

Boston Hosts Its 9th Nationals



SUZY HESS

Finalists in the M35 200 (l to r): Robert Thomas, winner (22.20), Barney Borrromeo, Hoy Thurman, William Marshall, James Smith, and Gwynn Villegas, National Masters Indoor Championships.

By JERRY WOJCIK

For the ninth year in a row, masters athletes converged on Boston for the USATF National Masters Indoor Championships, and the consensus was that "practice does make perfect."

The meet, held at the Reggie Lewis Track and Athletic Center on March 26-28, drew 726 men and women athletes, age 30-and-over, who competed in five-year age groups through 90-94. While the numbers were down from

the 758 in 2003, records and performances were up.

Twenty-eight world and 28 U.S. records were broken or established. Last year, 16 world and 30 national records were revised. World and national records are pending until approval by the masters international and U.S. record committees.

The star of the meet, Max Springer, 90, Knoxville, Tenn., competed in the

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2736 Athletes Break 44 WRs in Sindelfingen

WMA Holds 1st World Indoor Meet

By JERRY WOJCIK

Athletes who competed in the inaugural World Masters Athletics Indoor Championships in Germany, left the host city of Sindelfingen with 44 pending age-group world records in their wake.

Championship events were held in

"das Glaspalast" arena in Sindelfingen, a city of 60,700, about 15 kilometers from Stuttgart, the capital of the federal state of Baden-Wuerttemberg. The arena has eight lanes for the 60m sprint and hurdles within its 200m four-lane track.

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BRIAN KEAVENEY

The U.S. W40-44 bronze medal 4x200 team (2:05.43), WMA Indoor Championships (l to r): Shelley Walsh, 50, Carla Hoppie, 52, Joanne Petkus, 45, and Joy Upshaw-Margerum, 43.

De Reuck Captures Women's Olympic Marathon Trials

BY SUSANNAH BECK

By the time you read this, Colleen De Reuck will be a masters runner, which is why we made an exception, and put the 39-year-old winner of the U.S. Women's Olympic Marathon Trials, St. Louis, Mo., April 3, on the front page.

Running a very conservative strategy, De Reuck, 2:28:25, made her fourth Olympic team and beat the best field of U.S. women marathoners assembled in the past decade, including the overwhelming favorite, Deena (Drossin) Kastor, 31, Mammoth Lakes, Calif., 2:29:38. And all just ten days before turning forty. Bravo, Colleen!

The course was criterium-style, consisting of almost four laps around a 6.88-mile loop in the open greensward of Forest Park. The loop itself consisted of five pancake-flat miles followed by a 1.8 mile stretch of gradual hills. Bright sun was tempered by temperatures in the low 40s at race start, and a palpable but not dominating breeze.

Unlike her usual racing style, which includes early speeds that approximate jet lift-off, De Reuck played a sensible waiting game that consisted of steady 5:40 miles. Patience paid off, as she caught several fading early leaders during the third lap. De Reuck finally reeled in the big fish, a hard-bonking Kastor, at 24 miles.

"I was surprised," said De Reuck after the race. "I said before I thought the only way Deena wouldn't win was if a dog ran out on the course and grabbed on to her leg. But I've run in lots of marathons, and I know that anything can happen." In fact, on a freezing day on the same course last year, De Reuck herself lost the lead on the final lap, as she succumbed to hypothermia.

De Reuck, the affable South African native who became a U.S. citizen in 2000, has been a force on the roads since she moved to the U.S. in the early 1990s. She has also excelled at cross-country, her favorite running

Continued on page 12



VICTOR SAILER/PHOTO RUN

Colleen De Reuck, 39, winner (2:28:25), U.S. Women's Olympic Team Trials, St. Louis Marathon, April 3.

Joshua Kipkemboi, 45, 2:18:23, KEN, and Rumilia Burangulova, 42, 2:34:08, RUS/FLA, were first masters in the 108th Boston Marathon, April 19. More on the race in the June issue.

PERIODICALS
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National Masters News
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Track & Field

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SAN DIEGO JULY 2004

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WRITE ON!
 Address Letters to: National Masters News
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PAYTON JORDAN

In December 2003, Payton Jordan underwent 11-1/2 hours of surgery to remove a rare cancer (mucoepidermoid carcinoma) from his neck, and then underwent 10 weeks of radiation. His wife Marge's lymphoma returned after eight years in remission.

In reflecting on the cancers that he and Marge are fighting, he said, "We are thinking positive thoughts..... thoughts of running a good race, and winning! You have no idea how powerful the love and prayers from our family and track 'family' have been for us in meeting this challenge."

In an April 12 phone conversation with me, Payton relayed this message: "Hey, Gang. Thanks for everything. Your prayers have been felt. Marge and I appreciate all your concerns, and our affection is mutual. We are out of the woods and going to be as good as new. The sky is blue, the sun is out and it's a good day, every day."

To Payton and Marge, we send lots of get well wishes, and remind them that they are remembered, loved and admired by many.

*Karen Huff
by e-mail*



KAREN HUFF
Getting ready to vault in the 2004 National Masters Heptathlon, Kenosha, Wisc. (l to r): guest Tyrone Lewis, M55, Great Britain, Jeff Watry, M45, and John Hawkins, M50.

Sustainers for May 2004

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.

We are grateful for the support of masters athletes.
Special thanks this month go to:

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JERRY WOJCIK
Mary Ellen Nourse, W45, in the mile, 2004 Idaho Masters Classic.

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- E-mail submissions same as above (except, of course, no signature).
- Keep it short. Concise letters developing a single theme are more likely to be published.
- Please type and double space.
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CZZMN

2004 USA National Masters Outdoor Track & Field Championships

August 5-8, 2004 • Millikin University, Decatur, Illinois
Presented by Millikin University & The Decatur Area Convention & Visitors Bureau

ELIGIBILITY: Competition is open to all men and women 30 years of age and older. Age on August 5, 2004 will determine a competitor's age group. Individual competition 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 USA Track & Field will be required from all U.S. Citizens. **On-line registration** is available at, www.directathletics.com. We strongly suggest you obtain your USATF card in advance through your local Association or on-line USATF.org.

Proof of date of birth will be required from all competitors in advance. A photocopy of your passport or birth certificate must be sent with your entry form to assure eligibility.

AWARDS: Championship medals will be awarded to the first three U.S. finishers in each age group. Ribbons will be awarded to places 4,5 and 6. Non-championship medals will be awarded to any foreign guest competitors who finish in the top three. We anticipate awards will be presented on the southeast corner of Frank M. Lindsay Field.

Entry Fees & Procedures: All entries must be RECEIVED BY MONDAY, JULY 19, 2004. Confirmation of entry will be sent to all competitors who have registered by July 19th. Late entries received after July 19 will be assessed a \$50.00 penalty. Absolutely no entries will be accepted after Monday, July 23rd, 2004.

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

A commemorative USA National Masters T-Shirt may be purchased for \$9.00 in advance, or \$12.00 on site.

AIR TRAVEL: Airline services within 45 minutes of Decatur are **Decatur Airport** (217) 428-2858 American Connection www.decatour-airport.org, **Springfield Airport** - (217) 788-1060, American Connection, United Express and ATA Connection, www.flyspi.com and **Bloomington-Normal Airport** - (309) 663-7383, United Express, American Eagle, American Connection, Air Tran Airways, Northwest Airlin, www.cira.com, and **Champaign Willard Airport** (217) 244-8604, American Connection, American Eagle, Northwest Airlin, Com Air (Delta) www.willard-airport.com.

HOUSING INFORMATION: Off Campus - The Decatur Area CVB has created a room block and is listed on the Millikin website. Reservations may be completed directly with the hotel. All Decatur*Forsyth hotels are within 10-15 minutes of the track and field venue.

On Campus - reservations on line (www.millikin.edu/athletics/track) or by mail. Oakland Hall features single, double or quad-occupancy rooms laid out in suites with private bathrooms. Each floor has a full size kitchen and lounge with a big-screen TV. The ground floor is home to the University Bookstore, computer lab and Common Grounds coffeehouse. Oakland is located 300m from the track and cafeteria. Check on line for rates.

SHUTTLE: Shuttles will run from the hotels to the track each day.

EQUIPMENT: Maximum spike length is 1/4". Meet management will have field event implements (including a range of vaulting poles) and starting blocks available for use by all competitors. Personal implements and blocks may be used by a competitor, subject to approval by weights and measures. Personal implements are exempt from the loss-of-identity rule; i.e., they need not be made available to other competitors.

CHAMPIONSHIPS DINNER: The Decatur LOC will host one athlete's dinner in Fairview Park adjacent to the Millikin University Campus. The "down-home" meal will include entertainment by award winning Decatur Park Singers. Tickets for the event will be \$18.00.

Your invitation to Decatur, Illinois -

The ten-minute equation: On the Millikin University campus, all track & field events are within a ten minutes walking distance to housing, food and entertainment. In Decatur all restaurants, hotels and motels, and attractions are within a ten minutes drive.

Information on our web site is as follows;

www.millikin.edu go to Athletics then Track & Field and then The Masters!



ILLINOIS



DECATUR FORSYTH

Event Schedule

Thursday Track 5000 Finals W/M 800 Prelims W/M 400 Prelims W/M	Friday Field Long Jump W/M Javelin M70+, W60+ Discus M30-49, W30-59 Hammer M50-59 Shot Put M60-69 Pole Vault M50-69 High Jump M30-49	Sunday Road 10K Road Walk W/M
Thursday Field Pole Vault W, M70+ Javelin M30-49 Discus M50-59 Hammer M60-69, W30-59 Shot Put M70+, W60+	Saturday Track 10K Run W/M 100 Round 2, if necessary, M Int. Hurdle Prelims M30-64 100 Finals W/M 800 Finals W/M 200 Prelims W/M	Sunday Track 200 Round 2, If necessary, M 1500 Finals W/M Int. Hurdles Finals W/M 200 Finals W/M Relays 400, 3200, 1600, W/M
Thursday Multi Pent (M) LJ, JT, 200 DT, 1500 Pent (W) HH, JH, SP, LJ, 800	Saturday Field High Jump M50+ Triple Jump W/M Javelin M60-69, W30-59	Sunday Field High Jump W Javelin M50-59 Discus M60-69 Hammer M70+, W60+ Shot Put M30-49, W30-59
Friday Track 5000 Racewalk W/M High Hurdle Prelims M 100 Prelims W/M 1500 Prelims M 400 Finals W/M High Hurdle Finals W/M		

2004 USA National Outdoor Track & Field Championships COMPETITION ENTRY FORM

All entries must be received by July 19, 2004

Last Name _____ M, ___ F Age (as of August 5, 2004) _____
 First Name _____ Date of Birth (M) _____ (D) _____ (Y) _____
 Address _____ 2004 USATF # _____
 City _____ Citizenship _____
 State _____ Postal Code _____ E-Mail Address _____
 Country _____ Fax Number _____
 Telephone (Day) _____ Telephone (Evening) _____

Event	Best Performance 03-04	FEE
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2. _____	_____	\$20.00 _____
3. _____	_____	\$10.00 _____
4. _____	_____	\$10.00 _____
5. _____	_____	\$10.00 _____
6. _____	_____	\$10.00 _____
7. _____	_____	\$10.00 _____
Pentathlon	\$30.00 (regardless of other events entered)	\$30.00 _____
Surcharge for entries received after July 19		\$50.00 _____
Championships Supporter (Optional)		\$15.00 _____
USATF Masters Committee Fee (Mandatory)		\$10.00 <u>\$10.00</u>
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Date _____



Third Wind

By MIKE TYMN

Bob McMillen Missed History by Inches and Seconds

"I sometimes think I can do more than I can," said Bob McMillen by phone from his Anaheim, Calif., apartment. He was referring to the fact that he had given some thought to participating in the Los Angeles Marathon a week earlier but then decided against it.

"I'm not in any shape for that kind of thing," he continued. "I'm 76 years old now. I walk a few miles a day and do a little jogging, but I'm not up to doing a marathon. I'm just a *has-been*."

McMillen was alluding to his track career that included a silver medal at 1500 meters in the 1952 Helsinki Olympics, a race in which he narrowly missed the gold medal and the distinction of becoming the first American winner at that distance since Mel Sheppard in 1908. (Sheppard is still the last American to win the 1500.)

Olympic Final

Running last among the 12 finalists, including England's Roger Bannister, in the Olympic Final, McMillen covered the last quarter in 55.9 seconds, overtaking everyone except Josef Barthel of Luxemburg. Another few yards and McMillen would have had the victory.

Both Barthel and McMillen were credited with 3:45.2 and shared in the new Olympic record. It was also a new American record for McMillen. Bannister finished fourth with a 3:46.3. The first eight finishers were

all under Jack Lovelock's Olympic record of 3:47.8, set in 1936.

"Bob was truly one of America's all-time greats in the mile," Payton Jordan, McMillen's coach at Occidental, recently told me. "No other modern day American has placed higher in the Olympic metric mile, and no other American shared the Olympic record, as he did with Josey Barthel."

Sub-4 Anniversary

As Tom McMillen, Bob's younger brother, sees it, the 50th anniversary of the first sub-4 mile should have been on September 13, 2002, not on May 6 of this year, or perhaps on some other date in 1952 if Bob had had more opportunity to run the mile in 1952.

"If he would have been in that mile in Antwerp," Tom said, referring to a September 13 meet following the Olympics in which the leaders went through two laps in 2:00.2 and three laps in 3:02.3, "he would have run the final lap in 57 seconds and would have been the first under four minutes. But he had run five 1500s, two 800s, one 2000, a 1000, and a mile in Edinburgh before that, and that was just too much running for Bob, or anyone."

Slow and Soft Americans

While Roger Bannister became the first person to officially break four minutes in the mile 50 years ago, on May 6, no American would do it until June 1, 1957, when the University of California's Don Bowden recorded a 3:58.7 in Stockton, Calif.

In a letter written by Percy Wells Cerutti, the somewhat eccentric Australian coach, to Stanford coach Payton Jordan on October 14, 1958, Cerutti suggested that the problem with American middle-distance runners was the failure to recognize the need for upper body development.

"I am shocked at the poor understanding of upper body movements, use of arms, etc.," Cerutti wrote to Jordan, further mentioning that he was gradually convincing runners and coaches in England and the rest of Europe by personal demonstration. The letter frequently mentions Cerutti's best student, Herb Elliott, who earlier in the year lowered the world record in the mile to 3:54.5 and the 1500 WR to 3:36.0.

At his training camp in Portsea,

Cerutti had Elliott and other top Australian runners lifting weights and doing pull-ups and push-ups for upper body strength, something frowned upon by most coaches of that era. As part of his Stotan Creed (from "Stoic" and "Spartan"), Cerutti also had them charging up sand dunes and running barefoot over trails covered by burrs.

Cerutti envisioned a 3:40 mile. "[If they were to develop the upper body] types like Don Bowden could [go well under 4 minutes], honestly, Payton, I can foresee and envisage how it could be done, to build up such a type to run thru each 440 around 55 seconds. Imagine a big, upstanding type, properly conditioned, mature (Elliott, remember, is only 20!) who can run to start with, and do laps in 55. Sounds ridiculous? Of course, not, and work out what it means to the mile if such a one could unleash a last 440 in 50 seconds, as Elliott did in an 880. I marvel at how poor and weak they are, not how good!"

The world record now stands at 3:43.13, although that may be a little soft considering that the current 1500 WR equates to a 3:42.27. — Mike Tymn



Bob McMillen

Very low key then and now, Bob, a retired building contractor and widower, shrugs at his brother's comment. "Yeah, but that's kind of hindsight," he offered about breaking four minutes in Antwerp or even at a later date, before Bannister made history on May 6, 1954. "Things weren't so commercialized then and I had to make a living and get married. I was getting just \$15 a week (for expenses)."

Meet Record

At Cathedral High School in Los Angeles, McMillen won the 1946 California state championship in the mile with a 4:24.0, a new meet record.

In 1948, at 19, he won the national junior college championship in the mile with a 4:23.6, then went on to make the Olympic team that year in the steeplechase. However, in the London Olympics, he fell face first into the water on the last jump of his heat and failed to qualify for the final.

In 1950, he won the two-mile in the Coliseum Relays with a 9:02 and lowered his mile best to 4:07.8. Prior to attending Occidental in 1951, McMillen was a front-runner and sometimes outkicked. Under Jordan's tutelage, he changed his strategy, hanging well behind the leaders and finishing with a strong kick. To capture a spot on the '52 Olympic team, he ran his last 400 meters in 58.3, winning going away in 3:49.3.

Finishing Kick

"I did a lot more ins and outs," McMillen explained the finishing kick he found in 1952. "We'd run a hard 100, jog a 100, run 100 again, that sort of thing."

Brother Tom recalled that Bob wasn't particularly motivated to train for the Helsinki Olympics. "He got a job to frame a house in Westwood," Bob said. "He went to school in the daytime and then he would drive out to the job and start working around 4 o'clock. Then, he'd work until it got dark. Here it was the Olympic year and Bob did not want to go through with all the training it took to get in shape." But Tom and a friend convinced Bob to let them take over his carpentry duties while he trained for the Olympics.

Post-Olympics

Although he never broke 4:05 for

the mile, McMillen's best 1500 of 3:44.8, recorded three weeks after the Olympics, equates to a 4:02.7 mile. With today's tracks, shoes, and modern training methods, he surely had the potential to go well under four minutes.

"Bob had three things going for him," said Tom. "First, a slow heart rate of 40 beats a minute; second, great endurance; and third, natural ability to run and win. He could have been the first to break four minutes."

Bob joined the army and was sent to Korea in 1953. He attempted a comeback in 1957, but never really got the momentum going again.

"No, not really," Bob responded when asked if many people recognize or remember him as an Olympic silver medalist and standout middle-distance runner.

"But I remember, and it still means a lot to me." □

(Mike Tymn can be reached by e-mail at metgat@aol.com)

FIVE YEARS AGO May 1999

- 841 Athletes Set 42 Indoor WRs at USA Masters Championships, Boston
- Emil Pawlik (60, 6053), Bill Angus (56, 5248), and Ken Ellis (41, 5216) Top Scorers in USATF National Masters Indoor Heptathlon Championships
- Andrey Kuznetsov (41, 2:14:19), Josette Colomb-Janin (46, 2:40:36) First Masters in Boston Marathon



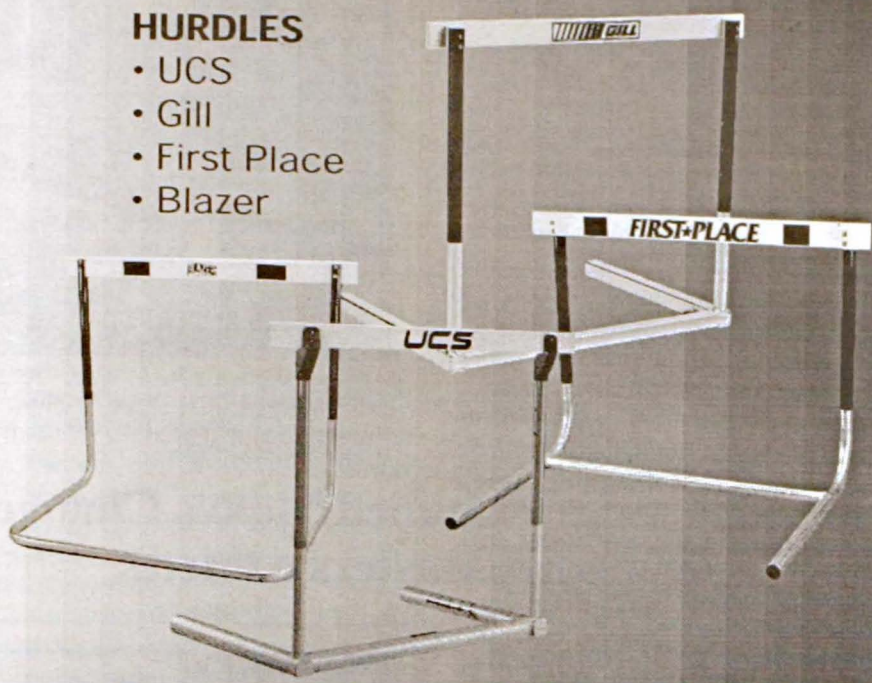
TESH TESHIMA

Ellen Humphrey, W70 winner (30:08), Race Against Violence 5K, Honolulu, April 4.

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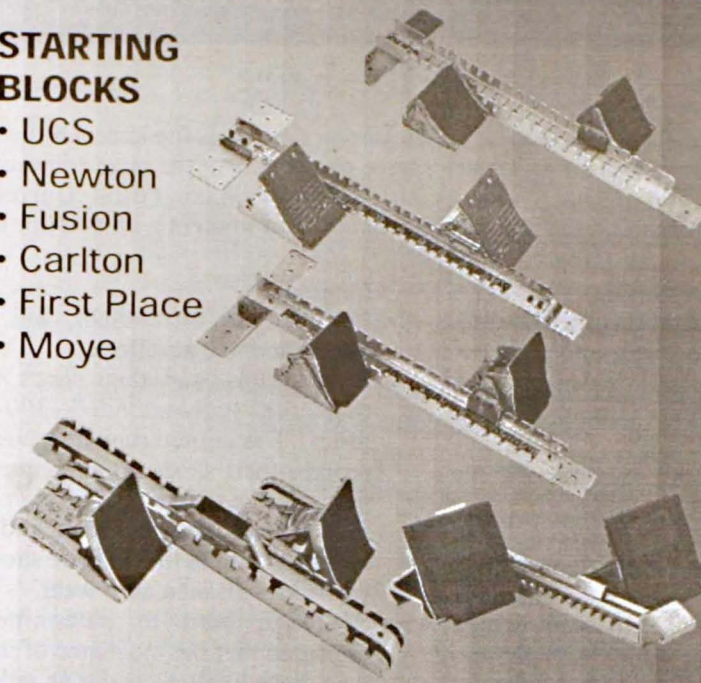
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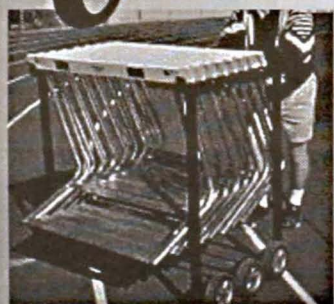
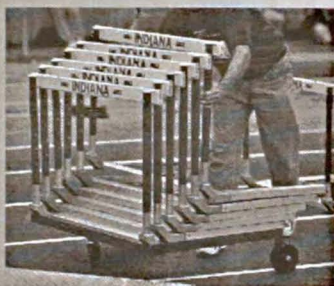
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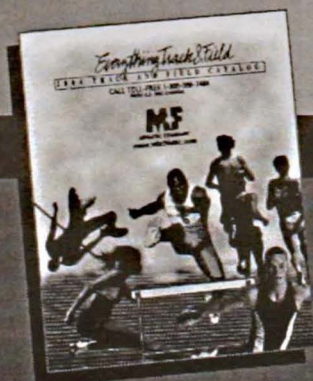
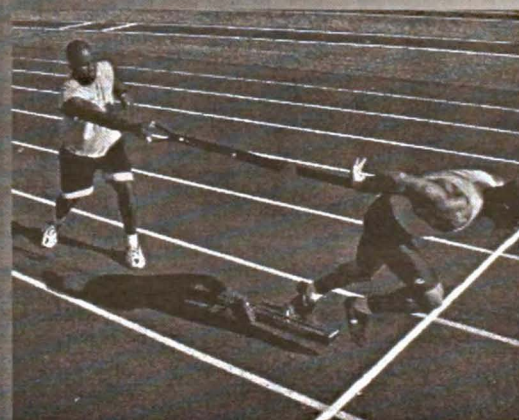
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PAGLIANO'S PODIATRIC POINTERS
The Foot Beat

By **JOHN W. PAGLIANO, D.P.M.**

Injury to the Knee

One of the most common injury sites among runners is the knee. Of the various types of such injury, anterior knee pain is one of the most common. A study of 700 distance runners conducted by Wake Forest University looked at differences between non-injured runners and runners with anterior knee pain.

Among factors examined were training patterns, anthropometrical values, rear foot motion, ground reaction forces, muscular strength and endurance variables. Among the findings:

- Stretching did not appear to be beneficial in preventing injury.
- The injury group showed a higher arch or a more rigid foot pattern. This type of foot has a smaller weight-bearing area and greater pressure during the support phase of running. Therefore, arch height may be associated with a higher risk of knee injury.
- The control group was bigger, leaner and stronger, which may be an asset in protecting the distance runner from injury by more effectively dissipating the stresses associated with

running.

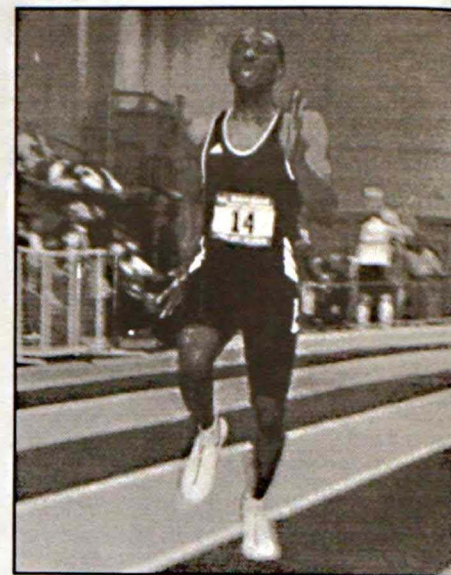
- Leg length differences did not appear to have an effect.
- Both groups wore their shoes more than the recommended 300-400 miles. The injured runners tended to replace their shoes more frequently, perhaps due to injury. The high arch foot cannot absorb shock and the ability of a shoe to attenuate shock is reduced with increased wear.
- Although hard to determine, it appeared that the incidence of injury was more likely to occur as mileage increased.
- As the foot strikes the ground during the first 10% of the support phase of gait, the runner's weight, magnified by the acceleration of gravity, increases the load on the lower extremities. As the foot pronates,

there is an increase in shock absorption.

- Since the injured group tended to have a higher arch foot, there was less pronation, resulting in a more rigid landing and increased shock to the lower extremity, thus contributing to the overuse injury.
- The injured group was weaker in knee extension.
- Those with higher arched feet were more likely to be affected with anterior knee pain and, as such, pronated less through the first 10% of gait.

In essence, there appear to be several functions that contribute to anterior knee pain, including weakness of the leg. Runners need to include a strength training program as part of their exercise program. □

(Dr. John Pagliano can be reached by e-mail at thefootbeat@aol.com)



JERRY WOJCIK
Charles Allie, M55 winner of the 400 with an age-graded 93.3% 55.19, National Masters Indoor Championships.

Cross-Country Council Makes Changes Affecting Masters Athletes

By **CAROLE LANGENBACH**

The Cross-Country Council Executive Committee met at the Winter Nationals in Indianapolis on Feb. 7, and made decisions on several topics affecting masters.

Beginning in 2005, the masters competition distance at Winter Nationals in February will be 8K for men and women. The masters competition distance at Fall Nationals will be 10K for men and 6K for women. The Council will continue to accept bids for stand-alone masters championships (e.g., 5K).

After receiving input from many masters clubs that participate in our national championships, it was decided to submit a rules proposal to change masters scoring from "time scoring" to "place scoring." There are many good reasons to keep the scoring the way it is now, so this topic requires discussion. Masters reps around the country should discuss this with their local athletes.

The decision will be made by convention attendees at this year's USATF Annual Meeting in Portland. Part of the proposal will deal with how many runners will displace for each team: for teams of five scorers (men's 40+ and 50+), eight will displace. For



VICTOR SAILER/PHOTO RUN
Susannah Beck, NMN assistant editor, finished ninth with a PR 2:34:44, U.S. Women's Olympic Team Time Trials, St. Louis Marathon, April 3.

teams of three scorers (men's 60+ and 70+ and all women's teams), five will displace.

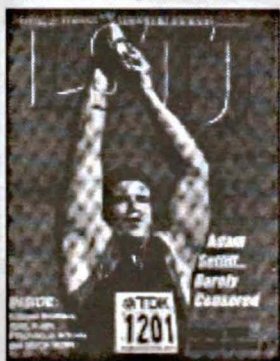
One masters championships has been added to this year's schedule. The Adirondack Association was awarded a 5K masters championships. The meet will take place at Saratoga Spa State Park in New York on Sunday, Oct. 17.

As always, please contact me with your cross-country concerns (see p.3). □

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JERRY WOJCIK
Finalists in the M70 200 (l to r): Harry Brown, 1st (28.85); Lloyd Williams; Joe Summerlin, 3rd (30.21); Vern Schewe; and Dennis Melanson, 2nd (29.08), National Masters Indoor Championships.

Whittemore, 104, Comes Out of Retirement

By BEVERLEY LEWIS

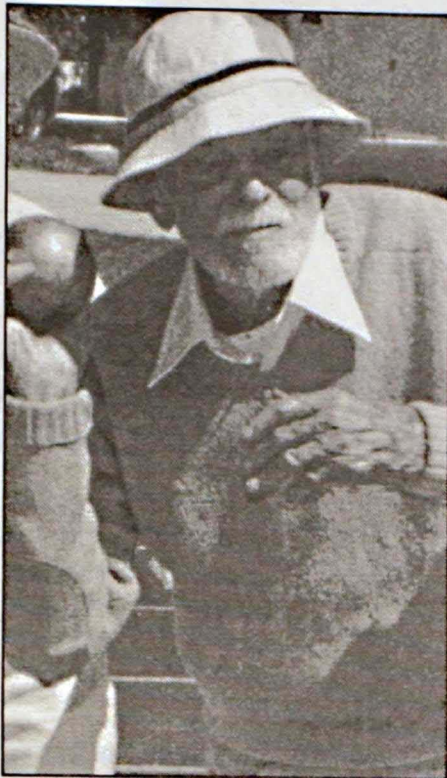
John Whittemore, the oldest active masters athlete in the world, recently came out of retirement to establish a new world single-age record best for the M104 4kg shot put. With his walker stashed on the side of the circle, Whittemore, who admitted to being a little shaky in the knees, nonetheless put the shot 1.78/5-10 3/4.

The history-making event took place at the recent Santa Barbara Easter Relays Combined Masters/Open/Youth meet on March 28 at Santa Barbara City College.

Certifying officials were Southern California Masters Chair and USATF official Andrew Hecker, USATF official Gene Cassidy, recently retired SBCC coach and now masters meet director Robin Paulsen, and Club West President and USATF official Beverley Lewis.

After announcement of the record, Whittemore was given a standing ovation by the stadium crowd. Small children clamored to have their photographs taken with the truly "Master of Masters" athlete, while Whittemore's daughter Joan Close looked on approvingly. "Daddy enjoyed this," she later said.

Whittemore's exploit was later shown on KEYT TV News in Santa Barbara as well as on the Los Angeles



TRYG WASBATTEN

John Whittemore

TV news shows. The *Santa Barbara News Press* also devoted a column to him.

Now that he is out of retirement, Whittemore intends throwing the javelin, shot and discus at Club West's upcoming masters meet in October. □

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.

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JULY 11, 2004

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JULY 24, 2004

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AGE DIV: Open 19-29, Masters in 5-year age increments.

ENTRY FEE: T&F Meet \$12 for the first 3 events, \$3 each additional. Pentathlon \$12. Valid 2004 T&F cards are required and will be available at the meet, \$15 to residents of New Mexico, \$20 for non-residents, or they are available online at <http://www.usatf.org/membership>.

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SCHEDULE OF EVENTS FOR JULY 11, 2004

Track 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

Field Events**

3:00	HT*, LJ, HJ
4:00	SP*, TJ, PV
5:00	DT*
6:00	JT*
7:00	WT THROW*

If 3 sign up, 400MH will be run at 4:25

*THE 1ST 3 THROWS WILL BE SCORED AS A WEIGHT PENTATHLON.

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SCHEDULE OF EVENTS FOR JULY 24, 2004

3PM MEN'S PENTATHLON: Long Jump, Javelin, 200m, Discus, 1500m.

3PM WOMEN'S PENTATHLON: 100mh, High Jump, Shot Put, Long Jump, 800m.

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ATHLETE'S SIGNATURE _____ DATE _____



Masters Racewalking

By ELAINE WARD

Donna Cunningham on Balanced Alignment – Part 2

Last month Donna Cunningham, W55 gold medalist at the 2003 Outdoor Masters Nationals in the 5K and 10K racewalks, discussed the importance of positioning or balancing the body in concert with gravity. This month, she continues by focusing on some of the exercises that helped her achieve her gold medals in Eugene. Donna is a certified instructor of Vance Bonner's method of structural reprogramming. Dr. Bonner can be reached by e-mail at www.thevancestance.com. — ew

EW: Most masters racewalkers understand the importance of stretching for flexibility. What makes the Bonner system special?

DC: They may not understand the relationship of a muscle's ability to stretch and to contract. Muscles are designed to expand and contract. When one function is neglected, imbalance occurs. Think of an elastic waistband that is stretched too much and becomes slack. It then loses the ability to contract at all.

The exercises in the system are designed so that opposing muscle

groups are functioning equally to bring the body into balance as well as permitting maximum joint flexibility. They will automatically show you the areas where you are too tight or have lost contractual strength

What makes the Bonner system special is that it is not just about muscle care. It is about how a person stands and moves without creating muscle tension and pain. It focuses on the structural programming needed for the balanced alignment of the entire body.

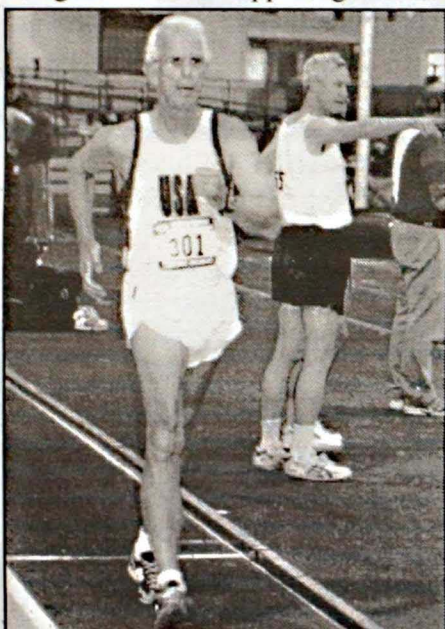
Proper Positioning

I tell my classes that if they want to improve their athletic ability they must first think about the positioning of their feet, knees, pelvis, chest, shoulders and head. All the exercises I teach focus on supporting proper body positioning.

Along the way, my students become aware of how well or poorly their muscles help. I want them to learn to check and adjust their body alignment when they are standing and moving. If their body parts are aligned, their muscles will function properly without tension or discomfort.

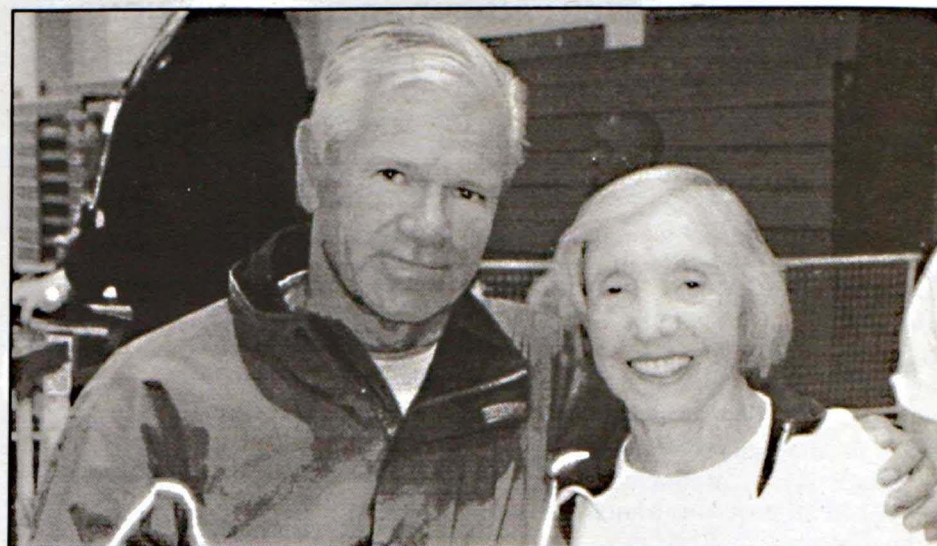
EW: So what throws our bodies out of alignment?

DC: Any imbalance in the tension of the muscles that are working to support and move us. Muscles are in a balanced relationship when they are equally strong and flexible. Poor alignment occurs when one set of muscles is too weak and slack while its opposing set of muscles is too tense and tight.



JERRY WOJCIK

Paul Johnson, M65 winner, 3000 racewalk (16:09.69), 2004 National Masters Indoor Championships.



JOHN CARIS

Don DeNoon, M60, and Fan Benno-Caris, W85, broke 3000m racewalk age-group world records in the National Masters Indoor Championships.

The famous swayback often reveals weak abdominal muscles and tight back muscles. Without strong support, the belly sags forward and pulls the lower back with it, shortening the muscles of the lower spine.

Frequently, imbalances are caused by trauma and overuse. It is not uncommon for competitive athletes to experience overuse injuries when they are trying to improve their performances.

Hamstring Injuries

Racewalkers experience a lot of hamstring injuries. Aggravating causes are poor alignment of the feet, knees and pelvis, and an imbalance of the quadriceps and hamstrings. The strength of the quads overpowers the weaker hamstrings. Though time heals the hamstrings, if postural adjustments are not made, there is a high risk of repeat injury.

EW: It is not unusual to see walkers stretch their calves and hamstrings, but ignore their shins or quadriceps. Or they might work to strengthen their abdominal muscles, but not bother stretching their backs. Do you give a routine that racewalkers can automatically follow to get everything aligned and working properly?

DC: Definitely. Joint flexibility requires muscles that work together so they can lengthen and shorten to perform the movements demanded of them. Range of motion tests reveal where joints are tight or weak. The arm motion of racewalkers requires flexibility in the shoulders. If the shoulder joints are free, the arms can make big loose circles. If the hip joints are free, the legs can make large forward, sideways and downward circling motions.

Stretching Exercises

EW: What are two exercises you give racewalkers for their arm swing and hip rotation?

DC: The doorway stretch is good for increasing the flexibility of the shoulder joint so the arm can move in a full arc. This movement stretches across the chest and opens and frees the shoulder joints.

Stand facing an open doorway with your feet a little back from the center of the door. Check to see that you are

standing in alignment, feet parallel and knees flexed slightly. Without rotating back, place one hand, palm out, against the back of the doorsill as a point of resistance so you can feel a lengthening of the arm and a contraction between your shoulder blades.

Then, imagine there is a hook at the top of your head extending from the top of the door frame and that you are stretching your neck and spine upward. Lean slightly forward, directing the stretch out through your elbows as well. If this position is difficult, start with your hands lower down on the door frame, either in a straight position or the right angle position

A good stretch for hip rotation is the cross-legged sit: This one opens the hip joints, knees and ankles. It also releases the sides of legs and buttocks.

Sit on the floor with your legs crossed in front of you, but not tucked under each other. Position your legs so that one is in front of the other on the floor. Extend your arms straight in back. Making fists with your hands place them on the floor and push up with your knuckles.

Keep your elbows locked to form a firm lever to support your torso as you sit tall. Point your toes and keep your legs flat. You should feel a stretch on the outside of the hip of the forward leg. Switch legs and repeat.

To increase the intensity of this stretch and include the neck, drop your head forward and feel a stretch all the way down your spine. Place your hands out in front with your forearms on the floor. If possible, let your head gradually drop all the way to the floor while keeping your sit bone down. Focus on the back of your neck as this is a key place to release.

EW: How many exercises do you give your students?

DC: It depends on what each needs. Vance Bonner has 34 exercises. There are many for the feet, knees, hips, back and arms that are excellent for racewalkers. But again, the objective of what I teach is to get the bodies of my students in balanced alignment. The stretching and strengthening exercises are the means to this end. □

(Elaine Ward can be reached by e-mail at narwf@aol.com)

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ATHLETES WHO ENTER A NEW DIVISION THIS MONTH - MAY 2004

ATHLETE NAME (RESIDENCE)	BIRTH DATE	AGE GROUP
KARL WILLMS(GER)	5- 6- 9	95+
HIROSHI AOYAMA(JPN)	5-10- 9	95+
LEO CLOUTIER(BRUNSWICK,ME)	5-16- 9	95+
DON FINLAY(GBR)	5-27- 9	95+
ALEXANDER GREEN(FORT LAUDERDALE,FL)	5-31- 9	95+
W. RAMM(GER)	5-27-14	90-94
JOHN GILMOUR(AUS)	5- 3-19	85-89
GENE ROCHAMBEAU(SAN DIEGO,CA)	5-23-19	85-89
VILJO KYIRO(FIN)	5-24-19	85-89
AGNAR HATTELAND(NOR)	5-28-19	85-89
GEORGE MURRAY(HONOLULU,HI)	5- 1-24	80-84
FRITZ BOSCHEN(GER)	5- 7-24	80-84
AIVARS PAVULINS(AUS)	5- 8-24	80-84
REG MCCRAE(AUS)	5-17-24	80-84
WILBUR BUCHANAN(PACOIMA,CA)	5-18-24	80-84
HAVARD LUND(NOR)	5-20-24	80-84
TOM WALNUT(DEWITT,NY)	5-22-24	80-84
AVERY BRYANT(PALOS VERDES,CA)	5-25-24	80-84
STEVEN PECK(DANVILLE,CA)	5-30-24	80-84
JIM BLOUNT(ORLANDO,FL)	5-11-29	75-79
GERALD WITTEN(KS)	5-12-29	75-79
KARE OKSAVIK(NOR)	5-14-29	75-79
DAVID FRAITAG(SAN DIEGO,CA)	5-17-29	75-79
EDWARD STABLER(SYRACUSE,NY)	5-30-29	75-79
HARRY LINDELL(SWE)	5- 8-34	70-74
EDWARD MCCOMAS(BALTIMORE,MD)	5-25-34	70-74
WILLIAM BAILLIE(NZ)	5-28-34	70-74
DON LEE(TX)	5-29-34	70-74
NEAL CHAPPELL(CA)	5- 2-39	65-69
JANIS LUSIS(URS)	5-19-39	65-69
VIKTOR BOLSHOV(URS)	5-23-39	65-69
JAMES TURNER(ALPHARETTA,GA)	5-23-39	65-69
FRED SCHLADEN(GER)	5-24-39	65-69
LEON HACKER(RSA)	5-26-39	65-69
BRUCE MILLS(LAKE BLUFF,IL)	5-27-39	65-69
JOHN REYNOLDS(AUS)	5- 7-44	60-64
HEINZ HARRE(AUT)	5-12-44	60-64
THADDEUS BELL(N. CHAS,SC)	5-14-44	60-64
MIRUTS YIFTER(ETH)	5-15-44	60-64
FRANC VIVOD(YUG)	5-15-44	60-64
FRANK BOZANICH(VISTA,CA)	5-20-44	60-64
BILL BUSBY(THOMASVILLE,NC)	5-24-44	60-64
HANS SCHOUTEN(NED)	5- 8-49	55-59
JAMES KING(SAN DIEGO,CA)	5- 9-49	55-59
DAVE MCKENZIE(CA)	5-10-49	55-59
FIDELIS NDYABAGYE(UGA)	5-10-49	55-59
ISTVAN MAJOR(HUN)	5-20-49	55-59
EDUARD LONGAUER(SLV)	5-26-49	55-59
VASILIOS MAGANAS(GRE)	5- 7-54	50-54
MIKE HOGAN(LA JOLLA,CA)	5- 9-54	50-54
SCOTT KESSLER (PORTLAND, OR)	5-13-54	50-54
KEES VAN PELT(NED)	5-30-59	45-49
PAT PORTER(ALAMOSA,CO)	5-31-59	45-49
PAUL GROCE(US)	5-30-64	40-44
RUBY FOWLER(COOKEVILLE,TN)	5- 1- 9	95+
FELICITAS SALAZAR(SAN DIEGO,CA)	5- 7- 9	95+
DOROTHY BAVARO(HIGHLAND HILLS,NY)	5- 7-14	90-94
MARY STOREY(RIVERSIDE,CA)	5- 4-24	80-84
RUTH SEEGER(AUSTIN,TX)	5-30-24	80-84
KATIE JOCOY(DEL MAR,CA)	5- 4-29	75-79
DOROTHY ANDERSON(EUGENE,OR)	5- 7-29	75-79
PENNY TAYLOR(US)	5-11-29	75-79
AUDREY LARY(FREDERICK,MD)	5- 9-34	70-74
SANDRA FOLZER(WYNCOTE,PA)	5-10-39	65-69
BECKY SISLEY(EUGENE,OR)	5-10-39	65-69
RAGNA ROKSVAG-ZANGER(US)	5-15-44	60-64
JANET BOBER(MA)	5-18-44	60-64
PATRICIA MCGRATH(WESTCHESTER,PA)	5-18-44	60-64
MARY HARTZLER(GAHANNA,OH)	5-14-49	55-59
EMILY STONE(BERKELEY,CA)	5-14-49	55-59
ROSE THOMSON(MADISON,WI)	5-13-54	50-54
LINDA LANKER(SPOKANE,WA)	5-16-54	50-54
CAROL POENISCH(US)	5-24-54	50-54
BRENDA WEBB(AUSTIN,TX)	5-30-54	50-54
IRENE THOMPSON(SYRACUSE,NY)	5-30-54	50-54
JULIANA CASALS(NY)	5-20-64	40-44
MARGARETA HOLM(SWE)	5- 8-24	80-84
JORUN NYGAARD(NOR)	5- 6-29	75-79
MARY WAHREN(AUS)	5-14-34	70-74
IMKE PARLEVLIET(NED)	5-22-34	70-74
HEIDI PRATSCH(GER)	5-28-34	70-74
AGNES SERGERS STERCKX(BEL)	5- 8-39	65-69
CLAUDINE DEMBOURG(FRA)	5-24-39	65-69
RIETJE VAN WALREE-HEYSTEE(NED)	5-25-39	65-69
MARAGRET ELLEN SMITH(AUS)	5-25-39	65-69
GILLIAN PLATER(GBR)	5-26-39	65-69
SIGRID FUNK(GER)	5-29-39	65-69
ROSEWITHA PANNEKOUCKE(BEL)	5-31-39	65-69
SEVERINA PESANDO(ITA)	5- 7-44	60-64
MIRJAM BRUGMAN(NED)	5-15-44	60-64
ANNE-MARIE PRUEDE(FRA)	5-16-44	60-64
ELAINE STATHAM(GBR)	5-19-44	60-64
HELGI SAGOR(EST)	5-28-44	60-64
MARY THOMAS(AUS)	5-30-44	60-64
JANETTE STEVENSON(GBR)	5- 3-49	55-59
NGAIRE DRAKE(NZL)	5-11-49	55-59
PAMELA IMMELMAN(RSA)	5-20-49	55-59
MONICA SNYMAN(RSA)	5-22-49	55-59
PAMELA HAYES(AUS)	5-23-49	55-59
CHRISTA VAHLENSIECK(GER)	5-27-49	55-59
BOZENA WOJCIEKIAN(CAN)	5- 8-54	50-54
MARYNA VAN NIEKIRK(RSA)	5-14-54	50-54
URSULA MAKOWIEC(GER)	5- 5-59	45-49
JENNY BROWN(GBR)	5-21-59	45-49
KIM DAVISON(GBR)	5-22-59	45-49

Compiled by Pete Mundle

California Senior Games Championships

Track & Field Meet - Saturday, June 5, 2004

Pasadena City College - Robinson Stadium

1570 East Colorado Blvd., Pasadena, CA.

Meet Director: Christel Donley

Track & Field Coordinator: Pete Clentzos

Race Walk & Assistant Meet Director: Jim Hanley

The California Qualifying Meet for the 2005 National Senior Games, Pittsburgh



Schedule of Events

<u>Track</u>		<u>Field</u>	
9:00	5,000M Walk	9:00	Softball Throw
10:00	5,000M Run	10:00	Pole Vault, Javelin
10:30	800M Walk	11:00	Long Jump
11:00	50M Dash	11:45	Shot Put
11:45	1,500M Run	Concl. of SP	Discus
12:00	1,500M Walk	Concl. of LJ	Triple Jump
12:30	Grandparent Relay	1:30	High Jump
1:00	400M Run		
1:30	100M Dash		
2:15	800M Run		
3:00	200M Dash		

- Entry Fees:** \$30.00 Registration Fee, plus \$6.00 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**. 6 jumps for Long Jump; 6 throws for Javelin, Shot Put and Discus; 4 jumps for Triple Jump; 3 throws for Softball Throw.
Surface & Timing: All weather track; Automatic Timing System

For more information: Cynthia Rosedale - (626) 685-6754; cpr@pasadenaseniorecenter.org
 FAX: (626) 577-4235

Entry Form (please print)

Last Name _____ First Name _____ Sex: M ___ F ___
 Address _____
 Phone _____ Age as of 6/5/04 _____ DOB _____ T-Shirt: M ___ L ___ XL ___ XXL ___
Events: 50M ___ 100M ___ 200M ___ 400M ___ 800M ___ 1,500M ___ 5,000M ___
 PV ___ JT ___ LJ ___ TJ ___ SP ___ HJ ___ DT ___ SB ___ GP Relay (NC) ___
 800M Walk ___ 1,500M Walk ___ 5,000M Walk ___

Make checks payable & mail by May 27th 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 California Senior Games Championships, 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 5, 2004 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 _____



On The Run

By HAL HIGDON

The History of Masters Miles

Twenty thousand spectators watched the first masters mile orchestrated by David H.R. Pain in 1966 as part of a popular San Diego track & field meet that attracted some of the fastest runners in the world. Les Land was meet director. Pain recalls: "I approached Land with the idea of adding a race for runners over 40. He was lukewarm until I suggested the name 'Masters Mile.' That hooked him. Although we played second fiddle to the likes of Peter Snell, Jim Ryun, Billy Mills and Gerry Lindgren, the catchy name found its way into wire-service reports. As a result, open track meets elsewhere began including the event, spurring interest in masters athletics."

One individual contacting Pain for suggestions the following year was Jim Hartshorne, an ornithologist from Ithaca, New York, home of Cornell University. Hartshorne talked the track coach at Cornell into inserting a masters mile in a major indoor meet limited to college athletes.

"The race proved successful," wrote Rick Hoebeke in the newsletter of the Finger Lakes Runners, "so Jim got on the telephone to race directors of all the major track meets on the East Coast in an attempt to sell them the idea."

Not On My Track

Not all race directors were impressed. "I don't want some old fart dropping dead on my track," said one. But within a few years several major meets added masters events, including the Knights of Columbus Games in Boston, the Millrose Games in New York and the Penn Relays in Philadelphia.

I met Jim Hartshorne during the tour to Europe for masters runners that Pain organized in the summer of 1972. Jim talked me into coming to his masters mile, which conveniently was after another masters mile in an indoor track meet in Philadelphia that I ran several times. In my first Philadelphia appearance, Jim Hershberger of Kansas and I ran a near dead heat, both lunging for the tape, falling and skidding across the boards. These were old men? The crowd loved it.

Shoving Match

Even better was the same masters mile in Philadelphia two years later. I held the lead into the last lap when Henry Kupczyk, a Polish Olympian who had emigrated to the U.S., passed on the outside of the final turn and shoved me into the infield. Moving back on the track, I pushed Henry, unfortunately propelling him forward, so he beat me.

Despite finishing one-two, we were disqualified, the win going to Frank Pflagling, who also had won the previous year. I argued with officials that Henry had been disqualified at the time of the first push, so I shouldn't have been disqualified, since technically he was no longer in the race when I fouled him. Somehow, they failed to appreciate the logic of my argument.

After the Philadelphia race in 1973, I traveled to Ithaca to run at Cornell, placing second to Hal Snyder.

Hartshorne Miles

Jim Hartshorne had competed in the first masters track & field meet in San Diego in 1968, winning the mile in 4:50.5. He was a single father charged with raising three young children, his wife having died in an accident. The Cornell Masters Mile continued under Hartshorne's direction, and in 1981 he added a women's mile that attracted nine competitors.

In 1991, Rick Hoebeke of the Finger Lakes Runners took over management of the races, which became the Hartshorne Memorial Masters Miles after Jim's death three years later. The race continues to this day, the oldest men's as well as women's masters miles in North America, perhaps in the world. □

(Hal Higdon is a contributing editor for Runner's World. The above article is an excerpt from The Runner's World Guide to Masters Running, scheduled for publication in the spring of 2005.)



JERRY WOJCIK
Chris Hughes, M35 mile winner (4:34.55), National Masters Indoor Championships.

De Reuck Captures Trials

Continued from page 1

expression, and recently won the U.S. cross-country championships in Indianapolis this March.

This will be De Reuck's fourth Olympic team; she represented South Africa three times: once at 10K, and twice in the marathon. She is coached by her husband, Darren, who is well known in Colorado for his work with the Boulder Striders and the Running Republic of Boulder clubs.

It was a solid day for some of the other top masters in attendance. Jenny Spangler, 40, Lake Villa, Ill., coming into the Trials seeded eighth, thanks to her 2:32:39 at Chicago last fall, placed tenth, 2:36:30. She ran a daring race, going out with the hard-charging lead pack. By halfway (1:15:01), though, she was drifting backwards through the field, and dealing with quadriceps difficulties. Spangler was able to stay the drift, however, and held on for tenth.

Right behind Spangler and gaining, Linda Somers-Smith, 42, San Luis Obispo, Calif., employed the reverse approach, and ran a come-from-behind race, working her way through the field from a 1:18:00 opening half to eleventh place overall, 2:37:28. Spangler and Somers-Smith, of course, went one-two at the 1996 Olympic Marathon Trials in Columbia, S.C., in 1996, and represented the U.S. in Atlanta.

Susan Loken, 40, Phoenix, Ariz., the next master in, significantly improved on her 59th seeding by finishing 32nd overall, 2:44:23.

From the Minnesota masters scene, Janet Robertz, 44, Shorewood, 2:47:14, placed 47th. Kelly Keeler, 42, Bloomington, arrived at the Trials with a 2:43 qualifier, but caught a cold the week before the race, and was unable to finish. Six-time Olympic Triallist Bev Docherty, 45, St. Paul, cruised to 68th, 2:52:21.

The enduring Angela French, 45, Lacey, Wash., was also running her sixth marathon trials, and made it through St. Louis in 3:02:41, for 94th place. Oregonians Rosa Gutierrez, 40, Glendale, 2:52:34, and Meghan Arbogast, 42, Corvallis, 3:10:40, had very "off" days, but stoutheartedly stuck it out.

The Women's Olympic Trials Marathon is unique in creating an atmosphere of such excitement and camaraderie, that otherwise sensible elite runners forget the first rules of racing and line up at the starting line sick, injured, and even recently post-partum, just happy to participate in what for many has become an "old home week" celebration.

Carole LeGate, 41, Green Bay, Wisc., for example, seeded 63rd after her 2:44:44 win at the Green Bay Marathon last spring, entered the race despite a stress fracture sustained a month before. She told the Green Bay Press-Gazette, "I ran 14 great miles,



VICTOR SAILER/PHOTO RUN
Linda Somers-Smith, 42, ran a 2:37:28, U.S. Women's Olympic Team Trials, St. Louis Marathon, April 3.

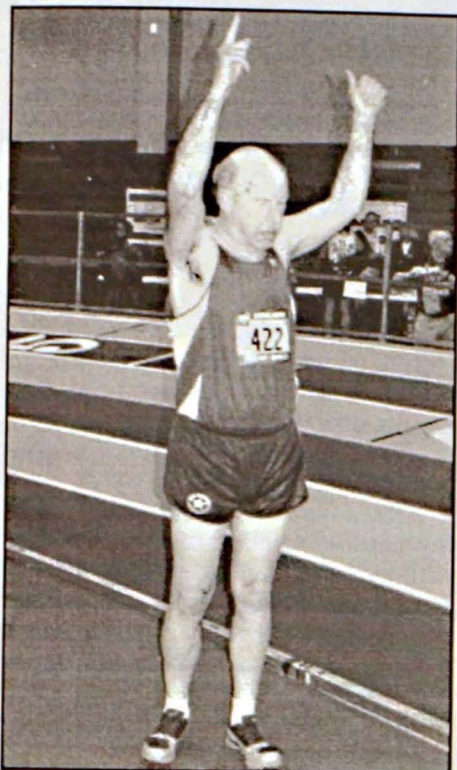
but I had a tightness in my leg... I knew that would happen, but by mile 16, I slowed down a bit. At mile 18, I was just hoping I could finish, and by 20, I couldn't run another step." Le Gate reported looking forward to the 2008 Trials, when she will be 45.

Veteran marathoner Dr. Marie Boyd, 44, now of Missoula, Mont., started her warm-up process for the race by nursing her four-month-old baby. Boyd reported before the race that she was just happy to be there and it wouldn't bother her if she even got lapped.

One masters runner who did show some sense was Joan Benoit-Samuelson, 46, Freeport, Me., who withdrew from the field a week before the race with a recalcitrant Achilles tendon problem.

It was an excellent day for spectators, who could cheer for their favorites as many as 15 times around the course, and enjoy the park's recently restored 1904 World's Fair monuments. The top three places at the Trials earned spots on the Olympic team that will compete in Athens late this summer. For complete results, go to www.usatf.org. □

(Beck, NMN Assistant Editor, finished ninth in the Trials with a PR 2:34:44.)



JERRY WOJCIK

Bill Melville, M75 200 winner (30.98), 2004 National Masters Indoor Championships.

FIFTEEN YEARS AGO
May 1994

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



JERRY WOJCIK

Christy Bonselle, W30 winner in the 3000 (11:27.13), National Masters Indoor Championships.

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 be listed in the paper as a *National Masters News* sustainer.

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	Quantity	Total (US\$)
Masters Age Records (2003 Edition) 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, 2002. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundle. \$6.00.	_____	\$ _____
Masters Track & Field Rankings Book (2002) Men's and women's 2002 U.S. outdoor track & field 5-year age-group rankings. Coordinated by Jerry Wojcik. All T&F events, including mile, relays, weights, racewalks, and combined events. \$8.	_____	\$ _____
Masters Track & Field Rankings (2003) Men's and women's 2003 U.S. outdoor track & field 5-year age-group rankings (25 deep). Compiled by Dave Clingan and Larry Patz. Includes mile, weights, racewalks, and combined events. 8 pages. \$4.00.	_____	\$ _____
McMahon Family Trust Masters Track & Field Indoor Rankings Indoor rankings for 2003. 4 pages. \$2.00.	_____	\$ _____
Masters Age-Graded Tables 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.	_____	\$ _____
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Masters 5-Year Indoor Age-Group Records Same as above, except indoor records (M40+, W35+) as of Oct. 31, 2003 (world) and Dec. 7, 2003 (USA), 4 pages. \$2.00.	_____	\$ _____
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USATF Directory (2003-2004) Names and addresses of national officers and staff, board of directors, sport and administrative committees, association officers and addresses, etc. \$12.00.	_____	\$ _____
WMA Handbook (2001-2003) Contains 2002 WMA New Age-Factors for All Combined Events, Constitution, By-Laws, Rules of Competition, History of Masters Athletics & More. In English, Spanish, French, German. 170 pages. \$8.00	_____	\$ _____
USATF Governance Handbook (2004) U.S. Bylaws and operating regulations, forms for membership, race sanction, records, course measurement, etc. \$12.00.	_____	\$ _____
Running Encyclopedia, The Ultimate Source for Today's Runner 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	_____	\$ _____
How to be A Champion from 9 to 90. Earl W. Fee, world record holder over 30 times in masters events from 300H to mile, describes in detail the how and why of running training. Applicable from sprinters to marathoners. 404 pages, 25 chapters, over 300 expert references. US \$19.25/CAN \$28.50, plus postage & handling.	_____	\$ _____
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2003 Road Race Management Directory Published by Road Race Management, this book combines the Guide to Prize Money & Races with the Running Industry Resource Directory – two books in one – listing elite athletes (including masters) with over 1000 addresses and phone numbers, prize money structures for 400 events, Internet services, retailers, publications, TV contacts, and more. \$75.00.	_____	\$ _____
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The Weight Room

By JERRY WOJCIK

Another Weight Column! You're 110% Correct

If I ever need a savory topic in a hurry, I can always count on the weight. Since we started to go Boston's Reggie Lewis Center nine years ago for the Indoor Championships, the talk among weight throwers was who would be the first to bounce one off of the back wall there, which, I would guess, is about 65+ feet from the throwing circle inside the cage. The best bet was former Olympian hammer thrower Tom Gage.



BOB WARD

Tom Gage set an M60 U.S. record for the 20# weight, throwing inside the track oval, National Masters Indoor Championships.

Gage, who has been revising hammer and weight records since turning 60 last year, never got the chance. In the 2004 Championships at the Lewis Center, to avoid the fallout from a ricocheting record, the M60 event, complete with circle and sector, was tactfully held inside the 200m track. A smart move. Gage was near the 75-0 feet range with a 22.82/74-10 1/2 U.S. record with the 20# weight.

Seven more age-group weight records were broken. Gage and three others also set superweight records.

Official Event

The weight was adopted as an official WMA event last summer in Puerto Rico. What will happen to Gage's mark and the others in terms of world records? The WMA Records Committee customarily accumulates "best" marks for three years for a new event before issuing world records for that event from the stockpile.

In the U.S., a couple of years ago, the Masters T&F Committee voted to drop the three-year waiting period. Now, top marks are submitted to the USATF Records Committee to be approved at the annual meeting. This year, it will be held in Portland, Ore.,

in early December.

There are no world records for the superweight because it is not a WMA event. Consequently, there are no age-graded tables for the superweight. The age-graded percentages for the superweight seen in the 2004 Indoor Championships results elsewhere are based on the tables for the weight, which is why they've been deleted from the results in this issue.

Gage's 56# superweight toss of 9.06 is given a 39.9% performance in other published results. Can't be.

Of all of the marks in the Championships in Boston, just three are at the 100%+ level. You guessed it – in the weight throw. It occurs occasionally in other events as well, but seems endemic to the weight.

Earl Fee, 75, Canada, ran a WR 2:32.47, an age-graded 99.0%. That fits. He's the best in the world. Gerald Vaughn, North Carolina, holder of the M65 U.S. record at 14.01, did a 13.53,



SUZY HESS

Robert Harvey, Rhode Island, fourth in the M60 shot put (12.55), National Masters Indoor Championships.



JERRY WOJCIK

David Schlothauer, 86, triple gold medalist in the throws, with a U.S. record in the weight throw, National Masters Indoor Championships.

an age-graded 99.1%, in Boston. That works because he's at the top of his age group at 69.

Shadow of Doubt

Some people, seeing a performance level of 111% or more, must marvel at the athlete's skill. Others, including me, wince.

I don't want to take anything away from an athlete who scores an age-graded 112% or such, but a mark that computes at over 100% doesn't enhance a performance. It casts a shadow of doubt over its credibility.

Your mutual funds may have gained 105% in value over the years. Your high school track or football coach may have exhorted you to give 110% in the big meet or game against Elvis Presley High, but not much else is 100+%.

Isolated Phenomenon

It wouldn't be so bad if the phenomenon appeared in other events, but it seems to be more common in the throws. It's particularly troublesome when the mark is over a 100% but is not a record performance. On the other hand, a solid record performance that is far below the 90% international class level or even the 80% national level stirs up questions.

The enigma of the 100%+ performance in any event looms larger when Phil Byrne, Masters T&F Awards Subcommittee Chairman, and his crew get together at the USATF Annual

Meeting to decide on age-group Athletes of the Year and Outstanding Athletes awards. An athlete's age-graded performance is a big factor of who is selected in the final voting, so how do you treat figures that come from an event in which the age-grading seems to be top heavy?

Knock off 15%? How about 8%? Disregard it completely?

Distance people and jumpers (sprinters seem to do pretty well in age-grading) must wonder what they have to do to hit those 100% standards, or even get in the 90% when awards time rolls around.

After all of this, I should be thankful that the weight throw provides me with fodder about once a year. If only I could dish the dirt on the shot, discus, and javelin; although, the javelin is rumored to be a problem in some social circles. □

(Jerry Wojcik can be reached by e-mail at jerrywoj@comcast.net)



JERRY WOJCIK

Jim Gerhardt, M75 winner in the shot put and superweight, National Masters Indoor Championships.

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from ages 45 to 60.

Monica Joyce Keeps Title in the Family

Magill's Swift Kick Wins Carlsbad 5000

Held two weeks earlier this year than last, the granddaddy of carnivalesque California races, the Carlsbad 5K, March 28, delivered big masters events once again, with separate heats for 40+ men and women. This year saw the assembly of 1245 racers in the masters men's event, and 800 in the women's.

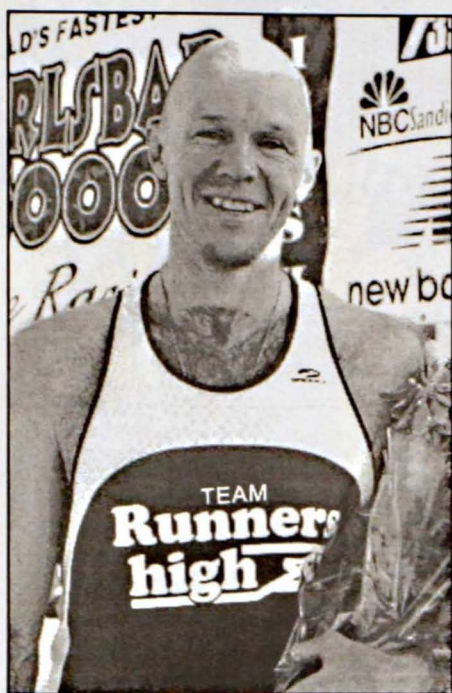
Hot off his USATF National Masters 6K Cross-Country Championships win in Indianapolis, Feb. 7, Peter Magill, 42, South Pasadena, Calif., made up a 20-meter deficit in the last 300m of the speedy T-shaped downtown course to burst past Brian Pope, 41, Oxford, Miss., 14:51 to 14:52. Danny Martinez, 42, Alhambra, Calif., 14:54, and Alfredo Viguera, 41, Woodland, Calif., 14:56, made it a tight race. Last year's runner-up by a hair, Dennis Simonaitis (14:38 in 2003), 41, Draper, Utah, 15:06, was fifth.

Magill decided to enter the race only that morning, as a tight hamstring had been bothering him. Insomnia and the thought of his teammates getting to run without him, however, got him out of bed and into the car. Magill runs with Team Runners High of Long Beach, Calif.

Team Runner's High member Dave Parsel, 48, Costa Mesa, Calif., 15:53, cruised to the M45 title here, edging veteran miler Steve Scott, 47, Carlsbad, 15:59.

Nolan Shaheed, 54, Pasadena, Calif., won the M50, 15:54. Shaheed is getting faster again after a few 16:00+ performances here since his 15:36 M50-54 age-group record here in 2001 (which still stands).

Michael Dove, 57, Salinas, Calif., 17:30, just surpassed John Combs, 56,



VICTOR SAILER/PHOTO RUN
Peter Magill, 42, first (14:51), Masters Men's 5K, Carlsbad 5000, March 28.

Palos Verdes, Calif., 17:32, for the M55. Jim McCown, 82, San Diego, 29:02, was pressed by Stanley Coombs, 80, Pismo Beach, Calif., 29:15. Hal Elrick, 85, Chula Vista, Calif., rounded out the field with a 50:00.

Monica Joyce, 45, Pinckney, Mich., 17:08, had no trouble adjusting to the balmy California weather as she ran off with the W40+ race by a football field or so. Ms. Joyce is not to be confused with her older sister Regina Joyce, of Seattle, who won the women's masters race here last year. In their younger days, both sisters competed for Ireland in the Olympic Games. Joyce manages the Tortoise and Hare running store in Ann Arbor, Mich. Her 17:08 is a W45-49 U.S. record (old record: Filutze /17:14/1993).

Dolly Ginter, 40, Irvine, Calif., 17:54, held off track star Ceci St. Geme, 40, Newport Beach, Calif., 18:04, for second. The San Diego TC's Teri Fitzgibbons, 55, San Diego, 19:43, was the first W50+.

Jo Ann Meyer, 61, Del Mar, Calif., ran a speedy 21:22 to top the W60.

At the top of the charts, Marjorie Easton, 88, Del Mar, Calif., 48:22, held off Edith Allen, 92, Laguna Woods, Calif., 48:48.

(For more information, go to www.eliteracing.com.) □

**TEN YEARS AGO
May 1994**

- 600 Participants Set 31 Indoor WRs at USATF Championships in Missouri
- Doug Kurtis (42, 2:14:48) and Emma Scaunich (40, 2:33:36) Win in Boston Marathon
- Masters Legend Paul Spangler Dies at Age 95



VICTOR SAILER/PHOTO RUN
Monica Joyce, 45, winner (17:08), Masters Women's 5K, Carlsbad 5000, March 28.

Payson, Merz First in Masters National Half-Marathon

By JERRY WOJCIK

Michael Payson, 40, Falmouth, Me., and Martha Merz, 41, Mystic, Conn., were first masters in the New Bedford, Conn., Half-Marathon, which served as the USATF National Masters Championships on March 21.

Payson covered the course in 1:22:36. His closest competition came from Craig Fram, 45, second M40+ in 1:11:36. Fram, Plaistow, N.H., holds the M40 U.S. indoor 3000 record (8:32:52), and set several M45 pending records for the 3000 this indoor season.

Merz, third W40+ (1:23:05) in the 2003 Championships here, improved to a 1:22:36, to take the race by 20 seconds from Rosalva Bonilla, 41, Corona, Calif.

Repeat division winners were Armenio Ferreira, 62, Cranston, R.I., 1:26:34, and Carlton Mendel, 80, Portland, Me., 2:45:07.

Joe Fernandez, 75, Fairhaven, Mass., winner (1:42:01) of the M70 division in 2003, moved up to win the M75 title in 1:44:12. Donald Dayton, 70, Dartmouth, Mass., and Bob Hillman, 70, Plymouth, Mass., who were M65 second (1:54:16) and third (1:54:20) respectively in 2003, graduated to the M70 division, with Dayton winning (1:51:57), and Hillman second (1:57:06).

Victoria Crisp, 52, Nashville, Tenn., won the W50 race from Carolyn Smith-Hanna, 53, Pittsford, N.Y., by 23 seconds, with a 1:35:24.

Carrie Parsi, 65, Gloucester, Mass., took the W65 title (1:55:40).

The race in this historic fishing port is known for its fast course, though there are two significant hills at miles three and twelve. □



JULIE DOVE
Mike Dove (l), M55 winner (17:30), and Thom Weddle, M65 winner (19:06), Masters 5K, Carlsbad 5000.

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Track & Field Report

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

Sindelfingen Pulls Off a Surprising Success

We have certainly had our share of championships opportunities lately. Following are my views of those I've already attended, and those I would like to see.

First there was the inaugural World Masters Athletics Indoor Championships in Sindelfingen, Germany. I must admit I did not expect a lot from this meet. I guess I was so close to the New York bid for these Championships that I was skeptical that they could pull it off on a four-lane track.

Well, they did a very good job, considering the circumstances. Many records were broken and most athletes, including myself, had a good time. The weather was quite cold and snowy for the outdoor throws, especially for Southern California and Florida athletes, but we dealt with it. It was the same for everyone. That's what makes this the great sport that it is.

Would I do it again if I knew what I was getting into? You bet I would! I was disappointed that only 65 U.S. athletes chose to experience these first ever world indoor championships. Those who didn't missed a wonderful experience. The camaraderie among

athletes was outstanding. This was especially so for my roommate, veterinarian Bob Sager. He hugged more non-Americans than the Secretary General of the United Nations. When he finishes inseminating all the cows in Montana, I think there is a job for him on the East River in New York.

Speaking of New York again, in some ways I am almost glad they didn't get these Championships. Considering the state of affairs in the world today, they might not have had the turnout needed to break even. When our world settles down a little, I hope they try again. They have an outstanding venue.

2006 Indoor World Meet

Another outstanding venue will be Linz, Austria, for the 2nd WMA Indoor Championships in 2006. Their presentation for the event was almost as good as Jerry Bookin-Weiner's presentation at the annual meeting for the 2006 NCCWMA Regional



KAREN HUFF

Craig Masback (l), USATF Executive Director, and George Mathews (r), Masters T&F Chairman, visit with Jerry Wojcik and Suzy Hess at the National Masters News table, National Masters Indoor Championships.

Championships. Linz did almost everything perfectly. You know that is true when there are very few questions. They were slick.

I did have a question for them, as you might guess. They seem stuck on putting us weight throwers outside in the cold. I informed them that there are such things as indoor throwing weights. They acted surprised, and said they would look into it. I volunteered to send them some U.S. suppliers' catalogs. This could be a double-edged sword, since they will probably cut the sector lines as they did in the shot put in Sindelfingen.

Sticking to the Rules

The voting was not without controversy. The General Assembly meeting was only to select the 2006 site. As usual, federations were required to identify their delegates 30 days in advance of the Assembly. And, as usual, many federations did not declare their delegates. In fact, only 19 or 20 did so, out of 50, 60 or maybe 70 federations.

Much politicking and pressure was in sway prior to the Assembly. Some said it really wasn't a real assembly and so everyone could vote on a site without following the rules.

The WMA Council tried to figure out what to do and couldn't reach agreement. They decided to put it to a vote by the seated delegates to decide if the non-seated delegates could vote.

The U.S. delegation asked that the vote be by secret ballot. This was complied with and the vote was a tie. That left it to the chairman, Torsten Carlus, to break the tie with his vote. I must say I was most surprised that he voted NO. This surprised everyone. Thank you, Mr. Carlus! Only the seated delegates voted. And you know the results. Let's have a large representation in Linz.

Ancona, Italy, had an uphill battle, but will probably be a good bidder in the future.

Indoor Nationals - Boston

How many times can I say that this meet keeps getting better, year after

year? They did it again this year, and the records prove it. Thanks to the meet directors for the special accommodation for our long-throwing M60+ weight throwers. Throwing the weight in the middle of the track, just like the big boys. Wow!

Another thing that really impressed me about this meet was the number of athletes collecting medals who have had major surgical and cancer treatments during the past couple of years. In the interest of privacy, I won't name names, but you know who they are. What an inspiration to all of us.

This sport is more than a lifetime sport. It is passion personified. The passing of the banner to Boise was an impressive gesture and a real show of class by the Boston organizers. Boise has big shoes to fill.

Besides the fantastic media work by Jill Geer from the National office and Bob Weiner and his Media Committee, we even had our National CEO, Craig Masback, in attendance on his way to Athens. He was very impressed with all aspects of the meet. Thanks for your attention, Craig. We look forward to our return to Boston in 2006.

Club Championships

One thing we haven't publicized enough in these championships is the club scores. I am working to get this information out, but am having trouble getting everyone behind the effort. As you may recall, the Masters T&F Committee agreed to have club scoring on an unofficial basis until we decided not to continue or made it official at the next Annual Meeting. Hopefully, we will make it official at the next Annual Meeting in Portland, Ore.

I would also like to see us start running regional club championships on an unofficial basis to see how that would work out. We might also look into running the masters club championships in conjunction with the open regional championships, which could use the critical mass. Please let me know how you feel about this. □

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Athletes Set 56 World and U.S. Records

Continued from page 1

200, 400, 800, 3000, long jump, and triple jump, setting three world and three national M90-94 records. He lowered the U.S. record in the 200 from 76.4 to 49.32, and the 400 record from 2:54.0 to 1:57.00. For his performances, he was named USATF's Athlete of the Week.

Earl Fee, who turned 75 a week before the meet, should have been Canada's Athlete of the Week. Fee, considered by many as the best 800 masters runner in the world, smashed three M75 world records in the 400, 800 and mile. In the mile on Saturday, running unchallenged, he ran a 5:41.95, about 45 seconds below the present record of 6:27.16.

Roderick Parker, M85, AR, set world records in the 200 (35.74) and 400 (85.14/old record 98.5), and a national record in the 60m (9.86). Alston Brown, 55, NYC, scorched the M55 mile in 4:49.33, a world record time.

Suzi McLeod, W70, OR, ran to world records in the 400 (87.26) and

800 (3:20.14). After the 400, she said, "I was nervous as hell. I had never run a 400 before. When I was entering, my husband said, 'You can't go all that way and just run an 800.'"

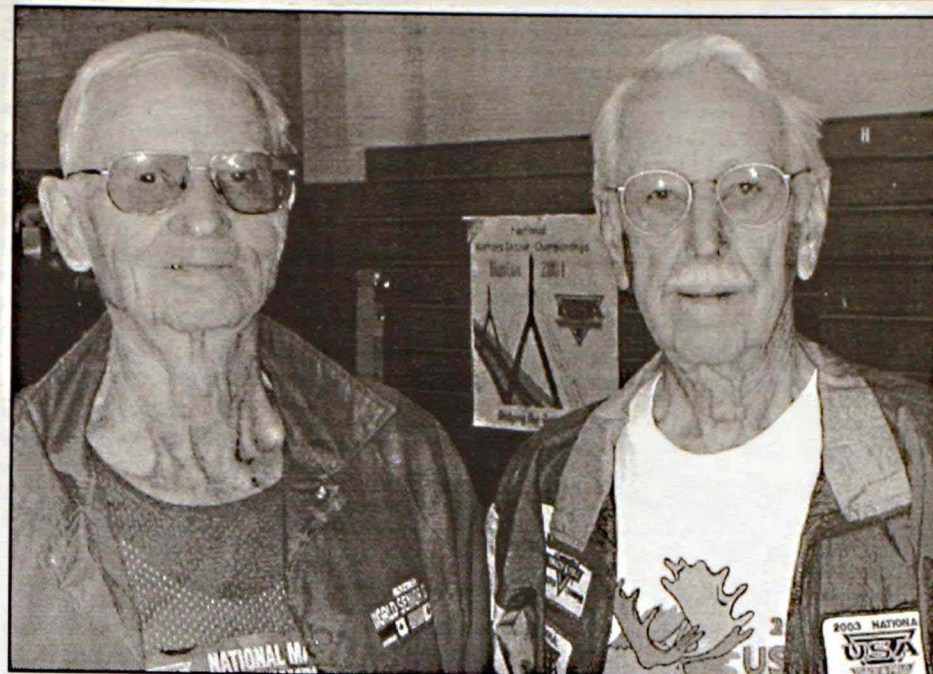
Leland McPhie, CA, another M90, set a shot put world record (6.71), and U.S. records for the weight (6.96) and superweight (2.70).

Evelyn Wright, W65, MD, upped the high jump world record of 1.23 to 1.24, and broke the U.S. weight throw record (11.59).

Five 3000m racewalk records were set, including an M75 by Jack Starr, DE, 17:52.74, and W85 by Fan Benno-Caris, CA, 27:11.02.

Dual national records went to Kathy Jager, W60, AZ, in the 60m (9.04) and 200 (30.59); Sid Howard, M65, NYC, 800 (2:23.79) and mile (5:23.05); Tom Gage, M60, MT, weight (22.82) and superweight (9.06); and Bob Ward, M70, TX, weight (19.09) and superweight (10.30). Eight weight and four superweight records fell or were established.

Quadruple gold medalists among the women were Jager, W60, Wright,



Leland McPhie (l), 90, and Max Springer, 90, accounted for nine world and U.S. records in the National Masters Indoor Championships.

JERRY WOJCIK

W65, Alethea Morris, W35, NYC, in the three sprints and high jump, and Leonore McDaniels, W75, VA, who won all of the jumps, with a world record 1.80 in the pole vault, better than her record of 1.71.

Besides Springer, M90, and McPhie, M90, the other male four-time gold medalist was James Stookey, M70, MD, with wins in the 60mH and three jumps.

Close races started with the M35 60m, when Hoy Thurman, 36, GA,

won by 1/100 of a second over Barney Borromeo, 36, MA, 7.19 to 7.20. Loretta Woodward, 49, GA, with an 8.65, held off Irene Thompson, NY, 8.66, and Denise McField, MO, 8.67, to win the W45 60m.

In the first 400 heat, Ed Gonera, 51, NY, overtook Francis Schiro, 51, NYC, in the last few meters to win the gold medal, 54.31 to 54.34, after Schiro had led all of the way. Robert Thomas, 37, IN, won the 400 with an

Continued on next page

PENDING AGE-GROUP RECORDS USATF NATIONAL MASTERS INDOOR T&F CHAMPIONSHIPS, BOSTON, MASS., MARCH 26-28

World Records	Event	Age	New Mark	Name	Old Mark	Held by
200	M85	35.74	Roderick Parker	36.40	Guiseppe Marabotti	
400	W50	62.28	Karla Del Grande	62.56	Caroline Marler	
400	W70	87.26	Suzi MacLeod	88.79	Patricia Peterson	
400	M75	66.28	Earl Fee	68.65	Willi Selzer	
400	M85	85.14	Roderick Parker	98.05	Bob Matteson	
Mile	M55	4:49.33	Alston Brown	4:50.22	Victor Heckler	
Mile	M75	5:41.95	Earl Fee	6:27.16	John Hosner	
800	W70	3:20.14	Suzi MacLeod	3:28.1	Toshiko d'Elia	
800	M75	2:32.47	Earl Fee	2:42.35	James Todd	
800	M90	5:01.44	Max Springer	—	—	
3000	M90	23:21.12	Max Springer	—	—	
60H	M60	9.04	Courtland Gray	9.14	Phil Mulkey	
60H	M65	9.77	Emil Pawlik	9.8	Buck Bradberry	
4x400	W50	4:43.27	East Region	4:45.72	USA	
4x400	W60	5:16.99	USA	6:28.02	USA	
4x400	M70	5:42.97	Midwest	—	—	
4x800	W60	13:42.73	LAC	16:08.7	USA	
HJ	W65	1.24	Evelyn Wright	1.23	Leonore McDaniels	
HJ	M90	1.05	Leland McPhie	0.99	Ted Hatlen	
PV	W75	1.80	Leonore McDaniels	1.71	L. McDaniels	
LJ	M90	3.15	Max Springer	2.96	Vittorio Colo	
SP	M50	16.65	Ron Summers	16.27	Ladislav Pataki	
SP	M90	6.71	Leland McPhie	6.64	Ted Hatlen	
3000RW	W45	14:37.86	Marianne Torrellas	14:43.70	S. Richards	
3000RW	W75	20:50.01	Kate Marrs	21:12.2	A. DeBrandis	
3000RW	W85	27:11.02	Fan Benno-Caris	28:47.11	Dorothy Roberts	
3000RW	M60	14:22.23	Don DeNoon	14:34.28	Dave Romansky	
3000RW	M75	17:52.74	Jack Starr	18:27.14	Ed Gawinski	
U.S. Records	Event	Age	New Mark	Name	Old Mark	Held by
60	W60	9.04	Kathy Jager	9.05	Irene Obera	
60	M85	9.86	Roderick Parker	10.72	Champion Goldy	
200	W60	30.59	Kathy Jager	31.03	Kathy Bergen	
200	M90	49.32	Max Springer	76.4	Herb Kirk	
400	W50	62.82	Jacqueline Board	65.61	Carolyn Smith-Hanna	
400	M55	55.19	Charles Allie	55.31	C. Allie	
400	M90	1:57.00	Max Springer	2:54.0	Herb Kirk	
Mile	M65	5:23.05	Sidney Howard	5:26.58	Ino Cantu	
800	M65	2:23.79	Sidney Howard	2:24.12	Frank Haviland	
800	M75	2:50.79	Jim Selby	2:54.83	Archie Messenger	
3000	W50	10:23.84	Kathryn Martin	10:33.72	K. Martin	
3000	M85	25:29.67	Robert Wood	—	—	
4x800	M35	8:11.58	FIBO	8:17.6	CPTC	
TJ	W35	11.07	Regina Richardson	10.69	Phil Raschker	
TJ	M90	5.09	Max Springer	—	—	
WT	W65	11.59	Evelyn Wright	10.45	E. Wright	
WT	W70	8.42	Lillian Snaden	7.95	L. Snaden	
WT	W85	7.82	Betty Jarvis	5.58	B. Jarvis	
WT	M60	22.82	Tom Gage	18.19	Robert Cahners	
WT	M70	19.09	Bob Ward	16.00	Ray Feick	
WT	M75	11.87	Samuel Messiter	11.43	Vince Sempronio	
WT	M85	9.71	David Schlothauer	7.96	Leland McPhie	
WT	M90	6.96	Leland McPhie	—	—	
SW	M45	11.10	Jim Wetenhall	10.84	J. Wetenhall	
SW	M60	9.06	Tom Gage	8.77	Stewart Thomson	
SW	M70	10.30	Bob Ward	10.07	Ken Weinbel	
SW	M90	2.70	Leland McPhie	—	—	
3000RW	M80	21:04.36	Charles Boyle	21:39.16	Bill Patterson	

The Birmingham Track Club and USATF Present
The Birmingham Track Club
2004 Track and Field Classic

Saturday, May 29 2004
Samford University Track
Samford University, Birmingham, Alabama

Entry Fees: \$15.00 first event, \$6.00 each additional, \$20/relay. Pre-Register by: **May 21, 2004.** Late fee: \$15.00

Age Divisions: Open and Masters (Age 30+), M&F
On-Line Registration: www.active.com
Information: btcclassic@yahoo.com, www.birminghamtrackclub.org

USATF Membership required. Membership forms will be available day of race. You may obtain membership application at www.usatf.org.

Track Events: 50m, 100m, 200m, 400m, 800m, 1500m, 5K, 800H, 100H, 110H, 300H, 400H, 4x400Relay

Field Events: HJ, LJ, TJ, PV, Shot, Discus, Javelin, Hammer*
*Hammer Throw at Hoover High School

Schedule of Field Events (approximate):
Implementation Certification: Both opens at 7:00am Central
Triple Jump: 8:00-11:00am, report to venue when ready to compete.

Time	HJ	PV	LJ	Shot	Discus	Javelin	Hammer
8:00	open-m45						
9:00	W,M70+	WM70+	M50-60	M50-65	Open-M45		All ages M&W
10:30	M50-65	M50-65	Open-M45	W,M70+	Women-M70+		
Noon		Open-M45	W,M70+	Open-M45	M50-65	Open-M45	
1:30						W,M70+	

Send Completed form and entry fee to: **BTC Classic, Frank Newland, 234 King Arthur Pl, Alabaster AL 35007**

Name: _____ DOB: ___/___/___ Age: _____ Sex: _____ USATF# _____

Address: _____ City: _____ St: _____ ZIP: _____

Phone: _____ E-mail: _____ Shirt Size: S M L XL

Events	Entry Fees:	Cost:
1	First Event: \$15.00	\$
2	2nd+ Events x \$ 6.00	\$
3	Relays x \$20.00	\$
4	Pentathlon	\$25.00 \$
5	Late Fee	\$15.00 \$
6	T-Shirts x \$10.00	\$
Make Check Payable to: BTC Classic		Total Due: \$
Remit completed application to: BTC Classic Frank Newland 234 King Arthur Pl Alabaster, AL 35007		

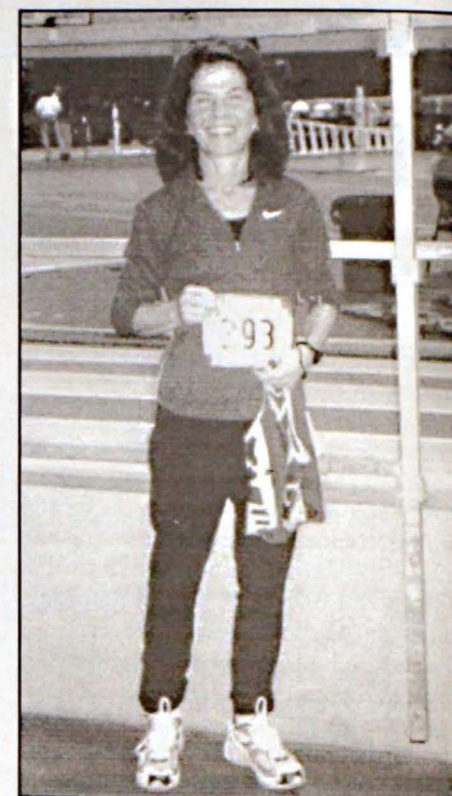
Please read and sign: I agree that I am physically fit and have sufficiently trained to participate in the 2004 Birmingham Track and Field Classic. I understand that I must be physically fit and sufficiently trained to prevent injury to myself and others. In consideration of the acceptance of my entry, I for myself, my heirs, devisees, executor, administrators and assigns, hereby release and discharge any and all claims against the BTC, Samford University, Hoover High School, and the Knights of Columbus, agents or representatives arising from my participation in the 2004 BTC Track and Field Classic.

Signed: _____ Date: _____

2004 USATF NATIONAL MASTERS INDOOR CHAMPIONS, BOSTON, MASS., MARCH 26-28

M30	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	M90
60 Mack	Thurman	Lovett	Samuels	Johnson	Whitley	Gray	Harrison	Brown, H	Larsen	Manno	Parker	—
200 Prather	Thomas	Lovett	Samuels	Gonera	Whitley	Gunn	Johnson	Brown, H	Melville	Bower	Parker	Springer
400 Jones	Thomas	Nix	Chinn	Gonera	Allie	Barnum	Stewart	Schlereth	Brown, R	Manno	Parker	Springer
800 Williams	Nash	Sergeant	Lindsay	Robinson	Taylor	Barnum	Howard	Schlereth	Selby	Messenger	—	Springer
Mile Tullis	Hughes	Mann	Dalton	Robinson	Gorman	Goodhue	Howard	Cantu	Selby	McManus	—	—
3000 Mayall	McVeFinney	Chisholm	Paxton	McMullen	Gorman	Goodhue	Weddle	Cantu	Margetson	Englert	Wood	Springer
60H Drummond	Golden	McCloud	X	Wilson	Johnston	Gray	Pawlik	Stookey	Larsen	—	—	—
HJ —	Agave	Cox	McBarnette	Murray	Sauers	Johnston	Langenfeld	Stookey	Propst	Maxwell	—	McPhie
PV —	Lacy	Rose	Hunter	Winter	Zahner	Tindall	Goode	Donley	—	—	—	—
LJ Lumio	Barr	Sampson	Baker	Wilson	Crockett	Johnston	Pawlik	Stookey	Bambrook	Maxwell	—	Springer
TJ Lumio	Tunstall	Backus	Quick	Terrell	Black	Chaney	McKisson	Stookey	Propst	Maxwell	—	Springer
SP Lawson	Barr	Thompson	Wetenhall	Summers	Shumaker	Gage	Vaughn	Ward	Gerhardt	Nettles	Schlothauer	McPhie
WT Lawson	Herr	Brown	Wetenhall	Conboy	Pataki	Gage	Hotchkiss	Ward	Messiter	Walmroth	Schlothauer	McPhie
SW —	Herr	Brown	Wetenhall	Reichard	Pataki	Gage	Spencer	Ward	Gerhardt	Walmroth	Schlothauer	McPhie
PENT Young	Snowden	Sloan	Ellis	Murray	Black	Colliver	Pawlik	Jankovich	Sochor	—	—	—
3KRW —	—	McCullough	Craig	—	Keating	DeNoon	Johnson	Barrett	Starr	Boyle	—	—
4x400	USA	—	—	East Region	—	—	—	—	—	—	—	—
4x800	FIBO	—	MMM	Gen Val Harr	—	—	—	—	—	—	—	—
W30	W35	W40	W45	W50	W55	W60	W65	W70	W75	W85*		
60 Robynson	Morris	Lawson	Woodward	Dudley	Naftel	Jager	Lary	—	Peterson	—		
200 Wynter	Morris	Lawson	Thompson	Board	Pinto	Jager	Daprano	—	Peterson	—		
400 Wynter	Morris	Lawson	McField	Board	Pinto	Ingalls	—	MacLeod	Peterson	—		
800 —	Silveira	StoBorkowsk	Hervert	Martin	Trotto	Michelson	—	MacLeod	—	—		
Mile Bonstelle	Maguire	StoBorkowski	Hervert	Martin	Makoske	TasRothenber	Daprano	—	—	—		
3000 Bonstelle	Vollweiler	Jasper	Ford	Martin	Trotto	—	Harada	—	—	—		
60H Robinson	—	Gunneson	Thompson	—	—	—	Jordan	—	—	—		
HJ Shockome	Morris	Gunneson	Johnson	—	Douglas	—	Wright	—	McDaniels	—		
PV —	—	Rieger	Johnson	—	—	Jager	—	—	McDaniels	—		
LJ Shockome	Richardson	Stephenson	Johnson	Lowery	Tucker	Jager	Lary	—	McDaniels	—		
TJ —	Richardson	Stephenson	Thompson	Lowery	Raham	—	Lary	—	McDaniels	—		
SP —	Vicknair	Lewis	Petkus	Wetenhall	Tucker	Young	Wright	Crooks	—	Jarvis		
WT —	Thompson	Lewis	Mellenthin	Wetenhall	LoPiccolo	Young	Wright	Snaden	—	Jarvis		
SW —	Thompson	Lewis	Mellenthin	Wetenhall	LoPiccolo	Young	Wright	Snaden	—	—		
PENT Shockome	Vicknair	Stephenson	Petkus	—	Trotto	—	Jordan	—	—	—		
3KRW —	—	GuRutledge	Torrellas	Duskey	—	Steigerwalt	—	Stookey	Marrs	BennoCaris		
4x400	East Region	—	—	USA	—	—	—	—	—	—		
4x800	—	—	—	NO Region	—	—	—	—	—	—		

*There were no W80 entrants



SUZY HESS

Kathy Martin, W50, won three events and broke her U.S. record in the 3000 with a 10:23.84, National Masters Indoor Championships, Boston.

1.93 from last year's championships here. Regina Richardson, 39, NC, left Boston with a national record 11.07 in the triple jump, after winning the long jump.

Ron Summers, 51, IL, hit a world record 16.65 with the 6kg shot.

Top performances by age-grading went to Stan Whitley, 58, CA, for his 99.4% 7.67, and Harry Brown, 74, IL, for his 99.3% 8.55 in the 60m.

Top performer in the distance races was Fee, 75, with a 99.0% 2:32.47 in

Continued on next page



SPORTSPLEX MASTERS MEET

Sunday, June 6, 2004 Landover, Maryland

Start Time: Field Events - 10:00am Track Events - 10:00am

EVENTS

Corporate Mile	Corporate 800 meter run	Pole vault
Hurdles (80m / 100m / 110m)	4 x 100 meter relay	Long jump
200 meter dash	800 meter run	Discus
3000 meter / 5000 meter run	5000 meter race walk	Shot put
100 meter dash	4 x 400 meter relay	High jump
Hurdles (300m / 400m)	50 meter dash	Triple jump
400 meter dash	Pentathlon	Javelin

Eligible Athletes: Men & Women 5-year age divisions starting at 30 years and over. Men & Women Open Division ranging from 20-29 year olds.

ENTRY FEES

Spectators: \$5.00 Relay: \$30.00 Pentathlon: \$30.00
 Competitor's: 1st Event \$20.00 / \$10.00 Each Additional Event - OR - \$35.00 For First 4 Events

Fee must accompany entry form. Entries received after June 1, 2004 will be assessed a \$35.00 late fee. Any entries received after June 4, 2004 will not be guaranteed electronic results. Payment must be made in the form of a certified check or money order made payable to: M-NCPPC.

VENUE SPECIFICATIONS

8-lane, 400-meter oval track, on Martin's poured rubber surface. ¼ inch spike ONLY.
 Registration information is available by request.
 Meet application can be downloaded from www.pgssportsandlearn.com
 For more information call (301) 583-2660.

Continued from previous page

outstanding 48.88. Karla Del Grande, 50, Canada, was pushed to a world record 62.28 by Jacqueline Board, 50, AZ, 62.82.

Kathy Martin, 52, NY, after breaking her record of 10:33.72 for the 3000 with a 10:23.84 on Friday, came back to win the mile on Saturday and the 800 on Sunday. Catherine Stone-Borkowski, 41, NJ, posted the fastest times for the women in the mile (5:18.85) and 800 (2:25.26).

Chris Hughes, 36, MI, and Chris Yorges, 38, OR, battled in the mile, with Hughes prevailing, 4:34.55 to 4:36.65. Hughes returned for the 800 for an attempt at a double, but was foiled by David Nash, 36, IA, who ran a 1:55.37 to Hughes' 1:59.11.

In the 3000 on Friday evening, Chris Chisholm, 41, CT, was the fastest man on the track, winning overall in 8:48.27.

Courtland Gray, 60, TX, ran a 9.04 in the 60mH. Emil Pawlik, 65, MS, did a 9.77. Both are world record times, although Gray had a better mark in the WMA Championships in Germany two weeks prior.

Pawlik was the top scorer in the pentathlon (4329), with 1000+ points in the 60mH and high jump. Barbara Jordan, 68, VT, had the best score among the women with a 3556.

Anna Wlodarczyk, 53, CA, guest athlete and Polish ex-Olympian, had the quickest 60mH (10.25).

In the high jump, Bruce McBarnette, 46, VA, bettered the M45 U.S. record with a 1.88, but has a pending mark of



SUZY HESS

Earl Fee, of Canada, on his way to one of his three M75 world records, National Masters Indoor Championships.



JERRY WOJCIK

Record-setting Liberty AC W60-69 4x800 team (l to r): Mardi Reed, Carrie Parsi, Regina Wright, and Mary Harada, National Masters Indoor Championships.

Continued from previous page

the 800, and a 96.8% 5:41.95 mile. Pawlik's 9.77 world record in the 60mH was worth 95.7%, but the best performer was Charley Miller, 66, TX, second to Pawlik with a 96.7% 9.83.

Leonore McDaniels was top among the jumpers with a 98.2% 1.09 high jump. Racewalker Don DeNoon, 60, FL, scored a 91.9% for his 3000m world record 14:22.23.

Summers' world record 16.65 in the shot put was worth 84.4%, but Gerald Vaughn, 60, NC, had an M65 winning throw (13.53) valued at 99.1%.

The 100% plus compilers were all weight throwers: Oneithe Lewis, 43, NYC, 16.98, 107%; Betty Jarvis, 88, NC, 7.82, 111%; and Gage, 60, 22.82, 100.5%.

An unofficial club scoring showed the Long and Strong Throwers Club heading the men's list with 74 points.



SUZY HESS

Carla Hervert won the W45 800 and mile, National Masters Championships.

The Potomac Valley TC topped the women's clubs with 65.5.

At the Athlete's Meeting held on the track at the Lewis Center on Saturday, Fernando Roman, representative of the NCCWMA Championships organizing committee provided information on the meet. Phil Byrne, Masters T&F Awards Committee Chairman, presented certificates and plaques to the winners of the 2003 awards who were present. Sandy Pashkin answered questions about the uniforms for the WMA Championships in Spain in 2005.

Pre-championships publicity originated from Bob Weiner, of the Masters Media Sub-committee, and Jill Geer, USATF Communications Director.

Local press coverage during the Championships was extensive. The *Boston Herald* did daily feature articles on Fee, Stone-Borkowski, and five-time Pro Bowl tight end Todd Christensen, 46, UT, who competed in the shot and hurdles.

The *Boston Globe* interviewed M90s Springer and McPhie. Fox TV

TWENTY YEARS AGO May 1984

- Masters Indoor Nationals Draw 561 to Princeton, N.J.
- Roger Robinson (45, 2:20:15) and Vicki Foltz (40, 2:46:14) Win in Boston Marathon
- 345 Athletes in East Regional Masters Indoor Championships at West Point

Subscription Problems? Moving?

To determine the status of your subscription, or to let us know of your new address, call or fax Circulation Director Maryann Iglesias, at 818-286-3129; fax 818-760-4490. Or write to NMN, PO Box 16597, North Hollywood, CA 91615.

News did a segment on the meet on its Saturday night broadcast. *Runner's World* also covered Fee's world records. Consolidation of the complete articles and TV coverage can be found at www.weinerpublic.com/page155.html.

The meet was hosted by the USATF New England Association, under the direction of Steve Vaitones, with assistance from Ed Daniels, Phil Byrne, and Lee Hess. The Masters Games Committee of Pashkin, Rex Harvey, Becky Sisley, and Dick Hotchkiss provided additional support.

Peter Taylor did most of the announcing for three days. Lancer Timing handled the scoring and timing.

The primary sponsors were Dunkin' Donuts, M-F Athletic Company, VerizonWireless, American Track&Field, and the Merrimack Valley Striders.

After the Championships, Chris Yorges, M35, said, "The quality of performances from the 30-year-olds to Springer and McPhie was outstanding, and enhanced by the announcing of Pete Taylor. I've been to several championships here in Boston. This was the best."

The 2005 Indoor Championships will be held in Boise, Idaho. □



JERRY WOJCIK

Ed Gonera (l) caught Francis Schiro in the M50 400 to win, 54.31 to 54.34, National Masters Indoor Championships. Greg Schwab (r) was third (54.64).

Visit the National Masters News on our Web site at: www.nationalmastersnews.com

THE NINTHTEENTH ANNUAL GSAC/RANDOLPH CLASSIC TRACK & FIELD MEET SUNDAY, JUNE 6, 2004 RANDOLPH, NEW JERSEY

The GSAC/Randolph Classic is for Athletes of all ages.
This Year's Classic is dedicated to the memory of Irwin Bernstein.

TRACK EVENTS

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

The Garden State AC Randolph Classic is a USATF-NJ Masters T&F Grand Prix Event

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 are not provided by the meet director.

USATF MEMBERSHIP REQUIRED! Card must be presented, NO EXCEPTIONS!

FEES: Pre-registered - Received on or before June 1, - \$ 7.00 per event.
Post-entry (after June 1) - \$ 10.00 per event.
Relay Teams - Open and Masters Teams \$16.00. Youth Teams \$12.00 .

AWARDS - Medals for First, Second, and Third place in each age division.

For an application send a self addressed stamped envelope to
M. Bost, P O Box 458, Ironia, NJ 07845
or email request to madeline.bost@att.net

For more information call Mort Hahn 973-625-1764

Meet application can be downloaded from www.usatfnj.org at the Track & Field Page.

LDR Report

By ERIC CLIFTON

USATF Ultrarunning Update

As a USATF Mountain, Ultra and Trail (MUT) at-large council member, I would like to help clarify recent issues involving USATF and the AUA. In the February and March 2004 issues of *National Masters News*, AUA made several announcements that concern ultrarunning in the U.S.

Primarily, AUA has changed masters age groups at AUA events to start at 45 or 50, depending on the distance. The "USATF Preserves Masters Age Divisions" announcement that appeared in the March issue was incorrectly credited to AUA. In fact, that article (NMN, March, p. 6) was submitted by USATF/MUT to confirm that at USATF events the masters age groups will remain at increments of five years starting at age 40.

AUA's arguments for raising the minimum masters age groups are not compelling and would only serve to benefit a handful of 50+-year-old masters runners, while causing significant harm to the much larger population of affected 40-49-year-old runners. Since there is no mass outcry about the traditional masters age groups, there is no need to fix what is not broken.

In addition, AUA's "A New Beginning..." statement contains inaccuracies and misleading information. One inaccuracy that needs clarifying is

the partnership of AUA with *UltraRunning* (UR) Magazine. Initially, AUA intended to use the *UltraRunning* subscriber list as its membership base.

What benefit UR was to have gained from this partnership is unclear. However, UR has since maintained its neutral status as a pure information source, and has not relinquished its subscriber list for AUA membership. UR editor, Don Allison, states in his March 2004 UR Chatter column that, "...UltraRunning subscribers will not automatically become AUA members by virtue of their UR subscription. Rather, they will do so by actively signing on with AUA."

Another inaccuracy concerns the U.S. representation on the International Association of Ultrarunner (IAU). AUA has in fact represented the U.S. on the IAU board in the past, ostensibly as a USATF proxy. But, starting in September 2004, USATF/MUT will appoint the representative



MARTIN ROTHENBERG

Winning W60-69 (5:16.99) 4x400 team (l to r): Yvonne Tasker-Rothenberg, Marie Louise Michelsohn, Jeanne Daprano, and Lynn Ingalls, National Masters Indoor Championships, Boston.

who will be the sole U.S. voting representative in the IAU. The AUA can remain an associative member of the IAU, but will not be the National Governing Body representative to IAU and will not speak for USATF.

I also dispute the AUA statement that ultrarunning performances have declined for both masters and open runners. While it is true there has been a slight drop in performances at the 100K distance, this is attributable simply to there being less interest and fewer races at that distance. At other ultra venues and distances, including the 50K trail and 100-mile trail races, and especially at the 24-hour event, performances have been as good as or better than ever.

At the San Diego One Day 24-Hour National Championships in November 2003, Pam Reed set the U.S. women's track 24-hour, W40-44, 100-mile and 200K records.

Joe Gaebler, the men's winner at San Diego, ran the third best American performance for 24 hours. Several other master's age group records were set at this race.

Another issue of concern to masters ultrarunners involves AUA's attempted takeover of the USATF 100K National

team. I refer to it as a takeover because the MUT council of USATF has not approached the AUA as an "outsourcing" vehicle for the team. The AUA has aggressively tried to supplant the MUT Council's oversight of the 100K team.

The AUA alleges to have substantial funds to contribute for the travel expenses of the USATF 100K National team. In exchange for said funds, all AUA asks for is control of team logistics and selection.

When outside agencies provide money for a sport, they are considered sponsors and as such should have no control of team logistics and selection. The majority of the MUT Council voted not to sell the USA 100K National team.

USATF president Bill Roe affirmed MUT's vote with the statement, "I am not in favor of abdicating any portion of our governance obligation to comply with the International Associations of Ultrarunners/International Association of Athletics Federation (IAU/IAAF) invitation for USATF to name USA teams, as we do for all disciplines of our sport."

After the vote, AUA withdrew three previously sanctioned USATF National Championships and declared them "American Championships." At about the same time, they stated they would fund an "American" team at the 100K World Challenge in September in Winschoten, Netherlands.

While I applaud the AUA's efforts to increase U.S. presence in the World Cup event, said "American" team would not be able to compete as a recognized U.S. national team and all their runners will essentially be competing in the open division as individual runners. The AUA can tally their runners' times for comparison with the international teams, but the team has no legitimate standing.

I would like to end by saying that ultrarunners receive more from the USATF than just a "card with numbers on it." USATF/MUT provides credible, nationally recognized championship races at a variety of distances and terrains, annual awards and recognition for runners of all ages, and a fair, unbiased open selection process for a recognized U.S. national team. □

(For more information on the American Ultrarunning Association, please visit www.americanultra.org)

Portland Masters Classic June 19 & 20, 2004

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 19th		
Track Event	Time	Field Event
5,000m run- M&W	10:00 AM	Pole Vault, Women & M60+ Shot Put, All M&W
5,000m Racewalk-M&W	11:15 AM	Long Jump-M30-59
2/3 K Steeple chase M&W	12 Noon	Javelin, Women&M60+
80m High Hurdles-M&W	1:00 PM	
100m High Hurdles-M&W	1:20 PM	Weight Throw-All M&W
110m High Hurdles-M&W	1:40 PM	Long Jump, All Women & M60+ Javelin, M30-59
100m Dash-M&W	2:15 PM	
1500m Run-M&W	3:00 PM	Super Weight Throw-All M&W
400m Dash, M&W	4:00 PM	
Tentative Schedule for Sunday, June 20th		
3000m Run-M&W	10:00 AM	Hammer Throw, Women&M60+ Discus-M30-64
300m IM Hurdles-M&W	11:00 AM	High Jump, W&M60+
400m IM Hurdles-Men	11:20 AM	
200m Dash-M&W	12 Noon	Hammer Throw-M30-59
1 mile Racewalk-M&W	1:00 PM	High Jump-M30-59 Discus-W&M65+
800m Run-M&W	1:30 PM	
4x100m Relay	2:30 PM	Triple Jump-M&W
4x400m Relay	2:45 PM	
4x800m Relay	3:00 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:
Don Kane
14239 NW Mason Hill Rd.
North Plains, OR, 97133
 - Entries must be postmarked by June 17, 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.
- Registration closed 1 hour prior to event
- Implements for field events must be checked in 30 minutes prior to event.

Host Hotels

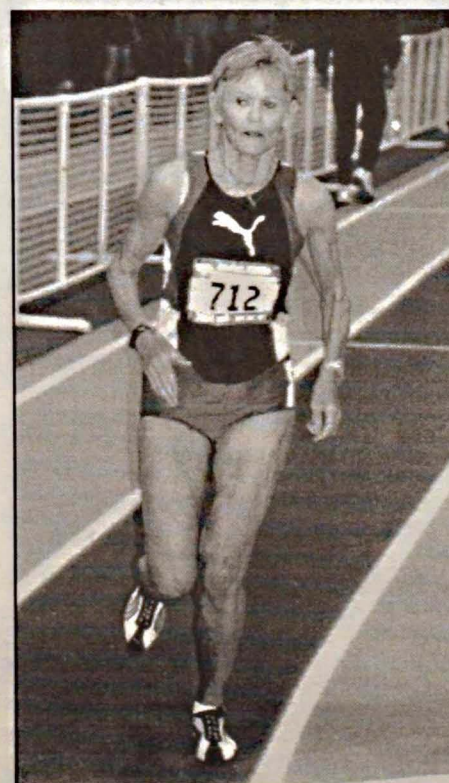
Gresham Area Hotels



For reservations call
503-907-0676 or
866-288-6800 toll free

Call for
Special PMTC
Room Rates

Schedules listed are tentative
USAT&F Membership required to compete
Meet Headquarters: Best Western
Packets: Available at Best Western, 23535 NE
Halsey St. I-84 exit 16, Fri. June 18th, 6-8 PM
and at Mt. Hood C.C. starting at 9:00 AM both
days of meet.
Concessions: Food concessions 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 to partake by signing up on Entry
Form.



JERRY WOJCIK

Suzy McLeod broke W70 world records in the 400 and 800, National Masters Indoor Championships.

Entry Form - Portland Masters Classic - 2004

Please Print
Name _____ Age(6/19/02) _____ Birth Date ____/____/____
Address _____ City _____ State _____ Zip _____
Phone _____ Club Affiliation _____ Male _____ Female _____ USAT&F # _____

Events	Best '02-'03 Mark
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____

T-shirt Size	Attend Reception?
S _____	Yes _____
M _____	No _____
L _____	Number of people _____
XL _____	
XXL _____	

Entry Fees	
1 Event	\$15
Each additional event	\$6 ea
Surcharge for Officials	\$5
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 _____

Fifty-Plus Honors Uchida with Zatopek Award

Dove, Fox Victors in Paul Spangler Memorial 8K at Stanford

By MARK WINITZ

PALO ALTO, Calif. — Although obesity may soon become the leading cause of preventable death in the U.S., you wouldn't know it watching scores of senior adults finishing the Paul Spangler Memorial 8K on March 14.

The 21st annual event traditionally highlights the Fifty-Plus Fitness Weekend held at Stanford University each March. This year's Fitness Weekend, presented by Fifty-Plus Lifelong Fitness, appropriately tackled the growing problem of obesity with lectures, forums, and a healthy dose of physical activity for about 800 participants.

Michael Dove, 57, Salinas, Calif., in 29:46, and Isobel Fox, 50, Menlo Park, Calif., with a 37:12, served as key role models for the weekend's attendees by winning the 8K. Competing in five-year age divisions through age 90 and above, 122 runners and several hundred walkers age 50-and-over completed the event on a brilliant, sunny morning.

"I love this race; that's why I keep coming back. The organization is great, and it's nice to have older runners in the spotlight," said Dove who enjoyed a 17-second margin of victory.

Arturo Rodriguez, 54, Santa Cruz,

Calif., finished second in 30:03.

For Fox, the women's race couldn't have turned out better. Although she started competing in her mid-20s, took time off to have three children, and then returned to running, the victory was her first win ever, regardless of age.

"In this race, I know there can be some pretty fast women, so I just wanted to keep pace and finish strong," said Fox, who led from wire to wire. "I'm thrilled. It's nice to be winning, especially at age 50."

Dee Gibson, 53, Los Altos, Calif., garnered the runner-up spot in 39:14.

The all-time race records of 26:06 (Sal Vasquez, 1990) and 28:55 (Shirley Matson, 1991) were not threatened.

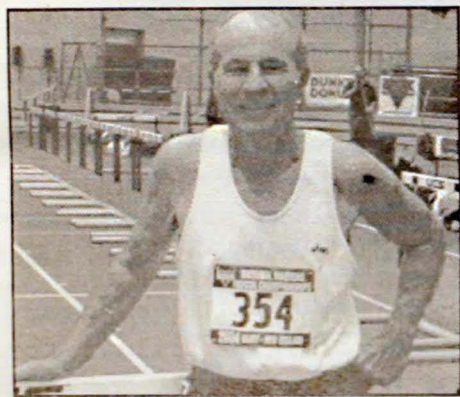
Larry Johnson, 83, Albuquerque, N.M., and Joy Johnson, 79, San Jose, Calif., were the oldest finishers. The all-time oldest finisher in the race's record book is Dr. Paul Spangler, who competed in the Fifty-Plus Race in 1993 just before his death at age 94.

The winners of the companion 5K racewalk were Jack Bray, 70, Greenbrae, Calif., in 29:04, his eighth victory at Fifty-Plus, and Doris Cassels, 64, San Rafael, Calif., in 32:46.

During the weekend's festivities, long-time judo mentor Yohiro Uchida became the 14th recipient of the Annual Emil Zatopek Award bestowed by Fifty-Plus Lifelong Fitness. The honor, named after the splendid Czech Olympic distance runner, is awarded to individuals who have attained notable achievements in sports, and in doing so have inspired others to live a healthy lifestyle.

Fifty-Plus Lifelong Fitness (formerly Fifty-Plus Fitness Association) is a non-profit, organization based in Palo Alto, Calif., with more than 2000 members. □

(Mark Winitz can be reached by e-mail at winitz@earthlink.net).



JERRY WOJCIK

Don Leis, 71, in his first masters championships, was second in the pentathlon, National Masters Indoor Championships.

Sullivan Award Goes to Swimmer

Masters athlete Phil Raschker, 57, and three other amateur athletes lost out to swimmer Michael Phelps in their bid for the 2003 Sullivan Award. Raschker was a finalist with LeBron James, of the Cleveland Cavaliers, Diana Taurasi, of the NCAA women's basketball champions U. of Connecticut, and speedskater Apolo Anton Ohno.

Phelps, 19, who set a world record at age 15, will try to equal Mark Spitz's seven Olympic gold medals in Athens.

At the awards presentation at New York Athletic Club in Manhattan on April 13, Raschker said, "The majority of Americans are over 40 now, and 35 million Americans are over 65. I hope that my presence in the finals inspires lifetime fitness as we age. Sports are breaking the age stereotype. I am extremely grateful to the Senior Games

and to Masters Track and Field for providing great opportunities for all Americans to stay fit for a lifetime."

Cox News Service reported, "Raschker was almost giddy when the formal ceremony ended Tuesday night and the autograph session began. She wore a blue-green crushed velvet dress with a halter top that showed off the muscles in her arms and her back."

"I'm not used to this kind of stuff," Raschker said. "For the masters program, we're just not used to getting any kind of publicity."

Over 100 newspapers carried A.P. stories of Raschker's nomination, mentioning "57-year-old masters track and field athlete Philippa Raschker, an accountant from Marietta, Ga."

The Sullivan Award has been presented by the Amateur Athletic Union since 1930. □



JERRY WOJCIK

Finalists in the M65 60m (l to r): William Bittner; Marion Harrison, 1st (8.34); Dick Camp; Bob Lida, 2nd (8.38); Emil Pawlik; Paul Johnson, 3rd (8.49); Wayne Bennett; and Spencer Parrish, National Masters Indoor Championships.

PLATINUM PERFORMANCE State Street Mile

June 27, 2004 in Santa Barbara ...

First Event: 8:00a.m. State & Pedregosa

A Benefit for the District Attorney's Office
Victim Witness Assistance Program

featuring...

Toyota of Santa Barbara Masters Elite Mile

Platinum Performance Elite Mile

Age Group Miles

Law Enforcement Mile

Three Dog Bakery Dog Mile

Santa Barbara News-Press Family Fun Mile

Pre-registration available online at
www.active.com or www.sbmile.com

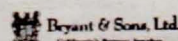
Race day registration begins at 7:00a.m.

Call (805)568-2316 for an entry form
and more information

our thanks to...



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International Scene

By TORSTEN CARLIUS

First WMA Indoor Meet is a Hit

The first World Masters Athletics Indoor Championships were held in Sindelfingen, GER, March 10-14, just eight months after the General Assembly in Carolina, PUR, voted to add the event to our championships program. The LOC in Sindelfingen, i.e., the Württembergischer Leicht-athletik-Verband, together with great support from the City of Sindelfingen, accomplished a very professional job in this short period. As a result, the championships were highly organized and, consequently, a great success with 2637 athletes from 57 countries in attendance.

At this inaugural world indoor meet, it was a great pleasure to see all six WMA regions represented. As the host country, Germany had the biggest team (1216 athletes), but France, Great Britain and Italy were also strongly represented. I was very pleased to see that the unofficial M35-39 age group generated significant interest with 200 athletes participating.

Excellent Performances

The championships were organized in the splendid indoor arena, "das Glaspalast," where the atmosphere was warm, very pleasant, and sportsman-like. All good performances, of which there were many, were highly appreciated by the other athletes and spectators.

Outside "das Glaspalast" were held the highly popular winter throwing events, cross-country and road walks. The winter throws are developing strongly and will be included in future World Masters Indoor meets. The running and walk events need closer study, as they compete with the Non-Stadia Championships in the same year.

Two cities (Ancona, ITA, and Linz, AUT) presented bids to the Council and Special Assembly for the 2006 WMA Indoor Championships. As a result, Linz, AUT, was awarded the next World Masters Indoor Meet, which will be organized in their wonderful Intersport Arena in March 2006. If not already accessible, their Web site, www.linz2006.com, will be available in the near future.

IAAF Representation

We were very happy to have many prominent IAAF representatives in Sindelfingen, all of whom expressed great satisfaction and future support. IAAF President Lamine Diack took a personal interest in the competition, as did IAAF General Secretary Istvan Gyulai, IAAF Vice President Helmut Digel, and EAA President Hansjörg Wirz.

The way in which the championships were organized, demonstrated that there is just one athletics family even if we exist in two world associations. At the IAAF Council meeting in Athens 10 days later, we received full

support for approval of our wish that men also become masters at age 35

years. Also, the best masters will be
Continued on page 24



BRIDGET CUSHEN

M45 triple jump finalists (l to r): H. Laurent, FRA, 3rd (13.15); G. Hayrapetyan, ARM; G. Werther, AUT, 1st (13.31); H-A Kuppers, GER; P. Houba, USA; S. Klungland, NOR, 2nd (13.24); M. Fiorini, ITA; and Lucio M-Gonzalez, ESP, WMA Indoor Championships.

Athletes Invited to Canadian Meet

If your summer vacation plans are still up in the air, you might want to consider a visit to the 30th Annual Canadian Masters Track and Field Championships in Calgary, Alberta, Canada, July 17-18.

Masters athletes age 30+ are invited to compete in the 100 to 5000m, steeplechase, 80 to 400m hurdles, race-walking, all jumps, all throws, pentathlon and exhibition weight pentathlon (see entry form on p. 23).

In addition, road racing enthusiasts can participate in a masters only age-graded 5K road race on Sunday, July 18. As you may already know, age-grading is a wonderful opportunity to keep track of your own accomplishments over the years.

The 1st, 2nd and 3rd place awards are a prize value of CAN\$300, \$200 and \$100, respectively, to the top three athletes, male or female, based on age-graded results. Also gold, silver and bronze medals will be awarded in

every five year age-group.

Apart from the excitement of competition, Canada's mountains offer great opportunities for hiking or trail running. Visit www.mountainrunning.com for more info.

Cultural activities abound. The Calgary Stampede and Edmonton Klondike Days are held just before and after the championships. The Cowboy Trail offers many opportunities for family fun.

For additional competition information and recreational opportunities contact: www.2004canadianmasters.com; e-mail: contact@2004canadianmasters.com; call (toll free) 866-286-1318; or write: 2004 Canadian Masters, P.O. Box 48153, Calgary, Alberta T2X 3C9, Canada.

Canada welcomes you and your family to an exciting championships event in July, and invites you to extend your trip into a culturally and recreationally diverse vacation opportunity. □

WMA Championships

Continued from page 1

About 2600 masters athletes age 35-and-over from 55 countries made up the field, primarily from the host country and adjoining nations. Athletes from Asia, Africa, Oceania, and South America were few, if any. Sixty-five U.S. athletes were listed as entrants.

Two athletes set three records each. Guido Muller, GER, who holds the M55 and M60 world records for the outdoor long hurdles, showed that he is just as fast indoors, with records in the 200 (26.05), 400 (56.95), and 60M* 765H (9.60). The 400 record is about two-and-a-half seconds better than the present record of 59.35 by Larry Colbert, USA.

Olga Kotelko, CAN, a recent 85, set world records in the high jump (0.89), long jump (1.91), and shot put (5.81).

Courtland Gray, M60, was the only U.S. athlete to score an age-group record, with an 8.85 in the 60mH. The present record is held by U.S. hurdler Phil Mulkey at 9.14 in 1993. Of the 44 records broken, 23 are held by U.S. athletes.

The relatively small contingent of

U.S. entrants won more than its fair share of gold medals. Paul Edens continued his streak of international and national championships, with wins in the 60m (7.77) and 200 (25.98). Val Barnwell, M45, took the 60m race in 7.32.

Robert Thomas was the winner in the WMA newly-approved M35 division in the 200 (22.64).

Larry Barnum, M60, took the gold in a close race with Vic Blanchard, GBR, 58.80 to 58.84, and second place in the 800 (2:18.88).

Sid Howard, M65, left for New York City with wins and U.S. records in the 800 (2:22.67) and 1500 (5:00.52). The records now stand at 2:24.12 and 5:05.5. Steve Gallegos (listed as Francksen in the results), at the top of his age group at 49, emerged victorious in both the 800 (2:03.35) and 1500 (4:09.95).

With Courtland Gray setting the pace, other U.S. athletes made their presence known in the 60mH. Dexter McCloud became the M40 world champion with an 8.37. Charley Miller, on the comeback trail after sev-

eral years off, was second M65 (10.11).

The U.S. M60 4x200 team won the silver medal with a national record of 1:45.56.

Roger Price won the M55 8K cross-country race (25:07), on a moderately hilly course near the Glaspalast. The overall winners were John Brown, M40, GBR, 22:34, and Brigitte Rupp, W40, GER, 26:35.

In the field events, Mike Shiaras won the M50 shot put (15.08). Gregory Foster won the M40 pentathlon (4072). William Murray was the top scorer in the M50 pentathlon (4045). Highest scoring pentathletes were Rolf Geese, M60, GER, 4725, and Katalin Deak, W35, HUN, 4299.

Sullivan Award nominee Phil Raschker, W55, considered by many as the best masters athlete in the world and competing in her native Germany with high hopes, tore a left hamstring in a 200 preliminary on Wednesday, the 10th.

"I sat out the rest of Wednesday and Thursday, wrapped my leg up tight and pole-vaulted with a very short run, but I could not push off. Still, my technique got me a silver in the vault and triple jump. Gambling on height selec-

tion, with extreme pain at takeoff, got me a gold in the high jump."

Raschker also suffered injury in another way. Five of the world records broken are presently hers.

The discus, hammer, and javelin, offered as exhibition events, were held in two venues near the indoor arena in inclement weather. Marten Regtop, M55, NED, had the farthest mark in the discus (48.33). Top marks in the hammer came from Swen Linden, M35, GER, 60.83, and Evaun Williams, W65, GBR, 40.27. Serhiy Havras, M45, UKR, hurled the javelin 62.32.

About the meet, Raschker said, "Germany did a great job, with so little time to prepare. The officials were courteous, helpful, friendly. The competition book was the best ever. Every championships meet should use it as their model."

Jeanne Daprano said, "For me, this was a peaceful meet. I didn't see one anxious athlete like I usually see at the check-in and staging areas."

Hurdler Robert Zahn noted, "I've never seen so much beer consumed at a track meet."

The second WMA Indoor Championships will be held in Linz, Austria, in 2006. □

Report from Britain

By BRIDGET CUSHEN

The two day championships held in the four-lane Cardiff, Wales, arena, Feb. 21-22, was, as expected, one of the liveliest and most competitive for some years as athletes peaked for the World Championships, with the 35-39 age category entering a British Masters Championships for the first time, and competitors from Ireland and South Africa swelling the program.

Three weeks after shattering Nolan Shaheed's M50 world 800 record with a 2:00.52, Dave Wilcock was one of a group of three who set a cracking pace in the M50 1500, going through the first 400 in under 58 seconds. Breaking free from his determined pursuers with two and half laps to go, he held on to win in the world record time of 4:12.67, erasing John Potts' 4:14.73.

Runner up Dave Bedwell, with 4:13.46, was also inside the old record and the early pacesetter, Nigel Gates, held on for the bronze medal (4:17.58).

Drama followed, however, in the next race. As the M55 had completed half their 1500, the emergency alarm rang out with an order to clear the arena immediately. With less than three laps remaining, officials stood across the back straight directing the competitors out an emergency exit door.

Perspiring runners stood in below freezing temperatures while security staff carried out an intensive search, swiftly locating the problem - an inconsiderate sports person coming in from outside playing fields, who had lit a cigarette in the showering area, setting off the smoke alarm! The race was re-run as the last event of the meet.

Large entries in the 1500 and 3000 resulted in some excellent races. Nigel Gates, who recently lowered the M50 3000 world record to 8:49.38, had a solo run to win here in



BRIDGET CUSHEN

Enrico Pyritz, GER, M40 shot put winner (16.20), WMA Indoor Championships, Sindelfingen, Germany.

8:59.

Sarah Heath took gold in the W40 1500 (4:42.84) and the 800 (2:16.93). There was a great tussle for W55 titles between the back-from-injury Pat Gallagher and double gold medalist from Puerto Rico, Margaret Auerback, Gallagher winning the 800 (2.37.87), 1500, and 3000.

Neil Griffin, a paramedic, set a British M55 record of 14.99 in the shot put, in which he has ranked in the British senior top 10 for the past 38 years. Alan Williams, now back to optimum health, added .01 to his own M50 British pole vault record, clearing 4.01.

Helen Godsell, a new W50, won the 60m in 8.36, a European record, and the 200 (28.28).

Stephen Peters had a clean sweep in the M50 60m after setting a British record in his semi of 7.43. (Complete results available at www.bmaf.org.)

The national cross-country championships, run over 5K for women and M70+, and 10K for M40+, were held on March 20 over a very demanding course at Maiden Castle in the cathedral city of Durham. This is an ideal spectator course, as the athletes circle four times, crossing a bridge, and running through playing fields before heading out through boggy moorland and up a testing windswept hill.

The storms the previous day had abated, but high winds still swirled, buffeting runners as they reached the pinnacle of a steep hill.

Londoner Astrid Winger, Sue Wint, from Coventry, and Audrey Macmillan, all of whom recently reached W35 status, made their masters debut in the 127-strong field. Just four seconds separated the first three in a frantic sprint to the finish, won by Susan Ridley from Clare Pauzer, W40, with Winger third and the early pacesetter Wint just holding off the second W40, Andrea Dennison.

Heavy rain lashed the M40-49 race on the exposed hills. Virtually all starters completed the muddy four-lap circuit, a testimony to their fitness and endurance. The 10K race was won by local man Brian Rushworth.

David Neill, individual winner of the British & Irish international race last November, won the M45 title. A Scottish club won the team title, but a small team that traveled over from North Belfast got fifth place from among the top British clubs.

Nigel Gates easily won the M50 race, but only seconds split Brian Lloyd and Charlie Dickinson in the M55 race. Gates had won the world indoor 3000 in Germany the previous week. Steve James, also a world indoor winner, added the M65 title to his illustrious career.

Despite the adverse conditions, five men M70-74 and two M80+ fought through to the finish, led by Gerry Spink. □

CANADIAN MASTERS OUTDOOR TRACK & FIELD CHAMPIONSHIPS INTERNATIONAL COMPETITION & 5K AGE GRADED ROAD



July 17 & 18, 2004

Foothills Athletic Park, Calgary, Alberta, CANADA



For information: www.2004canadianmasters.com Email: contact@2004canadianmasters.com FAX: (403) 686-6051 Toll Free info: 1 866 286-1318

Tentative Schedule of Events:

Saturday July 17 th	Sunday July 18 th
Track	Track
	8:00am 5K Road Race (not in stadium)
8:30am - 12:00 Noon 3000m Race Walk, Women's Pentathlon, 2000/3000 Steeplechase, 100m Heats and/or Finals	8:30am - 12:00 Noon 5000m Race Walk, Men's Pentathlon, 5000m Run, 200m Heats and/or Finals
12:00 Noon LUNCH	12:00 Noon LUNCH
1:00pm OPENING CEREMONIES	
2:00pm - 4:30pm 1500m, 80/100/110m Sprint Hurdles, 100m Finals, 400m, 4x100m Relay, Medley Relay	1:15pm - 3:30pm 300/400m Hurdles, 800m, 200m Finals, 4 x 400m Relay
Field	Field
9:00am - 12:00 Noon Hammer, High Jump	9:00am - 12:00 Noon Discus, Pole Vault, Javelin
12:00 Noon LUNCH	12:00 Noon LUNCH
1:00pm - 2:30pm Shot Put, Long Jump	1:00pm - 2:30pm Triple Jump, Weight Throw
6:00pm Athletes BANQUET	4:00pm Officials and Volunteers BBQ

Registration Package pick-up: Friday, July 16, 1:00pm - 9:00pm at the University of Calgary, Saturday, July 17, 8:00am - 3:00pm, Sunday, July 18, 8:00am - 12:00pm @ FOOTHILLS ATHLETIC PARK

Entry form Please print or type the information below:

Family Name (Surname)	First/Given Name	M/F	Age as at July 17
Date of Birth (mm/dd/yy)			
Street Address			
City	Province/State	Country	Postal/Zip Code Telephone No.
Nationality		CMAA, USATF, WMA National affiliate, Provincial Athletic Body number	

Event	X	Best Perf.	Event	X	Best Perf.	Event	X
100m			Hurdles:			High Jump	
200m			80 / 100 / 110			Long Jump	
400m			300 / 400			Triple Jump	
800m			Steeplechase:			Pole Vault	
1500m			2000 / 3000			Shot Put	
5000m						Discus	
5K Road Race			Throws Pentathlon, (exhibition)		HT SP DT JT WT special \$50 entry fee	Javelin	
3000 Race Walk			Men's Pentathlon		LJ JT 200 DT 1500 (Sunday)	Hammer	
5000 Race Walk			Women's Pentathlon		Hurdles HJ SP LJ 800 (Saturday)	Weight Throw	

Please enter a check mark against each event you wish to enter and indicate your best performance in that event during the last twelve months.

FEE SCHEDULE All competitors who are not members of CMAA USATF, WMA National affiliate, or a Provincial Athletic Body must pay the non-member Championship Fee of \$15.00. No refunds.

FIRST EVENT..... \$30 (\$24 US)
EXTRA EVENTS..... @ \$10 (\$ 8 US)
WEIGHT PENTATHLON \$50 (\$40 US) (Exhibition)
NON-MEMBER FEE \$15 (\$12 US) if required

BANQUET..... \$30 (\$24US)
TOTAL.....\$

There are no qualifying standards for entry.
RELAY TEAMS MAY BE PUT TOGETHER AND ENTERED ON THE SATURDAY AND/OR SUNDAY. No entry fees will be charged for the relays.

MAKE CHEQUE OR MONEY ORDER (in Canadian or US funds) PAYABLE TO "2004 CANADIAN MASTERS"
SEND TO: 2004 Canadian Masters Championships, 40 Midlake Blvd. SE, P.O. Box 48153, Calgary, Alberta T2X 3C9 CANADA

Waiver must be signed when picking up your registration package.

ENTRIES MUST BE RECEIVED BY FRIDAY JUNE 25, 2004.

Confirmation of entries can be done online by visiting the official Championship web site. www.2004canadianmasters.com

It is the responsibility of the competitor to ensure that he or she is properly entered.

Masters Scene

NATIONAL

• The USATF XC Council has added the National Masters 5K XC Championships/Saratoga National Bank XC Classic, Saratoga Spa State Park, NY, Oct. 17, to the championships schedule.

EAST

• **David O'Keefe**, M45, 54:17, and **Debbie Kilpatrick-Morris**, W40, 58:12, bested the masters fields in the Cherry Blossom 10 Mile, Washington, DC, April 4. **Lou Lodovico**, M80, 83:30, and **Hedy Marque**, W85, 2:12:58, took age-group titles.

• **Marie Murphy**, 44, won the More Marathon for W40+, Central Park, NYC, March 21. **Roxi Erikson**, W40, was second (3:10:18), **Beth Moras**, W45, third (3:11:15).

• **Frank Moore's** 7:17.98 in the 2004 Hartshorne Mile is a world best for age 81. **Henry Sypniewski** ran an outdoor 7:51.9 in 2000. Single-age bests can be either indoor or outdoor.

• **Rudy Afanador**, 45, Medford, NY, with a 3:35:33, and **Jody Lynn Reicher**, 41, Midland Park, NJ, with a 4:13:00, turned in overall victories in the Caumsett Park 50K, Long Island, NY, March 7. **Arpan DeAngelo**, 51, Jamaica, NY, finished in 4:32:12. **Helma Clavin**, 60, Ronkonkoma, NY, ran a 5:24:12. The paved loop took runners through one of Long Island's most breathtaking parks, with views of vast open fields, Long Island Sound, and majestic mansions on the 1750-acre estate originally purchased in 1921 by **Marshall Field III**. The event, also the USATF Long Island championships, raised \$1200 for the "Kids Helping Kids" Fund.

• **Kathy Martin**, 52, Northport, NY, "threepeated" her women's overall title win in the Nationwide Insurance 10K Run for ASPIRE, Plainview, NY, April 5, with a 37:30, eight seconds better than her victory in 2003. **Gerry O'Hara**, 40, Lynbrook, NY, took the masters win in 34:40. **Bob Giambalvo**, 54, Delhi, NY, won the M50 title in 36:15. Proceeds of the race went to the Stanley Kramberg Memorial ASPIRE Scholarship Fund to help young amputees of the ASPIRE Program further their educations.

• "Masters will return to Madison Square Garden in 2005," says **Francis Schiro**, Masters Event Coordinator, Verizon Millrose Games. The plan is for a Masters Championships of America Indoor Sprint Medley Relay, consisting of teams from six different regions, running 400-200-200-800. Entries must be submitted by Dec. 7, 2004, to Francis Schiro, Verizon Millrose Games, 524 E. 5th St. #1, New York, NY 10009. FrancisSchiro@aol.com.

• Leading the masters pack at the NYRR Colon Cancer Challenge 4-Miler, Central Park, NYC, March 14, were **Jerry Macari** (second overall), 44, 21:25, and **Luybov Kremleva** (third overall), 43, 22:23. Finishing strongly in their divisions were **William Fortune**, 75, 31:25, **Jonathan Berke**, 84, 34:29, and **Gayle Jones**, 84, 36:07.

SOUTHEAST

• **Mikel Wagner**, 47, was first overall in 1:57:21, Whitestone 30K, Kingston, TN, March 7. **Betty Schohl**, 50, took the W40+ contest in 2:28:34. First 60+ were **Royce Salyer**, 62, 2:22:17, and **Pat Denton**, 61, 2:57:18.

• **Mark Malander**, M40, 34:10, and **Jeanie Trent**, W40, 39:03, galloped to masters firsts in Ukrop's Monument Avenue 10K, Richmond, VA, March 27. **Calvin Fowler**, M65, finished in 41:11. **Sharon Giese**, W65, ran a 48:26.

• **Dennis Simonaitis**, M40, 48:39, and **Tatyana Pozdnyakova**, W45, 50:15, romped to masters firsts, Gate River 15K, Jacksonville, FL, March 13. **Al Treichel** won the M75 contest in 73:32. **Elfrieda Wyner**, W60, finished in 70:02.

• A week later, **Simonaitis**, M40, 31:44, and **Pozdnyakova**, W45, 34:55, had no difficulty taking the 40+ races in the Cooper River Bridge 10K, Charleston, SC, April 3. **Gary Romesser**, M50, 33:45, and **Terry Mahr**, W55, 40:24, darted to division wins. **Valerie Fritsch** won the

W80+ race in 59:34.

• **Paul Brown**, 41, ran a 22:74 200 and a 51.63 400 in the Carolina Masters Meet, Johnson C. Smith U., Charlotte, NC, April 3. **Duane Green**, 53, won the 800 from **Harper Turran**, 52, 2:14.63 to 2:15.58. **Mike Valle**, 63, reached 141-7 with the discus. **Ray Mushinski**, 52, hit 162-3 in the javelin.

MIDWEST

• **Jim Schneider**, M50, 57:33, and **Jeanne Olash**, W45, 62:20, sizzled to masters victories, Papa John's 10 Mile, Louisville, KY, April 10. **Barry Ross**, M50, was second M40+ (58:14). **Ray Parella** won the M65 first prize in 65:09. **Judith Harmony** took the W60 race in 85:41.

• The Indiana Invaders have launched a masters t&f program for athletes age 30+. The addition of a masters program to the club, the fourth largest USATF club in the Midwest, will complement the team's elite development program. Team Director **Greg Harper** said, "Masters competition, as an Invader, offers a unique opportunity to compete as a team, to wear the team colors, and to have fun...The additional interaction that these athletes will have with our elite membership should be interesting." He also said that the club was looking forward to creating and bidding for masters t&f events to be held in Indiana...to help increase awareness and participation for Indiana masters. For more information, check www.indianainvaders.com/masters/index.asp.

• Bucking the crowd and coming out winners at the Rodes City Run 10K, Louisville, KY, March 27, were **Gordon Sanders**, 43, 32:01; and **Annette Bauer-English**, 40, 40:35. The race is in its 24th year and drew over 4700 participants.

SOUTHWEST

• **Carmen Troncoso**, 44, led all of the W40+s and most of the M40+s to the finish with a first-overall woman 36:11, Capitol Statesman 10K, Austin, TX, March 28. **Paul Zimmerman**, M40, was first master (32:18). **Jerzy Kuzskiewicz** won the M85 match-up in 74:17.

WEST

• Some of the best masters hammer throwers in the US will have an exceptional opportunity to compete in an invitational event in the Modesto Relays on May 7. Sponsored by AdvoCare, the event will be held May 7 at Modesto JC, start time at 11:30 am. Awards will be age-graded. Scheduled to appear are **Bob Ward**, M70, **Stew Thomson**, M70, **Dan John**, M45, **Bob Cahners**, M60, **George Mathews**, M60, **Tom Gage**, M60, **Jim Wetenhall**, M45, **Carl Reichard**, M50, **Todd Taylor**, M55, **Tom Meyer**, M50, **Georgia Cutler**, W60, **Joyce Taylor**, W50, **Oneithea Lewis**, W40, and **Carole Finsrud**, W45. **Dick Hotchkiss**, USATF Masters Weight Event Coordinator, is the producer.

• The quartet of **Frank Strong**, **Cornell Stephenson**, **Kevin Morning**, and **Willie Gault**, running in that order and representing the newly formed Speedwest TC, set an M40-49 U.S. record of 42.73 for the 4x100 at the Mt. SAC Relays, April 8. The present record is 42.79, set in 2002.

• **Linda Somers-Smith**, 42, notched a first-woman overall in 38:30, Emerald Nuts Across the Bay 12K, San Francisco, March 21. **Heidi Helvestine**, W50, finished with the leaders in 46:57. **Myra Rhodes**, W70, ran a 64:01. **Daniel Gonzalez**, M40, was first M40+ (38:30).

• On March 20, **Nadine O'Connor**, 62, continued her assault on the W60 pole vault world record with a 9-8/2.94. This marked the eighth time she has moved the record up as she approaches the 3-meter mark. She tied for 9th among 23 college women vaulters at the Aztec Invitational track meet at San Diego St. U.

NORTHWEST

• **Tony Young**, M40, 16:22, and **Cindy Okrane**, W40, 17:51, uncorked masters firsts in the Henry Weinhard's St. Patrick's Day 3.5 Mile, Seattle, March 14. **Greg Beyerlei** won the M50

race in 17:34. **Dorie Quam**, W55, clocked a 23:34 division first.

• **Richard Panches**, M40, 35:58, and **Jenny Teppo**, W45, 38:13, quickly spanned the Bridge to Bridge 10K for masters firsts, Portland, OR, April 4. **Dave Harrison** won the M70 race in 49:50. In the 5K, **Alan Knoop**, M45, 16:36, and **Denise Foote**, W45, 18:55, were first masters. **Erica Dunn**, W70, ran a 28:17.

CANADA

• Three WRs fell in the Ontario Masters Indoor Championships, York U., March 6. **Jean Horne**, W70, ran a 1:22.12 in the 400 and a convincing 3:14.45 in the 800. **Helgi Pedal**, W80, high jumped 0.96. **Pat Peterson** (USA) holds the present 400 record at 1:28.79. **Toshiko d'Elia** (USA) has the 800 record with a 3:28.1. **Gunni Swensson** (SWE) owns the HJ record of 0.93.

INTERNATIONAL

• **Johan Swiegers**, 52, skimmed the 400H in an age-graded 92.1% 61.29, West Pretoria Masters Championships, Green Point, South Africa, March 25-27. **Ron Cross**, 70, ran an 89.2% 100 (14.38) and an 87.0% 80H (14.76). **Anna Villet**, 77, performed at the international level with a 93.6% 34:13.63 in the 5000 RW and a 92.9% 1:09:07 in the 10K RW.

OBITUARY

• **Brian Maxwell**, PowerBar co-creator, died of an apparent heart attack in March; he was 51. A world ranked marathoner in the 1970s, the Canadian born Maxwell created PowerBar with his future wife, **Jennifer** and UC Berkeley biochemist **Bill Vaughn** in the mid-1980s, and together they launched the now ubiquitous sports bar market. Maxwell, who lived in Ross, CA, is survived by his wife and six children.



JERRY WOJCIK

David Friedman, M50 pentathlete, National Masters Indoor Championships.

WMA Championships

Continued from page 22

invited to the IAAF Annual Gala in Monaco, like the best juniors and top athletes.

Sindelfingen was really a turning-point in our movement and a very great success. We owe the LOC and its chairman, Karl-Heinrich Leberz, and the mayor of Sindelfingen, Dr. Bernd Vöhringer, our greatest and warmest thanks and appreciation.

San Sebastian Council

At the WMA Council meeting in San Sebastian in March, the following decisions were taken:

• The Council will forward a proposal to the General Assembly in San Sebastian next year that the World Masters Championships Non-Stadia be removed from 2009. These championships have not been the success expected; consequently, Affiliates are requested not to present any bids for these championships in 2009.

• WMA has forwarded a proposal to IMGA that the World Masters Games be switched back to even years commencing in 2012 to avoid date clashes with the WMA World Masters Championships Stadia. WMA has had contact with IMGA on this issue and it is expected that our proposal will be approved by the IMGA General Assembly in Lausanne on May 16.

• The Council will forward a proposal to the General Assembly in San Sebastian next year that the present rule of giving notice of Delegates 30 days before the Assembly will be removed as it has caused much confusion and stopped many Affiliates from voting at the General Assemblies.

• The Council has signed a contract with James Thorsen, Inc., re marketing/sponsor-finding for WMA for a four-year period. □

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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

August 5-8. 37th Annual USATF National Masters Championships, Decatur, Ill. Don Luy, 1184 W. Main St., Decatur, IL 62522. 217-420-6625, www.millikin.edu. Decatur Area Convention & Visitors Bureau, Teri Hammel, Dir. of Sports Marketing, 800-331-4479; teri@decaturcvb.com; http://www.millikin.edu/athletics/track/USATFMasters/04master.html

August 14-15. USATF National Masters Weight Pentathlon Championships, Reading, Pa. Ray Feick, 610-754-6007; rfeick@aol.com

August 21-22. USATF National Masters Decathlon & Heptathlon, Neosho, Mo. Jeff Watry, 3224 CR 2700E, Penfield, IL 61862. 217-367-8438, x152; jwatry@gillathletics.com

September 11. USATF National Masters Weight & Superweight Championships, Seattle, Wash. Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206-938-3895; kweinbel@comcast.net

EAST

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

May 2, 16, 30. Potomac Valley TC Meets, Langley HS. 703-671-2520; www.pvtc.org

May 15. ABC Crusaders Meet, Baker Field, Columbia U., NYC. 6-10 pm. All events, including hammer. Trophies. Ivan Black, 347-247-1983.

May 22. MAC Spring Classic, Astoria Park Track, NYC. Ivan Black, 347-247-1983.

May 29-30. Potomac Valley TC Decathlon, Langley HS. See May 2.

June 5. Claude Hills Memorial Throw-a-Thon, Albright College, Reading, Pa. 15 implements - 3 implements per event. Ray Feick, 2987 Lutheran Rd., Gilbertsville, PA 19525. 610-754-6007; rfeick@aol.com

June 6. Superweight & Ultra Weights Meet, Gilbertsville, Pa. See June 5.

June 6. 19th annual GSAC/Randolph Classic T&F Meet, Randolph, N.J. Mort Hahn, 973-625-1764; madeline.bost@att.net; www.usatfnj.org (Track & Field page).

June 6. Sportsplex Masters Meet, Landover, Md. 301-583-2660; www.pgsportsandlearn.com

June 8-13. New York Empire State Senior Games, Cortland. John Doherty, 212-866-2794.

June 8, 15, 22, 29. Philadelphia Masters

Meets, Ft. Washington, PA. Kyle Mecklenborg, 215-393-1382; krmeck@erols.com

June 12. MAC Masters & Open Championships, Mount St. Michael HS, Murdock Ave., Bronx, NYC. Ivan Black, 347-247-1983.

June 13, 27. Potomac Valley TC Meets, Langley HS. 703-671-2520; www.pvtc.org

June 19, 26-27. Connecticut Senior Games, Trinity College, Hartford. Patrick Fisher, 860-528-4588.

June 26-July 3. Pennsylvania Senior Games, Shippensburg. Judith Brominski, 570-823-3164; 888-445-4559.

June 27. USATF New Jersey Masters Championships, Monmouth Regional HS, Tinton Falls. (s) M&W30+. Isabel Keely, 31, Breakwater Sq., Freehold, NJ 07728. ikeely@instires.rutgers.edu

July 10. Bay State Games, MIT, Cambridge, Mass. All masters compete in M40+ division. USATF New England, 617-566-7600; office@usatfne.org

July 10. USATF Adirondack Masters & Open Championships, Troy, N.Y. 518-273-5552; info@usatfadir.org

July 10, 24. Potomac Valley TC Meets, Langley HS. 703-671-2520; www.pvtc.org

July 13. Colonie Mile, Colonie HS, Albany, N.Y. 6:15 pm. Ken Skinner, kenskin@earthlink.net

July 13. Philadelphia Masters Meet, Ft. Washington, PA. Kyle Mecklenborg, 215-393-1382; krmeck@erols.com

July 24-26 (tent.). USATF East Regional Masters Championships.

July 25. Mid-Atlantic USATF Masters & Open Championships, Ft. Washington, PA. Kyle Mecklenborg, 215-393-1382; krmeck@erols.com

August 7, 21. Potomac Valley TC Meets, Langley HS. 703-671-2520; www.pvtc.org

August 17, 24. Wissahickon Wanderers Distance Meets, Philadelphia, Pa. Dan Gordon, dgordon95@comcast.net

September 4-5. Potomac Valley TC Games, Langley HS. 703-671-2520; www.pvtc.org

September 18. Delaware Fall Throwers Classic, U. of Delaware, Newark. Larry Pratt, 302-322-1718; discoach@aol.com

SOUTHEAST

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

May 7-9. 34th annual Southeastern Masters & Open Meet/USATF North Carolina Masters Championships, & Masters 20K RW South Championships, NC St. U., Raleigh. SE Masters, c/o Raleigh Parks & Rec., 2401 Wade Ave., Raleigh, NC 27607. www.southeasternmasters.org



JERRY WOJCIK

Jim Wetenhall, M45, hurts the 98# weight.

May 7-9. Alabama Senior Olympic Games, Montgomery. Ronnie Floyd, 334-242-4496.

May 8. USATF Florida Masters Championships, Jacksonville. 904-387-0528; email: consultJTB@aol.com

May 11-14. Washington, D.C., Golden Olympics. Ben Butler, 202-282-0753; ben.butler@dc.gov; www.dpr.dc.gov

May 13-15. Virginia Senior Games, Virginia Beach. Shannon Moore, 757-4784-8492; www.vrps.com

May 18-22. South Carolina Senior Sports Classic, Francis Marion U., Florence. Carl Hust, 803-772-0363.

May 22. USAT-National Training Center Meet, Clermont, Fla. O/M/U. Don DeNoon, 352-241-7144; x4206.

May 29. Furman Track Classic, Furman U., Greenville, S.C. SASE to Adrian Craven, 109 Woodhaven Dr., Greenville, SC 29609. 864-233-0333.

May 29. Birmingham TC Classic, Samford U., Birmingham, Ala. Frank Newland, 205-370-7060; www.birminghamtrackclub.com; btcclassic@yahoo.com

June 1-5. Mississippi Senior Olympics, Hinds Comm. College, Raymond. Joyce Anderson, 601-925-7994.

June 26. USATF Southeast Regional Masters Championships, Clermont, Fla. (s) Don DeNoon, 352-241-7144, x4206; www.usat-nyc.com

July 10. Tennessee Masters Meet, University School, Jackson. Ross Dunton, 865-774-0023; coachr880@bellsouth.net; www.coachr.org/tmestersjackson.htm

July 16-22. Tennessee Senior Games, Clarksville. Christine Dewbre, 615-902-9261.

MIDWEST

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

May 16. North Coast Invitational, Cleveland Heights HS, Ohio. Jeff Gerson, 5091 Hickory Dr., Lyndhurst, OH 44124. 440-473-0636.

June 10-12. West Virginia Senior Sports Classic, Charleston. Lowell Witters, 304-342-6287.

ON TAP FOR MAY

TRACK AND FIELD

Lots of action in the NYC area with meets on the 1st, 15th, and 22nd. The 34th Southeastern Meet, Raleigh, NC, starts its three-day run on the 7th. The Midwest has the North Coast Invitational, Cleveland Heights, OH, on the 16th. The Lions/Waterloo Championships are set for the 22nd in Austin, TX. California offers the So. California Striders Meet of Champions, CSU-Long Beach, on the 8th, and the Dan Aldrich Memorial, UC-Irvine, and the Pacific Association Championships, UC-Berkeley, on the 30th. Arizona holds its state championships in Glendale on the 22nd-23rd. The Birmingham TC Classic holds forth at Sanford U. on May 29. The Tennessee Senior Games continue through May.

LONG DISTANCE RUNNING

The National Masters Championships/Ogden Newspapers 20K Classic gets rolling in Wheeling, WV, on May 29. For openers, consider the Blue Cross Broad Street Ten Miler, Philadelphia; Bloomsday 12K, Spokane, WA; Avenue of the Giants Marathon, Humboldt St. Park, CA; and Flying Pig Marathon, Cincinnati, on the 2nd. The Indianapolis Life 500 Festival Mini-Marathon hits the bricks on the 8th, followed by the venerable Palos Verdes Marathon in the L.A. area on the 15th, and the Sallie Mae 10K, Washington, DC, and Bay to Breakers 12K, San Francisco, on the 16th. Closers include the Great Race Festival Races, Elkhart, IN, on the 29th-31st, and Brentwood 5K and 10K, Los Angeles; Med-City Relays, Rochester, MN; Vermont City Marathon, Burlington; and Buffalo Marathon, NY, on the 30th.

RACEWALKING

They'll be going around and around in the National Masters One & Two Hour RW Championships, Kenosha, WI, on the 23rd, the same day that RWers can qualify for the Empire State Games in the MAC 20K Championships, Central Park, NYC. Jacksonville hosts the Florida RW Championships on the 8th. □

June 12-13. USATF North Region & Ozark Association Open & Masters Championships, Edwardsville, Ill. (s) Peggy Rowold, 314-469-0577; email: pshinn@il.net

June 19. USATF Michigan Masters Championships, Grand Valley St. U., Allendale. Jim O'Neil, 616-844-1768.
July 17. Dayton Track Classic, Welcome Stadium, Dayton, OH. Bob Jones, 937-837-2754; email: BJR@juno.com

MID-AMERICA

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

June 6. Jolly Jogathon Meet, Marysville HS, Kansas. F-noon; T-3:00 pm. Cleve Walstrom, 785-562-3021; Athletic Warehouse, 562-2424.

June 6-10. Black Hills Senior Games, Rapid City, So. Dak. 605-394-1887.

June 10-13. Iowa Senior Games, W. Des Moines. Susan Skinner, 515-633-5011.

June 12. USATF Mid-America Regional Masters Championships, Edwardsville, Ill. Ed Rowald, 314-469-0577; pshinn@il.net

June 19. Star of the North Games, Harding HS, St. Paul, MN. Deadline June 8. No meet-day entries. Twin Cities metro area: 763-785-5603; 800-756-STAR; www.starofthenorthgames.org

June 22-27. Colorado Rocky Mountain Senior Games, Greeley. Sheri Lobmeyer, 970-350-9433.

June 26. Missouri State Senior Games, Columbia, Mo. Jack Miles, 573-882-1462; smsg.org/seniorgames

August 1. Blair Masters & Open Meet, Blair HS, NE. Mike Maryott, 402-426-5955.

August 21. Halstead Masters & Open Mini Meet, Halstead HS, Kansas. 4 p.m. Bob Everoski, Halstead Recr. Commission, 316-835-3366; 835-2286.

September 4-5. Rocky Mountain Masters Games, CSU-Ft. Collins. Jim Weed, 2203 E. 149th Ave., Thornton, CO 80602; rockymountainmasters@msn.com. Jerry Donley, 719-635-1264

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

May 22. Oklahoma Association Age-Group Meet, Jenks. Mike Barber, 918-481-1176.

June 12. Odessa Downtown Lions Club Benefit - Jackrabbit Relays, Ratfliff Stadium, Odessa, Texas. Don Wright, 915-362-3180; wrightanapapa@aol.com; Gerald Perry, 915-362-4640; perry@nts-online.net

June 19. USATF Southwestern Association Championships, Coppell, Texas. Lester Mount, 6750 Hillcrest Plaza Dr., #221, Dallas, TX 75230. 214-766-2854; lestermount@yahoo.com

July 10. USATF Southwest Regional Championships, site TBA. Lester Mount, 6750 Hillcrest Plaza Dr., #221, Dallas, TX 75230. lestermount@yahoo.com

July 10. Cat Spring Grunt VI Throwers Meet, Cat Spring, TX. M&W30+. 979-732-5591; k9luvr@intertex.net

WEST

Arizona, California, Hawaii, Nevada, New Mexico

May 1. Team Thor USA Throwers Meet, UC-San Diego, La Jolla, Calif. All throws, plus SW. Open to all. George Mathews, 2149 Calle Buena Ventura, Oceanside, CA 92056. 760-757-4550; email: georgemathews@cox.net

May 1. Arizona Regulation Meet, site



JERRY WOJCIK

Richard Watson, first M45 in the high jump (4-10 1/2), 2003 Nevada Senior Olympics.

TBD. Bob Flint, 480-949-1991; usatfaz@cox.net

May 8. 19th annual Southern California Striders Meet of Champions, CSU-Long Beach. (s) May 1 deadline. 11 a.m. Hugh Cobb, 3180 Camino Arroyo, Carlsbad, CA 92009. 760-436-7696; Al Escabosa, 714-528-1443.

May 14-15. Sacramento Senior Games, Sacramento, Calif. Qualifier for Calif. State Championships, Pasadena, in June. 916-277-3839; SeniorGames@cityofsacramento.org

May 22-23. Arizona State Championships, Glendale. Bob Flint, 480-949-1991; usatfaz@cox.net

May 30. Dan Aldrich Memorial Masters Meet, UC-Irvine. 541-318-8513; cmccormick@bendcable.com

May 30. Pacific Association USATF Masters Championships, Univ. of California, Berkeley. Don Rose, 43 McAllister Ave., Kentfield, CA 94904; 415-457-8177; DonRose43262@aol.com; pausatf.org

May 30-31. Hawaii Masters TC Decathlon, Kaiser HS, Honolulu. 8:30 am. Jack Karbens, 735-6366.

June 5. California Senior Games Championships, Pasadena CC. Qualifier for 2005 NSG. Christel Donley, meet director. Cynthia Rosedale, 626-685-6754; www.pasadenaseniorolympics.org

June 6. Mark Grubi/Pacific Association Masters Championships, UC-Berkeley. Don Rose, email: DonRose43262@aol.com

June 11-12. Arizona Combined-Events Championships, site TBD. Bob Flint, 480-949-1991; usatfaz@cox.net

June 18-20. Grand Canyon State Games, Arizona St. U., Tempe. Bob Flint, 480-949-1991; usatfaz@cox.net

June 26. Chuck McMahan Memorial Masters/USATF San Diego Assoc. Championship T&F Meet, Westview HS, 13500 Ruiz San Diego, San Diego, CA 92129. Rick Fultz, 619-226-1324; info@sdseniorgames.org; www.sandiegoUSATF.org

July 11. New Mexico USATF Masters/Open Meet, Albuquerque. Kathy Fones, 31 Sandhill Rd., Los Lunas, NM 87031. 505-865-8612; fax: 5565-8387; foneskn@aol.com; www.usatf.org/assoc/hm

July 16. California State Games, Patrick Henry HS, San Diego. T&F. CSG, 2919 Camino Del Rio South, San Diego, CA 92108. 619-682-3436; Fax: 682-3440; calgames@sosinet.net; www.calstategames.org

July 24. New Mexico USATF Masters/

Open Pentathlon, Albuquerque. See July 11.

July 24-25. USATF West Regional Masters Championships, Home Depot Center/Olympic Training Facility, Carson, Calif. Mark Cleary, runnermark@cox.net

NORTHWEST

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

May 29. Oregon Senior Olympics, Silverton, Ore. Amy Castle, 503-873-8577.

June 4-5. Montana Senior Olympics, Butte. Open to out-of-state. Kay Neumann, 406-586-5543; kayjn@imt.net

June 5. Seattle Parks Department Masters Meet, West Seattle Stadium. Dennis Cook, 206-684-7094; email: denniscook@seattle.gov

June 7-13. North Idaho Senior Games, Lewiston. T&F on 12th; 5K on 10th. 208-7443-5580; 800-877-3206; www.cityoflewiston.org

June 12. USATF Inland NW Association Championships, Pullman, Wash. (s) Mike Hinz, 509-332-1168; usatf.org/assoc/inw/inland%20Northwest%20Schd.htm

June 12-13. USATF Oregon Y/O/M Championships, Sandy HS. HT & SC on 12th at Mt Hood CC, Gresham. www.usatforegon.org

June 19-20. Portland Masters Classic. Paul Stepan, 3011 NE Linden, Gresham, OR 97030. 503-666-8950; lstepan@yahoo.com

June 24-July 22. Oregon TC All-Comers Meets, Hayward Field, Eugene. Thursday evenings for ages 13+. Jill Mestler, 541-302-9416; jmestler@juno.com

June 26-27. Hayward Masters Classic, Eugene, Ore. Ruth BreMiller, 541-687-9675, brem@darkwing.uoregon.edu; Johnny Faerber, meet director, 541-942-7127, johnnyfaerber@hotmail.com

July 3 (tent.). Bend Masters & Open Classic, Summit HS, Bend, Ore. Mac McCormick, 1055 NW Milwaukee Ave., Bend, OR 97701. 541-318-8513; cmccormick@bendcable.com

July 10-11. State Games of Oregon, Mt. Hood CC, Gresham. Bill Cook, 2860 SW Lilyben Place, Gresham, OR 97080. wv.cook@comcast.net

July 17-18. USATF Northwest Regional Masters Championships, Pullman, Wash. Jeff Schaller, 435 SW State St., Pullman, WA 99163. jeffschaller@turbonet.com; www.eteamz.com/cometstc/news

July 24. Seattle Masters Classic, Seattle, Wash. Ken Weinbel, 206-938-3895; kweinbel@comcast.net

July 31-August 4. Wyoming Senior Olympics, Cody. Open to out-of-state. Amber Boyson, 307-587-2550; amber@cityofcody.com

October 4-16. Huntsman World Senior Games, St. George, Utah. 800-562-1268; www.seniorgames.net

CANADA

May 29. Ontario Masters Club Championships, Site TBA. www3.sympatico.ca/ontario.masters

June 19-20. Ontario Masters Championships, York U. www3.sympatico.ca/ontario.masters

July 17-18. Canadian Masters National



JERRY WOJCIK

Leslie Estwick, CAN, W40 winner in the long jump (5.50) 15th WMA Championships, Puerto Rico.

Championships, Calgary, Alberta. Also Masters Age-Graded 5K Road Race. www.2004canadianmasters.com; 866-286-1318.

INTERNATIONAL

July 22-August 1. Europe Championships, Arhus & Randers, Denmark. www.world-masters-athletics.org

July 29-August 1 (tent.). Africa Championships, Yaounde, Cameroon. www.world-masters-athletics.org

August 27-29. NCCWMA Championships, Dorado, Puerto Rico. www.world-masters-athletics.org

October 21-27. Oceania Championships, Rarotonga, Cook Islands. www.world-masters-athletics.org

November 6-13. South America Championships, Montevideo, Uruguay. www.world-masters-athletics.org

November 6-14. Pan Pacific Masters Games, Queensland, Australia. 45 sports. Phone: +61 7 5564 8733; fax: +61 7 5564 9733; www.mastersgames.com.au

July 22-31, 2005. World Masters Games, Edmonton, Alberta, Canada. +1 780 822 2005; www.2005worldmasters.com

August 22-31, 2005. 16th World Masters Athletics Championships, San Sebastian, Spain. www.wma2005.com

LONG DISTANCE RUNNING

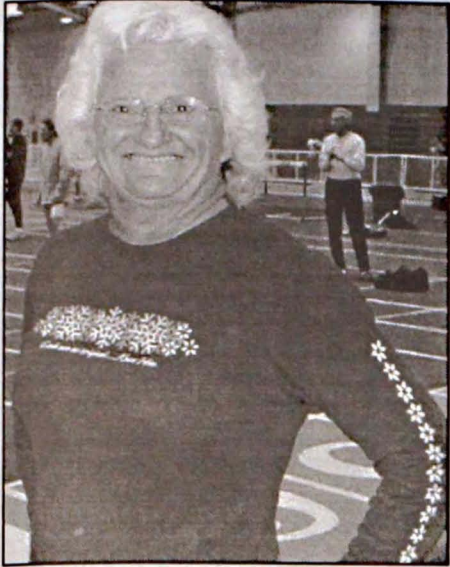
NATIONAL

May 12-16. RRCA Convention, Lake Tahoe, Calif. www.rrca.org

May 29. USATF National Masters Championships/Ogden Newspapers 20K Classic, Wheeling, W.Va. 304-233-0100, x317

June 5. USATF National Masters Women's Championships/Freihofers 5K, Albany, N.Y. George Regan, 518-273-5552; www.freihofersrun.com; 5k@freihoferun.com

June 5. USATF National Masters Championships/TEVA Spring Runoff 6.3 Mile,



JERRY WOJCIK

Kathy Jager broke W60 U.S. records in the 60 (9.05) and 200 (30.59), National Masters Indoor Championships.

Vail, Colo. 206-325-4800; sports@vailrec.com

June 19. USATF National Masters Championships/Mt.Washington 7.6 Mile. Gorham, N.H. 603-863-7042; www.gsr.com/mwrr

July 31. USATF National Masters Championships/White River 50 Mile Trail Race, Crystal Mountain, Wash. 206-325-4800; www.whiteriver50.org

September 11. American Ultrarunning Association Championships/Olander Park 100 Mile, Sylvania, Ohio. 419-885-7399; www.americanultra.org/olander/text.html

September 26. USATF National Masters Championships/Heritage Oaks Bank 10K, Paso Robles, Calif. Mitch Massey, 805-544-7200; www.heritageoaksbank.com

October 3. USATF National Masters Championships/Twin Cities Marathon, Minneapolis, Minn. www.twincitiesmarathon.org

October 17. USATF National Masters 5K Cross-Country Championships/Saratoga National Bank Classic, Saratoga Springs, NY. Rob Picotte, 518-869-5898; rpicotte@nycap.rr.com

November 6. American Ultrarunning Association Championships/San Diego 1 Day-24-Hour Run, San Diego, Calif. 760-967-8348; www.sandiegodayrace.com/index.html

November 7. USATF National Masters 8K Cross-Country Championships, Boston, Mass. Steve Vaitones, office@usatfne.org

November 14. USATF National Masters Championships/Peachtree City 50K, Peachtree City, Ga. 770-487-7445; darksiderunningclub@comcast.net

December 5. USATF National Masters 10K Cross-Country Championships, Portland, Ore. www.usatf.org

December 18. USATF National Masters Championships/HUFF 50K Trail Run, Huntington, Ind. www.huff50k.com

EAST

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

May 1. Ontario Shore Marathon/Relay & Half-Marathon, Rochester, N.Y. 585-264-1480; www.ontarioshoramarathon.com

May 2. Blue Cross Broad Street 10 Mile, Philadelphia, Pa. 215-235-7481; www.broadstreetrun.com

May 2. Our House 5 Miler/USATF NJ

Masters Championships, Summit, N.J. 732-381-0318; mzrace@aol.com

May 8. The Race 5K, New Britain, Conn. 860-652-8866; www.hartfordmarathon.com

May 8. Newport 10,000, Jersey City, NJ. 732-381-0318; www.oymp.net

May 8. Mother's Day Women's Half-Marathon & 5K, Central Park, NYC. See May 18.

May 15. Long Island Greenbelt Trail 50K, Plainview, N.Y. 516-349-7646; spolan sky@aol.com

May 15. Kennett Run 5K & 10K, Kennett Square, Pa. 610-388-1556; www.kennett run.kennett.net

May 15. NYRR Queens Half-Marathon, Queens, NYC. See May 18.

May 16. Sallie Mae 10K, Washington, D.C. 703-534-4600; www.salliema10K.org

May 18. NYRR Downtown Dash, Lower Manhattan, NYC. 6:30 p.m. 212-860-4455; www.nyrrc.org

May 22. NYRR 10K, Manhattan. See May 18.

May 23. Wachusett Mountain 4.3 Miles, Princeton, MA. Barbara McManus, 508-890-8811; barbm301@charter.net

May 29. Mount Kearsage 8.5 Miles, Warner, NH. Paul Di Geronimo, 603-456-3029; p_digeronimo@mcttele.com.com

May 30. Keybank Vermont City Marathon, Burlington. 800-880-8149; www.vc m.org

May 30. Buffalo Marathon, Buffalo, N.Y. 716-694-5154; www.buffalomarathon.com

May 31. Blue Onion 10K, Hartford, CT. 860-652-8866; www.hartfordmarathon.com

June 5. Northfield Mountain Run 8.2 Mile, Northfield, MA. Dave Dunham; davedunham@verizon.net

June 12. NYRR Mini 10K, Central Park, NYC. 212-860-4455; www.nyrrc.org

June 13. Battle of Bunker Hill 8K, Boston, MA. 617-242-1775; www.cool running.com

June 13. Litchfield Hills 7 Mile, Litchfield, CT. www.lhrr.com

June 19. George Sheehan Classic, Red Bank, NJ. 732-988-7725; www.sheehan classic.org

June 26. Mt. Ascutney Run to the Summit 3.8 Mile, Windsor, VT. 1-800-299-3071; dominick_25@hotmail.com

June 27. Double Trouble 15K, Morgantown, PA. USATF Mid-Atlantic Off-Road Series Race. Ron Horn, 610-779-2668; email: rhornpc@aol.com

July 3. USATF Adirondack 10 Mile Championships, Lake George, NY. 518-273-5552; info@usatfadir.org

July 11. Utica Boilermaker 15K, Utica, NY. www.boilermaker.com

SOUTHEAST

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

May 8. Mayfaire Classic 5K, Lakeland, FL. 863-683-4471; www.lakelandrunnerclub.com

May 31. Mercedes-Benz Cotton Row 10K & 5K, Huntsville, Ala. May 15 deadline. Jim Oaks, 256-536-1603; jaoaks@aol.com

July 4. Peachtree 10K, Atlanta, Ga. Limited to 55,000. SASE to Peachtree 2004, Atlanta TC, 3097 East Shadowland Ave.,

Atlanta, GA 30305.

July 17. Crazy 8s 8K, Kingsport, TN. www.crazy8s.org

MIDWEST

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

May 1. USATF North Region & Ozark Masters & Open Championships, Edwardsville, IL. Peggy Rowold, 314-469-0577.

May 2. Flying Pig Marathon, Cincinnati, Ohio. 513-721-7447; www.flyingpigmarathon.com

May 8. Indianapolis Life 500 Festival Mini-Marathon & 5K. 800-638-4296; www.500festival.com

May 8. Apple Blossom 10K & 5K, Bartlett, IL. Ande Drengwitz, 630-540-4889.

May 8. Fifth Third River Bank 25K, Grand Rapids, MI. www.53riverbankrun.com

May 15. Utica 5K, Utica, MI. Lee Wolken, 586-731-8310.

May 21 (Fri.). Wyandotte River 5K, Wyandotte, MI. Mary Reed, 734-282-9622.

May 29-31. Great Race Sports Festival Half-Marathon, 10K, 5K, & Mile, Elkhart, Ind. 574-296-5890; www.thegreatrace.net

June 5. Sunburst Marathon, Half-Marathon, 10K, & 5K, South Bend, IN. 574-647-3394; www.sunburstraces.org

June 5. Steamboat Classic 4 Mile, Peoria, IL. www.steamboatclassic.org

June 11 (Fri.). Zanglin Downriver Run One Mile & 8K, Trenton, Mich. 7:30 pm. 734-282-1101; www.zanglinrun.com

August 1. Chicago Distance Classic Half-Marathon & 5K. www.chicagodistance classic.com

September 25. Fox Cities Marathon, Half & Relay Marathon, 13.1 Mile Powerwalk, & 5K, Appleton, WI. Marnie Nordskog, Community First Fox Cities Marathon, PO Box 1315, Appleton, WI 54912-1315. 920-882-9499; 877-230-7223; www.fox citiesmarathon.org

MID-AMERICA

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

May 1. Run Around Woman Plus 30K, Longville, Minn. 800-756-7583; www.longville.com

May 2. Melpomene 5K, St. Paul, Minn. 612-642-1951; www.melpomene.org

May 9. St. Louis TC Fitness Survival 5K & 10K, St. Louis, Mo. 314-453-4933; www.StLFF.com

May 30. Med-City Relays, Marathon, & 20 Mile, Rochester, MN. 507-282-1411; www.medcitymarathon.com

May 31. Bolder Boulder 10K, Boulder, CO. 303-444-7223; www.bolderboulder.com

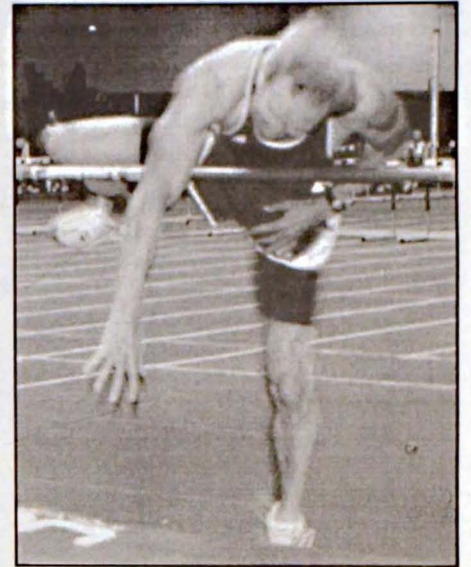
June 5. Dam to Dam 20K, Des Moines, IA. www.damtodam.com

June 6. Steamboat Marathon, Half-Marathon, & 10K, Steamboat Springs, CO.

June 19. Grandma's Marathon, Duluth, Minn. 218-727-0947; www.grandmasmarathon.com

June 26. Free to Fly 5K & 10K, St. Paul, MN. Twin Cities metro area: 763-785-5603; 800-756-STAR; www.starofthenorthgames.org

July 24. Quad-City Times Bix 7 Mile, Davenport, IA. www.bix7.com



JERRY WOJCIK

Ron Colliver, winner of the M60 pentathlon (3514), National Masters Indoor Championships.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

May 8. Gum Tree 10K, Tupelo, MS. 662-844-2391; tupelorunningclub.homestead.com

May 15. Beach to Bay Relay Marathon, Corpus Christi, Texas. 361-881-6166; www.beachtobayrelay.com

WEST

Arizona, California, Hawaii, Nevada, New Mexico

May 1. Law Day 15K/Relay, Santa Barbara, Calif. Lauren Ludden, 805-962-0467; ludden@anticouni.com

May 2. Avenue of the Giants Marathon, Half-Marathon & 10K, Humboldt Redwoods St. Park, Calif. www.theave.org

May 8. Bull Canyon 5K & 10K, Santa Maria, CA. 805-928-3781, x453; www.bcrun.org

May 8. Bandelier Marathon, 50 Mile, & Relays, Los Alamos, NM. Rene LeClaire, 505-672-9159.

May 15. 38th Palos Verdes Marathon & Half-Marathon, Palos Verdes, CA. 310-828-4123; www.w2promotions.com

May 16. San Francisco Bay to Breakers 12K. 415-359-2800; www.baytobreakers.com

May 30. Brentwood 5K & 10K, Los Angeles. See May 15.

May 30. Strawberry Stampede 10K & 5K, Arroyo Grande, CA. www.strawberry stampede.com

June 6. Rock 'N' Roll Marathon, San Diego. 800-311-1255; www.rnmrathon.com

June 19. Vicki's 3000, Santa Barbara CC Track. 805-455-7246; leah@sbrunning.org

June 20. California Senior Games Championships 10K, Pasadena CC. Qualifier for 2005 NSG. Jim Hanley, meet director, 805-496-1829; jim@hanley.cc; www.pasadenaseniolympics.org

June 20. California Senior Games Championships 5K, Rose Bowl, Pasadena. Jim Hanley, meet director, 805-496-1829; jim@hanley.cc; www.pasadenaseniolympics.org

June 27. Platinum Performance State



JERRY WOJCIK

M55 triple jumpers (l to r): Roger Crockett, 2nd, Ivan Black, 1st (10.19), Michael Milove, 3rd, and Gerard Dunne, 4th National Masters Indoor Championships.

Street Mile, Santa Barbara, Calif. 805-568-2316; www.sbmile.com

NORTHWEST

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

May 2. Bloomsday 12K, Spokane, Wash. 509-838-1579; bloomsdayrun.org

May 8. Lake Run 10K & 5K, Lake Oswego, Ore. 503-531-3140; www.racecenter.com

May 8. Montana Women's 5 Mile & 2 Mile, Billings. 406-656-6973.

May 8. Montana Women's 5 Mile, Billings. Exel Wedul, 406-656-6973.

May 8. McDonald Forest 50K, Corvallis, OR. 541-758-8124; www.proaxis.com/~lacava/

May 16. Capital City Marathon, Olympia, Wash. 360-786-1786; www.ontherun.com/ccma

May 30. Wyoming Marathon, Medicine Bow Half-Marathon & Rocky Mt. Double Marathon, Laramie, Wyo. 307-635-3316; www.angelfire.com

May 31. Up the Lazy River ORRC Masters 10K Championships, W. Linn, OR. www.orrc.net

June 19. Mayor's Midnight Sun Marathon & Half-Marathon, Anchorage, Alaska. 907-786-1230; www.mayorsmarathon.com

July 4. Butte to Butte 10K, Eugene, OR. 541-687-1989; www.buttetobutte.com

July 17. Nike 10K, Beaverton, OR. 503-634-9440; www.eventmgmt.com

CANADA

May 9. OMTFA/Forest City 10K, London, Ontario. www3.sympatico.ca/ontario.masters

May 28-30. Ottawa Marathon, Ontario. 613-234-2221; www.ncm.ca

INTERNATIONAL

July 4. Gold Coast Airport Marathon, Queensland, Australia. www.goldcoastmarathon.com.au

May 8-14, 2006. World Masters Athletics Non-Stadia Championships, Vancouver, B.C., Canada. www.wma2006.org

RACEWALKING

May 1. USATF North Region & Indiana 8K RW Championships, Indianapolis. Cheryl Sunman, 317-835-0161.

May 8. USATF Florida RW Championships, Jacksonville. 904-387-0528; email: consultJTB@aol.com

May 23. USATF National One & Two Hour RW Championships, Kenosha, Wisc. Mike DeWitt, 262-551-7600.

May 23. USATF MAC 20K RW Championships/Empire State Games Qualifier, Central Park, 90th St/5th Ave. Stella Cashman, 212-628-1317; francicash@aol.com

June 5. California Senior Games Championships, Pasadena CC. Qualifier for 2005 NSG. 1500 & 5000 RWs. Jim Hanley, meet director, 805-496-1829; jim@hanley.cc; www.pasadenaseniolympics.org

June 13. USATF National Masters 15K RW Championships, Lincoln, R.I. Steve Vaitones, 617-566-7600.

June 13. USATF MAC 15K RW Championships, Central Park, 90th St/5th Ave. Stella Cashman, 212-628-1317; francicash@aol.com

June 20. California Senior Games 5K & 10K RWs. Jim Hanley, meet director, 805-496-1829; jim@hanley.cc; www.pasadenaseniolympics.org

July 11. USATF MAC 5K RW Championships, NYC. Stella Cashman, 212-628-1317; francicash@aol.com

July 17-18. USA 20K Olympic RW Trials, Sacramento, Calif.

August 5-8. USATF National Masters 500m & 10K RW Championships, Decatur, Ill. See National T&F Schedule.

August 8. USATF MAC 3K RW Championships, NYC. Stella Cashman, 212-628-1317; francicash@aol.com

September 12. USATF National Masters 40K RW Championships, Ocean Township, N.J. Elliott Denman, 732-222-9080. Also on Sept. 22, 2005.

October 9. USATF National Masters 5K RW Championships, Kingsport, Tenn. Bobby Baker, 423-349-6406.

October 10. USATF MAC 30K RW Championships, Central Park, 90th St/5th

Ave. Stella Cashman, 212-628-1317; francicash@aol.com

October 11-12 (tent.). NCCWMA 15K Regional RW Championships, Coconut Creek, Fla. Bob Fine, 561-499-3370; bobfine@aol.com

October 31. USATF National Masters & Women's 50K RW Championships, Hauppauge, N.Y. Gary Westerfield, 631-979-9603.

November 4. USATF National Masters 20K RW Championships, Coconut Creek, Fla. Dan Koch, 954-970-9634.

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JERRY WOJCIK

Tiim Goodman, M50 1500 (5:09.29), Hayward Classic, Eugene, Ore. The 2004 Hayward Meet will be held on June 26-27.

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 33"	13.00m 42'8 1/2"	8.5m 27'10 1/2"	10.5m 34'5"	10
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	8
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
60+	80m	.686m 27"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
30-39	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
40-49	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
50-59	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
60+	300m	.686m 27"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7

MEN

30-39	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
40-49	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
50-59	100m	.914m 36"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34'5"	10
60-69	100m	.840m 33"	16.00m 52'6"	8.00m 26'3"	12.00m 39'4"	10
70-79	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.0m 62'4"	8
80+	80m	.686m 27"	12.00m 39'4"	7.0m 22'11 1/2"	19.0m 62'4"	8
30-49	400m	.914m 36"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
50-59	400m	.840m 33"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
60-69	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
70+	300m	.686m 27"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7

IMPLEMENTS

AGE GROUP	SHOT PUT	DISCUS	HAMMER	JAVELIN	WEIGHT	SUPER WEIGHT
Women						USATF
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#
Men						
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.

Table listing athletes and their performance metrics for events M30-34, M35-39, M40-44, and M45-49.

RECIPIENTS OF ALL-AMERICAN AWARDS

Table listing recipients of All-American awards, including names like Dennis Morris, Francis Mukai, and Sergio Angulo.

Table listing recipients of All-American awards, including names like Larry Steeb, Jim Francis, and Swayne McCauley.

Table listing recipients of All-American awards, including names like Tom Maloy, Karen Vaughn, and Debra Stuart.

U.S. MASTERS ALL-AMERICAN STANDARDS FOR MEN

Large table of U.S. Masters All-American Standards for men, listing events from 55 to 10000 and various hurdles and jumps.

- Notes: 1) 100 standards are for automatic time; use standard conversion for hand time. 2) Short hurdles: 30-39: 33"; 40-59: 36"; 60-69: 33"; 70-79: 30"; 80+: 27"

U.S. MASTERS ALL-AMERICAN STANDARDS FOR WOMEN

Table of U.S. Masters All-American Standards for women, listing events from 55 to 10000 and various hurdles and jumps.

- Notes: 1) 100 standards are for automatic time; use standard conversion for hand time. 2) Short hurdles: 30-39: 33"; 40-59: 30"; 60+: 27"

U.S. MASTERS ALL-AMERICAN STANDARDS OF EXCELLENCE FOR RACEWALKERS

Table of U.S. Masters All-American Standards of Excellence for racewalkers, listing events W30 to W90 and M30 to M85.

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

Form fields for application: NAME, AGE-GROUP, ADDRESS, SEX, CITY, STATE, ZIP, MEET, DATE OF MEET, MEET SITE, EVENT, MARK, HURDLE HEIGHT, WEIGHT OF IMPLEMENT.

- CERTIFICATE PATCH PATCH TAG

- 1. If you have equaled or bettered the standard of excellence, please fill out this application, completely. 2. A copy of your results or a note stating in which issue your results appeared MUST accompany this application.

TRACK & FIELD RESULTS

Please send results to National Masters News, P.O. Box 50098, Eugene, OR 97405. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces / 2-1/4" wide) in metric in our format receive preference. Deadline is the 10th of the month prior to issue date.

NATIONAL

National Masters Indoor Championships Boston, MA, March 26-28

Table of track and field results for National Masters Indoor Championships. Columns include event name (e.g., 60m, 100m, 200m, 400m, Mile), athlete name, age, sex, state, and time. Results are organized by event and then by age group (e.g., M30, M35, M40).

Table of race results for various events including 2 Kyle Lanier, 3 Gary Hurta, 4 Gary Rosenburg, 5 Isaya Okwya, M35, M40, M45, M50, M55, M60, M65, M70, M75, M80, M85, M90, M95, M100, M105, M110, M115, M120, M125, M130, M135, M140, M145, M150, M155, M160, M165, M170, M175, M180, M185, M190, M195, M200, M205, M210, M215, M220, M225, M230, M235, M240, M245, M250, M255, M260, M265, M270, M275, M280, M285, M290, M295, M300.

Table of race results for various events including 7 Tom Kolb, M50, M55, M60, M65, M70, M75, M80, M85, M90, M95, M100, M105, M110, M115, M120, M125, M130, M135, M140, M145, M150, M155, M160, M165, M170, M175, M180, M185, M190, M195, M200, M205, M210, M215, M220, M225, M230, M235, M240, M245, M250, M255, M260, M265, M270, M275, M280, M285, M290, M295, M300.

Table of race results for various events including M65, M70, M75, M80, M85, M90, M95, M100, M105, M110, M115, M120, M125, M130, M135, M140, M145, M150, M155, M160, M165, M170, M175, M180, M185, M190, M195, M200, M205, M210, M215, M220, M225, M230, M235, M240, M245, M250, M255, M260, M265, M270, M275, M280, M285, M290, M295, M300.

Table of race results for various events including M40, M45, M50, M55, M60, M65, M70, M75, M80, M85, M90, M95, M100, M105, M110, M115, M120, M125, M130, M135, M140, M145, M150, M155, M160, M165, M170, M175, M180, M185, M190, M195, M200, M205, M210, M215, M220, M225, M230, M235, M240, M245, M250, M255, M260, M265, M270, M275, M280, M285, M290, M295, M300.

Table of race results for various events including M50, M55, M60, M65, M70, M75, M80, M85, M90, M95, M100, M105, M110, M115, M120, M125, M130, M135, M140, M145, M150, M155, M160, M165, M170, M175, M180, M185, M190, M195, M200, M205, M210, M215, M220, M225, M230, M235, M240, M245, M250, M255, M260, M265, M270, M275, M280, M285, M290, M295, M300.



Table with columns for athlete name, age, gender, state, and time. Includes events M45, M50, M55, M60, M65, M70, M75.

Table with columns for athlete name, age, gender, state, and time. Includes event M60 and Superweight category.

Table with columns for athlete name, age, gender, state, and time. Includes events M50, M55, M60, M65, M70, M75, M80, M85, M90.

Table with columns for athlete name, age, gender, state, and time. Includes events M60, M65, M70, M75, M80.

Table with columns for team name and score. Lists various masters teams and their 45-event scores.

Unofficial Team Scores (45 events scored). Lists Men's Long & Strong Throwers (74) and Dallas Masters (72).



Pentathlon results table. Columns: Points, 60H, HJ, SP, LJ, 800. Includes age groups W30, W35, W40, W45, W55, W65, M30-39, M30, M35.

Age-Graded Mark and M50-59 Indoor Pentathlon results. Includes columns for Age-Graded Mark, Points, 60H, LJ, SP, HJ, 1000, and age group.

M51 Team Points: 1	2715	(456)	(475)	(643)	(636)	(505)
5 Kenneth Effler North Attleboro, MA Age-Graded Mark: Age-Graded Percent: M52	11.14 15-01.5 10.13 72.08%	4.61m 33-10 5.78m 64.66%	10.31m 4-09 11.82m 51.14%	1.45m 4-09 1.77m 72.5%	3:57.81 4-09 3:25.12 64.34%	
6 *Ralph Cilevitz Thornhill, NY Age-Graded Mark: Age-Graded Percent: M50	11.07 15-10.5 10.06 72.54%	4.84m 27-10.25 6.07m 67.88%	8.49m 4-09 9.73m 42.11%	1.45m 4-09 1.77m 72.5%	4:01.89 4-09 3:28.64 63.25%	
7 Bob Kortmann Coventry, CT Age-Graded Mark: Age-Graded Percent: M52	10.45 14-10.5 9.50 76.84%	4.53m 27-10.75 5.68m 63.53%	8.50m 4-06.75 9.74m 42.16%	1.39m 4-06.75 1.70m 69.5%	4:18.88 4-06.75 3:43.29 59.1%	
8 Michael Garrity New Milford, CT Age-Graded Mark: Age-Graded Percent: M53	13.04 11-07.75 11.85 61.58%	3.55m 25-03.5 4.45m 49.79%	7.71m 3-09.25 8.84m 38.24%	1.15m 3-09.25 1.40m 57.5%	3:52.44 3-09.25 3:20.48 65.82%	
9 David Friedman Monroe Township, NJ Age-Graded Mark: Age-Graded Percent: M53	15.83 11-00.25 14.39 50.73%	3.36m 22-06.25 4.21m 47.12%	6.86m 4-00.75 7.86m 34.03%	1.24m 4-00.75 1.51m 62%	3:46.87 4-00.75 3:15.68 67.44%	
---- M55 ----						
1 Ivan Black New York, NY Age-Graded Mark: Age-Graded Percent: M55 Team Points: 5	11.28 14-11.25 9.54 76.51%	4.55m 23-04 6.10m 68.22%	7.11m 4-10.25 9.05m 39.17%	1.48m 4-10.25 1.91m 78.31%	3:31.32 4-10.25 2:54.64 75.56%	
2 Darryl Decker Cambridge, NY Age-Graded Mark: Age-Graded Percent: M57 Team Points: 3	11.78 15-07 9.96 73.26%	4.75m 33-09.5 6.37m 71.21%	10.30m 3-10.5 13.11m 56.75%	1.18m 3-10.5 1.52m 62.43%	3:31.12 3-10.5 2:54.47 75.63%	
3 Lad Pataki Los Gatos, CA Age-Graded Mark: Age-Graded Percent: M57 Team Points: 2	12.21 14-00.5 10.33 70.68%	4.28m 44-09 5.74m 64.17%	13.64m 4-05.5 17.37m 75.15%	1.36m 4-05.5 1.76m 71.96%	DNF 4-05.5 1:76m 71.96%	
M60-69 Indoor Pentathlon						
	Points	60H	LJ	SP	HJ	1000
---- M60 ----						
1 Ron Colliver Unattached Age-Graded Mark: Age-Graded Percent: M61 Team Points: 5	10.87 14-04 9.34 78.2%	4.37m 34-07.75 6.29m 70.37%	10.56m 4-10.5 13.41m 58.02%	1.49m 4-10.5 2.04m 83.71%	3:47.60 4-10.5 3:00.54 73.09%	

2 Douglas Geertgens Cooperstown, NY Age-Graded Mark: Age-Graded Percent: M61 Team Points: 3	10.69 16-02.25 9.18 79.51%	4.93m 28-00 7.10m 79.39%	8.53m 4-04.75 10.83m 46.87%	1.34m 4-04.75 1.83m 75.28%	3:49.45 4-04.75 3:02.00 72.5%	
3 Tim Collins Carryville, NY Age-Graded Mark: Age-Graded Percent: M61 Team Points: 2	11.46 12-09.5 9.84 74.17%	3.90m 27-09.25 5.62m 62.8%	8.46m 4-00 10.74m 46.48%	1.22m 4-00 1.67m 68.54%	4:42.24 4-00 3:43.88 58.94%	
---- M65 ----						
1 Emil Pawlik Jackson, MS Age-Graded Mark: Age-Graded Percent: M65 Team Points: 5	9.78 14-04 7.64 95.6%	4.37m 33-04 6.80m 76%	10.16m 4-11.75 14.95m 64.67%	1.52m 4-11.75 2.22m 90.48%	3:52.75 4-11.75 2:57.50 74.35%	
2 Dave Doerr Phoenix, AZ Age-Graded Mark: Age-Graded Percent: M65 Team Points: 3	10.83 14-04.5 8.46 86.33%	4.38m 30-10.5 6.81m 76.17%	9.41m 4-03.5 13.85m 59.9%	1.31m 4-03.5 1.91m 77.98%	3:48.25 4-03.5 2:54.07 75.81%	
3 John Head San Antonio, TX Age-Graded Mark: Age-Graded Percent: M65 Team Points: 2	12.74 12-06.75 9.95 73.39%	3.83m 23-09.5 5.96m 66.61%	7.25m 4-00 10.67m 46.15%	1.22m 4-00 1.78m 72.62%	4:05.69 4-00 3:07.37 70.43%	
M70-99 Indoor Pentathlon						
	Points	60H	LJ	SP	HJ	1000
---- M70 ----						
1 Bill Jankovich Racine, WI Age-Graded Mark: Age-Graded Percent: M70 Team Points: 5	10.91 13-01.25 8.56 85.24%	3.99m 33-02.5 6.75m 75.43%	10.12m 3-09.5 13.17m 56.98%	1.16m 3-09.5 1.81m 73.89%	4:19.00 3-09.5 3:08.25 70.1%	
2 Donald Leis Pasadena, CA Age-Graded Mark: Age-Graded Percent: M71 Team Points: 3	19.76 9-05.5 15.51 47.06%	2.88m 24-03.75 4.87m 54.44%	7.41m 3-07.25 9.64m 41.72%	1.10m 3-07.25 1.71m 70.06%	5:07.47 3-07.25 3:43.47 59.05%	
---- M75 ----						
1 Chuck Sochor Gowen, MI Age-Graded Mark: Age-Graded Percent: M76 Team Points: 5	12.11 12-04 9.26 78.86%	3.76m 28-03.5 6.97m 77.85%	8.62m 3-09.5 12.96m 56.08%	1.16m 3-09.5 1.94m 79.45%	5:18.32 3-09.5 3:34.01 61.66%	
2 Ray Propst Astoria, OR Age-Graded Mark: Age-Graded Percent: M75 Team Points: 3	14.24 11-03 10.88 67.06%	3.43m 27-01 6.36m 71.01%	8.25m 4-01.25 12.41m 53.68%	1.25m 4-01.25 2.09m 85.62%	6:14.78 4-01.25 4:11.97 52.37%	

EAST

MAC Open & Masters Indoor Championships 168th St. Armory, NYC March 6

60m	M30 Robert Crotty	7.87
	M35 William Marshall	7.52
	M40 Jeff Gold	7.39
	M45 Randy Fres	7.34
	M50 Jesse Norman	8.08
	M55 Charles Allie	7.79
	M60 Rich Jones	8.31
	M70 Tom Talbott	10.54
	W40 Charlene Landrun	8.58
	W50 Lewanne Dudley	10.13
200m	M30 Lyndell Pitman	22.95
	M35 William Marshall	23.62
	M40 Jim Reilly	34.28
	M45 Everad Samuels	23.30
	M50 Edward Goner	24.45
	M55 Charles Allie	24.49
	M60 Rich Jones	27.55
	M65 Bob Matterson	43.94
	M70 Tom Talbott	34.84
	M80 Jim Manno	35.25
	W30 Teresa Watson	30.96
	W35 Althea Morris	25.55
	W50 Sharon Warren	29.51
	W55 Jennifer Pinto	31.26
400m	M30 Rich Jones	51.87
	M35 Ronald Davy	1:09.24
	M40 Charles Weekes	52.80
	M45 Archie Glaspy	56.42
	M50 Frank Schiro	54.23
	M55 Charles Allie	54.68
	M60 Rich Jones	1:04.09
	M70 Tom Talbott	1:21.96
	M80 Jim Manno	1:28.05
	W40 Tamika Oliver	1:10.62
	W50 Sharon Warren	1:09.93
	W55 Jennifer Pinto	1:16.00

800m	M35 Manuel Chinchilla	2:12.01
	M40 Steve Burgess	2:04.30
	M50 Tony Plaster	2:17.05
	M55 Stephen Viegac	2:32.16
	W35 Sonya Badger	2:36.78
	W50 Eileen Troy	2:41.04
1500m	M30 Mehmet San	5:00.70
	M35 Angelo Harasta	4:42.61
	M40 Steve Burgess	4:22.50
	M45 Randall White	4:33.82
	M50 Paul Mascali	4:24.94
	M55 Alston Brown	4:23.96
	M60 Sid Howard	4:56.93
	W40 Barbara Gubbins	5:02.64
	W45 Marie Bellisle	5:03.35
3000m	M30 Kyle Brighthill	9:43.79
	M40 Casey Yamazaki	10:37.04
	M45 Stuart Calderwood	9:28.16
	W50 Kathryn Martin	10:23.96
	W60 M-L Michelsohn	11:49.41
1500m RW	M55 Gary Null	7:27.21
	M70 Bob Barrett	8:02.44
	M80 Charles Boyle	10:00.78
	W60 Sonia Mohamet	11:26.24
	W65 Ora Julie	10:05.08
3000m RW	W45 Maryanne Torrelas	15:20.18
High Jump	M30 Robert Crotty	1.73
	M35 Igor Agaev	1.88
	M45 Bruce McBarnette	1.93
	M50 David Friedman	1.23
	M55 Ivan Black	1.43
	M65 Gerald Coumihan	1.48
	M75 Des Margetson	.93
	W30 Yevgenia Shorkome	1.37
	W40 Alethea Morris	1.42
Pole Vault	M45 Don Severn	3.65
	M60 Jeff Tindail	3.05
Long Jump	M50 John Oleki	4.86
	M55 Ivan Blank	4.59

USATF Mid-Atlantic Championships, Haver- ford College, March 13

60mH	M40 Timm McMahon	9.5
	M45 Phil Bujalaki	9.1
	M55 Ivan Black	12.0
	M70 James Stookey	10.7
60m	M40 Lovell Butler	7.1
	Tony DiSalvo	7.4
	Timm McMahon	8.1
	Lawrence Hickman	8.4
	Jeff Morgan	8.5
	M45 Randy Frey	7.1
	Alfred Spencer	8.0
	Greg Hanson	8.3
	Mark Lacey	9.1
	Randall Jackson	9.2
M50	Terry McKechnie	7.7
	Gary Arend	7.8
	Bruce Kelly	8.7
	Steve McDermott	9.2
	Gary Boyd	9.4
	Jim Lafferty	9.5
M55	Robert Kooztz	8.0 q
	Chuck Bartholomev	8.3 q
	Bentz Tozer	8.4 q
	Jim Kenney	8.4 q
	Fred Edelstein	9.1 q
	Tom Hartman	9.4
	Joseph Littlejohn	10.3
M60	Tri Rich Jones	8.0 q
	Robert Kooztz	8.0 q
	Chuck Bartholomev	8.3 q
	Bentz Tozer	8.4 q
	Jim Kenney	8.4 q
	Fred Edelstein	9.1 q
	Tom Hartman	9.4
	Joseph Littlejohn	10.3
M60 F	Robert Kooztz	7.9

Rich Jones	8.1	
Jim Kenney	8.4	
Chuck Bartholomev	8.5	
Fred Edelstein	8.8	
William Bittner	8.4	
Kevin Murphy	9.0	
K. M. Thomas	9.5	
Jay Goldenberg	11.8	
James Stookey	9.1	
John Schultz	10.6	
Tom Rice	9.6	
Oscar Harris	11.2	
Champ Goldy	11.4	
Jill Cypress	8.1	
Patti Palmer	12.5	
Audrey Lary	10.0	
200m	Marcus Knowles	28.0
	Matt Booth	30.1
M40	Tony DiSalvo	25.4
	Kevin P. Doyle	26.9
	David Holzwarth	29.8
M45	Randy Frey	24.3
	Peter Blank	36.0
M55	Dan Corey	34.6
M60	Robert Kooztz	27.3
	Richard Jones	27.7
	Joseph Littlejohn	33.3
	Tom Hartman	34.3
M65	Walt Palmer	33.6
M70	James Stookey	32.3
	John Schultz	39.1
M80	Jim Manno	36.8
M85	Champ Goldy	45.9
W30	Jill Cypress	28.2
W60	Patti Palmer	44.7
W65	Audrey Lary	35.6
400m	Marcus Knowles	57.4
	Matt Booth	1:08.8
M40	Kevin P. Doyle	57.8
	David Holzwarth	1:07.5
M45	Greg Hanson	1:04.9
	Peter Blank	1:16.5
M60	Mike Radov	1:08.0
	Joseph Littlejohn	1:13.4
M65	Walt Palmer	1:29.2
M70	John Schultz	1:41.5
M80	Jim Manno	1:32.4
	George Blyn	2:09.5
M85	Frank Levine	2:37.9
800m	Kyle Lanier	2:03.3

Kareem Lanier	2:05.9		
Matt Booth	2:39.8		
M35	Michael McAlee	2:17.9	
M40	Kevin P. Doyle	2:13.3	
	Andrew Shearer	2:13.9	
	Chuck Shields	2:17.2	
	Martin Nagy	2:18.5	
	Jim O'Neill	2:29.5	
M45	Jim Clelland	2:11.6	
	Russ Patton	2:18.6	
	Pat Good	2:28.8	
	Tom Yunker	2:33.7	
	Greg Hanson	2:36.7	
M50	Tony Plaster	2:21.3	
	Dennis Mellish	2:32.6	
	Bill Allen	2:55.9	
M55	Dick Green	2:28.3	
	Bill Index	2:50.1	
M70	John Schultz	4:02.9	
M80	George Blyn	5:22.4	
M85	Frank Levine	5:53.3	
W40	Lorraine Jasper	2:30.2	
Mile	M35	Michael McAlee	4:57.0
	M40	Andrew Shearer	4:52.3
	Ted Poulos	4:52.6	
	Martin Nagy	4:55.1	
	Brian Harshman	4:58.9	
	Bob Rimkis	5:08.1	
	Mark Staudenmeier	5:11.9	
	Phillip Pillin	5:32.8	
M45	Jim Clelland	4:48.8	
	Russ Patton	5:12.2	
	Dave Zurheide	5:21.2	
	Ben Crowle	5:26.5	
	Pat Good	5:28.5	
	Tom Yunker	5:31.0	
	Peter Blank	6:27.1	
	John Kostenbauder	7:01.4	
M50	Dennis Mellish	5:33.3	
	John Fulton	5:59.1	
	Tom Allen	6:08.7	
	Larry Hart	6:27.2	
M55	Dick Green	5:19.1	
M70	John Schultz	8:26.5	
M80	George Blyn	11:44.6	
M85	Frank Levine	11:57.2	
W40	C StoneBorkowski	5:20.8	
	Lorraine Jasper	5:24.0	
3000m Racewalk	M45	Peter Blank	23:42.7
	John Kostenbauder	24:51.3	
	M60	James Carmine	17:41.9

Tom Hartman	20:50.0		
M70	William May	17:46.8	
M75	Jack Starr	18:01.1	
	Ed Gawlnski	19:44.0	
W35	Bernadette McNulty	22:35.9	
W45	Karen Charles	19:30.6	
W70	Mary Alice Stookey	25:10.0	
3000m	M35	Gene Tung	8:50.8
	M40	Brian Harshman	8:39.5
	T		

M40	Jeff Morgan	1.35m
M45	Randy Frey	1.70m
M55	Ivan Black	1.45m
M65	Jay Goldenberg	1.05m
M70	James Stookey	1.25m
M90	George Bracealad	.80m
Shot Put		
M40	Eric Schad	10.70m
M45	Ted Goudge	11.97m
M50	George Castell	12.79m
	Dennis Hansen	12.05m
	John Mattei	11.79m
	Michael Kalinas	10.55m
	Daniel Valusek	10.53m
	Bruce Kelly	8.70m
M55	Charles Roll	13.68m
	Marty Eisner	11.88m
	Walter Roucken	9.72m
M65	Ed Joyce	9.56m
M70	Ray Felck	11.01m
	William Barker	10.82m
	Burt Hughes	8.23m
M75	Bill Bergen	7.48m
M85	Champ Goldy	6.61m
M90	George Bracealad	4.57m
	Bob Detweiler	2.99m
W60	Patti Palmer	5.18m

Front Runners Indoor Track Meet, Armory T&F Center, NYC; March 21

60m		
M30	Nigel Dufael	7.35
M35	William Marshall	7.34
M40	Mitchell Lovett	7.24
M45	Don Passman	7.97
M50	Jesse Norman	8.11
M55	Charles Allie	7.82
M70	Lloyd Williams	9.01
W35	Althea Morris	7.89
200m		
M30	Prince Gomez	23.45
M35	Marcis Skeete	25.27
M40	Darnell Gatling	24.32
M45	Don Passman	26.26
M50	Edward Goner	24.53
M55	Noah Perlis	27.07
M60	Blaine Lawson	32.41
M70	Lloyd Williams	30.58
M80	John McManus	41.93
W30	Maxine Winter	28.39
W35	Dawn Best	30.34
W50	Sharon Warren	29.11
W55	Jennifer Pinto	30.95
400m		
M30	Lee Nesifort	57.69
M35	Warren Ng	55.37
M40	Mitchell Lovett	50.48
M55	Alston Brown	53.19
M60	Blaine Lawson	1:11.44
W35	Dawn Best	1:08.39
W50	Sharon Warren	1:08.46
W55	Jennifer Pinto	1:12.48
W60	M-L Michelsohn	1:12.74
800m		
M30	William Schaff	2:17.90
M35	Phil Wharton	2:04.69
M40	Bob Rimkis	2:19.72
M45	James McFarlane	2:20.31
M50	Thomas Hartstone	2:13.48
M55	Steve Viegas	2:30.23
M60	John Saarmann	2:42.28
M65	David Galligani	2:43.87
M80	John McManus	3:40.20
W35	Sonya Badger	2:35.17
W60	M-L Michelsohn	2:46.00
1 Mile		
M30	Naz Merchant	4:33.17
M35	Angelo Haraste	4:57.52
M40	Ken Rolek	4:34.63
M45	Thomas Dalton	4:29.26
M50	Peter Reinhart	5:33.57
M60	Pat Cosgrove	5:54.61
M65	Denis Daly	6:16.45
M30	Sean Fortune	9:12.02
M35	Victor Manuel Garcia	9:35.98
M40	Ken Roler	9:10.04
M45	Randal White	9:43.16

SOUTHEAST

Southeast Masters Indoor Throws Championships (s) Rocky Mount, NC; March 27

Shot Put		
John von Rohr	56	12.63
Mike Valle	63	12.60
Neil DeRycke	32	12.49
Peter Farmer	52	10.22
Bill Gramley	68	9.95
Ted Mordecai	65	9.79
George Williamson	48	9.10
David Wheeler	63	8.67

Chas MacDonald	61	7.78
Weight Throw		
Peter Farmer		16.89
Mike Valle		16.70
John von Rohr		14.80
Tim Twomey	69	13.27
Bill Gramley		12.02
David Wheeler		11.14
Neil DeRycke		11.24
George Williamson		9.89

Carolina Masters Meet Johnson C. Smith U. Charlotte, NC; April 3

100m		
W40	Darnell James	14.81
W70	Anne Yudell	19.14
M30	Derrick Archie	11.20
	Leon Bullard	11.61
M35	Chris Sarsony	12.71
	Darryl Foushee	13.57
M40	Eugene Vickers	11.94
	Harold Pierce	12.23
	Kinley Hill	12.23
M45	Glenn Reid	12.35
	Wayne Fisher	12.48
	Chas Johnson	13.39
M50	Oscar Peyton	11.57
	Thomas Jones	12.05
	Garry Crawford	12.49
M55	Greg Marshall	12.97
	Samuel Hall	13.20
M65	John Poley	14.57
	Don Beck	14.96
	Cliff Pauling	16.12
M70	Bob Reid	13.57
	Lawrence Greco	16.80

200m		
W35	Kris Kazebee	28.55
W70	Anne Yudell	42.39
M30	Derrick Archie	22.80
	Leon Bullard	23.78
M35	Anthony Gay	25.13
	Darryl Foushee	28.02
M40	Paul Brown	22.74
	Eugene Vickers	23.28
	Harold Pierce	24.32
M45	Chas Waggon	25.31
	Wayne Fisher	25.60
	Glenn Reid	25.80
M50	Oscar Peyton	23.27
	Thomas Jones	24.05
	Anthony Searles	24.17
M55	Greg Marshall	25.30
	Samuel Hall	26.96
M65	John Poley	30.47
	Don Beck	31.90
M70	Bob Reid	31.05

400m		
W35	Kris Kazebee	66.34
M35	Chris Sarsony	58.16
	Anthony Gay	58.83
M40	Paul Brown	51.63
	Eugene Vickers	51.87
	Jeffrey Heminger	57.32
M45	Eddie Stone	55.93
	Chas Waggon	56.95
	Wayne Fisher	60.52
M50	Garry Crawford	57.90
	Turran Harper	60.47
	Brian Bostock	62.22
M65	Don Beck	74.44
	Cliff Pauling	74.48

800m		
M40	Robert Cousar	2:20.45
M45	Ed Fager	2:26.77
	Turran Harper	2:38.38
M50	Duane Green	2:14.63
	Turran Harper	2:15.58
M55	Jay Smith	2:46.20
M65	Cliff Pauling	3:13.47
1500m		
M45	Ed Pager	4:57.60
M55	Jay Smith	5:39.55
3000m		
W45	Annie Bogdovitz	16.35
M40	Ronald Rick	11.36
	David Isaac	12.29

Short Hurdles		
W30	Kisha Rawlinson	16.78
M40	Dexter McCloud	14.48
M50	Anthony Searles	16.92
Long Hurdles		
M35	Chris Sarsony	79.51
M40	Dexter McCloud	65.62
M65	Don Beck	62.27
High Jump		
M45	Thurman Whitted	5-6.5
	Jim Russ	5-0
	Glenn Reid	4-8
M50	Bob Rockwell	4-11
	Johnnie Dye	4-8
M55	Terry Martin	4-8
M60	Mike Valle	4-0
M65	Bill Gramley	4-0
M70	Glenn Yoder	4-4

Pole Vault		
M45	Brian Magerkurth	11-8
	Tim Rhyne	10-8
M50	Johnnie Dye	11-3
Long Jump		
W40	Darnella James	12-11.5
M30	Leon Bullard	17-9
M45	Jim Russ	17-11
	Glenn Reid	14-10

M50	Bob Rockwell	14-11.5
M55	Greg Marshall	14-5.5
	Terry Martin	14-2.5
M70	Glenn Yoder	10-9.5
Triple Jump		
W30	Kisha Rawlinson	29-6
M50	Bob Rockwell	34-2
M70	Glenn Yoder	23-6

Shot Put		
W40	Darnella James	24-7
W45	Linda Williams	22-5
M35	Derrick Johnson	39-9
M45	Bryan Stewart	39-7
	Jim Russ	35-8
M55	Terry Martin	28-7
M60	Thomas Steed	43-7
	Mike Valle	39-1
	David Wheeler	30-6
M65	Gerald Vaughn	43-4
	Bill Gramley	32-7
M70	Larry Horrine	38-6

Discus		
W45	Linda Williams	67-3
M30	Arvind Bhat	103-4
M35	Davis Speaks	103-5
	Derrick Johnson	103-0
M45	Jim Russ	111-9
	Bryan Stewart	111-5
	Geoff Emerson	102-6
M55	Terry Martin	78-2
M60	Mike Valle	141-7
	Thomas Steed	129-6
	David Wheeler	104-4
M65	Bill Gramley	124-5
	Russell Vanput	118-8
M70	Larry Horine	113-3
	Ed Secaur	76-9

Javelin		
M35	Davis Speaks	123-4
M45	Jim Russ	141-8
	Bryan Stewart	124-2
M50	Ray Mushinski	162-3
M55	Terry Martin	103-1
M60	James Turner	92-6
M70	Larry Horine	110-5
3000m Racewalk		
W70	Anne Yudell	25:32
M45	Tony Hackney	17:25
M65	Bill Gramley	20:56

MID-AMERICA

USATF Minnesota Indoor Championships, U. of Minn. Minneapolis; March 12

60m		
M45	Reginald Gunter	7.79
	Kerry Baubie	7.91
	Rodney Wilson	8.30
M50	Greg Schwab	7.69
	Gene Iwen	8.87
M55	Russ Antemonen	8.29
	Russ Antemonen	9.02
M60	Lowell Thompson	8.88
	George LaBelle	9.45
M65	Jerry Anderson	9.84
	Jim Peterson	10.62
	Jim Nelson	10.88
M70	Walter Ostrem	12.10
M80	Ralph Maxwell	11.07
W40	J Jackson-Matthews	8.42

200m		
M45	Kerry Baubie	26.71
M50	Greg Schwab	25.02
	Gene Iwen	29.28
M55	Russ Antemonen	31.02
M60	Lowell Thompson	30.12
W40	J Jackson-Matthews	30.48

400m		
M50	Greg Schwab	56.46
	Michael Moser	1:12.52
800m		
M40	Patrick Eastman	2:16.80
M50	Michael Bjornberg	2:19.81
	Shawn Regan	2:24.72
M55	Pat O'Regan	2:55.04
M60	Art Maillet	3:00.00

1 Mile		
M40	Gerry Werven	5:07.76
M45	Paul Brown	4:57.12
M50	Michael Bjornberg	5:03.06
	Carter Holmes	5:43.54
	Ed Lauer	6:00.23
W50	Ann Haugejorde	6:04.27
3200m		
W35	Julie Fiepeke	11:55.26
5000m		
M40	Robert Gazzola	17:12.04
M45	Bobby Paxton	16:32.31
	Bill Magdalene	16:48.17

Short Hurdles		
M40	Mark Twedt	9.81
M50	Gene Iwen	10.62
	Michael Moser	16.44
M60	George LaBelle	11.67

High Jump		
M40	Mark Twedt	1.62
M45	Kevin McLaughlin	1.47
M50	Valery Snezhko	1.62
	Gene Iwen	1.37
M55	Russ Antemonen	1.11
M60	George LaBell	1.16
M65	Jim Peterson	1.16
M80	Ralph Maxwell	1.11

Pole Vault		
M45	Jim Wolter	3.50
Long Jump		
M40	Brett Ailts	4.82
M45	Kerry Baubie	5.56
M50	Gene Iwen	4.47
M55	Russ Antemonen	3.54
M60	Lowell Thompson	3.68
	George LaBelle	3.50
M65	Jim Peterson	3.19
W40	J Jackson-Matthews	4.16

Triple Jump		
M60	George LaBelle	7.15
M65	Jim Peterson	7.07
Shot Put		
M50	Michael Moser	9.30
M60	George LaBelle	10.35
M65	Jim Peterson	10.24
	Jerry Anderson	9.30
M70	Buzz Luse	8.74
W40	Debra Cage	10.13

3000m RW		
M60	David Heitke	20:12.17

USATF Iowa Indoor Championships, Ames; March 14

60m		
M30	Nate Sickerson	7.11
M40	John Briggs	7.90
	Jeffery Stone	7.99
	Jeff Alamo	8.09
M45	Mike Ford	7.83
	Wayne Shafer	8.11
M50	Michael Moser	9.71
M55	Tom Basset	7.88
M60	Les Lane	8.38
M65	Mike Murphy	9.30
M75	Mel Larsen	9.04
W50	Kay Glynn	9.01
	Mary Madsen	9.55

200m		
M30	Nate Sickerson	23.32
M40	John Briggs	26.55
	Jeff Alamo	27.11
	Jeffery Stone	28.22
M45	Wayne Shafer	26.03
M50	Mishael Moser	33.09
M55	Tom Basset	26.48
	Mike Kitchell	28.78
M75	Mel Larson	31.39
W30	Kelli Wensel	28.89
W50	Kay Glynn	30.90
	Mary Madsen	32.97

400m		
M35	David Nash	50.77
M40	John Briggs	1:04.21
M45	Wayne Shafer	58.75
M50	Michael Moser	1:16.34
M60	Mike Bender	1:08.93
800m		
M35	David Nash	1:55.53
	Marek Wensel	1:59.99
M60	Mike Bender	2:31.01
M70	Alvin Ravenscroft	3:15.22
W35	Christine Price	2:34.46

1600m		
M30	Luke Spencer	5:01.35
M40	Wayne McClintock	5:06.44
W50	Mary Madsen	6:52.48
3000m		
M30	Luke Spencer	9:55.89
W3		

Weight 35#	
M55 Allen Ray	11.26
M60 Julius Cassels	7.12
M70 Pay Carstensen	8.37
M80 Don Dreyer	3.69
M90 Trent Lane	4.09
W75 Mary Norckauer	2.27
Weight 56#	
M35 Dave Rothenbury	8.17
M45 Jeff Baty	7.9
M55 Allen Ray	6.36
M60 Julius Cassels	4.56
M65 Jack Kuhns	4.49
M80 Don Dreyer	2.32
M90 Trent Lane	2.61
Weight 98#	
M35 Dave Rothenbury	4.45
M45 Jeff Baty	4.18
M55 Allen Ray	3.7
M60 Julius Cassels	1.88
M65 Jack Kuhns	2.32
M70 Pay Carstensen	2.92
Reed Quinn	2.35
M80 Don Dreyer	1.44
M90 Trent Lane	1.09
Weight 200#	
M45 Jeff Baty	1.65
M55 Allen Ray	1.74
M60 Julius Cassels	0.66
M70 Pay Carstensen	1.49
Weight 300#	
M45 Jeff Baty	1.06
M55 Allen Ray	1.06
M70 Pay Carstensen	0.83
Weight Pentathlon	
M30 Kevin Harrison	1468
M35 Dave Rothenbury	2953
M45 Jeff Baty	3135
Amy Ferrando	2513
M60 Julius Cassels	3012
M65 Jack Kuhns	3505
M70 Frank Bonneville	4068
Pay Carstensen	3702
Reed Quinn	3209
M80 Don Dreyer	2382
Robert Dew	1864
M90 Trent Lane	4207
W75 Mary Norckauer	3026
WEST	
Nevada Senior Games Henderson; March 7	
50m	
M50 Eddie Damron	8.5
M55 James Schroeder	8.89
M60 Steve Bowles	6.8
M65 Kenneth Dennis	6.7
M70 Art Andrian	8.96
M75 Huel Washington	8.94
W50 Bonnie Muscato	9.86
W70 Pat Ganrud	12.88
W75 Grace Gammel	15.50
100m	
M50 Brent Moorhead	12.89
Eddie Damron	15.17
M55 John Taylor	17.44
M60 Steve Bowles	12.27
James Hunyaday	14.13
M65 Kenneth Dennis	12.69
M70 Jack Janne	15.55
Art Andrian	17.70
M75 Rodney Brown	15.11
Huel Washington	18.06
W50 Cynthia Scursso	17.40
Bonnie Muscato	17.71
W65 DeeAnn Janne	19.67
W70 Pat Ganrud	26.60
Louise Martin	26.93
200m	
M60 Steve Bowles	26.48
M70 John Radocha	47.35
M75 Jim Hinton	47.59
W50 Bonnie Muscato	39.64
Cynthia Scursso	41.75
W75 Louise Martin	39.16
400m	
M60 Steve Bowles	64.4
M70 David Bernal	74.95
M75 Rodney Brown	75.83
W60 Cynthia Scursso	153.55
1500m	
M50 Thomas Quade	5.59
M70 David Bernal	6.31
M75 Jim Hinton	8.52
High Jump	
M55 Tom Jones	3-3
M60 Jim Hunyadya	4-3
M70 Donald Vann	3-3
Long Jump	
M55 Pius Lynch	11-9.25
Tom Jones	9-4.75
M60 James Junyaday	11-5.25
M70 Jack Janne	9-2.5
Donald Vann	8-0.25
W65 Dee Ann Janne	7-1.5
W70 Louise Martin	4-6.5

Shot Put	
M50 Pius Lynch	43-10.5
Eddie Damron	33-11
M55 Jim McEvoy	32-6.75
James Schroeder	31-1.25
M60 Kenneth Baker	30-4.5
Michael Jacobs	21-3.75
M65 Paul Lissy	37-1
Jerald Landwehr	25-2.5
M70 Jack Janne	30-3
Howard Waite	28-3.5
M80 Roger Hall	20-5
W50 Bonnie Muscato	22-6.25
W65 DeeAnn Janne	22-8
Discus	
M50 Pius Lynch	109-2
Eddie Damron	88-0
M55 Jim McEvoy	103-6
James Schroeder	95-3
M60 Kenneth Baker	95-3
Jerry Hix	85-1
M65 Paul Lissy	102-11
Robert Ferrier	89-9
M70 Howard Waite	76-4
Donald Vann	76-3
M80 Robert Hall	50-11
W65 DeeAnn Janne	56-6
Javelin	
M50 Eddie Damron	113-8
M55 Jim McEvoy	134-9
M60 Kenneth Baker	99-9
M70 Jack Janne	76-2
Donald Vann	94-3
W50 Bonnie Muscato	30-4
W65 DeeAnn Janne	60-8
1500m Racewalk	
M65 Jerald Landwehr	10:55
M70 Leon Schelbert	11:29
W70 Louise Martin	13:39
W75 Grace Gammel	13:29
5K	
M50 Thomas Quane	21:37
M70 David Bernal	24:00
John Radocha	30:37
M75 Jim Hinton	30:50
W50 Cynthia Scursso	28:01

CANADA

Ontario Masters Indoor Championships, York U. March 6

60m	
W30 Rodrigue, Maureen	8.39
W40 McCoy, BelindaUS	9.20
Barrett, Lyn	9.38
W45 Jolicoeur, Denise	10.02
W50 Del Grande, Karla	8.65
W55 Trott, Rhona	9.44
W60 Rowswell, Adn	10.53
M30 Allen, Desmond	7.20
Weniger, Mike	7.39
Atkinson, Tyler	8.59
M35 Scott, Aston	7.54
Robinson, Paul	7.60
Van Nest, Matthew	7.91
Errey, Brian	7.92
M40 Williamson, Steve	7.68
Timothy, Nicholas	7.73
Leckie, Scott	7.86
M45 Varone, John	7.98
Roblin, Blair	8.18
Wilson, Rodney	8.29
Irvine, Greg	8.31
Malpus, Rob	8.67
M50 Smith, Kerry	7.54
Chubb, Roy	8.28
Hudson, Horace	8.34
Cilevitz, Ralph	8.37
Spitz, Wayne	8.48
M50 Smith, Kerry	7.63
Hudson, Horace	8.28
Chubb, Roy	8.32
Cilevitz, Ralph	8.40
Spitz, Wayne US	8.54
M55 Bradley, David	9.93
Sholtes, Joe	11.23
M60 Powell, Tony	8.22
Butts, Tim US	8.39
Slater, Alan	8.53
McGruder, Malachi	8.97
Stern, David	9.39
M65 Horton, George	8.72
Agnoo, Charles	8.93
Sharma, Dev	9.42
Singh Dhaliwal, S.	9.72
M70 Poonia, KesarSingh	9.58
Thompson, Bill	10.17
M75 Greenwald, JackUS	9.39
Sochor, Chuck US	9.83
200m	
W35 Rodrigue, Maureen	27.58
Carty, Linda US	29.66
W40 McCoy, BelindaUS	31.22
Barrett, Lyn	32.22
W50 Del Grande, Karla	28.22
W55 Trott, Rhona	31.65
W60 Rowswell, Adri	37.23
M30 Weniger, Mike	23.78
Allen, Desmond	23.93
Atkinson, Tyler	29.25
M35 Scott, Aston US	24.14
Van Nest, Matthew	24.84
Zero, Nick	25.32
Robinson, Paul	25.96

Errey, Brian	
26.45	
M40 Williamson, Steve	25.10
M45 Varone, John	25.63
Lozano, Kevin	26.44
Malpus, Rob	28.46
M50 Smith, Kerry	24.33
Hudson, HoraceUS	26.74
Spitz, Wayne US	28.16
Cirocki, Henry	28.35
Chubb, Roy	30.60
M55 Bradley, David	32.84
M60 Powell, Tony	26.60
Butts, Tim US	28.69
Mitchell, Bruce	29.93
McGruder, Mal US	31.20
Singh, Bachan	33.36
M65 Sharma, Dev	31.41
M70 Fee, Earl	31.48
Thompson, Bill E.	38.37
M75 Greenwald, JackUS	32.51
Sochor, ChuckUS	37.36
400m	
W35 Rodrigue, Maureen	62.67
W40 Barrett, Lyn	73.23
W45 Willis, Katherine	74.25
W70 Horne, Jean WR1	22.12
(82.79/PetersonUSA/1998)	
M30 Palomino II, Neal	55.69
Atkinson, Tyler	64.92
M35 Scott, Aston	54.85
Van Nest, Matthew	55.17
M40 Williamson, Steve	57.50
M45 Lozano, Kevin	60.32
M50 Hudson, Horace US	62.12
M55 Faulkner, John	66.68
Bradley, David	73.31
M60 Wilson, Hugh	77.73
M65 McIlwaine, Bill	65.43
van der Wal, Hylke	66.70
Pascoe, James	72.86
M70 Wilson, Dave	1:26.60
Thompson, Bill E.	1:33.44
M75 Greenwald, JackUS	1:33.42
800m	
W40 Nesdoly, Faith	2:28.08
W45 Lavellee, Christine	2:31.81
W70 Horne, Jean WR3	14.45
(3:28.1d/EliaUSA/2001)	
M30 Menzies, Patrick	2:07.12
Palomino II, Neal	2:17.13
M35 Van Nest, Trevor	2:09.74
Zero, Nick	2:11.72
Lapham, Dale	2:19.92
D'Souza, Godfrey	2:28.01
M40 Friel, Vince	2:05.17
Cunliffe, Bill	2:10.73
M45 Hutchinson, Brent	2:17.65
Robbins, Fred	2:23.01
Grudzinski, Piotr	2:29.74
Beck, Robert	2:34.09
Lozano, Kevin US	2:49.71
M55 Krueger, Don	2:37.38
Faulkner, John	2:44.35
Bradley, David	3:01.87
M60 Wilson, Hugh	3:05.04
M65 van der Wal, Hylke	2:47.40
Pascoe, James	3:07.74
1500m	
W40 O'Neill, Cecilia	4:55.58
Nesdoly, Faith	5:05.40
W45 Lavellee, Christine	5:10.05
M30 Byrne, Louis	4:46.60
Radcliffe, Mike	5:44.75
M35 Van Nest, Trevor	4:34.09
D'Souza, Godfrey	4:55.26
M40 Friel, Vince	4:22.81
Whitlock, Neil	4:44.04
Dawney, Brian	5:08.97
Ferrone, Pio	5:17.94
Air, Donald	5:18.12
M45 Robbins, Fred	4:44.15
Pacque, Raymond	4:46.97
Marshall, Tom	5:02.53
Beck, Robert	5:09.92
Keeting, Alex	5:19.58
M55 Hastings, Gary	5:04.19
Cassel, Gary	5:19.16
Krueger, Don	5:32.60
M60 Prince, Jim	5:31.22
Christensen, Vern	5:45.92
Wilson, Hugh	5:57.29
M70 Whitlock, Ed	5:18.39
Fee, Earl	5:23.22
Wilson, Dave	6:51.89
3000m	
W40 O'Neill, Cecilia	10:42.32
Dumais, Jocelyne	13:39.01
W45 Marino, Chris	12:47.62
Willis, Katherine	13:52.62
M30 Mitchell, Rob	9:40.28
Van Andel, Rene	9:56.76
MacDonell, Pat	9:58.95
M35 D'Souza, Godfrey	10:19.06
Krasny, Henry	10:22.23
Costa, Louis	12:20.05
M40 Black, Jamie	9:46.91
Dawney, Brian	11:13.04
Wallace, James	11:13.51
M45 Kooymans, Jerry	9:32.24
Marshall, Tom	10:56.52
Keeting, Alex	11:10.92
Beck, Robert	11:20.67
Dykman, Fred	11:26.73
M50 Shaw, Bill	9:54.39
Hale, Murray	10:56.82
Smith, Doug	12:11.48

M55 Pickard, John	
10:56.94	
Cassel, Gary	11:33.70
Bretton, Gaetan	12:32.11
M60 Sheridan, David	11:02.66
Moore, Robert	11:12.69
Mackie, Chris	11:20.81
Prince, Jim	11:57.43
Wilson, Hugh	12:53.24
M70 Whitlock, Ed	11:08.78
Wilson, Dave	14:31.70
60mH	
M40 Chipkar, Glenn	9.42
M50 Cilevitz, Ralph	11.04
Chubb, Roy	11.66
Swanekamp, C US	11.96
M60 Slater, Alan	11.06
McGruder, Mal US	12.17
M70 Poonia, KesarSingh	13.43
M75 Sochor, Chuck US	12.90
High Jump	
W80 Pedal, Helgi WR0	96cm
(0.93/SvenssonSWE/2000)	
M35 Biglow, Ted	1.60m
M40 Olivier, John	1.41m
M45 Robbins, Fred	1.21m
M50 Cilevitz, Ralph	1.44m
Chubb, Roy	1.31m
M65 Boles, Harvey	1.06m
Pole Vault	
M35 Lacy, Wayne	3.75m
M45 Schaber, Mark	3.90m
M55 Kipela, Matti	3.90m
Miller, Hugh	2.90m
Long Jump	
W35 Carty, Linda	5.20m
W40 Thornton, MonicUS	2.71m
W45 Mallia, Maria	4.25m
M35 Biglow, Ted	5.07m
M40 Jackman, Kenny	5.04m
Sanjari, Kevin	5.04m
M45 Campbell, Bruce	3.65m
M50 Cilevitz, Ralph	4.98m
Cirocki, Henry	4.78m
M60 Slater, Alan	5.10m
M65 van der Wal, Hylke	3.83m
Boles, Harvey	3.05m
M70 Poonia, KesarSingh	3.78m
M75 Sochor, Chuck US	3.95m
Triple Jump	
M35 Russo, Phil	7.68m
M40 Jackman, Kenny	10.85m
M50 Cilevitz, Ralph	9.24m
M60 Slater, Alan	9.97m
M65 Boles, Harvey	6.50m
M70 Poonia, Kesar Singh	7.70m
Shot Put	
W40 Thornton, MonicUS	6.59m
W50 Wetenhall, KathyUS	8.46m
W75 Tomsons, Velta	6.61m
M35 Parkinson, Richard	11.00m
M40 Olivier, John	9.04m
Jackman, Kenny	6.94m
M45 Wetenhall, Jim US	12.21m
Bzbiak, Ray US	9.69m
M50 Pearson, Bill	12.07m
Boghina, Rudy	11.77m
Chubb, Roy	9.01m
M60 Kasperski, John	12.87m
McGruder, Mal US	10.40m
M65 Boles, Harvey	8.50m
M70 Poonia, KesarSingh	10.74m
Malmstrom, Eric	8.48m
M75 Viskrs, Evals	8.77m
M80 Bachman, Garry	10.08m
Weight Throw	
W50 Wetenhall, Kath US	11.16m
M35 Parkinson, Richard	13.34m
M40 Olivier, John	9.23m
M45 Wetenhall, Jim US	16.36m
M50 Pearson, Bill	12.40m
Boghina, Rudy	12.01m
M60 Kasperski, John	1.18m
M65 Muller, Emil	1.39m
M30-99 Indoor Pentathlon	
Sochor, Chuck	8.81
Buhlman, James	6.65
Kupczyk, Henryk	6.45
3000m Racewalk	
W35 Pimentel-Knott, L	9.77
W40 Cashman, Kitty	15.37
Archibald, Sandy	20.23.91
W50 Whalen, Lily	26.60
Leo, Nancy	22.22
Wright, Sharon	19.26.90
W55 Jurecka, Joanne	20.10.28
W60 Christensen, Joan	18.51.03
Rosenitsch, AnnM	19.14.00
Sarkar, Eileen	20.34.00
M45 Paquin, Guy	15.31.00
Lee, Peter	18.11.99
M55 King, Patrick	18.13.98
M65 Summerhayes, Stu	18.26.30

M65 Tony Bowman	
8.68	
M70 Alan Mellett	9.01
M75 Stanley Brooks	9.55
M80 Sylvester Stein	10.66
W35 Julie Money	8.09
W40 Angela Farley	8.35
W45 Anne Goad	8.69
W50 Helen Godsell	8.36
W55 Maureen Lewington	9.05
W60 Esther Linaker	9.23
W65 Mary Webb	10.82
W70 Betty Steedman	10.72
W80 Mary Wixey	13.60
200m	
M35 Eli Barnett	25.95
M40 Ricky Huskisson	23.91
M45 Eric Smart	24.36
M50 Steve Peters	24.11
M55 Glyn Sutton	25.88
M60 Terry Bissett	26.48
M65 John Ross	28.39
M70 Alan Mellett	31.53
M75 Stanley Brooks	32.55
W35 Julie Money	27.25
W40 Angela Farley	27.40
W45 Anne Goad	30.07
W50 Helen Godsell	28.28
W55 Maureen Lewington	30.51
W60 Esther Linaker	31.38
W65 Jean Hulls	34.61
W70 Betty Steedman	39.03
400m	
M40 Neal Tunstall	53.97
M45 Barry Morris	54.59
M50 Steve Peters	54.09
M55 Paul Anthony	57

World Masters Athletics Indoor Championships Sindelfingen, Germany March 10-14		
60m		
M35		
1 Cipullo, Donato	ITA	7.08
2 Samuel, Rohan	GBR	7.09
3 Ullrich, Dominic	GER	7.18
M40		
1 Dierick, Philippe	BEL	7.12
2 Lansivuori, Sami	FIN	7.13
3 Nafziger, Yvan	FRA	7.16
M45		
1 Barnwell, Val	USA	7.32
2 Elderfield, David	GBR	7.39
3 Burgess, Kevin	GBR	7.46
M50		
1 Peters, Stephen	GBR	7.42
2 Michelchen, Reinhard	GER	7.51
3 Browne, John	GBR	7.55
M55		
1 Vybostok, Vladimir	SVK	7.58
2 Koch Manfred	GER	7.76
3 Ihrke, Lutz	GER	7.87
M60		
1 Edens, Paul	USA	7.77
2 Restle, Ulf	GER	7.99
3 Arnd, Manfred	GER	8.07
6 Gray Courtland	USA	8.26
M65		
1 Muller, Guido	GER	8.07
2 Tamaro, Tristano	ITA	8.09
3 Rocca, Armando	ESP	8.33
M70		
1 Kimmel, Bruno	GER	8.22
2 Reuter, Wolfgang	GER	8.60
3 Williams, Charles	GBR	8.63
M75		
1 Meddings, Allan	GBR	9.23
2 Hoffmann, Hans	GER	9.24
3 Eberle, Hans	GER	9.37
5 Daprano, Wilkiam	USA	9.83
M80		
1 Breder, Rudolf	GER	9.82
2 Sobrero, Bruno	ITA	10.00
3 Heilenmann, Hans	GER	10.45
M85		
1 Sansonetti, Ugo	ITA	10.33
2 Liedtke, Herbert	SWE	10.73
3 Guidet, Alfred	USA	12.10
M90		
1 Colo, Vittorio	ITA	11.83
W35		
1 Wiederkehr, Claudia	SUI	7.96
2 Klimpfinger, Silvia	GER	7.98
3 Rollepätz, Gabi	GER	8.01
W40		
1 Gorling, Ulrike	GER	7.94
2 Moritz, Anke	GER	7.97
3 Grissmer, Angelika	GER	8.18
W45		
1 Muller, Christine	SUI	8.08
2 McClelland, Averil	GBR	8.29
3 Goricke, Bettina	GER	8.38
W50		
1 Godsell, Helen	GBR	8.30
2 Otto, Geraldine	GER	8.67
3 Lawson, Janet	GBR	8.88
W55		
1 Meier, Ingrid	GER	8.53
2 Schommler, Brigitte	GER	8.63
3 Zoerner, Petra	GER	8.99
W60		
1 Linaker, Esther	GBR	9.02
2 Kuemmerle-Valk, F	GER	9.19
3 Kimmel, Renate	GER	9.43
W65		
1 Weichert, Gertrud	GER	9.29
2 Hofmann, Elnriede	GER	9.58
3 De Lavergne, M	FRA	10.20
W70		
1 Mazzenga, Emma Maria	ITA	10.28
2 Larsson, Asta	SWE	10.38
3 Kreiskott, Rosemarie	GER	10.85
W75		
1 Lorenz, Ingrid	GER	11.16
2 Franzen, Christel	GER	11.75
3 Langner, Ingrid	GER	21.98
W80		
1 Wixey, Mary	GBR	13.56
2 Struven, Margarete	GER	14.03
3 Poluschinsky, Liselotte	GER	16.12
W85		
1 Kotelko, Olga	CAN	13.98
200m		
M35		
1 Thomas Jr., Robert J.	USA	22.64
2 Ullrich, Dominic	GER	22.76
3 Lachmann, Bernd	GER	23.27
M40		
1 Roeske, Eric	NED	22.93
2 Schaafsma, Kay	NED	23.25
3 Hallmaier, Juergen	GER	23.42
M45		
1 Dupuy, Bruno	FRA	23.46
2 Mager, Heinz-Hermann	GER	23.86
3 Elderfield, David	GBR	24.09
M50		
1 Peters, Stephen	GBR	23.45
2 Ross, Alasdair	GBR	24.05
3 Oliver, Viv	GBR	24.19
M55		
1 Felicetti, Vincenzo	ITA	25.00
2 Hohl, Franz	AUT	25.16
3 Crombie, Peter	AUS	25.44
M60		
1 Edens, Paul	USA	25.98
2 Schmitt, Gerold	GER	26.60
3 Grob, Werner	GER	26.71
M65		
1 Muller, Guido	GER	26.05
2 Tamaro, Tristano	ITA	26.97
3 Gasper, Hans Juergen	GER	27.83
M70		
1 Reuter, Wolfgang	GER	28.63
2 Mellett, Alan	GBR	28.85
3 Hedstrom, Bertil	SWE	28.98
M75		
1 Meddings, Allan	GBR	30.93
2 Meeder, Hans	GER	31.55
3 Hoffmann, Hans	GER	33.52
M80		
1 Lindblad, Gote	SWE	32.49
2 Breder, Rudolf	GER	34.35
3 Maynard, Romain	FRA	36.45
M85		
1 Sansonetti, Ugo	ITA	34.42
2 Wefelscheid, Hans	GER	48.45
3 Eble, Eugen	GER	50.68
W35		
1 Forster, Angelika	GER	25.05
2 Wiederkehr, Claudia	SUI	25.94
3 Noack, Simone	GER	26.17
W40		
1 Gorling, Ulrike	GER	26.02
2 Grissmer, Angelika	GER	26.49
3 Heidrich, Brigitte	GER	27.38
W45		
1 Muller, Christine	SUI	26.07
2 McClelland, Averil	GBR	26.74
3 Oost, Sonja	NED	27.97
W50		
1 Godsell, Helen	GBR	28.25
2 Otto, Geraldine	GER	28.93
3 Hiltcher, Ulrike	GER	30.00
W55		
1 Meier, Ingrid	GER	28.16
2 Schommler, Brigitte	GER	28.40
3 Reismann, Gertrude	GER	30.38
W60		
1 Linaker, Esther	GBR	30.48
2 Kuemmerle-Valk, F	GER	31.18
3 Stedtler, Christa	GER	32.10
W65		
1 Reichert, Gertrud	GER	31.46
2 Hofmann, Elnriede	GER	32.72
3 Mahnke, Rosmarie	GER	33.24
4 Daprano, Jeanne	USA	33.81
W70		
1 Mazzenga, Emma Maria	ITA	35.47
2 Larsson, Asta	SWE	36.95
3 Kreiskott, Rosemarie	GER	39.88
W75		
1 Franzen, Christel	GER	41.25
2 Lorenz, Ingrid	GER	41.28
W85		
1 Kotelko, Olga	CAN	52.68
400m		
M35		
1 Lachmann, Bernd	GER	51.74
2 Ripy Jr., Curtis	USA	52.25
3 Kretz, Alfons	GER	53.62
M40		
1 Le Coz, Loic	FRA	51.36
2 Treillard, Didier	FRA	52.07
3 Toogood, Stephen	GBR	52.14
M45		
1 Elderfield, David	GBR	51.75
2 Morris, Barry	GBR	53.04
3 Blanco, Manuel	ESP	53.94
M50		
1 Peters, Stephen	GBR	52.96
2 Franklyn, Walwyn	GBR	54.27
3 Oliver, Viv	GBR	54.55
M55		
1 Felicetti, Vincenzo	ITA	55.31
2 Crombie, Peter	AUS	57.04
3 Anthony, Paul	GBR	57.32
M60		
1 Barnum, Larry	USA	58.80
2 Blanchard, Vic	GBR	58.84
3 Scheidt, Willi	GER	1:00.69
M65		
1 Muller, Guido	GER	56.95
2 Klaus, Willi	GER	1:02.45
3 Buss, Karl-Heinz	GER	1:02.86
M70		
1 Reuter, Wolfgang	GER	1:05.94
2 Hedstrom, Bertil	SWE	1:07.83
3 Feast, Geoffrey	GBR	1:11.72
M75		
1 Vidal, Claude	FRA	1:19.88
2 Schmidt, Helmut	GER	1:20.30
3 Holo, Erik	NOR	1:21.88
M80		
1 Lindblad, Gote	SWE	1:17.97
M85		
1 Sansonetti, Ugo	ITA	1:29.26
2 Eble, Eugen	GER	2:32.23
W35		
1 Noack, Simone	GER	57.78
2 Finegan, Geraldine	GBR	59.45
3 Levina, Elena	RUS	59.50
W40		
1 Heidrich, Brigitte	GER	1:00.27
2 Gazda-Sagolla, Irena	GER	1:00.38
3 Palmquist, Carina	SWE	1:01.11
W45		
1 McClelland, Averil	GBR	1:02.64
2 Oost, Sonja	NED	1:03.28
3 Albrecht, Angelika	GER	1:04.45
W50		
1 Hiltcher, Ulrike	GER	1:08.74
2 Wright, Carol	BEL	1:09.38
3 Blaude, Marie-Anne	BEL	1:09.44
W55		
1 Littenheim, Ulla	SWE	1:08.93
2 Kraehe, Waltraud	GER	1:10.59
3 Esquerdo Santacreu, R	ESP	1:22.78
W60		
1 Jonkers, Riet	NED	1:13.40
2 Seibert, Gerda	GER	1:15.07
3 Carlsson, Kristina	SWE	1:16.54
W65		
1 Ritter, Lydia	GER	1:13.97
2 Daprano, Jeanne	USA	1:14.58
3 De Lavergne, M	FRA	1:17.51
W70		
1 Mazzenga, Emma Maria	ITA	1:23.25
2 Green, Brenda	GBR	2:00.40
800m		
M35		
1 Pfeiffer, Dettel	GER	1:55.21
2 Schlecht, Marcus	GER	1:55.77
4 Morandi, Mariano	ITA	2:00.67
M40		
1 Rothery, Colm	IRL	1:55.32
2 Toogood, Stephen	GBR	2:00.11
3 Price, Sean	GBR	2:00.44
M45		
1 Francksen, Steve	USA	2:03.35
2 Klabouch, Manfred	GER	2:05.33
3 Lagant, Denis	FRA	2:07.53
M50		
1 Dunlop, Alastair	GBR	2:02.20
2 Wilcock, David	GBR	2:02.86
3 Shaheed, Nolan	USA	2:04.34
M55		
1 Erith, Mike	GBR	2:08.91
2 Campo, Fabian	ESP	2:13.03
3 Geiser, Konrad	ITA	2:14.81
M60		
1 MacDonald, Neil	AUS	2:16.91
2 Barnum, Larry	USA	2:18.88
3 Kasparaitis, Vytautas	LIT	2:20.96
M65		
1 Howard, Sidney	USA	2:22.67
2 Klaus, Willi	GER	2:26.84
3 Marconi, Roberto	ITA	2:29.02
M70		
1 Fox, Mike	GBR	2:38.45
2 Thurm, Helmut	GER	2:42.17
3 Osipov, Ivan	RUS	2:43.62
M75		
1 Maas, Eckert	GER	2:54.68
2 Schmidt, Helmut	GER	3:11.27
3 Holo, Erik	NOR	3:14.91
M80		
1 Vikman, Toivo	FIN	3:23.21
M85		
1 Pauwels, Emiel	BEL	3:51.22
2 Maisch, Dieter	GER	5:13.39
3 Eble, Eugen	GER	6:20.28
W35		
1 Falkenstein, Susanne	GER	2:17.49
2 Finegan, Geraldine	GBR	2:18.49
3 Levina, Elena	RUS	2:18.67
W40		
1 Heath, Sarah	GBR	2:14.09
2 Holzschuh, Andrea	GER	2:15.15
3 Schierjott, Sylvia	GER	2:16.52
W45		
1 Koop, Annette	GER	2:21.28
2 Albrecht, Angelika	GER	2:27.24
3 Barbi Lanziner, Rosanna	ITA	2:27.82
W50		
1 Zentner, Lidia	GER	2:37.52
2 Wright, Carol	BEL	2:42.83
3 Jermian, Ana	SLO	2:43.34
W55		
1 Gallagher, Patricia	GBR	2:41.39
2 Littenheim, Ulla	SWE	2:46.30
3 Schaeffler, Roswitha	GER	2:48.45
W60		
1 Jonkers, Riet	NED	2:52.38
2 Jolimet-Ruzic, C	FRA	2:53.11
3 Wolf, Barbara	GER	2:55.02
W65		
1 Ritter, Lydia	GER	2:55.15
2 Daprano, Jeanne	USA	2:55.84
3 Eklund, Birgitta	SWE	3:00.23
W70		
1 Vitola, Velta	LAT	3:27.04
1500m		
M35		
1 Manns, Uwe	GER	3:58.66
2 Morandi, Mariano	ITA	4:09.64
3 Niczko, Zbigniew	POL	4:13.56
M40		
1 Rothery, Colm	IRL	4:08.32
2 Ramdani, Mohammed	FRA	4:08.92
3 Neudorfer, Josef	GER	4:10.45
M45		
1 Francksen, Steve	USA	4:09.95
2 Haudicot, Pascal	FRA	4:10.68
3 Foster, Bill	GBR	4:10.85
M50		
1 Wilcock, David	GBR	4:18.28
2 Dunlop, Alastair	GBR	4:18.40
3 Shaheed, Nolan	USA	4:18.52
M55		
1 Solomon, Kevin	AUS	4:27.49
2 Schmidt, Winfried	GER	4:27.53
3 Erith, Mike	GBR	4:30.99
10 Price, Roger	USA	4:46.83
M60		
1 MacDonald, Neil	AUS	4:54.17
2 Haglund, Stig	FIN	4:56.07
3 Folschow, Bernd	GER	4:58.45
M65		
1 Howard, Sidney	USA	5:00.52
2 Marconi, Roberto	ITA	5:03.66
3 Nothdurfter, Karl	AUT	5:05.12
M70		
1 Osipov, Ivan	RUS	5:34.38
2 Buchar, Jan	CZE	5:36.86
3 Conzelmann, Rolf	GER	5:37.13
M75		
1 Maas, Eckert	GER	5:51.31
2 Caddy, James	GBR	7:24.58
M80		
1 Vikman, Toivo	FIN	7:44.35
2 Gomes, Adriano	POR	8:46.98
3 Lehmann, Georg	GER	8:56.31
M85		
1 Pauwels, Emiel	BEL	7:53.01
2 Maisch, Dieter</		

M70	1 Weidner, Gerhard	GER	16:01.47
	2 Sciarretta, Mario	ITA	17:36.72
	3 Hartwig, Karl-Heinz	GER	17:50.56
	7 Fine, Robert	USA	19:13.18
M75	1 Aguayo, Mario	CHI	20:08.22
	2 Schwab, Otto	GER	20:45.62
	3 Withers, Denis	GBR	20:46.44
M80	1 Herbst, Gerhard	GER	21:00.68
	2 Gomes, Adriano	POR	26:09.46
M85	1 Gaujers, Arvids	LAT	24:11.74
	2 Gest, Henri	NED	24:15.80
W35	1 Best, Nicole	GER	13:34.11
	2 Brandenburg, Barbara	GER	13:44.57
	3 Sarembe-Stegmaier, C.	GER	14:34.60
W40	1 Bettucci, Paola	ITA	15:46.04
	2 Garcia Frontons, C.	ESP	15:57.35
	3 Terenteva, Natalia	RUS	16:05.75
W45	1 Alvernhe, Dominique	FRA	15:17.91
	2 Picard, Marie-Francoise	FRA	15:31.94
	3 Sangvik, Sigrun	NOR	15:40.95
W50	1 Fernandes, Maria Alice	POR	15:26.94
	2 Briz, Maria Josefa	ESP	16:51.37
	3 Max, Erika	GER	19:05.71
W55	1 Loyer, Suzanne	FRA	16:36.19
	2 Werner, Annelore	GER	16:51.37
	3 Lewis, Ann	GBR	17:19.62
W60	1 Fleetwood, Gudrun	SWE	17:19.60
	2 De Wolf, Frieda	BEL	18:06.49
	3 Karete, Pirjo	FIN	18:14.76
W65	1 Sommier, Josette	FRA	18:56.04
	2 Langford, Jill	GBR	19:36.96
	3 Westphal-Cher, Renate	GER	20:57.81
W70	1 Angelis, Ruth	GER	23:34.56
10K Walk			
M35	1 Kreuz, Manfred	GER	47:08
	2 Staedler, Karsten	GER	52:23
	3 Tardi, Emmanuel	FRA	1:04:01
M40	1 Bengtsson, Bengt	SWE	44:40
	2 Varnizy, Philippe	FRA	46:55
	3 Gnauck, Dick	GER	47:15
M45	1 Blazak, Pavol	SVK	47:18
	2 Kisselev, Mikhail	RUS	48:01
	3 Barabash, Vladimir	RUS	50:18
M50	1 Ruzzier, Fabio	SLO	47:21
	2 Gaus, Peter	GER	47:27
	3 Korsun, Oleksandr	UKR	50:18
M55	1 Kehrer, Hans	GER	53:23
	2 King, Patrick	IRL	54:07
	3 Straka, Eduard	SVK	54:13
M60	1 Degener, Karl	GER	53:23
	2 Turner, Colin	GBR	55:58
	3 Strieder, Hermann	AUT	56:28
M65	1 Sinagulov, Minivali	RUS	54:35
	2 Jordana, Alexis	FRA	56:13
	3 Irbe, Zigurds	LAT	58:29
M70	1 Weidner, Gerhard	GER	55:57
	2 Sciarretta, Mario	ITA	1:02:38
	3 Hartwig, Karl-Heinz	GER	1:02:46
M75	1 Schwab, Otto	GER	1:07:35
	2 Aguayo, Mario	CHI	1:10:02
	3 Withers, Denis	GBR	1:11:16
W35	1 Sarembe-Stegmaier, C.	GER	53:07
	2 Primas, Barbara	GER	56:09
	3 Maunio, Paula	POR	56:59
W40	1 Terenteva, Natalia	RUS	57:32
	2 Ehrenberger, Margot	GER	58:39
	3 Bishop, Fiona Jane	GBR	1:02:24
W45	1 Sangvik, Sigrun	NOR	55:52
	2 Marcenko, Natalia	ITA	56:13
	3 Sweazy, Nancy	CAN	57:24
W50	1 Fernandes, Maria Alice	POR	55:21
	2 Briz, Maria Josefa	ESP	1:02:17
	3 Gotz, Anna Elisabeth	GER	1:06:44
W55	1 Loyer, Suzanne	FRA	57:02
	2 Werner, Annelore	GER	57:48
	3 Lewis, Ann	GBR	59:30
W60	1 Seiler, Waltraud	GER	1:00:42
	2 Karete, Pirjo	FIN	1:01:55
	3 Herrendorfer, Ursula	GER	1:05:02
W65	1 Sommier, Josette	FRA	1:03:40
	2 Langford, Jill	GBR	1:07:21
	3 Westphal-Cher, Renate	GER	1:11:47
Cross-Country			
M35	1 Buck, Uwe	GER	24:55
	2 Mickeler, Ralf	GER	25:11
	3 Reichert, Rene	GER	25:24
M40	1 Brown, John	GBR	22:34
	2 Herzog, Albert	GER	22:43
	3 Valentin, Joerg	GER	22:49
M45	1 Erdlenbruch, Michael	GER	23:32
	2 Luders-Bahlmann, Uwe	GER	24:51
	3 Weber, Ralf	GER	25:16
M50	1 Bayon Puerta, Manuel	ESP	23:45
	2 Rice, Sean	RSA	23:57
	3 Pletzer, Rudolf	GER	24:42
M55	1 Price, Roger	USA	25:07
	2 Jorba, Jordi	ESP	25:13
	3 Cordes, Heinz-Dieter	GER	25:33

8 Brown, Douglas	USA	28:07	
M60	1 Arias de la Cruz, JOSE	ESP	26:43
	2 B Iakity, Anatoly	RUS	28:11
	3 Reichert, Siegfried	GER	28:31
M65	1 James, Stephen	GBR	27:16
	2 Scheiber, Kaspar	SUI	27:23
	3 Friedbacher, Rudolf	AUT	30:35
M70	1 Sitskiy, Gury	RUS	29:32
	2 Osipov, Ivan	RUS	29:42
	3 Buchar, Jan	CZE	29:45
M75	1 Braun, Engelbert	GER	34:39
M80	1 Gomes, Adriano	POR	48:52
	2 Genadry, Francois	LIB	1:01:45
	3 Riedgerer, Josef	GER	1:02:09
M85	1 Pauwels, Emiel	BEL	44:19
W35	1 Walter, Iris	GER	28:29
	2 Torik, Christina	GER	29:57
	3 B ejjani, Marie	LIB	30:40
W40	1 Rupp, Brigitte	GER	26:35
	2 Klostermann, Waltraud	GER	26:43
	3 Jacobs, Sylvia	GER	28:31
W45	1 Dietz, Regina	GER	27:09
	2 Greenan, Mags	IRL	27:43
	3 Steinkuhler, Karla	GER	29:29
W50	1 Semenova, Aliya	RUS	29:04
	2 Vogl, Gudrun	GER	29:34
	3 Stoss, Barbara	GBR	34:35
W55	1 Rocnakova, Miloslava	CZE	35:16
	2 Golde, Doris	GER	38:16
W60	1 Azeroth, Heidi	GER	33:22
	2 Jones, Brenda	GBR	34:51
	3 Osborne, Eva	GBR	37:43
W65	1 Heyn, Ina	GER	32:23
W70	1 Vitola, Velta	LAT	38:06
Pentathlon			
M35	1 Stewens, Thomas	GER	3837
	2 Holer, Franz	GER	3561
	3 Spiegl, Horst	GER	3428
	5 Melton, Thomas	USA	3007
M40	1 Foster, Gregory	USA	4072
	2 Meyer, Jurgen	GER	3808
	3 Bakx, Wan	NED	3799
M45	1 Werthner, Georg	AUT	4163
	2 Gluber, Dieter	GER	3975
	3 Indra, Hubert	ITA	3972
	7 Russ, Jim	USA	3625
M50	1 Murray, William	USA	4045
	2 Gentle, Glenn	NED	4007
	3 McIlfatrick	GBR	3787
M55	1 Hallgrimsson, Stefan	ISL	4051
	2 Beinvogl, Wilhelm	GER	3903
	3 Suominen, Harri	FIN	3699
M60	1 Geese, Rolf	GER	4725
	2 Leshchenko, Nikolay	RUS	4236
	3 Bahr, Klaus-Eggert	GER	4137
M65	1 Ortmanns, Gunter	GER	4141
	2 Heinz, Edward	GER	3975
	3 Klaus, Willi	GER	3962
M70	1 Kandeydi, Hikmet	TUR	3477
	2 Maier, Herbert	GER	3233
	3 Koet, Arend	NED	3170
M75	1 Metelkin, Nikolay	RUS	3274
	2 Seib, Edmund	GER	3132
	3 Daniels, Edwin	CAN	2735
	4 Daprano, William	USA	2415
M80	1 Sobrero, Bruno	ITA	3342
	2 Albrecht, Horst	GER	3085
	3 Knauber, Herbert	GER	2571
W35	1 Deak, Katalin	HUN	4299
	2 Gahling, Barbara	GER	4048
	3 Finegan, Geraldine	GBR	3774
W40	1 Laing, Wendy	GBR	4280
	2 Johnson, Charmaine	GBR	4093
	3 Straszewski, Anke	GER	3995
	6 Upshaw-Margerum, Joy	USA	3502
W45	1 Escribano, Maria Rosa	ESP	4118
	2 Bose, Sigrid	GER	4028
	3 Baseda, Wiebke	GER	3847
	5 Hoppie, Carla	USA	3135
	10 Petkus, Joanne	USA	2205
W50	1 Rumpfer, Angelika	GER	3675
	2 Hiltcher, Ulrike	GER	3357
	3 Leaping Rabbitm G.	GER	2750
W55	1 Dahler, Margartha	SUI	4064
	2 Wladika, Jacqueline	AUT	2773
	3 Gkouzia, Eleni	GRE	2168
W60	1 Stedter, Christa	GER	3926
	2 Charles, Jackie	GBR	3344
	3 Tomilova, Nelli	RUS	2963
High Jump			
M35	1 Kurzbuch, Walter	GER	1.90
	2 Domicz, Adam	POL	1.87
	3 Scheffler, Wolfgang	GER	1.84
M40	1 Segatel, Marco	ITA	2.01
	2 Getek, Karol	GER	1.96
	3 Malinowski, Peter	GER	1.87
	4 Van Zandt, Thomas	USA	1.87
M45	1 Prosvirnin, Viacheslav	RUS	1.84

2 Liisanntti, Ari	FIN	1.81	
3 Bodem, Wolfgang	GER	1.81	
M50	1 Huijbers, Jan	NED	1.78
	2 Kunigkeit, Eckhard	GER	1.78
	3 Habegger, Leonardo	SUI	1.69
M55	1 Prezelj, Dusan	SLO	1.72
	2 Sauers, James	USA	1.69
	3 Fenske, Hans-J	GER	1.66
M60	1 Stierle, Bernhard	GER	1.54
	2 Leshchenko, Nikolay	RUS	1.54
	3 Albrecht, Hermann	GER	1.51
M65	1 Sarndal, Carl-E	SWE	1.54
	2 Volkert, Juergen	GER	1.48
	3 Miekautsch, Hans	USA	1.42
	3 Crocker, Anthony	GBR	1.42
M70	1 Andersen, Henry	DEN	1.40
	2 Schollmayer, Gunter	GER	1.33
	2 Kandeydi, Hikmet	TUR	1.33
M75	1 Navrup, Nils-B	SWE	1.37
	2 Fernaeus, Axel	SWE	1.24
	3 Dobriban, Gsza	HUN	1.18
M80	1 Hess, Walter	GER	1.27
	2 Zensch, Emmerich	AUT	1.24
	3 Magnusson, Axel	SWE	1.09
	3 Heinonen, Helmer	FIN	1.09
M85	1 Langer, Klaus	GER	1.06
	2 Wefelscheid, Hans	GER	1.03
	3 Sansonetti, Ugo	ITA	1.03
M90	1 Colo, Vittorio	ITA	0.86
W35	1 Rahn, Sabrina	GER	1.66
	2 Deak, Katalin	HUN	1.63
	3 Lindemann, Frauke	GER	1.63
W40	1 Freyer-Krause, H	GER	1.63
	2 Laing, Wendy	GBR	1.63
	3 Brown, Jenny	GBR	1.63
W45	1 Gregor Petra	GER	1.51
	2 Reinhold, Astrid	GER	1.48
	3 Bose, Sigrid	GER	1.42
	8 Hoppie, Carla	USA	1.30
W50	1 Reinboud, Weia	NED	1.51
	2 Prezel, Stanka	SLO	1.48
	3 Dech, Inge	GER	1.39
W55	1 Raschker, Phil	USA	1.30
	2 Kraehe, Waltraud	GER	1.30
	3 Reismann, Gertrude	GER	1.27
W60	1 Vogel, Renate	GER	1.37
	2 Graff, Edith	BEL	1.27
	3 Dijkman, Rietje	NED	1.27
W65	1 Perugini, Giulia L	ITA	1.09
	2 Laprelle, Michelle	FRA	1.06
	2 Heiman, Erika	FRA	1.06
W70	1 Happ, Christa	GER	1.10
	2 Stolting, Ingrid	GER	0.91
W75	1 Gomeradzke, Kaleriya	RUS	1.00
	2 Wippersteg, Christiane	GER	1.00
	3 Schneider, Helga	GER	0.97
W80	1 Struven, Margarete	GER	0.86
W85	1 Kotelko, Olga	CAN	0.89
Pole Vault			
M35	1 Neumann, Gregor	GER	4.60
	2 Hernandez-Rivero, F	ESP	4.40
	3 Eastwood, Simon	GBR	3.80
M40	1 Achteik, Alfred	GER	4.60
	2 Spony, Marc	FRA	4.50
	3 Hillebrecht, Martin	GER	4.40
M45	1 Pazak, Peter	SVK	4.12
	2 Pieper, Gerhard	GER	3.60
	2 Schwab, Gerhard	AUT	3.60
M50	1 Ritte, Wolfgang	GER	4.45
	2 Gissurarson, K	ISL	4.20
	3 Dawil, Emile-J	BEL	4.20
	4 Kingstad, Jeff	USA	4.00
M55	1 Markowski, Bogdan	GER	3.95
	2 Linder, Albert	SUI	3.60
	3 Vayrynen, Eero	FIN	3.50
M60	1 Lagerqvist, Hans	SWE	3.50
	2 Castillo Yui, M A	PER	3.20
	3 Scheer, Wulf-D	GER	3.00
	3 Leshchenko, Nikolay	RUS	3.00
M65	1 Rossi, Galdino	ITA	3.10
	2 Kurunczi, Zoltan	HUN	3.00
	3 Muller, Walter	GER	2.90
M70	1 Guieysse, Jean-F	FRA	2.80
	2 Day, Jim	GBR	2.70
	3 Kandeydi, Hikmet	UTR	2.40
	3 van Giezen, Kees	NED	2.40
M75	1 Kutman, Martin	EST	2.70
	2 Woods, Alfred	GBR	2.20
	3 Dinler, Mustafa V	TUR	1.90
M80	1 Knauber, Herbert	GER	1.03
W35	1 Hill, Irie	GBR	3.80
	2 Vauchel, Sandrien	FRA	3.30
	3 Ziemann, Christina	GER	3.10
W40	1 Forcellini, Carla	ITA	3.60
	2 Lowe-Endeman, Lariss	NED	3.60
	3 Auth, Gabriella	HUN	3.00
W45	1 Hartigan, Dawn	AUS	3.35
	2 Schoeppe, Jutta	GER	2.40

3 Plammer, Sabina	AUT	2.30	
W50	1 Yeomans, Susan	GBR	2.90
	2 Ritte, Ute	GER	2.80
	3 Funke, Karin	GER	2.30
W55	1 Foerster, Karin	GER	2.70
	2 Raschker, Phil	USA	2.40
	3 Widmann, Dagmar	FER	2.00
W60	1 Nix, Diethild	GER	2.20
W65	1 McLenna, Dorothy	IRL	1.80
	2 Champion, Sheila	IRL	1.40
Long Jump			
M35	1 Elfert, Holger	GER	6.63
	2 Kunne, Niels	GER	6.58
	3 Aranedo, John	CHI	6.39
M40	1 Wenk, Reiner	GER	6.95
	2 Straub, Thomas	GER	6.89
	3 Foster, Gregory	USA	6.81
M45	1 Wade, Trevor	GBR	6.32
	2 Gluber, Dieter	GER	6.17
	3 Piapan, Paolo	ITA	6.09
	9 Houba, Peter	USA	5.67
M50	1 Ritte, Wolfgang	GER	5.83
	2 Meier, Albert	SUI	

2 Vilcinskiene, Algina	LIT	10.35
3 Kangasmaki, Kerttu	FIN	9.53
W70		
1 Wissinger, Susanne	GER	9.31
2 Schaefer, Jutta	GER	9.04
3 Dwenger, Elisabeth	GER	8.32
W75		
1 Neubert, Marianne	GER	7.55
2 Wippersteg, Christiane	GER	7.43
3 Gomberadze, Kaleriya	USA	7.10
W80		
1 Pleuger, Ilse	GER	6.60
2 Jortikka, Kaija	FIN	5.97
3 Struven, Margarete	GER	5.54
W85		
1 Kotelko, Olga	CAN	5.81
Discus		
M35		
1 Emmanoulidis, Dimitr	GRE	45.47
2 Ernst, Adrian	GER	44.78
3 Shtykh, Oleksandr	UKR	29.14
M40		
1 Tom Jensen	DEN	46.84
2 Ruckel, Michael	GER	45.21
3 Brecht, Gernot	GER	44.46
M45		
1 Karpinski, Franciszak	POL	41.32
2 Schneider, Klaus-P	GER	40.44
3 Pahl, Joachim	GER	39.23
8 Russ, Jim	USA	31.86
M50		
1 Rechka, Bedrich	CZE	42.41
2 Koura, Mohamed Z	EGY	39.78
3 Busch, Peter	GER	38.97
M55		
1 Regtop, Marten	NED	48.33
2 Griffin, Neil	GBR	47.37
3 Laska, Tadeusz	POL	45.13
M60		
1 Rocken, Hans	GER	46.58
2 Jeremias, Attila	HUN	46.25
3 Abeln, Alfred	GER	46.03
M65		
1 Hack, Wilfried	GER	45.28
2 Bruckhaus, Gerhard	GER	43.68
3 Rehpenning, Bernd	GER	38.85
M70		
1 Rado, Carmelo	ITA	44.10
2 Jansen, Leonhard	GER	38.68
3 Zug, Gotthard	GER	33.76
M75		
1 Seib, Edmund	GER	30.63
2 Fuhrmann, Horst	GER	30.34
3 Jarvinen, Matti	FIN	30.32
M80		
1 Heinson, Helmer	FIN	26.24
2 Barth, Norbert	GER	23.38
3 Meier, Alois	GER	20.31
M85		
1 Svennevik, Erling	NOR	25.12
2 Hamalainen, Ensio	FIN	20.13
M90		
1 Riboni, Mario	ITA	20.27
2 Polgar, Anton	GER	15.34
W35		
1 Stolt, Silke	GER	40.39
2 Minge, Corinna	GER	35.00
3 Hilscher, Kerstin	GER	33.16
W40		
1 Galler, Dagmar	GER	41.89
2 van Dijk, Ingrid	NED	38.62
3 Jobmann, Astrid	GER	37.29

W45		
1 Pahl, Claudia	GER	33.87
2 Reinhold, Astrid	GER	31.72
3 Neumann, Jutta	GER	29.27
W50		
1 Yesayan, Svetlana	ARM	31.25
2 Vollert, Claudia	GER	28.40
3 Kothencz, Zsuzsanna	GER	26.63
W55		
1 van Anholt, Johanna	NED	33.19
2 Brasser, Jolanda	NED	30.39
3 Tucker, Ardiennette	USA	24.26
W60		
1 Jakobson, Maija	LAT	30.89
2 Boeker, Hella	GER	28.43
3 Stecher, Gisela	GER	23.53
W65		
1 Kern, Maria	GER	21.52
2 Derrien, Carole	GBR	20.88
3 Kangasmaki, Kerttu	FIN	19.16
W70		
1 Schaefer, Jutta	GER	25.35
2 Baumann, Ruth	GER	23.45
3 Dwenger, Elisabeth	GER	22.14
W75		
1 Barth, Marianne	GER	19.00
2 Schneider, Helga	GER	17.63
3 Neubert, Marianne	GER	16.54
W80		
1 Jortikka, Kaija	FIN	16.34
2 Pleuger, Ilse	GER	15.86
3 Struven, Margarete	GER	13.29
W85		
1 Kotelko, Olga	CAN	13.91
Hammer		
M35		
1 Linden, Swen	GER	60.83
M40		
1 Sellin Neinar	EST	49.74
2 Matjus, Tiit	EST	46.76
3 Jensen, Tom	DEN	46.50
M45		
1 Liebke, Bernd	GER	48.70
2 Sachse, Jurgen	GER	46.58
3 Kalantzis, Athanasios	GRE	40.80
M50		
1 Eder, Andreas	GER	50.96
2 Jansson, Kenneth	SWE	48.98
3 SEXTL, Gerhard	GER	44.10
4 Watson, Richard	USA	37.52
M55		
1 Bilokon, Valeriy	UKR	45.04
2 Regtop, Marten	NED	44.73
3 Myrvang, Jostein	NOR	43.19
4 Sager, Bob	USA	38.91
M60		
1 Krzesinski, Ryszard	POL	54.07
2 Caspers, Lutz	GER	53.45
3 Rocken, Hans	GER	51.73
5 Mathews, George	USA	49.63
6 Cahners, Bob	USA	47.10
M65		
1 Villhauer, Waldemar	GER	50.72
2 Kargol, Antoni	POL	48.91
3 Seddon, Peter	ESP	47.12
M70		
1 Rado, Carmelo	ITA	45.60
2 Schill, Heribert	GER	40.96

3 Hanus, Jaroslav	GBR	36.21
4 Velez, Angel L	PUR	32.11
M75		
1 Rittweger, Manfred	GER	37.57
2 Jarvinen, Matti	FIN	33.66
3 Angelis, Siegfried	GER	29.25
M80		
1 Eriksson, Erik O	FIN	33.75
2 Heilenmann, Hans	GER	28.82
3 Makela, Valto	FIN	25.28
M85		
1 Lonnoth, Helge	FIN	23.42
2 Hamalainen, Ensio	FIN	22.08
M90		
1 Polgar, Anton	GER	14.26
W35		
1 Engelhardt, Gabriele	GER	47.94
2 Weller, Ellen	GER	33.88
3 Ott, Birgit	GER	31.50
W40		
1 Hodel, Cornelia	SUI	48.25
2 van Dijk, Ingrid	NED	45.30
3 Jobmann, Astrid	GER	38.46
W45		
1 Duss, Margrith	SUI	48.23
2 Neumann, Jutta	GER	37.53
3 Utke, Cornelia	GER	37.26
W55		
1 van Anholt, Johanna	NED	42.13
2 Mackenroth, Ute	GER	36.32
3 Dahler, Margartha	SUI	33.82
W60		
1 Boeker, Hella	GER	38.28
2 Lange, Brigitte	GER	32.96
3 Stecher, Gisela	GER	29.78
W65		
1 Williams, Evaun	GBR	40.27
2 Kangasmaki, Kerttu	FIN	26.20
3 Derrien, Carole	GBR	24.76
W70		
1 Schaefer, Jutta	GER	35.41
2 Dwenger, Elisabeth	GER	21.62
3 Wohlmannstetter, G	Ger	15.98
W75		
1 Neubert, Marianne	GER	25.25
2 Barth, Marianne	GER	20.28
3 Lehtovuori, Anna-L	FIN	16.91
W80		
1 Jortikka, Kaija	FIN	19.47
W85		
1 Kotelko, Olga	CAN	14.86
Javelin		
M35		
1 Kausel, Ralf	GER	58.19
2 Bush, Marcus	GER	57.42
3 Steinmayer, Ralf-P	GER	46.17
M40		
1 Ruckel, Michael	GER	61.30
2 Jensen, Tom	DEN	59.82
3 Eriksson, Juha	FIN	57.29
M45		
1 Havras, Serhiy	UKR	62.32
2 Belak, Jozsef	HUN	61.49
3 Schneider, Klaus-P	GER	56.92
8 Russ, Jim	USA	44.39
9 Janusey, Michael	USA	42.52
M50		
1 Muller, Reimund	GER	55.65
2 Talpsepp, Lembit	EST	49.80
3 Bendl, Franz	GER	47.78
5 Watson, Richard	USA	46.19
M55		
1 Dec, Jan	POL	47.60

2 Hessert, Helmut	GER	44.94
3 Gabel, Heinz	GER	41.54
M60		
1 Jordan, Ewald	GER	45.33
2 Sobotka, Ivan	CZE	44.98
3 Reusch, Ernst	GER	43.42
M65		
1 Hoffmann, Dietrich	GER	47.39
2 Duttko, Dieter	GER	42.54
3 Hansen, Johann	GER	39.18
M70		
1 Menzler, Karl H	GER	36.77
2 Eklund, Bengt	SWE	27.51
3 Celant, Alberto	ITA	27.38
M75		
1 Fuhrmann, Horst	GER	34.74
2 Seib, Edmund	GER	30.07
3 Patzner, Rudolf	GER	25.48
M80		
1 Eriksson, Erik O	FIN	33.35
2 Barth, Norbert	GER	21.60
M85		
1 Lonnoth, Helge	FIN	28.01
2 Langer, Klaus	GER	23.72
3 Svennevik, Erling	NOR	19.56
M90		
1 Polgar, Anton	GER	13.87
W35		
1 Finegan, Geraldine	GBR	31.19
2 Klauke, Heike	GER	28.44
3 Ott, Birgit	GER	28.12
W40		
1 Thirtey, Ursula	GER	43.21
2 Strohm, Susanne	GER	39.62
3 Grau, Annegret	GER	36.84
W45		
1 Baseda, Wiebke	GER	33.03
2 Reinhold, Astrid	GER	31.30
3 Riezler, Hannelore	GER	31.23
W50		
1 Vollert, Claudia	GER	31.32
W55		
1 Pfeiffer, Christine	SUI	25.14
3 Thompson, Vilma	GBR	24.26
W60		
1 Deuner, Monika	GER	28.78
2 Mackenroth, Ute	GER	27.04
3 Hanke, Kristina	GER	26.08
W65		
1 Vogel, Renate	GER	36.79
2 Boeker, Hella	GER	30.05
3 Welz, Anita	GER	28.70
W70		
1 Kangasmaki, Kerttu	FIN	25.31
W75		
1 Leiss, Lieselotte	GER	23.92
2 Hanssens, Rachel	BEL	22.99
3 Happ, Christa	GER	18.02
W80		
1 Wippersteg, Christiane	GER	18.00
Weight Throw		
M35		
1 Linden, Swen	GER	17.36
M40		
1 Frey, Stephen	GER	14.93
2 Jensen, Tom	DEN	14.74
3 Hoff, Karl-Jurgen	NOR	13.80
M45		
1 Liebke, Bernd	GER	15.22
2 Sachse, Jurgen	GER	14.48
3 Pridotkas, Gintaras	LIT	12.74
M50		
1 SEXTL, Gerhard	GER	17.52
2 Eder, Andreas	GER	17.51

3 Vavrys, Miloslav	CZE	17.40
11 Watson, Richard	USA	12.19
M55		
1 Regtop, Marten	NED	16.85
2 Griffin, Neil	GBR	16.81
3 Bilokon, Valeriy	UKR	15.34
6 Sager, Bob	USA	13.32
M60		
1 Caspers, Lutz	GER	21.19
2 Krzesinski, Ryszard	POL	19.32
3 Rocken, Hans	GER	19.24
4 Mathews, George	USA	18.39
5 Cahners, Bob	USA	17.96
M65		
1 Seddon, Peter	ESP	17.08
2 Hansen, Johann	GER	16.41
3 Kargol, Antoni	POL	16.26
M70		
1 Rado, Carmelo	ITA	17.92
2 Plukarz, Henryk	SWE	16.93
3 Rzehak, Richard	GER	16.75
M75		
1 Rittweger, Manfred	GER	14.14
2 Fuhrmann, Horst	GER	13.71
3 Jarvinen, Matti	FIN	13.68
M80		
1 Eriksson, Erik O	FIN	16.52
2 Heilenmann, Hans	GER	14.57
3 Sieder, Hans R	GER	13.30
M85		
1 Svennevik, Erling	NOR	13.46
2 Lonnoth, Helge	FIN	11.30
3 Hamalainen, Ensio	FIN	11.11
M90		
1 Polgar, Anton	GER	8.18
W35		
1 Schabler, Gabi	GER	11.81
2 Weller, Ellen	GER	11.43
3 Gehlhar, Juliska	GER	10.47
W40		
1 van Dijk, Ingrid	NED	15.23
2 Hodel, Cornelia	SUI	15.01
3 Vater, Elke	GER	10.85
W45		
1 Duss, Margrith	SUI	14.37
2 Keller, Heidi	GER	13.19
3 Pahl, Claudia	GER	12.06
W50		
1 Rumpel, Angelika	GER	12.18
2 Dietrich, Rosi	GER	9.29
3 Molinari, Regina	GER	9.22
W55		
1 van Anholt, Johanna	NED	13.88
2 Albrecht, Teodora	GER	12.19
3 Ambratis, Heideclore	GER	12.16
W60		
1 Boeker, Hella	GER	14.61
2 Bylina, Terttu	FIN	13.72
3 Stecher, Gisela	GER	12.37
W65		
1 Williams, Evaun	GBR	14.25
2 Derrien, Carole	GBR	11.15
3 Beremmel, Almut	GER	10.64
W70		
1 Schaefer, Jutta	GER	15.00
2 Wissinger, Susanne	GER	11.24
3 Dwenger, Elisabeth	GER	10.22
W75		
1 Neubert, Marianne	GER	9.69
2 Lehtovuori, Anna-L	FIN	7.53
W80		
1 Jortikka, Kaija	FIN	7.85
W85		
1 Kotelko, Olga	CAN	7.56

West Pretoria Masters Championships, Green Point, South Africa March 25-27		
100		
M30 Michael Peacock	11.71	

Table with 2 columns: Name and Time. Includes Linda Usher (1:48:34), Irene O'Brien (2:03:57), W60 Laura Beckwith (1:57:27), Monique Robitaille (2:05:36), W65 Carrie Parsi (1:55:40), Barbara Belanger (2:11:24).

U.S. Women's Olympic Marathon Trials St. Louis, MO; April 3

Table with 3 columns: Rank, Name, Time. Includes Colleen De Reuck (39:28:25), Jenny Spangler (40:23:30), Linda Somers Smith (42:23:28), Susan Loken (44:24:23), Janet Robertz (44:24:23), Brenda Graham Gray (42:49:30), Bev Docherty (45:25:21), Rosa Gutierrez (40:25:34), Doreen McCoubrie (42:25:35), Maria Trujillo de Rios (44:25:38), Angela French (45:30:41), Meghan Arbogast (42:30:48), Kathy Aragon (44:31:23), Karen Sanford Gall (43:32:59).

EAST

George Washington Birthday Classic 10K Alexandria, VA; Feb. 14

Table with 2 columns: Name and Time. Includes Alex Hutchinson (30:37), Meghan McLaughlin (35:44), M40 Chris Chatten (33:28), George Buckheit (34:43), Ted Poulos (34:49), M50 Richard Adams (37:55), Tim Doescher (38:08), Dan Eddy (38:53), M60 Lou Shapiro (43:25), Maynard Weyers (46:51), Philip Hager (47:52), M70 Jack McMahon (50:51), Robert W Flint (70:30), M80 Walt Washburn (62:08), W40 Leslie Minnix Wolfe (40:40), Sarah Buckheit (45:27), Deborah Margraff (48:18), W50 Alice Franks (44:44), Peggy Davis (48:49), Suanne Shocket (50:30), W60 Tami Graf (54:57), Mary Ann O'Connor (55:39), Rosemary Jellish (64:05).

Newark Distance Classic 20K, Newark, NJ March 7

Table with 2 columns: Name and Time. Includes Patrick Nthiwa (1:00:32), Lyuda Biktasheva (1:14:51), M40 Peter Allen (1:13:20), M Souza (1:13:57), Rick Pingitore (1:15:30), Sergio Cano (1:18:47), Donald Moore (1:20:35), M50 Bruce Langenkamp (2:10:02), Feliciano Pereira (1:23:00), Antonio Grazina (1:26:39), Antonio Cruz (1:27:20), Lucio Cardona (1:28:41), M60 Pat Cosgrove (1:30:54), Matt Lalumia (1:40:02), Elmer Cheesman (1:42:54), Joe Saley (1:44:19), Joseph Cozzi (1:48:39), M70 Joseph La Bruno (72:51:18), Angel Aponte (2:07:28), W40 Jeanne Pare (1:19:04), Joy Jaworowski (1:25:03), Beth Moras (1:27:00), Myrna Rosal (1:30:42), Amy Rappaport (1:33:17), W50 Susan Escobar (1:42:53), Terry Carroll (1:46:43), Barbara Hoess (1:48:35), Eileen Holzman (1:53:26), Antje Hennings (1:56:28), W60 Anna Thornhill (1:38:33), Patricia O'hanlon (2:01:27), Ellen Greenfield (2:13:00), Jane Van Eeuwen (3:00:36).

Caumsett 50K, Caumsett State Park, L.I., N.Y. March 7

Table with 2 columns: Name and Time. Includes Rudy Afanador (3:35:33), Jody Lynn Reicher (4:13:00), M30 Byron Lane (3:53:08), Timothy Deleo (3:55:24), Tim Henderson (4:14:33), M40 R Afanador (3:53:33), Paul Arlt (4:06:06), Andrei Aroneanu (4:09:20), Jay Masten (4:12:59), M50 Arpan De Angelo (51:43:12), Grant McKeown (54:43:49), Al Prawda (56:44:14), M60 Don Villeneuve (64:59:44), Bob Falk (60:52:24), Tim Ryan (60:52:30).

M70 Sam Soccoli (72:63:38), W30 Yayoi Shimada (32:45:30), Jodi Kartes Heino (33:38:22), W40 J L Reicher (41:43:00), Debora Redding (49:63:14), W50 Admas Beligne (50:5:13:26), Sherry Bellovin (57:6:49:49), W60 Helma Clavin (60:5:24:12).

Equinox 20K USATF-NJ Championships, Piscataway, NJ; March 14

Table with 2 columns: Name and Time. Includes Terrance Armstrong (32:10:54), Caryn Heffernan (30:15:34), M40 Doug Fitzhenry (1:11:43), Daniel Feder (1:12:13), Peter Allen (1:13:06), Jose Guzman (1:14:02), Sergio Cano (1:14:18), M45 Peter Coy (1:16:21), Marc Giguere (1:16:28), Michael Ferinden (1:20:21), Bob Nelson (1:20:31), John W. Taylor (1:20:54), M50 Bruce Langenkamp (1:18:21), Bill Bosmann (1:19:16), Christophe Lehmann (1:19:56), Bill Trengove (1:24:27), M55 Jorge Rivera (1:21:46), Antonio Grazina (1:24:16), Russell Stallone (1:31:09), Tom Fanuolo (1:32:08), M60 Bill Hagman (1:24:59), Ron Ayre (1:25:36), Pat Cosgrove (1:28:33), Ted Lanter (1:31:31), M65 John Leonard (1:33:34), Dick Hill (1:37:59), Patrick Brady (2:08:27), M70 Joseph Labruno (1:50:44), William Richardson (1:57:11), Angel Aponte (2:01:51), W40 Myrna Rosal (1:29:21), Pamela Fales (1:32:09), Elizabeth Jennison (1:35:28), Laura Sadler (1:37:50), Sherrie Felton (1:40:04), W45 Beth Moras (1:24:22), Jan Farnung Krause (1:39:55), Julie Gerke (1:41:04), Mary Foley (1:41:10), Rene Rovtar (1:46:43), W50 Vera C. Stek (1:44:46), Margaret Mchale (1:57:19), Susan Doran (2:02:34), Beverly Attnson (2:05:29), Debra Bernstein (2:10:11), W55 Betty Shonts (1:35:04), Eileen Holzman (1:49:59), Antje Hennings (1:54:02), Lois Brown Klein (2:01:43), W60 Anna Thornhill (1:38:01), Patricia O'hanlon (1:53:42), Cole Musante (2:47:15), Jane Van Eeuwen (2:59:31), W65 Imme Dyson (1:43:46), Annette Johnson (2:36:14).

NYRR 8000, Central Park, NYC; March 27

Table with 2 columns: Name and Time. Includes Kassahun Kabiso (24:24), Christina Blackmer (28:06), M40 Jerry Macari (26:23), M45 Vladimir Tomilov (27:52), M50 Bob Hermes (30:40), M55 Julio Aguirre (30:38), M60 John Samsel (31:31), M65 Alfred Finger (34:17), M70 Carlo DiGiorgio (40:34), M75 William Fortune (39:57), M80 Sab Koide (46:37), W40 Angela Person (31:57), W45 Sharon Vos (31:40), W50 Mary Rosado (37:29), W55 Betty Shonts (36:39), W60 Carol Johnston (38:56), W65 Naomi Vogel (47:22), W70 Elaine Breiger (49:56), W75 Joan Rowland (57:29), W80 Edith Farias (1:04:24).

Credit Union Cherry Blossom 10M Washington, DC; April 4

Table with 2 columns: Name and Time. Includes Nelson Kiplagat (48:12), Isabella Ochi (52:07), M40 Graeme Ackland (55:27), Andrew Klemas (57:10), Stephen Koch (57:46), Ted Poulos (58:14), Richard Brokaw (58:34), M45 David O'keefe (54:17), Mark Malander (55:43), Keith McIntyre (58:18), George Buckheit (59:25), William Kauffman (59:49), M50 Chuck Moeser (57:00), Richard Morgan (1:01:41), David Webster (1:02:29), Mick Slonaker (1:02:52), Tim Morgan (1:03:00), M55 William Dixon (58:44), Gordon Terwilliger (59:13), Bill Rodgers (1:02:55), Patrick Griffith (1:04:00), Gordon Macfarland (04:36), M60 Jerry Warfield (1:09:05), John Haubert (1:09:15), Lloyd Blackwell (1:09:46), Roger Kilgore (1:10:22), Malcolm O'hagan (1:10:28), M65 Art Morey (1:14:23), Antonio Panizza (1:14:39), Benito Vazquez (1:17:27).

NYRR Colon Cancer 4-Mile & Men's Half-Marathon Central Park NYC; March 14

Table with 2 columns: Name and Time. Includes Retta Feyissa (28:20:23), Ludimila Biklasheva (29:21:53), M40 Jerry Macari (21:25), M45 Theodore Peterson (25:28), M50 Philip Shearer (26:37), M55 Bob Glover (27:44), M60 John Samsel (25:15), M65 Michael Goldman (28:51), M70 Donald Preven (40:20), M75 William Fortune (31:25), M80 Jonathan Berke (34:29), W40 Luybov Kremleva (22:23), W45 Emmy Stocker (26:26), W50 Judy Harrigan (27:14).

Table with 2 columns: Name and Time. Includes W55 Carol Hansen (30:15), W60 M Greeley Walsh (29:54), W65 Margaret Caninci (36:28), W70 Thelma Wilson (36:56), W75 Joan Rowland (45:35).

Half-Marathon Overall

Table with 2 columns: Name and Time. Includes Eugeni Bozko (28:10:04), M40 Leonardo Moya (1:13:46), M45 Alan Ruben (1:13:13), M50 Jack McShane (1:19:43), M55 Joseph Porcaro (1:23:12), M60 Luis Flores (1:31:28), M65 Alfred Finger (1:36:40), M70 Rich Hause (1:44:49), M75 Chauncey Leake (2:40:06), M80 Sab Koide (2:19:54).

More Marathon, New York, NY; March 21

(W40+ only) Overall

Table with 2 columns: Name and Time. Includes Marie Murphy (44:30:04), W40M Murphy (3:04:03), Roxi Erikson (3:10:18), Monica Lukas (3:12:47), Yumi Ogita (3:16:27), Patrice Kentner (3:21:55), W45 Beth Moras (3:11:15), Susan Skidmore (3:15:38), Susan Gold (3:25:12), Denise Dipangrazi (3:28:41), W50M Maggy Zidar (3:42:15), Admas Beligne (3:43:01), Jean Schmidt (3:54:22), W55 Nancy Trammell (3:36:58), Gregoria Aleman (3:38:18), Eija Ayravainen (4:08:43), W60 Kathy Sager (4:18:11), Patricia Denton (4:20:06), Helma Clavin (4:28:24), W65 Evelyn Davis (4:31:40), Naomi Vogel (5:23:48), Elaine Doll-Dunn (5:25:23), W75 Bertha McGruder (5:47:29), W80 Helen Klein (81:49:52), Vivian Lowery (80:56:25).

NYRR 8000, Central Park, NYC; March 27

Table with 2 columns: Name and Time. Includes Philippe Rolly (31:44), Fiona Baily (36:32), M40 Tim Leinbach (34:53), M45 Amador Ybanez (35:20), M50 Bob Hermes (40:19), M55 Julio Aguirre (39:49), M60 John Samsel (41:09), M65 Witold Bialokur (43:13), M70 Carlo DiGiorgio (51:28), M75 Edward Lasso (1:00:51), M80 Sab Koide (1:00:22), W40 Yumi Ogita (40:57), W45 Sharon Vos (40:34), W50 Sandra Powers (47:13), W55 Kathleen Horton (48:01), W60 Vida Beaven (49:56), W65 Naomi Vogel (1:01:19), W70 Ginette Bedard (51:32), W75 Joan Rowland (1:12:10).

NYRR 8000, Central Park, NYC; March 27

Table with 2 columns: Name and Time. Includes Carlos Castro (35:34:13), Kathryn Martin (52:37:30), M40 Gerry O'Hara (34:40), Thomas Taylor (36:05), John Lovejoy (36:57), M45 Donald Di Donato (35:10), Jaime Palacios (35:25), Michael Robles (37:26), M50 Bob Giambalvo (36:15), Alan Oman (37:25), Ted Truet (38:02), M55 Michael Demicco (40:30), Jorge Aguilera (41:04), Lutz Hoffmann (42:22), M60 Tom Maile (41:37), Daniel Badalament (42:59), M65 Joe Cordero (43:28), Jose Mendez (43:55), M70 Geza Feld (49:45), Guy Froehlig (54:18), M75 Bert Jablon (55:39), George Marr (62:08), M80 Sab Koide (58:11), John McManus (64:13), W40 Barbara Gubbins (38:00), Karen Colty (41:05), Susan Murray (43:02), W45 Lori Harfenes (41:07), Susan Skidmore (41:22), Michelle Haller Sw (46:39), W50 Christine Bassano (50:57), Linna Tang (51:07), W55 Melissa Kennedy (44:50), Betty Horstmann (46:31), Hilory Boucher (49:53), W60 Helma Clavin (53:28).

Table with 2 columns: Name and Time. Includes Richard Williams (1:18:26), Ken Quincy (1:18:39), M70 Tom Ray (1:18:02), George Yannakakis (20:02), Lester Brown (1:23:51), Greg Kosmas (1:26:28), Robert Smith (1:28:16), M75 Nianxiang Xie (1:27:43), Paul Lackey (1:36:23), Bill Morrison (1:58:56), M80 Lou Lodovico (1:23:30), W40 Debbie Kilpatrick (1:58:12), Mary Carmichael (1:04:16), Laura Freix (1:04:59), Chris Reed (1:05:08), Miae Jacobs (1:05:19), W45 Lee Dipietro (1:01:15), Patti Shull (1:04:20), Shelley Ralston (1:11:23), Sharon Marks (1:11:47), Dorothy Beckett (1:12:47), W50 Betty Blank (1:10:23), Sandra Adams (1:11:25), Stephanie Shipp (1:14:29), Patricia Donohue (1:14:48), Karen Marchant (1:17:38), W55 Alice Franks (1:15:16), Linda Kearney (1:19:37), Esther Buchser (1:20:19), Jane Godfrey (1:20:34), Christy St Clair (1:21:59), W60 Priscilla Prunella (1:18:04), Dee Nelson (1:21:02), Kathy Lewis (1:24:29), Miniam Lollar (1:27:37), Cindy Clark (1:29:18), W65 Imme Dyson (1:24:55), Helene Bedrock (1:25:09), Tami Graf (1:30:24), Una Marie Pierce (1:36:21), Ann Vella (1:40:24), W70 Anny Stockman (1:31:08), Toshiko Delia (1:35:10), Jacqueline O'neil (2:02:35), Rita Simon (2:04:43), Marjorie Lane (2:05:15), W85 Hedy Marque (86:2:12:58).

Mercedes Marathon & Half-Marathon, Birmingham, AL Feb. 8

Overall

Table with 2 columns: Name and Time. Includes Mike Korir (2:30:12), Dorota Gruca (2:56:06), M40 Jeff Terry (2:44:55), Tim Lee (2:54:08), John Casterline (3:08:22), Joey Warner (3:07:57), Mark Ellis (3:13:10), M45 Steven Bremner (3:03:40), Bill Meece (3:06:24), Marcus Cathey (3:12:23), William Bates (3:13:18), Ted Maglione (3:16:22), M50 John Kennedy (3:04:56), Barry Ege (3:07:36), Douglas Maclean (3:14:01), Kenneth Harkless (3:17:36), Jerry Keith (3:18:35), M55 Dave Roberson (3:21:54), Marvin Hemphill (3:26:18), Jeff Hawkins (3:27:55), Donald Young (3:44:59), Gordon Ladner (3:45:32), M60 Ken Brewer (3:14:15), Jim Dixon (3:58:24), W Schmidtfrerick (4:03:04), Sammy Morris (4:09:39), Goetz Jordan (4:10:26), M65 Paul McCain (3:54:54), Chuck Van Duzee (4:05:22), John Jolly (4:10:40), Sam Gillis (4:16:41), George Stump (4:23:37), M70 Malcolm Gillis (3:52:11), W40 Cheryl Boessow (3:09:33), Sabine Kane (3:31:58), Lana Hayden (3:33:54), Anna Chambers (3:39:37), Barbara Davis (3:40:36), W45 Elizabeth Weaver (3:45:34), Barbara Nawrocki (3:48:19), Lesley C-Swann (3:50:19), Jennifer Miles (3:50:40), Joyce Lichty (3:53:52), W50 Naomi Abe (3:38:29), Karen Mitchell (4:01:06), Luvern Blackwood (4:05:16), Clo Mallory (4:05:42), Peggy Lanier (4:11:55), W55 Isabelle Joffrion (3:51:22), Joan Palatto (4:20:21), Linda Lazar (4:28:48), Hally McCrea (4:56:11), Faye Comanor (5:35:38), W70 Kathleen Callaway (5:43:26).

NYRR Scotland Run 10K Central Park, NYC; April 4

Table with 2 columns: Name and Time. Includes Philippe Rolly (31:44), Fiona Baily (36:32), M40 Tim Leinbach (34:53), M45 Amador Ybanez (35:20), M50 Bob Hermes (40:19), M55 Julio Aguirre (39:49), M60 John Samsel (41:09), M65 Witold Bialokur (43:13), M70 Carlo DiGiorgio (51:28), M75 Edward Lasso (1:00:51), M80 Sab Koide (1:00:22), W40 Yumi Ogita (40:57), W45 Sharon Vos (40:34), W50 Sandra Powers (47:13), W55 Kathleen Horton (48:01), W60 Vida Beaven (49:56), W65 Naomi Vogel (1:01:19), W70 Ginette Bedard (51:32), W75 Joan Rowland (1:12:10).

Nationwide Insurance 10K Run for ASPIRE Plainview, NY; April 5

Table with 2 columns: Name and Time. Includes Carlos Castro (35:34:13), Kathryn Martin (52:37:30), M40 Gerry O'Hara (34:40), Thomas Taylor (36:05), John Lovejoy (36:57), M45 Donald Di Donato (35:10), Jaime Palacios (35:25), Michael Robles (37:26), M50 Bob Giambalvo (36:15), Alan Oman (37:25), Ted Truet (38:02), M55 Michael Demicco (40:30), Jorge Aguilera (41:04), Lutz Hoffmann (42:22), M60 Tom Maile (41:37), Daniel Badalament (42:59), M65 Joe Cordero (43:28), Jose Mendez (43:55), M70 Geza Feld (49:45), Guy Froehlig (54:18), M75 Bert Jablon (55:39), George Marr (62:08), M80 Sab Koide (58:11), John McManus (64:13), W40 Barbara Gubbins (38:00), Karen Colty (41:05), Susan Murray (43:02), W45 Lori Harfenes (41:07), Susan Skidmore (41:22), Michelle Haller Sw (46:39), W50 Christine Bassano (50:57), Linna Tang (51:07), W55 Melissa Kennedy (44:50), Betty Horstmann (46:31), Hilory Boucher (49:53), W60 Helma Clavin (53:28).

Table with 2 columns: Name and Time. Includes Sarah Pettinato (55:54), W65 Pat Delaney (64:22), Alexandra Finger (71:38), W70 Dolly Finkelstein (72:09).

SOUTHEAST

Mercedes Marathon & Half-Marathon, Birmingham, AL Feb. 8

Table with 2 columns: Name and Time. Includes Mike Korir (2:30:12), Dorota Gruca (2:56:06), M40 Jeff Terry (2:44:55), Tim Lee (2:54:08), John Casterline (3:08:22), Joey Warner (3:07:57), Mark Ellis (3:13:10), M45 Steven Bremner (3:03:40), Bill Meece (3:06:24), Marcus Cathey (3:12:23), William Bates (3:13:18), Ted Maglione (3:16:22), M50 John Kennedy (3:04:56), Barry Ege (3:07:36), Douglas Maclean (3:14:01), Kenneth Harkless (3:17:36), Jerry Keith (3:18:35), M55 Dave Roberson (3:21:54), Marvin Hemphill (3:26:18), Jeff Hawkins (3:27:55), Donald Young (3:44:59), Gordon Ladner (3:45:32), M60 Ken Brewer (3:14:15), Jim Dixon (3:58:24), W Schmidtfrerick (4:03:04), Sammy Morris (4:09:39), Goetz Jordan (4:10:26), M65 Paul McCain (3:54:54), Chuck Van Duzee (4:05:22), John Jolly (4:10:40), Sam Gillis (4:16:41), George Stump (4:23:37), M70 Malcolm Gillis (3:52:11), W40 Cheryl Boessow (3:09:33), Sabine Kane (3:31:58), Lana Hayden (3:33:54), Anna Chambers (3:39:37), Barbara Davis (3:40:36), W45 Elizabeth Weaver (3:45:34), Barbara Nawrocki (3:48:19), Lesley C-Swann (3:50:19), Jennifer Miles (3:50:40), Joyce Lichty (3:53:52), W50 Naomi Abe (3:38:29), Karen Mitchell (4:01:06), Luvern Blackwood (4:05:16), Clo Mallory (4:05:42), Peggy Lanier (4:11:55), W55 Isabelle Joffrion (3:51:22), Joan Palatto (4:20:21), Linda Lazar (4:28:48), Hally McCrea (4:56:11), Faye Comanor (5:35:38), W70 Kathleen Callaway (5:43:26).

Half-Marathon Overall

Table with 2 columns: Name and Time. Includes Sammy Nyamungo (1:06:43), Deeja Youngquist (1:17:14), M40 Tom Selden (1:18:30), Matthew C-Smith (1:20:21), Kirk Smith (1:23:16), Ryan Lamppa (1:23:36), Keith Pigue (1:24:28), M45 Malcolm Adams (1:24:07), James Waters (1:24:25), Danny Greer (1:26:01), Rick Franklin (1:27:56), Mark Jacobs (1:29:33), M50 Rick Boyle (1:23:25), Craig Cecil (1:28:40), Tom Warren (1:36:19), John Fields (1:36:51), Patrick Riccardo (1:36:54), M55 James Worthey (1:28:46), Alon Stewart (1:29:24), Dave Micale (1:34:38), Bob Richards (1:34:42), J Montgomery (1:37:02), M60 Charlie Patterson (1:33:08), John Carroll (1:45:47), Ted Hegenbarth (1:48:23), Bob Galligan (1:52:14), Adam Robertson (1:55:04), M65 Ciceron Bermudez (1:58:10), Felix Joffrion (2:06:14), Jack Beisel (2:06:25), Dillard Vaughn (2:11:31), Andrew Battaile (2:23:08), M70 Rudolph Bates (1:51:54), Dewayne Morris (1:56:59), Fred Hagen (2:07:26).

Half-Marathon Overall

Table with 2 columns: Name and Time. Includes Lydia Scannell (1:44:44), Susan Jones (1:47:26), Margaret Taylor (1:47:34), Gail Jope (1:47:49), W50 Joanne Barry (1:43:10), Huda Melky (1:48:00), Nancy Anderson (1:50:22), Janet Brookner (1:58:12), Billie Villarrubia (1:58:36), W55 Claudia Crawford (1:51:32), Linda Sledge (1:53:56), Donna Baggett (2:05:05), Martha Dawson (2:08:18), Lynn Yelding (2:09:11), W60 Priscilla Davis (2:16:04), Janice Hicks (2:27:07), Julia Mills (2:31:10), Betty Leverton (2:35:39), Carolyn Beard (2:36:29), W65 Rachel Ferguson (3:16:15), Bess Hatcher (3:22:39), Carolyn Locascio (3:30:28), W70 Jo Morris (3:03:07), Despina Triantos (3:35:45).

Table with 2 columns: Name and Time. Includes Wallace Hinkle (2:33:52), Myron Hunt (2:40:08), M75 Joseph Petrolino (3:13:47), Leslie Longshore (3:20:50), W40 Carol Legate (1:18:06), Mary Glover (1:34:36), Lori Goldweber (1:35:41), Karen Kennington (1:36:34), Caroline English (1:36:56), W45 Ann Eller (1:42:53), Lydia Scannell (1:44:44), Susan Jones (1:47:26), Margaret Taylor (1:47:34), Gail Jope (1:47:49), W50 Joanne Barry (1:43:10), Huda Melky (1:48:00), Nancy Anderson (1:50:22), Janet Brookner (1:58:12), Billie Villarrubia (1:58:36), W55 Claudia Crawford (1:51:32), Linda Sledge (1:53:56), Donna Baggett (2:05:05), Martha Dawson (2:08:18), Lynn Yelding (2:09:11), W60 Priscilla Davis (2:16:04), Janice Hicks (2:27:07), Julia Mills (2:31:10), Betty Leverton (2:35:39), Carolyn Beard (2:36:29), W65 Rachel Ferguson (3:16:15), Bess Hatcher (3:22:39), Carolyn Locascio (3:30:28), W70 Jo Morris (3:03:07), Despina Triantos (3:35:45).

Outback Steakhouse 12K Orlando, FL; Feb. 21

Table with 2 columns: Name and Time. Includes MARTIN YELLING (31:39:57), KATY RADKEWICH (24:45:21), M40 PAUL HOLYKO (44:24), GRAHAM WHITE (45:50), DANIEL FRENCH (46:00), NACHO PEREZ (47:44), JAMES SHEA (49:55), M45 WADE WIENER (45:04), DAVID PUTNAM (45:13), KEN STECKEL (48:19), GARY LANGELIER (50:11), DAVE DUNN (50:36), M50 RIC BANNING (44:45), DON UNGARO (49:49), DANNY STEVENS (50:04), BOB OLENEK (50:42), MICHAEL MCCORKLE (51:11), M55 DAVID SMITH (51:57), PETE SEMPLE (52:33), BILL SZAKOVITS (58:07), JOHN BLEXRUD (1:00:01), NICK IRWIN (1:00:49), M60 NARCISO TAVALES (1:01:29), PEDRO LEBROW (1:06:21), FRANK FITZPATRICK (1:07:24), DONALD TRITCH (1:13:13), JOE CRANE (1:16:56), M65 FRANCO MUCI (55:39), PHIL WISNIEWSKI (1:06:18), JERRY HIATT (1:19:40), JAMES CANDLER (1:23:49), DON BOARDMAN (1:10:23), DAVID WEBER (1:18:35), HENRY CAMPBELL (1:20:01), WAYNE GILMORE (1:25:19), DICK ROWE (1:54:09), M75 FRANCES BOLSON (1:57:18), W40 TERESA CALIO (52:38), MELISSA CORP (56:15), ANN JOHNSTON (57:01), P. HANSON-PETERSON (59:09), LEEANN DEMAY (59:51), W45 GINGER MCKIM (55:04), KATHY GAGNIER (55:07), DEBBIE NORTON (57:46), PATRICIA DONOHUE (59:35), VIVIAN ARENAS (1:03:28), W50 JUDY KENNEDY (59:19), GRETCHEN BUTTS (1:00:35), JANET PARKINSON (1:01:31), DOROTHY HENRY (1:06:53), MARG BRIDEWELL (1:08:13), W55 KIM SHAWALTER (1:06:31), WANDA ROBERTS (1:06:37), RISSIE THIELER (1:09:01), MARILYN WHISNER (1:11:24), MARIA FIGUERAS (1:12:46), W60 RITA SCHAFFER (1:13:10), DONNA HIATT (1:19:39), WINNIE TYLER (1:20:03), JANET SCHAFF (1:42:44), W70 LOIS GILMORE (1:11:53), RUTH WEBER (1:38:15), W75 FRANCES BOLSON (1:57:18).

Table with 2 columns: Race Name and Time. Races include Gulf Beaches Marathon, Clearwater, FL; Feb. 22, Overall, Ian Payne 36, Lisa Valentine 42, M40 Patrick Sullivan, M45 Edward Basanti, M50 Vincent Delguercio, M55 Gene Cormier, M60 Gerry Miller, M65 Joe Burgasser, M70 Carl Pegels, M75 Wally Herman, W40 Lisa Valentine, W45 Elena Altenu, W55 Sonia Ryker, W60 Carolyn vd Heydt, W65 Cathy Detman.

Table with 2 columns: Race Name and Time. Races include Blue Angel Marathon & Half-Marathon, Pensacola, FL; Feb. 28, Overall, William Bohlke 25, Kelly White 24, M40 Neil Hersey, M45 Victor Cuevas, M50 Gregory Rucker, M55 Jerry Armstrong, M60 Mike White, M65 Will Wright, M70 Cesar Gabonia, W40 Lisa Kelley, W45 Mitzy Talley, W50 Marcie White, W55 Rae Mohrmann, W60 Nina Holub.

Table with 2 columns: Race Name and Time. Races include Half-Marathon, Overall, Mathew Dobson 34, Jenny Ledford 24, M40 Michael McCulley, M45 Dale Eiriksson, M50 Rick Fontan, M55 Al Ganter.

Table with 2 columns: Race Name and Time. Races include M60 Bob Sciretta, M65 John Hamilton, M70 Phil Bohan, M75 Paul Wissler, W40 Melanie Baker, W45 Susan Briers, W50 Paula May, W60 Joan Forman.

Table with 2 columns: Race Name and Time. Races include Carolina First Reedy River Run, Greenville, SC, March 6, Overall, Sammy Nyamongo 28, ALEXANDROVA GALINA 28, M40 Selwyn Blake, M45 CRAIG HORN, M50 Jack Todd, M55 Steve Annan, M60 GERRY CARNER, M65 Yuji Kishimoto, M70+ Robert Gray, W40 Janice Addison, W45 Cherry Croker, W50 Nancy Anderson, W55 Susan Peck, W60 Mary Thompson, W65 Jean Bongiorno.

Table with 2 columns: Race Name and Time. Races include M60 Dennis Simonaitis, M45 Luke Burke, M50 Wayne Chick, M55 Donald Loewe, M60 David Ohnman, M65 Art Morey, M70 Robert Shaw, M75 AJ Treichel, W40 Ramilia Burangulova, W45 Tatyana Pozdnyakova, W50 Paulette Butler, W55 Katy Towers, W60 Elfrieda Wyner, W65 Ann Akers, W70 Toshiko Delia, W75 Sirene Herbertson.

Table with 2 columns: Race Name and Time. Races include Whitestone 30K, Kingston, TN; March 7, Overall, Mikel Wagner 47, Marsha Morton 38, M40 Bobby Sumpter, M45 Bruce Bayliss, M50 Gene Doran, M55 Kenneth Childs, M60 Don Holt, M65 Paul Barrette, W40 Amy Tourville, W45 Sally Evenden, W50 Becca Fuller, W55 Shirley Sirois, Gate River Run 15K, Jacksonville, FL; March 13, Overall, M60 Bob Sciretta, M65 John Hamilton, M70 Phil Bohan, M75 Paul Wissler, W40 Melanie Baker, W45 Susan Briers, W50 Paula May, W60 Joan Forman.

Table with 2 columns: Race Name and Time. Races include M40 Dennis Simonaitis, M45 Luke Burke, M50 Wayne Chick, M55 Donald Loewe, M60 David Ohnman, M65 Art Morey, M70 Robert Shaw, M75 AJ Treichel, W40 Ramilia Burangulova, W45 Tatyana Pozdnyakova, W50 Paulette Butler, W55 Katy Towers, W60 Elfrieda Wyner, W65 Ann Akers, W70 Toshiko Delia, W75 Sirene Herbertson.

Table with 2 columns: Race Name and Time. Races include Riverwalk Run 5 Mile & 5K, Fort Lauderdale, FL, March 20, Overall, PHILLIP WALKINS 44, NANCY FREY 43, Top 3 Master Male, RAY PU' SEY 41, BOB DUGAN 49, JAMIE BLACK 40, Top 3 Master Female, MARIA AUGUSTINE 45, EILEEN POSGAY 40, CAROLYN MAY 42, Top 3 Grand Master Male, GARY BLOOME 50, JOSE CLAVIJO 50, AL SWENSON 57, Top 3 Grand Master Female, MIRA BEDO 52, BETTY BOPPART 57, LINDA STEIN 56, Top 3 Sr. Grand Master(M), ROBERT HENDRICK 61, JEFF MARTIN 62, JAMES PELLER 66, Top 3 Sr. Grand Master(F), CAROLINE LUTTRULL 64, MIMI OLIVEIRA 64, SALLY MOLINA 64, M40, ROLANDO ANTON 44, ALLEN NOTKIN 42, TIM BISHOP 44, F40, CAROLANN MAZZA 40, TERRI SWANSON 44, SUSIE MOORE 43, M45, CRAIG TONNOIR 45, TOM DRUM 48, PAUL CORBAN 45, F45, JACKIE LOWTHER 45, CARRIE BURKE 47, DIANE KROSE 45, M50, TOM PERONA 50, MICHAEL ROWE 53, MARGARET RUDDY 52, DEBBIE MOLINA 50, M55, DAN HEALY 57, ALAN MILLER 55.

Table with 2 columns: Race Name and Time. Races include F55, GAIL BEILEY 56, ANN BACON 56, M60, AL SHAMOUN 60, ROBERT WEINER 63, F60, LAUREN SALOSMAN 62, MIRI MICHAELI 60, M65, JURGEN KUHLMEY 66, LOUIS BEST 67, F65, LOIS BALAFAS 67, M70, AUGUST LEONE 74, HY DASHEVSKY 72, M75, P.K. SHELDON 76, --5K--, Overall, DAVID SCHNEIDER 33, KAY CARRINGTON 15, Top 3 Master Male, ANTHONY CAMPBELL 42, WALTHON MAXWELL 42, PATRICK CASEY 48, Top 3 Master Female, ROBIN INGENGO 40, JENNIFER KNOWLES 48, SUSI CARRINGTON 46, Top 3 Grand Master Male, JAMES BOESCH 53, JEFF HLINKA 54, ED NORTON 51, Top 3 Grand Master Female, JANE HARLAN 50, PAMELA RICHARDSON 50, ELLEN STAHL 50, Top 3 Sr. Grand Master(M), BILL O'BRIEN 60, CHARLIE YESCOTT 63, JOSE SANTIAGO 60, Top 3 Sr. Grand Master(F), YVONNE TASKER-ROTH 61, JAN PARKE 62, NOLA ZELTWANGER 64, M40, JOHN FARGASON 42, MICHAEL THROSON 41, MARK JANIK 42, F40, SHARON COHEN 40, MARIA LUCAS 43, DIANE GUPTILL 42, M45, MIGUEL RUBIO 46, TIMOTHY QUINLAN 45, STEVE FRANKENSTEIN 46, F45, MARY TESIC 48, LUCY O'CONNOR 48, JENNY SPARKS 48, M50, ERICK LINBERGH 52, THOMAS MOSCARITOL 52, F50, CHERYL MC CULLY 54, BUFFY FITZGERALD 50, M55, ARTURO ABALLI 59, STAN LEVCO 57, F55, BRENDA ANDREA 55, SUZANNE HELD 56, M60, DAN DOUGLAS 63, PHILIP ANDREA 62, F60, BARBARA KROETZ 64, JEAN PASKER 61, M65, HAROLD WRIGHT 69, ARTHUR TRAPANI 65, F65, BETTE ESTRANDE 65, BERNADETTE MERRIGAN 67, M70, MARTIN ROTHENBERG 70, GEORGE S. GEORGE 72, JOANN WILLIAMS 70, TOM MC DONALD 79, ROBERT PERRAUD 76, F75, HELEN WEISS 76, RUTH PERRAUD 75, M80, BILL TRIBOU 83, ABE ULANOFF 87, BILL MERZ 82, Ukrop's Monument Avenue, 10K, Richmond, VA, March 27, Overall, Reuben Chebil, 20, Tatyana Petrova 21.

Table with 2 columns: Race Name and Time. Races include M40 Chris Samley, M45 Mark Malander, M50 Rick Platt, M55 Thomas Waldrop, M60 George Nixon, M65 Calvin Fowler, M70+ Gene White, W40 Jeanie Trent, W45 Carol House, W50 Linda Gulick, W55 Linda Peters, W60 Sharon Giese, W65 Shirley Wampler, Cooper River Bridge Run, 10K, Charleston, SC; April 3, Overall, Luke Kipkosgei 28, Sallie Barsosio 26, M40 Dennis Simonaitis, M45 Tom Mather, M50 Gary Romesser, M55 Richard Buerkle, M60 George M Luke, M65 Harvey McCormick, M70 William Boulter, M75 Larry Vlcek, M80+ David Mellard, W40 Lyubov Kremleva, W45 Tatyana Pozdnyakova, W50 Toni Cruz, W55 Terry Mahr, W60 Pauline Niland, W65 Elfielde Tolley Beeson, W70 Pep Logan.

Table with 2 columns: Race Name and Time. Races include Elizabeth Rebl, W75 Mary Canty, Wyndall Henderson, Ola Moody, W80+ Valerie Fritsch, Carter Temple Seibold, Clare Fennessey, MIDWEST, Humana Heart 5K/15K, Cincinnati, OH; March 2, 5K, Overall, Holden Marsh 14, Maria Kelley 35, M40 Joe Brinkman, Juan Ortega, Douglas Schneider, M45 Paul Harkins, Tj Candy, Tim Hollenkamp, M50 Warren Elzy, Ken Cahill, Ron Knueven, M55 Tom Bloom, Jim Sears, Dave Ringshauser, M60 Jim Ball, Paul Weldishofer, Robert Collins, M65 Bill Wagner, John Sensenig, Brennan McNully, M70 Linden Ogden, Tom Reynolds, David Steger, M80 Al Cornett, Byron White, W40 Barb McGuire, Christine Hopkins, Brenda Rammingner, W45 Terri Klapproth, Ed Weigand, Cathy Erhardt, W50 Laurie Herman, Gabrielle Henderson, Joyce Meyer, W55 Jackie Baker, Kim Gerue, Jan Thurnau, W60 Miriam Jackobs, Ann McCollom, Merry Day, W65 Gloria Lipson, Donna Preher, 15K, Overall, Luke Beuerlein 17, Kathleen Grover 34, M40 Bill Valenzano, Mark Tensing, Kenn Daily, M45 Jerry Apt, Dan Bird, Bob West, M50 Dave Lenahan, Mark Lies, John Gee, M55 Rodney Thomas, Ed Hunter, Frank Osbourne, M60 Peter Wayne, Earl McCormick, Wayne Wheeler, M65 Charlie Denney, Gary Crawford, Duane Correll, M70 Pelry McCollom, Ray Wylam, M75 Edward Hall, Robert Webb, W40 Cheryl McKeltrick, Linda Daigle, Debbie Biddle, W45 Cathy Stricker, Lisa Koons, Clarice Pavlick, W50 Jean Schmidt, Renee Steele, W55 Janice Kreuz, Teri Fox, Jane Schul, W60 Judith Harmony, Joyce Hoffman, Nancy Krueger, W70 Sarann Mock, Rodes City Run 10K, Louisville, KY; March 27, Overall, Nic Crider 27, Susie Bush 25.

M40	Gordon Sanders	32:01
	Don Wright	34:20
	Jim Schneider	35:26
M45	David Sexton	38:17
	Joe Nasil	38:57
	Robert Noel	39:24
M50	Barry Ross	35:16
	David Long	35:25
	Jerry Orange	36:53
M55	Jozsef Szilagyi	41:08
	Gary Cobbs	41:41
	Allen Talbott	43:42
M60	Bill Delph	41:53
	Gleenn Leach	45:52
	Ken Strausburg	46:10
M65	Ray Parrella	39:29
	Charlie Thornberry	53:08
	Paul Scifres	57:27
M70	Clay Baker	51:24
	Charles Cheek	52:24
	Frank Robinson	59:02
M75	Ernest Grayson	1:01:00
	Joe Clauser	1:11:04
	Jim Cissell	1:12:21
M80	Al Watner	1:25:38
W40	A Bauer-English	40:43
	Suzan Ribenboim	41:19
	Andrea Gorce	42:02
W45	Hopey Newkirk	43:30
	Paula Ziegler	46:13
	Clare Reid	47:52
W50	Jill Force	44:42
	Maribeth Gatterdam	46:24
	Pam Kincaid	48:37
W55	Jan Gruebbel	53:26
	Betty Lewis	56:19
	Loretta Toms	56:20
W60	Mary Whitty	1:01:01
	Carol Ammerman	1:04:32
	Dixie Ward	1:02:56
W65	Rose Taylor	59:14
	Donna Preher	1:24:54
	Leah Bond	1:29:03
W70	Rose Winiger	1:18:29
	Mig Temple	1:33:43
W80	Ann Barnes	1:34:32

Papa John's 10M Louisville, KY; April 10

Overall	
Dan Browne	28 46:32
Susie Bush	25 59:20
M40	Jim Schneider 57:33
	John Whisman 58:45
	Stephen Wood 59:01
	Brady Wells 1:03:33
	Michael Simons 1:03:34
M45	David Sexton 1:01:31
	Joe Nail 1:03:47
	Tom Abbott 1:04:45
	Charles Francke 1:04:59
	Lon Hays 1:05:14
M50	Barry Ross 58:14
	Jerry Orange 1:01:16
	Larry Strange 1:03:01
	Jim Grobmyer 1:04:28
M55	Gary Cobbs 1:07:01
	Jozsef Szilagyi 1:09:22
	David Caffee 1:09:53
	Huck Dewitt 1:14:08
M60	Bill Delph 1:07:20
	Danny Place 1:10:58
	Glenn Leach 1:13:23
	Steve Goodwin 1:14:24
M65	Ray Parrella 1:05:09
	Larry Hammersley 1:14:06
	Paul Scifres 1:29:11
	Charlie Thornberry 1:26:00
M70+	Clay Baker 1:25:29
	Frank Robinson 1:34:10
	William Thomas 1:35:21
	Perry McCollom 1:39:47
W40	Annett Bauer-English 06:39
	Suzan Ribenboim 1:07:43
	Mary Glover 1:08:39
	Cathy Heardt 1:09:00
W45	Jeanne Olash 1:02:20
	Hopey Newkirk 1:12:19
	Clare Reid 1:18:06
	Brenda Gutmann 1:16:21
W50	Maribeth Gatterdam 12:45
	Pam Kincaid 1:18:51
	Janet Green 1:23:43
	Wanda Karia 1:24:40
W55	Jan Gruebbel 1:27:22
	Rhen Kinser 1:29:25
	Betty Lewis 1:32:11
W60	Judith Harmon 1:25:41
	Mary Whitty 1:38:04
	Dixie Ward 1:41:35
W65	Frances Gilbert 2:14:45
	Anne McCollom 2:15:55
	Donna Preher 2:17:56
W70+	Jane Beavin 2:19:55
	Mig Temple 2:27:16
	Ann Barnes 2:27:18
	Jamie Butt 2:29:55

MID-AMERICA

Runnin' of the Green Lucky 7K, Denver, CO; March 14	
Overall	
Brock Tessman	27 21:28
Paity Murray	38 24:28
M40	Rob Welo 23:22
	Peter Hopkins 24:23
	Dan Skarda 24:25
M50	Kent Oglesby 27:36
	Rich Sandoval 27:55
	Pete Mang 28:40
M60	Jim Romero 30:54
	Arnie Willems 31:02
	Rich Romero 31:20
M70+	Bob di Carlo 70 30:52
	Paul Orklid 75 35:47
	Ric Markin 71 38:55
W40	Ann Lantz 28:56
	Martha Buttner 29:35
	Donna Goldberg 29:35
W50	Peggy Muhn 29:38
	Jan Hughes 30:04
	Cathy Nicoletti 31:48
W60	Constance Ahmsbrak 34:13
	Bertha McMillan 35:36
	Celeste Callahan 37:35
W70	Gloria Siekmeier 48:46
	Lucille Walden 59:03
	Betty Robinson 1:00:10

St. Louis Marathon St. Louis, MO; April 4

Overall	
Eric Heins	2:25:42
Nicole Cueno	2:55:54
W40	Claudette Augert 3:07:22
	Carol Wright 3:16:06
	Patricia Langum 3:17:08
W45	Becky S Lowrance 3:17:02
	Donna Melody 3:37:39
	Lydia Scannell 3:40:45
W50	Angie M Orellano 3:42:31
	Barbara Franzen 3:48:41
	Cindy Dewulf 3:49:14
W55	Karen Cummins 4:11:54
	Nina Bovio 4:17:15
	Joan Mulvihill 4:17:17
W60	Bonnie Mcelwee 3:53:48
	Kathy Ryan 4:21:34
	Janice Hicks 5:24:59
M40	Ronald Chisolm 2:38:42
	Todd Beaverson 2:45:54
	Brian Miller 2:55:53
M45	Allan Richardsor 2:44:15
	Dennis Wallach 2:54:37
	John Bonner 2:58:33
M50	George Taylor 3:02:39
	Douglas Balogh 3:08:22
	Terrence Hakkola 3:10:41
M55	Merlin Anderson 3:10:31
	David Bange 3:33:10
	Richard Daymont 3:37:26
M60	Jerry Kemman 4:07:52
	Arden Wander 4:12:11
	Willie Johnson 4:21:27
M65	Mary Bradley 4:01:40
	Kenneth Thompson 4:20:25
	Milton Blood 4:35:32
M70	Louis Joline 4:17:47
	N. Kuchenmeister 4:44:42
	Myron Norton 4:49:04

SOUTHWEST

Conoco Phillips Rodeo Run 10K, Houston, TX; Feb. 28	
Overall	
Henok Lechebo	18 31:26
Kelly Keane	31 34:18
M40	Jon Butler 33:35
	Steven King 34:48
	Bart Rainey 35:06
	Kevin slaton 36:48
M45	Allan Richardson 36:19
	Rich Fredrich 36:42
	Edward Fry 38:06
M50	Osbaldo Castillo 37:06
	Miguel Lopez 37:16
	Ramiro Ramirez 38:39
M55	Donald Loewe 38:13
	Roy Rodgers 40:51
	Emmett Faulkner 42:53
M60	Ignacio Ybarra Jr 43:18
	Jimmie Jones 43:26
	Victor Franco 45:24
M65	Jim Braden 46:46
	Charlie Blalack 47:37
	Richard Jarvinen 48:19
M70	Ino Cantu 42:43
	Lorant Garban 55:48
	Lloyd Joyce 54:02
M75	David Leff 1:42:47
	Alvin Mabry 1:41:54
W40	Vicki Danielson 42:10

Lynnie Terry	44:02
Gloria Favuzza	45:14
W45	Margo Braud 39:42
	Suzanne Day 42:04
	Eva Luckey 44:14
W50	Serai Abraham 47:41
	Karen Bowler 48:17
	Dyane Corby 51:47
W55	Teresa Marzec 51:41
	Ann Tack 53:56
	Angela Oltean 57:10
W60	Ann Erickson 43:48
	Carol McClelland 59:00
	Julia Garban 1:11:11
W65	Mona Keffer 57:38
	Virginia Mangum 1:01:22
	Judy Loy 1:05:28
W70	Bertie Jo Moore 1:34:06

Cowtown Marathon, 10K & 5K, Fort Worth, TX; Feb. 28

Overall	
Dan Boyle	40 2:31:57
Machelle Cochran	31 2:53:45
M40	Dan Boyle 2:31:57
	James Newsom 2:43:23
	David Brown 2:52:40
	William Henderson 2:59:57
	Duncan Stewart 3:05:05
M45	Greg Floyd 2:56:25
	Dave Emerson 3:05:36
	Greg Sullivan 3:15:40
M50	Richard Pennington 3:07:05
	Clive Forrest 3:12:12
	Jim Sinclair 3:16:00
M55	JA Brown 3:21:56
	Ron Meyers 3:40:19
	Bobby Milam 3:43:48
M60	Bill Richardson 3:36:09
	Michael Verschelden 3:41:19
	Gabor Nagy 4:00:27
M65	Jesse Galindo 4:05:02
	Paul Debiasi 4:17:41
	Doug Roper 4:52:17
M70	Robert Cunningham 5:47:42
M75	Ted Brewer 5:52:33
	Don McNelly 6:21:29
W40	Frances Mckissick 3:13:36
	Carolyn Tovar 3:26:59
	Suzzy Seeley 3:27:44
	Katherine Carey 3:29:52
W45	Margaret Harper 3:46:42
	Nancy Bernacki 3:47:30
	Irma Gamez 3:59:06
W50	Patti Crabree 3:47:55
	Sally Sayles 4:34:41
	Vickie Brown 4:36:25
W55	Judy Roche 4:33:38
	Janice Snyder 4:56:10
	Anabelle Corbooy 5:04:20
W60	Joyce Hightower 4:33:46
W65	Mary Miller 5:18:14
	Virginia Farneman 6:09:27

10K Overall

Jean Marie Ndikuman	24 32:26
Dana Bullard	26 38:19
M40	Robert Smith 38:33
	Bob Scully 38:55
	James Brandenburg 39:03
M45	Brian Hammons 36:30
	John Kellogg 38:53
	Dennis Cumbie 38:59
	Frank Aleman 40:17
M50	Dan Wilder 40:19
	Doug Hinds 42:17
	Doug Mayfield 43:19
M55	Carlos El Toro 42:13
	Donald Sieve 43:37
	Charles Jenner 45:14
M60	Ed Craighead 43:14
	Tony Bugarin 43:51
	Jay Minor 45:07
M65	Clyde Deloach 44:54
	Jack West 56:21
	Rick Cash 57:47
M70	Robert Coffey 52:15
	Lovell Bolle 58:12
	Loftin Witcher 59:49
M75	Laddie Ondracek 59:30
	Pearse Nolan 1:16:37
	Harold Ritchey 1:17:29
M80	Harry Evans 1:45:26
W40	Becky Shirley 43:33
	Christine Mueller 43:52
	Annabell Lee 44:58
	Jennifer Johnson 46:03
W45	Teresa Selles 45:05
	Sherri Hahn 46:27
	Lisa Stokdyk 48:12
W50	Linda Kelly 43:54

Ellen Kohn	49:26
Vicky Geisler	51:02
W55	Glenda Johnson 57:11
	Gloria Franklin 57:20
	Carol Warner 57:46
W60	Lynne Caruso 52:14
	Sharon Criswell 1:03:19
	Emily Speaker 1:03:55
W65	Shirley Powell 53:05
	Beverly Torres 1:02:30
	Margaret Thrash 1:04:06
W70	Phyllis Provost 1:09:52
	Wilma Curtis 1:30:44
	Tommie Maddry 2:05:24
W75	Ganeta Goodman 2:03:14

Bayou City Classic 10K Houston, TX; March 6

Overall	
Sean P. Wade	38 31:35
Kelly Keane	31 34:02
M40	CJ Stewart 35:48
	David Lord 37:07
	Kurt Pepper 37:47
M45	Joe Melanson 35:24
	Allan Richardson 35:25
	Rich Fredrich 36:11
M50	Miguel Lopez 37:29
	Steve Jayson 37:55
	Jose Torres 38:22
M55	Donald Loewe 37:30
	Ty L. Schmalz 39:44
	Lucio Suarez 40:17
M60	Rich Siemens 40:35
	Loyd Carey 40:37
	Ignacio Ybarra 44:05
M65	Jim Braden 46:25
	Travis Buck 49:42
	Harry Horne 49:44
M70	Orville Kremmer 51:11
	Lorant Garban 52:58
	Dan Allensworth 55:29
M75	Bob Shannon 1:20:43
	David Leff 1:38:20
W40	Diana Keinz 40:31
	Vicki Danielson 41:57
	Mary Rodrigs 41:59
W45	Suzanne Day 41:33
	Eva Luckey 45:08
	Alison Stewart 46:42
W50	Kathy Molitor 44:10
	Billie-Kay Melanson 45:41
	Lee Anne Voorhees 50:56
W55	Georgette McNamee 48:19
	Angela Oltean 54:45
	Diane Bell 1:00:06
W60	Ann Ferguson 47:05
	Ute Eisele 58:23
	Leona Devine 59:41
W65	Judy Loy 1:01:09
	Mary Cullen 1:06:33
	Judith Neufeld 1:44:02
W70	Sadie Greenman 1:18:01
	Bertie Jo Moore 1:31:59

Capitol Statesman 10K Austin, TX; March 28

Overall	
Jean-Marie Ndikumana	24 31:55
Carmen Troncoso	44 36:11
M40	Paul Zimmerman 32:18
	Michael Powell 35:25
	Ken Hall 36:44
	Scott McIntyre 36:59
	Jonas Perez 37:16
M45	Mac Allen 35:26
	Bob Jackson 36:18
	Fred Stepan 37:36
	Russell Martin 38:11
M50	Bill Patience 38:40
	Richard Pennington 40:23
	Kenny Hill 40:25
	Bernardo Klein 40:43
M55	Ridge Williams 40:36
	Gregg Evans 41:27
	Jim Craig 45:01
	Peter Boulette 43:56
M60	Gerald Roy 40:32
	Ed Craighead 42:57
	Bill Richardson 43:57
	Dick Wilkowski 43:59
M65	Roy Dwyer, Jr 45:26
	Lawrence Fuller 53:44
	Joe Bruns 54:26
	James Lundbeck 54:39
M70	Gene Woodruff 53:40
	Israel Villarreal 54:06
	Shangara Sooch 57:53
M75	Paul Fink 1:03:52
	Jack Coldwell 1:03:09
	Omer Allard 1:07:29
M80	Jim Southard 1:09:18
	Eberhard Niemeys 2:00:32
	Bill White 2:03:02
M85	Jerzy Kuzakiewicz 1:14:17

Andy Wheatley	1:18:51
M90	Sidney Smith 2:14:59
W40C	Troncoso 36:11
	Lynn Doelger 41:55
	Colleen Forshee 42:40
	Julie Luft 42:58
W45	Amanda Aguilar 46:48
	Catherine Miller 47:05
	Linda Litzinger 47:36
	Maria Hermon 48:00
W50	Charlene Janiak 45:59
	Serai Abraham 48:39
	Joey Rios 51:26
	Marianne VanHoutte 52:12
W55	Janet Scholl 53:24
	Catherine Clark 52:32
	Monnie Atkinson 51:58
	Josie Bowman 52:10
W60	Barbara Ogletree 54:33
	Betty Jameson 57:21
	Gayla Chambers 57:48
	Pat Neff 58:30
W65	Mickie Aguilar 1:05:08
	Carol Cunningham 1:11:17
	Julie Teft 1:12:00
W70	Shirley Gilliland 1:15:47
	Polly Husted 1:15:43
	Mary Milam 1:25:48
W75	Fran Milligan 1:25:12
	Lillie Doss 1:28:23
	Annie Rogers 2:19:05
W80	Wanda Hall 1:35:38
	Mira Hill 1:43:54
	Marilyn Hampson 1:51:02

Red Bud 10K & 5K Oklahoma City, OK; April 4

Overall	
Kevin Schwab	14 32:34
Keith Frates	43 41:07
M40	Tom Lam 36:46
	Richard Maag 37:25
	Barry Redmond 38:59
M45	Chris Lipscomb 37:52
	Forrest Simpson 38:16
	Donnie Harris 39:03
M50	Mike Kelly 35:45

M50 Duane Morse 1:29.13	Kim Rupert 51.52	Pete Wall 22.48	M40 TONY YOUNG 18.22	M70 Ron Macpik 55.42	M50 Brad Pinkstaff 18.30
Gary Maxwell 1:30.29	Kate Samuelson 52.30	Bob Norton 22.46	NORMAN TINKHAM 16.49	Dick Vaughn 58.18	Rick Ohlson 18.52
Darryl Graham 1:31.08	Maria Briones 52.43	Michel Ribet 23.23	PAUL ABDALLA 17.21	M75 Harry Anderson 1:07.47	Mike Henderson 19.58
M55 Jim Burgess 1:29.09	W50 Heidi Helvestine 46.57	M70 William Wall 23.02	DAVID WHITEESPIN 18.07	W40 Janet Anderson 34.35	M55 Gay Davis 20.31
Robert Huotari 1:29.34	Claire Malonson Fry 55.10	Allen Warren 23.48	M45 ART BOILEAU 17.50	Kelly Shafer 35.57	Wayne Young 25.21
Dennis Freeman 1:41.17	Sue Macdonald 57.32	John Harper 23.51	KEVIN ADAMS 18.00	M65 Mike Paul 23.24	M60 Doug Galloway 22:17
M60 Dennis Muirhead 1:34.30	Irene Herman 58.18	Arnold Hogarth 24.09	DENIS VILLENEUVE 18.23	Ken Ogden 24.03	David Loprinzi 22:35
Ed Donoghue 1:35.20	W55 Jessie Stratton 57.55	M75 Gunnar Linde 22.21	RICK CLEEK 18.34	Ken Hill 30.04	Norm Carlson 23.23
Elwood Vetos 1:36.18	Marian Lyons 59.30	Bob Koch 25.04	M50 GREG BEYERLEIN 17.34	M70 Dave Harrison 23.53	M65 Mike Paul 23:01
M65 Jim Madonna 1:45.09	Bridie Dillon 1:01.51	James Wilkie 26.03	PHILIP WELCH 19.12	Jack Keener 24.27	Ken Ogden 24.08
Robert Bussey 2:05.08	Susan Wheeler 1:02.34	Patrick Devine 26.30	DAVID HARRIS 19.45	Richard Olafson 24.45	Jim Gay 32.07
Lenny Mikus 2:07.32	W60 Barbara Miller 55.37	M80 Jim McCown 29.02	RICK GARRISON 19.50	W40 Wendy Seitz 22.04	M70 Richard Olafson 24:34
M70 Elmer Houghten 2:02.40	Trudi Hofmann 1:06.54	Stanley Coombs 29.15		Denise Croucher 22.51	Jack Keener 24.37
Larry Boies Jr 2:12.03	Ann Hardham 1:11.13	Judge Penick 36.10		Lisa Nienstaedt 24.04	Eldon D Wells 29.26
Richard Burns 2:57.53	W65 Peggy Kang 1:08.01	M85 Hal Erick 85 50.00		W451 Clancy 22.43	W40 Theresa Rupert 28.43
M75 Bob Koch 1:56.42	Barbara Robben 1:16.21			Cheryl Seifert 24.32	Terri Stewart 28.55
W40 Janice McCaffrey 1:20.34	W70 Myra Rhodes 1:04.01			Linda Burnside 24.39	Tracy Laflamme 29.06
Renee Sacco 1:33.14	Barb LeScisin 1:58.47			W50 Laura Caldwell 19.58	W45 Denise Foote 18.55
Lisa Templeton 1:37.23	Sue Bare 2:03.15			Kellie Friderich 28.17	Barbara Stratton 25.26
W45 Jean Watson 1:35.45	W75 Eloise Danto 1:32.05			Jan O'neal 28.25	Corinne Loprinzi 26.38
Bev Schmal 1:40.00	Po Adams 1:34.53			W55 Jenny Bucher 29.56	W50 Jenny Freeman 28.53
M Holiday Descheny 1:40.03	Peggy Hansen 1:38.55			Janet Leek 31.59	Connie Newell 28.56
W50 Rosanna Roasa 1:41.16				Valerie Schaller 31.59	Olivia Rossi 30.39
Glenda Muirhead 1:43.52				W60 Georgann Reel 27.25	W55 Jean Bucher 29.25
Donna Smith 1:49.07				Caye Poe 34.00	Valerie Schaller 29.52
W55 Cheryl Dusek 2:02.20				Marita Price 37.07	Krystal Ashling 31.29
Velva Hakim 2:05.58				W65 Marva Brodigan 38.53	W60 Alice Sigmund 30.57
Merrie English 2:09.38				W70 Barbara Dougan 36.57	Joy Morgan 32.13
W60 Barbara Huff 2:14.12				Barbara Olafson 38.02	Sharon Barnes 36.56
Linda Garren 2:30.57				W75 Helen Lachman 78 50.01	W70 Erica Dunn 28.17
Ellie Kallal 2:34.15					Barbara Olafson 34.52
W65 Lucy Diana 2:59.45					Barbara Dougan 36.14
Claire Villa 3:27.47					
Joyce Camburn 3:33.31					
W75 Dorothy Brunker 3:38.33					

Emerald Nuts Across the Bay 12K, San Francisco, CA March 21

Overall	
Peter Gilmore	37:44
Linda Somers Smith	42:13
M40 Daniel Gonzalez	38:30
Jose Alsipuro	41:18
Robert Pickens	41:19
Tim Wallen	41:30
Rob Elia	41:38
M45 Emil Magallanes	41:44
Lloyd Stephenson	41:45
Dennis Rinde	42:40
Brian Davis	43:43
Michael Radcliffe	43:51
M50 Joe Schlieffer	44:48
Ken Grebenstein	45:03
Tom Bernhard	45:54
Roberto Donaire	46:10
M55 Don Porteous	45:12
Michael Dove	45:26
Bill Dunn	47:22
Len Goldman	47:29
M60 Fred Martin	48:51
Robert J Gormley	50:09
Jack Burns	50:45
M65 Russ Kiernan	51:06
Mike Paul	1:03:42
Carlos Zarate	1:04:10
M70 Tom Guldman	55:54
Nial Wall	1:02:46
Lee Rhodes	1:04:07
M75 Frank Spada	1:13:16
Robert Valentine	2:12:46
M80 Stanley Demartinis	1:36:05
Jack Friedlander	1:55:19
W40 Linda Somers-Smith	42:13
Rosemarie Lagunas	45:46
Maria Trujillo De Rio	47:27
Janet Smith	48:12
W45 Chip Wrapson	49:10

Carlsbad 5K Carlsbad, CA; March 28

Masters Men's Race Overall	
Peter Magill 42	14:51
M40 Peter Magill	14:51
Brian Pope	14:52
Danny Martinez	14:54
Alfredo Viguera	14:56
Dennis Simonaitis	15:06
Oscar Gonzalez	15:21
Jeff Ambos	15:24
James Sheremeta	15:32
Dan Arsenault	15:37
Ralph Garbald	15:41
M45 Dave Parsel	15:53
Steve Scott	15:59
Ken Masarie	16:36
Marty Ellison	16:50
Sal Garcia	16:52
Petar Lewandowski	16:52
Tim Mock	17:00
Joseluis Diaz	17:01
Angelo Decollibus	17:03
John Araujo	17:16
M50 Nolan Shaheed	15:54
Gregg Horner	16:34
Michael Seamar	17:06
Paul Cook	17:15
Bob Morris	17:25
Jim Jones	17:35
Donald Irvine	18:17
Dan Guillory	18:27
M55 Michael Dove	17:30
John Combs	17:32
Gary Tuttle	18:12
Larry Ingram	18:14
Bob Anderson	18:24
Bill Sumner	18:29
Gary Fryatt	18:38
John Montgomery	19:09
M60 James Boughter	18:12
Byron Melendy	18:47
Juan Cabela	18:54
Steven Brenneck	20:07
Tom Lemire	20:17
Allan Mallinger	21:17
M65 Thom Waddie	19:06
Francisco Saiz	20:46
Frank Greene	22:13

Masters Women's Race Overall

Monica Joyce 45	17:08
W40 Dolly Ginter	17:54
Ceci St Geme	18:04
Rosalva Bonilla	18:16
Sue Davis	18:24
P Stewart-Garbrech	18:37
Louise Davis	18:45
Sheri Wright	18:52
Wanda Toro Scheib	19:01
W45 Monica Joyce	17:08
Denise Foote	18:50
Ruth Vomund	18:55
Liz Baker	19:03
Mo Bartley	19:09
Marcella Teran	19:25
Vickie Alexander	19:44
Carolyn Benson	20:10
W50 Sherri Hall Curl	20:23
S Robbins-Sydney	20:58
Debbie Fischer	21:16
Christine Young	21:21
Sharon Lotesto	21:29
Denise Janneck	21:49
W55 Teri Fitzgibbons	19:44
Odette Osantowski	21:54
Willie Mundt	22:25
Yoko Eichel	22:35
Jeanie Leitner	23:00
Betty Rosenberg	23:05
W60 Jo Ann Meyer	21:23
Kathy Loper	22:30
Wendy Watson	22:48
Ursula Rains	25:13
W65 Martha Walker	26:45
Wilma Calvin	28:09
Pat Herr	29:37
Helen Geoffron	29:52
W70 Lenore Montgomery	24:59
Anne Garrett	30:25
Ginny Beck	31:28
W75 Ann Priddy	34:09
Doris Gordon	37:27
Po Adams	37:33
W80 Gerry Davidson	37:03
Mary Lou Lynch	39:11
W85+Marjorie Easton	48:34
Edith Allen 92	48:48

NORTHWEST

Henry Weinhardt's St. Patrick's Day Dash +/- 3.5M Seattle, WA; March 14

(Green Wave) Overall	
DAVID MILNE 24	15:34
LEAH PELLIS 37	16:53

Shamrock 15K, 8K, & 5K Portland, OR; March 14

15K Overall	
Ahman Dirks 29	47:00
Jenny Crain 36	52:47
M40 Richard Lee	50:54
Steven Bye	53:40
Engenio Vidales	55:59
M45 Richard Panches	54:23
Mark Higginson	54:33
Larry Stephens	57:59
M50 Mark Mochon	58:15
Francis Kessler	58:24
Allen Boyce	1:00:19
M55 Scott Taylor	59:06
Jesus Ceja	1:02:38
John Seggie	1:03:02
M60 James Hedtke	1:09:58
Mike Walsh	1:12:03
Ted Gross	1:17:13
M65 Scott Smith	1:14:28
Edward Bender	1:20:04
Tom Prince	1:35:27
W40 Rosa Gutierrez	55:36
Meghan Arbogast	57:48
Alyssa Tower	59:31
W45 Jennifer Teppo	58:35
Lesley Roberts	1:06:19
Jeanne Landrum	1:08:34
W50 Teresa Hogan	1:08:16
Sandi Mebe	1:09:42
Christine Skram	1:11:37
W55 Levi Query	1:11:02
Charlotte Hartwig	1:12:24
Maay Jonsson	1:15:58
W60 Kathy Ryan	1:28:08
Katherine Gardiner	1:36:16
Susan Chesemore	1:42:43
W85 Emily Dayton 86	1:26:08
8K Overall	
Matt Ellis 33	24:45
Hallie Janssen 28	29:35
M40 Bill Scheer	28:36
Richard Browning	28:37
Paul Gronke	28:56
M45 Alan Knoop	26:45
Tim Swietlik	28:05
Russell Schlager	29:09
M50 Brad Pinkstaff	30:38
Larry Mays	30:52
Roger Tumasonis	30:59
M55 Mike Vandenburg	31:37
Alex Herrera	34:17
Vince Wilson	36:43
M60 Doug Galloway	38:08
Robert Ames	41:16
David Loprinzi	41:20
M65 Allen Sandstrom	46:29
John Francis	46:52
Mary Oconnell	48:40

Bridge to Bridge 10K/5K Portland, OR; April 4

Jeannette Ward	38:49
W45 Molly Fletcher	37:26
Pam Reid	40:25
Vickie Moore	40:59
W50 Shirley Shaw	36:09
Selena Farmer	43:31
Mollie Banks	44:06
W55 Dell Ann Dyar	45:04
Jean Ice	45:40
Dianne Heath	46:23
W60 Jayne Ichikawa	46:40
Bunny Howe	46:44
Maryann Sweet	47:39
W65 Marilyn Paul	46:49
Alice Rose	46:54
Jennifer To	52:57
W70 Flor Irlandez	56:52
Joye Bahler	1:15:12

5K Overall	
Oliver Redig 23	15:31
Marie Davis 26	17:58
M40 Kevin Paulk	16:35
Charlie Case	16:40
Michael Oehl	17:42
M45 Dave Clingan	17:04
Jim Ney	18:03
Jeff Oneil	18:10
M50 Jim Jones	18:22
Keith Schramm	18:31
Rick Ohlson	19:07
M55 Kirk Rose	21:13
Alan Abramowitz	21:30
Jonathan Gibson	22:59
M60 Douglas Galloway	22:27
Jim Gulaskey	22:32
Richard Bruce	28:53

Overall	
Greg Mitchell 30	31:48
Liane Sullivan Rae 31	37:08
M40 Paul Gronke	36:35
Mark Reeve	38:55
Daniel Waltz	41:06
M45 Richard Pancher	35:58
Russell Schlager	37:10
Gary Sussman	37:36
M50 Larry Mays	38:47
Allen Boyce	39:18
Jon McNulty	42:02
M55 Philip Rossi	41:15
Dick Sawaya	43:35
Bill Parker	47:02
M60 Jack Barnes	58:21
Douglas Freeman	59:37
M65 Edward Bender	51:20
Peter Chao	53:54
Vaughn Martin	56:01
M70 Dave Harrison	49:50
Ken Harding	1:11:35
W40 Alyssa Tower	39:02
Carolyn Delany-Reif	46:35
Robyn Stewart	49:56
W45 Jenny Teppo	38:13
Ann Zink	51:08
Kathleen Hansa	53:51
W50 Jean Bryant	48:07
Darby Burroughs	53:28
Sarah Abernathy	54:46
W55 Levi Query	47:19
Kathleen Springstead	57:28
Jean Ice	59:42
W60 Carole Kilgore	1:04:09
5K Overall	
Ahrin Bauman 31	15:15
Anne Davis 24	18:11
M40 Dave Depew	17:53
Ron Wooding	19:10
Manuel Zagato	19:16
M45 Alan Knoop	16:36
Dave Clingan	16:47
Scott Kessler	19:21

RACEWALKING

St. Patrick's Day 5K Racewalk, Central Park NYC; March 7

Overall	
Paul Schwartzberg 37	24:09
Jennifer Marlborough 31	30:27
M30 Paul Schwartzberg	24:09
M40 David Wolf	28:44
M45 Alexis Davidson	28:10
M50 Vlado Haluska	26:24
M55 Nicholas Bdera	24:47
M60 Edoardo Sorrenti	33:24
M65 Zbigiriyev Stasik	35:29
M70 Daniel Pina	35:25
M75 Cervin Robinson	38:22
W30 Jennifer Marlborough	30:27
W40 Karen Bdera	38:29
W45 Pat Motschwiller	31:34
W50 Ruth Gersch	35:09
W60 Ora Julie	36:54
W75 Pearl Jones	48:29

Bill Mathews Memorial/ Florida 5K

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