

# NATIONAL MASTERS NEWS

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

285th Issue

May 2002

\$2.50

## Hosack Sets Records at Age 100; Raschker Breaks Five World Records; 810 Masters Break 26 World Indoor Records at USA Championships



SUZY HESS

Finalists in the M35 60m (from l): James Smith; Orlando Matthews, third (7.33); Rawle Crichlow, second (7.29); Robert Thomas, first (7.26); Andre Bridgett; Robert Walters; and Richard Hill, USATF National Masters Indoor Championships, Boston.

### Sultanova, Kipkemboi Take Masters Titles in Boston

By SUSANNAH BECK

Under a foggy shroud and temperatures in the high fifties, with little wind, conditions at the Hopkinton start were propitious for a good run, contrary to the weather forecast that had predicted heat.

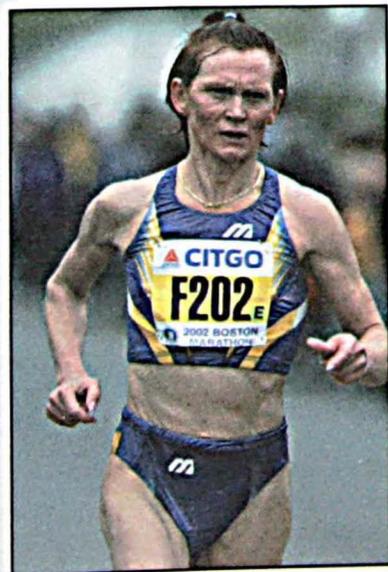
Kenyan Joshua Kipkemboi, 43, Concord, Mass., was on top again at

the Boston Marathon, April 15, taking the 40+ title back from Fedor Ryjov, 42, Russia (via Portugal), the man who beat him here last year. In the process, Kipkemboi ran the second fastest masters time here ever (John Campbell ran 2:11:04 in 1990).

Kipkemboi is writing a wide history at Boston, where he was second in '99 (2:15:56), first in '00 (2:17:11), and second again in '01 (2:14:47). The former European Champion at the steeplechase just seems to be getting faster with experience. His 2:12:48 is just two seconds slower than his breakthrough 2000 PR win at Twin Cities (2:12:46), a much faster course.

It was an exciting tactical race for the \$10,000 masters win. A masters pack consisting of Kipkemboi; Ryjov; Gennady Temnikov, 40, Russia; Sammy Ngatia, 42, Ft. Carson, Colo.; and Mohamet Nazipov, 40, Russia, went out with the leaders, who dawdled through the first 5K in 16:00.

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VICTOR SAILER / PHOTO RUN

Firaya Sultanova, 40, Russia, fifth female overall, set a W40+ course record of 2:27:58, Boston Marathon, April 15.

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- Masters Clubs — page 18
- Revised World T&F Records — page 20

By JERRY WOJCIK

BOSTON, Mass. — More history was added to this city's annals at the USATF National Masters Indoor Track & Field Championships held at the Reggie Lewis Track Center on March 22-24. Well, maybe not on the same level with the Boston Tea Party or the Battle of Bunker Hill, but pretty impressive by masters standards.

First off, despite some concerns about air travel after the September 11 tragedy, a new-record number of masters entered. Secondly, a 100-year-old man competed in an indoor national championships, establishing two world records and two U.S. potential records. Lastly, 26 world and 18 U.S. pending age-group records were broken or established in the three-day meet.

The Championships, in its sixth-consecutive meeting here since 1997, drew 810 athletes, who competed in five-year age groups starting at age 30. Most of the states were represented, including Hawaii and Alaska, with the usual strong guest contingent from Canada, and guest athletes from the Netherlands and Sweden.

Last year, 814 athletes, the second-largest turnout ever for an indoor

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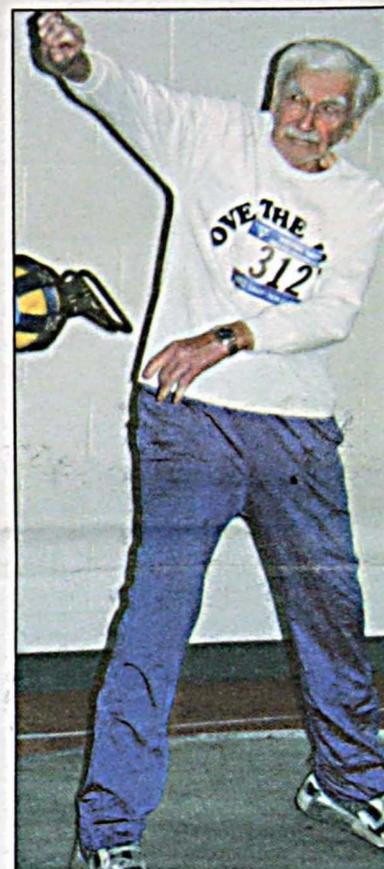
### NMN Back at the Helm

As of Jan. 1, 2002, Rodale Press has relinquished its ownership of *National Masters News*, which it had acquired on Jan. 1, 1995. Since then, the *National Masters News* had been under the jurisdiction of *Runner's World*, one of Rodale's publications. Complete control of the NMN has now reverted to its primary staff members: Jerry Wojcik, Suzy Hess, Al Sheahan and Angela Egremont.

Essentially, we will continue to operate as we have in the past, with some minor changes. The editorial office will remain in Eugene, Ore., with the same phone and fax numbers, and the same e-mail and Web site addresses. The layout and printing will continue to be done in Los Angeles as it has been for over two decades.

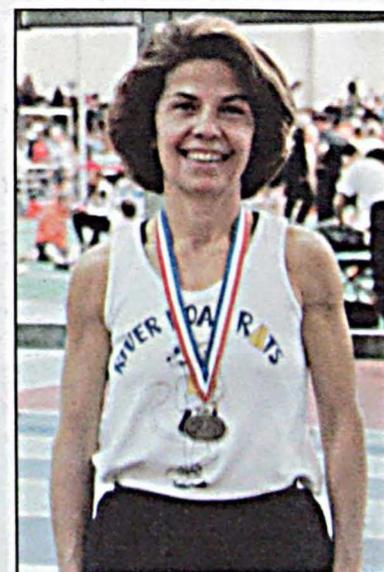
Suzy Hess will add the title of Publisher to her position of Administrative Editor, handling mar-

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JERRY WOJCIK

Everett Hosack set four records in the M100 age group, National Masters Indoor Championships.



SUZY HESS

Kathy Martin broke one world and two U.S. W55 records, National Masters Indoor Championships.



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**NATIONAL MASTERS NEWS**

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



**Publisher:** Suzy Hess  
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**Printing:** American/Foothill Publishing Co.  
**Track & Field Records:** Pete Mundle  
**Long Distance Records:**  
 Road Running Information Center  
**Racewalking Records:** Bev LaVeck  
**Track & Field Rankings:** Jerry Wojcik

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**Creative Art:** Eugene Paasinen, Herb Parsons  
 The *National Masters News* (ISSN-07442416) is published monthly, with an annual subscription rate of \$26.00. Main office address: 14155 Magnolia Blvd. #338, Sherman Oaks, CA 91423. Periodicals postage paid at Van Nuys, CA 91409.  
 The *National Masters News* is an official publication of USA Track & Field and of the World Masters Athletics. As an independent publication, its editorial policy is not necessarily that of USATF or WMA.  
**Executive Officers of USATF:** Bill Roe, President; Craig Masback, Executive Director.  
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**Mailing:** The issue is mailed the last week of the month prior to the cover date.  
**Postmaster:** Send address changes to: National Masters News, P.O. Box 16597, No. Hollywood, CA 91615.  
**Subscriptions:** A one-year subscription (12 issues) is \$26.00 (mailed 2nd class). Add \$16 for 1st class (USA & Canada) or \$19 for foreign air mail. Please send all correspondence on subscriptions to NMN, P.O. Box 16597, No. Hollywood, CA 91615. 818/760-8983.  
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### REHAB AND TRAINING

In 2001, I took first place in the M60 long jump and triple jump in the Masters Championships in Boston. After winning five gold medals in the Israeli Championships and one in the Russian Championships in the summer of 2001, I had increased my training to three hours a day and was having fantastic results.

Then, in February 2002, I had a stress test and was diagnosed as having a problem in my heart rate. An angioplasty revealed that my left main artery was 90% blocked.

On Feb. 8, I underwent bypass surgery to correct the problem. A month after surgery, I began a rehab program and fully intend to return to competitive sporting activities within six months.

I would be interested in hearing from other competing athletes who have undergone similar surgery to hear about their rehab progress, training, and return to competition.

I can be reached by e-mail at pin  
ishc@hotmail.com.

*Pini Shechter  
Israel*

### INDOOR CHAMPIONSHIPS

Having been subjected to a comedy of errors at open and masters meets over the years (last-minute changes in schedule, delays of many hours, competitors taking over heat assignments from officials, times not recorded, etc.), I was wonderfully surprised by the professionalism of the first national masters championships I attended in Boston this year.

Events went off at the planned times, so we competitors could time our warm-up correctly, and the officials were expert and pleasant.

The announcing by Peter Taylor was the icing on the cake. Hearing the race called as an older competitor breaks a world record makes us lesser mortals want to give it our all.

By sharing his voluminous knowledge of the achievements of the competitors in an excited and respectful tone, Peter brought home to all of us the truly remarkable nature of our continuing adventure.

Thank you to all the officials who worked so hard to give us such a great meet.

*Spider Rossiter  
Washington D.C.*

### CHILD SUPERVISION

At the Ohio T&F Championships at Findlay University, Feb. 24, I was running full speed in a run-through, preparing for the M80 triple jump, when two-thirds of the way down the lane, a child, about seven years old, ran across directly in front of me.

To avoid hitting him, I had a terrible fall, breaking my right wrist, my left ring finger and hand, and three ribs,



JEANNE DAPRANO

The Southeastern Striders M70 relay team set world bests in the 4x400 (5:51.92) and 4x800 (14:57.54), National Masters Indoor Championships, Boston, (from l): Hal Johnson, Alan Smith, Stewart Daniel, and Bill Daprano.

plus abrasions on the head and knee. Several witnesses saw the incident.

I am writing primarily to point out the danger of letting non-participants roam the area at will. As I was being taken to the ambulance, my wife looked back at the track just as the 200 started, all lanes filled, and she saw about five teenagers running all over the track chasing each other. As we left, we could hear yells of "Clear the track," "Get off the track."

I was in the ER all afternoon, but not once did anyone call or come to check on me. I have heard nothing from anybody connected to the sponsoring organizations as to whether I lived or died. Incidentally, I took first in the 60m and long jump and hope someone will send the medals to me.

We incurred great expense due to this accident, as we had to call my son down from Michigan to help my wife drive the 900 miles home. Of course, we paid his expenses and plane fare home.

To add insult to injury, a steel tape was not used, even though I had called twice in the previous month to make sure that all proper equipment and certified officials would be available in case of a national or world record. The officials acknowledged that they were told I would be trying for a record. I broke the present long jump world

record (3.77) by a little over an inch with a 3.80 but apparently to no avail.

I sincerely hope that this letter will be a "wake-up call" for better supervision and control by officials and administrators of future masters meets.

*Tom Kennell  
Seagrave Beach, Florida*

### NATIONAL HEPTATHLON CHAMPIONSHIPS

I would like to thank Masters Combined-Event Coordinator Jeff Watry, Carthage College, and its staff for running an excellent National Heptathlon Championships in Kenosha, Wisc.

The time needed to prepare for the meet must be staggering. I appreciate the effort it takes to provide masters such an outstanding event. I have been impressed by the competitors who have participated in this event for the last two years, because they help and encourage fellow competitors in the true spirit of sportsmanship. I consider myself lucky to have the opportunity to compete against great athletes, who are even better people.

I would also like to thank everybody at NMN for providing a marvelous comprehensive resource for masters. I, like many others, look forward to every issue.

*Mark Twedt  
Rockwell, Iowa*

### TEN YEARS AGO May 1992

- National Masters Indoor Championships Draw 640 Athletes to Columbus, Ohio
- Doug Bell (14:50) Beats Wilson Waigwa and Henry Rono in Carlsbad 5000
- International Veterans 8K X-C Held With IAAF X-C in Boston
- New Zealand's Derek Turnbull Sets Six M65 World Records

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North Hollywood, CA 91615-6597

Or Call:  
818/760-8983

CZZMN

### Ten Join NMN Sustainers

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

Special thanks this month go to:

Clifford Bedell  
Bill Benson  
Rich Dunphy  
Frank Finger  
Marina Hoerneck-Gil  
Tim McMullen  
Robert Weiner  
Richard Wilcox  
John Shaw  
Gordon Seifert

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MASTERS T

2002 USA T

Please use this form (or  
Willi Gallant, National M  
University of Maine,  
5747 Memorial Gymnasium  
Orono, ME, 04469

All entries must be received

PLEASE PRINT CLEARLY  
A photocopy of birth

Last Name \_\_\_\_\_  
Mailing Address \_\_\_\_\_  
State \_\_\_\_\_  
Phone: [home] \_\_\_\_\_  
e-mail \_\_\_\_\_

2002 USATF registration # \_\_\_\_\_  
U.S. citizen [circle one]: \_\_\_\_\_  
Resident Alien: [circle one] \_\_\_\_\_

[circle one] Female / M  
AGE as of August 8, 2002

EVENT NAME  
Pentathlon (this does

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_  
4. \_\_\_\_\_  
5. \_\_\_\_\_  
6. \_\_\_\_\_  
7. \_\_\_\_\_

2002 Championship Pro

FREE Athlete Champi

Additional T-Shirts with

Number per size: # \_\_\_\_\_

Championship Cookout

Number attending the c

Place number of people

# \_\_\_\_\_ Lobster: # \_\_\_\_\_

Late fee for entries post

\*\*\*USATF NATIONAL

\*\*\*Mandatory USATF

the National comm

TOTAL AMOUNT DUE



**University of Maine  
Clearence Beckett Family  
Track & Field Facility**

**Orono,  
Maine**



For those wishing to experience the natural outdoor beauty of "Vacationland" a variety of activities including rafting trips, hiking, biking and area outings were organized. From the beautiful nearby coastal villages to inland attractions, Maine offers exceptional state parks and recreational areas.

**USATF NATIONAL MASTERS CHAMPIONSHIPS AUGUST 8 - 11, 2002  
SCHEDULE OF EVENTS**

**Thursday August 8, 2002**

5000m. Run W/M - finals  
400m. W/M - prelims  
800m. W/M - prelims, as needed  
Pentathlon - Women [ HH, HJ, SP, LJ, 800 ]  
Pentathlon - Men [ LJ, JT, 200, DT, 1500 ]  
Shotput W/M - all ages - 2 throw areas  
Pole Vault - W all ages & M 60+

**Friday August 9, 2002**

5000m. Racewalk W/M - Finals, on the track  
100m. W/M - prelims  
Steeplechase W/M - finals  
400m. W/M - finals  
High Hurdles W/M - prelims and finals  
1500m. W/M prelims, as needed  
100m. W/M - round 2 if necessary  
Discus W/M - all ages - 2 throw areas  
Pole Vault M 50 - 59  
High Jump M 30 - 49  
Long Jump W - all ages & M 60+

**Saturday August 10, 2002**

10000m. W/M - Finals - on track  
100m. W/M - Finals  
800m. W/M - Finals  
200m. W/M - prelims  
Javelin W/M - all ages - Synthetic surfaces.  
Pole Vault M 30 - 49  
High Jump W - all ages & M 50+  
Long Jump M 30 - 59

6 pm - Fabulous Championship Cookout Feast

**Sunday August 11, 2002**

Road Walk 10k W / M  
200m. W/M round 2, if necessary  
1500m. W/M - Finals  
300/400m. Hurdles W/M - Finals  
200 W/M - Final  
Relays  
Hammer W/M - all ages - 2 throw areas  
Triple Jump W/M - all ages

**\*\*THE DAY OF THE EVENT WILL NOT CHANGE\*\***

**\*\*Oldest to youngest and women first unless otherwise stated.**

**\*\* Specific times will be set once all entries are in.**

**WELCOME !!** to the Orono, Old Town, Bangor region of Maine! You will discover yourselves surrounded by friends as you enjoy these USATF National Masters Track & Field Championships.

**Travel Arrangements:** The Bangor Bangor Travel Services again is eagerly awaiting your calls for travel arrangements. They will assist you in finding the best discounts and in meeting your needs. Contact Jill Bradford 207-866-5900 or 800-682-4125

**ON CAMPUS Housing and Meals:** Call 207 - 581-4092; e-mail: csd@umit.maine.edu for information on convenient campus dorms, and meal packages. Those staying off campus may also enjoy meals and meal packages on campus - great variety, special needs, and convenient. Campus living and dining at its best.

**Areas Hotels/ Bed & Breakfast / camping/ tourist questions/day trips:**  
**CONTACT:** the Bangor Convention and Visitors Bureau at 800 - 91 - MOOSE; or 207-947-5205. They are enthusiastically willing to assist you  
Selected Hotels: Best Western Black Bear Inn - Orono 207 - 866 - 7120, 800-528-1234--2 miles to campus, a sponsor.  
Best Inn - Main St. Bangor 207 - 947 - 0564; Holiday Inn Odlin Road - Bangor 207 - 947 - 0101;  
Holiday Inn Civic Center 207 - 947 - 8651; Days Inn - Bangor 207 - 942 - 8272; Four Points Sheraton 207 - 947 - 6721;  
Howard Johnson Inn 207 - 942 - 5251; Motel 6 - Bangor 207 - 947 - 6921; Fairfield Inn by Marriott 207 - 990 - 0001  
Best Western Whitehouse Inn - 207 - 862 - 3737; Country Inn of the Mall - 207 - 841 - 0200; Hampton Inn 207-990-6400;  
Econo Lodge 207-945-0111; Comfort Inn 207 - 942-7899; Super 8 Motel 207-947-3800; Ramada Inn 207-947-6961;  
University Inn Orono - walk to campus 207-866-4921 or 800-321-4921; The Lucerne Inn - overlooking a lake 207-843-5123.  
Bar Harbor is 50 minutes away on the ocean, with many wonderful scenic hotels and campsites.

**CONTACT FOR FURTHER INFORMATION:** Will Gallant - Assistant Director 207 - 581 - 2099; will.gallant@umit.maine.edu  
Richard Ransom - Director 207 - 581 - 1077; r.ransom@umit.maine.edu  
University of Maine, Memorial Gymnasium, Orono, ME 04469  
**WEB SITE IN DEPTH INFORMATION:** www.ume.maine.edu/~track/trackfield.html (- sign is a squiggle or tilde sign)  
USATF National Masters Outdoor Track and Field Championships Aug. 8 - 11, 2002 @ University of Maine in Orono Maine.

**Eligibility**  
Competition is open to all men and women 30 years of age and older. Age on August 8, 2002 will determine a competitor's age group. Individual competitions will be held in age groups of 5-year increments starting at age 30. Relays will be held in age groups of 10-year increments.

**Proof of Registration with USATF will be required of all U.S. Citizens.** USATF registration cards will be available on site, at U. Maine. We strongly urge you to obtain your USATF card in advance through your local organization. Competitors must present their USATF card when picking up their packets. International competitors may compete as guests with no USATF registration required.

**\*\*Proof of date of birth is required of all competitors in advance. You must send a photocopy of your birth certificate or passport with your entry form to ensure eligibility.**

**Entry Fees and Procedures**  
Entry fee is \$35 for the first event, \$15 for the second event, \$15 for the third event, and \$10 for each subsequent event. There is a \$10 surcharge for which goes to the USATF National Masters Committee. Pentathlon entry fee is \$30 and cannot be counted as your first event... Relays are \$40 per team, payable the day prior to the relay competition. Each competitor receives a free commemorative T-shirt as part of the entry fee. Additional T-shirts may be purchased for \$10 each. **MAKE CHECKS PAYABLE TO: UNIVERSITY OF MAINE.**

**Relays**  
Teams will be divided into 10-year age groups. Entries will be taken on site only and must be declared and paid the day prior to the actual relay competition. If any relay team member has not entered an open event they will be required to provide proof of date of birth and USATF registration card.

**Awards**  
USATF Championship medals will be awarded to the top three (3) U.S. citizens in each age group division of each championship final. International guest competitors finishing in the top three will receive a medal. Awards will be given as soon as possible after the event is completed and results verified. A photographer will be available for photos of you competing at a reasonable cost.

**Packet pick-up**  
Competitors may pick up their packets on Wednesday August 7th from 1:30pm - 11:00pm, and then daily from 7:00am at the Track facility complex in the white building.

**Declarations**  
Declarations must be made at least thirty minutes before the scheduled start of all running events. Field events may declare switches at any time. Declarations sheets will be available at the track facility complex in the white building beginning Wed. afternoon.

**Equipment**  
Maximum spike length is 1/4" for all events, including the javelin throw. Throwing event implements and starting blocks will be available for use by all competitors. Individuals may use their own implements, provided they comply with rule specifications. Throwing event implement weight will be at the throwing areas. All javelin runways are synthetic surfaces.

**The Fabulous Championship Cookout Feast**  
Saturday, August 10 at 6:00pm, in the Fieldhouse with Downeast hospitality and entertainment you'll joyously remember. Serving begins at 7:00pm.

- Maine lobster, chicken, steak, vegetarian lasagna, an all the "Downeast fixins".
- Downeast entertainers will add lots of fun.
- To top the evening off bring one of your favorite T-shirts from your part of the country and we will have a T-shirt swap !!
- Tickets are \$18 per person, and must be purchased in advance.

**\*\*No entry will be considered complete unless it is accompanied by full payment of fees.\*\***

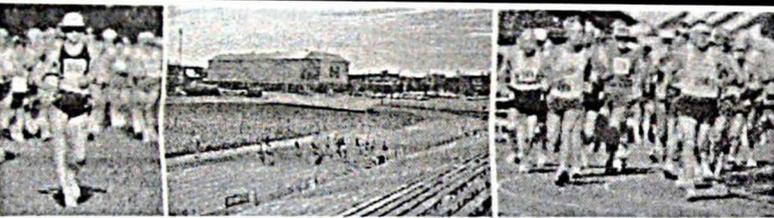
**\*\*There will be no refund of entry fees for any reason.\*\***

**Shuttle Buses**  
There will be shuttle buses from hotels - to and from the track stadium, and to and from the Bangor International Airport, at selected times which will be posted.

**POLE VAULT POLES SHOULD BE SHIPPED 2-4 DAYS EARLY; CHECK WITH THE TRAVEL AGENCY.**

**Entry Deadline :** Confirmation of entry will be sent to all competitors who have registered by July 17, 2002. Late entries postmarked after July 17 will be assessed a \$25 late fee. **NO ENTRIES ACCEPTED AFTER Aug. 1**

**Welcome to the University of Maine**



**MASTERS TRACK & FIELD CHAMPIONSHIPS 2002**

**COMPETITION ENTRY FORM**  
2002 USA Track & Field National Masters Outdoor Championships  
University of Maine, Orono, ME

Please use this form (or make a photocopy) complete it, and mail with a check for entry fees to:  
Willi Gallant, National Masters Entry  
University of Maine,  
5747 Memorial Gymnasium  
Orono, ME, 04469

**\*\*\*send on-campus housing form  
in separate envelope to their office.\*\*\***

All entries must be received by July 17 to be guaranteed a confirmation reply.

**PLEASE PRINT CLEARLY :** proof of date of birth is required of all competitors in advance  
A photocopy of birth certificate, or passport, or driver's licence must be mailed with entry form.

Last Name \_\_\_\_\_ First name \_\_\_\_\_ M.L. \_\_\_\_\_  
Mailing Address \_\_\_\_\_, City \_\_\_\_\_  
State \_\_\_\_\_, Zip code \_\_\_\_\_, country \_\_\_\_\_  
Phone: [home] \_\_\_\_\_, office \_\_\_\_\_  
e-mail \_\_\_\_\_  
2002 USATF registration number: \_\_\_\_\_ Club/team \_\_\_\_\_  
U.S. citizen [circle one]: Yes / No  
Resident Alien: [circle one]: Yes / No. Country of Citizenship: \_\_\_\_\_

[circle one] Female / Male: Date of Birth: Month \_\_\_\_\_ Day \_\_\_\_\_ Year \_\_\_\_\_  
AGE as of August 8, 2002 \_\_\_\_\_

EVENT NAME	Best recent performance	FEES
1. Pentathlon (this does not count as your first event)		[Fee \$30]
2. _____		[Fee \$35]
3. _____		[Fee \$15]
4. _____		[Fee \$10]
5. _____		[Fee \$10]
6. _____		[Fee \$10]
7. _____		[Fee \$10]
2002 Championship Program & performance list		[Fee \$3]

**FREE Athlete Championship T-Shirt**— [Circle size] S M L XL XXL  
Additional T-Shirts with commemorative Moose Logo  
Number per size: # \_\_\_\_\_ S; # \_\_\_\_\_ M; # \_\_\_\_\_ L; # \_\_\_\_\_ XL; # \_\_\_\_\_ XXL @ \$10 each

**Championship Cookout & Downeast Entertainment on Sat. Aug. 10**  
Number attending the cookout # \_\_\_\_\_ @ \$18 each \_\_\_\_\_ total fee \_\_\_\_\_  
Place number of people selecting each entrée before the selection below:  
# \_\_\_\_\_ Lobster; # \_\_\_\_\_ Steak; # \_\_\_\_\_ Chicken; # \_\_\_\_\_ Vegetarian Lasagna

Late fee for entries postmarked after July 17, 2002 \_\_\_\_\_ [Fee \$25]

**\*\*\*USATF NATIONAL MASTERS COMMITTEE SURCHARGE FEE [ \$10 ] \_\_\_\_\_ \$10**

**\*\*\*Mandatory USATF National Masters Committee Surcharge Fee is forwarded to the National committee to assist them in operations and expenses.\*\*\***

**TOTAL AMOUNT DUE** \_\_\_\_\_ \$  
Write check payable to the University of Maine.



## Third Wind

By MIKE TYMN

### True Seniority at 65?

"They shall bring forth fruit in old age..." - Psalms 92:14

Having recently celebrated my 65th birthday, I feel as if I have cleared the final hurdle to senior citizen status. I have reached the threshold of true seniority. But whether that means I am now an "old man," I'm not sure. I thought my grandfathers and Harry Truman were old when they were a mere 60, but I don't feel as old as I thought they were then.

It is somewhat confusing these days as to when one becomes a "senior citizen" as well as when one becomes old. At 50, I received certain senior discounts by becoming a member of AARP. At 55, I qualified for a state property tax exemption, senior coffee at Jack-in-the-Box, and the senior menu at Denny's restaurants. At 60, I qualified for senior coffee at Burger King, but not much more. At 62, I was eligible for a 10-percent discount on several airlines and senior prices at our local movie theater chain. To my knowledge, there aren't any more discounts available to me at 65, but I can now ride the Honolulu bus free and collect social security without a penalty.

Of course, if I were still competing, I could take advantage of being in a new age group. I could, in a sense, escape the trammels of old age by repressing the fact that I can no longer run with those 60-year-old studs and convincing myself that true competition lies in competing with those my own age. But while the mind is willing, the body is not.

#### Google Search

Knowing that there are a lot more things I should know about being 65, I put "65" into a Google search on my computer and came up with 28,900,000 "hits." I narrowed that down to 2,510,000 by limiting it to "age 65." I had time to browse through only about 100 of those sites and found some interesting information, including the fact that my life expectancy is now 15.9 years. A woman at 65 however, can expect to live another 19.3 years. Of course, those are figures for the population at large. The fact that my father is in his 94th year and my mother in her 87th might add a few years to my life expectancy. However, living a long life in this realm of existence is not a particular goal of mine.

I discovered that about 12.7 percent of the population is now 65 or over and by the year 2020 the percentage should be up to 16.5 percent. I also found out that the leading cause of death for people 65 is heart disease. At 65, I'm now in a group that is twice as likely as those under 65 to be killed or injured by fires or falls. Thirty percent of people age 65 and older are involved in falls each year. One study found that farmers over 65 are at a much higher risk of fatal injuries than those younger, especially when it comes to operating tractors.

#### New Age

According to a survey, one in ten people will be dealing with loneliness at Christmas time, but the percentage is highest (17%) in the 65-over group. On the other hand, according to The National Council on Aging (NCOA), 49 percent of people in the 65-69 age group describe the present as the best

years in their lives. "We've entered a new age of old age," Dr. James Firman, president of NCOA is quoted. "The possibility of experiencing positive, vital aging lasting into our tenth decade of life is one of the new realities of the 21st Century."

Another interesting site states that the "age of allowatory masturbation" has been lowered from age 82 to 65. This site, by Landover Baptist Church, cites Samuel 2:7a, "Therefore now let your hands be strengthened." In this verse, King David was talking to Saul, age 65, giving him advice on how to go about his life after the loss of his beloved bride. It was further noted that special masturbation seminars are being given, including lessons on how to look at pornographic pictures without lust, and on the seven-minute cycle. A pair of wrist weights, two jars of Vaseline, and free literature on Viagra are given to those attending.

An article by Michael R. Wasserman, MD, president of GeriMed of America, Inc., suggests that there is too much concern by people over 65 with high cholesterol readings, and that this concern increases the risk of malnutrition. "Studies that have investigated the effect of cholesterol levels on people between the ages of 65 to 80 have had mixed results," Wasserman states. "While there still appears to be some link between cholesterol level and heart disease in older persons, this link becomes weaker up to the age of 80. Beyond the age of 80, there is no evidence that an elevated serum cholesterol is a risk factor for heart disease."

#### No Limits

A site by Paul Tulenko, a small business expert, tells us that age 65 is no barrier to success. He points out that Harland Sanders founded the Kentucky Fried Chicken empire at 65. "It's no longer acceptable for men and women in what society calls their 'Golden Years' to quit living and become bored to death sitting around staring at the trash we call television entertainment," Tulenko states. "That



JERRY WOJCIK

William Bell, with his son, Earl, after breaking the M80 pole vault world record (2.75), National Masters Indoor Championships, Boston. Earl Bell is a former world record holder and ex-Olympian in the pole vault.

magical age of 65 inching up to 70 is something government has arbitrarily put out there as 'the' retirement age, and it's a waste of lives and talent."

While many sources seem to indicate that "old age" begins at 65, there is no agreement on that. In one study, 45 percent of all respondents between 65 and 69 classified themselves as "middle-aged," while a third of those in their seventies felt they were mid-

### Boston Marathon

Continued from page 1

Ngatia, third master at Boston last year in 2:23:07, slipped off the pace first to finish far back in a disappointing 2:32:43. Nazipov was the next to go, followed by Temnikov, leaving Ryjov and Kipkemboi to forge ahead, lockstepped, through 25K.

"I was passed at the end last year (by Ryjov), so I knew I had to use my knowledge and run a tactical race. I thought, I can't let him pass me like last year. We were together until about 25K, and then I made a move and left him behind," Kipkemboi explained after the race. He dropped a 15:18 5K surge and put 40 seconds on Ryjov by the 30K mark.

It was a gap Ryjov couldn't close, though he ran the next three 5K splits faster than Kipkemboi, and eventually closed to within 16 seconds, in 2:13:04. Temnikov finished third (2:20:26), with Nazipov coming home in 2:22:56. Glen Guillemette, 42, West Warwick, R.I., was the first U.S. master and fifth (2:26:51).

Vladimir Krivoy, 51, UKR/Halifax, Mass., repeated as the "veteran" (50-59) division winner (2:35:11) under Boston's ten-year age-group system, improving over four minutes since last year. Alan Oman, 52, Babylon, N.Y.,

dle-aged.

Among the 2,510,000 sites on age 65 is one with Cicero's essay on old age. The Roman statesman and philosopher quotes the elder statesman Cato on the subject: "For myself, I had rather be an old man a somewhat shorter time than an old man before my time," Cato, then 83, tells some younger men seeking his wisdom on old age. He admits that he is not as vigorous as when he was a soldier in the Punic War, "but yet, as you see, old age has not entirely destroyed my muscles, has not quite brought me to the ground."

#### Use What You Have

Cato tells the men that he does not miss the bodily strength of a young man any more than a young man misses the strength of a bull or elephant. "You should use what you have, and whatever you may chance to be doing, do it with all your might."

The younger men continue to question Cato. "My dear Lachius and Scipio," Cato responds, "we must stand up against old age and make up for its drawbacks by taking pains. We must fight it as we should an illness. We must look after our health, use moderate exercise, take just enough food and drink to recruit, but not to overload, our strength. Nor is it the body alone that must be supported, but the intellect and the soul much more. For they are like lamps: unless you feed them with oil, they too go out from old age."

Is 65 old? I know only that I don't feel like I thought "old" would feel, except, that is, paradoxically, when I am running. □



Gennady Temnikov, 40, (2:20:26), Boston Marathon

### Boston Marath

Continued from page 6

hopes to compete for marathon at the 20 Athens.

Gordon Bakoulis, City, finished third 14th overall, a consist from the first U.S. 40

Masako Matsumura a fog-burning 3:02 W50+. Janet Ladu improved by 22 minutes to finish runner-up in Nathan, 61, Far Rock: inated the senior ladies minutes (3:52:11).

Rodgers Rop, Kenya, was first woman overall in 2:09:02. Kenya, was first woman record 2:20:43. This Boston Marathon. All runners were at the star Hopkinton, west of B

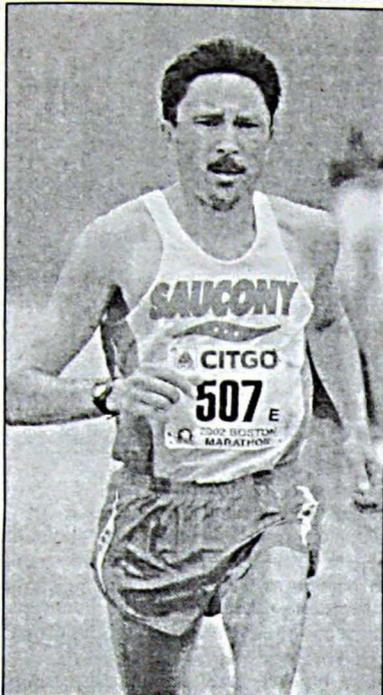
### FIFTEEN YEARS May 1

• National Masters Championships to Baton Rouge

• Peter Hallop and Judy Green Win National Titles in DeLar

• Norm Green, Best Age-Grade (51:05) National Masters Championship

Continued on page 7



VICTOR SAILER/PHOTO RUN  
Gennady Temnikov, 40, Russia, third M40+ (2:20:26), Boston Marathon, April 15.

### Boston Marathon

Continued from page 6

hopes to compete for Russia in the marathon at the 2004 Olympics in Athens.

Gordon Bakoulis, 41, New York City, finished third W40+, 2:42:47, 14th overall, a consistent performance from the first U.S. 40+ woman.

Masako Matsumura, 50, Japan, ran a fog-burning 3:02:41 to top the W50+. Janet Laduc, 51, Canada, improved by 22 minutes over last year to finish runner-up in 3:07:35. Mary Nathan, 61, Far Rockaway, N.Y., dominated the senior ladies by over nine minutes (3:52:11).

Rodgers Rop, Kenya, was first overall in 2:09:02. Margaret Okayo, Kenya, was first woman, with a course record 2:20:43. This was the 106th Boston Marathon. About 17,000 runners were at the start of the race in Hopkinton, west of Boston. □

### FIFTEEN YEARS AGO May 1987

• National Masters Indoor Championships Attract 441 to Baton Rouge

• Peter Hallop (41, 15:52) and Judy Greer (40, 18:56) Win National Masters 5K Titles in DeLand, Fla.

• Norm Green, Jr., 55, Has Best Age-Graded Performance (51:05, 94.1%) in National Masters 15K Championships



## Portland Masters Classic/OR Assn. USAT&F Championships

June 22 & 23, 2002

Sponsored by the Portland Masters Track Club

Held at Mt. Hood Community College 26000 SE Stark, Gresham OR

Ages 30 & over - For more information, contact Paul Stepan, 503-666-8950

Tentative Schedule for Saturday, June 22nd		
Track Event	Time	Field Event
10,000 m Run-M&W	10:00 am	Pole Vault, Women & M60 Shot Put, All Men & Women
5000 m Racewalk-M&W	11:15 am	Long Jump, M30-59
2/3 K Steeplechase-M&W	12 noon	Javelin, Women & M60 Pole Vault, Men 30-59
80 m High Hurdles-M&W	1:00 pm	Weight Throw, All Men & Women
100 m High Hurdles-M&W	1:20 pm	Long Jump, All Women & M60+
110 m High Hurdles-M&W	1:40 pm	Javelin, Men 30-59
100 m Dash*-M&W	2:00 pm	
1500 m Run, M&W	2:45 pm	Super Weight Throw, All Men & Women
400 m Dash, M&W	3:45 pm	

\*Winners of each division are eligible for age-graded 100 meter dash on Sunday

Tentative Schedule for Sunday, June 23rd		
Track Event	Time	Field Event
5000m Run, M&W	10:00 am	Hammer Throw Women & Men 65+ Discus, Men 30-64
300m IM Hurdles, M & W	11:00 am	High Jump, Women and Men 60+
400m IM Hurdles, Men	11:20 am	
200m Dash, M&W	12 noon	Hammer Throw Men 30-64
1 mile Racewalk, M&W	1:00 pm	High Jump, Men-30 to 59 Discus, Women and Men 65+
800m run, M&W	1:30 pm	
*Age graded 100m Dash	2:30 pm	Triple Jump, Men & Women
4 x 100 m Relay	3:00 pm	
4 x 400 m Relay	3:15 pm	
4 x 800 m Relay	3:30 pm	

Normally, running events begin with women, and are older to younger

#### Instructions:

- Make checks to: Portland Masters Track Club
- Send entry form and check to:  
Joe Johnson  
5510 SE 117th  
Portland, OR 97266
- Entries must be postmarked by June 12, 2002
- Entries Require USAT&F Membership No.
- \$5.00 Late entry fee (based on space availability)
- Entry packets must be picked up prior to competing
- Medals to first 3 places in each event, 5 yr age div. with ribbons for 4th, 5th and 6th place to all competitors. OR Assn. Championship patches for OR Assn. members only.
- Registration closed 1 hour prior to event
- Impliments for field events must be checked in 30 minutes prior to event.

### Entry Form – Portland Masters Classic/OR Assn. Championships - 2002

Please Print

Name \_\_\_\_\_ Age(6/22/02) \_\_\_\_\_ Birth Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Club Affiliation \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_ USAT&F # \_\_\_\_\_

Events \_\_\_\_\_ Best '01-02 Mark \_\_\_\_\_

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_  
4. \_\_\_\_\_  
5. \_\_\_\_\_  
6. \_\_\_\_\_

T-shirt Size  
— S  
— M  
— L  
— XL  
— XXL

Attend Reception?  
Yes \_\_\_\_\_  
No \_\_\_\_\_  
Number of people \_\_\_\_\_

#### Entry Fees

1 Event \$15 \_\_\_\_\_  
Each additional event \$6 ea \_\_\_\_\_  
T-Shirt \$10 ea \_\_\_\_\_  
Late fee after 6/13/01 \$5 \_\_\_\_\_  
Total enclosed \$ \_\_\_\_\_

#### Waiver: Must be signed to compete

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

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



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Schedules listed are tentative  
USAT&F Membership required to compete

Meet Headquarters: Shilo Inn  
Packets: Available at Shilo Inn, Fri. June 21st, 6-8 PM and at Mt. Hood C.C. starting at 9:00 AM both days.

Concessions: Food concession available during the meet.

Reception: PMTC invites you to share provided refreshments at the end of the events on Saturday held at the stadium. Please let us know if you plan on partaking by signing up on Entry Form.

OR Assn. USAT&F Meeting will be held following the reception.



PAGLIANO'S PODIATRIC POINTERS  
**The Foot Beat**  
By JOHN W. PAGLIANO, D.P.M.

### Reverse Muscle Atrophy

A recent article has surfaced regarding reverse muscle atrophy which I feel warrants interrupting our treatment sequence of articles. There is much controversy regarding the various dietary supplements that are supposed to rejuvenate and turn us into 18-year-olds again. One of those is the supplement creatine.

A recent study has shown that creatine supplementation can shorten the duration of rehabilitation needed to restore muscle mass following an episode of disuse atrophy, concludes Peter Hespel and his colleagues.

Their study included 19 healthy men and women in a 12-week double-blind study examining the subjects quadriceps muscle.

One leg was mobilized in a cast for two weeks, then half of the group was placed on placebo and the rest on creatine. The cast was removed and both groups placed on a strengthening program for a 10-week period.

The quadriceps was measured after three and ten weeks. The control group showed 9% and 14% gain in strength, respectively, while the creatine group showed 15% and 21% increase in size, respectively. Power also increased in

the creatine group over the control group by 42% to 52%.

Biopsy reports showed that creatine pumped up both fast twitch and slow twitch muscle fibers. There was a 15% increase in muscle size and power in the contralateral leg, which did not perform any exercise.

The study showed that creatine is effective in inducing muscle hypertrophy. However, there are side effects when taking creatine, and these probably override the need to take this supplement in the veteran athlete □

*(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.)*



**2002 Atlanta Track Club  
Masters & Open Track & Field Meet  
8 June, 2002  
Emory University Track  
Atlanta, GA**

[www.atlantatrackclub.org](http://www.atlantatrackclub.org)

#### TRACK EVENTS

7:30	5000 meter run (ATC-Grand Prix Event), 4 heats; All women, Men 50+, Men 40-49, Men 39 & Under
9:30	800 meter finals
10:30	200 meter finals
11:15	80/100/110 meter hurdles
11:45	4x100 meter relay
12:30	5000 meter racewalk
1:30	400 meter finals
2:15	1500 meter finals
3:00	100 meter finals
3:45	400/300 meter hurdles
4:15	4x400 meter relay

#### FIELD EVENTS\*\*

8:30	High jump
9:00	Long jump
	Shot put
	Triple jump (after Long jump)
	Javelin (follows High jump)
11:00	Pole vault (40+)
	Hammer
1:00	Pole vault (age 20-39)
	Discus

\*\*Height and distance between hurdles and weight of throwing equipment will be in accordance with WAVA/USATF hurdle and implement specifications.

**AGE DIVISIONS:** Masters (age 30 & over) men and women will compete in 5-year age groups through 95+. Open (20-29) men and women will compete in one 10-year age division. Open (19 & under) men and women will compete in 5-year age groups. 19 & under men & women are only allowed to compete in the 5,000 meter run. All entries must be received by Monday, 3 June, 2002. NO LATE ENTRIES.

For more information and registration materials call 404.231.9064 ext. 20 or go to [www.atlantatrackclub.org](http://www.atlantatrackclub.org)

### Indoor Nationals

Continued from page 1

championships, set 16 world and 28 U.S. records.

Everett Hosack, of Ohio, who was 100 on Feb. 28, competed in the 60m (27.29) and 4kg shot put (3.52), establishing world records in both. After the 60m race, he matched his physical agility with a touch of wit, saying, "If I had worn my spikes, I would have cut my time in half." He also set potential U.S. records with the 12# weight (5.10) and 35# superweight (2.21).

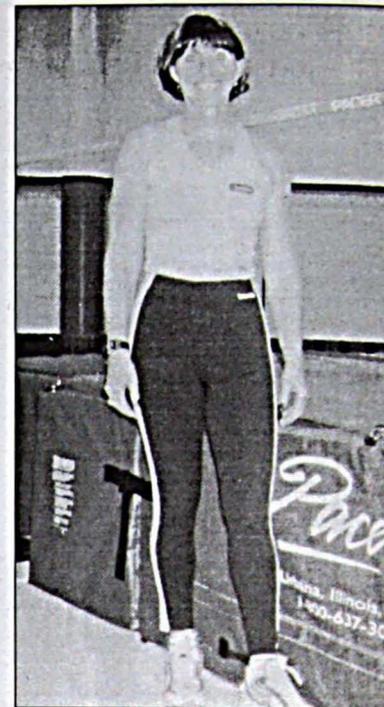
Phil Raschker, of Georgia, 55 on Feb. 21, led the record-setters with five world and one U.S. Her most impressive performance came in the pentathlon 60H, when she ran a 10.06, an age-graded 98.6%. The present record is 10.98. In the pentathlon, she was the top scorer of all competitors with a 4905. She considers herself still not completely recovered from injuries, but says she should be 100% for the Nationals in Orono, Me., in



RANDY OSGA  
Dale Gaide #229, second (2:20.32) and Colin McArdle, 4th (2:21.09), M55 800, National Masters Indoor Championships.

### TWENTY YEARS AGO May 1982

- Frank Duarte (40, 1:05:14) and Patricia Thomas (41, 1:16:01) Win National Masters 20K Championships
- Sandra Kiddy Sets W45 U.S. Marathon Record of 2:57:12
- Derek Turnbull Establishes M55 800 WR of 2:08.3 in New Zealand Veterans Championships



KAREN HUFF

Phil Raschker broke five W55 world records and a U.S. record and won the heptathlon with a meet's best 4905, National Masters Indoor Championships.

August.

Margaret Hinton, Texas, added three W80 world and one U.S. record to the totals, including the world triple jump record, which she increased from 4.38 to 5.15. Edwin Lukens, of New York, had three world records, two in the jumps and one in the 60H (12.23).

Larry Colbert, 65, Md., set world records in the 200 (26.20) and 400 (59.35), breaking Earl Fee's 59.53 of 1995.

It's one thing to break records at the nationals, but it's something else to break your own records that are a year old. That's what Bill Collins, 51, Tex., did in the 60 and 200, lowering the M50 60m world record from 7.23 to 7.20 and the 200 from 23.47 to 23.19. The 60m time age-grades to 100% and came in a strong final field, with Marion McCoy, 52, Ga., second (7.56) and Charles Allie, Penn., third (7.63).

#### Milers and Vaulters Break Records

In Saturday's mile races, sponsored by New Balance, women runners tore up the track and the record books with five. Kathy Martin, W50, N.Y., with a 5:22.74; Joni Shirley, W55, Calif., 5:43.96; Marie-Louise Michelsohn, W60, N.Y., 6:08.43; and Jeanne Daprano, W65, Ga., 6:28.91, bettered world records.

Daprano also broke the 800 world record by three seconds with a 2:53.54. Kimberly Griffin, 40, N.Y., an ex-Olympian, made her indoor championships debut more than just a win with a U.S. record 4:59.78.

Martin, one of the top runners on Long Island, also set U.S. 800 and 3000 records. Of all the records broken, hers may be the sweetest. As a legal resident of the U.S., but a Canadian citizen, winning races here for several years, she was denied U.S. championship titles and records, but

Continued on page 12

### Rankings Report

#### Last Call

By JERRY WOJCIK  
The 2002 McMahon Indoor Rankings will be in the July issue. If you have the indoor season highlights in the results section, please send them (in meters feet with documentation (date, etc.) before May 15th) to the rankings below:

55m/60m/200/HJ/P  
534 Gould Hill Rd., Co  
03229; e-mail: B68835  
400/800 - Ruth Bre  
29th Ave., Eugene, OR  
brem@oregon.uoregon  
55mH/60mH/3000  
man, 7043 22nd Ave



Margaret Starnes, 47, Street (69:46), MD/DC RRC 10 Mile Columbia, Md., Feb. 24.

Some readers provide support to the *Nation News* by sending contributions of \$25, \$50 or \$100 a year. If you are able, we urge you to contribute. All contributions receive a free copy of the *Age Records* book and are listed in the paper as *Masters News* sustainers.

Rankings Report

Last Call for Indoor Rankings Marks

By JERRY WOJCIK

The 2002 McMahon Family Trust Indoor Rankings will be published in the July issue. If your best marks for the indoor season have not appeared in the results section by this issue, send them (in meters for field events) with documentation (name of meet, date, etc.) before May 17 to the rankers below:

55m/60m/200/HJ/PV - Larry Patz, 534 Gould Hill Rd., Contoocook, NH 03229; e-mail: B6883578@aol.com

400/800 - Ruth BreMiller, 590 W. 29th Ave., Eugene, OR 97405; e-mail: brem@oregon.uoregon.edu

55mH/60mH/3000 - David Ortman, 7043 22nd Ave. NW, Seattle,

WA 98117; e-mail: deo@foxinter.net.com

LJ/TJ/SP - James Gerhardt, 834 Thornvine Lane, Houston, TX 77079  
1500/Mile/WT/SW/3000RW - Jerry Wojcik, NMN, P.O. Box 50098, Eugene, OR 97405; e-mail: jerrywoj@aol.com

Data sent to me for events for which I am not the ranker will not be forwarded to the appropriate rankers. □



KeySpan Corporation's Philip Maroney (r) congratulates KeySpan LDR Grand Prix women's award winners (from l): Kim Camarind, Elizabeth Ratner, Patricia Charly, at the USATF Long Island Awards Brunch, Hicksville, N.Y.



GEORGE BANKER

Margaret Starnes, 47, Street, Md., second W45 (69:46), MD/DC RRC 10 Mile Club Challenge, Columbia, Md., Feb. 24.

HAYWARD CLASSIC

Hayward Field ≈ University of Oregon  
June 29 & 30, 2002

SATURDAY, June 29			SUNDAY, June 30		
TRACK	TIME	FIELD	TRACK	TIME	FIELD
10,000 Meters (ALL)	8:30	Long Jump (East) All W / M 60+	5,000 Meters (men before women)	8:30	Discus M 30-59
	9:00	Long Jump (West) M30-59 - Javelin All W / M 60+		9:00	Hammer All W / M 60+
5K Racewalk	9:45	Weight Throw M 30-59		10:00	Triple Jump M 30-59
Age Graded Mile	10:30	High Jump M30-59	300 Meter Hurdles	10:15	Pole Vault All (two pits)
2K Steeplechase	11:00	Weight Throw All W / M60+	400 Meter Hurdles	10:30	Discus All W / M 70+
3K Steeplechase	11:30	Javelin M 30-59	800 Meters	10:45	
80M Hurdles	12:30	High Jump All W / M60+		11:00	Hammer M 30-59
100 Meter Hurdles	12:40	Shot Put (two rings) South ring All W / M65+	1 Mile Racewalk	11:15	Triple Jump All W / M 60+
110 Meter Hurdles	12:50	West ring M 30-64	200 Meters	11:35	
100 Meters	1:15		1500 Meters	12:30	Discus M 60-69
400 Meters	2:15	All events open to both men and women	Relays	1:15	4 X 100, 4 X 400, 4 X 800, Medley relay *
3,000 Meters	3:00	In General, women before men and older before younger			(*medley relay 200, 400, 800, 1600)

**GENERAL INFORMATION**  
**DIVISIONS:** 5 year age divisions for men and women age 30 and over.  
**ENTRY FEES:** \$14 first event (no-t-shirt); \$6 second event; \$4 each additional event.  
**ENTRY DEADLINE:** Postmarked by Friday, June 21, 2002.  
**LATE ENTRY:** \$10 LATE FEE AFTER JUNE 21. NO ENTRIES AFTER 5 PM THURSDAY, JUNE 27.  
**RELAYS:** Held in 10 year age groups; must wear distinguishable tops. Will be a team scoring event.  
**AWARDS:** Medals awarded for 1st, 2nd, 3rd; ribbons for 4th, 5th and 6th.  
**TEAM COMPETITION:** Team scoring. First Place Traveling Trophies for Men's, Women's and Combined. Team affiliation must be on entry form. No minimum number of members for teams.  
**FACILITY:** All-weather track and runways (max. 1/4" spikes allowed).  
**IMPLEMENTS:** OTCM will have some throwing implements available.  
**MEET HEADQUARTERS:** Phoenix Inn, 850 Franklin Blvd., Eugene, OR, 97403. Call 1-800-344-0131 for reservations. Indicate Hayward Classic for group rate. Register early - space limited.  
**PACKETS:** Available at Phoenix Inn, 6-8 pm, Friday, June 28 and at Hayward Field after 7:30 am, Saturday, June 29.  
**RECEPTION:** Sponsored by OTCM, Saturday, June 29, 4:30 to 6:00 pm at the Casanova Center. Light refreshments. There will be a Regional meeting after the reception.  
**WEB:** www.haywardclassic.com **EMAIL:** brem@oregon.uoregon.edu  
**USATF SANCTIONED - ALL COMPETITORS MUST BE USATF MEMBERS (applications at registration)**

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First Name \_\_\_\_\_ Birth Date: \_\_\_\_/\_\_\_\_/\_\_\_\_  
 Last Name \_\_\_\_\_ Age (as of 6/29/02) \_\_\_\_\_  
 Address \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_  
 \_\_\_\_\_ USATF # \_\_\_\_\_  
 Phone (\_\_\_\_) \_\_\_\_\_ Club Affiliation \_\_\_\_\_ eMail \_\_\_\_\_

EVENT ENTRY	Best 01/02 Time* (running events only)
1 _____	_____
2 _____	_____
3 _____	_____
4 _____	_____

**\$10 Late Fee after June 21st.**  
 Late entries accepted until 5PM  
 Thursday, June 27th.  
 No Event Changes After Registration

**T-SHIRT - \$10.00**  
 small  med  large  
 x-large  XXL (\$12.00)

**ENTRY FEES:** 1 Event \$14 - 2 Events \$20 - 3 Events \$24 - 4 Events \$28 - 5 Events \$32 - Etc.  
**ENTRY TOTAL** \$ \_\_\_\_\_  
**Late Entry Fee** \$ \_\_\_\_\_  
**T-Shirt Total** \$ \_\_\_\_\_  
**Hats (\$10ea)** \$ \_\_\_\_\_  
**TOTAL ENCLOSED \$** \_\_\_\_\_

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

Will you attend the Saturday night reception? Yes  No  Number attending \_\_\_\_\_  
 I waive all rights that I or my heirs or assigns have against OTCM & sponsors of this athletic event arising from any injury, illness, or accident that I may sustain or incur participating in this event. I declare that I am in good health to participate.  
 Signed \_\_\_\_\_ Date \_\_\_\_\_  
**SEND ENTRY WITH PAYMENT TO: OREGON TRACK CLUB MASTERS, C/O RUTH BREMILLER, 590 W. 29TH AVE., EUGENE, OR 97405 (541) 687-9675.**

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## Masters Racewalking

By ELAINE WARD

### Ice and Heat Form a Healing Combo

The following is from an interview with Jolene Steigerwalt, W55. Her best times in 2001: 5K, 30:39; 10K, 62:17; and 20K, 2:18:43. Jolene is a registered nurse and certified massage therapist. She graduated from the College of William and Mary/Riverside Hospital, Va., 1965, with a B.S. in nursing; San Diego State University, 1978, with a B.A. in psychology; and San Diego State University, 1985, Nursing. She holds certification as a massage therapist from the International Professional School of Bodywork with a specialty in chronic pain and muscle dysfunction.

The common orthodoxy is to treat injury with ice for the first 36 to 48 hours and then apply heat after all signs of bleeding have disappeared. The purpose is to calm the nerves, numb the pain and stop bleeding. The problem is that icing also inhibits the white cells from hauling away waste from the damaged tissues. In fact, prolonged icing pulls all the metabolic waste together and makes its elimination much harder.

#### New Approach

It is time to rethink the "ice first" orthodoxy. Both ice and heat should be used immediately after an injury. When an injury is fresh and acutely sensitive due to inflammation of the tissues, ice quiets the nerves by semi-

freezing them. It makes the injured person feel better. Therefore, its proper use is as an anesthetic.

Heat complements icing by assisting the clean-up process of the body's garbage system. Appropriate heat does not stimulate pain. If you slam your finger in a door, you reflexively put your finger in your mouth. You do not think about it. You do it automatically because the heat inside your mouth is comforting. Consequently, it isn't the use of heat that is wrong in post-injury therapy; it is the use of heat that is too hot that is wrong.

The heat used in therapy should be as close to the temperature inside your mouth as possible. By keeping to nature's guidelines, you gain all the



JERRY WOJCIK  
Alfred DuBois, #190, first M70 (17:07.63) and Alan Poisner, second M65 (18:18.67), 3000 racewalk, National Masters Indoor Championships, Boston.

healing benefits of heat without creating negatives.

#### Warm vs. Hot

To repeat ... heat does not mean hot. Do not use hot water. Do not use a hot heating pad. Use ice and moderate heat, alternating between the two.

Some people worry about the discoloration heat may cause by spreading blood from the injury site into surrounding tissue. This consequence may not be cosmetic, but it is not harmful. In fact, the surrounding healthy tissue is better suited to hauling blood waste away. Another common worry concerns blood clotting.

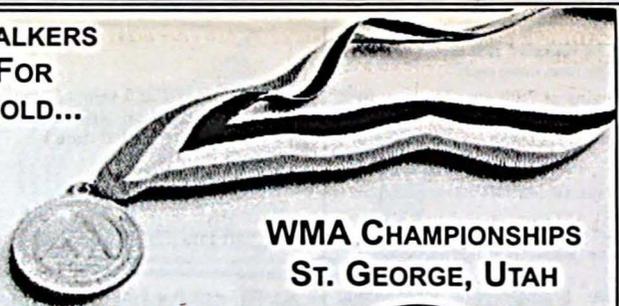
Keep in mind that the exclusive use of ice encourages pooling and clot formation.

#### Healing Combination

By alternating ice and heat, you maximize the benefits of both. Ice numbs the pain by soothing the aggravated nerves. Heat reduces pain and swelling, and prevents knot formation by stimulating circulation and the elimination of cellular waste.

Elite athletes routinely sit in an ice-cold tub followed by a warm tub to treat the microscopic tears in their muscles after a hard workout or race. □

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- All T&F events.

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VICTOR  
Lyubov Kremleva, 40, second  
graded 93.2% 33:29, Azalea  
Ala., March 23.

## DEADLINE

NMN is written by masters athletes. We welcome your reports, race schedules, results, etc. Deadline for material, results, and advertising is one month before date of publication. Send to: National Masters News, P.O. Box 50098, Eugene, OR 97405.



Mary Anne Goldman, 55, W55 winner (74:30), Kipah Park, N.Y.



## "Fast Eddy" and Pozdnyakova Prevail at Azalea Trail 10K

By SUSANNAH BECK  
 Defending masters champ, Eddy Hellebuyck, 41, Albuquerque, N.M., lowered the M40 10K record for the first time last month at the Azalea Trail Run 10K, Mobile, Ala., March 23.

His 29:36 reduced the record (29:37) he co-held with Steve Plascencia. "I ran a more intelligent race this year," Hellebuyck explained. "Last year I went out too hard and didn't have it at the end. This year I ran a more controlled race." Kenya's Simon Karori, 42, took runner-up M40+, 30:31.

The women's race showcased the year's most compelling emerging mas-

ters rivalry, between old-timer Tatyana Pozdnyakova, 47, UKR/Gainesville, Fla., and Lyubov Kremleva (sometimes spelled Kremlyova), 40, RUS. Both women are former world-class Soviet-bloc milers with sub-4:00 1500 credentials; now they're vying for retirement benefits on the U.S. road circuit.

Azalea Trail marked the middle of five race match-ups in five weekends between the two alpha females, with the Poz out-kicking Kremleva 33:28 to 33:29 for the 40+ win and \$1000. As this issue goes to press, however, Kremleva's got the decision three times out of five in face-to-faces. □

### FIVE YEARS AGO May 1997

- 775 Participants Set 33 World Indoor Records at USA Masters Championships in Boston
- Central Park TC Captures Team Title in East Regionals
- Great Britain's Steve Jones (41, 23:52) and Michigan's Nancy Grayson (46, 29:49) Win National Masters 8K in Chicago

VICTOR SAILER / PHOTO RUN  
 Lyubov Kremleva, 40, second 40 with an age-graded 93.2% 33:29, Azalea Trail 10K, Mobile, Ala., March 23.

### 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



MIKE POLANSKY  
 Mary Anne Goldman, 55, Farmingdale, N.Y., W55 winner (74:30), Kings Park 15K, Kings Park, N.Y.



## Chuck McMahon Memorial Masters Track & Field



Saturday, June 29, 2002, 7:00 a.m.  
 San Diego State University

- FACILITIES:** Brand new, fast Mondo track; Mondo Javelin & Jump runways. 3/16" pyramid spikes required (will be enforced), 1/4" for Javelin. Underground free parking below track.
- HOSTED BY:** San Diego Senior Sports Festival and San Diego Track Club
- ENTRY FEE:** \$20 registration fee plus \$5 per event entered. (\$5 fee per relay participant - participant must be registered)
- AGE:** Open to all Athletes 30+ years
- PRE-REGISTRATION:** All events DEADLINE postmarked by 6/21, late entry \$10 after 6/21, day of event late fee \$15 if space available.
- ORDER OF EVENTS:** First event begins at 7:00 am. Women first - oldest to youngest in 5 year age groups for ages 30 & up. Races may be combined at meet director's discretion. (If there are not enough competitors to run heats, the final will be run at the scheduled time.)
- AWARDS:** MEDALS to first three registered competitors in each age group.
- DIRECTIONS:** (I-5, I-805, or I-15) south to I-8 east. Take Fairmount/Mission Gorge exit south. East on Montezuma to 55<sup>th</sup> street. North on 55<sup>th</sup> to stoplight, left into parking garage.
- SCHEDULE:** Posted on website after 6/26: [www.sdseniorgames.org](http://www.sdseniorgames.org)
- PARKING:** Free - Donated by SDSU

Name \_\_\_\_\_ Circle One M/F As of 6/29/02 Age \_\_\_\_\_ Birthdate \_\_\_\_\_ MO / DAY / YEAR

Address \_\_\_\_\_ Phone Number/(evening): ( ) \_\_\_\_\_

City/State/ZIP \_\_\_\_\_ E-Mail Address: \_\_\_\_\_

Track Events (approx. times)		Field Events (approx. times)	
7 am <input type="checkbox"/> 5000m Run	1:30pm <input type="checkbox"/> 300m/400m Hurdles	8 am <input type="checkbox"/> Hammer	10 am <input type="checkbox"/> Long Jump
8 am <input type="checkbox"/> 5000m Racewalk	<input type="checkbox"/> 800m	9 am <input type="checkbox"/> High Jump	<input type="checkbox"/> Triple Jump
10 am <input type="checkbox"/> 80/100/110m Hurdles	<input type="checkbox"/> 200m	<input type="checkbox"/> Pole Vault	1 pm <input type="checkbox"/> Shot Put
<input type="checkbox"/> 1500m	<input type="checkbox"/> 2000m/3000m SC	<input type="checkbox"/> Discus	<input type="checkbox"/> Javelin (after discuss)
<input type="checkbox"/> 400m	<input type="checkbox"/> 4x100m Relay		
<input type="checkbox"/> 100m	<input type="checkbox"/> 4x400m Relay		
	<input type="checkbox"/> 4x800m Relay		

**Fees enclosed:** Registration Fee: \$20.00

(number of events x \$5 per event): \$10.00

Late Fee (postmarked after 6/21): \$ 5.00

Day of Event Fee: \$ 5.00

Total amount enclosed: \$ \_\_\_\_\_

Make check payable & mail to:  
 SDSSF  
 P.O. Box 84202  
 San Diego, CA 92138-4202  
 For information call: (619) 226-1324  
 Fax (619) 226-1304  
 Email: [susan@sdseniorgames.org](mailto:susan@sdseniorgames.org)

**WAIVER:** 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 forever any and all rights, claims or damages I may accrue against USA Track and Field, SDSU, San Diego Senior Sports Festival, SDTC and all sponsors of this meet, their successors, representatives and assigns, for any and all injuries suffered by me while traveling to and from the meet and while competing in the meet.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_



## On The Run

By HAL HIGDON

Hal Higdon's column will resume in June.

### Indoor Nationals

Continued from page 8

that has changed now with her recently acquired U.S. citizenship.

In the M40 mile, the largest field of the meet with 23 runners in two heats, Doug Martyn, 42, Mass., emerged the winner (4:23.48/91.0%) with Conor O'Driscoll, 40, N.Y., second (4:23.51), and Rich Marion, 40, Mass., third (4:27.52).

Vincent Struble, 51, N.C., broke the M50 pole vault world record by two centimeters with a 4.32, an age-graded 94.3%. Afterward, he commented that, returning to vaulting after years away from it, he hadn't the success he'd hoped for because he was often injured from training as if he were still a young athlete. Then, on the advice of fellow vaulters, he adopted a less arduous training regimen. In 2000, he was ranked seventh M50 outdoors at 3.96; in 2001, he was first at 4.30.

Struble broke the record by strategi-



**SUZY HESS**  
Ken Baker, 65, U.S. record holder in the M55 800, was second (2:30.72) in the M65 800, National Masters Indoor Championships, Boston.



**JERRY WOJCIK**  
Johnnye Valien, W75, and Phil Byrne, M60, after receiving their plaques for 2001 Outstanding Combined-Events Athletes of the Year, presented at the Athletes' Meeting, March 23, National Masters Indoor Championships, Boston.

cally choosing his height increases in two steps to meet his goal, first upping the bar by 23 centimeters, and then by 19 centimeters.

Vaulter William Bell, 80, Arkansas, the father of former world-record-holder and ex-Olympian Earl Bell, upped the M80 world record by over a foot from 2.44 to 2.75. In all, five world and one U.S. vault records were altered.

#### Top Performances

Oneithe Lewis, 41, N.Y., topped all performances with a sensational age-graded 100+% 16.42/53-10 1/2 with the 20# weight, almost 13 feet better than the previous U.S. record. In 2000, Lewis, then 40, won the Masters Outstanding Single Performance Award for a 15.17/49-9 1/2 weight throw.

Others, besides Lewis and Collins, in the rarified 100% performance level were Karl Smith, 42, Md., with a 100% 7.97 in the 60H, just a tad over his world record 7.96, set here in 2000; and Mel Larsen, 77, Iowa, with a 100+% 10.90 in the 60H. Larsen holds the world record at 10.09, set in January 2001.

All eight finalists in the M55 60m, won by Stan Whitley, 56, Calif., with an age-graded 97.3% 7.66, ran times age-graded at an international-class 90% or better.

In the men's pentathlon, held early Friday, the best two totals came in the same division, the M60, won by Emil Pawlik, 63, Miss., with 4180, and Meet Co-Director, Phil Byrne, 61, second with 3917.

In Sunday's 3000 racewalk, Edward Gawinski, 75, Del., broke Bob Mimm's U.S. record of 19:12.96 with an 18:54.99. Maryanne Torrelas, 43, Conn., won the W40 race with an age-

graded event best 89.4% 14:19.40.

#### Excitement at the Finish

Every championships in Boston seems to have one race that athletes talk about later as a remarkable performance by an athlete. This year, it came in the M45 400 when Ed Gonera, 49, N.Y., who appeared to be hopelessly out of contention for most of the race, in last place at least by five yards with 100 meters to go, went into high gear to catch Archie Glaspy (53.63), N.J.; Keith Royster (54.17), N.J.; Stephen Coenen (54.21), Va.; and Herman Belcher (54.80), Md., to win in 53.28.

Other close finishes included Californian Nolan Shaheed's win with a 2:06.47 in the M50 800 over Alston Brown (2:06.73), N.Y., and David Salazar (2:06.81), N.M.; and Henry Hawk, Ark., winning the M65 800 with a 2:30.47 over Ken Baker, N.J., who ran a 2:30.72. Baker, holder of the M55 U.S. record (2:08.9), returning after a long layoff from injuries, said afterward that he'd made his move too late, not realizing that he had that much energy left.

In the 3000, not known for close finishes, Rob O'Hara, 47, Mass., won the M45 race over Jim Robinson, 48, N.Y., 9:32.99 to 9:33.39.

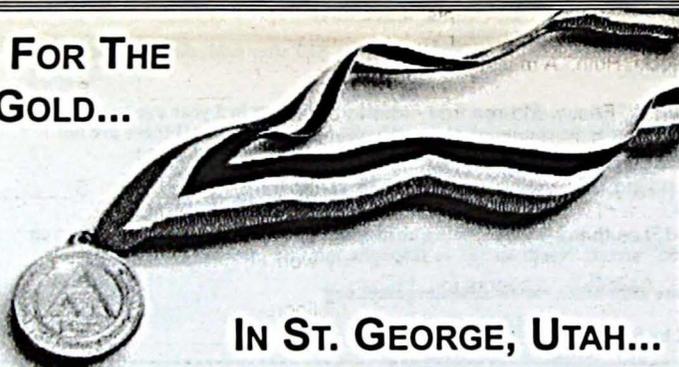
#### New Faces in Old Places

While many athletes have competed in all six championships here, this was the first for some. Waymer Moore, 41, Mich., who competed at Michigan State about 20 years ago, made a successful debut into masters championships competition with wins in the W40 60m (8.35) and 200 (26.24). Chuck Rose, 55, Colo., wasn't quite as triumphant in the 60 and 200 in his first nationals, but said he enjoyed every minute of it.

Waiting for a cab at the Westin Hotel on her way to Boston's Logan

Continued on page 15

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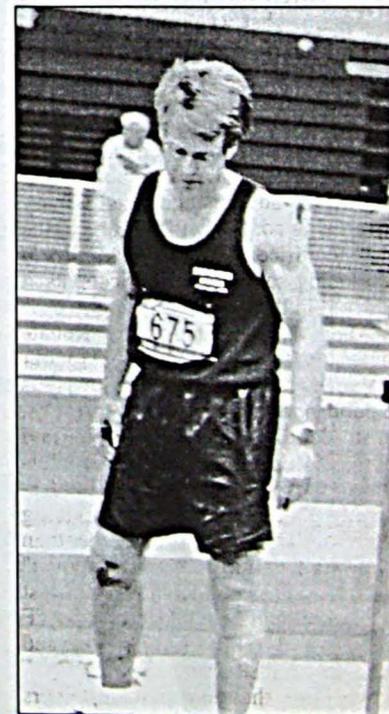


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**JERRY WOJCIK**  
Vincent Struble, 51, N.C., checked his marks on the pole vault runway, broke the M50 record with a 4.32, National Masters Indoor Championships, Boston.



Suzy Hess, National Mas

### NMN at the

Continued from page 1

keting, advertising Eugene office.

Jerry Wojcik, Editor, will continue to assemble the schedule results with assistance from Dods, Susannah E. Reed.

Al Sheahan, with at-Large, will oversee the magazine in L. consultant, and write article.

Angela Egremont, will do the layout, proofreading before as liaison with the press.

We have increased about 6000 subscribers little more than we had. World/Rodale Press would like to increase the growing into boomers" in health, living.

Our advertising in been somewhat weakened even more as a result of recession in sports. Runner's World. We increase substantially my recovers and directors realize the entries by advertising advertising contact with Eugene office, with continuing to service has sold in the past.

After our acquisition Press in 1995, our Sustainers program, to publish more photos in an in-depth schedule more, essentially disrupted that as an opportunity generous support funds to a large corporation our small, almost business. The publication substantial revenue (1997) and WMA their financial support.

We hope that our will revive their alt National Masters News ones will come about increase our coverage interest to the growing athletes. □



Suzy Hess, National Masters News' publisher.

## NMN at the Helm

Continued from page 1

keting, advertising and running the Eugene office.

Jerry Wojcik, under the title of Editor, will continue to edit copy, assemble the schedule, and coordinate results with assistant editors Jane Dods, Susannah Beck, and Erich Reed.

Al Sheahan, with the title of Editor-at-Large, will oversee the production of the magazine in Los Angeles, act as consultant, and write an occasional article.

Angela Egremont, Associate Editor, will do the layout, final editing and proofreading before printing and serve as liaison with the printer.

We have increased our base of about 6000 subscribers to over 6500, a little more than we had when *Runner's World*/Rodale Press acquired us, but would like to increase that figure with the growing interest of "baby boomers" in health, fitness, and running.

Our advertising income has always been somewhat weak and has diminished even more as a result of the present recession in spite of help from *Runner's World*. We hope that it will increase substantially when the economy recovers and when meet/race directors realize they can boost their entries by advertising. The primary advertising contact will be Hess in the Eugene office, with *Runner's World* continuing to service the accounts it has sold in the past.

After our acquisition by Rodale Press in 1995, contributions to our Sustainers program, which allowed us to publish more photos, deeper results, an in-depth schedule section, and more, essentially dried up. We interpreted that as an objection by frequently generous sustainers to giving funds to a large corporation rather than our small, almost "family-owned" business. The publication also lost substantial revenues when USATF (1997) and WMA (2002) dropped their financial support.

We hope that our past sustainers will revive their altruism toward the *National Masters News*, and that new ones will come aboard, so we can increase our coverage of topics of interest to the growing ranks of masters athletes.

# PUBLICATIONS ORDER FORM

	Quantity	Total (US\$)
<b>Masters Age Records (2001 Edition)</b> Men's and women's world and U.S. age bests for all track & field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 2000. 56 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, USATF Masters T&F Records Chairman. \$5.00.	_____	\$ _____
<b>Masters Track &amp; Field Rankings (2001)</b> Men's and women's 2001 U.S. outdoor track & field 5-year age group rankings. Coordinated by Jerry Wojcik, USATF Masters T&F Rankings Chairman. All T&F events, including mile, relays, weights, racewalks, and combined events. \$8.	_____	\$ _____
<b>McMahon Family Trust Masters Track &amp; Field Indoor Rankings (2001)</b> Indoor rankings for 2001. 4 pages. \$1.50.	_____	\$ _____
<b>Masters Age-Graded Tables</b> Single-age factors and standards from age 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 event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 60 pages, including samples and charts. Compiled by the World Association of Veteran Athletes. \$6.00.	_____	\$ _____
<b>Masters 5-Year Age-Group Records</b> Men's and women's official world and U.S. outdoor 5-year age group records for all track & field and racewalking events, age 35 and up, as of August 1, 2000; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, USATF Masters T&F Records Chairman. \$2.00.	_____	\$ _____
<b>Masters 5-Year Indoor Age-Group Records</b> Same as above, except indoor records (M40+, W35+) as of May 25, 2001 (world) and November 30, 2001 (USA). \$1.50.	_____	\$ _____
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<b>Running Encyclopedia, The Ultimate Source for Today's Runner</b> Twenty-six chapters from A to Z of history, facts, personalities, events, terms, and pictures of running by Joe Henderson and Richard Benyo. Chapter W, for example, starts with "waffle sole" and ends with "Wysocki, Ruth." A must for every runner's library. 417 pp. \$24.95	_____	\$ _____
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<b>Masters Track and Field: A History</b> , by Leonard Olson Olson, a masters competitor since 1970, traces the development of masters t&f from its start in San Diego in the late 1960s to its expansion into present-day world championships, with emphasis on the <b>REDUCED</b> times and events that helped shape this historic movement in sports. 64 photographs, tables, appendix, bibliography, and index. 320 pp. \$50.	_____	\$ _____
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## The Weight Room

By JERRY WOJCICK

### Lewis Center Walls Unscathed in Boston

Fears that the walls of Boston's Reggie Lewis Center, the site of the Masters Indoor Championships, would collapse under the barrage of the new WMA weights were baseless, I'm pleased to report. The lighter weights, never thrown here before, gave some people concerns that the implements would be bouncing off the wall behind the last measurable mark. Some throwers hit a wall all right, but not that one, instead ricocheting errant throws off the wall to the right of the sector.

Tom Gage, M55, of Montana/Louisiana, who some thought had the best chance of hitting the wall with the 25#, threw a meet's longest 19.70/64-7 1/4, with room to spare. So, the cement block wall is probably safe until Gage becomes 60 and uses the 20#, or Lance Deal, who holds the M35 indoor record with the 35# at 23.86/78-3 1/2, decides to show up.

#### Women Get Serious

Actually, interest in throwing the

lighter WMA weights created a different problem. Twenty-seven women showed up to throw the weight this year in contrast to 16 in 2001. Officials, stuck with the pre-posted starting time of 3:00 on Friday, couldn't have started earlier without leaving some throwers out in the cold (almost literally, because it was 19 degrees outside with a windchill that felt like a minus 5).

Consequently, there was a backup of about an hour for the older men throw-



JERRY WOJCICK

First three in the M55 25# weight throw (from left): Lad Pataki, 17.71; Tom Gage, 19.70; and George Mathews, 17.01, National Masters Indoor Championships, Boston.

ers who followed the women. Ed Daniels, throws coordinator, said that meet organizers will make schedule adjustments if the numbers appear to be similar in 2003. All of the other throws went on and off as scheduled.

#### 100% Plus

Oneithe Lewis, 41, New York, improved on her weight throw mark of 15.52 here last year with a 16.42/53-10 1/2, age-graded at way beyond 100%. In the shot put, U.S. record-holder, Gerald Vaughn, 66, North Carolina, was the best performer (13.92/96.8%) after Everett Hosack, who established an M100 record (3.52/98.6%). Ingrid Miller, 60, guest athlete from Sweden, topped all the women, with an 86.3% 11.56.

Among the superweight throwers, Lad Pataki, 55, California, registered a 9.75/32-0 with the metal 56# outdoors on Sunday. The plastic 35# and 25# superweights were thrown indoors. Austin Baggett, 70, Florida, was the mostest with the 35# at 8.44/27-8 1/4. Ruth Welding, 46, Illinois, hit the 6.82/22-4 1/2 mark with the 35#. Joan Stratton, 50, Arizona, ended with a

9.11/29-10 1/4 with the W50+ 25#.

#### Bests Piling Up

All winning marks with the newly-adopted WMA weights for M50+ and W60+ will be retained as potential records or "bests" until enough outstanding marks are accumulated for submission to the USATF Records Committee. This procedure, according to Pete Mundle, USATF Masters T&F Records honcho, is based on WMA rule. It also recently applied to the new javelins, and, on the track, to the new hurdle and steeplechase heights.

The rule, designed to cut down on paperwork for marks posing as records that get erased weekly, doesn't seem to set well with anybody, particularly with athletes who could change divisions before they are credited with records, and older athletes, who could leave us (Heaven forbid!) for the Hayward Field in the sky, before their "bests" become records.

#### From Champ to Champ

On a personal note, I'm claiming to be the first master to go from two national indoor titles to last and second-last places in one year. In 2001, I took firsts in the weight and superweight, by two centimeters in the weight with a lucky throw over Bill Garrahan, the only other M70 entrant, and in the superweight as the only entrant. Garrahan got his just revenge with a second in the weight this year.

Although I had my excuse (neuro-surgery on my left foot a month before Boston), I was the victim of the birthday, not mine, others. We're not talking about guys who show up to throw in Izod sports shirts and K-Mart leisure shoes with Velcro straps.

The M70 division was inundated by present and former champions, record holders, and all-around tough competitors born in late 1930: Austin Baggett, Florida; Leonard Olson, Florida; Ray Feick, Pennsylvania; and Pay Carstensen, Florida. Plus, Wendell Palmer, the M65 U.S. discus record holder from Texas, was waiting in the wings until he turned 70 last month.

This process of incoming and outgoing athletes gives masters sports a uniqueness not found in other forms of entertainment. In what other diversion would I be looking forward to getting older? Hope springs eternal, if arthritis doesn't set in first. □

### Pending Age Group Records, USATF National Masters Indoor T&F Championships, Boston, Mass., March 22-24

#### World Records

Event	Age	New Mark	Name	Old Mark	Held By
60	M50	7.20	Bill Collins	7.23	B. Collins
60	M100	27.29	Everett Hosack	---	---
60	W55	8.59	Phil Raschker	8.71	Valerie Parsons
200	M50	23.19	Bill Collins	23.47	B. Collins
200	M65	26.20	Larry Colbert	26.41	Charles Williams
400	M65	59.35	Larry Colbert	59.53	Earl Fee
800	W65	2:53.54	Jeanne Daprano	2:56.63	Jean Horne
Mile	W50	5:22.74	Kathryn Martin	5:22.92	Carolyn Smith-Hanna
Mile	W55	5:43.96	Joni Shirley	5:49.42	Joan Ottaway
Mile	W60	6:08.43	Marie-Lou' Michelsohn	6:35.55	Jeanne Hoagland
Mile	W65	6:28.91	Jeanne Daprano	6:59.89	Toshiko d'Elia
60H	M80	12.23	Edwin Lukens	12.68	Reino Taskinen
60H*	W55	10.06	Phil Raschker	10.98	Rietje Dijkman
HJ	M85	1.07	Leland McPhie	1.06	James Elliott
HJ	W80	0.91	Margaret Hinton	0.90	Mary Bowermaster
PV	M50	4.32	Vincent Struble	4.30	Wayne Lambert
PV	M80	2.75	William Bell	2.44	Carol Johnson
PV	W55	2.60	Phil Raschker	2.46	Nadine O'Connor
PV	W75	1.60	Johnnie Valien	1.52	J. Valien
PV	W80	1.20	Margaret Hinton	---	---
LJ	M80	4.01	Edwin Lukens	3.92	Bruno Sobrero
LJ*	W55	4.79	Phil Raschker	4.61	Edith Graff
TJ	M80	8.30	Edwin Lukens	8.10	Esko Kolhonen
TJ	W55	9.33	Phil Raschker	8.90	Marlene Simmonds
TJ	W80	5.15	Margaret Hinton	4.38	Mary Wixey
SP	M100	3.52	Everett Hosack	---	---

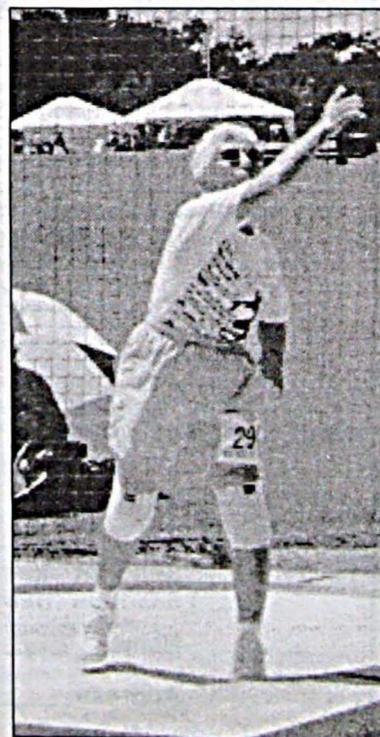
\*in pentathlon

#### U.S. Records

Event	Age	New Mark	Name	Old Mark	Held By
60	M85	10.72	Champion Goldy	11.31	Clarence Trahan
60	W60	9.03	Kathy Bergen	9.05	Irene Obera
200	M85	39.75	Champion Goldy	39.79	Russell Randall
200	W55	30.00t	Nadine Lowenstein	30.00	Adlin Mair
400	W50	65.61	Carolyn Smith-Hanna	66.61	Phil Raschker
400	W55	66.99	Nadine Lowenstein	67.39	Carolyn Cappetta
800	W50	2:27.42	Kathryn Martin	2:28.61	Carolyn Smith-Hanna
Mile	W40	4:59.78	Kimberly Griffin	4:59.9	Madelyn Noe
3000	W50	10:36.41	Kathryn Martin	10:44.0	Joan Ottaway
60H	W65	13.17	Barbara Jordan	13.91	B. Jordan
HJp	W55	1.45	Phil Raschker	1.25	Christel Miller
PV	W40	2.90	Cathryn Cole	2.60	Donna Schultz
TJ	M85	6.31	Clarence Trahan	6.11	C. Trahan
WT	W40	16.42	Oneithe Lewis	12.38	Joan Stratton
SW	M45	10.72	Jim Wetenhall	10.41	J. Wetenhall
SW	M100	2.21	Everett Hosack	---	---
SW	W80	3.62	Margaret Hinton	---	---
3000RWM75	18:54.99	Edward Gawinski	19:12.96	Bob Mimm	---

#### World Relay Bests

Event	Age	New Mark	Name	Old Mark	Held By
4x400	M60	4:28.09	East Region	4:29.74	USA
4x400	M70	5:51.92	Southeast Striders	---	---
4x400	W50	4:54.98	East Region 50	5:13.44	USA
4x800	M70	14:57.54	Southeast Striders	---	---
4x800	W50	11:38.14	East Region	12:49.94	USA



Kathy Gradick, throwing the discus here, is 2001 second-ranked W80 (12.07) in the javelin.

### Indoor Nati

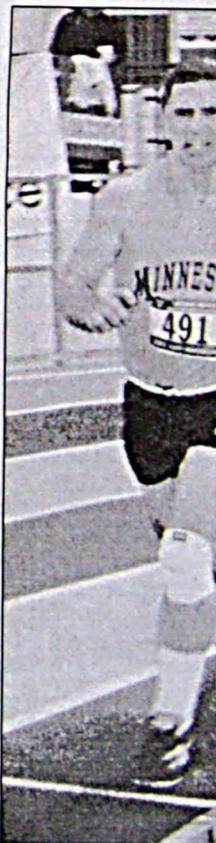
Continued from page 12

Airport, Moore said meet people who love the sport."

On Saturday afterletes' meeting held at Lewis Center, 2000 racewalking honore



Mark Wensel, 33, after winning title in the sprints with (22.84), National Masters Championships, Boston.



Michael Moser, 52, Minnesota 1000 in the pentathlon, National Masters Championships, Boston.

# Indoor Nationals

Continued from page 12

Airport, Moore said, "It was nice to meet people who have a passion for the sport."

On Saturday afternoon, at the athletes' meeting held at the Reggie Lewis Center, 2001 track & field and racewalking honorees were presented

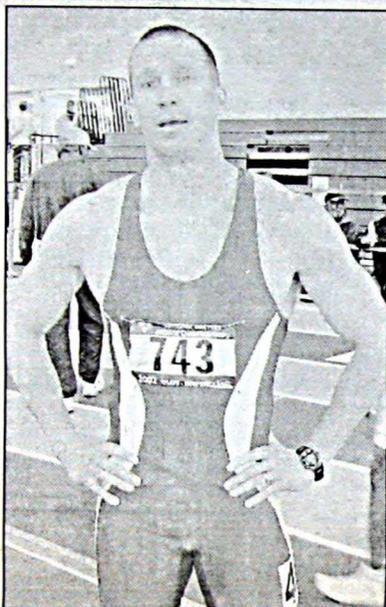
their awards.

The championships were organized by USATF New England, under the directorship of Steve Vaitones and Phil Byrne. Peter Taylor, as he has for all six meets here, carried the burden of announcing for the three days. Lancer Timing Services handled the results.

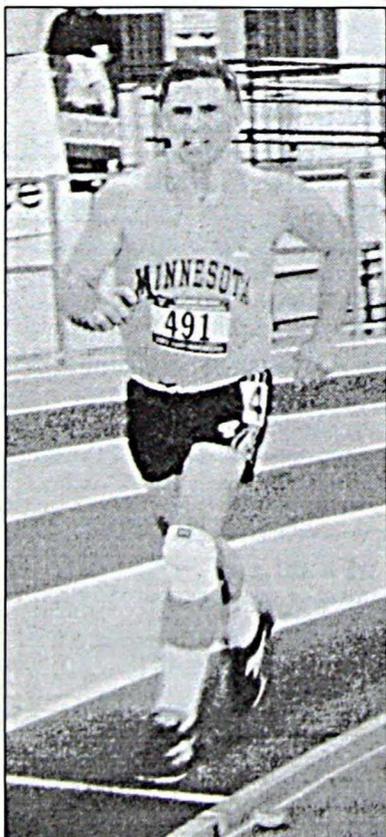
The primary sponsors were New Balance, M-F Athletic Company, American Track & Field, Dunkin' Donuts, Belmont Springs, and Veryfine. Masters athletes will return to Boston for the Indoor Championships next year and in 2004. □



JERRY WOJCIK  
First five in the M45 400 (from l): Keith Royster, third (54.17); Ed Gonera, first (53.28), and Archie Glaspy, second (53.63); Stephen Coenen, fourth; and Herman Belcher, fifth, National Masters Indoor Championships, Boston.



JERRY WOJCIK  
Mark Wensel, 33, after winning his first national title in the sprints with a victory in the 400 (22.84), National Masters Indoor Championships, Boston.



MARSHA LERNER  
Michael Moser, 52, Minnesota, finishing the 1000 in the pentathlon, National Masters Indoor Championships, Boston.

## Crown Valley Senior Olympics Track & Field Meet - Saturday, June 15, 2002

Pasadena City College - Robinson Stadium  
1570 East Colorado Blvd., Pasadena, CA.



Meet Director: Christel Donley

Track & Field Coordinator: Pete Clentzos

Race Walk & Assistant Director: Jim Hanley



A Qualifier for the 2002 California Senior Games Championships, San Jose

### Schedule of Events

Track		Field	
8:45	4 x 1,600M Relay		
9:30	5,000M Walk	11:00	Pole Vault
10:30	5,000M Run	11:00	Javelin
11:00	800M Walk	11:30	Long Jump
11:45	50M Dash	12:15	Shot Put
12:15	1,500M Run	1:15	Discus
12:45	1,500M Walk	2:00	High Jump
1:15	Grandparent Relay	Conclusion	Softball
1:40	400M Run	of Discus	Throw
2:00	100M Dash		
3:00	800M Run		
3:40	200M Dash		

**Entry Fees:** \$25.00 Registration Fee, plus \$5.00 per event

**Divisions:** 5 year divisions, for men and women, age 50+

**Miscellaneous:** Competition order - oldest to youngest, women first (except HJ & PV which start at lowest height); Throwing implements **not** provided, except SP; Must bring own vaulting pole; PV for **experienced vaulters only**.

**Surface & Timing:** All weather track; Lynks timing system

For more information, please call: Cynthia Rosedale - (626) 685-6754; cpr@pasadenaseniocenter.org

Crown Valley Senior Olympics - Pasadena Senior Center

85 East Holly Street, Pasadena, CA. 91103

### Entry Form (please print)

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Sex: M \_\_\_ F \_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Age as of 6/15/02 \_\_\_\_\_ DOB \_\_\_\_\_ T-Shirt: M \_\_\_ L \_\_\_ XL \_\_\_ XXL \_\_\_

**Events:** 50M \_\_\_ 100M \_\_\_ 200M \_\_\_ 400M \_\_\_ 800M \_\_\_ 1,500M \_\_\_ 5,000M \_\_\_ 4 x 1600M \_\_\_

PV \_\_\_ JT \_\_\_ LJ \_\_\_ SP \_\_\_ HJ \_\_\_ DT \_\_\_ SB \_\_\_ Grandparent Relay (NC) \_\_\_

800M Walk \_\_\_ 1,500M Walk \_\_\_ 5,000M Walk \_\_\_

**Make checks payable & mail by May 31st to:**

**Pasadena Senior Center, 85 E. Holly, Pasadena, CA. 91103**

**WAIVER:** In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors or administrators, waive and release forever any and all rights, claims or damages I may accrue against the Pasadena Senior Center, Pasadena City College, the Meet Directors and all sponsors of the Crown Valley Senior Olympics, their successors, representatives and assigns of any and all injuries which I may suffer while traveling to and from and while participating in the Meet held June 15, 2002 at Pasadena City College. I certify that I have no physical defects or injuries that would prevent me from competing in this Meet.

Signature \_\_\_\_\_

Date \_\_\_\_\_

Monica Joyce Wins W40+ Race in Carlsbad 5000

Hellebuyck Scores Weekend Double

By SUSANNAH BECK  
Despite setting a pending U.S. road record for the M40-44 10K the day before and 3000 miles away (Cooper River Bridge Run, 29:23), Eddy Hellebuyck, 41, Albuquerque, N.M., had little trouble disposing of the stellar field at this year's Carlsbad 5K, Carlsbad, Calif., April 7.

Hellebuyck, who credits his spritely frame (he stands just over 5 feet), and beer, for the ability to race so well so frequently, has been dominating the roads this month with six wins in five weekends and racing generally faster than last year, though he ran 14 seconds slower here than his runner-up time from Carlsbad 2001 (14:34). He is com-

ing off a winter of reduced racing due to injury.

Danny Martinez, 40, Alhambra, Calif., 14:50; Sam Ngatia, 42, Ft. Carson, Colo., 14:52; and Jon Sinclair, 44, Ft. Collins, Colo., 14:53, formed a pack that made Hellebuyck work for his \$1000 paycheck, all four finishing in five exciting seconds. Sinclair, the 2000 Carlsbad 40+ winner had the highest age-grading of the day with a 93.2%, and ran one second faster than he did in 2000.

Former mile star and cancer survivor, Steve Scott, 45, was fifth in 15:19. Conditions were fair but breezy on the T-shaped superfast oceanside race course.

Doug Bell, 51, Greeley, Colo., 15:46 (A-G 92.9%), ran away from local luminary Nolan Shaheed, 52, Pasadena, Calif., 16:09, but wasn't fast enough to nab Shaheed's M50-54 AR (15:36) set here last year. He did improve on his time from last year, however, which was a single-age record for M50 (15:50).

Michael Seaman, 51, Edina, Minn., third M50, turned in a fine 16:18. Carlos Valle, 66, San Bernardino, Calif., topped the M65, with an A-G 87.0% 19:21, while Antonio Tejada, 80, Bellflower, Calif., cruised at 8:02/mile pace to take the M80 in 24:58 (81.3%).

In the women's masters race, Irish 3000m Olympian Monica Joyce, 43, Pinckney, Mich., 16:48, proved third



VICTOR SAILER / PHOTO RUN  
Monica Joyce, finishing first (16:48) in the W40+ race, Carlsbad 5000, Carlsbad, Calif., April 7.

USATF National Masters Indoor T&F Champions  
Boston, Mass.; March 22-24, 2002

60	M30	M35	M40	M45	M50	M55
200	Duford	Thomas	Lovett	Crain	Collins	Whitley
400	Wensel	Thomas	Lovett	Gonera	Collins	Johnston
800	Nash	Thomas	Gatling	Gonera	Brown	Pierce
Mile	Van Cleve	Crouch	Roman	Gallegos	Shaheed	Perry
3000	Townsend	Villalva	Martyn	Gallegos	Taylor	Perry
60H	Drummond	Villalva	Dalton	O'Hara	Shaheed	McArdle
4X400	FIBO TC	Ashford	Smith	Price	Hahn	Johnston
4X800	Athletics East		AURA		East Region	
HJ	Henson	Agave	Syracuse Char	Watry	Mid Am Ra	Johnston
PV	Lang	Littlefield	Reynolds	Hunter	Jamrich	Johnston
LJ	Weston	Snowden	Babits	Quick	Struble	Hartfield
TJ	Weston	Tunstall	Foster	Quick	Foucher	Baker
SP	Fua	Thompson	Foster	Wetenhall	Fahy	Pataki
WT	Welch	Thompson	Rinker	Wetenhall	Shiaras	Gage
SW	Kuemmerlin	Palazzo	Hambrick	Wetenhall	Edwards	Pataki
Pent	Walter	Snowden	Hambrick	Wetenhall	Cole	Baker
3K RW	---	Masters	Dyer	Watry	Light	Keating
			Craig	Costello		

60	M60	M65	M70	M75	M80	M85
200	Harrison	Colbert	Brown	Larsen	Means	Goldy
400	Tolson	Colbert	Brown	Larsen	Manno	Goldy
800	Stewart	Colbert	Brown	Johnson	Manno	Matteson
Mile	Howard	Hawk	Heitzman	Messenger	Tribou	Malizia
3000	Howard	Hawk	Heitzman	McManus	Triboui	Springer
60H	Goodhue	Spencer	Heitzman	Engliert	Geer	Malizia
4X400	Pawlik	Bonifield	Stookey	Larsen	Lukens	---
4X800	East Region		SE Striders			
HJ	Kline	Langenfeld	Stookey	Holmes	Lukens	McPhie
PV	Counihan	Goode	Poe	---	Bell	---
LJ	Pawlik	Bonifield	Stookey	Larsen	Lukens	Trahan
TJ	Coates	Brevik	Stookey	Brako	Lukens	Trahan
SP	Cohen	Vaughn	Horine	Sempronio	Horsley	Goldy
WT	Hotchkiss	Ward	Baggett	Sempronio	Horsley	McPhie
SW	Hotchkiss	Ward	Baggett	Sempronio	Horsley	Detweiler
Pent	Pawlik	Jankovich	Chisholm	Margetson	---	---
3K RW	Johnson	Barrett	Dubois	Gawinski	Dyas	---

60	W30	W35	W40	W45	W50	W55
200	Awidi	Landrum	Moore	Louther	Warren	Raschker
400	Daley	Morris	Moore	Board	Warren	Lowenstein
800	Waddell	Morris	Vega	Dixon-Taylor	Smith-Hannah	Lowenstein
Mile	Waddell	Mannen	Yanai	Dixon-Taylor	Martin	Lowenstein
3000	Waddell	Pearsall	Griffin	Dixon-Taylor	Martin	Shirley
60H	---	---	Kelly	Utzschneider	Martin	Ottaway
4X400	AURA	Landrum	Senn	Thompson	Lowery	Raschker
4X800	East Region 30				East Region 50	
HJ	---	Jennings	Senn	Johnson	Lowery	Raschker
PV	---	---	Cole	Johnson	Trotto	Raschker
LJ	---	Jennings	Mondoy	Johnson	Lowery	Raschker
TJ	---	Best	Dickson	Thompson	Lowery	Raschker
SP	---	Lancashire	Lewis	Welding	Stratton	Tucker
WT	---	Houseman	Lewis	Welding	Stratton	Fogg
SW	---	---	Ecklund	Welding	Stratton	Fogg
Pent	---	McKeough	Frost	Thompson	Trotto	Raschker
3K RW	---	Tenan	Torrellas	Chase	Gerhardt	Baglin

60	W60	W65	W70	W75	W80	W85
200	Bergen	Jordan	---	---	Hinton	---
400	Bergen	Jordan	---	---	---	---
800	Mair	Butcher	Schley	---	---	---
Mile	Michelsohn	Daprano	Schley	---	---	---
3000	Michelsohn	Daprano	---	---	---	---
60H	Tasker-Rothenbe	Harada	---	---	---	---
4X400	Wright	Jordan	---	---	---	---
4X800	Liberty AC	---	---	---	---	---
HJ	Wright	Donley	---	---	Hinton	---
PV	MacDonald	---	---	Valien	Hinton	---
LJ	Wright	Lary	---	---	---	---
TJ	Wright	Lary	---	---	Hinton	---
SP	Wright	Roman	Patch	Valien	Hinton	Jarvis
WT	Young	Roman	Snaden	Valien	Hinton	Jarvis
SW	Katz	Roman	Snaden	---	Hinton	---
Pent	---	Donley	---	---	---	---
3K RW	Higbie	---	---	---	---	---



First three finishers in the separate W40+ race, Sam Ngatia (14:52), Eddy Hellebuyck (14:53), and Jon Sinclair (14:53).

Carlsbad 5000

Continued from page 16  
time's a charm, and finally crowned here after third-placings in 2000 (17:17-17:03).

Maria Trujillo de Rios, 2000 and mother of two, proved for second (17:28), while Johnson, 44, Chula Vista

**PLATINUM PERFORMANCE**

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*Dog Mile*  
Runners run with their dog on a leash
- TOYOTA OF SANTA BARBARA and PLATINUM PERFORMANCE**  
*Elite Mile*  
A competitive race with cash prize to the top three men and women. A competitive race with a \$2100 cash purse!
- Age Group Miles**  
With runners your own age and gender.
- Law Enforcement Mile**  
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**Races start at 8:00 am**  
Pre-Registration: \$15 by mail or register on line at active.com or download entry form from sbmile.com  
Race Day Registration: 7:00 am at the starting line at State & Pedregosa  
Call (805) 568-2316 for an entry form or more information.

Logos for sponsors: Santa Barbara News-Press, Toyota of Santa Barbara, Independent, Three Dog Bakery, K-Lite 101.7, Wells Fargo, Bryant & Sons, Ltd., active.com, Santa Barbara City Firefighters Association, Investec, and Chicago Title.

NORTHERN CALIFORNIA  
4<sup>TH</sup> ANNUAL MA

UNIVERSITY OF CALIFORNIA

ENTRY: MUST BE 18 YEARS OF AGE OR OLDER

PHONE A

E-MAIL I

FEE: \$15.00

\$10.00 for

CONTACT: Don Ro

ELEGIBILITY: All

AGE GROUPS: 30

Yc

AWARDS: Medals

T-SHIRTS: Participa

FACILITIES: Edwa

HEATS: 5 year group

AL

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

U.A.T.F.# \_\_\_\_\_

In consideration of your ac

heirs, executors and admini

may accrue against Northern

of California at Berkeley, a

assigns for any and all inju

the Northern California Se

California.

Date / / 2002 Signa

Event entered Best Mark

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

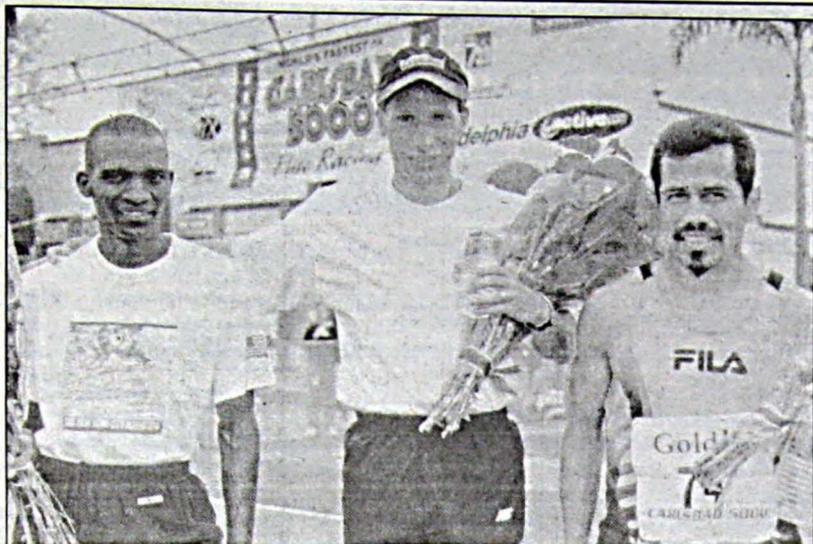
4. \_\_\_\_\_

5. \_\_\_\_\_

AMOUNT ENCLOSED: \$

University is limited. If you intend

the area some of which are open



VICTOR SAILER / PHOTO RUN

First three finishers in the separate M40+ race, Carlsbad 5000, Carlsbad, Calif., April 7, (from l): Sam Ngatia (14:52), Eddy Hellebuyck (14:48); and Danny Martinez (14:50).

Carlsbad 5000

Continued from page 16

time's a charm, and finally took the 40+ crown here after third- and second-placings in 2000 (17:18) and 2001 (17:03).

Maria Trujillo de Rios, 42, winner in 2000 and mother of two infants, settled for second (17:28), while Jeanne Lasee-Johnson, 44, Chula Vista, Calif., took

third (17:42). Modesto, Calif., neighbors Dee Dee Grafius, 51, 19:26, and Barbara Miller, 62, 21:26, and Joni Shirley, 55, San Diego, 19:43, all fielded comfortable division wins.

Defending W80- champion Gerry Davidson, 81, Fallbrook, Calif., ran a competitive 31:36 (78.9%), but lacked for company in her division. □

Clement, Kreuz Prevail in 50K Road Race

By SUSANNAH BECK

It's been a hard year for 50K Championships. Last winter's Huff 50K Trail Championships braced runners with 15-degree temperatures and an inch of snow. This spring's 50K Road Championships, held March 23 on a 5K loop in Pittsburgh, Pa., treated the 41 finishers to winds up to 30 mph, and temperatures as low as 24 degrees.

But then, ultras love that stuff. Tim Clement, 41, Solon, Ohio, withstood the variety of adversities and claimed the masters title with a hearty 3:30.46 (ninth

overall), gathering a five-minute cushion on Bob Dion, 46, Readboro, Vt.

Jan Kreuz, 54, Cincinnati, Ohio, 4:16:32, captured the women's masters laurels, followed by Debra Moore, 49, Louisville, Ky., 4:53:07, and Joyce Hodges-Hite, 64, Millen, Ga. (Hodges-Hite was an age-group winner at the Huff race also).

Age division standouts included: Roy Pirrung, 53, Sheboygan, Wisc., 3:54:26; Frank Probst, 58, Burke, Va., 4:12:02; and Ed Ayres, 60, Manassas, Va., 4:17:07. □

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NORTHERN CALIFORNIA SENIORS TRACK/FIELD CLUB 4<sup>TH</sup> ANNUAL MARK GRUBI MEMORIAL CLASSIC

EDWARDS FIELD UNIVERSITY OF CALIFORNIA BERKELEY SUNDAY JUNE 2<sup>ND</sup> 2002

ENTRY: MUST BE POSTMARKED BY MONDAY MAY 27<sup>TH</sup> 2002. PHONE AND FAX ENTRIES AVAILABLE AT 415 457-8177 E-MAIL DONROSE43262@CS.COM

FEES: \$15.00 First event(N.C.S.T.C. members get second event free) \$10.00 for each additional event. \$20.00 per event late entries.

CONTACT: Don Rose 43 McAllister Ave. Kentfield, CA 94904

ELEGIBILITY: All men and women with current 2002 USATF registration Meet day USATF registration available for \$20.00

AGE GROUPS: 30 yrs and above in 5 yr groups. Race day age determines group Younger participants with approval of meet director.

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

T-SHIRTS: Participant shirts available \$18.00

FACILITIES: Edwards Field is one of the best facilities on the West Coast.

HEATS: 5 year groups where possible

All athletes are subject to drug testing cut along dotted line

Name \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age \_\_\_\_\_  
 Address \_\_\_\_\_ Phone # ( ) \_\_\_\_\_  
 City/State/Zip \_\_\_\_\_ Club Affiliation \_\_\_\_\_  
 U.A.T.F.# \_\_\_\_\_ Must show to Meet Director on day of event.

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 forever, any and all rights, claims, damages I may accrue against Northern California Seniors Track Club, USA Track and Field, The University of California at Berkeley, 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 June 2<sup>nd</sup> at Edwards Field Berkeley California.

Date / / 2002 Signature \_\_\_\_\_  
 Event entered Best Mark Make checks payable to NCSTC Approximate times for events: Track Events:  
 1. \_\_\_\_\_ send to Don Rose 43 Mc Allister Ave. 8:30-1200 5K walk and run, Hurdles, 100,200,400  
 2. \_\_\_\_\_ Kretzfeld Ca. 94904 (415) 457-8177 12:30-3:30 200,1500,L.H.  
 3. \_\_\_\_\_ Field Events 7:30-12:00 Hammer, P.V., Shot, Discus  
 4. \_\_\_\_\_ 12:30-3:00 H.L., Javelin, T.J., Weight Throw  
 5. \_\_\_\_\_  
 6. \_\_\_\_\_  
 Heats start with oldest and work toward youngest when ever possible.

AMOUNT ENCLOSED: \$ \_\_\_\_\_ Open pit for Triple and Long Jump for two hours. NOTE: Parking at and around the University is limited. If you intend to park near the stadium bring at least \$3. in quarters. There are parking lots available in the area some of which are open to the public on Sunday.

Northwest Regional Championships

July 19 & 20, 2002

Sponsored by the Utah Association of USATF

Held at University of Utah/East High Track, 1400 East Sunnyside Avenue, Salt Lake City, UT Age 30 & over - For more information, contact John Kernan, 801-796-0295



Track Events Schedule for Friday, July 19

Time	Track Event	Time	Field Event
7:30 am	10,000 m Run - M&W	8:00 am	Long Jump - M&W-59 Long Jump - M&W & M&W-59 Javelin - M&W & M&W-59
8:15 am	5000 m Run - M&W	9:15 am	Weight Throw - M&W & W
9:30 am	2 K Stimpfhusen	10:00 am	Javelin - M&W-59 Pole Vault - M&W
9:50 am	3 K Stimpfhusen	11:00 am	Shot Put - M&W & M&W-59 Shot Put - M&W-59
10:30 am	80 m Hurdles	1:30 pm	Super Weight All M&W
11:00 am	100 m Hurdles		
11:15 am	110 m Hurdles		
11:30 am	100 Meters		
12:30 pm	400 Meters		
1:15 pm	1500 Meters		

Track Events Schedule for Saturday, July 20

Time	Track Event	Time	Field Event
7:30 am	3000 Meters	8:00 am	Hammer - M&W & M&W-59 High Jump - M&W-59 Discus - M&W-59
8:50 am	300 m Hurdles	10:00 am	Discus - M&W & M&W-59 High Jump - M&W & M&W-59 Hammer - M&W-59
8:10 am	400 m Hurdles	11:30 am	Triple Jump - M&W Discus - M&W-59
9:00 am	800 Meters		
9:30 am	1500 m Run - M&W		
9:50 am	300 Meters		
12:00 pm	4 x 100 Relay		
12:30 pm	4 x 400 Relay		
12:30 pm	4 x 800 Relay		

Instructions:

- ★ Make checks payable to USATF/Utah
- ★ Send entry form and check to: USATF/Utah - NW Reg. 4725 Sycamore Dr. Salt Lake City, UT 84117
- ★ Entries must be postmarked by July 9, 2002
- ★ Entries require USATF membership number
- ★ \$5.00 Late entry fee (based on availability)
- ★ Entry packets must be picked up prior to competing
- ★ Medals to first 3 places in each event, 6 yr age div. With ribbons for 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> place. Different medals will be awarded to those from outside the NW Region.
- ★ Registration closed 1 hour prior to event
- ★ Implements for field events must be checked in 30 minutes prior to event.

Marrriott  
 Salt Lake City University Park  
 480 Wakara Way  
 Salt Lake City, UT 84108  
 Phone: 801-561-1000  
 Fax: 801-564-3321

Schedules listed above are tentative USATF Membership is required to compete Meet Headquarters: Marriott University Park Hotel. Packets: Available at Marriott University Park Hotel Thursday, July 18, 6-4 PM and at track starting at 6:30 AM both days of meet. Concessions: Food concessions available during the meet. Reception: USATF/Utah invites you to share provided refreshments at the end of the events on Friday held at the track. Please indicate your desire to participate by signing up on Entry Form. NW Regional Meeting will be held following the reception.

Entry Form - Northwest Regional Championships - 2002

Please Print Name \_\_\_\_\_ Age(7/19/02) \_\_\_\_\_ Birth Date / /  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone \_\_\_\_\_

Club Affiliation \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_  
 USATF # \_\_\_\_\_  
 Events \_\_\_\_\_ Best '01-02 Mark \_\_\_\_\_  
 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_  
 4. \_\_\_\_\_  
 5. \_\_\_\_\_  
 6. \_\_\_\_\_

T-shirt Size	Attend Reception?	Entry Fees
S	Yes	1st Event \$15
M	No	Each additional event \$5 ea
L	Number of People _____	T-Shirt \$10 ea
XL		Late fee after 7/9/02 \$5
XXL		Total enclosed \$

Waiver: Must be signed to compete I waive all rights that I or my heirs or assigns may have against the Utah Association of USATF and/or the University of Utah/East High arising from any injury, illness or accident that I may sustain in arriving at, participating in, or departing from this event. I declare my good health to participate in this event.  
 Signed: \_\_\_\_\_ Date: \_\_\_\_\_

# 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 Track Club  
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 Running Club  
Brian Hamill  
106 Mt. Auburn St.  
Watertown, MA 02472  
brc@tiae.net  
617-924-1392

Cambridge Running Club  
Bob Gillon  
8 Hawkes Ln.  
Lynnfield, MA 01940  
718-593-9592

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

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

Greater Long Island RC  
101-24 Dupont St.  
Plainville, NY 11803  
516-349-7646  
516-349-7647 (fax)  
www.pobrc.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  
63 Bridge Street  
West Newbury, MA 01985  
978-510-1032  
libertyac@hotmail.com  
www.libertyac.org

Maryland Masters Track Club  
David Barmer - President  
2802 Weller Road  
Silver Spring, MD 20906-3754  
301-946-0947 Phone/fax  
info@marylandmasters.com

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

National Capital Track Club (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  
tknatt@zplink.net

New Jersey Striders TC  
P.O. Box 885  
Maywood, NJ 07607  
201-337-7081

North Jersey Masters  
PO Box 56  
Ridgewood, NJ 07451

NY Masters Club  
Rose Ann Gaeta  
75-32 199th Street  
Fresh Meadows, NY 11366

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

Park Racewalkers, USA  
320 East 83rd St., Box 18  
New York, NY 10028  
212-628-1317  
FranciCash@aol.com

Peninsula Track Club  
Rhonda Venable  
http://hometown.aol.com/hoadpar/  
index.htm

PHAST (Philadelphia Area Striding Team)  
Philadelphia, PA  
Jeff Salvage, Racewalking coach  
campsalvage@yahoo.com  
609-714-1308  
Marie Woodland, President  
mariewalk@aol.com

Pioneer Valley Women's Running Club  
Susan Jaye-Kaplan  
45 Woodside Drive  
Longmeadow, MA 01106  
413-567-8563

PR Racing Team  
Scott Brown  
167 Pettingill St.  
Lewiston, Maine 04240  
207-782-0688  
runscott1@aol.com

Potomac Valley Track Club  
c/o Bobby Briggs  
6207 Duntley Ct.  
Springfield, VA 22152  
703-913-6335  
email: corrallo@erols.com

Rhode Island Road Runners  
18 Musket Road  
Lincoln, RI 02865  
chyson8089@aol.com  
401-725-1725

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

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

Somerville Roadrunners  
58 Day Street, Box 2048  
West Somerville, MA 02144  
DSSBhuuda@aol.com

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

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

Taconic Road Runners Club  
No. Westchester, New York  
914-528-2251  
www.runner.org

Tendonitis A.C.  
c/o Chris Rush  
1177 Oxford Place  
Schenectady, NY 12308  
http://members.aol.com/MacAlps/  
TAC.html  
chrush@prodigy.net  
518-374-6995

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

Westchester Road Runners &  
Westchester Puma Track Club  
179 East Post Road  
White Plains, NY 10601  
914-682-0637  
914-949-4166 (fax)

Western Pennsylvania Track Club  
Joe Silverio  
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  
P.O. Box 530363  
Birmingham, AL 35253  
205-879-5344

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

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

Greenville TC  
P.O. Box 16262  
Greenville, SC 29606-7262  
864-235-8260

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

Jacksonville Track Club  
P.O. Box 24667  
Jacksonville, FL 32241  
904-387-0528  
www.jacksonvilletrackclub.com  
ConsultJTB@aol.com

Manasota Track Club  
Don Marshall  
Sarasota/Manatee, Florida  
sarasotadon@aol.net  
http://sarasota-online.com/track  
Miami, FL  
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 872  
Portsmouth, Virginia 23705

Joe Mack  
804-236-0951

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

Southern Knights Athletics, Inc.  
P.O. Box 16883  
Atlanta, GA 30321  
404-767-4445  
runningfool@mac.com

## MIDWEST

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

Athletic Ventures  
Bill Stewart  
Ann Arbor, MI  
734-332-3981  
www.athleticventures.com

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

Buckeye Striders / Racewalking  
Bill Martin  
5597 Corey Swirl Drive  
Dublin, OH 43017  
614-889-8731  
wmartin1@columbus.rr.com

Chicago Walkers Club  
Nancy Goldman, President  
2909 N. Sheridan Road #1707  
Chicago, IL 60657  
773-348-3891  
goldnanc@aol.com  
www.sekiesky.com/chicagowalkers

Cleveland Over the Hill TC  
Bob Walters  
440-526-5635  
8686 Avery Rd.  
Broadview Hts., OH 44147  
www.ohc.org

Columbus Roadrunners  
PO Box 15584  
Columbus, OH 43215-0584  
740-549-3069

Dayton Masters TC  
PO Box 17706  
Dayton, OH 45417-0706  
Bob Jones, Pres.  
937-837-2754

Eastern Kentucky Track Club  
Gary W. Kidd  
Prestonsburg, KY  
pianst@kih.net

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

Parkside Athletic Club (Racewalk)  
Mike DeWitt  
Kenosha, WI  
414-551-0142

PUMA Team Jock Stop  
7373 Market Street  
Moundstown, Ohio 44512  
330-726-8407

River to River RC  
PO Box 1224  
Marion, IL 62959

USATF Club #18  
Firebird Track Club  
Doug Weikert, Charley Greens,  
Coaches  
3301 Shroyer Road  
Kettering, OH 45429  
cgreene@kettering.k12.oh.us

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

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

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  
PO Box 267  
Brookings, SD 57006

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

Run, Racewalk, Row, Ride and Roll  
Gary Westlund, Coach  
Minneapolis & St. Paul, Minnesota  
612-782-9620

St. Louis TC  
2385 Hampton Av., #101  
St. Louis, MO 63139-2932  
www.stlouistrackclub.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  
wvrunner@aol.com

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  
Jeff Baly  
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  
Oklahoma City, OK 73154  
405-752-9097

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

South Louisiana Masters TC  
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

Texas Track Club  
3334 S. SW Loop 323, #140  
Tyler, TX 75701  
Robert Hahn  
903-561-9511  
903-561-9512 (fax)

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 Sumner/Rick Herr

Club West  
Beverly Lewis  
PO Box 5730  
Santa Barbara, CA 93150  
805-969-5852

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

Corona del Mar TC  
19103 S. Andmark Av.  
Carson, CA 90746  
615-638-7125

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

Excelsior TC  
311 Lexington Way  
Burlingame, CA 94010  
415-582-8353

Feel The Heat TC  
Rawie Crichlow  
1522 E. Southern Ave., #2041  
Tempe, AZ 85282-5664

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

No. Calif. Senior TC  
John Coudill, President  
1367 Oakland Av.  
Piedmont, CA 94611  
510-655-5901

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

Personal Record Vertical Sports Club  
802 Brentwood Ave.  
Vallejo, CA 94591  
Eddie Seese  
707-645-8555  
prspport1@aol.com

Phoenix Bobcats Track & Field Club  
PO Box 26545  
Phoenix, AZ 85068-6545  
www.phoenixbobcats.com  
602-392-3599

Pole Pilots/Kinaesthetics Inc. Track Club  
1137 E. Edison St.  
Tucson, AZ 85719-3530  
Roy D. Willis, Jr.  
Jennifer L. Croissant

Quest Club  
Fred Moore  
3022 N 32nd St. #54  
Phoenix, AZ 85018  
602-954-4605

Reebok Aggie Running Club  
10253 East Estates  
Cupertino, CA 95014  
Charles Alexander  
charlesa@alumni.stanford.org

San Antonio Racewalkers  
9635 Campton Farms  
San Antonio, TX 78250  
Bert Pickell  
bertpj@msn.com

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

Santa Cruz TC  
P.O. Box 1803  
Capitola, CA  
831-728-0399

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

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

SLO Roadrunners  
Roger Warnes  
San Luis Obispo, California  
CoachWTRISLO@aol.com  
www.TRISLO.COM

Southern California Striders  
3977 Cathy Dr.  
Fallbrook, CA 92028  
619-436-7698

So Cal Track Club  
18 Charca  
Rancho Santa Margarita, CA 92688  
Mark Cleary  
949-589-0242

Tampa Runners  
Box 4132  
San Rafael, CA 94913  
415-721-3791

Team Runners High TC  
Steve Moreno  
PO Box 1429  
Huntington Beach, CA 92647  
949-631-6436  
Morenozone@earthlink.net

Trojan Masters TC  
40 Golden Star  
Irvine, CA 92604  
949-786-1731  
gregory.charles@ca.com

Walkers Club of L.A.  
610 Woodward Blvd.  
Pasadena, CA 91107  
626-985-9854

Walk This Way - Racewalking Club  
525 Hidden Ridge Cr.  
Encinitas, CA 92024  
Sloan Zsiros  
619-855-7644  
walkthisway2000@aol.com

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

## NORTHWEST

Anchorage RC  
Joan Nockels  
PO Box 243362-3362  
Anchorage, AK 99524-3362  
jnockels@pobox.alaska.net

Apex Track & Field  
2420 NE 136th Av.  
Portland, OR 97230  
Jim Satterfield  
503-254-7562

Barron Park Striders  
Drew Stevick  
3225 Scotch Meadow Ct. SE  
Olympia, WA 98501  
360-438-0051

Big Foot Masters  
Maury Ray  
11810 Green St. MS-2050  
Spokane, WA 99207-5399

Club Vault  
Jerry Cash  
12900 SW Tarpan Dr.  
Beaverton, OR 97008  
503-524-5078

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

Holy Smokes Track Club  
2232 Franklin Av. East  
Seattle, WA 98102  
Denny West  
206-322-2413

NEMESIS  
Martha Mendenhall  
710 N. "I" Street  
Tacoma, WA 98403  
253-861-8783

Oregon Road Runners Club  
4840 S.W. Western Av., #200  
Beaverton, OR 97005  
503-646-ORUNR Susan Perry  
orrc@teleport.com  
www.orrc.net

Oregon Track Club Masters  
PO Box 11364  
Eugene, OR 97440  
541-343-7247  
www.oregontackclub.org

Pacific Pacers (Racewalk)  
6633 N.E. Windermere Rd.  
Seattle, WA 98115  
206-524-4721  
bevaveck@aol.com

Portland Masters Track Club  
3011 NE Linden Av  
Gresham, OR 97030  
503-666-8950  
Paul Stepan, Pres.

Racewalkers Northwest  
PO Box 3914  
Portland, OR 97208  
503-256-2916  
RacewalkNW@yahoo.com

Re-Treads  
Neal Stoddard  
16016 9th Ave. SW  
Burien, WA 98166  
206-245-0516

Seattle Masters AC  
4103 Hillcrest Av., SW  
Seattle, WA 98116  
206-932-3923  
kweinbel@aol.com

Snohomish Track Club  
4261 S. 184th St.  
SeaTac, WA 98188-4569  
206-433-8868

Southern Oregon Sizzlers  
Mike Barrett  
PO Box 665  
Medford, OR 97501  
541-779-1214

Team Alaska Track Club  
Chris Waythomas  
6351 Far Point Cir.  
Anchorage, AK 99507  
chris@maildakanc.wr.usgs.gov



Another  
The National Ma  
One of the best  
U.S. records we  
possible.

New Marks  
From our experie  
are dealing with how  
marks for the implem  
weight throw for M50-  
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Many of the athletes in  
be out of their age brac  
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Life is too short for th  
am calling for the record  
We will have to deal  
record-keeping this may  
want everyone who bre  
get a certificate, who  
approved recently.

Tennessee M  
Saturday June 15

	10:00am
	11:00
	12:00
	1:00
	2:00pm
	2:45
	3:00
	4:00pm
	4:20
	4:35
	5:00
	5:15
	5:35
	5:50
	6:10
	6:30
Fees:	\$10.00 1st event,
	\$12.00 1st
	8th, 12.
	We resp.
	the meet.
Timing:	FinishL
Sponsors:	Middle 1
	Team N
Awards:	Medals
Equipment:	Have im
Name:	
Address:	
Waiver:	In consideration
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	by participating in the
Signature:	



# Track & Field Report

By **GEORGE MATHEWS**  
Chairman, USATF Masters Track & Field

## Another Success Story in Boston

The National Masters Indoor Championships were a great success. It was one of the best attended indoor championships ever, and many world and U.S. records were broken. Many thanks to all who made this great meet possible.

### New Marks

From our experience in Boston, we are dealing with how to define new marks for the implement changes in the weight throw for M50+ and W60+. In the past we have called the new marks "bests" for three years until the marks settle down. There are many in the throwing ranks who think this is unfair. The new weights in question have been approved WMA weights for some time. Many of the athletes in these groups will be out of their age brackets before the three years are up, and, as such, won't get record credit for the great performances we have witnessed.

Life is too short for this procedure. I am calling for the records to count now! We will have to deal with the extra record-keeping this may cause. I also want everyone who breaks a record to get a certificate, whose design we approved recently.

### Athletes' Meeting Minutes

Minutes for our athletes' meeting at the Championships can be found on the USATF Masters home page: [www.usatf.org](http://www.usatf.org).

### World Indoor Championships

Many of you may be aware that WMA has approved a World Indoor Championships to start in 2004. The great high jumper, John Thomas, who is the director of Boston's Reggie Lewis Center, and Steve Vaitones, of the USATF New England Association, would very much like to see this inaugural meet at the Reggie Lewis facility. We are in the process of preparing solicitations for cities interested in representing the United States in the bid process.

We have a lot of work to do in meeting the Sept. 1 deadline for presentation of bids to the WMA Secretary. The U.S. representative must be approved by the

USATF Board of Directors before presenting its bid to WMA. The same deadline applies for the 2007 World Outdoor Championships. Decisions on both these sites will be made at the General Assembly meeting at the Carolina World Championships in Puerto Rico in July 2003.

### Rankings Coordinator

Jerry Wojcik, Masters T&F Rankings Coordinator, after many years, is giving up his valuable indoor and outdoor rankings at the end of 2002. We want to thank Jerry for the great job he has done.

We have already received an excellent proposal from Dave Clingan to take over the rankings, but feel we need to open the position up to others who might also wish to make a proposal. Therefore, anyone wishing to be considered for this position, please present a proposal to me by June 1.

### Fundraising Ideas

Latest idea for raising funds for USATF Masters: Build a house and sell more lottery chances than the cost of the house. I am not sure how this would work on a national level, but sure works well for North Idaho College.

### Drug Testing

In my article last month, I stated that, "Youth and open athletes are (drug) tested both in and out of competition." I now understand that youth are NOT tested, in or out of competition. The only younger age group tested, other than open, are athletes partic-



SUZY HESS

Roger Price, first M55 in the 400 (57.06) at the start, National Masters Indoor Championships, Boston.

ipating in the USATF Junior Nationals. I apologize to anyone who might be upset by the misstatement. □

## Tennessee Masters Track and Field Championship Don Brady Memorial

Saturday June 15, 2002 – Middle Tennessee State University  
Murfreesboro, Tennessee

10:00am	P V, W T (w #25, m #35)
11:00	HJ, LJ, (LJ Pentathlon)
12:00	SP, TJ, JT, (JT Pentathlon)
1:00	DT, (200m Pentathlon)
2:00pm	(DT Pentathlon)
2:45	(1500m Pentathlon)
3:00	1500 RW



Break	
4:00pm	80, 100, 110m H
4:20	800m
4:35	100m
5:00	50m
5:15	400m
5:35	1500m
5:50	300, 400m H
6:10	3000m
6:30	200m

Mail entry and fees to:  
Nashville Striders  
PO Box 917  
Madison, TN 37116  
(615) 870-3330

Fees:	\$	(event #1)
	\$	(event #2)
	\$	(event #3)
Total	\$	

Fees: \$10.00 1<sup>st</sup> event, \$5.00 each additional before June 8th. Between June 8th and June 12<sup>th</sup> \$12.00 1<sup>st</sup> event and \$7.00 each additional. Pentathlon fee is \$10.00 before June 8th, \$12.00 after June 8th. Day of meet, \$15.00 1<sup>st</sup> event, \$9.00 each additional. We respectfully ask that you pre-register so that CFPI may do data entry prior to the meet.

Timing: FinishLynx. Look for results at [CFPITiming.com](http://CFPITiming.com) and National Masters News.

Sponsors: Middle Tennessee State University, Cavalry Bank, Nashville Striders, Team Nashville Athletic Store

Awards: Medals to top three in each age group

Equipment: Have implements inspected at venue. You must provide your own equipment

Name: \_\_\_\_\_ Age (day of meet): \_\_\_\_\_

Address: \_\_\_\_\_ Zip code: \_\_\_\_\_

Waiver: In consideration of your acceptance of my entry into this meet I, for myself, my heirs, devisees, executors, administrators, and assigns, hereby waive, release and discharge any and all claims against officials, MTSU, Nashville Striders and all sponsors for any injury I may receive by participating in the meet. I do further attest that I am physically fit to participate in the meet.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_, 02

## NM USATF MASTERS TRACK & FIELD MEET

WHEN: July 7, 2002, 3:00PM Field Events; 4:00PM Running Events  
WHERE: Milne Stadium, Albuquerque, NM. From I-25, go east 1 block on Coal SE to Mulberry, turn south on Mulberry. Mulberry runs into Milne Stadium.  
AGE DIV: 20-29,30-34,35-39,40-44,45-49,50-54,55-59,60-64,65-69,70-74,75-79,80  
ENTRY FEE: \$12 for the first 3 events, \$3 each additional. Valid 2002 T&F cards are required and will be available at the meet for \$15 to residents of NM and \$20 for non-residents.

AWARDS: Medals to the first 3 in each age division.  
DEADLINE FOR ENTRIES: July 2, 2002. Make checks payable to:  
NM USATF  
31 Sandhill Road  
Los Lunas, NM 87031

MEET DIRECTOR: Kathy Fones, 505/865-8612 FAX 505/565-8387 [foneskn@aol.com](mailto:foneskn@aol.com)



### SCHEDULE OF EVENTS

Track Events		Field Events**	
4:00PM	3000M Racewalk M-W	7:00PM	400M M
4:30PM	3000M Run W	7:10PM	100M W
5:00PM	5000M Run M	7:20PM	100M M
5:30PM	80-100MH W	7:30PM	800M W
5:45PM	80-100-110MH M	7:40PM	800M M
6:15PM	4X100 M-W	7:50PM	200M W
6:30PM	1500M Run M-W	8:00PM	200M M
6:45PM	400M W	8:20PM	4X400 M-W

If 3 sign up, 400MH will be run at 4:25 \*\*IMPLEMENTS WILL NOT BE PROVIDED  
Concessions and restrooms available at the track.

-----ENTRY FORM-----

NAME(LAST) \_\_\_\_\_ (FIRST) \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_  
DATE OF BIRTH \_\_\_\_\_ T&F# \_\_\_\_\_ PHONE \_\_\_\_\_  
ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
EVENTS:

1. \_\_\_\_\_ 4. \_\_\_\_\_  
2. \_\_\_\_\_ 5. \_\_\_\_\_  
3. \_\_\_\_\_ 6. \_\_\_\_\_

Athletic Waiver Release: In consideration of your acceptance of my entry, I hereby for myself and executors waive, release and forever discharge any and all claims for damages which I may have, or may hereafter accrue, against NM USATF, UNM, and all other sponsors or their officials or agents, for any damages which may be suffered by me. I certify that I am in good health and that my level of training is such that I am prepared to compete in this event.

ATHLETE'S SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

# World Indoor Track & Field Records

(Revised and approved as of March 1, 2002)

## Men

### 60 METERS

DIV.	MARK	NAME(COUNTRY)	AGE	MEET DATE
M40	6.97	Eddie Hart(USA)	40	3-24-90
M45	7.02	Stan Whitley(USA)	45	3-23-91
M50	7.23	Bill Collins(USA)	50	3-24-01
M55	7.53	Hugo Hartenstein(USA)	55	3-24-90
M60	7.7	Payton Jordan(USA)	60	1-7-78
M65	7.8	Cecil Paul(CAN)	66	3-8-86
M70	8.39	John O'Neill(CAN)	70	3-5-94
M75	8.67	Melvin Larsen(USA)	75	3-25-00
M80	9.39	Roderick Parker(USA)	80	3-27-99
M85	9.78	Giuseppe Marabotti(ITA)	85	3-10-01
M90	11.84	Ted Hatlen(USA)	90	3-24-01
M95	16.96	Everett Hosack(USA)	95	3-1-97

### 200 METERS

DIV.	MARK	NAME(COUNTRY)	AGE	MEET DATE
M40	22.19	Bill Collins(USA)	44	2-26-95
M45	22.57	Bill Collins(USA)	48	2-14-99
M50	23.47	Bill Collins(USA)	50	3-4-01
M55	24.09	Stephen Robbins(USA)	55	2-15-98
M60	25.10	Larry Colbert(USA)	61	3-29-98
M65	26.41	Charles Williams(USA)	66	3-2-97
M70	27.40	Allan Meddings(GBR)	70	3-1-98
M75	29.57	Melvin Larsen(USA)	75	3-26-00
M80	32.85	Jim Monno(USA)	80	3-25-01
M85	36.40	Giuseppe Marabotti(ITA)	85	3-11-01
M90	68.6	Mikko Salonen(FIN)	90	- -87
M95	66.78	Everett Hosack(USA)	95	4-6-97

### 400 METERS

DIV.	MARK	NAME(COUNTRY)	AGE	MEET DATE
M40	49.14	Elvis Forde(BAR)	40	2-18-00
M45	49.89	Fred Sowerby(USA)	45	1-29-94
M50	52.72	Harold Morioka(CAN)	52	2-25-95
M55	54.36	Harold Morioka(CAN)	56	3-27-99
M60	56.32	Larry Colbert(USA)	60	3-22-97
M65	59.53	Earl Fee(CAN)	65	2-25-95
M70	61.31	Earl Fee(CAN)	70	3-27-99
M75	69.59	Göte Lindblad(SWE)	75	3-7-99
M80	75.58	Roderick Parker(USA)	80	3-27-99
M85	1:40.86	Russell Randall(USA)	86	3-20-93
M90	p2:47.3	Mikko Salonen(FIN)	90	- -87

### 800 METERS

DIV.	MARK	NAME(COUNTRY)	AGE	MEET DATE
M40	1:48.81	Johnny Gray(USA)	40	3-2-01
M45	1:57.32	Peter Browne(GBR)	45	1-29-95
M50	2:02.88	Nolan Shaheed(USA)	51	3-25-01
M55	2:08.15	Reginald Phipps(GBR)	56	1-17-99
M60	2:14.75	Sidney Howard(USA)	60	2-26-99
M65	2:16.80	Earl Fee(CAN)	65	3-27-94
M70	2:20.45	Earl Fee(CAN)	70	3-28-99
M75	2:42.35	James Todd(GBR)	75	3-2-97
M80	3:11.16	Emiel Pauwels(BEL)	82	3-11-01
M85	3:46.96	Vincent Malizia(USA)	85	3-26-00

### 1500 METERS

DIV.	MARK	NAME(COUNTRY)	AGE	MEET DATE
M40	3:45.3	Eamonn Coghlan(IRL)	40	2-26-93
M45	4:03.69	John Potts(GBR)	45	3-9-90
M50	4:14.73	John Potts(GBR)	50	2-26-95
M55	4:27.01	John Potts(USA)	55	2-14-00
M60	4:37.80	Maurice Morrrell(GBR)	61	3-20-94
M65	4:47.11	Earl Fee(CAN)	65	3-26-94
M70	5:27.4	Austin Newman(USA)	70	3-23-86
M75	5:37.28	Rune Bergman(SWE)	75	3-12-00
M80	6:19.34	Ernie Warwick(GBR)	80	3-2-96
M85	8:16.73	Vincent Malizia(USA)	85	2-6-00
M90	14:28.4	Mikko Salonen(FIN)	90	- -88

### ONE MILE

DIV.	MARK	NAME(COUNTRY)	AGE	MEET DATE
M40	3:58.13	Eamonn Coghlan(IRL)	41	2-20-94
M45	4:21.90	Albin Swenson(USA)	46	2-26-93
M50	4:26.75	Nolan Shaheed(USA)	51	3-2-01
M55	4:50.22	Victor Heckler(USA)	56	12-19-98
M60	5:01.76	Dan Conway(USA)	60	3-27-98
M65	5:13.3	Earl Fee(CAN)	67	3-23-96
M70	5:32.4	Scotty Carter(USA)	70	3-15-87
M75	6:27.16	John Hosner(USA)	75	2-26-00
M80	7:04.2	Paul Spangler(USA)	80	3-18-79
M85	8:33.11	Vincent Malizia(USA)	85	3-25-00

### 3000 METERS

DIV.	MARK	NAME(COUNTRY)	AGE	MEET DATE
M40	8:20.16	Nigel John Gates(GBR)	40	1-23-94
M45	8:36.64	Klaus Goldammer(GBR)	46	1-24-99
M50	8:54.73	Nolan Shaheed(USA)	50	3-25-01
M55	9:23.43	Stephen James(GBR)	56	3-20-94
M60	9:43.88	Andrew Brown(GBR)	61	3-20-94
M65	10:11.60	Ed Whitlock(CAN)	65	3-9-96
M70	11:08.49	James Todd(GBR)	72	3-20-94
M75	12:12.72	James Todd(GBR)	75	2-28-97
M80	14:10.79	Gordon Porteous(GBR)	80	3-20-94
M85	16:41.3	Marti Laiho(FIN)	85	2-10-95

### 60 METER HURDLES

DIV.	MARK	NAME(COUNTRY)	AGE	MEET DATE
M40	7.96	Karl Smith(USA)	40	3-25-00
M45	8.36	Colin Williams(USA)	48	2-3-02
M50	8.47	Walt Butler(USA)	51	3-20-93
M55	8.63	Courtland Gray(USA)	55	2-14-99
M60	9.14	Phil Mulkey(USA)	60	3-20-93
M65	9.8	Buck Bradberry(USA)	66	2-20-93
M70	9.89	James Stookey(USA)	70	3-25-00
M75	10.09	Melvin Larsen(USA)	76	1-19-01
M80	12.68	Reino Taskinen(FIN)	80	3-31-96
M85	14.36	Karl Trei(CAN)	85	3-4-95

### HIGH JUMP

DIV.	MARK	NAME(COUNTRY)	AGE	MEET DATE
M40	2.10	Dwight Stones(USA)	40	3-25-94
M45	1.92	Mark Chelnow(USA)	46	3-18-90
M50	2.00	Thomas Zacharas(GBR)	50	3-2-97
M55	1.81	Asko Pesonen(FIN)	56	3-18-00
M60	1.65	Jim Glicrist(USA)	62	3-24-90
M65	1.62	Jim Glicrist(USA)	65	3-19-93
M70	1.49	Nils-Bertil Nevrup(SWE)	70	4-1-80
M75	1.40	Esko Kalhonen(FIN)	75	1-12-97
M80	1.27	Esko Kalhonen(FIN)	81	3-19-95
M85	1.27	Emerich Zensch(AUT)	81	3-11-01
M85	1.06	James Elliot(USA)	85	3-27-99
M90	0.99	Ted Hatlen(USA)	90	3-24-01
M95	0.86	Everett Hosack(USA)	95	3-2-97

### POLE VAULT

DIV.	MARK	NAME(COUNTRY)	AGE	MEET DATE
M40	5.18	Earl Bell(USA)	40	8-26-95
M45	4.78	Gary Hunter(USA)	45	3-24-01
M50	4.30	Wayne Lambert(USA)	54	2-20-01
M55	4.08	Dennis Phillips(USA)	55	1-26-02
M60	3.91	Dale Lance(USA)	60	3-27-98
M65	3.42	Jerry Donley(USA)	65	2-25-95
M70	3.15	Boo Morcom(USA)	71	1-8-93
M75	2.82	Carol Johnston(USA)	76	3-19-88
M80	2.44	Carol Johnston(USA)	82	3-25-94
M85	1.67	A. E. Pitcher(USA)	86	3-19-88

### LONG JUMP

DIV.	MARK	NAME(COUNTRY)	AGE	MEET DATE
M40	7.52	Barrington Williams(GBR)	40	3-2-96
M45	6.90	Tapani Taavitsainen(FIN)	45	2-3-90
M50	6.50	Pertti Ahomaki(FIN)	51	3-23-97
M55	6.34	Stig Backlund(FIN)	55	3-19-95
M60	5.80	Stig Backlund(FIN)	60	11-13-99
M65	5.31	Melvin Larsen(USA)	66	1-13-91
M70	5.31	Dick Richards(USA)	66	2-25-01
M75	5.05	Melvin Larsen(USA)	70	2-25-95
M80	4.41	Heikki Simola(FIN)	75	3-7-87
M85	3.92	Bruno Sobrero(ITA)	80	3-8-01
M90	3.40	Giuseppe Marabotti(ITA)	85	3-9-01
M95	2.49	Karl Trei(CAN)	90	3-26-99

### TRIPLE JUMP

DIV.	MARK	NAME(COUNTRY)	AGE	MEET DATE
M40	16.08	Roy Kimble(USA)	40	2- -94
M45	14.82	Milan Tiff(USA)	46	2-26-95
M50	13.72	Stig Backlund(FIN)	50	3-4-90
M55	12.92	Stig Backlund(FIN)	55	3-6-99
M60	13.35*	Stig Backlund(FIN)	55	3-18-95
M65	12.53	Stig Backlund(FIN)	60	11-13-99
M70	10.92	Amelia Compriti(ITA)	65	3-3-90
M75	9.99	Vaclav Bartl(SWE)	70	3-23-96
M80	9.40	Heikki Simola(FIN)	75	3-8-87
M85	8.10	Esko Kalhonen(FIN)	81	3-19-95
M85	6.95	Vittorio Colo(ITA)	89	3-10-01
M90	5.18	Karl Trei(CAN)	90	3-28-99

### SHOT PUT (35-49: 16#, 50-59: 6kg; 60-69: 5 kg; 70+: 4kg)

DIV.	MARK	NAME(COUNTRY)	AGE	MEET DATE
M40	20.07	Brian Oldfield(USA)	40	1-17-86
M45	15.78	Ed Hill(USA)	45	3-19-88
M50	16.27	Ladislav Pataki(USA)	52	2-14-99
M55	15.74	Joe Keshliri(USA)	56	2-25-95
M60	16.83	Reino Mäkeläinen(FIN)	60	- -81
M65	15.28	Youto Eio(FIN)	67	- -82
M70	14.39	T. Von Wachenfeldt(SWE)	71	3-22-98
M75	13.02	Erik Eriksson(FIN)	77	3-9-01
M80	11.58	Franz Meier(SWE)	81	3-6-99
M85	9.68	Ross Carter(USA)	85	3-26-99
M90	6.64	Ted Hatlen(USA)	90	3-24-01
M95	4.06	Everett Hosack(USA)	97	3-26-99

### Women

#### 60 METERS

DIV.	MARK	NAME(COUNTRY)	AGE	MEET DATE
M35	7.01	Marlene Ottey(JAM)	38	2-21-99
M40	8.01	Denise Foreman(USA)	40	3-22-97
M45	8.02	Phil Raschker(USA)	48	2-25-95
M50	8.05	Phil Raschker(USA)	50	3-1-97
M55	8.71	Valerie Parsons(GBR)	55	1-27-02
M60	9.00	Christine Schmalbruch(GBR)	62	3-5-99
M65	9.34	Asta Larsson(SWE)	65	2-1-97
M70	10.12	Joan Ogden(GBR)	70	2-28-98
M75	10.89	Ingrid Lorenz(GER)	75	3-10-01
M80	11.52	Mary Bowermaster(USA)	81	3-25-00
M85	12.58	Nora Nedemo(SWE)	85	2-13-99

#### 200 METERS

DIV.	MARK	NAME(COUNTRY)	AGE	MEET DATE
M35	23.04	Sandra Myers(SPA)	35	2-17-96
M40	25.58	Tilly Verhoef-Jacobs(NED)	41	1-25-98
M45	26.06	Phil Raschker(USA)	47	3-25-94
M50	26.52	Phil Raschker(USA)	50	3-2-97
M55	29.31	Valerie Parsons(GBR)	55	1-27-02
M60	30.39	Irene Obera(USA)	60	3-25-94
M65	32.0	Joan Ogden(GBR)	65	3-20-93
M70	33.11	Joan Ogden(GBR)	70	2-28-98
M75	40.52	Gunn Svansson(SWE)	78	3-7-99
M80	46.03	Nora Nedemo(SWE)	80	2-5-94
M85	52.01	Nora Nedemo(SWE)	85	1-31-99
M90	51.00*	Nora Nedemo(SWE)	87	2-11-01

#### 400 METERS

DIV.	MARK	NAME(COUNTRY)	AGE	MEET DATE
M35	53.13	Nadez Olizarenko(URS)	35	2-25-89
M40	56.52	Tilly Verhoef-Jacobs(NED)	40	2-2-97
M45	59.86	Caroline Marler(GBR)	46	3-2-97
M50	62.56	Caroline Marler(GBR)	50	2-17-01
M55	67.38	Diane Palmason(CAN)	56	2-25-95
M60	70.69	Carolyn Cappelletta(USA)	60	1-5-96
M65	71.89	Carolyn Cappelletta(USA)	65	3-24-01
M70	88.79	Patricia Peterson(USA)	71	3-28-98
M75	1:41.15	Louise Adams(USA)	75	3-22-97
M80	2:25.03	Pearl Mehl(USA)	80	2-25-95
M85	2:39.23	Ivy Granstrom(CAN)	87	3-27-99

#### 800 METERS

DIV.	MARK	NAME(COUNTRY)	AGE	MEET DATE
M35	2:01.49	Doña Melinte(ROM)	35	3-11-92
M40	1:58.37	Helena Fuchsova(CZE)	40	2-25-01
M45	2:19.7	Caroline Marler(GBR)	46	2-1-97
M50	2:25.28	Caroline Marler(GBR)	50	2-18-01
M55	2:37.34	Gerda van Kooten(NED)	55	1-29-95
M60	2:44.22	Riet Jonkers Slegers(NED)	55	3-13-99
M65	2:56.63			

# Grafius Three-Peats, Bernhard Wins Debut in Fifty-Plus 8K

By MARK WINTZ

PALO ALTO, Calif. – On a weekend when Stanford Cardinal basketball was in the air, the weather was definitely for the ducks at the 19th Annual Fifty-Plus Fitness Association 8K road race and 5K walk at Stanford University on March 17.

Under a persistent downpour, Dee Dee Grafius, 52, Modesto, Calif., claimed her third straight victory in the



DOUGLAS PECK

Tom Bernhard, men's winner (27:46), Fifty-Plus 8K, Stanford, Calif., March 17.

cross-country coach at Modesto Junior College, is a former All-American and U.S. Olympic Trials qualifier at 5000 and 10,000.

Bernhard was accompanied by last year's third-placer, Don Paul, for about half the race before he surged to a convincing 26-second victory. Paul, 51, San Francisco, was second (28:12). Three-time race winner, Michael Dove, 55, Salinas, Calif., placed third (28:32). Jim Gorman, 53, Palo Alto, last year's men's champion, was fourth (28:40).

"I thought the race was going to be between Don and myself today," Bernhard commented. "I've been slowly getting healthier and rounding into good shape, so I thought I had a pretty good chance. This is the first race I've placed first overall, so I couldn't be happier."

Frank Spada, 75, Morro Bay, Calif., set a new race record in the M70, finishing in an outstanding 39:51. Although U.S. age records have been established here over the years, this year's wet conditions slowed most performances.

The winners of the judged 5K race-walk were Jack Bray, 69, Greenbrae, Calif., in 27:54, his sixth victory at Fifty-Plus, and Doris Cassels, 62, San Rafael, Calif., in 31:22.

During the weekend's festivities, Denis Waitley, Ph.D., a productivity consultant and author of *The Psychology of Winning*, was awarded the Annual Emil Zatopek Award by the Fifty-Plus Fitness Association. Fifty-Plus created the award in 1991, named after the great Czechoslovakian distance runner, who won three gold medals at the 1952 Olympic Games in Helsinki. The feat has never been duplicated.

This prestigious and one-of-a-kind award is bestowed on individuals who attain courageous and memorable achievements in sports and in life, and

who, in doing so, inspire others (especially older individuals) to live a fit and active lifestyle.

Recipients have included Stanford track coach legend Payton Jordan, U.S. marathoner Bill Rodgers, New York City Marathon founder Fred Lebow, prolific running writer Joe Henderson, and decathlete Bill Toomey. The 2001 recipient was Kathrine Switzer, the female gender barrier-breaker at the 1967 Boston Marathon.

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

See [www.50plus.org](http://www.50plus.org) for complete results. □



DOUGLAS PECK

Dee Dee Grafius, women's winner (31:49), Fifty-Plus 8K, Stanford, Calif., March 17.

## TWENTY FIVE YEARS AGO May 1977

- At Age 42, Miki Gorman Is First Woman Overall in Boston Marathon (2:48:44)
- Corona del Mar (Calif.) TC Sets World M50-59 4x100 Relay Record (48.0)

## THE SEVENTEENTH ANNUAL GSAC/RANDOLPH CLASSIC TRACK & FIELD MEET

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

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### TRACK EVENTS

5000 Meters	10:00 am
High Hurdles	10:30 am
Youth Mile	11:00 am
Mile Run	11:15 am
100 Meter Dash	11:45 am
Youth 100 M Dash	12:45 am
400 Meter Dash	1:00 pm
Youth 400 M Dash	1:30 pm
RW Mile	1:45 pm
800 Meter	2:15 pm
200 Meter Dash	2:45pm
Youth 4X400 Relay	3:15 pm
4X400 Relay	3:30 pm

### FIELD EVENTS

Pole Vault	10:00 am
Shot Put, 60 & up	10:00 am
followed by under 60	
Long Jump	10:00 am
Javelin	10:00 am
Discus, under 60	10:00 am
followed by 60 & up	
High Jump	10:30 am
Weight Throw	1:00 pm
Triple Jump	2:00 pm

Note: Some field events may start later than listed.



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

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

SPIKES ALLOWED - 1/4" or less. HURDLE HEIGHTS & IMPLEMENTS - USATF Open and Masters Rules. STARTING BLOCKS are permitted but not provided by the meet director. USATF MEMBERSHIP REQUIRED! Card must be presented, NO EXCEPTIONS! Can apply at meet \$20.00 - Youth -\$14.00.

FEES - Free to Randolph NJ residents who pre-register. Randolph residents must still be USATF member. Pre-registered - Received on or before May 27, - \$ 7.00 per event. Post-entry (after May 27) - \$10.00 per event. Relay Teams - \$16.00 - Open and Masters Teams. \$12.00 - Youth Teams.

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women's 8K race in 31:49. Tom Bernhard, 50, Fremont, Calif., topped the men in 27:46 in his first appearance at this event. The race, serving also as the USATF Pacific Championships of runners age 50+, weathered its first rain storm since 1991, concluding a weekend slate of health and fitness activities for senior adults age 50+.

This race is historically one of the world's finest examples of senior fitness. It is limited to runners 50+ with competitive age divisions through 90 years and above. This year, Jack Friedlander, 80, of Foster City, Calif., was the oldest finisher, completing the just-under-5-mile course at a 10-minute-per-mile pace.

Grafius, cheered on by her daughter, Amy (also a competitive runner), led from wire to wire. Melinda Morse, 50, Pleasant Hill, Calif., and Melody Ann-Schultz, 60, Ross, Calif., placed second (32:54) and third (34:03), respectively.

"I felt so good today, and was really kind of surprised," said Grafius, whose best events are the 800 and mile. "My coach, Mary Shea, has had us doing only base work so far this year, no speed work, so I expect to get faster in the next few months."

Shea, the head women's track and



TESH TESHIMA

Ron Pate, M55 second (52:36), Great Aloha Run 8.15 Mile, Honolulu, Feb. 18.



## International Scene

By **TORSTEN CARLIUS**  
WMA President

### WMA Web Site Up and Running

The past month has seen many important activities, key among which are: (1) implementation of the new WMA web site, (2) printing of the new Handbook, and (3) preparations for our Non-Stadia Championships in Riccione, ITA, on May 24-26, for which we hold very high expectations. Below are my comments on these and a number of other issues.

#### WMA Web Site

We are very happy to finally present our new WMA web site, built by MediaSprint in Switzerland, with Nick Russi as webmaster. It has taken some time to get it all in place, a primary reason being the choice of WMA's new logo, which was too important a decision to be rushed. However, all is now accomplished and our web site address is: [www.world-masters-athletics.org](http://www.world-masters-athletics.org).

Let me also say we are fully aware that this is the "first edition," and there are improvements and additions still to be made. Therefore, we would be very grateful for all comments on the new site.

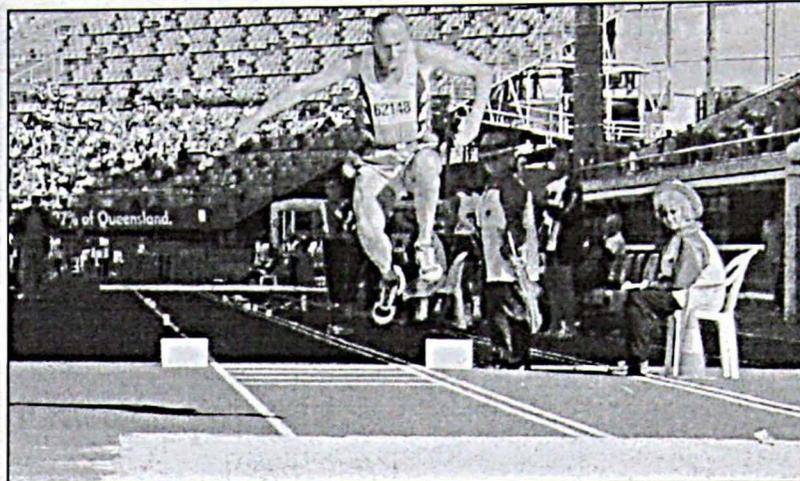
One of the improvements is that you will find one page for each of our six regions. It is our intention and my hope that these pages will be used by our regions for information on their own

activities with links to their Championships. Currently, Europe is the only area with its own web site ([www.evaa.nu](http://www.evaa.nu)). We can offer the others an information channel on the Internet, and I think this is just what WMA should do. The North and Central America & the Caribbean and Oceania regions have already indicated that they will use the page.

For a while we will keep the old web site open as it still offers information of interest. Ultimately, we will probably transfer some of that data to the new web site.

#### WMA Handbook 2001-2003

The new WMA Handbook was printed at the end of April and, as you read this, should already be on its way to our Affiliates. This time we have printed more copies than previously, and at least 200 will be available for sale to those



Vladimir Mokry, M60, Slovak Republic, in the triple jump (9.73), World Veterans Championships, Brisbane.

who are interested. Much of the information in the Handbook is also available on our web site.

The Handbook can be ordered from our Secretary, Monty Hacker, and it will also be available for purchase through the *National Masters News*.

#### Non-Stadia Championships

Our World Masters Non-Stadia Championships will be held in Riccione, ITA, on May 24-26. We owe the local organizing committee, headed by Alberto Morini and Lamberto Vacchi, great gratitude both for their willingness to take over these Championships when San Isidro was

forced to withdraw, and for the good organization they offer at such short notice. The Championships will be a great success with an expected 2200 athletes from 25 countries.

Auckland, NZL, will organize the next Non-Stadia Championships in 2005, and we will have a delegation from Auckland in Riccione to discuss their preparations and to have the entry book available.

#### Masters Age Change

The day after our Non-Stadia Championships, the IAAF Veterans' Committee will meet in Riccione. As

Continued on page 23



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## British Thr

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WMA President  
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first opportunity  
be in Riccione.

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**WMA W**

Report from Britain

**British Indoor T&F Championships Yield Three World and 13 British Records**

By BRIDGET CUSHEN

The large increase in entries, particularly in the younger age groups, at the British Indoor Championships at Kelvin Hall, Glasgow, Scotland, March 16-17, reflects the current burgeoning popularity of veterans athletics. Forty-three entered the pentathlon, and three heats were needed in all age-groups in the sprints.

The first record fell in the W55 60m when Val Parsons rocketed to an 8.64 clocking, below her recently approved 8.71 run on Jan. 27. She also ran a 29.49, not quite as good as her recent record 29.31, also on Jan. 27. A remarkable feat considering that, less than two years ago, she was close to death from meningitis.

Ester Linaker, another double gold medallist in Brisbane, broke Christine Schalbruch's 9.00 in 1999 with an 8.99. Rosemary Chrimes, 68, set a

W65 record in the shot put with 11.75, surpassing her own 10.88 of 2001.

There was some brilliant running in the men's 200, 400 and 800, around the steep banked, four-lane arena, when up to 12 finalists were allowed through. Kevin Burgess set a British M45 60m record in 7.18.

Pity poor Kermitt Bentham, who set a British M40 outdoor record last summer, but found himself out of the medals in Brisbane due to a slightly under par performance. In Glasgow, a new young lion, Darren Maynard, appeared, to set a new British indoor record of 49.99 to Kermitt's 50.66.

Alastair Dunlop and Dave Wilcox clashed again in the M45 800 with Alastair getting the nod, 2:02.25 to 2:02.90. In the 1500, Wilcox won, 2:12.16 to 2:12.68. Great racing.

Neil Griffin's M50 15.27 in the shot put showed good early season form. □

**International Scene**

Continued from page 22

WMA President, I will raise one very important issue, i.e., to lower the men's masters age to 35, the same as for the women. The WMA Council will present this proposal to the General Assembly in Puerto Rico the next year, but we must also have IAAF approval and the first opportunity to raise the issue will be in Riccione.

**World Masters Games**

There is still no news regarding the host city for the World Masters Games in 2005. The IMGA (International Masters Games Association) has held discussions with some cities, but no decision has been made and it will take some time to evaluate the candidate cities' bids. □

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**WMA/USATF Hurdles and Implements Specifications**

**HURDLES**

**WOMEN**

Age Group	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	No. of Hurdles
30-39	100m	.840m	13.00m	8.5m	10.5m	10
		33"	42'8 1/2"	27'10 1/2"	34'5"	
40-49	80m	.762m	12.00m	8.0m	12.00m	8
		30"	39'4"	26'3"	39'4"	
50-59	80m	.762m	12.00m	7.0m	19.00m	8
		30"				
60+	80m	.686m	39'4"	22'11 1/2"	62'4"	8
		27"				
30-39	400m	.762m	45.00m	35.00m	40.00m	10
		30"	147'7 1/4"	114'9 1/2"	131'2 1/2"	
40-49	400m	.762m	50.00m	35.00m	40.00m	7
		30"				
50-59	300m	.762m	50.00m	35.00m	40.00m	7
		30"				
60+	300m	.686m	50.00m	35.00m	40.00m	7
		27"				

**MEN**

30-39	110m	.991m	13.72m	9.14m	14.02m	10
		39"	45'	30'	46'	
40-49	100m	.914m	13.00m	8.50m	10.50m	10
		36"	42'8"	27'10 1/2"	34'5"	
50-59	100m	.840m	16.00m	8.00m	12.00m	10
		33"	52'6"	26'3"	39'4"	
60-69	100m	.840m	16.00m	8.00m	12.00m	10
		33"				
70-79	80m	.762m	12.00m	7.0m	19.0m	8
		30"				
80+	80m	.686m	39'4"	22'11 1/2"	62'4"	8
		27"				
30-49	400m	.914m	45.00m	35.00m	40.00m	10
		36"				
50-59	400m	.840m	50.00m	35.00m	40.00m	7
		33"				
60-69	300m	.762m	50.00m	35.00m	40.00m	7
		30"				
70+	300m	.686m	50.00m	35.00m	40.00m	7
		27"				

**IMPLEMENTS**

AGE GROUP	SHOT PUT	DISCUS	HAMMER	JAVELIN	WEIGHT	SUPER WEIGHT
<b>Women</b>						
30-49	4.00k	1.00k	4.00k	600 gms.	20#	35#
50-59	3.00k	1.00k	3.00k	500 gms.	16#	25#
60+	3.00k	1.00k	3.00k	400 gms.	12#	25#
<b>Men</b>						
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.	35#	56#
50-59	6.00k	1.50k	6.00k	700 gms.	25#	56#
60-69	5.00k	1.00k	5.00k	600 gms.	20#	56#
70-79	4.00k	1.00k	4.00k	500 gms.	16#	35#
80+	4.00k	1.00k	4.00k	400 gms.	12#	35#

Steeplechase: men 30-59: 3000m/36" (.914m); men 60+ and women: 2000m/30" (.762m)  
WMA weights are used for USATF weight pentathlons.  
Note: The 55m and 60m indoor hurdle races use the same heights, distance to first hurdle, and distance between hurdles as the outdoor hurdle races for the respective age groups.  
For all age-groups indoors, 5 hurdles are run.

WMA web site: <http://www.world-masters-athletics.org>

# Masters Scene

## EAST

• **Budd Coates**, M40, scored a first overall with a 71:03, Citizens Bank Caesar Rodney Half-Marathon, Wilmington, DE, March 17. **Lori Walker**, W40, was first masters woman (88:11). **David James**, M50 winner (79:56), and **Leah Whipple**, W50 first (93:09), ran well in claiming division wins.

• Dual record setters in the New Jersey Indoor Championships, Hackensack, Feb. 10, were NJ residents **Champion Goldy**, M85, 55m (10.00) and 200 (40.48); **Terrence Armstrong**, M30, 800 (1:59.59) and 1500 (4:07.51); and **Gregg Foster**, M40, 200 (24.68) and TJ (13.33). The Shore AC won the masters team title; the 30-39 title went to the Running Company.

• **Robert Judson**, 45, Bethesda, MD, 81:50, and **Jeanne Grillo**, 40, Potomac, MD, with a second-female 89:58, logged masters wins in the B&A Trail Half-Marathon, Severna Park, MD, March 3. **Matthew Mace**, 41, Arnold, MD, 2:59:34, took the M40+ contest in the marathon; **Laura Yasso**, 41, Center Valley, PA, was first W40+ (3:46:57).

• **Derrick Staley**, 43, 22:34, Ballston Lake, NY, and **Beth Stalker**, 42, Coeymans Hollow, NY, 26:00, scampared to masters firsts, Ruqin' of the Green 4 Mile, Green Island, NY, March 9. **Dale Keenan**, 51, Selkirk, NY, 22:47, and **Annie Stockman**, 69, Rensselaer, NY, 33:07, were standout division winners.

• **John McKim**, 43, Kings Park, NY, in 54:36, and **Elizabeth Ratner**, 41, Mineola, NY, with a one-second-out-of-first-place 60:59, reigned over the masters in the Kings Park 15K/LIT&F Championships, Kings Park, NY. **Lori Harfenes-Melnik**, 45, Plainview, NY, was W40+ runner-up in 62:26. The race, one of the KeySpan Grand Prix Series, drew 775 athletes and raised funds for the American Brain Tumor Foundation and local charities.

• **Steven Snover**, 41, Sunderland, MA, 55:18, and **Susan Hackney**, 45, Montpelier, VT, 66:42, scored masters firsts, Jones Town & Country 10 Mile, Amherst, MA, Feb. 24. **William Dixon**, 54, Brattleboro, VT, won the M50-59 race in 58:50. **Carlton Mendell**, 80, Portland, ME, finished in 1:58:40.

• **Chris Spinney**, 42, Lynn, MA, with a seventh-place 74:24, and **Donna Hurley**, 44, Spruce Head, ME, in 89:17, locked up masters firsts in the Massachusetts Law Enforcement Memorial Half-Marathon, Wakefield, MA; March 10. **Bob Sholl**, 55, Scarborough, ME, was 18th in 79:06.

• **Todd Coffin**, 40, Freeport, ME, 69:54, and **Nina Caron**, 42, Andover, MA, 82:36, sailed to masters wins, New Bedford (MA) Half-Marathon, March 17. **William Riley**, 65, Marston Mills, MA, was top masters performer with an 88:37. **Barbara Belanger**, 65, Fairhaven, MA, took the W65 race in 1:58:33.

• **Dave Berardi**, 41, Baltimore, MD, and **Joe Abernethy**, 42, College Park, MD, finished third (56:02) and fifth (56:09), respectively, 25th MD/DC RRCA Club Challenge 10 Mile, Columbia, MD, Feb. 24. In the women's race,

**Vanessa Cox**, 40, Laurel, MD, was fourth (67:12) and **Linda Wack**, 46, Germantown, MD, fifth (67:21).

• **Amador Ybanez**, 45, 21:19, and **Gillian Horowitz**, 46, 24:38, were first masters to cross the line at the NYRR St. Patrick's Day Spring Fling 4-Miler, Central Park, NYC, March 17. Age-group standouts included **George Hirsch**, 67, 28:00, and **Muriel Merl**, 76, 37:18.

• Masters champions at the NYRR Brooklyn Half-Marathon, March 9, were **Alan Ruben**, 45, 1:14:50, and **Gordon Bakoulis**, 41, 1:17:32 (first woman overall). Starring in their age-groups were **Alfred Finger**, 67, 1:32:23, and **Marilyn Greeley Walsh**, 58, 1:39:35.

## SOUTHEAST

• **Madelyn Noe-Schlentz**, 41, broke **Judy Fox's** 20-year-old W40 U.S. record (35:33.6) for the 10,000 with a 35:28.71 in the Raleigh Relays, NC, March 29. She was sixth in a college/open field of 36 in the evening race, with temps in the low 70s and humidity at 80%.

• Southern Knights Athletics, a new masters club in the Atlanta area, is staging a 5000 on the track to qualify M30-49/W30-49 runners for the A-A Standards of Excellence and its own All-Star and All-State Awards, May 25. It's the first of a series that will offer opportunities for runners to meet the Standards for all track events. The event starts with M40-49 at 7:00 a.m. at the club's training facility in College Park (Atlanta), Ga. Contact **Stewart Daniel**, 404-787-4445; e-



MITCHELL LOVETT

Kim Mannen #800, first W35 (2:28.44) in the 800, and **Lauren Eckhart**, third W30 (2:29.66), National Masters Indoor Championships, Boston.

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mail: [runningfool@mac.com](mailto:runningfool@mac.com).

• **Betty Wolf**, 48, Naples, FL, 22:29; **Susan Hughes**, 51, Natick, MA, 22:52; and **Liz Campbell**, 49, Ontario, CAN, 23:46; pegged the top three spots at the Hope For Children 5K, Naples, FL, March 10.

## MIDWEST

• **Everett Hosack**, Highland Heights, OH, who turned 100 on Feb. 28, established M100 indoor WRs for the 200 (2:22.81) and SP (12:00/3.66). USATF Lake Erie Championships, Baldwin Wallace College, Berea, OH, March 16.

• Despite a blizzard, over 80 athletes turned out for the USATF Midwest Masters Regional Indoor Championships, New Lenox, IL, March 9. **Thomas Bunner**, 46, swept the 55m (7.39), 200, PV, LJ, and TJ. **Harry Brown**, 72, included an 8.42 55m in his three sprint wins. **Jack Miller**, M65, sped to a 2:37.5 800. **Lynn Ingalls**, W55, flew to a 31.75 200 and 71.9 400. **Ron Summers**, second-ranked M45 for the 2001 outdoor season, hit 49-7/8 with the 16# shot.

## MID-AMERICA

• **Ron Parks**, M40, 16:01, and **Cheryl Litsch**, W40, 20:16, streaked to masters firsts, St. Patrick's Day 5K, Tulsa, March 16. **Donna Spencer** took the W50 race in 22:27. **W. Lemons**, 84, won the M75+ contest in 46:22.

• **Steven Ades**, M40, 34:34, and **S. Duethman**, W40, 41:33, wore masters winners' bonnets in the Easter Sun Run 10K, Wichita, KS, March 30. Top masters age-graders were **Paul Heitzman**, 71, whose 42:55 converts to a 31:22, and **Barbara Holzman**, 50, who ran a 43:14, an A-G 38:00.

## WEST

• **Craig Steinmaus**, 40, San Francisco, with an age-graded 87.6%, third-place 31:48, and **Barb Acosta**, 44, San Jose, CA, with an A-G 85.0%, fourth-female 37:58, were top masters performers in the San Jose Mercury News 10K, March 17. **Carmelo Rios**, 42, San Jose, was fifth in 33:26. **Dan Sauers**, 50, Mountain View, CA, ran an 84.1% 35:42 to win the M50 race.

• **Mike Krpan**, 48, Anaheim, CA, 38:01, was first M40+ in a ninth-place 38:01, while **Sheryl Snyder**, 48, Thousand Oaks, CA, was first female overall in 44:15, Great Race of Agoura 10K, Agoura Hills, CA, March 23. **Brett Darrington**, 41, Calabasas, CA, sped to a first overall in the 5K in 17:26. Top W40+ were two W50s: **Yoko Eichel**, 54, Woodland Hills, CA, fifth female in 22:08, and **Sue Empey**, Newbury Park, CA, 23:10. **Ted Noller**, 61, Thousand Oaks, bested the M60 field with a 20:47.

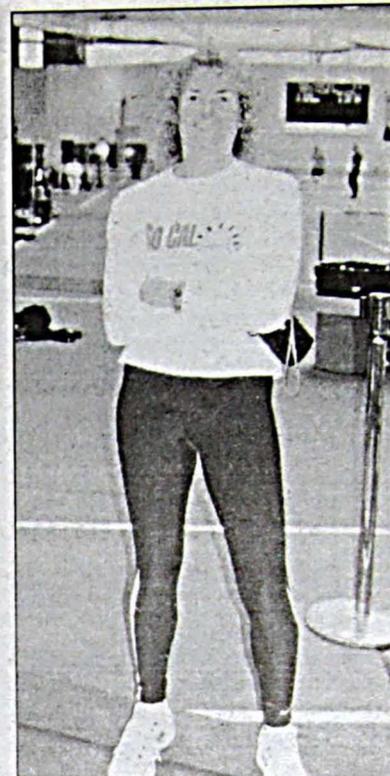
• Defending champion **Dennis Poolheco**, 41, Glendale, AZ, 7:46:52, continued his climb up the ranks of U.S. ultrarunning with a 45-minute victory over 50 miles of jeep trails at the Crown King Scramble, 40 minutes north of Phoenix, AZ, March 16. **Honey Albrecht**, 42, Phoenix, was Crown Queen, 10:03:15.

## NORTHWEST

• **Richard Lee**, M40, with a 13th-place 16:21, and **Jackie Holloway**, W40, in 18:47, forged masters firsts, St. Patrick's Day Rush 5K, Seattle, March 17, in a massive field of over 11,000 starters. **Jim McGill** won the M50 contest in 18:05. Senator **Maria Cantwell** (D), who defeated **Slade Gorton** (R) for the office, was a winner again, taking the W50 race with a 22:40.

## INTERNATIONAL

• **Rob Hand**, M40, held off **Andy Wilton**, M40, by two seconds to finish first (32:17) in the BVAF Cross-Country Championships, Mansfield, England, March 23. **Graham Patton** won the M60 race in 36:37. First in the 5K race for M70+ was **Stephen Charlton**, M75, in 22:05, over two minutes better than second M70+, **Thomas Wyer**. **Allison Hirst**, W35, won the 5K for women in 18:58. Notable times came from **Gillian Dean**, W50, 20:16, and **Pamela Jones**,



JERRY WOJCIK

Joni Shirley set a W55 mile world record with a 5:43.96, National Masters Indoor Championships, Boston.

W65, 24:05.

• **Barbara Nell**, of Johannesburg, set an age-47 WR for the 20K RW with a 1:49:16. South Africa Open Championships, Durban, March 22-23. Nell was the gold medalist in the 5000 and 10K racewalks. World Veterans Championships-Brisbane.

• **Anne Keenan-Buckley**, 40, Laois, Ireland, finished 10th in the world at the IAAF World Cross-Country Championships, Dublin, Ireland, March 24, running a 14:03 over the 4K course. She followed this return-to-form performance with a 32:18 10,000 at Camaiore, Italy, April 6, qualifying her for the Ireland squad for the European T&F Championships in Munich this August.

## CORRECTIONS

• **Earl Fee's** time of 29:40 in the Canadian X-C Championships in the February Masters Scene was for a 6K, which was run by the M70+, not an 8K.

## OBITUARIES

• **Kurt Gelbhaar**, M75, died while on a training run in Sudbury, Ontario, Canada, on Jan. 29. Born in Germany in 1923, he moved to Northern Ontario in 1949 to work in the mines. Gelbhaar held 19 Canadian t&f and road records. He won a gold medal in the 1500 (5:59.62) and a silver in the 10K X-C (48:54) at the World Veterans Championships-Brisbane.

• **Ed Bouldin**, 55, a long-time racewalking competitor, died unexpectedly of a heart attack on Christmas Eve. A two-time Olympic Trials qualifier in the 20K RW in 1976 and 1984 and a member of the Southern California walking and running communities, he was a regular participant in local, regional, and national events for more than 30 years, and masters champion in the 20K in 1988. Among those who knew him, **Larry Walker**, Olympic 20K walker, said, "I remember him always charging out fast. He was a tough competitor." **Bob Bowman**, former chair, National Racewalking Committee, said, "He loved to compete, and was always very friendly and a real gentleman." Bouldin, a retired Los Angeles County sheriff, owned and operated a limousine service until his death. He is survived by his wife, Julie, and family.

USA track and field 30 unless otherwise noted. Long distance and national masters age 40. International over 35. Entry fees printed in the newspaper or corrections to

## TRACK

### NA

June 21-23. Masters USAITF Open Championships, Mark Cleary, MA, 589-0242; [runner.com/Cleary.html](http://runner.com/Cleary.html). 800 only.

June 22-23. US Decathlon/Heptathlon, College of New Jersey, 24302 77th St., P. [pwatry@parkson.com](mailto:pwatry@parkson.com).

August 8-11. 35th Masters Championships, Orono, Rolland Memorial Gymnasium, 207-581-1077; <http://www.trackfield.html>.

September 7. U.S. Weight & Super West Seattle Stadium, Hillcrest Ave. SW, 932-3923; [kweibn.com](http://kweibn.com).

November 9. U.S. Weight Pentathlon, Amant, La. Jeff Gonzalez, LA 707-

Connecticut, Maryland, New Jersey, Pennsylvania

May 12 & 26. F. T.C. Williams, am. 703-671-2511.

May 15-19. Longisland Comm. N.Y. LISG, PO 11787. 631-266-11787. [www.longisland.com](http://www.longisland.com).

May 29. Phil USATF Mid-Atlantic Forge Military Area, [arendg@msn.com](mailto:arendg@msn.com).

June 1. Throw Reading, Pa. 1000s per event. W40 600g, 500g implement. WP team of two. 9000. Lutheran Rd., 610-754-6007;

June 2. Supervisors See Ray Feick, June 2. Garden Randolph, N.J. Madeline Boston, 07845. Morton

June 4, 11, 18. Meets, Roxbury

# Schedule

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

## TRACK & FIELD

### NATIONAL

**June 21-23.** Masters Invitational Events at USATF Open Championships, Stanford U. Mark Cleary, Masters Coordinator, 949-589-0242; runnermark@cox.net; www.xro.com/Cleary.html. M40+ 400 only; W40+ 800 only.

**June 22-23.** USATF National Masters Decathlon/Heptathlon Championships, College of New Jersey, Trenton. Jeff Watry, 24302 77th St., Paddock Lake, WI 53169. jwatry@parkson.com

**August 8-11.** 35th annual USATF National Masters Championships, U. of Maine, Orono. Rolland Ranson, U. of Maine, Memorial Gymnasium, Orono, ME 04469. 207-581-1077; mainetrack\_field@yahoo.com; http://www.ume.maine.edu/track/trackfield.html

**September 7.** USATF National Masters Weight & Superweight Championships, West Seattle Stadium. Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206-932-3923; kweinbel@attbi.com

**November 9.** USATF National Masters Weight Pentathlon Championships, St. Amant, La. Jeff Baty, 321 E. Josephine St., Gonzales, LA 70737. 225-644-6930.

### EAST

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

**May 12 & 26.** Potomac Valley TC Meets, T.C. Williams HS, Alexandria, Va. 8:30 am. 703-671-2520; www.pvtc.org

**May 15-19.** Long Island Senior Games, Suffolk Community College, Brentwood, N.Y. LISG, PO Box 1024, Smithtown, NY 11787. 631-265-2966; fax: 265-5239; www.longislandseniorgames.org

**May 29.** Philadelphia Masters Meet/USATF Mid-Atlantic Association, Valley Forge Military Academy, Wayne, Pa. 6 pm. arendg@msn.com

**June 1.** Throw-a-thon, Albright College, Reading, Pa. 15 implements - 3 implements per event, i.e., M60 6k, 5k, 4k HT; W40 600g, 500g, 400g JT. 3 throws per implement. WP scored individually and as team of two. 9:00 am. Ray Feick, 2987 Lutheran Rd., Gilbertsville, PA 19525. 610-754-6007; ffeick@aol.com

**June 2.** Superweight & Ultraweight Meet, See Ray Feick, June 1.

**June 2.** Garden State AC/Randolph Classic, Randolph, N.J. Open/Submasters/Masters. Madeline Bost, PO Box 458, Ironia, NJ 07845. Morton Hahn, 973-625-1764.

**June 4, 11, 18, 25.** Philadelphia Masters Meets, Roxborough HS, Philadelphia.

6:00 pm. Joel Dubow, 484-437-9463.

**June 8.** Philadelphia Masters Championship Meet, Valley Forge Military Academy, Radnor, Pa. 9:00 am. Joel Dubow, 484-437-9463.

**June 8.** Allegheny Valley Masters & Open Meet, Springdale HS, Springdale, Pa. 8:00 am. Bob Freund, Alle-Kiski Med. Ctr., Outpatient PT, 1620 Pacific Ave., Natrona Heights, PA 15065. 724-224-2166; fax: 224-3732.

**June 8.** Beverly Lions Age-Graded Meet, Beverly, Mass. 10 a.m. 978-969-2339; bevliions@aol.com

**June 9.** 11th annual Sports Classic, Rochester, N.H. Rene Lessard, 603-335-1770; hsc@gwi.net

**June 9.** NY Masters Spring Classic, Merchant Marine Academy, Kings Point, N.Y. SASE to Roz Katz, 170-11 65th Ave., Flushing, NY 11365. 718-358-6233 (7-9 pm NY time).

**June 9.** Colonie Mile, Colonie HS, Albany, N.Y. 518-435-4500; hmrrc.com

**June 9 & 23.** Potomac Valley TC Meets, T.C. Williams HS, Alexandria, Va. 8:30 am. 703-671-2520; www.pvtc.org

**June 22.** Vermont State Meet/Green Mountain Senior Games, Chester. Barbara Jordan, 802-658-4486.

**June 29.** West Penn TC Pittsylvania Mile, Carnegie Mellon U., Pittsburgh, Pa. 9:00 a.m. John Harwick, 348 Morris St., Clymer, PA 15728. 724-254-2369.

**July 27.** USATF East Regional Masters Championships, Springfield College, Springfield, Mass. www.usatfne.org

**August 4 & 18.** Potomac Valley TC Meets, T.C. Williams HS, Alexandria, Va. 8:30 am. 703-671-2520; www.pvtc.org

### SOUTHEAST

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

**May 3-5.** 32nd annual Southeastern U.S. Masters Meet, NC St. U., Raleigh. Pent/WP/5K & 20K RWs/Relays. SE US Masters, Box 590, Raleigh, NC 27602. 919-831-6640; www.geocities.com/southeastermasters

**May 4.** Jacksonville TC Masters Meet, Jacksonville, Fla. 904-388-7860.

**May 11.** Jacksonville TC Masters Meet, Bolles School Track, Jacksonville, Fla. Field-4 pm; track-6 pm. Lamar Strother, 1511 S. McDuff Ave., Jacksonville, FL 32205. 904-384-TRAK.

**May 18.** Hispanic American Classic Masters & Open Meet, Kissimmee, Fla. 407-658-8092.

**May 18.** Florida AC Meet, Kissimmee (Orlando). Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445-5607. 561-499-3370; email: bobfine@aol.com

**May 31.** Jacksonville TC Mile Festival, Bolles School Track, Jacksonville, Fla. 7:00 pm. See May 11.

**June 1.** Furman Track Classic, Furman U.,

Greenville, S.C. SASE to Adrian Craven, 109 Woodhaven Dr., Greenville, SC 29609. 864-233-0333.

**June 1.** Miami Northwest Express Meet, Miami, Fla. Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445-5607. 561-499-3370; email: bobfine@aol.com

**June 8.** Atlanta Track Club Masters & Open T&F Meet, Emory University Track, Atlanta, Ga. www.atlantatrackclub.org

**June 8.** USATF Florida Championships, Kissimmee (Orlando). See June 1.

**June 8.** Birmingham TC Classic/Southeast Police & Fireman Championships, Samford U., Birmingham, Ala. Glenn Ross, 205-942-0907; gross@jssc.cc.al.us. Entry form in April NMN.

**June 13-16.** Florida Sunshine State Games, Orlando, Fla. 850-488-8347.

**June 15.** Middle Tennessee St. U. Masters Meet, Murfreesboro. 615-851-2630.

**June 15.** Florida Sunshine Games, Palm Beach Gardens. Fla. residents only. See June 1.

**June 21.** Jacksonville TC All-Comers Meet, Bolles School Track, Jacksonville, Fla. 7:00 pm. 904-384-TRAK.

**June 22.** South Florida Meet/Florida AC, Palm Beach Gardens, See June 1.

**July 20.** Jacksonville TC Summer Classic, Bolles School Track, Jacksonville, Fla. Field - 5 pm; track 5:15 pm. Lamar Strother, 1511 S. McDuff Ave., Jacksonville, FL 32205. 904-384-TRAK.

**August 31-September 1.** USATF Southeast Regional Masters/PVA Championships, T.C. Williams HS, Alexandria, Va. Mark Richards Pentathlon & Special Weight Pentathlon on 31st. SASE to Potomac Valley Games, c/o V. Meyer, 2305 S. Buchanan St., Arlington, VA 22206. 703-671-2520; www.pvtc.org

### MIDWEST

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

**May 19.** North Coast Invitational, Brecksville, Ohio. Bob Walters, 440-526-5635; www.ohtc.org

**June 9.** USATF Indiana Championships, Indiana St. U., Terre Haute. Mark Rodriguez, Arena-Track Office, Indiana St. U., Terre Haute, IN 47809. 812-237-4044; www.indstate.edu/athletic/track/usasch02.html

**July 6.** Dayton Track Classic, Welcome Stadium, Dayton, Ohio. Bob Jones, 937-837-2754; BJRun1@Juno.com

**July 6.** Cleveland Classic Meet, Broadview Heights, Ohio. Robert L. Walters, Jr., 440-526-5635; rlwalters@prodigy.net; www.ohtc.org

### MID-AMERICA

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

**May 18-19.** Rocky Mt. Qualifier/USATF New Mexico Masters Championships, Milne Stadium, Albuquerque. Kathy Fones, 31 Sandhill Rd., Los Lunas, NM 87031. 505-865-8612; fax: 565-8387; email: foneskn@aol.com

**June 2.** Jolly Jogathon Meet, Marysville, KS. No entry fee. 10-yr. age groups. Cleve Walstrom, Marysville, KS 66508. 785-562-3050(h); 562-3021(w).

**June 4.** Twilight All-Comers Meet, Albuquerque, N.M. O/M. 505-925-5738.

**June 8.** USATF Mid-America Regional Masters & Open Championships, Friends U., Wichita, Kansas. Bill Butterworth, 316-684-2192; Mike Howe, Friends T&F Dept., 316-295-5620.

## ON TAP FOR MAY

### TRACK AND FIELD

The 32nd issue of the Southeastern U.S. Masters Meet opens on the 3rd for a three-day run in Raleigh, N.C. On the 11th, the perennial So. Calif. Striders Meet of Champions takes place at Long Beach St. U. The weekend of the 18th-19th holds the L.I. Sr. Games, Brentwood, N.Y.; Rocky Mt. Qualifier/USATF New Mexico Masters Championships, Albuquerque; Florida AC Meet, Kissimmee; North Coast Invitational, Brecksville, Ohio; and Central Calif. Assn. Championships, Visalia. UC-Irvine hosts the Dan Aldrich Memorial Meet on the 26th.

### LONG DISTANCE RUNNING

A vast array of offerings opens on the 5th with the Blue Cross Broad St. 10 Miler, Philadelphia; Long Island Marathon, East Meadow, N.Y.; and Bloomsday 15K, Spokane, Wash.; and closes on the 27th, Memorial Day, with the Truth/Gaska Tape/Bank One Great Race 5K, 10K, and Half-Marathon, Elkhart, Ind.; WZYP Cotton Row 10K, Huntsville, Ala.; and Colorado's Bolder Boulder. In-between options include the Old Kent River Run 25K, Grand Rapids, Mich., on the 11th; Silver State 50K & 50 Mile, Reno, Nev., on the 18th; Ogden Newspapers 20K Classic, Wheeling, W. Va., on the 25th; and the Med-City Marathon, Rochester, Minn., on the 26th.

### RACEWALKING

The National Masters 30K Championships go to Sacramento on the 5th. The USATF MAC 20K Championships stride off on the 19th, followed by the Long Island Championships, Hauppauge, N.Y., on the 26th □

**June 9.** USATF Minnesota Masters & Open Championships, National Sports Center (Minneapolis suburb). USATF MN Championships, 5429 Wooddale Ave., Edina, MN 55424. 651-777-4954.

**June 14-15.** Salina Senior Games, Salina, Kansas. Salina Parks & Rec., 300 W. Ash, Rm. #100, Salina, KS 67401. 785-309-5765.

**June 15.** Star of the North Games, St. Cloud, Minn. 800-756-STAR; www.starofthenorthgames.org.

**June 15-16.** USATF Iowa Championships, Johnston. O/Y/M. 515-225-3814.

**June 22-23.** Missouri State Senior Games, Columbia. Out-of-state welcome. Jack Miles, U. of Mo., 1105 Carrie Francke Dr., Rm. 1, Columbia, MO 65211. 573-882-1462; www.smsg.org (start in April).

**July 7.** USATF New Mexico Masters & Open Meet, Milne Stadium, Albuquerque. Kathy Fones, 31 Sandhill Rd., Los Lunas, NM 87031. 505-865-8612; fax: 565-8387;

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email: foneskn@aol.com

**August 4.** Blair Open Track Meet, Blair, Nebr. Mike Maryott, 1485 South St., Blair, NE 68008. 402-426-5955.

**August 24.** Halstead Masters & Open Meet, Halstead HS, Kansas. 4:00 pm. Bob Everoski, Halstead Recr. Commission, 316-835-3366, 835-2286.

**August 31-September 1.** Rocky Mountain Masters Games, U. of Colo., Boulder. Jim Weed, 1166 Eagle Rd., Broomfield, CO 80020. Jerry Donley, 719-635-1264. rocky.mtnmastersgames@msn.com

### SOUTHWEST

Arkansas, Louisiana, Mississippi,  
Oklahoma, Texas

**May 18.** Lions/Waterloo Championships, Leander, Texas. www.geocities.com/hurdle4fun

**May 24-25.** Speed by Choice Masters & Open Meet, Cedar Hill, Texas. 972-820-5941.

**May 25.** USATF Oklahoma Masters & Open Championships, Jenks. 918-495-4246.

**June 1.** 10th annual Lions/Waterloo Championships, Leander HS (n. of Austin), Texas. www.geocities.com/hurdle4fun

**June 8.** USATF Southwestern Masters Championships, Jesuit HS, Dallas. Lester Mount, 972-661-1551; lestermount@yahoo.com

**July 27.** Texas Masters Championships, site TBA. Wayne Bennett, vwrunner@aol.com; www.dallasmasters.com

**August 26-September 1.** Texas Senior Games Championships, Lubbock. Nancy Swallow, 877-747-7572; nancyswallow@lubbocksports.org

**September 19-22.** Arkansas Senior Olympics T&F Events, Hot Springs. Qualifying for 2003 NSGA Championships. AR Sr. Olympics, PO Box 3377, Hot Springs, AR 71914. 502-321-1441; email: arsolymp@hotsprings.net

### WEST

Arizona, California, Hawaii, Nevada

**May 4.** Arizona Regulation Meet, TBA, Ariz. Bob Flint, 480-949-1991; usatf@worldnet.att.net

**May 4.** KelField Throws Meet #105, Santa Cruz, Calif. G. Kelmenson, 831-458-0300; kelfield@aol.com

**May 5-6.** Sacramento Senior Games, Sacramento, Calif. 916-949-1191; kespos to@cityofsacramento.org

**May 11.** Southern California Striders Meet of Champions, Long Beach St. U. Hugh Cobb, 760-436-7696; fax: 439-3476; cobbh@aol.com

**May 17-18.** USATF Arizona Championships, Glendale CC, 480-949-1991; usatf@world.att.net

**May 18.** USATF Central California Association Championships, Visalia, Calif. Bob Higginbotham, 1026 W. Princeton, Visalia, CA 93277. 559-732-8030.

**May 26.** Dan Aldrich Memorial Meet, UC-Irvine, Calif. Mac McCormick, 949-305-2358.

**June 1.** Grand Canyon State Games, Tucson, Ariz. 480-517-9700.

**June 1.** USATF Pacific Championships, Hughes Stadium, Sacramento. Jerry Colman, 916-567-9690; sactc@aol.com

**June 1.** KelField Throws Meet #106, Santa Cruz, Calif. G. Kelmenson, 831-458-0300; kelfield@aol.com

**June 2.** Northern California Seniors TC/Mark Grubi Memorial Classic, Edwards Field, UC-Berkeley. Phone/fax entries: 415-457-8177; email: donrose43262@cs.com. Don Rose, 43 McAllister Ave., Kentfield, CA 94904.

**June 8.** Saddleback Masters Relays, Saddleback College, Mission Viejo, Calif. SASE to SM Relays, 26063 Saratoga Ave., Laguna Hills, CA 92653-6295.

**June 14-15.** Arizona Combined-Events Championships, TBA, Ariz. Bob Flint, 480-949-1991; usatf@worldnet.att.net

**June 15.** Crown Valley Senior Olympics, Pasadena CC, Pasadena, Calif. Qualifier for 2002 Calif. Sr. Games Championships. Christel Miller, director. Contact: Cynthia Rosedale, 626-685-6754; fax: 577-4235; email: cpr@pasadenaseniorecenter.org

**June 21-23.** Grand Canyon State Games Summer Competition, Tempe, Ariz. 480-517-9700.

**June 27-29.** Elko Senior Games, Joyce Mills, 775-777-2292

**June 29.** USATF SCA Championships, TBA, Calif. Andrew Hecker, 805-642-3879; www.trackinfo.org/sca.html

**June 29.** KelField Throws Meet #107, Santa Cruz, Calif. G. Kelmenson, 831-458-0300; kelfield@aol.com

**June 29.** San Diego Senior Olympics/Chuck McMahon Memorial Masters Meet, San Diego St. U. SDSSF, PO Box 84202, San Diego, CA 92138-1324. 619-226-1324; email: susan@sdseniorgames.org

**July 6.** California State Games, San Diego. Includes 5000RW and SC. Arnie Robinson, 619-263-7334; www.calstategames.org

**July 13-14.** USATF West Regional Masters Championships, Saddleback College, Mission Viejo, Calif. Mark Cleary, 18 Charca, Rancho Santa Margarita, CA 92688. 949-589-0242; runnermark@cox.net

**July 25-28.** Ely Senior Games, Ely, Nev. Holly Wilson, 775-289-3709.

**October 5.** 29th annual Club West Meet, Santa Barbara, Calif. Beverley Lewis, 805-969-5852, fax: 969-6613; Gordon McClenathen, 805-964-3005.

### NORTHWEST

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

**May 4.** Spring Fling Throwers Meet, West Seattle Stadium. Ken Weinbel, 206-932-3923; kweinbel@attbi.com

**May 25.** Oregon Senior Olympics, Silverton. Silverton RC, Box 783, Silverton, OR 97381. Amy Castle, 503-873-8577(h)

**June 1.** Seattle Parks Department Masters Meet, West Seattle Stadium. Dennis Cook, 206-684-7094.

**June 14-15.** Montana Senior Olympics, Bozeman. Open to out-of-state. MSG, 2200 Bridger Dr., Bozeman, MT 59715. Kay Newman, 406-586-5543.

**June 22-23.** Portland Masters Classic/Oregon Association Championships, Mt. Hood CC (Portland area). Paul Stepan, 3011 NE Linden, Gresham, OR 97030. 503-666-8950; lstepan@yahoo.com

**June 29-30.** Hayward Masters Classic, Eugene, Ore. Chuck Hammonds, 541-344-3000; info@haywardclassic.com; www.haywardclassic.com

**July 13-14.** State Games of Oregon, Mt. Hood CC (Portland area). General info: 503-520-1319; t&f: Keith Maneval, 503-667-7140.

**July 19-20.** USATF Northwest Regional Masters Championships, East HS, Salt Lake City, Utah. (Fri.-Sat. meet). John Kerman, kernj779@alpine.k12.ut.us

**July 19-20.** Big Sky Games, Billings, Mont. MT residents only. General info: 406-254-7426; www.bigskygames.org

**July 20.** Inland Northwest Masters CLAS-SIC, Pullman, Wash. Jeff Schaller, 435 SW

State St., Pullman, WA 99163. 509-332-3148(h); jeffschaller@turbonet.com

**July 27.** Seattle Masters Classic, West Seattle Stadium. Ken Weinbel, 206-932-3923; kweinbel@attbi.com

**August 8-11.** Wyoming Senior Olympics, Evanston. Open to out-of-state. Steve Liechty, Evanston Parks & Recr., 275 Saddleridge Rd., Evanston, WY 82930. 307-789-1770; www.eprd.net

**October 7-19.** Huntsman World Senior Games, St. George, Utah. 10K, 5K, 1500. Contact: 800-562-1268; www.seniorgames.net

### INTERNATIONAL

**May 3-4.** South Africa Masters Championships, Bellville Stadium (25K from Cape Town). Includes Deca/Hepta/10K & 20K RW. Basil Carnie, 38 Bolus Rd., Table View, Cape Town, SA 7441. 23-21-5578621.

**May 4-5.** VIII Elbio D. Porta Meet, Santa Fe, Argentina. CAVRA, tel/fax: 54-223-4819717; veteranos@yahoo.com

**August 15-25.** 13th European Veterans Athletics Championships, Potsdam, Germany. Leichtathletik-Verband Brandenburg e.V. Am Luftschiffhafen 2. D-14471 Potsdam. 0331-900100; fax: 0331-900101; www.LV-Brandenburg.de

**August 22-25.** North & Central American & Caribbean WMA Regional Championships, Leon, Mexico. Enrique Heredia Lozano, FMAVAC, eherediavaca@hotmail.com; www.angelfire.com/la3/fmav

**October 5-13.** World Masters Games, Melbourne, Australia. Multi-sport. WMG, Locked Bag 2002, South Melbourne, VIC 3205, AUST. E-mail: info@2002worldmasters.org; www.2002worldmasters.org

**November 3-10.** 11th South American Championships, Cochabamba, Bolivia. Pablo Vera, PO Box 24, Cochabamba, Bolivia. 591-4 4263068; fax: 591-4 4119200; anambol2002@yahoo.com

**July 2-13, 2003.** 15th World Masters Athletics Championships, Carolina, Puerto Rico. www.puertorico2003.org

### LONG DISTANCE RUNNING

#### NATIONAL

**May 2-5.** RRCA 45th Annual National Convention, Norfolk, Va. RRCA, 703-836-0558; www.rrca.org. Elizabeth River Run 10K/RRCA National Championships, May 4.

**June 1.** USATF National Masters Women's Championships/Freihofers 5K, Albany, N.Y. George Regan, 233 Fourth St., Troy, NY 12180. 518-273-0267.

**July 27.** USATF National Masters Championships/White River 50 Mile Trail, Crystal Mountain, Wash. Scott McCoubrey, 919 E. Pine St., Seattle, WA 206-325-4800; www.whiteriver50.org

**August 24.** USATF National Masters Championships/Headlands 50K Trail Race, Sausalito, Calif. Peter Franks, PO Box 26052, San Francisco, CA 94126. 415-636-4655; www.headlands50k.org

**September 14-15.** USATF National Masters 24-Hour Championships, Olander Park, Sylvania, Ohio. Dan Brannen, 4 Strawberry Ln., Morristown, NJ 07960. 973-898-1261; danbrannen@earthlink.net

**September 29.** USATF National Masters Marathon Championships/Twin Cities, Minneapolis/St. Paul, Minn. TCM, Inc., 2925 Dean Parkway, Ste. 110, Minneapolis,



VICTOR SAILER / PHOTO RUN

Claudia Kasen, second W45 (59:58), Gate River Run 15K, Jacksonville, Fla., March 9.

MN 55416. 612-925-3500; fax 925-3532; www.twincitiesmarathon.org

**October 19.** USATF National Masters Championships/Edmund Fitzgerald 100K, Duluth, Minn. Sue Olson, 157625 Judicial Rd., Burnsville, MN 55306. 952-892-1108; www.edmundfitz.com

**October 26.** USATF National Masters 15K Championships/Tulsa Run, Okla. Jack Wing, 4038 E. 48th St., Tulsa, OK 74135. 918-292-1939.

**November 3.** USATF National Masters 8K Cross-Country Championships, Rochester, N.Y. Peter Glavin, 160 Laney Rd., Rochester, NY 14620. 716-242-9031; www.gvh.net

**November 24.** USATF National Masters 5K Cross-Country Championships, Holmdel, N.J. Madeline Bost, PO Box 10120, New Brunswick, NJ 08906. 732-296-0006; www.usatf.org/assoc/nj

**December 14.** USATF National Masters 10K Cross-Country Championships, Rocklin, Calif. Joe Rubio, Venue Sports, 4035 S. Higuera, San Luis Obispo, CA 93401. joe@venuesports.com; www.resultzone.com/xcnatls

### EAST

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

**May 5.** Microsoft/USO Defenders 10 Mile, Washington, D.C. 301-871-0400; www.runwashington.com

**May 5.** Canon Long Island Marathon, East Meadow, N.Y. SASE to LI Marathon, Sports Unit, Eisenhower Park, East Meadow, NY 11554. 516-572-0248.

**May 5.** Pittsburgh Marathon, Pittsburgh, Pa. 412-647-7866; www.upmc.edu/pghmarathon

**May 5.** Blue Cross Broad Street Run, Philadelphia, Pa. Blue Cross Broad St. Run, P.O. Box 18543, Philadelphia, PA 19129; 215-563-6184; www.broadstreetrun.com

**May 12.** NYRR Mother's Day Half-Marathon, Central Park. NYRR, 212-860-4455; www.nyrrc.org

**May 18.** Kennett Square Run 5K, 10K & 5K RW, Kennett Square, Pa. 610-388-1556; www.kennetttrun.kennett.net

**May 19.** Somersworth Festival 5K, Somersworth, N.H. hools@worldpath.net

**May 21.** NYRR Carey Wall Street Rat Race 4.01K, NYC. 6:30 pm. See May 12.

**May 26.** Key Bank Vermont City Marathon, Burlington. 800-880-8149; www.vcm.org

**May 26.** Nissan Buffalo Marathon, Buffalo, N.Y. 716-694-5154; www.buffalomarathon.com

**June 1.** Moorestown Rotary 5K, Moorestown, N.J. 856-235-6344.

**June 1.** Komen National Race for the Cure

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5K, Washington nationalraceforth

**June 2.** New Hyo Park, N.Y. 516-34

**June 2.** Covere Quebec, Vt. davi.com

**June 8.** Shelter N.Y. Phone/fax: terisland-10k.co

**June 8.** NYRR N Park, NYC. 212-

**June 9.** Granby Country, Granby, June 13. (Thur.)

Police Appreciat Long Island, N grlirc.org

**June 15.** Capitol 932-9361.

**June 15.** Sauc Frick Park, Pitts 2369.

**June 15.** Mt. W Gorham, N.H. B racetime@gsrc.c

**June 16.** WABO Park, NYC. See July 7. Firecrack

Championships, 9157; www.lif.o

**July 13.** Spirit of Pa. 717-334-917

**July 13.** Sauc Frick Park, Pitts

**July 13.** Vyra Farmingdale, N glirc.org

**July 14.** 25th an Utica, N.Y. 3 maker.com

**July 20.** Suba Buffalo, N.Y. Delavan Ave., B 1652.

**July 21.** Indian State Park, Alb RRC. 435-4500

**July 30.** Yank Newburyport, I yankeerace.com

**SO** Alabama, FL S. Carol

**May 27.** (Men Row Run 10K Oaks, race di form: www.hu active.com

**June 2.** Biltmo 828-628-0187;

**July 4.** Peach Ga. Atlanta TC atlantatrackcl

**Illinois, India Wis**

**May 4.** Indi Marathon & S 4296; www.50

**May 5.** Flyir Ohio. 513-72 thon.com

**May 11.** Old K M&W Champ Tricia Vander com

**May 25.** Ogc Wheeling, W

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5K, Washington, D.C. 703-848-8884; nationalracefortheure.org

June 2. New Hyde Park 5 Miler, New Hyde Park, N.Y. 516-349-9157; www.litf.org

June 2. Covered Bridges Half-Marathon, Quechee, Vt. dave@cbhm.com; www.cbhm.com

June 8. Shelter Island 10K, Shelter Island, N.Y. Phone/fax: 631-749-RUNS; www.shelterisland-10k.com

June 8. NYRR New York Mini Marathon, Park, NYC. 212-860-4455;

June 9. Granby Charter Country, Granby, Mass. 413

June 13. (Thur.) David Le Police Appreciation Run 5K, Long Island, N.Y. 516-3

June 15. Capitol 5000, Har 932-9361.

June 15. Saucony Cross Frick Park, Pittsburgh, Pa. 2369.

June 15. Mt. Washington Gorham, N.H. Bob Teschel racetime@gtrs.com

June 16. WABC Father's Park, NYC. See June 8.

July 7. Firecracker Run 5K/10K, Massapequa, Long Beach, N.Y. 9157; www.litf.org

July 13. Spirit of Gettysburg, Pa. 717-334-9171; www.yw

July 13. Saucony Cross Frick Park, Pittsburgh, Pa. 724-254-2369.

July 13. Vytra Long Island Women's 5K, Farmingdale, N.Y. 516-349-7647; www.gilrc.org

July 14. 25th annual Utica Boilermaker 15K, Utica, N.Y. 315-797-5838; www.boilermaker.com

July 20. Subaru Buffalo 4-Mile Chase, Buffalo, N.Y. James Nowicki, 697 W. Delavan Ave., Buffalo, NY 14222. 716-881-1652.

July 21. Indian Ladder Trail 15K, Thacher State Park, Albany, N.Y. Hudson-Mohawk RRC, 435-4500; hmrrc.com

July 30. Yankee Homecoming 10 Mile, Newburyport, Mass. 978-463-3393; www.yankeerace.com

**SOUTHEAST**

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

May 27 (Memorial Day). WZYP Cotton Row Run 10K & 5K, Huntsville, Ala. Jim Oaks, race director, 256-536-1603; entry form: www.huntsvilletrackclub.org; www.active.com

June 2. Biltmore Estate 15K, Asheville, N.C. 828-628-0187; www.main.nc.us/kinawisca

July 4. Peachtree Road Race 10K, Atlanta, Ga. Atlanta TC, 3097 E. Shadowlawn Ave., Atlanta, GA 30305. 404-231-9064; www.atlantatrackclub.org

**MIDWEST**

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

May 4. Indianapolis 500 Festival Mini-Marathon & 5K, Indianapolis, Ind. 800-638-4296; www.500festival.com

May 5. Flying Pig Marathon, Cincinnati, Ohio. 513-721-7447; www.flyingpigmarathon.com

May 11. Old Kent River Bank Run 25K/Open M&W Championships, Grand Rapids, Mich. Tricia Vandenberg, runinfo@riverbankrun.com

May 25. Ogden Newspapers 20K Classic, Wheeling, W. Va. Ogden Mile on 24th.

Ogden20Kclassic.com; email: Ogden20K@aol.com

May 25. Bayshore Marathon, Traverse, Mich. 231-941-8118; www.bayshoremarathon.org

May 25-27. Great Race XXII 5K, 10K, & Half-Marathon, Goshen-Elkhart, Ind. 219-296-5890; fax: 293-8324; www.thegreatrace.net

June 8. Steamboat Classic 4 Mile, Peoria, Ill. 309-657-2478; www.steamboatclassic.org

Finish Line, 7846 Connie Dr., Huntington Beach, CA 92648; www.nealand.com/finishline

May 5. Avenue of the Giants Marathon & 10K, Humboldt Redwoods State Park, Calif. www.humboldt1.com/~avenue

May 18. Silver State 50K & 50 Mile, Reno, Nev. 775-324-5310.

May 18. Palos Verdes Marathon, Los Angeles. 310-828-4123; www.active.com

May 19. Examiner Bay to Breakers 12K, San Francisco, Calif. www.baytobreakers.com

May 19. San Francisco Half-Marathon, San Francisco, Calif. 949-438-1111; www.sfrun.com

May 19. San Francisco Marathon, San Francisco, Calif. 949-438-1111; www.sfrun.com

May 19. San Francisco 5K, San Francisco, Calif. 949-438-1111; www.sfrun.com

May 19. San Francisco 10K, San Francisco, Calif. 949-438-1111; www.sfrun.com

May 19. San Francisco 15K, San Francisco, Calif. 949-438-1111; www.sfrun.com

May 19. San Francisco 20K, San Francisco, Calif. 949-438-1111; www.sfrun.com

May 19. San Francisco 25K, San Francisco, Calif. 949-438-1111; www.sfrun.com

May 19. San Francisco 30K, San Francisco, Calif. 949-438-1111; www.sfrun.com

May 19. San Francisco 35K, San Francisco, Calif. 949-438-1111; www.sfrun.com

May 19. San Francisco 40K, San Francisco, Calif. 949-438-1111; www.sfrun.com

May 19. San Francisco 45K, San Francisco, Calif. 949-438-1111; www.sfrun.com

May 19. San Francisco 50K, San Francisco, Calif. 949-438-1111; www.sfrun.com

May 19. San Francisco 55K, San Francisco, Calif. 949-438-1111; www.sfrun.com

May 19. San Francisco 60K, San Francisco, Calif. 949-438-1111; www.sfrun.com

May 19. San Francisco 65K, San Francisco, Calif. 949-438-1111; www.sfrun.com

May 19. San Francisco 70K, San Francisco, Calif. 949-438-1111; www.sfrun.com

May 19. San Francisco 75K, San Francisco, Calif. 949-438-1111; www.sfrun.com

May 19. San Francisco 80K, San Francisco, Calif. 949-438-1111; www.sfrun.com

May 19. San Francisco 85K, San Francisco, Calif. 949-438-1111; www.sfrun.com

May 19. San Francisco 90K, San Francisco, Calif. 949-438-1111; www.sfrun.com

May 19. San Francisco 95K, San Francisco, Calif. 949-438-1111; www.sfrun.com

May 19. San Francisco 100K, San Francisco, Calif. 949-438-1111; www.sfrun.com

May 19. San Francisco 105K, San Francisco, Calif. 949-438-1111; www.sfrun.com

May 19. San Francisco 110K, San Francisco, Calif. 949-438-1111; www.sfrun.com

May 19. San Francisco 115K, San Francisco, Calif. 949-438-1111; www.sfrun.com

May 19. San Francisco 120K, San Francisco, Calif. 949-438-1111; www.sfrun.com

May 19. San Francisco 125K, San Francisco, Calif. 949-438-1111; www.sfrun.com

May 19. San Francisco 130K, San Francisco, Calif. 949-438-1111; www.sfrun.com

May 19. San Francisco 135K, San Francisco, Calif. 949-438-1111; www.sfrun.com

May 19. San Francisco 140K, San Francisco, Calif. 949-438-1111; www.sfrun.com

May 19. San Francisco 145K, San Francisco, Calif. 949-438-1111; www.sfrun.com

May 19. San Francisco 150K, San Francisco, Calif. 949-438-1111; www.sfrun.com

May 19. San Francisco 155K, San Francisco, Calif. 949-438-1111; www.sfrun.com

May 19. San Francisco 160K, San Francisco, Calif. 949-438-1111; www.sfrun.com

May 19. San Francisco 165K, San Francisco, Calif. 949-438-1111; www.sfrun.com

www.ncm.ca

July 7. Calgary Herald Stampede 10K, Calgary, Alberta. 403-264-2996; www.stampederoadrace.com

**INTERNATIONAL**

May 18. BVAf Road Relays, Sutton Park, Birmingham, England. www.bvaf.org.uk

May 24-26. WMA Non-Stadia Championships, Riccione, Italy (s. of Venice). www.riccione2002wma.org

May 26. Vienna City Marathon, Vienna, Austria. www.vienne-merethon.com

June 8. Stockholm Marathon, Stockholm, Sweden. (46)8-667-19-30; www.marathon.se

June 8-9. Argentina National Masters 10K & Marathon Championships, Bahia Blanca. CAVRA, tel/fax: 54-223-4819717; veteranos@yahoo.com

June 23. Brugge Veterans Race, Brugge, Belgium. Jacques Serruys, Kammakersstraat 37, 8000 Brugge, Belgium. 0032-50-341781; fax: 0032-50-334325; email: evaa.serruys@skynet.be

July 27-28. BVAf Championships, Cophthall, North London, England. www.bvaf.org.uk

**RACEWALKING**

May 5. USATF National Masters 30K RW Championships, Sacramento, Calif. Ann Gerhardt, Buffalo Chips Club. PO Box 19910, Sacramento, CA 95819. 916-457-3466; fax: 457-0151.

May 19. USATF MAC 20K RW Championships, NYC. 212-628-1317.

May 26. USATF Long Island 20K RW Championships, Hauppauge, N.Y. 631-979-9603.

June 2. USATF National Masters 15K RW Championships, Evansville, Ind. Mike Hudson, Southern Indiana RWers, 1005 Meadowbrook Dr., Evansville, IN 47712. 812-477-0304; fax: 477-5836.

June 15. Crown Valley Senior Olympics, Pasadena CC, Pasadena, Calif. Qualifier for 2002 Calif. Sr. Games Championships. Jim Hanley, director. Contact: Cynthia Rosedale, 626-685-6754; fax: 577-4235; email: cpr@pasadenaseniorgames.org

June 23. USATF MAC 15K RW Championships, NYC. 212-628-1317.

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September 28. USATF National Masters One-Hour RW Championships, St. James, N.Y. Michael Roth, Walk USA, 185 Lake Ave., St. James, NY 11780. 631-584-9824; mjroth@IX.netcom.com

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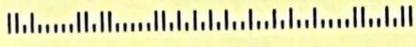
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**NORTHWEST**

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

May 5. Bloomsday 12K, Spokane, Wash. www.bloomsdayrun.org

May 19. Capital City Marathon, Olympia, Wash. 360-786-1786; www.capitalcitymarathon.org

May 26. Wyoming Marathon, Laramie. Brent Weigner, 307-635-3316; Runwoyo26point2@compuserve.com

May 27. Up the Lazy River 10K/Oregon RRC Masters Championships, West Linn (10 miles s. of Portland), Ore. David Cook, 619 N.W. Alpine Terrace, Portland, OR 97210. 503-226-6993; dave-cook@attbi.com; www.orrc.net

June 8. Sound to Narrows 12K, Tacoma, Wash. 253-597-8925; www.soundtonarrows.com

June 22. Mayor's Midnight Sun Marathon, Half-Marathon, & 5K, Anchorage, Alaska. 907-786-1325; www.runanchorage.com

July 4. Pacific Continental Bank Butte to Butte 10K, Eugene, Ore. 541-687-1989; buttetobutte.org

July 24. Deseret News/Granite Furniture Marathon & 10K, Salt Lake City. 801-270-7260; www.desnews.com/run

**CANADA**

May 5. Vancouver International Marathon & Half-Marathon. 604-872-2928; www.adidasvanmarathon.ca

May 11-12. National Capital Race Weekend, Ottawa, Canada. Marathon, Half-Marathon.

May 11. New Prague Half-Marathon, New Prague, Minn. 952-758-4360; www.newprague.com

May 26. Med-City Marathon, Rochester, Minn. 507-282-1411; www.medcitymarathon.com

May 27. Celestial Seasonings Bolder Boulder 10K, Boulder, Colo. cbosley@bolderboulder.com

June 2. UMKC Trinity Hospital Hill Half-Marathon, 12K, & 5K, Kansas City, Mo. 816-235-6012; www.mararunning.org

June 7-9. Jesus Run Weekend Festival Marathon, Half-Marathon, & 5K, Denver, Colo. 888-713-5700; www.jesurun.org

June 9. Garden of the Gods 10 Mile, Manitou Springs, Colo.

June 22. Grandma's Marathon & Gary Bjorklund Half-Marathon, Duluth, Minn. 218-727-0947; www.grandmasmarathon.com

July 13. Midnight Madness 10K & 5K, Ames, Iowa. Roman Lynch, PO Box 266, Ames, IA 50010. 515-232-6131.

July 20. Quad-City Times Bix 7, Davenport, Iowa. Ed Froehlich, edfroehlich@home.com

**SOUTHWEST**

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

May 11. Route 66 Challenge 8K, Davenport, Okla. www.okrunner.com

May 25. Lone Star Paper Chase Marathon/Relay & 5K, Amarillo, Texas. 800-692-4052, x3451; www.insidetexasrunning.com

July 4. Sportspectrum Firecracker 5K, Shreveport, La. Matt Brown, 7607 Youree Dr., Shreveport, LA 71105. 318-798-1241.

July 4. Bethany 8K Classic, Bethany, Okla. www.okrunner.com

**WEST**

Arizona, California, Hawaii, Nevada

May 1. Jacqueline Hansen Tough Topanga 10K, Topanga, Calif. 310-455-8612; jqhansen@aol.com

May 4. Hillsea 7.57 Mile, Huntington Beach, Calif. Staggered start. SASE to

Continued from page 26

5K, Washington, D.C. 703-848-8884; nationalraceforthechcure.org  
**June 2.** New Hyde Park 5 Miler, New Hyde Park, N.Y. 516-349-9157; www.litf.org  
**June 2.** Covered Bridges Half-Marathon, Quechee, Vt. dave@cbhm.com; www.cbhm.com  
**June 8.** Shelter Island 10K, Shelter Island, N.Y. Phone/fax: 631-749-RUNS; www.shelterisland-10k.com  
**June 8.** NYRR New York Mini 10K, Central Park, NYC. 212-860-4455; www.nyrrc.org  
**June 9.** Granby Charter Day 5K Cross-Country, Granby, Mass. 413-467-3331.  
**June 13.** (Thur.) David Lerner Long Island Police Appreciation Run 5K, East Meadow, Long Island, N.Y. 516-349-7646; www.grlirc.org  
**June 15.** Capitol 5000, Harrisburg, Pa. 800-932-9361.  
**June 15.** Saucony Cross-Country Series, Frick Park, Pittsburgh, Pa. 10 am. 724-254-2369.  
**June 15.** Mt. Washington 7.6 Road Race, Gorham, N.H. Bob Teschek, 603-863-2537; racetime@gsrcs.com  
**June 16.** WABC Father's Day 5K, Central Park, NYC. See June 8.  
**July 7.** Firecracker Run 5K/USATF LI Men's Championships, Massapequa, N.Y. 516-349-9157; www.litf.org  
**July 13.** Spirit of Gettysburg 5K, Gettysburg, Pa. 717-334-9171; www.ywcagettsburg.org  
**July 13.** Saucony Cross-Country Series, Frick Park, Pittsburgh, Pa. 724-254-2369.  
**July 13.** Vytra Long Island Women's 5K, Farmingdale, N.Y. 516-349-7647; www.glirc.org  
**July 14.** 25th annual Utica Boilermaker 15K, Utica, N.Y. 315-797-5838; www.boilermaker.com  
**July 20.** Subaru Buffalo 4-Mile Chase, Buffalo, N.Y. James Nowicki, 697 W. Delavan Ave., Buffalo, NY 14222. 716-881-1652.  
**July 21.** Indian Ladder Trail 15K, Thacher State Park, Albany, N.Y. Hudson-Mohawk RRC, 435-4500; hmrc.com  
**July 30.** Yankee Homecoming 10 Mile, Newburyport, Mass. 978-463-3393; www.yankeerace.com

**SOUTHEAST**

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

**May 27 (Memorial Day).** WZYP Cotton Row Run 10K & 5K, Huntsville, Ala. Jim Oaks, race director, 256-536-1603; entry form: www.huntsvilletrackclub.org; www.active.com  
**June 2.** Biltmore Estate 15K, Asheville, N.C. 828-628-0187; www.main.nc.us/kinawisca  
**July 4.** Peachtree Road Race 10K, Atlanta, Ga. Atlanta TC, 3097 E. Shadowlawn Ave., Atlanta, GA 30305. 404-231-9064; www.atlantatrackclub.org

**MIDWEST**

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

**May 4.** Indianapolis 500 Festival Mini-Marathon & 5K, Indianapolis, Ind. 800-638-4296; www.500festival.com  
**May 5.** Flying Pig Marathon, Cincinnati, Ohio. 513-721-7447; www.flyingpigmarathon.com  
**May 11.** Old Kent River Bank Run 25K/Open M&W Championships, Grand Rapids, Mich. Tricia Vandenberg, runinfo@riverbankrun.com  
**May 25.** Ogden Newspapers 20K Classic, Wheeling, W. Va. Ogden Mile on 24th.

Ogden20Kclassic.com; email: Ogden20K@aol.com  
**May 25.** Bayshore Marathon, Traverse, Mich. 231-941-8118; www.bayshoremarathon.org.  
**May 25-27.** Great Race XXII 5K, 10K, & Half-Marathon, Goshen-Elkhart, Ind. 219-296-5890; fax: 293-8324; www.thegreatrace.net  
**June 8.** Steamboat Classic 4 Mile, Peoria, Ill. 309-657-2478; www.steamboatclassic.org  
**June 8.** Sunburst Marathon/Relay, 10K, & 5K, South Bend, Ind. 574-284-3394; www.sunbursttraces.org  
**June 17.** Mohican Trail 100 Mile. Loudonville, Ohio. 440-546-0115.  
**June 23.** Cellcom Green Bay Marathon, Green Bay, Wisc. 800-889-1859; www.greenbaymarathon.com  
**July 19.** Andersen's Bastille Day 5K, Chicago, Ill. 773-868-3010, x228; andersen.com/bastilledayrace  
**July 28.** Johnnycayke Jog 5 Mile, Painesville, Ohio. Jim Murphy, 7085 Mentor Ave., Willoughby, OH 44094. 800-947-2737.

**MID-AMERICA**

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

**May 4.** Melpomene 5K Run & Walk, St. Paul, Minn. Separate races for men & women. 651-688-9143; www.melpomene.org  
**May 5.** Lincoln Marathon, Lincoln, Nebr. 402-438-3504; www.lincolnrun.org  
**May 11.** New Prague Half-Marathon, New Prague, Minn. 952-758-4360; www.newprague.com  
**May 26.** Med-City Marathon, Rochester, Minn. 507-282-1411; www.medcitymarathon.com  
**May 27.** Celestial Seasonings Bolder Boulder 10K, Boulder, Colo. cbosley@bolderboulder.com  
**June 2.** UMKC Trinity Hospital Hill Half-Marathon, 12K, & 5K, Kansas City, Mo. 816-235-6012; www.mara-running.org  
**June 7-9.** Jesus Run Weekend Festival Marathon, Half-Marathon, & 5K, Denver, Colo. 888-713-5700; www.jesusrun.org  
**June 9.** Garden of the Gods 10 Mile, Manitou Springs, Colo.

**June 22.** Grandma's Marathon & Gary Bjorklund Half-Marathon, Duluth, Minn. 218-727-0947; www.grandmasmarathon.com

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**July 20.** Quad-City Times Bix 7, Davenport, Iowa. Ed Froehlich, edfroehlich@home.com

**SOUTHWEST**

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**May 11.** Route 66 Challenge 8K, Davenport, Okla. www.okrunner.com  
**May 25.** Lone Star Paper Chase Marathon/Relay & 5K, Amarillo, Texas. 800-692-4052, x3451; www.InsideTexasRunning.com  
**July 4.** Sportspectrum Firecracker 5K, Shreveport, La. Matt Brown, 7607 Youree Dr., Shreveport, LA 71105. 318-798-1241.  
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**WEST**

Arizona, California, Hawaii, Nevada

**May 1.** Jacqueline Hansen Tough Topanga 10K, Topanga, Calif. 310-455-8612; jqhansen@aol.com  
**May 4.** Hillsea 7.57 Mile, Huntington Beach, Calif. Staggered start. SASE to

Finish Line, 7846 Connie Dr., Huntington Beach, CA 92648; www.nealand.com/finishline  
**May 5.** Avenue of the Giants Marathon & 10K, Humboldt Redwoods State Park, Calif. www.humboldt1.com/~avenue  
**May 18.** Silver State 50K & 50 Mile, Reno, Nev. 775-324-5310.  
**May 18.** Palos Verdes Marathon, Los Angeles. 310-828-4123; www.active.com  
**May 19.** Examiner Bay to Breakers 12K, San Francisco. breakers@examiner.com  
**May 26-27.** Pfizer Flo-Jo Memorial Half-Marathon & 5K, Laguna Hills, Calif. 949-452-3466; 760-434-7706; www.flojourun.ocnow.com  
**June 1.** YMCA World's Largest Run 5K, Orange, Calif. SASE to Finish Line, 7846 Connie Dr., Huntington Beach, CA 92648; www.nealand.com/finishline  
**June 1.** Fontana Days Half-Marathon & 5K, Fontana, Calif. 909-428-8360; brantle@fontana.org  
**June 2.** Rock 'N' Roll Marathon, San Diego, Calif. 858-450-6510; www.mrmara.com  
**June 8.** Sober, Safe & Healthy 3 Mile, Long Beach, Calif. See June 1, YMCA 5K.

**July 9.** Liberty 4 Mile Run/Walk, San Diego, Calif. Across Coronado Bridge. Kinane Events, 760-434-7706; www.kinaneevents.com  
**June 16.** Platinum Performance State Street Mile, Santa Barbara, Calif. Meghan Reinschild, 805-568-2316; www.sbmile.com  
**June 22.** Shriner's Capital Challenge 8K, Sacramento, Calif. 916-929-4786; www.goldmedal.com  
**July 14.** Eden Medical Center's Run to the Lake 10K & 5K, Castro Valley, Calif. 415-759-2690; www.RhodyCo.com  
**July 28.** Wharf to Wharf 6 Mile, Santa Cruz, Calif. 831-475-2196; wharftowharf.com  
**July 28.** Chronicle San Francisco Marathon/Relay, Half-Marathon, & 5K. 800-698-8699; www.chroniclemarathon.com

**NORTHWEST**

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

**May 5.** Bloomsday 12K, Spokane, Wash. www.bloomsdayrun.org  
**May 19.** Capital City Marathon, Olympia, Wash. 360-786-1786; www.capitalcitymarathon.org  
**May 26.** Wyoming Marathon, Laramie. Brent Weigner, 307-635-3316; Runwyo26point2@compuserve.com  
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**July 4.** Pacific Continental Bank Butte to Butte 10K, Eugene, Ore. 541-687-1989; buttetobutte.org  
**July 24.** Deseret News/Granite Furniture Marathon & 10K, Salt Lake City. 801-270-7260; www.desnews.com/run

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**May 5.** Vancouver International Marathon & Half-Marathon. 604-872-2928; www.adidasvanmarathon.ca  
**May 11-12.** National Capital Race Weekend, Ottawa, Canada. Marathon, Half-Marathon.

www.ncm.ca  
**July 7.** Calgary Herald Stampede 10K, Calgary, Alberta. 403-264-2996; www.stampederoadrace.com

**INTERNATIONAL**

**May 18.** BVAf Road Relays, Sutton Park, Birmingham, England. www.bvaf.org.uk  
**May 24-26.** WMA Non-Stadia Championships, Riccione, Italy (s. of Venice). www.riccione2002wma.org  
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# RECIPIENTS OF ALL-AMERICAN AWARDS

**M30-34**  
 Chris Essick 60 hh I 8.88 3-23-02  
 Jeffrey Townsend 3000 I 8:50.9 3-22-02

**M40-44**  
 James Brown W 14.79 3-2-02  
 Dexter McCloud 60 hh I 8.73 3-23-02  
 Randy Miller 3K SC 11:29.10 3-23-02

**M45-49**  
 Bob Blackburn LJ 18-8 3-14-02  
 Jack Harbaugh 3000 I 10:03.28 3-22, 24-02

**M50-54**  
 Robert Berke PV 3.55 3-160-02  
 John Holmes P 3140 3-22-02  
 Michael Moser P 2663 3-22-02  
 Spider Rossiter Mile 5:10 3-23-02  
 William Weigel 3K SC 12:48.6 7-27-01

**M55-59**  
 Troy Scoggins 100 12.46 3-6-02

**M60-64**  
 Henry Buyny 60m I 8.99 3-9-02  
 Roger Corliss SP 12.84 2-23, 24-02

**M65-69**  
 Adolph Kuegler SP 12.29 2-10-02  
 Paul Robillia 1500 5:36.75 2-17-01  
 5K 20:33:60 3-2-02

**M70-74**  
 Donald Hudson 60m I 9.32 3-23-02

**M40-44**  
 Carol Whipple 10K 43:59 7-15-01



## U.S. MASTERS ALL-AMERICAN STANDARDS

FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
55	6.8	6.9	7.1	7.2	7.4	7.9	8.1	8.4	8.9	9.4	10.4	11.8	13.5
60	7.4	7.55	7.7	7.85	8.05	8.5	9.0	9.25	9.5	10.0	11.2	12.8	16.8
100	11.0	11.3	11.5	11.9	12.2	12.8	13.2	13.8	14.6	16.0	18.0	23.0	
200	22.4	23.2	23.8	24.6	25.5	27.0	27.9	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	98.0	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	4:20	4:22	4:24	4:35	4:45	5:10	5:20	5:45	6:30	7:20	8:10	9:20	
Mile	4:40	4:40	4:50	5:00	5:10	5:30	6:00	6:15	6:55	8:20	8:45	10:15	
3000	9:25	9:40	10:00	10:25	10:45	11:15	11:50	12:45	13:40	15:50	19:10	23:00	26:00
5000	15:45	16:00	16:15	16:45	17:30	18:25	19:30	21:00	23:30	26:00	29:00	32:30	
10000	32:30	32:50	33:30	36:00	38:00	39:00	40:30	44:00	48:30	54:30	61:15	68:30	
55H	8.6	8.7	9.0	9.5	10.0	10.3	10.6	10.9	11.2	11.6	12.5		
60H	9.0	9.3	9.4	9.8	10.3	10.6	10.9	11.1	11.4	12.0	13.6		
110H	15.4	16.5	17.8	18.8									
100H					18.0	19.0	20.0	21.0					
80H									18.0	21.0	25.0	30.0	
400H	58.0	60.0	62.0	64.0	68.0	71.0							
300H					48.0	51.0	55.0	60.0	67.0	75.0	85.0	95.0	
3K-SC	10:10	10:30	11:45	12:40	13:30	14:00							
2K-SC							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	
	6-2 1/4	6-1/4	5-9/4	5-6	5-3	4-11	4-9	4-6 1/4	4-1 1/4	3-9/4	3-3/4	2-7/4	
PV	4.40	4.10	3.95	3.70	3.55	3.05	2.70	2.40	2.30	2.00	1.80	1.30	
	14-5/4	13-5/4	12-11/4	12-1 1/4	11-7/4	10-0	8-10/4	7-10/4	7-8/4	6-6 1/4	5-10/4	4-3/4	
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	
	21-4	20-1/4	19-2 1/4	18-4 1/4	17-8 1/4	16-1 1/4	14-9	13-9/4	12-5 1/4	10-11 1/4	9-4 1/4	7-2 1/4	
TJ	13.20	12.60	11.50	10.80	10.40	9.50	8.90	8.20	6.96	6.50	5.94	5.51	
	43-3/4	41-1/4	37-8/4	35-5/4	34-1 1/4	31-2	29-2 1/4	26-11	22-10	21-4	19-6	19-5/4	
Shot	14.50	14.02	13.41	12.62	13.10	12.00	12.80	11.50	11.00	9.00	8.00	6.00	
	47-7	46-0	44-0	41-5	42-11 1/4	39-4 1/4	42-0	37-8 1/4	36-1 1/4	29-6 1/4	26-3	19-8 1/4	
Discus	44.80	42.80	39.50	37.50	42.00	41.00	42.00	39.00	34.00	26.00	22.00	15.24	
	147-0	140-5	129-7	123-0	137-9	134-6	137-9	127-11	111-6	85-4	72-2 1/4	50-0	
Hammer	47.24	44.20	40.00	39.00	39.00	36.00	36.00	32.00	30.00	24.00	20.00	17.07	
	155-0	145-0	131-3	127-11	127-11	118-1	118-1	105-0	98-5	78-9	65-7 1/4	56-0	
Javelin	62.00	56.00	48.76	47.00	43.00	41.00	39.00	35.00	31.00	24.00	19.00	14.02	
	203-5	183-9	160-0	154-2	141-1	134-6	127-11	114-10	101-8	78-9	62-4	46-0	
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00			6.00	5.00	4.00	3.00	
	49-2 1/4	45-11 1/4	42-8	39-4 1/4	32-9 1/4	29-6 1/4			19-8 1/4	16-4 1/4	13-1 1/4	9-10	
25#Wt.							11.50	10.00	9.00	7.30	5.30	4.50	
							37-8 1/4	32-9 1/4	29-6 1/4	23-11 1/4	17-4 1/4	14-9	
56#Wt.	9.50	9.00	8.50	8.00	6.00	5.50	5.00	4.50	3.50	3.00	2.50	2.00	
	31-2	29-5 1/4	27-10 1/4	26-3	19-8 1/4	18-1/4	16-4 1/4	15-1/4	11-5 1/4	9-10	8-2 1/4	6-6 1/4	
Pent.	2800	2600	2600	2600	2600	2600	2600	2600	2600	2400	2200	2000	
Decath.	5500	5250	5250	5000	5200	5000	4500	5000	4800	4200	3000	2500	
Wt. Pent.	2800	2700	2800	3000	3000	3000	3000	3000	2600	2700	3000	3000	

## U.S. MASTERS ALL-AMERICAN STANDARDS

FOR WOMEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	
100	13.8	14.1	14.4	15.0	15.5	16.4	16.8	18.6	19.8	22.0	25.0	
200	28.0	28.8	30.0	31.6	33.0	35.0	37.0	39.0	42.0	48.0	52.0	
400	63.5	65.5	68.0	70.0	78.6	80.0	83.0	84.0	86.0	98.0	104.0	
800	2:33	2:35	2:40	2:46	2:54	3:10	3:20	3:36	3:56	4:30	5:40	
1500	5:10	5:20	5:30	5:40	6:00	6:20	6:45	7:30	8:00	8:50	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	
3000	11:30	11:50	12:00	12:30	14:00	14:30	15:00	16:00	18:30	20:00	23:00	
5000	19:45	20:15	21:00	22:00	23:30	24:50	26:00	28:00	30:00	34:00	36:00	
10000	41:30	42:40	44:00	48:00	50:00	52:00	56:00	60:00	66:00	76:00	85:00	
100H	17.2	18.2										
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0	
400H	75.0	79.0	84.0	88.0								
300H					66.0	72.0	79.0	87.0	96.0	110.0	120.0	
HJ	1.40	1.35	1.27	1.22	1.12	1.07	1.02	0.97	0.92	0.89	0.84	
	4-7	4-5	4-2	4-0	3-8	3-6	3-4	3-2 1/4	3-0 1/4	2-11	2-9	
PV	2.70	2.40	2.10	1.80	1.50	1.20	1.10	1.00	0.90	0.80	0.70	
	8-10 1/4	7-10 1/4	6-10 1/4	5-10 1/4	4-11	3-11 1/4	3-7 1/4	3-3 1/4	2-11 1/4	2-7 1/4	2-3 1/4	
LJ	4.60	4.42	4.04	3.81	3.40	3.20	3.10	2.60	2.30	2.10	1.50	
	15-1	14-6	13-3	12-6	11-1 1/4	10-8	10-2	8-6 1/4	7-6 1/4	6-10 1/4	4-11	
TJ	9.50	9.09	8.43	7.49	7.01	6.40	6.20	6.00	5.50	4.50	3.89	
	31-2	29-10	27-8	24-7	23-0	21-0	20-4 1/4	19-8 1/4	18-1/4	14-9	12-9	
Shot	10.30	9.32	8.51	8.40	8.00	7.77	7.50	6.60	6.00	5.20	4.30	
	33-9 1/4	30-7	27-11	27-6 1/4	26-3	25-6	24-7 1/4	21-8	19-8 1/4	17-1/4	14-1 1/4	
Javelin	35.00	33.50	28.00	25.00	23.00	22.15	20.00	17.00	16.00	15.00	12.00	
	114-10	109-11	91-10	82-0	75-5 1/4	72-8	65-7 1/4	55-9 1/4	52-8	49-2 1/4	39-4 1/4	
Discus	32.00	30.00	25.00	24.00	22.00	21.00	18.00	16.00	14.00	13.00	11.00	
	105-0	98-5	82-0	78-9	72-2 1/4	68-10 1/4	59-1/4	52-8	45-11 1/4	42-8	36-1 1/4	
Hammer	35.00	32.50	30.00	25.00	22.00	22.00	21.00	18.00	14.00	12.00	9.00	
	114-10	106-7	98-5	82-0	75-5 1/4	72-2 1/4	68-10 1/4	59-1/4	45-11 1/4	39-4 1/4	29-6 1/4	
20#Wt.	10.00	9.00	8.00	7.01								
	32-9 1/4	29-6 1/4	26-3	23-0								
16#Wt.					8.00	7.00	6.00	5.54	5.18	5.00	4.75	
					26-3	22-11 1/4	19-8 1/4	18-2	17-0	16-4 1/4	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	
	21-4	19-8 1/4	18-1/4	16-4 1/4	17-2 1/4	16-4 1/4	15-7	14-9	13-1 1/4	11-5 1/4	9-10	
Wt.Pent.	2600	2500	2500	2500								



Continued from previous page

Table of race results for 1 Mile, 3K, and 4x400 Relay events, listing names, times, and locations.

Table of race results for 4x800 Relay, High Jump, Hurdles, and Pole Vault events, listing names, times, and locations.

Table of race results for 4x400 Relay, High Jump, Hurdles, and Pole Vault events, listing names, times, and locations.

Table of race results for 4x800 Relay, High Jump, Hurdles, and Pole Vault events, listing names, times, and locations.

TRIPLE JUMP

Table of race results for Triple Jump events, listing names, times, and locations.

LONG JUMP

Table of race results for Long Jump events, listing names, times, and locations.

WEIGH

Table of race results for Weightlifting events, listing names, times, and locations.

Nationals Champion

Table listing National Masters Champions for various events, including names, ages, and locations.

Continued from previous page

Table with columns for athlete name, age, sex, and performance times for various events like W55 SP, W60 SP, etc.

Table with columns for athlete name, age, sex, and performance times for various events like M50 WT, M55 WT, etc.

SUPER WEIGHT

Table with columns for athlete name, age, sex, and performance times for Super Weight events like M30 WT SUPER WT, M35 WT SUPER WT, etc.

PENTATHLON

Table with columns for athlete name, age, sex, and performance times for Pentathlon events like M30 PENT, M35 PENT, etc.

3K RACEWALK

Table with columns for athlete name, age, sex, and performance times for 3K Racewalk events like M35 3K RACEWALK, M40 3K RACEWALK, etc.

WEIGHT THROW

Table with columns for athlete name, age, sex, and performance times for Weight Throw events like M30 WT, M35 WT, etc.

National Masters Indoor Pentathlon Championships Reggie Lewis Track & Athletic Center, Boston, MA; March 22

Table with columns for Athlete Name, Points, HURDLE, LJ, SP, HJ, 1000. Lists results for M30, M35, M40, M45, M50, M55, M60, M65, M70, M75, M80, M85, M90, M95, M100.

Table with columns for Athlete Name, Age, Sex, and performance times for various events like 9 Robert Walters #731, 1 John Dyer #198, etc.

Table with columns for Athlete Name, Age, Sex, and performance times for various events like 3 Jim Russ #601, 4 John Brubaker #86, etc.



Continued from previous page

W40 Caryl Senn	2.40
W50 Mary Trotto	1.22
<b>Long Jump</b>	
M40 Mitchell Lovett	5.28
M45 John Davis	4.53
John Brubaker	3.43
M50 Jack Barnes	3.57
M55 Mike Milove*	4.61
John Martin	4.32
John Harbulak	4.28
M60 C J Cuddy	3.57
David Rosenthal	3.12
Moe Hogan	2.57
M65 Thomas Farrell	2.96
Joe Nen*	2.55
W50 Mary Trotto	2.67
Susan Nesbihal	2.38
<b>Triple Jump</b>	
M55 John Martin	9.71
M60 David Rosenthal	6.93
C J Cuddy	6.71
W50 Susan Nesbihal	4.97
<b>Shot Put</b>	
M40 Michael Kenna	7.75
M45 John Davis	9.50
M50 Tom Rempe	8.84
Dennis Dunne	7.66
M55 John Harbulak	9.03
David Molloy	8.00
M60 Harry Schwarze*	11.28
Ed Joyce	10.17
C J Cuddy	9.58
Moe Hogan	6.28
W50 Mary Trotto	7.54
Susan Nesbihal	7.00
Joy Rempe	6.16
W60 M-L Michelsohn	4.80
W65 Mary Roman*	8.33
<b>1500m RW</b>	
W40 Marlene Weinstein*	9:04.0
W55 Donna Ehrenberg	9:17.3
*Non-Association	

**Philadelphia Masters Indoor Championships**

Haverford College, PA; Mar. 16

<b>55m</b>	
M30 Robert Kauffman	7.6
M35 Leon Winder	7.3
Bob Murphy	7.5
M40 Lovell Butler	6.9
Howard Bolton	7.6
Vince Scott	7.6
M45 Don Passman	7.2
Terry McKechnie	7.2
Steve Galetta	7.3
M50 Gary Arend	7.5
Steve Bubb	7.9
John Borden	8.2
M55 Joe Johnson	7.3
Ron Sharnwell	7.5
David Gingras	8.3
M60 Jay Lutz	7.9
Kevin Murphy	8.1
Burr Daly	8.7
M65 Wm Bittner	7.8
Tom Kallukkat	8.0
Dr. Palmer	8.4
M70 Ed Cox	8.2
Bert Lancaster	8.8
M75 Oscar Harris	9.0
Sam Madia	9.4
Bob Parsons	13.8
W35 Monika Caldwell	8.2
Betty Whitaker	8.8
Denise Jones	9.7
<b>200m</b>	
M30 Robert Kauffman	26.9
M35 Dave Richard	25.5
Leon Winder	26.1
Bob Murphy	27.8
M40 Vince Scott	28.2
Tom Yunker	30.2
M45 Don Passman	26.8
Russ Patton	28.2
Ed Clark	31.1
M50 Gary Arend	27.9
Steve Bubb	29.3
M55 Joe Johnson	27.3
Ron Sharnwell	28.7
David Gingras	33.0
M60 Jay Lutz	29.3
M65 Wm Bittner	31.2
Dr. Palmer	31.2
Burt Hughes	39.2
M70 Ed Cox	31.8
Bert Lancaster	33.5
Bill Bergen	40.4

M75 Sam Madia	36.7
Marvin Levy	1.56
M80 Jim Manno	35.40
W35 Monika Caldwell	30.10
W60 Susan Levy	1.03
<b>400m</b>	
M35 Dave Richard	56.6
Doug Cooper	58.0
M40 Vince Scott	67.0
M45 Russ Patton	58.6
Tony Natale	60.8
M55 David Gingras	78.0
Tim Tullio	83.0
M75 Sam Madia	91.0
Bob Parsons	2.13
Marvin Levy	4.09
M80 Jim Manno	87.0
W35 Betty Whitaker	76.0
Denise Jones	1.50
W60 Susan Levy	2.12
<b>800m</b>	
M40 Chuck Shields	2.18
Gary Cox	2.26
Mortimer Sellers	2.29
Tom Yunker	2.30
M45 Russ Patton	2.22
Thomas Allen	2.49
M50 James Carpenter	2.54
M55 Carl Landis	2.36
Bill Inde	2.46
M65 Bill Baker	2.36
Bruce Gilbert	2.51
M75 Marvin Levy	8.49
W40 Lorraine Jasper	2.33
W60 Susan Levy	4.50
<b>1 Mile</b>	
M30 Paul Myers	5:16
M35 Doug Crist	4:53
Jim O'Neill	5:42
M45 Jack Harbugh	5:08
Thomas Allen	6:02
M55 Carl Landis	5:43
Tim Tullio	6:21
M65 Bruce Gilbert	6:14
M75 Marvin Levy	16:49
W40 Lorraine Jasper	5:27
W60 Susan Levy	9:51
<b>3000m</b>	
M35 Andrew Shearer	9:56
M40 Keith Davies	9:59
Spook Handy	10:48
Tom Yunker	12:08
M45 Russ Patton	11:59
Jack Harbugh	13:05
M50 Roger Price	10:10
M55 Joel Dubow	14:03
W40 Lorraine Jasper	11:58
W45 Twrice Mullis	12:52
<b>55m H</b>	
M40 Robert Abdullah	7.8
Glenn Patterson	7.9
Mortimer Sellers	10.7
M50 Mitch Farbstein	11.0
W35 Denise Jones	15.9
<b>3000m Racewalk</b>	
M55 James Carmines	16:01
John Albert	18:08
M60 Carl Kane	19:01
M75 Ed Gawinski	19:33
W60 Lana Kane	20:12
<b>High Jump</b>	
M40 Mortimer Sellers	1.43
M50 Lonnie Davis	1.63
Rob Schible	1.38
M60 Fred Riley	1.32
Burr Daly	1.27
M65 Jay Goldenberg	1.17
Tom Kallukkat	1.07
M70 Ray Feick	1.12
M80 Paul Eberhardinger	0.76
M85 Bob Detweiler	0.70
<b>Long Jump</b>	
M40 Lovell Butler	5.42
Mortimer Sellers	5.28
M50 Lonnie Davis	4.87
Mauro Medina	4.85
M55 David Gingras	3.11
M60 Burr Daly	3.49
M65 Tom Kallukkat	3.84
Burt Hughes	2.81
M70 Ray Feick	2.82
M75 Oscar Harris	3.29
W35 Denise Jones	3.06
<b>Triple Jump</b>	
M40 Mortimer Sellers	11.44
M45 Dave Nicastro	10.71
M50 Mauro Medina	11.24
Lonnie Davis	10.35
M65 Tom Kallukkat	8.91
Burt Hughes	6.35
<b>Shot Put</b>	
M35 John Bauer	12.75
M40 Eric Schad	11.33

Mortimer Sellers	7.66
M45 Nick Helfrich	9.52
M50 Mitch Farbstein	11.53
Rich Dunphy	10.19
M55 David Gingras	7.86
M60 Tom McNaney	11.02
Kevin Murphy	8.01
M65 Burt Hughes	8.12
M70 Ray Feick	12.49
Bill Bergen	8.28
M80 Paul Eberhardinger	5.05
M85 Bob Detweiler	3.98
W30 Patricia Mosley	8.94
W35 Denise Jones	7.28
<b>3000m Racewalk</b>	
M55 James Carmines	16:01
John Albert	18:08
M60 Carl Kane	19:01
M70 Jack Starr	18:08
M75 Edward Gawinski	19:33
W60 Lana Kane	20:12

**Front Runners NY Indoor Meet**

Armory Center, NYC; Mar. 17

<b>60m</b>	
M30 Shaun Dietz	6.2
M35 Ron Davy	7.4
M40 Rony Rinegold	7.8
M45 Julio Rodriguez	8.1
M50 Joe McMahon	9.0
M55 Joe Johnson	7.6
M60 Gene Ballard	8.0
M65 Lloyd Williams	8.2
W30 Lillian Awidi	8.1
W35 Charlene Landron	7.5
W40 Louise Clark	8.8
W50 Sharon Warren	8.6
W65 Mary Roman	10.6
<b>200m</b>	
M30 Lyndell Pittman	24.5
M35 Ronald Davy	26.3
M40 Malcolm Banks	25.2
M45 Ed Goner	23.5
M50 Jesse Norman	24.2
M60 Gene Ballaro	28.9
M65 Richard Rizzo	27.7
W35 Charlene Landru	25.1
W40 Louise Clark	28.7
W60 Mary Roman	37.4
<b>400m</b>	
M30 Claude Meliarenne	1:04.0
M35 Ron Davy	1:03.4
M40 Patrick Lewis	55.5
M45 Ed Goner	54.0
M50 Carol Blake	55.8
M55 Richard Hammer	55.8
M65 Richard Rizzo	1:02.1
W30 Alexandra Waddell	1:01.8
W35 Dawn Isaac	1:04.4
W40 Andreina Marren	1:08.2
W50 Mary Rosado	1:13.9
W55 Sylvie Kimche	1:14.2
<b>800m</b>	
M30 Peter Gallimore	2:02.4
M35 Larry Glazer	2:09.6
M45 Paul Mascali	2:07.3
M50 Tony Plaster	2:12.5
M55 John Kuhl	2:42.1
M60 David Galligani	2:30.0
M70 Joe Kerman	4:06.5
M75 John McManis	3:21.2
W35 Collette Henry	2:47.1
W45 Paula Dickson-Taylor	2:37.3
W55 Sylvie Kimche	2:44.0
<b>1 Mile</b>	
M30 Steve Sutton	4:34.4
M35 Harris Hardy	4:47.7
M40 Doug Miller	4:47.7
M45 Harry Lichtenstein	5:44.2
M50 William Hart	6:22.3
M60 Bob Lauffer	6:06.1
M75 John McManus	7:24.3
W30 Alexandra Waddell	5:37.0
W45 Marion Smit	5:57.5
W40 Alicia Kelly	5:02.2
W45 Paula Dickson-Taylor	5:59.7
<b>3000m</b>	
M30 Scott Fawcett	10:20.7
M35 Rich Byrne	8:48.8
M40 Drew Davis	8:49.7
M45 Stephen Jones	13:37.3
M50 Russ Satzberg	11:59.2
M60 Blaine Lawson	11:44.6
W30 Jill Volweiler	10:56.3
<b>4x200m Relay</b>	
M30 Aura Int'l	1:47.8
M40 NY Tech	1:43.8

<b>4x800m Relay</b>	
M30 The Running Co	8:44.8
M40 Front Runners NY	10:12.8
M60 Central Park TC	9:58.0

**SOUTHEAST**

Polk Senior Games

Polk County, FL; Feb.23-Mar.10

<b>50m</b>	
M50 Duane Peacock	7.47
M55 William Benford	7.34
M60 Jim Garrison	7.28
M65 Herman Lofton	8.27
M70 Walter Stockdale	9.51
M75 Charles Baker	8.67
M80 Seymour Duckman	9.63
M85 Gilbert Fair	12.23
W55 Kathleen Temple	14.18
W60 Leadema Radford	10.14
W65 Helen Wiper	12.74
<b>100m</b>	
M50 Armond Laframboise	12.81
M55 William Benford	13.84
M60 Jim Garrison	12.93
M65 Herman Lofton	15.95
M70 Tyler Sturdevant	17.50
M75 Charles Baker	15.93
M80 Seymour Duckman	17.97
M85 Gilbert Fair	23.29
W55 Kathleen Temple	27.51
W60 Leadema Radford	19.81
W65 Helen Wiper	24.72
<b>200m</b>	
M50 Duane Peacock	29.36
M55 Robert Norton	30.55
M60 Jim Garrison	29.49
M65 Herman Lofton	32.70
M70 Tyler Sturdevant	36.85
M75 Charles Baker	34.28
M80 Seymour Duckman	38.27
M85 Gilbert Fair	51.67
W55 Kathleen Temple	81.03
W60 Jule MacKenzie	47.20
W65 Helen Wiper	60.81
<b>400m</b>	
M50 Daniel Windley	68.30
M55 Will Strouse	69.89
M60 Larry Smucker	69.14
M65 Herman Lofton	74.88
M70 Tyler Sturdevant	89.36
M75 Charles Baker	78.72
W55 Kathleen Temple	3:17.91
W65 Helen Wiper	2:18.41
<b>800m</b>	
M50 Daniel Windley	2:41.71
M55 Will Strouse	2:51.41
M60 Larry Smucker	4:50.76
M65 Herman Lofton	3:07.90
M70 Bobby Crim	3:30.98
M75 Harry Morse	4:25.68
W55 Kathleen Temple	6:36
W65 Helen Wiper	5:41
W70 Jean Hopkins	4:01.90
<b>1500m</b>	
M50 Chas Smith	6:26.50
M55 Rob Mason	6:00.17
M65 Roy Noble	6:42.08
M70 Bobby Crim	6:56.30
M75 Harry Morse	9:48.80
W55 Kathleen Temple	12:39.94
W65 Helen Wiper	12:10.71
W70 Joan Sifford	7:49.55
W75 Mary Bourque	11:45.62
<b>1500m Walk</b>	
M50 Henry Armstrong	11:51.62
M55 Thomas Mizell	9:55.42
M60 Miro Mitusina	9:53.51
M65 Bob Kearns	9:38.01
M70 Bill Baxter	10:13.27
M75 Ross Stauffer	11:20.49
M80 Cliff Taylor	11:33.13
M85 Gilbert Fair	12:40.83
M90 Edwin Butters	nta
W50 Marguerite Muller	10:46.92
W55 R Dougherty	12:52.41
W60 Leadema Radford	11:07.85
W65 June Barry	11:18.53
W70 Joan Sifford	12:19.98
W75 Mary Bourque	12:17.81
W80 Dorothy Hernandez	15:04.35
<b>5000m Walk</b>	
M50 Henry Armstrong	45:42.29
M55 Thomas Mizell	35:49.18
M60 Gene Froebel	37:57.78
M65 Bob Kearns	35:46.68
M70 Bill Baxter	35:24.49
M75 Ross Stauffer	38:32.03
M80 Clifford Taylor	39:50.01
M85 Gilbert Fair	41:58.96
W50 Diane Boland	48:19.01
W55 Barbara Barich	39:16.77
W60 Jule MacKenzie	39:79.78
W65 June Barry	38:54.98

W70 Betty Kazmer	43:07.76
W75 Bary Bourque	42:44.59
W80 Dorothy Hernandez	49:27.67
<b>5K Road Race</b>	
M50 Thomas Kimmel	20:36
M55 Rob Mason	22:00
M60 Don Jewell	23:04
M65 Bob Kearns	23:24
M70 Bobby Crim	25:54
M75 W H Harward	37:30
W55 Dee Dean	23:00
W65 Peg Foster	35:24
W70 Jean Hopkins	27:51

**Heavy Metal Throws Meet #2**

Clearwater, FL; March 17

<b>Shot Put</b>	
M50 John Selleh	11.65
M55 Bob Lupinacci	9.62
<b>Discus</b>	
M50 John Selleh	35.58
M55 Bob Lupinacci	29.68
<b>Hammer</b>	
M50 John Selleh	34.54
M55 Bob Lupinacci	30.26
M70 Pay Carstensen	39.93
<b>Javelin</b>	
M50 John Selleh	45.73
M55 Bob Lupinacci	30.40
<b>Weight Throw</b>	
M50 John Selleh	14.00
M55 Bob Lupinacci	10.82
M70 Pay Carstensen	16.78
<b>Superweight</b>	
M50 John Selleh	7.09
M55 Bob Lupinacci	5.16
M70 Pay Carstensen	9.40
<b>Weight Pentathlon</b>	
M50 John Selleh	3501
M55 Bob Lupinacci	2942
Marks above, done in proper order from John Selleh	

**MIDWEST**

USATF Midwest Regional Masters Indoor Championships

New Lenox, IL; March 9

<b>55m</b>	
M30 George Joachim	6.83
M35 Steve Bunn	7.01
Ennis Taylor	7.18
Roger Malone	7.43
M40 Kent Powers	7.38
Rodney Wilson	7.50
Jeff Siek	7.58
M45 Thomas Bunner	7.39
Robert Zahn	7.56
Keith Petranek	7.75
M50 Steven Petres	9.94
M55 Tim Butts	7.80
Dan Hansman	8.10
Ray Bentley	8.70
M60 Herb Schueler	8.16
Darrell Huey	8.19
Chas Townsend	8.97
M65 Don Amery	9.01
Richard Molokie	9.29
Lou Edelman	9.74
M70 Harry Brown	8.42
Dean Shaw	8.87
Don Sibigroth	10.49
M75 Richard Rucoba	9.62
Richard Soller	9.92
W55 Lynn Ingalls	9.03
W65 Janet Amery	12.96
W70 Georgia Johnson	10.71
<b>200m</b>	
M30 Yonel Jourdain	23.73
George Joachim	24.04
M35 Ennis Taylor	25.70
Roger Malone	26.41
M40 Rodney Wilson	27.71
Jeff Siek	29.20
M45 Thomas Bunner	26.02
Rick Easley	26.52
M55 Tim Butts	29.04
Dan Hansman	30.23
Ray Bentley	33.07
M	

Continued from previous page

**USATF Lake Erie Indoor Championships**  
Berea, OH; March 16

<b>55m</b>	
M35 Bob Walters	7.14
M40 Rodney Wilson	7.44
Lawrence Finley	7.92
M60 Grover Coats	8.01
W35 Linda Carty	7.85
W40 Susan Stephenson	9.27
W55 Patrice Thomas	11.81
W60 Essie Kea	9.96
W80 Diane Friedman	13.37
<b>200m</b>	
M40 Rodney Wilson	26.80
Lawrence Finley	27.10
M50 Jeff Gerson	32.51
M100EverettHosackWR2	22.81
W35 Linda Carty	29.26
W40 Susan Stephenson	35.75
W65 Grace Butcher	41.30
<b>400m</b>	
W65 Grace Butcher	78.30
<b>800m</b>	
M35 Phillip Pillin	2:44.82
M40 Rich Coreno	3:31.25
M45 Bob Thomas	2:12.35
M50 Norman Thomas	2:41.05
Jeff Gerson	2:45.23

<b>1500m</b>	
W40 Joanne Siegel	5:51.25
<b>3000m</b>	
M40 Rich Coreno	13:04.24
M65 John Harwick	15:56.91
W40 Joanne Siegel	12:37.12
W55 Joyce Geroux	15:41.44
<b>55mH</b>	
M60 Grover Coats	9.53
<b>High Jump</b>	
M35 Bob Walters	4-8
M60 Barry Kline	5-0
Grover Coats	4-4
W60 Essie Kea	3-8
<b>Pole Vault</b>	
M40 Jeff Sprague	12-0
<b>Long Jump</b>	
M35 Bob Walters	17-0.25
M60 Grover Coats	14-2
W35 Sheri Liebschner	11-5.25
W40SusanStephenson	12-0.25
<b>Triple Jump</b>	
M35 Bob Walters	28-6.25
<b>Shot Put</b>	
M30 Al Lechler	50-2.5
M35 Bob Walters	28-7.5
M100EverettHosackWR12-0	
W55 Erika Szanto	29-10.5
W80 Diane Friedman	16-7.5
<b>3000m Racewalk</b>	
M40 Rich Coreno	26:13.97

**WEST**

**KelField Meet #104**  
Santa Cruz, CA; April 6

<b>Shot Put</b>	
M40 Mike Venning	10.67
M50 Gary Kelmenson	11.08
M60 Jack Kuhns	11.91
<b>Discus</b>	
M50 G Kelmenson	35.34
M60 Jack Kuhns	40.54
<b>Hammer</b>	
M40 M Venning	43.66
M50 G Kelmenson	39.30
M60 J Kuhns	30.90
<b>Javelin</b>	
M60 J Kuhns	33.22
<b>Weight Throw</b>	
M50 G Kelmenson	14.22
M60 J Kuhns	13.40
<b>56# Weight</b>	
M50 G Kelmenson	7.20

**INTERNATIONAL**

**Queensland Masters Athletics Club Championships, Australia; March 9-10**

<b>100m</b>	
M30 Grant Barton	12.54
M35 Ray Keane	12.34
M40 Neale Mansell	12.19
M45 Hugh Bristow	12.76
M50 David Lloyd	13.04
M55 Wayne Cousins	12.01
M60 John Cooper	13.12
M65 Hugh Coogan	13.74
M75 Jimmy Thomson	15.81
M85 Charlie Hankins	17.50
W30 Leanne McMurdy	14.49
W35 Olivia Stewart	15.81

W40 Cherie Smee	13.16
W45 Dianne Aldermann	14.83
W50 Hazel McDonnell	15.28
W55 Jean Hampson	17.81
W60 Annette Horsnell	16.40
W65 Sheila Abrahams	22.32
<b>200m</b>	
M30 Steven Minns	25.17
M35 Bruce Duck	25.56
M40 Neale Mansell	24.55
M45 Hugh Bristow	25.85
M50 David Lloyd	26.09
M55 Wayne Cousins	25.08
M60 John Cooper	26.73
M65 Hugh Coogan	27.54
M75 Jimmy Thomson	32.75
W30 Leanne McMurdy	28.63
W40 Cherie Smee	26.59
W45 Dianne Aldermann	29.70
W50 Hazel McDonnell	31.48
W55 Jean Hampson	38.00
W60 Annette Horsnell	35.69
W65 Sheila Abrahams	49.59
<b>400m</b>	
M30 Steven Minns	55.27
M35 Bruce Duck	58.13
M40 Neale Mansell	54.77
M45 Peter Hawes	56.22
M50 Bob Grayson	57.85
M55 Colin Buyers	59.22
M60 John Cooper	1:04.29
M65 Hugh Coogan	1:01.56
M75 Jimmy Thomson	1:17.99
M85 Charlie Hankins	1:48.00
W30 Deb McLachlan	1:04.97
W35 Nicki O'Keefe	1:05.42
W40 Deann Mayfield	1:01.55
W45 Dianne Aldermann	1:14.18
W50 Hazel McDonnell	1:15.27
W55 Jean Hampson	1:26.70
W65 Sheila Abrahams	2:09.03
<b>800m</b>	
M30 David Hill	2:01.04
M35 Bruce Duck	2:36.16
M40 Dan O'Callaghan	2:20.11
M45 Peter Hawes	2:06.67
M50 Bob Grayson	2:10.94
M55 Elynn Egan	2:46.44
M60 Tom O'Keefe	2:38.51
M65 Hugh Coogan	2:30.90
M75 Norm Pearce	3:25.18
W30 Deb McLachlan	2:51.82
W35 Nicki O'Keefe	2:28.46
W40 Cherie Smee	2:49.35
W55 Jean Hampson	3:38.94
W65 Sheila Abrahams	5:20.54
W75 Lorna Thompson	4:15.71
<b>1500m</b>	
M30 David Hill	4:15.15
M40 Ian Kent	4:32.49
M45 David Thorburn	4:59.90
M50 Bob Grayson	4:35.45
M55 Steve Scale	5:34.27
M60 Harold Haldane	4:59.27
M65 Doug Worling	5:20.83
M70 Julius Keller	6:06.94
M75 Norm Pearce	7:35.53
W35 Sophie Cockcroft	5:28.90
W50 Fay McNeill	5:52.87
<b>3000m</b>	
M35 Steven Suthers	11:36.42
M40 Ian Kent	9:48.15
M45 Greg Cowley	10:29.24
M55 Steve Scale	12:26.21
M60 Harold Haldane	10:35.75
M70 Julius Keller	13:06.97
M75 Norm Pearce	15:52.69
W30 Helen Sanderson	13:52.23
W40 Barbara Keelan	14:10.93
W60 Aileen Thompson	14:48.19
<b>Short Hurdles</b>	
M35 Matt Enright	20.14
M45 Arthur Haralampou	20.55
M50 Mills Lafferty	19.78
M60 Lynton Lewis	19.97
M70 Garvin Brown	16.34
W30 Leanne McMurdy	20.37
W35 Olivia Stewart	18.38
W40 Michelle Schafer	16.05
W45 Denise Quinn	15.06
W50 Patsy Waters	17.36
<b>Long Hurdles</b>	
M40 Warren Fleming	1:08.95
M45 Arthur Haralampou	1:09.87
M50 Bruce Bodsworth	1:06.81

M55 Selwyn Hawken	1:24.04
M60 Bill Welbourn	50.78
W35 Olivia Stewart	1:21.60
W50 Hazel McDonnell	1:01.46
<b>2000m Steeplechase</b>	
M70 Ian Hicks	10:37.77
W40 Felicity Crosato	9:20.51
<b>3000m Steeplechase</b>	
M40 William McLean	11:04.94
M50 Bob White	14:05.62
<b>4x100m Relay</b>	
M55 Cousins/Buyers/Storey/Wright	47.92
<b>High Jump</b>	
M35 Mick Konemann	1.60
M40 Ganga Prasad	1.15
M45 John Musters	1.40
M50 Brent Thompson	1.50
M55 Brian Pridoux	1.40
M60 Lynton Lewis	1.35
M65 Chris Andalis	1.15
M70 Frank Pieters	1.10
W30 Leanne McMurdy	1.40
W35 Julie Walklate	1.45
W40 Deann Mayfield	1.20
W45 Dianne Aldermann	1.25
W50 Patsy Waters	1.35
<b>Pole Vault</b>	
M40 Ganga Prasad	1.65
M45 Bruce Arnold	3.70
M50 Allan Cameron	3.20
M60 Lynton Lewis	2.40
M70 Frank Pieters	2.00
M40 Michelle Schafer	2.30
W50 Wilma Perkins	2.40
<b>Long Jump</b>	
M30 Grant Barton	5.88
M35 Matt Enright	5.36
M40 Ganga Prasad	3.62
M45 Tony Collins	5.76
M50 Owen Oakes	5.50
M55 Neville McIntyre	4.71
M60 Spencer Herft	4.72
M70 Frank Pieters	2.96
W30 Leanne McMurdy	4.63
W35 Julie Walklate	4.78
W45 Dianne Aldermann	4.09
W50 Wilma Perkins	4.37
<b>Triple Jump</b>	
M35 Bruce Duck	10.46
M40 Ganga Prasad	7.43
M45 Tony Collins	10.55
M50 Rob White	9.55
M55 Neville McIntyre	9.99
M60 Spencer Herft	9.74
M65 Chris Andalis	7.94
M70 Frank Pieters	6.51
W30 Helen Powell	8.98
W35 Julie Walklate	9.53
W45 Denise Quinn	8.04
<b>Shot Put</b>	
M35 Shane Perkins	13.23
M35 Matt Enright	7.97
M40 Mervyn Rodgers	7.99
M45 Arthur Haralampou	9.37
M50 Jim Stammers	9.92
M55 Peter Clark	11.12
M60 Warwick Selvey	11.33
M65 Arvo Ropelin	11.48
M70 Frank Pieters	7.71
M75 Felix Jakabsons	9.40
W30 Leanne McMurdy	8.52
W35 Julie Walklate	9.53
W40 Karel McClintock	7.60
W45 Dianne Aldermann	7.48
W50 Wilma Perkins	9.49
W55 Shirley Heaver	7.29
W60 Grace White	6.73
W65 Heather Doherty	8.49
W75 Norma Murdoch	4.90
<b>Discus</b>	
M30 Shane Perkins	35.93
M35 Matt Enright	28.96
M40 Ganga Prasad	21.42
M45 Garvan Cannon	26.09
M50 Erik Hendendahl	41.31
M55 Peter Clark	38.48
M60 Warwick Selvey	47.61
M65 Cec Beesley	33.94
M70 Frank Pieters	29.66
M75 Felix Jakabsons	29.38
M80 Ted Vickers	17.89
W30 Leanne McMurdy	24.58
W35 Julie Walklate	23.37
W40 Barbara Keelan	23.17

W45 Denise Quinn	23.44
W50 Wilma McDonnell	19.09
W55 Shirley Heaver	18.70
W60 Eunice Jenkins	18.63
W65 Heather Doherty	25.71
W75 Mary Vickers	10.76
<b>Hammer</b>	
M30 Shane Perkins	35.88
M45 Garvan Cannon	22.80
M50 Erik Hendendahl	37.24
M55 Don Quinn	33.59
M60 Mike Katmadas	35.73
M65 Ray Rose	34.22
M70 Frank Pieters	29.46
M75 Felix Jakabsons	33.37
M80 Ted Vickers	17.87
W30 Leanne McMurdy	22.81
W35 Madelyn Ehlers	20.72
W40 Michelle Schafer	19.38
W45 Sue Williams	19.38
W50 Wilma Perkins	28.79
W55 Dulcie Scott	24.08
W60 Grace White	21.52
W65 Heather Doherty	25.10
W75 Mary Vickers	11.18
<b>Javelin</b>	
M30 Alan White	42.54
M35 Matt Enright	44.32
M40 Leslie Manz	33.86
M45 Arthur Haralampou	34.62
M50 Erik Hendendahl	37.64
M55 Graham Clemens	36.45
M60 Spencer Herft	36.38
M65 Erkki Saarinen	39.12
M70 Frank Pieters	24.82
M75 Felix Jakabsons	22.72
M80 Ted Vickers	17.40
W30 Penny Prasad	21.49
W35 Julie Walklate	21.53
W40 Michelle Schafer	27.21
W45 Sue Williams	15.69
W50 Patsy Waters	21.95
W55 Shirley Heaver	16.33
W60 Lilli Larsen	16.86
W65 Heather Doherty	23.89
W75 Norma Murdoch	10.07
<b>Weight Throw</b>	
M30 Shane Perkins	11.71
M40 Mervyn Rodgers	7.42
M45 Garvan Cannon	8.96
M50 Erik Hendendahl	13.94
M55 Ray Pearce	12.49
M60 Warwick Selvey	13.93
M65 Ray Rose	11.47
M70 Frank Pieters	11.69
M75 Felix Jakabsons	10.98
M80 Ted Vickers	9.06
W30 Leanne McMurdy	7.82
W40 Barbara Keelan	8.69
W45 Robyn Wales	6.06
W55 Shirley Heaver	7.73
W60 Eunice Jenkins	8.08
W65 Heather Doherty	9.96
W75 Norma Murdoch	7.26
<b>3000m RW</b>	
M35 Ignacio Jimenez	13:50.33
M40 Kevin Davis	20:17.11
M45 Peter Bennett	13:55.78
M50 Bob Coleman	16:36.84
M55 Ian Richardson	15:51.72
M65 George Megas	19:35.18
M70 Mick Bellette	21:21.60
M75 Dick Keatinge	20:53.88
W40 Barbara Keelan	17:39.29
W45 Judy Moller	17:34.88
W50 Felicia Schmidt	17:09.80
W55 Sally Lynch	18:33.47
W70 Christian Dauphinet	20:29.78
<b>5000m RW</b>	
M35 Ignacio Jimenez	24:02.02
M45 Peter Bennett	24:11.78
M50 Bob Coleman	27:56.85
M55 Ian Richardson	27:27.08
M65 George Megas	33:50.61
M70 Mick Bellette	37:20.09
W40 Barbara Keelan	29:51.09
W45 Judy Moller	30:36.32
W50 Robyn Schmidt	29:32.29
W55 Sally Lynch	32:22.97
W70 Christian Dauphinet	35:08.69
W75 Lorna Thompson	36:16.16

<b>NZAVAT Track &amp; Field Championships, Wellington, New Zealand; March 15-18</b>	
<b>100m</b>	
M35 S Te Whaiti	11.86
M40 D Rondon	12.65
M45 B Tuck	12.40
M50 P Taylor	13.11
M55 R White	13.17
M60 M Fraser	13.76
M65 B McPhail	13.42
M70 J Macfarlane	14.54
M75 B Nicholson	16.91
M85 S Taylor	19.85
M90 F Cox	27.32
W30 M Stephen	12.81
W35 A Goulter	14.39
W50 G Kirkman	13.66
W55 C Waring	14.91
W60 F Bayler	16.61
W65 M Peters	15.87
W70 J Jacobs	19.05
<b>200m</b>	
M35 S Te Whaiti	24.18
M40 D Rondon	25.93
M45 E Crowley	27.03
M50 P Taylor	27.01
M55 R White	27.62
M60 M Fraser	29.08
M65 B McPhail	27.78
M70 J Macfarlane	30.58
M75 M Cook	38.45
M85 S Taylor	45.26
M90 F Cox	1:13.79
W30 M Stephen	26.67
W35 A Goulter	30.05
W40 K Gillum-Green	29.48
W45 C Jones	32.69
W50 G Kirkman	27.72
W55 C Waring	31.16
W60 J Hammond	34.34
W65 M Peters	32.55
W70 M Petley	40.87
<b>400m</b>	
M35 S Te Whaiti	55.04
M40 W Doney	57.70
M45 B Tuck	58.43
M50 D Anderson	1:02.05
M55 M Callaghan	1:01.40
M60 M Fraser	1:05.26
M65 B McPhail	1:06.06
M70 J Macfarlane	1:10.22
M75 M Cook	1:29.57
M80 E de Loutour	1:23.77
M85 S Taylor	1:50.89
M90 F Cox	3:05.26
W30 M Stephen	59.28
W35 M van Ribel	1:06.96
W40 K Gillum-Green	1:04.57
W45 C Jones	1:13.37
W50 G Kirkman	1:00.83
W55 C Waring	1:12.30
W65 J Williams	1:36.88
W70 M Petley	1:37.23
<b>800m</b>	
M35 T Home	2:11.13
M40 J Ford	2:04.52
M45 A Thomas	2:08.61
M50 T Ogilvie	2:16.84
M55 B Malloch	2:10.64
M60 M Fraser	2:35.44
M65 B Allen	2:42.27
M70 J Downey	2:35.92
M75 W Opperman	4:36.89
M80 E de Loutour	3:16.06
M90 F Cox	6:41.73
W35 J Drummond	2:37.65
W40 F Rowland	2:42.33
W45 M Hillier	2:43.53
W50 D Barclay	3:10.33
W55 F Riley	3:18.82
W60 C Thompson	3:08.41
W65 J Miles	3:31.09
<b>1500m</b>	
M35 D Drummond	4:26.56
M40 J Ford	4:19.84
M45 M Hart	4:30.26
M50 T Ogilvie	4:50.57

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M45 D Hitchings	4.98
M50 M Andersen	4.67
M55 M Callaghan	4.54
M65 R Johnson	3.95
M70 C Deacon	3.95
M75 B Nicholson	2.89
M90 F Cox	1.30
W30 N Buchanan	4.36
W35 J Drummond	2.97
W50 G Kirkman	4.64
W55 L Anderson	3.93
W60 J Hammond	3.38
W70 M Petty	2.38
<b>Triple Jump</b>	
M40 S Burden	11.38
M45 E Crowley	9.92
M50 G Rowell	9.43
M55 M Callaghan	9.87
M65 L Williams	8.70
M70 J Macfarlane	8.63
M75 J Holland	6.33
W30 N Buchanan	9.08
W35 A Goutier	8.53
W40 L Osmer	10.09
W50 N Bowman	7.76
W55 L Anderson	8.55
W60 F Bayler	7.01
W65 M Slattery	6.07
W70 M Petty	5.75
<b>Shot Put</b>	
M35 M Cumming	10.30
M40 M Flaus	11.95
M45 E Crowley	7.10
M50 J Pols	10.44
M55 B Cox	11.50
M60 B Senior	9.44
M65 R Harris	11.20
M70 A Grayburn	8.43
M75 D Leech	9.16
M80 D Scratton	8.53
W35 C McCahill	13.34
W40 J Hitchings	8.77
W45 H Ward	7.83
W50 J Evans	9.51
W55 B Austin	9.25
W60 V Hood	8.22
W65 P Drayton	7.59
W70 C Brunker	6.70
W75 A Williams	5.03
W80 R Smith	4.17
<b>Discus</b>	
M35 M Cumming	32.96
M40 M Flaus	32.00
M50 C Murch	36.10
M55 K Bade	30.03
M60 B Senior	34.91
M65 L Devlin	33.55
M70 A Grayburn	25.80
M75 D Leech	25.00
M80 D Scratton	26.93
M90 F Cox	7.22
W30 N Buchanan	21.44
W35 C McCahill	37.75
W40 M Watson	18.00
W45 H Ward	19.98
W50 J Evans	24.63
W55 B Austin	23.17
W60 V Hood	21.94
W65 P Drayton	17.19
W70 C Brunker	17.42
W75 A Williams	13.97
W80 R Smith	8.58
<b>Hammer</b>	
M35 M Cumming	44.42
M40 M Flaus	32.24
M50 J Pols	33.04
M55 K Bradley	40.56
M60 R Billington	33.56
M65 L Devlin	41.91
M70 C Bishop	29.10
M75 D Leech	32.87
M80 D Scratton	21.10
M90 F Cox	7.64
W35 C McCahill	45.43
W40 M Watson	17.68
W45 J Hurring	22.53
W50 B Church	32.78
W55 B Austin	27.27
W60 V Babe	27.27
W65 P Drayton	23.32
W70 C Brunker	25.64
W75 A Williams	14.50
W80 R Smith	12.34

<b>Javelin</b>	
M35 S Te Whaiti	44.23
M40 S Burden	43.04
M45 M Hart	37.13
M50 C Murch	46.28
M55 R Stewart	35.81
M60 F Goodall	35.75
M65 R Johnson	34.19
M70 A Grayburn	33.75
M75 D Leech	20.61
M80 D Scratton	26.59
M90 F Cox	6.65
W35 C McCahill	27.65
W40 L Osmer	33.49
W45 S Graham	22.72
W50 J Evans	27.11
W55 B Austin	20.72
W60 V Hood	21.57
W65 I Bishop	14.83
W70 C Brunker	14.15
W75 A Williams	15.94
W80 R Smith	8.23
<b>Weight Throw</b>	
M35 M Cumming	14.47
M40 L Voight	12.10
M50 J Pols	10.63
M55 K Bradley	13.99
M60 B Senior	12.63
M65 L Devlin	17.09
M70 C Bishop	10.89
M75 D Leech	13.06
M80 D Scratton	11.95
W35 C McCahill	16.67
W45 J Hurring	7.09
W50 B Church	10.30
W55 B Austin	10.07
W60 V Babe	10.49
W65 P Drayton	10.17
W70 C Brunker	10.19
W75 P Purser	5.56
W80 R Smith	5.15
<b>Pentathlon</b>	
M35 S Te Shiti	2953
M40 B Curry	2464
M45 E Crowley	2566
M50 C Day	2410
M55 M Clark	1916
M60 B Senior	2617
M65 R Johnson	3314
M70 J Macfarlane	3008
W30 N Buchanan	2081
W40 J Hitchings	2651
W50 T Ashe	2972
W55 L Anderson	3138
W60 J Drummond	3171
W65 M Slattery	2098
<b>Weight Pentathlon</b>	
M35 M Cumming	2582
M40 M Flaus	2411
M50 J Pols	2485
M55 K Bradley	3211
M60 B Senior	3126
M65 L Devlin	3670
M70 A Grayburn	2897
M75 D Leech	3384
M80 D Scratton	3285
W35 C McCahill	3818
W45 H Ward	2087
W50 B Church	2803
W55 B Austin	3025
W60 V Hood	3148
W65 P Drayton	2893
W70 C Brunker	3469
W75 A Williams	2787
W80 R Smith	2213
<b>3000m RW</b>	
M60 M Burkinshaw	18:08.7h
M65 E Saxby	16:43.4h
M75 P Davis	19:42.5h
W50 M Bray	24:15.4h
W55 M Fraser	21:11.3h
W60 L Foster	19:09.6h
W65 L Fraser	21:18.5h
<b>10,000m RW</b>	
M40 R Gillum	53:28.0h
M45 M Harte	54:44.0h
M50 R Watson	58:00.0h
M60 M Burkinshaw	1:05:18.0h
M75 P Davis	1:09:02.0h
W35 J McCallum	1:10:29.0h
W45 N Amyes	54:54.0h
W60 L Foster	1:05:28.0h
W65 L Fraser	1:14:53.0h

<b>British Veterans Indoor Championships Glasgow; March 16-17</b>	
<b>60m</b>	
M40 Warren Fraser	7.44
Ronnie Hunter	7.45
M45 Kevin Burgess	7.18
Eric Smart	7.37
M50 Viv Oliver	7.57
Robert Salter	7.80
M55 Glyn Sutton	7.78
Kenneth Smeeth	8.08
M60 John Steede	7.94
Mike Garvey	8.39
M65 Pete Matthews	8.51
David Burton	8.54
M70 Charles Williams	8.47
Stanley Bowers	9.47
M75 Stanley Brooks	9.14
George Bridgeman	10.08
M80 Sylvester Stein	10.23
W35 Julie Money	8.04
K Buck-Suddaby	8.23
W40 Averil McLelland	8.21
Rosie Cursiter	8.53
W45 Helen Godsell	8.24
Jan Lawson	8.24
W50 Anne Maguire	9.15
Mary Waters	9.22
W55 Valerie Parsons	WR8.64 (Parsons/8.71/2002)
Daphne Marler	12.24
W60 Esther Linaker	WR8.99 (Schmalbruch/9.00/1999)
Nanette Cross	10.45
W65 Dorothy Fraser	10.09
Betty Steedman	10.33
W80 Mary Wixey	12.87
<b>200m</b>	
M40 Michael Williams	23.88
Warren Fraser	23.93
M45 Eric Smart	23.57
David Grieve	23.67
M50 Viv Oliver	24.20
Douglas Lucas	24.93
M55 Terry Bissett	26.30
Tony Deleiros	26.49
M60 John Steede	26.07
John Ross	27.03
M65 Tony Crocker	27.80
Colin Field	28.74
M70 Charles Williams	28.72
Stanley Bowers	34.42
M75 Stanley Brooks	30.70
Rodney Clark	41.50
M80 Sylvester Stein	36.64
W35 Christine Amede	26.40
Helen Daniel	27.65
W40 Averil McLelland	26.44
Angela Beadnall	28.10
W45 Carole Filer	28.00
Helen Goodsell	28.01
W50 Anne Maguire	31.03
Mary Waters	31.51
W55 Valerie Parsons	29.49
W60 Esther Linaker	31.06
W65 Dorothy Fraser	34.63
Betty Steedman	37.18
<b>400m</b>	
M40 Darell Maynard	49.99
Kermitt Bentham	50.66
M45 Walwyn Franklin	55.63
Stephen Todner	55.85
M50 Douglas Lucas	55.12
Viv Oliver	55.22
M55 Terry Bissett	59.05
Trevor Alderdice	60.65
M60 John Steede	60.17
John Ross	60.83
M65 Tony Bowman	67.17
Colin Field	68.95
M70 Geoffrey Feast	74.36
Derek Howarth	76.13
M75 Hugh McGinlay	78.90
Frank Copping	99.50
W35 Virginia Mitchell	58.83
Christine Amede	59.41
W40 Sarah Heath	61.76
Rosie Cursiter	63.09
W45 Ed Roe	64.00
Carole Smith	64.15
W65 Dorothy Fraser	80.15
<b>800m</b>	
M40 Darell Maynard	1:58.88
Chris Wood	2:00.74
M45 Alastair Dunlop	2:02.25
David Wilcock	2:02.90
M50 Brian McKay	2:11.57
Stewart Hallon	2:12.56
M55 Michael Smith	2:21.37
Trevor Alderdice	2:24.68
M60 Maxwell Hamlyn	2:29.42
John Garber	2:31.29
M65 James Parker	2:48.88

M70 Derek Howarth	2:55.34
Thomas Wyer	2:55.39
M75 Hugh McGinlay	3:14.72
W35 Virginia Mitchell	2:17.43
Sally Read-Cayton	2:18.57
W40 Sarah Heath	2:18.60
Joan Lasenby	2:22.08
W45 Carole Smith	2:27.91
Jane Morley	2:54.32
W50 Nancy Hitchmough	2:28.52
W60 Kathleen Stewart	2:58.12
W65 Anne Martin	3:30.87
<b>1500m</b>	
M40 Chris Wood	4:12.00
Bernie Jones	4:12.85
M45 David Wilcock	4:12.16
Alastair Dunlop	4:12.68
M50 Stewart Hallon	4:35.08
Richard Elliott	4:35.76
M55 Robert Young	4:46.29
Michael Smith	4:48.33
M60 Fred Gibbs	5:05.16
Maxwell Hamlyn	5:08.86
M65 James Parker	5:47.11
Hugo Fletcher	7:04.26
M70 William McBrinn	5:41.70
Derek Howarth	6:01.35
M75 Frank Copping	7:53.51
W35 Sharyn Ramage	4:57.70
Carol-Ann Gary	5:15.07
W40 Joan Lasenby	4:46.54
Sarah Heath	4:52.35
W45 Denise Farnham	5:03.13
Carole Smith	5:10.01
W50 Nancy Hitchmough	5:06.93
W55 Pat Gallagher	5:29.92
W60 Kathleen Stewart	6:00.62
Eva Osborne	6:31.09
W65 Pamela Jones	6:22.73
<b>3000m</b>	
M40 Bernie Jones	8:48.76
Bill Foster	8:49.51
M45 Robert Dayne	9:25.78
David Wilcock	9:26.05
M50 Richard Elliott	9:50.59
Stephen Knight	9:59.54
M55 Robert Young	10:13.46
Michael Smith	10:16.45
M60 Fred Gibbs	10:20.54
Lawrence Peter	11:15.63
M70 William McBrinn	12:04.02
M75 Hugh McGinlay	13:47.58
W35 Susan Finch	10:36.10
Jane Pidgeon	10:47.95
W40 Doleen Galbraith	10:44.06
Jill Harris	10:48.83
W45 Karen Marshall	10:28.52
Denise Farnham	10:33.03
W55 Pat Gallagher	11:47.78
W60 Eva Osborne	13:39.30
Betty Stacey	13:52.04
W65 Pamela Jones	13:20.80
<b>60m H</b>	
M40 Ian Scholes	9.54
Kevin Marques	9.66
M45 Clive Pengelly	9.72
M50 Tony Wells	9.09
M60 David Barrington	10.61
M65 Tony Bowman	10.60
M70 Keith Whitaker	12.85
W35 Wendy Laing	9.29
Christine Amede	10.83
W40 Manny Laing	9.17
Gaye Clarke	9.72
W45 Carole Filer	9.60
Jan Lawson	10.04
W50 Grete Howarth	12.18
W60 Jackie Charles	11.51
<b>High Jump</b>	
M40 Chris Hesketh	1.75
A Waddington	1.70
M45 Trevor Wade	1.60
Duncan Talbot	1.55
M55 Keith Tugwell	1.40
Collin Green	1.40
M60 Mike Garvey	1.43
John Freebairn	1.40
M65 Tony Crocker	1.45
M70 Norman Carter	1.24
Ajit Kalirai	11.10
All Woods	11.10
W35 Wendy Laing	1.62
W40 Hazel Barker	1.45
Manny Laing	1.45
W45 Carole Filer	1.48
W50 Pam Garvey	1.33
W55 Pat Oakes	1.18
W60 Jackie Charles	1.18
W65 Rosemary Chimes	1.24
<b>Pole Vault</b>	
M40 John Taylor	3.50
Kenneth Lyon	3.40
M45 Allan Williams	4.15
David Blunt	3.20

M50 Bob Masson	3.20
John Loughran	3.00
M55 Glyn Sutton	3.60
John Bradley	3.40
M60 John Howe	3.10
Brian Harlick	2.80
M65 Robert Brown	2.90
M70 All Woods	2.00
W40 Janet Lyon	2.70
Pamela Dutton	2.00
W45 Susan Yeomans	2.60
W50 Val Neal	2.00
W65 Dorothy McLennan	1.80
Sheila Champion	1.50
<b>Long Jump</b>	
M40 Trevor Sinclair	5.77
Kenneth Lyon	5.59
M45 Trevor Wade	5.77
Alan Readman	5.27
M50 Paul Pinnington	5.42
Mike Clerihew	4.93
M55 Brian Murphy	4.52
Collin Green	4.47
M60 Mike Garvey	4.89
James Parish	4.16
M65 Michael Collins	3.82
M70 Geoffrey Feast	3.88
Ajit Kalirai	3.58
W35 Wendy Laing	5.05
Angie Alstrachen	4.09
W40 Manny Laing	4.89
Janice Pryce	4.85
W45 Carole Filer	4.88
Jan Lawson	4.09
W50 Grete Howarth	3.67
Val Neal	3.35
W55 Pat Oakes	3.50
Daphne Marler	2.53
W60 Jackie Charles	3.55
Nanette Cross	2.92
W65 Betty Steedman	3.17
W80 Mary Wixey	1.64
<b>Triple Jump</b>	
M40 Akin Oyediran	14.47
Rez Cameron	13.19
M45 Trevor Wade	11.29
Ian Broadhurst	11.01
M50 Paul Pinnington	11.00
Mike Clerihew	10.37
M55 Collin Green	9.66
Derek Graves	9.27
M60 Trevor Driver	9.18
M65 Tony Crocker	9.18
Michael Collins	8.30
M70 Ajit Kalirai	7.77
M75 Hugh Gallagher	4.80
W35 Wendy Laing	10.39
Alison Hesketh	9.39
W40 Manny Laing	10.52
Janice Pryce	10.49

W45 Cathy Lyon-Green	7.15
W55 Pat Oakes	7.85
W60 Jackie Charles	7.70
W65 Anne Martin	6.67
Betty Steedman	6.65
W80 Mary Wixey	3.91
<b>Shot Put</b>	
M40 Bosco Reid	11.54
Jeremy Davis	11.54
M45 Malcolm Fenton	13.79
David Abernethy	13.52
M50 Neil Griffin	15.27
Merrick Bousfield	13.69
M55 Eric Barker	12.06
Brian Gillo	12.01
M60 John Scott	13.33
John Freebairn	11.63
M65 Clifford Taylor	9.58
M70 Keith Dutton	9.46
Bob Duncan	7.16
M75 Hugh Gallagher	7.14
W35 Wendy Laing	10.24
Susan Freebairn	10.03
W40 Claire Cameron	10.88
Manny Laing	10.23
W45 Gwen McFarlane	8.20
Brenda Douglas	8.17
W50 Joyce Rammell	8.99
Anne Maguire	7.70
W55 Margery Swinton	8.64
W60 Nanette Cross	7.02
W65 Rosemary Chimes	WR11.75 (Chimes/10.88/2001)
Anne Martin	7.45
W80 Mary Wixey	4.00
<b>3000m Racewalk</b>	
M40 Pat Murphy	13:15.65
M45 Colin Bradley	

Continued from previous page

**NYRR Brooklyn Half-Marathon**  
Brooklyn, NY; March 9

**Overall**

Matthew Wilkinson	27	1:10.28
Gordon Bakoulis	41	1:17.32
M40 Peter Allen		1:15.44
M45 Alan Ruben		1:14.50
M50 Thomas Hall		1:17.56
M55 Julio Aguirre		1:22.18
M60 Jose Mendez		1:33.39
M65 Alfred Finger		1:32.23
M70 Gordon Koota		2:01.29
M75 Sab Koide		2:18.51
M80 Wilfredo Rios		3:16.40
W40 Gordon Bakoulis		1:17.32
W45 Kari Proffitt		1:27.33
W50 Leah Whipple		1:31.24
W55 M Greeley Walsh		1:39.35
W60 Mary Nathan		1:42.12
W65 Rosa Nales		2:18.26
W70 Bertha McGruder		2:41.37
W75 Joan Rowland		2:53.11

**Massachusetts Law Enforcement Memorial Half-Marathon**  
Wakefield, MA; March 10

M40 Chris Spinney	42	74:26
N Batista-Viera	41	77:36
Bob Stack	45	78:22
Lou Ristaino	43	81:41
M50 Bob Sholl	55	79:06
Mike Menovich	51	86:40
Jim Ryan	51	88:29
M60 Joe Pellegrino	60	97:48
Dick Hoyt	61	98:15
Bill Anderson	61	1:55:44
M70+Don Ross	71	1:48:35
J Dicomandrea	74	1:54:18
Juliah Siegel	73	2:07:46
W40 Donna Hurley	44	89:17
Ellie Tucker	47	89:26
Alda Coesi	47	96:03
W50 Carol Hogan	51	1:40:02
Janet Parkinson	50	1:41:05
Wendy Burbank	51	1:43:36
W60 A M McDonald	64	2:51:39
Jane Goodman	63	3:38:38

**NYRR St. Patrick's Day Spring**  
Filing 4-Miles

**Central Park, NYC; March 17**

**Overall**

Terrance Armstrong	30	20:01
Amy Fredericks	35	23:45
M40 Tom Cardle		22:52
M45 Amador Ybanez		21:19
M50 Bronislav Czech		25:40
M55 Robert Hansen		26:19
M60 Albert Swan		29:27
M65 George Girsch		28:00
M70 Walter Desind		32:20
M75 Sab Koide		36:09
W85 Wilfredo Rios		49:17
W40 Corinna Cortes		26:09
W45 Gillian Horovitz		24:38
W50 Irene Jackson		28:39
W55 Chuang Chang		30:58
W60 Joan Bondell		35:17
W65 Ginette Bedard		32:40
W70 Toshiko d'Elia		36:03
W75 Muriel Merl		37:18
W80 Althea Jureidini		1:09:58

**Citizens Bank Caesar Rodney Half-Marathon**  
Wilmington, DE; March 17

**Overall**

Budd Coates	M40	71:03
Connie Buckwalter		80:51
M40 B Coates		71:03
Mark Voit		75:29
Kevin Brewer		76:59
Frank Barbera		77:13
M45 Finley Mears		83:21
Greg Vitale		83:22
John Tiffany		85:30
M50 David James		79:58
Peter Tuhy		82:07
John Wright		83:18
M55 Len Sowsinski		87:57
John Weiss		89:59
Budd Bettler		93:57
M60 Dick Hipp		98:40
Jerry Cornish		98:41
Don Coats		1:40:49
M65 Ruben Melendez		1:40:55
John Cardoso		1:42:19
M70+Pat Nutt		1:55:26
Don Monagle		2:06:35

W40 Lori Walker	88:11
Colleen Cliffler	91:06
Frances Kirk	97:05
W45 Denise Dipangrazio	96:04
Joan Potterfield	1:42:01
Marianne Moore	1:44:14
W50 Leah Whipple	93:09
Diane Kukich	97:37
Deb Compton	1:42:32
W55 Joy Hampton	98:04
Diane Harde	1:54:17
W60 Rita Alles	2:06:23
Heidi Moebius	2:08:43
W65 Andrea Gerbstadt	2:11:59

**Kerryman's Pub Road Race**  
Saco, ME; March 17

**Overall**

Paul Johnson	24	20:11
Christine Snow-Reaser	36	22:48
M40 Ken Botting		22:08
Tom Watkins		22:49
Mark Batchelder		23:04
M50 Bill Reilly		23:17
RJ Harper		25:02
Steve Moriarty		25:41
M60 Bradford Coupe		34:53
Rick Giustra		45:40
Jim Brescia		46:44
M70 William Marzul	78	45:49
Richard Cahill	70	52:12
W40 Kathy Hepner		26:17
Nancy Kneeband		27:40
Erika McCaffrey		27:54
W50 Carol Weeks		28:14
Carol Legere		29:58
Betty Disanza		32:13
W60 Polly Kenniston		33:11
Cynthia Ladd		49:43

**Kings Park 15K/Long Island T&F Championships**  
Kings Park, NY; March 17

**Overall**

Robert Grady	29	51:37
Juana Vazquez	34	60:58
M40 John McKim		54:36
Alan Kilfoyle		55:00
Thomas Taylor		57:34
M45 Pete McNeill		58:41
John McLaughlin		57:32
Bill Fischer		59:07
M50 Alan Oman		57:26
Dennis O'Brien		60:29
Joe Wynne		62:00
M55 Julio Aguirre		58:52
Jorge Aguilera		65:10
Joseph Lazzaro		65:59
M60 Alex Flyntz		65:53
Jose Mendez		68:00
Joe Cordero		70:59
M65 Mel Cowgill		69:45
David Smith		69:45
Adolph Rettmer		78:02
M70 Guy Froehlig		81:10
Odd Sangesland		93:57
M75+Geo Dennis	78	1:56:30
W40 Elizabeth Ratner		60:59
E Barnes Corley		63:28
Kellie Stamm		66:15
W45 L Harfenes Melnik		62:26
Cathy Oehrlein		69:38
Dolores Doman		71:27
W50 Jacquie Gow		74:47
Jacqueline Seltzer		76:31
Geri O'Brien		78:55
W55 MaryAnn Goldman		74:30
Hilory Boucher		82:42
Helma Calvin		84:41
W60 Ellen Duffy		88:14
Pat Delaney		93:15
W65 Alexandra Finger		1:51:28

**New Bedford Half-Marathon**  
New Bedford, MA; March 17

M40 Todd Coffin	69:54	
Glen Guillemette	70:19	
Bob Winn	70:37	
M45 John Barbour	72:24	
Tim Blouin	75:18	
Dave Oliver	77:00	
M50 Vladimir Krivoy	74:50	
Bill Dixon	75:52	
Phil Riley	78:29	
M55 Larry Olsen	76:03	
Sumner Brown	81:41	
John Hackney	87:10	
M60 Chas Kellogg	87:58	
Chuck Keating	89:43	
Geo Kasierski	91:43	
M65 Wm Riley	88:37	
Hollis French	1:48:33	
Richard Berndt	1:48:38	
M70+Joe Fernandez	73	1:41:52
Bill Engle	70	1:48:05

Don Ross	71	1:49:22
W40 Nina Caron		82:36
Nancy Corsaro		84:55
Maureen Burns		86:06
W45 Susan Hackney		86:13
Terri Martland		91:59
Mary Camire		92:18
W50 Ann Sipka		95:29
Dawne Era		96:51
Patty Foltz		98:58
W55 Susan Gustafson		88:03
Diane Bober		95:47
Betsy Gonnerman		1:51:43
W60 Mary Leonard		2:20:44
Barbara Roney		2:27:16
W65 Barbara Belanger		1:58:33
Mary McCauley		2:10:18

**NYRR Rabbit Run 5K**  
Central Park, NYC; March 30

**Overall**

Jarek Lazarowicz	31	15:35
Amy Fredericks	35	18:25
M40 David Hardy		17:52
M45 Amador Ybanez		16:12
M50 Jack McShane		17:36
M55 Julio Aguirre		18:27
M60 Robert Laufer		21:27
M65 Michael Goldman		21:47
M70 Philip Winterer		25:08
M75 John McManus		26:55
M80 Mel Freidel		37:20
M85 Wilfredo Rios		39:55
W40 Carrie Barratt		20:03
W45 Asteria Claire		21:35
W50 Sandra Powers		21:32
W55 Sylvie Kimche		21:14
W60 Evelyn Davis		24:43
W65 Naomi Vogel		28:51
W70 Toshiko d'Elia		27:46
W75 Joan Rowland		25:00
W80 Althea Jureidini		50:53

**NYRR 8K Race**  
New York City; April 6

**Overall**

William Grogan	27	25:44
Carol Howe	36	27:25
M40 Conor O'Driscoll		26:14
James Stemm		26:29
John LaChance		27:27
M45 Amador Ybanez		26:26
Tom Phillips		27:42
Bill Dickler		29:28
M50 Jan Maliniak		30:31
Stephan Browne		31:47
Gerard McGann		32:58
M55 Tomas Maruri		34:39
Vasile Nica		34:46
Stephan Bonime		36:18
M60 Jack Brennan		32:14
Lawrence Diggs		34:46
Mariusz Solarski		35:55
M65 Witold Bialokur		32:29
George Hirsch		34:28
Carlo Digiorio		40:28
M70 Robert Perry		43:39
Michael Bennett		46:33
Richard Shaffer		53:39
M75 Sab Koide		45:55
Leonard Scheer		63:44
Allen Flagg		71:31
M80 Mel Freidel		63:31
M85 Wilfredo Rios		65:10
W40 Anastasia Syekas		34:19
Donna Holmes		34:48
Karen Clark		35:28
W45 Mary Moloney		35:54
Cathy Handy		36:17
Carol Drake		39:50
W50 Sandra Powers		35:02
Irene Jackson		35:55
Lily Kosaka		39:23
W55 Sylvie Kimche		35:18
Chuang Chang		39:29
Vera Delaney		45:22
W60 Ruth Fairbrother		42:16
Carol Tyler		42:39
Carolyn Cornell		53:50
W65 Naomi Vogel		47:49
Elaine Reiger		50:03
Anne Perzeazy		59:04
W70 Joan Fisher		59:59
Ingrid Fleischhacker		77:37
W75 Muriel Merl		48:49
Joan Rowland		57:59

**Credit Union Cherry Blossom**  
10 Miller

**Washington, D.C.; April 7**

**Overall**

Rueben Cherulyot	27	47:13
Luminita Talpos	29	52:50

M40 Lance Denning	51:50
Dave Berardi	53:23
Mark Malander	54:37
M45 Peter Kirk	57:23
David Webster	58:18
Devaland Campbell	59:16
M50 Chuck Moeser	56:11
Ronnie Knepper	1:00:26
William Walker	1:00:39
M55 Dan Murray	59:44
Patrick Griffith	1:01:31
Piraya Pinit	1:03:43
M60 Doug Goodhue	1:01:52
John Elliott	1:05:24
Stephen Forman	1:08:29
M65 Norman Miller	1:15:24
Leon Bierbower	1:15:38
Alan Rider	1:16:59
M70 George Yannakakis	1:16:33
Larry Dickerson	1:17:33
Tom Momiyaama	1:21:49
M75 Lou Lodovico	1:18:52
Walt Washburn	1:37:51
Bill Morrison	1:41:04
W40 Lorraine Jasper	1:03:15
Vanessa Cox	1:03:47
Laura Freix	1:05:22
W45 Rebecca Strode	1:10:25
Betty Blank	1:10:31
Shelley Ralston	1:11:54
W50 Sandra Adams	1:11:53
Karen Erb	1:13:44
Michie Pitts	1:15:42
W55 Gayle Gordon	1:06:22
Judith Harmony	1:19:19
Brigitte Sutherland	1:19:28
W60 Sharon Dolan	1:14:37
Barbara Szoradi	1:26:18
Nancy Linck	1:32:06
W65 Imme Dyson	1:20:29
Tami Graf	1:27:26
Angela Craighead	1:28:55
W70 Rita Simon	2:05:05
W75 Kay Morrison	1:51:03
W80 Hedy Marque	1:54:09

**Hope For Children 10K & 5K**  
Naples, FL; March 10

**Overall**

Volodymyr Bukhonov	41	32:06
Tatyana Maslova	35	34:49
M40 Volodymyr Bukhonov		32:06
Mickey Hooke		33:55
Perry Small		34:14
M45 John Masterson		38:19
Jeff Sommer		39:58
Michael Kinzel		40:37
M50 Jeff Hlinka		37:56
Michael Rowe		37:59
Douglas Schumann		38:13
M55 Lou Marjou		40:56
Lance Ellis		46:44
Robert Ferrante		47:38
M60 Roger Rouiller		40:37
James Derham		43:36
Ernie Dumas		43:57
M65 Derek Melven		45:07
Dave Egan		48:14
John Boleus		49:10
M70 Ted Brown		51:12
Lew Ludwig		54:18
Bud Vogel		63:36
W40 Lyubov Kremleva		35:35
Grace Wilson		39:19
Patricia Bourgault		40:09
W45 Tatyana Pozdnyakova		35:34
Joan Benoit Samuelson		36:53
Karen Miles		40:56
W50 Deb Wagner		37:50
Dawn Hamish		47:47
BettyLou Gillespie		48:10
W55 Marilyn Michaels		53:10
Maryann Wallace		68:58
W60 Betty Lou Tucker		52:24
Ann Rawnsley		58:01
Ann Taylor		64:17
W65 Maureen Murphy		62:14
Vae Converse		66:43
W75 Leslie Higgins		67:16
W80 Elaine Geyer		71:40

**Boston Marathon**  
Boston, MA; Apr 15

**Overall**

Rodgers Rop	26	2:09:02
Margaret Okayo	26	2:20:43
M40 Joshua Kipkemboi	KEN	43:21:48
Fedor V. Ryzhov	RUS	42:21:04
Gennady Temnikov	RUS	40:22:23
Mohamed Nazipov	RUS	40:22:56
Glen Guillemette	42	2:26:51
Salvatore Bettio	ITA	40:22:20
Budd L. Coates	45	2:28:49
John R. Agnew	OH	40:23:01
Chris Spinney	42	2:30:45
Jerry D. Henley	43	2:31:41
Vladimir Krivoy	51	2:35:11
Alan Oman	52	2:42:16
Don F. Coffman	59	2:44:30
Chuck Moeser	50	2:49:06
Ernest L. Pigot	GBR	51:25:34
Michael O'Connor	IRE	50:25:46
Carlos E. Salumio	45	2:51:52
Michael Menovich	51	2:54:07
John K. Snyder	51	2:54:10
Vinnie F. Kelley	50	2:54:17
M60		



Continued from previous page

Monica Joyce	43	16.48
M40 Eddy Hellebuyck		14.48
Danny Martinez		14.50
Sam Ngatia		14.52
Jon Sinclair		14.53
M45 Steve Scott		15.19
Craig young		15.36
Brad pace		16.03
M50 Doug Bell		15.46
Nolan Shaheed		16.09
Michael Seaman		16.18
M55 Dave Dooley		17.16
Michael Dove		17.28
Doug Brown		18.15
M60 James Williams		18.30
Stephen Lyons		18.38
Byron Melendy		18.51
M65 Carlos Valle		19.21
Don Truex		19.45
William Wall		21.20
M70 Chuck Boston		23.04
Jerry Colling		23.51
Arnold Hogarth		23.53
M75 Edward Maher		25.45
Stanley Coombs		26.39
Bill Nyhan		27.36
M80 Antonio Tejada		24.58
Jim McCown		27.53
Donald Dilworth		33.53
M85+Walt Kuetzing	89	34.35
W40 Monica Joyce		16.48
M Trujillo de Rios		17.28
J Lasee-Johnson		17.42
Kim Jones		17.57
Carol Keller		18.30
W45 Marcella Teran		18.44
Mo Bartley		18.51
Debbie Barraza		19.20
W50 Dee Dee Grafius		19.26
Sheri Hall Curl		19.49
Loi Coker		20.20
W55 Joni Shirley		19.43
Sue Reinhardt		22.42
Ann Walker		23.05
W60 Barbara Miller		21.26
Ursula Rains		23.48
Cory Colacrossi		27.04
W65 Martha Walker		26.13
Elsie Billy		28.37
Ruth Mangrum		28.48
W70 Lois Ann Gilmore		27.01
Jacqui Lucas		29.21
Cathryn Bahm		40.07
W75 Mary Storey		31.13
Doris Gordon		34.53
Mary Lou Lynch		36.12
W80 Gerry Davidson		31.36
W85+Marjorie Easton	86	45.04
Edith Allen	90	45.41

<b>Catsbad 5000 Teams</b>	
<b>Masters Men</b>	
So Cal TC Masters	48:35
(Magill/Shahheed/Cleary)	
A Snail's Pace Masters	49:24
(Parse/Jaggers/Mistick)	
Las Vegas Running	49:27
(Gardner/Pinocci/Hosea)	
Team Runners High	50:35
(Kessler/Herrera/DeCollibus)	
San Diego TC Masters	50:38
(Spinler/Plumb/Willmore)	
<b>Masters Women</b>	
San Francisco Impalas	58:08
(Keller/Bartley/Nunley)	
So Cal TC Masters	58:29
(Benson/Giebler/Thompson)	
San Diego TC Masters	62:20
(Teran/Fernandez/Rains)	

**NORTHWEST**

<b>Shamrock Run 15K, 8K &amp; 5K</b>	
<b>Portland, OR; March 17</b>	
<b>15K</b>	
<b>Overall</b>	
Sean Nesbitt	27 46:53
Maria Runyan	33 52:20
M40 Toby Scott	54:32
M45 James Mahar	55:59
M50 Bill McCall	58:36
M55 Scott Taylor	59:39
M60 Bill Fallon	64:29
M65 Nathan Cogan	78:09
M70+John Keston	77 72:24
W40 Meghan Arbogast	56:18
W45 Margi Hazen	65:33
W50 Phyllis McCall	71:29
W55 Sharrell Jordan	74:44
W60 Kathy Ryan	87:00
W65 Susan Means	107:28
W70+Joyce Bahler	94:36
<b>8K</b>	
<b>Overall</b>	
Damian Baldovino	35 24:44

Tia Vargas	26 31:10
M40 Chuck Coats	25:39
M45 Terry Williams	26:22
M50 Gregory Byes	33:23
M55 Mike Vandenberg	32:29
M60 Michael Gandert	34:04
M65 Bob Kiever	42:45
M70 Jack Keener	40:23
M75+George Pulerbaugh	45:42
W40 Susan Gallagher	33:23
W45 Susan Jensen	35:39
W50 Shirley Shaw	36:38
W55 Dell Anne Dyar	42:50
W60 Marilyn Paul	42:25

<b>5K</b>	
<b>Overall</b>	
Ahman Dirks	27 14:39
Lorilyn Bloomer	29 17:08
M40 Paul Hopkins	17:39
M45 Bob Stiner	18:20
M50 Doug Winn	17:33
M55 Joseph Graziano	20:27
M60 David Loprinzi	22:45
M65 Ken Ogden	22:41
M70 Jack Keener	24:10
M80 Jack Frane	42:19
W40 Mollie Starr	19:54
W45 Theresa Caspell	19:29
W50 Renee Robillard	26:11
W55 Georgann Reel	27:39
W60 Judy Hayward	29:53
W65 Carol Nichols	37:09
W70 Barbara Dougan	36:47
W75+Pilar Erpelding	78 33:03
Maureen Schmah	45:57

**St. Patrick's Day 5K**  
**Seattle, WA; March 17**

<b>Overall</b>	
David Bazzi	15:02
Lyuda Vasilyeva	16:58
M40 Richard Lee	16:21
Graeme Fell	16:28
Bryan Schultz	16:59
Conrad Steffans	17:02
Scott Drennen	18:29
M45 Greg Beyerein	17:10
Andy Lyle	18:25
Doug MacLean	19:50
M50 Jim McGill	18:05
Michael Allison	18:24
Philip Welch	18:46
Greg Adams	18:46
Bill Mills	19:46
M55 Peter O'Neil	20:01
Chris Steer	20:35
Dale Hirt	21:05
M60 Dennis O'Hare	21:19
Timothy Joslin	21:39
Peter Konis	21:43
M65 Ronald Brinton	22:11
Ignatz Kozwalski	24:28
Lionel Wilaidge	24:56
M70+Norm Schultz	25:27
Fred Freeman	29:12
W40 Jackie Holloway	18:47
Kim Bender	18:57
Dorothy Curtin	21:26
W45 Regina Joyce	22:50
Debbie Newell	23:31
Uta Cray	23:56
W50 Maria Cantwell	22:40
Phyllis Nelson	24:37
Carol Rasp	25:44
W55 Dorie Quam	23:33
Judy Fisher	24:39
Jan Nelson	25:09
W60 Sally Jerome	26:06
Sue Stipe	27:35
W65 Pat Johnson	28:05
Wilma Parker	29:28

**Henry Weinhard's Pale Ale St.**  
**Patrick's Day Dash 3.7M**  
**Seattle, WA; March 17**

(AG results unofficially compiled from three waves of starters)	
<b>Overall</b>	
David Bazzi	24 15:02
Lyuda Vasilyeva	16:58
M40 Richard Lee	16:21
Byron Schultz	16:59
Conrad Steffans	17:02
Scott Drennen	18:29
Tony Phillipi	18:36
M45 Keehn Thousen	13:46
Greg Beyerein	17:10
Andy Lyle	18:25
David Stone	19:25
Doug MacLean	19:50
M50 Brad Bogar	16:49
Jim McGill	18:05
Michael Allison	18:24
Dave Aquila	18:44
Philip Welch	18:46

Greg Adams	18:46
M55 Peter O'Neil	20:01
Chris Steer	20:35
Dale Hirt	21:05
David Jones	21:59
Herb Allen	22:04
M60 Dennis O'Hare	21:19
Timothy Joslin	21:39
Peter Konis	21:43
B Fitzpatrick	21:54
Bob Brown	23:29
M65 Ronald Brinton	22:11
I Kozwalski	24:28
Lionel Wilaidge	24:56
Lee Parker	26:17
Jay Decker	26:53
M70+Norm Schultz	25:27
Fred Freeman	29:12
Lorilyn Bloomer	29:50
Richard Goen	31:52
Ward Aquires	35:04
W40 Sarah Cox	18:08
Jackie Holloway	18:47
Kimball Bender	18:57
Lisa Crisp	19:02
Tira Villanueva	20:49
W45 Kathy Bodmer	15:47
C Campanile	21:27
Regina Joyce	22:50
Debbie Newell	23:31
Ute Cray	23:56
W50 Molly Martin	20:53
Maria Cantwell	22:40
Phyllis Nelson	24:37
Carol Rasp	25:44
Sharon Hankinson	26:08
W55 Judy Fisher	24:39
Jan Nelson	25:09
Ricki Vadset	26:06
Christina Chalupa	27:50
Linda Stroud	27:58
W60 Sally Jerome	26:06
Sue Stipe	27:35
Lyn Bawinson	30:58
Judy May	32:13
Diana Anderson	35:06
W65 Patricia Johnson	28:05
Wilma Parker	29:28
Joan Luckhurst	30:07
Sandra Siler	30:37
Nancy Olsen	36:53
W70+Kelsey Latta	30:35
Claire Connicode	39:38
Nancy Lovell	41:04
Samantha Carbajal	46:27
Kathleen Browne	57:44

**INTERNATIONAL**

<b>BVAF Cross-Country</b>	
<b>Championships</b>	
(M40-69 10K; M70+ & W35 5K)	
<b>Mansfield, England; March 23</b>	
M40 Rob Hand	32:17
Andy Wilton	32:19
Bill Foster	32:31
M45 David Neill	32:51
David WilsonEvans	33:55
Paul Muller	34:09
M50 Nick Rose	34:47
Ken Moss	35:09
Brian Lloyd	35:20
M55 Malcolm Renyard	36:49
Harry Matthews	36:59
MalcolmPalfreyman	37:00
M60 Graham Patton	36:37
Robert Toogood	37:34
Steve James	38:31
M65 Harry Clayton	40:53
Dennis Hayes	41:20
Gordon Wiltshire	42:02
M70 Thomas Wyer	24:40
Ronald Silver	25:17
Bill Clapham	25:31
M75 Stephen Charlton	22:05
Frank Copping	29:41
W35 Alison Hirst	18:58
Helen Burrell	19:15
WendyRoethenbaugh	19:22
W40 Joan Lasenby	19:17
Jane Ray	19:23
Alison Hurford	19:23
W45 Marie Holland	19:26
Ann Ford	19:41
Pat Partridge	20:56
W50 Gillian Dean	20:16
Wendy Huggins	20:51
Linda White	21:41
W55 Carol-A Wolstenholme	21:12
Dot Fellows	21:50
Valerie Naylor	22:28
W60 Christine Lee	23:38
Kathleen Stewart	24:28
Eva Osborne	25:02
W65 Pamela Jones	24:05

Mary Holmes	26.34
<b>RACEWALKING</b>	
<b>Henry Laskau Memorial 5000</b>	
<b>Racewalk</b>	
<b>Coconut Creek, FL; March 16</b>	
<b>Overall</b>	
Mike Felling	26.31
Sarah Perry	26.31
<b>Masters Overall</b>	
Paul Johnson	29.12

Linda Stein	31.23
M50 John Fredericks	29.13
M55 Dan Koch	31.12
Jay Caplen	39.43
M60 Bob Cella	30.17
Harvey Pitterman	34.10
Peter Bayer	34.36
M65 Gerry Gomes	30.17
Lee Duffner	30.30
M70 Bob Fine	32.44
Jack Jacobson	34.09
M75 Daniel DeMauro	37.20

Jerry Kauffman	38.45
Sumner Shafmaster	40.51
W35 Lisa Sonntag	27.02
Tammie Corley	30.18
W45 Andi Ormstron	40.16
W50 E Perry-Smith	33.16
W55 Pat Baran	35.32
Ginger Altork	35.51
Rita Strauss	37.42
W65 Joanne Elliott	35.32
W70 MarciaShafmaster	39.39
Ruth Perraud	40.01

**ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, MAY 2002**

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
SABINE ROGGE (GER)	5-6-62	40-44
MARCELLE H. SMITH (ZIM)	5-19-62	40-44
SONJA KUIPERS-OOST (NED)	5-2-57	45-49
JOAN SAMUELSON (FREEPORT, ME)	5-16-57	45-49
MARCIA MECHLENBURG (CHANNEY, WA)	5-17-57	45-49
DEBBIE DOVE EERKES (HERSHEY, OR)	5-20-57	45-49
BRIAN SLAUGHTER (IRL)	5-27-57	45-49
CHARLES MILLER (PHOENIX, AZ)	5-28-57	45-49
CORALIE SEDWICK (ORLANDO, FL)	5-28-57	45-49
ALAN WELLS (GBR)	5-3-52	50-54
SCOTT THORNLEY (CAMP HILL, PA)	5-5-52	50-54
MARTINE ROOMS (FRA)	5-6-52	50-54
SZALAI LENCSESNE (HUN)	5-13-52	50-54
ED GONERA (NJ)	5-15-52	50-54
LORRAINE GREEN (LAFAYETTE, US)	5-15-52	50-54
TUULA TORNIN (FIN)	5-23-52	50-54
REGINA K. STANGE (GER)	5-24-52	50-54
JORUNN SUNDAL (NOR)	5-1-47	55-59
MARY CHADBOURNE (US)	5-4-47	55-59
CHRISTINE TURNER (NZL)	5-5-47	55-59
MAUREEN LEWINGTON (GBR)	5-7-47	55-59
MARGARET LOCKLEY (GBR)	5-15-47	55-59
ANITA POLETTI (RSA)	5-16-47	55-59
KEN BRINKER (FLANDERS, NJ)	5-18-47	55-59
REBECCA BAUM (SPRINGFIELD, IL)	5-20-47	55-59
JULES TRIGUEIRO (EUGENE, OR)	5-20-47	55-59
GINNY SARGENT (CA)	5-22-47	55-59
MARY C TROTTO (SMITHTOWN, NY)	5-23-47	55-59
BJORG MOEN (NOR)	5-25-47	55-59
MILDA SCHNAKENBERG (GER)	5-26-47	55-59
LINDA FRISBY (GRAND JUNCTION, CO)	5-29-47	55-59
ANEZKA JANECKOVA (CZE)	5-29-47	55-59
ANNE HOLCOMBE (AUS)	5-29-47	55-59
TEREZ HEDANE ZINK (HUN)	5-29-47	55-59
GRETCHEN MERTEN (EUGENE, OR)	5-1-42	60-64
LINA CONNORS (NEW YORK CITY, NY)	5-2-42	60-64
IRELAND SLOAN (ROANOKE, VA)	5-6-42	60-64
SUSAN S. ALBERTS (RSA)	5-6-42	60-64
CATHARINE VANDERMERWE (RSA)	5-6-42	60-64
NINA FAHNOE (DEN)	5-8-42	60-64
MIKI HERVEY (DALLAS, TX)	5-10-42	60-64
LINDA THURSTEN (SOMERVILLE, NJ)	5-11-42	60-64
BILL SMITH (E. STRAUDBURG, PA)	5-12-42	60-64
BEVERLEY BLAIR (NZL)	5-12-42	60-64
MAGDELENA TOMLINSON (RSA)	5-12-42	60-64
DAVID ROMAIN (TRI-ALBANY, CA)	5-15-42	60-64
ALAN SLATER (CAN)	5-20-42	60-64
FAY RILEY (NZL)	5-21-42	60-64
GIRTS OZOLINS (TORANCE, CA)	5-0-37	65-69
SHIELA NEWTON (INGLEWOOD, CA)	5-8-37	65-69
HEINZ H JANSON (GER)	5-10-37	65-69
KENNETH DENNIS (LOS ANGELES, CA)	5-13-37	65-69
BETTY WAKE (CA)	5-17-37	65-69
JOHN SANDERS (DREXELL HILL, PA)	5-18-37	65-69
MARLENE ALTMANN (GER)	5-21-37	65-69
FELICITY SKARIS (RSA)	5-25-37	65-69
MARIA JOHNSON (DALLAS, TX)	5-27-37	65-69
YVONNE ROJANO (MEX)	5-29-37	65-69
SARA URRUTIA (PUR)	5-31-37	65-69
KERMIT HOLLINGSWORTH (CAN-IN)	5-3-32	70-74
GLADYS MCKEOWN (AUS)	5-10-32	70-74
JAN PARLEVLIET (FRA)	5-15-32	70-74
JACK FOSTER (NZL)	5-23-32	70-74
MARION SANCHEZ (SAN LORENZO, CA)	5-23-32	70-74
JOHANNES CYRUS (S. AFR)	5-24-32	70-74
URSULA SCHMITZ (GER)	5-28-32	70-74
URSULA BLASCHKE (GER)	5-30-32	70-74
EVELYN SAULL (CAN)	5-30-32	70-74
RONALD JOHNSON (NZL)	5-31-32	70-74
SHARON SAHONCHIK (EUGENE, OR)	5-31-32	70-74
JACK ANGEL (PURCELL, OK)	5-3-27	75-79
PHILLIP BRUSCA (MARYLAND HTS., MO)	5-7-27	75-79
willi selzer (ger)	5-7-27	75-79
EMIL SCHULZ (GER)	5-9-27	75-79
JANE GELDENHUYTS (RSA)	5-20-27	

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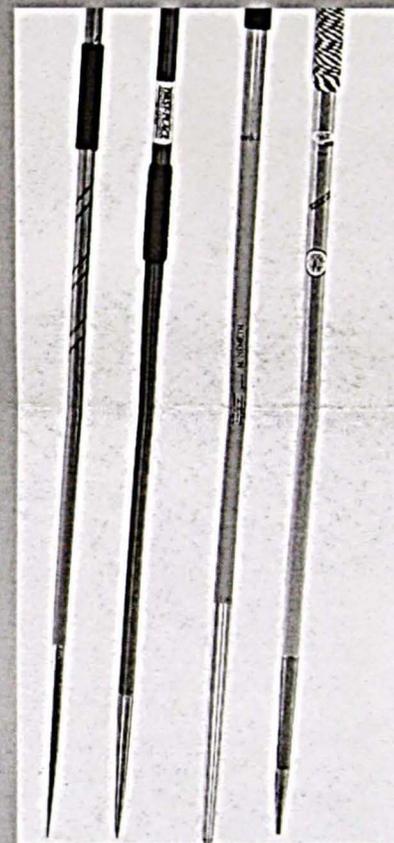
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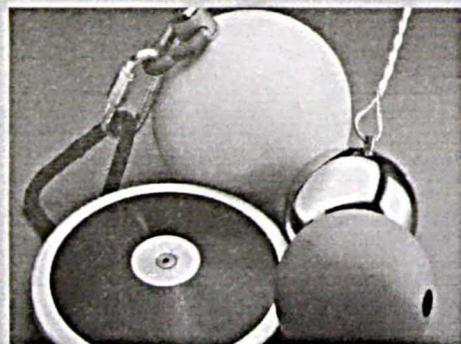
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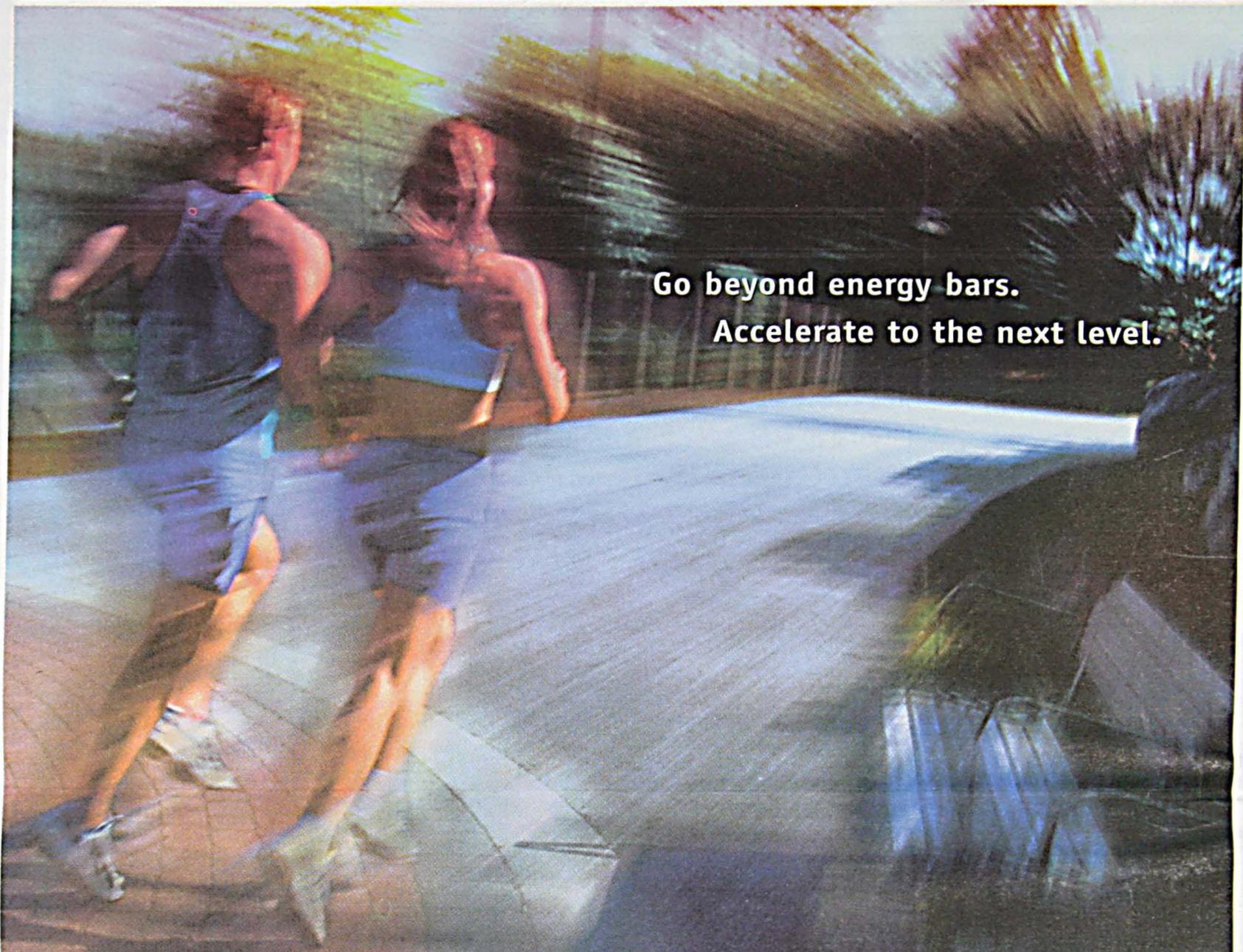
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