

NATIONAL MASTERS NEWS

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

334th Issue

June 2006

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The winning (51.26) Mass Velocity M60 4x100m team at the Penn Relays (l to r): Mike Milove, Warren Graff, Roger Pierce, and Sam Hall.

Collins, Harvey Break Records

Penn Relays Fans Cheer Masters

By PETER TAYLOR
PHILADELPHIA, Pa. – April 28-29. Once again, masters sprinters put on a great show at the world's largest track meet, the Penn Relays, with a three-day attendance of 114,191.

Running very well (and having the crowd notice) is essential, as, unlike the open, college, and high school competitors, the masters were originally poor stepchildren who had to earn respect at this meet. Even now, there

is no assurance that the masters are in the Penn Relays for keeps, as meet director Dave Johnson could easily fill the huge program while keeping masters on the sidelines.

Not surprisingly, Bill Collins was the biggest masters star on Friday. After anchoring Houston Elite to victory (46.29) in the M50+/W40+ 4x100 relay, Collins came back to face a unique challenge in the M55 100.

Continued on page 8

Nyanguincha First of 10,914 Masters Finishers

Biktagirova Repeats Boston Win

By JERRY WOJCIK

Madina Biktagirova, first masters woman in 2005, won that title again in the 110th BAA Boston Marathon on Patriot's Day, April 17.

Biktagirova, 41, of Belarus, who lives and trains in Albufeira, Portugal, ran a 2:30:06 to place eighth woman and win \$7400 for her overall finish and \$10,000 for first master. Last year, Biktagirova ran 2:32:41 for fifth place. She was fifth in the 2000 Olympic Marathon.

Tatiana Titova, 40, RUS/Gainesville, Fla., was 12th woman overall and second W40+ in 2:36:57, worth \$7100. Tere Stouffer, 40, Knoxville, Tenn., was third master (2:48:15).

Sammy Nyanguincha, 43, Nakura, Kenya, won the masters men's race with a 31st-overall 2:26:37, to take the \$10,000 masters top money. Richard Cartier, 44, Sainte-Adele, Quebec, Canada, took second in 2:32:06. Last year's winning time was 2:19:28 by Joshua Kipkemboi, of Kenya, who captured his fourth Boston masters title at age 46.

First U.S. master was David Herr, 40, Canaan, Vt., in 2:34:54.

Temperatures on Friday had been in the 80s, but, mercifully, cooled to the

Continued on page 6



VICTOR SAILER / PHOTO RUN
Tere Stouffer, third W40 (2:48:15), 110th BAA Boston Marathon.



Mary Roman broke the W70 U.S. superweight record, 36th Southeastern Masters Meet, Durham, N.C.

Carolina T&F Club Wins Team Title

Hosner, McBarnette Set WRs at Southeastern Meet

By PAUL HRONJAK

The longest continuously-held masters meet in the country, apart from the Nationals, the Southeastern Masters Meet had its 36th edition on May 5-7 at Wallace Wade Stadium at Duke University, Durham, N.C. The meet also hosted the USATF Southeast Regional Masters Championships and drew 280 entrants.

A little light rain fell on Friday, when the weight pentathlon and regular pentathlons were held, along with a few other events.

Mike Brown, M45 and M50 javelin world record holder, commented, "It was a very good meet. Great fellowship. We thought we'd have a washout with rains the day before, but just as the Red Sea parted for Moses, the clouds parted for the masters and it was perfect."

The warm weather did not seem to bother John Hosner, Blackburg, Va.,

who set an M80 world record in the mile, beating the old record by 18 seconds with a 7:33.55. In the same event, Lesley Chaplin-Swann, McDonough, Ga., made a gallant effort to set a W45 U.S. mile record, but came up a few seconds short with a 5:12.48.

Bruce McBarnette, Sterling, Va., tied the M45 world record of 2.00/6-6 3/4 by Asko Pesonen, of Finland, set in 1988.

Lillian Snaden, W75, Florence, S.C., increased her own U.S. record of 7.82/25-8 in the 12-lb. weight to 8.02/26-3 3/4, and established a record for the 20# superweight with a 4.96/16-3 1/4.

Mary Roman, Norwalk, Conn., set a W70 national record in the 25# superweight with a 5.77/18-11. Snaden holds the present record at 5.61/18-4 3/4 set in 2000.

The Fred Hardy awards of \$500 each went to McBarnette, 48, for the

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- Relay Age-Group Bests – p. 19
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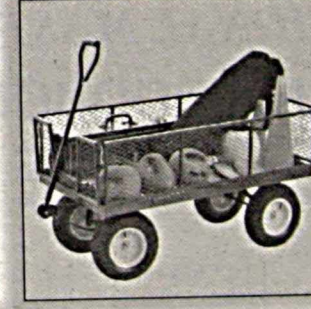
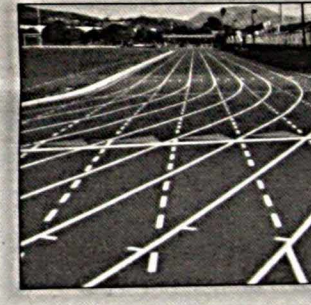
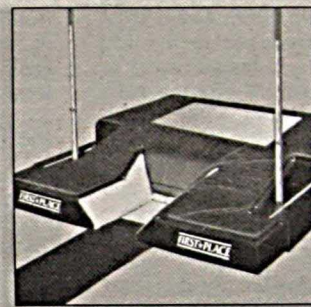
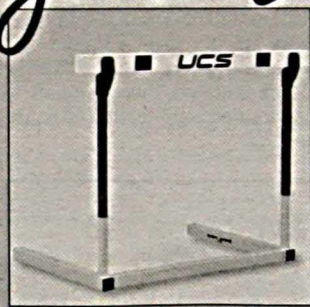
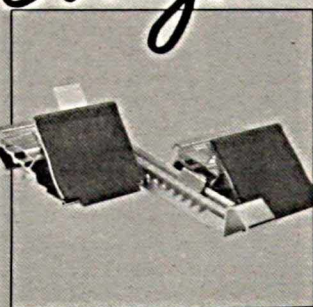
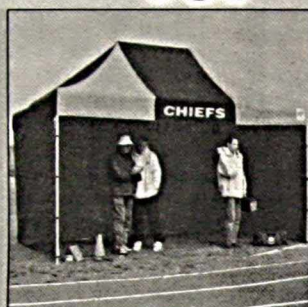
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Southeastern Meet

Continued from page 1

best age-graded field performance (98.0%), and to Oscar Peyton, 53, Accokeek, Md., for the best track performance of 23.30 (98.2%) in the 200.

Other cash awards were presented as follows: Maxwell Hamlyn Award (\$100) for the best age-graded mile went to Chaplin-Swann, 48, 90.93%, who edged out Charlie Rose, 73, Mooresville, N.C., who ran a 5:54.62, by 0.03%. The Bob Boal Award (\$100) for the best age-graded steeplechase went to Hillen von Maltzahn, 57, Troy, N.Y., for an 8:34.45 (92.4%), her first time over 90% and a European record.

In addition to cash, the following special awards were presented (all can be won once only in five-year age groups): Phil Raschker Award (best age-graded performance in the 100 and 200 races by a female) went to Regina Richardson, 41, Clayton, N.C. (100, 77.3%, and 200, 83.4%), who also won the pentathlon.

Ervin Mitchell Award (best age-graded performance in the 100 and 200 by a male) went to Roger Pierce, 61, Essex, Mass., (100, 92.5%, and 200, 92.1%).

The Nolan Fowler Award (best age-graded hammer throw) went to Mike Valle, 65, Hillsborough, N.C., 38.82, (70.9%).

The Bernice Holland Award (best combined performance by a female in the throws) went to Roman.

The Ed Barron Award (outstanding contribution to masters track and field) went to Don and Marian Lein, of Pittsboro, N.C., president and secretary, respectively, of the SEM U.S. Masters Association. Marian also does all of the awards at the meet, and

when it gets to be late in the afternoon on Saturday, she is one busy woman since everyone has a plane to catch.

In the Southeast Regional team competition, 46 teams competed, with the championship going to the Carolina T&F Club, based in Charlotte, N.C.

Second place came down to the last events, the 20K and 10K racewalks on Sunday morning, when the rain re-appeared. Carolina Godiva (an LDR club) edged out Florida Athletic Club by two points. Godiva went into these last two events with a slim, three-point lead and FAC's club president, Bob Fine, 74, did his best, winning the 10K walk for three points.

However, Godiva's Andy Briggs, 74, came in second in the 10K for two points, and Godiva held on to take second place.

At the awards banquet, it was announced that the meet's 36-year old name would be changed in 2007 to the Bob Boal Masters Track & Field Meet in memory of the meet founder and Hall of Fame Masters athlete. Marjie Boal (Bob's daughter) was present to accept a framed application for the 2007 meet. □

FIVE YEARS AGO June 2001

- Fedor Ryjov (41, 2:13:54) and Gitte Karlshoj (41, 2:36:36) First Masters in 105th Boston Marathon
- 48,000 Cheer Masters in Penn Relays
- Brendan Hilliard (43, 52:59) and Shirley Geerling (42, 63:34) Win in Broad Street 10 Mile

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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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Raymond Maloney	Foxboro, Massachusetts
Lawrence Rawson	New York, New York
Byford Reed	Greenwood, Indiana



KONRAD WOJCIK
Leonard Hill, M50, running in the Hayward Classic. This year's Classic is scheduled for June 24-25, Eugene, Oregon.



SUZIE HESS
Karen Steen, second W40 (4:48.87), 2005 USA National Masters Championships.

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The Complete Guide to RUNNING: How to be a Champion from 9 to 90

By Earl Fee

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Wednesday, August 23 _____

Thursday, August 24 _____

Friday, August 25 _____

Saturday, August 26 _____

Sunday, August 27 _____

At conclusion of competition _____

EVENTS Put an X

1. 100m _____

7. 2000m _____

13. 400m Hurdles _____

18. High Jump _____

22. Shot Put _____

28. Weight Pentathlon _____

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ENTRY FEES

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Weight Pentathlon

Athlete's Party

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TENTATIVE SCHEDULE

Wednesday, August 23: Opening Ceremony and Cultural Performance
 Thursday, August 24: 7:00am 8K cross country at Jacarandas de Cayala Park. men & women, all age categories,
 8:00am Mateo Flores Stadium: 5K race walk, 400m semi-finals (men & women), Pentathlon, (men & women), Shot Put (men), Javelin (women), 800m semi-finals (men & women)
 Friday, August 25: 8:00am Mateo Flores Stadium: Steeplechase, 800m finals, 100m prelims, Hurdles (80m, 100m, 110m), 400m finals, Long Jump, Pole Vault, Discus (women), Javelin (men)
 Weight Throw (women)- at La Democracia Park, Hammer Throw (men)- at La Democracia Park
 Saturday, August 26: 7:00am 10K Race walk (road), Simeon Cañas Avenue, Zone 2 in city, men and women, all ages
 Mateo Flores Stadium: 5000m run, 100m Finals, 300m & 400m Hurdles Finals, 200m semi-finals, High Jump, Shot Put (women), Discus (men)
 Weight Throw (men)- at La Democracia Park, Hammer Throw (women)- at La Democracia Park
 At conclusion of competition Saturday: Hotel Ramada, Zone 4, Guatemala City (meet Headquarters Hotel)
 NCCWMA Women's Meeting
 NCCWMA General Assembly Meeting (All are encouraged to attend. Voting limited to country delegates.)
 Sunday, August 27: 7:00am Half-marathon- Start and finish at La Reforma Avenue, men & women, all age categories,
 8:00am Mateo Flores Stadium: 1500m finals, 200m finals, 4x 100m relays, 4x 400m relays, Triple Jump
 Weight Pentathlon - at La Democracia Park; men & women all age categories
 3:00pm Closing Ceremony (Mateo Flores National Stadium)
 7:00pm Athletes' Party at Ramada Hotel

EVENTS Put an X in the box of the events that you are entering. Fill in the recent best mark 2005/2006 where space is provided. Each event is numbered.

1. 100m /	2. 200m /	3. 400m /	4. 800m /	5. 1500m /	6. 5000m /
7. 2000m	8. 3000m Steeplechase	9. 80m Hurdles /	10. 100m Hurdles /	11. 110m Hurdles /	12. 300m Hurdles /
13. 400m Hurdles /	14. 5000m Race Walk	15. 10K Road Race Walk	16. 8k Cross Country	17. 1/2 Marathon	
18. High Jump	19. Long Jump	20. Triple Jump	21. Pole Vault		
22. Shot Put	23. Discus Throw	24. Javelin Throw	25. Hammer Throw	26. Weight Throw	27. Pentathlon /
28. Weight Pentathlon					

DISCLAIMER: Waiver must be signed in order to participate in the Championships.

I hereby declare that I am in good health and that I am properly conditioned to participate in the Championships. I absolutely relieve WMA, NCCWMA, Master Association of Guatemala, Organizing Committee of the 2006 Regional Masters Athletics Championships and all sponsors of any responsibility for any injury, loss or damage to myself or my property which I may sustain in the course of (or in connection with), the 2006 Regional Masters Athletics Championships.

Competitor's Signature: _____ Date: _____

ENTRY FEES			
NCCWMA Fee	US\$	7.00	
First Event	US\$	20.00	
Additional Event(s)	x US\$	10.00	US\$ _____
Pentathlon	US\$	30.00	US\$ _____
Weight Pentathlon	US\$	30.00	US\$ _____
Athlete's Party	x US\$	20.00	US\$ _____
Medical Insurance-optional	US\$	9.00	US\$ _____
Total:	US\$		US\$ _____

PAYMENT: (ENTRY DEADLINE JULY 31, 2006)

Note that credit card payments will be charged 6% extra. Payment: US dollar money order or credit card (Master Card, VISA or American Express only) If using a money order, make payable to: AMAGUATE

For credit cards, please supply following information
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Third Wind

By MIKE TYMN

Was "Doc" Williams for Real?

Back in 1954, when I was a senior in high school, my classmate, James Jackson, tied Jesse Owens' long-standing national prep record of 9.4 in the 100-yard dash. I well remember that the world record then was 9.3. And so, I was a little surprised when I recently came across a book indicating that one Richard Perry "Doc" Williams of Miamisburg, Ohio, ran the 100 in 9.0 on June 2, 1906, at Winthrop, Mass. This was supposedly achieved on a measured track and with five watches on him. However, the Amateur Athletic Union did not recognize it as a world record as Williams, being a coach, was considered a professional.

This information is set forth in a book titled *The Super Athletes*, by David P. Willoughby of Laguna Beach, Calif. Strangely, the book does not list the publisher, copyright, or publication date, but it appears to have been published in 1968 as the stories run through 1967.

The Greatest

Willoughby makes a case for Williams being one of the greatest, if not *the* greatest, all-around athlete ever. He also credits Williams with running 100 meters in 9 4/5 seconds, about equal to the current world record, and 220 yards in 20 2/5 seconds.

Other track and field feats credited to Williams include 400 meters in 46 3/5, the mile in 4:25, a broad (long) jump of 26-0 1/2, a 47-9 shot put (16



"Doc" Williams

lbs.), and a discus throw of 142-9. Williams is said to have stood 5-9 and weighed 160 lbs. Willoughby states that Williams was given a score of 8930.5 points in the decathlon in 1912, although it is not clear whether this was a theoretical score or an actual one. It appears to me more theoretical as there is no indication of Williams having performed in the hurdles, javelin, or pole vault.

Willoughby quotes the legendary Jim Thorpe as calling Williams "the fastest sprinter who ever lived" and mentions that Williams surpassed Thorpe in 19 different track and field events. (Are there that many?)

No Limits

Off the track, Williams is credited with circling the baseball diamond in 12.0 seconds, throwing a baseball 415-3, chinning himself 48 times, doing 55 parallel bar dips, a vertical jump of 34.9 inches, a running high kick of 10-3, and a standing high kick of 9-6.

Also, he is said to have done a standing broad jump of 15-4 with weights and a backwards standing jump of 13-3, also holding weights. While not stating how much weight he held, Willoughby suggests that the weight aided his jumps as he could do "only" around 12 feet without holding weights.

Still more: On December 27, 1897, Williams high jumped 4-6 with ice skates. There was no official record for

the event then, but a record of 4-3 was claimed in 1910 by John Quinn.

According to Willoughby, Williams was born on April 21, 1874, in Cornwall, England, and began a coaching career at Tufts College, Mass., in 1899. The AAU then considered anyone coaching as a professional (I recall this still being the case in the late '50s.)

Williams took up weight training in 1902 after seeing and meeting Eugene Sandow, a vaudeville strong man. Before bulking up to 160, he was a "scrawny" 141 pounds. From 1900, when he was 26, to 1948, when he was 74, Williams is said to have played 14,659 games of one-wall soft handball without losing a single game. He died in 1966 at age 92.

More Talent

Another athlete considered one of the all-time greats by Willoughby is Donald Dinnie of Scotland, a Highland Games athlete, weightlifter, and professional wrestler. Born in 1837, Dinnie is said to have competed professionally until he was 63.

While noted primarily for his feats of strength, such as "putting up" a pair of 56-pound barbells 52 times in succession, Dinnie, who carried 218 pounds on a 6-2 1/2 frame, was credited with running the 100 (yards) in 10 2/5 seconds, high jumping 5-11 (scissors style), broad jumping 20-1, and putting a 22-pound stone 42-3. It was reported that, at age 75, he could "muscle out" a 56-pound weight on one hand.

Interesting Tidbits

Some other interesting feats noted by Willoughby:

Bert Goodrich, the first holder of the "Mr. America" title (1939) competed in track in high school, recording 9.8 in the 100, 21.4 in the 220, and putting the 16-pounder 47 feet.

Gustave Fristensky, known as "The Bohemian Hercules," ran 100 meters in 14 seconds while carrying 90 kilos (198.4 pounds) on his shoulders.

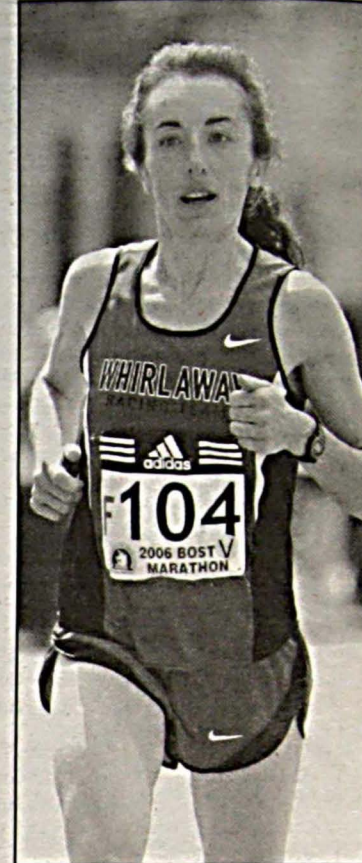
John Darby of Dudley, England, is credited with a standing broad jump (without weights) of 12-1 1/2, a standing high jump (with ankles tied together) of 6 feet, and a high jump of 6-5 1/2 by taking two hops prior to jumping.

Mildred "Babe" Didrickson set a baseball throwing record of 296 feet on July 25, 1931. Willoughby points out that the average female college student can throw a baseball about 132 feet. Didrickson also set the record for driving a golf ball, 327 yards. □

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



Gina McGee, fifth W40+ (2:55:03), 110th Boston Marathon.



Simonetta Piergentili, fourth W40+ (2:52:28), 110th Boston Marathon.

Boston Marathon

Continued from page 1

mid-50s with overcast skies at the start line in Hopkinton. Last year, the race-start temperature was a warmish 68-degrees.

Starters numbered 20,117, a substantial increase over last year's 18,319, with 19,688 finishing, a 97.9% rate. Of the finishers, 10,914 were age 40-and-over. Places were determined by net time, rather than chip time.

In the "Veterans" groups (50-59), Mark Courtney, 50, Grove City, Pa., won the men's race in 2:46:44 to hold off Scott Hajicek, 51, Lakewood, Colo., who was two seconds back in 2:46:46, an improvement on his third-place 2:50:33 in 2005.

Maria Rhoden, 50, Topeka, Kansas, won the women's race with a 3:16:15. Marie Wickham, 51, New York City, was second (3:21:48).

First in the 60-69 divisions, which Boston calls "Seniors," were Ron Enos, 60, Poway, Calif., in 2:58:42. Don

Coffman, 63, Stamping Grounds, Ky., first M60 last year (2:54:47), finished third in 3:06:26. Hansi Rigney, 64, Carmel, Calif., won the women's contest in 3:46:05.

The M70+ top finishers might have taken advantage of the cooler than last year temperatures. Harold W. Wilson, 73, Tyler, Texas, winner last year in 3:48:41, ran a much faster 3:37:20 to successfully defend his title. Jim Schleisman, 72, Jefferson, Iowa, second last year (3:55:45), was second again with a 13+ minute better 3:42:02.

Betty Jean McHugh, North Vancouver, B.C., Canada, at age 78, won the women's race in 4:46:10. Joy Rose, 71, New York City, fourth (5:29:41) last year, knocked off some 28 minutes to take second with a 5:01:12. Katherine Beiers, 73, Santa Cruz, Calif., last year's winner (4:54:52), raced to third this year with a 5:10:20.

Robert Cheruiyot, 27, Kenya, broke the course by several seconds with a 2:07:14. Rita Jepto, 25, Kenya, won the women's race in 2:23:38. □

DEADLINE

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

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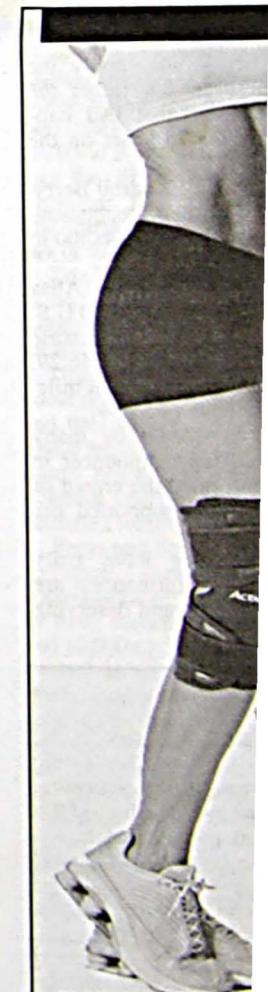
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Track & Field Report

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

Charlotte is Ready!

The question is, are you? Part of your Championship Games Committee (Jim Flanik, Carroll DeWeese and George Mathews) made our final site visit to this year's venue for the Outdoor Masters Track & Field Championships at the beautiful University of North Carolina - Charlotte, Irwin Belk Track & Field Center. Our bottom-line assessment: they are ready.

We were greeted with real Southern hospitality. Everyone, starting with meet director, Dr. Gordon Edwards, was very friendly and eager to please in all aspects of the meet. Several things came as a surprise to some of us.

Great Facilities

We started with the track, of course. This is a beautiful facility and is well maintained. A new hammer circle and cage have recently been put in. This can sometimes be a bad thing, but the concrete was done right and is ready to go for some record performances.

On hand, in addition to Dr. Edwards, was Tony Wayne, Coordinator of Officials, who will lead maybe the finest group of officials we have ever had for our championships. There were friendly negotiations concerning various aspects of the meet, ending with agreement that we believe will please most of our athletes.

We made sure there will be many tents to protect athletes from the summer sun.

Head Track & Field coach Robert Olesen was available to answer our questions.

On Thursday evening we attended The Championship Management Team Meeting, at which we were impressed by the number and quality of the people involved. Representatives from all aspects of the organizing committee were on hand to make their reports and answer any questions we had. We had a few.

Housing

The biggest surprise was the on-campus housing. Housing manager Laura Elam made sure we didn't refer to her housing as "dorms." Earlier, we had visited several on-campus housing buildings, which are the best we have seen for our meets. The Games Committee will be staying in this housing as well.

The units are either suites (two bedrooms, one bathroom) or apartments (four bedrooms, two baths) with individual air-conditioning controls for each unit. If you are traveling alone, the Visit Charlotte Housing Bureau will set you up with

suite/apartment mates. The best part of this, I think, is the cost at \$35-\$39 per night, which should make this meet very attractive to all our athletes.

For those wanting conventional hotels, the rates run from \$69.95-\$103.50. This is very reasonable for most people. We probably won't see rates much lower than this anywhere.

The food service manager promises great food when we want it and at a great price, \$57 (four breakfasts, three dinners), or \$88 (four breakfasts, four lunches, three dinners).

Dr. Brent Maxwell will have complimentary "Chiropractic Performance Care" available, as we had in Boston.

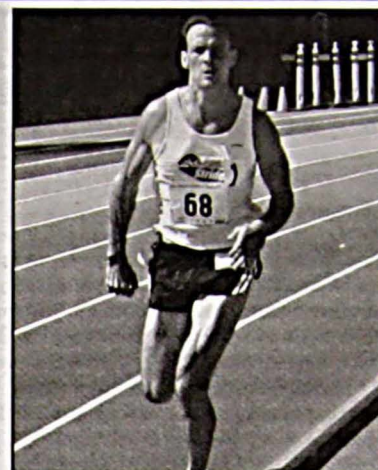
If all this isn't enough, I can tell you from personal experience that North Carolina is one of the best tourist destinations in the United States.

Entertainment

I spent many summers as a youth on the Outer Banks. I really enjoyed this "birthplace of flight" at Kitty Hawk (the Wright Brothers National Memorial), Cape Hatteras, the Kill Devil Hills sand dunes, and Nags Head. I particularly enjoyed the Lost Colony Outdoor Drama at the historic waterside theater on Roanoke Island in Manteo, NC.

You also have the beautiful Great Smokey Mountains to explore. Some might enjoy visiting the Lowes Motor Speedway in Charlotte. For those who like to go "fast," there is the Richard Petty Experience.

Charlotte also has Paramount's Carowinds Water and Theme Parks, Victory Lane Indoor Karting Center, and Balloons Over Carolina to name a few.



JERRY WOJCIK
Matt Bogdanowicz, second M35 in the 1500 (4:14.79), 2005 USA Masters Championships.

The National Whitewater Center will open in June, just 30 minutes from UNCC.

You can also find some of the best shopping in the U.S. in Charlotte and the surrounding area. High Point is nearby with the greatest offering of discount residential furniture anywhere in the world.

Book Flights Early

Located in one of the largest population corridors in the U.S., this meet should be our biggest ever. If you are flying in, purchase your tickets as soon as possible. The demand is high.

Everybody wants to be in Charlotte for these great championships. □

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



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Profile

By DAVE BALDWIN

Phil Shipp – Going from Good to Great

During the 2004 and 2005 track seasons, Phillip Shipp, 71, of Sedona, Ariz., met or exceeded All-American standards in every one of the 17 events in which he competed. While Shipp is a terrific all-around athlete, what makes his story so compelling is the dramatic improvement from good performances in 2000 to great performances in 2005. He had not competed in track during the 40 years before 2000. Now he is one of the elite athletes among the M70-74. It's more than talent and hard work. His carefully-planned training program deserves much of the credit for the improvement.

The Early Years

Born in Electra, Texas, his family moved to Glendale, Calif., when Shipp was one year old. He considers himself a native Californian. He played football in high school, and competed in track and field in high school and junior college. At Glendale C.C., he threw the shot 45-0 and the discus 130. He transferred to UCLA to study engineering computer science.

Initially, he had no intention of turning out for track. In his senior year, however, he walked on to the track team as a javelin thrower. His best throw was 180 feet. He never scored a point for the team, although in one track meet he missed third place by a slender one-foot margin to two-time Olympic champion Rafer Johnson.

After graduation in 1959, Shipp went to work as a computer engineer for a Glendale company. He worked for two other companies before he started his own firm in 1976. His specialty was helping small companies solve their system integration problems as they computerized business operations.

He sold his firm in 1996 to a large distribution company. He and his wife, Marianne, then retired to Sedona. Shipp and his extended family of three children and four grandchildren enjoy the wonders of Arizona's Red Rock Country, and recreational activities such as hiking, biking, fishing, and golfing.

Rediscovering Track & Field

Shipp had been physically active since college. He played tennis and golf, lifted weights, and participated in recreational running. He was unaware of masters track and field until the year 2000 when he was 65.

He happened to be jogging at Saddleback Community College the same day there was a masters meet. Soon after that, he entered his first track meet in four decades. He threw the shot 38-0, the discus 112-0, and the javelin 115-0, with the M60-69 implements.

He performed reasonably well for the next two seasons, but it was not until 2002 that he embarked on a serious training program. That's when his marks improved significantly.

Positive Results

Since the beginning of 2002, Shipp's typical week has been three days in weight training and three days of jogging and speed work on the track. His weight training session consists of 10 different exercises, three to five sets each.

Between weight-lifting sets, he walks on the treadmill. It takes him about two hours to complete a full weight-lifting session. On the alternate days, he either jogs for 30-45 minutes or does track speed work such as 10x100m or 10x60m hurdles.

Until recently, Shipp relied heavily on his strenuous aerobic and strength training to prepare for competition. He did not throw or jump more than twice each week.



Phil Shipp

In 2005, he began to focus more on practice for specific events. Because he already had a solid aerobic and strength foundation to build upon, he has been rewarded with some spectacular results at track meets.

National Records

In his first year as a master, at age 65, Shipp had some very good marks: decathlon 7001 points; pentathlon 3568 points; shot put 42-8; discus 147-2; javelin 131-0; high jump 4-9; and long jump 14-9. However, he got better with age!

With the exception of the high jump (4-8) and discus (137-10), Shipp improved his performance in all these events at age 70: decathlon 8086 (AR); pentathlon 3854 (AR); shot put 47-10; javelin 142-4 (AR); and long jump 14-11. In addition, as an M70, he cleared 9 feet in the pole vault and ran the 80mH in 14.7.

At national meets, he won the decathlon in 2003 and 2005, and finished second to Emil Pawlik in the decathlon in 2002 and 2004. Also, Shipp won the national pentathlon in 2001 and 2005, and finished second to Ed Oleata in 2002 and 2003.

Shipp proves the point that an athlete can actually get better with age if he or she works hard and follows an intelligent conditioning program. Look for Shipp to have continued success in the coming years—and possibly more U.S. records. □

Penn Relays

Continued from page 1

Just before the start, announcer Burton Ritchie did something almost unheard of in a track event (as opposed to the high jump or pole vault); he announced to the crowd that Bill was attempting to set a world mark in the 100 (existing mark was 11.57 by Britain's Ron Taylor).

Collins had not announced such an intention, but he responded to the challenge in magnificent fashion, simply "lifting out" of the field early. At perhaps 60 meters, Ritchie called for the crowd to help Collins set a world record, and he continued to fly. The time was 11.50, and the crowd roared. Collins reported later that to "see the fans stand up and applaud...took my breath away."

Earlier in the day, the crowd got to see how little difference there is between some of the younger masters and college sprinters. An all-star squad of Chris Faulknor, Courtney Muhammad, Tim Woods, and Rawle Crichlow rang up a 43.74 time in the M40+ 4x100, a little more than a second behind what the two best-known universities in Philadelphia did in their own heats (University of Pennsylvania, 42.40 for 3rd in its heat, and Temple, 42.53, 4th in its trial).

In the M50+/W40+ 4x400 on Friday afternoon, an Athena AC team of Michaeli Smith, Terri Graf, Julie Hayden, and Lorraine Jasper had just one competitor (Jasper) with Penn Relays experience, but this did not prevent them from getting under 66 seconds per leg with a 4:23.48; the listed club mark for W40-49 is 4:35.60.

"The crowd made the race for me," reported Smith, and Hayden was glad that "the exchange zone was not at the end of the straight." Penn has long curves and short straightaways, making the final run even shorter. Jasper said she spent so long in the staging area that her legs were dead when she finally got to run.

There is probably no harder place than Penn for newcomers to run well, given the paddock system, the difficulties in moving around the stadium, and the fact that the inside lane for the 4x400 is lane 5, which often means the baton exchange is in tight quarters.

At the front of the field was Houston Elite once again, with Collins running his third race of the day. The team of Collins, George Haywood, Horace Grant, and Charles Allie easily broke the M50-59 club standard of 3:44.15, and the crowd responded nicely to both their performance and that of Athena TC (note that an M50+ Sprint Force America team ran 3:37.20 at Orono in 2002, but the result was never entered in the record books).

Earlier on Friday, the "new Payton Jordan," Bobby Whilden, who ran a startling 12.77 100 last summer to set a world mark in M70, was featured in the M65 100 (original intention was to have a separate M70+ race). Whilden had not been at the Relays since 1957, when he anchored a University of Texas team to a scorching time of 41.1 for the 4x110 yards on a then much slower track.

Announcer Ritchie duly noted this history, and Whilden later reported that

"I felt a real sense of nostalgia when I heard the announcer referring to the 4x100 and Texas relay team."

Interestingly, the shuttle hurdles events were held on the other side of the track during the masters 100m program of sprints for M40 through M65, but it was simply "no contest," as the crowd found the masters events to be much more interesting. In this particular 100, Alby Williams (second in the M65 100 at Honolulu last year) prevailed in 13.07, with Whilden second in 13.38.

On Saturday the big masters event for many years has been the men's 75+ 100, and this year was no exception. The 75+ race was won by a rank outsider, Austin Leary, Worcester, Mass.

Leary, still working full-time as an insurance broker, had never competed in a track event in his life, having, however, run road races. Just before the race began, Leary panicked, he said later, as he had forgotten that "set" was the second command. Fortunately, the race was halted either by a false start, or because the announcer was talking, and Leary now recalled that "set" was command number two.

Leary settled into a sort of crouch and prepared to go once again, while daughter Timmary watched in the infield. In the early going, it was Wilton Gordon, of Maryland, and Bert Lancaster, of Pennsylvania, engaging in a furious battle that elicited thunder from the crowd, but Leary wore both of them down to prevail easily in 17.36.

He said later that it was the greatest event of his life – not simply the greatest athletic event but, rather, the greatest single thing that had happened to him in his 75 years on the planet.

An all-star squad of Kettrell Berry, McDuffie Allen, Cornell Stephenson, and Sal Allah won the M40+ 4x400 in an excellent 3:26.80.

Also on Saturday afternoon, Alisa Harvey crushed the existing W40 U.S. record in the mile (4:54.0, Laurie Binder, 1991) by running a 4:46.29, finishing eight of 10 in the open mile, won by Erin Donohue (4:35.99).

Bob Hersh, considered by many the top track and field announcer in the U.S., fully informed the crowd of Harvey's attempt and supported her during the race.

Thus, the masters have truly arrived, as their performances are considered noteworthy and deserving of great respect. □

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Age-Group R

As a masters sprinter who suffers from 15-20 years of age-related decline, of course, I could, of course, be compared to the best of the young and USA age-group records. I would like to summarize a recent publication and several future articles. These articles will examine the differences between the current T&F events and specifically with male age-group series will examine the American standards, and

What Was Analyzed?

To be able to compare in any given event to or had to establish a common all records of that event. I used the M35 as the standard. Interesting vault was the M40 WR M35. Thus, the M35 W here as the 100% performance all other performances are

The WRs for M95 and included in any of my considerations, due to the age of competitors in these age

One other manipulation allow for the desired conversion of the conversion of the

for a given sprinting or to speed or velocity (meters per second, m/s) world record for M35 established by Linford (10.03 s) is converted to thus the 100% standard. Therefore, Bill Collins' this distance (10.95 s) is m/s or 91.6% of Linford

The WR of Mike Bo in the 1500m converts to Lopes' (M35, 27:17.4) means that he ran 6.11

Unfortunately, certainly could not be manipulated and, thus, are not included. These are all the hurdle hurdle heights and run different ages) and the (different weights for d

Facts and Speculation

Figure 1 (below) is comparisons of age-groups in three running events and 10,000m. Immediately these three events for percentage of the M35 absolutely clear to sprinters actually decrease speed over the years of any of the other running

Obviously, my own performance my own poor performance. Nevertheless, all three although requiring difficult to have much in common of aging on performance. Whether one sprint 10,000m, the decline seems to be linear. Beyond that age, the



Masters Science

By AVITAL SCHURR

Age-Group Records – Beyond the Wow (Part I)

As a masters sprinter, I always felt that we, the short distance runners, are the athletes who suffer the greatest decline in athletic ability due to aging. This feeling could, of course, be subjective, based on comparing my personal best performances from 15-20 years ago to my present, slower times. Upon scanning the T&F world and USA age-group records included in the April, 2006, issue of NMN, I decided to put my feelings to the test. Hence, in a departure from my regular column, where I usually summarize a recent published scientific study on sports or sports medicine, the present article and several future ones will be based on my own analyses of existing data on T&F age-group records. These articles are an attempt to glean from this large vault of information an idea about the aging process of the masters athlete and the challenges that different T&F events may pose to the aging human body. While in this first article I deal specifically with male age-group world records (WR), other forthcoming articles in the series will examine female T&F WR, American records (AR), U.S. masters all-American standards, and masters racewalking records.

What Was Analyzed and How

To be able to compare the age records in any given event to one another, I first had to establish a common basis to which all records of that event could be compared. I used the M35 age-group WR as the standard. Interestingly, only in pole vault was the M40 WR better than that of M35. Thus, the M35 WR is considered here as the 100% performance to which all other performances are compared.

The WRs for M95 and M100 were not included in any of my analyses and considerations, due to the very small number of competitors in these age groups.

One other manipulation was needed to allow for the desired comparisons, namely, the conversion of the recorded times for a given sprinting or running distance to speed or velocity per unit of time (meters per second, m/s). For instance, the world record for M35 for the 100m, established by Linford Christie in 1996 (10.03 s) is converted to 9.97 m/s and is thus the 100% standard for this event. Therefore, Bill Collins' M50 record for this distance (10.95 s) is converted to 9.13 m/s or 91.6% of Linford's record.

The WR of Mike Bolt (M35, 3:31.91) in the 1500m converts to 7.01 m/s. Carlos Lopes' (M35, 27:17.48) 10,000m WR means that he ran 6.11 m/s.

Unfortunately, certain T&F events could not be manipulated in a similar way and, thus, are not included in my analyses. These are all the hurdles events (different hurdle heights and running distance for different ages) and the throwing events (different weights for different ages).

Facts and Speculations

Figure 1 (below) summarizes several comparisons of age-group world records in three running events (100m, 1500m and 10,000m). Immediately upon plotting these three events for each age-group as percentage of the M35 WR, it became absolutely clear to me that the 100m sprinters actually decline less in their speed over the years than the runners in any of the other running events.

Obviously, my original hunch about my own poor performance was wrong. Nevertheless, all three running events, although requiring different skills, appear to have much in common where the effect of aging on performance is concerned. Whether one sprints 100m or runs 10,000m, the decline in one's performance seems to be linear up to age 70. Beyond that age, the decline in perform-

ance appears to accelerate, causing the plot to curve downward.

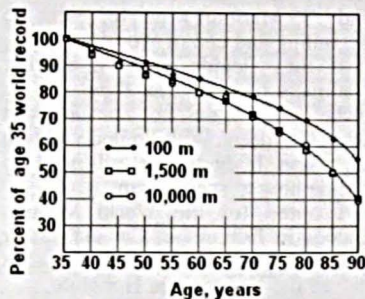


Figure 1. This graph shows the M35-M90 age-group world records (WR) in 100m, 1500m and 10,000m. The records are plotted as percentage of the M35 WR.

Does this accelerated decline in performance beyond age 70 also signal an acceleration of the aging process? Interestingly, the M90 100m WR is better than 50% of the M35 WR, meaning that the M90 100m record holder ran the distance at a speed faster than half the speed of the M35 record holder.

In contrast, the M90 records for both 1500m and 10,000m are below the 50% of the M35 records. The only other T&F events (except racewalking) in which the M90 WR are better than 50% of the M35 WR are 200m and high jump (HJ).

The plots of the WRs for 1500m and 10,000m are indistinguishable from one another, a fact that may indicate that both events require very similar muscular, vascular and respiratory systems.

The records themselves do not allow one to determine whether the sprinters of the 100m do better than the longer distance runners because they run a shorter distance, or because sprinting slows down the aging process, or due to a combination of the two.

Figure 2 shows the WRs for M35-M90 age-groups in all four jumping events: long jump (LJ), triple jump (TJ), HJ and pole vault (PV).

The difference between these plots and those shown in Figure 1 is striking, as the jump plots do not curve at any age; they are linear throughout the age spectrum and the decline in performance over age is steeper, except for the HJ WRs plot, than for the plots of the running events.

Both, the LJ WRs plot and the TJ WRs plot, are indistinguishable from one another. The plot for the PV WRs is the

steepest among the jumping plots.

There are two anomalies on the PV WRs plot. One has to do with the fact that this is the only event in which the M40 WR is better than the M35 WR. It is tempting to predict, based on this plot, that the M35 WR in pole vault, now standing at 5.30m, will be improved to a height of approximately 5.88m.

The other anomaly is the M90 WR (1.42m), which is lower than the expected record, if one is to rely on the plot as a predictor. Thus, the M90 WR should be closer to 2.11m.

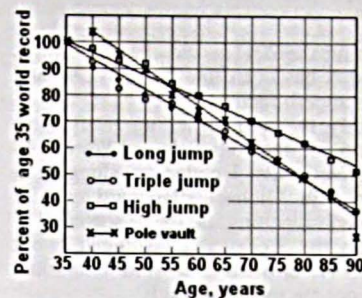


Figure 2. This graph shows the M35-M90 age group world records (WR) in long jump, triple jump, high jump and pole vault. The records are plotted as percentage of the M35 WR.

The steepness of the PV WRs plot could hint at a stronger effect of aging on this particular event due to the fact that both upper body strength and speed are required. Alternatively, due to the first anomaly (the M40 WR), as indicated above, if and when the M35 WR is improved, the steepness of the plot would be moderated to fit the slope of the LJ WRs



SUZIE HESS

Bruce McBarnette, first M45 (1.96) in the high jump, 16th WMA Championships, San Sebastian, Spain.

and TJ WRs plots. This latter possibility is more plausible, since all three jumps require speed, strength and technique.

In summary, different T&F events impose different requirements on the masters athlete's body, as is evidenced by the rate at which the age-group world records are declining in comparison to the age 35 WR. Some of these requirements are affected by age more than others. □

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

Bend Open/Masters Track & Field Meet

Saturday, August 12th, 2006

Sponsored by Masters T & F Committee USATF-OR & the Central Oregon Runners Club - Held at Bend High School - 230 NE 6th, Bend, OR. For more information, contact Suzi MacLeod before 9:00 PM at 541-382-4264 or email: bendtrackmeet@yahoo.com or website: www.bendtrackmeet.com • USATF Membership required to compete.

Meet Headquarters:
Phoenix Inn, 300 NW Franklin Ave, Bend, OR, 97701
Daily 24 hours
Tel: (541) 317-9292
Toll Free: (888) 291-4764

Age Eligible for Competition:
Open
Women: ages 14-29
Men: ages 16-29
Masters
Men and Women: ages 30+

Instructions:
• Make checks payable to: Bend Track Meet
• Send entry form and check to: Carol McLatchie, 2949 NE Lotno Drive, Bend, OR, 97701
• Entries must be received by August 9, 2006
• \$10.00 Late entry fee (after August 9th up until an hour before the event entered)
• Medals to first 3 places in each event, 5 yr age div. for Masters. There are no age divisions for Open
• Entry packets must be picked up prior to competing
• Registration closed 1 hour prior to event
• \$10 entry fee per relay team; pay at meet time.

Tentative Schedule for Meet		
Track Event	Time	Field Event
5,000m run	8:00 AM	
5,000m Fitness walk	9:00 AM	Long Jump-Men 60+ & All Women Javelin-Men 16-59
	10:00 AM	Pole Vault-starting heights below 10ft*
Mile run	10:30 AM	*Discus-Men 60+ & All Women
80m Hurdles	11:00 AM	High Jump-Starting 4ft* and above
100m Hurdles	11:20 AM	Shot Put-Men 16-59
110m Hurdles	11:40 AM	Long Jump-Men 16-59
100m Dash	12:00 Noon	Javelin-Men 60+ & All Women
400m Dash	12:40 PM	Shot Put-Men 60+ & All Women
	1:00 PM	Pole Vault-starting heights 10ft* and above Triple Jump-Men 50+ & All Women
800m Run	1:30 PM	High Jump-Starting height below 4ft*
200m Dash	2:00 PM	*Discus-Men 16-59
300m Hurdles	2:40 PM	Triple Jump Men 16-49
400m Hurdles	3:00 PM	
4x100m Relay	3:15 PM	
4x400m Relay	3:30 PM	

*Discus: We don't know if this event can be run until the end of school track season.

* Implements for field events must be checked in 1 hour prior to event. Some implements will be available for use.
• Meet support provided by USATF-Oregon and NW Region Masters.

Please Print Entry Form – Bend Open/Masters Meet – 2006

Name _____ Age(8/12/06) _____ Birth Date ____/____/____

Address _____ City _____ State _____ Zip _____

Phone _____ Club Affiliation _____ Male _____ Female _____ USATF # _____

Events	Best '05-'06 Mark
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____

Entry Fees

1 Event \$10 _____

Each additional event \$5 ea _____

Late fee after 8/09/06 \$10 _____

Total enclosed \$ _____

Waiver: Must be signed to compete
I waive all rights that I or my heirs or assigns may have against the Central Oregon Runners Club, Bend High School, the USATF-Oregon arising from any injury, illness or accident that I may sustain in arriving to, participating in, or departing from this event. I declare my good health to participate in this event.

Signed _____ Date _____ Rev. 6, May 8, 2006



Masters Racewalking

By ELAINE WARD

Racewalkers Recount Experiences at Championships – Part IX

This, the final 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

Tommy Aunan, M45. Nationals: 5K, 1st, 26:31.46; 10K, 1st, 55:28.0. Worlds: 5K, 10th, 26:32.76; 20K, 18th, 2:08:45. (Bronze Medal 20K Team: Alberto Medina 1:51:46, Chris Rael 1:54:53, Tommy Aunan 2:08:45; Total 5:55:24.)

Honolulu was a great venue for the National Masters Championships. Beautiful setting, great facilities and many friendly people. This venue is right up there with my other favorite venue—Eugene, Oregon.

San Sebastian is an awesome place, picturesque with great facilities. I had a great stay and met my goal of getting a world championship medal. Would definitely go back again. However, I can't complain about future venues in Riccione, Italy, in 2007, and Lahti, Finland, in 2009. We are up for some great championship places.

I have contacted the Bislett Alliance in Oslo, Norway, to try to have them

bid for the 2011 world championships. Bislett has been totally renovated and is a superb facility.

My two most exciting races were the 5K in the Nationals and Worlds. In the Nationals, I ended up slugging it out with Michael Blanchard and he ended up getting me by 10 seconds.

In the World 5K, I slugged it out with Alberto Medina from Texas and he got me by 3.4 seconds!

These were exciting races, where I feel I raced to my potential.

The 20K in San Sebastian was a big letdown for me. I had no pep or pressure in the cooker and ended up with a time of 2:08 in a race where my goal was 1:55. Not a good race for me, but we won the team bronze medal.

My training had very good volume 4-5 sessions per week from March on. I competed often and did eight races before Hawaii.

When I get on the start line, some-

times I'm a little nervous; other times I'm calm and confident. My best races are usually when I follow the strategy I've laid out in my mind preceding an important race.

For example, in 2003, I got beaten badly by Blanchard at the Hayward Classic a few weeks before the Eugene Nationals. Learning from this, my strategy in Eugene was to hang onto Blanchard in the 5K for my life and try to outspurt him.

During the race, I stayed behind like I was glued to him until one-quarter lap remained. Then I started my sprint to the finish. My strategy worked and I got him by half a second!

Michael Blanchard, M40. Nationals: 5K, 1st, 26:41.33; 10K, 1st, 55:06.

Honolulu was a great place to have the Nationals. I decided to stay an additional week and went scuba diving around Oahu. I also went to Pearl Harbor and visited the USS Arizona and USS Missouri which represent the beginning and end of World War II.

If they decide to have another Nationals in Honolulu, they need to make sure it does not conflict with other big meets. With limited vacation time and budgets, we all need to decide how to spend them.

I opted for the World Masters Games in Edmonton, Canada, rather than going to Spain. It was ten days before the Nationals in Honolulu.

The Hawaii Nationals ended a great season of racing for me. My times were the best I've had in years. The gold medal in the 10K was the tenth time I have been a national masters champion.

I also got a silver medal in the 20K in Canada and took two gold medals at the State Games of America in Colorado Springs in the 1500m and 3000m racewalks.

After the indoor championships in March, my training was aimed at having a good 20K in Canada. I would do a long workout of 20-25K on Saturdays and a 5K race or ride my bike for an hour or so on Sundays.

During the week, I worked with the Phidippides Track Club on Tuesdays doing various interval workouts. I also



JERRY WOJCIK
Norm Frable, second M55 (27:14.85), 2005 USA Masters Championships. The 2006 championships are scheduled for Aug. 3-6 in Charlotte, NC.

did a few workouts a week that ranged from three to ten miles, with at least one day off to rest and recover.

I worked a lot on trying to pace myself, which helped, because I was able to pull away from anybody who was close to me late in a race.

Winning the silver medal in Canada was a great reward for my months of training. □

(Elaine Ward can be contacted by e-mail at narwf@sbcglobal.net)

TEN YEARS AGO June 1996

- David Raunig (41, 32:14) and Susan Ray Baymiller (52, 37:57) First in Masters 10K Championships on Long Island
- Milt Silverstein, 76, Wins Penn Relays M75+ 100m (14.64)
- Vanessa Hilliard, 55, Breaks Records in Florida Meet

Klevan, Loken Top Masters in

27th Annual Blue Cross Broad Street 10 Mile

Running 10 miles on Philadelphia's longest street with some 14,000 entrants, Fred Klevan and Susan Loken captured masters titles in the 27th annual Blue Cross Broad Street Run on May 7.

Klevan, 44, Merion Station, Pa., was 22nd overall with a 52:00. John Carroll, 43, West Chester, Pa., ran a 53:07 for the second masters spot. Bob Schwelm, 47, of Philadelphia, M45 winner in 53:13, was third M40+.

Loken, 42, Phoenix, Ariz., winner (2:50:01) of the women-masters-only More Marathon in New York City in March, finished with the women leaders, running a fifth-female 58:28.

Doreen McCoubrie, 44, Malvern, Pa., was close behind for a seventh-

place 58:46. Stephanie Hodge, 40, Long Island City, N.Y., was 15th woman in 61:59.

Chris Chattin, 54, Columbia, Md., posted one of the top masters performances among the age-group winners with an M50 first 53:17. Susie Farrell, 62, Malvern, Pa., won the W60 race in 1:14:53.

Norman Green, Jr., 73, Chesterbrook, Pa., former, long-time USATF Masters LDR Chair and holder of more than 20 USA long distance records, won the M70 race with a 1:14:41.

The race, organized by the Philadelphia Department of Recreation, offered \$10,500 in prize money and included a Health and Fitness Expo on May 5-6. □



2006 USA Track & Field of Oregon

Masters & Open Combined Events Association Championships June 17-18

McCulloch Stadium • Salem, Oregon

Directions to Willamette University: From the I-5 Freeway, take exit #253 (N. Santiam, Hwy. 22) west to 12th St. At 12th St. continue ahead for approx. 1/4 mile to the stadium located on the left. **Please do not park in the Hospital parking lot.**

Please check the Oregon Assn. Website at: www.usatf-oregon.org for Event Time Schedules and other important info.

Entry Form

- Master's Women Pentathlon \$10.00
100m, HJ, SP, LJ, 800m run
(Masters ages 30+)
- Master's Open/Women Heptathlon \$16.00
100m, HJ, SP, 200m, / LJ, Javelin, 800m
(Open ages 19-29) (Masters ages 30+)
- Masters/Open Men Decathlon \$16.00
100m, LJ, SP, HJ, 400m/100m, Dis, PV, Jav, 1500m
(Open ages 19-29) (Masters ages 30+)
- Masters Men Pentathlon \$10.00
LJ, Javelin, 200m, Discus, 1500m run
(Masters ages 30+)

Yes, I will need ADA accommodations
Documentation must be received by 5/31/06

Send entry form to: Meet Registrar
P O Box 3547, Salem, OR 97302
Checks must be payable to USATF of Oregon.

Waiver: Must be signed to compete
I waive all rights that I or my heirs or assigns may have against USATF, Inc., USATF-Oregon, and Willamette University arising from any injury, illness, or accident that I may sustain in arriving to, participating in, or departing from this event. I declare my good health to participate in this event.

Signed: _____

Date: _____

Pre Registration Required (No Day of Meet)

Entry Form—2006 Combined Events Championships

DEADLINE: MUST BE RECEIVED BY JUNE 15, 2006

Please Print

Name _____

Address _____

City _____ State _____

Age (Day of Meet) _____

Birth Date _____

Male _____ Female _____

Phone _____

Club Affiliation _____

USATF # _____ (required)

RRIC Ta

Marathons Hold S

2005 Marathon S

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Year & Estimated

1976 25,000

1980 120,000

1990 236,000

1995 312,000

2000 389,000

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2005 U.S. Marath

Citizen's Bank Phil

Rite Aid Cleveland

City of Los Angele

Honolulu

LaSalle Bank Chic

Boston

Event

Female Juniors

Male Juniors

Females 20-29

Males 20-29

Females 30-39

Males 30-39

Female Masters 4

Male Masters 40+

Females 50+

Males 60+

Honolulu 18.3%

Who's #1?

For 2005, the I

largest marathon tit

2004 mark of 36.5

LDR Report

By Ryan Lamppa

RRIC Annual Marathon Report: Tables, Trends and Totals

Marathons Hold Steady in the U.S. and Worldwide

2005 Marathon Snapshot

In the U.S., there was a 2.2% increase in finishers for the same 234 marathons for 2004 and 2005, while outside the United States, after years of steady race growth, the same 79 marathons in both years showed a slight decline of 1.5%.

Year & Estimated U.S. Marathon Finisher Totals

1976	25,000	2001	366,000
1980	120,000	2002	388,000
1990	236,000	2003	400,000
1995	312,000	2004	423,000
2000	389,000	2005	432,000

Over the past decade, large inaugural marathons such as the Rock 'n' Roll Marathons in San Diego and Phoenix have fueled the marathon's mainstream appeal and reach, and in 2005, the New Las Vegas Marathon with 8159 finishers continued that trend of excitement and growth. However, unlike recent years, 2005 had only one inaugural marathon – out of over 20 – with over 1000 finishers.

Last year, there were 58 U.S. marathons with at least 1000 finishers which tied the 2004 record (the old record was 54 in 2001 and 2002). Twenty years ago, there were only 25 U.S. marathons with 1000 finishers or more. In addition, 2005 set a record as those 58 aforementioned U.S. marathons totaled 322,142 finishers surpassing the 2004 total of 306,689.

2005 U.S. Marathons (> 1000 finishers) with the...

... Fastest Median Times

	1995	2000	2004	2005
Citizen's Bank Philadelphia	3:41:47	4:01:19	4:04:38	4:02:57
Rite Aid Cleveland	3:55:51	3:57:04	4:05:47	4:05:38

... Slowest Median Times

	1995	2000	2004	2005
City of Los Angeles	4:50:30	5:14:33	5:53:01	5:26:49
Honolulu	5:50:19	5:49:23	5:42:41	5:39:40

... Most <4 Hour Finishers

	1980	1995	2004	2005
LaSalle Bank Chicago	2256 (62%)	4286 (50%)	8868 (27%)	10740 (33%)
Boston	6591 (72%)	6467 (68%)	5490 (33%)	10260 (59%)

... Most Finishers in Certain Age-Groups

Event	2005	Subtotals
Female Juniors	City of Los Angeles	1123
Male Juniors	City of Los Angeles	1480
Females 20-29	LaSalle Bank Chicago	5464
Males 20-29	LaSalle Bank Chicago	4022
Females 30-39	LaSalle Bank Chicago	4880
Males 30-39	ING New York City	8484
Female Masters 40+	ING New York City	4726
Male Masters 40+	ING New York City	13265
Females 50+	Honolulu	1926
Males 60+	Honolulu	1552

... Highest Percent Women

2005			
Nike Women's 91.3%	Portland 55.5%	Rock 'n Roll San Diego	53.2%

... Highest Percent Men

2005			
Rite Aid Cleveland 69.7%	ING New York City 67.3%	Toyota Prius Miami	67.2%

... Highest Percent Masters (40+ yrs)

2005			
Boston 54.8%	Big Sur 52.4%	Toyota Prius Miami	52.0%

... Lowest Percent Masters (40+ yrs)

2005		
Honolulu 18.3%	Nike Women's	27.6%

Who's #1?

For 2005, the ING New York City Marathon with 36,856 finishers kept its largest marathon title – which again made it the largest marathon ever, bettering its 2004 mark of 36,562 finishers. For the second time ever, four marathons – ING

New York City, Flora London, LaSalle Bank Chicago and real,-Berlin – surpassed the 30,000 finisher total; in 2003, the same four also did the same. 2006 could see for the first time five marathons with 30,000 finishers or more as this year Paris had a record 30,739 finishers.

Finally, like past years, the U.S. again had six of the 10 largest marathons in the world. For the largest marathon lists, see below.


2005 World's Largest Marathons (finishers):

1) ING New York City, NY	36,856 (largest ever)
2) Flora London, GBR	35,260
3) LaSalle Bank Chicago, IL	32,951
4) real,-Berlin, GER	30,382
5) Paris, FRA	28,765
6) Honolulu, HI	24,261
7) City of Los Angeles, CA	20,638
8) Marine Corps, DC	18,841
9) Boston, MA	17,528
10) Olympus Hamburg, GER	17,488
11) Coca-Cola Zero Rock 'n' Roll, CA	17,113
12) Naha, JPN	14,882
13) Chosun Ilbo Chunchon, KOR	14,681
14) Stockholm, SWE	12,700
15) Ford Cologne, GER	10,922

2005 U.S. Largest Marathons (finishers):

1) ING New York City, NY	36,856 (largest ever)
2) LaSalle Bank Chicago, IL	32,951
3) Honolulu, HI	24,261
4) City of Los Angeles, CA	20,638
5) Marine Corps, DC	18,841
6) Boston, MA	17,528
7) Coca-Cola Zero Rock 'n' Roll, CA	17,113
8) New Las Vegas Marathon, NV	8,159 (inaugural)
9) Twin Cities, MN	7,753
10) Walt Disney World, FL	7,730
11) P.F. Chang's RnR Arizona	7,365
12) Portland, OR	7,191
13) Grandma's, MN	6,888
14) Citizen's Bank Philadelphia, PA	5,861
15) HP Houston, TX	5,712

(Source: Road Running Information Center – www.RunningUSA.org)




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On The Run

By HAL HIGDON

Boston Breakthrough: Kenyans Win, but Americans Excel

After attending the Boston Marathon last year, I wrote a column for National Masters News bemoaning the fact that no American male had won since 1983. It was titled: "Where are the Contenders?" I pointed out the principle reason for this fact, and it wasn't only because of the physical superiority of the Kenyans. We failed to win largely because we didn't try to win.

We didn't show up. Our best runners ran elsewhere as though so convinced of the superiority of African runners that even placing in the top ten at Boston seemed an impossible dream.

Showing Up

This year we finally showed up. And while Kenya's Robert Cheruiyot won in a course record 2:07:13, followed a minute later by teammate Benjamin Maiyo, Meg Keflizighi, Brian Sell and Alan Culpepper finished 3-4-5 for the home team. Peter Gilmore took 7th and Clint Varron 10th, putting five Americans in the top ten.

I'm not certain how much credit I can claim, but even before my column appeared online, I sent a copy by email to Keith and Kevin Hanson and challenged them to show up in 2006 with the Brooks/Hanson team, the group of runners that the Hanson Stores sponsors in Rochester, Michigan. I received a quick response from Kevin, "We're going."

In all honesty, the Hansons may have intended to invade Boston before my column appeared, but I'll take some credit for adding some momentum.

Team Tactics

One reason the Kenyans win Boston is their team tactics: They often pack what seems like a dozen runners up front, running together, supporting each other. Most fade; a few survive and grab most of the prize money.

"I would love to see a sea of yellow shirts in the front pack in 2006," I told the Hansons. (The Hanson/Brooks runners wear yellow singlets.)

I did not see much yellow up front in the early miles, since the team from Rochester, Michigan, chose a conservative beginning, but you can't argue with the results: Sell moved up in the last miles to grab fourth; Varron plac-

ing tenth. All told, the Hansons had seven runners in the top twenty-five.

Worthy Challenge

So finally, the Americans showed up, and although there was no team score for nations, if you match the top five Kenyans and our top five, the USA would have won. This is not to ignore Cheruiyot's victory or the victory on the women's side by Rita Jeptoo of Kenya.

But alas, no American women in the top ten, which is sad because Deena Kastor passed Boston to run London this year. Don't tell me that there are no other American females capable of running faster than 2:32, which would have earned a top-ten finish.

I am excited by the showing of the Americans in this year's Boston Marathon, but we still haven't won the race. Show up next year with the same attitude, guys, and maybe we will. And could you bring some of the gals with you? □

(Hal Higdon is the author of Masters Running. He placed fifth, first American, in the 1964 Boston Marathon with a time that still would be top-twenty-five today. Check out his training information at www.halhighdon.com.)

FIFTEEN YEARS AGO June 1991

- Joan Colman, Shirley Matson Set Records in Carlsbad 5K
- Doug Bell, 40, Runs 14:02 in Fontana 5K
- Wilson Waigwa, 42, Wins Penn Relays Masters Mile in 4:08.24

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Suzanne Rodkey (l), second W65, and Jane Dods, first W70, Avenue of the Giants Half-Marathon, Humboldt Redwoods State Park, Calif., May 7.

Masters Take Big Strides in the Avenue of the Giants Half-Marathon

By JANE DODS

On May 6, I headed south from Eugene, Ore., towards Humboldt Redwoods State Park, California, to run the Avenue of the Giants Half-Marathon on May 7. This was the 35th annual event, which now comprises a marathon, half-marathon and 10K. It is no easy task to handle three different races, but the organizers make it look easy.

There's plenty of parking along the Eel River, plenty of course monitors, plenty of food and drink, and plenty of porta-potties.

I had competed in the half last year at age 69 and vowed to come back this year to try to break the W70 course record, only three minutes faster than my finishing time in 2005. Turning 70 in December and becoming the baby of the age-group once again has really inspired me.

The half-marathon course is out-and-back, mainly uphill to the turnaround point, then heading back downhill to the finish. Last year the first part of the

course wiped me out. This year, however, being smarter, I was able to run negative splits and clip the course record of 2:23:50 by almost two minutes, finishing in 2:22:01. The award was a beautiful framed poster of the event.

The masters star of the day, however, was Mary Hanna, 44, who was first woman overall in the marathon with a 2:59:19. The men's masters winner was Bryan Smith in 2:43:01.

The half-marathon masters champions were Kenneth Hight, 44, 1:22:18, and Elizabeth Sinna, 40, 1:39:11, and conquering the 10K course were Michael Kostove, 40, 40:23, and Karen Poole, 43, 45:21.

The weather was perfect, and running under the canopy of the magnificent redwoods was a real joy (soaking in a hot bath after the race was also a treat).

May this event go on forever. I'll check it out again in five years (or perhaps earlier if my record gets wiped out before that time). □

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Dalton, Benson Win Hudson Mohawk 10K

By JERRY WOJCIK

Tom Dalton, 47, and Anne Benson, 41, were first in the Hudson Mohawk RRC Bill Robinson's 10K Championships in Albany, N.Y., April 22.

Dalton, Schenectady, N.Y., ran a 34:26, the top age-graded time (30:51). Benson, Clifton Park, N.Y., finished in 40:46. Runners-up were David Hettrich, 41, Delmar, N.Y., in 36:48, and Mary Buck, 42, Altamont, N.Y., in 42:38.

Dale Keenan, 55, Selkirk, N.Y.,

M55 winner in 37:41, was the second-best performer with an age-graded 31:39. Patrick Glover, 59, Clifton Park, N.Y., second to Keenan in the M55 race, was third-best (39:10/31:47).

Anny Stockman, 73, Rensselaer, N.Y., was the best woman with a 32:03 for her division-winning 56:59.

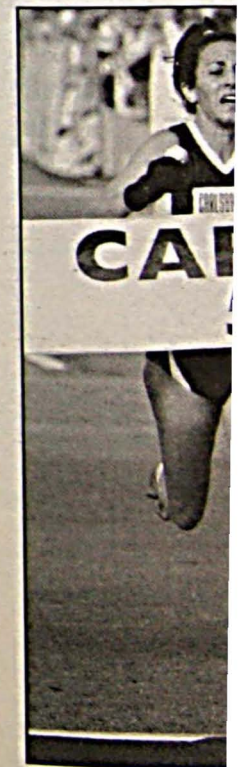
Team winners were the Dalton-lead Adirondack AC M40-49 quintet (3:04:07), and Benson's Willow Street Women W40-49 trio (2:07:15). □



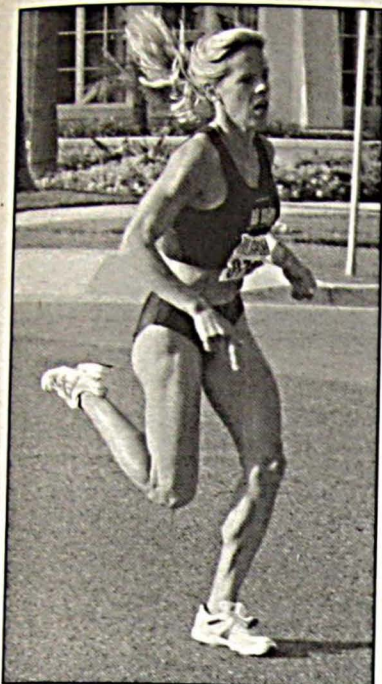
Ceci St. Geme, second Carlsbad Masters 5000.

TWENTY YEARS June 19

- Barry Brown (41) Carol Lassiter Top Masters Blossom 10 Mile
- John C. Brown (57) WR (5-7 1/2) Masters Champ
- Carol Johnston (41) M70 WR in Relays



Carmen Ayala-Tronco (16:50), Carlsbad Masters



THOM WEDDLE
Ceci St. Geme, second W40+ (17:06),
Carlsbad Masters 5000.

**TWENTY YEARS AGO
June 1986**

- Barry Brown (41, 51:17) and Carol Lassiter (43, 63:35) Top Masters in Cherry Blossom 10 Mile
- John C. Brown Sets M55 HJ WR (5-7 1/2) in Florida Masters Championships
- Carol Johnston Vaults 9-9 for M70 WR in Sacramento Relays



VICTOR SAILER / PHOTO RUN
Carmen Ayala-Troncoso, 47, first woman
(16:50), Carlsbad Masters 5000.

PUBLICATIONS ORDER FORM

	Quantity	Total (US\$)
Masters Single-Age Records Book (2005 Edition) Men's and women's world and U.S. single-age bests for all track & field and racewalking events, age 35 and up, as of May 31, 2005. 56 pages. Lists name, age, state and date of record. Includes record application forms. \$10.00.	_____	\$ _____
Masters Track & Field Rankings (2005) Men's and women's 2005 U.S. outdoor track & field 5-year age-group rankings (25 deep). Compiled by Dave Clingan, Larry Patz and Tom Higbie. Includes mile, weights, racewalks, and combined events. 8 pages. \$4.00.	_____	\$ _____
Masters Track & Field Indoor Rankings (2005) Indoor rankings for 2005. 4 pages. \$2.00.	_____	\$ _____
Masters Age-Graded Tables Single-age factors and standards from age 8 to 100 for men and women for every common track & field, long distance running, and racewalking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 60 pages, including samples and charts. Compiled by the World Association of Veteran Athletes. \$6.00.	_____	\$ _____
Masters 5-Year Outdoor Age-Group Records Men's and women's official 2005 world and U.S. outdoor 5-year age group records for all track & field and racewalking events, age 35 and up; 8 pages. Lists name, age, state and date of record. Compiled by Sandy Pashkin. \$4.00.	_____	\$ _____
Masters 5-Year Indoor Age-Group Records Same as above, except indoor records (M40+, W35+) as of Dec. 31, 2005 (world) and Dec. 4, 2005 (USA), 4 pages. \$2.00.	_____	\$ _____
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Champions for Life , by John B. Scott and James S. Ward. The remarkable life of Payton Jordan, who is renowned for his personal accomplishments and for the coaching and mentoring skills that have produced many other champions in track & field. \$34.95	_____	\$ _____
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The Weight Room

By JERRY WOJCIK

A Little Lighter, 2006 Weight Pentathlon Heads for the Hills

Of all of the weight pentathlons this season, the marquee event is the USA Masters Championships in Montana on Aug. 19. The meet, under the supervision of Bob Sager, will be held on the Sager Ranch in Wilsall, north-east of Bozeman.

Sager staged the WP Championships in 1996, which drew 36 men and women, age 36 to 81, to Montana State U. in Bozeman. In addition to being an experienced WP director, Sager, an M55, may be the best-travel-led weight pentathlete in the country, known for showing up at meets from Ray Feick's Ultra Weight event in Pennsylvania to Ken Weinbel's Weight and Superweight Championships in Seattle.

At the 1996 Championships, the event may have been remembered more for the post-meet Western steak feed than in the competition for age-group titles. Sager is a rural veterinarian, who deals with farm animals, not Norwich Terriers and Manx cats, although he probably sees some of those too.

Consequently, he takes a little medical ribbing when he puts on a beef feed, although he probably has a good eye for the choicest stock since he may have been responsible for their breed-

ing through his artificial insemination procedures. He is good natured with a self-effacing sense of humor and loads of vet stories and jokes, and takes it in stride.

New Implements

This year's championships will include the 3k hammer and shot for M80+, also true, we hope, of other weight pentathlons after May 1. So, with the new implements, the event becomes new and all top scores for which applications have been submitted will be offered as U.S. records for approval in Indianapolis in December, and stored by WMA for three years with other marks before acceptance as world records. That's also the same for the M80+ shot and hammer as individual events.

Some of the above will hold true for W80+ who have access to the 0.75k discus, adopted by the WMA Council in San Sebastian, Spain. At the USATF Annual Meeting in Jacksonville last

December, the implement was not approved for official use, pending implement specifications.

When I looked at the WMA site listing implements in early May, all it said under "Discus" was "All as per IAAF regulations," and I was too lazy to check the IAAF regulations. So, I don't know how it will all play out for records if W80+ do use the 0.75k discus.

All-American Standards

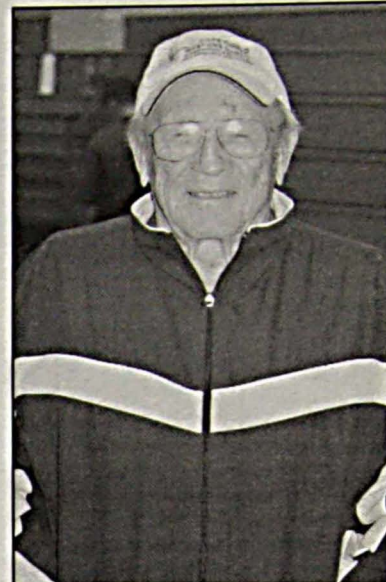
What is a boon for athletes 80-and-over is a bane in other respects. All-American Standards for the 3k hammer and shot will have to be determined for the M80+ five-year age groups, as will the new discus for W80+. The problem is that there aren't a lot of people from which to acquire a long list of marks in those groups.

It's not as if we're talking about M40-44 100m sprinters. You need enough numbers to be able to determine an equitable A-A Standard, and we may have the workable stats after several years for the M80s.

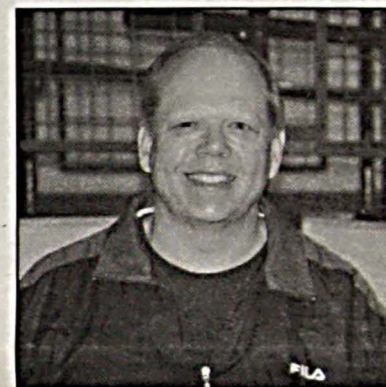
Standards for the groups beyond that may have to be done by extrapolation, or whatever the mathematical term is, as Rex Harvey has done for the 3ks in the M80+ and 0.75k discus for W80+ in the revised 2006 Age Grading Tables.

By the way, the 0.75k discus may be available at this year's Silver Anniversary Hayward Classic. □

(Jerry Wojcik can be contacted by e-mail at jerrywoj@aol.com)



JERRY WOJCIK
Dick Mulhern, M80 U.S. record holder in the weight pentathlon (4159).



JERRY WOJCIK
Tom Meyer, second M50 in the weight throw, USA Masters Indoor Championships, Boston, Mass.



SUZY HESS
Wayne Sabin, M70, in the weight throw, 2005 Hayward Classic.

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World Records, USA Masters Indoor Championships Boston, Mass., March 24-26

		New Record		Old Record
Mile	W70	7:12.29	Mary Harada	7:19.44 Toshiko d'Elia
Mile	M55	4:42.89	Nolan Shaheed	4:49.33 Alston Brown

TRAIN YOUR BRAIN!

The *Long & Strong Throwers Journal (LSTJ)* is a quarterly publication dedicated to the throwing events. It is the only throwing periodical of its kind in the world. *LSTJ* is about more than technique and training. Elite athletes and coaches give insight into their keys for success. *LSTJ* provides throws coverage and photos from major competitions that you won't find anywhere else. *LSTJ* touches on the issues that affect the throws community. *LSTJ*s interviews with top throwers such as Adam Nelson, John Godina, Erin Gilreath, Aretha Hill and Breaux Greer are just what you are looking for! **Let *LSTJ* help you reach your potential!**

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WWW.LONGANDSTRONG.COM

55 METER DASH	
M30	6.52
DEMTRUIS SNAER	6.62
KEITH BOOKER	6.84
CARLOS MATHEWS	6.98
DANIEL MURDOCK	7.08
KELVIN RIGGINS	7.46
TORBEN SIGGAARD	6.6h
DAVE EATON	6.7h
CARLOS MATHEWS	6.9h
MARK BONNANNO	6.9h
CARWELL WOOTTEN	7.3h
THOMAS BOUBER	8.0h
JEB DIEHL	
M35	6.78
REGINALD PENDLAND	6.80
GEORGE JOACHIM	6.85
EDWARD WINSLOW	6.86
ROBERT THOMAS	6.88
DON DRUMMOND	7.02
CHAD RUEBER	7.20
SHAWN ANGER	7.64
OTTO REINHARDT	7.74
MIKE ROMANOVICH	7.78
MARK DELONG	7.85
RAYMOND GAFFNEY	6.4h
FRED BARNETT	6.9h
GERALD JONES	7.5h
TED DIEHL	7.7h
TOOD MESICK	8.0h
DEAN P. DIEHL	8.3h
KENDRICK JONES	
M40	6.51
AARON THIGPEN	6.97
TRENT HAGLER	7.01
KEVIN ELLIS	7.06
MICHAEL LABAY	7.16
ROBERT WALTERS	7.34
ALAN SIMS	7.34
RICHARD SPACIEL	7.44
MARK STEVENSON	7.44
JEFF BACOT	6.6h
JIM REILLY	6.7h
GERALD CROCKER	6.7h
TERRENCE HAYNES	6.9h
DANIEL WEISS	7.0h
RAFAEL SUAREZ	7.1h
MARK HONIS	7.5h
DAVID KNAUS	7.5h
BRUCE MANNON	7.5h
MARK STEVENSON	7.5h
ROBERT TODD	7.5h
M45	6.94
WILLIAM AUSTIN	7.17
TONY DISALVO	7.21
MICHAEL NEEDHAM	7.27
DAVID NEUMANN	7.44
RICHARD SRNKA	7.54
BRYAN ALLCORN	7.53
STEPHEN BOLAND	7.56
JEFF BROWER	7.59
SHAWN SHURILLA	7.59
KEN ELLIS	7.61
PAUL ZELMANSKI	7.63
RODNEY WILSON	7.76
JIM CARR	7.77
LOREN DILLEY	7.89
BYRON WARE	8.06
BILL GATES	8.22
BRIAN MCBRIDE	8.73
LOVELL BUTLER	6.6h
TONY FULTON	6.6h
CHARLES DE LA PARRA	7.0h
MICHAEL KOUNTZE	7.0h
RICK EVANS	7.2h
KEITH ROYSTER	7.2h
RODNEY WILSON	7.3h
WILL SCOTT	7.4h
LINSEY THURMAN	7.5h
JOHN HADRICK	7.6h
MATTHEW WEISS	7.6h
M50	7.15
TOM SMITH	7.22
THOMAS BUNNER	7.26
GREG SCHWAB	7.29
NEIL STEINBERG	7.35
KEITH PETRANEK	7.36
MARK HASTINGS	7.44
RICHARD RIDDLE	7.58
THOMAS REWOLINSKI	7.63
ADAM MOZLESKI	7.65
JOHN DOLAN	7.79
MICHAEL BERNOT	7.83
LAMAR GALLOWAY	7.98
RICK DAVIS	8.13
WAYNE RENNER	8.19
HAROLD SCHNEIDER	8.31
JOHN BROOKS	7.1h
COCHISE MCBRIDE	7.2h
MICHAEL FORTUNATO	7.3h
GARY LEIGH	7.3h
JAMIE TYLER	7.3h
TERRY MCKECHNIE	7.4h
GARY AREND	7.5h
BILL CHADLE	7.6h
KENNETH CRAWFORD	7.8h
ROSS KENDALL	7.8h
STEVE MCDERMOTT	7.8h
M55	7.47
MICHAEL DANIELS	7.47
RICHARD PARKER	7.56
LEE HESS	7.86
DARRYL DECKER	7.86
MARVIN RIPP	8.55
ROBERT DAVIS	7.3h
MICHAEL DANIELS	7.4h
DARRYL DECKER	7.4h
RICK LAPP	7.4h
RICHARD PARKER	7.5h
GARY ARENS	7.6h
DAVID MOLLOY	7.9h
NICK VAGLIO	7.9h
JOHN BORDEN	7.9h
BRUCE CAMPBELL	8.4h
M60	7.83
CLARENCE RAY	7.97
TIM BUTTS	8.04
DAN HANSMAN	8.23
CALEB BROWN	8.23
VITO DICESARE	8.69
LEON SAVENAS	8.96
JOHN BIAFOCKLEY	8.97
RAYMOND BENTLEY	9.00
DAN HANSMAN	7.6h
MICHAEL MILOVE	7.6h
RICHARD JONES	7.7h
CALEB BROWN	7.7h
FRED EDELSTEIN	7.8h
AVITAL SCHURR	7.8h
VITO DICESARE	7.9h
BOB FUHRMAN	8.0h
M65	8.4h
WAYNE BENNETT	8.27
PETER STOPOULOS	8.28
GEORGE LABELLE	8.57
DON ISETT	8.79
BARRY KLINE	8.95
DAVID EWY	9.00
RICHARD ELLINGTON	9.03

2006 U.S. Masters Indoor Rankings
Compiled by Larry Patz

Table of indoor rankings for 55 METER DASH, listing names and times for various age groups (M30, M35, M40, M45, M50, M55, M60, M65, M70, M75, M80, M85, M90).

Table of indoor rankings for 200 METER DASH, listing names and times for various age groups (M30, M35, M40, M45, M50, M55, M60, M65, M70, M75, M80, M85, M90).

Table of indoor rankings for 400 METER DASH, listing names and times for various age groups (M30, M35, M40, M45, M50, M55, M60, M65, M70, M75, M80, M85, M90).

Table of indoor rankings for 800 METER DASH, listing names and times for various age groups (M30, M35, M40, M45, M50, M55, M60, M65, M70, M75, M80, M85, M90).



The 25th Annual Hayward Classic
The Northwest Regional Championships
June 24 - 25 2006
Hayward Field, University of Oregon
Eugene, Oregon
Presented by the Oregon Track Club Masters
Information and Entry Blank available at www.haywardclassic.org

National Masters News

BYFORD REED	37.31	ARDIAN KRASNIOI	54.88
JOHN BURSEMA	42.18	KYLE LANIER	55.33
RICHARD SOLLER	47.40	JASON ROJEE	56.11
JAMES STOOKEY	31.0h	RICK ELLIOTT	56.25
WILTON GORDON	36.7h	MURRAY JONES	56.97
JIM CASEY	44.3h	HARRY SCOTT	1.01.83
		JED DIEHL	1.06.6h
RICHARD RUCOBA	37.97		
FRANK BRAKO	43.32	ROBERT THOMAS	49.98
BOB WINGO	43.21	MAREK WENSEL	49.99
SAM MADIA	44.62	EDWARD WINSLOW	50.78
M85 200 METER	DASH	GEORGE JOACHIM	52.00
JOHN MEANS	36.10	KHALID MULAZIM	52.55
JIMILIANO	38.30	EICK BRIMWELL	53.84
BOB MATTESON	43.56	JAMES SMITH	56.12
BOB MATTESON	44.6h	PETE MCNALLY	56.3h
M90		MARCUS SKETEET	56.42
MAX SPRINGER	54.62	REMUS MEDLEY	57.0h
W30		ZOLDEN EASTWOOD	57.14
PRISILA JACOBS	25.98	HOWARD HERMAN	57.15
JILL TURNER	26.73	ZACHARY GOBEL	57.2h
RACHEL GUEST	27.48	JEFFREY NAYLOR	58.87
SUNITA BRATHWAITE	32.74	OTTO REINHARDT	59.18
BRENDA HOLLAND	32.91	EDWARD PAPO	59.3h
BARBARA FOSTER	33.68	DON JACKSON	59.45
MELANIE FRONAPPEL	33.87	DEBRA SAWYER	1.03.87
T. WHITE	28.3h	TED DIEHL	1.01.7h
JILL CYPRESS-TURNER	29.3h	RAYMOND GAFFEY	1.04.94
W35			
LISA DALEY	25.18	JUNIOR ECHEANDIA	52.24
LAURA BARRE	27.71	DAVID JONES	52.34
ANGELA SCOTT	29.07	DAVID BYNOE	52.85
NEDENIA WEST	29.27	HOWARD LINDSAY	52.91
BONNIE SEXTON	31.47	MITCHELL LOVETT	53.30
VASO KARRAS	31.51	KEITH DAVIS	54.35
LINDA CARTY	32.04	MARC NESBITT	54.37
CAROLYN DINGLE	32.42	DARNELL SMITH	54.4h
CHRISTINE REYNOLDS	37.26	BRIE O'DONNELL	54.45
VIRGINIA WHITFIELD	43.87	RAYMOND PARKER	55.08
NEDENIA WEST	28.4h	TERRENCE HAYNES	56.08
CAMILLE MARTIN	29.3h	STEVEN PENNEY	56.63
W40		PAT DOLAN	56.67
CHARLENE LANDRUM	26.52	ERIC PARKER	56.73
ALETHA MORRIS	26.94	GARY ECKERT	56.79
BRUCE WILKINS	27.07	FRANK HAGLER	56.85
KATHLEEN SHOOK	27.57	WILLIAM MARSHALL	57.06
CLAUDETTE FRANCIS	28.18	KEVIN ELLIS	57.40
SARAH LAWSON	28.56	DANIEL WEISS	57.8h
MONIKA CALDWELL	28.59	MICHAEL COONEY	57.95
CAREN WARE	29.53	CHRIS SCOTTE	58.06
MILLICAN JACKSON	29.76	FRANK KARRAS	58.23
DENISE WILLARD	30.06	KEVIN FORD	58.4h
RENEE STERRETT	30.18	TONY RINGOLD	58.63
DEBBIE ZAKERSKI	30.30	JALDI SILVA	58.72
SUSAN WIEMER	30.40		
DAWN BEST	30.89	JAMES CHINN	53.38
CHRISTINE KATZ	31.03	DARNELL ATLING	53.53
MARTHA MARKS	32.06	BEN JAMES	53.54
BARB SCOTT	32.48	MICHAEL NEEDHAM	54.24
SHERY HENRY	33.38	JOHN DYER	54.4h
KAI KUHNLY	34.23	IAN SMITH	55.20
LISA MARIE RENDER	34.42	DAVID NEUMANN	55.49
FABOLA DUENAS	38.34	DONALD ARCHER	55.7h
KATHY FAIRWIND	38.40	FRANK KARRAS	58.23
MONIKA CALDWELL	28.5h	MICHAEL WOLFE	56.49
REGINA RICHARDSON	29.5h	CHARLES EDWARDS	56.6h
CHRISTINE KATZ	31.9h	STEVE GORMAN	57.55
SHARON DAILEY	34.2h	CALVIN CARTER	57.82
PENNY GUY	36.2h	CHUCK SHIELDS	58.1h
W45		DAVID DIMASSA	58.48
JAYUSHWARGERUM	26.21	BOB SCOTT	59.0h
EVELYN BURNETT	29.52	PHIL BLUJASKI	59.16
SUSAN DENT	29.33	CHRIS HARKINS	59.44
LIZ PALMER	30.50	TIM JONES	59.4h
ANGELA NEALY	30.98	RICHARD SRNKA	1.00.42
ROBIN GALLOWAY	31.76	JOHN BARTLETT	1.00.43
PAUL FORTUNA	32.07	FRANK PARKER	1.00.47
BELINDA MCCOY	32.40	BRIAN QUICK	1.00.96
THERESA BROWN	32.46	LAWRENCE FINLEY	1.00.98
TRACEY RICE	34.98	BOB POWELL	1.02.37
CLAUDIA LEWIS	39.47		
VIRGINIA JONES	30.4h	THOMAS JONES	54.5h
ROBE ANDERSON	34.8h	PHOENIX SCHIRO	55.93
PAT PINZON	35.7h	CHARLES KELLEY	55.77
W50		GREG SCHWAB	56.15
JACQUELINE BOARD	28.67	ARCHIE GLASPY	57.58
IRENE THOMPSON	29.68	HORACE GRANT	57.65
DENISE MCFIELD	29.75	JOHN BROOKS	58.03
CINDY STENBERGEN	30.04	GREGORY MCBRIDE	58.11
GAIL JENNS-REES	30.04	STEVE GALEGOS	58.15
CHERYL MEISSNER	30.95	RICK EASLEY	58.44
REBECCA MITCHELL	32.58	NEIL STEINBERG	58.62
JEANNE BOWMAN	33.38	WALTER HAWKINS	58.98
DENISE JANNECK	33.52	JIM SCHOFFMAN	59.03
MARY JILKA	35.21	RUSS PATTON	59.36
KIMBERLY WILLIAMS	35.27	MAREN WILLIAMS	59.37
REBECCA MARTIN	36.90	TONY SMITH	1.00.15
LEAH REWOLINSKI	38.79	MARK HASTINGS	1.00.79
DIANE SHERRER	47.98	DAN SWANSON	1.01.5h
IRENE THOMPSON	29.0h	ROY CURRIER	1.01.61
CHERYL MEISSNER	33.3h	LAMAR GALLOWAY	1.01.71
KIMBERLY WILLIAMS	36.9h	MICHAEL MCFLANNE	1.02.3h
W55		MARY TAYLOR	1.02.66
SHARON WARREN	29.18	TREVOR KING	1.03.23
HILLEN VON MALTZAHN	30.99	DAVID BOWEN	1.03.2h
BRENDA MATTHEWS	31.29	PARKER WHITE	1.03.71
JENNIFER PINTO	31.91		
LINDA PIFF	34.74	BILL COLLINS	54.22
ALTON TROTTO	40.32	ALTON BROWN	54.7h
PATTY LYNCH	40.61	CHARLES ALLIE	55.11
CATHERINE BISHOP	48.10	CARROLL BLAKE	55.50
ISABEL KEELEY	52.48	RICK LAPP	57.63
TERRY FOODY	52.73	DUANE GREEN	1.00.0h
SHARON WARREN	30.1h	RALPH SOUPPA	1.00.12
HELEN HAYES	31.8h	BILL LEWIS	1.01.24
HILLEN VON MALTZAHN	31.8h	TONY CUNNINGHAM	1.02.45
LINDA PIFF	36.2h	D BROWN	1.02.70
MARY TROTTO	42.2h	JIM FALLEN	1.02.93
W60		STEFAN WALTERSMANN	1.04.76
NADINE O'CONNOR	30.57	JOHN NOVAK	1.05.65
KATHY JAGER	31.25	GENE IWEN	1.05.75
D WANDER CRUYSSSEN	33.14	RICHARD PARKER	1.06.77
BARBARA LEIGHTON	35.72	RICHARD BROWN	1.06.88
MARGARET KAUFMAN	39.21	HARVEY POLLACK	1.09.85
JANE VAN EEUWEN	55.81	MARVIN RIPP	1.10.30
BARBARA LEIGHTON	36.4h	DENNIS MELLISH	1.11.9h
W65		BOB NICHOLSON	1.12.2h
KATHY BERGEN	33.54	LOTT UNDERWOOD	1.14.35
ELLEN DUFFY	44.2h	BILL INDEK	1.15.0h
KATE SHRECK	47.7h	HARRY LICHTENSTEIN	1.15.15
W70		DAVID FRIEDMAN	1.15.45
FLO MEILER	40.14	PETER MCCLURE	1.18.7h
MARY ROMAN	40.43		
FEI-MEI CHOU	41.44	ROGER FIEBE	57.90
MARY ROMAN	41.7h	RICHARD BARNUM	59.98
W75		WARREN GRAFF	1.01.63
SUMI ONODERA-LEONARD	45.27	PAUL HENRY	1.06.09
PATRICIA PETERSON	50.41	CLARENCE RAY	1.08.83
EDYTHE LEEK	52.71	ALLEN MCDANIEL	1.09.58
W80		CARL ETTER	1.10.83
CAROL PEEBLES	59.68	TROY SNYDER	1.11.13
		ROBERT CHINCHILLO	1.11.53
		JOHN BRITTAIN	1.11.6h
		JOHN KUHII	1.13.11
		BOB FUHRMAN	1.13.7h
		BLAINE LAWSON	1.13.88
		THOMAS HARTMAN	1.20.70
		LARRY MARIE	1.21.7h
		WARREN STERNART	1.21.8h
		ALEX MEYER	1.24.71
		AL STAGL	1.27.4h

M65		GARY ROSENBERG	2:08.65
ALBY WILLIAMS	1:00.0h	JAMIE AUBUCHON	2:10.13
ROBERT LIDA	1:00.33	NATHAN SWEET	2:10.15
LARRY COLBERT	1:01.3h	GREG WATSON	2:14.8h
MACK STEWART	1:02.07	DON JACKSON	2:15.65
ALBERT WILLIAMS	1:02.13	MELVIN WATSON	2:18.2h
HARRY KOFFER	1:02.18	FRANK BILSEN	2:27.9h
THOMAS RANJIGA	1:05.88	KERMIT CADRETT	3:10.22
JOHN MACDONALD	1:08.49	THOMAS FONDY	3:21.2h
WILLIAM MCMILLAN	1:11.02	CHARLIE WATTS	3:33.0h
PAUL DAVERN	1:14.70	DAN MITTLER	3:53.8h
ARNOLD GRAVES	1:14.98	DON BAUM	3:58.2h
RICHARD CROAK	1:17.86	M70	
JOE LARSEN	1:19.96	SPENCER	2:52.71
GEORGE LABELLE	1:31.72	PAUL HEITZMAN	2:57.41
		TONY DAPONTE	3:00.54
		DONALD LEIS	4:11.54
M70			
JOSEPH CARNEGIE	1:56.17	M75	
JOHN HINTON	1:56.36	PAUL HEITZMAN	2:53.05
STEPHEN SERGANT	1:59.47	DENNIS BRANHAM	3:05.57
PETER TREMBACH	1:59.69	RAY CHERNIKA	3:37.71
CHRIS POTTER	2:03.59		
CHRIS YORGES	2:03.90	WILLIAM BENSON	4:34.85
MARTY DOHERTY	2:04.12	BOB MATTESON	4:44.88
TONY SMITH	2:04.16	EDWARD POWERS	6:17.95
JIM WATTS	2:05.45	GEORGE BLYN	7:45.6h
CONOR O'DRISCOLL	2:05.98		
BRUCE GOODE	2:06.07		
SCOTT LANDIS	*2:06.89	FRANK LEVINE	5:16.53
DAVID BYNOE	2:07.32	MAX SPRINGER	5:54.32
KYLE CLARK	2:07.62		
ERIC PARKER	2:08.53	JESSICA REIFER	2:16.70
GERARD PEARLBERG	*2:09.64	DEBORAH RUSSO	2:36.70
MICHAEL TRUNKES	*2:11.68	CARMEL PARNORTH	2:29.00
TIMOTHY HOFF	2:11.82	BRENDAN HOLLAND	2:46.87
MIKE LEROUX	2:12.40	BARBARA FOSTER	3:07.55
STEVE PENNEY	2:12.42	AMY LAUB	*2:26.72
CHARMAINE ROBERTS	*2:12.72	SONYA BADGER	2:28.9h
MARC NESBITT	2:13.1h	REBECCA CONNOLLY	2:42.57
M45		ED VON BEVERN	5:58.9h
KEVIN PAULK	2:03.92	VASO KARRAS	2:40.73
CHUCK SHIELDS	*2:05.8h	BONNIE SEXTON	2:45.48
THOMAS DALTON	2:09.83	S STINE-MELGARES	2:50.90
DOUG THOMPSON	2:10.69	CATHERINE MEYER	3:01.6h
IAN SMITH	2:10.83	FERRI LOWE	3:06.01
JOHN WALDRON	2:11.23	W45	
EDWARD ELLISON	2:11.53	ALISA HARVEY	2:08.68
DAVID ALBO	2:12.48	C STONE-BORKOWSKI	2:22.45
WILM QUIMETTE	2:12.58	CARRIE SHERBURNE	2:25.76
MICHAEL DELUZ	2:13.18	LORRAINE JASPER	*2:26.38
JOHN DYER	2:13.60	CARLA KEHOE	2:28.96
GEORGE BUCKHEIT	2:13.8h	CARMEL PARNORTH	2:29.00
RICK PETERSON	2:14.34	REBECCA HEUER	2:30.7h
MICHAEL WOLFE	2:14.5h	LESLIE GOLEMM	2:32.07
KATHLEEN SHOOK	2:14.53	WANDA TORO SCHEIB	2:33.90
THOMAS NOVAK	2:15.69	ELIZABETH ZEBUTH	2:34.66
STEVE GORMAN	2:16.19	GARY GEIGER	2:35.7h
CHRIS DIVETTA	2:18.42	TERRI RATH	2:36.21
NOEL PAOLAZZI	2:19.50	MARY WOO	2:37.13
BOB ANDERSON	2:19.80	CAREN WARE	2:47.13
DOUG SCHNEEBECK	2:20.09	DEBBIE ZAKERSKI	2:47.98
WILM QUIMETTE	2:20.58	BARB LITTLEJOHN	2:56.14
GLENN ERICSON	2:21.0h	DAWN SCOTT	3:00.35
DAVID ZURHEIDE	*2:24.64	WILM QUIMETTE	3:00.35
M50		CYNTHIA MARKS	3:08.18
STEVE GALLEGOS	2:05.5h	ZORA MLEJNKOVA	3:26.5h
JAMES ROBINSON	2:07.7h	JULIE EISNAUGL	3:28.15
STEPHEN CHANTRY	2:09.88	KATHY FAIRAND	3:40.3h
BARB SCOTT	2:11.31	DENISE JONES	4:58.45
RUSS PATTON	2:11.89	L CHAPLIN-SWANN	2:20.99
JOEY PLASTER	2:16.77	LADA LAKTASIC	2:23.33
MARK RYBINSKI	2:16.77	SARAH STINER	2:24.73
JOHN DALY	2:16.7h	M NOE-SCHLENTZ	*2:29.7h
JOE BOLSTER	2:19.20	JOHN HAYDEN	2:30.61
ROBERT HARTMAN	2:20.93	DIANE GROFF	2:39.51
HORACE GRANT	2:21.09	LIZ ZANNE-YETTE	2:40.8h
ROB DUNCANSON	2:21.87	CARLA HOPPIE	2:54.15
JOSEPH BURNO	2:21.9h	LIZ PALMER	2:54.22
MICHAEL BOURNBERG	2:22.00	KATE CALL	2:58.8h
CURTIS CAUGHY	2:22.01	MAUREEN LAVERTY	3:04.63
THOMAS DALTON	2:22.94	PAAMELA GUNNESSON	3:10.31
ARCHIE GLASPY	*2:23.3h	JOHN JOHNSON	4:15.84
ARCHIE GLASPY	*2:23.3h	W50	
ARCHIE GLASPY	*2:23.3h	KATHRYN MARTIN	2:32.81
WAYNE DWYER	2:26.94	SIDNEY LETENDRE	2:36.81
PETER HARDWICK	2:27.7h	COREEN STEINBACH	2:39.86
MICHAEL MCFARLANE	2:28.5h	EILEEN TROY	2:44.73
JAMES MCORE	2:29.70	DEISEN TRON	2:53.45
JEFFEY SIDER	2:		

BRYAN STEWART 11.69	GERALD WOJCIK 7.96	EDWARD DANIELS 12.73	TERRY LIVERMORE 4.99
JAMES BROWN 11.43	TOM RICE 7.92	PETER VANAKEN 12.12	M65
MARK PALMER 11.18	WILLIAM DAPRANO 7.75	NICK HELFRICH 12.05	RICHARD HOTCHKISS 6.10
NICHOLAS MITCHELL 11.07	M80	FRANK ST MARTIN 11.75	GARY CRAWFORD 4.63
MARK PAINE 10.92	DENVER SMITH 10.62	JOSEPH GOERIG 15.11	ROBIN HERRON 4.44
KRY ELIUS 10.86	FRED HIRSIMAKI 9.56	KEITH MATHIS 11.23	EDMUND JOYCE 4.02
RANDE TREECE 10.46	RICHARD MULKERN 9.06	RAYMOND BZIBZIAK 11.09	M70
JIM RUSS 10.24	BILL CARTER 8.12	WAYNE RENNEN 8.35	BOB WARD 10.61
EUGENE ANTON 10.12	JOHN SNADEN 6.88	M55	WILLIAM GRAMLEY 8.07
RICHARD SRNKA 10.01	FRANK BRANKO 6.75	TIM EDWARDS 16.62	VERNON SPENCER 7.55
MIKE KINSELLA 10.01	GEORGE STEINMEYER 6.74	ROGER CONBOY 16.04	HILARY FEICK 6.87
FRED SANDOZ 9.97	GEORGE ROUBEUSH 5.97	DONALD LEVESQUE 5.87	M75
KURT KOEHLER 9.87	M85	CHARLES ROLL 14.12	GERALD WOJCIK 6.54
MAHMOUD NIROUMAND 9.84	DAVID SCHLOTHAUER 6.85	JERRY BOOKIN-WEINER 13.62	VAL MCGANN 6.48
MARK PUTNAM 9.58	M90	TERRY SHUMAN 13.28	RICHARD MULKERN 6.93
JEFF WOODWARD 9.33	LELAND MCPHIE 6.62	PATRICK LYNN 13.28	JOHN SNADEN 4.89
ERWIN JONES 9.09	W30	DOUG WEIKERT 12.68	M85
LOREN DILLEY 8.94	NATALIA BROWN 12.01	ARTHUR ELLIS 12.44	DAVID SCHLOTHAUER 5.08
FRANK MAKOZY 8.81	W35	BOB MALBY 12.14	M90
M50	TERRI LOWE 8.05	EDWIN RICH 11.34	LELAND MCPHIE 3.51
RONALD SUMMERS 16.30	CINDY LATHAM 6.78	GARY SPEARS 10.10	W35
JOSEPH MYERS 14.96	W40	DANIEL FOLK 9.87	CINDY LATHAM 5.42
JAY MCKEEN 14.86	LORI SMITH-THOMPSON 11.60	DEAN DIER 9.78	W40
JIM WETENHALL 13.59	DENISE HOUSEMAN 10.20	WILLIAM BUTZIN 9.01	HEATHER SCANLON 4.66
DENNIS HANSEN 12.67	HEATHER SCANLON 9.19	WILLIAM FAVORMANN 8.75	W45
JOHN MATTEI 12.60	ELIZABETH ZEBUTH 8.89	NEAL SCHUSTER 7.49	SUSAN HALLEN 4.92
JOHN MALTOL 12.46	NANCY EVANS 8.17	TOM GAGE 21.78	LIZ JOHNSON 4.03
DON FILKINS 12.38	DEBBIE ZAKERSKI 7.80	GEORGE MATHWEWS 20.07	RUTH WELDING 9.45
BOB CEDRONE 12.19	CAREN WARE 7.65	BOB CAHNERS 17.04	W55
GEORGE CASTELLI 12.18	DEWIS JONES 7.53	TERRY SHUMAN 15.10	MYRLE MENSEY 9.01
CARL REICHARD 11.78	KATHLEEN SHOOK 7.52	TOM STEED 14.14	W60
JEFFREY WATRY 11.66	GINA TILLMAN-LANIER 7.47	BUSTER BYRNES 13.01	ROSLYN KATZ 6.49
PETER VANAKEN 11.59	J JACKSON-MATTHEWS 6.96	JIM CHAMBERAS 12.57	MARY ROMAN 5.50
KENNETH EFFLER 11.00	DORIT ATTIAS 6.93	VLADIMIR STRELNITSKI 12.45	AMY HICKS 4.60
GARY SUTTON 10.99	A PASTOROVICH 5.96	GEOFFREY BROWN 11.72	GLORIA KRUG 4.54
NICK HELFRICH 10.79	CYNTHIA MARKS 5.84	TERRY LIVERMORE 11.22	MARCIA CROOKS 3.83
ED BURGESS 10.79	CARLA KEHOE 5.49	JOHN KNICKEL 10.00	ANNA CIRULNICK 3.64
SAL ADAMO 10.78	W45	ALEX MEYER 9.80	M75
FRANK BROODUS 10.63	ONEITHEA LEWIS 13.17	WARD COOK 9.47	LILLIAN SNADEN 4.89
WAYNE RENNEN 10.44	CARLA HOPPIE 8.45	M85	3000 METER WALK
HAROLD SCHNEIDER 10.29	SUSAN HALLEN 7.71	RICHARD HOTCHKISS 15.97	M40
JOSEPH KSIASKIEWICZ 10.26	DONNA BARRETT 7.38	JOHN BRONSTEIN 13.75	JOHN SOUCHECK 14:15.55
SAL ADAMO 10.20	PAMELA GUNNISON 7.26	LIZ JOHNSON 12.81	DAVID BURNS 15:07.54
RICHARD WATSON 10.10	LIZ JOHNSON 6.54	GARY CRAWFORD 12.79	BILL VAYO 15:08.77
RAYMOND BZIBZIAK 10.07	MONICA THORNTON 6.06	NORM CYPRUS 12.57	MICHAEL BLANCHARD 16:14.0h
M55	ESTHER WILLINGHAM 6.00	WILLIAM KUEGLER 12.44	MIKE ROHL 16:35.74
CHARLES ROLL 14.38	JO ANN MCBRIDE 6.00	JOHN SELLERS 11.83	DOUGLAS JOHNSON 14:06.43
CRAIG SHUMAKER 13.94	LIZ PALMER 5.28	MICHAEL VALLE 11.81	ED FITCH 15:57.49
HILARY GEORGE 13.74	CHRISTINE LONG 5.05	JACK MCDONALD 10.31	LARRY SCHILLER 16:21.86
JOHN HAWKINS 12.78	W50	EDMUND JOYCE 9.89	KARL DAHL 17:44.0h
ROGER CONBOY 12.12	RUTH WELDING 11.39	GEORGE SOULE 9.77	STEVEN GERBER 24:44.0h
CONRAD CARTER 12.12	RITA HANSCOM 9.16	GEORGE LABELLE 9.52	M50
BILL CARTER 11.85	PATTI GILMOUR 8.85	M70	JIM WASS 17:23.9h
JOSEPH DESTEFANO 11.51	KAY GLYNN 8.75	M75	JEFFREY MCCLUNG 18:32.61
GARY SPEARS 11.20	IRENE THOMPSON 8.49	BOB WARD 18.62	PETER BLANK 21:30.01
DAVID GROSSMAN 11.17	DINAH ANDERSON 7.41	ERIC MULLER 16.63	JOHN KOSTENBAUER 22:30.26
ARMIEASE SARMS 11.11	CLAUDIA SIMPSON 7.39	WILLIAM GRAMLEY 14.53	M55
REX HARVEY 10.88	JEANNE BOWMAN 6.74	PAY CARSTENSEN 13.30	ROBERT KEATING 15:23.02
BOB SAGER 10.82	DENISE JANNECK 5.57	RAY FEICK 13.15	ROBERT ULLMAN 16:37.33
MICHAEL KALNAS 10.81	SANDRA O'BRIEN 5.49	VERNON SPENCER 12.68	BILL HARRIMAN 17:57.86
ALAN RUSSELL 10.80	W55	LEONARD OLSON 11.64	RONALD SALVIO 18:12.34
RICHARD WOODS-CRAWF 10.79	MYRLE MENSEY 11.35	WILLIAM GARRAHAN 13.62	MORRIS GELMAN 20:06.1h
JERRY BOOKIN-WEINER 10.45	BRENDA MATTHEWS 8.81	GERALD WOJCIK 11.69	M60
BOB MALBY 10.00	PHIL RASCHKER 8.09	VAL MCGANN 11.23	GARY NULL 15:13.37
DARRYL DECKER 9.88	PATRICIA FOGG 7.55	SAMUEL MESSITER 11.08	NORMAN FRABLE 16:21.98
DEAN DIEHL 9.85	MARY TROTTO 7.08	SHARON RAHAM 8.83	JAMES CARMINE 16:37.19
DOUG WEIKERT 9.73	BETH WOLAK 7.00	RICHARD MULKERN 12.44	EDDODO SORRENTI 16:53.97
MARVIN RIPP 9.55	RICH DUNPHY 6.83	JOHN SNADEN 8.14	DAVID DAUBERT 17:47.0h
RICH DUNPHY 9.45	JANIS HENDERSON 6.22	M85	JOEL DUBOW 19:42.05
MICHAEL MOSER 9.45	JOY REMPE 6.12	DAVID SCHLOTHAUER 8.45	MICHAEL SCHWED 19:42.0h
M60	CATHERINE BISHOP 5.98	DAVID SCHLOTHAUER 8.45	ED GUIFF 20:55.9h
TOM GAGE 14.70	SUE NESBHAL-CORDERO 5.88	LELAND MCPHIE 6.29	M65
WILLIAM HARVEY 14.27	PEPPER MCKEE 2.89	BRENDA START 15.86	ROBERT KEATING 15:23.02
BILL HINEY 13.61	W60	NATALIA BROWN 13.77	ROBERT ULLMAN 16:37.33
TOM STEED 12.95	KATHY JAGER 7.99	CINDY LATHAM 9.75	SHARON RAHAM 8.83
SHEPPARD MIERS 12.80	KAREN HUFF-PAWLK 7.65	W40	MORRIS GELMAN 20:06.1h
GEORGE MATHWEWS 12.77	ROSLYN KATZ 7.33	W45	GARY NULL 15:13.37
TERRY LIVERMORE 12.19	D VANDER CRUYSSSEN 6.91	W50	NORMAN FRABLE 16:21.98
KENNETH ROSE 12.18	KATHLEEN BALTAZAR 4.22	W55	JAMES CARMINE 16:37.19
CARTIN EISNER 12.07	JANE VAN EUWEN 3.99	W60	EDDODO SORRENTI 16:53.97
ROBERT BAKER 11.77	BETH BIRCH 3.99	W65	DAVID DAUBERT 17:47.0h
ALEX MEYER 11.36	W65	W70	JOEL DUBOW 19:42.05
BOB CAHNERS 11.12	SHELLY WHITLOCK 6.41	W75	MICHAEL SCHWED 19:42.0h
RON COLLIVER 10.82	MARY ROMAN 8.40	W80	ED GUIFF 20:55.9h
LEE COLLINS 10.66	CHRISTEL DONLEY 7.43	W85	PAUL JOHNSON 17:07.44
WALTER ROJUCKEN 10.03	GLORIA KRUG 7.17	W90	JAMES LAGGER 18:04.00
COURTLAND GRAY 9.77	ANNA CIRULNICK 6.61	W95	MANNY EISNER 18:11.21
JOHN CLIFFORD 9.51	MARCIA CROOKS 6.26	W00	THOMAS KNATT 18:57.61
JOE JOHNSTON 9.50	FLO MEILER 5.47	W05	SHELDON CONTRACT 21:01.8h
JAMES HOLLISTER 9.40	AMY HICKS 5.47	W10	ROGER WEBB 21:28.8h
GEOFFREY BROWN 9.40	LILLIAN SNADEN 5.23	W15	SPENCER PARRISH 21:34.24
WARD COOK 8.97	GEORGIA GOGGIN 4.81	W20	WILLIAM MAY 16:33.44
CARL LEWIS 8.79	W80	W25	JACK BRAY 17:17.97
CHARLES MACDONALD 7.93	JOHNNY VALIEN 5.67	W30	ROBERT FINE 19:14.46
M65	WILLIE GATZA 3.91	W35	ALFRED DUBOIS 20:00.42
GLENN JOHNSON 13.57	W90	W40	JOSEPH LABRUNO 21:08.63
GARY WINTERS 12.73	BETTY JARVIS 3.71	W45	VILMARS STRAUTINS 24:06.9h
WILLIAM KUEGLER 12.70	M30	W50	JACK STARR 18:42.33
MICHAEL VALLE 11.81	ERIC SUNILA 8.98	W55	JACK SHUTER 21:24.93
STEPHEN COHEN 11.71	JOHN KUEMMERLIN 9.08	W60	JERRARD HARGIS 23:11.1h
DAN LAROSE 11.68	DAVID SENAY 8.14	W65	CHARLES BOYLE 21:30.39
NICHOLAS DENITTO 11.46	ROBERT PALAZZO 7.20	W70	KLAUS TIMMERHAUS 25:11.4h
JOHN MACDONALD 11.33	JAMES BARR 11.09	W75	DEBORAH HUBERTY 13:42.18
GEORGE LABELLE 10.93	ROY RAINS 10.02	W80	SUSAN RANDALL 16:28.23
GEORGE SOULE 10.80	TROY HERR 16.92	W85	JOLENE MOORE 13:16.55
JACK MCDONALD 10.80	JAMES BROWN 14.55	W90	JOANNE DOW 12:44.89
EDMUND JOYCE 10.44	GLENN THOMPSON 13.19	W95	DORIT ATTIAS 17:17.00
EMIL PAWLK 10.41	GREG THEOLOGES 12.09	W00	TISH BORGES 18:21.0h
ROGER CARLUSS 10.14	DERRICK JOHNSON 11.93	W05	GINGER ARMSTRONG 18:33.96
ROGER CARLUSS 10.14	KEVIN WOOD 9.57	W10	MARYANNE DANIEL 15:32.32
GARY CRAWFORD 9.50	RANDE TREECE 15.10	W15	SHERRI STAGER 17:15.68
HARRY SCHWARZE 9.41	JAMES BROWN 13.86	W20	STEPHANIE LYNESS 16:25.93
BOB FULTON 9.12	JOHN KUEMMERLIN 9.08	W25	JUDY MYERS 17:21.32
JOHN SELLERS 12.70	DAVID SENAY 8.14	W30	LUANNE PENNIES 18:28.85
MICHAEL VALLE 11.81	ROBERT PALAZZO 7.20	W35	A MACIASHOWARD 19:36.0h
LARRY HEINE 8.40	JAMES BARR 11.09	W40	HEIDI DUSKEY 20:08.17
DAVID SERVIS 7.05	ROY RAINS 10.02	W45	PATTI EWALD 23:26.12
M70	TROY HERR 16.92	W50	YOKO EICHEL 17:04.52
GERALD VAUGHN 15.39	JAMES BROWN 14.55	W55	PANSELUTA GEER 17:48.34
JAMES KOCH 13.26	GLENN THOMPSON 13.19	W60	JOYCE PROHASKA 18:22.06
BOB WARD 12.71	GREG THEOLOGES 12.09	W65	PATRICIA GODFREY 21:28.13
HENRY ROSS 12.43	DERRICK JOHNSON 11.93	W70	PATRANE KRACZYK 21:37.2h
LEONARD ROSEN 12.31	KEVIN WOOD 9.57	W75	ISABEL KELEY 23:07.26
WILLIAM BARKER 10.69	RANDE TREECE 15.10	W80	J STEIGERWALT 18:28.57
CHUCK YOST 10.63	JOHN KUEMMERLIN 9.08	W85	KATHLEEN FRABLE 19:08.86
WILLIAM GRAMLEY 10.58	DAVID SENAY 8.14	W90	FRAN EMANUEL 20:11.21
WENDELL PALMER 10.55	ROBERT PALAZZO 7.20	W95	DORENE MANGAN 21:40.68
LEONARD OLSON 10.31	JAMES BARR 11.09	W00	BARBARA HENSLEY 24:22.42
ROBERT HEWITT 9.90	ROY RAINS 10.02	W05	CONNIE BOHM 26:21.67
RICHARD JANSON 9.89	TROY HERR 16.92	W10	MIRIAM GORDON 23:06.58
RAY FEICK 9.88	JAMES BROWN 14.55	W15	W80
WILLIAM JANKOVICH 9.44	GLENN THOMPSON 13.19	W20	W85
JAMES LEGGITT 9.25	GREG THEOLOGES 12.09	W25	W90
RICHARD LARJUN 8.88	DERRICK JOHNSON 11.93	W30	W95
CLARENCE TRINKNER 8.80	KEVIN WOOD 9.57	W35	W00
DONALD LEIS 7.05	RANDE TREECE 15.10	W40	W05
M75	JOHN KUEMMERLIN 9.08	W45	W10
LARRY HORINE 12.05	DAVID SENAY 8.14	W50	W15
PETER AUGSBURGER 10.62	ROBERT PALAZZO 7.20	W55	W20
SAMUEL MESSITER 9.92	JAMES BARR 11.09	W60	W25
WILLIAM GARRAHAN 9.68	ROY RAINS 10.02	W65	W30
THOMAS BROOKS 8.84	TROY HERR 16.92	W70	W35
CLIFFORD DICKMAN 8.80	JAMES BROWN 14.55	W75	W40
ALAN WARD 8.66	GLENN THOMPSON 13.19	W80	W45
JERRY DONLEY 8.47	GREG THEOLOGES 12.09	W85	W50
CHUCK SOCHOR 8.04	DERRICK JOHNSON 11.93	W90	W55
	KEVIN WOOD 9.57	W95	W60
	RANDE TREECE 15.10	W00	W65
	JOHN KUEMMERLIN 9.08	W05	W70
	DAVID SENAY 8.14	W10	W75
	ROBERT PALAZZO 7.20	W15	W80
	JAMES BARR 11.09	W20	W85
	ROY RAINS 10.02	W25	W90
	TROY HERR 16.92	W30	W95
	JAMES BROWN 14.55	W35	W00
	GLENN THOMPSON 13.19	W40	W05
	GREG THEOLOGES 12.09	W45	W10
	DERRICK JOHNSON 11.93	W50	W15
	KEVIN WOOD 9.57	W55	W20
	RANDE TREECE 15.10	W60	W25
	JOHN KUEMMERLIN 9.08	W65	W30
	DAVID SENAY 8.14	W70	W35
	ROBERT PALAZZO 7.20	W75	W40
	JAMES BARR 11.09	W80	W45
	ROY RAINS 10.02	W85	W50
	TROY HERR 16.92	W90	W55
	JAMES BROWN 14.55	W95	W60
	GLENN THOMPSON 13.19	W00	W65
	GREG THEOLOGES 12.09	W05	W70
	DERRICK JOHNSON 11.93	W10	W75
	KEVIN WOOD 9.57	W15	W80
	RANDE TREECE 15.10	W20	W85
	JOHN KUEMMERLIN 9.08	W25	W90
	DAVID SENAY 8.14	W30	W95
	ROBERT PALAZZO 7.20	W35	W00
	JAMES BARR 11.09	W40	W05
	ROY RAINS 10.02	W45	W10
	TROY HERR 16.92	W50	W15
	JAMES BROWN 14.55	W55	W20
	GLENN THOMPSON 13.19	W60	W25
	GREG THEOLOGES 12.09	W65	W30
	DERRICK JOHNSON 11.93	W70	W35
	KEVIN WOOD 9.57	W75	W40
	RANDE TREECE 15.10	W80	W45
	JOHN KUEMMERLIN 9.08	W85	W50
	DAVID SENAY 8.14	W90	W55
	ROBERT PALAZZO 7.20	W95	W60
	JAMES BARR 11.09	W00	W65
	ROY RAINS 10.02	W05	W70
	TROY HERR 16.92	W10	W75
	JAMES BROWN 14.55	W15	W80
	GLENN THOMPSON 13.19	W20	W85
	GREG THEOLOGES 12.09	W25	W90
	DERRICK JOHNSON 11.93	W30	W95
	KEVIN WOOD 9.57	W35	W00
	RANDE TREECE 15.10	W4	

Men's World Masters Outdoor Relay Bests (as of March 1, 2006)

4x200					
40-49	1:29.85	USA (Austin,Hartfield,Mitchell,Collins)	5- 1-92	Houston,TX	
50-59	1:37.13	USA (Allie, Haywood, Grant, Collins)	9-18-04	Austin, TX	
60-69	1:45.23	USA (Tolson,Hollier,Sims,Richards)	6-19-99	Eagle Rock,CA	
70-79	1:58.44	USA (Melville,Brown,Daprano,Sochor)	7-11-98	San Antonio,TX	
4X1600					
40-49	17:40.63	USA (Olds,Aasum,Magill,Young)	6-29-02	Eugene,OR	
50-59	19:43.4	USA (Ruona,Williams,Lyons,Porteous)	8-26-96	Kentfield,CA	
60-69	21:40.2	USA (Williams,Gormley,MacPherson,Lyons)	9-29-01	San Rafael,CA	
70-79	27:50.5	USA (Pickett,Lindquist,Mehlert,Piva)	8- 8-98	San Rafael,CA	
Sprint Medley					
40-49	3:36.1	USA (Knocke,Edens,Smith,Cohen)	8-14-82	Philadelphia,PA	
50-59	3:58.16	USA (Pierce,Russell,Kopka,Stevens)	6-24-95	Dedham,MA	
	p3:54.4	USA (Duffy,Pastre,Banks,Hardison)	5-19-01	Visalia,CA	
60-69	4:28.4	USA (Lee,Rieke,Badinger,Wimberly)	6-28-94	New Orleans,LA	
70-79	4:52.34	USA (Sochor,Maldonado,Melville,Brown)	7-11-98	San Antonio,TX	
Distance Medley					
40-49	10:17.11	USA (Magill,Stephenson,Roman,Olds)	3-22-03	Northridge,CA	
50-59	11:39.2	USA (Duffy,Mason,Thomas,Franklin)	7- 3-94	Irvine,CA	
60-69	12:41.2	USA (Williams,Meyer,Gormley,Lyons)	11-15-01	Kentfield,CA	
70-79	15:22.9	USA (Fong,Hiraybashi,Bray,Guldman)	7-24-04	Kentfield,CA	
4X1500					
40-49	16:44.78	FRA (Faucheur,Crochemore,Bourdet,Ramdani)	7- 3-02	Bourgoin-Jallieu	
	p16:41.0	GBR (Grant,Molloy,Bedwell,Wilcock)	4-30-97		
50-59	19:12.67	USA (Irvine,Combs,Sumner,Shapiro)	5-26-02	Irvine,CA	
60-69	19:55.43	NED (Steijn,Terlown,Blom,Halter)	8-28-96	Tessenderlo	

Women's World Masters Outdoor Relay Bests (as of March 1, 2006)

4X1600					
40-49	22:47.7	USA (Powers,Patterson,Brianess,McCallister)	8- 6-98	San Rafael,CA	
60-69	p29:32.7	USA (Pell,Stickle,Meyer,Matson)	7-24-04	Kentfield,CA	
4X1500					
35-39	p20:13.0	GBR (Howard,Gallagher,Davison,Craig)	4-30-97		

Men's U.S. Masters Outdoor Relay Bests (as of March 1, 2006)

4X200					
40-49	1:29.85	HE (Austin,Hartfield,Mitchell,Collins)	5- 1-92	Houston,TX	
50-59	1:40.33	BAA (Russin,Kopka,Pierce,Stevens)	8- 3-95	Northampton,MA	
	p1:39.00	HE (L.Smith,R.Smith,Hartfield,Mitchell)	6-26-98	Houston,TX	
60-69	1:45.23	USA (Tolson,Hollier,Sims,Richards)	6-19-99	Eagle Rock,CA	
70-79	1:58.44	USA (Melville,Brown,Daprano,Sochor)	7-11-98	San Antonio,TX	
4X1600					
40-49	18:01.88y	RA (Fabris,Minor,Ostenberg,Haase)	8- 2-01	Los Gatos,CA	
	17:40.63	USA (Olds,Aasum,Magill,Young)	6-29-02	Eugene,OR	
50-59	19:43.4	TR (Ruona,Williams,Lyons,Porteous)	8-26-96	Kentfield,CA	
60-69	21:40.2	TR (Williams,Gormley,MacPherson,Lyons)	9-29-01	San Rafael,CA	
70-79	27:50.5	TR (Pickett,Lindquist,Mehlert,Piva)	8- 8-98	San Rafael,CA	
Sprint Medley					
40-49	3:36.1	SCS (Knocke,Edens,Smith,Cohen)	8-14-82	Philadelphia,PA	
50-59	3:58.16	BRC (Pierce,Russell,Kopka,Stevens)	6-24-95	Dedham,MA	
60-69	4:28.4	KHTC (Lee,Rieke,Badinger,Wimberly)	6-28-94	New Orleans,LA	
	p3:54.4	USA (Duffy,Pastre,Banks,Hardison)	5-19-01	Visalia,CA	
70-79	5:26.7	MMTC (Berghold,Saunders,Larsen,Madia)	7-13-96	Libertyville,IL	
	4:52.34	USA (Sochor,Maldonado,Melville,Brown)	7-11-98	San Antonio,TX	
Distance Medley					
40-49	10:17.11	USA (Magill,Stephenson,Roman,Olds)	3-22-03	Northridge,CA	
50-59	11:39.2	WVTC (Duffy,Mason,Thomas,Franklin)	7- 3-94	Irvine,CA	
60-69	12:41.2	TR (Williams,Meyer,Gormley,Lyons)	11-15-01	Kentfield,CA	
70-79	15:22.9	TR (Fong,Hiraybashi,Bray,Guldman)	7-24-04	Kentfield,CA	
4X1500					
40-49	16:59.10	USA (Hunt,Randall,Koningh,Scott)	5- 2-99	Irvine,CA	
50-59	19:12.67	USA (Irvine,Combs,Sumner,Shapiro)	5-26-02	Irvine,CA	
60-69	20:32.7	TR (Meyer,MacPherson,Williams,Lyons)	10-11-01	Kentfield,CA	

Women's U.S. Masters Outdoor Relay Bests (as of March 1, 2006)

4X1600					
40-49	p22:47.7	TR (Powers,Patterson,Brianess,McCallister)	8- 6-98	San Rafael,CA	
60-69	p29:32.7	TR (Pell,Stickle,Meyer,Matson)	7-24-04	Kentfield,CA	
Sprint Medley					
35-39	4:40.55	SCTC (Kealy,James,Barraza,Heil)	5- 8-99	Long Beach,CA	
	4:39.95	USA (Iba,Freeman,Herring,Heil)	7- 8-00	Norwalk,CA	
40-49	4:53.54	NYMC (Pinto,Warren,Tucker,Searey)	5- 2-93	Randalls Is.,NY	

Men's World Masters Indoor Relay Bests (as of March 1, 2006)

4X1600					
40-49	17:44.35	WRT (Cooney-Hammond-Martyn-Fram)	2-10-02	Boston,MA	
50-59	20:47.8y	USA (O'Brien-Ireland-Bodine-Stabler)	12-12-81	Syracuse,NY	
60-69	24:55.7	USA (Engle-Burkinshaw-Kick-Spencer)	1- 6-01	Boston,MA	
Sprint Medley					
50-59	4:51.4	USA (Plaster-Friedman-Kuhi-Indek)	3-22-03	New York,NY	
70-79	6:41.4	OHTC (Sirminger-Mloek-Hosack-Fike)	1- 9-83	Maple Hts.,OH	
Distance Medley					
40-49	11:01.4	USA (Hiedholm-Bernard-Lampman-Sleeman)	1-22-83	Ann Arbor,MI	
50-59	11:54.87	USA (Nolan-Lapp-Plaster-Scholl)	1-10-03	New York,NY	

Women's World Masters Indoor Relay Bests (as of March 1, 2006)

4X1600					
40-49	25:06.6y	USA (Betz-Booker-Rusby-Blakely)	12-12-81	Syracuse,NY	
50-59	28:02.5	LAC (Bullerjahn-Igoe-Hatch-R.Wright)	1- 6-01	Boston,MA	

Men's U.S. Masters Indoor Relay Bests (as of March 1, 2006)

4X200					
40-49	1:37.9	NYPC (Small-Rizzo-Williams-Johnson)	1- 2-86	New York,NY	
	1:31.4	USA (Schiro-Gonera-Crain-Blackwell)	3-17-01	New York,NY	
50-59	1:36.8h	SFA (Schiro-Blake-Pierce-Gonera)	3-22-03	New York,NY	
60-69	1:45.56	USA (Grady-Barnum-Duffy-Edens)	3-13-04	Sindelfingen, GER	
4X1600					
40-49	17:44.35	WRT (Cooney-Hammond-Martyn-Fram)	2-10-02	Boston,MA	
50-59	20:47.8y	STC (O'Brien-Ireland-Bodine-Stabler)	12-12-81	Syracuse,NY	
60-69	24:55.7	GCS (Engle-Burkinshaw-Kick-Spencer)	1- 6-01	Boston,MA	
Sprint Medley					
50-59	4:51.4	USA (Plaster-Friedman-Kuhi-Indek)	3-22-03	New York,NY	
60-69	4:42.5h	USA (Cordero-Lewis-Lawson-Borla)	2-22-04	New York,NY	
70-79	6:41.4	OHTC (Sirminger-Mloek-Hosack-Fike)	1- 9-83	Maple Hts.,OH	
Distance Medley					
40-49	11:01.4	AATC (Hiedholm-Bernard-Lampman-Sleeman)	1-22-83	Ann Arbor,MI	
50-59	11:54.87	USA (Nolan-Lapp-Plaster-Scholl)	1-10-03	New York,NY	

Women's U.S. Masters Indoor Relay Bests (as of March 1, 2006)

4X200					
40-49	1:45.52	USA (Peterson-Bell-Rosado-Raschker)	3- 2-97	Birmingham,Eng	
50-59	2:24.23	USA (Michelson-Trotto-Hill-Jones)	3-14-99	New York,NY	
4X1600					
40-49	25:06.6y	FLRC (Betz-Booker-Rusby-Blakely)	12-12-81	Syracuse,NY	
50-59	28:02.5	LAC (Bullerjahn-Igoe-Hatch-R.Wright)	1- 6-01	Boston,MA	
Sprint Medley					
30-39	6:07.66	OHTC (Ogletree-Cotten-Kea-Nichols)	1- 9-83	Maple Hts.,OH	
50-59	5:51.1h	USA (Pinto-Trotto-Boucher-Rosado)	2-22-04	New York,NY	
Distance Medley					
50-59	17:53.9	BTC (Michelson,Clair,Powers,Trotto)	2-18-01	Seldon,NY	

Men's World Masters Outdoor Relay Records (as of March 1, 2006)

4x100					
M35	42.62	USA (Peete,Thomas,Jones,Drummond)	09-03-05	San Sebastian	
M40	42.20	USA (Strong; Stephen; Berry; Gault)	05-02-04	Irvine, CA	
M45	43.42	GBR (Ross,Franklyn,Oliver,Peters)	08-08-99	Gateshead	
M50	45.04	USA (Fields,Bell,Jones,Robbins)	07-23-95	Buffalo, NY	
M55	46.43	GER (Besant,Bolsinger,Schmitt,Reichle)	08-08-99	Gateshead	
M60	48.17	GER (Radke,Temme,Gasper,Russ)	08-08-99	Gateshead	
M65	50.13	GER (Beckerling,Scheidt,Hamaekers,Lenk)	09-13-05	San Sebastian	
M70	53.03	GER (Schrader,Kimmel,Bockl,Newmann)	09-03-05	San Sebastian	
M75	58.58	GER (Krenzer,Hoffmann,Herbert,Seizer)	08-25-02	Potsdam	
M80	61.83	GER (Albrecht,Herbst,Schumacher,Breder)	08-01-04	Århus	
M85	98.69	GER (Eble,Mahlo,Janicaud,Maisch)	08-01-04	Århus	
4x400					
M35	3:19.90	USA (Sterling,Drummond,Gardner,Thomas)	09-03-05	San Sebastian	
M40	3:20.83	USA (Allah,Morning,Gonera,Blackwell)	04-28-01	Philadelphia, PA	
M45	3:28.36	GBR (Luca,Caines,Oliver,Ross)	07-27-97	Durban	
M50	3:35.88	USA (Steffes,Mathis,Adamson,Colbert)	08-06-89	Eugene, OR	
M55	3:46.70	GER (Schwarzer,Holder,Hinke,Mueller)	07-23-95	Buffalo, NY	
M60	3:53.87	USA (Adamson,Stewart,Johnson,Colbert)	08-08-99	Gateshead	
M65	4:09.08	GER (Klaus,Scheid,Buss,Müller)	08-01-05	Århus	
M70	4:35.07	USA (Bloomfield,Jordan,Spnnseler,Weinacht)	08-06-89	Eugene, OR	
M75	5:02.70	GER (Kenzer,Herbst,Seib,Seizer)	07-13-03	Carolina, PR	
M80	6:00.03	JPN (Miura,Aiki,Yabe,Watanabe)	11-14-98	Okinawa	
4 x 800					
M40-49	7:54.17	USA (Hinton, Pope, Paulk, Young)	06-27-04	Eugene, OR	
M50-59	8:40.32	USA (Chantry; Robinson; Pratner; Patton)	08-07-05	Honolulu, HI	
M60-69	9:33.95	HOL (Maijor,Ravensbergen,Zethof,Herlaar)	06-11-92	Beverlyk	
M70-79	11:09.87	USA (Selby,Escobson,Linde,Bryant)	08-02-98	Orono, ME	

Women's World Masters Outdoor Relay Records (as of March 1, 2006)

4x100					
W35	48.63	FRA (Desmier,Sulter,Andreas,Apavou)	08-06-89	Eugene, OR	
W40	49.18	GER (Nanz,Gorling,Heitmann,Machill)	08-25-02	Potsdam	
W45	50.57	AUS (Perkins, Adams, Ihnativ, Blurton)	07-27-97	Durban	
W50	53.31	GBR (Roe,Godsell,Saunders,Powell)	09-03-05	San Sebastian	
W55	55.18	GER (Schmalbrucht,Reichert,Strasdas,Hoffmann)	07-23-95	Buffalo	
W60	55.77	GER (Drecolli,Reichert,Hoffman,Hoffman)	07-09-00	Jyvaskyla	
W65	60.38	GER (Schmalbrucht,Mahnke,Kimmel,Hofman)	08-01-04	Århus	
W70	66.05	GER (Schuele,Schneiderhan,Haule,Mangler)	10-17-93	Miyazaki	
W75	74.44	USA (Peterson,McDaniels,Onodera,Valien)	07-13-03	Carolina	
4 x 400					
W35	3:50.80	GER (Mitchell,Mathews,Beadhall,Gabriel)	08-08-99	Gateshead	
W40	3:57.28	AUS (Loizou,Kay,Smith,Cearns)	07-14-01	Brisbane	
W45	4:08.50	AUS (Adams,Ihnativ,Hayes,Blurton)	07-27-97	Durban	
W50	4:17.60	GBR (Godsell,Roe,Saunders,Powell)	09-03-05	San Sebastian	
W55	4:41.43	AUS (Maccliver,Lang,Parrish,Stobaus)	08-08-99	Gateshead	
W60	4:56.74	USA (Solwazi,LaVigne,Cappetta,Daprano)	07-14-01	Brisbane	
W65	5:24.69	GER (Hodapp,Holzknicht,Sauer,Ritter)	09-03-05	San Sebastian	
W70	6:33.91	USA (Valien,Smalley,Friedman,Peterson)	07-27-97	Durban	
W75	7:10.09	USA (Smalley,Onodera,Peterson,McDaniels)	07-13-03	Carolina	
4x800					
W35-39	9:37.29	HOL (Van de Van,Pos,Ruyter,Verhoef)	09-25-92	Dordrecht	
W40-49	9:51.58	USA (Smith, Green, Cassel, Jasper)	08-07-04	Decatur	
W50-59	10:33.26	NED (Jonkers,Kooten,Keijzers,Brugman)	08-28-99	Valkenswaard	
W60-69	12:14.73	USA (Michelson,LaVigne,Daprano,Ingalls)	08-11-02	Orono	

p = pending - missing birthdates, dates, etc.
 Note: Club records are listed before USA team records

HE: Houston Elite
 RA: Reebok Aggies
 SCS: Southern California Striders

BAA: BAA Running Club
 TR: Tamalpa Runners
 BRC: Boston Running Club

KHTC: King of the Hill Track Club
 WVTC: West Valley Track Club
 NYMC: New York Masters Club
 OHTC: Over the Hill Track Club
 FLRC: Finger Lakes Running Club
 BTC: Bohemia TC

MMTC: Midwest Masters T&F Club
 SCTC: So. Cal. Track Club
 STC: Syracuse Chargers TC
 NYPC: New York Pioneer Club
 AATC: Ann Arbor TC
 LAC: Liberty AC

MASTERS CLUBS

Below is a list of masters track & field, long distance running, and racewalking clubs arranged alphabetically by region. Some offer workout facilities. Most have social programs and annual awards. If you'd like to find out more about what's going on in your area, contact one. To have your club listed, please send the necessary information to National Masters News, P.O. Box 50098, Eugene OR 97405; natmanews@aol.com.

EAST

All Unique Individuals, Women's Masters Track Team, PO Box 2831, Elizabeth, NJ 07207-2831; 973-736-3312
 Bohemia Track Club, Mary Trotto, 3 Eden Dr., Smithtown, NY 11787; 516-979-8445
 Boston Athletic Assoc., 131 Clarendon St., 8th Floor, Boston, MA 02116; 617-236-1652; www.bostonmarathon.org
 Boston Running Club, Brian Hamill, 106 Mt Auburn St., Watertown, MA 02472; 617-924-1392; brc@tiac.net
 Cambridge Running Club, Bob Gillon, 8 Hawkes Ln., Lynnfield, MA 01940; 718-593-9592
 Capitol Hill Road Runners Club, Robert S. Weiner, 1104 Sanford Lane, Accokeek, MD 20607
 Crow Athletics, P.O. Box 1032, Northeast Harbor, ME 04662; www.crowrunning.com
 Finger Lakes RC, PO Box 321, Newfield, NY 14867; 607-564-9516
 Garden State AC, 19 Bedminster Rd., Randolph, NJ 07869
 Greater Boston TC, PO Box 183, Boston, MA 02117-0183; 617-499-4844; gbtc@crl.dec.com; www.gbtc.org
 Greater Long Island RC, 101-24 Dupont St., Plainview, NY 11803; 516-349-7646; 516-349-7647 (fax); www.glicr.org
 Greater Rochester TC, PO Box 92608, Rochester, NY 14692; 716-872-6652
 Hudson Mohawk Road Runners, PO Box 12304, Albany, NY 12212; 518-435-4500
 Liberty AC, 63 Bridge Street, West Newbury, MA 01985; 978-510-1032; libertyac@hotmail.com; www.libertyac.org
 Maryland Masters T&F Club, c/o Dave Balmer President, 11901 Bracken Ct., Bowie, MD 20720-4480; 301-464-3531 (home); 301-529-5475 (cell)
 Mystic Runners, PO Box 282, Medford, MA 02155, Stephen Viegas, 781-944-3390; stephenviegas@hotmail.com; www.mysticrunners.us
 Nadia Track Club, 1500 Sylvan Terrace, Pittsburgh, PA 15221; Dorel Watley, Pres., 412-244-9812
 National Capital Track Club (GNATS), c/o Karen Erb, 205 W. Myrtle St., Alexandria, VA 22301; 703-549-7779
 New England Walkers, 83 Riverside Av., Concord, MA 01742; 978-369-7912; knatt@ziplink.net
 New Jersey Striders TC, P.O. Box 885, Maywood, NJ 07067; 201-337-7081
 North Jersey Masters, PO Box 56, Ridgewood, NJ 07451
 NY Masters Club, Rose Ann Gaeta, 75-32 199th Street, Fresh Meadows, NY 11366
 NYRR, 9 E. 89th St., New York, NY 10128, 212-860-4455
 Park Racewalkers, USA, 320 East 83rd St., Box 18, New York, NY 10028; 212-628-1317; francicash@aol.com
 Peninsula Track Club, Rhonda Venable, http://hometown.aol.com/toadpark/index.html
 PHAST (Philadelphia Area Striding Team), Philadelphia, PA; Jeff Salvage, Racewalking coach, campsalvage@yahoo.com; 609-714-1308; Marie Woodland, President, mariewalks@aol.com
 Philadelphia Masters T&F Assoc., c/o Kyle Medkenborg, President, 7 E. Main St Apt. 3, Lansdale, PA 19446; 215-393-1382; kmeck@erols.com
 Pineland Striders, John T. Grady, 3201 Chadbury Rd., Mt. Laurel, NJ 08054; jgradyrj@comcast.net
 Pioneer Valley Women's Running Club, Sue Kaptan, 45 Woodside Drive, Longmeadow, MA 01106; 413-567-8563; kaplanjaye@yahoo.com; www.pvwrc.org
 PR Racing Team, Scott Brown, 167 Pettingill St., Lewiston, ME 04240; 207-782-0688; runscott1@aol.com
 Potomac Valley Track Club, c/o Bobby Briggs, 6207 Duntley Ct., Springfield, VA 22152; 703-913-6335; email: corrallo@erols.com
 Rhode Island Road Runners, 18 Musket Road, Lincoln, RI 02865; chyson8089@aol.com; 401-725-1725
 Run to Win Ladies - Maine, Coach Brian Gillespie, 36 Colonial Rd., Portland, ME 04102; 207-772-2753
 Shore AC, Donna Cetruolo, 274 Bath Av #14, Long Branch, NJ 07740; 732-222-1348
 Somerville Roadrunners, 58 Day Street, Box 2048, West Somerville, MA 02144; DSSBhudda@aol.com
 Sugarloaf Mt. AC, Box 659, Amherst, MA 01004; 413-586-7411
 Syracuse Chargers TC, 118 Foxcroft Lane, Fayetteville, NY 13066; 315-637-6211
 Taconic Road Runners Club, No. Westchester, NY; 914-528-2251; www.runner.org
 Tendonitis A.C., c/o Chris Rush, 1177 Oxford Place, Schenectady, NY 12308; http://members.aol.com/MacAlps/TAC.html; chrishrush@prodigy.net; 518-374-6995
 Tri-State TC, Wayne Vaughn, 18619 Preston Rd., Hagerstown, MD 21742
 Westchester Road Runners & Westchester Puma Track Club, 179 East Post Road, White Plains, NY 10601; 914-682-0637; 914-949-4166 (fax)
 Western Pennsylvania Track Club, 1790 Lisa Dr., #4, Indiana, PA 15701; 724-464-2222

SOUTHEAST

All American TC, 20184 Hwy 17, Hampstead, NC 28443
 Atlanta TC, 3097 E. Shadowlawn Av. NE, Atlanta, GA 30305; www.atlantatrackclub.org
 Birmingham TC, P.O. Box 530363, Birmingham, AL 35253; 205-879-5344
 Carolina Masters Track & Field Club, Gordon Edwards; 704-588-6885; gedwards@carolina.com
 Florida AC, 3250 Lakeview Blvd., Delray Beach, FL 33445; 561-499-3370
 Florida TC, P.O. Box 12463, University Station, Gainesville, FL 32604; 904-378-8725
 Greenville TC, P.O. Box 16262, Greenville, SC 29606-7262; 864-235-8260
 Huntsville TC, c/o Harold Tinsley, 8811 Edgehill Dr., Huntsville, AL 35802; 256-881-9077; harold.tinsley@gte.net; www.huntsvilletrackclub.org
 Jacksonville Track Club, P.O. Box 24667, Jacksonville, FL 32241; 904-387-0528; www.jacksonvilletrackclub.com; ConsulJTJB@aol.com
 Manasota Track Club, Don Marshall, Sarasota/Manatee, FL; sarasotadon@att.net; www.manasotatrackclub.org
 Maryland Masters T&F Club, Joe Burno, President, 11901 Bracken Ct., Bowie, MD 20720-4480; 301-350-8139(h); 301-442-7333(c); jburnojr@aol.com; http://home.usadatanet.net/opeytor/
 Miami RC, Tropical Park, 7920 SW 40th St., Miami, FL 33155; 305-227-1500
 Nashville Racers, 421 Valley Trace Dr., Nashville, TN 37221; 615-356-4607; racers@home.com
 North Carolina RRC, PO Box 26761, Raleigh, NC 27611; 919-231-0714
 Pony Express Masters TC, PO Box 872, Portsmouth, VA 23705; Joe Mack, 804-236-0951
 Port City Pacers, PO Box 16907, Mobile, AL 36616; 334-473-RACE
 Richmond T&F Club, PO Box 6701, Richmond, VA 23230; 804-266-4785
 Southern Knights Athletics, Inc., P.O. Box 16883, Atlanta, GA 30321; 404-767-4445; runningfool@mac.com
 Tennessee Masters TC, 2251 Robertson View Point, Sevierville, TN 37876; 865-774-0023; coachr880@bellsouth.net; www.coachr.org/tenmasterstc.htm

MIDWEST

Ann Arbor TC, PO Box 7551, Ann Arbor, MI 48107; 734-663-9740; 734-663-0124 (fax)
 Athletic Ventures, Ann Arbor, MI; Bill Stewart, 734-332-3981; www.athleticventures.com
 Bob Shul Racing Team, 27 E Dixon Av., Dayton, OH 45419; 937-293-7935; BobShul@sprintmail.com
 Buckeye Striders/Racewalking, Maryann Holevas, 603-D Olde Towne Ave., Columbus, OH 43214; holevas2@msn.com; http://home.columbus.rr.com/racewalker/
 Chicago Walkers Club, Nancy Goldman, President, 2909 N. Sheridan Road #1707, Chicago, IL 60657; 773-348-3891; goldnanc@aol.com; www.sekelsky.com/chicagowalkers
 Columbus Roadrunners, PO Box 15584, Columbus, OH 43215-0584; 740-549-3069
 Dayton Masters TC, PO Box 17706, Dayton, OH 45417-0706; Bob Jones, Pres., 937-837-2754
 Eastern Kentucky Track Club, Gary W. Kidd, Prestonsburg, KY; piarist@kih.net
 Firebird Track Club, 604 Schuyler Drive, Kettering, OH 45429; Doug Weikert - bertieg@aol.com; cgreen@kettering.k12.oh.us
 Greater Evansville Runners/Walkers Club, Evansville, IN; Gordon Benfield, 812-963-9394; msurunner@msn.com; www.gwrc.com
 Indiana Racewalkers Club, P.O. Box 1302, Indianapolis, IN 46206; David Harriman, Pres., 317-679-1403; david_harriman@sbcglobal.net
 Lexington Windjammers Running Club, 182 Donabrook Ct., #6, Lexington, KY 40517-1110; Whit Whitaker, 859-552-9836; www.lexingtonwindjammers.com
 Midwest Masters T&F Club, 633 Sunset Dr., Janesville, WI 53545; 608-756-5260
 Motor City Striders, 10144 Lincoln, Huntington Woods, MI 48070; 248-544-9099; 248-544-4601 (fax); racebreak@aol.com; www.motorcitystriders.com
 Over the Hill TC, 5091 Hickory Drive, Lyndhurst, OH 44124; www.ohthc.org
 Parkside Athletic Club (Racewalk), Kenosha, WI; Mike DeWitt, 414-551-0142
 PUMA Team Jock Stop, 7373 Market Street, Youngstown, OH 44512; 330-726-8407
 River to River RC, PO Box 1224, Marion, IL 62959
 Firebird Track Club, Doug Weikert/Charley Greene, Coaches, 3301 Shroyer Road, Kettering, OH 45429; cgreen@kettering.k12.oh.us
 Victory AC, Marly Gorterman, Pres., PO Box 6667, Louisville, KY 40206; 502-447-3913
 Wolfpack TC, 4865 Arthur Pl., Columbus, OH 43220; 614-459-2547

MID-AMERICA

American Walking Assoc., National Office, PO Box 4, Paonia, CO 81428-0004; 970-527-4557/970-527-4607 (fax); walk@online.col.com
 Charlies Challenge, Gary Westlund (USATF Level Coach II, Certified ACSM Health/Fitness Instructor), 1516 Sunny Way Court, Anoka, MN 55303; 612-245-9160; www.CharliesChallenge.org

Colorado Walking Club, Rocky Mountain Region, 9853 Zephyr Dr., Broomfield, CO 80021; 303-422-5468
 Denver TC, Trip Reynolds, President; www.denvertrackclub.org
 Heartland Racewalkers, PO Box 11141, Shawnee Mission, KS 66207; Alan Poisner, apoisner@kumc.edu; http://kctrack.org/Heartland_Racx.html
 Lawrence TC, PO Box 3743, Jayhawk Sta., Lawrence, KS 66046
 Lincoln TC, 3105 Cedar Av., Lincoln, NE 68502
 Prairie Striders, Box 267, Brookings, SD 57006
 Running International, Ric Rojas, 3680 Buckeye Court, Boulder, CO 80304; 303-444-7267; Ric@RicRojasRunning.com; www.RicRojasRunning.com
 Running Republic of Boulder, Coach Darren De Reuck, kwazulu11@msn.com; Pres. Don Ford, DonRFord@aol.com; www.runningrepublic.com
 St. Louis TC, 2385 Hampton Av., #101, St. Louis, MO 63139-2932; www.stlouistrackclub.com; 314-781-3926; 314-782-3726 (raceline)

SOUTHWEST

Dallas Masters T&F Club, 1501 W. Lavender Lane, Arlington, TX 76013; 817-274-0448; wrunner@aol.com; www.dallasmasters.com
 Houston Gold Track Club, Dinah Anderson, 713-621-9411; dinahomite@aol.com
 Houston Masters Sports Assoc., 4021 Montrose Blvd., Houston, TX 77006-4956; 713-523-5679
 King of the Hill TC, 48 Chateau Haut Brion, Kenner, LA 70065-4956; 504-467-1197
 Louisiana Lightning TC, Jeff Baty, 321 E. Josephine St., Gonzales, LA 70737
 Midnight Sun TC, PO Box 7141, New Orleans, LA 70186
 New Orleans TC, PO Box 52003, New Orleans, LA 70152-2003; 504-482-6682
 Oklahoma City RC, PO Box 18113, Oklahoma City, OK 73154; 405-752-9097
 Pine Belt Pacers, c/o Becky Ryder, 2902 Lincoln Rd #10, Hattiesburg, MS 39402; www.PineBeltPacers.org
 San Antonio Racewalkers, 9635 Campton Farms, San Antonio, TX 78250; Bert Pickell, bertpjr@msn.com
 San Antonio TC, PO Box 39148, San Antonio, TX 78218; Don Austin, 210-699-0265
 South Louisiana Masters TC, PO Box 3125, Lafayette, LA 70502-3125; 318-984-4934
 Southwest Sprinters TC, David F. Jones, 214-875-9173; david.f.jones@bx.com; www.southwestsprinters.com
 Team Oklahoma Masters, George Hall, 4217 W 91st, Tulsa, OK 74132-3739; TEAM_OKLAHOMA@bigfoot.com
 Texas Track Club, 3334 S. SW Loop 323, #140, Tyler, TX 75701; Robert Hahn, 903-561-9511; 903-561-9512(fax)
 Tulsa RC, PO Box 3304, Tulsa, OK 74101-3304; 918-496-1939; www.tulsarunningclub.com
 Waterloo T&F Club, 4112 Burnet Rd., Austin, TX 78756; 512-458-6010; www.geocities.com/hurdle4fun/

WEST

Arizona Flames Track Club, James Smith, 480-726-1613 jsmith@cox.net; www.azflames.com
 Aztech Training & Racing Club, Bill Strachan, P.O. Box 80785 Phoenix, AZ 85060; 602-413-8825; run1@cox.net; racewalk1@cox.net; www.aztechtraining.com
 Brooks Fleet Feet racing, Randy Sturgeon, 2311 J St., Sacramento, CA 95816; 916-987-3278; www.ftsc.com/racing/index.htm
 Cal Coast TC, PO Box 7132, Newport Beach, CA 92660-7132; 949-476-7076; Bill Sumner/Rick Herr
 Club West, Beverley Lewis, PO Box 5730, Santa Barbara, CA 93150; 805-969-5852; Gordon McClenathan, PO Box 99, Goleta, CA 93116-1099; 805-964-3005
 Elite Health TC, 10738 Jefferson Blvd., Culver City, CA 90230; 310-559-9739
 Excelsior TC, 311 Lexington Way, Burlingame, CA 94010; 415-592-8353
 Feel The Heat TC, Rawle Crichlow, 1522 E. Southern Ave., #2041, Tempe, AZ 85282-5664
 Future Track Running Club, 30125 Agoura Road, Agoura Hills, CA 91301; Coach Bill Duley; 818-991-4786
 Great Strides Honolulu, 1521 Punahou St., #1302, Honolulu, HI 96822; 808-942-9567
 Hawaii Masters TC, PO Box 15763, Honolulu, HI 96830-5763
 Heart & Sole Track Club, 2817 San Mateo Blvd. NE, Albuquerque, NM 87110; John Reardon, 505-620-9923; newmexicotrack@yahoo.com; www.heartssolesports.com
 Howitzer Throwing Club, Palm Desert, Calif. Arnie Gaynor, ArnieandMarilyn1@verizon.net; Doug Richardson, Gladysdoug@cs.com
 Inland Empire Racewalkers, PO Box 261, Riverside, CA 92502; 714-877-3548; 714-824-2336
 KEL Club, Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060; 831-458-0300; kelfield@aol.com
 Los Gatos AA, PO Box 1334, Los Gatos, CA 95031; 408-354-7333
 Marin Race Walkers, Jack Bray, PO Box 21, Kentfield, CA 94914; 415-461-6843; marinnw@wernet.net; www.lightways.com/marinnw
 Maui Throwers Club, Wayne Bartelme, 808-250-5536; wayne.bartelme@fourseasons.com
 No. Calif. Senior TC, John Couddill, President, 1367 Oakland Av., Piedmont, CA 94611; 510-655-5901
 Pacific Racewalkers, Box 513, Carmichael, CA 95609; 916-483-2917
 Personal Record Vertical Sports Club, 802 Brentwood Ave., Vallejo, CA 94591; Eddie Seese, 707-645-8555; prsport1@aol.com
 Phoenix Bobcats Track & Field Club, PO Box 26545, Phoenix, AZ 85068-6545; www.phoenixbobcats.com; 602-392-3599
 Pole Pilots/Kinaesthetics Inc. Track Club, 1137 E. Edison St., Tucson, AZ 85719-3530; Roy D. Willis, Jr.; Jennifer L. Croissant, 520-206-9322; www.polepilots.org
 Quest Club, Fred Moore, 3022 N 32nd St. #54, Phoenix, AZ 85018; 602-954-4605
 Reebok Aggie Running Club, 10253 East Estates, Cupertino, CA 95014; Charles Alexander, charlesa@alumni.stanford.org
 San Diego TC, PO Box 371232, San Diego, CA 92137-1232; 619-270-SDTC
 Santa Cruz TC, P.O. Box 1803, Capitola, CA; 831-728-0399
 Santa Fe Striders, PO Box 1818, Santa Fe, NM 87504; 505-983-2144
 Show Time International TC, Beverly Hills, CA; Michael "Foots" Williams, 323-291-7392; 323-294-3719 (fax); showtimetrackclub@MSN.com; www.showtime.micronpcweb.com
 Sierra Racewalkers, PO Box 13203, Sacramento, CA 95813-3203; 916-722-5039
 SLO Roadrunners, Roger Wames, San Luis Obispo, CA; CoachWTRISLO@aol.com; www.TRISLO.COM
 Southern California Striders, 39777 Cathy Dr., Fallbrook, CA 92028; 619-436-7698
 So Cal Track Club, 18 Charca, Rancho Santa Margarita, CA 92688; Mark Cleary, 949-589-0242
 Tamalpa Runners, Box 4132, San Rafael, CA 94913; 415-721-3791
 Team Runners High TC, Steve Moreno, PO Box 1429, Huntington Beach, CA 92647; 949-631-6436; morenozone@earthlink.net
 Trojan Masters TC, 40 Golden Star, Irvine, CA 92604; 949-786-1731; gregory.charles@ca.com
 Walkers Club of L.A., 610 Woodward Blvd., Pasadena, CA 91107; 626-985-9854
 Walk This Way - Racewalking Club, 525 Hidden Ridge Cr., Encinitas, CA 92024; Sloan Zsiros, 619-855-7644; walkthisway2000@aol.com
 West Valley Joggers & Striders, 1124 Kennington Av., Sunnyvale, CA 94087; 408-246-2651

NORTHWEST

Anchorage RC, Joan Nockels, PO Box 243362-3362, Anchorage, AK 99524-3362; jnockels@pobox.alaska.net
 Apex Track & Field, 2420 NE 136th Av., Portland, OR 97230; Jim Satterfield, 503-254-7562
 Barron Park Striders, Drew Stevick, 3225 Scotch Meadow Ct. SE, Olympia, WA 98501; 360-438-0051
 Big Foot Masters, Maury Ray, N1810 Green St. MS-2050, Spokane, WA 99207-5399
 Club Northwest, Seattle, WA; Tom Cotner, totnet@u.washington.edu; www.cnw.org
 Club Vault, Jerry Cash, 12900 SW Tarpan Dr., Beaverton, OR 97008; 503-524-5078
 Eugene Running Club, 351 Ransom Ct., Eugene, OR 97401; Cathie Twomey Bellamy, 541-343-4841
 High Desert Harriers, Carol McLatchie, 2949 NE Lotno Dr., Bend, OR 97701; 541-383-2002; mcclarc@msn.com
 Holy Smokes Track Club, 2232 Franklin Av. East, Seattle, WA 98102; Denny West, 206-322-2413
 NEMESIS, Martha Mendenhall, 710 N. "T" Street, Tacoma, WA 98403; 253-861-8783
 Oregon Road Runners Club, 4840 S.W. Western Av., #200, Beaverton, OR 97005; 503-646-RUNR, Susan Perry, orrc@teleport.com; www.orrc.net
 Oregon Track Club Masters, PO Box 11364, Eugene, OR 97440; 541-343-7247; www.oregontrackclub.org
 Pacific Pacers (Racewalk), 6633 N.E. Windermere Rd., Seattle, WA 98115; 206-524-4721; bevlaveck@aol.com
 Portland Masters Track Club, 3011 NE Linden Av., Gresham, OR 97030; 503-666-8950, Paul Stepan, Pres.
 Racewalkers Northwest, PO Box 3914, Portland, OR 97208; 503-256-2916; RacewalkNW@yahoo.com
 Re-Treads, Neal Stoddard, 16016 9th Ave. SW, Burien, WA 98146; 206-245-0516
 Seattle Masters AC, 4103 Hillcrest Av., SW, Seattle, WA 98116; 206-932-3923; kweibel@aol.com
 Snohomish Track Club, 4261 S. 184th St., SeaTac, WA 98188-4569; 206-433-8868
 Southern Oregon Sizzlers, Mike Barrett, PO Box 665, Medford, OR 97501; 541-779-1214
 Team Alaska Track Club, Chris Waythomas, 6351 Far Point Cir., Anchorage, AK 99507; chris@maildakancr.usgs.gov
 Tiger Vault - Pole Vault Club, 11701 NE 274th St., Battle Ground, WA 98604; Joseph Pfister, 360-687-7729; joseph.pfister@hotmail.com

Ma
 EAST

* Dan Dearing, 44, was two seconds out of 16:49, Morgan's Run April 9. Ann Machado took the W40+ race (24:71, Waterford, ME, finish)
 * Christina Morga Park, MD, led six W40+ an overall first woman Half-Marathon, Severna 5.
 * Christopher Har Spring, MD, was second 1:15:10. Not to be out of 40, Chester, NJ, first marathon with a 3:10; more W40+ in the top ten Lang, 52, Pasadena, M in 3:44:54. Second-place M40+, Bryan Smith, 4; 2:41:27. Ralph Cripe, won his division with a 3
 * Ken Rolel, 44, in 1 Pare, 45, in a fourth-w first masters in the 5K/USATF-NJ Open Championships, April 3 M55 winner, took male a with a 90.7% 17:14, with 86.8%. Imme Dyson, was best A-G female with with Pare following at 86
 * Michael Robles, 4 in 17:38, and Karen Quogue, NY, in 20:07, w the Guts and Glory 5K, April 29. Linda Ott, Spring Harbor, NY, wa (21:59). Bill Benson, NY, ran a 38:17.
 * Albert Okemwa, Lyubov Kremleva, tu firsts, Sallie Mae 10K, April 30. Tom Stevens (34:31). Chris Caun w division (47:28).

SOUTHEAST

* Steve Bohan, 40, 53:32, and Jeanne Ola KY, in 68:37, took male John's 10 Miler, in La Randy McDowell, 45 59:29, and Barry Ros KY, 61:06, were second
 * John Metzgar, 43 with a 26:57, and Garbrecht, 44, Orange 31:18, were both second to the Sun 8K, in Ora Page Ramezani, 56, 30:51, and Marilyn Jacksonville, FL, 42:22 group firsts.

* Rick Edwards, Beach, NC, in 17:51, ar 42, Wilmington, NC, i masters firsts in the A Wilmington, NC, April 9 62, Wilmington, NC, wd

MIDWEST

* Jerry Rief, 41, Ch third overall 2:54:12, a Rapid City, SD, with 3:23:45, were first mas Marathon, Dearborn John Wallace, 62, Lon the M60 race in 3:42:4 the half-marathon wer 48, Clarkston, MI, Winter, 45, Bloomfield M50s staged the best Torres, 53, Toledo, marathon-legend Dc Livonia, MI, second Rizzo, 54, Ann Arbor, Laurel Park, 43, Ann

Masters Scene

EAST

• **Dan Dearing**, 44, Lisbon Falls, ME, was two seconds out of first place with a 16:49. **Morgan's Run 5K**, Lewiston, ME, April 9. **Ann Machado**, 45, Portland, ME, took the W40+ race (24:36). **John Howe**, 71, Waterford, ME, finished in 26:20.

• **Christina Morganti**, 41, Severna Park, MD, led six W40+ in the top 10 with an overall first woman 1:26:32. **B&A Trail Half-Marathon**, Severna Park, MD, March 5. **Christopher Hamley**, 41, Silver Spring, MD, was second male overall in 1:15:10. Not to be outdone, **Alison Jeffs**, 40, Chester, NJ, first woman in the marathon with a 3:10:19, paced seven more W40+ in the top ten, including **Mary Lang**, 52, Pasadena, MD, eighth woman in 3:44:54. Second-place went again to an M40+, **Bryan Smith**, 43, Thibodaux, LA, 2:41:27. **Ralph Cripe**, 64, Carlsbad, CA, won his division with a 3:14:34.

• **Ken Rolek**, 44, in 16:12, and **Jeanne Pare**, 45, in a fourth-woman 18:27, were first masters in the Run for Rachel 5K/USATF-NJ Open Women's 5K Championships, April 30. **Roger Price**, M55 winner, took male age-graded honors with a 90.7% 17:14, with Rolek second at 86.8%. **Imme Dyson**, 69, W65 winner, was best A-G female with an 88.7% 25:00, with Pare following at 86.6%.

• **Michael Robles**, 47, Smithtown, NY, in 17:38, and **Karen Cotty**, 43, East Quogue, NY, in 20:07, were first overall in the Guts and Glory 5K, Massapequa, NY, April 29. **Linda Ottaviano**, 50, Cold Spring Harbor, NY, was second W40+ (21:59). **Bill Benson**, 86, Valley Stream, NY, ran a 38:17.

• **Albert Okemwa**, M40, 30:39, and **Lyubov Kremleva**, turned in masters firsts, **Sallie Mae** 10K, Washington, DC, April 30. **Tom Stevens** won the M50 race (34:31). **Chris Caun** was first in the W60 division (47:28).

SOUTHEAST

• **Steve Bohan**, 40, Buffalo, NY, with a 53:32, and **Jeanne Olash**, 49, Louisville, KY, in 68:37, took masters firsts, **Papa John's 10 Miler**, in Louisville, April 15. **Randy McDowell**, 49, Frankfort, KY, 59:29, and **Barry Ross**, 52, Battletown, KY, 61:06, were second and third M40+.

• **John Metzgar**, 43, Orange Park, FL, with a 26:57, and **Patti Stewart-Garbrecht**, 44, Orange Park, FL, with a 31:18, were both second overall in the Run to the Sun 8K, in Orange Park, April 15. **Page Ramezani**, 56, Jacksonville, FL, 30:51, and **Marilynn Koubek**, 65, Jacksonville, FL, 42:22, were among age-group firsts.

• **Rick Edwards**, 53, Wrightsville Beach, NC, in 17:51, and **Tracy Christian**, 42, Wilmington, NC, in 21:05, turned in masters firsts in the Azalea Festival 5K, Wilmington, NC, April 9. **Russ Simmons**, 62, Wilmington, NC, won his race in 26:27.

MIDWEST

• **Jerry Rief**, 41, Cheyenne, WY, with a third overall 2:54:12, and **Amy Yanni**, 51, Rapid City, SD, with a second-female 3:23:45, were first masters in the Martian Marathon, Dearborn Hts., MI, April 1. **John Wallace**, 62, Longboat Key, FL, won the M60 race in 3:42:48. First masters in the half-marathon were **Bryan Alfonso**, 48, Clarkston, MI, 77:34, and **Julie Winter**, 45, Bloomfield, MI, 90:34. The M50s staged the best race, won by **Sam Torres**, 53, Toledo, OH, 82:41, with marathon-legend **Doug Kurtis**, 54, Livonia, MI, second (83:26) and **Gary Rizzo**, 54, Ann Arbor, MI, third (83:37). **Laurel Park**, 43, Ann Arbor, MI, was first

female overall in the 10K with a 36:16. **Gary Brimmer**, 40, Swartz Creek, MI, 35:10, **Dave Furey**, 47, of Ann Arbor, 35:21, and **J. D. Pepper**, 42, Leslie, MI, 35:57, were 1-2-3 M40+. **Gerard Malaczynski**, 63, Bloomfield Hills, MI, finished with the leaders in 38:28.

MID-AMERICA

• **John Hinton**, 43, won the Masters Invitational Program Mile with a 4:23.45, **Drake Relays**, April 29. **Tony Young**, 44, finished second (4:30.69), and **Conor Driscoll**, 44, third (4:37.80). In the Masters 800, which has been run at Drake for three decades, **Kip Janvrin**, M40 decathlon WR-holder was first in 2:03.33.

• **Dennis Smithhisler**, 41, Wichita, KS, was fourth overall and top age-graded M40+ with a 34:09/A-G 32:02 in the Easter Sun 10K, Wichita, April 15. **Deb Torneden**, 45, of Wichita, was third female and top W40+ with a 39:19/36:26. **Paul Heitzman**, 75, Eudora, KS, 48:57/33:20, and **Mari Mohr**, 51, of Wichita, 43:30/37:35, were second best A-G masters performers.

• **Tony Meger**, 40, 17:45, and **Jeanne Miller**, 51, 23:21, drove to masters firsts, **Get in Gear 5K**, Minneapolis, April 29. In the 10K, **John Mirth**, M40, 32:15, and **Bonnie Sons**, W40, 37:18, sped to masters wins. **Gloria Jansen** won the W55 race (43:51).

SOUTHWEST

• **Brad Kugler**, 42, won the M40+ race with a 36:29. **Tyler, TX, Azalea 10K**, April 8. **Howard Richardson**, 51, took the M50 division in 39:18. **Howard Mayer**, 80, finished in 71:04. First W40+ was **Donna Volberding**, 45, in 47:41.

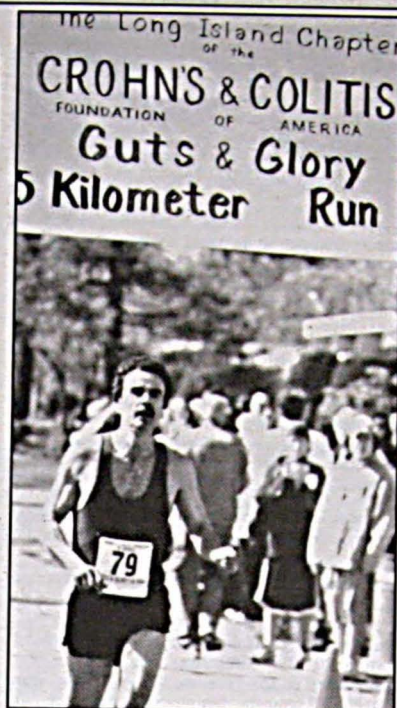
• **Albert Okemwa**, 40, Chapel Hill, NC, lassoed the masters win with a fourth-place 31:00 in the Texas Round-Up 10K, Austin, April 29. **Rudy Reina**, 46, was second M40+ in 34:42. **Beth Gatling**, 40, of Austin, won the W40+ stampede in 40:56. In the 5K, **Sergey Karasev**, 40, of Austin, was second-male with a 16:39. **Jesse Sturgeon**, 51, San Antonio, TX, took the fifth spot in 18:20. **Shirley Strait**, 47, of Austin, won the W40+ race with a 25:14. **Fred Neff**, 67, Georgetown, TX, won the M65 contest (28:01). **Pat Neff**, 63, Georgetown, TX, was the first W60 (28:44).

WEST

• The Hawaii Masters TC holds 2006 meets through December, usually at Kaiser HS, Honolulu; 735-6366; www.htmcc.org. **Naoto Inada**, Hawaii long-time running legend, returned to the track in HMTCC meets in April. Inada, who has competed in track, road races, marathons, and triathlons almost every weekend for the past 25 years, turned 85 on April 28. Inada, who runs in flip flops because his feet no longer fit well in any size running shoe, worked full-time as an architect for the City and County of Honolulu until his 80th birthday.

• **Jose Ortiz**, 43, Gardena, CA, in 16:48, and **Denise Ripley**, 44, Diamond Bar, CA, in 19:52, galloped to firsts in the Santa Anita Derby Masters 5K, Arcadia, CA, April 8. **Lydia Salinas**, 45, Los Angeles, was second W40+ in 20:55. **Barry Witter**, 55, La Crescenta, CA, with a 21:34, won a close M55 contest, with **Joe Ogata**, 57, Pacoima, CA, at 21:38. **Bert Sandoval**, 56, Covina, CA, at 21:43, and **Lou Brionnes**, 58, Los Angeles, at 21:49. **Glenn Crabtree**, 62, Lancaster, CA, ran a quick 22:36 to win the M60 race.

• Masters winners in the Big Sur Marathon were **Eric Albrecht**, M40, 2:44:43, and **Tammy Slusser**, W40,



MIKE POLANSKY
Michael Robles, 47, winning overall (17:38) the inaugural Guts & Glory 5K, April 29.

3:01:12. Division winners included **Vitassan Ezerskis**, M45, second M40+ in 2:46:08, and **Christine Kennedy**, W50, second W40+ in 3:05:13.

NORTHWEST

• **Gerry Dragomir**, M50, of Canada, was first overall with a 54:45.2 in the USATF NW Regional Masters 10K RW, Seattle, April 22. **Tommy Aunan**, M45, of Washington, was second M40+ in 55:45.6. **Carmen Jacinsky**, W40, of Oregon, took the W40 race with a 61:20.0. **Bev LaVeck McCall**, of Washington, won the W70 title in 67:39.9.

• **Richard Panches**, M40, 1:18:05, and **Nikki Raffie**, W40, 1:27:46, logged in masters firsts, **Race for the Roses Half-Marathon**, Portland, April 9. **Eileen Holzman** won the W60 crown with a 1:50:48.

• **Robin Wilson**, M45, was winner overall in the **Birch Bay 30K**, Birch Bay, WA, April 9. **Jeanne DeBari**, W50, was first W40+ (2:35:36). First titles in the 15K went to **Gordon Clark**, M40, 1:07:23, and **Theresa Westfall**, W45, 1:09:15. **Gwen McFarlan** won the W70+ race in 1:22:59.

• **George Mathews**, 62, edged **Harvey Lewellen**, 77, for men's top honors, 4725 to 4707, **Seattle Masters AC Spring Fling**, April 22. **Bob Lawson**, 71, and **Ray Burton**, who joined the M50 ranks in late 2005, also broke the 4000-point barrier. Mathews threw the 20kg/44-lb. superweight 10.15/33-3 3/4 as an exhibition event. The implement was proposed as a replacement, at the 2005 USATF Masters Meeting, for the 56-lb. superweight for M60-69. Top scorer among the women was **Georgia Cutler**, 63, at 3604.

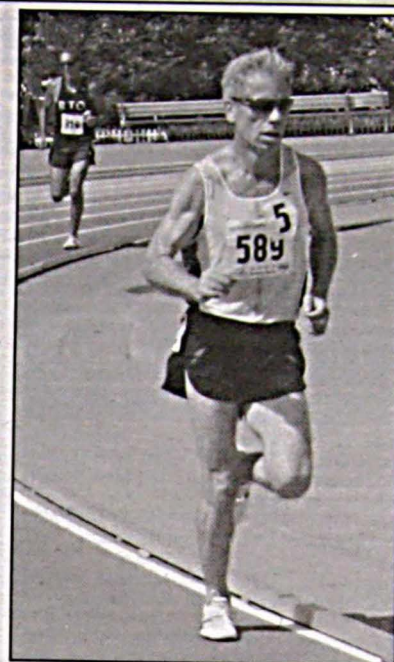
INTERNATIONAL

• Bids for the WMA Indoor World Championships for 2010 and WMA Stadia Championships for 2011 must be submitted by Sept. 1, 2006, in accordance with WMA Rules of Competition 1 (1). See www.world-masters-athletics.org.

• After the death of **Torsten Carlus**, the WMA Secretariat was filled on a temporary basis. In Riccione, the WMA Council unanimously appointed **Winston Thomas (GBR)** as General Secretary.

CORRECTION

• **Burt Hughes'** 9.37 TJ listed in the Mid-Atlantic Championships results in the April issue was included incorrectly. □



JERRY WOJCIK
Bob Prather, M50 5000 winner (17:02.88), 2005 USA National Masters Championships. The 2006 championships will be held in Charlotte, N.C., Aug. 3-6.

TWENTY-FIVE YEARS AGO June 1981

- **Herb Lorenz** (41, 47:18) Sets Masters AR in Nike U.S. Road Racing Championships
- **Roger Robinson** Becomes Second Fastest Masters Marathoner with a 2:18:44 in the Canadian Masters Championships
- 11th Annual Grandfather Games Draws 225 Competitors to Van Nuys, Calif.



SUZUY HESS
Bill Fortune, first M75 (7:02.12) in the 1500, 2005 USA National Masters Championships.

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, M-100m (Q11.50), W-400m (Q65.0), 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.decathouse.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 and entry forms: www.usatf.org/events/2006/USAMastersOutdoorTFChampionships/athleteInfo/

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

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

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; rayfeick@peoplepc.com

June 3-4. Long Island Senior Games, Suffolk CC, Brentwood. 631-261-9114; www.longislandseniorgames.org

June 4. Superweight & Ultra Weight 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.empirestategames.org

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, Springfield. 413-748-3810; www.maseniorgames.org

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.keystonegames.org

July 8. Long & Strong Throwers Classic, Denver, PA. Terry Shuman, 717-285-7943; TGShuman2@aol.com; www.longandstrong.com

July 8 & 22. Potomac Valley TC All-Comers Meets, Langley HS, McLean, VA. 703-481-3530; www.pvtc.org

July 9. USATF-NJ M&O Championships, Monmouth HS, Tinton Falls. 732-409-7644; www.njmasters.org

July 11 (Tues.) HMRR Colonie Mile, Colonie HS, Albany, NY. 6:15 pm. kennyskin@earthlink.net

July 11. Philadelphia Masters All-Comers Meets. Plymouth-Whitemarsh HS, Plymouth Meeting, PA. 6:00pm. Joel Dubow 484-437-9463; 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

August 5-13. New Hampshire Granite State Senior Games, Manchester. 603-622-9041; www.nhseniorgames.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

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

June 9-11. Northwest Classic, Miami-Dade College. 305-836-2409 (after 9:00 pm).

June 10. USATF Florida Championships, Clermont, 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.tnseniorgames.org

MIDWEST

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

June 10. USATF-IN M&O Championships, Indianapolis. Kevin Brown, 260-422-2250.

June 16-18. Indiana Senior Games, Evansville. Steve Paltrow, 812-464-7800; 800-253-2188.

June 18. USATF-WI M&O Championships, Waukesha. Mary Stroud, 608-274-4270.

July 16-21. Gay Games, Chicago, IL. www.gaygameschicago.org

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.michiganseniorgames.org

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

July 21-23. Ohio Senior Olympics, Youngstown. 330-746-2938; www.ohioseniorgames.org

July 22. Cleveland Track Classic, Mayfield Village, OH. Paul Williams, 519 Thackeray Trail, Richmond Heights, OH 44143. 440-605-1811.

July 29. USATF Midwest Regional Masters Championships, Grand Valley State U., Allendale, MI. Open athletes welcome. Jim O'Neill, 616-844-1768; jim01149@mac.com

September 16. Norm Bowler Memorial Weight Pentathlon, Kent, OH. Rex Harvey, 6744 Connecticut Colony Circle, Mentor, OH 44060. 440-954-8122.

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

MID-AMERICA

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

June 4. Jolly Jogathon Meet, Marysville, KS. No entry fee. Cleve Walstrom, 1006 Broad-

way, Marysville, KS 66508. 785-562-3050.

June 8-11. Iowa Senior Olympics, Des Moines. 515-633-5011; iowaseniorolympics.org

June 11. USATF-MN M&O Championships, Hamline U., St. Paul. 651-777-4954.

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.greeleygov.com

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.

June 25. USATF-IA M&O Championships, West Des Moines. Jim Walczyk, 515-287-0770; www.usatf-iowa.org

July 30. Blair Open Meet, Blair HS, NE. Mike Maryott, 1485 South St., Blair, NE 68008. 402-426-5955.

August 10-13. Nebraska Senior Games, Kearney. 308-233-3229; www.nebraskaseniorgames.com

September 2-3. USATF Mid-America Regional Masters Championships/Rocky Mountain Games, CSU, Ft. Collins, CO. Jim Weed, 2203 E. 149th Ave., Thonton, CO 80602. 303-451-8727; Christel Donley, 719-635-1264; e-mail: rockytmnmastersgames@msn.com

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

June 17. USATF Southwestern Association M&O Championships, Coppell HS, TX. Lester Mount, 6750 Hillcrest Plaza #221, Dallas, TX 75230; e-mail: lestermount@yahoo.com; www.dallasmasters.com

July 8. The Grunt VIII Throwers Meet, Cat Spring, TX. Mark Chapman, 1884 Bostik Rd., Cat Spring, TX 78933. 979-732-5591; k9luvrs@intertex.net

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

July 22. Texas Masters Championships, Coppell HS. 817-274-0448; www.dallasmasters.com

WEST

Arizona, California, Hawaii, Nevada, New Mexico

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

June 3. California Senior Games Championships, CalTech, Pasadena, CA. 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. Team Thor USA Throws Meet, UC-San Diego, LaJolla. Scott Sargeant, 619-920-3469; www.teamthor.com

June 17. USATF-SCA Championships, Moorpark College (w. of L.A.). Weight Pentathlon also. Andrew Hecker, 805-642-3879; www.trackinfo.org/sca.html

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@cox.net

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 27-August 3. All-Comers Meets, Los Angeles. Tentative: Tues., San Pedro HS; Wed., Birmingham HS; Thur., Wilson HS. 7:30 pm. No entry fee. 818-904-2002.

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.fisac.com

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.

ON TAP FOR JUNE

TRACK AND FIELD

The USATF-SCA Championships at Moorpark College (w. of L.A.), and the USATF Southwestern Association Championships at Coppell HS, are set for the 17th. Throwers can rattle with the big stuff for two days on the 3rd-4th at Ray Feick's meets in Pennsylvania. The 10th offers the Birmingham TC Classic, Hoover, AL, and the Charlotte Prep Meet at UNC-Charlotte, site of the 2006 USA Masters Championships, followed by the Ocean State Senior Olympics, Smithfield, RI, on the 11th, one of many Senior Games/Olympics meets this month. The Portland Masters Classic takes up both days in Gresham, OR. The California Senior Games Championships in Pasadena is another option on the 17th, as are the USATF Oregon Championships, offering a decathlon, heptathlon and a regular pentathlon in Salem. The San Diego/USATF Imperial Championships/Chuck McMahon Memorial Meet is slated for the 24th at CSU-San Marcos. The 25th annual Hayward Classic will provide a busy weekend on the 24th-25th in Eugene, OR.

LONG DISTANCE RUNNING

The 3rd shows the USA Championships/Teva Mountain Spring Runoff 10K Trail, Vail, CO, and the 17th has the USA Championships/Mt. Washington Hill Climb, Gorham, NH. Freihofer's 5K for Women, Albany, NY; Dam to Dam 20K, Des Moines, IA; and Hospital Hill Half-Marathon, Kansas City, MO; and Salt Lake City Marathon happen on the 3rd. The weekend of the 10th-11th sees the George Sheehan Classic 10K, Red Bank, NJ, and Bellin 10K, Green Bay, WI, on Saturday, and the USATF-NJ W40+ Championships, Newark, and the State Street Mile in Santa Barbara on Sunday. The Grandma's Marathon events take up the 15th-17th in Duluth, MN, with the Steamboat Classic 4 Mile & 15K playing in Peoria, IL, on the 17th. The LaSalle Bank Reed Lake Run 10K & 5K, Grand Rapids, MI, is among the offerings on the 24th.

RACEWALKING

The California SG Championships, Pasadena, includes 5K and 10K RWs on the 17th. The association championships should have a RW on the schedule. The Hayward Meet has both a 5000 and 1500 on the track.

July 9. Trojan Masters Championships, Los Angeles. 323-758-6543; www.trojanmtc.org

July 14-16. California State Games, San Diego. 619-223-2033; www.calstategames.org

July 16. USATF-NM Masters & Open Championships, 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. 928-778-598 @hotmail.com

August 2-6. New Mexico Albuquerque. 505-623-57 olympics.org

August 3 & 10. LGAA/Meets, Los Gatos, CA. \$4 events. All ages. Rick Milam, 408-275-9448

August 12. Bend Open/Meet, Bend, Oregon. Suz 9pm), 541-382-6264; bendopen.com; www.bendtrackmeet.com

September 29-October 1. Games, Las Vegas. 702-241-daseniorgames.com

October 7. Club West N Santa Barbara. Beverley 5852; fax: 969-6613; Gor 805-964-3005.

October 22. Self-Trans Meet, CSU-Long Beach. 645-8618.

NORTHWEST

Alaska, Idaho, Montana, Utah, Washington,

June 7-August 16. Clu Series, Shoreline Stadium, 5 night. 6:00 pm. 206-72 northwest.org

June 8-10. Montana Bozeman. Kay Newma kayjn@imt.net. Entry dead

June 10-11. Portland Mast Association Championship, Gresham. Paul Stepan, Gresham, OR 97030; 503 pan@yahoo.com

June 17-18. USATF Oregon McCulloch Stadium, Salem, athlon, decathlon & heptathlon oregon.org

June 24-25. 25th Hayward Northwest Regional Master Eugene, OR. Dick Lamste Eugene, OR 97405; brem@

July 7-8. Seattle Masters Stadium. Ken Weinbel, 4 SW Seattle, WA 98116. 206 bel@msn.com

July 22. Inland NW Mas berry Track, WSU, Pullman 435 SW State St., Pullman 332-3148; jeffschaller@tur

July 28-30. Washington S Olympia. 360-754-4937; games.com

August 3-5. Wyoming Senior 307-682-7406; www.wyeni

August 12. Bend Master Suzi MacLeod, bendtrackm

August 13-22. Alaska I Games, Fairbanks. 907-4 net.org/Agencies/aisg

August 24-27. Idaho Senior 336-6707; www.idahosenior

September 8-9. Ultra W Seattle Stadium. Ken Weinbel, SW Seattle, WA 98116. kweinbel@msn.com

October 9-21. Huntsr Games, St. George, UT. Races, Triathlon. Age 50+ 1070 W. 1600 South, Ste UT 84770. 435-674-05 www.seniorgames.net

CANADA

June 11. Ontario Mast London, Ont. 30+, 5-year ag 58 Newmarket Ave., Toron 416-699-5818; douglasj.sm

July 24. OMTFA Weight ships, Stouffville, Ont. www

July 21-23. Canadian M Moncton, New Brunswick letics.com; douglasj.smith@

INTERNATIONAL

June 18. BMAF Weight P ships, Milton Keynes. www

July 8-9. BMAF Cham ham, England. www.bma

July 19-30. European Association Championships www.evacs2006.pl

Prescott, AZ. 928-778-5981; e-mail: pochanie@hotmail.com
August 2-6. New Mexico Senior Olympics, Albuquerque. 505-623-5777; www.nm.seniorolympics.org
August 3 & 10. LGAA/Mizuno All Comer Meets, Los Gatos, CA. \$4 entry fee, unlimited events. All ages. Rick Milam, 408-275-9448; 241-6578.
August 12. Bend Open/Masters Track & Field Meet, Bend, Oregon. Suzi MacLeod (before 9pm), 541-382-6264; bendtrackmeet@yahoo.com; www.bendtrackmeet.com
September 29-October 1. Nevada Senior Games, Las Vegas. 702-242-1590; www.nevadaseniorolympics.com
October 7. Club West Masters Meet, UC-Santa Barbara. Beverly Lewis, 805-969-5852; fax: 969-6613; Gordon McClenathen, 805-964-3005.
October 22. Self-Transcendence Masters Meet, CSU-Long Beach. 310-645-0271; fax: 645-8618.

NORTHWEST

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

June 7-August 16. Club NW All-Comers Series, Shoreline Stadium, Seattle. Every Wed. night. 6:00 pm. 206-729-9972; www.clubnorthwest.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); lstepan@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; ktweinbel@msn.com
July 22. Inland NW Masters Classic, Moberry 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.pugetsoundgames.com
August 3-5. Wyoming Senior Olympics, Gillette. 307-682-7406; www.wyseniorolympics.com
August 12. Bend Masters Meet, Bend, OR. Suzi MacLeod, bendtrackmeet@yahoo.com
August 13-22. Alaska International Senior Games, Fairbanks. 907-460-7733; www.fairnet.org/Agencies/aisg
August 24-27. Idaho Senior Games, Boise. 208-336-6707; www.idahoseniorgames.com
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

June 11. Ontario Masters Championships, London, Ont. 30+ 5-year age-groups. Doug Smith, 58 Newmarket Ave., Toronto, Ont. M4C 1V9. 416-699-5818; douglasm@sympatico.ca
June 24. OMTFA Weight Pentathlon Championships, Stouffville, Ont. www.throwersclub.ca
July 21-23. Canadian Masters Championships, Moncton, New Brunswick. canadianmastersathletics.com; douglasm@sympatico.ca

INTERNATIONAL

June 18. BMAF Weight Pentathlon Championships, Milton Keynes. www.bmaf.org/uk
July 8-9. BMAF Championships, Birmingham, England. www.bmaf.org
July 19-30. European Veterans Athletics Association Championships, Poznan, POL. www.evacs2006.pl

August 12-13. Malaysia Veterans Championships, Kuala Lumpur. 35+. mavasiva@time.net.my
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 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

June 3. USA National Championships/Teva Mountain Games Spring Runoff 10K Trail, Vail, CO. mortiz@vailrec.com; www.tevamountaingames.com
June 17. USA National Championships/Mt. Washington Hill Climb, Gorham, NH. race time@gssr.com; www.gssr.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@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 Championships/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.ymcahendersoncounty.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

June 3. Freihofer's 5K for Women, Albany, NY. 518-273-5552; www.freihofer5k.com
June 4. George Benjamin-Browning Ross Memorial 5K, Woodbury, NJ. www.woodbury.nj.us
June 4. Rhody 5K, Lincoln, RI. 800-720-PARK, x8364; rhody5k.com
June 4. NYRR Anniversary Run 4.8 Mile, Central Park. NYRR, 212-860-4455; www.nyrr.org
June 10. George Sheehan Classic 10K, Red Bank, NJ. sheehanclassic.org
June 10. Lawyers Have Heart 10K, Washington, DC. 703-914-3710; www.runhh.org
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.coolrunning.com
June 11. USATF-NJ Masters Women Championships/Portugal Day 5K, Newark. www.usatfnj.org
June 18. WABC Father's Day Fight Against Prostate Cancer 5 Mile, Central Park. NYRR, 212-860-4455; www.nyrr.org
June 24. NYRR 25th Pride Run New York 5 Mile, Central Park. NYRR, 212-860-4455; www.nyrr.org
July 8. Spirit of Gettysburg 5K, Gettysburg, PA. 717-334-9171; ywcagettysburg.org
July 9. NYRR Half-Marathon, Bronx. NYRR, 212-860-4455; www.nyrr.org
July 9. Boilermaker 15K, Utica, NY. 315-797-5838; www.boilermaker.com
July 26. Westfield 5K, Westfield, NJ. 732-

381-0318; www.oypm.net
September 16. George Sheehan 60+ 5th Avenue Mile, Manhattan, NYC. alpamal@verizon.net; www.NYRR.org

SOUTHEAST

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

June 17. Run With Dad 5K, Municipal Park, Mobile, AL. 251-473-7223; www.pcpacers.org
June 17. Blue Cross Riverbend 10K & 5K, Chattanooga, TN. riverbendfestival.com
July 4. Peachtree 10K, Atlanta, GA. 404-231-9064; www.atlantrackclub.org
July 15. Crazy 8's 8K, Kingsport, TN. www.crazy8s.org
July 15. Beaufort 10K & 5K, Beaufort, NC. 252-222-6359; www.beaufortroadrace.com

MIDWEST

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

June 3. Sunburst Marathon, Half-Marathon, 10K, and 5K, South Bend, IN. 574-647-3394; sunbursttraces.org
June 10. Komen Race for the Cure 5K, Detroit. 313-833-0715; www.karmanos.org/detroitracefortheure
June 10. Bellin Run 10K, Green Bay, WI. www.bellinrun.com
June 16-17. Kalamazoo Classic 5K, Kalamazoo, MI. 269-343-0747; kalamazooclassic.com
June 17. Steamboat Classic 4 Mile & 15K, Peoria, IL. 309-676-6378; www.steamboatclassic.org
June 24. LaSalle Bank Reeds Lake 5K & 10K, Grand Rapids, MI. 616-949-1750; www.reedsakerun.com
September 24. Over the Hill TC XC Meet, Hunting Valley, OH. Jeff Gerson, 5091 Hickory Dr., Lyndhurst, OH 44124. 440-473-0636.

MID-AMERICA

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

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.hospitalhillrun.com
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.starofthenorthgames.org
July 29. Companion Mississippi Mile Across the Old Chain of Rocks Bridge, St. Louis. 314-781-3926; www.stlouistrackclub.com
July 29. Quad-City Times Bix 7 Miler, Davenport, IA. 863-533-0654; www.bix7.com
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.starofthenorthgames.org
July 29. Companion Mississippi Mile Across the Old Chain of Rocks Bridge, St. Louis. 314-781-3926; www.stlouistrackclub.com
July 29. Quad-City Times Bix 7 Miler, Davenport, IA. 863-533-0654; www.bix7.com

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

June 3. Dino Dash 5K, Little Rock, AR. 501-396-7050, x214; e-mail: jforrest@amod.org
June 10. Old Glory 5K, Norman, OK. 405-360-5337, x238; www.oldgloryrun.org
June 17. Dad's Fest 5K, Dallas. www.runontexas.com
June 18. NOTC Father's Day 2 Mile, Metairie, LA. 504-467-8626; www.runNOTC.org

WEST

Arizona, California, Hawaii, Nevada, New Mexico

June 3. Fontana Days Half-Marathon & 5K, Fontana, CA. 909-428-6644; www.fontanarecreation.org
June 3. Hospital Hill Half-Marathon, 12K & 5K, Santa Maria, CA. hospitalhillrun.com
June 4. Rock 'n' Roll Marathon, San Diego, CA. 800-311-1255; www.rnmrmarathon.com
June 4. Gardena 5000, Gardena, CA. 310-323-7285; www.gardena5000.com
June 11. State Street Mile, Santa Barbara, CA. 805-568-2316; www.sbmile.com

June 17. Pasadena Senior Olympics/California State Championships 5K & 10K Road Races and Racewalks, Rosebowl, Pasadena, CA. www.californiaseniorgames; 626-685-6754.
July 15. Tahoe Rim Trail 50K Endurance Run/RRCA National Championships, Lake Tahoe, NV. www.tahoemtnmilers.org
July 23. Wharf to Wharf 6 Mile, Santa Cruz, CA. 831-475-2196; wharftowharf.com
July 30. San Francisco Marathon, Half-Marathon & 5K. 415-284-9653; www.runsfm.com

NORTHWEST

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

June 1. 27th Agony of Defeat 5K, Medford, OR. 5:30 pm. Griffin Creek School, 2430 Griffin Creek School Rd., Medford, OR 97501.
June 3. Salt Lake City Marathon. 801-412-6088; saltlakecitymarathon.com
June 10. Steep Hill Chase 5K XC, Eugene, OR. 541-343-7414; www.goodrace.com
June 21. Longest Day 5K, Medford, OR. 7:30 pm. 541-878-3457; e-mail: cwdjh@earthlink.net
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.hoodto coast.com
July 4. USATF-OR Grand Prix/Foot Traffic Flat Marathon & Half-Marathon, Portland. www.usatf-oregon.org
July 4. Butte to Butte 10K, Eugene, OR. 541-687-1989; www.buttetobutte.org
July 9. USATF-OR Grand Prix/Portland Running Company 10K, Portland. www.usatf-oregon.org
July 9. Seafair Marathon/Relay, Half-Marathon & 5K, Bellevue, WA. seafairmarathon.com
July 23. Cascade Run Off 15K, Portland, OR. www.racecenter.com/cascaderunoff
August 27. Oregon TC Masters Celebration Run 8K, Eugene. 541-343-8604; 942-7127.
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.org
November 18. USATF-OR Grand Prix/Regional 8K XC, Sandy. www.usatf-oregon.org

CANADA

June 25. Scotiabank Vancouver Half-Marathon & 5K. canadarunningseries.com/svhm

INTERNATIONAL

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, Sailion, 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

July 23. Capitol Mile/USATF-WI Road Mile Championships. Madison, WI. Masters and all ages. www.witrackclub.org.
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.hoodto coast.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; noonwalk_992yahoo.com ☐

TRACK &

Please send results to: Eugene, OR 97405; e-mail current, we generally old. Results typed and receive preference. Deadline date.

RECIPIENTS OF ALL-AMERICAN AWARDS

Table listing award recipients for M30-34, M35-39, and M40-44 categories, including names like Norm Bouthillier and Edward O'Grady.

Table listing award recipients for M45-49, M50-55, and M60-64 categories, including names like Tony DiSalvo and Michael Kountze.

Table listing award recipients for M65-69, M70-74, M95-99, W50-54, and W60-64 categories, including names like Raymond Lebowitz and Paul Peckman.

Penn Relays, Philadelphia, PA; April 29-30

- List of participants for Penn Relays, including Allstars, Southwest Sprinters, Maryland Masters, Houston TC, and others.

U.S. MASTERS ALL-AMERICAN STANDARDS

Large table of U.S. Masters All-American Standards for men, listing times for various events across age groups from 30-34 to 90-94.

U.S. MASTERS ALL-AMERICAN STANDARDS

Large table of U.S. Masters All-American Standards for women, listing times for various events across age groups from 30-34 to 90-94.

Notes: 1) 100 standards are for automatic time; use standard conversion for hand time. 2) Short hurdles: 30-39: 33"; 40-59: 30"; 60+: 27" Long hurdles: 30-59: 30"; 60+: 27" 3) Shot put: 30-49: 4k; 50+: 3k 4) Javelin: 30-49: 600g; 50-59: 500g; 60+: 400g 5) Hammer: 30-49: 4k; 50+: 3k 6) Weight: 30-49: 20#; 50-59: 16#; 60+: 12# 7) Superweight: 30-49: 35#; 50-59: 25#; 60-69: 20#; 70-79: 16#; 80+: 12# 8) Metric heights and distances are the standard; feet and inches listed for convenience.

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

Table of U.S. Masters All-American Standards of Excellence for racewalkers, listing times for men and women across various age groups and distances.

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

Application form for an All-American Certificate/Patch, including fields for Name, Age-Group, Address, City, State, Zip, Meet, Meet Site, Event, Hurdle Height, Weight of Implement, and checkboxes for Certificate, Patch, and Patch Tag.

- Continuation of participant list for Penn Relays, including names like Williams/Fields/Colbert/Koo, Garden State AC, and others.

TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene, OR 97405; e-mail: natmanews@aol.com. To keep information current, we generally do not publish results more than 3 months old. Results typed and measuring 2-1/4" wide in metric in our format receive preference. Deadline is the 10th of the month prior to issue date.

EAST

Penn Relays, Philadelphia, PA; April 29-30

M40+ 4x100m

1 Allstars 43.74
(Faulknor/Muhammad/Woods/Crichlow)

2 Southwest Sprinters 44.39
(Jones/Chinn/Hagler/Travis)

3 Maryland Masters 44.79
(Smith/Gold/Vickers/Holloway)

4 Houston TC 45.14

5 Fast-at-40 46.72

6 Shore AC 47.41

7 Mainliners 70.60

M50+ 4x100m

1 Houston Elite 46.29
(Hastings/Allie/Riddle/Collins)

2 Sprint Force America 46.89
(Pizza/Steinberg/Glasby/Bowen)

3 Can-Am Masters 48.35
(Pelkey/Smith/Hudson/Fortunato)

4 Central Park TC 49.15

5 Mass Velocity 49.81

6 Mass Velocity 50.53

7 Tendonitis AC 50.70

M60+ 4x100m

1 Mass Velocity 51.26
(Graft/Hall/Milove/Pierce)

2 Maryland Masters 51.30
(Williams/Fields/Colbert/Koontz)

3 Garden State AC 53.39

M40 100m

(run in two sections) Sec

1 Ken Travis 1 11.17

2 Kettrell Berry 2 11.32

3 Chris Faulkner 1 11.39

4 Wyndell Dickinson 1 11.51

5 Orlando Matthews 1 11.51

6 Kevin Ellis 1 11.54

7 Jeff Gold 1 11.71

8 Duane Gosa 1 11.82

9 Robert Harding 2 11.82

10 Donald Hardy 2 12.13

11 Alan Sims 2 12.26

12 Darnell Smith 2 12.27

13 Hendry Landry 2 12.45

14 Michael Burke 2 13.44

M45 100m

1 Derek Holloway 11.42

2 Tony Fulton 11.50

3 Allan Tissenbaum 11.53

4 Eugene Vickers 11.72

5 James Chinn 11.80

6 Tony DiSalvo 11.90

7 David Neumann 12.40

8 Phil Bujanski 12.52

9 Malcolm Burks 13.39

M50 100m

1 Oscar Peyton 11.39

2 Kerry Smith 11.73

3 Tom Jones 11.94

4 Greg Pizza 12.35

5 John Brooks 12.43

6 Warren Braswell 12.49

7 Cochise McBride 12.59

8 Neville Hodge 13.65

M55 100m

1 Bill Collins WR 11.50
(Taylor/11.57/1991)

2 Bobby Whilden 13.38

3 Marion Harrison 13.91

4 Richard Camp 13.95

5 Dick Ocker 14.02

6 Bill Wright 14.03

7 Irv Heath 15.37

8 Kallukat Thomas 16.05

9 Bebsie Thompson 19.79

M75+ 100m

1 Austin Leary 17.35

2 Wilton Gordon 17.67

3 Bert Lancaster 17.78

4 William Johnson 19.04

5 Oscar Harris 19.09

6 Bob Matteson 20.22

7 Champ Goldy 20.94

8 James Wiggins 24.82

9 Leo McEvoy 27.17

M50+ 4x400m

1 Houston Elite 3:41.66
(Collins/Haywood/Grant/Allie)

2 Sprint Force America 3:44.24
(Bowen/Glasby/Steinberg/Schiro)

3 Mass Velocity 3:47.44
(McBride/Morton/Kelly/Blake)

4 Central Park TC 3:52.17

5 Mass Velocity 4:04.85

6 Shore AC 4:06.83

7 Athena TC W50+ 4:23.48
(Smith/Rath/Hayden/Jasper)

8 Garden State AC 4:36.41

9 Pineland Striders 4:39.76

10 Central Park TC 4:49.51

11 Shore AC W50+ 4:58.00
(Zebuth/Murphy/Glassman/Marclani)

12 Shore AC 5:05.87

M40+ 10K RW

1 John Soucheck 48:35.86

2 Nil Lavalee 48:47.51

M40+ 4x400m

1 Allstar Team 3:26.80
(Berry/Allen/Stephenson/Allah)

2 Allstars 3:27.33
(Faulknor/Woods/James/Muhammad)

3 Southwest Sprinters 3:27.46
(Smith/Jones/Travis/Chinn)

4 Maryland Masters 3:32.60

5 Synergy TC 3:33.37

6 2nd Wind Allstars 3:35.46

7 Shore AC 3:39.46

8 Mass Velocity 3:44.97

9 Phila Athletics Charities 3:48.18

10 Pineland Striders 3:50.32

SOUTHEAST

Carolina Masters Invitational, Charlotte, NC April 8

100m

M30 Derrick Archie 11.38

M35 Chris Sarsony 12.83

M40 Robert Harding 12.02

Sanford Stephens 12.66

M45 Lawrence Finley 13.66

Charles Johnson 13.83

M50 Anthony Searles 12.01

Wayne Fisher 12.78

AJ Mason 12.93

Gregory Hanson 13.78

Greg Swindlehurst 14.19

M55 Jeff Jenkins 14.03

Stefan Waltermann 14.16

M60 Sam Hall 13.67

200m

W40 Regina Richardson 30.84

M30 Derrick Archie 22.07

M40 Robert Harding 24.16

Jim Eckrode 25.00

Kevin Wardlaw 25.95

Sanford Stephens 25.97

M45 Kinley Hill 25.65

Chris Divetta 26.07

Lawrence Finley 27.57

M50 Wayne Fisher 26.73

AJ Mason 27.38

M55 Jeff Jenkins 28.80

Stefan Waltermann 29.59

M60 Sam Hall 28.03

400m

W40 Regina Richardson 1:17.40

M30 Jason Reutter 53.22

M35 Eric Crichlow 51.37

Chris Sarsony 58.21

M40 Robert Harding 53.85

Sanford Stephens 1:00.78

M45 Chris Divetta 57.83

Lawrence Finley 1:01.97

Charles Johnson 1:07.66

Alan Sigmon 1:09.31

M50 Wayne Fisher 1:02.21

M55 JB Tillery 1:08.01

M60 Sam Hall 1:05.90

800m

W45 Brenda McGovern 3:09.08

M30 Leon Bullard 2:10.11

M40 Jim Eckrode 2:16.84

M45 Chris Divetta 2:13.01

Alan Sigmon 2:01.92

M55 JB Tillery 2:33.09

Jay Smith 2:33.95

Stefan Waltermann 2:36.88

1500m

W45 Brenda McGovern 6:10.63

M45 Chris Divetta 4:39.99

Paul Kinny 4:42.84

Alan Sigmon 5:17.44

M55 Karl Fields 4:56.48

Jay Smith 5:30.94

3200m

M55 Robert Doolittle 11:52.48

80m Hurdles

W40 Regina Richardson 13:59

100m Hurdles

M50 Greg Swindlehurst 20.15

110M Hurdles

M40 Dave Oman 19.94

400m Hurdles

M30 Raymond Brewer 59.94

Leon Bullard 61.47

High Jump

M30 Billy Martin 1.48

M55 Robert Rockwell 1.51

Terry Martin 1.32

M60 Richard Klehm 1.37

M65 Mike Valle 1.19

Pole Vault

M45 Brian Magerkurth 3.43

M50 Tim Rhyne 3.20

Long Jump

W40 Regina Richardson 5.30

M50 Wayne Fisher 5.46

M50 Tom Hewitt 4.51

AJ Mason 4.25

M55 Robert Rockwell 4.91

M75 Larry Horine 31.21

Javelin

M40 Jeffrey Blondin 42.71

Jim Eckrode 36.17

M50 Mike Brown 64.50

Ray Mushinski 48.29

M55 Robert Kouvoilo 50.83

Stefan Waltermann 29.61

Terry Martin 29.41

M60 Charles MacDonald 19.98

M65 James Turner 28.69

M75 Larry Horine 32.98

USATF Georgia Assoc. Masters Championships Savannah St. U. April 14-15

100m

M35 Johnson, Eric 12.06

M40 Tony Holland 11.73

Eric Meriweather 12.06

Sanford Stephens 12.56

M45 Calvin Goodman 12.52

Bernard Scott 13.71

M50 Glenn Reid 12.52

A J Mason 12.78

Sean Hutchins 13.22

M55 Marion McCoy, Jr 12.50

Bill Tharpe 12.80

Willie Josey 14.84

M65 Marion Harrison 13.78

M70 Clifford Pauling 17.25

W50 Lydia Woods 19.67

200m

M40 Eric Meriweather 25.16

Khalid Mulazim 23.40

Jim Wilet 26.25

M45 Bernard Scott 29.04

Bernard Gant 29.45

M50 Glenn Reid 25.77

Colin Mitchell 25.98

A J Mason 26.86

M55 Bill Tharpe 26.97

Marion McCoy, Jr 27.02

Thomas Malik 28.15

W50 Lydia Woods 45.06

W65 Jeanne Daprano 41.28

400m

M40 Khalid Mulazim 51.24

Jim Wilet 59.43

Sanford Stephens 1:00.22

M45 Bernard Gant 1:05.08

M50 Colin Mitchell 57.99

Sean Hutchins 1:00.35

M60 Bob Hart 1:12.57

M70 Clifford Pauling 1:18.46

M75 Casey Jones 1:19.12

W35 Jacqueline Marks 1:13.14

W50 Lydia Woods 1:41.67

W65 Jeanne Daprano 1:25.91

Valso Leides 22:55.54
W30 Melissa Goldman 18:08.61
W40 Jeanne Emerick 18:37.86
W50 Luann Pensel 18:24.02

Southeastern Masters Meet, Durham, NC May 5-7

100m
M35 Johnson, Eric 12.06
Jefferson, Valentin 12.26
Hogans, Kenneth 12.37
Lucas, Michael 12.76
Sarsony, Chris 12.96
M40 Holland, Tony 12.03
Harding, Robert 12.27
Hill Sr., Reggie 12.52
Wiley, Jim 12.85
Stephens, Sanford 12.98
Huff, Clifton 14.16
M45 McDonough, Kaestn 12.56
Goodman, Calvin 12.87
Jones, Sr., Michael 12.92
Collins, Bart 13.26
Wilson, Rodney 13.92
M50 Peyton, Oscar 11.63
Murray, Bill 13.31
Spencer, Martin 13.61
M55 McCoy, Jr., Marion 12.38
Tharpe, Bill 12.61
Terrell, Bobby 12.86
Gipson, Andrew 12.89
Parker, Rick 12.90
Norman, Jesse 13.79
M60 Koontz, Robert 12.61
Pierce, Roger 12.82
Johnson, Ron 12.74
Hall, Samuel 13.25
Liles, Joel 14.12
Shoaf, Jim 15.42
M65 Mitchell, Ervin 14.73
M70 Drescher, Ira 15.79
Raynor, Alan 27.59
M75 Eryasa, Yilmaz 16.35
Watson, Vernon 21.00
M80 Bower, Raymond 27.59
W40 Richardson, Regina 13.88
Creep, Joann 15.38
W50 Gipson, Eleanor 16.20
W55 von Maltzahn, Hille 15.20
W60 Carter, Ann 18.43
Latta, Barbara 28.64
W65 MacDonald, Joy 17.09
Sampson, Joann 18.46
W70 Roman, Mary 19.65
Yudell, Anne 20.66

200m
M35 Crichlow, Eric 23.24
Jefferson, Valentin 24.99
Hogans, Kenneth 25.43
Sarsony, Chris 26.30
M40 Brown, Paul 24.06
Harding, Robert 24.12
Hill Sr., Reggie 25.66
Clark, Mark 26.97
M45 McDonough, K 25.07
Hill, Kinley 25.62
Jones, Sr., Michael 25.62
Collins, Bart 26.91
M50 Peyton, Oscar 23.30
Schiro, Francis 24.81
Mitchell, Collin 26.16
Spencer, Martin 31.44
M55 McCoy, Jr., Marion 26.13
Tharpe, Bill 26.37
Parker, Rick 27.03
Norman, Jesse 27.79
M60 Pierce, Roger 26.21
Johnson, Ron 26.52
Liles, Joel 29.51
Shoaf, Jim 32.88
M75 Eryasa, Yilmaz 37.89
M80 Bower, Raymond 58.13
W40 Richardson, Regina 29.61
W60 Staab, Angela 49.21
Latta, Barbara 58.72
W70 Yudell, Anne 44.77

400m
M30 Bullard, Leon 50.61
Reutter, Jason 53.09
M35 Crichlow, Eric 50.50
Sarsony, Chris 57.68
M40 Harding, Robert 52.60
Brown, Paul 53.10
Wiley, Jim 57.62
Clark, Mark 58.26
Stephens, Sanford 1:01.74
Cousar, Jr., Robert 1:01.88
M45 Dyer, John 55.73
Carver, Mark 56.80

Scottodivetta, Chri 58.07
M50 Schiro, Francis 55.67
Falls, Naill 56.83
Mitchell, Collin 58.92
Smith, Charles 1:01.64
Swindlehurst, G 1:03.74
M55 Jackson, Rob 59.60
Gipson, Andrew 1:03.51
M60 Pierce, Roger 57.84
Liles, Joel 1:05.29
Shoaf, Jim 1:16.35
M65 McDonald, Maurice 1:04.24
M70 Marsh, Bruce 1:16.59
W30 Walles, Maurelhena 1:00.69
W50 Richards, Mary 1:12.80
W60 Staab, Angela 1:52.86
Latta, Barbara 1:57.47
W70 Harada, Mary 1:36.76

800m
M30 Najarian, Jeff 2:06.48
M35 Dickerson, Kevin 2:59.82
M40 Brown, Preppy 2:15.03
Cousar, Jr., Robert 2:20.53
M45 Sigmon, Alan 2:34.58
Braschwitz, Eric 3:11.78
M50 Astrachan, Owen 2:21.54
Kramer, Byron 2:33.97
M55 Jackson, Rob 2:19.12
Klynerd, Curtis 2:27.69
Smith, Jay 2:32.51
Rich, James 2:37.69
M60 Clette, George 3:07.88
M65 Hamlyn, Maxwell 2:42.60
McIlwaine, Bill 2:58.25
M70 Marsh, Bruce 3:07.88
Riecke, Bill 3:19.79
M75 Smith, Alan 3:43.13
W30 Walles, Maurelhena 2:34.29
W35 Sirmans, Couretta 2:47.24
W40 Zymkowski, Mary 2:36.50
W45 Chaplin-Swann, L 2:23.72
Keating, Nancy 2:35.00
Willis, Katherine 2:57.82
W50 Mullis-Dubow, T 3:08.14
W60 Latta, Barbara 4:33.37
Staab, Angela 4:35.64

1 Mile Run
M40 Brown, Preppy 5:03.74
Unruh, Jack 5:24.59
M45 Scottodivetta, Chri 5:04.51
Sigmon, Alan 5:48.25
M50 Stone, Jeffrey 5:16.00
Kramer, Byron 5:38.00
Gigler, Joseph 5:44.00
Peterson, Robert 6:16.00
M55 Fields, Karl 5:17.00
Rich, James 5:48.00
Smith, Jay 5:54.00
Weiner, Robert 6:30.00
Frederick, Larry 6:55.00
M60 Barber, Robert 5:30.09
M65 Hamlyn, Maxwell 5:50.89
M70 Rose, Charles 5:54.62
Marsh, Bruce 6:59.68
M75 Jones, Casey 6:54.12
Smith, Alan 8:07.57
M80 Hosner, John 7:36.55
W35 Sirmans, Couretta 6:01.80
W45 Chaplin-Swann, L 5:12.48
Keating, Nancy 5:43.90
W50 Richards, Mary 5:59.99
Hollmann, Lena 6:48.41
Mullis-Dubow, Trena 6:50.24
W60 Latta, Barbara 9:27.00
Staab, Angela 9:34.22
W70 Klopfer, Martha 8:15.31

3000m
M35 Kurdys, Sean 10:45.33
M40 Brown, Preppy 10:14.71
M50 Miller, Larry 10:28.24
Astrachan, Owen 10:56.20
Peterson, Robert 11:57.95
Thurman, Wally 12:49.71
M60 Barber, Robert 10:59.22
Lada, Tom 13:30.43
M65 Hamlyn, Maxwell 11:52.19
Harris, Jerry 12:56.77
McIlwaine, Bil 13:57.97
M70 Marsh, Bruce 14:10.00
M75 Klopfer, Peter 14:45.86
Bliss, Milton 19:08.81
W45 Willis, Katherine 13:11.91
W50 Hollmann, Lena 13:25.22
Mullis-Dubow, Trena 13:57.35
W60 Latta, Barbara 18:05.45
W70 Klopfer, Martha 16:31.40

5000m
M40 Anderson, Tim 17:56.63
M50 Peterson, Robert 20:48.05
M55 Doolittle, Robert 18:47.09

M60 Lada, Tom 23:57.30
M65 Harris, Jerry 22:04.77
M70 Riecke, Bill 23:45.12
W35 Gonzalez, Imelda 18:27.64

10,000m
M45 Braschwitz, Eric 51:45.0h
M50 Couper, David 38:06.0h
Pincus, Finn 39:48.0h
Peterson, Robert 42:47.0h
M65 Swann, Randall 47:08.0h
M70 Riecke, Bill 49:49.0h
W30 Linney, Kristen 46:49.0h

2000m Steeplechase
W55 von Maltzahn, H 8:34.45

3000m Steeplechase
M40 Jackson, David 11:57.29
M55 Weiner, Robert 14:50.64
M60 Barber, Robert 7:54.14

100m Hurdles
M45 McCloud, Dexter 15.66
M50 Murray, Bill 15.72
Swindlehurst, Gregg 19.05
M55 Binion, Ozzie 18.65
M60 Johnston, Joe 17.28
W75 Stookey, James 14.72
W40 Richardson, Regina 13.10

400m Hurdles
M30 Bullard, Leon 57.75
M45 Dyer, John 1:01.77
Jones, Sr., Michael 1:07.82
M50 Swindlehurst, Gregg 1:13.07
Hanson, Gregory 1:20.63
M55 Binion, Ozzie 1:12.12
M75 Stookey, James 55.71

High Jump
M35 Gatt, Andrew 1.85
Johnson, Eric 1.65
M40 Hawke, Karl 1.90
M45 McBarnette, Bruce 2.00
Williamson, Mark 1.80
M50 Murray, Bill 1.70
Murphy, Gary 1.55
Watson, Richard 1.35
Anderson, Larry 1.25
M55 Rockwell, Bob 1.45
Baylies, John 1.35
Walker, Michael 1.35
Hough, Norman 1.35
M60 Johnston, Joe 1.50
Klehm, Richard 1.40
Youssefi, Parviz 1.35
M65 Southerlan, Bob 1.30
Servis, David 1.20
M70 Beckman, Paul 1.20
French, Ernest 1.10
M75 Rider, David 1.10
W30 Baker, Kimberly 1.45
W50 Gipson, Eleanor 1.35
W55 von Maltzahn, Hille 1.20

Pole Vault
M35 McNaull, Stewart 3.96
Erst, Todd 3.50
M40 Haire, Jeffrey 3.35
M45 Halverson, Bill 4.42
Russ, Jim 3.81
M50 Rhyne, Tim 3.20
Disse, Robert 3.20
M55 Struble, Vince 3.81
Whitsit, Gurdy 3.05
Hough, Norman 2.59
M60 Johnston, Joe 3.35
Klehm, Richard 2.75
M65 Servis, David 2.29
M70 Goode, Taylor 3.05
M75 Rider, David 1.98
W55 von Maltzahn, Hille 2.81
W65 MacDonald, Joy 2.29

Long Jump
M30 Mitchell, Daryl 6.00
M35 Sarsony, Chris 5.00
M40 Hill Sr., Reggie 6.07
Huff, Clifton 4.69
M50 Murray, Bill 5.66
Anderson, Larry 3.71
M55 Terrell, Bobby 5.44
Rockwell, Bob 5.19
Baylies, John 4.78
M65 Servis, David 3.28
Neelson, Edward 3.28
M70 Beckman, Paul 4.03
M75 Stookey, James 4.42
Rider, David 3.22
W40 Richardson, Regina 5.25
W55 von Maltzahn, Hille 4.19

Triple Jump
M40 Huff, Clifton 8.87
M55 Terrell, Bobby 11.01
Rockwell, Bob 10.76
Baylies, John 9.50
M75 Stookey, James 8.74

W40 Richardson, Regina 11.32

Shot Put
M30 De Marte, Michael 11.75
M35 Wilkerson, Jay 11.75
M40 Emery, Nathan 11.31
Blondin, Jeffrey 9.43
M45 Stewart, Bryan 11.94
Minor, Andre 11.83
Jones, Ray 10.02
M50 Baer, Chuck 13.57
M55 Thomason, Steven 12.91
Linker, Dan 10.90
Hough, Norman 10.21
M60 Steed, Tom 13.54
Falzarano, Peter 11.14
Reese, Malcolm 10.56
Klehm, Richard 10.49
M65 Johnson, Glen 13.34
Mitchell, Ervin 9.85
Turner, James 8.83
Neelson, Edward 8.16
M70 Vaughn, Gerald 14.86
Oglesby, James 12.57
Pashai, Ezzat 10.81
Gramley, William 10.54
Beckman, Paul 10.29
Olson, Leonard 9.33
French, Ernest 8.85
M75 Horine, Larry 11.50
Garrahan, William 9.47
Munnell, Jack 7.75
M80 Snaden, Bill 7.45
Stein, Jacob 5.80
W55 Green, Martha 7.62
Oglesby, Jean 5.88
W60 Vaughn, Rebecca 5.76
W70 Roman, Mary 7.84
Good, Sharon 4.30
W75 Snaden, Lillian 5.10
W80 Wilson, Dorothy 4.66

Discus
M30 De Marte, Michael 42.81
M35 Wilkerson, Jay 31.45
M40 Emery, Nathan 37.76
Speaks, David 31.80
M45 Minor, Andre 36.16
Stewart, Bryan 31.98
Combs, Jack 28.38
Schrader, Lawrence 25.89
M50 Baer, Chuck 50.16
Watson, Richard 34.61
M55 Hume, Robert 41.93
Thomason, Steven 39.44
Linker, Dan 35.42
M60 Steed, Tom 39.85
Falzarano, Peter 39.09
Reese, Malcolm 34.72
Clette, George 32.71
M65 Johnson, Glen 46.55
Turner, James 28.85
Neelson, Edward 21.15
M70 Gramley, William 38.79
Oglesby, James 36.08
Pashai, Ezzat 32.17
Olson, Leonard 28.42
M75 Horine, Larry 33.36
Garrahan, William 31.91
Munnell, Jack 20.76
M80 Stein, Jacob 19.24
Snaden, Bill 16.04
W55 Green, Martha 16.48
Oglesby, Jean 15.18
W70 Good, Sharon 9.90
W75 Snaden, Lillian 10.37

Hammer
M40 Speaks, David 28.53
M45 Schrader, Lawrence 37.99
Jones, Ray 22.82
M50 Watson, Richard 37.64
M55 Thomason, Steven 40.76
M65 Valle, Mike 38.82
Neelson, Edward 23.70
M70 Twomey, Tim 37.56
Gramley, William 34.71
Olson, Leonard 28.73
French, Ernest 27.21
M75 Garrahan, William 27.63
Munnell, Jack 21.06
M80 Stein, Jacob 21.16
Snaden, Bill 17.38
W55 Green, Martha 21.03
W70 Roman, Mary 23.22
Good, Sharon 11.17
W75 Snaden, Lillian 12.37

Javelin
M30 Mitchell, Daryl 47.94
M40 Hill Sr., Reggie 47.71
Blondin, Jeffrey 40.42
Speaks, David 38.54
M45 Hoffman, John 44.57

Roberts, Franklin 39.28
Combs, Jack 32.25
M50 Brown, Michael 69.12
Mushinski, Raymond 51.33
Wasp, Michael 49.87
Watson, Richard 42.61
Murray, Bill 40.74
M55 Kouvoio, Robert 54.08
Hough, Norman 36.66
Waltermann, Stefan 31.40
M60 Menkin, Martin 46.81
Klehm, Richard 32.61
MacDonald, Charles 25.86
M65 Harasti, Tom 37.47
Turner, James 30.49
Neelson, Edward 22.81
M70 Pashai, Ezzat 37.61
Olson, Leonard 23.80
French, Ernest 23.35
M75 Horine, Larry 33.30
Garrahan, William 30.44
M80 Snaden, Bill 13.11
Stein, Jacob 10.65
W55 Green, Martha 10.06
W60 Carter, Ann 15.09
W70 Good, Sharon 7.79
W75 Snaden, Lillian 9.73

Weight Throw
M45 Schrader, Lawrence 10.86
M50 Watson, Richard 12.96
M55 Thomason, Steven 14.01
Clayton, Lemuel 10.87
M60 Steed, Tom 14.68
M65 Valle, Mike 14.53
Neelson, Edward 7.97
M70 Twomey, Tim 15.27
Gramley, William 14.74
Olson, Leonard 11.12
M75 Garrahan, William 12.80
M80 Snaden, Bill 7.70
Stein, Jacob 7.67
W55 Green, Martha 7.45
W70 Roman, Mary 9.96
Good, Sharon 5.47
W75 Snaden, Lillian 7.44

Superweight
M40 Frasure, Scott 5.65m
M45 Schrader, Lawrence 7.76m
Stewart, Bryan 6.37m
Medlin, Scott 5.96m
Jones, Ray 5.68m
M50 Watson, Richard 6.71m
Sutton, Gary 5.97m
M55 Gainey, William 6.73m
Clayton, Lemuel 5.97m
M65 Valle, Mike 5.35m
M70 Twomey, Tim 9.03m
Gramley, William 7.73m
Olson, Leonard 4.73m
M80 Snaden, Bill 4.77m
Stein, Jacob 4.66m
W55 Green, Martha 5.07m
W70 Roman, Mary 5.77m
W75 Snaden, Lillian 4.96m

M65 Servis, David 1111

5000m Walk
M35 Clausen, Curt 26:46.61
M50 Hackney, Tony 28:43.24
M60 Seymour, Larry 32:41.05
Dubow, Joel 34:04.84
M70 Fine, Robert 33:56.75
W40 Slentz, Dorothy 31:09.28
W45 Fincher, Katherine 34:16.30
W50 Chase, Lee 32:45.17
W65 Dicker, Lois 33:24.36

10,000m Walk
M45 Whatley, Ian 54:32
M55 Yanes, Juan 58:46
Spell, Danny 1:04:20
M70 Fine, Robert 1:13:46
Briggs, Andrew 1:22:43
W50 Chase, Lee 1:06:09
W60 Lawrence, Diane 1:11:42
W65 Dicker, Lois 1:10:12

20,000m Walk
M35 Clausen, Curt 1:57:21
M45 Whatley, Ian 1:49:53
M55 Yanes, Juan 1:57:35

MID-AMERICA

Kansas Relays U. of Kansas; April 20-22

Masters Mile
Brian Niewald 5:05.93
Keith Dowell 5:30.21
Paul Bajich 5:34.34
Frank Aleman 5:40.18

4x100m Masters Relays
1 Unattached 49:59
2 Mid-Am Masters 53:85
(Hoover/Weigel/Iwen/Lida)
3 Decathlon MW Red 58.62
(Shoemaker/Overstake/Thorne/Webb)
4 Decathlon MW Blue 64.82
(Young/Clapper/Nodler/McDonald)

Masters Invitational Mile Drake Relays, Ames, IA April 29

Mile
John Hinton 43, FFC 4:23.85
Tony Young 44, CNW 4:30.69
Conor O'Driscoll 44, WTC 4:37.80
Tom Smith 40, TN 4:38.30
Joe Dudman 40, TRL 4:40.43
Steve Gallegos 51, CO 4:44.95
Nolan Shaheed 56, SCTC 4:47.53

Drake Masters 800m
Kip Janvrin, K&KTC 2:03.33
Jon Hoogensen, una 2:04.63
Tom Smith, TN 2:05.84
Dan Mostrom, RRS 2:06.23
Erick Parker, GMTC 2:07.22
Samuel Kibiri, IA 2:08.51
Doug Thompson, AZF 2:09.84
Scott Smith, una 2:10.00

SOUTHWEST

Acadiana District Senior Games, Lafayette, LA April 8

50m
M50 Eddie Scott* 6.77
M55 Wayne Colvin 7.51
M60 Frank Scott* 6.90
M65 Allen Carrier 8.29
M70 Philip McCarty* 8.43
Robert Rivet 9.80
W50 Amy Holmes* 9.94
W60 Bette Vidrine 12.4h
W75 Louise Reynolds* 11.25

100m
M50 Eddie Scott* 13.12
M55 Wayne Colvin 14.60
M60 Frank Scott* 13.07
M65 Allen Carrier 14.97
M70 Robert Rivet 19.52
M75 James Zaubrech 20.30
M90 Murphy Domingues 20.09
W50 Amy Holmes* 19.07
W75 Louise Reynolds* 23.84

200m
M50 Eddie Scott* 29.22
M55 Wayne Colvin 32.51
M60 Frank Scott* 28.63
M65 Michael Boudreaux* 29.24
M70 Robert Rivet 47.20
W50 Amy Holmes* 43.40

400m
M55 Wayne Colvin 1:18.06
M60 Robert Sutton* 1:20.94
M65 Cleveland Payne* 1:15.62
Leo Huval 1:25.69
M70 Joseph Thibodeaux 2:34.00

W65 Judith Stutes 1
800m
M45 James Guillory 3
M55 Jimmy Howard 4
M60 Jerry Delhomme 3
M65 Cleveland Payne* 2
Leo Huval 3
W50 Caryl Chlan 3
W65 Judith Stutes 4
1500m
M45 James Guillory 6
M55 Richard Morgan* 7
Jimmy Howard 5
M60 Jerry Delhomme 7
M65 Gerald Daugereaux 7
M70 Joseph Thibodeaux 10
W65 Judith Stutes 9
5000m
M45 James Guillory 24
M50 Kerry Behrens 25
M60 Thomas Miller 25
M65 Gerald Daugereaux 26
M70 Joseph Thibodeaux 33
W50 Mitzl Galley 22
High Jump
M60 Robert Bakaer*
M65 Allen Carrier*
M70 Don DeBlanc
M75 John Poche*
W75 Louise Reynolds*
Long Jump
M55 Dan Ursery*
Wayne Colvin 10
M60 Joe Messina*
M65 Allen Carrier 9
M70 Charles Richard
M75 James Zaubrecher 7
Shot Put
M55 Dan Ursery* 25
Wayne Colvin 17
M65 Allen Carrier 17
M70 Charles Richard
M75 James Zaubrecher 17
W50 Caryl Chlan
Discus
M45 Bruce Navarre 1
M50 David Goff* 10
M55 Wiley Monceaux* 1
M60 Vincent Breaux 1
M65 Dale Fontenot
M70 Don LeBlanc
M75 James Zaubrecher 5
W50 Caryl Chlan
W90 Mary Ann Mestayer
Hammer
M45 Bruce Navarre
M60 Vincent Breaux
M65 Charles Cannon*
M70 Charles Richard
M75 John Poche*
W50 Amy Holmes*
Javelin
M45 Bruce Navarre
M55 Sanford Shire
M60 Delmon McNabb
M65 Dale Fontenot
M70 Charles Richard
M75 James Zaubrecher
W50 Amy Holmes
W80 Lillian Patin
W90 Mary Ann Mestayer
*Out of district

Jackrabbit Relays Odessa, TX; April

100m
M45 Jeff Ratliff
William Brown
Michael Hayes
M65 Wayne Bennett
Don Isett
W50 Oneala O'Briant
200m
M40 Jeff Bacot
M45 Jeff Ratliff
William Brown
M50 Ron Boleware
M60 Troy Scoggins
M65 Wayne Bennett
Don Isett
W50 Oneala O'Briant
1500m
M50 Read Johnston 5
W45 Cynthia Brock 7
3000m
M50 Read Johnston 11
5000m
M40 David Jackson 19
M45 Michael Neiman 20
M50 Adan Mediano 32
W35 Imelda Gonzalez 18
W45 Cynthia Brock 24
Short Hurdles
M50 Sergio Angulo
Long Hurdles
M50 Sergio Angulo
High Jump
M50 Eugene Nebott
M65 Don Isett
Pole Vault
M30 Curtis Hayes

W65 Judith Stutes	1:58.5h
800m	
M45 James Guillory	3:07.06
M55 Jimmy Howard	4:42.7h
M60 Jerry Delhomme	3:08.32
M65 Cleveland Payne*	2:59.09
Leo Huval	3:15.0h
W50 Caryl Chlan	3:07.36
W65 Judith Stutes	4:25.5h
1500m	
M45 James Guillory	6:40.9h
M55 Richard Morgan*	5:19.0h
Jimmy Howard	7:00.29
M60 Jerry Delhomme	7:04.8h
M65 Gerald Daugereaux	7:21.4h
M70 Joseph Thibodeaux	10:49.7h
W65 Judith Stutes	9:41.7h
5000m	
M45 James Guillory	24:43.5
M50 Kerry Behrens	29:35.8
M60 Thomas Miller	25:45.0
M65 Gerald Daugereaux	26:37.8
M70 Joseph Thibodeaux	33:05.7
W50 Mitzi Galley	22:51.3
High Jump	
M60 Robert Bakaer*	4-10
M65 Allen Carrier*	3-0
M70 Don DeBlanc	3-0
M75 John Poche*	3-0
W75 Louise Reynolds*	2-8
Long Jump	
M55 Dan Ursery*	13-6
Wayne Colvin	10-2.50
M60 Joe Messina*	11-9
M65 Allen Carrier	9-7.50
M70 Charles Richard	13-1
M75 James Zaunbrecher	7-6.50
Shot Put	
M55 Dan Ursery*	25-7.50
Wayne Colvin	24-4
M65 Allen Carrier	17-4.50
M70 Charles Richard	28-2
M75 James Zaunbrecher	17-4.50
W50 Caryl Chlan	33-5
Discus	
M45 Bruce Navarre	148-11
M50 David Goff*	104-10
M55 Wiley Monceaux*	130-6
M60 Vincent Breaux	139-0
M65 Dale Fontenot	95-5
M70 Don LeBlanc	78-0
M75 James Zaunbrecher	57-10
W50 Caryl Chlan	70-8
W90 Mary Ann Mestayer	16-3
Hammer	
M45 Bruce Navarre	112-0
M60 Vincent Breaux	123-0
M65 Charles Cannon*	92-0
M70 Charles Richard	79-5
M75 John Poche*	75-6
W50 Amy Holmes*	42-10
Javelin	
M45 Bruce Navarre	116-7
M55 Sanford Shire	111-4
M60 Delmon McNabb	162-0
M65 Dale Fontenot	62-9
M70 Charles Richard	119-8
M75 James Zaunbrecher	57-3
W50 Amy Holmes	64-10
W80 Lillian Patin	34-9
W90 Mary Ann Mestayer	12-9
*Out of district	

**Jackrabbit Relays
Odessa, TX; April 8**

100m	
M45 Jeff Ratliff	12.00
William Brown	12.60
Michael Hayes	13.40
M65 Wayne Bennett	13.60
Don Isett	15.10
W50 Oneala O'Briant	15.50
200m	
M40 Jeff Bacot	30.50
M45 Jeff Ratliff	25.40
William Brown	26.00
M50 Ron Boleware	25.70
M60 Troy Scoggins	32.50
M65 Wayne Bennett	28.70
Don Isett	31.00
W50 Oneala O'Briant	32.83
1500m	
M50 Read Johnston	5:39.36
W45 Cynthia Brock	7:00.00
3000m	
M50 Read Johnston	11:59.76
5000m	
M40 David Jackson	19:20.69
M45 Michael Neiman	20:55.02
M50 Adan Mediano	32:37.74
W35 Imelda Gonzalez	18:43.15
W45 Cynthia Brock	24:53.53
Short Hurdles	
M50 Sergio Angulo	17.18
Long Hurdles	
M50 Sergio Angulo	50.59
High Jump	
M50 Eugene Nebott	4-8
M65 Don Isett	4-4
Pole Vault	
M30 Curtis Hayes	12-0

M65 Don Isett	9-6
Long Jump	
M50 Sergio Angulo	15-0
M65 Don Isett	13-5.50
Triple Jump	
M50 Sergio Angulo	29-11.50
M65 Pete La Barge	25-5.50
Shot Put	
M65 Pete La Barge	9.87
M70 Wendell Palmer	10.40
W50 Oneala O'Briant	8.12
Discus	
M50 Steve Patridge	52.35
M65 Pete La Barge	35.46
W50 Oneala O'Briant	18.60
W85 Alatha Cole	7.34
Hammer	
M65 Pete La Barge	35.52
M70 Wendell Palmer	35.05
Javelin	
M50 Sergio Angulo	34.08
M65 Pete La Barge	37.89
M70 Wendell Palmer	19.59
Weight Throw	
M65 Pete La Barge	13.23
M70 Wendell Palmer	12.03
1500m Racewalk	
M50 Dave Gwyn	10:17.05
3000m Racewalk	
M50 Dave Gwyn	20:22.90

**Brazos Valley Senior
Games, Caldwell, TX
April 11**

50m	
M50 Haywood Robinson	7.21
M60 Ray Kozusko	7.41
M65 David Melber	7.48
M70 Bohn Hilliard	10.22
M75 William Wareham	7.82
M80 Donald Watson	9.82
M85 Joe Henderson	12.5h
W60 D Vander Cruyssen	7.95
W85 Nita Henderson	11.92
100m	
M50 Charles Hodges	13.56
M55 Randy Smith	12.67
M60 Ray Kozusko	14.34
M65 Mack Stewart	13.54
M70 James Leggitt	13.91
M75 William Wareham	15.68
M80 Donald Watson	20.91
M85 Joe Henderson	22.61
W60 D Vander Cruyssen	14.76
W65 Shelly Whitlock	18.28
W70 Mary Lou Bradford	21.52
W85 Nita Henderson	24.65
200m	
M50 Haywood Robinson	28.98
M55 Randy Smith	26.08
M60 Dennis Alston	51.00
M65 Mack Stewart	27.90
M70 Robert Cozens	28.50
M75 William Wareham	33.83
M80 Donald Watson	55.17
M85 Joe Henderson	1:04.56
W60 D Vander Cruyssen	31.80
W65 M Coffee-Carney	41.59
W70 Mary Lou Bradford	1:11.40
400m	
M50 Burnett Thompson	1:04.01
M55 Randy Smith	1:02.08
M60 Dennis Alston	1:08.42
M65 Mack Stewart	1:03.22
M70 Robert Cozens	1:07.11
M75 William Wareham	1:27:20
M80 Donald Watson	2:18:85
W65 M Coffee-Carney	1:42:62
800m	
M55 Richard Morgan	2:43.66
M60 Dennis Alston	3:29.39
M65 Mack Stewart	2:35.00
M70 Robert Cozens	3:09.96
M80 Donald Watson	5:07.40
1500m	
M50 Charles Wilson	7:33.88
M55 Richard Morgan	5:16.76
M60 Dennis Alston	6:43.80
M65 Jerry Flanagan	7:03.21
M70 Lloyd Joyce	6:47.70
M80 Donald Watson	9:46.23
High Jump	
M55 Robert Duncan	4-2
M60 Ray Kozusko	4-6
M65 David Melber	4-6
M70 James Leggitt	3-10
M75 Val Smith	3-6
M80 Donald Watson	2-0
W60 D Vander Cruyssen	4-2
W65 Shelly Whitlock	3-6
W70 Mary Lou Bradford	2-11
Long Jump	
M50 Charles Wilson	11-2.25
M60 Ray Kozusko	15-0
M65 David Melber	13-10
M70 James Leggitt	12-7.25
M75 William Wareham	10-3.50
M80 Donald Watson	6-0
W60 D Vander Cruyssen	4-2
W65 Shelly Whitlock	3-6
Shot Put	
M50 Sergio Angulo	17.18
Long Hurdles	
M50 Sergio Angulo	50.59
High Jump	
M50 Eugene Nebott	4-8
M65 Don Isett	4-4
Pole Vault	
M30 Curtis Hayes	12-0

Shot Put	
M50 Thomas Stilbert	36-5.75
M60 Herbert Miller	31-10.50
M65 Gayle Berry	35-2.50
M70 Bohn Billiard	31-10.75
M75 Val Smith	29-11
M80 Donald Watson	25-7.50
M85 Guy Sievert	17-4.50
W60 Sally Curtis	25-6.50
W65 Shelly Whitlock	22-5
W75 Juanita Mosley	22-2.25
W80 Sara Sievert	15-11
W90 Lillian Rudd	12-4.50
Discus	
M50 Thomas Stilbert	127-9
M60 Herbert Miller	118-10
M65 Gayle Berry	95-11
M70 James Leggitt	98-1
M75 Val Smith	85-8
M80 Donald Watson	64-11
M85 Guy Sievert	51-0
W65 Shelly Whitlock	41-9
W70 Mary Lou Bradford	46-8
W80 Sara Sievert	34-7
W90 Lillian Rudd	23-8

**El Paso Senior Games
El Paso, TX; April 22**

50m	
M55 Mark Balsiger	8.8
M60 Flip Lyle	10.0
M65 Darrel Short	7.7
M75 Andy Anderson	8.3
M80 Bill Barton	9.6
W55 Diann Kaerwer	9.2
W60 Laurie Barton	9.3
W70 Dorothy Gross	13.5
100m	
M50 Richard Balderas	17.5
M55 Mark Balsiger	15.5
M60 Flip Lyle	22.7
M65 David Summers	14.5
M75 Andy Anderson	15.4
M80 Bill Barton	19.2
W55 Diann Kaerwer	17.5
W60 Laurie Barton	17.6
W70 Dorothy Gross	29.9
200m	
M50 Richard Balderas	36.7
M55 Mark Balsiger	34.9
M60 Darrel Hiett	39.7
M65 David Summers	31.9
M75 Andy Anderson	35.7
W55 Diann Kaerwer	40.9
W60 Laurie Barton	46.7
W70 Dorothy Gross	1:32.3
400m	
M50 Ysidro Barreras	1:06.5
M55 Mark Balsiger	1:25.5
M60 John Mylius	1:12.8
M65 Jim Bevins	1:18.4
W60 Mary Mossiton	3:52.0
W70 Dorothy Gross	3:52.0
800m	
M50 Ysidro Barreras	2:28.0
M55 Mark Balsiger	2:55.0
M60 John Mylius	3:00.0
M65 Jim Bevins	3:06.0
M75 Don Navrkal	4:22.0
1500m	
M50 Ysidro Barreras	4:58.0
M55 Paul Pearson	4:57.0
M60 Bill Barry	7:00.0
M65 Jim Bevins	6:53.0
M70 Paul Hernandez	7:27.0
M75 Don Navrkal	8:58.0
M80 Bill Barton	8:29.0
High Jump	
M55 John Barton	4-8
M60 Flip Lyle	3-6
M65 Darrel Short	3-10
M70 Armand Zahn	4-6
M80 Bill Barton	3-0
W60 Laurie Barton	3-8
Long Jump	
M60 Flip Lyle	6-6
M65 Ban Salcido	13-6
M70 Armand Zahn	10-0.50
M80 Bill Barton	8-11.50
W50 Janet Porter	4-6.50
W60 Laurie Barton	10-10.50
W70 Dorothy Gross	5-10
Shot Put	
M55 Robert Rogers	38-2
M60 Mickey Miller	33-0
M65 Mike Meils	31-7
M70 James Koch	44-11
M75 Gene Reimer	21-10.50
M80 Doug Cochran	25-4.50
M85 Nick Aguilar	17-5
W50 Janet Porter	17-9
W60 Laurie Barton	19-10
W65 Espy Leroy	16-7
W70 Dorothy Gross	15-11
Discus	
M60 Mickey Miller	104-4
M65 Mike Beils	112-0
M70 Armand Zahn	93-8
M75 Art Brandt	88-7
Doug Cochran	61-11
W50 Janet Porter	32-10

W60 Mary Morrison	42-10
W65 Espy Leroy	39-2
W70 Dorothy Gross	37-3
W75 Barbara Brandt	54-7
Javelin	
M55 John Barton	93-1
M60 Mickey Miller	132-8
M65 Bufe Morrison	100-4
M70 Armand Zahn	74-10
M75 Art Brandt	78-3
M80 Doug Cochran	57-11
M85 Nick Aguilar	26-4
W50 Janet Porter	25-2
W60 Laurie Barton	40-3
W65 Espy Leroy	36-7
W70 Dorothy Gross	26-2
W75 Barbara Brandt	70-6
1500m Racewalk	
M55 Faustino Caraveo	12:08
M65 Armando Uranga	10:46
M70 Prestley Donaldson	10:33
M75 Ignacio Cano	10:24
M80 Francisco Castorena	14:38
W60 Chuchina Rodriguez	11:08
W65 Corinne Payan	13:35
W75 Val Hernandez	13:26
5000m Racewalk	
M55 Faustino Caraveo	42:20
M65 Armando Uranga	38:40
M70 Ben Arriola	42:20
M75 Ignacio Cano	36:38
M80 Francisco Castorena	50:00
W50 Jane Masters	41:00
W60 Chuchina Rodriguez	38:50
W65 Amalia Guerrero	51:43
W70 Val Hernandez	56:34
5K Road Race	
M50 Ysidro Barreras	18:17
M55 Paul Pearson	18:22
M60 Bill Barry	25:26
M65 Armando Uranga	29:42
M70 Paul Hernandez	27:35
M75 Ignacio Cano	28:32
M80 Francisco Castorena	39:34
W60 Laurie Barton	32:18
W70 Shirley Hernandez	37:24
10K Road Race	
M50 Ysidro Barreras	38:06
M55 Rudy Licon	52:17
M60 Bill Barry	54:53
M65 Armando Uranga	1:01:36
M70 Paul Hernandez	54:52
M75 Ignacio Cano	57:51
W60 Laurie Barton	1:08:29

WEST

USATF-NM Open/Masters Weight Pentathlon Albuquerque, NM; April 9	
Open Women	
VERONICA GONZALES	2296
32.78/9.08/31.86/15.69/11.22	
W70 JUDY FETHERSTON	2912
21.70/5.49/13.50/11.11/8.37	
ANNE CIRULNICK	2848
17.25/6.69/15.25/11.80/7.00	
M45 DAVID HAMPTON	1954
20.93/8.55/25.36/34.73/6.99	
M50 RICK GONZALES	2311
29.03/8.58/34.48/15.43/13.14	
M55 JIMMY LISTER	3190
24.41/12.93/36.97/39.23/10.29	
M60 PAUL ECONOMIDES	4555
47.47/14.16/49.58/30.44/19.03	

Team Thor USA Thunder

W40 Lorraine Berger	19:42.58
Denise Spenik	20:12.93
W45 Darl Chryst	21:09.66
Barbie Moldy	22:09.68
W50 Jeannine Allsup	18:29.27
W55 Dianne Brandt	19:41.77
W60 Kathy Balsler	18:46.22
Ellie Kallal	19:58.47

Hawaii Masters Mini-Meet Honolulu, April 30

*April 16 Meet

100m	
M85 Naoto Inada	*24.4
200m	
M85 Naoto Inada	*58.8
400m	
M85 Naoto Inada	2:15.5
800m	
M55 Alex Rodriguez	*2:57
M85 Naoto Inada	*5:46
Shot Put	
W65 Joan Davis	5.00
M60 Jack Karbens	9.32
M65 Robert Taylor	10.17
Discus	
W65 Joan Davis	11.55
M60 Jack Karbens	35.32
M65 Robert Taylor	35.36
Bob Molyneux	28.32
M70 Robert Husic	36.37
Hammer	
M60 Jack Karbens	31.34
M65 Robert Taylor	23.55
Bob Molyneux	21.55
M70 Robert Husic	29.58
56# Superweight	
M60 Jack Karbens	5.59
M70 Robert Husic	3.55
20# Weight	
W65 Joan Davis	4.70

NORTHWEST

Seattle Masters AC Spring Fling, Seattle, WA April 22

(HT/SP/DI/SW/WI)	
Matt Burks 37	3207
40.53/13.83/38/74/8.65/12.70	
Tim Shannon 43	3378
43.06/12.96/38.90/8.13/12.67	
Ray Burton 50	4439
49.55/13.73/48.64/8.39/16.87	
Chris Penoyer 53	3042
28.45/12.90/37.46/5.03/12.01	
Russell Jacquet 53	1033
0/8.58/31.00/0/0/0	
Tim Edwards 57	3958
38.65/9.44/36.91/7.62/15.83	
Steve James 58	3578
39.57/9.75/33.29/6.06/13.66	
George Mathews 62	4725
49.15/12.55/34.03/7.82/19.57	
Bob Lawson 71	4445
36.05/12.04/39.16/8.27/14.88	
Harvey Lewellen 77	4707
35.84/10.23/35.78/7.71/15.09	
Tom Allison 76	3396
26.16/9.74/30.82/4.76/9.74	
Leon Joslin 94	2203
10.52/4.99/15.79/0/5.46	
Laurie Jinkins 41	3187
31.05/9.19/26.06/7.25/10.78	
Georgia Cutler 63	3604
29.25/7.56/19.53/5.90/12.14	
20kg Superweight	
M60 George Mathews	10.15m

LONG DISTANCE RUNNING EAST

B&A Trail Half-Marathon & Marathon, Severna Park, MD; March 5

Half-Marathon	
Overall	
Wallace Miller 21	73:32
Christina Morganti 41	86:32
M40 Christopher Hamley 75:10	
Thomas Hattar	78:54
James Fitch	83:39
M45 Scott Coyle	85:50
James Anderson	86:11
Greg Nelson	88:32
M50 Michael Higgins	88:52
Thomas Dekomfeld	95:17
M55 Patrick Malloy	1:43:30
Greg Bean	1:45:27
M60 Merle Maffei	1:40:50
M65 Robert Moore II	1:48:57

M70 Richard Williams	1:49:20
M75 Bill Law	2:27:51
M85 Ed Burnham	3:41:03
W40 C Morganti	86:32
Patricia Keating	91:41
Sheryl Kline	91:42
Margie Boyd	92:59
W45 Jill Hargis	90:35
Carole Rosasco	96:15
Beverly Black	97:28
W50 Linell Smith	1:40:44
Ellen McGee	1:46:53
W55 Rose Malloy	1:40:38
Natalie Vaslavsky	1:56:00
W60 Muffet Chatterton	1:59:40

Marathon

Overall	
Paul Rades 33	2:29:45
Alison Jeffs 40	3:10:19
M40 Bryan Smith	2:41:27
Chon-Hwan Son	2:55:10
Brian Kim	3:05:06
M45 Peter Griffes	3:14:15
Zvonko Kutle	3:16:14
Do You	3:17:22
M50 Bob Burns	3:17:52
Stanley Hup	3:19:39
M55 Ronnie Wong	3:26:06
Dave Weiss	3:59:29
M60 Rajal Cripe	3:14:34
M65 Benito Vazquez	3:56:24
M70 Robert Smith	5:01:28
M75 Donald Taylor	5:37:42
W40 A Jeffs	3:10:19
Jennifer Sullivan	3:25:12
Marian Zabler	3:27:34
Shirley Pratt	3:28:11
W45 Karen Koffler	3:38:00
Soon So	4:21:12
Debra Robinson	4:26:43
W50 Mary Lang	3:44:54
Maureen Rohrs	4:29:35
W55 Robin McKenzie	4:21:46
W65 Jean Evensmore	5:56:54

Eastern States 20-Miler Salisbury, MA; March 26

Overall	
Benjamin Ndaya 30	1:53:10
Kara Haas 35	2:13:02
M40-49	
Randy McNeal 44	2:07:18
David Sahmarsh 42	2:08:55
Marty Lechler 48	2:09:52
M50-59	
James Belanger 51	2:10:23
John Snyder 54	2:11:57
Robert Mathes 53	2:22:00
M60-69	
Harry Carter 69	2:31:18
Peter Omi 63	2:38:14
M70+	
John DiCamandrea 78	3:27:44
M40-49	
Sandra Sheehy 41	2:29:28
Lisa DresselRohr 40	2:32:49
Christian Vandyck 46	2:34:51
M50-59	
Lynn-M Fawcett 50	2:33:55
Linda Parrish 53	2:34:25
Dierdre Bird 54	2:41:02
M60-69	
Mary Ulinski 61	3:11:28
Joanne Radcliff 65	3:28:00

Morgan's Run 5K Lewiston, ME; April 9

Overall	
Matt Dunlop 19	16:47
Tina Meserve 39	18:58
M40 Dan Dearing 44	16:49
Charles Allen 46	20:37
Steven Rollins 44	20:41
M50 Art Schnell 59	21:39
Stephen Hyde 55	22:39
David ColbyYoung 53	22:46
M60 Tom Keith	23:01
Jerry Levasseur 68	23:40
Dick Williamson 61	26:07
M70+John Howe 71	26:20
W40 Ann Machado 45	24:36
Diane Gracey 46	25:06
Pam Jeffrey 46	26:22
M50 Kathy Hoffer 54	26:25
Camille Parrish 52	27:02
Mary Bauer 54	27:04
W60 Sallie Pelkey 64	25:42
Jane Mulholland 61	51:39

Clyde's 10K Columbia, MD; April 9

Overall	
Dawit Andeta 25	33:49
Feng Sun 36	39:40
M40 Ted Poulos	36:32
M45 George Olean	37:20
M50 Peter Darmody	38:21
M55 Les Bell	42:01

M60 Edward LeCates	40:42
M65 Art Gorty	50:10
M70 Robert Gurtler	60:07
W40 Vanessa Cox	41:31
W45 Carole Rosasco	43:49
W50 Janet Kramer	48:03
W55 Maria Shields	49:42
W60 BJ King	50:42
W65 Elsa Hobart	68:16

Patriots Day 5 Miler Portland, ME; April 17

Overall	
Ethan Hemphill, 33	25:38
Heidi Westerling, 25	28:44
M35 Andrew Spaulding	26:31
M40 Dan Dearing	27:57
M45 Larry Sayers	26:41
M50 Tom Ryan	28:01
M55 Steve Moriarty	33:05
M60 Joel Croteau	33:31
M65 Frank Brume	35:55
M75 Mel Uchenick	50:38
W35 Tina Meserve	31:04
W40 Rose Prest-Morrison	33:28
W45 Jeanne Hackett	34:08
Sarah MacColl	36:14
W55 Soozie Large	40:12
W65 Polly Kenniston	44:41

Boston Marathon Boston, MA; April 17

Overall	
Cheruyiot, Robert, KEN	2:07:14
Jeptoo, Rita, KEN	2:23:38
M40-49	
Nyangincha, Sammy	2:26:37
Cartier, Richard	2:32:06
Garnier, Louis-Philippe	2:33:19
Herr, David C.	2:34:54
Tighe, Martin	2:35:09
Boore, Russell P.	2:35:45
Doody, Tom E.	2:36:30
Hyde, Ron M.D.	2:37:18
Reeder, Mark S.	2:37:32
Crowley, Brian J.	2:37:33
M50-59	
Courtney, S Mark	2:46:44
Hajicek, Scott L.	2:46:46
Beasley, Stephen G.	2:47:53
Higley, Rob	2:49:16
Santiago, Jose	2:50:07
Ruel, Robert M.	2:51:05
Coyne, Michael	2:51:51
Laptey, Yuri	2:54:15
Dion, Bob E.	2:54:49
Baik, Min Hyun	2:55:00
M60-69	
Enos, Ron	2:58:42
Goforth, Hal W. Jr.	3:01:50
Coffman, Don F.	3:03:01
Jensen, Paul	3:06:26
Uesugi, Yoshitaka	3:08:46
Smallwood, John H.	3:10:44
Manske, Dennis W.	3:11:38
Hillestad, Richard J.	3:13:18
Cho, Dong Ho	3:15:27
Longwith, Jim	3:16:26
M70+	
Wilson, Harold W.	3:37:20
Schleisman, Jim T.	3:42:02
Kashiwagi, Mikio	3:42:44
Dagneau, Roy V.	3:44:10
Hause, Rich	3:49:21
Shimojo, Michiharu	3:50:48
Smith, Christopher C.	3:56:00
Morgan, David W.	4:01:36
Murphy, Richard T.	4:03:17
Shuff, Dan B.	4:05:00
M40-49	
Bitkigirova, Madina	2:30:06
Titova, Tatiana N.	2:36:57
Stouffer, Tere	2:48:15
Piergentili, Simonetta	2:52:28
McGee, Gina M.	2:55:03
Hodge, Stephanie J.	2:56:02
Augert, Claudette M.	2:59:34
Lee, Jung Sook	2:59:53
Moon, Ji Sook	2:59:56
Kobrine, Kathy	3:01:08
M50-59	
Rhoden, Marla K.	3:16:15
Wickham, Marie	3:21:48
Park, Alyn S.	3:23:39
Harrison, Patricia S.	3:23:50
Labuc, Janet	3:24:39
Bunnell, Jann	3:25:37
Tennant, Frannie L.	3:25:59
Langford, Jane	3:26:27
Henniksen, Beth A.	3:27:08
Fawcett, Lynn-Marie Z	3:27:15
M60-69	
Rigney, Hansi L.	3:46:05
Kane, Carol A.	3:52:22
Craun, Chris A.	3:56:42
Wintemute, Jane M.	3:57:07
Rogers, Beth	3:58:12
Delsman, Elaine M.	3:58:54
Ishizaki, Tami	4:02:13

Bovio, Nina	4:02:15
Taksa Webb, Judith	4:02:20
Brumalow, Patricia A.	4:02:31
W70+	
Mchugh, Betty Jean	4:46:10
Rose, Joy	5:01:12
Beiers, Katherine	5:10:20
Logan, Dolores F.	5:11:03
Nelson, Ann L.	5:25:16
Cyr, Jeannette L.	5:27:04

HMRRC Bill Robinson's Masters 10K Albany, NY; April 22

Overall	
Thomas Dalton 47	34:26
Anne Benson 41	40:46
M40 David Hettrich	36:48
Chuck Racey	37:53
Tom Kracker	38:09
M45 John Noonan	36:36
Andrew Campbell	37:34
Jim Maney	37:40
M50 Rob Picotte	38:11
Dennis Fillmore	39:08
Richard Clark	39:57
M55 Dale Keenan	37:41
Patrick Glover	39:10
Kenneth Klapp	43:27
M60 David Hayes	43:02
Frank Klose	50:52
M65 Bob Husted	48:21
Denis Burns	51:44
M70 Wade Stockman	51:06
Richard Homenick	51:55
M75 Ed Doucette	59:38
Ken Orner	63:34
M80+James Gibney 85	79:36
W40 Mary Buck	42:38
Cheryl DeBraccio	43:51
Christine Varley	44:42
W45 Nancy Briskie	44:06
Nancy Taormina	44:25
Helen Shekerjian	44:29
W50 Erika Oesterle	49:35
Susan Burns	52:08
Donna Choiniere	52:33
W55 Judy Phelps	45:52
Martha DeGrazia	47:51
Kathy Ambrosio	58:19
W60 Sibyl Jacobson	62:25
W65 Betty Langevin	69:36
W70+Anny Stockman 73	56:59
Joan Corrigan 70	70:10
M40+ Teams	
Adirondack AC 40+	3:04:07
(Dalton/Noonan/Hettrich /Racey/Buckley)	
Adirondack AC 50+	3:17:12
(Keenan/Picotte/Fillmore /Glover/Hayes)	
Utopia Men "C"	3:42:14
Utopia Men "D"	3:50:27
W40+ Teams	
Willow St Women 40+	2:07:15
(Benson/Buck/DeBraccio)	
Utopia Women 40+	2:13:36
Utopia Women 50+	2:42:55
(Phelps/Stockman/Southard)	

NYRR Half-Marathon Grand Prix, Queens, NY April 29

Overall	
John Henwood 33	1:09:29
Kelly Chin 25	1:21:27
M40 Alfonso Polonia	1:11:53
M45 Jim Stemm	1:17:14
M50 Steve Calidonna	1:15:54
M55 Adolf Lawrowski	1:26:41
M60 John Samsel	1:29:56
M65 Hilary Peterlin	1:35:55
M70 Witold Bialokur	1:36:43
M75 Leo Schonhaut	2:29:13
M80 Sab Koide	2:55:03
W40 Bea Huste	1:24:59
W45 J Chodnicki-Stemm	1:28:11
W50 Marie Wickham	1:36:16
W55 Kathleen Horton	1:48:59
W60 Carol Johnston	1:45:12
W65 Mary Nathan	1:53:25
W70 Rosa Nales	2:26:23

NYRR adidas Run for the Parks 4 Mile, Central Park, NYC; April 23

Overall	
Aiene Reta 24	19:06
Alemtehay Misquanan 25	22:06
M40 Alfonso Polonia	21:23
M45 Jerry macari	22:26
M50 Paul Mascali	22:57
M55 Edgar Sandoval	25:18
M60 John Samsel	26:00
M65 Arnold Gore	31:13
M70 Konstantin Goulianos	32:58
M75 Bill Horowitz	50:48
M80 Sab Koide	40:35
W40 Cindy Pomeroy	24:48
W45 L Branche	27:43
W50 Luan Mestre	30:35
W55 Kathleen Horton	31:20
W60 M-L Michelsohn	38:51
W65 Edith Jones	36:15
W70 Ginette Bedard	32:22
W75 Pearl Jones	1:07:17
W80 Joan Rowland	52:59

Guts and Glory 5K Massapequa, NY; April 29

Overall	
Michael Robles 47	17:38
Karen Cotty 42	20:07
M35 Rich Borrero	17:53
M40 Larry Parker	18:28
Eric Friedman	22:06
Chris Duca	22:17
M45 M Robles	17:38
Neal Brandsdorfer	22:19
Chris Murray	23:14
M50 Robby Kirshoff	19:50
James McDougall	21:24
Richard Azzarello	21:43
M55 Wm Meisner	22:56
Allan Stein	23:20
Vic Rossi	23:37
M60 Alan End	24:48
Ted Gross	27:06
M65 Tom Hanrahan	33:58
M70 Geza Feld	26:18
George Devoe	28:25
M75 Bert Jablon	28:44
Alan Druckman	29:44
M80+Bill Benson	38:17
W35 Jackie Novak	23:40
W40 K Cotty	20:07
Eileen Reda	22:39
Carolyn O'Connor	2

Raymond Reddick	41:14
Arch Seamans	41:31
M75 Leonard Cheringal	35:12
M80 Bill O'Brien	48:17
W40 Misa Tamura	19:10
Debby Hall	19:41
Kathy Rocker	20:01
Janet Patterson	20:05
W45 Jeanne Pare	18:27
Janice Morra	19:46
Beth Moras	20:40
W50 Jane Parks	21:12
Lorraine McPhillips	22:41
Lynne Mortimer	24:05
W55 Linda Ferrara	24:47
Christine Ange	25:30
W60 Aleida Hauptman	26:01
Mary Ann Murphy	26:13
Patricia O'Hanlon	26:45
W65 Anna Thornhill	24:04
Dorothy Little	24:51
Imme Dyson	25:00
W70 Shirley Pettijohn	40:05
Diane Stone	41:09
Carolyn Weaver	46:12
W75 Lois Filreis	35:49

Blue Cross Broad Street 10 Mile, Philadelphia, PA May 7

Overall	
Nathan Kosgei	28
Olga Romanova	25
M40 Fred Klevan	52:00
John Carroll	53:07
Joseph Cresko	54:20
Gene Tung	54:50
Steve Metraux	55:09
Jim Barger	56:08
Kevin Kelly	56:32
Derik Thomas	56:37
M45 Bob Schwelm	53:13
Greg Cauler	54:15
Stephen Koch	56:34
Jeffery Hayes	57:02
Stuart Calderwood	57:20
Jay Myers	57:38
Jeffrey Painter	57:54
Mike Precopio	57:58
M50 Chris Chatten	53:17
Terry Permar	55:50
Gil Crouse	57:07
Michael Patterson	58:18
Craig Holm	58:28
David James	58:36
M55 Gary Fanelli	59:44
Mick Slonaker	64:08
Douglas Campbell	65:29
Anthony Jordan	65:32
Kent Prizer	65:34
Perry Francas	65:49
M60 Edward Lecates	65:39
Art Burger	66:27
Tom Jennings	68:46
Dan McCarel	69:07
Angelo Mattei	72:10
William Silva	73:32
M65 Robert Taggart	69:06
Jim Flanagan	71:43
Bill Jones	76:18
Jerry Gornish	77:02
M70 Norman Green Jr	74:41
Bill McClellan	77:00
Rich Hause	77:33
-- DiGiorgio	90:05
M75 Richard Hoban	97:28
Mart Bauer	98:45
Frank Rubino	1:42:33
M80 Oliver Williams	2:01:32
W40 Susan Loken	58:28
Doreen McCroubie	58:46
Stephanie Hodge	61:59
Kelly Dworak	63:36
Lorraine Jasper	64:01
Melissa Lafferty	65:13
W45 Susan Reich	64:20
Sarah Tabbutt	65:26
Shirley Geerling	65:40
Stacy Creamer	66:22
Maureen Burns	66:22
Cindy Conant	66:35
W50 Carolyn Bujak	69:34
Leah Whipple	70:34
Joan KotzKovar	71:38
Sheryl Ebst	72:05
Terry Clopper	72:27
W55 Deborah Compton	72:39
Joy Hampton	73:42
Susan Juronics	78:27
Alice Laux	79:10
Cathy Schweiger	79:18
W60 Susie Farrell	74:53
Annette MacMillan	78:37
Ingrid CanterellaFox	83:59
Chris Craun	85:12
W65 Sandra Folzer	82:27
Imme Dyson	82:35
Cindy Clark	92:04
Gloria Jenkins	92:49
W70 Carol Montgomery	1:56:57
Marilyn Simmel	2:35:18
W75 Lorraine Cephus	2:39:57

SOUTHEAST

Covenant Health Knoxville Marathon, TN March 26

Overall	
James Mutuse	2:33:06
Andee Cranford	3:16:21
M35 Robert Preston	2:50:32
M40 Nickolay Lavrik	3:10:44
M45 Rick Gray	3:20:17
M50 Steve Randolph	3:27:51
M55 Gary Sperl	3:26:21
M60 Jonathan Robinson	3:55:15
M65 Bob Cunningham	3:51:21
M70+ Wesley Love	5:22:41
W35 Pamela Kennedy	3:51:19
W40 Tracy Sinclair	3:53:21
W45 Becky Tener	4:20:43
W50 D. Dos Santos	4:18:56
W55 Shirley Sirois	4:27:14
W60 Becky Holt	4:46:04
W65 Joyce Hodges-Hite	5:35:21

Cooper River Bridge 10K Charleston, SC; April 1

Overall	
Abraham Chebil	28:16
Sally Barsosio	33:35
Male Masters	
Albert Okerwa	31:20
Sean Wade	31:47
Phillip Walkins	32:42
James Yon	33:18
Female Masters	
Lyubov Kremleva	35:18
Sheila Wakeman	39:51
Laura Vroon	40:17
Mary Williams	40:57
Male Grandmasters	
Gary Romesser	34:30
Mike Hart	37:18
Jim Wilhelm	37:36
Female Grandmasters	
Tatyana Pozdnyakova	35:16
Debra Wagner	41:01
Dian Ford	41:14
M40 Irv Batten	34:01
David Matherne	34:22
Sean O'Donnell	34:26
John Anderson	36:19
Craig Kingma	36:46
Erick Ruckel	36:51
M45 Tom Mather	33:57
Ken Youngers	35:52
Pierre-Yves Page	36:20
Bill Gibbs	36:44
Marc Emblor	36:48
Alan Blackwell	37:09
M50 Dave Forrest	39:22
Jack Todd	39:58
Paul Smith	41:45
Fred Mullen	41:49
Andrew Ammon	41:54
M55 Glenn Dennis	39:52
John Rinker	39:58
Jan Hardwick	42:26
Robert Schlauf	42:41
David Firth	42:55
M60 Steve Annan	38:57
Terry Van Nata	40:31
Robert Henderson	40:48
Fred Reinhard	43:55
M65 Ed Brinkley	41:43
Sonny Barber	47:11
Jimmy Adams	47:17
Thomas Dority	47:35
M70 Clyde Mizzell	51:09
George Hilton	52:02
Jerry Lardiniois	52:11
M75 William Boulter	51:23
Lonnice Collins	59:32
David Anderson	62:29
M80+Alex Carson	54:52
David Pearlstone	68:26
W40 Mary Dore	41:05
Keely Churchill	42:01
Michelle Beaulieu	42:18
Brianne Roberts	42:41
Terri Marshall	43:20
Jean Aswell	43:20
W45 Tami Dennis	44:56
Darla Bennett	45:15
Nancy Thomas	45:22
Helen Hiser	45:24
MaryEllen McManus	45:38
Jennifer Doles	45:51
W50 Sarah Ball	45:49
Toni Cruz	45:52
Cathy Lempesis	46:05
Michelle Withers	47:22
Hope Young	48:41
W55 Cathy Wides	43:14
Mimi Sturgell	43:14
Gloria Driggers	48:53
Betty Ryberg	49:32
Lyn Hammond	51:13
W60 Kathy Seavers	48:35

Jeryll Perlmutter	50:55
Sissy Logan	52:50
W65 Ek Tolley-Beeson	63:09
Pat Thompson	66:01
Pat Rhode	67:07
W70 Myron Ingram	61:57
Joyce Huguélet	72:22
Jane Gregorie	74:46
W75 Delouris Hollinger	58:55
Garthedon Emblor	96:59
W80+Eleanor Jerdan	92:11
Ola Moody	1:46:19

River City 10K Decatur, AL; April 8

Overall	
Heath White	22
Amber Keller	31
M35 Ashley Green	36:56
M40 Marty Clarke	35:32
M45 Michael Brass	38:39
M50 Joe Francia	37:43
M55 Wayne Manord	42:58
M60 Ellis Whitt	45:55
M65 David Washington	50:37
M70 Richard McCrady	50:36
M75+Jim Howell	84
Lloyd Doering	78
W35 Leslie Lowery	69:48
W40 Vicki Gilley	47:36
W45 Jennie Rountree	45:01
W50 Debbi Higginbotham	65:26
W55 Martha Wessel	63:28
W60 Dolores Everett	66:31
W65 Anne Park	53:13
W70+Betty Dooley	78:56

Run to the Sun 8K Orange Park, FL; April 15

Overall	
Justin Jacobs	23
Stephanie Paulk	21
M35 Jose Dominguez	28:52
M40 John Metzgar 2nd	26:57
Michael Strout	31:38
Scott Silliman	32:37
M45 Jim Shields	28:43
Frank Suttman	29:14
Chris Laduke	30:04
M50 Stephen Beard	32:58
Paul Geiger	33:53
Steve O'Brien	34:11
M55 Page Ramezani	30:51
Patrick Gaughan	33:01
Manny Toro	33:13
M60 David Ohnsman	32:00
Frank Frazier	35:15
Harvey Warnock	36:27
M65 Dan McDonald	41:55
Ben Holland	42:13
M70 Bo Wilburn	42:05
Norman Wyner	50:53
M75 Pat Gallagher	45:48
John Almone	49:13
W35 Denise Metzgar	33:39
W40 P StewartGarbrecht	31:18
Regina Taylor	34:22
Alison Ronzon	34:37
W45 Darien Andreu	34:03
Bonnie Brooks	35:29
Jody DolanAldrich	37:39
W50 Barbara McNabb	38:18
Janet Lavoie	38:37
Nancy Martin	40:32
W55 Susan Branley	39:14
Maureen Barrett	43:50
W60 Elfrida Wyner	36:11
Susan Wallace	47:25
W65 Marilyn Koubek	42:22
Patt McEvers	63:22
W75 Diane Aimore	66:44

Beach to Bayou 5K Tarpon Springs, FL April 22

Overall	
Eugene Fanning	18
Jacki Wachtel	26
M35 Andrew Preston	22:06
M40 Nelson Chasney	20:04
M45 Victor Yeager	18:32
Terry Fluke	19:59
M50 Paul Miller	22:43
M55 Larry Watson	20:58
M60 Duncan Cameron	20:15
M65 Phil Taylor	25:37
M70 Charlie Taylor	28:39
M75 Jack Mahon	39:46
M80+Henry Pepe	48:00
W35 Beth Wonicker-Cook	22:45
W40 Kit Van Allan	21:25
W45 Lisa Kothe	21:15
W50 Cindy Miller	24:40
M55 Diane Miller	25:08
W60 Silgia Hobbs	26:27
W65 Doris Hafemann	29:09
W70 Iris Long	46:19
W75 Harriet Minett	59:40

W80+Eleanor McIntyre 51:34

Country Music Marathon Nashville, TN; April 29

Overall	
Fayisa Tusse	26
Tatiana Mironova	26
M35 Lawrence Brede	26:55
M40 Janusz Akuma	23:54
M45 Harold Rutila	3:04:13
M50 Fred Zinser	3:28:15
M55 Lloyd Hansen	3:16:30
M60 Warren Everett	3:33:23
M65 Dallas Smith	3:20:54
M70 Daniel Wellner	6:15:15
M75 Bob Koch	4:40:01
W35 Tatiana Mironova	2:36:51
W40 Bethany Heslam	3:26:32
W45 Christa Koot	3:37:54
W50 Carol Duckham	4:04:14
W55 Alice Franks	4:05:52
W60 Dee Budelier	4:55:09
W65 Sandra Webber	6:55:50
W70 Dorothy L Beck	6:58:39

MIDWEST

Martian Marathon, Half-Marathon & 10K Dearborn Hts. MI; April 1

Overall	
Rob Hruskovich	37
Justine Mosher	21
M40 Jerry Rief	2:54:12
James Mott	3:16:42
Kurt Gerster	3:21:35
M45 Peter Cooper	3:08:54
Steve Holecko	3:14:16
Mike Graham	3:20:35
M50 David Luckhardt	3:17:23
David Cray	3:17:55
Dave Desalvio	3:31:54
M55 Doug Soliz	3:18:55
Chas Johnston	3:22:51
Bob Byers	3:34:59
W40 Marian Zoblir	3:33:40
Katherine Coldwell	3:40:09
Cindy Bradley	3:41:46
W45 Ruth Lara	3:35:24
Jennifer Graham	3:39:19
Denise Stebbins	4:07:11
W50 Amy Yanni	3:23:45

Athens Marathon Athens, OH; April 2

Overall	
JUSTIN GILLETTE	23
SANDY HUNDLEY	46
M35 BRYAN HARVEY	2:47:32
M40 KEITH MCBRIDE	2:54:58
M45 CHARLIE WEAVER	3:01:51
M50 MIKE JACOLENNE	3:16:29
M55 ROBERT HILL	3:36:51
M60 PETER WADSACK	3:49:21
M65 HARLEY GHEEN	5:05:44
W35 STACI AULICK	3:36:43
W40 ANGELA MINNEFIELD	3:47:51
W45 SANDY HUNDLEY	3:22:55
W50 RITA BARNES	3:39:13
W55 DONNA HUTCHINSON	4:26:12

Glass City Marathon Toledo, OH; April 2

Overall	
Ryan Desgrange	26
Lisa Veneziano	41
M35 Jim Clemens	2:41:25
M40 Henry Maldonado	2:34:52
M45 Larry Gutierrez	3:04:56
M50 John Tarkowski	3:01:30
M55 Mark Squires	3:10:22
M60 Jim Buerk	3:57:19
M65 George Stump	4:48:22
M75 Walter Kosydar	6:42:00
W35 Tara Kaminski	3:46:29
W40 Lisa Veneziano	3:11:50
W45 Nancy Schubring	3:23:07
W50 Amy Yanni	3:29:09
W55 Donna Olson	3:57:26
W65 Louise Miklovic	4:36:19

Huntington Half-Marathon, Huntington WV; April 8

Overall	
Eric Putnam	33
Megan Metcalfe	24
M35 Scotty Clark	1:24:17
M40 Jerry Bostic	1:27:19
M45 Eric Migemier	1:24:08
M50 Dave Duncan	1:20:57
M55 Ken Roark	1:30:20
M60 Stephen Feaster	1:39:11
M65 Richard Finney	1:49:56
M70 John Sensenig	1:52:32
W35 Wendy Hooten	1:48:27
W40 Diane Riley	1:43:06

W45 Milly Biller	1:49:02
W50 Sarah Kovarik	1:57:48
W55 Fidelma McKenna	1:54:35
W60 Brenda Platt	1:54:19
W65 Emma Chapman	2:48:01

Papa John's 10 Mile Louisville, KY; April 15

Overall	
Abdi Abdurahman	27
Bonita Paul	25
M40 Steven Bohan	53:32
Jim Schneider	61:55
Lance Kinsey	62:57
Brady Wells	63:50
Norbert Burzynski	64:21
M45 Randy McDowell	59:29
Doug Howard	66:13
Andy Rumsey	66:31
Chuck Crowley	66:36
Joe Nall	67:02
M50 Barry Ross	61:06
Jerry Orange	66:18
Jim Grobmyer	66:28
Gary Warren	69:14
Mark Seifrid	70:07
M55 Jozsef Szilagyi	69:14
Ken Roark	71:27
Stephen Craig	74:11
Rick Smith	76:29
David Sledge	77:09
Bill Delp	74:49
Bobby Miller	77:53
Glenn Leach	78:59
Michael Ritchie	79:58
M65 Larry Hammersley	77:48
Danny Place	80:36
Larry Miller	82:20
M70+William Thomas	79:45
Terry Cummins	71
C. Thornberry	71
W40 Jo Jessie	73:03
Jennifer Gruneisen	76:03
Paula Pierce	77:52
Pat Emerson	77:52
W45 Jeanne Olash	68:37
Debbie Biddle	78:06
Pegi Wheeler	81:34
Elizabeth Hughes	82:29
W50 Maribeth Gatterdam	79:14
Clare Reid	82:42
Debbie Waddle	83:42
S Foster Storch	85:06
W55 Donna Robinson	

M60 Jan Ryerse	3:41.07
M65 Tom Reich	4:13.35
M70 Kent Mitchell	4:23.08
W35 Cathy Naughton	3:27.12
W40 Debbie Kerber-Rehr	3:14.49
W45 Kathleen Johnson	3:25.47
W50 Ellen Oip	3:51.44
W55 Gail McCaslin	4:10.57
W60 Phyllis Sizemore	5:11.22
W65 Carolyn Mitchell	6:15.43

**Easter Sun 10K
Wichita, KS; April 15**

Overall	
Vincent Topiuo 23	31:31
Melissa Todd 31	36:38
M35 Kyle Bolick	38:05
M40 Dennis Smithhisler	34:09
Mike Schmidt	39:14
Stanley May	40:04
M45 Mike Harms	42:02
Bruce Coffman	42:29
Donnie Harris	43:33
M50 Jack Marvin	38:36
Andrew Hutton	41:09
Tony Taravella	45:21
M55 Tom Snook	43:18
Larry Rink	45:07
Terry Pollock	45:42
M60 Dumont Schmidt	49:45
Joe Coleman	52:38
M65 Paul Hodges	51:13
Don Dirksen	52:34
M75 Paul Heitzman	48:57
W35 Chrissy Usher	43:09
W40 Julie Harding	39:59
Rebecca Steven	49:25
Kim. Mendelsohn	53:41
W45 Deb Tormeden	39:19
Cindy Presnell	47:23
Diane Greenleaf	53:50
W50 Mari Mohr	43:30
Barbara Holzman	48:25
W55 Holly Alexander	50:14
Shirley Farber	59:12
W60+Sheryl Drevo	51:43

**29th Annual Get in Gear
5K & 10K, Minneapolis
MN; April 29**

5K Overall	
BLAKE DRONEN, 33	16:35
LORI ANNE PETERSON, 33	21:12
M30 BLAKE DRONEN 33	16:35
RANDY NIEMIEC 35	18:36
M40 TONY MEGER 40	17:45
ROBERT ECONOMY 42	18:23
M50 JEFF TRAYNOR 51	21:16
JEFF ERICKSON 50	21:58
M60 WILLIAM FENNERT 61	25:56
G. VANDE GARDE 61	28:35
M70 ROBERT FINCH 70	28:39
JERRY REYNOLDS 71	30:42
W30 LORI ANNE PETERSON 33	21:12
MARIA SCHILLING 33	23:53
W40 MARY DOW-BUNNELL 42	24:14
PAM REIMER 44	25:03
W50 JEANNE MILLER 51	23:21
BETTY NEITZKE 50	26:31
W60 DORIS URBAIN 67	29:13
JANICE WIELAND 60	36:28
10K Overall	
HENRY KIPCHIRCHIR, 22	29:48
JEMIMA JELAGAT, 21	32:57
M30 ABRAHAM KOSGEI	29:48
M35 SCOTT LINDELL	33:06
M40 JOHN MIRTH	32:15
M45 PAUL GIANNOBILE	34:23
M50 RANDY WIINANEN	35:32
M55 JERRY BEUTEL	39:12
M60 JIM GRAUPNER	38:42
M65 HANK LARSEN	43:31
M70 DALE URBAIN	49:01
M75+ROGERS ANDERSON	1:01:44
W30 ERICA BARON	35:28
W35 MATTHEW WAITE	35:21
W40 BONNIE SONS	37:18
W45 PAM WEIER	39:12
W50 GLORIA JANSEN	41:28
W60 MARILYN SCHNOBRICH	47:37
W65 JUDY CRONEN	49:55
W70+MARGE NIELSEN	59:44

SOUTHWEST

**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
M80 Wally Herman	6:27:12

W35 Cindy Aitken	3:42:56
W40 Denise Bartel	3:50:38
W45 Sharon Urquhart	3:54:02
W50 Yong Collins	4:15:37
W55 Sher Chapline	5:18:54

**Statesman Capitol 10,000
Austin, TX; April 2**

Overall	
Jacob Rotich, 28	32:03
Albina Gallyamova, 41	34:24
M35 Greg McMillan	33:59
Gary Guerrero	34:16
Kevin Irwin	35:48
M40 John Paladino	36:34
Richard Mendez	36:46
Scott Birk	37:51
M45 Randy Reina	34:20
Joe Flores	35:27
Peter Rauch	36:40
M50 David Sing	41:03
John La Claire	41:26
Al Guevara	41:26
M55 Bradley Price	40:14
Kenny Hill	42:29
Ridge Williams	43:52
M60 Gregg Evans	44:41
Sam Lawson	44:48
Doug Hamm	44:55
W35 Chris Kimbrough	36:46
Eileen Petito	39:20
Ivi Kerrigan	41:43
W40 Albina Gallyamova	34:24
Maria Ladd	45:33
Diana Damer	45:43
W45 Cindy Samok	42:53
Becky Shirley	44:07
Elizabeth Bender	46:52
W50 Marcia Herzik-Ralph	46:37
Charlene Janiak	47:36
Mary Faria	47:50
W55 Catherine Clark	52:58
Sally King	53:10
Jo Ann Smith	54:37
W60 Janet Scholl	52:41
Bev Willis	54:36
Josie Bowman	55:51
W65 Gayla Chambers	54:03
Betty Jameson	59:27
Ann Herrera	65:32
W70 Vondalee Adorno	1:10:44
Claire Brehnan	1:35:00
Patricia Gober	1:41:49
W75 Fran Milligan	1:27:55
Annie Rogers	2:31:48
W80 Wanda Hall	1:35:55
Lillie Doss	1:47:49

**Azalea 10K
Tyler, TX; April 8**

Overall	
Warren Brown 18	33:54
Charity Bolling 22	43:14
M35 Richard Lawhead	38:39
M40 Brad Kugler	36:29
Rick Autrey	38:27
M45 Mark Morris	38:22
Martin Pesek	39:29
M50 Howard Richardson	39:18
Gregory Zeorlin	43:38
M55 Tony Collins	40:01
Paul Hill	43:25
M60 Jimmy Jones	43:49
Herb Jarrell	47:09
M65 Frank Diaz	48:02
M70 James Eitel	71:52
M80 Howard Mayer	71:04
W35 Stephanie Nickel	45:46
W40 Melanie Brashear	52:10
Kelly Christinson	54:12
W45 Donna Volberding	47:41
Tammy Rooney	47:43
W50 Kim Dennis	48:48
W55 Sandi Suggs	53:17
W60 Judith Hayes	64:11
W65 Gail Stewart	64:42
W70 Suzanne Dailey	73:18

**Red Bud Half-Marathon
Oklahoma City, OK
April 8**

Overall	
Luke Hooper, 24	1:20:31
Tracy Evans, 35	1:30:19
M40 Ron Ruyle	1:35:49
M45 Dennis Cumbie	1:26:18
M50 Robert Yara	1:24:10
M55 Stephen Rulewicz	1:40:04
M60 Michael Medrano	1:49:55
M65 Jim Tabor	1:51:47
M70 Tom Briggs	2:15:50
M75 Jim Hoke	2:53:46
W35 Tracy Evans	1:30:19
W40 Desiree Nowlin	1:43:21
W45 Mary Rhymer	1:51:40
W50 Joanne Jackson	1:52:42
W55 Karen Carothers	2:10:25
W60 Betty Bell	2:36:12

W65 Kathy Moffitt	2:21:58
W75 Shirley Hoke	2:50:22

**Oklahoma City Marathon
Oklahoma, OK; April 30**

Overall	
JERRY FAULKNER, 24	2:36:03
SARA PIZZICHERO, 33	3:02:07
M35 Michael Kulling	2:49:39
Adam Cohen	2:52:24
Michael Martin	2:56:26
M40 Russell Sears	2:51:06
Bill Means	2:59:05
John Anders	3:05:09
M45 Peter Rauch	2:48:43
Billy Richardson	3:08:47
Danny Ponder	3:09:20
M50 Steve Brammer	2:57:00
George Taylor	3:04:42
Lupe Rodriguez	3:10:48
M55 Bill Grether	3:13:55
Doug Beagle	3:29:03
Stephen Rulewicz	3:35:58
M60 Mike Medrano	4:00:00
Robert Dewar	4:13:25
Ron Knecht	4:13:58
M65 Jim Tabor	3:56:00
Marv Bradley	4:11:49
Darrel Morrison	4:34:53
M70 David Mitchell	4:52:15
Richard Irons	4:52:16
Ray Moses	6:42:28
M75 Don Helmer	6:29:55
Leonard Terronez	7:30:43
W35 Tracy Evans	3:06:50
Debbie Polson	3:21:22
Julie Campbell	3:36:17
W40 Amy Regnier	3:04:33
Deana Knight	3:23:17
Karen Plucinski	3:27:38
W45 Cindy Lee Torres	3:38:59
Karen Massey	3:57:56
Jane Pace	3:59:06
W50 Mari Mohr	3:23:19
Joanne Jackson	4:01:08
Mary Alice Galligan	4:07:16
W55 Sara Cherne	4:12:15
Jeweldeen Stigall	4:16:02
Sandra Hanson	4:26:41
W60 Joyce Hightower	5:11:51
Betty Bell	5:43:17
Colleen Mallory	6:26:42
W65 Kathy Ryan	5:06:14
Rachel Boggess	7:11:20

WEST

**American River 50-Mile
Endurance Run
Sacramento, CA; April 1**

Overall	
Uli Steidl 34	5:58:21
Julie Udchachon 35	7:37:04
M40 John Ticer 49	6:41:54
Mark Lantz 40	6:48:37
Greg Garman 45	7:19:58
Tim Twietmeyer 47	7:20:50
John Nichols 41	7:21:33
M50 Joseph Swenson 50	7:36:00
David Ruvalcaba 51	7:57:03
Mike Sweeney 51	8:04:33
Tim Quinn 59	8:37:32
Mike Nuttall 56	8:40:42
M60 Ernest Takahashi 61	8:44:16
Dana Gard 61	8:56:43
Rod Dixon 60	9:09:30
Ralph Hird 68	10:06:12
David Kim 63	10:15:55
M70 Scott Hepburn 71	12:25:56
W40 Rena Schumann 44	7:39:05
Suzi Leon 41	8:11:14
Karyn Hoffman 43	8:14:56
F Gascon-Amyx 41	8:28:08
Carol Parise 40	8:32:54
W50 Christine Flaherty 52	9:22:51
Dee Dee Gaudius 569	27:52
Peggy Davidson 509	29:04
June Gessner 53	9:36:02
Kyong Martin 51	9:51:06
W60 Eldrith Gosney 64	10:27:44
Joan Scannell 60	10:46:32
Becky Morris 60	10:57:55
Hwa Ja Andrade 65	11:44:48
Glora Takagishi 60	11:53:19
W70 Katherine Beiers 73	12:25:40

**Golden Gate Headlands
Marathon/Half-Marathon
Sausalito, CA; April 1**

Marathon Overall	
Asker Jeukendrup 36	3:33:48
Lauren Kretz 22	3:39:30
M45 Armand Parieditis	4:34:10
Norman Kabrick	4:45:43
Gary Goodrich	4:46:11
M50 Jim Sellars	5:07:10
John Christensen	5:19:15

Gary Aguiar	5:24:10
M55 Alan Stewart	5:10:26
M60 Jim Kelly	5:13:35
Fred Paine	5:58:00
W40 Danielle Little	4:53:27
Jaci Cummings	5:10:25
Suzi Bates	5:19:15
W45 Rebecca Samet	4:27:07
W50 LeeAnn Christensen	5:19:15
Half-Marathon Overall	
Andrew Subudhi 36	1:24:42
Tracey Gold 32	1:32:30
M40 Dale Pistilli	1:35:27
Mitch Ferrick	1:46:26
M45 Scott Murray	1:34:07
Karl Bohn	1:46:00
Suneel Aapte	1:48:15
M50 Scott Graham	1:37:05
Mark Ramirez	1:39:25
M55 Bob Cooper	1:41:00
W40 Stephany Hiller	1:45:52
W45 Anna Slattery	1:49:35

**Santa Anita Derby
Masters 5K, Arcadia, CA
April 8**

Overall	
Jose Ortiz 43	16:48
Denise Ripley 44	19:52
M40 J Ortiz	16:48
Evae Silva	18:48
Robert Bush	17:41
Jose Ricardo	18:30
Oliver Gallego	18:37
Robert Stone	18:49
M45 John Araujo	17:38
Angela Decollibus	17:41
Robert Franks	18:07
Larry Rich	18:40
Jeff Snyder	18:45
Gary Cohen	19:04
M50 M Hernandez	18:20
John Ems	20:31
Yuri Cap	22:57
Denny Smith	23:20
John Ambrosio	23:28
M55 Barry Witler	21:34
Joe Ogata	21:38
Bert Sandoval	21:43
Lou Briones	21:49
Mike Chovonec	22:00
M60 Glenn Crabtree	22:36
Antonio Rebollar	23:12
Byron Melendy	23:15
Bullet Bales	24:23
M65 Alan Eoe	25:55
Thomas Dempsey	27:35
Charles Sayles	28:57
Ray Lopez	29:06
M70 Don Moore	28:14
George Medina	29:05
Bob Demiranda	32:01
Bill Kennedy	28:58
Ryoji Akiyama	28:59
Rodrigo Marroquin	33:09
D Ripley	19:52
Miriam Wiegel	22:26
Barbara Debusco	24:51
Lisa Won	25:31
W45 Lydia Salinas	20:55
Lucy Maldonado	23:05
Kathy Diehnelt	23:09
Hope Snyder	23:30
W50 Laurie Hahn	22:56
Jeannie Thompson	24:08
Melody Ann Wall	24:56
Liz Thor	25:30
W55 Donna Marovish	27:17
Donna Cunningham	27:40
Ida Chavez	30:53
Patricia Alvarez	31:45
W60 Christine Beer	27:34
Concepcion Rubio	30:36
Barbara Ansell	32:26
W65 Elaine Murphy	30:35
Carole Davis	33:08
Irma Kearney	35:10
W70 Dulia Pardo-Oliva	34:57
Dee Ann Palmer	43:52
W75 Emily Hernandez	41:57
W80 Dorothy Ramirez	37:50

**Golden Gate Park 10K
San Francisco, CA
April 23**

Overall	
Mark Janes, 30	36:23
Lorrie Drakulich, 24	40:01
M35 David Davis	37:05
M40 Matt Mullen	36:48
M45 Peter Hsia	37:52
M50 George Musante	45:51
M55 Patrick Lee	46:59
M60 Ian Reid	41:25
M65 Theo Jones	47:46
M70 Peter Royce	52:07
W35 Kathleen Lail	49:52
W40 Elaine Martin	47:57
W45 Judith Waitz	56:02
W50 Marian Lyons	52:47
W55 Evelyn Martinez	63:44
W60 Mercedes Acosta	72:00
W65 Kay Teiber	63:22
W70 Jeanie Jones	62:00

**Big Sur International
Marathon, Big Sur, CA
April 30**

Overall	
NYAKUNDI, CHARLES, 31	2:21:43
COORDT, MARY, 36	2:59:20
M35 FLEMING, NICHOLAS	2:52:30
IRWIN, KEVIN	2:52:51
RINDT, DAVID	2:53:46
M40 ALBRECHT, ERIC	2:44:43
MCCLELLAND, ANDREW	2:46:34
SCATTINI, JIM	2:50:13
M45 EZERSKIS, VITASSAN	2:46:08
ROSS, RAYMOND	2:51:18
ZULAICA, DAN	3:03:48
M50 WISE, MARK	3:05:13
ALEXIA, BARRY	3:08:25
SWEENEY, MICHAEL	3:12:42
M55 NUTTALL, MIKE	3:10:39
DOVE, MICHAEL	3:12:46
WELCH, PHILIP	3:15:47
M60 GARD,	

Chuck Easton	1:01:20
M60 John Oyala	50:35
Spud Brazee	52:26
Mark Bowman	55:44
M65 Mike Laramie	56:24
Tony McMullen	1:06:39
Bert Nelson	1:58:59
M70 Dennis Tuohy	51:24
Russell Albright	1:04:26
Otis McCain	1:04:32
M80 John Norberg	1:23:36
W40 Karen Poole	45:21
Vicki Lee	56:15
Lupe Rojas	59:01
W45 Carol Argyle	50:03
Kristin Howard	53:25
Sherry Trochta	58:05
W50 Marlene Allen	50:28
Sherry Myers	51:29
Gayle Patrice	1:02:42
W55 Karen Kelley-Day	52:20
Karmen Loong	56:32
Bonnie MacEvoy	1:04:40
W60 Clara Pentreath	1:01:33
Sandra Moreno	1:02:19
Martha Oyala	1:23:02
W65 Marge Dunlap	1:02:13
Olga Lucaric	1:25:52
Myrna Weburg	1:30:19
W70 Theresa Burger	1:05:53
Lynn Lawrence	1:13:41
Ruth Lehman	1:40:13

NORTHWEST

**Beat Beethoven 5K
Fairbanks, AK; April 8**

Overall	
Brandon Newbould 25	16:11
Jane Leblond 32	19:15
M30 Mike Kramer	16:17
M40 Mark Lindberg	18:38
Paul Greci	19:40
Christopher Butcher	20:41
M50 Rocky Reifensstuhl	19:18
Tim Huber	19:56
Greg Finstad	20:01
M60 Dieter Dolif	23:27
Alan Batten	24:56
Jerry Lipka	28:35
M70 Jack Townshend	33:38
M80+Glenn Hackney 81	34:59
W40 Karen Nanseth	21:55
Barbara Creighton	23:48
Grace Ferreira	24:21
W50 Dorli McWayne	21:42
Jane Lanford	21:58
Patricia McCorkle	25:01
W60 Monte Jordan	28:44
Diana Lingle	33:12
W70+Phyllis Church 70	33:09
J. Hanneman 75	53:20

**Race for the Roses Half-Marathon, Portland, OR
April 9**

Overall	
Benjamin Evans, 25	1:10:00
Cathy Stores, 37	1:25:36
M35 David Harkin	1:10:28
Lawrence Merrifield 1:15:39	
Adam Light	1:23:22
M40 Tim Johnson	1:25:07
Bob Bankard	1:25:07
Scotland Thede	1:26:11
M45 Richard Panches	1:18:05
G Lopez-Castellani 1:19:32	
Daniel Kearns	1:26:32
M50 Rick Woods	1:21:59

Jay Helgerson	1:23:46
Jeffrey Fullman	1:28:10
M55 Mark Gorrie	1:28:11
Jesus Ceja	1:33:05
Rex Surface	1:34:00
M60 James Hedtke	1:40:22
Joe Kregal	1:49:20
Ron Hartwig	1:50:48
M65 Rc Peterson	2:19:06
Quentin Neufeld	2:25:35
Jack Hines	3:13:46
M70 R Scharenbrock	2:46:13
M75 Harold Burden	2:40:44
W35 Cathy Stores	1:25:36
Christy Runde	1:28:40
Michele Coleman	1:34:21
W40 Nikki Rafie	1:27:46
Kim Grasberger	1:29:50
Mary McCormick	1:31:49
W45 Denise Bray	1:46:14
Brenda DeMuth	1:45:57
Lorraine Leshar	1:45:45
W50 Mary Brainerd	1:47:45
Manute Giraffe	1:53:00
Diane Yensen	1:55:11
W55 Charlotte Hartwig	1:50:48
Joan Deurloo	1:57:42
Kathryn Semmler	2:03:49
W60 Eileen Holzman	1:52:45
Ilse Berkeley	2:02:43
Marilyn Peterson	2:18:25
W65 Sally Endress	2:27:38
Linda Rumgay	3:12:55
Rosemary Wood	4:14:32
W70 Barbara Dougan	2:57:55
Shirley Dinger	3:33:17
Joanne Gustafson	3:50:57

**Birch Bay 15K & 30K
Birch Bay, WA; April 9**

15K Overall	
Nathan Haslip	57:18
Jodi Brautaset	1:06:57
M35 Tony Kloba	1:02:00
M40 Gordon Clark	1:07:23
M45 Pierre McConnell	1:17:43
M50 Steve Riddle	1:19:57
M55 John Hastings	1:17:12
M60 Rodney Marsh	1:30:29
W35 Michele Myers	1:19:18
W40 Lora Olinger	1:11:59
W45 Theresa Westfall	1:09:15
W50 Debbie Vickery	1:21:47
W55 Renny Richards	1:32:47
W60 Vicki Griffiths	1:24:30
W70+Gwen McFarlan	1:22:59
30K Overall	
Robin Wilson	2:25:55
Lauren Breihof	2:32:28
M40 Thomas Putt	3:47:06
M45 Robin Wilson	2:25:55
M50 David Olsho	2:34:32
M55 Timothy Oguri	2:38:54
M60 Jeff Brooks	3:06:38
W35 Diana Robinson	2:44:56
W40 Tony Klements	3:14:04
W45 Wendy Porter	3:35:21
W50 Jeannie DeBari	2:35:36
W55 Linda Johnson	4:07:32

CANADA

**Vancouver Marathon/Half-Marathon, Vancouver, BC
May 7**

Overall	
Kassahun Kabisco	2:18:29
Malgorzata Soban	2:37:06

M40 Sergio Pio	2:48:02
Remy Orel	2:51:25
Jim Gordon	2:53:39
M45 Guy Smith	2:46:25
Pete Hanson	2:52:53
Doug Alward	2:53:33
M50 Robert Kessler	2:52:34
Dave Frilund	2:55:43
Henry Donkers	2:57:19
M55 Norman Zepp	3:08:31
Jim Swadling	3:16:22
Haro Sato	3:18:20
M60 Hiroaki Eki	3:21:04
Dana Gard	3:26:04
Tom Fetterman	3:30:33
M65 Tadao Takesaki	3:37:49
Yoshiaki Sasaki	3:38:07
Yoshikatsu Inoue	3:46:37
M70 Nester Slywka	4:36:10
Roger Routsosse	4:40:14
Sun Pui Ho	4:40:28
M75 Ryozo Mizutani	5:38:40
Bob Dolphin	6:00:13
Titus Cusiak	6:37:23
W40 Rima Dobovik	2:46:31
Sandra Foweraker	3:04:17
Brenda Lomax	3:20:15
W45 Erin McGann	3:24:00
Ardith Watson	3:24:46
Maria Madueno	3:25:41
W50 Janet Green	3:45:38
Laura Hall	3:45:48
Dona Lee Andrew	3:47:17
W55 Norma Fujikawa	3:51:48
Jennifer McIndoe	3:57:37
Geneva Proulx	4:01:28
W60 Patti Watson	3:40:56
Marilyn Patrick	3:53:25
Martina Jacobsen	4:14:43
W65 Mae Palm	4:01:03
Inez Price	4:10:28
Georgena Evans	5:24:57
W70 Setsuko Kaneko	5:46:54
Miyako Kinugasa	6:26:14

Half-Marathon Overall

Jim Finlayson	1:08:37
Sally Bergesen	1:22:41
M40 Sean Kileen	1:20:16
Jim Gibson	1:21:58
Phil Brennan	1:22:27
M45 David Schach	1:24:04
William Justus	1:24:22
Perry Grunenberg	1:25:01
M50 W Bourdeaud-huy	1:30:47
Bing Ho	1:31:21
Steven Cooper	1:32:43
M55 Iain Fisher	1:25:32
Jim Cornish	1:34:37
David Rodenhizer	1:35:47
M60 Harald Wulf	1:31:59
Greg Sandkuhl	1:38:05
B Kreienbaum	1:42:12
M65 Peter Barrington	1:37:23
Rod Waterlow	1:42:10
Manfred Mueller	1:48:12
M70 Tom Chisholm	2:00:59
Armando Belmonte	2:19:24
M75 Kazuo Miyazaki	2:26:28
Gerry Werry	3:13:32
Webb Webster	4:06:40
M80 Richard Cotsford	2:40:54
W40 Rita Ivanauskas	1:28:06
Caroline Raine	1:32:53
Anne Kearney	1:34:31
W45 Leslie Black	1:28:11
Laurel Peck	1:32:10
Kathy Stewart	1:34:29
W50 Anita Yates	1:42:44
Nancy Friesen	1:45:14
Cynthia Stout	1:45:24

W55 Lydia Miller	1:51:34
Norma Zeron	1:53:55
Verna Conrad	1:55:25
W60 Carol Slater	2:01:22
Helen Sabourin	2:03:15
Lynn Walters	2:10:28
W65 Ilse Berkeley	2:07:15
Margaret Slaymaker	2:08:45
Marth McLaren	2:14:12
W70 Ayako Okumura	2:32:57
Violet Holmes	2:36:30
Fritzi Hazelrigg	2:57:36
W75 Haruko Asayama	2:59:04
W80 Marge Werry	3:13:31

INTERNATIONAL

**Flora London Marathon
London, England, April 23**

Overall	
Limo Felix	2:06:39
Deena Kastor	2:19:36
M40 Nicholas Martyn	2:26:08
Alan Smith	2:28:02
Dai Roberts	2:28:59
M45 Garry Payne	2:34:14
Stuart Buchan	2:38:19
Robin Coll	2:40:02
M50 Steve Payne	2:37:02
Michael Nester	2:42:34
Ian Kitching	2:42:59
M55 Colin Steptoe	2:37:53
Jimmy Bell	2:47:47
Steve Hollier	2:48:51
M60 William Allan	2:55:42
Robin Scott	3:05:41
Oddvar Hausken	3:06:16
M65 Patrick Dobbs	3:12:08
Joe Hurtado	3:21:18
Harry Carter	3:28:53
M70 John Greenall	3:29:38
Roger Griffin	3:33:10
Gordon Brown	3:35:54
M75 Raymond Gee	3:55:24
John Gray	4:01:38
Tom Rooney	4:19:28
M80 Rafael Sarno	4:15:23
Peter Addis	4:53:46
Alec Knibbs	5:47:48
W40 M.Leserbvoisier	2:52:54
Melanie Ellis	2:54:23
Andrea Dennison	2:55:13
W45 Maxine McKinnon	2:50:27
Victoria Perry	2:53:11
Timothy Welch	2:58:21
W50 Dawn Gibbs	2:58:04
Sally Musson	3:01:10
Penny Edwards	3:11:07
W55 Marion Rayner	3:13:50
Ros Tabor	3:14:16
Susan Little	3:31:35
W60 Carole Morgan	3:38:41
Carole Spong	3:38:56
Kate Williamson	3:40:11
W65 Chieko Tanaka	3:37:25
Sue Lambert	3:48:08
Susan Soar	4:06:53
W70 Catherine O'Reagan	4:09:11
Eleanor Draper	4:22:24
Ruth Craven	4:30:36
W75 Elizabeth Loughrey	5:27:37
Doreen Offredi	6:31:32
Renee Clark	7:24:18

RACEWALKING

**USATF-MN 5K RW
Championships, St. Louis
Park, MN; April 15**

Overall	
Dave Daubert	30:25
Lori Holcomb	35:03
M40 Steven Gerber	39:10
M60 Dave Daubert	30:25
M65 Bennie Finch	34:09
W35 Lori Holcomb	35:03
W45 Linda Behuhn	39:47
W50 Kathy Finch	35:58

**USATF/MAC 10K RW
Championships, Central
Park, NYC; April 22**

Overall	
Leo Romero 22	47:34
Lisa Marie Vellucci 27	44:33
M30 Jussi Koski	51:29
M40 Bruce Logan	57:20
M45 Roy Nieves	1:08:48
M50 Alexis Davidson	59:48
Todd Weiner	1:08:50
M70 William Stein	1:16:29
M75 Cervin Robinson	1:17:16
W30 Melissa Goldman	1:02:17
W45 Joan Murray-Little	1:12:08
W50 Ruth Gersh	1:00:37
Barbara Shimasaki	1:10:10

**USATF Northwest
Regional Masters 10K
Racewalk
Seattle, WA; April 22**

M45 Tommy Anuan	55:45.6
M50 Gerry Dragomir	54:45.2
Rob Frank	56:44.6
M55 Bob Novak	57:34.3
Stan Chraminski	59:12.8
Karl Johansen	62:13.7

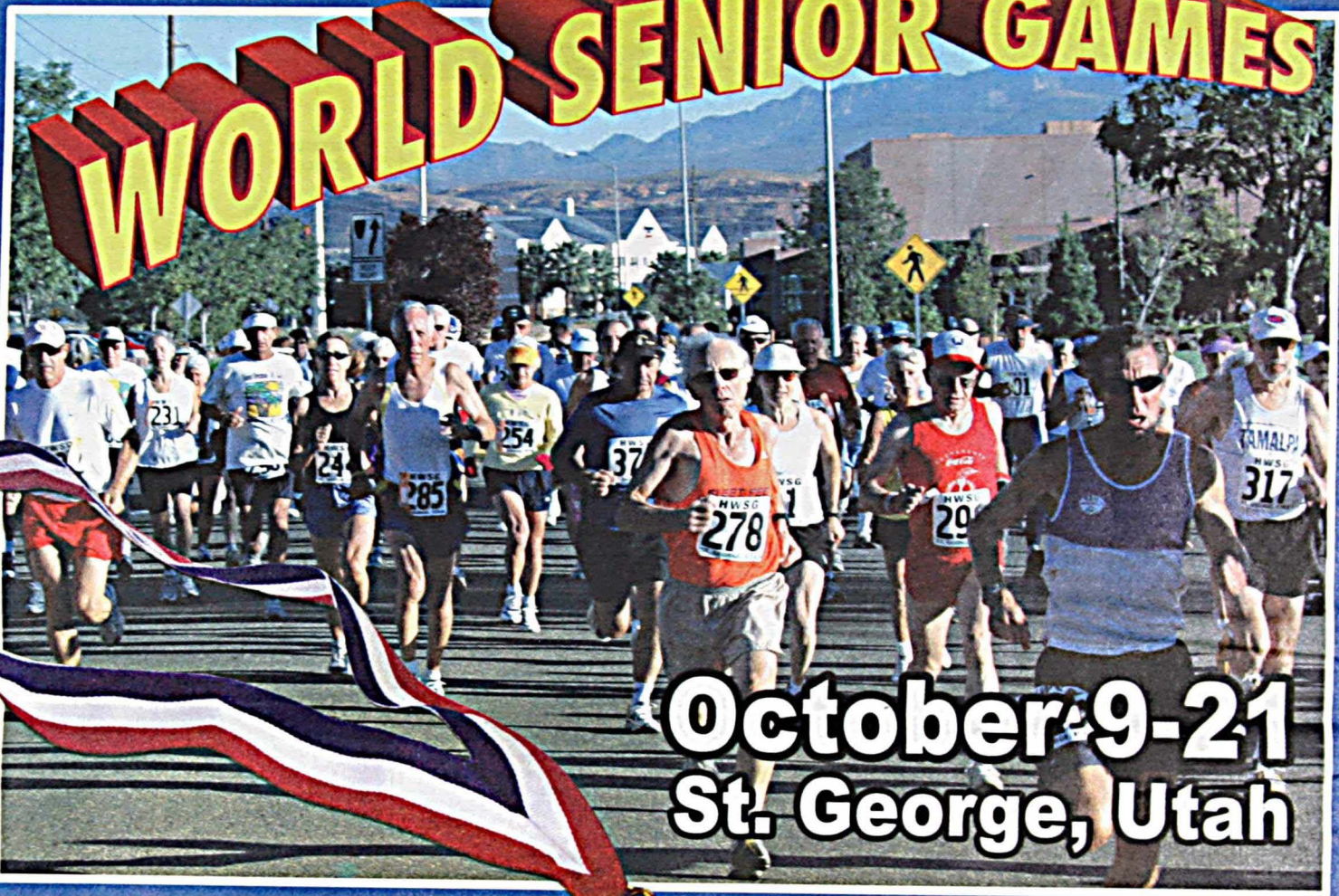
M60 George Opsahl	60:30.6
M65 John Backlund	60:51.2
Richard Zerbe	69:18.9
M70 Ron MacPike	71:49.8
M75 Dick Vaughn	73:57.8
W40 Carmen Jacinsky	61:20.0
Karen Karavanic	73:44.2
W50 Bertie August	84:54.6
W55 Susan Bristow	77:23.5
W60 Darlene Backlund	69:21.9
W70 Bev LaVeck McCall	67:39.9

**ATHLETES WHO ENTER
A NEW DIVISION
THIS MONTH - JUNE 2006**

ATHLETE NAME (RESIDENCE)	BIRTH DATE	AGE GROUP
JAN ZELEZNY(CZK)	6-16-66	40-44
LINDA CARTY(US)	6-22-66	40-44
ALLISON FLETCHER(GBR)	6-8-61	45-49
PETER MAGILL(PASADENA,CA)	6-19-61	45-49
KELLY HOLDING(US)	6-22-61	45-49
GUDRUN EMMERT(GER)	6-16-56	50-54
TILLY VERHOEF-JACOBS(NED)	6-19-56	50-54
MAGDA VANMOL(BEL)	6-19-56	50-54
PEGGY NEAL(EUGENE,OR)	6-19-56	50-54
HELEN DYBLE(GBR)	6-20-56	50-54
KEVIN MORNING(CITRUS HTS,CA)	6-28-56	50-54
STEPHANIE VAN ROOYEN(RSA)	6-7-51	55-59
CHARLES MCMULLEN(ROCHESTER,NY)	6-23-51	55-59
GARY SHAPIRO(CA)	6-25-51	55-59
ANITA MARIA BAYHA(GER)	6-26-51	55-59
SHARON RAHAM(us)	6-2-46	60-64
BRIGITTE SCHMITT(GER)	6-7-46	60-64
PAT BIELDSHIES(ORLANDO,FL)	6-8-46	60-64
LAURIE OLSON(SAN DIEGO,CA)	6-8-46	60-64
CHRISTINE SUSAN TAYLOR(GBR)	6-9-46	60-64
JANETTE ROSCOE(GBR)	6-10-46	60-64
LADISLAV PATAKI(LOS GATOS,CA)	6-20-46	60-64
GERTRUD HEINRICH(GER)	6-20-46	60-64
JERRY BOOKIN-WEINER(BEDFORD,MA)	6-21-46	60-64
JUDY DODGE(SEATTLE,WA)	6-21-46	60-64
BARBARA FILUTZE(ERIE,PA)	6-21-46	60-64
MARY LIEVERS(SYRACUSE,NY)	6-28-46	60-64
LENA BOSTROM(SWE)	6-29-46	60-64
SKIP SWANNACK(REDWOOD CITY,CA)	6-1-41	65-69
RON ROBERTSON(NZ)	6-3-41	65-69
CARMEN WADE(ORLANDO,FL)	6-6-41	65-69
WALTER BAUER(GER)	6-8-41	65-69
IRENE MITCHELL(AUS)	6-22-41	65-69
LUCILLE LIEB(PHILADELPHIA,PA)	6-23-41	65-69
ELVIRA GARCIA DE LOPEZ(ARG)	6-25-41	65-69
GRANT KROW(US)	6-30-41	65-69
BRUCE DERN(SANTA MONICA,CA)	6-4-36	70-74
CARINA GRAHAM(GBR)	6-4-36	70-74
REGINA SCHIEK(GER)	6-9-36	70-74
KAY KOPPEL(GBR)	6-12-36	70-74
THOMAS B HANCOCK(AUS)	6-17-36	70-74
PAULINE HEWITT(NZL)	6-17-36	70-74
HAROLD TINSLEY(HUNTSVILLE,AL)	6-25-36	70-74
JOHN BURNET(NJ)	6-26-36	70-74
JOHN MACDONALD(NJ)	6-26-36	70-74
MICHAEL NEAL(LAS VEGAS,NV)	6-4-31	75-79
NANCY AMMERMILLER(BELLMAR,US)	6-11-31	75-79
GEORGE CONLAN(CA)	6-14-31	75-79
RAY GIBSON(LONG BEACH,CA)	6-14-31	75-79
PIERRE BLANCHOU(FRA)	6-16-31	75-79
BILL ENGLE(PETERBOROUGH,NH)	6-17-31	75-79
HAL HIGDON(MICHIGAN CITY,IND)	6-17-31	75-79
KAZUYO YOKOI(JPN)	6-18-31	75-79
AUSTIN BAGGETT(FORT MYERS,FL)	6-19-31	75-79
JANE CLARKSON(ST. LOUIS,MO)	6-20-31	75-79
CLAY PUCKETT(OLEM,UT)	6-22-31	75-79
JUNE CRISP(NZL)	6-22-31	75-79
TOM STURAK(SANTA MON		

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