joanie Matheson<br>Marvis Friesen<br>Margo Lazzari<br>Diane Eastman<br>Nancy Thweatt<br>Carmen Connolly<br>Susan Callaway<br>Nancy Buchanan<br>Y Monsauret<br>Sally Byram<br>Mary Hack<br>Jane Dods<br>Carole Penkner<br>Bobbi Pollock<br>Margie Withrow<br>Spangler Memo<br>Io Alto, CA; Mard<br>all<br>Buscay 26<br>Spink 24<br>Tim Minor<br>L. Stephenson<br>Dennis Rinde<br>Brian Davis<br>Antonio Corgas<br>Tom Cushman<br>Don Paul<br>Tom Bemhard<br>Dan Anderson<br>Dave Stephens<br>Michael Dove<br>Jim Gorman<br>D. Cornwell   | 5:01:43<br>5:05:31<br>4:14:44<br>5:24:50<br>5:26:04<br>5:44:42<br>5:44:42<br>5:44:47<br>5:04:39<br>5:14:25<br>5:50:54<br>5:55:16<br>6:18:19<br>5:56:48<br>6:36:59<br>6:47:46<br>7:26:00<br>6:17:18<br>8:45:54<br>7:26:00<br>6:17:18<br>8:45:54<br>7:26:00<br>6:17:18<br>8:45:54<br>7:26:00<br>6:37<br>25:21<br>25:21<br>25:21<br>26:30<br>26:37<br>26:39<br>26:32<br>27:59<br>28:06<br>28:10   | Run For The Shamr<br>10K & 5K<br>Eugene, OR; March<br>- 10K -<br>Overall<br>Jerard Osthmeyer<br>Karla Nash<br>M36-40 Andrew Oken<br>M41-45 Daniel Wojcik<br>M46-50 Tom Maloney<br>M51-55 Dave McJunkin<br>M56-60 Tom Balcom<br>M66-70 BillMcChesney<br>M71+ Don Anhorn<br>W36-40 GingerThramer<br>W41-45 Jackie Manley<br>W46-50 JanetHeinonen<br>W51-55 Parn Turner<br>W61-65 Jane Dods<br>W70+ Dawn Russell<br>-5K -<br>Overall<br>Mike Pluth<br>Susannah Beck<br>M36-40 Brian Zehr<br>M41-45 Rick Barbero<br>M46-50 Bob Smith<br>M51-55 Rick Lloyd<br>M56-60 Mason Davis<br>M61-65 Gary Kepper<br>M71+ Tom Brinton<br>W36-40 Jean Cordova<br>W41-45 Andrea Mason<br>W46-50 Paula Arcalett<br>W51-55 Terry Setchko<br>W56-60 Jeanie Fagle   | 3 4 3 3 3 3 4 4 6 4 4 4 4 5 6 10 10 2 12 2 2 2 2 2 2 2 2 2 2 2 2 2 2  |
| W55<br>W60<br>W65<br>W70<br>Paul<br>Pai<br>Over<br>Brian<br>Katy<br>M40<br>M45               | Debby Jamieson<br>Elena Sherman<br>Carol Mortier<br>G F-Franks<br>Joanie Matheson<br>Maryis Friesen<br>Margo Lazzari<br>Diane Eastman<br>Nancy Thweatt<br>Carmen Connolly<br>Susan Callaway<br>Nancy Buchanan<br>Y Monsauret<br>Sally Byram<br>Mary Hack<br>Jane Dods<br>Carole Penkner<br>Bobbi Pollock<br>Margie Withrow<br>Spangler Memo<br>Io Alto, CA; Mara<br>all<br>Buscay 26<br>Spink 24<br>Tim Minor<br>L. Stephenson<br>Dennis Rinde<br>Brian Davis<br>Antonio Corgas<br>Tom Cushman<br>Don Paul<br>Tom Bernhard<br>Dan Anderson<br>Dave Stephens<br>Michael Dove<br>Jim Gorman   | 5:01:43<br>5:05:31<br>4:14:44<br>5:24:50<br>5:26:04<br>5:24:42<br>5:44:42<br>5:44:42<br>5:44:47<br>5:04:39<br>5:14:25<br>5:50:54<br>5:55:16<br>6:18:19<br>5:56:48<br>6:03:50<br>6:36:59<br>6:47:46<br>7:26:00<br>6:17:18<br>8:45:54<br>rial 8K<br>ch 21<br>24:22<br>27:51<br>26:37<br>26:49<br>26:32<br>27:59<br>28:06   | Run For The Shamr<br>10K & 5K<br>Eugene, OR; March<br>- 10K -<br>Overall<br>Jerard Osthmeyer<br>Karla Nash<br>M36-40 Andrew Oken<br>M41-45 Daniel Wojcik<br>M46-50 Tom Maloney<br>M51-55 Dave McJunkin<br>M56-60 Tom Balcom<br>M66-70 BillMcChesney<br>M71+ Don Anhorn<br>W36-40 GingerThramer<br>W41-45 Jackie Manley<br>W46-50 JanetHeinonen<br>W51-55 Parn Turner<br>W61-65 Jane Dods<br>W70+ Dawn Russell<br>- 5K -<br>Overall<br>Mike Pluth<br>Susannah Beck<br>M36-40 Brian Zehr<br>M41-45 Rick Barbero<br>M46-50 Bob Smith<br>M51-55 Rick Lloyd<br>M56-60 Mason Davis<br>M61-65 Gary Kepper<br>M71+ Tom Brinton<br>W36-40 Jean Cordova<br>W41-45 Andrea Mason<br>W46-50 Paula Arcalett<br>W51-55 Terry Setchko<br>W56-60 Jeanie Fagle<br>W61-65 Peg Peters   | 34433334466444456<br>10212222222222222222222222222222222222   |
| W55<br>W60<br>W65<br>W70<br>Paul<br>Pai<br>Over<br>Brian<br>Katy<br>M40<br>M45<br>M50        | Debby Jamieson<br>Elena Sherman<br>Carol Mortier<br>G F-Franks<br>Joanie Matheson<br>Margo Lazzari<br>Diane Eastman<br>Nancy Thweatt<br>Carmen Connolly<br>Susan Callaway<br>Nancy Buchanan<br>Y Monsauret<br>Sally Byram<br>Mary Hack<br>Jane Dods<br>Carole Penkner<br>Bobbi Pollock<br>Margie Withrow<br>Spangler Memo<br>to Alto, CA; Mara<br>all<br>Buscay 26<br>Spink 24<br>Tim Minor<br>L. Stephenson<br>Dennis Rinde<br>Brian Davis<br>Antonio Corgas<br>Tom Cushman<br>Don Paul<br>Tom Bemhard<br>Dan Anderson<br>Dave Stephens<br>Michael Dove<br>Jim Gorman<br>D. Cornwell<br>Frank Ruona<br>Bob Anderson<br>Jim Reitz   | 5:01:43<br>5:05:31<br>4:14:44<br>5:24:50<br>5:26:04<br>5:24:42<br>5:44:47<br>5:04:39<br>5:14:25<br>5:50:54<br>5:50:54<br>5:55:16<br>6:18:19<br>5:56:48<br>6:03:50<br>6:36:59<br>6:47:46<br>7:26:00<br>6:17:18<br>8:45:54<br>vrial 8K<br>ch 21<br>24:22<br>27:51<br>25:21<br>26:37<br>26:49<br>26:32<br>27:19<br>27:24<br>27:59<br>28:06<br>28:10<br>28:28<br>29:10   | Run For The Shamr<br>10K & 5K<br>Eugene, OR; March<br>- 10K -<br>Overall<br>Jerard Osthmeyer<br>Karla Nash<br>M36-40 Andrew Oken<br>M41-45 Daniel Wojcik<br>M46-50 Tom Maloney<br>M51-55 Dave McJunkin<br>M56-60 Tom Balcom<br>M66-70 BillMcChesney<br>M71+ Don Anhorn<br>W36-40 GingerThramer<br>W41-45 Jackie Manley<br>W46-50 JanetHeinonen<br>W51-55 Pam Turner<br>W61-65 Jane Dods<br>W70+ Dawn Russell<br>- 5K -<br>Overall<br>Mike Pluth<br>Susannah Beck<br>M36-40 Brian Zehr<br>M41-45 Rick Barbero<br>M46-50 Bob Smith<br>M51-55 Rick Lloyd<br>M56-60 Mason Davis<br>M61-65 Gary Kepper<br>M71+ Tom Brinton<br>W36-40 Jean Cordova<br>W41-45 Andrea Mason<br>W46-50 Paula Arcalett<br>W51-55 Terry Setchko<br>W56-60 Jeanie Fagle<br>W61-65 Peg Peters  |   |
| W55<br>W60<br>W65<br>W70<br>Paul<br>Pai<br>Over<br>Brian<br>Katy<br>M40<br>M45<br>M50        | Debby Jamieson<br>Elena Sherman<br>Carol Mortier<br>G F-Franks<br>Joanie Matheson<br>Marvis Friesen<br>Margo Lazzari<br>Diane Eastman<br>Nancy Thweatt<br>Carmen Connolly<br>Susan Callaway<br>Nancy Buchanan<br>Y Monsauret<br>Sally Byram<br>Mary Hack<br>Jane Dods<br>Carole Penkner<br>Bobbi Pollock<br>Margie Withrow<br>Spangler Memo<br>Io Alto, CA; Mart<br>all<br>Buscay 26<br>Spink 24<br>Tim Minor<br>L. Stephenson<br>Dennis Rinde<br>Brian Davis<br>Antonio Corgas<br>Tom Cushman<br>Don Paul<br>Tom Bemhard<br>Dan Anderson<br>Dave Stephens<br>Michael Dove<br>Jim Gorman<br>D. Cornwell<br>Frank Ruona<br>Bob Anderson  | 5:01:43<br>5:05:31<br>4:14:44<br>5:24:50<br>5:26:04<br>5:44:42<br>5:44:47<br>5:04:39<br>5:14:25<br>5:50:54<br>5:55:16<br>6:18:19<br>5:56:48<br>6:03:50<br>6:36:59<br>6:47:46<br>7:26:00<br>6:17:18<br>8:45:54<br><b>prial 8K</b><br>ch 21<br>24:22<br>27:51<br>26:30<br>26:37<br>26:49<br>26:32<br>27:19<br>27:24<br>27:51<br>28:02<br>27:59<br>28:06<br>28:20<br>28:28  | Run For The Shamr<br>10K & 5K<br>Eugene, OR; March<br>-10K -<br>Overall<br>Jerard Osthmeyer<br>Karla Nash<br>M36-40 Andrew Oken<br>M41-45 Daniel Wojcik<br>M46-50 Tom Maloney<br>M51-55 Dave McJunkin<br>M56-60 Tom Balcom<br>M66-70 BillMcChesney<br>M71+ Don Anhorn<br>W36-40 GingerThramer<br>W41-45 Jackie Manley<br>W46-50 JanetHeinonen<br>W51-55 Pam Turner<br>W61-65 Jane Dods<br>W70+ Dawn Russell<br>-5K -<br>Overall<br>Mike Pluth<br>Susannah Beck<br>M36-40 Brian Zehr<br>M41-45 Rick Barbero<br>M46-50 Bob Smith<br>M51-55 Rick Lloyd<br>M56-60 Mason Davis<br>M61-65 Gary Kepper<br>M71+ Tom Brinton<br>W36-40 Jean Cordova<br>W41-45 Andrea Mason<br>W46-50 Paula Arcalett<br>W51-55 Terry Setchko<br>W56-60 Jeanie Fagle<br>W61-65 Peg Peters<br>W66-70 Marge Histon<br><b>INTUBRINATION</b>   |   |
| W55<br>W60<br>W65<br>W70<br>Paul<br>Pai<br>Over<br>Brian<br>Katy<br>M40<br>M45<br>M50        | Debby Jamieson<br>Elena Sherman<br>Carol Mortier<br>G F-Franks<br>Joanie Matheson<br>Marvis Friesen<br>Margo Lazzari<br>Diane Eastman<br>Nancy Thweatt<br>Carmen Connolly<br>Susan Callaway<br>Nancy Buchanan<br>Y Monsauret<br>Sally Byram<br>Mary Hack<br>Jane Dods<br>Carole Penkner<br>Bobbi Pollock<br>Margie Withrow<br>Spangler Memo<br>Io Alto, CA; Mard<br>Buscay 26<br>Spink 24<br>Tim Minor<br>L. Stephenson<br>Dennis Rinde<br>Brian Davis<br>Antonio Corgas<br>Tom Cushman<br>Don Paul<br>Tom Bernhard<br>Dan Anderson<br>Dave Stephens<br>Michael Dove<br>Jim Gorman<br>D. Cornwell<br>Frank Ruona<br>Bob Anderson<br>Jim Reitz<br>Dan Preston<br>J. MacPherson<br>Stephen Lyons                  | 5:01:43<br>5:05:31<br>4:14:44<br>5:24:50<br>5:26:04<br>5:44:42<br>5:44:47<br>5:04:39<br>5:14:25<br>5:50:54<br>5:55:16<br>6:18:19<br>5:56:48<br>6:03:50<br>6:37:59<br>6:47:46<br>7:26:00<br>6:17:18<br>8:45:54<br><b>Prial 8K</b><br>ch 21<br>24:22<br>27:51<br>26:30<br>26:37<br>26:49<br>26:32<br>27:59<br>28:06<br>28:20<br>28:28<br>29:10<br>29:24<br>29:38<br>30:23  | Run For The Shamr<br>10K & 5K<br>Eugene, OR; March<br>- 10K -<br>Overall<br>Jerard Osthmeyer<br>Karla Nash<br>M36-40 Andrew Oken<br>M41-45 Daniel Wojcik<br>M46-50 Tom Maloney<br>M51-55 Dave McJunkin<br>M56-60 Tom Balcom<br>M66-70 BillMcChesney<br>M71+ Don Anhorn<br>W36-40 GingerThramer<br>W41-45 Jackie Manley<br>W46-50 JanetHeinonen<br>W51-55 Parn Turner<br>W61-65 Jane Dods<br>W70+ Dawn Russell<br>- 5K -<br>Overall<br>Mike Pluth<br>Susannah Beck<br>M36-40 Brian Zehr<br>M41-45 Rick Barbero<br>M46-50 Bob Smith<br>M51-55 Rick Lloyd<br>M56-60 Mason Davis<br>M61-65 Gary Kepper<br>M71+ Tom Brinton<br>W36-40 Jean Cordova<br>W41-45 Andrea Mason<br>W46-50 Paula Arcalett<br>W51-55 Terry Setchko<br>W56-60 Jeanie Fagle<br>W61-65 Peg Peters<br>W66-70 Marge Histon<br><b>INVERNATION</b>  | S 0 1 344333344466444456 10 12 12 22 22 22 22 22 23 23 35 37 0 or ar  |
| W55<br>W60<br>W65<br>W70<br>Paul<br>Pai<br>Over<br>Brian<br>Katy<br>M40<br>M45<br>M50<br>M55 | Debby Jamieson<br>Elena Sherman<br>Carol Mortier<br>G F-Franks<br>Joanie Matheson<br>Marvis Friesen<br>Margo Lazzari<br>Diane Eastman<br>Nancy Thweatt<br>Carmen Connolly<br>Susan Callaway<br>Nancy Buchanan<br>Y Monsauret<br>Sally Byram<br>Mary Hack<br>Jane Dods<br>Carole Penkner<br>Bobbi Pollock<br>Margie Withrow<br>Spangler Memo<br>Io Alto, CA; Mara<br>all<br>Buscay 26<br>Spink 24<br>Tim Minor<br>L. Stephenson<br>Dennis Rinde<br>Brian Davis<br>Antonio Corgas<br>Tom Cushman<br>Don Paul<br>Tom Bemhard<br>Dan Anderson<br>Dave Stephens<br>Michael Dove<br>Jim Gorman<br>D. Cornwell<br>Frank Ruona<br>Bob Anderson<br>Jim Reitz<br>Dan Preston<br>J. MacPherson                             | 5:01:43<br>5:05:31<br>4:14:44<br>5:24:50<br>5:26:04<br>5:24:42<br>5:44:42<br>5:44:47<br>5:04:39<br>5:14:25<br>5:50:54<br>5:55:16<br>6:18:19<br>5:56:48<br>6:03:50<br>6:37<br>6:47:46<br>7:26:00<br>6:17:18<br>8:45:54<br>7:26:00<br>6:17:18<br>8:45:54<br>7:26:00<br>6:17:18<br>8:45:54<br>7:26:00<br>6:17:18<br>8:45:54<br>7:26:00<br>6:37<br>25:21<br>25:21<br>25:21<br>25:21<br>25:21<br>26:30<br>26:37<br>26:39<br>26:32<br>27:19<br>27:24<br>27:31<br>28:02<br>27:59<br>28:06<br>28:10<br>28:20<br>28:20<br>28:10<br>28:20<br>28:10<br>28:20<br>28:10<br>28:20<br>28:10<br>28:20<br>28:10<br>28:21<br>29:38 | Run For The Shamr<br>10K & 5K<br>Eugene, OR; March<br>- 10K -<br>Overall<br>Jerard Osthmeyer<br>Karla Nash<br>M36-40 Andrew Oken<br>M41-45 Daniel Wojcik<br>M46-50 Tom Maloney<br>M51-55 Dave McJunkin<br>M56-60 Tom Balcom<br>M66-70 BillMcChesney<br>M71+ Don Anhorn<br>W36-40 GingerThramer<br>W41-45 Jackie Manley<br>W46-50 JanetHeinonen<br>W51-55 Parn Turner<br>W61-65 Jane Dods<br>W70+ Dawn Russell<br>- 5K -<br>Overall<br>Mike Pluth<br>Susannah Beck<br>M36-40 Brian Zehr<br>M41-45 Rick Barbero<br>M46-50 Bob Smith<br>M51-55 Rick Lloyd<br>M56-60 Mason Davis<br>M61-65 Gary Kepper<br>M71+ Tom Brinton<br>W36-40 Jean Cordova<br>W41-45 Andrea Mason<br>W46-50 Paula Arcalett<br>W51-55 Terry Setchko<br>W56-60 Jeanie Fagle<br>W61-65 Peg Peters<br>W66-70 Marge Histon<br><b>INTUERNATION</b> | S 0 1 344333344466444456 10 12 12 22 22 22 22 22 23 23 35 37 0 or ar  |
| W55<br>W60<br>W65<br>W70<br>Paul<br>Pai<br>Over<br>Brian<br>Katy<br>M40<br>M45<br>M50<br>M55 | Debby Jamieson<br>Elena Sherman<br>Carol Mortier<br>G F-Franks<br>Joanie Matheson<br>Margo Lazzari<br>Diane Eastman<br>Nancy Thweatt<br>Carmen Connolly<br>Susan Callaway<br>Nancy Buchanan<br>Y Monsauret<br>Sally Byram<br>Mary Hack<br>Jane Dods<br>Carole Penkner<br>Bobbi Pollock<br>Margie Withrow<br>Spangler Memo<br>to Alto, CA; Mara<br>all<br>Buscay 26<br>Spink 24<br>Tim Minor<br>L. Stephenson<br>Dennis Rinde<br>Brian Davis<br>Antonio Corgas<br>Tom Cushman<br>Don Paul<br>Tom Bemhard<br>Dan Anderson<br>Dave Stephens<br>Michael Dove<br>Jim Gorman<br>D. Cornwell<br>Frank Ruona<br>Bob Anderson<br>Jim Reitz<br>Dan Preston<br>J. MacPherson<br>Skip Houk<br>K. Griepenburg<br>Ralph Poole | 5:01:43<br>5:05:31<br>4:14:44<br>5:24:50<br>5:26:04<br>5:24:42<br>5:44:42<br>5:44:42<br>5:50:54<br>5:50:54<br>5:50:54<br>5:55:16<br>6:18:19<br>5:56:48<br>6:03:50<br>6:36:59<br>6:47:46<br>7:26:00<br>6:17:18<br>8:45:54<br>rial 8K<br>ch 21<br>24:22<br>27:51<br>25:21<br>26:30<br>26:37<br>26:49<br>26:32<br>27:59<br>28:06<br>28:10<br>28:20<br>28:20<br>28:21<br>29:14<br>29:38<br>30:23<br>30:33<br>31:02<br>32:49  | Run For The Shamr<br>10K & 5K<br>Eugene, OR; March<br>– 10K –<br>Overall<br>Jerard Osthmeyer<br>Karla Nash<br>M36-40 Andrew Oken<br>M41-45 Daniel Wojcik<br>M46-50 Tom Maloney<br>M51-55 Dave McJunkin<br>M56-60 Tom Balcom<br>M66-70 BillMcChesney<br>M71+ Don Anhom<br>W36-40 GingerThramer<br>W41-45 Jackie Manley<br>W46-50 JanetHeinonen<br>W51-55 Parn Turner<br>W61-65 Jane Dods<br>W70+ Dawn Russell<br>– 5K –<br>Overall<br>Mike Pluth<br>Susannah Beck<br>M36-40 Brian Zehr<br>M41-45 Rick Barbero<br>M46-50 Bob Smith<br>M51-55 Rick Lloyd<br>M56-60 Mason Davis<br>M61-65 Gary Kepper<br>M71+ Tom Brinton<br>W36-40 Jean Cordova<br>W41-45 Andrea Mason<br>W46-50 Paula Arcalett<br>W51-55 Terry Setchko<br>W56-60 Jeanie Fagle<br>W61-65 Peg Peters<br>W66-70 Marge Hislon<br><b>INTUERNATION</b>  | S 0 1 3433334466444456 10121222222222222222222222222222222222   |
| W55<br>W60<br>W65<br>W70<br>Paul<br>Pai<br>Over<br>Brian<br>Katy<br>M40<br>M45<br>M50<br>M55 | Debby Jamieson<br>Elena Sherman<br>Carol Mortier<br>G F-Franks<br>Joanie Matheson<br>Maryis Friesen<br>Margo Lazzari<br>Diane Eastman<br>Nancy Thweatt<br>Carmen Connolly<br>Susan Callaway<br>Nancy Buchanan<br>Y Monsauret<br>Sally Byram<br>Mary Hack<br>Jane Dods<br>Carole Penkner<br>Bobbi Pollock<br>Margie Withrow<br>Spangler Memo<br>to Alto, CA; Mara<br>all<br>Buscay 26<br>Spink 24<br>Tim Minor<br>L. Stephenson<br>Dennis Rinde<br>Brian Davis<br>Antonio Corgas<br>Tom Cushman<br>Don Paul<br>Tom Bemhard<br>Dan Anderson<br>Dave Stephens<br>Michael Dove<br>Jim Gorman<br>D. Cornwell<br>Frank Ruona<br>Bob Anderson<br>Stephen Lyons<br>Skip Houk<br>K. Griepenburg                          | 5:01:43<br>5:05:31<br>4:14:44<br>5:24:50<br>5:26:04<br>5:24:42<br>5:44:47<br>5:04:39<br>5:14:25<br>5:50:54<br>5:50:54<br>5:55:16<br>6:18:19<br>5:56:48<br>6:03:50<br>6:36:59<br>6:47:46<br>7:26:00<br>6:17:18<br>8:45:54<br>vrial 8K<br>ch 21<br>24:22<br>27:51<br>25:21<br>26:37<br>26:49<br>26:32<br>27:19<br>27:24<br>27:59<br>28:06<br>28:10<br>28:28<br>29:10<br>29:14<br>29:38<br>30:23<br>31:02   | Run For The Shamr<br>10K & 5K<br>Eugene, OR; March<br>- 10K -<br>Overall<br>Jerard Osthmeyer<br>Karla Nash<br>M36-40 Andrew Oken<br>M41-45 Daniel Wojcik<br>M46-50 Tom Maloney<br>M51-55 Dave McJunkin<br>M56-60 Tom Balcom<br>M66-70 BillMcChesney<br>M71+ Don Anhorn<br>W36-40 GingerThramer<br>W41-45 Jackie Manley<br>W46-50 JanetHeinonen<br>W51-55 Parn Turner<br>W61-65 Jane Dods<br>W70+ Dawn Russell<br>- 5K -<br>Overall<br>Mike Pluth<br>Susannah Beck<br>M36-40 Brian Zehr<br>M41-45 Rick Barbero<br>M46-50 Bob Smith<br>M51-55 Rick Lloyd<br>M56-60 Mason Davis<br>M61-65 Gary Kepper<br>M71+ Tom Brinton<br>W36-40 Jean Cordova<br>W41-45 Andrea Mason<br>W46-50 Paula Arcalett<br>W51-55 Terry Setchko<br>W56-60 Jeanie Fagle<br>W61-65 Peg Peters<br>W66-70 Marge Histon<br><b>INTUERNATION</b> | S 0 11 344333344664444456 1112112222222222222222222222222222222   |

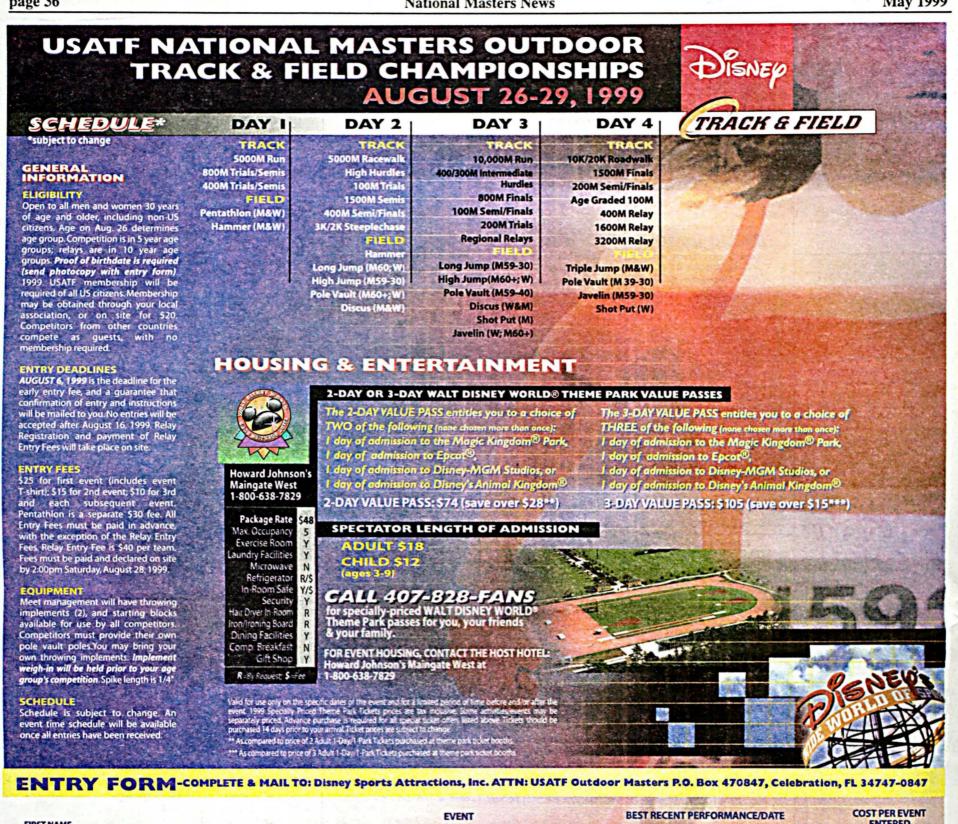
|  | _  | -   |
|--|--|-----|
| Bob Tarozzi<br>M65 Tom Guldman   | 33:05<br>33:06   | ı   |
| Will Flodberg  | 36:31  | l   |
| Ken Napier<br>David Fairless   | 38:20<br>40:07   | l   |
| Thomas Walsh   | 40:16  | l   |
| M70 Boyce Jacques  | 38:52<br>39:26   | l   |
| S. Hirabayashi<br>Jim O'Neill  | 40:31  | L   |
| Donald Pickett   | 40:42  | L   |
| Mark Ricaud<br>M75 F. Cunningham   | 41:22 40:11  | l   |
| Larry Johnson  | 43:19  | L   |
| StanDemartinis<br>JackFriedlander  | 43:50<br>46:21   | L   |
| Ken Crain  | 49:00  | L   |
| M80+Bill Nice 83<br>H.Thurston 80  | 44:54  |     |
| T. Marshall 82 7   | 63:40  |     |
| Ralph Jago 88<br>W40 Dian Fitzpatrick  | 73:30<br>28:04   |     |
| Sara Freitas   | 30:23  | L   |
| T. Schmidt<br>Ellen Lucas  | 30:31<br>30:56   | L   |
| Kim Rupert   | 31:07  | L   |
| W45 Steph Freitas  | 28:19  | L   |
| J. Dahlkoetter<br>Margaret Ryan  | 34:14<br>35:27   | l   |
| Irene Herman   | 36:22  | L   |
| Gail Campbell<br>W50 Jessie Stratton   | 36:41<br>35:10   | L   |
| Kathy Frank  | 37:49  | l   |
| Karin Bivens<br>Chris Hallen   | 38:25<br>38:53   | L   |
| Nelda Williams   | 39:14  | l   |
| W55 Joan Ottoway<br>JuttaMcCormick   | 31:23<br>35:54   |     |
| Louise Walters   | 36:37  | L   |
| Suz Franco<br>Jean Schwisow  | 37:40<br>38:38   | L   |
| W60 Eve Pell   | 37:46  | h   |
| Sylvia Hughes<br>Katie Martin  | 38:42 40:40  | μ   |
| Muriel Gravina   | 43:10  | l   |
| Naney Troxa  | 43:48<br>38:37   | L   |
| W65 Myra Rhodes<br>Barb Callison   | 44:56  | l   |
| Ruth Anderson  | 49:04<br>49:08   | l   |
| Hanna Szoke<br>BobbieLanders   | 49.00<br>72:46   | l   |
| W70+Joy Johnson72<br>P. Hansen 70  | 44:58<br>47:22   | ŀ   |
| P. Hansen 70   |  |     |
| June Carroll 75  | 52:48  |     |
| June Carroll 75<br>D. Thomas 74  | 52:48<br>53:36   |     |
| June Carroll 75  | 52:48<br>53:36   |     |
| June Carroll 75<br>D. Thomas 74<br>NORTHWE<br>Run For The Sham   | 52:48<br>53:36<br>ST   |     |
| June Carroll 75<br>D. Thomas 74<br>NORTHWE<br>Run For The Sham<br>10K & 5K   | 52:48<br>53:36<br>ST   |     |
| June Carroll 75<br>D. Thomas 74<br>NORTHWE<br>Run For The Sham   | 52:48<br>53:36<br>ST   |     |
| June Carroll 75<br>D. Thomas 74<br>NORTHAVE<br>Run For The Sham<br>10K & 5K<br>Eugene, OR; Marci<br>– 10K –<br>Overall   | 52:48<br>53:36<br>ST<br>rock<br>h 13   |     |
| June Carroll 75<br>D. Thomas 74<br>NORTHWE<br>Run For The Sham<br>10K & 5K<br>Eugene, OR; Marci<br>– 10K –   | 52:48<br>53:36<br>ST   |     |
| June Carroll 75<br>D. Thomas 74<br>NORTHAWE<br>Run For The Sham<br>10K & 5K<br>Eugene, OR; Marci<br>– 10K –<br>Overall<br>Jerard Osthmeyer<br>Karla Nash<br>M36-40 Andrew Oken   | 52:48<br>53:36<br>ST<br>rock<br>h 13<br>32:04<br>40:21<br>36:01  |     |
| June Carroll 75<br>D. Thomas 74<br>NORTHAWE<br>Run For The Sham<br>10K & 5K<br>Eugene, OR; Marci<br>– 10K –<br>Overall<br>Jerard Osthmeyer<br>Karla Nash<br>M36-40 Andrew Oken<br>M41-45 Daniel Wojcik<br>M46-50 Tom Maloney   | 52:48<br>53:36<br>SYT<br>rock<br>h 13<br>32:04<br>40:21<br>36:01<br>36:18<br>38:05   |     |
| June Carroll 75<br>D. Thomas 74<br>NORTHAWE<br>Run For The Sham<br>10K & 5K<br>Eugene, OR; Marci<br>– 10K –<br>Overall<br>Jerard Osthmeyer<br>Karla Nash<br>M36-40 Andrew Oken<br>M41-45 Daniel Wojcik<br>M46-50 Tom Maloney<br>M51-55 Dave McJunkin   | 52:48<br>53:36<br>ST<br>rock<br>h 13<br>32:04<br>40:21<br>36:18<br>38:05<br>35:14  |     |
| June Carroll 75<br>D. Thomas 74<br>NORTHAWE<br>Run For The Sham<br>10K & 5K<br>Eugene, OR; Marci<br>– 10K –<br>Overall<br>Jerard Osthmeyer<br>Karla Nash<br>M36-40 Andrew Oken<br>M41-45 Daniel Wojcik<br>M46-50 Tom Maloney<br>M51-55 Dave McJunkin<br>M56-60 Tom Balcom  | 52:48<br>53:36<br>SYT<br>rock<br>h 13<br>32:04<br>40:21<br>36:01<br>36:18<br>38:05<br>35:14<br>41:29   |     |
| June Carroll 75<br>D. Thomas 74<br>NORTHAWE<br>Run For The Sham<br>10K & 5K<br>Eugene, OR; Marci<br>– 10K –<br>Overall<br>Jerard Osthmeyer<br>Karla Nash<br>M36-40 Andrew Oken<br>M41-45 Daniel Wojcik<br>M46-50 Tom Maloney<br>M51-55 Dave McJunkin<br>M56-60 Tom Balcom<br>M66-70 BillMcChesney<br>M71+ Don Anhom  | 52:48<br>53:36<br>STC<br>rock<br>h 13<br>32:04<br>40:21<br>36:01<br>36:18<br>38:05<br>35:14<br>41:29<br>46:27<br>61:39   |     |
| June Carroll 75<br>D. Thomas 74<br>NORTHAWE<br>Run For The Sham<br>10K & 5K<br>Eugene, OR; Marci<br>– 10K –<br>Overall<br>Jerard Osthmeyer<br>Karla Nash<br>M36-40 Andrew Oken<br>M41-45 Daniel Wojcik<br>M46-50 Torm Maloney<br>M51-55 Dave McJunkin<br>M56-60 Torm Balcom<br>M66-70 BillMcChesney<br>M71+ Don Anhorn<br>W36-40 GingerThramer<br>W41-45 Jackie Manley   | 52:48<br>53:36<br>ST<br>rock<br>h 13<br>32:04<br>40:21<br>36:01<br>36:01<br>36:01<br>36:18<br>38:05<br>35:14<br>41:29<br>46:27<br>61:39<br>47:24<br>41:45  |     |
| June Carroll 75<br>D. Thomas 74<br>NORTHAWE<br>Run For The Sham<br>10K & 5K<br>Eugene, OR; Marci<br>– 10K –<br>Overall<br>Jerard Osthmeyer<br>Karla Nash<br>M36-40 Andrew Oken<br>M41-45 Daniel Wojcik<br>M46-50 Tom Maloney<br>M51-55 Dave McJunkin<br>M56-60 Tom Balcom<br>M66-70 BillMcChesney<br>M71+ Don Anhom<br>W36-40 GingerThramer<br>W41-45 Jackie Manley  | 52:48<br>53:36<br>ST<br>rock<br>h 13<br>32:04<br>40:21<br>36:01<br>36:01<br>36:18<br>38:05<br>35:14<br>41:29<br>46:27<br>61:39<br>47:24<br>41:45<br>48:06  |     |
| June Carroll 75<br>D. Thomas 74<br>NORTHAWE<br>Run For The Sham<br>10K & 5K<br>Eugene, OR; Marci<br>– 10K –<br>Overall<br>Jerard Osthmeyer<br>Karla Nash<br>M36-40 Andrew Oken<br>M41-45 Daniel Wojcik<br>M46-50 Torm Maloney<br>M51-55 Dave McJunkin<br>M56-60 Torm Balcom<br>M66-70 BillMcChesney<br>M71+ Don Anhorn<br>W36-40 GingerThramer<br>W41-45 Jackie Manley   | 52:48<br>53:36<br>ST<br>rock<br>h 13<br>32:04<br>40:21<br>36:01<br>36:01<br>36:01<br>36:18<br>38:05<br>35:14<br>41:29<br>46:27<br>61:39<br>47:24<br>41:45  |     |
| June Carroll 75<br>D. Thomas 74<br>NORTHAWE<br>Run For The Sham<br>10K & 5K<br>Eugene, OR; Marci<br>– 10K –<br>Overall<br>Jerard Osthmeyer<br>Karla Nash<br>M36-40 Andrew Oken<br>M41-45 Daniel Wojcik<br>M46-50 Tom Maloney<br>M51-55 Dave McJunkin<br>M56-60 Tom Balcom<br>M66-70 BillMcChesney<br>M71+ Don Anhorn<br>W36-40 GingerThramer<br>W41-45 Jackie Manley<br>W46-50 JanetHeinnom<br>W51-55 Parn Turner<br>W61-65 Jane Dods<br>W70+ Dawn Russell   | 52:48<br>53:36<br>ST<br>rock<br>h 13<br>32:04<br>40:21<br>36:01<br>36:18<br>38:05<br>35:14<br>41:29<br>46:27<br>61:39<br>47:24<br>41:29<br>46:27<br>61:39<br>47:44<br>41:45  |     |
| June Carroll 75<br>D. Thomas 74<br><b>NORTHAVE</b><br>Run For The Sham<br>10K & 5K<br>Eugene, OR; Marci<br>– 10K –<br><u>Overall</u><br>Jerard Osthmeyer<br>Karla Nash<br>M36-40 Andrew Oken<br>M41-45 Daniel Wojcik<br>M46-50 Tom Maloney<br>M51-55 Dave McJunkin<br>M56-60 Tom Balcom<br>M66-70 BillMcChesney<br>M71+ Don Anhorn<br>W36-40 GingerThramer<br>W41-45 Jackie Manley<br>W46-50 JanetHeinonen<br>W51-55 Pam Turner<br>W61-65 Jane Dods<br>W70+ Dawn Russell<br>– 5K –<br><u>Overall</u>   | 52:48<br>53:36<br>SYT<br>rock<br>h 13<br>32:04<br>40:21<br>36:01<br>36:18<br>38:05<br>35:14<br>41:29<br>46:27<br>61:39<br>47:44<br>41:51<br>51:33  | - / |
| June Carroll 75<br>D. Thomas 74<br><b>NORTHAVE</b><br>Run For The Sham<br>10K & 5K<br>Eugene, OR; Marci<br>– 10K –<br>Overall<br>Jerard Osthmeyer<br>Karla Nash<br>M36-40 Andrew Oken<br>M41-45 Daniel Wojcik<br>M46-50 Tom Maloney<br>M51-55 Dave McJunkin<br>M56-60 Tom Balcom<br>M66-70 BillMcChesney<br>M71+ Don Anhom<br>W36-40 GingerThramer<br>W41-45 Jackie Manley<br>W46-50 JanetHeinonen<br>W51-55 Pam Turner<br>W41-65 Jane Dods<br>W70+ Dawn Russell<br>– 5K –<br>Overall<br>Mike Pluth  | 52:48<br>53:36<br>ST<br>rock<br>h 13<br>32:04<br>40:21<br>36:01<br>36:18<br>38:05<br>35:14<br>41:29<br>46:27<br>61:39<br>47:24<br>41:45<br>45:27<br>61:39<br>47:24<br>41:45<br>15:133<br>64:12<br>16:22  |     |
| June Carroll 75<br>D. Thomas 74<br><b>NORTHAVE</b><br>Run For The Sham<br>10K & 5K<br>Eugene, OR; Marci<br>– 10K –<br><u>Overall</u><br>Jerard Osthmeyer<br>Karla Nash<br>M36-40 Andrew Oken<br>M41-45 Daniel Wojcik<br>M46-50 Tom Maloney<br>M51-55 Dave McJunkin<br>M56-60 Tom Balcom<br>M66-70 BillMcChesney<br>M71+ Don Anhorn<br>W36-40 GingerThramer<br>W41-45 Jackie Manley<br>W46-50 JanetHeinonen<br>W51-55 Pam Turner<br>W61-65 Jane Dods<br>W70+ Dawn Russell<br>– 5K –<br><u>Overall</u>   | 52:48<br>53:36<br>ST<br>rock<br>h 13<br>32:04<br>40:21<br>36:01<br>36:01<br>36:18<br>38:05<br>35:14<br>41:29<br>46:27<br>61:39<br>45:14<br>41:45<br>48:06<br>41:51<br>51:33<br>64:12   |     |
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| June Carroll 75<br>D. Thomas 74<br><b>NORTHAVE</b><br>Run For The Sham<br>10K & 5K<br>Eugene, OR; Marci<br>– 10K –<br>Overall<br>Jerard Osthmeyer<br>Karla Nash<br>M36-40 Andrew Oken<br>M41-45 Daniel Wojcik<br>M46-50 Tom Maloney<br>M51-55 Dave McJunkin<br>M56-60 Tom Balcom<br>M66-70 BillMcChesney<br>M71+ Don Anhorn<br>W36-40 GingerThramer<br>W41-45 Jackie Manley<br>W46-50 JanetHeinonen<br>W51-55 Parn Turner<br>W61-65 Jane Dods<br>W70+ Dawn Russell<br>– 5K –<br><u>Overall</u><br>Mike Pluth<br>Susannah Beck<br>M36-40 Brian Zehr<br>M41-45 Bick Barbero<br>M46-50 Bob Smith<br>M51-55 Rick Lloyd   | 52:48<br>53:36<br>SYT<br>rock<br>h 13<br>32:04<br>40:21<br>36:01<br>36:18<br>38:05<br>35:14<br>41:29<br>46:27<br>61:39<br>47:44<br>41:51<br>51:33<br>64:12<br>16:22<br>16:41<br>20:55  |     |
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| June Carroll 75<br>D. Thomas 74<br><b>NORTHAVE</b><br>Run For The Sham<br>10K & 5K<br>Eugene, OR; Marci<br>– 10K –<br><u>Overall</u><br>Jerard Osthmeyer<br>Karla Nash<br>M36-40 Andrew Oken<br>M41-45 Daniel Wojcik<br>M46-50 Tom Maloney<br>M51-55 Dave McJunkin<br>M56-60 Tom Balcom<br>M66-70 BillMcChesney<br>M71+ Don Anhorn<br>W36-40 GingerThramer<br>W41-45 Jackie Manley<br>W46-50 JanetHeinonen<br>W51-55 Pam Turner<br>W41-45 Jackie Manley<br>W46-50 JanetHeinonen<br>W51-55 Pam Turner<br>W61-65 Jane Dods<br>W70+ Dawn Russell<br>– 5K –<br><u>Overall</u><br>Mike Pluth<br>Susannah Beck<br>M36-40 Brian Zehr<br>M41-45 Rick Barbero<br>M46-50 Bob Smith<br>M51-55 Rick Lloyd<br>M56-60 Mason Davis<br>M61-65 Gary Kepper<br>M71+ Tom Brinton  | 52:48<br>53:36<br>ST<br>rock<br>h 13<br>32:04<br>40:21<br>36:01<br>36:18<br>38:05<br>35:14<br>41:29<br>46:27<br>61:39<br>47:24<br>41:45<br>48:06<br>41:51<br>51:33<br>64:12<br>16:22<br>16:41<br>20:52<br>18:17<br>23:26<br>20:22  | -7  |
| June Carroll 75<br>D. Thomas 74<br><b>NORTHAVE</b><br>Run For The Sham<br>10K & 5K<br>Eugene, OR; Marci<br>– 10K –<br><u>Overall</u><br>Jerard Osthmeyer<br>Karla Nash<br>M36-40 Andrew Oken<br>M41-45 Daniel Wojcik<br>M46-50 Tom Maloney<br>M51-55 Dave McJunkin<br>M56-60 Tom Balcom<br>M66-70 BillMcChesney<br>M71+ Don Anhom<br>W36-40 GingerThramer<br>W41-45 Jackie Manley<br>W46-50 JanetHeinonen<br>W51-55 Pam Turner<br>W41-45 Fick Barbero<br>M46-50 Bob Smith<br>M51-55 Rick Lloyd<br>M56-60 Mason Davis<br>M61-65 Gary Kepper<br>M71+ Tom Brinton<br>W36-40 Jean Cordova   | 52:48<br>53:36<br>ST<br>rock<br>h 13<br>32:04<br>40:21<br>36:01<br>36:18<br>38:05<br>35:14<br>41:29<br>46:27<br>61:39<br>46:27<br>61:39<br>46:27<br>61:39<br>46:27<br>61:39<br>46:27<br>61:39<br>46:27<br>61:39<br>46:27<br>61:39<br>47:44<br>41:45<br>48:06<br>41:51<br>51:33<br>64:12<br>16:22<br>16:21<br>16:22<br>16:21<br>16:22<br>16:21<br>16:22<br>20:13<br>23:26<br>20:22<br>20:13<br>23:27<br>23:04<br>26:14  |     |
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| June Carroll 75<br>D. Thomas 74<br><b>NORTHAVE</b><br>Run For The Sham<br>10K & 5K<br>Eugene, OR; Marci<br>– 10K –<br><u>Overall</u><br>Jerard Osthmeyer<br>Karla Nash<br>M36-40 Andrew Oken<br>M41-45 Daniel Wojcik<br>M46-50 Tom Maloney<br>M51-55 Dave McJunkin<br>M56-60 Tom Balcom<br>M66-70 BillMcChesney<br>M71+ Don Anhom<br>W36-40 GingerThramer<br>W41-45 Jackie Manley<br>W46-50 JanetHeinonen<br>W51-55 Pam Turner<br>W41-45 Jackie Manley<br>W46-50 JanetHeinonen<br>W51-55 Pam Turner<br>W61-65 Jane Dods<br>W70+ Dawn Russell<br>– 5K –<br><u>Overall</u><br>Mike Pluth<br>Susannah Beck<br>M36-40 Brian Zehr<br>M41-45 Rick Barbero<br>M46-50 Bob Smith<br>M51-55 Rick Lloyd<br>M56-60 Mason Davis<br>M61-65 Gary Kepper<br>M71+ Tom Brinton<br>W36-40 Jean Cordova<br>W41-45 Andrea Mason<br>W46-50 Paula Arcalett<br>W51-55 Terry Setchko  | 52:48<br>53:36<br>ST<br>rock<br>h 13<br>32:04<br>40:21<br>36:01<br>36:18<br>38:05<br>35:14<br>41:29<br>46:27<br>61:39<br>47:24<br>41:29<br>46:27<br>61:39<br>47:24<br>41:29<br>46:27<br>61:39<br>47:24<br>41:25<br>16:31<br>64:12<br>16:22<br>16:41<br>20:55<br>18:17<br>23:26<br>20:22<br>20:13<br>23:27<br>23:04<br>26:14<br>22:20<br>29:25<br>32:34   |     |
| June Carroll 75<br>D. Thomas 74<br><b>NORTHAVE</b><br>Run For The Sham<br>10K & 5K<br>Eugene, OR; Marci<br>– 10K –<br><u>Overall</u><br>Jerard Osthmeyer<br>Karla Nash<br>M36-40 Andrew Oken<br>M41-45 Daniel Wojcik<br>M46-50 Tom Maloney<br>M51-55 Dave McJunkin<br>M56-60 Tom Balcom<br>M66-70 BillMcChesney<br>M71+ Don Anhorn<br>W36-40 GingerThramer<br>W41-45 Jackie Manley<br>W46-50 JanetHeinonen<br>W51-55 Pam Turner<br>W41-45 Jackie Manley<br>W46-50 JanetHeinonen<br>W51-55 Pam Turner<br>W61-65 Jane Dods<br>W70+ Dawn Russell<br>– 5K –<br><u>Overall</u><br>Mike Pluth<br>Susannah Beck<br>M36-40 Brian Zehr<br>M41-45 Rick Barbero<br>M46-50 Bob Smith<br>M51-55 Rick Lloyd<br>M56-60 Mason Davis<br>M61-65 Gary Kepper<br>M71+ Tom Brinton<br>W36-40 Jean Cordova<br>W41-45 Andrea Mason<br>W46-50 Paula Arcalett<br>W51-55 Terry Setchko   | 52:48<br>53:36<br>ST<br>rock<br>h 13<br>32:04<br>40:21<br>36:01<br>36:18<br>38:05<br>35:14<br>41:29<br>46:27<br>61:39<br>47:24<br>41:45<br>48:06<br>41:51<br>51:33<br>64:12<br>16:22<br>16:41<br>20:22<br>20:13<br>23:27<br>23:04<br>26:14<br>26:14<br>20:22<br>20:13<br>23:27<br>23:04<br>26:14   | - / |
| June Carroll 75<br>D. Thomas 74<br><b>NORTHAVE</b><br>Run For The Sham<br>10K & 5K<br>Eugene, OR; Marci<br>– 10K –<br><u>Overall</u><br>Jerard Osthmeyer<br>Karla Nash<br>M36-40 Andrew Oken<br>M41-45 Daniel Wojcik<br>M46-50 Tom Maloney<br>M51-55 Dave McJunkin<br>M56-60 Tom Balcom<br>M66-70 BillMcChesney<br>M71+ Don Anhorn<br>W36-40 GingerThramer<br>W41-45 Jackie Manley<br>W46-50 JanetHeinonen<br>W51-55 Pam Turner<br>W41-45 Jackie Manley<br>W46-50 JanetHeinonen<br>W51-55 Pam Turner<br>W61-65 Jane Dods<br>W70+ Dawn Russell<br>– 5K –<br><u>Overall</u><br>Mike Pluth<br>Susannah Beck<br>M36-40 Brian Zehr<br>M41-45 Rick Barbero<br>M46-50 Bob Smith<br>M51-55 Rick Lloyd<br>M56-60 Mason Davis<br>M61-65 Gary Kepper<br>M71+ Tom Brinton<br>W36-40 Jean Cordova<br>W41-45 Andrea Mason<br>W46-50 Paula Arcalett<br>W51-65 Pag Peters<br>W66-70 Marge Histon   | 52:48<br>53:36<br>ST<br>rock<br>h 13<br>32:04<br>40:21<br>36:01<br>36:18<br>38:05<br>35:14<br>41:29<br>46:27<br>61:39<br>47:24<br>41:29<br>46:27<br>61:39<br>47:24<br>41:29<br>46:27<br>61:39<br>47:24<br>41:25<br>51:33<br>64:12<br>16:22<br>16:41<br>20:55<br>18:17<br>23:26<br>20:22<br>20:13<br>23:27<br>23:04<br>26:14<br>22:04<br>29:25<br>32:34<br>36:03  |     |
| June Carroll 75<br>D. Thomas 74<br><b>NORTHAVE</b><br>Run For The Sham<br>10K & 5K<br>Eugene, OR; Marci<br>– 10K –<br><u>Overall</u><br>Jerard Osthmeyer<br>Karla Nash<br>M36-40 Andrew Oken<br>M41-45 Daniel Wojcik<br>M46-50 Tom Maloney<br>M51-55 Dave McJunkin<br>M56-60 Tom Balcom<br>M66-70 BillMcChesney<br>M71+ Don Anhom<br>W36-40 GingerThramer<br>W41-45 Jackie Manley<br>W46-50 JanetHeinonen<br>W51-55 Pam Turner<br>W41-45 Jackie Manley<br>W46-50 JanetHeinonen<br>W51-55 Pam Turner<br>W61-65 Jane Dods<br>W70+ Dawn Russell<br>– 5K –<br><u>Overall</u><br>Mike Pluth<br>Susannah Beck<br>M36-40 Brian Zehr<br>M41-45 Rick Barbero<br>M46-50 Bob Smith<br>M51-55 Rick Lloyd<br>M56-60 Mason Davis<br>M61-65 Gary Kepper<br>M71+ Tom Brinton<br>W36-40 Jean Cordova<br>W41-45 Andrea Mason<br>W46-50 Paula Arcalett<br>W51-55 Per Setokko  | 52:48<br>53:36<br>ST<br>rock<br>h 13<br>32:04<br>40:21<br>36:01<br>36:18<br>38:05<br>35:14<br>41:29<br>46:27<br>61:39<br>47:24<br>41:29<br>46:27<br>61:39<br>47:24<br>41:29<br>46:27<br>61:39<br>47:24<br>41:25<br>51:33<br>64:12<br>16:22<br>16:41<br>20:55<br>18:17<br>23:26<br>20:22<br>20:13<br>23:27<br>23:04<br>26:14<br>22:04<br>29:25<br>32:34<br>36:03<br>36:31<br>53:14  |     |
| June Carroll 75<br>D. Thomas 74<br><b>NORTHAVE</b><br>Run For The Sham<br>10K & 5K<br>Eugene, OR; Marci<br>– 10K –<br><u>Overall</u><br>Jerard Osthmeyer<br>Karla Nash<br>M36-40 Andrew Oken<br>M41-45 Daniel Wojcik<br>M46-50 Tom Maloney<br>M51-55 Dave McJunkin<br>M56-60 Tom Balcom<br>M66-70 BillMcChesney<br>M71+ Don Anhorn<br>W36-40 GingerThramer<br>W41-45 Jackie Manley<br>W46-50 JanetHeinonen<br>W51-55 Pam Turner<br>W41-45 Jackie Manley<br>W46-50 JanetHeinonen<br>W51-55 Pam Turner<br>W61-65 Jane Dods<br>W70+ Dawn Russell<br>– 5K –<br><u>Overall</u><br>Mike Pluth<br>Susannah Beck<br>M36-40 Brian Zehr<br>M41-45 Rick Barbero<br>M46-50 Bob Smith<br>M51-55 Rick Lloyd<br>M56-60 Mason Davis<br>M61-65 Gary Kepper<br>M71+ Tom Brinton<br>W36-40 Jean Cordova<br>W41-45 Andrea Mason<br>W46-50 Paula Arcalett<br>W51-55 Terry Setchko<br>W56-60 Jeanie Fagle<br>W61-65 Peg Peters<br>W66-70 Marge Histon<br><b>INTERNATIO</b>   | 52:48<br>53:36<br>ST<br>rock<br>h 13<br>32:04<br>40:21<br>36:01<br>36:18<br>38:05<br>35:14<br>41:29<br>46:27<br>61:39<br>46:27<br>61:39<br>46:27<br>61:39<br>46:27<br>61:39<br>46:27<br>61:39<br>46:27<br>61:39<br>46:27<br>61:39<br>46:27<br>61:39<br>47:44<br>41:45<br>48:06<br>41:51<br>51:33<br>64:12<br>16:22<br>16:41<br>23:26<br>20:22<br>20:32<br>23:04<br>26:14<br>22:00<br>29:25<br>32:34<br>26:14<br>20:22<br>20:33<br>36:31<br>53:14<br>NAL<br>ionships  |     |
| June Carroll 75<br>D. Thomas 74<br><b>NORTHAVE</b><br>Run For The Sham<br>10K & 5K<br>Eugene, OR; Marci<br>– 10K –<br><u>Overall</u><br>Jerard Osthmeyer<br>Karla Nash<br>M36-40 Andrew Oken<br>M41-45 Daniel Wojcik<br>M46-50 Tom Maloney<br>M51-55 Dave McJunkin<br>M56-60 Tom Balcom<br>M66-70 BillMcChesney<br>M71+ Don Anhom<br>W36-40 GingerThramer<br>W41-45 Jackie Manley<br>W46-50 JanetHeinonen<br>W51-55 Pam Turner<br>W41-45 Jackie Manley<br>W46-50 JanetHeinonen<br>W51-55 Pam Turner<br>W61-65 Jane Dods<br>W70+ Dawn Russell<br>– 5K –<br><u>Overall</u><br>Mike Pluth<br>Susannah Beck<br>M36-40 Brian Zehr<br>M41-45 Rick Barbero<br>M46-50 Bob Smith<br>M51-55 Rick Lloyd<br>M56-60 Mason Davis<br>M61-65 Gary Kepper<br>M71+ Tom Brinton<br>W36-40 Jean Cordova<br>W41-45 Andrea Mason<br>W46-50 Paula Arcalett<br>W51-55 Terry Setchko<br>W56-60 Jeanie Fagle<br>W61-65 Peg Peters<br>W66-70 Marge Hislon<br><b>INDERNACIOO</b><br>British Vet-yrans Champ<br>Norwich, England; M<br>M40-65 8K/M70-W6 | 52:48<br>53:36<br>ST<br>rock<br>h 13<br>32:04<br>40:21<br>36:01<br>36:18<br>38:05<br>35:14<br>41:29<br>46:27<br>61:39<br>46:27<br>61:39<br>46:27<br>61:39<br>47:44<br>41:45<br>48:06<br>41:51<br>51:33<br>64:12<br>16:22<br>16:41<br>20:55<br>50:22<br>20:13<br>23:24<br>20:22<br>20:13<br>23:24<br>20:22<br>20:13<br>23:24<br>20:22<br>20:13<br>23:24<br>20:22<br>20:13<br>23:24<br>20:22<br>20:13<br>23:24<br>20:22<br>20:13<br>23:24<br>20:22<br>20:13<br>23:24<br>20:22<br>20:13<br>23:24<br>20:22<br>20:13<br>23:24<br>20:22<br>20:13<br>23:24<br>20:22<br>20:13<br>23:24<br>20:22<br>20:13<br>23:24<br>20:22<br>20:13<br>23:24<br>20:22<br>20:13<br>23:24<br>20:22<br>20:13<br>23:24<br>20:22<br>20:13<br>23:24<br>20:22<br>20:13<br>23:24<br>20:22<br>20:13<br>23:24<br>20:22<br>20:13<br>23:24<br>20:22<br>20:13<br>23:24<br>20:22<br>20:13<br>23:24<br>20:22<br>20:13<br>23:24<br>20:22<br>20:13<br>23:24<br>20:25<br>36:31<br>23:24<br>20:22<br>20:13<br>23:24<br>20:25<br>36:31<br>23:24<br>20:22<br>20:13<br>23:24<br>20:25<br>23:34<br>36:31<br>53:14<br>NALL |     |
| June Carroll 75<br>D. Thomas 74<br><b>NORTHAVE</b><br>Run For The Sham<br>10K & 5K<br>Eugene, OR; Marci<br>– 10K –<br><u>Overall</u><br>Jerard Osthmeyer<br>Karla Nash<br>M36-40 Andrew Oken<br>M41-45 Daniel Wojcik<br>M46-50 Tom Maloney<br>M51-55 Dave McJunkin<br>M56-60 Tom Balcom<br>M66-70 BillMcChesney<br>M71+ Don Anhom<br>W36-40 GingerThramer<br>W41-45 Jackie Manley<br>W46-50 JanetHeinonen<br>W51-55 Pam Turner<br>W41-45 Jackie Manley<br>W46-50 JanetHeinonen<br>W51-55 Pam Turner<br>W61-65 Jane Dods<br>W70+ Dawn Russell<br>– 5K –<br><u>Overall</u><br>Mike Pluth<br>Susannah Beck<br>M36-40 Brian Zehr<br>M41-45 Rick Barbero<br>M46-50 Bob Smith<br>M51-55 Rick Lloyd<br>M56-60 Mason Davis<br>M61-65 Gary Kepper<br>M71+ Tom Brinton<br>W36-40 Jean Cordova<br>W41-45 Andrea Mason<br>W46-50 Paula Arcalett<br>W51-55 Peg Peters<br>W66-70 Marge Histon<br><b>INVERVACIOO</b><br>British Vetvarans Champ   | 52:48<br>53:36<br>ST<br>rock<br>h 13<br>32:04<br>40:21<br>36:01<br>36:18<br>38:05<br>35:14<br>41:29<br>46:27<br>61:39<br>46:27<br>61:39<br>46:27<br>61:39<br>47:44<br>41:45<br>48:06<br>41:51<br>51:33<br>64:12<br>16:22<br>16:41<br>20:55<br>32:34<br>36:03<br>36:31<br>53:14<br>NALL<br>ionships<br>Iar. 28<br>5 SK  |     |

| 33:05   | M45 Nigel Gates   | 34:22   |
|---|---|---|
| 33:06   | Mike Girvan   | 34:59   |
| 36:31<br>38:20  | Mike Hager  | 35:49   |
| 40:07   |   | 37:0  |
| 40:16   | Jimmy Bell<br>J. Willoughby   | 37:1  |
| 38:52   | M55 GrahamPattor  |   |
| 39:26<br>40:31  |   | 39:1  |
| 40:42   |   | 39:3  |
| 41:22   | M60 Steve James   |   |
| 40:11   | Fred Gibbs<br>Harry Clayton   | 40:2  |
| 43:19<br>43:50  | M65 Ron Higgs   | 42:5  |
| 46:21   | Geoff Oliver  |   |
| 49:00   | Paschal Morris<br>- 5K -  | s45:1   |
| 44:54   | M70+ Geo. Phipps  | 24:2  |
| 55:44<br>63:40  | Peter Thomas  | 25:5  |
| 73:30   | Les Hayward   |   |
| 28:04   | M75 Arthur Smith<br>Jim Johnston  |   |
| 30:23<br>30:31  | W40 Viv McConnel  |   |
| 30:56   |   | 20:2  |
| 31:07   | Anne Jeeves<br>W45 Ann Ford   | 21:2 20:1   |
| 8:19  | Judy Meeten   |   |
| 4:14<br>5:27  |   | 21:0  |
| 6:22  | W50 F. Garland  | 22:1  |
| 6:41  | M. Auerback<br>ElaineStathar  | 22:2  |
| 5:10  | W55 Chris Lee   | 24:3  |
| 87:49<br>8:25   | Julie Beckford  | 24:4  |
| 8:53  | Iris Homsey   | 25:4  |
| 9:14  | W60 Parn Jones<br>Anne Martin   | 24:4  |
| 5:54  | Jean Hulls  | 26.3  |
| 6:37  | W65 Betty Smith<br>Betty Forster  | 30:3  |
| 37:40   | Betty Forster<br>Betty Norrish  | 32:3  |
| 8:38  |   |   |
| 87:46<br>8:42   | RACEWALK  | ίŅ  |
| 0:40  | Titan Invitational  | Indo  |
| 3:10  | U. of Wisc., Oshkos   | h; Fe   |
| 13:48<br>18:37  | Mile Racewalk   |   |
|   | M35 Mike Rose   |   |
| 4:56  | W/20 Sarah From   |   |
| 9:04  | W30 Sarah Frey<br>W45 Lynn Tracy  |   |
|   | W45 Lynn Tracy<br>3000m Racewalk  | 3.  |
| 19:04<br>19:08<br>72:46<br>14:58  | W45 Lynn Tracy  | 13:   |
| 19:04<br>19:08<br>72:46<br>14:58<br>17:22   | W45 Lynn Tracy<br>3000m Racewalk<br>W30 Michelle Rohl<br>Ramblin' Rage 20,0   | 13:<br>00m  |
| 19:04<br>19:08<br>72:46<br>14:58  | W45 Lynn Tracy<br>3000m Racewalk<br>W30 Michelle Rohl<br>Ramblin' Rage 20,0<br>Coconut Creek, FL  | 13:<br>00m  |
| 19:04<br>19:08<br>72:46<br>14:58<br>17:22<br>52:48  | W45 Lynn Tracy<br>3000m Racewalk<br>W30 Michelle Rohl<br>Ramblin' Rage 20,0<br>Coconut Creek, FL<br>Overall   | 13:<br>00m<br>; Feb   |
| 19:04<br>19:08<br>72:46<br>14:58<br>17:22<br>52:48  | W45 Lynn Tracy<br>3000m Racewalk<br>W30 Michelle Rohl<br>Ramblin' Rage 20,0<br>Coconut Creek, FL<br>Overall<br>Rod Vargas   | 13:<br>00m  |
| 19:04<br>19:08<br>72:46<br>14:58<br>17:22<br>52:48  | W45 Lynn Tracy<br>3000m Racewalk<br>W30 Michelle Rohl<br>Ramblin' Rage 20,0<br>Coconut Creek, FL<br><u>Overall</u>  | 13:<br>00m<br>; Feb   |
| 19:04<br>19:08<br>72:46<br>14:58<br>17:22<br>52:48<br>53:36<br><b>7</b><br><b>7</b><br><b>7</b><br><b>6</b><br><b>k</b>   | W45 Lynn Tracy<br>3000m Racewalk<br>W30 Michelle Rohl<br>Ramblin' Rage 20,0<br>Coconut Creek, FL<br>Overall<br>Rod Vargas<br>Roswitha Sidelko<br>Master<br>Bob Fine   | 13:<br>000m<br>; Feb<br>1:5<br>2:1<br>2:1   |
| 19:04<br>19:08<br>72:46<br>14:58<br>17:22<br>52:48<br>53:36   | W45 Lynn Tracy<br>3000m Racewalk<br>W30 Michelle Rohl<br>Ramblin' Rage 20,0<br>Coconut Creek, FL<br>Overall<br>Rod Vargas<br>Roswitha Sidelko<br>Master<br>Bob Fine<br>M40 Mike Felling   | 13:<br>000m<br>; Feb<br>2:1<br>2:1<br>2:1   |
| 19:04<br>19:08<br>72:46<br>14:58<br>17:22<br>52:48<br>53:36<br><b>7</b><br><b>7</b><br><b>7</b><br><b>6</b><br><b>k</b>   | W45 Lynn Tracy<br>3000m Racewalk<br>W30 Michelle Rohl<br>Ramblin' Rage 20,0<br>Coconut Creek, FL<br>Overall<br>Rod Vargas<br>Roswitha Sidelko<br>Master<br>Bob Fine<br>M40 Mike Felling<br>M45 Juan Mora  | 13:<br>000m<br>; Feb<br>2:1<br>2:1<br>2:1<br>2:1  |
| 19:04<br>19:08<br>12:46<br>4:58<br>17:22<br>52:48<br>33:36<br><b>7</b><br>0ck<br>13<br>2:04   | W45 Lynn Tracy<br>3000m Racewalk<br>W30 Michelle Rohl<br>Ramblin' Rage 20,0<br>Coconut Creek, FL<br>Overall<br>Rod Vargas<br>Roswitha Sidelko<br>Master<br>Bob Fine<br>M40 Mike Felling<br>M45 Juan Mora  | 13:<br>000m<br>; Feb<br>2:1<br>2:1<br>2:1   |
| 19:04<br>19:08<br>12:46<br>4:58<br>17:22<br>52:48<br>33:36<br><b>7</b><br>0ck<br>13<br>0ck<br>13  | W45 Lynn Tracy<br>3000m Racewalk<br>W30 Michelle Rohl<br>Ramblin' Rage 20,0<br>Coconut Creek, FL<br>Overall<br>Rod Vargas<br>Roswitha Sidelko<br>Master<br>Bob Fine<br>M40 Mike Felling<br>M45 Juan Mora<br>M50 Dana Sanders  | 13:<br>000m<br>; Feb<br>2:1<br>2:1<br>2:1<br>2:1<br>2:1<br>2:3  |
| 19:04<br>19:08<br>12:46<br>4:58<br>17:22<br>52:48<br>33:36<br><b>7</b><br>0ck<br>13<br>2:04   | W45 Lynn Tracy<br>3000m Racewalk<br>W30 Michelle Rohl<br>Ramblin' Rage 20,0<br>Coconut Creek, FL<br>Overall<br>Rod Vargas<br>Roswitha Sidelko<br>Master<br>Bob Fine<br>M40 Mike Felling<br>M45 Juan Mora<br>M50 Dana Sanders<br>M55 Daniel Koch<br>M65 T Cunningham<br>Master   | 13:<br>000m<br>; Feb<br>2:1<br>2:1<br>2:1<br>2:1<br>2:1<br>2:3<br>2:1<br>2:2  |
| 9:04<br>9:08<br>19:08<br>12:46<br>4:58<br>37:22<br>22:48<br>33:36<br>7<br>7<br>0<br>ck<br>13<br>92:04<br>4:0:21<br>16:01<br>66:18<br>18:05  | W45 Lynn Tracy<br>3000m Racewalk<br>W30 Michelle Rohl<br>Ramblin' Rage 20,0<br>Coconut Creek, FL<br>Overall<br>Rod Vargas<br>Roswitha Sidelko<br>Master<br>Bob Fine<br>M40 Mike Felling<br>M45 Juan Mora<br>M50 Dana Sanders<br>M55 Daniel Koch<br>M65 T Cunningham<br>Master<br>Sonia Mora   | 13:<br>000m<br>; Feb<br>2:1<br>2:1<br>2:1<br>2:1<br>2:3<br>2:1<br>2:2<br>2:2  |
| 19:04<br>19:08<br>12:46<br>4:58<br>3:36<br>7:22<br>52:48<br>3:36<br>7<br>7<br>20<br>4:58<br>3:36<br>7<br>7<br>20<br>4:58<br>3:36<br>7<br>7<br>20<br>4:58<br>5:24<br>13<br>2:04<br>10:21<br>6:01<br>8:05<br>15:14  | W45 Lynn Tracy<br>3000m Racewalk<br>W30 Michelle Rohl<br>Ramblin' Rage 20,0<br>Coconut Creek, FL<br>Overall<br>Rod Vargas<br>Roswitha Sidelko<br>Master<br>Bob Fine<br>M40 Mike Felling<br>M45 Juan Mora<br>M50 Dana Sanders<br>M55 Daniel Koch<br>M65 T Cunningham<br>Master<br>Sonia Mora<br>W30 Tammie Corley  | 13:<br>000m<br>; Feb<br>2:1<br>2:1<br>2:1<br>2:1<br>2:3<br>2:1<br>2:2<br>2:2<br>2:2<br>2:2  |
| 9:04<br>9:08<br>19:08<br>12:46<br>4:58<br>37:22<br>22:48<br>33:36<br>7<br>7<br>0<br>ck<br>13<br>92:04<br>4:0:21<br>16:01<br>66:18<br>18:05  | W45 Lynn Tracy<br>3000m Racewalk<br>W30 Michelle Rohl<br>Ramblin' Rage 20,0<br>Coconut Creek, FL<br>Overall<br>Rod Vargas<br>Roswitha Sidelko<br>Master<br>Bob Fine<br>M40 Mike Felling<br>M45 Juan Mora<br>M50 Dana Sanders<br>M55 Daniel Koch<br>M65 T Cunningham<br>Master<br>Sonia Mora   | 13:<br>000m<br>; Feb<br>2:1<br>2:1<br>2:1<br>2:1<br>2:3<br>2:1<br>2:2<br>2:2  |
| 9:04<br>9:08<br>9:08<br>4:58<br>4:58<br>3:36<br><b>7</b><br>2:48<br>3:36<br><b>7</b><br>4:58<br>5:14<br>1:29<br>6:27<br>1:39  | W45 Lynn Tracy<br>3000m Racewalk<br>W30 Michelle Rohl<br>Ramblin' Rage 20,0<br>Coconut Creek, FL<br>Overall<br>Rod Vargas<br>Roswitha Sidelko<br>Master<br>Bob Fine<br>M40 Mike Felling<br>M45 Juan Mora<br>M50 Dana Sanders<br>M55 Daniel Koch<br>M65 T Cunningham<br>Master<br>Sonia Mora<br>W30 Tammie Corley<br>W35 Linda Talbott   | 13:<br>000m<br>; Feb<br>2:1<br>2:1<br>2:1<br>2:1<br>2:1<br>2:1<br>2:2<br>2:2<br>2:2<br>2:1<br>2:1   |
| 9:04<br>9:08<br>19:08<br>12:46<br>4:58<br>3:36<br>7<br>7:22<br>2:48<br>3:36<br>7<br>7:22<br>1:22<br>0:21<br>6:01<br>13<br>12:04<br>10:21<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:01<br>16:02<br>11:39<br>17:24   | W45 Lynn Tracy<br>3000m Racewalk<br>W30 Michelle Rohl<br>Ramblin' Rage 20,0<br>Coconut Creek, FL<br>Overall<br>Rod Vargas<br>Roswitha Sidelko<br>Master<br>Bob Fine<br>M40 Mike Felling<br>M45 Juan Mora<br>M50 Dana Sanders<br>M55 Daniel Koch<br>M65 T Cunningham<br>Master<br>Sonia Mora<br>W30 Tammie Corley<br>W35 Linda Talbott<br>W55 Patricia Baran<br>W70 Ruth Perraud   | 13:<br>000m<br>; Feb<br>2:1<br>2:1<br>2:1<br>2:2<br>2:2<br>2:2<br>2:2<br>2:1<br>2:1   |
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| 19:04<br>19:08<br>19:08<br>12:46<br>4:58<br>17:22<br>52:48<br>3:36<br>7<br>13<br>13<br>13<br>14:12<br>11:45<br>11:45<br>11:45<br>11:39<br>11:45<br>11:39<br>11:45<br>11:39<br>11:45<br>11:39<br>11:45<br>11:33<br>14:12<br>11:33<br>14:12<br>15:55<br>14:55<br>15:14<br>11:55<br>15:14<br>11:55<br>15:14<br>11:55<br>15:14<br>11:55<br>15:14<br>11:55<br>15:14<br>11:55<br>15:14<br>11:55<br>15:14<br>11:55<br>15:14<br>11:55<br>15:14<br>11:55<br>15:14<br>11:55<br>15:14<br>11:55<br>15:14<br>11:55<br>15:14<br>11:55<br>15:14<br>11:55<br>15:14<br>11:55<br>15:14<br>11:55<br>15:14<br>11:55<br>15:14<br>11:55<br>15:14<br>11:55<br>15:14<br>11:55<br>15:14<br>11:55<br>15:14<br>11:55<br>15:14<br>11:55<br>15:14<br>11:55<br>15:14<br>11:55<br>15:14<br>11:55<br>15:14<br>11:55<br>15:14<br>11:55<br>15:14<br>11:55<br>15:14<br>11:55<br>15:14<br>11:55<br>15:14<br>11:55<br>15:14<br>11:55<br>15:14<br>11:55<br>15:14<br>11:55<br>15:14<br>11:55<br>15:14<br>11:55<br>15:14<br>11:55<br>15:14<br>11:55<br>15:14<br>11:55<br>15:14<br>11:55<br>15:14<br>11:55<br>15:14<br>11:55<br>15:14<br>11:55<br>15:14<br>11:55<br>15:14<br>11:55<br>15:14<br>11:55<br>15:14<br>11:55<br>15:14<br>11:55<br>15:14<br>11:55<br>15:14<br>11:55<br>15:14<br>11:55<br>15:14<br>11:55<br>15:14<br>11:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:14<br>15:55<br>15:55<br>15:55<br>15:  | W45 Lynn Tracy<br>3000m Racewalk<br>W30 Michelle Rohl<br>Ramblin' Rage 20,0<br>Coconut Creek, FL<br>Overall<br>Rod Vargas<br>Roswitha Sidelko<br>Master<br>Bob Fine<br>M40 Mike Felling<br>M45 Juan Mora<br>M50 Dana Sanders<br>M55 Daniel Koch<br>M65 T Cunningham<br>Master<br>Sonia Mora<br>W30 Tammie Corley<br>W35 Linda Talbott<br>W55 Patricia Baran<br>W70 Ruth Perraud<br>Arizona Senior Olym<br>Racewalk, Tempe;<br>M55 Howard Weiner<br>M60 Greg Wittig<br>M65 Jack Ozment<br>Jerard Hargis<br>M70 Darrell Stewart<br>Calvin Flickinger<br>M75 Don Gladding  | 13:<br>000m<br>; Feb<br>1:<br>2:1<br>2:1<br>2:1<br>2:1<br>2:3<br>2:1<br>2:2<br>2:2<br>2:1<br>2:1<br>2:3<br>2:1<br>2:3<br>2:5<br>Feb.<br>1:<br>4:<br>4:<br>4:<br>4:<br>4:<br>4:<br>4:<br>4:<br>4:<br>4       |
| 9:04<br>9:08<br>9:08<br>9:246<br>4:58<br>3:36<br>7:22<br>5:48<br>3:36<br>7<br>4:58<br>7:22<br>5:48<br>0:21<br>6:01<br>6:01<br>6:01<br>6:01<br>6:01<br>6:05<br>5:14<br>1:29<br>6:27<br>1:39<br>6:27<br>1:45<br>8:06<br>1:51<br>1:45<br>8:06<br>1:51<br>1:45<br>8:06<br>1:51<br>1:45<br>8:06<br>1:51<br>1:45<br>8:06<br>1:51<br>1:45<br>8:06<br>1:55<br>8:17<br>3:26<br>0:22  | W45 Lynn Tracy<br>3000m Racewalk<br>W30 Michelle Rohl<br>Ramblin' Rage 20,0<br>Coconut Creek, FL<br>Overall<br>Rod Vargas<br>Roswitha Sidelko<br>Master<br>Bob Fine<br>M40 Mike Felling<br>M45 Juan Mora<br>M50 Dana Sanders<br>M55 Daniel Koch<br>M65 T Cunningham<br>Master<br>Sonia Mora<br>W30 Tammie Corley<br>W35 Linda Talbott<br>W55 Patricia Baran<br>W70 Ruth Perraud<br>Arizona Senior Olymm<br>Racewalk, Tempe;<br>M55 Howard Weiner<br>M60 Greg Wittig<br>M65 Jack Ozment<br>Jerard Hargis<br>M70 Darrell Stewart<br>Calvin Flickinger<br>M75 Don Gladding<br>George Caron<br>M80 Bob Rhodes                 | 13:<br>000m<br>; Feb<br>2:1<br>2:1<br>2:1<br>2:1<br>2:1<br>2:1<br>2:1<br>2:1  |
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| 9:04<br>9:04<br>9:08<br>72:46<br>4:58<br>3:36<br>7:22<br>5:48<br>3:36<br>7<br>7:22<br>5:248<br>3:36<br>7<br>7:22<br>5:248<br>3:36<br>7<br>7:22<br>5:248<br>3:36<br>7<br>7:22<br>5:248<br>5:36<br>7<br>7:22<br>5:248<br>5:36<br>7<br>7:22<br>5:248<br>5:36<br>7<br>7:22<br>5:248<br>5:36<br>7<br>7:22<br>5:248<br>5:36<br>7<br>7:22<br>5:248<br>5:36<br>7<br>7:22<br>5:248<br>5:36<br>7<br>7<br>2<br>6<br>13<br>13<br>6<br>13<br>13<br>6<br>13<br>13<br>6<br>13<br>13<br>6<br>13<br>13<br>6<br>13<br>14<br>1:29<br>6<br>1:39<br>7<br>7:44<br>1:45<br>8:06<br>1:55<br>8:17<br>3:26<br>6:41<br>1:33<br>4:129<br>6:22<br>6:41<br>1:33<br>4:129<br>6:22<br>6:41<br>1:33<br>1:41<br>1:33<br>1:41<br>1:33<br>1:41<br>1:33<br>1:41<br>1:33<br>1:41<br>1:33<br>1:41<br>1:33<br>1:41<br>1:33<br>1:41<br>1:33<br>1:41<br>1:33<br>1:41<br>1:33<br>1:41<br>1:33<br>1:41<br>1:33<br>1:41<br>1:33<br>1:41<br>1:33<br>1:41<br>1:33<br>1:41<br>1:33<br>1:41<br>1:33<br>1:41<br>1:33<br>1:41<br>1:33<br>1:41<br>1:33<br>1:41<br>1:33<br>1:41<br>1:33<br>1:41<br>1:33<br>1:41<br>1:33<br>1:41<br>1:33<br>1:41<br>1:33<br>1:41<br>1:33<br>1:41<br>1:45<br>8:06<br>1:55<br>8:17<br>1:326<br>0:22<br>0:13<br>1:327<br>1:304<br>6:14<br>1:45<br>1:45<br>1:55<br>1:41<br>1:55<br>1:41<br>1:55<br>1:41<br>1:55<br>1:41<br>1:55<br>1:41<br>1:55<br>1:41<br>1:55<br>1:41<br>1:55<br>1:41<br>1:55<br>1:41<br>1:55<br>1:41<br>1:55<br>1:41<br>1:55<br>1:55<br>1:41<br>1:55<br>1:41<br>1:55<br>1:55<br>1:41<br>1:55<br>1:55<br>1:41<br>1:55<br>1:55<br>1:55<br>1:41<br>1:55<br>1:55<br>1:55<br>1:41<br>1:55<br>1:55<br>1:55<br>1:41<br>1:55<br>1:55<br>1:55<br>1:41<br>1:55<br>1:55<br>1:55<br>1:55<br>1:55<br>1:55<br>1:55<br>1:55<br>1:55<br>1:55<br>1:55<br>1:55<br>1:55<br>1:55<br>1:55<br>1:55<br>1:55<br>1:55<br>1:55<br>1:55<br>1:55<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57<br>1:57 | W45 Lynn Tracy<br>3000m Racewalk<br>W30 Michelle Rohl<br>Ramblin' Rage 20,0<br>Coconut Creek, FL<br>Overall<br>Rod Vargas<br>Roswitha Sidelko<br>Master<br>Bob Fine<br>M40 Mike Felling<br>M45 Juan Mora<br>M50 Dana Sanders<br>M55 Daniel Koch<br>M65 T Cunningham<br>Master<br>Sonia Mora<br>W30 Tammie Corley<br>W35 Linda Talbott<br>W55 Patricia Baran<br>W70 Ruth Perraud<br>Arizona Senior Olym<br>Racewalk, Tempe;<br>M55 Howard Weiner<br>M60 Greg Wittg<br>M65 Jack Ozment<br>Jerard Hargis<br>M70 Darrell Stewart<br>Calvin Flickinger<br>M75 Don Gladding<br>George Caron<br>M80 Bob Rhodes<br>Richard Stark  | 13:<br>000m<br>; Feb<br>2:1<br>2:1<br>2:1<br>2:1<br>2:1<br>2:1<br>2:1<br>2:1  |
| 9:04<br>9:04<br>9:08<br>9:08<br>9:246<br>4:58<br>3:36<br>7:22<br>9:248<br>3:36<br>7:22<br>9:248<br>3:36<br>7:22<br>9:248<br>3:36<br>7:22<br>9:248<br>9:248<br>9:26<br>13<br>9:204<br>9:05<br>9:514<br>9:05<br>9:514<br>9:05<br>9:514<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:55<br>9:57<br>9:55<br>9:57<br>9:55<br>9:55<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57<br>9:57                          | W45 Lynn Tracy<br>3000m Racewalk<br>W30 Michelle Rohl<br>Ramblin' Rage 20,0<br>Coconut Creek, FL<br>Overall<br>Rod Vargas<br>Roswitha Sidelko<br>Master<br>Bob Fine<br>M40 Mike Felling<br>M45 Juan Mora<br>M50 Dana Sanders<br>M55 Daniel Koch<br>M65 T Cunningham<br>Master<br>Sonia Mora<br>W30 Tammie Corley<br>W35 Linda Talbott<br>W55 Patricia Baran<br>W70 Ruth Perraud<br>Arizona Senior Olym<br>Racewalk, Tempe;<br>M55 Howard Weiner<br>M60 Greg Wittg<br>M65 Jack Ozment<br>Jerard Hargis<br>M70 Darrell Stewart<br>Calvin Flickinger<br>M75 Don Gladding<br>George Caron<br>M80 Bob Rhodes<br>Richard Stark  | 13:<br>000m<br>; Feb<br>2:1<br>2:1<br>2:1<br>2:1<br>2:1<br>2:1<br>2:1<br>2:1  |
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| 2            | M85 Phil Lawrence                           | 11:03           |
|--------------|---|-----------------|
| 9            | M90 Reginald Arnold                         | 16:14           |
| 9            | W55 Elke Davis<br>W60 Joan Sandison         | 9:51<br>10:12   |
| 4            | W65 Paulette Caron                          | 10:25           |
| 7            | Alice Pickett                               | 10:26           |
| 0            | W70 Marion Mahoney<br>W75 Bethel Baker      | 10:56           |
| 0<br>6       | W85 Estelle Frendberg                       | 12:32           |
| 6            | Arizona Senior Olymp                        | ics 5000        |
| 8            | Racewalk, Phoenix;                          |                 |
| 8<br>1       | M60 Robert Heslin                           | 34:42           |
| 5            | John McGinty                                | 35:55           |
| 8            | M65 Jack Ozment<br>Richard Weaver           | 32:42<br>32:56  |
| 5            | M70 Darrell Stewart                         | 33:31           |
| 4            | M75 Don Gladding                            | 34:25<br>41:33  |
| 1            | M80 Roy Clark<br>M85 Phil Lawrence          | 36:37           |
| 1            | W55 Elke Davis                              | 35:24           |
| 1            | W60 Joan Sandison                           | 35:12<br>38:51  |
| 1            | W65 Nancy Lupton<br>W70 Marion Mahoney      | 37:09           |
| 6            | W75 Bethel Baker                            | 38:35           |
| 8            | W85 Estelle Frendberg                       | 38:36           |
| 6<br>5       | Lavonne Hottensmith                         | Memorial        |
| 1            | 5K Racewalk                                 |                 |
| 2            | Lakeworth, FL; Ma                           | ar. 6           |
| 6            | Overall<br>John Fredericks                  | 26:50           |
| 3            | Donna Pape                                  | 29:51           |
| 9            | M45 Joan Yanes                              | 27:31           |
| 0            | Rod Vargaas                                 | 28:43           |
| 8            | Jimmy Boyd                                  | 32:02           |
| 3            | M50 Dennis Dunne<br>Dana Sanders            | 34.54<br>35.28  |
| 2            | M55 Dan Koch                                | 31:13           |
| G            | Andrew Crane                                | 32:18           |
| or           | George Rescingo                             | 33·13<br>29:18  |
| b. 13        | M60 Bob Cella<br>Neal Donahue               | 32:57           |
| 0.00         | M65 Bob Fine                                | 30:31           |
| 8.09<br>9:52 | Robert Davis                                | 36:05           |
| 8:14         | Sigmund Kurz<br>Leslie McKinnes             | 40:02 43:11     |
| 1            | M70 Jerry Kauffman                          | 36:45           |
| 37.1         | M80 Abe Ulanoff                             | 36:18           |
| RW           | W40 Joan Cadmus                             | 41:43           |
| . 20         | W45 Judy Wordell<br>Terri Ferber            | 35:34<br>38:33  |
| 57:22        | W50 Ingrid Crane                            | 32:17           |
| 0:58         | Kathryn Remini                              | 12:54           |
| 1.4          | Adrianne Halford                            | 49:27           |
| 3:30<br>4:07 | W55 Patricia Baran<br>Marsha Hartz          | 33:45<br>37:41  |
| 5:36         | W65 J M Provost                             | 31:24           |
| 9:40         | Jacqueline Balma                            | 40:24           |
| 7:07         | W70 Miriam Gordon                           | 34:58           |
| 0:08         | Gloria Wellen                               | 55:35           |
| 4:48         | John Tierney Track Cla<br>Milwaukee, WI; Ma |                 |
| 4:07         | 300011 RW                                   | 12.0            |
| 8:45         | Overall                                     |                 |
| 2:06         | Mike Rose 37<br>Lynn Tracy 46               | 15:53.7         |
|              | M35 Mike Rose                               | 15:45.6         |
| 1500         | M45 Ron Winkley                             | 16:41.8         |
| 21           | M50 John Miller                             | 18:03.8         |
| 1:41<br>9:41 | Pete Holman<br>M65 Al DuBois                | 20:24.7         |
| 9:00         | W35 Jane Prahlow                            | 22:14.6         |
| 9:24         | W40 Jovita Moureau                          | 21:25.2         |
| 9:29         | W45 Lynn Tracy                              | 15:45.6         |
| 9:57         | Alice Winkler<br>Deb Hammen                 | 19:34.4 20:57.6 |
| D:11<br>1:58 | W60 Patricia Beam                           | 20:57.6         |
| 1:58         | W70 Kate Marrs                              | 20:56.7         |
| 100          | AND A DECK MARKEN AND A                     | 225             |
| 1000         | Passes and a                                |                 |
| 10,0         |   | Sec. 1          |
|              |   |                 |



National Masters News



| FIRST NAME |                |  | EVENT                                    | BEST RECENT PERFORMANCE/DATE    | COST PER EVENT<br>ENTERED |
|------------|----------------|--|--|---------------------------------|---------------------------|
| A States   | and the star   | LAST MAN CONTRACTOR  | 1.                                       |                                 | \$25                      |
| MI         | LAST NAME      |  | 2  |                                 | \$15                      |
| ADDRESS    |                | The Property and the   | 3.                                       |                                 | \$10                      |
| 14-24-13   | States and the |  | 4  |                                 | \$10                      |
| CITY       |                |  | <u>5.</u>                                |                                 | \$10                      |
| STATE      | ZIP            | COUNTRY  | 6.                                       |                                 | \$10                      |
| Weber S    | Sale and the   | the second s | 7. PENTATHLON                            |                                 | \$30                      |
| PHONE NUM  | MBER           | FAX NUMBER   | Make checks payable to WALT DISNEY ATTR/ | CTIONS, Inc. ENTRIES POSTMARKED | AFTER 8/6/99 \$25         |
|            | Section States | AGE as of  | CREDIT CARDS ACCEPTED: AMEX, VISA, Ma    | Instercard TOTAL AMOUNT ENCLOS  | ED \$                     |
| M/F        | BIRTHDATE      | 8/26/99  | CREDIT CARD NUMBER                       | EXPIR                           | ATION DATE                |
| 1999 USATE | FNumber        | T-SHIRT SIZE<br>(S. M. L. XL, XXL)   | SIGNATI IRE OF CARD HOLDER               |                                 |                           |

Release and Indemnity (Adults) - WAIVER

READ CAREFULLY BEFORE SIGNING

In consideration of my participation in the 1999 USATF Masters National Outdoor Track & Field Championships hosted by Disney's Wide World of Sports, Inc. and the USATF, I agree to assume the risks incidental to such participation and use (which risks may include, among other things, muscle injuries and broken bones) and on my own behalf, and on behalf of my heirs, executors and administrators, release and forever discharge the released parties defined below of and from all liabilities, claims, actions, damages, costs or expenses of any nature arising out of or in any way connected with my participation in such activity, and further agree to indemnify and hold each of the released parties harmless against any and all such liabilities, claims, actions,

damages, costs or expenses, including but not limited to, all attorney's fees and disbursements For this event, and the event that I choose to participate in the NFL Experience at the Sports Complex, the released parties are Walt Disney World Co.; Walt Disney Attractions, Inc., the National Football League Properties, Inc., the National Football League and its thirty-one (31) member professional football clubs, Party Planners West, Inc., their parent, related and affiliated companies, and the officers, directors, employees, agents, representatives, successors and assigns of each of the foregoing entities. I understand that this release and indemnity agreement includes any claims based on the negligence, action or inaction of any of the above released parties and covers bodily injury (including death) and property damage, whether suffered by me, before, during or after such participation. I declare that I am physically fit and have the skill level required to participate in this particular event. I further authorize medical

166

nt for myself, at my cost, if the need arises.

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I further grant the released parties the right to photography and/or videotape me and further to use my name, face, likeness, voice and appearance in connection with exhibitions, publicity, advertising and promotional materials without reservation or limitation. The released parties are, however, under no obligation to exercise said rights herein granted.

This Agreement shall be governed by the laws of the state of Florida, and any legal action relating to or arising out of this Agreement shall be commenced exclusively in the Circuit court of the Ninth Judicial Circuit in and for Orange County, Florida (or if such Circuit Court shall not have jurisdiction over the subject matter thereof, then to such other court sitting in said county and having subject matter jurisdiction). I certify I am 18 years of age or older.

DATE