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

321st Issue

May 2005

\$3.00

21 World and 39 U.S. Records Set at 31st Indoor Nationals in Boise



Medalists in the M60 and M65 high jump with meet official Mel Hanssen (I to r): Ron Colliver, M60 second, Emil Pawlik, M65 first (1.40), Frank Condon, M60 third, Barry Kline, M60 first (1.45), Ralph Reiche, M65 second, and Bruce Mills, M65 third, National Masters Indoor Championships, Boise,

Joyce Outkicks St. Geme Pope Finally Wins at Carlsbad

By SUSANNAH BECK

In the dim early minutes of April 3, Brian Pope, 42, Oxford, Miss., edged Danny Martinez, 43, Alhambra, Calif., 14:57 to 15:01 in the men's masters event at the Carlsbad 5000, Carlsbad, Calif., the first race of nineteen that day.

Pope was fourth in 2003 and second in 2004. 2005 has been a bit of a "slump" for Pope, and Martinez had beaten him twice this spring, so Pope's hopes weren't too high.

"I took some beatings over the past

VICTOR SAILER / PHOTO RUN Monica Joyce (I) and Ceci St. Geme, Carlsbad

few months," Pope told the North County Times. "I was able to work some things out. I'm hopefully over my bad slump. I knew I was going to run better, but I didn't think I'd beat him."

Pope took home \$1000 for his win, but pointed out to the San Diego Union Tribune that it cost him \$500 to get

In the women's masters race, twotime defending champion and former Irish Olympian Monica Joyce, 46, Plymouth, Mich., held off former track star and uber-mom Ceci St. Geme, 41, Newport Beach, Calif., in a dogged, determined race, 17:07 to 17:14.

Joyce set a single-age record in the process, and called it "my hardest masters race in years." St. Geme, nee Hopp, improved by a minute over her time here last year, 18:04, and, incidentally, still holds the U.S. junior 3000m record (8:57, 1982).

Rich Burns, 50, Saugus, Calif., topped the M50, 16:14, just ahead of Dale Edward Campbell, 51, Fresno, Calif., 16:22. Jim Gorman, 56, Palo Alto, Calif., 17:33, nipped Dave Dooley, 58, Erie, Colo., for the M55

Canadian Herb Phillips, 64, Burnaby, B.C., graced the M60 with an 18:11, while Minnesotan Thom Weddle, 66, Minneapolis, chocked up another M65 win, 19:40.

Jim McCown, 83, San Diego, and Stanley Coombs, 81, Pismo Beach, By JERRY WOJCIK

The site was different from last year, as were many of the entrants, but the results were about the same.

After nine straight years in Boston, the USA National Masters Indoor Championships headed to the Northwest, specifically Boise, Idaho, and more specifically, the Jacksons Track in Nampa, Idaho, on March 11-13.

The meet drew 593 men and women entrants age 30-and-over, who competed in five-year age groups through 90-94. Last year, in Boston, the Championships had 726 entrants.

Some East Coast big names weren't entered, but the change of locale gave others from the Northwest and West Coast who haven't gone to Boston a chance at national titles.

Twenty-one world records and 39 U.S. age-group records were set. In the 2004 Championships, 28 world and 30 national records were revised.

Mel Larsen, M80, led the attack on world records with three, 60m (9.27), 200 (31.86), and 60H (11.10). "I was surprised at my 200 time without being pressed. The 60 hurdles can be tricky, but I was pleased with my time.



National Masters Index Championships

"I could have used my competition in the 60 meters, and I didn't get a good start. That'll be a lesson for next time. Overall, I was pleased with the results," he said after the meet.

Continued on page 15

JUST IN: Joshua Kipkemboi, 46, Kenya, in 2:19:28, and Madina Biktagirova, 40, Russia, with a fifth-woman 2:32:41, were the masters winners in the 109th Boston Marathon. Story and results in the June issue.

Loken Tops Robertz at More Marathon

By SUSANNAH BECK

Susan Loken, 41, Phoenix, Ariz., 2:45:35, ran away from Janet Robertz, 45, Shorewood, Minn., 2:48:59, at the seven-mile mark to win the women masters-only More Marathon in hilly Central Park,

VICTOR SAILER / PHOTO RUN

Susan Loken, 41, winner, More Marathon.

Loken and Robertz are familiar competitors and hugged at the starting line. Last October they went one-two at the USA

New York City,

April 10.

Masters Marathon Championships in Minneapolis, with their places reversed. Since then, Loken has been through the wringer, with a complicat-

Continued on page 21

INSIDE:

- National Champions - p. 16
- p. 18 Paul Spangler 8K
- p. 21 · Gate River Run

91404-2204 NUYS CA

Continued on page 21

May 2005

CONTENTS

DEPARTMENTS

USATF Officers
Letters to the Editor4
NMN Sustainers4
Track & Field Report5
Third Wind
Five Years Ago7
The Foot Beat
Speaker's Corner9
NMN Contacts 9
Ten Years Ago9
Racewalking10
Racewalking
On the Run
Fifteen Years Ago12
Twenty Years Ago13
The Weight Room14
Training Advice
WMA/USATF Specs19
Rankings Report20
Report from Britain24
Masters Scene
Schedule
Twenty-Five Years Ago28
New Age-Group Athletes 28
All-American Athletes 29
Results

FEATURES

Indoor Nationals1
Carlsbad 50001
More Marathon1
Pending A-G Records15
National Indoor Champions 116
Paul Spangler Memorial 8K 18
Outdoor Nationals Preview .19
LeBourne Breaks 800 Record 20
Can Walking Jog Memory? .20
Gate River Run21
State Street Mile Preview21
Too Much Water
Record Application Forms23
European Records24
Whitlock Beats Ruter 24

ENTRY FORMS/RACE & PRODUCT INFO

M-F Athletic
NMN Subscription Form4
San Clemente Meet5
Cotton Row Run6
Hayward Classic
Ridgewood Run8
Champions for Life8
Montana Senior Olympics 8
Huntsman Senior Games9
Fax a Sub11
Long & Strong Journal11
Grand Prix Series12
How to be a Champion12
Publications Order Form13
Nationals - Hawaii14
BTC Classic
GSAC/Randolph Classic17
National 8K
Ocean State Senior Olympics .19
Music City Distance Carnival 19
Track & Field News 20
State Street Mile21
World Masters Games24
Twin Cities Marathon39
New Balance40

ATIONAL MASTERS NE

Publisher: Suzy Hess Editor: Jerry Wojcik Senior Editor: Angela Egremont Assistant Editors: Susannah Beck, Jane Dods Consultant: Al Sheahen SUBSCRIPTION PROBLEMS: 818-286-3129 National Masters News Office (Editorial): P.O. Box 50098 Eugene, OR 97405

541-343-7716; Fax: 541-345-2436 e-mail: natmanews@aol.com Masters Web Sites: www.nationalmastersnews.com

www.usatf.org www.masterstrack.com www.runningusa.org www.world-masters-athletics.org

Schedule: Jerry Wojcik, jerrywoj@aol.com Advertising Representative: Suzy Hess, 541-343-7716

Production: Angela Egremont Printing: Springfield News, Springfield, Oregon Track & Field Records: Sandy Pashkin, Pete Mundle, Brian Oxley

Long Distance Records: Road Running Information Center (see below)

Racewalking Records: Bev LaVeck

Track & Field Rankings: Dave Clingan, Larry Patz Contributors: Phil Campbell, Hal Higdon, Dr. John Pagliano, Mike Tymn, Elaine Ward

Correspondents: Ruth Anderson (OR), George Banker Carol Langenbach (WA), Ron Marinucci (MI), Marilyn Mitchell (NY), Paul Murray (NY), Jim Oaks (AL), Mike reliable sources. However, the opinions expressed by

Polansky (NY), Phil Raschker (GA), Ken Stone (CA), individuals or advertisers are their own. No state Pete Taylor (VA), Mike Tymn (OR).

(CHI), Ron Bell (GBR), Leo Benning (RSA), Torsten Carlius (SWE), Bridget Cushen (GBR), Martin Duff (GBR), Douglas Smith (CAN), Jim Tobin (NZL).

Photographers: George Banker (MD), Suzy Hess (OR), Mike Polansky (NY), Vic Sailer (NY), Douglas Smith (CAN), Tesh Teshima (HI), Thom Weddle (MN), Jerry Wojcik (OR).

Creative Art: Eugene Paasinen, Herb Parsons

The National Masters News (ISSN-07442416) is published monthly, with an annual subscription rate of \$28.00. Main office address: 2791 Oak Alley, Suite 5, Eugene, OR 97405. Periodicals postage paid at Eugene, OR 97401.

The National Masters News is an official publication of USA Track & Field and of World Masters Athletics. As an independent publication, its editorial policy is not necessarily that of USATF or WMA.

Executive Officers of USATF: Bill Roe, President; Craig Masback, Executive Director.

To inquire about a USATF card, call USATF in your area, or 317-261-0500.

NMN welcomes contributions - results, schedule info., photos, letters, articles, and opinions. Manuscripts should be typed and double-spaced. Results should be typed, single-spaced. Please include a stamped, self-addressed envelope if return is desired. E-mail to natmanews@aol.com is acceptable. (MD), Bob Fine (FL), Paul Heitzman (KS), Bob Koch (CA), Disclaimer: All advertisements and articles printed in the National Masters News are believed to be from

ments made in any advertisement or article are to be International Correspondents: Jorge Alzamora necessarily construed as a recommendation or an endorsement by NMN.

Advertising information and rates: Please call 541-343-7716 and request current rate card. Send all printed material and ad copy to: Suzy Hess, NMN, P.O. Box 50098, Eugene, OR 97405, or e-mail to nat manews@aol.com. Closing date for all copy and ad space reservations is the 10th of the month prior to the cover date.

Mailing: The issue is mailed the last week of the month prior to the cover date.

Postmaster: Send address changes to: National Masters News, P.O. Box 16597, No. Hollywood, CA

Subscriptions: A one-year subscription (12 issues) is \$28.00 (mailed 2nd class). Add \$17 for 1st class (USA & Canada) or \$20 for foreign air mail. Please send all correspondence on subscriptions to NMN. P.O. Box 16597, No. Hollywood, CA 91615. 818/286-

Address change: At least four weeks is required for a change of address. Please furnish your new address and an old label from a recent issue to the Subscription Dept.

No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior written permission of the publisher. National Masters News Copyright © 2004.

NATIONAL MASTERS OFFICERS OF USA TRACK & FIELD

561-499-3370 George Mathews 9787 N. Country Club Dr. Hayden Lake, ID 83835 208-772-8686 (H) 208-772-8662 (F) christelhsv@hotmail.com Vice-Chair: Suzy Hess Midwest: P.O. Box 5272 Eugene, OR 97405 541-343-7716 (W) Jim O'Neill 1149 Sheldon Road Grand Haven, MI 49417 616-844-1768 541-345-2436 (F) 616-743-5920 (F) mtfvicechair@aol.com jimo1149@mac.com outhwest: Lester Mount (See Secretary) Lester Mount 6750 Hillcrest Plaza Dr., #221 Dallas, TX 75230 West: Mark Cleary 214-766-2854

lestermount@yahoo.com Treasurer: Joy MacDonald 1928 No. Sleepy Creek Rd. Cross Junction, VA 22625 540-888-3110 (F) 540-888-9961 (F) ftlredskin@aol.com

Regional Coordinators:

Ray Feick 2987 Lutheran Rd. Gilbertsville, PA 19525 610-754-6007 FFeick@earthlink.net

Bob Fine 3250 Lakeview Blvd. Delray Beach, FL 33445

bobfine@bellsouth.net
Mid-America:
Christel and Jerry Donley
2354 Wood Ave. Colorado Springs, CO 80907 719-635-1264

18 Charca Rancho Santa Margarita, CA 92688 949-589-0242 runnermark@cox.net

Northwest: Todd Taylor 1320 Boardwalk Avenue Molalla, OR 97038 503-829-5395 nbk7u78@hotmail.com Active Athletes Representative:

Becky Sisley 310 E. 48th Ave. Eugene, OR 97405 541-342-3113 sisley@darkwing.uoregon.edu

All American Standards: Bob Cahners 4535 Lighthouse Lane Naples, FL 34112 239-793-4574 (H)

239-793-5744 (W) Awards: Phil Byrne

239 Barton Aven Palm Beach, FL 33480 561-659-1189 617-513-2928 (cell) omb02129@aol.com Championships Games Sandy Pashkin

2525 Willakenzie, Apt. 4 Eugene, OR 97401 spashkin@aol.com Championships Sites: Ken Weinhel

Seattle, WA 98116 206-938-3895 (H) Combined-Events: Jeff Watry 3224 CR 2700E Penfield, IL 61862 217-367-8438 (W)

jwatry@gillathletics.com

Law Chair Tom Light P.O. Box 1550 Chugiak, AK 99567 907-694-4623 (H) 907-786-7431 (W) 907-786-7401 (Fax)

Masters Invitational Program: Mark Cleary (see West above) Media Subcommittee: Robert Weiner, Chair

301-283-0821 301-283-6056 (F)

Racewalking: Bob Fine (See Southeast) Rankings (Indoor): Larry Patz 534 Gould Hill Rd Contoocook, NH 03229 indoorrankings@aol.com

All rights reserved.

Rankings (Outdoor): Dave Clingan 1849 SE 20th Portland, OR 97214 503-231-6345 xroads@xro.com www.mastersrankings.com

Sandy Pashkin (address above) Records (Single-Age): 3955 Bentley Avenue Culver City, CA 90232 pmundle@juno.com Records (World): * Brian Oxley RR#1, 259 McDougall Rd

Records (5-Year):

Parry Sound, Ont. P2A 2W7 Canada 705-746-4942 705-746-9748 (F) brianoxley@sympat Records - Racewalk: Rev LaVeck

Mazama, WA 98833

bevlaveck@methow.com Rules Coordinator: Graeme Shirley 11212 Via Carroza San Diego, CA 92124 858-292-6132 Team Manager:

Phil Greenwald 101 W. 81st St., #718 New York, NY 10024-7237 212-595-2486 (H, F) 212-599-2486 (H, F) GreenwaldP@att.net Chair Appointee: Rex Harvey 6744 Connecticut Colony Cir. Mentor, OH 44060 440-255-0751

440-954-8122 (W) 440-954-8111 (F) 440-339-5688 (C) rexjh@aol.com Weight Events: Dick Hotchkiss 14005 Meadow Dr

Grass Valley, CA 95945 530-273-3660 ashglaze42@hotmail.com WMA Delegates: George Mathews Sandy Pashkin Frank Lulich

Alternates: Mark Cleary Rob Cahner Marilyn Mitchell Joanne Petkus WMA Women Christel Donley
Becky Sisley
Non-USATF officer

NATIONAL MASTERS OFFICERS OF USA LONG DISTANCE RUNNING

Norm Green 407 Freedom Blvd. West Brandywine, PA 19320-1559 610-466-9198 (F) runrnorm@comcast.net Secretary: Lloyd Stephenson P.O. Box 170266 San Francisco, CA 94117 415-759-6194 fstmstr@mac.com

Vice-Chair: John Boyle P.O. Box 1700 386-736-0002

Don Lein

DeLand, FL 32721 386-740-1047 (F) jboyle@altavistasports.com

13 Crosswinds Estates ittsboro, NC 27312 919-542-4790: 542-5157 (F) Road Records & Rankings:

Linda Honikman Ryan Lamppa, Road Running Information Center 385 Oak View Ln. Santa Barbara, CA 93111 805-696-6232 efax 419-818-3931

www.runningusa.org Law and Legislation: 102 West 80th St., Apt. 23 New York, N.Y., 10024-6303 212-874-0822 (H) 212-758-2104 (W) 212-308-8582 (F) mvrosadoesq@prodigy.net

WMA Delegate: Charles DesJardins P.O. Box 2281 Carson City, NV 89702-2281 775-884-9448 CRDJ@intergwest.com Rules Coordinator: David Katz

P.O. Box 822 Port Washington, NY 11050 516-883-5599 katz@first.com

Championships: John Boyle (See above) Championship Stats:

Norm Green (see above) Marketing Representatives: Don Lein (address above)

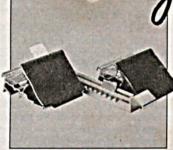
Jack Wing 4038 East 48th St. Tulsa, OK 74135 918-742-5418 (H, W, F) 918-292-2860 (F) Cross-Country Representative: Bill Quinlisk 412 Humboldt St. Rochester, NY 14610-1113 billq@frontiemet.net 585-482-6371 Mountain, Ultra, Trail Representatives: Lorraine Gersitz (ultra rep) 714-526-5340 bruceandlo@earthlink.net William Emerson (trail rep) wemerson@hotmail.com Dave Dunham (mountain rep) david a dunham@irs.gov Roy Pirrung (vice chair) ultraone@charter.net

Team Manager Charles DesJardins (see above)

the Maintena

SuperSource for Entering







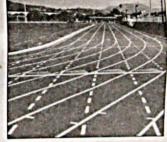












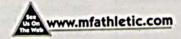






Call for our 2005 Track & Field Catalog. 800-556-7464 M-F ATHLETIC COMPANY

P.O. Box 8090 Cranston, RI 02920-0090 Toll-Free 800-556-7464 Fax: 800-682-6950





Our Annual Bumper Sticker is FREE for the asking. Address Letters to: National Masters News P.O. Box 50098, Eugene, OR 97405 or E-mail: natmanews@aol.com

OUTSTANDING ATHLETE

After being honored as Outstanding Athlete in my age-group for 2004 by the USATF LDR committee, I now think I have earned the right to offer suggestions to other senior runners and here is an example. This concerns a subject I see rarely mentioned in the writings by and to younger athletes ... hyperventilating.

I have found that if I anticipate the conclusion of a race, such as a 5K with a plan to sprint the last 100m or so, I force myself to breathe deeply and more rapidly for the preceding 100m, and the kick becomes not only easier, but faster, and I still have plenty left.

I find that now I hyperventilate at about 300m and sprint the last 200 with nothing to lose but seconds off my times. Perhaps other older runners might like to try that formula and report back.

Incidentally, I enjoy slogans on my shirts, and the latest one (tell Chairman George Mathews) is: No, I'm not on steroids but thanks for asking!

George Whitney Orange, Connecticut

NATIONALS - BOISE

After recently competing at the Nationals in Boise, I would like to make some generalizations.

Since I live on the East Coast, my original thought process was, "Who wants to go to Boise?" After some soul searching, I thought, "What the heck!"

I've never been to Idaho before, but I must say one thing, I'm glad I made the decision to attend, and was pleasantly surprised. What an extremely clean city and overall extremely hospitable citizenry.

Regarding the meet, I felt it was well managed. Although there were some glitches in the shuttle system from the hotels to Nampa, I feel that it is something that can be worked out. Also, the medals were some of the finest I have ever seen.

My opinion is that I wouldn't mind seeing the masters alternate every year between Boise and Boston.

Burt Hughes Shiremanstown, Pennsylvania

GOING METRIC

Am I really reading that Joseph More (April NMN) thinks Americans will never think metrically? Come on, it's the 21st century. It is possible to move to metric. We managed it in Britain.

Back in the 1970s, when we changed both our currency from 12 pennies make a shilling and 20 shillings make a pound to 100 pennies make a pound and feet and inches to metric, it was confusing for a while and, yes, pensioners found it hard at first, but we have mastered it.

Being an insular island race on the fringe of Europe we do things our own way.

We mix and match. We still drive in miles but our petrol (gas) is sold in litres (that is harder). European rules say we must buy butter and cheese, etc., in kilos, but we can still ask for half a pound of cheese at the counter – it is weighed in metric equivalent.

Sustainers for May 2005

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:

Steven Bowles
Howard Byers
Terry Cannon
James Dolezel
John King
Audrey Lary
Noah Levingston
Shirley Matson
Richard Sander

Henderson, Nevada
Deerfield, Illinois
Santa Maria, California
Midwest City, Oklahoma
Portland, Oregon
Frederick, Maryland
Reno, Nevada
Larkspur, California
Metarie, Louisiana

Now that is confusing.

When we changed, I found that for about six months I felt I had to convert distances/heights back to feet & inches, but then it all fell into place. To say it is confusing is really rather feeble.

Those masters who compete outside the U.S. or in National Championships are working in meters. It is only Senior Games, to my knowledge, along with other smaller competitions. that use feet and inches.

Some of you say it would be confusing or hard for people to understand. That doesn't say much for American intelligence! I suspect the real reason is laziness.

You are such a large country, you do not have the same need to think metric until you go to Mexico or Canada.

Don't get me wrong, I love coming to compete with you all in the States, and it's not hard to drop back into old-fashioned ways, but I do think you should make the effort to become "bilingual" in measurements!

After all, I think I'm right in saying you are the only country in the world, apart from your doctors, engineers and scientists, still using the old linear measurements. Why not come and join us? You could think about driving on our side of the road!

Margery Swinton Northern fringes of Scotland Great Britain

Mike Tymn's column is one of my favorite parts of National Masters News, but on the subject of going metric I have to disagree with him. The metric system is a good thing, as difficult as it may be for us old folks.

If those of us in favor of going metric are to win this war, it won't be at the masters level. Rather it will take place first at the youth level, then among open athletes.

Going metric is a paradigm shift, concerning which the great German scientist Max Planck said: "A new scientific truth does not triumph by convincing its opponents and making them see the light, but rather because its opponents eventually die, and a

new generation grows up that is familiar with it."

Seth D. Bergmann Glassboro, New Jersey

MASTERS IN TROUBLE

I want to congratulate the NMN for printing the letter from Michael Vaught in the April issue. I myself have been wondering when the "masters movement" is (if ever) going to wake up.

I have participated in masters meets all year long, indoor and outdoor, since 1996. In the last four or five years, I noticed that participation in all of those meets has declined significantly. Am I to believe that no one is aware of this fact?

I read Chairman George Mathews' annual report with disbelief ... things are going good with masters? No one is perfect, but the masters movement is not growing and is far from vital.

We should pay close attention to Mr. Vaught's insightful comments and stop congratulating ourselves. Masters track, based on my experiences in it, is in trouble.

Francis A. Schiro New York City

In response to Michael Vaught's letter (April NMN) about his experiences in masters meets, I also feel that the Senior Games are just about done. Rhode Island in the '90s had 600-800 participants. Now, we can't get three people in the same age-group to run against and have to combine three age-groups to fill the lanes.

Yes, the same people take home the medals. I've got over a hundred, but I don't even bother to enter meets any more. I'd rather go to the local school with a club we formed and throw. We all save lots of cash, have fun and good exercise, and we buy gear for kids who can't afford it.

The guys who get the medals are hard workers and will help you get better. I've learned a lot from Ray Feick and Bill Garrahan, who I've found to be really great people.

Don Hudson Attleboro, Massachusetts



Boise Me

ur 2005 USA M books. I believe the future if the l for 2008. I, for one, ho

We had many fantast es which I will leave for Masters News to reportions to one and all!

Having this meet retu after a long absence rea letes in this part of the have been unable to tra Coast for various reaso first-class venue and exp management to put on meet. Not that it was problems, but, overall, it

Any time you hold a magnitude for the first ti be some kinks. They out, and hopefully every fied. The more times we the same venue, the bett have witnessed this in B years.

Many thanks to Sand the Games Committee doing a tremendous job conduct of the meet.

The event also feat official club scoring. The a great amount of between the clubs. We athletes participating a for their clubs in the would include club unit Congratulations to all vas a club member.

Maybe the most in prior to this meet was it strategic planning meet Masters Committee Exc Board members in att Becky Sisley, Suzy Mathews, Ray Feick, B Cleary, Ken Weinbel Pashkin. The meeting wunder the fantastic prof Todd Taylor. Also in at NMN Editor Jerry Woldtochkiss, Masters Coordinator.

This group worked hours behind closed do late the initial strate USATF Masters Track to thank them for all th

I will attempt to pre of this activity. The a ment will appear on th of the USATF Web s free to provide any have to this "process."

Strategic Planning
Stage One: Creat
statement. Our propos
statement is as follow
and promote safe, of
competitive opportun

NATIONAL MASTERS NEWS Subscription Form

The National Masters News is the official world and U.S. publication for masters track & field, long distance running and racewalking. It contains information you can't get anywhere else. Subscribe Now.

(USA, Canad	a,.	1st Class rat	es:			☐ Payment
Mexico)		(USA, Canad	da,	Foreign rat	es:	enclosed
□ 6 months	\$16	Mexico)		(Air mail)		☐ Bill me later
☐ 1 Year	\$28	☐ 1 Year	\$45	□ 1 Year	\$48	□ \$ as a
☐ 2 Years	\$52	2 Years	\$86			
3 Years	\$75	3 Years				to your worl
Name						Alex Mad
Address	-					
City				State		Zip
Send to: Nati	ional N	lasters News				mos.5
Sub	scriptio	on Dept.			Or Ca	II:
P.O	Box 1	6597			818-28	86-3129
Nor	th Hol	ywood, CA 91	615-6597			CZZ



Track & Field Report

By GEORGE MATHEWS Chairman, USATF Masters Track & Field

Boise Meet and Masters Strategic Plan

ur 2005 USA Masters Indoor Championships in Boise, Idaho, is in the books. I believe most competitors had a great experience and will return in the future if the Local Organizing Committee, as they seem inclined, bids for 2008. I, for one, hope they do.

We had many fantastic performances which I will leave for the National Masters News to report. Congratulations to one and all!

Having this meet return to the West after a long absence really helped athletes in this part of the country who have been unable to travel to the East Coast for various reasons. We had a first-class venue and experienced meet management to put on this important meet. Not that it was without some problems, but, overall, it went well.

Any time you hold a meet of this magnitude for the first time, there will be some kinks. They were worked out, and hopefully everyone was satisfied. The more times we have a meet at the same venue, the better it gets. We have witnessed this in Boston over the

Many thanks to Sandy Pashkin and the Games Committee for once again doing a tremendous job overseeing the conduct of the meet.

The event also featured our first official club scoring. There seemed to be a great amount of competition between the clubs. We hope to see all athletes participating and competing for their clubs in the future. This would include club uniforms, I hope. Congratulations to all who competed as a club member.

Maybe the most important event prior to this meet was the first of two strategic planning meetings by the Masters Committee Executive Board. Board members in attendance were Becky Sisley, Suzy Hess, George Mathews, Ray Feick, Bob Fine, Mark Cleary, Ken Weinbel, and Sandy Pashkin. The meeting were facilitated under the fantastic professionalism of Todd Taylor. Also in attendance were NMN Editor Jerry Wojcik, and Dick Hotchkiss, Masters Weight Event Coordinator.

This group worked for over seven hours behind closed doors, to formulate the initial strategic plan for USATF Masters Track & Field. I want to thank them for all their hard work.

I will attempt to present a synopsis of this activity. The complete document will appear on the Masters page of the USATF Web site. Please feel free to provide any input you may have to this "process."

Strategic Planning Process

Stage One: Creating a mission statement. Our proposed new mission statement is as follows: To provide and promote safe, quality, lifetime competitive opportunities for masters athletes at all levels and recognize their accomplishments and practice diversity in all levels of our activities.

Our organizational structure was identified as Governance, Competitions, Recognition and Promotion. Components of each were defined.

An Environmental Scan and SWOT Analysis was developed. The following internal Strengths and Weaknesses within our operating environment were the result of this activity.

Strengths: Lifetime sport-health and wellness recognition; quality of volunteers; service provided by USATF; organizational structure in place for Masters Track & Field; recognition programs for athletes; National Masters News; high quality of national events; support for international competition (WMA).

Weaknesses: Financial dependence on USATF; access to facilities for practice and meets; general public awareness; strong and active marketing; membership growth; utilizing membership resources-skills and finances; cooperation with other organizations (National Senior Games, etc.); grass roots programs (clubs, etc.); alliance with youth programs; variation among associations and regions.

Critical Issues

As the starting point for development of priorities and action plans to move USATF masters forward, several critical issues were isolated that must be addressed to ensure continued survival, market positioning and prominence.

Finances: Be in a position to be financially independent from the internal funding structure of USATF by increasing the amount and number of sources for outside funding of programs and activities. Masters Track & Field must be able to leverage the advantages of its association with USATF, but not be forced to abandon programs and activities desired by masters members due to changing or shifting priorities of USATF.

Marketing: A strong and active marketing program must be developed that creates general public awareness of Masters Track & Field, while also promoting and publicizing our competitions and activities. The program must build a value statement which will cause commercial investment in our mission.

Grass Roots Programs: Encourage local associations and regions to actively promote and recognize opportunities for Masters Track & Field.

Clubs: Encourage member participation in clubs and promote inter-club championships at the association and regional levels.

Associations: Encourage and provide support resources to associations to ensure that association championships are held.

Goals, Objectives and Strategies In the limited time frame available, only two critical issues were addressed: finances and marketing. In order to complete the plan, there must be an assigned accountability, or a manager for each strategy with an associated time frame for completion and key tasks or milestones to be

achieved. **Finances**

Goals: (1) Become financially independent from USATF within one to three years, and (2) increase the number and amount of external funding resources.

Objectives and Strategies: (1) Obtain an additional \$25,000 within one year (FY 2006) to meet the projected budget gap; (2) secure a title sponsor for both indoor and outdoor national championships; (3) generate an additional \$70,000/yr. revenue through a \$10 increase in USATF masters membership fees; (4) solicit the membership for additional funding, especially through the use of endowments and insurance gifting; (5) in

addition to title sponsors for national events, secure corporate sponsors for general funding and specific activities, e.g., BENGAY, masters invitational program, rankings, etc.; (6) solicit the membership for specific contacts within corporations for funding; and (7) leverage USATF national office expertise for financial opportunities.

Marketing

Goals: (1) Increase general public awareness about USATF masters, and (2) increase media publicity about USATF masters at the national, regional and local levels.

Objectives and Strategies: (1) Develop and distribute a masters-specific media kit for local and regional promotion and publicity; (2) position and write articles for national publications in general and masters athlete demographics; (3) cooperative mailing programs with other associations and organizations; e.g., AARP, YMCA, 24-Hour Fitness, etc.; (4) develop a speaker's kit for use by members at service clubs, e.g., Rotary, Kiwanis, etc.; (5) increase exposure at local running stores; (6) appoint an experienced marketing professional member/volunteer to lead this initiative.

This is all we could accomplish in the limited period of time. The Executive Board will be working on what we have so far and will finish the plan at our next meeting in Honolulu on Aug. 3. 🔾

Saturday, May 28, 2005, San Clemente High School San Clemente, CA

AGE: 30+ for men and women, 5 year age groups

DIRECTIONS: Located between L.A. & San Diego (5 Frwy, Exit Pico). 30 minutes south of Orange County Airport. FACILITIES: New all-weather track, runways, high jump apron. <u>SPIKES: 3/16* Needle</u> AWARDS: Medals to first three ACCOMMODATIONS: Many hotels/motels and restaurants within 5 minutes of campus.

ENTRY FEES: \$20 for first event (includes "T" shirt), \$5 for second event and per each additional event LATE ENTRIES: Accepted on the day of the meet, but you <u>must</u> enter at least one hour prior to events to ensure en \$10 Late Fee is additional to other fees. No late fee if entry post marked by May 20, 2005.

NO REFUNDS: All proceeds go to San Clemente H. S. Trock and Field Teams and used for new track equipment.

USATF Sanctioned Meet. You must have a valid 2005 USATF Card. Fully Automatic Timing System

Time	Event	"X" E	vents	Time			Events	Time	Event	"X" Ever	nts
10:00 am	Shot Put	No. of the		10:00 am	5K Race 1	Walk	0	3:30 pm	200m		O
10.00 din	Pole Vault	O. R.C.	0	The state of the s		-	PARTY !	4:15 pm	300/400m	Hurdles	0
	High Jump (3	' Start	ō	11:30 am	SK Pun		0	4:30 pm	Family Relay	SHILLING	0
12:00	Discus	Jiding	ō	12:30 pm	80/100/	110m Hu	rdles 🗆	4-220-04	No California		
12.00	Long Jump		ā	1:15 pm		1 10111, 110		1 X 1 A 1 A 1			
	High Jump (S' Start	ō	2:00 pm			ō	10 2/2			
2:00 pm			0	2:30 pm	400m		0				
2.00 p	Javelin		0	3:00 pm	800m		0				

NAME	Complete, sign, date a	nd mail with	"Events"	checked AGE	DOB_	127 100
ADDRESS	The special	_ CITY			_st	ZIP
PHONE_	FAX.L.	g The	EMAIL		and the	Park Call
2005 USATF #		The state of				io an

T-SHIRT SIZE: (Circle size of shirt) M L XL XXL AMOUNT ENCLOSED:\$

PAYABLE AND MAIL TO: San Clemente High School Track Team, 700 Avenide Pice, San Clemente, CA 9267

Attention: Dan Johnson, Track Ceach You may contact Dan Johnson et (949) 492-4165 extr 2946

ATHLETE'S WAIVER: In consideration of your acceptance of my entry, I hereby for myself and executors waive, release and forever discharge any and all claims for damages which I may have, or may hereafter accrue, against San Clemente High School, Capistrano Unified School District, coaches, the meet directors, field officials, volunteers, and all other sponsors and sports facilities or their officials or agents. I certify that my level of training is such that I am prepared to compete and recognize the right of any duly authorized members of the medical staff to require my withdrawal from competition, and will do so if directed.

1	THE RESERVE OF THE PERSON NAMED IN COLUMN TWO IS NOT THE OWNER, THE PERSON NAMED IN COLUMN TWO IS NOT THE OWNER.	
ı	Add and Classical	Date
1	Athlete's Signature	



Third Wind

By MIKE TYMN

298 and Counting....

This column began in August 1980, which means that the July issue will make 25 years and 300 columns for me. I thought I'd take a break for the next few months and draw some selected quotes from past columns. Here are some from 1980-84.

What a crazy idea: "I recognized that I had a lot of pent-up energy that wasn't being expended. I tried swimming, but that didn't work. Then a niece suggested that I try jogging. At first, I thought it was a crazy idea." -Marion Irvine, the "flying nun."

Masochism is good: "There were prickly burrs, some with long needles, all over the place (at the Portsea training camp, where they trained barefoot). When you'd step on one of them, you'd really dance. Mental toughness was something that Percy (Cerutty) stressed and that was one of the ways he had of toughening you up." - Albert Thomas, former WR holder at two and three miles.

Take a break: "If there is one aspect where age has affected my training and racing, it is in the recovery from hard workouts and tough races. After both, I take it easy for at least two days, longer after a hard 15K race." - Ray Hatton, at age 49.

What might have been: "If I had known 30 years ago what I know now about training, I would have been a lot more successful. Nobody knew how to train back in the '50s and a lot of what I did was trial and error with a lot of error built in." - Hal Higdon

Down with the marathon: "My dislike for marathons has grown stronger in recent years. Maybe it's because too much emphasis is placed on marathon times and this results in good performances at other distances being overlooked." - Ken Mueller

Getting over the urge: "I had the urge to run one, just to see what it was like, but when you're my age your body won't permit the high mileage training necessary for good performance in the marathon." - Hal Chapson, at age 79.

Get the lead out: "Some fast, some moderate, no slow." - Antonio Villanueva, 29:52 10,000 at age 40 in the New Zealand world games on his training.

Don't take any chances: "With more and harder practice, I could probably run faster, but would run a good risk of breaking down and not running at all." - Herb Lorenz
Thanks, Dad: "I regard life as an

exploration, an adventure. Without the proper routes - in my case, high school track, building boats, practicing the violin, painting, combat flying, medical school, medical practice, racing cars - my present running program might be difficult, possibly without pleasure. As my dad said, we learn little from what we do right, but much

from our mistakes." - Alex Ratelle
Settle down: "One thing about training and racing seriously after age 40 is that you don't have the distractions now that you do when you're younger. I've been through 'neon fever' and 'checkers disease' - checking the bars and bright lights - and I know now that is not where it's at for

me." - Dan Conway
Easy is better: "I was training hard, but kept getting slower. Now I realize that it was because we didn't build a distance base. We did intervals five days a week, which we now know is not the way." - Cindy Dalrymple Not so cool running: "I think the

heat here (in Hawaii) costs you 30-45 seconds at 10K and about five minutes in the marathon." - Jeremy Clark (May '82)

Make the most of your training time: "The best place to find money is in the gutters around bars." - Jim Gallup

Listen to your wife: "I had been away from the booze for about two years, but I was bored and started going back to it. My wife suggested that I take up jogging so that I'd have something to do, but I told her that was for the birds. She kept after me until I finally agreed to give it a try." - Sal

Don't pound the pavement: "I thought of running on the road as something that one does only when ice, snow, or rain prevents track workouts." - Norm Green

Filling the void: "I was happily married, had three lovely girls, and a good job, but something was missing in my life. Running filled the void. I've always loved nature - walking, hiking, that sort of thing, so it was natural." - Margaret Miller

Never insult a runner: "I'm annoyed by people who refer to me as a jogger or a marathoner." - George

Where have you gone, Joe DiMaggio?: "Today, there is no room for part-time runners. Runners today must be supported and the entire lifestyle must be changed to meet the demands of training and racing. I don't think I'd want that." - John Landy, former WR holder in the mile.

Better to be a poor runner: "There are times when I feel guilty about letting running play such an important part in my life, but then I look around and see all these so-called prosperous people my age getting

divorces, ulcers, heart attacks, pot bellies, and all those other things that go with 'success' and I don't feel so bad. When I used to sell Nikes and Tigers out of my bedroom, I'd have doctors, lawyers, and business executives as customers, and they'd say, 'Faerber, you've really got it made'." - Johnny Faerber

Keep moving: "I had little to do and it was a good way to meet the best people in the world - namely, runners. Movement always appealed to me and 'use it or lose it' is a philosophy I believe in wholeheartedly." - Pat Dixon

Avoid the geezers: "I train with young people at the University of Michigan. The secret is with the intelligent youth." - Bill Stewart

Think young: "I think most people age mentally and then talk themselves into aging physically. They think they have to act old or what society tells them is old. One ages all right, but barring accidents and disease, I think the human body can function and perform far longer and more efficiently than what is thought of as the present day 'norm' for old. I think I have a little less ambition now, but I find more enjoyment in my running - Denny Meyer

Damn watch!: "I still have the same dimensions as at age 25 - 5-foot-9, 140 pounds, chest, waist, hip sizes all the same - and I feel like I could still run a 2:12 marathon or a 47minute 10 miles, but when I go out and try, although it feels like I'm doing

4:40 miling, the watch shows otherwise." - Jack Foster, at 50.

Some people had to work for a living: "But it wasn't like it is now. You didn't go to Colorado Springs and spend all your time training. You had to work back then. I had a job that kept me on the road quite a bit and I didn't have much time to train. After I failed to make the team for the '28 Olympics, I said this is it. I'm too old for this." - Horatio "Ray" Fitch, silver medalist to Eric Liddel in the '24 "Chariots of Fire" Olympics.

Save those legs: "Perhaps it's because I haven't had much athletic experience and haven't messed my muscles around. Maybe my legs are still young." - Priscilla Welch, on her success.

Times were tougher: "I'd say approximately two-tenths in the 100 and four- or five-tenths in the 200 over the best cinder tracks. Bad tracks were worse on me because I was a 'light' runner, not a 'power' runner." - Thane Baker, silver medalist in the '56 Olympic 100, on the difference in tracks then and now.

Level the playing field: "It used to be that our lifters did well because they were Americans. Now, it seems that because they're Americans they do lousy. I think this steroid thing has given our boys an excuse to fall back on." - Tommy Kono, three-time Olympic gold-medalist in weightlift-

(Mike Tymn can be contacted at METGAT@aol.com)



A southern tradition for masters continues on Memorial Day

May 30, 2005

26th Mercedes-Benz Cotton Row Run Huntsville, Alabama

Herb Lorenz, Dan Conway, Shirley Matson, Barry Brown, Nancy Grayson, Wilson Waigwa, Tatyana Pozdnyakova, John Tuttle, Andrew Masai, Brian Pope, and Ramilia Burangulova have won here. You could be next!

> Register online at www.active.com Download entry from at www.huntsvilletrackclub.org

> > Sponsored by Mercedes-Benz OF HUNTSVILLE



Marcus Battle (I), M45 triple and Todd Anderson, M35 le (5.72), National Masters Indo Boise, Idaho.

FIVE YEARS May 20

849 Athletes Set WRs at Masters ships in Boston

John Sinclair, Steve Scott, 43 14:57, for Masters

Six Masters Men Marathon Trials



George Cohen, third M65 (6 National Masters Indoor Ch Idaho.

Update Your (

An updated list clubs will be publ June issue. Change and deletions to the list, published in should be sent National Masters Box 50098, Eugen by fax: 541-345-2 manews@aol.con May 10 deadline.



JERRY WOJCIK
Marcus Battle (I), M45 triple jump winner (12.06)
and Todd Anderson, M35 long jump champion
(5.72), National Masters Indoor Championships,
Boise, Idaho.

FIVE YEARS AGO May 2000

*849 Athletes Set 35 Indoor WRs at Masters Championships in Boston

*John Sinclair, 42, Edges Steve Scott, 43, 14:54 to 14:57, for Masters 5K Title

Six Masters Men Qualify for Marathon Trials



George Cohen, third M65 (68.00) in the 400m, National Masters Indoor Championships, Boise, Idaho.

Update Your Club Info

An updated list of masters clubs will be published in the June issue. Changes, additions, and deletions to the most recent list, published in November, should be sent to "Clubs," National Masters News, P.O. Box 50098, Eugene, OR 97405; by fax: 541-345-2436; or to nat manews@aol.com before the May 10 deadline.



24th ANNUAL HAYWARD CLASSIC



Oregon Association - USATF Championships Eugene, OR - June 18 & 19, 2005

TRACK TIME 8:30 Javelin All W 9:00 Long lump M 30-59 / Hammer M 30-59 5K Racewalk 10:15 Long lump W 316 M60+ 10:30 Javelin M 60+ / Hammer All W 10:30 Migh lump M 30-64 6 W30-49 Age Graded Mile 11:00 2K Steeplechase 11:20 3K Steeplechase 11:20 3K Steeplechase 11:40 800 Meter Hurdles 12:05 Shot Put All W 6 M 30-59 100 Meter Hurdles 12:25 Mammer M 60+ 11:00 Meter Hurdles 12:05 Shot Put All W 6 M 30-59 11:00 11:5 Javelin M30-59 11:5 Mile Race-walk 11:45 200 Meters 12:30 4X 1500 Relay 12:45 15:50 Meters 1:20 (4X100m; 4X400m; 4X800m) Relays ENTRANTS IN RUINNING EVENTS MUST CHECKED IN 60 MIN. BEFOR IMPLEMENTS MUST MEET WMA STANDARDS. MUST BE CHECKED IN 60 MIN. BEFOR IMPLEMENTS MUST MEET WMA STANDARDS. MUST BE CHECKED IN 60 MIN. BEFOR IMPLEMENTS MUST MEET WMA STANDARDS. MUST BE CHECKED IN 60 MIN. BEFOR IMPLEMENTS MUST MEET WMA STANDARDS. MUST BE CHECKED IN 60 MIN. BEFOR IMPLEMENTS MUST MEET WMA STANDARDS. MUST BE CHECKED IN 60 MIN. BEFOR IMPLEMENTS MUST MEET WMA STANDARDS. MUST BE CHECKED IN 60 MIN. BEFOR IMPLEMENTS MUST MEET WMA STANDARDS. MUST BE CHECKED IN 60 MIN. BEFOR IMPLEMENTS MUST MEET WMA STANDARDS. MUST BE CHECKED IN 60 MIN. BEFOR IMPLEMENTS MUST MEET WMA STANDARDS. MUST BE CHECKED IN 60 MIN. BEFOR IMPLEMENTS MUST MEET WMA STANDARDS. MUST BE CHECKED IN 60 MIN. BEFOR IMPLEMENTS MUST MEET WMA STANDARDS. MUST BE CHECKED IN 60 MIN. BEFOR IMPLEMENTS MUST MEET WMA STANDARDS. MUST BE CHECKED IN 60 MIN. BEFOR IMPLEMENTS MUST MEET WMA STANDARDS. MUST BE CHECKED IN 60 MIN. BEFOR IMPLEMENTS MUST MEET WMA STANDARDS. MUST BE CHECKED IN 60 MIN. BEFOR IMPLEMENTS MUST MEET WMA	TIME 8:30		SATURDAY, Jun	e 18		SUNDAY	June 19	
10 K 9:00 Long Jump M 30-59 / Hammer M 30-59 SK All Women 9:00 Weight then Su SK Racewalk 10:15 Long Jump W All & M60+ 10:30 Javelin M 60+ / Hammer All W 10:30 M-High Jump M 30-64 & W30-49 300 Meter Hurdles 11:00 31:15 Weight then Su Sk Steeplechase 11:40 300 Meter Hurdles 12:05 Shot Put All W & M 30-59 100 Meter Hurdles 12:15 Hammer M 60+ 12:25 Meight then Su Steeplechase 11:10 Meter Hurdles 12:25 Meight then Su Steeplechase 11:15 Meight then Su Su Steeplechase 11:15 Meight then Su Su Steeplechase 11:15 Meight then Su	9:00 Long Jump M 30-59 / Hammer M 30-59 10:15 Long Jump W 31 & M60+ 10:30 Javelin M 60+ / Hammer M 10 W 10:30 High Jump M 30-64 & W30-49 11:00 11:40 11:20 300 Meter Hurdles 10:45 Discus M 60-6 11:20 11:40 10:45 Discus M 60-6 12:25 Shot Put All W & M 30-59 1:30 Weight then Super Wi All W 60 M 60-6 11:50 Weight then Super Wi All W 60 M 60-6 11:50 Weight then Super Wi All W 60 M 60-6 11:50 Weight then Super Wi All W 60 M 60-6 11:50 Weight then Super Wi All W 60 M 60-6 11:50 Weight then Super Wi All W 60 M 60-6 12:25 Weight then Super Wi All W 60 M 60-6 12:25 Weight then Super Wi All W 60 M 60-6 12:25 Weight then Super Wi All W 60 M 60-6 12:30 Weight then Super Wi All W 60 M 60-6 12:30 Weight then Super Wi All W 60 M 60-6 12:30 Weight then Super Wi All W 60 M 60-6 12:30 Weight then Super Wi All W 60 M 60-6 12:30 Weight then Super Wi All W 60 M 60-6 12:30 Weight then Super Wi All W 60-6 12:30 Weigh	TRACK			TRACK		STREET, STREET	FIELD
10 10 10 10 10 10 10 10	9:00 Long Jump M 30-59 / Hammer M 30-59 10:15 Long Jump W 31 & M60+ 10:30 Javelin M 60+ / Hammer M 10W 10:30 High Jump M 30-64 & W30-49 11:00 11:20 11:40 10:45 Weight then Super Wit M 30-59 12:15 Shot Put All W & M 30-59 1:25 Weight then Super Wit All W M M M M M M M M M M M M M M M M M M		8:30	Javelin All W	The second second	8:30		Discus All W & M 70
10:30 Javelin M 60+ / Hammer All W 10:30 Pole Vault All / Triple 10:30 High Jump M 30-64 & W30-49 300 Meter Hurdles 10:45 400 Meter Hurdles 11:50 300 Meter Hurdles 11:50 400 Meter Hurdles 11:50 300 Meter Hurdles 11:51 Triple Jump St. Steeplechase 11:40 400 Meter Hurdles 11:55 Triple Jump St. Steeplechase 11:45 400 Meter Hurdles 11:55 Triple Jump St. Steeplechase 11:45 400 Meter Hurdles 11:55 Triple Jump St. Steeplechase 11:45 400 Meter Hurdles 11:55 Triple Jump St. Steeplechase 11:45 400 Meters 11:55 Triple Jump St. Steeplechase 11:45 400 Meters 400 M	10:30	10K	9:00	Long Jump M 30-59 / Hammer M 30-59	5K All Women			
10:30	10:30. High lump M 30-64 & W30-49 11:00 11:20 11:40 11:40 12:05. Shot Put All W & M 30-59 12:15. Hammer M 60+ 12:25 1:00 1:15. Weight then Super W All W & M 60-10 Meter Hurdles 11:00 12:25 1:00 1:15. Weight then Super W All W & M 60-10 Meter Hurdles 11:00 12:25 1:00 1:00 1:15. Weight then Super W All W & M 60-10 Meter Hurdles 12:05. Weight then Super W M 60-10 Meter Hurdles 12:05. Weight then Super W M 60-10 Meter Hurdles 12:05. Weight then Super W M 60-10 Meter Hurdles 12:05. Weight then Super W M 60-10 Meter Hurdles 12:05. Weight then Super W M 60-10 Meter Hurdles 12:05. Weight then Super W M 60-10 Meter Hurdles 12:05. Weight then Super W M 60-10 Meter Hurdles 12:05. Weight then Super W M 60-10 Meter Hurdles 12:06. Weight are separate events 12:07 12:08 13:09 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13:00 13	K Racewalk	10:15	Long Jump W All & M60+	5K All Men (2 see	eded heats) 9:40	ALT VALUE OF	
10:30	10:30		10:30	Javelin M 60+ / Hammer All W	A STATE OF THE STA	10:00	Pole Vault	All / Triple Jump M 30-
11:20 11:20 12:05 11:40 12:05 11:40 800 Meters 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15 11:15	11:20 11:40 11:40 12:05. Shot Put All W & M 30-59 12:15. Hammer M 60+ 12:25 1:15. Javelin M30-59 1:15. Javelin M30-59 1:30. High Jump M60+ & W50+ 2:10. Shot Put M60+ 3:300 NERAL WOMEN BEFORE MEN, OLDER BEFORE YOUNGER GENERAL INFORMATION GENERAL		10:30	High Jump M 30-64 & W30-49		10:15	V	Veight then Super Wt All
IX Steeplechase 11:40 IX Steeplechase 11:40 IX Steeplechase 12:05 IX Steeplechase 11:40 IX Steeplechase 12:05 IX Steeplechase 12:05 IX Steeplechase 11:40 IX Steeplechase 12:05	11:40 12:05. Shot Put All W & M 30-59 12:15. Hammer M 60+ 12:25 100 11:15. Javelin M 30-59 1:30. High Jump M60+ & W50+ 2:10. Shot Put M60+ 2:10. Shot Put M60+ 3:00 NERAL WOMEN BEFORE MEN, OLDER BEFORE YOUNGER GENERAL INFORMATION GENERAL	ge Graded Mile	11:00					Discus M 60-
12:05 Shot Put All W & M 30-59 (00 Meter Hurdles 12:05 Hammer M 60+ 12:15 Hammer M 60+ 12:05 Weight then S	12:05. Shot Put All W & M 30-59 12:15. Hammer M 60+ 12:25 12:00 Meters 12:05. Weight then Super Wit M 60 12:25 12:00 Meters 12:00 12:00 Meters 12:00							
100 Meter Hurdles 12:25 Weight then S 12:00 Meters 12:30 Weight then S 12:00 Meters 12:00 Mete	12:15. Hammer M 60+ 12:25 1:10. Javelin M30-59 1:30. High Jump M60+ & W50+ 2:10. Shot Put M60+ 2:10. Shot Put M60+ 3:00 NERAL WOMEN BEFORE YOUNGER GENERAL INFORMATION GENERAL				800 Meters		T	riple Jump All W & M 60
100 Meter Hurdles 12:25 100 Meters 1:00 1:15 Javelin M30-59 1:30 Meters 1:00 1:30 Meters 1:00 1:30 Meters 1:00 1:30 Meters 1:00 1:00 Meters 1:00 Meters 1:00 1:30 Meters 1:00 1:00 Meters 1:00 1:0	12:25 1:10 1:15 1:30 1:10 1:15 1:30 1:30 1:10 1:30 1:30 1:30 1:30 1:30							THE RESERVE TO SERVE
100 Meters 1:00 1:15 Javelin M30-59 1:30 Meters 1:00 M	1:00 1:15	100 Meter Hurdles	12:15		200 Meters	12:05		ght then Super Wt M 60
1:15. Javelin M30-59 1:30. High Jump M60+ & W50+ 3:00 Meters	1:15. Javelin M30-59 1:30. High Jump M60+ & W50+ 2:10. Shot Put M60+ 3:00 NERAL WOMEN BEFORE MEN, OLDER BEFORE YOUNGER GENERAL INFORMATION SUPPORT OUR Sponsors: SPORTHILL SPORTHILL FIGURE OF THE EVEN SPORTHILL FIGURE OF THE EVEN CONTINUENTS WITH THE TIME OF THE SPIN WEDNESDAY, JUNE 15. age groups; must wear distinguishable tops. Relay entry fees will be collected day of an 11:00AM Sunday June 19, 2005.	10 Meter Hurdles	12:25		No. of the last of	12:30		Discus M 30-
1:30	1:30	00 Meters						
Weight and Super Weight are separate events No. 3:00 IN GENERAL WOMEN BEFORE MEN, OLDER BEFORE YOUNGER GENERAL INFORMATION Weight and Super Weight are separate events ENTRANTS IN RUNNING EVENTS MUST CHECK IN AT LEAST 30 MIN. BEFORE IMPLEMENTS MUST MEET WMA STANDARDS. MUST BE CHECKED IN 60 MIN. BEFORE WISIONS: 5 year age divisions for men and women age 30 and over. Athletes must compete at the time eir age group is scheduled. ITRY FEES: \$15 first event (no-t-shirt); \$7 second event; \$4 each additional event. ITRY DEADLINE: Postmarked by Friday, June 10, 2005. ITE ENTRY: \$10 LATE FEE AFTER June 10, NO ENTRIES AFTER 5 PM WEDNESDAY, JUNE 15.	2:10							
GENERAL INFORMATION WISIONS: 5 year age divisions for men and women age 30 and over. Athletes must compete at the time eir age group is scheduled. WITRY FEES: \$15 first event (no-t-shirt); \$7 second event; \$4 each additional event. WITRY DEADLINE: POstmarked by Friday, June 10, 2005. WITE ENTRY: \$10 LATE FEE AFTER June 10, NO ENTRIES AFTER 5 PM WEDNESDAY, JUNE 15.	ENTRANTS IN RUNNING EVENTS MUST CHECK IN AT LEAST 30 MIN. BEFORE EVENT. IMPLEMENTS MUST MEET WMA STANDARDS. MUST BE CHECKED IN 60 MIN. BEFORE EVENT. IMPLEMENTS MUST MEET WMA STANDARDS. MUST BE CHECKED IN 60 MIN. BEFORE EVENT. IMPLEMENTS MUST MEET WMA STANDARDS. MUST BE CHECKED IN 60 MIN. BEFORE EVENT. IMPLEMENTS MUST MEET WMA STANDARDS. MUST BE CHECKED IN 60 MIN. BEFORE EVENT. IMPLEMENTS MUST CHECK IN AT LEAST 30 MIN. BEFORE EVENT. IMPLEMENTS MUST CHECK IN AT LEAST 30 MIN. BEFORE EVENT. IMPLEMENTS MUST CHECK IN AT LEAST 30 MIN. BEFORE EVENT. IMPLEMENTS MUST CHECK IN AT LEAST 30 MIN. BEFORE EVENT. IMPLEMENTS MUST CHECK IN AT LEAST 30 MIN. BEFORE EVENT. IMPLEMENTS MUST CHECK IN AT LEAST 30 MIN. BEFORE EVENT. IMPLEMENTS MUST CHECK IN AT LEAST 30 MIN. BEFORE EVENT. IMPLEMENTS MUST CHECK IN AT LEAST 30 MIN. BEFORE EVENT. IMPLEMENTS MUST CHECK IN AT LEAST 30 MIN. BEFORE EVENT. IMPLEMENTS MUST CHECK IN AT LEAST 30 MIN. BEFORE EVENT. IMPLEMENTS MUST CHECK IN AT LEAST 30 MIN. BEFORE EVENT. IMPLEMENTS MUST CHECK IN AT LEAST 30 MIN. BEFORE EVENT. IMPLEMENTS MUST CHECK IN AT LEAST 30 MIN. BEFORE EVENT. IMPLEMENTS MUST CHECK IN AT LEAST 30 MIN. BEFORE EVENT. IMPLEMENTS MUST CHECK IN AT LEAST 30 MIN. BEFORE EVENT. IMPLEMENTS MUST CHECK IN AT LEAST 30 MIN. BEFORE EVENT. IMPLEMENTS MUST CHECK IN AT LEAST 30 MIN. BEFORE EVENT. IMPLEMENTS MUST CHECK IN AT LEAST 30 MIN. BEFORE EVENT. IMPLEMENTS MUST CHECK IN AT LEAST 30 MIN. BEFORE EVENT. IMPLEMENTS MUST CHECK IN AT LEAST 30 MIN. BEFORE EVENT. IMPLEMENTS MUST CHECK IN AT LEAST 30 MIN. BEFORE EVENT. IMPLEMENTS MUST MEET WAS STANDARDS. MUST BE CHECKED IN 60 MIN. BEFORE EVENT. IMPLEMENTS MUST CHECK IN AT LEAST 30 MIN. BEFORE EVENT. IMPLEMENTS MUST CHECK IN AT LEAST 30 MIN. BEFORE EVENT. IMPLEMENTS MUST CHECK IN AT LEAST 30 MIN. BEFORE EVENT. IMPLEMENTS MUST CHECK IN AT LEAST 30 MIN. BEFORE EVENT. IMPLEMENTS MUST CHECK IN AT LEAST 30 MIN. BEFORE EVENT. IMPLEMENTS MUST CHECK IN AT LEAST 30 MIN. BEFORE EVENT. IMPLEMENTS MUST CHECK IN AT LEAST 30 MIN. BE				Relays			4X800m)
IN GENERAL WOMEN BEFORE MEN, OLDER BEFORE YOUNGER GENERAL INFORMATION VISIONS: 5 year age divisions for men and women age 30 and over. Athletes must compete at the time eir age group is scheduled. INTRY FEES: \$15 first event (no-t-shirt); \$7 second event; \$4 each additional event. INTRY DEADLINE: Postmarked by Friday, June 10, 2005. INTERVIEW STORMAN STANDARDS. MUST BE CHECKED IN 60 MIN. BEFORE STANDARDS. STANDARDS S	MPLEMENTS MUST MEET WMA STANDARDS. MUST BE CHECKED IN 60 MIN. BEFORE THE EVEN GENERAL INFORMATION GENERAL INFORMATION Support our Sponsors: SPORTHILL. SPORTHILL. SPORTHILL. PROCEDURE SPONSORS: SPORTHILL. PROCEDURE SPONSORS: SPORTHILL. PROCEDURE SPONSORS: SPORTHILL. PROCEDURE SPONSORS: PROCEDURE SPONSORS: SPORTHILL. PROCEDURE SPONSORS: PROCEDURE SPONSORS: SPORTHILL. PROCEDURE SPONSORS: PROCED			Shot Put M60+				
GENERAL INFORMATION IVISIONS: 5 year age divisions for men and women age 30 and over. Athletes must compete at the time eir age group is scheduled. NTRY FEES: \$15 first event (no-t-shirt); \$7 second event; \$4 each additional event. NTRY DEADLINE: Postmarked by Friday, June 10, 2005. NTE ENTRY: \$10 LATE FEE AFTER June 10, NO ENTRIES AFTER 5 PM WEDNESDAY, JUNE 15.	GENERAL INFORMATION Invisions for men and women age 30 and over. Athletes must compete at the time lied. Invent (no-t-shirt); \$7 second event; \$4 each additional event. Invent (no-t-shirt); \$7 second event; \$4 each additional event. In 11:00AM Sunday June 10, 2005. Reface AFTER June 10. NO ENTRIES AFTER 5 PM WEDNESDAY, JUNE 15. In 11:00AM Sunday June 19, 2005.			FR REFORE YOUNGER				
IVISIONS: 5 year age divisions for men and women age 30 and over. Althletes must compete at the time eir age group is scheduled. NTRY FEES: \$15 first event (no-t-shirt); \$7 second event; \$4 each additional event. NTRY DEADLINE: Postmarked by Friday, June 10, 2005. NTE ENTRY: \$10 LATE FEE AFTER June 10, NO ENTRIES AFTER 5 PM WEDNESDAY, JUNE 15.	invisions for men and women age 30 and over. Alhletes must compete at the time lied. Ided. SPORTHILL. SPORTHILL. PRICIFIC CONTINENTAL AUDITOR IN 11:00AM Sunday June 19, 2005. Relay entry fees will be collected day of an 11:00AM Sunday June 19, 2005.		Children Historia (National			Cunnad	our Coo	en en
NIKY FEES: 515 inst event (no-t-shrt); 5/ second event; 54 each additional event. NITRY DEADLINE: Postmarked by Friday, June 10, 2005. NITE ENTRY: \$10 LATE FEE AFTER June 10, 10 ENTRIES AFTER 5 PM WEDNESDAY, JUNE 15.	nent (no-t-shirt); \$7 second event; \$4 each additional event. marked by Friday, June 10, 2005. E FEE AFTER June 10. NO ENTRIES AFTER 5 PM WEDNESDAY, JUNE 15. age groups; must wear distinguishable tops. Relay entry fees will be collected day of in 11:00AM Sunday June 19, 2005.	VISIONS: 5 year age di	ivisions for men and women ac	e 30 and over Athletes must compete a	at the time	Support	our Spo	The state of the same
ITRY PEES: \$15 irst event (not-shirt); \$7 second event; \$4 each additional event. ITRY DEADLINE: Postmarked by Friday, June 10, 2005. ITE ENTRY: \$10 LATE FEE AFTER June 10, NO ENTRIES AFTER 5 PM WEDNESDAY, JUNE 15.	nent (no-t-shirt); \$7 second event; \$4 each additional event. marked by Friday, June 10, 2005. E FEE AFTER June 10. NO ENTRIES AFTER 5 PM WEDNESDAY, JUNE 15. age groups; must wear distinguishable tops. Relay entry fees will be collected day of in 11:00AM Sunday June 19, 2005.			e so and over minetes mast compete t	T DIC UNIC	SPOKIHILL.	MANY AND AND AND	PHILLIA
ITRY DEADLINE: Postmarked by Friday, June 10, 2005. ITE ENTRY: \$10 LATE FEE AFTER June 10, NO ENTRIES AFTER 5 PM WEDNESDAY, JUNE 15.	marked by Friday, June 10, 2005. E FEE AFTER June 10. NO ENTRIES AFTER 5 PM WEDNESDAY, JUNE 15. age groups; must wear distinguishable tops. Relay entry fees will be collected day of in 11:00AM Sunday June 19, 2005.			ent: \$4 each additional event	N THE WATER		No. of Parties Andrew	man was
TE ENTRY: \$10 LATE FEE AFTER JUNE 10. NO ENTRIES AFTER 5 PM WEDNESDAY, JUNE 15.	E FEE AFTER June 10. NO ENTRIES AFTER 5 PM WEDNESDAY, JUNE 15. age groups; must wear distinguishable tops. Relay entry fees will be collected day of an 11:00AM Sunday June 19, 2005.				The state of			100
THE ENTIRY: STO CATE FEE AFTER JUNE 10. NO ENTIRES AFTER 5 FM WEDNESDAY, JUNE 15.	age groups; must wear distinguishable tops. Relay entry fees will be collected day of in 11:00AM Sunday June 19, 2005.					60	Daritie	MINISUITES
	in 11:00AM Sunday June 19, 2005.					TRACK ()	Coprincerou	AL PROPERTY OF
- Continue of the contract of	in 11.00AH Juliday Julie 13, 2003.				ollected day of		COMMINEMENT	
race only, no later than 11.5000 Julie 15, 2005.	ed for 1st, 2nd, 3rd. Oregon Association Championship patches for those registered STUSLAW					1144		1
th USATF-Oregon.			-L J (1/4"		the things of the party of			Andread Standard Address

The second second	PACIFIC CONTINENTAL	MINI SCITES SIUSLAW Bartes a carres Epimei market diar
Club Affiliati	Assoc. Member ? DYes	□ No
	Birth Date:	
_ _ -	Age (as of 6/18/0	05)
	Male Fer	male
	USATF #	
June 10th. d until 5PM e 15th.	ENTRY FEES: 1 Event \$15 - 2 Events \$26 - 4 Events \$30 - 5 E	
	ENTRY TOTAL Late Entry Fee	
	Voluntary Contribution	10 mm

_ _ Phone()	CMAIL	_	USATF#
EVENT ENTRY	Best 04/05 Time (running events only)	\$10 Late Fee after June 10th. Late entries accepted until 5PM Wednesday, June 15th.	ENTRY FEES: 1 Event \$15 - 2 Events \$22 - Events \$26 - 4 Events \$30 - 5 Events \$34 - etc ENTRY TOTAL Late Entry Fee \$
		T-SHIRT - \$10.00 small med large x-large XXL (\$2 EXTRA)	T-Shirt Total \$ Voluntary Contribution to the Officials fund \$
The Control of the Co		MAKE CHECKS PAYABLE TO OTCM	TOTAL ENCLOSED \$

Relay entries and fees will be collected on the day of the race only

This is a USATF sanctioned meet. Entrant agrees to abide by all USATF rules

END ENTRY WITH PAYMENT TO: OREGON TRACK CLUB MASTERS, C/O RUTH BREMILLER, 590 W. 29TH AVE, EUGENE, OR 97405 PHONE; (541) 687-9675

I waive all rights that I or my heirs or assigns have against OTCM, U of O, & sponsors of this athletic event arising from any injury, illness, or accident that I may sustain or incur participating in this event. I declare that I am in good health to participate in this event.

Sponsored by the Cities of Eugene and Springfield ≈ Presented by Oregon Track Club Masters



PAGLIANO'S PODIATRIC POINTERS The Foot Beat

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

Plantar Fasciitis - Part III

ow that the nature and causes of plantar fasciitis have been discussed (Feb. and Mar. NMN), it's time to address the treatment protocol. Generally, the inflammatory process needs to be reduced. The most obvious and effective first step is rest. Often, this is not an attractive option for the athlete and, based on years of observation, it's not clear that short-term rest will accomplish any great amount of anti-inflammatory response.

If plantar fasciitis has developed within a six-week period, a course of physical therapy is suggested to include hydrotherapy, ultrasound, and hydrocortisone cream three times weekly for six weeks. Home care should include hot water soaks to reduce pain, stimulate blood flow, and increase extensibility of the collagen tissue. Ultrasound can also lyse collagen and scar tissue. Light, longitudinal massage may also be beneficial.

During this time, taping of the foot, known as low dye strapping, is recommended. This has proven to help in reduction of pain at the plantar fascial insertion. It also allows the athlete to perform some "light" workouts. The tape is removed at night.

The use of a night splint is recommended at this point, which will help eliminate morning "rest pain." This can be purchased over the counter. Stretching of the Achilles or gastrosoleus has also proven effective in reducing plantar fascial pain. This is usually performed in the evening hours. Over-the-counter heel pads can be helpful, such as gel or visco-elastic types. While oral anti-inflammatories can be used, there usefulness is questionable.

Cortisone Injection

Probably the least palatable, but most effective, treatment is an injection of short-acting local cortisone. Experience has shown that the use of plain Lidocaine, Celestone, or Kenalog is very effective. This can be injected through the medial approach at the level of the fascia defect. Ethyl chloride can be sprayed on the skin prior to the injection.

If possible, ultrasound can be applied to the heel area prior to injection therapy. This will aid in penetration of the solution. Again, low dye strapping can be used in conjunction with the injection. There are obvious contraindications to the use of steroid injection, but there is very little risk if it is injected properly.

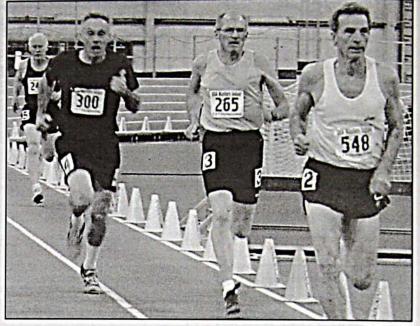
Surgery

Surgical correction can be used as a last ditch effort when all other modalities have failed. This can be performed through a small medial incision and has met with great success in cases of chronic, unresponsive plantar fasciitis. This can be done under local anesthesia.

As discussed in previous columns, the over-pronated foot and calcaneal valgus can certainly place excessive stress on the plantar fascial insertion. Prolonged duration of pronation is thought to be the most common biomechanical deformity resulting in structural trauma and resultant plantar fascial defect. Other defects, such as tight Achilles tendon, training shoes, and training errors, also are responsible for plantar fasciitis.

Biomechanical Correction

In essence, even if plantar fasciitis is treated with physical therapy, injec-



JERRY WOJCIK
At 200m in the M70 400, National Masters Indoor Championships, Boise, Idaho, James Leggitt #300,
Don Kane #265, and James Ware #548. Kane won (70.15), with Ware second, and Leggitt third.

MONTANA SENIOR OLYMPICS

Missoula, Montana • June 9-11
Entry deadline: May 26
Age 50 Plus
No residency requirement
Call 406-586-5543
E-mail: kayjn@imt.net\\

tion therapy, or surgery, it is likely to fail in the long term, if the underlying biomechanical defect is not corrected. It is essential that a complete lower extremity and foot biomechanical examination be performed to determine the nature of the foot deformity. Once this is determined, a neutral position cast of the foot can be taken, and the defect balanced in functional running orthoses.

The orthoses also reduce road shock and are effective in treating plantar fasciitis by reducing total rear foot movement and maximum velocity of pronation. Protection is also afforded to the plantar soft tissue structure, which is often damaged by repetitive stress.

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



Medalists in the M40 800 (I to r): Chris Potter, second (2:00.74), Tony Young, first (1:56.15), and Gladstone Jones, third (2:01.63), National Masters Indoor Championships, Boise, Idaho.

il at thefootbeat@aol.com) Masters Indoor Cl

CHAMPIONS FOR LIFE

A thoughtful book on the life of "Coach" Payton Jordan who became a champion beyond all others in masters competition

by John Scott and James Ward Send \$34.95 (Can. \$51.00) + \$2(s/h) to:

Address
City State Postal Code

National Masters News Order Dept. P.O.Box 50098, Eugene, OR 97405 Payton

I ran, and from whi of 1950 at the Ca Obispo.

May 2005

I was beginning r coaching career that y was presenting his id and philosophy to "v coaches.

John Wooden was clinician at that clinic, the early part of his fastint at Occidental Wooden was well obecoming a pretty groach at UCLA. During in those clinics in the my skills and attitude shaped by Coach Jordan't realize it at the times.

Three high schools landed at San Mateo H Jordan started coachi just 13 miles south of

Blossoming Friend
Our renewed frient
through various active
put on all-comer me
(Angell Field), and we
try races on the Stan
Along with Bert Nels
Track and Field New
local high school ru
"old man" decathlons
games (Jordan was a f
in those), and had ma
and field bull sessions

In 1961 or '62 I be for Stanford's home m greatest experiences o selecting me to be a starters, along with th Tom Moore, for one track meets ever held, USSR meet which dre tators over a two-Stanford Stadium.

I was local, so I w

TEN YEAR May 19

•Martin Mond 2:16:29), Irina (42, 2:43:42) I in Boston Mara

 S. Rae Baymil ner (17:57), Be (92.7%), Maste pionships/Carls

•East Indoor Re 200 to Delawa

Nick Rose, 4
 Straight Sham

Don't miss the Memorial Day, May 30th celebration!



The Fred d'Elia Ridgewood Run Ridgewood, NJ

USATF-NJ Masters Women 5K Championship

EVENT SCHEDU	LE
HHK Wheelchair 10K	8:40am
Park Ave BMW 10K*	8:45am
Park Ave BMW 5K*	10:15am
Valley Hospital Masters Mile*	11:15am
Valley Hospital Elite Mile*	11:40am
Ridgewood YMCA Fun Run	12:00pm

Race Extras: *\$7300 in total prize money!!

• Flat & Fast course • "Chip" Timing • Refreshments • Field Expo • Baggage check • Massage Tent • Tribute to our Armed Forces • Goody Bags • Photographer • Raffle Tent • Discount hotel rate • Free Moonwalks & Balloons • Free cake and Ben & Jerry's ice cream • 5-year age group awards • Park Ave BMW mountain bike raffle

· Finisher's medal for the Fun Run · DJ to keep you moving!

INFORMATION: www.NJMasters.com or (201) 447-9750

ORGANIZED BY THE NORTH JERSEY MASTERS TRACK & FIELD CLUB

Speaker's Corner

By BERNY WAGNER

Payton Jordan - A Champion for Life

didn't have the privilege of competing for Payton Jordan at Stanford for which I ran, and from which I later graduated in 1949. I first met him in the summer of 1950 at the California Coaches Association Sports Clinic in San Luis Obispo.

I was beginning my high school coaching career that year, and Jordan was presenting his ideas, knowledge and philosophy to "wannabe" track coaches.

John Wooden was the basketball clinician at that clinic. Jordan was at the early part of his fabulous 10-year stint at Occidental College, and Wooden was well on his way to becoming a pretty good basketball coach at UCLA. During that year, and in those clinics in the next few years, my skills and attitudes were being shaped by Coach Jordan, though I didn't realize it at the time.

Three high schools later, in 1956, I landed at San Mateo High School, and Jordan started coaching at Stanford, just 13 miles south of San Mateo.

Blossoming Friendship

Our renewed friendship bloomed through various activities. He let me put on all-comer meets on his track (Angell Field), and we ran cross-country races on the Stanford golf course. Along with Bert Nelson, originator of Track and Field News, and fathers of local high school runners, we held "old man" decathlons, touch football games (Jordan was a fierce competitor in those), and had many, many track and field bull sessions.

In 1961 or '62 I became the starter for Stanford's home meets. One of the greatest experiences of my life was his selecting me to be one of the two starters, along with the late and great Tom Moore, for one of the greatest track meets ever held, the 1962 USA-USSR meet which drew 155,000 spectators over a two-day period to Stanford Stadium.

I was local, so I was able to spend

TEN YEARS AGO May 1995

*Martin Mondragon (41, 2:16:29), Irina Bondarchouk (42, 2:43:42) First Masters in Boston Marathon

S. Rae Baymiller, W50 winner (17:57), Best Performer (92.7%), Masters 5K Championships/Carlsbad 5000

•East Indoor Regionals Draw 200 to Delaware

Nick Rose, 43, Wins 4th Straight Shamrock 8K the week before the meet starting the sprinters and hurdlers of both teams in practice.

Great Example

The meet is described in detail in Champions for Life. Jordanesque detail went into planning and producing that competition without a glitch. It was an education for me, which, when I moved on to Oregon State, I was able to use in our meets (and later, as technical director of the Seattle Goodwill Games).

Of course, while I was at O.S.U. (1966-75), our teams competed with each other a number of times in Pac-8 dual and championship meets. Since that time, we have seen each other at various competitions and have been phone-pals. I owe a lot to Jordan.

Champions for Life is a description of Jordan, his beliefs, philosophies, attitudes, and relationships with friends, his athletes, and other coaches (including all of his assistants). I believe it a "must read" for his multitude of friends and all aspiring and, perhaps, current coaches.

(To order Champions for Life, see Publications Order form, p. 13).

CURRENT NMN PHONE/FAX NUMBERS AND ADDRESSES

• Results, Schedule,
All-American, Letters,
Publications, Editorial:
Phone: 1-541-343-7716
(Jerry Wojcik, Suzy Hess,
Angela Egremont, Jane Dods,
Susannah Beck)
Fax: 1-541-345-2436
Mail: P.O. Box 50098,
Eugene, OR 97405
natmanews@aol.com;
www.nationalmastersnews.com

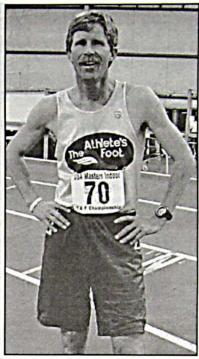
Publisher
Phone: 1-541-343-7716
(Suzy Hess)
Fax: 1-541-345-2436
Mail: P.O. Box 50098
Eugene, OR 97405

Advertising:
Phone: 1-541-343-7716
(Suzy Hess)
Fax: 1-541-345-2436
Mail: 2791 Oak Alley, Ste. #5
Eugene, OR 97405

Subscriptions Only:
 Phone: 1-818-286-3129
 (Maryann)
 Fax: 1-818-760-4490
 Mail: P.O. Box 16597,
 North Hollywood, CA 91615



JERRY WOJCIK Kathy Wetenhall, W50, National Masters Indoor Championships, Boise, Idaho.

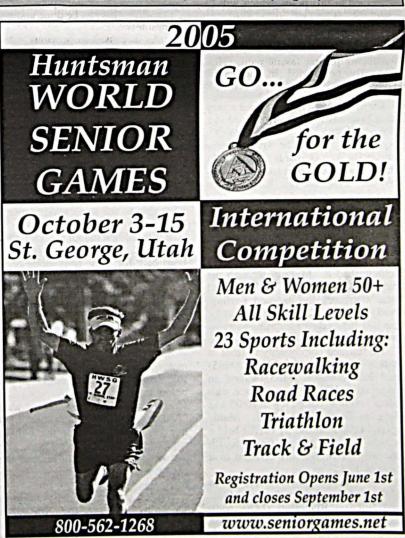


Michael Carlson, M45 mile winner (4:40.96), National Masters Indoor Championships, Boise, Idaho.

DEADLINE

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

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





Masters Racewalking

By ELAINE WARD

When Friends Compete

he National Masters Indoor Championships took place this year in Nampa, Idaho, March 11-13. On Sunday, the 13th, 18 women and 22 men competed (2DQ) in the 3000m on a 200m, six-lane track with a Mondo synthetic surface. The following includes a race report by Chris Rael (M45) and the comments of many competitors. If you didn't receive a questionnaire from me about the indoor race and would like to be included in championship surveys, please email me at narwf@sbcglobal.net. The continuation of my article on Roger Bannister will appear in a future issue of NMN. - ew

Chris Rael, M45, first overall (14:40.23): All three races were exciting, were closely fought, had drama and melodrama, and made the ending of the meet thoroughly entertaining.

Sprinters, throwers, jumpers and relay folks sat up and took notice, because they were witnessing true racing at its best. Everyone loves to see a close race and they were not disappointed.

The women's race came down to the wire in a closely contested battle of wills. The leaders, Kelly Glenn (M40) and Lynn Tracy (W50), did not give an inch, and each raced their hearts out. It was not clear who was going to win until the last few millimeters with Glenn eking out the win by less than a one-second margin in a time of 16:02.

Tracy strained and leaned toward the tape, but missed by the smallest of margins to cross in 16:03. What an incredible finish! To witness these athletes giving their all was truly amazing and memorable. The crowd was on its feet yelling and screaming.

Cathy Henley (W45) walked a very strong, steady pace to finish third in a time of 16:52. Mary Snyder (W50) was next in 17:14. The wise and venerable Dr. Ann Gerhardt (W50), looking in fine racing form and doing double duty as a racewalk judge for the men's races, came through next in a time of 17:14.

In the first men's race, James Carmines (M60) took it out from the start and kept pushing the pace. He took a commanding lead and never relinquished it. Midway through the race everyone in the facility could hear Carmines huffing and puffing, ready to blow the house down as he pushed his body ever faster to racewalking glory.

He finished comfortably in front in a time of 16:05. Ted Moore (M65) and Paul Johnson (M65) waged an impressive duel for second place with Moore coming out on top in 16:05 and Johnson finishing in 16:10. Multirecord holder Jack Bray (M70) held a steady, strong pace to finish fourth overall and first in his division in a time of 17:12.

In the second men's race, Norm Frable (M55), Tommy Aunan (M45), and Michael Blanchard (M40) took the pace out hard from the starting

gun. Frable and Aunan led, and gradually everyone started to settle down after the initial fast start. It was very close racing on the indoor oval with some clipping and elbowing, as it was shoulder-to-shoulder racing the whole

Moving up, Blanchard (M45) and I exchanged the lead a few times and increased the pace to 55-second laps. The announcer added to the tension, and the crowd really got into the battle

With 600 meters to go, Blanchard retook the lead and opened up a 10meter distance. Responding, I passed Blanchard again and with two laps left, I started my final push to finish in 14:40. Blanchard finished a close 14:48 and Aunan third in 15:23. Frable grabbed the fourth spot in

The crowd was great for all three races and the announcer did an amazing job pointing out each and every competitor. The judging was fair and balanced.

Kelly Glenn, W40, first woman overall, 16:02.85: I was the only one entered in my age group. This was a little disappointing, but at the same time it took pressure off. But since all ages were combined in the women's race, spectators (and local officials who have never seen racewalking) were able to see some good competi-

It was the first indoor meet for all of us in Idaho. Even though the track has been here for some time, none of us local walkers had ever been on it. In fact, when my mom (Karen Murphey) and I were doing some warm-up laps on Thursday before the event, I wondered how 15 laps would feel after-

Since I had never been on a 2000meter track before, I forgot all about calculating split times until the day before the race.

The biggest surprise was how wide I had to go to pass on the curve. I felt like my feet were near the outside edge of lane two, but even then, with the steep bank, I nearly clipped the person I was passing with my shoul-

I didn't do any special training as life has changed for me. My goals right now are to compete respectably

and enjoy seeing old friends and new. Winning was icing on the cake. Besides, I set all sorts of firsts: first Indoor Nationals, first 3000 meters on an indoor track, first time I could sleep in my own bed the night before a championship, first time having local friends and family see what I do, and first time hosting a "real" racewalk.

I think 'most everyone was pleased with how the racewalk turned out. One person wanted to know if we might consider putting on a 20K racewalk. I will think about it, but I would need lots and lots of help from other clubs that know racewalking. There are only four of us here locally who are racewalk officials, and all but one is a

Cathy Henley, W45, third woman overall, 16:52.48: The indoor aspect of the race was the most intriguing to me. The moment I walked into the stadium, I was struck with a case of nerves seeing so many incredible athletes competing in various events, a grandstand of spectators, and a track that looked like a hot wheels ramp.

We didn't have the opportunity to warm up on the track, so initiation came during the race itself. In truth, going around the sloped curves was not nearly as bad as I had imagined, though I did find it helpful to pass in the middle of the curve. At the end of the curve, the slope onto the straightaway seemed to require slowing down a bit to avoid a lifting call.

With a 200m track and 18 competitors sharing that small space, the frequent passing on the curves, and the mental fatigue of a higher lap count took more out of me than I thought it would. Looking back, I should have worked more on pacing. I started out shooting for a specific time based on outdoor training and it proved too aggressive for indoor competition, costing me in the latter portion of the race. I was exhausted.

Mary Snyder, W50, fourth woman overall, 17:14.00: This was my first indoor competition and my first 3K. I have spent the better part of the last two years concentrating on marathons, so this proved to be a handicap. I participated because the race was on home ground, which is a rare opportunity for Idaho racewalkers. The crowd support was great!

It was too warm indoors for me and the banked track took a little getting used to, but I always enjoy racing and meeting new people.

Ann Gerhardt, W50, fifth woman overall, 17:24.83: The most interesting part of the race for me was being able to finish while still breathing. The venue normally houses horse shows, so many of us were coughing and sneezing after the race. Lynn Tracy and Mary Snyder were blurs somewhere ahead of me, so my competition was the clock.

That stupid clock kept making it harder and harder to continue even splits. Someone must have stopped it for a few seconds when one of my laps was four seconds slower than the others. I know I didn't stop for a break,



Carmines, M60, lapped the entire field in the M60-79 section to win the 3000 RW with a 16:05.06, National Masters Indoor Championships, Boise, Idaho.

or else I wouldn't have minded the last three laps so much.

I train for the indoor event doing 200m and 600m repeats on a track. Not sure why; I just do. My new training partner beat the @#\$% out of me the week before the race, so I couldn't bend over to put on my socks. My training didn't get me into the 16minute range, so maybe I should make a change.

It was nice seeing different racers than those at the Boston indoor meets. Someday, we should have the race in Kansas to see if a third set of competitors show up. The old hands at racing decided to give me advice before the race. Sort of a free, unsolicited clinic. OK, now I know it all.

(Future issues of NMN will carry interviews with MG Baglin, Jolene Steigerwalt, Rita Sinkovec and Bev LaVeck as well as Bob Weeks, Mike Blanchard, Bob Fine and Jack Bray. Anyone have e-mail addresses for the Frables, Jim Carmines, Tommy Aunan, Alfred Dubois and other competitors? - Elaine Ward, narwf@sbc global.net)

Need Back Issues?

Most back issues of the National Masters News are available for \$3.00 each, plus \$2.00 postage and handling for each order.

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

Acceleration

here are certa sports enthusi USA, no one remember their pers speed is highly corre shown in 2004 to pre there were opinions knew which, if any, letes. A new study no

Research Backgr The purpose of was to examine among six physical of three functional me (U.S.) football pla gathered on 46 NC college football pla response variables v (40 yards), 18.3m sh tical jump.

The six regression height, weight, perce hamstring length, hang clean. A s regression analysis screen for variables cal performance. R revealed clear pred the 36.6m (40 yards) shuttle run.

During recent year system of selecting a and professional s evolved into severa tests involving spe strength given to ath day. These tests are bines" in the USA.

Having a good da can produce on-thefrom large universitie

Visit the Na

The National Mo ters track & field, l you can't get anywl

2nd Class rates: (USA, Canada, Mexico) □ 6 months \$16 ☐ 1 Year

\$52 ☐ 2 Years \$75 ☐ 3 Years Circle appl

Name _

Address .

Fax to: 800-869-00



Health & Fitness

By Phil Campbell M.S., M.S.A., FACHE

Acceleration Techniques and Speed Development Part I

here are certain numbers that will be remembered for a lifetime. Most sports enthusiasts will never forget their best 100m sprint time, and in the USA, no one forgets their personal best 40-yard sprint. Why do athletes remember their personal best speed time all their lives? It is probably because speed is highly correlated with performance in most sports, and speed has been shown in 2004 to predict athletic performance in U.S. college football. For years, there were opinions about which tests were most valuable because no one really knew which, if any, of the tests would actually predict success for college athletes. A new study now provides the answers.

Research Background

The purpose of this investigation was to examine the relationship among six physical characteristics and three functional measures in college (U.S.) football players. Data were gathered on 46 NCAA Division One college football players. The three response variables were 36.6m sprint (40 yards), 18.3m shuttle run, and vertical jump.

The six regression variables were height, weight, percentage of body fat, hamstring length, bench press and hang clean. A stepwise multiple regression analysis was performed to screen for variables that predict physical performance. Regression analysis revealed clear prediction models for the 36.6m (40 yards) sprint and 18.3m shuttle run.

During recent years in the U.S., a system of selecting athletes for college and professional sports teams has evolved into several major physical tests involving speed, agility and strength given to athletes on the same day. These tests are called the "combines" in the USA.

Having a good day at the combines can produce on-the-spot scholarships from large universities and it can mean

literally millions of dollars in signon bonuses and salaries for athletes entering the professional ranks.

With the results of this new study, future "combines" may focus on two acceleration tests. In the USA, the 40-yard sprint is king for many sports, except baseball, which uses the 60-yard distance required to run bases.

Acceleration Techniques

There are several acceleration techniques that can be taught in a few training sessions that will increase the speed of many athletes. Techniques like ankle dorsiflexion, pocket-chin arm swings, acceleration position, and the grand prize of speed training – the Valsalva acceleration technique.

Dorsiflexion

Most untrained athletes run with their toes pointed downward. They may have fast leg turnover, but just like throwing a ball without using the wrist, the power is missing unless the foot is dorsiflexed (pointing up) and ready to fire off the ground.

Dorsiflexion of the ankle simply means to raise the toes and, in essence, cock the foot before striking the ground. This action engages the ankle and the foot for additional power generation and this can mean additional

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

FAX A SUB

The National Masters News is the official world and U.S. publication for masters track & field, long distance running and racewalking. It contains information you can't get anywhere else. Subscribe Now.

2nd Class rat (USA, Canad	a,	1 1st Class rate		Should be !		☐ Payment
Mexico)	OF STREET	(USA, Canad	la,	Foreign rat	es:	enclosed
☐ 6 months	\$16	Mexico)		(Air mail)		☐ Bill me later
☐ 1 Year	\$28	☐ 1 Year	* \$45	☐ 1 Year	\$48	□\$ as a
2 Years	\$52	2 Years	\$86	2 Years	\$91	contribution
□ 3 Years	\$75	3 Years	\$124	3 Years	\$134	to your work
Circl	e appli	cable sports: T	LR	(T=T&F)	L=LDR	; R=RW)
Name				Land Section 1		
Address				Land Control of the	20.4g R	That he sale
City				State	1	Zip
Fax to: 800-8		STATE OF THE				

stride length for the athlete.

The claw drill and many of the skipping drills teach athletes to dorsi-flex their feet.

Pocket-Chin Arm Swings

Without exception, teaching proper arm mechanics for maximizing running speed is the most difficult. Many athletes do not see themselves unless they are taped and they frequently gauge what they are doing with their arms based on their perception of how their arms feel during sprinting. In most cases, arm swings are incorrect and need repositioning.

"Pocket-chin" is a good way of teaching arm mechanics and the butt bumpers drill is the best I have seen for teaching correct arm swing mechanics.

Have your athletes sit on the ground with both legs straight in front (side-by-side) with arms locked at 90 degrees. In slow motion, have athletes swing one arm backward until the hand reaches the pocket, and one arm forward until the hand reaches chin level (approximately 12 inches away from the chin). This is the "pocket-chin level" position.

Performing this drill in slow motion initially is a good idea until the coach sees that the athletes are getting the feeling of the arm positions. Move to half speed, then to full speed for three sets of 5-10 seconds. If performed correctly, it is easy to see why this drill is called butt bumpers.

In 1970 I was taught to run with arm swings pointed in a straight line forward. Now we know that this instruction slightly restricts the hips during running and therefore makes the athlete run slower. The arm swings should be pointed slightly toward the centre of the body in order to maximize the hips, which can increase stride length.

Too much side-to-side will overrotate the hips and cause problems. If
an athlete points the arms past center
of the body, this can make the feet
push off the surface in a duckfooted
style rather than push the athlete
straight toward the target. When you
see a problem with the feet, look to the
arms first for correction, as there may
be an easy fix here.

Challenge them to perform pocketchin drills with "locked 90 degree arms" at home looking in the mirror, sideways and front-ways.

(Next month: Acceleration position, technique and strategy. Phil Campbell. MS, MA, FACHE, is a personal trainer and author of Ready, Set, Go! Synergy Fitness; www.readyset gofitness.com)

Subscriber Questions?



TRAIN YOUR RRAIN!



The Long & Strong Throwers Journal (LSTJ) is a quarterly publication dedicated to the throwing events. It is the only throwing periodical of its kind in the world. LSTJ is about more than technique and training. Elite athletes and coaches give insight into

their keys for success. LSTJ provides throws coverage and photos from major competitions that you won't find anywhere else. LSTJ touches on the issues that affect the throws community. LSTJs interviews with top throwers such as Adam Nelson, John Godina, Erin Gilreath, Aretha Hill and Breaux Greer are just what you are looking for! Let LSTJ help you reach your potential!

Four issues (1 year): \$20 (U.S.) or \$35 for two years (1 issue free); \$24 (foreign, U.S. funds) or \$48 (two years). All available back issues (17) plus future issues through July 2005 for \$100 (2 issues free), \$125 for foreign subscribers (2 issues free); c/o Glenn Thompson, 3604 Green Street, Harrisburg, PA

17110; Thrower60@aol.com



WWW.LONGANDSTRONG.COM



On The Run

By HAL HIGDON

Following Fred Funk

onsider the achievement of golfer Fred Funk, age 48. By sinking a fivefoot putt on the final hole of the Tournament Players Championships in Ponte Vedra Beach, Fla.,, at the end of March, Funk earned a victory worth \$1.44 million. Funk winters in Ponte Vedra Beach, as do I. We each live only a few miles from the TPC course. He plays the course; I appear once a year to watch golfers like Funk, Vijay Singh and Tiger Woods play.

Truth be known, I led a misspent youth. I worked night shifts in college, thus had time during daylight hours to play golf. One day on a flat and fast course, improving every lie, giving myself every putt, I shot an 89. Calculating the time it might take to improve my game to the next level, 79, I decided it was time to quit while ahead. Running offered a more likely road to fame, if not fortune.

On the final day of the TPC, My wife Rose and I decided to walk the course backwards, hoping to spot Tiger or Vijay. Instead, at the 13th hole, we encountered Fred Funk, trailed by a hundred or so fans, most of them probably neighbors, like us. But on a gusty day, when power hitters saw their balls flying anywhere and everywhere, Funk kept hitting the middle of the fairway.

We watched him tap in a gimmee putt that moved him two strokes into the lead. "Let's follow him in," I told Rose. And so we became Fred Funk

But on the next two holes, Funk missed embarrassingly short putts, ones - excuse my arrogance - I might have made. Funk retained his lead only because his rivals still were being blown away in the wind. Tiger Woods would finish tied for 59th, his worst finish since 1999. Bob Tway plopped four balls into the water surrounding the 17th hole's infamous island green, setting a record low of 12 for that hole in tournament play. Six-hour marathoners could identify with Tway.

One appeal of golf is that duffers sometimes hit better shots than Tiger

and Vijay. Despite high handicaps, they might hit a single, great shot that makes their day. But they couldn't string together 279 shots over 72 holes, as did Funk, earning in a single weekend more than only the best runners earn in a career. Funk himself has played that well on only a few occasions, his best previous victory in a 1992 PGA tournament in Houston.

One of my better races came at the same age as Funk: 48. I ran 2:30:26 at the 1978 New York City Marathon, good for 78th place and a single-age American record at the time, but nearly 20 minutes behind winner Bill Rodgers. One appeal of running is that we stand on the same starting line as the elites, but few of us could match stride with them for even a fraction of a mile, much less 26. Gimmee putts don't exist in marathons.

In the closing minutes of the TPC, with four other players only one stroke behind and with the grandstands surrounding the 18th hole crammed with fans, not all of them Fred Funk's neighbors, he addressed a five-foot putt that, if he missed, might force him into a playoff the next day. He sank that putt and slammed his cap down onto the green in celebration. Yeah. I could have sunk that putt too but not for \$1.44 million. □

(Hal Higdon is a Contributing Editor for Runner's World. His Web site, halhigdon.com, features training programs for all distances.)



Bob Giambalvo, 55, first master (35:59), Nationwide Insurance 10K for ASPIRE, Plainview, N.Y., April 2.

Subscribe to the National Masters News on-line at:

www.nationalmastersnews.com



First three W40 (I to r): Lisa Gonzalez (45:23), Barbara Cronin-Stagnari (44:14), and Karen Cotty (41:13), Nationwide Insurance 10K for ASPIRE, Plainview, N.Y., April 2.

FIFTEEN YEARS AGO May 1990

- John Campbell, 41, Sets World Masters Marathon Record of 2:11:04
- •565 Compete in Masters Indoor Nationals, Madison,
- John Kelley, 83, Completes His 59th Boston Marathon
- ·Larry Almberg, 42, Tops Masters in Carlsbad 5000



USATF Championship medals will be awarded to the first three competitors in each division. These divisions will be Open Men, Open Women, Masters Men, and Masters Women.

USATF-OREGON 2005 GRAND PRIX SERIES SCHEDULE

		Charles and the Control of the Contr
April 2	April Fools 15km	Eugene
April 24	Cascade Lakes 5km	Bend
June 3	Street Mile	Eugene
July 4	Foot Traffic Marathon-1/2 Marathon	Portland
July 17	Coburg Run in the Country 1/2 Marathon	Coburg
September 11	Oregon TC Masters Eugene Celebration 8km	Eugene
October 29	USATF/Willamette XC 8km	Salem
November 12	USATF Grand Prix Finale	Sandy

Grand Prix Rules

- 1. You must be a 2005 member of the Oregon Association of USATF. Athletes can register on-line at www.usatf-oregon.org or call Harry Simonis at (541) 504-1077.
- 2. You must have completed at least two races in the Grand Prix Series in order to score in the final event, the USATF-Oregon Association Championships on November 12
- 3. You may participate in as many races as you wish. A minimum of two races is required to be included in the Grand Prix scoring. Your best five scores will be compiled for your final point total. Beginning with the August/September issue of Race Center NW, the running point totals will be posted on the USATF-Oregon web site.
- 4. Grand Prix points are awarded by your place in your division according to the following scale: 1* place=20 points; 2nd=15 points; 3nd=12 points; 4th=10 points; 5th=9 points; 6th=8 points; 7th=7 points; 8th=6 points; 9th=5 points; 10th=4 points; 11th=3 points; 12th=2 points; all other finishers=1 point. Places in the USATF-Oregon Association Championships will score triple points and serve as the tiebreaker. If both tied competitors do not compete in the Championships, then the athletes will split the award of the two combined places. Masters' performances will be age-graded for scoring purposes. Theoretically, a 70 year old could beat a 40-year-old using the age/time formula.



How to be a Champion from 9 to 90 Body, Mind & Spirit Training By Earl Fee

World-class masters runner, Earl Fee, shares his training secrets based on an extensive knowledge of physiology and all aspects of fitness and running. His techniques can make you faster, stronger, more flexible and a healthier athlete overall.

City .	State	Zip
Address	and the second	Setted Declary
Name		

Send \$19.25 (Can. \$28.50) + \$2 (s/h) to National Masters News Order Dept., P.O.Box 50098, Eugene, OR 97405



May 2005

Don Leis, M70 pent Indoor Championships



KONRAD WOJO

William Maier, M50 winner (57.78) in the 400, 2004 Hayward Classic. The 2005 Hayward Meet will be held in Eugene, Ore., June 18-19.

TWENTY YEARS AGO May 1985

*National Indoor Meet Draws 330 to Sterling, IL

 Priscilla Welch, 40, Runs 32:14 in Azalea Trail 10K for World Masters Record

*Joe McGuire (41, 2:29:34), Miyo Ishigami (50, 3:03:47) Top Masters in Boston Marathon



JERRY WOJC

Don Leis, M70 pentathlete, National Masters Indoor Championships, Boise, Idaho.

PUBLICATIONS ORDER FORM

Quantity Total (US\$) Masters Age Records (2003 Edition)

Men's and women's world and U.S. single 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. 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. \$4.00. Masters Track & Field Rankings (2004) 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.

Masters Track & Field Indoor Rankings Indoor rankings for 2004. 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. Masters 5-Year Outdoor Age-Group Records
Men's and women's official 2003 world and U.S. outdoor 5-year age group records for all track & field and racewalking events, age 35 and up; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle. 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. Competition Rules tor Athletics (2005 Edition) - (BACK ORDERED) U.S. rules of competition for men and women for track & field, long distance running and racewalking – youth, open and masters. \$12.00. WMA Handbook (2003-2005) 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 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. Champions for Life, by John B. Scott and James S. Ward. The remarkable life of Payton Jordan, who is renowned for his personal accomplishments and for the coaching and mentoring skills that have produced many other champions in track & field. \$34.95 _ 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. USATF Logo Patch 3 color embroidered 4" x 3". \$4.50.
USATF Lapel Pin. 3-color USATF Logo on 7/8" soft enamel lapel pin (nail pin back with military clutch). \$5.50. USATF Decal. 3-color. 3" x 2-1/2". \$2.00. 2005 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. Back Issues of National Masters News Issues: \$3.00 each. _____ Postage and Handling Overseas Air Mail (add \$5.00 per book) National Masters News Order Dept. Send to: P.O. Box 50098, Eugene, OR 97405 Name Address State ____Zip ____



The Weight Room

By JERRY WOJCIK

It's Never Too Late

e all know of throwers who, after glittering careers in high school, college and perhaps even in the Olympics, go on to become masters and win national championships and break records. How about a world record holder who did not throw until after college when he was 22? That's Mike Brown, who holds the M45 national record for the 800g javelin (67.55/221-7, set in May 1999), and the M50 world record for the 700g (69.58/228-3, set in April

Brown was born November 28, 1953, and grew up in Jacksonville, Fla., where he played football and baseball in high school. "I was young for my class and weighed 160 pounds at 6-1. I graduated in 1971, and a year later in college on a partial baseball scholarship, I was 6-3 and weighed

Hopes Dashed

His hopes of playing pro ball were were dashed by a shoulder injury in his senior year. But other opportunities cropped up.

"Six months after I graduated, I saw some people at a junior college throwing a javelin. I became curious, and they would let me throw with them a couple days a week. A few months later, the coach said that he would enter me as an unattached athlete in the Florida State University Relays.

"On my first throw, I slipped and slid across the foul line with the javelin still in my hand. Not a good start. My third throw was 223 and I won the meet."

His best throw with the "old" 800g

We Welcome Letters

· The National Masters News welcomes letters on topics of general

· Letters submitted to Write-On

should include your full name, signature, address, and daytime

telephone number. Information other than your name and city in

which you live are kept confiden-

· E-mail submissions same as above (except, of course, no signa-

interest.

implement was 251. His best with the "new" 800g was 233. "Injuries and throwing on my own were not the best conditions for improvement," he says.

Training Regimen

Now he trains six days a week. His throwing days include 50-70 throws, standing and steps, medicine ball work, hose drags, and sprints, and usually last about one-and-a-half hours. Hose drags are dragging weights (10-15 lbs) in the throwing hand, keeping the arm back as in an approach.

On lifting days, he does pull-overs, bench, lat pulls, and snatch for an hour. "I never do max lifts any more, but I can still do 15 flat back reps on the bench at 225. In the snatch, I do five reps at 135 lbs.'

For competition, he says, "I'm lucky here in Florida. I can go to a meet practically every week." He takes September off to re-group.

On March 18, Brown returned to the site of his first conquest, the FSU Relays, and at age 51, throwing the 800g javelin, he won with a 62.13/203-10. "There were about 20 colleges competing. I was told that I

Mike Brown, M50 jayelin world record holder



· Keep it short. Concise letters developing a single theme are more likely to be published.

- · Please type and double space.
- · Letters are condensed and edited.
- · Not all submissions are published.

was the oldest ever to compete, let alone win. I was the oldest competitor by 30 years."

Brown is a social studies teacher and track coach at a high school near Jacksonville. When he isn't competing and training, he surfs, plays golf, and fishes with some old high school

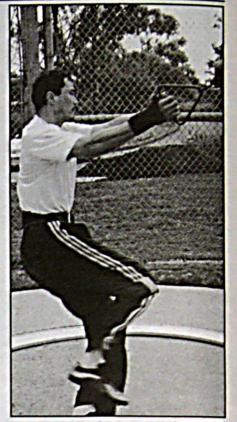
Study the Sport

His advice for athletes, especially those over 40 who are beginners with the javelin, or have let it gather dust, is to get into shape first, read as much as you can about the event, study films on technique, and expect a lot of soreness and minor injuries. "I think the javelin, other than the pole vault, is the most punishing event in track," he

A month ago, when asked about the future, Brown said he wasn't as concerned about the M55 record as he was about improving his M50 WR of

On April 9, he threw 70.71/231-11 in the USAT-NTC Spring Fling Meet at Clermont, Fla.

For masters, there may be some truth in the trite adage: "Better late than never."



(yong Song, 42, Team Thor Thunder Series Meet, La Jolla, Calif.

A Happy May Day to all our readers from the staff at NMN

Got Hawaii?

ARE YOU READY for the USA Masters Outdoor Championships?

REGISTERED? Deadline is July 5. Register on-line at www.hawaiichamps.com. Or call 808-732-8805.

HOUSING? Dorm rooms mostly full, but great hotel bargains are still available in Outrigger and Ohana Hotels -- go to www.hawaiichamps.com, or call Dharma at 888-946-5264.

AIRPORT SHUTTLE? SIGHTSEEING PACKAGES? Dharma can help -- dharma@alohavacationshawaii.com.

LUAU TICKETS? Order on your entry form, or by email -- at zeug@hawaii.rr.com.

Don't miss your national championship. In Hawaii! August 4 - 7. Be there!



Take your dream vacation! And Race on a Rainbow at the University of Hawaij. Experience the world's premier vacation destination.

Indoor Nationals

Continued from page 1

He added, "We need to be more athlete friendly and still keep the schedule moving. Mature athletes need time to adjust and prepare, not just run them out to the starting line and go!"

Gerry Davidson, W80, lowered the world records in the mile (12:05.93) by over a minute with a 10:54.48, and in the 3000 (23:41.32) by more than a minute and half with a 21:27.04, and set a U.S. 200 record by two and half seconds with a 55.25.

Nadine O'Connor, W60, broke a world record in the 200 (29.51) and upped her world record 2.80 in the pole vault to 3.00/9-10

John Keston, M80, reduced world records in the mile (7:04.20) and 3000 (14:10.79) to 6:48.02 and 13:30.77.

Audrey Lary, W70, should have won the Versatile Athlete Award for a world record in the long jump (3.60) and U.S. records in the 60m (10.26), triple jump (7.90/25-11), weight throw (10.15/33-

3.75), and superweight (6.02/19-9). Christel Donley, W70, set U.S. records in the 60mH (12.83) and high jump (1.16/3-9.5), after raising the pentathlon mark from 3653 to 4103 on Friday.

Don Neidig, M60, gave the gutsiest performance of the meet. He broke the fifth metatarsal of his right foot while preparing for the start of the 400 when

he turned his foot and landed on its side. He ran anyway and broke the U.S. record with a 55.91.

While records fell to recent new age-groupers (Keston, Donley, Larsen, James Stookey), Barbara Jordan, at the top of her age group at 69, broke her U.S. 60H record of 13.01 with a 12.53. Rod Parker, 86, broke U.S. records he set last year in the 60m (9.86/9.81) and 200 (35.74/35.17). Leland McPhie, 91, set four national records, two his own, set in 2004, in the triple jump (5.52/18-1.25), shot (6.91/22-8), weight throw (7.63/25-0.25), and 25# superweight (4.79/15-8.5).

Multiple gold medalists were in abundance. Phil Raschker, W55, scored seven firsts, including a world record in the pole vault (2.76/9-0.5). Liz Johnson, W45, also took home seven golds, ranging from the pentathlon to all four jumps and the shot

Lary won six events, Jordan, five. Four other women took four firsts: Davidson; Kay Glynn, W50; Johnnye Valien, W75; and Joy Upshaw-Margerum, W40, who broke the U.S. 60H record (9.08). Guest athlete Olga Kotelko, W85, of Canada, won six events.

James Stookey, M75, and Emil Pawlik, M65, were four-time gold medalists and record setters in the pentathlon, Stookey with 3959, and



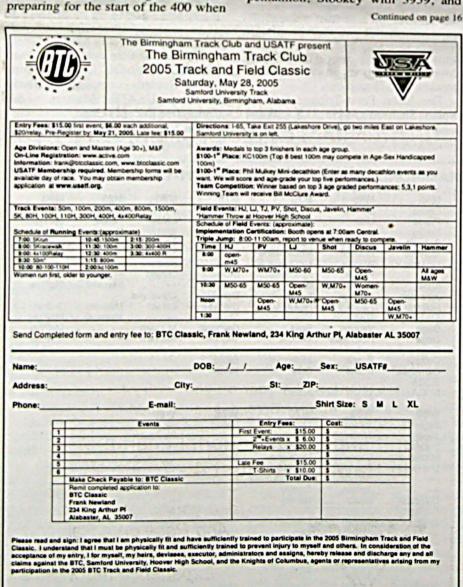
The M50 60H finals, won by Stacey Price (lane 6) in 8.84, with Brian McKinley (lane 3), second (8.92), and Robert Zahn (lane 4), third (9.20), National Masters Indoor Championships.

PENDING AGE-GROUP RECORDS USATF NATIONAL MASTERS INDOOR T&F CHAMPIONSHIPS, BOISE, IDAHO, MARCH 11-13

Old Mark

World Records
Event Age New Mark Name

60m	M80	0.27		Old Mar	k Held by
200		9.27	Melvin Larsen	9.39	Roderick Parker
	W60	29.51	Nadine O'Connor	29.93	Christel Franzen
200	M80	31.86	Melvin Larsen	32.49	Gote Lindblat
800	M50	1:59.99	Steve Gallegos	2:02.20	Alistair Dunlop
Mile	W80	10:54.48	Gerry Davidson	12:05.93	has Caracter Duniop
Mile	M80	6:48.02	John Keston		
Mile	M90	11:23.67	Max Springer	7:04.20	Paul Spangler
3000	W80	21:27.04	Gorne Davidson	-	
3000	M80		Gerry Davidson	23:41.32	Ivy Granstrom
3000	M90	13:30.77	John Keston	14:10.79	Gordon Porteous
60mH		23:12.34	Frank Levine	23:21.12	Max Springer
	M80	11.10	Melvin Larsen	12.23	Edwin Lukens
HJ	M90	1.06	Leland McPhie	1.05	Leland McPhie
PV	W55	2.76	Hillen von Maltzahn	2.70	Karin Forster
PV	W55	2.76	Phil Raschker	2.70	Karin Forster
	W60	3.00	Nadine O'Connor	2.80	Nadine O'Connor
PV	W65	2.05	Becky Sisley	2.00	Mary Bradford
LJ	W70	3.60	Audrey Lary	3.50	Asta Larsson
4x400	W40	4:31.15	USA	4:34.23	USA
4x400	M40	3:30.83	USA	3:31.04	USA
4x400	M60	4:14.76	USA	4:25.55	USA
4x400	M70	4:22.53	USA		TO SHAME TO SHAME A PUBLICATION OF THE
4x800	M50	8:32.95	USA	8:55.30	USA
				Phones Cale	STATE OF THE PERSON NAMED IN
U.S. R	ecords				
Event	Age	New Mark	Name	Old Mari	k Held by
60m	W70	10.26	Audrey Lary	10.36	Mary Bowermaster
60m	M85	9.81			
			Roderick Parker	9.86	Roderick Parker
200	W55	29.07	Phil Raschker	30.00	Adlin Mair
200	W80	55.25	Gerry Davidson	57.61	Pearl Mehl
200	M35	22.02	Sean Maye	22.04	Mitchell Lovett
200	M85	35.17	Roderick Parker	35.74	Roderick Parker
200	M90	48.24	Max Springer	49.32	Max Springer
400	M60	55.91	Donald Neidig	56.32	Larry Colbert
400	M75	69.10			
			Harry Brown	70.09	Rodney Brown
800	W50	2:26.69	Kathryn Martin	2:28.07	Kathryn Martin
Mile	M35	4:37.53	Christopher Yorges		
3000	M55	9:30.09	Nolan Shaheed	9:33.04	Victor Heckler
60mH	W40	9.08	Joy Upshaw-Margerum	9.60	Phil Raschker
60mH	W65	12.53	Barbara Jordan	13.01	Barbara Jordan
60mH	W70	12.83	Christel Donley	14.98	Leonore McDaniels
60mH	M65	9.69	Emil Pawlik	9.77	Emil Pawlik
				5.11	Emil Fawiik
4x400	M30	3:41.73	FIBO		
HJ	W60	1.30 t	Linda Douglass	1.30	Kathy Bergen
HJ	W70	1.16	Christel Donley	1.15	Leonore McDaniels
LJ	M35	5.86	Todd Anderson		
TJ	W70	7.90	Audrey Lary	6.80	Leonore McDaniels
TJ	M85	6.59	Ralph Maxwell	6.31	Clarence Trahan
TJ	M90		Leland McPhie	5.09	Max Springer
SP	M35	14.48	John Kummerlin		wax Springer
				0.74	1-1-111-011
SP	M90	6.91	Leland McPhie	6.71	Leland McPhie
WT	W70		Audrey Lary	8.42	Lillian Snaden
WT	M50		Jim Wetenhall	17.66	Tim Edwards
WT	M65	16.79	Richard Hotchkiss	16.63	Bob Ward
WT	M70	19.64	Bob Ward		Bob Ward
WT	M90		Leland McPhie	6.96	Leland McPhie
SW	W70		Audrey Lary		Lillian Snaden
SW	M65		Richard Hotchkiss		
				7.30	Bob Ward
SW	M75		Jerry Wojcik	BEAN -	The state of the s
SW 25#	M80		Richard Mulkern	-	-
SW 25#			Leland McPhie	-	
Pent	W70	4103	Christel Donley	3653	Johnnye Valien
Pent	M65		Emil Pawlik	4329	Emil Pawlik
Pent	M70		Bill Jankovich		Bill Jankovich
Pent	M75-		James Stookey		
		5556	Dames Glockey	3531	Melvin Larsen



Indoor Nationals

Continued from page 15

Pawlik, breaking his U.S. mark of 4329, with a 4401. George Joachim, M30, won the three sprints and the long jump. In the M90 division, McPhie won five events, and Max Springer won four.

Based on age-graded performances, the best athlete of the meet was Nadine O'Connor, 63, who scored a 106.0% for her world record 3.00; a 100.4% 9.04 in the 60m, although she was beaten by Kathy Jager (9.02; 98.7%); and a 98.7% for her 29.51 record in the 200.

Other athletes in the 100% range were Raschker, 58, 60H (10.25, 104.9%); Paul Edens, 64, 60m (7.89, 100.6%); Larsen, 80, 60H (11.10, 101.8%); and Parker, 86, 60m (9.81, 100.7%) and 200 (35.17, 100.0%).

In the 60m preliminaries, Bill Collins, 54, registered a 99.8% 7.44. Steve Gallego's M50 world record 1:59.99 in the 800 was age-graded at 97.2%.

In the throws, Gerald Vaughn, who holds the M65 U.S. indoor record at 14.01/45-11.75 set in 2001 when he was 65, recorded a 13.94/45-9 in the shot, which, for age-69, is worth 102.1%. Bob Ward, 71, increased his M70 national record for the 16# weight of 19.09/ 62-7.75 with a 101.0% 19.64/64-5.25.

The top racewalkers were Lynn Tracy, 52, 16:03.07, 86.0%, and Jack Bray, 72, 17:12.27, 87.0%.

The meet was the first official masters club championships, won by the So Cal Track Club, which outscored second-place Oregon TC Masters, 253.5 to 151.5.

Potomac Valley TC was a close third (147), Portland Masters, fourth (105), and Dallas Masters T&F Club, fifth (73). Club affilitions were taken from the athletes' USATF registration data. Over 100 clubs were represented, with 94 teams scoring.

The addition of the club championships created a new dimension for competing. Dan West, M50 winner in the pole vault, said, "I won my division, had a chance at the record, and scored eight points for the Oregon TC Masters."

The top scorers for their clubs were Audrey Lary, 70, Potomac Valley TC, and Barbara Jordan, 69, Green Mountain AA, both with 48. Mary Trotto, 57, scored 44 for her Bohemia TC. Liz Johnson, 48, competing unattached, would have scored 59 points for a club. Phil Raschker, 58, also unattached, would have tallied 56.

With attendance down, competition in the W30-34 division was almost nonexistent with only two entrants. The M30-34 fared better, with athletes in eight events and both relays.



JERRY WOJCIK

Whose feet with the groovy socks broke a U.S. record in the National Masters Indoor Championships, Boise, Idaho? Answer on p. 19.

The meet was hosted by the USATF Snake River Association, Mark Murdock serving as meet director, and Tim Severa assisting.

Primary sponsors were the Boise



Robert Thomas leads after the first 200, but Sean Maye #333, won the M35 400, 49.11 to 49.31. Marek Wensel was third in 50.29, National Masters Indoor Championships, Boise, Idaho.

Visitors and Convention Bureau, St. Luke's-Idaho Elks, and Bandanna Running and Walking.

Peter Taylor, scheduled to be head announcer, withdrew late because of illness. Dusty Black, a local announcer who was to assist Taylor, was pressed into full-time duty, and athletes thought he did a commendable

Media coverage was extensive. Before the meet, USATF Communications sent out a release with general meet information and short profiles on masters to watch and Boise-area athletes. During the meet, USATF daily issued e-mail reports on events, record breakers and champions.

The Idaho Press-Tribune featured Nolan Shaheed's M55 U.S. 3000m record (9:30.09) and did a write-up on Nampa resident, pole vaulter Ralph Hanie, on the sports section front pages with photographs, and gave complete results, a rarity in the print media. The Idaho Statesman also carried articles. Local television affiliate CBS had coverage before the meet; ABC on the first day; NBC on the sec-

Ray Feick, Masters East Regional Coordinator, said of the meet, "I thought the facilities were good. The officials were very courteous, and there were plenty of volunteers to assist with various tasks. Awards could have been better handled."

For the first time ever, the program included National Championships Indoor Records, compiled by Sandy Pashkin, USATF Masters T&F Committee Records Chair.

The Masters Championships return to Boston in late March 2006.

	M30	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	M90
		Drummond	Berry	Krulee	Collins	Whitley	Edens	Dennis				Parker	Trahan
	Joachim								Hewitt	Brown, H	Larsen		
	Joachim		Berry	James	Collins	Allie	Pierce .	Lida	Graves	Brown, H	Larsen	Parker	Springer
			Brown		Glaspy	Allie	Neidig	Lida	Kane	Brown, H	Wingo	Parker	Springer
		Wensel	Young	Lindsay	Gallegos	Shaheed	Barnum	Howard	Kane	Gray	Englert		Springer
	Lanier	Yorges	Young	Carlson	Robinson	Shaheed	McArdle	Howard	McClenathen	Gray	Keston		Springer
		VanCleve	Kimball	Coats	Clingan	Shaheed	McArdle	Weddle	McClenathen	Gray	Keston		Levine
	-	Drummond	McCloud	Grimes	Price	Druckrey	Gray	Pawlik	Spainhower	Stookey	Larsen	-	B
HJ	-	Mysikov	VanZandt	McBarnette	Snezhko	Gabbard	Kline	Pawlik	Ware	Propst	577	Maxwell	McPhie
PV	-	Wilcox	Sinatra	Casale	West	Phillips	Johnston	Cannon	Conklin	Donley	Cleveland		
	Joachim	Anderson	Foster	Quick	Wilson	Jacobson	Hollister	Pawlik	Hewitt	Stookey	Larsen	Maxwell	Trahan
TJ		Melton	Foster	Battle	Richardson	Rodenbeck	Struna	MacLeod	Hewitt	Stookey	THE CALL	Maxwell	McPhie
	Lindsay	Kuemmerlin	Girouard	Stewart	Summers	Shumaker	Gage	Vaughn •	Ross	Gerhardt	Mulkern	-	McPhie
WT		Kuemmerlin	Biggs	Jansson	Wetenhall	Taylor	Gage	Hotchkiss	Ward	Wojcik	Mulkern		McPhie
SW		Kuemmerlin	Biggs	Jansson	Wetenhall	Taylor	Gage	Hotchkiss	Ward	Wojcik	Mulkern	100	McPhie
		Wilcox	Berle	Grimes	Murray	Watson	Colliver	Pawlik	Jankovich	Stookey			
3KRW		-	Blanchard	Rael	Friedman	Frable	Carmines	Moore	Bray	Hargis	-		
4x400			ADHC		ADHC		SOCA	Control by the	ADHC		PHAR MAIL		
4x800	FIBO		ADHC		ADHC(MightyMicros)		SOCA		ADHC	albanille.			
	W30	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	S No. of Lot	
60		MilliganJacksn	UpshawMargerum	McField	Hanscom	Raschker	Jager	Jordan	Lary	Valien	The second		
200		MilliganJacksn	UpshawMargerum	McField	Hanscom	Raschker	Jager	Jordan	Lary	valleri	Davidson		
400	Byal	MilliganJacksn	Shook	McField	Bowman	Lowenstein	Condon	Conner	MacLeod	Schley	Davidson		
800		Connolly	Sherburne	Hervert	Martin	Groesz	Michelsohn	Daprano	MacLeod		To the state of		
Mile		Olen	Grene	Hervert	Martin	Groesz	Michelsohn	Daprano	Machala	Schley	Davidson		
3000			Grene	Marvil	Martin	Groesz		Harada	Machala	Killian Alia	Davidson		
60H		-	UpshawMargerum	Johnson	Glynn	Raschker	-	Jordan		The Contract of	Davidson		
HJ			Ware	Johnson		Raschker	Douglass	Sisley	Donley	The week	Will Provide		
PV			Rieger	Johnson	Glynn	Raschker	O'Connor	Sisley	Donley				
Li		de minis	UpshawMargerum	Johnson	Glynn	Raschker	Jager	Jordan	THE PARTY OF		A SALES OF		
TJ				Johnson		Raschker	Jager		Lary	Valien	The section of		
SP	Principle la	Latham	Lewis	Johnson	Stratton	Matthews	Huff	Jordan	Lary	Valien	Winter by	de l'anti-	1000000
WT		Latham	Lewis	Mellenthin	Stratton	Raham	Huff	Roman	Donley	-	***		1
SW	01	Lamam	Lewis	Mellenthin	Taylor	Raham		Roman	Lary	Valien	The late of the late of	1 500 100	1
PENT	-		Ware	Johnson	Glynn	Trotto		Roman	Lary	-	- Janes	divile-	213 Lat 2
							Cialed	Jordan	Donley	*** 11 15 110			
3KRW 4x400		-	MurpheyGlenn ADHC	Henley	Tracy	Eichel	Steigerwalt	LaVeck	Warberg	Marrs	CANAL K	The same	1

Rediscove

May 2005

ften a master to the sport excel. I have ago, I believed I had ken most event reco named national, reg coached a number of iber athletes. Howe where the battery ha

I'm presently International Spor Kennesaw State Georgia, which carri with the ILO/Univ The ILO is a special United Nations, and task force on sport and peace. During Director of the Esale San Francisco and where, among other game of sport conce

Getting the Rust When a person v with years ago, Swann, told me, tha she had discovered ters middle distance ed me to coach her if the rust would c long enough to be ambitions.

However, it is well, and after six n together, she is cont her running unde (recently winning th USA National Indoo with a 2:22.78, and, 47, running a seven-5K at 18:48).

I realized that I machinations that through when setting schedule. The link workout, the sense of through planned improvements, the learned from legenda as Percy Cerutty of A Igloi of Hungary, and of New Zealand, be vibrant again in my m ing what I had trained - coach runners. Returning to the

So, slowly, I am co sport and enjoying e edges of the running this, I mean the youn and the masters ra-Lesley ran against a 12-year-old male ove and was very evenly and old meeting each ways is an exciting n ning that is really del I have written s mental and physical

Training Advice

By MIKE SPINO

Rediscovering the Satisfaction of Coaching

ften a masters runner is a person who ran when younger, and now returns to the sport with a new zest for the activity and a renewed yearning to excel. I have discovered that can happen to coaches as well. A few years ago, I believed I had retired from actively coaching runners. My athletes had broken most event records at Life University and Georgia Tech in Atlanta. I was named national, regional and state coach of the year on many occasions, had coached a number of male sub 4-minute milers, as well as a few international caliber athletes. However, I'd lost my stopwatch to the back of my dresser drawer, where the battery had run down.

I'm presently the Director of International Sport Education at Kennesaw State University in Georgia, which carries out an initiative with the ILO/Universitas program. The ILO is a specialized agency of the United Nations, and a member of the task force on sport for development and peace. During the 1970s I was Director of the Esalen Sports Center in San Francisco and Big Sur, Calif., where, among other projects, the inner game of sport concept has its origin.

Getting the Rust Out

When a person who I had worked with years ago, Lesley Chaplin-Swann, told me, that, at 46 years old, she had discovered her talent for masters middle distance running and wanted me to coach her, I was a bit unsure if the rust would come off my brain long enough to be of any help in her ambitions.

However, it is working out very well, and after six months of working together, she is continuing to improve her running under my coaching (recently winning the W45 800 in the USA National Indoor Championships with a 2:22.78, and, having just turned 47, running a seven-year personal best 5K at 18:48).

I realized that I had missed the machinations that a coach goes through when setting out a runner's schedule. The link of workout to workout, the sense of the progression planned physiological through improvements, the lessons I had learned from legendary coaches such as Percy Cerutty of Australia, Mihlay Igloi of Hungary, and Arthur Lydiard of New Zealand, became alive and vibrant again in my mind. I was missing what I had trained all my life to do - coach runners.

Returning to the Sport

So, slowly, I am coming back to the sport and enjoying especially the far edges of the running community. By this, I mean the young age-group kids and the masters racers. Recently, Lesley ran against a nationally ranked 12-year-old male over a mile distance and was very evenly matched! Young and old meeting each other in new ways is an exciting new aspect of running that is really delightful.

I have written six books on the mental and physical aspects of running, the most successful being Beyond Jogging: the innerspaces of running (1976) that laid out my mind/body approach to running. It has been republished many times and translated into three languages.

What I had forgotten about coaching runners is that, through the activity, you discover anew that running has deep merit for living a meaningful life, and that participation keeps our spirit young and imagination vital. It continues to be fun to watch a person achieve self-mastery through their performances, much like teaching or learning a life skill that allows us to be more fully functioning human beings.

Useful Experience

I believe the theories presented in this article and what I have learned in 30 years of coaching can help masters runners of every genre and level of fitness. During my running days in the 1960s and early '70s in the U.S. (I ran 4:09 for the mile and could have done better – another story), our nation underwent a "revolution" in terms of running performance. Not only did we have the great young runners like Steve Prefontaine, Jim Ryun (I had the privilege of training with him for a national championship), and Gerry Lindgren, but theories of training were widely discussed and hotly debated.

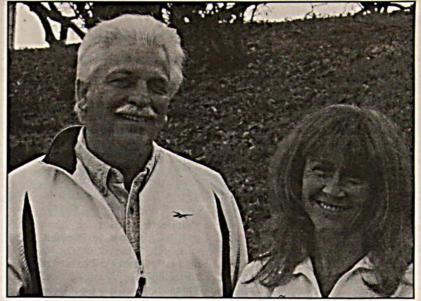
In this epoch, every record that was broken seemed to signal a new discovery of a physiological breakthrough (whether Cerutty's "sand dunes," Oregon Bill Bowerman's hard/easy, or Lydiard's periodized LSD), and was followed by athlete/coach duos attempting to duplicate the results.

Enthusiasm Dampened

The emergence in the '80s and afterwards of the East African distance running explosion dulled this training method of personal and group inquiry, as many aspiring runners gave up to the theories of genetic dominance, altitude induced improvement, and even usage or rumored adherence to performance-enhancing drugs.

An age of innocence and youthful exhilaration seemed to dwindle with the death of our compatriot Steve Prefontaine in an ill-fated car accident at the height of his illustrious career.

Our generation of running enthusiasts that hosted dozens of big indoor meets, filled up the L.A. Coliseum



Mike Spino and Lesley Chaplin-Swann at a recent road race

DERRY SWANN

with 60,000 enthusiastic fans when we went head-to-head for a dual meet with the USSR, and invented the "master" athlete, is now the basis for the masters "movement."

Masters runners of today are the children of the "running revolution," and even if many don't remember this heyday, it is interesting to recapture its essence and provide some insights that carry over and can be helpful to the

training preparations of those who are today aspiring to improve their performance day by day as they mature week by week.

Principles of Training and Racing

Over the years, I've found that a little foresight and planning goes a long way in having successful and enjoyable experiences training and racing. The particular Basic Principles suggested in this article are primarily for

Continued on page 22

THE TWENTIETH ANNUAL GSAC/RANDOLPH CLASSIC TRACK & FIELD MEET SUNDAY, JUNE 12, 2005 • RANDOLPH, NEW JERSEY

The GSAC/Randolph Classic is for Athletes of all ages

		MARINE THE PARTY OF	The real Y	1000
TRACK EVEN	TS	FIELD EVEN	TS	
5000 Meters	10:00 am	Pole Vault	10:00 am	The Garden State AC
High Hurdles	10:45 am	Shot Put, 60 & up		Randolph Classic
Youth Mile	11:15 am	followed by under	60	is a USATF-NJ
Mile Run	11:30 am	Long Jump	10:00 am	Masters T&F
Youth 100 M Dash	11:45 am	Javelin	10:00 am	Grand Prix
100 Meter Dash	Noon	Discus, under 60	10:00 am	Event
Youth 400 M Dash	1:00 pm	followed by 60 & u	IP .	LVCIIL
400 Meter Dash	1:15 pm	High Jump	10:30 am	
RW Mile	1:45 pm	Weight Throw	1:00 pm	
800 Meter	2:15 pm	Triple Jump	2:00 pm	
200 Meter Dash	2:45pm	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1		
4X400 Relay (incl Yo	outh)3:15 pm	n 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 8 – \$7 per event.

Post-entry (after June 8) – \$10 per event.

Relay Teams – Open and Masters Teams – \$16. Youth Teams – \$12.

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 973-584-0679

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

Fifty-Plus Honors Bannister with Zatopek Award

Kurtis, Matson Top Runners at Paul Spangler Memorial 8K Run

PALO ALTO, Calif. - The 22nd Annual Fifty-Plus Lifelong Fitness Weekend came to an inspiring conclusion on March 13 as the featured event, the Paul Spangler Memorial 8K Run, drew some of the top senior distance runners in the nation.

Dennis Kurtis, 51, San Jose, Calif., won the men's race in 29 minutes flat. Shirley Matson, Larkspur, Calif., topped the women in 34:24, bettering the current U.S. single-age record for 64-year-old women. The unique race, held annually at Stanford University, is dedicated to runners aged 50 years and older.

Numerous age-group and singleage records have been set in the event over the years. A separate 8K race for younger runners was also held.

Both winners cruised to almost unchallenged victories on a mild, sunny morning. The incomparable Matson notched her sixth victory in this race – the most ever by a female – and with today's win became the oldest woman ever to win the event outright. Kurtis became a first-time men's winner only a month after winning the senior division at the Freescale Austin (Texas) Marathon.

Matson took control of the women's race early, passed defending champion

Isobel Fox just after the first mile, and then never relinquished the lead over the winding course through the beautiful Stanford campus. Fox, 51, Menlo Park, Calif., held on for second, finishing in 36:09. Marge Winkler, 50, Burlingame, Calif., was third in 39:56.

"I've always liked this course and the weather was great," said Matson, who set the female all-time race record of 28:55 as a 50-year-old in 1991. That mark remains the current U.S age-group record for women 50-54 years old. "I eased into the lead, and then my goal was just to hold the pace for the distance. I'm really pleased and fortunate, especially since I came here intending to break the [single age] record."

Kurtis turned in a wire-to-wire men's victory, finishing the USA Track & Field certified course, which ends on the Stanford Stadium track, well ahead of the trailing pack. He was followed by Chris Berka, 50, Portola Valley, Calif., who notched the runner-up spot in 30:23. Four-time champion Michael Dove, 58, Salinas, Calif., was third in 30:40.

"I was really surprised that no one went with me in the first quarter mile of the race," Kurtis recapped. "But, on the other hand, I was kind of happy because I'm not quite yet recovered from my marathon. I didn't want to miss this race this year, though."

Competing in five-year age divisions through age 90 and above, 121 participants – all models of senior fitness – completed the event. The all-time oldest finisher in the race's record book is Dr. Paul Spangler, the veteran, multi-age-group record holder to whom the event serves as a memorial. Spangler last competed at the Fifty-Plus race in 1993 just before his death at the age of 94.

In the separate 8K race for runners under age 50, Shawn Gallagher, 44, headed the men in 28:55. Tori Tyler, 17, topped the women in 29:46.

The age 50-and-over winners of the companion 5K Racewalk were Ed Lane, 68, Mill Valley, Calif., in 31:05 and Ann Lee, 55, Petaluma, Calif., in 32:04. A 4-Mile fitness walk and other fitness activities were also held.

Also at the weekend's festivities, Sir Roger Bannister of Oxford, England, became the 15th recipient of the Annual Emil Zatopek Award bestowed by Fifty-Plus Lifelong Fitness. Bannister made history in 1954 when he became the first person to run under four minutes in the mile. 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.

"Since I retired from competition to become a doctor, the last section of my life has been devoted to encouraging fitness among all segments of the population," said Bannister, 75, in a pretaped acceptance speech of the Zatopek Award in Oxford, viewed by attendees at the Fifty-Plus Annual Awards Dinner on Saturday.

"I respect the contributions made by many organizations, including Fifty-Plus Lifelong Fitness, in promoting fitness in the United States. I'm delighted to receive this award."

"Bannister changed our perception of an important barrier and proved that with a dedicated effort we can reach our goals," Don Bowden, 68, the first American to run under four minutes for a mile, told the dinner audience.

"Bannister can serve as the ultimate example, but we can utilize the same path – through perseverance, learning from our disappointments, finding inspiration in our own gifts, and working together with others – to overcome our own personal barriers."

Additional honors awarded at the dinner: Norman Thomas Penney Farms, Fla., received the 2005 Fifty-Plus Ambassador of the Year Award for his implementation of a model Fifty-Plus Fitness program in a senior retirement community. Michael Collins, Palo Alto, Calif., was the recipient of the organization's



TESH TESHIM

Ron Pate, first M55 (40:19), Johnny Faerber's 10K, March 13, Honolulu, Hi.

Volunteer of the Year Award.

Past recipients of the Emil Zatopek Award: Zatopek ('91), Spangler ('92), Payton Jordan ('93), Fred Lebow ('94), Peter Wood ('95), Bill Toomey ('96), John McCarthy ('97), Bill Rodgers ('98), Joe Henderson ('99), Ben Parks ('00), Kathrine Switzer ('01), Denis Waitley ('02), Anne Warner Cribbs ('03), and Yohiro Uchida ('04).

Fifty-Plus Lifelong Fitness is a nonprofit, international organization based in Palo Alto, Calif., with 2000 members, whose mission is to provide a longer and more independent lifestyle for adults by expanding awareness and involvement in health and fitness activities.

Thanks to our major sponsors who help make the Fifty-Plus Fitness Weekend possible: Classic Residences by Hyatt in Palo Alto, Palo Alto Weekly, YMCA of the Mid-Peninsula, Palo Alto Chamber of Commerce, Palo Alto Parks and Recreation, and Palo Alto Medical Foundation.

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.

Harold Chapson Memorial **USA National Masters** 8Km Championships Entry Information:
Open to all runners, however, eligibility for National Masters Championship awards require current USATF membership.
You can join USATF online by going to www.usatf.org;
Timing will be by Timeline using the ChampionChip. Timing will be by Timeline using the Champion...nip.

Prize money will be awarded to the top three male and female finishers in five year age divisions starting at age 40 and the top age graded finisher. Proof of age will be required, Only a birth certificate or passport will be acceptable as proof of age. 2005 USATF membership number.__ Early entry before June 7th: \$17.00; June 8th until July 7th: \$25.00; Entries July 8th thru August 1st: \$30.00; Late entries from August 2nd thru August 6th: \$35.00. No Race Day Entry. And Mail entries to: National Masters 8Km Championships P.O. Box 25566 Honolulu, H. 96825 Information: (808) 589-2646 or go to the race calendar at www.mprrc.com for online entry. Harold Chapson Memorial USA National Masters 2005 Please use ink and print legibly. Fill out form completely Date of Birth Fee Enclosed \$25 - Before July 7 _\$30 - Before August 1 Phone (day)____ Phone (eve.)_ T-SHIRT (Adult Sizes) S M L XL heat and humidity, traffic and the conditions of the road, all such risks being known apprecial-do yme. Heiving read this walver and knowing these facts and in consideration of your accept-ing my entry. It for myself and anyone entitled to act on my bertall, waive and release any and all rights and claims for injuries and damages I may have against and sores to hold harmless. Runners Club of America, the City and Courty of Honolulu, USATF, RRCA, and all sponsors, their inpresentatives and successors, from all diarns or labilities of any land arring from my participation in the event, including pre- and post-area excludes. I grant permission to all the of the foregoing to use any photographs, motion pictures, recording, or any other record of this event for any legitimate purpose. Signature / Signature of parent or guardian if entrant is under 18 Date

www.nationalmastersnews.com

A STATE

at USA M

HONOLULU, H. & Field and Hawai Field announced th Master Championsh only "Rainbow" University of Hawa may draw nearly 20 and nation's master.

Competitors at re championships have world's most famou tance superstars Bill Benoit Samuelson, field greats Will Christiansen, and Shoes" Johnson, ar finalist Philippa Rasands of athletes, a years-old, making selves as part of a ligram.

"World and received world with the champion of the champion of

are considered equations and the considered equations and the competitors and the enjoy a great meet tion of a lifetime."

At the recently Masters Indoor Boise, Idaho, Mar

Answer to que

OCEAN

100m • 20 Discus • 5

Masters athl

For

Run MUSI

SATURDAY

A Distance-only m heats for all ages a heat(s). Then watch Peterson, and a Prize Money. USAT

2000 T&F Athletes Expected at USA Masters Championships in Honolulu

HONOLULU, Hawaii - USA Track & Field and Hawaii Masters Track & Field announced that the 2005 USA Master Championships, on the world's only "Rainbow" track at the University of Hawaii, Aug. 4-7, 2005, may draw nearly 2000 of the world's and nation's masters athletes.

Competitors at recent USA masters championships have ranged from the world's most famous - including distance superstars Bill Rodgers and Joan Benoit Samuelson, NFL and track and field greats Willie Gault, Todd Christiansen, and Willie "White Shoes" Johnson, and Sullivan Award finalist Philippa Raschker - to thousands of athletes, age 30 to over 100years-old, making a mark for themselves as part of a lifetime fitness pro-

"World and recent personal records are considered equally important,' said Meet Director Mark Zeug. "At the 2005 Hawaii National Masters, competitors and their families will enjoy a great meet and have the vacation of a lifetime."

At the recently concluded USA Masters Indoor Championships, Boise, Idaho, March 11-13, athletes

crushed nearly 60 indoor world and U.S. age-group records.

They are expected to break several outdoor records on the University of Hawaii's world class track.

For registration/entry form, more information, and hotel and air travel meet discounts, interested persons may go to http://www.usatf.org/ events/2005/USAMastersOutdoorTF Championships/ or local organizing committee Web site www.hawaii champs.com, or call Mark Zeug at 808-732-8805.

Media requesting logistics or interview information should call Bob Weiner, National Masters Media Chair, 301-283-0821; 202-329-1700.

Competitors and their families will enjoy Honolulu's world-famous Waikiki Beach, Diamond Head, and Pearl Harbor, the meet's special luau, island-hopping, and competition on the unique rainbow-colored track.

Zeug urges the many expected outof-state guests to book as soon as possible because Hawaii air and hotels in August fill up quickly.

Source: Robert Weiner Associates 301-283-0821; 202-329-1700



Throwers who competed in the Coachella Valley Recreation & Parks Meet, Palm Desert, Calif. (I to r): Tom Allison, M70, Doug Tomlinson, M70, Arnie Gaynor, M75, Mike Castaneda, M80, and Al Rosen,

Subscription Problems? Moving? To determine the status of your subscription, or to let us know your new address, call 818-286-3129, fax 800-869-0040, or write to NMN, P.O. Box 16597, North Hollywood, CA 91615.

ACCUMANT.	englikk topen gje	and the same of	WOME	N	Charles A	
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'/2"	8.5m 27'10'/2"	10.5m 34'5"	10
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3	12.00r	
50-59	80m	.762m , 30"	12.00m	7.0m	19.00	The second secon
60+	80m	.686m	39'4"	22'11'/2"	62'4'	ever every or
30-39 40-49	400m	.762m 30"	45.00m 147'73/4"	35.00m 114'9'/2"	40.000 131'2'	
50-59	300m	.762m 30"	50.00m	35.00m	40.00r	7
60+	300m	.686m 27*	164'0'/2"	114'91/2"	131'2'/	
-			MEN	Samuel Printers		Charles of Louisian
30-39 40-49	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02n 46'	10
50-59	100m	.914m 36"	13.00m 42'8"	8.50m 27'10'/2"	10.50n 34'5"	10
60-69	100m	.840m 33*	16.00m 52'6"	8.00m 26'3"	12.00n 39'4"	10
70-79	80m	.762m 30"	12.00m	7.0m	19.0m	8
80+	80m	.686m 27"	39'4"	22'11'/-"	62'4"	of the state of
30-49	400m	.914m 36"	45.00m	35.00m	40.00m	al Joseph
50-59	400m	.840m 33"	147'7'/2"	114'9'/2"	131'2'/	10
60-69	300m	.762m 30"	50.00m	35.00m	40.00m	9 1 301
70+	300m	.686m 27"	164'0'/2"	114'9'/2"	131'2'/	7
	00,00	to the state of	IMPLEME	NTS	th House little	Name and Address of the Owner, where the Party of the Par
AGE GROUP	SHOT PUT	DISCUS	HAMMER	JAVELIN	WEIGHT	SUPER WEIGH USATF
Womer 30-49 50-79	4.00k 3.00k	1.00k 1.00k	4.00k 3.00k	600 gms. 500 gms.	20#	35# 25#

Steeplechase: men 30-59: 3000m/36" (.914m); men 60+ and women: 2000m/30" (.762m)

3.00k

7.26k (16 lbs.

6.00k

5.00k

4.00k

4.00k

3.00k

26k (16 lbs.)

6.00k 5.00k

4.00

4.00

80+

30-49

50-9

60-69

70-79

1.00k

2.00k

1.50k

1.00k

1.00k

1.00k

400 gms.

800 ams.

700 gms.

600 gms.

500 gms.

400 gms.

35#

25#

20#

16#

12#

20#

564 56#

56#

35#

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.

Answer to question on p. 16: Nolan Shaheed, M55 3000 (9:30.09).

OCEAN STATE SENIOR OLYMPICS

PROVIDENCE, RI Sunday, May 22, 2005 · 9 a.m.

100m • 200m • 400m • 800m • 1500m • 1500m Racewalk Discus • Shot Put • Javelin • Long Jump • Triple Jump High Jump • Hammer

Masters athletes (40+) and senior athletes (50+) are welcome!

For an entry booklet, or more information, call

401-431-5007 E-mail: MyLyons@weei.com

Run one. Watch one.

MUSIC CITY DISTANCE CARNIVAL presented by

tnrunner @com

SATURDAY JUNE 4TH, 2005 | NASHVILLE, TN (6:00pm-11:00pm, Vanderbilt Univ.)

A Distance-only meet under the lights, for all ages. Seeded 800m, 1 mile, and 5,000m heats for all ages and abilities. Male and Female Masters Invitational 5000m. Run your heat(s). Then watch Elite Invitational Races featuring Olympians Robert Gary and Derrick Peterson, and an attempt at the World O-40 outdoor Mile Record by Tony Young Prize Money, USATF-Sanctioned Meet. Web site; http://tnrunner.com/MCDC/home.htm

Rankings Report

by DAVE CLINGAN
USATF Masters T&F Rankings Coordinator

Important Info About 2005 Masters Outdoor Rankings

They will be updated on a regular basis as the season progresses. Please note the following:

 We regret that Senior Games/ Olympics results published in National Masters News will NOT automatically be included in the 2005 rankings.

These meets use different age definition (year of birth instead of day of birth) to determine age groups; therefore, the Senior Games results often list athletes in the WRONG age group.

To have your Senior Games results included in the rankings, you must submit them directly to Dave Clingan, and they must include your date of birth along with all the required meet and performance information (see item 3 below).

All other meet results published in National Masters News will automatically be included in the masters rankings. You do not need to submit your results to Clingan for these meets.

3) If your results are not printed in Nationals Masters News (or if you compete in Senior Games meets) you may submit them directly to Clingan, and they will be included in the rankings.

The best way to do this is to use the SUBMIT form on the rankings Web site. Please use this submission method if you can.

But, if you must mail results to Clingan, you need to include all of the following information:

Athlete's Competition Name:	
Athlete's Age (on day of meet):	
Athlete's Date of Birth:	AND THE RESERVE OF THE PARTY OF
Name of Meet:	PURE A TON BE WELL AND A
Date of Meet:	Leto de Etranda Milla
Location of Meet (City/State):	
Events & Performances:	
Timing System (hand/or automatic):	er jevol o transfer i verez fivorio i
Your contact info (phone/e-mail):	

4) Hand times will be rounded up to the nearest tenth and listed separately from automatic times for distances under 400m.

5) If you have questions or concerns about rankings, please e-mail Clingan at xroads@xro.com. We cannot guarantee returned phone calls, but we will respond to all e-mails.

6) If you compete in an international meet as an athlete representing a foreign country, your marks in that meet will not be included in the USA masters rankings.

7) Please do not submit results for rankings if they are already included in the rankings. Always check first – this is greatly appreciated!

Best of luck in 2005!

For the latest in top-level track & field TRACK&FIELDE

The bible of the sport, published monthly since 1952. \$43.95 yr.

TRACK PERIODICALS • TRACK BOOKS • VIDEOS TOURS TO THE OLYMPICS, TRIALS, WORLDS www.trackandfieldnews.com

Track & Field News, 2570 El Camino Real, Suite 606
Mountain View, CA 94040 • 650/948-8188 • 650/948-9445 fax

Last Call for 2005 Indoor Rankings

Athletes who want their best performances for the 2005 indoor season included in the rankings to be published in the June issue should first check out the rankings on the Web site www.mastersrankings.com to see if they are listed already.

If they aren't, you can use the "Submit Results" device on the Web

site to forward your marks, or send them with the name you compete under, your age group, meet name, site, and date, to Larry Patz, 534 Gould Hill Rd., Contoocook, NH 03229, or to indoorrankings@ aol.com by May 8.

If you know that the meet was sanctioned, include that also.

Can Walking Jog Your Memory?

Physicians generally agree that physical exercise keeps the body younger, stronger and healthier. Several studies are suggesting that mental exercise also keeps the mind sharper as the clock ticks on.

Recent research at the University of Illinois and Duke University examined a population of 124 adults with a sedentary lifestyle. Half of this group was assigned to a walking program, and the other half to a stretching and toning program.

After six months, as expected, the walking group demonstrated a signifi-

cant improvement in cardiopulmonary fitness, while the stretchers did not.

However, there was another important difference between the two groups: the walkers demonstrated improved cognitive and memory function. The improvement was most striking for "executive control processes," a function of the brain's frontal lobes. This would predict improved ability to make plans, establish schedules and make and remember choices.

- Oregon Urology Specialists April 2005

Visit the National Masters News at www.nationalmastersnews.com

LeBourne Breaks 800 Record in NYC

By FRANCIS SCHIRO

Anselm LeBourne ran an M45 800 world record 1:56.28 in the Front Runners Meet at the NYC Armory on March 20. The present record is 1:57.32 by Peter Browne, Great Britain, in 1995.

Having set a world record 4:02.62 in the 1500 two weeks previously, LeBourne was confident of a positive result, saying, "I have great confidence in my training. I honestly feel if I am willing to do the very hard work needed, things will work out."

Alston Brown, of Central Park TC, winner of the M55 400 and 800 at the Boise Indoor Nationals this year, agreed to "pull" LeBourne through a 56.0 opening 400. This he did perfectly with LeBourne's first 200 timed in 28.30, and the following 200 in another 28.30, and 400 at 56.60. LeBourne, looking comfortable and in full control, took the lead at 450 meters.

LeBourne was very thankful to Brown for his help and said in the future he would be willing to help Brown in a record attempt. "Masters need to help one another for positive results. We are all in this sport together."

"I have great respect for all the records," LeBourne stated, "but I also have great confidence that is generated in my training." Rodney Wiltshire has been coaching LeBourne for 15 years. "He knows me ... he is essential in developing and setting up my workout



Anselm LeBourne (r), and Alston Brown, M55, after LeBourne broke the M45 800 world record with a 1:56:28.

schedules.

LeBourne said he will "take a few days off and let the records sink in," then return to hard focused training, with the WMA World Championships in Spain this summer as his next target.

Carlsbad 500

Continued from page 1

Calif., waged a close bacrown, 28:33 to 28:56.

In the women's up Heidi Swan, 51, Ross, 18:33 W50 win, while 61, Manhattan Beach shaded event director I San Diego., 23:01, for

Barbara Miller, 65, showed up this year to the W65 ranks, and gomery, 74, N. Vancoo won the W70, 24:58.

Po Adams, 80, Car moved up an age-groutook a narrow win awing W80 champion, C 84, Fallbrook, Calif., 3

Some 15,000 runner this 20th anniversary C

- from reports by Di Diego Union Tribune, Dan Hayes/ North Co Running USA Wire

W40 15

By SUSANNAH Bi Colleen De Reuck another W40 U.S. recc in Jacksonville, Fla., a Run 15K/USA Cham ning 49:51 for fourth v

The South-African-Boulder, Colo., crusher (52:22/Laurie Binder, she was off her winnin 49:02, when she wo onship outright.

This year she priscilla Welch still world masters 15K bes she set at this race in 1

Under sunny but we Reuck ran with the lead through 10K, and hel advances of masters are record holder and 1 Firaya Sultanova-Z 51:50, who was second Kilpatrick-Morris, 4 Ohio, cruised to third,

In the W50 race, Hanna, 54, Pittsford, won a close battle

More Marath

Continued from page 1

ed hysterectomy halt for eight weeks of Loken has run four since she started runr

The More Marath two-woman show, w minutes behind Rol rest of the field arriv

Two-time nat marathon champion run a marathon nine never felt spry: "Sh legs and I didn't,"

Carlsbad 5000

Continued from page 1

Calif., waged a close battle for the M80 crown, 28:33 to 28:56.

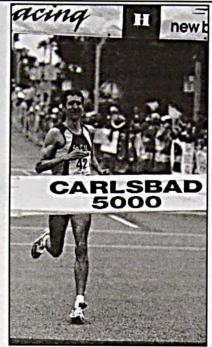
In the women's upper age groups, Heidi Swan, 51, Ross, Calif., flew to an 18:33 W50 win, while Wendy Watson, 61, Manhattan Beach, Calif., 22:57, shaded event director Kathy Loper, 62, San Diego., 23:01, for the W60 title.

Barbara Miller, 65, Modesto, Calif., showed up this year to run 21:45 atop the W65 ranks, and Lenore Montgomery, 74, N. Vancouver, B.C., again won the W70, 24:58.

Po Adams, 80, Carmichael, Calif., moved up an age-group this year and took a narrow win away from defending W80 champion, Gerry Davidson, 84, Fallbrook, Calif., 38:18 to 38:35.

Some 15,000 runners participated in this 20th anniversary Carlsbad festival.

- from reports by Don Norcross/San Diego Union Tribune, Rick Hoff and Dan Hayes/ North County Times, and Running USA Wire



VICTOR SAILER / PHOTO RUN Brian Pope, 42, masters winner (14:57), Carlsbad 5000, April 3.

De Reuck Blasts W40 15K Record at Gate River Run

By SUSANNAH BECK

Colleen De Reuck laid waste to another W40 U.S. record on March 12 in Jacksonville, Fla., at the Gate River Run 15K/USA Championships, running 49:51 for fourth woman overall.

The South-African-born citizen of Boulder, Colo., crushed the old record (52:22/Laurie Binder/1989), though she was off her winning pace last year, 49:02, when she won the championship outright.

This year she placed fourth. Priscilla Welch still owns the W40 world masters 15K best (49:35), which she set at this race in 1985.

Under sunny but windy skies, De Reuck ran with the lead women's pack through 10K, and held off the early advances of masters marathon world record holder and local Floridian, Firaya Sultanova-Zhdanova, 43, 51:50, who was second W40. Debbie Kilpatrick-Morris, 41, Strongville, Ohio, cruised to third, 53:28.

In the W50 race, Carolyn Smith-Hanna, 54, Pittsford, N.Y., 1:07:03, won a close battle with Paulette

Butler, 54, Jacksonville, 1:07:58. Elfrieda Wyner, 62, St. Augustine, Fla., shone at W60 with another course record (she owns four), 1:09:42, while Toshiko d'Elia, 75, Ridgewood, N.J., won by a mile and set a new W75 course record, 1:27:35.

In the men's race, Dennis Simonaitis, 42, Draper, Utah, landed a convincing win over 5K ace Brian Pope, 42, Oxford, Miss., 47:48 to 48:55. Bahamanian, Phillip Walkins, 45, ran to a strong third M40+, 49:44. Jacksonvillian, John Metzgar, 42, 49:47, was fourth master overall.

Good quick runs were turned in by Page Ramezani, 55, Jacksonville, 57:52, who ran to his age-group victory, while Gate River Run "streaker" David Ohnsman, 61, Neptune Beach, Fla., 59:30, nailed the M60.

Seventy-eight hundred runners toured Jacksonville's lovely 15K loop, which features a pancake flat course punctuated by the enormous hill called Hart Bridge in the eighth mile. A 5K run for charity accompanied the 15K event.

More Marathon

Continued from page 1

ed hysterectomy halting her training for eight weeks over the winter. Loken has run four 2:44 marathons since she started running at age 36.

The More Marathon was a virtual two-woman show, with a gap of 18 minutes behind Robertz before the rest of the field arrived.

Two-time national masters marathon champion Robertz, who had run a marathon nine weeks previously, never felt spry: "She just had fresher legs and I didn't," she said after the

Corinna Cortes, 44, New York, third in 3:07:44, led her Moving Comfort NY team to the team title, with three runners placing in the top ten.

The race drew 3500 women in only its second year, and consists of four loops, all inside Central Park.

A two-person relay marathon (each runner runs a half-marathon) was also contested, featuring appearances by masters road record holders Colleen De Reuck, 40, Boulder, Colo., and Carmen Troncoso, 45, Austin, Texas.

from reports by Peter Gambaccini/RunnersWorld, and www.nyrr.org

Santa Barbara Invites All to State Street Mile

Santa Barbara's State Street Mile is the prettiest road mile in California. A beautiful sandstone church, a tileroofed film theater built for 1920s Hollywood premiers, then you float into the California-Spanish downtown.

Unlike most road miles, the race offers prize money for masters (\$100/\$75/\$50), awarded to both men and women based on the best agegraded performances in the elite masters races.

In recent years, top masters runners like Mike Egle (4:06, masters CR), Steve Scott (age-graded record,



VICTOR SAILER / PHOTO RUN Colleen De Reuck, first W40+ (49:41), Gate River Run 15K, Jacksonville, Fla., March 12.

98.3%), and Teri (Van Cott) Fitzgibbons (Western States 100 winner, 5:18 at age 51) have taken victo-

Last year's masters awards were earned by Barry Molony (10th overall at Bay to Breakers at age 45) and Dianna Hall (800m gold at National Masters Championships).

But even if you're not elite, the event and the town offer a great occa-sion to either explore incredible scenic mountain trails, sun-washed bluffs, and white-sand beaches, or spend all of your money shopping and dining.

Whatever mix you find most pleasant is yours to choose. Because the course is mildly aided (enough to yield nice times, but not so much as to injure your legs), you'll go home with an outstanding time.

The race is scheduled for June 19. Race information is available at www. sbmile.com, or 805-568-2316. Registration is open at www.active.com.

For lodging contact Santa Barbara Hot Spots, 800-793-7666 (and don't put it off); accommodations can easily be found for people who'd prefer to stay with local masters runners, whether for the simple human connection, or because you choose to avoid the expense of area hotels. Dennis Mihora (805-967-5992, dmihora@ asme.org) is glad to help.

- Megan Rheinschild Race Director

PI ATINUM

State Street Mile

June 19, 2005 in Santa Barbara ...

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-register at www.active.com or www.sbmile.com Race day registration begins at 7:00 a.m.

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

our thanks to...







SANTA BARBARA NEWS-PRESS



K-LITE 101.7









Training Advice

Continued from page 17

middle and long distance runners from about 800 to 10,000 meters.

I list these principles in the order in which I consider them most important and vital to overall successful and enjoyable training and racing.

Be specific about what you want to attain. If the secret to great middle and long distance running is ambition and determination, knowing specifically what you want to accomplish physiologically in your training is the most important factor for success.

Every distance race has a unique combination of physiological necessities that need to be mastered to run well in that specific event. In this planning, it is best to think in terms of how much of your training should be aerobic (running with oxygen) and how much should be anaerobic (running with energy that is already stored in your body).

For instance, the mile is 50/50, so your training should reflect this balance. Briefly, the performance ratios are generally as follows:

· 800 meters (40 aerobic/60 anaerobic)

1500/mile (50/aerobic/50 anaerobic)

5,000 meters (70 aerorobic/30 anaerobic)

• 10,000 meters (80 aerobic/20 anaerobic)

When I wanted to peak Lesley to run faster in the 800, I had to give her intervals in which she started the next one in a series of 200s in a slightly anaerobic

This was specific to the physiological state she would face in the last 200 of her race. By accomplishing this in practice, she was able to "carry" anaerobic power in the last 200 of a hard race.

The result was a full second improvement from her first to second "big" race of the year and, more importantly, the ability to carry oxygen debt in the final stages of a race without faltering.

Schedule

Lay out your schedule in time frames. Break a season into six-week periods with specific objectives and 10day cycles that have perhaps two easy days on each side of the cycle.

For instance, a meta season may have 24 weeks of four six-week cycles in a training period that afterwards revert back to the beginning of an endurance phase.

Think about your training as an inverted pyramid, and when you have peaked at the point, go back to the base.

If you are a competing masters runner on the track, "peak" for the indoor season and then go back to a six-week cycle that emphasizes "endurance."

You might say, "Coach, but I just run in road races and have a good time." I would say, still break down your season. Peaking and meshing together of physical and mental energies in a "top form" race is the most satisfying part of being a competitive runner.

Method

Be a student of interval type training. The "variety" in every runner's schedule is what they do on their "interval" day. Whether this is fast/easy running of telephone poles, or timed intervals on the track, know what intervals produce which physiological effect and why you are doing that particular workout on this specific day. Plan at least three or four test sessions during a six-week cycle to see if you are making progress, and your method and theory are being applied correctly. These could be:

• Eight times 400 with a 90-sec-

· One hard trail run followed by a 1200 on the track

· Six times 200 with a 45-second rest period

. Any time trial from 600 to 1.5

Another critical point is, during important interval sessions, time the rest periods. You can't gauge how well you are doing unless the rest period as well as the time of the interval is recorded. I have my runners stand or walk in place after an interval, and time the rest period. I cue them when there is 10 seconds left until the next run. When I look back and see they ran eight times 400s in 76-second average with a 90-second rest period, I know what is exactly comparable from one training to the next.

Strategy

Racing and training are different. You should know from the outset that training and racing are two different skills. All coaches know runners who are great in practice and can't put it together in a race. The best remedy for this is to mentally "practice" the race before you run in

Talk over the strategy of the race with a coach or advisor who knows the competition. Think about what will be your best way to approach the race. Make a tape recording of your "perfect race," while still placing segments in your imagination that allow you to "steel" your mind for responding to any eventualities.

Before a big race, play the "mentally perfect" race tape for yourself four or five times in the preceding days leading up to race. This will give you confidence in your race strategy, and on race day it will seem like "you have already" performed the task beforehand and be comfortable with the entire situation.

Guidance

Respect your advisor or coach. If you want to have a coach pull for you in your racing career, treat him/her with respect. If you have an interval training session scheduled for the track, be warmed up and ready to go when he/she arrives at the track. Keep in touch; however, don't be excessive and overly needy

I find the most important time for,



First three M65 in the weight throw (I to r): Robin Herron (13.94), Richard Hotchkiss (16.79), and Rasal Terhune-Young (14.86), National Masters Indoor Championships, Boise, Idaho.

coaching is when an athlete performs below their expectations. Listening and pointing out that racing is a process, and that everything doesn't always go right exactly when you intended, is one of the most important aspects of coaching concerns. When an athlete does well, they are happy to be with friends and "celebrating." Good, then I can enjoy it too, and think about the next steps.

Now that I am getting back into the swing of professional coaching, I welcome any comments or results from these brief suggestions. If you're interested in my books, although they are out of print, you can find them used on the Internet if you "Google" my name.

I'm considering making myself available for coaching and instruction, as I realize I can be an asset to middle and long distance runners who would like to improve and enjoy their training and racing.

Anyone who would like to contact me regarding their training can drop me an e-mail to: mspino@bell south.net

Too Much Water Can Be Fatal and Not by Drowning

By JERRY WOJCIK

athletes, especially Masters marathoners and ultra runners, are diligent about hydrating, but a recent study indicates that drinking too much water can be dangerous and even deadly.

A report in the April 14 New England Journal of Medicine of a study of 468 runners in the 2002 Boston Marathon found that 62 of them had abnormally low blood sodium levels from drinking too much water or sports drink, posing serious health risks. The runners in the study had blood taken before and after the

The condition, hyponatremia, seems to develop in runners who are slower, taking more than four hours to finish the course, thus giving them more time to drink large amounts of liquid. The runners in the study drank an average of 13 cups of water or sports drink; so much, in fact, that they actually gained weight.

Until recently, the condition was largely unheard of because marathon and triathlon athletes were essentially fast and did not have time to drink too much, but with the advent of the massive, "fun" marathon, populated by entrants who run one marathon just to finish, hyponatremia by finishers became apparent to marathon medics.

Of the study, Dr. Marvin Adler, medical director of the Boston Marathon, said, "Before this study, we suspected there was a problem, but

During intense exercise, the kidneys cannot excrete excess water. But as people keep drinking, the extra water moves into their cells, including brain cells. The engorged brain cells press against the skull and can compress the brain stem, which controls vital functions such as breathing.

Symptoms can begin with confusion and lethargy and progress to twitching, seizures, stupor, coma, and

The condition is treatable by feeding a highly concentrated salt solution intravenously, which pulls water out of swollen brain cells, said Dr. Tim Noakes, a hyponatremia expert at the University of Cape Town, South

But, he said, doctors and emergency workers often assume the problem is dehydration and give intravenous fluids instead, sometimes killing a patient.

Runners can estimate how much they should drink by weighing themselves before and after long training runs to see how much water they lose and thus how much water they should replace.

Athletes should also be careful when the race is over, said Dr. Adner. He advised runners to wait until they start to urinate before drinking any more fluids.

While there haven't been any deaths in the Boston Marathon since 2002, there have been near fatalities there, with seven cases of hyponatremia in 2003 and seven in 2004, and deaths elsewhere.

(The New York Times and the Eugene Register-Guard contributed to this report.)

May 2005

APPLI inclination did not

APPLIC

APPLICATION FOR TRACK RECORD Mail to: Sandy Pashkin 2525 Willakenzie Rd #4 Eugene, OR 97401 1. Description of Record: World _____American____ Male ____ Female ___ age group* _____ * application must be accompanied by copy of birth certificate or passport Event: __ Outdoor__ _____Date: _____Time of Day: Facility Name: ______ City: Record Claimed (time) Printed Full Name and age of Competitor Competitor's City, State and Club Relay members in their running order: 2. Starter's Certificate: I certify I was the Starter and that the start of this race was in accordance with USATF Rules. ____Signature: Printed Name: ____ 3. Automatic Timing Certificate: A fully automatic timing device was used; manufactured by: As Chief Photo Finish Judge, I certify the time recorded was ____ and this was the official time. Printed Name: _____Signature: _____USATF Cert #____ 4. Wind Gauge Certificate: I, as the Wind Gauge Operator, certify the force of the following wind as: Printed Name: ____USATF Cert #___ 5. Surveyor: I certify that the facilities used were in conformity with IAAF or appropriate Rules. The maximum allowance for inclination did not exceed 1:1000 laterally and 1:1000 in the running direction. There was a 5cm raised border on the inner edge of the track and the length of one lap was: Signature: USATF

I. Description of Re	ecord: WorldA application must be a	American Male copy o	Female age of birth certificate or	group*
Event: Pentathion _ Outdoor	Weight Pentathlon_	DecathlonHep	etathion Indoo	
Meet Name:		Da	nte(s):	
Facility Name:		City	State	
Record Claimed (PC	OINTS)	- In		
Printed Full Name a	nd age of	a gray		
Competitor's City, S	state, Country and Club			
accordance with USAT	F or WMA Rules. We	at the measurement state also certify that the circl specifications.	e, sector and/or run	way are in
accordance with USAT compliance with WMA The official height/dista	F or WMA Rules. We or USATF appropriate ance is: High Jump _	also certify that the circl	e, sector and/or run	way are in
accordance with USAT compliance with WMA The official height/dista Shot Put Weight Printed Name:	F or WMA Rules. We or USATF appropriate ance is: High Jump Discus	also certify that the circl specifications. Pole Vaul	e, sector and/or run	way are in
accordance with USAT compliance with WMA The official height/dista Shot Put Weight Printed Name: Cert #	F or WMA Rules We or USATF appropriate ance is: High Jump Discus	also certify that the circl specifications. Pole Vaul Hammer Signature:	e, sector and/or rún	way are in ng JumpUSATF
accordance with USA1 compliance with WMA The official height/dista Shot Put Weight Printed Name: Cert # 3. Implement Certif claimed record in	For WMA Rules. We or USATE appropriate ance is: High Jump Discus	also certify that the circl specifications. Pole Vaul Hammer	e, sector and/or run Lor Javelin _	uway are in ng Jump USATF
accordance with USA1 compliance with WMA The official height/dista Shot Put Weight Printed Name: Cert # 3. Implement Certif claimed record in accordance with WM	For WMA Rules We or USATF appropriate ance is: High Jump	also certify that the circl specifications. Pole Vaul Hammer Signature:	e, sector and/or run it Lor	USATF
accordance with USAT compliance with WMA The official height/dista Shot Put Weight Printed Name: Cert # 3. Implement Certif claimed record in accordance with Wh The weight of the imple	For WMA Rules. We or USATF appropriate ance is: High Jump	also certify that the circl specifications. Pole Vaul Hammer Signature: I weighted and measure at the implement conform	e, sector and/or run itLor	USATF
accordance with USAT compliance with WMA The official height/dista Shot Put Weight Printed Name: Cert # 3. Implement Certif claimed record in accordance with Wh The weight of the imple Weight Printed Name: Cert #	For WMA Rules We or USATF appropriate ance is: High Jump	also certify that the circl specifications. Pole Vaul Hammer Signature: I weighted and measure at the implement conform Discus	e, sector and/or run ItLor Javelin Ind the implement using exactly to WMA I	USATF LUSATF LUSATF LUSATF LUSATF
accordance with USA1 compliance with WMA The official height/dista Shot Put Weight Printed Name: Cert # 3. Implement Certificlaimed record in accordance with Wh The weight of the imple Weight Printed Name: Cert # 4. Automatic Timin	For WMA Rules. We or USATF appropriate ance is: High Jump Discus Discus ication: I certify that I MA or USATF Rules an ament is: Shot Put g Certificate: A fully	also certify that the circl specifications. Pole Vaul Hammer Signature: I weighted and measure of the implement conform Discus Signature:	e, sector and/or run it Lor Javelin id the implement us- ms exactly to WMA I Hammer	USATF USATF USATF USATF USATF

APP	LICATIO	N FOR FIF	LD RECORD
~ .			LD NECOND

Mail to: Sandy Pashkin 2525 Willakenzie Rd #4 Eugene, OR 97401

Event:	Indoor	Outdoor
Meet Name:	Date:	Time of Day:
Facility Name:USA	City:	State:
Record Claimed (distance or height)		(metric)
Printed Full Name and age of Competitor		
Competitor's City, State and Club		
 Field Judge Certificate: We cert signatures is exact as measured in accordance with USATI 	of an inches	
runway is in compliance with WMA or USATF appropriate spe	ecifications.	
	Signatu	
with WMA or USATF appropriate spe Mark:	Signatu	re:
with WMA or USATF appropriate spe Mark: Printed Name: USATF Cert Mark: Printed Name:	Signatu Signatu Signatu	ire:
with WMA or USATF appropriate spe Mark: Printed Name:USATF Cert Mark: Printed Name:USATF Cert Mark: Printed Name:	Signatu Signatu Signatu that I weighted and measured the	ire: ire; ire; ine implement used for the
with WMA or USATF appropriate spe Mark: Printed Name: USATF Cert 3. Implement Certification: I certify laimed record in	Signatu Signatu Signatu y that I weighted and measured the implement conforms of	ire: ire; ire; ine implement used for the
with WMA or USATF appropriate spe Mark: Printed Name: USATF Cert 3. Implement Certification: I certify claimed record in accordance with WMA or USATF Ru	Signatu Signatu Signatu that I weighted and measured the implement conforms of	ire: ire; ire; ine implement used for the
with WMA or USATF appropriate spe Mark: Printed Name: USATF Cert 3. Implement Certification: I certify laimed record in accordance with WMA or USATF Ru The weight of the implement is:	Signatu Signatu Signatu Signatu that I weighted and measured the implement conforms of the i	ire: ire; ire implement used for the exactly to WMA Rules.

	USA TRACK	& FIELD		
APPLIC	ATION FOR MASTE	RS RACE	WALK	RECORD

Maria Laboratoria de la Carta de Carta		Salara Salara Salara Salara	Date
Where held (name of track	or course, tow	n, state, country)	
Name of competitor, birthd	ate, address, p	hone #, e-mail	
If this is your first applicati			ertificate or passport.
		ication (to be completed t	
Time recorded	Name of h	lead timer	
Watch #1 Watch #2	Watch #3,		Include 10ths of seconds (100ths if FAT) Hand timed? FAT?
			certified judges and road races must have a minimum or adging certification or higher and at least one must have
List all judg			judges are needed. Race must be USATF sanctioned tification # Level of Certification
List all judg			judges are needed. Race must be USATF sanctioned
List all judg			judges are needed. Race must be USATF sanctioned
List all judg Judge #1			judges are needed. Race must be USATF sanctioned
List all judg			judges are needed. Race must be USATF sanctioned
List all judg Judge #1 Judge #2 Judge #3 Judge #4			judges are needed. Race must be USATF sanctioned
Ust all judg			judges are needed. Race must be USATF sanctioned
List all judg Judge #1 Judge #2 Judge #3 Judge #4 Judge #6 Judge #6	ges	Cert	judges are needed. Race must be USATF sanctioned

Submit lap times for record applicant and complete race results to:
Beverly LaVeck, 511 Lost River Rd., Mazama, WA 98833. 509-996-2423; 206-524-4721; bevlaveck@methow.com

Report from Britain

By BRIDGET CUSHEN

Entries in the 5th European Veterans Athletics Indoor Championships, Eskilstuna, Sweden, March 10-13, at just over 1100 were down considerably from the record 1586 in San Sebastian in 2003 and Bordeaux with 1400 in 2001. The program now also incorporates a 5K cross-country and a 10K roadwalk.

Holding these two outdoor races in a Northern European country in winter does, however, raise serious questions. The buses disgorged the cross-country runners at the venue by 10:30 a.m. The temperature had reached only 18 degrees as the M60+ race started at midday.

Back in the arena – a cleverly converted tractor assembly plant large enough to hold the weight throw – the competition was really heating up. Thirteen world, 21 European, and over 60 championship records were established, that is excluding all the new M35-39 events included for the first time and recorded as meet records.

Some of the more intriguing were from Christa Happ, of Germany, who set one world record in the W75 high jump, clearing 1.15, while her daughter, Petra Gregor, was busy breaking the W45 European high jump record at

Cycling Diving Golf Ice Hockey Lawn Bowling Orienteering Rowing Rugby Union Shooting Soccer Softball-Fast-pitch Softball-Slo-pitch

ash Swimming Synchronized Swimming Table Tennis Tenn

Triathlon Beach Volleyball Indoor Volleyball Weightlifting

1 55

Another women's competitor setting the boards ablaze with three W65 world records was Dutch sprinter Rietja Dijkman, clearing 1.28 in the high jump, 8.68 in the triple jump, and running the 60H in 11.02.

The British W45 quartet of Avril McClelland, Angela Beadnall, Manndy Laing, and Helen Godsell, raced to a new world record 1:51.26 in the 4x200. McClelland ran 26.30, a British indoor 200 record, two weeks earlier, after having to pull out of the European outdoor last July with a torn hamstring.

Two M45 world records fell to the German pair of Reiner Wenk in the long jump (6.97) and Wolfgang Knabe in the triple jump (14.20).

The overall standard was high as only those intent on winning a medal made the expensive trip.

Up to four heats were necessary for the new M35 60m, won in 6.98 after a 6.96 semi by the British champion, Terence Stamp.

With only a four-lane track, fractions separated the finalists and "also rans" in the 200 and 400.

The tall M40 Italian, Enrico Sarencini, who sped to that thrilling 47.82 400 at the European outdoor last July, might well have lowered the current M40 European indoor record of 49.22 had he been pushed; he won here with a 49.59 clocking. The runner-up, Darrell Maynard, is four years younger and ran in a less favored lane.

After his record-breaking spree at the WMA indoor last March and the European outdoor in Denmark, Guido Muller of Germany had a rather quieter time in Sweden, breaking "only" one meet record in the M65 60H in 9.87. But he did also win the 60m, 200, 400, and a few relay medals!

Another golden oldie is Emiel Pauwels of Belgium, who set an M85 3000 world record in 17:29.09, and won the cross-country in those freezing conditions, a remarkable performance.

The M40 and M45 shot put and weight throw, as expected, attracted large, high caliber fields.



JERRY WOJCIK

Valentina Krepkina, UKR, W35 long jump winner (5.63), 15th WMA World Championships, Puerto Rico. The 16th WMA Championships will be held in San Sebastian, Spain, Aug. 22-Sept. 3.

World Records Set at the European Indoor Championships

W65	60m hurdles	11.02	Rietja Dijkman, Netherlands
W65	High jump	1.28	Line of the second second
W65	Triple jump	8.68	A TABLE TO KIND THE PARTY OF THE PARTY OF
W45	High jump	1.15	Christa Happ, Germany
W45	4x 200 relay	1:51.26	Great Britain
M45	Long jump	6.97	Reiner Wenk, Germany
M45	Triple jump	14.20	Wolfgang Knabe, Germany
M75	Shot put	13.66	Leo Saarinen, Finland
M75	3K walk	17:02.20	Toivo Tuomala, Finland
M80	800	3:08.88	Rune Bergman, Sweden
M85	High jump	1.18	Emmerich Zensch, Austria
M85	Triple jump	7.32	Aate Lehtimaki, Finland
M85	3000	17:29.09	Emiel Pauwels, Belgium
			THE RESIDENCE OF THE PARTY OF T

Whitlock Beats Ruter in Match Race

By MIKE TYMN

When Dutch marathon champion Joop Ruter challenged Ed Whitlock, the ageless Canadian, to race him in the Rotterdam Marathon on April 10, he was apparently reasonably confident of outrunning Whitlock.

"Joop Ruter expects a great race," race organizer Martine Meiburg was quoted in the Toronto Sun a few days before the race. "Even if he doesn't run 2:54, he still hopes he will beat Mr. Whitlock in his city, in his marathon."

The 2:54 reference was to Whitlock's 2:54:48 M70 world record, set in the Scotiabank Toronto Waterfront Marathon last Sept. 26.

While Whitlock is the only person 70-over to break three hours in the marathon, Ruter did a 3:02:49 in last year's Rotterdam race and felt he could have done better were it not for strong winds.

In addition to having the home course advantage, Ruter, 71, was being spotted more than two years in age by Whitlock, who turned 74 on March 6.

As it turned out, Ruter was no match for Whitlock, who cruised to

victory in 2:58:40 to Ruter's 3:12:22. Whitlock, a resident of Milton, Ontario, extended his record as the oldest man to break three hours to 74 years, 35 days.

"Joop and I ran more or less together for the first 5K," Whitlock said, noting that he passed by the 5K mark in 21:02, two seconds in front of Ruter. But Whitlock reached 10K in 41:37, 49 seconds ahead of Ruter. For all intents and purposes, the race was over.

"I ran that second 5K too fast," added Whitlock, whose expenses were paid by race organizers, "as my plan was 21:00 per 5K and that hurt me later, but having pulled away a bit I wanted to make it significant."

As it was an out-and-back course, Whitlock realized at 35K that he had a big lead on Ruter and then focused on just finishing.

"The weather conditions were not good, and I was not feeling that great then," he explained.

"With just over a kilo to go, I really began to sag and it was then a struggle. I lost about a minute and a quarter over the last 3K."



Masters Scene

NATIONAL

 Teresa Daus-Weber resigned her position on the MUT Council and is no longer the MUT Masters Ultra representative. Norm Green, USATF LDR Chair, appointed Lorraine Gersitz to replace her. Gersitz can be reached at bruceand lo@earthlink.net; 714-526-5340.

EAST

New York Road Runners announced on March 8 that Mary Wittenberg will become the race director of the ING New York City Marathon and the president and CEO of NYRR, succeeding Allan Steinfeld. The changes were effective April 1. Steinfeld hired Wittenberg in October 1998 and has worked with her since then on all aspects of the organization and marathon. Wittenberg is the first female president and CEO of NYRR and the first woman to lead one of the world's major marathons. Prior to coming to NYRR, she was a partner at the law firm Hunton & Williams in Richmond, VA, and New York City. Wittenberg won the 1987 Marine Corps Marathon and competed in the 1988 U.S. Women's Olympic Marathon Trials.

It was a big day for 50-year-olds in the rain at the Nationwide Insurance 10K Run for ASPIRE, Plainview, NY, April 2, when Bob Giambolvo, 55, with a fourth-place 35:59, and Kathy Martin, 53, with a second-woman 38:01, took masters firsts. This year's race, the 28th, was dedicated to Stanley Kramberg, a NI agent, who was involved with the race for many years and lost his battle with cancer in 1997. Proceeds from the race go to the ASPIRE Scholarship Fund to help young amputee graduates of the ASPIRE Program further their educations.

 Karen Smyers, 43, outlegged the women's field for first overall in 84:12, Boston's Run to Remember Half-Marathon, March 13. Bobby Bligh, M40, was first M40+ (76:28). Sidney Letendre, W50, 33:17, and John Noland, M40, 27:29, were too masters in the 5 Mile.

27:29, were top masters in the 5 Mile.

• Heather Gracle-Petty, W40, was first female overall with 81:07, USATF NJ Masters 20K Championships, Piscataway, March 20. Oliver Knowlton, M45, 71:11, nabbed the M40+ first. Bruce Langenkamp won the M55 race 80:08.

• Jerry Macari, 45, 35:08, and Sharon Vos, 50, 40:05, were top masters at the NYRR Scotland Run 10K, Central Park, NYC, April. 3. Jeng Ahn, M65, and Ginette Bedard, W70, 51:25, aced their divisions with ease.

olvisions with ease.

In the men's NYRR Pfizer Oncology
Colon Cancer Challenge Half-Marathon,
Central Park, NYC, Mar. 13, Pieter
Bezuidenhout, 42, 1:19:18, led the masters, followed closely by Jose Tacuri, 42,
1:19:51, and Colin McKay, 41, 1:21:47.

1:19:51, and Colin McKay, 41, 1:21:47.

As a visitor to the US, Brian Kirkwood, M50, from Scotland, lost no time in making himself known in two NYRR road races. He won his division at the Brooklyn Half-Marathon, March 19, 1:14:39, and again at the Randall's Island 5K, March 26, 16:47.

SOUTHEAST

Paul Aufdemberge wasn't phased by masters big name entrants Dennis Simonaitis and Brian Pope in the Azalea Trail 10K, Mobile, AL, April 9, winning the masters title with a 30:06, with Simonaitis at 31:26, and Pope at 31:36. Aufdemberge, 40, was 10 seconds from 12th overall and first US, after 10 Kenyans and a runner from Belarus. David Jeffrey broke 40:00 with an M60 winning 39:04. Kelly Wild, W40, was the only W40+ under 40:00 with a 38:09.

Lillian Snaden upped the W75 AR for the 12# WT with a 7.94, South Carolina Indoor Throws Meet, Clemson, Feb. 13. Johnnye Vallen holds the record at 5.74 set in 2002. Glenn Johnson broke the M65 national SP record with a 14.12, but Gerald Vaughn, who holds the record at 14.01 and was second (13.92) to Johnson at Clemson, increased his record to 14.17 a week later at the Potomac Valley Championships, Landover, MD.

*John Metzgar, a popular figure on the Jacksonville RR circuit, had in his 42 years never run a race on a track until April 2, when he broke the US record for the 20K by three minutes with a 1:08:21, running the 12.4 miles with 50 laps on the 400m Bolles School track in Jacksonville. Sean McCormack, 43, winner of the 2004 Jacksonville Marathon, also bettered the old record of 1:11:36 by Truman Clark in 1976, with a 1:10:43. Metzgar did the first 10K in 34:43, the second 10K in 33:38. "I might consider running a few more track meets now," said Metzgar after the race. Masters national track records from 15,000m are available at http://www.usatf.org/statis tics/records/masters_trackLDR.asp

 The North Carolina Senior Games is staging 53 local meets in March-June in all 100 counties. Contact: 919-851-5456; www.ncseniorgames.org

• Megan Burns, 41, won the women's race in 2:58:28, Shamrock Sportsfest Marathon, Virginia Beach, VA, March 19, with Dal Roberts, M40, the first M40+ (2:32:34). John Tuttle, M45, in 25:39, and Tatyana Pozdnyakova, W50, in 26:41, were first 40+ in the 8K.

MIDWEST

 Masters wins went to Mike Egle, M40, 25:34, and Jenny Spangler, W40, 28:09, LaSalle Bank Shamrock Shuffle 8K, Chicago, April 3.

Chicago, April 3.
Barry Ross, M50, 57:56, and JoAnn Jessie, W40, 68:36, ate up the masters competition with wins in Papa John's 10 Mile, Louisville, KY, April 9. Ray Parrella, M70, 66:53, and Jill Force, W50, 78:23, were notable division winners.

MID-AMERICA

 Matt Wegenka, M40, 20:27, and Vickle Tucker, W45, 28:06, scored masters firsts, St. Pat's 4 Mile, Kansas City, MO, March 12. Division winners included Andy Koziateck, M50, 21:32, and Mary Otte, W80, 60:02.

SOUTHWEST

 Best age-graded performers in the Bayou City Classic 10K, Houston, March 12, were Keith Dowland, 50, 34:06, and first W40+ Christie Lammers, 48, 39:29.
 First master was Tuan Nguyen, M40, 36:50.

Daniel Martinez, 43, 30:58, and
 Tatyana Pozdnyakova, 50, 34:32, swamped the masters fields in the Crescent City Classic 10K, New Orleans,

 Mack Allen, M45, 35:17, and Colleen Forshee, W40, were first 40+ in the Statesman Capitol 10,000, Austin, TX, April 3. Andy Wheatley, M85, finished the course in 80:37.

WEST

Shirley Matson, 64, ran the Sue Krenn 15K, San Diego, CA, March 5, in 67:44 (A-G 88.7%) to break the single-age record of 69:24 by Margaret Betz.
 Ceci St. Geme, 42, Newport Beach, 65th female overall in 17:45, and

CA, was first female overall in 17:45, and Gary Tuttle, 57, Ventura, CA, took the CM462 rates with an 13:01 to 1A Martation StK,

March 6. Milo Sather, 77, Los Angeles, won the M75+ race (30:03). Yoko Eichel, 57, Woodland Hills, CA, took the W50 contest (22:33). Vida Slawson, 76, Studio City, CA, was top W75+ (41:19).

Californians lose another t&f opportunity with the cancellation of the masters track portion (youth only) of the California State Games, which took place in San Diego last year in June. Reason: numbers are too low.

 Paul Economides, M55, was top scorer in the USATF New Mexico WP Championships, U of NM, April 10, with a 4039, scoring big points in the SP (13.98) and WT (16.66).

Brian Spangenberg, 40, Canyon Country, CA, posted a second-place 1:22:29, and Dana Kizlaitis, 41, Torrance, CA, was fifth-female in 1:38:21, to take masters honors in the Great Race of Agoura Half-Marathon, Agoura, CA, March 19. Joe Dennis, 58, Los Angeles, was 18th-overall in 1:32:31, and Dee Dee Grafius, 55, Independence, CA, won the W55 race (1:49:26). Dan Goldstein, 40, Newbury Park, CA, 36:21, and Rosalva Bonilla, 42, Big Bear City, CA, 39:59, paced the masters in the 10K. Arlene Lewis, 50, Granada Hills, CA, finished in 49:24. In the 5K, Danny Martinez, 43, Pasadena, CA, nabbed second place in 15:38, and Susanne Quick, 43, Thousand Oaks, CA, was just that with a W40+ first in 21:34, followed closely by Rita Clark, 54, Green Bay, WI, in 21:41.

• Jean Pommier, 41, Cupertino, CA, with a third-place 34:11, Daniel Filip, 42, San Jose, CA, fifth-place in 34:21, Walterq Paulsen, 43, Woodside, CA, with a fourth-woman 39:26, and Julie Rohloff, 42, Los Gatos, CA, with a fifth-woman 39:43, were top masters in the San Jose Mercury 10K, San Jose, CA, April 10. Maria Rizzo, 60, San Jose, won the W60 title (49:51).

• Steve Bowles, M65, cranked out a 13.50 100 and a 28.14 200 in the USATF-AZ Meet, Glendale CC, March 19. Harold Davis won the M50 400 in 57.08. Michael Shiaras, M50, outdistanced all of the shot putters with a 16.66/54-8. Bob Osterhoudt, Mr. Arizona Versatility, ran the 100H in 18.43, hit 39.46/129-5 in the DT, and was top man in the HT at 45.26/148-6.

• Denise Foote, 46, hurried to the women's title in 18:47, Women Running Wild 5K, Palm Springs, March 20. Ursula Rains won the W60 race (24:12). First M40+ was Jim Jones, M50, in 18:16.

NORTHWEST

*The Oregon Relays on May 14 will feature the Fountain of Youth Masters Mile as a way to reach out to athletes of all ages and involve them in a fund raising effort. The event hopes to raise over \$2000 for a youth scholarship fund with a "Masters Mile," which will consist of three separate events: a "Men's Masters Invitational Mile," featuring 14 top masters milers ages 30+; an "Age-Graded Masters Mile" for men and women age 30+, which will be a handicapped race giving runners an advantage based on age; and a "Community Mile" fun run at the end of the day for everyone who wants to run, jog or walk four laps around the track in support of the fundraising effort. For more information, see the Web site www.xro.com/mile, or contact Dave Clingan, 503-231-0530; e-mail xroads@xro.com.

• Joe Dudman, M40, 55:27, and Rosa Gutierrez, W40, with a first-female overall 60:51, were first masters in the Pear Blossom 10 Mile, Medford, OR, April 9. Leonard Hill sped to the M50 first in 58:40.

INTERNATIONAL

 The 2nd WMA World Masters 100K Championships, Lake Saroma, Japan, June 26, have been cancelled because of



SUZY HESS Record breakers Christel Donley (I), W70, and Audrey Lary, W70, National Masters Indoor

"... a misunderstanding between the partners involved," according to Torsten Carlius, WMA President, who added, "WMA will now have a talk with IAU to see if there is a possibility to find another host later in 2005 or the Championships must simply be cancelled this year. WMA and IAU will discuss how our future cooperation will be organized so that similar misunderstandings are avoided."

Championships, Boise, Idaho.

OBITUARIES

• In early March, two of South Africa's senior athletes, Albertus van Zyl, 82, and Ben Moodle, 94, died of cancer. Van Zyl holds over 20 SA age-group records starting at M60. In the WAVA Championships, Buffalo, 1995, he won the M70 80H, was second in the 300H, fourth in the HJ, and eighth in the decathlon, despite scoring no points in the JT and 1500. At the WAVA Championships, Durban, SA, 1997, he won a silver medal in the decathlon, a bronze in the HJ, and placed fourth in the 80H, and fifth in the 300H. He holds several single-age world records. Moodie was a racewalker who started competitive walking late in life. He holds five SA agegroup records starting from M80, ranging from the 5000m to the 20K, and has the age-87 WR for the 20K. – Leo Benning

• Max Gould, one of Canada's best racewalkers, died March 30. He was 87. He holds 18 Canadian records, as well as numerous Ontario and Canadian Meet records, from the indoor 3000 (M65, M70, M75) to the 20K road (M55, M60, M65, and M70).

• Jim Minah, passed away Nov. 27, 2004, after an accidental fall. He was born Sept. 5, 1919, in Santa Barbara, CA. Primarily a hammer and weight thrower, Minah began competing when he was 55 and continued for 30 years in local, regional and national meets. He served in the US Army for 37 years and retired as a Warrant 4, seeing duty in WWII and Korea. The highlight of his career was his time as bodyguard to General George Patton. He finished his last years in the Reserves as manager of the Army Reserve Building in Santa Barbara. He leaves his wife, Kay, two daughters and two children by marriage, two grandsons, and four great-grandchildren.

www.nationalmastersnews.com

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 open to men and women over age 35. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 50098, Eugene, OR 97405.

TRACK & FIELD

NATIONAL

June 3-18. National Senior Games, Pittsburgh, National Senior Games Association, PO Box 82059, Baton Rouge, LA 70884-2059;

www.nsga.com
July 2-3. USA National Masters Decathlon/ Heptathlon Championships, Mayfield HS (Cleveland area), OH. (s) Jeff Gerson, 5091 Hickory Dr., Lyndhurst, OH 44124; 440-473-0636; Rex Harvey, 440-339-5688(cel). August 4-7. 38th Annual USA National

Masters Championships, Honolulu, HI. Hawaii LOC, 2005 Hawaii Masters Champion-ships, 1493 Halekoa Dr., Honolulu, HI 968221. www.hawaiichamps.com; 808-732-8805; zeug

@hawaii.rr.com
August 13. USA National Masters Weight
Pentathlon Championships, Dallas,TX. (s)
Lester Mount, 6750 Hillcrest Plaza Dr., #221, Dallas, TX 75230; www.dallasmasters.com; lestermount@vahoo.com

September 10. USA National Masters Weight & Superweight Championships, Seattle, WA. Hammer, Sept. 9, 5:30 pm. Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206-938-3895; kweinbel@come

EAST

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

May 10-13. Washington, DC, Golden Olympics. Ben Butler, 202-282-0753

May 12 (Thur.). One-Hour Track Run, Arling-

ton, VA. 7pm. www.dcroadrunners.org
May 12-15. Virginia Senior Games, Virginia
Beach. 757-474-8492; vwc.edu/vrps/home.htm
May 18. Chester County Games, Downington, PA. Dick Fitch, 610-399-0709.

May 19-22. Rhode Island Ocean State Senior Olympics, Providence. Mike Lyons, 401-228-

May 21. Vermont Senior Games, South Burlington HS. Barbara Jordan, 802-658-4486.

May 22. Rhode Island Senior Games, Rhode Island College, Providence, RI. Mike Lyons, 401-438-3154.

May 27-29. Connecticut Senior Games. Hartford. 860-528-4588; seniorgamesct.org

May 31-June 5. Long Island Senior Games, Brentwood, NY. 631-361-6663; fax: 265-5239; www.longislandseniorgames.org

June 4. 5th annual Philadelphia Masters AC Throw-a-Thon, Albright College, Reading, PA.
15 implements. Ray Feick, 2987 Lutheran Rd., Gilbertsville, PA 19525. 610 754-6007; ffeick @earthlink.net

June 5. Philadelphia Masters AC-Superweight and Ultra Weight Pentathlon. Gilbertsville, PA. See Ray Feick, June 4.

June 7, 14, 21, 28, and July 12. Philadelphia Masters Meets. Plymouth Meeting, PA. Kyle Mecklenborg, 215-393-1382; krmeck@erols.

com; www.pmtf.net June 8-13. New York Empire State Senior Games, Cortland. 212-866-2794; empirestate

games.org
June 12. 20th annual GSAC/Randolph Classic Meet, Randolph, NJ. Madeline Bost, 973-584-0679, madeline.bost@att.net; www.usatfnj.org June 17-20. Massachusetts Senior Games, Springfield. 413-748-3810; maseniorgames.org June 25-26. USATF Three Rivers Championships, Slippery Rock, PA. 412-242-2333. June 27-July 3. Pennsylvania Senior Games, Shippensburg. 570-823-3164, keystonegarhes com

July 10. USATF New Jersey Masters Champ-ionships, Tinton Falls. Isabel Keeley, 732-409-

July 12. Philadelphia Masters Meets. Plymouth Meeting, PA. Kyle Mecklenborg, 215-393-1382; krmeck@erols. com, www.pm

July 17 USATF East Regional Masters Championships, Cocalico Boosters Club/Long & Strong, at Cocalico HS, Denver, PA. East Regionals, 955 Daniel Dr., Stevens, PA. 17578; 717-484-2696; e-mail: skrall@clemensmkt.com July 24. USATF Mid-Atlantic USATF Open & Masters Championships. Plymouth Meeting, PA. Kyle Mecklenborg, 215-393-1382; krm eck@erols.com; www.pmtf.net

SOUTHEAST

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

May 6-8. 35th annual Southeastern Masters & Meet/NCUSATF Championships/ Masters 20K RW South Championships, Duke U., Durham, NC. Raleigh Parks & Recr., 2401 Wade Ave., Raleigh, NC 27607; southeastern masters.org
May 7-9. Alabama Senior Olympic Games,

Montgomery. Ronnie Floyd, 334-242-4496. May 12-15. Virginia Senior Games, Virginia Beach. Shannon Moore, 757-474-8492; Jane

Jagodzinski, 757-427-2106. May 14. USAT-NTC Spring Fling #4, Clermont, FL. (s) 352-241-7144; www.usatntc.com; e-mail: noonwalk_99@yahoo.com

May 15. Atlanta Senior Olympics, Georgia Tech. 12:30 pm. Entries due April 1 postmark. Opening night reception \$3 on May 14 at 8 pm. ww.atlantaseniorolympics.com

May 18-21. South Carolina Senior Sports Classic, Francis Marion U., Florence. Carl Hust, 803-772-0363.

May 28. Furman Track Classic, Furman U. Greenville, SC. SASE to Adrian Craven, 109 Woodhaven Dr., Greenville, SC 29609. 864-

May 28. Birmingham Track Club Classic, Samford U., Birmingham, AL. Frank Newland, frank@btcclassic.com; www.btcclassic.com June 4. Music City Distance Carnival, Vanderbilt U., Nashville, TN. Prize money. USATF-sanctioned meet. http://tnrunner.com/ MCDC/home/htm

June 10-12. Northwest Classic, Powell Stadium, Miami. NTF Classic, 1310 NW 90th St., Miami, FL 33147; 305-836-2409.

June 11. West Tennessee Masters Meet, Midsouth Fairgrounds, Memphis. 865-774-0023; coachr880@bellsouth.net; www.coachr. org/wtmm.htm July 15-21. Tennessee Senior Games, Will-

iamson County. 615-902-9261; tnsenior

MIDWEST

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

June 17-19. West Virginia Senior. Sports Classic, Charleston. Open to out-of-state. 304-346-2154; wyssc.co

July 9. Dayton Masters Classic, Welcome Stadium, Dayton, OH. Bob Jones, 937-837-

2754; bjrun1@juno.com
July 9-10. Michigan Senior Olympics, Kalamazoo. 248-608-0250; michigansenior

olympics.org
July 16. USATF Midwest Regional Masters Championships, Grand Valley St. U., MI. West Shore AC, PO Box 303, Grand Haven, MI

49417; wv w.westshoreac.org; jimoneil@westshoreac.org

MID-AMERICA

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

June 5. Jolly Jogathon Meet, Marysville, KS. 10-yr. divisions, 30+. Cleve Walstrom, 785-562-3050(h); 562-3021(w).

June 9-12. Iowa Senior Olympics, W. Des Moines. 515-633-5011; iowaseniorolympics

June 11-12. USATF Mid-America Regional Masters Championships/Ozark Association Meet, SIU-Edwardsville. Peggy & Ed Rowald, 314-469-0577; www.usatf.org/assoc/ ozark

June 12. Minnesota Masters & Open Championships, National Sports Center, Blaine. USATF Championships, 5429 Wooddale Ave., Edina, MN 55424, by June 4.

June 18. Star of the North Games, Sauk Rapids HS, St. Cloud, MN. www.starofthe

June 25. Missouri Senior Games, Columbia. Out-of-state welcome. Jack Miles, 573-882-1462; www.smsg.org/senior_games; email: milesjw@missouri.edu

July 31. Blair TC Meet, Blair HS, NE. 402-426-5955; e-mail: mikedmaryott@hotmail.com

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

May 19-21. Mississippi Senior Olympics, Hinds CC, Raymond. 601-925-7994; mssen

May 21. Lions 13th Annual Championships Charity Meet, Leander HS, Austin, TX. www.waterlootrackandfield.org. Meet Director Seth Brower, nalionstrack@sbcglobal.net;

June 25. Lions Summer Throws Meet, Lions Fields, Austin, TX. www.waterlootrackand field.org. Meet Director Seth Brower, nalions track@sbcglobal.net; 512-694-2037. Throws clinic on 26th.

July 9. Cat Spring Grunt VII Throwers Meet, Cat Spring, TX. Mark Chapman, 979-732-5591; k9luvrs@intertex.net

July 9. USATF Southwest Regional Masters Championships, U. of Tulsa. Oklahoma USATF, PO Box 411, Tulsa, OK 74101; 918-277-3723

WEST

Arizona, California, Hawaii, Nevada, New Mexico

May 7. 20th annual Southern California Striders Meet of Champions, CSU-Long Beach. 11:00 am. Enter by April 30 to avoid penalties. Hugh Cobb, 3180 Camino Arroyo, Carlsbad, CA 92009. 760-436-7696; Al



Phil Raschker broke the W55 pole vault record with a 2.76, National Masters Indoor Championships, Boise, Idaho.

Escabosa, 714-528-1443 May 7. Team Thor Thunder Series Throws &

ON TAP FOR MAY

TRACK AND FIELD

The first weekend holds the Southeastern Masters Championships, Durham, NC, on the 6th-8th, and the Southern California Striders Meet of Champions, Long Beach, on the 7th. California also presents the Visalia Classic on the 14th, Pasadena Senior Olympics on the 21st, and the inaugural San Clemente Meet on the 28th. Meets in the Southeast include the Spring Fling, Clermont, FL, on the 14th, and Furman Classic, Greenville, SC. and Birmingham TC Classic, Samford U. on the 28th. Senior Games include the Ocean State Games, Providence, RI, on the 19th-22nd, Vermont Senior Games, South Burlington, on the 21st, and the Long Island Games, starting on the 31st. Northwest milers should head for the Fountain of Youth Masters Mile, Canby, OR, on the 14th.

LONG DISTANCE RUNNING

Things get going early with the Broad Street 10 Miler, Philadelphia; Flying Pig Marathon, Cincinnati; and Bloomsday 12K, Spokane, on the 1st. The Bank of America River Run 10K. Wichita; Revlon 5K for Women, Los Angeles; and the Indianapolis 500 Mini-Marathon go off on the 7th. On the 14th, options include the NYRR Half-Marathon, Queens, and the Gum Tree 10K, Tupelo, MS. The next weekend sees the Shelter Island 10K on L.I.'s eastern tip on the 21st, and the Cleveland Marathon on the 22nd. The Memorial Day weekend is replete with possibilities: the New Balance Moonlight 5K, New Milford, CT, on the 27th; Ogden Newspapers 20K & 5K, Wheeling, WV, and Truth/Bank One Sports Festival, Elkhart, IN, on the 28th; and Med City Marathon, Rochester, MN, on the 29th. Labor Day marches in with the Mercedes Benz Cotton Row 10K, Huntsville, AL; Fred d'Elia/ NJ Women's 5K Championships, Ridgewood; Pacific Sun 10K, Kentfield, CA; Lakeshore Marathon, Chicago; and Bolder Boulder 10K.

RACEWALKING

Riverside, CA, will host the USA National Masters 15K Championships on the 15th. The Pasadena Senior Olympics stages a 1500 and 5000 on the track on the 21st, and a 5K and 10K at the Rose Bowl on the 22nd.

PV Meet, UC-San Diego, La Jolla, CA. (s) Tom Meyer, 10323 Ridgewater Ln., San Diego, CA 92131. 858-566-6273; fax: 530-1444; cybertgm@juno.com May 7. USATF Arizona Throws ChampionMay 2005

ships (Hammer, Weight, Pentathlon). Mesa CC. 7135; pafahy@cox.net May 14. California Seni to, CA. 916-277-6046; sacramento.org
May 15. Mesquite Se
Valley High School, M

Ferrier, 702-461-4666; games.com May 14. Visalia Classic.

1026 W. Princeton, Visal 732-8030. May 21. Pasadena Senior CC, CA. Qualifier for

Senior Games Champions Christel Donley. 626-6 enaseniorcenter.org May 28. San Clemente

Clemente HS, San Cleme first-class results board. Coach, 949-492-4165, x2 ousd.org
June 18. Team Thor Thur

PV Meet, UC-San Diego

Tom Meyer, 10323 Ridger CA 92131. 858-566-62 cybertgm@juno.com June 19. USATF New N Pentathlon. Kathy Fones, Lunas, NM 87031. 505-

8387; foneskn@aol.com; July 10. USATF New M Meet. Kathy Fones, 31 Lunas, NM 87031. 505-8387; foneskn@aol.com;

July 16. Team Thor Thund PV Meet, UC-San Diego, Tom Meyer, 10323 Ridgew CA 92131. 858-566-62 cybertgm@juno.com July 23-24. USATF Wes

Championships, Home De Training Facility, Carson Mark Cleary, runnermark@ usatf.org

NORTHW

May 14. Fountain of Yo Mile races to benefit Ore Canby, OR. Dave Cling Portland OR, 97214. 503-June 4. Seattle Parks Stadium. Ken Weinbel, June 9-11. Montana Missoula, MT. Entry dead 406-586-5543; e-mail: kayj June 11. USATF Inland N Pullman, WA. Mike Hinz, June 18-19. Hayward Class Masters Championships, johnnyfaerber@hotmail.co classic.org
June 25-26. Portland Mas

Northwest Regional Maste Mt. Hood CC, Gresham, OF NW Mason Hill Rd., North July 16. Seattle Masters Stadium. 9:30 am. July Ken Weinbel, 206-938-389 weinbel@comcast.net July 22-24. Washington

Olympia. Open to out-of-s pugetsoundgames.com
July 23. Inland Northw Mooberry Track (WSU), Schaller, 435 SW State 99163. 509-332-3148; j .com; www.eteamz.com/c September 3-4. 25th Roc Games, CSU-Ft. Collins, E. 149th Ave., Thornton, 8727; e-mail: rockymtn

October 3-15. Hunts Games, St. George, Utah 562-1268; www.seniorgar

CANAL

June 25. 34th Annu Championships, York U. ships (Hammer, Weight, Superweight, Weight Pentathlon). Mesa CC. Pat Fahy, 480-946-7135: pafahy@cox.net

May 14. California Senior Games, Sacramento, CA. 916-277-6046; seniorgames@cityof

sacramento.org
May 15. Mesquite Senior Games, Virgin
Valley High School, Mesquite, NV. Bob Ferrier, 702-461-4666; www.mesquitesenior games.com May 14. Visalia Classic. Bob Higginbotham,

1026 W. Princeton, Visalia, CA 93277. 559-732-8030

May 21. Pasadena Senior Olympics. Pasadena CC, CA. Qualifier for the 2006 California Senior Games Championships. Meet Director: Christel Donley. 626-685-6754; cpr@pasad enaseniorcenter.org

May 28. San Clemente Masters Meet, San Clemente HS, San Clemente, CA. New track/ first-class results board. Dan Johnson, Track Coach, 949-492-4165, x2940; drjohnson@cap

ousd.org
June 18. Team Thor Thunder Series Throws & PV Meet, UC-San Diego, La Jolla, CA. (s) Tom Meyer, 10323 Ridgewater Ln., San Diego, CA 92131. 858-566-6273; fax: 530-1444; cybertgm@iuno.com

June 19. USATF New Mexico Open/Masters Pentathlon. Kathy Fones, 31 Sandhill Rd., Los Lunas, NM 87031. 505-865-8612; fax: 565-8387: foneskn@aol.com: www.usatf.org/assoc

July 10. USATF New Mexico Open/Masters Meet. Kathy Fones, 31 Sandhill Rd., Los Lunas, NM 87031. 505-865-8612; fax: 565-8387; foneskn@aol.com; www.usatf.org/assoc

July 16. Team Thor Thunder Series Throws & PV Meet, UC-San Diego, La Jolla, CA. (s) Tom Meyer, 10323 Ridgewater Ln., San Diego, CA 92131. 858-566-6273; fax: 530-1444; cybertgm@juno.com

July 23-24. USATF West Regional Masters Championships, Home Depot Center/Olympic Training Facility, Carson (Los Angeles), CA Mark Cleary, runnermark@cox.net; www.sca usatf.org

NORTHWEST

Maska, Idaho, Montana, Oregon, Utah, Washington, Wyoming

May 14. Fountain of Youth Masters Mile. Mile races to benefit Oregon youth athletes. Canby, OR. Dave Clingan, 1849 SE 20th, Portland OR, 97214. 503-231-0530; xroads@ xro.com; www.xro.com/mile

June 4. Seattle Parks Meet, W. Seattle Stadium. Ken Weinbel, 206-938-3895; for entry forms; weinbel@comcast.net

June 9-11. Montana Senior Olympics, Missoula, MT. Entry deadline: May 26. 50+. 406-586-5543; e-mail: kayjn@imt.net\\

June 11. USATF Inland NW Championships, Pullman, WA. Mike Hinz, 509-332-1168. June 18-19. Hayward Classic/OR Association

Masters Championships, Eugene. Contact: johnnyfaerber@hotmail.com; www.hayward

June 25-26. Portland Masters Classic/USATF Northwest Regional Masters Championships, Mt. Hood CC, Gresham, OR. Don Kane, 14239 NW Mason Hill Rd., North Plains, OR 97133. July 16. Seattle Masters Classic, W. Seattle Stadium. 9:30 am. July 15, HT at 5:50 pm. Ken Weinbel, 206-938-3895; for entry forms:

weinbel@comcast.net
July 22-24. Washington St. Senior Games,
Olympia. Open to out-of-state. 360-413-0148; pugetsoundgames.com

July 23. Inland Northwest Masters Classic, Mooberry Track (WSU), Pullman, WA. Jeff Schaller, 435 SW State St., Pullman, WA 99163. 509-332-3148; jeffschaller@turbonet com: www.eteamz.com/cometstcm/news

September 3-4. 25th Rocky Mountain Masters Games, CSU-Ft: Collins, CO. Jim Weed, 2203 E. 149th Ave., Thornton, CO 80602; 303-451-8727; e-mail: rockymtmastersgames@msn.

October 3-15. Huntsman World Senior Games, St. George, Utah. M&W 50+. 800-562-1268; www.seniorgames.net

CANADA

June 25. 34th Annual Ontario Masters Championships, York U. Toronto. www3.sym patico.ca/ontario.masters; douglasi.smith@ sympatico.ca

9-10. Canadian Masters Championships, York U. Toronto, Ontario. Foreign athletes welcome. Doug Smith, 58 Newmarket Ave., Toronto, ON. M4C 1V9. canadianmastersath letics.com; douglasj.smith@sympatico.ca

INTERNATIONAL

May 7-8. South Africa Masters Championships, Germiston.

May 28-29. Taiwan Veterans Championships, Taipei. 10K RR/no SC or RW. M35 & W30. shaw0921@yahoo.com.tw

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

August 10-12. Masters Athletics GP Meet/ IAAF Championships, Lahti, Finland. Hurdles /1500/JT/100/SP/HJ/400/LJ/ WT/XC. Registration deadline: July 1, 2005. Lahden Ahkera Office, Urheilukeskus 15110 Lahit, Finland. www lahdenahkera fi

August 22-September 3. 16th World Masters Athletics Championships, San Sebastian, Spain. www.wma-2005.com March 15-20, 2006. 2nd WMA World Indoor

Championships, Linz, AUT. www.linz2006.

LONG DISTANCE RUNNING

NATIONAL

May 13-15. RRCA National Convention & Expo, New Orleans, LA. 504-468-1488;

June 4. USA National Masters Women's Championships/Freihofer's 5K, Albany, NY. George Regan, 518-273-5552; www.freihofer

June 5. USA National Masters Championships/TEVA Vail 6.3 Spring Runoff, Vail, CO.

www.usatf.org
June 18-19. USA National Masters 100 Mile Trail Championships, Loudonville, OH. www. usatf.org

USA National Masters 50 Mile Championships, Crystal Mountain, WA.

www.usatf.org
August 7. USA National Masters 8K Championships, Honolulu, HI. Held in conjunction with the Masters T&F Championships (see T&F above).

September 25. USA National Masters Championships/Heritage Oaks 10K, Paso Robles, CA. www.heritageoaksbank.com; www.usatf.org October 2. USA National Masters Champion ships/Twin Cities Marathon, Minneapolis, MN.

www.twincitiesmarathon.org; www.usatf.org
October 16. USA National Masters 5K XC

Championships, Saratoga Springs, NY. George Regan, george@usatfadir.org November 19. USA Fall Nationals XC Championships, Rochester, NY. Masters: M10K & W6K. Bill Quinlisk, 412 Humboldt St., Rochester, NY 14610-1113; 585-482-6371; www.gvh.net/feast-in-the-east

EAST

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

May 1. Kingston 10K Classic, Kingston, NY. 518-678-3293; PineOrchardAC@aol.com May 1. Long Island Marathon & Half-Marathon, East Meadow, NY. LI Marathon. Eisenhower Park, East Meadow, NY 11554. www.thelimarathon.com

May 1. Broad Street 10 Miler, Philadelphia. 215-683-3594; www.broadstreetrun.com

May 1. Our House 5 Miler, Summit, NJ. 732-381-0318; www.oymp.net

May 1. Rye Derby 5 Mile, Rye, NY. 914-967-6363; www.ryeymca.org May 8. Portland Sea Dogs Mother's Day 5K, Portland, ME. 207-741-2084; www.Maine

TrackClub.com May 8. Komen Race for the Cure, Philadel-

May 11 (Wed.). Women's Run for the Roses 5K, Salisbury, MA. 6:30 pm. 603-382-2147; www.xenia.unh.edu/wcrc

May 14. NYRR Half-Marathon, Queens, NYC. 212-423-2261; www.nyrr.org

May 14. Kennett Run 5K & 10K, Kennett Square, PA. 610-388-1556; www.kennettrun. kennett.net

May 21. USATF-NE 12K Championships, Bedford, NH. 617-283-6349. May 21. Bedford Rotary Memorial 12K & 5K, Bedford, NH. 617-283-6349; rotarybedford nh.com

May 21. Shelter Island 19K, Shelter Island, 25th anniversary. 631-749-1200; www. shelterisland-10k.com

May 21. Great Cape May 5K & 10K, Cape May, NJ. 609-884-5508, x104; www.capemay chamber.com

May 22. Medved Lilac 10K & 5K, Rochester.

NY. 585-720-9252; www.gvh.net
May 27. New Balance Moonlight Run 5K,
New Milford, CT. 860-354-9191; roadntrack sports.com

May 28. Spring Lake 5 Mile, Spring Lake, NJ. 732-449-3544; www.springlake5.org
May 29. Vermont City Marathon & Relay, Burlington, VT. 800-880-8149; www.vcm.org May 29. Nissan Buffalo Marathon. 716-694-5154: www.buffalomarathon.com

May 30. The Fred d'Elia Ridgewood Run/ USATF-NJ Women's Masters 5K Champion-ship, Ridgewood, NJ. 5-yr. AG awards. 201-447-9750; www.NJMasters.com

May 30. Memorial Day 10K & 5K Arlington, 781-316-3880; www.town.arlington. ma us

June 4. Pittsylvania Mile, Carnegie Mellon U., Pittsburgh, PA. John Harwick, 1790 Lisa Dr.



SUZY HESS

Gerry Davidson broke a W80 U.S. record and two world records, National Masters Indoor Championships.

#4, Indiana, PA 15701. 724-464-2222.

June 5. USATF New England 5K Championships, Lincoln, RI. Mike Thompson, 617-212-

2928 June 11 Komen Race for the Cure, Hartford. CT. 860-728-5500; komenct.org

June 12. Battle of Bunker Hill 8K, Boston, MA. 617-242-1775; www.coolrunning.com June 19. NYRR Father's Day Fight Against Prostate Cancer 5 Mile, Central Park. 212-423-

2261; www.nyrr.org
June 25. Saucony XC Series, 2K/4K/8K, Frick
Park, Pittsburgh, PA. 10 am. John Harwick, 1790 Lisa Dr., #4, Indiana, PA 15701. 724-

464-2222 July 10. Boilermaker 15K, Utica, NY. www.

July 17. USATF New England 8 Mile Championships, Stowe, VT. Tom Foltz, 802-253-

SOUTHEAST

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

May 7. Bulldog 2 Miler, UMS Wright School, Mobile, AL. 251-473-7223; www.pcpacers.org May 7. Corinth Classic 10K, Corinth, MS. 662-286-6051; www.corinthcoke.com

May 14. Do It in the Bush 5K, Cottage Hill Park, Mobile, AL. 251-473-7223; www.pcpa t AC, PO Box 303 Child H grosered



VICTOR SAILER / PHOTO RUN

Ray Parrella, M70 winner (66:33), Papa John's 10 Mile, Louisville, Ky., April 9.

May 15. Biltmore Estate 5K & 15K, Asheville, NC. 828-645-0169; www.main.nc.us/kiwanis ca/race05.htm

May 21. Freedom Run 6K, Chickasaw, AL. 251-473-7223; www.pcpacers.org

May 30. Mercedes-Benz Cotton Row 10K & 5K, Huntsville, AL. www.huntsvilletrackclub.org 256-536-1603;

July 4. Peachtree 10K, Atlanta, GA. 404-231-9064; www.atlantatrackclub.org

MIDWEST

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

May 1. Cincinnati Flying Pig Marathon. 513-721-7447; flyingpigmarathon.com

May 7. Indianapolis Life 500 Festival Mini-Marathon. 800-638-4296; www.500festival.com May 7. Komen Race for the Cure, Peoria, IL. 309-691-6906; www.komenpeoria.com

May 7. Run for the Buds 5K, St. Joseph, MI. 269-428-9622; www.bhsjymca.org
May 13. APC 5000, Jackson, MI. 517-788-9800.

May 14. Komen Race for the Cure, Columbus, OH. 614-297-8155; www.komencolumbus.org May 14. Fifth Third River Bank 25K, Grand

Rapids, MI. 616-771-1590; www.53riverbank run.com May 22. Main Course 10K, Chicago, IL. 312-580-5405; www.restaurant.org/show/events

May 22. Cleveland Marathon, Half-Marathon & 5K, Cleveland, OH. 800-467-3826; ww.clevelandmarathon.com

May 22. Green Bay Marathon, Green Bay, WI. 1-800-889-1859; www.cellcomgreenbaymar athon.com

May 28. Ogden Newspapers 20k & 5K, Wheeling, WV. 800-456-5344; ogden20kclassic.

May 28. Truth/Bank One Great Race Sports Festival XXV, Elkhart, IN. 574-296-5862; www.the

greatrace.net May 30. Chicago Lakeshore Marathon. 773-765-9030; lakeshoremarathon.com May 30. Memorial Mile, Boardman, OH. 330-

726-8407; www.jockstop.com

MID-AMERICA

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

May 7. Bank of America River Run 10K, Wichita, KS. 316-708-0808; wichitafestivals.

com/riverrun May 29. Med City Marathon & Relays, Rochester,MN. 507-282-1411; wally@medci

tymarathon.com May 30. Amy Thompson Run to Daylight 8K, Kansas City, MO. 816-228-3842; www.kc

May 30. Melpomene 5K, St. Paul. MN. 651-

688-9143; info@andersonraces.com May 30. Bolder Boulder 10K, Boulder, CO. 303-444-7223; www.bolderboulder.com

June 4. Hospital Hill Half-Marathon/USA Men's Championships, Kansas City, MO. 816-274-3635; www.hospitalhillrun.com

June 4. Dam to Dam 20K & 5K, Des Moines, IA. 515-247-5864; www.damtodam.com June 16-18. Grandma's Marathon Weekend,

Duluth, MN. Marathon, Half-Marathon & 5K. 218-727-0947; www.grandmasmarathon.com June 18. Star of the North Games 5K Trail Run, St. Cloud, MN. www.starofthenorth

June 24 (Fri.). Star of the North Games 5K, St. Cloud St. U., MN. www.starofthenorth

July 14. M&I Bank Storm the Bastille 5K, Milwaukee, WI. 414-271-1416; www.east town.com

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

May 14. OG & E Sooner State Games Half-Marathon, 10K & 5K, Lake Overholser, OK 405-236-5000; www.soonerstategames.org May 14. Gum Tree 10K, Tupelo, MS. E-mail: tupelorunningclub@yahoo.com; tupelorun ningclub.homestead.com

May 21. Beach to Bay Relay Marathon, Corpus Christi, TX. 361-443-5337; beachto bayrelay.com

WEST

Arizona, California, Hawaii, Nevada, New Mexico

May 1. Run for the Zoo 5K & 10K/New Mexico Association Championships, Albuquerque. 505-764-6227; www.run4zoo.org May 1. Avenue of the Giants Marathon, Half-Marathon & 10K, Humboldt Redwoods St.

May 7. Revlon 5K for Women, Los Angeles.
310-395-6779; www.revlonrunwalk.com
May 8. Union Tribune Race for Literacy 8K,

San Diego, CA. 760-692-2900; www.inmotion events.com

May 14. Palos Verdes Marathon & Half-Marathon, Palos Verdes, CA. 310-828-4123; www.w2promotions.com

May 15. Bay to Breakers 12K, San Francisco. 415-651-1816; www.baytobreakers.com May 21. Law Day 5K, Ventura, CA. 805-650-

7599; www.vcba,.org

May 22. Pasadena Senior Olympics. Rose Bowl, Pasadena, CA. 5000m & 10,000m. Qualifier for the 2006 California Senior Games Championships. Meet Director: Jim Hanley. 805-496-1829, jim@hanley.cc May 28. Strawberry Stampede 10K, Arroyo

Grande, CA. www.strawberrystampede.com May 30. Pacific Sun 10K, Kentfield, CA. 415-721-3791; tamalparunners.org

May 30. Saddleback Memorial Half-Marathon & 5K, Laguna Hills, CA. 760-43406301; memorialhalfmarathon.com June 4. Fontana Days Half-Marathon & 5K,

Fontana, CA. 909-428-6644; www.fontana.org
June 5. Rock 'N' Roll Marathon, San Diego,

CA. www.rnrmarathon.com June 19. State Street Mile, Santa Barbara, CA.

805-568-2316; www.active.com or www.sb

July 24. Wharf to Wharf 6 Mile, Santa Cruz, CA. 831-475-2196; wharftowharf.com

NORTHWEST

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

May 1. Bloomsday 12K/USATF Inland NW Championships, Spokane, WA. 509-838-1579;

www.bloomsdayrun.org
May 1. Cinco de Mayo 5K & 10K, Portland,

OR. www.t-events.com
May 7. Montana Women's Run 5 Mile,
Billings. 406-656-6973; www.womensrun.org
May 7. Roseburg 10K, Roseburg, OR. 541-673-2706; www.southernoregonsizzlerrun ningclub.org

May 14. McDonald Forest 50K, Corvallis, OR. 541-758-8124; www.proaxis.com/~lacava/ May 15. Capital City Marathon, Half-Marathon, & 5 Mile, Olympia, WA. 360-786-

1786; www.capitalcitymarathon.org

May 22. Rhody Run 12K, Port Townsend, WA. 877-463-9786; www.rhodyrun.com May 22. Nordstrom Beat the Bridge 8K,

Seattle. E-mail: hamiltonevents@aol.com; www.ontherun.com May 28. Azalea Festival 10K, Brookings, OR. 800-535-9469; www.southernoregonsizzler

runningclub.org June 2. Agony of Defeet 5K, Medford, OR. 541-535-7212; www.southernoregonsizzler runningclub.org

June 3. Oregon Grand Prix Series Street Mile, Eugene, OR. Harry Simonis, 541-504-1077;

www.usatf-oregon.org
July 4. Oregon Grand Prix Series Foot Traffic
Marathon/Half-Marathon, Portland, OR.
Harry Simonis, 541-504-1077; www.usatf-ore

gon.org
July 10. Seattle Summer Marathon, Half-Marathon & 5K. www.seafairmarathon.com July 17. Oregon Grand Prix Series Coburg Run in the Country Half-Marathon, Coburg, OR. Harry Simonis, 541-504-1077; www.usa



VICTOR SAILER / PHOTO RUN Joann Jessie, W40 winner (68:36), Papa John's 10 Mile, Louisville, Ky., April 9.

September 11. Oregon Grand Prix Series -Oregon TC Masters Eugene Celebration 8K, Eugene, OR. Harry Simonis, 541-504-1077;

www.usatf-oregon.org
October 29. Oregon Grand Prix Series USATF/Willamette XC 8K, Salem, OR. Harry
Simonis, 541-504-1077; www.usatf-oreg

November 12. Oregon Grand Prix Series -USATF Grand Prix Finale, Sandy, OR. Harry Simonis, 541-504-1077; www.usatf-oreg

TWENTY-FIVE YEARS AGO May 1980

Dan Conway (48:47), Sandra Kiddy (59:03) Win National Masters 15K

•400 Compete in National Masters Indoor Championships, Syracuse, NY

Survey: Should WAVA Establish Eligibility Standards for World Championships?



Carol Miles, W40 third (69:54), Papa John's 10 Mile, Louisville, Ky., April 9.

CANADA

May 8. OMTFA Championships/Forest City 10K, London, Ont. www3.sympatico.ca/on tario.masters; douglasj.smith@sympatico.ca May 28-29. ING Ottawa Marathon, Half-Marathon & 10K, Ottawa, Canada.

RACEWALKING

May 15. USA National Masters 15K RW Championships, Riveside, CA. www.

May 21. Pasadena Senior Olympics, Pasadena CC, CA. 1500m & 5000m RWs. Qualifier for the 2006 California Senior Games Championships. Meet Director: Jim Hanley. 805-496-1825, jim@hanley.cc May 22. Pasadena Senior Olympics, Rose

Bowl, Pasadena, CA. 5000m & 10,000m RWs. Qualifier for the 2006 California Senior Games Championships. Meet Director: Jim Hanley. 805-496-1829, jim@hanley.cc May 28. NCCWMA 5K & 10K RW Champ-

ionships/Art Keay Memorial Age-Graded 10K RW, Toronto, Ont. Lily or Stafford Whalen. 416-243-5413; staffordwhalen@rogers.com

June 18. MAC Association 10K RW Championships, Central Park, NYC. Stella Cashman, 212-628-1317;

Francicash@aol.com
July 17.USATF MAC 5K RW
Championships, Central Park, NYC. Stella 212-628-1317; Francicash@aol.com

August 5 & 7. USA National Masters 5000m (5th) and 10K (7th) RW Championships, Honolulu, HI. See National T&F above.

August 28. USATF MAC 3K RW Champion-ships, Central Park, NYC. Stella Cashman, 212-628-1317;

Francicash@aol.com September 11. USA National Open & Masters 40K RW Championships, Ocean Township, NJ. Elliott Denman, 732-222-

9080; www.usatf.org September 18. USATF Long Island 5K RW Championships, Long Beach, NY. Peter Lopes, 516-771-7761.

October 8. USA National Open & Masters 5K RW Championships, Kingsport, TN. Bobby Baker, 423-349-6406; www.usatf.org November 13. USA National Masters 20K RW Championships, Clermont, FL. Don DeNoon, 352-241-7144; www.usat-ntc.com; e-mail: noonwalk_99@yahoo.com

December 4. USA National Open & Masters One-Hour RW Championships, Jacksonville, FL. www.usatf.org

Visit the **National Masters News** Web Site at: www.nationalmastersnews.com

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH - MAY 2005

	BIRTH DATE G	AGE
ROBIN MOORE(EGG HARBOR,NJ)	5-24-65	40-44
SLAVICA POZNIK(SLV) MARLENE OTTEY(JAM)	5- 7-60 5-10-60	45-49 45-49
JURGEN SCHULT(GER)	5-11-60	45-49
BELINDA MCCOY(CLEVELAND,OH	5-11-60	45-49
BECKY POST(US) ANJA AKKERMAN(NED)	5- 1-55	50-54
BARRY STEBBINS(TEMPLE,PA)	5- 1-55 5- 3-55	50-54 50-54
INEKE STOFMEEL(NED)	5- 4-55	50-54
JELENA KELDSHTEVSKA(URS)	5- 7-55	50-54
MARIA SAHUQUILLO(SPA) DAN GOLDMAN(US)	5- 8-55 5-18-55	50-54 50-54
SYLVIA HOSS(ALISO VIESU,CA)	5-18-55	50-54
MARCIA HULSE(BROOKLYN,NY)	5-18-55	50-54
JOANIE PRICE(US) HELEN VISGAUSS(US)	5-23-55 5-24-55	50-54 50-54
WALTRAUD KNAPP(GER)	5-25-55	50-54
DAVE VANDERGRIFF(FLORENCE,SC)	5-26-55	50-54
MARINA STEPANOVA(URS) JOE GREENBERG(BEVERLY HILLS,CA	5- 1-50 5- 9-50	55-59 55-59
AGNES HITCHMOUGH(GBR)	5-15-50	55-59
TADEUSZ SLUSARSKI(POL)	5-19-50	55-59
DAPHNE ELLMORE(GBR)	5-22-50	
CAROL WRIGHT(BEL) GARY KELMENSON(SANTA CRUZ,CA)	5-27-50 5-30-50	55-59 55-59
MADELINE HARMELING(MERRICK,NY)	5- 6-45	60-64
SUSAN COMPTON(BROOKTONDALE,NY)		60-64
GISELA RABICH(GER) MANDY JOSLEN(US)	5-13-45 5-15-45	60-64
CLARENCE RAY(DETROIT,MI)	5-15-45	60-64
ERNA KOZAK(CAN)	5-17-45	60-64
SALIH TALIB(NEW YORK,NY) TAFFY MARTIN(WARMINISTER,PA)	5-19-45 5-23-45	60-64
TAFFY MARTIN(WARMINISTER,PA)	5-23-45	60-64
DAN HAMNER(NY)	5-1-40	65-69
ARNO HAMERKES(GER)	5-1-40	65-69
MANUEL ULACIO(VEN) EDELSWITHA A. TRINDADE(BRA)	5- 8-40 5-13-40	65-69 65-69
NANCY BALDWIN(OR)	5-19-40	65-69
DIANE COHEN(HONOLULU,HI)	5-23-40	65-69
GAIL HANNA(SAN DIEGO,CA) ANNA MARIE GRUENER(GER)	5-25-40 5-26-40	65-69 65-69
MARIANO HARO(SPA)	5-27-40	65-69
ANATOLIY BONDARCHUK(URS)	5-31-40	65-69
SUSANNA KRISTOFF(NOR) SUSANNA WOLD(NOR)	5-31-40	65-69 65-69
ALMUT BROEMMEL(GER)	5- 5-35	70-74
KAETHI DIENER(GER)	5- 6-35	70-74
ROBERT MILNER(HAMILTON,NY) MARYLIN FITZGERALD(OLD BRIDGE,NJ)	5- 7-35 5- 8-35	70-74
PATRICIA MAFFIA(GBR)	5-12-35	70-74
GUY TEXEREAU(FRA)	5-14-35	70-74
MARGARIDA HOCHSTATTER(BRA) FLOYD SMITH(CLINTON,IA)	5-15-35 5-17-35	70-74
ASTA SATSI(URS)	5-18-35	70-74
ROBERT WHILDEN(TX)	5-20-35	70-74
INGO VIERK(GER) BRIAN HARRIS(ROYAL OAK,MI)	5-20-35 5-21-35	70-74
MYR VANCAEKENBERGHE(BEL)	5-21-35	70-74
BENT LUARIDSEN(DEN)	5-27-35	70-74
PETER SPECKENS(GER)	5-28-35	70-74
LUCY PARKER(US) PAUL NORENE(MN)	5-28-35 5-31-35	70-74 70-74
MARIA LONDONODEABONDA(CAN)	5- 1-30	75-79
BILL GENTRY(ORLANDO,FL)	5- 5-30	75-79
CLYDE BAKER(NORTHBROOK,IA) PHILIP SCHLEGAL(NEWPORT BEACH,CA	5- 6-30	75-79 75-79
BENGT JERNHESTER(SWE)	5- 8-30	75-79
MARY HAWKINS(NZL)	5- 8-30	75-79
GANNA BEREZIKOVA(UKR) HATSUE TANIGAKI(JPN)	5-10-30 5-13-30	75-79
JOHANNE HAGEN-VENAS(NOR)	5-15-30	75-79 75-79
MARIE HAUG(NOR)	5-25-30	75-79
GIUSEPPINA GURTNER(SUI) JAMES O'NEIL(SACRAMENTO,CA)	5- 5-25	80-84
BILL FITZGERALD(PALOS VERDES,CA)	5-14-25 5-20-25	80-84 80-84
BILL KISSENBERGER(HONOLULU,HI)	5-20-25	80-84
HARRY TAMPAN(GBR)	5-20-25	80-84
HILDEGARD RIEDLE(GER) EDNA DEAN(US)	5-21-25 5-28-25	80-84 80-84
BILL EPPRIGHT(HOUSTON,TX)	5- 2-20	85-89
HUGH HACKETT(ALBUQUERQUE,NM)	5- 2-20	85-89
MASSAO ISHIDA(BRA) GEORGE RAJCEVICH(CLINTON,IA)	5- 5-20 5- 5-20	85-89 85-89
LIESELOTTE SCHULTZ(GER)	5- 7-20	85-89
MARIA PARTRIDGE(AUS)	5-11-20	85-89
SVERRE HIETANEN(CAN) ROBERT HUNT(ANAHEIM,CA)	5-14-20 5-18-20	85-89 85-89
TIM DYAS(RIDGEWOOD,NJ)	5-25-20	85-89
LINNEA LEHTONEN(FIN)	5-25-20	85-89
INGA SAGRELIUS(SWE) ARVI KOSONEN(FIN)	5-30-20	85-89
BETTY JOSLIN(SEATTLE,WA)	5-31-20	85-89 90-94
PAUL FANNING(US)	5-14-15	90-94
IDA KEELING(US)	5-15-15	90-94
DENIS SHORE(RSA) ED GAMBLE(AUS)	5-24-15	90-94
JOSEPH KELIHER(AUS)	5-26-15	90-94
ED BOTH(LEONA VALLEY,CA)	5-16-10	95+
MITSUO KOMURA(BRA) ERIC BENNECHE(GBR)	5-25-10	95+
MERT GAMBITO(US)	5-1-5	95+
MASAMI OKAZAKI(JPN)	5-15-5	95+
FRANTISEK HULAN(CZE)	5-17-5	95+
Compiled by Pete M	undle	
THE PARTY OF STREET		

May 2005

Abe Sauer David Buysse M40-44

> M50-54 Ralph Cilevitz Pent. Rockdale Hudson 55m Paul Movse 3000n

Michael Kountze 60m

U.S. MAS 35-39 6.9 11.0 11.3 200 400 800 1500 Mile 3000 5000 22.4 51.5 52.5 2:04 4:22 4:40 4:20 4:40 9:25 15:45 16:00 10000 55H 60H 8.6 9.0 8.7 9.3 110H 100H 15.4 400H 58.0 60.0 3K-SC 10:10 10:30

2K-SC 6-2% 6-% 4.10 14-5% 13-5% 6.10 6.50 20-1/4 12.60 214 13.20 43-3% 41-4% 14.50 14.02 46-0 42.80 44.80 147-0 47 24

140-5 44.20 145-0 155-0 56.00 183-9 62.00 15.00 14.00 49-2% 45-11% 14.00 49-21/4 45-11%

31-2 29-61/2 2800 2600 (56#) 5500 5250 Decath. 2700 2800 100 standards

Short hurdles Long hurdles: Shot put: Discus throw Hammer: Javelin:

Weight: Superweight: Pen/Dec/WLPer 11) Metric heights

U.S. MASTERS ALI 1.5K Mile 3K 7:13 7:47 14:50

W35 7:22 8:03 15:18 W40 7:37 8:21 15:53 W45 8:03 8:41 16:32 W50 8:25 9:05 17:15 8:55 9:31 18:05 9:17 10:01 19:01 W55 W65 9:48 10:35 20:06 W70 10:26 11:15 21:22 W75 11:10 12:01 22:51 W80 12:03 12:58 24:41

W85 13:13 14:15 27:05 W90 14:56 16:06 30:36 M30 6:31 7:01 13:21 M35 6:43 7:14 13:47 M40 6:58 7:29 14:16 M45

M50 7:33 8:05 15:2: M55 M60 8:26 16:0 8:13 8:51 16:5 M65 M70

8:38 9:19 17:4 9:08 9:50 18:4 9:43 10:28 19:5

M80 10:26 11:14 21:2 M85 11:21 12:13 23:1 M90 12:41 13:39 25:5 Age-graded time/.8 for n

M30-34			
Abe Sauer	800	2:01.77	3/12/05
M35-39			
David Buysse	1500	4:21.20	2/19/05
M40-44			
Michael Kountze	60m	7.66	3/12/05
M50-54			
Ralph Cilevitz	Pent.	2673	3/11-14/05
Rockdale Hudson	155m	7.4	2/20/05
Paul Moyse	3000m	10:31	3/21/04
Mike Trexler	60m	7.73	3/11-13/05

RECIPIENTS OF ALL-AMERICAN AWARDS

M55-59			
Gerard Dunne	PV	3.05	2/26/05
Phil Parker	60mH	10.49	3/12/05
Bob Peters	SP	45-4	6/26/04
M60-64			
Howard Booth	PV	8-11	8/8/04

M65-69			
Raymond Lebox	witz 100m	13.74	2/5/05
THE PERSON NAMED IN	200m	29.07	2/5/05
	LJ	4.57	2/12/05
Ted Moore	3000RW	17:05.66	3/11-13/05

M75-79			
Charles Bispala	SP	30-3	5-30-04
W45-49			
Joan Affleck	Mile	6:26.80	2/26/05
W50-54			
Claudia Simpson	W	3.42	9/04
W60-64			
Janet Robinson	5KRW	32:15	1/16/05

Aike Ire	Ale		60m	7.7		3/11-13/	US	nowa	rd Boo	oth	PV	8-11	8/8	/04
1031	U.	S.I	MAS	STE	RS	ALL-	AN	IER	ICA	NS	TAN	DAF	RDS	Sign .
			Sp-19	C No.			FOR I		decide.	100			AND DOOR	
Event		30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
55		6.8	6.9	7.1	7.2	7.4	7.9	8.1	8.4	8.9	9.4	10.4	11.8	13.5
60		7.4	7.55	7.7	7.85	8.05	8.5	9.0	9.25	9.5	10.0	11.2	12.8	14.8
100		11.0	11.3	11.5	11.9	12.2	12.6	13.2	13.8	14.6	16.0	18.0	23.0	
200		22.4	23.2	23.8	24.6	25.5	27.0	27.9	29.5	32.0	35.0	40.2	52.0	
400		51.5	52.5	53.8	56.0	57.5	62.0	65.0	69.0	75.0	88.0	98.0	120.0	
800		2:02	2:04	2:06	2:11	2:16	2:25	2:35	2:45	3:06	3:35	3:55	4:30	
1500		4:20	4:22	4:24	4:35	4:45	5:10	5:20	5:45	6:30	7:20	8:10	9:20	
Mile		4:40	4:40	4:50	5:00	5:10	5:30	6:00	6:15	6:55	8:20	8:45	10:15	
3000		9:25	9:40	10:00	10:25	10:45	11:15	11:50	12:45	13:40	15:50	19:10	23:00	26:00
5000		15:45	16:00	16:15	16:45	17:30	18:25	19:30	21:00	23:30	26:00	29:00	32:30	
10000		32:30	32:50	33:30	36:00	38:00	39:00	40:30	44:00	48:30	54:30	61:15	68:30	
55H		8.6	8.7	9.0	9.5	10.0	10.3	10.6	10.9	11.2	11.6	12.5		
60H		9.0	9.3	9.4	9.8	10.3	10.6	10.9	11.1	11.4	12.0	13.6		
110H		15.4	16.5	17.8	18.8									
100H						18.0	19.0	20.0	21.0					
80H			8/74			100	that I	DU TO		18.0	21.0	25.0	30.0	
400H		58.0	60.0	62.0	64.0	68.0	71.0							
300H						48.0	51.0	55.0	60.0	67.0	75.0	85.0	95.0	
3K-SC		10:10	10:30	11:45	12:40	13:30	14:00							
2K-SC								9:30	10:30	12:00	14:00	16:30	19:30	
HJ		1.90	1.85	1.76	1.68	1.60	1.50	1.45	1.38	1.25	1.15	1.00	0.80	
I Kara		6-21/4	6-1/4	5-91/4	5-6	5-3	4-11	4-9	4-61/4	41%	3-91/4	3-31/4	2-7%	
PV		4.40	4.10	3.95	3.70	3.55	3.05	2.70	2.40	2.30	2.00	1.80	1.30	
		14-51/4		12-11%	12-11/4	11-7%	10-0	8-101/4	7-10%	7-61/2	6-61/4	5-10%	4-31/4	
W		6.50	6.10	5.85	5.60	5.40	4.90	4.50	4.20	3.80	3.35	2.85	2.20	
100		21-4	20-1/4	19-21/4	18-41/4	17-8%	16-1/4	14-9	13-91/4	12-51/4	10-11%	9-41/4	7-21/4	
TJ		13.20	12.60	11.50	10.80	10.40	9.50	8.90	8.20	6.96	6.50	5.94	5.51	
		43-3%	41-4%	37-81/4	35-51/4	34-11/4	31-2	29-21/4	26-11	22-10	21-4	19-6	18-1	
Shot	×	14.50	14.02	13.41	12.62	13.10	12.00	12.80	11.50	11.00	9.00	8.00	6.00	
-		47-7	46-0	44-0	41-5	42-11%	39-41/4	42-0	37-81/4	36-11/4	29-61/4	26-3	19-81/4	
Discus		44.80	42.80 140-5	39.50 129-7	37.50 123-0	42.00	41.00	42.00	39.00	34.00	26.00	22.00	15.24	
U		147-0		40.00	39.00	137-9	134-6	137-9	127-11	111-6	85-4	72-21/4	50-0	
Hammer		47.24 155-0	44.20 145-0	131-3	127-11	39.00 127-11	36.00	36.00 118-1	32.00 105-0	30.00 98-5	24.00 78-9	20.00 65-71/a	17.07 56-0	
Javelin		62.00	56.00	48.76	47.00	43.00	41.00	39.00	35.00	31.00	24.00	19.00	14.02	
Javenn		203-5	183-9	160-0	154-2	141-1	134-6	127-11	114-10	101-8	78-9	62-4	46-0	
35#WL		15.00	14.00	13.00	12.00	10.00	9.00	127-11	114-10	6.00	5.00	02-	40-0	
300 111		49-21/2	45-11%	42-8	39-41/4	32-9%	29-61/			19-81/4	16-41/4			
Weight		15.00	14.00	13.25	12.50	14.25	13.25	14.00	13.25	13.50	11.75	10.00	8.75	6.00
-	is a	49-21/	45-11%	43-51/4	41-01/4	46-9	43-51/4	45-111/4	43-51/4	44-31/4	38-61/4	32-9%	28-81/4	19-81/4
Sup.Wt.		9.50	9.00	8.50	8.00	6.00	5.50	5.00	4.50	3.50	3.00	2.50	2.00	1000
(56#)		31-2		27-10%	26-3	19-81/4	18-1/2	16-41/4	14-9	11-5%	9-10	8-21/4	6-61/4	
Pent		2800	2600	2600	2600	2600	2600	2600	2600	2600	2400	2200	2000	
Decath.		5500	5250	5250	5000	5200	5000	4500	5000	4800	4200	3000	2500	
Wt. Pent.		2800	2700	2800	3000	3000	3000	3000	3000	2600	2700	3000	3000	
Notes:	1)					tic time; us		-						
	2)		hurdles			9";		59: 36		69: 33		79 30";	80+:	27"
	3)		hurdles:			6";	50-	59: 33	; 60-	69: 30		+: 27"		
	4)	Shot				.26k (16#);		-59: 6k;		-69: 5k		+: 27"		
	5)		s throw:			kg;			kg; 60-		kg;	TUFFE		
	6)	Hamn				.26k (16#);		-59: 6k;		-69: 5k			-	
	7)	Javeli				00g;		-59: 700				-79: 500g		400g
	9)	Weigh	nt: weight:			50		-59: 254 -79: 354		-69: 20 +: 25		-79: 16#	80+:	120
	10)		ec/WLP			AF pts.; 4				. 25	4			
	11)					are the sta				sted for	convenie	nce.		

	.S. M/	ASTER	SALL	AME	CICAN S	W	RDS OF I	EXCELL	ENCE	OK KAC	EWALK	EKS
	1.5K	Mile	3K	5K	8K	10K	15K	20K	25K	30K	40K	50K
V30	7:13	7:47	14:50	25:38	42:04	52:43	1:21:56	1:52:06	2:24:43	2:59:15	4:08:45	5:37:30
V35	7:22	8:03	15:18	26:27	43:11		1:23:29				4:12:21	5:42:23
V40	7:37	8:21	15:53	27:26	44:47	55:56	1:26:37	1:58:06	2:32:33	3:08:56	4:22:13	5:55:48
V45	8:03	8:41	16:32	28:33	46:35	58:10	1:30:08	2:03:00	2:38:56	3:17:00	4:33:31	6:11:25
V50	8:25	9:05	17:15	29:49	48:36	1:00:41	1:34:08	2:08:30	2:46:11	3:26:08	4:46:23	6:29:09
V55	8:55	9:31	18:05	31:14	50:54	1:03:33	1:38:40	2:14:48	2:54:26	3:36:33	5:01:03	6:49:24
V60	9:17	10:01	19:01	32:51	53:32	1:06:50	1:43:51	2:21:54	3:03:54	3:48:29	5:17:54	7:12:43
V65	9:48	10:35	20:06	34:43	56:33	1:10:37	1:49:50	2:30:12	3:14:51	4:02:20	5:37:25	7:39:46
V70	10:26	11:15	21:22	36:54	1:00:02	1:15:01	1:56:49	2:39:54	3:27:38	4:18:30	6:00:18	8:11:30
V75	11:10	12:01	22:51	39:28	1:04:10	1:20:14	2:05:05	2:51:18	3:42:50	4:37:46	6:27:35	8:49:28
V80	12:03	12:58	24:41	42:37	1:09:13	1:26:38	2:15:15	3:05:24	4:01:36	5:01:39	7:01:26	9:47:35
V85	13:13	14:15	27:05	46:45	1:15:50	1:35:01	2:28:37	3:24:00	4:26:20	5:33:10	7:46:16	10:39:15
V90	14:56	16:06	30:36	42:14	1:25:30	1:47:18	2:48:13	3:51:12				
						Maria de	MEN					
430	6:31	7:01	13:21	23:05	37:57	47:49	1:13:10	1:38:18	2:05:12	2:32:17	3:27:30	4:31:00
435	6:43	7:14	13:47	23:46	38:55	48:53	1:14:28	1:39:43	2:06:56	2:34:14	3:30:17	4:34:53
440	6:58	7:29	14:16	24:24	40:15	50:32	1:17:03	1:43:13	2:11:29	2:39:47	3:37:53	4:44:49
445	7:13	7:46	14:47	25:31	41:44	52:25	1:19:58	1:47:10	2:16:35	2:46:05	3:46:36	4:56:24
450	7:33	8:05	15:23	26:33	43:25	54:32	1:23:14	1:51:37	2:22:20	2:53:13	3:56:29	5:09:29
455	7:50	8:26	16:04	27:43	45:19	56:55	1:26:56	1:56:38	2:28:52	3:01:19	4:07:41	5:24:22
460	8:13	8:51	16:50	29:02	47:28	59:38	1:31:10	2:02:23	2:36:20	3:10:33	4:20:30	5:41:23
465	8:38	9:19	17:43	30:33	49:56	1:02:45	1:36:01	2:08:58	2:44:53	3:21:11	4:35:15	6:01:01
470	9:08	9:50	18:44	32:18	52:46	1:06:21	1:41:37	2:16:35	2:53:56	3:33:31	4:52:23	6:23:51
475		10:28	19:55	34:20	56:04		1:48:13	2:25:34	3:05:02	3:48:05	5:12:40	6:50:54
180		11:14	21:22		60:06	1:15:44	1:56:15	2:36:31	3:20:50	4:05:57	5:37:34	7:24:11
			23:14			1:22:26				4:29:18		8:07:50
			25:58				2:21:52					9-11-37

	U.S	. IVIA	7211	LKS	AL				AN	IA	NDA	KD2	,
-							WOME						
Event	30-34	1	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
55	8.0		8.50	8.80	9.10	9.40	9.80	10.30	10.80	11.50	12.30	13.40	14.80
60	8.60		9.10	9.50	9.90	10.20	10.60	11.10	11.70	12.40	13.40	14.40	15.90
100	13.8		14.4	15.0	15.5	16.4	16.8	18.6	19.8	22.0	25.0		
200	28.0		30.0	31.6	33.0	35.0	37.0	39.0	42.0	48.0	52.0		
400	63.5		68.0	70.0	78.6	80.0	83.0	84.0	86.0	98.0	104.0		
800	2:33	2:35	2:40	2:46	2:54	3:10	3:20	3:36	3:56	4:30	5:40		
1500	5:10	5:20	5:30	5:40	6:00	6:20	6:45	7:30	8:00	8:50	10:10		
Mile	5:40	5:50	6:10	6:30	6:50	7:00	7:40	8:10	8:50	9:40	10:45		
3000	11:30	11:50	12:00	12:30	14:00	14:30	15:00	16:00	18:30	20:00	23:00		
5000	19:45	20:15	21:00	22:00	23:30	24:50	26:00	28:00	30:00	34:00	36:00		
10000	41:30	42:40	44:00	48:00	50:00	52:00	56:00	60:00	66:00	76:00	85:00		
100H	17.2	18.2											
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0		
400H	75.0	79.0	84.0	88.0			1000	No.	House	STATE OF			
300H	No.				66.0	72.0	79.0	87.0	96.0	110.0	120.0		
2K-SC	8:20	8:35	9:00	9:30	10:00	10:25	11:00	11:55	12:50				
HJ	1.40		1.27	1.22	1.12	1.07	1.02	0.97	0.92	0.89	0.84		
No.	4-7		4-2	40	3-8	3-6	34	3-21/4	3-01/4	2-11	2-9		
PV	2.70		210	1.80	1.50	1.20	1.10	1.00	0.90	0.80	0.70		
	8-10%		6-10%	5-10%	4-11	3-111/4	3-7/4	3-31/4	2-111/4	2-7%	2-31/4		
			4.04								100		
W	4.60	-		3.81	3.40	3.20	3.10	2.60	2.30	210	1.50		
	15-1	Maria I	13-3	12-6	11-1%	10-6	10-2	8-61/4	7-61/4	6-10%	4-11		
TJ	9.50		8.43	7.49	7.01	6.40	6.20	6.00	5.50	4.50	3.89		
	31-2		27-8	24-7	23-0	21-0	20-41/4	19-81/4	18-1/4	14-9	12-9		
Shot	10.30		8.51	8.40	8.00	7.77	7.50	6.60	6.00	5.20	4.30		
	33-91/	100	27-11	27-61/4	26-3	25-6	24-71/4	21-8	19-81/4	17-1/4	14-1%		
lavelin	35.00	William To	28.00	25.00	23.00	22.15	20.00	17.00	16.00	15.00	12.00		
	Mar. 425	109-11	91-10	82-0	75-5%	72-8	65-71/4	55-91/4	52-6	49-21/4	39-41/4		
Discus	32.00	Marine St. Co.	25.00	24.00	22.00	21.00	18.00	16.00	14.00	13.00	11.00		
The second	105-0	98-5	82-0	78-9	72-21/4	68-10%	59-1/4	52-6	45-111/4	42-8	36-11/4		
ammer	35.00	32.50	30.00	25.00	23.00	22.00	21.00	18.00	14.00	12.00	9.00		
	114-10	106-7	98-5	82-0	75-5%	72-21/4	68-10%	59-1/4	45-11%	39-41/4	29-61/4		
Veight	10.00	10.00	9.00	8.00	9.00	8.00	9.50	8.75	7.75	6.50	5.50	4.25	3.5
	32-9%	32-9%	29-61/4	26-3	29-61/4	26-3	31-2	28-81/2	25-51/4	21-4	18-01/4	15-7	11-5
up.Wt.	6.50	6.00	5.50	5.00	5.25	5.00	4.75	4.50	4.00	3.50			
	21-4	19-81/4	18-1/4	16-4%	17-2%	16-4%	15-7	14-9	13-11/4	11-51/4		WE.	
/LPent	2600	2500	2500	2500	2800	2600	2600	2500	2500	2400	2300		
Notes:	1)	100 sta	indard	s are	for aut	omatic	time;	use sta	andard	conve	rsion fo	r hand	1 time
	2)	Short I	hurdles	: 30	-39: 3	33";	40-59	9: 30)"	60+:	27"		
		Long h	urdles	: 30	-59: 3	30";	60+:	27	"				
	3)	Shot p	ut:	30	-49: 4	lk;	50+:	31					
		Javelin				600g;	50-59)0g;	60+:	400g		
		Hamm				lk;	50+:	31		THE REAL PROPERTY.			
		Weight			-49: 20		50-59		#;	60+:	-		
			weight:		-49: 3		50-79			80+:		-	
	8)	Metric	neight	s and	distar	ices ar	e the si	andar	a: reet	and in	cnes lis	ted for	-

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

AGE-GROU	P		
SE	X: M_	0,00	<u></u>
STAT	E	_ZIP_	
DATE C	F ME	ET	7.50
	- 4		
MARK			100 30
WEIGHT OF IMP	LEME	NT	
1 PATCH	1	PATCH	TAG
	SESTAT	SEX: MSTATEDATE OF MEMARKWEIGHT OF IMPLEME	STATE ZIP_ DATE OF MEET_ MARK

- 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.
- accompany this application.

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

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

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

UNA 26.46

7 Emlaw, Edward

May 2005

		3000r
W40	1	Grene, Mary
	2	Jasper, Lorraine
W45	1	Marvil, Rebecca
	2	Kluge, Trisha
	3	Severa, Carol
	4	James, Aia
		Hatfield, Nancy
W50	1	
	2	Steinbach, Coreen
	3	Daniel, Sheila
W55	1	Groesz, Jeanette
	2	Hutchison, Jane
	3	Spannaus, Barbara
	4	Trotto, Mary
W65	1	Harada, Mary
W70		Machala, June
*****		Decident Com

wwo 1 machau, Jurie wwo 1 machau, Jurie was 1 Lanier, Kareem M30 1 Lanier, Kareem M35 1 VanCleve, Robert 2 Yorges, Christopher 3 Hickey, Dr. Brian M40 1 Kimball, William 2 Oishan, David 3 Dudman, Joseph 4 Guerra, Blas 5 Poulos, Ted 6 McLellan, Scott 7 Velichko, Sergey 8 Ash, Daniel M45 1 Coats, Chuck 2 Carlson, Michael 3 Kollars, Steven 4 Ware, Phil 5 Cleary, Mark 6 Harding, David - Prather, Bob M50 1 Cingan, David - Prather, Bob M50 1 Cingan, Dave 2 Robinson, James 3 Smead, Chuck 4 Smyth, Brian 5 Walker, Bob 6 Harter, Reid 1 M55 1 Shaheed, Nolan 2 O'Brien, Richard 3 Gorman, Jim 4 Foote, Charles 5 Riposo, Phil 6 Christy, Edward M60 1 McArdle, Colin 2 Machala, Joe 3 Condon, Frank M65 1 Weddle, Thom 2 Brawner, Wally 3 Kieyman, Rick 4 Cordero, Joe 5 Davis, Jim 6 Madonna, Jim 7 Levasseur, Jerry Hot70 1 McClenathen, Gordon 2 Hetrich, Peter 3 Cottey, Robert 4 Marsh, Bruce 5 Bisson, Jerry - Heitzman, Paul M75 1 Gray, Jack 2 "Wood, Keith - Atcheson, Walter M80 1 Keston, John Ergiert, Roy M90 1 Levine, Frank

60m Hurdles W40 1 Upshaw-Margerum, Jo 2 Willard, Denise 3 Ware, Caren W45 1 Johnson, Liz W50 W55 W65 W70 M35

3 Ware, Caren
1 Johnson, Liz
1 Glynn, Kay
1 Raschiker, Phil
2 "Trott, Rhona
1 Jordan, Barbara
1 Donley, Christel
1 Donley, Christel
1 Donumnond, Don
2 Melton, James
3 Smith, James
1 McCloud, Dexter
1 Grimes, Peter
2 Anton, Eugene
3 "Hayrapetyan, Geras
4 Russ, Jim
2 Walters, Tim
3 Price, Stacey
4 Zahn, Robert
5 Ortman, David
6 Broun, James
7 Searles, Anthony
8 Jacquel-Acea, Russe
9 Wilson, Thaddeus
0 Boehr, Douglas
1 Friedman, David M40 M45

M50

1 Price, Stacey 2 McKinley, Brian 3 Zahn, Robert 4 Broun, James
5 Ortman, David
6 Jacquet-Acea, Russe
7 Walters, Tim
1 Druckrey, Stanley
2 Parker, Phil

M55 M60 1 Gray, Courtland 2 Johnston, Joe 3 Clifford, John 4 Kline, Barry

TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene, OR 97405; e-mail: natmanews@aol.com. To keep information current, we generally do not publish results more than 3 months old. Results typed and measuring 2-1/4" wide in metric in our format receive preference. Deadline is the 10th of the month prior to issue date.

NATIONAL

1			IONAL	
	USA National Mas	ters Indoor T Nampa / Bois	AF Championships, Jacksons e, ID; March 11-13	Track
• = r	on-U.S. athlete)		5 Lesniak, Mark	UNA 7.91q
	THE RESERVE OF THE PARTY OF THE		6 *Picorelli, Wilfred 7 Venable, William	UNA 8.00q UNA 8.21q
N35	60m 1 Milligan Jackson, M	UNA 8.45	8 Parker, Richard	UNA 8.25q
N40		UNA 8.04	9 Goble, Marlowe	UNA 8.34 UNA 8.35
	2 Lawson, Sarah	GBRC 8.46 UNA 8.79	0 Jacobson, Vance 1 Parker, Phil	ATC 8.72
	Shook, Kathleen Willard, Denise	AZTC 8.99	2 Leslie, Will	CNW 8.78
V45	McField, Denise	UNA 8.65	3 Tardie, Larry	UNA 9.19
		UNA 10.09 UNA 10.17	1 Whitley, Stan	UNA 7.69
	Bracy, Tracey Johnson, Liz	UNA 10.44	2 Allie, Charles	UNA 7.70
/50 1	Hanscom, Rita	UNA 8.41	3 Imrie, Donn 4 Lesniak, Mark	UNA 7.72 UNA 7.91
2	Mitchell, Rebecca Kirkpatrick, Yvonne	OTCM 9.82 UNA 10.75	5 *Picorelli, Wilfred	UNA 7.98
55 1	Raschker, Phil	UNA 8.83	6 Parker, Richard	UNA 8.77 PM 7.89
2		SCS 8.94	M60 1 Edens, Paul 2 Brocato, Charles	PM 7.89 UNA 8.15
3	"von Maltzahn, Hill "Trott, Rhona	UNA 9.43 UNA 9.67	3 Pierce, Roger	UNA 8.26
5	Raham, Sharon	UNA 10.35	4 Gunn, Lawrence	UNA 8.37 UNA 8.48
50 1	Jager, Kathy	UNA 9.02 UNA 9.04	5 Russin, Lincoln 6 Sokoloski, Leonard	UNA 8.48 UNA 8.82
3	O'Connor, Nadine Huff, Karen	MWM 12.97	7 Stringer, John	UNA 9.15
55 1	Jordan, Barbara	GMAA 9.79	8 Gilbert, Paul	UNA 9.79
0 1	Roman, Mary	UNA 11.66 PVTC 10.26	M65 1 Dennis, Kenneth 2 Harrison, Marion	UNA 8.25 UNA 8.34
0 1	Lary, Audrey Kuehne, Magdalena	SCS 11.54	3 Lida, Robert	UNA J8.34
3	Yudell, Anne	UNA 11.76	4 Bennett, Wayne	DMTC 8.50
5 1	Valien, Johnnye	UNA 12.74 UNA 13.70	5 Pawlik, Emil 6 Camp, Dick	UNA 8.76 UNA 8.81
5 1	*Kotelko, Olga Joachim, George	UNA 13.70 UNA 7.26	7 Bartholomew, Charle	UNA 8.96
2	Gardner, Jr., Adam	SAC 7.58	8 Short, Darrel	UNA 9.52
3	Jackson, Corwin	UNA 7.96	M70 1 Hewitt, Robert 2 Leggitt, James	PM 8.98 UNA 8.99
5 1 2	Drummond, Don Thomas, Robert	SWS 7.10 INIV 7.31	3 Jankovich, William	UNA 9.12
3	Winslow, Edward	NSS 7.42	4 Graves, Ray	UNA 9.22
4	Currie, Cliff	UNA J7.42	M75 1 Brown, Harry	MWM 8.74 UNA 9.18
5	Turnage, Felton Smith, James	UNA 7.51 AFTC 7.60	2 *Lesage, Norm 3 Platts, Bill	UNA 9.18 UNA 9.40
7	Thompson, Randy	TSDP 7.63	4 Melville, Bill	MWM 9.61
0 1	*Crichlow, Rawle	FTH 7,10Q	5 Moorehead, James	UNA 9.85
2	Travis, Ken	SWM 7.13Q SWTC 7.35Q	M80 1 Larsen, Melvin	ATC DNF UNA 9.27
3	Strong, Frank Berry, Kettrell	SWTC 7.35Q SWTC 7.39Q	2 Bower, Raymond	WPTC 11.15
5	Kountze, Michael	UNA 7.669	3 Wingo, Bob	DMTC 11.28 UNA 16.93
6		UNA 7.720	M85 1 Parker, Roderick	CARK 9.81
8		UNA 7.790	2 Guidet, Alfred	UNA 11.86
9		UNA 7.83	M90 1 Trahan, Clarence	WVTC 14.74 UNA 12.40
0	Toll, Mike Emlaw, Edward	OTCM 7.90	made Trainan, Charence	0101
EXI	Alu britis	SS 1 Holomburs	200m	
1	Berry, Kettrell	SWTC 7.09	W35 1 Milligan Jackson, M 2 Connolly, Rebecca	UNA 28.61 MMVS 29.75
3	*Crichlow, Rawle Travis, Ken	FTH J7.09 SWM 7.14	W40 1 Upshaw-Margerum, Jo	UNA 26.22
4	Strong, Frank	SWTC 7.36	2 Shook, Kathleen	UNA 27.75
5	Pierce, Harold	ATC 7.57	3 Lawson, Sarah	GBRC 28.07 BFFR 30.09
6	*Casar, Siegfried Kountze, Michael	UNA 7.73 UNA 7.75	4 Zakerski, Debbie 5 Janlic, Ruth	RIC 30.63
8	Sinatra, Paul	UNA 7.80	6 Willard, Denise	AZTC 30.85
5 1	Barnwell, Val	UNA 7.32Q	W45 1 McField, Denise 2 Selby, Debbie	UNA 28.78 UNA 35.56
3		SWTC 7.52Q UNA 7.36Q	2 Selby, Debbie 3 James, Aja	UNA 39.83
4		SCS 7.55Q	W50 1 Hanscom, Rita	UNA 27.86
5	Levingston, Noah	UNA 7.54q	2 Bowman, Jeanne 3 Mitchell Rebecca	UNA 31.31
6		UNA 7.68q	3 Mitchell, Rebecca W55 1 Lowenstein, Nadine	OTCM 33.57 UNA 30.78q
8	Dorma, Carrios	UNA 7.87q	2 Matthews, Brenda	SCS 31.36q
9		UNA 8.11	3 Raschker, Phil	UNA 31.80q
0		GBRC 8.13	4 *von Maltzahn, Hill 5 *Trott, Rhona	UNA 32.44q UNA 32.82q
2	DiMassa, David Makozy, Frank	UNA 8.20 UNA 8.42	6 Stiles, Debbie	SLTC 35.26q
-	The Paris Land		7 Trotto, Mary	BTC 41.95q
1		UNA 7.26	1 Raschker, Phil	UNA 29.07
3		UNA 7.28 SCS 7.46	2 Lowenstein, Nadine	UNA 31.03
- 4	Levingston, Noah	UNA 7.50	3 *von Maltzahn, Hill	UNA 31.09
5		UNA 7.68	Matthews, Brenda 5 *Trott, Rhona	SCS 31.70 UNA 32.04
6		SWTC 7.70 UNA 7.72	6 Stiles, Debbie	SLTC 35.65
8		UNA 7.87	7 Trotto, Mary	BTC 38.78
0 1	Collins, Bill	HE 7.44Q	W60 1 O'Connor, Nadine	UNA 29.51 UNA 30.26
3		UNA 7.770 UNA 7.580	2 Jager, Kathy 3 Condon, Janice	UNA 30.26 SOCA 43.85
1	Pizza, Greg	SWTC 7.840	W65 1 Jordan, Barbara	GMAA 34.51
	Pannell, Michael	TNT 7.970	2 Roman, Mary	UNA 42.47
-		VNA 8.020 YTI 8.180	3 Dods, Jane 4 Conner, Margaret	OTCM 42.95 UNA 48.88
	Riddle, Richard	UNA 8.200	W70 1 Lary, Audrey	PVTC 36.90
9		UNA 8.30	2 Kuehne, Magdalena 3 Yudell, Anne	SCS 42.68
(UNA 8.39 LZTC 8.40	W80 1 Davidson, Gerry	UNA 43.01 UNA 55.25
. :		SOCA 8.59	W85 1 *Kotelko, Olga	UNA 55.75
3	Washington, Hulan	BFFR 8.70	M30 1 Joachim, George	UNA 23.17
	Widoff, Howard	UNA 9.05	2 *Bean, Tony 3 Gardner, Jr., Adam	UNA 23.27 SAC 24.33
	Helton, Terry	3.05	4 Jackson, Corwin	UNA 25.44
V.D		HE 7.60	M35 1 Maye, Sean	UNA 22.02
	Irving, Marcus	UNA 7.65	2 Thomas, Robert 3 Winslow, Edward	INIV 22.44 NSS 22.98
		UNA J7.65	4 Thompson, Randy	TSDP 24.36
	Pizza, Greg	SWTC 7.87	5 Smith, James	AFTC 24.52
	A CONTRACTOR OF THE PARTY OF TH	UNA 8.15	6 Melton, James M40 1 Faulknor, Chris	UNA 24.72 SCC 23.040
55		UNA 7.800	M40 1 Faulknor, Chris 2 Travis, Ken	SWM 23.260
-	Alie, Charles	UNA 7.800	3 Berry, Kettrell	SWTC 23.72Q
	Whitley, Stan	UNA 7.870	3 Brown, Paul 5 Pierce, Harold	UNA 23.72Q ATC 24.26q
	Imrie, Donn	UNA 7.960		

	7	Emlaw, Edward	UNA 26.46	3
	1	Berry, Kettrell	SWTC 22.58	
	2	Travis, Ken	SWM 22.95	M35 1
	3	Faulknor, Chris Brown, Paul	SCC 23.04 UNA 23.32	3
	5	McCloud, Dexter	ATC 23.85	4
	6	Pierce, Harold	ATC 28.73 GVH 24.35Q	M40 1
M45	1 2	James, Bennie Smith, J.	UNA 24.36Q	2 3
	3	Dixon, Eric	SCS 24.65Q	3
	4 5	*Simons, Gregory DiMassa, David	UNA 25.70Q UNA 25.71q	4 5
	6	Bonilla, James	UNA 25.77q	M45 1
	7	McBarnette, Bruce	UNA 25.96	2
	8	Copeland, Scott Barnwell, Val	UNA 26.43 UNA DQ	4
		Disalvo, Tony	UNA DQ	5
		James Bannia	GVH 23.27	2 3 4 5 6 M50 1 2 3
	1 2	James, Bennie Smith, J.	UNA 24.03	2
	3	Dixon, Eric	SCS 24.78	3
	5	*Simons, Gregory DiMassa, David	UNA 25.55 UNA 25.60	5
		Bonilla, James	UNA DNF	6
M50	1	Glaspy, Archie	UNA 25.23Q	6 7 8
	2	Smith, Tom Collins, Bill	UNA 25.46Q HE 26.40Q	M55 1
	4	Pizza, Greg	SWTC 25.43q	M55 1 2 3 4 5 6
	5	McKinley, Brian Riddle, Richard	UNA 25.65q UNA 26.25q	3
	6	Easley, Ricky	SOCA 26.44	5
	8	Belancio, Greg	UNA 26.81	6
	9	Helton, Terry Widoff, Howard	UNA 29.10 UNA 29.13	7 8
		Washington, Hulan	BFFR DQ	9
		No. of the last of		M60 1
	1 2	Collins, Bill Glasov Archie	HE 24.43 UNA 24.87	2
	3	Glaspy, Archie Pizza, Greg	SWTC 25.45	2 3 4 5 6
	4	McKinley, Brian	UNA 26.19	5
	5	Riddle, Richard Smith, Tom Allie, Charles	UNA 26.52 UNA DNF	6 7
M55	1	Allie, Charles	UNA 24.61Q	7 8
	2	McHugh, Riley	UNA 26.55Q	9
	3	Lesniak, Mark Goble, Marlowe	UNA 25.84Q UNA 27.62Q	M65 1
	5	*Picorelli, Wilfred	UNA 26.50q	3
		Leslie, Will	CNW DNF	4
		Druckrey, Stanley	WRRT DQ	M70 1
	1	Allie, Charles	UNA 24.70	3
	2	Lesniak, Mark	UNA 25.56 UNA 26.25	4
	4	*Picorelli, Wilfred McHugh, Riley	UNA 26.35	M75 1
16	5	Goble, Marlowe	UNA 27.40	2
M60	1 2	Edens, Paul Pierce, Roger	PM 26.29Q UNA 26.33Q	3 4
Trus.	3	Brocato, Charles	UNA 26.80Q	M80 1
mi	4	Russin, Lincoln	UNA 28.45Q	M85 1
mil	6	Johnston, Joe Bonck, Lionel	UNA 27.86q FAC 29.21q	M90 1
201	7	Sokoloski, Leonard	UNA 30.17	2
2m 2m		Lawson, Blaine Gilbert, Paul	BTC 31.64 UNA 32.00	1 186.3
ms		Gunn, Lawrence	UNA DQ	W35 1
-	38	-Division -	CHARLEST ST.	W40 1
	1 2	Pierce, Roger Edens, Paul	UNA 25.83 PM 26.01	2 3
	3	Brocato, Charles	UNA 26.65	4
	4	Johnston, Joe	UNA 27.71	5
	5	Russin, Lincoln Bonck, Lionel	UNA 28.90 FAC 29.04	6 7
M65	1	Lida, Robert	UNA 26.78	W45 1
	2	Harrison, Marion	UNA 28.36	2 3
	3	Bennett, Wayne Camp, Dick	DMTC 28.87 UNA 28.93	3
	5	Cozens, Robert	HOUH 29.41	W50 1
M70	6	Dennis, Kenneth	UNA 29.51	2 3
M70	1 2	Graves, Ray Bonifield, Lowell	UNA 30.74 UNA 30.92	W55 1
191	3	Leggitt, James	UNA 31.36	2
	4	Marsh, Bruce	UNA 35.35	3
M75	1	Ware, James Brown, Harry	MWM 29.61	5
	2	Platts, Bill	UNA 31.11	6
	3	Melville, Bill Brown, Rodney	MWM 32.80	W60 1
M80	1	Brown, Rodney Larsen, Melvin	UNA 32.84 UNA 31.86	W65 1
45	2	Bower, Raymond	WPTC 39.20	2
	3	Wingo, Bob	DMTC 40.92	W70 1 W75 1
M85	1	Davidson, Robert Parker, Roderick	UNA 1:14.70 CARK 35.17	W75 1 W80 1
	2	Maxwell, Ralph	UNA 39.10	M30 1
MOO	3	Slaughter, Konrad	WVTC 59.33	M35 1
M90	2	Springer, Max Trahan, Clarence	KNOX 48.24 UNA 49.12	2 3
	3	Levine, Frank	UNA 1:08.14	4
		400m	C CO	M40 1
W30	1	Byal, Amy	AZTC 1:08.22	2
W35		Milligan Jackson, M	UNA 1:05.60	3
	1	Connolly Rehecca	MMVS 1:06.05	4
	2	Shook Kathless		
W40		Connolly, Rebecca Shook, Kathleen Sherburne, Carrie	UNA 1:02.70 SOCA 1:04.09	6
W40	1 2 3	Jasper, Lorraine	SOCA 1:04.09 SOCA 1:04.66	5 6 7
W40	2 1 2 3 4	Jasper, Lorraine Zakerski, Debbie	SOCA 1:04.09 SOCA 1:04.66 BFFR 1:06.83	7 8
W40	1 2 3	Sherburne, Carrie Jasper, Lorraine Zakerski, Debbie Nowakowski, Amanda	SOCA 1:04.09 SOCA 1:04.66 BFFR 1:06.83 UNA 1:07.68	7 8
	2 1 2 3 4 5 6 7	Sherburne, Carrie Jasper, Lorraine Zakerski, Debbie Nowakowski, Amanda Woo, Mary Janjic, Ruth	SOCA 1:04.09 SOCA 1:04.66 BFFR 1:06.83 UNA 1:07.68 BFFR 1:10.07 RIC 1:10.39	7 8
W45	2 1 2 3 4 5 6 7 1	Sherburne, Carrie Jasper, Lorraine Zakerski, Debbie Nowakowski, Amanda Woo, Mary Janjic, Ruth McField, Denise	SOCA 1:04.09 SOCA 1:04.66 BFFR 1:06.83 UNA 1:07.68 BFFR 1:10.07 RIC 1:10.39 UNA 1:08.35	7 8 9 M45 1 2 3
	2 1 2 3 4 5 6 7	Sherburne, Carrie Jasper, Lorraine Zakerski, Debbie Nowakowski, Amanda Woo, Mary Janjic, Ruth McField, Denise Brown, Theresa	SOCA 1:04.09 SOCA 1:04.66 BFFR 1:06.83 UNA 1:07.68 BFFR 1:10.07 RIC 1:10.39 UNA 1:08.35 BFFR 1:11.12	7 8 9 M45 1 2 3
	2123456712	Sherburne, Carrie Jasper, Lorraine Zakerski, Debbie Nowakowski, Amanda Woo, Mary Janjic, Ruth McField, Denise Brown, Theresa Selby, Debbie Bowman, Jeanne	SOCA 1:04.66 BFFR 1:06.83 UNA 1:07.68 BFFR 1:10.07 RIC 1:10.39 UNA 1:08.35 BFFR 1:11.12 UNA 1:29.07 UNA 1:21.90	7 8 9 M45 1 2 3
W45	2 1 2 3 4 5 6 7 1 2 3	Sherburne, Carrie Jasper, Lorraine Zakerski, Debbie Nowakowski, Amanda Woo, Mary Janjic, Ruth McField, Denise Brown, Theresa Selby, Debbie Bowman, Jeanne Mitchell, Rebecca	SOCA 1:04.68 BFFR 1:06.83 UNA 1:07.68 BFFR 1:10.07 RIC 1:10.39 UNA 1:08.35 BFFR 1:11.12 UNA 1:29.07 UNA 1:11.90 OTCM 1:21.32	7 8 9 M45 1 2 3
W45 W50	21234567123123	Sherburne, Carrie Jasper, Lorraine Zakerski, Debbie Nowakowski, Amanda Woo, Mary Janjic, Ruth McField, Denise Brown, Theresa Selby, Debbie Bowman, Jeanne Mitchell, Rebecca Daniel, Sheila	SOCA 1:04 09 SOCA 1:04 66 BFFR 1:06 83 UNA 1:07 68 BFFR 1:10.07 RIC 1:10.39 UNA 1:08:35 BFFR 1:11.12 UNA 1:29:07 UNA 1:11.90 OTCM 1:21.32 UNA 1:30:37	7 8 9 M45 1 2 3 4 5 6 7
W45 W50 W55	2 1 2 3 4 5 6 7 1 2 3	Sherburne, Carrie Jasper, Lorraine Zakerski, Debbie Nowakowski, Amanda Woo, Mary Janjic, Ruth McField, Denise Brown, Theresa Selby, Debbie Bowman, Jeanne Mitchell, Rebecca	SOCA 1:04.68 BFFR 1:06.83 UNA 1:07.68 BFFR 1:10.07 RIC 1:10.39 UNA 1:08.35 BFFR 1:11.12 UNA 1:29.07 UNA 1:11.90 OTCM 1:21.32	7 8 9 M45 1 2 3 4 5 6 7 8
W45 W50 W55 W60	21234567123123121	Sherburne, Carrie Jasper, Lorraine Zakerski, Debbie Nowakowski, Amanda Woo, Mary Janjic, Ruth McField, Denise Brown, Theresa Selby, Debbie Bowman, Jeanne Mitchell, Rebecca Daniel, Sheila Lowenstein, Nadine Trotto, Mary Condon, Janice	SOCA 1:04 09 SOCA 1:04 66 BFFR 1:06 83 UNA 1:07 68 BFFR 1:10.07 RIC 1:10.39 UNA 1:08.35 BFFR 1:11.12 UNA 1:29.07 UNA 1:11.90 OTCM 1:21.32 UNA 1:30.37 UNA 1:30.37 UNA 1:30.37 UNA 1:30.37 UNA 1:30.37 UNA 1:30.37	7 8 9 M45 1 2 3 4 5 6 7 8 9 0 M50 1
W45 W50 W55 W60 W65	212345671231231211	Sherburne, Carrie Jasper, Lorraine Zakerski, Debbie Nowakowski, Amanda Woo, Mary Janjic, Ruth McField, Denise Brown, Theresa Selby, Debbie Bowman, Jeanne Mitchell, Rebecca Daniel, Sheila Lowenstein, Nadine Trotto, Mary Condon, Janice Conner, Margaret	SOCA 1:04 09 SOCA 1:04 68 BFFR 1:06.83 UNA 1:07.68 BFFR 1:10.07 RIC 1:10.39 UNA 1:08.35 BFFR 1:11.12 UNA 1:29.07 UNA 1:11.90 OTCM 1:21.32 UNA 1:30.37 UNA 1:09.60 BTC 1:33.23 SOCA 1:45.55 UNA 1:54.47	7 8 9 M45 1 2 3 4 5 6 7 8 9 0 M50 1
W45 W50 W55 W60 W65 W70	212345671231231211	Sherburne, Carrie Jasper, Lorraine Zakerski, Debbie Nowakowski, Arnanda Woo, Mary Janjic, Ruth McField, Denise Brown, Theresa Selby, Debbie Bowman, Jeanne Mitchell, Rebecca Daniel, Sheila Lowenstein, Nadine Trotto, Mary Condon, Janice Conner, Margaret MacLeod, Suzi	SOCA 1:04 09 SOCA 1:04 66 BFFR 1:06 83 UNA 1:07 68 BFFR 1:10:07 RIC 1:10:39 UNA 1:08:35 BFFR 1:11.12 UNA 1:29:07 UNA 1:29:07 UNA 1:30:37 UNA 1:09:60 BTC 1:33:23 SOCA 1:45:55 UNA 1:34:47	7 8 9 M45 1 2 3 4 5 6 7 8 9 0 M50 1 2 2 3
W45 W50 W55 W60 W65 W70 W75 W85	2123456712312312111	Sherburne, Carrie Jasper, Lorraine Zakerski, Debbie Nowakowski, Arnanda Woo, Mary Janjic, Ruth McField, Denise Brown, Theresa Selby, Debbie Bowman, Jeanne Mitchell, Rebecca Daniel, Sheila Lowenstein, Nadine Trotto, Mary Condon, Janice Conner, Margaret MacLeod, Suzi Schley, Helen "Koleiko, Olga	SOCA 1:04 09 SOCA 1:04 66 BFFR 1:06.83 UNA 1:07.68 BFFR 1:10.07 RIC 1:10.39 UNA 1:08.35 BFFR 1:11.12 UNA 1:29.07 UNA 1:11.90 OTCM 1:21.32 UNA 1:30.37 UNA 1:09.60 BTC 1:33.23 SOCA 1:45.55 UNA 1:31.45 PVTC 1:59.87 UNA 2:39.77	7 8 9 M45 1 2 3 4 5 6 7 8 9 0 M50 1
W45 W50 W55 W60 W65 W70 W75	2123456712312312111	Sherburne, Carrie Jasper, Lorraine Zakerski, Debbie Nowakowski, Arnanda Woo, Mary Janjic, Ruth McField, Denise Brown, Theresa Selby, Debbie Bowman, Jeanne Mitchell, Rebecca Daniel, Sheila Lowenstein, Nadine Trotto, Mary Condon, Janice Conner, Margaret MacLeod, Suzi	SOCA 1:04:09 SOCA 1:04:68 BFFR 1:06:83 UNA 1:07:68 BFFR 1:10:07 RIC 1:10:39 UNA 1:08:35 BFFR 1:11:12 UNA 1:29:07 UNA 1:11:90 OTCM 1:21:32 UNA 1:30:37 UNA 1:30:37 UNA 1:34:7 UNA 1:54:47 UNA 1:54:47 UNA 1:54:47 UNA 1:54:47	7 8 9 M45 1 2 3 4 5 6 7 8 9 0 M50 1 2 3 4

-	Lasier Kula	PCVR 53.93	8 Jones, Jim
3	Lanier, Kyle Benzon, Hilario	RIC 1:01.85	9 Plaster, Tony
1	Gardner, Jr., Adam Maye, Sean	SAC DQ UNA 49.11	1 Fallen, Jim
2 3	Thomas, Robert	INIV 49.31 FIBO 50.29	2 White, Parker M55 1 *Brown, Alston
4	Wensel, Marek Winslow, Edward	NSS 50.81	2 . Shaheed, Nolan
5	Kastor, Vaughan Brown, Paul	UNA 55.12 UNA 51.91	4 Barnett, Searcy
2	*Jones, Gladstone	CPTC 52.62 SWS 52.72	5 Taylor, Randy 6 Foote, Charles
3	Jones, David Eckenrode, James	ATC 53.14	7 *Waltermann, Stef
5	Bynoe, David James, Bennie	SAC 53.24 GVH 52.53	8 Phillips, Bill M60 1 Barnum, Larry
2	Chinn, James	SWTC 53.56 UNA 54.24	2 Tucker, Rich 3 Brittain, John
3	Smith, J. Lucas, David	SOCA 56.17	4 Condon, Frank
5	DiMassa, David *Simons, Gregory	UNA 57.39 UNA 58.14	5 McDaniel, Allen 6 Linell, Arthur
1	Glaspy, Archie	UNA 55.46	7 Tetherly, Jonathan M65 1 Howard, Sid
3	Grant, Horace Blake, Carroll	HE 56.18 UNA 56.31	2 Stewart, Mack
4 5	Easley, Ricky Pizza, Greg	SOCA 59.08 SWTC 1:01.93	3 Kleyman, Rick 4 O'Rourke, Desmo
6	Fallen, Jim	UNA 1:03.53	5 Cordero, Joe
7 8	White, Parker Washington, Hulan	BFFR 1:03.70 BFFR 1:08.23	7 Brawner, Wally
1 2	*Brown, Alston Allie, Charles	CPTC 53.49 UNA 53.57	8 Madonna, Jim 9 LeVasseur, Jerry
3	Lapp, Rick	UNA 58.10	0 Greve, Theodor
5	McHugh, Riley Barnett, Searcy	UNA 1:00.15 WVTC 1:02.57	M70 1 Kane, Donald 2 Marsh, Bruce
6	"Waltermann, Stefan	CGTC 1:05.78 UNA 1:06.17	3 Hettrich, Peter
8	Phillips, Bill Leslie, Will	CNW 1:06.97	2 Selby, Jim
9	Muth, Rick Neidig, Donald	UNA 1:07.45 UNA 55.91	M80 1 Englert, Roy 2 Wingo, Bob
2	Barnum, Larry	SOCA 57.08	M90 1 Springer, Max
3	Pierce, Roger Brocato, Charles	UNA 58.95 UNA 1:01.24	2 Levine, Frank
5	Gunn, Lawrence Tucker, Rich	UNA 1:01.79 BIGF 1:01.80	W35 1 Olen, Christine
7	Bonck, Lionel	FAC 1:04.60	W40 1 Grene, Mary
8	McDaniel, Allen Lawson, Blaine	ATC 1:06.02 BTC 1:14.57	2 Sherburne, Carrie 3 Toro Scheib, Wand
1	Lida, Robert	UNA 1:01.91	W45 1 Hervert, Carla
3	Stewart, Mack Cohen, George	HOUH 1:02.68 SOCA 1:08.00	2 *Chaplin-Swann, L 3 Kluge, Trisha
4	Greve, Theodor Kane, Donald	TEND 1:13.90 PM 1:10.15	4 Brown, Theresa 5 James, Aja
2 3	Ware, James	UNA 1:10.26	6 Nourse, Mary
4	Leggitt, James Jankovich, William	UNA 1:11.03 UNA 1:15.05	W50 1 Martin, Kathryn 2 Steinbach, Coreen
5	Marsh, Bruce	UNA 1:16.34	3 Prather, Sherri
2	*Lesage, Norm	MWM 1:09.10 UNA 1:12.52	2 Hutchison, Jane
3	Brown, Rodney Selby, Jim	UNA 1:15.59 UNA 1:17.82	3 Eichel, Yoko 4 Trotto, Mary
1 2	Wingo, Bob	DMTC 1:39.21 PVTC 1:44.74	W60 1 Michelsohn, Marie-
1	Englert, Roy Parker, Roderick	CARK 1:26.94	2 Palmer, Patti W65 1 Daprano, Jeanne
2	Springer, Max Levine, Frank	KNOX 1:57.99 UNA 2:25.50	2 Harada, Mary 3 Dods, Jane
	800m	etrojos ale in itali	W70 1 Machala, June W80 1 Davidson, Gerry
1	Connolly, Rebecca Sherburne, Carrie	MMVS 2:36.06 SOCA 2:28.96	M30 1 Lanier, Kareem 2 Gaines, Adam
2	Jasper, Lorraine	SOCA 2:30.08	M35 1 Yorges, Christophe
3	Zakerski, Debbie Grene, Mary	BFFR 2:35.11 SOCA 2:35.92	2 VanCleve, Robert 3 Miskimens, David
5	Toro Scheib, Wanda	UNA 2:36.13 UNA 2:37.79	4 Hickey, Dr. Brian M40 1 Young, Tony
6	Nowakowski, Amanda Woo, Mary	BFFR 2:39.56	2 Kimball, William
1 2	*Chaplin-Swann, Les Hervert, Carla	ATC 2:22.78 OTCM 2:30.12	3 Olshan, David 4 Mann, Jeff
3	Brown, Theresa	BFFR 2:38.84	5 Dudman, Joseph
1	Marvil, Rebecca Martin, Kathryn	HOUH 2:42.22 NPRC 2:26.69	6 Pais, Joseph 7 Trunkes, Michael
3	Steinbach, Coreen Daniel, Sheila	UNA 2:38.63 UNA 3:21.12	8 Knowles, Todd 9 Poulos, Ted
1	Groesz, Jeanette	COR 2:39.24	0 Velichko, Sergey
2	Lowenstein, Nadine Hutchison, Jane	UNA 2:54.21 UNA 2:56.07	1 McLellan, Scott 2 Ash, Daniel
5	Eichel, Yoko Stiles, Debbie	UNA 3:11.62 SLTC 3:25.67	M45 1 Carlson, Michael 2 Burgess, Steve
6	Trotto, Mary	BTC 3:39.31	3 Prather, Bob
1 2	Michelsohn, Marie-L Palmer, Patti	BTC 2:49.71 UNA 4:13.97	4 Albo, David 5 Kollars, Steven
1 2	Daprano, Jeanne Harada, Mary	ATC 3:28.85 LAC 3:35.84	6 Cleary, Mark 7 Ware, Phil
1	MacLeod, Suzi	UNA 3:29.77	8 Harding, David
1	Schley, Helen Davidson, Gerry	PVTC 4:41.40 UNA 4:57.62	9 Johnson, Paul 0 Hipple, Ben
1	Lanier, Kyle	PCVR 2:04.07	M50 1 Robinson, James
2	Wensel, Marek Yorges, Christopher	FIBO 2:05.05	2 Salazar, David 3 Pile, Matthew
3	VanCleve, Robert Kastor, Vaughan	FIBO 2:07.89 UNA 2:10.79	4 Smyth, Brian 5 Hartshorne, Thoma
5	Hickey, Dr. Brian	UNA 2:23.79	6 Jones, Jim
1 2	Young, Tony Potter, Christopher	CNW 1:56.15 CPTC 2:00.74	7 Allison, Michael 8 Sturgeon, Randell
3	*Jones, Gladstone Mann, Jeff	CPTC 2:01.63 BFFR 2:04.25	9 Harter, Reid M55 1 Shaheed, Nolan
5	Stephens, Dan	UNA 2:06.25	2 O'Brien, Richard
6	Bynoe, David Eastman, Patrick	SAC 2:10.84 LFE 2:13.29	3 Gorman, Jim 4 Foote, Charles
8 9	Velichko, Sergey McLellan, Scott	UNA 2:17.23 UNA 2:23.56	5 Taylor, Randy
1	Lindsay, Jeff	OA 2:05.77	7 Riposo, Phil
3	Burgess, Steve Nearman, Steven	CPTC 2:05.78 UNA 2:06.85	M60 1 McArdle, Colin 2 Brittain, John
4 5	Patton, Russell	UNA 2:09.49	3 Machala, Joe
6	Podolski, Lance Lucas, David	OTCM 2:10.62 SOCA 2:12.82	4 Condon, Frank 5 Linell, Arthur
7 8	Albo, David Hershberger, Jim	RIC 2:15.16 SJR 2:18.76	6 Tetherly, Jonathan M65 1 Howard, Sid
9	Hipple, Ben	UNA 2:26.12	2 Weddle, Thom
0	Sovocool, Jonathan Gallegos, Steve	UNA 2:27.67 UNA 1:59.99	3 Kleyman, Rick 4 Brawner, Wally
3	Wulf, Steve Grant, Horace	SOCA 2:08.13 HE 2:08.45	5 Cordero, Joe
4	Robinson, James	GVH 2:10.13	7 Madonna, Jim
6	Hartshome, Thomas Blake, Carroll	UNA 2:14.63 UNA J2:14.63	M70 1 McClenathen, Gore 2 Marsh, Bruce
7	Pile, Matthew	UNA 2:14.81	3 Coffey, Robert

		May 2005
400	8 Jones, Jim 9 Plaster, Tony	PM 2:17.44 SAC 2:17.48
	0 King, Trevor	AOET 2:27.42
	1 Fallen, Jim 2 White, Parker	UNA 2:29.63 BFFR 2:34.83 CPTC 2:12.37
M55	1 *Brown, Alston	CPTC 2:12:37 SOCA 2:12:80
	3 Lapp, Rick	UNA 2:19.28
1	4 Barnett, Searcy 5 Taylor, Randy	WVTC 2:24.10 CARK 2:27.39
	6 Foote, Charles 7 "Waltermann, S	UNA 2:30.95
	8 Phillips, Bill	UNA 2-42.05
M60	1 Barnum, Larry 2 Tucker, Rich	SOCA 2:18.89 BIGF 2:22.78 HOUH 2:25.30
1	3 Brittain, John	HOUH 2:25.30
3-49	4 Condon, Frank 5 McDaniel, Aller	
5	6 Linell, Arthur 7 Tetherly, Jonatt	UNA 2:43.94
M65	1 Howard, Sid	CPTC 2:28.17
200	 Stewart, Mack Kleyman, Rick 	HOUH 2:32.56 MDRA 2:33.82
9	4 O'Rourke, Desi 5 Cordero, Joe	mond UNA 2:40.15 BTC 2:45.16
	6 McMillen, Willia	m WVTC 2:45.67
	8 Madonna, Jim	UNA 2:56.67
No.	9 LeVasseur, Jer 0 Greve, Theodo	MMM 3:04.93 TEND 3:23.92
M70	1 Kane, Donald	PM 3:05.57
300	2 Marsh, Bruce 3 Hettrich, Peter	PM 3:05.57 UNA 3:05.59 TEND 3:07.99
M75	1 Gray, Jack	BEAR 3:09.74
M80	1 Englert, Roy	PVTC 3:48.51
M90	2 Wingo, Bob 1 Springer, Max	DMTC 4:12.86
11130	2 Levine, Frank	UNA 5:35.07
		Mile
W35 W40	1 Olen, Christine 1 Grene, Mary	UNA 5:11.54 SOCA 5:27.27
1110	2 Sherburne, Car	rie SOCA 5:39.39
W45	3 Toro Scheib, W 1 Hervert, Carla	anda UNA 5:44.26 OTCM 5:22.48
200	2 *Chanlin-Swan	Les ATC 5:24 86
	4 Brown, Theresa	BFFR 5:58.87 UNA 6:25.39
	5 James, Aja 6 Nourse, Mary	UNA 6:25.39 YTI 8:26.27
W50	1 Martin, Kathryn	NPRC 5:21 48
4	 Steinbach, Core Prather, Sherri 	UNA 7:29 68
W55	1 Groesz, Jeanet 2 Hutchison, Jane	
	3 Eichel, Yoko 4 Trotto, Mary	UNA 1.04.92
W60	1 Michelsohn, Ma	BTC 8:03.38 nie-L BTC 6:17.72
W65	 Palmer, Patti Daprano, Jeann 	UNA 9:30.27 ATC 7:25.90
1 11	2 Harada Mary	LAC 7:30.93 OTCM 8:27.91
W70	1 Machala, June	BRRC 7:28.13
W80 M30	 Davidson, Gerry Lanier, Kareem 	PCVR 4:35.83
M35	2 Gaines, Adam	FTH 5:09.11
MISS	 Yorges, Christop VanCleve, Robe 	rt FIBO 4:43.70
1 16	3 Miskimens, Dav 4 Hickey, Dr. Brian	UNA 4:56.33 UNA 5:16.99 CNW 4:19.23
M40	1 Young, Tony	CNW 4:19.23 UNA 4:34.58
13	 Kimball, William Olshan, David 	SOCA 4:40.38
1 5	4 Mann, Jeff 5 Dudman, Josep	BFFR 4:40.65
主意	6 Pais, Joseph	UNA 4:50.84
1	7 Trunkes, Michael 8 Knowles, Todd	UNA 5:05.16
10	9 Poulos, Ted 0 Velichko, Serge	PVTC 5:06.47
	1 McLellan, Scott	UNA 5:08:21
M45	2 Ash, Daniel 1 Carlson, Michael	YTI 4:40.96
145	2 Burgess, Steve 3 Prather, Bob	CPTC 4:41.36
13	4 Albo, David	RIC 5:02.75
20 60	5 Kollars, Steven 6 Cleary, Mark	BFFR 5:03.72
1	7 Ware, Phil	UNA 5-13 97
1 0	8 Harding, David 9 Johnson, Paul	YTI 5:14.65
M50	0 Hipple, Ben	
	2 Salazar, David	SOCA 4:52.77
135	3 Pile, Matthew 4 Smyth, Brian	UNA 4:57.30 HOUH 4:58.15
	5 Hartshorne, Tho	mas UNA 5:08.99
1 5	7 Allison, Michael	CNW 5:17.25
	8 Sturgeon, Rand 9 Harter, Reid	BFFR 5:21.41 YTI 5:27.62
M55	1 Shaheed, Nolan	SOCA 4:50 96
	2 O'Brien, Richard 3 Gorman, Jim	NBE 5:04.96
	3 Gorman, Jim 4 Foote, Charles 5 Taylor, Randy	UNA 5:29.15 CARK 5:52.92
	6 Weiner, Robert	PVTC 5:58.39
M60	7 Riposo, Phil 1 McArdle, Colin	UNA 6:06.31 GBRC 5:14.59
1	2 Brittain, John	HOUH 5:28.85
	4 Condon, Frank	BRRC 5:34.90 SOCA 5:44.63
10	6 Tetherly, Jonath	una 6:06.45 an GSH 6:13.84
M65	1 Howard, Sid	CPTC 5:40.66
	2 Weddle, Thom3 Kleyman, Rick4 Brawner, Wally	RNF 5:47.05 MDRA 5:50.99
43		UNA 6:12.64
1000	6 O'Rourke, Desn	nond LINA 6:24.61
1000	7 Madonna, Jim	UNA 6:39.64
M70	1 McClenathen, C	ordon CW 6:47.84
M70	1 McClenathen, C 2 Marsh, Bruce 3 Coffey, Robert	UNA 7:14.60

4 Bisson, Jerry 1 Gray, Jack	SYC 7:43.29 BEAR 7:04.64	M65 1 Pawlik, Emil 2 Doerrer, Dave	UNA 9.86 UNA 11.23	1 3000	5 Berle, Dolf	TM	3.80m		Raschker, Phil	UNA	8.97m		1 Lary, Audrey	PVTC 10.
2 Selby, Jim	UNA 7:48.43	3 Mills, Bruce	UNA 11.23 MWM 12.33	M45	- Jaqua, Michael 1 Casale, John	LOLU	NH 3.95m		e von Maltzahn, Hill Raham, Sharon	UNA	8.04m 6.59m		1 Kuemmerlin, John 2 Curry, Mike	UNA 12.6
1 Keston, John	OTCM 6:48.02	4 Golly, Bob	OTCM 12.58		2 Baucom, Louis	LOUN	3.80m	-	Trotto, Mary	BTC	5.44m		3 Johnson, Derrick	UNA 11.3
2 Englert, Roy 1 Springer, Max	PVTC 8:52.22	5 Fulton, Bob	UNA 12.60		3 Hadley, Joe	UNA	3.50m		Jordan, Barbara	GMAA	7.36m		4 Payne, Bryan	UNA 10.0
Springer, Max Levine, Frank	KNOX 11:23.67 UNA 11:44.03	M70 1 Spainhower, D 2 Bonifield, Low		14 2	4 Rosenthal, Thomas		J3.50m		Lary, Audrey	PVTC	7.90m		1 Biggs, Ray	UNA 11.7
Levine, Flank	UNA 11.44.03	3 Jankovich, Wi		MED	- Hunter, Gary	CTC	NH	uge 2	The state of the s	SCS	6.04m		2 Foster, Gregory	UNA 9.
3000m		M75 1 Stookey, Jame		MOU	1 West, Dan 2 Murray, William	OTCM	4.10m 3.80m	W75 1 M35 1	AND DESCRIPTION OF THE PARTY OF	UNA	5.11m		1 Jansson, Ken	UNA 17.1
Grene, Mary	SOCA 10:59.05	M80 1 Larsen, Melvir	UNA 11.10		3 Haynie, Ralph	YTI	3.65m		Foster, Gregory		9.69m 14.02m		2 Stewart, Richard 3 Stewart, Bryan	UNA 15.2 UNA 11.4
Jasper, Lorraine	SOCA 10:59.73	2 Wingo, Bob	DMTC 15.61	1	4 Cody, Carl	UNA	3.20m	2	Eckenrode, James		13.19m		1 Wetenhall, James	UNA 20.3
Marvil, Rebecca Kluge, Trisha	HOUH 11:44.00 OTCM 11:44.81	M85 - Guidet, Alfred	UNA DNF		5 Jacquet-Acea, Russe	UNA	3.05m	3	Davenport, LaVell		13.09m		Reichard, T. Carl	UNA 15.7
Severa, Carol	YTI 11:54.84	4x4	00 Relay		- Hulbert, Reg	SVTC	NH	4	Toll, Mike		12.29m		3 Watson, Richard	UNA 12.8
James, Aja	UNA 12:27.34	W40 1 ADHC	4:31.15		- Winters, John - Hoff, Sid	UNA	NH	M45 1			10.53m 12.06m		Hansen, Dennis	NYMC 11.4
Hatfield, Nancy	YTI 13:00.11	2 ADHC	6:59.41	M55	1 Phillips, Dennis	UNA	3.80m	M45 1			12.05m		1 Taylor, Todd	PM 16.7 RTA 15.6
Martin, Kathryn	NPRC 10:35.96	M30 1 FIBO	3:41.73		2 Altendorf, John		J3.80m	3	Levine, Craig		10.33m		2 Konen, George 3 Edwards, Tim	RTA 15.6 COLO 14.8
Steinbach, Coreen Daniel, Sheila	UNA 11:03.55 UNA 13:00.05	M40 1 ADHC 2 CPTC	3:30.83	6 7 7 7 7	3 Kochert, Dick	UNA	3.65m	M50 1			11.02m		Sager, Bob	BOZ 13.8
Groesz, Jeanette	COR 11:56.87	3 ADHC	3:36.75 3:46.64		4 Cash, Jerry		J3.65m	2	Ortman, David	UNA	10.89m		5 Cameron, Dennis	RTA 13.2
Hutchison, Jane	UNA 12:01.26	4 SOCA	3:54.64	THE REAL PROPERTY.	5 Rauscher, Tomlinson	PVTC	3.50m	3	Wilson, Thaddeus		10.63m	M60		UNA 20.9
Spannaus, Barbara	MASP 15:03.76	5 ADHC	3:57.13	1	6 Baker, Robert 7 Clintworth, Dick	UNA	3.05m J3.05m		De Martini, Joseph		10.31m	4	2 Mathews, George	IRON 20.
Trotto, Mary	BTC 15:53.55	6 BFFR	4:56.90	2 100	8 Hammonds, Chuck	OTCM	2.90m	6	Cilevitz, Ralph Friedman, David	SAC	9.62m 7.60m	1 33	3 Chapman, Mark	UNA 12.
Harada, Mary	LAC 15:12.14	M50 1 ADHC	3:48.77	1 100	9 Cole, Daniel	BPS	2.60m	M55 1			11.28m	Mee	Cassels, Julius Hotchkiss, Richard	UNA 11.1
Machala, June Davidson, Gerry	BRRC 14:49.68 UNA 21:27.04	2 ADHC 3 ADHC	4:16.72 4:31.32	1 45	- Seese, Eddie	NCVA	NH	2	Flowers, Carl	UNA	9.77m		2 Terhune-Young, Rasa	UNA 16.
Lanier, Kareem	PCVR 9:14.76	4 ADHC	4:35.39	11.8	- Perkins, Bruce	UNA	NH	3	Cameron, Dennis	RTA	9.11m		3 Herron, Robin	COLO 13
VanCleve, Robert	FIBO 9:11.94	M60 1 SOCA	4:14.76	M60	1 Johnston, Joe	UNA	3.20m	4	Shober, Pat	UNA	9.10m	M70	1 Ward, Bob	DMTC 19.
Yorges, Christopher	FIBO 9:42.45	2 ADHC	4:22.53		2 Hotaling, Bruce		J3.20m	M60 1			10.89m		2 Feick, Ray	PHIL 13.
Hickey, Dr. Brian	UNA 10:43.28	3 ADHC	4:33.80		3 Connelly, Mardon 4 Colliver, Ron	UNA	3.05m 2.90m	M65 1		UNA	9.29m	1	3 *Grady, Udo	UNA 13.0
Kimball, William	UNA 8:55.29	M70 1 ADHC	5:35.93	200	5 Sharples, Dr. Thoma	NCVA	2.75m	M65 1		PM UNA	9.20m		Sabin, Owen	OTCM 12.2
Olshan, David	SOCA 9:09.95	2 ADHC	6:16.93	1000	- Stempel, Dennis	UNA	NH NH		Herron, Robin	COLO	8.58m 7.22m		1 Wojcik, Gerald	OTCM 12
Dudman, Joseph Guerra, Blas	OTCM 9:26.04 UNA 9:51.98	4480	m Relay	M65	1 Cannon, Terry	UNA	3.05m	M70 1		PM	8.99m	1 450	2 Weinbel, Ken 3 Gerhardt, Jim	SMAC 11.
Poulos, Ted	PVTC 10:00.46	W40 1 SOCA	10:31.32		2 Fulton, Bob		J3.05m	2	Lehmkuhl, Paul	UNA	8.00m	MAO	1 Mulkern, Richard	FAC 12
McLellan, Scott	UNA 10:10.55	M30 1 FIBO	9:01.69	1 2000	3 Doerrer, Dave	UNA	2.90m	3	Hughes, Burton	PHIL	6.59m		1 McPhie, Leland	UNA 7
Velichko, Sergey	UNA 10:28.63	M40 1 ADHC	9:24.60		4 Steinman, John	UNA	2.45m		Leis, Donold	UNA	6.50m	1		
Ash, Daniel	UNA 10:47.21	2 BFFR	10:34.99	1 4 3	5 Simpson, Mohler	UNA	2.15m		Stookey, James	PVTC	8.75m	100	Superweigh	
Coats, Chuck	BOW 9:12.63	M50 1 ADHC	8:32.95	1 1 11	6 Golly, Bob - Butler, David	CVC	2.00m NH		Moorehead, James Maxwell, Ralph	UNA	6.53m		1 Lewis, Oneithea	UNA 9
Carlson, Michael Kollars, Steven	YTI 9:19.33 BFFR 10:13.13	2 ADHC M60 1 SOCA	11:24.72 10:23.92	M70	1 Conklin, Deke	IPVC	3.05m		Maxwell, Ralph McPhie, Leland	UNA	6.59m 5.52m		1 Mellenthin, Cheryl	UNA 4
Kollars, Steven Ware, Phil	UNA 10:13.13	2 ADHC	12:05.73		2 McFetters, Douglass	UNA	2.60m		Trahan, Clarence	UNA	5.44m		2 Ecklund, Deborah	NYMC 3
Cleary, Mark	SOCA 10:21.17	M70 1 ADHC	13:30.93	1 60	3 Hewitt, Robert		J2.60m		Springer, Max	KNOX	4.89m		1 Taylor, Joyce	PM 8 MJTC 8
Harding, David	TRL 10:30.56			1 20	4 Morris, Allen	WS	2.45m	1	The state of the s			200	2 Stratton, Joan 3 Wetenhall, Katherin	UNA 8
Prather, Bob	UNA NT		h Jump	1	5 Jankovich, William	UNA	2.30m	1 miles	Shot Put	ALCOHOL:		W55	1 Raham, Sharon	UNA 4
Clingan, Dave	TRH 9:34.34	W30 1 *Nakatake, Kir		1	6 Larkin, Richard	UNA	1.70m		Latham, Cindy	UNA	6.63m		1 Roman, Mary	UNA 5
Robinson, James	GVH 9:48.18	W40 1 Ware, Caren	SOCA 1.15m		1 Donley, Jerry	ABTC	2.65m		Lewis, Oneithea		13.76m		1 Lary, Audrey	PVTC 6
Smead, Chuck Smyth, Brian	UNA 9:56.33 HOUH 10:04.53	W45 1 Johnson, Liz W55 1 Raschker, Phil	UNA 1.10m UNA 1.35m		2 Held, Franklin (Bud 3 Grosh, Don	UNA PM	J2.65m 1.25m	W45 1	Johnson, Kam	UNA	10.34m	W75	1 Valien, Johnnye	UNA 3
Walker, Bob	GBOI 10:16.74	2 *von Maltzahn			1 Cleveland, John	UNA	1.25m	W45 1	A CONTRACTOR OF THE PARTY OF TH	UNA	6.63m 6.39m	M35		UNA 8
Harter, Reid	YTI 10:51.22	3 *Trott, Rhona	UNA 1.20m	MOU	i Cievelariu, Julii	UNA	1.55m	3		NYMC	5.69m	1	2 Curry, Mike	RTA 7
Shaheed, Nolan	SOCA 9:30.09	4 Raham, Sharo			Long Jump		-		Stratton, Joan		10.65m	1500	3 Johnson, Demick	UNA 7 UNA 6
O'Brien, Richard	CNW 10:04.54	5 Trotto, Mary	BTC 0.95m	W30	1 *Nakatake, Kimiko	UNA	4.68m		Kirkpatrick, Yvonne	UNA	9.87m	M40	4 Payne, Bryan	UNA 6 UNA 7
Gorman, Jim	NBE 10:16.02	W60 1 Douglass, Line			1 Upshaw-Margerum, Jo	UNA	5.38m	3	Wetenhall, Katherin	UNA	8.88m		1 Biggs, Ray 2 Foster, Gregory	UNA 6
Foote, Charles	UNA 10:47.88 UNA 12:07.84	2 Condon, Janio W65 1 Sisley, Becky	8 SOCA 1.05m OTCM 1.05m		2 Ware, Caren	SOCA	4.26m		Matthews, Brenda	SCS	8.18m		1 Jansson, Ken	UNA 10
Riposo, Phil Christy, Edward	UNA 12:48.48	W70 1 Donley, Christi			3 Willard, Denise	AZTC	4.15m	2		UNA	7.44m		1 Wetenhall, James	UNA 10
McArdle, Colin	GBRC 10:30.65	W85 1 *Kotelko, Olga	UNA 0.85m		1 Johnson, Liz	UNA	3.26m	W60 1	Trotto, Mary	BTC	7.02m	trus.	2 Reichard, T. Carl	UNA 7
Machala, Joe	BRRC 10:54.33	M35 1 Mysikov, Oleg	UNA 1.80m	MOO	1 Glynn, Kay 2 Kirkpatrick, Yvonne	UNA	4.49m 3.14m	W60 1	Huff, Karen Palmer, Patti	UNA	7.63m 5.30m	1.00	3 Watson, Richard	UNA 6
Condon, Frank	SOCA 11:39.16	2 Wilcox, Rod	UNA 1.65m	W55	1 Raschker, Phil	UNA	4.35m	W65 1		UNA	7.95m	1	4 Hansen, Dennis	NYMC 5
Weddle, Thom	RNF 11:26.99	- Stockard, Guy	UNA NH		2 "von Maltzahn, Hill	UNA	4.21m	W70 1		UNA	7.67m	M55	1 Taylor, Todd 2 Konen, George	PM 8
Brawner, Wally Kleyman, Rick	UNA 12:19.81	M40 1 VanZandt, Tho	mas UNA 1.90m UNA J1.90m	4 34	3 Matthews, Brenda	SCS	3.93m	2	Kuehne, Magdalena	SCS	6.13m	AC THE	3 Edwards, Tim	COLO 1
Cordero, Joe	MDRA 12:26.42 BTC 12:31.14	2 Agaev, Igor 3 Lee, Ronald	SOCA 1.85m		4 Raham, Sharon	UNA	3.34m	W85 1		UNA	5.44m	3072	4 Sager, Bob	BOZ
Davis, Jim	OTCM13:22.57	4 Toll, Mike	OTCM 1.50m		5 Trotto, Mary	BTC	2.51m		Lindsay, Chad	UNA	16.22m	1000	5 Cameron, Dennis	RTA
Madonna, Jim	UNA 13:41.64	M45 1 McBarnette, B			1 Jager, Kathy 1 Jordan, Barbara	UNA	3.87m 3.42m	The second second second	Kuemmerlin, John	UNA	14.48m	M60	1 Gage, Tom	UNA
7 LeVasseur, Jerry	MMM 13:58.41	2 Nelson, Keith	SOCA 1.80m		2 Dods, Jane	OTCM	2.78m	2	Adeigren, Todd Payne, Bryan	UNA	14.08m 12.68m	(max	2 Mathews, George	IRON J
McClenathen, Gordon	CW 13:29.28	3 Levine, Craig	UNA 1.70m		1 Lary, Audrey	PVTC	3.60m	4	Johnson, Derrick	UNA	12.53m	102	3 Cassels, Julius	UNA
Hettrich, Peter	TEND 13:33.60	4 *Hayrapetyan,			2 Kuehne, Magdalena	SCS	2.73m	5			11.92m		4 Chapman, Mark 1 Hotchkiss, Richard	UNA I
Coffey, Robert Marsh, Bruce	DMTC 14:15.51 UNA 14:33.09	5 Vincent, Rick M50 1 Snezhko, Vale		W75	1 Valien, Johnnye	UNA	2.41m	M40 1	Girouard, Milton	UNA	14.30m		2 Terhune-Young, Rasa	UNA S
Bisson, Jerry	SYC 15:20.42	2 Murray, William	BHTC 1.60m	W85	1 *Kotelko, Olga	UNA	1.61m		Colvin, Steve	UNA	12.47m		3 Herron, Robin	COLO
Heitzman, Paul	UNA DNF	2 Ortman, David	UNA 1.60m		1 Joachim, George	UNA	6.59m		Biggs, Ray		10.22m	M70	1 Ward, Bob	DMTC 9
1 Gray, Jack	BEAR 14:16.13	4 Zahn, Robert	UNA 1.50m		1 Anderson, Todd	UNA	5.72m		Stewart, Bryan		13.71m	from:	2 Feick, Ray	PHIL 7
Wood, Keith	UNA 15:01.38	5 Haynie, Ralph	YTI 1.45m	-37.00	2 Melton, James 3 Wilcox, Rod	UNA	5.56m 5.34m		Christensen, Todd Stewart, Richard		13.53m 13.03m	1-6	3 Sabin, Owen	OTCM 6
Alcheson, Walter	SCS DNF	5 Schenk, Robe		1	4 Thompson, Randy	TSDP	5.04m		Summers, Ronald		16.24m		1 Wojcik, Gerald	OTCM 6
Keston, John	OTCM 13:30.77	7 Watson, Richa		MAD	1 Foster, Gregory	UNA	6.64m		Shiaras, Michael		15.15m		2 Gerhardt, Jim	UNA 5
Englert, Roy Levine, Frank	PVTC 17:43.00 UNA 23:12.34	7 Cody, Carl 9 Friedman, Day	UNA 1.40m id SAC 1.20m		2 Eckenrode, James	ATC	6.54m		Penoyar, Christophe		14.18m		3 Weinbel, Ken	SMAC 5
Levine, Flank	UICA 23.12.34	- Boehr, Dougla			3 Sampson, Aaron	UTFL	6.34m		Hansen, Dennis		12.37m		1 Mulkern, Richard	FAC 7
60m Hurdles		M55 1 Gabbard, Al	UNA 1.65m	1. 1.	4 *Casar, Siegfried	UNA	6.04m		Watson, Richard		11.29m	MSU	1 McPhie, Leland	UNA 4
Upshaw-Margerum, Jo	UNA 9.08	2 Frable, Norma			5 Toll, Mike		J6.04m		Reichard, T. Carl		11.07m	1007	3000m Racew	alk
Willard, Denise	AZTC 10.21	3 Jacobson, Var			6 Davenport, LaVell	SOCA	5.59m		Shumaker, Craig		14.45m	W40	1 Murphey-Glenn, Kell	UNA 16:0
Ware, Caren	SOCA 10.41	4 Muth, Rick	UNA 1.20m		7 Sims, Alan	UNA	5.53m		DeStefano, Joseph		12.19m		1 Henley, Cathy	UNA 16:
Johnson, Liz	UNA 13.16	- Cole, Daniel	BPS NH k UNA NH	M45	1 "Hayrapetyan, Geras 2 Quick, David	SOCA	6.16m 6.12m		Konen, George Rinaldi, Angelo		11.85m 11.67m	pront!	2 Myers, Judy	PSAC 18:
Glynn, Kay Raschker, Phil	UNA 10.99 UNA 10.25	- Clintworth, Did M60 1 Kline, Barry	k UNA NH UNA 1.45m	- 1	3 Battle, Marcus	PVTC	5.46m		Flint, Larry		11.6/m	W50	1 Tracy, Lynn	PSAC 16:
*Trott, Rhona	UNA 12.14	2 Colliver, Ron	UNA J1.45m	1	4 Russ, Jim	UNA	5.29m		Sager, Bob		10.43m		2 Snyder, Mary	UNA 17:
Jordan, Barbara	GMAA 12.73	3 Condon, Fran	SOCA 1.40m	M50	1 Wilson, Thaddeus	UNA	5.59m		Gage, Tom	UNA	14.47m	200	3 Gerhardt, Ann	BUFF 17:
Donley, Christel	UNA 12.83	8 4 Chapman, Ma	tk - UNA 1.35m	Total C	2 Ortman, David	UNA	5.49m	2	Mathews, George	IRON	12.68m	WEE	4 Price, Elisabeth 1 Eichel, Yoko	PRW 21:
Drummond, Don	SWS 7.99	5 Edwards, Jay	UNA 1.30m		3 Walters, Tim	UNA	5.32m		Chapman, Mark		11.96m		2 Frable, Kathleen	UNA 17:
Melton, James Smith, James	UNA 8.99	M65 1 Pawlik, Emil	UNA 1.40m		4 Murray, William	BHTC	4.95m		Cassels, Julius		10.85m		3 Baglin, Mary	PRW 18:
	AFTC 9.01	2 Reiche, Ralph	UNA 1.35m MWM 1.25m		5 Cilevitz, Ralph	LZTC	4.81m		Vaughn, Gerald		13.94m		4 Wilkinson, Carol	UNA 19:
McCloud, Dexter Grimes, Peter	ATC 8.37 UNA 8.53	3 Mills, Bruce - Golly, Bob	MWM 1.25m OTCM NH	1000	6 De Martini, Joseph 7 Boehr, Douglas	UNA	4.59m 3.82m		Johnson, Glen Winters, Gary		13.56m 12.89m	party.	5 Backlund, Darlene	RWNW 20:
Anton, Eugene	UNA 8.93	M70 1 Ware, James	UNA 1.35m	1 3000	8 Friedman, David	SAC	3.53m		Koch, James		12.07m		1 Steigerwalt, Jolene	UNA 19:
*Hayrapetyan, Geras	UNA 9.10	2 Spainhower, C	oug UNA 1.30m	M55	1 Jacobson, Vance	UNA	4.53m		O'Neil, Riley		11.12m		2 Murphey, Karen	RRB 19:
Russ, Jim	UNA 10.04	3 Leggitt, James	UNA 1.20m	-	2 Baker, Robert	UNA	4.48m		Cohen, Stephen		10.87m		1 LaVeck, Bev	PP 19:
Christensen, Todd	UNA DNF	3 Sullivan, Jerry	UNA 1.20m	1 30	3 Flowers, Carl	UNA	4.38m	7	Hotchkiss, Richard	UNA	9.99m	W70	2 Sinkovec, Rita 1 Warberg, Sara Lee	FRW 19:
McKinley, Brian	UNA 8.98Q	4 Lehmkuhl, Pa		Sales	4 Cameron, Dennis	RTA	4.37m		Terhune-Young, Rasa	UNA	9.75m	W/0	1 Marrs, Katherine	UNA 21:
Walters, Tim	UNA 9.18Q UNA 9.15Q	6 Leis, Donold	UNA 1.10m UNA 1.25m		5 Clintworth, Dick	UNA	4.36m		Ross, Henry				1 Blanchard, Michael	HART 14
Price, Stacey Zahn, Robert	UNA 9.15Q	M75 1 Propst, Ray 2 Stookey, Jame		1000	1 Hollister, James	UNA	4.87m		Ward, Bob		12.19m 11.42m	1	- Olshan, David	SOCA
Ortman, David	UNA 9.27q	M80 - Wingo, Bob	DMTC NH		2 Struna, Frank 1 Pawlik, Emil	UNA	4.70m 4.76m		Feick, Ray Sabin, Owen		10.48m		1 Rael, Chris	UNA 14:
Broun, James	UNA 9.29q	M85 1 Maxwell, Ralp	UNA 1.05m	Territoria (Control of Control of	2 MacLeod, Norman	PM	4.70m		Gerhardt, Jim		11.01m		2 Aunan, Tommy	UNA 15:
Searles, Anthony	UNA 9.45q	M90 1 McPhie, Lelan		1000	3 Imperiale, Richard	UNA	4.43m		Wojcik, Gerald	OTCM	8.39m		3 Kale, Barton	UNA 17:
Jacquet-Acea, Russe	UNA 9.55q	THE PARTY OF THE P	la Vaulé	1 an	4 Bartholomew, Charle	UNA	4.10m	3	Propst, Ray	UNA	8.21m	1400	4 Sovoçool, Jonathan	UNA 26:
Wilson, Thaddeus	UNA 10.66q		le Vault	1	5 Golly, Bob	OTCM	3.92m		Mulkern, Richard	FAC	9.34m		1 Friedman, David	SAC 27:
Boehr, Douglas	UNA 12.34 SAC 16.01	W40 1 Rieger, Karen	UNA 2.25m UNA 1.25m	A STREET	6 Short, Darrel	UNA	3.82m	2		UNA	9.23m		1 Frable, Norman 2 Price, Jonathan	UNA 15:
Friedman, David	SAC 10.01	2 Lewis, Belyn W45 1 Johnson, Liz	UNA 1.25m		1 Hewitt, Robert	PM	4.47m		Stein, Jacob	UNA	5.82m		1 Carmines, James	UNA 16:0
Price, Stacey	UNA 8.84	W50 1 Glynn, Kay	UNA 2.75m		2 Spainhower, Doug	UNA	4.14m	M90 1	McPhie, Leland	UNA	6.91m		2 Opsahl, George	RWNW 17:2
McKinley, Brian	UNA 8.92	2 Hanscom, Rita			3 Lehmkuhl, Paul	UNA	3.83m		Weight Thro	w		1000	3 Weeks, Robert	UNA 18:
Zahn, Robert	UNA 9.20	W55 1 "von Maltzahr			4 Leggitt, James	UNA	3.79m 3.74m	Was a	Latham, Cindy	UNA	7.95m	M65		PRW 17:0
Broun, James	UNA 9.36	1 Raschker, Phi	UNA 2.76m		5 Larkin, Richard 1 Stookey, James	PVTC	3.74m 3.98m		Lewis, Oneithea		16.82m	Page 1	2 Johnson, Paul	FAC 17:
Ortman, David	UNA 9.41	3 Trotto, Mary	BTC 1.25m	m/s	2 Daprano, William	ATC	3.96m		Mellenthin, Cheryl	UNA	7.28m	1	3 Backlund, John	RWNW 17:5
Jacquet-Acea, Russe	UNA 9.61	W60 1 O'Connor, Na	fine UNA 3.00m	MBO	1 Larsen, Melvin	UNA	3.68m	1145		NYMC	6.40m	1	4 Anderson, Joseph	SCTC 19:5
Walters, Tim	UNA 9.80	2 Jager, Kathy	UNA 2.35m	M85	1 Maxwell, Ralph	UNA	2.95m		Stratton, Joan		12.41m		- Zerbe, Richard	PP
Druckrey, Stanley	WRRT 9.69 ATC 10.49	W65 1 Sisley, Becky	OTCM 2.05m	M90	1 Trahan, Clarence	UNA	2.83m		Wetenhall, Katherin	UNA	11.86m	M70		MAR 17:
Parker, Phil Baker, Robert	UNA DNF	M35 1 Wilcox, Rod	UNA 2.90m UNA 4.70m	To Grant	2 McPhie, Leland	UNA	2.24m		Taylor, Joyce		11.47m	1	2 Dubois, Alfred	FAC 19:
1 Gray, Courtland	UNA 9.46	M40 1 Sinatra, Paul 2 Babits, Paul	UNA J4.70m	1 1 1	3 Springer, Max	KNOX	2.17m		Raham, Sharon	UNA	5.50m	100	3 Fine, Robert 4 Solis, George	ESWC23
i Gray, Courtiano	UNA 9.74	3 Bartos, Jonath			Triple luma				Huff, Karen	MWM	7.17m	M75		UNA 22:2
2 Johnston, Joe				C. STEELS	1 Johnson, Liz		7.31m		Palmer, Patti Roman, Mary	UNA	5.94m 9.14m		- "Hoeberigs, Paul	UNA
	UNA 10.58 UNA 12.68	4 Broderick, Da	0 010 34,2311											

page 32		-						W55	1 Trotto, Mary		18.				2.33m	3:33.50 (380)	the same		
		Indoor		thion				W33 B	Sohemia Track Cl	ub 167			Service .	NAME !	(131)	3:58.60			
Men M35 1 Wild	cox Bod	Points	60H 9.36	LJ 5.52m	SP 8.89m	HJ 1.75m	1000 3:27.60	W65	1 Jordan, Barba	thletic A 341	4 (94			5.82m (589)	3.15m (559)	(488)			
Unatta	ached	2695	(639) 9.83	(544) 5.86m	(419) 9.08m	(661) 1.63m	(432) 3:53.30		Donley, Christel		12.	.97 1			2.96m	4:27.50			
Unatta	derson, Todd lached	2396	(545)	(619)	(431)	(552)	(249)	W/U	Inattached	410	3 (94	46) (1145)	(947)	(601)	(464)		A Same	
	nnsen, Andrew tached	2245	9.89 (533)	4.49m (328)	8.65m (405)	1.63m (552)	3:28.17 (427)		Valien, Johnnye	275	9 (46			5.84m (813)	2.29m (406)	5:43.10 (260)		\ '	
M40 1 10	hnson, Winchester		10.84	5.91m	11.62m	1.72m	3:21.47	No. of Lot	Inattached	210	3 (10		1000		ub Sco	res	A SHAPE AND		Santa Contract
Unatta	tached	3066	(473)	(711)	(602) 10.03m	(714)	(566) 3:28.35										1.67	International Pole Vault Cor	
	rie, Dol n Masters	2747	10.50 (532)	5.25m (550)	(504)	(653)	(508)	Place	Club	P	oints	28 32	Arizona		rack Club	24	57	Above the Bar TC	8
M45 1 Grin	mes Peter		8.56	5.89m	6.77m	1.51m	2:54.95	1	So Cal Track C		253.5 151.5	32	Birming	gham Tra	s Club	22 22	57 57	Long & Strong Throws Pacific Pacers	8 8
Unatta	tached	3672	(1051) 9.62	(799) 5.53m	(339) 10.96m	(585) 1.60m	(898) 3:10.63	3	Potomac Valley	Track Club	147	32 35 35	Colorad	do Maste		22 20 20	57 57	Oklahoma Athletics New Balance Excelsion	8 8
Unatta	ss, Jim tached	3551	(818)	(700)	(618)	(670)	(745) 3:17.43	5	Portland Masters Dallas Masters	Track & Field	105 73	35	Philade	elphia Ma	asters TF	20	69	Bozeman TC Arizone Flames TC	7
	kozy, Frank tached	2830	10.53 (639)	4.86m (527)	8.86m (477)	1.42m (504)	(683)	6	Atlanta Track C Bohemia Track		72 67	35 35	Liberty	west Sprin	nter TC	20	69	Bigfoot TC	7
			9.48	5.17m	11.94m	1.66m	3:35.71	8	FIBO Track Clu Central Park TO	b	66 66	40	Iron W	ood Thro a Invader	wers	18 18		Lazers TC Nashville Striders	7
	ngham Track Club	3671	(832)	(693)	(709) 11.31m	(831) 1.39m	(606) 3:34.19	10	Southern Califo	rnia Striders	62 61	40 42 43	Nittany Club W	Spiked !	Shoe	17 16	73	Lounan Running Republic Boulder	6
Unatta		3427	9.23 (886)	5.24m (713)	(665)	(544)	(619)	11 12	Midwest Master Brooks - Fleet I	eet Racing	49	44	Pacific	Racewa		15	73	Team San Diego Pathers	6
3 Jaco Unatta	quet-Acea, Russell	3156	9.58 (811)	4.71m (567)	8.21m (450)	1.45m (602)	3:21.55 (726)	13	Green Mountain Houston Harrie		48 41	45 45	Parksio			14		Front Range Walkers St. Louis Track Club	6 5
4 Cile	vitz, Ralph		10.63	4.89m	8.80m (491)	1.42m (569)	4:04.95 (391)	14 16	Reno Tahoe Att Knoxville Track	nletics	41	45 48	Run N Tendini			14		Syracuse Chargers Southern California Cougar	s 5
Lazers 5 Iwen	n, Gene	2673	(607)	(615) 4.60m	8.09m	1.33m	4:02.05	17	Florida AC		39	49	Racew	alkers N		12	80	Marathon Sports Buffalo Chips RC	4
Unatta 6 Wats	ached son, Richard	2391	(522)	(537) 4.30m	(442) 10.86m	(480) 1.45m	(410) 4:30.01	18 19	Speedwest Tra	Harriers	34 33	49 49	Wester	rn Penns	unning Ass ylvania T	C 12	80	Utah Flames	1
Unatta	ached	2363	(427) 11.30	(459) 4.52m	(634) 9.07m	(602) 1.45m	(241) 4:30.36	20	Pike Creek Vall Club Arkansas	ey RC	30 28	49 53		ne Heat Masters	AC	12		Santa Cruz TC Easy Striders Walking Club	3
Unatta		2358	(491)	(516)	(510)	(602)	(239)	21	Club Northwest YMCA Team Id		28 27.5	53 53	South	West Mas Masters	ster TC	10		Barron Park Striders Willamette Striders	3
	dman, David Athletic Club of Ne	1410	15.53 (38)	3.64m (301)	6.29m (320)	1.21m (374)	4:07.07	23 24	Houston Elite		26	56 57	RIC R	ojas Runi		9	84	Club Vault	3
	son, Douglas		11.26	4.31m	11.79m	1.42m	3:22.03	24	Bloomsday Roa Greater Boston		26 26	57		sin Runner	r Racing Te		90	Thermo Nuclear Track Greater Boise RC	2
Unatta	ached	3414	(633)	(540)	(790)	(653)	(798)	27 28	New York Mast Shore Athletic (ers Club	25 24	57 57		Ititude Ra Racewall	acewalke	rs 8		North Coast Vaulting Associ Carolina Godiva Track Club	
2 Bake Unatta	er, Robert ached	3204	10.52 (768)	4.56m (610)	9.76m (633)	1.39m (619)	3:49.30 (574)	28	Central Oregon		24	57	Bower	man AC		8	92	Team Red Lizard Greater Springfield Harriers	1
	er, Michael	2677	12.93	4.02m (459)	9.40m (605)	1.33m (560)	3:36.31 (676)	28	NorthPort RC	- professional	24	57	leam i	Runners	nign		92	Greater Springheid Harriers	P. S. Cont.
4 Cole,	, Daniel	Mary Control	17.71	4.66m	8.38m	1.48m	4:00.85		Club Names		MIN'	GBRC		eater Bos		100000	PP	Pacific Pacers	
	Park Striders	2385	(5)	(641) 4.35m	(526) 7.55m	(723) 1.39m	(490) 4:05.69	ABŤC	Above the B	ar TC	1	GMAA GSH	Gre	eater Spri	ingfield H		PRW PSAC	Pacific Racewalker Parkside AC	
Unatta	iched	2328	(241)	(550)	(462)	(619)	(456)	AE AFTC	Athletics Ea Arizone Flar			GVH HART			alley Harri Racewa		PVTC	Potomac Valley Track C	ub
M60 1 Collin			DQ	4.63m	11.29m	1.48m	4:09.46	AOET	Alpha Omed	a Elite T	4.54	HE	Hou	uston Elit	te		RIC	RIC Rojas Running Run N Fun	
Unatta	iched	2816	(0)	(736)	(749)	(831)	(500)	ARS	A Running S Atlanta Trac	k Club	LAK	HIGH HOUF	1 Hou	hlanders uston Ha	rriers	14.35	RRB	Running Republic Bould	er
M65 1 Pawl Unatta		4401	9.69 (1093)	4.78m (920)	10.04m (776)	1.48m (953)	3:56.72 (659)	AZTC BEAR		t Track Club AgeRunners		INIV		iana Inva ernational	iders I Pole Vau	It Con	RTA	Reno Tahoe Athletics Racewalkers NW	
2 Doer	rrer, Dave	District.	11.27	4.40m	8.98m	1.24m	3:52.19	BFFR	Brooks - Fle	et Feet Racing	- 66	IRON KNOX	Iron	Wood Toxville Tra	hrowers		SAC	Shore Athletic Club of Ne Southern Califoarnia Con	
Unatta 3 Fulto	ached on, Bob	3578	(791) 12.18	(778) 3.92m	(680) 9.12m	(636) 1.33m	(693) 3:42.86	BHTC	Birmingham Bigfoot TC	Track Club	, ,	KTCC	Ken	tucky Tra	ck & Cros	s Country	SCS	Southern California Strid	
	ached, Fort Collins	3453	(637) 13.75	(608) 3.62m	(693) 6.49m	(749) 1.24m	(766) 4:21.27	BORR	Boulder RR Bowerman	AC .	7.5	LAC	Lun		ord of Eve	leth	SDTC	Santa Cruz TC San Diego TC	
Unatta		2501	(410)	(508)	(459)	(636)	(488)	BOZ	Bozeman To Barron Park			LOLU		idoun TC		Cultivity.	SIL	Silver State Striders Strapped Jock Racing	
	kovich, William		11.21	4.02m	10.10m		4:03.46	BRRC		Road Runners	Club	LZTC		g & Stron	ng Throw		SLTC	St. Louis Track Club Seattle Masters AC	1
Unatta 2 Lego	gitt, James	3547	(791) 11.87	(767) 3.84m	(676) 9.48m	(619) 1.21m	(694) 3:59.71	BUFF	Buffalo Chip	s RC	1 1 2 N	MAR	Mar	rin Racev			SOCA	So Cal Track Club Spokane Valley TC	
Unatta		3419	(677) 12.68	(697) 3.66m	(627) 7.85m	(696) 1.18m	(722) 5:11.69	CARK	Club Arkans Carolina Go	as diva Track Clut		MASP MDRA	A Minr		istance Ru	nning Assn	SWM	SouthWest Master TC	
Unatta	ached	2620	(551)	(628)	(498)	(661)	(282)	COLO	Club Northy Colorado M		1	MJTC			wers Club		SWS	Southwest Sprinter TC Speedwest Track Club	Dan
4 Leis, Unatta	s, Donold ached	1465	16.16 (150)	2.63m (281)	7.32m (457)	1.12m (577)	DNF (0)	COR	Central Ore Central Pari	gon RK	7 10	MMTC	C Mor	ntana Ma	asters Tra	ck C	SXL	Speed XLTF Syracuse Chargers	
M75 1 Stoo			10.31	4.01m	7.24m	1.27m	4:41.80	CTC	Carroll TC	(10	1	MWM	Mid	west Ma		Jeis	TEND	Tendinitis AC	The state of
	nac Valley Track Club	3959	(1012)	(918)	(539)	(915)	(575)	CVC	Club Vault Cougar Vau	It Club	3	NAPA NASH	l Nas	pa TC shville Str			TM	Trojan Masters Thermo Nuclear Track	
Women	4 24	Points	60H	н	SP	LJ	800	CW	Club West Dallas Mast	ers Track & Fie	ld C	NBE NCVA			e Excelsion Vaulting		TRH	Team Runners High Team Red Lizard	No.
W40 1 Ware	re, Caren al Track Club	2514	10.86 (644)	1.18m (399)	7.13m (422)	4.37m (508)	2:47.50 (541)	DMW	Decathlon N	Midwest	-627	NPRC NSS	Nor	thPort Ri	C		TSDP	Team San Diego Pather Unattached	S
		2314	100	(America)	The state of	protective and	THE PERSON NAMED IN	FAC FAC	Florida AC	rs Walking Club	1	NWVC	C Nor	thWest V	/ault Club	13.24	UTFL	Utah Flames	
W45 1 John Unatta		1815	12.69 (512)	1.15m (449)	6.68m (451)	3.38m (299)	3:52.20 (104)	FIBO	FIBO Track Florida Trac		2	OA OA	Okla	lahoma A			WPTC	Western Pennsylvania T Wisconsin Runner Racin	
W50 1 Glyn			10.81	1.33m	8.54m	4.53m	3:19.40	FRW	Front Range	Walkers	1 4	OTCM PCVR	A Ore	egon Trac	ck Club M Valley RC	asters	WS WSAC	Willamette Striders Warren Street	
Unatta		3485	(897)	(795)	(651)	(756)	(386)	GBOI	Greater Boi		*	PHIL	Phil		Masters		WVTC		
-			C.	Deitel		4.07 1	W55 Mary	Trotto	1.00 50 1	1-# 5	enjamin		1:15.46	Shot F		September 1	The state of		ina #1
-	EAST	Me	60 Roge	er Pierce	2	6.66	800m		1:39.58	M45 Mauric	ce Pointe	er 1	0:55.03	M40	Glenn Ci		8.57	USAT-NTC Spring Fi	
See	The state of the s	()		Jones ne Lawson		8.32 3.39	M30 Glen Gary	Ojeda	2:03.89 2:08.10	M50 Tom A Short Hurdi	es	To be	3:15.96	Section.	Thom La Peter de		11.60 10.18	M30 Omar Grossi	11.08
	Masters Indoor ionships, 168th S	t. Me		ard Rizzo Aneshanes			M40 David	Bynoe s McFarl	2:12.29 ane 2:24.16	M45 Phil B M50 Bob K	ujalski ortman		9.62 10.58	M50	George C Dannis H	astelli	12.63 12.29	M40 Don Fields M45 Marlon Sawyers	11.57 11.50
Armoi 60m	ry, NYC; March 4	M		Talbott	3	8.26		Mitchell	2:24.93 2:20.21	M55 Ivan B High Jump			11.26	177.54	John Mat Rich Dun	tei	11.63 9.51	M50 Christopher Osoria	12.93
M30 Lynde		.33 W	30 Priso	cilia Jacob	s 2	5.93	Antho	ny Baker	2:37.55	M35 Oleg I	Mysikov		1.85	M60	Ed Joyce		0.06	200m	14.94
M40 Howa	ard Lindsay 7	.63 W	40 Daw	Daley In Best	3			Handelr		M45 Bruce	Brassard McBarn		1.50 1.90	W40	Carl Levi Oneithea	Lewis	8.70 13.44	M40 Fran Kester M45 Marlon Sawyer	26.74 23.33
		.68 .74 W		ise Jones in von Mal		5.78	M60 Jonat	dek han Teth	2:52.06 erly 2:37.65		ortman Feldman	n	1.40		Denise Jo Deb Eckl		7.96 6.81	M50 Christopher Osoria M65 Joe Shanahan	24.44 24.50
		.33		y Trotto		9.60		Saarman		M55 Ivan B	Black d Counih	nan	1.45	W55	Mary Tro	tto	6.85	400m M35 Curtis Ward	55.07
M50 Don	Passman 8		35 Ed V	Winslow on Schmid			M65 Chris		2:40.26	W50 Gloria W55 Mary	Nash		0.96 0.96	1	SOUT	THEAST		M45 David Rauh	57.33
Rich	Jones 8	.36 M	40 Dav	id Bynoe	5	3.67	Susar	Menz	2:35.50	Long Jump			THE PARTY	S	outh Ca	rolina Ind	oor	800m	1:04.00
M65 Roos	sevelt Weaver 9	.16	Alan	rles Week	5	6.82	1500m	Michelson	THE RESERVE	Mike 1	s McFarla Travers	ane	4.94		hrows M	eet, Clemeb. 13		M30 Robert Ferguson M55 Ian Dickson	2:13.07 2:31.80
M70 Tom	Talbott 1	0.98		Bujalski or Osayi		02.28	Scott	Merchant Tonnson			Oleski		4.72	Shot I	Put		F1518	M70 Casey Jones W35 Bonnie Schroeder	3:02.01 2:34.24
M75 Ed C	Cox	9.47	Dou	g Bogert ncis Schiro	13	07.50 55.01	M40 John	Affleck	4:34.75 4:46.86		Friedma	an	3.28 4.45	M65	Mike Vall Glenn Jo	hnson	11.34	1500m M40 Steve Koski	4:45.66
		9.48	Alst	on Brown y Plaster		55.41	Micha	el de Lu s McFarl	z 4:47.80	W40 Dawn W50 Gloria	Best		4.05	270	Gerald V. Bill Gram	ley	13.92 9.76	M70 Casey Jones 3000m	6:08.88
M35 Jaso			55 Noa	h Perlis	1:	05.23	David	Zurheid	e 4:48.43	W55 Mary	Trotto		2.16	M75	Bill Snad		6.64	M30 Robert Ferguson	9:31.30
Lewi	is Kirkland 27	.53	Rich	er Pierce hard Hamn	er 1:	04.31	M65 Sid H	Acton	4:42.99 5:10.42	M45 Rick A	Acker		10.79	W60	Carol You Lillian Sn	ung	7.68	M40 Paul White Short Hurdles	10:36.42
Willia	iam Marshall 24		65 Chri	ne Lawson is Rush	1:	13.31	Denis	Daley	5:44.61 6:00.91	John (Oleski		9.47	Weigh	nt Throw	adeil	4.85	M30 Corey Grafe M40 David Zeiters	16.46 16.46
	Barnwell 23	3.71		n Leinis Aneshane				Hettirch ty de Filip	6:15.06 ppis 5:00.86	M55 Ivan E	Freidma Black	an	6.43 9.60	M65	Valle Gramley		16.16 13.26	Long Hurdles M30 Corey Grafe	1:00.21
Keith	h Royster 24	.55 M	70 Tom	Talbott a Inokon	1:	32.90	Sony	a Badger ne-Bor		Pole Vault	d Dunne		2.90	W45	Snaden McLaugh		4.00 2.14	3000m Steeplechase M30 Mike Rosolino	
M50 Fran	ncis Shiro 25		35 Lisa	Daley	1:	80.00	3200m	lo Harasi	THE RESIDENCE OF THE PARTY OF T	M60 Jeff Ti			3.20	W60	Carol You Snaden		13.54 AR7.94	High Jump M40 Paul White	12:18.69
				y Laub thea Morris			M40 Marty	Doherty	10:17.39		von Mal		2.59		(5.74/Val	en/2002)	Hilli	M55 Robert Norton	1.52 1.32

May 2005

M70 Richard Lowery
Pole Vault
M45 Douglas Gabbe
Long Jump
M30 Roderick Drayto
M55 David Shields
M70 Alan Raynor
Triple Jump
M70 Alan Raynor
Shot Put
M35 Michael Bennett
M55 Harry Lowe
M70 Pay Carstensen
Discus
M55 Larry Lowe
M70 Pay Carstensen
M55 Lurs Velez
Javelin M75 Luis Velez Javelin
M40 Roald Bradstock
M50 Jesus Virella
M55 Martin Minken
M60 Tom Harasti
M65 Pietri Armando
M70 Richard Lowery
Weight Throw
M70 Pay Carstensen

MIDWE.

Mason-Dixon Indo Louisville, KY; N

SSm
M30 Robert Thomas
M40 Steve Bunn
M50 Richard Parker
M60 Rab Hagin
M70 Byord Reed
W50 Mary Jilika
200m
M30 Lindsey Thurmar
M50 Richard Parker
M60 Rab Harin
M70 Reed Byford
W50 Mary Jilika
400m
M30 Robert Thomas
M40 Lawrence Finley
M50 Keith Thompson
M60 Arnold Graves
M70 Casey Jones
W50 Mary Richards
M60 Don Coffman
W50 Mary Richards
M60 Don Coffman
W50 Mary Richards
M60 Don Coffman
W50 Stan Clark
M60 Don Coffman
W50 Stan Clark
M60 Don Coffman
W50 Stan Clark
M60 Don Coffman
W50 Tim Walters
M60 Don Coffman
W50 Tim Walters
M60 George La Belle
High Jump
M30 Albert Ignacio
M40 Bill Valenzano
M50 Tim Walters
M60 Louis Vodopya
Pole Vault
M40 John Jones
M60 Louis Vodopya
Pole Vault
M40 Richard Jones
Long Jump
M30 Malcolm Miller
M40 Gerald Harrison
M50 Tim Walters
M60 Louis Vodopya
Pole Vault
M40 Gerald Harrison
M50 Tim Walters
M60 Louis Vodopya
Pole Vault
M40 Gerald Harrison
M50 Tim Walters
M60 Louis Vodopya
Pole Vault
M40 Gerald Harrison
M50 Tim Walters
M60 Louis Vodopya
Pole Vault
M40 Gerald Harrison
M50 Tim Walters
M60 Louis Vodopya
Pole Vault
M40 Gerald Harrison
M50 Tim Walters
M60 Louis Vodopya
Pole Vault
M40 Gerald Harrison
M50 Tim Walters
M60 Louis Vodopya
Pole Vault
M40 Gerald Harrison
M50 Tim Walters
M60 Louis Vodopya
Pole Vault
M40 Gerald Harrison
M50 Tim Walters
M60 Louis Vodopya
Pole Vault
M40 Gerald Harrison
M50 Tim Walters
M60 Louis Vodopya
Pole Vault
M40 Gerald Harrison
M50 Tim Walters
M60 Louis Vodopya
Pole Vault
M40 Gerald Harrison
M50 Tim Walters
M60 Louis Vodopya
Pole Vault
M40 Gerald Harrison
M50 Tim Walters
M60 Louis Vodopya
Pole Vault
M40 Gerald Harrison
M50 Tim Walters
M60 Louis Vodopya
Pole Vault
M40 Gerald Harrison
M50 Tim Walters
M60 Louis Vodopya
Pole Vault
M60 George La Belle
M60 George La Bel

SOUTHW

Greater New Orlea Sr. Olympics, King Playground, LA;

50m M55 Richard Vicknair M60 Robert Baker M70 Leo Grizzaffi M75 Lou Riecke W55 Brenda Millet W65 Doris Polak W70 Bernice Bordelor 100m W70 Bernice Bordelon
100m
M55 Richard Vicknair
M60 Robert Baker
M65 Michael Boudrea
M70 Leo Grizzaffi
M75 Lou Riecke
W55 Brenda Millet
W65 Doris Polak
W70 Bernice Bordelor
W80 Lorraine McCasl

IVI	iy 2003	The second second			Nau	ionai M	asters News				P	age 33
	Richard Lowery	1.37	200m		200m	STATE OF	Henderson Senior	Games	1500m	100	Discus	
	Douglas Gabbert	3.96	M55 Ronald Bruner M60 Robert Baker	29.03 28.97	M50 Robert Glendon M55 Raymond Yeck	36.61	Henderson, NV; Ma		M35 Jeff Maples	4:41.96	M30 Doug Dunagan	34.52
Long	Jump		M65 Michael Boudreaux		M55 Raymond Yeck M60 Juan Bustamante	26.17 38.25	M50 Brent Moorhead	6.90	M40 Jim Prescott	4:48.59 4:45.22	M45 Carl Darby M50 Richard Comber	41.21
M30		6.42	M70 Bob Becker	51.72	M65 Gary Sims	28.12	M55 William Venable	6.57	Glen Mikolajezyk	4:50.96	Richard Watson	37.13
M55 M70		4.92 3.73	M75 Louis Riecke W55 Brenda Millet	40.65 46.88	M70 Patrick Paris	31.48	M60 John Schultz	7.76	M45 Jim Hershberger	4:54.34	M65 Bob Humphries	41.85
Tripl	e Jump	0.70	W70 Bernice Bordelon	49.91	M75 Paul Bambrook M80 Eugene Beimer	32.58 40.77	M65 Steve Bowles M70 Jake Saddoris	6.42 8.29	M50 Bill Sayers M85 F D Tompkins	5:18.18 10:46.23	Jack Kuhns M70 Doug Tomlinson	34.60 38.79
M70 Shot	Alan Raynor	8.20	400m		W50 Jeanne Bowman	31.47	M75 Jim Hinton	8.37	W40 Eileen Prescott	5:34.03	Hammer	30.73
	Michael Bennett	12.16	M55 Ronald Bruner M70 Bob Becker	1:12	W60 Jenice Condon	44.93	W50 Bonnie Muscato	9.19	Claudia Ward	5:48.63	W50 Joan Stratton	37.34
M55		10.52	M75 Robert Sylvester	1:37	W65 Elsbeth Padia W70 Magdalena Kuehne	39.72 41.32	W65 Essie Kea 100m	8.48	M35 Chris Standage	10:30.63	M30 Doug Dunagan M45 Carl Danby	34.83
M70 Disc	Pay Carstensen	10.11	W70 Bernice Bordelon W85 Betty Sanford	2:19	400m	71.02	M50 Brent Moorhead	12.97	5000m	ALCOHOLD !	M50 Tom Meyer	49.71
M55		31.84	W85 Betty Sanford 800m	3.46	M50 Brock Witte	1:11.01	M55 William Venable	12.24	M40 Dave Dobler	16:10.74	Richard Watson	39.22
M70	Pay Carstensen	36.43	M55 J Roger Brown	2:40	M55 Searcy Barnett M60 Michael Burns	1:09.11 2:49.06	M60 William Fasano M70 Jack Janne	14.16 16.21	Jim Prescott M45 Dean Hebert	17:46.06 17:39.04	M65 Jack Kuhns M70 Doug Tomlinson	30.30 34.55
M75 Jave	Luis Velez	29.26	M70 Charlie Wimberley M75 Robert Sylvester	2:59 4:02	M65 Terry Rowan	1:11.44	M75 Jim Hinton	17.69	Greg Bradley	19:16.24	M75 Kio Song	29.61
M40		68.39	W85 Betty Sanford	8:00	M70 William Kennedy	1:24.10	W50 Bonnie Muscato	17.72	M50 Chuck Collins W40 Zetta Armbruster	20:33.03	Javelin	45.07
M50	Jesus Virella	45.41	1500m		M75 Jim Selby M80 Eugene Beimer	1:17.67	W60 Bonnie Sayre W65 Rita Plank	21:07 28.88	Short Hurdles	18:53.65	M50 Richard Watson Barry Warmerdam	45.97 43.91
M55 M60	Martin Minken Tom Harasti	42.64 37.28	M55 J Roger Brown M70 Bob Becker	5:26	W50 Jeanne Bowman	1:14.23	200m		M60 Bob Osterhoudt	18.43	M65 Jack Kuhns	29.79
M65		30.78	M75 Robert Sylvester	9:06 9:07	W55 Josephine Roldan	1:32.07	M50 Brent Moorhead	28.00	High Jump M30 Steven Douglass	155	M75 Doug Richardson	25.05
M70		24.89	W50 Cynthia Preis	8:06	W60 Reiko Duba	1:14.07	M55 Don Kubicki M65 Steve Bowles	32.00 26.98	M40 Bill McDonald	1.55 1.55	Weight Throw M30 Doug Dunagan	11.02
	th Throw	15.01	High Jump	No. of Concession, Name of Street, or other Persons, Name of Street, or ot	W70 Nessie Hollicky 800m	1:58.22	M75 Jim Hinton	39.15	Randy Young	1.50	M45 Carl Darby	12.27
M/0	Pay Carstensen	15.01	M55 Paul Bowman M60 Robert Baker	4-2 4-4	M55 Searcy Barnett	2:34.73	W50 Bonnie Muscato W65 Essie Kea	40.87	M45 Chris Harvey Doug Thompson	1.50 1.30	M50 Richard Watson	13.44
1	MIDWES	T	M70 Paul Lampiasi	3-6	M60 Frank Condon	2:26.76	W65 Essie Kea 400m	36.22	M50 Tim Colby	1.45	M65 Jack Kuhns Superweight	12.32
			W70 Bernice Bordelon Pole Vault	3-2	M65 French Anderson M70 William Kennedy	3:09.20 3:43.66	M55 Don Kubicki	1:21.01	Richard Rivas	1.45	M30 Doug Dunagan	6.80
	son-Dixon Indoo		M60 Robert Baker	9-6	M75 Jim Selby	3:09.56	M65 Mario Jaime M75 Jim Hinton	1:25.12	M55 Bob Lawson John Perkins	1.45	M45 Carl Darby M50 Richard Watson	6.15
55m	Louisville, KY; Ma	arch 6	M70 Paul Adams	4-2	W55 Reiko Duba	3:22.01	1500m	1:38.81	M65 Phil Shipp	1.35	M65 Jack Kuhns	6.99 5.09
M30		6.86	M55 Paul Bowman	12-9.50	W60 M J McMaster W70 Nessie Hollicky	4:40.21 4:28.05	M65 Mario Jaime	7:47.00	M80 Charles Obve	0.95	Weight Pentathlon	
M40		7.10	M60 Robert Baker	13-2	1500m	4.20.03	M75 Jim Hinton W65 Bonnie Sayre	8:15.80 8:43.50	W30 Deonne Douglass W40 Zetta Armbruster	1.35 1.30	(unofficial/events out of ore throws)	der/6
M50 M60		7.68 8.10	M70 Paul Lampiasi	9-1.25	M55 Searcy Barnett	5:48.69	Long Jump	0.43.30	Pole Vault	1.50	Jack Kuhns 66	3570
M70	Byford Reed	9.63	W70 Bernice Bordelon W80 Lorraine McCaslin	7-3 5-2	M60 Frank Condon M65 Mario Jaime	5:21.99	M50 Robert Blakely	9-4	M50 Richard Rivas	10-6	Richard Watson 52	
W50	Mary Jilka	9.01	Shot Put	2-2	M65 Mario Jaime M70 Bill Kennedy	7:41.71 8:09.77	M55 Jim Schroeder M60 John Schultz	13-10	Stuart Hancock M55 John Perkins	10-0 9-6	Pole Vault M40 Tim McIntyre	4.24
200n M30		27.25	M55 Paul Bowman	30-6.50	M75 Jim Selby	7:17.07	M65 Mario Jaime	11-5	M65 Phil Shipp	9-0	Bernie Miller	3.94
M50	Richard Parker	28.61	M60 Vincent Breaux M65 Doug Pool	39-4.75 31-0.50	W70 Nessie Hollicky	8:26.66	M70 Jake Saddoris	11-1	M70 Doug McFetters	8-0	M45 Charlie Brown	4.24
M60	Rab Harin	29.55	M70 Milton Brady	30-1.25	M55 Searcy Barnett	11:45.06	W55 Vonna Hlavka W65 Dee Anne Janne	7-0 4-7	M75 Tom Hinkes W60 Kathy Jager	8-0 7-6	M50 Mike Hogan	3.81
M70 W50		35.87 34.28	M80 George Taix	19-0.50	M60 Dick Jones	13:27.74	Shot Put	The same	Long Jump		Phoenix Invitation	nal
400n	n		W50 Susan Sanford W55 B Sue Cornwell	20-10	M65 Mario Jaime	16:17.85	M50 Gerry Hartig	33-1.50	M30 Geoffrey Riggs	3.72	Phoenix, AZ; Apr	
M30		50.75	W65 Doris Polak	23-10.50	W75 Orville Bingley W70 Nessie Hollicky	18:59.50 17:48.68	M55 Frank Erickson M60 Mike Haigwood	32-10.25 30-7	M45 Chris Harvey M50 Stuart Hancock	4.90 4.82	100m	40.00
M40 M50		1:02.60	W70 Bernice Bordelon	19-2	High Jump	17.40.00	M65 Paul Lissy	37-1	Richard Rivas	4.53	M40 David Kalkwarf M45 Jonathon Benton	12.90
M60	Arnold Graves	1:12.76	W75 Thais Lacrouts W80 Lorraine McCaslin	14-10.25	M50 Eddie Damron	1.40	M70 Jake Saddoris	28-3	M55 Bob Zawidski	3.92	M50 Richard Watson	15.66
M70		1:17.02	Discus	12-1	M55 Edward Baskauska M60 Frank Condon	s 1.50 1.40	M80 Roger Hall M85 John Polish	21-0 18-3	M65 Merv Armstrong Phil Shipp	3.95 3.91	M55 Bob Zawidski M60 Curtis Searcy	14.52
W50		6:28.54	M50 David Goff	94-1	M65 Davie Perry	1.40	W50 Bonnie Muscato	22-11	M80 Charles Obye	2.85	M60 Curtis Searcy M65 Ken Dennis	14.82
M50		2:16.61	M55 Paul Bowman M60 Vincent Breaux	88-5 125-11	M70 Jerry Sullivan	1.35	W55 Vonna Hlavka	20-2	W30 Deonne Douglass	1.90 3.96	M80 Hugh Hackett	NTA
M60		2:44.61 2:44.80	M65 Charles Cannon	99-4	M75 Paul Bambrook M80 Herb Wilkinson	1.15	W65 Rita Plank Discus	18-10	W30 Deonne Douglass W60 Kathy Jager	3.56	M85 Paul Hall W40 Denise Willard	NTA 14.63
W50 Mile			M70 Milton Brady M80 George Taix	85-11	M90 Leland McPhie	1.10	M50 Gerry Hartig	110-7	Triple Jump	PER MANAGEMENT	200m	
M30		4:50.04	M80 George Taix W55 B Sue Cornwall	43-2 59-3	W60 Janice Condon	1.05	M55 Jim McEvoy M60 Ron Damschen	104-5	M40 Bill McDonald M45 Chris Harvey	9.82 8.92	M35 James Smith	24.35
M40 M50		5:10.83 4:52.30	W65 Doris Polak	61-5	W70 Ellen Brannigan Long Jump	0.95	M65 Dick Dow	105-1	M55 John Perkins	7.65	M40 David Kalkwarf M45 Dave Dimassa	26.52 25.32
M60		5:49.60	W70 Martha Tolbird W75 Thais Lacrouts	21-3 37-5	Long Jump M50 Brock Witte	3.36	M70 Ray Tibeau	104-10	Bob Zawidski	7.01	M55 James Posey	32.14
	Casey Jones	6:28.92	W80 Lorraine McCaslin	27-3	M55 Cliff Koon	3.95	M75 Art Brandt M80 Roger Hall	91-9 53-1	M65 Merv Armstrong M80 Hugh Hackett	7.64 3.77	M60 Garry Cox M65 Steve Bowles	29.56
3000 M30	Tony Stidham	11:02.37	Javelin		M60 Ron Muranaka M65 Terry Rowan	4.02 4.18	W55 Mary Hafner	42-6	Shot Put		M85 Paul Hall	27.86 NTA
M40	Bill Valenzano	10:08.36	M50 David Goss M55 Paul Bowman	116-4 109-6	M70 Donald Leis	3.07	W65 Dee Anne Janne	54-9	M30 Kunle Lawson Matt Foreman	12.37 11.32	W40 Denise Willard	31.01
M60 W50		11:26.62 18:47.73	M60 Vincent Breaux	122-0	M75 Paul Bambrook	3.77	W75 Barb Brandt	51-8	M35 David Bickel	10.04	M30 Mark Borchard	56.70
	rt Hurdles	10.47.73	M65 Charles Cannon	127-7	M80 Herb Wilkinson M90 Clarence Trahan	2.55 2.64	M50 Gaery Hartig	69-10	Mark Dowhan	9.87	M35 James Smith	55.53
M40		10.08	M70 Roland Forman M80 George Taix	76-3 34-6	W55 Linda Voss	1.15	M55 Jerry Hansdell M60 Ron Damschen	134-5 94-6	M40 Timothy Edwards Randy Young	11.69	M45 Dave Dimass M60 Garry Cox	55.99
M50	Tim Walters George La Belle	8.88 10.53	W55 B Sue Cornwell	67-4	W65 Marion Krueger	2.59	M65 Rick Tibeau	64-0	M50 Michael Shiaras	16.66	M60 Garry Cox M65 Fred Kjer	1:06.60
High	Jump	10.55	W80 Lorraine McCaslin W85 Betty Sanford	27-7	W70 Magdalena Kuehne W75 Louise Martin	2.67 1.42	M70 Jake Saddoris	89-6	Clay Hull M55 Tim Muller	10.90	800m	
M30		1.78	800m RW	17-4	Shot Put	E THE	M75 Art Brandt M80 Roger Hall	78-6 33-9	Bob Colby	14.15 8.32	M35 Chris Standage M40 Greg Hancock	2:12.32 2:16.66
M40 M50		1.52	M55 James Nicoll	5:04	M50 Eddie Damron	10.53	M85 John Polish	28-4	M65 Phil Shipp	12.48	M50 Buck Lentzer	2:34.94
M60	Louis Vodopya	1.27	M60 Jerry Renz M65 Doug Pool	4:51 4:58	M55 Gary Wuest M60 Jorge Juarez	10.71 11.25	W50 Bonnie Muscato	46-1	M80 Hugh Hackett M85 Roy Clark	4.95 5.64	W40 Claudia Ward	2:52.06
Pole M40	Nault Richard Jones	3.20	M75 Del Donner	6:34	M65 Paul Lissy	11.94	W55 Mary Hafner W65 Dee Anne Janne	63-3 58-5	W40 Mauri di Pietro	7.53	Mile M35 Phil Wharton	4:36.51
	g Jump	3.20	W50 Joyce Hartmann W55 Rosary Crain	6:15 7:11	M70 Doug Tomlinson	11.93	W75 Barb Brandt	67-1	W60 Kathy Jager W80 Amanda Colby	8.31	M45 Dean Hebert	5:03.66
M30		5.54	W60 Marie Merrick	6:43	M75 Arnie Gaynor M80 Herb Wilkinson	11.84 9.47	1500m RW M60 James Nichols	11:56	Discus	5.02	M50 Bill Sayers W30 Ellen Strickler	5:41.26 5:34.86
M40 M50		4.36 5.19	W70 Martha Tolbird	7:31	M85 Mike Castaneda	6.47	M65 Jerry Landwehr	10:35	M30 Kunle Lawson	43.18	W40 Claudia Ward	6:00.15
M60	Avital Schurr	3.98	1500m RW M55 James Nicoll	10:00	M90 Leland McPhie	6.28	M70 Art Andrian	12:35	Matt Foreman M35 David Bickel	30.16 34.75	3000m	
W65		2.18	M60 Jerry Renz	9:55	W55 Linda Voss W60 Kathryn Noble	3.89 6.51	M75 George Irish W60 Bonnie Sayare	10:46 11:17	Mark Dowhan	26.82	M35 Chris Standage M40 Jim Prescott	10:44.92 10:10.75
M30	e Jump Malcolm Miller	11.71	M65 Bill Elrod	10:15	W65 Marion Krueger	6.70	W65 Marge Hansen	14:24	M50 Clay Hull	35.79	M45 Tim Bogue	14:26.52
M40	Gerald Harrison	9.82	M75 Del Donner W50 Joyce Hartmann	12:26 11:53	W80 Wilma Davenport	4.33	W80 Marjorie Lawson	14:14	Michael Slaughter M55 Tim Muller	20.57 44.02	M50 Stuart Hancock	11:06.76
M50 M60		11.32 7.45	W55 Rosary Crain	14:03	W70 Magdalena Kuehne Discus	6.09	USATF Arizona Reg	gulation	Bob Colby	25.18	W40 Eileen Prescott Short Hurdles	11:32.95
Shot	Put		W60 Marie Merrick W70 Martha Tolbird	12:54 14:14	M50 Robert Glendon	23.76	Meet, Glendale CC;		M60 Bob Osterhoudt M65 Phil Shipp	39.46	M65 Mery Armstrong	20.74
M30		9.72	marina lololiu	14.14	M55 Gary Wuest	29.08	100m	15.00	M70 Doug McFetters	39.14 28.05	W40 Denise Willard High Jump	17.39
M40 M50		14.04 11.58	WEST	Mark .	M60 Kenneth Baker M65 Richard Noble	28.18 37.32	M30 Steve Douglass M40 David Kalkwarf	15.08 NTA	M85 Roy Clark	15.96	M40 Bill McDonald	1.60
M60	George La Belle	9.45	WEST	THE WAY	M70 Doug Tomlinson	37.57	M50 Jeff Buhmiller	NTA	W40 Mauri di Pietro W60 Kathy Jager	24.72 18.52	M50 Richard Watson	1.48
M70	Alan Ward	8.30	Dalm Dagget Caning	Gamas	M75 Arnie Gaynor	34.41	Michael Slaughter M55 Bob Zawidski	39.68 NTA	Hammer		M55 Bob Lawson M60 Mardon Connelly	1.45
W55 W65		10.06 9.52	Palm Desert Senior Palm Desert, CA; Fel		M80 Herbert Wilkinson M85 Mike Castaneda	24.93 20.39	M60 Curtis Searcy	NTA	M35 David Bickel	37.02	M65 Phil Shipp	1.35
3000	m RW		Provide the state of the		M90 Clarence Trahan	16.24	M65 Steve Bowles	13.50	M50 Clay Hull M60 Bob Osterhoudt	44.72 45.26	M70 Dave Douglass M80 Charles Obye	1.15
M40 M50		14:07.00	50m	0.00	W50 Lynn Dow	21.89	Ken Dennis M85 F D Tompkins	14.18 23.41	M80 Hugh Hackett	19.91	M85 Roy Clark	0.87
M70		17:28.93 17:55.08	M50 Paul Del Bosque M55 Raymond Yeck	6.63 6.62	W60 Pauline Timm W65 Elsbeth Padia	15.55 19.02	W30 Deonne Douglass	NTA	W60 Kathy Jager	20.36	Pole Vault	
	Linda Swonder	18:52.19	M60 Robert Chiarelli	7.60	W70 Ellen Brannigan	17.14	W60 Kathy Jager	NTA	Javelin M35 Mark Dowhan	34.22	M30 Kevin Connelly M50 Richard Rivas	11-7.50
1	SOUTHWE	TO	M65 Gary Sims	7.26	W80 Wilma Davenport	8.58	M30 Steve Douglass	31.12	M45 Jim Lothrop	51.28	M55 Dick McPeek	11-0
13.	SOUTHWE	10 I	M70 Raymond Fitzhugh M75 Jim Selby	8.45 7.94	1500m RW M60 Pete Antoine	12:09.53	M40 David Kalkwarf	26.90	M50 Tim Colby Clay Hull	43.06 35.51	M60 Mardon Connelly	10-1
Gre	ater New Orleans	District	M80 Eugene Beimer	9.13	M65 Mario Jaime	12:08.13	M50 Jeff Buhmiller	28.86	M55 Bob Colby	29.47	M65 Dave Doerrer M75 Tom Hinkes	9-0 7-6
	. Olympics, King		M85 Duncan McGregor	10.02	M70 Bill Bruege	9:46.01	M60 Curtis Searcy M65 Steve Bowles	31.70 28.14	M65 Phil Shipp	33.47	Long Jump	
	ayground, LA; M		M90 Clarence Trahan W55 Josephine Roldan	9.58 8.76	M75 Orville Bingley M80 Ladislav Koran	16:51.38 13:22.22	M85 F D Tompkins	47.45	Merv Armstrong M80 Hugh Hackett	29.75 12.65	M30 Geoffrey Rigs	3.80
50m			W60 Mary Jane McMaste		W55 Linda Burke	12:40.84	W30 Amy Byal Deonne Douglass	30.87	W80 Amanda Colby	9.88	M40. Bill McDonald M50 Stuart Hancock	4.95 4.65
M55		7.34	W65 Elsbeth Padia	9.18	W60 Reiko Duba	9:48.08	400m	32.46	3000m RW		M55 Bob Zawidski	4.12
M60	Robert Baker	7.44	W70 Ellen Brannigan W75 Louise Martin	10.59	W70 Marjorie Meyer 3000m RW	14:42.41	M30 Mark Borchard	57.30	M70 Cliff Elkins W60 Elsie Kallal	21:23.45 19:37.89	M65 Phil Shipp	4.13
M70 M75		8.88 8.30	W75 Louise Martin W85 Alice Gutnayer	13.94 24.51	M65 Mario Haime	29:17.54	Steven Douglass M35 James Smith	1:01.48	W70 Claire Elkins	24:20.02	M80 Charles Obeye W35 Jackie Joiner	3.31 2.87
W55	Brenda Millet	9.75	100m		M70 Bill Krueger	20:59.87	M35 James Smith Chris Standage	55.55 1:00.04		Delta Control	W40 Denise Willard	4.05
W65	Doris Polak	9.06	M55 Raymond Yeck	12.28	M80 Ladislav Koran M85 Emelio Melilli	26:50.83 26:51.37	M50 Harold Davis	57.08	Team Thor Thunder UC-San Diego, La		Triple Jump M40 Bill McDonald	9.50
100n	Bernice Bordelon	10.59	M60 Robert Chiarelli M65 Gary Sims	14.24	W55 Linda Burke	28:17.89	Richard Caruso W30 Amy Byal	1:18.27	March 20	Jula	M40 Bill McDonald M55 John Perkins	7.85
M55	Richard Vicknair	13.85	M70 Jake Saddoris	17.20	W70 Flora Young	21:10.75	800m				M60 Mardon Connelly	7.96
M60	Robert Baker	13.75	M75 Paul Bambrook	15.00	5K Road Race	1:04:29	M35 Chris Standage	2:12.60	Shot Put W50 Cathy Warmardam	6 00	M65 Peter LaBarge Shot Put	8.24
M65 M70		14.62	M80 Eugene Beimer W50 Jeanne Bowman	18.40 14.99	M70 Bill Krueger 10K Road Race	1.04.29	Bogdan Anghel M40 Martin Pena	2:22.70	W50 Cathy Warmerdam M30 Doug Dunagan	6.89 12.26	M30 Geoffrey Riggs	10.27
M75	Lou Riecke	17.34	W55 Josephone Roldan	17.60	M55 Larry Ross	44:46	Greg Hanock	2:15.83	M45 Carl Darby	13.51	M35 David Bickel	10.33
W55 W65		19.70	W60 Pauline Timm	21.71	M85 Bill Hutchinson W50 Velma Pacrem	1:19:53	M45 Doug Thompson	2:18.27 2:20.56	M50 Richard Watson M65 Jack Kuhns	11.19 10.89	M40 Randy Young M45 Jeff Crothers	11.60
W70	Bernice Bordelon	18.29 21.53	W65 ElsbethPadia W70 Magdalena Kuehne	16.60	W60 Rosemary Selobert	55:29 1:09.43	Jim Hershberger M50 Bill Sayers	2:43.98	M70 Doug Tomlinson	11.73	M50 Michael Shiaras	15.84
W80	Lorraine McCaslin	29.72	W75 Louise Martin	37.29	W70 Flora Young	1:09:24	Richard Caruso	3:51.03	M75 Doug Richardson	9.43	M55 Tim Muller	13.50

	Way 2005
	M55 Stuart Hayward
80	M60 Peter Crombie
100	M65 John Cooper M70 David Carr
100	M75 Norm Windred
100	M80 Max McKay M90 Andy Smith
	W30 Alison Rothwell
-	W35 Julie Brims
-	W40 Gianna Mogentale W45 Leanne Smith
	W55 Barbara Blurton
-	W50 Jeanette Flynn W60 Marge Allison
88	W70 A Zeitzen-Vanderburg
98	800m
98	M30 Brendan Whelan M35 David Hill
-	M40 Barry Moore
100	M45 John Morton
18	M50 Terry Hicks M55 Stuart Hayward
	M60 Richard Trembath
181	M65 Alan Bradford M70 David Carr
100	M75 Rad Leovic
	M80 Max McKay
8	M90 Andy Smith W30 Alison Rothwell
	W35 Jenny Brichacek
8 .	WAAA Karan Lakin
	W45 Jill Pryor W50 Jeanette Flynn
	W55 Barbara Blurton W60 Betty Menzies
-	W60 Betty Menzies
1	W75 Lorna Thompson 1500m
1	M30 Brandan Whelan
1	M35 David Hill
1	M40 Barry Moore M45 John Morton
1	M50 Terry Hicks
3	M55 Kevin Solomon M60 Alan Balbraith
	M65 Alan Bradford
	M70 Doug Worling
	M75 Had Leovic
	W30 Penny Paabo
1	W35 Janny Brichacek
1	W40 Elizabeth Slattery
-	W50 Jeanette Flynn W55 Desiree Letherby
-	W60 Betty Menzies
	W75 Lorna Thompson 5000m
1917	M30 Brendan Whelan
133	M35 Shawn Claydon
100	M40 Andrew Clowes M45 Stephen Blake
	M50 Ron Peters
	M55 Kevin Solomon M60 Alan Galbraith
100	M65 Colin McLeod
6-10	M70 David Simmonds
1	W30 Jeni Greenland
10	W35 Carmel Papworth
	W40 Elizabeth Slattery W50 Bronwen Cardy
	W55 Jo Cullen
	W60 Dorothy Siepmann
	W75 Shirley Young 10,000m
	M30 Brendan Whelan
	M35 Steven Suthers
	M40 David Gwynne M45 Stephen Blake
80	M50 Ron Peters
а.	M55 David Cundy M60 Peter Sandery
100	M65 Colin McLeod
100	M70 David Padget
- 1	W30 Jeni Greenland W35 Tressa Lindenberg
	W40 Glenda Banaghan
	W50 Cardy Bronwen W55 Petrina Trowbridge
	W60 Dorothy Siepmann
	W75 Shirley Young
	Short Hurdles M30 Warren Evans
13	M35 Shane Lawrence
	M40 Terry Baldwin
	M45 Kevin Davis
	M50 Conrad Burge M55 Christopher Portch
	M60 Harry Giles
	M65 Don Fraser
	M70 Roy Cuncliffe M75 Rad Leovic
	M80 Fred O'Connor
	W30 Hiromi Tanikawa W35 Julie Brims
	W40 Susan Chapman
	W45 Joanne Russell
	W55 Hazel McDonnell W60 Marge Allison
	W70 A Zeltzen-Vanderb
	Long Hurdles
	M35 Mick Konemann M40 Terry Baldwin
	M45 Kevin Davis
- 12	M50 Philip White
1000	M55 Christopher Portch M60 Richard Trembath
	M65 Don Fraser
	M70 Roy Cuncliffe
	M75 Rad Leovic M80 Fred O'Connor
	W30 Alison Rothwell
	W35 Julie Brims
1	W45 Joanne Russell W50 Susan Guthrie
1	W55 Hazel McDonnell
1	W60 Marge Allison
1	2000m Steeplechase
-	

May 2005

Page 34		National Ma
M60 Duane Thompson 10.74 M65 Phil Shipp 12.04	M65 Bruce McPhail 28.71 M70 Max Wood 31.22	W55 Lois Anderson 1.16 W60 Glenyss Jones 1.13
M70 Dave Douglass 8.91 M75 John Fucci Jr 5.97	M75 Ian Brownie 39.82 M80 John Holland 51.76	W65 Marie Slattery 0.95 Pole Vault
M80 Hugh Hackett 5.38 M85 Roy Clark 5.69	W40 Josemary Heyrick 29.16 W45 Julie Judd 31.49	M40 Stephen Te Whaiti 3.10 M45 Stephen McKee 3.70
W35 Jackie Joiner 10.78 W40 Mauri di Pietro 7.75	W50 Gail Dryland 37.60 W55 Veronica Gould 30.29	M50 Earl Crowley 2.10 M55 Jos Pols 2.20
W50 Janet Thompson 5.14 W80 Amanda Colby 4.98	W60 Chris Waring 33.21 W65 Julie Williams 37.03	M60 Alister Wilson 2.00 M70 Ron Johnson 2.30 W45 Deborah Murphy 2.90
Discus M30 Geoffrey Riggs 24.66	M35 Richard Kinley 54.77	Long Jump
M35 David Bickel 35.02 M40 Tim Edwards 41.96	M40 Stephen Te Whaiti 55.20 M45 Bruce Carswell 56.61 M50 Noel Burr 57.96	M35 Deon Wagner 4.61 M40 Stephen Te Whaiti 6.03 M45 Stephen McKee 5.54
M50 Clay Hull 36.33 M55 Tim Muller 45.67	M50 Noel Burr 57.96 M55 Mike Weddell 58.59 M60 Barry Jones 1:07.15	M55 Richard Wilson 3.63 M65 Peter O'Halloran 4.14
M60 Bob Osterhoudt 40.60 M65 Phil Shipp 40.30 M70 Dave Douglass 27.30	M65 Malcolm Fraser 1:06.44 M70 Max Wood 1:13.96	M70 Trevor Cowley 3.54 M75 Ian Brownie 2.51
M70 Dave Douglass 27.30 M75 Arthur Brandt 27.60 M85 Roy Clark 16.86	M75 Ian Brownie 1:24.41 W35 Christine Montgmery 1:13.93	M80 John Holland 1.87 W40 Alison Newall 3.28
W35 Jackie Joiner 24.36 W40 Mauri di Pietro 15.26	W40 Rosemary Heyrick 1:04.98 W45 Dalise Sanderson 1:13.11	W45 Julie Judd 3.87 W50 Birgit Steltner 3.73
W50 Lynn Dow 22.71 W60 Ellie Armstrong 15.88	W50 Lyn Harris 1:11.05 W55 Sheryl Gower 1:11.57	W55 Veronica Gould 4.19 W60 Jill Sherburn 2.97 W70 Colleena Blair 2.62
W75 Barbara Brandt 16.98 Hammer	W60 Chris Waring 1:14.02 800m M35 Conor Delahunty 2:06.44	W70 Colleena Blair 2.62 W75 Shirley Peterson 2.91 Triple Jump
M35 David Bickel 37.85 M45 Jeff Crothers 38.45 Clay Hull 43.56	M35 Conor Delahunty 2:06.44 M40 Joe Ford 2:09.74 M45 Geoff Anderson 2:11.06	M40 Mark McFarlane 10.77 M45 Stephen McKee 11.73
Clay Hull 43.56 M60 Bob Osterhoudt 43.56 M65 Peter La Barge 34.46	M50 Noel Burr 2:09.83 M55 Tony McManus 2:15.05	M50 David Lobb 8.30 M55 Richard Wilson 7.41
M70 Dave Douglass 30.90 M80 Robert Chase 28.79	M60 Barry Jones 2:31.42 M65 Walter Hume 2:46.45	M60 Lance Smith 9.01 M65 Les Williams 8.23
W40 Mauri di Pietro 19.25 Javelin	M70 Robert Heseltine 3:18.64 M75 Ian Brownie 3:57.85	M70 Trevor Cowley 8.22 M75 Alistair Mackay 5.23
M35 Mark Dowhan 36.97 M40 Bill McDonald 34.08	W35 Linda Reynolds 2:56.40 W40 Carol Chettleburgh 2:35.93	W45 Julie Judd 7.35 W50 Birgit Steltner 7.71
M50 Richard Watson 45.89 M55 Bob Colby 28.53	W45 Dalise Sanderson 2:42.84 W50 Lyn Harris 2:51.55	W55 Veronica Gould 8.13 W60 Glenyss Jones 7.21 W65 Marie Slattery 5.55
M60 Charles Quarelli 31.38 M75 Arthur Brandt 25.13 W75 Barbara Brandt 21.09	W55 Loris Reed 2:46.22 W60 Ngaire Byers 3:26.91 W70 June Miles 3:44.43	W65 Marie Slattery 5.55 W75 Shirley Peterson 6.52 Shot Put
W75 Barbara Brandt 21.09 W80 Amanda Colby 9.42 3000m RW	1500m M35 Conor Delahunty 4:18.49	M30 John Adams 7.69 M35 Deon Wagner 11.98
M45 Daniel Adams 22:40.89 M50 William Jefferson 23:29.70	M40 Joe Ford 4:16.07 M45 Geoff Anderson 4:23.07	M40 Keith Barrow 11.68 M45 Mark Flaus 11.99
M85 Roy Clark 29:20.44 W40 Kimberly Lemond 18:51.81	M50 Noel Burr 4:37.83 M55 Tony McManus 4:33.25	M50 Joe Bradley 10.06 M55 Beau Cox 11.42
W60 Kathleen Balser 18:58.93	M60 Alan Galbraith 4:47.89 M65 Walter Hume 5:36.35	M60 Brian Senior 9.71 M65 Barry Rait 9.05
Team Thor Thunder Series UC-San Diego, La Jolla	M70 Robert Heseltine 6:48.00 M75 Mel Munro 8:35.76	M70 Ron Johnson 9.95 M75 David Leech 7.93
Shot Put	W35 C Montgomery 5:25.77 W40 Carol Chettleburgh 5:20.02	M80 John Holland 4.66 W35 Jenny Drummond 5.66
M30 Doug Dunagan 12.62 M65 Jack Kuhns 11.24	W45 Dalise Sanderson 5:21.00 W50 Vicky Adams 5:36.36	W40 Alison Newall 6.06 W45 Winifred Harding 9.82 W50 Jo Hurring 6.88
Bob Humphries 10.90 M70 Ernie Smith 10.02	W55 Loris Reed 5:31.32 W60 Ngaire Byers 7:10.29 W65 Carol Thompson 6:49.87	W50 Jo Hurring 6.88 W55 Lois Anderson 8.10 W60 Glen Watts 6.85
M30 Doug Dunagan 34.73	W70 June Miles 7:34.17	W65 Barbara Bird 7.47 W70 Olwyn Gibb 7.16
M50 Richard Comber 45.13 M65 Bob Humphries 42.67 Jack Kuhns 35.76	M35 Conor Delahunty 16:37.38 M40 David Drummond 16:32.94	W80 Pauline Purser 4.82 Discus
Hammer M30 Doug Dunagan 37.17	M45 Murray Hart 16:54.56 M50 Greg Clark 17:24.94	M30 John Adams 24.32 M35 Deon Wagner 38.26
M35 Scott Sargeant 12# 38.78 M65 Jack Kuhns 31.67	M55 Tony McManus 16:45.96 M60 Alan Galbraith 16:56.62	M40 Wayne Doyle 34.65 M45 Mark Flaus 35.86
Weight Throw M30 Doug Dunagan 11.65	M65 Walter Hume 20:28.33 M70 Brian Keown 24:27.00 M75 Stan Gawler 24:19.53	M50 Joe Bradley 35.79 M55 Rick Davison 33.21 M60 Kevin Bradley 35.27
M65 Jack Kuhns 12.22 Pole Vault	W35 Leanne Durry 17:45.02 W40 Marion Maxwell 19:33.88	M65 Bill Owen 29.65 M70 Ron Johnson 31.85
M40 Bernie Miller 3.81 NM USATF Wt. Pentathlon	W45 Bernadette Jago 20:00.83 W50 Vicky Adams 20:07.93	M75 Arthur Grayburn 24.29 M80 John Holland 13.23
U. of New Mexico; April 10	W55 Barbara Patrick 22:01.17 W60 Fay Riley 30:17.32	W35 Jenny Drummond 12.22 W45 Janice Maxwell 30.35
M35 Patrick Hochanadel 2059 22.56/12.76/35.74/23.92/8.26	W65 Carol Thompson 25:18.67 W70 June Miles 28:43.53	W50 Tui Ashe 24.69 W55 Loris Reed 20.27
M40 David Hampton 1817 22.98/8.46/26.88/32.44/7.38	10,000m M40 Ricky Gutsell 35:55.23	W60 Glen Watts 18.53 W65 Valerie Hood 17.57
M45 Jeff Crothers 2367 37.82/9.96/27.46/16.50/11.06	M45 Trevor Ashe 37:35.58 M50 Greg Clark 37:33.34	W70 Olwyn Gibb 16.81 W80 Pauline Purser 9.76
M45 Calvin Steckler 1542 16.20/7.86/18.74/24.86/7.40	M55 lan Morrison 38:57.04 M60 Peter Coughlan 44:44.62 M65 John Lucas 46:12.17	Hammer M30 John Adams 17.71 M35 Deon Wagner 38.51
M50 Rick Gonzales 2584 21.60/10.28/38.16/30.38/12.40	M70 Brian Keown 56:18.84 M75 Stan Gawler 50:01.29	M45 Mark Flaus 31.38 M50 Joe Bradley 37.28
M55 Paul Economides 4039 42.74/13.98/41.76/30.80/16.66	W40 Marion Maxwell 41:41.48 W65 Carol Thompson 51:49.48	M55 Rick Davison 36.64 M60 Kevin Bradley 44.17
M60 Marc Bradshaw 1443 0.00/9.30/24.64/0.00/8.420 W45 Lisa Hampton 2040	Short Hurdles M40 Paul Daborn 18.48	M65 Barry Rait 29.37 M70 Ray Laurie 29.12
17.45/6.89/19.18/15.00/7.12	M45 Gary Rawson 19.97 M55 Francis Campkin 23.09	M75 David Leech 24.07 W45 Janice Maxwell 31.86
INTERNATIONAL	M65 Stewart Foster 20.83 M70 Trevor Cowley 19:07	W50 Jo Hurring 24.32 W55 Veronica Gould 22.12
New Zealand Masters Cham-	M75 Ian Brownie 21.52 W45 Julie Judd 16.55 W60 Glenyss Jones 20:03	W60 Glen Watts 25.29 W65 Valerie Hood 25.02
pionships, Dunedin March 4-7	W60 Glenyss Jones 20:03 Long Hurdles M40 Paul Daborn 1:03.56	W70 Ngawini Pepene 18.21 W80 Pauline Purser 12.09 Javelin
M35 Richard Kinley 12.57 M40 Stephen Te Shaiti 11.85	M45 Bruce Carswell 1:10.72 M55 Viv Parker 1:17.99	M35 Deon Wagner 37.54 M40 Wayne Doyle 45.99
M45 Gary Rawson 12.07 M50 Rob Burden 13.35	M65 Stewart Foster 58.19 2000m Steeplechase	M45 Stephen Burden 41.23 M50 Joe Bradley 50.91
M55 Paul Sharland 12.81 M60 Russell White 13.15	M60 Colin Dick 9:23.87 M65 Walter Hume 8:27.31	M55 Keith Hutton 40.42 M60 Lance Smith 26.25
M65 Bruce McPhail 13.77 M70 Max Wood 15.08	M75 Ian Brownie 11:08.49 W35 Linda Reynolds 9:10.91	M65 Peter O'Halloran 30.89 M70 Ron Johnson 34.94
M75 Alaistair Mackay 17.19 M80 John Holland 22.54	W45 Jan Craig 9:01.86 W55 Loris Reed 8:36.26	M75 Arthur Grayburn 24.48 W35 Jenny Drummond 11.32
W35 Jenny Drummond 16.87 W40 Rosemary Heyrick 14.29	3000m Steeplechase M40 Brendan Magill 10:40.23	W45 Fiona Harvey 24.47 W50 Tui Ashe 18.46
W45 Julie Judd 14.80 W50 Gail Dryland 17.65	M45 Murray Hart 10:57.95 M50 Greg Clark 12:53.19 M55 Trayor Ocibie 11:04.57	W55 Lynn Donaldson 16.65 W60 Glen Watts 16.83
W55 Veronica Gould 14.18 W60 Chris Waring 15.41	M55 Trevor Ogilvie 11:04.57 High Jump M40 Brian Curry 1.63	W65 Barbara Bird 21.59 W70 Ngawini Pepene 21.00
W65 Julie Williams 17.25 W75 Shirley Peterson 19.44	M45 Stephen McKee 1.63 M50 Earl Crowley 1.26	W80 Pauline Purser 8.28 Weight Throw M35 Rene Otto 13.13
W80 Pauline Purser 34.82 200m M35 Richard Kinley 24.91	M55 Jos Pols 1.38 M60 Lance Smith 1.28	M50 Joe Bradley 12.81 M55 Rick Davison 13.56
M35 Richard Kinley 24.91 M40 Stephen Te Whiti 24.77 M45 Gary Rawson 25.37	M65 Bill Owen 1.25 M70 Jim Blair 1.19	M60 Kevin Bradley 16.48 M65 Barry Raid 11.29
M50 Trevor Watson 26.92 M55 Paul Sharland 26.90	M75 Alistair Mackay 1.05 W45 Julie Judd 1.15	M70 Charlie Bishop 10.52 M75 David Leech 10.33
M60 Russell White 27.65	W50 Birgit Steltner 1.13	W45 Janice Maxwell 10.91

W50 Jo Hurring W55 Veronica Gould	6.69 9.24	W45 W50	Anette Koop DEU Lidia Zentner DEU A-BEriksson SWE	2:19.97 2:33.21 2:40.39
W60 Glen Watts	9.89	W55 W60	Riet Jonkers NLD	3:02.88
W65 Patricia Drayton W70 Colleena Blair	9.23	W65	Birgitta Eklund SWE	3:05.11 4:57.84
W80 Pauline Purser	5.34	W70 1500r	Yozsefine Yager	DIAME.
Pentathion M35 Rene Otto	1213	M35 M40	Matt Kinane GBR Shlomo Anoulay DNK	4:13.09 4:07.80
M40 Stephen Te Whaiti	3087	M45	Cesar Perez ESP	4:20.99
M45 Stephen McKee M50 David Lobb	2951 1890	M50 M55	Harand Nygard NOR Fabian Campo ESP	4:23.31 4:35.71
M55 Jos Pols	2126	M60	Stig Haglund FIN	4:53.65
M65 Roly Letham W50 Tui Ashe	1057 2573	M65 M70	Yury Savenkov RUS Bruno Barria ITA	5:03.93 5:30.70
W55 Loris Reed	2538	M75	Nikolay Borzykx RUS	6:25.12 6:29.95
W60 Jill Sherburn Weight Pentathlon	1863	M80 M85	Rune Bertman SWE Emiel Pauwels BEL	7:59.31
M35 Deon Wagner	2694	W35	F R Thordardottie ISL	4:43.80
M45 Mark Flaus M50 Joe Bradley	2703 3093	W40 W45	F V Rijsbergen NLD Aurora Perez ESP	4:52.63
M55 Keith Hutton	3150	W50 W55	Lidia Zentner DEU P A Gallagher GBR	5:01.69 5:34.42
M60 Kevin Bradley M65 Barry Rait	3155 2902	W60	GFleetwood SWE	6:08.55
M70 Charlie Bishop	2599	W65 3000r	Birgitta Eklund SWE	6:22.96
M75 David Leech W45 Janice Maxwell	2756 3440	M35	Steffen Meyer DEU	9:11.42
W50 Jo Hurring	1821	M40 M45	Michael Traynor IRE Domingo Ramon ESP	8:47.45 9:25.37
W55 Lynn Donaldson W60 Glen Watts	2053 2787	M50	Erik Gerdin SWE	9:19.45
W65 Patricia Drayton	2988	M55 M60	Winfried Schmidt DEU Stig Haglund FIN	10:32.09
W70 Ngawini Pepene W80 Pauline Purser	3062 2824	M65	Yury Savenkov RU	10:55.70
3000m RW	No committee	M70 M75	Alain Jallas FRA	NTA
M50 Michael Harte M55 Roger Denton	15:31.04 17:21.43	M80 M85		15:52.21 17:29.09
W30 Wendy Healey	16:30.69	W35	Anette Weiss DEU	9:50.11
- W35 Diana Pittwood	18:49.70	W40 W45		10:28.20
W50 Sharon McDonald 1 W55 Diane Sommerville 2	17:28.42 20:06.08	W50	R M EnmalmSWE	11:38.96
W60 Ann Henderson	21:18.20	W55 W60	Lucia Soranzo ITA G Fleetwood SWE	11:16.14 12:50.19
10,000m RW Road M50 Michael Harte	54:32	W65	Birgitta Edlund SWE	13:23.29
M55 Roger Denton	1:00:10	W70 W75	Yozsefine Yager HUN 2 Klavdija Volodina LTU 2	21:52.08
M60 Danny Knudson M65 Eric Saxby	1:12:08		Hurdles Michael Schiecke DEU	8.83
W30 Wendy Healey	59:01	M40	Sven Martin DEU	8.34
W35 Diana Pittwood W50 Sharon McDonald	1:08:27	M45 M50	Herbert Kreiner AUT Jouko Nikula FIN	8.84 9.06
W55 Diane Sommerville	1:12:12	M55	Eduard Longauer SLO	9.11
W60 Loloma Foster	1:13:39	M60 M65	Barry Ferguson GBR Guido Muller DEU	9.72 9.87
European Indoor Cha	mpion-	M70	Lars-Ake Hedlund SWI	10.67
ships, Eskilstuna, Sv	veden	M75 M80	Axel Fernaeus SWE Horst Albrecht DEU	12.08 12.83
60m March 10-13	NA.	M85	Emmerich Zensch AUT	15.99
M35 Terence Stamp GBR	6.98	W35 W40	Andrea Thirtey DEU Wendy Laing GBR	9.06 9.38
M40 Enrico Saraceni ITA M45 Georg Muller DEU	7.18 7.43	W45 W50	Christine Muller CHE Marit Huflatten NOR	8.93 10.48
M50 Steve Peters GBR M55 Vladimir Vybostok SVI	7.57 K 7.86	W55	Waltraud Krache DEU	10.78
M60 Jorma Manninen FIN	8.20	W60 W65	Edith Graff BEL Rietje Dijkman NLD	10.70
M65 Guido Muller DEU M70 Armando Roca ESP	8.16 8.44	W70	Asta Larsson SWE	12.67
M75 Wolfgang Reuter DEU M80 Rudolf Breder DEU	8.72 9.74	M75	Germany	2:10.45
M85 Herbert Liedtke SWE	11.16	High M35	Jump Adam Domicz POL	1.75
W35 A Hogeveen-Smit LND W40 Angelika Grissmer DE	7.97 U 8.14	M40	Marco Segatel ITA	1.95
W45 Nicole Barilly FRA	8.09	M45 M50	Ari Liisanantii FIN Jan Huijbers NLD	1.80
W50 Helen Godsell GBR W55 Brigitte Schommler DB	8.61 EU 8.81	M55 M60	Hans-Theo Nieder DEL Valery Lashmaniov RU	
W60 Riet Jonkers NLD W65 Rosmarie Mahnke DE	9.56 U 10.21	M65	Carl-Erik Sarndal SWE	1.54
W70 Lea Vilpas FIN	10.23	M70 M75	Pavel Tosnar CZE Nils-Gertil Nevrup SWE	1.39
W75 Ingrid Lorenz DEU 200m	11.21	M80	Havard Lund NOR	1.12
M35 J-Michel Nitharum FR		M85 W35	Emmerich Zensch AUT Elena Semashko RUS	1.18
M40 Enrico Saraceni ITA M45 Georg Muller DEU	22.23	W40	HFreyer-Krasse DEU	1.60
M50 Steve Peters GBR	24.00	W45 W50	Petra Gregor DEU Dace Brakanska LVA	1.55
M55 Vincenzo Felicetti ITA M60 Terry Bisset	25.44 26.82	W55	Saltraud Kraehe DEU	1.25
M65 Guido Muller DEU M70 Alan Mellet GBR	26.74	W60 W65	Renate Vogel DEU Rietje Dojkman NLD	1.27
M75 Wolfgang Reuter DEU		W70 W75	Leili Kaas EST . Christa Happ DEU	1.18
M80 Gerhard Herbst DEU M85 Herbert Liedtke SWE	33.37 40.45	Pole	Vault	
W35 A Hogeveen-Smit NLD	26.13	M35 M40	E LiHermansson SWE Alfred Achtelik DEU	4.00
W40 Angelika Grissmer DE W45 Averil McClelland GBF		M45	Roland Elias BEL	4.20
W50 Helen Godsell GBR	28.50	M50 M55	Wolfgang Ritte DEU Eero Vayrynen FIN	4.20 3.50
W55 Brigitte Schommler D8 W60 Jackie Bertandeau FR		M60	Jorma Pirinene FIN	2.90
W65 Rosmarie Mahnke DE	U 34.26	M65 M70	Zoltan Kurunczi HUN Lars Wennblom SWE	2.80
W70 Leili Kaas EST W75 Ingrid Lorenz DEU	35.31 41.71	M75	Olaf Johansson SWE	2.30
400m		M80 M85	Eskil Ljunggren SWE Emmerich Zensch AUT	1.70
M35 Michael Osunsami GB M40 Enrico Saraceni ITA	49.59	W35 W40	Anke Paul DEU B van de Camp NLD	2.70 3.20
M45 Ingemar Ztorm SWE M50 Steve Peters GBR	53.57 54.23	W45	Carla Forcellini ITA	3.20
M55 Vincenzo Felicetti ITA	56.76	W50 W55	Sue Yeomans GBR Karin Forster DEU	2.80
M60 Kennet Ivehag SWE M65 Guido Muller DEU	1:02.39 57.29	W60	Marianne Sullivan SWE	2.10
M70 Horst Hufnagel DEU	1:08.97	W65 W75	Dorothy McLennan IRE Christa Happ DEU	1.30
M75 Wolfgang Reuter DEU M80 Gerhard Herbst DEU	1:14.17	Long	Jump	STATE OF THE STATE
M85 Emiel Pausels BEL	1:43.82	M35 M40	Giorgio Federici ITA Sven martin DEU	6.58 6.52
W35 Elena Levina RUS W40 Brigitte Heidrich DEU	1:02.38	M45	Reiner Wenk DEU	6.97
W45 Anny Undheim NOR W50 Ulla Karneback SWE	1:01.25	M50 M55	Jouko Nikula FIN Jorge Paez ESP	6.23 5.61
W55 Ulla Littenheim SWE	1:09.21	M60 M65	Tapani Taavitsaien CHE Stig Backlund FIN	5.57
W60 Riet Jonkers NLD	1:12.17	M70	Vladimir Popov RUS	5.30 4.67
W65 M De Laverone FHA	1:18.60			
W65 M De Lavergne FRA W70 Emma Mazzenga ITA	1:18.60	M75	Wolfgang Reuter DEU	4.70
W70 Emma Mazzenga ITA W75 Brenda Green GBR 800m				4.70 3.44 3.45

W50 W55 W60 W75 W70 W75 M35 M40 M55 M60 M65 M70 M75 M85 W35 W40

Zbignien Niczko POL Mariano Morandi ITA 205.56 Christian Breeck DEU 208.89 A Kuzovnikiv RUS 206.78 Magnus Saveros SWE 220.94 Kennet Ivehag SWE 210.69 Claude Vidal FRA 30.05.98 Claude Vidal FRA 30.05.9

75	Klavdija Volodina LTU 21	52.08	M
hort 135	Hurdles Michael Schiecke DEU	8.83	W
140	Sven Martin DEU	8.34	W
145	Herbert Kreiner AUT Jouko Nikula FIN	8.84 9.06	w
155	Eduard Longauer SLO	9.11	W
160	Barry Ferguson GBR Guido Muller DEU	9.72 9.87	w
170	Lars-Ake Hedlund SWE	10.67	W
175	Axel Fernaeus SWE Horst Albrecht DEU	12.08	M
185	Emmerich Zensch AUT	15.99	W
/35	Andrea Thirtey DEU	9.06	M
/40 /45	Wendy Laing GBR Christine Muller CHE	9.38	M:
/50	Marit Huflatten NOR	10.48	M
155	Waltraud Krache DEU	10.78	Mi Mi
/60 /65	Edith Graff BEL Rietje Dijkman NLD	11.13	M
70	Asta Larsson SWE	12.67	ME ME
75	m Relay Germany 2:	10.45	W
igh .	Jump	100734	W
35 40	Adam Domicz POL Marco Segatel ITA	1.75	W
45	Ari Liisanantii FIN	1.80	W:
50 155	Jan Huijbers NLD Hans-Theo Nieder DEU	1.80	W
60	Valery Lashmaniov RUS	1.56	W
165	Valery Lashmaniov RUS Carl-Erik Sarndal SWE	1.54	W
70 175	Pavel Tosnar CZE Nils-Gertil Nevrup SWE	1.39	-
180	Havard Lund NOR	1.12	16:
185 /35	Emmerich Zensch AUT Elena Semashko RUS	1.18	100
140	HFreyer-Krasse DEU	1.65	10
145	Petra Gregor DEU	1.55	M: M:
/50 /55	Dace Brakanska LVA Saltraud Kraehe DEU	1.30	M
/60	Renate Vogel DEU	1.36	M
65	Rietje Dojkman NLD Leili Kaas EST	1.27	M:
/70 /75	Christa Happ DEU	1.18	M
ole \	/ault		M
35	E LiHermansson SWE Alfred Achtelik DEU	4.00	M
45	Roland Elias BEL	4.20	M
50	Wolfgang Ritte DEU	4.20	·W
60	Eero Vayrynen FIN Jorma Pirinene FIN	3.50 2.90	W
65	Zoltan Kurunczi HUN	2.80	l w
70	Claf Johansson SWE	2.70	888
80	Eskil Ljunggren SWE Emmerich Zensch AUT Anke Paul DEU	1.70	W
85 /35	Anka Paul DELL	1.60	w
140		3.20	W
45	Carla Forcellini ITA	3.20	W 20
/50 /55	Sue Yeomans GBR Karin Forster DEU	2.80	M
/60	Marianna Sullivan SWE	2.10	M: M:
/65 /75	Dorothy McLennan IRE Christa Happ DEU	1.30	M
ong	Jump	1.30	M
35	Giorgio Federici ITA Sven martin DEU	6.58	M:
45	Reiner Wenk DEU	6.52	M
50	Jouko Nikula FIN	6.23	M
55 60	Jorge Paez ESP Tapani Taavitsaien CHE	5.61	M
65	Stig Backlund FIN	5.57 5.30	M
70	Vladimir Popov RUS	4.67	W
80	Rudolf Breder DEU	3.44	W
85	Aate Lehtimaki FIN	3.45	W
/35	Valentyna Krepkina UKR Kimberly Rothman GBR	5.43	W
145	Manndy Laing GBR	4.96	W
/50 /55	Marit Huflatten NOR	4.38	W
/60	Margaritha Dahler CHE Edith Graff BEL	4.32	W
/65	Erika Heimann DEU	3.23	W
770	Asta Larsson SWE Christa Happ DEU	3.22	40
/80	Mary Wixey GBR	NDA	M.
enta 135	thion		M
40	Polf Kropka DEU	3222 3635	M
17	DE THE REAL PROPERTY AND ADDRESS OF THE PERTY ADDRESS OF THE PERTY AND ADDRESS OF THE PERTY AND ADDRESS OF THE PERTY ADDRESS O	No.	M

	May 2	005
M45	Manfred Knipper DEU	2300
M50 M55	K-P Neuendorf DEU	3874
M60	Stefan Hallgrimsson IS NLeshchenko RUS	3886
M65	K SkramstadNOR Pavel Tosnar CZE Catherine Goddard GBR	3954
M70	Pavel Tosnar CZE	4028
W35	Wendy Laing GBR	2921 3964
W45	Hazel Barker GBR	3239
W50	Anne Rummler DEU	3376 4025
W55 W60	Margaritha Dahler CHE Jacqueline Wladika AUT	3369
	Rietje Dijkman NLD	4559
W70	Leili Kaas EST	4906
Triple M35	Jump Martin Rossiter GBR	14.90
M40	Rez Cameron GBH	13.64
M45	Wolfgang Knabe DEU	14.48
M50 M55	H-A Kuppers DEU Yuriy Shukevych UKR C-W Kreft DEU	12.82
M60	C-W Kreft DEU	11.55
MOD	Stig Backlund FIN	11.58
M70 M75	W Magnusson SWE Matti Jarvinen FIN	9.85 8.35
M80	Arvo Heininen FIN	7 82
M85	Aate Lehtimaki FIN	7.32
W35 W40	V Krepkina UKR	12.15
W40 W45	Marianna Biskup POL Manndy Laing GBR	10.94
W50	Marit Huflatten NOR	9.27
W55	Anna Maija Kukka FIN	8.89
W60 W65	Edith Graff BEL Rietje Dijkman NLD	9.05 8.68
W70	Asta Larsson SWE	7.13
Shot	Put	
M35 M40	Grzegorz Pawelski POL Andrey Fedysahin RUS	15.10 16.87
M45	Karl-Jorgen Hoff NOR	14.59
M50	Vasilis Maganas GRC	15.29
M55 M60	Neil Griffin GBR Axel Hermanns DEU	14.07
M65	Heikki Yli-Erkkila FIN	14.09
M70	Jonas Mazeika LTU	13.61 13.66
M75 M80	Leo Saarinen FIN	13.66
M85		9.98
W/35	Silke Stolt DELL	11.89
W40	Jaana Kivisto FIN	11.02
W45 W50	Astrid Reihold DEU Markette Korpi SWE	9.25
W55	Heidi Brockhaus DELL	0 00
W60	Jadvyga Putiniene LTU	11.88
W65 W70	Algina Vileinskiene LTU	10.21
W75	Rachel Hanssens BEL	7.56
Weig	ht Throw	
M35 W40	Martin Gleixner DEU	15.02
M45	Tibor Gecsek HUN Karl-Jorgen Hoff	18.55
M50	vasilis Maganas GHC	19.6/
M55 M60	Kenneth Jansson SWE	16.60
M65	Olavi Koivukangas FIN Antoni Kargol POL	16.80
M70	Ilmari Tuomela FIN	18.18
M75 M80	Matti Jarvinen FIN	14.22
M85	Havard Lund Erling Svennevik NOR	13.49 11.52
W35	Danielle Denisty BEL	10.88
W40		11.63
W45 W50	Marketta Korpi SWE	8.82
W55	Teresa Liras ESP	5.60
W60	B Del Guiudice ITA	11.70
	G Kovalenskava RUS	8.00
W75	Rachel Hanssens BEL	8.30
W55 W60 W65 W70 W75	Claire Cameron GBR Marketta Korpi SWE Teresa Liras ESP B Del Guiudice ITA Helvi Erikson EST G Kovalenskaya RUS	11.70 13.95 8.00 8.30

	stra Australian Mas hietics Championsh	
	risbane; March 25-	
100m		20
M30	Pasquale Vesclo	11.27
M35	Chas Barclay	11.71
M40	Tokunbo Olabinri	
M45	Peter Tuckett	11.53
		12.72
M50	Marin Lynch	
M55	Wayne Cousins	12.69
M60	Peter Crombie	13.22
M65	John Cooper Lucas Kakris	13.14
M70		14.87
M80	Fred O'Connor	17.50
M90	Andy Smith	37.28
W30	Ranell Hobson	12.99
W35	Julie Brims	12.78
W40	Gianna Mogentale	12.72
W45	Joanne Russell	14.38
W50	Lynn Choate	14.31
W55	W Sheaves-Doran	14.50
W60	Noreen parrish	16.59
W65	Annette Horsnell	16.82
W70	Patricia Carr	18.70
W75	Ann Cooper	16.09
200m		
M30	Pasquale Vescio	23.49
M35	Chas Barclay	24.00
M40	Tokunbo Olabinri	23.39
M45	Peter Tuckett	25.14
M50	Bill Dickenson	26.35
M55	Hans van Bavel	26.71
M60	Peter Crombie	25.41
M65	John Cooper	26.55
M70	David Carr	29.80
M75	Norm Windred	30.80
M80	Fred O'Connor	37.49
M90		38.64
W30	Ranell Hobson	26.88
W35	Julie Brims	25.79
W40	Gianna Mogentale	27.26
W45	Leanne Smith	28.21
W50	Jeanette Flynn	
W55	W Doran-Sheaves	28.27
W60	Marge Allison	28.64
W65	Annette Horsnell	31.07
W70	A Zeitzen Venderh	36.95
W75	A Zeitzen-Vanderburg	46.07
	Ann Cooper	34.72
400m		1.00
M30	Matt Stuart	54.62
M35	Andrew Keane	53.49
M40	Bruce Collins	52.79
M45	Peter Tuckett	54.52
M50	Terry Hicks	55.02

4

May 2005		National M	asters News		page 35
M55 Stuart Hayward 55.11 M60 Peter Crombie 56.85	M60 Graham Philpott 8:14.48 M65 Alan Bradford 7:59.12	W40 Jayne Hardy 37.12 W45 Sharon Gibbins 29.40	W35 Carmel Papworth 32:39 W40 Glenda Banaghan 32:01	W60 Mary Scherr 47:00	SUE LACHANCE 1:29:41
M65 John Cooper 1:00.78 M70 David Carr 1:04.60	M70 Doug Worling 9:07.56 W30 Penny Paabo 10:08.18	W50 Christine Schultz 35.39	W50 Bronwen 35:12	Judy Klier 50:08 Carol Glasser 1:00:52	PEG SULLIVAN 1:36:07 W50 ELLIE TUCKER 1:28:58
M75 Norm Windred 1:11.03 M80 Max McKay 1:38.83	W35 Tressa Lindenberg 7:41.34 W40 Donna Monahan 9:40.92	W60 Mary Thomas 26.76	W55 Petrina Trowbridge 39:05 W60 Dorothy Siepmann 51:42	Dotty Fine 1:03:21 Diane Caledonia 1:14:43	EILEEN TROY 1:34:02 LINDA JENNINGS 1:34:35
M90 Andy Smith 3:54.01 W30 Alison Rothwell 1:01.33	W45 Trish Stallard 11:31.79	W65 Helen Searle 27.89 W70 Norma Murdoch 13.69	W75 Shirley Young 52:30	NYRR Brooklyn Half-Mara.	W55 PATTY FOLTZ 1:44:29 DOT HELLING 1:45:19
W35 Julie Brims 59.92 W40 Gianna Mogentale 59.73	W55 Irene Davey 10:25.05	W95 Ruth Frith 10.29 Hammer	LONG	Coney Island to Prospect Park, Brooklyn, NY; March 19	W60 BETSY GONNERMAN 1:49:21
W45 Leanne Smith 1:01:14	W60 Lynne Schickert 12:56.67 3000m Steeplechase	M30 David Allan 57.10 M35 Allan White 33.73	DISTANCE	Overall Ivan Marionda 29 1:10:37	CATHERINE FARRELL 1:50:31 LAURA BECKWITH 1:57:14
W55 Barbara Blurton 1:04.68 W50 Jeanette Flynn 1:02.21	M30 Brendal Whelan 10:52.61 M35 Steven Suthers 12:38.51	M40 Grand Edwards 48.55 M45 Sergei Zablotskii 49.63	RUNNING	Michelle Bleakley 37 1:20:58 M40 Jimmy Lynch 1:14:36	W65 BARBARA BELANGER 2:11:14 JANE GOODMAN 3:27:16
W60 Marge Allison 1:07.37 W70 A Zeitzen-Vanderburg 2:07.42	M40 Garry Wormsley 12:24.77 M45 Allan Long 11:06.69	M50 David Haggith 32.58 M55 Bob Banens 36.27	KUMMINU	M45 Alan Ruben 1:15:02	NYRR Randall's Island 5K
M30 Brendan Whelan 2:11.06	M50 Robert Lachlan 12:34.66 High Jump	M60 Graeme Rose 46.69 M65 Ken Priestley 39.08	EAST	M55 Joseph Porcaro 1:26:17	Randall's Island, NYC March 26
M35 David Hill 1:59.85 M40 Barry Moore 2:02.16	M30 Stephen Chapmas 1.55 M40 Terry Baldwin 1.63	M70 Cec Beesley 30.27 M75 Colin Murraylee 35.37		M60 Frank Wilson 1:38:12 M65 Jeng Ahn 1:42:22	Overall
M45 John Morton 2:07.22 M50 Terry Hicks 2:04.51	M45 R Hanbury-Brown 1.50 M50 Bill Ronald 1.60	M80 Stan Stankovic 23.24 M85 Ted Vickers 15.71	Pfizer Oncology Colon Cancer Men's Half-Marathon	M70 Alfred Finger 1:42:27 M80 Sab Koide 2:38:28	James Thie 26 15:07 Kate Irvin 26 17:49
M55 Stuart Hayward 2:11.08 M60 Richard Trembath 2:26.46	M55 Bob Banens 1.30 M60 Brian Prideaux 1.40	W30 Alison Rothwell 27.70 W35 Caroline Layt 31.79	& 4 Mile Central Park, NYC March 13	W40 Christina Bilsky 1:27:18 W45 JChodnicki-Stemm 1:26:41	M40 Matthew Cross 17:47 M45 Oliver Knowlton 16:44
M65 Alan Bradford 2:49.17 M70 David Carr 2:31.66	M65 Don Fraser 1.40 M70 John Sturzaker 1.17	W40 Jayne Hardy 41.20 W45 Sharon Gibbins 33.73	Half-Marathon Overall	W50 Marie Wickham 1:31:00 W55 Deborah Barchat 1:53:15	M50 Brian Kirkwood 16:47 M55 Julio Aguirre 19:30
M75 Rad Leovic 3:20.16 M80 Max McKay 3:58.00	M75 Rad Leovic 1.13 M80 Fred O'Connor 1.10	W50 Denise Palmer 36.38 W55 Judy Coram 31.69	Rob Zand 35 1:12:05 M40 Pieter Bezuidenhout 1:19:18	W60 M Greeley Walsh 1:42:05 W65 Nike Mizell 2:22:35	M60 John Samsel 19:22 M65 Jeng Ahn 22:51
M90 Andy Smith 8:59.78 W30 Alison Rothwell 2:21.42	W30 Lynette Smith 1.66 W35 Julie Brims 1.40	W60 Jan Banens 39.51 W70 Val Worrell 25.54	M45 Cesar Estevez 1:24:39 M50 Karl Wittmann 1:22:11	W70 Rosa Nales 2:27:45 W75 Bertha McGruder 2:36:53	M70 Carlo Digiorgio 25:09 M75 William Fortune 25:38
W35 Jenny Brichacek 2:17.18 W40 Karen Lakin 2:38.47	W40 Deann Mayfield 1.70 W45 Christine Bridle 1.30	W75 Norm Murdoch 19.10 W95 Ruth Frith 12.93	M55 Julio Aguirre 1:28.43 M60 Benny Kim 1:39:30	Equinox 20K / USATF NJ	M80 Sab Koide 30:18 W40 Zofia Wieciorkowska 18:11
W45 Jill Pryor 2:18.17 W50 Jeanette Flynn 2:18.07	W50 Robyn Wales 0.95 W55 Patsy Waters 1.30	Javelin	M65 Jeng Ahn 1:41.16 M70 David Kenney 1:51:34	Masters Championships Piscataway, NJ March 20	W45 Stacy Creamer 19:34 W50 Kathryn Martin 18:15
W55 Barbara Blurton 2:31.66	Pole Vault M30 Warren Evans 3.65	M35 Allan White 40.70	4 Mile Overall	Overall Tom Yakowenko 1:05:16	W55 Jytte Winslow 23:23 W60 Erika Freund 25:04
W60 Betty Menzies 2:47.73 W75 Lorna Thompson 4:25.41	M35 Howard Artuthnot 4.00	M45 John Kay 54.71	Alvaro Cruz 33 21:53 Catherine Stone 42 24:31	Heather Gracie-Petty 1:21:07 M40 Jeremy Stratton 1:11:58	W65 Edith Jones 28:05 W70 Rosa Nales 30:07
M30 Brandan Whelan 4:11.98	M45 William Tyler 3.20 M50 Bruce Arnold 3.65	M50 David Giles 44.58 M55 Bob Banens 48.19	M40 David Hardy 23:30 M45 Anthony Watson 24:47	Doug Fitzhenry 1:12:11 Peter Allen 1:13:03	W75 Toshiko D'Elia 28:52 W80 Grace Salant 52:16
M35 David Hill 4;13.44 M40 Barry Moore 4:15.74	M55 Nelson Viney 3.10 M60 Lynton Lewis 2.60	M60 Ray Green 38.78 M65 Don Fraser 38.91	M50 John Lombardi 25:55	Brian Crowley 1:14:18	Nationwide Insurance
M45 John Morton 4:27.15 M50 Terry Hicks 4:29.79	M65 Ken Briestley 2.80 M70 Ron Johnson 2.20	M70 Irkki Saarinen 38.97 M75 Colin Murraylee 33.60	M55 Dennis May 28:00 M60 John Samsel 25:33 M65 Michael Goldman 29:53	Rodrigo Caceres 1:14:53 M45 Oliver Knowlton 1:11:11	10K for ASPIRE Plainview, NY; April 2
M55 Kevin Solomon 4:47.01 M60 Alan Balbraith 4:46.68	M75 Frank Pieters 1.60 M80 Max McKay 1.00	M80 Fred O'Connor 28.72 M85 Ted Vickers 14.63	M70 Eric Seiff 33:11	John Kane 1:17:20 Ken Vercammen 1:19:42	Overall
M65 Alan Bradford 5:16.73 M70 Doug Worling 5:58.65	W30 Penny Paabo 1.10 W40 Phyllis Kwok 2.30	W30 Lynette Smith 38.74 W35 Helen Powell 25.97	M75 Bill Borowitz 46:25 M80 Sab Koide 41:12 W40 Catherine Stone 24:31	Bob Nelson 1:20:37 Charlie Slaughter 1:23:31 M50 Bill Bosmann 1:19:44	Brendan Dagan 23 34:49 Donna McMahon 35 37:52 M35 Brian Cloherty 36:56
M75 Rad Leovic 7:15.76 M80 Max McKay 8:39.20	W45 Michelle Schafer 1.90 W55 Wilma Perkins 2.50	W40 Jayne Hardy 36.85 W45 Michelle Schafer 29.41	W45 Stacy Creamer 25:19	Henry John-Alder 1:22:11	M40 Martin Knapp 36:43
W30 Penny Paabo 6:25.34 W35 Janny Brichacek 4:48.27	Long Jump M30 Stephen Chapman 5.98	W50 Christine Schultz 25.73 W55 Wilma Perkins 25.17	W50 Joan Baldassarri 30:34 W55 Roslyn Schloss 30:03	Bill Robertson 1:22:17 Thomas Fitzgerald 1:22:21	Timothy Deleo 38:55 Bob Mittleman 39:25 M45 Michael Robles 37:11
W40 Elizabeth Slattery 5:16.67 W50 Jeanette Flynn 4:58.80	M35 John Croft 5.63 M40 Steven Behin 6.06	W60 Mary Thomas 31.93 W65 Helen Searle 24.27	W60 Carol Johnston 30:39 W65 Edith Jones 35:56 W70 Jeanne Shifff 40:54	M55 Bruce Langenkamp 1:20:08	Mike Beard 40:35 Gary Klein 40:58
W55 Desiree Letherby 6:13.99 W60 Betty Menzies 5:52.04	M45 Robert Hanbury-Brown 5.14 M50 Robert Scholes 5.12	W70 Heather Doherty 24.70 W75 Norma Murdoch 13.85	W70 Jeanne Shifff 40:54 W75 Dolly Finkelstein 49:35	Douglas Brown 1:22:19 Jorge Rivera 1:22:23	M50 Ted Truet 38:43 Keith Sullivan 41:15
W75 Lorna Thompson 9:08.11 5000m	M60 Harry Giles 4.77 M65 Don Fraser 4.74	W95 Ruth Frith 7.70 Weight Throw	Boston's Run to Remember	Roger Price 1:24:23 Arturo Vallejo 1:27:59 M60 Bill Hagman 1:24:53	Kevin Kremler 42:07 M55 Bob Giambalvo 35:59
M30 Brendan Whelan 15:58.63 M35 Shawn Claydon 16:22.50	M70 Ron Johnson 3.70 M75 Rad Leovic 3.32	M30 David Allen 16.32 M35 Allan White 10.74	Half-Marathon & 5M Boston, MA; March 13	Antonio Cruz 1:28:58	Bryan Pearsall 42:34 Peter Martin 42:45
M40 Andrew Clowes 17:03.17 M45 Stephen Blake 16:04.78	M80 Fred O'Connor 3.47 W30 Alison Rothwell 4.78	M40 Grant Edwards 15.79 M45 Bob Wagner 15.76	Overall lan Nurse 27 1:11:21	Ron Ayre 1:30:14 Vincent Madison 1:32:14 Pat Cosgrove 1:33:28	M60 Doug Escher 44:21 Jorge Aguilera 46:54
M50 Ron Peters 17:71.71 M55 Kevin Solomon 17:34.79	W35 Julie Brims 5.00 W40 Gianna Mogentale 4.98	M50 David Haggith 12.26 M55 Bob Banens 14.56	Karen Smyers 43 1:24:12 M35 Rich Smith 1:13:33	M65 James Leitz 1:31:33 John Leonard 1:35:59	M65 Joe Cordero 44:46 Jose Mendez 46:19
M60 Alan Galbraith 17:24.12 M65 Colin McLeod 19:06.97 M70 David Simmonds 22:56.46	W45 Christine Bridle 4.17 W50 Noela Brameld 3.42	M60 Graeme Rost 17.87 M65 Ken Priestly 14.42 M70 Arvo Ropelin 13.44	M40 Bobby Bligh 1:16:28 Steve Branch 1:17:11	Matt Lalumia 1:37:44 Dick Hill 1:39:50	M70 Richard Murphy 48:32 David Kenney 49:03
M70 David Simmonds 22:56.46 M75 I Barrett-Lennard 23:20.25 W30 Jeni Greenland 21:41.25	W55 Patsy Walters 3.45 W60 Peggy Macliver 3.86 W65 Roberta Foster 1.83	M70 Arvo Ropelin 13.44 M75 Colin Murraylee 14.07 M80 Feliks Jekabsons 11.76	Bob Collins 1:18:02 Henry Scollard 1:18:09 Errol Yudelman 1:21:24	David Burke 1:48:31 M70 Raymond Reddick 3:18:06	M75 Guy Froehling 58:23 Bert Jablon 62:47
W35 Carmel Papworth 18:16.45 W40 Elizabeth Slattery 19:39.71	W70 Patricia Carr 3.16 Triple Jump	M85 Ted Vickers 7.87 W30 Tanya Krome 8.95	Errol Yudelman 1:21:24 M50 Ray Williams 1:23:51 Jim Kyle 1:30:10	M75 Bill Welsh 3:13:44 Bill O'Brien 3:21:18	M80+Sab Koide 81 66:26 George Dennis 86:56
W50 Bronwen Cardy 19:35.60 W55 Jo Cullen 23:09.70	M30 Stephen Chapman 11.11 M35 John Croft 11.17	W35 Gabriele Watts 12.49 W40 Jayne Hardy 13.28	Joe Mccarthy 1:30:14 Michael Hunt 1:31:05	W40 Heather G Petty 1:21:07 Amy Rappaport 1:31:51	W40 Karen Cotty 41:13 B Cronin-Stagnari 44:14
W60 Dorothy Siepmann 26:40.47 W75 Shirley Young 27:45.65	M40 Gregory Potts 11.80 M45 Michael O'Hara 11.75	W45 Sharon Gibbins 11.13 W50 Christine Schultz 12.72	Hassan Haydar 1:31:49 M60 Bill Devlin 1:34:15	Hedwig S Meleni 1:35:43 Paddy Smith 1:36:48	LIsa Gonzalez 45:23 W45 Linda Ottaviano 44:42
10,000m M30 Brendan Whelan 35:36.46	M50 Terry Hicks 10.96 M55 Vasyl Shuter 9.18	W55 Judy Coram 10.05 W60 Jan Banens 13.81	Jim Logan 1:39:55 Ted Ridout 1:44:40	Pamela Fales 1:38:31 W45 Beth Moras 1:26:15	Margarita Marascia 45:47 Kim Solomine 46:59
M35 Steven Suthers 43:22.23 M40 David Gwynne 38:17.66	M60 Michael Stevenson 9.22 M65 Don Fraser 10.11	W65 Helen Searle 15.01 W70 Heather Doherty 10.54	Ken Blumberg 1:48:36 Robert Banks 1:50:01	Mary Foley 1:39:04 Eva Fisher 1:40:51	W50 Kathryn Martin 38:01 Sharon Zuhoski 48:50
M45 Stephen Blake 34:02.80 M50 Ron Peters 33:29.29	M70 John Sturzaker 8.56 M75 Leo Coffey 8.26	W75 Norma Murdoch 8.32 W95 Ruth Frith 6.00	M70+ Henry Wolstat 2:16:35 W35 Heidi Ball 1:32:19	Rene Rovtar 1:47:09 Rohini Mitra 1:47:24	W55 Melissa Kennedy 42:34 Christine Brakel 55:26
M55 David Cundy 37:44.68 M60 Peter Sandery 36:50.54	M80 Fred O'Connor 7.62 W30 Alison Roghwell 9.80	5000m RW M35 Andrew Ludwig 24:09.69	W40 Karen Smyers 1:24:12 Deanna Medvidofsky 1:30:11	W50 Jane Parks 1:35:20 Jan F Krause 1:38:22	W60 Helma Clavin 54:45 Joan Ackerman 68:38
M65 Colin McLeod 40:25.16 M70 David Padget 48:18.07	W35 Julie Brims 10.52 W40 Gianna Mogentale 10.59	M40 Jody Nash 24:53.19 M45 Mark Donahoo 24:18.68	Melissa Van Doren 1:32:29 Lisa Gallagher 1:34:24	Vera Stek 1:47:20 Margaret McHale 1:54:21	W70 Alexandra Finger 68:29
W30 Jeni Greenland 48:07.62 W35 Tressa Lindenberg 40:53.69	W45 Christine Bridle 9.19 W50 Kathy Rourke 7.62	M55 George White 27:09.05 M60 Ian Richardson 27:22.90	Jenna Koines 1:36:21 W50 Sue Fowler-Finn 1:41:26	W55 Betty Shonts 1:55:32	NYRR Scotland Run 10K Central Park, NYC; April 3
W40 Glenda Banaghan 36:53.20 W50 Cardy Bronwen 41:00.82	W60 Lynne Schickert 5.99 W70 A Zeitzen-Vanderburg 4.18	M65 Murray Dickinson 28:53.52 M70 C Silcock-Delaney 33:02.88	Barbara Wilson 1:43:14 Ellen Richards 1:44:49	Susan Juronics 1:39:12 Cande Olsen 1:52:44	Overall Robert Russell 22 31:09
W55 Petrina Trowbridge 45:27.06 W60 Dorothy Siepmann 55:05.52	Shot Put M30 Brynley Abad 11.58	M75 Richard Lynch 33:03.85 M80 Dick Keatinge 35:44.41	Marcia Keough 1:45:39 Diane Levesque 1:48:17	Christine Ange 1:53:04 Beverly Attinson 1:54:37	Julia Stamps 26 35:31 M40 Felipe Vergara 35:39
W75 Shirley Young 59:06.37 Short Hurdles	M35 Allan White 11.27 M40 Stuart Gyngell 17.66	W35 Suzanne Brown 32:42.48 W40 Annette Major 28:02.28	W60 Patricia Litalien 1:56:47 Monique Robitaille 2:14:40	W60 Patricia O'Hanlon 1:53:51 C Sisti 2:45:07	M45 Jerry Macari 35:08 M50 Bill Fisher 38:45
M30 Warren Evans 16.44 M35 Shane Lawrence 20.81	M45 Bob Wagner 11.35 M50 Peter Evans 12.57	W45 Carmel Drennan 29:18.70 W50 Janet Holmes 28:53.80	Marj Radin 2:15:29 Linda Crosby 2:21:27	W65 Dorothy Little 2:02:12 Cindy Peterson 2:35:03	M55 Julio Aguirre 40:13 M60 John Samsel 40:15
M40 Terry Baldwin 16.38 M45 Kevin Davis 20.66	M55 Bob Banens 11.52 M60 Ray Green 13.32	W55 Valerie Millard 33:34.88 W60 Sally Lynch 31:02.03	Dorothy Campbell 2:21:51	Annette Johnson 2:36:06	M65 Jeng Ahn 45:50 M70 David Kenney 51:25 M75 Leo Schophaut 1:02:13
M50 Conrad Burge 16.42 M55 Christopher Portch 19.56	M65 Warwick Selvey 10.65 M70 Cec Beesley 12.34	W70 Christiane Dauphinet 35:52.34 W75 Lorna Thompson 36:19.38	Overall Douglas Momanyi 24 24:04	New Bedford Half-Marathon New Bedford, MA; March 20	M75 Leo Schonhaut 1:02:13 M80 Sab Koide 1:05:21 W40 Linda Webster 41:02
M60 Harry Giles 16.68 M65 Don Fraser 19.17	M80 Felix Jekabsons 9.23 M85 Ted Vickers 6.11	10,000m RW Road M70 C Silcock-Delaney 1:08:20	Tetyana Hladyr 29 27:31 M35 Robert Laplante 26:49	Overall Kassahun Kasibo 21 1:06:45	W45 Carrie Barratt 45:02
M70 Roy Cuncliffe 17.63 M75 Rad Leovic 22.63	M90 Andy Smith 3.10 W30 Penny Paabo 9.42	M75 Richard Lynch 1:08:22 M80 Dick Keatinge 1:12:27	M40 John Noland 27:29 Joseph Carroll 27:56	Alem. Misganaw 22 1:18:48 M35 KEVIN O'NEIL 1:08:46	W50 Sharon Vos 40:05 W55 Kathleen Horton 50:26 W60 Sharon Garfunkel 54:00
M80 Fred O'Connor 18.64 W30 Hiromi Tanikawa 18.00	W35 Caroline Layt 11.18 W40 Jayne Hardy 11.18	W40 Annette Major 57:46 W45 Carmel Drennan 1:02:43	Bruce Perry 31:25 Bryan Van Dorpe 32:48	M40 OGONZALES-BARRETO 1:08:31 MICHAEL PAYSON 1:10:13	W65 Edith Jones 57:59
W35 Julie Brims 16.48 W40 Susan Chapman 15.83	W45 Michelle Schafer 10.86 W50 Christine Schultz 12.06	W50 Janet Holmes 1:01:55 W55 Valerie Millard 1:09:10	Daniel Evans 34:07 M50 Richard Puckerin 34:38	DAN VERRINGTON 1:12:02 M45 CRAIG FRAM 1:09:34	W75 Joan Rowland 1:14:37
W45 Joanne Russell 13.24 W55 Hazel McDonnell 17.58	W55 Wilma Perkins 9.88 W60 Mary Thomas 10.50	W60 Sally Lynch 1:06:59 W65 Margaret Beaumont 1:22:08	John Schepis 39:51 David Ritchie 40:32	PAUL HAMMOND 1:12:27 CHRIS SPINNEY 1:12:42	A SAMPLE I
W60 Marge Allison 14.85 W70 A Zeltzen-Vanderburg 22.17	W65 Helen Searle 11.41 W70 Heather Doherty 8.62	W70 Christiane Dauphinet 1:13:31 W75 Lorna Thompson 1:14:53	Charles Mckinnon 41:35 Tom Rosfjord 42:19	M50 JOHN BARBOUR 1:16:25 BOB RUEL 1:19:56	Cherry Blossom 10M Washington DC; April 3
M35 Mick Konemann 1:06.89	W75 Norma Murdoch 6.39 W95 Ruth Frith 4.87	20,000 RW Road M35 Andrew Ludwig 1:48:44	M60 David Pember 35:32 Billy Mcleod 36:53	ROBERT CHASEN 1:20:17 M55 LAURENCE OLSEN 1:18:49	Overall
M40 Terry Baldwin 1:02.11 M45 Kevin Davis 1:12.65	M30 Warren Evans 43.07	M40 Jody Nash 1:57:44 M45 Mark Donahoo 1:47:06	Richard Paulsen 43:06 Joe Weinberger 44:53	GORDON MACFARLAND 1:20:51 JERRY LEARNED 1:24:18	John K Korir 29 46:55 Nuta Olaru 34 52:01
M50 Philip White 1:03.46 M55 Christopher Portch 1:18.04	M35 Allan White 34.76 M40 Stuart Gyngell 49.73	M55 George White 1:51:17 M60 Ian Richardson 2:04:27	Murray Campbell 48:34 M70+ Don Murray 43:17	M60 ARTHUR ROBERTS 1:29:22 MILTON SCHUMACHER 1:30:48 JOE NOONAN 1:35:30	M40 Dai Roberts 54:13 Mark Hoon 56:09
M60 Richard Trembath 47.71 M65 Don Fraser 55.20	M45 Voitek Klimiuk 33.66 M50 Terrence Gibbs 30.34	M65 Murray Dickinson 2:10:56 8K XC	James Noland 47:31 W35 Kara Haas 29:20	M65 HARRY CARTER 1:33:01	Rodney Timpson 56:34 Rob Pierce 57:07
M70 Roy Cuncliffe 1:00.52 M75 Rad Leovic 1:10.71	M55 Bob Banens 35.67 M60 Ray Gren 48.80	M30 Brendan Whelan 35:17 M35 Shawn Claydon 29:15	W40 Marielle Yost 34:12 Maryellen Borge 35:44	BRIAN PEACOCK 1:40:48 BILL MASTERSON 1:43:14 M70 DONALD DAYTON 1:45:46	Stephen Koch 57:31 M45 Jim Hage 55:27
M80 Fred O'Connor 1:10.84 W30 Alison Rothwell 1:07.90	M65 Warwick Selvey 48.76 M70 John Sturzaker 35.66	M40 Andrew Clowes 30:16 M45 Stephen Blake 28:38 M50 Box Beters 28:55	Susan Kenney 36:31 Anne Ohrenberger 40:18	JOE FERNANDEZ 1:47:49	Mark Malander 56:08 David O'keeffe 57:12
W35 Julie Brims 1:06.51 W45 Joanne Russell 1:08.59	M75 Colin Murraylee 34.14 M80 Fred O'Connor 25.52	M50 Ron Peters 28:55 M55 David Cundy 32:02	W50 Sidney Letendre 33:17*	W35 JOANN MATHEWS 1:22:39 W40 SIMONETTA PIERGENTILI 1:20:41	George Buckheit 57:23 Keith Mcintyre 59:20
W50 Susan Guthrie 57.57 W55 Hazel McDonnell 1:00.82	M85 Ted Vickers 15.13 M90 Andy Smith 7.97	M60 Peter Sandery 32:07 M70 David Padget 41:23 M75 I Barrett-Lennard 40:47	Jeanne Vieira 36:57 Kathleen Graveline 45:55 Joanne Mccormick 46:40	MARTHA MERZ 1:22:51 CATHY PEARCE 1:26:58	M50 Bill Raabe 1:00:40 Stevenk Giorgis 1:01:05
W60 Marge Allison 54.87 2000m Steeplechase	W30 Lynette Smith 35.55 W35 Gabriele Watts 36.26	W30 Jeni Greenland 40:47 44:02	Joanne Mccormick 46:40 Paula Lapierre 48:11	W45 MIAE JACOBS 1:27:13	David Webster 1:01:22 Charlie Fay 1:01:50

Maryin Pace	Mau	100 J Mann
Mock Spraker 100.58 Mock	50:01 Sillie Sil	ra M Hendry 46:20 e Sloss 46:21 hy Hill 48:14 la F Sarpy 48:36 en S Long 45:45 hy A Carey 47:49 la C Bischoff 50:21 la W Murray 52:25 lan Loftin 48:43 law M Murray 52:25 lan Loftin 48:43 lan Lichtenstein 56:22 lerdy Boege 6 Wall a Holub 53:47 n Forman 58:21 la M Gabbett 1:00:47 liss A Logsdon 10:48 e A Jaksen 1:00:48 land W nowens 1:00:04 fole J Wright 1:04:47 lool C Cross 1:11:37 en Corley 1:01:36
Paul Warren	Skney 53:22 46:26 48:32 51:38 56:37 56:48 59:27 101 102:54 102:54 1126:15 127:45 39:38 40:03 41:29 42:25 42:49 42:50 42:56 42:56 43:18 44:03 44:03 44:03 44:03 44:03 44:04 14:14 16el 44:44 45:32 45:57 46:22 46:56 47:35 Kark Kark Kark W75 Mari Nann Nann Nann Nann Nann Nann Nann Nan	ny Hill 48:14 48:36 da F Sarpy 48:36 da C Bischoff 50:21 da C Bischoff 50:21 da W Murray 52:25 da W Murray 52:25 da M Gabbett 55:47 n Forman 58:21 da M Gabbett 1:00:47 n Forman 100:48 da Alaksen 1:00:48 da Alaksen 1:00:48 da W Mill 100:48 da W Mill 100:48 da W M Marris 1:00:48 do I C Cross 1:11:37 en Corley 1:01:36
No.	kkney 53:22 46:26 48:32 51:38 56:37 56:48 59:27 101 105:03 10 1:20:54 1:26:15 1:27:45 39:38 40:03 41:29 42:50 42:55 42:49 42:50 42:55 42:56 43:18 44:03 44:03 44:03 44:04 10el 44:44 45:32 45:57 46:22 46:56 47:35	Já F Sarpy 48:36 en S Long 45:45 ty A Carey 47:49 aa C Bischoff 50:21 bara B Leet 51:43 da W Murray 52:25 ian Loftin 55:04 ser J Mann 55:04 ser I Lichtenstein 56:22 ser W J Mann 55:04 ser G Wall 57:46 a Holub 53:47 a Holub 1:00:47 is A Logsdon 1:00:48 e A Jaksen 1:00:47 role J Wright 1:04:40 wn Owens 1:00:48 se Mitchell 1:04:47 role J Wright 1:04:51 rha L Harris 1:00:08 role J C Cross 1:11:37 en Corley 1:01:36 Fossum 1:01:36
Mocord Content 104-22	46:26 48:32 51:38 56:37 56:48 59:27 101 1:04:02 101 1:05:03 101 1:20:54 1:26:15 1:27:45 39:38 40:03 41:29 42:25 42:49 42:50 42:56 42:56 42:56 42:56 43:18 44:03 44:03 100:04 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:05 100:	y A Carey 47:49 ta Carey 50:21 ta C Bischoff 50:24 ta C Bischoff 5
Jim Noone	51:38 Barb 56:37 56:48 59:27 M55 Marin 10:40:20 M55:31 M55	ia C Bischoff bara B Leet 51:43 da W Murray 52:25 dan Lottin scry J Mann en R Lichtenstein Ferdy Boege 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20 16:20
Mary	56:48 59:27 59:48 59:27 Main 1:04:02 Main 1:05:03 Main 1:20:54 1:26:15 1:27:45 39:38 40:03 40:29 40:25 42:49 42:50 42:55 42:49 42:56 43:18 44:03 44:03 44:03 44:03 44:04 Main Main Main Main Main Main Main Main	Ja W Murray ian Loftin 48:43 ian Loftin 55:04 en R Lichtenstein 55:04 en R Lichtenstein 56:02 erdy Boege le G Wall 57:46 a Holub 53:47 in Forman 58:21 da M Gabbett 1:00:48 e A Jaksen 1:00:48 e A Jaksen 1:00:48 e Mitchell 1:04:47 iole J Wright 1:04:51 tha L Harris 1:10:46 iol C Cross 1:11:37 en Corley 1:01:36
Art Morey 1:19:19 T/O Jerry Lewis 1:19:00 Tom Ray 1:19:36 Bill Ricke 1:10:36 Bill Birder 1:10:36 Bill Ricke 1:10:36 Bill Ricke 1:10:36 Bill Ricke 1:10:36 Bill Birder 1:10:36 Bill Ricke 1:10:36 Bi	104:02 W55 Mari Nanu Nanu Nanu Nanu Nanu Nanu Nanu Nanu	rian Loftin 48.43 croy J Mann 55:04 en R Lichtenstein 56:22 erdy Boege 56:49 e G Wall 57:46 a Holub 53:47 n Forman 58:21 da M Gabbett 100:48 e A Jaksen 100:48 own Owens 100:08 se Mitchell 104:47 ole J Wright 104:51 tha L Harris 11:04 ol C Cross 11:137 en Corley 10:136
Monca Gnilo 10427 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045 1045	Mathematics	en R Lichtenstein 56:22 Fedry Boege 56:49 le G Wall 57:46 a Holub 53:47 forman 58:21 da M Gabbett 1:00:47 flis A Logsdon 1:00:48 e A Jaksen 1:04:40 wn Owens 1:00:08 se Mitchell 1:04:57 fole J Wright 1:04:51 flat L Harris 1:10:04 fol C Cross 1:11:37 en Corley 1:01:36 Fossum 1:01:36
Bill Ricke 12101 M60+ William Campbell 208-16 Joe Connolly 21-21 Size Controlly 21-2	120:54 126:15 127:45 39:38 40:03 41:29 42:25 42:49 42:55 42:56 42:56 42:56 43:18 44:03 44:03 44:03 44:03 44:04 More Mana Mana Mana Mana Mana Mana Mana Man	ne G Wall 57:46 a Holub 53:47 n Forman 58:21 da M Gabbett 1:00:47 is A Logsdon 1:00:48 or No Wens 1:00:48 is Mitchell 1:04:47 iole J Wright 1:04:51 final L Harris 1:10.40 iol C Cross 1:11:37 en Corley 1:01:36
Paul Crum	1:27:45 39:38 40:03 40:03 41:29 42:25 42:49 42:55 42:56 42:56 43:18 44:03 44:03 44:03 44:03 44:04 Mari Mari Mari Mari Mari Mari Mari Mari	a Holub 53.47 in Forman 58.21 da M Gabbett 1.00.48 e e A Jaksen 1.00.48 e e A Jaksen 1.00.48 se Mitchell 1.04.47 ol C Cross 1.11.37 en Corley 5.05.49 in Fossum 1.01.36
W40 Salica Buila S4-57 W40 Calleen De Reuck 49-51 W50 Calleen De Reuck 49-51 W5	40:03 Lind Phyl Julie W65 Daw Luis- Carc 42:55 Carc 42:56 Mart 44:03 44:03 Pat 14:44 M75 Pat 14:44 M7:32 45:57 46:22 46:56 M7:35 M8:18 M8:18 M7:35 M8:18 M8:18 M8:18 M7:35 M8:18 M8:	da M Gabbett 1:00:47 ilis A Logsdon 1:00:48 e A Jaksen 1:04:40 wn Owens 1:00:08 se Mitchell 1:04:47 role J Wright 1:04:51 rtha L Harris 1:10:04 rol C Cross 1:11:37 en Corley 1:01:36 Fossum 1:01:36
Water Paddon 1:03:12 Firaya Zhdanova 51:50 Rob Hinkle Relly Dworak New York, NY; April 10 Normal New York, NY; April 10 No	41:29	// Alogsdon 1:00:48 e A Jaksen 1:04:40 wn Owens 1:00:08 se Mitchell 1:04:47 old C Cross 1:11:37 en Corley 1:01:05 Fossum 1:01:36
Christy Phillips 57:59 Monica Grillo 104:27 Monica Grillo 104:27 Monica Grillo 104:42 Laura First 104:44 Leslie Minnix-Wolfe 104:56 Mark Jacobs 103:44 Maria Spinnier 39:03 Liew Willingham 108:56 Mark Malander 26:36 Mark Malander 26:42 David Modonald 29:34 Catherine Wides 43:58 Mark Malander 26:42 David Modonald 29:34 Catherine Wides 43:58 Mark Malander 26:42 David Modonald 29:34 Catherine Wides 43:58 Mark Malander 26:42 David Modonald 29:34 Catherine Wides 43:58 Mark Malander 26:42 David Modonald 29:34 Catherine Wides 43:58 Mark Malander 26:42 David Modonald 29:34 Catherine Wides 43:58 Mark Malander 26:42 David Modonald 29:34 Catherine Wides 43:58 Mark Malander 26:42 David Modonald 29:34 Catherine Wides 43:58 Mark Malander 26:42 David Modonald 29:34 Catherine Wides 43:58 Mark Malander 26:42 David Modonald 29:34 Catherine Wides 43:58 Mark Friedrich 37:36 Mark Friedrich 37:24 Mark Friedrich	42:49 W65 Daw Luis- 42:55 42:56 Mari Carc A4:03 44:03 Pat I A4:04 A4:04 A4:04 A4:04 A5:32 A5:57 A6:22 A6:56 A7:35 Mari Luis- 42:57 Carc Mari Carc Mari Carc Mari Mari Mari Mari Mari Mari Mari Mari	wn Owens 1:00:08 se Mitchell 1:04:47 1:04:51 1:04:51 1:00:04 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1:00:05 1
Laura Freix Lesile Minnix-Wolfe in 1:04:44 Lesile Minnix-Wolfe in 1:04:54 Sharon Marks Jacobs 1:03:44 Sharon Marks Jacobs 1:03:44 Sharon Marks Jacobs 1:03:44 Sharon Marks Jacobs 1:03:45 Janice Ware 1:10:19 Deborah Flynn 1:10:37 Shelley Ralston 1:10:97 Shelley Ralston 1:10:97 Shelley Ralston 1:10:97 Betty Blank 1:12:43 Lineli Smith 1:14:15 Sardra Adams 1:11:10 Alice Franks 1:14:24 Joan Lavin 1:18:26 Mary Farris 1:10:08 Mary Farris 1:10:08 Mary Earnis 1:10:08 Mary Farris 1:10:08 Mary Farris 1:10:08 Mary Farris 1:10:08 Marcia Puryear 1:27:07 Karolynn Coleman 1:28:53 Mess Imme Dyson 1:25:11 Caria Myers 1:12:10 Donna Vandervelde 1:12:41 Caria Posh Holliday 1:10:54 NWS Imme Dyson 1:25:11 Caria Parsi 1:26:52 Tami Graf 1:35:15 NYRR More Marathon New York, NY; April 10 New York,	42:50 Luiss 42:55 Card 42:56 43:18 44:03 42:57 Gay Dorit 44:14 hel 44:44 45:32 45:57 46:22 46:56 47:35	role J Wright 1:04:51 rtha L Harris 1:10:04 rol C Cross 1:11:37 en Corley 1:01:07 Fossum 1:01:36
W45 Miae Jacobs 103.44 Sharon Marks 108.56 Janice Ware 110.19 Langton Marks 108.56 Janice Ware 110.19 Deborah Flynton 110.37 Langton Marks Langt	42:56 Mart 44:03 W70 Hele 44:33 W70 Hele 42:57 Gay beck 44:01 Dorn 14:14 M75 Billie 45:32 A5:57 46:22 46:56 47:35 Mart	rtha L Harris 1:10:04 rol C Cross 1:11:37 en Corley 1:01:07 Fossum 1:01:36
David Mcdonald 29:34 Sewin Lounsbury 29:51 Stephen Chantry	44:03 44:33 42:57 beck 42:57 44:14 nel 44:44 45:32 45:57 46:22 46:56 47:35	en Corley 1:01:07 Fossum 1:01:36
Deborah Flynn 1:10:37	44:33 Pat 42:57 Gay Arich Park 44:01 Hold Park 44:04 Arich Park 45:32 Arich Park 46:22 Arich Park 46:26 Arich Park 47:35 Aric	Fossum 1:01:36
W50 Naom' Stanford 1:12:27 Betty Blank 1:12:43 Linell Smith 1:14:15 Denise Skinner 1:03:47 Caroline Geiken 1:08:52 Susan Briers 1:08:52 Susan Briers 1:08:52 Susan Briers 1:00:85 Sandra Adams 1:11:10 Alice Franks 1:14:24 Joan Lavin 1:18:26 Mary Farris 1:10:08 Mary Farris Mary Farris 1:10:08 Mary Farris 1:10:	Deck 44:01 Dorit 14:14 Hell 44:14 W75 Faye 45:32 A5:57 H6:22 46:56 47:35 MR	
Elify Blank 1:12:43 Linel Smith 1:14:15 Caroline Geiken 1:08:52 Susan Briers 1:08:42 Susan Briers 1:0	44:14 Hold Hold Hold Hold Hold Hold Hold Hold	N Ambrosi 1:12:49 is L Steed 1:28:20
W55 Sandra Adams 1:11:10 Susan Briers 1:08:59 Alk Rruge 31:12 Joan Lavin 1:18:26 Fran McLean 1:09:26 Mary Farris 1:10:08 Bill Hart 30:39 David Forrest 39:30 Larry Milner 39:53 Carol House Carol Hous	45:32 45:57 46:22 46:56 47:35	e S Madero 1:29:25
Mary Farris 1:10:08 Lisa Cimbala 1:11:13 Lisa Cimbala Lisa Cimbala 1:11:13 Lisa Cimbala 1:11:13 Lisa Cimbala Lisa Cimbala 1:11:13 Lisa Cimbala Lisa Cimbala 1:11:13 Lisa Cimbala 1:11:13 Lisa Cimbala Lisa Cimbala 1:11:13 Lisa Cimbala Lisa Cimbala Lisa Cimbala Lisa Cimbala	46:22 46:56 47:35	elia S Gassen 1:33:53
Marcia Puryear 127:07 Marcia Puryear 127:07 Karolynn Coleman 1:28:53 W55 Imme Dyson 1:28:11 W50 Carplyn Smith-Hanna 1:07:03 M60 Dan Murray 30:06	46:56 47:35	by S Noonan 1:49:52
Marting Marting Marting Marting Marting Marting Marken Marting Marken Marting Marken Marting Marken Marken Marting Marken	1am 47:35	TI STUDON A
Variety of the part 1.25.15 Carrie Parsi 1.26.52 Tami Graf 1.35.15 Stephanie Griffith 1.08.20 Dick Ashley 46.49 Dick Ashley 46.49 Don Perkins 47.56 Jean Number 4.235 Norman E Hankins 4.245 Monica Lukas 3.13.59 Monica Lukas 3.19.04 Monica Lukas Monica Lukas Monica Lukas Monica Lukas Monica Lu		MIDWEST
Tamii Graf 1:35:15	44:12 LaCall	le Bank, Shamrock
Jacqueline O'neil 2:03:21 Sharon Lucie 1:11:19 Rebecca Darnell 1:12:19 M65 Shirley Simmers 2:42:06 M80 Hedy Marque 1:57:38 W55 Susie White 1:09:19 M65 M	47:01 Shuffl	fle 8K, Chicago, IL
W80 Hedy Marque 1:57:38 W55 Susie White 1:09:19 Adrian Eisler 1:13:56 John Millard 44:20 M70 Gordon E Peoples 50:50 Jim A. Wilson 59:59 Ken Walls 1:00:47 M70 Tom Ray 38:23 Joseph Labruno 42:44 M70 M		April 3
NYRR More Marathon New York, NY; April 10 Overall Susan Loken 2:45:35 Susan Loken 2:45:35 Corinna Cortes Cor	50:07 Brian Sell 2	
New York, NY; April 10 Cyerall Susan Loken 41 2:45:35 W60 Susan Loken 41 2:45:35 Corinna Cortes Corinna Bilsky 3:12:21 Christina Bilsky 3:12:21 Monica Lukas 3:13:59 Mary Supan Monica Lukas 3:13:59 Mary Supan Monica Lukas 3:19:04 Mary Supan Monica Lukas	46:50 M35 Chai	arlie Kern 24:33
Overall Susan Loken 41 2:45:35 Susan Loken 2:45:35 Corinna Cortes Corinna Cortes Christina Bilsky 3:12:21 Monica Lukas Doretha Levine 3:19:04 Judie Kean 1:18:45 Joseph Labruno 42:44 Joseph Labruno 42:44 Sissan Loken 2:45:35 Ginny Christie 1:23:21 Ginny Christie 1:23:21 Ginny Christie 1:28:05 Doretha Levine 3:19:04 M75 William Boulter 51:50 Joseph Labruno 42:44 Sissan Loken 2:45:35 Joseph Labruno 42:45:35 Joseph Labruno 42:45:35 Joseph Labruno 42:45:35 Joseph Labruno 42:45:35 Joseph Labruno 42:45:3	49:27 M40 Mike	e Egle 25:34 d Bunn 25:42
W40 Susan Loken 2:45:35 Corinna Cortes 3:07:44 Christina Bilisky 3:12:21 Christina Bilisky 3:12:35 Monica Lukas Size Doretha Levine 3:19:04 Stephanie Van Rees 1:26:36 M75 Bill Briggs Paul Madden 1:00:15 W40 Sheija Wakeman 39:24 Elizabeth Walsi	50:16 Todd	d Moxley 26:27
Christina Bilsky 3:12:21 Ginny Christie 1:28:05 John Hamilton 50:54 Franklin Mason 1:37:46 Sharon Giese Monica Lukas 3:13:59 Kay Chandler 1:28:05 M75 Bill Briggs 44:15 Leroy Miller 2:29:55 Constance Lac Doretha Levine 3:19:04 Stephanie Van Rees 1:28:03 Paul Madden 1:00:15 W40 Sheija Wakeman 39:24 Elizabeth Wals	52:01 John	n Gervase 27:52 ve Bussard 28:06
Monica Lukas 3:13:59 Kay Chandler 1:26:36 M75 Bill Briggs 44:15 Leroy Miller 2:29:55 Constance Lac Doretha Levine 3:19:04 Stephanie Van Rees 1:28:03 Paul Madden 1:00:15 W40 Sheila Wakeman 39:24 Elizabeth Walst	49:54 J. Re	Reyes 28:13
		ig Gunby 28:51 in Mitchell 28:52
W45 Janet Robertz 2:48:59 W65 Yvonne Leonard 1:29:32 James Smith 1:03:38 Laura Vroon 40:37 Mary Kate Berg	lund 58:13 Allen	n Moody 28:58
Emmy Stocker 3:24:06 Sharon Blount 1:33:04 Larry Mcgovern 1:03:47 Mary Dore 40:52 Web Pauline Ely	1:10:14 M45 Barn	e Mackel 29:08 ry Brandt 29:16
Lief Sannen 3:51:17 Patt McEvers 2:02:32 W35 Breeda Dennehy 26:33 Darla Bennett 45:21 Ann Sizemore	1:27:57 Davi	nd Engelke 29:04 an Webster 30:15
W50 Lorna Squyer 3:52:39 Dot Mitchell 2:10:25 W40 Maria Spinnler 29:55 Kathy Abernethy 45:44 Sarah Harris Louise Perkowski 4:05:00 W70 Helen Ramos 1:41:16 Maureen Hall 31:24 W50 Sarah J. Ball 45:22 Margaret Rober	ts 1:29:32 Geof	offrey Brodhead 29:26
Marilyn Preece 4:08:00 Joan Potter 1:56:47 Leslie Fedon 32:50 Catherine Lempesis 45:37 W70 Pat Ewell	1:02:10 Bill G	Gilmore 29:28 h Holzmueller 29:42
Daisy Pearce 4:17-52 Diane Stewart 2:14:44 Kendall Tata 33:49 W55 Lyn Hammond 49:45 Ruth Whay	1:28:42 Benja	jamin Medina 29:43
Sherrel Harmon 4:25:27 Betty Kelly 3:12:29 W45 Janice Addison 30:52 Kathy Seavers 49:47 Mary Jo Microbe W60 Ruth Fairbrother 4:17:05 W75 Toshiko D'Elia 1:27:35 Valerie Plyler 33:14 Betty Ryberg 51:12 Ruth Dulaney	1:33:13 Tim (Conheady 29:55
Bronwen Job 4:24:04 Diane Aimone 2:11:25 Carole Rosasco 34:02 W60 Sissy Logan 53:48 W75 Rita Klanchar	1:24:42 Mark	k Mcneill 29:56 n Cortes 28:48
W65 Roberta Elliott 4:45:17 W80+Nancy Grokett 2:41:30 Michelle Kuhlman 38:35 Kay Chandler 58:31 Lois Creamer	1:38:18 Gary	y Moss 29:14
Billie Moten 5:53:04 Elaine Doll-Dunn 5:53:17 Shamrock Sportsfest Mara- W50 Tatyana Pozdnyak 26:41 Gay Borum 38:05 Elaine Doll-Dunn 5:53:17 Shamrock Sportsfest Mara- Gay Borum 38:05 Faye Davis 1:06:08 Katrina Crist Faye Davis 1:06:08		y Townsend 29:41 tt Renken 29:46
W70 Dorothy Wall 6:24:08 thon & 8K, Virginia Beach, Martha Morrissey 38:42 Carole McCrary 1:08:34 Anne White	1:52:01 Hal (Carlson 29:54 on Alvarez 30:20
W75 Bertha McGruder 5:49:34 VA; March 19 Jean Bone 42:10 W70 Mary Purvis 55:37 Irene Newton Joan Gustafson 43:52 Jane W Gregorie 1:15:56 Sophie Wilson	1:54:55 Jame	nes Lillyman 30:53
Matt Bozung 27 2:31:37 W55 Barbara Mathewson 33:52 Camille Daniel 1:16:17 Tush Metcalf		y Adams 32:06 Jagmin 28:28
Cote Binas Bus M35 Howard Nignert 2:38:34 Laura Cantrell 41:31 Ola Moody 1:43:18	Mitch	thell Garner 29:49 off Wilson 30:17
Jacksonville, FL; March 12 M40 Dai Roberts 2:32:34 Patty Obrien-Dorne 42:21 W80+Eleanor Jerdan 1:32:55 Azalea Trail Note: Wes Kessenich 2:51:37 Roberta Theis 43:05 Mary Canty 1:40:24 Mobile, AL; A	pril 9 Jim I	Raymond 32:26
Overall W60 Joan Coven 38:50 Overall Evan Shav 25 43:52 Craig Olson 2:52:42 W60 Joan Coven 38:50 Overall	Doug	iglas Brown 32:28 frew Suozzo 32:30
Jen Rhines 30 49:21 Denjamin Leitzel 2:33:14 April Hubbard 44:13 Richmond VA April 9 Sally Barsosio 25	20.37 Alan	n Kraszewski 32:45
M35 Paul Deaton 51:51 M45 Kris Warszawski 2:39:34 Merrilynn Kessler 46:10 Overall M35 John Kibowen	28:38 Men Bob	n Juraska 34:03 Walsh 32:17
Brian Pope 48.55 Greg Sellers 2.53.26 W65 Donna Mehler 47:39 Talvana Petrova 32:46 Dennis Simona	tis 31:26 Edw	vard Packel 33:57
Lance Denning 50:08 James Bates 2:56:34 Judy Kirchoner 53:10 M35 Daniel List 35:41 Brian Popel		hard Pleet 34:30 Oshea 34:36
Paul Marmaro 50.46 M50 Lionel Scatilife S 3:12:33 Berta Presby 58:32 M40 Tillibrity 34:38 Christopher M C	Geackel 36:09 Wins	ston Rasmussen 35:50 Ebers 36:18
Sean McCormack 51:58 IOM Murphy 3:20:5/ W70 Mary McCauley 55:44 Steve Menzies 34:45 Murat Mazicipolu 35:25 Jon W Van Articolus 55:44 Murat Mazicipolu 35:25 Jon W Van Articolus 55:44	36:18 M65 Ted	Kohn 36:49
Paul Holyko 54:18 Joon Lee 3:25:15 Georgie Ward 1:24:52 Gerrit Labuschagne 35:33 Roy R Duncan	Da 1	n Quinton 36:57 Van 37:17
Bart Rainey 54:59 Bart Rainey 54:59 Bart Rainey 54:59 Bart Rainey 36:13 Brain McMahon 1:29:35 Heer negers 36:11 Brain McMahon 1:29:35 Henry Loving 36:13 Brain McMahon	38:33 Fran	nk Nicholson 40:20
Greg Cauller 51:32 Raymond Willard 3:19:11 W75 Firshelth Leonard 1:23:10 Daniel Edwards 37:09 M50 Derrick A Lee	39:23 Bow	ven Tucker 41:11
Luke Burke 55:10 Thomas Round 3:34:34 Atlanta Women's 5K, Candler Wes Kessenich 37:24 Paul J Bergman	40:40 M/0 led	Burns 44:03 Barr 48:21
Tim Unger 55:17 Kenneth Greenwell 3:36:02 Atlanta Witheri Str, California M45 James Bates 35:28 Et Whole Care M60 Lewis Jones 3:28:18 Park, Atlanta, GA; March 26 Matt Robins 36:14 Will Tullis	41:11 Geor	orge Suter 51:31
Colin Ansine 56.07 Greg Prugh Sr. 3:31:14 Overall Russell Bowles 36:54 M55 Terry D Fremdli	ng 38:48 Jerre	rel Ralph 57:04 I Hays 50:19
Frank Sutman 57:08 Dennis Dobbins 3:36:08 W40 Patty Foell 18:41 Jay Fournier 38:44 Jerry L Armstroi	ng 40:47 Thor	mas Joslin 58:52
Bill Dunn 57:19 Dan Miller 3:45:06 Jill Spiegel 19:36 Karl Cover 39:04 Peter C Hunt McC Pull Phillips 59:15 Wayne Manord Machine 19:15 Wayne 19	42:29 Joe I	k Bolling 59:27 Karasek 1:03:26
James Rasch 57:21 Benito Vazquez 3:50:26 Mary Sweeney 20:17 Michael Logan 39:38 M60 David C Jeffrey	39:04 HODE	pert Taylor 1:01:52 pert Mckeague 40:22
Larry Sassa 59:32 Joseph Polinski 4:27:59 W45 Lesley Swann 18:48 David Sayre 40:15 Gary F Gray	42:31 Artur	ro Guzman 53:42
William Pine 59:58 John Hoover 5:01:37 Lynn Pinyerd 20:17 M50 Stephen Chantry 35:09 Don Wright Robert Collogs 1:00:28 M70 Jerry Lewis 4:19:34 Laura Brewer 20:57 Rick Platt 37:05 Jerry H Robinson	42:38 W35 Tania	iam Campbell 58:52 ia Jones 28:17
Non-Indian 19929 Daniel Taylor 4:19:44 Sally Brooking 21:09 David Cordle 39:43 M65 Neil W Hall	44:34 W40 Jenn	ny Spangler 28:09 Menninger 29:47
John Johnston 1:01:36 Brad Chapman 5:19:49 W50 Paula May 21:29 Morrie Piersol 41:48 Leon E Mattics	49:22 Krist	ty Howland 32:08
Albert Wieringa 59:00 Lee Hoffman 5:56:51 Kay Harrison 22:38 Dennis Poole 41:50 Daniel Seliga	50:12 Mich 50:59 Hiel	hele Keane 34:24 Van 34:21
Jeff Hlinka 1:00:06 Fred Simmons 6:28:02 Trenice Mullis-DuBow 24:59 Dick Class 42:49 M70 Ferrell W McDo	ugald 44:03 Kath	nleen Rowe 34:24
Terry Presnell 1.01:31 W35 Anne Spillane 3.06:25 Caudia Colton 25:08 M55 George Neil 39:07 Preston N Mast	50:14 Lynd 51:06 Laur	da Orr 34:41 rie Rose 34:42
Jerry Ongley 1:03:02 Missy Foy 3:01:55 Kathie Walker 25:15 Richard Pyle 40:40 Phil C Bohan	52:18 Dian	ne Faretta 35:34
Bruce Holmes 1:03:00 Meilssa Edeburn 3:19:09 Carolyn Sullivan 25:21 Dan Scott 41:43 Jerry L Parker M60 David Ohnsman 59:30 Cinda Hart 3:21:44 Dale Holmes 25:29 Danny Simms 43:49 M80 Arthur E Gasse	Jr 1:07:56 W45 Chris	istine Lipa 31:56
Void 1:00:03 Mars Void 27:47 Mike Piper 43:58 Murray W Collu	m 1:09:31 Eilee	en Skisak 36:16
John Boyle 1:05-44 Carol Farrell 3:29:26 Carole Limonciello 27:58 Jack Beilhart 45:08 Walter B Dobbs	1:14:56 Rebe	On Buinis 97-46
Edward Packel 1.05.48 Hosni Haghighian 3.30.26 Julia Emmons 28.04 M60 Ben Dyer 42:40 Lansing E Steet	1:15:02 Kare	ecca Williams 37:27
M65 Matt Ross 1:10:49 Rannveig Fredheim 3:39:38 Holly York 29:31 Cliff Pleasants 45:41 W40 Kelly L Wild	Clien	ecca Williams 37:27 en Miller 37:54
Roy Clarke 1:13:00 WSU Patricia Gilley 3:35:24 WSS Ann Akers 25:27 Knut Nilsson 47:13 Paula Piazza	on 41:06 Eliza 38:09 Victo	ecca Williams 37:27 en Miller 37:54 abeth Hoffman 38:12 oria Gonzalez 37:59
Pai Adams 1:16:13 Michelle Lybarger 3:55:07 Mary All I Marier 3-1.54 Thomas Petersik 47:22 Lon A Goldwebl	on 41:06 Eliza 38:09 Victo 42:36 Joan 42:57 Kielo	ecca Williams 37:27 en Miller 37:54 abeth Hoffman 38:12

May 2005

W50 Melissa Savage
Kristine Guderyon-Go
Jan Tedrowe
Kaori Maeshima
Rhonda Brandes
Linda Teren
W55 Nancy Rollins
Susan Croll
Isola Metz
Linda Whittaker
Sandra Kirmeyer
Susan Goldman
W60 Joanne Kaeding
Judy Teeple
Stacia Taylor
Barbara Kennedy
Paulette Young
W65 Doris Schertz
Nancy Billish
Janet Weller
Maxine Howard
Cathie Mccormick
W70 Lois Gilmore
Barbara Alexander
Barbara Alexander
Barbara Kummerer
Mary Durham
W80+Kathleen Mcdonough
Lela Wilson

Papa John's 10 Louisville, KY; Ap

Louisville, KY; Ap
Overall
Abdi Abdibrahim 28
Bonita Paul 35
M35 DAVID BUYSSE
M40 JIM SCHNEIDER
TIM DOWNS
JEFFREYA MIRES
ERIC NICHOLSON
STEPHEN WOOD
M45 BILL OLRICH
SKIP RAFFERTY
DAVID SEXTON
MICHAEL SIMONS
CHARLES FRANCKE
BARY BOSS
LARRY STRANGE
DAVID HAUENSTEIN
JIM GROBMYER
MARK SEIFRID
M55 JOSSEF SZILAGYI

MARK SEIFRID

MARK SEIFRID

SOZSEF SZILAGYI
GARY COBBS
DAVID BROOKS
PHIL ROBERTSON
CHARLES ZIMMERMAN
MEO
BIL DELPH
DANNY PLACE
BOBBY MILLER
GLENN LEACH
MICHAEL PARKS
DAVE ZWICK
CHARLIE CASSIS
LARRY MILLER
CHARLEY DENNEY
LARRY HAMMERSLEY
M70
RAY PARRELLA
FRANKIE ROBINSON
CLAY BAKER
CHARLIE THORNBERR
WILLIAM THORNBERR
UNDER BARS
TERESA MESSINA
JAN GRUEBBEL
MARY LOU ZEH
MERRY GREEN
WEO
SANDY WIGGINS
ROSEMARY LUBBERR
WAS GENEVA JONES
PAT SCHARTUNG
MAUREEN TARPEY
KATHLEEN HALL
RUTTH SPINE
WTO
JANE BEAVIN
MIG TEMPLE
ANN BARNES

Glass City Marat Toledo, OH; Apri

Toledo, OH; Apri
Overall
OSKAR MARTIN 30
CONNIE GARDNER 44
M35
STEVE BAUGH
M40
MIKE MOLLOD
SCOTT SAVAGE
TOM POSSERT
CHRIS HALE
KURT SCHNEIDER
RICHARD PUNCHES
M50
ED DEIWERT
DON FITZGERALD
DAVID LUCKHARDT
M55
HAYDEN SMITH
FREDERICK DAVIS
JAMIE HARRIS
M60
D FOLDENAUER
DONALD DHEEL

DONALD DHEEL RICHARD JAMES RODNEY JOHNSON

M65

May 20	005			National M	asters News	THE RESERVE AND ADDRESS OF THE PARTY OF THE	page 37
	issa Savage	33:56	HONG COOK 5:06:56	DONNA BOTKIN 1:49:49	W40 Helen Grant 40:30	Lynda Meuth 48:37	GERALDINE WEBER 52:53
	tine Guderyon-Goet Tedrowe	z 34:14 35:25	M75 HENRY CUMMINGS 5:30:07 W35 PAULA RICKERD 3:32:40	W55 KATHY MATTHEWS 1:46:35 LOLLE BOETTCHER 1:53:37	Marla Burum 40:58	Janet Scholl 48:56	BRENDA BOYD 1:03:39
Kaor	ri Maeshima	35:52	W40 CONNIE GARDNER 3:14:05	MARCIA PRUETT 2:00:55	Heide Mairs 41:36 Liz Schwandt 41:51	Josie Bowman 49:34 Catherine Clark 52:47	ROBIN BROWN 1:05:51 CINDY JOHNSON 1:31:04
	nda Brandes da Teren	36:21 36:33	NANCY SCHUBRING 3:19:09 LISA VENEZIANO 3:20:16	W60 NORMA SCHECHTER 2:01:21 BARBARA PUMM 2:25:21	Bonnie Jo Barron 41:54 W45 Suzy Seeley 44:16	W60 Sandra Baran 49:40	W65 KATHY MOFFITT 1:02:55
	ncy Rollins an Croll	34:38	W45 KIM HECKSEL 3:49:53	MARY ABKEMEIER 2:33:17	Cyndie Keene 44:47	Larae Ramirezg 55:39 Gayla Chambers 55:28	W75 PAT HILL 1:08:28
Isola	a Metz	35:29 40:55	ROSELYN ZATOR 3:51:03 ROBIN STEBBINS 4:01:17	W65 SHARON MCPHERRON 2:21:05 DOROTHY MULDOON 3:19:47	Cindy McWilliams 48:03 Rhonda Emerson 48:14	Bev Wills 55:30 Nancy Zimmerman 56:56	SK Overall
	da Whittaker dra Kirmeyer	42:03 40:38	W50 WILLA HEKMAN 4:30:57 IRIS LANCASTER 4:44:23	JAN PHILLIPS 3:57:50	Karen Hawkins 48:20	W65 Margie Perry 1:58:32	KEVIN CONNOLLY 24 16:51
Susa	an Goldman	41:23	COLEEN SHAW 4:55:14	Spirit of St. Louis Marathon	W50 Billie-Kay Melanson 44:44 Cindy Sosa 49:06	W70 Voda Lee Adorno 1:05:37 Mickie Aguilar 1:06:21	RACHEL INGRAM 19 19:36 M35 TIMONTHY FISCHER 17:26
	nne Kaeding y Teeple	41:38	W55 DONNA OLSON 4:02:54 RUTH RIPLEY 4:26:21	& Half-Marathon, St. Louis,	Julie Rutledge 49:09 Gloria Mahoney 53:49	Shirley Gilliland 1:17:27	M40 MARK BUSICK 19:18
Stac	cia Taylor	43:18	LOIS BERKOWITZ 5:04:12	Overall MO April 10	Serai Abraham 54:01	Mary Milam 1:20:43	M45 DAVID TROWBRIDGE 19:34 M50 STEVE CALONKEY 21:13
Paul	bara Kennedy lette Young	47:46 50:05	W60 SHARON KERSON 6:32:01 W65 LOUISE MIKLOVIC 4:37:16	Aaron Hoover 23 2:33:45 Stephanie Hill 21 3:04:22	W55 Alice Keelin 50:43 Sabra Harvey 51:22	W75 Fran Milligan 1:22:46 Lillie Doss 1:32:45	M55 STEVE WEBB 25:03 M60 FRED GROSS 25:31
	is Schertz icy Billish	43:14 54:07	MID-AMERICA	M35 Erik Bush 2:33:52	Angela Oltean 52:18	Carmella Allard 1:54:20	M65 JIM CHRISTENSEN 24:49
Jane	et Weiler	57:42	MID-AMERICA	M40 Dan Elbert 3:03:31 Robert Fuerst 3:05:10	Celeste Habiger 54:23 Diane Bell 58:47	Annie Rogers 1:49:01 Vivian Gardner 1:38:14	M70 JERRY BROWNRIGG 29:23 M75 NEIL HILL 38:17
	tine Howard hie Mccormick	53:43 59:00	St. Pat's 4M	Abdel Bouaichi 3:14:26	W60 Ann Ferguson 49:27 Sally Sims 58:17	W80 Wanda Hall 1:40:13 Mira Hill 1:50:57	*M80 LOWELL GREEN 33:40 W35 LINDA LIPE 23:57
	Gilmore	46:56	Kansas City, KS; March 12 Overall	M45 Dan Johnson 3:05:42 Douglas Bolda 3:15:25	Leona Devine 1:04:12	Marilyn Hampson 2:00:20	W40 JANICE WRIGHT 26:06
	bara Kummerer	1:01:27 59:30	DIMITRY DROSDOV 31 19:45 MELISSA TODD 30 24:18	Martin Avidan 3:20:48 M50 Richard Mangold 3:00:45	Mary E Ramirez 1:07:59 Rosa Herst 1:12:59	Marie Edwards 2:38:42 Betty Hixson 2:38:42	W45 FREDA WILLIAMS 23:52 W50 MARIE BRESHEARS 25:01
	y Durham 1 leen Mcdonough 1	1:10:02	M35 KEN MORAN 25:17	William Bates 3:04:49	W65 Kay Duplichan 58:36	The state of the s	W55 BRENDA NELSON 28:50
		1:29:38	M40 MATT WEGENKA 20:27 TIM FRANCIS 22:34	Mark Plucinski 3:06:06 M55 Daryl Simon 3:41:18	Judy Loy 58:51 Mary Cullen 1:15:38	Redbud Classic Half- Marathon, 10K, & 5K,	W60 PATRICIA LEE 31:16 W65 MARDY GRUBB 41:00
Par	pa John's 10M		JOE THOMAS 23:18	Joseph Neubauer 3:46:07	Jo Ann Luco 1:18:15 Pamela Willmon 1:39:39	Oklahoma City, OK April 9-10	W70 DELORIS GREEN 35:14
Louis	sville, KY; April	9	ROD WILLIAMS 24:29 LARRY HENZE 24:39	M60 Ron Duff 3:43:28	W70 Sadie Greenman 1:39:40	Overall BRADY SCHMIEDEBERG 1:11:15	WEST
Overall Abdi Abdibr	rahim 28	47:27	M45 TONY ESTES 23:13 CHRIS GLATT 23:52	Dennis Holleran 4:08:14 Lambert Belina 4:36:45	Age-graded winners: (race did not include them in results)	SHELLY STROHMAN 1:29:31	LA Marathon 5K
Bonita Paul	1 35	57:59	MARK KEYS 25:22	M65 Milton Blood 4:28:07	M40+ Keith Dowland , 50 34:06	M35 SEAN MARCHAL 1:35:32 M40 KIRK APT 1:29:55	Los Angeles, CA; March 6
M40 JIM S	ID BUYSSE SCHNEIDER	58:54 58:57	THOMAS FITZPATRICK 25:49 RICHARD MCNALLY 25:52	Marv Rexius 4:32:18 Pat Britt 4:35:13	Francisco Perez, 40 33:34 Miguel Lopez, 53 37:19	DON GREINER 1:32:13 DAVID PRICE 1:32:46	Overall Juan Valencia 25 16:07
	DOWNS FREY A MIRES	1:00:20	M50 ANDY KOZIATECK 21:32	M70+ Lou Joline 4:29:38 Roger Hauge 5:49:51	W40+ Christie Lammers, 48 39:29 Suzanne Day, 48 40:49	M45 JIM MCMAHAN 1:36:01	Ceci St Geme 42 17:45
ERIC	NICHOLSON	1:00:50	GAYLE VANDURME 25:39 BOB DUFFEY 25:50	Ed Wolfgram 6:03:31	Barbara Stoll, 43 40:26	MARTIN DEAN 1:36:33 JIM BARTLETT 1:37:47	M35 Daniel Rosales 17:02 M40 Efren Garcia 18:33
	PHEN WOOD OLRICH	1:01:25	MIKE LACY 27:14 MARK NEWMAN 27:49	W35 Kris Kellerstrass 3:37:50 W40 Debbie Kerbes-Rehr 3:23:35	Crescent City Classic 10K	M50 STEVE SMALLEY 1:41:54 MIKE WENDTE 1:42:35	Armando Hernandez 18:50
SKIP	PRAFFERTY ID SEXTON	1:02:34	M55 TIM WIGGER 25:53	Susie Rieser 3:27:29	New Orleans, LA; March 26	DOUG.CUNNINGHAM 1:44:37	M45 Javier Naranjo 18:07
MICH	HAEL SIMONS	1:02:42	DONALD RISKER 26:15 JEFF BEHRENS 27:08	Anita Klopfenstein 3:29:26 W45 Cindylee Torres 3:31:46	Overall Sammy Kipketer 23 27:47	M55 STEPHEN RULEWICZ 1:36:40 BILL LOWDER 1:53:48	Dario Boror 18:40 Leon Laub 18:41
	RLES FRANCKE RY ROSS	1:06:10 57:56	LARRY RINK 27:24	Debra Robinson 3:45:41 Lisa Smith 3:58:16	Isabella Ochichi 25 30:27 M40+ Daniel Martinez 43 30:58	LARRY QUALLIS 1:55:18	M50 Bob Morris 18:46
LARR	RY STRANGE	1:03:57	JOE PERRY 29:04 M60 RICK HOGAN 25:41	W50 Jodi Sogaard 3:55:03	Brian Pope 42 32:04	M60 JIM TABOR 1:46:36 JIMMIE GRAY 1:49:55	Nabor Gomez 19:24 James Everett 20:38
	ID HAUENSTEIN GROBMYER	1:07:42	GARY COOPER 27:19 GARTH SMITH 29:16	Angie Orellano 4:01:59 Renee Steele 4:02:43	Ron Parks 43 34:53 Joey Warner 42 34:53	MIKE MEDRANO 1:50:12 M70 TOM BRIGGS 2:03:30	M55 Gary Tuttle 18:01
MARI	IK SEIFRID	1:08:44	GEORGE ESTABROOK 34:04	W55 Karen Cummins 4:08:20	Wayne Chenet 41 36:01	A J HICKMAN 2:47:29	Don Irvine 19:55 Bill Sumner 19:58
	SEF SZILAGYI IY COBBS	1:07:11	ZACK HANGAUER 34:23 M65 JACK MALARKEY 30:18	Barbara Wnek 4:39:13 Chau Smith 4:51:35	W40+ Tatyana Pozdnyakova 50 34:42 Valentina Egorova 40 35:43	M80 JACK RECTOR 2:33:05 W35 DEMETRIA CASTILLE 1:40:05	M60 Ruben Huerta 23:21 Don Culton 24:50
	ID BROOKS ROBERTSON	1:07:57	JOE BESSENBACHER 31:00	W60 Pat Mcdonnell 4:36:21 Judith Koob 5:06:45	Kelly Wild 40 39:01 Margo Braud 46 39:17	W40 KEITH FRATES 1:34:33	David Tunick 28:20
CHAI	RLES ZIMMERMAN	1:12:09	LEE STEVENSON 36:17 DAVID BIERSMITH 38:14	Bonnie Cassell-Barron 5:29:10	Jennie Fields 49 42:30	KELLY HAYES 1:46:38 KELLEY DURR 1:47:52	M65 Jim Lyons 23:37 Andrew Bailey 25:55
	DELPH NY PLACE	1:07:43	BUD FRYE 40:08 M70 KEN MCFARLAND 39:27	W65 Delores Horn 5:10:29 Barbara Mcleod 5:26:51	For more results, go to http://ccff.org/	W45 KATHY BARKOCY 1:45:54 MARY RHYMER 1:50:28	Joseph Ellis 27:56
BOBE	BY MILLER	1:14:49	JOHN O'DONNELL 40:41	Dede Muldoon 6:41:52	as 11.63 a	LAURIE GOODNER 2:00:37	M70 Robert Lyons 24:31 Jim Hite 27:53
	NN LEACH HAEL PARKS	1:14:50 1:15:20	JACK BARLOW 1:07:10 JOE EGLE 1:11:17	Half-Marathon Overall	Statesman Capital 10,000m Austin, TX; April 3	W50 ROSE PRESS 1:45:28 DEBORAH WATSON 2:04:56	Norm Meyers 30:15 M75+Milo Sather 77 30:03
	E ZWICK RLIE CASSIS	1:14:17	M75 AL PURSELL 55:00	Chris Juarez 34 1:11:50 Eileen Petito 35 1:27:47	Overall	MINDY PARSONS 2:12:37 W55 CAROLE CALL 1:46:29	Jesus Hurtado 76 32:05
LARR	RY MILLER	1:18:09	W35 LAURA HUTCH-CRAWL 32:19	M35 Robert Davidson 1:23:15	Bernard Manirakiza 25 30:06 Cassandra Henkiel 34 35:27	DEIDRE DAWNHAM 1:49:40	Leonard Walts 76 32:38 W35 Kelly Varesio 24:38
		1:19:40	W40 JENNIFER MCCORD 30:07 KATHRYN KERSTING 32:10	M40 Andrew Knudsen 1:21:59 M45 Chris Tremblay 1:22:26	M35 Greg McMillan 32:33 M40 Michael Powell 35:25	W60 DONNA EICHNER 2:01:16	W40 C St Geme 17:45 Jannette Astorga 22:23
	PARRELLA NKIE ROBINSON	1:06:33	MARK GONNELLA 32:39	M50 Dan L. Hearty 1:35:18 M55 Klaus Ehrhardt 1:38:52	Richard Mendez 35:37	BETTY BELL 2:43:36	Sirpa Kirjonen 23:04
CLAY	Y BAKER	1:29:14	LINDA STASKA 34:42 ANDREA CAHILL 34:57	M60 Bill Switzer 1:47:37	Jim Cleary 36:00 Marlin Binkley 37:03	10K	W45 Ruth Vomund 19:48 Shirley Cox 20:27
	RLIE THORNBERRY	1:29:45	W45 VICKIE TUCKER 28:06 SHERYL CRAWFORD 31:10	M65 Jim Tainter 1:47:37 W35 Cathy Aleman 1:34:48	Ken Hall 36:48 M45 Mac Allen 35:17	Overall SAM DECH 25 33:14	Sandra Mattson 27:07 W50 Edna Silva 27:51
W35 BONI	ITA PAUL	57:59	VIVIAN TUCKER 33:03	W40 Suzanne Modesitt 1:34:50	Steve Greenspan 36:41	KATHERINE DALEY 27 42:10	Cyndi Goldberg 28:56
	NN JESSIE REA GORCE	1:08:36	JULIE SERIVEN 35:01 PATTY TANQUARY 35:49	W45 Lisa Mills 1:32:14 W50 Greta Adler 1:37:49	Don Hall 36:45 Russell Martin 37:58	M35 JORGE RANGEL 36:28 M40 TOM LAM 36:43	Christine Hurd 30:15 W55 Yoko Eichel 22:33
	OL MILES STIE LOMOND	1:09:54	W50 KAYE MCCORMICK 30:35	W55 Mary Blackwood 1:34:33 W60 Gail Meyers 1:37:27	Charlie Hennessey 38:14 M50 Jesse Sturgeon 36:40	DAVID WRAY 39:25 CHRIS NOTHNAGLE 40:09	Susan Kline 22:45 Jeannie Cheung 26:41
LYNN	N RIEDLING	1:10:42	PAT COOK 34:20 PAT CLANCY 34:22	W65 Dian Sharos Walker 2:08:30	Rafael Martinez 38:52	REDMOND BARRY 41:05	W60 Margaret Graham 36:14
	NE CASSADY ABETH TAYLOR	1:19:29	EMILIA FERNANDEZ 36:30 PAM BURGARD 38:17	W70+Cedric Hustace 1:35:45 W70+Bobbie Thrutchley 2:07:06	Lou Kohagen 39:43 Dan Wood 39:45	CHUCK THOMAS 41:48 M45 CHRIS LIPSCOMB 36:04	Jan Duffy 38:55 Vicki Ziegler 41:26
PATR	RICIA HATCHER	1:22:16	W55 ANITA OLSHANSKI 32:01	7	Al Guevara 39:56	FORREST SIMPSON 37:59	W65 Teruko Takamura 37:22
	AN SCHNEIDER	1:22:31	SUSAN ROBINETTE 32:48 EILEEN HOOPES 39:01	SOUTHWEST	M55 Ridge Williams 38:56 Bradley Price 39:53	DANNY PONDER 38:32 MARK BRAVO 39:36	Melba Reyes 39:18 June Kizu 40:51
	FORCE RE REID	1:18:23	LINDA WEAVER 45:09	Bayou City Classic 10K	Kevin Jones 40:42 Jimmy McIntire 42:17	WESLEY BERLIN 41:50 M50 MIKE HAEGER 40:43	W70 Ruth Cole 38:37 Muriel Berger 47:04
MARI	IBETH GATTERDAM	1:19:58	W60 CAROLYN KESSLER 36:19	Houston, TX; March 12	David Cromer 42:31	CURT MILLER 43:12	Angelica Reyna 52:04
	VOGELSBERG ET GREEN	1:22:04	PAT HOCKETT 40:40 MARTHA MAHER 52:57	Sean Wade 39 31:47	M60 Jim Brooks 44:15 Gene Stewart 45:08	KEN HIEKE 45:05 D. CHONGO MUNDENDE 45:32	W75+Vida Slawson 76 41:19 Toshiko Uchida 76 50:11
W55 JACK	KIE BAAS	1:24:42	ALICE HARPER 58:03	Desiree Skinner 30 36:40 M35 Rudy Rocha 33:02	Dick Wilkowski 45:31	BOB REMONDINO 46:33	Marie Horowitz 79 56:46
JAN (GRUEBBEL	1:31:57	GLENNA BOWMAN 1:04:01 W70 TRUDY NEPSTAD 57:59	M40 Tuan Nguyen 36:50 Jorge Alvardo 36:58	Herb Gaul 45:52 John Salazar 47:29	M55 RAYMOND KNOWLES 48:27 DON FRISSELL 48:56	Paul Spangler Memorial 8K
	Y LOU ZEH	1:33:52	W80 MARY OTTE 1:00:02	Kelly Garban 37:48	M65 Roy Dwyer 49:02 Joe Bruns 53:10	JON HULSEY 50:02 BILL MULLINS 50:13	Stanford U., CA; March 13
W60 SALL	LY MOYER	1:31:41		Matthew Nicol 38:14 Mike Crowley 38:33	Bobby Lindsey 53:14	RUBERT DOTSON 52:01	Overall Dennis Kurtis 51 29:00
DIXIE	YLANE WHITTY E WARD	1:40:22	St. Louis Half-Marathon St. Louis, MO; April 3	M45 Kurt Pepper 37:19	David Adams 58:31 Jesus Zamarron 55:36	M60 RON KUYKENDALL 43:55 CHUCK BUTLER 47:36	Shirley Matson 64 34:24 M50 D Kurtis 29:00
	DY WIGGINS EMARY LUBBERS	1:59:44	Overall	Larry Tidwell 37:22 Bill Crich 38:39	M70 Lloyd Joyce 53:02	EARL JACKSON 48:09 FRANKLIN WILLIS 52:15	Chris Berka 30:23
W65 GENE	EVA JONES	2:23:35	ALAN HEINCKER 23 1:08:42 STEPHANIE DUERINGER 29 1:21:13	Scott Morrison 39:05 Mark Conran 39:06	Gene Woodruff 56:55	NEIL LUCHT 58:15	Larry Hyde 31:24 M55 Michael Dove 30:40
	SCHARTUNG IREEN TARPEY	2:36:57 2:39:53	M35 STEPHEN K BRADY 1:30:25	M50 Osbaldo Castillo 38:17	Frank McKinnis 1:02:48 Bob Burgess 1:05:03	M65 JIM MCFADDEN 46:56 DICK DREVO 52:46	David Mineau 31:12 M60 Bill Ben giveno 33:52
KATH	HLEEN HALL	2:42:07	M40 DAN ROONEY 1:15:23 JEFF NEUSCHWANDER 1:19:36	Jay Hendrickson 38:19 John Lauten 38:56	M75 Luciano Garcia 1:01:03	ROBERT BISH 56:09 DAVID HOOPER 1:03:50	M65 Rod Mackinlay 34:40
	H SPINE E BEAVIN	2:41:31 2:13:25	MARK VOLKMANN 1:22:13 M45 LES MYERS 1:22:32	Jamal Jamalyarja 39:13 Gary D Johnson 39:22	Jack Caldwell 1:02:05 Omer Allard 1:06:40	BILL DEUPREE 1:07:14	M70 Glynn Wood 41:36 M75 Frank Spada 47:58
	TEMPLE BARNES	2:30:43	JAY S EPSTEIN 1:25:58	M55 Ben Harvie 40:23	Joe Barger 1:11:51	M70 DON HART 54:17 DEAN WINDSOR 1:00:28	M80 Larry Johnson 48:11
			EDGAR BREDA 1:29:04 M50 BOBBY WILLIAMS 1:20:51	Ty Schmalz 40:36 John Hood 41:04	M80 Jim Southard 1:14:26	DON SMITH 1:06:36	M85 Harold Thurston 82:00 W50 Isobel Fox 36:09
	s City Maratho		BERNIE VIOLAND 1:23:46	Dario Varela 41:17	Elmer Hixson 1:33:26 M85 Andy Wheatley 1:20:37	W35 KARRIE BEARDSLEY 50:42 W40 MARTHA ROYALL 45:51	Marge Winkler 39:56
Overall			TERRY W WIESE 1:27:48 M55 BOB KUNTZ 1:40:29	M60 Ignacio Ybarra, Jr 42:50	E. Niemeyer 1:58:04	KIM ERDOES 48:41	Rhonda Mirabeau 42:40 W55 Bernadette Riley 44:36
OSKAR MAR		2:31:33	JIM STROUP 1:44:37 TERRY ELDRIDGE 1:45:04	Jim Brooks 43:16	John Calvarese 2:51:33 M90 Sidney Smith 2:41:37	KELLY HAYES 49:09 MARY MIKKELSON 49:19	W60 S Matson 34:24 W65 Sylvia Hughes 46:35
M35 STE	VE BAUGH	2:41:34	M60 DICK JAWORSKI 1:51:51	Bill Buffum 44:25 Gary Wood 44:42	W35 Chris Kimbrough 37:54	MARY LIPPERT 50:11	W70 Joyce Hanna 48:13
	E MOLLOD OTT SAVAGE	2:49:16 2:59:30	JOHN MAC DONALD 1:55:37 BILL ABKEMEIER 2:01:55	Dick Esselborn 46:28 M65 Rich Siemens 43:09	W40 Colleen Forshee 39:56 Ute Jamrozy 40:01	JANE PACE 45:58	W75 Joy Johnson 53:43
TOM	A POSSERT	3:05:21	M65+ GLEN ROTH 1:51:24	Dennis Matheson 45:26	Julie Luft 40:47	MARY RHYMER 50:31 MARCIA WALKER 52:52	Valley of the Sun Mar. & Half-
KUR	RIS HAILE RT SCHNEIDER	2:49:30 2:57:07	GEORGE POWELL 1:52:48 ARNOLD MUELLER 2:05:05	Jim Braden 47:46 Richard Ferguson 49:26	Mary Pape 44:19	MARGIE SELBY 53:13	Mar., Phoenix, AZ; March 13 Overall
RICH		3:05:05 2:55:50	W35 JESSICA L POLLOCK 1:34:18	Chris Buchanan 49:58	W45 Cindy Samok 42:05 Becky Shirley 42:29	W50 MARI MOHR 42:56 REED MCNEELY 45:26	Javier Espejel 33 2:49:00
DON	N FITZGERALD	3:12:19	W40 HELEN ALEX-KRATZ 1:36:22 REBECCA D-BRADLEY 1:37:36	M70 Robert Ellis 50:19 Orville Kremmer 53:01	Linda Litzinger 45:14	BARBARA BUTNER 54:26	Lisa Javernick 31 3:06:16 M35 Tom Delegarde 3:00:19
	VID LUCKHARDT	3:12:25	KARIE CASEY 1:38:32 W45 REBECCA PETERS 1:39:54	Lorant Garban 53:27 Anthony Castagna 1:05:43	Pam Soto 45:21 Elizabeth Bender 45:54	DIANE NAFF 54:38 LINDA ANTHONY 56:55	M40 Forrest Pearson 2:50:17 Michael Kichty 2:59:59
FRE	EDERICK DAVIS	3:34:15	CAROL WRIGHT 1:42:38	Bob Wager 1:06:50	W50 Candy Linnell 48:11	W55 TRUDY CALLOWAY 47:56 MARY RUTH CORLEY 1:00:36	Perry Edinger 3:05:01
M60 DFC	OLDENAUER	3:36:17 3:52:44	PAM BLANKE 1:42:57 W50 GAIL B FORD 1:40:07	M75+ Dan Allensworth 58:34 Tony Lopez 58:38	Kathryn Chase 50:32	KAREN CAROTHERS 1:01:41	Charles Roose 3:06:07 Ramiro Loredo 3:06:55
DON		3:54:28 4:01:38	JAMIE WOOD 1:46:25	Bob Shannon 1:27:48	Priscilla McMillen 50:16 Patti Sears 51:17	SHERRY DNIGHT 1:03:44 SUSAN ERVIN 1:05:16	Edwin Heller 3:11:51
	DNEY JOHNSON	4:33:13	KAY C MC VEY 1:47:35	W35 Sheila Carmody 39:23	W55 Marcella Paull 46:58	W60 SHERYL DREVO 48:49	M45 Jon Embling 2:58:59

page 38		National M	asters News	The second secon	
Dan Kasper 2:59:29	M65 Arnold Orgolini 2:02.58	Kim McDonald 17:36	Mary Jane Brown 39:15	Steven Chavez 47 34:45 Shawn Gallagher 44 35:17	M40 Joe Dudman 34:09 David Hatfield 36:53
Kevin Prochaska 3:06:09 Steven Fusco 3:09:53	M70+David Jolliff 72 2:32:44	Bob Morris 17:51 Hugo Velazquez 18:29	W80 Po Adams 38:18 Gerry Davidson 38:35	M50 Bob Anders 57 39:37	Time Hyde 37:18 M45 Richard Punches 35:13
Rich Makin 3:19:15	W40 Dana Kizlaitis 98:21	Tyrone Farley 18:37	Mary Lou Lynch 39:20	Bobby McKee 55 39:41 David Ripp 53 39:51	M45 Richard Punches 35:13 Ken Mark 36:42
M50 Bob Wright 3:08:14 Barry Wallman 3:15:50	W45 Donna Watts 1:52:49 W50 Peggy Enriquez 1:54:37	Joe Falcon 18:38 Robert Boyce 18:42	Ruth Rapp 41:50 W85 Marjorie E Easton 53:10	Ralph Velasquez 40:08	Gary Sussman 36:45 M50 Rick Ohlson 41:00
Bruce Guter 3:23:49	W55 DeeDee Grafius 1:49:26	M55 Jim Gorman 17:33	The second secon	M60 Bill Bengiveno 60 42:20 Jim Grodnik 65 45:06	John Timoney 44:56
Gary Grierson 3:24:53 David Stewart 3:50:40	W60 Judy Stevens 2:26:54 W70+Yukie Mochida75 2:37:17	Dave Dooley 17:35 Dwight Cornwell 17:48	Santa Anita Derby Day 5K Santa Anita, CA; April 9	Ben Lipschuetz 65 46:00	Harry Davis 45:09 M55 Stephen Krohn 47:53
M55 Larry Lichnovsky 3:11:33	10K	Gary Tuttle 17:59	Open Race	Jim Weber 62 46:12 M70+James Cochran70 49:13	Ken Tweedt 49:57
Michael Wakabayashi 3:43:28 Al Nicholson 3:54:10	Overall Sergio Reyes 23 31:33	William Sumner 18:31 David F Dunbar 18:42	Overall Danny Martinez 43 15:30	J Wong 70 63:35	Ron Mortvedt 51:43 M60 William Foster 53:43
Richard White 4:05:38	Erin Nehus 24 36:49	John Combs 18:44 John Montgomery 18:58	A Aguilar-Guillen 25 17:07	J Ed Axline 72 64:36 Frank Rodriguez 81 75:20	David West 53:54
Ernest Stolen 4:23:14 M60 Michael Chicka 3:14:09	M35 Greg Menegat 34:58 M40 Dan Goldstein 36:21	Don Waggett 19:16	M40 Danny Martinez 15:30	W40 Walterg Paulsen 43 39:26	Rc Peterson 1:02:33 M65 Vaughn Martin 57:23
Russ Johnson 4:26:53 Arne Gunnarsson 4:34:35	M45 John Araujo 37:24 M50 Steven Neale 45:59	Bob Anderson 19:21 M60 Herb Phillips 18:11	Don Christie 19:43	Julie Rohloff 42 39;43 Jun Valdez 43 45:38	Douglas Adams 1:00:09
James P Hartman 4:56:11	M55 Richard Kertzner 50:40	James S Boughter 18:20	Donald Skiver 19:52 M45 Tom Bruegge 21:51	W50 Denise Warmsley50 52:15	Jim Endler 1:04:47 M70+ Dave Harrison 53:55
Dennis Sluga 4:57:57 M65 Bob Meyer 4:18:29	M60 John Bolles 52:18 M65 William Wierda 58:22	Larry C Ingram 18:23 Benjamin Caro 18:28	Tim House 22:23	Rika Ream 51 52:21 Kat Powell 54 54:04	Errol Crary 1:00:36
Jim Grindley 4:24:08	W35 Lori Catone 49:05	Daniel Murra 18:45 Robin Taliaferro 19:08	M50 Ros Paules 20:18	W60 Maria Rizzo 60 49:51	W35 Christine Staub 43:57 W40 Michelle Olson 41:48
Raymond Prizgintas 4:46:44 Jerry Kaphing 5:57:38	W40 Rosalva Bonilla 39:59 W45 Sharon Feinberg 50:39	Juan Cabeza 19:13	Greg Gussman 22:37 Raymond Albert Jr 24:41	DawnWaterhouse62 59:34 Cheri Brandt 60 61:14	Kathy Smith 48:59
Eugene Bruckert 5:57:58	W50 Arlene Lewis 49:24	Joe Oliver 19:51 Tom J Lemire 19:59	M55 Sammy Tom 23:31	W70+Joy Johnson 78 71:37	Lori Figone 50:57 W45 Karlene Austin 47:24
M70 Charles Houck 6:14:12 W35 Michelle Hawk 3:16:38	W55 Mary Ann Osby 66:48 W60 Marie Stevenson 57:42	Bruce Geddes 20:14	Alfonso Vargas 23:51 Thomas Liebmann 28:10	Susie Villegas 76 72:26	Julie Heinrich 52:36
W40 Maureen Clancy 3:51:42 Karen Plucinski 3:57:49	W65 Ada Rubin 68:31 W70+YvonnStadmiller73 77:11	M65 Thom Weddle 19:40 John Brennand (Ed) 20:21	M60 Arcellious Archie 26:40	NORTHWEST	W50 Sarah Abernathy 53:04
Ramona Savala-Lee 3:57:53	5K	Carlos Valle 20:55	John Moore Moore 31:58 Jack Clement 31:24	Canyonlands Half-Marathon	Debbie Moriarty 54:22
Shirley Pratt 3:59:15 Amy Lambert 4:19:04	Overall Ramon Serratos 30 15:20	Alan Wakeling 21:27 Frank Greene 21:33	M65 Jay Headley 29:37	& 5M, Moab, UT; March 12	Debbi Kor 57:25 W55 Elena Foster 58:37
W45 Jean Herbert 3:18:04	Melissa McBain 23 17:21	Doug Braasch 21:55	Manuel Martinez 29:27 Conrad Daigle 45:27	Overall	Barbara Awwright 1:11:17
Nancy Ottmann 3:35:19 Peg Martinez 3:45:16	M35 Billy Logue 19:49 M40 Danny Martinez 15:38	Jim Lyons 21:57 Michel Ribet 22:46	M70 Robert Munoz 37:42	Joseph Wilson 1:09:47 Julie Thomas 1:22:04	Pam Klettke 1:17:49 W60 Joy Morgan 1:02:49
Marie Bartoletti 3:47:48 Margaret A Harper 3:50:45	M45 John Araujo 17:18	Pete Newman 23:50 Cliff Bedell 23:59	Lou Berger 40:25 Mike O'Dea 50:32	M35 Michael Kirk 1:11:05 M40 Bernie Boettcher 1:14:56	W70+Sarah May 88 59:20
W50 Lorraine Gersitz 4:06:36	M50 Bob Landry 19:43 M55 RogerWeingaertner 19:27	M70 Brad Hizer 21:51	M80 Al Perotti 40:51	M40 Bernie Boettcher 1:14:56 Peter Hopkins 1:16:58	5K Overall
Rosanna Roasa 4:19:25 Kathy Schancer 4:39:36	M60 Jon Malnekoff 20:12 M65 Tom Fletcher 24:12	William Wall 23:18 Gordon McClenathen 23:52	W35 Carolyn Iga 23:55 W40 Vicky Acosta 25:30	Carl Perry 1:18:41 Robb Reece 1:21:40	John Mackay 31 15:42
Linda Glanville 4:50:08	M70+Rod Legate 71 28:28	Allen Edward Warren 24:03	Maria Robles 26:04	Clark Kidman 1:28:25	Deanna O'Neill 40 18:42 M35 Thomas Kreuzpeintner 17:23
Teresa Shook 5:37:35 W55 Angela Grattan 4:54:19	W35 Kathy Coyle 25:25 W40 Susanne Quick 21:34	Leroy Carter 25:32 Arnold Hogarth 25:53	Diana Orozco 27:36 W45 Anna Cord 23:42	M45 Mark Bell 1:21:34 Paul Reich 1:22:43	M40 David Bailey 16:58
W60 Barbara Brady 4:09:53	W45 Jane Podolski 22:15	Ed Karas 26:31	Mihaela Velicescu 30:02	Mark Holland 1:23:17	Anthony Cantwell 17:27 Stew Newlin Jones 19:29
Linda Garren 5:25:26 Half-Marathon	W50 Rita Clark 21:41 W55 HeleneGreenlinger 34:45	Jim T Barrett 26:48 Ross Stephens 26:34	W50 Wende Brookshire 28:29	Kevin Tuck 1:23:29 Bryan Baroffio 1:27:11	M45 Chuck Coats 16:28
Overall Wesley Ochoro 26 1:04:54	W60 Glenda Gano 40:01	William Richardson 26:56	Carol Bruesse 30:16	M50 Michael Sidman 1:23:24	Russell Zornick 20:19 Brian Druker 21:07
Tamara Lave 36 1:18:37	W65 Shelby Savage 38:26	M75 James Wilkie 26:34 Edward Maher 27:42	W55 Hilda Chavez 30:39	David Pierce 1:27:46 Jim Hunter 1:29:07	M50 Dave Clingan 18:04
M35 Matt Kelly 1:18:44 M40 Steve Rink 1:26:32	Women Running Wild 5K	Ollie Olivares 27:58 Bob Holmes 29:45	Barbara Kowalski 41:18 Sharlene Wills 38:01	Bob Basse 1:29:38	Marvin Gladden 20:50 Robert Mow 21:30
Kevin Murdock 1:27:57	Palm Springs, CA; March 20 Overall	Bill Nyhan 30:36	Sharlene Wills 38:01 W60 Isabel Apodaca 21:45	Steve Santana 1:30:53 M55 Mike Berberian 1:27:19	M55 Mike Henderson 20:29
Dan Cadriel 1:29:06 John Dudek 1:29:10	David Cifuentes 21 16:21	Jack Bennett 30:33 James W Brown 33:45	Carolyn Hull 32:20	Andy Schnebly 1:31:52	Mike Misnen 23:56 Johnny Powell 25:02
Vince Benton 1:30:20	Denise Foote 46 18:47 M35 Sydney Skosana 17:40	Karl Osmus 35:42	Daria Schafer 46:33 W65 Helen Geoffrion 33:32	Hampton Islan 1:33:02 Bradley Rich 1:37:01	M60 Norm Carison 24:54
M45 Ron Hyde 1:17:16 Steve Greenspan 1:21:55	M40 Jim Hollenberg 18:44	Bill Rego 36:53 Foster Marshall 37:19	Liz Rogers 41:19	Craig Carver 1:37:38	M65 Gaylen Allsop 32:07 M70+ John Keston 23:09
Mark Jacobs 1:26:13 Tracy Johnson 1:26:17	M45 Larry Higinbotham 18:08 M50 Jim Jones 18:16	M80 Jim McCown 28:33	Sharon Dellamarie 42:54 W70 Emily Hernandez 39:31	M60 Tom Lemire 1:33:34 Dan Pope 1:38:57	Jack Keener 25:39 Eldon Wells 33:30
Martin Mcdermott 1:26:17	M55 Mike Rouhas 20:21 M60 Bob Mcgeough 19:31	Stanley Coombs 28:56 Jack Smothers 33:36	Gloria Elio 41:19	Harvey Addams 1:42:13	W35 Kristin Lynn-Motter 21:31
M50 Ross Dowland 1:26:00 Daniel Dell'Osso 1:27:08	M65 John Elliott 19:45	John Cross 33:52	Muriel Berger 43:55 Masters Race	Rex Carter 1:46:32 Kent Groninger 1:49:13	W40 Deanna Oneil 18:42 Shari Powell 26:54
Duane Morse 1:33:24	M70 Ed Klassen 20:00 M75 Gerry Hopkins 26:26	Ted Horner 36:27 Emelio Melilli 43:59	M40 Sean O'Brien 17:57 Silvestre Serrano 18:08	M65 Carl Schwenk 1:55:12	Keri Vorres 30:47
Chris Diachuk 1:34:33 Dennis Shaughnessy 1:35:37	W35 Jennifer Austin 19:42	M85 Donald Dilworth 48:41 Hal Elrick 50:19	Felipe Olmedo 19:21	John Burnside 2:00:52	W45 Cheryl Kehrli 26:37 Susan Hadley 28:31
M55 Jim Lynde 1:33:45 Dave Daly 1:34:14	W40 Kellie Rolph 19:16 Jacqui Vaskovich 21:21	W40 Ceci St Geme 17:14	Robert M Stone 19:29 M45 Jeff Snyder 18:01	P Keith Nelson 2:15:33 Richard Kennett 2:18:40	Julie Shepard 31:08
James Piekarski 1:34:46	Terrie Sheik 24:04 W45 Denise Foote 18:47	Sian Monahan 17:28 Susan Loken 17:37	Jose Quimbiulco 18:05	M70 Carl Tenpas 2:17:02	W50 Betty Wagner 22:58 Hiroko Ozawa 30:09
Charlie Balchumas 1:39:48 Jim Sollenberger 1:42:14	Yayoi Liu 20:36	Laura Bruess 18:21	Nigel Rini 19:09 Daniel Burton 19:23	William Ohlsen 2:25:49 Bob Mathes 2:27:27	Cathy O'Very 34:44
M60 Joe Stewart 1:54:16	Frannie Tennant 20:56 W50 Marina Jones 20:45	Pam Boyles 18:23 Esther M Jurasek 18:25	M50 Margaritohe Randez 17:46	M75 Thomas Gregory 2:14:32	W55 Johna Rossetto 56:39 W60 Joanne Twilleager 45:59
Angus Fagan 2:01:41 Dave Cran 2:01:47	Claudia Ferguson 24:02	Toya Reavis 18:37 W45 Monica Joyce 17:07	Phil Vallicella 19:46 Robert O'Reilly 20:24	W35 Holly Hagerman 1:23:12 W40 Sarah Krakoff 1:27:21	Anneeta De Santis 54:09
Ami Ronen 2:04:13 Richard Moss 2:10:04	Janice Corbin 24:36 W55 Laurie Arthur 24:41	Marcella Teran 19:01	Rusty Millar 20:34	Cindy Oneill 1:27:43	W70+Barbara Dougan 38:59
M65 Charles Westley 1:47:17	Ginger Semple 26:18	Ruth A Vomund 19:05 Heather Grace Price 19:39	Richard Nelson 20:53	Lisa Goldsmith 1:27:56 Amy Sanyer 1:32:13	April Fools 15K
Harry Geist 1:58:00 George Moncada 2:01:06	Danielle Cane 26:30 W60 Ursula Rains 24:12	Lana Stevenson 19:58	Juan Cardenas 21:03 Donald Ocana 21:14	Nankeith Frates 1:32:32 W45 Ellen Hart 1:26:59	Eugene, OR; April 3 Overall
Lenny Mikus 2:08:54	Mary Rodeberg 25:51 Joyce Newman 27:11	Patricia Contreras 20:10 Debbie K Lee 20:18	M60 Wayne Mitchell 20:15	Julie Godderidge 1:37:23	Craig Godwin 36 54:20 Terri Wilson 33 1:09:32
Ronnie Bosman 2:25:14 M70 Robert Greene 2:01:34	W65 Martha Walker 26:35	Vicky Booyd 20:30	Mike Lopez 20:58 Bullet Bales 23:49	Carla Augenstein 1:39:25 Anne Kilgore 1:40:40	M40 Steve DiNatale 55:56
Riley Hodges 2:27:24	Ute Luyties 28:49 Carole Davis 30:06	Leslie Oliver 20:35 Rose Vanduzer 20:41	George Marquez 25:04	Christine Rodriguez 1:43:27	Todd Bosworth 58:40 Mike Logan 59:44
Larry Boies Jr 2:33:14 Chuck Mcgilvray 2:33:55	W70 Nessie Hollicky 28:36	W50 Heidi Swan 18:33	M65 Michael Mcdonnell 25:49 Joseph Galizio 26:35	W50 Mary Lou Dinardo 1:46:20 Lynn Kleiman 1:46:27	Lyle Lang 1:01:31
Cliff Elkins 2:40:17 W35 Joyce Bourassa 1:27:04	Jean Yule 40:30 Barbara Logan 44:05	Mariat Fernandez 20:14 Sherri Hall Curl 20:21	Bill Miller 28:30	Colombina Irwin 1:47:14	Bob Harms 1:01:49 M50 Joe Canale 1:01:42
W40 Barbara Murray 1:35:09	W75 Anna Hollenberg 34:32	Vickie Alexander 20:39 Lynn Marie Swanson 20:49	Kurt Triesmann 29:29 M70 Allen Warren 24:46	Sally Clair 1:54:20 Karen Brown 1:54:31	Dave Reed 1:04:41
Renee Sacco 1:35:23 Lisa Templeton 1:36:45	Rosemary Dimitt 43:58	Sandy Robbins-Sydner 20:56 Maria Korb 21:14	Don Moore 25:48	W55 Blondie Vucich 1:40:06	Steve Cooper 1:08:30 Joseph Gilg 1:14:31
Carolena Toledo 1:38:39	Santa Clarita Runners	Maria Korb 21:14 Teri Saffon 21:18	Hank Munoz 25:49 Emilio Chavez 27:56	Sharla Fillmore 1:51:02 Diane Wild 1:58:34	Mark Hulett 1:15:09
Karen Donmoyer 1:39:20 W45 Lesa Overfield 1:49:59	Women's 5K, Newhall, CA April 2	Susie Willard 21:30	M80 Dick Greenberg 44:29	Marci Roschke 2:05:36	M60 David Wilkins 1:17:20 Ray McCann 1:17:25
Therese Holm 1:53:44	Overall	W55 Judith Fischer 22:21	W40 Sara Hatanaka 22:44 Kay Diehnelt 23:08	W60 Sally Kennett 2:07:09 2:01:42	Richard Smith 1:21:39
- Marla Dorman 1:56:56 Claudia Cooper 1:57:59	Nancy James 27 18:20 W35 Darcy Lange 19:19	Willie Mundt 22:38	Julie Carpenter 23:11	Carol Mckinley 2:12:41	M65+ John Hepner 1:14:44 Don Klinghammer 1:23:27
Eileen Marle 1:58:05 W50 Kim Lorenz 1:40:26	W40 Tina Daucher 22:52	Jeanie Leitner 23:04 Joni Shirley 23:12	Rochelle Aschieris 24:37 W45 Lisa Pierce 23:15	Kay Wieder 2:16:00 Joan Clark 2:22:17	Art Dietz 1:28:42
Sue Baaden 1:46:02	W45 Carmen Albanes 24:28 W50 Marie Edstrom 24:14	Betty Rosenberg 23:19 Kerry Tabler 24:22	Lori Martin 23:19	Vickie Birchall 2:24:15	John Bailey 1:35:35 W40 Karen Cooper 1:17:00
Nora Mazur 1:58:04 Robi Vacchina 1:59:01	W55 Yoko Eichel 22:39	Carol Schertzer 24:33	Jeannie Thompson 24:28 Mary Chilos 25:29	W65 Heather Yeowell 2:10:20 Mary Connolly 2:23:48	Kimberly Brophy 1:23:53
Martha Grenier 1:59:45	W60+Delorez Cortez 27:30	Susan Gorin 24:53 Barbara Spannaus 24:59	W50 Joan Altfillisch 22:11	Diane Teece 2:55:19	Celeste Dickey 1:28:10 Brook Hardy 1:31:22
W55 Peggy Hoover 1:52:37 Peggy Curran 2:00:50	Carlsbad 5K	Vicci Simenta 25:08	Pamela Hurber 26:23 Lisa Sugimoto 26:23	5M	W50 Nina Sullivan 1:28:19
Hadas Ronen 2:12:49	Carlsbad, CA; April 3 Overall	W60 Wendy Watson 22:57 Kathy Loper 23:01	Susan Bleecker 27:15	Overall David Kemei 24:42	Gayle Proudfoot-Shoup 1:29:32 Becky Vaughan 1:31:10
Judy Harbison 2:16:04 Angie Boggs 2:17:58	Brian Pope 42 14:57 Monica Joyce 46 17:07	Ursula Rains 25:09	Setsuko Banks 28:21	Lisa Paxton 32:16	Robin Forster 1:50:14
W60 Nita Bower 2:06:31	M40 Brian Pope 14:57	Betty Buselt 27:27 Ellen Demsky 27:23	Gail Jiles 28:46	M35 Ken Flint 28:07 M40 Stephen Hiatt 30:08	W60 Prudence Hulett 1:35:51
Franceska Drozdz 2:14:22 Carolyn Dambrosio 2:14:39	Danny Martinez 15:01 Philip Parry 15:10	Virginia Lopez 28:47	W60 Penny Tyree 25:58	M45 Dave Peters 33:04	Pear Blossom 10M
Mary Sliwa 2:15:13 Inge Harper 2:18:55	James Sheremeta 15:13	Sandy Pirkle 29:16 Jeanette Anita Lewin 30:47	Sally Tyree 27:08 Christine Beer 27:35	M50 Tom Ela 34:24 M55 Tom Burnett 30:36	Medford, OR; April 9 Overall
W65 Barbara Huff 2:14:22	Matt Wegenka 15:15 Dan Arsenault 15:22	Monika Early 30:43	Concepcion Rubio 29:27	M60 Marc Irwin 35:26	Max King 25 49:28
Lee Hodges 3:18:11 W70 Claire Elkins 3:06:02	Jeff Ambos 15:23	W65 Barbara Miller 21:45	W65 Elaine Murphy 29:32 Virginia Lespron 31:54	M65 Lee Walser 39:49 M70 Warren Bystedt 38:17	Rosa Gutierrez 60:51 M35 Tim Julian 51:40
Nina Panipinto 3:11:18	Tyrus Deminter 15:36 Darren Ryan De Reuck15:42 John Eric Clark 15:50	Martha Walker 27:07 Kathleen N Nitschelm 28:17	Carole Davis 32:20	M75+ Richard Crebs 1:01:48	M40 Joe Dudman 55:27
W75 Dorothy Brunker 3:40:56	John Eric Clark 15:50	Pat Helen Herr 28:43	Carol Ferris 34:27 W70 Vida Slawson 38:11	W35 Deena Loyola 36:52 W40 Lori Mcinnis 35:42	M45 KC Taylor 61:56 M50 Leonard Hill 58:40
	M45 Jeff Gardner 15:54 Steve Scott 16:18	Nancy Carol 29:04 Helen Geoffrion 29:32	Sumiko Osumi 39:10	W45 Deirdre Garvey 38:11	M55 Gary Clarida 62:51
Great Race of Agoura Agoura Hills, CA; March 19	Ken A Masarie 16:29	Judy Kirchoffer 30:24	Dulia Oliva 40:38 Jane Clark 42:26	W50 Linda Bunk 39:58 W55 Linda Haslam 41:50	M60 Richard DiVita 72:42 M65 Robert Vaughn 74:28
Half-Marathon	Dave Parsel 16:33 Tim Mock 16:53	Barbara Jean Camp 33:40 Judy Hogarth 36:14	W80 Dorothy Ramirez 37:32	W60 Judy Connally 46:37	M70 John Bailey 100:29
Saul Bautista 21 78:08	John Araujo 16:55	Patti Kopcho 37:31	San Jose Mercury 10K	W65 Constance Ahrnsbrak 40:39 W75+Resa Frey 59:37	M75 Len Ramp 100:15 W35 Denise Kelp 65:11
Cheryl Smith 24 87:55	Sal Garcia 17:00	W70 Lenore Montgomery 24:58 Anne Garrett 30:26	San Jose, CA; April 10		W40 Rosa Gutierrez 60:51
M35 Brian Ruhm 84:35 M40 Brian Spangenberg 82:29	Carl J Maravilla 17:08 Don Hicks 17:16	Beth Rose Petersen 37:24 Patricia J Woronets 37:34	Overall Carlos Sigueiros 24 33:07	Bridge to Bridge 10K/5K Portland, OR; April 3	W50 Teresa Hogan 76:24
M45 Phillip Wright 91:45 M50 Craig Mead 92:50	M50 Rich Burns 16:14	Edie Willard 42:56	Becky Lavelle 30 36:06	Overall	W55 Cheryl Robeson 92:19 W60 Hanne Hoppe 87:38
M55 Joe Dennis 92:31	Dale Edward Campbell 16:22 Marty Ellison 16:47	W75 Ann Priddy 34:55	M30 Jose Juan Pina 33:55 M40 Jean Pommier 41 34:11	Alejandro Dominguez-M 20 33:55 Lorilynn Bloomer 32 36:42	W65 Rhoda Clapperton 101:03
M60 Ray Smith 2:05:01	Greg Wilson 17:05	All the second s	Daniel Filin 42 34-21	M35 Eric Hartmann 34:33	W75 Eleanor Holbrook 152:34
ararararararararararararararararararar			and the electrical and the factor of the lateral and the		***************

©2005 Twin

2005 To

USATF National Masters Marathon Championship Fifteen years and running.





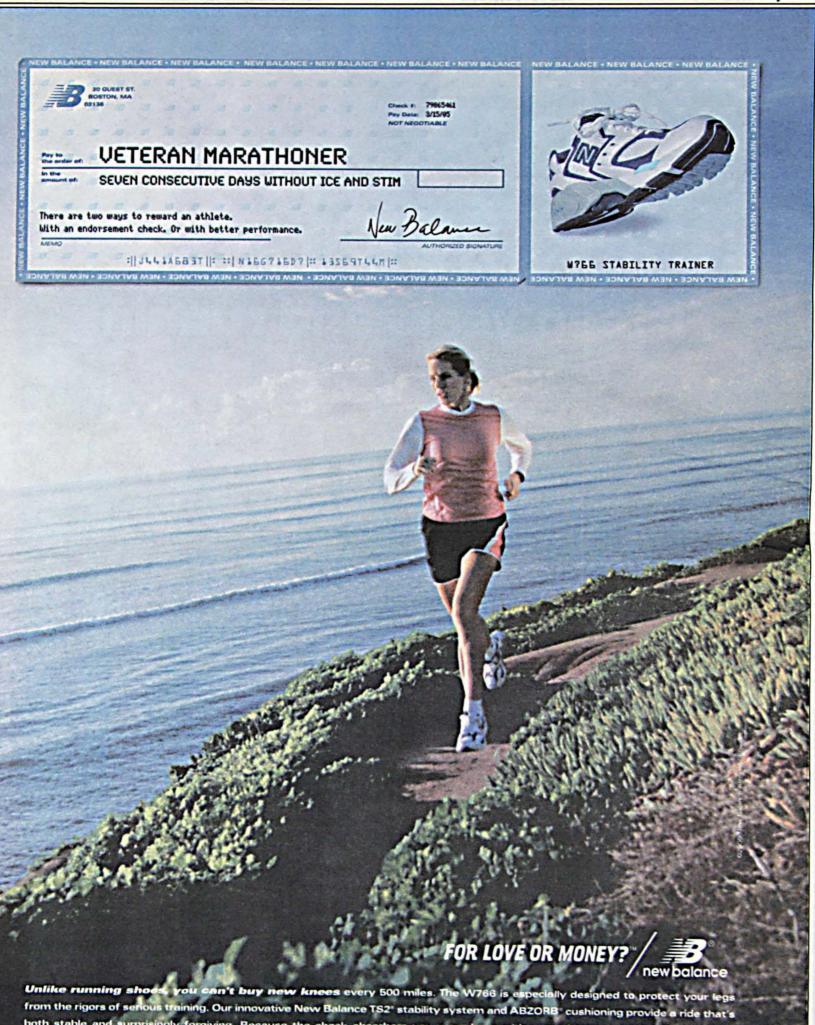
The 2005 Twin Cities Marathon is hosting the **USATF National Masters Marathon Championship** for the 15th consecutive year. Twin Cities Marathon Weekend includes the ING Health and Fitness Expo, Outback Steakhouse Carbo Extravaganza, State Capitol 5K & Family Events, TC 10 Mile Run and Marathon. Fun for runners, wheelers, walkers and spectators.

Twin Cities Marathon is the official race of the 2005 USA National Masters Marathon Championship, and a proud sponsor of Team USA Minnesota.





©2005 Twin Cities Marathon, Photos by Action Sports International and Marilyn Indahl. 039-8786



both stable and surprisingly forgiving. Because the shock absorbers you were born with—your knees—aren't easily replaced. Water-resistant model also available. Pictured here: New Balance WRT5312 Valve Top and WRS5012 Saba Short. newbalance.com