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

333rd Issue May 2006 \$3.00

10th USA Masters Indoor Championships in Boston Draw 761



JERRY WOJCIK
Finalists in the M45 60mH (I to r): Brady Mayer, Jeff Brower, Eugene Anton, second (9.15), Karl
Smith, first (WR 8.18), Tim McMahon, third (9.69), and Jim Russ, USA Masters Indoor
Championshps, Boston, Mass.

U.S. Athletes Are Stellar in Linz

By MARILYN MITCHELL

LINZ, Austria – More than 3000 athletes from approximately 60 countries gathered on the world's stage here to earn the right to call themselves the world's best masters indoor track and field athletes in the 2nd WMA World Championships on March 15-20.

The meet, open to men and women age 35-and-up, also included championships in several outdoor and non-stadia events, including the winter throws, an 8K cross-country, a 10K road walk, and a half-marathon.

U.S. athletes turned in outstanding performances, led by Bill Collins, Houston, Texas, who won the M55 60m, 200, and 400 (54.22), and established, en route, two world records in each of the semi-finals and finals of the M55 200, with 23.70 and 23.36, respectively.

Not satisfied with that, he returned

later in the week to break his own 7.47 60m world record by running 7.46 in the heats and semis and then broke that record by running 7.34 in the finals. His stunning performance earned him the USATF "Athlete of the Week" honors for March 21.

Some of his fellow athletes teased Collins, when he, a man of extensive open and elite experience, admitted that he had not carried his running gear in his hand luggage and that the airlines had sent his running gear into outer space.

Nonetheless, Collins, a natural goodwill ambassador, performed so graciously, without complaining about lost luggage and borrowed shoes, that his competitors commiserated with him even though he beat them.

Spectators who did not know Collins snickered at his first and second races

Continued on page 19



USA M60 gold medal 4x200 relay team (WR 1:44.99) at the medal ceremonies, WMA Indoor Championships, Linz, Austria (I to r): Steve Robbins, Sam Hall, Roger Pierce, and Paul Edens.

By JERRY WOJCIK

BOSTON, Mass. – A one-year absence from Boston made a difference, but not much, in the outcome by the athletes who entered the 32nd USA Masters Indoor Championships at the Reggie Lewis Track & Athletic Center on March 24-26.

Of course, the fact that many of them had been there on nine previous occasions might have accounted for their feeling right at home.

The entrant figure of 761 this year was a little higher than the 726 of 2004.

This year's meet yielded seven world and 27 national age-group records. The 2004 meet had 28 world and 30 U.S. records.

The number of age-group records at a masters meet is usually determined by the number of entrants who've recently entered new age groups, not necessarily on the quality of the facility or the meet.

In 2005, the Championships were held in Boise/Nampa, Idaho, with fewer than 600 entrants, who recorded 21 world and 39 U.S. records.

Finally, the level of competition was just as high as it has been since the masters have been coming to the Lewis Center.

For the three days, the athletes, ranging in age from 30 to 92, competed in five-year age groups in events



JERRY WOJCIK Leslie Chaplin-Swann set W45 U.S. records in the 800 and mile, USA Masters Indoor Championships, Boston, Mass.

ranging from the pentathlon on Friday to the mile on Saturday and the superweight on Sunday.

Paul Heitzman started off the recordbreaking on Friday with an M75 U.S.

Continued on page 14

Loken Repeats Win at More Marathon

Susan Loken, 42, successfully defended her title at the women-masters-only More Marathon held in Central Park, New York City, on March 26.

Loken, of Phoenix, Ariz., a single

mother of three, ran a slower 2:50:01 than her course-record 2:45:35 last year, but still managed to win the race by two-and-half minutes from Doreen McCoubrie, 44, Malvern, Pa., who did, however, take age-graded honors



McCoubrie, 44, WICTOR SAILER / PHOTO RUN Malvern, Pa., who did, however, take ner, More Marathon.

over Loken, 86.0% to 85.3%.

Stephanie Hodge, 40, Long Island City, N.Y., finished third in 2:57:33.

"I used to run as an excuse to get out

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- Profile Duane Spitz p.16
- Results of Nationals p.26
- Results of Worlds p.31

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JUNE 24 - 25, 2006

Northwest Regional Masters Track & Field Championships



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Reception: Sponsored by OTCM, Saturday, June 24, 4:30 – 6 pm at the Phoenix Inn. Light refreshments.

Regional Meeting: following reception. Contacts: website: www.haywardclassic.org email: brem@uoregon.edu













		TENTATIVE SCHEDULE	Ourth	anks to	the Cities of Eugene and Springfield
SAT TRACK	Time	SATFIELD	SUN TRACK	Time	
	8:30	Javelin M 70+		8:30	Discus All W
10K	9:00	Hammer M 30-59	5K Women	9:00	Weight/Superweight M 30-59
5K Racewalk	10:15	Long Jump All W	5K Men 2 Heats	9:40	Discus M 70+
*Age Graded Mile 2K Steeplechase	10:30 11:00 11:20	Hammer All W, Shot Put M 30-59, Javelin M60-69 High Jump M30-64, W30-49		10:00	Pole Vault All M/W 2 Pits Triple Jump M 30-59
3K Steeplechase 80 M Hurdles	11:40	Joseph M20 EO Chair Data Navi	300 M Hurdles	10:30 10:45	Weight/Superweight All W
100/110 M Hurdles	12:15	Javelin M30-59, Shot Put All W, Long Jump M 65+ Hammer M 60+	400 M Hurdles	11:00	Triple Jump All W, M 60+
100 Meters	12:30	nammer M 60+	800 Meters	11:15	Discus M 60-69
Too Weters	1:00	High Jump W 50+, M 65+	1 Mile Racewalk 200 Meters	11:45 12:00	Weight/Superweight M 60+
	1:30	Long Jump M 30-64, Shot Put M60-69		12:30	Discus M 30-59
400 Meters	2:00	Javelin All W	1500 Meters	1:00	
	2:30	Shot Put M 70+	Relays	1:20	4x100, 4X400, 4x800
*3,000 Meters	3:00	•non Championship			See and wild have a surround

2006 HAYWARD CLASSIC ENTRY BLANK

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Last Name			
Address			
Tel (H)(W)	Email		
Sex: MaleFemale Age as of June 24 Birth d	date (month/day/year / /		
EVENTS Put an X in the boxes of the events that you are entering	g. Fill in 2005/2006 Seed times for your 100, 2	200, 400 and 800	
100 / 200 / 400 /	800 / 15	500 run 3k run	l conta
age graded mile/ 10k run/ 80/100/110 hurdles/	300/400 hurdles/ racewalk 1 mile/	A CONTRACTOR OF THE PARTY OF TH	steeplechase/
ong jump/ riple jump/ high jump/ pole vault/	shot put/ discus/ hammer/	avelin/ weig	ht/ superweight/
L_ Yes, I will need ADA accommodation. Documentation must b	be submitted by May 11, 2006	NHARM	PART PROPE
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This year's shirt is a special 25 th Anniversary commemorative Long	Number of additional Events	s X 4.00	= <u></u>
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Make check payable to OTCM and mail to: Oregon Track Club M	Masters, c/o Ruth BreMiller, 590 W 29th Ave,	Eugene, OR 97405	
Waiver: In exchange for acceptance of this entry, I for myself, executors, a property I may have against OTCM, USATF, USATF Oregon, University of this meet. I hereby attest that I have full knowledge of the risk involved in	of Oregon, and any and all sponsors and individuals	involved with the presen	tation and conduct of
Signature		Date	

WRITE ON!

Address Letters to: National Masters News P.O. Box 50098, Eugene, OR 97405 or E-mail: natmanews@aol.com

SCHEDULING

Have any throwers, aged 60-99, had a look at the schedule for the Nationals in Charlotte? We throw the shot on Thursday and then are allowed to stay in town until Sunday to throw the discus. That is unless you want to commute home, 460 miles in my case, after the shot and come back two days later for the discus.

I guess they figure the gas it would cost me to pull that round trip would cost more than to stay and enjoy Charlotte's hospitality and motel prices.

This is exactly the type of treatment it will take to adversely affect the masters, along with scheduling up against each other and the flourishing state Senior Olympics meets.

I've been in the masters for nineteen years and hate to see this happen, but I think I'll skip the discus this year, or maybe the shot, or maybe both.

Lou Vodopya from e-mail

COLUMNISTS

The columns by both Mike Tymn and Hal Higdon in the April issue were excellent. No place else can you find out stuff like this. I hope they both write more columns that look back over time.

Tom Sheahen Washington, D.C.

KUDOS

Wayne Hanson, of Shreveport, La., saw my name in NMN and e-mailed your office to get my address, after which he dropped me a note in the

Nothing unusual about this, except that Wayne and I were last in contact in

Baltimore in 1956 when I was in the Air Force and he was doing Navy work, and we were both running in local meets, he a distance man, me, a sprinter. That's how we met.

Upon getting his note, I phoned him, and we had a great half-hour talk. So thanks to the power of NMN, a track relationship was renewed after 50 years.

Tom Talbott Cos Cob, Connecticut

I have been a subscriber to NMN for years. This is the only running publication I now read regularly. Thanks!

Bob Anderson by e-mail

(Anderson is the founder of Runner's World and the subject of Hal Higdon's column last month. - ed)

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FIVE YEARS AGO May 2001

- 814 Athletes Set 16 Indoor WRs at USA Championships in Boston
- Simon Karori (41, 14:12) Wins USA Masters 5K Championships at Carlsbad 5000
- Fedor Ryjov (41, 2:13:54) and Gitte Karlshoj (41, 2:36:36) First in 105th Boston Marathon

Sustainers for May 2006

Periodically, NMN publishes a list of "sustainers," those who help the National Masters News and masters athletics by making contributions. These extra funds allow us to publish more photos, deeper results, an in-depth schedule section, and more. We are grateful for the support of masters athletes. Special thanks this month go to:

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Finalists in the M60 60m hurdles (I to r): Joe Johnston, second (9.87), John Clifford, third (10.40), James Hollister, first (9.40), and Michael Milove, fourth (10.48), USA Masters Indoor Championships,

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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

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month, and that biggest masters lege basketball c

First was the Indoor Champion In order for me events I had to Saturday, March frequent flier flig to Linz for the starting on Wedne 15, at 8:30 a.m.

As those of u these international you must be the before competitio pick-up, declaration tation of the logist was the beginning which would end

Now to the m Some might perce da that I spell out Austria at that ter wonderland.

Getting Specif





Track & Field Report

By GEORGE MATHEWS Chairman, USATF Masters Track & Field

challenge.

anyone would dare compete in the

hammer throw during a snow storm. I

guess it's because it's a competition

and some of us, or even a lot of us, are

competition junkies. There were over

one thousand throwers in this meet.

The discus and javelin throwers had a

heated field. The hammer and weight

throwers had a snow field. What a

To make things interesting, my ham-

mer competition was moved from noon

to 5:15 p.m. It gets dark around 6:00

p.m. in that part of the world. To make

things more interesting, we threw out

of a poor discus cage. I have never seen

hammers going in so many different

This was very unsafe, and I hope

that no world championships, or any

other meet or practice, is ever contest-

ed in this poor a cage again. As a mat-

places other than the sector.

Unsafe Conditions

March Madness

any athletic fans are consumed with college basketball during the month of March. I must admit that normally I am, too. This year was an exception. was totally immersed in masters track and field for more than half of the month, and that doesn't include practices. Of course, I am referring to the two biggest masters championship meets going on in competition with the NCAA college basketball championships.

First was the 2nd WMA World Indoor Championships in Linz, Austria. In order for me to participate in my events I had to start traveling on Saturday, March 11, mainly because of frequent flier flight availability, to get to Linz for the shot put competition starting on Wednesday morning, March 15, at 8:30 a.m.

As those of us who have been to these international meets before know. you must be there at least the day before competition to do your packet pick-up, declaration, and general orientation of the logistics of the venue. This was the beginning of my competitions, which would end on Sunday, the 19th.

Getting Specific

Now to the madness, in particular. Some might perceive this whole agenda that I spell out to be madness.

Austria at that time of year is a winter wonderland. One might ask why throws will not be world indoor championship events in the future, but there still will be winter throws in conjunction with the meet. If it wasn't for these throws, the

meet probably couldn't make money

ter of fact, I am told that these winter

The weight throw was a fun challenge as well. My competition was held on the first sunny day since I had been there. Sunday! The problem was the snow started to melt and flood the circle as we threw. So much for that competition.

I am told that next time the weight throw should be held indoors. The good news for shot putters was that it was held indoors.

All this being said, I must admit that the meet was well done overall and had a very nice slower pace compared to the first indoor championships in Sindelfingen, Germany. Not to say that was a bad meet. It was a good meet as well.

These international competitions teach us to have patience, and give us the opportunity to understand and embrace cultures and friendships from all over the world. Everyone should be lucky enough to participate.

On to Boston

On the way home, I stopped in Boston for another seven days. As usual, this was a wonderful national indoor championships for most competitors. Not perfect by any means. Much effort was expended by many people to provide the best experience possible. Many records and outstand-



Sharon Warren, W55, winner of the 60m, 200 and 400, USA Masters Indoor Championships,

ing performances were recorded in both meets.

We had an unfortunate situation in Boston, when an athlete at her first National Championships didn't declare for her race and, therefore, couldn't race.

I wrote about this after San Sebastian, and here it happens again in our own National Championships which isn't as complicated as the Worlds. The declaration process was





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Third Wind

By MIKE TYMN

The Lessons of Pacing

any years ago, a feature article in a trade newspaper discussed the results of a scientific study which found that the average worker puts out only about 60 percent of a full effort during the work day. The writer of the article and the executives he quoted saw this as a sad state of affairs, as if the average worker spent 40 percent of his or her work time goofing off.

When my boss showed me the article and said something to the effect that he hoped our employees were not so slothful, I commented that 60 percent sounded about right, although 70-percent effort would be a good goal, even if it would be extremely difficult to measure. My boss was shocked by my comment, assuming that no manager would condone anything less than 100percent effort by subordinates. He anxiously waited for my explanation.

I proceeded to explain my reasoning to him, applying the principles of pacing oneself through a race to pacing oneself through a work day, a work week, or a career. As an example, I hypothesized a miler able to run four quarters in 60 seconds each.

I pointed out that this runner might be capable of running an all-out quarter in 50 seconds and 100 meters in 11.5 seconds, but there is no way he can maintain his all-out 100-meter speed for a full mile. To do so, would mean covering a mile in close to three min-

Thus, in pacing himself, the four-minute miler is really putting out at somewhere around 75 percent of an allout effort. More average runners would likely be in the 50-65 percent range.

Stepping Up the Effort

I pointed out to my boss that whenever I was preparing for a vacation, I would significantly step up the effort in order to get everything cleared off my desk and up to date. At those times, I felt I was putting out well over 90 percent. By the end of the day I was completely exhausted and really in need of

There is no way, I told him, that I could maintain that 90 percent effort, even 80 percent, day in and day out. It was too stressful. I'd suffer burnout in a matter of weeks or months. We have to pace ourselves through a work day just as we pace ourselves in a race.

My boss didn't know much about running, but he acted as if he understood what I had said, sort of shrugged, and walked away, apparently thinking there might be something to it.

Early Burnout

This pacing paradigm can be applied to a career. During a 40-plus year work career, I saw a number of hard-charging junior executives, out to climb the corporate ladder in record time, crash and burn on the first or second "quarter" of their careers after putting in long, stressful hours on the job.

The same paradigm can be applied to one's running career. Look at some of the greats of distance running who were putting in 100-plus mile weeks during their 20s and making Olympic teams, only to fizzle in their 30s and perhaps hang it up when it was time to enter the masters arena.

Those who continued into the masters ranks often did not maintain relative elite status as masters. However, that's not to suggest that what they did was wrong. Had they paced themselves for a lifetime of recreational running or low-key competition, they likely would never have been successful in their younger years, assuming, of course, that "success" means winning races.

Trade-off

It's a trade off - push your limits during your younger years and then lose motivation and perhaps struggle physically a little during your older years, or pace yourself during your younger years and never experience the thrill of victory

There's something to be said for both approaches, depending on your values and goals.

High school coaches today are reluctant to push promising young runners, because they fear that too much too soon in their lives may result in injury or mental burnout by the time they are ready for college competition.

The coaches are following seemingly sensible long-term pacing guidelines in allowing the boys and girls to slowly adapt to the demands of distance running and peak when physical maturity has been obtained.

However, here also, there is a tradeoff. The high school boy or girl who is subjected to some real hard training, as Jim Ryun was many years ago, might well acquire a discipline that helps in other areas of life - a discipline not acquired on the more cautious training regimens of most high school coaches.

Lifelong Benefit

So what if the student never realizes his or her potential as a runner? If lessons concerning dedication and discipline are learned in high school and keep the student out of the trouble so many teenagers get into today, maybe early burnout as a runner is a good

thing.

If you think there's nothing wrong youth with the state of affairs among youth today, you probably won't buy into my suggestion that we should rethink how hard we push high school runners, but if you are turned off, as I am, by the physical and moral decline among young people, it is something to con-

If it were up to me, I'd bring back the draft and make two years military service mandatory for every high-school graduate, male or female, even before beginning college.

But if we can't put them into the military, I'm all for flogging them on

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



VICTOR SAILER / PHOTO RUN Stephanie Hodge, third W40, More Marathon.



Peggy Jewitt, first W45, More Marathon.

More Marathon

Continued from page 1

of the house, for a bit of a mental break. And now I'm in the best shape of my life," said Loken, who won \$2000 and a trip to Hawaii. "This goes to show that women over 40 can be healthy and

The reigning USA Marathon masters champion, she has already run a 2:41:31 marathon this year and is aiming to go under 2:39, the "A" qualifying standard for the 2008 U.S. Olympic Trials.

McCoubrie collected \$1000, and Hodge, \$500, of the race's \$14,000 prize money.

Close to 4000 runners and walkers, all women, most age 40 or over, took part in the third annual event, which consists of four undulating loops, all inside Central Park. Last year's race drew about 3500.

The More Marathon is actually two races: a regular marathon open only to women 40 and over, and a half-marathon, featuring teams of two women, one of whom must be 40 or over.

In the marathon, Ginette Bedard, 72, Howard Beach, N.Y., produced the top performance of the day, with a pending W70 U.S. record of 3:46:03, worth a phenomenal, age-graded 100+%. The time bettered her 3:46:18, also pending, on Nov. 6, 2005.

Billie Moten, 68, NYC, second W65 last year in 5:53:04, improved to a 5:52:35 and won her division race. Bertha McGruder, 77, NYC, repeated her 2005 W75 win, with a 6:04:5

Tatyana Pozdnyakova, 51, UKR/ Gainesville, Fla., was the overall winner of the half-marathon in 1:16:07, another 100+% age-graded time. A week before, she had finished sixth-female (2:35:46) in the Los Angeles Marathon, and on Saturday was the first masters woman (34:44) in the Azalea 10K, Mobile, Ala.

In the two-person half-marathon relay, a pair of runners from Ohio took top honors. Ann Alyanak, 27, the head cross-country coach at the University of Dayton, joined forces with 1995 USA Marathon champion Debbi Kilpatrick-Morris, 42, to win in a combined time of 2:36:03.

While Sunday dawned damp and chilly in Central Park, the competitors' red, yellow, purple, pink, and blue running jackets were brilliant in contrast with the damp tree trunks and asphalt paths. The runners' spirits shone brightly, too.

"The atmosphere is so relaxed and everyone is having so much fun," said More Marathon spokeswoman Grete

In many cases, runners didn't have to look far to find someone with a Tshirt or jacket like their own. A number of women traveled to New York with a training group or running club, such as 90 members of Michigan's Team Playmaker, which has entered close to 100 women in each of the three editions of the race.

Twenty Mercury Masters suited up for the half-marathon; this New Yorkbased group comprises women 50and-over, who have among them competed in 200 marathons worldwide.

"This race gives us an opportunity to run with like-minded women," said Ilene Kent, 51, NYC.

The event was held under the direction of the NYRR.

-from reports at www.nyrr.org

Track & F

Continued from page !

explained on bot booklet available being said, we ne can to avoid this

Positive Outco The result of t that the person w rience found out ed informing peo of the need to dec clerk again 15 mi of their race. She our athlete advoca the Outdoor Cha doesn't happen to

Congratulations just didn't compla but volunteered to tion to the problem

Another probler concerns the finals in our champions that a foreign ath the top six U.S. ath is a problem for fo we run on a six-lar

The Games Co decision to awar based on time for who were displace the finals. Their p by their time in the

I apologize to who were not ha the finals in an e rules.



Track & Field Report

Continued from page 5

explained on both websites and in the booklet available at the meet. That being said, we need to do whatever we can to avoid this in the future.

Positive Outcome

The result of this sad situation was that the person who had the bad experience found out the process and started informing people as they registered of the need to declare and report to the clerk again 15 minutes before the start of their race. She has volunteered to be our athlete advocate on this problem at the Outdoor Championships so this doesn't happen to anyone else.

Congratulations to this person who just didn't complain about a situation, but volunteered to be part of the solu-

tion to the problem.

Another problem we are working on concerns the finals for foreign athletes in our championships. Our rules say that a foreign athlete cannot displace the top six U.S. athletes in a final. That is a problem for foreign athletes when we run on a six-lane track.

The Games Committee made the decision to award duplicate medals based on time for the foreign athletes who were displaced by U.S. citizens in the finals. Their place was determined by their time in the previous heat.

I apologize to the foreign athletes who were not happy with running in the finals in an event because of our rules. We are submitting rule modifications for this year's rule changes to either change the number of U.S. citizens to five in indoor meets or run those problem events as timed finals.

Thanks to Jim Flanik, our new Games Committee Chair, and his team of Carroll DeWeese, Becky Sisley, and Dick Hotchkiss for a fantastic job.

Most throwers enjoyed throwing the 56 lb. weight indoors for the first time with an indoor weight.

March was Mad, but I, for one, am very happy with March. I hope others were as well.

(George Mathews can be contacted by e-mail at georgemathews@adelphia.net)

TEN YEARS AGO May 1996

- 727 Athletes Set 28 Indoor WRs at Nationals in Greensboro, N.C.
- Herbert Steffny (42, 2:19:33) and Lorraine Moller (40, 2:32:02) Top Masters at 100th Boston Marathon
- Boguslaw Maminski (40, 14:28) and Mary O'Connor (40, 16:45) Set Masters Course Records in Carlsbad 5000/National Masters Championships



JERRY WOJCIK Jay McKeen, second M50 in the shot put, USA Masters Indoor Championships, Boston, Mass.



JERRY WOJCIK
Mary Harada, on her way to a W70 mile U.S.
record, USA Masters Indoor Championships,
Boston, Mass.

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PAGLIANO'S PODIATRIC POINTERS The Foot Beat

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

Shin Splints, MTSS or TSF?

hin splints, a common running and jumping injury, is really a catchall phrase for pain along the anterior shin area. More specifically, from a medical point of view, we are talking about medial tibia stress syndrome (MTSS) and tibial stress fracture (TSF).

MTSS can best be described as a bone stress reaction to repetitive loads to the tibia. The most common overloads are training error, hard running surface, shoe type, and biomechanical deformity. Many studies indicate MTSS to be more common in women athletes. Some researchers consider MTSS a precursor to TSF.

Athletes usually complain of an ache along the anterior shin area associated with running activities. The pain can worsen with increase in activity or distance. The pain tends to occur in the distal one-third of the tibia, although symptoms can extend farther up the leg. Soft tissue swelling may occur in more severe cases.

There are several ways to diagnose MTSS. Probably the most common is a bone scan, which is very specific for MTSS and TSF. An MRI can also be used for diagnosis.

Initial treatment consists of rest and modification of running activities. Usually the rest period extends

between six weeks and three months. Icing has been proven of some help early in the treatment phase. Nonsteroidal anti-inflammatories may be used to reduce pain.

During this time, other activities, such as swimming, may be used for conditioning. Upper body conditioning is advised during this rest period. Physical therapy, including muscle massage, electrical stimulation, or iontophoresis may also be used.

Once the condition has resolved itself, a gradual return to running can be started. This should include the use of properly cushioned shoes, orthoses for those with biomechanical foot deformities, and avoidance of hard running surfaces. A good stretching program should also be included.

A two days on, one day off approach should be applied to the running program to allow for rest from repetitive overload as a result of training.

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

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

Martin, Verrington First Masters in 50K

Kathy Martin and Dan Verrington were the masters firsts in the USATF National 50K Championships held at Caumsett Park, Lloyd's Neck, N.Y., on

Martin, Northport, N.Y., broke the U.S. W50 record for 50K by 10 minutes with a pending 4:00:22, finishing second female overall. Verrington, M40, Bradford, Mass., was fifth overall with a 3:33:31

Pat Zerfas, W40, Kensington, Md.,

was second W40+ in 4:04:52. Ultra star Roy Pirrung, Sheboygan, Wisc., won the M55 race with a 4:14:48. Tim Kourounis took the M65 race in

Athletes ran on a 2.61-mile loop course, with temperatures at a windy, cold 32°F. The race, also the Long Island Association Championships, drew 116 starters and had 84 finishers, 50% of whom were 50-and-over.

-from Mary Trotto

Hayward Classic to Celebrate 25th Year

The Hayward Classic, contrary to recent reports, is alive and well and will be held on June 24-25 at historic Hayward Field on the University of Oregon's campus in Eugene, for the 25th

Acknowledged as the best masters meet in the country outside of the national championships, the meet offers two days of excellent competition from local masters and athletes who come from all over the U.S. to participate at Hayward Field; abundant and experienced officials; and events not found in the usual masters meet, including an age-graded mile, the superweight, two racewalks, and three relays, plus the meet provides all throwing implements.

Presented by the Oregon TC Masters, the meet will also serve as the USATF Northwest Regional Masters Championships. Northwest Regional medals will be awarded for 1st, 2nd, and 3rd places. USATF Northwest registered athletes who win an event will also be awarded a championship patch. All entrants will receive a 25th anniversary commemorative pin.

The meet organizers are planning to have on display all of the T-shirts and programs from all 25 Hayward meets. They plan, also, to honor the athletes, officials, and volunteers who may have participated in all 24 previous meets, and the athletes who competed in the first Hayward Classic on April 17, 1982.

Anybody who participated in all 24 Hayward meets, or was at the first one in 1982, is urged to notify the meet organizers at Ruth BreMiller's contact numbers below

Entry deadline is Friday, June 9 postmark, with an added late entry fee of \$10 until 5:00 p.m., June 20.

The Phoenix Inn will again serve as the meet headquarters. A special Hayward Classic rate is available if reserved by June 1: 800-344-0131; www.phoenixinnsuites.com/hotels/euge ne. A reception will be held at the Phoenix Inn on Saturday from 4:30 to

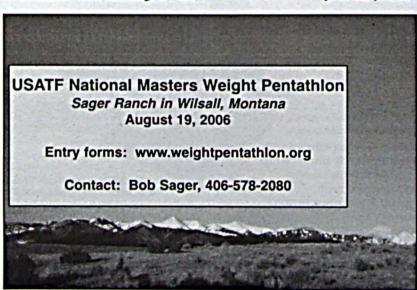
For more details, contact OTCM, c/o Ruth BreMiller, 590 W. 29th Ave., Eugene, OR 97405; www.otcmasters. org; e-mail: brem@uoregon.edu. 🗆



KONRAD WOJCIK Adele Thompson, W30, in the Hayward Classic. The 2006 Hayward Classic is scheduled for June 24-25 in Eugene. Ore.

We Welcome Letters

- · The National Masters News welcomes letters on topics of general interest.
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Answer: Great qu sugar and carbs du synergy window. I'd refined sugar and f during the rec researchers show that innocent carbohydra refined sugar. Also, of variables that co can change the rules to maximize growt from exercise.

Research shows insulin is what you v training, because somatostatin (the he down GH).

Glycemic Index

The Glycemic Inc measure and compar ual foods produce ar When you look at th burning carbs), me glycemic load carbo surprises - white b rates higher (70) th





Health & Fitness

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

Dietary Sugar

uestion: I just purchased your Ready, Set, GO! Synergy Fitness book and a Vision Fitness treadmill. I need some clarification on eating sugar within two hours of a workout. Is it only refined sugar or any carbohydrate?

Answer: Great question concerning sugar and carbs during the two-hour synergy window. I'd really watch the refined sugar and fast-burning carbs during the recovery, because researchers show that some seemingly innocent carbohydrates can act like refined sugar. Also, there are a couple of variables that come into play that can change the rules for adults wanting to maximize growth hormone (GH) from exercise

Research shows that a spike of insulin is what you want to avoid after training, because this increases somatostatin (the hormone that shuts

Glycemic Index

The Glycemic Index was created to measure and compare the way individual foods produce an insulin response. When you look at the list of high (fastburning carbs), moderate, and low glycemic load carbohydrates, there are surprises - white bread, for example, rates higher (70) than a chocolate bar

(49) at producing an insulin response.

Frozen tofu must have a low Glycemic Index number - correct? Not hardly. This is one of the highest insulin-producing carbs and gets a 115

Not only is it difficult to estimate the glycemic rating of food, but what makes this issue even more complicated is that the insulin-producing process is variable for every adult to some degree. And it depends on where someone is on the Metabolic Syndrome chart.

Metabolic Syndrome Metabolic Syndrome (relates to insulin resistance and cholesterol levels) just became an official medical condition in 2001, and the research shows that even a few carbs can spike insulin for some people with insulin

If someone is lean and doesn't need to drop a lot of body fat, then they can probably have some slow-burn, low Glycemic Index rating carbs without spiking insulin, and maybe even some

When I train young athletes in speed, I explain that the research shows 20 to 25 grams of protein with a 4 to 1 ratio of carbs to protein starts the recovery process quicker. This advice is given to everyone as general advice in most fitness magazines today.

Clearly, young athletes more concerned with fast recovery than maximizing GH release should do this. However, if someone is middle-aged, and keeping GH circulating as long as possible is the goal (like it is for me, personally), this means that protein intake (20 to 25 grams after training) is a great strategy, but the glycemic rating of carbs needs to be monitored because of the variable impact on insulin.

I'm sorry for sounding like a politician running for office with such a long answer. I suggest taking a look at the Glycemic Index for your favorite foods and consider getting some low to medium glycemic rated (slow to medium burning) carbs before training to fuel exercise intensity.

Sprint 8 Getting Results

A few months ago, my doctor told me I had to make changes in my life. My cholesterol was high at 234, triglycerides were extremely high at 415, and as a diabetic, my A-1-C was 7.4. My doctor doubled my medication and informed me that my diabetes was affecting my kidneys. So I read Ready, Set, GO! Synergy Fitness and started

Continued on page 10



VICTOR SAILER / PHOTO RUN Sean Wade, 40, overall winner (14:53), Carlsbad Masters 5000, Carlsbad, Calif., April

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Masters Racewalking

By ELAINE WARD

Racewalkers Recount Experiences at Championships - Part VIII

This, the eighth column in a series, reflects more comments received from those attending the Nationals in Honolulu, Hawaii, and the World Championships in San Sebastian, Spain. The USA medal count at the World Championships: 8 gold, 7 silver and 5 bronze individual medals; 5 gold, 1 silver and 2 bronze team medals. -ew

Carol Bertino, W55. Worlds: 5K, 8th, 30:57.17; 10K, 8th, 1:05:50.

Although San Sebastian is a beautiful city and I was thrilled to be there for the WMA Championships, I am always nervous before a race, wanting to do my best and not knowing how I'm going to feel once the race starts. Racing in the Worlds just increases my level of anxiety. It is big time!

I kept telling myself there was no reason to be nervous, since I knew I had no chance of getting a medal as I might in a race back home. But the morning of the 5K I was a wreck, having had very little sleep the night

My race was at 6 pm so I had all day to fret. I tried relaxing in my room, with little success, so I went to the stadium to watch the W60 5K walk. I saw my friend and training partner, Janet Robinson, do an awesome race - a PR just six seconds over her goal.

I knew I had to do my best as well. So I went back to my room and used some relaxation and visualization techniques we learned from our coach, Jim Coots. By the time I went back to the track for my 5K, I was relatively calm.

A Close Call

At the start line I knew what I had to do - just do my own race at my own pace. But I surprised myself by doing better than my goal pace for the first nine laps. That is why I was stunned when my lap counter showed me a card with a big 4 on it when I knew I only had three laps to go. I told him, "No," as I zipped by and "No" again when he showed me a 3.

When I came around again, they gave me a bell so I figured they must have found the error. When I did my final lap and crossed the line and was about to celebrate my great time, they yelled, "One more!" This time I think I whimpered, "No," and did one more lap. I had just beat my former PR by 33 seconds, and I was not going to let them take that from me.

I went out to discuss the problem with my lap counter who referred me to the Chief Judge. My Spanish served me well. I kept telling the lap counter to just check my splits to find where he might have made a mistake.

I was finally informed that they weren't taking splits. They were just making checks when we came by. This way, if your lap counter blinks and misses you, be prepared. In my case, I had three friends keeping my splits. The judge made note of that, and then checked the videotape.

Apologies

I guess they counted how many times I came around and in the end I won. My lap counter came over to tell me and clearly felt very bad that it happened. We did the kiss on both cheeks thing and all was forgiven. But this kind of mistake should not happen at the international level!

I should have been doing a cool down, taking photos with the other women in my race, and just rejoicing in my new PR instead of pleading for my

My training for the World Championships started in January 2005 when I decided to do every race I could during the Southern California racing season - mainly 5K. We started training more seriously in April by adding more days per week and more speed

By the end of June, I cut out the long

slow distance walks on Sunday to concentrate on speed. At the end of July, with the weather heating up, we switched from afternoon to early morning workouts on the track. The schedule basically alternated hard days (and they were hard) with easy or rest days.

I also used Pilates and water aero-

bics as cross-training to build strength, stamina, and flexibility, as well as to maintain a good race weight. A few days before I departed for Spain, my Chinese fortune cookie read, "Your hard work is about to pay off." And it

I know some people didn't want any uniform singlet, but I think it is a good idea. However, I wasn't too impressed when I first saw it. We all had the same comment, "Spiderman!" But not everyone had the red bubble pattern on the back, so the uniforms were not uniform. However, they did make it easier to spot our USA teammates on the track from up in the stands.

It was a nice change from South Africa and Australia, where we just wore anything with USA on it. The warmup suits looked good, though I thought they needed more red, white and blue and a bigger USA symbol. I also think more people would consider buying the warmup if USATF would stop changing it all the time.

Other countries look great in their uniforms and there is no question where they are from or that they are proud to represent their countries. It is time for the USA to look more togeth-

Mike Wiggins, M55. Nationals: 5K. 1st. 25:41.53; 10K, 1st, 54:17.0.

Because Honolulu is tourist friendly, I would certainly consider attending another National Championship there. It was wonderful to have the time and opportunity to sightsee when not competing. However, I am sure the distance and cost, as well as the closeness, of the World Championships were deciding factors in the low atten-

I particularly enjoyed the 10K race on the boulevard near Waikiki Beach. The atmosphere could not be beat. I train year round, but when I know I'm going to do a big event, I start doing more speed work. One day a week is devoted to interval training. The rest of the days, I alternate long and short



Racewalkers in the Hayward Classic, Eugene, Ore. This year's meet is scheduled for June 24-

When I am at the starting line, I mentally review my form and technique. I also look my competitors over and evaluate their skills. I always prepare my racing strategy in advance, and I had calculated what I wanted my split times to be in the 5K and 10K.

I know that some athletes do well racing without a definite plan, but I find it much easier to feel in control if

(Next month we finish up this series with comments from Tommy Aunan and Michael Blanchard. Elaine Ward can be contacted by e-mail at narwf@sbc

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FIFTEEN YEARS AGO May 1991

- 450 Compete in Masters Indoor Nationals in Blaine,
- Ken Judson (2:18:11) and Grazilla Striulli (2:37:01) First Masters in Boston Marathon
- Shirley Matson Sets U.S. W50 10K Mark of 35:57

California Senior Games Championships

5K & 10K Road Races/5K and 10K Race Walks The 10K Road Race and the 5K Race Walk are qualifying events for the 2007 National Senior Games - Louisville, KY.



Saturday, June 17, 2006 - 4:00 pm Rose Bowl, Pasadena Jim Hanley, Meet Director



For more information or an Entry Application: Cynthia Rosedale (626) 685-6754 CynthiaR@pasadenaseniorcenter.org Entry Application is also available at: www.pasadenaseniorcenter.org

Health & Fitness

Continued from page 9

the Sprint 8.

After four months on your program, my cholesterol dropped to a normal rate of 141, triglycerides dropped to 276 (a 139 point drop and still dropping), and my A-1-C dropped to 6.4. I look forward to receiving even more amazing results when I return to the doctor after some more Sprint 8 workouts! Your program works! - Mike C

Update Three Months Later

I just returned from my doctor's office. After seeing my results continue, my doctor wants to know all about your program so he can do it himself.

My cholesterol dropped even more. It's now down to 127 (down from 234). Even though my moderation diet has not changed at all during the last three months, my triglycerides have continued to drop another 100 points and I'm down to 176 (from 415). - Mike C. □

(Get an autographed copy of Phil Campbell's NEW Edition, 4th Printing of Ready, Set, GO! Synergy Fitness, 2nd Ed., the comprehensive fitness training guide, 300 photo illustrations, 384 pages, \$19.95. For ordering information call toll free: 866-565-3311. For more info visit his website: www.readysetgofitness.com)

Masters S By JERRY W Athletes from ed 39 All-Ameri the USATF Eas Indoor Champion The meet, the several years, was University, Selins

Among the A Oscar Peyton, MS performances wit the meet in the 6 finals) and 200 (2

Cheryl Meissn third track meet

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Masters Score 39 A-A Marks in East Regionals

By JERRY WOJCIK

Athletes from age-30-to-90+ recorded 39 All-American performances in the USATF East Regional Masters Indoor Championships.

The meet, the first East Regional in several years, was held at Susquehanna University, Selinsgrove, Pa., on March

Among the A-A performers were Oscar Peyton, M50, who bolted to A-A performances with the fastest marks of the meet in the 60m (7.29 trials, 7.30 finals) and 200 (24.16).

Cheryl Meissner, W50, in only her third track meet, qualified for A-A recognition in the 60m (9.34) and 200 (32.63).

Earl Wentz, M90, ran a 12.40 in the 60m. Louis Coppens, M60, is an All-American in the mile (5:41.72) and 3000 (11:18.92).

Tom Rauscher, M55, vaulted 3.05/ 10-0. In the shot put, Charles Roll, M55, hit 14.04/46-0 3/4 with the 6kg, and Larry Horine, M75, 11.61/38-1 1/4 with the 4kg.

In the weight throw, Terry Shuman, M60, topped the men's field with a 14.92/48-11 1/2, but Brenda Start, W30, was the farthest of the day with a 15.42/50-7 1/4 with the 20#.

Order subscriptions and publications on-line at www.nationalmastersnews.com

TWENTY YEARS AGO May 1986

- Brother-Sister Team of Lee Sargent (M40, 1:50:39) and Madera 2:00:38) Win in Price Chopperthon 30K
- U.S. 1989 World Veterans Pledges \$100,000
- Rosemary Chrimes, W50, Sets Four WRs in British Veterans Indoor Championships

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Competitors in the M75 60m (I to r): Rodney Brown, Bill Melville, third (9.56), James Stookey, first (8.98), Harry Brown, second (9.00), and Don Cheek, USA Masters Indoor Championships, Boston,

Wanna Be In the Indoor Rankings for 2006?

Athletes who want to assure that their best indoor marks are included in the final 2006 rankings have until May 6 to submit them.

Athletes should first check the rankings at www.mastersrankings.com to ver-

ify that their performances rank among the top 25 in their age group.

If not listed, athletes can send their marks to Larry Patz at indoorankings @aol.com. Include athlete's name, date of birth, meet name, date, location, and type of timing system (FAT or hand, if applicable).

The 2006 indoor rankings will be published in the June National Masters

Note that this applies to INDOOR marks made in 2006.

California Senior Games Championships

The California Qualifying Meet for the 2007 National Senior Games - Louisville, KY. Track & Field Meet - Saturday, June 3, 2006

CalTech - Fox Stanton Track

1200 East California Blvd., Pasadena, CA. 91106 Meet Director: Christel Donley; Race Walk & Assistant Meet Director: Jim Hanley



Stephen by Decker St. A. St. Co.	the self-offer transfer was early	Schedule	e of Events	ed in someth	With the Charles
	Track	placement of		Fie	eld
9:00	5,000M Walk	1:00	400M Run	9:00	Softball Throw
10:00	5,000M Run	1:30	100M Dash	10:00	Pole Vault, Discus
10:30	800M Walk	2:15	800M Run	11:00	Long Jump
11:00	50M Dash	Following	200M Dash	Following DT	Shot Put
11:45	1,500M Run	800M		Following SP	Javelin
12:00	1,500M Walk			Following LJ	Triple Jump
12:30	Grandparent Relay	The state of the s	and the same of th	1:30	High Jump

Entry Fees: Divisions: Miscellaneous:

\$30.00 Registration Fee, plus \$6.00 per event

5 year divisions, for men and women, age 50+

Competition order - oldest to youngest, women first (except HJ & PV which start at lowest height); Throwing implements not provided, except SP; Must bring own vaulting pole; PV for experienced vaulters only. 4 jumps for Long Jump and Triple Jump; 4 throws for Javelin, Shot Put and Discus; 3 throws for Softball Throw.

Surface & Timing:

Mondo Track - 1/4" pyramid spikes only; Automatic Timing System For more information: Cynthia Rosedale - (626) 685-6754; CynthiaR@pasadenaseniorcenter.org; FAX: (626) 577-4235

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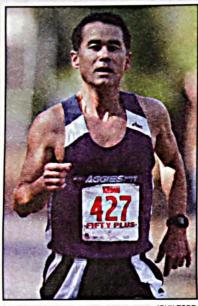
WAIVER: In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors or administrators, waive and release forever any and all rights, claims or damages I may accrue against the Pasadena Senior Center, CalTech, the Meet Directors and all sponsors of the California Senior Games Championships, their successors, representatives and assigns of any and all injuries which I may suffer while traveling to and from and while participating in the Meet held June 3, 2006 at CalTech. I certify that I have no physical defects or injuries that

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Hal Higdon takes a break this month. Look for him in the June issue.

(Hal Higdon is author of nearly three dozen books, including The Complete Diet Guide for Runners and Other Athletes. Check out his training information at www.hal higdon.com.)



ЈОНИ ТООР Emil Magallanes, 50, men's winner of the Seniors 8K at the Fifty-Plus Paul Spangler 8K.



DON FERIA Fei-Mei Chou, 71, winner of six events, Bay Area Senior Games.







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You can FLY to Bend – United direct from SFO, Delta from Salt Lake City, or Horizon non-stop from Los Angeles to Bend/Redmond airport – RDM.



Competitors in the W60 discus, won (32.05) by Karen Ilgen, GER, left of reader board, WMA Indoor Championships, Linz, Austria. Karen Huff-Pawlik, USA, is first on the left in the first row.

Fine Marks Cap Fifty-Plus 8K Run and Bay Area Senior Games

By MARK WINITZ

PÁLO ALTO, Calif. — March 12. The 23rd Annual Fifty-Plus Lifelong Fitness Weekend and its inaugural companion event, the Bay Area Senior Games, concluded today, while showcasing the abilities of hundreds of senior athletes.

Under cool conditions and drippy skies, Emil Magallanes, 50, Boise, Idaho, in 28:18, and Heidi Swan, 52, Larkspur, Calif., in 30:42, scored almost uncontested victories in the Weekend's showcase event, the Paul Spangler Memorial 8K, around the Stanford University campus. The race also served as the USATF Pacific Association 8K Championships, and had 151 finishers age 50+.

"My plan was just to see how the race shaped up and run my own race. I felt confident, since I've been doing a lot of track workouts," said Magallanes, who was planning to compete in the mile and 3000 at the USA Masters Indoor Championships in Boston.

Behind Magallanes, Fletcher Lesley, 50, of San Francisco, and Lloyd Stephenson, 51, also of San Francisco, registered a close race for the runnerup spot. Lesley finished second in 29:06, with Stephenson third in 29:11.

29:06, with Stephenson third in 29:11.

Swan captured the women's crown following impressive age 50+ victories last fall at the USA Masters 10K Championships, and the USATF-Pacific Half-Marathon and 30K championships, making her one of the premier U.S. female runners in the W50 division.

Swan's 30:42 time at today's race puts her among the top half dozen U.S. 8K performers of all time in her division.

Kim Rupert, 51, Hillsborough, Calif., secured second place in 33:09. Karen Kunz, 51, Folsom, Calif., was third in 33:23

The oldest finishers in the seniors race were Harold Thurston, 87, Los Altos, Calif., 55:01, and Joy Johnson, 79, San Jose, Calif., 52:44.

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.

The winners of the companion 5K racewalk were Jack Bray, 73, Kentfield, Calif., 28:33, and Leslie Sokol, 48, San Jose, Calif., 28:49.

In conjunction with the Weekend, Fifty-Plus Lifelong Fitness also conducted the first-ever Bay Area Senior Games today, which offered a multitude of athletic events including track and field, swimming, tennis, and table tennis – all for senior athletes.

Top performers in the track and field competition included: Nadine O'Connor, 64, 100m, 14.22; Cherrie Sherrard, 68, shot put, 26-4; Larry Lettieri, 58, 100m, 12.43; Roger Tsuda, 71, 100m, 14.00; and Matthew Pruitt, 58 who won both the 200 (26.26) and 400 (59.87) dashes.

Also at the Weekend's festivities, 1968 Olympic figure skating gold medalist Peggy Fleming was honored as the 16th recipient of the Annual Emil Zatopek Award bestowed by Fifty-Plus Lifelong Fitness. The honor, named after the splendid Czech Olympic distance runner, is awarded to individuals who have attained notable achievements in sports, and in doing so have inspired others to live a healthy lifestyle.

"Through my skating, I've learned so much about myself. My sport taught me what I could do with my talents, whether in the rink or in the rest of my life," said Fleming on accepting the Zatopek Award at the Fifty-Plus Annual Awards Dinner on Saturday. "I think exercise tests us in so many ways, our skills, our hearts, our ability to bounce back after setbacks. This is the inner beauty of sports and competition, and it can serve us all well as adult athletes."

Cheryl Sinclair, Pacifica, Calif., received the 2006 Fifty-Plus Ambassador-of-the-Year Award. Dottie Phillips, Sunnyvale, Calif., was the recipient of the organization's Volunteer-of-the-Year Award.

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.

These major sponsors helped make the Fifty-Plus Fitness Weekend and Bay Area Senior Games possible: City of Palo Alto Recreation, Classic Residences by Hyatt in Palo Alto, Palo Alto Medical Foundation, Palo Alto Weekly, Catholic Healthcare West (CHW)/Sequoia Hospital, and Stanford University Hospital.



Vance Jacobson, MS Masters Indoor Champio

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Nolan Shaheed, winni Carlsbad Masters 50 Masters Indoor Cham March 24-26, Shahee record (4:42.89).



Vance Jacobson, M55 pentathlete, USA Masters Indoor Championships, Boston, Mass.

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VICTOR SAILER / PHOTO RUN Noian Shaheed, winning the M55 race (16:19), Carlsbad Masters 5000, April 9. In he USA Masters Indoor Championships, Boston, Mass., March 24-26, Shaheed broke the M50 U.S. mile record (4:42.89).

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Nationals - Boston

Continued from page 1

record in the 3000 with a 12:52.22, and followed that up on Saturday with a mile record of 6:23.95. His steady onpace performance in the 3000 impressed some of the younger runners. Peter Magill, winner of the M40 3000 (8:43.12), said, "That M75 guy who broke the record ran a great race.

Kathy Bergen, W65, and Robert Whilden, M70, were double world record-breakers, Bergen in the 60m (9.27) and high jump (1.31), Whilden in the 60m (8.20) and 200 (27.11).

Karl Smith, M45, a Jamaican citizen, ran the 60mH in 8.18 to break the world record of 8.22 that was about a week old, set by Dexter McCloud in the 2nd WMA Indoor Championships in Linz Austria

Franklin (Bud) Held, upped the M75 pole vault record to 2.90, and Johnnye Valien increased the W80 triple jump record to 5.57.

Bill Collins, M55, was credited with world records in the 60m and 200, but he had better marks in Linz. Valien also had a better mark in the pole vault in Linz.

Leslie Chaplin-Swann, W45, ran a faster 800 (2:22.32) than her pending 2:22.37 U.S. record, and broke the national mile record with a 5:08.81.

According to Sandy Pashkin, WMA and USATF track and field records chair, the mile is no longer considered a world record event by WMA, since the U.S. is the only country that runs the mile rather than the 1500 in its championships.

In addition, the 4x200 is the only relay considered for WMA indoor world records, and the 4x400 and 4x100 are the only relays to be considered for outdoor world records, per WMA Council vote to have records kept only in the events contested in WMA Champion-

Multiple-champions were plentiful, most with competition, some by default. Valien won six gold medals in the W80 division. She was named USATF's Athlete of the Week on March 28, for her accomplishments. The week before, March 21, Bill Collins had received the same honor for his world records in the 60m and 200 in the WMA World Indoor Championships.

Among the 90-year-olds, Leland McPhie won seven titles, with Max Springer and Frank Levine settling for two each in the M90 division. Betty Jarvis set W90 U.S. records in the 3k shot (3.71/12-2) and 12# weight (5.23/ 17-2).

While a dozen or more athletes won three or four titles in their areas of expertise, such as Pamela Swan winning all four W40 jumps, Jacqueline Board, W50, and Sharon Warren, W55, taking the three sprints, and Stephen Chantry winning the M50 three distance races, others showed athletic diversity.

In the W35 division, Terri Lowe won the 60mH, high jump, and shot put, after winning the pentathlon on Friday. Nadine O'Connor, W60, won the 200, pole vault and the 60mH with a U.S. record 10.72 for the 27" barriers.

Robert Hewitt, M70, won the pentathlon withh a U.S. record 3716, and followed it up with firsts in the pole vault, long jump and triple jump. Mary Roman went from one track extreme to the other, from speed to strength, with firsts in the 60m and 200, and all three throws. James Stookey, M75, won the 60mH, high jump, long jump, and triple jump.

Some fields were noticeably larger than in previous years. Eighteen entrants in the W40 200 were winnowed down to a final six, the number of lanes on the Lewis 200m oval. Kathleen Shook won the final (27.57). with Shemayne Williams second

Twenty M50s vied to qualify for the six spots in the 200 final, won by Oscar Peyton (23.62), who also won the 60m final (7.43), which had to be reduced to nine from 18 entrants. The M55 400, run as a timed final on Saturday, had 18 entrants, and was won by Francis Schiro (55.50), with Charles Allie second (55.80).

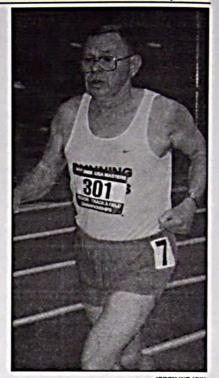
The M40 mile had 14 contestants and was won by John Hinton in 4:16.23, the fastest time of the event on Saturday. The M45, M50 and M55 mile had an unprecedented 13 runners in each group. Blake Wood won the M45 race (4:41.92), Stephen Chantry, the M50 (4:47.86), and Nolan Shaheed, the M55, with a U.S. record 4:42.89.

The M50 pole vault, with nine vaulters, was won by Gary Hunter, with a U.S. record 4.40/14-5 1/4.

Triple jumper David Quick, M50, had the distinction of breaking one of the oldest U.S. indoor records when he finished with a 12.92/42-4 3/4, in the triple jump, erasing the 12.38/40-7 1/2 by the recently deceased Dave Jackson in 1983.

Ruth Welding, W50, had the women's longest shot put (11.39/37-4 1/2), weight throw (12.89/42-3 1/2) and superweight (9.45/31-0) of the meet. Myrle Mensey, another three-throws winner, hit the 11.35/37-3 mark in the

Tom Gage, M60, was the top shot putter (14.70/48-2 3/4) and weight thrower (21.78/71-5 1/2) among the men. For the younger men's weight throw, the throwing circle, with a protective net, was moved out of the cage in the corner of the Center to the infield to provide room for the throwers in the



Paul Heitzman broke M75 U.S. records in the 3000 and mile, USA Masters Indoor Championships, Boston, Mass.

18-meter range.

The 56# superweight was contested indoors for the first time in the masters' ten-year history of the meet here, when a 56# weight designed for use indoors was made available. Until this year, the men in age groups M30 to M65 had to throw outdoors with the metal outdoor implement, often in Boston's inclement spring weather.

Gage was the best with the new implement at 8.28/27-2. In 2004 in Boston, Gage, at age 60, threw the 56# 9.06/29-8 3/4 outdoors. In 2005, at

Continued on page 15

2006 USA MASTERS INDOOR CHAMPIONS, BOSTON, MASS., MARCH 24-26 M35 M40 M50 M55 M60 M65 M80 M30 M45 M70 M75 M85 M90 Whilden Whilden Whitley Prathers Collins Stookey McPhie Pettes Thigpen **Fulton** Peyton Paddie Brako Means Dussett Thigpen Jones Peyton Schiro Brown, H Brown, H 200 Winslow James Lida Means Springer 400 800 Lida James Pierce Ware **Englert** Means Springer Batiste Wensel Carnegie Fllison Chantn Shaheed Barnum Stewart Spencer Heitzman Benson Levine Mile 3000 Hinton Shaheed Howard Spencer Heitzman Englert Levine Rodrigu Wood Benson Chantry Santoro Lemme Magill Wood Price Barber Weddle Spencer Heitzman 60H HJ PV LJ SP SS Price Knocke Clark Stookey Brako Pettes Agaev Logue Stookey Held Brako Smith McPhie Hawke McBarnette Nelson Gabbard Montieth Paddie Langenfeld Holton Russ Altendor Counihan Pettes McPhie Joachim Hankerson Quick Terrell Hollister Stookey Brako Davenport Hankerson Gillespie McPhie Stookey Brako Sunila Gage Gage Vaughn Ward Mulkern Kuemmerlin Thompson Carr Summers Roll Johnson Horine Schlothau McPhie WT Sunila Sunila Herr Wetenhall Wetenhall DeStefano Brown Edwards Hotchkiss Garrahan Mulkem McPhie Gage Hollister Frable Edwards Mulkem Schlothauer Kuemmerlin Brown **Hotchkiss** Ward McPhie Watry McClung PENT Aubechon McKenzie Iwen Keating Hewitt Daprano Smith 3KRW Bray ADHOC-F Burns Johnson 4x400 ADHOC-G ADHOC-C ADHOC-B ADHOC-D **GVH GSH** W30 W35 W40 W45 W50 W55 W60 W65 W70 W75 W80 W85 W90 Gongora Barre Lawson Shook Warren Warren Board Jager O'Connor Bergen Roman Onodera-Leonard Valien 200 Jacobs Roman Michelsohn Michelsohn Jacobs Scott Harvey Dent Board Warren Daprano Chou Onodera-Leonard-800 Mile 3000 60H HJ PV LJ TJ SP WT Harvey Chaplin-Swann Martin Smith-Hanna Harada Fullem Maguire Olsen Smith-Hanna Smith-Hanna Grene Chaplin-Swann Martin Harada Toro-Scheib Hird Martin Raschker Lowe Willard Gunneson Thompson O'Connor Donley Swan Hanscom Raschker Valien Valien Bergen Douglass Donley Swan Johnson Hanscom O'Conno Barre Swan Matthews Chou Jager Barre Swan Iba Janneck Raschker Chou Valien Hallen Hallen Zebuth Welding Mensey Jager Katz Roman Roman Snaden Snaden **Jarvis** Mensey Latham Scanlon Welding Latham Scanlon Hallen Mensey Katz Trotto Eichel Lowe Ware Palme Thompson 3KRW Armstrong Lyness Gordon Key to Clubs: ATC = Athena TC, GSH = Greater Springfield Harriers, GVH = Genesee Valley Harriers, LAC = Liberty AC, MVS = Merrimack Valley Striders, SCTC = SoCal TC, STC = Synergy TC

Nationals -

Continued from page 14

Boise/Nampa, he th using the metal/outo throwing area that w Bob Ward broke

record of 10.30/33superweight with a Christel Donley

remarkable consist training regimen whin the pentathlon, o 4103 of last year.

Peter Taylor, wl announcing for the struck by the large women sprinters in ets, probably cause large number of en clubs contending for So Cal Track Fleet Brooks Fleet Feet R pointed out the sn walkers (27) this y last year in Idaho. there were 28 racev

Only three athle the W30-34 divisio

The So Cal defended its club in of 309 (131 points men); Brooks was s by women/13 by Southern Calif. Str (118 by women/19 clubs were represe had no male point had no women e



Nationals - Boston

Continued from page 14

Boise/Nampa, he threw 8.40/27-6 3/4, using the metal/outdoor implement in a throwing area that was dirt indoors.

Bob Ward broke his own M70 U.S. record of 10.30/33-9 1/2 with the 35# superweight with a 10.61/34-9 3/4.

Christel Donley, W70, showed a remarkable consistency or a terrific training regimen when she scored 4102 in the pentathlon, one point below her 4103 of last year.

Peter Taylor, who did most of the announcing for the three days, was struck by the large number of quality women sprinters in the lower age brackets, probably caused, he said, by the large number of entrants from the two clubs contending for the club title: the So Cal Track Fleet Feet squad and the Brooks Fleet Feet Racing team. He also pointed out the small number of racewalkers (27) this year, compared to 42 last year in Idaho. In 2004 in Boston, there were 28 racewalkers.

Only three athletes were entered in the W30-34 division.

The So Cal Team successfully defended its club indoor title with a total of 309 (131 points by women/178 by men); Brooks was second with 192 (179 by women/13 by men); and the Southern Calif. Striders TC was third (118 by women/19 by men). Over 90 clubs were represented. Some clubs had no male point-scorers, and others had no women entrants who scored

points.

Despite a dearth of media people, who were out of town covering Boston College in the NCAA Championships or teams of local interest vying to get into college hockey's Frozen Four, Bob Weiner, Chair of the Media Subcommittee, was able to finagle coverage by WBZ CBS TV and in the Boston Globe and Boston Herald.

Leslie Chaplin-Swann, who broke W45 U.S. records in the 800 and mile, commented on the meet, "Boston was an incredibly well-organized meet. The track seemed fast. As I ran my mile on Saturday, much of which is a blur, I do remember Peter Taylor saying that I had become a citizen last October and even mentioned the date! As I ran, I remember thinking, 'Wow, that's pretty neat'. I'm sure a lot of other athletes had the same feeling of pride as Peter announced their accomplishments."

The traditional pre-meet gathering was held at Bertucci's Brick Oven Restaurant, within walking distance of the meet hotel, Marriott Copley, on Thursday, March 23.

The meet was conducted under the auspices of USATF-New England, and directed by Steve Vaitones, with Lee Hess, serving as co-director.

M-F Athletic Company and Shooting Star Media were the primary sponsors.

The Reggie Lewis Center will be site of the USA Masters Indoor Championships in 2007 and 2008.



JERRY WOJCIK

Finalists in the M55 60m (I to r): Richard Parker, Lee Hess, Robert Davis, Bill Collins, first (7.44), Charles Allie, second (7.87), Thad Wilson, third (8.01), Donn Imrie, and Kenrick Smith, USA Masters Indoor Championships, Boston, Mass.

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:

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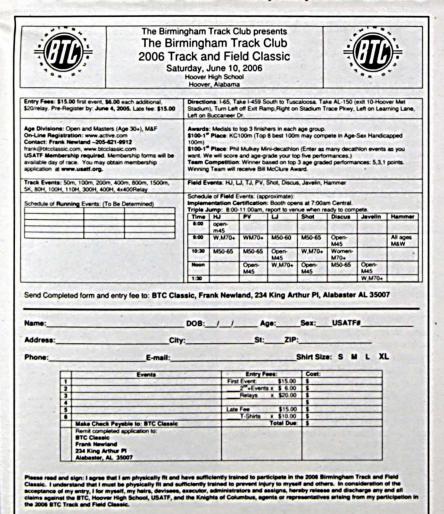
PENDING AGE-GROUP RECORDS USATF NATIONAL MASTERS INDOOR T&F CHAMPIONSHIPS, BOSTON, MASS., MARCH 24-26

World Records

Event	Age	New Mark	Name	Old Mark	Held by
60m	W65	9.27	Kathy Bergen	9.29	Gertrude Reichert
60m	M70	8.20	Robert Whilden	8.22	Bruno Kimmel
200	M70	27.11	Robert Whilden	27.40	Allan Meddings
60mH	M45	8.18	Karl Smith	8.36	Colin Williams
HJ	W65	1.31	Kathy Bergen	1.28	Rietje Djikman & Evelyn Wright
PV	M75	2.90	Franklin (Bud) Held	2.82	Carol Johnston
TJ	W80	5.57	Johnnye Valien	5.15	Margaret Hinton

U.S. Records

Event	Age	New Mark	Name	Old Mark	Held by
60m	M40	6.90	Aaron Thigpen	6.97	Eddie Hart
800	W40	2:08.68	Alisa Harvey	2:16.01	Rose Monday
800	W45	2:22.32	Leslie Chaplin-Swann	2:22.37p	L. Chaplin-Swann
Mile	W45	5:08.81	Leslie Chaplin-Swann	5:18.10	Patti Ford
Mile	W70	7:12.29	Mary Harada	7:19.44	Toshiko d'Elia
Mile	M35	4:35.71	David Buysse	4:37.53	Chris Yorges
Mile	M55	4:42.89	Nolan Shaheed	4:49.33	Alston Brown
Mile	M75	6:23.95	Paul Heitzman	6:27.16	John Hosner
60mH	W60	10.72	Nadine O'Connor	12.38 (30")	Christel Donley
4x400	W40	4:20.88	Athena Track Club	4:31.15	Bohemia TC
3000RW	W80	23:08.58	Miriam Gordon		
HJ	W80	0.94	Johnnye Valien	0.92	Margaret Hinton
PV	W40	2.82	Pamela Swan	2.60	Donna Schultz
PV	M50	4.40	Gary Hunter	4.32	Vincent Struble
W	M35	6.55	George Joachim	5.86	Todd Anderson
TJ	M50	12.92	David Quick	12.38	Dave Jackson
SP	W70	8.15	Christel Donley	7.87	C. Donley
SP	W90	3.71	Betty Jarvis	-	
WT	W90	5.23	Betty Jarvis		
WT	M75	13.23	William Garrahan	12.88	James Crawford
SW	W75	4.89	Lillian Snaden	4.85	L. Snaden
SW	M70	10.61	Bob Ward	10.30	B. Ward
SW	M85	5.08	David Schlothauer	4.96	Leon Joslin
Pent	W35	1134	Terri Lowe		
Pent	M70	3716	Robert Hewitt	3547	Bill Jankovich
Pent	M80	3606	Denver Smith	1636	Claude Hills



Profile by RON MARINUCCI

Duane Spitz - Running Hard, Just Not as Fast

ack in 1973, Duane Spitz won the Motor City Marathon (later the Detroit Free Press Marathon) in a then personal best of 2:23:05. Five years later, with the name change, "I was second in the first Free Press," Spitz recounted, adding, "I finished second by three or four seconds." He also won marathons in Saginaw, Mich., and Athens, Ohio. He posted his marathon PR (2:17) in Miami, Fla.. In all, he ran five sub-2:20s. He finished in the top five in big-time marathons in Dallas, Cleveland, and Chicago, in addition to Detroit.

He was fast, as those who remember Midwest running of 20 or 30 years ago will recall-and still is. Doug Kurtis, marathon legend and Free Press Marathon director, once told me Spitz "was one of the top road racers in the

1970s and early '80s."

If anyone is a historian of Michigan road racing, it's Scott Hubbard. He said of Spitz, "All I know is that he was fast. He was always way up there in the results."

Running for Health

"I run mainly for my health now," Spitz related. "I don't do many races any more, maybe three or four races every couple of years." But, he conceded wryly, "When I'm racing, I'm still pretty competitive." Then, he quipped, "I'm still running as hard, just not as fast." That's a matter of opinion.

Now 57, he still cranked out a 16:34 5K at the age of 52. A couple of years later, he followed that with a 17:14. And he also ran a 28:41 five-miler and 34:13 10K - at 52! A bit self-deprecating, he chuckled, "You feel like you're doing everything like before, but you're not.'

Gauging from his current training, it's obvious "I believe in miles. I like to run miles. You're just stronger," he mused. "I like to run 85 to 90 miles a week." He tosses in a form of fartlek for speedwork: "I run hard for 30 seconds, then jog, run hard for up to a minute, then jog

Peak Training

At his peak, "I trained at 6:00-6:20 pace. I was pretty comfortable with that." He recalls training with Gordon Minty, another great Midwestern runner of decades past and winner of the Free Press Marathon in 1979. One summer, "We did five times 1600 for a 25:41 workout."

"Doing quarters" also helped lead to a 5K PR of 14:40. Now, a couple of decades or more after his "heyday," he noted "I still run to work at five in the morning. I can still run a 6:45 to 7:15

Last fall, he was hampered a bit by lower back and hip problems, which he traced to "worn orthotics. They're about three or four years old. It's funny," he remarked, "how a shoe or orthotic can cause injuries." Even with the soreness in his back and hips, "I'm still running, a few miles a day." Then he offered, very matter-of-factly, "about 65 or 70 miles a week."

Fond Memories

Some of his fondest running memories come from the Boston Marathon. As he tells it, it was a Boston a little different than it is today. Spitz is particularly proud of his 1973 race.

"I won my first medal at Boston in 73. I finished 21st, but not with a real fast time. But it was a real hot day. Only the top 35 finishers got medals then, not 100 like today. It's one of my biggest accomplishments."

The 1980 Boston was memorable,

too. "It was real hot then, too." (There's a lesson there: don't run Boston when Spitz runs it!) He finished 25th in 2:21:03, beating U.S. Olympians Jeff Galloway and Kenny Moore, and 1968 Boston champion Amby Burfoot in the process. He shrugged, "I was 11th with four miles to go. But I mentally gave up when Benji Durden (another Olympian) passed me."



Duane Spitz

Spitz began running at Lansing Eastern High School and later became a junior college All-American. After school, he continued to run. "I was mostly a road racer." It seemed a bit odd then, maybe a throwback to the racing of the '70s, when he later spoke of a local 10K as "10,000 meters." By the way, he posted a 29:35 in that race in the '80s; 10K or 10,000 meters, that's pretty fast.

Inspiration to Others

But running has been more than personal success for Spitz. In talking to several other runners, the words "inspiration" and "encouragement" cropped up a lot.

Gordie Schafer ran with him in the early 1970s when they belonged to the Mid-Michigan TC. "We did a lot of training together. Often he would run with a group of us. It was very common for him to either have knocked off ten solo miles before the group formed, or for him to take a five- or ten-mile cooldown after the group run at 2:30

Spitz was always "willing to go at your slower pace and talk as you ran along." Schafer went on and quipped,

"Everything was fine if you kept your shoulder behind his, but go a half-step ahead and he instinctively picked up the pace. We also found out that you had better keep talking to him, because as soon as it would fall silent, he picked up the pace.'

He also remembered humorously, "Our training was LSD (long, slow distance). Well, it was LSD for him, but since we would run sub-seven minutes, it was LFD for me.

Another who trained with Spitz, two and three decades ago, was Dan Fuller. "Duane is the toughest runner I've ever known."

Fair Weather or Foul

Fuller recalls "getting a call from him on a Saturday morning at the height of a blizzard. The weather was horrible and the road was impassable for cars. But we spent over two hours running up and down a main road in Lansing to get our 15-miler in."

Both Schafer and Fuller remember more. At his peak, running sub-2:20 marathons, Spitz was "working 50 hours a week" to provide for his family - wife and two children - as well as taking night classes and putting in 100 miles of training per week. Fuller said, "I don't know many people who could've accomplished what

They remember him for more than his personal running achievements, noteworthy as they are. Schafer noted that "Duane arranged his long runs so that he did the first portion at his speed and would then come run with

Fuller admitted "he inspired me to get back into running.... I owe most of my marathon success to those tough training runs with him and the encouragement he gave me.

As one of the pioneers of Michigan and Midwest road racing, Spitz has seen quite a few changes in running. One, he noted, is the congestion, "the traffic on the roads." Even running to work, "there's all kinds of traffic - at five in the morning!

Slower Runners

He also thinks "there aren't as many fast runners as there used to be. Oh, some overall winners are better than our times, but there's not the depth of quality there was, especially in the marathon.'

He recalls the early Motor City/ Free Press Marathons. "Only 120 people would show up, but most were pretty competitive. When I did 2:18, thirty or forty guys broke 2:30."

Although repeating that some winning times are faster than 20 and 30 years ago, Spitz doesn't see as many runners posting the quick results. "In the local races, 10Ks, you had to be under 31:00. There were a lot of guys in the 32:00s.

The soft-spoken Spitz hesitated when I asked if he had any tips, any advice for runners. Then he said, "I think you have to enjoy it. Running, it's a good exercise. There's none better for your health."

After talking with him, I'm convinced he's still doing just that enjoying it, although a bit faster than most of us. Q

(Ron Marinucci can be reached by email at ron_marinucci@comcast.net.)



Louis Coppens, second M60 in the mile, USA Masters Indoor Championships, Boston, Mass

TWENTY-FIVE YEARS AGO May 1981

- Snohomish TC Captures Men's Division in Seattle Grand Prix; Falcon TC Takes Women's Title
- Jim Bowers, 42, Wins TAC National Masters 30K in 1:39:29
- Margaret Miller Sets W55 Mark of 40:44 in Malibu 10K



Michael Moser, M55, in the 1000m, final event in the pentathlon, USA Masters Championships, Boston, Mass.

USA

The USATF Fo well and in the pr size. No grants ha benefit of the mas time, due to a lack ters account, which and \$3000.

In the opinion director, Tom Jack not yet sufficient t

To help Jackov for grants, the Ma provide some cons the Foundation sh making grants to

However, guide value unless the support the Found

Gifts to the For efit of the masters

Gifts cannot be of individuals, but ities can be design son for the Comm priorities.

Hopefully, there many, who can m gift that will prov masters programs. who do not have assets, small gifts impact, if they con ber of people.

Specifically, giv donations to the Fo of those of our co



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WWW

USATF Foundation Alive and Well

The USATF Foundation is alive and well and in the process of growing in size. No grants have been made for the benefit of the masters program at this time, due to a lack of funds in the masters account, which has between \$2000 and \$3000.

In the opinion of the Foundation's director, Tom Jackovic, the amount is not yet sufficient to support grants.

To help Jackovic evaluate requests for grants, the Masters Committee will provide some consensus as to priorities the Foundation should consider before making grants to any masters activity.

However, guidelines will be of little value unless the masters individually support the Foundation.

Gifts to the Foundation for the benefit of the masters programs will be so used.

Gifts cannot be made for the benefit of individuals, but programs and acitivities can be designated. This is one reason for the Committeee to set up some priorities.

Hopefully, there will be someone, or many, who can make a very sizeable gift that will provide a huge boost to masters programs. But, for those of us who do not have sizeable estates or assets, small gifts can have a great impact, if they come from a large number of people.

Specifically, give thought to making donations to the Foundation in memory of those of our competitors who have

passed on, or who have had an impact on the masters program in general or on you individually.

For instance, one such person who was killed recently in a tragic air plane crash, Paul Johnson, had a great impact on the masters program and a great number of us individually. Honoring him with a gift to support the track and field activities that he loved so much would be greatly honoring to him and to his surviving family.

For more information, Jackovic can be reached at 412-918-1271, and by email at tom.jackovic@usatf. org. \(\sigma\)

-Jerry Donley

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The indoor track, with outside view, 2nd WMA World Indoor Championships, Linz, Austria.

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> 3604 Green Street, Harrisburg, PA 17110; Thrower60@aol.com



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Sanctioned Event 21st ANNUAL MEET OF CHAMPIONS

SATURDAY, MAY 20, 2006

SOUTHERN CALIFORNIA STRIDERS TRACK & FIELD CLUB CALIFORNIA STATE UNIVERSITY AT LONG BEACH

ENTRY FEES:

\$25 first event (includes T-Shirt); additional events \$5. Relay teams free.

After deadline, or at meet \$35 first event (includes T-Shirt), \$5 per additional event

DEADLINE: May 13, 2006

Men & Women: Open, Sub-Masters, and Masters (40+) compete in 5-year age group DIVISIONS:

AWARDS: 2" medal with red, white & blue ribbon for 1st, 2nd, & 3rd.

FACILITIES: 8 lane artificial surface track; concrete throwing rings. Electronic Timing

This event is sanctioned by USA Track & Field. 2006 registration required (available at meet for \$20). NOTE: DIRECTIONS TO CSULB: Exit 405 freeway at Bellflower Blvd. Go south to Atherton. Left (east) to Signal. Right into parking lots. Track is on left behind parking structure. Parking in lot #14 is free. Otherwise, be prepared to pay \$1.75.

Schedule Irack Events
11:00 am 80/100/110 meter hurdle
11:30 am 1500 meters
12:00 pm 100 meters
1:00 pm 300/400 meters hurdles
1:30 pm 3000 meters

11:00 am hammer throw, pole vault & high jump 12:00 pm discus throw & long jump

ENTRY FORM (Please Print)

Last Name	Pir	st Name	
Address			
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Date of Birth	Age on 5-20-06	Sex M F Phone	
USAT&F No.	Club?		23 10 May 35 A St.
Events	and the state of the same	The state of the state of	and the same of the same
Amount Enclosed \$	Make checks pa	yable to So. Calif. Striders	and send to Brenda

Dixon 949-831-1336 Striders web site: www.SCStriders.org

SIGNATURE

DATE



For Sprinters and Jumpers Only: To Stretch or Not to Stretch?

t is common to observe people engaging in passive stretching prior to their reg-ular physical activity. Stretching is believed to reduce the risk of injury and to promote better performance. Nevertheless, laboratory experiments do not support this belief. Furthermore, these experiments provide evidence that acute muscle stretching might be detrimental to competitive performances where maximal force or torque output is necessary. Thus, it has been shown under laboratory conditions that stretching causes a deficit in strength of concentric muscle actions such

For instance, it was found that 10 minutes after static stretching of the quadriceps and hamstring muscle groups, the maximal performance for both knee flexion and knee extension one-repetition maximum lifts declined significantly (by 7.3% and 8.1%, respectively).

Similar results were found when static stretching was replaced by ballistic stretching: Scientists found that stretching reduced the height of a standing jump (4.4%) and countermovement jump (4.3%).

Considering the negative effects of passive stretching in the laboratory setting, Arnold G. Nelson and his colleagues from the Department of Kinesiology and the Athletic Department, Louisiana State University, Baton Rouge, La., decided to test whether or not pre-performance stretching would negatively affect performance of explosive sports such as sprinting.

More specifically, the investigators were interested in determining whether or not pre-event stretching would slow a person's start out of the blocks and thus result in a poor race performance (Acute effects of passive muscle stretching on sprint performance, Journal of Sports Sciences Vol. 23, pp. 449-454, 2005)

Study Participants

The participants were members of the Louisiana State University's nationally ranked track and field team who were all competing at the time (2003) in the NCAA outdoor season. Eleven males and five females completed the study.

All 16 athletes competed in multiple events (sprints, jumps, decathlon) and had practiced sprint starts almost daily for at least two years. The participants were not informed of the results until after the study was completed.

Experimental Procedures

Within 10 minutes after each stretching protocol (there were a total of four such protocols), every participant performed three times 20m sprints. All sprints were performed on an indoor rubberized track to minimize variation in climatic conditions.

Sprints were initiated from standard starting blocks set to individual preferences and were timed with an automatic timer, utilizing a pressure pad placed under the fingers of the sprinter's right hand in the starting position. This timing device starts when the sprinter lifts the fingers off the pressure pad, and stops when the sprinter breaks a single laser light beam projected across the track 20m from the starting line.

The height of the laser beam above the ground was approximated to the height of the sprinter's waist. Sprint tests were performed as part of each athlete's Monday workout program. Four different stretch protocols were used, each being performed on a different Monday over four weeks.

The four stretching protocols were: no stretching on either leg (NS), both legs stretched (BS), forward leg in starting position stretched (FS) and rear leg in starting position stretched (RS). The order of the different protocols and their assignment to the different athletes were randomized to minimize any potential effect of the order of stretch-

Before being stretched, each athlete performed the following warm-up: jog 800m, forward skips 4 x 30m, side shuffles 4 x 30m, backward skips 4 x 30m. Besides the warm-ups and the stretching protocol, the athletes were not allowed any other activity.

The stretching protocols were composed of three passive (partner-assisted) activities designed to stretch the calf and thigh muscles. These were activities that the athletes used in their daily warm-up routine. Pictures of these stretching activities can be seen in a chapter by M.J. Atler's Science of Stretching, in the book Human Kinetics, Champaign, IL, 1988.

And the Results are....

The statistical analysis of all the sprint tests revealed that there were no differences between the three stretch conditions (BS, FS, RS), but the times of the three stretch conditions were all significantly slower than the no-stretch (NS) condition. The results are shown in the table below:

Effect of stretch treatment on 20m sprint time in seconds

		Treatr	nent	4
	NS	BS	FS	RS
ime (s)	3 17*	3.21	3.21	3 22

* Significantly different from the other protocols

Interestingly, when the statistical analysis was performed only on the best time of each trial, nearly identical results were obtained to those shown in the table above.

Conclusions

First, the 20m sprint time is signifi-



Tom Patsalis, who set the M65 U.S. record of 10.86 in the triple jump in 1987, returned to competition at the USA Masters Indoor Championships, Boston, Mass., after a long

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cantly increased when sprints are performed after stretching, whether the stretch includes just one leg or both. In other words, it seems that pre-performance stretching exercises could negatively affect skills that require multiple repetitive high power output. This is in addition to those that depend mainly on maximizing a single output of peak force or power such as in high jump, long jump and pole vault.

Second, it is interesting that the decrement in speed occurred without stretching one of the main muscles utilized in sprinting, the quadriceps. Another study found a decrease in jump height after stretching mainly the quadriceps. Thus, it is plausible to assume that stretching the quadriceps could have even more negative effect on sprint speed.

While there are several theories as to the mechanisms involved in the negative effects of stretching on power performance, and we may choose to be cautious about concluding that the stretching effect on 20m sprints carries on to the 100m and 200m sprints, it is reasonable to assume that this is the case

In this study the sprints were per-formed within 10 minutes after stretching and data do not exist as to the effects of stretching on sprints that are performed 30 minutes or 60 minutes later. Nevertheless, data do show that a 9% decrement in maximum isometric plantar flexion torque was present 60 minutes following an aggressive 30 minute stretching of the plantar flexor.

(Avital Schurr can be contacted by e-mail at a0schu01@louisville.edu)

A NEW DIVISION THIS MONTH - MAY 2006

ZOLA BUDD-PIERTERZ(RSA)	5-26-66	
VASILIY SIDORENKO(RUS) MAR HEILIG-DUVENTAESTER(GER	5- 1-61	45-49 45-49
HEIDI DENTON(SCOTTSDALE,AZ)	5- 8-61	45-49
ANNE LEVARD(FRA)	5-14-61	45-49
ZSUZSANNA PETO(AUT) SARAH BOSLAUGH(NEW YORK,NY)	5-23-61 5- 4-56	45-49 50-54
STEVE SCOTT(LEUCADIA,CA)	5- 5-56	50-54
GREET PAPEGAAY(NED) JANET TAKAHASHI(CAN)	5-14-56 5-16-56	50-54 50-54
DON QUARRIE(JAM)	5- 3-51	55-59
NANCY SHAFER(BOWLING GREEN,OH)		55-59
WILLIAM SCHOLL(USA) JOSIE HEFFERNAN(GBR)	5-14-51 5-16-51	55-59 55-59
YAIR KARNI(ISR)	5-17-51	55-59
PATRICIA OAKES(GBR) SUSAN GUSTAFSON(NORWELL,MA)	5- 2-46	60-64
CAROLYN DULLAWAY(AUS)	5- 3-46 5- 8-46	60-64
ALEX HALTER(NED)	5-12-46	60-64
MAGON FRANCKX(BEL) MARY ELLEN WILLIAMS(DARNESTOWN,MD	5-13-46	60-64
DAVE ROBINSON(SAN DIEGO,CA)	5-22-46	60-64
WILLI ZAISER(GER)	5-23-46	60-64
TOM RAUSCHER(US)	5-25-46 5-27-46	60-64
WAYNE LAMBERT (DANA POINT, CA)		60-64
RICHARD SANDER(METAIRIE,LA)	5-28-46	60-64
NANETTE FURGINE(SWI) GEOFF BARRATT(GBR)	5-28-46 5-31-46	60-64
L. KORCHAGINA(URS)	5-31-46	60-64
LENA SANDGREN(SWE)	5-3-41	65-69
RALPH ZIMMERMAN(BUFFALO,NY) B. GREEN(GBR)	5-12-41 5-15-41	65-69 65-69
DAVID THORESON(SANTA BARBARA,CA)	5-16-41	65-69
LETHA FIGG-HOBLYN(PORTLAND, OR) BERNADETTE MCGRATH(AUS)		65-69
JOHN DOBROTH(VENTURA,CA)	5-18-41 5-19-41	65-69 65-69
JON MACPHERSON(CA)	5-19-41	65-69
CHRISTA SEILNACHT(GER) URSULA STELLING(GER)	5-20-41 5-23-41	65-69 65-69
MIRIAM ST.CLAIR(PALO ALTO,CA)	5-30-41	65-69
	5- 2-36	70-74
	5- 6-36 5- 7-36	70-74
PHIL SCUDIERI(US)	5- 7-36	70-74
	5- 9-36 5- 9-36	70-74 70-74
	5-10-36	70-74
	5-11-36	70-74
	5-11-36 5-14-36	70-74
SUE BERMAN(CAMBRIDGE,MA)	5-14-36	70-74
	5-16-36 5-19-36	70-74
	5-21-36	70-74
	5-23-36	70-74
WERNER VON MOLTKE(GER) THOMAS BUTTERFIELD(WINDSOR,CT)	5-24-36 5-26-36	70-74 70-74
DAWSON PRATT(US)	5-27-36	70-74
HILMA JAGER(GER) BUZZ PORTER(DAYTONA BEACH,FL)	5-30-36 5-31-36	70-74 - 70-74
WILLIAM STODDART(GBR)	5- 2-31	75-79
ANN E. DERUIG(RSA)	5- 4-31	75-79
BETTY NEAL(FAIRFIELD,OH) VALBORG OSTBERG(NOR)	5- 4-31 5-14-31	75-79 75-79
JOE CHADBOURNE(CHAGRIN FALLS,OH)		
DOE CHARDOON BICKETON BION BIT THEED, ONLY		75-79
CHADWICK BOLENDER(SEATTLE,WA)	5-15-31 5-18-31	75-79 75-79
CHADWICK BOLENDER(SEATTLE,WA) GERD DREWNIAK(GER)	5-15-31 5-18-31 5-21-31	75-79 75-79 75-79
CHADWICK BOLENDER(SEATTLE,WA) GERD DREWNIAK(GER) THOMAS COLSON(GBR) MILA KANIA(WARWICK,NY)	5-15-31 5-18-31	75-79 75-79
CHADWICK BOLENDER(SEATTLE,WA) GERD DREWNIAK(GER) THOMAS COLSON(GBR) MILA KANIA(WARWICK,NY) GLORIA BORTELL(FAIRFAX,VA)	5-15-31 5-18-31 5-21-31 5-26-31 5-26-31 5-27-31	75-79 75-79 75-79 75-79 75-79 75-79
CHADWICK BOLENDER(SEATTLE,WA) GERD DREWNIAK(GER) THOMAS COLSON(GBR) MILA KANIA(WARWICK,NY) GLORIA BORTELL(FAIRFAX,VA) GEZA DORIBAN(HUN)	5-15-31 5-18-31 5-21-31 5-26-31 5-26-31 5-27-31 5-1-26	75-79 75-79 75-79 75-79 75-79 75-79 80-84
CHADWICK BOLENDER(SEATTLE,WA) GERD DREWNIAK(GER) THOMAS COLSON(GBR) MILA KANIA(WARWICK,NY) GLORIA BORTELL(FAIRFAX,VA) GEZA DORIBAN(HUN) DESMOND MARGETSON(US) SALVADORE MARTINEZ(SPA)	5-15-31 5-18-31 5-21-31 5-26-31 5-26-31 5-27-31 5- 1-26 5- 2-26 5- 5-26	75-79 75-79 75-79 75-79 75-79 75-79 80-84 80-84 80-84
CHADWICK BOLENDER(SEATTLE,WA) GERD DREWNIAK(GER) THOMAS COLSON(GBR) MILA KANIA(WARWICK,NY) GLORIA BORTELL(FAIRFAX,VA) GEZA DORIBAN(HUN) DESMOND MARGETSON(US) SALVADORE MARTINEZ(SPA) JOE KING(ALAMEDA,CA)	5-15-31 5-18-31 5-21-31 5-26-31 5-26-31 5-27-31 5-1-26 5-2-26 5-5-26 5-9-26	75-79 75-79 75-79 75-79 75-79 75-79 80-84 80-84 80-84 80-84
CHADWICK BOLENDER(SEATTLE,WA) GERD DREWNIAK(GER) THOMAS COLSON(GBR) MILA KANIA(WARWICK,NY) GLORIA BORTELL(FAIRFAX,VA) GEZA DORIBAN(HUN) DESMOND MARGETSON(US) SALVADORE MARTINEZ(SPA)	5-15-31 5-18-31 5-21-31 5-26-31 5-26-31 5-27-31 5- 1-26 5- 2-26 5- 5-26	75-79 75-79 75-79 75-79 75-79 75-79 80-84 80-84 80-84
CHADWICK BOLENDER(SEATTLE,WA) GERD DREWNIAK(GER) THOMAS COLSON(GBR) MILA KANIA(WARWICK,NY) GLORIA BORTELL(FAIRFAX,VA) GEZA DORIBAN(HUN) DESMOND MARGETSON(US) SALVADORE MARTINEZ(SPA) JOE KING(ALAMEDA,CA) LIDA ASKEW(US) SHIRLEY SEGAR(DUNCANS MILLS,CA) HEIKKI AHTIANEN(FIN)	5-15-31 5-18-31 5-21-31 5-26-31 5-26-31 5-27-31 5-1-26 5-2-26 5-5-26 5-9-26 5-23-26 5-27-26 5-27-26 5-1-21	75-79 75-79 75-79 75-79 75-79 75-79 80-84 80-84 80-84 80-84 80-84 80-84 85-89
CHADWICK BOLENDER(SEATTLE,WA) GERD DREWNIAK (GER) THOMAS COLSON (GBR) MILA KANIA(WARWICK,NY) GLORIA BORTELL (FAIRFAX,VA) GEZA DORIBAN (HUN) DESMOND MARGETSON (US) SALVADORE MARTINEZ (SPA) JOE KING (ALAMEDA,CA) LIDA ASKEW (US) SHIRLEY SEGARI (DUNCANS MILLS,CA) HEIKKI AHTIANEN (FIN) BOO MORCOM (WILMOT FLAT,NH)	5-15-31 5-18-31 5-21-31 5-26-31 5-26-31 5-27-31 5-1-26 5-2-26 5-2-26 5-9-26 5-23-26 5-27-26 5-1-21 5-1-21	75-79 75-79 75-79 75-79 75-79 80-84 80-84 80-84 80-84 80-84 80-84 80-84 80-84 80-84
CHADWICK BOLENDER(SEATTLE,WA) GERD DREWNIAK(GER) THOMAS COLSON(GBR) MILA KANIA(WARWICK,NY) GLORIA BORTELL(FAIRFAX,VA) GEZA DORIBAN(HUN) DESMOND MARGETSON(US) SALVADORE MARTINEZ(SPA) JOE KING(ALAMEDA,CA) LIDA ASKEW(US) SHIRLEY SEGAR(DUNCANS MILLS,CA) HEIKKI AHTIANEN(FIN)	5-15-31 5-18-31 5-21-31 5-26-31 5-26-31 5-27-31 5-1-26 5-2-26 5-5-26 5-9-26 5-23-26 5-27-26 5-27-26 5-1-21	75-79 75-79 75-79 75-79 75-79 75-79 80-84 80-84 80-84 80-84 80-84 80-84 85-89
CHADWICK BOLENDER(SEATTLE,WA) GERD DREWNIAK(GER) THOMAS COLSON(GBR) MILA KANIA(WARWICK,NY) GLORIA BORTELL(FAIRFAX,VA) GEZA DORIBAN(HUN) DESMOND MARGETSON(US) SALVADORE MARTINEZ(SPA) JOE KING(ALAMEDA,CA) LIDA ASKEW(US) SHIRLEY SEGARIOUNCANS MILLS,CA) HEIKKI AHTIANEN(FIN) BOO MORCOM(WILMOT FLAT,NH) JAMES UPHAM(JUNCTION CITY,KS) CAROL PEEBLES(FOND DULAC,WI) HARRY LAMPERT(RSA)	5-15-31 5-18-31 5-21-31 5-26-31 5-26-31 5-27-31 5-1-26 5-2-26 5-5-26 5-9-26 5-23-26 5-23-26 5-27-26 5-1-21 5-1-21 5-1-21 5-1-21 5-18-21	75-79 75-79 75-79 75-79 75-79 80-84 80-84 80-84 80-84 80-84 80-88 85-89 85-89 85-89
CHADWICK BOLENDER(SEATTLE, WA) GERD DREWMINA (GER) THOMAS COLSON (GBR) MILA KANIA (WARWICK, NY) GLORIA BORTELL (FAIRFAX, VA) GEZA DORIBAN (HUN) DESMOND MARGETSON (US) SALVADORE MARTINEZ (SPA) JOE KING (ALAMEDA, CA) LIDA ASKEW (US) SHIRLEY SEGAR (DUNCANS MILLS, CA) HEIKKI AHTIANEN (FIN) JOMES UPHAM (JUNCTION CITY, KS) CAROL PEEBLES (FOND DULAC, WI) HARRY LAMPERT (RSA) KARL-HEINZ HOYER (GER)	5-15-31 5-18-31 5-21-31 5-26-31 5-27-31 5-1-26 5-2-26 5-5-2-26 5-5-2-26 5-1-21 5-1-21 5-1-21 5-12-1 5-12-1 5-12-1 5-12-21	75-79 75-79 75-79 75-79 75-79 80-84 80-84 80-84 80-84 80-84 80-84 85-89 85-89 85-89 85-89 85-89
CHADWICK BOLENDER(SEATTLE,WA) GERD DREWNIAK(GER) THOMAS COLSON(GBR) MILA KANIA(WARWICK,NY) GLORIA BORTELL(FAIRFAX,VA) GEZA DORIBAN(HUN) DESMOND MARGETSON(US) SALVADORE MARTINEZ(SPA) JOE KING(ALAMEDA,CA) LIDA ASKEW(US) SHIRLEY SEGARIOUNCANS MILLS,CA) HEIKKI AHTIANEN(FIN) BOO MORCOM(WILMOT FLAT,NH) JAMES UPHAM(JUNCTION CITY,KS) CAROL PEEBLES(FOND DULAC,WI) HARRY LAMPERT(RSA) KARL-HEINZ HOYER(GER) VALERIE TYSON(AUS) ALBERT SALMON(CA)	5-15-31 5-21-31 5-26-31 5-26-31 5-26-31 5-27-31 5-1-26 5-2-26 5-2-26 5-23-26 5-27-26 5-1-21 5-1-21 5-1-21 5-1-21 5-1-21 5-1-21 5-1-2-1 5-1-2-1 5-1-2-1 5-1-2-1 5-1-2-1 5-1-2-1 5-1-2-1 5-1-2-1 5-2-3-21 5-2-3-21 5-2-3-21	75-79 75-79 75-79 75-79 75-79 80-84 80-84 80-84 80-84 80-84 85-89 85-89 85-89 85-89 85-89 85-89 85-89
CHADWICK BOLENDER(SEATTLE,WA) GERD DREWMINK(GER) THOMAS COLSON(GBR) MILA KANIA(WARWICK,NY) GLORIA BORTELL(FAIRFAX,VA) GEZA DORIBAN(HUN) DESMOND MARGETSON(US) SALVADORE MARTINEZ(SPA) JOE KING(ALAMEDA,CA) LIDA ASKEW(US) SHIRLEY SEGARGUNCANS MILLS,CA) HEIKKI AHTIANEN(FIN) JAMES UPHAM(JUNCTION CITY,KS) CAROL PEEBLES(FOND DULAC,WI) HARRY LAMPERT (RSA), KARL-HEINZ HOYER(GER) VALERIE TYSON(AUS) ALBERT SALMON(CA) JANE DANA(REDLANDS,CA)	5-15-31 5-18-31 5-26-31 5-26-31 5-26-31 5-27-31 5-1-26 5-5-26 5-5-26 5-5-26 5-1-21 5-1-21 5-1-21 5-12-1 5-18-21 5-22-21 5-23-21 5-24-21 5-25-21	75-79 75-79 75-79 75-79 75-79 80-84 80-84 80-84 80-84 80-84 85-89 85-89 85-89 85-89 85-89 85-89 85-89
CHADWICK BOLENDER(SEATTLE,WA) GERD DREWNIAK(GER) THOMAS COLSON(GBR) MILA KANIA(WARWICK,NY) GLORIA BORTELL(FAIRFAX,VA) GEZA DORIBAN(HUN) DESMOND MARGETSON(US) SALVADORE MARTINEZ(SPA) JOE KING(ALAMEDA,CA) LIDA ASKEW(US) SHIRLEY SEGARIOUNCANS MILLS,CA) HEIKKI AHTIANEN(FIN) BOO MORCOM(WILMOT FLAT,NH) JAMES UPHAM(JUNCTION CITY,KS) CAROL PEEBLES(FOND DULAC,WI) HARRY LAMPERT(RSA) KARL-HEINZ HOYER(GER) VALERIE TYSON(AUS) ALBERT SALMON(CA)	5-15-31 5-21-31 5-26-31 5-26-31 5-26-31 5-27-31 5-1-26 5-2-26 5-2-26 5-23-26 5-27-26 5-1-21 5-1-21 5-1-21 5-1-21 5-1-21 5-1-21 5-1-2-1 5-1-2-1 5-1-2-1 5-1-2-1 5-1-2-1 5-1-2-1 5-1-2-1 5-1-2-1 5-2-3-21 5-2-3-21 5-2-3-21	75-79 75-79 75-79 75-79 75-79 80-84 80-84 80-84 80-84 85-89 85-89 85-89 85-89 85-89 85-89 85-89 85-89 85-89
CHADWICK BOLENDER(SEATTLE,WA) GERD DREWMINA(GER) THOMAS COLSON(GBR) MILA KANIA(WARWICK,NY) GLORIA BORTELL(FAIRFAX,VA) GEZA DORIBAN(HUN) DESMOND MARGETSON(US) SALVADORE MARTINEZ(SPA) JOE KING(ALAMEDA,CA) LIDA ASKEW(US) SHIRLEY SEGARGUNCANS MILLS,CA) HEIKKI AHTIANEN(FIN) JAMES UPHAM(JUNCTION CITY,KS) CAROL PEEBLES(FOND DULAC,WI) HARRY LAMPERT(RSA), KARL-HEINZ HOYER(GER) VALERIE TYSON(AUS) ALBERT SALMON(CA) JANE DANA(REDLANDS,CA) EILA HOGVIST(FIN) FRANK BOWLES(GREELEY,CO) WILLIAM THOMPSON(GRYANTVILLEMA)	5-15-31 5-18-31 5-26-31 5-26-31 5-26-31 5-1-26 5-2-26 5-5-26 5-5-26 5-23-26 5-1-21 5-1-21 5-1-21 5-1-21 5-18-21 5-22-21 5-23-25 5-24-21 5-25-21 5-25-21 5-25-21 5-25-21 5-25-21 5-25-21 5-31-21 5-11-16	75-79 75-79 75-79 75-79 75-79 75-79 80-84 80-84 80-84 80-84 80-84 85-89 85-89 85-89 85-89 85-89 85-89 85-89 85-89 85-89 85-89 85-89
CHADWICK BOLENDER(SEATTLE,WA) GERD DREWMINA(GER) THOMAS COLSON(GBR) MILA KANIA(WARWICK,NY) GLORIA BORTELL(FAIRFAX,VA) GEZA DORIBAN(HUN) DESMOND MARGETSON(US) SALVADORE MARTINEZ(SPA) JOE KING(ALAMEDA,CA) LIDA ASKEW(US) SHIRLEY SEGAR(DUNCANS MILLS,CA) HEIKKI AHTIANEN(FIN) BOO MORCOM(WILMOT FLAT,NH) JAMES UPHAM(JUNCTION CITY,KS) CAROL PEEBLES(FOND DULAC,WI) HARRY LAMPERT (RSA) KARL-HEINZ HOYER(GÉR) VALERIE TYSON(AUS) ALBERT SALMON(CA) JANE DANA(REDLANDS,CA) EILA HOGVIST(FIN) FRANK BOWLES(GREELEY,CO) WILLIAM THOMPSON(BRYANTVILLE,MA) COLIN FAIREY(GBR)	5-15-31 5-18-31 5-26-31 5-26-31 5-26-31 5-27-26 5-2-26 5-5-26 5-2-3-26 5-2-3-26 5-2-3-26 5-2-3-26 5-1-21 5-12-21 5-12-21 5-12-21 5-12-21 5-22-21 5-23-21 5-25-21 5-25-21 5-25-21 5-25-21 5-25-21 5-3-1-16 5-11-16	75-79 75-79 75-79 75-79 75-79 75-79 80-84 80-84 80-84 80-84 85-89 85-89 85-89 85-89 85-89 85-89 85-89 85-89 85-89 85-89 85-89 85-89
CHADWICK BOLENDER(SEATTLE,WA) GERD DREWMINK(GER) THOMAS COLSON(GBR) MILA KANIA(WARWICK,NY) GLORIA BORTELL(FAIRFAX,VA) GEZA DORIBAN(HUN) DESMOND MARGETSON(US) SALVADORE MARTINEZ(SPA) JOE KING(ALAMEDA,CA) LIDA ASKEW(US) SHIRLEY SEGARGUNCANS MILLS,CA) HEIKKI AHTIANEN(FIN) BOO MORCOM(WILMOT FLAT,NH) JAMES UPHAM(JUNCTION CITY,KS) CAROL PEEBLES(FOND DULAC,WI) HARRY LAMPERT(RSA), KARL-HEINZ HOYER(GER) VALERIE TYSON(AUS) ALBERT SALMON(CA) JANE DANA(REDLANDS,CA) EILA HOGVIST(FIN) FRANK BOWLES(GREELEY,CO) WILLIAM THOMPSON(GRYANTVILLEMA) COLIN FAIREY(GBR) ACK THATCHER(MANHATTAN BEACH,CA) FRANCISCO COLON(PUR)	5-15-31 5-18-31 5-26-31 5-26-31 5-26-31 5-1-26 5-2-26 5-5-26 5-5-26 5-23-26 5-1-21 5-1-21 5-1-21 5-1-21 5-18-21 5-22-21 5-23-25 5-24-21 5-25-21 5-25-21 5-25-21 5-25-21 5-25-21 5-25-21 5-31-21 5-11-16	75-79 75-79 75-79 75-79 75-79 75-79 80-84 80-84 80-84 80-84 80-84 85-89 85-89 85-89 85-89 85-89 85-89 85-89 85-89 85-89 85-89 85-89
CHADWICK BOLENDER(SEATTLE,WA) GERD DREWMINA(GER) THOMAS COLSON(GBR) MILA KANIA(WARWICK,NY) GLORIA BORTELL(FAIRFAX,VA) GEZA DORIBAN(HUN) DESMOND MARGETSON(US) SALVADORE MARTINEZ(SPA) JOE KING(ALAMEDA,CA) LIDA ASKEW(US) SHIRLEY SEGAR(DUNCANS MILLS,CA) HEIKKI AHTIANEN(FIN) BOO MORCOM(WILMOT FLAT,NH) JAMES UPHAM(JUNCTION CITY,KS) CAROL PEEBLES(FOND DULAC,WI) HARRY LAMPERT (RSA) KARL-HEINZ HOYER(GER) VALERIE TYSON(AUS) ALBERT SALMON(CA) JANE DANA(REDLANDS,CA) EILA HOGVIST(FIN) FRANK BOWLES(GREELEY,CO) WILLIAM THOMPSON(BRYANTVILLE,MA) COLIN FAIREY(GBR) JACK THATCHER(MANHATTAN BEACH,CA) FRANCISCO COLON(PUR) ALDO AMORETTI(ITA)	5-15-31 5-18-31 5-26-31 5-26-31 5-26-31 5-2-26 5-2-26 5-2-26 5-2-26 5-2-26 5-2-26 5-2-26 5-2-26 5-1-21 5-1-21 5-1-21 5-1-21 5-1-21 5-1-21 5-2-21 5-3-21 5-3-21 5-3-3-3 5-3-3 5-3	75-79 75-79 75-79 75-79 75-79 75-79 80-84 80-84 80-84 80-84 85-89 85-89 85-89 85-89 85-89 85-89 85-89 85-89 85-89 85-89 85-89 85-89 85-89 85-89 85-89 85-89
CHADWICK BOLENDER(SEATTLE,WA) GERD DREWMINA(GER) THOMAS COLSON(GBR) MILA KANIA(WARWICK,NY) GLORIA BORTELL(FAIRFAX,VA) GEZA DORIBAN(HUN) DESMOND MARGETSON(US) SALVADORE MARTINEZ(SPA) JOE KING(ALAMEDA,CA) LIDA ASKEW(US) SHIRLEY SEGAR(DUNCANS MILLS,CA) HEIKKI AHTIANEN(FIN) BOO MORCOM(WILMOT FLAT,NH) JAMES UPHAM(JUNCTION CITY,KS) CAROL PEEBLES(FOND DULAC,WI) HARRY LAMPERT(RSA), KARL-HEINZ HOYER(GER) VALERIE TYSON(AUS) ALBERT SALMON(CA) JANE DANA(REDLANDS,CA) EILA HOGVIST(FIN) FRANK BOWLES(GREELEY,CO) WILLIAM THOMPSON(BYRANTVILLE,MA) COLIN FAIREY(GBR) JACK THATCHER(MANHATTAN BEACH,CA) FRANCISCO COLON(PUR) ALDO AMORETTI(ITA) MARGARET LOPEZ(MIDDLETOWN,NJ)	5-15-31 5-18-31 5-26-31 5-26-31 5-26-31 5-27-26 5-2-26 5-2-26 5-2-26 5-2-26 5-2-26 5-2-26 5-1-21 5-12-21 5-12-21 5-12-21 5-22-21 5-23-21 5-25-21	75-79 75-79 75-79 75-79 75-79 75-79 80-84 80-84 80-84 80-84 80-84 85-89 85-89 85-89 85-89 85-89 85-89 85-89 85-89 85-89 85-89 90-94 90-94 90-94 90-94 90-94 90-99 95-99
CHADWICK BOLENDER(SEATTLE,WA) GERD DREWMINA(GER) THOMAS COLSON(GBR) MILA KANIA(WARWICK,NY) GLORIA BORTELL(FAIRFAX,VA) GEZA DORIBAN(HUN) DESMOND MARGETSON(US) SALVADORE MARTINEZ(SPA) JOE KING(ALAMEDA,CA) LIDA ASKEW(US) SHIRLEY SEGAR(DUNCANS MILLS,CA) HEIKKI AHTIANEN(FIN) BOO MORCOM(WILMOT FLAT,NH) JAMES UPHAM(JUNCTION CITY,KS) CAROL PEEBLES(FOND DULAC,WI) HARRY LAMPERT (RSA) KARL-HEINZ HOYER(GER) VALERIE TYSON(AUS) ALBERT SALMON(CA) JANE DANA(REDLANDS,CA) EILA HOGVIST(FIN) FRANK BOWLES(GREELEY,CO) WILLIAM THOMPSON(BRYANTVILLE,MA) COLIN FAIREY(GBR) JACK THATCHER(MANHATTAN BEACH,CA) FRANCISCO COLON(PUR) ALDO AMORETTI(ITA)	5-15-31 5-18-31 5-26-31 5-26-31 5-26-31 5-2-26 5-2-26 5-2-26 5-2-26 5-2-26 5-2-26 5-2-26 5-2-26 5-1-21 5-1-21 5-1-21 5-1-21 5-1-21 5-12-21 5-3-21 5-3-21 5-3-3-3 5-3-3 5	75-79 75-79 75-79 75-79 75-79 75-79 80-84 80-84 80-84 80-84 85-89 85-89 85-89 85-89 85-89 85-89 85-89 85-89 85-89 85-89 85-89 85-89 85-89 85-89 85-89 85-89
CHADWICK BOLENDER(SEATTLE,WA) GERD DREWNIAK (GER) THOMAS COLSON (GBR) MILA KANIA(WARWICK,NY) GLORIA BORTELL (FAIRFAX,VA) GEZA DORIBAN (HUN) DESMOND MARGETSON (US) SALVADORE MARTINEZ (SPA) JOE KING (ALAMEDA,CA) LIDA ASKEW (US) SHIRLEY SEGAR (DUNCANS MILLS,CA) HEIKKI AHTIANEN (FIN) BOO MORCOM (WILMOT FLAT,NH) JAMES UPHAM (JUNCTION CITY,KS) CAROL PEEBLES (FOND DULAC,WI) HARRY LAMPERT (RSA), KARL-HEINZ HOYER (GER) VALERIE TYSON (AUS) ALBERT SALMON (CA) JANE DANA (REDLANDS,CA) EILA HOGVIST (FIN) FRANK BOWLES (GREELEY,CO) WILLIAM THOMPSON (BRYANTVILLE,MA) COLIN FAIREY (GBR) JACK THATCHER (MANHATTAN BEACH,CA) FRANCISCO COLON (PUR) ALDO AMORETT (ITTA) MARGARET LOPEZ (MIDDLETOWN,NJ) ROBERT HUNTER (BEAVERTON,OR)	5-15-31 5-18-31 5-26-31 5-26-31 5-26-31 5-26-31 5-1-26 5-2-26 5-5-26 5-5-26 5-1-21 5-12-21 5-14-21 5-18-21 5-23-21	75-79 75-79 75-79 75-79 75-79 75-79 75-79 80-84 80-84 80-84 80-84 85-89

ATHLETES WHO ENTER

ATHLETE NAME	BIRTH	AGE
(RESIDENCE) JONATHON EDWARDS(GBR)	5-10-66	GROUP 40-44
ZOLA BUDD-PIERTERZ(RSA)	5-26-66	40-44
VASILIY SIDORENKO(RUS) MAR HEILIG-DUVENTAESTER(GER	5- 1-61)5- 1-61	45-49 45-49
HEIDI DENTON(SCOTTSDALE,AZ)	5- 8-61 5-14-61	45-49
ANNE LEVARD(FRA) ZSUZSANNA PETO(AUT)	5-23-61	45-49 45-49
SARAH BOSLAUGH(NEW YORK,NY) STEVE SCOTT(LEUCADIA,CA)	5- 4-56 5- 5-56	50-54
GREET PAPEGAAY(NED)	5-14-56	50-54 50-54
JANET TAKAHASHI(CAN) DON QUARRIE(JAM)	5-16-56 5-3-51	50-54
NANCY SHAFER (BOWLING GREEN, OH)	5- 6-51	55-59 55-59
WILLIAM SCHOLL(USA) JOSIE HEFFERNAN(GBR)	5-14-51 5-16-51	55-59 55-59
YAIR KARNI(ISR)	5-17-51	55-59
PATRICIA OAKES(GBR) SUSAN GUSTAFSON(NORWELL,MA)	5- 2-46 5- 3-46	60-64 60-64
CAROLYN DULLAWAY(AUS)	5- 8-46	60-64
ALEX HALTER(NED) MAGON FRANCKX(BEL)	5-12-46 5-13-46	60-64 60-64
MARY ELLEN WILLIAMS(DARNESTOWN,MD)	5-17-46	60-64
DAVE ROBINSON(SAN DIEGO,CA) WILLI ZAISER(GER)	5-22-46 5-23-46	60-64 60-64
DAPHNE DUNN(US)	5-25-46	60-64
TOM RAUSCHER(US) WAYNE LAMBERT(DANA POINT,CA)	5-27-46 5-28-46	60-64 60-64
RICHARD SANDER(METAIRIE,LA)	5-28-46	60-64
NANETTE FURGINE(SWI) GEOFF BARRATT(GBR)	5-28-46 5-31-46	60-64 60-64
L. KORCHAGINA(URS)	5-31-46	60-64
LENA SANDGREN(SWE) RALPH ZIMMERMAN(BUFFALO,NY)	5- 3-41 5-12-41	65-69 65-69
B. GREEN(GBR) DAVID THORESON(SANTA BARBARA,CA)	5-15-41	65-69
LETHA FIGG-HOBLYN(PORTLAND,OR)	5-16-41 5-17-41	65-69 65-69
	5-18-41	65-69
	5-19-41 5-19-41	65-69 65-69
	5-20-41 5-23-41	65-69 65-69
MIRIAM ST.CLAIR(PALO ALTO,CA)	5-30-41	65-69
	5- 2-36 5- 6-36	70-74
TOR HAALAND(NOR)	5- 7-36	70-74
	5- 7-36 5- 9-36	70-74
	5- 9-36	70-74
HINRICH JOHN(GER)	5-10-36 5-11-36	70-74
	5-11-36 5-14-36	70-74
SUE BERMAN(CAMBRIDGE,MA)	5-14-36	70-74
	5-16-36 5-19-36	70-74
LARS LINDHE(SWE)	5-21-36	70-74
	5-23-36 5-24-36	70-74
THOMAS BUTTERFIELD(WINDSOR,CT)	5-26-36 5-27-36	70-74
	5-30-36	70-74
	5-31-36 5- 2-31	70-74 75-79
ANN E. DERUIG(RSA)	5- 4-31	75-79
	5- 4-31 5-14-31	75-79 75-79
JOE CHADBOURNE(CHAGRIN FALLS,OH)	5-15-31	75-79
CHADWICK BOLENDER(SEATTLE,WA) GERD DREWNIAK(GER)	5-18-31 5-21-31	75-79 75-79
THOMAS COLSON(GBR)	5-26-31	75-79
	5-26-31 5-27-31	75-79 75-79
GEZA DORIBAN(HUN)	5- 1-26	80-84
	5- 2-26 5- 5-26	80-84 80-84
	5- 9-26 5-23-26	80-84 80-84
SHIRLEY SEGAR(DUNCANS MILLS,CA)	5-27-26	80-84
	5- 1-21 5- 1-21	85-89 85-89
JAMES UPHAM(JUNCTION CITY,KS)	5-12-21	85-89
	5-14-21 5-18-21	85-89 85-89
KARL-HEINZ HOYER(GER)	5-22-21	85-89
	5-23-21 5-24-21	85-89 85-89
JANE DANA(REDLANDS,CA)	5-25-21	85-89
	5-27-21 5-31-21	85-89 85-89
WILLIAM THOMPSON(BRYANTVILLE,MA)	5- 1-16	90-94
JACK THATCHER(MANHATTAN BEACH,CA)	5-11-16 5-21-16	90-94 90-94
FRANCISCO COLON(PUR)	5-25-16	90-94
MARGARET LOPEZ(MIDDLETOWN,NJ)	5-8-11	95-99 95-99
	5-20-11 5-22-11	95-99
A TO SE	J-22-11	95-99

WMA - Linz,

Continued from page 1 with his standing starts was halfway down th other competitors and performances, bemu shock and awe" and

One of the meet an pair of new German Collins borrowed shoe ner, but he was quick finally received his los records in his own \$ bought seven years a was going out of busin "I've had those sh

situation is I never tra only time I wear the meet, so they don't actually half-miler sl heel on them. They'r

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Three other U.S.



By BRIDGET C After their very the 2nd WMA Wo ionships in Linz, A won a total of 15 world, six Europe records, British at high.

Some of those participated in one the country, the Er Country Champi approximately six country.

This year, both men's and women master athlete to cl phy. Greg Hull, scorer for his clu from the 1500-stro

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In very compe groups, Mark Har title on what is course. Nigel Ga

WMA - Linz, Austria

Continued from page 1

with his standing starts, but by the time he was halfway down the track leading the other competitors and on his way to record performances, bemusement turned to "shock and awe" and all smirking ceased.

One of the meet announcers obtained a pair of new German running shorts and Collins borrowed shoes from another runner, but he was quick to point out that he finally received his lost luggage and set the records in his own \$7 Nikes, which he bought seven years ago from a store that was going out of business.

"I've had those shoes ever since. My situation is I never trained in spikes. The only time I wear the spikes is at a track meet, so they don't wear out. They're actually half-miler shoes...they've got a heel on them. They're not sprint shoes."

Not to be outdone, Dexter McCloud, M45, Norcross, Ga., turned in two world-record performances of his own, one in the 60mH semi-finals (8.35), and the other breaking his own record in the finals with an 8.22.

McCloud was so eager to share his record success with his family that he said, "I gotta go home and see my babies...being my wife and kids. I even miss the dog!"

McCloud continued, "I was surprised this morning to get a record, because I did so many things wrong in the race....the race was kind of wobbly."

In response to the question concerning whether or not he was surprised that he did not get the record in the U.S. on his previous attempts, he said, "No, because they were under some trying conditions." He lost a shoe in an attempt in New York, and was tired in another race the next day in New Jersey.

Three other U.S. hurdlers were on the

awards stand. Don Drummond, Fresno, Texas, won the M35 race (8.10), and James Broun, the M50 race (9.12), with Robert Zahn, third (9.37).

Emil Pawlik, Jackson, Miss., 2005 USATF Masters Athlete of the Year, broke the M65 world record for the 60mH with a 10.17 in the pentathlon, which he won with 4246 points.

Equally exciting was the M60-64 4x200m world relay mark of 1:44.99 set by Paul Edens, Sam Hall, Roger Pierce, and Steve Robbins, smashing the old mark of 1:45.24, set by a German team in 2004 in Sindelfingen.

Edens was especially happy with the world-breaking relay performance, because he was a "very unhappy little camper" concerning his individual events.

"I was disappointed...I've been sick...I had the wrong wax on. That's what I think I was doing...I had the wrong wax on," referring to Olympic skier Bode Miller, who failed to medal in the recent Winter Olympics in Torino, Italy.

Robbins also won the 60m (7.87) and 200 (25.49). Joy Upshaw-Margerum, Los Altos Hills, Calif., won the W45 200 (26:21) and was second in the long jump (5.25/17-2 3/4).

New M65 world champion in the 800, Sid Howard, New York City, got his revenge on the field, when this time he did not allow himself to become boxed in as he had done in most of his races in the 2005 WMA Outdoor Championships in San Sebastian, Spain. However, his participation in Linz was doubtful until the last minute.

"The 8's is my race. On February 2 in training, I pulled both hamstrings. I had no speedwork for four weeks. March 4th, I was contemplating not running this meet or the Indoor

Nationals in Boston. March 7th and 9th I had two good training sessions and that gave me the confidence to come and try this race."

Steve Gallegos-Francksen, M50, Golden, Colo., won the 800 (2:06.90) and was second in the 1500 (4:21.96).

The U.S. took three gold medals in the high jump, topped by Patricia Porter's W40 U.S. record 1.66/5-5 1/4. Porter, of Albuquerque, N.M., a 1988 U.S. Olympian, won over Wendy Lain, Great Britain, on fewer misses.

"It was the first time in 17 years that I have jumped indoors...It is an amazing feeling standing on the victory stand, hearing our national anthem, eyes filled with tears and hearing them announce you as the World Champion," said Porter.

Bruce McBarnette, M45, Sterling, Va., with a 1.96/6-5, and James Barrineau, M50, Burke, Va., 1.78/5-10, are the other high jump world champions.

In the pole vault, Johnnye Valien, Los Angeles, Calif., upped the W80 world record to 1.40/4-7. Dan Holton, M35, Burlingame, Calif., won the gold with a 4.40/14-5 1/2. Valien also broke the world record in the triple jump with a 5.27/17-3 1/2.

Not to be forgotten in this meet are what the Europeans call "the winter throws," or what U.S. throwers who don't live in the Sunbelt states call "business as usual"...that is, throwing outside in the snow.

For all of their displeasure, the throwers agreed that they were indeed happy and would not have missed the event. In fact, once the record situation was clarified – that world records achieved in throwing events outside would be considered outdoor (not indoor) records even though this was an indoor championships – the meet organizers allege to have attracted as many as 1000 additional competitors for these events. More than likely, they meant 1000 event entries, not an additional 1000 athletes.

It was left to George Mathews, USATF Masters Chair, to provide the best performance by the U.S. in the outdoor throws with a third in the hammer (48.97 160-8). In addition, he won a bronze in the weight throw, also contested outdoors, with a 19.08/62-7 1/4).

John Starr, M75, Newark, NJ., won the 3000 racewalk (18:59.69). Bob Fine, Delray Beach, Fla., was third M70 (19:14.46).

All in all, a strong U.S. team of 97 athletes garnered over 50 medals, 24 of them gold. Most athletes agreed that the indoor venue was the best they'd ever competed in, and that the meet was handled under excellent direction.

Many of the U.S. non-medallists were just a few steps or centimeters short of making it into that final round or, in some cases, they handily won their heats, but were just a few steps short of medaling in the finals, which bodes well for the upcoming U.S. outdoor season and for the next indoor championships in 2008 in Clermont-Ferrand, France.

While the Linz arena is reputedly one of the most beautiful indoor arenas in Europe, the Clermont-Ferrand site is said to be even more stunning, and athletes are very much looking forward to the 3rd WMA Indoor World Championships.

(Jerry Wojcik contributed to this article.)

Report from Britain

By BRIDGET CUSHEN

After their very successful foray to the 2nd WMA World Indoor Championships in Linz, Austria, where they won a total of 156 medals, set four world, six European and 26 national records, British athletes remain on a high.

Some of those not running indoors participated in one of the oldest races in the country, the English Senior Cross-Country Championships, run over approximately six miles of undulating country.

This year, both the winning 6-strong men's and women's teams relied on a master athlete to clinch the coveted trophy. Greg Hull, M40, was the final scorer for his club racing home 56th from the 1500-strong field.

Kate Ramsey, W35, has been running brilliantly for some time; here, she finished eighth in the women's race. The following weekend they both won their age-groups decisively at the British Masters Championships in Bournemouth.

In very competitive races in all age groups, Mark Hargreaves took the M45 title on what is virtually his home course. Nigel Gates, M50, and Mike Hager, M55, who won their 8K XC titles so convincingly in Linz, were equally as emphatic here.

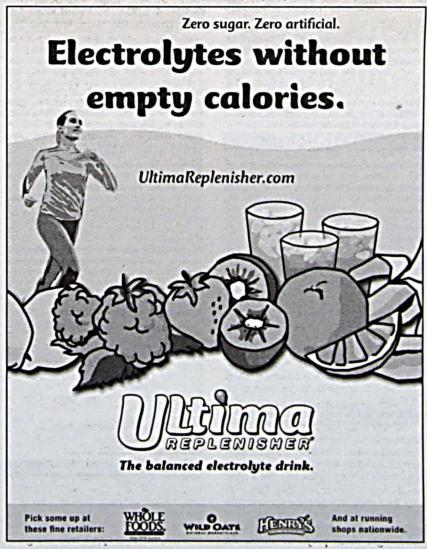
The Scottish Masters XC Championships, postponed March 4 due to blizzards, reconvened on March 25 and were run over 10K. Fiona Matheson added the W40 title to her British masters 10K road race, getting home some 60m clear of the outstanding W55 Janette Stevenson.

At the Commonwealth Games in Melbourne, Tracey Morris, W35, finished fourth in the marathon (2:33:13), running for her native Wales, after a long frustrating period of injuries.

Julie Myatt, who got a silver medal in the European W40 marathon, won the Stafford 20 Mile, March 12, in 2.10.59

At an indoor meet before Linz, Tony Noel, M40, won the 60m in 6.93. Allan Williams, M50, cleared 4.20 in the pole vault, and Brian Harlick won the M60 with 2.70.

At the first of the season's outdoor meets in Kingston, Chris Melluish, M60, won the discus (33.99) and the hammer (46.79). Peter Gordon, who set several M40 and M45 discus records, has now moved to South Africa.



Masters Scene

NATIONAL

 For information and entry forms for the 2006 USA Masters T&F Championships in Charlotte, NC, go to www.usatf.org/events/ 2006/USAMastersOutdoorTFChampionship s/athleteInfo

S/athleteInfo
Connie Gardner, 42, was first woman overall in the USA Championships/Rocky Raccoon 100 Mile Trail Run, Huntsville, TX, Feb. 4-5. David Bursler is the M40 champion with a 15:57:25. Susan Johnstown was second W40+ in 17:18:10. Herman Richards won the M50 race with an Island Legy Hall 51, was first overall in Richards won the M50 race with an 18:09:10. Larry Hall, 51, was first overall in the adjunct 50 Mile with a 7:38:06. Michelle Wolpert, 43, won the W40+ race (9:26:45). Louis Joline, 73, was the first finisher 60+

EAST

*Felipe Vergara, 41, NYC, in 55:10, and Karen Cotty, 42, East Quogue, NY, with a 65:09, were first masters in the Lazer, Aptheker, Rosella, & Yedid 15K, Kings Park, NY, March 11. Jaime Palacios, 51, Flushing, NY, 55:23; Doug Escher, 61 Garden City, NY, 65:07; and Mary Nathan, 65, Far Rockaway, NY, 76:39, were notable age-group winners.

 Guillermo Fuentes, 40, Fresh Meadows, NY, in 35:38, and Karen Cotty, 42, East Moriches, NY, in 40:53, scampered to masters firsts in the Nationwide Insurance 10K for ASPIRE, Plainview, NY, April 1. Top masters division winners included Jaime Palacios, 51, Flushing, NY, five seconds away from the M40+ win with a 35:43; Doug Escher, 61, Garden City, NY, 40:54; and Yoshiko Takahashi, 70, NYC, 52:19.

US record holder Teresa Vail, 42, was women's runner-up (1:35:41) at the 2006 USA Team 20K Trials for the IAAF World Race Walk Cup, Hauppauge, NY, April 9. She will be a member of the Team USA women's roster for the 2006 IAAF World Cup, Coruna, Spain, May 13-14.

Leading the entire men's field at the NYRR Police-Fire 8K, Central Park, NYC, April 8, was Ken Bohan, 43, 28:27. He was followed by second-place finisher John Williams, 49, 29:17. Top women's master was Patricia Kilbride, 46, 39:40.

SOUTHEAST

 Pat Fuller, 40, Eugene, OR, with a 17th-place 46:49, and Coleen De Reuck, 41, Boulder, CO, in a fifth female 51:15, were first age-40+ finishers in the massive Gate River Run 15K, Jacksonville, FL, March 11. Sean Wade, 40, New Zealand, was 18th-male in 46:54. Tatiana Titova, 40, Russia, was second W40+ in 57:36, with Lanler Drew, 47, Jacksonville, FL, third (61:05). Jack Taylor, 72, Tampa, FL, won the M70 race (72:38). Irene Herbertson, 80, of Jacksonville, finished in 2:11:29.

• Dantel French, 42 Brooksville, Fl.

Dantel French, 42, Brooksville, FL with a third-male 43:51, and Kim Bumbul, 43, St. Petersburg, FL, with a fourth-female 49:20, took masters firsts, Bay to Bay 12K, in St. Petersburg, March 19. Joe Burgasser, 67, of St. Petersburg, won the M65 race in 48:37. In an adjunct 5K, masters firsts were both third-place overall when Michael Coyne, 55, St. Stephen, FL, pumped out a 16:59, and Loretta Simeon, 40, Tampa, FL, was 20:19 among the

MIDWEST

 Paul Aufdemberge, 41, Redford, MI, didn't need any luck of the Irish to win the St. Patrick's Parade Corktown 4 Mile. Detroit. March 12. Linda Ewing, 44, Grosse Pointe, MI, won the W40+ contest in 26:48. Division winners included Jim Matherley, M70, Burton, MI, 30:35, and Laura Sophiea, 50,

Pleasant Ridge, MI, 27:22.

Debra Wagner, 54, Perrysburg, OH, registered a first-female with an 89:35, 39th Churchill's Half-Marathon, Monclova, OH,

March 19. Joe Patrick, 47, Hilliard, OH, won the M40+ race with a 77:03. Jim Buerk, 63, Toledo, OH, was first 60+

(1:43:12).

* Gary Brimmer, M40, Swartz Creek, MI, in 22:02, and Kathy Snyder, W40, Flushing, MI, in 26:27, uncorked masters firsts, Shillelagh 4 Mile, in Flushing, March 18. Maggy Zidar, W55, Pontiac, MI, 29:29, Lehn Terkowerk, M50, Northwille, MI John Tarkowski, M50, Northville, MI, 24:01, and Brian Harris, M70, Royal Oak, MI, 27:09, had top A-G performance wins.

MID-AMERICA

 Paul Giannobile, 46, Minnetonka, MN, in 26:28 and Bonnie Sons, 40, Shorewood, In 26:28 and Bonnie Sons, 40, Shorewood, MN, in 29:21, were masters victors, Human Race 8K/USATF-MN Championships, St. Paul, March 19. Jim Graupner, 61, Lake Elmo, MN, 29:55, and Judy Cronen, 65, Lakeville, MN, 40:01, were also division

SOUTHWEST

Heidy Lozano, 43, rocketed to a second-female overall 38:41 in the Bayou City Classic 10K/RRCA National Championships, Houston, March 11. Jon Butler, 43, took the M40+ first in 34:59. Mitchell Garner, 56, broke the 40:00 barrier with a

39:39.
• Russell Sears, 43, Edmond, OK, 91:12 and Pete Orban, 50, Claremore, OK, in 91:24, were 1-2 masters in the Beach to Bay 25K/USATF-OK Championships, OKC, March 11. Laura Clay, 40, OKC, took the W40+ first with a 1:55:39. In the 5K, Mike Kelly, 52, Stillwater, OK, posted a second-overall 17:16, and Desiree Nowlin, 43, OKC, won the W40+ race (22:11). Julie Kelly won the W50 title in 22:47.

WEST

* Tatyana Pozdnyakova, 51, UKR, was sixth female overall (2:35:46) in the Los Angeles Marathon, March 19. Before the race, according to the L.A. Times, she announced that it would be her last marathon. In 2003, Pozdnyakova won the women's race in the inaugural challenge format, where the elite women start minutes before the elite men. Jose Ortiz Pina, M40, Gardena, CA, was first M40+ with a 25thplace 2:33:23. James Toyoma, Los Angeles, won the M65 race with a sensational 2:56:59. Ernie Van Leeuwen, 93, Encino, CA, finished in 9:04:11. The race was marred by the deaths of two runners, both retired law enforcement officers, one age 53, and the other 60. Over 25,000 runners started the race.

• The Visalia Classic, Visalia, CA, usual-

ly scheduled for early May, will not be held

*Ed Klasson, 70, 1:33:46, aced his division at the Palm Springs Half-Marathon, Palm Springs, CA, March 5. Masters winners were Scott Konnagan, 42, 84:02, and Sherri Ellerby, 41, 91:21. In the accompanying 5K, Ceci St. Geme, 42, was the overall women's winner in 17:02, and Richard Paris, 42, 16:22 (second overall), grabbed

the M40+ title. * Carmen Ayala-Troncoso, 47, in 16:50, and Sean Wade, 40, in 14:53, score firsts in the Carlsbad Masters 5000, Carlsbad, CA, April 9. Dennis Simonalitis, 15:03, and Peter Magill, 15:10, were second and third in the M40 group. Cecl St Geme, W40, 17:06, was second W40+. Among the division winners were Nolan Shaheed, M55, 16:19, Herb Phillips, M65, 18:12, Barbara Miller, W65, 22:24, and Gerry Davidson, W85, 41:09.

NORTHWEST

 Joe Dudman, 41, 55:14, and Felicia Hazel, 42, 70:13, were the masters winners in the 30th Pear Blossom 10 Mile, Medford, OR. Setting new course records were Peter Fish, M70, 74:41, and John Keston, M80,

CANADA

Ed Whitlock obliterated the M75 WR for the 3000, held by James Todd, GBR, at 12:12.72 in 1997, with an 11:28.28 in the Ontario Masters Indoor Championships, York U., March 11. Ten Canadian and 17 meet records also fell. Top A-G performers included Kerry Smith, M50, 60m, 7.38, 99.19°, Karla Del Grande, W50, 200, 26.82, 96.9%; Jean Horne, W70, 800, 3:18.76, 96.5%; Earl Fee, M75, 400, 70.32, 94.07%, and 800, 2:40.58, 95.45%; and Alf Sundin, M70, WT, 17.63, 93.1%.

M70, WT, 17.63, 93.1%.

* Jeff Brewer, Vancouver, BC, broke the M60 Canadian record for the 100H with an 18.12 at a local college meet in April, where the organizer accommodated Brewer and Grant Lamothe by letting them run with the women. "With the help of the meet crew, we set up a couple of lanes with the hurdles at the geezer inter-hurdle distances and heights," Lamothe wrote. Brewer was diag-nosed with a virulent form of prostate cancer three years ago and given a guarded (at best) prognosis. Lamothe added, "He had radical surgery and an intense regimen of chemotherapy. This was successful in getting rid of all the disease, but was very, very debilitating. Two years ago after all the treatment, Jess could hardly walk, let alone run. Last year he started training again and, within a year's time, got himself back in shape to three-step hurdles. He's an inspiration for us all!"

OBITUARIES

lan Hume, who dedicated 70 years of his life to Canadian amateur sports as an athlete, administrator, official, and coach, passed away on March 27 at age 91. He was instrumental, along with fellow Canadian Don Farquharson, and Dave Pain and Bob Fine in helping found WAVA in the mid-1970s. Hume was born in Foster, Quebec, in 1914, and graduated from Bishop's University with a BA at age 19. He won his first gold medal at age 15, the beginning of an athletics career that ended in 1999 after he had set dozens of masters records and won 28 medals in international competition in events ranging from the high jump to the pole vault and the decathlon. At the end of his career, he owned over 35 Canadian outdoor and indoor age-group records.

• Arthur Holland, Comstock Park, MI,

passed away at age 84 on May 10, 2005. He used his experience in the USMC as an aerial photographer in the South Pacific during WWII to become a successful professional photographer, specializing in furniture and machinery. An avid athlete most of his life, playing football in his younger years and softball into his '80s, he participated in the National Senior Olympics in the pole vault, winning national medals. He was the husband of Mary Holland, an active masters sprinter on the national level until sidelined

by a pulled hamstring.

• Erwin Jaskulski, who gained notoriety late in life as a 100-year-old world sprinting champion, died March 10. He was 103. An Austrian, Jaskulski came to Hawaii in 1954 and worked as a controller at KHON-TV. The lifelong fitness aficionado set world records for the 100, 200 and 400 as an M95 and M100. Three of his records still stand. He would often train by doing chin-ups, and running the hallway of his apartment building. Though failing eyesight took him off the track and out of official competition, Jaskulski still did his home workouts up until a couple of months ago. He was known for his fitness discipline, his eccentric eating habits and his love of classical music, which friends could hear blaring in the background when they called him on the phone. A private man, Jaskulski declined when NBC offered to fly him first-class for an appearance on the Tonight Show with Jay Leno. "I've outlived my vanity," he said.

-from the Star-Bulletin
• Paul Johnson, 71, was killed in an airplane crash, as was his wife, Marcia, and a couple flying with them, when the six-seat Piper Seneca piloted by Johnson went down in Branson, MO, on March 20. All were residents of Lubbock, Texas, where Johnson

ON TAP FOR MAY

TRACK AND FIELD

The Southeastern Masters Meet on the 5th-7th in Raleigh, NC, is also the USATF Southeast Region Championships. USATF South Texas Association Championships will be held in Elgin on the 6th. On the 13th, the Fountain of Youth Masters Invitational Mile will be held in Canby (Portland), OR. The timehonored Southern California Meet of Champions is set for the 20th in Long Beach, CA, the same date for the Arizona Masters Invitational in Mesa. A newer meet, the San Clemente Masters, will be in its second year at San Clemente HS, CA, on the 27th. In between, there are lots of Senior Games Meets from Chester, VT, to Sacramento, CA.

LONG DISTANCE RUNNING

The Blue Cross Broad Street 10 Mile hits Philadelphia on the 7th, along with the Lilac Bloomsday 12K, Spokane, WA; the Avenue of the Giants Marathon in California's Humboldt Redwoods; and the Women's 5 Mile, Billings, MT. On the 13th, the menu offers the Gumtree 10K, Tupelo, MS; Fifth Third River Bank 25K, Grand Rapids, MI; and Palos Verdes Marathon in Los Angeles. The Shelter Island 10K on the far end of Long Island is listed for the 20th. The Bay to Breakers 12K, San Francisco; Green Bay Marathon; and the Cleveland Marathon show up on the 21st. The Memorial Day weekend starts with the challenging Mt. Wilson Trail Race, Sierra Madre, CA, on the 27th, followed by the Vermont City and Buffalo marathons on the 28th, and closing with the Bolder Boulder 10K and the Mercedes-Benz Cotton Row 10K, Huntsville, AL, on the 29th.

RACEWALKING

Riverside, CA, is the site of the USA National Masters 15K RW Championships on the 7th, and Canada hosts the NCCWMA 5K RW Championships in Toronto on the 28th.

was a dentist. Johnson holds the M65 U.S. records for the outdoor 200 (25.76) and the 400 (58.05), both set in 2001. Recently, he was instrumental in putting on the USATF Southwest Regional Masters Indoor Championships at Texas Tech, after the meet had not been held for several years. A native of Crowell, Texas, Johnson was a 1957 graduate of Abilene Christian U., where he was a part of the legendary Wildcat t&f program, which produced ACU legends Bobby Morrow, James Segrest and Bill Woodhouse. As a junior in 1956, he set then school records in the 800 of 1:49.6 and 3:51.7 in the 1500. He missed joining Morrow on the 1956 Olympic team, when he finished eighth in the 1500 at the Trials in Los Angeles. According to an AP report, the airplane took off from Point Lookout, Mo., at 12:30 p.m., and shortly after takeoff, the pilot radioed that he was having difficulty with the plane and was going to try to return to the airport. Witness reports said that the plane dropped rather quickly below the clouds and crashed into a building housing storage units, and was destroyed on impact.

USA track and fie wise noted. Senior Ga open to all age groups to men and women or Entry blanks for natio

60 days prior to the Eugene, OR 97405. TRACK

NAT

June 22-25. Masters 1 June 22-25. Masters I TBA, USA Outdoor Ch IN. Mark Cleary; runn July 15-16. USA Na & Heptathlon Cham www.usatf.org; www. August 3-6. 39th Championships, Char 3rd. Gordon Edwa Charlotte, NC 28278; pm); gedwards@care and entry forms: w leteInfo/

August 19. USA Pentathlon, Sager R. Bob Sager, 9870(h); hammerbeel September 9. USAN Superweight Champio Weinbel, 4103 Hillcre 98116. 206-938-3895;

onnecticut, Dela Maryland, Main

May 9-12. Washing pics. Ben Butler, 202

May 11-14. Virginia Beach. 757-474-849 May 14 & 28. Po Langley HS, McLear 3530; www.pvtc.org May 20. Vermont Games, Chester. And June 1-4. Connecti ford. Patrick Fisher, June 3. Throw-A Reading, PA. Ray feick@peoplepc.com June 3-4. Long Isla CC, Brentwood. 63 landseniorgames.org June 4 Superv Pentathlon, Gilberts June 6, 13, 20, 27. Comers Meets. F Plymouth Meeting, 484-437-9463. ww June 6-11. Empire tland, NY. 212-8 games.org
June 11. Ocean St field, RI. Mike Lyon 02916. 401-438-315

June 11 & 25. Langley HS, McLe 3530; www.pvtc.or June 15-18. Ma Springield. 413games.org
June 25. Reipas Includes Masters Fitchburg, MA 014 June 26-July 1. I

Shippensburg. 57 games.org
July 8 & 22. Pote Meets, Langley H 3530; www.pvtc.o July 11. HMRRC Albany, NY. Ker link.net

July 11. Philad Meets. Plymouth Meeting, PA. 6:0

Schedule

USA track and field events feature competition for men and women over age 30 unless otherwise noted. Senior Games are usually limited to age 50 and over. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. International T&F meets are 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 22-25. Masters Invitational Program, Event TBA, USA Outdoor Championships, Indianapolis, IN. Mark Cleary; runnermark@cox.net July 15-16. USA National Masters Decathlon

& Heptathlon Championships, Seattle, WA.

www.usatf.org; www.decamouse.com August 3-6. 39th USA National Masters Championships, Charlotte, NC. Pentathlon on 3rd. Gordon Edwards, 10029 Withers Rd., Charlotte, NC 28278; 704-588-6885 (after 8:00 pm); gedwards@carolina.rr.com; information entry forms: www.usatf.org/events/2006/ USAMastersOutdoorTFChampionships/ath

August 19. USA National Masters Weight Pentathlon, Sager Ranch, Wilsall (Bozeman), MT. Bob Sager, 406-578-2080(w); 578-9870(h); hammerbeef@aol.com

September 9. USA National Masters Weight & Superweight Championships, Seattle, WA. Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206-938-3895; kweinbel@com cast.net

EAST

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

May 9-12. Washington, DC, Golden Olyms. Ben Butler, 202-282-0748.

pics. Ben Butler, 202-282-0748. May 11-14. Virginia Senior Games, Virginia Beach. 757-474-8492; www.vec.edu

May 14 & 28. Potomac Valley TC Meets, Langley HS, McLean, VA. 7:30 am. 703-481-

3530; www.pvtc.org May 20. Vermont Green Mountain Senior Games, Chester. Ardis Smith, 802-824-6521. June 1-4. Connecticut Senior Games, Hartford. Patrick Fisher, 860-528-4588.

June 3. Throw-A-Thon, Albright College, Reading, PA. Ray Feick, 610-754-6007; ray feick@peoplepc.com
June 3-4. Long Island Senior Games, Suffolk

CC, Brentwood. 631-261-9114; www.longis landseniorgames.org

Superweight & Ultra Weight June 4. Pentathlon, Gilbertsville, PA. See June 3.

June 6, 13, 20, 27. Philadelphia Masters All-Comers Meets. Plymouth-Whitemarsh HS, Plymouth Meeting, PA. 6:00pm. Joel Dubow,

484-437-9463. www.pmtf.net
June 6-11. Empire State Senior Games, Cortland, NY. 212-866-2794; www.empirestate

June 11. Ocean State Senior Olympics, Smithfield, RI. Mike Lyons, 41 Dalton St., Rumford, RI 02916. 401-438-3154; mlyons@weei.com

June 11 & 25. Potomac Valley TC Meets, Langley HS, McLean, VA. 7:30 am. 703-481-3530; www.pvtc.org
June 15-18. Massachusetts Senior Games,

Springield. 413-748-3810; www.masenior

June 25. Reipas AC Meet, Fitchburg, MA. Includes Masters WP. RAC, PO Box 30, Fitchburg, MA 01420; www.saima-park.org June 26-July 1. Pennsylvania Senior Games, Shippensburg. 570-823-3164; www.keystone

July 8 & 22. Potomac Valley TC All-Comers Meets, Langley HS, McLean, VA. 703-481-

July 11. HMRRC Colonie Mile, Colonie HS, Albany, NY. Ken Skinner, kennyskin@earth link.ne

July 11. Philadelphia Masters All-Comers Meets. Plymouth-Whitemarsh HS, Plymouth Meeting, PA. 6:00pm. Joel Dubow 484-437-

www.pmtf.net
July 22. USATF East Regional Masters
Championships, Springfield, MA. USATF-NE, 2001 Beacon St., Ste. 207, Brighton, MA 02135-7787; 617-566-7600.

July 23. USATF Mid-Atlantic Open & Masters Championships. Plymouth-Whitemarsh HS, Plymouth Meeting, PA. 9:30 am. Joel Dubow, 484-437-9463. www.mausatf.org

August 5 & 19. Potomac Valley TC All-Comers Meets, Langley HS, McLean, VA.

703-481-3530; www.pvtc.org September 2-3. Potomac Valley TC Games, Langley HS, McLean, VA. 703-481-3530; www.pvtc.org

September 9. Maine Senior Games, Portland. Anita, 207-396-6500; Jerry, 729-6180. October 1 & 15. Potomac Valley TC Throwers

Meet & Racewalk, Langley HS, McLean, VA. 703-481-3530; www.pvtc.org

SOUTHEAST

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

May 5-7. Alabama Senior Olympic Games, Montgomery. Ronne Floyd, 334-242-4496. May 5-7. Southeastern U.S. Masters Meet/USATF Southeast Region/NC-USATF Association Masters Championships, Duke U., Durham, NC. 10K/20K RW in Raleigh, NC. www.southeasternmasters.org.

May 7-12. National Veterans Golden Age

Games, Hampton Roads, VA. Sherilyn Fails, 405-270-1571.

Mississippi Senior Olympics, May 15-17. Clinton. 601-925-7994; www.msseniorolym.org May 17-20. South Carolina Senior Sports Classic, Florence. Carl Hurst, 803-772-0363. May 21. Atlanta Senior Games, Atlanta, GA.

May 27. Florida AC Classic, NTC, Clermont, FL. 352-241-7144, x4206; www.usantc.com June 9-11. Northwest Classic, Miami-Dade College. 305-836-2409 (after 9:00 pm). June 10. USATF Florida Championships, Cler-

mont, FL. 352-241-7144, x4206; www.usantc.com June 10. Birmingham TC Classic, Hoover HS, Hoover, AL. BTC Classic, Frank Newland, 234 King Arthur Pl., Alabaster, AL 35007. 205-621-9912; www.active.com

July 14-20. Tennessee Senior Olympics, Williamson County. 615-902-9261; www.tnsenior olympics.com

MIDWEST

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

June 16-18. Indiana Senior Games, Evansville. Steve Paltrow, 812-464-7800; 800-253-2188. July 16-21. Gay Games, Chicago, IL. www.

June 22-24. West Virginia Senior Sports Classic, Charleston. 304-346-2154; www.wvssc.com July 8-15. Michigan Senior Olympics, Kalamazoo. 248-608-0250; www.michiganse niorolympics.org

July 15. Dayton Track Classic, Welcome Stadium, next to U of D area, Dayton, OH. Robert "Bob" Jones, 937-837-2754; e-mail:

Boten Boo bjruni@juno.com bjruni@juno.com 21-23. Ohio Senior Olympics, Youngstown. 330-746-2938; www.ohiosenioro

July 22. Cleveland Track Classic, Mayfield Village, OH. Paul Williams, 519 Thackeray Trail, Richmond Heights, OH 44143. 440-605-

September 16. Norm Bower Memorial Weight Pentathlon, Kent, OH. Rex Harvey, 6744 Connecticut Colony Circle, Mentor, OH 44060.

November 10-12. National Throws Coaches Association Annual Conference & Clinic, Dublin, OH. www.nationalthrowscoachesasso ciation.com; 888-527-6772.

MID-AMERICA

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

May 21. USATF Iowa Masters & Open Championships, West Des Moines. 515-287-0770. May 27-31. St. Louis Senior Games. 314-442-

June 4. Jolly Jogathon Meet, Marysville, KS. No entry fee. Cleve Walstrom, 1006 Broadway, Marysville, KS 66508. 785-562-3050. June 8-11. Iowa Senior Olympics, Des Moines. 515-633-5011: iowaseniorolympics.org

June 17-18. Star of the North Games, Rochester, MN. www.starofthenorthgames.org

June 21-25. Colorado Rocky Mountain Senior Games, Greeley. 970-350-9433; www.greeley

June 22-25. Missouri State Senior Games, U. of Missouri, Columbia. 573-882-1462; www.smsg.org June 23-24. North Dakota Senior Games, Fargo. 701-298-6980; www.fargoparks.com June 23-30. Minnesota Northland Senior Games, Duluth. Erin Wenneson, 218-626-4521. July 30. Blair Open Meet, Blair HS, NE. Mike Maryott, 1485 South St., Blair, NE 68008. 402-426-5955.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

May 6. USATF South Texas Association/Lions Championships, Elgin. waterlootrackandfield.org July 8. The Grunt VIII Throwers Meet, Cat Spring, TX. Mark Chapman, 1884 Bostik Rd., Cat Spring, TX 78933. 979-732-5591; k9luvrs@

July 15. USATF Southwest Region Championships/Lions Relays, Lake Travis HS, Austin, TX. waterlootrackandfield.org

WEST

Arizona, California, Hawaii, Nevada, New Mexico

May 6. HMTC Meet, Kaiser HS, Honolulu. 735-6366; www.hmtc.org
May 12-14. Sacramento Sports Classic, Sacra-

mento, CA. Maryjane Ortiz, 916-277-6046. May 14. Team Thor USA Throws Meet, UC-San Diego, LaJolla. Scott Sargeant, 619-920www.teamthor.com

May 20. Southern California Striders Meet of Champions, CSU-Long Beach. Eric Dixon, 949-831-1336; Hugh Cobb, 760-436-7696;

http://scstriders.org/meets.htm
May 20. Arizona Masters Invitational, Mesa CC, AZ. Pat Fahy, 480-946-7135; pfahy@ cox.net May 27. 2nd annual San Clemente Masters Meet, San Clemente HS, CA. Dan Johnson, coach, fax: 949-766-1318; www.tritonrun

May 28-29. HMTC Decathlon, Kaiser HS, Honolulu. 735-6366; www.hmtc.org

June 3. Grand Canyon State Games, Amphitheater HS, Tucson, AZ. Pat Fahy, 480-946-7135; pfahy@cox.net

June 3-17. California Senior Games Championships, Pasadena. 626-685-6754; www.californiaseniorgames.com

June 4. New Mexico Games, Albuquerque. Fred Hultberg, 505-764-1510. June 4, 11, & 18. HMTC Meet, Kaiser HS,

Honolulu. 18th-Pent. 735-6366-www.htmc.org June 10. USATF-SCA Championships, Moorpark College (w. of L.A.). Andrew Hecker, 805-642-3879; www.trackinfo.org/sca.html June 10. Team Thor USA Throws Meet, UC-

San Diego, LaJolla. Scott Sargeant, 619-920-3469; www.teamthor.com

June 17. California Senior Games Champion-June 17. California Senior Garnes Champion-ships, CalTech, 1200 E. California Blvd., Pasadena, CA 91106. Cynthia Rosedale, 626-685-6754; CynthiaR@pasadenaseniorcenter.org June 17-18. USATF-SCA Masters Combined-Events Championships, Santa Barbara CC. Keith Kephart, 805-965-0581, x2275; Kephart @sbcc.edu; Andrew Hecker, 805-642-3879; www.trackinfo.org/sca.html June 24. Grand Canyon State Games, Mesa

CC, AZ. Pat Fahy, 480-946-7135; pfahy@

June 24. San Diego/Imperial USATF Masters Championships/Chuck McMahon Memorial Meet, CSU-San Marcos. www.trackinfo.org/ SCmasters.html

June 25. USATF-NM Masters & Open

Pentathlon Championships, Albuquerque. Kathy Fones, 505-865-8612. June 29. LGAA/Mizuno All Comer Meets, Los

Gatos, CA. \$4 entry fee, unlimited events. All ages. Rick Milam, 408-275-9448; 241-6578.

July 1. USATF Pacific Masters Championships, Sacramento St. U. Joy Upshaw-Margerum, 650-949-1439; www.ffsac.com
July 2. Trojan Masters Meet, USC Track, Los

July 6, 13, 20, 27. LGAA/Mizuno All Comer Meets, Los Gatos, CA. \$4 entry fee, unlimited events. All ages. Rick Milam, 408-275-9448; 241-6578 July 16. USATF-NM Masters & Open Champ-

ionships, Albuquerque. Jamie Woodley, 505-797-7482.

July 22-23. USATF West Regional Masters Championships, Home Depot Center, Carson (L.A.), CA. Mark Cleary, runnermark@cox.net July 23. HMTC Meet Weight Pentathlon & SW, Kaiser HS, Honolulu. 735-6366-www. htmc.org
July 29. Aloha State Games, Honolulu.

www.alohastategames.com
July 29-August 13. Prescott Senior Olympics,
Prescott, AZ. 928-778-5981; e-mail: pochanie

August 3 & 10. LGAA/Mizuno All Comer Meets, Los Gatos, CA. \$4 entry fee, unlimited All ages. Rick Milam, 408-275-9448; 241-6578.

September 29-October 1. Nevada Senior Games, Las Vegas. 702-242-1590; www.neva

daseniorolympics.com
October 7. Club West Masters Meet, UC-Santa Barbara. Beverley Lewis, 805-969-5852; fax: 969-6613; Gordon McClenathen, 805-964-

October 22. Self-Transcendence Masters Meet, CSU-Long Beach. 310-645-0271; fax:

NORTHWEST

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

May 13. Fountain of Youth Masters Invitational Mile, Canby HS, Canby, OR. Age 30 and up. Dave Clingan, 503-231-0530, xroads@xro.com; www.xro.com/mile May 27-28. Salem TC Development Meet,

McCulloch Stadium, Salem, Or. www.usatforegon.org
June 8-10.

Montana Senior Olympics. Bozeman. Kay Newman, 406-586-5543; kayjn@imt.net. Entry deadline May 26.
June 10-11. Portland Masters Classic/Oregon

Association Championships, Mt. Hood CC, Gresham. Paul Stepan, 3011 NE Linden, Gresham, OR 97030; 503-666-8950(h); Iste pan@yahoo.com

June 17-18. USATF Oregon Championships, McCulloch Stadium, Salem, OR. Includes pentathlon, decathlon & heptathlon. www.usatf-

oregon.org

June 24-25. 25th Hayward Classic/USATF Northwest Regional Masters Championships, Eugene, OR. Dick Lamster, P.O. Box 51532, Eugene, OR 97405; brem@uoregon.edu
July 7-8. Seattle Masters Classic, W. Seattle

Stadium. Ken Weinbel, 4103 Hillcrest Ave., SW Seattle, WA 98116. 206-938-3895; ktwein-

July 22. Inland NW Masters Classic, Mooberry Track, WSU, Pullman, WA. Jeff Schaller, 435 SW State St., Pullman, WA 99163. 509-332-3148; jeffschaller@turbonet.com July 28-30. Washington State Senior Games,

Olympia. 360-754-4937; www.pugetsound games com

August 12. Bend Masters Meet, Bend, OR. Suzi MacLeod, bendtrackmeet@yahoo.com August 19. USATF Masters Weight Pentathlon. Sager Ranch, Wilsall, MT. Bob Sager, 406-578-2080; entry form: www.weightpentathlon.org September 8-9. Ultra Weight Classic, W. Seattle Stadium. Ken Weinbel, 4103 Hillcrest

Ave., SW Seattle, WA 98116. 206-938-3895; ktweinbel@msn.com

October 9-21. Huntsman World Senior Games, St. George, UT. T&F, RW, Road Races, Triathlon. Age 50+. Huntsman WSG, 1070 W. 1600 South, Ste. 103A, St. George, UT 84770. 435-674-0550; 800-562-1268; www.seniorgames.net

CANADA

July 21-23. Canadian Masters Championships. Moncton, New Brunswick, canadianmastersath

INTERNATIONAL

May 21. BMAF 10K Track Walk Champion-

ships, Tamworth. www.bmaf.org/uk May 28. NCCWMA 5K RW Championships, also 10K & 20K (must be able to finish in 2:00 hours), Hanlan's Point Island, Toronto, Ontario. Lily or Stafford Whalen 416-243-5413; stafford whalen@rogers.com; www.ontarioracewalkers.

June 18. BMAF Weight Pentathlon Championships, Milton Keynes. www.bmaf.org/uk
July 8-9. BMAF Championships, Birming-

ham, England. www.bmaf.org
July 19-30. European Veterans Athletics Association Championships, Poznan, POL.

www.evacs2006.pl
August 24-27. NCCWMA Stadia Championships, Guatemala City, Guatemala. www. atletismoguate.org
September 3. BMAF Pentathlon Championships,

Monkton Stadium, South Tyneside. www.bmaf. org/uk

November 2-12. South America Region

November 2-12. South America Region Championships, Rio de Janeiro, Brazil. locho_arroyo@hotmail.com
September 4-15, 2007. (Opening ceremonies on the 3rd.) 17th WMA World Championships, Riccione, Italy. www.riccione.wma2007.org March 12-17, 2008. 3rd WMA World Indoor Championships, Clermont-Ferrand, France.
July-August, 2009. 18th WMA World Championships, Lahti, Finland

LONG DISTANCE RUNNING

NATIONAL

May 21. USATF National Marathon Relay Championships/Colfax Marathon, Denver, CO. www.usatf.org/events

June 3. USA National Championships/Teva Mountain Games Spring Runoff 10K Trail, Vail, CO. mortiz@vailrec.com; www.tevamountain

games.com
June 17. USA National Championships/Mt. Washington Hill Climb, Gorham, NH. race

time@gsrs.com; www.gsrs.com
July 29. USA National Championships/White River 50 Mile Trail, Crystal Mountain, WA.

searunco@aol.com; www.whiteriver50.org August 26. USA National Championships/ Headlands 50K Trail, Sausalito, CA. guypalm er@headlands50K.org; www.headlands50k.org September 23. USA National Masters Championships/Heritage Oaks 10K, Paso Robles, CA. www.heritageoaksbank.com; www.usatf.org
October 1. USA National Masters Champion

ships/Twin Cities Marathon, Minneapolis, MN. www.twincitiesmarathon.org; www.usatf.org
October 15. USA National Masters 5K XC Championships, Saratoga Springs, NY. George Regan, george@usatfadir.org
October 15. USA National Championships/

DuPont Forest Trail Marathon, Asheville, NC. gregw@mchsi.com; www.ymcahenderson county.org

December 9. USA National Masters Club XC Championships, Golden Gate Park, San Francisco. M-10K/W-6K. Bill Quinslisk, billq@frontiernet.net; www.usatf.org

EAST

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

May 6. NYRR 5K for Women (co-ed), Central Park, NYC. 212-860-4455; www.nyrr.org May 7. Our House 5 Mile/USATF-NJ Masters M&W Championships, Summit. www.usatf nj.org

May 7. Reckson Long Island Marathon, East Meadow, NY. 516-572-0248; www.theli marathon.com

May 7. Blue Cross Broad Street Run 10 Mile. Philadelphia. 215-683-3594; www.broadstreet run.com

May 13. Komen Race for the Cure 5K, Syracuse, NY. komennyc.org May 13. Newport 10,000, Jersey City, NJ. 732-381-0316; www.oymp.net May 14. Komen Race for the Cure 5K, Pittsburgh, PA. www.pittsburghraceforthe cure.org

May 14. Portland Sea Dogs Mother's Day 5K, Portland, ME. 207-741-2084; www.maine

May 14. NYRR Mother's Day Women's Half-Marathon, Central Park, NYC. 212-866-4455; www.nyrr.org

May 20. Kennett Square 5K & 10K, PA. 610-388-1556; www.kennettrun.net

May 20. Shelter Island 10K, Shelter Island, NY. 631-749-1200; www.shelterislandrun.com May 21. Run for Freedom 5 Mile, Newark. NJ. NMN subscribers run free, contact francissch iro@aol.com; introducing Vincent Carnevale Intergrity, Inc., PO Awards for runners 65+. Box 510, Newark, NJ 07101.

May 21. Car-a-mile Marathon, North Branch, NJ. www.caramilemarathon.com

May 21. Delaware Marathon, Wilmington. 302-654-6400; www.races2run.com

May 26. New Balance Moonlight 5K, New Milford, CT. 8:00 pm. www.roadntracksports.

May 28. Vermont City Marathon, Burlington. 800-880-8149; www.runvermont.org
May 28. Nissan Buffalo Marathon. 716-694-

www.buffalomarathon.com

May 29. Fred d'Elia Ridgewood 10K, 5K, & Masters Mile, 201-251-2211; www.njmasters.

June 3. Freihofer's 5K for Women, Albany, NY. 518-273-5552; www.freihofersrun.com June 4. George Benjamin-Browning Ross Memorial 5K, Woodbury, NJ. www.woodbury.

June 4. Rhody 5K, Lincoln, RI. 800-720-PARK, x8364; rhody5K.com

June 10. NYRR Circle of Friends New York

Mini 10K, Central Park. 212-860-4455; www.mini10k.org

June 11. Battle of Bunker Hill 8K, Charlestown, MA. 617-242-1775; www.cool

July 9. Boilermaker 15K, Utica, NY. 315-797-5838; www.boilermaker.com

September 16. George Sheehan 60+ 5th Avenue Mile, Manhattan, NYC. alpuma1 @verizon.net; www.NYRR.org

SOUTHEAST

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

May 5-7. Disney's Inaugural Minnie Marathon Weekend 5K & Women Run the World 15K, Disney World, FL.

worldsports.com
May 13. Bulldog 2 Miler, UMS Wright
School, Mobile, AL. 251-473-7223; www.pcpacers.org

May 20. Freedom Run 6K, Chickasaw, AL.

251-473-7223; www.pcpacers.org
May 21. Biltmore Estate 5K & 15K Classic, Asheville, NC. 232-0613; www.main.nc.us/ kiwanisca/race06.htm

May 27. Do It In The Bush 5K, Cottage Hill Park, Mobile, AL. 251-473-7223; www.pcpac

May 29. 27th Mercedes-Benz Cotton Row Run, Huntsville, Alabama. Download entry form: www.huntsvilletrackclub.org; register: www.active.com
June 17. Run With Dad 5K, Municipal Park,

Mobile, AL. 251-473-7223; www.pcpacers.org July 4. Peachtree 10K, Atlanta, GA. 404-231-9064; www.atlantrackclub.org

MIDWEST

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

May 6. Indianapolis 500 Mini-Marathon & Finish Line 5K. 800-638-4296; www.500festi

May 6. Capon Valley 50K, Yellow Spring, WV. Lynn Golemon, 304, 856-2987. May 7. Cincinnati Flying Pig Marathon. 513-721-7447; www.flyingpigmarathon May 14. Y-Me-Race 5K, Chicago. 877-963-

7223; www.y-me.org May 13. Fifth Third River Bank 25K, Grand Rapids, MI. 616-771-1590; www.53river

May 21. 24th for Women Only 5K, Ann Arbor, MI. 734-827-2792; www.aatrackclub.org/fwo

May 21. 1st Henry Ford Rock and Road 5K & 10K, West Bloomfield, MI. www.westbloom fieldparks.org

May 21. Cleveland Marathon, Half-Marathon & 10K, Cleveland, OH. 800-467-3826; www.clevelandmarathon.com

May 27. Bayshore Marathon, Half-Marathon, & 10K, Traverse City, MI. bayshore marathon.org May 27. Ogden Newspapers 20K Classic, Wheeling, WV. www.ogden20kclassic.com

May 27. Mackinaw Bridge Run 5.6 Miles, Mackinaw City, MI. 1400 limit. www.mack inawcity.com

May 27-29. The Great Race Memorial Weekend, Goshen-Elkhart, IN. Half-Marathon, 5K & 10K. 574-296-5890; www.thegreatrace.com September 24. Over the Hill TC XC Meet, Hunting Valley, OH. Jeff Gerson, 5091 Hickory Dr., Lyndhurst, OH 44124. 440-473-

MID-AMERICA

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

May 13. Brookings Marathon 7 Half-Marathon, Brookings, SD. www.brookings marathon.com

May 20. Olathe Marathon/Relay & 5K, Olathe (Kansas City), KS. 800-921-5678; www.ok. olathemarathon.com

May 21. Green Bay Marathon, Green Bay, WI. 920-606-2458; www.cellcomgreenbaymara thon.com

May 29. Bolder Boulder 10K, Boulder, CO. 303-444-7223; www.bolderboulder.com June 3. Dam to Dam 20K & 5K. Des Moines

IA. 515-440-1960; www.damtodam.com June 3. Hospital Hill Half-Marathon, Kansas City, MO. 913-485-3254; www.hospitalhill

June 15-17. Grandma's Marathon, Half-

Marathon & 5K, Duluth, MN. 218-727-0947; www.grandmasmarathon.com

June 25. Mac Attack 5K/ Star of the North Games, Rochester, MN. www.starofthenorth

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

May 13. Gumtree 10K, Tupelo, MS. tupelo runningclubhomestead.org
May 13. Sooner State Games Half-Marathon,

5K & 10K, Oklahoma City. 405-236-5000; www.soonerstategames.org

May 20. Beach to Bay Relay Marathon, Corpus Christi, TX. 6 legs/4.4 milers per leg. www.beachtobayrelay.com

WEST

Arizona, California, Hawaii, Nevada, New Mexico

May 6. Bull Canyon Run 5K & 10K, Santa Maria, CA. www/bcrun.org May 7. Marathon de Mayo, Half-Marathon, 10K,

& 5K, Reno, NV. www.MarathonDeMayo.com May 7. Avenue of the Giants Marathon, Half-Marathon & 5K, Humboldt Redwoods St. Park, CA. www.theave.org

May 13. 5K Spring into Health, Whittier, CA. 714-841-5417; www.nealand.com/finishline May 13. Palos Verdes Marathon, Palos Verdes (Los Angeles), CA. 310-828-4123; w2promo

tions.com May 13. Revlon 5K Run/Walk for Women, Los Angeles. 310-395-6779; www.revlonrun walk.com

May 14. Girls on the Run SoCal Mother's Day 5K & 10K, Los Angeles. 310-823-8844;

www.gotrsocal.org
May 21. ING Bay to Breakers 12K, San Francisco. www.ingbaytobreakers.com May 27. Mt. Wilson Trail Race 8.6 Mile, Sierra Madre, CA. 626-355-5278; www.ci.sierra-mad

re.ca.us

May 29. Pacific Sun 10K/USATF-PA Championships, Kentfield, CA. 415-924-5976; www.tamalparunners.org June 3. Fontana Days Half-Marathon & 5K, Fontana, CA. 909-428-6644; www.fontanare

creation.org

June 4. Rock 'N' Roll Marathon, San Diego, CA. 858-450-6510; www.rnmarathon.com June 4. Gardena 5000, Gardena, CA. 310-323-7285; www.gardena5000.com

June 10. State Street Mile, Santa Barbara, CA. 805-568-2316; www.sbmile.com

NORTHWEST

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

May 7. 25th Montana Women's 5 Mile, Billings. 406-656-6973; www.womensrun.org May 7. Lilac Bloomsday 12K, Spokane, WA.

www.bloomsdayrun.org
May 20. Fargo Marathon/Relay, HalfMarathon & 5K, Fargo, ND. www.fargo marathon.com

May 21. Capital City Marathon & Half-Marathon, Olympia, WA. CCMA, PO Box 1681, Olympia, WA 98507.

May 27. USATF-OR Grand Prix/Eugene Challenge Mile, Eugene, OR. 541-535-1205;

www.usatf-oregon.org
May 29. Up the Lazy River 10K, West Linn, OR. Jeff Wehrman, 503-705-5313

June 1. 27th Agony of Defeet 5K, Medford, OR. 5:30 pm. Griffin Creek School, 2430 Griffin Creek School Rd., Medford, OR 97501. June 21. Longest Day 5K, Medford, OR. 7:30 pm. 541-878-3457; e-mail: cwdjh@earth

August 25-26. Fred Meyer Hood to Coast Relay, Mt. Hood to Seaside, OR. 197 miles/36 legs, average 5 miles/12 team members.

www.hoodtocoast.com
July 4. USATF-OR Grand Prix/Foot Traffic Flat Marathon & Half-Marathon, Portland.

www.usatf-oregon.org
July 9. USATF-OR Grand Prix/Portland Running Company 10K, Portland. www.usatf-

oregon.org
August 27. USATF-OR Grand Prix/Oregon TC Masters 8K, Eugene. www.usatf-oregon.org September 9. USATF-OR Grand Prix/HIgh Desert Shootout 5K, Crooked River Ranch. www.usatf-oregon.org

September 24. USATF-OR Grand Prix/Bigfoot 10K, Bend. www.usatf-oregon.org
October 28. USATF-OR Grand Prix/Oregon

Open/Masters XC, Salem. www.usatf-oregon.

November 18. USATF-OR Grand Prix/Regional 8K XC, Sandy. www.usatf-oregon.org

CANADA

May 7. Vancouver International Marathon. 604-872-2928; www.vanmarathon.ca May 27-28. ING Ottawa Marathon, Half-Marathon & 10K. 866-RUN-OTTA; www.

INTERNATIONAL

May 20. BMAF Road Relay Championships, Sutton Park, Birmingham, www.bmaf.org/uk June 18. BMAF 5K Road Championships, Horwich, England. www.bmaf.org/uk
July 2. BMAF Half-Marathon Championships, Mansfield, England. www.bmaf.org/uk September 23-24. WMA/WRMA Mountain Running Championships, Saillon, SUI. www.world-masters-athletics.org

September 24. BMAF 10K Championships, Swansea, Wales. www.bmaf.org/uk October 1. BMAF 10 Mile Championships,

Lytham St. Annes, England. www.bmaf.org/uk October 15. BMAF Marathon Championships, Abingdon, England. www.bmaf.org/uk

RACEWALKING

May 7. USA National Masters 15K RW Championships, Riverside, CA. Dave Snyder, lyndavel@juno.com

June 17. Pasadena Senior Olympics/Califor-

nia State Championships 5K & 10K RW. www.californiaseniorgames; 626-685-6754. August 4 & 6. USA National Masters RW Championships, Charlotte, NC. 5000m on

4th/10K on 6th. August 25-26. Portland to Coast Walk relay. 503-292-4626; www.hoodtocoast.com

September 10. USA National Masters/Open 40K RW Championships, Ocean Township, NJ. Elliott Denman, 732-222-9080.

October 15. USA National Masters/Open 1-Hour RW Championships, Waltham, MA. Steve Vaitones, office@usatfne.org

November 12. USA National Masters 20K RW Championships, Clermont, FL. Don DeNoon, 352-241-7144, x4206; noon DeNoon, 352-241-71 walk_992yahoo.com

May 2006

M35-39 Shawn Ange **David Buyss**

> Kevin Ellis Trent Hagler

> > Terrence Ha

Chris Jagge Douglas Joh

U.S. MA

30-34 35-3 6.8 6.7.4 7.5 11.0 11. 22.4 23. 51.5 52. 2-02 2-00 4-20 4-2 4-40 4-4 4-40 4-4 9-25 9-4 15-45 16-0 32-30 32-5 8 9.0 9. 15.4 16. 100 200 400 800 1500 5000 10000 55H 60H 110H 100H 80H 400H 330H 33K-SC 2K-SC

58.0 60 10:10 10:3 1.8 6-1 4.1

1.90 6-2% 4.40 14-5% 6.50 21-4 13.20 43-3% 14.50 47-7 44.80 147-0 47.24 155-0 62.00 13-5 6.1 20-12-6 41-4 14.0 46 42.1 140 44.1 145 56.1 183 14. 45-11 14.

TJ

35FWL

62.00 56. 203-5 183. 15.00 14. 49-21/4 45-11 15.00 14. 49-21/4 45-11 9.50 9. 31-2 29-6 2800 26 5500 52 2800 27 100 star

Long hurd Shot put: Discus the Hammer: Javelin: Weight: Superweig Pen/Dec/M

U.S. MASTERS

1.5K Mile 7:13 7:47 7:22 8:03 7:37 8:21 1.5K Mile W30 7:13 7:47 W35 7:22 8:03 W40 7:37 8:21 W45 8:03 8:41 W50 8:25 9:05 W55 8:55 9:31 W60 9:17 10:01 W65 9:48 10:35 W70 10:26 11:15 W75 11:10 12:01 W80 12:03 12:58 W85 13:13 14:15 W80 14:56 16:06 W90 14:56 16:06

M30 6:31 7:01 M35 6:43 7:14 M40 6:58 7:29 M45 7:13 7:46 M50 7:33 8:05 M55 7:50 8:26 M60 8:13 8:51 M65 8:38 9:19 M70 9:08 9:50 M75 9:43 10:28 M80 10:26 11:14 M85 11:21 12:13 M90 12:41 13:39 Age-graded time/.8 f

RECIPIENTS OF ALL-AMERICAN AWARDS

M35-39	Shawn Anger	Pent	2710	3/24/06	M50-55	Byron Battelger	Mile	5:03.38	3/25/06	M75-79	Arthur Kearney	JT	81-8 1/2	3/4/06
ASSES.	A STATE OF THE STATE OF	60hh	9.28	3/24/06	The second second	Ronald Bolling	60hh	10.14	3/24-26/06					
	David Buysse	Mile	4:35.71	3/25/06	Jan St. 18	Robert Qualis	3000	10:17.17	3/24/06	M90-94	Lawrence Minsky	JT	44-10	10/16/05
	PARTY STATE OF	A PARTY	-			Stuart Hancock	3000SC	12:28.0	4/7-9/06					
M40-44	Kevin Ellis	60m	7.32	3/25/06		Harry Janetzko	SP	46-8 3/4	6/12/05	W35-39	Barb Lauff	1500	5:18.69	1/28/06
		200m	23.54	2/12/06								3000	11:13.15	
	Trent Hagler	60m	7.62	3/25/06					The last state			5000	18:44.00	3/12/06
		100m	11.38	6/7/05	M55-59	Cary Carter	PV	10-6	5/14/05	The same				
		200m	23.62	6/7/05		Reid Harter	Mile	5:16.87	3/25/06	W45-49	Diane Groff	Mile	6:02.87	3/25/06
	Terrence Haynes	55m	6.7	3/19/06			3000	10:24.49	3/24/06			800	2:39.51	3/26/06
	Bob Jones	HT	41.22	4/30/05	The second second	Jeff Jenkins	60m	8.48	3/4/06	100	Elizabeth Rudy	1500	5:33.00	7/24/04
		DT	41.04	4/27/05							Continues of the same of the same			
		DT	42.24	8/5-8/04	M60-64	Robert Barber	3000	10:44	3/24-26/06	W50-54	Judy Myers	Mile RW	8.55.6	3/3/06
							Mile	5:27.25	3/24-26/06					
M45-49	Chris Jaggers	5K	16:45	2/5/06		Leon Savenas	400m	65.0	6/18/05	W55-59	Mary White	100m	15.94	6/05
	Douglas Johnson	3000 RW	14:06.43	3/3/06						E Business		200m	34.96	6/05
		Mile RW	6:59	12/9/05	M70-74	Tony DaPonte	800m	3:00.54	3/26/06	11 10 10 1 1				
				Per Control of the	The ball				Application of the second	W60-64	Suzanne Franco	10K	55:50	3/26/06

ASTI	ERS	ALL			ICA	NS	TAN	IDAF	RDS	
5-39 40-4	45-49	50-54	FOR 1	60-64	65-69	70-74	75-79	80-84	85-89	90-94
6.9 7.		7.4	7.9	8.1	8.4	8.9	9.4	10.4	11.8	13.5
7.55 7.		8.05	8.5	9.0	9.25	9.5	10.0	11.2	12.8	14.8
11.3 11.		12.2	12.6	13.2	13.8	14.6	16.0	18.0	23.0	14.0
23.2 23.		25.5	27.0	27.9	29.5	32.0	35.0	40.2	52.0	
52.5 53.		57.5	62.0	65.0	69.0	75.0	88.0	98.0	120.0	
2:04 2:0		2:16	2:25	2:35	2:45	3:06	3:35	3:55	4:30	
4:22 4:2		4:45	5:10	5:20	5:45	6:30	7:20	8:10	9:20	
4:40 4:5		5:10	5:30	6:00	6:15	6:55	8:20	8:45	10:15	
9:40 10:0		10:45	11:15	11:50	12:45	13:40	15:50	19:10	23:00	26:00
6:00 16:1	16:45	17:30	18:25	19:30	21:00	23:30	26:00	29:00	32:30	
2:50 33:3	36:00	38:00	39:00	40:30	44:00	48:30	54:30	61:15	68:30	
8.7 9.	9.5	10.0	10.3	10.6	10.9	11.2	11.6	12.5		
9.3 9.	9.8	10.3	10.6	10.9	11.1	11.4	12.0	13.6		
16.5 17.				10000			The state of			
		18.0	19.0	20.0	21.0					
		10.0		20.0		18.0	21.0	25.0	30.0	
60.0 62.	64.0	68.0	71.0			10.0	21.0	20.0	50.0	
60.0 62	0 64.0			55.0	60.0	67.0	75.0	85.0	95.0	
		48.0	51.0	55.0	60.0	67.0	/5.0	85.0	95.0	
0:30 11:4	5 12:40	13:30	14:00							
				9:30	10:30	12:00	14:00	16:30	19:30	
1.85 1.7		1.60	1.50	1.45	1.38	1.25	1.15	1.00	0.80	
6-1/4 5-9		5-3	4-11	4-9	4-61/4	4-11/4	3-91/4	3-31/4	2-7%	
4.10 3.9		3.55	3.05	2.70	2.40	2.30	2.00	1.80	1.30	
3-51/4 12-11	6 12-1%	11-7%	10-0	8-101/4	7-101/2	7-61/2	6-61/4	5-10%	4-31/4	
6.10 5.8	5 5.60	5.40	4.90	4.50	4.20	3.80	3.35	2.85	2.20	
20-1/4 19-2	18-4'h	17-8%	16-1/4	14-9	13-91/4	12-5%	10-11%	941/4	7-2'h	
2.60 11.5	10.80	10.40	9.50	8.90	8.20	6.96	6.50	5.94	5.51	
414 37-8	35-514	34-1%	31-2	29-21/	26-11	22-10	21-4	19-6	18-1	
4.02 13.4		13.10	12.00	12.80	11.50	11.00	9.00	8.00	6.00	
46-0 44-		42-111/4	39-41/2	42-0	37-8%	36-11/4	29-61/4	26-3	19-81/4	
2.80 39.5		42.00	41.00	42.00	39.00	34.00	26.00	22.00	15.24	
40-5 129-		137-9	134-6	137-9	127-11	111-6	85-4	72-21/4	50-0	
4.20 40.0		39.00	36.00	36.00	32.00	30.00	24.00	20.00	17.07	
				118-1	105-0	98-5	78-9	65-71/2	56-0	
45-0 131-		127-11	118-1							
6.00 48.7		43.00	41.00	39.00	35.00	31.00	24.00	19.00	14.02	
83-9 160-		141-1	134-6	127-11	114-10	101-8	78-9	62-4	46-0	
4.00 13.0		10.00	9.00			6.00	5.00			
111/4 42-	39-41/4	32-91/4	29-61/2			19-81/4	16-41/4			
4.00 13.2	12.50	14.25	13.25	14.00	13.25	13.50	11.75	10.00	8.75	6.00
111/4 43-5	41-0%	46-9	43-51/4	45-11%	43-51/4	44-31/2	38-61/4	32-93/4	28-81/2	19-81/4
9.00 8.5	8.00	6.00	5.50	5.00	4.50	3.50	3.00	2.50	2.00	
-61/ 27-10		19-81/4	18-1/2	16-41/4	14-9	11-5%	9-10	8-21/2	6-61/4	
2600 260	0 2600	2600	2600	2600	2600	2600	2400	2200	2000	
5250 525	5000	5200	5000	4500	5000	4800	4200	3000	2500	
2700 280		3000	3000	3000	3000	2600	2700	3000	3000	
dards are f										
dles:	30-49: 39	9"	50-	-59: 36	60-	69: 33	70	-79 30"	80+:	27"
dles:	30-49: 36	5"	50-	59: 33	60-	69: 30	70	+: 27"		
		26k (16#)		59: 6k		69: 5k	A STATE OF THE PARTY OF THE PAR	-79 4k	80+:	3k
		ka (100)		59: 1.5		222	ka			
					•					
		.26k (16#)		-59: 6k		69: 5k		-79: 4k	80+:	3k
	30-49: 80	00g	50-	59: 70	og 60-	69: 60	0g 70	-79: 500g	80+:	400g
	30-49: 3	54	50-	59: 25	60-	69: 20	. 70	-79: 16#	80+:	12#
aht:	30-69: 56	6.0								
							100			
	ght: :	ght: 30-69: 56 Wt.Pen: 30-39 IA	ght: 30-69: 56# Wt.Pen: 30-39 IAAF pts.;	ght: 30-69: 56# 70- WLPen: 30-39 IAAF pts.; 40+ WMA	ght: 30-69: 56# 70-79: 356 WLPen: 30-39 IAAF pts.; 40+ WMA factorin	ght: 30-69: 56# 70-79: 35# 80- Wt.Pen: 30-39 IAAF pts.; 40+ WMA factoring.	ght: 30-69: 56# 70-79: 35# 80+: 25 Wt.Pen: 30-39 IAAF pts.; 40+ WMA factoring.	ght: 30-69: 56# 70-79: 35# 80+: 25# Wt.Pen: 30-39 IAAF pts.; 40+ WMA factoring.	ght: 30-69: 56# 70-79: 35# 80+: 25#	ght: 30-69: 56# 70-79: 35# 80+: 25# WLPen: 30-39 IAAF pts.; 40+ WMA factoring.

						W	OMEN					
	1.5K	Mile	3K	5K	8K	10K	15K	20K	25K	30K	40K	501
W30	7:13	7:47	14:50	25:38	42:04	52:43	1:21:56	1:52:06		2:59:15	4:08:45	5:37:3
W35	7:22	8:03	15:18	26:27	43:11	53:56	1:23:29	1:53:32	2:26:51	3:01:53	4:12:21	5:42:2
W40	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	5:55:4
N45	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	6:11:2
N50	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	6:29:0
W55	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	6:49:2
W60	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	7:12:4
W65	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	7:39:4
W70		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	8:11:3
N75	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	8:49:2
W80	12:03		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	9:47:3
W85	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	10:39:1
W90	14:56	16:06	30:36	42:14	1:25:30	1:47:18	2:48:13	3:51:12				
				Section 1		Shape and the	MEN					
M30	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	4:31:0
M35	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	4:34:5
M40	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	4:44:4
M45	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	4:56:2
M50	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	5:09:2
M55	7:50	8:26	16:04	27:43	45:19	56:55	1:26:56		2:28:52	3:01:19	4:07:41	5:24:2
M60	8:13	8:51	16:50	29:02	47:28	59:38	1:31:10		2:36:20	3:10:33	4:20:30	5:41:2
M65	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	6:01:0
M70	9:08	9:50	18:44	32:18	52:46	1:06:21	1:41:37	2:16:35		3:33:31	4:52:23	6:23:5
M75	9:43	10:28	19:55	34:20	56:04	1:10:35	1:48:13		3:05:02	3:48:05	5:12:40	6:50:5
M80	10:26	11:14	21:22	36:50	60:06	1:15:44		2:36:31		4:05:57	5:37:34	7:24:1
M85	11:21	12:13	23:14	40:04	65:20	1:22:26	2:06:43		3:39:31	4:29:18	6:10:11	8:07:5
M90	12:41	13:39	25:58	44:45	72:52	1:32:08	2:21:52	3:11:28	4:06:38	5:03:17	6:57:43	9:11:3

		1			V60-64	Suza	anne Fr	anco	10K		55:50	3/2	5/06
	U.S	. MA	ST	ERS	AL				AN S	STA	NDA	RDS	5
S	20.24	35-39	40-44	45-49	50-54	FOR 55-59	WOME 60-64	65-69	70-74	75-79	80-84	85-89	90-94
Event 55	30-34		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	1.00	
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		2:40	2:46	2:54	3:10	3:20	3:36	3:56	4:30	5:40		
1500	5:10		5:30	5:40	6:00	6:20	6:45	7:30	8:00	8:50	10:10		
Mile	5:40		6:10	6:30	6:50	7:00	7:40	8:10	8:50	9:40	10:45		
3000	11:30		12:00	12:30	14:00	14:30	15:00	16:00	18:30	20:00	23:00		
5000	19:45		21:00	22:00	23:30	24:50	26:00	28:00	30:00	34:00	36:00		
10000	41:30		44:00	48:00	50:00	52:00	56:00	60:00	66:00	76:00	85:00		
100H	17.2		and the same	Sales of	Harris	Biomet.		No. on the					
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0		
400H	75.0	79.0	84.0	88.0									
300H					66.0	72.0	79.0	87.0	96.0	110.0	120.0		
2K-SC	8:20	8:35	9:00	9:30	10:00	10:25	11:00	11:55	12:50				
HJ	1.40	1.35	1.27	1.22	1.12	1.07	1.02	0.97	0.92	0.89	0.84		
	4-7	4-5	4-2	4-0	3-8	3-6	34	3-21/4	3-01/4	2-11	2-9		
PV	2.70	2.40	2.10	1.80	1.50	1.20	1.10	1.00	0.90	0.80	0.70		
	8-10%	7-10%	6-10%	5-10%	4-11	3-111/4	3-714	3-31/4	2-11%	2-7h	2-31/2		
W	4.60		4.04	3.81	3.40	3.20	3.10	2.60	2.30	2.10	1.50		
	15-1		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	18-1/2	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		
Service Contract of the last o	33-91/		27-11	27-61/4	26-3	25-6	24-7/4	21-8	19-81/4	17-1/4	14-11/4		
Javelin	35.00		28.00	25.00	23.00	22.15	20.00	17.00	16.00	15.00	12.00		
THE REAL PROPERTY.		109-11	91-10	82-0	75-5%	72-8	65-7'h	55-91/4	52-6	49-21/	39-41/4		
Discus	32.00		25.00	24.00	22.00	21.00	18.00	16.00	14.00	13.00	11.00		
	105-0		82-0	78-9	72-21/4	68-10%	59-1/4	52-6	45-111/4	42-8	36-11/4		
lammer	35.00		30.00	25.00	23.00	22.00	21.00	18.00	14.00	12.00	9.00		
	114-10		98-5	82-0	75-51h		68-10%	59-1/4	45-111/4	39-41/2	29-61/4		
Weight	10.00		9.00	8.00	9.00	8.00	9.50	8.75	7.75	6.50	5.50	4.25	3.50
	32-9%		29-61/A 5.50	26-3	29-61/4	26-3 5.00	31-2 4.75	28-81/a 4.50	4.00	3.50	18-01/4	15-7	11-57
Sup.Wt.	6.50		18-1/2	5.00	5.25	16-4%	15-7	14-9	13-11/2	11-5%			
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	3)	Shot p	ut:			k;	50+:	31					
	4)	Javelir	1:	30	49: 6	00g;	50-5	9: 50)0g;	60+:	400g		
		Hamm			49: 4		50+:	31			Section 1		
		Weight			49: 20		50-5		#:	60+:	124		
		Super			49: 3		50-7			80+:			
	8)	Metric	heigh	s and	distan	ces ar	e the s	tandar	d; feet	and in	ches lis	ted for	
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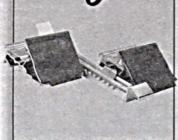
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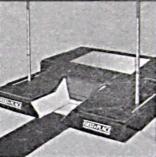
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*Non-U.S. citizen (does not displi	ce U.S. citizen)	
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3 Joachim, George
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6 Bowman, Jeanne 46 UNA 46 UNA 27.31 30.50 30.98 32.42 32.46 29.09q 30.13q 30.20q 30.95q 32.58q 33.38q 33.52 35.77 50 UNA 50 UNA 52 A109

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8.49 8.60 8.71 8.97 9.04 8.20 8.51 9.36 9.39 9.76 10.94

15.07 8.98 9.00 9.56 9.61 10.71

10.92

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3 Lida, Robert
3 Lida, Robert
4 Harrison, Marion
5 Camp, Dick
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7 Dennis, Kenneth
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2 Williams, Albert
3 Lida, Robert
4 Harrison, Marion
5 Camp, Dick

4 Harrison, Marion 5 Camp, Dick 6 Bennett, Wayne 7 Dennis, Kenneth 8 Knocke, Bill 1 Whilden, Robert 2 "Bowman, Tony 3 Leggitt, James 4 Wright, William 5 Bonified, Lowell 6 Talbott, Thomas 7 Sienel Den

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M65 1

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5 Bartiett, John
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3 Barnum, Larry
4 Graff, Warren
5 McDaniel, Allen
6 Kuhi, John
7 Lawson, Blaine
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3 Williams, Albert
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EAST MAC Masters Indoor Champlonships, NYC March 3 60m M30 Marlon-Andrew Ellis 7.26 Dan Murdoch 7.38 Eudson Francois 7.51 M35 Zoland Eastwood 7.33 Ed Winslow 7.43 Lamont McCormick 7.70 M40 William Marshall 7.42 Jim Reilly 7.51 Charles Weekes 7.58 M45 Lovell Butter 7.40 Val Barnell 7.41 Tony DiSalvo 7.67 M50 Terry McKechnie 8.06 Tom Gillen 8.56 M55 Charles Allie 8.56 Kenreca Smith 8.19 W35 Nedenia West 8.54 W40 Claudette Francis Debbie Gittens 18.54 W40 Claudette Francis Debbie Gittens 18.54 W40 Claudette Francis Debbie Gittens 18.54 W40 Walter Wyndell 9.27 M35 Ed Winslow 23.54 M40 Walter Wyndell 23.99 Howard Lindsay 23.36 M40 Walter Wyndell 23.99 Howard Lindsay 23.36 M45 Val Barnell 23.71 Tony DiSalvo Ralph Kleppan 28.78 M50 Tom Gillen 28.38	Devalue 29.48 M M55 Carroll Blake 25.92 Kenreca Smith 26.81 D Brown 26.91 W M60 Ron Johnson 26.00 Roger Pierce 26.33 M70 Tom Talbott 37.90 W M85 Bob Masterson 45.28 W30 Jill Cypress Turner 26.73 Sunita Brathwaite 32.74 W W35 Nedenia West 29.37 W40 Claudette Francis 18.18 Shemayne Williams 32.53 W W70 Mary Roman 43.57 W400m M30 Dan Murdoch 52.79 M35 Ed Winslow 59.94 M M40 Junior Echeandia 52.24 W Mitchell Lovett 53.30 M Marc Nesbitt 54.37 W M55 Charles Allie 55.11 Carroll Blake 55.99 D Brown 1:02.70 M60 Roger Pierce 58.70 M70 Tom Talabott 1:30.68 M80 Bob Masterson 1:53.00 W40 Prisila Jacobs 1:01.29 M45 Julie Hayden 1:06.56 W50 Karen Blackmore 1:22.43 B00m M40 Scott Landis 2:07.07 David Bynoe 2:07.32 Russ Patton 2:17.72 Joe Bolster 2:17.72 Anthony Baker 2:49.05 M55 David Salazar 2:11.69 Don Hodge 2:44.39	N35 Amy Laub 2:29.04 N40 Lorlaine Jasper Dawn Littlejohn 2:56.14 N45 Julie Hayden 2:31.05 Eileen Troy 2:44.75 Maureen Laverty 3:04.63 N60 M-L Michelsohn 2:56.26 N500m 3:05.06 N35 Matthew Febles 4:48.19 M40 Michael Trunkes 4:28.55 Michael Henschel 4:30.78 M40 Michael Trunkes 4:28.55 Michael Henschel 4:30.78 M45 John Gleason 5:13.53 M55 Alston Brown 4:28.58 David Salazar 4:32.03 M55 Alston Brown 4:28.58 David Salazar 5:02.69 Lagaya Mishan 5:16.20 W40 Lorlaine Jasper 5:02.69 Lagaya Mishan 5:16.20 W40 Michael Trunkes 4:30.08 W40 Lorlaine Jasper 5:02.69 Lagaya Mishan 5:16.20 W40 Lorlaine Jasper 5:02.69 La	William Marshal 1.82 M45 Bruce McBarnetteWR/AR1.98	W40 Julia Dihova 10.32 W50 Hillen von Maltzahn 8.84 3000m M30 Matt Mallet 9:31.96 M40 Derrick Staley 9:36.24 M50 Steve Schallenkamp10:30.11 M60 Vito DiCesare 13:39.20 M55 Kenneth Skinner 14:32.05 M70 Peter Hettrich 14:29.56 Short Hurdles M50 Anthony Torre 10.11 M70 Bill Wright 12:00 W55 Hillen von Maltzahn 11.50 High Jump W55 Hillen von Maltzahn 1.20 Long Jump M40 Mark Stevenson 5.63 M50 Rick Censullo 4.54 M70 Bill Wright 3.27 W55 Hillen von Maltzahn 4.18 Triple Jump M50 Fred Clark 10.25 Shot Put M40 Scott Hannay 12.64 M55 Darryl Decker 4.54 M70 Bill Wright 11.72 M50 Fred Clark 10.25 Shot Put M40 Scott Hannay 12.64 M55 Darryl Decker 4.54 M56 Darryl Decker 11.72 M50 Ed Burgess 10.79 M60 Ed Joyce 8.98 USATF East Regional Masters Indoor Champlonships, Sellnsgrove, PA; March 18 60m M30 Dan Murdock 7.38 Eric Reid 7.53 Henry Myers 7.60 M40 Lawrence Kennedy 7.60 M45 Lovell Butter 7.36 Eugene Vickers, Sr. 7.41	Rick Evans 7.58 Tony DiSalvo 7.59 M50 Oscar Peyton 7.30 Thomas A. Jones 7.45 Gary Leigh 7.90 Terry McKechnie 8.03 Steve McDermott 8.73 M55 Gary Arend 8.26 M60 Melvin Fields 8.25 M65 Larry Colbert 8.74 M80 Sam Madia 11.36 M90 Earl Wentz 12.40 W40 Monika Caldwell 8.40 W50 Cheryl Meissner 9.34 200m M40 Lawrence Kennedy 25.88 M45 Eugene Vickers, Sr. 24.44 Rick Evans 27.37 M50 Oscar Peyton 24.16 Thomas A. Jones 24.63 Gary Leigh 26.71 Terry McKechnie 30.52 M80 Sam Madia 44.62 W35 Angela Scott 28.07 W40 Monika Caldwell 28.59 W50 Cheryl Meissner 32.63 400m M30 Troy Snyder 55.07 M50 Thomas A. Jones 1:00.84 Larry Colbert 1:05.78 M65 Larry Colbert 1:05.78 M65 Larry Colbert 1:05.78 M65 Larry Colbert 1:05.78 M65 Larry Colbert 1:07.78 M605 Larry Colbert 1:07.78 M6060 Jonathan Tetherly 2:20.93 Joseph Burno 2:25.06 M60 Jonathan Tetherly 2:40.52

May 2006

	-
W50 Phyllis Yester	2:5
THE RESERVE AND ADDRESS OF THE PARTY OF THE	-
M35 Peter Gonzalez M50 Joseph Burno M60 Louis Coppens	6:2
M50 Joseph Burno	5:2
M60 Louis Coppens	5:4
W45 Karen Lein	6:5
3000m M30 Kareem Lanier	0.0
M35 Peter Gonzalez	9:2
M40 Larry Levy	9:3
Brian Falk	10:3
M45 Bob Rimkis M60 Louis Coppens	10:2
M60 Louis Coppens	11:1
W30 Amy Pyles W45 Karen Lein	10:5
W45 Karen Lein	14:3
60mH	
M30 Troy Snyder M40 Michael Burke	
High Jump	
M50 Art Kress	
Keith Mathis	N. LEWIS
M75 Larry Horine	2110
Pole Vault	
M55 Tomlinson Raus	cher
Long Jump	
M30 Dan Murdock	1
M40 Bruce Mannon M45 Lovell Butler	1500
M50 Mauro Medina	100
Keith Mathis	
Stephen Platt	
W70 Gloria Krug	
Triple Jump	
M50 Mauro Medina	
Jim Clark	
Fred Clark	
Keith Mathis	
W70 Gloria Krug Shot Put	
M50 George Castelli	1
Nick Helfrich	i
Joe Ksiaskiewic	z 1
Keith Mathis	
M55 Charles Roll	1
Craig Shumaker	1
Joe DeStefano	1
Michael Kalnas	1
M70 Ray Feick Len Olson	
M75 Larry Horine	1
W40 Heather Scanlor	
A Dactorkovich	
W70 Gloria Krug	
W70 Gloria Krug Weight Throw	West, or
M55 Charles Roll	1
Daniel Folk	
M60 Terry Shuman	1
M70 Ray Feick	1
Len Olson	- !
W30 Brenda Start W40 Heather Scanlor	1
W70 Gloria Krug	
3000m Racewalk	-38
M60 Joel Dubow	19:4
M80 Charles Boyle	21:4
W45 Sherri Stager	17:1
	13000

SCTC All Comers Med Manley Field House-St

March 19	
3000m	
M40 Moe LaLonde	10:1
M45 Darrall Fogus	11:3
55mH	Person
W50 Irene Thompson	11
M50 Mike Yargeau	1
55m	TWO I
W50 Irene Thompson	
M35 Joe Gangemi	
M45 Joe Taro	THE STATE OF
M50 Michael Fortunata	
	1
Mike Yargeau	5091
Tom Daly	
M55 Bob Davis	obie.
M60 Dan Durante	7 6 4
800m	
M35 Javier Martinez	2:0
M50 Moe Lalonde	2:2
M45 Darrall Fogus	2:5
M50 David Bowen	2:2
Weight Throw	
M50 Kevin Donovan	3
Shot Put	
M45 Mike Kinsella	32-
M50 Ray McGinn	36-4
Kevin Donovan	3
M65 Harry Schwarze	31-8
Gary Crawford	32-10
High Jump	
M45 Joe Taro	3
M50 Tom Daly	4
	own to be

SOUTHEAST

Polk Senior Games Polk County, FL Feb. 25-March 12

50m M50 Eldon Phillip M55 Derrel Strickland

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MIIe M35 Peter Gonzalez 6:20.80	M65 Richard Graybill 8.37 M70 Harold Clements 8.56	W70 Helen Grieshaber 19-5.25 W75 Ethel Lehmann 23-0	M45 George Sanderlin 2:35.20 M50 Curtis Caughey 2:23.36	Pole Vault M50 John Lund 10-0	M60 Z Gonsiorovsky 13:02.44 M65 Larry Wright 14:14.06
M50 Joseph Burno 5:21.26	M75 Guenter Bruchhaeuser 12.16	W90 Lillian Webb 12-4.75	M60 Arnold Graves 2:58.47	Mike Soule 8-6	M70 A Markantonatos 16:34.09
M60 Louis Coppens 5:41.72 W45 Karen Lein 6:56.94	M80 Harry Morse 10.65 M85 Seymour Duckman 10.01	Discus M50 Matt McGillen 78-8	Mile M45 Mike Sanner 5:22.00	M70 Jose Cesteros 6-0 Long Jump	W50 Patience Wilcox 14:55.49 W80 Rose Ellen McCourt 29:18.00
3000m	M95 Gilbert Fair 13.92	M55 David Grossman 96-5	Tom Moran 5:37.36	W40 J JacksonMatthews 4.47	High Jump
M30 Kareem Lanier 9:21.90 M35 Peter Gonzalez 12:37.61	W50 Linda Armstrong 9.60 W60 Cindy Elder 10.53	M60 Terry Reed 136-10 M65 Hank Beacom 115-9	M50 Mark Furkis 4:58.10 Curtis Caughey 5:00.70	M45 Kerry Baubie 4.67 M60 Carl Etter 4.30	M50 Rob Schenk 1.47 M55 Patrick Rogers 1.42
M40 Larry Levy 9:36.51 Brian Falk 10:34.94	W65 Tillie Garlan 10.70	M70 Bob Brooks 72-3	M55 Charles Bishop 6:27.04	M65 George LaBelle 3.30	M60 Larry Armstrong 1.42
Brian Falk 10:34.94 M45 Bob Rimkis 10:27.13	W70 Helen Grieshaber 13.91 W75 Ethel Lehmann 10.18	M75 Richard Lowery 105-7 M80 Robert Wagner 40-1	3000m M50 Mark Furkis 9:41.44	Triple Jump M60 Carl Etter 7.96	M65 Bob Bergfelot 1.37 M70 George McGrady 1.42
M60 Louis Coppens 11:18.92	W85 Janet Reese 15.58	M85 Seymour Duckman 60-0	M55 Charles Bishop 11:52.86	M65 George LaBelle 7.13	M75 Jerry Donley 1.17
W30 Amy Pyles 10:50.84 W45 Karen Lein 14:33.98	W90 Lillian Webb 16.58	W50 Karen Sapp 59-9 W55 Susan Rudd 37-3	Short Hurdles M35 Brett Pressley 9.5h	Shot Put W40 J JacksonMatthews 6.96	M80 George Nicodemus 1.02 M85 Gilbert Splaine 0.91
50mH	M50 Eldon Phillip 14.27	W60 Sue Phillips 59-8	M45 Will Scott 8.8h	M65 George LaBelle 9.73	W60 Kathy Jager 1.07
M30 Troy Snyder 9.05 M40 Michael Burke 9.96	M55 Fred Hendrix 14.13 M60 Thomas Mizell 16.53	W65 Jule MacKenzie 53-6 W70 Claudette Braswell 37-5	M65 Larry Heine 11.1h	3000m Racewalk W40 Tish Borgen 18:21	M70 Christel Donley 1.07 Pole Vault
High Jump	M65 Richard Graybill 15.98	W75 Ethel Lehmann 50-3	M35 Albert Ignacio 1.77	W50 Anita MaciasHoward 19:36	M50 Gary Garrett 2.74
M50 Art Kress 1.52 Keith Mathis 1.47	M70 Harold Clements 16.91 M75 Tyler Sturdevant 19.42	W90 Lillian Webb 19-9 Javelin	M45 Will Scott 1.52 Kurt Koehler 1.34	M45 Karl Dahl 17:44 Steven Gerber 24:44	M55 Mike James 2.90 M60 Richard McPeek 3.23
M75 Larry Horine 1.11 Pole Vault	M80 Harry Morse 20.95	M50 Matt McGillen 102-4	M55 Stephen Estep 1.29	M60 David Daubert 17:47	M65 Dick Cunningham 2.44
M55 Tomlinson Rauscher 3.05	M85 John Anoka 19.64 M95 Gilbert Fair 28.28	M55 William O'Connell 74-7 M60 Clifford Threlkeld 111-4	Charles Bishop 1.19 M60 Bob Southerlan 1.24	WEST	M70 Doug McFetter 2.44 M75 Jerry Donley 2.59
ong Jump M30 Dan Murdock 6.00	W50 Linda Armstrong 19.86 W60 Phyllis Kitchens 25.19	M65 Rodney James 98-10	Larry Heine 1.19 M75 Cliff Dickman 1.14		W60 Kathy Jager 2.29
M40 Bruce Mannon 4.76	W60 Phyllis Kitchens 25.19 W65 Jule MacKenzie 20.09	M70 Lachlan MacKenzie 101-6 M75 Len Olson 87-2	M75 Cliff Dickman 1.14 Pole Vault	Arizona Senior Olympics	Long Jump M50 Don Parry 4.65
M45 Lovell Butler 3.62 M50 Mauro Medina 4.60	W70 Helen Grieshaber 29.75 W75 Ethel Lehmann 19.04	M80 Robert Wagner 61-4 M85 Seymour Duckman 45-7	M55 Stephen Estep 2.74 M65 Larry Heine 2.13	State Games, Phoenix Feb. 18-March 5	M55 Bob Zawidski 4.45 M60 Larry Jones 4.40
Keith Mathis 4.54	W90 Lillian Webb 34.15	M85 Seymour Duckman 45-7 W50 Karen Sapp 65-3	M65 Larry Heine 2.13 Bob Southerlan 1.82	50m	M60 Larry Jones 4.40 M65 Richard Imperiale 4.45
Stephen Platt 4.10	200m	W55 Susan Smith 41-5	Long Jump	M50 David Woodbury 7.01 M55 Jerry Brannan 7.63	M70 Dimiter Ivanov 4.22
N70 Gloria Krug 2.20 Friple Jump	M50 Michael Runda 28.15 M55 Fred Hendrix 28.89	1500m RW M55 Bernardo Corpuz 9:22.15	M30 Carlos Matthews 6.60 M35 Kendrick Jones 3.03	M60 Paul Martin 7.00	M75 Gus Salazar 3.20 M80 Charles Obye 2.79
450 Mauro Medina 10.87	M60 Thomas Mizell 35.43	M60 David Thomas 9:24.64	M40 Kurt Koehler 4.03	M65 Steven Bowles 7.16 M70 A Markantonatos 8.12	M85 Gilbert Splaine 2.84
Jim Clark 9.96 Fred Clark 9.91	M65 Richard Graybill 35.66 M70 Lachlan MacKenzie 35.69	M65 Jim Corbeil 8:31.73 M70 Bob Kearns 9:42.52	M50 Jamie Tyler 4.81 M55 Charles bishop 3.91	M75 Harold Reed 8.21	W55 Chong Han 2.90 W65 Marion Krueger 2.72
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N70 Gloria Krug 4.33 Shot Put	W60 Kathleen Temple 1:20.79	M80 Harry Morse 11:54.34 M85 Clifford Taylor 12:43.02	M65 Larry Heine 3.67 M75 Richard Soller 3.00	M90 Everett Penrod 12.41	M55 Bob Zawidski 7.92
450 George Castelli 12.04	W65 Jule MacKenzie 49.46	M90 Gilbert Fair 14:13.18	Cliff Dickman 2.74	W50 Patience Wilcox 9.02 W55 Sandra Collins 12.39	M65 Les East 9.02
Joe Ksiaskiewicz 10.19	W70 Claudette Braswell1:05.31	W50 Susan Prevatt 11:47.83 W55 Jan Mohler 10:58.88	Triple Jump M50 Donald Trowell 11.33	W60 Kathy Jager 7.97	M70 George McGrady 6.05 M85 Milton Silverstein 5.41
Keith Mathis 9.97	M50 Michael Runda 1:02.60	W60 Cindy Elder 11:10.74	Shot Put	W65 Marion Krueger 9.99 W70 Kay Swanson 9.41	Shot Put M50 Michael Shiars 14.38
M55 Charles Roll 14.04 Craig Shumaker 13.94	M55 Fred Hendrix 1:09.82 M60 Thomas Mizell 1:37:44	W65 Janet Davis 11:08.14 W70 June Barry 11:39.19	M35 Raleigh Campbell 11.93 Jimmy Young 11.77	W75 D Thomas-Briggs 16.56	M50 Michael Shiars 14.38 M55 Timothy Muller 13.49
Joe DeStefano 11.41	M65 Richard Graybill 1:31.54	W75 Kathleen Wiliams 12:41.93	Brett Pressley 8.30 M40 David Witt 10.15	W80 Betty Gaudy 12.27	M60 Ian Percy 12.37 M65 William Edwards 11.07
Michael Kalnas 10.65 470 Ray Feick 9.88	M70 Donald Kohler 1:15.67 W60 Phyllis Kitchens 2:30.67	W80 Mary Bourque 12:25.41 W85 Alice Segar 11:55.83	M40 David Witt 10.15 Kurt Koehler 9.87	M50 S Onyepunuka 12.18	M70 Donal Sharp 7.65
Len Olson 9.70	W65 Jule MacKenzie 1:42.85	W90 Lillian Webb 14:56.61	M50 Frank Broadus 10.63 M65 Steve Cohen 11.36	M55 Jerry Brannan 13.36 M60 Paul Martin 12.86	M75 Del Alaways 9.47 M80 Stanley Sadofsky 7.06
M75 Larry Horine 11.61 W40 Heather Scanlon 8.38	W70 Helen Grieshaber 2:36.84 W75 Ethel Lehmann 1:43.12	5000m RW M55 Galen Walker 33:56.71	Larry Heine 8.40	M65 Steven Bowles 13.63 M70 A Markantonatos 15.33	M86 Roy Clark 5.33 W50 Patience Wilcox 6.63
A. Pastorkovich 5.96 V70 Gloria Krug 7.23	800m M60 Michael Runda 2:22.00	M60 David Thomas 34:58.57 M65 Dennis Knapp 36:59.41	M70 Cliff Dickman 8.80 3000m RW	M75 Norm Lessage 15.15	W55 Phyllis Ruoho 7.29 W60 Kathy Jager 7.99
Veight Throw	M55 Hector Medina 2:44.65 M60 Thomas Mizell 3:49.04	M70 Bob Kearns 39:09.44	M45 Douglas Johnson 14:06.43	M80 George Nicodemus 19.77 M85 Milton Silverstein 18.10 M90 Everett Penrod 27.52	W65 Marion Krueger 7.15
155 Charles Roll 12.71	M65 Frank Brume 2:43.86	M80 Harry Morse 41:15:29 M85 Clifford Taylor 45:32.59	MID-AMERICA	W50 Patience Wilcox 17.09	W75 D Thomas-Briggs 4.52
Daniel Folk 9.87 M60 Terry Shuman 14.92	M80 Harry Morse 5:01.85	M90 Gilbert Fair 49:07.56	USATF Minnesota Indoor	W60 Kathy Jager 14.74	M50 Richard Watson 33.20
M70 Ray Feick 11.53	M85 Gordon Johnson 5:07.24 W60 Kathleen Temple 6:20.12	W50 Susan Sanford 46:43.58 W55 Jan Mohler 38:58.22	Championships, U of MN	W65 Marilyn Peterson 19.27 W70 Kay Swanson 18.75	M55 Timothy Muller 44.83 M60 Ron Damschen 36.07
Len Olson 10.79 W30 Brenda Start 15.42	W65 Jule MacKenzie 4:06.24	W60 Anne Chow Toun 38:51.74	Fieldhouse; March 5	W80 Betty Gaudy 26.67	M70 Doug McFetter 28.68
W40 Heather Scanlon 7.35	W79 Claudette Branswll5:18.57 W75 Ethel Lehmann 4:12.48	W65 Jule MacKenzie 38:39.25 W70 June Barry 39:28.08	60m W40 J JacksonMatthews 8.57	200m M50 Don Parry 28.80	M75 Del Ålaways 29.97 M80 George Butchko 22.45
W70 Gloria Krug 8.37 3000m Racewalk	1500m	W75 Betty Kzmer 45:47.85	M40 John Patterson 7.72	M55 Patrick Rogers 29.80	M85 Roy Clark 15.90
M60 Joel Dubow 19:43.48	M50 Rick Akam 5:07.62 M55 Hector Medina 6:03.02	W80 Mary Bourque 44:05.45 W85 Alice Segar 40:11.95	M45 Kerry Baubie 8.25 M50 Greg Scwab 7.75	M60 Paul Martin 25.80 M65 Fred Kjer 28.52	W50 Barbara Butler 23.70 W55 Phyllis Ruoho 16.69
M80 Charles Boyle 21:41.03 W45 Sherri Stager 17:15.68	M60 Thomas Mizell 11:07.25	5K Road Race M50 Joseph Woznicki 19:03.11	Jim Schoffman 8.11	M70 Frank Welch 33.41	W60 Kathy Jager 14.53
	M65 Frank Brume 5:38.14 M70 Herman Lofton 6:52.04	M55 Hector Medina 22:02:20	M55 Russ Anteronen 9.03 M60 Paul Montgomery 8.56	M75 Norm Lesage 32.63 M80 George Nicodemus 46.20	W65 Marion Krueger 19.53 W75 Barbara Brandt 16.54
SCTC All Comers Meet Manley Field House-SU	M80 Harry Morse 10:46.98	M60 Rob Mason 23:45.07 M65 Frank Brume 21:41.09	M65 George LaBelle 9.55	M85 Milton Silverstein 40.70	W80 Adele McCormick 9.25
March 19	M85 Gordon Johnson 9:54.77 W70 Claudette Braswell 10:53.99	M70 Herman Lofton 24:24.65	M70 Jim Nelson 11.58 M75 John Buursema 11.23	W55 Chong Han 34.06 W60 Kathy Jager 31.84	Hammer M50 Richard Watson 38.18
3000m M40 Moe LaLonde 10:13.4	High Jump	M75 Pete Peterson 28:02.41 M80 Bob Smith 40:00.41	200m	W70 Kay Swanson 45.57	M55 Mel Creek 25.91
M45 Darrall Fogus 11:34.3		W55 Darcy Baskin 25:43.55	M40 Jon Patterson 25.27 M50 Greg Scwab 25.96	W80 Betty Gaudy 54.49 400m	M65 Les East 21.84
55mH W50 Irene Thompson 10.2	M60 Terry Reed 4-3	W60 Dee Dean 24:35.27 W70 Helen Grieshaber 44:37.82	Jim Schoffman 27.31	M50 Robert Glendon 1:38.33	M70 Dave Douglas 31.83
M50 Mike Yargeau 11.0	M70 Bob Kearns 3-9		Mary Olson 28.06 M65 George LaBelle 35.22	M6 Fred Kier 1:06.05	M75 Bill Fox 23.09 M80 Robert Chase 27.69
55m W50 Irene Thompson 7.9	M75 Bob Kearns 3-9	MIDWEST	M70 Jim Nelson 41.68	M70 A Markantonatos 1:25.80	Javelin
135 Joe Gangemi 7.8	M85 Seymour Duckman 3-3	Mason-Dixon Games	M75 John Buursema 42.18 400m	M80 Clyne Lunsford 1:31.52	M55 Malvin Hernandez 34.3
M45 Joe Taro 8.0 M50 Michael Fortunata 7.3	W50 Linda Armstrong 2-10	Louisville, KY; March 3	M40 Michael Warren 59.61	W50 Karen Blackmore 1:46.67	M60 Ian Percy 43.1
Mike Yargeau 7.8	W70 Claudette Braswell 2-7.50	55m	M50 Greg Scwab 57.20 Jim Schoffman 59.45	W65 Diane Hall 1:43.50 W70 Agnes Hollicky 1:46.57	M70 Cecil Henry 27.0
Tom Daly 8.8	W75 Ethel Lehmann 3-2	M35 Kendrick Jones 8.3h	Mary Olson 62.56	W80 Rose Ellen McCourt 3:30.90	M75 Del Alaways 35.1
M55 Bob Davis 7.3 M60 Dan Durante 7.7		M40 David Knaus 7.5h	M60 Carl Etter 70.83 M65 George LaBelle 91.72	W90 Estelle Frendberg 3:24.60 800m	W55 Phyllis Ruoho 14.9
300m	M55 Tom Corley 12-2.25	Will Scott 7.4h	M70 Jim Nelson 1:42.75	M55 Jim Fallen 2:27.35	W65 Marion Krueger 26.4
450 Moe Lalonde 2:26.0	M60 Cillion There 13-0.50	M50 Jamie Tyler 7.3h	800m	M60 Gordon Hunt 3:12.93 M65 Howard Weisser 2:45.10	W70 Christel Conley 22.3 W75 Barbara Brandt 19.8
M45 Darrall Fogus 2:59.1	M70 Lachlan MacKenzie 11-5.50	Bill Cheadle 7.6h M55 Michael Daniels 7.3h	Rick Peterson 2:17.02	M70 George Mathes 2:59.24	W80 Adele McCormick 13.9
M50 David Bowen 2:22.1 Velght Throw	M75 Walter Stockdale 8-2	Richard Parker 7.5h	M50 Mike Bjornberg 2:22.00	M75 Charles Rice 4:39.71 M80 Clyne Lunsford 3:50.25	1500m RW M60 Z Gonsiorovsky 8:43.
M50 Kevin Donovan 35-3	M85 Seymour Duckman 9-7	M60 Dan Hansman 7.6h Caleb Brown 7.8h	Mile	W65 Diane Hall 4:04.67	M65 Neil Stockton 9:26.
Shot Put M45 Mike Kinsella 32-1/2	MOO Gilbert Fair 6-6.25	Avital Schurr 7.9h	M45 Paul Giannobile 4:47.78	W70 Agnes Hollicky 4:07.31 W80 Virginia Benenati 5:49.50	M70 Christian Amorosa 9:04: M75 Jerard Hargis 10:18.
M50 Ray McGinn 36-4 3/4	W60 Susan Frevalt W60 Sue Phillips 8-9	Bob Southerlan 9.0h	Kirt Goetzke 5:20.47	1500m	M85 Roy Clark 14:31.
Kevin Donovan 35-3 M65 Harry Schwarze 31-8 1/3	W65 Patricia Ashby 5-10.25	Larry Heine 9.1h	M50 Mike Bjornberg 5:26.72		W55 Diane Brandt 9:15. W60 Kathleen Balser 9:06.
Gary Crawford 32-10 1/2	W70 Claudette Braswell 6-3.25 W75 Ethel Lehmann 9-0		3000 m	M60 Gordon Hunt 6:37.68	W65 Dorothy Huston 10:40.
High Jump M45 Joe Taro 3-10	Shot Put	Richard Soller 10.5h	M45 Kirt Goetzke 11:09.17	M65 Eric Owers 6:20.75 M70 George Mathes 6:24.32	W70 Nancy Lupton 11:32.
M50 Tom Daly 4-10			5000m M55 Leendert Bijuagle 22:31,78	M75 Charles Rice 9:22.30	W90 Estelle Frendberg 13:21.
	M60 Richard Mintken 39-3.50	M45 Michael Kountze 25.91	60mH	M85 James Dunn 9:01.74	5000m RW
SOUTHEAST	M65 Gary Winters 42-9 M70 Dan Pfister 33-4.25	Will Scott 27.63		W55 Mary Lynn Kretchmar 7:04.71	M60 Z Gonsiorovsky 30:42.
Polk Senior Games	M75 Len Olson 33-8.75	400m	High Jump	W65 Diane Hall 8:26.79	M65 Neil Stockton 32:54.
Polk County, FL	M80 Robert Wagner 22-3.25 M85 Seymour Duckman 21-8.75	LACO Don Clamone 54 82	M40 Michael Warren 5-2.75		
Feb. 25-March 12	W50 Karen Sapp 29-8	M65 Harry Tolliver 1:02.97	M50 Valeriy Snezhko 5-6	3000m	W55 Diane Brandt 33:11.
50m M50 Eldon Phillip 7.4	6 W55 Susan Rudd 19-2.75	Arnold Graves 1:14.98		M50 Ronald Whitler 12.20.01	W60 Kathleen Balser 32:05.
M55 Derrel Strickland 7.9	2 W60 Sue Phillips 22-11.25				

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W65 Judith Oakes 37:44.60 W70 Joanne Amoroso 39:15:30	M65 Walter Lingo 8.3h John Carr 8.4h M80+George Nicodemus 10.0h	Discus M55 James McEvoy 105-1 M60 Ron Damschen 129-0
W75 Eva Volgelsang 36:50.70	Johnny Gibson 11.5h	M65 Paul Lissy 115-3
Bay Area Senior Games	W50 Edith Lake 10.1h	M70 Jack Janne 71-4
Stanford University	Lynette Patterson 10.6h W60 Helen Gutierrez 11.7h	M75 Arthur Brandt 78-1 M85 Roger Hall 44-10
Palo Alto, CA; March 12	100m	W55 Bonnie Muscato 44-5
100m	M60 Bob Zawidski 14.6h Etton Zuehlke 16.0h	W65 Dee Anne Janne 59-0 W75 Barbara Brandt 53-6
M50 Evans, Hubert 12.09	Elton Zuehlke 16.0h M65 Vinson simpson 22.8h	Javelin .
M55 Lettieri, Larry 12.43 M60 Randolph, Henry 13.85	M80+George Nicodemus 19.6h	M50 David van Campen 83-9 M55 James McEvov 118-5
M65 Sanchez, Roberto 16.72	Johnny Gibson 23.5h W60 Helen Gutierrez 22.2h	M55 James McEvoy 118-5 M60 John Whittington 95-3
M70 Tsuda, Roger 14.00 M75 Dolphin, Vernon 22.69	200m	M65 Jerry Harwood 54-8
M85 Anawalt, Roger 37.67	M50 Buck Lentzer 31.4h M60 Bob Zawidski 34.0h	M70 Jack Janne 71-4 M75 Arthur Brandt 63-4
M90 Pellman, Donald 18.88 W50 Lowe, Suzanne 16.34	M60 John Carr 40.4h	W50 Bonnie Muscato 38-0
W50 Lowe, Suzanne 16.34 W60 O'Connor, Nadine 14.22	M80+Paul Hall 59.8h	W55 Mary Hafner 35-10 W65 Dee Anne Janne 57-0
W65 Padia, Elsbeth 17.85	W50 Helen Gutierrez 54.8h 800m	W65 Dee Anne Janne 57-0 W75 Barbara Brandt 56-7
W70 Chou, Fei-Mei 18.60 200m	M50 Buck Lentzer 2:39h	1500m RW
M50 Evans, Hubert 25.22	M55 Stephen Chaffee 3:12h M60 Ray Kunselmann 3:00h	M55 Richard Lessman 9:38.57 M65 Miro Matusina 10:43.41
M55 Yeck, Raymond 26.37 M60 Pruitt, Matthew 26.26	M65 John Carr 4:34h	M75 Jim Hinton 14:27.89
M60 Pruitt, Matthew 26.26 M65 Strouse, Frank 29.35	M70 George Mathes 3:21h	W50 Rosalie Montoya 11:52.22 W55 Mary Harwood 15:42.00
M70 Sanchez, Marion 32.67	M50 Buck Lentzer 5:22h	W70 Charlotte Gelsing 15:32.00
M85 Anawalt, Roger 1:29.43 W50 Lowe, Suzanne 36.26	M55 Stephen Chaffee 5:50h	production are an area for the
W60 O'Connor, Nadine 31.48	Stephen Strange 5:27h M60 Ray Kunselman 6:00h	John Ward Spring Games Santa Ana, CA; April 2
W65 Padia, Elsbeth 42.10 W70 Chou, Fei-Mei 43.06	Ken Girton 6:18h	100m
400m	M65 Merril Reinhiller 6:22h John Carr 8:43h	M35 Brian Gore 12.9h
M50 McClellan, Sam 64.84	M70 George Mathes 6:21h	M45 James Chinn 11.96 M50 Greg Puzza 12.33
M55 Michon, Roy 63.05 M60 Pruitt, Matthew 59.87	M75 Vinson Simpson 7:34h	Steve Cummings 12.91
M65 Strouse, Frank 67.68	W55 Ellen Zawidski 9:06h High Jump	Steve Kloch 13.15 M55 Eugene Driver 13.95
M85 Anawalt, Roger 3:20.56 W60 Condon, Jan 1:47.44	M60 Bob Zawidski 4-4	M55 Eugene Driver 13.95 M60 Theo Viltz 14.19
W70 Chou, Fei-Mei 1:47.62	Jim Dickey 3-10 M65 Walter Lingo 3-11	Jim Crandall 14.66
800m	M65 Walter Lingo 3-11 M70 Les Hargreaves 3-6	Ron Muranaka 14.94 M65 Lee Gillespie 14.30
M50 Goodwin, Chris 2:48.63 M55 Barnett, Searcy 2:28.96	Long Jump	M70 Roger Tsuda 14.06
M60 Condon, Frank 2:23.50	M50 Johnnie Lake 11-7.25 M60 Bob Zawidski 13-8.50	Delos Eyer 14.54
M65 Lys, Jeremy 2:48.75 M85 Anawalt, Roger 7:23.82	Jim Dickey 9-10	Sam Flory 15.77 M75 Jim Selby 16.52
W70 Bromstead, Diane 4:44.97	Ben Charles 6-4	Barney Phillips 17.26
1500m	M70 Les Hargreaves 9-11.25 Kenneth McDonald 8-3.50	Robert Davidson 28.99 W45 Debbie Selby 16.35
M55 Barnett, Searcy 5:41.87 M60 Condon, Frank 5:12.52	M80+George Nicodemus 8-5	Susan Quintana 17.03
M65 Greene, Abner 6:03.82	Johnny Gibson 5-11.50 W50 Edith Lake 8-4.50	W65 Kathy Bergen 14.66
M75 Karp, Ira 9:23.00 W70 Robben, Barbara 8:21.73	Lynette Patterson 7-11.25	M30 Marcus Santi 24.06
High Jump	Henderson Senior Games	M35 Jerome Millet 24.9h Brian Gore 25.92
M50 McClellan, Sam 1.42m M55 Baskauskas, Ed. 1.47m	Henderson, NV; March 19	M40 Vaughn Kastor 25.14
M60 Wuest, Gary 1.27m	50m	M45 James Chinn 23.73 Rodney Johnson 27.24
M65 Imperiale, Richard 1.16m M70 Sanchez, Marion 1.27m	M55 William Venable 6.90	Glen Reid 27.51
M90 Pellman, Donald 1.01m	M60 Roberto Morales 7.41	M45 James Chinn 23.73
W60 Condon, Jan 1.01m W70 Chou, Fei-Mei 0.91m	M65 Ken Dennis 6.81 M70 Delos Eyers 7.47	Rodney Johnson 27.24 Glen Reid 27.51
Pole Vault	M75 Jim Hinton 9.07	M50 Steve Cummings 26.23
M50 McClellan, Sam 2.59m M60 Hotaling, Bruce	M80 Walter Atcheson 11.20 W50 Bonnie Muscato 9.25	Steve Kloch 26.61 Ken Stone 29.07
M70 Steinman, John 2.59m	W55 Lisa Fitzpatrick 10.49	M55 Bill Fitzpatrick 26.98
M75 Held, Franklin 2.74m	100m	Lee Fitzgerald 28.65
M90 Pellman, Donald 1.52m Long Jump	M55 William Venable 13.22 M60 Louis Long 15.39	M60 Jim Crandall 30.70 Paul Gilbert 33.29
M50 McClellan, Sam 4.43m	M65 Steve Bowles 12.79	M65 Frank Strouse 28.27
M55 Koon, Cliff 4.07m M60 Mader, Gary 4.06m	M70 Delos Eyers 14.43 M75 Jim Hinton 17.71	Lee Gillespie 29.46 M70 Roger Tsuda 29.71
M65 Imperiale, Richard 4.07m	M80 Walter Atcheson 21.88	Sam Flory 33.23
M70 Tsuda, Roger 4.29m	W50 Bonnie Muscato 19.91	M75 Jim Selby 35.61
M85 Weeks, Russell 1.61m W50 Lowe, Suzanne 3.26m	M60 Louis Long 36.10	M80 Robert Davidson 1:09.37 W45 Debbie Selby 33.14
W70 Chou, Fei-Mei 2.47m	M65 Steve Bowles 27.16	Susan Quintana 36.61
Shot Put M50 Burton, Ray 13.14m	M70 Tom Buck 42.06 M75 Rod Brown 33.50	W50 Tina Brown 33.14 W85 Gerry Davidson 1:04.7h
M55 Kelmenson, Gary 8.96m	M80 Walter Atcheson 49.28	400m
M60 Wuest, Gary 11.10m M65 Noble, Richard 10.54m	W50 Rosalie Montoya 44.84	M40 Vaughn Kastor 53.97 M45 Micates Shea 57.83
M70 Tronstad, Ken 10.69m	M65 Miro Matusina 1:50.89	M45 Micates Shea 57.83 Robert Ward 1:02:25
M75 Richerson, Doug 9.17m	M75 Rob Brown 1:19.01	M50 Patrick Pittman 1:17.25
M80 Silsdorf, Jerry 5.74m M85 Weeks, Russell 5.82m	M80 Walter Atcheson 1:58.64 W50 Rosalie Montoya 1:46.06	M55 Bill Fitzpatrick 1:02.09 Lee Fitzgerald 1:03.22
M90 Pellman, Donald 8.69m	W60 Janet Shanta 2:19.87	M60 Jim Crandall 1:11.57
W60 Noble, Kathryn 5.91m W65 Sherrard, Cherrie 8.02m	M50 David Vancampen 7:44.09	M65 Frank Strouse 1:06.81 M75 Jim Selby 1:22.41
Discus Throw	M60 Len Zane 5:56.97	W50 Tina Brown 1:13.14
M50 Burton, Ray 48.67m	M65 Miro Mitusina 8:12.83	800m
M55 Kelmenson, Gary 30.15m M60 Wuest, Gary 32.87m	M75 Jim Hinton 8:15.00 W50 Karen Galindo 7:23.88	M40 Tim Hickok 2:13.90 M45 Robert Ward 2:21.05
M65 Noble, Richard 29.87m	W60 Janet Shanta 10:49.00	M50 Rob Duncanson 2:21.56
M70 Tronstad, Ken 30.82m M75 Richerson, Doug 23.84m	High Jump M60 Ron Damschen 4-0	Gary Shapiro 2:22.01 Steve Lassegard 2:28.92
M80 Silsdorf, Jerry 13.14m	M75 Jim Hinton 3-6	M75 Jim Selby 3:39.50
M85 Weeks, Russell 16.11m M90 Pellman, Donald 20.42m	Long Jump M55 William Venable 16-8	M40 Matt. Armbruster 4:31.9h
W60 Noble, Kathryn 11.66m	M60 Louis Long 11-1	M50 Rob Duncanson 4:56.3h
W65 Padia, Elsbeth 17.51m	M65 Jerry Harwood 10-4	W85 Gerry Davidson 10:11.5h
W70 Chou, Fei-Mei 3.28m	M70 Tom Buck 10-6 M75 Jim Hinton 8-5	3000m M40 Matt. Armbruster 10:00.62
Green Valley Seniors	W55 Georgia Bridgen 10-5	M45 Angelo Decolibus 10:07.35
Meet, Green Valley, AZ	Shot Put	M50 Lionel Gutierrez 11:12.19
March 13	M50 Scott Trimbath 30-2 M65 Paul Lissy 36-10	W45 Karen Podsquweit 17:19.35 Short Hurdles
50m	M70 Jack Janne 26-8	M30 Marcus Santi 15.9h
M50 Johnnie Lake 10.4h	M75 Jim Hinton 18-8 M85 Roger Hall 20-11	M40 Henry Andrade 14.9h Long Hurdles
M60 Bob Zawidski 7.7h Elton Zuehlke 8.5h	W50 Bonnie Muscato 22-4	M30 Marcus Santi 40.54
The second of the second	W55 Georgia Bridgen 22-8	M40 Henry Andrade 43.45

asters News	
M50 Steve Cummings 46.85	Joseph Baptiste Steve Williamson
M60 Michael Burns 52.49 M65 Bill Knocke 56.73	M50 Ken Davis
M65 Bill Knocke 56.73 High Jump	Bob Davidson
M40 Ron Lee 5-8	M60 Tony Powell
M50 Jason Meisler 6-2	Clarence Ray
Douglas Schussler 5-2 M55 Charlie Rader 5-4	M65 Dave Dunn Mike Morris
M55 Charlie Rader 5-4 M60 James Goodreau 5-0	David Stern
Dave Perry 4-8	M70 Dev Sharma
M65 Terry Rowan 4-2	Charles Agnoo
W65 Kathy Bergen 4-4	Paul-EmileTremblay M75 Bill Thompson
Pole Vault M35 Peter Brooks 14-0	400m
M45 Tim McIntyre 14-6	W40 Kathleen Shook
Bernie Miller 13-0	W50 Irene Thompson
M50 Charles Brown 14-0	W70 Jean Horne M35 Lawrence Williams
M55 Steve Morris 11-6 Long Jump	Malik Crepsac
M40 LaVell Davenport 16-10	M40 Ken Kudo
Logan Culp 15-9.75	Christian Schweter
M50 Patrick Pittman 12-9 Dean Coffman 11-4	M45 Ben James Steve Williamson
Dean Coffman 11-4 M55 John Tomaschke 16-3.25	Kenny Jackman
M70 Roger Tsuda 13-2	M50 Ken Davis
Triple Jump	Bob Davidson
M40 LaVell Davenport 40-5.25 Logan Culp 34-0	M55 Mike Carter M65 Mike Dunn
Logan Culp 34-0 M55 John Tomaschke 33-4	Hugh Wilson
Shot Put	James Pascoe
M50 Gerald Althouse 39-10	M70 Jean Bernaquez
Ed Brown 31-7.25 M70 Ernie Smith 32-1.50	Paul-EmileTremblay M75 Earl Fee
M70 Ernie Smith 32-1.50 M75 Arnie Gaynor 40-0.25	800m
Doug Richardson 29-10	W45 Katherine Willis
M80 Donald Roser 21-4.50	W65 Judy Willmott
Discus M35 Jerome Millet 100-10	W70 Jean Horne M30 Jamie Halla
M35 Jerome Millet 100-10 M40 Logan Culp 91-8	M35 Derek Hackshaw
M50 Gerald Althouse 114-0	Jordan Rosenberg
James Fraser 113-11	Steve Laughlin
Mike Tipping 97-11 M60 Juan Bustamante 89-6	M40 John Kaandrop Howie Beattie
M75 Arnie Gaynor 120-4	Chris Dickson
Doug Richardson 76-8	M45 Piotr Grudzinski
M80 Donald Roser 70-1	M50 Fred Robbins
W65 Kathy Bergen 60-9 Javelin	Tom Marshall M55 Mike Carter
M40 Logan Culp 125-3	Dunc Greenshields
M50 Rob Duncanson 146-2	M65 Chris Mackie
M55 Ron Rook 133-5	Hugh Wilson
M60 Juan Bustamante 58-7 M65 Frank Strouse 101-9	M70 Jean Bernaquez
M70 Ernie Smith 81-1	1500m
M75 Arnie Gaynor 91-8 Doug Richardson 86-0	M30 Jamie Halla M35 Anthony Mwangi
M80 Donald Roser 77-9	M35 Anthony Mwangi Trevor Van Nesit
	Steve Laughlin
CANADA	M40 John Kaandorp
and the second	Howie Beattie Chris Dickson
Ontario Masters Indoor	M45 John Holiday
Championships	Tim Andrew
York U.; March 11 * US resident	Ray Pacque
	W50 Jerry Kooymans
60m	Tom Marshall
W30 Adrianne Ricker 9.12	M55 John DeFinney
W35 Vanessa Paquet 8.36 Agnes Kuczalska 8.72	M60 Gary Cassel
Kimiko Nakatake *8.87	M65 Chris Mackie Robert Moore
W45 Denise Jolicoeur 9.94	Hugh Wilson
W50 Karla Del Grande 8.30 Irene Thompson *8.75	M70 Jean Bernaquez
Ela Graczyk 10.04	Gary Waller
W55 Rhona Trott 9.88	W70 Molly Turner 14
M30 Desmond Allen 7.15	W75 Sheila Barnett 2
M35 Malik Crersac 7.27	M30 Mario lozzo 9
M40 Fred Andrade 7.64 Andrew Yap 7.67	M35 Ken Gosleigh
Nicholas Timothy 7.75	M40 Geoff Peat Steven Blostein 10
M45 Michael Lee 7.35	Stephen Laidlaw11
Steve Williamson 7.88	M45 John Holiday
Joseph Baptiste 7.91 M50 Kerry Smith 7.38	M50 George Aitkin 10
M55 Rick Parker *8.12	Tom Marshall 10 Joe Meleca 11
Richard Lech 8.36	M55 John DeFinney 10
John Ward 8.36	Tim Payne 11
M60 Clarence Ray *8.26 Tony Powell 8.28	Philip Riposo 1:
Tim Butts *8.46	M60 Jim Prince 11
M65 Mike Morris 8.57	Gary Cassel 11 David Sheridan 12
Dave Dunn 8.75	M65 Robert Moore 1
David Stern 8.91 M70 Dev Sharma 9.57	Hugh Wilson 1:
Charles Agnoo 9.59	M70 Jean Bernaguez 1
Paul-EmileTremblay 11.52	M70 Jean Bernaquez 1: Gary Walker 1:
M75 Bill Thompson 11.09	M75 Ed Whitlock WR 1
200m	(Todd/12:12 72/1997)

200m W30 Yvonne Paquet W40 Kathleen Shook W45 Denise Jolicoeur

W50 Karla Del Grande Irene Thompson Ela Grawczyk W55 Rhona Troll

M35 Malik Crepsac Sean Kapitain

Nicholas Timothy Andrew Yap M45 Michael Foon

M40 Ken Kudo

29.10 33.45 26.82

*29.68 34.77

23.49 27.21

25.26 25.38 25.41

MOO	Clarence Ray	*28.38
M65	Dave Dunn	28.56
	Mike Morris	28.66
	David Stern	29.67
M70	Dev Sharma	31.82
	Charles Agnoo Paul-EmileTremblay	33.47 38.15
M75	Bill Thompson	38.38
400n		
W40	Kathleen Shook	*64.61
W50	Irene Thompson	*69.68
W70	Jean Horne	85.42 51.79
M35	Lawrence Williams Malik Crepsac	51.91
M40	Ken Kudo	57.12
	Christian Schweter	59.44
M45	Ben James	*53.57
	Steve Williamson	61.48 61.88
M50	Kenny Jackman Ken Davis	59.94
VISO	Bob Davidson	63.59
M55	Mike Carter	61.90
M65	Mike Dunn	67.90
	Hugh Wilson	75.68
M70	James Pascoe Jean Bernaquez	75.72 86.42
WI/U	Paul-EmileTremblay	
M75	Earl Fee	70.32
800n		
W45	Katherine Willis	2:55.10
W65	Judy Willmott	3:53.45
W/0	Jean Horne	3:18.76
M35	Jamie Halla Derek Hackshaw	2:15.38
	Jordan Rosenber	
	Steve Laughlin	2:21.92
M40	John Kaandrop	2:19.70
	Howie Beattie	2:20.86
M45	Chris Dickson Piotr Grudzinski	2:23.05 2:20.53
M50		2:23.56
10150	Tom Marshall	2:33.85
M55	Mike Carter	2:23.96
	Dunc Greenshields	2:46.59
M65	Chris Mackie	2:37.91
1470	Hugh Wilson Jean Bernaquez	3:10.98 3:22.48
M70 M75	Earl Fee	2:40.58
1500	m	Maria Maria
M30 M35	Jamie Halla	4:31.79 4:15.34
M35	Anthony Mwangi Trevor Van Nesit	4:15.34
	Steve Laughlin	4:51.67
M40	John Kaandorp	4:36.99
	Howie Beattie	4:41.92
	Chris Dickson	4:56.07
M45	John Holiday	4:19.3h
	Tim Andrew Ray Pacque	4:36.5h 4:46.2h
W50	Jerry Kooymans	4:22.1h
	Fred Robbins	4:45.2h
	Tom Marshall	4:53.4h
M55	John DeFinney Gary Cassel	4:46.4h
M65	Chris Mackie	5:23.2h 5:23.9h
*105	Robert Moore	5:40.0h
	Hugh Wilson	6:14.1h
M70	Jean Bernaquez	6:26.2h
	Gary Waller	7:23.9h
3000 W70	Molly Turner	14:51 1h
W75		14:51.1h 20:11.8h
M30	Mario lozzo	9:01.39
M35	Ken Gosleigh	9:44.49
M40	Geoff Peat	9:22.14
		0:28.21
M45	Stephen Laidlaw1 John Holiday	1:03.50 9:11.57
M50	George Aitkin	10:32.85
	Tom Marshall	10:41.81
	Joe Meleca 1	11:10.35
M55	John DeFinney	0:50.39
		11:01.47
M60		12:10.94 11:30.98
	Gary Cassel	11:44.11
	David Sheridan	2:23.28
M65	Robert Moore	12:00.8h
	Hugh Wilson	13:44.7h
470		14:38.2h
M70		13:53.2h 15:41.4h
M75		11:28.28
	(Todd/12:12.72/1997	
50ml		
W40	Kathleen Shook	*11.62
M40	Andrew Yap	9.30
M45	Glenn Chipkar	9.38
M50	Paul Zelmanski Ralph Cilevitz	*10.25
M55	Richard Lech	10.68
M70	Dev Sharma	13.40
High	Jump	
W35	Kimiko Nakatake	*1.50
W40	Kathleen Shook Maria Mallia	*1.25
W35	Troy McLaughlin	1.35
	y mcLaugriin	1.50

26.18	James Buhlman 1.45 M40 John Oliviere 1.30
26.84	James Buhlman 1.45 M40 John Oliviere 1.30
27.30	M45 Hans Dinger 1.20
28.89	M45 Hans Dinger 1.20 M50 Bob Davidson 1.40 Ralph Cilevitz 1.35 M65 Bob Land 1.25
26.45	Ralph Cilevitz 1.35
*28.38	M65 Bob Land 1.25
28.56	Peter lams 1.20
28.66	Pole Vault
29.67	W65 Jutta Riegel 2.00
31.82	M45 Mark Schaber 3.60
33.47	M50 Ralph Cilevitz 1.90
38.15 38.38	W65 Jutta Riegel 2.00 M45 Mark Schaber 3.60 M50 Ralph Cilevitz 1.90 M55 Hugh Miller 3.00 M65 Bob Land 2.70 Long Jump
38.38	M65 Bob Land 2.70
*64.61	W35 Kimiko Nakatake *4.89
*69.68	W50 Maria Mallia 3.96
85.42	M40 1000 Crawlord 6.12
51.79	M45 Nevin Sanjan 5.41
51.91	Kenny Jackman 5.13
57.12	Paul Zelmanski 4.76
59.44	M50 Ralph Cilevitz 4.50
*53.57	M55 Richard Lech 4.82
61.48	M60 George Pachovsky 4.54
61.88	M65 Peter Tams 3.62
59.94	Triple Jump
63.59	W35 Kimiko Nakatake 9.93 W50 Irene Thompson 9.08
61.90	W50 Irene Thompson 9.08
67.90 75.68	W65 Jutta Riegel 6.12 M40 Todd Crawford 12.77
75.00	M45 Kenny Jackman 11.68
75.72 86.42	M45 Kenny Jackman 11.68 Kevin Sanjari 11.43
91.22	M50 Tom Black 9.61
70.32	Ralph Cilevitz 9.30
10.52	Shot Put
2:55.10	W35 Diana Shahriari 10.27
3:53.45	W40 Kathleen Shook *7.52
3:18.76	W55 Rhona Trott 6.94
2:15.38	W75 Velta Tomsons 6.43
1:59.14	M35 James Buhlman 9.41
2:05.44	M40 Richard Parkinson 11.25
:21.92	John Oliviere 9 19
:19.70	M45 Kenny Jackman 7.58
:20.86	I M50 Joseph Myers 14.98
2:23.05	Hay Bzibziak 10.07
2:20.53	M55 Rudy Boghina 10.14
2:23.56	M65 David Morris 9.00
2:33.85	M70 Eric Malmstrom 8.61
:23.96	Dev Sharma 7.02
:46.59	M75 Evalds Viskers 8.63
:37.91	Weight Throw
:10.98	W35 Diana Shahriari 10.69
:22.48	M40 Richard Parkinson 11.55
:40.58	John Olivierre 9.85 M50 Jim Wetenhal 1* 20.28
21 70	M50 Jim Wetenhal 1° 20.28
:31.79 :15.34	Jan Gaczyk 18.10 Joseph Myers 11.38
:26.77	Ray Bzibziak * 11.09
:51.67	M55 Rudy Rochina 11 56
:36.99	M65 David Morris 10.98
:41.92	M70 Alf Sundin 17.63
:56.07	3000m Racewalk
:19.3h	MAE With Continue 40.00 Ch
:36.5h	W50 Anne Chetwynd 23:03.5h
:46.2h	W50 Anne Chetwynd 23:03.5h M45 Hans Dinger 16:43.2h
:22.1h	M55 Patrick King 17:27.4h
:22.1h :45.2h	M60 Richard Lee 21:17.0h
:53.4h	M/U Stu Summernaye 18:18./n
:46.4h	M75 Sal Brancaccio 23:12.2h
:23.2h	
:23.9h	Vuksic Athletic Festival
:40.0h	Indoor, Regina, Sask. March 25
:14.1h	March 25

Vuksic Athletic Fest Indoor, Regina, Sa March 25	
60m W40 Laurie Meloche	
W50 Selina Coward	8.67 9.55
W60 Carol LaFayetteBoyd M40 Rob Young	9.05
M60 Art Evenson	9.04
M70 Ted Rowan	9.12
200m	9.12
W40 Laurie Meloche	28.47
W60 Carol LaFayetteBoyd	30.67
M40 Rob Young	27.46
M60 Doug Renwick	30.77
400m	
W40 Laurie Meloche	64.61
M40 Rex Selby	64.81
M50 John Headley	59.93
High Jump	
M60 Roland Delhomeau	1.35
M70 Ted Rowan	1.05
Long Jump	
W60 CarolLaFayetteBoyd	
M60 Art Evenson	3.72
M65 Bob Edwards	3.17
M70 Ted Rowan	3.63
Triple Jump	
W60 CarolLaFayetteBoyo	
M60 Roland Delhomeau	8.12
M65 Bob Edwards	6.94
M70 Ted Rowan	7.76
Shot Put	
W50 Selina Coward	9.80
M60 Art Evenson	9.69
M65 Bob Edwards M70 Ted Rowan	9.58 7.83
Weight Throw	7.83
M60 Art Evenson	8.89
M65 Bob Edwards	12.53
MOS DOU EUWards	12.55

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	naicii	-	

50m M40 Paul St Amant M50 John Headley M55 Randy Warick M60 Arthur Evenson M65 Bob Edwards M70 Ted Rowan M80 Max Coates 800m W55 Judy Warwick M35 Rex Selby M45 Steve Wilson M55 Randy Warick Pole Vault M60 Doug Renwick Long Jump M50 Brian Berquist M60 Roland Belhommeau Shot Put W65 Margaret Tosh M50 Martin Sacher M60 Arthur Evenson Weight Throw W65 Margaret Tosh M65 Bob Edwards

INTERNATIONA

BMAF National Inde Track & Field Championships, Car Wales, March 4-5 60m

M35 Mark Dunwell M40 Anthony Noel M45 Pat Logan

World Masters Athlet

Championships, Lin March 15-2 60 METERS
M35 1 Wijmeersch Erik BI
2 Posse Cesar DEN
3 Itacaramby R. O. B
3 Dunwell Mark GBR
6 Pendland Reginal
7 Drummond Don UI
M40 1 Trajkovski Christie
2 Longo Mario ITA
3 Noel Anthony GBF
M45 1 Riehm Thomas GI
2 Schrammel Rainee
3 Logan Patrick GBF
M50 1 Smith Kerry CAN Smith Kerry CAN
Elderfield David G
Michelchen Reinha
Searles Anthony D
Collins Bill USA
Vybostok Vladimir M50 1 M55 1 M60 1

Vybostok Vladimir Boucquey Thierry I Robbins Stephen I Picorelli Wilfredo P Crombie Peter AUS Pierce Roger USA Hamaekers Arno G Edens Paul USA Beckerin Haman M65 1 Beckering Herman Kimmel Bruno GEF Bowman Tony GBF Roca Armando ES M70 1

Reuter Wolfgang (Eberle Hans GER M75 1 Konopka Manfred M80 1 Hoffmann Hans Gl Albrecht Horst GEI Byggmästar Kurt F Sobrero Bruno ITA M85 1 Sansonetti Ugo IT/ Mihaly Tibor HUN

W35 W40 1

Mihaly Tibor HUN
Olbrechts Albert G
Hogeveen-Smit A
Legal Florence FR
Raabe Lorett GER
Lapierre Violetta F
Rau Angela GER
Mader Angelika GE
Barilly Nicole FRA
Moritz Anke GER
Müller Christine St
Del Grande Karla G
Fuhrmann Dagmar
Godsell Helen GBP
Parsons Valerie GI
Bonner Vivien GBP W45 1

W50 1 W55 1 Bonner Vivien GBF

Bonner Vivien GBr Zörner Petra GER Graff Edith BEL Linaker Esther GB Priestman Yvonne Kimmel Renate GE Kuemmerte-Valk F

2 Ruemmerle-Valk F.
Reichert-Wallon G.
1 Mazzenga Emma M.
2 Loki Tamasne HUN.
3 Schunk Helke GEF.
1 Kreiskott Rosemarl.
2 Happ Christa GER. W70 1

Langner Ingrid GER W80 1

9.12 8.80 5.74

7.86 7.48

12.15

15.07

12.63 13.92

13.73 13.08

9.20 11.76 9.36

6.76

10.91 7.84 9.43

10.08

14:04.46 14:19.85

14-36.61

20:34.83

15:03.27

18:02 20

17:02 93

4:45.00 4:41.88 4:49.81

4:54.62

7.85

8.40 8.54 8.22

9.12

12.57 12.75 15.08

12.59 13.22 14.85 13.16 8.98 8.99

9.28 8.71

9.28

W40 Geraldine Finegan W45 Gaye Clarke W50 Linda Ahmet

M40 John Nicholls M45 Guy Perryman M50 Ian Lindley M55 Neil Griffin M60 David Myerscough M65 Padraig Maye M70 Ian Miller M75 Jaroslav Hanus

M80 Hugh Gallagher

W40 Geraldine Finegan W45 Alyson Hourihan W50 Jenny Piercy W55 Mo Pearson W60 Elizabeth Sissons

3000m Racewalk M40 Mark Williams M45 Patrick Murphy M50 Nick Silvester

M55 John Hall

M80 Len Creo

W35 Sharon Tonks

W40 Maureen Noel

W45 Sue Rey W50 Ann Wheeler

W35 Catherine Goddard 10.30 W40 Geraldine Finegan 10.26

M60 Leslie Scrivens 17:17.95

M65 Arthur Thomson 15:35.38 M70 Colin Stapleford 18:53.31

W55 F. Fernandez 19:57.69 W70 Maureen Spelman 19:55.13

3 Sarukhanyan S. ARM 8:44.89 1 Pauwels Emiel BEL 8:52.07 1 Weiss Annette GER 4:41.18 2 Pritchett Bernadine GBR 4:41.23

Chaplin-Swann Lesley USA 4:50.03 Zentner Lidia GER 5:04.91

Zentner Lidia GER 5:04.91*
Howe Joan GBR 5:06.66
Farnham Denise GBR 5:06.80*
Hitchmough Agnes GBR 5:08.69
Gajic Stefica SUI 5:17.14
Rosado Mary USA 6:30.06
Gallagher Patricia GBR 5:32.54
Fleetwood Gudrun SWE 6:04.18
Masson Danielle FRA 6:16.31
Ritter Lydia GER 6:10.53

3 Masson Danielle FRA 6:16.31
W65 1 Ritter Lydia GER 6:10.53
2 Stewart Kathleen GBR 6:12.10
3 Wolf Barbara GER 6:12.14
W70 1 Hodapp Elfriede GER 6:26.65
2 Harada Mary USA 6:58.09
3 Kühnert Elisabeth AUT 7:22.87
W75 1 Czerwenka-Nagel M. GER 6:47.04
2 Angelis Ruth GER 12:05.89
W80 1 Dahinden Marianne SUI 10:11.33

1 Drummond Don USA 2 Simoes Herbert BRA 3 Vannucci Antonio ITA

Clarico Vincent FRA Garrigues Marin FRA Oberhofer Thomas ITA

McCloud Dexter USA Burgos Alfred Philip AHO Nicolaisen Per NOR Broun James W USA

Mako Emô HUN

Meyer Guenter GER Hoffmann Hans GER Albrecht Horst GER

Byggmästar Kurt FIN Sobrero Bruno ITA Thirtey Andrea GER Zamboni Lara SUI

W40 1 Pellegrinelli Monica 2 Johnson Charmain 3 Ebner Heidi GER 3 I aing Wendy GBR

Alisch Urte GER Pellegrinelli Monica SUI Johnson Charmaine GBR

Brück Simone GER Heath Sarah GBR Sharp Lee-Ann NZL Gruber Franziska AUT

Perez Aurora ESP Armitage Sonia GBR Klostermann W. GER

W55 Daphne Marler W60 Jackie Charles

W65 Iris Holder W70 Betty Steedman Shot Put M35 Chris Hughes M40 John Nicholls

1.40 1.59 1.35

1.40

4.11 4.00 4.11

2.80

2.00

2.80

6.22 5.99 6.00

5.14

4.60

4.53 4.92 4.43 4.61 3.26

3.16

11.94 12.23

11.94

11.22

9 12

9.75

M85 W35 1

W40

W45 1

W50 1

W55 1

W60 1

60m HURDLES

M45 1

M50 1

M55 1

M65 1

M75 1

M80 1

	2006				National Ma	asters News		
	skatoon Kinsmen		Viv Olive 7.64	M60 Terry		W40 Sarah Heath	4:45.83	W35 Jill Dinsmore
	oor Championships askatoon, Sask.		Anthony Roker 7.97 Ken Smeeth 8.22	M65 Antho	ny Treacher 63.66 Bowman 75.87	W45 Joan Lasenby W50 Joan Howe	4-56.98 5:05.12	W40 Wendy Laing W45 Hazel Barker
	March 31-April 1	M65	Anthony Treacher 8.67	M75 William	n Davies 78.88	W55 Nancy Hitchm	ough 5:11.00	W50 Carole File
50m			Tony Bowman 8.62 Charles Williams 8.80	W35 Denis		W60 Patricia Galla W65 Kathleen Stev		Pole Vault M40 Mark Johnson
	aul St Amant 6.72 ohn Headley 6.80	M80	Frank Copping 13.34		dine Finegan 63.79	W75 Betty Norrish	8-39.73	M45 Allan Leiper
	andy Warick 7.83	M85	Sylvester Stein 11.86	W45 Jane	Horder 63.15	3000m		M50 Allan Williams
	rthur Evenson 7.73		Kathleen Madigan 8.32 Julie Money 8.12	W50 Ed Ro W55 Annet		M40 Bashir Hussa M45 Mike Baron	in 8:51.32 9:47.20	M55 Bruce Hendrie M60 Maurice Joyce
	ob Edwards 9.17 ed Rowan 7.76		Averil McClelland 8.46	W60 Iris Ho		M50 Philip Jones	9:55.39	M70 Jim Day
	lax Coates 10.23		Helen Godsell 8.52	W65 Dorott	ny Fraser 84.30	M55 Patrick Timme		M75 Alfred Woods
00m	udu Wandak 2:50 00		Val Parsons 8.65 Esther Linaker 9.63	800m M35 Ed Wi	lliams 2:03.36	M65 Eric Hughes M80 James Caddy	11:47.28 16:35.74	W45 Jennifer Ibbitson Long Jump
	udy Warwick 2:58.23 ex Selby 2:27.63		Iris Holder 10.08	M40 Mark		W40 Lynne Marr	11:28.97	M35 Joe Appiah
145 S	teve Wilson 2:21.85		Eileen Kea 11.19	M45 Alex E		W45 Susie Tawney		M40 Glasford Jones
455 R	andy Warick 2:43.43	200n	Mark Dunwell 22.98	M50 David M55 Richa		W65 Betty Stracey W70 Betty Norrish	14:34.24 20:30.32	M45 Trevor Wade M50 Ken Jackson
	oug Renwick 2.70	M40	Anthony Noel 23.40	M60 Albert	Eland 2:32.32	60mH	The residence	M55 Paul Pinnington
ong J			Eric Smart 23.98 Viv Oliver 24.61		Newcombe 2:30.76	M35 Joe Appiah	9.10	M60 Allan Cheers
	rian Berquist 4.51 oland Belhommeau 3.65		Viv Oliver 24.61 Tony Wells 26.66	M80 James	Cullingham 3:15.91 Caddy 3:48.41	M40 Greg Dunson M45 Tennyson Jan		M65 Anthony Treacher M70 Colin Sheppard
Shot P	rut	M60	Terry Bissett 26.83	W35 Berna	dine Pritchett 2:12.87	M50 Roy Buchana	n 9.49	M80 Hugh Gallagher
	largaret Tosh 8.43 lartin Sacher 11.48		Anthony Treacher 28.07 Tony Bowman 28.83	W40 Sarah W45 Joan		M55 Tony Wells M60 Barry Ferguso	9.18 on 10.41	W35 Jill Dinsmore W40 Wendy Laing
	rthur Evenson 9.87	M75	George Cheetham 32.79	W50 Joan		M70 Tony Bowman		W45 Gaye Clarke
	t Throw_		Frank Copping 46.52		Hitchmough 2:34.33	M75 Keith Whitake		W50 Carole Filer
	largaret Tosh 8.35 ob Edwards 12.35		Sylvester Stein 43.31 Kathleen Madigan 27.41		a Gallagher 2:40.28 en Stewart 2:59.35	W35 Catherine Go W40 Wendy Laing	ddard 9.60 9.62	W55 Daphne Marler W60 Jackie Charles
		W40	Julie Money 27.07	1500m		W45 Gaye Clarke	9.69	W65 Iris Holder
(IN	TERNATIONAL		Averil McClelland 27.16	M35 Andre	w Del Nevo 4:36.62	W50 Carole Filer	10.42	W70 Betty Steedman
	45 N. N		Helen Godsell 28.50 Val Parsons 29.04	M40 Bashii M45 Steve		W55 Emily McMah W60 Jackie Charle		Triple Jump M35 Ian Bridgeman
BM	AF National Indoor	W60	Esther Linaker 32.85	M50 David	Wilcock 4:24.72	High Jump		M40 David Richards
Char	Track & Field mpionships, Cardiff		Iris Holder 34.05	M55 Bob N		M40 Andrew Wado		M45 Albert Earle
	Vales, March 4-5	400n M35	n Ed Williams 52.16	M60 Peter M65 Eric H		M45 John Mayor M50 Duncan Talbo	1.65 t 1.55	M50 Geoffrey Miller M55 Paul Pinnington
60m		M40	Jonathan Tilt 53.32	M70 John	Cullingham 6-38.81	M55 Geoffrey Kitch	hener 1.30	M60 Sean Power
	Mark Dunwell 7.12 Anthony Noel 7.08		Kermitt Bentham 53.70 Steve Lang 55.67	M75 Derek		M60 Courtney Gur	n 1.42	M65 Padraig Maye
	Anthony Noel 7.08 Pat Logan 7.48		Steve Lang 55.67 Bob Minting 57.88	W35 Berna	Graddy 7:33.30 dine Pritchett 4:34.32	M65 Barrie Taylor M70 Tony Crocker	1.21	M70 Tony Crocker W35 Jill Dinsmore
4		1000		427474				
	d Masters Athletics In		2 Valien Johnnye USA 3 Strüven Margarete		2 Thibau Erwin 3 Corre Philipp			John Ulo USA 2:54.12 ard Sidney USA 2:28.37
Cna	mpionships, Linz, Au March 15-20	stria	W85 1 Wixey Mary GBR	14.67	M45 1 Bentham Ke	mitt GBR 52.92	2 News	combe John GBR 2:28.89
	March 15-20		200 METERS		2 Becker Fran 3 Hiller Manfre		M70 1 Tew L	idt Willi GER 2:29.78 Leonard GBR 2:40.00
60 ME		6.82	M35 1 Dunwell Mark GBR	22.66	M50 1 Elderfield Da	vid GBR 53.91	2 Staac	k Helgo GER 2:41.95
M35 1		6.99	2 Thomas Robert US	A 22.75 22.84	2 Nowakowski 3 Grißmer Ber	Ryszard POL 55.16 nhard GER 55.32		echt Horst GER 2:48.52
3	Itacaramby R. O. BRA	7.01	M40 1 Saraceni Enrico ITA	22.09	M55 1 Collins Bill U	SA 54.22	2 Howa	arth Derek GBR 3:12.95
3	Pendland Reginald USA	7.01	2 Nitharum Jean-Miche 3 Krifka Gerfried AUT	el FRA 22.86	2 Felicetti Vinc	enzo ITA 55.79	M80 1 Saue	rwein Walter GER 3:48.10
7		7.27 6.97	M45 1 Riehm Thomas GER	R 23.08	M60 1 Crombie Pet	er AUS 58.38	3 Gom	es Adriano POR 4:52.43
2	Longo Mario ITA	6.98	2 Barnwell Val Winslo 3 Schaafsma Kay NE		2 Pierce Roge		M85 1-Pauw	vels Emiel BEL 4:23.52 echts Albert GER 6:02.01
	Noel Anthony GBR Riehm Thomas GER	7.02 7.28	M50 1 Smith Kerry CÁN	23.58	M65 1 Scheidt Willi	GER 63.05	W35 1 Weiss	s Annette GER 2:15.56
2	Schrammel Rainer AUT	7.31	2 Oliver Viv GBR 3 Michelchen Reinhard	24.42 IGER 24.43	2 Treacher And Torre Filippo			nett Bernadine GBR 2:15.73 k Simone GER 2:16.62
3		7.33	M55 1 Collins Bill USA	23.36	M70 1 Geier Harry	GER 66.95	W40 1 Heath	Sarah GBR 2:18.08
	Smith Kerry CAN Elderfield David GBR	7.35 7.35	2 Felicetti Vincenzo I 3 Hohl Franz AUT	TA 25.12 25.34	2 Hufnagel Dr. 3 Seymour Jol			Bernie IRL 2:19.40 nig Doris GER 2:22.55
3		7.47	M60 1 Robbins Stephen P		M75 1 Reuter Wolfg			in-Swann Lesley USA 2:20.99
155 1	Searles Anthony D USA Collins Bill USA	7.56 7.34	2 Crombie Peter AUS		2 Konopka Ma			Aurora ESP 2:21.20 age Sonia GBR 2:22.77
2	Vybostok Vladimir SVK	7.72	3 Picorelli Wilfredo Pt 4 Pierce Roger USA	UR 26.06 26.27	M80 1 Herbst Gerh 2 Metelkin Nik		W50 1 Howe	
	Boucquey Thierry USA Robbins Stephen USA	7.93 7.87	M65 1 Müller Guido GER	26.19	3 Copping Fra		2 Wizéi	n Lilly SWE 2:33.64
2	Picorelli Wilfredo PUR	7.90	2 Edens Paul USA 3 Tolliver Harry USA	27.12 27.46	M85 1 Sansonetti U 2 Mihaly Tibor			berg Ewa SWE 2:45.54 r Waltraud ITA 2:35.63
		7.98 8.03	M70 1 Bowman Tony GBR	28.41	3 Liedtke Hert	ert SWE 103.37	2 Hitch	mough Agnes GBR 2:36.29
	Hamaekers Amo GER	8.19	2 Geier Harry GER 3 Merican Mohd. Tamir	29.46 n MAS 29.76	M90 1 Olbrechts All W35 1 Noack Simo			Loni GER 2:48.23 do Mary USA 3:12.18
	Edens Paul USA	8.25	M75 1 Reuter Wolfgang G		2 Breuhauer A			gher Patricia GBR 2:44.29
	Beckering Hermann GER Kimmel Bruno GER	8.40 8.42	2 Konopka Manfred C		3 Kreen Katrin			on Danielle FRA 2:58.37
2	Bowman Tony GBR	8.55	3 Fee Earl CAN M80 1 Herbst Gerhard GE	R 34.01	W40 1 Palmqvist Co 2 Hachotte Do		W65 1 Ritter	schatz Ingrid GER 3:07.39 Lydia GER 2:56.83
	Roca Armando ESP Reuter Wolfgang GER	8.63 8.83	2 Klafki Helmut GER	35.69	3 lacovetti Ma	rina ITA 61.95	2 Stew	art Kathleen GBR 2:59.89
2	Eberle Hans GER	9.22	3 Byggmästar Kurt FI M85 1 Sobrero Bruno ITA	N 37.32 36.65	W45 1 Kay Marie A 2 Kauerhof Pe			Wolf Barbara GER 3:02.74 pp Elfriede GER 3:16.59
	Konopka Manfred GER Hoffmann Hans GER	9.27	2 Sansonetti Ugo ITA	36.73	3 Wahlstedt K	arin SWE 62.23	2 Mazz	enga E Maria ITA 3:24.13
	Albrecht Horst GER	10.41	3 Mihaly Tibor HUN M90 1 Olbrechts Albert GE	38.94 R 60.86	W50 1 Del Grande 2 Fuhrmann D			da Mary USA 3:25.97 venka-Nagel M. GER 3:31.94
3	Byggmästar Kurt FIN	10.65	W35 1 Hogeveen-Smit A. N	NED 25.46	3 Wizén Lilly S	WE 65.21	ALC: UNKNOWN	
	Sobrero Bruno ITA Sansonetti Ugo ITA	10.03	2 Noack Simone GEF	25.81	W55 1 Marler Carol	ine GBR 66.82	1500 METER	German GER 4:05.41
3	Mihaly Tibor HUN	10.87	3 Deak Katalin HUN W40 1 Lapierre Violetta FF	26.19 RA 25.29	2 Littenheim U 3 von Maltzah		2 Gabti	ullin Farid RUS 4:07.30
	Olbrechts Albert GER Hogeveen-Smit A. NED	7.75	2 Grißmer Angelika G	ER 26.24	W60 1 Priestman Y	vonne GBR 72.46	3 Dege	nhardt Oliver GER 4:07.39
2	Legal Florence FRA	8.07	3 Rappe Petra GER W45 1 Upshaw-Margerum Jo	27.13 y USA 26.21	2 Weniger Chr 3 Masson Dan			erald Neil USA 4:29.90 ain Bashir GBR 4:09.48
	Raabe Lorett GER Lapierre Violetta FRA	8.16 7.74	2 Moritz Anke GER	26.53	W65 1 Ritter Lydia	GER 77.91	2 Lichtl	ein Michael GER 4:10.37
	Rau Angela GER	8.05	3 Müller Christine SU W50 1 Del Grande Karla C		2 Sauer Erika 3 Fraser Dot 0			orfer Josef GER 4:12.13 es Chris USA 4:12.35
3	Mader Angelika GER	8.08	2 Fuhrmann Dagmar	GER 27.33	W70 1 Mazzenga Er	nma Maria ITA 84.89	M45 1 Smith	Steve GBR 4:10.97
		8.11	3 Godsell Helen GBR W55 1 Bonner Vivien GBR		2 Nilsson Astri	d SWE 85.10		Kevin USA 4:14.03 Alex GBR 4:19.76
3	Müller Christine SUI	8.21	2 Parsons Valerie GB	R 28.92	800 METERS		M50 1 Fauc	heur Pierre FRA 4:17.40
V50 1		8.21 8.36	3 Meier Ingrid GER W60 1 Priestman Yvonne (29.97 GBR 31.03	M35 1 Williams Edv 2 Fitzgerald N			os-Francksen S. USA 4:21.96 Igor RUS 4:26.26
3	Godsell Helen GBR	8.39	2 Linaker Esther GBF	32.20	3 Harker Ken	GBR 2:02.36	M55 1 Solor	non Kevin AUS 4:31.20
	Parsons Valerie GBR Bonner Vivien GBR	8.67 8.73	3 Weniger Christl GE	R 32.26	7 Kunselman I	David USA 2:03.11		nidt Winfried GER 4:34.15 er Konrad ITA 4:36.25
3	Zörner Petra GER	9.02	W65 1 Kuemmerle-Valk F. 2 Dijkman Rietje NED		M40 1 Bjorkman Pe 2 Faucheux P			hardt Ulrich GER 4:48.34
	Graff Edith BEL Linaker Esther GBR	9.23	3 Kimmel Renate GE	R 33.04	3 Pellegrini Iva	no ITA 2:03.11	2 Odeg	ard Harald NOR 4:56.78
	Priestman Yvonne GBR	9.38	W70 1 Nilsson Astrid SWE 2 Kaas Leili EST	36.53 36.78	M45 1 Paulk Kevin 2 Sender Jörg			phorsky Josef AUT 5:01.96 ard Sidney USA 5:09.42
3	Kimmel Renate GER	9.56	3 Mazzenga Emma Ma	aria ITA 37.22	3 Bryce Alex C	BR 2:05.77	2 Mey	Werner GER 5:10.02
W65 1	Kuemmerle-Valk F. GER	9.59	W75 1 Kreiskott Rosemarie 2 Kreuzwieser Christa		M50 1 Gallegos-France 2 Bächle Bern			perg Karl-Heinz GER 5:12.44 ck Helgo GER 5:27.91
W65 1 2	Reichert-Wallon Gerti GFF		2 Kreuzwieser Christa	GLA 40.02	3 Naamani Bil	al GBR 2:10.99	2 Bagg	ia Bruno ITA 5:34.41
W65 1 2 3 W70 1	Reichert-Wallon Gerti GEF Mazzenga Emma Maria ITA						O Cable	
W65 1 2 3 W70 1 2	Mazzenga Emma Maria ITA Loki Tamasne HUN	10.94	400 METERS	40.50	M55 1 Herbicht Kur			echt Horst GER 5:40.16
W65 1 2 3 W70 1 2 3 W75 1	Mazzenga Emma Maria ITA Loki Tamasne HUN Schunk Helke GER Kreiskott Rosemarie GER	10.94 11.23 10.99	M35 1 Sabate Raul ESP	49.58 A 49.98	M55 1 Herbicht Kur 2 Schrödel Joi 3 Geiser Konn	nann GER 2:14.51 ad ITA 2:15.79	M75 1 Acqu 2 Howa	arone Luciano ITA 5:51.19 arth Derek GBR 6:07.22
W65 1 2 3 W70 1 2 3 W75 1	Mazzenga Emma Maria ITA Loki Tamasne HUN Schunk Helke GER Kreiskott Rosemarie GER Happ Christa GER	10.94 11.23 10.99 12.13	M35 1 Sabate Raul ESP 2 Thomas Robert US 3 Williams Edward Gi	A 49.98 BR 51.04	M55 1 Herbicht Kur 2 Schrödel Jol 3 Geiser Konn M60 1 Beyer-Maidh	nann GER 2:14.51 ad ITA 2:15.79 of Wolf. GER 2:23.63	M75 1 Acqu 2 Howa 3 Jallas	arone Luciano ITA 5:51.19 arth Derek GBR 6:07.22 s Alain FRA 6:38.34
W65 1 2 3 W70 1 2 3 W75 1 2 3	Mazzenga Emma Maria ITA Loki Tamasne HUN Schunk Helke GER Kreiskott Rosemarie GER	10.94 11.23 10.99	M35 1 Sabate Raul ESP 2 Thomas Robert US	A 49.98 BR 51.04 51.28	M55 1 Herbicht Kur 2 Schrödel Joi 3 Geiser Konn M60 1 Beyer-Maidh 2 Macdonald I	nann GER 2:14.51 ad ITA 2:15.79 of Wolf. GER 2:23.63	M75 1 Acqu 2 Howa 3 Jallas M80 1 Saue	arone Luciano ITA 5:51.19 arth Derek GBR 6:07.22

3 Seddon Peter (M70 1 Speckens Pete 2 Leino Raimo FI 3 Müller Emil CA M75 1 Benek Zdenek 2 Rzehak Richam 3 Pittheser Mand

3 Rittweger Manf M80 1 Järvinen Matti 2 Eriksson Erik F 3 Måkelå Valto F

3 Makela Varto F M85 1 Meier Aloysius 2 Lehtimâki Aate M90 1 Polgar Anton G W35 1 Thrush Jane G 2 Lachat Daniela 3 Bartolozzi Maria

3 Bartolozzi Maria
W40 1 Hodel Cornelia
2 Van Dijk Ingrid
3 Hermuth Edith.
W45 1 Duss Margrith!
2 Engelhardt Uiri
3 Adlerova Alexa
W50 1 Neumann Jutta

W55 1

W60 1

W70 1

M50 1

Piercy Jennifer Lengyel Ionesc Tomanek Marg Ambratis Heide

3 Saborni Brigitte
1 Albrecht Teodo
2 Del Giudice Bri

Hom Marita GE Erikson Helvi E Kirchhofs Irma

3 Schmidt Brigitti
1 Junge Ingrid G
2 Scholten Annei

W75 1 Schirmer Justin 2 Hanssens Raci 3 Radiak Aniela I

W80 1 Lehtovuori Ann

PENTATHLON M35 1 Valette Patrick 2 Claude Lauren

3 Illig Heiko GEF M40 1 Tournier Remo Spiegl Horst G Suvaal Marc N

3 Saile Franz GE
M55 1 Hallgrimsson S
2 Kesselring Dr.
3 Zaniauskas VII
M60 1 Suominen Harr
2 Mattle Herbert
3 Leshchenko NI
M65 1 Pawlik Emil US
2 Lushchikov VII
3 Skramstad Knul
M70 1 Tosnar Pavel C

Whalers Athletic Championsh Hermanus, South March. 18

M35 I Klein Word M40 B Coombe Wha M55 E Figland Bell M65 R Polley Bell M70 R Cross Bell

W35 B Figland Bell W40 C Gooding Wh W50 A du Toit Bell W60 M Johnson UV

100m

400m

100m M35 A Solomons CS M55 J Allers Bell M65 R Polley Bell M70 R Cross Bell W35 B Figland Bell W40 H Kleynhans T W50 A du Toit Bell W60 E Grobbelaar W65 M Johnson UV 200m

200m M35 A Solomons CS

M40 BCoombe What M55 E Figland Bell M70 R Cross Bell W35 B Figland Bell

W40 H Kleynhans To 800m

M45 D Britz Bred M65 H Heydenrych Mol W40 L Erasmus Whale W60 J Hann Whale

W60 J Hann Whale 1500m M35 A Benning Tem M40 S Smith Temp M45 M Milne Whale W35 K de Bruyn Whale W40 H Kleynhans Te W60 J Hann Whale W65 M Johnson U 5000m M35 O Smith Well M40 D Cupido Whale M45 F Gillion Whale

Suvaal Marc N Indra Hubert II. Türk-Noack Dr. Gavenciak Igor Neuendorf Klaus Andreadis Vasii Saile Franz GE

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2 Moritz Anke GER 9.39	3 Zorzi Ingeborg ITA 1.27	I 3 Akkerman Anja NED 4.61	M85 1 Missoni Ottavio ITA 7.59	M70 1 Speckens Peter GER 47.82
3 Clarke Gaye GBR 9.60	W60 1 Graff Edith BEL 1.33	W55 1 Meier Ingrid GER 4.43	2 Lehtimäki Aate FIN 7.32 3 Bitter Hans GER 7.15	3 Boldan Arnost CZE 42.90
W50 1 Sanguos Maria ESP 9.91		2 Edlinger Anna AUT 4.42 3 Reismann Gertrude GER 4.26	M90 1 Polgar Anton GER 5.60	M75 1 Lytvynenko Mykhaylo UKR 43.75
2 Filer Carole GBR 10.25 3 Martelli Simonetta ITA 10.36		W60 1 Graff Edith BEL 4.30	W35 1 Shiman Alena RUS 13.74	2 Benek Zdenek CZE 42.50 3 Rzehak Richard GER 39.24
W55 1 Fail Jean GBR 10.24	2 Kuemmerle-Valk Frid. GER 1.27	2 Widmann Dagmar GER 3.84	2 Spendelhofer Sonja AUT 13.17 3 Lachat Daniela SUI 12.62	M80 1 Eriksson Erik FIN 31.32
2 McMahon Emily GBR 10.40		3 Wladika Jacqueline AUT 3.82 W65 1 Kuemmerle-Valk Frid. GER 3.98	W40 1 Müller-Schmidt Jana GER 13.91	2 Järvinen Matti FIN 30.87
3 Kraehe Waltraud GER 10.74 W60 1 Graff Edith BEL 10.44		2 Holder Iris GBR 3.87	2 Hermuth Edith AUT 13.20	3 Mākelā Valto FIN 27.13 M85 1 Meier Aloysius GER 19.97
2 Houben Helgard GER 11.34	3 Tischlinger Berta AUT 1.04	3 Sauer Erika GER 3.77 W70 1 Tischlinger Berta AUT 3.06	3 Straschewski Anke GER 12.57 W45 1 Teuscher Helma GER 12.40	M90 1 Polgar Anton GER 12.18
3 Wladika Jacqueline AUT 12.24 W65 1 Kuemmerle-Valk Frid. GER 10.86		2 Arnold Edith GER 3.01	2 Engelhardt Ulrike GER 10.90	W35 1 Engelhardt Gabriele GER 43,15 2 De Wolf Kathleen BEL 41,25
2 Dijkman Rietje NED 10.92	W80 1 Strüven Margarete GER 0.96	3 Steedman Betty GBR 2.88 W75 1 Kreiskott Rosemarie GER 3.45	3 Petersen Carola GER 10.65 W50 1 Schenkels Tine NED 14.06	3 Lachat Daniela SUI 38,23
3 Sauer Erika GER 12.35 W70 1 Cambruzzi Dina ITA 16.58		W75 1 Kreiskott Rosemarie GER 3.45 2 Happ Christa GER 2.78	2 Iranyi Margit HUN 12.28	W40 1 Hodel Cornelia SUI 48,65
W70 1 Cambruzzi Dina ITA 16.58	M35 1 Holton Daniel USA 4.40	3 Schneider Helga GER 2.06	3 Reinhold Astrid GER 11.95 W55 1 Melnikova Svetlana RUS 12.31	2 Van Dijk Ingrid NED 44,92 3 Schmid Claudia AUT 40,80
4x200 RELAY	2 Fusco Fernando ITA 4.20 3 Friedrich Mario GER 3.90	W80 1 Lorenz Ingrid ĞER 2.74 2 Lehtovuori Anna-Liisa FIN 2.14	W55 1 Melnikova Svetlana RUS 12.31 2 Schmitt Karin GER 11.31	W45 1 Duss Margrith SUI 49.05
M35 1 Germany 1:31.7 2 France 1:33.3		3 Strüven Margarete GER 1.96	3 Tomanek Margarethe BEL 10.88	2 Engelhardt Ulrike GER 38.54 3 Farle Jennifer GBR 36.36
3 Italy 1:33.49	2 Hana Alexander AUT 4.50	W85 1 Wixey Mary GBR 1.64	W60 1 Putiniene Jadvyga LTU 11.10 2 Illgen Karin GER 10.85	3 Earle Jennifer GBR 36.36 W50 1 Benes Magdolna HUN 37.37
M40 1 Italy 1:31.92 2 Germany 1:34.05		TRIPLE JUMP	3 Albrecht Teodora GER 10.11	2 Neumann Jutta GER 37.10
2 Germany 1:34.09 3 Great Britain & N.I. 1:37.04	2 Duhon Chris USA 4.40	M35 1 Akinsanya Oluwafemi GBR 15.55	9 Huff-Pawlik Karen USA 7.55 W65 1 Danilova Tamara RUS 12.00	3 Plammer Sabina AUT 34.63 W55 1 Tomanek Margarethe BEL 42.31
M45 1Germany 1:36.19 2 Great Britain & N.I. 1:37.70		2 Verzi Hrvoje GER 15.32 3 Herman Eric BEL 14.16	W65 1 Danilova Tamara RUS 12.00 2 Holzknecht Ingrid GER 9.31	2 Ambratis Heidelore GER 34.06
2 Great Britain & N.I. 1:37.70 3 Italy 1:40.29		M40 1 Foster Gregory E USA 14.12	3 Erikson Helvi EST 9.05	3 Dähler-Stettler Marg. SUI 32.01
M50 1 Germany 1:37.02		2 Federici Giorgio ITA 13.85 3 Mievis Benny BEL 13.84	W70 1 Wissinger Susanne GER 9.38 2 Török Sandorne HUN 8.60	W60 1 Mellmann Gudrun GER 38,35 2 Boeker Hella GER 37,29
2 Great Britain & N.I. 1:40.22 3 Italy 1:41.05		M45 1 Knabe Wolfgang GER 14.59	3 Kovalenskaya Galina RUS 8.54	3 Stecher Gisela GER 29,88
M55 1 Italy 1:45.07	3 Taivassalo Seppo FIN 3.40	2 Farkas Balazs HUN 13.77	W75 1 Hanssens Rachel BEL 7.96 2 Wippersteg Christiane GER 7.17	W65 1 Erikson Helvi EST 34,48 2 Kirchhofs Irma GER 32,64
2 Germany 1:46.58 3 Great Britain & N.I. 1:47.14		3 Ciceri Giancarlo ITA 13.27 M50 1 Zvezdkin Valery RUS 13.10	3 Schneider Helga GER 6.35	3 Schmidt Brigitte GER 25,52
M60 1 United States 1:44.99	3 Leshchenko Nikolay RUS 3.10	2 Küppers Heinz-Arno GER 12.74	W80 1 Pleuger lise GER 6.46	W70 1 Wissinger Susanne GER 29.37
(Edens, Pierce, Hall, Robbins) 2 Germany 1:46.33	M65 1 Pirinen Jorma FIN 3.00 2 Rossi Galdino ITA 3.00	3 Pudovnikov Evgeny RUS 12.44 M55 1 Vitols Arvids LAT 12.29	2 Lorenz Ingrid GER 6.07 3 Strüven Margarete GER 5.03	2 Baum Christa GER 26.40 3 Junge Ingrid GER 25.19
3 Poland 1:57.47	3 Dahms Reinhard GER 2.80	2 Shukevych Yuriy UKR 12.16	W85 1 Wixey Mary GBR 3.47	W75 1 Schirmer Justine GER 22.15
M65 1 Germany 1:52.25		3 Körösi Istvan HÜN 12.00 M60 1 Kreft Claus-Werner GER 11.89	DISCUS	2 Radlak Aniela POL 6.70 W80 1 Lehtovuori Anna-Liisa FIN 17.80
2 Italy 1:57.89 3 Austria 2:10.34	2 Tosnar Pavel CZE 2.40	2 Mankowski Gabriel POL 11.50	M35 1 Emmanouilidis D. GRE 43.69	Marillian Shear Street Street
M70 1 Germany M70 2:03.96	2 Day Jim GBR 2.40	3 Vnukovs Aleksandrs LAT 10.76	2 Kalle Reinart EST 43.35	JAVELIN M35 1 Tersek Robert SLO 65.15
2 Great Britain & N.I. 2:07.62 3 Italy 2:20.16		M65 1 Roytman Vladimir RUS 10.43 2 Gnoth Siegbert GER 10.37	3 Pawelski Grzegorz POL 43.19 M40 1 Brown Kevin GBR 48.53	M35 1 Tersek Robert SLO 65.15 2 Werthner Ulrich AUT 60.79
M75 1 Germany 2:07.55	3 Konopka Manfred GER 2.20	3 Pirinen Jorma FIN 9.80	2 Fedyashchin Andrey RUS 43.92	3 Eberler Wolfgang GER 57.80
M80 1 Germany • 2:26.41 W35 1 Germany 1:45.15	M80 1 Büyükdogan H. T. TUR 2.00 1 Compri Amelio ITA 2.00	M70 1 Fischer Lothar GER 10.02 2 Magnusson Werner SWE 9.52	3 Botes Braam RSA 38.40 M45 1 Jensen Tom DEN 46.10	M40 1 Rückel Michael GER 62.18 2 Petrovic Otto AUT 58.14
W35 1 Germany 1:45.15 2 Great Britain & N.I. 1:54.45	3 Figueras Jose URU 1.60	3 Popov Vladimir RUS 9.45	2 Ephimenco Sylvain FRA 42.44	3 Greber Emmanuel FRA 55.07
3 Italy 1:56.64	M85 1 Zensch Emmerich AUT 1.80	M75 1 Stoppel Albert AUT 8.22	3 Earle Robert GBR 42.29	M45 1 Schneider Klaus-Peter GER 61.58
6 United States 2:13.23 (Ware, Carty, Rosado, Chaplin-Swann)	W35 1 Ziemann Dr. Christina GER 3.30 2 Paul Anke GER 2.90	2 Reidma Harri EST 8.17 3 Pfeiffer Horst GER 8.11	M50 1 Mottonen Rauno FIN 39.90 2 Kriedel Holger GER 39.19	2 Havras Serhiy UKR 60.83 3 Jensen Tom DEN 57.80
W40 1 France 1:45.38	3 Giraud Isabelle FRA 2.50	M80 1 Sainio Aatos FIN 8.28	3 Hiller Peter AUT 38.17	M50 1 Kühndel Walter GER 49.13
2 Great Britain & N.I. 1:51.10	W40 1 Ailus Sari FIN 3.00 2 Straschewski Anke GER 3.00	2 Büyükdogan H. T. TUR 8.09 3 Järvinen Matti FIN 8.07	M55 1 Wagner Alwin GER 46.23 2 Rechka Bedrich CZE 41.38	2 Bauly Manfred AUT 48.05 3 Moyal Nagar Mal IND 46.19
3 Netherlands 1:55.75 W45 1 Great Britain & N.I. 1:51.49		M85 1 Zensch Emmerich AUT 7.02	3 Talpsepp Lembit EST 41.29	M55 1 Müller Reimund GER 56.62
2 Germany 1:51.71	4 Anzinger Silvia AUT 2.50	2 Lehtimāki Aate FIN 6.60	M60 1 Harre Heinz AUT 47.36	2 Dec Jan POL 47.17
W50 1 Germany 1:52.95 2 Great Britain & N.I. 1:58.26		W35 1 Imme Dagmar GER 11.46 2 Paesen Sonja BEL 10.75	2 Hazlewood Michael GBR 45.23 3 Toth Ferenc HUN 44.03	3 Dannenberg Jürgen GER 47.03 M60 1 Krawcewicz Irek AUT 46.75
3 France 2:13.01 W55 1 Great Britain & N.I. 2:00.56	W50 1 Ritte Ute GER 2.70	3 Jones Dawn GBR 10.69 W40 1 Neviani Elisa ITA 12.01	M65 1 Ratzer Franz AUT 45.34	2 Hazlewood Michael GBR 45.96
2 Germany 2:04.07	3 Yeomans Sue GBR 2.50	2 Biskup Marianna POL 11.26	2 Hack Wilfried GER 45.14 3 Verstegen Willi GER 44.23	3 Jordan Ewald GER 43.42 M65 1 Morbel Peter GER 46.97
3 Italy 2:15.16 W60 1 Germany W60 2:15.15		3 Krepkina Valentyna UKR 10.94 9 Ware Caren USA 8.76	M70 1 Speckens Peter GER 45.28 2 Karaczko Günter GER 41.37	2 Honkanen Kalevi FIN 45.58 3 Hoffmann Dietrich GER 44.50
W65 1 Germany W65 2:14.08	2 Widmann Dagmar GER 1.90	W45 1 Seillac Catherine FRA 11.08	3 Leino Raimo FIN 40.33	M70 1 Drohomirecki Michal POL 43.10
2 Great Britain & N.I. 2:23.44 W70 1 Germany 3:05.05		2 Escribano M. R. ESP 10.92	M75 1 Lytvynenko M. UKR 33.48	2 Itkonen Aki FIN 39.86
W70 1 Germany 3:05.05	W70 1 McLennan Dorothy IRL 1.90 2 Champion Sheila IRL 1.20	3 Keller Renate GER 10.79 W50 1 Seifert Gisela GER 9.50	2 Benek Zdenek CZE 32.12 3 Will Heiner GER 30.21	3 Kern Manfred GER 36.31 M75 1 Wichmann Karri FIN 32.75
HIGH JUMP	W75 1 Happ Christa GER 1.40	2 Heidarsdottir Arny ISL 9.22	M80 1 Järvinen Matti FIN 30.17	2 Seib Edmund GER 32.06
M35 1 Gasper Günther AUT 1.96 2 Ammann Raphael SUI 1.93	W80 1 Valien Johnnye USA 1.40	3 Brakanska Dace LAT 8.26 W55 1 Reismann Gertrude GER 9.17	2 Nobbe Paul GER 24.60 3 Klafki Helmut GER 23.94	M80 1 Eriksson Erik FIN 30.73 2 Lasch Werner GER 22.66
3 Buzek Michal CZE 1.90	LONG JUMP	2 Dähler-Stettler M. SUI 7.63	M85 1 Bitter Hans GER 18.73	M90 1 Polgar Anton GER 13.20
M40 1 Segatel Marco ITA 2.02 2 Fontaney Christophe FRA 1.99		3 Escribano Ramona ESP 7.48 W60 1 Graff Edith BEL 9.21	2 Meier Aloysius GER 17.30 M90 1 Polgar Anton GER 13.04	W35 1 Imme Dagmar GER 40.32 2 Scheffler Sabine GER 37.04
3 Ourmakaev Oleg ESP 1.96	3 Marzolo Roberto ITA 5.50	2 Simmonds Marlene GBR 8.33	W45 1 Engelhardt Ulrike GER 39.28	3 Woschitz Silvia AUT 36.41
4 Vanzandt Thomas USA 1.93 9 Stockard Guy R. USA 1.75		3 Wladika Jacqueline AUT 7.97	2 Cameron Claire GBR 32.89	W40 1 Thirtey Ursula GER 41.75
9 Stockard Guy R. USA 1.75 M45 1 McBarnette Bruce USA 1.96		4 Widmann Dagmar GER 7.48 W65 1 Dijkman Rietje NED 8.50	3 Frühauf Elisabeth AUT 32.13 W50 1 Schenkels Tine NED 39.26	2 Strohm Susanne GER 41.67 3 Grau Annegret GER 36.92
2 De Roose Geert BEL 1.93	3 Schlindwein Andreas GER 6.63	2 Holder Iris GBR 8.19	2 Reinhold Astrid GER 29.71	W45 1 Adlerova Alexandra CZE 32.73
3 Kiem Walter AUT 1.84 4 Reddecliff Richard USA 1.81		3 Heimann Erika GER 6.94 W70 1 Martin Anne GBR 6.83	3 Neumann Jutta GER 28.28 W55 1 Heinrich Gertrud GER 34.86	2 Engelhardt Ulrike GER 32.19 3 Riezler Hannelore GER 31.68
12Houba Peter USA 1.54	2 Kuiper Alje NED 6.64	2 Steedman Betty GBR 5.99	2 Melnikova Svetlana RUS 33.10	W50 1 Paech Ibolya GER 35.50
M50 1 Barrineau James A USA 1.78 2 Bednarski Dariusz POL 1.79		3 Tischlinger Berta AUT 5.75 W80 1 Valien Johnnye USA 5.27	3 Tomanek Margarethe BEL 32.90 W60 1 Illgen Karin GER 32.05	2 Reinhold Astrid GER 30.79 3 Platpire Liga LAT 28.92
3 Lorenc Jaroslav CZE 1.72	10Houba Peter USA 5.74	2 Lehtovuori Anna-Liisa FIN 4.04	2 Jakobsone Maija LAT 31.17	3 Platpire Liga LAT 28.92 W55 1 Chistyakova Olga RUS 37.00
6 Bohan John USA 1.63 M55 1 Grishaev Alexsander RUS 1.72	20 Shelton Derek E USA 4.45	W85 1 Wixey Mary GBR 3.61	3 Brasser Jolande NED 29.92	2 Klimesova Jarmila CZE 33.53
2 Jamrich Milan USA 1.69		SHOT PUT	7 Huff-Pawlik Karen USA 15.89 W65 1 Danilova Tamara RUS 35.21	3 Franckx Magda BEL 30.45 W60 1 Putiniene Jadvyga LTU 32.41
3 Novak Jurij SLO 1.60	3 Kadlecsik Kornel HUN 5.62	M35 1 Zillner Gerhard AUT 17.48	2 Holzknecht Ingrid GER 27.84	2 Illgen Karin GER 26.94
M60 1 Zhelnov Mark UKR 1.66 2 Lashmanov Valery RUS 1.63		2 Fanartzis Impraim GRE 15.35 3 Kalveram Peter GER 15.19	3 Erikson Helvi EST 25.80 W70 1 Wissinger Susanne GER 25.73	3 Till Bärbel GER 23.59 5 Huff-Pawlik Karen USA 22.27
3 Weber Helmut GÉR 1.63	3 Pelka Julian POL 5.56	M40 1 Rubtsov Sergey KAZ 17.80	2 Kovalenskaya Galina RUS 21.61	W65 1 Erikson Helvi EST 23.43
M65 1 Volkert Juergen GER 1.52 2 Pawlik Emil USA 1.48		2 Fedyashchin Andrey RUS 16.35 3 Pyritz Enrico GER 15.74	3 Baumann Ruth GER 20.77	2 Kern Maria GER 17.59
2 Sårndal Carl-Erik SWE 1.48	3 Mann Wolfgang GER 5.19	M45 1 Radzikowski Henryk POL 14.37	W75 1 Hanssens Rachel BEL 18.02 2 Happ Christa GER 16.82	W70 1 Leiß Lieselotte GER 23.21 2 Wissinger Susanne GER 20.95
M70 1 Crocker Tony GBR 1.46 2 Kandeydi Hikmet TUR 1.39	M65 1 Beckering Hermann GER 5.12	2 Lanziner Edmund ITA 13.86	3 Schneider Helga GER 15.22	3 Junge Ingrid GER 18.53
2 Mandl Horst AUT 1.39	3 Pawlik Emil USA 4.96	3 Eckel Reinhard GER 13.44 M50 1 Small Michael GBR 14.63	W80 1 Pleuger Ilse GER 13.11 2 Strüven Margarete GER 11.37	W75 1 Hanssens Rachel BEL 21.10
M75 1 Nevrup Nils-Bertil SWE 1.30	M70 1 Fischer Lothar GER 4.96	2 Lukas Erwin GER 13.94	3 Lange Helga GER 10.30	2 Happ Christa GER 19.87 3 Wippersteg Christiane GER 15.88
2 Andrecs Hermann AUT 1.23 3 Fernaeus Axel SWE 1.18		3 Strelczuk Wojciech POL 13.64 M55 1 Krone Reinhard GER 14.79	HAMMER	THE RESERVE OF STREET, SALES AND ADDRESS OF THE PARTY OF
M80 1 Hess Walter GER 1.30	M75 1 Reuter Wolfgang GER 4.68	2 Griffin Neil GBR 14.36	M35 1 Jossa Ralf GER 68.73	WEIGHT THROW M35 1 Jossa Ralf GER 19.95
2 Järvinen Matti FIN 1.19 3 Hoffmann Hans GER 1.13	2 Eberle Hans GER 4.15	3 Knez Stipo CRO 14.01	2 Kontos Antonios GRE 53.29	2 Gleixner Martin GER 15.86
M85 1 Zensch Emmerich AUT 1.19		17Harvey Rex USA 10.88 18 Sager Bob USA 10.82	3 Gleixner Martin GER 53.01 M40 1 Frey Stephan GER 53.40	3 Koppenhoefer Jochen GER 15.83
2 Ahrenkiel Rudolf DEN 0.98	2 Sainio Aatos FIN 3.76	M60 1 Goldschmidt Kurt GER 15.23	2 Suvaal Erwin NED 49.08	M40 1 Gecsek Tibor HUN 19.26 2 Frey Stephan GER 15.43
3 Missoni Ottavio ITA 0.93 W35 1 Semashko Elena RUS 1.69		2 Jeremias Attila HUN 14.21 3 Hermanns Axel GER 13.75	3 De Smedt Eric FRA 47.49	3 Suvaal Erwin NED 15.05
2 Rahn Sabine GER 1.66	2 Sobrero Bruno ITA 3.31	4 Bialonczyk Wolf AUT 13.37	2 Gassenbauer Gottfried AUT 50.59	M45 1 Earle Robert GBR 15.54
3 Kurilovica Laila LAT 1.63 W40 1 Porter Patricia USA 1.60		5 Mathews George USA 12.77	3 Jensen Tom DEN 47.36	3 Ephimenco Sylvain FRA 13.73
2 Laing Wendy GBR 1.60		M65 1 Schladen Ferdinand GER 14.22 2 Ratzer Franz AUT 14.16	M50 1 Sachse Jürgen GER 50,14 2 Sextl Gerhard GER 49,22	M50 1 Koen Basie RSA 18.11
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James Murray	57:27
M45 Bill Gironda	57:09
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James Florez	61:26
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M60	Doug Escher	65:07
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M65	Jose Mendez	74:22
	Mel Cowgill	78:26
	John Wallace	78:38
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-	Antonio Blanco	91:48
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	Laura Brown	69:17
W40	Karen Cotty	65:09
	Cathy Papandrew	67:04
	CarolynDornstaude	68:40
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	Jeanette Mitchell	75:43
200	Debbie Blair	77:01
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W70	Yoshiko Takahashi	81:40

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Danny Fink	27:18
Ian Clements	29:22
M45 Mark Malander	27:12
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M60 David C Jeffrey

John Helm Reuben B Dias
M65 Neil W Hall
Marion Matchett

Heinz Drewing
M70 Ferrell McDouga

M75 Donald Cheatha Murray W Collu Raymond Nosai M80 Paul W Wissler

M85 Jimmy Matthews W35 Ilona Barvanova Patty L Ericksen

Darlene Burke
W40 Lyubov Kremlevi
Lisa Drew
Kelly L Wild
W45 Pat. Lynn Pinyer
Jean A Lankford
Elinor P Carter

W50 Tatyana Pozdnya Carole P Smith

Martha Jaspers
W55 Vicki M Copelar
Beverly Boege
Marian Loftin
W60 Becky S Ryder
Nancy J Mann
Joan Forman

W65 Yoshiko Setser Luise Mitchell Martha L Harris

W70 Pat Fossum Gay N Ambrosi Doris J Steed W75 Faye Eisenacher Amelia S Gasser

W80 Daphne A Dvora

Atlanta Women

Atlanta, GA; Mar

Kris Kester Nathalie Gauthi

W45 Doreen Branch Laura Brewer Nancy Jackson W50 Susan Breeding

Paula May Kay Harrison W55 Judith Hine

W60 Cheryl Vail Carole Limonciel

Eddy Bay W70 Elizabeth McConr

Carolyn Spillma Sandra Pattillo

Overall Donna Garcia 37 W40 Tina Klein

Martha Jaspers

Darlene Burke

Jerry L Parker Dewayne Morris

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W60 B J King 39:50	Grand Prix: Brooklyn	W55 Judith Tripp 3:52:39 Pamela Tripp 3:54:49	Overall Gilbert Okari, 27 47:25	Bob Carr 1:44:02	M75 BILL BRIGGS 47:49
Meredith Bonta 42:07	Coney Island to Prospect	H SherrelSummers 4:14:07	Lidiya Grigoryeva, 32 52:11	M80+Mal Anderson 81 2:33:50 Robert Wilson 85 2:33:43	M80 ROBT. HUNTINGTON 1:12:18 W35 DIANE HAUPT 31:27
Sandra May 48:59 W65 Janice Stoodley 39:52	Park, NYC; March 18	Diane Burnett 4:15:37	M40 Christopher Mattingly 55:25	W35 S Weeder-Einspah 55:44	W40 LYUBOV KREMLEVA 28:24
Tami Graf 45:04	Overall Felipe Garcia 23 1:10:22	Jane Sable 4:22:57 Anna Mikulak 4:23:54	M45 Ronald Shaiko 55:08 M50 Marvin Pace 1:00:47	Beth Van Alsline 57:23	W45 VALERIE PLYLER 33:09 W50 DOROTHY WINN 36:13
Trudy Beddow 54:48 W70 Betty Dameron 60:20	Edie Perkins 35 1:23:44	W60 Ruth Liebowitz 4:13:26	M55 Michael Hazilla 1:02:35	Debbie Tillman 58:28 W40 Colleen De Reuck5th51:15	W55 ROSE MALLOY 36:45
W70 Betty Dameron 60:20 Jacqueline O'Neil 58:12	M40 Paul Thompson 1:10:43	Sohyang Kim 4:33:30 Suzanne Gallup 4:44:47	M60 Patrick Griffith 1:02:40 M65 Dewey Lafond 1:15:58	Tatiana Titova 57:36	W60 JOANNE MARKLEY 43:59 W65 ELLA SPATES 1:04:16
lise Brown 62:13	M45 Alan Ruben 1:15:26 M50 Steve Calidonna 1:17:49	W65 Billie Moten 5:52:35	M70 Tom Ray 1:19:42	Sally Howes 63:49	W70 MARGARET WOOD 52:11
Boston's Run to	M55 John Peace 1:28:48	W70 Ginette Bedard 3:46:03	M75 Nianxiang Xie 1:34:17	Sheron Pentaleri 64:28 Jennifer Hinkle 66:24	W75 ELIZ. LEONARD 1:14:36
Remember	M60 Douglas Escher 1:30:07 M65 Roland Ratmeyer 1:45:40	Naomi Vogel 5:56:47 W75 Bertha McGruder 6:04:51	M80 Lou Lodovico 1:32:09 W40 Martha Merz 1:02:42	W45 Lanier Drew 61:05	Bay to Bay 12K & 5K
Half-Marathon & 5 Mile	M70 Alfred Finger 1:44:42	Half-Marathon	W45 Miae Jacobs 1:05:17	Darla Bennett 67:24	St. Petersburg, FL
Boston, MA; March 12	M75 Leo Schonhaut 2:40:07	Overall 51 70.07	W50 Betty Blank 1:09:52	Bonnie Brooks 68:24 Janet Canfield 69:31	Overall March 19
Overall David Hinga 70:19	M80 Sab Koide 3:00:24 W40 Cindy Pomeroy 1:24:59	TatyanaPozdnyakova 51 76:07 W35 Kathleen Coughlin 86:45	W55 Sandra Adams 1:10:30 W60 Jan Holmquist 1:09:34	Caroline Geiken 70:56	Lee Stephens 25 40:48
Sharon Tillotson 28 85:53	W45 Gordon Bakoulis 1:27:22	W40 D MorrisKilpatrick 79:38	W65 Imme Dyson 1:25:15	W50 Holly Turner 71:40	Christa Benton 22 45:08
M30 Rich Smith 36 72:16	W50 Jan Farnung-Krause 1:45:02	Patty Murray 80:44	W70 Hiroko Hunt 2:02:23	Susan Briers 72:28 JudeMillerPlatko 73:53	M35 Dror Vaknin 42:22 M40 Dantel French 43:51
Greg Picklesimer 39 72:17 Pat Callahan 33 73:14	W55 Kathleen Horton 1:51:59 W60 Carol Johnston 1:46:51	W45 Mary Sweeney 90:07 Janice Morra 92:56	W75 Toshiko Delia 1:34:36	Mirna Castrejon 74:20	Mike Mollard 45:04
M40 Keiron Tumbleton40 72:44	W65 Phyllis Roth 2:02:01	W50 T Pozdnyakova 76:07	NYRR Police-Fire Race 8K	W55 Jenney Kyle 68:27 Susie White 70:04	M45 Kevin McCusker 46:10 Fred Dorsey 46:32
Todd Lagimonier 40 74:32 Paul Hughes 40 75:27	W70 Rosa Nales 2:31:25 W75 Toshiko D'Elia 2:21:41	Mary Wickham 94:54 W55 Donna Hahl 98:18	Central Park, NYC; April 8	Theresa Coomes 75:01	Fred Dorsey 46:32 M50 Thomas Wells 50:56
M50 Glenn Diamond 50 83:12	The second secon	Ann Davies 1:41:55	Overall Ken Bohan 43 28:27	Paulette Butler 75:31 W60 Elfrieda Wyner 72:03	M55 Dave Hunter 49:33 M60 Duncan Cameron 50:43
Joseph Kvilhaug 55 8449 Chris Moosey 50 86:30	New Bedford Half-	W60 Mariana Phipps 1:59:14 Jean Marmoreo 1:59:20	Adrienne Walsh 39 35:05 M40 Ken Bohan 28:27	Marilynne Denison 89:15	M65 Joe Burgasser 48:37
M60 Joe Noonan 62 95:39	Marathon, New Bedford MA; March 19	W65 Verol Clement 1:59:23	M40 Ken Bohan 28:27 James Lunny 42 31:21	Mary Strickland 89:39 W65 Donna Hiatt 95:42	M70 Fred Wright 61:25
Andrew Coughlin61 1:41:34	Overall	W70 Jeanette Cyr 2:28:26 W75 Pearl Jones 3:58:34	Michael Stuart 47 31:54	YvonneLeonard 98:21	M75+Larry Yost 75 69:07 Tom Depenbrock75 71:41
Andy Daley 60 1:43:22 M70+Don Murray 71 2:09:45	Edward Baker 26 1:08:34 Carly Graaytock 27 1:19:23	W80 Anita Martinez 2:41:23	M50 Thomas Doylde 58 30:41 John Furlong 58 35:24	Carol Hall 98:39	Carl Hammen 81 92:24
W30 Amy Haas 30 86:00	Carly Graaytock 27 1:19:23 M40 Dan Verrington 1:11:09	Pearl Appel 3:20:53	Randall Bush 50 36:50	W70 Helen Ramos 1:51:54 Gerry Merritt 2:13:50	W35 Rachel Arotsky 48:42 W40 Kim Bumbull 49:20
Judi Chiavetta 39 86:06 Antoinette Decker37 1:26:58	Michael Payson 1:11:15	Nationwide Insurance 10K	M60 John Rau 60 35:54	Diane Stewart 2:14:46	Molly Ragsdale 53:12
W40 Marsha Hogan 40 90:59	Jason Cakouros 1:11:30 M45 Craig Fram 1:10:43	for ASPIRE	Jack Culkin 60 37:13 Mike Andreachi 65 38:15	W75 Diane Almone 2:17:41 Jo-Anne Champion2:20:12	W45 Lauri Reynolds 55:20
Jessica Bahros 43 91:31	Paul Hammond 1:13:41	Plainview, NY; April 1	W40 Lorna Camp 46 39:40	W80+Irene Herbertson80 2:11:29	Lynda Roszel 56:30 W50 Denise Skinner 53:19
Carol Chaoui 42 93:26 W50 Deirdre Bird 54 95:45	Chris Spinney 1:14:01 M50 Norm Larson 1:16:16	Overall Chris Mammone 22 31:50	Christine Servedio 41 40:36 Eliz Boardman 43 44:03	Estelle Grokett 81 2:50:51	W55 Janet Kelly 61:14
Lynn-M Fawcett 50 97:30	Reno Stirrat 1:19:08	Lindsey Webber 23 37:35	W50 Ellen Lewin 53 59:54	Victoria Park 5K	W60 Lenore Rupert 71:53 W65 Annette Frisch 68:17
Sue Fowler-Finn51 1:40:50 W60 Wendy Burbank 63 1:49:49	Bob Ruel 1:20:35	M35 Brian Cloherty 36:16	AND THE STATE OF T	DeLand, FL; March 18	W70 Kathy Perry 1:43:45
Eda Carroll 62 1:58:31	M55 Gordon MacFarland 1:23:05 Jerry Learned 1:24:59	M40 Guillermo Fuentes 35:38 Robert Spina 36:51	NYRR Thomas G. Labrecque Classic 4-Mile	Overall	W75+Jackie Yost 97:16
M. Robitaille63 2:01:31	John Vercollone 1:25:22	Andrew Heiz 37:11	Central Park, NYC; April 9	Craig Dobson 36 18:30 Colleen Nicoulin 31 19:05	5K Overall
5 Mile Overall	M60 Sumner Brown 1:28:29	M45 John Williams 36:00 MIchael Robles 36:48	Discussion of the North State Shift	M40 Brent Robitzsch 18:57	Christian Homme 16 16:41
George Kirwa 27 23:01	Paul Jensen 1:28:58 John Hackney 1:31:01	Chris Daily 37:11	Overall Alene Reta 24 18:49	M45 Thomas Glista 19:50	Karolina Skourti 37 19:00 M35 Steven Wilcox 16:57
Lineth Chepkurui 18 26:18 M30 Benjamin Ndaya 30 26:13	M65 Harry Carter 1:36:57	M50 Jaime Palacios 35:43	Alemtsehay Misganaw 25 21:46	M50 Dan Stojic 21:55 M55 Miguel Lopez 20:11	M40 Ari Niemi 18:52
Robert LaPlante37 28:04	Paul Huyffer 1:41:27 Robert Ludwig 1:42:15	John Daly 38:20 Ted Truet 38:29	M40 Paul Thompson 20:16	M60 Adam Ross 22:57	M45 Tony Forde 17:52
M40 Gary Thomson 42 27:40 Don Alden 44 29:01	M70+Donald Dayton 731:54:29	M55 Bob Giambalvo 36:26	M45 Jim Stemm 21:29 M50 Steve Calidonna 22:16	M65 John Peach 26:55 M70 Jerry Lardinois 24:33	M50 Peter Blank 23:03 M55 Michael Coyne 16:59
M50 Richard Puckerin 56 33:30	Joe Fernandez 772:01:25	Bill Backe 41:15 Greg Karl 43:43	M55 Alston Brown 24:09	M80 Wm Kemstock 51:55	M60 Andrew Goddard 22:59
Carlos Barbeiro 51 33:33	Robert Hillman 722:09:19 W40 Joann Mathews 1:22:39	M60 Doug Escher 40:54	M60 David Pitches 26:40 M65 Sidney Howard 27:44	W40 Teresa Calio 20:37	M65 Clem McGrath 24:11
M60 Billy McLeod 61 37:16 Richard Paulsen 62 39:33	Simonetta Piergentili 1:23:23	Art Weisberg 44:18	M70 Witold Bialokur 27:24	W45 Darla Bennett 21:11 W50 MayKay Skubal 26:51	M70 Dan Fields 33:08 M75+Ira Batchelder 42:42
W30 Candace Angle 36 30:36	Patti Dalconzo 1:25:12 W45 Anne Mackay 1:26:57	Dan Badalament 44:35 M65 Jose Mendez 45:50	M75 Leo Schonhaut 38:37	W55 Diane Thomas 24:24	W40 Loretta Simeon 20:19
Dede Greisbauer35 31:23	Lisa Zappala 1:31:00	Mel Cowgill 48:08	M80 Sab Koide 41:56 W40 Bea Huste 24:16	W60 Judy Skroch 27:07 W65 Maggie Dobson 30:18	W45 RosemaryRodrigues 23:36 W50 Jocelyn McElveen 25:34
W40 LyabovKremleva44 28:13 Karen Smyers 44 29:58	Sue Hackney 1:31:04	John Wallace 48:50	W45 Gordon Bakoulis 24:19	W80 Rabel Parson 82 68:58	W55 StefanieSchatzman 32:56
W50 Sidney Lehendre51 32:35	W50 Linda Jennings 1:33:34 Karen Deroma 1:36:10	M70 David Kenney 51:05 George Devoe 57:50	W50 Marie Wickham 27:03		W60 Mary Bonetz 27:10
W60 Mary Scherr 62 47:43	Terri Martland 1:38:07	M75 Bert Jablon 59:01	W55 Mary Rosado 30:43 W60 Marilyn Greeley Walsh 29:59	Shamrock Marathon, Half-	W65 Nancy Dantzler 31:01 W70 G Farrell 25:58
Julia Hsia 61 53:19	W55 Jessica Wheeler 1:42:56 Dorothy Helling 1:44:50	Guy Froehling 59:20 M80+Sab Koide 82 65:44	W65 Edith Jones 34:24	Marathon & 8K Virginia Beach, VA	W75+Midge Wayland 85 53:23
Table 1980 1980 1980	Linda Usher 1:47:52	John McManus 82 82:41	W70 Ginette Bedard 31:04 W75 Joan Rowland 49:16	March 18	The state of the s
NYRR Pfizer Oncology Colon Cancer Challenge	W60 Jan Holmquist 1:33:49	W35 Donna McMahon 39:32	W80 Grace Salant 1:09:32	Marathon	Azalea Trail Run 10K Mobile, AL; March 25
4-Mile/15K, Central Park,	Catherine Farrell 1:49:31 Wendy Burbank 1:51:59	W40 Karen Cotty 40:53 Deborah Gaebler 41:48	A STATE OF THE PARTY OF THE PAR	Overall Michael Wardian, 31 2:28:31	moone, AL, March 25
NYC; March 12	W65 Barbara Belander 2:23:03	Cathy Papandrew 42:46	SOUTHEAST	Renee High, 24 2:45:32	Overall
4-Mile	W70 Mary McCauley 2:27:38 Jane Goodman 3:38:35	W45 Lori Hartenes 43:28 Dolores Doman 45:54	Gate River Run 15K	M40 GERRIT LABUSCHAGNE 2:44:18	Ndereba Samuel, 29 28:35 Barsosio Sally, 28 Kenya 32:19
Overall Patrick Dooley 20 20:11	valie Goodinari 3.30:35	Jeanette Mitchell 47:57	Jacksonville, FL	M45 RAYMOND BENTLEY 2:47:40	M35 Joseph Ekuom 30:10
Kate Irvin 27 23:35	National Marathon	W50 Linda Ottaviano 45:59	March 11	M50 JEFF DOUGLASS 2:59:54 M55 GERARD CABROL 2:55:37	Max Lemons 34:49
M40 Piotr Karasiewicz 21:37 M45 Mark Heller 23:07	Washington, DC	N Lipira Hoest 47:38 F Kraus Schmidt 48:29	Overall Meb Keflezighi 30 43:43	M60 ROBERT WALKER 3:38:55	Tom Sawyer 37:20 M40 Sean Wade 30:11
M50 Brian Kirkwood 22:18	March 25 M30 Michael Wardian 31 2:30:55	W55 Melissa Kennedy 44:41	Blake Russell 30 49:14	M65 ROLF LANG 3:41:23 M70 DAN TAYLOR 4:24:34	Paul Aufdemberge 30:30
M55 Adolf Lawrowski 22:13	M40 Martin Calhoun 442:48:26	Eliz Penagos 54:18 Andrea Backe 54:48	M35 John White 54:05	M75 WHEELER STANFIELD 5:12:43	Brian Pope 32:03
M60 Pinchas Berger 31:32 M65 Michael Goldman 30:38	M50 Yong Rhee 51 3:13:13 M60 Yijoo Kwon 60 3:26:42	W60 Betty Horstmann 48:09	Duncan Sheils 54:07 Dan Holland 54:12	W35 LORI JARRETT 3:21:42	M45 Tim Unger 35:32 Ken. Schexnayder 37:40
M70 Eric Seiff 32:42	W30 S Graham-Gray 37 2:58:05	Hilory Boucher Car 51:43	M40 Patrick Fuller 46:49	W40 LORI KINGSLEY 2:57:53 W45 LISA LANEY 3:33:50	Mark A Koch 38:06
M75 Francisco Vidal 46:17 M80 Sab Koide 44:00	W40 Beth Moras 47 3:09:53	Sarah Pettinato 55:12 W65 Joan Ackerman 70:27	Sean Wade 46:54 Dan Held 49:59	W50 MARIA ANDERSON 3:37:23	M50 Leonard Vergunst 5:32 Chris H Neal 37:43
44.00	W50 Patricia Gilley 53 3:49:20	Mickey Stelling 73:13	John Metzgar 52:03	W55 PATRICA LERCH 3:49:29 W60 BRENDA BRYANT 5:28:50	Paul T Bonds 38:32
			52.03	5.28.50	1

6:21:17 1:04:26 1:15:24 1:06:46 1:13:16 1:09:34 1:21:40 1:28:29 1:44:35 1:36:00 1:44:58 2:02:40 2:47:11 1:25:19 1:22:33 12233 12952 13233 13722 1:4636 2:16.04 4:01:56 26:49 25:05 25:19 26:16 27:30 32:21 36:41 40:20 39:58 47:49 1:12:18 31:27 28:24 38:24 33:09 36:13 36:45 43:59 1:04:16 52:11 1:14:36 & 5K 40:48 45:08 42:22 43:51 45:04 46:10 46:32 50:56 49:33 50:43 48:37 61:25 69:07 5 71:41 92:24 48:42 49:20 53:12 55:20 56:30 53:19 61:14 71:53 68:17 97:16

Kathryn Welden Eva Petroline Ukrop's Monume 10K; Richmon April 1

NICODEMUS MALAKWEI MAGDALENE MAKUNZ M35 DUNCAN SHEILS M35 DUNCAN SHEILS
M40 DANNY FINK
M45 ROBERT JOHNSO
M50 STEPHEN CHAN'
M55 RICK PLATT
M60 BEN DYER
M65 DAN FOLDENAU
M70 BILL RICCKE M70 BILL RIECKE
M75 WHEELER STANFIEL
M80 AARON SCHECHT
M85 HERBERT DAVID
W35 MAUREEN ACKE
W40 CHERIE FERNAN
W45 JEANIE TRENT
W50 JUDY PUTMAN
W55 JUDY PHELPS
W60 JOAN COVEN
W65 SHIRLEY WAMP
W70 JANET LAKEY
W75 RIS VINEGAR
W80 BARBARA STINS

Charlotte Rac Half-Marathor Charlotte, NC;

Half-Marathon Overall Tommy Boles 38 Lee Heather 25 M40 David Bornhuet Bobby Aswell Donald Miller M45 Marty Froelick

Bryan Allf Daniel Campo M50 Les Glasgow Fred Zinser Victor Rosado

		-
M55 Rick J Walton	39:11	
Ron Hendrix	42:27	
Al Waddell	42:33	
M60 David C Jeffrey	40:01	ļ
John Helm	40:46	
Reuben B Dias	41:19	
M65 Neil W Hall	43:58	J
Marion Matchett	46:42	
Heinz Drewing	47:07	
M70 Ferrell McDougale	d 44:34	l
Jerry L Parker	50:09	
Dewayne Morris	51:10	1
M75 Donald Cheatham		
Murray W Collum		
Raymond Nosari	1:22:26	1
M80 Paul W Wissler	58:37	
M85 Jimmy Matthews	1:13:58	
W35 Ilona Barvanova	34:15	1
Patty L Ericksen	41:07	
Darlene Burke	41:27	
W40 Lyubov Kremleva	34:52	1
Lisa Drew	37:35	
Kelly L Wild	38:08	
W45 Pat. Lynn Pinyerd		1
Jean Á Lankford	42:08	•
Elinor P Carter	44:29	
W50 Tatyana Pozdnyako	va 34:44	-
Carole P Smith	43:37	-
Martha Jasperson		-
W55 Vicki M Copeland		
Beverly Boege	52:16	ł
Marian Loftin	52:51	ı
W60 Becky S Ryder	54:51	
Nancy J Mann	55:15	
Joan Forman	1:00:14	١
W65 Yoshiko Setser	1:01:00	
Luise Mitchell	1:02:32	
Martha L Harris	1:06:44	ı
W70 Pat Fossum	1:02:09	
Gay N Ambrosi	1:16:27	ĺ
Doris J Steed	1:27:42	-
W75 Faye Eisenacher		
Amelia S Gassen		Į
W80 Daphne A Dvorak	1:38:05	-
Atlanta Women's	s 5K	
Atlanta, GA; Mare	ch 25	
Overall	47.00	,
Donna Garcia 37	17:03	1
W40 Tina Klein	21:08	
Kris Kester	21:16	,
Nathalie Gauthier	21.45	

21:08 21:16 21:45 19:55 20:25 21:33 21:28 21:36 21:52 W45 Doreen Branch Laura Brewer Nancy Jackson W50 Susan Breeding

39:04 40:25

Ukrop's Monument Ave. 10K; Richmond, VA

Kathryn Welden Eva Petroline

April 1
Overall
NICODEMUS MALAKWEN, 24 28:31
MAGDALENE MAKUNZI, 23 32:33
MAGDALENE MAKUNZI, 23 32:33 M35 DUNCAN SHEILS 35:14 M40 DANNY FINK 34:54
M40 DANNY FINK 34:54
M45 ROBERT JOHNSON 36:36
M50 STEPHEN CHANTRY 35:45
M55 RICK PLATT 39:58 M60 BEN DYER 41:34
M60 BEN DYER 41:34
M65 DAN FOLDENAUER 1:00:22
M70 BILL RIECKE 50:43
M75 WHEELER STANFIELD 1:27:36
M80 AARON SCHECHTER 1:46:40
M85 HERBERT DAVID 1:57:54
W35 MAUREEN ACKERLY 37:38
W40 CHERIE FERNANDEZ 42:50
W45 JEANIE TRENT 40:43
W50 JUDY PUTMAN 40:12
W45 JEANIE TRENT 40:43 W50 JUDY PUTMAN 40:12 W55 JUDY PHELPS 47:18 W60 JOAN COVEN 55:18
W60 JOAN COVEN 55:18
W65 SHIRLEY WAMPLER1:20:17
W70 JANET LAKEY 1:37:50 W75 RIS VINEGAR 1:51:53
W75 RIS VINEGAR 1:51:53
W80 BARBARA STINSON 2:10:52
The second second

Charlotte RaceFest Half-Marathon/10K Charlotte, NC; April 8

Half-Marathon	
Overall	
Tommy Boles 38	1:18:12
Lee Heather 25	1:23:07
M40 David Bornhuette	r1:22:48
Bobby Aswell	1:25:00
Donald Miller	1:25:39
M45 Marty Froelick	1:20:52
Bryan Allf	1:28:51
Daniel Campo	1:35:37
M50 Les Glasgow	1:33:43
Fred Zinser	1:38:23
Victor Rosado	1:39:12

			10000	
	M55	Gene McGrady	1:29:24	1
ı	- Name	Roger Roark	1:32:29	١
ı		Bubba Anthony	1:39:08	1
ı	M60	Charlie Mattox	1:57:36	;
١	38.00	Jack Plymate	1:58:54	ı
ı	- BOLL 3	Eddie Cobb	2:06:46	;
ı	M65	David Pike	1:52:45	,
ı	1	Tom Schumacher	1:54:01	
ı	The same	Herb Berman	1:58:42	2
ı	M70	Bill Nave	2:27:35	,
ı	Mary Control	Gus Jenkins	2:28:36	;
ı	W40	Allyson Kimbrell	1:43:28	1
ı	NO THE	Lori Dawson	1:42:41	
ı	1	Tricia Decker	1:43:43	1
ı	W45	Aprille Shaffer	1:33:49	1
ı	No.	Jane Godwin	1:50:33	ı
ı		Lesley Clay	1:52:30	1
	W50	Teresa Carey	1:46:31	
		Amy Montoni	1:54:48	1
		Kathy Tomasello	1:55:26	
	W55	Betty Scott	1:51:06	
		Jacquelyn Helms	2:04:22	•
		Molly Gray	2:10:28	
	W60	Lynn Wilson	2:51:33	
	10K	Details of the second		
	Over	all		
		Ashton 37	31:29	1
		Swain 24	38:32	
		Mark Ledyard	36:55	
	STATE OF	Todd Hamaby	37:10	

		ASHION 37	31.29
		Swain 24	38:32
	M40	Mark Ledyard	36:55
١	STARRY)	Todd Hamaby	37:10
1	480	Steve Ahrens	37:53
ı	M45	Gerald Hutchinson	38:11
1	Wale.	John Kissane	38:53
	400	Austin Guiles	41:34
	M50	Loran Serwin	41:28
1	1957	Charles Morrow	43:03
	7.3	Bob Nelson	43:15
	M55	Sherman Stanford	40:20
١	35240	Jerry Sofley	46:31
1	750	Bill Allen	48:20
	M60	Earl Jackson	43:32
	16/201	Danny Miller	57:36
	(EW	Jerry Roche	57:51
	M65	Guenter Full	47:58
	Section 2	Jacob Cooter	57:25
١	100	Jim Giles	57:54
	M70	Charles Rose	43:24
	0.000	Darrell Jennewine	57:45
	35112	David Duncan	57:45
	W40	Mary Dore	40:49
	2.00	Lisa Armstrong	43:24
١	1	Julie Hardin	44:20
١	W45	Amanda Jacobs	50:47
1		Cathy Ralston	56:57
1		Judith Champagne	58:00
١	W50	Toni Cruz	46:58
ı		Lena Hollmann	47:31
1	14/55	Sharon Allen	50:25
ı	W55	Brenda Cooter	56:19
١		Karen Keever	58:51
١	14/00		1:02:09
1	W60	Kathy Seavers	49:39
١	200	Joan Mulvihill	54:16
١	MICE		1:16:10
1	4462	Susie Kluttz	53:17

Ane Gade 56:53 Donna Brown 1:22:18 W80 Margaret Hagerty 1:34:17 **MIDWEST**

St. Patrick's Parade Corktown 4 Mile Detroit, MI; March 12

	etroit, MI; March	12
Over		
	Aufdemberge 41	20:13
	Gaethe 24	25:10
	David Hoffman	21:45
M40	P Aufdemberge	20:13
	Gary Brimme	22:56
	Robert Cook	23:27
	Lynch Rich	25:04
M45	Thomas Gerou	24:41
	Gabe Makhlouf	24:55
D. 74	Michael Lasley	26:00
M50	John Tarkowski	24:13
400	Chris Alef	26:24
101	Stan Ford	27:07
M55	Larry Parker	25:11
	Mike Stone	26:23
	Doug Soliz	26:31
M60	Jerry Mittman	30:36
	James Lawson	31:59
	Jim Kruse	32:52
M65	John Wehrly	34:39
	Thomas Walker	37:48
Den	Jerry White	37:52
M70	Jim Matherley	30:35
	Marvin Stevenson	35:56
M75	+Andrew Dahaher	35:31
	Joe Thornburg	45:15
W35	Amy Krzyzanowski	27:51
W40	Linda Ewing	26:48
	Liz Hendershott	29:12
	Lynn DeGrande	31:06
W45	Gina Norris	28:43
	Yvonne Desana	29:09
-	Frances Buttieg	30:49
W50	Laura Sophiea	27:22
	Jackie Blair	28:09
	Glenda Card	31:31

W55	Maggy Zidar	29:50
	Linda Cline	34:41
	Christine Azbell	36:14
W60	Cora Hill	38:59
	Mary Steinhauser	40:11
W65	Merion Knight	37:49
	Dean Hugh	39:32

Churchill's Half-Marathon Monclova, OH; March 19

Overall	
Ryan DesGrange 26	68:32
Debra Wagner 54	89:35
M40 Joe Patrick 47	77:03
Rog Shambaugh 46	687:48
M50 Tom Etchill 52	89:50
Joseph Caruso 52	92:29
M60 Jim Buerk 63	1:43:12
Wm Goslin 61	:57:10
M70+George Fosco 76 2	
Ron Dossat 72 2	
W40 Beck Mincheff 42	97:12
Joan Mathews 49 1	:44:16
W50 D Wagner 54	89:35
Diane Levesque 52 1	1:45:39
W60 Mary Steinhauser61 2	2:04:39
Louise Miklovic 68 2	2:18:40
# -	

MID-AMERICA

Platte River Trail 13.8 Mile Run, Littleton to Denver

	CO; April 2		70
M40	Andy Ames Mike Wasson		8:42 1:31
	Erik Packard	1:2	4.38
M45	Hans Funke Jay Syurvil		1:38
	Kevin Berg	1:3	1:16
M50	Bob Basse Gary Weston		5:12 5:28
	Rich Hadley	1:3	5:09
M55	Robert Hibschweiler Arlen Heller		2:43 5:29
	George Greco	1:4	8:30
M60	Jim Romero 65 Martin Hidalgo 62		1:53 5:06
1470	Larry Avery 64	1:50	6:02
M/U	Donald Hayes 74 Richard Kennett 70		9:43 2:59
W40	Tom O'Keefe 70 Tanya Poel		2:03 0:57
	Amy Regnier	1:33	3:53 0:37
W45	Nancy Thonen Kimberly Shenfeld	1:5	1:15
	Beth Brady Laura Hollenbaugh		2:39
W50	Sue Rhodes	1:5	1:16
-	Linda Portman Terri Dick		1:21 5:11
W55	Alyn Ark		4:40
	Dee Chadwick	1:4	0:17 7:28
W60	Elisabeth Kandel 63 Barbara Cohen 60		
	Ann Klosterman 69		

SOUTHWEST

Bayou City Classic 10K/ RRCA Championships Houston, TX; March 11

Overall	
John Hedengren 28	31:57
Heidi Hullinger 23	37:32
M35 Rudy Řocha	33:07
Comelio Garibay	35:06
David Wittman	35:25
M40 Jon Butler	34:59
Francisco Perez	35:07
Bart Rainey	36:19
Adam Jackson	36:54
Keith Olson	37:18
M45 Rich Fredrich	36:39
Michael Wheatall	38:20
Ray Cruz	38:21
Jeffrey Geslin	38:25
Vincent Debonis	39:47
M50 Steve Brammer	38:22
Larry Tidwell	38:35
Bob Dalton	38:37
Jay Hendrickson	38:47
M55 Mitchell Garner	39:39
Ted Traynor	40:28
Ben Harvie	41:16
Rich Vega	43:44
M60 Loyd Carver	41:24
David Chester	42:36
Mick Midkiff	47:09
M65 Francisco Galaviz	46:53
Don Brenner	47:24
Martin Houg	49:41
M70 Tom Fort	52:12
Orville Kremmer	52:15
Lloyd Joyce	56:10
M75+Robert Ellis 75	51:07
Al Becken 77	58:06

	the second secon	
	Luciano Garcia 75	60:58
	Bob Shannon 80	98:25
W35	Mary Coordt	38:58
	L Tilton-McCarthy	42:54
	Jena Jameson	45:14
W40	Heidy Lozano 2nd	38:41
-	Barbara Stoll	40:02
	Helen Grant	40:31
	BonnieJo Barron	42:18
W45	Karen Evans	40:40
Black	Heide Mairs	42:47
	Suzy Seeley	44:38
	Pam Meaux	45:58
W50	Ruth Kohstall	45:56
	Gail Waesche	48:51
	Andrea Broom	48:58
W55	Karen Bowler	45:02
Male:	Sabra Harvey	47:57
	Alice Keelin	49:39
W60	Yvonne Thomas	51:17
Name of	Ann Ferguson	52:53
	Becky Ryder	57:39
W65	Naomi Mack	58:40
	Judy Loy	71:03
W70	Mickie Aguilar	71:44
	Carol Cain	81:40
All San	The state of the s	The same of

Beacon on the Bay 25K/USATF-OK Championships & 5K Oklahoma City, OK March 11

Marchill	
Overall	
Jerry Faulkner 24	1:29:34
Lisa Butler 32	1:45:51
M35 John Oseland	1:45:47
M40 Russell Sears	1:31:12
David Price	1:49:53
M45 David Trowbridge	1:46:50
David Chapman	1:56:35
M50 Pete Orban	1:31:24
Stephen Aleman	1:57:31
M55 Jim Flesher	1:59:37
Bob Chapman	2:11:36
M60 Mike Medrano	2:13:36
Dick Deuperee	2:40:09
M65 John Gibbons	2:22:57
Chick Lung	2:36:36
W35 Tracy Evans	1:48:51
W40 Laura Clay	1:55:39
Deana Knight	1:58:17
W45 Dani Conover	2:18:53
Leslie Fleck	2:21:51
W50 Joanne Jackson	2:15;56
Jane Cronin	2:39:10
W55 Linda Kessinger	2:34:32
W60 Betty Bell	3:07:32
5K	
Overall	A STATE OF THE PARTY OF THE PAR
Varia Cabruah 40	16.07

Nevin Schwad 16	10:07
Risa Reyes 33	20:50
M35 Jorge Rangle	17:36
M40 David Wray	18:22
M45 Barry Hall	21:13
M50 Mike Kelly	17:16
M55 Bill London	20:21
M60 Ron Kuykendahl	21:38
M70 Dean Windsor	29:20
M80 Lowell Green 81	31:56
W35 Courtney Lemmons	25:25
W40 Desiree Nowlin	22:11
W45 Cindy Ventrell	27:12
W50 Julie Kelly	22:47
W55 Karen Bramblett	30:01
W60 Donna Bentson	47:47
W70 Deloris Green	33:55

The Big D Texas Marathon; Dallas, TX April 2

Overall	
Andrew Smith, 19	2:49:18
Laura Eakin, 24	3:31:40
M35 Eric Etheridge	3:16:54
M40 Ruben Saguil	3:24:27
M45 Dave Emerson	3:26:48
M50 Stephen Hudgens	3:58:30
M55 Jim Mayo	3:40:44
M60 Glen Mizer	5:43:35
M65 Harold Singer	4:37:21
M70 Ray Boytim	5:58:14
M75 Wally Herman	6:27:12
W35 Cindy Aitken	3:42:56
W40 Denise Bartel	3:50:38
W45 Sharon Urgumart	3:54:02
W50 Yong Collins	4:15:37
W55 Sher Chapline	5:18:54

WEST

Students Run L.A. 18 Mile, Los Angeles, CA Feb. 25

Overali	
Fermin Sequen 37	1:43:33
Esmarelda Arjon 23	2:02:01
M40 Roberto Leonardo	1:53:45
Trini Robles	2:03:05
Jim Perez	2:04:26
M45 Jaime Ortiz	2:00:21

	Chuck Fieland	2:08:51
	Jim Morehart	2:10:10
M50	Antonio Devalo	2:03:12
	Abel Ibarra	2:04:13
250	William Fischer	2:18:46
M55	Donald Ocana	2:17:10
	Vincent Romero	2:17:22
	Joe Ogata	2:23:42
M60	Juan Cardenas	2:19:16
	Ramon Cuevas	2:26:05
	Hans Unger	2:31:18
M65	Trini Espinosa	2:23:36
	Henry Delray	3:04:53
	Charles Yun	3:14:13
M70	Bob Koch 79	2:58:52
	Michael Pang 70	3:03:36
	Clarence Hazel 70	3:31:40
W40	Fay Nykerk Juliet Ham	2:17:13
	Juliet Ham	2:53:09
	Yolanda Salazar	3:15:29
W45	Olga Reyes	2:20:40
	Erin Atwater	2:33:16
	Lori Martin	2:35:50
W50	Terry Yarian	2:57:05
	Wendy Bracamonte	2:58:47
-	Patty Winter	3:01:40
W55	Myung Kim	2:30:11
	Maleny Heemandez	
10.10	Kong Kim	3:08:00
W60	Julie Dunphy	3:04:04
	Jane Dawson	3:19:12
-	Ria Rugg	3:30:13
W65	Marilyn Clark	2:56:52
	Dolores Cortez	4:00:45
	Robeta Rodid	4:07:00
W70	Carmen Watkins 70	5:19:40
100	Old Agoura 10	K

Agoura Hills, CA; M	March 4
Overall	
Ibrahim Limo, 28	30:41
Mary Akor, 29	37:12
M35 Doug Turner	39:33
M40 Michael Wixted	37:06
M45 Greg Abrams	39:56
M50 Dave Parsel	36:57
M55 Russell Stockard	44:09
M60 Fred McNutt	51:54
M65 Michael Hall	49:47
M70 Rod Legate	1:00:03
M75 Irving Ornstein	1:11:00
W35 Debbie Kissane	47:30
W40 Rosalva Bonilla	39:34
W45 Sharon Feinberg	49:0
W50 Arlene Lewis	49:24
W55 Carol Miller	57:02
W60 Cheryl Cowan	1:02:25
W65 Diana Wallach	1:00:30
W75 Carmelita De Haven	1:44:04

Palm Springs Half-Marathon/5K, Palm Springs, CA; March 5

Half-Marathon

J		Maratnon	
ı	Over	all	
ı		Wellman 27	1:10:01
ı		fer Burningham 33	1:24:59
ı	M40	Scott Konnagan	1:24:02
ı		Dean Clifton	1:26:06
ı	THE REAL PROPERTY.	Miguel Rodriguez	1:28:26
ı	M45	Abel Contreras	1:25:02
ı	bind	Bill Carlson	1:26:20
ı		Brian Hile	1:28:45
ı	M50	Martin Ellison	1:16:36
┛		Greg Wilson	1:18:45
ı		Kirk Daley	1:29:58
ı	M55		1:31:44
ı	14133	Tim Hayes	1:37:59
ı		Jerry Lebowitz	1:39:46
ı	Men	Allan Kerr	1:26:21
ı	MICO	John St Onge	1:52:09
ı		Frank Colbourne	1:52:49
1	MEE		
١	MOS	Peter Jones	1:36:43
١		P St John Hammon	1:55:01
ı	1470	Alan Syslo	
ı	M/0	Ed Klassen	1:33:46
ı	1000	Frank Vasquez	1:44:24
ı		Don Moore	1:59:39
1	M75	Sir Orville Bingley	2:42:23
ı	M80	John Cahill	2:17:11
ı	1	Gerry Hopkins	2:28:02
ı		Emelio Melilli	3:16:08
ı	W40	Sherri Ellerby	1:31:21
1	THOMAS	Debra Okano	1:31:45
ı		Lori Travis	1:33:24
1	W45	Marie Romero	1:36:44
ı	1000	Leann Parker	1:42:46
1	1000	Lori Martin	1:45:16
1	W50	Honor Fetherston	1:35:51
ı	10000	Jane Gainer	1:40:58
١		Kathi Guiney	1:44:27
И	W55	Ruth Coates	2:06:50
ı	2000	Danielle Cane	2:09:27
	Willy.	Dona McBride	2:14:07
١	W60	Sharon Kanemura	
	John St.	Joanne Meier	2:20:29
	1000	Glenne Sparks	2:23:10
	W65	Janet Holloway	2:03:45
	THE PERSON	Patricia Wolkoff	2:49:39

W70	Nessie Hollicky Flora Young	2:27:21 2:30:24
5K	riora roung	2.30.24
Over	al Deceles 20	40.44
Danie	el Rosales 38	16:11
	St Geme 42	17:02
M40	Richard Paris	16:22
	Robert Donald	18:38
1999	Manuel Ramirez	19:01
M45	Craig Whichard	16.57
	Dan Ruiz	22:14
	Mark Rodenborn	27:32
M50	Felix Lopez	19:34
	John Collias	20:11
	Peter Masi	20:45
M55	John Montgomery	18:49
	Stephen Jaqua	19:35
	Mike Rouhas	20:27
M60	Dennis Lockhart	20:26
-	Dick Jones	22:07
	John Haas	23:36
M65	Don Garsh	24:08
IVIOS	Harold Lyons	25:41
	Bob Holcombe	41.33
M70	Robert Rosner	26:11
M/U		30:46
	Robert Bussey	
	Bill Krueger	31:39
M75	Jim Franklin	26:28
	Bill Kennedy	27:39
	John Fry	34:23
M75	Joe Fleischmann	33:23
	Karlis Smiltens	45:54
	Major Brooks	50:35
W40	Ceci St Geme	17:02
	Jacqui Vaskovich	21:42
	Angie McReynolds	23:24
W45	Jennifer Buckley	19:53
State of	Abby Craig	25:34
	Laura Lee	26:05
W50	Blanca Sanchez	23:00
	Sheila Masi	25:17
	Karen Anderson	26:02
MEE	Ann Tribe	28:51
4422	Manuellan Abarn	28:58
	Maryellen Ahern	
MICO	Nancy Thiebes Veemi Wentzel	30:44
W60		22:57
	Ruth Newtson	33:55
	Myrna Dubord	34:17
W65	Wanda Whitmire	31:12
	Nancy Coree	34:30
	Jan Williams	44:20
W70	Barbara Logan	43:58
SHEET	Nancy Stricker	45:03
W75	Tootie Hecht	57:22
W80	Grace Adams	54:0
Fif	ty-Plus Paul Sp	angler

Memorial 8K Run Palo Alto, CA, March 12

	Over	all	
8	Kevir	Pierpoint	25:15
	Mage	dalena Lewy Boulet	27:36
	M35	Ben Turman	25:26
	Total:	Chris Knorzer	26:09
1		Scott Peterson	26:29
	M40	Rob Elia	26:59
	STOR	Jeff Hongo	27:08
1	APP TO	Jeff Mann	27:18
ż	M45	Jose Aispuro	26:17
1	2015	Vitas Ezerskis	26:59
t	YOU	lan Mickle	27:23
	M50	Emil Magallanes	28:18
	7500	Fletcher Lesley	29:06
	100	Lloyd Stephenson	29:11
,	M55	Bill Dunn	30:40
ľ	desire.	Bobby McKee	31:20
5	3 14	Les Óng	31:27
ŝ	M60	Alphonzo Jackson	31:37
2	400mb	Len Goldman	31:56
	100	Perry Hayden	32:36
4	M65	Russ Kiernan	34:08
9	2000	Hans Schmid	34:16
		Rod MacKinlay	34:40
	M70	George Moss	43:59
3	200	Phil Phythian	46:08
ď.	400	Donald Soroka	46:19
9	M75		46:24
à	ALC: Y	Thomas Walsh	49:23
Ē	100	David Jeong	50:46
4	M80	Bud Rubin	79:29
è		Harold Thurston	55:01
Ž.	W35	Kathryn Krieger	28:57
2	A CONTRACTOR	Becki Kriege	29:57
ğ.	14.5	Sarah Slaymaker	30:19
8	W40	SI Berntsen-Herber	30:22
¥.	31404	Tanya Fredricks	31:12
2	1	Karen Jeffers	31:41
ŝ	W45	Sara Freitas	32:28
911	12000	Janet Smith	32:36
Ē.		Christine Chapon	32:54
2	W50	Heidi Swan	30:42
ŝ,	Title:	Kim Rupert	33:09
8	THE	Karen Kunz	33:23
3	W55	Dee Gibson	37:48
0	Service of	Irene Herman	37:55
100		Charlene Bayles	40:49
5	W60	Laury Fisher	40:02
8	7000	Barbara Brady	41:45
3	1000	Suzanne Franco	43:08

W65 Barbara Miller

38:15

Nova Poff	44:41
Sylvia Hughes	47:41
W70 Joyce Hanna	48:27
Barbara Robben	50:04
Hanna Szoke	68:12
W75 Joy Johnson	52:44
Market and Street Street	-

L.A. Emerald Nuts 5K Los Angeles, CA March 19

mai cii 13	
Overall	
Benjamin Gutierrez, 29	16:05
Ceci St. Geme, 42	17:36
M35 Polomb Lsle	18:36
M40 David Pauwelyn	18:56
M45 Angel Decollibus	17:54
M50 D. Evin	19:16
M55 John Combs	19:35
M60 Amby Burfoot	20:47
M65 Stas Proshutinsky	23:58
M70 Robert Lyons	25:53
M75 Milo Sather	30:35
W35 Dawny Pauwelyn	20:17
W40 Ceci St. Geme	17:36
W45 Patricia Casillas	25:33
W50 Leslie Cohen	24:17
W55 sharon Lotesto	22:36
W60 Margaret Graham	33:22
W65 Satenik Nalbandinn	27:15
W70 Dolores Torres	46:02
W75 Christophe Narvaez	38:27

Women Running Wild 5K Palm Springs, CA

March 19	
Overall	
Aaron Olswanger, 24	15:48
Paula Findlay, 16	19:11
M35 Daniel Rosales	15:56
M40 Al Valdez	17:25
M45 Dan Ruiz	21:25
M50 David Hollenberg	20:18
M55 Tim Hayes	19:36
M60 Dennis Lockhart	20:40
M65 Don Garsh	24:35
M70 Ed Klassen	19:44
M75 Ollie Harker	29:52
M85 Emelio Melilli	40:25
W35 Kelly Doyle	21:18
W40 Jacqui Vaskovich	23:41
W45 Yayoi Liu	20:52
W50 Marina Jones	21:28
W55 Ginger Semple	- 25:53
W60 Laura Boyse	31:53
W65 Carole Davis	31:01
W70 Nessie Hollicky	28:52
W75 Anna Hollenberg	34:48

Emerald Nuts Across the Bay 12K, San Francisco

CA; March 1	9
Overall	
Miguel Nuci, 26	38:05
Caroline Annis, 25	43:48
M35 Ben Turman	39:08
Chris Knorzer	39:40
Scott Peterson	40:31
M40 Rich Hanna	40:39
Jose Aispuro	40:53
Tim Wallen	41:15
M45 lain Mickle	42:19
Vitas Ezerskis	42:21
Carmelo Rios	43:43
M50 Emil Magallanes	43:26
Brian Davis	44:40
Fletcher Lesley	45:00
M55 Chuck MacDona	ld 46:54
Bill Dunn	47:49
Ron Kiyono	48:46
M60 Len Goldman	49:04
Perry Hayden	50:52
Robert Gormley	51:09
M65 Russ Kiernan	51:24
Joe Hurtado	54:22
Hans Schmid	55:05
M70 Bernie Hollander	
Merv Giacomini	1:07:59
Phil Phythian	1:10:45
M75 Sam Hirabayash	
Eddie Reyna	1:12:46
George Carll	1:48:39
W35 Becki Kriege	46:52
Lynice Anderson	47:19
Sarah Slaymake	r 47:23
W40 Rosemarie Lagun	as 46:15
Lisbet Sunshine	46:34
Sissel Berntsen-He	
W45 Janet Smith	50:25
Barbara Wismer	54:25
Marian Richard	54:33
W50 Heidi Swan	47:03
Karen Kunz	50:54
Kim Rupert	51:34
W55 Irene Herman	58:40
Gail Campbell	1:01:03
Monika McCool	1:02:56
W60 Laury Fisher	1:01:27
Ann Swanson	1:07:04
Suzanne Franco	1:07:12

W65 Barbara Miller	59:02
Eve Pell	1:02:28
Mary Walsh	1:15:31
W70 Barbara Robben	1:16:45
Dorothy Story	1:17:14
Peggy Kang	1:27:26
W75 Joy Johnson	1:26:44

Los Angeles Marathon Los Angeles, CA March 19

March 19				
Overall				
	2:08:40			
	2:25:10			
M35 JOHN KAGWE				
	2:15:32			
ODILON ROJAS	2:16:44			
SEQUEN FERMIN	2:31:12			
A. DE LA CRUZ TOMA	2:33:44			
HECTOR LOPEZ	2:42:18			
HECTOR OCHOA	2:43:36			
M40 JOSE ORTIZ PINA	2:33:23			
RUSSELL BOORE	2:36:15			
ROBERT BUSH	2:45:34			
ROBERT LEONARDO				
MARCO ARTEAGA	2:47:32			
TERESO YANEZ	2:47:42			
M45 STEPHEN SMITH	2:43:29			
CHUCK TEIXEIRA	2:51:16			
DAVID COLLOPY	2:55:39			
GARY ALLEN	2:53:46			
SHIGY SUZUKI	2:54:33			
ROBERT SCHAFER	2:54:48			
M50 HERIBERT PRANG	2:48:05			
PERRY FORRESTER	2:51:01			
ARTURO MARTINEZ	3:01:42			
JOHN HIRSCHBERGER				
RUBEN FRAGOSO	3:06:50			
M55 YOSHIHISA HOSAKA				
CARLOS SATURNO	3:02:21			
MAURILIO AMEZCUA				
HIROAKI TANAKA	3:15:58			
JUSSI HAMALAINEN	3:17:10			
M60 JESUS DIAZ	3:15:23			
RICHARD HILLESTAD	3:19:00			
MICHAEL MAHLER	3:20:52			
BENJAMIN BANDERAS	3:25:53			
M65 JAMES TOYOMA	2:56:59			
FRED PEREZ	3:33:12			
VILLEGAS VALEREANO	3:43:11			
RIGO MEWDOZA	3:45:22			
M70 DONALD BROWN	4:08:22			
KENJI TAKAMURA	4:23:22			
JOE VILLALPANDO	4:23:05			
M75 YOSHIO NISHINO	4:03:03			
GEORGE THOMPSON	14:54:34			
JONG SUNG KIM	5:08:44			
M80 MICHAEL PANG	5:14:03			
UBALDO CRUZ	5:24:57			
MONTY WEDDLE	6:27:31			
M85 SOVANN SRY	4:53:02			
W35 NUTA OLARU	2:30:30			
IRINA SAFAROVA	2:34:45			
CHRISTINE LUNDY	2:43:14			

CHRISTINE LUNDY 2:43:14 MARY KENNEY 3:04:47 W40 LYUDMYLA PUSHKINA 2:41:15 LINDA ROSENTHAL 3:20:04 DEBBIE STROSNIDER 3:20:42 KATIE TAPIA 3:28:02 ROSSANA ROBINSON 3:26:41 CARRIE BLAKEMORE 3:29:45

CARRIE BLAKEMURE 3:29:45
W45 MAGARITA CONDE 3:08:18
CHRISTA KOOT 3:36:30
KATHLEEN TRACY 3:34:26
PAM REED 3:37:49
MARIE ROMERO 3:38:09
BEVERLY BUSS 3:36:42
W50 TATYANA POZDNYAKOVA 2:35:46
PATTY PECK 3:38:36
MARIE WICKHAM 3:39:03
MARILYN KOOB 3:39:57
BARBARA BREGMAN 3:51:01
W55 ALFREDA IGLEHART 3:45:11
MARLENY HERNANDEZ 3:58:02
CHU YOUNG SHIN 4:04:18
MYUNG KIM 4:03:47 KAYOKO ISHII 4:11:27
W60 EVA VON BROMSSEN 4:08:59
SHARON DOLIN 4:09:59
HIROKO MINAMI 4:13:33
W65 MARILYN CLARK 4:16:36
KEIKO AI SHINJUKU-KU 4:28:09
ELLEN DEMSKY 4:41:11
EVELYN MACIAS 4:53:21
W70 VIRGINIA LESPRON 5:54:09
URSULA KRUMME 6:05:42
KATHLEEN CALLAWAY 6:05:44
W75 BYUNGYE KIM 6:21:59
EMILY HERNANDEZ 6:39:29
MONICA MORRIS 7:05:15
W80 MARGARET DAVIS 5:50:39
DOROTHY MORRISON 6:17:35
HORTENSE GUZMAN 8:41:34

San Jose, CA; March 26		
10K		
Overall		
Tom McGlynn, 33	31:59	
Heather Hanscom, 28	35:01	
M30 Tom McGlynn	31:58	
Jose Pina	34:58	
Michael Matthews	35:08	
M40 Jean Pommier	34:39	
Tom Gardin	36:05	
Paul Brown	36:14	
M50 Edward Casey	37:55	
Bobby McKee	38:41	
Salvado Martinez	40:25	
M60 Bill Bengiveno	42:48	
Wt Moore	45:15	
	THE R. P. LEWIS CO., LANSING, MICH.	

		_		_
	Carl Petersen		45:2	2
١	M70+Bob Swan	1	:01:0	S
١		1	:08:2	,
ı			:17:0	
ı	W30 Dina Rosenthal	1	37:1	
ı	Jennifer Miller		42:0	
ı			43:4	
١	Dawn Stephenson			
1	W40 Liz Gordon-Stoll		43:2	
ı	Carol Devack		43:4	
ı	Kelly Ramirez		44:0	
ı	W50 Honor Fetherston		42:3	ķ
ı	Martha Seaver		46:2	ď
ı	Maron Wang		50:5	ď
١	W60 Susan Brown		47:5	55
ı	Joan Kramer		56:3	Ľ
ı	Dawn Waterhouse		59:3	
ı	W70+Katherine Beiers		57:3	
١	J Colbath-Stewart			
ı			:07:1	
ı		1	207.1	•
ı	5K			
ı	Overall		-	
١	Kovin Diamoint 30		15.4	•

ooy comison	1-0
5K	
Overall	
Kevin Pierpoint, 30	1
Nicole Ellis, 13	2
M30 Kevin Pierpoint	1
Reece Lumsden	2
J Hong	2
M40 Jeff Mansukhani	1
Michael King	- 1
Mark Huffman	2
M50 Thomas Oconnor	1
Richard Benner	1
Joe Johnson	2

M50 Thomas Oconnor	18
Richard Benner	15
Joe Johnson	20
M60 Lino Fabela	2
John Conroy	22
Alexander Vago	2
M70+Donald Olker	29
J Van Den Bogaerde	35
Donald Masui	36
W30 Kimberly Matthews	23
0-1-0-1-	-

п	J van Den bogaerde	J
J	Donald Masui	3
Г	W30 Kimberly Matthews	2
	Carla Salas	2
П	Nicole Conragan	2
	W40 Jeanne Hirsh	2
H	Diane Pharris	2
1	Sheila McConville	2
		_

1	Shella McConville	4
ı	W50 Leslie Zane	2
ı	Linda Lucchesi	2
ı	Yolanda Amaro	2
ı	W60 Julie Casas	:
ı	Eleanor Willemsen	:
١	Judith Martin	:
ı	W70+Joan Masui	
1	K Hardy	3
1	Carmen Martinez	1

Carlsbad Masters 5000 Carlsbad, CA; April 9

1	Ove		
1	Sear	Wade 40	14:5
ı		en Ayala-Troncoso 47	
1	M40	Sean Wade	14:5
1	200	Dennis Simonaitis	15:03
1	2000	Peter Magill	15:10
١	M45	Jeff Gardner	16:04
ı	The sale	Lain Mickle	16:24
ı	-	Ed Bickley	16:5
١	M50	Rich Burns	16:10
١	- Balaid	Dave Parsel	16:3
ı	580 H	Dale Campbell	16:3
ı	M55	Nolan Shaheed	16:19
1	distal	Jerry Coziahr	16:2
١	5000	Gary Tuttle	17:59
١	M60	Fred Lindsley	18:5
١	10000	David Parke	19:23
١	1	Juan Cabeza	19:33
1	M65	Herb Phillips	18:12
	10.00	Steven Brenneck	20:50
1	S-MA	Gerard Reed	21:55
١	M70	John Brennand	20:23
١	14170	Carlos Valle	22:19
١		Frank Greene	22:49
١	M75	Gunar Linde	25:23
ı	10175	James Wilkie	28:04
١		Ollie Olivares	27:39
١	Man	Antonio Tejada	27:34
١	IVIOU	John Cross	32:08
1		Robert Bergen	35:17
١	1495	Donald Dilworth	39:11
١		Ceci St Geme	17:00
1	****	Carol Montgomery	
		Laura Stuart	18:11
	WAS	Carmen A-Trancoso	18:11
1	4445	Laster Charles	10.00
١	100	Lesley Chaplin-Swann	
	MEO	Elizabeth Baker	19:26
1	WSO	Marcella Teran	19:22
١	1000	Vickie Alexander	20:08
1	MEE	Denise Janneck	20:45
	W55	Edie Stevenson	20:33
ı	100		20:58
	14100	Christine Young	21:39
ı	W60	Wendy Watson	23:19

15:41 20:39 15:38 20:31 20:40 17:42 19:34 20:27 18:26 19:51 20:59 21:26 22:43 25:49 435:33 36:39 23:34 25:21 23:33 25:54 25:25 22:29 23:34 25:54 25:29 23:31 25:54 25:21 23:33 25:54 25:21 25:54 25:21 25:31 33:11 35:10 35:10 37:37

Alexander vago	25
M70+Donald Olker	29
J Van Den Bogaerde	35
Donald Masui	36
W30 Kimberly Matthews	23
Carla Salas	23
Nicole Conragan	25
W40 Jeanne Hirsh	23
Diane Pharris	24

Diane Pharris	24
Sheila McConville	25
W50 Leslie Zane	25
Linda Lucchesi	29
Yolanda Amaro	29
W60 Julie Casas	33
Eleanor Willemsen	35

	Wade 40	14:53
Carm	en Ayala-Troncoso 47	16:50
M40	Sean Wade	14:53
	Dennis Simonaitis	15:03
	Peter Magill	15:10
M45	Jeff Gardner	16:04
	Lain Mickle	16:24
	Ed Bickley	16:51
M50		16:10
	Dave Parsel	16:35
	Dale Campbell	16:37
M55	Nolan Shaheed	16:19
distant	Jerry Coziahr	16:21
5000	Gary Tuttle Fred Lindsley	17:59
M60	Fred Lindsley	18:55
1610	David Parke	19:23
AS ALL	Juan Cabeza	19:33
M65	Herb Phillips	18:12
Service of the least	Steven Brenneck	20:50
	Gerard Reed	21:55
M70	John Brennand	20:23
	Carlos Valle	22:19
1	Frank Greene	22:49
M75	Gunar Linde	25:23
time land	James Wilkie	28:04
	Ollie Olivares	27:39
M80	Antonio Tejada	27:34
	John Cross	32:08
1831	Robert Bergen	35:17
M85	Donald Dilworth	39:11
W40	Ceci St Geme	17:06
	Carol Montgomery	17:34
3000	Laura Stuart	18:11
W45	Carmen A-Trancoso	16:50
HELICO	Lesley Chaplin-Swann	18:28
200	Elizabeth Baker	19:26
W50	Marcella Teran	19:22
ESON	Vickie Alexander	20:08
200	Denise Janneck	20:45
W55	Edie Stevenson	20:33
Spinish	Sherri Curl	20:58
	Christine Young	21:39
W60	Wendy Watson	23:19
-	Dianne Rindt	23:41
100	Mary Orr	24:18
W65	Barbara Miller	22:24
	Kathleen Nitschelm	
100	Virginia Lopez	28:42
W70	Anne Garrett	28:33
Living.	Martha Walker	28:29
LEGIS	Constance Wilson	38:35
W75	Lenore Montgomery	25:14
A STATE OF		



JERRY WOJCIK
Medalists in the M40 60mH (I to r): John McKenzie, third (9.77), David Ashford, first (8.26), and Michael Burke, second (9.76), USA Masters Indoor Cham

Lois Gilmore	26:45
Stella Floyd	40:59
W80 Po Adams	41:21
W85 Gerry Davidson	41:09
W90 Marjorie Easton	54:46
Technical States were take all the facilities	RESERVED IN

NORTHWEST

Red Lizard 5-Miler, Lake Oswego, OR; March 5

25:16

1	53,000		
	Over	all	
		Clancy 23	25:16
		na O'Neil 41	29:48
	M40	Joe Dudman	26:47
	900%	Paul Gronke	29:27
	UN.	Steve Trautwein	31:60
1	M45	Tim Swietlik	29:47
١	10000	Steve Lafler	34:47
	1000	Chris Glassner	34:59
1	M50	Marvin Gladden	32:13
1	(Design	Kirk Vanmouwerik	
١	1970	Rick Lovett	35:16
1	M55	Mark Mochon	30:52
١	100	Robert Mow	34:27
١		Rex Surface	34:35
١	M60	John Kaiser	52:14
ı	10000	Lyle Boell	1:31:58
	M65	R C Peterson	50:13
1	White.	Lyle Boell	1:31:58
ı		Deanna O'Neil	29:48
ı	W45	Cheryl Tronson	32:10
١	DEF	Myra Klettke	32:32
ı	Barrie .	Janet Howard	36:52
١	W50	Betty Wagner	36:24
ı	- Inter	Laura Donnelley	44:03
1		Kathy Carlile	1:01:30
١	W55	Jeanette Groesz	34:36
1		Terry Simon	1:15:03
١		Nancy Gwin	1:26:06
١	W60	Eileen Holzman	40:58
١		Ilse Berkeley	45:01
١		Karen Deveney	47:35
١	W70	Jane Dods	49:19
١	The State of the last	The second secon	MIN. 2017 MATERIAL

Henry Weinhard's St. Patrick's Day Dash (5K)

Seattle, WA; March 12		
Ove	rall	
Jerry	Ziak, 29	15:20
	Strong, 27	17:29
M35	Emmet Hogan	16:39
100	Ben Sauvage	17:12
Car Str.	Steve Mattina	17:47
M40	Tony Young	16:31
-	Keefer Whan	16:36
100	Kevin Mcginnis	18:11
M45	Rob Lonergan	16:15
200	Scott Hopkins	17:48
1450	Mitch Parker	18:54
M50	Bob Prather	17:24
TE VA	Steve Bertrand	19:49
	Robert Hayman	19:53
M55	David Harris	20:25
1000	Patrick Mccarthy	20:31
Men	Jim Mcgill	21:17
MOU	Chris Steer David Jones	21:14
10000	Paul Benton	22:41
MEE	Dennis Ohare	25:03
MIOS	Joslin Timothy	22:42
200	Glen Jurges	25:40
MZO	Perry Dahlquist	32:37
10.70	David Danbom	34:17
I lake	Al Stipe	37:16
M75	Richard Goen	34:14
	The second	-

s inac	or Championships, i	Bostor	١
M80	Michael Greenwood	60:04	
W35	Gwen Greiner	18:02	
	Alysun Deckert	18:44	
	Heidi Washenberger	20:28	
W40	Jacqueline Vanallen		
	Kevette Smargiassi	21:59	ĺ
A POL	Tracy Livingston	22:33	
W45	Regina Joyce	19:11	
	Gail Hall	19:33	
	Catriona Dowling	20:10	í
W50	Ted Oulson	23:38	
	Norva Osborn	25:07	,
	Val Ritchie	25:17	,
W55	Phyllis Nelsom	24:00	į
	Carol Spear	25:20)
	Karen Lovick	27:53	š
W60	Judy Fisher	24:42	,
	Cele Gorman	29:46	ŝ
	Carol Gilbert	31:38	
W65	Jean Cornwell	30:51	
	Carol Kennedy	31:50	
	Trish Harter	32:58	
W70		29:12	
	Wilma Parker	31:44	
	Julia Reis	51:22	

Pear Blossom 10-Mile Medford, OR; April 8

	4062 11/0		
b	Ove	rall	
		anga Eap 24	1:00:03
ř		King 25	49:28
		Joe Dudman	55:14
7	Burne	Carl Hanson	58:27
	100	Peter Baughman	59:40
	M45	Brian Evans	1:01:54
2	14140	Mike Logan	1:03:04
		Todd Bosworth	1:03:13
ì	M50	Leonard Hill	57:11
Ĭ	IVISU	Gregory Christiansen	
1	1000	Bruce Stowell	1:05:12
31	MEE	Michael Holland	1:05:19
E	MOS	Ron Ackerman	1:07:18
31	2347		
Ž,		Fred Arnold	1:10:11
	M60	Colin Scott	1:10:41
	1000	Denny Brumback	1:14:04
		Walter Radloff	1:21:20
t	M65	Ron Dunlap	1:14:13
	N. F. St.	Robert Vaughn	1:14:52
H	23400	Jerry Evans	1:27:46
H	M70	Peter Fish	1:14:40
	Vieto B	Tom Glatte	2:00:56
H	- SALES	Russ Kennedy	2:02:54
	M75	Len Ramp	1:55:06
	M80	John Keston	1:23:38
ì	Mary C.	Richard Nordquist	2:00:47
	W40	Felicia Hazel	1:10:13
ij	分配中	Susan Waugh	1:12:57
Н	1515	Deanne Kuehl	1:19:42
H	W45	Kathy Ward	1:12:17
	34050	Jane Podolski	1:15:46
ij	7 5	Jennifer Sutter	1:17:30
Ū	W50	Marilyn Nippold	1:14:17
ŝ,	36500	Teresa Hogan	1:19:43
į,	1000	Toni Miller	1:20:10
'n	W55	Jeanette Groesz	1:10:16
Ē,		Anne King	1:24:38
į,	- Marian	Kat Powell	1:27:46
Н	Wen	Hanne Hoppe	1:30:46
И	*****	Gail Johnson	1:35:13
ü	-	Susan Hanlon	1:38:25
H	WEE	Marg Funch	1:37:26
	*****	Rhoda Clapperson	1:39:25
ř	3	Suzanne Rodkey	1:41:52
P	WZO	Jane Dods	1:40:24
ij	**/0	Sharon McMahon	
H	WITE	Eleanor Holbrook	
	44/2	Eleanor Holbrook	2.51:02

RACEWALKING

New Zealand Masters Athletics Championships Wanganui: March 5-6

3K RW	
M35 Andrus Lei	16:48.0
M50 Eric kemsley	14:47.2
Ian Bailey	16:33.9
M55 Peter Baillie	15:48.6
M60 Gary Little	15:04.4
Michael Burkinshore	18:24.9
M65 Eric Saxby	16:26.2
W35 Michelle Lei	16:27.0
W40 Vanessa Lowl	17:55.0
Christine Tuka	18:34.0
W45 Marcia Soanes	18:16.13
Lois Blackmore	18:48.2
W55 Sheryl Miratana	18:58.9
Margaret Bray	24:48.8
Valerie Campkin	
W60 Marion McIntosh	21:00.07
W65 Loloma Foster	21:24.90
W70 Glasina vd Veeken	24:59.5
10K RW	

	10K	RW	
	M50	Eric Kemsley	52:5
	Detries	Ian Bailegy	1:00:20
	M55	Peter Baillie	55:43
	M60	Gary Little	55:0
		Michael Burkinshaw	1:08:01
	W35	Michelle Lei	57:42
	W40	Vanessa Lowl	1:01:03
	W45	Marcia Soanes	1:02:40
ŀ		Lois Blackmore	1:05:34
	W55	Sheryl Miratana	1:11:39
		Margaret Bray	1:25:48
	W60	Marion McIntosh	1:13:32
	W65	Loloma Foster	1:14:35

NYC 5K Racewalk Central Park, NYC March 19

March 19		
22:40		
25:19		
25:35		
27:53		
29:23		
30:15		
34:44		
36:55		
35:01		
30:28		
34:10		
35:50		

Bill Mathews 10K Racewalk Championships/ USATF-FL Assn/USATF-SE 10K Racewalk Championships

-1	Championampa	
1	Orlando, FL; April 2	
4	Overall	
1	John Fredericks	57:46
ı	Sandra De Noon	1:05:40
1	M30 Juan Moscoso	59:56
1	M35 Ray Jenkins	1:06:10
4	M45 Steve Renard	59:23
9	M55 John Fredericks	57:46
1	Tom Forman	1:03:30
1	M65 Pete Bayer	1:08:30
1	M70 Robert Fine	1:14:20
1	M75 Danno De Mauro	1:18:28
ł	W40 Helen Kwiat	1:18:54
1	W50 Sandra De Noon	1:05:40
ı	Edna Ramsey	1:05:51
ı	Janine Campbell	1:09:27
1	W60 Sandy Hults	1:11:13